

The *New* Inside Track

May/June 2013



A publication of the Fort Wayne Track Club

Boston Strong:

Fort Wayne-area runners, walkers unite



in aftermath of Boston Marathon tragedy



Fort Wayne Track Club Vice President Casey Shafer leads runners on a Solidarity Run from Swinney Park to Parkview Field. Additional photos and stories on pages 2, 3, 5 and 22.

UPCOMING RACES

Frontier Run 'N' Fun — May 18

Hare and Hounds 5K XC — June 8

FACES

On the Mark — Page 16

Nutrition and Wellness — Page 18

PACES

Betty Nelson — Page 10

Bus Trip to Mackinac Island — Page 7



Runners and walkers gathered at Swinney Park on Sunday, April 21 for a Solidarity Run to Parkview Field.



Running for Boston—along Jefferson Boulevard en route to Parkview Field.



Jim McKinnon, front, and other participants sign a Prayers for Boston banner provided by the Fort Wayne TinCaps and Fort4Fitness.



Three friends sported Runners United to Remember signs.

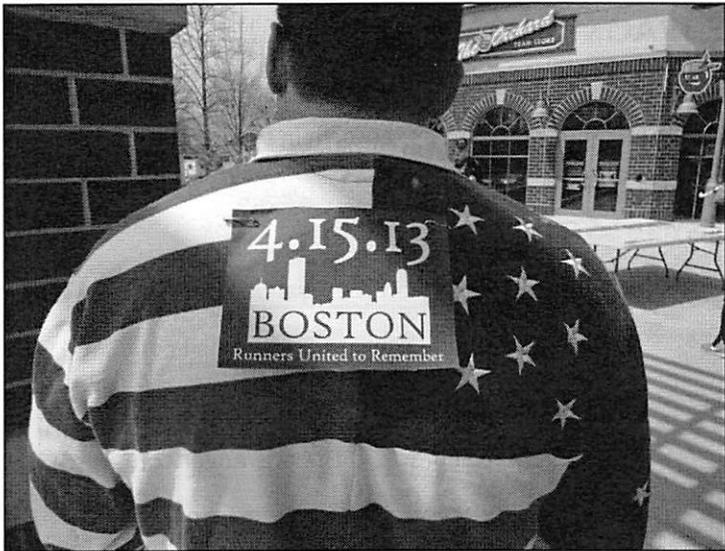


4 Wellness Summer Series 2013:

- Elementary 1 Mile
- Canal Days 5K
- Jury Park Kids Triathlon
- New Haven 10K

For more information, call us at (260) 749-2212 or visit us online at www.newhavenparksandrec.org

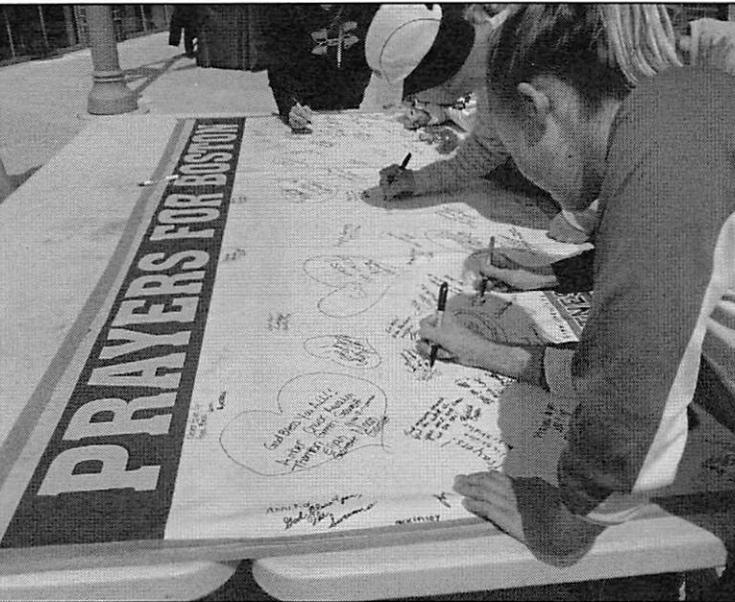
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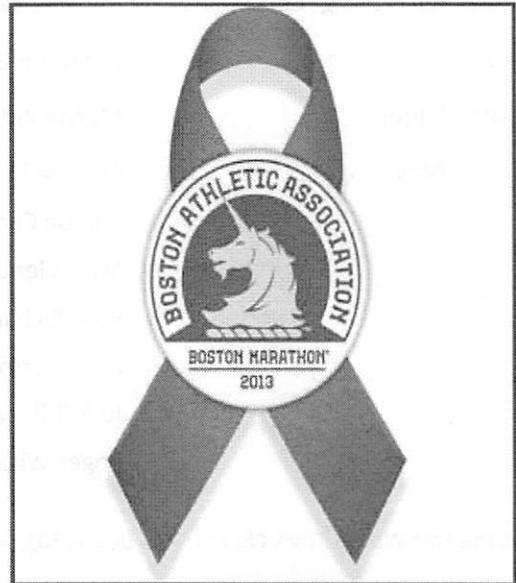
ABOVE: A patriotic show of solidarity for Boston.



A long line of runners and walkers wait to sign the Prayers for Boston banner.



Three Rivers Running Company sponsored a Run for Boston event on Wednesday, April 17 that drew close to 80 runners and walkers who dedicated their runs and walks that evening to the victims of the Boston Marathon bombings.



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

Thank you to all who made our Solidarity Run possi-



The Fort Wayne Track Club would like to thank everyone who participated in the Solidarity Run in support of the Boston Marathon bombing victims on Sunday, April 21. According to FWTC board member and event organizer Jonathon Gottschalk (pictured above with microphone), more than 150 people took part.

Participants met at Swinney Park and following a few brief announcements, recognition of Boston Marathon finishers in the crowd and a moment of silence, ran or walked to Parkview Field, where they were encouraged to sign a banner that read "Prayers for Boston" that was later shipped to that Massachusetts city.

"Originally it was going to be a small group run," Jonathan explained, but as word got out, it was clear the event was going to be anything but small.

Fort4Fitness promoted the run on its Facebook page and Brett Hess' story about the effort in the News-Sentinel also drew people in. In the days leading up to the run the TinCaps and Minor League Baseball got onboard, of-

fering 100 free tickets to the TinCaps Sunday afternoon game. The Fort Wayne Komets and Majic 95.1 FM also promoted the event on their Facebook pages.

