

The *New* Inside Track

FORT WAYNE



TRACK CLUB

~~2012~~ January / February 2013

A publication of the Fort Wayne Track Club

Olympic Gold Medalist Dave Wottle to speak at FWTC Annual Banquet



Come hear Dave Wottle discuss “The Winning Attitude” at the FWTC Annual Banquet on Sunday, January 27. Details and more information about the banquet can be found on Page 2.

UPCOMING RACES

Fanny Freezer Feb. 9

Nutri-Run March 30

FACES

On the Mark—Page 5

Nutrition and Wellness—Page 10

PACES

First-Time Half Marathoner—Page 3

2013 Points Races —Page 14

Fort Wayne Track Club Annual Banquet set for Jan. 27

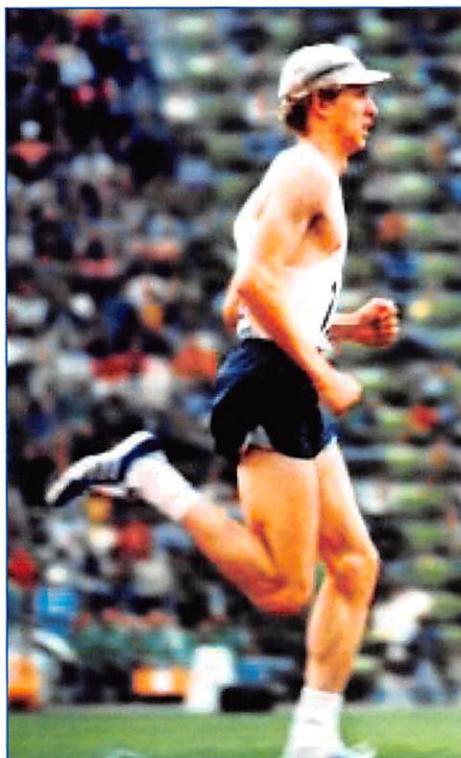
Mark your calendars for the Track Club's Annual Banquet scheduled for Sunday, January 27, 2013 at the Fort Wayne Marriott.

The event kicks off at 3:30 p.m. with a half marathon training clinic. The clinic is free to anyone with a banquet registration. Experienced coaches, physical therapists, dietitians, and runners will offer education and guidelines on how to train effectively for a half marathon.

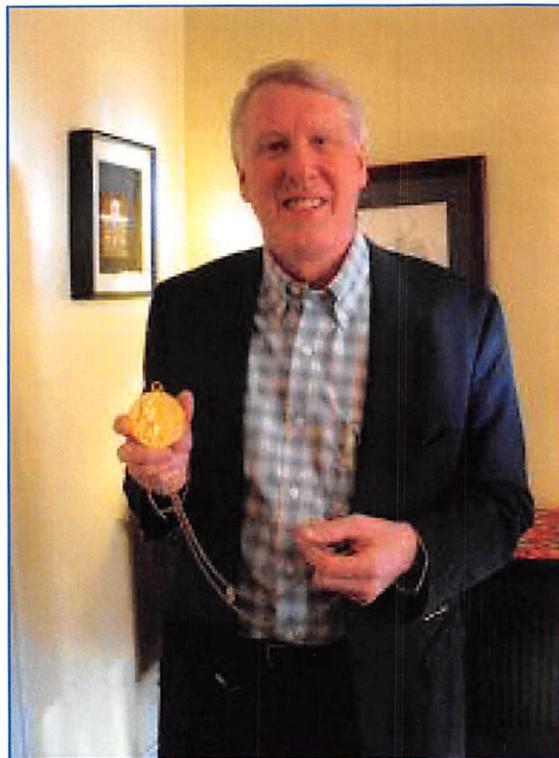
Meet guest speaker Dave Wottle from 5-5:30 p.m. and socialize with friends.

Dinner will follow at 5:30. The program includes Dave Wottle's "The Winning Attitude" presentation, 2012 Points Awards, 2012 Chris Brown Outstanding Male and Female High School Running Awards, and 2012 FWTC Awards.

To register complete and return a banquet brochure or register at www.runrace.net.



