

The *New* Inside Track

FORT WAYNE

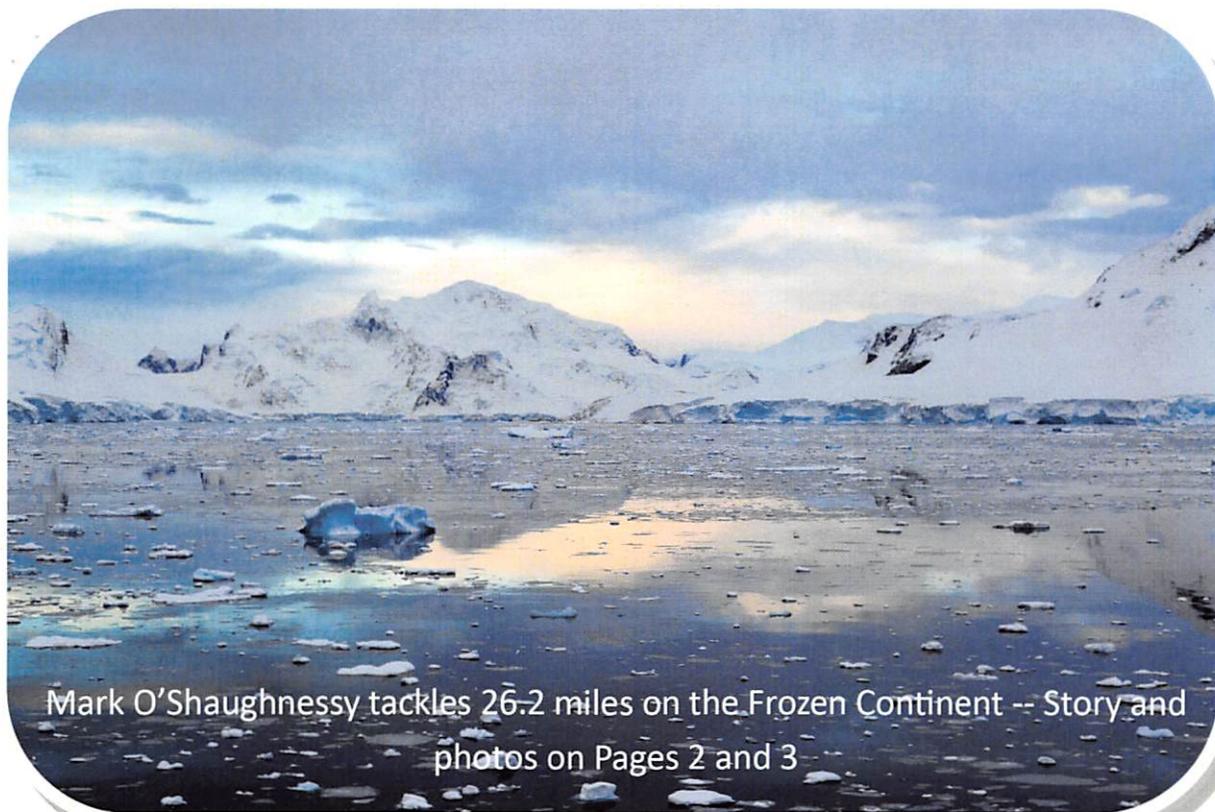


TRACK CLUB

May/June 2014

A publication of the Fort Wayne Track Club

ANTARCTICA ADVENTURE



Mark O'Shaughnessy tackles 26.2 miles on the Frozen Continent -- Story and photos on Pages 2 and 3

UPCOMING RACES

FRONTIER RUN 'N' FUN MAY 17

HARE AND HOUNDS JUNE 14

RUNNERS ON PARADE JULY 12

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On the Mark

Tales of “The Last Marathon”

By **DR. MARK O'SHAUGHNESSY**

At the risk of self-indulgence, I would like to suspend the usual “dry” medical topics for a few months and write about The Last Marathon.

Not *my* last marathon. Heaven forbid! I know, I revealed my insanity last year by declaring my decision that I no longer planned to “race” but this delusional state only goes so far. I still absolutely love virtually everything about the marathon and plan to continue to

challenge myself with this distance until my dying breath or orthopedic catastrophe. Perhaps more on this obsession in future articles.

No, I am talking about “The Last Marathon,” the race that takes place at the end of the Earth in Antarctica.

My wife and I had the wonderful opportunity to travel to this remote spot and experience the frozen continent in all its amazing glory in March with Marathon Tours and it was indeed the

trip of a lifetime. Full disclosure: My wife (avid exerciser but not a runner) secretly did not want to go on this trip fearing she would be stuck for two weeks with a bunch of “a**hole runners” on a ship crossing the Drake Passage (most dangerous waters of the world). In her defense, for the uninitiated or uninterested, a gaggle of runners can be a bit wearisome and tedious with all their/our talk of PRs, training tips, shoe preferences, not to mention Vaseline placed in unmentionable locations (at least for polite society). However, on our return trip from the Frozen Continent she revealed her secret pre-trip reservations and admitted that she was wrong (once in a lifetime as well and yes gentlemen, I have this recorded for future reference). This was truly the trip of a lifetime.

Our shipmates, it turns out, were a magnificent mix of truly eclectic personalities from all over this wonderful planet, making this trip one of the true

See Antarctica, Page 3



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Editor's Note: Fort Wayne Track Club members Jeff Rohleder and Susan Koenemann participated in the Antarctica Marathon and Half Marathon in 2013. Jeff and Susan's Seven Continents story was highlighted in the July/August 2013 *Inside Track*.

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highlights of not only my running career but also my entire life. I would beg your indulgence as I definitely plan to write about some of these amazing people and their mind-bendingly motivational feats in future articles.

