

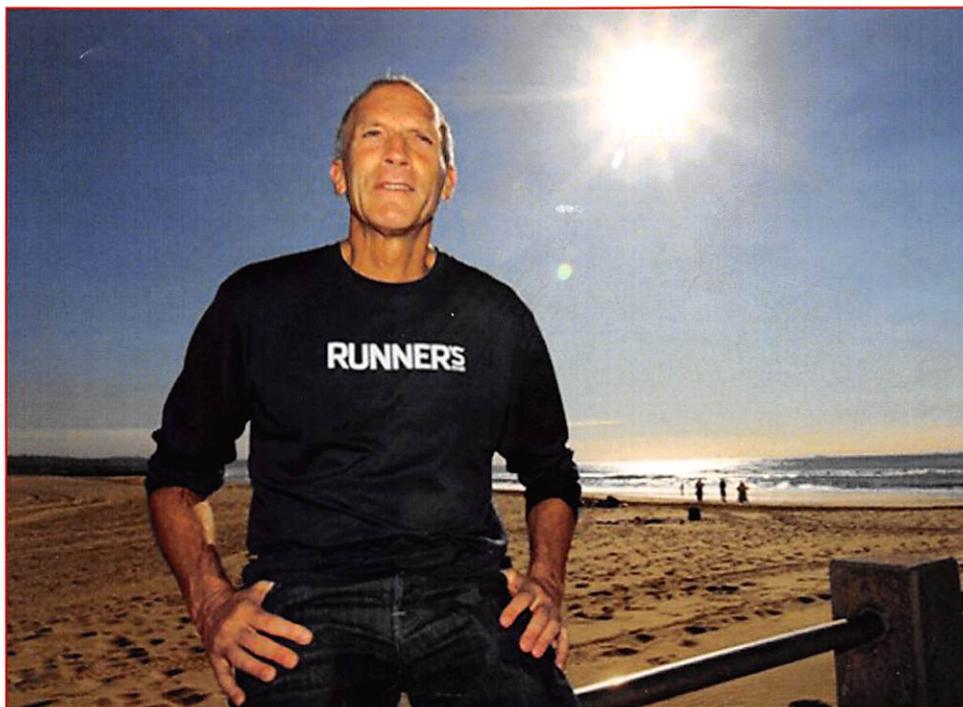
# The *New* Inside Track

November / December 2013

A publication of the Fort Wayne Track Club



## Bart Yasso to speak at FWTC Annual Banquet



### *About Bart:*

- ⇒ Runner's World magazine's Chief Running Officer
- ⇒ Has run races on all 7 continents
- ⇒ Author of "My Life on the Run"
- ⇒ Originated the Yasso 800s marathon training system
- ⇒ 2 solo cross-country cycling treks

### *Banquet details:*

Sunday, January 26, 2014 at Hotel Fort Wayne

Injury Prevention Clinic: 3:30 p.m.; Social Time: 5-5:30 p.m.

Dinner, Awards and Speaker's Presentation: 5:30 p.m.

*See enclosed brochure for additional details and to register. Don't delay-sign up early!*

#### UPCOMING RACES

Turkey Trot 5k — November 16  
Just Plain JP Jones 10k — December 7

#### PACES

Run for Riley Wrap Up — Page 2,14  
A Chat with Don Lindley — Page 7

#### FACES

On the Mark — Page 11  
Nutrition/Wellness — Page 8



Fort Wayne Track Club Board Member Barb Richards, third from left, announces the \$26,688 raised at this year's Run for Riley. Also pictured, from L to R: Dr. Robinson from Aboite Podiatry, Chelsea Backus from the Riley Foundation, Dr. Stafford from Aboite Podiatry, Scott Dierckman from Max Fitness, Matt Ousley, Maple Creek Middle School coach, and Race Director Jim Berry.

## Run for Riley raises close to \$104,000

Thanks to the hundreds of runners and walkers and their supporters who generously donated, this year's Run for Riley raised a record-setting \$26,688 and brought the cumulative total raised by this event to \$103,668.

This marked the seventh year for the race, which has grown significantly since its inception. A record 775 runners and walkers participated this year. By comparison, in its first two years the Run for Riley brought in \$3,300 and \$6,000, respectively. All proceeds from the race go to Riley Hospital for Children.

Barb Richards, Riley Leadership Committee member, commented on this year's outcome: "This year's Run for Riley just blew me away. I am very close to a couple of Riley kids that are battling cancer once again, so this journey is very

personal to me. To see the record number of participants, the record dollars raised this year and that HUGE cumulative total was amazing! What a moment! I thank everyone for giving me that moment."

Race Director Jim Berry added: "I am so grateful for all the volunteers who make this event run smoothly, for all the teams that run for their personal champion, for the football coaches who use this as a teaching tool for their kids to give back and for all those who support running or walking to help a sick child that they may not even know.

