

The *New* Inside Track

OCTOBER - NOVEMBER 2011

A publication of the Fort Wayne Track Club

FORT WAYNE



TRACK CLUB

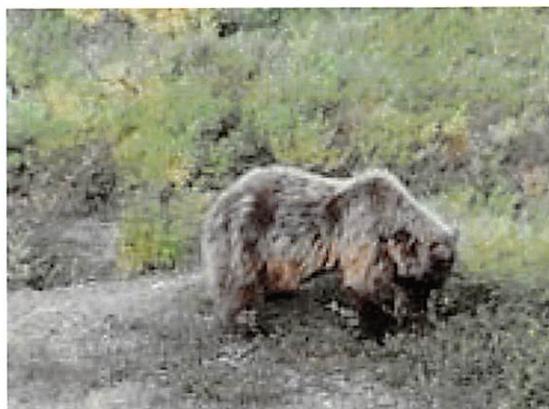


ALASKA



By Bill Harris

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UPCOMING RACES

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FWTC
AWARDS
BANQUET

Flanagan in 2012

You've certainly heard the news: U.S. Olympian Shalane Flanagan is coming in January to speak at the Fort Wayne Track Club's annual banquet. Well, here are the details:

- *The banquet is set for Sunday, January 25 at the Fort Wayne Marriott.
- *You can register online at www.runrace.net.
- *Registration is limited to the first 400.
- *Look for news on a special "Running Ladies Chat" to be held before the banquet.
- *Special rates for high school and college teams (minimum 5 attendees).
- *For more information, visit www.fwtc.org.
- *2011 FWTC special awards, points awards to be given.
- *The Chris Brown Male and Female High School Awards to be given.



Run for Riley raises over \$23,000

The Fifth Annual Run for Riley 5-miler was held on October 16 at Maple Creek Middle School. Madison Fruchey, right, was the overall female winner and Brayden Law, above right, was the overall male winner. It seemed fitting that mere children (both are middle schoolers) were the winners of this race which benefits children.

The biggest number wasn't the over 500 participants in the run, walk and children's run. The most important number was \$23,000, the amount raised for the Children's Hospital.

For complete results, please see www.fwtc.org



The Prez says.....

Ch-ch-ch-changes!!!

BY MAC MCAVOY

I am thinking of re-writing history.....running history.....more exact, marathon history. I plan to submit this paragraph to publishers of World History text books and ask them to insert it in the chapter about Ancient Greece.

The traditional story of the marathon relates that Pheidippides (530BC-490BC), an Athenian herald, was sent to Sparta to request help when the Persians landed at Marathon, Greece. After the fighting was over, he ran the 40 km (25mi) from the battlefield near Marathon to Athens to announce the Greek victory over Persia with the words, "We have won." He then collected his finishers medal, collapsed and died on the spot from exhaustion.

You see, I have recently spent the month or so before the Parlor City Trot justifying the decisions I

have made regarding race, including the lack of participation medals. These conversations have been primarily with new runners....or at least people who only participate in mega-events. It seems that not only do they get a grocery sack full of items before the event, they also get a dust-collector...er, I mean a finishers medal after the event.

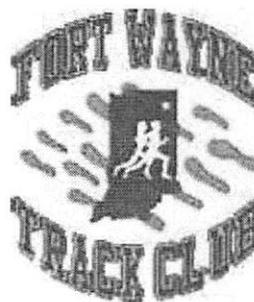
It seems that I am firmly stuck back in the dark ages of running (you remember the first running boom....back in the late 70's and early 80's). That was when the only satisfaction most of us needed after the race was actually finishing the race (without being eaten by the dinosaurs of course) and possibly setting a new PR.

Not anymore apparently. The second running boom is brought to you by the same people who think competing for anything in life might be a bad thing. Remember the folks that said you shouldn't keep score in a t-ball game, that it is

wrong to have a valedictorian named in a graduating class and everyone needs to win? Well, they are now the race directors of today and shame on those of us who don't award everybody for everything!

A friend of mine is a recent convert to running and LOVES the finishers medal. She has a good understanding of the economics involved and knows that many smaller races in smaller towns might have difficulty in providing a medal.....she knows her goals for improvement are related to her times and not the medal, but that doesn't matter....."I want the medal, Mac!"

So, it's time for me to go back to my cave and mull over my sins against mankind. But before I do I would like to announce that the Fanny Freezer will have solid gold medals ala Mr. T. for everyone that can finish the 5k in under three hours.

CHECK US OUT ON FACEBOOK!

FORT WAYNE TRACK CLUB

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

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

Notices to all members:

All are encouraged to attend monthly board meetings, held at LTS CPA Group, 808 Ley Rd., Fort Wayne, 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

Alaska:

50 MARATHONS/50 STATES

The (second to) Last Frontier

BY BILL HARRIS

My 49th marathon was run in Alaska, "the last frontier," so say the license plates. Anchorage is a beautiful city of 277,000 people and (approximately 42% of the state's population) and home of the Moose's Tooth Marathon, known for many years as Humpy's Marathon. Humpy's, the original sponsor, is an ale house home to 50+ draft beers (more on this later).

The race began at 9 a.m. but even then the temperature was only in the high 40s for this late August event. Although it rained the two days before (as well as after) the race, there was no hint of rain in the blue skies at the start in downtown Anchorage in the shadow of Humpy's Ale House. I was joined in the race by Greg Purcell, former resident, who is also working on running marathons in all 50 states.

The race quickly left the city center for an out-and-back trip along the Tony Knowles Trail which traverses the coast near Ted Stevens International Airport and Earthquake Park. The park drops more than 34 feet in places and is a striking reminder of the earthquake that occurred on Good Friday, March 17, 1964—a quake that registered 9.2 on the Richter Scale and lasted more than five minutes.

