

# The *New* Inside Track

FORT WAYNE



TRACK CLUB

November / December 2012

A publication of the Fort Wayne Track Club

**Dave Wottle**, Gold Medal winner in the 800 meters at the 1972 Olympic Games in Munich, Germany, will be the Guest Speaker at the 2013 Fort Wayne Track Club Annual Banquet.

**When:** Sunday, January 27

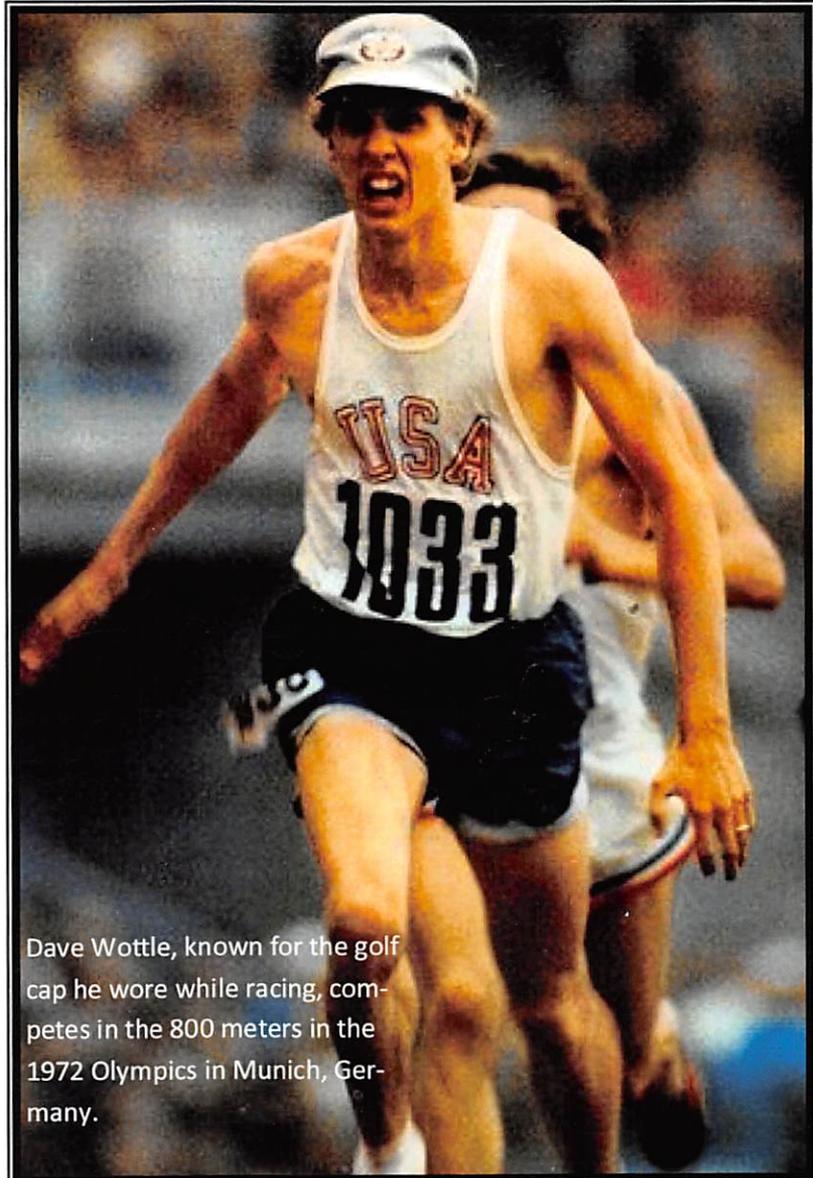
3:30-5 p.m. — YES, You Can Half Marathon Clinic

5-5:30 p.m. — Social Time and Autograph Opportunity with Dave Wottle

5:30-7:30 p.m. — Dinner, Awards and Dave Wottle's Talk on "The Winning Attitude" followed by a question and answer session

**Where:** Fort Wayne Marriott

**Details:** Early registration deadline is Dec. 31. Registration deadline is Jan. 21, 2013. Register online at [www.runrace.net](http://www.runrace.net).



Dave Wottle, known for the golf cap he wore while racing, competes in the 800 meters in the 1972 Olympics in Munich, Germany.