Fort Wayne Police provided an escort and helped with traffic control on Jefferson Boulevard, as the stream of runners and walkers made its way along that busy roadway on their way to the ballpark. The lead runners carried a large American flag donated by the Glenbrook Target store.

The FWTC would like to thank the following organizations and individuals who helped make the Solidarity Run a huge success:

Fort4Fitness

The Fort Wayne TinCaps

Minor League Baseball

The New-Sentinel

The Fort Wayne Komets

Glenbrook Target

Fort Wayne Police Department

Majic 95.1 FM

Brad Kimmel, F4F executive director

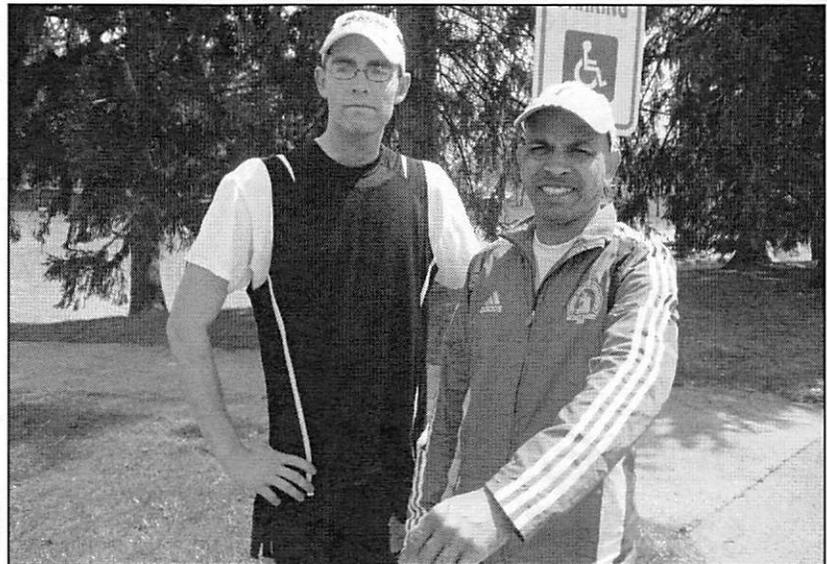
Brian Schackow, TinCaps vice president of sales and finance

Brett Hess, New-Sentinel contributing writer

Police Officer John Greenlee and his fellow officers

Deputy Police Chief Marty Bender

Jamie Thrower, Target store manager



Grant Stieglitz and Winston Samarasingha ran this year's Boston Marathon, finishing before the explosions occurred.

The Frontier



May 18 Saturday @ 10:00AM
10K_{run} & 5K_{run/walk}

New Venue! I-69 & US24 behind The Frontier office

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Live band during post-race party

Lite lunch with adult beverages or pop/water

Fort Wayne Track Club Points Race

Fun for the whole family! Spectators welcome to both race & party

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Communications

Road trip to Mackinac Island planned

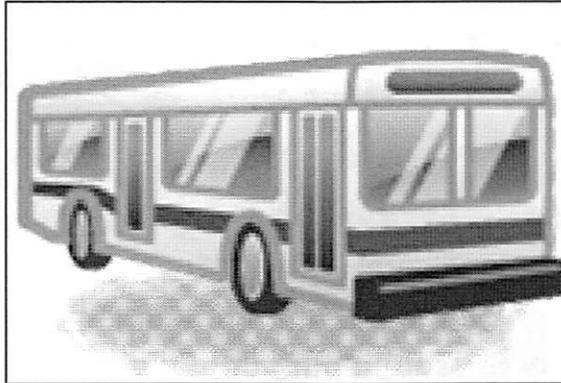
Track Club members, mark your calendars and make plans to be part of an exciting race outing to scenic Mackinac Island in early September.

If enough interest is shown, the FWTC will charter a bus for a trip to Mackinac Island, leaving Fort Wayne on the morning of Friday, Sept. 6 with an overnight stay followed by the Mackinac Island 8-Mile Run/Walk the morning of Saturday, Sept. 7. The bus will return to Fort Wayne late in the day on Sept. 7.

The \$75 cost of the trip will cover deluxe charter bus transportation to and from Mackinaw City. Race registration fees, ferry expenses, hotel and meals are additional.

The host hotel for the event is Mission Point Resort, located on Mackinac Island. Rooms with two beds at the resort are \$189 per night. Partici-

order for the club to go ahead with it. Runners, walkers, friends and family members are welcome. Each person who rides the bus must pay \$75.



If a road trip to Mackinac Island sounds like a fun way to get to a beautiful race, contact Jim at jimberry22@yahoo.com before June 30. He advises you not to sign up for the race until the Track Club determines if enough people are interested to charter a bus. Registration for the race is \$35 through Aug. 25 and Jim says it's not likely to sell out.

Let's hit the road and make Fort Wayne's presence felt in a scenic race around Mackinac Island!

pants may choose to stay at Mission Point or they can stay at hotels in Mackinaw City and take the ferry to the island before the race begins.

According to Board President Jim Berry, at least 40 people need to commit to the trip in



Indiana Trail 100 50-mile finishers included AJ Arnett, Three Rivers Running Company employee, left, and Fort Wayne Track Club Secretary Erin Brady, far right (#142).

Congratulations to these two for completing a challenging course!



Fort Wayne's Smallest Winner enters 6th season

By Cassandra Bowman

It's been six years since Fort Wayne's Smallest Winner was introduced to a city that was once called "The Fattest City in America." Tina and Rick Walters, founders of Fort Wayne's Smallest Winner, are now facing their latest challenge—26 new contestants.

This new group began the program in April. The new contestants listened as alumni spoke of their past and current success. In fact, last season saw the highest average weight loss yet—50 pounds per person. The fifth season winner lost more than 100 pounds. Chad

Bonke continues to maintain his goal weight and will mentor this season's contestants.

This program is completely free to those selected; sponsors' donations make the program possible. Four times a week, participants train bright and early at 6 a.m. for an hour. Monday nights are reserved for weigh-in and nutrition meetings. The new group of contestants has taken on an intense 15-week training

program. Laughter, hope and maybe some tears will steer the contestants to success.

The contestants will also run their first half marathon in conjunction with Fort4Fitness in September. The winner will be revealed on Saturday, October 5 at the Kachmann Auditorium.



This season began on April 1. For 15 weeks contestants will train with FWSW once a week for accountability. For those who are not selected there is the Public Division which is outlined on the FWSW website. A record-breaking 200 people signed up. FWSW is hopeful everyone will follow along and get

the free nutrition/training information to help them at home.

