

The *New* Inside Track

FORT WAYNE



TRACK CLUB

JANUARY 2012 / FEBRUARY 2012

A publication of the Fort Wayne Track Club

FLANAGAN



**MARK THE DATE:
JANUARY 29**

Join the FWTC
in welcoming
Olympic medalist
Shalane Flanagan.

The Fort Wayne Track Club
annual awards banquet will be
Jan. 29 at The Marriott. Visit
www.fwtc.org for details.

UPCOMING RACES

FACES

PACES

Fanny Freezer 5K.....Feb. 11 Nutrition & Wellness.....pg. 6 Points standings.....pg. 16-17
On the Mark.....pg. 10 Running in the cold.....pg. 23

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 4:30 p.m. Sunday, January 29 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" before the banquet from 3-4 pm
- *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.



Speed clinic improves strength, form

January clinic will also key on preventing injuries in distance runners

BY BRETT HESS

As a young athlete Jason Russell simply resisted the idea of running distances. Now, he's devoted his business to helping others do just that. Irony? Not exactly.

"I would have screamed if you told me I had to run a mile," says Russell, who added, "running distances are a lot harder and more painful if your body isn't efficient."

Russell is a physician and owner of Optimum Performance, a sports medicine and performance business operating out of Pine Ridge Racquet Club. Although he treats all types of athletes and their injuries, Russell has developed a niche among distance runners. In January he will host his third annual "speed clinic", a six-week program that in its first two years has attracted many of the area's top distance runners.

"I spoke at the Indiana track coaches clinic about running efficiently and there was a lot of interest," Russell recalls of his speech in Indianapolis in 2009. "So I thought I would host a clinic (in Fort Wayne). We had a great response."

Russell grew up in Evansville and played the traditional "ball" sports, including quarterback. He went on to graduate from Indiana University with a degree in kinesiology and human movement. But then something strange happened: his first internship was with a doctor in Chicago who worked with many top distance runners. All the talk of running biomechanics and gait analysis clicked with him.

"There are so many (other physicians) who choose to work with other sports, it seemed like a perfect fit for me," Rus-

sell said.

One thing led to another and Russell studied gait analysis more closely and then earned a chiropractic degree from the National University of Health Sciences.

For the past 10 years Russell has taken his education to a new level specializing in not just treating injuries, but preventing them and even improving athletic performance.

"Many injuries that distance runners suffer can be prevented with corrective exercises involving the feet and hips," Russell said. "So the key here is to get the feet and hips to work more efficiently."

So Russell has developed exercises that not only correct a poor stride, but also strengthen an already proper gait.

Among the drills are "box drops" which consist of jumping onto and off of boxes and mini-trampoline running.

"The first year we had the clinic, most of the runners were going to be state medalist anyway," Russell said, adding that his work didn't make them all-stars. "But we focused on improvement and all of them did improve in key components."

In the speed clinics Russell hosts, the high school runners are measured in three key exercises on the first night and then measured again after the sixth week. The clinic meets twice each week for 90 minutes and drills are taught so that they can be replicated later.

"The goal is to teach the kids something they can take with them after the clinic," Russell said. "We can measure improvement in certain components, but the real improvement will be determined in the upcoming track season."

Of course, with such an all-star lineup that first season, word spread. In just two years Russell has worked with high school runners from every county in northeast Indiana, from Grant to Kosciusko to Steuben Counties.

More information can be found at www.optimumperformancefortwayne.com or by calling 637-1000.

The Prez says ...

Where have all the young men gone?

BY MAC MCAVOY

First of all I would like to offer my apologies to Pete Seeger for using a line from his famous folk song from the 1960's. Let me give you a little background information and then I will get back to the reason for my stealing the line. And yes for those of you who are wondering .this is another one of those "back in the day" columns.

In the middle of the first running boom I ran the Detroit Marathon. It was October of 1980 and I was a 20 year college student with a little over 2 years of distance running experience. I trained partly on my own and partly with a group of about 5-6 people some faster than me, some slower. We were all doing about 40-70 miles per week as we got ready for our fall marathons.

I was hoping to qualify for the Boston Marathon and at the time men under 40 years old had to run below a 2:50 to be eligible. I was going to have to take 10 minutes off my first marathon that I ran 5 months before. Well, the marathon gods smiled upon me that day and I was able to finish with a time of 2:48:13.

The race started with approximately 2,500 runners and I believe my notes stated that I finished somewhere back in the mid 200's. I think three women beat me that day and I am sure some

masters runners as well although there wasn't near the depth of masters runners back then that there is now. So maybe I was about the 225th open male runner to finish.

So let's fast forward 30 years. We are in the midst of another running boom and record numbers of people are hitting the roads and trails for marathons across the country. So you would think that more people will produce faster times ..well, no. The 2010 Detroit Marathon has 3,300 finishers and a 2:48:13 would take 11th place last year. That is quite a jump from the mid 200's to 11th place for the same finishing time.

I understand that this second running boom might be attracting some slower runners but I will ask Pete Seeger's musical question: Where have all the young men gone?

We know that running is not the most popular sport and that over the years basketball (in the Michael Jordon era) and football have experienced a significant increase in popularity. However, the typical runner's body type does not really lend itself to participation in those sports as a 20-39 year old male. A quick review of the rosters of the NFL and NBA does not reveal many 5'8" 140 lb athletes. So where have all the young men gone?

Well, maybe that is just the trend in marathons. Maybe the most popular distance today, the half-marathon, will reveal a different trend. Looking at the records of the Parlor City Trot, I see that in 1983 there were 293 finishers with an amazing 57 under 1:20. Fifty-seven!! In this years' Fort 4 Fitness there were almost 2,700 finishers with only 14 under 1:20. So where have all the young men gone?

It actually turns out that I didn't have to travel far for the answer to my question. My own son is a member of the group I have been searching for: a 21 year former high school cross country runner. When I asked him why his peer group is not out pounding the pavement and trying to be the best they can be, he replied with an answer referencing the topic of last issue's President Column, "Why Dad, we are all too busy polishing our participation trophies, plaques and medals for Little League, Y Ball and road races!"

