

The *New* Inside Track

FORT WAYNE

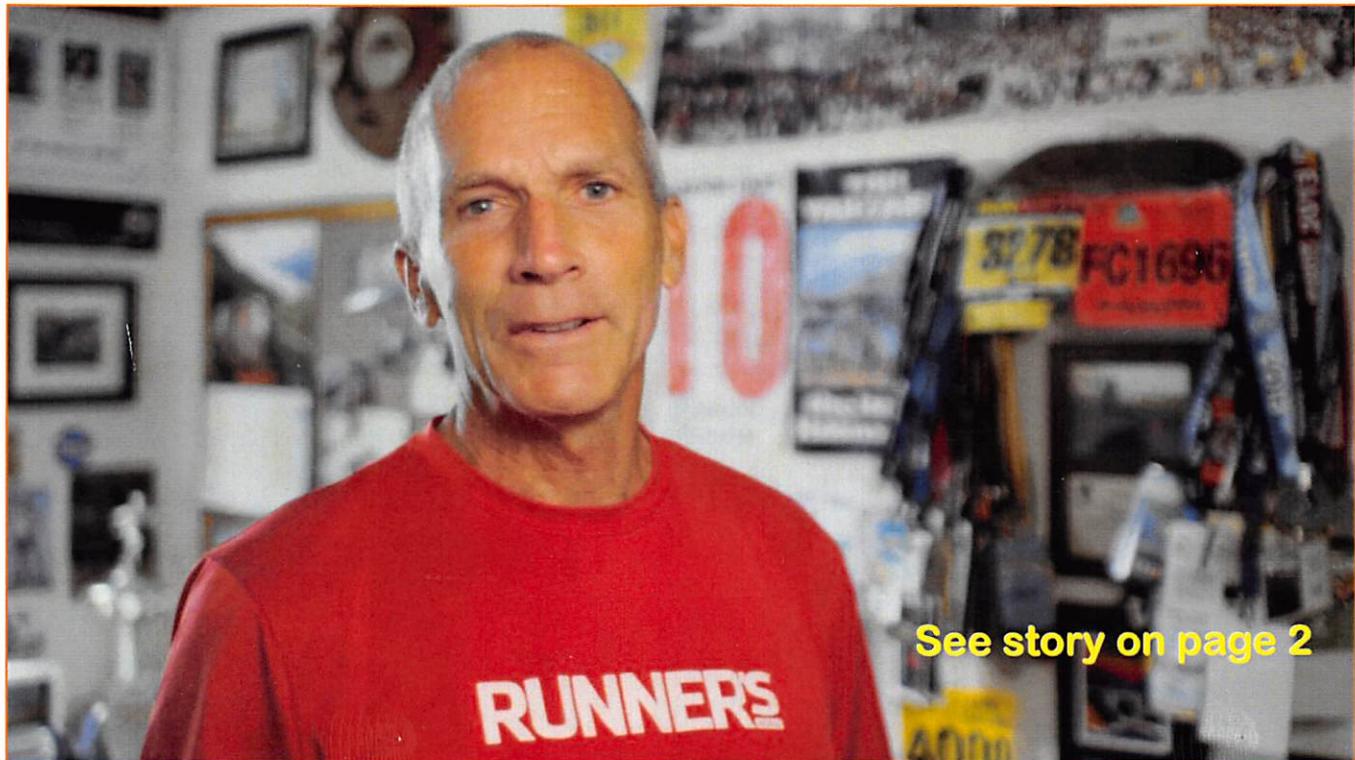


TRACK CLUB

JANUARY/FEBRUARY 2014

A publication of the Fort Wayne Track Club

Fort Wayne Track Club Annual Banquet to feature Bart Yasso



See story on page 2

WHEN: Sunday, January 26

WHERE: Hotel Fort Wayne,

305 E. Washington Center Road

WHAT: Injury Prevention Clinic at 3:30 p.m.

Social Time at 5 p.m.

*Dinner, Guest Speaker and Awards
at 5:30 p.m.*

UPCOMING RACES

Fanny Freezer — February 8

PACES

What Makes Bart Yasso Tick — page 3

Iron Couple Cari and Tom Hardin — page 8

FACES

On the Mark — Page 12

Nutrition/Wellness — Page 6

Bart Yasso, the “Mayor of Running,” on running and life

By **MARCIA KIRLIN**
Inside Track Editor

When Bart Yasso says “never limit where running can take you,” he knows what he’s talking about.

Running has taken Bart around the globe and he has the stories, medals and battle scars to show for it.

Bart will share some of his running tales, life lessons and unique insights at the Fort Wayne Track Club Annual Banquet Sponsored by Three Rivers Running Company. The banquet will be Sunday, January 26 at Hotel Fort Wayne, 305 E. Washington Center Road.

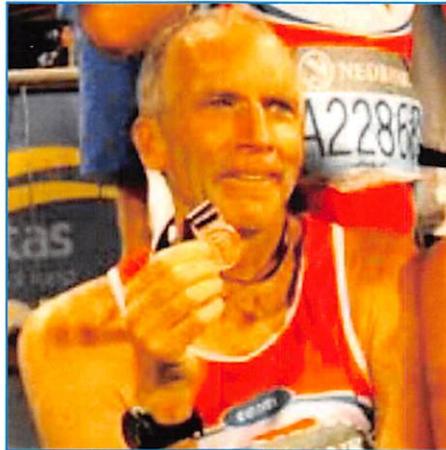
As *Runner’s World’s* Chief Running Officer, Bart says he has “the greatest job in the world.” He travels to races and events around the world, giving speeches, making appearances and conducting clinics on behalf of the magazine.

“I tell myself I’m dreaming every day,” he says. “Every runner wants my job.”

“I’ve gotten so much out of this sport,” he continued. “I want to spread my story.”

He does so through a slide presentation he calls “Never Limit Where Running Can Take You,” which features a collection of photos from races he’s run, and the over-arching message to not set limits, geographically, emotionally, spiritually or physically, in running and in life. He likes to illustrate his points with examples from his own life and those of “other great people I’ve met.”

Bart, who has been at *Runner’s World* since 1987, wasn’t a high school or college runner. His entry into the world of running coincided with the running boom of the late 1970s. Running rep-



Bart Yasso with his medal from the 56-mile Comrades Marathon in May of 2010.

resented a significant life change for Bart, a way for a cigarette-smoking, binge-drinking, small-town Pennsylvania boy to turn his life around.

Jim Fixx’s *The Complete Book of Running* had a huge impact on Bart, who, with only a couple shorter races under his belt completed his first marathon – the *Prevention* Marathon -- in 1981 in 3:13. It wasn’t long before he qualified for Boston, with a time of 2:50:56. He ran Boston for the first time in 1982, the year Alberto Salazar and Dick Beardsley had their “Duel in the Sun,” finishing that iconic race in 2:59.

“I tell myself I’m dreaming every day. Every runner wants my job.”

