

The *New* Inside Track

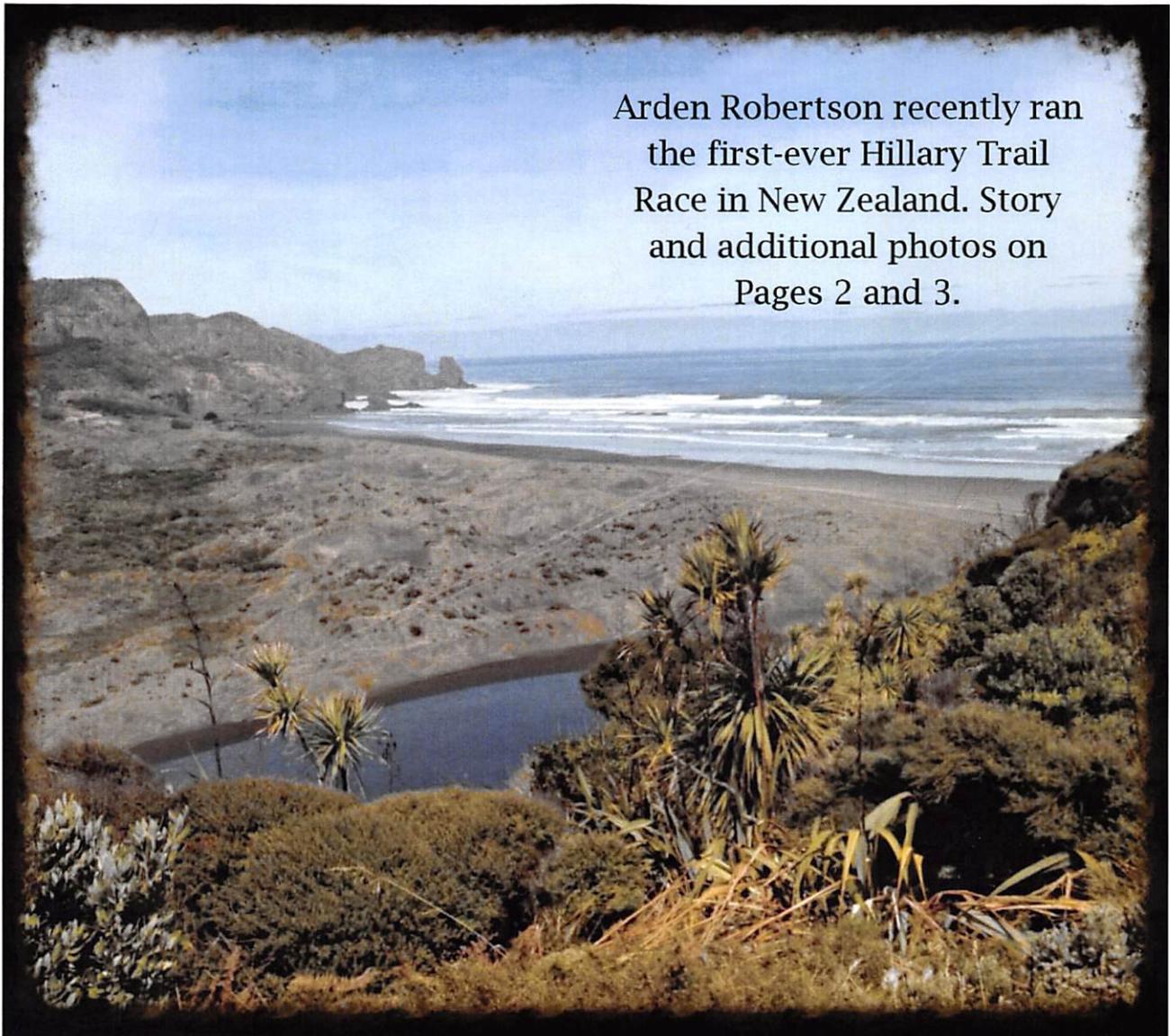
July/August 2014

A publication of the Fort Wayne Track Club

FORT WAYNE



TRACK CLUB



Arden Robertson recently ran the first-ever Hillary Trail Race in New Zealand. Story and additional photos on Pages 2 and 3.

Technical, beautiful Hillary

UPCOMING RACES

RUNNERS ON PARADE JULY 12

PHIL O'SHAUGHNESSY 10K JULY 19

NEW HAVEN 10K AUGUST 2

REGULAR FEATURES

ON THE MARK PAGE 6

NUTRITION/WELLNESS PAGE 10

POINTS STANDINGS PAGES 18-19

NEW AND NOTEWORTHY

FATHER-DAUGHTER IRON TEAM PAGE 12

GIRLS ON THE RUN PAGE 20

RACE PHOTOS PAGES 16, 23

Racing in the footsteps of Sir Edmund Hillary



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

Arden Robertson has conquered her Everest.

Arden, a Fort Wayne Track Club member and 2013 Ironwoman, planned a visit with her best friend Stephanie in New Zealand around an inaugural ultra race called The Hillary.

The March 29 race, held on the 70k Hillary Trail near Auckland, featured distances of 16k, 34k

and 80k, and encouraged runners to “conquer your Everest.” The Hillary Trail winds through the Waitakere Ranges along New Zealand’s rugged West Coast.

Arden ran the 16k course along with her friend’s husband Jason. Although she’s a seasoned trail runner, Arden was in for a few surprises at The Hillary. For one thing, the landscape was not what she had anticipated. “I was expecting it to be more tropical,” she commented. She likened the

trail and the surrounding terrain to “a cross between Hawaii and the Smoky Mountains.” The single-track course followed coastal cliffs, traversed open pastures and farmland and featured a spectacular finish on a black sand beach at Muriwai.

