

The *New* Inside Track

FORT WAYNE



TRACK CLUB

January/February 2015

A publication of the Fort Wayne Track Club



HIGHLIGHTS:

- **Final Points Standings**
- **Updated Race Calendar**
- **Award Winners**

Ironman Award Winners

Full List on starting on Page 12



UPCOMING RACES

FANNY FREEZER—FEB. 7

NURTRI-RUN 20K—MAR. 28

REGULAR FEATURES

ON THE MARK—PAGE 8

2014 POINTS STANDINGS—PAGE 10 & 11

NUTRITION/WELLNESS—PAGE 23

NEW AND NOTEWORTHY

NEW EDITOR—PAGE 2

BANQUET—PAGE 26



Chris Brown High School Runners of the Year Nominees with Lauren Fleshman

Fort Wayne Track Club Award Winners

Chris Brown High School Runners of the Year: DeKalb senior Mark Beckmann & Carroll senior Stacey Metzger

Spirit of Running: Betty and Steve Grider

Don Lindley Runner of the Year: Cheryl Stromski

Golden Shoe Award: Robin Dombrowski

President's Award: Dave DeVoe

Outstanding Fort Wayne Track Club Presidents: Jim Berry



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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The Starting Line

By **AUBREE REICHEL**
 Editor, *The Inside Track*

I've been involved with running in the Fort Wayne community since September, 2010 when a friend convinced me to do a 5k at Shoaff Park.

I started running cross country in high school as conditioning for soccer when I was a sophomore at Wiesbaden American High School in Germany on a U.S. Army base.

Cross country was something fun. By comparison to stateside high schools, I was slow. My personal best was 22:19, compared to the sub-19 times that have become the norm for high school girls.

I came to Fort Wayne to play soccer at Indiana Tech. I was on the reserve squad for three seasons. In 2011, the same friend who invited me to the 5k at Shoaff convinced me to sign up for the Fort 4 Fitness half marathon.

That changed everything.

Training for that gave me more of a sense of accomplishment than three years of JV soccer had.

Following the soccer season, I switched to cross country and track and the second meet out, I broke my PR by over 30 seconds.

Track was rough. I had never done it before. I ran into injury issues and, honestly, I was miserable. I hated racing indoors because the air was dry, I hated racing outdoors because I always got

too hot, breathing was hard and I was just miserable.

That was the first year of track.

It all got better from there.

Since I switched sports, my eligibility started over. Academically, I was entering my senior year of college, but athletically, I was a sophomore.

Athletes have four years of eligibility to use within five years of school. I would never be a senior athletically because my third year of running would be my fifth year in school.

Entering my senior year, I didn't know whether I was going to return. It depended on how the season went. I wanted to go out on a good note so it was a "Wait and see" kind of thing.

Well...things didn't go too well. I PR'ed in cross country and on the track, but still wasn't satisfied with my results so a fifth year it was.

I graduated with a Bachelor's degree in Communications and got a part-time job. I also worked in the Sports Information Department at Tech and took MBA classes with a concentration in Marketing.

Running-wise, cross country was awesome. We qualified as an at-large team for the NAIA National



Championships in Lawrence, Kansas. We finished 19th as a team, which was the highest finish for Tech XC since 2008 when Alissa McKaig won her national championship title.

Track was better. I only ran two races indoor, a PR in one in the 3,000 meters.

Outdoor was when I actually started to like track, which surprised me. I was working hard and seeing progress in my workouts and races.

I failed to qualify for the outdoor national championships in the marathon by 2 minutes and 6 seconds, but in the end, five weeks at high mileage took its toll.

I ran my first marathon at the Veteran's in Columbia City in November and earned a 2016 Boston Qualifying time.

I'm really looking forward to being more actively involved with the Fort Wayne Track Club and running in the community.

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.



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2015 Points Series Races

Fanny Freezer 5k	Feb. 7	WOOF Trail Run	Nov. 7
Nutri-Run 20k	March 28	Turkey Trot 5k trail	Nov.22
Mastodon Stomp 5k	April 19		
Pink Ribbon Run 4 Miler	May 9		
Frontier Run 'N' Fun 10k	May 16		
Runners on Parade 5k	July 12		
New Haven 10k	Aug. 2		
Anthony Wayne Rotary 5k	Aug. 15		
Just Plain JP Jones 10k	Sept. 13		
Fort Wayne Urban League 5k	Sept. 19		
Vineyard 5k	Oct. 3		
Run for Riley (5 miles)	Oct. 11		
River City Rat Race 10k	Oct. 25		



35th Annual Nutri-Run 20k Run & 5 Mile Run/Walk

Woodside Middle School
2310 West Hamilton Rd South
Fort Wayne, Indiana 46814

Date: March 28th, 2015

Time: 11am Start

Come celebrate National Nutrition Month in Fort Wayne by running the Fort Wayne Club's Annual Nutri-Run 20k & 5 Mile race. Held on the southwest side of our city, this event has become a staple in the community for over 30 years! The event has strong competition up front, but the spirit of the race is in the masses!

Entry Fee Schedule:

\$15.00 Early Registration until 3/14/2015

\$20.00 after 3/14/2015 or \$18.00 on race day with non-perishable food donation for "In As Much Ministry"

*FWTC Members Receive \$2 Discount on Race Entry

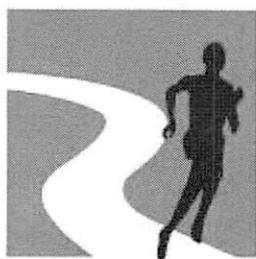
*Make Checks payable to "Fort Wayne Track Club"

Registration: You can register at anytime online on www.runrace.net or deliver/mail a completed race flyer to:

Three Rivers Running Company
4039 North Clinton
Fort Wayne IN 46805.

Race Day Registration: 10am-10:45am *Strict Cut-off on registration time *No Race Day race transfers

For More Information: Contact Casey Shafer - 260-402-2514, Email: ghanishrunner@hotmail.com



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

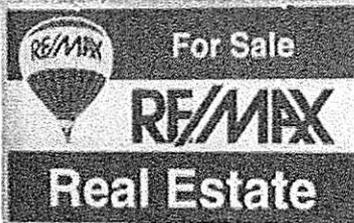
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On the Mark

Ventricular Arrhythmias revisited

By **DR. MARK O'SHAUGHNESSY**

So, show of hands, who remembers where we were before I took the wild detour to the Great White South and relived my incredible Antarctic experience and the amazing people I met along the way? Well, to be frank, I certainly did not remember and had to go back and look at my notes to refresh my memory. So you are to be forgiven if you are no longer "breathless with anticipation" for the next installment of our journey thru the wonderful world of Cardiac Arrhythmias.

When we last left this gripping topic we were discussing the life-threatening heart rhythms of Ventricular Tachycardia (VT) and Ventricular Fibrillation (VF) where the lower chambers of the heart (ventricles) begin to beat in a rapid disorganized fashion and for all intents and purpose the heart stops pumping. Without prompt resuscitation with a shock delivered to the chest (yes with the paddles like in Hollywood) blood stops pumping to the body and especially the brain and patients die within minutes. Both of these potentially fatal heart rhythms occur with all to common frequency resulting in untimely death and disability.

The most common cause of these bad actors is CAD (blockages in the heart arteries, look it up in past columns; I know you cherish and collect these missives), which causes a blood flow problem to the heart muscle which then becomes irritable (angry if you will) resulting in the abnormal heart rhythm. Many of you remember Jim McKibben's story several years ago. Jim, who had known CAD with prior heart stents, was

running the New Orleans Marathon and had what is known as "sudden cardiac death". Yes, in fact, Jim did die! He had one of those bad rhythms and his heart in fact did stop! Luckily for Jim, and all of us who are fortunate enough to know Jim, several other runners right behind him knew CPR and started the resuscitation immediately and of course Jim survived and continues to run, and motivate others, today.

Another less common cause of this deadly rhythm problem is an inherited abnormality known as Arrhythmogenic Right Ventricular Dysplasia (ARVD) where the Right Ventricle becomes scarred resulting in abnormal transmission of the electrical activity and the subsequent potentially fatal rhythms. Gary Dexheimer has been afflicted with this disease process for a number of years but those of you who know Gary this has not dampened his enthusiasm for the running community an iota. While Gary, a former state Champion, Nationally ranked runner and local phenom can no longer compete in his beloved sport he is a mainstay at many Track Club events spreading his contagious energy and enthusiasm to everyone around.

While both of these rhythm disturbances are life threatening we have many effective treatments that can allow patients to live long productive lives. The mainstay of therapy is an Implantable Cardioverter Defibrillator (ICD) which is a fancy pacemaker that monitors a patient's heart rhythm and if it detects the abnormal rhythm it "lets lightning strike" and shocks the patient's heart back to normal rhythm which is similar to using

the external paddles albeit with much less energy. While I have never been shocked, and hope never to experience this, I am told by those who have these devices, that it is liked getting hit in the chest with a baseball bat. Not too much fun, but better than the alternative.

This column brings up several important issues. First, if you do not already know CPR or how to use an AED (devices that shock externally and available in most public places) you really need to take the time to learn. It is a minimal investment of your time and it could some day save a life. Second, and more importantly, both Jim and Gary while afflicted with serious heart disease have not let this change their outlook or dampen their zest for an active life. Both are truly amazing, motivational people who I am proud to be able to call friend and both know that they possess "Hero" status in my book.

Keep Running!



Running for Lindsey

Over 400 runners and walkers came out to the Parkview Family YMCA on January 10 to raise money for Lindsey Marriott, a Leo HS runner who sustained an aneurysm on New Year's Eve while on vacation with her family in Florida.

By the end of the event, over \$14,500 were raised for the family.

Lindsey has since returned home to Fort Wayne.



