

The *New* Inside Track

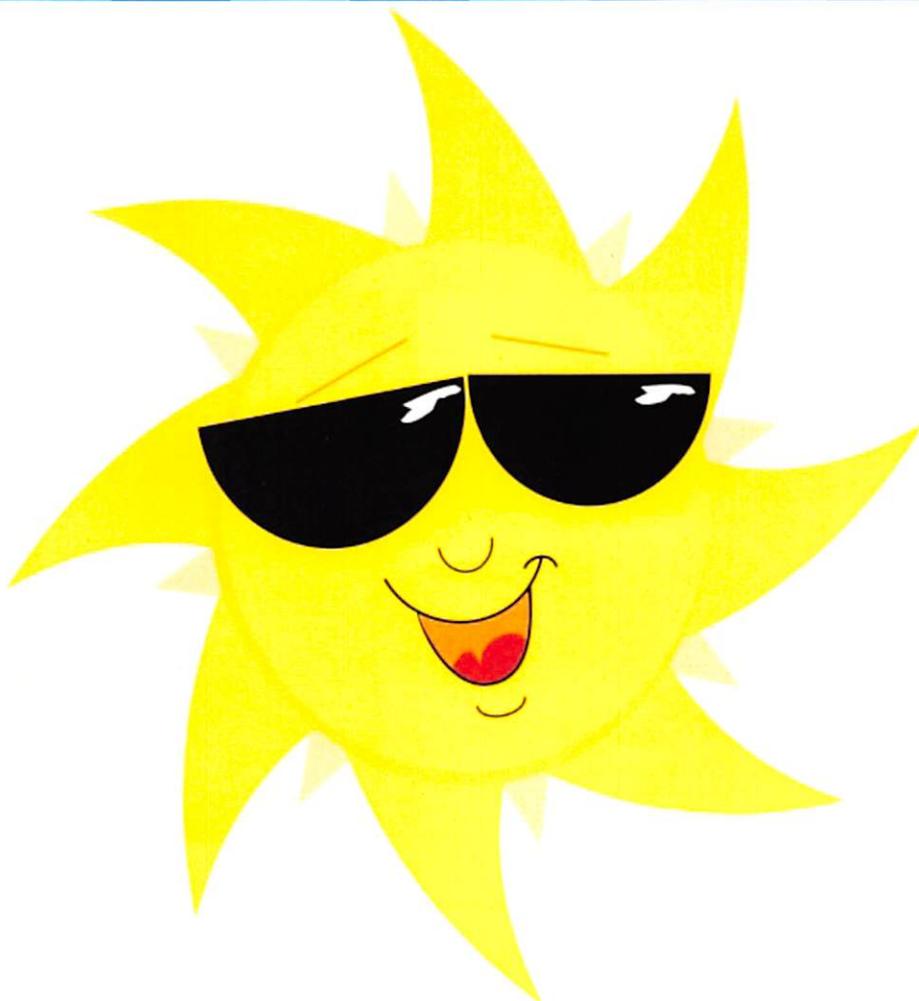
FORT WAYNE



TRACK CLUB

May/June 2015

A publication of the Fort Wayne Track Club



HIGHLIGHTS:

- **Updated Points Standings**
- **IRON-RUNNER contenders**
- **High School Update**



