

The *New* Inside Track



MARCH 2012 - APRIL 2012

A publication of the Fort Wayne Track Club

SHALANE SHINES



Above, Shalane speaks and answers questions at the Women's Running Chat as a young admirer listens. At left, she talks with her sister, Maggie (center) and hostess Ellen Osborn. Below she models a skirt given to her as a welcoming gift.



UPCOMING RACES

Mastodon Stomp.....April 15
Frontier 5K&10K.....May 19

FACES

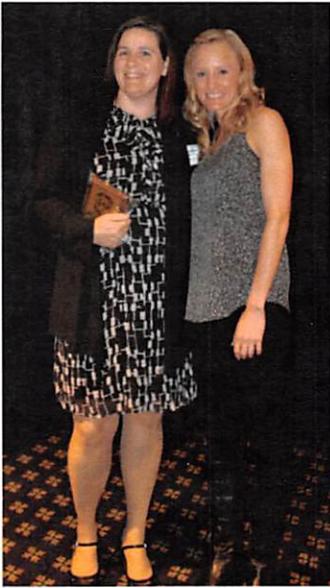
Nutrition & Wellness.....pg. 6
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PACES

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FWTC
AWARDS
BANQUET

Fabulous Females



2011 Women's Age Division Winners



For a 14-year-old .**Jim McKinnon's been through a lot**

BY MARCIA KIRLIN

Actually, McKinnon's 56 years old but according to the calendar has only had 14 birthdays since he was born on Leap Day--February 29, 1956. He was especially glad to be celebrating his most recent birthday considering his brush with death a little more than a year ago.

McKinnon was between jobs and had trained to run the Rock 'n' Roll Mardi Gras Marathon in New Orleans on Feb. 13, 2011 with his daughter, a graduate student at Tulane University. Although he had had a previous heart attack and had experienced some breathing issues and chest discomfort while training, he felt confident going into the marathon.

"I wanted to try to do a four-hour marathon," he said. "I was trying to take it easy. I started out fine at a 9:30 pace." Around Mile 15 he picked up the pace even though he now admits he "didn't feel right." His chest hurt but he chalked it up to the exercise-induced asthma he'd been diagnosed with in 2009.

"I just thought that was how it felt to run with asthma," he said. He had been prescribed an inhaler to help with his breathing but as it turns out the asthma diagnosis masked some very serious cardiac symptoms.

On Mile 15 in New Orleans as he was stepping up the pace, McKinnon blacked out and collapsed on the course. In an incredible stroke of luck two paramedics had been running near him and an emergency room nurse was watching the race close by. When they checked his pulse the medics found it was extremely weak and they realized McKinnon's heart was stopping. His breathing was slowing down



Jim McKinnon is recovering quite well from a heart attack during the 2011 Mardi Gras Marathon.

as well. The medics and nurse took turns pumping McKinnon's chest and performing mouth-to-mouth resuscitation. Soon New Orleans Emergency Medical Services paramedics arrived and continued CPR as McKinnon was transported to Louisiana State University Public Hospital.

"My heart stopped for six minutes," he said. McKinnon had gone into sudden cardiac arrest after a piece of plaque had broken loose and caused an artery to constrict. Doctors inserted a stent in his artery and he spent the next four days in intensive care at the LSU hospital. Even as he was recuperating McKinnon never stopped thinking about running. His doctors had mixed feelings about him returning to the sport. One told him to give it up but another, a runner himself, encouraged him to continue.

McKinnon's done just that, running in a number of local races throughout the rest of 2011. But first came some seri-

ous recuperation, and a lot of uncertainty.

Scheduled to begin a new job in Hastings, Michigan right after the marathon, McKinnon kept his commitment to his new employer and showed up just days after his heart attack. Afraid he might jeopardize his new position, he kept the news of his heart attack a secret. Those first couple weeks he needed help getting dressed and if left alone felt sure he was going to need to call 9-1-1. "The first two weeks I thought I was going to die," he confessed. He was extremely unsteady going up and down stairs and he was afraid to go to sleep for fear he wouldn't wake up. His ribs were mending after being broken by the emergency responders while doing chest compressions. It hurt every time he breathed or coughed. "Those were the most difficult two weeks ever," he commented.

At the end of those two weeks McKinnon visited his cardiologist who determined he should have an implantable cardioverter defibrillator (ICD) inserted to regulate his heartbeat. "It was an insurance policy because if I had another sudden cardiac arrest I would not survive it," he said. He had that procedure done in May of 2011 and only missed a day of work but again faced many weeks of recuperation. "Recovery was slow, really slow," he said. For almost 12 weeks after his heart attack he didn't do much physical activity. It was 16 weeks before he started to walk, run and ride a bicycle. But this veteran runner was in the best shape of my life."

See MCKINNON on page 23

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

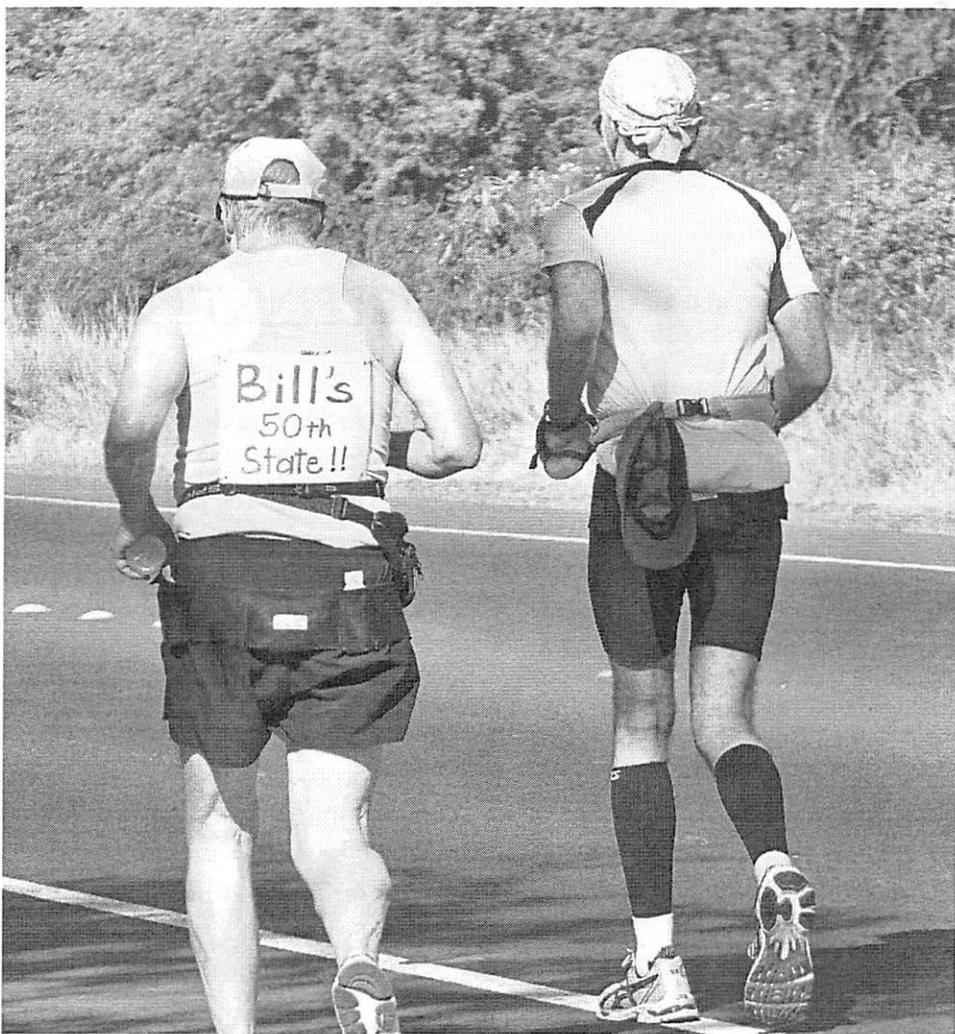
	Single issue	Three issues	Six issues (full year)
Full page	\$75	\$200	\$325
Half page	\$40	\$110	\$175
Quarter page	\$25	\$65	\$100
Business card	n/a	n/a	\$50
Inside Cover (front or back)	\$300	\$750	\$1200