**UPCOMING RACES** Turkey Trot—Nov. 17 JP Jones Just Plain 10K—Dec. 8

**FACES** Nutrition and Wellness—page 5 On the Mark—page 10

**PACES** First-Time Race Director—page 8 11-Year-Old Runner—page 16



*6th Annual Run for Riley raised more than \$16,000 for Riley Hospital for Children*



## Turkey Trot trail race set for Nov. 17 at Fox Island

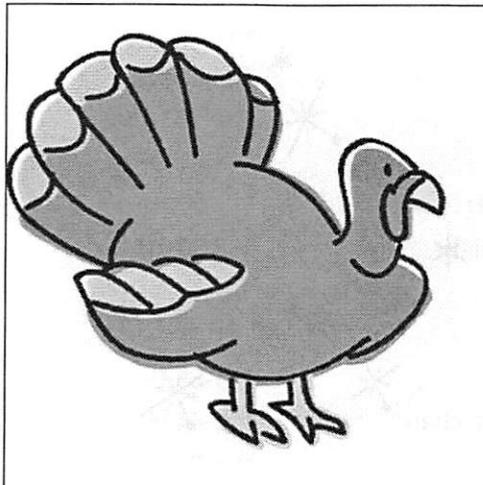
Looking for a fun race to jump-start the holiday season? Check out the Fort Wayne Track Club's annual Turkey Trot. The 5k trail race will be run at Fox Island Park on Saturday, Nov. 17 beginning at 10 a.m., an hour earlier than in past years.

The course is fairly flat and winds through the scenic, wooded park located in southwest Allen County. An annual event since the 1980s, the Turkey Trot began as a fundraiser for area high school cross-country teams.

Awards will go to the top overall male and female runners and the top male and female master runners. First-place male and female winners in 12 age groups also will be recognized. The Didier Award will go to the top male and female high school runners.

A fun run for kids 10 and under will start at 9:45 a.m.

According to Michael Yann, Turkey Trot co-race director, the race is "a social event that gives runners a chance to be thankful for all we've been blessed with." Also helping organize the race is Joe Kinder.



Anyone interested in running can register online at [runrace.net](http://runrace.net) through Nov. 16 or mail in the registration form (inserted in the last issue of *The Inside Track* and available on the FWTC website). Race day registration begins at 8 a.m. at Fox Island. Fees: Through Nov. 16: Fort Wayne Track Club members \$13, non-members \$15. Race day fees: FWTC members \$18, non-members \$20.

There is free registration for children running the fun run. Participants do not pay an entry fee to get in the park.

Michael said he expects 300 or more runners. "I just encourage people to come out and have a good time and enjoy the scenery."



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# FORT WAYNE TRACK CLUB

Mission statement: To organize and promote running, walking and all aspects thereof, and to educate the public to their benefits in improving and maintaining good health and for all other purposes as set forth in the articles of incorporation, as amended from time to time.

## OFFICERS, COORDINATORS AND BOARD MEMBERS

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

The Fort Wayne Track Club is a member of the Road Runners Clubs of America (RRCA), Club #23.

All members 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 second 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 the post office of your change of address. It costs the FWTC additional postage costs when newsletters have to be mailed again.

## ADVERTISING IN THE INSIDE TRACK

	Single Issue	Three Issues	Six Issues (full year)
<b>Full page</b>	<b>\$75</b>	<b>\$200</b>	<b>\$325</b>
<b>Half page</b>	<b>\$40</b>	<b>\$110</b>	<b>\$175</b>
<b>Quarter page</b>	<b>\$25</b>	<b>\$65</b>	<b>\$100</b>
<b>Business card</b>	<b>n/a</b>	<b>n/a</b>	<b>\$50</b>
<b>Inside cover (front or back)</b>	<b>\$300</b>	<b>\$750</b>	<b>\$1,200</b>

# Create your own PEACE this holiday season

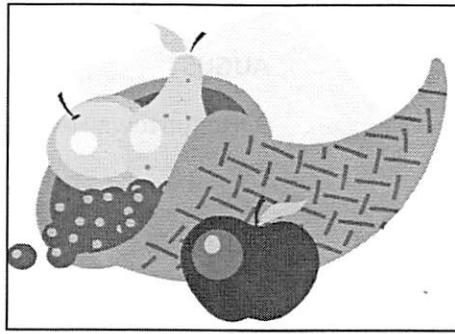
Christmas gatherings, reunion runs, neighborhood walks, New Year's celebrations, and other festive activities are here for us to enjoy during the upcoming weeks. They give us more than money can buy.

As you ponder the upcoming schedule, think PEACE! Use PEACE to keep the real reasons of the season alive in you.

## PEACE

**P**ause and plan key priorities each day during the week. Plan time for family, friends, pets, balanced meals, nutritious snacks, sleeping, running and/or walking. Visit neighbors and seniors. Donate what you don't need to a needy family or single parent. Write out your plan and carry it with you in a calendar or log book. This will decrease your chance of extra stress and feeling unorganized. It will give you more peace of mind.

**E**at balanced meals and a couple nutritious snacks daily. Drink six to eight glasses of water each day. Fill half your plate with vegetables and fruit, make a fourth of your plate a starchy food like brown rice, pasta, or a potato, and complete the final fourth of the plate with lean meat, poultry, fish, or a high-protein soy product.