Please follow the progress of Fort Wayne's Smallest Winner at www.fortwaynessmallestwinner.com or follow us on our Facebook page.

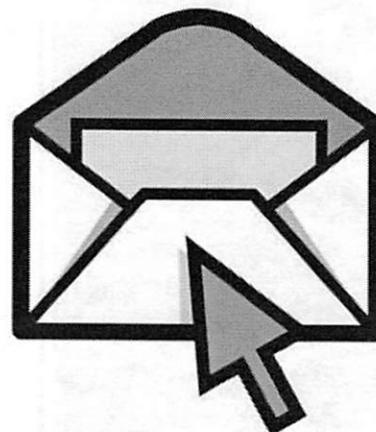
Remember you are capable of anything you set your mind to! Fort Wayne's Smallest Winner continues to fight obesity one pound at a time.

Stay up to date: Sign up to receive FWTC emails

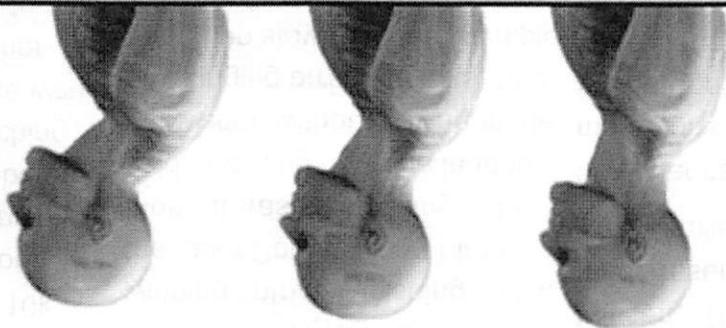
If you would like to receive emails about upcoming races, special events and other Track Club happenings, sign up to be on the email list. Go to the club's website, www.fwtc.org. On the homepage, click on the envelope icon under the

heading FWTC Mailing List.

Then provide the information requested (your name and email address) and you'll be on your way to receiving all the latest Track Club news about running events in Northeast Indiana.



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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Betty Nelson

A running legend is still going strong

By **MARCIA KIRLIN**

Betty Nelson's running career has spanned almost four decades and has taken her from Pike's Peak to the Land of the Midnight Sun—and quite a few places in between.

Not bad for a small-town Hoosier girl who didn't start running until she was almost 30. Inspired by Frank Shorter in the mid-1970s, Betty remembers thinking, "I can do that." Her first run was less than stellar. She says she tore out the door intending to run around the block and made it a fourth of the way and had to stop. But she kept at it and soon discovered races, and before long she was hooked.

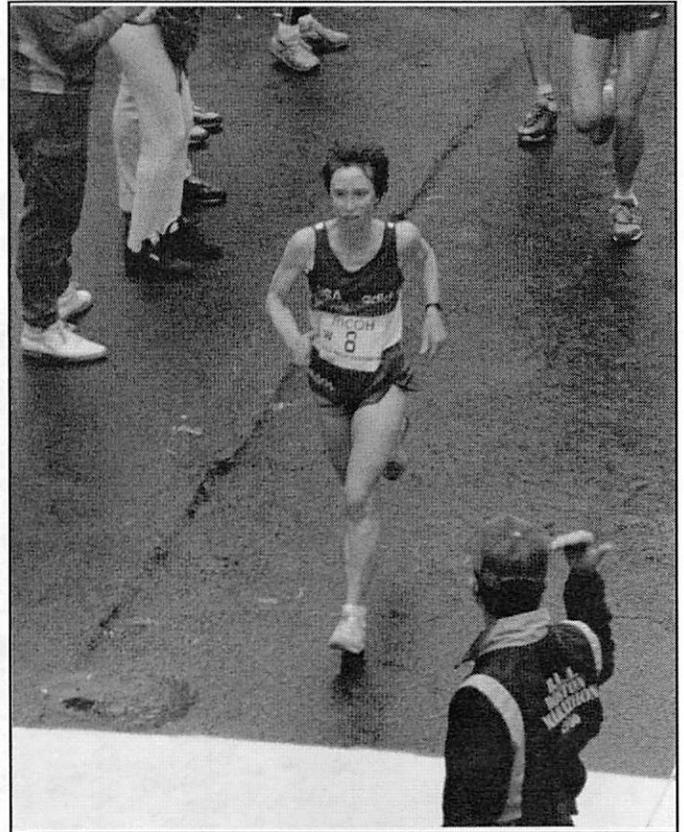
"Racing is still the most fun for me because of the people," she said. "That's what I like the best."

Betty ran a lot of 5k and 10k races when she started out. She did much of her training in the early morning hours before she had to be at her teaching job. Some afternoons she would run the eight miles from her school in Syracuse back to her home in North Manchester. In those days, there were no fancy

watches, Betty recalls, and her first shoes "were Kmart specials."

In 1980 Betty ran the first of her four Boston Marathons. "Everyone there was very helpful, very accommodating," she said, noting that her trip there was her first time on a plane. She also ran Boston in 1983, finishing 15th overall; in 1986, finishing third in the masters category, and most recently, in 2009.

Twice Betty had the chance to run the Stockholm Marathon, winning entry by finishing first in the Lake County Heart Marathon. "It was so amazing," she said, recalling how she landed in Sweden without having made any lodging arrangements. She ended up staying in the Olympic Training Facility by accompanying a fellow runner there. "I was a rookie. I didn't know they had-



Betty Nelson at the 1986 Boston Marathon. She finished third in the master's category, which netted her \$1,500.

n't set up for me," she laughed. She mingled with elite runners Emile Zatopek and Ingrid Christiansen. "The second year, I made reservations," she said with a smile.

Over her career Betty's run 40 marathons, winning 12. In addition to Boston, Stockholm and Lake County, she's run marathons in Fort Wayne, South

See Betty Nelson, page 11



Betty in September 1981 running the Chicago Marathon, her first sub-3-hour marathon finish.

Betty Nelson, cont. from pg. 10

Bend, Dayton, Chicago, Milwaukee and the Twin Cities. "I liked Fort Wayne because it was local and free when it started," she said. "If there was a [local] race, I wanted to be there." Her marathon PR of 2:51 came at the Milwaukee Lakefront Marathon when she was 39. At different points in her career Betty was sponsored by Runner's Forum of Indianapolis and adidas.