See you at the races!

Mac

By the way, I am interested in some further discussion regarding this topic. For instance, do I have it wrong and this age group is out there, they just aren't putting in the time and mileage to achieve the previous generations' accomplishments?

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The Fort Wayne Track Club has a Facebook page and we want you to become a fan! Find us by typing in the search box, "Fort Wayne Track Club". That will take you to the page, click the "like" button and join almost 200 others who have already fanned us!

Share this link with any of your fitness pals! We post race reminders, information about racing events in the area and pictures/videos of recent races and events.

And we would love to make this page more of a "social network" as it should be! Share your race photos, videos and experiences with us on the page. Have you found a new running path? Have a good tip for running in snow? Know about a mini, ultra, or triathlon? Post a comment! Thanks in advance for being a fan!



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

8 is enough

Eight rules for running in the cold weather

BY BRETT HESS

Running in the bitter cold is crazy. Most experienced runners have a story to share about that time when it was below zero and the wind was howling and the snow was deep, etc. Yes, we distance runners can be crazy. But we shouldn't be stupid. And there is a difference.

Here are eight simple (and common sense) rules to live by when running this winter:

1. Acclimation: Are your lungs ready?

Unless you've been running regularly as the weather gets colder, your body can't be ready to withstand brutal temperatures.<

Sure, there are bonus points for experience and physical fitness, but unless you've been running regularly in the cold air, you are at a disadvantage. If you've been running indoors or taken time off, think twice before going outside during a brutal cold snap. Wait for a break in the



2. Company: Don't go it alone.

Many bad things can happen in brutally cold conditions like falling down and suffering a serious injury. This can make a dangerous situation fatal. So, make sure you are not running alone in these conditions. If you go down, it only takes a few moments before hypothermia to set in. A built-in support group can prevent a disaster.

Another benefit to running with others: it helps keep your mind sharp. If you are all alone, it's easy to drift off mentally and lose touch with your vital signs.

3. Layers: Be flexible with your gear.

There are any number of clothing combinations available. You can appear overdressed (like me) or go the much lighter route. Either way, make sure you can add or remove layers during your run. But generally speaking, it's better to start with too many layers because you can always peel them off. Most running clothes are light and can easily be carried if you decide that you are too warm.

Please see COLD on Page 23.



Nutrition and Wellness by Judy Tillapaugh, R.D.

Shape A Healthy Holiday Everyday There's A Holiday

The Holiday season is a special time for celebrations with family, friends, and co-workers. Yet the "to do" list grows and temptations to break away from a fitness routine and over indulge at food tables are plentiful. Healthful intentions get skipped and the chance for extra weight, higher blood pressure, higher blood sugar, or other problems can increase.

This does not have to happen. We can keep health in the holidays. We can shape the season such that it is primarily full of peace and joy and not saturated with stressors that strip away healthy habits. We can shape plans and priorities to match personal desires.

Feel Good During The Holidays By:

1. Focusing On The Reason For The Season.

Healthy choices begin with healthy thoughts. Prepare for the holidays by focusing on the main reasons for the season. Think about what you "can do" to enjoy family, friends, fitness, and food with less stressors and without too many extras. Make this a priority. Make a list!

Have an attitude of gratitude. Research does indicate that we will feel less stressed and happier if we focus on being thankful for all we have. So as the "to do" list is written, write at the top the "High Five" pleasures in your life.

2. Serving Yourself Nutritious Food

Plan for nutritious 3 meals and 1-2 snacks daily. Continue a healthy eating routine. Primarily design meals that offer: lean meats, poultry, fish, egg, or beans for protein; fresh fruits and vegetables; whole grain breads, pastas, rice, potato, or cereals, and lean dairy choices. A meal has at least a protein source, starchy carbohydrate, fruit or vegetable. Print and post breakfast, lunch, dinner, and snack ideas so you can refer to it as often as needed.

Plan to decide before a party or gathering what you will eat and drink. You will feel better the next morning.

IDEAS TO FIT IN FITNESS

1. Do aerobic shopping. Begin your shopping trips by walking the full perimeter of a store or to check out all the purchase options and sales then go back and make purchase decisions.

2. Turn on holiday music and move to the music as you complete clean the house or prepare for a party.

3. Gather friends or family members for holiday walks, dancing, skating, or caroling.

4. Plan to play active games during holiday family gatherings or parties.

5. Take a de-stress walk after work for 10- 15 minutes, take deep breaths along the way and unwind.

6. Sign up for a holiday fitness class at a local fitness center.

7. De-stress at work by stretching at the desk, walking during a breaks, and taking deep breaths every 15 to 20 minutes.

Plan to have a small snack before a special meal. Beginning a meal starved will trigger you to eat fast and out of control.

Plan for simple tasty meals. Offer an entree, one side dish, vegetable or salad, fruit, and a dessert if desired. The less to choose from the less we tend to eat.

Plan to take nutritious food to special events like a fresh colorful vegetable tray, crisp colorful salad with light dressing, fresh fruit tray, lean dip with baked chips, or a light dessert.

Plan to modify recipes with rich ingredients. Make them more heart healthy.

For example:

A) instead of regular sour cream, cheese, or whole milk use the low fat or non fat versions

B) instead of bacon or sausage use lean fresh pork, lean ham, or lean beef

C) instead of fried chips or french fries try a baked chips or lean oven fried baked potatoes.