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2014 FWTC FINAL POINTS STANDINGS FOR WOMEN

Place	Name	City	Age	Points
19 and under				
1	Jamie Zeigler	Fort Wayne	12	1340
2	Makenzie Kolvoord	Fort Wayne	7	1220
3	Claire Greer	Fort Wayne	15	500
20-29				
1	Ashley Smith	Fort Wayne	29	1260
2	Sharon Christian	Chicago	29	760
3	Liz Schloss	Fort Wayne	26	600
30-34				
1	Ashely Anglin	Fort Wayne	30	1590
2	Lisa Falotico	Fort Wayne	34	980
3	Lesley Doepner	Fort Wayne	34	900
35-39				
1	Jenniffer Jordan	Fort Wayne	38	1650
2	Carmen Tse	Fort Wayne	36	1070
3	Sherry Brown	Columbia City	39	860
40-44				
1	Sandy Junk	Fort Wayne	40	1370
2	Cari Hardin	Fort Wayne	42	880
3	Marcia Schaefer	Harlan	43	860
45-49				
1	Cathy Pusey	Fort Wayne	48	1520
2	Tara Greer	Fort Wayne	45	1250
3	Kim Ehleiter	Waterloo	46	1060
50-54				
1	Gail Gerber	New Haven	50	1250
2	Sherrrie Konkle	Fort Wayne	50	980
3	Karen Kosberg	Fort Wayne	52	830
55-59				
1	Cynthia Cornwell	Fort Wayne	59	1650
2	Beverly Murphy	Fort Wayne	59	1030
3	Barb Richardson	Fort Wayne	56	820
60-64				
1	Sherry Nidlinger	Fort Wayne	62	1590
2	Jennifer Etzler	Fort Wayne	62	430
3	Pam Wolfe	Fort Wayne	60	200
65-69				
1	Betty Nelson	Columbia City	67	1290
2	Barbie Scrogam	Fort Wayne	67	770

2014 FWTC FINAL POINTS STANDINGS FOR MEN

Place	Name	City	Age	Points
19 and Under				
1	Bryce Kolvoord	Fort Wayne	10	1050
2	Zachary Love	Spencerville	14	1020
3	Bradlee Kolvoord	Fort Wayne	13	660
20-29				
1	Dave Boyer	Fort Wayne	26	1480
2	Alex Kaplanis	Fort Wayne	23	1190
3	Tommy Cutter	Fort Wayne	29	820
30-34				
1	Jeff Nidlinger	Fort Wayne	34	1380
2	Calum Johnson	Fort Wayne	34	1350
3	Mark Doepner	Fort Wayne	31	610
35-39				
1	Brad Thomas	Fort Wayne	39	1460
2	Chris Kaufman	Fort Wayne	37	1020
3	Jason Blanchette	Fort Wayne	35	1010
40-44				
1	David Broerman	New Haven	41	1260
2	Todd Poinsett	Yoder	42	1140
3	Frank Murphy	Fort Wayne	44	860
45-49				
1	Mark Witmer	Fort Wayne	47	1140
3	Clark Reed	Ligonier	47	1100
2	Kent Greer	Fort Wayne	49	990
50-54				
1	Rick Grieze	Fort Wayne	50	1430
2	Mike Slaubaugh	Fort Wayne	53	1080
3	Pat Beuchel	New Haven	54	1010
55-59				
1	Brad Altevogt	Fort Wayne	59	1310
2	Bob Sedlemeyer	Fort Wayne	59	1060
3	Mark Furkis	Ligonier	58	550
60-64				
1	Roger Kingsbery	Fort Wayne	64	1530
2	Kerry Blanchette	Fort Wayne	60	1100
3	Jed Pearson	Fort Wayne	62	950
65-69				
1	Gerald Thompson	Fort Wayne	66	1380
2	Robert Lawson	Fort Wayne	66	1200
3	Bob Bruckner	Fort Wayne	68	730
70 and over				
1	Bill Harris	Grabill	75	1500
2	David Biglands	Fort Wayne	71	1150
3	Terry Parker	Fort Wayne	73	940

Points Standings reflect all Points Series Races completed though the **Gingerbread Pursuit 4 Mile**.

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

2014 Ironman Award Recipients

Ashley Anglin



Which Points Race did you enjoy the most and why? Runners on Parade was the points race I enjoyed the most because of the atmosphere. It's fun to have so many spectators watch you run along the parade route! This is the race I look forward to every year.

Which Points Race was the hardest for you and why? The Nutri-Run 20K this past year was the hardest for me. It wasn't the distance of the race that was the challenge, but the weather. By the end of March I was mentally ready to be finished with winter.

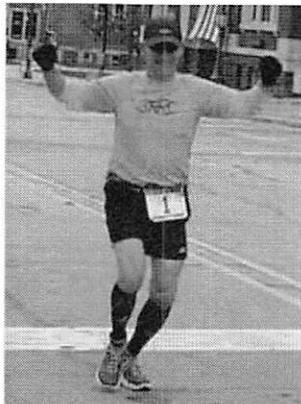
Did you run any non-points races this year, and if so which was your favorite? I was fortunate to run many races this year, but the one that shines through the most for me is the Indianapolis Marathon in October. I was part of a relay team that helped pace a sweet fellow runner during her first marathon.

Who is your favorite person or group to go for a run with?

There are too many to name!!! You ALL know who you are! I have gained so much from each person I run with and each runner I come into contact with. I'm thankful for each and every one of them.

What do you enjoy most about distance running? The challenge and being able to push my body past its limits. The lasting friendships made this past year. The time I have with myself to think about things and clear my head. I could go on and on, but I'll stop here.

Larry Arnett



Which Points Race did you enjoy the most and why? The Runners on Parade because of all the people on the parade route and the number of runners participating and the River City Rat Race because I like the 10K distance, the fall atmosphere and the again the number of runners participating. Also, the Rat Race is a great fundraiser for the YMCA Strong Kids Program. I also enjoy the Turkey Trot because I enjoy trail running.

Which Points Race was the hardest for you and why? The hardest point race this year was definitely the Nutri Run 20K because of the brutal weather we had that day and I had taken a break from running during the month of January and I was not totally ready to run that distance. But that race made me more determined to complete all the points races this year.

Did you run any non-points races this year, and if so which was your favorite? I ran the Fort4Fitness Half Marathon and the Veterans Marathon, my first marathon. I PR'd the Fort4Fitness race but I really enjoyed the Veterans Marathon. I had decided after the Parlor City Half Marathon to run the Veterans and I stayed true to my training and it made the marathon a great experience.

Who is your favorite person or group to go for a run with?

I enjoyed my marathon training with Thom Horton as we helped each other get ready for our fall marathons. Also, I enjoy running with Robin Dombroski on Wednesday evenings and the rest of the 3RRC Wednesday night Run Clubbers group. They are all like

family and we help each other with our training.

What do you enjoy most about distance running? I find running a great stress reliever and ways to think of solutions to issues. Also, I believe running makes one just not physically stronger but mentally stronger. When I started running again, about 8 years ago, I found 5K and 10K runs challenging. And after two knee surgeries I never thought I would complete 5 half marathons let alone my first marathon. And of course the friendships and new people you meet along the way.

David Biglands



Which Points Race did you enjoy the most and why? I enjoyed the Turkey Trot 5K the most. I loved the course and it's the first time I broke 30 minutes for a 5K.

Which Points Race was the hardest for you and why? It wasn't any one race but it was the 2 10K's, the half marathon followed by another 10K during the summer. This is my first year of any kind of serious running in over 50 years so that series of races seemed to take its toll on me.

Did you run any non-points races this year, and if so which was your favorite? Just one. I ran in the Run with the Knights 5K.

Who is your favorite person or group to go for a run with?

I run alone. Not that I'm anti-social, I just enjoy the time for quiet introspection. I find it very peaceful to run alone.

What do you enjoy most about distance running? I enjoy the fun and the challenge of running. I love to run and there's always a challenge to see how well you can do. I am very goal oriented so I'm always working to see how much I can improve. Plus, it's just plain healthy!

Todd Poinsett



Which Points Race did you enjoy the most and why? I really enjoyed all of the races, but the Nutri-Run 20k stands out as a favorite because it was the first race of the season with some distance to it. The weather was not the best, but it really felt good to get out and race that distance after running inside most of the winter.

Which Points Race was the hardest for you and why? The Parlor City half marathon was particularly tough for me. I enjoyed the course and plan to do it again next year, but my running schedule left me tired at the start this year and at about mile 10 or so it got pretty tough.

Did you run any non-points races this year, and if so which was your favorite? I ran the Indy Mini, the Fort for Fitness 1/2 and also the Trailblazer 10k. Of those three races I most enjoyed the Fort for Fitness because it gives you a different aspect of the city to run through the different neighborhoods and it has a great crowd along the course.

Who is your favorite person or group to go for a run with? Other than the races, I usually run by myself to unplug from my day, organize my thoughts and generally de-stress.

What do you enjoy most about distance running? The challenge and sense of accomplishment of being able to increase to new distances and better my times is the most enjoyable part for me. In addition, I do enjoy being outside, especially in the summer, and taking in the scenery along the way.

Jason Blanchette



Which Points Race did you enjoy the most and why? I really enjoyed the Turkey Trot. I missed it last year vacationing in FL. I found it peaceful back in the woods, even with the light rain.

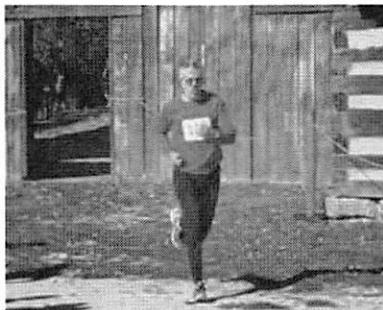
Which Points Race was the hardest for you and why? Nutri run was tough physically and ugly weather.

Did you run any non-points races this year, and if so which was your favorite? I stuck to the points races this year. I did run around Mackinaw Island (8.4 mi) with my dad and brother this summer.. very cool.

Who is your favorite person or group to go for a run with? I enjoy running with my family if I get the chance.

What do you enjoy most about distance running? Running the points races this year was about all I did to stay in shape. I always feel great after a run, no matter how challenging.

Kerry Blanchette



Which Points Race did you enjoy the most and why? While I did not have a single favorite, I always enjoy Frontier because of my son Jason's involvement with staging as well as running the race. I enjoyed running the New Haven 10k and the Gingerbread Pursuit as these were the first times I had run either race.

Which Points Race was the hardest for you and why? The Nutri-Run 20k was the hardest because of the course conditions and weather. Also, last winter was a bad one and I had not had much opportunity to run distance outside so I was not as conditioned as I would have wanted.

