

The *New* Inside Track

July / August 2012



A publication of the Fort Wayne Track Club

Trail enthusiasts enjoy Franke Park Trail Clinic

More than 20 people attended the early June clinic, which was sponsored by the Fort Wayne Track Club and the Northeast Indiana Mountain Bike Association. Attendees received information about nutrition, running strategy, specialty stretching and adaptation, and specific products. Participants also ran a 15k through the park trails and were part of a 30k showcase.



Speakers included Mike Pfefferkorn, race director of Indiana Trail 100; Todd Sullivan of Indiana Physical Therapy and a multiple Pke's Peak Ascent finisher; Jonathan Clinthorne, 3rd place finisher at the Mohican 100; and Dave Sullivan, product specialist with 2Toms.

UPCOMING RACES

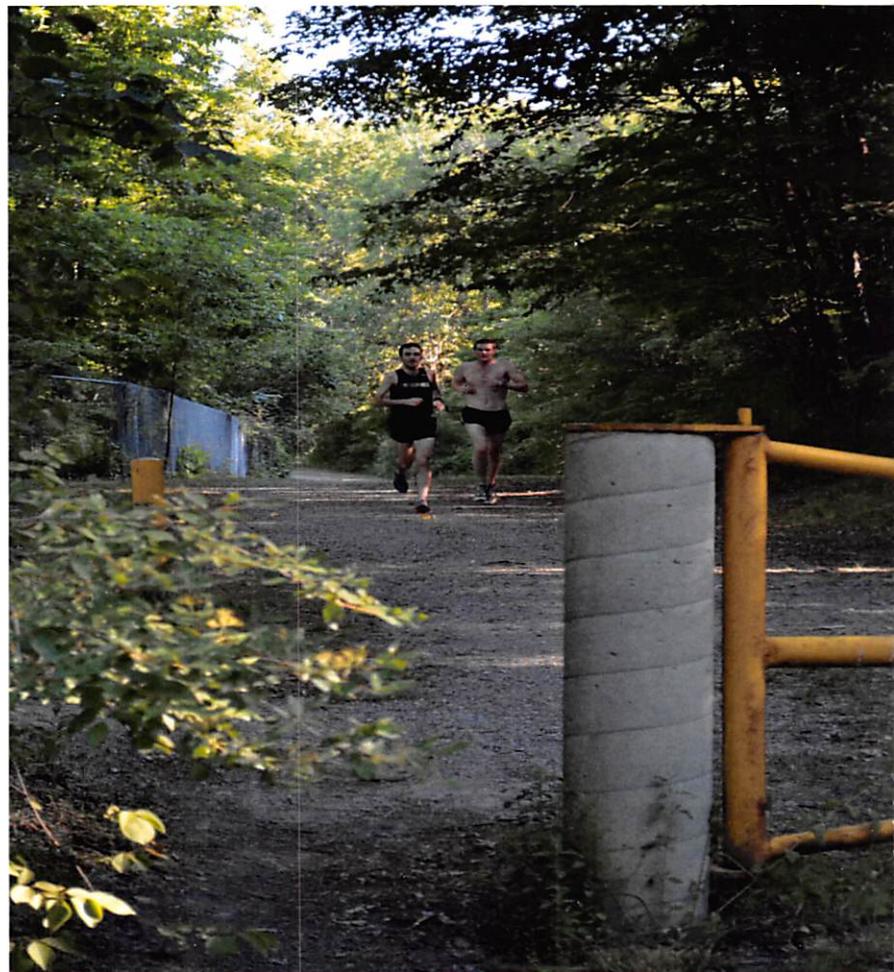
FACES

PACES

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Franke Park Trail Clinic a great learning experience



By way of introduction

New *Inside Track* editor takes the helm

BY MARCIA KIRLIN

Hello, Fort Wayne Track Club members and running enthusiasts. I am the new editor of *Inside Track*. I agreed to take on this challenge several weeks ago when approached by Track Club board members Jim Berry and Barb Richards. It wasn't an easy decision. To be honest, I tried every excuse I could think of to worm my way out of it. Evidently Jim and Barb are pretty persuasive or else I just couldn't say no, try as I might.

So here we go. Most of you probably don't know me, although you may have seen me helping out at a few races here and there. A few words of introduction are in order then.

I came to running fairly recently, which is to say rather late in life. I ran the occasional 5k race around Fort Wayne when my daughter Lauren was younger and running in elementary and middle school. I didn't train for any of these events. I always just told her to wait for me at the finish line and don't talk to strangers, knowing full well she would beat me—by a lot — and have some time on her hands.

My big aha moment, if you can call it that, came in May of 2011 after running the 10k portion of the Magellan Spring Half Marathon/10k in Chicago with a temperature at start time of 43 degrees, accompanied by gusty winds and pelting rain. It was ugly. I finished that race soaked and miserable but somehow invigorated by the energy of the other runners, especially those who had run the half marathon in those wretched conditions, including my sister, who was visiting from Washington. I decided then and there I wanted to try running a half marathon.

