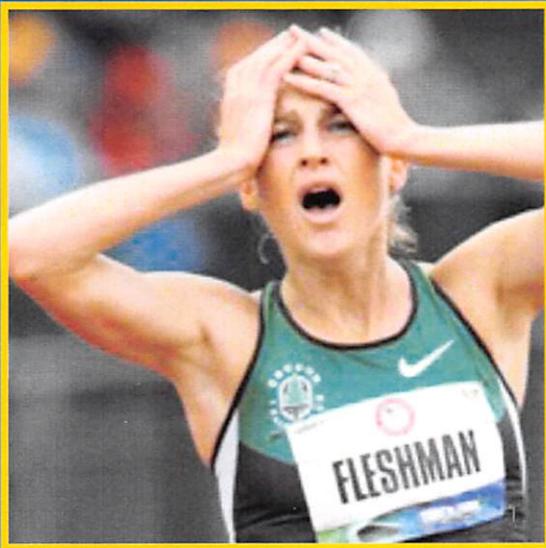


The *New* Inside Track

Sept. / Oct. 2014



A publication of the Fort Wayne Track Club



2015 banquet to feature Lauren Fleshman

UPCOMING RACES

JUST PLAIN JP JONES—SEPT. 14

RUN FOR RILEY—OCT. 12

RIVER CITY RAT RACE—OCT. 26

REGULAR FEATURES

ON THE MARK—PAGE 20

NUTRITION/WELLNESS—PAGE 10

POINTS STANDINGS—PAGES 18-19

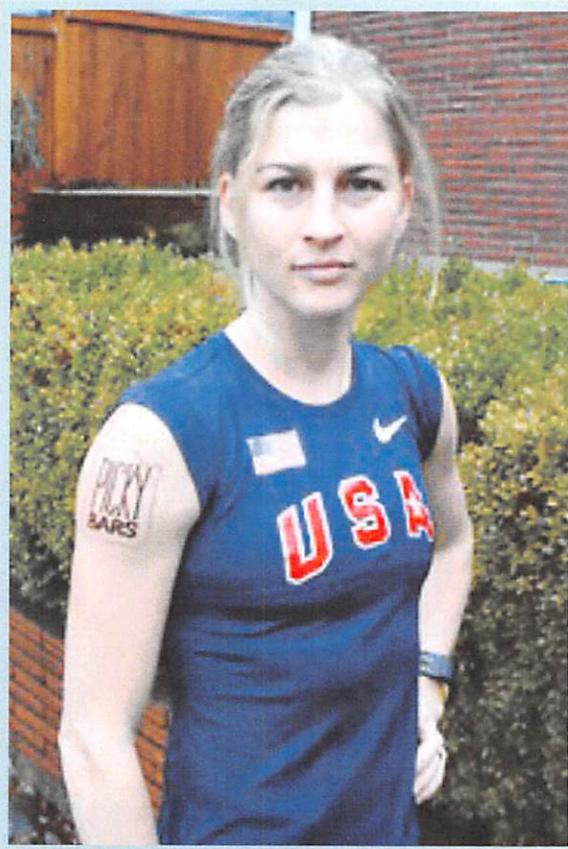
NEW AND NOTEWORTHY

2015 BANQUET DETAILS—PAGE 2

WHO IS JP JONES?—PAGE 12

F4F WEDDING—PAGE 9

Mark your calendars for Sunday, January 25



Elite runner Lauren Fleshman is a U.S. track and field athlete who now runs for Oiselle, a women's running apparel company. She attended Stanford University, where she was an All-American in cross country and track and field. In her marathon debut, the 2011 New York City Marathon, she finished 12th with a time of 2:37:23. Lauren, the mother of a young son, hopes to compete in the 2016 Olympics.

What: 2015 Fort Wayne Track Club Banquet and Awards Ceremony

Women's Health Clinic/"Dude Time"

When: Sunday, Jan. 25, Clinics: 3:30-5 p.
Dinner: 5:30 p.m.

Where: TBD

Who: Guest speaker: Lauren Fleshman, elite runner and Oiselle representative

The event will include dinner with a choice of entrees. Awards will be presented to high school runners, the top three Track Club Points Series finishers in each age group and to the Ironmen and Ironwomen who complete all 15 Points Series races in 2014. Recipients of special Track Club awards, including Volunteer of the Year, Spirit of Running, Golden Shoe and President's Award, also will be announced.

Additional information will be available in the November/December newsletter, on the Fort Wayne Track Club website and Facebook page and via email blasts. Make it a point to attend this annual event. It's always a highlight of the Track Club's year!



4 Wellness Summer Series 2014:

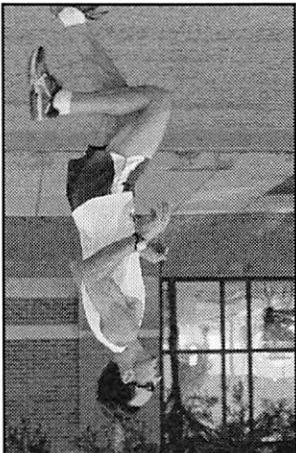
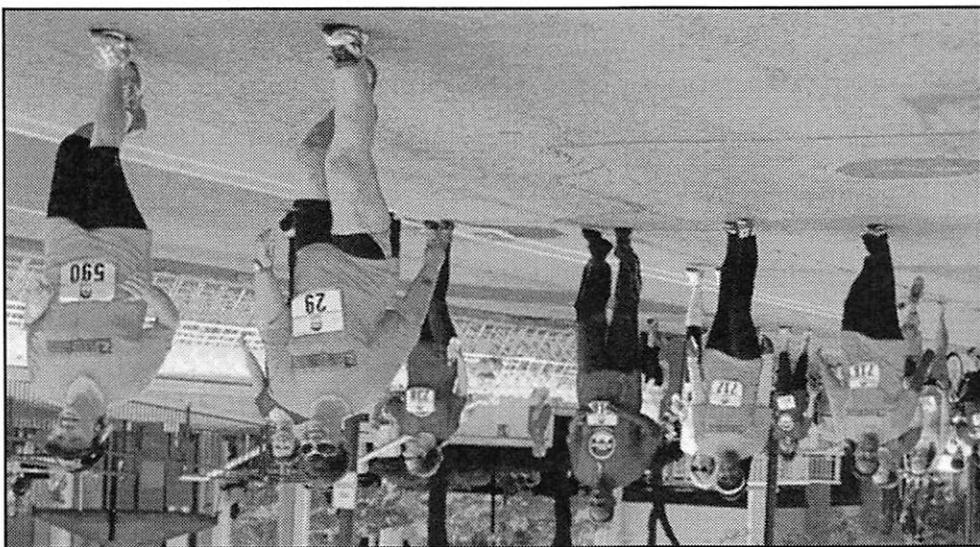
- **May-** Elementary 1 Mile
- **June-** Canal Days 5K
- **July-** Jury Park Kids Triathlon
- **August-** New Haven 10K