Use these nutritious foods: oatmeal, brown rice, whole grain bread, pumpkin, squash, beans, broccoli, asparagus, tomatoes, carrots, red cabbage, red onion, cranberries, apricots, berries, grapes, oranges, nuts, lean red meat, skinless poultry, fish, milk, and yogurt.

**A**cept your limitations, different opinions, and changes out of your control. Take another look at your plan and priorities. Is there anything that is not necessary? Can you smile and listen more than talk?

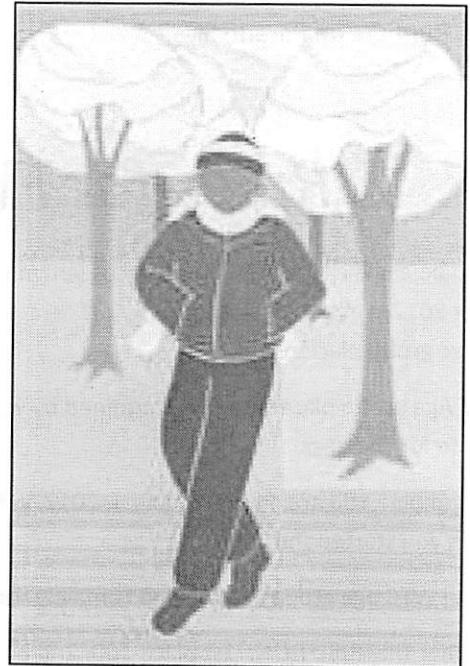
**C**elebrate Christmas and all birthdays as a time with family, friends, and/or helping a neighbor. Be Christ-like. It is a time for connecting, memory building, experiencing heart-felt traditions, and spreading healthy cheer. Give no-cost gifts like visiting, listening, singing together, reading a poem or story, exchanging pictures, and sharing a good laugh.

**E**xercise most days of the week at a moderate intensity, and

30 to 60 minutes each time. If there has been little fitness in your life begin with 10 to 15 minutes each time. Allow your body time to improve. Gradually increase the fitness time week by week.

Also realize how much time is available for fitness. Something is always better than nothing. If you only have 10 to 15 minutes then use it for a walk, a run, or dance around the house. You deserve it! De-stress with fitness!

Peace to you!



Healthy Holidays,

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness

Coordinator

[Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu)

481-6647

# 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

## NOVEMBER

13. WOOF 16 miles trail

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

## DECEMBER

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

## *Rules for FWTC Points Races for 2012*

1. To be eligible for FWTC points races you must have your membership paid prior to the first points race of the year (Fanny Freezer for 2012).

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](mailto:rperez@dekalb.k12.in.us)

**Look for 2013 points rules to be posted on the FWTC website and in upcoming issues of *The Inside Track*.**



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# First-time race director chats about his new race

## *Bookin' and Learning for Kate's Kart*

FWTC's Vice President Craig Bobay recently sat down with Trent Diller, a new race director, after the running of the inaugural Bookin' It for Kate's Kart 5k Run/Walk and Kids Fun Run, held on Saturday, October 13. They talked about the new race, and Diller's experience being a first-time race director.



Trent Diller (left) and other Garrison Group members who organized the race, on race day morning.

**Bobay:** Please describe your race, Trent.

**Diller:** We set up a 5k course that started and finished at Summit Middle School. The course went through the Jorgensen YMCA trail and in and out of the Kekionga Shores neighborhood. It was a bit chilly that morning, with not much wind and no rain – it was a great day for runners. We had 150 total runners and walkers (60% runners, 40% walkers). About 120 people pre-registered, including online registration, and about 20 registered that morning. We provided runners and walkers with goodie bags, a nice long-sleeved tech shirt, fruit, bagels, and water. We were very pleased with the feedback we received. Everyone seemed to like the course, the volunteer support, and the cause. You always worry something is going to go wrong

with your first race, but we all felt the day was a huge success.

**Bobay:** Why did you organize this race?

**Diller:** To help benefit a local organization called Kate's Kart. Kate's Kart provides books at no cost to sick children while they are in the hospital. My family was directly impacted by Kate's Kart when my newborn son spent 10 days in the NICU after he was born. We received some books and support that really gave my family a much-needed boost during a difficult time.

**Bobay:** Tell me about the financial side of organizing your race.

**Diller:** With the nice shirts, the chip timing, and other expenses, our cost of organizing the race was about \$16 per runner. The pre-registration fee was \$20 and the day-of registration fee was

\$25. We had eight race sponsors, who paid \$300-\$1,000 each as a sponsor. They were: The Diller family; Shambaugh, Kast, Beck, and Williams, LLP; Parkview Physicians Group; Dupont Family Dentistry; Sports Center; The Bushey family; Cameron Memorial Hospital; and Three Rivers Running Company. With the help of the runners, volunteers, and sponsors, we will be able to write a nice check to help Kate's Kart.

