

The *New* Inside Track

FORT WAYNE



TRACK CLUB

March/April 2014

A publication of the Fort Wayne Track Club

Bravo, Bart!



Additional banquet photos
on pages 2, 3 and 23



“Never limit Where Running Can Take You” was the message shared by Bart Yasso at the FWTC’s Annual Banquet and Awards Ceremony in January. Bart entertained the crowd with highlights of his many races and the inspiring people he’s met along the way.

UPCOMING RACES

KILT RUN **MARCH 15**
NUTRI-RUN **MARCH 29**
MASTODON STOMP **APRIL 13**

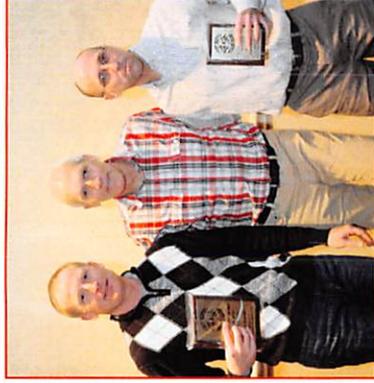
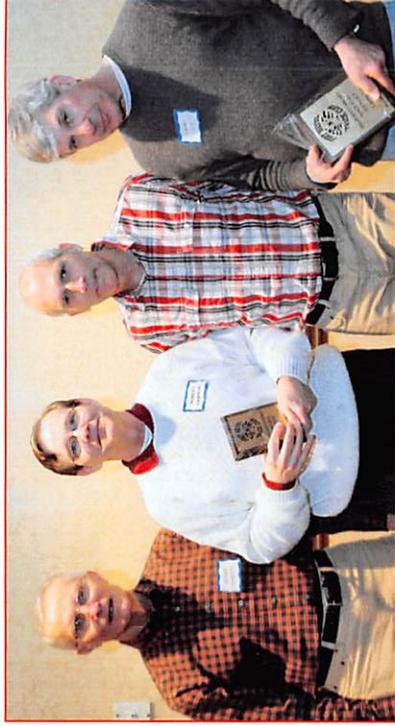
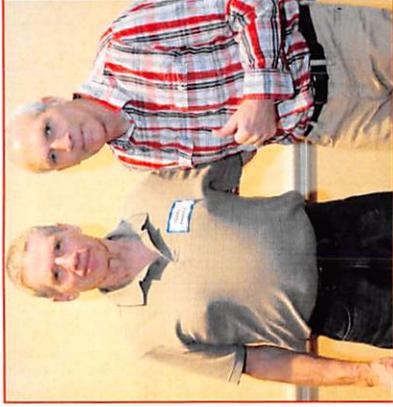
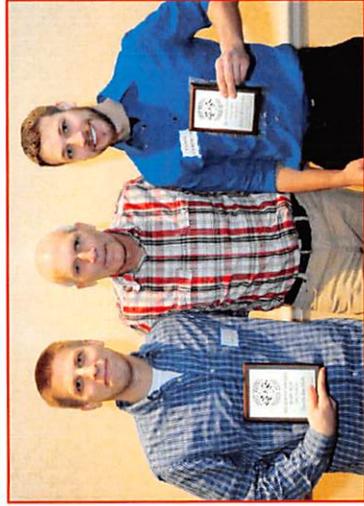
REGULAR FEATURES

ON THE MARK **PAGE 15**
NUTRITION/WELLNESS **PAGE 9**
POINTS STANDINGS **PAGES 20-21**

NEW AND NOTEWORTHY

FATHER-SON IRONMAN DUO **PAGE 12**
RACE PHOTOS **PAGE 19**

2013 Men's Age Group Winners

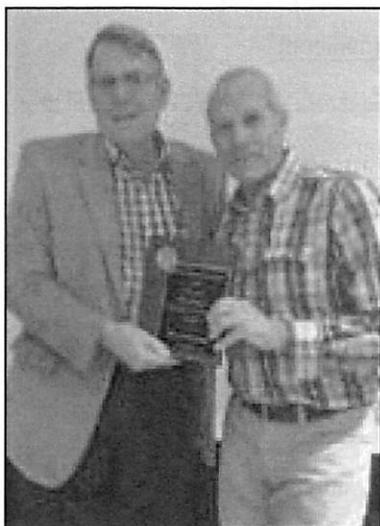




Speakers at the Injury Prevention Clinic included Tom Siefert, massage therapist, at the podium; and seated, Todd Sullivan of Indiana Physical Therapy and Lisa Falotico, sports medicine physician.



Winners of the Golden Shoe Award were Greg and Ellen Osborn, shown receiving their plaque from Bart Yasso as FWTC President Jim Berry looks on.



LEFT: Volunteer of the Year Mike Clendenen. ABOVE: 2013 Ironmen and Ironwomen.



The Chris Brown Outstanding Male Runner of the Year was Zach Panning of Concordia High School, second from left. Co-nominees were Cameron Clements of Carroll High School, left, and Mark Beckman of Dekalb High School, third from left.



The Chris Brown Female High School Runner of the Year Award was presented to Bailey Beery of Belmont High School, pictured second from left, being congratulated by co-nominees Marina Konow of Concordia High School and Samantha Roush of Columbia City High School.