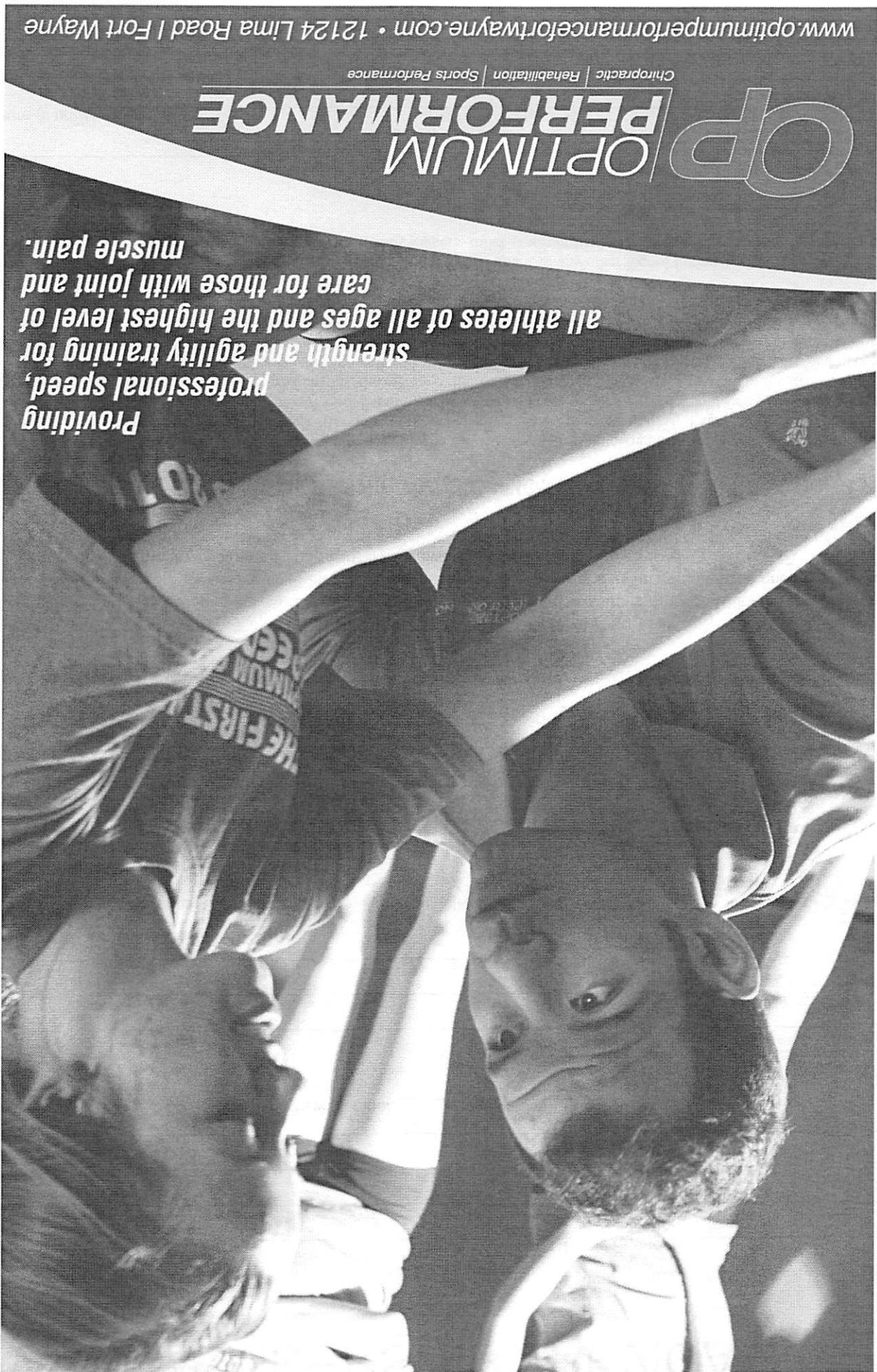
Plan for favorite foods. If they are labeled "no" chances are the more you will want them and you'll eat more than you really wanted.

Plan to limit portions. Extra weight comes from extra calories. It's those extra servings that cause us to get more calories than we need. 1 pound of fat is about 3500 calories. No one gains fat fast yet just an extra 500 calories a day most days of the week will promote a pound a fat gain a week.

Plan to skip or go easy on special sauces, toppings, dips, and spreads. Just one tablespoon of fat has 100 calories. Limit extras to prevent extra calories

Plan to "go light" alcoholic drinks. Limit to one to two servings if you choose to drink.

Please see TILLAPAUGH, on Page 11



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FWTC MEMBERSHIP APPLICATION

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

Individual:	One year: \$20	Two years: \$35	Three years: \$50
Family:	One year: \$30	Two years: \$45	Three years: \$60

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 _____

2012 POINTS, POINTS, POINTS 2012

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 2012, 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.

2011 POINTS RACES

FEBRUARY

1. Fanny Freezer 5K, Shoaff Park

MARCH

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

APRIL

3. Mastodon Stomp 5K, IPFW.

MAY

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

JULY

6. Runners on Parade 5K.
7. Matthew 25 10K, Foster Park.

AUGUST

8. Hometown Heritage Days 5K, August.
9. New Haven 10K. August. (New!)
10. Rotary 5K, Shoaff Park, August.

SEPTEMBER

11. Parlor City Trot 10-Miler, Bluffton, Sept.

OCTOBER

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

NOVEMBER

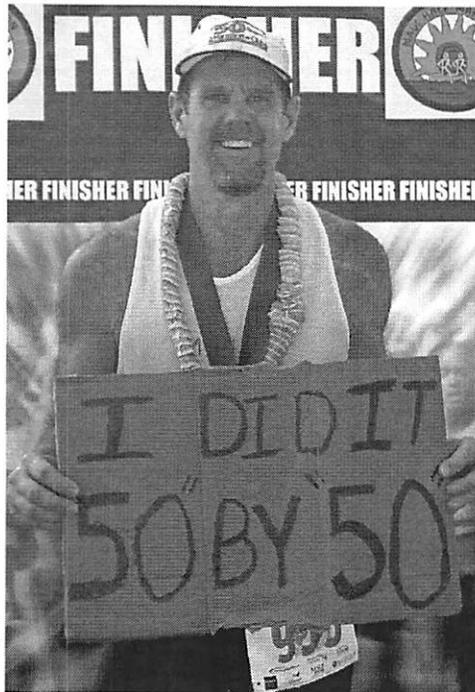
13. WOOF 16-mile trail run, Ouabache St. Park.
14. Turkey Trot 5K, Fox Island, Nov.