"I truly get a couple of hours of 'feel good time' after the event is over, but then the fire that still burns within me takes over and I think there is so much more that I can do to make this event more successful."



### 4 Wellness Summer Series 2013:

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

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## Turkey Trot 5k kicks off the holiday season

The upcoming Turkey Trot 5k at Fox Island is the perfect race to get you in the holiday spirit!

This year's race will be Saturday, Nov. 16. A free 15,000 cm fun run for kids 10 and under will start at 9:45 a.m. and the 5k event will begin at 10 a.m.

Race Director and Fort Wayne Track Club board member Michael Yann calls the Turkey Trot "a family-friendly event."

"It's a scenic course where people can really appreciate the beauty of nature," he added. "It's also an op-

portunity to be thankful for everything we have."

The mostly flat course takes runners through several wooded and grassy areas at Fox Island, located in southwest Allen County at 7324 Yohne Road.

Awards will go to the top overall male and female finishers and the top male and female masters finishers. The two male winners are awarded tom turkeys and the two females receive hen turkeys.

Additional prizes go to the first-place male and female winners in 12 age divisions. The Didier Award is presented to the top male and

female high school runners.

Anyone interested in registering for the race, a FWTC Points Series event, can do so at [runrace.net](http://runrace.net) through Nov. 15. Race day registration begins at 8 a.m. inside the Fox Island Nature Center. Fees for the race are: **Through Nov. 15:** FWTC members--\$15/Non-FWTC members--\$17 **Race day:** FWTC members--\$20/Non-FWTC members--\$22.

Michael hopes to see 350 participants at this year's Turkey Trot. It's a great event at a scenic location, and who knows? You just might win a turkey! Mark your calendars for this annual FWTC race.



### DIVA NIGHT

THURSDAY NOVEMBER 14  
AT 7 PM

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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](http://www.fwtc.org)

The Fort Wayne Track Club is a member of the Road Runners Clubs of America (RRCA), Club #23.

All members are encouraged to attend monthly board meetings, held at Three Rivers Running Company, 4039 North Clinton Street, Fort Wayne, at 7 p.m. on the second Wednesday of each month.

Please notify the Fort Wayne Track Club when you change your address. The post office will not forward *The Inside Track* even if you have notified the post office of your change of address. It costs the FWTC additional postage costs when newsletters have to be mailed again.

**ADVERTISING IN THE INSIDE TRACK**

	Single Issue	Three Issues	Six Issues (full year)
Full page	\$75	\$200	\$325
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## Mazock's 6-mile Thanksgiving Day fun run returns

The stale doughnuts and old coffee are back! If you want in on them, show up to run the Jerry Mazock six-mile fun run on Thanksgiving morning. Jerry, a longtime FWTC member, hosts this annual event in his neighborhood. Meet at 2828 Emerald Drive (near Scott and Covington roads) and be ready to run at 8 a.m.

“No splits, no awards,” says Jerry, “just a place to run before you start your big day.”

Past Thanksgiving Day runs have attracted close to 25 participants. It's an alternative for those who aren't interested in the organized races being held that morning. A brisk morning run, some camaraderie with fellow runners, old

coffee and stale doughnuts. Sounds like a great way to start your Turkey Day!

For more information, contact Jerry at [jerryfoxdanadog@gmail.com](mailto:jerryfoxdanadog@gmail.com) or 260-432-4755.





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## *Don Lindley runs Canary Islands half marathon*

By SARAH KLEINKNIGHT  
Fort Wayne Track Club  
Membership Coordinator

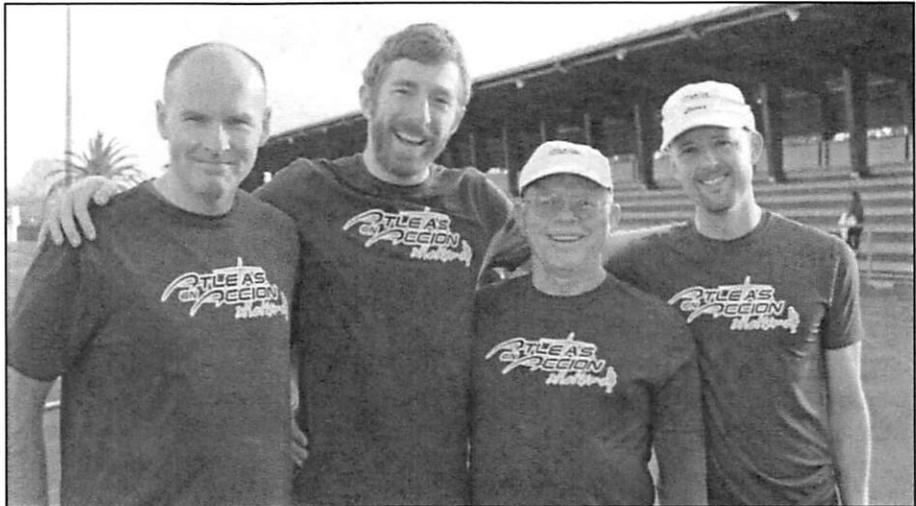
I caught up with Don Lindley recently and asked him what he had been doing since retirement. Since he also retired from the FWTC Board I had not seen him for some time.