**Bobay:** What help did you get in organizing that race?

**Diller:** The race was organized by The Garrison Group, a group of young area professionals looking to advance our local community in various ways, including philanthropy. We received some support from family and friends who

**See DIRECTOR, pg. 9**

## DIRECTOR, continued from pg. 8

have been involved in the running community for many years, from the FTWC, and we volunteered at the FWTC's Fanny Freezer to get an idea of what works and what does not. We had a five-person race committee, and about 25 other volunteers, including other Kate's Kart supporters, who provided all of the help on the course. Summit Middle School helped us out. The FWTC provid-



Runners and walkers gather at the start line.

months. Many companies budget for sponsorships and donations early each year.



Overall winner Zach Ingermann crossing the finish line, closely followed by his dad, Greg Ingermann.

ed us signs, cones, and the speaker system at low cost. Mac McAvoy also gave us some tips on race directing -- the do's and don'ts of managing a race. We used Dave DeVoe's eRunner Timing and Results for chip timing.

**Bobay:** If you do this again, what lessons did you learn?

**Diller:** We definitely plan to do this next year. We hope to make this an annual event to help support Kate's Kart. We will handle the awards a little differently as there was some confusion at the end. We'll get sponsors lined up more in advance, not just a few

**Bobay:** What suggestions do you have for other first-time race directors?

**Diller:** You have to understand that directing a race starts long



Craig Bobay on the Kate's Kart course, behind the Jorgensen YMCA.

before the day of the event. It takes a lot of time to not only organize the day-of activities, but also to market your event. Social media are great for this. Make sure to create a race-day itinerary for all volunteers. We provided an aerial map of the course to our volunteers with their positions and jobs marked, so they knew where they would be and what they would do. Volunteer for a few races in your community before jumping right in; you can learn a lot just by being around other events. Do not try to figure it all out on your own. Ask for help along the way.

### Kate's Kart 5k Results:

**Men's Overall Winner:** Zach Ingermann, age 12 (18:36)

**Female Overall Winner:** Maggie Falater, age 20 (21:05)

**20 and Under:** Male: Ryan Ruppert (20:56); Female: Alessandra Haraguchi (21:12)

**21-30:** Male: Jeremy Bushey (20:10); Female: Amanda Fudge (27:49)

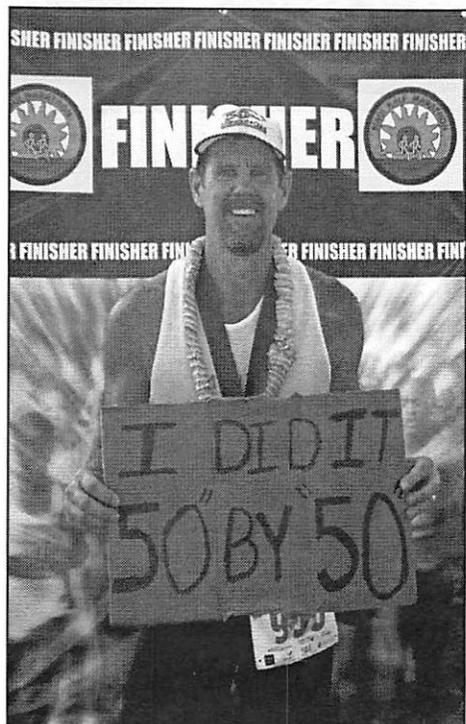
**31-40:** Male: Greg Ingermann (18:38); Female: Beth Schrader (22:09)

**41-50:** Male: Clark Reed (19:22); Female: Ellen McKinley (26:47)

**51+:** Male: Terry ("G.F.") Diller (21:53); Female: Annette Etemadi (34:14)

## On the Mark

# Fast is not always a good thing



arises from the atria (upper chambers) is considered a supra ventricular rhythm including sinus rhythm that is our normal state of affairs.

SVT (Supraventricular tachycardia) is a sustained (>3 beats) fast heart rhythm (>100 beats/minute) occurring without provocation.

(Technically speaking the fast heart rate we experience at the end of that 5k or 10k is a supraventricular rhythm called sinus tachycardia but as it is provoked by our masochistic desires it is a normal physiologic response to the physiologic stress placed on our bodies.)

SVT occurs without obvious provocation or in the absence of a physiologic stress and results in our hearts racing at speeds well beyond the physiologic need. It is not uncom-

mon for individuals to experience heart rates as fast or faster than our maximal predicted heart rates, many times 180-220 beats/minute. Typically the rhythm begins suddenly, lasts for variable periods of time and terminates just as rapidly as it started. One typically will feel a sudden onset of a sustained fluttering in the chest variably accompanied by a feeling of weakness, mild chest pressure, occasional shortness of breath, possibly dizziness and rarely, passing out (syncope).