Bart is convinced running saved his life. And now his favorite aspect of his job as Chief Running Officer is “meeting and inspiring people.”

“I’m absolutely amazed when I meet people who have overcome huge obstacles just to get to the start line,” he says.

Secondly, Bart says he loves that his job allows him “to be a runner and embrace that journey.” “It’s such a

privilege to be a part of that experience,” he said. “I meet the greatest runners in the world.”

Bart’s job duties might be enviable, but his rigorous travel schedule? Maybe not so much. He is away from home 45-46 weekends a year, representing *Runner’s World* at races and race events across the country and around the globe. During the week he makes appearances at bookstores, running stores and banquets.

Asked what inspires him, Bart says it’s the running community. He himself runs very few miles these days and races infrequently, but feels “lucky to have stayed involved in the sport.” He enjoys congratulating racers at the finish line. “I love being part of that scene.”

Bart contracted Lyme disease in 1997 while climbing Mount Kilimanjaro. As a result he battles arthritis and chronic muscle pain. “It (Lyme disease) beat me up pretty bad,” he said. “I’m in a lot of pain.” He doesn’t get discouraged though. “I run sparingly and I’m happy about that, he said. “I was going to slow down anyway. I had a lot of good years running and accomplished a lot.”

Among just a handful of those accomplishments: Completing marathons on all seven continents, winning the Badwater 146 ultra race through Death Valley and up Mount Whitney, running the historic 56-mile Comrades Marathon in South Africa in 2010, finishing the Ironman five times and running with and publishing a *Runner’s World* feature story that chronicled a devoted group of accomplished Amish runners in Lancaster County Pennsylvania.

A keynote this past year came on

See Yasso, page 3



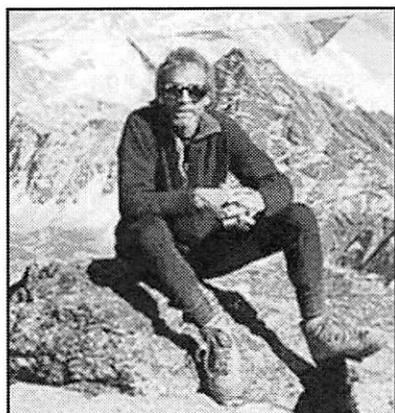
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Bart at Mount Everest Base Camp, 1996

Yasso, continued from page 2

Thanksgiving morning when Bart was greeted by dozens of Facebook posts and emails thanking him for what he’s done for the world of running. “I was blown away,” he remarked.

And what’s ahead for 2014?

“I want to try to do everything in my power to grow this sport,” Bart explained, singling out TV coverage as a key target for expansion. “We need to get the mainstream media in our corner.” Coverage of this year’s Boston Marathon will be widespread, Bart

acknowledges, “with a ton of press from all over the world.”

“It’s an opportunity to show the sport from a different perspective.”

Bart says he’s always trying to think of things to get more people involved who need to be. “Running can change lives for the better,” he believes. He’s living proof of that.

Editor’s note: Bart and I also discussed his most memorable races; his heroes; his experience running the Badwater 146; his two solo, unsupported bicycle rides across the United States and his invention of Yasso 800s. I could fill this entire newsletter with details of our interview and snippets from his book: *My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon*, but space demands I leave a few topics out.

To meet Bart and hear about these and other topics, be sure to attend the FWTC Banquet on Sunday, January 26. I’m sure you’ll find Bart to be as personable and inspiring as I have. Bart will be available to sign autographs and pose for photographs during the Banquet Meet and Greet from 5 to 5:30 p.m.

FWTC Annual Banquet schedule:

- ⇒ 3:30 to 5 p.m. — Injury Prevention Clinic, featuring Todd Sullivan of Indiana Physical Therapy and orthopedic physician Lisa Falotico
- ⇒ 5 to 5:30 p.m. — Meet and greet Bart Yasso and social time with friends
- ⇒ 5:30 p.m. — Dinner; guest speaker Bart Yasso; presentation of awards: Chris Brown Outstanding high school runners; age group; Ironman/Ironwoman; and FWTC Spirit of Running, Don Lindley Volunteer of the Year, Golden Shoe and President’s awards.



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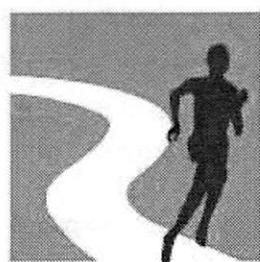
The Fort Wayne Track Club is a member of the Road Runners Clubs of America (RRCA), Club #23.

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

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2014 Points Series Races

Fanny Freezer 5k	Feb. 8
Kilt Run 5k	March 15
Nutri-Run 20k	TBA
Mastodon Stomp 5k	April 13
Frontier Run 'N' Fun 10k	May 17
Hare and Hounds 5k XC	June 14
Runners on Parade 5k	July 12
Dr. Phil O'Shaughnessy 10k	July 19
New Haven 10k	Aug. 2
Parlor City Trot Half Marathon	Aug. 30
Just Plain JP Jones 10k	Sept. 14
Run for Riley (5 miles)	Oct. 12



River City Rat Race 10k	Oct. 26
Turkey Trot 5k trail	Nov.22
Gingerbread Pursuit (4 miles)	Dec.13

Keep your eating simple in the new year

Do Not Diet! Keep it Simple!

Happy New Year! Any nutrition-related New Year's resolutions? What meal or snack needs a change? Keep it simple, be specific and do not diet were suggestions my friend Mike Kast would give me. Yes, even though I am a registered dietitian, I like suggestions. I'm definitely not perfect. Breakfast was discussed after many morning group runs from his home on Forest Park Blvd. Simple solution.....select cereal, fruit and milk. As a fan of cereal, Mike always had 6 to 10 types of cereal to choose from or he mixed two or three together.

So think about going "simple" this coming year. Make it a favorite word. Many previous "simple" recommendations are still great for health promotion and disease prevention now. The February 1984 FWTC *Inside Track* newsletter had the first nutrition article. Much of it highlights nutrition guidelines that are still important. Here is a portion of the article.

Athletes are known to try a variety of diets and food supplements to improve their physical performances. They are constantly in search

of that magic combination of foods that will help improve their athletic abilities. There are those who swear by an all-natural diet of lean proteins, fruits, vegetables and whole grain foods. Others prefer the high-fat, high-sugar diet of Coke, chips, ice cream, candy and fried foods. Still others use a variety of foods but supplement their diet with mega doses of vitamins and minerals.

Every athlete is different. Each one needs to discover what combination of foods helps them feel their best and perform their best. Just as there are hundreds of theories on training there is an equal number of athletic diet formulas. The athlete is the guinea pig who tries them out. Let me voice a word of caution before trying any diet. Check It Out! It may be a gimmick to make someone rich. It may lack one or two food groups and not provide balanced nutrition. The diet may require purchasing special food products. Do not be tricked by false claims of super vitality foods. Many fad diets are not supported by scientific research but are instead based on individuals' feelings and beliefs. For a diet to be based on sound nutrition

principles check to see if it is supported by the Academy of Nutrition and Dietetics (www.eatright.org). There is no magical recipe for an athlete to win a race or set a PR time or to have overall good health. The nutritional needs are pretty straightforward.

