

# The *New* Inside Track

MAY - JUNE 2012

FORT WAYNE



TRACK CLUB

A publication of the Fort Wayne Track Club

## FUN AT THE FRONTIER RUN N' FUN



*Race director Jon Beasley, far right, oversaw a great event downtown on May 19.*

*Winners in the 10K were Jeff Nidlinger and Denise Conrad. The 5K winners were Dave Boyer and Alyssa Niederman. In all, 328 runners and walkers and over a hundred volunteer Frontier employees enjoyed the race and party.*

### UPCOMING RACES

### FACES

### PACES

Hare & Hounds.....June 9	Nutrition & Wellness.....pg. 6	A farewell (sort of).....pg. 3
Runners on Parade....July 14	On the Mark.....pg. 10	Headphone/danger zone..pg. 3

FRONTIER  
RUN N' FUN  
10K/5K

# Frontier volunteers



*So long .sort of*

# Newsletter: Labor of love

FWTC is in its  
"Golden Age" so  
please volunteer

BY BRETT HESS

Thank you.

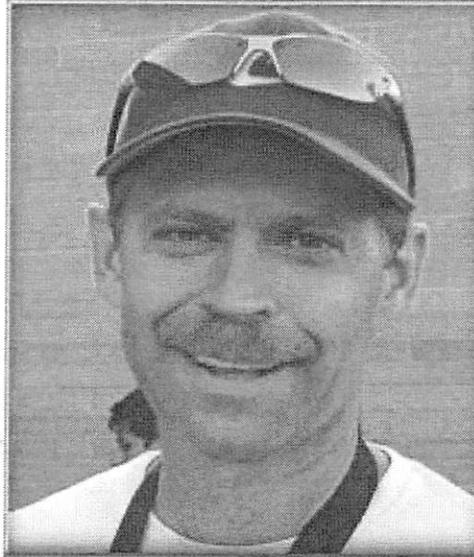
Thank you to Bill Harris, to the Fort Wayne Track Club officers and mostly, to you, the members.

Thank you for allowing me to produce and edit *"The Inside Track"* these past three years. It truly has been a labor of love, a duty to the club but also an honor to help record our club's history and to promote its activities and accomplishments.

When then-president Bill Harris asked me to take over *The Inside Track* in the summer of 2009, I jumped at the opportunity. First, because of Bill, a person I greatly admire. When he asks, it's like your grandfather asking. Second, I was worried that *The Inside Track* was going to die. I remember looking at my copy of the publication way back in the early '80s when I was a member. It was neat to see the results and stories of other runners. You see, back then there was no Internet to publish such items and the newspapers in town didn't have a running columnist.

But even with the Internet producing almost instant results and colorful, digitized photos and my weekly running column in the Fort Wayne News-Sentinel, I felt FTWC members deserve (and want) a regularly mailed, tangible record of the club. There IS nothing like getting something in the mail that is enjoyable (not bills nor junk mail) that you can keep or collect.

I hope you've enjoyed the past three years of printed history of the FWTC. My first decision was to digitize the layout and use color photos. I wanted a crisp, colorful and clear look. And by



immediate and consistent feedback, I succeeded. I also wanted more contributions in the forms of articles, columns and photos. Thanks to Judy Tillapaugh and Dr. Mark O'Shaughnessy for their regular items. Thanks also to Jed Pearson of RunIndiana.com and Jeff Steinberg for donating many great photos. Also, to Craig Bobay for his many travel race stories and everyone else who submitted items.

Although I've enjoyed my time as editor, my life has changed over the past three years. Much of the change has been expected (our children getting older, our insurance agency growing larger) but some hasn't been scheduled (major medical issues with our two sons).

So I've decided to step down as editor. The time it takes to gather copy, edit copy, write copy, design pages and see the project through printing and mailing is not a one-person job nor is it something I've become efficient enough in doing. I had hoped I would become more efficient, but I have not. I still want to contribute to *The Inside Track* as a writer and columnist.

