

The *New* Inside Track

FORT WAYNE



TRACK CLUB

SEPTEMBER / OCTOBER 2013

A publication of the Fort Wayne Track Club



6th Annual Fort4Fitness Fall Festival takes center stage Sept. 27-28

Fort4Fitness stories on pages 12, 14 and 22. Cover photo courtesy of Fort4Fitness.

UPCOMING RACES

PACES

FACES

Run for Riley — October 13

Races Worth Driving For — Page 5

On the Mark — Page 7

River City Rat Race — October 27

Running in China — Page 16

Nutrition/Wellness — Page 18

WOOF — November 2



Runners on Parade



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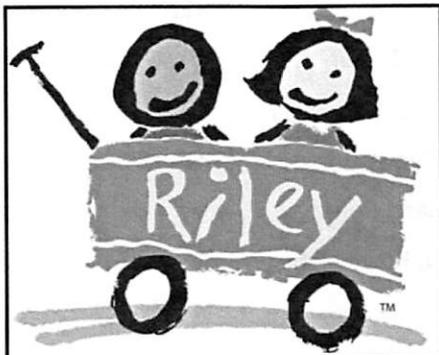
Register now for the 7th annual Run for Riley

Mark your calendars for the 7th annual Run for Riley, scheduled for Sunday, Oct. 13 at Maple Creek Middle School, 425 Union Chapel Road.

Thanks to the generous support of sponsors Aboite Podiatry and Max Fitness, 100 percent of race registrations goes directly to Riley Hospital for Children in Indianapolis. And every registered runner and walker will receive a coupon for a free spaghetti dinner from Casa D'Angelo's.

This year Run for Riley participants are encouraged to set up First Giving accounts which make it easy to raise even more money for the children at Riley. To set up an account, go to www.firstgiving.com/runforriley_2013 and personalize your page with your own story. Then email the information to friends and family. It's that simple!

The more people you contact, the more the word spreads about donating to this very worthwhile cause.



Since its inception Run for Riley has raised more than \$77,000. Children from Fort Wayne are among those who have benefited from Run for Riley donations. Diana, Anissa, Grace and Owen are all doing well thanks to the care they received at Riley Hospital

for Children. And 11-year-old Aleigha, whose cancer recently returned for the third time, will fight that cancer again thanks to cutting-edge research funded in part by Run for Riley dollars.

The race covers five miles in northwest Allen County and the walk takes participants on a 3.1-mile course. A free one-mile Kids Fun Run rounds out the day's events. The 5-mile race is a Fort Wayne Track Club Points Series race.

To register, go to runforriley.org or find the registration form on the Run for Riley Facebook page as well as inside this newsletter. Or click on the link to the race on the Fort Wayne Track Club website or Facebook page. Sign up today. Do it for the kids!



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FORT WAYNE TRACK CLUB

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

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Contact the Fort Wayne Track Club at: P.O. Box 11703; Fort Wayne, IN 46808-1703 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

FWTC introduces "Races Worth Driving For"

Have you run a fun, interesting or unusual race outside of Fort Wayne but not too far away?

The Fort Wayne Track Club wants to know about it! The Track Club introduces "Races Worth Driving For." The Club is interested in hearing about races that are anywhere from an

hour to three hours' drive from Fort Wayne. The idea is to generate interest in races outside our immediate area but within reasonable driving distance and then to possibly arrange for group bus trips to these races.

The first such trip will take runners to Minster, Ohio, on Sunday, Oct. 6 to run the Oktoberfest Classic 10k. This year marks the 35th running of this race that featured 1,390 participants last year. The race course is flat and finishes in the middle of the Oktoberfest celebration. Prize money goes to the top 10 finishers, and participants are eligible for numerous door prizes. A variety of German food and beverages is available to purchase after the race.

Track Club members Mike Clendenen, Steve Edmiston and Denise Conrad ran the race last



year.

The Track Club has chartered a 36-passenger motorcoach bus to take runners to Minster and return to Fort Wayne later in the day. The bus will leave the Lutheran Health Plaza in New Haven, at the corner of SR 930 and Minnich Road at 7 a.m., arriving in plenty of time for the 9:30 a.m. race start. The bus will leave Minster at 1 p.m. for the 90-minute ride back to New Haven, giving participants plenty of time after the race to enjoy Oktoberfest, which includes food tents, a Beer Garden, music and an arts and crafts area.

The cost, which includes race entry and the bus ride, is \$40 for FWTC members and \$45 for non-members. There is a 30-person minimum and a 36-person maximum for the trip. Entry deadline is Sept. 18, so if you're interested, sign up early. Your complet-

ed race entry form must be included with your payment. You can download a registration form at www.fwtc.org.

Mail check, payable to FWTC, and your completed race registration form to:

Mike Clendenen
1037 Moeller Road
New Haven, IN 46774

If the trip is cancelled, checks will be returned. If you have any questions about the race or the bus trip, contact Mike at mclendenen@newhavenin.org.

And if you would like to suggest another race you think others might be interested in traveling to, contact Mike at the above email address or email your ideas to: nilrik@msn.com.

So what do you say? Let's get the show on the road, runners, and try out a few "Races Worth Driving For."