HAWAII: The Final (and 50th) Frontier

BY BILL HARRIS

Aloha! Greetings from the Maui Marathon which starts at 5:45 a.m. with a temperature in the low 70s. Illumination is from street lights and a few runners with head lamps. Walking to the start I meet a lady who has already done the continents and is now doing her 45th state. The start is a nice downhill for the first mile or so where I first see several members of Marathon Maniacs, a club for serious marathoners (I'm #2719). Since there is a sign "Bill's 50th State" on my back, there are frequent comments and shouts of encouragement. Greg Purcell, formerly of Fort Wayne, is running with me. Greg has done 38 states, including Hawaii, his race is a real show of his support for my effort.

After a short downhill from the start, Greg and I turn right to Okolani Drive for a mile then onto South Kihei Road and pass Greg's rental condo at approximately two (2) miles. At about six (6) miles I see my wife Sharon who has bananas, Gatorade, fresh water and encouragement. The sky starts to lighten at about seven (7) miles as we turn onto Route 310. At nine (9) miles we pass another aid station and nearby encounter Denise with her very welcome Oreo cookies. She's cheerful and vocal in her encouragement. At mile ten (10) we turn East to run the



Bill Harris, left, was accompanied by Greg Purcell on the final leg of his 50/50 journey.

berm of Route 30, and start our series of uphills at about mile 12. Initially the wind is at our back, but soon shifts to a cross wind by mile 13 and continues until the hills smooth out at mile 22, although we do not encounter our last

hill until mile 25. Steve Wildeboer, a friend of ours doing the half-marathon, has warned us that the stretch from miles 13 to 21 requires frequent hydration because of the wind, sun and lack

Please see 50/50 on page 19

"LIKE" us on facebook



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!

Nutrition and Wellness by Judy Tillapaugh, R.D.

Shop to Shape Up Your Plate

Today is my day to make a trip to the grocery store. A time to select and stock up on food and beverages I will eat throughout the week for meals and snacks. Thoughts are flowing through the mind on needs, wants, and how much I should spend. Honestly it is not my favorite task yet I realize the nutrition my mind and body gets is directly linked to the shopping cart. Favorite foods like peanut butter, yogurt, fresh fruit, crispy vegetables, and potatoes won't be in the kitchen for eating times without a healthy shopping time. So on with the positive self talk and focus towards making a food and beverage purchase list and then off to the store I will go.

How would you rate your grocery shopping trips? What's the overall nutrition value of the cart? Did a variety of wholesome colorful foods fill the bags? Was there any planning?

March is National Nutrition Month. This year the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is helping American understand how to get the most nutrients they need from the foods they buy and eat, all surrounding this year's theme "Get Your Plate In Shape."

Grocery store shelves and restaurant menus are often crowded with foods containing solid fats, added sugars and high levels of sodium. "When people eat foods that have added sugars and solid fats, they are consuming extra calories they don't need," says registered dietitian and Academy Spokesperson Angela Ginn.

"These 'empty calories' are found in a number of foods and drinks and offer little-to-no nutritional benefits."

SHOPPING TIPS TO SHAPE YOUR PLATE

- * Buy foods and drinks with little or no added sugars
 - * Buy low fat or fat free milk and yogurt
 - * Buy lean meats, poultry, seafood, eggs, beans, and
 - * Buy fresh or plain frozen fruit and vegetables
 - * Buy whole grain breads, rice, cereals, and pastas
 - * Buy herbs, spices, lemon juice, and vinegars to flavor foods instead of salt
 - * Buy heart healthy natural nuts, nut butters and oils like olive, canola and sunflower oils in place of hydrogenated and partially-hydrogenated oils shortenings and margarines.
 - * Buy simple nutritious foods for snacks
- Read labels Shop with a shopping list
- * Ask family members if they have a nutritious food to add to the list
 - * Do not shop on an empty stomach.

Foods high in solid fats (like sausage, shortening and cream) and added sugars (such as regular soda and pastries) should be considered occasional treats rather than regular options. Eating these foods on a regular basis can cause you to consume more calories than your body needs in one day.

