

The *New* Inside Track

September / October 2012

A publication of the Fort Wayne Track Club



Annual FWTC Banquet scheduled for Jan. 27

Those attending the 2012 FWTC awards banquet were treated to a question and answer session with U.S. Olympian Shalane Flanagan. The speaker for next year's banquet will be announced soon.



Mark your calendars now for the 2013 Fort Wayne Track Club Banquet and Awards Ceremony. The banquet will be held Sunday, Jan. 27 at the Fort Wayne Marriott. A Half Marathon Clinic from 3:30-5 p.m. will feature experts who will discuss training, nutrition, injury prevention and race-day strategies. Dinner and awards will follow. The featured speaker will be announced in the next few weeks. Look for more details in the November/December issue of *The Inside Track*.

UPCOMING RACES

Run for Riley.....Oct. 14
Turkey Trot.....Nov. 17

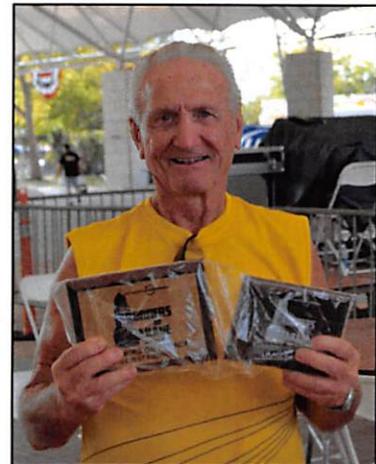
FACES

Nutrition & Wellness.....pg.11
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PACES

Kona Marathon.....pg. 8
Chicago Marathon.....pg. 5

Runners on Parade



Additional race photos can be found on pages 20-23



Track Club members to pace F4F runners

The Fort4Fitness Half Marathon will have a new twist this year—pace groups, featuring eight Fort Wayne Track Club members who have volunteered to lead four groups of runners.

Thanks to some behind-the-scenes talks between Track Club Board Member Jonathon Gottschalk and F4F Race Director Dave Craker, the pace group concept began to take shape in mid-August. Once approved, volunteers were sought for four pace groups—1:47 (8-minute mile), 2:00 (9:09-minute mile), 2:10 (9:55-minute mile) and 2:30 (11:27-minute mile).

Leading the groups will be Jonathon,



Todd Findley, Erin Brady, Jim Berry, Gail Gerber, Scott Eberle, Mae Lorenzo-Miller and Craig Bobay. Each runner has experience running marathons and/or half marathons.

Pace group leaders will be available to talk to race participants at the FWTC booth at the F4F Expo on the

Parkview Field concourse on Friday, Sept. 28. On race day they will be recognizable by special pace leader shirts and can be found in the corrals corresponding to their target finish times. In addition to pacing other runners, the pacers are urged to be motivational leaders, encouraging their members and making the group race experience a positive one.

So if you have a finish time in mind for this year's F4F Half Marathon, think about joining a pace group. With such a qualified group of FWTC runners leading the way, you're likely to reach your goal as well as have a great time getting there.

6th annual Run for Riley set for Oct. 14

The 6th annual Run for Riley will take place Sunday, October 14 at Maple Creek Middle School. Last year's race raised just under \$23,000, and Race Director Jim Berry hopes to exceed that this year, with at target of \$25,000 or more. To reach that goal, Jim looks to sign up at least 1,000 runners and walkers.

All of the money raised goes to Riley Hospital for Children in Indianapolis. In addition to the entry fee, participants are encouraged to make an additional donation when they register, and they can also set up an online donation page, where friends, family and co-workers also can contribute to the cause. The online donation effort raised \$4,000 last year.

Jim says he hopes everyone who participates this year brings one or two other people. "People are not only helping the charity but they would also be helping out some-



body's who's new to running or walking," Jim said. "The multiplying effect is tremendous."

"I really believe this can be a community outreach that benefits Riley and at the same time benefits the people taking part."

Participants don't need to be experienced runners, he emphasized.

Beginners are welcome to come

and run the 5-mile race or be part of the 5k walk. A free 1-mile Fun Run for children also is part of the race activities. The 5-mile race is a Fort Wayne Track Club Points Race.

Participants can find the race brochure and registration information at www.runforriley.org. The site also contains a link to the First Giving page, the online donation site. This year's Run for Riley title sponsor is Aboite Podiatry.

Packet pick up will be from 10 a.m. to 2 p.m. Saturday, Oct. 13 at Anytime Fitness, 10536 Maysville Road.

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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Website: 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 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 Inside Track*. The publication 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

Chicago Marathon, here we come!

Smallest Winner participants take on 26.2-mile challenge

BY MARCIA KIRLIN

Two hundred twenty-two pounds ago, Scott Butler, Richelle Capper, Jessica Schultz and Danielle Coulter never thought of themselves as runners, let alone marathon runners.

But after losing a combined total of that many pounds in Fort Wayne's Smallest Winner program, the four have their sights set on running the Chicago Marathon October 7.

Richelle will be running Chicago for the second time; the others are venturing into marathon territory for the first time. All are looking forward to the experience, for different reasons. But for each of them it marks the culmination of a journey that began when they started losing weight and getting their lives back as Smallest Winner contestants.

Scott, a Season 4 participant a year ago, has lost 125 pounds. In the 15 weeks with the program he lost 85 pounds, and he's lost an additional 40 pounds on his own. At 370+ pounds with high cholesterol and hypertension, Scott says he "was a walking heart attack waiting to happen." He turned 40 during the program and started running that week. He chose a walk-run program that eventually culminated in a six-mile run. "That was the biggest milestone ever," Scott said. He went on to run the Smallest Winner half marathon in July of 2011 as well as the Fort4Fitness half marathon last September.

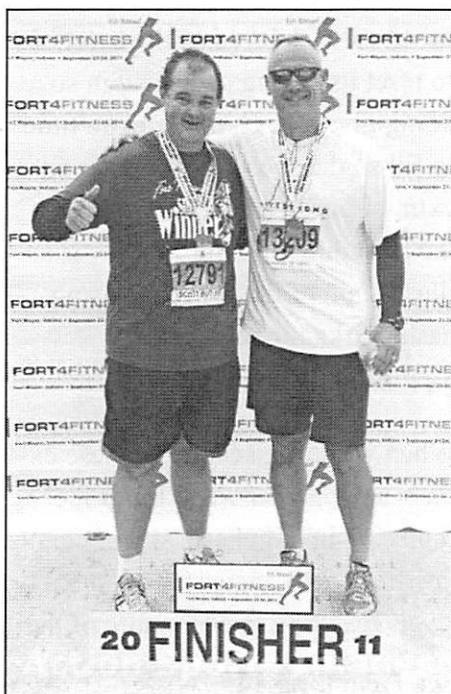
He runs on Tuesday and Thursday mornings with other Smallest Winner participants, and through his employer, D & W Finepack, has raised \$1,000 for

the American Cancer Society. Unfortunately a nasty hamstring tear Scott suffered in July while water skiing diverted his training for seven weeks, but he's still committed to running Chicago.