Again, it has been a pleasure to serve

Headphones can be a  
dangerous distraction

BY BRETT HESS

I smiled, gave a thumbs up to the approaching runner and then said: "Way to go, you're doing great! After me, turn right."<

She smiled and waived back enthusiastically as she ran past. Straight past, I might add. Straight past me and straight past a sign with an arrow pointing to the right.<

I yelled out, "Hey, you missed the turn. You need to turn right."<

She seemingly ignored me as she continued down the greenway.<

So I took off, running after her and yelling the instructions even louder. As I caught up with her I saw that she was wearing headphones. She was oblivious to my instructions, the sign and who knows what else. She was in a world all her own.<

Please see HESS, on Page 12

a board and members in what I think is The Fort Wayne Track Club's Golden Age. Thanks to a tremendous group of officers, headed by Bill Harris and current president Mac McAvooy, we have raised the bar. Who would have imagined Bill Rodgers, Frank Shorter and Shalane Flanagan speaking at our banquets? There are more benefits for members (free tech shirts, discounts at races, etc.) There are many more exciting things in store for the FWTC.

Finally, let me encourage the membership to volunteer their services. The board has grown and the number of people volunteering in some capacity is at an all-time high. But, as I stated earlier, we've raised the bar. If we want to continue on growing in size and scope, in expanding services, then we need more members pitching in.

Again, "Thank you"!

## 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.

### Officers, Coordinators and Board Members

President.....	Mac McAvoy.....	824-5158.....	macmcavoy@gmail.com
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Feel free to contact the Fort Wayne Track Club at:

P.O. Box 11703

Fort Wayne, IN 46806-1703

[www.fwtc.org](http://www.fwtc.org)

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

Notices to all members:

All are encouraged to attend monthly board meetings, held at Three Rivers Running Company, 4309 North Clinton Street, Fort Wayne, at 7 p.m. on the 2<sup>nd</sup> 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)
<b>Full page</b>	\$75	\$200	\$325
<b>Half page</b>	\$40	\$110	\$175
<b>Quarter page</b>	\$25	\$65	\$100
<b>Business card</b>	n/a	n/a	\$50
<b>Inside Cover (front or back)</b>	\$300	\$750	\$1200

# 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	June 9, The Plex in Fort Wayne
Franke Park Trail Clinic, Hosted by NIMBA, FWTC	15K/30K	June 9, Fort Wayne
Runners on Parade	5k	July 14, downtown Fort Wayne
Matthew 25/O'Shaughnessy	10k	July 21, Foster Park
Huntertown Heritage	5k	August 11, Huntertown Elementary
Rotary	5k	August 18, 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

## "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.**

# Food for Vitality

Pep! Vitality! We all want these! On a scale of 1 (very low) to 10 (very high), how would you rate your level of vitality? How would you rate your desire to slow down personal aging? My guess is that most everyone selects numbers 8, 9, or 10! There's a longing to have a day by day feel peppy high quality life. Yet maybe there are many out there zapped by aging? Zip vs zapped! The aging process teases and challenges us! We can choose to stay in the race of life and not drop out but keep pace on a personal path. Let's enjoy the journey. Our lifestyle thoughts and choices can keep us zippy along the way.

Environmental Nutrition, April 2012 issue, had an article titled "Eating For Healthy Aging". Sharon Palmer, RD., the author stated "you might not be able to turn back the hands of time for every wrinkle and body ache, but you can certainly reduce disease associated with aging such as heart disease, diabetes, stroke, cancer, and neurodegenerative diseases like Alzheimer's disease. Your daily food and activity choices can significantly lower your risk of developing these diseases, according to scientific evidence." Within the article nutrition is highly discussed and emphasized the importance of anti-inflammatory eating for prevention of those lifestyle diseases.