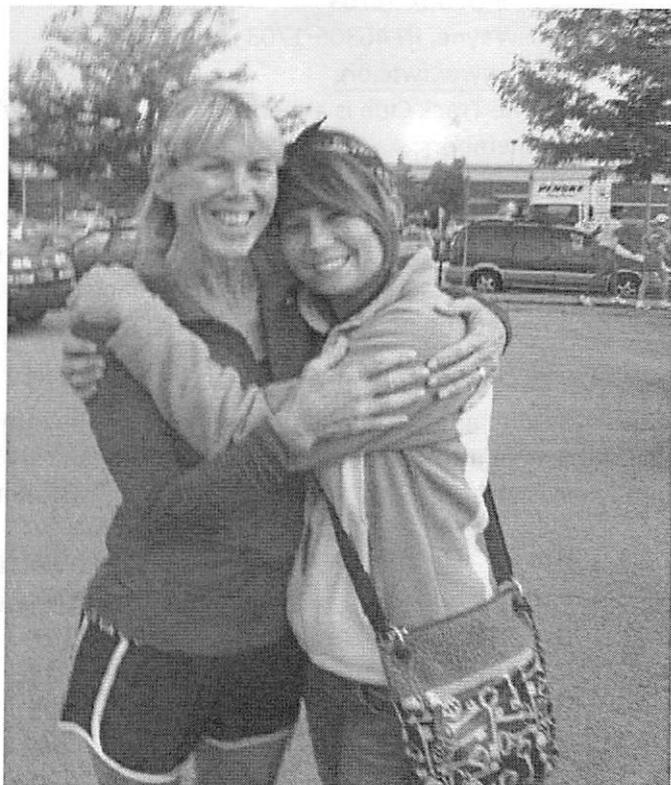
As luck or happenstance would have it, a few days later I met Jim Berry, who agreed to help me train for the Sept. 24 Fort4Fitness Half Marathon. A summer of heat, humidity and early morning runs got me to the start line. A lot of grit and determination got me to the finish. And I was hooked. I immediately wanted to run another half to improve my time. I even let myself have marathon dreams.

Those two ambitions were put on hold when a series of injuries cut short my running. Months later, after a myriad of cross training activities and hours and hours of physical therapy (thank you, Todd Sullivan), I'm happy to report I'm back to run-

ning. I've even let myself start to think about running another half marathon. As for a marathon? Who knows?

So, that's a somewhat abbreviated introduction to Marcia Kirlin, the runner. More often the past seven months or so I've been Marcia Kirlin, the volunteer. I've pitched in at a handful of races and contributed an article to the newsletter. That'll teach me. Certain people saw how good I was at volunteering and offered me this position. All joking aside, I'm glad to be onboard. I intend to continue with some of the content you've come to expect in the newsletter, and to add some new features. I'm open to suggestions for stories. It's your newsletter and I want it to reflect the kinds of topics you're interested in. In each newsletter, I hope to highlight a track club member who's had an interesting journey. If you know of someone who fits that bill, please let me know.

If you've read this far, I applaud you. And I thank you. Enjoy this and future issues of *Inside Track*. And keep running. Share your love of running. Then tell your story, just like I've told you mine.



My daughter Lauren and me before the 2011 F4F Half Marathon

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 Three Rivers Running Company, 4309 North Clinton Street, Fort Wayne, at 7 p.m. on the 2nd Wednesday of each month.

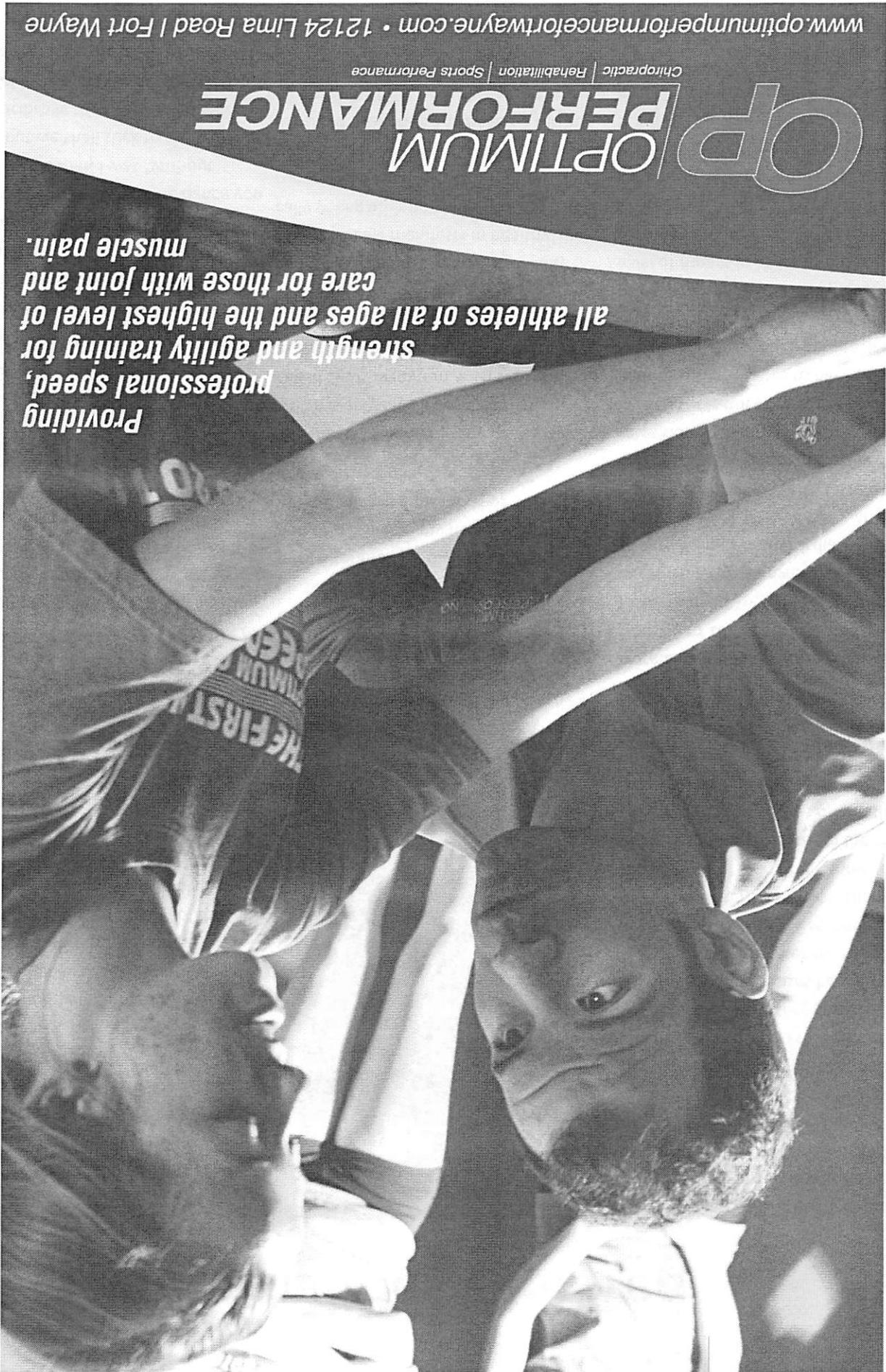
Please notify The Fort Wayne Track Club when you change your address. The post office will not forward The Inside Track even if you have notified them of your change. It costs the FWTC for additional postage and printing extras when newsletters have to be mailed again.