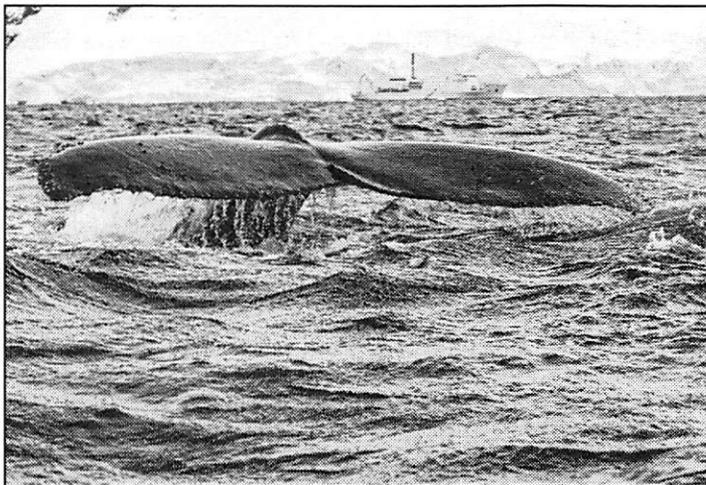
This year marked the 15th anniversary of this spectacular race and as in prior years was held on King George Island, the largest and northern-most of the South Shetland Islands located just west of the Antarctic Peninsula. Tom Gilligan, race director and owner of Marathon Tours, has been working tirelessly for 20 years to get this race off the ground and keep it going. Turns out that the scientific community in its hubris does not appreciate or want "tourists" on Antarctica, and keeping this race going year after year requires herculean effort and a whole mess of politics. A big shout of gratitude to Tom and his entire crew for making this once-in-a-lifetime opportunity possible and continuing the fight to keep this race going.

This race was without question the most difficult race I have ever completed and despite this I found myself smiling ear to ear giddy with delight every muddy step of the way. March is the end of summer in the southern

hemisphere and the South Shetland Island chain is just far enough north to have most all of the snow and ice on the island melted. Just getting to this remote outpost requires an epic journey. Fort Wayne to Buenos Aires (via New York), tour BA for several days,

fly to Ushuaia (southernmost city in the world) at the tip of South America, board a research vessel for a 2½-day trip across the Drake Passage (most treacherous waters in the world; sailors of old used to get an earring in their left ear after safe passage around Cape Horn), travel to King George Island in a Zodiac with all essential equipment. (Must be 100 percent self-contained with all replacement fluids, gear and necessities packed in a dry bag. Our footprints were the only things we were allowed to leave on the island.)

The race itself is run on a "road" between several research bases on the island, and the terrain was the most challenging I've faced in my running career. Throw in 28-30 degree temperatures, rain, snow, sleet and 40 mph winds where small streams become "raging torrents" and you have a recipe for a once-in-a-lifetime event. I hate



to say this, but this race makes the Huff seem like a casual stroll in the park. Sorry Mitch!

In reality, I have run the Huff faster than I was able to negotiate this challenging course but of course I had to make time for pictures along the way



with an unscheduled change or two of clothes due to the soggy conditions. Even though I had Gore-Tex trail shoes that were billed as waterproof, my feet became completely waterlogged by the third lap and I could not feel my feet for the last eight miles. Gore-Tex doesn't work if the water comes over the top of the shoes as we waded through calf-high water. (This did seem very "Huff-like.")

The race is almost a secondary event to the eco-tourism that awaits participants for the four days after the race prior to the return journey. The sheer vastness and unparalleled beauty of Antarctica are impossible to describe and extremely difficult to capture in photographs. Fortunately, we were blessed to have two professional photographers participating in this year's event who were generous in sharing their amazing skills with the entire ship. For those who are interested, I have a sampling of these photos on my Facebook page. To view them, send a friend request if you're not already a friend on Facebook.

Indeed "The Last Marathon" is a once-in-a-lifetime event I would recommend to anyone seeking a challenge. In the coming months I will write about some of our wonderful and motivational shipmates whose stories could literally fill a book. For now, keep running!

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 Fort Wayne Track Club Points Series Rules

The rules for the 2014 Track Club Points Races are listed below. Members have the opportunity to earn points for volunteering at race events. Please note that volunteer points DO NOT COUNT TOWARD IRONMAN/IRONWOMAN STATUS. 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 total will be awarded for volunteering at one of the following events: Fanny Freezer, Nutri-Run, Runners On Parade, Frontier 10k, Turkey Trot, JP Jones 10k. You will only earn points for volunteering at one race per year.

A. Volunteer Points are awarded for FWTC members not participating in the event; 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

Fort Wayne's Smallest Winner champ sets his sights on 26.2 (miles, not pounds!)

By **MARCIA KIRLIN**
Editor, *Inside Track*

When he weighed 240 pounds, David "Frank" Murphy thought people who ran for fun were a little crazy.

Seventy-five pounds later/lighter, he's joined the ranks of the "crazy" and is training for his first marathon.

What a difference a year makes!

Frank, a member of the Fort Wayne Track Club and winner of Season 6 of Fort Wayne's Smallest Winner, will head to South Bend in late May to run the Sunburst Marathon. He's been on

quite a journey the past year, and when he crosses the finish line near Notre Dame Stadium he'll have made a complete transformation from a sedentary Cheetos-eating couch potato to a full-fledged endurance athlete.

The change is nothing short of remarkable considering Frank admits he "never did anything physical as a kid." In high school he was a self-described "computer geek" whose idea of physical activity was sitting around playing video games. As a high school junior he took a stab at running a mile for the track coach, but after a dismal attempt, concluded "running is stupid." He hadn't run since.

Enter Fort Wayne's Smallest Winner. Frank says two things prompted him to apply to be a participant. He heard Fort Wayne sports anchor Kent Hormann extol the virtues of the program on a radio show and he noticed one day as he was sitting in front of the TV that he had substantial "man boobs" with a band of sweat underneath. "I was doing nothing and I was sweating," he remarked.

Chosen with 24 others from more than 250 applicants, Frank started his weight-loss journey in the spring of 2013. In addition to nutrition and behavior education, the program encourages participants to run, with each Season 6 member agreeing to complete the 2013 Fort4Fitness Half Marathon.

