

# The *New* Inside Track

FORT WAYNE

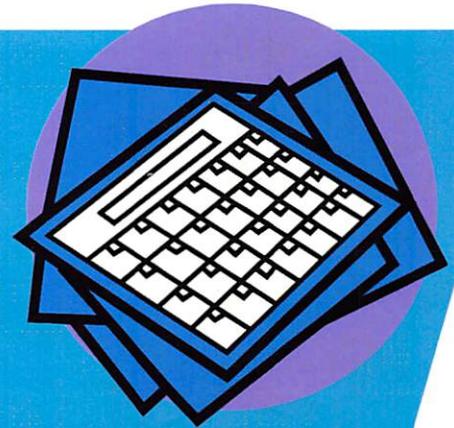


TRACK CLUB

**November/December 2014**

A publication of the Fort Wayne Track Club

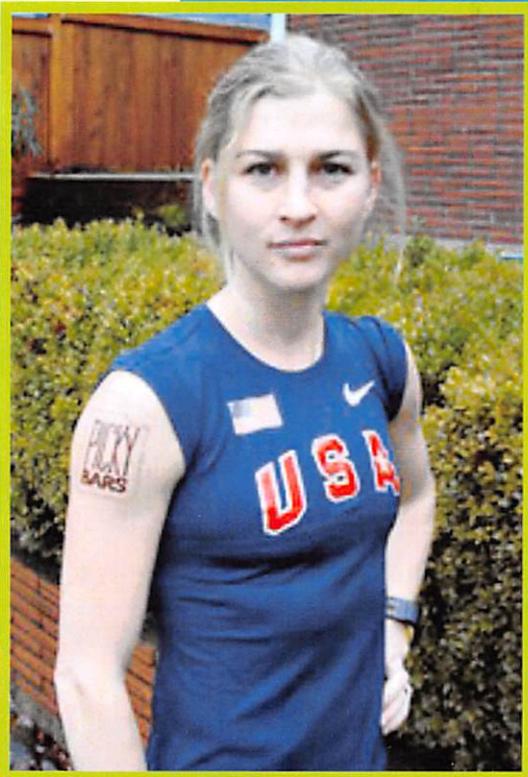
**Mark your calendars for  
the 2015 Fort Wayne  
Track Club banquet and  
awards ceremony**



**JANUARY 25, 2015**

## **HIGHLIGHTS:**

- ***Guest Speaker Lauren  
Fleshman***
- ***Points Series awards***
- ***Ironmen & Ironwomen  
awards***
- ***High school runner  
awards***
- ***Clinic and social time***



### UPCOMING RACES

TURKEY TROT—NOV. 22

GINGERBREAD PURSUIT—DEC. 13

### REGULAR FEATURES

NUTRITION/WELLNESS—PAGE 10

ON THE MARK—PAGE 8

POINTS STANDINGS—PAGES 14-15

### NEW AND NOTEWORTHY

2015 BANQUET—PAGE 2

AN EDITOR SAYS FAREWELL—PAGE 3

WHY I RUN—PAGE 11



*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.*

## **Banquet and awards ceremony details**

**What:** 2015 Fort Wayne Track Club Banquet and Awards Ceremony

Women's Health Clinic/"Dude Time"

**When:** Sunday, Jan. 25, Clinic and "Dude Time": 3:30-5 p.m./ Dinner: 5:30 p.m.

**Where:** Hotel Fort Wayne

**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 can be found on the Fort Wayne Track Club website and Facebook page and via email blasts. Be sure to attend this special event. Awards, autographs, an awesome good time—you can't beat all that!



### **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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# A finish line farewell

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

Just as a race has a starting point and a finish line, so too, do volunteer duties, and with this issue of *The Inside Track*, I'll be crossing my finish line.

Three years ago this spring I was at the start line of this FWTC position, taking on a task I both feared and embraced. As the journey comes to an end, I can look back at a race well run; no PR by any means, but a commitment fulfilled and an opportunity seized.

I had two main goals when I agreed to be editor of this newsletter: In each issue I would share our members' remarkable stories and I would strive to build on the improvements to the newsletter made by my predecessor, Brett Hess.

The stories are what made the job enjoyable. Track Club members are fascinating people who challenge themselves in unique and

powerful ways. Their accounts of travels, race conquests and journeys toward goals inspired me; their willingness to share a bit of themselves enriched me. I'm indebted to Judy Tillapaugh, Dr. Mark O'Shaughnessy, Craig Bobay, Sarah Kleinknight and Mike Clendenen for their contributions to the publication during my time at the helm.

When I took over as editor I was in the throes of rehabbing a broken hip suffered as I prepared for my first marathon. I was very new to running, and had a lot to learn. My injuries were a result of learning several important lessons the hard way. Doing too much too soon landed me on crutches and in physical therapy for months. Needless to say, the marathon did not happen.