In 1982 Betty and fellow members of the Indiana Runners ran the Olympic torch from the Olympic Training Center in Colorado Springs to Indianapolis for the National Sports Festival. "I was at the top of Pike's Peak

with Wilma Rudolph," Betty recalls. "We ran the torch into small towns and would later meet with local runners," she said. "What an experience."

Logging so many miles Betty's managed to stay incredibly healthy. "I guess you could say I'm sturdy," she quipped. A stress fracture in her lower leg is the only serious injury she has had to deal with until recently when arthritis in one knee has flared up. "Running

probably increased the severity of it," she said, noting that her pain is primarily post run not during her runs. Her orthopedist is taking a conservative approach to her knee, knowing her love of running. "I just don't want to quit," she admits.

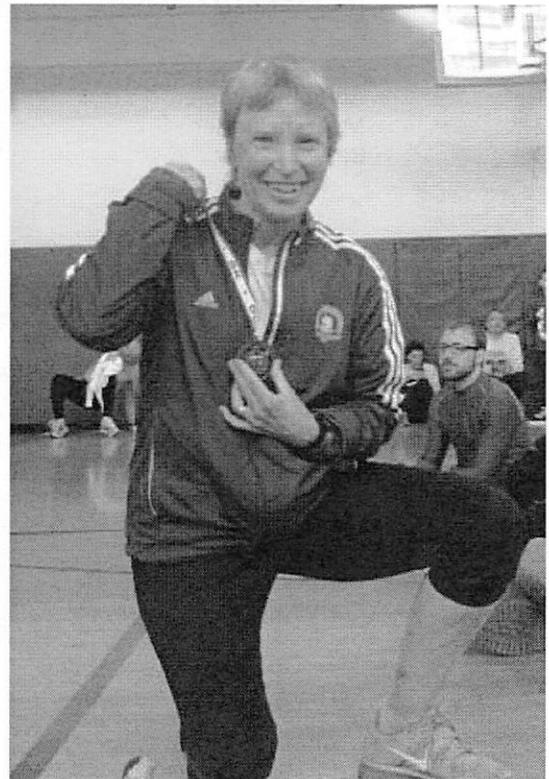
And quit she hasn't. She now runs four days a week in and around her home base of Columbia City. While she sometimes runs alone, she has always favored running with others. "You meet the neatest people you wouldn't get to know otherwise," she remarked, mentioning longtime running friends Bill Harris and Dick Harn-

ly. She says her North Webster Sunday morning group "was such fun; they were all nuts."

Betty is busy these days "paying it forward" by training a group—the Whitney Walkers—to walk the Fort4Fitness 10k in September. She also enjoys volunteering at races. "I do love that," she said. "I see so many people I know."

She and her husband also enjoying seeing the country, traveling to Maine, Seattle, Arizona and Hilton Head Island, South Carolina on recent trips.

A standing ovation greeted Betty as she received the Spirit of Running award at the FWTC Banquet in January. "What an honor. I was truly surprised."



Betty after a race in January.

2013 FWTC POINTS STANDINGS FOR WOMEN

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
19 and Under				
1	Marisa Eberle	Fort Wayne	12	200
2	Abby Brelage	Fort Wayne	13	150
3	Jamie Zeigler	Fort Wayne	12	140
20-29				
1	Ashley Anglin	Fort Wayne	29	300
2	Kalissa Herron	Fort Wayne	25	220
3	Sharon Christian	Fort Wayne	27	130
30-34				
1	Kelly Davis	Fort Wayne	32	300
2	Rachel Rayburn	Fort Wayne	30	150
3	Julie Johnson	Fort Wayne	31	140
35-39				
1	Carmen Tse	Fort Wayne	35	230
2	Arden Robertson	Fort Wayne	36	190
3	Sherry Brown	Columbia City	39	180
40-44				
1	Cari Hardin	Fort Wayne	41	250
2	Leslie Ferguson	Fort Wayne	44	160
3	Erin Brady	Fort Wayne	41	150
45-49				
1	Kim Ehleiter	Waterloo	45	250
2	Judith Roy	Avilla	49	180
3	Debbie Seigel	Huntertown	47	160
50-54				
1	Anita Bultemeier	Leo	53	200
2	Melinda Kinder	Fort Wayne	52	150
3	Betty Greider	Fort Wayne	52	140
55-59				
1	Cynthia Cornwell	Kendallville	58	250
2	Marcia Kirlin	Fort Wayne	56	220
3	Lynn Heim	Fort Wayne	57	200
60-64				
1	Sherry Nidlinger	Fort Wayne	62	300
2	Jennifer Etzler	Fort Wayne	61	160
65-69				
1	Sarah Kleinknight	Fort Wayne	68	130
2	Shirley Piercy	Fort Wayne	67	100
2	Barbie Scrogam	Fort Wayne	66	100
2	Betty Nelson	Columbia City	67	100
70 and Over				
1	Barbara DeFord	Hicksville, Ohio	72	200

2013 FWTC POINTS STANDINGS FOR MEN

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Points</u>
19 and Under				
1	Logan Weaver	Fort Wayne	10	200
1	Mark Beckmann	Auburn	16	200
2	Scott Beckmann	Auburn	15	160
20-29				
1	Elias Rojas	Cromwell	26	300
2	Thomas Crum	Fort Wayne	25	240
3	Justin Barlett	Fort Wayne	28	200
30-34				
1	Jeff Nidlinger	Fort Wayne	32	300
2	Josh Horning	Leo	34	240
3	Jonathon Gottschalk	Fort Wayne	31	180
35-39				
1	Brad Thomas	Fort Wayne	38	280
2	Chris Kaufman	Fort Wayne	36	100
3	Jeremy Ogle	Fort Wayne	39	80
40-44				
1	Michael Fruchey	Fort Wayne	43	300
2	Tom Hardin	Fort Wayne	42	230
3	Berry Weaver	Fort Wayne	42	150
45-49				
1	Scott Eberle	Fort Wayne	49	260
2	Randy Houser	Fremont	47	200
3	Rick Grieze	Fort Wayne	49	140
50-54				
1	Daniel Beck	Laotta	54	200
2	Chuck DeFord	Fort Wayne	53	190
3	Chuck Schlemmer	Ligonier	52	180
55-59				
1	Brad Altevogt	Fort Wayne	58	250
2	Chuck Brown	Bluffton	57	200
2	Mark Furkis	Ligonier	57	200
60-64				
1	Roger Kingsbury	Fort Wayne	63	280
2	Jed Pearson	Fort Wayne	61	260
3	Bruce Etzler		63	210
65-69				
1	Larry Lee	Fort Wayne	67	260
2	Bernie Burgette	Fort Wayne	68	250
3	Robert Lawson	Fort Wayne	65	150
70 and over				
1	Bill Harris	Grabill	74	300
2	Terry Parker	Auburn	72	220
3	Dick Harnly	Fort Wayne	75	160