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YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



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"

On The Mark

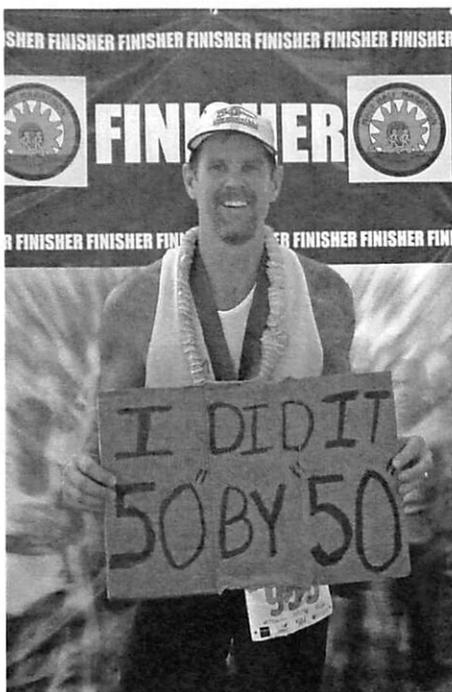
Ventricular arrhythmias: serious heart rhythm disorders

By DR. MARK O'SHAUGHNESSY

It seems we just got started on the atrial (upper chamber) heart rhythm disturbances and now we are done and it's time to move on to other scintillating topics. (Actually, it seems to me that we have beaten that dead horse into the ground, but better more info than incomplete info, I guess...)

Anyway it is now time to turn our attention to the more serious heart rhythm disturbances, specifically the ventricular arrhythmias. These rhythms come from the lower cardiac chambers (I know you knew that, because you have read and studied this column over the last several years and are nearly ready for that diploma we promised so long ago) and represent some very serious potentially life-threatening rhythm problems. We have several Track Club members who have had to deal with these rhythm problems and will be discussing their specific cases in the upcoming columns. (Not a HIPPA violation; I have their permission. What's HIPPA? Oh, don't get me started. Actually this gives me an idea for other columns. And you thought it was finally safe to get back in the water!)

We will start with ventricular tachycardia, as it is a slightly less dangerous and slightly more organized rhythm when compared to its nasty cousin ventricular fibrillation. Ventricular tachycardia (VT for us professionals) is a rapid heart rhythm that emanates from an abnormal site in the ventricle (lower chamber) causing the heart to



race, impairing the pumping action due to the loss of the interaction of the atria (upper chambers) with the ventricles and inadequate filling of the ventricle due to the lack of time in diastole (relaxation phase). VT can be either sustained or non-sustained, meaning the rhythm can last for longer than several minutes or for less than a minute.

The electrophysiologic cause of this rhythm is very similar to supraventricular tachycardia we discussed many moons ago: reentry circuits. If you remember, we discussed the "short-circuit" pathway of the SVT's and it turns out that VT has a similar cause; the only difference is that instead of using both the upper and lower chambers, the short circuit is isolated to the lower chamber. Basically the ventri-

cles take off on their own from the usually "controlling" atria and start to race at heart rates of 130 to 200. Because of the inefficiency of the contraction as mentioned above, the patient typically experiences dizziness at a minimum and more commonly syncope (passing out).

Non-sustained VT is relatively common and in the absence of structural heart disease does not portend any adverse prognostic signs. In the presence of structural heart disease, however, NS-VT can be a marker of much worse things to come.

Sustained VT is always abnormal and will need prompt evaluation and treatment. Many times, patients with recurrent VT can have this rhythm degenerate into ventricular fibrillation (VF), which is always a fatal rhythm without prompt defibrillation. (Think of Hollywood: "Stand back, shock him!!")

Next month we will discuss some of the causes and potential therapies of these bad actors. For now, keep running.

And by the way, if you have suggestions for any medical topics you would like covered in these columns, (and they don't need to be limited to cardiology), please drop me an email at chfdoc1@gmail.com and I would be happy to cover any and all topics. If you don't send me your suggestions/questions, I will be forced to discuss HIPPA so please open your hearts and donate now.



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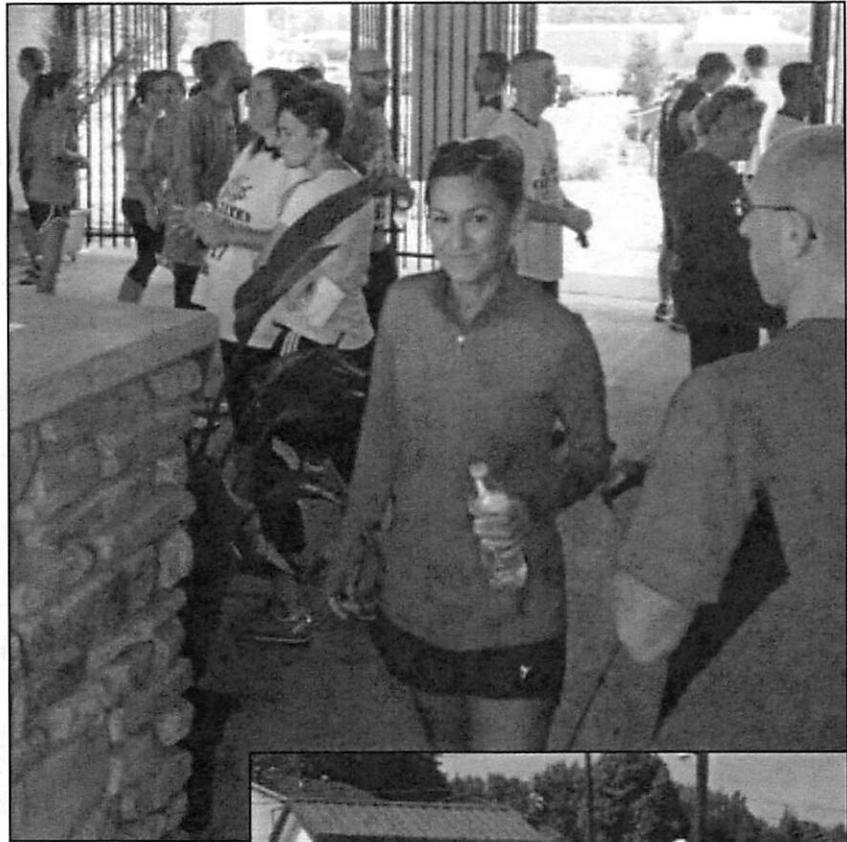
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Indiana Physical Therapy New Haven 10k

It was a beautiful summer morning for a 10k race, followed by awards, and for those who wanted to cool off afterwards, a dip in Jury Pool.