For Richelle Capper losing 40 pounds gave her the confidence to think of herself as an endurance athlete. "Before, I never had the courage to actually do it [run a marathon]," she said. "I always thought 'Other people do that, not me.'" Now she says "the sky's the limit." One of her motivations in this year's marathon is to beat her time from last year.

She remembers the burst of energy she got when she finally saw the finish line last year, after struggling a bit the last

See Marathon, pg 17



Scott Butler, left



Richelle Capper



Jessica Schultz and Danielle Coulter

On the Mark

“Skipped” beats not an uncommon heart episode

By DR. MARK O'SHAUGHNESSY

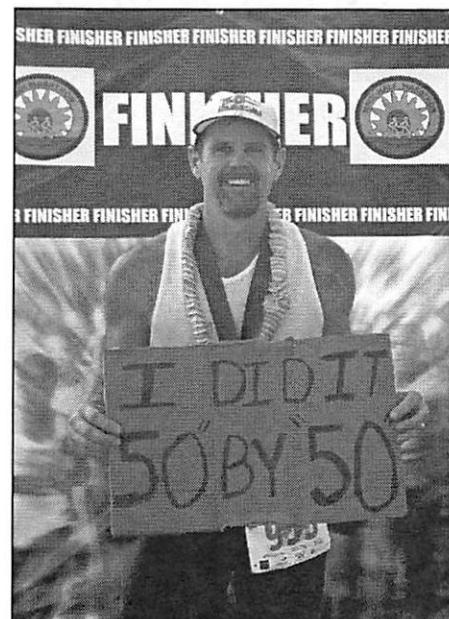
In the last two columns, I discussed normal electrical function of the heart and some of the most common “abnormalities,” actually normal variants, of the cardiac electrical system. As promised, (and I know you are all breathless with anticipation) we now will delve into some of the more common and non-lethal heart rhythm disturbances. Future installments will look at some of the more serious and potentially fatal rhythm disturbances and bring in some life stories from some of our own members of the Track Club as illustrations. For now, however, I want to keep it a tad “lighter” and less threatening.

So, how many of you have felt something unusual in your chest? A “skipped beat” perhaps? A flutter in your chest? (I’m not taking about the flutter you get before a big race, we call that butterflies in the business, or when encountering that amazingly attractive someone you have always had the hots for.) I’m referring to the episodes where you suddenly actually notice your heart beat and it is not quite regular. In reality, the vast majority of the time we are blissfully unaware of our heart beat and only seem to notice anything at all when we’ve just finished a 10k in a PR or the rhythm suddenly becomes less regular. 99.9% of the time our heart beats like clockwork and given this regularity we simply do not even notice

that this amazing organ is even doing anything at all.

Occasionally, our heart misfires and we will feel an unusual “thump” or pounding in our chest. In medical parlance we call these episodes palpitations and actually while it feels like our heart misses a beat or two in reality the palpitations are caused by early or extra beats (extra-systoles). These beats are called Atrial Premature Complexes (APCs) or Premature Ventricular Complexes (PVCs) based on which chamber they emanate from. APCs arise from the atria (upper chambers) and PVCs arise from the ventricles (lower chambers). Basically, it feels like your heart suddenly misses a beat creating a pause followed by a big pound in your chest. Many of my patients report it as a “skipped” beat and with the sudden pound it feels as if something is “rolling into your throat.” Some report feeling transiently dizzy with the episodes, some feel compelled to cough and the vast majority are scared to death by the episodes.

The good news is that these “abnormalities” of cardiac rhythm are ubiquitous, occurring in everyone, with some people feeling it while others don’t, and are universally benign. If we were to hook everyone up to a monitor we would document that everyone has some of these extra beats, some more than others and some symptomatic and others not. The reason you feel the



hard extra beat is because the heart is an elegant pump (see prior columns). When one has an early electrical impulse the pump does not have enough time to fill the chamber so we usually do not feel this beat or recognize it as a skipped beat. The next beat is delayed as the heart has to reset its timing cycle and in so doing gives the chamber extra time to fill so the subsequent beat is an extra-strong contraction we feel as the pounding or bump. Below is an illustration of the sequence using hash-marks for heart beats:

1 1 1 11 1

When we string several of these extra beats together we at times feel a fluttering in our chests and of course this frequently increases our anxiety levels resulting in even more of the

See Heart, pg 14

Just as our form and posture affects our performance and efficiency in running, our bite and how teeth fit together affects our posture and how we hold our head. Headaches, neck pain, back pain are often the result of a bad bite. To see what a bad bite is doing to you, go to YouTube to watch a video: "TMD explained by Dr. Curtis Westersund"



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One marathon, two perspectives

Two Fort Wayne area runners traveled more than 4,000 miles from home this past June to compete in the Kona Marathon. Read on to get a glimpse of their differing perspectives on their Big Island experience and their running stories and race plans.

By **MARCIA KIRLIN**

GRANT STIEGLITZ

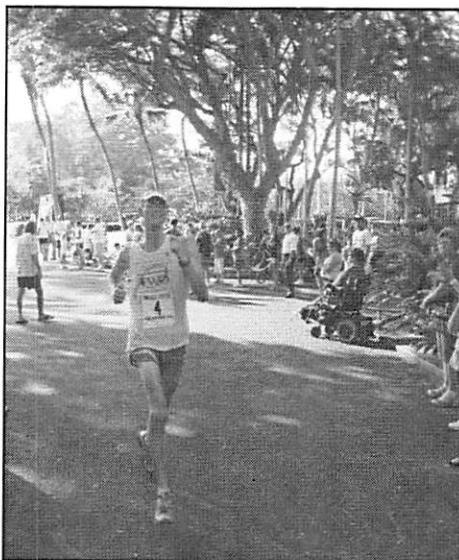
For Grant Stieglitz running Kona meant more than just checking off another state in his 50 by 50 quest. "It was a turning point for me," he says. His time of 2:46:46 was a personal record, which he credits to the new training regimen that started when he hired Goshen College Cross Country Coach Justin Gillette to be his personal coach. Grant and Justin had known each other since 2010 from races they had run together, and while Justin had given Grant pointers at various times it wasn't until last December that Grant decided to officially make Justin his coach.

"I admire him a lot," Grant said. "He's a real role model."