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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

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



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

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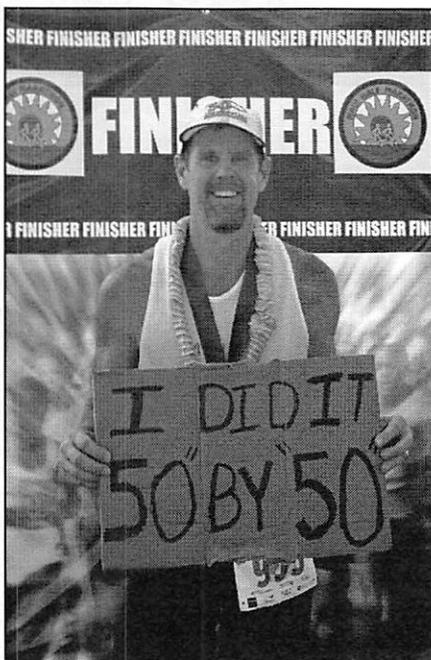
On the Mark

Treatment options for Atrial Fibrillation outlined

By DR. MARK O'SHAUGHNESSY

For those of you who actually read this column (and just don't peruse the newsletter looking for pictures of yourself) and are keeping track, when we last met, before my detour into the realm of pseudo-science and yellow journalism with my last column, we were discussing Atrial Fibrillation as the most benign of the serious cardiac rhythm disturbances we will discuss. I promised to review the usual, and sometimes unusual, therapies for this extremely common arrhythmia. As a brief review, Afib affects some 20 percent of the U.S. population and is somewhat more common in endurance athletes probably due to the anatomic changes of the heart that occur because of our favorite pastime. It is characterized by chaotic electrical activity of the upper chambers (atria) of the heart and a very irregular and frequently fast heart rhythm.

Now for the treatment options: these can be divided into heart rate control and maintenance of sinus rhythm (normal heart rhythm). But, before we get to this discussion, which by the way remains controversial in cardiology, we need to discuss anticoagulation. Because the atria (upper chambers) have chaotic electrical activity with Afib, they do not contract as they do in a normal rhythm but rather simply "quiver." (Some have described this as resembling a bag of worms.) Because the atria are not contracting as usual, blood has a tendency to "stagnate" which can form clots. If clots break off and head into the blood



stream it can plug up vessels, causing significant problems. Head north and you have a stroke, south and it can affect virtually any other organ. We call this phenomena thromboembolism; thrombo for clot and embolism for its movement through the blood stream from its original location.

In many patients with Afib, we recommend they be placed on anticoagulants (blood thinners) to prevent the development of blood clots in the atria.

These medications can be as simple as aspirin and as strong as Coumadin. All medications have side effects and of course, blood thinners make the blood thin and increase the risk for bleeding complications. One has to weigh the risks and benefits of any medication to make sure the benefit of the drug outweighs the risks. We have a formal method for doing this with anticoagulation in the setting of Afib. We use a

fancy point system (CHADS2 or CHADS2-Vasc) to assess your risk of a thromboembolic event versus your risk of bleeding on blood thinners. Even with these fancy "scientific" tools the decision for anticoagulation is not one we take lightly and is individualized for each patient.

Aspirin works by blocking the ability of the platelet (a component of our blood stream which is the initial critical step in the formation of blood clots) to aggregate (clump) and activate (send signals for other clotting factors to strut their stuff). It is the safest blood thinner we have in our arsenal but even it can cause significant bleeding and sometimes contribute to stomach ulcers. Plavix (and its market competitors Brillenta and Effient) block the platelet by a different mechanism from that of aspirin. Both aspirin and the Plavix-like medications decrease stroke (thromboembolic events) when compared to placebo but lose the battle when compared to our next contender.

Coumadin, a potent blood thinner, works by blocking the clotting cascade at multiple steps. Taking a step back, our ability to form blood clots when we have an injury and need to stop bleeding and not form clots when we don't want or need to is an incredibly elegant system made up of multiple chemical steps with feedback loops at each step. Coumadin affects four of these chemical steps by suppressing the liver's ability to form

See On the Mark, pg. 19



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2013 FWTC Points Race Rules

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

Recipe for post-exercise recovery

Right after exercise is when the mind and body are most ready and able to re-hydrate and refuel for recovery from fitness stress. Muscles, tendons, ligaments and energy stores all are in a state of need. The 30 to 60 minutes post exercise are an important time to take care of yourself. In addition to a cool down, stretching and deep breathing, remember to reach for proper fluids and foods to help the body recover.

Ingredients for recovery:

Carbohydrate calories

Right after exercise the body needs .5 to .7 grams of carbohydrate per pound of body weight.

For example a 120-pound person needs 60-84 grams of carbohydrate. A 150-pound person needs 75 to 105 grams of carbohydrate. Examples of 60 grams of carbohydrate are 6 fig bars, 2 cups juice, 2 cups milk and a banana, a bagel and ½ cup dried fruit, and 16 ounces (2 cups) of sports drink and fruit or crackers

Protein calories

Protein is essential to recovery yet there is no specific protein recommendation after exercise. Daily the protein need is .5 to .8 grams of protein per pound of weight. Aim to include a protein food with a carbohydrate food.

Minerals such as sodium, potassium, magnesium, iron and calcium

One pound of sweat has 80 to 100 mgs of potassium and 400 to 700 mgs of sodium.

Vitamins like C, D, A, E and B

Fluids

One pound of sweat is 2 to 3 cups of water. Learn your sweat rate. Drink nutritious beverages after workouts so all the body cells are re-hydrated.

This translates to choices like chocolate milk, a yogurt smoothie, cereal and milk, a high-protein sports bar, a turkey sandwich, fig bars and string cheese.

Plan for what you want and need. Make items available. Buy nutritious foods and beverages that are specifically for snacks. Think about making your own bars. **See recipes, below and on page 19.**

Pay attention this week! What do you eat and drink right after exercise? Keep a couple post-workout food diaries and analyze the choices. Do your choices provide enough nutritious carbohydrates? Are you combining a protein food with a carbohydrate food? Are you drinking enough healthy fluids to re-hydrate?