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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	Turkey Trot 5k trail	Nov.22
Kilt Run 5k	March 15	Gingerbread Pursuit (4 miles)	Dec.13
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		



Kimberly Truesdell wins the numbers game

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

They say numbers don't lie.

With running, it's all about numbers. The same is true with weight loss. Combine the two and it's a big-time numbers game, with lower numbers generally bringing the greatest satisfaction. Just ask Kimberly Dupps Truesdell. She knows for a fact that numbers don't lie.

Ten years ago Kim weighed 245 pounds, was unhappy with the life she was living and "definitely looking for a new start." Ready for a change, she moved to Fort Wayne from Sandusky, Ohio, in September of 2004 to start her dream job as a reporter for the *Journal Gazette*.

A 2005 New Year's resolution to lose weight brought her to the former YWCA Sports Club on Wells Street, where she faithfully walked on the treadmill and worked out on the bike and elliptical. She also cut calories and eventually lost 50 pounds.

Not long after, Kim became a "contestant" in a *Journal Gazette* weight-loss promotion. While she lost 25 pounds as a *Weighty Matters* participant, Kim said that weight didn't stay off. "It was the yo-yo with that 25 pounds for a long time."

The turning point for Kim came in March of 2009 with the death of her mother, who weighed 600 pounds. "She never accepted responsibility for her weight," said Kim, who turned her anger at her mother into action. "If I was going to be mad at her, I knew I had to do something about my own weight," she recalls.

A friend's success with *Weight Watchers* prompted Kim to give that program a try. "I was curious and also a little jealous," she admitted. Newly married to her husband Mark, she also was now the owner of her mother's Siberian husky that needed regular walks. The walks got longer and longer, but as winter approached, Kim wanted to be finished and out of the cold sooner, so her walking segued into running.

A Couch to 5k program followed and with Kim shedding pounds via *Weight Watchers*, she decided to take on her first race, the 2010 Kilt Run. "I was down about 60 pounds when I started running," she said. "It was a great way to help lose the weight."

As her confidence in her running abilities grew, she began to tackle longer distances. She ran her first half marathon, the Flying Pig, in May 2010, after her in-laws who live in Cincinnati offered to pay her entry fee. Using a Hal Higdon plan, Kim trained through the winter. "I was pretty much married to it," she said, and she stayed motivated by giving herself stickers for her milestone accomplishments.

Describing the Flying Pig as "quite challenging, especially the last two miles," Kim still finished in 2:18, and at the expo signed up for that summer's Rock 'n' Roll Chicago Half Marathon, which she ran in 2:02.

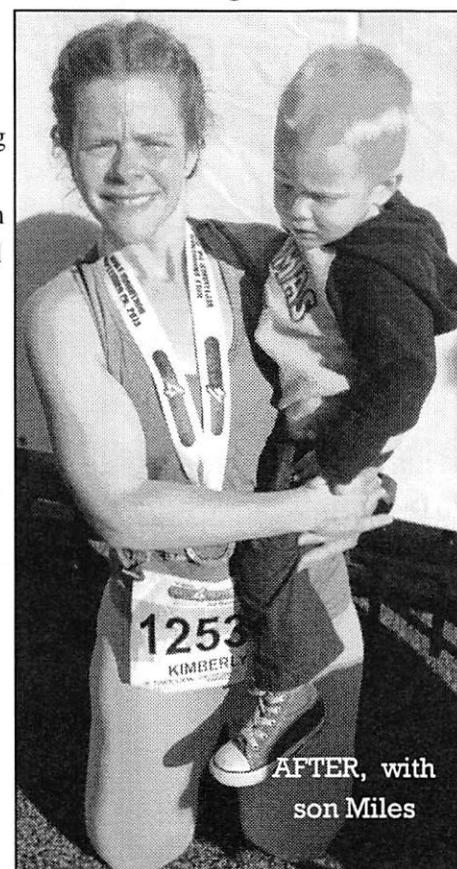
Next up was the Fort4Fitness Half, where she ran her PR of 1:54, and the W.O.O.F. 16-mile trail race in Ouabache State Park, a race made more memorable by the following day's news that she was pregnant.



Kim ran through week 37 of her pregnancy. "It [running] helped me not stress out."

Six weeks post-partum she was right back at it. Although she delivered Miles by C-section, she recovered well, and that fall ran the F4F 4 Mile

See Numbers, Page 7



Numbers, continued from Page 6

race. Then it was on to bigger adventures—training for her first marathon (Columbus) as the mom of a newborn.

“I was tired and my time was not my own,” she acknowledges, but that didn’t stop her from loading up Miles in the jogging stroller and taking off. “Probably 65 to 70 percent of my training for my first marathon was with him in the jogging stroller.”

Kim’s second marathon – the 2013 Veterans Marathon-- was probably one of her most memorable races, but for all the wrong reasons. She was late leaving for the race because she couldn’t find her keys, she missed the highway turnoff for Columbia City and just barely made it to packet pickup. She was in the bathroom when the race started so she crossed the start line mat all alone. Her fuel belt kept falling off during the race and by Mile 10 her hamstring and glute muscles were cramping. To add insult to injury her husband Mark lost his wallet and son Miles fell out of his stroller and cut his lip. Ah, the memories!