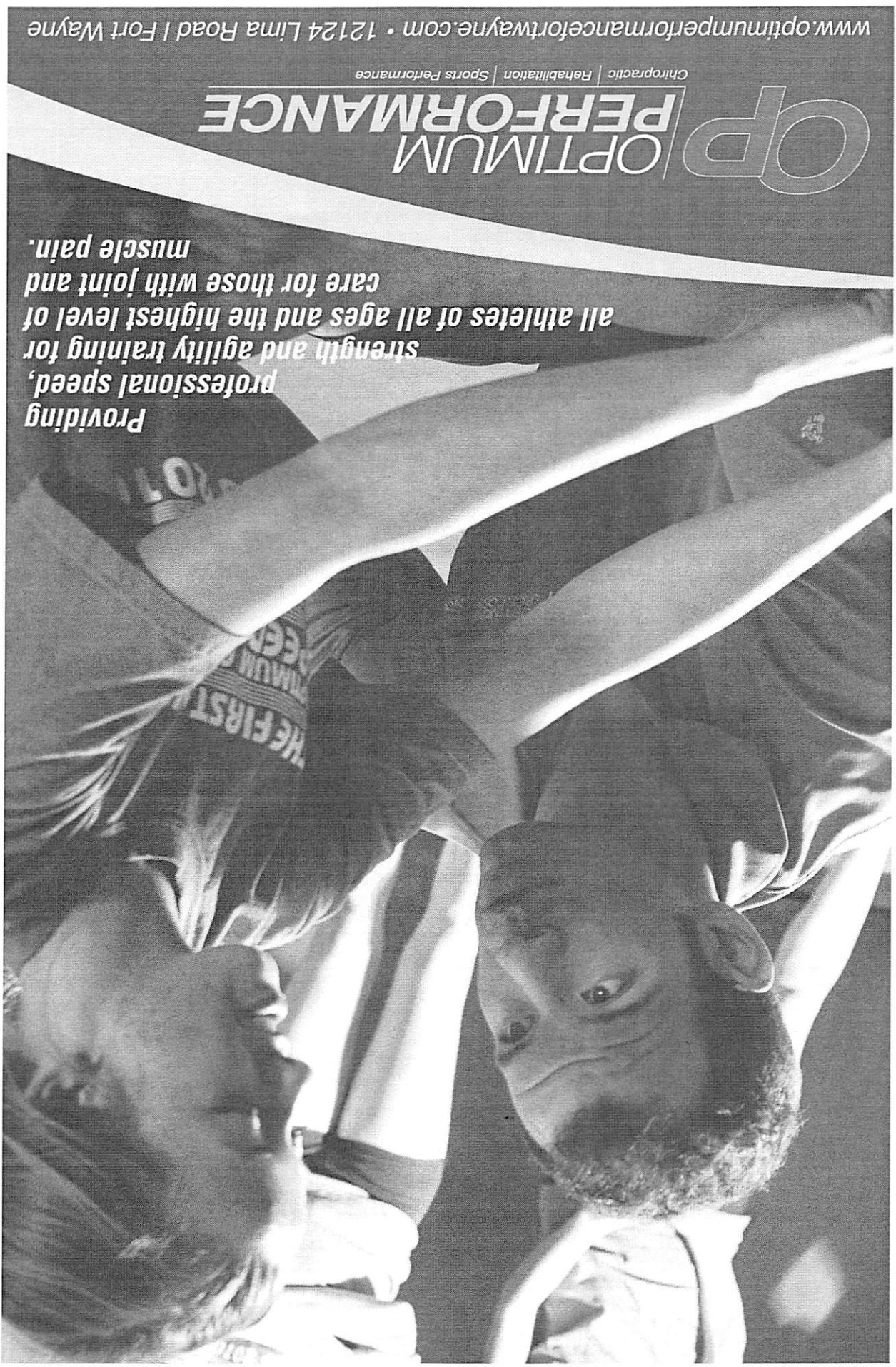
"Replace these foods with nutritional sound choices, like fruits and vegetables, whole grains, lean protein and low-fat dairy," Ginn says. "Eating occasional treats is okay. Just make sure to balance out those treats with healthier options and get plenty of exercise."

solid fats and added sugars, people should also be aware of high levels of sodium in foods, especially pre-made options like frozen meals, boxed meals, canned soups and canned vegetables.

Foods containing high levels of sodium are contributors to high blood pressure, heart disease and stroke. Know your blood pressure number. Plan to have it measured periodically. Talk with your physician and personally decide if limiting sodium is important for your health.

Please see TILLAPAUGH on Page 11

In addition to limiting foods high in



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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 _____

Fort Wayne's Smallest Winner: An update

By Rick & Tina Walters

We wanted to share some special news with you all!

FWSW made the cover of the Fort Wayne Monthly Magazine!!! We are hopeful you will all pick up a copy at Fresh Market, Barnes & Noble or Kroger's. The magazine is distributed to Doctors offices as well!)

We are SO proud to spread the message of Health & Wellness! We know without your support this would not be possible!! Hope everyone can take time to check out the great article! We are very excited to have the Public Division offered this year! We are hoping for a great turn out!!

We have a few dates we wanted to let you know about- We will selected our New Contestants Saturday March 10, 2012 and announced them March 17th & 18.

* Public Weigh In-Weight Management Inside Rehabilitation Hospital Friday, March 30, 2012 11:00 a.m. to 6:00 p.m. OPEN TO ALL

* Orientation Sunday, April 1, 2012 @ 1:00 p.m. Spiece Field House.

* Public Nutrition Class at the Kachmann Institute open to ALL! Monday, April 16, 2012 @ 6:30 p.m. to 7:30 p.m. Monday, May 21, 2012 @ 6:30 p.m. to 7:30 p.m. &

Monday June 18, 2012 @ 6:30 to 7:30 p.m.

* FWSW 1/2 Marathon Saturday July 7, 2012 @ 6:30 a.m. all information listed at runrace.net please encourage your employees to participate!

* FWSW Finale Saturday, July 14, 2012 @ 6:30 p.m. at the Arts United Center (Performing Arts)

Please follow the progress at <http://fortwaynessmallestwinner.com>

We are also available on Face book and encourage everyone to "LIKE" us on our Fort Wayne's Smallest Winner Face book page-

<http://www.facebook.com/pages/Fort-Waynes-Smallest-Winner/193313960706880>

We are hopeful everyone will be able to attend April 1! We are truly blessed and are beyond grateful for your support!

See you soon!!!

2012 POINTS, POINTS, 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.

**For more details or if you have questions, contact Points Race Coordinator Rowland Perez, rperez@dekalb.k12.in.us.*

Cardio disease wrap-up

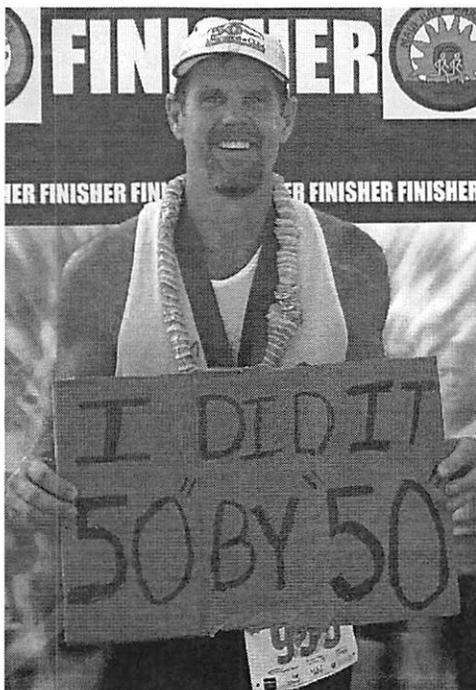
BY DR. MARK O'SHAUGHNESSY

So now, if you are actually reading these missives, we have covered some of our basic understanding of the pathophysiology of atherosclerosis and its effects on the function of the heart and vascular system. We have reviewed the major risk factors and I have asked that each of you know your own numbers so that you can be an active participant in your health and well being. I would like to briefly summarize where we have been in this article so that next month we can move onto other areas of cardiology, some which impact members of our own club.