While Grant considered himself a pretty disciplined runner before he started working with Justin, he stepped his training and his focus up a few notches last December. In addition to a personalized training schedule that he adheres to religiously, Grant also stopped drinking alcohol and now pays more attention to his eating. He runs without headphones so he's more aware of his surroundings. He and Justin mapped out several marathons for Grant to compete in, and fashioned a training schedule around them.

Prior to Kona, Grant ran the Maple Leaf Indoor Marathon at Goshen College in February. Before he started working with Justin his previous time in that event had been 3:18. This year he ran it in 3:07.

Grant also improved his marathon time when he ran the Earth Day Challenge Marathon in Gambier, Ohio, with his time of 2:49 crushing his earlier marathon finishes, which were in the 3:10-3:24 range.



Grant calls Justin "a very good listener." When they started working together Justin asked Grant "Where and when do you run?" and "Why do you run?" He reviews Grant's training logs and makes adjustments based on upcoming races. Grant's mileage has increased dramatically, from around 25 miles a week to close to 75 in the past several months. While most of his runs are solo along the Rivergreenway or on race routes like Runners on Parade and Fort4Fitness, Grant traveled to Goshen twice a week this summer to do speed work with Justin, Justin's brother Jake and Rustin Nyce. He also runs with the Goshen College team when he gets a chance.

"The extra workouts with him [Justin] are really paying off," Grant noted. Not only have his marathon times improved, but he's finishing Track Club points races faster as well. But the race that really made all the difference was Kona.

Grant's Kona journey began in late March, when he and Justin discussed the possibility of Grant racing there. After some thought, Grant committed to it. "Justin just really inspired me," he said. The trip

to Hawaii was extremely meaningful for Grant. It was his first plane ride. It marked the fourth state on his 50/50 adventure (he'd run marathons in Indiana, Ohio and Michigan before Kona). His bib number was 4 and he finished running the out-and-back course in fourth place. He won the Aloha 5k Fun Run held the Friday before the marathon. During his time in Hawaii he stayed with friends of Justin's who treated Grant like a long-lost friend. "I consider them my Hawaiian family," he says. And while in Hawaii Grant said goodbye to the knee braces he'd worn since high school. Justin convinced him to run without them and the day after the marathon, Grant threw them in the ocean in a ceremonially farewell gesture and he hasn't looked back.

"I really don't miss them," he said.

He does miss a few things about Hawaii, but is already looking ahead to his next marathons, Veterans in November, and possibly the Kentucky Derby Festival Marathon in Louisville next May. He finished the Parlor City Trot earlier this month in 1:18, meeting his goal of breaking 1:20, and he hopes to finish the Fort4Fitness Half Marathon in the top 3.

This year's recipient of the Track Club's Spirit of Running Award, Grant credits his family, friends and Track Club members with keeping him going. "I'm very committed to running," he remarked. "It's definitely a passion of mine." Grant, who is 27, says running lets him relax and be calm. "It's me time," he says, "when I can get away from things, take care of myself, and think." And those thoughts include great memories of his Kona experience and a possible return visit down the road to check out the Hilo Marathon.

By **MARCIA KIRLIN**

MAE LORENZO-MILLER

For Mae Lorenzo-Miller running the Kona Marathon represented a homecoming of sorts. The Hawaii native went home to the Big Island this past June to run her third marathon.

Mae's strategy involved showing up a week before the race and running in the heat and humidity to get used to what she likely would face on race day. She also ran her training runs along the coast instead of close to her family's home in the mountains so she would get acclimated to the sea level conditions. Mae's time of 4:48 was a personal best and she's proud of the fact that she got her mother and stepfather involved as well. They ran the Kona 5k and 10k races, respectively.

Mae's running story began in 2009 when she picked up running to try to lose some weight. Her employer offered incentives to employees who improved their health, so she took advantage of some wellness initiatives. Her first efforts involved running one minute and then walking a minute. "I thought I was going to die!" she confessed. "How do people run a mile?" she wondered.

Well, she found the answer to that question soon enough as she gradually increased the run portion of her walk-run workouts. "I actually started liking it," she remembers, although people she worked with thought "only a crazy person would run in the middle of August."

The following year a friend introduced her to the Fort Wayne Track Club and the two of them began running in some of its races. She recalls running her first Runners on Parade and really liking the 5k distance. "After that we ran all the 5k's we could get our hands on," she said, laughing. Eventually her husband suggested she try running something longer. So she graduated to 10k's, which she also grew to like. Her husband again suggested she look into longer races. She again took the bait and signed up for the Geist Half Marathon, which she ran in 2:25. Her next half was Kona that same year, which she finished in 2:10.

Meanwhile a manager at her workplace who runs marathons and Spartan races encouraged her to think about a marathon. "You've run four halves," he told her. "You're ready for a full."

She committed to run the 2011 Chicago Marathon and started training in earnest. "The training blew me away," she admits. She did most of her runs by herself around her home in Harlan. "It was hard," she's quick to point out. Mae recalls the race itself as being "big, with lots of spectator support." She says she couldn't believe how many people lined the course. When she finished she cried, overwhelmed by what she had accomplished.

Pleased with her 5:03 results, but determined to do better in her next race—the Cleveland Marathon—Mae started running every Wednesday with a group of runners who meet at Three Rivers Running Company. "I was definitely more focused and disciplined," she said. She was running about 30-35 miles a week at

that point but didn't really comprehend all the nuances of training. "It was good but not good enough," she remarked.

Determined to improve her marathon times and make more sense of her training, Mae began working with a trainer before she ran Cleveland this past May. Her trainer, Cindy DeMent, helped her understand the importance of tempo runs and the value of recovery time. Mae's trainer made a huge difference in how she approached her running regimen. She improved her time by two minutes, in spite of the race being red-flagged due to the heat and the fact that she battled stomach issues during much of the race.

At Kona in June, "everything clicked," Mae said. Her time of 4:48 was a PR and she felt great during the race, which she ran with a

friend from California. She also ran the Aloha Friday 5k two days before the marathon and was pleased that her mother agreed to run it as well. She was very surprised to see Grant Stieglitz at Kona, unaware he had been planning to run there. "I kept staring at this guy, thinking 'He looks just like Grant,'" she said. They met up and talked at the fun run.

Right now Mae has her sights on the Air Force Marathon in Dayton, Ohio, in mid-September and the Fort4Fitness Half Marathon, which will be her first race as a pace group leader. Down the road she is thinking about the Kentucky Derby Festival Marathon and would like to get a group together to run the Detroit Marathon. Detroit intrigues her because of the notion of running a marathon in two countries. "I think it's cool that you cross over into Canada," she said. And Mae would also gladly take on Kona again, with hopes that the scenic course along the Kohala coast would bring her another homecoming PR.