Two anti-inflammatory eating guidelines are The Dietary Approach To Stop Hypertension (DASH) and The Mediterranean Eating Plan. Both of these have two key parts! They each limit sugar, refined starches, saturated fats (ex-butter, cream, lard, bacon), and trans fat (ex-solid shortening and commercial snacks). They each ask people to focus on whole grains, fruits, vegetables, nuts, beans, very lean protein sources, fish, non fat dairy choices, and mono unsaturated fats (ex-olive oil, canola oil, olives, avocados, and salad dressings made

## **FOOD TIPS TO INCREASE VITALITY**

1. Drink 8-12 cups of water daily
2. Plan for 3 meals and 2-3 small snacks daily.
3. Use colorful fruits and vegetables at meals and snacks.
4. Include a lean protein source at all meals and snacks. Lean choices are non fat milk, low fat or non fat yogurt, fish, beans, lentils, peas, soy foods, and skin free poultry.
5. Eat 1-2 ounces of nuts daily.
6. Use heart healthy fats at each meal like olive oil, canola oil, olives, avocados, and natural nut butters
7. Plan for omega 3 fatty acid food sources most days of the week by planning for salmon, sardines, herring, and plant sources like walnuts, and flaxseed.
8. Use anti-inflammatory herbs and spices to flavor foods like garlic, onion, oregano, thyme, basil, ginger, rosemary, black pepper, cinnamon, nutmeg, and turmeric
9. If you drink alcohol, drink in moderation (one serving per day for women and two serving per day for men)
10. Enjoy one ounce of antioxidant rich dark chocolate (at least 70% cocoa) daily.
11. Avoid foods that are refined and highly processed like soda, candy, white flour products, commercial french fries, regular chips, donuts, and sugary cereals.

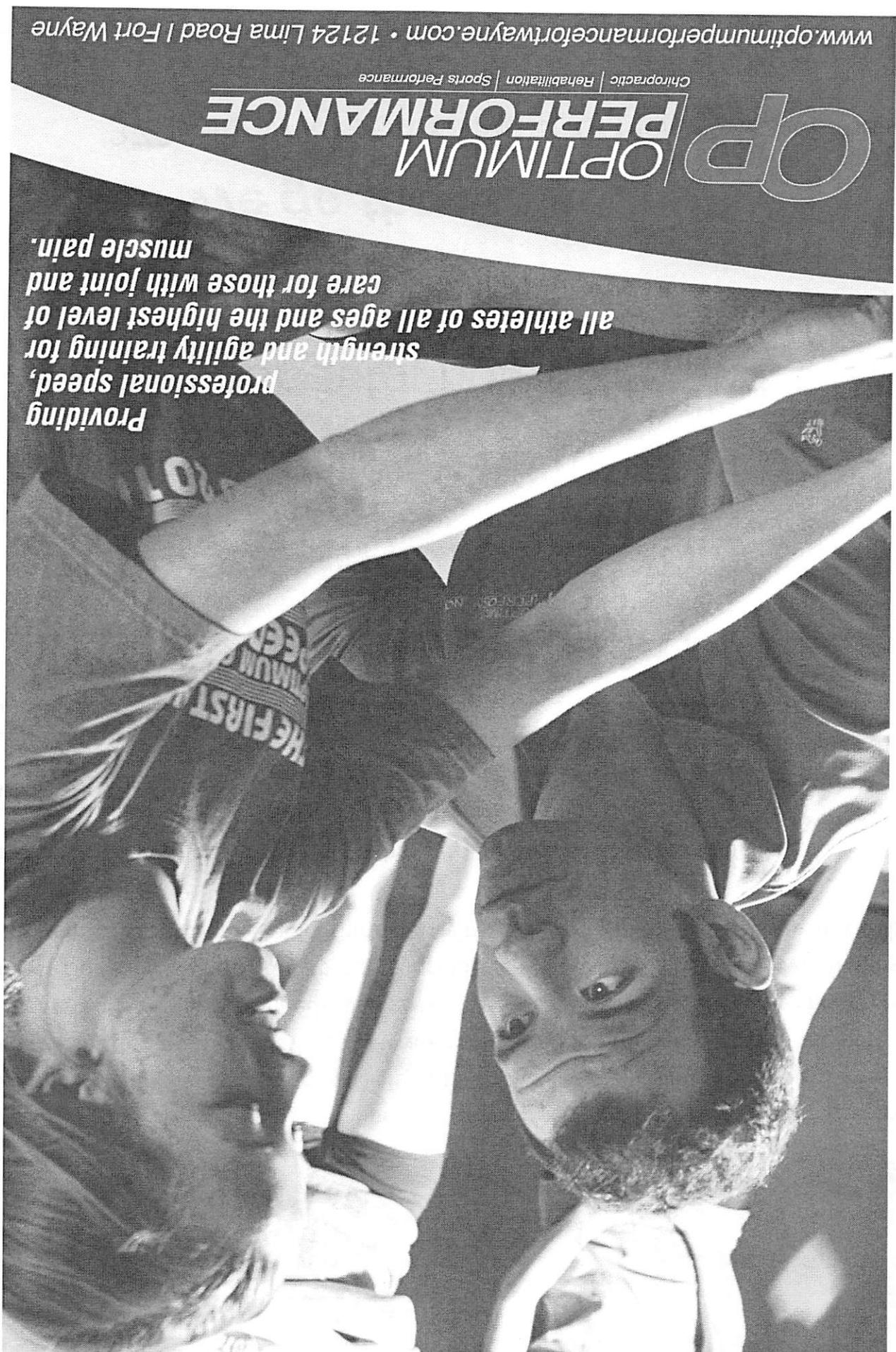
What you buy at the store, what you pack for lunch, what you grab for a snack, what you take to an office party, what you serve your family, what you grill for a celebration, and what order off a menu all matter! Every moment is a moment to give yourself health promotion and disease prevention. No pill or supplement is a substitute to whole foods. There is no quick fix. The fix is picking a mix of nutritious low processed foods daily. This in combination with regular fitness (don't over do), sleep, no tobacco use, and stress care offers disease protection which further translates to healthy aging and MORE vitality!

