

The *New* Inside Track

July/August 2013

A publication of the Fort Wayne Track Club

FORT WAYNE



TRACK CLUB



Story and additional photos on pages 2, 3 and back cover



Fort Wayne Track Club members Susan Koenemann and Jeff Rohleder at the start line of the Antarctica Marathon in April.

Antarctica race completes Jeff Rohleder's seven-continent marathon quest

UPCOMING RACES

Runners on Parade-July 13

Matthew 25-July 20

Indiana Physical Therapy New Haven 10k-August 3

Anthony Wayne Rotary 5k-Aug. 17

FACES

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PACES

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Jeff Rohleder

Around the world in seven marathons

By MARCIA KIRLIN

Jeff Rohleder wasn't always a runner. But he was an adventurer.

And now his love of running and adventure have taken him to marathons on all seven continents, a feat very few runners ever contemplate, let alone complete.

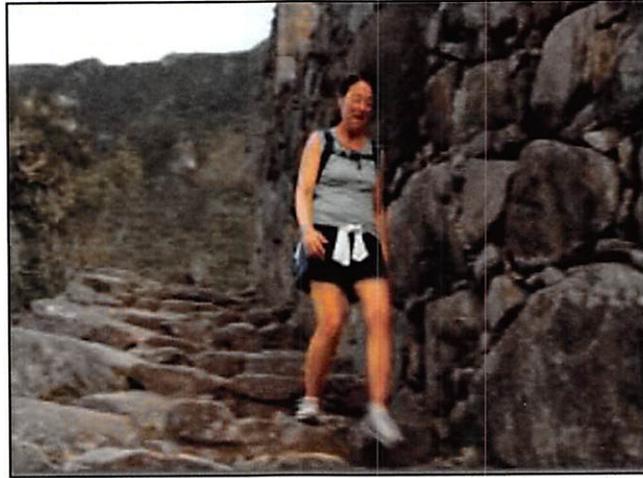
"It's been great," he said, of his seven-continent quest. "You meet all these interesting people."

In April Jeff completed his final marathon—on "the seventh continent," Antarctica, a race he waited three years to run, only to have the originally scheduled race get cancelled the night before he and his friend and fellow runner Susan Koenemann were supposed to leave.



St. Petersburg, Russia, Marathon

Weather conditions forced race organizers to postpone the marathon for three weeks, a blessing in disguise for Susan, a teacher at Carroll Middle School, whose Spring Break then lined up with part of



Susan Koenemann navigates her way down the Inca Trail steps during the Inca Trail Marathon in Macchu Picchu, Peru.

the rescheduled trip.

"Antarctica was unbelievable," Susan said. She and Jeff saw penguin colonies, humpback whales, seals and many species of birds. The race itself on King George Island was challenging, Jeff readily admits. Only 100 runners are allowed to race and they have to run with everything they need, including water, sports drinks and nutrition items. There were no bathrooms on the course either.

"There was some ice on the course so we had to move gingerly," Jeff remarked. The temperatures were in the low 20s and there was light wind, decent conditions for Antarctica. Nonetheless, the hilly, rutted roads and patches of ice make this "the most dangerous marathon with the most people injured," he said.

Jeff, a member of the Seven Continents Club, arranged his epic marathons through Marathon Tours and Travel, a Boston-based marathon

travel company. He explained that in each of the destinations he's traveled to, the marathon is only a small part of the experience. Numerous sight-seeing and exploration opportunities are available to the participants in each of the locales they visit.

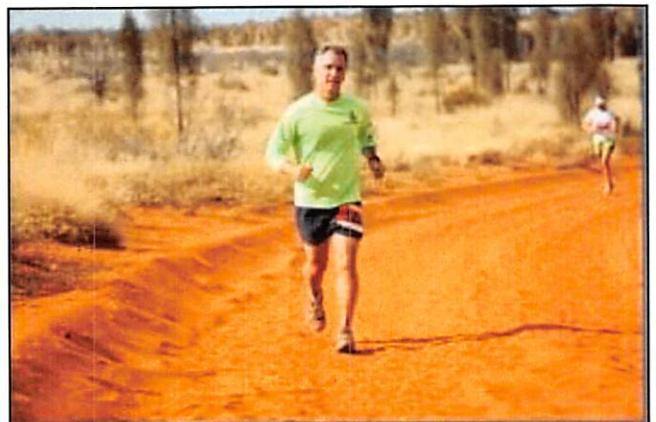
For instance, in China, where Jeff ran the Great Wall Marathon in 2008, side trips included visits to explore the Terra Cotta Warriors and the Emperor's Palace.

"China was a fabulous trip," he said. Prior to his marathon trip there, he had been motivated by an article in Men's Health magazine that said running the Great Wall Marathon should be one of the ten things you do before you die.

"It piqued my interest in doing two things that I always wanted to do—travel to exotic places and run."