Did you run any non-points races this year, and if so which was your favorite? I only run the Fort 4 Fitness 10k this year in addition to the points races.

Who is your favorite person or group to go for a run with? Anyone/everyone in my family. Both of my sons run and my daughter was pregnant much of the year so she was limited in 2014. My wife Gina got me started running about 12years ago and she still walks/runs a few races.

What do you enjoy most about distance running? Many things but probably most is the sense of fitness and accomplishment as those miles go by on my long runs.

Cynthia Cornwell



Which Points Race did you enjoy the most and why? I had many favorite points races this year...probably the highlight of my running experience happened during the River City Rat Race. This was when I hit 1000 miles for the year. Love the course, plus, I enjoyed being on the Rat Committee working with some wonderful people. My other race was the Gingerbread Pursuit for the fact that this was the "last" race in the point series.

Which Points Race was the hardest for you and why? It was definitely the New Haven Jury Pool race. And it was only a 10K! But I had incurred a calf injury and this slowed me down. This same injury also made the Parlor City Half Marathon a challenge.

Did you run any non-points races this year, and if so which was your favorite? I ran several non-points races this year. Bayshore Marathon,

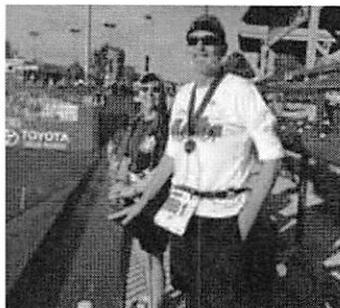
Traverse City, MI; Summit to Courthouse 5K, Fort Wayne, IN; Courthouse Classic 5K, LaGrange, IN; Rotary to End Polio 5K, Shoaff Park; Takin It To The Streets for Homeless 5K, Swinney Park; Fort 4 Fitness Half Marathon; Vineyard 5K Trail, Roanoke, IN; Monumental Marathon, Indianapolis, IN; The Alcohaul Run-Run a Mile Drink A Beer, Fort Wayne, IN; The Huff, Chain O' Lakes, Albion, IN. Two favorites! Of course, my first marathon, which made it a PR, was The Bayshore Marathon, Traverse City, Michigan. Beautiful course, beautiful city, great people to run with! Another favorite, and very emotional one for me, was the Vineyard 5K Trail Race at Two EEs Winery only because I had the honor of designing the course.

Who is your favorite person or group to go for a run with?

I enjoy running with the entire running community! Every single runner that I "get" to run with is an honor for me. The camaraderie with fellow runners, well, there are no strangers.

What do you enjoy most about distance running? 3.1, 6.2, 13.1, 26.2 to some these are just numbers. To me, it is hours of training, dedication, sweat and perseverance. Distance running gives me a goal to work towards. I like what goes into running a marathon. Diet, physical miles-long, short, fast, slow, rain or shine-and, the mental challenge to complete the race. Every mile that I am able to run is a blessing to me. There will be a day when I can no longer run...today is not that day!

James Alberding



Which Points Race did you enjoy the most and why? Parlor City Trot because of setting and the length.

Which Points Race was the hardest for you and why? Nutri-Run because of the cold weather.

Did you run any non-points races this year, and if so which was your

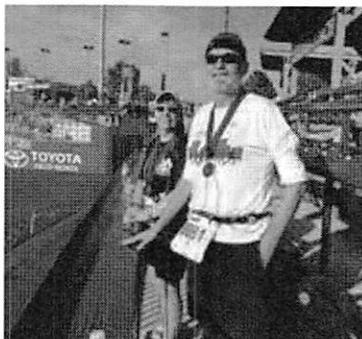
favorite? Yes I ran 5 other races and Fort4Fitness is my favorite.

Who is your favorite person or group to go for a run with?

We like to run as a couple because we have fun and there is no competition.

What do you enjoy most about distance running? Distance running helps improve my health.

Linda Alberding



Which Points Race did you enjoy the most and why? River City Rat Race because of all the fun and people really enjoy this race.

Which Points Race was the hardest for you and why? Nutri-Run because I feel I'm going to get lost.

Did you run any non-points races this year, and if so which was your favorite? I ran five other races and Fort4Fitness is my favorite.

Who is your favorite person or group to go for a run with?

We like to run as a couple because we have fun and there is no competition.

What do you enjoy most about distance running? I am not very fast but I always feel proud of myself just by completing the race or a run by myself.

Kim Ehleiter



Which Points Race did you enjoy the most and why? I always enjoy Runners on Parade because of all the people lining the course cheering the runners on. And the large group of run-

ners.

Which Points Race was the hardest for you and why? The Turkey Trot was the hardest for me this year. I had had rotator cuff surgery 3 weeks prior and my surgeon told me I could walk but not run the race. I was determined to get Ironwoman again this year so all I had to do was cross that finish line. However, I did run most of it with my sling on of course.

Did you run any non-points races this year, and if so which was your favorite? I always run non point races. My favorite race this year was Fort4Fitness. I love the course and the challenge of running a half marathon. It was also a very memorable race for me because at mile 10 I performed CPR on another runner that had suffered cardiac arrest.

Who is your favorite person or group to go for a run with?

I enjoy running with my family and of course my dog Austin. There are two co workers that I also enjoy running with now and again, it helps to relieve stress.

What do you enjoy most about distance running? I don't enjoy distance running but I know I have to do it. Not only is it good physically but also mentally for me knowing that I can do it.) My favorite thing about distance running is being done!

Gail Gerber



Which Points Race did you enjoy the most and why? The points race that I enjoyed the most was the Rat Race. I was a running buddy to 3rd grader Ashley who is in Girls on the Run at St. Vincent De Paul School.

Which Points Race was the hardest

for you and why? The FWTC points race that was the hardest for me was Parlor City Trot half marathon due to the humidity on the day that we ran.
Did you run any non-points races this year, and if so which was your favorite? My favorite non-points race for 2014 was Nashville, TN Country Music Half Marathon because I ran it with my youngest daughter Courtney as a gift for her 21st birthday. It was a terrific city to celebrate her 21st birthday and I am very proud of her because she had never ran that far since high school cross country.

Who is your favorite person or group to go for a run with?
 I absolutely love to run/pace with the 2 hour group of runners for Fort4Fitness. Thank you to FWTC for forging the path to allow all of us to help with this amazing venue for our community.

What do you enjoy most about distance running? I enjoy several things about distance running and here are a few: a reason to train; stepping out of my element.; setting a new goal; researching how to get better; the camaraderie that naturally comes after the completion of the run; new cutting edge gadgets, shoes and clothing; and the mind set that I am taking care of me to live a healthier lifestyle.

Fred Feipel



Which Points Race did you enjoy the most and why? I enjoyed the Dr. O'Shaughnessy/Matthew 25 10k the most because I usually run in Foster Park so it is my home track.
Which Points Race was the hardest for you and why? The Nutri Run was the hardest because of the weather and the distance so early in the season.

Did you run any non-points races this year, and if so which was your favorite? I ran the Discover Roanoke 10k, the YMCA Spring Run for Fun Half Marathon in Warsaw, the Brother Boogie 10k, the 15k Trail Runs (3) at Fox Island, the Ribfest 5k, the Greekfest 5k, the Hodson Half Marathon at IWU, the Fort4Fitness Half Marathon, and the Galloping Gobbler 15k. My favorite was the Run for Fun in Warsaw, the scenery around Winona Lake was awesome.

Who is your favorite person or group to go for a run with?
 I usually run solo.
What do you enjoy most about distance running? I like distance running when I can pace myself to have something left for the last mile.

Kent Greer



Which Points Race did you enjoy the most and why? Definitely the Frontier Run for me. A 10K PR and Sam Adams on draft after the race made this an easy choice.
Which Points Race was the hardest for you and why? Runners on Parade. I tore my hamstring at the beginning of the race. It was so painful that I almost turned around and went back to the start but the Ironman made me keep going. Three miles of pure torture for me.
Did you run any non-points races this year, and if so which was your favorite? I ran the Sunburst Half-marathon, the Mercy Health Seaway Run 15K on Lake Michigan, and the Galloping Gobbler 4 miler. The Sunburst was my favorite. I PR'd my half and we ran with seven of my family

members.
Who is your favorite person or group to go for a run with?
 My wife and daughter and Mike Else speed work group during the summer.
What do you enjoy most about distance running? When it's over. It's a stress reliever for me. I do it for my mental health more than anything else.

Tara Greer



Which Points Race did you enjoy the most and why? I would have to say the Nutri-run. The weather made for a difficult and dreadful race but the enjoyment came from the sense of accomplishment I felt after completing the race under those circumstances. It was by far my best race effort of the year.
Which Points Race was the hardest for you and why? The Parlor City Trot. I tend to rely on cheering crowds to keep me motivated during half-marathons so the absence of that made it a little more challenging for me. I also had to miss one of my daughter's cross country meets for this race which made it even worse.
Did you run any non-points races this year, and if so which was your favorite? I ran the Sunburst Half-Marathon, the Mercy Health Seaway 15k on Lake Michigan, The Fort4Fitness 10k, the Veteran's Marathon 5k, the Leo Freedom Run, and the Galloping Gobbler 4miler. I enjoyed the Seaway Run 15k the most. It was fun to run somewhere different and the scenery was so beautiful!
Who is your favorite person or group to go for a run with?
 My husband, daughter, and Mike Else speed work group during the summer. We have met some wonderful people in that group and always have a good time with them on Tuesday nights.

What do you enjoy most about distance running? I enjoy the runner's high the most. It's also a chance for me to escape and listen to my music uninterrupted. I also love all of the people I have met in the running community-runners are awesome.

Rick Grieze



Which Points Race did you enjoy the most and why? There were plenty of fun races (Kilt Run, Rat Race etc.), but the race I enjoyed the most was the Gingerbread Pursuit. When I walked in to pick up my number, there were runners in Santa hats and other festive apparel waiting in line or just staying warm. I felt a real joy to be a part of the scene and also to have made it to the starting line of the last race in my first almost complete Ironman series. Gingerbread cookies, cupcakes, and coffee at the finish line in the old City/County building helped get me in a better holiday mood. It felt like I had just finished fifteen races!