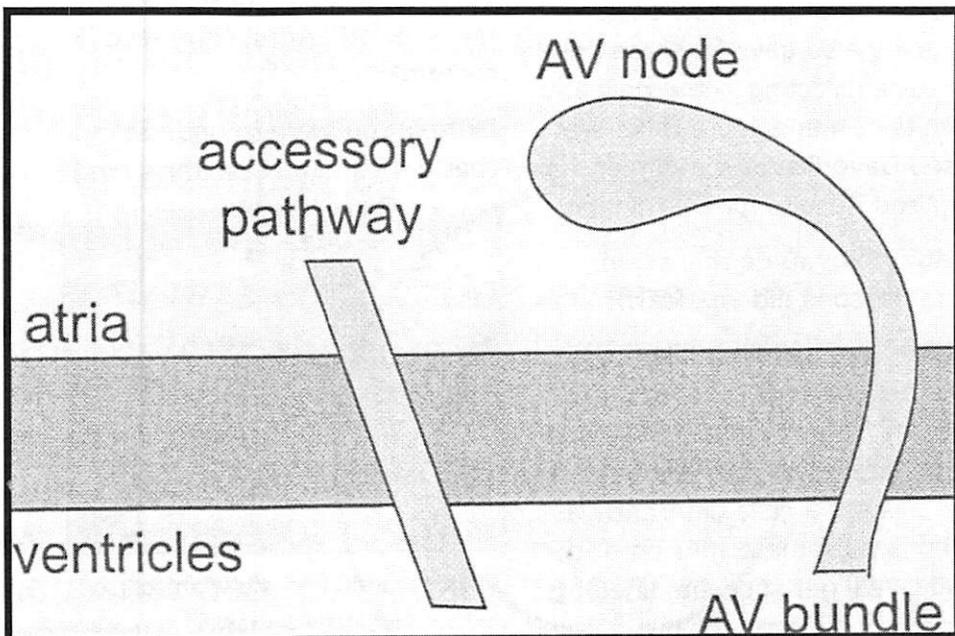
SVT in general is considered a more benign rhythm disturbance and while it can have adverse effects on one's lifestyle, most commonly the psychological health

See **HEART**, pg. 11

### By DR. MARK O'SHAUGNESSY

Last month I reviewed those pesky flutters/palpitations we occasionally feel as isolated "extra" or "skipped" beats in our chest and tried to reassure that while a nuisance, they were completely benign and basically ubiquitous.

This month I would like to begin discussing rhythm disturbances that are somewhat more sustained and can have greater symptoms and impact on our lives. We will begin with the supraventricular arrhythmias — supra meaning the rhythm disturbance arises from above the ventricle (lower chamber) and ventricular referring to the lower chamber. Technically, any rhythm that



**HEART, from pg. 10**

from the anxiety it provokes, it rarely results in any life-threatening consequences. To understand the pathophysiology, root cause, I will need to refer you to previous articles that reviewed the normal electrical function of the heart. As a brief primer, the heart has a primary pacemaker (sinus node) located in the atria, an electrical “processing station” in the middle

of the heart (AV node) and some electrical wires the conduct the electricity (HIS-Purkinje). SVT is the result of a short circuit of this elegant system whereby the electrical impulse begins along its usual course but occasionally finds a “short-circuit” open and available and gets caught in it resulting in a heart that suddenly takes off and races out of control. We call these rhythm disturbances re-entry tachy-

cardias because of the basic physiologic fact that they utilize a “short-circuit” or accessory pathway to function.

Turns out that the vast majority of heart rhythm disturbances are the result of “short-circuits” or reentry in nature. For an overly simplistic schematic diagram of this principle refer to the diagram on the previous page.

## *Jerry Mazock hosting Thanksgiving Day fun run*

How about an active way to start your Thanksgiving — and feel less guilty about all the calories you might consume later in the day?

Then think about joining in Mazock's 36th Thanksgiving Morning 6-Mile Fun Run. Anyone can join in the run that starts at 8 a.m. Thursday, November 22. Meet at 2828 Emerald Lake Drive in Fort Wayne (near Scott and Covington roads).

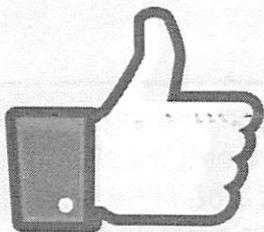
According to Jerry Mazock, participants can run or walk whatever they distance like. This is an opportunity to get your daily activity in before Turkey Day starts for most, he said. It's an alter-

native for those who might not want to race that day.

There's no entry fee and there are no awards or splits on the 1.5 mile-loop. Jerry encourages runners and walkers to “just show up and enjoy lots holiday cheer.” He says turnout is usually around 25. He claims to serve old coffee and stale doughnuts before and after the run.