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Fort Wayne runners join relay to raise money for Boston Marathon bombing victims

By MARCIA KIRLIN

Inside Track Editor

Two Fort Wayne runners ran in the wee hours of the morning this past June to help victims of the Boston Marathon bombings.

Mindy Kinder and Laurie Whisler were part of a relay—One Run for Boston—that came through Indianapolis in early June. Mindy learned about the relay from a former Team in Training coach who lives in Indianapolis. “I thought it sounded wonderful and would be a fun way to catch up with him,” she said. “I also had been looking for a way to help those injured in the Boston bombing tragedy.”

Anyone who knows Mindy won’t be surprised to learn that there was just one small glitch. She admits she didn’t read the information as carefully as she should have, because after she signed up she realized the round-the-clock relay would hit Indy sometime around 11 p.m. But not to be deterred, Mindy said, “I knew my equally crazy, dear friend Laurie might be up for the challenge and sure enough, she was!”

They met 48 other runners waiting in the dark at White River State Park near the Indianapolis Zoo. Their portion of the relay was considered a group stage, meaning a large group of people ran a shorter distance. The group that ran in Indianapolis was the second largest group run-

ning the relay nationwide. The relay had 317 stages, ranging from 5 to 15 miles. Mindy, Laurie and the other Indy runners were part of stage 216.

Although they were ready to go at 11 p.m., they had to wait until close to 1 a.m. to run their stage. Severe storms in Illinois the day before had delayed the relay’s arrival in Indianapolis. Each runner in the Indianapolis

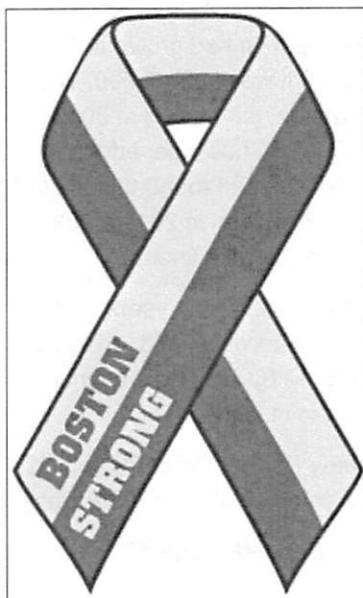


Laurie Whisler, left, and Mindy Kinder

contingent had a chance to carry the baton as they ran through downtown Indy. The final runner handed off the baton to a runner who took off toward Ohio. About a week later the baton (nicknamed Miles) made it to Hopkinton, Mass., where hundreds of runners, including some injured in the bombings, ran the final legs and crossed the same finish line used in the Boston Marathon.

The relay was organized by Danny Bent, a charity runner from England who wanted to help the victims of the bombings and their families. To date about \$100,000 has been raised, friendships have been forged and other runs have been organized.

For Mindy and Laurie, it was a life changing experience. “I am in awe of the amazing people who put this huge endeavor together to help people a continent away that they had never met,” Mindy said. “I’ll never forget it.”



Race Director Dave Craker prepares for the 6th annual F4F Fall Festival

By **MARCIA KIRLIN**
Inside Track Editor

Ever wonder what it takes to put on a major race event like Fort4Fitness?

First and foremost, it takes incredibly dedicated people like Race Director Dave Craker, who lives and breathes F4F much of the year. And it takes enormous attention to detail, knowing off the top of your head the number of intersections on the course and how many mixing tubs are needed for stirring up gallons and gallons of Gatorade. (See **Fort4Fitness by the numbers**, page 14)

Interestingly enough, Dave's involvement with F4F came about as a result of some rather unhealthy personal behaviors and significant medical conditions. In 2006 he weighed 305 pounds, was battling hypertension, had elevated cholesterol numbers and thanks to serious sleep apnea needed to wear a CPAP mask when he slept.

"I died 85 times a night," he remarked.

A successful weight loss effort through Lutheran Weight Management resulted in a lighter, leaner Dave whose health had improved enough to start running. Training with the local PR Training Group, his first race was the Huntington Frozen 4. "I did better than I expected," he said, and he thought maybe he could handle that spring's Indy Mini. Hoping for a 9:00min/mile pace, he surprised himself again by averaging closer to 8:45. Then it was on to the 2007 Chicago Marathon. Intense heat that year closed the course but not before Dave

finished his first marathon.