While Jeff runs his marathons, Susan generally runs the half marathon versions of each race. She did, however, run her first and only marathon, the Inca Trail Marathon in Machu Picchu, Peru, in 2010 when Jeff ran it to complete his

See Seven Continents, page 3



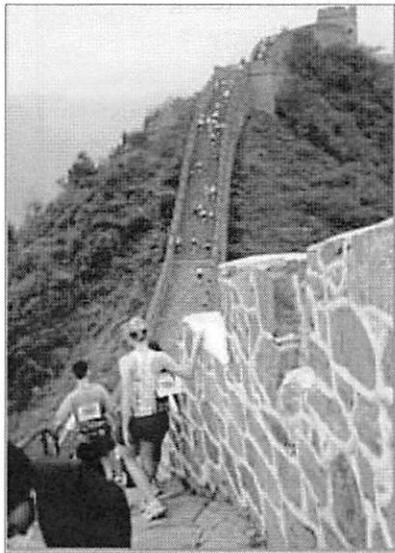
Jeff Rohleder races the Red Rock Marathon in Australia.

Seven Continents, continued from page 2

South America requirement. The 27+ mile course follows the Inca Trail, up and down steep and rocky terrain. "It was beautiful but exhausting," according to Susan. Many consider Machu Picchu and the Pike's Peak Ascent to be the two most difficult marathons in the world, Jeff pointed out.

Jeff satisfied his Europe requirement by running the St. Petersburg [Russia] Marathon in 2011. On their own this time, Jeff and Susan toured several cities in Europe including Barcelona and Paris, where they took some pretty spectacular training runs. "We ran to the Louvre," Susan said. "We ran to the Mediterranean."

A very hilly course through the Serengeti awaited them in Nairobi, Kenya. The Sa-



Great Wall Marathon in China

faricom Marathon took them through the Lewa Conservancy, where guards were stationed along the course and overhead in helicopters to keep giraffes and elephants at bay. Susan and Jeff took several safari trips while they were in Africa.

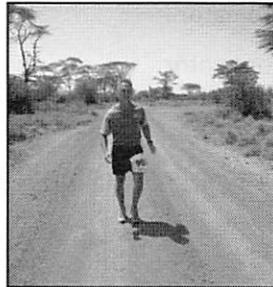
In Australia, they ran the Red Rock Marathon and Half Marathon, which took them through the Australian Outback. Highlights of the Australia trip were exploring Sydney and the Great Barrier Reef.

In North America, Jeff's run the Detroit, Chicago and Las Vegas marathons, among others. Detroit was his first, a race he tackled just six months after he took up the sport. A body builder and weight lifter in his 20s and 30s, Jeff didn't start running until he was 40. He started that spring with a 4-mile race on Memorial Day and a half marathon to raise money for a relative's cross country team.

Although he trained seriously for Detroit, Jeff says his goals were modest. "I wanted to finish the race, run the whole thing and come in under four hours." He accomplished all three, crossing the finish line in 3:54. "Three days later, I was already thinking, 'How could I do better?'" he said. He followed up his Detroit marathon with four to five more that first year. After the Rock 'n' Rock San Francisco Marathon in June, Jeff's marathon total now sits at 39.

Susan, a high school friend of Jeff's, started her running journey even later in life, at age 51. She had been a smoker, but now lives "a really healthy lifestyle." Her first running efforts with Jeff were small and tentative. "He was really encouraging," she said. "He told me, 'One day you'll run a mile,'" and she did. She signed up for the half marathon in Nairobi and has now run 16 half marathons and one full. She's run half marathons on all the continents except Europe and Asia.

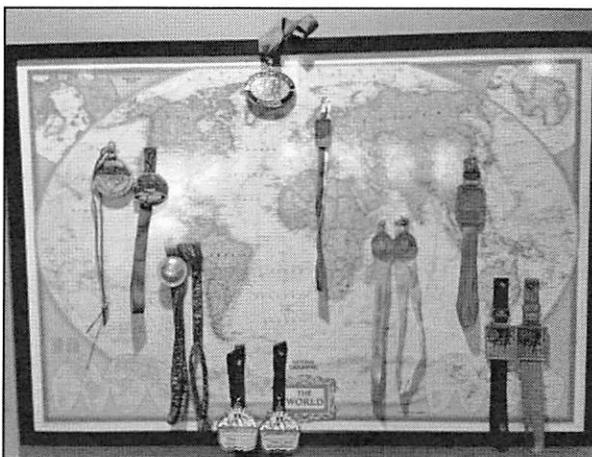
"Each place we've been to has been amazing," Jeff said.



Safaricom Marathon in Kenya

"We've seen lions mating, Aborigines, took a hot air balloon ride in Africa."

"I was on a quest to get it done before something happened," Jeff said, when asked about his motivation to join such an elite club. And what's next? It's hard to top Antarctica, but Jeff's got a couple of North America favorites—Chicago and New York—on his radar for the fall. He and Susan run quite a few FWTC Points Series races, as well. If you see him at one, be sure to congratulate him on his remarkable seven-continent quest!