Don said he was injured and had not run for almost a year. When asked how it happened, Don explained:

After he retired from his day job and his second job (that of serving on the FWTC Board for decades) he had been doing what he dearly loves – running.

He began his tale of running with January 2012 when he flew to the Canary Islands via Madrid, Spain. He went as a member of Athletes in Action. Matt Sell, a fellow Christian athlete from Fort Wayne, headed this team. (See sidebar.) Don ran the half marathon at the Gran Canaria Maraton and Half Maraton.

As he has in previous years, Don last year ran a race series called Dances with Dirt. These are extreme or ultra marathons - for him that means 50ks (about 31 miles). In March he ran the first in this series in Dade City, Florida called “Green Swamp” (probably a few alligators there to keep you moving!). This race was followed by a 50k race every other month, ending in November at the Owen-Putnam State Park.



**Athletes in Action team members, L to R: Richard Spencer, Kaleb Wilkerson, Don Lindley and Matt Sell. The photo was taken in the Canary Islands.**

He only completed 19 miles of the November race when pain in his knee became too severe for him to continue. He checked it out with a doctor and discovered a stress fracture and some knee damage (which he said he “might” have had for a while).

He is hopeful that 2014 will find him back on the trails as a runner. In the meantime he is not idle. He is lending his expertise to the Indiana Trail 100 as the co-director. The Indiana Trail 100 is 100-mile race held at Chain ‘O Lakes State Park in April. (See March-April 2013 *Inside Track* for more information.) Don also volunteers at the Veteran’s Affairs Hospital and works on his family’s genealogy.

Although he has been sidelined this past year, Don is clearly having fun in retirement. And he hopes it won’t be long until he hits the trails again.

**Matt Sell organized the race Don ran in the Canary Islands. Matt and his wife Joy are Fort Wayne natives who live in the Canary Islands off the coast of Spain and serve as cross-cultural Christian workers. Fort Wayne area churches sponsor their work. Matt and Joy have formed a licensed Canary Island track and field club that has a spiritual emphasis. They host two to three teams of endurance runners each season to connect with Island athletes and compete in a marathon or half marathon in the Canary Islands or on mainland Spain. They are interested in talking with any Christian endurance athletes in the Fort Wayne area who feel a trip of this kind would be a meaningful way to express their faith. Matt can be reached at: [matt.sell@crossworld.org](mailto:matt.sell@crossworld.org).**

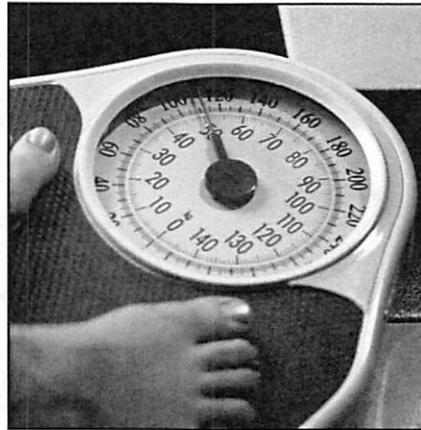
# Holiday S.O.S. (Sustain Our Scales) Challenge

The holiday season is here. It is a most precious time of year with much focus on love, peace and joy. It offers some of the best gatherings: Thanksgiving celebrations, business socials, neighborhood parties, Christmas services and reunions with friends create meaningful moments and memories. Yet it seems one topic is thought about but not talked about....WEIGHT. Many people are concerned about holiday weight gain due to extra food, stressors and less time for fitness. From November through January there's a high risk of mindless eating and drinking, resulting in the consumption of an extra 250-500 calories per day that then turns into half a pound to one pound of weight after seven days. (Note: one pound is about 3,500 calories.)

This does not have to happen. We can keep healthy habits day by day, still enjoy special holiday treats, celebrate the reason for the season and sustain our weight. Help yourself be successful by taking the Holiday S.O.S. (Sustain Our Scales) Challenge. Invite a couple friends and/or family members to join you. Together all of you can maintain your weight and health through the holidays. We fitness enthusiasts like challenges, right? Wellness is a priority, correct? It is simple and it does not take extra time. The only requirements are faith and commitment. Pick a start date, end date and then begin.

## Holiday S.O.S. (Sustain Our Scales) Challenge Rules:

- ◆ Determine who's taking the chal-



lenge.