Which Points Race was the hardest for you and why? The Nutrirun 20K was easily the hardest race for me in the series. Besides running in slush with more harsh than usual weather conditions, a nasty calf cramp stopped me cold at around mile eleven. After I finally hobbled across the finish line, getting a pineapple made me really want to be where pineapple trees grow!

Did you run any non-points races this year, and if so which was your favorite? Yes, the Chris Brown Prediction Run was my favorite. Runners getting together to celebrate the life of Chris is a cool thing I am glad to participate in. I took a wrong turn and got closer to my guess time!

Who is your favorite person or group to go for a run with?

Usually a loner, but I always run farther when I cool down with Denise Conrad!

What do you enjoy most about distance running? Peace of Mind.

Bill Harris



Which Points Race did you enjoy the most and why? My favorite points race is a tie between the Frontier 10k and the JP Jones 10k. Both races had good weather and great social times afterwards. The JP Jones picnic was fantastic and I hope it's repeated in 2015.

Which Points Race was the hardest for you and why? My hardest race was the New Haven 10k because of a hamstring issue that prevented my best efforts.

Did you run any non-points races this year, and if so which was your favorite? Other races included: Key West Half Marathon, 5th 3rd River Bank 25k, Casper, WY Half Marathon, Court House, Rotary Polio Run 5k, Take it to the Streets 5k, Fort 4 Fitness Half Marathon, Two EE's Winery Trail 5k, Monumental Marathon, Veterans Half Marathon; and the Huff Trail Run.

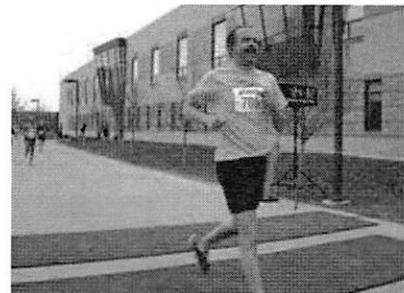
Who is your favorite person or group to go for a run with?

The Fleet Feet Pub Run Wednesday Nights which combines a run of 6 miles or so with cold beverages and social time at Buffalo Wild Wings afterwards is a great social group. Individuals include Dave Edsall, Cindy Cornwell, and Carol Dobis.

What do you enjoy most about dis-

tance running? At my age (76) every race I run is a gift, especially the Halfs and Marathons, because it proves I still can.

Greg Hevel



Which Points Race did you enjoy the most and why? Runners on Parade 5k - It's such a rush to be running the city streets lined with people preparing for the parade and cheering you on. I frequently train downtown so I feel right at home with the city street races.

Which Points Race was the hardest for you and why? Nutri-Run 20k - The weather conditions that day were by far the most difficult I had ever faced. I started to doubt myself and my ability to finish. With the help of Gail and Casey (running me in) I completed my greatest challenge to date. I learned much about myself with this race.

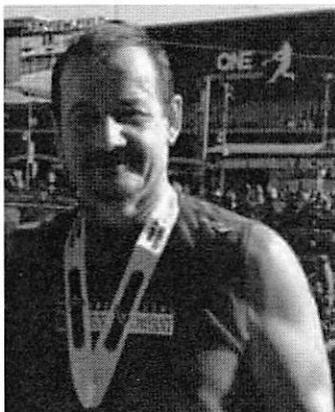
Did you run any non-points races this year, and if so which was your favorite? Yes, numerous races, competing frequently keeps me motivated. The Fort 4 Fitness half was my favorite. I just enjoy everything about this event. I run with the FWTC pace setters to keep me on track.

Who is your favorite person or group to go for a run with?

I usually run by myself. I started my journey 4 years ago and really didn't know any runners. Now it's just the opposite and when my schedule allows I'm out there with the Run Clubbers or Mike's Saturday morning group.

What do you enjoy most about distance running? The challenge and the way it makes me feel both mentally and physically. It was my opinion "those people are just plain crazy out there pounding the pavement and causing themselves such pain". Now I'm one of those "crazy people" and a running day is a good day!

Thom Horton



Which Points Race did you enjoy the most and why? Fanny Freezer...kicks the year off...not fancy...if you dont make it you dont get started!

Which Points Race was the hardest for you and why? Hardest: NutriRun...LOOOOONG Race, early in the year, lots of wind...

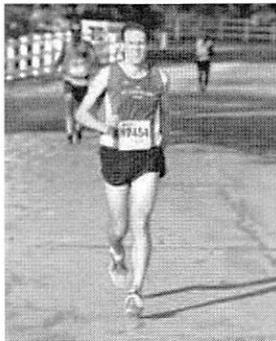
Did you run any non-points races this year, and if so which was your favorite? Non Points Race Favorite: Monumental...First Marathon. Also ran the Nashville Rock N Roll Half and a couple of other smaller races on the way.

Who is your favorite person or group to go for a run with?

Running with Family is great, even if we dont all run together the entire time it makes for a great opportunity to share healthy activity. Got the opportunity to train for the Monumental Marathon with Larry Arnett. Knew Larry before we trained together but got to know what a good person he really is...

What do you enjoy most about distance running? The health aspects of course, but the people involved in running are really an interesting group of diverse people. Also running alone is a great opportunity to clear my head, either by thinking through things in life ..or.. concentrate only on running so you dont have to think through things in life!

Calum Johnson



Which Points Race did you enjoy the most and why? Hare and Hounds XC 5k, because it was different.

Which Points Race was the hardest for you and why? Nutri-Run 20k. My son was born 10 days before that and sleep was in very short supply, much less any 'training'.

Did you run any non-points races this year, and if so which was your favorite? I also ran the Garret Pie Run 5k, Fort4Fitness half, Veterans full, and the Huff 50k. The Fort4fitness was my favorite because the course runs through my neighborhood. **Who is your favorite person or group to go for a run with?**

My wife, son, and dog.

What do you enjoy most about distance running? Getting out of the house.

Jenniffer Jordan



Which Points Race did you enjoy the most and why?

It's hard to pick just one. I liked the Parlor City because it's such a pretty course, JP Jones and Runners On Parade because they were PR's, Frontier

10k because Pat Beuchal and I ran 14 miles prior to this race and then placed in our age groups which was such a confidence booster in our pursuit for a BQ and Gingerbread Pursuit because it was the accumulation of a so much hard work and sacrifice for an entire year for all the iron man/women.

Which Points Race was the hardest for you and why?

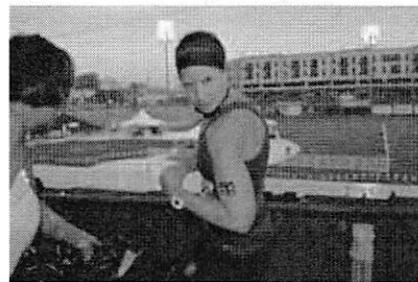
The River city Rat race was the hardest because right after I crossed over the starting line time mat, my car key fell out of my pocket, so I had to run upstream and get it, and then try to catch up, which meant I went too fast for the first 3 miles and then was miserable the rest of the way.

Did you run any non-points races this year, and if so which was your favorite? Take it to the Streets 5k was my favorite. I loved the cause and the opportunity to also give my award back to the organization.

Who is your favorite person or group to go for a run with? This year has been an amazing year for developing running relationships, which all started with Wednesday Running Group at Three Rivers Running Company. Wednesday Running Group is now Tuesday, Wednesday, Saturday running group! This is definitely a family now.

What do you enjoy most about distance running? I love the camaraderie first and foremost and then the feeling of accomplishment. I have been running a long time and I always love having my own goals, but what I really love the most is watching friends accomplish their goals. I have seen some amazing transformations happen for people in their personal lives that simply started with running.

Sandy Junk



Which Points Race did you enjoy the most and why? I enjoyed Runners on Parade the most...in spite of it being a 5k! It seemed as if the entire

Fort Wayne Track Club ran that race. 3RRC does a terrific job with it and supports the runners so much. It was competitive and fun....and I won my age group!

Which Points Race was the hardest for you and why? Run 4 Riley was the toughest. It was just a couple of weeks after a very busy September of racing and travel. I just felt tired and burned out. Thanks to Len who pulled me through to an age group placement!

Did you run any non-points races this year, and if so which was your favorite? I did many non-points races, which probably led to the burn out that I just mentioned. I can't even pick a favorite from the Indy mini, to my first trail run at Woodstock, my first Ragnar from San Francisco to Napa Valley, Fort 4 Fitness, to end the year with the Santa Hustle in Indy. All great and amazing in their own special way.

Who is your favorite person or group to go for a run with?

I have enjoyed running with so many and gained many valuable friendships. There is a core group that runs through it all with me: Jenn Jordan, Ashley Anglin, Cathy Pusey, Andria Equia, Pat Beuchel, Mike Slabaugh, and, of course, Len Piropato.

What do you enjoy most about distance running? Running can take you anywhere. It can take you a mile from home. It can fly you across the country to run in the vineyards of Napa. It takes me on a journey every weekend with some of the best people I know!

Roger Kingsbery



Which Points Race did you enjoy the most and why? I enjoyed the Ginger Bread Pursuit the best because it was the last race. My overall age category win was already decided, so there was little pressure. The race

course was interesting, with the trail running and the finish right downtown.

Which Points Race was the hardest for you and why? The hardest race for me was the Parlor City Trot because of the heat and humidity.

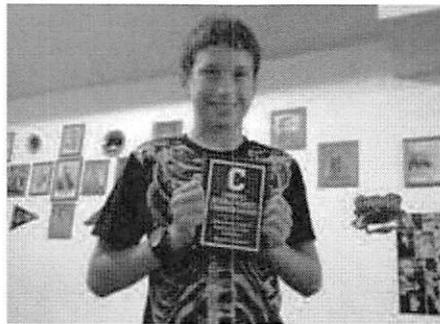
Did you run any non-points races this year, and if so which was your favorite? My favorite non points race was the Canterbury Tin Can 5k because it has a good course with a grass finish.

Who is your favorite person or group to go for a run with?

My favorite person to run with is James Fraiser. We run for Fleet Feet sports.

What do you enjoy most about distance running? I enjoy distance running because it lets me run slower at times, run hills, run trails, and work on tempo intervals.

Bryce Kolvoord



Which Points Race did you enjoy the most and why? The Rat Race was my favorite because I pr'd.

Which Points Race was the hardest for you and why? Parlor City was the hardest because it was only my second half and it was hot.