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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2014 Points Series Races

Fanny Freezer 5k	Feb. 8
Kilt Run 5k	March 15
Nutri-Run 20k	March 29
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

The Frontier Run 'n Fun

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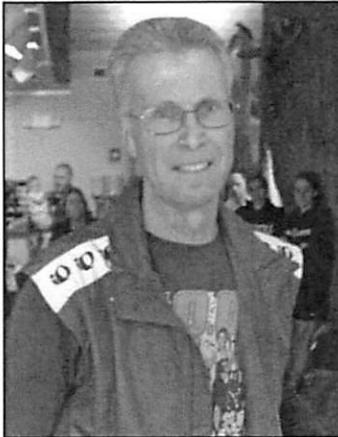
\$25 thru April 15th

\$35 April 16th-May 14th

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Communications

Roger Kingsbery and Kelly Davis: Top Male and Female Points Winners for 2013

With 1590 and 1650 points, respectively, Roger Kingsbery and Kelly Davis finished 2013 as the Fort Wayne Track Club's Top Male and Female. The Inside Track asked each of them a few questions to let our readers get to know them a little better.



When did you start running?

Roger: I started running in my 7th grade gym class. I ran the 600 yard run/walk. I got hooked after that.

Kelly: I started running officially at age 12 in 6th grade when I didn't make the volleyball team.

Do you have a favorite race from 2013?

Roger: My favorite race for 2013 is the Runners on Parade.

Kelly: I think my favorite race of 2013 was the River City Rat Race because of the costumes and so many people watching the race along the course. I liked the finish at the Old Fort as well. A close second was Runners on Parade; that one is always awesome.

Any advice for runners who might be attempting the Ironman/Ironwoman challenge for 2014?

Roger: My advice to runners going to do the Ironman/woman is to check the schedule and prepare for that run. For the longer runs you need to prepare by going the distance in practice.

Kelly: For those challenging themselves to be an Ironman/Ironwoman in 2014, just be dedicated to showing up no matter what. Even if you aren't feeling the greatest that day, just use the race as a training run and just take it easy. It's mind over matter; it can be done. It's not always about how fast you can run it.

Do you have any special race/running plans for 2014?

Roger: My racing plans for this year are to win the 60-64 age group, finish my fourth Ironman and to run my first marathon in 35 years.

Kelly: For 2014 I plan to run a lot of FWTC races, and I want to run the Fort4Fitness Half Marathon. I really like the obstacle 5k races too, so maybe I will throw one of those in the mix. Someday a marathon could be on the horizon, but I'm not promising one for 2014 just yet.

What do you like most about running?

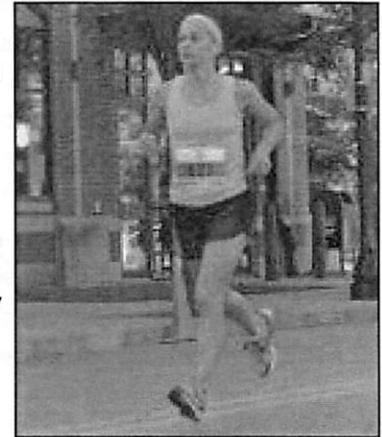
Roger: I like running because I only need shoes, shirt and shorts. Bicycle racing cost me a lot of money.

Kelly: The best part about running is the feeling of accomplishment after putting in the miles whether it be on a solo training run or after a race. I have met many great people due to running and I am thankful for that. It is such an encouraging sport in which the competitors support one another.

Do you have a favorite place to run around Fort Wayne?

Roger: My favorite place to run is the Covington Road trail west. It has hills to do repeats on, or I can adjust distance by using different roads to Aboite Center Road and back to Covington Road.

Kelly: I love running at Foster Park and also downtown where there is a lot going on. I like trail running too, but I don't do that alone.



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, YouTube videos and periodic email updates
- * Training programs

GET IN SHAPE

FOR THE NEW YEAR



WEIGHT LOSS CHALLENGE

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Lose the 3 Ds: dieting, the drive for thinness, and body dissatisfaction

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to "Enjoy the Taste of Eating Right," according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme during March, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five MyPlate food groups every day.

Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits. "When your daily eating plans include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts, you are able to get many of the nutrients your body needs, all with relatively low amounts of calories," says registered dietitian, nutritionist and Academy spokesperson Debbi Beauvais.

Yet for many instead of focusing on nutritious food for meals and snacks the focus is on dieting, the drive for thinness and body dissatisfaction. These three power D's can control us and make us feel deprived, ugly and guilty. They reduce our self-esteem, body image and motivation to be the best we can be. We all have our very own special body with special abilities. Lose the 3 Ds!!

Here is a list of "Lose the 3 Ds"

tips for parents, educators, coaches and others, developed by Paula Levine, Ph.D.

◇ Examine your own attitudes, beliefs, prejudices and behaviors about food, weight, body image, physical appearance, health and exercise.

◇ Replace unhealthy attitudes with healthy ones.

◇ Replace extreme eating and exercise habits with more moderate ones.

◇ Build self-esteem. The most important gift adults can give children is self-esteem. When adults show children that they value and love them unconditionally, children can withstand the perils of childhood and adolescence with fewer scars and traumas. Self-esteem is a universal vaccine that can immunize a youngster from eating problems, body image distortion, exercise abuse and many other problems. Providing self-esteem is the responsibility of both parents. Girls especially need support and validation from their fathers.