- ◆ Determine who will keep the weight records.
- ◆ Determine a weigh-in day and time and a weigh-out day and time.
- ◆ Participants cannot weigh themselves more than once a week.
- ◆ No one can be on a diet.
- ◆ Everyone can use healthy eating guidelines and portion control.
- ◆ Everyone can follow healthy fitness guidelines aiming for 30 to 60 minutes of fitness most days of the week.
- ◆ Determine awards for everyone who maintains their weight (plus or minus two pounds) at the end of the challenge.
- ◆ Support each other. The goal is for everyone to be successful!

**Below are 12 "lights" of Christmas to help you enjoy the pleasures of the holiday season without adding to your waistline.**

- \* There are no "forbidden" foods. As soon as we label something "not allowed" or "bad" the more we want it. Think moderation and portion control.
- \* Make choices. As you arrive at a

gathering or restaurant look over all the choices and decide what is best for you. Remember that this is NOT the last party you will ever attend, and you will have a chance to eat these foods again.

- \* Fitness with family and friends is the season's most important activity. Making time for fitness is a great way to manage stress and see friends. Think about starting a family tradition of a neighborhood or park walk or hike.
- \* Focus on friends and family, not the food. Enjoy conversations at socials. This is a wonderful way to control food portions. It is difficult to eat and talk at the same time.
- \* Share the gift of health. Give presents that support healthy wishes like fitness clothes, fitness equipment, homemade fruit bread and healthy-recipe cookbooks.
- \* Establish new family traditions. If your family gatherings and parties are typically all rich foods, plan to change the menu. Omit a couple dishes and add a couple festive nutritious choices like a colorful fresh fruit platter.
- \* Never go to a party hungry. Portion control is impossible with a hungry stomach. Have a light snack before any special gathering.
- \* Enjoy the taste of light cooking. Instead of preparing all the traditional recipes modify some to make them healthier; for in-

See S.O.S., page 9

**S.O.S., continued from page 8**

stance, instead of regular sour cream use low-fat sour cream or instead of bacon use lean ham.

- \* Limit alcohol and high sugar drinks. Most holiday beverages are high in calories. Four ounces of wine or an 8-ounce beer or soda contain 80-100 calories.
- \* Create a distance from food. Move around at a party and keep your back to the food as much as

possible. Send leftovers home with guests or take the food to a local food pantry.

- \* Experiment with the "five minute rule." You think you're hungry for more? Wait five minutes! It's highly likely the urge will pass.
- \* Keep things in perspective. It's okay to eat and enjoy favorite holiday foods and beverages. Plan for them. Do not fill yourself with guilt and shame. These can trigger overeating or undereating.

**Information Source: Put Your Best Food Forward by Dayle Hayes, MS, RD**

Take the Holiday S.O.S. Challenge and use tips that can make a difference in your health yet not spoil the holiday fun. Let me know the results! Share your stories! Healthy holidays!

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

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

**Roasted Vegetables**

**Ingredients:**

- 3 large turnips
- 4 large beets
- 1 large zucchini or carrot
- 1 red onion
- 3 sweet potatoes, peeled
- 2 tablespoons olive oil



2 teaspoons garlic powder

1-2 teaspoons pepper and/or any herb of choice

**NOTE:** You can use any vegetables that you want. Just choose your favorite and roast away.

**Directions:**

1. Chop all vegetables into bite sized pieces.
2. Toss with olive oil and garlic powder.

der.

3. Bake at 400 degrees for about 45 minutes to 1 hour flipping vegetables halfway through.

Vegetables are done when they are no longer crunchy and are easy to chew. To make a meal, serve with lean beef, chicken, turkey, fish, or to-fu.

**Source: Amanda Hernandez, RD**

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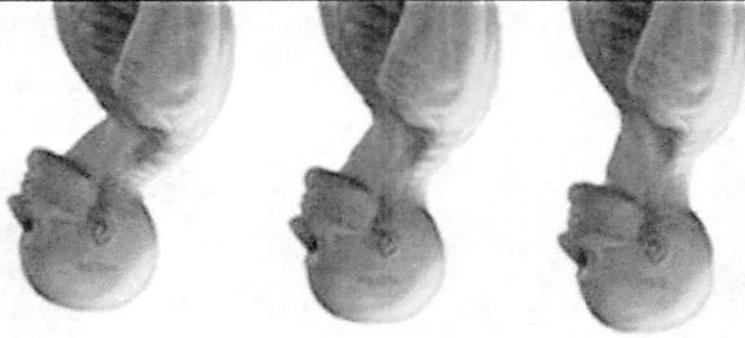
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## On the Mark

# Bidding a fond farewell to racing

By DR. MARK O'SHAUGHNESSY

I want to take a brief break from the medical topics to try to explain a decision I have made about my own running that, to my surprise has been met with incredulous looks and shocked comments from fellow runners such as "Really? Why?"