I would describe the course as one with rolling hills and with elevation changes, from start to finish, of no

more than 200 feet. Much of the asphalted greenway is protected by a canopy of trees. This rather dense area provided cover for the mother moose and baby feeding no more than 10 feet from the trail, quite oblivious to the nearby runners. The trail meandered beyond Tikiskia Park before the turnaround near Goose Lake for a retracing of the route and return to the downtown.

The water stops were plentiful with water and Gatorade. Later stops in-

cluded candy, cookies and fruit. I would also say that race volunteers outnumbered the spectators watching the race. Since this was the first good weather day in a week, the greenways were populated with bicyclists and recreational runners.

Many of the finishing runners were interviewed and congratulated by the course announcer. There were 5 persons who finished their 50 states in this race, two of whom were a married couple.

In my opinion all marathons ought to finish next to a tavern to offer a comfortable spot to relax and unwind after the race. While there was a choice of over 50 drafts at Humpy's, I chose an Alaskan Amber to compliment a huge, after-race hamburger.

Now that the experience of finishing my 49th state is behind me, it is hard to believe that in January Hawaii, on the island of Maui, will be my 50th state.

Challenges after the race? What about Canadian provinces or continents? Another circuit of the states? Half marathons in half the states? So many races, so many choices!



Post-race celebration at Humpy's for Ginny (left) and Greg Purcell (right) and the author, Bill Harris (center).

Nutrition and Wellness by Judy Tillapaugh, R.D.

Do you know

Your blood sugar?

Last week a "wow" message came from a caller..... "wellness works". He went on with a smile in his voice "The results from my recent blood health screening showed that my blood sugar was NOT normal. I took the results to my physician and received further tests.

A diabetes diagnosis was given, diabetes management information was provided, and I got a glucometer to test my blood sugar at home daily. I would not have known I was a diabetic if I had not had the initial blood sugar screening at IPFW. "

Hearing this news is proof of just how helpful wellness screenings can be. Knowledge is power. There is no way a problem can be address if these is no awareness of the problem. Screenings allow us to be more aware of our health status and whether or not attention is needed to cure or manage a concern.

Diabetes is one of the leading health problems in America and the number one cause of heart failure, kidney failure, and blindness. Diabetes kills more people than breast cancer and AIDS combined. Every 17 seconds someone is diagnosed with diabetes. Nearly 26 million children and adults in America are living with diabetes and another 79 million are at risk of developing type 2 diabetes which can strain people emotionally, physically, and financially. It is predicted that 1 in 3 adults in the US will have diabetes by 2050. Let's wake up more to the seriousness of the situation.

November is Diabetes Month! An ideal time to have a blood sugar screening to check and see whether or not you have diabetes. Get screened! Encourage your family members to get screened too. A blood sugar screening measures the amount of glucose (a type of sugar) in your blood. Glucose comes from carbohydrate foods and is the main source of energy used by the body. Insulin, a hormone produced by the pancreas, helps the body's cells use the glucose and is released into the blood when the amount of glucose in the blood rises. As you eat it is normal for your blood sugar to rise slightly, which then triggers the pancreas to release insulin to keep your blood sugar from going too high.

Healthy living for healthy blood "sugar"

1. Eat meals and snacks at regular times daily.
2. Eat about the same amount at each meal.
3. Limit simple sugar foods like soda, juices, candy, and desserts.
4. Create nutritious meals using lean protein sources, vegetables, whole grains, heart healthy fats, and lean dairy choices.
5. Do not skip meals.
6. Limit portions when eating out.
7. If weight loss is needed, reduce portions to save 500 calories a day.
8. One pound of fat is 3500 calories. 500 calories less per day will promote a healthy 1 pound weight loss per week. Note one soda and a handful of chips is 500 calories.
9. Drink 8 to 12 cups of water daily
10. Limit alcohol drinks to 1 to 2 servings daily. One serving is 12 ounces of beer, 4 ounces of wine, or 1 ½ ounces of liquor.
11. Invite the whole family to eat like a diabetic. Support one another.
12. Enjoy 30 to 60 minutes of physical fitness most days of the week.

If diabetic, test your blood sugar daily, and keep health records.

For more information on diabetes go to www.diabetes.org or www.stopdiabetes.com. Call 1-800-diabetes. For local health events, screening, and a variety of health handouts visit www.fort4fitness.org/4yourhealth.asp.

A normal fasting blood sugar is 70-100 mg/dl. A high fasting blood sugar is a number greater than 145 mg/dl.

Diabetic Signs and Symptoms:

Unusual thirst
Frequent urination
Extreme hunger
Unusual weight loss
Vision change
Extreme fatigue
Frequent infections
Cut/bruises that do not heal well