Three years later, and I've definitely become a wiser, more seasoned runner. I've learned to be my own best friend as opposed to my worst enemy. I've stopped

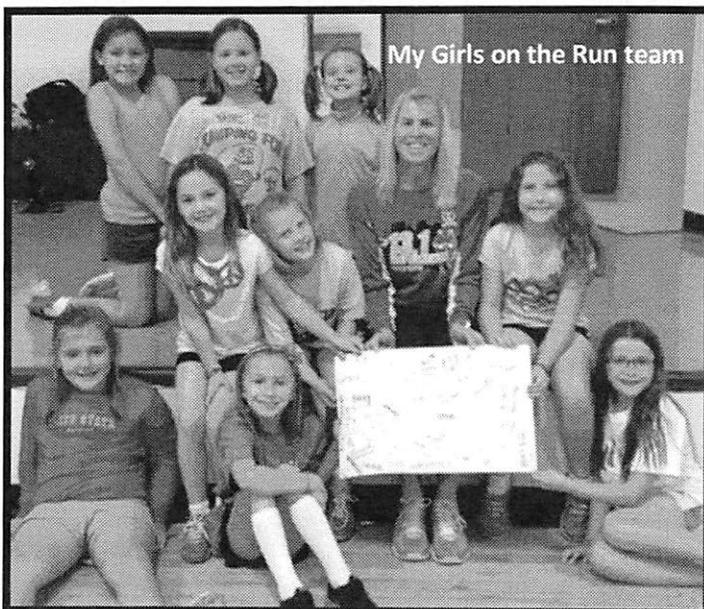
comparing myself to others, and started doing things my way, safe and cautious as that might be. As many of you know only too well, injuries are no fun, and I hope never to go down that cruel road again.

As I step down from this post I once again have my sights set on a marathon. I'll be running the Walt Disney World Marathon January 11. Running those 26.2 miles means a lot to me for a number of very personal reasons. I'm training hard (and smart) right now to prepare for this milestone race.

While my newsletter duties are coming to a close, I've taken on another running-related responsibility, coaching what just might be the next generation of FWTC members. This fall I signed on to be a coach with Girls on the Run, working with a group of 3<sup>rd</sup> through 5<sup>th</sup> grade girls at St. Vincent's Catholic School. If you ran the River City Rat Race, you surely saw some of my girls in their purple GOTR shirts running their first 5k alongside their running buddies. The smiles on their faces as they crossed the finish line of their first race were priceless. I plan to take a little bit of their enthusiasm and spirit with me to Disney World in January. I'm sure I'll need it.

In the meantime, I'd like to thank everyone who took the time to read an article or two in the newsletter the past three years. I hope you found information, inspiration and perhaps even the occasional illumination in these pages. At press time a new editor had not been named. If you would like to take over this volunteer position, contact a FWTC board member. (See page 4 for a list of current board members.)

For me, it's the FINISH LINE!!! Time to turn in my chip, unpin the bib and move on to new challenges.



**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		



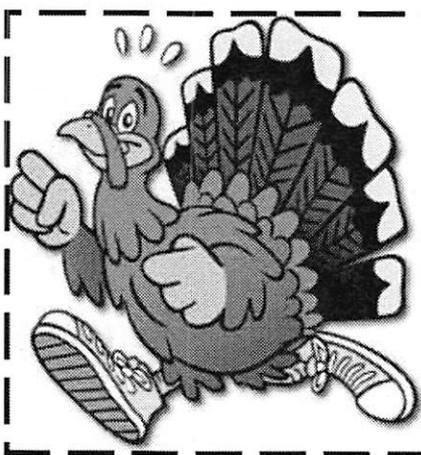
## Turkey Trot 5k features scenic course through Fox Island Park

The next race in the FWTC Points Series is the Turkey Trot 5k, an enjoyable seasonal favorite run at Fox Island County Park.

This year's Turkey Trot will be Saturday, Nov. 22 at 10 a.m.

The 5k course through the park gives runners and walkers the chance to glimpse many of park's trees in all their colorful autumn glory. "It's a great time of year at Fox Island County Park," said Race Director Michael Yann.

The overall male winner and masters winner will receive tom turkeys while the female winner and masters winner take home hen turkeys. Age group winners



receive delicious pies, with additional pies given as door prizes.

Yann says he enjoys seeing runners and walkers "cover the tree-blanketed course full of fall's beautiful colors." With its Thanksgiving theme and proximity to

the holiday, Yann encourages Turkey Trot participants to be thankful for their health and the opportunity to run.

To sign up for the race, use the race flyer included in this newsletter or go to [runrace.net](http://runrace.net). Race day registration begins at 8 a.m. inside the Fox Island Nature Center.

Expressing enthusiasm about the event, Yann says, "the well-groomed trails are begging runners to leave their footprints in the dew-covered grass."

If that's not reason enough to run this race, I don't know what is! Sign up soon!

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## On the Mark

# Running and heart disease, revisited

By **DR. MARK O'SHAUGHNESSY**

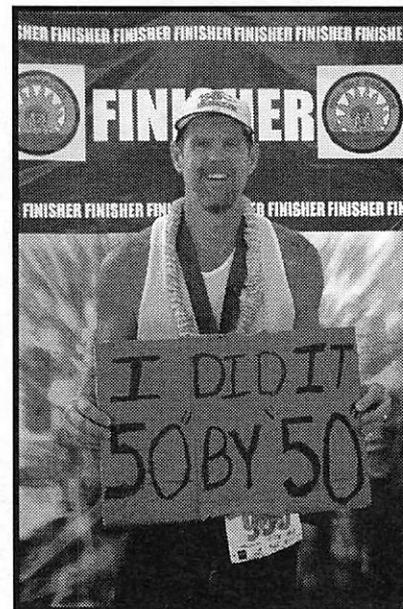
It seems like every other week someone tries to knock us runners off our racing flats with yet another "research study" delineating the adverse effects and dangers of our favorite pastime (passion/obsession). I have responded to these spurious claims in past columns but I recently was sent another article by a fellow Track Club member and asked to comment on the validity of the claims that excessive running increases the incidence of heart disease.