Dave Wottle won gold in the 1972 Olympic 800 meter race in Munich, Germany by 0.03 seconds in 1:45.9. He set the world record for 800 meters in 1:44.3 at the 1972 AAU Championships. At the NCAA Outdoor Track and Field Championships Dave won the 1,500 meters in 1972 and the mile in 1973 in an NCAA record time of 3:57.1. He raced his personal best mile of 3:53.3 in 1973 to beat Steve Prefontaine at the Hayward Field Restoration Meet.



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First-time half marathoner sets her sights on next race

By **MARCIA KIRLIN**

Paulina Moreau completed the 2012 Fort4Fitness Half Marathon using a combination of walking and running. For her next half marathon she would like to train smarter and run more of the course. The Half Marathon Clinic, scheduled as part of the FWTC's Annual Banquet, could be just what she needs to help her reach her goals.



A Fort Wayne's Smallest Winner contestant, Paulina lost 40 pounds and was planning to participate in the FWSW half marathon in early July. When it was cancelled because of the heat, she turned her sights to F4F. To get ready she met with a group at Deer Ridge Elementary School that ran and walked up to six miles each Wednesday evening. She started out walking two to three miles, and gradually worked her way up to walking/running six.

"I was making progress, but 13.1 miles still seemed like a long way," she said. She says her goal "was just to finish" F4F. In addition to her Wednesday group runs, she ran shorter distances every other day

and took part in core classes at the Parkview YMCA, where she works.

Paulina said she plans to run the FWSW half marathon in July as well as F4F in the fall. "I'm hoping to become a full runner," she said. She admits that she probably wasn't as prepared as she could have been for her first half marathon last fall. Things she would like to learn include when to start training, how far to run each day and how much and when to increase weekly mileage. She said she would also like to learn more about proper nutrition during training as well as on

race day. She feels like she's well informed about proper footwear and the best type of clothing for running.

Another area she's interested in learning more about is injury prevention and treatment. Paulina said that she suffered an ankle strain during her training for the F4F half marathon, and took about three days off from running, and biked instead. The timing of her injury would have sidelined her for the FWSW half marathon, but she was fine to participate in the F4F race in September.

Paulina learned the importance of teamwork as she trained for F4F last summer. She would like to find a partner to train with for her next half marathon. "With the accountability it's not as easy to skip some days," she said.

All in all, Paulina looks back on her first half marathon experience with pride. "I was excited because the year before I told myself that I was going to run Fort4Fitness," she remarked. "I was scared but very excited. My mom broke down in tears when I finished. She was so proud of me."



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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.

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Website: 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, 4039 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)
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	\$1,200

On the Mark

Atrial Fibrillation can impact lifestyle, activity levels

By DR. MARK O'SHAUGHNESSY

We have covered several benign heart rhythm abnormalities in the last several columns and while a nuisance they do not alter one's lifestyle. In this installment we will up the ante somewhat and discuss a rhythm that while still benign, can have an impact on activity levels and lifestyle.

Atrial Fibrillation (AFib) is a very common rhythm disturbance arising from the upper chamber (Atria) and occurs in some 20 percent of the U.S. population at some time in their lives. (If I found the "cure," I could own my own small country where I make all the rules and win every race I enter, but alas there is no such place.) I suspect many have seen the TV commercials for Praxa and now Xeralto, a blood thinner used to treat a complication of Afib but more on this later.

Atrial Fibrillation is an electrical abnormality/rhythm disturbance of the upper chamber of the heart manifest as chaotic electrical activity occurring in this chamber that basically "bombards" the lower chambers (ventricles) with a flood of irregular electrical impulses through the AV node. I liken the rhythm disturbance to an electrical storm or "seizure" of the atria where the upper chambers basically "quiver" with chaotic electrical activity instead of the nice organized pattern in the normal heart. Many times the heart rate is abnormally fast even at rest and the irregularity of the rhythm is what most people who experience this rhythm notice. We describe this rhythm as "irregularly irregular" meaning there is virtually no pattern to the rhythm. Oftentimes, taking one's pulse can be difficult for the uninitiated due to the irregularity.