Come and be a part of one of the oldest scheduled running event in this part of the state.

For more information, contact Jerry at [jerryfoxdanadog@gmail.com](mailto:jerryfoxdanadog@gmail.com) or 260-432-4755.



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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"

# Making a list, checking it twice, runner-style

Gift certificates to Three Rivers Running Company — Great for beginning runners who might need some items to get started as well as the seasoned runner who might just have fun picking out some new shoes, clothing items or accessories. An ex-GPS-Garmin (\$130-450) — A expensive gift, but one that will defi-

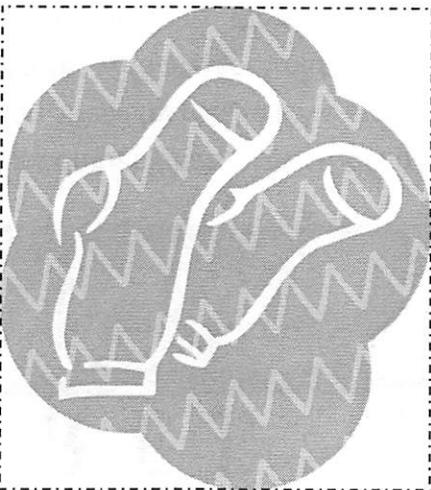


nitely be appreciated. Runners can track their speed, distance and time, as well as a host of other stats, depending on the device. Entries to races — A win-win gift, especially if a vacation or fun getaway at the race destination is included. This gift might best be planned together. Check online or find listings in Runner's World magazine. Happy shopping — and running!

quality running apparel and remove the strong odor that settles in technical fabrics. Odor-eliminating spray — 2Toms all you runners out there, time to start dropping hints. Casey Shafer, FWTC secretary and Three Rivers Running Company employee, played Santa's helper by coming up with a few suggestions. In the category of Splurge Gifts, or items runners might not buy for themselves:

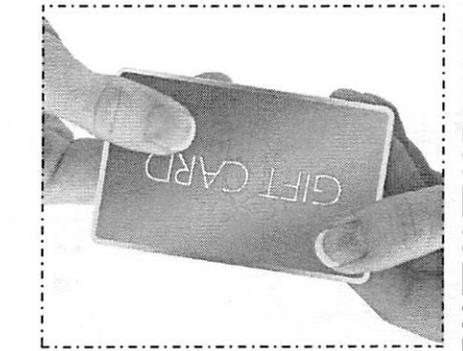
Runner's Mace (\$13) — to protect against threatening animals or people.

Wool socks (\$14-17) — Smart-wool/Fits — Functional because wool is a great material for running year-round. Wool keeps feet dry. Socks vary in thickness, so know your runner's preference



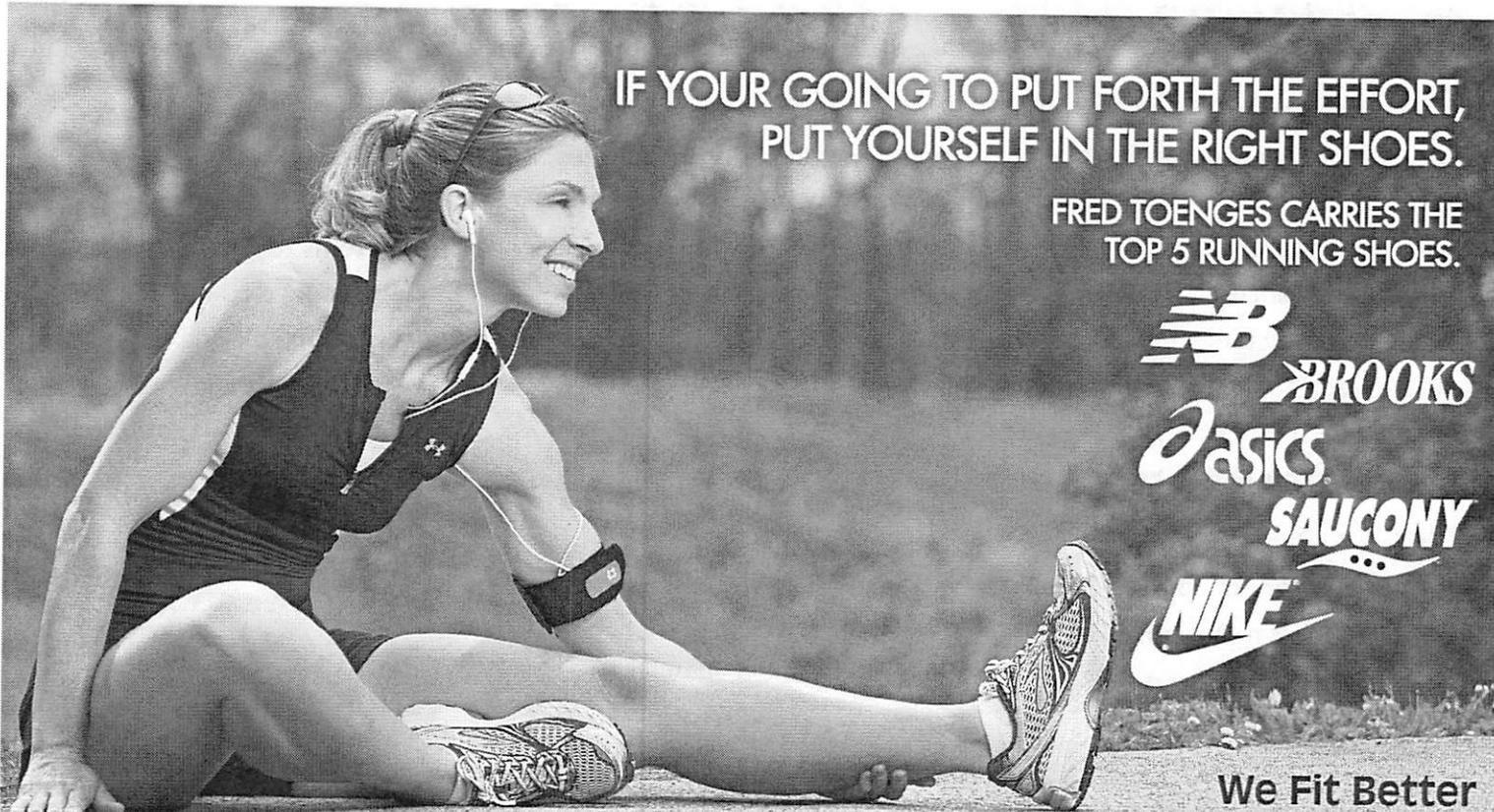
before you buy. Foam rollers (\$13-40) — Very helpful for every runner as a maintenance tool for staying healthy and preventing injuries.