◇ Do not "model" or otherwise communicate the message that you cannot dance, swim, wear shorts, or enjoy a summer picnic because you do not look a certain way or weigh a certain amount.

◇ Encourage balanced eating of a variety of foods in modera-

tion.

◇ Allow all foods in your home.



◇ Encourage eating in response to body hunger.

◇ Notice often and in a complimentary way how varied people are—how they come in all colors, shapes and sizes. Show appreciation for diversity and a respect for nature. Link respect for diversity in weight and shape with respect for diversity in race, gender, ethnicity, intelligence, etc.

◇ Become a critical consumer of the media—pay attention to and openly challenge media messages. Talk with your children about the pressures they see, hear and feel to diet and to "look good."

◇ Convey to children that weight and appearance are not the most critical aspects of their identity and self-worth.

◇ Discourage the idea that a particular diet or body size will lead to happiness and fulfillment.

See 3 Ds, page 10

3 Ds, continued from page 9

- ◇ Help children accept and enjoy their bodies and encourage physical activity.



- ◇ Encourage open communication and teach children how to communicate. Encourage children to talk openly and honestly, and really listen to them. Let them know that their opinions and feelings are valued. Encouraging young people to assert themselves helps them say no to pressures to conform. Feeling loved and confident allows them to accept that they are unique individuals.
- ◇ Don't use food as a reward or punishment; such behaviors set food up as a potential weapon for control.
- ◇ Don't constantly criticize your own shape ("I'm so fat--I've got to lose weight."). This type of self-criticism implies that appearance is more important than character.
- ◇ Don't equate food with positive or negative behavior. The dieting parent who says she was "good" today because she didn't "eat much" teaches that eating is bad, and that avoiding food is good. Similarly, "don't eat

that—it will make you fat" teaches that being fat makes one unlikable.

- ◇ Be aware of some of the warning signs of eating disorders. Understand that these warning signs can appear before puberty. Watch for: refusing typical family meals, skipping meals, comments about self and others like "I'm too fat; she's too fat," clothes shopping that becomes stressful, withdrawal from friends, irritability and depression, any signs of extreme dieting, bingeing or purging.
- ◇ Give boys and girls the same opportunities and encouragement (in assignment of chores, choosing a sport, etc.) and avoid restricting children to gender-specific activities (boys can enjoy cooking and



girls can fix cars). Take females more seriously for what they say, feel, and do, and focus less on the way they look.

- ◇ Love, accept, acknowledge, appreciate and value your children—out loud—no matter what they weigh.
- ◇ Trust your children's appetites. Never try to limit their

caloric intake—unless requested to do so by a physician for a medical problem.

- ◇ Learn about and discuss with your sons and daughters the dangers of trying to alter their body shape through dieting.
- ◇ Learn to and practice nourishing women's spirits, so they won't feel an empty hunger for beauty and for unhealthy amounts of food.
- ◇ Choose to buy nutritious foods and beverages for balanced, energizing meals and snacks.

For more information visit www.eatright.org and www.nationaleatingdisorders.org

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

Track Club supports "Silver and Spice...25 Years of Celebrating Healthy Living!"

Visit the FWTC table at the IPFW Health Fair Wednesday, March 26 from 9 a.m. to 3 p.m. at the Walb Student Union. The fair is free and open to the public and will feature screenings, health education opportunities, fitness exercises, sampling of nutritious recipes, free massages and much more. Take a stress break and come check out the fair. The theme of this year's 25th anniversary fair is "Silver and Spice."

Stop by the FWTC display and learn about upcoming races and the benefits of FWTC membership.



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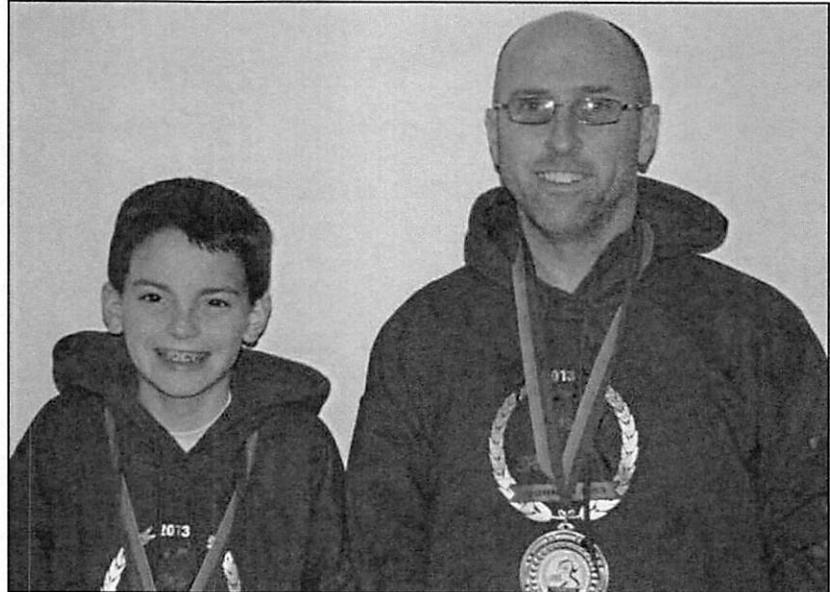
FWTC's First Father/Son Ironmen: Berry and Logan Weaver

In 2013, Berry and Logan Weaver became the first father/son team to complete the FWTC Points Race Series Ironman challenge by competing in all 15 of the Points Series races in a single year. Berry (dad), 43, is married to Chris, and they will celebrate their 17th anniversary this May. Chris and Berry have two children, Meghan, who is in 8th grade, and Logan, who is in 6th grade. Berry works for Felger, Hart Inc., a commercial HVAC company, where he is the field operations manager. Logan, 12, is a sixth grader at Woodside Middle School. He has been running for about five years, and hopes to run cross country for Home- stead when he gets to high school. Logan is training for the Indy Mini Marathon, where he hopes to finish between 1:38 – 1:42.

