

# The *New* Inside Track

FORT WAYNE



TRACK CLUB

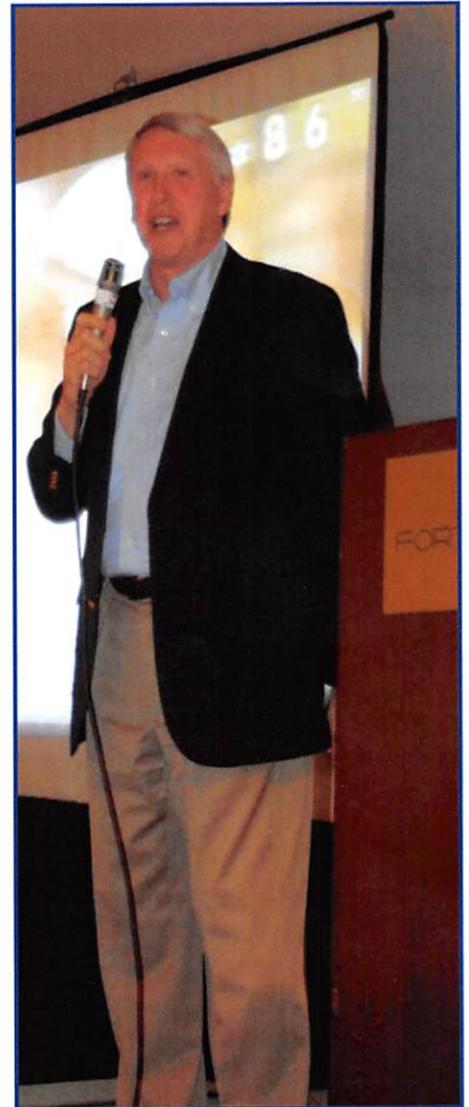
March/April 2013

A publication of the Fort Wayne Track Club

## 2013 FWTC Banquet Highlights



Panelists for the half marathon training clinic were Rick and Tina Walters of Fort Wayne's Smallest Winner, Eric Ade from Three Rivers Running Company, Judy Tillapaugh, registered dietitian, and Todd Sullivan, physical therapist with Indiana Physical Therapy.



Olympic gold medalist Dave Wottle discussed "The Winning Attitude." See story on Page 3.



Dave Wottle mingled with FWTC board members and other guests at a Sunday morning brunch hosted by Greg and Ellen Osborn, Concordia High School cross country coaches.

Additional Banquet photos on Pages 2, 3, 18 and 19

### UPCOMING RACES

Nutri-Run — March 30

Mastodon Stomp — April 14

### FACES

Nutrition and Wellness — Page 9

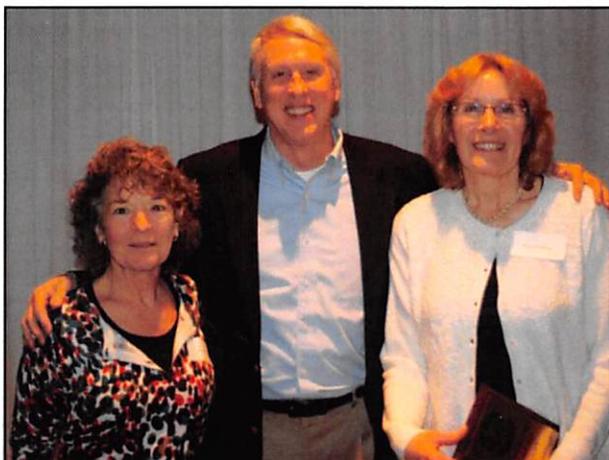
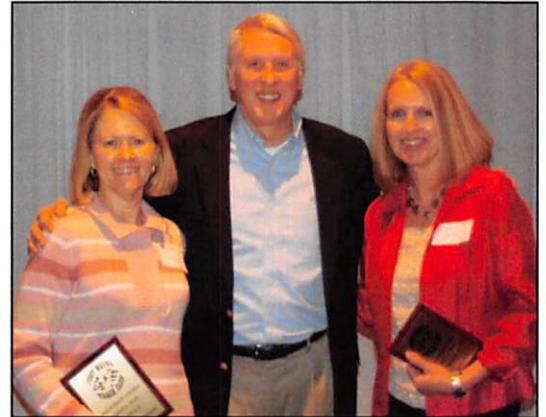
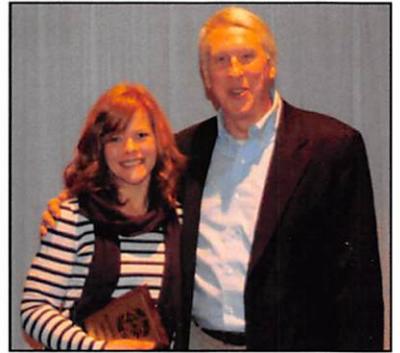
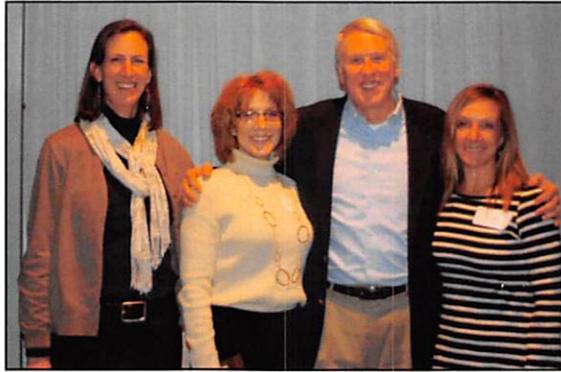
On the Mark — Page 12

### PACES

Indiana Trail 100 — Page 6

Veterans Marathon — Page 14

# 2012 Women's Age Group Winners



*Fort Wayne Track Club Awards Banquet speaker*

# Gold medalist Dave Wottle shares 3 C's to success

“The Winning Attitude,” according to Dave Wottle, guest speaker at the Fort Wayne Track Club’s Annual Awards Banquet, incorporates three C’s: concentration, confidence and competitive spirit.