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2012 Fort Wayne Track Club 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

8. Matthew 25/O'Shaughnessy 10k

AUGUST

9. Hometown Heritage Days 5k

10. Rotary 5k

SEPTEMBER

11. Parlor City Trot 13.1

OCTOBER

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

NOVEMBER

13. WOOF 16 miles trail, Nov. 3, Ouabache St. Park

14. Turkey Trot 5k trail, Nov. 17, Fox Island

DECEMBER

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

Start the day with a nutritious breakfast

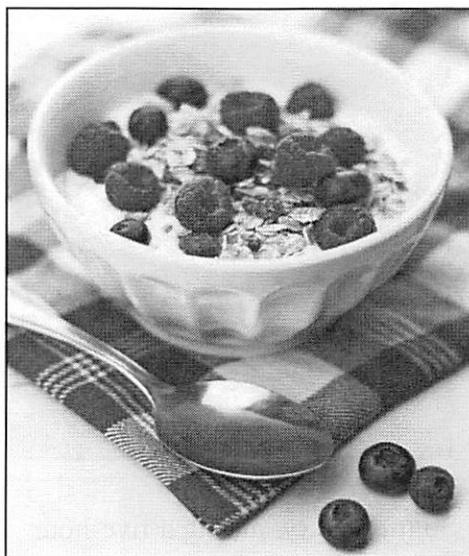
Our morning routine begins every day. It is what we do to initiate our day and prepare ourselves for our schedule. There typically is time to make coffee or tea, clean up anything from the night before, get the paper, have a short conversation with the family, take care of the pets, pay a bill if necessary, hear the morning news, wash up, maybe make a lunch, and get dressed. Some mornings we may fit in some exercise while other days we take time for a couple strength movements and stretches. Some mornings fitness is not a priority. We are just happy to get out of the driveway by a certain time. What about breakfast? How often does it happen?

The fact is most of us do not eat breakfast. We do not allow for 10-20 breakfast minutes. Too often more attention is given to cleaning up and dressing up than getting morning nutrients. We start the day with minimal mind and body fuel.

Re-think the routine. Make breakfast a priority. It will break the night fast, give you morning energy, provide essential nutrients, help with productivity, boost brain power, reduce risk for an afternoon craving, and assist with weight management.

Now do not just think of grabbing whatever is available. Absolutely the choices do matter. There is a difference between coffee with cream and donuts versus coffee with milk and peanut butter whole grain toast. Both have about 200-300 calories yet the coffee with milk and peanut butter whole grain toast provides 14 grams of protein and 4-5 grams fiber. There is also a big difference between 12 ounces of regular soda and a candy bar versus a cup of vanilla yogurt or milk with a granola bar and banana.

Yes both have 400-450 calories yet soda and candy are primarily empty calories, containing few vitamins and minerals. The yogurt food combina-



tion provides 14-16 grams of protein and is a good source of calcium and potassium.

A "get me started" breakfast should be at least 400-600 calories with 15-20 grams of protein, 65-75 grams of carbohydrate, and 5-10 grams of fat. We need a wholesome breakfast that gives us ¼ to 1/3 of our daily calories. We need a morning food combination that includes a protein and two nutritious carbohydrate food sources. The balanced food selection has the job of helping us be energized as well as helping the body recover well from a morning workout and/or helping the body get ready for a mid-day or later day workout.

How about being a breakfast cook? Expand the morning possibilities by shopping for ingredients to make 3-4 recipes during the week. Make yogurt parfaits, Apple French Toast, oatmeal with walnuts and cranberries, high protein fruit smoothies, or scrambled

eggs with a fruit muffin. Batch cook so one recipe becomes 2 to 3 breakfasts.

The table on **page 19** shows a variety of breakfast options. What sounds good to you? Talk to your family about their preferences. Yes...get everyone involved. Think about planning for morning family meals or it might be best to just serve yourself some simple quiet time before the day begins.

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

Baked Apple French Toast
1 loaf (1 pound) whole grain or gluten free bread, sliced
4 eggs or 1 cup egg whites
1 ¼ cups low fat, skim or soy milk
½ cup sugar
1 tablespoon vanilla extract
2 teaspoons cinnamon
3 apples, your choice, sliced

Spray 9 x 13 pan with cooking spray. Arrange the bread slices in a layer on the bottom of the pan. In a medium bowl combine the eggs, milk, ¼ cup sugar, and vanilla. Blend and pour half the mixture over the bread. Arrange apple slices over the bread. Pour remaining liquid over the apples. Combine ¼ cup sugar and cinnamon. Sprinkle over the apples. The dish can be covered and refrigerated overnight or bake in a 350 degree oven for 35-40 minutes. Serve with maple syrup or vanilla yogurt if desired.

Yield: 5 servings Per serving: 450 calories, 77 g carbohydrate, 17 g protein, and 8 g fat

Source: Nancy Clark's Sports Nutrition Guidebook

See related table on pg 19

A family's journey from despair to the podium

By **BRETT HESS**

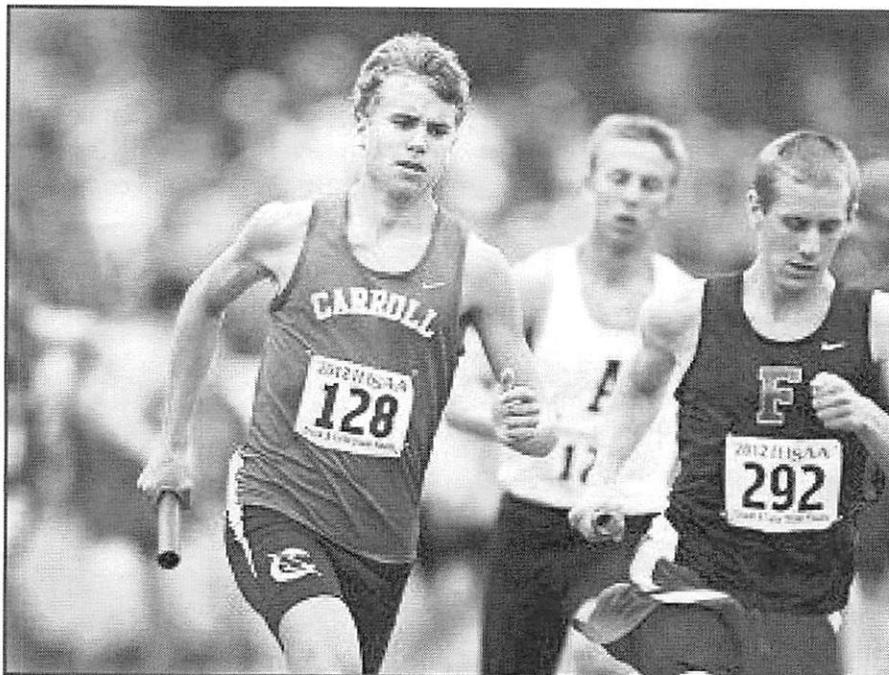
On a Friday afternoon in April, Debra and I stood in the tiny consultation room of an orthopedists' office. It was depressingly familiar to the room we were in on a Friday last October. In fact, it may have been the same room.