What most individuals who have this rhythm notice is

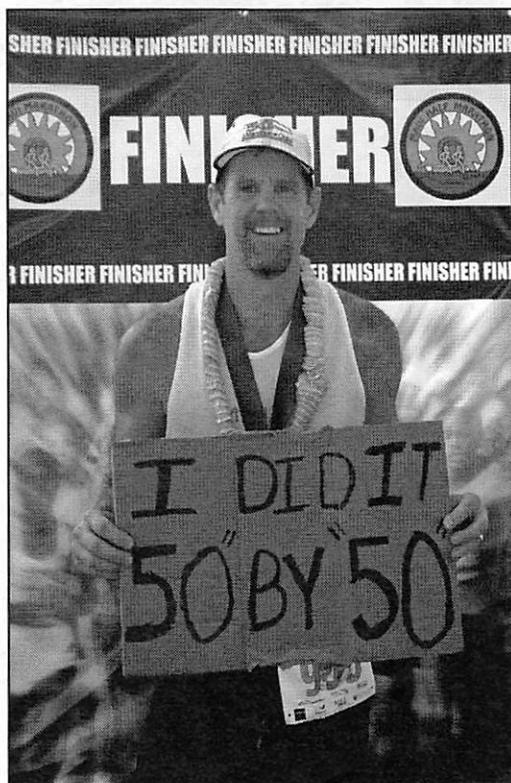
the marked irregularity of their heart rhythm and the fast heart rate. It is not uncommon for people to have heart rates of 120-140 beats per minute at rest that increase with activity. Many people feel wiped out and tired and simply cannot do the same type of activities they would like to do or could do before the development of the abnormal rhythm.

While frequently lifestyle altering, the rhythm itself has no adverse impact on the heart and will not cut a second off one's life expectancy. The most serious complication of the rhythm, however, is an increased risk for a stroke. Because the Atria are basically "quivering" and not actually contracting, blood can stagnate, resulting in clot formation. If a clot breaks off and heads "north" this results in a stroke and of course there is no such thing as a "small" stroke.

The electrophysiologic mechanism for this rhythm disturbance is somewhat too complicated for these articles, but suffice it to say the more complicated the mechanism

the less successful our therapies. While I even hate to put this on paper, there is some evidence that prolonged endurance activity, our very passion, can increase one's risk for the development of Atrial Fibrillation. There is a tremendous amount of research into the mechanisms of AFib; for he who finds the "safe" cure finds the "holy grail."

The good news, while AFib can be a real nuisance it is not life threatening and with proper treatment can be minimally lifestyle altering. We will discuss the different therapeutic options for this rhythm in the next column. As always, if you experience a recurring symptom of any kind, heart or other, it is important that you discuss this with your primary care provider.



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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2013 FWTC Points Rules include a volunteer component

The rules for the 2013 Track Club Points Races are listed below. Changes are marked with a double asterisk (**). New this year is the opportunity for Track Club members to earn points for volunteering at race events. Please read the volunteer rules carefully and note that volunteer points DO NOT COUNT TOWARD IRONMAN/IRONWOMAN STATUS. Also be aware that for a race to count in the Points Standings, a runner must be a FWTC member with dues paid as of the start of the first Points Race of the year, the Fanny Freezer, February 9.

- **1. Must have a current FWTC membership before February 9, 2013 or sign up at the Fanny Freezer on February 9, 2013 to be eligible for any points in the 2013 Series.
2. Age group placement:z
 - A. Age group placement is determined by your age at the start of the race year (Jan 1). This is the group all your points will go into for the year.
Example: You are 44 on Jan. 1 of 2013 but in March you turn 45. Your points will continue to be calculated in the age group in which you start the year.
 - B. FWTC age groups: Male and Female under 19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.
3. Points Distribution:

1st place-100, 2nd place-80, 3rd place-70, 4th place-60, 5th place-50, etc. An extra 50 points will be awarded for every fifth race you participate in.
- **4. Volunteer Points: 50 points will be awarded for volunteering at the following events: Fanny Freezer, Nutri-Run, Runners On Parade, Frontier 10k, Turkey Trot, JP Jones 10k. A total of 300 volunteer points can be earned.
 - A. Volunteer Points are awarded for FWTC members not participating in the event. In other words, no double dipping in points.
 - B. Volunteer points do not count toward the IRONMAN/IRONWOMAN Award. You must run the events to be an IRONMAN/IRONWOMAN.
5. An IRONMAN/IRONWOMAN Award will be given to an individual who participates in all 15 Points Races.
6. The Track Club will recognize the top overall male/female who accumulates the most points.