Wottle told attendees that the spirit of the moment when he won gold in the 1972 Olympic 800 meters has never left him. “Not a single day goes by that I don’t think of that moment 40 years ago,” he remarked.

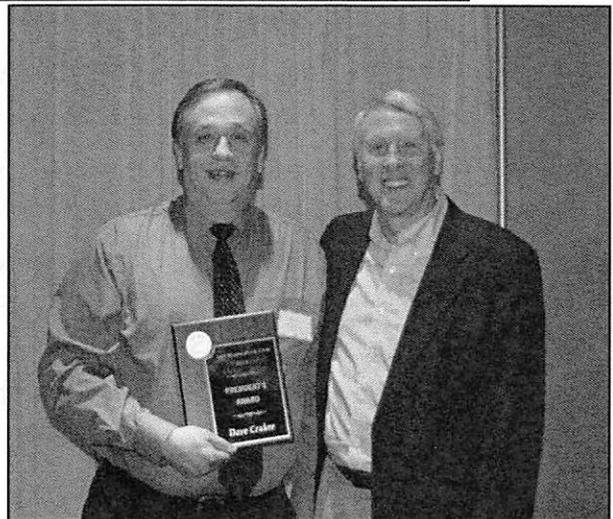
He said he enjoys sharing his beliefs about what it takes to be successful. He elaborated on the three C’s:

- ◆ **Concentration:** To be successful you need mental preparation. “Focus on the desired outcome and picture yourself being successful.”
- ◆ **Confidence:** You need confidence in your coach, in your mentors and in yourself. Objectives, which Wottle calls “bite-sized goals,” lead you to your ultimate goal. With confidence, winners keep moving, he said. “Winners don’t give up in the face of adversity.”
- ◆ **Competitive spirit:** True success takes a competitive drive, a desire to do the best you can.

Ironmen and Ironwomen Award winners for 2012, pictured with Dave Wottle, back row far right. These runners completed all 15 Points Series Races.



Three Rivers Running Company received the Golden Shoe Award for its contributions of time, talent and resources to the FWTC. Accepting the award were store owner Brad Altevogt, left, and General Manager Eric Ade, right.



Dave Craker, left, received the President’s Award for his work promoting fitness as Fort4Fitness race director. The recipient is chosen by the FWTC president.

## 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](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, 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

# 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

Indiana Physical Therapy 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

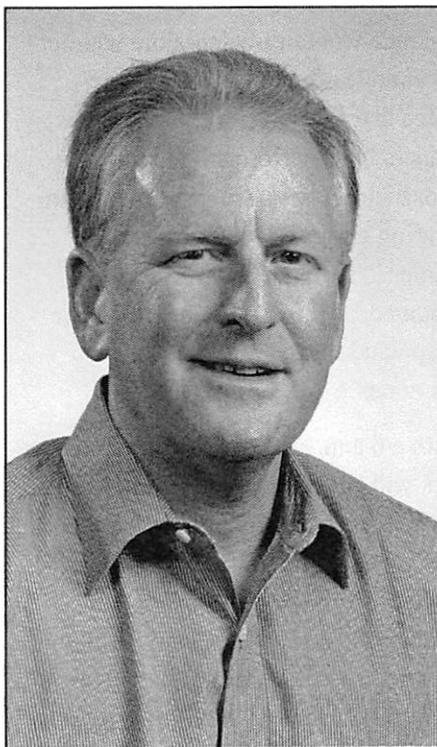
River City Rat Race 10k: October 27

WOOF (16 miles, trail): November 2



Turkey Trot 5k trail: November 16

JP Jones 10k: December 7



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# Indiana's first ultra marathon coming to Chain O' Lakes State Park April 20-21

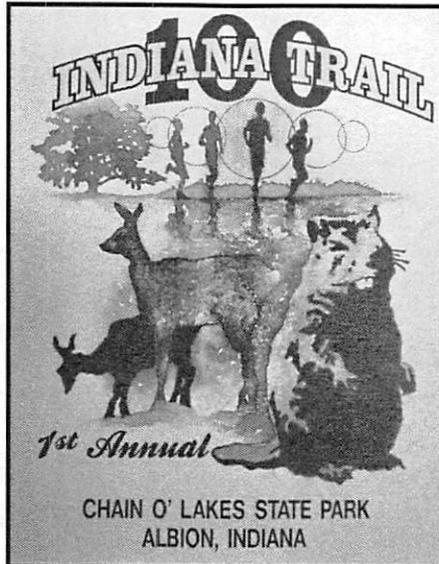
By **MARCIA KIRLIN**

A running "first" for the state of Indiana is set to take place April 20-21, and it promises to be momentous.

Chain O' Lakes State Park near Albion will be the site of the Indiana Trail 100, an ultra marathon event featuring both a 50-mile and a 100-mile race, the first event of that distance for the state.

Mike Pfefferkorn, one of four co-race directors, explained that he and Don Lindley, Tom Landis and Jerry Diehl have run together at Chain O' Lakes twice a week for the past nine years and "decided it was time to give back to the park." The race is not-for-profit, with net proceeds going back to the park, he commented.

"The state of Indiana gets its first 100-miler and we're really excited about it," Pfefferkorn said. With the dramatic growth of the sport in the last



five to 10 years, Indiana's ultra runners have had to travel to Ohio, Illinois and Michigan to participate in the closest races.