I have chosen to stop racing. There, I said it! (Sounds like the first step in a 12-step recovery program, doesn't it?)

Now before you become concerned about my sanity or begin to think this disease might somehow be contagious let me explain my rationale. Before I get there let me reassure all that I still LOVE to run and I plan to continue to "participate" in events throughout the Fort Wayne area and beyond. I cherish my friendships in the Track Club and the broader running community and love the energy and camaraderie of these wonderful events.

I plan to run until either my legs fall off or I am permanently "horizontal," and I plan to be a permanent fixture at many of the Track Club events throughout the year. I also plan to continue my marathon quests including adding the seven continents to my 50 states accomplishment. (Antarctica trip next March kicks off the Continents Quest.)

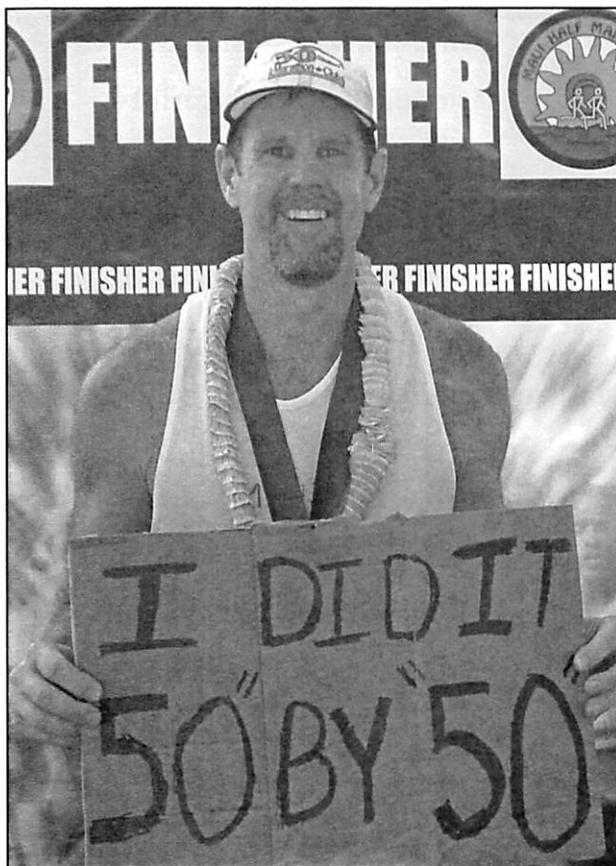
Racing no longer has that magical hold on my psyche. I no longer "embrace" the pain of racing or training to race for that matter. As I reflect back on a lifetime of running, I realize I have been "racing" virtually since middle school and I have achieved most every one of my personal goals. As long as we are confessing, I never broke 2 minutes in the 880 yards, (2.08 and yes, I am so old that we ran yards not meters and believe it or not we ran on cinders in middle school) or 18 minutes in a 5k (18:12—we only

ran 2.5 miles in high school cross country in those golden days before cell phones and computers but I did run in Adidas Cross Country's, an awesome looking shoe that weighed somewhere near 10 pounds but man did we look good!)

On the plus side of this ancient running career, I hold a South Side High School record that will never be broken because they changed to meters several years after I graduated. It sure was nice to have the nation's fastest quarter-miler anchoring your mile relay team.

My racing career has been peppered with wonderful highs and devastating lows but as I reflect back, the fondness of each of these experiences grows exponentially. ("Remember the time...") Racing has taught me so many things about myself and life itself. Hard work and perseverance, testing my physiologic limits, competitive spirit, good sportsman-like conduct, to name a few, all of which easily translate into daily life. Racing has been a wonderful addition to my life and I am extremely thankful that I have had the honor and privilege to participate in this activity for as long as I have.

So, where does that leave us? Well as I stated above I plan to continue to run until they pry my cold dead fingers from my laces (actually that's just my Raynaud's, which I will discuss in a future article. It's not really life-threatening.) I will still see many of



One of Mark's many running achievements is completing marathons in all 50 states before he turned 50. Mark is pictured above after finishing his final marathon in that quest, the Maui Marathon.

you at area races; I'll just shout encouragement on an out and back course to all those "racers" in the front of the pack.

I will watch in awe those racers who seem to be able to outrun Father Time by getting faster and faster with age (Brad Altevogt, Chuck Deford, Denise Conrad and Ward Moya to name just a few close to my age division; I just wish I could have beat these guys just once before I hung up my racing flats. And Denise...don't even get me started!).

And we will continue to make wonderful memories as members of an elite society of athletes participating in one of life's truly epic endeavors.