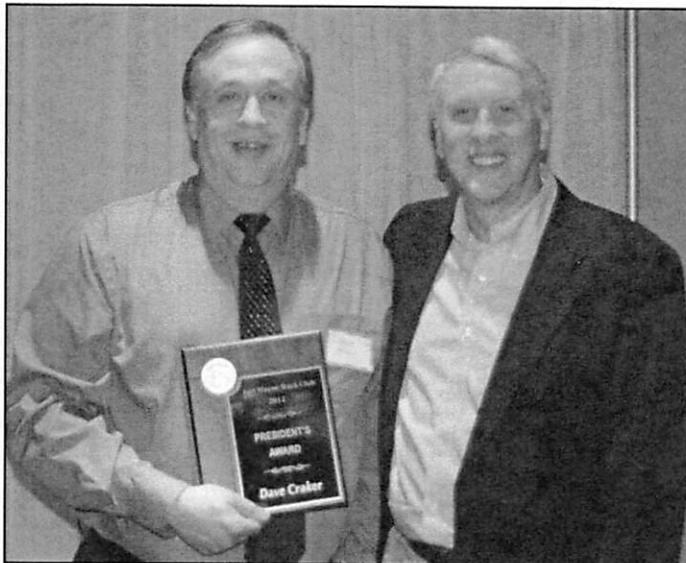
A second marathon—Grand Rapids—followed in three weeks, with Dave crushing an hour and 5 minutes off his Chicago time, to finish in 4:21. He ran Grand Rapids again in 2008, but took some time off afterwards to nurse a hip injury.

Around the time Dave was making his health transformation, Fort4Fitness was getting organized, and Dave said he felt strongly that he "wanted to give back."

As a member of the F4F race committee, he was approached to be the race director in 2008. Dave has served as race director ever since, and in 2012 he also took on the race director duties for the inaugural Spring Cycle.

Having been involved from the beginning, Dave has seen the event grow and mature into the premier health and fitness showcase it is today. "The first year we expected about 750 participants," he said, "and we got 3,000."

"It was certainly an event that hit the city at the right time."



Dave Craker, shown here with 2013 FWTC banquet speaker Dave Wottle. Dave Craker was the recipient of the Track Club President's Award for 2012.

The Parlor City Trot in Bluffton was the closest half marathon at that time, so Fort Wayne was ready. And the timeframe worked out nicely, as well. "It was after baseball, Johnny Appleseed [Festival] was over and the weather was cooler," Dave noted. By 2009 participation had grown to 5,000 and by 2010 it was up to 7,500. The Kids Marathon, introduced in 2009, and the Senior Challenge, added in 2010, "really helped round things out," Dave said. And then in 2011 a 10k event joined the race lineup.

Other changes over the years include the finish in Parkview Field, added in 2009, and the Spring Cycle events, which began in 2012.

The Charity Partner Program and an affiliation with Fort Wayne's Smallest

See F4F Page 13

F4F, continued from Page 12

Winner also have been significant recent additions to F4F. Dave also cites training groups and pace groups (led by FWTC runners) as other success stories.

From the start Dave has had a clear vision for the F4F races.

"My mission as race director is to offer a quality race that will appeal to the elite runner but that also encourages couch potatoes to take that first step." For that reason, there is no prize money for the elite finishers. And Dave is a stickler when it comes to awards for the legitimate finishers. "I personally look at photos of all the award winners," he said, noting that he disqualifies about 10 runners every year whose age or gender doesn't match the award.

Another thing Dave takes very seriously is the feedback received following the fall and spring events. "I read every comment," Dave said, noting that by acting on participants' comments, the Festival improves every year. "If we hear about problems, we solve them by the next year," he said. A few examples include adding a volunteer at the start of packet pickup to control the crowd to keep it from being congested and relocating a water station this year to alleviate another tight spot.

One constant as Fort4Fitness has grown is the willingness of volunteers to get involved. Between 700 and 1,000 volunteers help in some capacity every year. "At the end of the day they're what make it happen," Dave acknowledges. Volunteers serve in dozens of roles, working with one or more of the eight committees that make F4F a reality: Race, Seniors Marathon, Kids Marathon, Finance, Volunteers, Entertainment, Marketing and Sponsorship.

Dave says what keeps him motivated



as race director are the inspirational stories of people who say Fort4Fitness has changed their lives. His most memorable moment was seeing two people who showed up late to walk the 4-Mile Run/Walk and ended up in line for the Half Marathon. "They never gave up," he said. They walked the entire 13.1-mile course, finishing around 12:30 p.m. "It was amazing."

As his race-day duties permit, Dave enjoys greeting finishers with high 5's. "It's all about making people feel special. The people who cross the finish line with tears of joy are the best."

Looking ahead, what does the future hold for Fort4Fitness? Adding a marathon has been discussed. "There's definitely an interest," Dave says. The logistics of staging a marathon are a concern. It would require two times the number of streets and double the wa-

ter station volunteers. A double loop of the current course wouldn't work because marathoners could overlap the 4-Mile and 10K participants.

In addition, F4F looks to develop a year-round focus with health, wellness and nutrition tips on its website as well as training groups that meet at various times during the year. "There's a long-term vision for summer and winter," Dave noted.

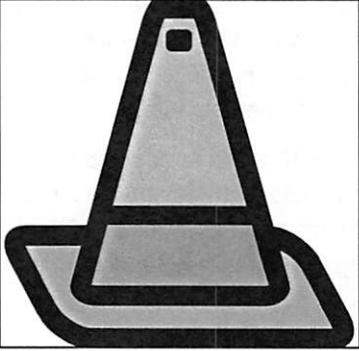
But those ideas are a ways off. Right now Dave's focus is on September 27 and 28 when the 6th Annual Fort4Fitness Festival once again shines a spotlight on active, healthy lifestyles.

Good luck to everyone participating in F4F events this year, and if you happen to see Dave, tell him thanks. He certainly deserves it. And give him a high 5 while you're at it.



Runners finish their races at Parkview Field. Photo courtesy of Fort4Fitness.