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 the newsletter advertising coordinator, Michael Yann, 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



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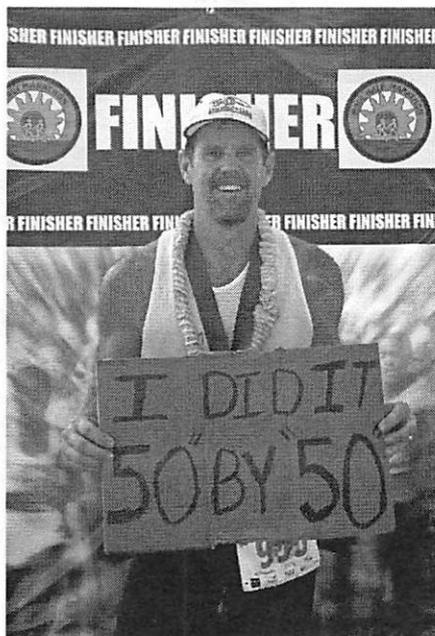
On the Mark

Heart abnormalities explored

BY DR. MARK O'SHAUGHNESSY

To date, we have discussed normal and abnormal heart function, normal and abnormal plumbing and the risk factors for the development of "traditional" atherosclerotic heart disease. As a brief primer, the heart is basically a glorified pump (actually two pumps in series) with it's own plumbing supply (arteries) and own electrical system. Last month we discussed the normal function of the elegant electrical system that supplies this wonderful organ. The heart has the amazing ability to regulate itself virtually from beat to beat. There is an intricate plexus of nerves from both the sympathetic (flight or fight) and parasympathetic systems that can literally change the vigor of contraction and heart rate from beat to beat. Our hearts have the ability to alter cardiac output (amount of blood pumped per minute) from a resting state of 3-5liters/minute to 20-30 liters/minute at the height of competition all without a conscious thought from us. Actually we would likely only "screw it up" if we had the chance to think about it too much.

This month and for the next several installations of this column we will discuss abnormalities of this elegant electrical system. Any disorder of our heart electrical system that results in disruption of the normal electrical impulse is referred to as an arrhythmia, literally "without" rhythm. If anyone has seen me dance you could conclude that, I was "without rhythm" but we shall stick to the issue at hand, specifically the heart's elegant conduction/electrical system. As we reviewed last month, the primary pacemak-



er of the heart, Sinus Node, sends it's electrical impulse via specialized cells (think of wires) to the secondary pacemaker the AV Node which connects to the lower chambers via special cells (again wires) called the HIS-Purkinje system. Alterations in the orderly conduction of this electricity throughout the heart results in alterations of rhythm and hence arrhythmia.

The most common rhythm disturbance, which is actually a normal variant, is called Sinus Arrhythmia. This is manifest as subtle alterations in the intervals between electrical complexes (heart beats) as seen on an ECG. This "arrhythmia" is caused by the beat to beat variability that the heart manifests in healthy, typically young athletic types. Most of us runners will manifest such a pattern on our ECG tracings and they portend an excellent prognosis and need no further evaluation. This is actually caused by a fascinating series of physiologic events

that showcase the integrity of the sympathetic and parasympathetic nervous systems mentioned above. With each beat of the heart, a certain amount of blood is ejected from the major pumping chamber (left ventricle) referred to as stroke volume. As this blood rushes past a sensor in the carotid artery (located in the neck) the system senses how much blood is passing and regulates the next beat accordingly. During the respiratory cycle (breathing) there are subtle changes in the amount of blood that enters the heart based on pressures in the chest cavity during the phases of breathing that alter the amount of blood that is ejected resulting in the variability of the heart rate literally from beat to beat. I told you the system is amazingly elegant!

Normal resting heart rate is anywhere from 50 to 100 beats/minute. Any rate faster than 100 is called Sinus Tachycardia and anything slower than 50 beats/minute is Sinus Bradycardia. This, of course, is a Bell shaped curve and many normal people have rates faster than 100 and most of us runners typically have rates slower than 50 at rest. At night during sleep it is not uncommon for young healthy athletic types to have heart rates as slow as 20-30 beats/minute. It is important for your Primary Care Physician to be aware of your activity level and level of fitness in order to put your heart rate in to an appropriate context. Rates slower than 50 in an untrained individual may be an indication of intrinsic electrical system disease, where rates faster than 100 in a young athletic person may be an indicator of underlying systemic

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Barb Scroggham: 75 marathons and still going strong

BY MARCIA KIRLIN

Years ago, when one of Barb Scroggham's friends asked her to go running at Shoaff Park, her initial reaction was "Why would I want to do that?" She was around 40 years old and hadn't really run much before that. But two laps around the park later, she discovered she actually liked it.