Athletes need:

- * Water for hydration and all body functions
- * Nutritious carbohydrate energy to operate
- * Protein to build and repair body tissues
- * Vitamins and minerals to aid all body functions
- * Rest and recovery

We are all athletes in motion seeking to achieve goals and desires. Aim to have a healthy style of eating with three balanced meals and a couple nutritious snacks daily using a variety of foods and beverages that can be found at local food stores. Limit empty calorie foods like alcohol, sweets, soda and fried foods. Keep it simple. Set a realistic nutritious resolution!!

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

Spicy Crunchy Chickpeas

Ingredients:

- 2 (15-ounce) cans chickpeas, thoroughly drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt, optional

Method:

1. Heat oven to 400°F and arrange a rack in the middle.
2. Place chickpeas in a large bowl and toss with remaining ingredients until evenly coated.
3. Spread chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes. Cool and store in an airtight container.

Note: If desired omit cumin and chili powder and use a different herb.

Recipe Courtesy of Carly Thompson, IPFW student and Peer Health Educator



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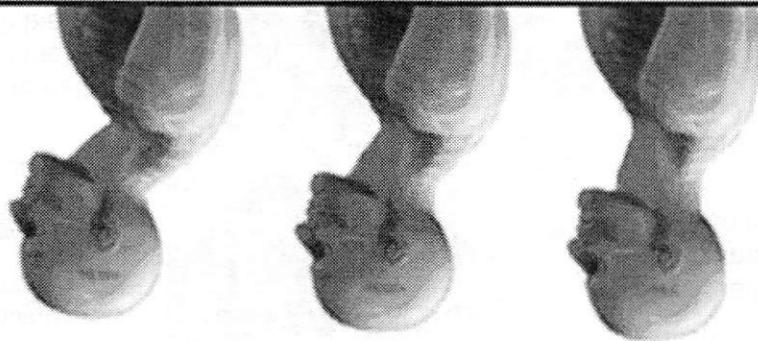
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YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



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"

FWTC's First Iron Couple: Tom and Cari Hardin

In 2013 the husband and wife team of Tom and Cari Hardin became the first married couple to both complete the FWTC Points Race Series Ironman challenge by competing in all of the FWTC point races in a single year. Cari was an Ironwoman in 2012, and this year husband Tom joined her in the quest. Tom, 43, is an attorney/partner with Shine & Hardin. Cari, 42, says of her occupation: "I stay at home, which is ironic, because between carpool and shuffling children, I am never home. I also have an RN license stashed away for a little later." The Hardins are Fort Wayne natives who met while attending Elmhurst High School. As Cari explains: "We met in the halls of Elmhurst High School. I saw him standing at his locker and I thought he was cute." They have now been married for 18 years, and have 4 children: Meredith (16), Ellie (13), Amelia (11) and Mae (5). Recently, **FWTC Board member Craig Bobay** had a chance to chat with our first-ever Iron Couple.

Bobay: *Why did you take on the Ironman Challenge?*

Cari: Because I love a challenge and I love to race. And the sweat-shirt that we were awarded last year was very cool.

Tom: I like challenges and since Cari did it last year, I couldn't let her have the sole honors.

Bobay: *How has pursuing your goal of becoming the FWTC's first Iron Couple impacted your relationship?*

Cari: It guaranteed us 16 dates, including the FWTC banquet. It was great to accomplish the same goal, since in the past we have often trained for different races. It was also fun to compare notes after races and spend a few hours

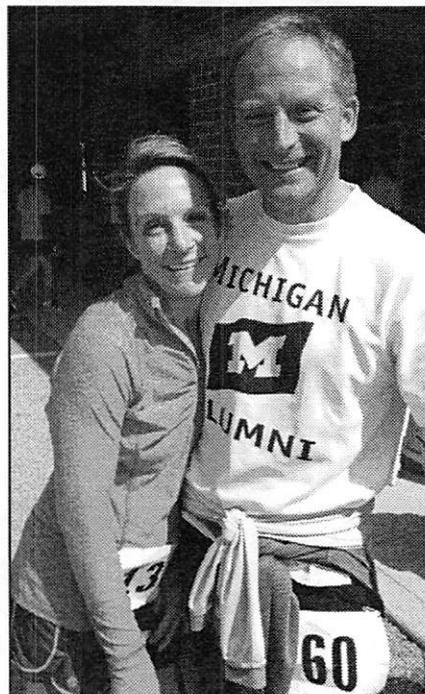
together before we jumped into our busy weekend. It was also a huge impact on our calendar. We juggled a lot of weekend plans around Saturday morning races.

Tom: We had to coordinate our calendars to make sure we both could do it. We really enjoyed the mutual goal of running all the races together and trying to run them to the best of our ability. It's been great to share this accomplishment.

Bobay: *What are your other proudest running accomplishments?*

Cari: I have only run three marathons, but after each one, I am always amazed at what you can train your body to do.

Tom: The proudest running accomplishment was the 2012 Fort4Fitness half marathon when I ran it in under 1:30. That time was also good enough to get me seeded in the A corral at the 2013 Indy Mini. I didn't think I was capable of doing a half in under 1:30, but it



Iron Couple Cari and Tom Hardin

happened. Beyond that, I am proud to have completed several marathons, but I have some work to do with those monster runs.

Bobay: *Describe your unique running related experiences.*

Cari: Running (slowly) in the Indy Mini 5 months pregnant.

Tom: Traveling with a van full of friends to Illinois to run the River to River Relay. Traveling with the group is a blast – laughs, music, beverages. Then the actual relay is a great group race across southern Illinois. I particularly like my traditional lead-off spot so I can be the first one to finish and get into the preferred cooler.

Bobay: *When did you two first start running?*

Tom: I started running on a regular basis after Cari and I began our relationship – basically during college.

Cari: Ditto.

Bobay: *Why do you run?*

Cari: Running is quick. Workout done in an hour. Check. I also run because after a good run, I am ready to tackle anything. The euphoric feeling after a run keeps me coming back for more. I love running with friends. I would rather catch up with a friend on a run than lunch.

Tom: Health and wellness, fitness, camaraderie among friends, to be with my bride, and the competition.