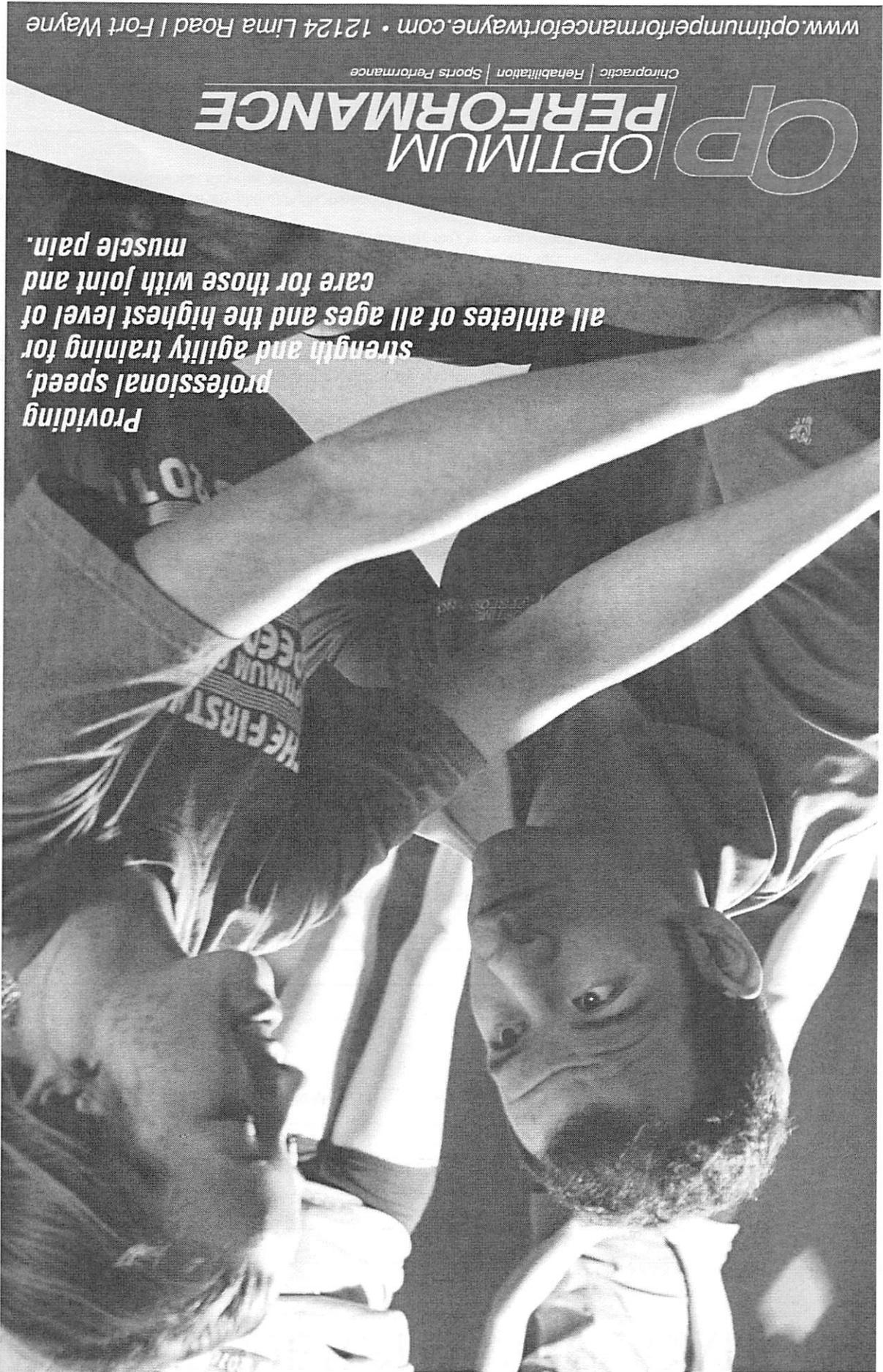
People are more at risk of diabetes if there is a family history, history of gestation-

al diabetes, are overweight, have a sedentary lifestyle, and follow an unbalanced style of eating.

Good news is that diabetes can be prevented or well managed with a healthy lifestyle and medication if needed. All diabetics and their family members can benefit by taking diabetic care classes. Our local hospitals offer these.

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. Huntertown 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.

Cholesterol And You

BY DR. MARK O'SHAUGHNESSY

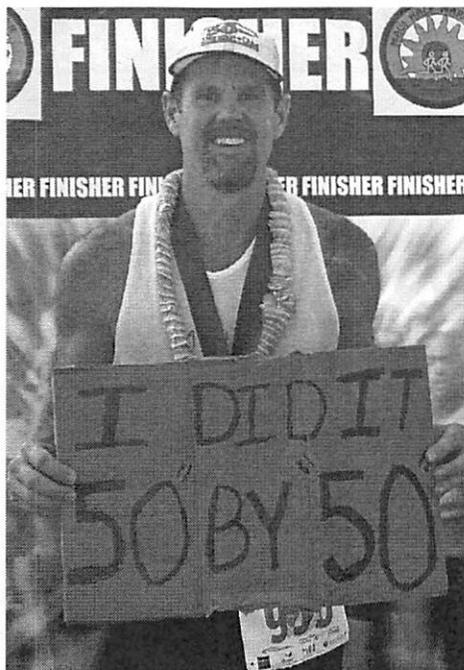
In the last several articles we have covered what causes heart attacks and the biology of atherosclerosis. We briefly discussed risk factors for the development of coronary artery disease/atherosclerosis and I asked you to go out and find your numbers so you could be an active participant in your health. (Not that you are not already taking your health seriously given your passion for running, but as we reported before running is not 100% protective so we must all be aware of hidden or silent risks and do everything we can to protect ourselves). With this edition, we will begin to discuss specific risk factors, beginning with cholesterol.

Cholesterol and other fats in our bodies are essential for the normal function and structure of our bodies. It is only when we have excess amounts of these normal compounds that we begin to deposit them in tissues that can result in disease. Cholesterol is a form of a fat that is found in many foods and is essential in hormone production, maintenance of cell membranes, and energy production.

Triglycerides are another form of fat that our bodies need as energy storage and other chemical reactions essential to daily life. These compounds are ingested in our diets (exogenous pathway) or manufactured in our bodies (endogenous pathway) most commonly in the liver.

When maintained within normal physiologic boundaries we have normal function of our bodies even during the extreme activities we all too often find ourselves in our somewhat masochistic hobby. When in excess however these fats are deposited in tissues (arteries, adipose (fat) tissue, liver) and can result in disease.

Now we all know that oil and water do not mix very well. Given that these fats are oils and the majority of our food is water we certainly don't want our blood to look like the Gulf of Mexico after the deep water Horizon explosion so just how does our body accomplish this amazing feat.



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

The fat particles are encased in very special, very complex protein envelopes that serve to keep the oil and water from mixing and carry the various fats around our bodies to do the necessary work of living.

These protein/cholesterol/fat envelopes are called lipoproteins and come in various sizes with differing fat contents for different functions within the body. While there are a great number of these specialized proteins, the most important of these lipoproteins are HDL (high density lipoprotein), LDL (low density lipoprotein), and triglycerides.