The x-rays were also familiar. So was the diagnosis. And, finally, so were the tears and soft sobs of our child.

It was only six months before that our oldest son, Brad, was diagnosed with severe hip dysplasia. Now, in the same office, the same doctor was telling our other son, Alex, "you have your brother's hips. I really, really wanted to tell you something different. I am so sorry."

I want to preface this column much the same way I did a column last November: there are worse things a parent can be told in a doctor's office. This was not life or death, but the death of a way of life. Their running careers, they were told, were over. Alex, like Brad, had every reason to shed tears.

By this point (April) Brad had been to three doctors who told him he would never run again and a fourth who said, after two surgeries, he "would be able to jog." Competitive running, though, was going to be a long shot. Never been done before, he said, in his 280 surgeries on high school and college athletes.



So in January, during a five-hour surgery in St. Louis, Brad's left pelvis was sawed in five places and his femoral neck and head were shaved down in order to arc into the relocated hip socket.

Sound painful? That's because it IS painful.

Brad came home five days later and other than a shower every few days, didn't get out of bed for another three weeks. He had to be on his back 24/7. And who was there to help him to and from the shower? Alex, of course.

Over the winter not a day would go by that someone didn't ask us about Brad. And nearly every time came the follow-up: "What about Alex? Does he have IT?"

The answer was always, "IT is so rare and Alex has never had symp-

toms and he played lots of baseball, which required lots of torque and twisting, and....."

Debra and I simply did not want to consider the genetic predisposition of hip dysplasia.

Furthermore, Alex was running strong. And fast. He had placed 17th at the state cross country meet last fall (three weeks after Brad's diagnosis) and helped Carroll's distance medley relay to a top-five finish at the state indoor meet this past March.

And his body was so, well, different. Whereas Brad is 5-foot-10 and glides along, Alex is 6-2 and carries his angular frame in a gallop.

If it sounds like we were in denial, it's because we were. We hid from

See Family on pg 13

Family, continued from pg 12

the possibility that our sons would have the same condition.

Then Alex “tweaked” his hip in late March. After a couple of weeks’ treatment with no improvement, we finally decided to “rule IT out”. “Don’t worry, Alex, you couldn’t possibly have IT,” we assured Alex.

Walking out of the doctor’s office that April Friday, we had to help him face his fears: what he loved so much, running, may be taken away.

A visit to Brad’s surgeon the next week in St. Louis was a positive. By then Brad was doing well and the surgeon’s consultation was as good as could be expected. He told us Alex wasn’t injured (no torn ligaments, muscles or cartilage) and that if he worked to preserve the hip, it may be a few years before surgery was needed. But one unexpected step in a hole (like Brad had done) would be the end.

In other words: “Hey, Alex, run every season, every race like it’s your last. And don’t step in a hole!”

As a teenager, Alex didn’t quite grasp the situation. He struggled emotionally trying to determine the difference between pain, discomfort, fatigue and fear. Some practices went well, some races didn’t. Some races went well until something felt funny and then suddenly his body shut down.

As parents, we talk about “teachable moments.” We understand the big picture but we forget that our children do not have the same perspective or maturity.

Then Alex experienced the ultimate high of helping set a school and North Side Sectional record in the 3,200-meter relay and two hours later the despair of running poorly in the 3,200 run. It was an unforeseeable turning point, a blessing in disguise. Free from the arduous task of training for and racing eight laps, which gave him

time to think about every little muscle twitch, Alex was able to concentrate fully on running two laps as best he could.

This past June in Bloomington, Alex ran the second leg of Carroll’s relay. He trailed the leader with 200 meters to go but handed off the baton with a 20-meter lead. Carroll went on to win the state title.

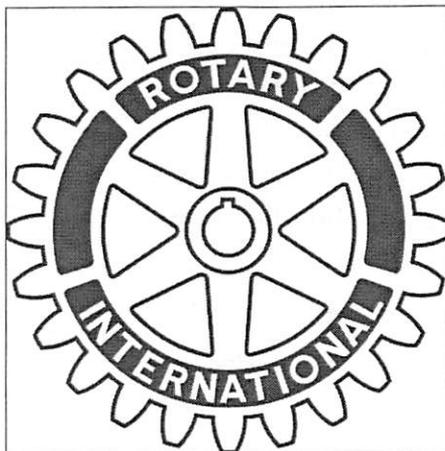
As Alex and his three teammates climbed to the top step of the podium at the Indiana University stadium, I couldn’t help but think about the last several months. The highs, the lows and now the highs again.

Two weeks before Alex’s run in Bloomington, Brad had surgery on his right hip in St. Louis. We know now he will run again. He may not be competitive, but he will run.

Alex knows this. And he carries it with him every mile of every race and every lap of every workout.

Anthony Wayne Rotary 5k has raised \$6,000 to fight polio worldwide

The fourth annual Anthony Wayne Rotary 5K to help eradicate polio was held on Saturday, August 18. This year’s race attracted the largest turnout yet--167 runners, including 64 who registered the morning of the race. Thanks to these races over the past four years, Anthony Wayne Rotary has



raised more than \$6,000 to help advance this cause. All proceeds from these races go to Rotary International's Polio Plus Fund which is used in the ongoing battle to fight polio around the world.

The fifth annual Anthony Wayne Rotary 5k will be run on Saturday, August 17, 2013. Hope to see you there!