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

Cari: The Indianapolis Mini Marathon. Tom and I have made it a tradition. We love how the entire city buzzes with race excitement. I

See Iron Couple, page 9

GET IN SHAPE

FOR THE NEW YEAR

 <p>WEIGHT LOSS CHALLENGE 12 Week weight loss program Begins Jan 18 with official weigh-in and kick-off party <i>Registration closes Jan 25</i></p> <p style="text-align: center;">BEGINS JAN 18</p>	 <p>YOGA FOR RUNNERS From Powers of One Yoga <i>To register visit: powersofone.com or call (260) 432-3270</i></p> <p style="text-align: center;">BEGINS JAN 20</p>	 <p>"COUCH TO 5K" TRAINING 12 Week program with certified coaches <i>Info Sessions Jan 15 & 22</i></p> <p style="text-align: center;">BEGINS JAN 28</p>	 <p>HALF MARATHON TRAINING 12 Week program with certified coaches <i>Info Sessions Jan 29 & Feb 5</i></p> <p style="text-align: center;">FEB 13 THRU APR 29</p>
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FOR MORE DETAILS AND REGISTRATION INFO GO TO FLEETFEETFORTWAYNE.COM OR CALL (260) 432-3270

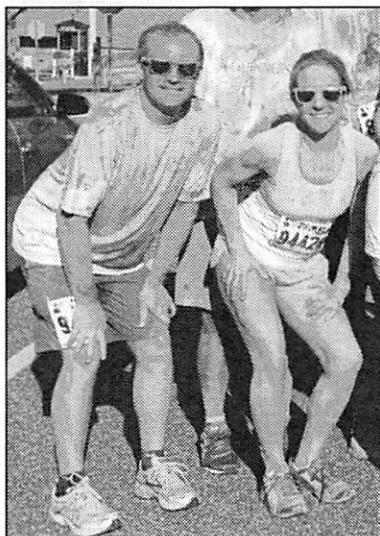


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Iron Couple, cont. from page 8

also like Parlor City because Heyerly's Bakery is on the way home.

Tom: Mini Marathon – an annual staple; Fort4 Fitness half marathons. I also enjoy running outside near my home, as well as along the beach in Fort Myers, Florida.



The Hardins after the Color Run

Bobay: What are your favorite non-running entertainment options?

Cari: I'll try anything once. I love pouring over race results. Ebay. Reading. Is coffee and Facebook a hobby? I don't like to be in charge, but if someone else puts it together, I am up for anything. I always like an evening home and a cozy fire.

Tom: Playing tennis, watching my daughters participate in sports or music/arts-related activities, Netflix, and international travel.

Bobay: What is your favorite running gear?

Cari: I have a love/hate relationship with my pink Garmin.

Tom: Brooks Adrenaline running shoes and my ipod – the ipod is a must for long runs and races.

Bobay: What are your favorite foods?

Cari: Seafood. Unless I want junk food, and then it's anything with

butter cream frosting.

Tom: Good pasta dishes – can't go wrong with traditional spaghetti and meatballs.

Bobay: Why are you two FWTC members?

Cari: I love the support and encouragement the club offers. You can always count on someone being at a mile marker to cheer you on. I also love that FWTC is for anyone - walkers, beginner runners, advanced runners and all ages.

Tom: Being a part of the running community in Fort Wayne and feeling the energy at the FWTC races. I think it is important for runners to support the FWTC because it supports the entire Fort Wayne running community. I like competing in the points challenge races. The annual banquet is fantastic. Also, it's great to know that many of the FWTC races help to raise money for many worthy causes.



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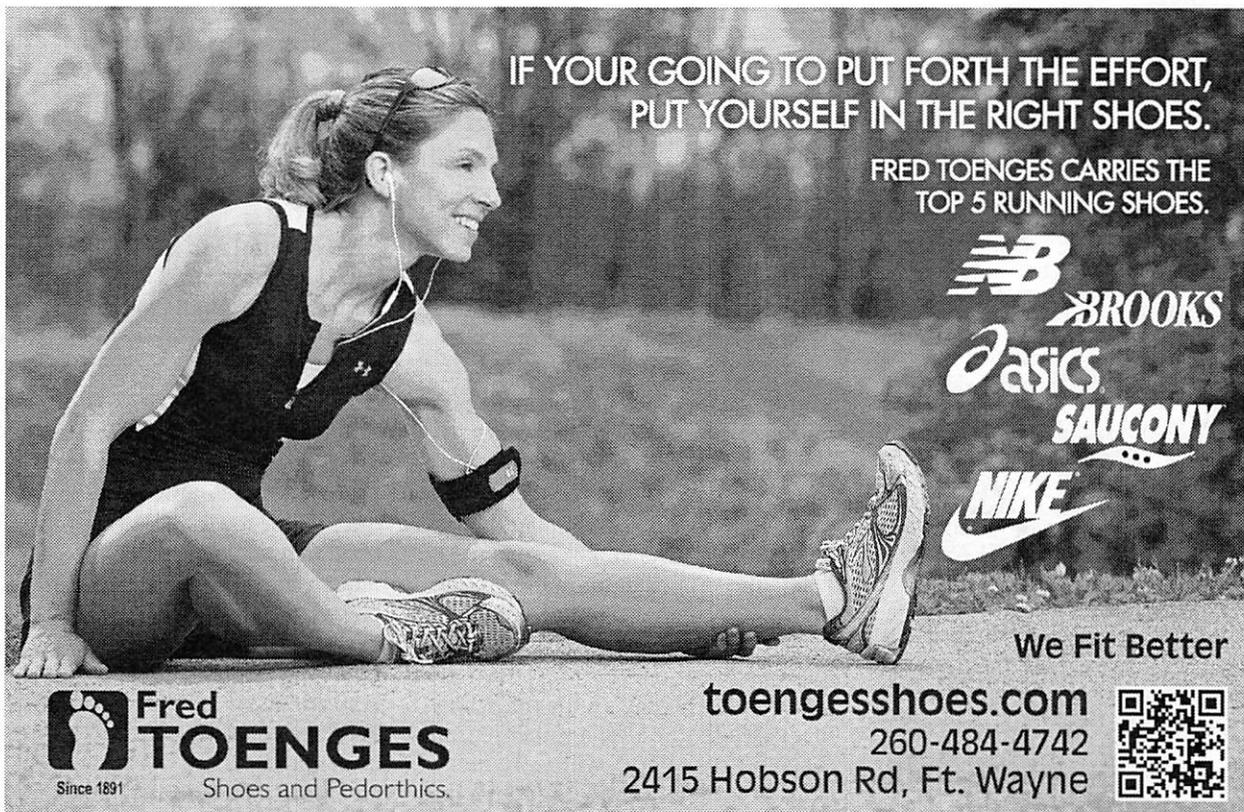
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2014 Fort Wayne Track Club Points Series Rules

The rules for the 2014 Track Club Points Races are listed below. Again this year members have the opportunity 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. 8 Fanny Freezer.

****1.** Must have a current FWTC membership before February 8, 2014 or sign up at the Fanny Freezer on February 8, 2014 to be eligible for any points in the 2014 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 count toward during the year.

Example: You are 44 on Jan.1 of 2014 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 finish.