Note the table here that offers food tips.

So slow down the aging clock this summer by making healthy life choices. Make your race of life richer with nutrient dense meals and snacks. Invite family and friends to make similar choices. Everyone will get the boost and zip of food power.

Best,

Judy Tillapaugh, RD, ACSM HFS  
IPFW Wellness/Fitness Coordinator  
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FWTC members can bring their membership card for discounts on their purchases.

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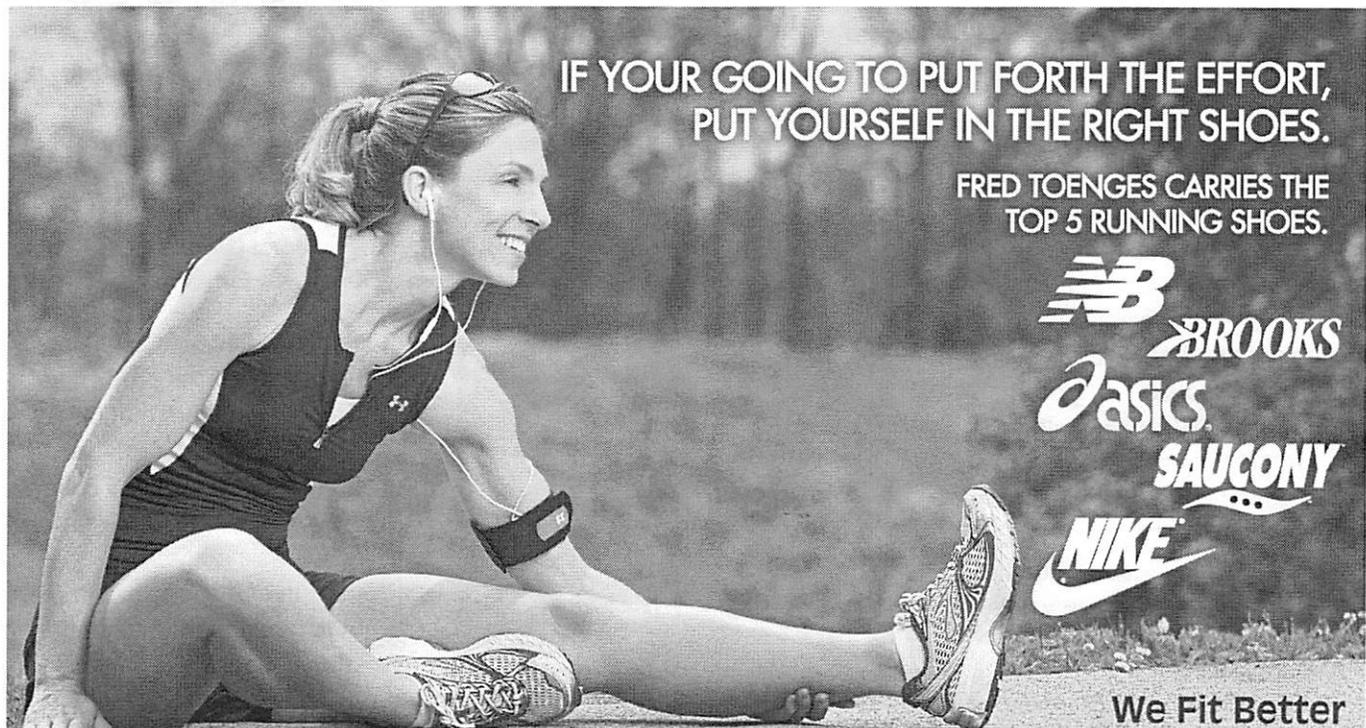
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## 2012 POINTS, POINTS, POINTS RULES