The cliff portions of the race were fairly rugged, Arden said. “You really had to pay attention to your footing.” Several sets of stairs, including 200 near the end, also made for some challenging footing.



“There was a lot more climbing than I thought there would be,” Arden said.

Twice along the course participants were required to clean their shoes at foot wash stations, a move designed to protect against Kauri dieback, an unfortunate result of a fungal disease that is threatening native vegetation.

See Hillary, Page 3



Hillary, con't. from Page 2

One of the volunteers cleaning runners' shoes was a granddaughter of Sir Edmund Hillary, the famed New Zealand mountaineer and explorer who inspired the creation of the Hillary Trail.

Runners also were required to carry a "compulsory kit," which included a whistle, blanket and first aid kit that each person had to bring to the race. Participants also were tasked to fill their own water bottles.

Razor-sharp plants on sections of the trail posed a hazard. "We had to be really careful not to get cut," Arden said, and even so she ended up with a few cuts and scrapes up and down her legs.

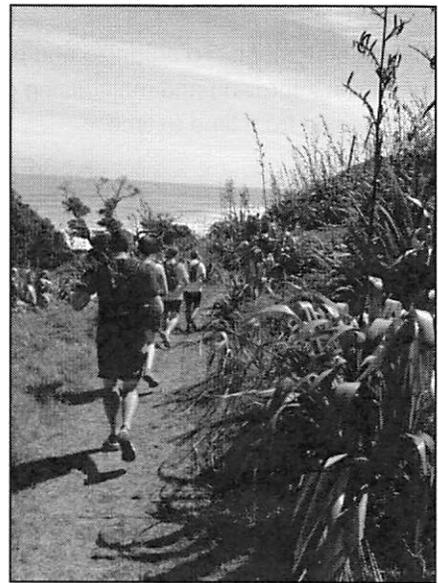
Unlike ultras in many other parts of the world, this one brought no threat of poison oak or ivy, Arden noted. Birds were plentiful along the trail, she said, but she didn't spot a single squirrel since there are none in New Zealand. Arden did get to see horses at various points as she ran through the pasture portions of the trail.

Running The Hillary was a highlight of her two-week trip, Arden readily admitted. "I thoroughly enjoyed it. I jumped off the trail a bunch of places to take pictures."

Her time in New Zealand also included a visit to a natural hot springs, where she enjoyed mud baths and spa treatments.

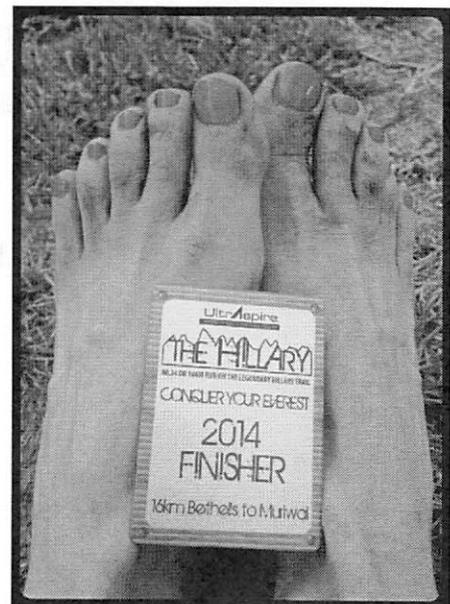
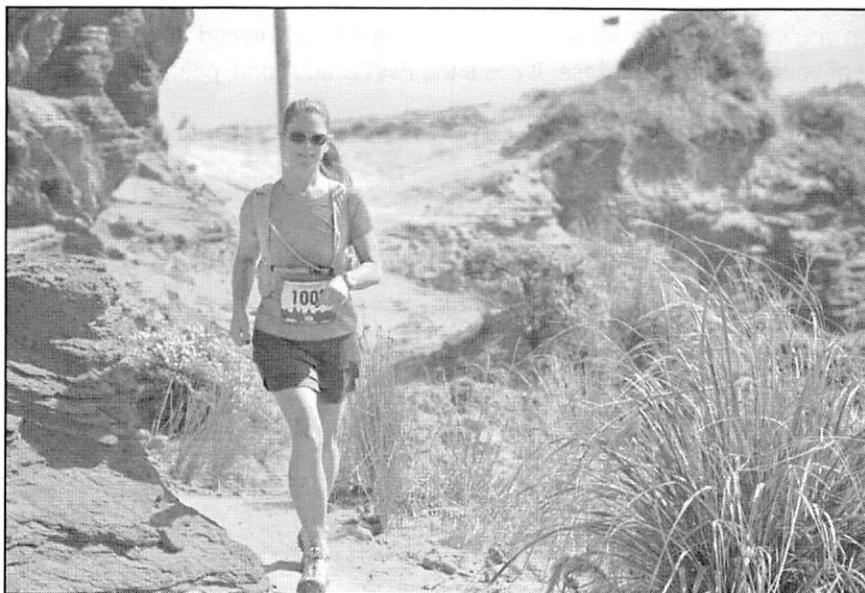
Visiting New Zealand was a true education for Arden. She was intrigued by the layout of the small towns, in which homes essentially line the main street--no separate subdivisions like we have in most areas of the States. Wearing shoes is more or less optional, Arden found out, noting that children often attend school barefooted and people run errands in local shops with no shoes on.

Arden also encountered a few interesting culinary quirks during her time in Drury, where her friends live. New Zealanders do not refrigerate eggs, a fact that concerned Arden at first. Much of the food she ate while she was there was fresh and organic. Bakeries are popular in New Zealand,



Arden said, and the meat pies they dish up are a diet staple.

With her Everest behind her, Arden has her sights set on an ultra race a little closer to home—the Glacial Trail 50k in the Kettle Mountain State Forest in Wisconsin, which she plans to run in October with her mother-in-law, FWTC member and 2012 Ironwoman Vickie Robertson. She'll train on the trails at Franke Park and Chain O' Lakes State Park with memories of The Hillary spurring her on.