The course is a 16.67-mile loop, which the 100-milers will cover six times and the 50-milers will run three. "We don't have the luxury to have an out-and-back course because we

at times; grassy stretches resembling cross country courses; rolling hills, and some uneven surfaces. Most of the trails surround the park's many lakes. There will not be any water obstacles. The terrain and woods provide protection from the wind.

"We hope the variation is appealing to runners," Pfefferkorn said.

As of late February 165 runners had registered for the 100-mile race and 98 for the 50-miler, with about a fourth of those coming from Indiana. Twenty-three states are represented, as well as several Canadian provinces. The race is being advertised on several ultra running sites online and in magazines that list ultra marathon events.

The race wouldn't be possible without the countless hours of trail maintenance that Pfefferkorn and his fellow runners have performed. Don Lindley, in particular, has been instrumental in clearing trails and removing large stumps. "The course is very well groomed," Pfefferkorn noted. "I have to applaud the amount of work Don has done."

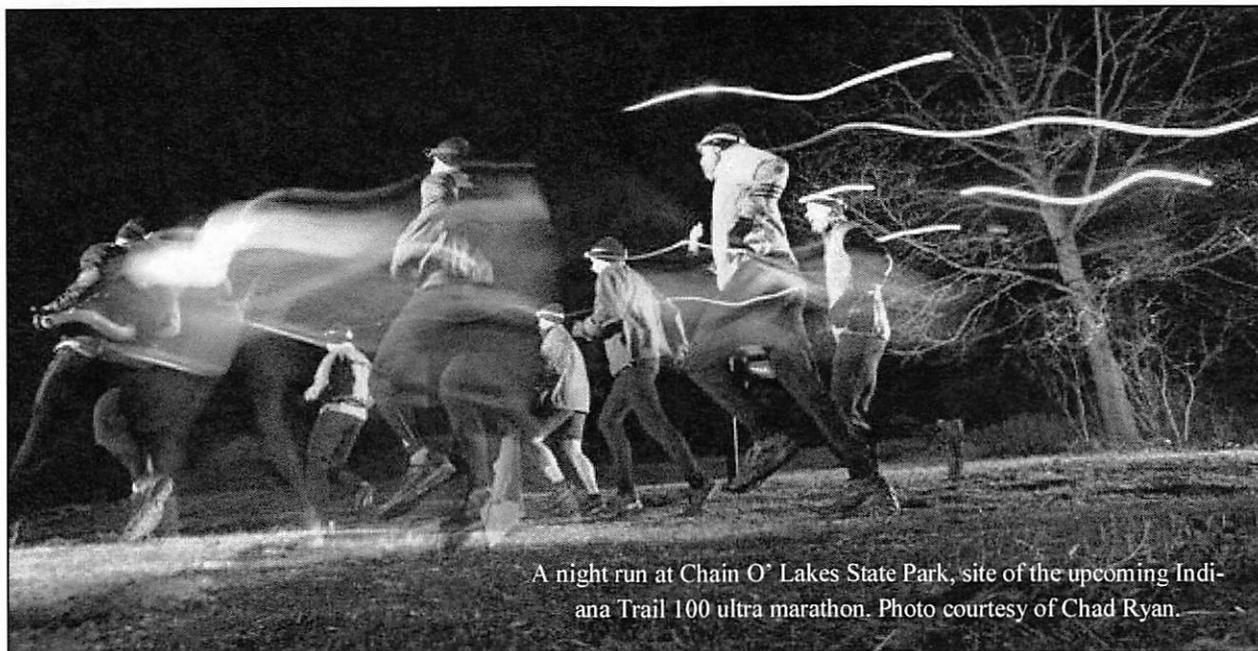
With a 6 a.m. start, the 50-mile runners will have 15 hours to complete the course. Those running 100 miles will have 30 hours. Pacers will be available to help the runners get through the course, especially at night. "We want to be known as a race that's very pacer friendly," Pfefferkorn said.

**See Trail 100, page 7**



**Don Lindley grooms a trail at Chain O' Lakes State Park.**

wanted to contain it all within the park," Pfefferkorn said. Runners will find themselves on a combination of wide and narrow trails, single-track



A night run at Chain O' Lakes State Park, site of the upcoming Indiana Trail 100 ultra marathon. Photo courtesy of Chad Ryan.

### Trail 100, cont. from page 6

For a race of this magnitude, volunteers are crucial, Pfefferkorn remarked. "Volunteers are going to be really important to our event," he said. "We welcome volunteers with open arms." A night pacer training run is scheduled for early April. In addition to pacers, volunteers are needed to man aid stations and perform other race duties.