Atherosclerosis is the build up of fat and cholesterol in our arteries that begin to limit the blood flow and subsequent oxygen to various organ systems and as we runners are acutely aware without oxygen our muscles simply do not want to work. (Think the final painful strides of a 5K) While we do not completely understand why certain blood vessels decide to deposit the offending cholesterol in its wall, we do recognize that there are certain risk factors that when modified will alter the disease.

The classic risk factors (Framingham Risk Factors: For those Boston Marathon veterans, yes this is the same Framingham) include: Male gender, Age, Family history, Diabetes, Hypertension, Hyperlipidemia and Tobacco. The first three in the list cannot be modified, at least easily; therefore we stress the subsequent factors. Modification of these values in a positive direction can and will have a substantial positive effect on your overall health and risk for ever needing to see someone like me professionally.

So of course I do not need dwell on the tobacco issue, I suspect that not a single member of our club smokes; it simply does not go well with our masochistic pastime. . But if you have friends or family please stress that tobacco use is the number one cause for heart disease and the single



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

biggest factor that has resulted in the decrease death rate from heart disease in the last several decades is the decrease in the use of tobacco products. Despite all of our wonderful technology and the, what I would like to think as "skill" of the practitioners of my chosen profession, we have not made as big an impact as simply throwing the "cancer-sticks" away.

It is never too late to stop and one cigarette is too much!

The other factors are just as important and include diabetes, hypertension (high blood pressure) and hyperlipidemia (high cholesterol). As I have said in prior articles, you cannot modify your risk factor profile if you do not know your specific numbers so it is time to find out. You should know your fasting blood glucose (sugar), resting blood pressure and cholesterol profile (total cholesterol, triglycerides, HDL and LDL). Ask your family doctor for specifics; believe it or not we really like someone who is interested in becoming a true partner in their health. As I have said before, these risk factors are not simply additive but the risk

On The Mark

increases logarithmically as you add several factors to your profile.

Some factors can be modified with lifestyle modification (see Judy Tillaugh's insightful column monthly) and others need medication but this is best addressed with your family physician that should have a complete understanding of your entire health "picture".

As we have stated, running, while an excellent mode to decrease our risk of the development of atherosclerotic heart disease, is not completely protective. Witness some fairly prominent runners who have been effected by this devastating disease; Roberto Salazar, Jim Fixx and our own Jim McKinnon.

I encourage each and everyone to participate in aerobic exercise on a daily basis which is something we do as runners in spades. But this is often not enough so please heed my pleading over these last installments and find out your numbers and if necessary find ways to modify them if necessary. To shamelessly massacre a slogan; "Only you can prevent a heart attack" (Sorry Smokey).

Next month we will move onto other "exciting" topics in the world of cardiology. On a more personal note, I appreciate any and all comments I have received regarding this column and any suggestions you might have I am always open, my only request is please be nice.

KEEP RUNNING

Tillapaugh: Shape your Plate

If your blood pressure is normal, there is no family history of heart disease or stroke, and there's no issue of fluid retention, having some high sodium foods day by day may be fine.

"The 2010 *Dietary Guidelines for Americans* recommend consuming only 2,300 milligrams of sodium per day, which is about one teaspoon of salt," Ginn says.

"While meeting this recommendation may seem hard at first, choosing foods that are lower in sodium is one big step you can take towards meeting this goal."

For more information on how to "Get Your Plate in Shape," visit the Academy's [National Nutrition Month website](http://www.eatright.org) at www.eatright.org for a variety of helpful tips, fun games, and nutrition education resources.

Tracking Apps That Could Work For You:

Food Planner by Henrik Nielsen. **Free App.** Integrated meal plan, grocery list & recipe collection. Use to create meal plans, keep pantry inventory & recipes.

Fooducate **Free App.** Allows you to scan product barcode and see the product's good and bad attributes. Provides suggestions of better alternatives.

Grocery Smart by Handmark. **Free App.** Mobile grocery list that can be synced & shared with multiple users & devices. Allows you to check off grocery items as you shop.

Calorie Counter: Diets & Activities by Arawella Corporation. **Free App.** Personal information such as height, weight, and age are required. Offers 5 categories: Food, activity, diary, and a summary. Provides a way to both log health habits and to see progress.

Looking for more in-depth tools to assist you in your behavior change efforts? Use the resources on the Fort4Fitness website at www.fort4fitness.org/4yourhealth, especially in both the *Health Tips* and the *Health Links* section. Check

out all the local and national resources too.

Healthy Shopping, Judy Tillapaugh, RD, ACSM HFS IPFW Wellness/Fitness Coordinator, www.ipfw.edu/health.

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Shalane to FW: The connection

At the FWTC annual banquet on Jan. 29, FWTC President Mac McEvoy spoke of the six degrees of separation involved in bringing Olympian Shalane Flanagan to Fort Wayne. Among the several relationships that enabled Shalane's visit to our area, the key relationship was forged 6 years ago, half a world away in the island nation of Madagascar, off the east coast of Africa. It was there where Shane's sister, Maggie Flanagan met Fort Wayne runner Sam Ladowski. FWTC Vice President, Craig Bobay (friend of Sam's dad, Joe) caught a few minutes with Sam and Maggie to discuss the connection.

Bobay: You two met in the Peace Corps. Where were you assigned?

Sam: Peace Corps placed Maggie and me in Madagascar, in villages about 30 km away from each other in the Sava region. Sava is a tropical area on the northeast part of the island. I served in Sava for 24 months.

Maggie: In addition to those 2 years, my service in Madagascar was extended for an extra year. I also did reef conservation work in southeast Madagascar with an organization called Blue Ventures.