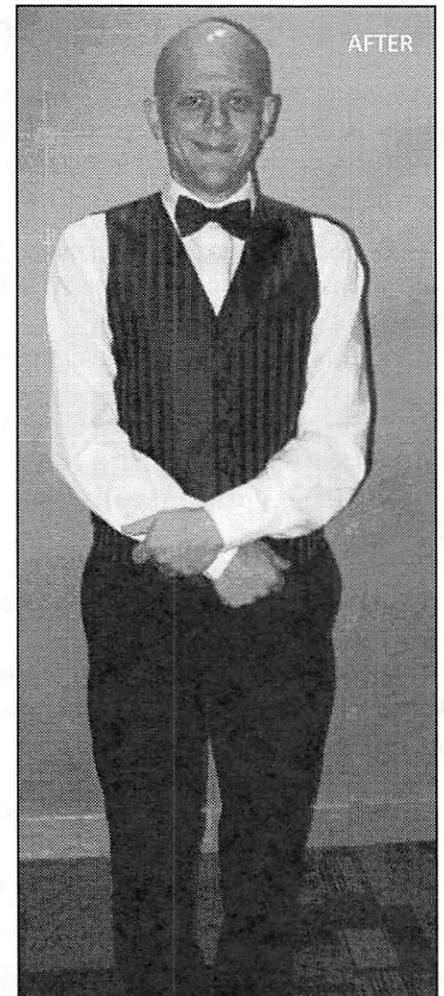
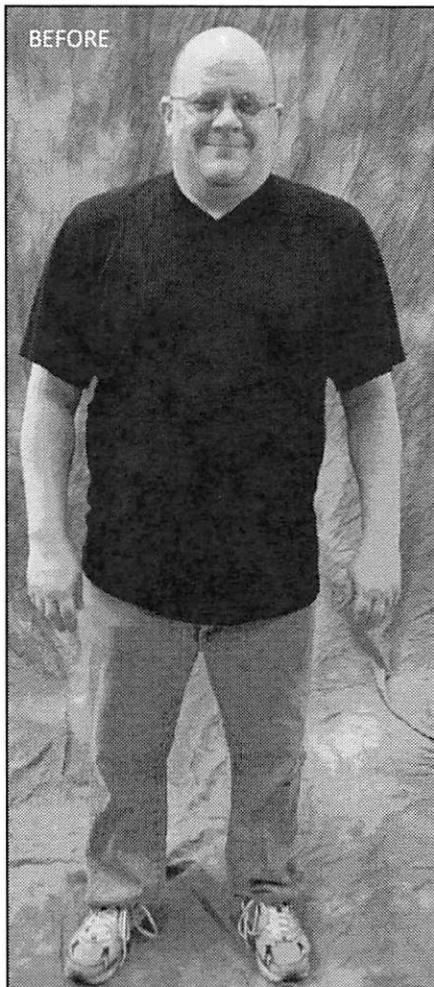
Frank ran his first mile on the Spiece Fitness track in 14:33. He continued to run as part of his fitness regimen, which

at various times also included the elliptical, stair stepper, bike and pool. Outdoor runs became a staple.

"The Greenway became my best friend," he says.

As he logged more and more miles, Franks says he was plagued by shin splints. He eventually paid a visit to Three Rivers Running Company to get fitted for proper running shoes. "That made all the difference," he acknowledged.

See Frank Murphy, Page 7





Frank and a fellow FWSW contestant at last year's Fort4Fitness Half Marathon

Frank Murphy, cont. from Page 6

As Frank progressed through the FWSW program he learned how to shop for healthy foods and how to prepare nutritious meals. The former gallon-a-day soda fiend became a broccoli-eating, calorie-counting, two-workouts-a-day serious contestant.

"I had been a prime candidate for diabetes," he believes. "At 240 pounds I was heading in a direction that was really going to start costing me." Oddly enough, despite his increasing weight doctors had always given him a clean bill of health, never once recommending he lose weight.

Encouraging Frank every step of the way were his wife Rose, and his boss and co-workers at Brotherhood Mutual Insurance. "They were my dream team," he says. Rose won the public division of the contest, losing 70 pounds while learning to cook healthier meals and embrace physical activity.

The first race Frank ran as a FWSW contestant was the Formula for Life 5k in the early stages of the program--April of 2013. Finishing in 49:37, he knew he needed to set some goals for himself. Fast forward almost a year and he'd slashed that finish time in half at the 5Kilt this past March. If he really pushes himself he's capable of running a 7:30 mile.

Other races Frank has run include the Trail Blazer 10k, the Fanny Freezer and the Nutri-Run 20k.

Determined not to gain weight over the winter months, Frank joined up with Fleet Feet Sports' Winter Warriors. "I decided I

wasn't going to let winter rob me of all I worked for," he said. He made a lot of new friends in his Fleet Feet training group, and as the program progressed he came to the realization: "I belong with these people."

Motivated by a friend at work to run a marathon, he registered for Sunburst earlier this year. He's on target with his 18-week training plan. He runs Tuesdays, Thursdays and one weekend day, and does strength training Monday, Wednesday and Friday.

In addition to his daily workouts, Frank plays in an Ultimate Frisbee league and says he keeps up

"with a bunch of high school and college kids."

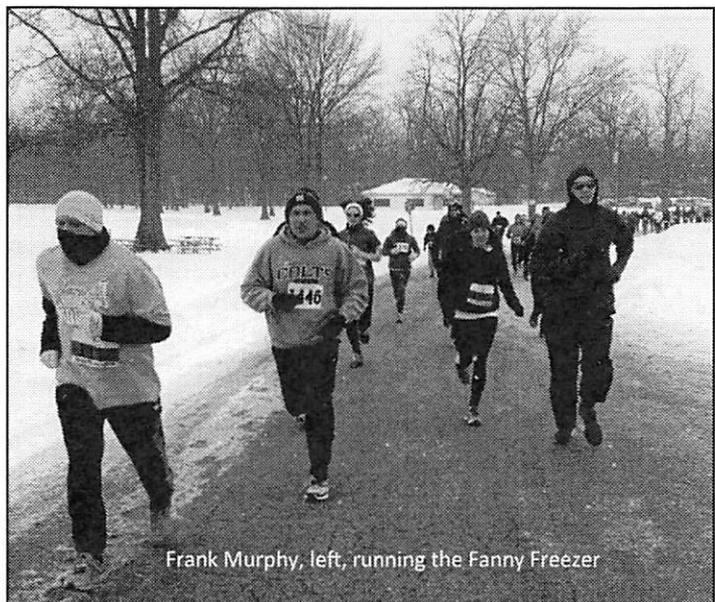
While Frank's "winning" FWSW weight was 150 pounds, he now finds 165 pounds to be a comfortable maintenance level.

And that's not all that's comfortable for him. He is embracing his newfound love of running, so much so that he's got a second marathon on the calendar—the Detroit Free Press/Talmer Bank Marathon in October, which he'll run with good friend Tyrone Wilson.