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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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

On the Mark

Blind marathoner shows others the way at the Antarctica Marathon

By DR. MARK O'SHAUGHNESSY

I asked for your indulgence with last month's newsletter column and will proceed with my plan to continue to write about my amazing Antarctica trip and will ask for forgiveness later. Over the next several columns, I want to highlight some of the amazing people and their stories from this incredible trip.

We all have met some pretty inspiring people in our travels and running adventures and our very own Track Club is chock full of wonderful characters and motivating stories but this particular trip "upped the ante" on the motivation front.

At times our own motivation and enthusiasm for our beloved hobby (passion/obsession) wane and stories of barriers shattered, odds overcome or heartfelt giving can reinvigorate this passion. I hope I can touch a few waning runners or pull on a heartstring or two to reinvigorate that passion for healthy living that all of us possess.

Meet Hein Wagner, a native South African who has been blind since birth, when he was diagnosed with Leber congenital amaurosis, a severe form of reti-



Hein Wagner finishes the Antarctica Marathon with his guide Nick.

nitis pigmentosa. Hein is the founder and director of VisionTrust Foundation (www.heinwagner.co.za), a non-profit organization based in South Africa that assists others with "disability" to lead full productive lives and overcome cultural barriers. In his spare time Hein gives motivational speeches in South Africa, demonstrating to others that there's no such thing as a "disability," only minor barriers to overcome.

We met Hein our first night in Buenos Aires and our awe for his accomplishments and zest for life

grew daily during our amazing journey. Hein has completed Ironman triathlons and owns the land speed record driving a car (322.52 kph or 200.40 mph). I'm not kidding--look it up. He was the first blind participant to compete in and complete the grueling Antarctica Marathon.

This marathon was without a doubt the hardest race I have ever completed. (I already told you I was sorry Mitch, so get off my back!). The terrain was treacherous with streams to cross, mud galore, rocks, ice, snow and hills. You name it, we crossed it.

Hein's feat was even more amazing since his usual "guide dog" Mike (Hein's description, not mine) was injured and couldn't run the race.

By an amazing turn of events, there was one open spot on our ship and Lara Kruiskamp, another shipmate, placed a call to her brother Nick to join the expedition. Since he was going to be there anyway, why not help guide Hein? Nick and Hein met in Buenos Aires but since there was so much to do in this vibrant city they chose to do away with a get-acquainted training run and leave the fun for race day. To add to the excitement, Nick, while completing several marathon distances in the past, had never before helped guide a sightless or "disabled" runner.

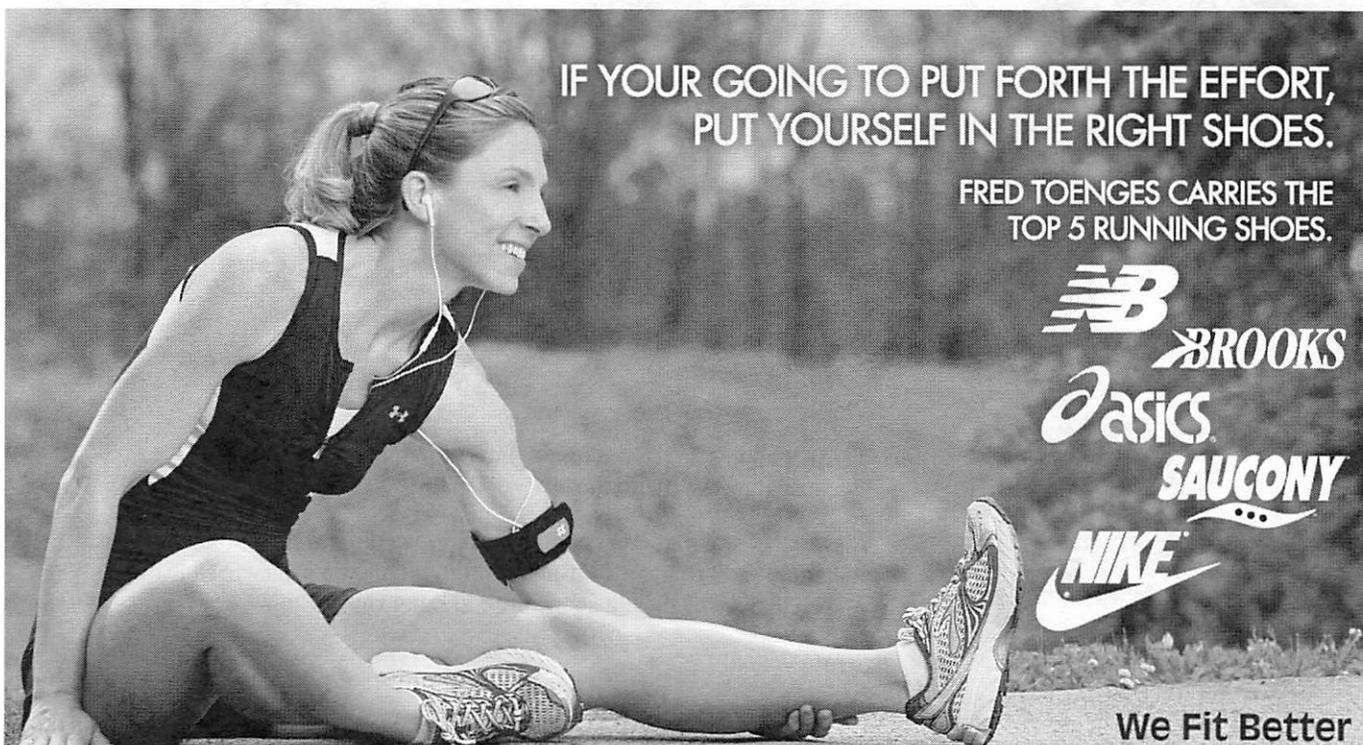
Many of us have seen blind or low-vision runners at road races, typically "tied" to their guide by a short rope or some other device. But that is on mostly flat roads with smooth, even surfaces. It is safe to say that there was no section of the Antarctica course that was devoid of hidden dangers and treacherous terrain. Each time I saw Hein and Nick I got goose bumps (no, it was not because of the cold, although it was that)! By the third lap I caught Hein running solo, no longer holding onto the pole that connected him to his "eyes" with Nick leading the way. Nick will freely admit that after the second lap of this challenging course he was having some difficulty keeping pace and relied on Hein to push and motivate him to the finish and remind him of dangerous terrain coming