Hypertension: The Silent Killer

BY DR. MARK O'SHAUGHNESSY

To date we have covered the physiology of coronary artery disease (the number one form of heart disease I encounter daily), its manifestation in one of our own and we began to talk about risk factors. Last month we discussed high cholesterol and Judy T stole my thunder and wrote a very nice article regarding Diabetes (Thanks Judy). In truth, Judy did a wonderful job covering Diabetes so we will not cover this again; I refer you to the last newsletter for a comprehensive review of this important topic. In both of these articles it was stressed that you need to know your numbers, you cannot alter your risk if you do not know your own risk profile. It turns out that having high cholesterol and Diabetes does not simply double your risk for heart disease but the risk is exponential as you add risks to your profile.

This month we will cover hypertension, the silent killer. In truth all of the risk factors are silent in that the majority of them do not have obvious symptoms that alert the patient to their presence. Hypertension, high blood pressure, is truly silent the majority of the time. As we discussed in previous articles, the cardiovascular system is basically a hydroelectric system with a primary pump connected with a series of tubes. Like any hydroelectric system, it is pressurized and the fluid moves down pressure gradients (from high to low pressure). The normal average pressure in the arterial system is about 95mm Hg and in the venous system is about 10mm Hg. We do not routinely measure venous pressure (this takes special techniques and is invasive, I have to stick needles in you in order to measure) but we routinely measure the arterial pressure using a blood pressure cuff (sphygmomanometer) each time you see a doctor. The blood pressure is reported with two numbers, the systolic (upper number) pressure and diastolic (bottom number) pressure. These correlate with the squeezing part of the cardiac cycle (systolic) and relaxa-



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

relaxation part of the cycle (diastolic).

Normal blood pressure is less than 120/80 per the Joint National Commission on Hypertension. This organization has given us in medicine guidelines as to blood pressure goals dating back to the 1970's and is currently on the seventh iteration of their guidelines. JNC VIII is due out any time and rumor has it that they are lowering normal blood pressure to less than 110/70. It turns out that the higher ones blood pressure the higher ones risk for heart attack and stroke. There is a direct linear correlation with blood pressure and cardiovascular disease. We have mountains of research that document this correlation therefore we continue to try to lower blood pressure in attempts to decrease adverse events. It makes sense that if a hydroelectric system is only rated for a certain pressure and you continually run the system at a higher pressure than the rating that you will eventually get into trouble, just ask the poor people on the Gulf Coast after the Deep Water Horizon.

So blood pressure is a significant risk

On The Mark

factor and it is easily measured either by your family physician or in any drug store (be careful with the machines in these stores, they never get calibrated so their accuracy may be in question) so there is no excuse for you to not know your numbers. The next questions is what do you do if your blood pressure is high. The first thing we do is recommend lifestyle modification (TLC in the JNC guidelines), which amounts to decrease in salt intake (I've teed one up for your Judy) and an increase in aerobic exercise. Easy for us runners, aerobic exercise is what we do best. But what if your BP remains high despite all this healthy living? Then it is time to consider a pharmacologic approach. The list of BP medications is longer than both my and Bill Harris' marathon catalogues combined and deciding on the best medication for a given individual is best done by your family physician. It is important when deciding on a medication to have full disclosure with your physician in that all medications have side effects and some will effect your performance on the race course so tell your physician about your masochistic pastime and these performance altering medications can be avoided.

Blood pressure is important for normal function and when kept in a normal physiologic range serves to allow us to do all the activities we do on a daily basis, including the somewhat crazy things like wading through thigh high water in the middle of December. (What were you Huff-ers thinking?)

Blood pressure only becomes a problem when it is allowed to run higher than the rating on our systems, which is currently 120/80 and will likely be downgraded to 110/70. You will not know if your BP is up unless you actually measure it so as always, I ask that you actually measure it and know your numbers.

Just to rehash for those of you who have suffered through all of these mis-sives I want you to know your Cholesterol profile (total cholesterol, triglycerides, HDL, LDL), Blood Glucose and now your Blood Pressure. Next month we will wrap this all up into a concise risk factor formula and then we can move onto other fascinating topics in medicine.

Keep running.

Tillapaugh: Plan to stay fit

One drink is 12 ounces of beer, 4 ounces of wine, or 1.5 ounces of liquor. Alcohol can stimulate the appetite, impair judgment, impair drinking skills, be hard on the liver, and can trigger mood changes.

Plan to buy and serve non alcoholic beverages like club soda, sparkling water, herbal teas, high chocolate, and high vitamin "C" juices.

Plan to spend minimal time near food and beverage tables. Once you select food and drinks, move to another area so you are not tempted to do the "stand and pick and eat".

Plan for "Over Do It Days" Do not dwell on it. We are not perfect. Don't be too hard on yourself. What counts is what we do 90% of the time. If something happens talk about and begin a new day with renewed intentions.

3. Fitting In Fitness

There is a lot of competition for time and energy during the holidays. Fitting in fitness can be difficult yet schedule time for fitness and it will help you feel less stressed, more energized, and less likely to gain weight.

Aim for 30 to 60 minutes of enjoyable fitness activity most days of the week.

4. Having Free Time For Yourself

Take care of you! Give yourself the gift of wellness by planning time for you. This will relax and re-charge the mind and body to enable you to give more quality time to others.

Write down 5-10 activities you could do to "take a break" like listening to favorite music, watching a funny movie, reading a book or magazine, having a massage,

enjoying a long bath, attending a local play, calling a friend, writing, or just do nothing.

5. Enjoying Time With Family and Friends

The best presents come in small packages. Pass on the gift of peace, hope, and love with a smile, hug, listening ear, hand shake, or quality time to friends, family, and co-workers. These memories will last.

Healthy Holidays!

Peace to you,

Judy Tillapaugh, RD

IPFW Wellness/Fitness Coordinator

Tillapau@ipfw.edu , 481-6647

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Effective treadmill running

Running in place isn't all that bad if you follow these tips

By Brett Hess<

The inevitable is on the way: brutal cold and wind. Throw in a little ice. And even limited day-light hours. What you have is dangerous running conditions.