Jeff and Susan's medals span the globe.



Susan at the finish line of the Safaricom Half Marathon in Kenya.

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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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

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FOLLOW US:  

Runners on Parade is just around the corner

There's still time to register for that summer classic, the annual Runners on Parade 5k Presented by Fort Wayne Orthopedics and Three Rivers Running Company. This year's race will take place on Saturday, July 13 beginning at 8 a.m.

The race starts and finishes at the north end of South Calhoun Street, just south of Headwaters Park, and runs through downtown Fort Wayne. The flat out and back course is perfect for a PR! And if running the race itself isn't enough, there's prize money at stake! A total of \$1,000 will be awarded to this year's top runners. A post-race awards ceremony will be held at the Headwaters Park pavilion.

To register online, go to runrace.net and click on Find a Race. Then look for Runners on Parade or follow the link to the race on the Fort Wayne Track Club's website, fwtc.org. Participants need to sign up before the 13th because there will be no race day registration, but runners and walkers can sign up the day be-

fore the race – July 12 -- at Three Rivers Running Company from 2-8 p.m. Packet pickup for pre-registered participants will also be at TRRC during those hours on July 12.

Through July 6 registration is \$15 for FWTC members and runners 14 and under and \$20 for non-FWTC members; after July 6 the price for all registrants is \$25. One dollar of each registration benefits Riley Hospital for Children. The race is a Fort Wayne Track Club Points Series race.

Runners on Parade is one of the kick off events for the nine-day Three Rivers Festival, Indiana's second largest festival, which this year celebrates its 45th year of family fun and entertainment at various locations around the city.

Come on out and get the Three Rivers Festival started right! Hope to see many Track Club members running the Fort!

Happy (Fort Wayne) Trails to you!

If you haven't checked out the trail system in and around Fort Wayne, this summer's the perfect time to get out there and walk, run or bike the trails.

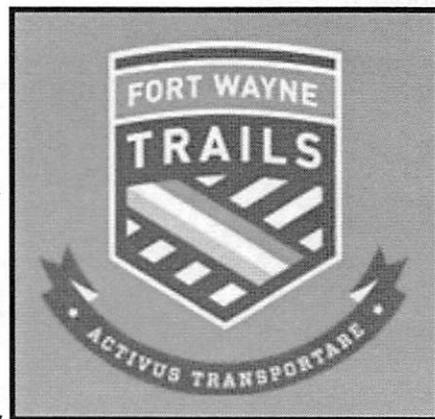
Fort Wayne Trails currently boasts 70 miles of trails, and many new trails and connections are on the drawing board for completion in the next several years. One of the newest developments is completion of the bridges and boardwalks between Johnny Appleseed and Shoaff parks. Fort Wayne Trails Operations Coordinator Josh Smith explained that completion of the trail between the two parks will occur after AEP is able to move transmission poles along the corridor.

Another promising development for trail users will be completion of the Engle Road Trail. This connection will provide another crossing of Jefferson Boulevard at Aboite Center Road, and create a 5k loop using the Towpath Trail. Work is set to begin on this project in the fall, with completion projected for January or February of 2014.

Several city and state road construction projects that include trails are underway as well. Among them are the new trail included in the Union

Chapel Road project over I-69, a trail on State Road 14 (Illinois Road) between Scott and West Hamilton, completion of the new segment of trail along Auburn Road, and an extension of the Covington Trail between Ladue Lane and Hadley Road.

Another new Trail initiative is a relationship with Fort4Fitness as a charity partner. For every runner or walker who registers for one of the Fall Festival races as a member of the Fort Wayne Trails team, Fort4Fitness will donate a portion of the registration fees to the trails. If you're interested, just register for one of the Fort4Fitness events using the Charity Partner code "FWT." Even if you've already registered, you can still benefit the Trails. For more information, visit the Fort4Fitness Charity Partner page on the Trails website, fortwaynetrails.org.



Runners and walkers might be interested in two upcoming Fort Wayne Trails-sponsored races—the Pufferbelly 5k and 1-mile kids run and the Trail Blazer 5k and 10k, scheduled for Aug.



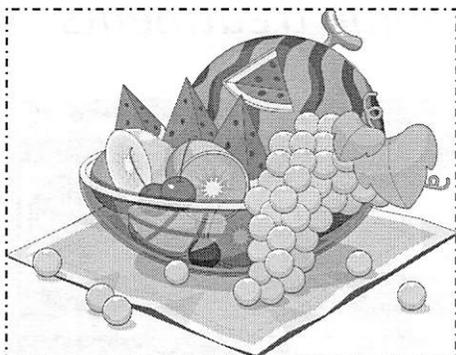
10 and Oct. 20, respectively. Race brochures are included in this newsletter.

Another exciting development this year has been the addition of a walking component to the monthly Trail Mixer events. Organized one- to two-mile walks take place at parks around Fort Wayne. Trail Mixers are the second Tuesday of each month beginning at 6 p.m. through September. Following the bike ride and walk there is a social time featuring food and music.