For more details or if you have questions contact rperez@dekalbcentral.net



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FWTC 2012 POINTS STANDINGS FOR FEMALES

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
19 and Under				
1	Jamie Zeigler	Fort Wayne	11	680
2	Lauren Hamilton	Spencerville	16	610
3	Makenzie Kolvoord	Fort Wayne	5	410
20-29				
1	Sharon Christian	Fort Wayne	27	1420
2	Jennifer Harning	Huntertown	28	1050
3	Kalissa Herron	Fort Wayne	24	670
30-34				
1	Kimberly Truesdell	Fort Wayne	30	230
2	Megan Yoder	Fort Wayne	32	200
3	Tiffany Esther	Fort Wayne	30	180
35-39				
1	Kelly Barnes	Fort Wayne	39	1480
2	Jennifer Deckard	Fort Wayne	35	580
3	Patty Gardner	New Haven	38	300
40-44				
1	Cari Hardin	Fort Wayne	40	1380
2	Kim Ehleiter	Waterloo	44	970
3	Erin Brady	Fort Wayne	40	600
45-49				
1	Cindy McGovern	Fort Wayne	47	1100
2	Mae Miller	Harlan	46	720
3	Melissa Renner	Fort Wayne	46	650
50-54				
1	Vickie Robertson	Fort Wayne	54	930
2	Carol Dobis	Fort Wayne	50	870
3	Joy Brown	Bluffton	53	700
55-59				
1	Julie Manger	Kendallville	57	1030
2	Lynn Heim	Fort Wayne	56	690
3	Regina Blanchette	Fort Wayne	57	590
60-64				
1	Sherry Nidlinger	Fort Wayne	61	950
2	Jennifer Etzler	Fort Wayne	60	240
65-69				
1	Betty Nelson	Columbia City	65	1200
2	Barbie Scrogam	Fort Wayne	65	470
3	Sarah Kleinknight	Fort Wayne	68	240
70 and over				
1	Barbara DeFord	Hicksville, Ohio	71	550

FWTC 2012 POINTS STANDINGS FOR MALES

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
19 and Under				
1	Logan Weaver	Fort Wayne	10	990
2	Bryson Tretter	Fort Wayne	13	710
3	Noah Steffan	Bluffton	13	260
20-29				
1	Grant Stieglitz	Fort Wayne	26	1460
2	Justin Gould	Fort Wayne	24	1060
3	Mark Doepner	Fort Wayne	29	940
30-34				
1	Jeff Nidlinger	Fort Wayne	32	980
2	Jason Blanchette	Fort Wayne	33	920
3	Sam Walker	Fort Wayne	31	650
35-39				
1	Brent Fazekas	Fort Wayne	39	1300
2	Chris Kaufman	Fort Wayne	35	1100
3	Brad Thomas	Fort Wayne	37	620
40-44				
1	Michael Fruchey	Fort Wayne	42	1500
2	Chad Vanatta	Fort Wayne	42	1130
3	Tom Hardin	Fort Wayne	41	810
45-49				
1	Tim Rutter	Fort Wayne	49	1160
2	Randy Houser	Fremont	46	970
3	Tim Hamilton	Spencerville	46	930
50-54				
1	Daniel Beck	Laotta	53	1130
2	Rowland Perez	Auburn	51	610
3	Steve Edmiston	New Haven	53	540
55-59				
1	Brad Altevogt	Fort Wayne	57	1420
2	Chuck Brown	Bluffton	56	980
3	Gary Schmunk	Antwerp, Ohio	57	750
60-64				
1	Roger Kingsbury	Fort Wayne	62	1460
2	Jed Pearson	Fort Wayne	60	810
3	Robert Lawson	Fort Wayne	64	750
65-69				
1	Bernie Burgette	Fort Wayne	68	810
2	Bob Bruckner	Fort Wayne	66	690
3	Ray Casiano	New Haven	68	550
70 and over				
1	Terry Parker	Auburn	71	1200
2	Dick Harnly	Fort Wayne	74	1020
3	Fred Kendall	Fort Wayne	70	300