In the meantime, closer to home Frank's becoming a staple at FWTC races. He's easy to spot—you'll find him sporting a bright pink FWSW shirt, which he wears with pride.

Frank kept a blog during his weeks as a FWSW contestant and shared some words of wisdom in the latter stages of the contest. He encouraged others to "Go for it, follow good instruction and don't cut corners." Pretty sage advice for runners as well as weight-loss contestants.

Best of luck in South Bend and Detroit, Frank! Your FWTC friends will be rooting for you!



Frank Murphy, left, running the Fanny Freezer

Everyday selections make a difference

Day by day nutritious meals and snacks promote a healthy body and help prevent diseases. Having energy, strength and endurance depend on our daily choices. It is not just the pre-event meals or the post-workout recovery meal that matter. Everyday selections matter. Health is in our hands.

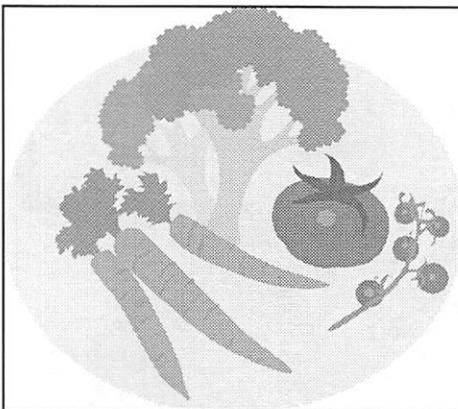
How would you rate your nutrition education to help you make healthy choices? Where do you get nutrition information? Test your knowledge by answering these three questions.

- 1. True or False** If some antioxidants are good for you, more of them is better.
- 2. True or False** Packaged food with labels that promise antioxidant benefits will boost your health.
- 3. True or False** Twelve ounces of V8 and one medium baked potato provide 45 percent of the recommended daily potassium.

Answers:

1. False "Too much of a good thing can be problematic," especially when it comes to dietary supplements, says Susan Mayne, PhD, an epidemiologist at Yale School of Public Health. In high dosages some supplements become pro-oxidants, which then increase the production of disease-causing free radicals.

2. False Claims do not automatically mean a health benefit. "Unfortunately, 'antioxidant' is a loosely used term," says Joy Dubost, PhD, a nutritionist and spokeswoman for the Academy of Nutrition and Dietetics. The promises on foods and beverages often serve a marketing purpose, not a health benefit.

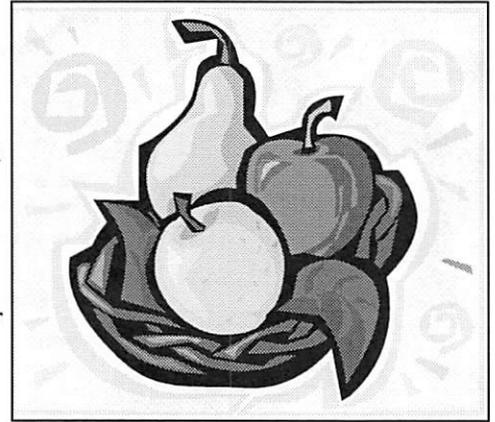


destroys the flavanol content.

3. True Yes, V8 and potatoes are good sources of potassium. Twelve ounces of V8 has 1100 mg of potassium and a medium potato has 1000 mg potassium. Other high potas-

sium foods are milk, yogurt, tomatoes, bananas, oranges, sweet potatoes and green vegetables. The recommended amount of potassium is 4500 to 5000 mg per day.

Knowledge is power. The more credible food and nutrition information you know the easier it is to give yourself great day by day nutrition for health and performances. Buy a book like



Nancy Clark's **Sports Nutrition Guidebook** or **Endurance Sports Nutrition** by Suzanne Girard. Visit web pages like www.eatright.org, www.choosemyplate.gov, www.nhlbi.org, www.aicr.org, www.fruitsandveggiesmorematters.org and www.women'shealth.gov.

Don't purchase supplements; buy wholesome minimally processed foods for balanced meals and snacks. No dieting; have healthy meals. Fuel yourself well!

Nutritious Eating Guidelines:

1. Plan for three meals and two to three between-meal snacks daily.
2. Do not skip meals. Delayed or skipped meals can lead to confused hunger signals.
3. Shop after a meal or light snack, not on an empty stomach.
4. Eat a variety of wholesome foods. The body needs more than 50 nutrients. No one food supplies all that we need.
5. Build meals around nutritious carbohydrate foods. Carbohydrate foods are the main fuel source for the mind and muscles. Include at each meal fresh fruit and/or vegetables plus breads, cereal, rice, oatmeal, pasta or potatoes.
6. Include protein sources at each meal. Protein sources provide essential amino acids which are building blocks of body tissues. Lean sources include non-fat or 1 percent yogurt and milk, low-fat cheeses, skin-free poultry, seafood, lean red meats, tofu, soy burgers, egg whites, nut butters and beans.

See **Everyday**, Page 22

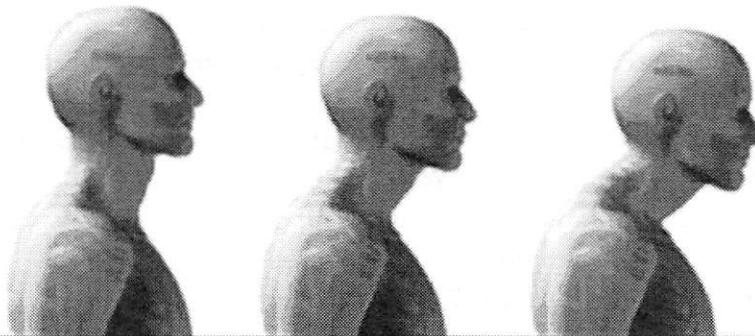


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- * Bi-monthly printed newsletter
- * Reduced registration fees for all Points Series Races
- * Opportunity to earn points for completing Points Series Races, with the top three finishers in each age category being honored at the annual banquet
- * 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

Team RWB making its presence known



By **MARCIA KIRLIN**
Editor, *Inside Track*

They're hard to miss in their red shirts with the navy-blue trim and bold white letters: Team RWB.

So who are they and what's Team RWB all about?

Fort Wayne Track Club member Douglas Dye invited me to meet some of his fellow Team RWB members recently at Praus CrossFit, where close to a dozen team members were working up a sweat on a Saturday morning.