If you're training for a fall race, getting some of your weekly miles in or in the mood for a scenic walk, get out and check out what Fort Wayne Trails has to offer!



Eating healthy doesn't have to cost a lot



Eating healthy is expensive. True or false?

The answer is False! Eating unhealthy is expensive. Most highly processed ready-to-eat foods and beverages cost more than low-processed, easy to fix foods. Eating mainly highly processed foods increases risk for high-cost diseases like cancer, diabetes, high blood pressure, heart disease, kidney disease and obesity.

How can we eat healthy on a budget? Plan and prepare!

Be proactive and prevent over buying and /or selecting expensive foods and beverages by planning meals and snacks for your family and you. Plan to prepare meals and snacks. Home-made meals cost less than restaurant meals.

Budget-Friendly Tips

- * Plan to use healthy eating guidelines for meals and snacks. Some sources of healthy eating guidelines are:
www.choosemyplate.gov,
www.nhlbi.nih.gov (DASH Eating Plan) , www.nancyclarkrd.com,
www.fitness.gov/eat.healthy
- * Plan what you will eat at meals and snacks.

- * Plan to have a meal plate that's mainly low-processed fruits, vegetables and whole grains. Make just 25 percent of your plate meat or poultry.

- * Prepare more meals and snacks at home and eat out less.

Examples:

Making a lunch costs \$.50 to \$2 while buying a lunch can be \$4 or more

Packing a snack bar is \$.25 to \$.50 while buying a bar from a vending machine or convenience store can cost \$1.- \$2.

- * Prepare a shopping list organized by food groups. This will increase the chance of having healthy foods at home. It will reduce impulse shopping and prevent purchasing things you had no intention to buy. Include on the list low-cost wholesome foods like rice , oatmeal, potatoes and pasta.

- * Plan to primarily shop the perimeter of grocery stores.

- * Plan to shop at local farmers markets for nutritious produce and other foods. (See page 15.)

- * Plan to buy less meat and poultry. We need just 3-4 ounces of meat, poultry, fish or another protein source at meals—not 8 ounces (1/2 pound).

- * Plan to eat and drink fewer empty-calorie foods like candy, desserts, soda, beer and wine. This will help with obesity prevention and

lessen the risk of other lifestyle diseases.

- * Plan to shop after a meal or snack! If you're hungry there's a higher chance you will buy foods you really didn't want or need.

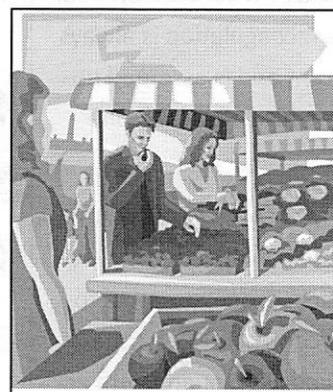
- * Use coupons.

- * Watch for great sales like bananas for \$.29 cents per pound.

- * Take a basic cooking class and learn how to make meals from scratch.

- * Plan to use resources that can help like
www.fort4fitness.org/4yourhealth,
www.livehealthy.parkview.com,
www.choosemyplate.gov and
www.eatright.org

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



Farmers markets are a great source of healthy, affordable foods. See page 15 for a list of Fort Wayne markets, and some recipes for healthy beverages.

On the Mark

Atrial Fibrillation: Controversy surrounds some treatments

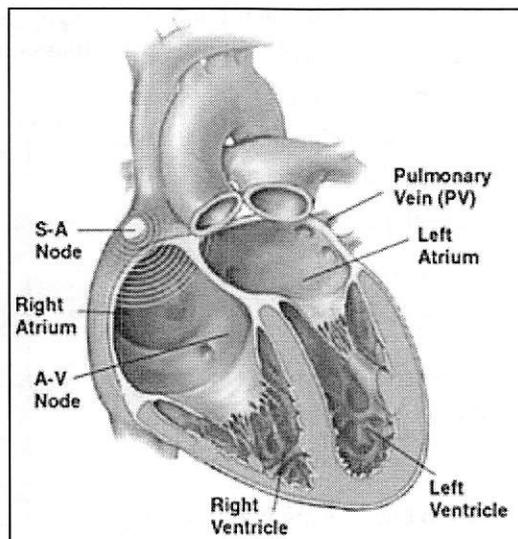
By **DR. MARK O'SHAUGHNESSY**

Last time we discussed the rationale for the use of anticoagulants (blood thinners) in patients with Atrial Fibrillation. This month, as promised, we will delve into the various treatment options for Atrial Fibrillation and the controversy surrounding these options. As you may remember from previous articles, AFib will cause no harm to the heart and will not cut a second off of one's life. If we prevent the one major complication of this rhythm disturbance (stroke) and control how fast the rate goes, patients can live long, happy and productive lives.