This fine piece of "scientific literature" was reported in the esteemed journal *Missouri Medicine* (the Journal of the Missouri State Medical Association), but of course was picked up by the lay press as ammunition that we runners are not only crazy but are actually doing ourselves harm by pounding the pavement a bit too much. The study was an "observational trial" where the authors reviewed the CT angiograms of 50 male runners who had run at least one marathon per year for the last 25 years and compared them to the scans of 25 self-professed sedentary males. They found that the plaque burden was higher in the runners than in their sedentary controls and the authors concluded that running too much is detrimental to one's heart, resulting in an increase in cardiovascular disease.

Before I debunk the above-mentioned study I need to review a couple of comments on medical research in general. First, while medical research is essential to advance my chosen profession and improve all of our lives, the vast majority of the published studies fail to meet the rigid

standards necessary to draw any sound conclusions. The "gold standard" research study is the randomized, placebo-controlled, double-blind study where a single variable is tested and both researcher and study subject are blinded to the chosen variable and the study results. These types of studies typically take a long time, cost a lot of money and are extremely labor intensive. Because of this and the need for academicians to get published in order to get promoted, we get a relatively high volume of studies (observational trials, population studies, case reports) that do little to advance our knowledge in a given field of medicine and certainly cannot be used to draw sound conclusions. Wading through the vast sea of research studies, parsing the good from the not so good, takes a fair amount of medical knowledge and experience, neither of which the lay press possesses.

Now for the above study, the authors used a fancy CT scan to evaluate the coronary arteries (plumbing supply of the heart--see prior columns) in marathoners and sedentary subjects. They looked at "plaque burden" or the amount of atherosclerosis found in the arteries and concluded that since there was more junk in the runner's arteries compared to the sedentary controls, that running was responsible. There are so many problems with this particular study that I suspect the reason it was published in *Missouri Medicine* was that other more prestigious peer-reviewed journals rejected it. First, the number of test subjects was far too low to be able to draw any sound conclusions. Second, and more importantly,



the authors did not (and could not) control for all the other variables that we know contribute to heart disease (hypertension, diabetes, hyperlipidemia, tobacco use, family history). Most importantly, it is not the presence or absence of atherosclerotic plaque that is important but hard event rates (heart attack or death) that is most important. It really doesn't matter if an individual has some atherosclerosis found in the arteries on imaging studies as long as that plaque never results in a heart attack or heart-related death.

Let's look at some "hard" data from population studies that get at this very issue. The number of marathon finishers has increased from just fewer than 300,000 in 2000 to almost 500,000 in 2009 with an average finishing time of 4:34. The 10-year death rate of marathon runners was 0.41 deaths/100,000.

**See Running/heart, page 9**

**Running/heart, con't. from pg. 8**

Data from the CDC places the death rate for myocardial infarction (heart attack) in the general population at 173.7 deaths/100,000. Based on this data, some would conclude that running is protective rather than harmful but even this conclusion is not entirely valid from a purely scientific standpoint. I personally believe that running and exercise in general is indeed protective and there are some sound physiologic reasons for these conclusions but to date there has never been the definitive study to answer this question once and for all.

In order to get a definitive answer to the question of whether there is a running threshold that is detri-

mental one would need to study several populations of study subjects matched for every demographic variable except for the amount of running and follow these subjects over decades to monitor their heart attack event rates. To be even more definitive, the running/exercising subjects would need to be broken up into levels of activity (high-, medium- and low-volume). Of course this study will likely never be completed due to the high cost so we are stuck with a bunch of studies that try, unsuccessfully in my mind, to use surrogate markers of heart disease to prove that too much exercise is harmful.

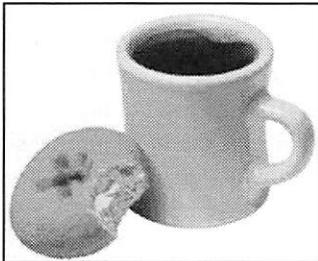
The moral of all of this is, be careful what you read, remain skeptical of any conclusion (scientists are skept-

tics at heart and question the validity of any conclusion, even their own studies) and look for the motive behind the reporting of any story. Until we have a definitive answer to this sticky life question remember what Ronald Rook had to say: "I don't run to add days to my life, I run to add life to my days." I, for one, will continue to follow my passion and run as long as these aging legs will carry me and embrace every step of the way for the sheer joy of experiencing life at its fullest.

As an aside, I want to give a special thank you to Marcia Kirlin for all her help and hard work as editor of our Track Club newsletter over the last several years.