****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.

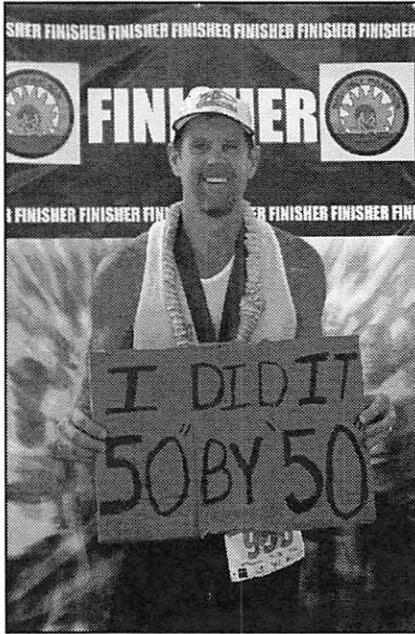
5. An IRONMAN/IRONWOMAN Award will be given to an individual who participates in all 15 Points Races.

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 Mike Slaubaugh at slaubau@ipfw.edu

On the Mark

A look at some “nutty” approaches to Afib



BY DR. MARK O'SHAUGHNESSY

Now that we are back to the grindstone, after my confession with last month's column (hanging up my racing flats), I want to wrap up our discussion of atrial fibrillation and review some “nutty” approaches to this nuisance heart rhythm. As a brief review, remember that Afib is chaotic electrical activity emanating from the upper chambers of the heart resulting in a very irregular heart rhythm. It is extremely common, affecting approximately 20 percent of the U.S. population at some time in their lives and while a nuisance, it is not life threatening. This rhythm is like a “bad penny” in that no matter what we do to try to rid patients of it there is a 50-50 chance that the rhythm will recur within five years of the initial diagnosis.

To date we have discussed leaving the rhythm alone, controlling how fast it goes and preventing the one complication (a stroke) with blood thinners, and some of the various medications we sometimes use to try to maintain a normal heart rhythm. As with all treatments, there are risks and benefits that must be weighed and the approach

must be individualized for each and every patient. Given the fact that there remains a 50-50 chance of recurrence of this bad actor despite our best attempts at medical therapy, we have continued to look for better treatment options.

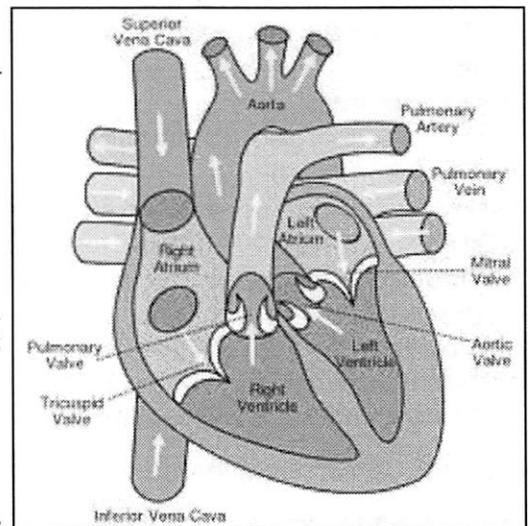
Current state of the art therapies turn to invasive approaches where we try to alter the electrical circuits within the heart trying to prevent the recurrence of this goofy rhythm. Remember that it is felt that most Afib emanates from where the veins that drain the lung (pulmonary veins) enter into the left atrium. A decade or more ago a technique called a “MAZE procedure” was pioneered, whereby a surgeon, who is in a patient's chest for another reason (open heart surgery), will make incisions in the left atrium around the pulmonary veins forming lines of scar that for all intents and purposes electrically isolate or jail the abnormal electrical activity from getting to the rest of the heart. Think of the surgeon making a Tick-Tack-Toe board out of the left atrium. It was felt that this was the “curative” procedure for atrial fibrillation but of course it is extremely invasive, requiring open-heart surgery to accomplish.

Turns out that the MAZE procedure is not truly curative. While it does decrease the rate of recurrence, a certain percentage of patients are destined to have recurrent Afib in the ensuing years. In an attempt to find less invasive procedures to mimic a MAZE procedure we have developed percutaneous procedures (through the skin) where we insert catheters or wires through the femoral vein (located in the groin) and then place burns around the pulmonary veins with radio frequency. As you review the anatomy that we have discussed previously you will note that the femoral vein connects to the inferior vena cava that connects to the right atrium. In order to get access to the left atrium and hence

the pulmonary veins we need to poke a hole in the wall between the atria (intra-atrial septum) and pass the catheters into the left atrium. God did not intend for us to have a hole in the intra-atrial septum and he certainly did not intend for us to go burning parts of one's heart.

Well you guessed it; Afib ablation while decreasing recurrence rates is not a “cure” of this rhythm disturbance either. While a whole lot less “invasive” than an open-heart procedure, this technique is not without its risks and complications. We typically reserve these more invasive techniques for those patients who have frequent recurrences of Afib and are extremely symptomatic with each episode. Of course, one size does not fit all and the best option for any individual requires frank and open discussions regarding the risks and benefits of each approach and having a patient who is an active participant in the ultimate decision.

So there you have it: Afib in a nutshell. A nuisance, not life threatening, and we have a host of treatment options, from watchful waiting to Tick Tack Toe with a person's heart. Next month we will move onto rhythms that come from the lower chambers of the heart and are much more serious and potentially life threatening.

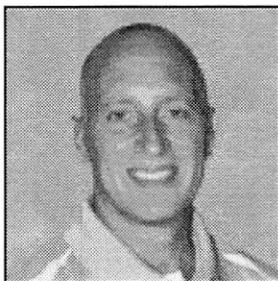


Get to know your FWTC officers, board members

The Fort Wayne Track Club would like members to get to know the officers and board members who provide the leadership needed to keep this organization operating. In each of the Inside Track newsletters published in 2014 officers and board members will share a few details about themselves. Below and on the next page are profiles of President Jim Berry, Vice President Casey Shafer and Secretary Erin Brady.

PRESIDENT Jim Berry

Where do you work? Roembke Mfg & Design, Inc.



Job title:
Director of Finance and Human Resources

When did you start running? I

started running in 8th grade and ran competitively through college. Since then I have been pretty hit and miss with my running.

What is your favorite/most meaningful running experience? My favorite running experience was probably

when I finally ran the Boston Marathon qualifying time in 2005. I ended up running Boston twice, but that joy of finally meeting that elusive goal was very meaningful and exciting to me. I am also very proud of the fact that I have completed all 13 marathons that I have started...some better than others, but the sense of completion and accomplishing your goal is important to me.

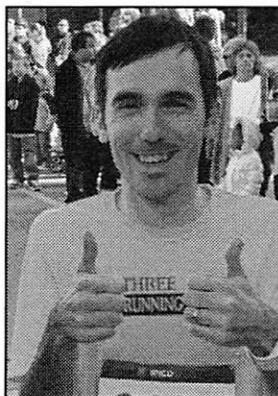
Have you run (or been a part of) a race that really stands out for you? I created the Run for Riley and have been the race director for the seven-year existence of the event. I am grateful for those who have helped contribute to the success of the event and am proud that 100 percent of over \$100,000 that the race has raised has gone directly to help our

sick children here in Indiana.