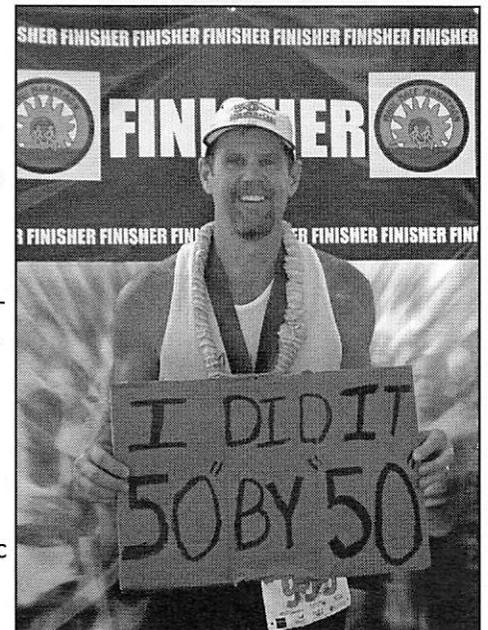
There are two schools of thought in cardiology: rate control and rhythm control. No matter which camp one belongs to in this controversial area of medicine, anticoagulation is always important and is assumed no matter which approach one chooses.

In the rate control school, the more conservative of the two approaches, one attempts to simply control how fast the heart goes at rest and with activity and as long as the patient remains asymptomatic we leave the person in the atrial fibrillation. For those of you who truly read this column and have studied in detail all we have covered over the last several years you might remember that the

heart's elegant electrical system is made up of several areas to process the electrical activity in an orderly fashion. We take advantage of the AV node (the middle pacemaker) and use medications that slow electrical conduction thru the AV node to control the heart rate. We use classes of medications to slow this electrical conduction such as beta-blockers (Atenolol, Metoprolol, Coreg, etc.) or calcium channel blockers (Cardizem or Verapamil) and sometimes Digoxin. The atria have the aforementioned chaotic electrical activity that is bombarding the ventricles with up to 600 impulses/minute. By using these medications, we filter much of this activity out, controlling the actual heart rate.



The rhythm control school, on the other hand, looks to try to get the patient back into normal sinus rhythm "at all costs." The easiest way to do this is to "let lightning strike" and cardiovert the patient back to normal rhythm. Just like in Hollywood, we



place paddles on the patient's chest and blast away with enough energy to resynchronize the heart back to normal rhythm. Cardioversion is basically "controlled electrocution" where we literally stop the patient's heart and allow it to resume on its own in a normal rhythm. Cardioversion hurts like crazy so we always completely sedate the patient so they do not feel the procedure. This procedure is 98 percent successful with the first shock and the patient can resume normal activities virtually the next day

The problem with AFib, however, is that like a bad penny it keeps coming back. Data suggests that a person has a 50-50 chance of having recurrent AFib within two years if we simply use cardioversion as our treatment option. For those people who

See Afib, page 12



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Fort Wayne Track Club 2013 Points Races

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



FWTC member spotlight: Nancy E. Boyer

By CRAIG BOBAY

I recently sat down with long-time FWTC member Judge Nancy E. Boyer. In a lively conversation with the affable Allen Superior Court Judge, I learned about life in and outside of Judge Boyer's running habit. Nancy has been on the bench in Allen County since 1990, hearing civil cases. Her cases involve non-family law and non-criminal disputes between citizens, such as contract disputes, property disputes, commercial litigation, civil rights and personal injury law. She is part of a unique judicial duo, as her husband, Tom is a long-time magistrate in the Allen Superior Court. Tom is also a fitness enthusiast, who switched from running to bicycling a few years ago due to knee issues. They have two adult children, Ann and David and one granddaughter. Son David ran for Huntington University, and is regularly a top contender in most local races. Nancy celebrated her 62nd birthday on May 1. Here is our conversation.

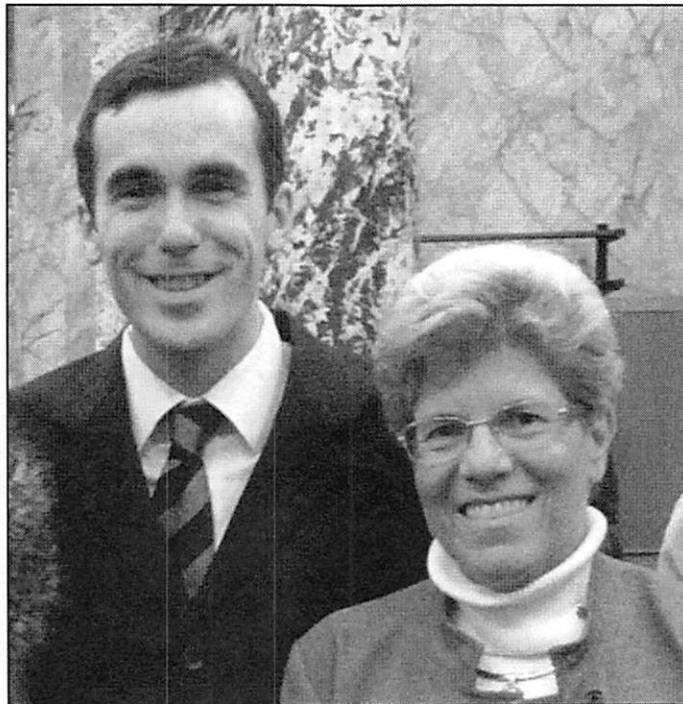
Bobay: What are your hobbies?