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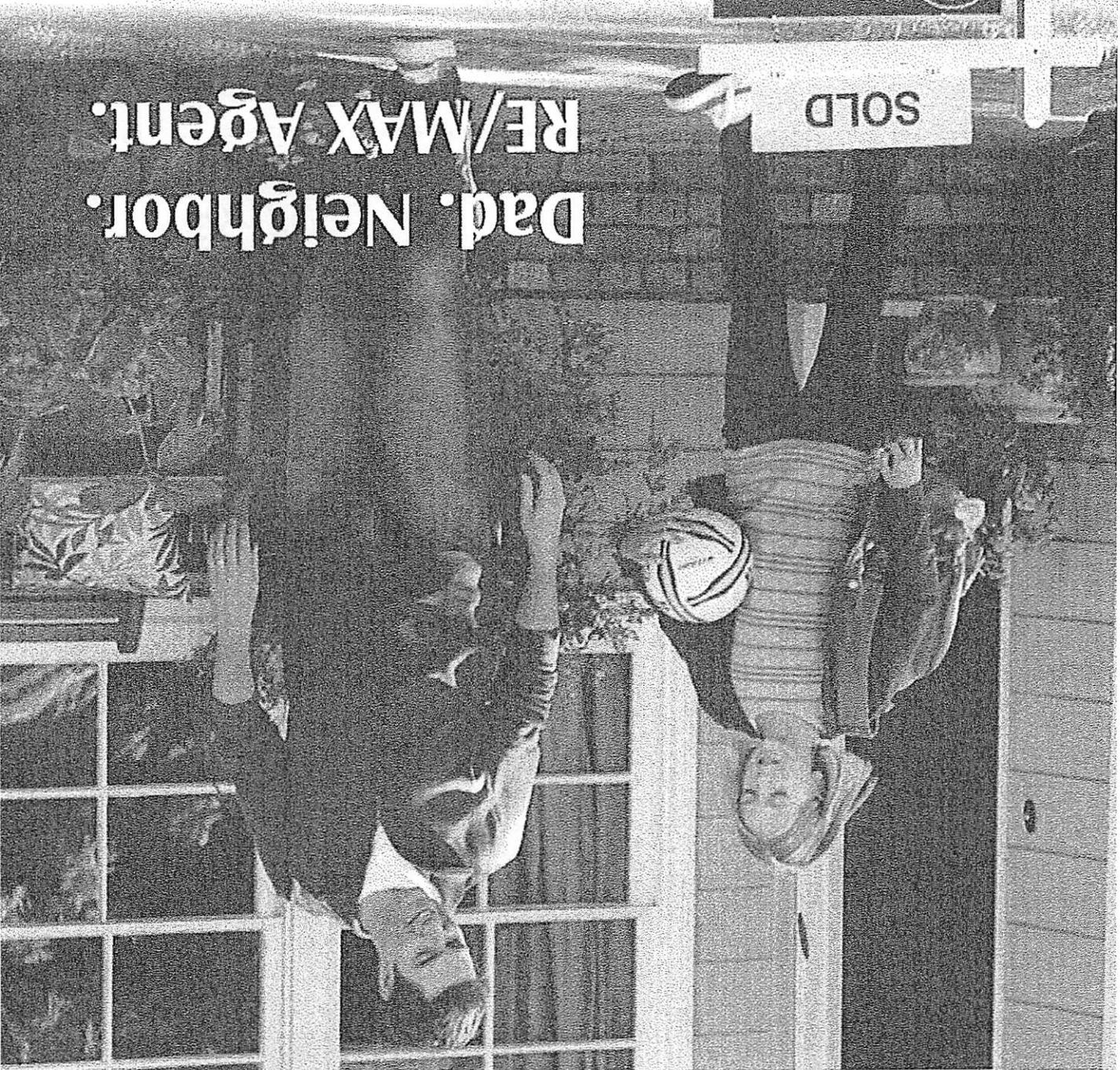
Heart, continued from pg 6

palpitations. The most common cause of these extra beats is indeed anxiety with the attendant increase in our stress hormone, adrenaline. Adrenaline is a stimulant and can increase the number and frequency of the palpitations. Other causes include ingested stimulants such as caffeine, energy drinks and alcohol. As above, these extra beats are universally benign and occur in virtually everyone at some time or another. The vast majority of my patients need no treatment other than reassur-

ance but occasionally the palpitations can drive some people crazy and we can prescribe medication to help suppress the episodes. As always, however, every pill I can prescribe has side-effects and if we do not need to use a pharmacologic approach we certainly prefer simple lifestyle modification (avoiding caffeine, stress, etc.)

So the next time you or your training partner feel that unusual fluttering or occasional pound/thump in your chest you can turn to your training partner, neighbor, complete stranger

and casually explain the physiology behind the sensation reassuring them that there is nothing to worry about because you stayed in a Holiday Inn Express last night and are now experts on benign cardiac rhythms. A word of caution, if you have any recurring symptom, even if you think it is nothing, you should discuss this with your primary care physician who can be the judge as to the significance of said symptom. Stay tuned next month where we will begin discussion about supraventricular tachyarrhythmia, a truly scintillating topic.



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Shalane Flanagan, FWTC banquet speaker last January, finished 10th in the women's marathon at the 2012 London Summer Olympics, just ahead of teammate Kara Goucher (11th place), pictured at left. Shalane spoke at a Ladies Chat event (below) prior to the banquet, sharing stories and answering questions.



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 1, 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, 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 place-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 individuals who participate in all points races.
5. The FWTC will recognize the top 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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Marathon, continued from pg 5

few miles before that. She also is humbled to now be in the one percent of people who have run a marathon. She credits the Smallest Winner program with helping her “put the baggage aside and be able to be who I was all along on the inside.” Competitive by nature and very headstrong, Richelle says she won’t allow herself to fail. She’s always setting the bar higher for herself, with her next challenge a body building competition.

Richelle, who is 42 years old, also trained with the Smallest Winner running club and since losing weight has run obstacle races such as the Warrior Dash, Mudderland and Mudathlon.

Jessica Coulter, 27, has worked hard to keep off the 23 pounds she lost with the Smallest Winner. After running four half marathons, she felt like she was ready to try a full. She and Danielle train to-

gether using a training schedule they found online. They run together for fun, accountability and therapy. “It’s physical and mental therapy,” she said. Many of their long runs have been in Shoaff Park and along the Rivergreenway.

Fueling Jessica’s marathon drive is the satisfaction that she knows will come from finishing. She and Danielle plan to run all 26.2 miles together. She says she has no particular finish time in mind. “I just want to finish!” she remarked.

“I’m so excited and incredibly nervous at the same time,” she admitted. But she’s convinced her newfound love of running will help her go the distance.

Jessica’s running buddy, Danielle Coulter, 27, lost 32 pounds as a Season 3 participant, and went from hating running to looking forward to running Chicago. At the time of this interview, her longest training run was 16 miles. “It

was rough,” she commented. “That’s a long distance!” She and Jessica were planning to work up to 20 miles as they trained through September.

Chicago’s flat course and significant spectator support were big draws for Danielle. “There are lots of people to keep you going,” she said. “I know I’m going to need that encouragement to push and drive me.”

Danielle hasn’t ruled out running more marathons after Chicago. “I want to improve and show myself I can continue on,” she said, noting that a big motivator for her is being a role model for her 3- and 5-year-old children. “I want them to see how important it is to me.” And she says running a marathon is a way to “pay it forward” and make Smallest Winner Directors Rick and Tina Waters “proud of the journey they brought us on.”

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We Go The Distance...