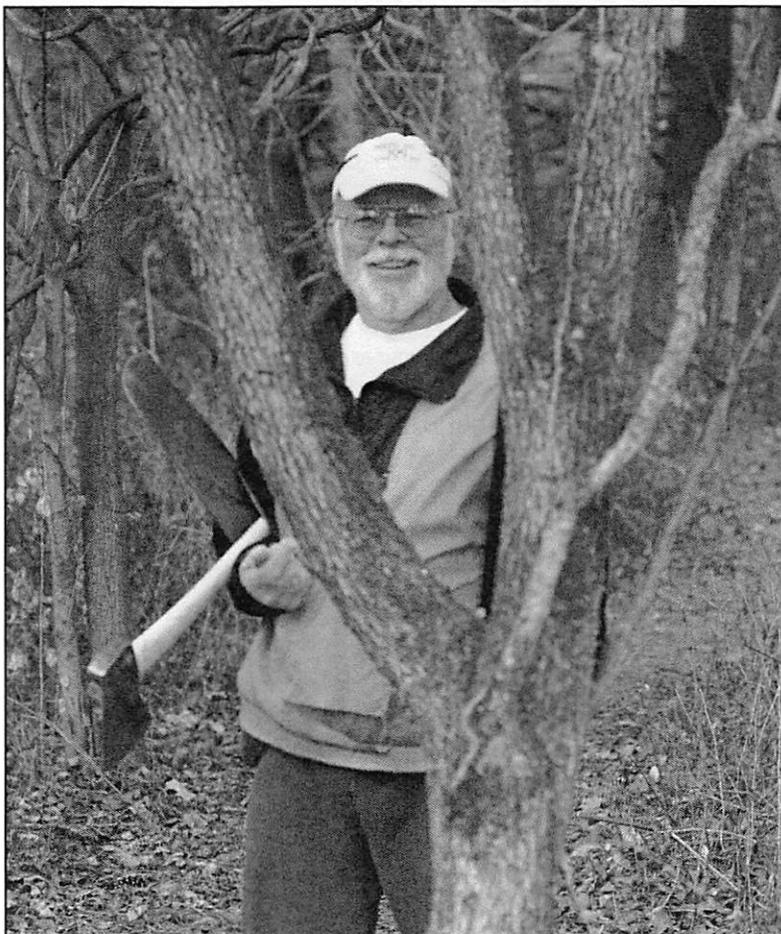
With such a large invasion of runners in such a small community like Albion, coordination is key, and Pfefferkorn said Mary Ann Troutner of Albion has "bridged that gap." The native of Albion has marshaled many residents of the small town to help out before, during and after the race.

As is the tradition, finishers of the 100-mile event will receive a custom-designed belt buckle. Medals bearing the same design will go to the 50-mile finishers.

Pfefferkorn encourages anyone interested to get involved as a volunteer or to head up to Chain O' Lakes to watch

a portion of the race. "You're going to see a variety of people," he noted. "It's a great opportunity to see ultra runners do their thing."

For more information, go to [indiana-trail100.com](http://indiana-trail100.com) or visit the Indiana Trail 100 Facebook page.



Don Lindley, a co-race director of the Indiana Trail 100.



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## 2013 FWTC Points Race Rules include volunteer opportunity

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 first Points Race of the year, the Feb. 9 Fanny Freezer.

- \*\*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:
  - 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 in the newsletter the top overall male and female who accumulate the most points.

For more details or if you have questions contact [rperez@dekalbcentral.net](mailto:rperez@dekalbcentral.net)

## *Eat Right, Your Way, Every Day*

Food preferences, lifestyles, ethnic traditions and health concerns all affect our food choices. That is why, as part of National Nutrition Month 2013, the Academy of Nutrition and Dietetics encourages everyone to "Eat Right, Your Way, Every Day."

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month. This year's theme emphasizes the advantages of developing a healthful eating plan that incorporates individual food choices and preferences. This year marks the 40th anniversary of National Nutrition Month.

Eating right is essential to keeping your body running at its best. During National Nutrition Month, the Academy of Nutrition and Dietetics reminds you to build an eating plan with your unique lifestyle and nutritional needs in mind. So whether you're a vegetarian, student, athlete, busy parent or a jet-setting executive, it's important to "Eat Right, Your Way, Every Day."

"There's no one-size-fits-all way to eat that's right for everyone," says registered dietitian and Academy spokesperson Jim White. "In reality if the diet doesn't fit with your lifestyle and unique needs, it won't work in the long term and can even leave you missing out on the nutrition you need to get you through the day. Americans have flexibility in making choices to create a healthy eating pattern that meets nutrient needs and stays within calorie limits."

White recommends athletes and all active individuals eat right for their lifestyle. If you exercise in the morning, he said, "your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter or a banana, cereal and low-fat milk. Re-

member before, during, and after exercise, replace fluids with plenty of water or a sports drink, if you prefer." [Note: one pound of sweat is two to three cups of fluid.]

Aim to make over your meals this month! Day by day give attention to specific changes that will enhance your nutrient intake. Think about shopping differently, skipping certain foods, swapping empty calories foods for nutrient-rich foods, or selecting a variety of very colorful low-processed foods and beverages.

Here is a list of meal and snack ideas:

Think ahead and plan what you will have for breakfast, lunch and dinner.

Shop the perimeter of the grocery store.

Buy high whole grain breads and cereals.

Eat high-fiber breakfast foods like oatmeal, yogurt and berries.

Skip the donut and have fresh fruit instead.

Instead of cream in your coffee use low-fat or skim milk.

Eat slowly. Take at least 15 to 20 minutes to eat a meal.

Use one or two teaspoons of a spread on toast instead of one or two tablespoons.

Drink two cups of water during the morning and afternoon hours.

Make a lunch like a peanut butter sandwich using whole grain bread, fresh fruit and veggies.

Boost the nutrition of a sandwich or wrap by adding tomato, onion, green lettuce, mushrooms or peppers.

Buy colorful raw vegetables like green peppers, red tomatoes, orange carrots and purple cabbage.

Cut up raw vegetables in the evening and fill several zip-lock baggies with veggie snacks to have during the week.

Instead of mayonnaise on a bun use mustard or salsa.

Schedule lunch with a friend.

Do not eat at your work desk or in your car.

Skip soda pop and sweet tea.

Order grilled chicken instead of fried chicken.

Instead of an extra-large order of fries buy a small order.

Buy colorful fruit like red berries, oranges, blueberries, melon and grapes.

If you drink alcohol, limit it to one to two servings.

Ask for foods prepared your way when eating out like requesting all toppings on the side.

Batch cook and make a main dish that will last for several meals.

Eat dinner with the family.

Keep meat servings to three to four ounces (about the size of a deck of cards).