Let the four A's help you manage your weight in 2013

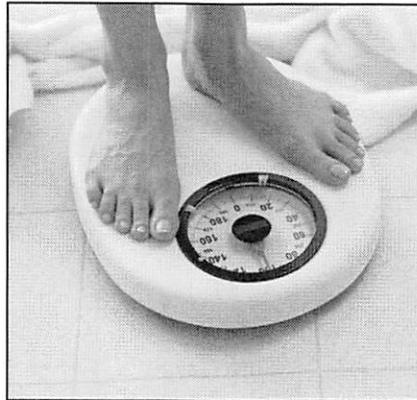
Our body weight! A value that triggers more thoughts and feelings than any other number. We runners and walkers are so aware of how much we weigh. The scale gets used at least once or twice a week. This time of year weight is an especially sensitive topic. I hear many say "I don't want to gain weight this winter." "How do I lose the extra holiday pounds?" "What is the best diet to follow?"

What is your 2013 weight resolution? Lose, gain, or maintain? The weight wish is all personal. We all have our own special bodies and goals for health and fitness performances. Yet BE CAREFUL! That number on the scale is just a number. It says nothing about body build, muscles, organs, and hydration.

It says nothing about percent body fat, blood pressure, blood sugar, waist circumference, endurance, power, flexibility, confidence, and body image. Our overall health and well being is so much more than the weight number. Do not judge yourself by one measurement of health. Get to know yourself better. Learn about the whole you.

Re-think your weight resolution by using the 4 A's: **assessment, awareness, acceptance, and action.**

Assessment is a vital first step. Schedule an appointment with a certified personal fitness trainer or exercise specialist and have a fitness assessment completed so you can gather personal health data and assess your fitness status. It is worth it. In addition to weight, request body mass index, percent body fat, blood pressure, blood sugar, waist circumference, and flexibility measurements. Compare all the values to a healthy range for your gender, age, and body build. Note the word RANGE! It is impossible for us to be



When trying to manage your weight, the number on the scale is just one measure of your well being.

at exact numbers. It is normal for our body measurements to fluctuate within a range.

Ask the fitness professional for an assessment summary and recommendations to gain more **awareness** of your personal health and fitness status. Recognize values that are good and some that might need improvement. Realize you are at a healthy body weight when you are in a healthy body fat range. A healthy body fat range for a man is 15-20 percent. Essential body fat for males is 3-6 percent. A healthy body fat range for a woman is 20-25 percent. Essential body fat for women is 10-12 percent.

If the body fat is high then determine a goal that would be healthy for you to achieve. Weight management is really about fat management. One pound of fat is equal to about 3500 calories. To lose one pound of fat weight per week achieve a weight equation deficit by reducing food calorie intake and increase exercise calorie output by 500 calories per day. Do not eat less than your essential calorie need which is about 10 times your body weight. It is very difficult and unhealthy to lose fat fast. One to two pounds of fat weight loss per week is a

healthy rate of body fat loss. For example, give yourself 5-7 weeks to lose 5 pounds of fat.

Also part of **awareness** is knowledge of what influences your food and fitness choices day by day. Keep a 2- to 3-day food and fitness log and discover more of what you actually do at meals and snacks. A food tracker can be found at www.choosemyplate.gov. Besides learning more about what you actually eat and drink and how much, become more aware of environmental cues or triggers that influence choices. There are many "hidden food persuaders" in our lives that ultimately determine how much or how little we eat. They often cause mindless eating that results in consumption of extra calories which then turns into extra body fat.

In the book "Why We Eat More Than We Think – Mindless Eating" by Brian Wansink, Ph.D., several scientific studies are shared that show we humans are easily manipulated by external factors like sights, sounds, smells, containers, colors, places, and other people. The stale popcorn study, Super Bowl chicken wing study, bottomless soup bowl research, and the drinking glass study all provide data that we eat and drink more than we think! Mindless living increases the risk of having an unhealthy body.

