

# The *New* Inside Track

FORT WAYNE



TRACK CLUB

*March/April 2015*

A publication of the Fort Wayne Track Club

**Spring Time is here!**

## **HIGHLIGHTS:**

- *Updated Points Standings*
- *Meeting summaries*
- *High School Update*



### UPCOMING RACES

MASTODON STOMP 5K— APRIL 19

PINK RIBBON RUN 4 MILE—MAY 9

FRONTIER RUN 10K—MAY 16

### REGULAR FEATURES

ON THE MARK—PAGE 8

POINTS STANDINGS—PAGES 10-11

IRONRUNNER STANDINGS—PAGE 12

### NEW AND NOTEWORTHY

EDITOR'S NOTE —PAGE 3

TRAINING FOR SUCCESS—PAGE 13

## FWTC Summary of January/February Meetings and the Annual Meeting and Banquet

**LIZ SCHLOSS**

**FWTC Secretary**

### The Annual FWTC Meeting and Banquet

#### 2015

Our Banquet is also known as the Fort Wayne Track Club's Annual Meeting and Banquet. This year our speaker was Lauren Fleshman, an elite runner sponsored by Oiselle. The event took place at Hotel Fort Wayne. She joined the Ironwomen and Chris Brown High School Runners of the Year on Saturday and ran with our Board members Sunday. Lauren also sold and autographed her journals Believe I Am at the Banquet.

We had a turnout of over 300 people at the Banquet.

#### 2016

For next year, the title of Ironman/Ironwoman will be changed to Ironrunner. The award for the Ironrunner 2016 will be a printed blanket. This blanket was showcased at the banquet.

There were several errors in our Banquet Registration this year. For anyone interested in online assistance for Banquet Registration please contact Jonathon Gottschalk at [webmaster@fwtc.org](mailto:webmaster@fwtc.org).

For any comments or suggestions for the upcoming banquet please contact our Banquet committee member Judy Tillapaugh

### Marketing

Due to increasing membership and online management, the club is looking into changing website platforms to evolve our website. Jonathon Gottschalk met with several board members to explain the online aspect of the club. The Board voted for a website committee comprised of Jonathon Gottschalk, Carmen Tse, Mike Slaugbaugh, Mike Clendenen, and Steve George.

The Track Club will be looking to move some of our membership and points tracking online. This will help track membership and make it easier to update information.

### Equipment

The club has leased out storage in Bluffton. Our lease ended January 28th and a decision was made to move equipment to Three Rivers Running Company. Items were transferred there on March 21st 2015.

### Races

Fanny Freezer

The Fanny Freezer took place February 7th, 2015 at Shoaff Park. The race had 253 finishers.



For our points series, we looked into the RRCA policy on dogs and strollers. The RRCA states that the inclusion of dogs is up to the race director. It is recommended that these dogs be properly leashed and runners with dogs start behind the runners and walkers. For jogging strollers the RRCA is against the use but if allowed it is recommended that runners/walkers with strollers start behind other walkers and runners.

### Newsletter

Aubree Reichel is our new editor for the Newsletter as most know by now.

### Future Projects

The Track Club decided more time was needed outside of our monthly board meetings to ascertain the club's current goals and needed goals as we move forward. A Board retreat was decided for Sunday March 15th from 1-5pm at the New Haven Parks and Recreation Department.

### Community

Season 8 Smallest Winner contestants will receive a free one year membership.



### 4 Wellness Summer Series

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

For more information, call us at (260) 749-2212 or visit us online at [www.newhavenparksandrec.org](http://www.newhavenparksandrec.org)

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# From the editor

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

The weather has finally warmed up and we're now two races into this year's points series that had amazing weather (despite the Nutri-Run being a little chilly).

We have many people that ran through the cold, endured long runs and speed workouts on the treadmill or indoor tracks to get into shape for spring marathons, half-marathons or to just...run.

Track Club vice-president Mike Clendenan is preparing to run his first marathon at Carmel on April 12, board member Mike Else is running the Boston Marathon on April 20 and board member Erin Brady is running as a pacer at the Indiana Trail 100 after running it herself last year.

These individuals serve as my inspiration for my mental preparation into winter marathon train-

ing that I know I will have to do at the end of 2015 to be ready for my Boston Marathon next April.

Everyone involved in the Fort Wayne Track Club serves as an inspiration to me in their own way and it seems they cannot do it without everyone else involved in the area running community.

The community is such a unique group of individuals that will always have at least one interest in common: running.

With that said, I have a request: With so many different interests otherwise, I wish to provide the best bi-monthly newsletter that I can but I need more input. I am always looking for article ideas, letters to the editor type things, do you want to see polls with results? Let me



know via email, Facebook, Twitter, anything.

Thank you runners, members, the board, volunteers and everyone involved in the Track Club. You guys are awesome!

**#IAm3RRC**

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**FORT WAYNE TRACK CLUB**

Mission statement: To organize and promote running, walking and all aspects thereof, and to educate the public to their benefits in improving and maintaining good health and for all other purposes as set forth in the articles of incorporation, as amended from time to time.