And she hasn't stopped running since. Barb, who will be 66 in September, recently added her 75th marathon to her list of hundreds of races completed. You might say she's improved with age, as her first marathon experience was less than successful. That race was the Hooks/TV 33 Marathon in Fort Wayne in 1986. Barb said she and her longtime friend Dana Budd decided "if we can do a 10k we can do a marathon." At mile 18 they crashed and literally crawled off the course to a nearby Penguin's Point, where they borrowed a quarter to call a friend to come rescue them.

After that rather humbling experience Barb signed up for a marathon training clinic conducted by the Fort Wayne Track Club and led by Judy Tillapaugh and Don Lindley. She met Joyce Hockensmith and Chuck Mills at the clinic and ran with them for years. With some proper training under her belt, she later ran her second marathon, this one sponsored by WMEE, which she successfully completed. And now, 25 years later, she celebrates her 75th 26.2-mile race. Along the way she has run marathons in Columbus, Ohio; Detroit, New York City, New Orleans, Champaign, Illinois; Cincinnati, Los Angeles, San Diego, Duluth, Minnesota; South Bend and Grand Rapids, to name just a few.

Barb says marathons are her favorite race distance "because they're a challenge." One of her fondest race memories was a bus trip the track club sponsored to the New York City Marathon in 1988. "That was just so much fun," she recalled. She came within



Barb holds a plaque she received for winning her age group in the 1992 New Orleans Mardi Gras Marathon

two minutes of qualifying for Boston, needing to finish in 3:40 or faster and coming across the finish line in 3:42. She qualified later that year at the Rocket City Marathon in Huntsville, Alabama with a time of 3:38.

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The many races of Barb Scroggham

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She ran Boston in 1989 and 1992. “Boston is thrilling because you have to qualify and you have all these people cheering you on,” she said.

Earlier in her running career Barb often won age-group awards, such as her first-place finish at the New Orleans Mardi Gras Marathon in 1992. Now she says she runs “more for the accomplishment, to meet people and for fitness.”

She and Dana also view their weekend races as adventures and chances to visit new places and reconnect with old friends and make new ones. They like to run races in locales that offer them a chance to dance to classic rock and roll, one of their other passions. Dana has assembled 15 photo albums documenting their race adventures. Race medals decorate much of Barb’s home, filling a display case, a hat rack and lining the walls of her bedroom.

Even as she logged so many miles, Barb has managed to stay relatively free of injuries. She’s had a few problems with her feet, but nothing major. Training now consists of “whatever works” on Tuesdays, her day off from work. She and Dana might run for an hour or so at Foster Park.

With so many races to her credit, Barb has definite favorites. The New York City Marathon is her favorite marathon; the Siberian Express in Danville, Illinois is her favorite trail

race; and closer to home she and Dana enjoy running Fort4Fitness, the River City Rat Race, Runners on Parade and the Indy Mini.

Barb’s had several unique running experiences along the way. Twice she’s run the Imogene Pass Run, a 17-mile race “not for the weak of heart.” The race is run in the San Juan Mountains in Colorado, with participants reaching 13,114 feet at the summit. Runners are required to bring a variety of clothing items to accommodate the changes in weather conditions and must meet strict time cut-offs for the steep ascent.



Medals from the Siberian Express, one of Barb’s favorite races

Another interesting race for Barb is Steve’s Run in Dowagiac, Michigan, a 10k race that takes runners from a downtown setting, across a golf course, through a cemetery, along a

college cross country course, into a wooded area with hay bales, followed by a cement road with fire department personnel spraying water, down a steep drop to the finish, where race shirts are handed out to finishers.

“The prettiest run I’ve been in was on Mackinac Island,” Barb said. The eight-mile early September race begins at Mission Point Resort and winds around the perimeter of the island, with beautiful views of lakes Huron and Michigan and the Mackinac Bridge, not to mention pleasant running weather.

The Galloping Gallop, a five-mile evening race held in May near the Indiana Dunes, offers gorgeous vistas as well, with views of the Chicago skyline visible as the sun is setting and the waters of Lake Michigan are sparkling. Dana generally drinks in the scenery as he and Barb race, while Barb concentrates on the course, watching where she’s running.

Even with 75 marathons in the books, Barb has no intention of slowing down. In August she and Dana will run the Howl at the Moon Ultra. They’ll be in Indianapolis in November for the Monumental Marathon. Her bucket list includes the Kentucky Derby Festival Marathon.

Running, dancing, meeting great people, seeing new sights. It’s what keeps this year-round racer going. “If we didn’t run, I’d be pretty depressed,” Barb admits. “We always have a race to look forward to.”

Running in the heat requires caution

By **BRETT HESS**

Usually I write this column much later in the summer, but the weather has been so dry and hot, I thought now would be more appropriate.

Let me be blunt: running in extreme heat doesn't make you better or tougher than your competition nor does it condition you. Even if you are training for the Western States 100, you need to use some common sense.

Running in extreme conditions is not a source of pride. In fact, it can be a cause of disaster. Even if you are trying to acclimate to the increasingly hotter conditions, your body may be sending you warning signals to "back off." And even if you survive your run and can brag to your friends that you made it six miles in 100-degree weather, chances are your body will take a week to recover. So you lose a week of fitness for one day of bragging rights? How does that help you in the long run?