Plan what you will pack as an afternoon snack.

Allow a sweet treat only occasionally.

Do not buy processed meats like hot dogs, sausage and bologna.

Buy lean protein sources like skinless poultry and loin cuts of beef and pork.

Cook a nutritious meal with your children or spouse.

Right after a workout have a nutritious snack like a fruited yogurt smoothie, chocolate milk or lean meat sandwich.

Eating regular nutritious meals and

**See Eat Right, page 17**



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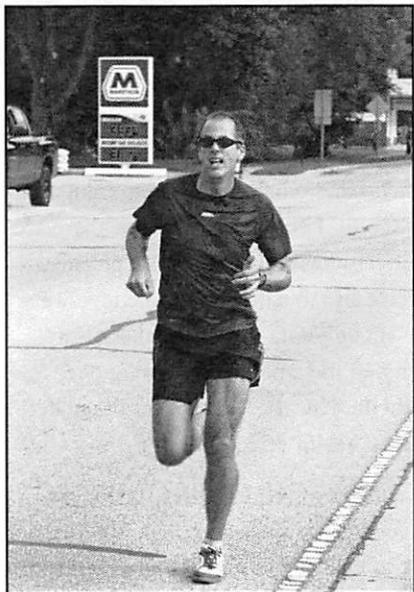
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# Michael Fruchey and Kelly Barnes: Top Male and Female Points Winners for 2012



With 1,500 and 1,480 points respectively, Michael Fruchey and Kelly Barnes finished 2012 as the Fort Wayne Track Club's Points Race Series Top Male and Female. *The Inside Track* thought readers might like to learn a little more about these very accomplished runners.

**Left: Michael Fruchey at the Hometown Heritage 5k**

**Right: Kelly Barnes at the Frontier 10k**



## When did you start running?

**Mike:** My first coach was Jerry Mazock, a successful local marathoner. I enjoyed visiting with coach at the FWTC banquet for the first time in many years. He got me started and I was blessed to continue to have great coaches/mentors in Dan Green at Carroll High School and Chris Coy at Taylor University.

**Kelly:** I started running about seven years ago. I was tired of the gym so I bought a treadmill. Once I ran outside, the treadmill barely gets used.

## Do you have a favorite race from 2012?

**Mike:** My favorite race was the Turkey Trot. It was my best race of the year. I really enjoy cross country racing and it was a beautiful fall day.

**Kelly:** It is a tie between the Runners on Parade - you don't often get the big race feel for a 5k, and the New Haven 10k. I enjoyed the pool afterwards with family and friends.

## Any advice for runners who might be attempting Ironman/Ironwoman status for 2013?

**Mike:** My best advice for runners attempting the Ironman/Ironwoman gauntlet is to be conservative on the long races. I was much too aggressive in the WOOOF and barely made it to the finish. Also, know the course so you do not accidentally run an extra mile. (i.e. Parlor City Trot for me)

**Kelly:** Have lots of energy. There are many times you will be racing multiple races in a month if not back-to-back weekends. It will wear you out.

## Do you have any special race/running plans for 2013 and beyond?

**Mike:** I do not really have special plans. My main focus is coaching the IPFW cross country and track teams. My personal running is a lower priority. I just want to stay fit, by running at least six days a week and about an hour a day.

**Kelly:** This year I plan on doing some racing around here, but my main focus is going to be training for and running the Flying Pig Half Marathon and the Detroit Free Press full marathon.

## What do you like most about running?

**Mike:** Earlier in my running journey, I enjoyed the competition and team aspect of running. As I have transitioned out of my competitive time, I have found great joy in running with my wife and daughters.

**Kelly:** Everything, but if I had to narrow it down, it would be the physical/mental aspects of the run and the great people and friends I have met through running. Fort Wayne has an awesome running community.

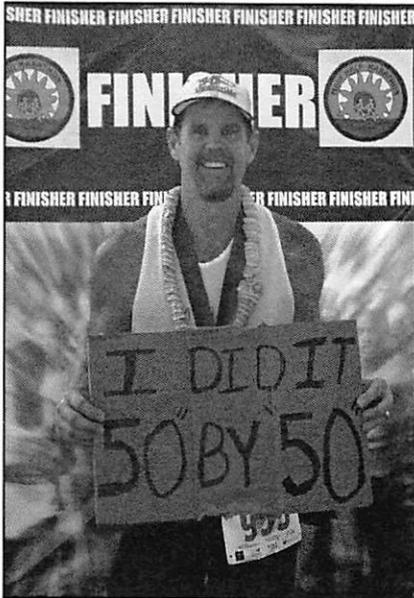
## Do you have a favorite place to run in and around Fort Wayne?

**Mike:** My favorite place to run is Bicentennial Woods off of Shoaff Road. This is an ACRES Nature Preserve with a number of trails. There is nothing like leaving footprints after a fresh snow.

**Kelly:** From home. Where I live I can be on the Greenway in a couple of miles, or I can just run around the park, or the streets. I love that when I finish I am home.

## On the Mark

# Word to the wise: Be careful what you read



BY DR. MARK O'SHAUGHNESSY

I want to take a break from discussing my usual cardiovascular disease topics to comment on several articles that have appeared in the Wall Street Journal concerning cardiovascular mortality and endurance training. The newspaper was covering two “scientific” studies published in reputable peer-reviewed medical journals (British Medical Journal and Lancet) and both “studies” basically concluded that too much of a good thing, i.e. endurance training, is bad for your health.