Alissa McKaig selected as a Roads Scholar



Alissa, left, at Runners on Parade

Fort Wayne native and Concordia Lutheran High School runner Alissa McKaig was selected for Road Runners Club of America's 2012-2013 class of Roads Scholars. At Concordia, Alissa lettered in both cross country and track. She was state champi-

on in the 1600 meters as a senior and earned All-American status in the 3200 meters in 2004. She was 10th at the NCAA Cross Country Championships while at Michigan State and won the NAIA XC Title while at Indiana Tech, where she graduated in 2011. Alissa has run 15:28 in the 5,000 meters on the track, 32:14 in the 10,000 meters (both in 2011) as well as a 1:14 half marathon.

After graduation she began competing in marathons but has remained successful in the shorter distances. In 2010, she ran a personal best of 2:37:39 in the New York City Marathon to finish 20th overall. Alissa was a member of the bronze-medal winning World XC Team in 2011 and was selected to the World Track & Field Team for 2011. Competing in the marathon in Daegu, South Korea, she finished 32nd in 2:38.23. At the U.S. Olympic Trials marathon in Houston this past January she was eighth with a PR of 2:31:56, dropping more than five minutes from her PR set at

the New York City Marathon.

Since 1996, the Road Runners Club of America has awarded more than \$400,000 in grants through the Roads Scholar program. The goal of the program is to assist American post-collegiate runners who show great promise in developing into national and world-class road running athletes. The grants awarded by the RRCA go directly to the athletes to help support their goals of becoming world-class distance runners.

"Thank you for selecting me as a grant recipient," said Alissa. "I appreciate your belief in me as a runner, and your support will be such a help and blessing to me."

The RRCA Roads Scholar selection Committee for 2012 included Chair Carl Sniffen, Roads Scholar Mike Morgan, Olympians Joan Benoit Samuelson and Don Kardong, Olympian and Roads Scholar Amy Begley, Phil Stewart, Bee McLeod, Brent Ayer, and Jean Knaack.

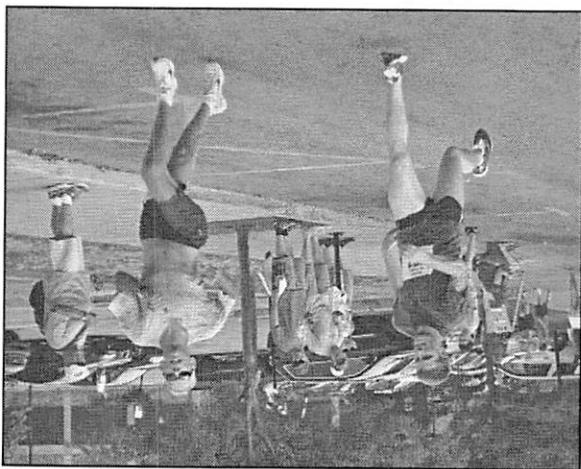
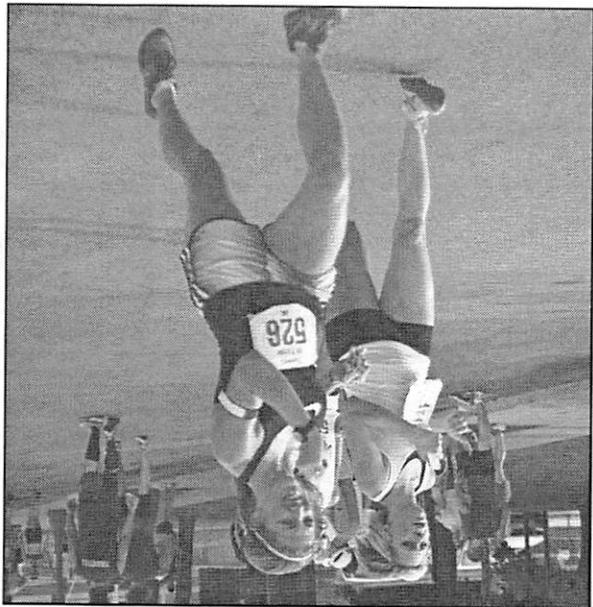
Breakfast food group combinations at a glance

Bread/Cereal Group		Fruit Group		Protein Group
Cold cereal	+	Fruit	+	Milk or yogurt
Whole wheat bagel	+	Orange juice	+	Peanut butter or string cheese
Instant oatmeal	+	Raisins	+	Milk or yogurt
Wrap or whole wheat toast	+	Peaches	+	Cottage cheese, egg, yogurt, or lean meat or beans
Pancakes or waffles	+	Strawberries or melon	+	Tofu or egg

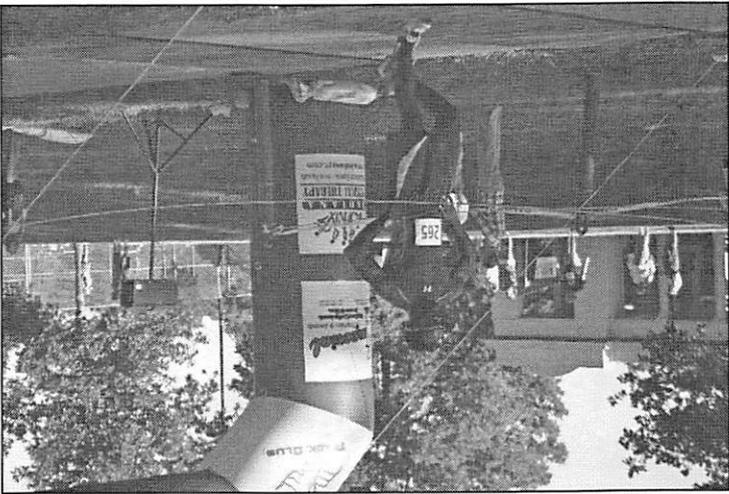
Selecting foods from each of the groups in the chart above will ensure a healthy and filling breakfast.