The Weavers received their Ironman awards in January at the FWTC's banquet, and got to meet Runner's World's "Chief Running Officer" Bart Yasso at the event. At the banquet, Berry enjoyed Bart's stories, and enjoyed getting to see and talk with friends from our running community. Logan enjoyed watching the videos of the high school runners of the year, and he was impressed by seeing the nominees and their teammates at the banquet. He also enjoyed listening to Bart's stories about races all around the world, adding: "That would be a great job to have."

Below is the interview that FWTC Board Member Craig Bobay recently had with our first Iron Dad and Iron Son.

Bobay: Why did you take on the Ironman challenge?



Logan: I wanted to try it, and did one race at a time.

Berry: It would be a great challenge that takes a year-long commitment. I just wanted to take one race at a time and stay healthy.

Bobay: How has pursuing your goal of becoming the FWTC's first father – son Ironmen impacted your family/ relationship?

Logan: There was more of a challenge between me and my dad to beat each other.

Berry: Doing the Ironman has created a special bond between Logan and me that will last forever. I am really proud of Logan's work ethic and would like to thank God for giving us the ability to run together like we do.

Bobay: What are your other proudest running accomplishments?

Logan: Winning my FWTC age group 2

times and running 2 mini marathons.

Berry: Running a 1:41:00 half marathon, watching Logan pull away from me in last year's Nutri-Run 20k.

Bobay: Describe your unique running related experience(s):

Logan: I like hearing the cheers from the people.

Berry: It's great to hear comments about the father and son running together. It's also amazing at how our times seem to drop every year.

Bobay: When did you first start running?

Logan: When I was in 2nd grade, at age 7.

Berry: In the spring of 2007.

Bobay: Why do you run?

SEE FATHER/SON, page 13

FATHER/SON, con't. from page 12

Logan: To stay healthy and meet people at races, and to be able to spend some time with my dad.

Berry: To stay healthy and spend time with my son, Logan.

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

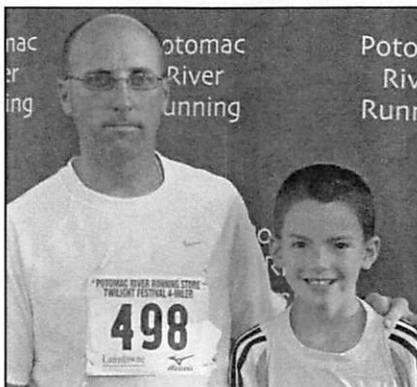
Logan: I like Runners on Parade and I like to run in the southwest area of Allen County.

Berry: My favorite races are the Kilt Run and Runners on Parade; my favorite places to run are the trails in southwest Fort Wayne.

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

Logan: Fishing. I also like to ride my

bike, throw a football around, play video games and spend time with my family.



Berry: Walking with my wife and our dog, watching my daughter Meghan play volleyball and traveling with my family.

Bobay: What is your favorite running gear?

Logan: My Guide 6 Saucony shoes.

Berry: My Saucony Hurricane 14 shoes.

Bobay: What are your favorite foods?

Logan: I like pasta. My favorite is lasagna.

Berry: Pasta and Mexican food.

Bobay: Why are you a FWTC member?

Logan: For the point races. My dad signed us up for the point races, since we were running a lot of the FWTC races.