Reviewing my notes, I found six tips for when it comes to running in extreme heat and even not-so-extreme heat:

1.) Just say no! Go ahead, avoid the heat. Do your best to run in

the early morning hours or after sunset, if you have a lighted running path. If you must run in the afternoon, take to the treadmill. If none of these solutions work for you, find some shade (try trail running) and make it an easy day. If you typically run 7:30 minutes per mile pace, the body will work just as hard running 8 minutes per mile in the heat.

2.) Be prepared. Hydrate, hydrate and then hydrate some more.

Drink plenty of water and sports drinks before, during and after your run. In general, you need 8 ounces of fluid for every 20 minutes of continuous exercise.

My favorite piece of advice on this topic: don't make hydrating a special occasion. As runners, we should ALWAYS be well hydrated. It should be part of our daily routine so that when the really hot days come, our body is already adjusted to its needs.

3.) Hyponatremia is real. It is also preventable. When I first wrote about this condition in 2003, it was all the rage because two people had died in the previous year. The panic has subsided as education on the topic has increased.

Hyponatremia occurs when the

body takes on too much water, flooding the system. Simply hydrating with water is OK in short runs. But when you run and sweat for extended periods of time, the body sweats out a tremendous amount of salt. By simply rehydrating with water, the body fails to get the nutrients (sodium and chloride) it needs. And the more water you take in, the quicker it flushes out the remaining nutrients.

And therein lies the problem: lesser-educated first-aid workers treat the runner for dehydration by filling the person with more water. The rare instances of hyponatremia have occurred in runners or walkers who have exercised for more than four or five hours. The bottom line: your body needs more than just water because it's not sweating just water. So popular sports drinks and salty snacks play a key role. And remember, make it a daily habit, not just a special occasion.

4.) Know your body. As a runner, you should be keenly aware of your body inside and out. You know when something just isn't right, so heed these warning signs.

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Be smart when running in the summer heat

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No one workout is so important that you are forced to recover for several days.

An early warning sign that the body isn't handling the hot conditions well is your effort level. Say you train with a heart rate monitor and you typically are in the 140-145 beats per minute range when running 8-minute miles. If your heart rate is inching up to 155 or 160 when running 8-minute pace, then it's time to back off.

A few more warning signs that your body isn't handling the conditions: headache, chills and cessation of sweating. When you've reached that point, there's nothing to do but call it a day and concentrate on rehydra-

tion. The final warning signs are confusion and delirium. If you've gotten to that point (and you wouldn't know it anyway) then you need medical attention.

5.) Prevent what you can. Staying properly hydrated can be a challenge, so don't ingest things that dehydrate you. Caffeine and alcohol naturally dehydrate the body, so limit your intake of those drinks.

6.) Think ahead. Say you've just run a pretty decent time in a 10K road race in tough conditions and you want to celebrate. Then knock back a few sports drinks, eat some chilled fruit and take an ice bath. This beats the usual alternative: a few beers, greasy fair food and laying in the sun.

You may feel euphoric, but your body needs to regenerate. If you want to run at all the next few days, then start preparing for that next run now.

A simple rule for post-race beer: don't drink until you've urinated at least twice after your run. So if you are a beer lover, you better start drinking sports drinks and water.

As for eating: fruits contains plenty of water and key nutrients the body needs to regenerate. If you include them as part of your regular diet at this time of the year, you are one step ahead.

And the ice bath: Don't laugh until you've tried it!



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FWTC POINTS STANDINGS

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
Female 19 and under				
1	Lauren Hamilton	Spencerville	16	280
2	Jamie Zeigler	Fort Wayne	11	270
3	Ellie Hardin	Fort Wayne	12	130
Female 20-29				
1	Sharon Christian	Fort Wayne	27	520
2	Jennifer Harning	Huntertown	28	330
3	Rachel Rayburn	Fort Wayne	29	160
Female 30-34				
1	Tiffany Esther	Fort Wayne	30	180
2	Kimberly Truesdell	Fort Wayne	30	130
3	Megan Yoder	Fort Wayne	32	100
Female 35-39				
1	Kelly Barnes	Fort Wayne	39	550
2	Jennifer Deckard	Fort Wayne	35	180
3	Patty Gardner	New Haven	38	140
Female 40-44				
1	Cari Hardin	Fort Wayne	40	490
2	Sandy Franklin	Fort Wayne	44	270
3	Erin Brady	Fort Wayne	40	250
Female 45-49				
1	Cindy McGovern	Fort Wayne	47	400
2	Mae Miller	Harlan	46	300
3	Melissa Renner	Fort Wayne	46	270
Female 50-54				
1	Melinda Kinder	Fort Wayne	51	260
2	Vickie Robertson	Fort Wayne	54	250
3	Carol Dobis	Fort Wayne	50	240
Female 50-55				
1	Julie Manger	Kendallville	57	380
2	Lynn Heim	Fort Wayne	56	160
3	Jan Halter	Leo	55	150
Female 60-64				
1	Betty Nelson	Columbia City	65	400
2	Barbie Scrogam	Fort Wayne	65	180
3	Sarah Kleinknight	Fort Wayne	68	160
Female 65 and over				
1	Barbara DeFord	Hicksville, OH	71	200