Timely nutritious choices can help you be the best you can be! Treat yourself well!

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

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TVP Bars

Ingredients:

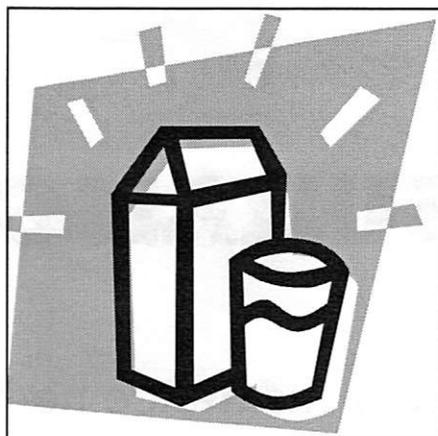
- 2 cups TVP (textured vegetable protein)
- 2 scoops chocolate protein powder
- ¼ cup sugar or sugar free Splenda
- 4 tablespoons PB 2 peanut butter (powdered peanut butter) or non fat dry milk
- ¼ cup water
- ½ cup maple syrup, regular or sugar free
- 1 teaspoon vanilla extract

Method:

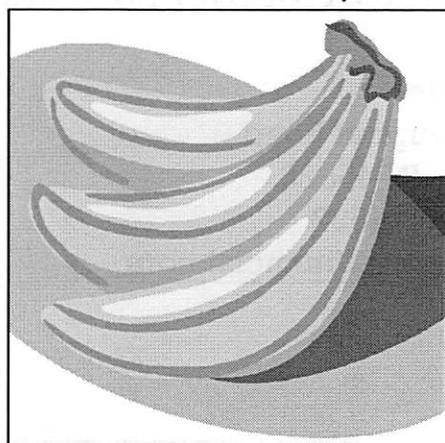
- Combine dry ingredients. Add wet ingredients and stir until blended. Press into an 8x8 inch square pan that is coated with a non-stick cooking spray. Put in refrigerator for several hours. Cut into 10 bars. Put bars into snack size storage bags. Store in refrigerator or freezer.

Recipe source: Lutheran Health Network Bariatric Center

Additional recipe on page 19



Milk and bananas are good sources of post-exercise carbohydrates.



On the Mark, cont. from pg. 16

these clotting factors. The therapeutic window for Coumadin is very narrow and this drug needs to have very careful monitoring with frequent blood tests to ensure we remain in the therapeutic range without getting the blood too thin, which increases the risk for bleeding complications. When we compare Coumadin to the aspirin/Plavix medications, Coumadin is the clear winner in the prevention of the only real complication of Afib: thromboembolism. Therefore, based on the above risk/benefit discussion Coumadin is the most frequently prescribed medication for the treatment of Afib and its major complication: thromboembolism.

There are three “new kids on the block” when it comes to anticoagulation (blood thinners) and Afib. Praxa, Eliquis and Xeralto all have been released in the last three years as blood thinners for the treatment of thromboembolism related to Afib. Studies suggest they have a slight edge on Coumadin at preventing the dreaded stroke in patients with Afib and because they work differently than Coumadin they do not need any blood monitoring, resulting in easier administration. The down side of these new medications is that they are new medications and cost substantially more than generic Coumadin-Warfarin that runs a whopping \$4 a month.

As a short summary, despite which

camp one favors, rate control or rhythm control, for Afib, which we will discuss in greater detail in the next column, anticoagulation in some form is essential for the prevention of thromboembolic complications of this relatively benign heart rhythm disturbance. The complication that is most feared with Afib is a thromboembolic stroke and given that there is no such thing as a “small stroke,” virtually all patients with Afib need some form of blood thinner to prevent this dreaded complication. Stick around for the next column where we will dive into the controversy over rate control versus rhythm control. I can hardly contain myself. As always, keep running for it does add life to our days.

Peanutty Energy Bars

Ingredients:

- ½ cup salted peanuts
- ½ cup sunflower seeds or another nut
- ½ cup raisins or another dried fruit
- 2 cups uncooked oatmeal, quick or old fashioned
- 2 cups rice cereal
- ½ cup peanut butter
- ½ cup brown sugar
- ½ cup corn syrup or honey
- 1 teaspoons vanilla
- Optional: ¼ cup toasted wheat germ

Method:

• In a bowl mix nuts, seeds, raisins, oatmeal and cereal; set aside. In a microwavable bowl, combine peanut butter, brown sugar and corn syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended. Pour peanut butter mixture over dry ingredients and stir until coated. Spoon and press firmly into a 9 x 13 inch pan that is coated with a non-stick cooking spray. Let stand 1 hour. Cut into squares. Serves 16.