Most of Kim’s race memories are more pleasant. She had a great time running the Zooma Napa Valley Half



Kim running the Zooma Napa Valley Half Marathon in June.

Marathon this past June, a race experience she won via a contest on a blog. She ran the Hood to Coast Relay in 2013 and has the Bourbon Chase 200-mile relay coming up in October. At press time she was preparing for her first triathlon, the Go Girl in Indianapolis.

While Kim enjoys the challenges of pushing herself and trying new events, she views running “as an insurance policy.” She’s determined not to be “that girl anymore,” the one with weight and self-esteem issues. “I think there’s always a fear I’ll gain weight,” she confessed. But for now she’s self-

confident, in a better mood and much more social as she spends time with friends on running dates.

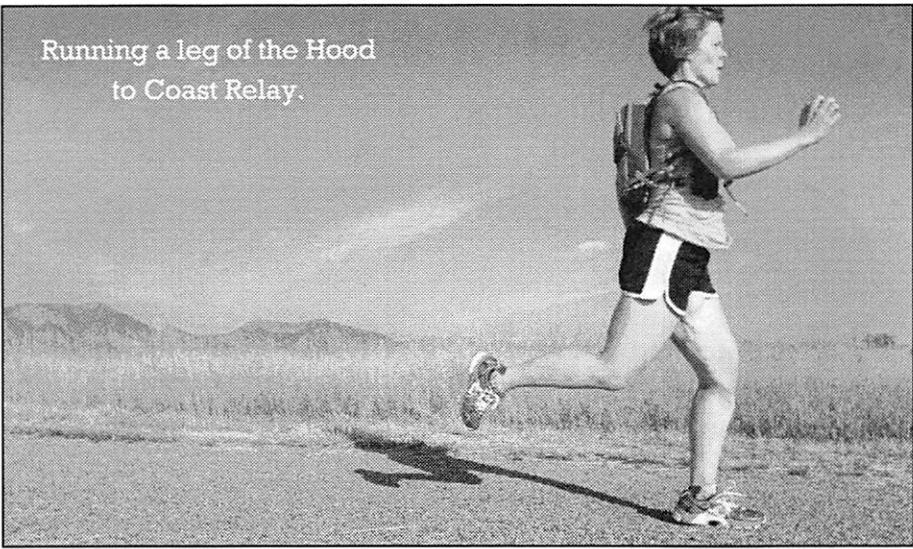
“I feel more a part of the Fort Wayne community,” she said. “Running helps you connect with a city in a new way.”

And if her running connection isn’t enough, Kim is actively involved in the community as a certified personal trainer, Body Pump instructor and boot camp leader.

Her keys to juggling it all? A very understanding husband and an enviable ability to be creative with her time, some of which she uses to post blog entries featuring workout advice, parenting stories and the occasional recipe.

So, indeed, numbers don’t lie. A lighter, faster, very active Kim Truesdell can attest to that.

*Check out Kim’s blog, **Healthy Strides**, at healthystrides.blogspot.com, read her **Journal Gazette F4F** and **Weighty Matters Teens** stories, and find her out on the roads and trails churning out the miles her training plan dictates.*



Running a leg of the Hood to Coast Relay.



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Fort4Fitness wedding

Couple to exchange vows during race

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

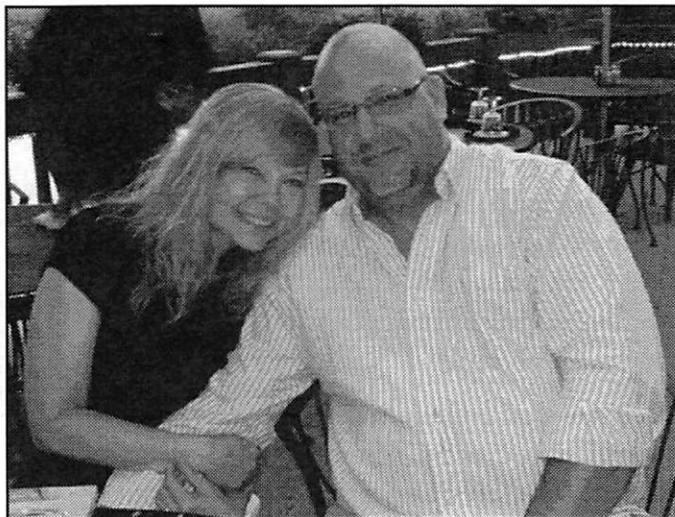
Kim Yates and Dave Martin will begin the Fort4Fitness Half Marathon as a couple engaged to be married. But when they cross the finish line several hours later they will be married and on their way to a gala reception at Parkview Field.

You see, these two crazy runners will be taking a slight detour around Mile 7 at Foster Park, where they'll be married in a brief ceremony before they hit the road again to complete the race.

A F4F first, the wedding will take place in the Bridal Glen at Foster, and will include a group of about 25 friends and family members running alongside the couple. And just because they're running doesn't mean these two won't be decked out in traditional (if not somewhat running-modified) wedding attire. The groom will be sporting a black and white tuxedo-style t-shirt, running shorts and a top hat while the bride will be resplendent in her white veil, white sparkle running skirt and specially designed "Bride" V-neck. And she won't be toting a water bottle; she'll have her hands full carrying her bridal bouquet. Groomsmen and bridesmaids will be decked out in teal tuxedo t-shirts and teal "Bride & Co." V-necks, respectively.

Longtime FWTC members Barbie Scrogam and Dana Budd will be part of the running wedding contingent and will stand up for the couple at the ceremony. Barbie (Kim's mother) and Dana inspired Kim and Dave to take up running not too long ago. Last year's F4F race was the couple's first half marathon. "We loved the course and remembered the beauty of Foster Park," said Kim.