FWTC POINTS STANDINGS

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
Male 19 and under				
1	Bryson Tretter	Fort Wayne	13	400
2	Logan Weaver	Fort Wayne	10	200
3	Noah Steffan	Bluffton	13	180
Male 20-29				
1	Grant Stieglitz	Fort Wayne	26	510
2	Justin Gould	Fort Wayne	24	360
3	Kevin Heckman	Beaverdam, OH	27	280
Male 30-34				
1	Jeff Nidlinger	Fort Wayne	32	530
2	Jason Blanchette	Fort Wayne	33	310
3	Casey Shafer	Fort Wayne	31	230
Male 35-39				
1	Brent Fazekas	Fort Wayne	39	470
2	Chris Kaufman	Fort Wayne	35	400
3	Brad Thomas	Fort Wayne	37	270
Male 40-44				
1	Michael Fruchey	Fort Wayne	42	550
2	Chad Vanatta	Fort Wayne	42	420
3	Tom Hardin	Fort Wayne	41	210
Male 45-49				
1	Tim Rutter	Fort Wayne	49	400
2	Jim Stockman	Fort Wayne	46	360
3	Tim Hamilton	Spencerville	46	310
Male 50-54				
1	Rowland Perez	Auburn	51	380
2	Daniel Beck	Laotto	53	320
3	Todd Aldrich	Fremont	50	270
Male 55-59				
1	Brad Altevogt	Fort Wayne	57	510
2	Chuck Brown	Bluffton	56	280
3	Mike Clendenen	New Haven	57	260
Male 60-64				
1	Roger Kingsbery	Fort Wayne	62	550
2	Jed Pearson	Fort Wayne	60	320
3	Robert Lawson	Fort Wayne	64	270
Male 65-69				
1	Ray Casiano	New Haven	68	300
2	Bob Bruckner	Fort Wayne	66	260
3	Bernie Burgette	Fort Wayne	68	250
Male 70 and over				
1	Terry Parker	Auburn	71	450
2	Dick Harnly	Fort Wayne	74	400
3	Bill Harris	Grabill	73	160

Intrigued by a tri?

A swim, bike, run event might be for you!

BY CRAIG BOBAY

Thinking of trying a tri?

Last summer, I did. My last triathlon before that had been my first triathlon, a sprint distance tri at Pleasant Lake about 25 years ago. In late spring, I was talking to my friend, Joe Ladowski, who sustained a very serious injury in February. Joe was rehabbing himself very aggressively, and his crazy rehab plan included him planning on doing the KPF Sprint triathlon in Kendalville in July. Joe said he was going to do it with his son, Ben, despite Joe not being able to walk when he told me about it, and he challenged me to join them. I thought, well if Joe can't even walk unassisted now, I certainly can take his challenge, and sign up, too. The tri he had in mind was the KPC tri, a competitive but shorter sprint-distance race for veteran and novice triathletes. The race is staged at Bixler Lake Park in Kendallville. The tri started with a 500-meter lake swim, followed by a 13-mile bike race, and closed with a 5K cross-country run. The run includes a stretch in and around the windmills of the Mid-America Windmill Museum, finishing in the park. Teams are also permitted.

Before I knew it, I had talked a few other buddies into the event, and mid-July was upon me, without me swimming more than 20 yards at a time in preparation. I had been running regularly, and had put in several 25-50 mile bike rides, and hoped to slog through. Joe had just recently put down his crutches, but was still generally using a cane to get around. The weekend before the KPC tri, he tried jogging a bit, and was able to get a couple of blocks



in at a time. Despite his better half Anne's serious reservations, Joe declared himself a "go" for the tri.

July 16 was an absolutely beautiful summer morning, and a good-sized crowd descended upon Bixler Lake in anticipation of the test. My plan was to survive the swim by conserving my legs, and then get on to the last 2 events, where I was much more confident. The swim was an out and back course. The start was filled with fresh morning air, and the anticipation of a fun challenge. After getting passed by just about all other swimmers, getting kicked a couple times as they glided by, swallowing about half of the lake, determining that my "save the legs for later" plan was really dumb, and seeing my buddy Don looking as distressed as I felt further behind me while, we realized that we were only just about half way out to the turn-around point. Sharing a moment of clarity, Don and I decided the safe/smart thing to do was to head directly back to

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shore, and wait for Joe, Ben and our other friends at the bike exchange point. By doing this, we disqualified ourselves, but the point was to get some exercise, to have fun, and to definitely not drown. As the others came back, we waited until the last of our friends got out of the water, and several of us took off on the bikes and rode together. It was a fun ride on the rolling hills of Noble County. About 6 of us finished the ride together, and then dismounted and set out for a mostly enjoyable cross-country jog, much as advertised. From my perspective, we all had fun, and even those of us who were not properly prepared for the swim had a great morning of exercise. However, I vowed to definitely put in some time doing some open water swimming training before I tried another tri.

Joe's son, Ben very much enjoyed doing the event with his now-healing dad. This was Ben's first tri. Ben described his training as "I pretty much ran, biked, and swam a little. I also lifted a lot." He agreed that "the toughest part was the swim. I did not train hard enough for that portion. During the swim, I kept telling myself, 'just keep swimming, just keep swimming.'" The highlight of the race for Ben was "crossing the finish line



and knowing that I finished a tri with my dad." Ben definitely recommends the race to other FWTC members: "It was a blast. I had a lot of fun biking and talking with my dad and his friends."

Two other friends of ours who competed, Bob Hake and Jared Kent, are seasoned tri-athletes. Like rookie tri-athlete and friend Larry Mayers, Bob and Jared enjoyed this tri very much, and all 3 praised the race organizers and directors. They all also emphasized the need to train and prepare for the swim. Jared added that the "toughest part for me is always waiting for the race to begin. During the race, a swim start with 50 people is always just a bit scary, and somehow getting into a good swim rhythm is challenging. Another difficult part is convincing my tired legs from biking to start running." He said the highlight was "the finish, this race had a very fun finish. Not only finishing myself but also watching others finish is

always one of the best parts, especially when a race organizer calls everyone's name as they run across." Jared's strategy: "always take a step back and enjoy, taking the race one moment at a time."