Of course, there is a viable alternative to running in the snow and ice. Some of my running friends call it the "dreadmill" while I simply consider it a necessary evil. But some people actually love running on the treadmill. Two weeks ago I wrote about running in brutally cold temperatures. No matter what precautions you take, though, there are days you simply shouldn't run outside. And, of course, there are times when you'd rather not. If you have access to a treadmill, you have a viable option.<

Here are five tips for successful treadmill running:

1. Beat the heat.

Running indoors at this time of the year presents quite a climate change especially for people who run outside routinely. Those runner's have been acclimated to the cooler temperatures so when they run indoors, their bodies tend to overheat. So, treat your run like you would an August run and drink plenty of fluids.

This shouldn't be too much of a problem unless you do a long run (over an hour) indoors. In that case, drink to quench thirst and make sure you drink plenty afterwards.

2. Don't catch a cold.

Imagine how stupid you'd feel if you caught a cold running indoors. (I don't have to imagine as it's happened to me. More than once.) If you are running at home, make sure you have a fan and/or an air purifier to keep the air flowing. Stagnant air will most certainly result in a sore throat or sinus infection.<

Also, wear a dri-fit shirt or change your shirt if you are running long. And I wouldn't recommend the fan blowing directly on you, no matter how hot you get.<

3. Start slow.

Even if you are an experienced runner in great condition, jumping on a treadmill for the first time of the winter to do a hard workout is not recommended. Because the running surface is moving, your gait changes slightly. And this is exaggerated when you fatigue.<

When you tire on a run, you slow down. But when you tire on a treadmill, even very slightly, the treadmill doesn't slow down. The result is over-striding as your legs try to keep pace. You may not even know it's an issue until the next day when your patella tendons are sore.<

I would recommend a couple of easy sessions on the treadmill before doing any speedwork or long runs.<

4. Uphill battle.

The moving belt of a treadmill is really assisting you on the run. To compensate for that "cheating", set

the incline on 1.5 percent to replicate flat roads. Of course, if you want to run hills, then you'll have to kick it up a notch to 2 or 3 percent.<

Also, vary the incline periodically throughout your run. I realize we don't live in the Rockies, but there are hills out there. If you truly want to replicate the outdoor experience, change the incline periodically to

simulate your run.<

Treadmill Tips

1. Beat the heat
2. Don't catch a cold
3. Start slow
4. It's an uphill battle
5. Beat boredom

5. Beat boredom.
A common complaint about treadmill running is how boring it can be. But I only hear that from people who don't run on a

treadmill. With a little creativity, it can actually be more entertaining than running outside. I polled several local runners and watching sports, music videos or listening to music on a headset were the most popular responses I received.<

While these distractions will help mentally, it's also important to prevent your lungs and legs from getting bored. Vary the speeds (and incline) every 5 or 10 minutes just to stay fresh.<

Personally, I have a library of concert DVDs that help get me through the run. I think this is the perfect prescription for treadmill running: I tend to speed up during the fast songs and slow down during the ballads.<

Who couldn't help but run faster watching Bruce Springsteen sing "Born To Run"?<

Fort Wayne's smallest winner

BY CASSANDRA BOWMAN

"Among America's Fattest Cities!"

"Among the Most Artery-Clogging Cities in America!"

"Top 8 Fattest City in America!"

Those are a few of the titles Fort Wayne has "won" over the years. We knew that Fort Wayne was and is better than this. The people are better than this. Watching our city win these detrimental "awards" over the years inspired us to create a healthier and happier Fort Wayne.

Our program first came about in 2008 when Rick (co-founder) leaned over to his wife Tina (co-founder) while watching Biggest Loser and said "I want to do this for our city." Tina said, "Lets do it!!" Then we took this vision to Spiece Fitness and had a meeting with Anne Davis the Director and trainers. Everyone was eager to get started on this program. The dedication and willing-

ness of the trainers made us realize how great this program would be. We saw our future and a fresh future for Fort Wayne.

We decided to accept 25 people in teams of five. This program is completely free to those selected, and we couldn't do it without our amazing sponsors. Three times a week, we trained bright and early at 5 a.m. for an hour. Monday nights were reserved for weigh-in and nutrition meetings. This INTENSE training program lasts for 15 weeks and at week 14 contestants are asked to complete a half marathon!!

Many laughed and cried as they saw a new life for themselves. Their weight loss stays hidden from the contestants, as they get closer to the end. The winner is revealed at our annual Indiana State Bodybuilding Championships the first Saturday of the Three Rivers Festival.

We are excited to say we will begin

Season Five with our application process beginning January 16, 2012 through February 24, 2012. We will then select our new group of 25, and new group who we hope to change their life!

For those who are not selected we will have our first ever public division which will be outlined on our website once the program begins Monday, April 2, 2012. We are hopeful everyone will follow along and get the free nutrition/training information to help them at home.

Please follow the progress of Fort Wayne's Smallest Winner at www.fortwaynessmallestwinner.com or follow us on our Facebook Page: Fort Wayne's Smallest Winner.

Remember you are capable of anything you set your mind to!!