## Stale doughnuts, anyone?

Back by popular demand—or maybe because there's a box of stale doughnuts sitting around—Jerry Mazock's annual low-key Thanksgiving Day run.



The six-mile run is not a race, but participants are guaranteed the incomparable "finish line" bounty of old coffee and stale doughnuts.

Jerry, a longtime FWTC member, hosts this annual event as an alternative for those not interested in running an organized Thanksgiving morning race. Past Mazock runs have attracted close to 25 participants.

The fun starts at 8 a.m. on Nov. 27. Meet at Jerry's home at 2828 Emerald Drive in southwest Allen County near the intersection of Scott and Covington roads.

Be ready to enjoy the brisk late-autumn weather, bask in some genuine runner camaraderie and celebrate your efforts with coffee and doughnuts. Who knows? Maybe they're not as stale as Jerry claims.

For more information, contact Jerry at [jerryfoxdanadog@gmail.com](mailto:jerryfoxdanadog@gmail.com) or 260-432-4755.

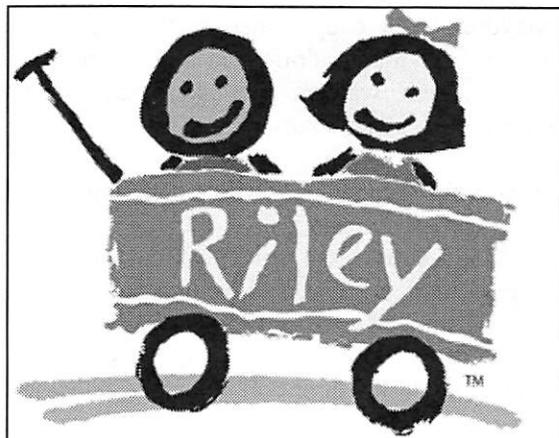
Thanks to the support of 1,200 runners and walkers, this year's Run for Riley raised a record \$45,779.

The challenge this year was to register 1,000 participants. An anonymous donor pledged \$10,000 if the race drew that many paid participants. Exceeding all expectations, the total hit 1,200 and the donation jumped to \$12,000.

All proceeds from the race go to Riley Hospital for Children. Every year teams come out for the event in support of their own personal Riley champions.

This year marked the eighth year for the race, which features a 5-mile run and a 5k walk. The 5-mile event was a FWTC Points Series race.

The cumulative total raised for Riley Hospital through the Run for Riley is close to \$150,000. All those who participated can feel good about making a difference in the life of a sick or injured child.



## ***HOLIDAY TREATS NOT OFF LIMITS***

# Carbohydrates needed to fuel active bodies

Feeling energized feels so good. Carbohydrates in foods digest into simple glucose units to function primarily for muscle energy. Runners, walkers, hikers, bikers, dancers and all other active people need 50 to 60 percent of their daily calories from carbohydrate food sources so muscles from head to toe are fueled for action. Make nutritious high-carbohydrate foods a priority at meals and snacks.

Through the years high-carbohydrate foods like potatoes and bread have been labeled “bad” and “fattening.” This is simply not true. Large portions and frequent choice of high-sugar and high-fat foods are the main nutrition problems in America. Nutritious foods high in carbohydrates, like fruits, vegetables, whole grains, low-fat milk and yogurt, are a gift to us. Meals and snacks with these fuel-packed foods are recommended.

We perform best when we spread out food during the day with three meals and between-meal snacks. Make meal plates two thirds nutritious carbohydrates and one third protein foods. Visualize a meal featuring a protein like baked fish or chicken breast, baked sweet or white potato, steamed broccoli or carrots, fresh fruit salad and yogurt. Another meal option could be a one-pot meal like chili or stew served with berries and cow or soy milk.

The average active adult needs at least 2,000 to 2,500 calories daily with 50 to 60 percent of calories from carbohydrate food sources, 20 to 25 percent of calories from protein foods and the remaining calories from heart-healthy fats. This translates to 275 to 350 grams of carbohydrate, which may sound like a lot, but it is not. It's a healthy quantity for us. It is fine for active people to eat a minimum of 80 to 100 grams of carbohydrate at breakfast, lunch and dinner. Enjoy 30 to 50 grams of carbohydrate at a couple snacks. Note: everyone has their own individual calorie and nutrient needs. High-mileage runners, walkers and bikers may need up to 3,000 to 4,000 calories daily.

Here are a few examples of meals containing 80 to 100 grams of carbohydrates:

- ◆ 1 1/2 to 2 cups cereal, fruit and 1 cup milk or yogurt
- ◆ Bun, 2 to 3 cups green colorful salad, 1 cup berries, sliced turkey or tuna salad and a small dessert
- ◆ Medium white or sweet potato, 1 cup carrots, fruit, chicken breast, fish or pork chop and a cookie

## **HOLIDAY EATING TIPS**



The holiday season is here. Parties, family gatherings, work potlucks, reunions--they are all fantastic times to socialize, de-stress and celebrate with friends and family members. It's a time to serve and savor the flavor of special foods like pumpkin and pecan pie or Mom's homemade iced sugar cookies. These can be a part of our carbohydrate needs. A slice of pie has 40 to 60 grams of carbohydrate. A cookie has 15 to 30 grams of carbohydrate. Plan for them. Chew slowly and eat mindfully. A few things to keep in mind this holiday season:

- \* Healthy choices follow healthy thoughts. Think about what you CAN do for holiday fitness and nutritious food choices.
- \* Keep menu planning simple. Offer an entrée, side dish, vegetable and fruit at a meal. The less to choose from the less you will eat.
- \* Go light on alcoholic beverages. Limit alcohol to one to two servings, if you choose to drink. Alcohol stimulates the appetite, impairs judgment, is hard on the liver and is high in calories.
- \* Do not label foods as “forbidden.” If a food or beverage is labeled off limits the more likely a very large portion will be eaten.
- \* Plan for favorite foods. If you would like a certain appetizer, entrée, side dish or dessert, don't stress over it. Plan to have a serving. Eat slowly and savor each bite.
- \* Move away from holiday serving or buffet tables. Focus on conversations and activities like taking a walk, games and dancing.
- \* The best presents come in small packages. Pass on the gift of peace and love with a smile, hug, hand shake, an open ear and/or quality time.

Give yourself a healthy holiday season!

Peace to you and your family,  
**Judy Tillapaugh, RD, ACSM HFS**  
**IPFW Wellness/Fitness Coordinator**  
[tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

## Why I run

By **MIKE CLENDENEN**  
FWTC Board Member

Like many of you I often get asked why I run. Is it for health, the social aspects, time to clear the head? I have been running for ten years as of October 10 and as that anniversary approached I thought quite a bit about why I run.

Many years ago in junior high at Village Woods I ran cross country and track. I was tall and running seemed to be an athletic event I could participate in. The basketball coach encourage me to try out because of my height but lack of coordination put a swift end to that career choice. So running it was, the mile run and high hurdles in track in the spring and cross country in the fall. I don't remember my times but I do remember being fairly good at it; good enough to receive multiple calls from the high school coach encouraging me to try out. Being the oldest of six boys I was more interested in getting a job in high school than participating in sports. As I got older I began smoking and not watching what I ate. Not the healthiest choices, but I was middle aged and I believed there would be plenty of time to get healthy later when it really counted.

I got married at 28 and my brother-in-law Jeff Davis seemed to be pretty healthy. When we would have a family get together at the lake most of us would be having burgers and brats along with other not-so-healthy foods, but again, we were young so there was plenty of time to change our ways. Jeff would bring something healthy to eat and sometimes go for a run around Tri-Lakes. I admired Jeff for his determination to be healthy and I remember thinking, "I used to run and was pretty good; maybe I should start again." I had another brat and thought, "There's plenty of time for that."

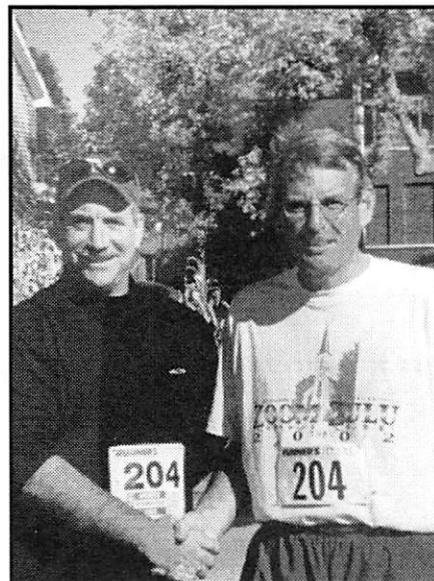
October 7, 2001 was a Sunday afternoon and I remember mowing the grass when

my wife Sarah came running out the house to tell me Jeff had fallen running a race and was at the hospital; she and her sister were going to the hospital and would keep me updated. We lost Jeff that fall day. He was running the Zoom Thru Zulu 10k and was approaching the finish line when he collapsed at the church along the course.

I will never forget his viewing and all the people who attended. I remember asking someone who all of these people were and was told many of them ran with Jeff. This was my first introduction to the local running community. The next year our family walked the Zoom Thru Zulu 5k and our kids ran in the Jeff Davis Kids Run.

In 2004 I was approaching 50 and had a routine physical. My doctor was concerned with my high cholesterol and wanted to prescribe a pill for that. I didn't want to be taking a daily pill at age 50 and asked what else I could do. He said alter your diet and exercise. I chose the latter. My son Tyler was on a 5<sup>th</sup> grade summer basketball team and I had been asked to help coach. At our first practice the head coach said, "We're going to run to the high school football field and run the stairs." Well, I ran with the team to the football field but didn't try stairs. I thought, "that wasn't so bad; maybe this running could work out." Within a few weeks I was even running the stairs with the team.

As the family was making plans to walk the 2004 Zoom Thru Zulu 5k I was secretly training to run a leg of the relay. I knew New Haven Parks Director Ken Wilkinson was a runner and I enlisted him to run the relay with me. (See photo) I would surprise the family by announcing on race day that I was running. I remember the excitement of race day, all the runners getting ready, the kids fun run and then the bus ride out to the turnaround where the second leg of the relay would start. It seemed like such a long wait out along old US 30 waiting for Ken to arrive but soon he was there and I was off. Crossing the finish line, the crowd cheering and the



sense of accomplishment was enough to get me hooked. At the post-race festivities the talk of negative splits, IT issues and PRs was all Greek to me but the homemade baked goods and beer at the end I understood. Carbs.