Joe swam very well, and completed the challenge in a very respectable time. At the race, he wouldn't let us bring greater attention to the huge accomplishment that this was for him personally, given the fact that he could not even walk a few months earlier. He simply said he did it "just to see if I could still do a tri, and I wanted to complete one with Ben." Joe added that tri's are "a great way to mix and match training," and advised of the need for training to include "lots of swimming." In his typical, humble manner, the Joe says the highlight of the event was "finishing with friends and Ben."

If you are thinking of "trying a tri," I encourage you to do so. It was fun.



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2012 FWTC POINTS RACES

FEBRUARY

1. Fanny Freezer 5k

MARCH

2. Nutri-Run 20k

APRIL

3. Mastodon Stomp 5k

MAY

4. Frontier Run 10k

JUNE

5. TRRC Hare & Hounds 5k cross country
6. Franke Park Trail Clinic

JULY

7. Runners on Parade 5k July 14, downtown Fort Wayne
8. Matthew 25/O'Shaughnessy 5k/10k, July 21, Foster Park

AUGUST

9. Hometown Heritage Days 5k, August 11, Hometown Elementary School
10. Rotary 5k, August 18, Shoaff Park

SEPTEMBER

11. Parlor City Trot 13.1 miles, Bluffton

OCTOBER

12. Run for Riley 5 miles, Oct. 14, Maple Creek Middle School

NOVEMBER

13. WOOF 16 miles trail, Ouabache St. Park
14. Turkey Trot 5k trail, Nov. 17, Fox Island

DECEMBER

15. JP Jones Just Plain 10k, Dec. 8, Foster Park



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POINTS RACES — RULES FOR 2012

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 started 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, 6th place — 40, 7th—30, 8th place—20; 9th place—10

An extra 50 points will be awarded for every FIFTH race you participate in.
4. An IRONMAN/IRONWOMAN award will be given to the individual who participates in all points races.
5. The FWTC will recognize the top overall male/female who accumulates the most overall points.

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



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Proper diet, exercise key to bone health

Bones! We need them to walk, run, talk, write, push, pull--for everything! What make them strong? What keeps them strong? I welcome this interest with open arms. It seems we fitness enthusiasts give attention to the workout schedule, proper hydration, food for energy, and treats for the sweet tooth yet think little about how to take care of our bones from head to toe.

The facts are one in two women and one in four men over 50 will have an osteoporosis ("porous bone")- related fracture in her/his lifetime. According to Jean Lawrence of WebMD, "Bones are living tissue. They contain nerves, blood vessels, and marrow where blood cells are created. Bone are constantly tearing

down and re-building themselves, like a freeway construction project that never ends."

Bone mass begins from day one and continues to form and reform through our youth. Peak bone mass occurs between the ages of 20 to 30 years old. Yes, the 1st two decades of life are extremely important time periods for short-term and long-term bone health. A teenager with strong, dense bones has a higher chance of having a high bone mass later in life and a low risk of osteoporosis-related health problems. The opposite is also true. Teens who primarily choose high sugar and high fat foods will increase their risk for weak bones. But it's never too late to make weak bones

stronger. If adults learn they have a low bone density they can change this through nutrition and weight bearing exercises.

Bone strength is not dependent on one food nutrient or one kind of exercise. Just getting adequate calcium and vitamin D is not enough. Proper protein, vitamin C, vitamin K, magnesium, and potassium are also very essential for the body to build and maintain strong, dense bones. So make sure to do weight bearing exercises and serve yourself tasty bone-beneficial, nutrient-dense wholesome foods as much as possible. Enjoy!!

Judy Tillapaugh, RD, ACSM, HFS

IPFW Wellness/Fitness Coordinator

Guidelines for strong bones

Do strength training exercises three times a week.

Do weight bearing cardiovascular activities 30-60 minutes most days of the week.

Eat high calcium foods every day.

Foods high in calcium are milk, yogurt, fortified soy milk, tofu, fortified orange juice, kale, broccoli, foods made with high calcium foods, and canned salmon with bones.

Eat foods high in vitamin D every day.

The daily recommendation for vitamin D is 600 IU. Some studies show a benefit with 1000 IU daily.

Eat foods high in vitamin C every day.

Vitamin C plays a huge role in keeping bones healthy. Foods high in vitamin C include citrus fruits, broccoli, pep-

pers, and berries.

Eat foods high in magnesium every day.

Magnesium plays a big role in helping to build and maintain proper bone density. Some high magnesium foods are whole grains, beans, and nuts.

Enjoy nine servings of colorful high potassium fruits and vegetables every day.

Potassium, important for healthy bone growth, can be found in bananas, apricots, oranges, potatoes, tomatoes, melon, nuts, and avocados.

Have soy protein as a main entrée during the week.

Isoflavones in soy can help strengthen bones. Soy sources include soy nuts, tofu, soy chips, and soy burgers.

Eat food high in protein at every meal.

Inadequate protein intake can weaken

bones. Aim for 1-1.5 grams of protein per kilogram of body weight daily. This translates to 60-85 grams of protein for a 125-pound person and 70-100 grams for a 150-pound person.

Eat foods containing vitamin K daily.

Vitamin K is essential to the production of proteins found in bones. Some high vitamin K foods are broccoli, asparagus, parsley, and greens.

Eat three nutritious meals and two to three nutritious snacks every day.

There is better food digestion and nutrient utilization by the body when food is eaten throughout the day.

Do a nutrient check.

Have a registered dietitian analyze your food and beverage intake or go to www.choosemyplate.gov and use the food tracker. Check to see what you're eating and identify any healthy changes that might be needed.

Come support the cause August 18 at Shoaff Park

Rotary race benefits polio research

BY CAROL KEPLAR
Anthony Wayne Rotary

Have you ever experienced a pain in your leg muscle after a race or a workout? What if your muscles ached without any relief for days, weeks, months or even years? Think about someone wrapping scalding hot blankets around your legs to help loosen the muscles and lighten the pain. Or think about not being able to walk without assistance, and not being able to ever run another race.