Dye explained that Team RWB (Red, White, Blue) is an outreach group focused on enriching the lives of America's veterans. "The key is camaraderie," he explained. "Getting out and getting together." Chapters accomplish this through physical and social activity, including running, triathlons, functional fitness, rock climbing, yoga, hiking and trail running.

The goal of the non-profit organization is to provide veterans with a sense of purpose and shared accomplishment. Physical activity is stressed as a healthy outlet for body and mind.

The Fort Wayne RWB chapter is in its infancy. It had its earliest roots in a tribute run organized by Chad Da-

vis following the death of his former Purdue roommate in Afghanistan. Air Force 1ST Lt. Joel Gentz, son-in-law of Three Rivers Running Company co-owner Pat Sullivan, died in June of 2010. That fall, eight



Members of the Fort Wayne chapter of Team RWB, including FWTC member Douglas Dye, front row, right.

people ran a 54-mile tribute relay from Pontiac to Detroit, Michigan, carrying an American flag in honor of their fallen friend.

Mike Irwin, the founder of Team RWB, was one of those who ran that day. Davis expressed an interest at that time in forming a Fort Wayne RWB chapter. Sam Hartman, the Fort Wayne chapter's athletic director, and Casey Carrigan, chapter captain, took the next step and submitted the documents to start a chapter.

The group is comprised of veterans, active duty military members and civilians. Hartman, a civilian, said he got involved because he has "an appreciation of military men and wom-

en." Last September 11 he took part in a 9.11-mile memorial run though Fort Wayne.

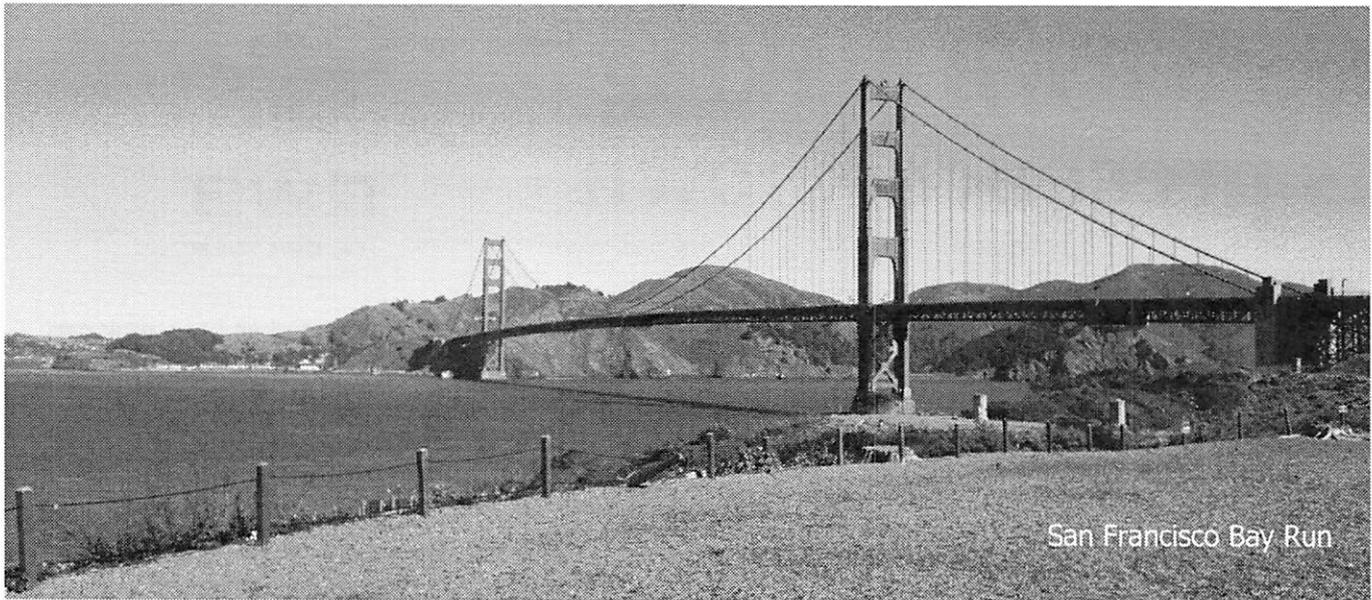
Carrigan, who is attached to the 122nd Fighter Wing, said he was

"intrigued with the concept." He has friends who were killed in Iraq and Afghanistan, and "saw that something was needed in Fort Wayne to encourage more people to become physically active and socially involved."

The local group has more than 100 members, including 75 veterans. In addition to their CrossFit workouts, a few members represent the group at area races, including Dye, who has run the FWTC's Fanny Freezer and Nutri-Run 20k.

The Fort Wayne chapter's calendar includes cycling events throughout the summer, a June 14 triathlon at Jorgenson YMCA, the Run for Freedom in Marion May 10, Military Appreciation Night at the Tin Caps in June, Fort4Fitness and numerous other social and fitness activities.

To learn more about Team RWB, visit TeamRWB.org or check out the local chapter's Facebook page: TeamRWB Fort Wayne. Better yet, stop and talk to Douglas Dye or any of his fellow RWB representatives if you happen to see them in their red shirts at an upcoming race.



San Francisco Bay Run

Running vacations a way of life for Kurtz's

By **MARCIA KIRLIN**
Editor, *Inside Track*

Relay. Ragnar. Run-cation. Ready? Running, travel and camaraderie combine in Angie and Kevin Kurtz's lexicon of "R" words. And now they're "Reaching" out to others who might like to join the excitement.

The Kurtz's past running adventures have taken them to a number of U.S. destinations, including the West Coast, where they participated in their first relay event, the Nike Hood to Coast Relay, a 199-mile race they ran in 2009 with a dozen or so members of the local PR Training Group.

"There were about a million reasons not to [run Hood to Coast]," said Angie, "but I'm so glad I said yes to that one."

Last summer they joined five other Fort Wayne-area runners to compete in the Wasatch Back Ragnar Relay, which began at Logan and ended at Park City, Utah. To complete their team, they linked up with a van of

California and Las Vegas runners.

"We're perfect strangers but we could talk for hours," Angie recalls. "We're all adventurous people who like to travel, run and drink wine and beer."

They have also been part of a team that ran the Madison, Wisconsin, to Chicago Ragnar Relay.