575
Number of traffic barricades, drums, cones, etc.



Number of signs placed on the 13.1 miles of the course

150

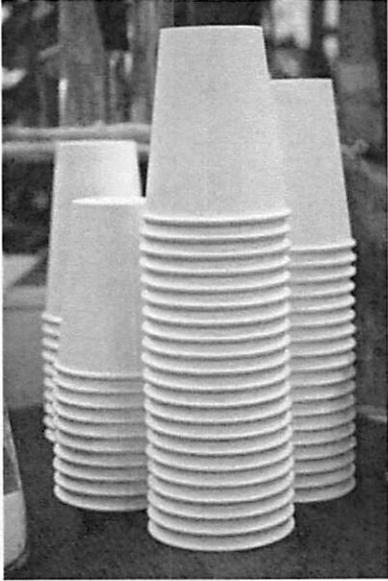
Number of gallons of Gatorade on the course in 2012



194

Fort4Fitness by the numbers

Number of cups on the course in 2012

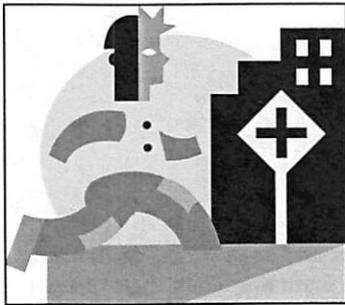


118,500



116
Number of tables used to serve water and Gatorade

146
Number of intersections on the course



Number of gallons of water on the course in 2012



2,755

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Running the Great Wall of China

By SARAH KLEINKNIGHT
 FWTC Membership Coordinator

What better way to see one of the world's great wonders—the Great Wall of China—than to run a race on it? In order to participate in the race I was required to join a tour group going to the race. I requested a visa to enter China and purchased my airline ticket to Beijing. I was ready to run a half marathon on the Great Wall of China.

I left from Detroit Monday, May 13, and arrived in Beijing on Tuesday, May 14. This was a long 13-hour direct flight and I suffered major jet lag. The race was on Saturday. I went on tours of Tiananmen Square, the Forbidden City, the Temple of Heaven, the Ming tombs, the Summer Palace and the Beijing Zoo. The tours helped me deal a little with the jet lag.

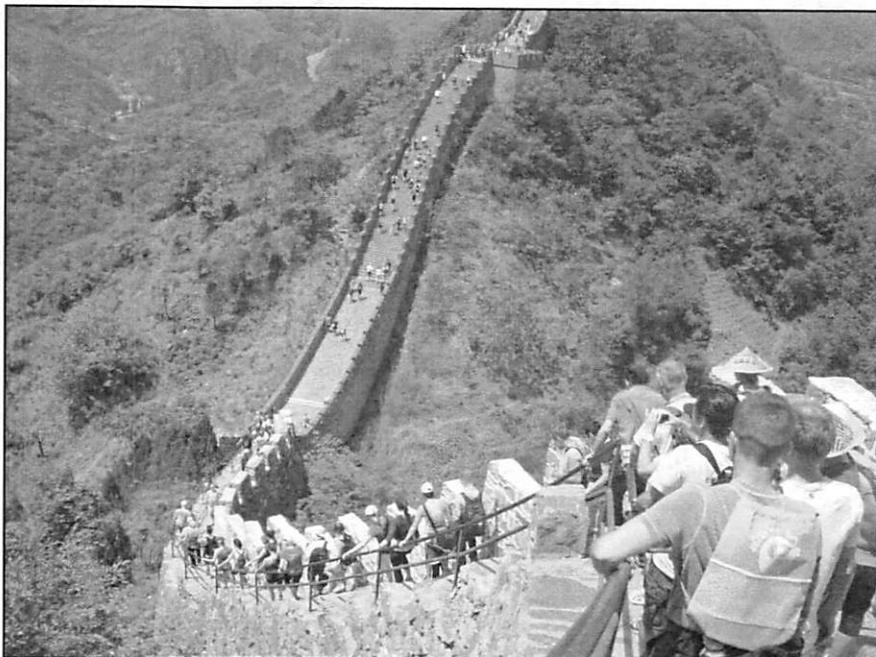
Thursday was a mandatory Great Wall "inspection day," when all 2,500 race participants are bussed from Beijing to the Great Wall to actually see the Wall. After the inspection, participants were given the option to change from running the full marathon to the half or the 7k fun run or vice versa. I stuck with the half.

On Friday evening we were treated to a



Sarah with her finisher's medal.

huge traditional pasta dinner with all the trimmings. Many of us ate very little and



Runners head down steps along the Great Wall of China.

headed to bed early. Wake up call for race day would be at 3:30 a.m.

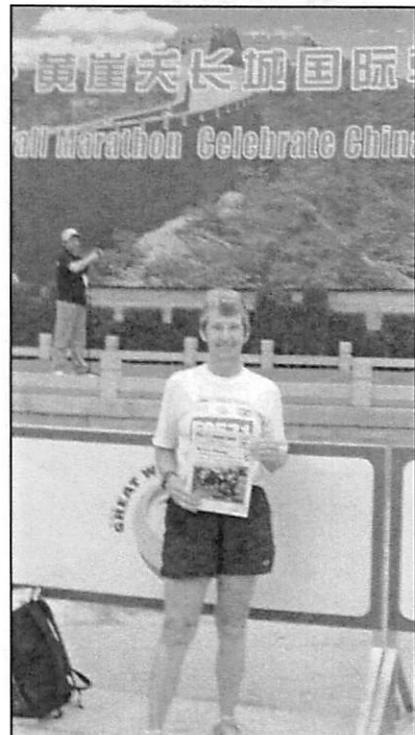
We left the hotel at 4:30 a.m. for the two-hour bus ride to the Great Wall. The race started at 7:30 in five waves leaving from the Yin and Yang Plaza at the base of the Great Wall. I was in wave 3 and left at 7:45. The road leading up to the Great Wall was quite steep. I managed to run up the road but encountered bottlenecks as soon as I reached the gate to the Great Wall. That was fine. I was ready to walk. Most of the run on the Great Wall was a series of very steep steps going up and down. Some of the stairways were also quite narrow.