Do you have a specific race or race distance you would like to run? My favorite distance to run for a race is a marathon or half marathon.

What's one thing you would like to see the FWTC accomplish while you're an officer? I would like to see the FWTC grow its membership base so that the all-volunteer organization can develop new and fun events so that we can encourage more to become avid runners and walkers and help Fort Wayne/Allen County become a leader in fitness in the state of Indiana.

VICE PRESIDENT Casey Shafer



Where do you work? 3 Rivers Running Company

Job title:
Sales Floor Manager

When did you start running? I started running as a high school freshman in 1994 because I wanted to impress he basketball coach.

What is your favorite/most mean-

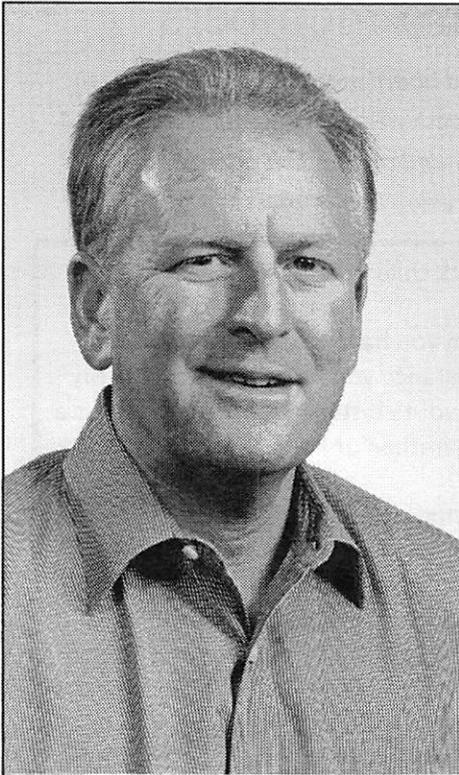
ingful running experience? I have two favorites; the first was the experience of running with my high school team. They taught me the joy of group runs and how to love training. The second is breaking 15 minutes for the 5k with post-collegiate training partner Eric Ade and doing so at the same meet. Both of us worked extremely hard and accomplished a goal after a season of training together.

Have you run (or been a part of) a race that really stands out for you? The magic of the Runners on Parade sticks out for me. As a young runner, this was the first race I would gear up to go hard and compete. Somehow it seemed everyone

would run fast here because it was so competitive, the conditions for a great run would always come together on this day, and the fan support is amazing as you come down Harrison Street into the home stretch.

Do you have a specific race or race distance you would like to run? Someday I will finish the Huff 50k!

What's one thing you would like to see the FWTC accomplish while you're an officer? I want to see the club bring the running community closer together by providing opportunities for any runner to accomplish goals, have fun and build lasting friendships.



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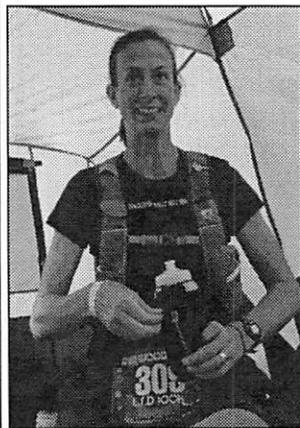
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SECRETARY Erin Brady

Where do you work? Bishop Dwenger High School

Job title: English teacher, x-country assistant, track coach



When did you start running? I began running before I was ten. My dad would take my brother, sister and

myself to a race and we would all run. It has been a growing love since then. I began to take on different

challenges when I turned 30 and have really made running a habit since then.

What is your favorite/most meaningful running experience? Although I have races that bring me satisfaction, I think the most meaningful experience I have had has been as a pacer. Helping with the Fort4Fitness the past few years, I have enjoyed assisting others reach their goals.

Have you run (or been a part of) a race that really stands out for you? Last year I ran the inaugural Indiana Trail 100 race. I ran the 50-mile distance, yet this was one of the most memorable races. The distance seemed unfathomable at first, and I anticipated both mental and physical challenges, yet when I finished I felt such a feeling of accomplishment.

Do you have a specific race or race distance you would like to run? I prefer the longer distances: usually the marathon or longer. Yet, I enjoy all types of races just for the challenge and adventure.

What's one thing you would like to see the FWTC accomplish while you're an officer? I would like to see some of the FWTC races like the Nur-ti-Run, Fanny Freezer, Runners on Parade, Turkey Trot and JP Jones, increase participation. These races have always been staples in the community, and it would be nice to see more of the running community embrace these races. Also I would like to see a variety of races offered in the points series.

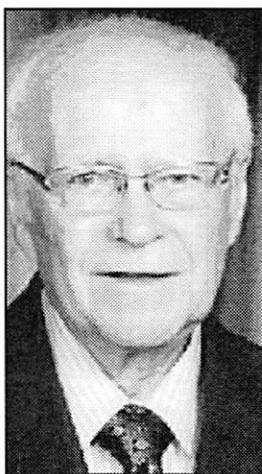
Longtime Fort Wayne Track Club member Mike Kast dies at 85

Michael H. Kast, 85, passed away on December 17 at his home in Fort Wayne.

A well respected Allen County attorney, he started his law practice in 1955 as a sole practitioner before joining the late Williard Shambaugh to form the law firm Shambaugh & Kast in 1961. They added Edward Beck in 1972 and Stephen Williams in 1980 to become Shambaugh, Kast, Beck, and Williams.

A 1946 graduate of Central Catholic High School, he completed his B.S. in the School of Business and L.L.B. (Juris Doctorate) in the School of Law at Indiana University in 1952.

In the 1980s and 1990s Mike was a tremendous contributor to Fort Wayne Track Club races, training programs and social events, and he served on the FWTC board as a legal consultant.



In 1984 when no marathon training programs were available, he stepped up and initiated the first FWTC YMCA 12-week marathon training program. He was passionate

about helping first timers get ready for the May FWTC TV 33 Hooks Marathon.

Jerry Mazock, former FWTC *Inside Track* editor, stated in the February 1984 newsletter: "The challenge of the 26.2 mile distance is a classic to all racing enthusiasts. The race tests the physical and mental limits of all. For this reason proper education and

training is vital. The Fort Wayne YMCA is pleased to offer the first marathon clinic. Mike Kast will be the instructor. He is a veteran of 17 marathons, including Boston, New York and Grandma's, where he ran a PR of 3:07. Mike is one of the area's outstanding masters runners."

During the same time period Mike was race director or assistant race director of the FWTC March 20km race, which is now the Nutri-Run. He also coached IPFW men's and women's cross country teams.

His gift to us was his fitness enthusiasm, knowledge of running, friendship and inspiration to live life well. "Your Friend" is how he always signed cards and letters. He was a friend to many, and will be missed.

Condolences to his wife Cheryl, his children Mark, John and Ann, and other family members.

Track Club membership has its benefits!