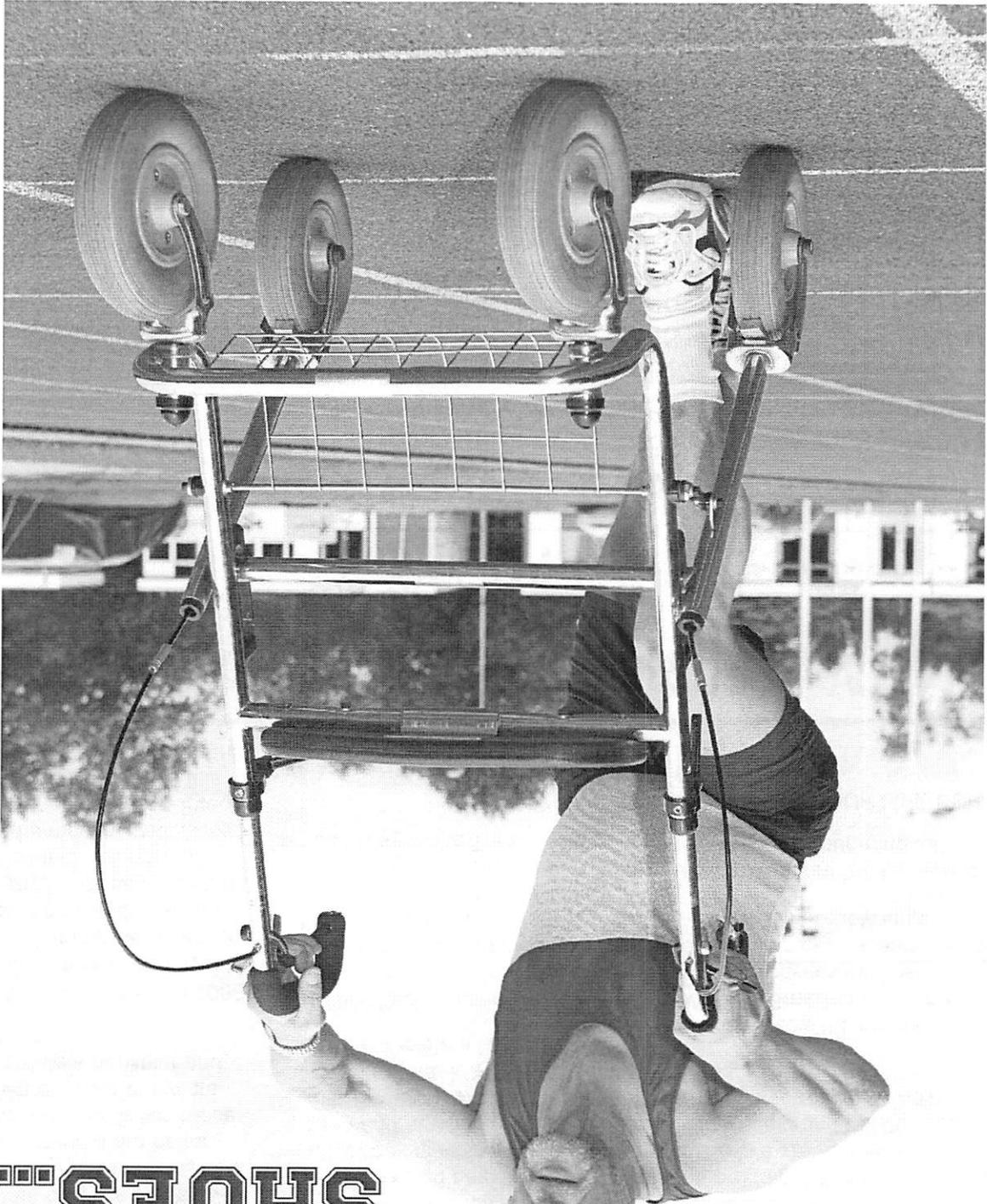
TRAIN LIKE YOUR LIFE DEPENDS ON IT!

FWTC IRONMEN & IRONWOMEN

For 2011

RUNNER	.CITY	..AGE	.POINTS
Brad A Thomas	...Fort Wayne	...36	1460
Roger Kingsbery	.Fort Wayne	...61	...1460
Jamie Zeigler	...Fort Wayne	..10	1280
Cindy McGovern	.Fort Wayne	...46	1260
Elaine Kolvoord	..Fort Wayne	39	. 900
Michael Yann	..Fort Wayne	58	. 740

All of these runners will receive special recognition at the FWTC Banquet on January 29 for completing all 14 Fort Wayne Track Club points races in the 2011.

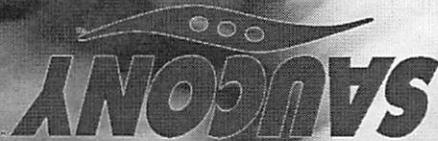


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2011 FWTC POINTS STANDINGS

Male 19 and under

<u>Place</u>	<u>Name/Race</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
1	Sam Edwards	Fort Wayne IN	14	700
2	Kolin Behrens	Fort Wayne IN	13	610
3	Chris Meyer	Fort Wayne IN	13	460

Male 20 to 29

1	Grant Stieglitz	Fort Wayne IN	26	1070
2	Justin Gould	Fort Wayne IN	23	950
3	Dashon Smith	Fort Wayne IN	25	940

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	1460
2	Todd Werling	Fort Wayne IN	37	830
3	Andrew Gottfried	Fort Wayne IN	36	750

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	1010
2	Ward Moya	Fort Wayne IN	47	1010
3	Tim Hamilton	Spencerville IN	45	830

Male 50 to 54

1	Rowland Perez	Auburn IN	50	850
2	Paul Shaffer	Decatur IN	53	650
3	Ed Reinhard	Poneto IN	53	610

Male 55 to 59

1	Chuck Brown	Bluffton IN	55	1010
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	1460
2	Robert Lawson	Fort Wayne IN	63	750
3	Dan Bossard	Monroeville IN	60	410

Male 65 to 69

1	Robert Bruckner	Fort Wayne IN	65	850
2	Jack Seigel	Fort Wayne IN	66	550
3	Fred Kendall	Fort Wayne IN	69	260

70 and over

1	Dick Harnly	Fort Wayne IN	73	1110
2	Bernie Huesing	Fort Wayne IN	78	200
3	Ron Etzler	Payne OH	70	160

2011 FWTC POINTS STANDINGS

Female 19 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
1	Jamie Zeigler	Fort Wayne IN	10	1280
2	MaKenzie Kolvoord	Fort Wayne IN	4	390
3	Grace Hess	Fort Wayne IN	13	330

Female 20-24

1	Sharon Christian	Fort Wayne IN	26	1080
2	Kalissa Blanchette	Fort Wayne	23	620
3	Ashley Anglin	Fort Wayne IN	27	610

Female 30 to 34

1	Jenny Robinson	Fort Wayne IN	30	850
2	Jennifer Deckard	Fort Wayne IN	34	780
3	Beth Peters	Fort Wayne IN	31	440

Female 35 to 39

1	Kelly Barnes	Fort Wayne IN	38	1110
2	Erin Brady	Fort Wayne IN	39	1100
3	Elaine Kolvoord	Fort Wayne IN	39	900

Female 40 to 44

1	Lori Leatherman	Albion IN	43	1050
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	1260
2	Denise Conrad	Decatur IN	49	850
3	Mae Miller	Harlan IN	45	670