Boyer: Running, traveling to warm places in the winter, shopping with my daughter and spending time with my granddaughter.

Bobay: What is your favorite running gear?

Boyer: For shoes, it's Nike Air Pegasus. I also like thermal tops on cold days. I recently purchased a bright yellow Frank Shorter top. I love colorful gear. I wish I could more easily find women's running gear that is colorful.

Bobay: What is your favorite



Judge Nancy Boyer with Casey Shafer on his wedding day in 2012.

food?

Boyer: Pizza! And grilled fish, too.

Bobay: When did you first start running?

Boyer: I ran my first Indy mini-marathon in 1997. I started running in 1996 in order to build up to reaching my goal of running the Mini. I have been running

ever since.

Bobay: What are your favorite races and places to run?

Boyer: I love to run along the Florida coast, with views of the Gulf of Mexico on one side of the road and the Intercoastal Waterway on the other side. The Indy Mini is a favorite race, as is FWTC's Runners On Parade, Galloping Gobbler, River City Rat Race and Fort4Fitness.

Bobay: Why do you run?

Boyer: For my health, weight control, to stay young and the camaraderie of the running community.

Bobay: What is your favorite non-running entertainment?

Boyer: Going to dinner with friends, and seeing live music performances – like Jimmy Buffett.

Bobay: Describe a unique running-related experience:

Boyer: When I performed the wedding for Casey Shafer and his wife Sylvia, in 2012. That was fun.

Bobay: What are your proudest running accomplishments?

Boyer: Completing the Mini my first time, setting PRs at various distances, winning age division race awards and my third place

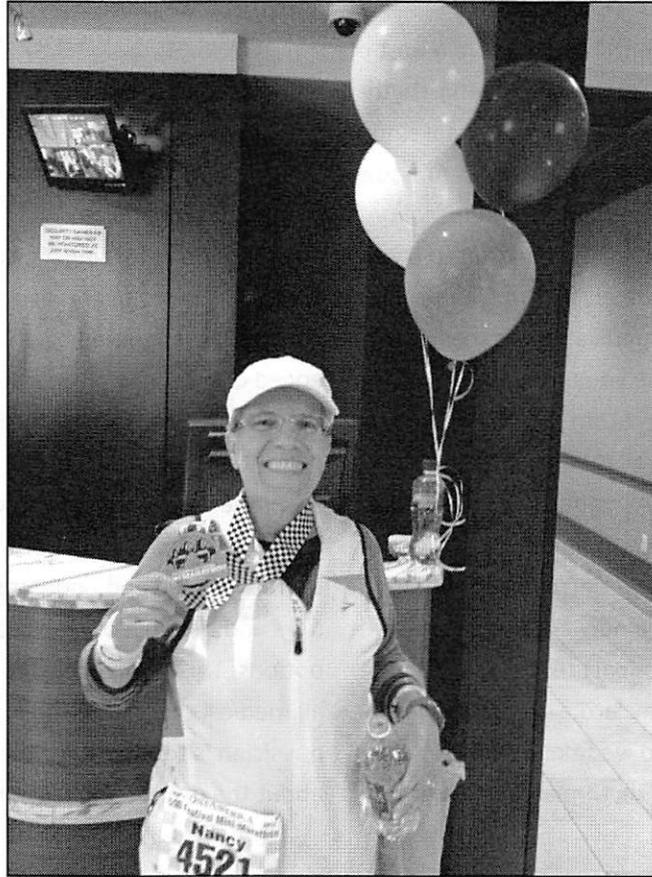
See Boyer, page 11

Boyer, continued from page 10

in the 2012 FWTC points races for my age division.

Bobay: What inspires you to run?

Boyer: To encourage more people to get out and be active at any age. It's sad that some people drop out from active life as they age. Why stop? I hope to see more age divisions for older runners as the [Baby] Boomers get older. When I was in high school, there were no sports for women – only cheerleading. So when I started running, I experienced the joys of athletic competition and athletic accomplishments for the first time. And I still do – that is why running is important to me.



Nancy was all smiles after this year's Indy Mini.

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Afib, continued from page 8

have recurrent Afib, we have a host of other medications called antiarrhythmic that try to maintain normal sinus rhythm. Medications such as Amiodarone, Multaq, Ibutilide, Rhythmol or Betapace have all been used to try to maintain normal rhythm. The problem with these medications is that they only increase your chance of maintaining normal rhythm 15-20 percent (70-30) and like all medications they have side effect. All antiarrhythmics have the possibility of an unsavory side effect, called proarrhythmia where they create a new and potentially life-threatening heart rhythm called Ventricular Tachycardia or Ventricular Fibrillation. So we take a non-life threatening heart rhythm and give a poten-

tial life-threatening complication. We, of course, reserve these therapies for those individuals who continue to experience life-limiting side effects despite good heart rate control as discussed in the rate control approach.