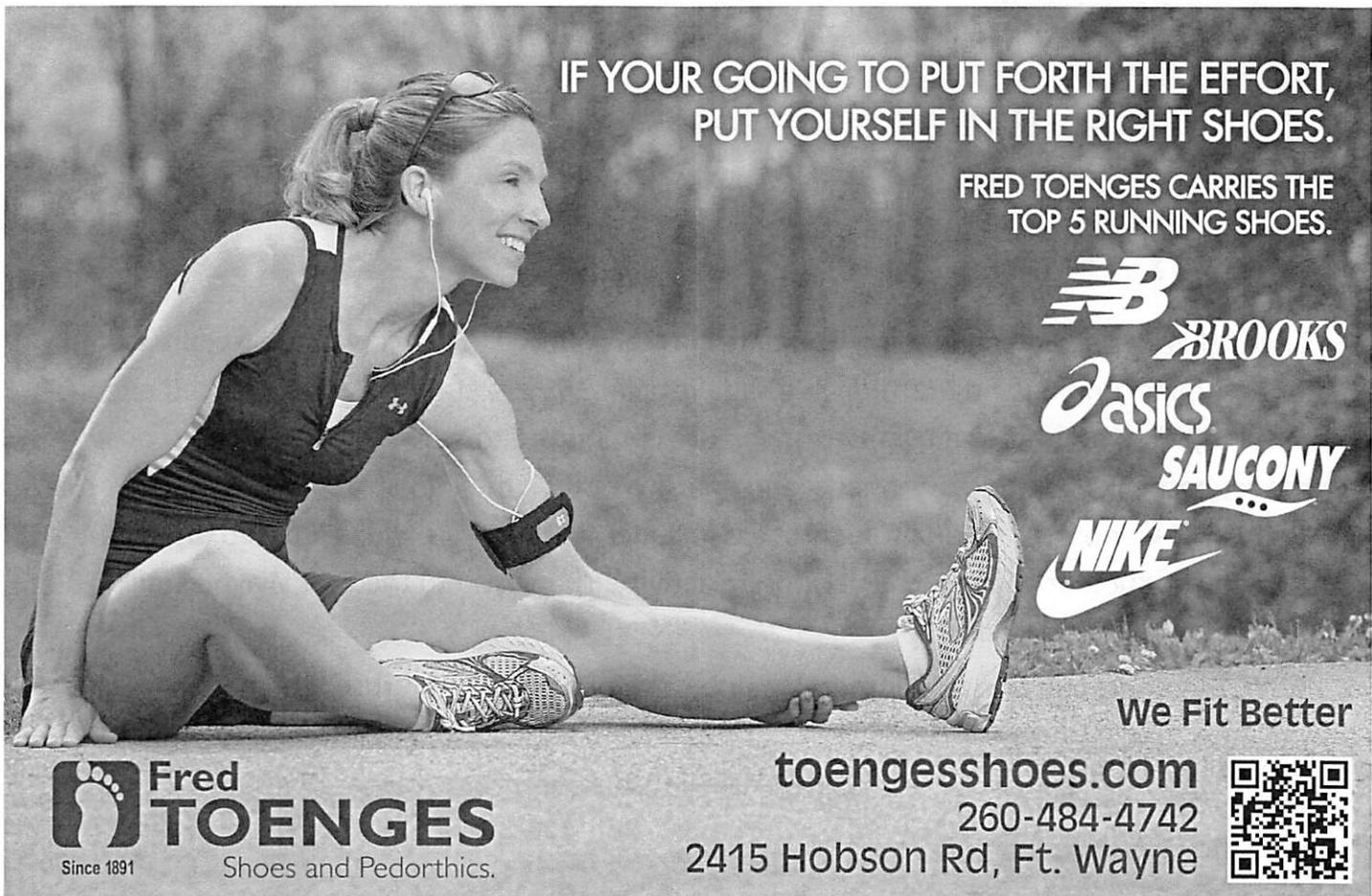
Berry: We just wanted to be part of this great organization and to see how we do each year in the points standings. You get to meet lots of wonderful people from the area at the races.

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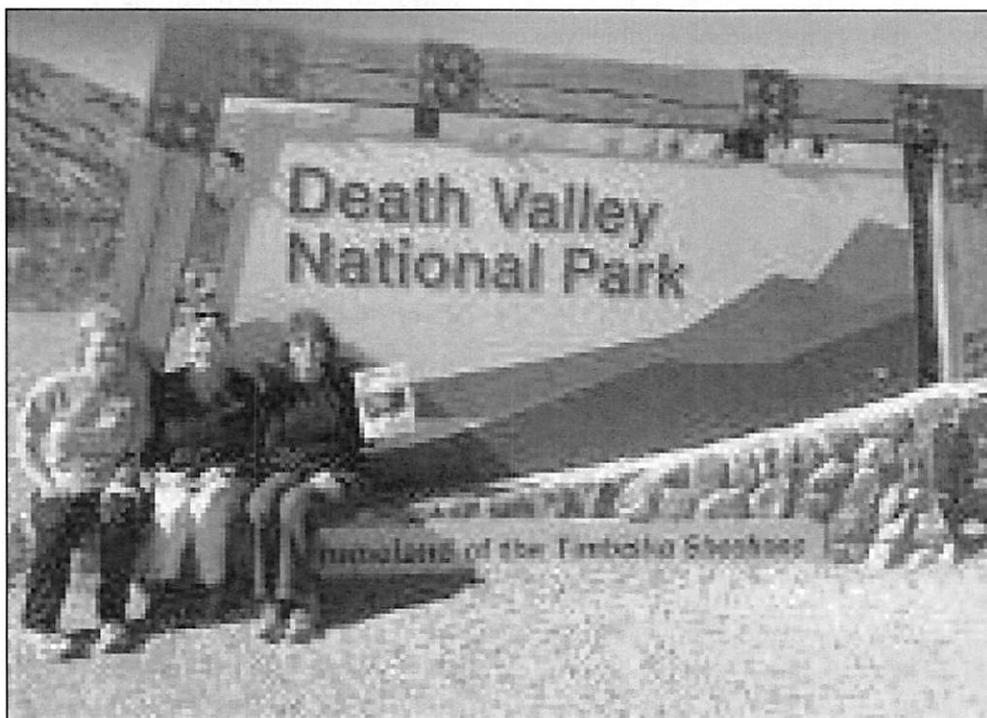
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FWTC members Christy Gripp, left, and Jenni Etzler, right, were in Death Valley, California, in February to run the 2014 Death Valley Half Marathon as part of an annual girls trip with friend Jeanne Sporre.