Now **accept** all the assessment results and awareness of food and fitness behaviors. You cannot change the past yet you can accept it and use the information for better self care. Maybe the 600-800 calorie big bowl of chips or buttered popcorn has always been a part of TV time. Maybe you didn't realize you typically had 600-800 calories of pop, wine, or beer during social time with friends.

See Weight Management, page 14



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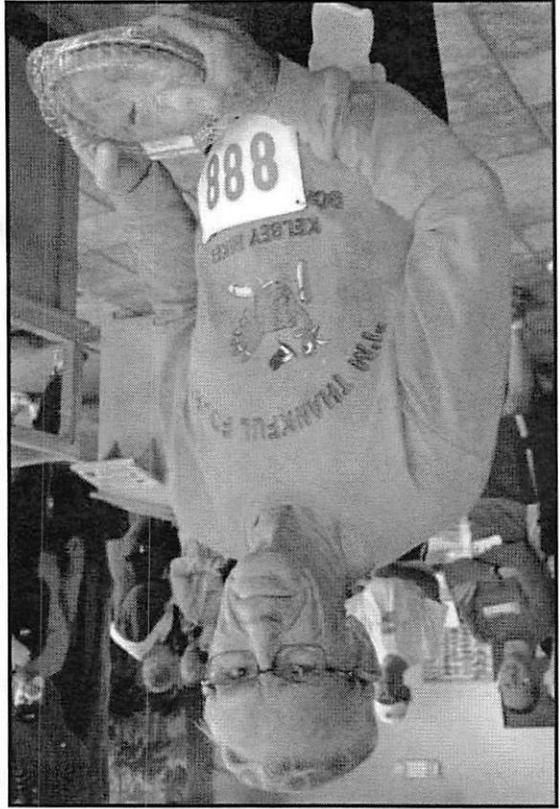
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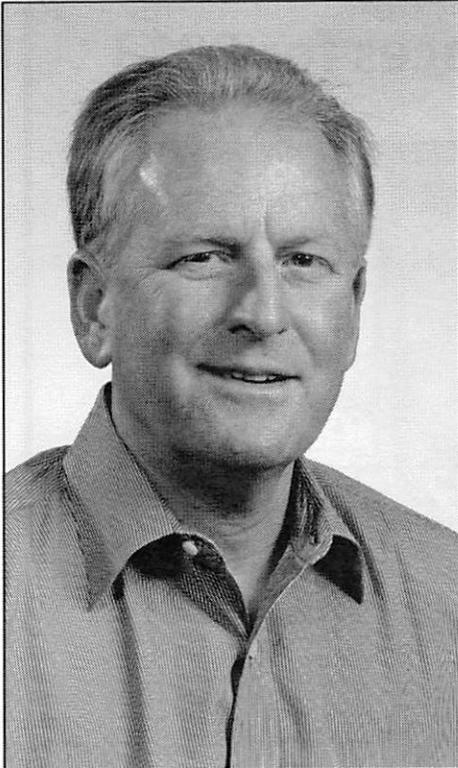


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Fort Wayne Track Club Points Races for 2013

Fanny Freezer 5k: February 9

Nutri-Run 20k: March 30

Mastodon Stomp 5k: April 14

Frontier 10k: May 18

Hare and Hounds 5k XC: June 8

Runner's On Parade 5k: July 13

Matthew 25 10k: July 20

New Haven 10k: August 3

Anthony Wayne Rotary 5k: August 17

Parlor City Trot Half Marathon: August 31

Run 4 Riley (5 miles): October 13

River City Rat Race 10k: October 20



WOOF (16 miles, trail): November 2

Turkey Trot 5k trail: November 16

Weight Management

continued from page 10

Maybe the usual work or study time munching was more like 300 calories instead of 150 calories. The past is the past. Think about today and the future. Yes, foods and beverages are simple pleasures of life and choices are present everywhere. You can embrace this and then attention can go to stopping mindless actions and becoming more mindful!