• Per bar: 225 calories, 30 gms carbohydrate, 6 gms protein and 9 gms fat

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



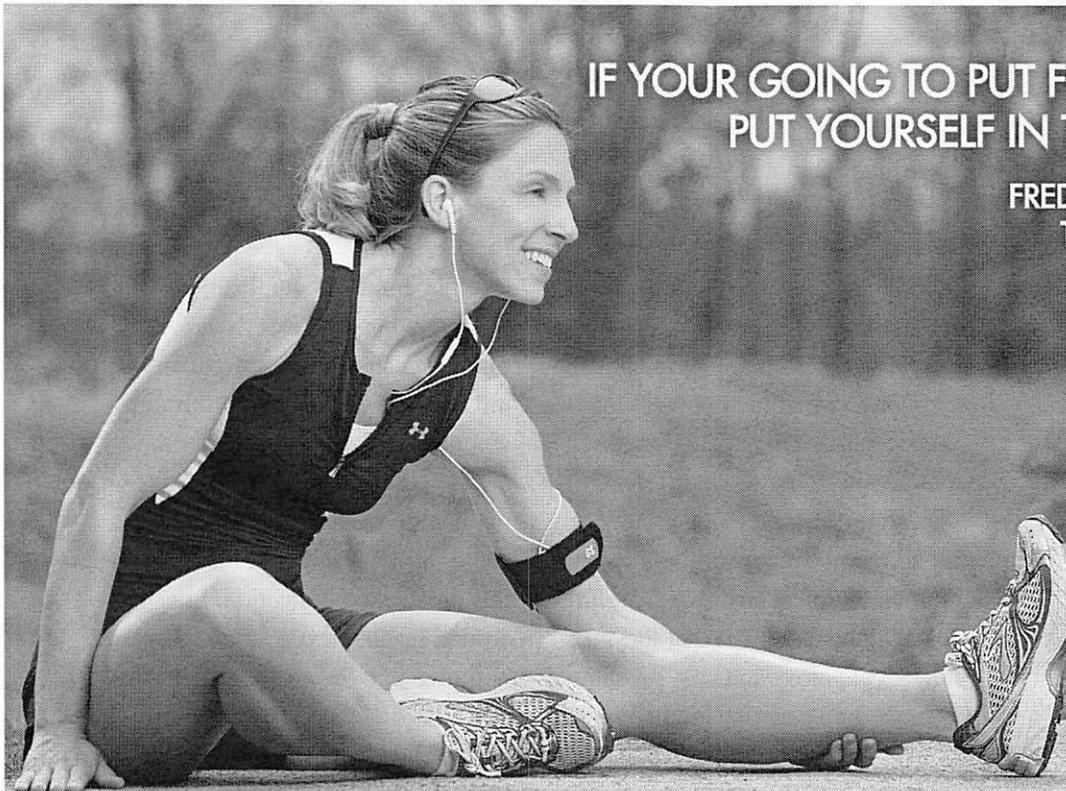
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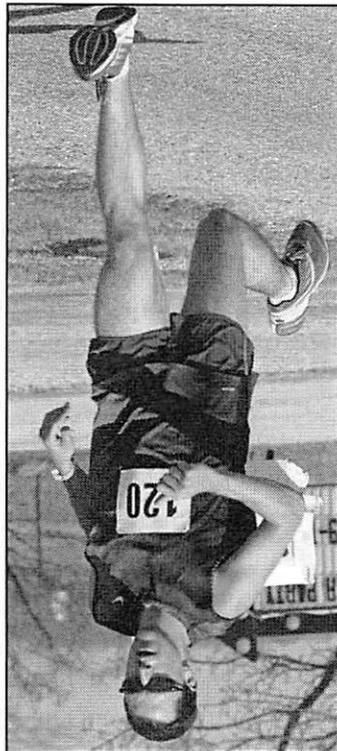
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*One runner's ramblings***Thoughts on Boston, running and finding hope**By **MARCIA KIRLIN**Editor, *Inside Track*

Editor's Note: I wrote the following column a day after the Boston Marathon bombings, before the solidarity runs took place. Perhaps some of you can relate to how I felt in the immediate aftermath of the tragedy.

At the end of the day what I was left with were tears and miles.

Boston. One word. That's all you need to say. Runners know exactly what you mean. Many aspire to run it; a select few actually will. To a distance runner it's the pinnacle, the bucket list marathon dream.

By mid-afternoon on April 15 the single word "Boston" was no longer about a grueling 26.2-mile race. As the day progressed, when you heard or read the word "Boston" it meant death and destruction, tragedy and terror, uncertainty and fear.

Watching the coverage of the bombings at the Boston Marathon finish line my thoughts went first to the area runners who were there to run the race—I personally knew Grant Stieglitz, Alissa McKaig and Winston Samarasingha were there. Friends of mine knew several others. I turned to Facebook to check for updates. Grant and Alissa, we learned, were fine. It took several hours before anyone posted anything about Winston. It turns out he was in the medical tent when the explosions occurred.

News travels fast in this day and age. As I learned that area runners

and their families were safe, my thoughts turned to my sister in Washington state, a 3-time Boston finisher who also had friends in this year's race. All but one of her friends had been accounted for at that point.

I kept watching the same footage over and over and over, repeatedly seeing 78-year-old runner Bill Iffrig hit by shrapnel, stumble and fall. I saw dazed and bandaged spectators whisked away in wheelchairs. I kept trying to understand. I kept asking why. I kept wanting to do something other than watch TV, follow Facebook posts and feel hopeless and numb.

So I did what runners do: I headed out the door and ran. It wasn't a great run, but it was definitely a needed one. I cried, I prayed, I thought about the innocent people affected by the tragedy, and all the while the unanswered question "Why?" kept echoing in my mind. When I got back home I felt a little less numb but every bit as helpless.

What hit me hardest that first night was the news that one of those killed was 8-year-old Martin Richard. An innocent child who just moments before had welcomed his dad at the finish line. Meaningless. Senseless. As a parent who has lost a young child, my heart goes out to anyone who loses a child under any circumstances. But like this? At what should be a joyous occasion? Almost beyond comprehension.

Life will go on for the Richard fami-

ly, and running may even play a part. But life for them will never be the same. A day won't go by that they don't remember

their son, and think "What if?" The pain eases, but the permanence of a promising life cut short is now part of their reality.

So the morning of April 16 with thoughts of the Richard family in mind, I did more than just wear a race shirt. I headed out the door again, and this time ran 8 miles, one for each year of young Martin's life. And I thought about my son Christopher and what he might have been like at age 8. And I cried some more.

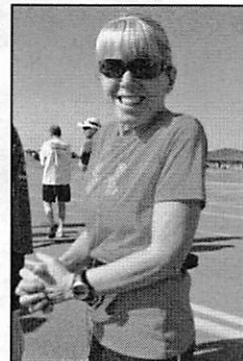
Tears and miles.

Maybe that's all I have right now. Perhaps in the days ahead I'll think of a lasting way to honor the memory of those who lost their lives and to help those who were seriously injured. For now, I cry because Boston is a word that at least for the time being represents sadness and dreams cut short.

And I run because I need Boston to remain a singularly powerful word in the world of running. Even if I never get there, thousands of my fellow runners will.

Tears and miles.