Did you run any non-points races this year, and if so which was your favorite? I ran the Indy Mini and several cross country races for Carroll Middle School. Conference was my favorite because I was the only 6th grade boy on my team who got to run it.

Who is your favorite person or group to go for a run with?

My family.

What do you enjoy most about distance running? I know when people pass me, I have a long time to pass them back.

Makenzie Kolvoord



Which Points Race did you enjoy the most and why? I liked the River City Rat Race and the Run For Riley the most. I like the Rat Race because I like the course and I like the Run For Riley because it raises a lot of money for the sick kids.

Which Points Race was the hardest for you and why? The Nutri-Run was the worst race of my whole entire life! My eyeballs froze and I couldn't see, my feet were wet before the race even started, and I couldn't get my legs to move after 5 miles.

Did you run any non-points races this year, and if so which was your favorite? I ran a lot of non-points races, like over 20. My favorites were Back the Track 5k in Massachusetts because I got to hang out and run with Shalane Flanagan. The Potomac River Run Half Marathon because I set a new single age world record and made some really great, new friends from Virginia and Maryland. The Rotary 5k because I was first overall female and the Indy Winter 5k because the snow was past my knees and it was all cross country.

Who is your favorite person or group to go for a run with?

Hands down, my big sister, Jamie! Then the of my Team Bird Elite and New Haven friends, then anybody else that runs with me. I love running with everybody!

What do you enjoy most about distance running? I just love to run! I can run forever. I guess what I like most is having a lot of time to talk to God. I like challenging myself too!

Sherrie Konkle



Which Points Race did you enjoy the most and why? My favorite points races were the Kilt Run and Runners on Parade, not because a 5K is my favorite distance (it is not). I enjoyed these races because of all the run clubbers, 3RRC team members and friends that participate, and of course the post race festivities at these particular races.

Which Points Race was the hardest for you and why? My hardest race was the Gingerbread pursuit. I pushed myself at every single points race and by the last one I was just tired. It was the most difficult to enjoy, until I crossed the finish line.....That I enjoyed, I was done racing for 2014!

Did you run any non-points races this year, and if so which was your favorite? It is tough to choose which non-points race I enjoyed the most. The Woof and the Huff were both great races. The Huff had slightly better weather and definitely better aid stations. Love them both! Of course I have to include Woodstock among my favorite races this year!

Who is your favorite person or group to go for a run with?

My favorite person to run with is who ever I am running with. Tuesday nights in the cemetery are my favorite group runs, followed closely by Sundays in the woods and Saturdays in the frozen tundra. Wednesdays are pretty awesome too!

What do you enjoy most about distance running? What I love about distance running is the ease of it. The ease of being outside with nature, the ease of the other runners around me and especially the ease I find inside of me on a long run.

Robert Lawson



Which Points Race did you enjoy the most and why? The Gingerbread Pursuit 4M was the most enjoyable. Everyone was in a holiday mood and we knew that this was the last points race of the season.

Which Points Race was the hardest for you and why? The hardest Points Race was the first race: The Fanny Freezer 5k. The weather conditions were terrible and I had trouble getting my feet off the ground due to snow and ice.

Did you run any non-points races this year, and if so which was your favorite? I ran 2 non-points races this year (The Pufferbelly 5k and the Trail Blazer 5k/10 (my favorite)) as my company, Exelis Inc. (formerly ITT), was the winner for having the most participants in Fort Wayne. Ashley Smith, a FWTC Member, encouraged fellow employees to sign up and did a terrific job of getting everyone out to the race.

Who is your favorite person or group to go for a run with?

All runners are my favorite to run with. There seems to be a special "bond" or "feeling" towards anyone who is willing to attempt to run (no matter how far the run is and no matter how slow someone runs).

What do you enjoy most about distance running? Distance running gets me away from my stress at work, which includes much travel throughout the year. I always come up with new ideas after a long run to make work easier or help someone with a problem.

Beverly Murphy



Which Points Race did you enjoy the most and why? The Run for Riley 5 miler has been my favorite race for the past 2 years, now. It was exciting and motivating to begin the race knowing that an additional \$12,000 had been raised. How cool is that? And, it is my shirt of choice 2 years running, also.

Which Points Race was the hardest for you and why? The Nutri-Run 20K was challenging for me because I was not well nourished that morning. The last 2.4 miles seemed endless and I got leg cramps. It was a good learning experience.

Did you run any non-points races this year, and if so which was your favorite? Yes, the Diva Dash 5K, the PufferBelly 5K, the Rotary 5K, the Fort 4 Fitness 10K, and the Galloping Gobbler 4 miler. I love running in the Fort 4 Fitness events. It keeps getting better, each year. Several of my family members participate, also. The Fort Wayne community is out in full force to support us and that is a great feeling. I had a personal record and was a top finisher in my age group for the 10K race, this year.

Who is your favorite person or group to go for a run with?

I have always run solo, by choice. I used to be concerned that I would not be able to keep up with a group of runners. Now, it is more about having this alone time doing something that is so right for my health and is pure joy to my soul.

What do you enjoy most about distance running? Distance running pushes me to another level. I am all about goal setting. This year, the 10K

was my base training distance. In 2015, I want to improve that base to 10 miles. Being a part of the FWTC community is rewarding and I have enjoyed meeting wonderful and encouraging people who share my passion.

Sherry Nidlinger



Which Points Race did you enjoy the most and why? My favorite points race was the O'Shaughnessy/Matthew 25 run. I enjoy running through the park, and I don't recall the weather being miserably hot this year.

Which Points Race was the hardest for you and why? Hardest points race – NutriRun 20K. Hills, hills, did I mention hills? Also the weather wasn't ideal and I was running alone for a lot of the race.

Did you run any non-points races this year, and if so which was your favorite? My favorite non-points race was the Garrett Pie/Pi Run (3.14 mi). It's a very small, casual race. I'm originally from Garrett, so I enjoy the opportunity to go back there.

Who is your favorite person or group to go for a run with?

My favorite person to run with would be my son Jeff - if I could actually keep up with him. Since I'll never achieve that skill level, the Wednesday run group at TRRC would be my favorite. There is usually someone there running about my pace.

What do you enjoy most about distance running? I enjoy the people I have met while running. Running also burns lots of calories, so I can eat more chocolate.

Terry Parker



Which Points Race did you enjoy the most and why? My favorite race is the Runners on Parade because of the large group of runners and all the spectators cheering us on.

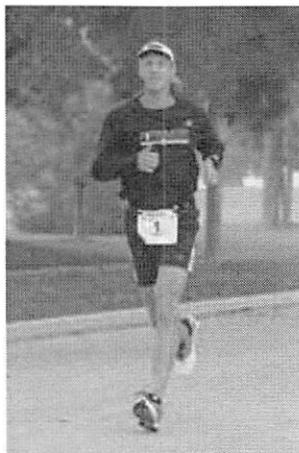
Which Points Race was the hardest for you and why? The hardest point race for me is the Nutri-Run 20K. There are some long stretches that seem to go on forever and that is when it turns into a mental race for me. But I somehow get it finished!

Did you run any non-points races this year, and if so which was your favorite? Yes, I run non-point races and the hardest one, which is my favorite, is the Hamilton 5K. It is challenging for me because of the hills and it is usually very hot and humid.

Who is your favorite person or group to go for a run with?

My favorite people to run with are my daughters Judy Roy and Kim Ehleiter. **What do you enjoy most about distance running?** The thing that I most enjoy about distance running is knowing that it is not only physically good for me but also mentally good for me as well. It gives me time to think about my running goals and what I have accomplished throughout my running career.

Pat Beuchel



Which Points Race did you enjoy the most and why? I would have to say the Frontier 10k. I used it as the last 6.2 miles of a 20 mile training run along with my running buddy Jenn Jordan. It was fun being with other runners as we finished our workout.

Which Points Race was the hardest for you and why? The Nutrirun was the hardest Points Race for me, more from a mental viewpoint than a physical aspect. The race is well run and well organized, but I've avoided this race since the early 1990s. It seems the weather is always bad with the wind out of the NE when I do the Nutrirun. This year didn't disappoint.

Did you run any non-points races this year, and if so which was your favorite? I did quite a few non-points races including three marathons. My favorite is a tossup between Grandma's Marathon and Run Woodstock. The whole atmosphere in Duluth, MN for Grandma's was outstanding, and the day of the marathon was surreal as we ran in a thick fog for the first 20 miles. And best of all I qualified for Boston at Grandma's Marathon! Completing the Woodstock Mellow Marathon on the trails to Hell and back was also a great experience. A number of fellow Wednesday Night Run Clubbers camped for the weekend and ran races from 5k to 50k. It was a relaxed setting and fun running the trails and hanging out around our campfire. I do have to say running the Triple Crown at the Fort4Fitness was quite fun as well. I

didn't know what to expect, but the challenge was worth every step!

Who is your favorite person or group to go for a run with?

Without a doubt the Wednesday Night Run Clubbers sponsored by Three Rivers Running Company. What an awesome group of people! Everyone is very supportive and always there for you. In particular, running with Andria Equia and Jenn Jordan really makes the miles fly by! I always learn something new when running with them.

What do you enjoy most about distance running? The neat thing about distance running is that you get out of it what you put into it. Somedays I might give a little less, but I can even it out the next time. I also really enjoy the

camaraderie before, during, and after

runs and getting to know people better. Spending time with fellow runners broadens my horizons and exposes me to many new experiences.

Cathy Pusey



Which Points Race did you enjoy the most and why? Matthew 25 Because I had a clubber pace me, first time ever using a pacer, felt very grateful that someone would run slower than their ability to help another clubber/runner. I PR! I love running in the Park and it was at Foster Park love that park.

Which Points Race was the hardest for you and why? Nutri Run I hate Cold weather and I didn't, at that time, enjoy long runs so running 12 miles & horrible weather was a double challenge for me.