Before we get into the specifics of the studies I need to give you some background about scientific research and academia. First, it is important to know that in the academic world one gets promoted by publishing research; the quality of the product is less important than the volume of studies published. (Editorial comment: the vast majority of the studies published in these monthly journals do very little to advance the science or alter our care of patients.) Further, the holy grail of research studies are placebo-controlled, randomized, double-blinded studies where the researcher matches up two

groups of patients, alters a single variable and both the patient and researcher are blinded to the results until the study is complete. This approach creates the “cleanest” data and the ability to draw the most accurate conclusions from the data presented.

As reported in the Wall Street Journal, both studies concluded that too much endurance training might increase your risk of dying from cardiovascular disease. Unfortunately, neither study was the placebo-controlled blinded study mentioned above, but rather population observation studies. Of all the study designs available, population observational studies have the largest inherent error and create the possibility of drawing conclusions that are not supported by more rigorous scientific approaches. I draw your attention to the fact that one week it is reported that a substance, caffeine for example, is good for you and the next week there is a study that suggests it is bad. The reason for these disparate conclusions is that most of these studies are population-based observational studies and when you study populations of people you simply cannot control all the possible variables that might affect the outcome of the study.

In these studies, the authors suggest that running more than 20 miles/week at faster than an 8 minute/mile pace had adverse impact on one’s mortality. They looked at the mortality rates of Olympians from the 1930s to the 1950s to draw their conclusions in one study and self-reported training volumes in the other study. The authors concluded that if one is training more than 20 miles/week at faster than 8 minutes/mile pace they are doing it for something other than mortality benefit. There remains a great deal of controversy in the scientific community as to the validity of the research and the conclusions drawn by the authors.

My take on the studies is that because of the scientific methods used, these studies do precious little to advance the science of endurance training and health benefits. I do not plan to alter a single thing in my own personal training regimen and recommend that others continue to train as they see fit. I continue to believe there are significant health benefits with physical exercise and to date I do not believe we have enough data to suggest there is a ceiling on the amount of training one should do that, if breached, results in detrimental health effects.

The authors of these studies stated: “If someone is training more than 20 miles/week at a pace faster than 8 minutes/mile, they are doing it for reasons other than its health benefit.” My response is: “Duh.” Why do we do what we do? The answer is specific to each individual and as varied as the numbers of runners. I believe for me the answer to the question why I run is best summed up in a motivational saying I saw while running the Disney Goofy Challenge in January. “I run not to add days to my life. I run to add life to my days.” (Robert Rook)

Frankly, I believe that despite the studies mentioned above, I add both days to my life and life to my days by running. I plan to continue to run, God willing, at the level I have for the last several decades with no alteration in my training regimen. As per the title of this piece, it is essential that you have a certain skepticism about anything you read or see on TV or the internet. While, as scientists, we are trained to be skeptics and question everything, if the data does not make sense question the data. Even trained scientists sometimes get it wrong. Keep running and stay tuned — there will likely be another study next week that refutes the studies printed last week.

  
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# Three Rivers Running Company takes over Veterans Marathon

By **MARCIA KIRLIN**

The Veterans Marathon lives on... thanks to Three Rivers Running Company's determination to see this historic race continue.

Begun in 2009 by 20-year Army veteran and running enthusiast Gary Bird, Veterans had become a northeast Indiana staple. Its inaugural year it featured a marathon and half marathon; a 5k race was added in 2010. But following the 2012 race, Bird decided to shut things down. Enter 3RRC, which took over the race within a month after Bird's announcement. Race plans are being handled by co-race directors AJ Arnett and Eric Ade.

"We sent out an email blast right away to let people know the race wasn't cancelled," said Arnett, who is helping generate interest in the race through

Facebook posts and information on the Veterans Marathon website, veteransmarathon.com.

While Arnett and Ade have a few changes in the works for the Columbia City race, much will stay the same. "We want to keep the small-town feel," said Ade. The race, scheduled for Saturday, Nov. 9, will still honor our nation's servicemen and women and have a very patriotic feel to it. This year's medals will pay tribute to the U.S. Coast Guard, the final branch of the military to be recognized on Veterans Marathon finisher medals.

New this year will be several major sponsors, including title sponsor New Balance, which will provide the full-zip jackets for marathon and half marathon participants, and GU Energy Labs, which will offer gels and chews at aid stations on the course. Also



onboard is 2Toms, which will provide samples of one of its anti-chafing products.

Ade and Arnett, both of whom have run Veterans in the past, would like to see the number of participants grow from 770 last year to around 1,000 this year.

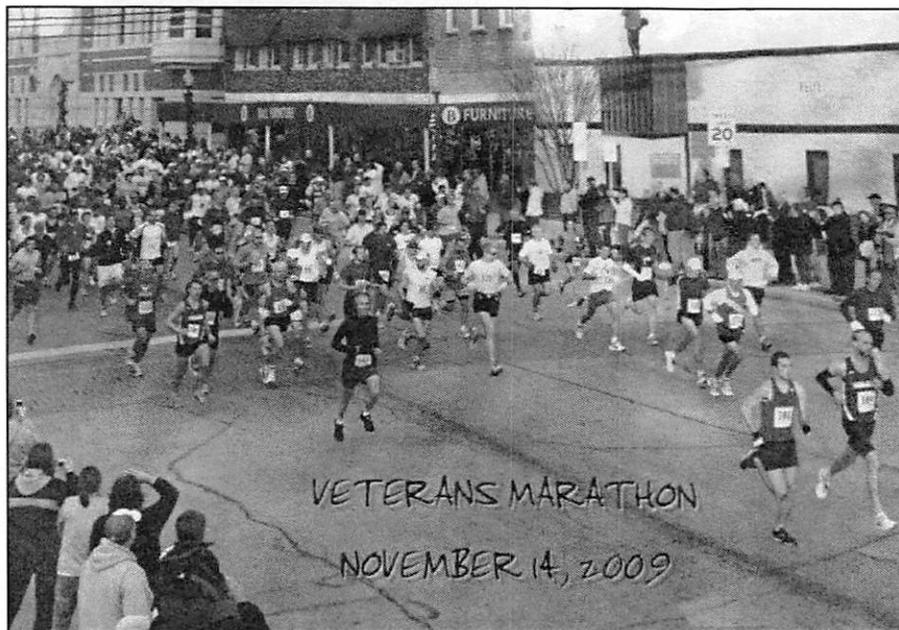
***"We want to keep the small-town feel," - Co-race Director Eric Ade***

"We want to grow, but still keep it at a manageable size," said Arnett.