up.

Despite Hein's lack of vision he was able to negotiate one of the most challenging race courses in the world, not to mention our small ship as we crossed the Drake Passage. With only a cane in hand, Hein was out and about the entire ship, unguided by any sighted companion, making it seem as though he was simply out for a stroll in the park. In one encounter with my dear wife who was trying to "show" Hein something, she exclaimed, "Oh Hein, I'm so sorry. I keep forgetting you're blind!"

Hein's simple but heartfelt reply was "Thank you."

No, thank you Hein, for opening all of our eyes!



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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?

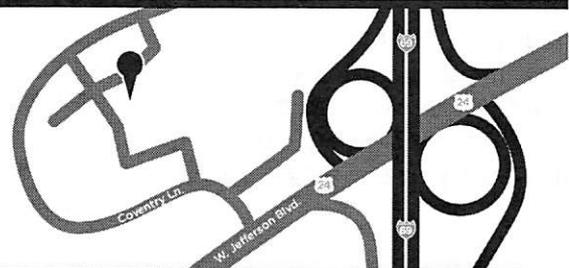
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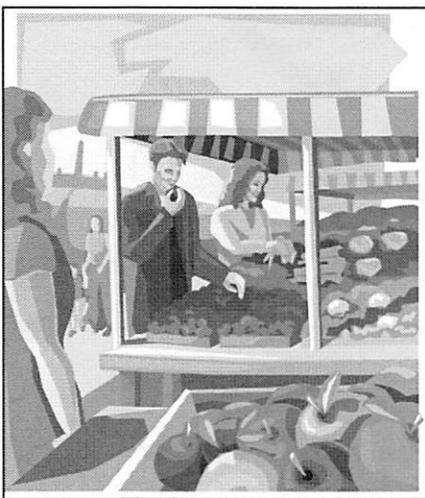


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Sports

Freeze nature's bounty to enjoy year-round

Produce is plentiful during the summer. Gardens, farmers markets and grocery stores offer a colorful variety of fruits and vegetables. We have a treasure trove of choices loaded with vitamins, minerals, phytochemicals and anthocyanins that provide health benefits such as reduced risk of cancer, heart disease and GI problems. The nutrient qualities of fruits and vegetables also are a key ingredient to athletic success.



Make produce purchases weekly. Strive for a plant-based style of eating. Each day aim to eat at least 1½-2 cups of fruit and 2½-3 cups of vegetables. Concerned about what to do with the extra fresh produce? Do you sometimes throw away more fruits and vegetables than you eat? If so, you are not alone.

According to the National Resources Council the average American family of four throws away about 25 percent of the food and beverages they buy, worth about \$1,365 to \$2,275 annually.

Take care of extra produce by having a freezing plan. The fruits and vegetables you know you and your family will not eat within three to five days can

be frozen and enjoyed later. Berries, grapes, melon, peaches, broccoli, green beans, greens, tomatoes and others can be boxed or bagged, frozen and kept safely for future meals and snacks. Just think about the possibilities. In November there will be berries to put on cereal or added to homemade muffins.

Begin by freezing a couple fruits or vegetables this month. Below are a few general guidelines from www.extension.purdue.edu/ces/allen, www.allrecipes.com and Cornell University Extension Services at www.ccetompkins.org/nutrition/food-preservation.

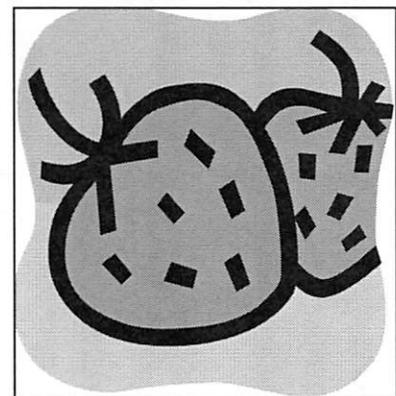
- ⇒ Freeze fruits and vegetable when they are at their peak of freshness.
- ⇒ Blanch vegetables first, then submerge in ice water. Dry thoroughly and put in a container.
- ⇒ Freeze fruits and vegetables quickly.
- ⇒ Store in heavy-weight, air-tight containers or freezer bags. Leave ½-inch head space in containers to allow for expansion
- ⇒ Fill containers to the top and remove as much air as possible from freezer bags.
- ⇒ Fruits and vegetables freeze best at 0 degrees F or colder.
- ⇒ Label the container with the freezing date.
- ⇒ Store frozen fruits for about a year; vegetables, about 18 months. (Storing longer is fine, but the quality may decline.)

Cornell Extension Services reminds consumers that how food is packed for freezing is very important to assure that the quality of food is maintained. Proper packaging keeps food from drying out and losing its color, flavor and texture.

Freezer wrappings, bags, or containers should be:

- * moisture- and vapor-proof (should not absorb moisture, let food dry out or absorb odors).
- * durable (should not break or tear easily when handled).
- * able to withstand temperatures below freezing without cracking, breaking or becoming brittle.