After coming off the wall (at about the mile 4 mark) my race – the half marathon – continued through the quaint village of Huangyaguan. Spectators, including many children, lined the lanes and alleys on the course. Some of the alleys were little more than rutted paths. Quite a challenge for tired legs. The race ended at the Yin and Yang Plaza--for me about four hours after it began.

A beautiful banquet was held on Sunday at the international center in Beijing across from the Olympic Cube and Bird's Nest. It

was a great time to socialize with runners representing more than 50 countries.

If you are up to the challenge I would highly recommend this event.



Sarah with a copy of *The Inside Track* she brought with her to China.

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

Runners 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 for Riley (5 miles): October 13

River City Rat Race 10k: October 27

WOOF (16 miles, trail): November 2



Turkey Trot 5k trail: November 16

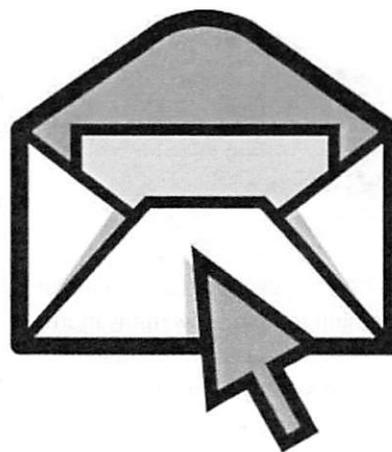
JP Jones 10k: December 7

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.

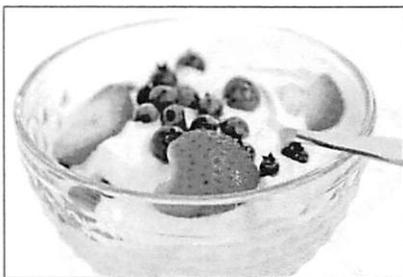
Then provide the information requested (your name and email address) and you'll be on your way to receiving all the latest Track Club news about running events in North-east Indiana.



Breakfast gets the day off to a nutritious start

Research facts are revealed daily in the news. Often they grab our attention and cause us to pause and think! Recent breakfast news triggered some racing thoughts. Ninety-three percent of Americans believe breakfast is a healthy meal yet only 44 percent eat breakfast. For growing and developing young Americans, 77 percent of children eat breakfast, 50 percent of middle school children eat breakfast, and 36 percent of high schoolers eat breakfast. Many bodies and minds that need nourishment the most are not getting what is needed. Chances are more time in the morning is given to showers and selecting what to wear than to food. Breakfast is a low priority.

Let's wake up. Stop morning excuses. How we begin each day does determine how the rest of the day will go. Breakfast benefits include better productivity, enhanced brain functions, lower risk of afternoon cravings, increased chance of school success, consistent energy level, better overall nutrition and less chance of diseases like obesity. For fitness enthusiasts, regular breakfasts promote good workout recovery! To help muscle recovery, eat within 30 to 45 minutes after finishing a morning workout.



So how do you begin your day? Analyze your morning routine. How many mornings a week do you eat breakfast? What do you serve yourself when have breakfast? Do you eat with anyone?

Components Of A Healthy Breakfast

- ◆ A bread and/or grain choice like whole grain toast, cereal or muffin



- ◆ A fruit or vegetable choice like banana, melon, berries, pepper or tomato
- ◆ A protein choice like milk, yogurt, egg, nut butter or lean pork
- ◆ A heart-healthy fat choice like walnuts, almonds, canola oil and nut butters
- ◆ At least 300 to 600 calories

If breakfast currently is not part of your life then set a goal to become a breakfast eater most mornings a week. Something is always better than nothing. Set a time for eating before you leave home. Have at least one food like yogurt or toast or leftover rice.

If you are eating breakfast...

Congratulations! How heart healthy are the choices? Study the contents. Is a makeover needed? Are two glazed doughnuts and coffee with cream and sugar selected or are you having two slices of whole grain toast or a bagel with peanut butter, along with milk or yogurt with berries? Both of these meals are 500 to 600 calories yet the pure doughnut meal is very low in protein (only 6 to 9 grams) while the toast meal is a balanced meal (about 20 grams protein) that's high in calcium and vitamin C.

To make over your meals start by comparing what you're eating with the components of a healthy breakfast. Identify

what is nutritious and what healthy foods you want to continue to eat. Then identify what needs to change. Set a couple goals! What substitutions or swaps are possible? For example, instead of bacon or sausage use lean pork or instead of cream in the coffee use skim milk. What new foods can you buy to make healthier breakfasts easier? Do you need grab and go options? Note the ideas below.

Grab and Go Breakfasts

- ⇒ Waffle sandwich: Layer two whole grain waffles with fruit and yogurt or peanut butter
- ⇒ Morning wrap: Fill a couple wraps with scrambled eggs and some spinach or salsa
- ⇒ Stuffed pita: Fill two pita halves with cottage cheese and fruit
- ⇒ Yogurt smoothie: Whip up 1 cup yogurt with ½ cup juice and 1 cup fruit like berries or banana. Add one scoop of protein power for extra protein if desired
- ⇒ Homemade fruit bread plus more: Banana or pumpkin bread with peanut or almond butter and fruit juice
- ⇒ Bar day: Two whole grain bars (like Kashi bars), dried fruit and soy or cow's milk
- ⇒ Leftovers: chicken or turkey breast, broccoli and red potatoes

Making breakfast a natural part of each morning is great way to begin each day well. Make it family time to enhance the benefits. Plan for morning nourishment!