**OFFICERS, COORDINATORS AND BOARD MEMBERS**

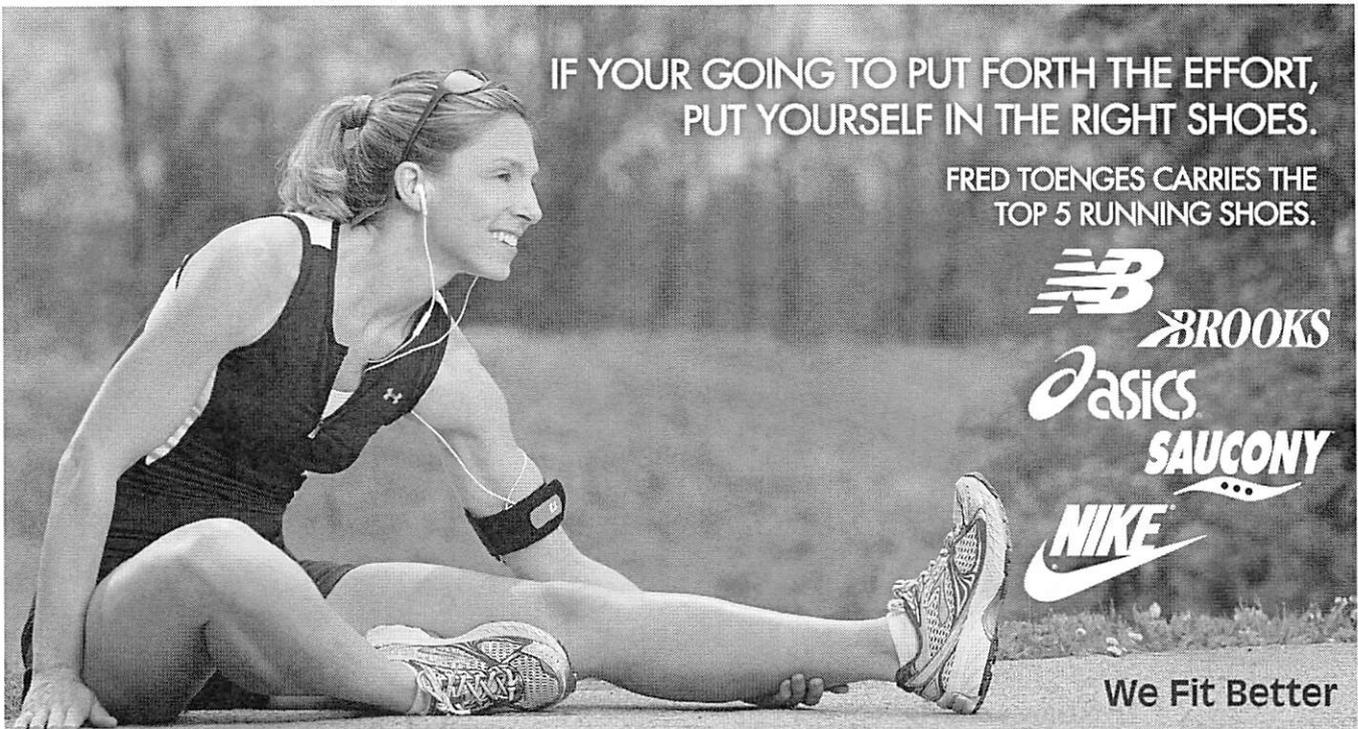
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Secretary	Elizabeth Schloss		liz@3riversrunning.com
Treasurer	Steve George		
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Contact the Fort Wayne Track Club at: P.O. Box 11703; Fort Wayne, IN 46808-1703 Website: [www.fwtc.org](http://www.fwtc.org)

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		





May 9, 2015 4-mile run | 2-mile walk

**To benefit**  
**Vera Bradley Foundation for Breast Cancer Research**  
**May 9<sup>th</sup>, 2015 @ 9:00am**  
**Lutheran Hospital Campus**  
**7836 W Jefferson Blvd.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

**4 Mile Run      2 Mile Walk**

<b>Jan 1 to April 30</b>	<b>\$25</b>		<b>\$15</b>	
<b>May 1 to May 7</b> (online registration ends May7)	<b>\$30</b>		<b>\$20</b>	
<b>May 8 to May 9</b> (@ packet pick-up or race day)	<b>\$35</b>		<b>\$25</b>	
	<b>TOTAL DUE</b>			

Each participant will receive a race t-shirt, post-race refreshments, and a Vera Bradley tote bag.

Overall and Age-Division awards for the 4-Mile provided by Vera Bradley.

**T-SHIRT SIZE:**                      **XS    S    M    L    XL    2XL**                      (shirts are unisex)

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**WAIVER:** I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Three Rivers Running Company, Vera Bradley Foundation for Breast Cancer Research, Lutheran Health Network, Time To Run, Millers Mobile Music, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose, so smile.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please make checks payable to:** Three Rivers Running Co. (Please put Pink Ribbon Run in memo)

**Mail entry to:** Three Rivers Running Company 4039 North Clinton, Ft. Wayne, IN 46805



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## On the Mark

# Life's biggest question...

By **DR. MARK O'SHAUGHNESSY**

To Run or not to Run, Thus remains Life's burning question. I realize I have covered this sticky and controversial topic several times in prior columns but once again the "scientific" community has sent a veritable SCUD missile in the direction of our favorite pastime and this one requires a preemptive strike. The latest assault comes from the Journal of the American College of Cardiology (JACC), my very own Journal and Professional Association. (Et tu brute!)

The latest article was published in the February 2015 edition of this esteemed journal and references the Copenhagen City Heart Study (those wacky Danes). In this particular study, they looked at a sub-selection of the over 19,000 Men and Women involved in the overall Heart Study. Specifically, 1,098 healthy joggers and 3,950 healthy non-joggers studied prospectively over a 13-year period (2001-2014). They looked at all-cause mortality (using national data banks and death registries) and were unable to parse out specific causes of death due to the relatively low numbers of deaths which lacked the statistical power to draw any conclusions. They further divided joggers into 3 categories; Light Jogger (5miles/hour, less than 2.5 hours/week and less than 3 times/week), Moderate Joggers (slow pace, greater than 2.5hours/week, less than 3 times/week) Strenuous Joggers (7 miles/hour, greater than 4 hours/week and greater than 3 times/week).