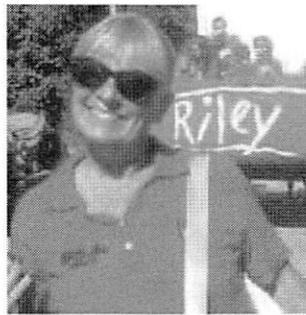
Did you run any non-points races this year, and if so which was your favorite? Pink Ribbon Run, Fort 4 fitness, Indianapolis Marathon, Galloping Gobbler. Favorite 2 of them...Fort 4 Fitness PR on that course by over 16 mins. Also had my family walk/run in honor of Mark, my late husband. Some of the family, in fact most, have never even participated in a road race before. They loved it, said now we know why you run these races, made them feel so good inside and out. Indianapolis Marathon was the other race, first Marathon and I never thought I could do that many miles in one race but with the help of the clubbers I did it. They formed a relay team and ran ever step with me. So not only helped me train but ran the race along side of me. What an amazing Day.

Who is your favorite person or group to go for a run with? Running Clubbers by far, they are an awesome group of people. They helped me over come so much not

only with running but helping me move forward while dealing with a very tragic time in my life.

What do you enjoy most about distance running? The Challenge, of course, can I catch that person that keeps beating me. How much more work will it take to be the best I can possible be is the biggest Challenge. Love how it makes you feel, like when your done running you feel like your on top of the world, you can do anything. Mentally it is a tough thing to push yourself daily to do something you know will tax your body but the results are very gratifying.

Barb Richardson



Which Points Race did you enjoy the most and why? The Run for Riley because I love the cause so much. Love running and doing things for those kids.

Which Points Race was the hardest for you and why? The Nutri Run because the weather was so hard. My feet got totally soaked and the winds on the way back were just awful.

Did you run any non-points races this year, and if so which was your favorite? Nope, points races kept me busy enough.

Who is your favorite person or group to go for a run with? My two friends who changed my life when they came into it: Mindy Kinder and Laurie Whisler. They are uplifting, encouraging and I love them tons.

What do you enjoy most about distance running? I love the break I get from real life when I am running long distance. I get lost in my foot steps, my music and being outdoors.

Ashley Smith



Which Points Race did you enjoy the most and why? I enjoyed each of the races for different reasons. The most enjoyable race for me was the kilt run for sure.

Which Points Race was the hardest for you and why? I was super ill before the New Haven 10K. It was very challenging to keep running.

Did you run any non-points races this year, and if so which was your favorite? I ran my first half marathon in Pittsburgh as well as my first sprint level triathlon, I participated in probably 25 different races this year.

Who is your favorite person or group to go for a run with? I love the Wednesday Run Clubbers (from Three Rivers Running Company) and our Tuesday night crew.

What do you enjoy most about distance running? I love thinking about everything and nothing depending on what I need that day. I have also found out more about myself than I ever have on a long run.

Brad Thomas



Which Points Race did you enjoy the most and why? The New Haven 10K was the most enjoyable for me because I finished well ahead of my time goal.

Which Points Race was the hardest for you and why? The Nutri-Run 20K was the hardest for me because of the slush we had to run through.

Did you run any non-points races this year, and if so which was your favorite? I race frequently, so I did a number of non-points races. My favorites either involved travel (Coeur d'Alene Half Marathon, Dexter Ann

Arbor Run Half Marathon) or racing well (Fort 4 Fitness Half Marathon).
Who is your favorite person or group to go for a run with?
 I mostly train alone, but I enjoy doing my long runs with Cindy McGovern. We can catch up with each other, and since we're both actuaries at Lincoln National, that time gives us an opportunity to figure out solutions to work problems.

What do you enjoy most about distance running? I enjoy the competition. It's not about beating someone, getting an award, or a running certain time, but about pushing myself to run the best I can that day.

Jamie Zeigler



Which Points Race did you enjoy the most and why? The Gingerbread Pursuit was my favorite because I liked the course and the post-race refreshments!

Which Points Race was the hardest for you and why? The Nutri-Run sucked. I just don't like the out and back. It seems like we're out in the middle of nowhere forever.

Did you run any non-points races this year, and if so which was your favorite? I ran several, almost all the ones that Mak ran. My favorite was probably the Back the Track 5k. I had a good race and it was cool to run with an Olympian.

Who is your favorite person or group to go for a run with?
 Mak

What do you enjoy most about distance running? I don't have to run so fast and I get to experience more than I would in a shorter run.

Not pictured: Stephen Edmiston, Steve and Betty Greider.

2015 Fort Wayne Track Club Points Series Rules

The rules for the 2015 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 DATE or sign up at the Fanny Freezer on February 8, 2014 to be eligible for any points in the 2015 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 2015 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

Make Meal Time Family Time

Time is precious. Minute by minute we spend time specific to the lifestyle we choose to live. Beginning with the morning routine and continuing through the day with car time, work commitments, home care, phone use, favorite hobbies, and fitness time we strive to accomplish priorities. Is time well spent? How much time is given to family meals? How many meals per week do you eat with your family or a group of friends?

Often food and nutrient talk is about what to buy, cook and order for nourishment and top performances yet take time to also think about how you eat and who you eat with. These are highly important too. As stated in an article from The Academy of Nutrition and Dietetics “research continues to demonstrate family meals are a great way to promote healthy family eating habits.”

Data shows that adolescents who ate with their families grow up to be healthier adults who eat more fruit, dark green and orange vegetables and fewer soft drinks. Other benefits of family meals: communication, a chance for family members to connect, a more security and loving home environment, development of social skills, a chance to try foods from different cultures, less stress, reduced risk of becoming overweight or obese, lower risk of abusing alcohol and drugs, lower risk of an eating disorder and better school grades.

Just like one or two days of fitness a week is not enough for health, only one or two family meals a week is not enough.

To gain the health benefits of family meals, have at least 5 to 7 meals together weekly. It does not matter if it is breakfast, lunch, or dinner. Maybe the family meal times become a mix of all three. What makes the difference is the planned family time most days of the week. The TV is off, computers are closed and phones are out of sight. The meal time is family time.



Meal Time Tips:

- * Have a meal planning time each week and decide as a family when everyone will eat together.
- * Include all family members in the “what to eat” balanced meal decisions.
- * Keep meals simple.
- * Be prepared and buy ingredients for healthy meals. Include everyone’s favorite fruits and vegetables.
- * Have a cook night each week and batch cook a couple family recipes. Use leftovers for quick fix family meals.
- * Allow everyone a chance to talk and share something positive.
- * Eat family meals at the dinner table not the TV room, bed room or a vehicle.
- * Make meal time enjoyable. Serious discussions are not allowed.
- * Create a relaxing environment by playing soothing music, using nice dinner plates and having fresh flowers or another decoration.

Think about the week ahead and meal times. Let there be less eating alone time and more meals with family member or friends. It is time well spent. For useful information go to www.eatright.org, www.ellynsatterinstitute.org, www.nationaleatingdisorders.org, and www.thecenterformindfuleating.org.

Peace to you and your family,

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

Disney Marathon: Conquered

By **MARCIA KIRLIN**
FWTC Board Member

On January 11 I joined the one percent, and I did it at an absolutely magical place—Walt Disney World. But the journey to get there was an adventure even Walt and Mickey would deem a pretty impressive ride.

The seed was planted back in 2011, when I was a fairly new runner, full of high hopes and even higher expectations. After only a single half marathon I thought a full marathon sounded like a good idea, but my body thought differently. During my training for the 2012 Disney Marathon I suffered a stress fracture in my hip, which derailed my marathon aspirations. I ended up traveling to Orlando in January 2012 to watch others run, and while there I fell and broke that same hip. No marathon, no beautiful medal, no finish-line hug from Mickey. Instead, emergency surgery at Florida Hospital and a long, painful trip home.

But the fun was just beginning! Months of physical therapy, miles on the stationary bike, hours on the elliptical and long ses-

sions of pool jogging brought a glimmer of hope. . .as well as the occasional moment of doubt. Rehab isn't much fun, especially for the impatient among us.

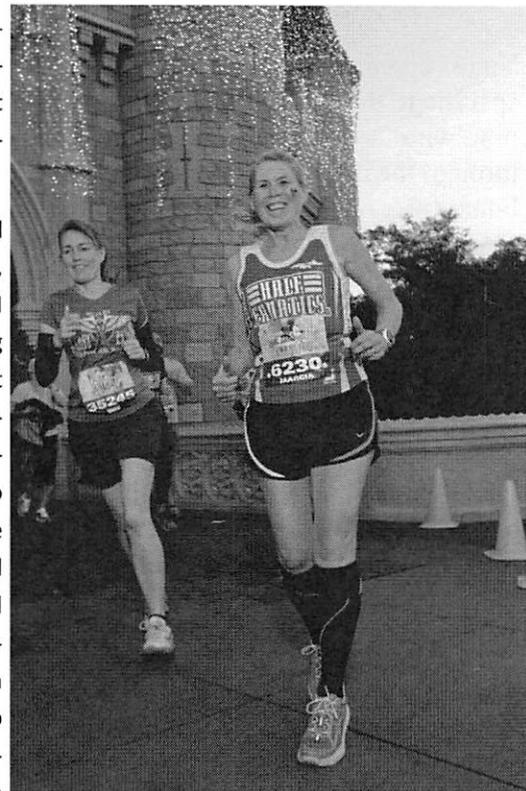
Fast forward to last summer. I'd been back to running for two years, none the worse for the hip injury. I was chocking up PR's and feeling good. I had an idea. Maybe, just maybe, I could give a marathon another shot. And not just any marathon—it had to be Disney. I talked to a runDisney representative at a race expo in Chicago in July, and asked about a deferral. Normally races will grant a one-year deferral but I hadn't pursued that, unsure if I'd even be able to run that far after the hip issues. The runDisney rep encouraged me to apply. I did, and two weeks later I got the go-ahead! I was in! Disney World, here I come!

So I trained and trained, and trained some more. And I planned a trip with my daughter around the race. In typical Disney fashion, it was entertaining, magical and full of spectacle.

A few highlights:

The Start — Disney races start early, as in 5:30 a.m. early. That means a 3 a.m. wake-up to get ready and board a bus for the start line staging area at Epcot. I'm normally an early riser, but even I don't generally get going that early! But I was up, dressed and at the bus stop by 3:30 with my daughter Lauren and a busload of other bleary-eyed runners.