Judy Tillapaugh, RD, ACSM HFS
 IPFW Wellness/Fitness Coordinator
 tillapau@ipfw.edu
 481-6647

See recipes on page 19.

Quick and easy breakfast recipes

One Bowl Oatmeal

½ cup old-fashioned or quick oats

1 cup milk

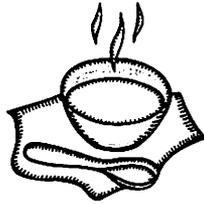
1-2 tablespoons dried fruit (raisins and cranberries work great)

2 tablespoons chopped nuts or nut butter

Combine all ingredients in a microwaveable bowl and microwave for 30 second intervals, stirring between heatings, until oats are softened to taste.

Watch to make sure oatmeal doesn't overflow.

Submitted by Carly Thompson, IPFW Peer Health Educator and student



Egg In A Mug

2 eggs

1 tablespoons skim milk

2 slices whole wheat toast

1 slice cheese

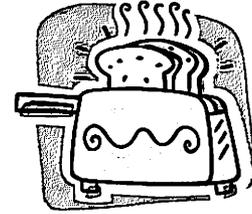
1. In a glass coffee mug or liquid measuring cup, crack 2 eggs and mix together.

2. Microwave for 1 minute. Watch eggs while cooking as they sometimes pop.

3. When eggs look solid (no runny egg mixture left on top of egg), flip cup and slide egg onto a slice of toast.

4. Top with cheese and the remaining piece of toast. Serve with fruit.

Submitted by Danny Roherty, IPFW student



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

2013 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Marisa Eberle	Fort Wayne	12	710
2	Jamie Zeigler	Fort Wayne	12	520
3	Makenzie Kolvoord	Fort Wayne	5	330
20-29				
1	Ashley Anglin	Fort Wayne	29	830
2	Kalissa Herron	Fort Wayne	25	700
3	Sharon Christian	Fort Wayne	27	510
30-34				
1	Kelly Davis	Fort Wayne	32	950
2	Lisa Falotico	Fort Wayne	33	440
3	Rachel Rayburn	Fort Wayne	30	290
35-39				
1	Sherry Brown	Columbia City	39	800
2	Andria Eguia	Fort Wayne	38	670
3	Arden Robertson	Fort Wayne	36	640
40-44				
1	Cari Hardin	Fort Wayne	41	790
2	Erin Brady	Fort Wayne	41	500
3	Marcia Schaefer	Harlan	42	490
45-49				
1	Kim Ehleiter	Waterloo	45	680
2	Judith Roy	Avilla	49	530
3	Gail Gerber	New Haven	49	480
50-54				
1	Denise Conrad	Decatur	51	650
2	Carol Dobbs	Fort Wayne	51	640
3	Anita Bultemeier	Leo	53	510
3	Joy Brown	Bluffton	54	510
55-59				
1	Cynthia Cornwell	Fort Wayne	58	680
1	Marcia Kirlin	Fort Wayne	56	680
2	Julie Manger	Kendallville	57	530
3	Lynn Heim	Fort Wayne	57	500
60-64				
1	Sherry Nidlinger	Fort Wayne	62	850
2	Jennifer Etzler	Fort Wayne	61	710
3	Nancy Boyer	Fort Wayne	62	70
65-69				
1	Barbie Scrogam	Fort Wayne	66	400
2	Sarah Kleinknight	Fort Wayne	69	330
3	Betty Nelson	Columbia City	67	230
70 and Over				
1	Barbara DeFord	Hicksville, Ohio	72	300

2013 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Logan Weaver	Fort Wayne	10	670
2	Mark Beckmann	Auburn	16	650
3	Sam Edwards	Fort Wayne	16	460
20-29				
1	Thomas Crum	Fort Wayne	25	640
2	Elias Rojas	Cromwell	26	550
3	Travis Blanchette	Fort Wayne	28	520
3	David Lill	Fort Wayne	22	520
3	Justin Bartlett	Fort Wayne	28	520
30-34				
1	Jeff Nidlinger	Fort Wayne	32	850
2	Mark Doepner	Fort Wayne	30	660
3	Jonathon Gottschalk	Fort Wayne	31	520
35-39				
1	Chris Kaufman	Fort Wayne	36	650
2	Brad Thomas	Fort Wayne	38	510
3	Cameron Kelly	Fort Wayne	35	220
40-44				
1	Michael Fruchey	Fort Wayne	43	950
2	Tom Hardin	Fort Wayne	42	670
3	Berry Weaver	Fort Wayne	42	580
45-49				
1	Scott Eberle	Fort Wayne	49	740
2	Randy Houser	Fremont	47	650
3	Matt Emley	Fort Wayne	48	530
50-54				
1	Chuck DeFord	Fort Wayne	53	640
2	Mike Slaubaugh	Fort Wayne	52	550
3	Daniel Beck	Laotto	54	410
55-59				
1	Brad Altevogt	Fort Wayne	58	780
2	Chuck Brown	Bluffton	57	680
3	Gary Schmunk	Antwerp, Ohio	58	550
60-64				
1	Roger Kingsbury	Fort Wayne	63	910
2	Bruce Etzler		63	690
3	Jed Pearson	Fort Wayne	61	630
65-69				
1	Bernie Burgette	Fort Wayne	69	780
2	Robert Lawson	Fort Wayne	65	660
3	Larry Lee	Fort Wayne	67	590
70 and over				
1	Bill Harris	Grabill	74	860
2	Dick Harnly	Fort Wayne	75	620
3	Terry Parker	Auburn	72	610

For additional Points Standings, visit the Fort Wayne Track Club website:

www.fwtc.org

FWTC members to once again lead F4F pace groups

With the Fort4Fitness Half Marathon just around the corner, runners can look forward to the return of pace groups for this year's event, with even more groups onboard this year for the September 28 race.