The study results demonstrated, like all previous studies, that active people outlive sedentary individuals. The authors, similar to previously reported studies, found a "U" shaped mortality curve with the "sweet" spot to be in the low inten-

sity jogger group and an elimination of mortality benefit in the strenuous joggers group and therefore conclude that while exercise is extremely valuable in improving health and prolonging life, there appears to be a dose-response curve and too much exercise erases the beneficial effects. The authors site previous studies that reported the "ideal" pace and intensity for the best health benefit and the frequency of activity that appears to offer the best overall mortality data (previously reviewed in this very column). They also mention the transient cardiovascular changes that occur in marathoners as a rationale for their finding and conclusion that too much of a good thing can actually be a bad thing.

When one actually studies the article and uses a "fine-tooth comb" in their data analysis it actually reveals essentially nothing of import in my humble opinion.

First, in looking at their Forrest plot (a statistical analysis tool) all levels of activity conferred a mortality benefit. When analyzing the Hazard Ratio (again a statistical analysis tool) the spread in the data was far greater in the higher levels of activity that resulted in what I believe to be the authors erroneous conclusions. The authors admit that they are unable to assess the cause of death and given the exceedingly low numbers in the higher intensity activity categories (50 strenuous joggers with only 1 death) any conclusion as to cause and effect of intensity of activity is invalid and reckless, again in my opinion.

One must be extremely careful about claims made based on "statistical analyses", and while I do not claim to be a statistician, it is possible to make most anything appear plausible with the right sta-

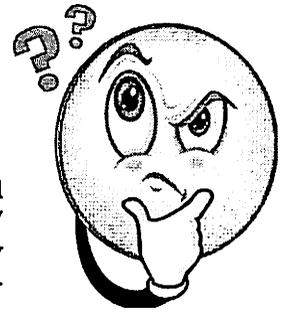
tistical analysis/tool (Sorry Dr. Townsend).

While I do believe that there is likely a threshold of exercise/activity that if exceeded likely reduces or partially mitigates the health benefits that are well recognized when comparing active versus sedentary individuals, to date we do not have any clear compelling scientific data to tell us where this threshold in intensity or duration lies.

So what is the take home message? First, most of us do not run with the express purpose to live longer. Remember Ronald Rook; "I don't run to add days to my life, I run to add life to my days". Second, every study currently available, including those that have been reviewed in this column, has shown a mortality benefit from exercise when compared to sedentary individuals. It appears that there may be a threshold of activity (intensity/duration) that if exceeded may have a moderating effect on the benefit but the exact level of intensity/duration remains elusive. There is no study that has been able to correlate a direct cause and effect of too much activity and increasing mortality.

My plans? I, of course, plan to continue to run at the same level that I have for many years, albeit no longer competing (see previous columns) and will take my "lumps" as they come. I truly love to run and love the running community and the daily benefits I gain from this wonderful activity are absolutely worth the "risk" of a modestly shorter lifespan.

Keep running!



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# “Run with the KNIGHTS!”



**WHAT: 10K Run & 5K Run/Walk WHEN: May 9, 2015 • 9:00 A.M.**

**WHERE: BEAUTIFUL Foster Park • Pavilion 1 PERFECT FOR THE WHOLE FAMILY!**

**Entry fee: Pre-registration \$15/person - guaranteed a T-shirt After May 4 fee: \$20/person**

*For more information contact Sarah Shank at 456-1261 or [sshank@bishopluers.org](mailto:sshank@bishopluers.org) or [www.bishopluers.org](http://www.bishopluers.org)*

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“Run with the Knights” Registration 2015

NAME \_\_\_\_\_ Circle One: 10K run 5K run 5K walk

ADDRESS \_\_\_\_\_ Email Address \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

PHONE \_\_\_\_\_ AGE \_\_\_\_\_ SEX: M F BIRTH DATE \_\_\_\_\_ SHIRT SIZE: YM YL AS AM AL XL  
XXL

ALUMNI OF BISHOP LUERS? No  Yes  If yes, class year \_\_\_\_\_ AMOUNT ENCLOSED \$15/person \_\_\_\_\_

WAIVER: In the consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby waive and release all rights and claims I may have against any sponsors or facilities used for the race (including Bishop Luers High School) for loss, damages or injuries I may suffer from my participation in this event. For my safety, I understand that bicycles, skateboards, roller skates or in-line skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. I attest and verify that I have full knowledge of the risks involved in this event, and that I am physically fit to participate in this event. I permit my photograph to be used for any legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



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## 2015 FWTC POINTS STANDINGS FOR WOMEN