After finishing that first race I thought, "This isn't so bad," but I couldn't see myself running a 10k. But my brother-in-law Steve Edmiston and I began running together and in 2005 entered our first 10k, the River City Rat Race. That wasn't so bad but I couldn't see myself running any further than that. In 2008 came the first Fort4Fitness Half Marathon and we thought we'd give it a try. Again I was hooked. I was out most of 2013 recovering from back surgery but hope to run my first full marathon in 2015.

I have been running ten years now, made a lot of friends, set a lot of PRs, understand IT issues, even figured out negative splits. I have a love/hate relationship with those hills Jeff ran around Tri-Lakes so many years ago. I can't thank my wife Sarah enough for her patience and support as I dedicate so much time to running. Thanks also to the rest of my family, running buddy Steve Edmiston and the running community for their encouragement and support.

So why do I run? Because I love it!



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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](mailto:slaubau@ipfw.edu)

# Fort Wayne Track Club 2014 Awards

## Nomination Form

Help the Fort Wayne Track Club recognize the achievements of club members by nominating them for a club award. Those nominated must be FWTC members. Awards will be given at the banquet on Sunday, January 25. **Nomination deadline is Friday, January 9, 2015.**

### AWARD CATEGORIES

#### 1. Spirit of Running Award

This award celebrates the contribution of a FWTC member who takes time to run, walk, volunteer and cheer on others at races and club events. His or her ever-present positive attitude and constant smile send a healthy message to everyone about the benefits of running and walking for fitness and fellowship.

Nomination: \_\_\_\_\_

#### 2. Don Lindley Volunteer of the Year

Volunteers truly help the FWTC keep running well! Every activity, event and service is accomplished by volunteers. We are very fortunate to have a core group of dedicated people who help make things happen. The recipient of this award gives many hours to the FWTC.

Nomination: \_\_\_\_\_

#### 3. Golden Shoe Award

This award is given to recognize a FWTC member who has given generously of his or her time, effort and finances. The FWTC officers select the winner of this award.

#### 4. President's Award

This award is subject to the whims of the FWTC president and can be awarded however the president sees fit.

Please send nominations to [Tillapau@ipfw.edu](mailto:Tillapau@ipfw.edu) or mail to  
J.Tillapaugh; 4635 Indiana Ave.; Fort Wayne, IN 46807

## 2014 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
<b>19 and under</b>				
1	Jamie Zeigler	Fort Wayne	12	1030
2	Makenzie Kolvoord	Fort Wayne	7	910
3	Ashtyn Robertson	Fort Wayne	13	340
3	Claire Greer	Fort Wayne	15	340
<b>20-29</b>				
1	Ashley Smith	Fort Wayne	29	950
2	Sharon Christian	Chicago	29	760
3	Liz Schloss	Fort Wayne	26	400
<b>30-34</b>				
1	Ashely Anglin	Fort Wayne	30	1240
2	Lisa Falotico	Fort Wayne	34	770
3	Lesley Doepner	Fort Wayne	34	710
<b>35-39</b>				
1	Jenniffer Jordan	Fort Wayne	38	1300
2	Carmen Tse	Fort Wayne	36	850
3	Sherry Brown	Columbia City	39	690
<b>40-44</b>				
1	Sandy Junk	Fort Wayne	40	1060
2	Cari Hardin	Fort Wayne	42	780
3	Marcia Schaefer	Harlan	43	640
<b>45-49</b>				
1	Cathy Pusey	Fort Wayne	48	1210
2	Tara Greer	Fort Wayne	45	990
3	Kim Ehleiter	Waterloo	46	860
<b>50-54</b>				
1	Gail Gerber	New Haven	50	1000
2	Karen Kosberg	Fort Wayne	52	730
3	Sherrie Konkle	Fort Wayne	50	710
<b>55-59</b>				
1	Cynthia Cornwell	Fort Wayne	59	1300
2	Beverly Murphy	Fort Wayne	59	780
3	Barb Richardson	Fort Wayne	56	630
<b>60-64</b>				
1	Sherry Nidlinger	Fort Wayne	62	1260
2	Jennifer Etzler	Fort Wayne	62	430
3	Nancy Boyer	Fort Wayne	62	130
<b>65-69</b>				
1	Betty Nelson	Columbia City	67	980
2	Barbie Scrogam	Fort Wayne	67	570