## 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

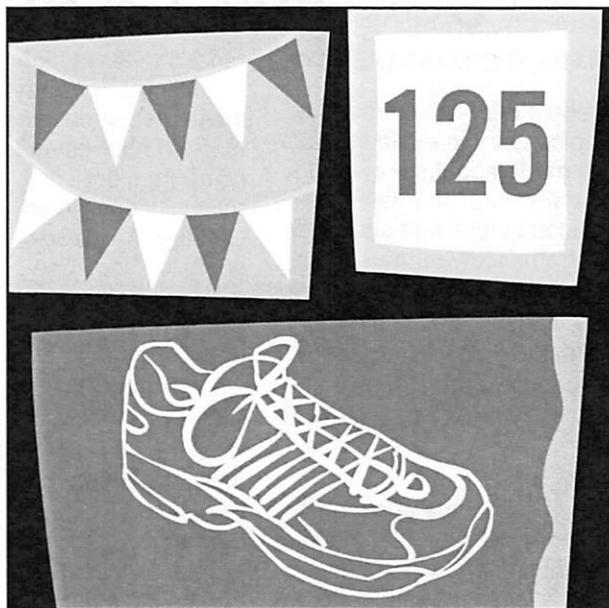
Anthony Wayne Rotary 5k: August 17

Parlor City Trot Half Marathon: August 31

Run for Riley (5 miles): October 13

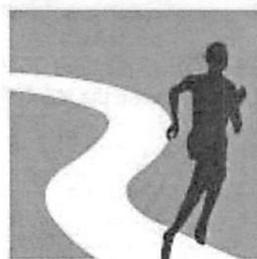
River City Rat Race 10k: October 27

WOOF (16 miles, trail): November 2



Turkey Trot 5k trail: November 16

JP Jones 10k: December 7



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**FWTC members Barbie Scrogam and Dana Budd ran the Clark Lake, Michigan, 12k on August 3. According to Dana, "It is by far the most beautiful 12k we have ever done." The scenic course included hills, views of the lake and a beach finish. In the photo Barbie is holding a copy of *The Inside Track* as she and Dana cool off their legs and feet in Clark Lake. And no, unfortunately the boat isn't theirs. They asked the owner if they could use it as a backdrop for their newsletter photo and he said, "Of course!"**



## 2013 FWTC Points Series 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.

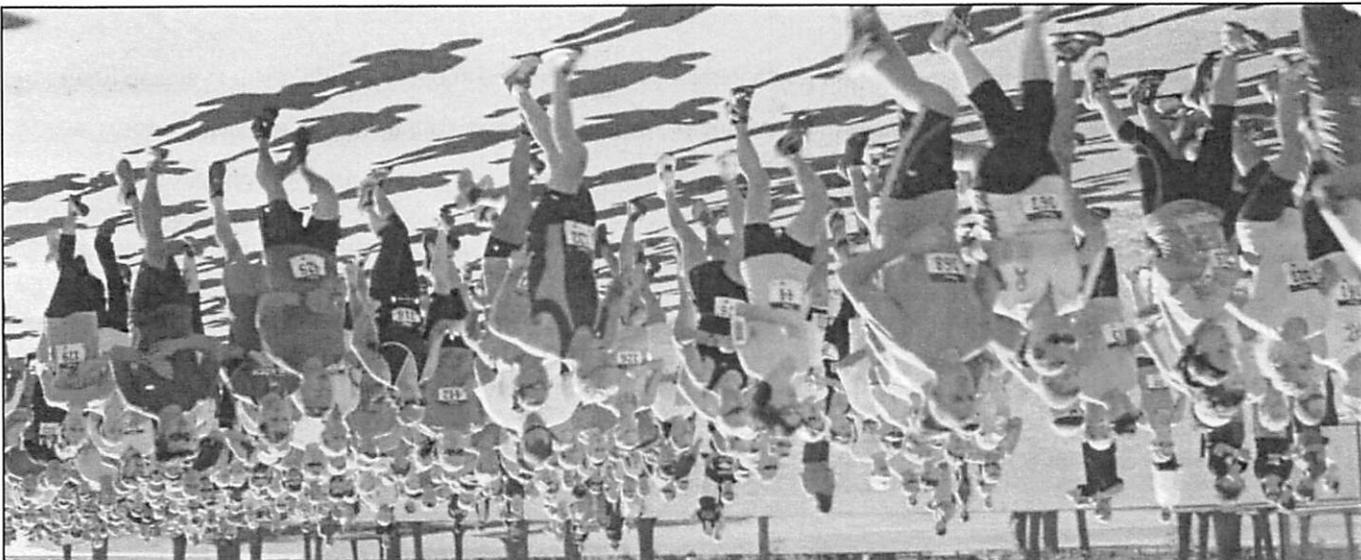
A. Volunteer Points are awarded for FWTC members not participating in the event. In other words, no double dipping in points.