Place	Name	Age	Points	Place	Name	Age	Points
				<b>19 and under</b>			
1.	Claire Greer	16	100	9.	Kris Lill	46	40
2.	Emma Newhard	14	100	10.	Shellie Love	46	20
3.	Alexandra Beber	9	80	11.	Kim Martin	46	20
4.	Addison Deckard	7	70				
				<b>50-54</b>			
				<b>20-29</b>			
1.	Cayla Pusey	22	200	1.	Sheryle Braaten	54	170
2.	Leah Johnson	29	150	2.	Karen Kosberg	53	150
3.	Allyson Salesman	27	140	3.	Gail Gerber	51	120
4.	Kelsey Hudson	28	130	4.	Denise Conrad	50	100
5.	Julia Pedraza	29	50	5.	Lisa Ruefer	52	90
6.	Liz Schloss	26	50	6.	Deanna Petcoff	54	80
7.	Kalissa Herron	27	40	7.	Carol Dobis	50	50
				<b>30-34</b>			
1.	Hidi Gaff	34	180	8.	Belinda Clancy	50	40
2.	Jenny Robinson	34	180	9.	Mari Glick	52	40
3.	Rebecca Fleps	31	140	10.	Sherrrie Konkle	51	30
4.	Emily Pfeiffer	33	100	11.	Betty Greider	50	20
5.	Joelle Ruefer	32	100	12.	Melinda Kinder	54	20
6.	Ashley Anglin	31	90				
7.	Molly Bernard	32	70	<b>55-59</b>			
8.	Kimberly Truesdell	33	60	1.	Janice Peters	59	200
9.	Ashley Smith	30	50	2.	Anita Bultemeier	55	150
10.	Rebecca Bell	32	40	3.	Susan Koenemann	57	150
11.	Allyson Schreiber	32	10	4.	Joy Brown	56	110
				<b>35-39</b>			
1.	Nichole Emmert	35	200	5.	Marcia Kirlin	58	100
2.	Teri Garrelts	36	160	6.	Barb Richardson	57	90
3.	Carmen Tse	37	120	7.	Judy Tillapaugh	56	50
4.	Jennifer Jordan	39	90	8.	Cheryl Stromski	59	30
5.	Laura Lynch	35	70	9.	Sue Kroeger	55	20
6.	Maureen Randall	38	60	10.	Linda Alberding	59	10
7.	Emily Bernard	35	50				
8.	Jill Buskirk	39	50	<b>60-64</b>			
9.	Jade Kelsey	36	50	1.	Cynthia Cornwell	60	200
10.	Lisa Falotico	35	40	2.	Roxanne Kingsbury	60	150
11.	Stacy Erickson	37	20	3.	Sherry Nidlinger	63	130
				<b>40-44</b>			
1.	Emily Keirns	40	160	4.	Kathleen Scheumann	62	80
2.	Tammy King	43	140	5.	Jenni Etzler	63	50
3.	Sandy Junk	41	140	6.	Bev Murphy	60	50
4.	Kris Saylor	42	130	7.	Regina Blanchette	60	40
5.	Cari Hardin	43	100				
6.	Sherry Brown	40	80	<b>65-69</b>			
7.	Erin Brady	43	50	1.	Barb Scrogam	68	180
8.	Melanie Findley	44	40	2.	Betty Nelson	69	100
9.	Shawn Peterson	43	40				
10.	Tresha Tharp	43	20				
11.	Janice Felger	42	10				
				<b>45-49</b>			
1.	Cathy Pusey	49	180				
2.	Karen Louis	46	150				
3.	Kim Ehleiter	47	120				
4.	Tracy Brooks	45	100				
5.	Tara Greer	46	90				
6.	Debby Rowan	47	80				
7.	Tina Baughman	45	70				
8.	Tina Grady	46	40				

Points Standings reflect all Points Series Races completed though the **Nutri-Run 20K**.

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

## 2015 FWTC POINTS STANDINGS FOR MEN

Place	Name	Age	Points	Place	Name	Age	Points
<b>19 and Under</b>							
1.	Emmett Delaney	13	180	12.	Tim Hamilton	49	30
2.	Logan Weaver	13	180	13.	David Kuker	47	20
3.	Sean Bowers	18	120	14.	Todd Ernsberger	46	10
4.	Bryce Kolvoord	11	70				
5.	Zachary Love	15	60	<b>50-54</b>			
6.	Jack Deckard	11	40	1.	Chuck Schlemmer	54	200
7.	Josiah Deckard	8	30	2.	Gregg Osborn	53	140
<b>20-29</b>							
1.	Doug Alles	27	200	3.	Rowland Perez	54	100
2.	Pete Stratton	28	160	4.	Mike Slaubaugh	54	100
3.	Adam Dyer	26	120	5.	Rick Grieze	51	80
4.	Dave Boyer	27	70	6.	Steve Leffers	54	80
5.	Alex Kaplanis	24	60	7.	Scott McCauley	50	70
6.	David Lill	22	40	8.	Ward Moya	51	70
7.	Travis Blanchette	29	30	9.	Todd Aldrich	53	40
8.	Michael Deal	28	20	10.	Steve Heim	53	30
<b>30-34</b>							
1.	Tommy Cutter	30	200	11.	Greg Hevel	51	30
2.	Joe Floyd	33	160	12.	Matt Emley	50	20
3.	Doug Morris	32	120	13.	Jim Berry	52	10
4.	Lucas Rumpfle	32	100				
5.	Jeff LaMaster	33	70	<b>55-59</b>			
6.	Phillip Amburgey	32	60	1.	David Edsall	57	140
7.	Casey Shafer	34	50	2.	Raymond Gildner	58	140
<b>35-39</b>							
1.	Jeff Nidlinger	35	200	3.	Ed Reinhard	57	100
2.	Eric Ade	36	160	4.	Jeffrey Rohleder	58	100
3.	Benjamin Grubisich	38	120	5.	Paul Shaffer	56	100
4.	Matthew Herald	36	80	6.	Chuck Brown	59	80
5.	Edward Fisk	35	70	7.	Rex Peters	58	70
6.	Chris Kaufman	38	70	8.	Michael Conrad	56	60
7.	Jason Ott	36	60	9.	Kevin Croy	57	50
8.	Dan Delaney	39	50	10.	Steve Edmiston	55	50
9.	TJ McAvoy	35	40	11.	Ed Stange	56	40
10.	Steve George	35	10	12.	Thom Horton	55	30
<b>40-44</b>							
1.	David Broerman	42	180				
2.	Berry Weaver	44	150	<b>60-64</b>			
3.	Tom Hardin	44	100	1.	Mike Clendenen	60	150
4.	Todd Poinsett	43	100	2.	Brad Altevogt	60	100
5.	Jared Newhard	42	70	3.	Jed Pearson	60	100
6.	Justin Edwards	42	60	4.	Kevin Giant	61	80
7.	Matt Mang	43	60	5.	Kerry Blanchette	61	60
8.	Matt Kelley	40	50	6.	James Alberding	64	50
9.	Mark Walden	41	50	7.	Tim Murphy	60	50
10.	Todd Findley	44	40	8.	Wayne Kolvoord	60	40
11.	Andrew Amstein	43	10				
<b>45-49</b>							
1.	Randy Houser	49	180	<b>65-69</b>			
2.	Clark Reed	48	180	1.	Roger Kingsbery	65	200
3.	Frank Murphy	45	70	2.	Harry Ausderan	65	150
4.	Noel Shafer	47	70	3.	Steven Greider	65	100
5.	Mark Witmer	48	70	4.	Bruce Etzler	65	80
6.	Chad Vannatta	45	60	5.	Gerald Thompson	67	60
7.	Mark Walter	49	60	6.	Robert Lawson	67	50
8.	Mike Else	45	50	7.	Rich Stephenson	68	40
9.	Aaron Klooze	45	50				
10.	Buff Dormeier	45	40	<b>70 and over</b>			
11.	James Bowers	46	30	1.	Bernie Burgette	71	200
<b>50-54</b>							
<b>55-59</b>							
<b>60-64</b>							
<b>65-69</b>							
<b>70 and over</b>							