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 1<sup>st</sup>). This is the group all your points will go into for the year.
 

**Example:** You are 44 on January 1<sup>st</sup> 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:**

1<sup>st</sup> place – 100, 2<sup>nd</sup> place – 80, 3<sup>rd</sup> place – 70, 4<sup>th</sup> place – 60, 5<sup>th</sup> 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](mailto:rperez@dekalb.k12.in.us).*

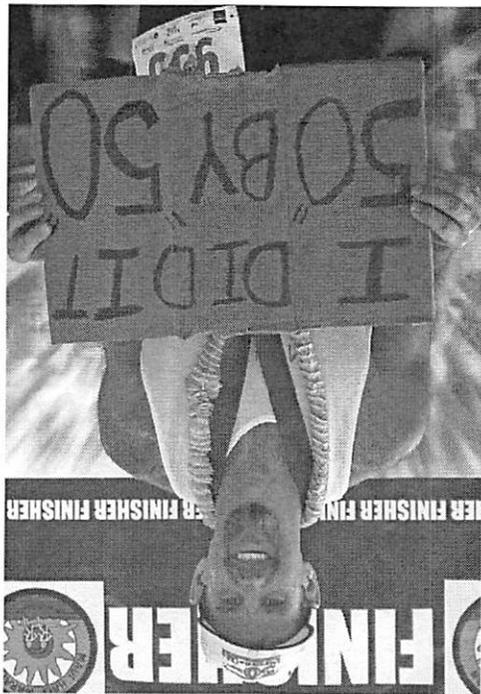
# Shocking: Our electrical system

BY DR. MARK O'SHAUGHNESSY

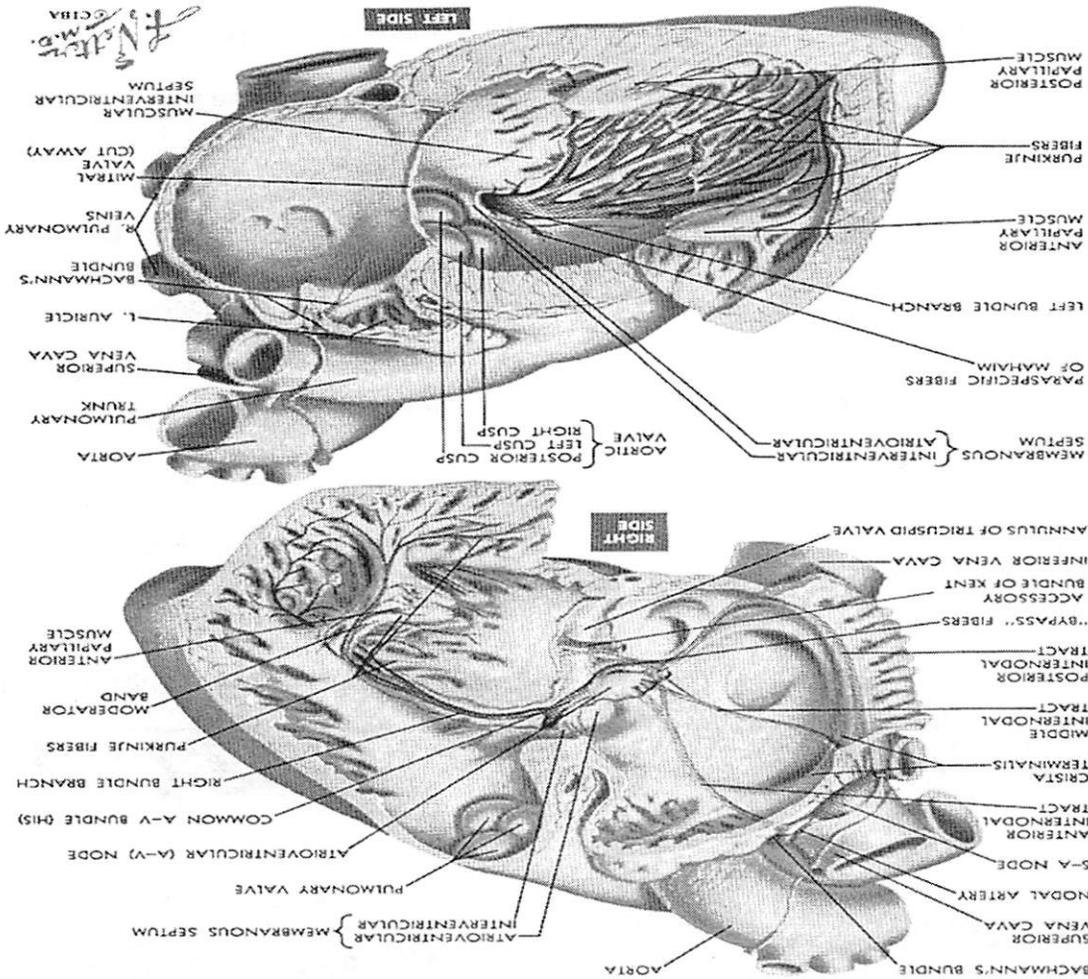
So now that we are all experts on the anatomy of the heart's plumbing system and the potential causes for clogging of our pipes (atherosclerosis) we will move onto other exciting cardiac topics. Before we forge on, however, I want to put in one more plug for knowing your numbers. Have you found out your cholesterol, blood pressure, sugar? Again, we cannot begin to modify our cardiovascular risk if we do not know our risk factors. I encourage you to ask your primary care physician about these values and seek his/her advice if the values are not in the desirable range.

Now onto more "shocking" topics! The heart has its own electrical system to go along with the plumbing

system we have discussed over the last year. The cardiac electrical system is truly a fascinating system that allows us to be able to run 5K's at near maximal heart rate and then slow down to resting pulses when we are sleeping. For some of us the range of heart rate is from the mid 30's at rest to over 200 with maximal exercise. In reality, the heart has the ability to regulate itself, both rate and vigor of contraction, literally from beat to beat. Maximal exercise to diac output, the amount of blood pumped by the heart each minute (measured in liters/minute) is calculated by stroke volume, the amount of blood pushed out of the heart with each beat, times the heart rate.  $(SV \times HR = CO)$



Cardiologist Dr. Mark O'Shaughnessy recently completed his 50-50 quest, run-



The heart's electrical system is made up of specialized cardiac cells that act as pacemakers that drive the heart rate. In actuality, each heart muscle cell has the ability to contract at its own intrinsic rate, a characteristic called intrinsic automaticity. There is a collection of these specialized cells at the top of the right atrium near where the superior vena cava (primary drainage vessel from the upper half of the body) enters the heart. See ON THE MARK, Page 11

## On The Mark

We will delve into this aspect of our cardiac function in future articles when we discuss training and some of the physiological parameters that are important in performance.