So when I asked you to know your numbers, what I am really asking is that you know your total cholesterol, Triglycerides, HDL (good cholesterol) and LDL (bad cholesterol).

The physiology of fat metabolism is truly fascinating but a bit more than we can cover in this column, and very likely a whole lot more than any of you really care about. Suffice it to say that LDL cholesterol is the bad guy and when in excess is deposited in our vessels resulting in the atherosclerosis we discussed in previous articles.

On The Mark

The HDL cholesterol is the proverbial knight in shining armor or the good guy that goes around and scarfs (a medical term) the bad cholesterol from various places in our body and carries it to the liver for detoxification and elimination from our bodies. Given this pathway, we want our LDL cholesterol to be as low as we can get them and our HDL cholesterol to be as high as we can get it. The current guideline for absolute numbers is derived from the National Cholesterol Education Program (NCEP) and basically states that we want our total cholesterol less than 200, HDL greater than 40, LDL ideally less than 100 and triglycerides less than 200. Fortunately they give us clinicians some latitude to make medical decisions, we will not be replaced by computers any time soon, but the basic guidelines are as noted above.

Fortunately for us, aerobic exercise is the best way for us to raise our HDL numbers (we have tried pharmacologic approaches in the past but have not been successful in decreasing cardiovascular event rates).

To lower ones LDL and total cholesterol we have dietary means and pharmacologic methods. For the dietary means I will defer to the experts (I just teed up Judy's next nutrition article...you are welcome Judy).

But to be quite serious, dietitians have a much better understanding of the various dietary methods for altering cholesterol so a "team" approach is absolutely essential for good medicine. To effectively lower your total cholesterol and LDL many times we must turn to various drugs; statins (lipitor, zocor, crest or, etc), fibrates (lopilid, tricor, fenofibrate), bile acid sequestrants (cholestyramine), omega 3 fatty acids (lovaza), nicotinic acid (Niacin, Niaspan).

The best choice for any individual is best made with your family physician who is in the best position to understand the risk and benefits of drug therapy and recommend the best therapeutic choice for your situation. These drugs work by different mechanisms but basically serve to block the production of the various compounds they were created to block.

See **ON THE MARK**, on page 11

Three Rivers RC on the move

On **December 1**, Three Rivers Running Company (TRRC) will open for business in its new location:

4039 North Clinton St.

The new location is exactly 240 meters south on Clinton from the store's current building.

"We are moving into our new location to expand in both our products and services," said Eric Ade, General Manager. "The new building has a multi-purpose room, so we can offer more

clinics and events. Also, we have much more space for inventory so we can offer more product selection."

The store is increasing its square-footage by approximately 45 percent; which will provide many more opportunities for both staff and customers.

"Our new store location is designed to enhance the overall customer experience," said Brad Altevogt, owner. "We want to provide a high level of customer support and personal service."

TRRC will only be closed from November 27th to 30th for the move and will resume normal business hours the morning of December 1st.

"[Our new store] will help us to continue to provide the highest quality products and services to meet our customers' needs," said Altevogt.

"We want to serve our customers in a way that enhances the enjoyment and benefits of their active lifestyles."

On the mark: Exercise will raise HDL

Continued from Page 10

As with any drug there can be side-effects so a candid discussion with your primary physician is essential before you embark on any form of pharmacologic therapy.

So now that you are an expert on cholesterol and lipid management I will expect that we can have a scholarly discussion about lipid metabolism during our next 10K, half marathon or marathon together (I hate 5K's, they hurt too much).

While I would love to discuss lipid metabolism I will settle for you knowing your lipid profile (total cholesterol, triglycerides, HDL, LDL).

You cannot alter your risk factors unless you Know Your Numbers. Keep running (and making HDL).

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An Autumn of Perspective

Greatest fall of all became a great life lesson for all time

BY BRETT HESS

Autumn each year is full of highs and lows in our house. We are, of course, a running family and cross country is by far our favorite season. Each August, September and October we race from meet to meet and week to week. We experience great races and poor races, wins and defeats, and aches, pains and injuries.

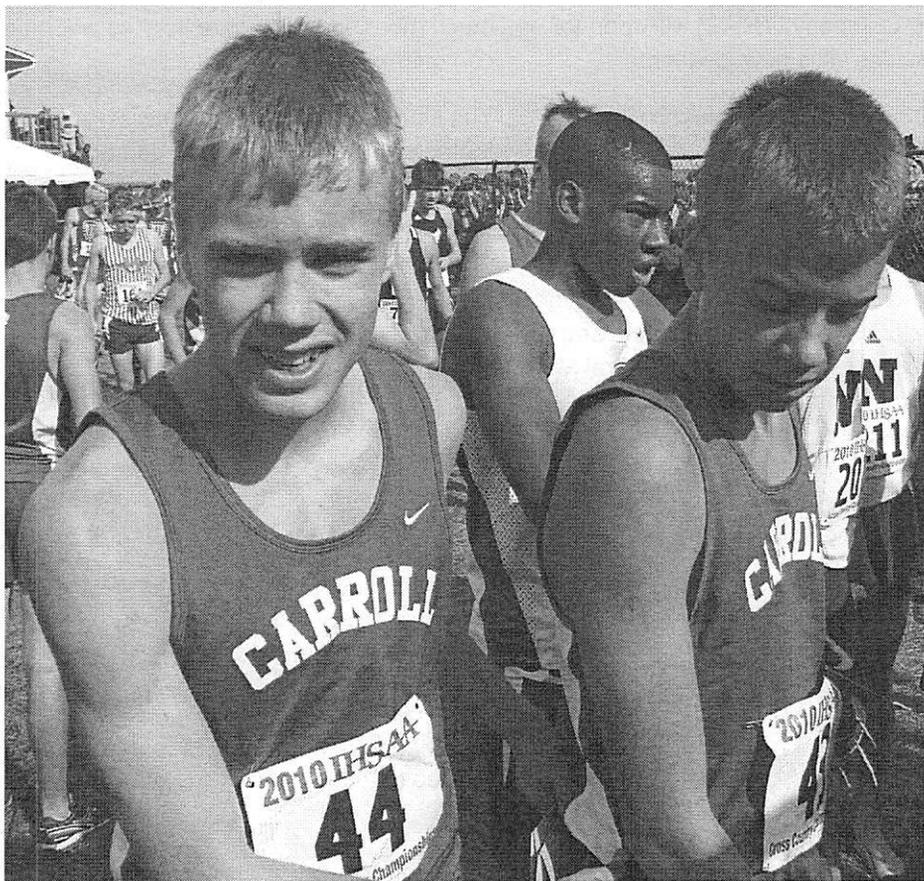
But this cross country season was to be the greatest Autumn of all. Our oldest, Brad, would be running for Ohio State on Fridays; Alex would be racing for Carroll on Saturdays; and our youngest, Gracie, would be wrapping up her middle school career at Maple Creek as an eighth grader. Three kids, three levels, three times the fun, right?