## 2015 Ironrunner Award Updates

**As of the Nutri-Run 20K, the second in the series of 15 points races, 97 members are still in contention for the Ironrunner Award.**

- Eric Ade
- Doug Alles
- Ashley Anglin
- Larry Arnett
- Harry Ausderan
- Joe Beier
- Rebecca Bell
- Emily Bernard
- Molly Bernard
- James Berry
- David Biglands
- James Bowers
- Sean Bowers
- Sheryle Braaten
- Dave Broerman
- Joy Brown
- Sherry Brown
- Anita Bultemeier
- Bernie Burgette
- Jill Buskirk
- Belinda Clancy
- Mike Clendenen
- Cynthia Cornwell
- Thomas Cutter
- Emmett Delaney
- Adam Dyer
- Steve Edmiston
- David Edsall
- Kim Ehleiter
- Nichole Emmert
- Todd Ernsberger
- Rebecca Fleps
- Hidi Gaff
- Teri Garrelts
- Gail Gerber
- Raymond Gildner
- Tina Grady
- Kent Greer
- Tara Greer
- Betty Greider
- Steven Greider
- Rick Grieze
- Benjamin Grubisich
- Bill Harris
- Steve Heim
- Matthew Herald
- Greg Hevel
- Thom Horton
- Donovan Houser
- Kelsey Hudson
- Leah Johnson
- Jenniffer Jordan
- Sandy Junk
- Emily Keirns
- Tammy King
- Roger Kingsbery
- Roxanne Kingsbury
- Marcia Kirlin
- Aaron Klooze
- Susan Koenemann
- Karen Kosberg
- Karen Louis
- Dan McGuire
- Douglas Morris
- Frank Murphy
- Jared Newhard
- Jeff Nidlinger
- Sherry Nidlinger
- Gregg Osborn
- Jason Ott
- Terry Parker
- Janice Peters
- Rex Peters
- Shawn Peterson
- Emily Pfeiffer
- Todd Poinsett
- Cathy Pusey
- Cayla Pusey
- Clark Reed
- Barb Richardson
- Jenny Robinson
- Jeff Rohleder
- Debby Rowan
- Joelle Ruefer
- Lisa Ruefer
- Lucas Rumble
- Allyson Salesman
- Kris Saylor
- Chuck Schlemmer
- Allyson Schreiber
- Barb Scrogam
- Mike Slaubaugh
- Pete Stratton
- Carmen Tse
- Berry Weaver
- Logan Weaver
- Greg Wehling

# Training for Success

By **MIKE ELSE**

## **RRCA Certified Running Coach**

For those who might not know me, I will give a brief running history: I never ran track or cross country in high school because I thought the distances were too far for me! In college and the years that followed, I would occasionally train for a 5K and then stop running shortly thereafter. It wasn't until I was 33 years old that I decided to train and run the Chicago Marathon. That was most likely the most painful experience in my life but like most of you reading this I had caught the running bug.

In the years that followed, I ran many more races and the distances continued to increase. I finished many races in that time span and eventually started trying ultra marathons. My 2 proudest moments in running would be when I finished my first 100 mile ultra marathon and when I qualified for the Boston Marathon.

Along the way, I became a Certified Running Coach by both Team in Training and Road Runners Club of America. I take great joy in helping other runners reach their goals whether it's their first 5K or qualifying for Boston.

Now on to the interesting part regarding your training: If most of you are like me, you are sick of running on the treadmill or doing laps inside while the wind chill hovers around zero!

Spring time is a great time of year when we get back outside and can feel the sun on our faces again. For some of us we may have taken some time off over the winter months or perhaps you made a New Year's resolution to get healthy and start a running program. Either way, I wanted to briefly discuss some running tips that will help you **spring into your running and racing year!**

### **Set goals and Aim High**

After the cold winds of winter have subsided, it is a great idea to put some thought into your yearly running and racing goals. I usually tell coaching clients to set at least 2 long range goals and 2 short term goals that can be instituted within 30 days.

An example of a short term goal could be joining a weekly run group or instituting a healthy eating plan. Long range goals usually

have more to do with choosing which races we want to do and

choosing the distances we will race.

If you are choosing well known races such as the Chicago Marathon or the New York City Marathon, you will need to plan ahead and visit the race web site for sign up dates and possible lottery deadlines.

### **Evaluation of current equipment**

We make sure we take good care of our vehicles with preventative maintenance and we should do the same with our bodies. Most running shoes are manufactured for roughly 300-500 training miles. If we wear them for work or to school it will cause them to break down even faster. I see many people at the running store who think they have had their shoes for 6-9 months but when we look at their record it has been longer than 12 months. The number one cause of injuries is wearing broken down shoes that have lost their cushioning and protective features.