## 2014 FWTC POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
<b>19 and Under</b>				
1	Zachary Love	Spencerville	14	810
2	Bryce Kolvoord	Fort Wayne	10	780
3	Bradlee Kolvoord	Fort Wayne	13	550
<b>20-29</b>				
1	Dave Boyer	Fort Wayne	26	1200
2	Alex Kaplanis	Fort Wayne	23	1020
3	Justin Bartlett	Fort Wayne	29	600
<b>30-34</b>				
1	Jeff Nidlinger	Fort Wayne	34	1200
2	Calum Johnson	Fort Wayne	34	1020
3	Mark Doepner	Fort Wayne	31	610
<b>35-39</b>				
1	Brad Thomas	Fort Wayne	39	1130
2	Chris Kaufman	Fort Wayne	37	790
2	Jason Blanchette	Fort Wayne	35	790
3	Ben Grubisich	Fort Wayne	37	690
<b>40-44</b>				
1	David Broerman	New Haven	41	1060
2	Todd Poinsett	Yoder	42	880
3	Berry Weaver	Fort Wayne	43	640
<b>45-49</b>				
1	Mark Witmer	Fort Wayne	47	910
2	Kent Greer	Fort Wayne	49	770
3	Clark Reed	Ligonier	47	750
<b>50-54</b>				
1	Rick Grieze	Fort Wayne	50	1080
2	Mike Slaubaugh	Fort Wayne	53	860
3	Pat Beuchel	New Haven	54	750
<b>55-59</b>				
1	Brad Altevogt	Fort Wayne	59	1010
2	Bob Sedlemeyer	Fort Wayne	59	830
3	Mark Furkis	Ligonier	58	550
<b>60-64</b>				
1	Roger Kingsbery	Fort Wayne	64	1180
2	Kerry Blanchette	Fort Wayne	60	860
3	James Alberding	Fort Wayne	63	720
<b>65-69</b>				
1	Gerald Thompson	Fort Wayne	66	1140
2	Robert Lawson	Fort Wayne	66	940
3	Larry Lee	Fort Wayne	69	710
<b>70 and over</b>				
1	Bill Harris	Grabill	75	1170
2	David Biglands	Fort Wayne	71	860
3	Bernie Burgette	Fort Wayne	70	830

Points Standings reflect all Points Series Races completed though the **Run for Riley 5-Mile race**.

For additional Points Standings, visit the Fort Wayne Track Club website: [www.fwtc.org](http://www.fwtc.org).

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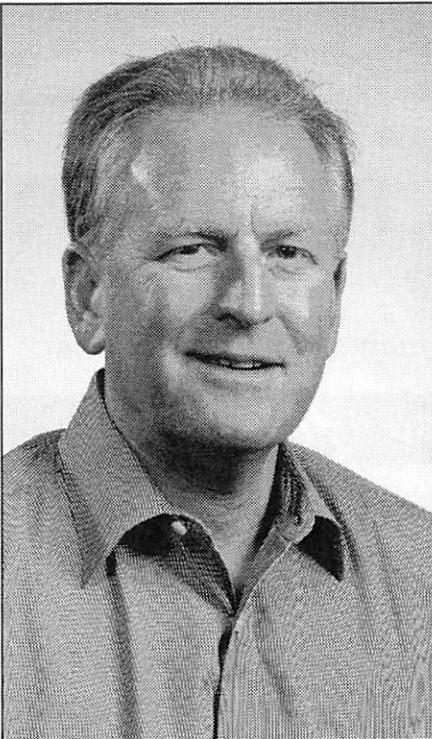
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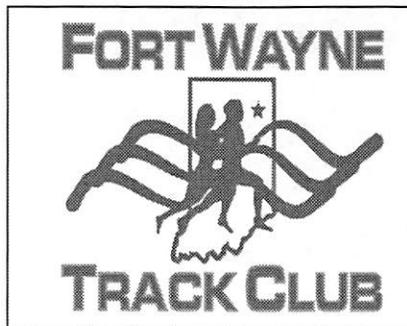
## Board members to be elected November 12

The Fort Wayne Track Club will elect a new slate of officers and board members in the next few weeks.

The following Track Club members have expressed an interest in joining the board: Kevin Croy, Cindy Cornwell, Mike Else, Steve George, Dave Graney, Bev Murphy, Elizabeth Schloss and David Broerman.

Current board members who wish to continue serving include: Craig Bobay, Erin Brady, Mike Clendenen, Jonathon Gottschalk, Marcia Kirlin, Rowland Perez, Barb Richards, Casey Shafer, Mike Slaubaugh, Judy Tillapaugh, Carmen Tse and Michael Yann.

Nominated to serve as officers for the 2015-2016 term are:



President--Casey Shafer  
Vice President--Mike Clendenen  
Secretary--Elizabeth Schloss  
Treasurer--Steve George

Sealed board member elections are planned for the November FWTC meeting which will be Wednesday, Nov. 12 at 7 p.m. at Three Rivers Running Company. Additional nominations can be presented at that time. All FWTC members are invit-

ed to attend the meeting and vote for the board members who will represent them in the coming years. All FWTC members can vote. Officers are elected by board member vote.

Board members are expected to:

- be active FWTC members;
- attend FWTC monthly meetings;
- participate in FWTC board decisions;
- contribute time and talent to specific FWTC needs; and
- attend, support and promote FWTC activities, events and races.

FWTC officer and board member positions for 2015 and 2016 begin Jan. 1, 2015.