The staging area was full of activity. Dozens of Disney buses were dropping off the more than 20,000 runners who would start the race. There was booming music, stretching, pre-race fueling and last-minute primping with costumes (by other

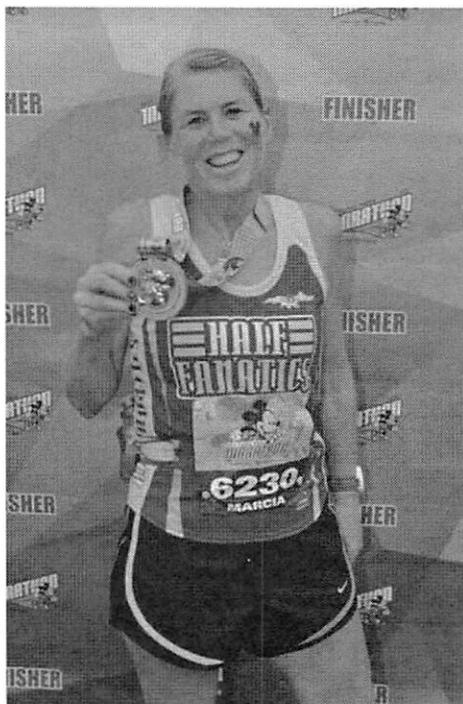


runners, not me--Minnie Mouse tutus and Tinkerbell wings aren't quite my style).

Corral Life — Such a large race means a lot of corrals -16 - and wave starts. I was more than ready to run when I got to my corral, but I knew I had about a 45-minute wait ahead of me. I talked to fellow runners, admired costumes and was entertained by the lively music and uplifting announcements. As each wave made its way forward, fireworks, cheers and a corral-specific song signaled another corral's start. Talk about starting with a bang!

The Course —The marathon takes runners through the Magic Kingdom, Animal Kingdom, Hollywood Studios and Epcot. We also got to run a lap around Disney Speedway and traverse through much of the ESPN Wide World of Sports complex, including Champion Stadium. So much variety, not to mention running past classic Disney landmarks like Cinderella Castle

Story Continues on Page 25



and the Sorcerer's Hat, made the course lively and interesting for me.

Entertainment -- What sets Disney races apart from others is the plethora of unique entertainment along the course. Yes, there were high school bands, cheerleaders, flag corps groups and a drum corps, similar to what you might find at other races. But here you'll also find beloved Disney characters everywhere! I didn't stop for photos, but many runners did, to the tune of 25+ per line for some of the more popular characters like Buzz Lightyear, Safari Mickey, the Disney princesses and the Haunted Mansion gravediggers. I did stop for a photo op just outside a glistening Cinderella Castle. That one was just too hard to resist!

While I didn't take many photos, I tried to make note of the characters I ran past. First up was Captain Jack Sparrow and his pirate ship. I also glimpsed Robin Hood, Friar Tuck and Little John, Mike and Sully, Mary Poppins, Aladdin and Genie, Chip and Dale, Wreck-It Ralph and Penelope, Snow White and Rapunzel and their beaus, Baloo, the Disney Villains, Mulan and her dragon, Phineas and Ferb, not to mention the all-time classics Mickey, Minnie, Donald, Daisy, Pluto and Goofy.

Mile Markers -- Not only are characters out and about, every mile marker sign featured a scene or animated "star" from a Disney movie. These, too, were popular stops for photos. I found myself looking forward to running another mile just so I could see which characters would be depicted.

Live Animals! -- Just before runners entered Animal Kingdom, trainers were

alongside the course with at least four live animals, including a pig, goat and donkey. This was an unexpected highlight for me!

Runners -- Since this was my first marathon, I have nothing to compare it to, but I found my fellow runners extremely friendly and interested in striking up conversations. There were a lot of runners supporting charities, and I talked to a number of them about the groups they represented. Costumes are a very big deal at Disney races, so I spent the race surrounded by an assortment of Mickey's, Minnie's, Incredibles duos and Avengers characters, among others. I admire anyone who can run dressed like a mermaid or a princess!

Signs -- Signs along the course were clever and very motivating. A few of my favorites: "Someday you will fail. Today is not that day." and "I'm running a marathon! It's the best day of my life!"

Crowd Support -- I knew the race would be emotional for me, but I wasn't prepared for how the cheering spectators would move me. Each time I hit a zone of rooting supporters, I teared up. I wanted to hug every one of those souls who had gotten up so early and raced around on monorails and buses to cheer for us. I gave a lot of high-fives that day, something I just had to do, especially when a child's hand was outstretched.

Volunteers -- Disney recruits nearly 8,000 volunteers to help during marathon weekend, and each one I encountered was a gem. From the hundreds of men, women and children lined up handing out water, PowerAde, GU packets, bananas and candy to all those manning the gear-check tent and awarding medals, smiles and words of encouragement and congratulations were the order of the day. I was truly



humbled by the overwhelming support of so many strangers.

My Own Personal Cheerleader -- I mentioned earlier my daughter Lauren accompanied me to Disney World. She surprised me on Christmas with a beautiful "Marathon Wishes" scrapbook she had made, filled with words of encouragement from friends and family. On race day morning she waited in the wee hours of the chilly morning with me until it was time for me to head to my corral. Then she logged miles of her own flying to various spots on the course to see me. The tears flowed each time I spotted her and heard her cheering me on. Her being there meant the world to me.

Final Words -- As you can probably tell, my first marathon was a milestone for a lot of reasons.

It was truly a journey of redemption and well worth the wait. I think John "The Penguin" Bingham said it best: "The miracle isn't that I finished. The miracle is that I had the courage to start."

26.2 magical miles. I am a marathoner.

Lauren Fleshman Headlines Banquet

By LIZ SCHLOSS
FWTC Secretary

When you have professional runner tell you the Fort Wayne running community is doing something right, it's a great start to 2015 for the Fort Wayne running community. For professional distance runner, mom, business owner and coach Lauren Fleshman, she emphasized the power of the running communities and their impact runners such as herself. "Most of my experience [in Fort Wayne] has been the running community but the running community could just as well be the heart and soul of the town as far as I'm concerned. That's what I look for in the places I go."

On a somewhat mild January (for Fort Wayne) runners gathered at Foster Park for a morning run with Lauren. A typical lean runners frame (but considered taller than most distance runners) she is clad in her Oiselle running apparel and ready to go with a smile on her face. The run starts and she keeps an comfortable pace so as to chat with everyone in the group. She turns to Concordia coach Greg Osborn and says, "Since I've been here I've planned out about a dozen workouts." One runner interjects, "There are trails off to the side as well." Lauren makes a comment and you can see her adding more workouts to her Fort Wayne routes, you know that is a mind that does not stop working.

As a pro-runner, it took Lauren Fleshman several years to figure out a balance of her job and other life interests. She is someone that



always has a plan yet also the ability to enjoy the moments, "The whole point about running isn't the final destination because it's about the viewpoints on the way, the people you meet, the places you go where you're going to spend the majority of the journey." Even in high school when looking for colleges she had an idea of where she wanted to go. Where she applied to "...were places that never reached out to me, I reached out to them." She attended Stanford University where she garnered 15 NCAA All-American titles. Then she went on to run professionally for Nike's Oregon Track Club as an accomplished Track and Cross Country Runner. She maintained focus on being a professional athlete "...I was applying 100 percent of my brain to this one thing and I was so unhappy."

The year of the 2004 Olympic Trials Lauren suffered a stress fracture in her foot and was forced to watch from the sidelines as three women

took the Olympic 5k spots. There was something unique about these women. "What I did notice was that the women who came on top were fiercely competitive but they also had a smile on their faces before the start." After watching the trials she watched her training partner run a wine half marathon which was comprised of the race and an after party. This was something as a professional distance runner she had not experienced, "I had been experiencing this extremely narrow view of this big sport and there was so much to learn from people doing it in different ways....I was determined to go home and bring some that back into my life as a pro runner."

Lauren found many ways bring back joy into her running and even learn how to cope with her own injuries by connecting to the running community. In 2010, she and husband Jesse Thomas partnered with fellow elite runners Ben Bruce

Story continues on Page 27

and Stephanie Rothstein Bruce to launch “Picky Bars”, a gluten and dairy free energy bar company. She is also the co-founder (along with Roisin (Ro) McGettigan-Dumas) of “Believe I Am”, company that helps motivate runners with words of encouragement on various products. On a more local level she hosted weekly workouts and volunteered at local road races, “I wanted to learn things besides putting one foot in front of the other.” She also created an online website “Asklaurenfreshman.com” where she answered questions and provided insight on the highs and lows of a pro-distance runner and the sport itself.

Lauren chronicled her experience as a pregnant and mother and her change of sponsors from Nike to Oiselle in the fall of 2012, a women’s running apparel company based out of Seattle Washington.

Her training group, “Project Little Wing” is based out of Bend Oregon. A growing group and company, Lauren’s goals as an elite is to “Activate the people we sponsor in a more meaningful way, connect them with millions of women, [and] spread that good community feel for women.” She also continues to stay honest on her blog and one of the reasons she has enjoyed working with a women’ group because “They’re not afraid to speak out about the important issues in the sport.”

This honesty translates into her role as a mother. As a professional she is honest and says plainly, “...being a mom is tough. But I never regret it.” As she writes on her blog, her transition was easier than most women and Fleshman was diligent about documenting the physical and

emotional adjustment about returning to being a pro-athlete in order to keep readers informed on what goes on with women. “I try to be more honest with professional women. As women we really want to lift each other up and we really want focus on the positive...I think that we in general need to keep being honest. Because we still have obstacles unique to us.”

Her openness with her personal and professional life yielded many followers, people who in fact supported her in the 2012 Olympic Trials. Dealing with IT band issues and only able to do two miles worth of running max, Lauren called out to her readers for help as she entered the trials injured and under-trained. She asked her readers to hold up a C for courage as she walked to the start. As she walked out, that’s what she saw in the stands and to this day still says, “That experience has connected me to the running community.”

Today as a mother, runner, coach, and business, Fleshman continues to train to the best of her ability and keep touch with different aspects of

the running community. She remains transparent with her training and her life as both athlete and mother. As she pursues the 2016 Olympic Trials she has experience to help her go forward and for her “...forward isn’t always faster. At this time in my life I still want to be [fast].” However, never putting one egg in a basket, she has a variety of outlets as she moves forward. And a lot of those outlets are part of her connection to the running world. Her advice to the Fort Wayne Running Community:

“Keep that expanded view of our running world, celebrate it with other people, enjoy it with other people, and them affect us, and let their light shine out on you.”