Consumers can select two types of packaging materials for use in home freezing: rigid containers or flexible bags or wrap made for freezer use. Check the label to make sure the material is specifically for freezer use.



FREEZING FRUIT

Fruits like peaches, apples, pears and apricots darken quickly when exposed to air. They also may lose flavor and texture when thawed. Crystalline

See Freezing, Page 15



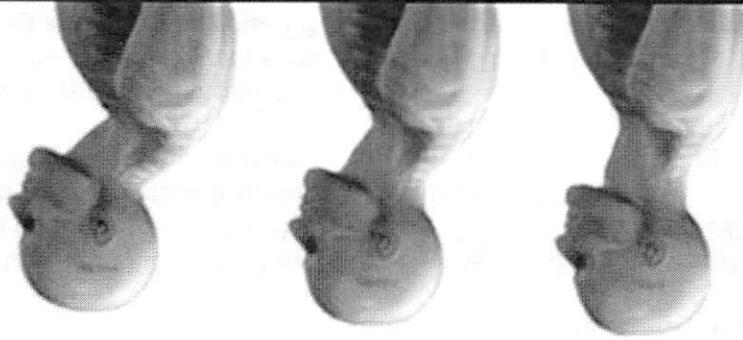
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YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



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"

First father-daughter team completes Fort Wayne Track Club's Ironman challenge

In 2013 Terry Parker and his daughter Kimberly Ehleiter became the first father and daughter to have completed the FWTC Points Race Series Ironman challenge by competing in all of the FWTC point races in a single year. They were recognized for their individual accomplishments at the FWTC Annual Banquet in January. Recently FWTC Board Member Craig Bobay had a chance to chat with them. For some insights into this dedicated running family, read on.

Bobay: Why did you take on the Ironman Challenge?

Terry: To be able to run the 15 races at any age is great, but to do it at my age (the 70 and over age group) is wonderful.

Kimberly: I love to push myself and see how far I can go. When I set my mind to something, it's hard to change it. After I finished the Fanny Freezer last year, I was determined to get Ironwoman status.

Bobay: How has pursuing your goal of becoming the FWTC's first father – daughter "Iron Dad-Daughter" impacted your family/relationship?

Terry: Running with my daughters is a very unique experience. To have both of us get the Ironman/Ironwoman award is something that you only dream about. It is a very rewarding experience of a lifetime.

Kimberly: My dad and I have always been close, so it seemed natural that we would be running partners. When we run together, we talk about everything from personal issues to how to run better.

Bobay: Terry, I understand you have another daughter who was also trying to complete the challenge, but suffered an injury that knocked her out. Tell us about her quest to be an Ironwoman, too.

Terry: Judy (Roy), my other running daughter, just recently started running and competing in races. She started out by walking and gradually started running. Judy would have completed the Ironwoman last year, too, but was injured during Fort4Fitness.



Terry Parker, center, with daughters Judy Roy, left, and Kimberly Ehleiter, at the FWTC Annual Banquet in January. Terry and Kimberly completed the Ironman challenge in 2013. An injury kept Judy from completing the challenge.

Bobay: What are your other proudest running accomplishments?

Terry: I ran two Detroit city marathons.

Kimberly: Finishing my first Indy Mini with my Dad.

Bobay: Describe any unique running-related experience(s) you've had.

Terry: I fell during the Fort4Fitness and got knocked out. However, I was able to get up and finish the race...I think...because I really don't remember finishing (just kidding).

Kimberly: I ran one race during a thunderstorm, and ran another race while it was hailing. Not fun.

Bobay: When did you first start running?

Terry: I started running in 1968, and I have been running ever since.

Kimberly: I started running about five years ago to lose weight and get healthy.

Bobay: Why do you run?

Terry: I run for health and for the feeling of accomplishment, knowing that I am doing something

See Father-Daughter, Page 13

Father-Daughter, continued from Page 12

that most people my age are not doing.

Kimberly: To keep in shape, and knowing that I am doing something healthy for my body and mind.

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

Terry: My favorite place to run is the bike path in Auburn. My favorite race is the Runners on Parade.

Kimberly: I love to run the Indy Mini, Fort4Fitness and the Galloping Gobbler. I love to run in the country to see the open space and smell the fresh air.

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

Terry: I like to bike and lift weights. I also enjoy spending time with my grandchildren.

Kimberly: I love to spend time with my family. I

also show my quarter horse during the summer. I am a registered nurse and I absolutely love my job, so that is also entertainment for me.

Bobay: What is your favorite running gear?

Terry: I like tech shirts and my Asics shoes.

Kimberly: My iPod and my Garmin.

Bobay: What are your favorite foods?

Terry: Before a race I eat pasta, and after a race I make sure I eat protein and drink chocolate milk.

Kimberly: I love fresh fruit with yogurt, pasta, pizza and junk food (in moderation, of course!).

Bobay: Why are you a FWTC member?

Terry: I like the sense of belonging, and the other members are runners, so there is that camaraderie.

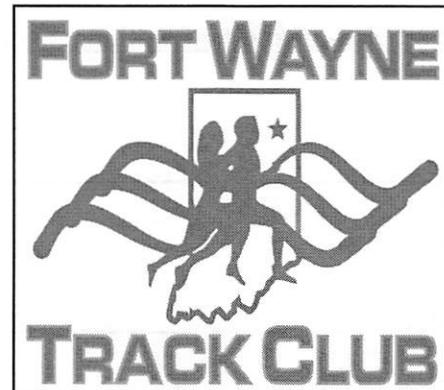
Kimberly: For the encouragement, friendship and support. I love running with familiar faces and knowing that they are encouraging me to do better.

Are you the next FWTC board member?