Mindful **actions** can give you real weight resolution results. Dieting is not the answer. Give focus to planning and using a variety of nutritious foods at meals and snacks combined with an enjoyable fitness routine. Give extra focus and attention to environmental triggers that highly likely are the main culprit to the weight

concern.

Cues that can result in eating extra calories:

- Big plates and bowls
- Big mugs or bottles
- Candy dish
- Kitchen counter cluttered with food
- TV room with constant food containers
- Eating from a bag or a box
- Food commercials
- Car or truck with stashes of food
- Desk drawer with food or candy
- Food and soda at every meeting
- Conversations about food

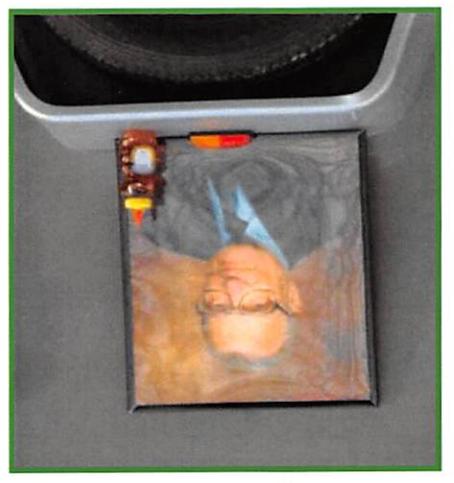
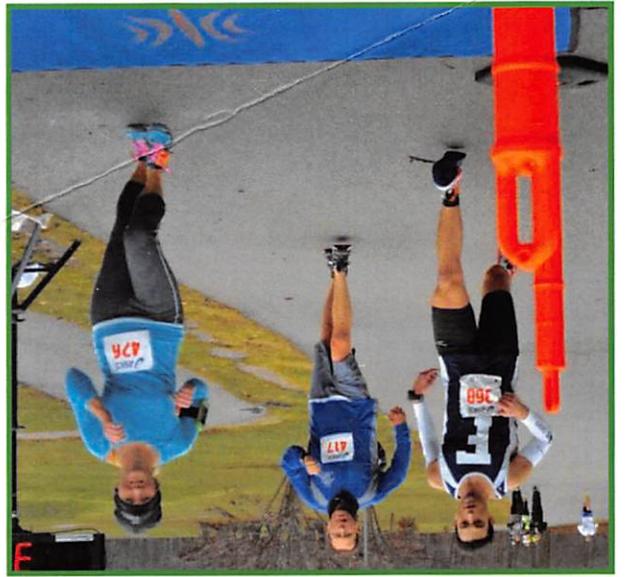
The list can go on and on. There are

many, many cues in our daily life that definitely can mindlessly determine how much we eat and drink. Do your own self study and learn more about what affects your meal and snack choices and amounts. Learn more about the what, how, who, where, and why behind your food and beverage routine. There is no right or wrong. Read Brian's book "Why We Eat More Than We Think – Mindless Eating." Think about it as a fun experiment as part of your 2013 weight resolution. We all have our own unique body. It's so much more than a scale number. Be mindful!

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

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Just Plain JP Jones

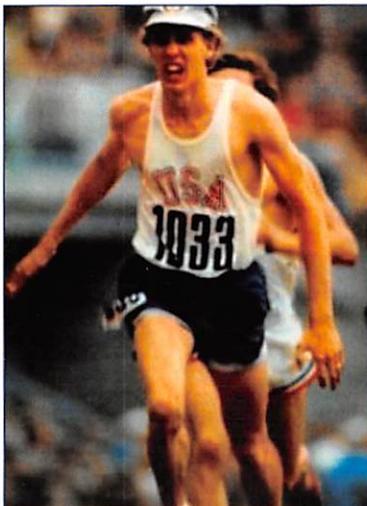


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*Plan to attend the Fort
Wayne Track Club Annual
Banquet Sunday, January 27,
2013 beginning at 3:30 p.m.
at the Fort Wayne Marriott.
See Front Cover and Page 2
for details and registration
information.*



Banquet speaker Dave Wottle, 1972
Olympic gold medalist in the 800
meters.



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