As we as a club head forward, let us embrace our fellow runners because each one of you is what makes this community amazing, and wish our speaker Lauren Fleshman the best of luck with all her endeavors.

For more information on Lauren Fleshman read her blog at www.asklaurenfreshman.com



ANATOMY OF A FITNATIC

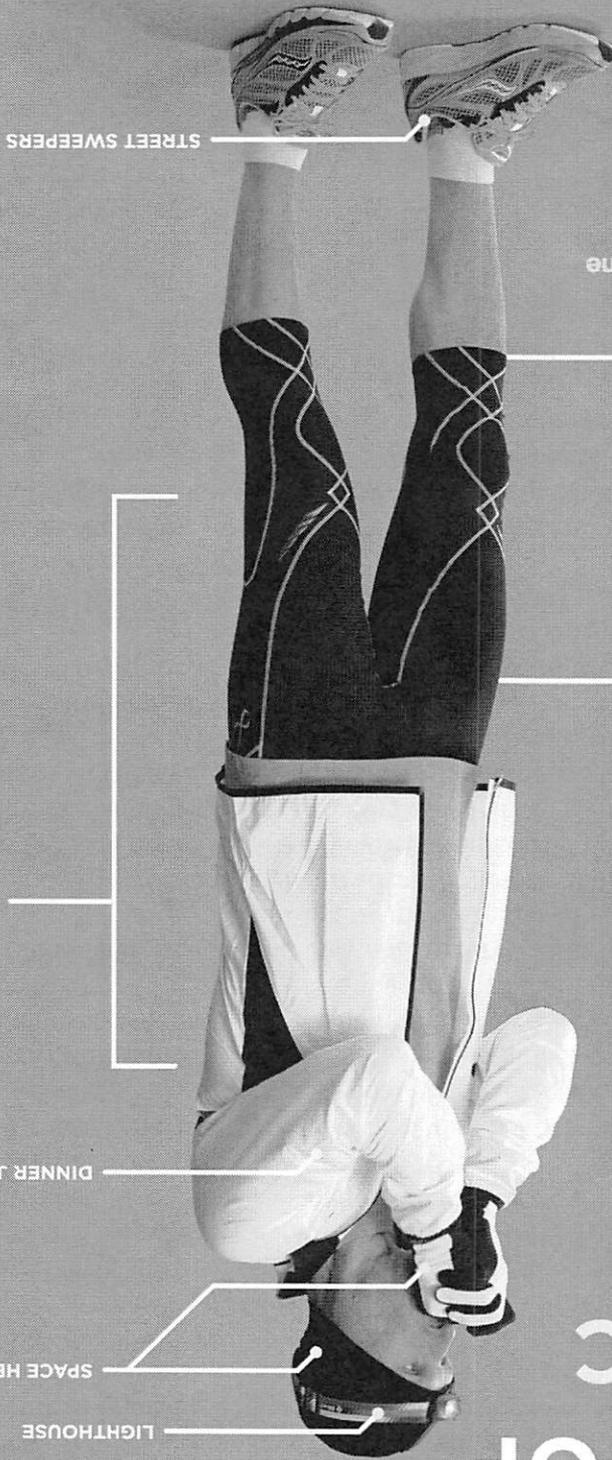
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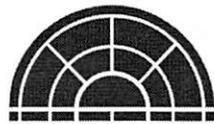
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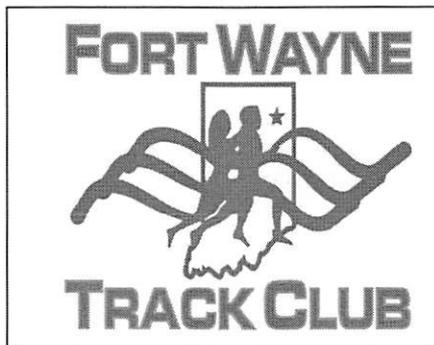
Board members to be elected November 12

The Fort Wayne Track Club have elected a new slate of officers and board members at the end of 2014.

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

Returning board members who wished 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.

Members that will be serving 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 took place at the November FWTC meeting on Wednesday, Nov. 12 at Three Rivers Running Company.

All FWTC members were invited to attend the meeting and vote for the board members who will represent

them in the coming years. All FWTC members can vote. Officers were 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 began Jan. 1, 2015.

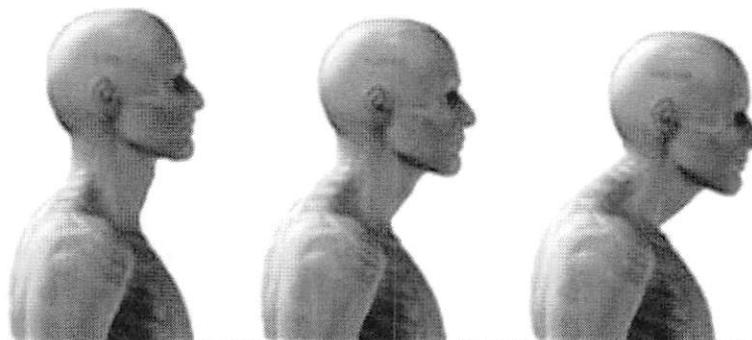
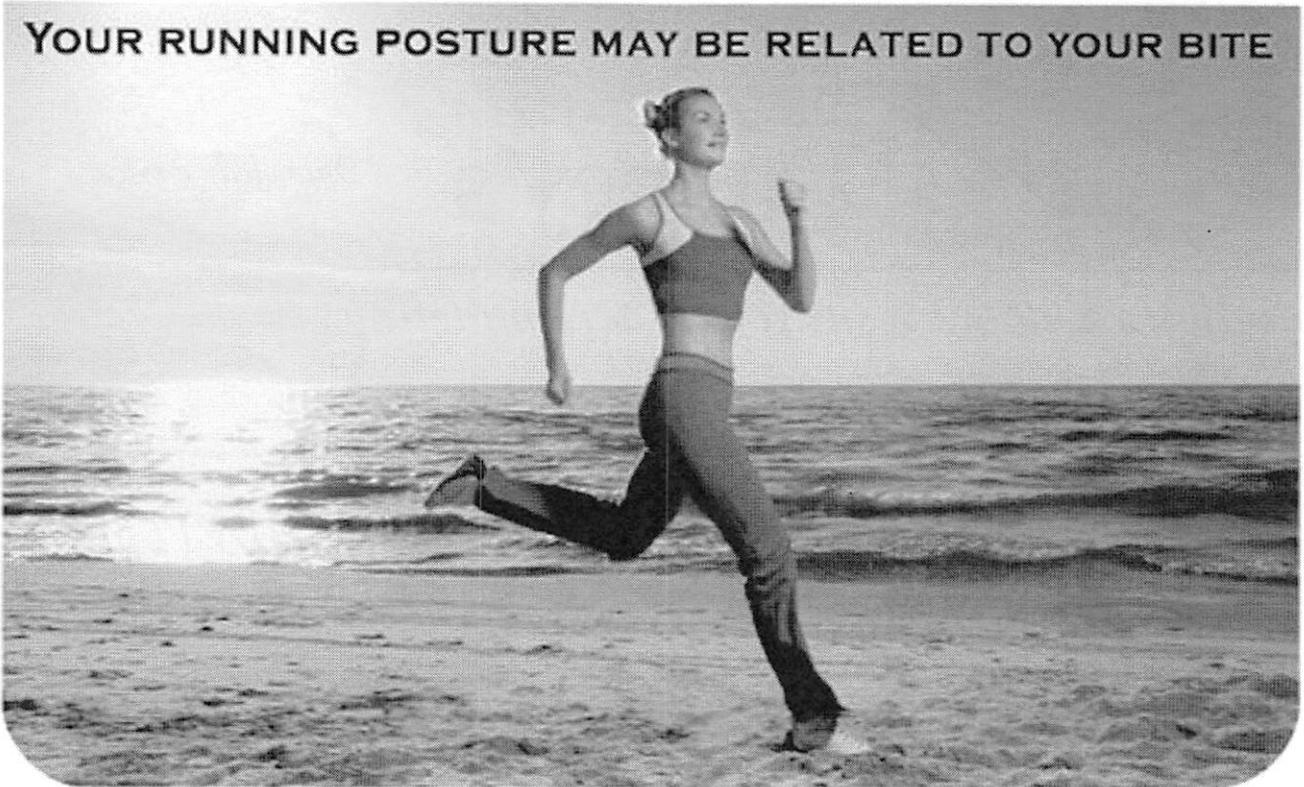


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YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



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"



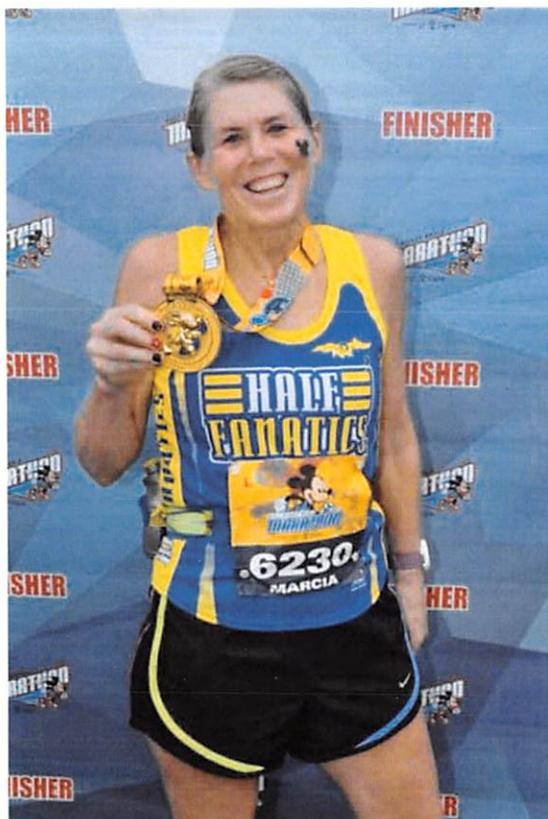
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Marcia Kirlin finally conquers the Disney Marathon. Read about her journey on Page 24.