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On the Mark

Lower heart chamber rhythm disturbances

BY DR. MARK O'SHAUGHNESSY

To date we have reviewed the anatomy and basic function (physiology) of the heart and most of the common heart rhythm disturbances that arise from the atria (upper chambers) of the heart. Most, if not all, of these heart rhythm disorders are not life-threatening and simply become a nuisance to those who are affected. As promised, however, we will begin to discuss heart rhythm disorders that arise from the lower chambers of the heart and they are much more serious and can often be life threatening.

As a brief review, in case you haven't been keeping your Track Club journals and studying this column during all your waking moments (there will be a test!), the heart has two upper chambers (atria) and two lower chambers (ventricles) with unidirectional valves that allow the blood to flow in the correct direction. The ventricles are the major pumping chambers of the heart and damage to these, as in a heart attack, results in significant problems covered in past editions. Also, the heart has a fancy electrical system that normally maintains an orderly flow of electricity (electro-chemical) allowing normal function of this incredibly elegant organ. Disorders in this very electrical system results in some benign rhythm problems as covered in past articles and some really nasty actors that can be fatal.

There are two basic types of ventricular rhythm disturbances (arrhythmias): ventricular tachycardia (VT) and ventricular fibrillation (VF). Both are very bad actors and both can and frequently are life-threatening or fatal. Remember the difference between supraventricular tachycardia (SVT) and atrial fibrillation (Afib) with the SVT being more "organized" or stable than Afib that is characterized by chaotic electrical activity. VT and VF have simi-

lar characteristics with VT being somewhat more organized than VF, but because they both arise from the lower chambers (ventricles) or major pumping chambers of the heart, neither of these rhythms are tolerated very well for any length of time.

With both of these rhythms, given the fact that they emanate from the lower chambers (ventricles) which are responsible for the movement of blood throughout our bodies, the heart is unable to move the necessary amount of blood to the body to maintain normal function of all the organs. For all intents and purposes, the heart essentially stops pumping blood to the body and patients pass out or collapse. If not promptly "restarted" with an electric shock (defibrillation) [Think Hollywood: "Charge the Paddles, Everybody Clear, Shock Him!"], these events are fatal. Fortunately, with today's technology we have the ability to treat these serious heart rhythms and patients can live long, productive and active lives including returning to running.

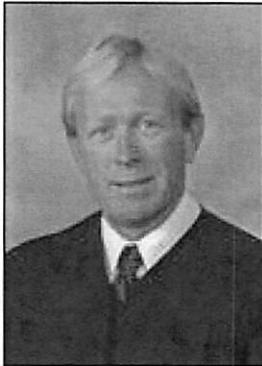
Several of our very own Track Club members are afflicted by these dastardly heart rhythms and have undergone procedures to mitigate the possibility of an adverse outcome from these really bad actors. I have the permission of these individuals to discuss their specific situations and will be covering their particulars in the next several articles. Keep running. Remember. a pound of prevention...



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 board members Craig Bobay, Carmen Tse and Barb Richards.

BOARD MEMBER Craig Bobay



Where do you work? Allen Superior Court, in Fort Wayne.

Job title: Judge, Civil Division. My caseload consists primarily of cases involving non-criminal litigation between people, businesses and governmental units.

When did you start running? I started organized distance running in 1969, while in 7th grade. I ran track and cross country in high school at Bishop Dwenger, and logged many miles in training when I played soccer for IPFW throughout my undergraduate college days, including running the old Hooks 33 Marathon that was part of the early Three Rivers Festivals in the 1970s. I got away from the sport for about a decade, and started back up by joining the FWTC when I was in my 30s.

What is your favorite/most meaningful running experience? There have been many: Qualifying for the Boston Marathon on a cold October morning during the Chicago Marathon is up there, as is running Boston in terrible weather in 2007. Others: Running a 200-mile relay from Gettysburg to Washington D.C., through many civil war battle sites. Completing the three loops of the HUFF on the Huntington course. Running the Galloping Gobbler every year with my daughters and nieces and nephews. Any time I can get out and run the trails at the many ACRES nature preserves in northeast Indiana.

Have you run (or been part of) a race that really stands out for you? The Gettysburg – D.C. 200-mile relay route goes through the Antietam National Battlefield in Maryland. Antietam is the bloodiest single-day battle in American history, with a combined tally of over 22,700 casualties. We ran through there at about 3 a.m. on a very foggy night. It was both awe-inspiring and very eerie.

Do you have a specific race or race distance you would like to run? I think my marathoning days are in my past. I wish I would have done more trail ultras

while I still had more cartilage in my right knee.

What's one thing you would like to see the FWTC accomplish while you're on the board? The club has accomplished a lot in the last several years. It has morphed into a dynamic and very busy group of many volunteers. The annual banquet is now one of the finest in the country, recognizing our top high school athletes and the accomplishments of everyday runner-members, with a nationally renowned speaker. The club is now doing a much better job of communicating with the local running community about races and events. The club's members are involved in directing every significant race in the area. The Ironman competition is a new and popular challenge for members. The final accomplishment I would like to see during my tenure is to pass the baton of board leadership to a new generation of enthusiastic and committed volunteers who will use their imagination and efforts to enhance the basics of what the club does for and in the local running community, and to also take the club to exciting uncharted territory. From what I see, the baton is ready and will be in good hands.

Have you heard the news? The Fort Wayne Track Club is now on YouTube. Check out videos from the banquet and the finish of the Fanny Freezer 5k. Additional race videos to come!