- * Bi-monthly printed newsletter
- * Reduced registration fees for all Points Series Races
- * Opportunity to earn points for completing Points Series Races, with the top three finishers in each age category being honored at the annual banquet
- * Opportunity to compete for Ironman/Ironwoman status by completing every Points Series Race; those who qualify are recognized and honored at the annual banquet
- * Opportunity to earn points and contribute to the Club by volunteering at races and in other capacities
- * Eligibility for and opportunity to nominate fellow members for the following annual awards: Spirit of Running Award, Don Lindley Volunteer of the Year and Golden Shoe Award
- * Annual banquet and awards ceremony, featuring a distinguished running personality, a workshop or panel discussion on running-related topics, and award presentations
- * 10% discount on purchases at Three Rivers Running Company
- * 10% discount on purchases at Fleet Feet Sports
- * FWTC Facebook page, website and periodic email updates
- * Training programs

2013 FINAL FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Marisa Eberle	Fort Wayne	12	910
2	Jamie Zeigler	Fort Wayne	12	680
3	Makenzie Kolvoord	Fort Wayne	5	530
20-29				
1	Ashley Anglin	Fort Wayne	29	1360
2	Kalissa Herron	Fort Wayne	25	1150
3	Sharon Christian	Fort Wayne	27	870
30-34				
1	Kelly Davis	Fort Wayne	32	1650
2	Lisa Falotico	Fort Wayne	33	680
3	Rachel Rayburn	Fort Wayne	30	290
35-39				
1	Andria Eguia	Fort Wayne	38	1330
2	Arden Robertson	Fort Wayne	36	1320
3	Sherry Brown	Columbia City	39	1150
40-44				
1	Cari Hardin	Fort Wayne	41	1470
2	Marcia Schaefer	Harlan	42	850
3	Erin Brady	Fort Wayne	41	600
45-49				
1	Kim Ehleiter	Waterloo	45	1210
2	Judith Roy	Avilla	49	700
3	Gail Gerber	New Haven	49	660
50-54				
1	Denise Conrad	Decatur	51	1100
2	Carol Dobis	Fort Wayne	51	910
3	Joy Brown	Bluffton	54	880
55-59				
1	Marcia Kirlin	Fort Wayne	56	1180
2	Cynthia Cornwell	Fort Wayne	58	1110
3	Julie Manger	Kendallville	57	830
60-64				
1	Sherry Nidlinger	Fort Wayne	62	1400
2	Jennifer Etzler	Fort Wayne	61	790
3	Nancy Boyer	Fort Wayne	62	140
65-69				
1	Barbie Scrogam	Fort Wayne	66	750
2	Sarah Kleinknight	Fort Wayne	69	610
3	Betty Nelson	Columbia City	67	480
70 and Over				
1	Barbara DeFord	Hicksville, Ohio	72	300

2013 FINAL FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Logan Weaver	Fort Wayne	10	1280
2	Mark Beckmann	Auburn	16	750
3	Sam Edwards	Fort Wayne	16	710
20-29				
1	Justin Bartlett	Fort Wayne	28	1120
2	Travis Blanchette	Fort Wayne	28	1060
3	Elias Rojas	Cromwell	26	750
30-34				
1	Jeff Nidlinger	Fort Wayne	32	1400
2	Mark Doepner	Fort Wayne	30	1080
3	Jonathon Gottschalk	Fort Wayne	31	1070
35-39				
1	Chris Kaufman	Fort Wayne	36	1100
2	Brad Thomas	Fort Wayne	38	970
3	Jeff Dix	Fort Wayne	35	470
40-44				
1	Tom Hardin	Fort Wayne	42	1350
2	Michael Fruchey	Fort Wayne	43	1200
3	Berry Weaver	Fort Wayne	42	1120
45-49				
1	Randy Houser	Fremont	47	1060
2	Matt Emley	Fort Wayne	48	910
3	Scott Eberle	Fort Wayne	49	810
50-54				
1	Chuck DeFord	Fort Wayne	53	960
2	Mike Slaubaugh	Fort Wayne	52	920
3	Chuck Schlemmer	Ligonier	52	630
55-59				
1	Brad Altevogt	Fort Wayne	58	1290
2	Chuck Brown	Bluffton	57	1200
3	Gary Schmunk	Antwerp, Ohio	58	700
60-64				
1	Roger Kingsbery	Fort Wayne	63	1590
2	Bruce Etzler		63	870
3	Jed Pearson	Fort Wayne	61	860
65-69				
1	Larry Lee	Fort Wayne	67	1150
2	Bernie Burgette	Fort Wayne	69	1110
3	Robert Lawson	Fort Wayne	65	1000
70 and over				
1	Bill Harris	Grabill	74	1560
2	Terry Parker	Auburn	72	1260
3	Dick Harnly	Fort Wayne	75	910

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

www.fwtc.org

Reflections of an Ironwoman

By **MARCIA KIRLIN**

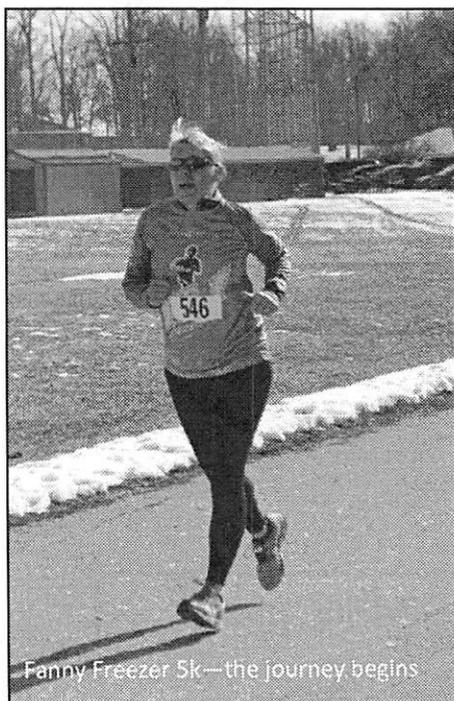
Inside Track Editor

I was curious.

Could I do it? What started with a brisk run around Shoaff Park in early February ended with an even brisker run two times as long through Foster Park this past December. Fifteen races later and an Ironwoman was born.

When I signed up for the Fanny Freezer back in February I simply wanted to run a race I'd missed out on the previous year because of a broken hip. One race led to another and before I knew it I was carefully planning a cross-country road trip to California in August around three Points Series races I hoped I wouldn't have to miss. I was on a journey.

I didn't tell anyone what I was contemplating, but at some point I suppose it became obvious. I just kept showing up at races. What a fabulous feeling it was to run race after race for an entire year without being sidelined with an injury, as I had been the previous year. I was back.