With the holidays right around the corner, now's the time to think about picking out the perfect gift for the runner in your life. Or, for all you runners out there, time to start dropping hints. Casey Shafer, FWTC secretary and Three Rivers Running Company employee, played Santa's helper by coming up with a few suggestions. In the category of Splurge Gifts, or items runners might not buy for themselves:



Compression gear — sleeves (\$40) and socks (\$60) — good for injury-prone runners or those who run a lot. Because sizing is important with these items, a gift certificate would let the runner pick out the perfect size.

Hydration products — Nathan Sprint Hand Held (\$17); Nathan Triangle Hydration Pack (\$30); 2-3 Bottle Belt (\$42). Belt — Spi-Belt (\$20) helps a runner carry a cell phone, nutrition items or keys when running. Sport wash (\$10) — used to clean



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FWTC members can bring their membership card for discounts on their purchases.

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## Fort Wayne Track Club 2012 Award Nomination Form

Help the Fort Wayne Track Club (FWTC) recognize the achievements of club members by nominating them for a club award. People nominated must be a FWTC member. Awards will be given at the banquet on Sunday January 27th. **Nomination deadline is Friday January 4, 2013**

### Award Categories:

#### 1. Spirit of Running Award

This award celebrates the contribution of a member who takes time both to run, walk, volunteer, and cheer on others at races and club events. His/her ever-present positive attitude and constant smile send a healthy message to everyone about the benefits of running and walking for fitness and fellowship.

Nomination: \_\_\_\_\_

#### 2. Volunteer of The Year

Volunteers truly help the FWTC keep running well! Every activity, event, and service is accomplished by volunteers. We are very, very fortunate to have a core group of dedicated people who help make things happen. Our recipient this year definitely has given many hours to the FWTC.

Nomination: \_\_\_\_\_

#### 3. Golden Shoe Award

This award is given to recognize a member who has given generously in time, effort, and financially. The recipient finds time to contribute his time, talents, and finances to FWTC. The FWTC officers select this winner.

#### 4. President's Award

This award is subject to the whims of the FWTC President and can be anything the FWTC President makes it.

Please send nominations to [Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu) or mail to

J. Tillapaugh  
4635 Indiana Ave.  
Fort Wayne, Indiana 46807

# *Logan Weaver a race veteran at the age of 11*

By **MARCIA KIRLIN**

Logan Weaver doesn't stand out at the start line of races. In fact, he's usually a good two feet shorter than many of the other runners.

But that's understandable given that he's just 11 years old. Already a race veteran, his first race was Runners on Parade in 2009, which he ran with his father, Berry, after showing an interest in running the previous spring. "We started with half a mile," Logan said, "and it seemed like such a long way!" They ran a couple times a week, mostly in their Southwest Allen County neighborhood. They added mileage gradually and ran a few more races throughout that summer.