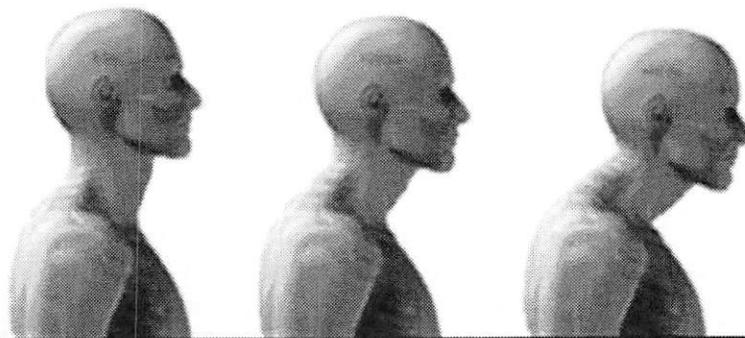


**FORT WAYNE SMILES, PC**  
*Dr. David Reichwage*

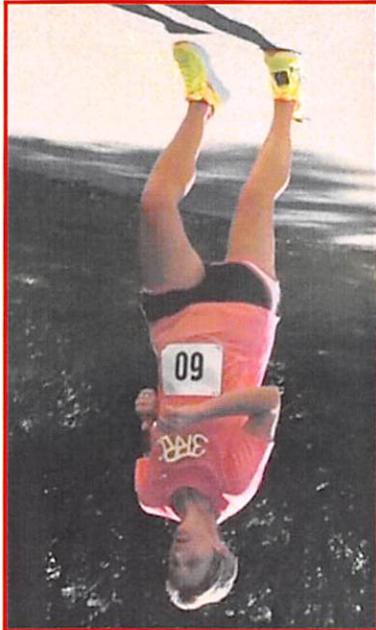
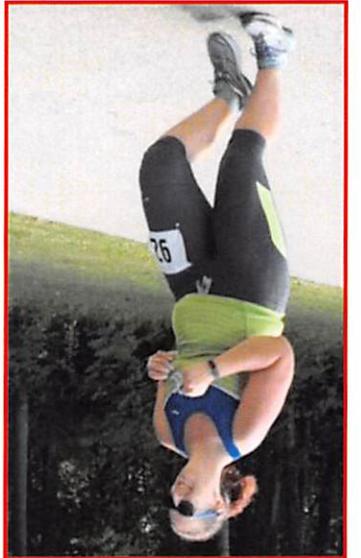
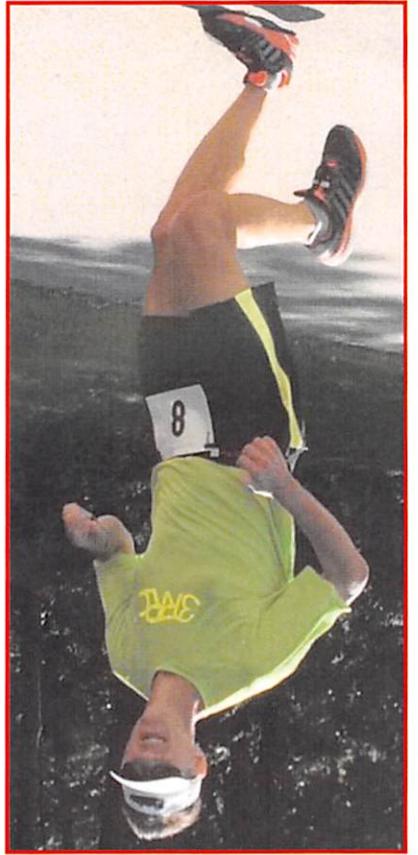
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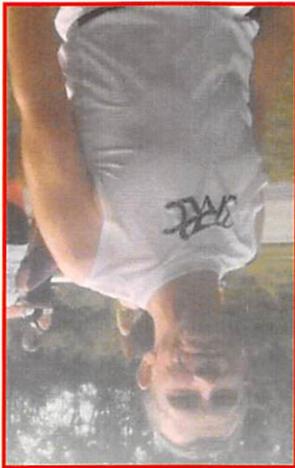
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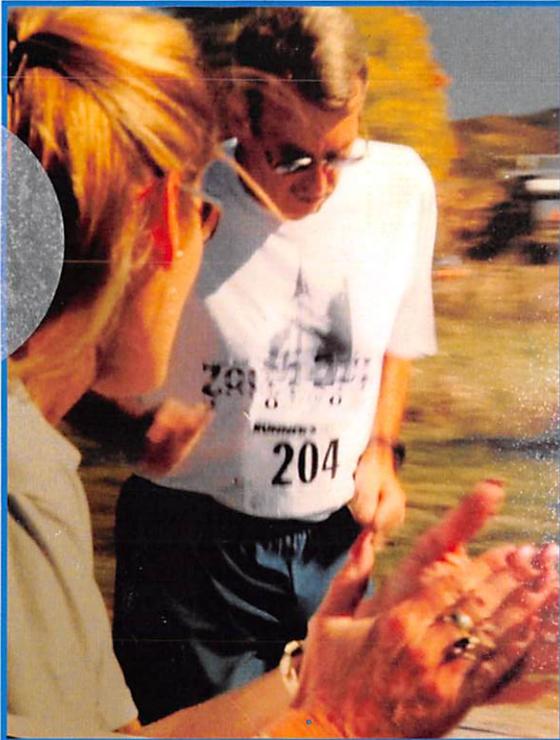




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**Mike Clendenen, FWTC board member, race director and New Haven Parks and Recreation director, shares his reasons for running as he celebrated his 10-year running anniversary in October.**

**See story on Page 11.**



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