"The team concept is just phenomenal," Angie said. "As you get older you're not going to have PRs, so it's a fun way to compete."

Angie explained the relay concept: Teams consist of 10 to 12 runners, each of whom runs four to 10 miles per leg. There's a "batting order" that needs to be adhered to, as specific team runners are accounted for at checkpoints along the route. Those not running are traveling in support vans, eating, talking, laughing, possibly sleeping and waiting for their next turn to run.

Not surprisingly, planning is the key to a successful relay. Angie said the planning process starts about nine months out. "That's half the fun—all the organizing," she said.

Kevin, who started running in 2001, advises those new to relays to "be sure to pack your 'can-do' attitude." He continued, "You will be in close quarters with other runners and getting NO sleep. Prepare for a few inconveniences."

Some of the bigger relays attract 1,000 or more teams, some of which consist of elite runners, ultra runners, high school runners, all male runners or all female runners. Some teams adopt a theme, decorating their vans and devising team costumes.

In addition to their love of relays, Angie and Kevin have totally embraced the concept of "run-cations," combining destination races with travel to scenic, activity-filled locales. They even ran the New York City Marathon on their honeymoon.

Most recently they ran the Los Angeles Marathon, and paired their race experience with volunteer opportunities for their teen-aged sons, who manned a water station at mile 13. While in Los Angeles they also took in a Clippers game, visited Santa Monica



The Logan, Utah, start line of the Utah Ragnar Relay

and Venice Beach and ran in the Hollywood Hills.

One of Kevin's favorites was completing the Disney World Goofy Challenge in 2009 with a group from Fort Wayne.

It should come as no surprise that such a fun-loving running couple have a pretty long bucket list. For Angie that includes running the Appalachian Trail, state parks in Utah, through the Northwest Passage, and in Key West and Texas. Kevin would like to run the Ottawa Marathon and as he puts it, "maybe Boston...if I can hold my pace until I reach 70!"

Both have their sights set on running a

relay in Banff and Ottawa in Canada.

Their next relay adventure will take them to northern California, where they will run the Ragnar Napa Valley in September. Other Track Club members who will be part of their team are Andria Eguia, Ashely Anglin and Sandy Junk. Other team members are local runners Jeff Makarewich, Patrick Quinn and Mike Patalita and two women from California. Runners will start in San Francisco and race across the Golden Gate



Members of the Madison to Chicago Ragnar team

Bridge, run through farmland and rolling hills and finish along country roads

in Napa Valley, where local wines await them at the finish line. The trip will include wine tasting, vineyard tours and cycling.

"Connect, conquer and celebrate" is the Ragnar motto, and it's clear the Kurtz's have taken that slogan to heart.

"I think the relay event is a wonderful format," Kevin said. "It accommodates runners of any pace. The key is having fun!"

Intrigued by the idea of running a relay or perhaps joining the Kurtz's on a

run-cation? Contact Angie or Kevin for more information and to see if this kind of adventure might be for you. They would love to meet other running couples (and singles) who want to travel and run.

Angie: amkurtz1@gmail.com

Kevin: kdkurtz1@gmail.com



Kevin and Angie Kurtz at the finish line of the Boston Marathon



Celebrating at the finish line of the Utah Ragnar Relay



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2014 Points Series Races

Fanny Freezer 5k	Feb. 8	River City Rat Race 10k	Oct. 26
Kilt Run 5k	March 15	Turkey Trot 5k trail	Nov.22
Nutri-Run 20k	March 29	Gingerbread Pursuit (4 miles)	Dec.13
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		



ARE YOU READY?

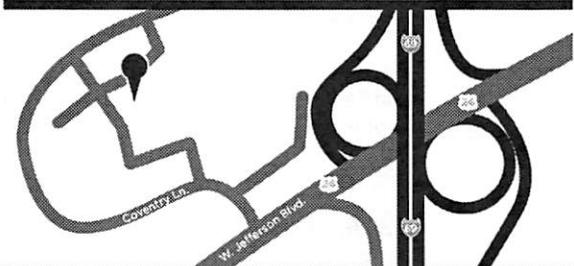
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FLEET FEET
Sports

Golf outing to raise funds for Barrie Peterson Scholarship

By DOUG FORD

Chairman, Barrie Peterson Scholarship Golf Outing Committee

Coach, friend, mentor, role model. Barrie Peterson exemplifies each of these roles. He was Northrop High School's first head track and cross country coach. His teams earned a state track championship in 1997 and three state cross country runner-up finishes. In 1974, he was the Indiana Cross Country Coach of the Year, and in 2001, he was named to the Indiana

Association of Track and Cross Country Coaches Hall of Fame.

These are just a few of the honors awarded to "Coach Pete."



More important is the positive impact he made on the student athletes he coached. To show appreciation for his long-term commitment and dedication to Northrop track and cross country a number of his former athletes established an annual scholarship fund in his name, with a golf outing held the past two years to raise funds for a Northrop senior track athlete to apply toward college.

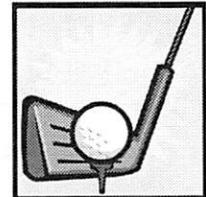
The goal is to raise \$50,000 in a scholarship fund administered by Fort Wayne Community Schools, allowing a scholarship to be awarded in Coach Peterson's name for many years into the future.

This year's golf outing will be Saturday, July 12 at Autumn Ridge Golf Course. If you're not a golfer but would still like to help, consider making a direct contribution. Either way you will be helping the cause while honoring all the contributions

that Barrie Peterson has made to the community.

Enclosed in this newsletter are two forms that can help

the scholarship committee reach its goal. The golf signup sheet allows you to sign up a foursome, become a hole sponsor, donate a silent auction item, or make a general donation to help offset some of the expenses of the event. The golf outing does not have 501 (c) 3 status and cannot offer any tax deductions. Also enclosed is a donation form that allows you to make direct contributions to the Barrie Peterson Scholarship Fund. All gifts made to the Barrie Peterson Scholarship Fund and mailed to FWCS Fiscal Affairs are fully tax-deductible. For more information contact doug.ford@midwestpipe.com.