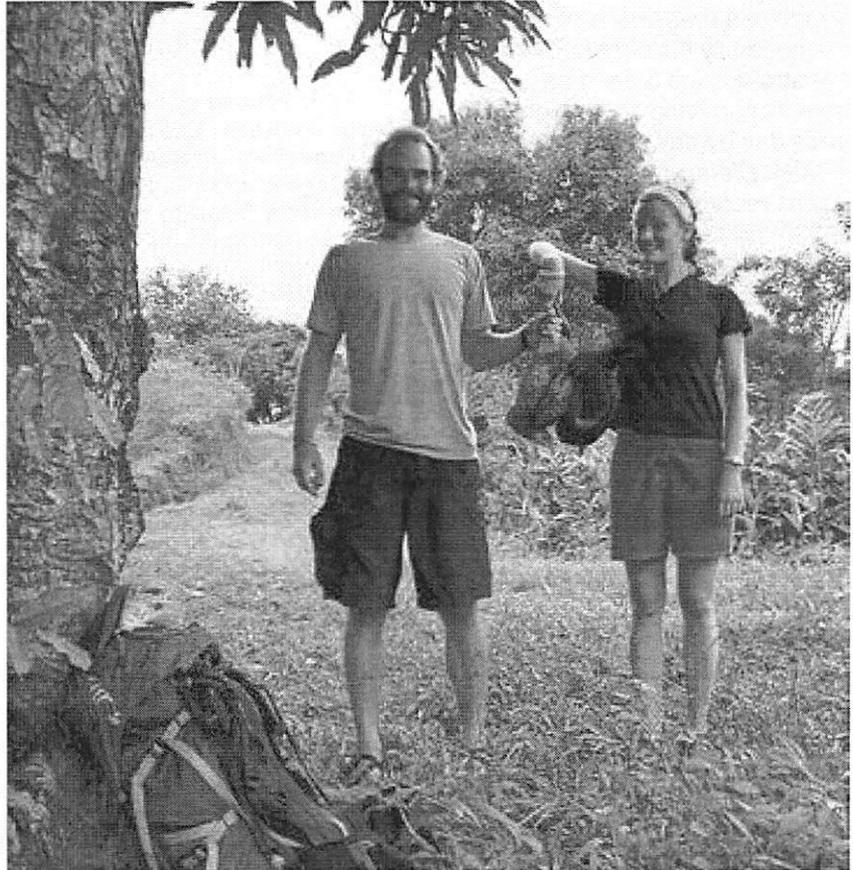
Bobay: What work did you two do while in Madagascar?

Sam: Peace Corps sent us to Madagascar to be Health Educators. We taught people about proper sanitation, nutrition, safe sex, and malaria prevention / treatment. I also worked on latrine building projects, and funded, obtained and installed solar panels for a small medical clinic. We attended cultural events and celebrations in the communities we served.

Maggie: I built some latrines, dug some wells, and implemented a family planning/ safe sex education program. We also taught English in schools there. Madagascar is the 4th largest island in the world, with one of the world's largest coral reefs. I helped with educational efforts to reduce over-fishing, which damages the coral reefs.

Bobay: Have you heard any follow up to your work since you have returned from

Mad-



Sam and Maggie holding two chickens in Madagascar. They had hiked 15 miles to a distant village to present a health talk. The village was so grateful they gave them the chickens which yielded many eggs for Sam.

agadagascar?

Sam: I understand that the solar panels are still working at the small clinic, and the latrines I built are being properly used.

Bobay: Did you have time to run / stay in shape in Madagascar?

Sam: Yes! Peace Corps provided us with bikes to use during our service. Maggie and I would ride to a town that was located in between the 2 of us for lunch once every week or so. That town had a restaurant with pretty reliable electricity, so getting a cold beer there was a special treat. The food also helped us stay in shape. Very few genetically modified organisms have made it to Madagascar and the only fertilizer is cow manure. The food was as natural as we could get it, direct from our agrarian-based communities.

Maggie: We ran when we were together or alone at our respective sites. We were able

to swim once or twice a month when we visited a banking/mail town on the Indian Ocean.

Bobay: What are you both up to these days?

Maggie: I just graduated from Colorado State University in Fort Collins, with an MBA. I live in Fort Collins, and work for a small business incubator that supports local socially aware businesses. I ran a 200 mile relay from Ft. Collins to Steamboat Springs this past summer, and am planning to run a 55 mile endurance in February.

Sam: I am a law student at I.U. School of Law in Indianapolis. I am looking forward to being a part of Fort Wayne's legal community after I graduate. I love going for long runs to lose myself and meditate. I am looking forward to doing an Olympic distance triathlon in Wisconsin June.

Please see CONNECTION, Page 13



Fort Wayne Track Club board members and officers were joined by special guest in hosting Shalane Flanagan for a run through Foster Park.

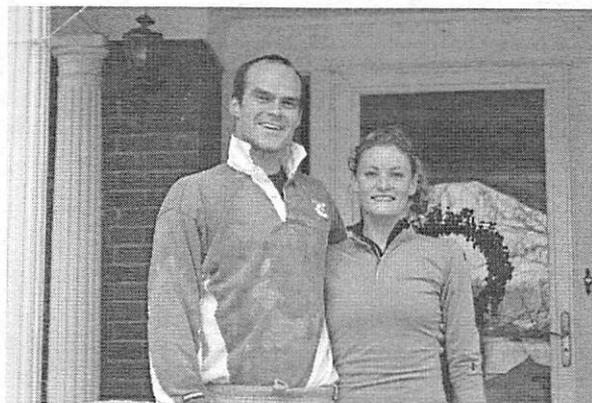
Connection: Flanagan's arrival in Fort Wayne

I also have a job in the local courts this summer, and hope to keep up with you and Judge Felts on your daily 5-6 mile training runs!

Bobay: Maggie, what is it like to have an Olympian for a sister?

Maggie: I am very proud of Shalane. I am one of her biggest fans, and am excited about saving up for a ticket to London. It was interesting to see her interacting with all the Fort Wayne running community. Usually when I see my sister in her job, she is running a big race. This other side of her, talking to the younger runners and all the nice people here, was neat to see, too.