The plan is for the wedding group to arrive at Mile 7 by 10 a.m. The ceremony will last 20-25 minutes. Some non-runners also will be on hand at the Bridal Glen to witness the nuptials, bringing the "guest" total to around 50. Many of the runners joining the couple in their "wedding half" will be participating in their first



Kim Yates and Dave Martin plan to marry in Foster Park during the Fort4Fitness Half Marathon.

half marathon. "With so many first-time runners, we aren't sure if we'll lose any of them at Mile 7," Kim quipped.

With Barbie and Dana pacing the crew, which will also include FWTC Board Member Cheryl Stromski, the wedding party hopes to cross the finish line by 12:30. After a few congratulatory hugs and high-fives and post-race photos, the couple and their party will head to Parkview Field's Suite Level Lounge for a traditional reception complete with cake, cupcakes, champagne and sparkling grape juice. A bit of post-race stretching might be needed before the dancing begins, Kim acknowledged.

If a running wedding isn't enough, the couple has a "pre-honeymoon" planned for Sept. 6 at Mackinac Island that also involves a race. Kim and Dave will join Barbie and Dana in a scenic race that circles the island, the Mackinac Island 8-Mile Race. "Barbie and Dana have planned a beautiful weekend for us and we are very excited!" Kim said.

So if you're running the Fort4Fitness Half Marathon this year and you see Kim and Dave and their band of merry followers any time after Mile 7, you might want to shout "Congrats!" and later toast the newlyweds with your finish line Gatorade.

One-pot meals perfect for cool weather ahead

Warm and hearty one-pot meals are perfect for cool fall and winter days. Combine colorful vegetables, lean protein, a complex carbohydrate, tomato juice or broth, and herbs and spices. Within a single pot you'll have a complete, nutritious meal. Use a stove top kettle, crock pot, Dutch oven, stew pot, or any other cooking dish large enough for a one-pot meal recipe.



animal to get an idea of where lean cuts come from. Examples include top loin, eye of round, round tip, sirloin, top round and tenderloin. Three ounces of each of these lean cuts are great iron sources, containing 150 to 200 calories and 20 to 25 grams of protein.

Make one-pot meals once or twice a week and you have delicious dishes for you and your entire family for several meals. The leftovers are just right for lunches or/and another dinner.

High-protein foods like lean cuts of beef, pork, venison, skin-free chicken and turkey provide B vitamins, iron, zinc and other trace minerals. Plant foods are excellent sources of fiber, vitamin C, vitamin A, potassium, magnesium and phytochemicals. The various protein and plant items complement each other to create a balanced meal. The pot will be chock full of soothing "fill you up" and "good for you" foods.

Most recipes can be frozen and used at another time when a quick meal is needed. Chili, a chicken or turkey crock pot meal, beef or fish stew, bean soup, lentil soup, hearty vegetable stew and minestrone soup with beef are some meal ideas. Think fall and plan some one-pot meals!

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

One-pot meals can easily be heart healthy and rich with nutritious calories to fuel muscles and aid in the prevention of common vitamin and mineral deficiencies, including vitamin C and iron. The daily iron requirement is eight mg for men and 18 mg for women. Three to four ounces of lean beef provides three to four mg of iron. Poultry has one to two mg of iron. (Other high-iron sources are fortified cereals, beans, dark greens, prunes, raisins and black strap molasses.) Iron is a necessary part of hemoglobin in the blood, the protein that transports oxygen from the lungs to the working muscles. Chronic fatigue is the main symptom of anemia, a result of an iron deficiency.

A one-pot meal serving with three to four ounces of lean beef, a cup each of vegetables and cooked rice or pasta would provide seven to nine mg of iron. The vitamin C in the vegetables enhances the body's ability to use iron.

Lean red meats are ideal for one-pot meals since the stewing, moist, slow-cooking method allows the lean cuts to tenderize. Think of the exercised part of an

JP's ONE-POT VEGETABLE SOUP

Ingredients:

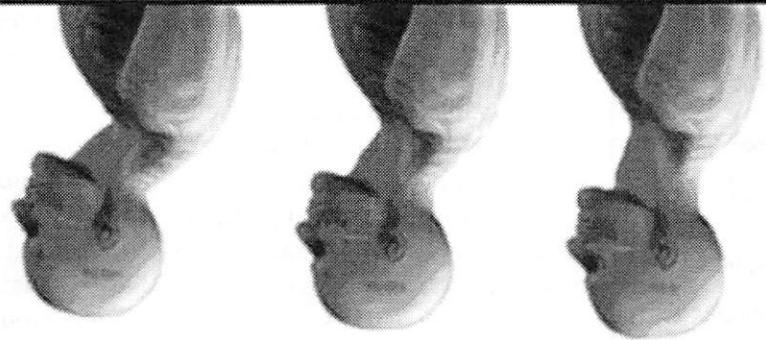
- 3 cans tomato juice
- 2 cans crushed tomatoes
- 2 big bags of frozen mixed vegetables
- 1 stalk celery, chopped
- 2 onions, chopped
- 2-3 potatoes, cleaned, diced
- 1-2 tablespoons oil

Directions: Heat oil in a big stove top kettle and add onion, celery and potatoes. Cover and cook until tender, about 15 minutes. Add tomato juice, crushed tomatoes and mixed vegetables. Bring to a boil and then turn down the heat. Continue to simmer 30 to 45 minutes. Add 1 pound cooked, diced, leftover meat or poultry for protein.

See One-Pot, Page 22



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Just Plain JP Jones race honors longtime Track Club member

By **MARCIA KIRLIN**
Editor, Inside Track

It's a basic race, plain and simple. And that's the point. Nothing fancy. No bells and whistles. No tech shirts with flashy designs. No age group awards or participation medals. In fact, this race barely charges an entry fee.

A Fort Wayne Track Club staple, the Just Plain JP Jones 10k, 3.3k Run/Walk celebrates the pure joy of running, without the emphasis on racing. This year's event marks the race's 35th anniversary, and it moves from its December spot in the line-up to the late summer date of Sept. 14. Another twist this year is the addition of a family picnic following the race.