The decision regarding a rate control versus the more aggressive rhythm control is best guided by an experienced cardiologist who understands the activity levels and desires of the patient and can assist in the decision. It is imperative that the patient be an active participant in the process of therapy choice and understands the risks and benefits of any treatment options. This advice holds for virtually all medical therapies. The job of the physician is to educate the patient about the disease process, offer thera-

py options and help in the decision as to which option is best for a given situation, BUT ultimately the decision is the patient's to make because they are the ones who must live with the decision. If your health care provider refuses to answer ALL of your questions or simply does not have enough time to cover all of the issues to help you make a good informed decision, it is time to seek a second opinion and get a new provider.

Next month we will complete our discussion of Atrial Fibrillation and discuss some very aggressive therapeutic options for the treatment of this rather benign rhythm and review some promising therapies on the horizon. Until then, keep running and hope to see you on the trails.

2013 FWTC Points Series 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

Stay safe on your runs: RRCA tips to consider

- ◆ Don't wear headphones. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
- ◆ Run against traffic so you can observe approaching automobiles. By facing oncoming traffic, you may be able to react quicker than if it is behind you.
- ◆ Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- ◆ Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
- ◆ Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
- ◆ Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.
- ◆ Trust your intuition about a person or an area. Act on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not right, it probably isn't.
- ◆ Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
- ◆ Run with a partner. Run with a dog.
- ◆ Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- ◆ Avoid unpopulated areas, deserted streets and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- ◆ Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- ◆ Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.
- ◆ Practice memorizing license tags or identifying characteristics of strangers.
- ◆ Carry a noisemaker. Get training in self-defense.
- ◆ When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- ◆ Call police immediately if something happens to you or someone else, or you notice anything out of the ordinary. It is important to report incidents immediately.



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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.

**COME SEE OUR
NEW LOCATION!**

Three Rivers Running Company
4039 North Clinton Street; Fort Wayne, IN 46805
260-496-8000

Farmers Markets in Fort Wayne

Southside Farmers Market, Saturdays 7 am to 1 pm, Easter to December, www.southsidefarmersmarket.com

Barr Street Market in downtown Fort Wayne, Saturdays 9 am to 1 pm till September 14th, www.ylni.org

Fort Wayne Farmers Market sites, www.ftwaynesfarmersmarket.com:

-Tuesdays at Parkview Regional Medical Center, 2 pm to 6 pm

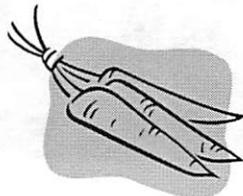
-Wednesdays at Calhoun and Wayne streets, 10 am to 2 pm

-Wednesdays at Schnelker Park, New Haven, 4 to 7 pm

-Thursdays at Georgetown Square, 4 to 7 pm

-Fridays at Jefferson Pointe beside Rave theater, 4 pm to 7 pm

-Saturdays at corner of Barr and Wayne streets, 9 am to 1 pm



6 cups water
1 cinnamon stick
1 tsp. whole cloves
6 black tea bags, regular or decaffeinated
3-4 cups apricot or peach nectar or another favorite juice
Sugar or honey, to taste (optional)

In large saucepan, simmer water, cinnamon stick and cloves 15 minutes, covered. Turn off heat. Add tea bags. Steep 2-5 minutes, depending on the strength you prefer. Remove tea bags. Add apricot nectar. Add sugar or honey, if desired. Strain to remove spices. Refrigerate until cold.

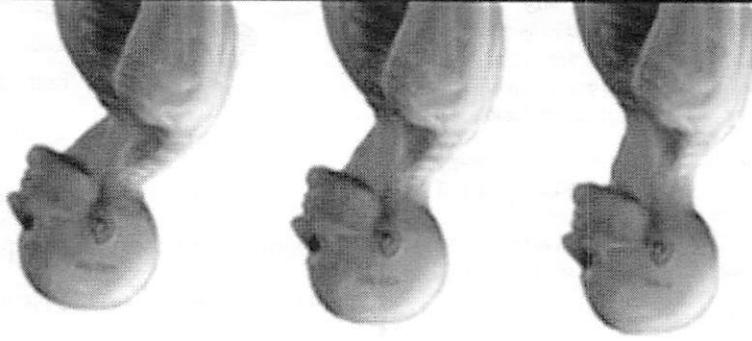
Makes 9 servings. Per serving: 47 calories, 0 g. total fat (0 g. saturated fat), 12 g. carbohydrates, 3 mg. sodium.