For those new to running or walking, it is important to go through a gait analysis to make sure you are wearing the proper category of shoe that matches your needs. A gait analysis is offered free of charge at 3 Rivers Running Company as part of the shoe buying process. It is well worth the 10-20 minutes to have the pros get you into the correct shoes. Along with shoes, it may be time to replace certain apparel items or look at that GPS watch you have been thinking about.

### **Plan your work and then Work the Plan**

I like this saying because whether you are a newbie to running or an experienced pro it will be much easier to attain success by making a plan. One of the key factors to long term running is finding motivation by joining a running group. By no means am I saying you can't be successful running solo, in fact a large majority

of my runs are done with an iPod. However, most of my

longer runs are done with a group and it makes the miles pass by much quicker and we have time to discuss the latest running trends and family events. It is also a great way to train with others that have a common goal.

### **Upcoming Events**

Starting in May, I will be having a Couch to 5K class offered at 3 Rivers Running Company. It will be dedicated to helping those beginning run/ walkers train for the Runners on Parade 5K on July 11<sup>th</sup>.

Fort 4 Fitness will also be offering a beginning runner training series that will begin in June. For more information on these programs visit the web sites for Fort 4 Fitness and 3 Rivers Running Company.

I will be holding speed workouts beginning on May 19<sup>th</sup> and continuing through the summer until the end of August.

Last but not least, I would recommend either purchasing a training plan or even better hiring a coach. I think a lot of runners are intimidated with the idea of hiring a coach or feel that is only for elites. A good coach will look at your past health and running history and take your current running goals into consideration when building your training plan.

It is also nice to have an experienced coach on hand when things do not go as planned and questions arise. When hiring a coach be sure to ask lots of questions and make sure they have been certified. The 2 most well-known certifying agencies are the Road Runners Club of America and USA Track and Field.

I hope these tips will get you started on your path to success in 2015? One of my greatest joys is helping others reach their training goals. If anyone ever has a quick question about their training be sure to contact me at [mike@3riversrunning.com](mailto:mike@3riversrunning.com).



# HIGH SCHOOL RUNNING UPDATE

By **ROWLAND PEREZ**

**FWTC Board Member**

The high school indoor track season just ended with the Hoosier State Relays at Lambert Fieldhouse - Purdue University on March 21st. Qualification for the State Meet was secured at various meets held from March 2 – March 15 with the top 24 making the finals in small school (1A/2A/3A) and large school (4A//5A/6A) divisions. Events included: high jump, long jump, shot put, pole vault, 60 meter dash, 60 meter high hurdles, 3200 meter run, 4 X 800, 4 X 200, 4 X 400, DMR (1200, 400, 800, 1600). Top local finishers in the distance events were:

## Small School

### 3200

#### Boys

- 3.Brandon Arnold (West Noble) 9:38
- 4.David Ehlers (Concordia) 9:47
- 12.Nathan Thomas (Fremont) 10:08

#### Girls

- 1.Bailey Beery (Bellmont) 11:07
- 11.Aspen Dirr (Prairie Heights) 12:02
- 12.Katie Culler (Fremont) 12:03

### 4 X 800

- 4.West Noble 8:29
- 12.Bishop Luers 10:53
- 24.Bellmont 12:03

### DMR (distance medley relay)

#### Boys

- 9.Concordia 11:22
- 11.West Noble 11:25

12.Bellmont 11:27

#### Girls

4.Bellmont 13:09

## Large School

### 3200

#### Boys

- 2.Brayden Law (Homestead) 9:22.6
- 6.Mark Beckmann (DeKalb) 9:30.2
- 8.Roman Jennings (Snider) 9:34

#### Girls

- 5.Madison Fruchey (Carroll) 11:12
- 8.Grace Walther (Homestead) 11:15.4
- 9.Tyler Schwartz (DeKalb) 11:19
- 23.Paige Boatright (New Haven) 12:18

### 4 X 800

#### Boys

- 7. Bishop Dwenger 8:14

11.Carroll 8:18

#### Girls

20.Carroll 10:42

### DMR

- 1.Carroll 10:28 **\*\*NEW RECORD\*\***
- 13.Homestead 10:55
- 14.Snider 11:00
- 24.DeKalb 11:40

#### Girls

- 7. Carroll 12:45
- 14.Homestead 13:06

**Good Luck to ALL our high school athletes as they begin the outdoor season in April! Stay tuned for more updates!**

## 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](mailto:slaubau@ipfw.edu)

# Stay Fueled for Fitness

By **JUDY TILLAPAUGH**  
FWTC Board Member

It is 1-2 hours before a workout. What should you eat and drink as a snack?

You're planning a 1 ½ hour to 2 hour long run or walk. What could you drink during the time period to stay energized and hydrated?

For post recovery nutrition, you know you should drink or eat something within 30 minutes after a long workout and get 50 to 100 grams of carbohydrate plus some protein. What could you have ready and waiting for you?

These are all great questions with answers that would benefit all fitness enthusiasts. It is useful to eat or drink a snack 1 to 2 hours or a meal 3 to 4 hours before a workout and it is essential to have nourishment right after workouts (within 30 minutes). Think about using the guidelines below so your constantly nourished physically and mentally. Day by day nutritious meals and snacks (especially before, during, and after workouts) will help you be fueled for top performances during practices and competitions. They will also promote total health and reduce the risk of getting sick.