The race is named after longtime Fort Wayne Track Club member JP Jones, who passed away in June of 2009 just before his 81st birthday. While the race didn't originate with JP, he got involved fairly early on, and gave the race its rather unique character.

"Dad was such a generous person," said JP's daughter Sheri Sapper of Indianapolis. "He really wanted to give back to the community." It was important to him that the race be easily affordable to participants, and that runners and walkers "give, not get a T-shirt," Sheri explained. Because there weren't many races late in the year, JP chose December to stage this race and designated local charities to receive the donated shirts as holiday gifts each year.

When JP took over the race, "he added his own touch," his daughter continued. JP was a beekeeper, so he gave fresh honey to everyone who completed the event. And his signature finish line fare was homemade

vegetable soup and monster cookies, traditions carried on the past several years by FWTC Board Member Judy Tillapaugh, a close friend of JP and his family, and the current JP Jones race director.

JP was an avid runner and fitness enthusiast. He worked out at the YMCA, swam and ran. "He did whatever he could do to keep moving," Sheri recalled. He ran many races in and around Fort Wayne, cycled and competed in marathons.

Following JP's death in 2009 family members got more involved in the event. Sheri and her sister Cathy Gurnett have been on hand the past five years or so, and JP's sister, Jane Thomas, donates the honey bears every year in JP's memory.

Although the race falls a bit earlier on the calendar this year, the focus on "just plain" remains the same. "JP wanted the race to be casual, a friendly get-together where people could enjoy each other's company," Sheri said. This year's picnic affords participants an even greater opportunity to socialize. Free to runners and walkers and their families, the picnic will be held in Foster Park Pavilion #1 following the 10k race. Hamburgers, veggie burgers and other picnic foods will be provided.

"JP was always into families," his daughter said. "He would love that a picnic's been added."

Participants are asked to bring gift-



JP Jones, namesake of the FWTC race

wrapped shirts with the size marked on the outside. Shirts will be donated to Charis House and Big Brothers/Big Sisters of Allen County. Cost of the race is \$5. (Aug. 8 was the cut-off date for reduced pricing.)

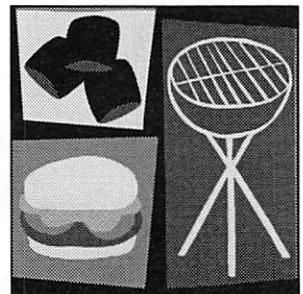
So mark your calendars for Sunday, Sept. 14 for the Just Plain JP Jones 10k, 3.3k Run/Walk and picnic. It won't be fancy, but it will be fun!

What: Just Plain JP Jones 3.3k and 10k Run/Walk

When: Sunday, Sept. 14, 2 p.m.

Where: Foster Park

Family picnic to follow the race



Run for the children at Riley Hospital



October is right around the corner, and that can only mean one thing: It's time to mark your calendars for this year's Run for Riley.

The 8th annual Run for Riley is scheduled for Sunday, Oct. 12 at 2 p.m. at Maple Creek Middle School, 425 Union Chapel Road. Packet pickup will be at Spiece Fitness Saturday, Oct. 11 from 10 a.m. to 4 p.m.

This year's participants will receive a specially designed long-sleeved tech shirt and a coupon for a spaghetti meal good at any of the Fort Wayne-area Casa restaurants. Drawings for

door prizes will take place after the race and a variety of silent auction items will be up for bid. As in past years, participants will be treated to a bounty of delicious desserts and treats following the race. Sponsors for this year's event include Aboite Podiatry Associates, New Haven Pet Hospital, Casa's and Leepoxy.

The race covers five miles in northwest Allen County and the walk takes participants on a 3.1-mile course. A free 1-mile Kids Fun Run rounds out the day's events. The 5-mile race is a Fort Wayne Track Club Points Series event.

Run for Riley is a fundraiser with all the money raised going to Riley Hospital for Children in Indianapolis. Since its

inception Run for Riley has brought in more than \$103,000. Of particular note this year is a generous donation challenge. If the race attracts 1,000 paid participants a \$10,000 donation will be made to Riley Hospital.

To register online for the run or walk, go to runforriley.org or find the registration form on the Run for Riley Facebook page. A print version of the registration form can be found inside this newsletter. Or click on the link to the race on the Fort Wayne Track Club website (FWTC.org) or the Track Club Facebook page.

Sign up today and urge your friends, family members, neighbors and co-workers to run or walk, too! You'll be glad you did and the kids at Riley will thank you.

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.

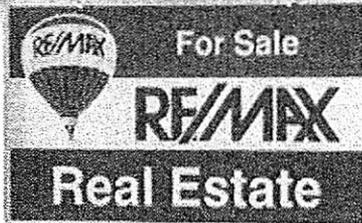
5. An IRONMAN/IRONWOMAN Award will be given to an individual who participates in all 15 Points Races.

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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Fort Wayne Track Club members to lead F4F pace groups

Fort Wayne Track Club members will once again pace runners in the Fort4Fitness Half Marathon, leading six groups with finish times ranging from 1:45 to 2:30.

There is no charge to be part of a pace group and no sign-up is required. Pace leaders will be available to talk to runners during the F4F Festival Expo and Packet Pickup Friday, Sept. 26 from 1 p.m. to 8 p.m. at the Track Club's booth on the Parkview Field concourse.

Race day morning the pacers will hold large signs marked with their group's finish time. Pacers also will be wearing shirts identifying themselves as pace group leaders. During the race pace leaders will carry a sign marked with

their group's pace time.