Bobay: What did you do while Maggie was in Fort Wayne for



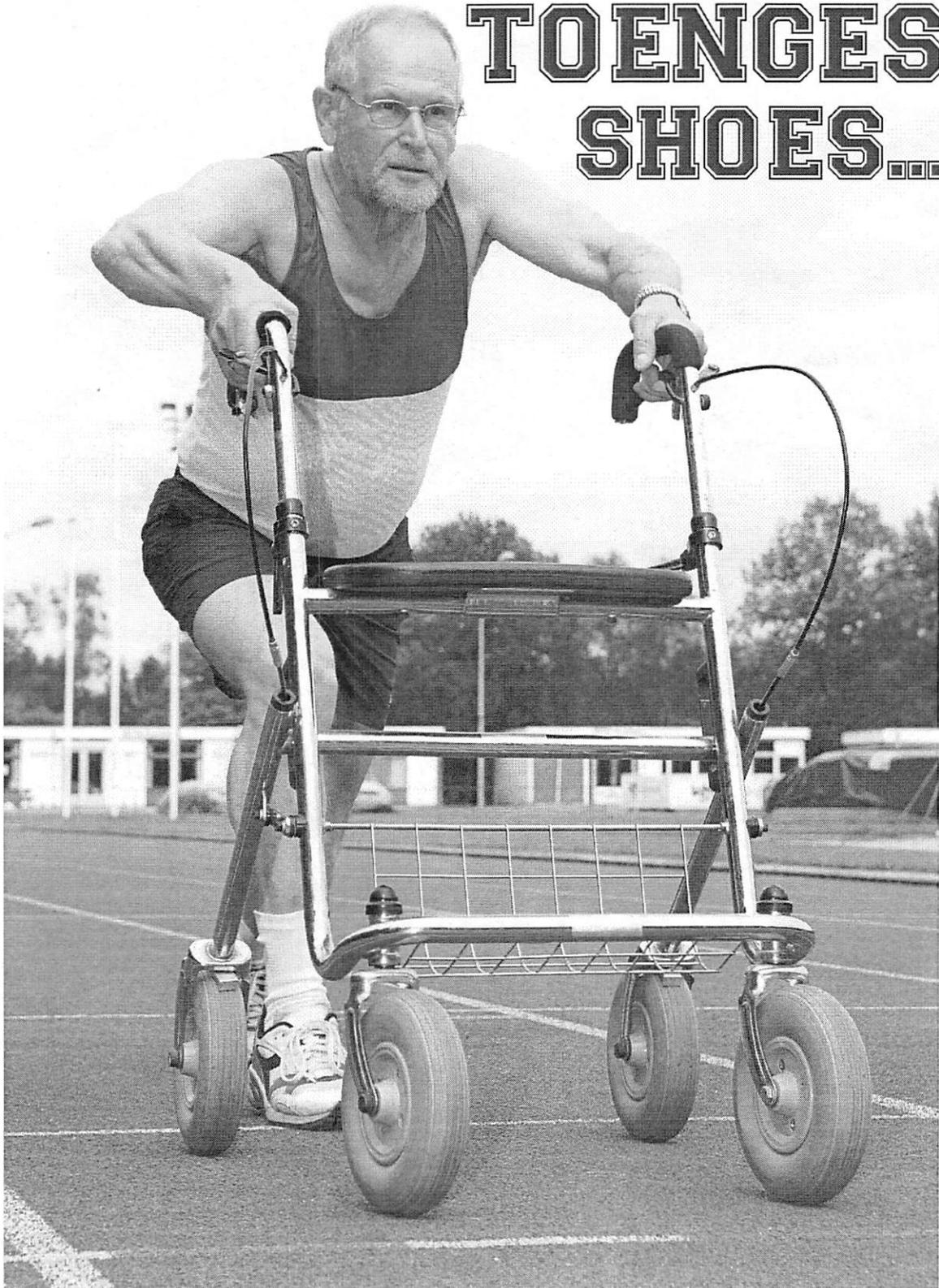
the FWTC banquet?

Maggie: I wasn't able to see Shalane and Steve over Christmas, so we visited at Sam's parents and had some quality time here. I was surprised that Fort Wayne was so big, and there was so much to do downtown. Sam always talked of his home town like it was the center of the universe, and now I know why he likes it so much.

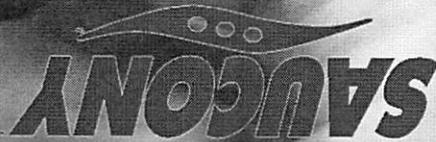
Sam: It was an excellent opportunity for Maggie and I to catch up. We

spent some time with my family, and she got to see some local landmarks, like our County Courthouse, Columbia Street, Power's Hamburgers and Coney Island. We also went on a great jog through Foster Park and along the River Greenway to make up for our food indulging.

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Fort Wayne, IN 46805-1499
Attention: Judy Tillapaugh

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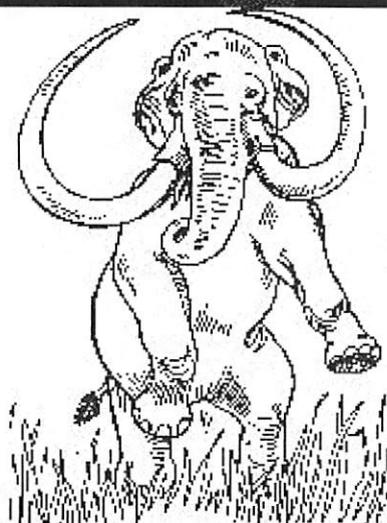
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17th Annual IPFW
**Mastodon
Stomp**

5k RUN/WALK
400 Meter KID'S DASH
100 Meter KID'S STOMP



APRIL 15, 2012

2:00 PM

Athletics center

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17th Annual
Sunday, April

IPFW Mastodon Stomp



Events:	5K (3.1 miles) run and walk (all ages) 400 meter kid's dash (under 14) 100 meter kid's stomp (under 14)
Time:	12:30-2:00 PM: Packet pickup and day-of registration at IPFW Athletics Center 2:00 PM: 5K run and walk start 2:45 PM: 100 meter kids stomp start 2:55 PM: 400 meter kids dash start 3:15 PM: Awards
Where:	The IPFW Campus at the Athletics Center. North end of campus near tennis courts and parking garage 2. Address: 2101 E. Coliseum Blvd, Fort Wayne, IN 46805
Course:	Begins from the IPFW Athletics Center Course runs through IPFW Campus
Registration:	Entry Fee: \$15.00 Kid/Student Fee: \$5.00 (no late fee) IPFW Students: \$5.00 (no late fee) First 50 IPFW Student FREE! Late fee after 4/6/12: \$20.00 No refunds offered for this event.

Send completed registration form, along with payment to:
IPFW Athletics, Mastodon Stomp
2101 East Coliseum Boulevard
Fort Wayne, IN 46805
Make checks payable to IPFW Athletics

General Information:

- All entrants receive a t-shirt.
- Three Rivers Running Company gift certificates to overall male and female winners and other special categories.
- Special gifts to all finishers in the 100 meter kids stomp and kid's 400 meter dash.
- 5K runners: Awards presented to top three men and three women in these age groups: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, Over 80.
- Special awards to first male and female IPFW students, first male and female college employees and first male and female IPFW Alumni.
- This is an IPFW Intramurals Event.
- Fort Wayne Track Club points race.

For more information

Call: (260) 481-6647

Email: tillapau@ipfw.edu

Web: www.ipfw.edu/fitness

www.gomastodons.com, www.fwtc.org

Proceeds benefit IPFW Cross Country and Track and Field Programs

Registration Form: Please print clearly

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Circle Gender: Male Female

Circle T-Shirt Size: YS YM YL S M L XL

Age: _____ Date of Birth: _____

First 50 IPFW Students Free!