If you had polio, this would be your life. The most common muscles affected by polio are those that straighten or bend the hip, the legs, the feet, and muscles in the arms. As you probably know, after a while tight muscles do not straighten out or work properly. Polio mainly affects children under the age of five; however, it can affect others. In fact, between 1949 and 1954, 35 percent of those who contracted polio were adults.

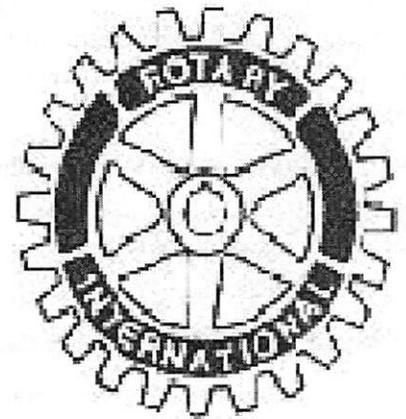
We have come a long way since the first polio outbreak in the Unit-

ed States in 1894, with 132 cases, and the large epidemic in the United States in 1916, with more than 29,000 victims and 6,000 deaths. In 1952, another large polio epidemic hit the United States with more than 58,000 cases reported. This may have affected someone you know: a parent, a grandparent, aunts, uncles, etc. In addition, those same people may be suffering from post polio today with worse pain than when they experienced polio 20, 30, or 40 years ago. In 1988, there were more than 350,000 cases of polio worldwide when Rotary International became involved in the fight to eradicate polio throughout the world. Although there have not been any polio cases reported in the United States since 1991, three countries in the world today still remain infected with active polio – Afghanistan, Nigeria and Pakistan.

Historically, polio has been the world's greatest cause of disability. The cure for polio may be the most famous medical breakthrough in history, one that changed the world.

As long as even a single child remains infected, children in all countries are at risk for contracting polio. If polio is not eradicated, the world will continue to live under the threat of the disease and more than 10 million children could be paralyzed in the next 40 years.

The Anthony Wayne Rotary would like to thank the Fort Wayne Track Club for helping us raise more than \$5,000 the past three years by joining us in sponsoring the Anthony Wayne Rotary 5K Run. Additionally, we would like to invite runners and walkers to join us again this year at Shoaff Park on August 18 for this year's race. All proceeds go toward helping in the fight to eradicate polio throughout the world.



Heart rhythm disturbances explained

CONTINUED FROM PAGE 6

As in any area of medicine, physiologic data needs to be placed in an appropriate context in order to make sense of the data.

As we train for aerobic performance, we make our heart and vascular system much more efficient by improving cardiac output at the macro level all the way down to improved mitochondrial function at the microscopic level. With a more efficient system we can slow our heart

rates down and still complete the necessary work of daily life saving heart beats.

This brings up a very important point, there is no truth to the myth (perpetuated by couch potatoes) that we have a finite number of heart beats. In reality, we have an infinite number of available beats and aerobic activity offers all the benefits at preventing heart disease covered in prior columns.

Next month we will delve into some of the more common rhythm disturbances

and the therapies often used to treat them. As always feel free to comment on these missives I only ask that you please be nice. On a separate and personal note, I want to thank Brett Hess for all of his assistance on these columns these past couple of years. Brett is stepping down as editor; I understand he will still be around, but he has been extremely helpful and I wish to recognize his contribution to the Fort Wayne Track Club. Thank you, Brett!

Fort Wayne's Smallest Winner participants lose 1,200 pounds, run a half marathon

BY TINA WALTERS

The latest installment of Fort Wayne's Smallest winner began April 2, 2012. Twenty-seven people were selected to have free personal training four times a week and a free nutrition class/weigh in once a week. They also have access to a free behaviorist to help them through this process. Spiece Fitness provides each person a free membership for 15 weeks. The program is made possible by the amazing team members who give of their time and talent completely free. Many sponsors also help to make the program possible.

The 27 contestants ran a half marathon on July 7. This was a very emotional day as the participants have endured being overweight for so long and now they have done something they never thought possible. They all were trained and when they crossed the finish line they now believe they can do anything.

As this publication went to press, the program was entering its 15th week and the group had lost a total of 1,200 pounds. Two contestants have lost 100 pounds each so far. We have never had this happen during the 15-week program. We are excited to see that each year we are getting better.

We will announce our top five contestants on Saturday, July 14 at the Arts United Center. We are exceeding all previous years' stats. We are set to break the record of 50 pounds per person. The contestants will then train on their own and use the nutritional and training resources FWSW has taught them until we crown the winner and runner-up September 8 at the Kachmann Institute. This is the first time we are having contestants continue on their own. We know this is going to demonstrate that with hard work and the right tools you can succeed. For more information, visit the Smallest Winner web site at www.fortwaynessmallestwinner.com or check out the Smallest Winner facebook page.



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Diva Dash runners and walkers enjoyed the mid-June 5k

Shalane Flanagan takes on the world at Summer Olympics



Don't forget to watch Shalane Flanagan compete in the 2012 Summer Olympics in London on August 5. Shalane, who qualified for the women's marathon in Houston on Jan. 14, was the guest speaker at the Fort Wayne Track Club's annual banquet last January. She joins teammates Kara Goucher and Desiree Davila in representing the United States in the race, which will consist of a four-loop course starting at The Mall and passing such iconic London landmarks as Trafalgar Square, St. Paul's Cathedral, the Tower of London, Big Ben and the Houses of Parliament and Buckingham Palace. Best of luck to Shalane and her U.S. teammates.



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