2014 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Jamie Zeigler	Fort Wayne	12	330
2	Makenzie Kolvoord	Fort Wayne	7	260
3	Ashtyn Robertson	Fort Wayne	13	230
20-29				
1	Sharon Christian	Fort Wayne	29	260
2	Ashley Smith	Fort Wayne	29	260
3	Mary Craighead	Fort Wayne	27	230
30-34				
1	Ashely Anglin	Fort Wayne	30	380
2	Lisa Falotica	Fort Wayne	34	250
3	Kimberly Truesdell	Fort Wayne	32	150
35-39				
1	Jenniffer Jordan	Fort Wayne	38	400
2	Carmen Tse	Fort Wayne	36	240
3	Andria Eguia	Fort Wayne	39	200
40-44				
1	Sandy Junk	Fort Wayne	40	320
2	Marcia Schaefer	Harlan	43	210
3	Shawn Peterson	Fort Wayne	42	200
45-49				
1	Cathy Pusey	Fort Wayne	48	350
2	Tara Greer	Fort Wayne	45	310
3	Lynette Milne	Columbia City	49	290
50-54				
1	Karen Kosberg	Fort Wayne	52	360
2	Gail Gerber	New Haven	50	330
3	Anita Bultemeir	Leo	54	230
55-59				
1	Cynthia Cornwell	Fort Wayne	59	400
2	Vickie Robertson	Fort Wayne	56	190
3	Jan Halter	Leo	57	180
60-64				
1	Sherry Nidlinger	Fort Wayne	62	400
2	Jennifer Etzler	Fort Wayne	62	160
3	Nancy Boyer	Fort Wayne	62	70
65-69				
1	Betty Nelson	Columbia City	67	330
2	Barbie Scrogam	Fort Wayne	67	200

2014 FWTC POINTS STANDINGS FOR MEN

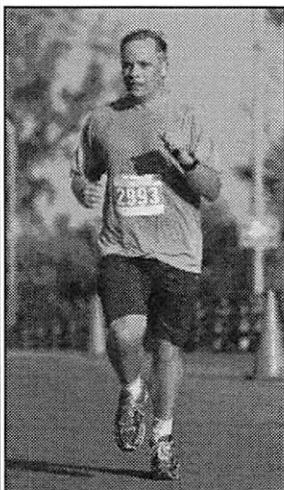
Place	Name	City	Age	Points
19 and Under				
1	Logan Weaver	Fort Wayne	12	270
2	Zachary Love	Spencerville	14	240
3	Bryce Sayre	Fort Wayne	10	240
20-29				
1	Dave Boyer	Fort Wayne	26	400
2	Alex Kaplanis	Fort Wayne	23	300
3	Tommy Cutter	Fort Wayne	29	240
30-34				
1	Jeff Nidlinger	Fort Wayne	34	400
2	Calum Johnson	Fort Wayne	34	300
3	Mark Doepner	Fort Wayne	31	230
35-39				
1	Brad Thomas	Fort Wayne	39	360
2	Jason Blanchette	Fort Wayne	35	250
3	Chris Kaufman	Fort Wayne	37	180
40-44				
1	David Broerman	New Haven	41	380
2	Todd Poinsett	Yoder	42	250
3	Berry Weaver	Fort Wayne	43	230
45-49				
1	Mart Witmer	Fort Wayne	47	240
2	Kent Greer	Fort Wayne	49	230
3	Scott McCauley	Fort Wayne	49	200
3	Chris Reed	Ligonier	47	200
50-54				
1	Rick Grieze	Fort Wayne	50	350
2	Mike Slaubaugh	Fort Wayne	53	300
3	Pat Beuchel	Fort Wayne	54	250
55-59				
1	Mark Furkis	Ligonier	58	300
2	Brad Altevogt	Fort Wayne	59	250
3	Tom Lill	Fort Wayne	56	220
60-64				
1	Jed Pearson	Fort Wayne	62	330
2	Roger Kingsbery	Fort Wayne	64	320
3	Phil Rizzo	Fort Wayne	61	280
65-69				
1	Jerry Thompson	Fort Wayne	66	380
2	Larry Lee	Fort Wayne	69	300
3	Robert Lawson	Fort Wayne	66	260
70 and over				
1	Bernie Burgette	Fort Wayne	70	350
2	Bill Harris	Grabill	75	340
3	David Biglands	Fort Wayne	71	270

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

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 are profiles of board members Jonathon Gottschalk and Mike Clendenen.

BOARD MEMBER JONATHON GOTTSCHALK



Where do you work? Cirrus ABS Corporation

Job Title/What do you do there? VP of Technology. I architect and engineer the future

of the technology platform we rely on to meet the business needs of our clients across virtually every industry and sector.

When did you start running? I have run since I was very young, but I started to run competitively in

junior high track and continued it through to my senior year. I also joined the cross country team my senior year of high school, and I have never looked back.

What is your favorite/most meaningful running experience?

My favorite and most meaningful running experience is not limited to a single instance. The most meaningful runner experiences I have had is most certainly the opportunity to run with a friend for the very first time. There is something about the opportunity to share that time, no matter how long or short, with someone. You really never know someone until you've run with them one once.

Have you run (or been a part of) a race that really stands out for you? Since I have started volunteering with the Fort Wayne Track Club,

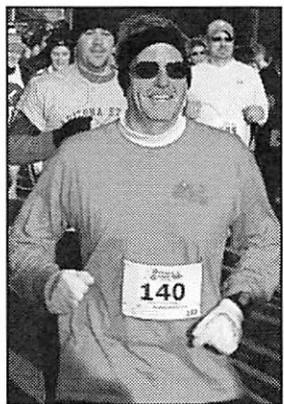
I have been part of almost every single points race (some more than others), and I do not have any single one that stands out above the others. I would encourage anyone to involve themselves in any running event to gain an appreciation for the hard work and dedication required behind the scenes to pull the event off. The enthusiastic people you meet will truly surprise you.

What's one thing you would like to see the FWTC accomplish while you're a board member?

I would like to see the club have events that mirror some of the successful efforts in larger, surrounding cities, such as designated non-competitive events coupled with afternoon, weekend picnics, regular group runs and to see our events have a greater impact in the local community.

BOARD MEMBER MIKE CLENDENEN

First year and total number of years served on board: I started serving on the board in 2013.



Where do you work? Superintendent New Haven-Adams Township Parks &

Recreation Department

Are you solo or do you have a favorite group of running buddies? Both, I do enjoy solo runs to clear the head but also enjoy the Run Clubbers Wednesday night running group.