Check Event of your Choice (pick one):

100 Meter Kid's Stomp (\$5.00)

400 Meter Kid's Dash (\$5.00)

5K run/walk (\$15.00, Late registration \$20.00 after 4/6/12)

Student 5K run/walk (\$5.00)

Additional donation to IPFW Track Programs

TOTAL

Are you an IPFW student? Yes No

Are you an IPFW Alumni? Yes No

Are you a college employee? Yes No

Please select which category you would like to compete in:

IPFW Student IPFW Alumni

College Employee General Open Event

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 an assortment of race officials relative to my ability to safely complete the run or walk. I accept all risks associated with running in the event including, but not limited to, falls, contact with others, weather effects, including heat and/or humidity, traffic and the conditions of the road, all with clear being known and appreciated by me. For my safety I understand that bicycles, off-road vehicles, baby joggers, roller skates, inline skates, and roller blades are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing those facts and in consideration of my accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release IPFW, the Fort Wayne track club, RRCA, Three Rivers Running Company, FW CrossCountry, Kooles', and all of their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event through that liability may be out of a negligence or consequences on the part of the persons named in this waiver.

Signature (parents if under age 18) _____ Date _____

Parental signature if participant under age 18 _____ Date _____

Track Club banquet photos



The annual FWTC Chris Brown High School Runners of the Year were honored. From left are Tiffany Rauch, Anna Reibs, Samantha Roush, Shalane Flanagan, Mitch Dutton, Alex Hess and Jacob Reinking. Roush, of Columbia City H.S. and Dutton, of Snider H.S., were named winners.



Above, Jed Pearson, left, is honored by FWTC President Mac McAvoy, right, and Vice President Craig Bobay with The President's Award. It is given subject to the whims of the president. Pearson is the founder and webmaster of RunIndiana.com, the area's top running site.

Below, Grant Stieglitz holds his Spirit of Running Award. It is given to the person who runs/walks, volunteers and cheers others at FWTC events.



Erin Brady poses with Shalane after being named the FWTC Volunteer of the Year for 2011. Among other contributions, Erin took many of the photos that have appeared in The Inside Track.

50/50: An emotional finish

Continued from Page 5

Of shade, not to mention the terrain.

The aid stations are frequent at approximately two (2) mile intervals with water, Gatorade, fruit, Clif Bars and M&Ms. These aid stations are in competition with each other to be voted upon by the runners. I voted for the station at mile 20 where we ran through a "wall" and were misted by the volunteers. Later I learn this station was voted "first". Periodically we see Denise, always with her cookies, who is joined from time to time by her husband Jason. At one of the stops she says they ran their first marathon in Honolulu in December and wanted to "help the Maui runners". Both Denise and Jason have motor scooters and continue to appear a number of times during the race as well as at the finish.



"The Crew", including my wife Sharon (center), has been with me all along during my journey. And they helped celebrate with me at the finish.

There is little shade in the stretch between ten (10) and the end of the race and by the time we reach the tunnel at mile 15, the hills are longer and the temperature is close to 80 degrees. One of the distractions along the way is the Pacific Ocean and its shifting hues of blue and aqua. My wife appears about every five (5) miles or so and in the later stages offers cold towels in addition to the water and Gatorade. My daughter and her family meet us several times to take pictures and urge us to the finish. (One of my biggest surprises on this trip was seeing my daughter, son-in-law and grandchildren at our gate in Atlanta as we changed planes and hearing my daughter say, "Dad, we're going with you to Hawaii!" My wife, bless her heart, had been plotting with my daughter since July to surprise me.)

We are joined at mile 23 by Steve, who has completed 35 states, and runs back to meet us after finishing his



half-marathon. He runs with us to the finish, sharing his water and stories—anything to keep us going. As we run in the latter stages of the race, we hear and see at least 5 ambulances, later

learning that at least 6 runners are hospitalized. Did I mention it is really hot?!

Finally, at mile 25 Steve guarantees we have seen our last hill and we turn from Route 30 to the final stretch and the finish in Lahaina.

Lots of emotions flood my mind during this last mile of the 1,310 race miles necessary to achieve my goal completing marathons in all 50 states. "Think of all the crummy training miles you've run and Kick it!" says daughter Katie as she joins us for the last 400 yards.

Kick it! Kick it! That becomes my mantra for these last yards. Talk about an emotional finish! With friends and family supporting me, how can I want more?

Aloha! Bill.

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2012 FWTC POINTS RACES

Race	Distance	Month
Fanny Freezer	5k	February 11, Shoaff Park, 2 p.m.
Nutri-Run	20k	March 24
Mastodon Stomp	5k	April 15, IPFW
Frontier Run	10k	May 19, downtown Fort Wayne
TRRC Hare & Hounds	5k cross-country	May 26, The Plex in Fort Wayne
Franke Park Trail	15K	June 9, Fort Wayne
Runners on Parade	5k	July 14, 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

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Tom Seifert

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Village of Coventry

FWTC Board of Directors Minutes of Meetings: January 11, 2012

Board members present: Erin Brady, Craig Bobay, Joe Kinder, Angie Lockwood, Jim Berry, Jon Beasley, Mac McAvoy, Casey Shafer, Roland Perez, Cheryl Stromski, Sarah Kleinknight, Mike Yann, Judy Tillapaugh

Guest- Jon Goutschaulk

Beginning. Meeting called to order at 7:00pm

Treasurer's report. Emailed prior to meeting.

OLD BUSINESS:

Website- Potential for offering services on website (ex. Membership renewal, banquet sign up, points racing information). Garmen putting up website when domain is given from Tom Digate.

What do we need for the FWTC website? Start thinking of ideas.

Points Series for 2013 - Never too early to start thinking of ideas. Bring back volunteer points? Potential coupons for race volunteers of FWTC points races from sponsors and or FWTC partners. Could we find and create better community involvements with our clubs connections?

Newsletter- Send out email and go with updates. Judy volunteered for editing newsletter before sent to printing,

- Roger asked about putting it all "online." \$6,900 on newsletter expenses to the club and \$1,900 on collection of sponsor dollars. Is this still cost effective for the club?

FWTC Banquet- 200+ currently signed up for banquet (Jan 23rd last day for registration). 400 max registrations.

- Sunday, Jan 29th at 10am is the FWTC run with Shalane at Osborn's house. 1322 W. Foster Pkwy.

- Sunday evening 4pm start setting up banquet. Need a list of members and expiration dates at banquet for member renewals. Race flyers for Fanny Freezer and Nutri-run at the tables along with FWTC questionnaire.