BOARD MEMBER CARMEN TSE

Where do you work?
Lincoln Financial Group

What do you do there?
I look forward; I am the financial forecaster responsible for the strategic and financial planning and analysis for my division.

When did you start running?
Three years ago my girlfriends invited me to walk the Fort4Fitness 2011 10k race with them. Never a runner before, I did not know how long 10k was, but I agreed anyway. After I found out the distance, I decided I to run the race because walking 6.2 miles could be dreary. So I went on a treadmill on January 1, 2011 and started jogging, then jogging turned into running, and the rest is history.

What is your favorite/most meaningful running experience? Training and running my first marathon definitely is one special running experience. The gift of running has taken me to territories I nev-



er thought I would be able to reach physically, spiritually and mentally. Those long training runs have given me amazing opportunities to not only find God in His beautiful creation, but also to find God in me. I gave everything I had that day, and could not have felt more accomplished as I crossed the finish line.

Have you run (or been a part of) a race that really stands out for you? I would have to say my first half marathon—Indy Mini Marathon. I remember when I was Mike Slaubaugh’s student 17 years ago, he would talk about the race and the Indy

500 track, and that all sounded pretty cool, but at that time I thought I could never do that. I thought to myself that if I want to experience the rich history of the track or to touch the bricks, I would have to try a different avenue, maybe a tour. Never say never! In 2011, I turned the “never” into an incredible memory.

Do you have a specific race or race distance you would like to run? I would like to do races that take me to places that I have never been before. The Great Wall Marathon in China, the Marathona di Roma and the Big Sur International Marathon are races that strike my interest.

What’s one thing you would like to see the FWTC accomplish while you’re a board member? As the membership coordinator, I would like to help improve the membership signup and renewal process. It works now, but there are opportunities to better serve our members. Also, I would like to help increase awareness of the club in this wonderful running community.

BOARD MEMBER BARB RICHARDS

Where do you work? Embassy Theatre
Job title: Marketing Director

When did you start running? I always have off and on but seriously about 7 years ago when I met a couple of ladies that are world-class runners. They have motivated me and changed my life in all good ways. While I will never be the running stars they are, they are encouraging and keep me getting up in the morning to run with them. I love them dearly.

What is your favorite/most meaningful running experience? I often pray for others while I am running; it’s a good way to pass the time. My three kids always get the first three miles but then I assign certain miles to others. I was running the Indy Mini and a gal who was having some



severe health issues said she would take mile 7, one of my favorite miles in that race because it’s on the Indy 500 track and you cross over the bricks. I was really focusing on her through that mile. When I got back to work on Monday, I asked her how she was doing and she told me that on Saturday at around 9:30 she felt like she couldn’t go on with the pain anymore and was crying and desperate when she felt a peace come over her and she was able to give it up to God and instantly felt better, stronger and ready to continue the fight to get better. Believe what you want but 9:30 was the time I was running mile 7. We thought it was a little spooky...

and powerful!
Have you run (or been a part of) a race that really stands out for you? I helped to create the Run for Riley, and the kids at Riley Hospital for Children always touch my heart so I run that race for all of them who cannot run.

Do you have a specific race or race distance you would like to run? I was very inspired by the Ironmen/Ironwomen at this year’s banquet so that is my goal for 2014, to run all the Points Series races and be an Ironwoman!

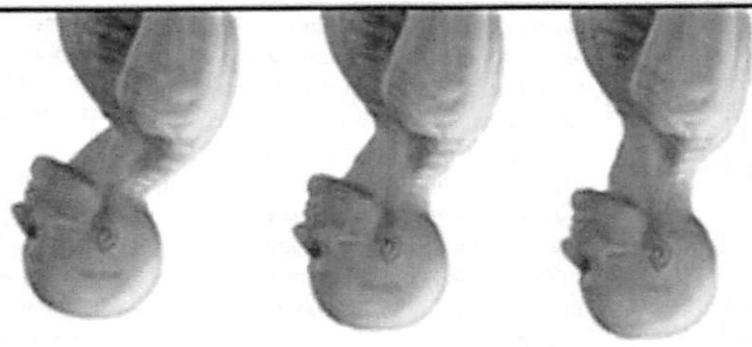
What’s one thing you would like to see the FWTC accomplish while you’re a board member? I feel we have brought in great speakers for our banquet and am always disappointed when I see empty seats. So my goal would be to get the word out better so that more people will come to the banquet and get motivated and involved.

FORT WAYNE SMILES, PC

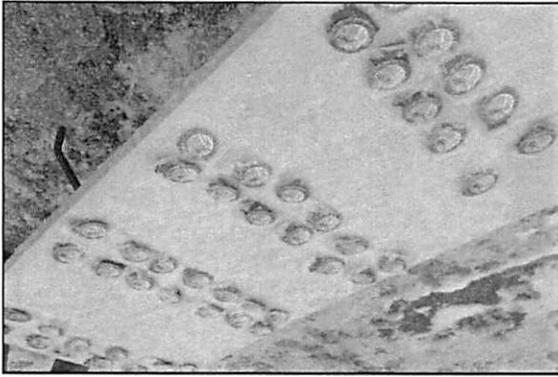
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Just as our form and posture affects our performance and efficiency in running, our bite and how teeth fit together affects our posture and how we hold our head. Headaches, neck pain, back pain are often the result of a bad bite. To see what a bad bite is doing to you, go to YouTube to watch a video: "TMD explained by Dr. Curtis Westersund"