Fanny Freezer 5k—the journey begins

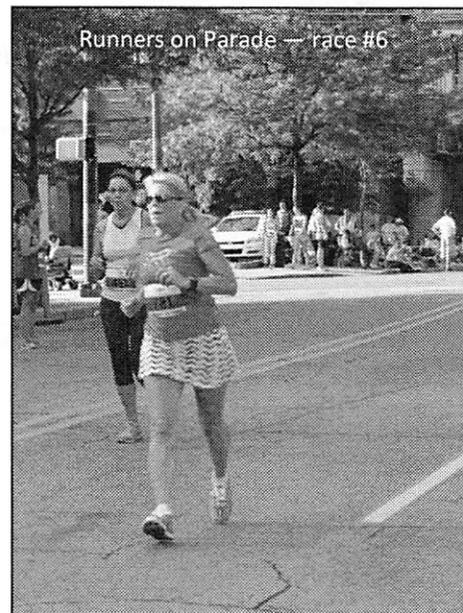
Which is not to say I ran every race pain free. Far from it. My back betrayed me as I pounded my way through the Run for Riley. A crazy tumble during the W.O.O.F. landed me in my ortho doctor's office five days later with a broken wrist. And so with a blue cast on my left arm I completed the Series' final two races, the Turkey Trot and JP Jones. I was determined.

At several races I was fortunate enough to be a volunteer as well as a participant. Talking to other runners before races inspired me. Being cheered on by friends as I neared the finish line boosted my confidence. I was motivated.

I have the dubious distinction of being the oldest female to have achieved FWTC Ironwoman status. I was joined on this journey by 11-year-old Logan Weaver, 72-year-old Terry Parker, 74-year-old Bill Harris and 11 others, including three-time Ironman Roger Kingsbery. I was in good company.

In running the 15 races I traveled to Bluffton twice, New Haven once and to parks, churches and schools around Fort Wayne. I ran on roads and I ran on trails. I leaped over hay bales and dodged roots and rocks

(well...all but one on the W.O.O.F. course!). I saw bison and I chased a rat. I lent my support to Riley Hospital, Matthew 25, IPFW athletics and polio eradication. I brought home a loaf of bread, a carton of eggs, a

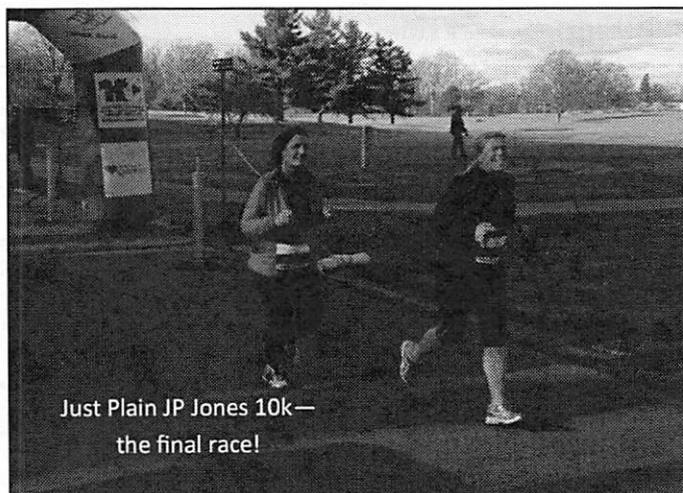


Runners on Parade — race #6

plaque, a medal and a whole lot of memories. I was rewarded.

Now I would like to encourage others to give it a try. At the risk of sounding cliché, if I can do it anyone can. Logistics and scheduling are key. Staying healthy helps as does a huge measure of determination. It was an enjoyable challenge for me. I urge anyone reading this to sign up for the Fanny Freezer and see where it takes you. A year from now you could be writing your own Ironman/Ironwoman story. I was on a mission.

Mission accomplished. Now it's your turn.



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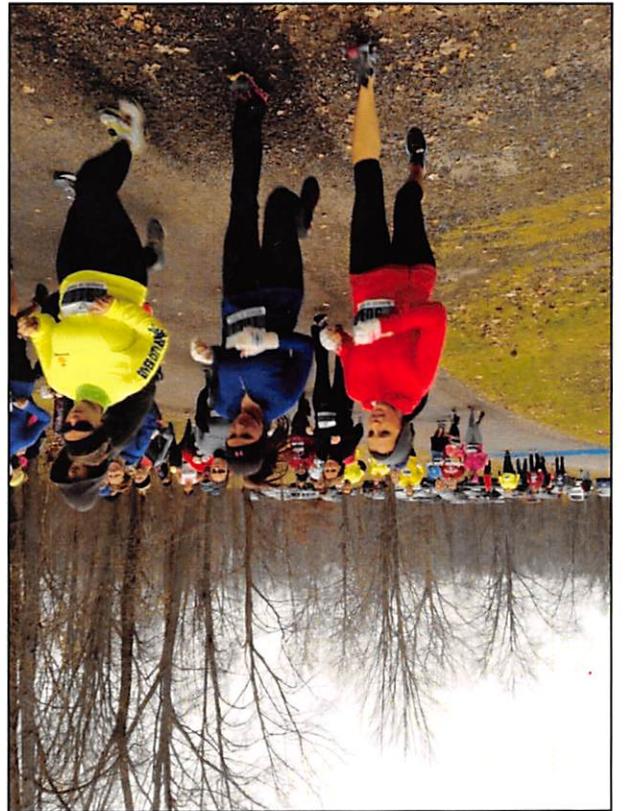
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Kids and adults enjoyed the Turkey Trot at Fox Island

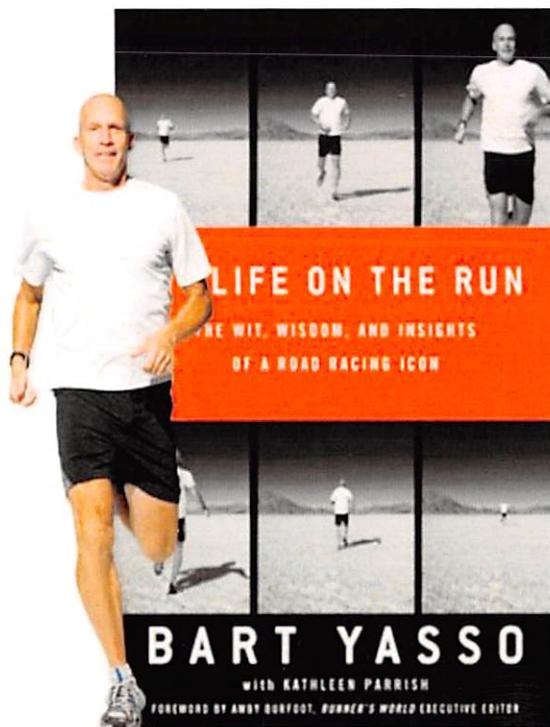




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Come hear Bart Yasso discuss "Never Limit Where Running Can Take You" at the FWTC Annual Banquet and Awards Ceremony Sunday, Jan. 26 at Hotel Fort Wayne. For more banquet details and to read more about Bart, see pages 2 and 3. To register for the banquet, complete the registration form in the banquet brochure (which was included in the November/December newsletter and is available at Three Rivers Running Company) or register online at www.runrace.net.