Debra and I looked forward to Fridays on the road to see Brad and Saturday double-headers back home to cheer for Alex and Grace. Four of these weekends were planned but only one became reality.

That is because this Autumn we experienced the thrill of victory and an agony that goes not with defeat, but with finality. In a one-week span we gained medals, records and, most importantly, a perspective that I never imagined.

Brad, a red-shirt freshman, ran in the open race at the All-Ohio meet on Friday, September 30. He placed eighth in a field of 315 with a respectable five-mile time of 26:14 despite cold and driving rain. He moved up to the lead pack near the 3.5-mile mark and just when I expected him to take over the race, he began to fade. It's not what I imagined for the kid built and trained for the college distances.

Afterwards, he told Debra and I that the last mile or so it felt like his left leg was asleep, that it had no power. We told him to see the trainer.



In 2010 Brad, left, enjoys his greatest race ever while Alex, right, shed tears. On the same course, at the same meet in 2011, Alex celebrated and Brad cried tears of joy.

The next day, back in Fort Wayne, Alex won the Northeast Hoosier Conference meet and helped Carroll win the team title. Stepping out of the shadows of his big brother, Alex did something Brad had never done: win the NHC title.

That Friday, Brad came home for a doctor's visit. The trainer couldn't seem to help a nagging problem that had persisted through three 75-mile weeks and several high-intensity workouts. In a span of four hours, Brad went from needing a chiropractic adjustment to a diagnosis of a torn left labrum (in his hip) to, finally, the unthinkable.

The doctor looked at the x-rays and then turned to Brad and said, in so many words: "You have hip dysplasia. There is a surgery for it and you can't ever run again. If you do, and can withstand the pain, you'll need a hip replacement in five years. We're talking

quality of life here."

To be clear, this was not a life-or-death moment. Carroll cross country knows all too well about death: a member of the team died in a car crash in August. No, this was not life or death, but it was the death of a dream.

Of many dreams. Brad's dreams of collegiate (and post-collegiate) success was over. Dead were the dreams of 100-mile weeks, sub-29-minute 10Ks and maybe, just maybe, the Olympic Marathon Trials.

Four days and an MRI later, the diagnosis hadn't changed. In fact, it was worse. Surgery would be needed in order to save Brad's hip. In fact, even with the surgery, a hip replacement would be needed in 20 years or so. Two hours later, Alex raced in the Northrop Sectional.

Please see "Perspective" on page 13

Perspective: Learned in 2011



Alex (43) races to the 4-kilometer mark in last month's IHSAA Championships. Ironically, the runner on the right is Jason Crist, who nipped brother Brad at last year's state finals for second place. Alex went on to beat Crist and finish 17th at the state meet after placing 157th last year.

Continued from Page 12

He placed fourth and upon leaving the finish chute, still short of breath, asked Debra, "What did the doctor say (about Brad)?"

A day later, Gracie stepped to the line at her conference championship. She would run her fastest race ever, place ninth and help her team win their 10th straight conference title. And, they would break the school record for total team time.

The next night, at Brad's pleading, Alex and Gracie called a family meeting. Brad was in Columbus, but the message Alex and Gracie shared: stop talking about Brad. Get over it.

Yes, we had become consumed. Then again, we've always been consumed with cross country and dreams. The next two Saturdays saw Alex run great and not-so-great at the West Noble Regional and New Haven Semi-state respectively. If you saw me at either of those meets, forgive my stupor.

Finally, last Friday, Brad saw a sports medicine specialist in South Bend. The summation of the second opinion: have the surgery and take up cycling.

We hopped in the car and drove to Terre Haute for the next day's state cross country championships.

Alex had finished 157th the season before and his tears were partially wiped away by Brad's third-place finish. And I thought that was a true "high and low" running moment. Alex was overwhelmed at the meet last year. But not so Saturday.

Alex ran the race of his life, finishing 17th to earn all-state honors. While Alex was conquering the course, Brad was hobbling around it. Somehow, Brad managed to scale several fences during the race and was the first to the finish area to greet Alex. Banners were on the finish area walls, so participants were hidden. But not for Brad, who climbed the 12-foot fence to scream out to his brother.

Afterwards, Alex told Debra that he ran for Brad. He ran the same race strategy Brad used to get 13th as a junior.

My recent stupor was only magnified. Every few minutes Saturday, people would stop to congratulate me on Alex and then ask how Brad was doing. How would I respond? How could I

respond?

The answer: not how I would have responded a year ago.

I am almost ashamed to say that I never before enjoyed the moment.

Every race the past 8 years has been broken down at the family dinner table. Great races and poor races alike were acknowledged for what they were but it was all about the future. What lessons could be learned? It's always been about the next big race, the next level, the big picture.