**BRRRI Fanny
Freezer lives up
to its name**

2014 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Abby Brelage	Fort Wayne	14	100
2	Megan Brelage	Fort Wayne	16	80
3	Mary Momper	Fort Wayne	16	70
20-29				
1	Sonya Snellenberge	Fort Wayne	24	100
2	Mary Craighead	Fort Wayne	27	80
3	Ashley Smith	Fort Wayne	29	70
30-34				
1	Ashely Anglin	Fort Wayne	30	100
2	Kimberly Truesdell	Fort Wayne	33	80
3	Lisa Falotico	Fort Wayne	34	70
35-39				
1	Jenniffer Jordan	Fort Wayne	38	100
2	Melissa Sanchez Landgraf	Fort Wayne	37	80
3	Sherry Brown	Columbia City	39	70
40-44				
1	Michelle Mang	Fort Wayne	42	100
2	Erin Brady	Fort Wayne	42	80
3	Cari Hardin	Fort Wayne	42	70
45-49				
1	Cindy McGovern	Fort Wayne	49	100
2	Cathy Pusey	Fort Wayne	48	80
3	Tara Greer	Fort Wayne	45	70
50-54				
1	Karen Kosberg	Fort Wayne	52	100
2	Gail Gerber	New Haven	50	80
3	Melinda Kinder	Fort Wayne	53	70
55-59				
1	Cynthia Cornwell	Fort Wayne	59	100
2	Terri Gross	Fort Wayne	58	80
3	Vickie Robertson	Fort Wayne	56	70
60-64				
1	Sherry Nidlinger	Fort Wayne	62	100
2	Jennifer Etzler	Fort Wayne	62	80
65-69				
1	Betty Nelson	Columbia City	67	100

2014 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Kolin Behrens	Fort Wayne	15	100
2	Bradley Sayre	Fort Wayne	13	80
3	Braden Sayre	Fort Wayne	12	70
20-29				
1	Dave Boyerr	Fort Wayne	26	100
2	Pete Stratton	Fort Wayne	27	80
3	Alex Kaplanis	Fort Wayne	23	70
30-34				
1	Jeff Nidlinger	Fort Wayne	34	100
2	Mark Doepner	Fort Wayne	31	80
3	Calum Johnson	Fort Wayne	34	70
35-39				
1	Brad Thomas	Fort Wayne	39	100
2	Chris Kaufman	Fort Wayne	37	80
3	Jason Blanchette	Fort Wayne	35	70
40-44				
1	Tom Hardin	Fort Wayne	43	100
2	David Broerman	Fort Wayne	41	80
3	Matt Mang	Fort Wayne	42	70
45-49				
1	Scott McCauley	Fort Wayne	49	100
2	Mart Witmer	Fort Wayne	47	80
3	Matt Emley	Fort Wayne	49	70
50-54				
1	Chuck Schlemmer	Ligonier	53	100
2	Manuel Martinez	Fort Wayne	51	80
3	Rick Grieze	Fort Wayne	50	70
55-59				
1	Mark Furkis	Ligonier	58	100
2	Brad Altevogt	Fort Wayne	59	80
3	Bob Sedlemeyer	Fort Wayne	59	70
60-64				
1	Phil Rizzo	Fort Wayne	61	100
2	Jed Pearson	Fort Wayne	62	80
3	Roger Kingsbery	Fort Wayne	64	70
65-69				
1	Jerry Thompson	Fort Wayne	66	100
2	Bob Bruckner	Fort Wayne	68	80
3	Larry Lee	Fort Wayne	69	70
70 and over				
1	Bernie Burgette	Fort Wayne	70	100
2	Bill Harris	Fort Wayne	75	80
3	Dick Harnly	Fort Wayne	76	70

For additional Points Standings, visit the Fort Wayne Track Club website: www.fwtc.org

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



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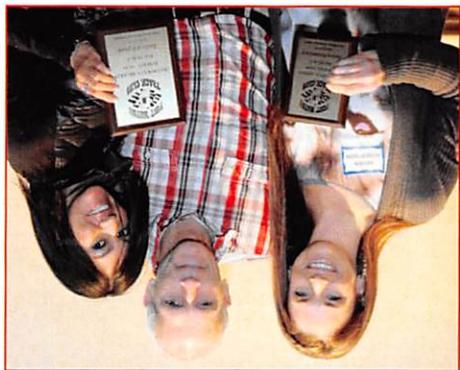
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2013 Women's Age Group Winners



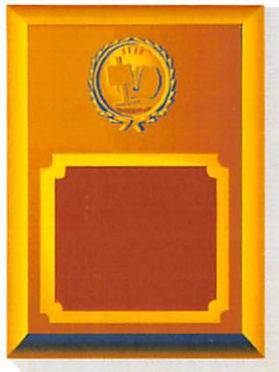


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Congratulations to Rick and Tina Walters of Fort Wayne's Smallest Winner, winners of the President's Award for 2013, and Sarah Kleinknight, who was selected to receive the Spirit of Running Award. Sarah just recently stepped down from the FWTC Board after serving many years.



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4 Wellness Summer Series 2014:

- **May-** Elementary 1 Mile
- **June-** Canal Days 5K
- **July-** Jury Park Kids Triathlon
- **August-** New Haven 10K



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