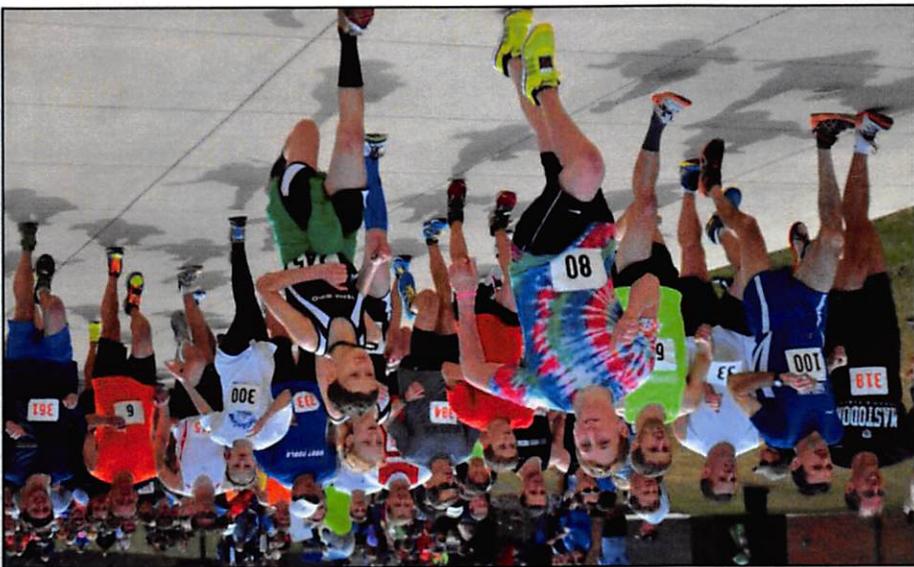
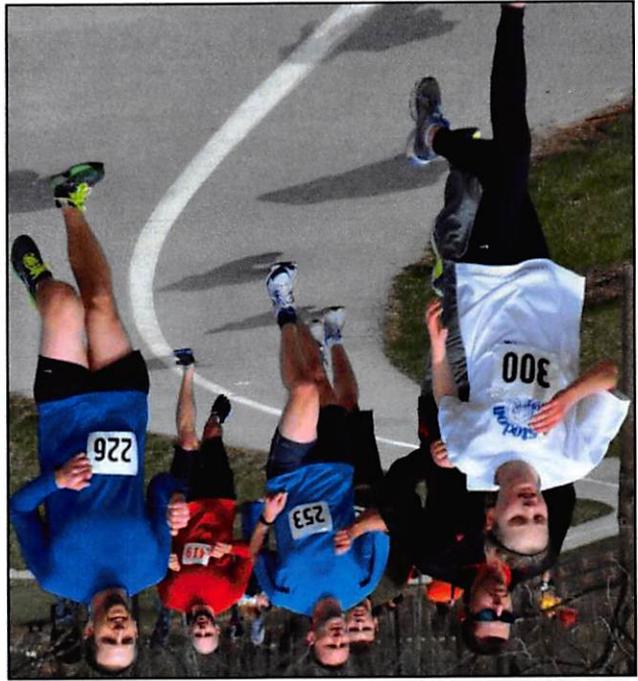
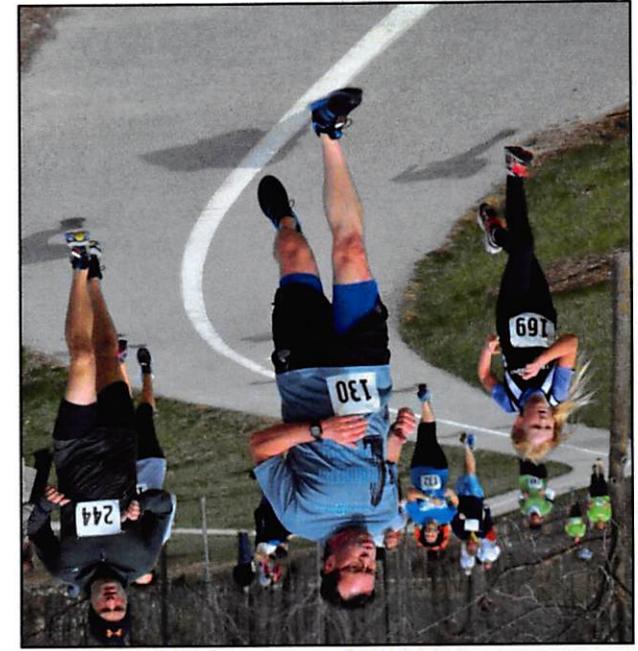
And after my latest run, a glimmer or two of hope.





THE INSIDE TRACK

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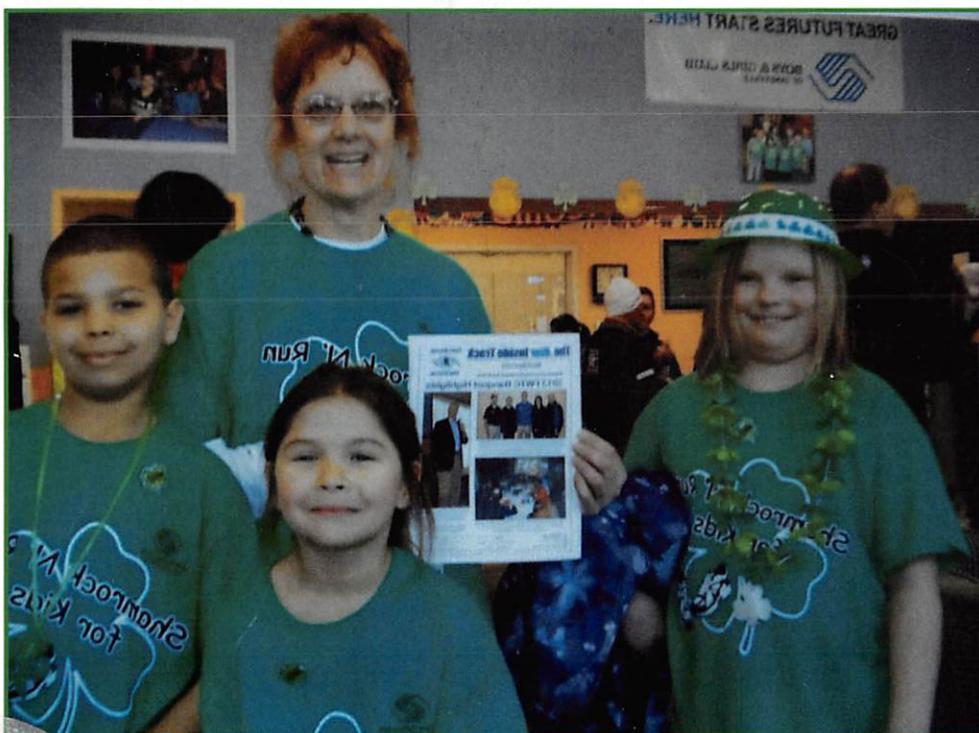
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The Inside Track traveled to Janesville, Wisconsin. Pictured is FWTC Board Member Cheryl Stromski with members of the Boys and Girls Club after the Shamrock 'N' Run 5k in mid-March. Janesville is Cheryl's hometown. While visiting family she enjoyed running this race and supporting a worthy organization. *The Inside Track* will publish photos of members holding a copy of the newsletter at races outside of Northeast Indiana. Send digital photos to [nilrik@msn.com](mailto:nirik@msn.com)