"Sponsoring a race of this size "is a first for the store," Arnett said, noting that "everybody's still onboard" from the past: the Kosciusko County Sheriff's Department, the Columbia City Parks Department, the mayor's office, the Columbia City Police Department and Gary Bird's wife JoAnn Bird, a race consultant.

"It's by far the most locally supported race of its kind," Ade said. Local retailers and restaurants offer discounts, veterans organizations man the aid

**See Veterans, page 15**



Runners race through the streets of downtown Columbia City in the first Veterans Marathon, held in 2009.



# THREE RIVERS RUNNING COMPANY

Since 2004, Three Rivers Running Company has taken pride in serving as the Northeast Indiana's premier running and triathlon specialty retailer. We are staffed by experienced and knowledgeable runners and triathletes who are committed to helping you select the best product based on your history, needs, and goals. We stock the industry's leading shoes, apparel, and accessories. Our shoe fitting process includes gait analysis and is focused on finding the right product for your mechanics during activity. Thank you to the Fort Wayne Track Club for your continued support.

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

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**COME SEE OUR  
NEW LOCATION!**

## Veterans, cont. from page 14

stations and numerous high school groups pitch in as volunteers.

One of the keystones of the race has always been the hospitality of the community that's on display, Arnett said, pointing out that spectators come out to cheer for the runners even on parts of the course that are out in the country.

While much about the race will stay the same, a few changes are in store. For the safety of the runners, the marathon course this year will consist of two loops of the half marathon course. "That will make it easier to manage and it will be faster, with fewer hills," Ade said.

The Expo will be a bit larger than in the past and pace groups are being



**Race medals from 2009-2012**

considered. New this year is a wheelchair division.

The post-race celebration on the town square in Columbia City will feature a beer tent showcasing food and beverages from local establishments.

Two staples will be back: the huge American flag on display on the square and the cannon blast that starts the

race.

For more information about the race, visit [veteransmarathon.com](http://veteransmarathon.com) or the Veterans Marathon Facebook page: Veterans Marathon presented by Three Rivers Running Company. To register for the race, go to [runrace.net](http://runrace.net).

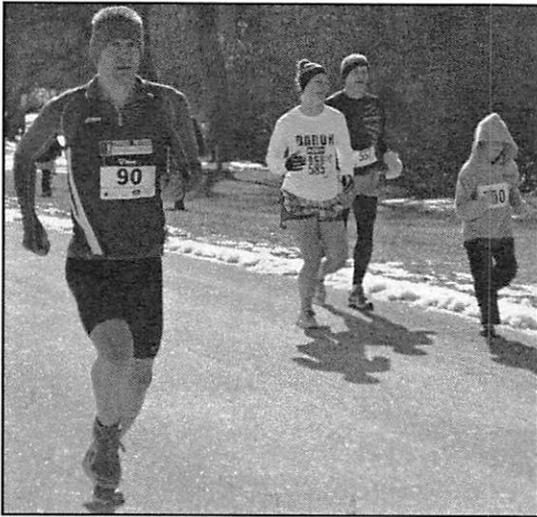
## Correction

The list of 2012 Points Standings for Females that appeared in the January/February 2013 issue of *The Inside Track* omitted two runners who tied for third place in their age groups.

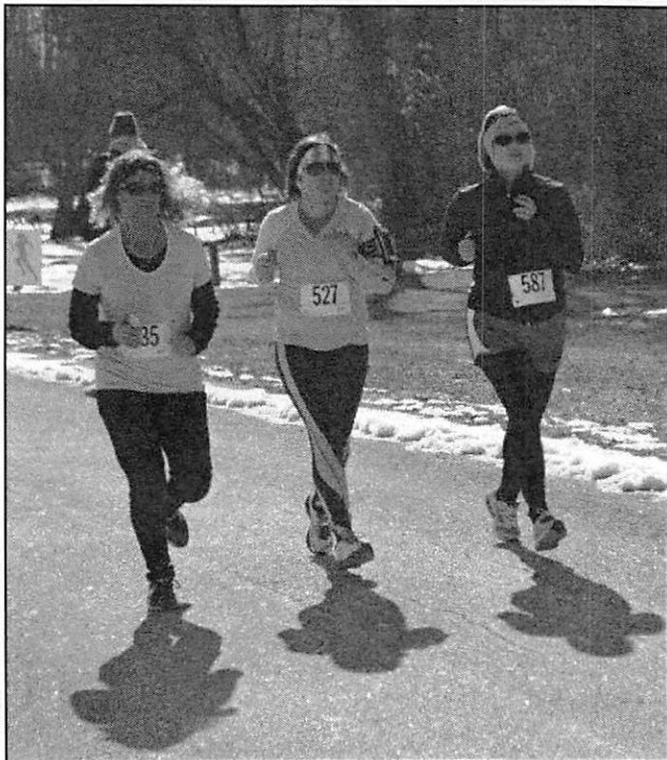
In the 45-49 group, **Gail Gerber** tied for third place with Melissa Renner.