"You did great this year," I'd tell Brad. "But just wait until college when you get to race 5 miles! That's when you will really rock!"

I was the father at the wheel of the proverbial family wagon. Whenever the kids would yell, "Are we there yet?" I would yell back, "No. When we get there, you will know it! It's gonna be awesome!"

What I've learned this Autumn is what I should have been saying all along. "No, we are not *there*, but we are *here*! Let's stop and take a look around. We may never be *here* again."

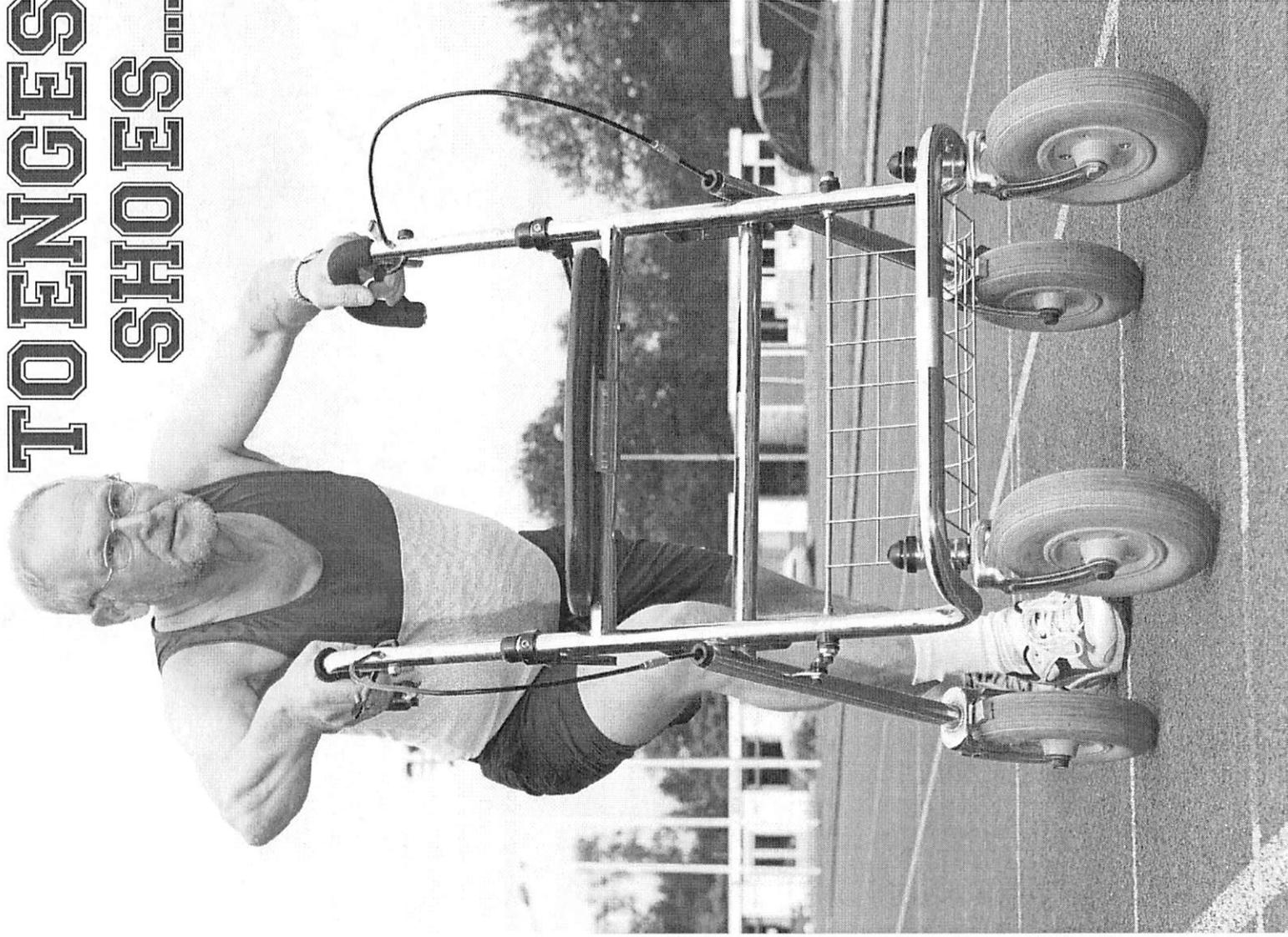
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FWTC POINTS STANDINGS

Male 19 and under

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Place</u>	<u>Points</u>
1	Kolin Behrens	Fort Wayne IN	13		610
2	Sam Edwards	Fort Wayne IN	14		600
3	Chris Meyer	Fort Wayne IN	13		460