Pace group leaders are members of the Fort Wayne Track Club who will be volunteering their time and efforts that day to ensure that members of their groups run at the pace they had in mind for the race.

Leaders for six pace teams have been selected. Each team will be led by two pacers. Each pace group leader has experience running marathons and/or half marathons. The line-up for the pace groups is as follows:

1:45 Pace Group (8:00 min/mile) -- Jonathon Gottschalk and Mike Else

1:50 Pace Group (8:23 min/mile) – Todd Findley and Tom Gilbert

2:00 Pace Group (9:09 min/mile) – Erin Brady and Gail Gerber

2:10 Pace Group (9:55 min/mile) – Sharon Christian and Lindsay Pulfer

2:20 Pace Group (10:41 min/mile) – Mindy Kinder and Laurie Whisler

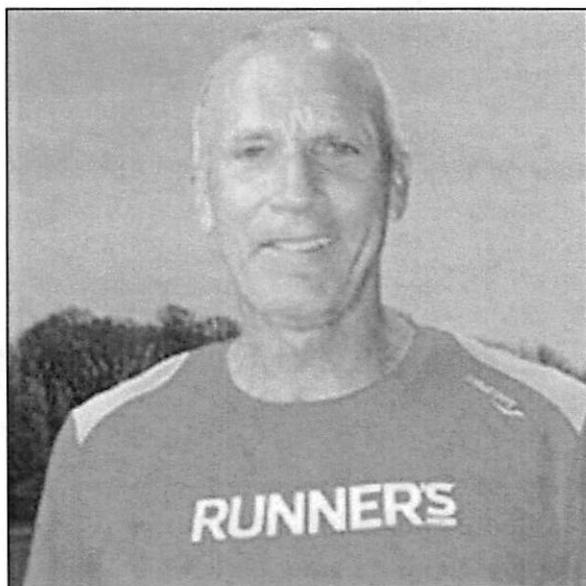
2:30 Pace Group (11:27 min/mile) – Craig Bobay and Joe Ladowski



Pace group leaders will be available to talk to runners at the FWTC booth at the F4F Festival Expo on the Parkview Field Concourse on Friday, Sept. 27. On race day they will be recognizable by special pace leader shirts and they can be found in the corrals corresponding to their target finish times. In addition to pacing other half marathon runners, the pacers will be motivating their groups, encouraging their members and making the group race experience a positive one. Runners do not need to sign up to be part of the pace groups.

If you have a finish time you'd like to achieve at this year's F4F Half Marathon, think about joining a pace group. You'll have a good time and possibly make some new running friends as you work toward your finish time goal.

Bart Yasso to speak at January banquet



Who: Bart Yasso, accomplished runner, *Runner's World* editor, author and speaker

What: Fort Wayne Track Club Annual Banquet

When: Sunday, January 26, 2014

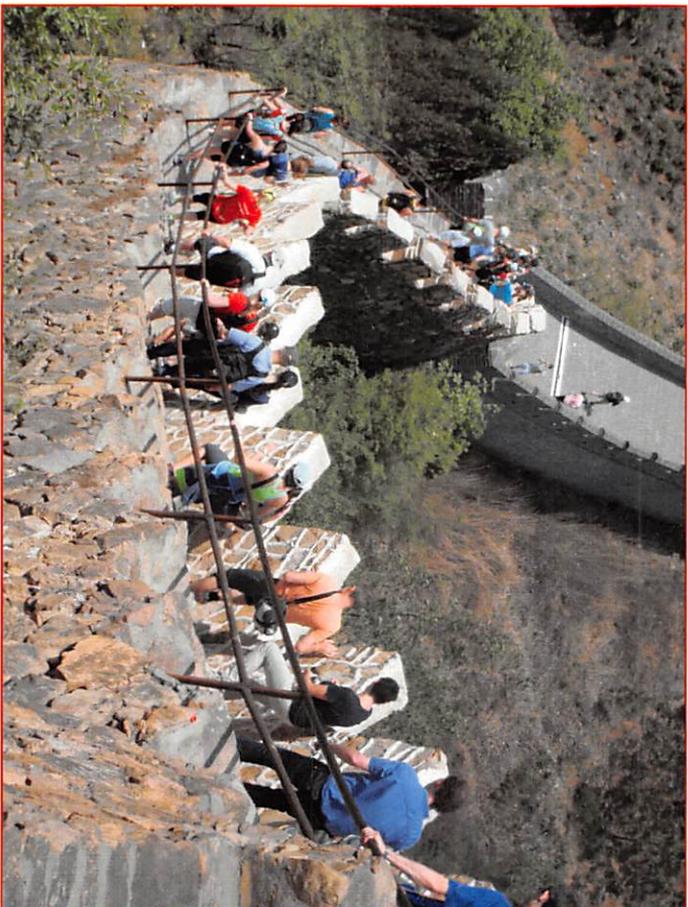
Where: Hotel Fort Wayne

Mark your calendars for this once-a-year event! Come meet the man behind Yasso 800's.

Rotary 5k raises funds to fight polio



FORT WAYNE
TRACK CLUB
FWTC Newsletter
PO Box 11703
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Fort Wayne Track Club Membership Coordinator Sarah Kleinknight ran the Great Wall of China Half Marathon last spring. Additional photos and her story can be found at page 76.

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