Frosty Fruit Freeze

1 can (11 oz.) mandarin orange sections in light syrup
2 cups cubed honeydew melon
2 green tea bags, regular or decaffeinated
1 herbal mint tea bag
4 sprigs of fresh mint, for garnish (optional)

Place oranges with their liquid into a resealable plastic bag and freeze with the bag flat. Spread melon cubes in a single layer on a baking sheet and freeze. If not using within 12 hours, transfer frozen melon to a resealable plastic bag. Place green and mint tea bags in a heatproof container. Pour in 2 cups boiling water. Steep for 5 minutes. Remove tea bags, squeezing to release excess tea into the container. Refrigerate the tea until cold. Pour chilled tea into a blender. Break up frozen oranges into chunks and add. Purée mixture. Add frozen melon and blend into a fine slush. Divide among 4 glasses and garnish with mint if using. Per serving: 79 calories, 0 g. total fat (0 g. saturated fat), 21 g. carbohydrate, less than 1 g. protein, 1 g. dietary fiber, 21 mg sodium.

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"



YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE

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2013 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Jamie Zeigler	Fort Wayne	12	310
2	Marisa Eberle	Fort Wayne	12	280
3	Abby Brelage	Fort Wayne	13	150
20-29				
1	Kalissa Herron	Fort Wayne	25	430
2	Ashley Anglin	Fort Wayne	29	400
3	Sharon Christian	Fort Wayne	27	230
30-34				
1	Kelly Davis	Fort Wayne	32	550
2	Rachel Rayburn	Fort Wayne	30	230
3	Michelle Johns	Fort Wayne	34	160
35-39				
1	Sherry Brown	Columbia City	39	380
2	Arden Robertson	Fort Wayne	36	370
3	Carmen Tse	Fort Wayne	35	310
40-44				
1	Cari Hardin	Fort Wayne	41	450
2	Erin Brady	Fort Wayne	41	350
3	Marcia Shaefer	Harlan	42	220
45-49				
1	Kim Ehleiter	Waterloo	45	450
2	Judith Roy	Avilla	49	360
3	Cindy McGovern	Fort Wayne	47	200
3	Gail Gerber	New Haven	49	200
50-54				
1	Betty Greider	Fort Wayne	52	290
1	Carol Dobbs	Fort Wayne	51	290
2	Anita Bultemeier	Leo	53	270
3	Joy Brown	Bluffton	54	250
55-59				
1	Cynthia Cornwell	Fort Wayne	58	500
2	Marcia Kirlin	Fort Wayne	56	420
3	Julie Manger	Kendallville	57	210
60-64				
1	Sherry Nidlinger	Fort Wayne	62	550
2	Jennifer Etzler	Fort Wayne	61	320
3	Nancy Boyer	Fort Wayne	62	70
65-69				
1	Barbie Scrogam	Fort Wayne	66	200
2	Betty Nelson	Columbia City	67	180
3	Sarah Kleinknight	Fort Wayne	68	130
4				
70 and Over				
1	Barbara DeFord	Hicksville, Ohio	72	200

2013 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Logan Weaver	Fort Wayne	10	390
2	Mark Beckmann	Auburn	16	300
3	Scott Beckmann	Auburn	15	240
4	Sam Edwards		16	240
20-29				
1	Thomas Crum	Fort Wayne	25	470
2	Elias Rojas	Cromwell	26	400
3	Travis Blanchette	Fort Wayne	28	320
30-34				
1	Jeff Nidlinger	Fort Wayne	32	550
2	Jonathon Gottshalk	Fort Wayne	31	340
3	Josh Horning	Leo	34	320
35-39				
1	Chris Kaufman	Fort Wayne	36	300
2	Brad Thomas	Fort Wayne	38	280
3	Cameron Kelly	Fort Wayne	35	150
40-44				
1	Michael Fruchey	Fort Wayne	43	550
2	Tom Hardin	Fort Wayne	42	440
3	Berry Weaver	Fort Wayne	42	320
45-49				
1	Randy Houser	Fremont	47	400
2	Scott Eberle	Fort Wayne	49	340
3	Matt Emley	Fort Wayne	48	280
50-54				
1	Mike Slaubaugh	Fort Wayne	52	360
2	Chuck DeFord	Fort Wayne	53	340
3	Daniel Beck	Laotto	54	280
55-59				
1	Brad Altevogt	Fort Wayne	58	350
2	Chuck Brown	Bluffton	57	310
3	Gary Schmunk	Antwerp, Ohio	58	210
60-64				
1	Roger Kingsbury	Fort Wayne	63	530
2	Jed Pearson	Fort Wayne	61	470
3	Bruce Etzler		63	400
65-69				
1	Bernie Burgette	Fort Wayne	68	500
2	Larry Lee	Fort Wayne	67	340
3	Robert Lawson	Fort Wayne	65	300
70 and over				
1	Bill Harris	Grabill	74	520
2	Terry Parker	Auburn	72	380
3	Dick Harnly	Fort Wayne	75	160
3	Fred Kendall	Fort Wayne	75	160



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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