The Fort Wayne Track Club is looking for interested members who would like to give their time and talents to the club's governing body, the board of directors. Board members keep the club running by providing direction, offering ideas, contributing their time and special skills and giving support to FWTC officers and operations.

Board Member Expectations:

- * be a FWTC member
- * attend monthly FWTC board meetings (held the second Wednesday of each month)
- * participate in FWTC board decisions
- * contribute time and skills to FWTC projects
- * attend, support and promote FWTC activities, events and races



FWTC board member nominations will be presented at the FWTC September meeting, with elections taking place at the FWTC October meeting. In addition, FWTC officer nominations will be presented at the October meeting; officers will be elected at the FWTC November meeting.

Board member positions for 2015 and 2016 begin January 1, 2015.

If you would you like to be considered for a position on the FWTC board or know of a FWTC member you would like to recommend, the FWTC Officer and Board Member Nominating Committee would like to know. Send the names of members you wish to recommend to Judy Tillapaugh at tillapau@ipfw.edu. Include a brief statement explaining why the person whose name you're submitting should be considered. The deadline for submissions is August 12.



20th Annual Runners on Parade

Sponsored by Fort Wayne Orthopedics




DATE/TIME: Saturday July 12, 2014 8:00am at Headwaters Park

MAIL PRINTED REGISTRATIONS TO:

Runners on Parade
 P.O. BOX 11703
 Fort Wayne, IN 46860-1703
 Postmark deadline is July 1st, 2014

ONLINE REGISTRATION (SCAN QR CODE):



FEES : \$20.00 until (or postmarked by) June 20th, 2014
 \$25.00 until (postmark by July 1st) July 5th, 2014
 \$30.00 for all registrants after July 5th and at Packet Pickup
Make checks payable to Fort Wayne Track Club
NO REFUNDS, TRANSFERS or RACE DAY REGISTRATIONS

Packet pick-up and registration: Friday 7/11/14 at Three Rivers Running Company from 2pm-8pm.

No race day registration

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Address: _____ City: _____ State: _____ Zip: _____

DOB: ___/___/___ Age: _____ Email: _____

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Small / Medium
 Large / X-Large

**Check if Current Student
 or Current FWTC Member?** _____
 (apply \$2 discount to registration fee if checked)

Amount Enclosed: _____

WAIVER: Must be signed by participant or by parent/legal guardian if participant is under 18 years.
 I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effect of the weather including high heat and/or humidity, traffic and the conditions of the road or any other running surface: all such risks being known and appreciated by me. For my safety, I understand that bicycles, skateboards, baby joggers, roller skates or in-line skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the FWTC, all sponsors, all volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I allow my photograph or likeness to be used for any lawful purpose.

Signature (Parent, if runner is under 18) _____ Date _____

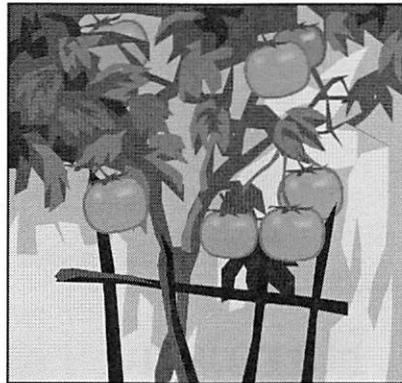
Freezing, con't. from Page 10

(powdered) ascorbic acid, or Vitamin C, is the most common chemical agent used to prevent fruit from darkening. Ascorbic acid in crystalline form may be purchased at grocery stores or wherever freezer products are sold. Lemon juice may also be used to prevent fruit from darkening; however it is not as effective as ascorbic acid and may add its own flavor to the fruit. Fruit to be used for cooking purposes such as for cobblers, may be packed either with sugar, left dry and unsweetened or using the tray pack method. If sweet spreads will be made later from frozen fruit, leave the fruit unsweetened. The correct amount of sweetener can be added at preparation time.

FREEZING VEGETABLES

Blanching (scalding vegetables in boil-

ing water or steam for a short time, 3 to 7 minutes) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of



flavor, color and texture. Blanching cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins. It also wilts or softens vegetables and makes them easier to pack. Blanching time is crucial and varies with the size and type of vegetable. Under-blanching stimulates the activity of enzymes and is worse

than no blanching. Over-blanching causes loss of flavor, color, vitamins and minerals. For best results, follow recommended blanching times found online, in the *Handy Reference for Freezing Vegetables* or in other up-to-date reference books. Dry pack is recommended for vegetables because it results in a good quality product, and preparation for freezing and serving is easy. After vegetables are blanched, cooled and drained, package quickly in rigid freezer containers or freezer bags. Remove as much air as possible from bags. Seal container tightly, label and freeze.

Try not to toss out summer's bounty! Freeze it to enjoy every day, all year-round.

Judy Tillapaugh, RD, ACSM HFS

**IPFW Wellness/Fitness Coordinator
tillapau@ipfw.edu**

GAZPACHO

Ingredients

- 3 cloves garlic, crushed
- 1 onion, coarsely chopped
- 1 cucumber, sliced
- 1 green bell pepper, seeded and chopped
- 5 tomatoes, peeled and quartered (canned or frozen)
- 1/4 cup olive oil
- 1/4 cup white vinegar
- 1 bunch fresh cilantro, chopped (or oregano for an Italian flavor)
- pepper to taste
- 1 teaspoon paprika (optional)
- 1 (12 fluid ounce) can tomato juice

Directions

1. In the container of a food processor or blender, combine the garlic, onion, cucumber, bell pepper, tomatoes, olive oil, vinegar, parsley, salt and pepper.
2. Cover and blend to your desired texture.
3. Stir in the tomato juice and paprika and transfer to a bowl or container.
4. Refrigerate for at least 1 hour to blend the flavors.
5. Serve as a refreshing cold soup. Have with a grilled chicken or lean burger sandwich to make a meal.