Quick and Convenient Before and After Workout Snack Ideas:

1. **Vanilla yogurt**, low fat, 1 cup - 210 cal., 3 gms. fat, 34 gms. carbohydrate and 12 gms. protein
2. **Milk**, low fat, 16 ounces (2 cups)- 240 cal, 10gms fat, 24 grms carbohydrate and 16 gms protein
3. **Chocolate milk**, 16 ounces- 340 cal., 5 gms. fat, 56 gms. carbohydrate and 16 gms. protein
4. **Chocolate soy milk (Silk)**, 16 ounces- 150 cal., 6 gms fat, 28 gms carbohydrate and 8 gms protein
5. **1 ½ -2 cups cereal + 1 cup milk** or flavored yogurt- 250 cal., 4 gms. fat, 42 gms. carbohydrate and 14 gms. protein
6. **Handful of crackers + 1 oz cheese or egg**- 240 cal., 8 gms. fat, 30 gms. carbohydrate and 12 gms. protein
7. **3 fig bars and 2 tablespoons peanut butter**- 318, 20.5 gms fat, 51 gms carbohydrate and 11 gms protein
8. **Turkey sandwich** - 260 calories, 6 gms. fat, 30 gms. carbohydrate and 20 gms protein
9. **2 slices toast or baked potato and 1 egg**- 235 calories, 7 gms fat, 30 gms carbohydrate and 13 gms protein
10. **Ensure**, 12 fl oz.- 250 cal., 6 gms. fat, 40 gms. carbohydrate and 9 gms. protein

11. **Boost**, 8 fl oz.- 240 cal., 6 gms. fat, 33 gms. carbohydrate and 15 gms. protein

12. **Power Bar**, 1 bar- 230 cal., 2.5 gms. fat, 42 gms. carbohydrate and 9 gms. protein

13. **Balance Bar**, 1 bar- 200 cal., 6 gms. fat, 22 gms. carbohydrate and 15 gms. protein

14. **Zone Bar**, 1 bar- 200 cal., 4 gms. fat, 25 gms. carbohydrate and 14 gms. protein

These are just 14 options of what to eat before and after a workout. They provide carbohydrate, protein and fat. Find something similar if desired. For your personal nutrition needs your portions may need to be 2 times these amounts. Discover what can work well for you!

For hydration, drink a glass of water 1-2 hours before fitness time. For post fitness rehydration, for every pound of sweat lost replace with 2-3 cups fluids. Sometimes weigh yourself before and after a run or walk so you learn your personal rate of sweat lose.

Beverage Examples To Use During Practices and Competitions That Last Longer Than 60 Minutes:

1. **Gatorade**, 8 oz. - 50 calories, 0 gms. fat, 14 gms. carbohydrate, 0 gms. protein, 110 mg. sodium
2. **Power Ade**, 8 oz.- 60 calories, 0 gms. fat, 15 gms. carbohydrate, 0 gms. protein, 53 mgs. Sodium.

Drink 4 oz to 10 oz. of these beverages or similar beverages every 15 to 20 minutes during workouts and competitions that are longer than 60 to 90 minutes. These will help maintain a normal blood sugar and hydration for more consistent muscular and mental energy. The goal is to have at least 30 to 60 gms. of carbohydrate per hour during a long period of activity.

**Note:** gels, Gu's, shot blocks, jelly beans or another carbohydrate source could be used in place of the sports beverages. Drink 4 to 10 oz. of water every 15-20 minutes when eating these products.

Plan for before, during and after nutrition guidelines as part of an overall nutritious eating pattern.

Eat 3 meals and 2-3 snacks daily. Stay fueled for fitness!

Best,

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

Tillapau@ipfw.edu

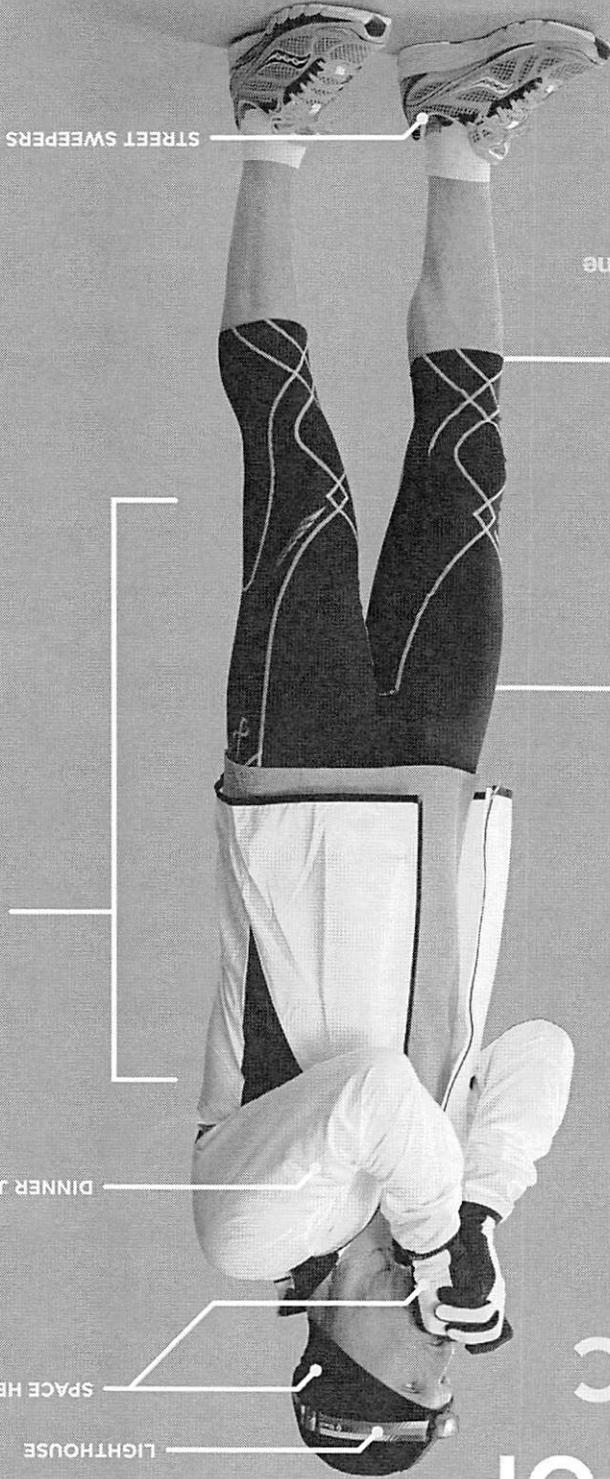
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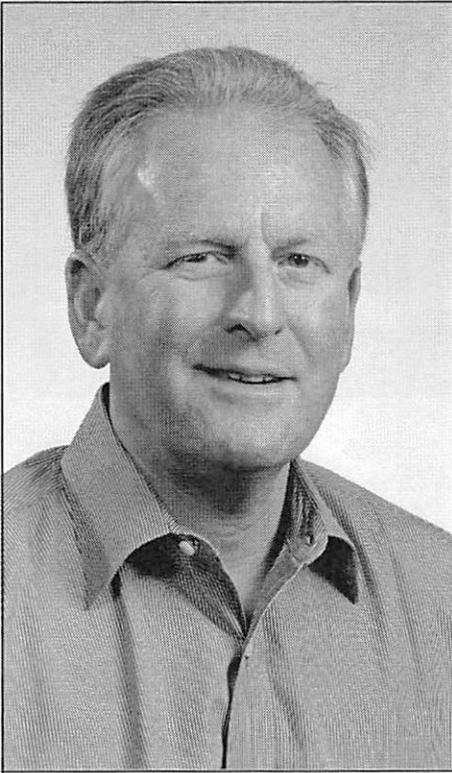
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The Fort Wayne Track Club have elected a new slate of officers and board members at the end of 2014.