Male 20 to 29

1	Grant Stieglitz	Fort Wayne	26		920
2	Justin Gould	Fort Wayne IN	23		880
3	Dashon Smith	Fort Wayne IN	25		860

Male 30 to 34

1	Chris Kaufman	Fort Wayne IN	34		530
2	Alan Elliot	Fort Wayne IN	30		380
3	Josh Maple	Fort Wayne	34		200

Male 35 to 39

1	Brad A Thomas	Fort Wayne IN	36		1360
2	Todd Werling	Fort Wayne IN	37		770
3	Andrew Gottfried	Fort Wayne IN	36		680

Male 40 to 44

1	Matt Scott	Warsaw IN	42		740
2	Todd Findley	Fort Wayne IN	41		590
3	Greg Krider	Fort Wayne IN	42		400

Male 45 to 49

1	Rick Grieze	Fort Wayne IN	47		940
2	Ward Moya	Fort Wayne IN	47		880
3	Tim Hamilton	Spencerville IN	45		770

Male 50 to 54

1	Rowland Perez	Auburn IN	50		750
2	Paul Shaffer	Decatur IN	53		650
3	Ed Reinhard	Poneto IN	53		610

Male 55 to 59

1	Chuck Brown	Bluffton IN	55		950
2	Gary Schmunk	Antwerp OH	56		850
3	Michael Yann	Fort Wayne IN	58		750

Male 60 to 64

1	Roger Kingsbery	Fort Wayne IN	61		1360
2	Robert Lawson	Fort Wayne IN	63		640
3	Dan Bossard	Monroeville IN	60		370

Male 65 to 69

1	Robert Bruckner	Fort Wayne IN	65		650
2	Jack Seigel	Fort Wayne IN	66		340
3	Fred Kendall	Fort Wayne IN	69		260

70 and over

1	Dick Harnly	Fort Wayne IN	73		950
2	Bernie Huesing	Fort Wayne IN	78		200
3	Karl Dietsch	Fort Wayne IN	73		140

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>
1	Jamie Zeigler	Fort Wayne IN	10		1200
2	Grace Hess	Fort Wayne IN	13		330
3	Maddie Distelrath	Fort Wayne IN	11		280

Female 20-24

1	Sharon Christian	Fort Wayne IN	26		1080
2	Kalissa Blanchette	Fort Wayne	23		550
3	Ashley Anglin	Fort Wayne IN	27	510	

Female 30 to 34

1	Jenny Robinson	Fort Wayne IN	30		850
2	Beth Peters	Fort Wayne IN	31		440
3	Michelle Yoder	Huntertown IN	30		360

Female 35 to 39

1	Erin Brady	Fort Wayne IN	39		1100
2	Kelly Barnes	Fort Wayne IN	38		1040
3	Elaine Kolvoord	Fort Wayne IN	39		830

Female 40 to 44

1	Lori Leatherman	Albion IN	43		900
2	Tammy Behrens	Fort Wayne IN	40		300
3	Monica Nelson-Meyer	Fort Wayne IN	41		240

Female 45 to 49

1	Cindy McGovern	Fort Wayne IN	46		1180
2	Denise Conrad	Decatur IN	49		750
3	Mae Miller	Harlan IN	45		610

Female 50 to 54

1	Melinda Kinder	Fort Wayne IN	50		950
2	Joy Brown	Bluffton IN	52		680
3	Betty Greider	Fort Wayne IN	50		580

Female 55 to 59

1	Mary Voors	Fort Wayne IN	55		710
2	Regina Blanchette	Fort Wayne IN	56		570
3	Cheryl Stromski	Antwerp OH	55		360

Female 60 to 64

1	Betty Nelson	Columbia City IN	64		850
2	Barb Scrogam	Fort Wayne IN	64		570
3	Jenni Etzler	Fort Wayne IN	60		

Female 65 to 69

1	Sarah Kleinknight	Fort Wayne IN	67		100
2	Bodil Rasmussen	Fort Wayne IN	67		100

Female 70 and over

1	Barbara DeFord	Hicksville OH	70		100
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J.P. Jones

Just Plain 10 K and 3.3 K Run/Walk

FORT WAYNE



TRACK CLUB

Saturday December 3rd, 2:00 pm

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

- * Bring a gift wrapped t-shirt(s) with size marked on the outside. Bring as many wrapped t-shirts as you wish. T-shirts will be donated to needy children and teens.
- * FREE! No entry fee.
- * No toilet facilities.
- * No awards...low key event.
- * Homemade soup and other refreshments for everyone.
- * All finishers will receive a honey bear.



For information call 260-456-3277 or

tillapau@ipfw.edu. Web site: <http://www.fwtc.org>

Entries can be mailed to J. Tillapaugh, 4635 Indiana Ave, Fort Wayne, IN 46807

Postmark on or before Tuesday November 29, 2011 or plan to register the day of the event!

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Date of Birth _____ Age (day of race) _____ Sex _____

Email _____ Event: 10km _____ 3.3 K (2 miles) _____

Liability Waiver:

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

Signature _____

Date _____

Parent's Signature (if under 18 years) _____

Date _____

Fort Wayne Track Club 2011 Award Nomination Form

Help the Fort Wayne Track Club (FWTC) recognize the achievements of club members and supporters by nominating them for a club award. People nominated must be a FWTC member. Awards will be given at the banquet on Sunday January 29th.

Nomination deadline is January 6, 2012

Award Categories:

1. Spirit of Running Award

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

Nomination: _____

2. Volunteer of The Year

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

Nomination: _____

3. Golden Shoe Award

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

Nomination: _____

4. President's Award

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

Please send nominations to Tillapau@ipfw.edu or mail to J.Tillapaugh

4635 Indiana Ave. Fort Wayne, Indiana 46807

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!

2012 FWTC POINTS RACES

Race	Dis- tance	Month
Fanny Freezer	5k	February
Nutri-Run	20k	March
Mastodon Stomp	5k	April
Frontier Run	10k	May
TRRC Hare & Hounds	5k cross- country	May
Franke Park Trail	Undeter- mined	June
Runners on Parade	5k	July
Matthew 25/O'Shaughnessy	10k	July
Huntertown Heritage	5k	August
Rotary	5k	August
Parlor City Trot	13.1 miles	September
Run for Riley	5 miles	October
WOOF	16 miles trail	November
Turkey Trot	5k trail	November
JP Jones Just Plain 10k	10k	December

Fort Wayne's Running Therapist

Tom Seifert

Call: 260-414-3282

Village of Coventry

FWTC Board of Directors Minutes of Meetings: September 14, 2011

Board members present: Jim Berry, Judy Tillapaugh, Sharon Christian, Mac McAvoy, Angie Kurtz, Erin Brady, Mike Yann, Casey Shafer, Alan Gilbert, Barb Richards, Robin Dombrowski, Cheryl Stromski, Joe Kinder, Roger Wilson, Roland Perez, and Craig Bobay. **Special Guests:** Linda Brooks and Dave McComb

Beginning: Meeting called to order at 7:00pm

Treasurer's report: Emailed prior to meeting.