- Make sure to change volunteer of the year to Don Lindley Volunteer of the year

- Get flowers for our MC Barb Richards

- High school runner of the year candidates: Men- Alex Hess, Mitch Dutton, and Jacob Reinking. Women- Samantha Roush, Tiffany Raush, and Anna Reibs

- Glo sponsored advertising for the banquet and Jan 21st from 10-3pm Fuelling the Family at Glenbrook Mall will also be doing a promotion on Shalane step counter. We've had great publicity for the banquet. **Side not volunteers needed for Fuelling the Family FWTC booth. Angie and Erin from 10-1:30, Judy will also be there helping with another booth. Sarah from 1:30-3.

Races/Requests- Turkey Trot needs new race director: Mike Yann and Joe Kinder volunteered to take it over.

Vote passed for clock and timer donated to Chris Brown.

Global Health Initiative looking for donation of clock to their race: Yes pending if they get 10 people to volunteer for the Nutri-Run in club race and other races through the year as a good faith gesture to the club.

NEW BUSINESS:

Marketing: Lisa Beck putting survey at banquet for ideas outside of running events for our club members. Potential ideas are canoe trip at Chain O'Lakes, Trampoline day at local business, Yoga day at local business.

Dave Devoe will be taking the new finish line arch to FWTC events along with other timed race during the year for club exposure.

Requests: No vote for continuing to send club newsletter to non-local running clubs to save money on newsletter costs.

Vote to give Dave Devoe old broken FWTC Acer laptop.

McKinnon: Half-marathon race of choice

His first race was last July's Runners on Parade, which had been designated a charity event to help defray some of his medical costs. McKinnon admits that once he got on the course his competitive nature kicked in. At this point he was running a few days a week but "still didn't feel that great." Come September he was averaging 12-15 miles a week and by November he had upped that to 18-20 miles a week.

McKinnon participated in the Matthew 25 5K in July in extremely hot weather. In October he ran the 5-mile Run for Riley and followed that with the River City Rat Race 10K in which he placed second in his age group. "I never thought I'd see that again," he said of his age-group finish. November saw him cross the finish line of the Jingle Bell Run and the Galloping Gobbler.

While he's returned to running, McKinnon's cardiac issues are still a concern. His most recent heart problems weren't his first. In October of 2000 as an overweight 44-year-old he had his first heart attack, not a huge surprise given his father and grandfather had both had fatal heart attacks when they were 47. With a stent inserted following a catheterization procedure he changed his lifestyle and essentially launched his running career. He cut out fast food, stopped

drinking, started running religiously and in six months lost the excess weight he'd been carrying around. He competed in numerous Fort Wayne area races, and at one point was running in 30-40 races a year. "I felt good," he remarked. "I was in the best shape of my life."

He ran the Boston Marathon eight times and has an Ironman Triathlon and several X-Terra races to his credit.

These days McKinnon is realistic about his racing. "A lot of things are firsts now," he notes, explaining that for the first time he finds himself getting very anxious while waiting at the starting line for a race to begin. "I start looking around at people and worry that if something happens no one would know what to do."

As a precaution he now gives his bib number and medical history to emergency response personnel before every race. He also makes sure to carry his cell phone, driver's license, medical ID card and nitroglycerin on all his training runs.

He's proud of the fact that 30 runners in the PR Training Group and the Wednesday night Three Rivers Running Company group have become CPR certified. He's

also grateful for the support of the Fort Wayne running community. The Runners on Parade charity effort raised \$1,200, which made it possible for him to pay off one of his medical bills. Another donation drive brought in \$900 which helped pay for three months' worth of medication.

What does the future hold for McKinnon, who has 30 marathons behind him?

While sciatic nerve problems late last year kept his running to a minimum, McKinnon cross-trained on the elliptical and bike. He's also taken Spinning classes and on his 14th/56th birthday ran four miles for the first time in several months.

He says he'd like to get in half marathon shape, possibly running a 13.1-mile race by mid-summer or early fall. And he'd definitely like to run another marathon, possibly as soon as next year.

"I'd like to go to Boston one last time," he said. "If it feels good and it feels right, I'd really like to do that."

And of course he also looks forward to celebrating his 15th birthday the next time Leap Year rolls around.

FWTC Board of Directors Minutes of Meetings: January 11, 2012

(Continued from Page 22)

Send out devotion/snack list with each minutes (included in bottom of current minutes)

Newsletter: Dec/Jan, find out if we can have change service requested updated at Specialized Printing Products. Find out if there is a charge to updating membership list. Start looking for a different printer for 2013 newsletter or consider going to online.

FWTC- Bi-laws coming. Craig and Erin updating FWTC bi-laws using their personal skills sets to make our club up to date for 2012 and beyond.

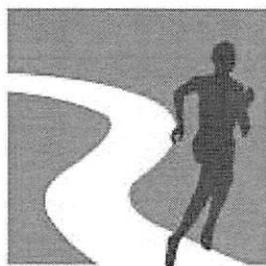
Potential ideas for 2012/2013, FWTC Hall of Fame. What to do for Ironman award

/Adjourn. The meeting adjourned at 8:22 pm.

Next Meeting (new location). The next meeting of the FWTC Board of Directors will be February 8, 2012, 2012, at 7:00 pm (6:45 social ¼ hour), at 3 River's Running Company.

February Devotion: Judy. Snacks: Robin and Jim

Respectfully submitted, Casey Shafer



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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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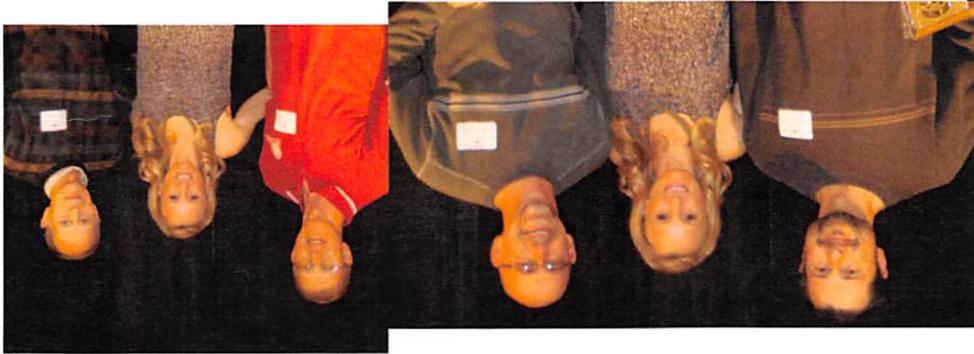
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Shalane Flanagan, second from right (front) posed with the 2011 FWTC "Ironmen" and "Ironwomen" Award winners. These club members ran in all 11 points races through the year.