Pacers will lead the following groups: 1:45, 1:50, 2:00, 2:10, 2:15 and 2:30. This year's pace group leaders include:

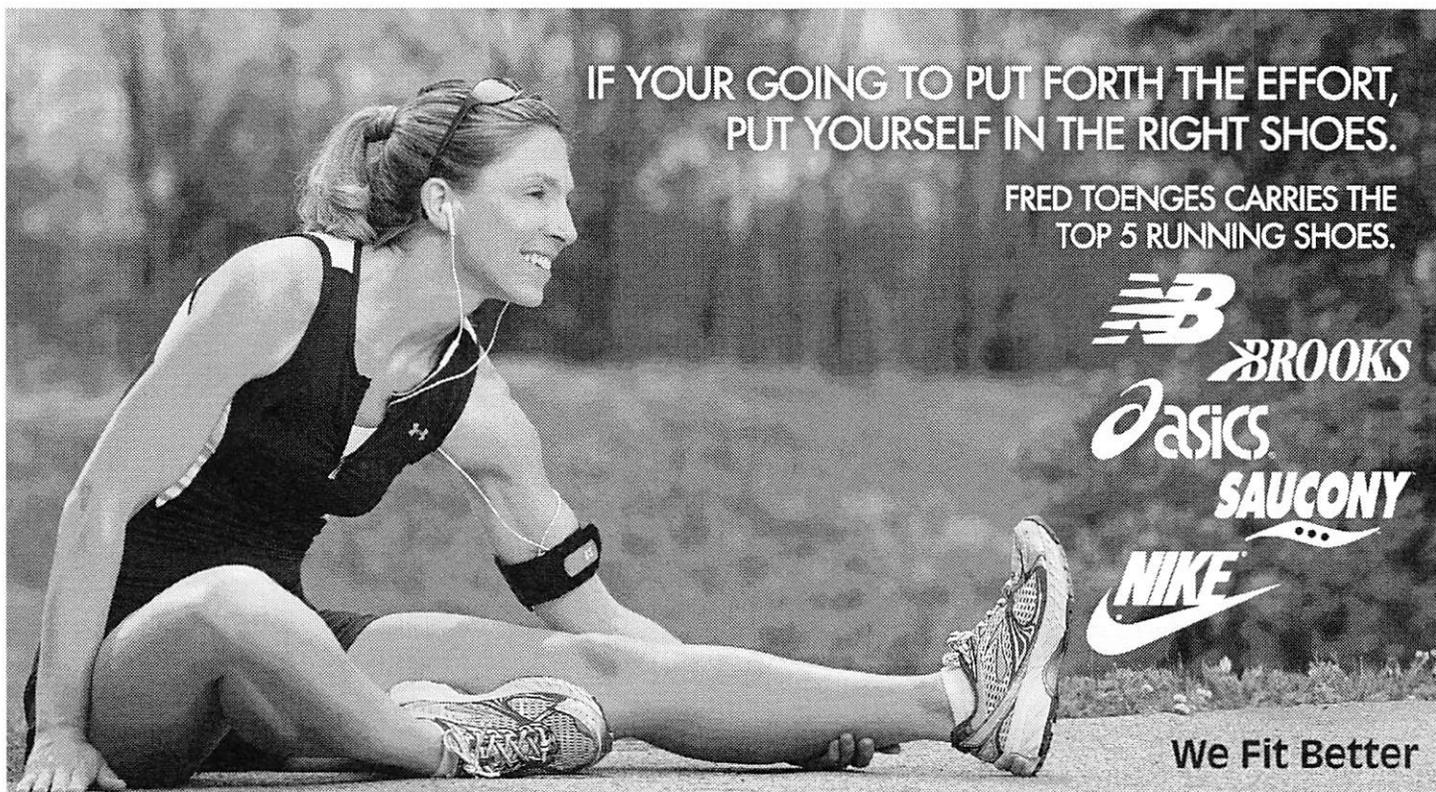
- 1:45 - Paula Henry, Chip Vandell, Jonathon Gottschalk
- 1:50 - Todd Findley, Clark Reed
- 2:00 - Gail Gerber, Danny Powell
- 2:10 - Mindy Kinder, Laurie Whisler
- 2:20 - Ray Gildner, Jeff Metzger
- 2:30 - Craig Bobay, Mike Clendenen.

If you have a goal time in mind for this year's F4F Half Marathon, think about running with a pace group. You just might snag a PR!



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



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2014 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Jamie Zeigler	Fort Wayne	12	700
2	Makenzie Kolvoord	Fort Wayne	7	600
3	Ashtyn Robertson	Fort Wayne	13	340
20-29				
1	Sharon Christian	Fort Wayne	29	660
1	Ashley Smith	Fort Wayne	29	660
2	Liz Schloss	Fort Wayne	26	300
3	Mary Craighead	Fort Wayne	27	230
30-34				
1	Ashely Anglin	Fort Wayne	30	910
2	Lisa Falotico	Fort Wayne	34	610
3	Lesley Doepner	Fort Wayne	34	470
35-39				
1	Jenniffer Jordan	Fort Wayne	38	950
2	Carmen Tse	Fort Wayne	36	650
3	Sherry Brown	Columbia City	—	520
40-44				
1	Sandy Junk	Fort Wayne	40	750
2	Shawn Peterson	Fort Wayne	42	580
3	Marcia Schaefer	Harlan	43	500
45-49				
1	Cathy Pusey	Fort Wayne	48	900
2	Tara Greer	Fort Wayne	45	720
3	Kim Ehleiter	Waterloo	46	630
50-54				
1	Gail Gerber	New Haven	50	760
2	Sherrie Konkle	Fort Wayne	50	500
3	Karen Kosberg	Fort Wayne	52	490
55-59				
1	Cynthia Cornwell	Fort Wayne	59	950
2	Beverly Murphy	Fort Wayne	59	550
3	Jan Halter	Leo	57	520
60-64				
1	Sherry Nidlinger	Fort Wayne	62	830
2	Jennifer Etzler	Fort Wayne	62	310
3	Nancy Boyer	Fort Wayne	62	130
65-69				
1	Betty Nelson	Columbia City	67	680
2	Barbie Scrogam	Fort Wayne	67	490