In the 55-59 group, **Beverly Murphy** tied for third place with Regina Blanchette.

The Fort Wayne Track Club apologizes to these runners for the error.



Fanny Freezer  
kicks off 2013  
Points Series



**Eat Right, cont. from page 9**

snacks to match your lifestyle does give health benefits. Focus on more mindful choices at the grocery store, gas station, work vending machines, restaurants and at the family table.

Yes, this is an overwhelming long list. Pick one place to start. Write out a couple small goals. Talk to your family about eating right every day. Support one another, eat together and be a team for success.

Enjoy!

**Judy Tillapaugh, RD, ACSM**

**IPFW Wellness/Fitness Coordinator**

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

**Homemade Sports Drink**

Use this beverage in place of a commercial sports drink during a workout that is more than 60 minutes.

Use the beverage in training as you prepare for a half marathon, marathon or ultra. Train the body so it helps you stay hydrated and energized.

**Ingredients:**

¼ cup sugar or honey

¼ teaspoon salt

¼ cup hot water

¼ cup orange juice plus 2 tablespoons lemon juice

3 ½ cups cold water

**Directions**

In a large pitcher, dissolve the sugar and salt in the hot water.

Add the juices and the remaining water; chill.

Yield: 1 quart or 4

cups

Nutrient value per cup: 50 calories, 12 gms. carbohydrate, 0 gms fat, 0 gms protein, 110 mg of sodium

**Note:** Any juice can be a sports drink. Dilute the juice with water to make it 50 calories per cup. Add a pinch of salt.

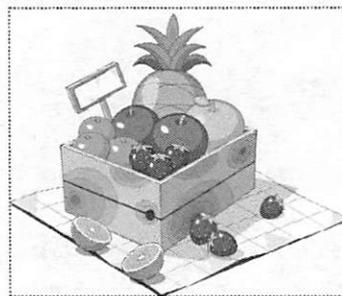
**Source:** Nancy Clark's Sports Nutrition Guidebook

**Nutri-Run Nutrition Clinic  
scheduled for March 20**

In conjunction with National Nutrition Month and the Nutri-Run, Three Rivers Running Company will host a Nutrition Clinic on Wednesday, March 20 at 6:30 p.m. at the 3RRC store, 4039 North Clin-

ton Street, Fort Wayne.

Judy Tillapaugh, registered dietitian and IPFW Wellness/Fitness Coordinator, and Jennifer Harrison, nutritionist with Lutheran Hospital, will discuss nutrition for runners. Those attending will also be able to learn more about the smoothies that will be served at the Nutri-Run.



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LEFT: Winner of the Spirit of Running Award was Betty Nelson. She was recognized for her positive attitude and years of running, walking, volunteering and supporting others at FWTC events.



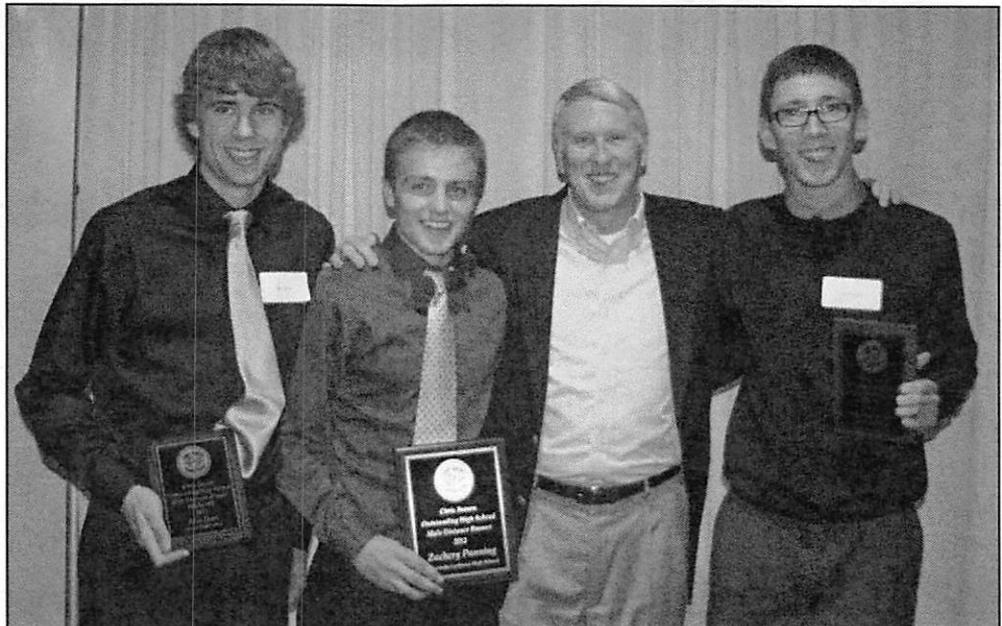
RIGHT: The Don Lindley Volunteer of the Year Award was given to Marcia Kirlin, editor of *The Inside Track* and a volunteer at numerous races and other Track Club events.



The Fort Wayne Track Club Chris Brown High School Runners of the Year, honored at the Annual Awards Banquet in January, were, from left: Samantha Roush, Marina Konow and Olivia Hippensteel. They are pictured with Dave Wottle, 1972 Olympic gold medalist in the 800 meters.

Chris Brown High School Runners of the Year for 2012 were, from left, Alex Hess, Zachery Panning and Jonathan Harper, pictured with Dave Wottle.

Each high school runner received an engraved plaque and a large action photo and was featured in a video presentation shown at the Awards Banquet.



# 2012 Men's Age Group Winners



FORT WAYNE



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- Canal Days 5K
- Jury Park Kids Triathlon
- New Haven 10K



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