Female 50 to 54

1	Melinda Kinder	Fort Wayne IN	50	1110
2	Joy Brown	Bluffton IN	52	760
3	Betty Greider	Fort Wayne IN	50	650

Female 55 to 59

1	Mary Voors	Fort Wayne IN	55	710
2	Regina Blanchette	Fort Wayne IN	56	650
3	Cheryl Stromski	Antwerp OH	55	360

Female 60 to 64

1	Betty Nelson	Columbia City IN	64	950
2	Barb Scrogam	Fort Wayne IN	64	650
3	Jenni Etzler	Fort Wayne IN	60	80

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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*The top three in all age groups will be presented awards at the banquet on Jan. 29.



Fanny Freezer 5K



Saturday, February 11, 2012 2:00pm Shoaff Park 6401 Saint Joe Rd. FW

Entry Fee: \$3.00 for FWTC members/\$5.00 for non-members

Awards: 1st Place M&F Overall/Masters & Top 2 places each age group

Registration: Pre-registrations sent by 2/07/12 to: FWTC/Fanny Freezer

Race day registration: 12:45-1:45pm. PO Box 11703

FW, IN 46860

Fanny Freezer is the 1st FWTC Points Race of 2012. Go to fwtc.org for more information.

YOU MUST BE A FWTC MEMBER BY THIS RACE

TO PARTICIPATE IN THE POINTS SERIES

Contact: Mac McAvoy (260) 450-1071 macmcavoy@gmail.com

Make checks payable to: Fort Wayne Track Club PLEASE WRITE LEGIBLY!!

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Gender _____ Birthdate ____/____/____

e-mail _____ Age (race day) _____

WAIVER: Must be signed by participant or by parent/legal guardian if participant is under 18 years old.

I know that running a road race is a potentially hazardous activity. I should not enter 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 or walking in this event including, but not limited to: falls, contact with other participants, the effect of the weather including high heat and/or humidity, traffic and the conditions of the road or any other running surface: all such risks being known and appreciated by me. For my safety, I understand that bicycles, skateboards, baby joggers, roller skates or in-line skates, 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 FWTC, all sponsors, all volunteers, 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 person named in this waiver. I allow my photograph or likeness to be used for any lawful purpose.

I also agree to return the timing chip to the FWTC and if I do not, then I agree to pay \$30.00

Signature _____ Date _____

2012 Fort Wayne Track Club Banquet Awards

Help the Fort Wayne Track Club (FWTC) recognize the achievements of top area high school runners, club members and supporters at the banquet on January 29 at the Fort Wayne Marriott.

Chris Brown Outstanding High School Runners

Nominees (alphabetical order) and their respective schools

To be eligible, the athlete must be a current high school student-athlete and in good academic standing at his/her school. They must be from Allen County or a county contiguous to Allen County.

Boys

Mitchell Dutton, Snider: State track runner-up in the 800 and 3,200-relay runner-up.

Alexander Hess, Carroll: All-state cross country (17th place); NHC Champion.

Jacob Reinking, Concordia: All-state cross country (16th place); SAC Champion.

Girls

Anna Reibs, Concordia: All-state cross country (11th place); SAC Champion; Regional champion.

Tiffany Rauch, North Side: Sectional champion; finished 33rd at state meet (Senior all-star).

Samantha Roush, Columbia City: All-state (7th place); Sectional, Regional champion, NHC champ.

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.

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.

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.

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.

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
- | | |
|---|---|
| <input type="checkbox"/> Finish Line | <input type="checkbox"/> Course Setup |
| <input type="checkbox"/> Timing | <input type="checkbox"/> Aid Stations |
| <input type="checkbox"/> Applications | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Advertising/Promotions | <input type="checkbox"/> 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	Distance	Month
Fanny Freezer	5k	February 11, Shoaff Park, 2 p.m.
Nutri-Run	20k	March
Mastodon Stomp	5k	April, IPFW
Frontier Run	10k	May, downtown Fort Wayne
TRRC Hare & Hounds	5k cross-country	June, The Plex in Fort Wayne
Franke Park Trail	Undetermined	June
Runners on Parade	5k	July, downtown Fort Wayne
Matthew 25/O'Shaughnessy	10k	July, Foster Park
Huntertown Heritage	5k	August, Huntertown Elementary
Rotary	5k	August, Shoaff Park
Parlor City Trot	13.1 miles	September, Bluffton
Run for Riley	5 miles	October, Maple Creek Middle School
WOOF	16 miles trail	November, Ouabache State Park, Bluffton
Turkey Trot	5k trail	November, Fox Island
JP Jones Just Plain 10k	10k	December, Foster Park

Fort Wayne's Running Therapist

Tom Seifert

Call: 260-414-3282

Village of Coventry

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

Present: Rowland Perez, Judy Tillapaugh, Jim Berry, Robin Drombrowski, Cheryl Stromski, Barb Richards, Joe Kinder, Roger Wilson, Dave McComb, Michael G. Yann, Mac McAvoy, Erin Brady, Sarah Kleinknight, Sharon Christian, and John Beasley.

Beginning: Meeting called to order at 7:00 p.m. Snacks provided by Sarah. Devotion led my Mac to keep Brett and Brad Hess in thoughts and prayers.

Minutes: The minutes from the October meeting were approved with a few minor corrections: Mac had the opportunity to purchase 16,000 shirts and will purchase a much smaller amount needed for the Runners on Parade. The distance on the Point Races for the Franke Park trail run will be 15k.

Treasurer's report: will appear prior to meeting. A few comments from Robin: on the Income Statement: the activity is mainly with revenue from the clock rental and the Turkey Trot.

Newsletter: Brett is swamped and may need help with the October/November edition. Rowland will send the points totals to be published. Next newsletter should be out in the first week of January to promote banquet.