2014 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Zachary Love	Spencerville	14	600
2	Logan Weaver	Fort Wayne	12	520
3	Bryce Sayre	Fort Wayne	10	480
20-29				
1	Dave Boyer	Fort Wayne	26	950
2	Alex Kaplanis	Fort Wayne	23	740
3	Justin Bartlett	Fort Wayne	29	540
30-34				
1	Jeff Nidlinger	Fort Wayne	34	950
2	Calum Johnson	Fort Wayne	34	710
3	Mark Doepner	Fort Wayne	31	610
35-39				
1	Brad Thomas	Fort Wayne	39	800
2	Chris Kaufman	Fort Wayne	37	710
3	Jason Blanchette	Fort Wayne	35	560
40-44				
1	David Broerman	New Haven	41	910
2	Berry Weaver	Fort Wayne	43	640
3	Todd Poinsett	Yoder	42	610
45-49				
1	Mart Witmer	Fort Wayne	47	660
2	Clark Reed	Ligonier	47	650
3	Kent Greer	Fort Wayne	49	520
50-54				
1	Rick Grieze	Fort Wayne	50	770
2	Mike Slaubaugh	Fort Wayne	53	600
3	Rowland Perez	Auburn	53	560
55-59				
1	Brad Altevogt	Fort Wayne	59	660
2	Bob Sedlemeyer	Fort Wayne	59	570
3	Mark Furkis	Ligonier	58	550
60-64				
1	Roger Kingsbery	Fort Wayne	64	850
2	Kerry Blanchette	Fort Wayne	60	610
3	Jed Pearson	Fort Wayne	62	580
65-69				
1	Gerald Thompson	Fort Wayne	66	890
2	Larry Lee	Fort Wayne	69	710
3	Robert Lawson	Fort Wayne	66	640
70 and over				
1	Bernie Burgette	Fort Wayne	70	830
2	Bill Harris	Grabill	75	820
3	David Biglands	Fort Wayne	71	590

Points Standings reflect all Points Series Races completed though the **New Haven 10k**.

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

On the Mark

Combat boots a reminder of hero's selfless service

By DR. MARK O'SHAUGHNESSY

In my last column I introduced you to a truly remarkable person, Hein Wagner, who despite his "apparent" disability has shown the world that there is virtually no obstacle too large to overcome if we have the will to succeed. I also promised to introduce you to more of the amazing people who were my travel companions on our Antarctica Adventure and to share more of the extraordinary pictures.

Let me introduce Lieutenant Colonel William Conner, USMC, a true hero in every sense of the term. We met Bill our first day in Buenos Aires and despite not knowing what he did for a living, knew immediately there was something very special about him. You see, Bill is a Marine Corps officer who has been deployed to Iraq five times and Afghanistan once for an entire year and in all his deployments, has never lost a man under his capable charge. It is apparent upon first meeting Bill that there is truly something special about his demeanor and presence. As we got to know a bit more about his story, we began to understand just what accounted for that extra-special quality.

Bill ran the Antarctica Marathon in the very combat boots he wore in Iraq and Afghanistan! (If you re-



member this was the toughest race I have ever completed. Again, I already told you to get off my back about this, Mitch. And yes, I realize the joke is really getting old.) Bill's marathon/combat boots now adorn my office, in a place of honor, to remind me what true heroes do and

We met Bill our first day in Buenos Aires and despite not knowing what he did for a living, knew immediately there was something very special about him.

what giving back, or paying it forward if you will, can do for the individual. (More on this later.)

Bill runs many races and events throughout the year and he fre-

quently runs for the Semper Fi Fund (www.semperfund.org) a non-profit organization whose mission is to provide immediate financial assistance and lifetime support for injured and critically ill members of the U.S. armed services. The fund raised \$14.6 million in 2013 with more than

94 percent of the funds raised going directly to wounded service men and women.

Bill has raised more than \$120,000 for the fund over the last several years and set a goal of \$53,000 for the Antarctica race and has to date raised more

than \$46,000 toward that goal! Of note, Bill footed the entire cost of his Antarctic expedition personally as the Semper Fi Fund prefers to

See Bill, Page 21

Bill, continued from Page 20

use the vast majority of the funds raised to support service personnel. The overhead for this organization is less than six percent.

The more we got to know Bill, the greater our appreciation for what a truly special person he is and what true heroes look and act like. For Bill it was never about any particular event or race, personal best time or personal accolades. It was and always has been about how he can give back to those less fortunate.

Many times in our training or exercise life we find our motivation waning and begin to feel sorry for ourselves, bemoaning each ache and pain. One way to combat these self-centered musings is to commit ourselves to helping others through our exercise, in a sense “killing two birds with one stone.” We get healthy and are able to help others at the same time! What could be better?

Fortunately one does not have to go all the way to Antarctica to accomplish some pretty heroic acts of kindness; it can be done right here at home. Sign up for an event to raise money for any cause you feel strongly about. There are numerous events of all stripes and colors to choose from.

One wonderful opportunity is to commit to one of the Fort4Fitness Charity Partners. (fort4fitness.org) When you sign up for one of the spring or fall events, a portion of your



registration fee is contributed to a cause that is near and dear to your heart. (Warms your heart and improves its function all at the same time!)

Back to Bill’s boots that I now have displayed in my office. The last day of our journey across the treacherous Drake Passage en route home from our fabulous adventure, Bill decided to auction these very boots to the highest bidder with the money, of

course, going directly to the Semper Fi Fund. As you might expect, I was planning to have these boots adorn my office and was prepared to pay whatever amount was necessary to have these icons of heroism on prominent display.

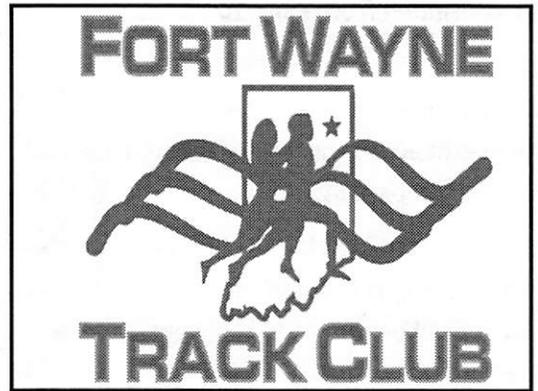
So, selfless acts of kindness and heroism can be one of the best ways to combat the “exercise blues” and get you back on track to a healthier you. Become a hero right here and now! Thank you, Bill, for everything you and all of our service men and women do for our country and freedom and most importantly, for showing me what true heroism is!