At that point Logan hoped running would help him as a soccer player, but as he got faster and was able to run longer distances, he quit soccer and decided to focus on running. He did play basketball that winter and says he "wasn't tired at all compared to the other kids."

When August of 2010 rolled around Logan and Berry signed up for the Rats in Training program and joined the TRRC Wednesday night running group. Berry credits the Wednesday night runs with exposing Logan to runners with different paces. "It really helped a lot," he said.



That year's River City Rat Race was Logan's first 10k. "It was challenging because it was so much longer," he remembers.

Logan continued to run races in and around Fort Wayne. When he was 9 he ran his first race without Berry, the Indy Mini 5k, which he finished in 23:32. "It was fun," he said. "It was really flat and there were so many people."

Early this year both Weavers joined the Fort Wayne Track Club and started running Points Races, including the Fanny Freezer. "I really didn't like that one," Logan said, remembering the cold and the snow-covered trail.

Summer races in the heat and humidity seem to be more his thing. He ran the O'Shaughnessy/

Matthew 25 10k in 53:00, knocking two minutes off his previous time. As his runs with Berry started hitting the eight- and nine-mile distance, they started to think about a half marathon. "It was his decision," Berry remarked.

So Logan ran 13.1 miles this past September at the Parlor City Trot. "It seemed a lot harder than other races but I wasn't really that tired," he said. The heat and humidity got to his dad, however, who stopped and walked at one point while Logan kept running. Logan finished in 2:00:59.

Logan, who is a fifth grader at Aboite Elementary School, has won share of age group honors, and received some "pretty cool"

**See LOGAN, pg. 17**

**LOGAN, continued from pg. 16**

awards. His favorite is the plaque with his name and time engraved on it that he received for finishing second in his age group in this year's Fort4Fitness 4-Mile Race. Unusual awards he's received include a pineapple (Nutri-Run) and a pie (Turkey Trot).

During races, Logan says he likes to talk to other runners, most of whom are years older than him. He also visualizes himself crossing the finish line. Other times "random thoughts just pop into my head," he said.

While running's a big part of Logan's life, he's a pretty typical kid

in most regards. He likes to play video games, especially Minecraft, ride his bike and scooter, swim at his grandparent's house in the summer and "do just about anything outside."

His friends know he runs, but most don't have any concept of the distances he covers. When his class did the one-mile run in gym class he finished in seven minutes flat while a lot of students couldn't even run the entire distance.

While Logan says he runs "because it's fun," he also has goals he'd like to achieve. Like most runners he'd like to get faster. To help with that he added speed work to his regimen this year, working with RCCA

-certified coach Mike Else, who leads a weekly group at Summit Middle School. "It's really fun because the other people motivate me," Logan said.

He's also joined a youth running group called the Indiana Blast that competes in cross country races around the state.

Logan says he'd like to run a marathon some day, but not for a while. He'd also like to run for Summit Middle School next year and eventually in high school and college.

And he really wants to beat his dad. And Berry's fine with that. "That day's coming," he said, smiling.



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*J.P. Jones*  
**Just Plain 10K and 3.3K Run/Walk**

**Saturday December 8th 2:00 pm**  
**Foster Park-south end of Hartman Rd., Fort Wayne, IN**

- \* Bring a gift wrapped t-shirt(s) with size marked on the outside. Bring as many wrapped t-shirts as you wish. T-shirts and event revenue will be given to a local needy children's organization.
- \* \$3.00 for FWTC members/\$5.00 for non-members (checks payable to FWTC)
- \* No toilet facilities.
- \* No awards...low key event.
- \* Homemade soup and other refreshments for everyone.
- \* All finishers will receive a honey bear.
- \* Just Plain 10km is the final FWTC Points Race of 2012



For information call 260-456-3277 or [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu). Web site: <http://www.fwtc.org>

*Entries can be mailed to J. Tillapaugh, 4635 Indiana Ave, Fort Wayne, IN 46807  
 Postmark on or before Monday December 3rd, 2012 or plan to register the day of the event!*

.....

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (day of race) \_\_\_\_\_ Sex \_\_\_\_\_

Email \_\_\_\_\_

Liability Waiver:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety of others, I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks and Recreation, RRCA and all of their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18 years) \_\_\_\_\_ Date \_\_\_\_\_



David Hernandez of Sud'n Impact conducted the first of four self-defense seminars on October 10 at Three Rivers Running Company. He demonstrated hands-on techniques that can be used if one is threatened or attacked. Additional session topics include small weapons use and total awareness. To learn more about the upcoming seminars contact David at 260-602-7039.





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Mark your calendars for Sunday, January 27, 2013. Mark Wottle (pictured here in golf cap), 1972 Olympic gold medal 800 meter champion, will speak about The Winning Attitude at the Fort Wayne Track Club's Annual Banquet.