Old Business:

Banquet: The press release information on the banquet was resent to media contacts. Glow magazine was a new addition with the information sent. Fort Wayne Business Weekly was also added. Barb will make some direct contacts as well. Judy emphasized the team sign up. So far registration for the banquet is minimal. Barb has a contact with a running skirt company who may want to advertise, promote during the Ladies Chat. Check supply of brochures at YMCA and other locations. Can we send an email blast? List has not been "combed" for several years but blast is possible.

Website: John & Carmen are looking at another platform and have moved the content over on a trial basis. John contacted Robin to work on subscription. Now in design phase & only one subscription. Unlimited storage and set up to other links. The logo needs a higher resolution. Bring up new website ASAP & officially announce at the banquet.

Clock: The interior parts have been removed and have been sent for repairs.

Helpers Needed: 11 a.m. at Fox Island for the Turkey Trot (Saturday 11/19/11) and 2 p.m. at Foster Part for the JP Jones 10k (Saturday 12/3/11)

New Business:

American on the Move Organization represented by Marsha Washington met with Barb. Opportunity to participate in the Fitness Fair on January 21st from 11-3 at Glenbrook Mall. Must have an interactive booth if we commit.

Marsh has also volunteered to write a letter for the FWTC newsletter.

HS Runner of the year: Brett provided a list with seven males and five females. Mac will check with Mike to see if more information is available.

Fort 4 Fitness: FWTC has been approached to consider providing a training program for participants. The revenue will benefit the FWTC. The feedback Fort 4 Fitness has received from individuals has not been positive regarding other training groups. Jim is potentially interested and Roger and Cheryl will also assist. Mac will look into details and get more information about the feedback received.

The Arch: Mac provided a visual handout of an inflatable arch. Life span of this equipment is 8-10 years, and it can be used at all events. Dave DeVoe has partnered to transport and store in exchange for his logo "eRunner Training & Results" displayed on arch. RRCA offers discount but limited window. Eight potential spaces to advertise. Cost for advertising is \$500 for 10 year period on one side or \$800 for two sides and 10 years. Motion to purchase arch approved.

Miscellaneous:

Christmas carry in next meeting with \$15 gift for exchange.

Do we want to get a group pull-over for Board members? No consensus reached on style.

RRCA insurance is ready for renewal. This covers all events and will be renewed.

IRON MAN: 13 runners who have run all races.

Adjourned at 8:27 p.m. Next meeting 12/14/11

Cold: Be smart when running

Continued from Page 5

It is good to have a variety of clothing as each type serves a different purpose. The first layer should be light and consist of sort of wicking material that pulls the sweat away from the body. The second layer could be of the same material, or of something a little heavier like fleece, to help keep the warmth in. Finally, the outer layer should consist of water and wind-repellant material. More on the wind part later on.

4. Relaxed pace:

A training run is not a race.
Be happy just to be out there, getting in a solid run.

Typically when conditions are bad, the footing isn't good, then its time to slow the pace a little. If there is ice (including black ice) and snow and a few areas of drifting snow, then take notice.

Also, when the temperatures are that cold and the body is working extra hard to stay warm, a 7:30 per mile pace can come off like a 7:00 per mile pace. So, take it easy.

5. A safe route:

An out-and-back or circular route is best. This provides ample opportunity to bag it, or shorten the run. I'm sure you've been there before, feeling great one mile but not so great the next. In rough conditions, this can be magnified or, change quickly.

If you don't have company on dangerous days, shorter loops (like 1-mile) are not a bad option. Sure, it can be boring running in circles, but you'll be safe.

6. Hydration:

Fluids are not just for hot weather. Despite cold temperatures, have Gatorade/sports drink and water on the route. You will not likely be thirsty, but just like in the hot weather, thirst isn't always a reliable indicator.

Also, consider all the layers you have on: your body is probably just as warm as it is on a hot day. So why wouldn't you hydrate?

7. Wind protection:

Let's face it....in the beginning.
Whatever your distance, run the early



part of your route into the wind. It will serve as a wake-up call, that is for sure (and maybe require a little over-dressing) but you will be happy when you turn for home.

Also, look for wooded or hilly routes. Anything like this can help divert the wind. There is nothing worse than running head-on into a strong, cold wind for miles on end.

8. Warm-down:

Save the best for last. What do you do after surviving a 20-miler in sub-zero conditions? Feed yourself!

After changing into warm, dry clothes (of course), treat yourself to a nice warm breakfast. Make sure to drink plenty of water to start and then follow with plenty of carbs and protein. This allows the body to recover from the run.

As you likely know, the worst thing you can do after a long run is to take a long, hot shower followed by a nap. If you are dehydrated, you will endanger yourself. And then you may not live to brag about that 20-miler in horrific conditions.

Good luck with your winter training.





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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@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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(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

**For business opportunities contact Chris Karamesines
at (765) 284.5655 or write P.O. Box 111, Muncie, IN 47308**

HUFF: Now the Hoosier Ultra Frigid Fifty?

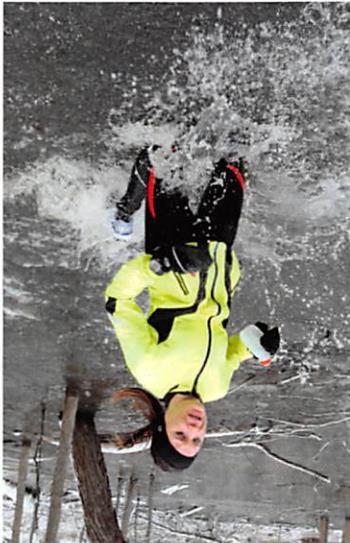


Above, race director Mitch Harper races ahead of the field. Below right are 50K winners Nicole Clement and Dennis Malecki.



Nick Siofter (349) of Fort Wayne finished 7th and was the 2nd Hoosier behind only Chuck Schlemmer of Logansport, who was 5th. Below runners cross a road and below right a runner gets some seasonal support.

Photos courtesy of INMedia Source





FWTC Newsletter
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3 2

A runner is reflected in the water somewhere along The HUFF course at Chain O'Lakes State Park on December 17.