I’m running the Marine Corp Marathon this fall in honor of Bill and for the Semper Fi Fund. I promise to let you know how this goes.



USMC Lt. Col. William Conner, a true American hero

Stop by the Fort Wayne Track Club booth at the Fort4Fitness Festival Expo and Packet Pickup Friday, Sept. 26 from 1 p.m. to 8 p.m.

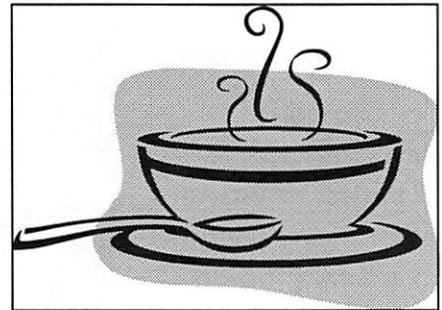


Members will be on hand to answer questions about the club, membership, Half Marathon pace groups, upcoming races and the Club's annual banquet and awards ceremony.

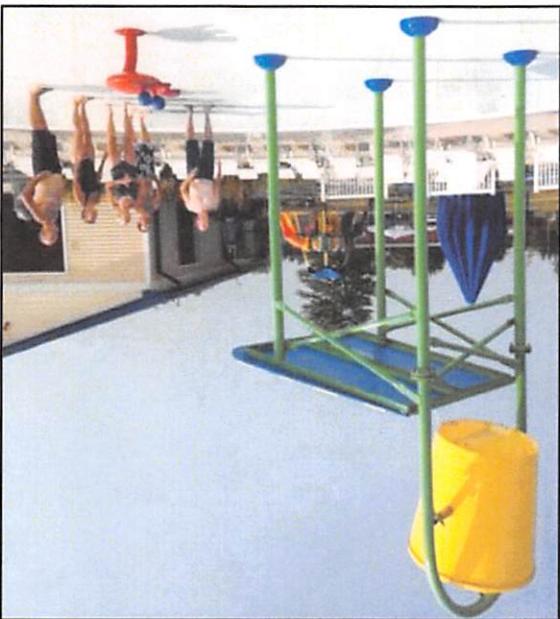
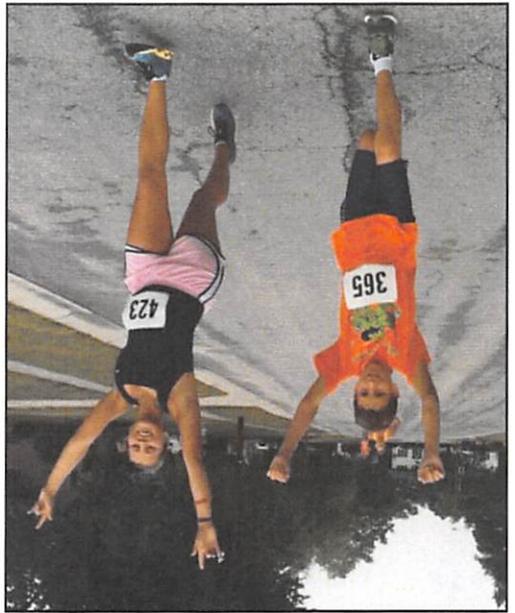
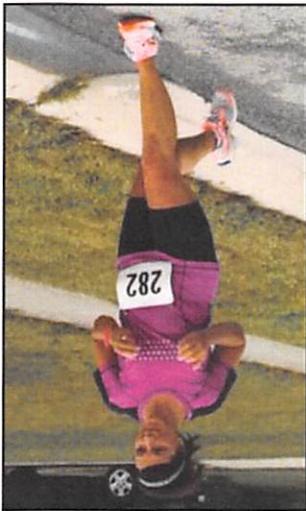
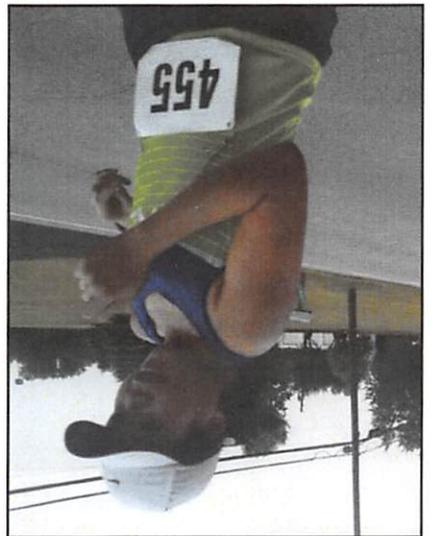
One-Pot, continued from Page 10

10-STEP ONE-POT MEAL

1. Pick a cooking method: Dutch oven, crock pot, stew pot, kettle
2. Gather, clean and cut ingredients
3. Layer One: About 2 cups sliced or cubed potatoes (white or sweet), beans, pasta or rice
4. Layer Two: About 6 to 8 cups mixed colorful vegetables like cabbage, carrots, peppers, tomatoes, celery, green beans, corn, mushrooms, or any other vegetable you desire
5. Layer Three: About 1.5 to 2 pounds cubed lean beef, pork, venison, poultry, fish and/or beans
6. Layer Four: About 3 to 4 cups tomato juice or broth
7. Layer Five: About 1 to 2 teaspoons of black pepper, Italian herb blend, garlic powder, Mrs. Dash and/or any herb desired
8. Cover and cook. Simmer on top of the stove, in the oven, or on the counter in a crock pot. If on top of the stove or in the oven, check every 10 to 20 minutes and cook 45 to 60 minutes or until ingredients are just cooked and heated well.
9. Serve with a salad or fresh fruit. Enjoy!
10. Freeze extra for a future quick meal.



New Haven 10k a summer favorite



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**Make plans to attend the
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See front cover and Page 2
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