# On the Mark: Know your heart

Continued from Page 10

called the sinus node and acts as the primary pacemaker for the heart. The sinus node emits its electrochemical impulse that passes through the atria (upper chambers) to another collection of cells called the Atrio-ventricular node (AV node). The AV node acts as an electrical processing station for the electrical activity and passes the impulse to the ventricles (lower chambers) through special fibers called the His-Purkinje system. I liken the His-Purkinje system to wires in one's house allowing the upper and lower chambers of the heart to communicate with each other electrically speaking and to beat in sync with each other.

(See diagram, Page 10)

Basically, the sinus node controls the heart rate because its own intrinsic rate is faster than the other cells within the heart. The amazing thing is that God gave us several back-up systems, if one fails, the others take their place and keep our heart beating. If the sinus node fails, the AV node takes over and if both the sinus node and AV node fail the pacemaker cells in the ventricle take over.

The sinus node rate is typically 50-100 beats/minute with the AV node 40-60 beats/minute and the ventricles 20-30 beats/minute. While one can survive at 20-30 beats/minute you sure

won't be running any 5K's at this rate but it is better than the alternative.

The amazing thing about the hearts electrical system is that it functions 99.9% of the time without us ever having to think about it or are even aware of what it is doing at any given moment.

Next column we will discuss how the body achieves this amazing feat without any conscious input from us and in future columns we will discuss situation where our electrical system and subsequent heart rhythm goes awry.

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# Hess: Be alert while running

Continued from Page 3

This happened at last Saturday's Frontier Run n' Fun 10K/5K in downtown Fort Wayne. And it followed a disconcerting and unfortunate happening at the beginning of the 10K. Shortly before the start, race director Jon Beasley used a microphone to address the field of runners. Among the list of important announcements was that the 5K would be starting exactly seven minutes after the 10K began. He began the announcements with this vital information and then repeated it at the end.<

And, you guessed it, several 5K participants rolled through the starting line seconds later. They had to be rounded up like schoolchildren on a playground and directed back to the start line. The problem? You guessed it: all those runners were wearing headphones and heard their music instead of Beasley's instructions.<

Running outdoors with portable music

devices is a topic I've long ignored in my column. I don't think people should run with music but I understand the appeal. I have written about running with music while on a treadmill.<

But there is a major difference between listening to music while running indoors and doing so outdoors on the roadways or in a park. And the two instances pales in comparison to the biggest reason not to wear headphones: safety.<

I'll admit: as a runner I'm "old school". I started running in 1979 when running comfortably with music wasn't an option. This was before the Walkman even.<

Because of this, I was alone with my thoughts and I grew to enjoy the miles of solitude as I ran along the gravel roads of southeast Allen County. That was if I turned left from our farm along Paulding Road. And if I wanted to be more social, I turned right and headed towards the hustle-bustle of Hessen Cassel and South Anthony where I

was sure to see several people I knew.<

Using those diverse running routes provide examples of why it would not have been a good idea for me to be lost in the sounds of The Police, REO Speedwagon or Johnny Cougar.< While running through the country I was regularly "greeted" by dogs. If I didn't seem them, I certainly heard them coming after me. And as we all know, dogs almost always attack from behind.<

If I were running in town, I needed to be more aware of the traffic, some of which came from the side or behind. Simply put: I couldn't afford to be lost in music and not aware of the traffic.< And, finally, there is the possibility of being attacked. We need to be able to hear if someone is approaching from behind and completely aware of our surroundings.<

## FWTC MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_  
 Address: \_\_\_\_\_ Home Phone \_\_\_\_\_  
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 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.

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FRONTIER  
RUN N' FUN  
10K/5K

# Runnin' fast in the Fort



Alyssa Niederman, left, strides across the finish line of the 5K in a winning time of 23:12. Below, post-race festivities included a live band.





FWTC Newsletter  
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