**Hare and
Hounds
Cross
Country
5k**



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

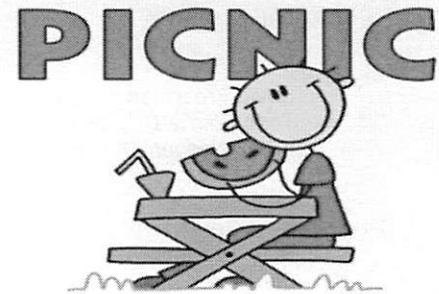
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NEW LOCATION!**



J. P. Jones
Just Plain 10K, 3.3K Run/Walk
and Picnic In The Park
Sunday September 14th 2:00 pm
Foster Park, Pavilion #1, Fort Wayne, IN

- * Bring a gift wrapped top(s) with size marked on the outside. Bring as many wrapped tops as you wish. Tops will benefit families at Charis House and Big Brothers Big Sisters.
- * \$3.00 for FWTC members/\$5.00 for non-members (checks payable to FWTC), everyone \$5.00 after 8/8
- * No awards...low key event.
- * All finishers will receive a honey bear.
- * Just Plain 10km is a 2014 FWTC Points Race
- * Stay and socialize at the picnic! Bring your family!



For information call 260-241-5406 or

tillapau@ipfw.edu. Web site: www.fwtc.org

Entries can be mailed to J. Tillapaugh, 4635 Indiana Ave, Fort Wayne, IN 46807
 Postmark on or before Monday September 8, 2014 or plan to register 1-2 pm the day of the event!

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Date of Birth _____ Age (day of race) _____ Sex _____

Email _____ Circle Event: 10 km 3.3 km

Liability Waiver: Picnic Yes, How Many? _____ No

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

Signature _____ Date _____

Parent's Signature (if under 18 years) _____ Date _____

2014 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Logan Weaver	Fort Wayne	12	350
1	Bryce Sayre	Fort Wayne	10	350
2	Zachary Love	Spencerville	14	340
3	Bradlee Sayre	Fort Wayne	13	260
20-29				
1	Dave Boyer	Fort Wayne	26	550
2	Alex Kaplanis	Fort Wayne	23	420
3	Pete Stratton	Fort Wayne	27	310
30-34				
1	Jeff Nidlinger	Fort Wayne	34	550
2	Calum Johnson	Fort Wayne	34	420
3	Mark Doepner	Fort Wayne	31	310
35-39				
1	Brad Thomas	Fort Wayne	39	490
2	Jason Blanchette	Fort Wayne	35	370
3	Chris Kaufman	Fort Wayne	37	280
40-44				
1	David Broerman	New Haven	41	530
2	Todd Poinsett	Yoder	42	360
3	Berry Weaver	Fort Wayne	43	300
45-49				
1	Kent Greer	Fort Wayne	49	320
2	Mart Witmer	Fort Wayne	47	310
3	Clark Reed	Ligonier	47	300
50-54				
1	Rick Grieze	Fort Wayne	50	480
2	Mike Slaubaugh	Fort Wayne	53	410
3	Pat Beuchel	Fort Wayne	54	340
55-59				
1	Mark Furkis	Ligonier	58	300
2	Bob Sedlemeyer	Fort Wayne	59	260
3	Brad Altevogt	Fort Wayne	59	250
60-64				
1	Roger Kingsbery	Fort Wayne	64	470
2	Jed Pearson	Fort Wayne	62	330
2	Kerry Blanchette	Fort Wayne	60	330
3	James Alberdine	Fort Wayne	63	280
65-69				
1	Jerry Thompson	Fort Wayne	66	510
2	Larry Lee	Fort Wayne	69	420
3	Robert Lawson	Fort Wayne	66	370
70 and over				
1	Bill Harris	Grabill	75	470
2	Bernie Burgette	Fort Wayne	70	450
3	David Biglands	Fort Wayne	71	380

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

2014 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Jamie Zeigler	Fort Wayne	12	450
2	Makenzie Kolvoord	Fort Wayne	7	390
3	Ashtyn Robertson	Fort Wayne	13	230
20-29				
1	Ashley Smith	Fort Wayne	29	380
2	Sharon Christian	Fort Wayne	29	360
3	Mary Craighead	Fort Wayne	27	230
30-34				
1	Ashely Anglin	Fort Wayne	30	530
2	Lisa Falotico	Fort Wayne	34	250
3	Lesley Doepner	Fort Wayne	34	200
35-39				
1	Jenniffer Jordan	Fort Wayne	38	550
2	Carmen Tse	Fort Wayne	36	320
3	Andria Eguia	Fort Wayne	39	270
40-44				
1	Sandy Junk	Fort Wayne	40	450
2	Shawn Peterson	Fort Wayne	42	290
3	Marcia Schaefer	Harlan	43	270
45-49				
1	Cathy Pusey	Fort Wayne	48	500
2	Tara Greer	Fort Wayne	45	440
3	Kim Ehleiter	Waterloo	46	350
50-54				
1	Karen Kosberg	Fort Wayne	52	490
2	Gail Gerber	New Haven	50	450
3	Anita Bultemeir	Leo	54	320
55-59				
1	Cynthia Cornwell	Fort Wayne	59	550
2	Beverly Murphy	Fort Wayne	59	280
3	Jan Halter	Leo	57	260
60-64				
1	Sherry Nidlinger	Fort Wayne	62	550
2	Jennifer Etzler	Fort Wayne	62	240
3	Nancy Boyer	Fort Wayne	62	70
65-69				
1	Betty Nelson	Columbia City	67	430
2	Barbie Scrogam	Fort Wayne	67	280

Girls on the Run teaches self-esteem with running



Girls and their running buddies at the start of the 2014 Diva Dash.