Most memorable running experience: 2008 was the first Fort4Fitness half marathon and my first attempt to run that far. My goal was to finish in 2 hours; my time was 1:56:09.

Why do you volunteer with the Track Club? Anything I am passionate about I tend to immerse my-

self in such as my career in parks and recreation. Running is no different. The Fort Wayne Track Club allows me to be involved in the running community and work with the other board members to promote running and walking in and around the Fort Wayne area.

What does running mean to you? As I approached the age of 50 my doctor wanted me to take a pill to control cholesterol. I ask for another option and that was exercise so I chose running for health reasons but it has become much more.



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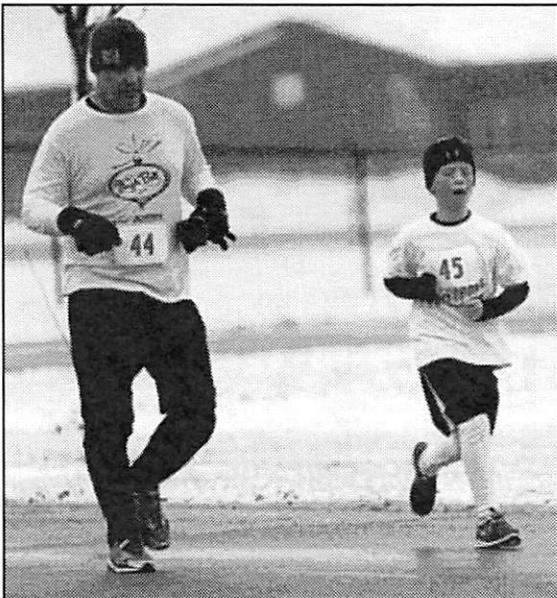
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Funds from this race will go towards COME UNITY's clean water initiatives and other related projects in East Africa.

Please join COME UNITY as we go the distance to change lives!

Date:
Saturday,
May 31, 2013

Time:
6k run/walk - 9:30 am
Kiddie Dash- 9:15 am
Check in from
8:00 am - 9:00 am

Place:
Shoaff Park
6401 St. Joe Road
Fort Wayne
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Learn about COME UNITY and register for the race, call 260-637-1126 or visit our website at: www.comeunitynow.org

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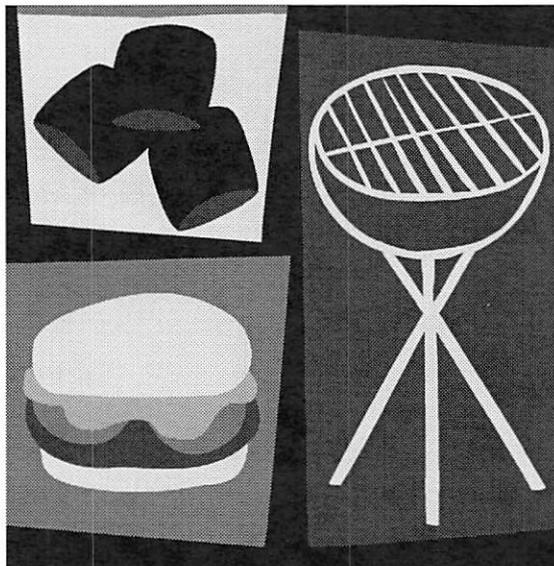
Picnic to follow JP Jones 10k at Foster Park in September

The Just Plain JP Jones 10k will take on a new look this year, with a change in dates, from its traditional mid-December timeframe to Sunday, Sept. 14. The race will continue to be held at Foster Park and is still a FWTC Points Series event.

Also new this year will be a post-race picnic in the park's large pavilion.

Mark your calendars now for this late summer event, and watch for emails and Facebook posts for updates.

Hope to see many of you there!



Everyday, continued from Page 8

7. Choose heart-healthy fats at each meal. Fats provide essential fatty acids which help transport nutrients plus provide energy. Heart-healthy fats are olive oil, canola oil, peanut butter, salad dressings, nuts, olives and avocados.

8. Drink water daily. The body needs water and other fluids to stay cool, maintain adequate blood volume, transport nutrients, eliminate body wastes, lubricate joints and maximize muscle strength. Replace every pound of sweat loss with 2 to 3 cups of water.

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

May 11-17, 2014 is National Women's Health Week offered by the U.S Department of Health and Human Services, www.women'shealth.gov/nwhw.

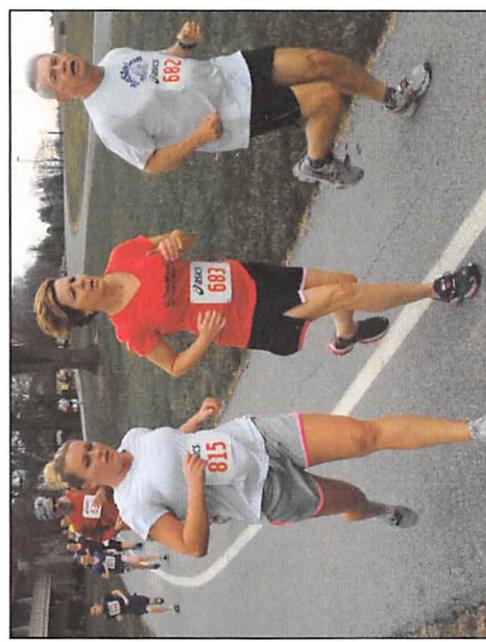
It would be a great week to schedule an annual physical, annual screenings and set health goals.

Embrace being a health care consumer. Day by day pledge to be active, see friends, manage stress and eat nutritious meals and snacks.

Baked Potato Meal

1. Preheat oven to 450 degrees.
2. Scrub potato well and pat dry.
3. Poke holes in the potato with a fork (to prevent an explosion!). Lightly rub with a little oil.
4. Bake in the center of the oven, directly on oven rack, for 45-60 minutes.
5. Put potato on a plate and add protein such as 1/2 cup plain Greek yogurt or 1/2 -1 cup diced chicken, turkey, or tuna
6. Add salsa or a vegetable such as diced tomatoes, cooked asparagus or broccoli.
7. Add flavor by adding herbs or spices.
8. Enjoy!

Mastodon Stomp brings runners, walkers to IPFW





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Fort Wayne Track Club member Douglas Dye, right, with Heather Bennett-Rosbrugh after the Nutri-Run. Both runners represent Team RWB. Find out more on Page 11.

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