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.

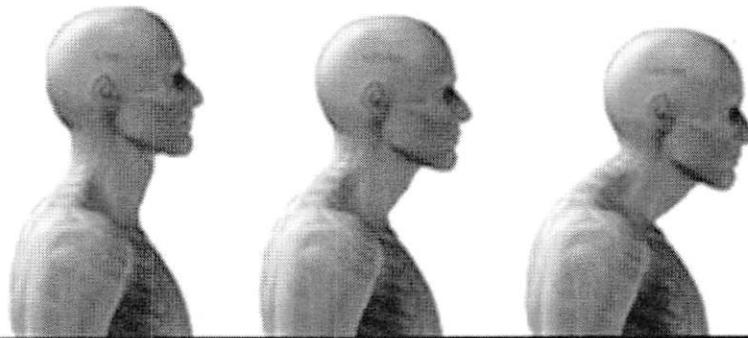
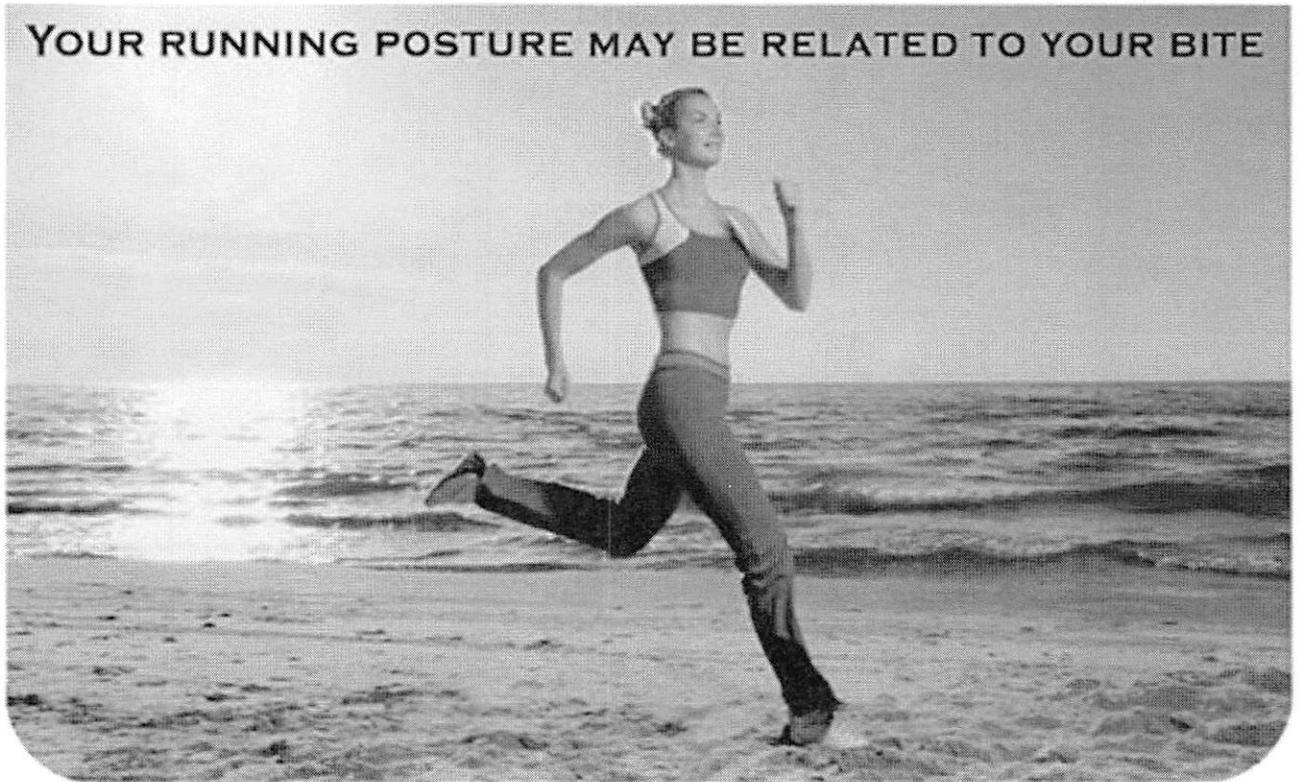


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**YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE**



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"



# Nutri-Run





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3 2

Mike Else shares his thoughts on  
effective training and how to set  
and achieve running goals.

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