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](mailto:rperez@dekalbcentral.net)



**Run for  
Riley**



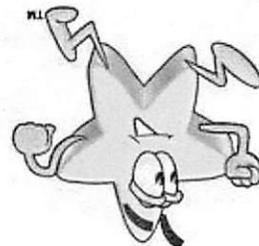
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# STAR INSURANCE





*J.P. Jones*  
**Just Plain 10K and 3.3K Run/Walk**

**Saturday December 7th 2:00 pm**  
 Foster Park-south end of Hartman Rd., Fort Wayne, IN

- \* Bring a gift wrapped t-shirt(s) with size marked on the outside. Bring as many wrapped t-shirts as you wish. T-shirts and event revenue will be given to a local needy children's organization.
- \* \$3.00 for FWTC members/\$5.00 for non-members (checks payable to FWTC)
- \* No toilet facilities.
- \* No awards...low key event.
- \* Homemade soup and other refreshments for everyone.
- \* All finishers will receive a honey bear.
- \* Just Plain 10km is the final FWTC Points Race of 2013



For information call 260-241-5406 or [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu). Web site: <http://www.fwtc.org>

*Entries can be mailed to J. Tillapaugh, 4635 Indiana Ave, Fort Wayne, IN 46807 Postmark on or before Monday December 2nd, 2013 or plan to register the day of the event!*

.....

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (day of race) \_\_\_\_\_ Sex \_\_\_\_\_

Email \_\_\_\_\_ Circle Event:      10 km      3.3 km

Liability Waiver:

I know that running a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with running in this event including, but not limited to: falls, contact with others, weather effects, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For the safety of others, I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Fort Wayne Parks and Recreation, RRCA and all of their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18 years) \_\_\_\_\_ Date \_\_\_\_\_

## 2013 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
<b>19 and under</b>				
1	Marisa Eberle	Fort Wayne	12	810
2	Jamie Zeigler	Fort Wayne	12	600
3	Makenzie Kolvoord	Fort Wayne	5	450
<b>20-29</b>				
1	Ashley Anglin	Fort Wayne	29	1050
2	Kalissa Herron	Fort Wayne	25	900
3	Sharon Christian	Fort Wayne	27	590
<b>30-34</b>				
1	Kelly Davis	Fort Wayne	32	1200
2	Lisa Falotico	Fort Wayne	33	520
3	Rachel Rayburn	Fort Wayne	30	290
<b>35-39</b>				
1	Andria Eguia	Fort Wayne	38	890
2	Sherry Brown	Columbia City	39	880
3	Arden Robertson	Fort Wayne	36	870
<b>40-44</b>				
1	Cari Hardin	Fort Wayne	41	1040
2	Marcia Schaefer	Harlan	42	640
3	Erin Brady	Fort Wayne	41	500
<b>45-49</b>				
1	Kim Ehleiter	Waterloo	45	890
2	Judith Roy	Avilla	49	700
3	Gail Gerber	New Haven	49	580
<b>50-54</b>				
1	Denise Conrad	Decatur	51	850
2	Carol Dobbs	Fort Wayne	51	720
3	Anita Bultemeier	Leo	53	700
<b>55-59</b>				
1	Marcia Kirlin	Fort Wayne	56	880
2	Cynthia Cornwell	Fort Wayne	58	780
3	Julie Manger	Kendallville	57	630
<b>60-64</b>				
1	Sherry Nidlinger	Fort Wayne	62	1100
2	Jennifer Etzler	Fort Wayne	61	790
3	Nancy Boyer	Fort Wayne	62	140
<b>65-69</b>				
1	Barbie Scrogam	Fort Wayne	66	650
2	Sarah Kleinknight	Fort Wayne	69	460
3	Betty Nelson	Columbia City	67	230
<b>70 and Over</b>				
1	Barbara DeFord	Hicksville, Ohio	72	300

## 2013 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
<b>19 and Under</b>				
1	Logan Weaver	Fort Wayne	10	890
2	Mark Beckmann	Auburn	16	650
3	Sam Edwards	Fort Wayne	16	540
<b>20-29</b>				
1	Travis Blanchette	Fort Wayne	28	730
2	Justin Bartlett	Fort Wayne	28	720
3	Thomas Crum	Fort Wayne	25	640
<b>30-34</b>				
1	Jeff Nidlinger	Fort Wayne	32	1100
2	Mark Doepner	Fort Wayne	30	860
3	Jonathon Gottschalk	Fort Wayne	31	750
<b>35-39</b>				
1	Chris Kaufman	Fort Wayne	36	750
2	Brad Thomas	Fort Wayne	38	690
3	Cameron Kelly	Fort Wayne	35	220
<b>40-44</b>				
1	Michael Fruchey	Fort Wayne	43	950
2	Tom Hardin	Fort Wayne	42	940
3	Berry Weaver	Fort Wayne	42	770
<b>45-49</b>				
1	Scott Eberle	Fort Wayne	49	810
2	Randy Houser	Fremont	47	750
3	Matt Emley	Fort Wayne	48	590
<b>50-54</b>				
1	Chuck DeFord	Fort Wayne	53	770
2	Mike Slaubaugh	Fort Wayne	52	630
3	Daniel Beck	Laotto	54	410
<b>55-59</b>				
1	Brad Altevogt	Fort Wayne	58	1030
2	Chuck Brown	Bluffton	57	850
3	Gary Schmunk	Antwerp, Ohio	58	700
<b>60-64</b>				
1	Roger Kingsbury	Fort Wayne	63	1140
2	Bruce Etzler		63	800
3	Jed Pearson	Fort Wayne	61	730
<b>65-69</b>				
1	Bernie Burgette	Fort Wayne	69	880
2	Larry Lee	Fort Wayne	67	770
3	Robert Lawson	Fort Wayne	65	730
4				
<b>70 and over</b>				
1	Bill Harris	Grabill	74	1110
2	Terry Parker	Auburn	72	810
3	Dick Harnly	Fort Wayne	75	700