Runners on Parade draws over 800 participants

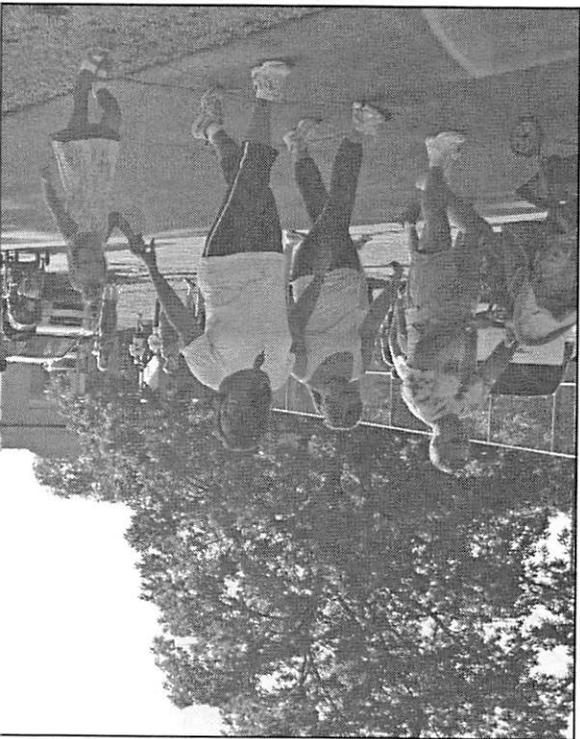
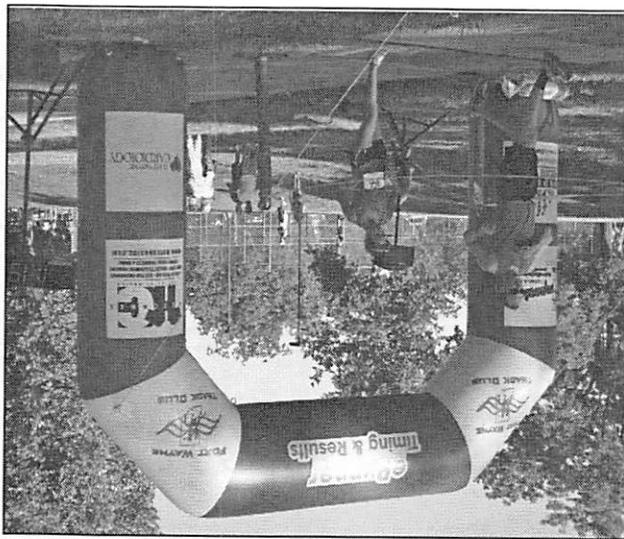
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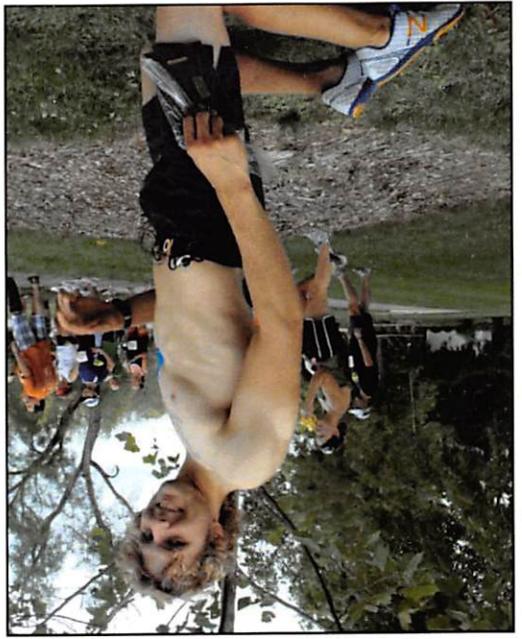


Matthew 25/O'Shaughnessy 5k and 10k

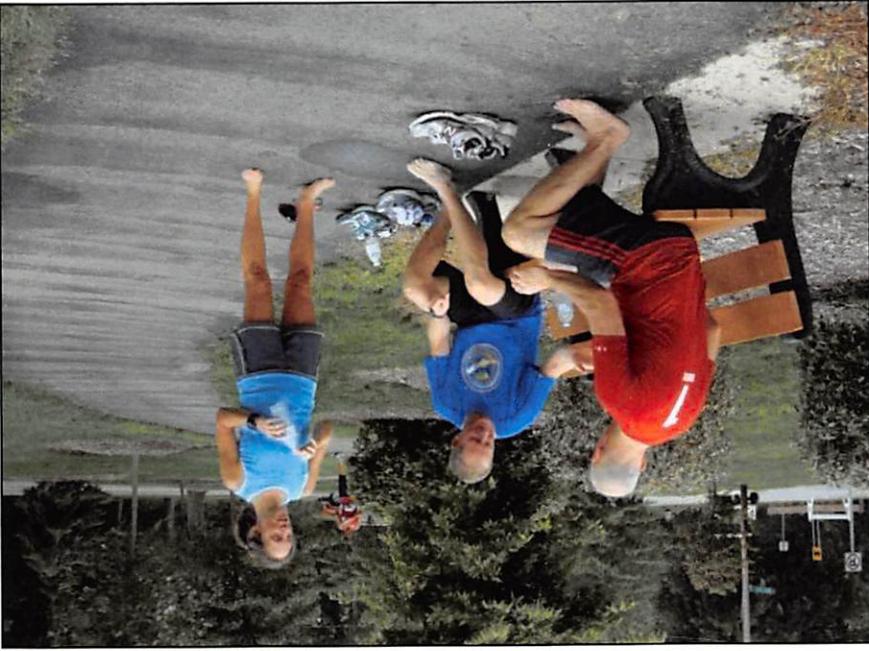
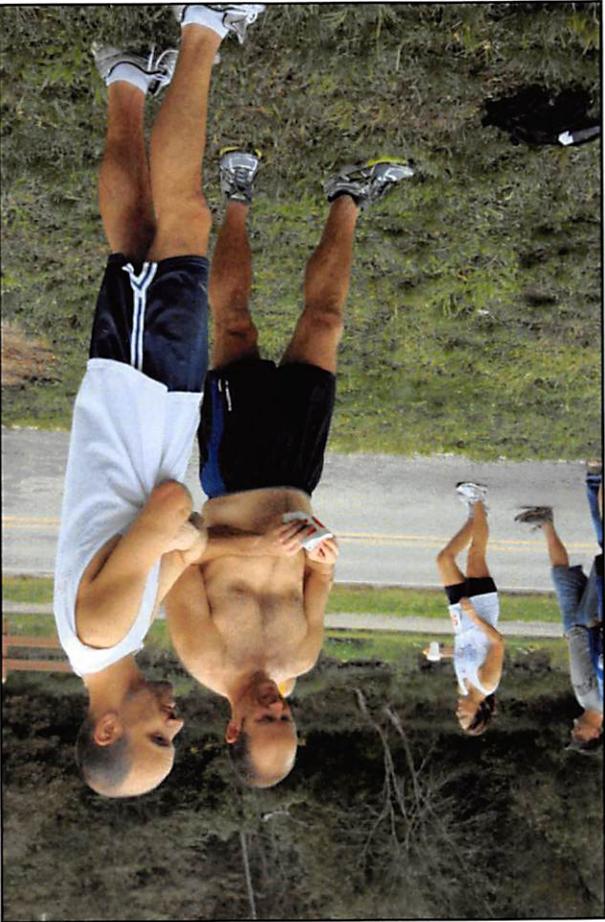


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