By **MARCIA KIRLIN**
Editor, Inside Track

Take 75 pre-teen girls, add a cadre of caring adult volunteers, sprinkle in 20 lessons focused on healthy choices, top with a 5k road race, and what do you have? A recipe for an empowering youth development program that has girls literally running towards a healthy lifestyle.

Welcome to Girls on the Run of Allen County.

If you ran the Frontier Run 'n' Fun a year ago, the River City Rat Race last October or the recent Diva Dash you may have noticed a large contingent of young girls toeing the start line in their Girls on the Run shirts. For these lucky pre-teens, these races marked the culmination of a 10-week program that taught them a great deal about themselves and just what they are capable of.

Just completing its third season, Girls on the Run of Allen County got its start in 2012 when Fort Wayne attor-

ney and runner Hillary Knipstein "decided to give it a go." Intrigued by shirts she saw bearing the Girls on the Run logo at the 2011 Chicago Marathon, she did some online research about the international program and determined Allen County needed a chapter. She attended a training session in Charlotte, N.C., assembled a board of directors, established the organization as a 501(c)3 non-profit and was off and running.

St. Charles Borromeo School was the first to come onboard, registering 11 girls in spring 2013. Those girls completed the Frontier 5k as their culminating event. In fall 2014 St. Vincent de Paul School and New Haven Intermediate School were added to the fold, with 80 girls taking part and finishing their season with the Rat Race. This past spring Haley Elementary was added, and 75 girls crossed the finish line of the Diva Dash. Also this past spring Three Rivers Running Company became a GOTR sponsor.

The design of the program is simple,

Hillary explained. Once a school site is selected and two to three volunteer coaches are trained, girls embark on a 10-week journey that empowers them with tools to make healthy decisions and develop positive self-images. Meeting after school twice a week, the girls delve into topics such as conflict resolution, peer pressure and dealing with bullies. Coaches work from a structured curriculum provided by the national GOTR organization and use a variety of formats to convey that day's message. Girls might make posters, play a game or role-play. Each session features running to emphasize the lesson.

Girls of all fitness levels and from all economic backgrounds are welcome, Hillary said. The program fee varies from \$25 to \$110, based on a family's income, with scholarships offered to girls whose families might not be able to afford the fee. The fee covers the program's direct costs including t-shirts, race fees, water bottles, curricu-



Finishing strong at the end of the 2013 Rat Race.

lum materials, insurance and printing costs. The local program is geared toward third through fifth graders.

Running figures prominently in each GOTR session as the girls follow a training plan to prepare for their 5k. Each girl runs the culminating race with a running buddy, often a family member, who also trains (on their own) for the race. "It's really a big deal for them to train to run that far," Hillary commented, adding that "the girls are really proud of themselves" when they cross the finish line. "It's really, really special to see a mom give her daughter a kiss and hug at the finish line."

A number of Fort Wayne Track Club members have embraced GOTR as board members, coaches and running buddies. Gail Gerber chairs the board and helped get the local chapter established. She says she "loves that the program fosters family bonding with the running buddies." Girls in the program "have another person close to them—mother, father, brother, sister, aunt, uncle—who is training as well," she said. And for those who might not have a family member who can participate, GOTR recruits volunteers like FWTC member Mindy Kinder to run alongside



Dads are great running buddies!



Hillary Knipstein, right, awards a tiara to a Girls on the Run winner.

them.

Mindy, a 30-year educator, notes that GOTR "is not merely a running program. It is a wonderful platform that teaches girls to treat themselves and each other with respect." She believes GOTR is "one of the finest programs I have had the opportunity to work with." Mindy is trained as a GOTR coach and has been an enthusiastic running buddy for several seasons.

Sandy Junk, who started out as a running buddy then became an assistant coach and eventually a head coach at St. Vincent's, says her "favorite aspect by far is watching the girls complete their 5k. The pride in their smiles says it all."

The girls have a long journey from the first practice to the 5k, Sandy remarked. "It's just an honor to see that pure joy and accomplishment on their faces."

Gail is also a big fan of the finish line excitement. "It's so endearing how they [the girls] compliment, help, encourage, cheer and support each other, never leaving another girl behind."

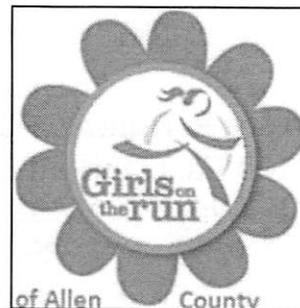
With another successful season completed, GOTR of Allen County is looking ahead to the fall, with the prospect

of adding Leo Elementary, Canterbury School and possibly several other schools. More sites means more volunteers, and Hillary encourages anyone interested to visit the GOTR of Allen County website, www.girlsontherunofallencounty.org, or to email her at Hilary.Knipstein@girlsontherun.org.

Gail would love to see more sites added to the current roster. "We would love to reach more girls in Allen County," she said. "Teachers, administrators, parents, help us start a site at your child's school."

While the program clearly benefits its young participants, adult volunteers also are rewarded. "It's one of the things I do that's the most work but very, very rewarding," Hillary commented. "The girls are working towards a goal and accomplishing it."

And that's something every runner can relate to.



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



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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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Barbie Scrogam ran the Hot Chocolate Hustle 5k in Adrian, Michigan, on Feb. 1. The temperature at the start was 21 degrees and she ran in a heavy snowstorm but was rewarded with views of older homes and the Raisin River and hot chocolate with whipped cream at the finish!



Mike Clendenen ran the Live Well San Diego 5k on May 31. Mike was in America's Finest City for his son Jason's graduation from Marine Corps basic training.



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