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

[www.fwtc.org](http://www.fwtc.org)

# Fort Wayne Track Club 2013 Awards Nomination Form

Help the Fort Wayne Track Club recognize the achievements of club members by nominating them for a club award. People nominated must be FWTC members. Awards will be given at the banquet on Sunday January 26, 2014. Nomination deadline is Friday, January 3, 2014.

## Award Categories:

### 1. Spirit of Running Award

This award celebrates the contribution of a member who takes time both to run, walk, volunteer and cheer on others at races and club events. His/her ever-present positive attitude and constant smile send a healthy message to everyone about the benefits of running and walking for fitness and fellowship.

Nomination: \_\_\_\_\_

### 2. Don Lindley Volunteer of The Year

Volunteers truly help the FWTC keep running well! Every activity, event and service is accomplished by volunteers. We are very, very fortunate to have a core group of dedicated people who help make things happen. Our recipient this year definitely has given many hours to the FWTC.

Nomination: \_\_\_\_\_

### 3. Golden Shoe Award

This award is given to recognize a member who has given generously in time, effort and financially. The recipient finds time to contribute his or her time, talents and finances to FWTC. The FWTC officers select this winner.

Nomination: \_\_\_\_\_

### 4. President's Award

This award is subject to the whims of the FWTC President and can be anything the FWTC President makes it.

*Please send nominations to [Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu) or mail to J. Tillapaugh, 4635 Indiana Ave., Fort Wayne, Indiana 46807*



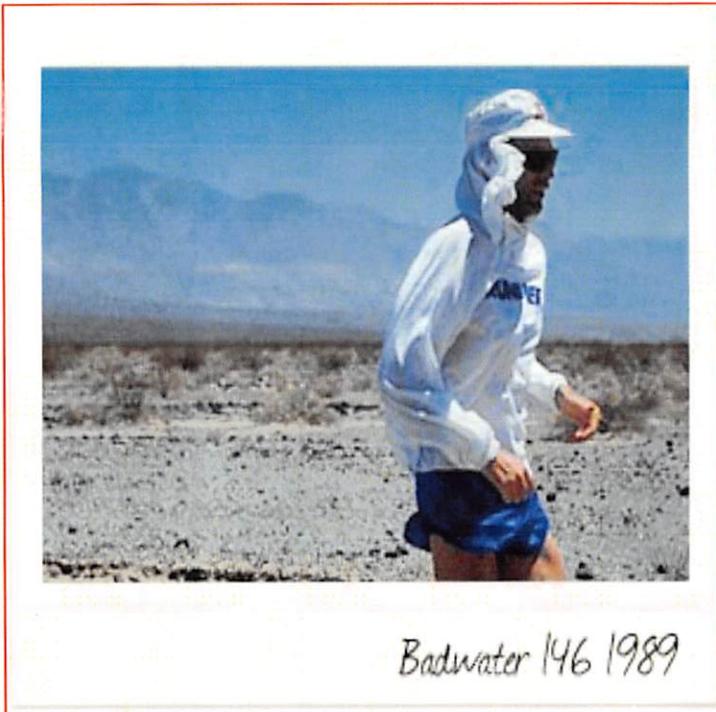
The River City Rat Race drew a record 1,127 participants this year. Pre-race activities included a tribute to the late Jack Hilker, left, and recognition of Three Rivers Running Company's continued sponsorship of the race, above, left.



FWTC Newsletter  
PO Box 11703  
Fort Wayne, IN 46860

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DONALD LINDLEY  
1820 BRIAR FENCE LN  
FORT WAYNE IN 46804-8011

3 2

Come hear Bart Yasso discuss "Never Limit Where Running Can Take You" at the FWTC Annual Banquet and Awards Ceremony Sunday, Jan. 26 at Hotel Fort Wayne. See front cover and enclosed banquet brochure for more details and to register.