Guests: Linda Brooks representing the Urban League talked about relationship issues with FWTC and non-board race directors. Confusion on clock rental and dealing with the club when a rental isn't smooth. Issues discussed about timing equipment rental vs. donations. *Issue also noted on FWTC newsletter change on board meeting location.

Dave McComb: NIMBA (Northeast Indiana Mountain Biking Association) discussed a trail run at Franke Park in association with a bike race. 2 day event Saturday run/Sunday ride, needs help with race directing and promotion for the event. Casey and Craig volunteered to help co-direct. Date to be decided to maximize participation.

OLD BUSINESS:

Banquet: Judy discussed banquet brochure- looking to print and get by the end of the week. **Club finalized the brochure post meeting and is currently in circulation. Decision to not split registration and to have a strict cut off of January 23rd with no exceptions.

Fort 4 Fitness Water Stop: Beasley is main contact: luv4beer99@yahoo.com. FWTC has the 10 mile aid station. Also looking for 1-8 for booths at the F4Fit expo for club promotions.

Marketing/Races: Runner's World mentioned FWTC in article about Frank Shorter, and Galloping Gobbler ad in this month's issue.

NEW BUSINESS:

Races: 2012 points series: Votes coming soon. Points races: how many do we have, Take away/Add more? Post a survey on Facebook and at 3 River's Running Co.

Run 4 Riley: looking for people to drop off flyers at businesses around the area, race date is Sun. Oct. 16th at 2pm. Need volunteers for the run and more runners to run!

Turkey Trot weekend before Thanksgiving. Race director for the event is???

Membership: **Changed and voted (see end of email for official information. New fee structure: 1 year: \$20single/\$30family, 2 year \$35/\$45, 3 year \$50/\$60. Idea is cost increased due to paying more for banquet, website, newsletter, races. New flyers are currently in circulation. The officers reserve the right to modify pricing for marketing during events throughout the year, aka membership drives.

Misc/Marketing: Tina from Fort Wayne's Smallest Winner is interested in FWTC, thanks Barb for contacting her.

Adjourn. The meeting adjourned at 9:00 pm.

Next Meeting: The next meeting of the FWTC Board of Directors will be Oct 19th, at 7:00 pm (6:45 social ¼ hour). At 808 Ley Rd.

**Effective immediately, the fee structure for the FWTC is:

Single Membership: 1 year: \$20, 2 years: \$35, 3 years: \$50

Family Membership: " : \$30, "\$45, "\$60

The family rates apply to person who are related and who primarily reside at the same address. There is no discount schedule for partial year membership, new members, or discounts based on age.

FWTC Board of Directors Minutes of Meetings: October 19, 2011

Board Members Present: Rowland Perez, Judy Tillapaugh, Jim Berry, Robin Drombrowski, Cheryl Stromski, Barb Richards, Joe Kinder, Craig Bobay, Roger Wilson, Dave McComb, Angie Kurtz, Michael G. Yann, Mac McAvoy, Erin Brady

Beginning: Meeting called to order at 7:00 p.m. Snacks provided by Barb.

Minutes: The minutes from the September meeting were approved.

Treasurer's report: Emailed prior to meeting. A few comments by Robin: The banquet expenses appear on balance sheet instead of income statement. Shalane's photo was \$300, and other expenses for the banquet include some printing cost. Sponsors are waiting until January to send in sponsorship money.

Old Business:

Banquet: Now in promotion mode: Barb with media contacts (PSA), also potential email blast. NHS coaches contacted by Rowland, and SAC coaches contacted by Erin. Team rate applies to minimum of 5 people to include coaches and athletes, not parents. Capacity is 400, yet only 3 or 4 people have signed up.

Ideas: pairing up with other running clubs or tri-athletes; newsletter out in 2-3 weeks. **Awards:** think about categories and add ballot to newsletter for next mailing. Brett will compile a list of high school candidates. Arrival of Shalane Flanagan around 4 p.m. on Friday. She will spend Friday night and Saturday morning with the Ladowski family.

Establish something to sign as a gift for sponsors: printed poster or picture. According to what Mac has heard, everything "Looks great."

Fort 4 Fitness: Water stop went well. The banner was missing. Idea for next year: first 10 volunteers to contact FWTC to work the water stop will receive free entry to Frontier Run and/or Runners on Parade.

Points Races:

Point races established to keep support with board member affiliated races. New Haven 10k dropped, but Franke Park trail run added in the spring with tentative date and distance. Parlor City is now the 13.1 mile race as the points race instead of the 10 mile. Add JP Jones Just Plain 10K in December as a points race.

To be eligible for points in points races during the calendar year, members must be signed up by the Fanny Freezer. Rowland is appointed the "Keeper of the Races," and race directors should contact Rowland. The 2012 Point Races should appear in the next newsletter.

(SEE PAGE 21 for 2012 FWTC POINTS RACES.)

Misc.:

Barb met with Tina from FW Smallest Winner. They are writing a news article to announce affiliation with FWTC this year. They will include the FWTC logo on all publications. The half marathon is open to public, and a new weigh-in will also be offered to public.

Turkey Trot is planned, and Bill Harris is organizing.

Jim reported the Run for Riley had over 600 participants and raised over \$23,000 this year. Barb suggested an article in the newsletter about this.

New Business:

Runners on Parade has the chance to purchase 16,000 shirts that are either blue or grey, in the dry-wicking material. Women would like gender specific shirts, but in the end the unisex shirt won.

Michael G. Yann commented that the new flip clock is not working. Need to disassemble to ship for repairs.

Adjourn: the meeting adjourned at 8:10p.m.

Next Meeting: November 9th at 7:00 p.m. (6:45 social ¼ hour).



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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@comcast.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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Fishers

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(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
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3 2

Our own Bill Harris was certainly thankful that he didn't have to scale this mountain while running the Moose's Tooth Marathon this past August in Alaska. For his story, see page 5.