UPCOMING RACES

RUNNERS ON PARADE—JULY 12

NEW HAVEN 10K—AUGUST 2

ROTARY 5K—AUGUST 15

REGULAR FEATURES

ON THE MARK—PAGE 6

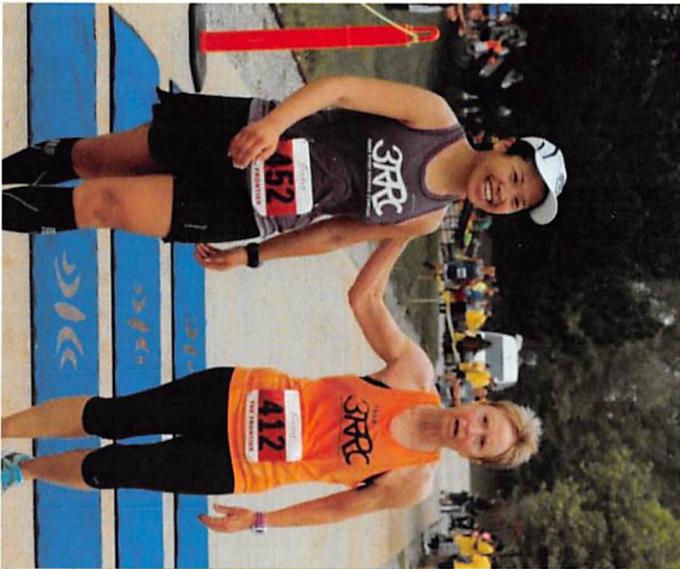
POINTS STANDINGS—PAGES 8-10

IRONRUNNER STANDINGS—PAGE 10

NEW AND NOTEWORTHY

A "BREAK" FROM RUNNING—PAGE 11

THE STORY OF MY FIRST FULL—PAGE 16



4 Wellness Summer Series 2014:

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



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FORT WAYNE TRACK CLUB

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

OFFICERS, COORDINATORS AND BOARD MEMBERS

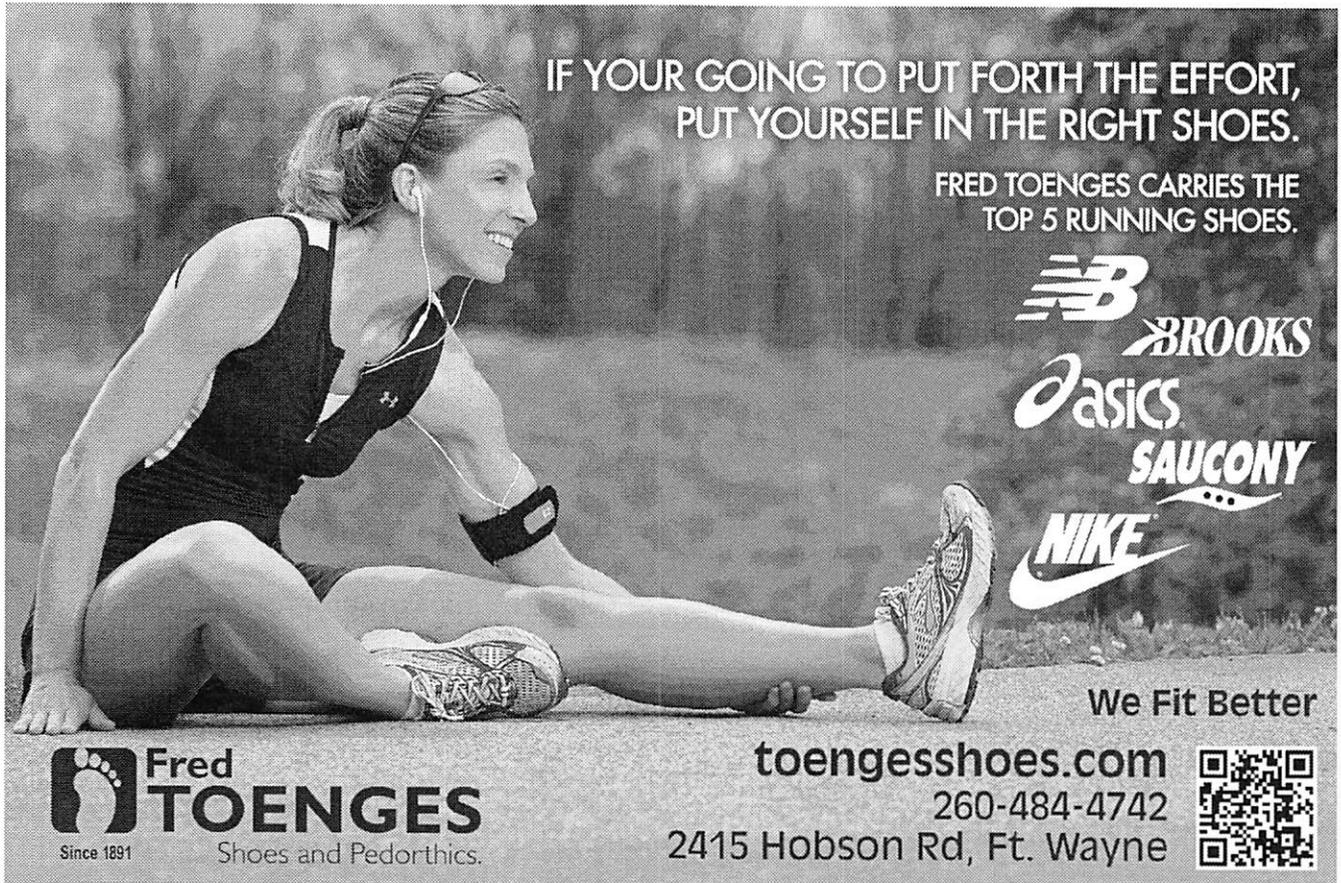
| | | | |
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Contact the Fort Wayne Track Club at: P.O. Box 11703; Fort Wayne, IN 46808-1703 Website: www.fwtc.org

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 | | |



HIGH SCHOOL RUNNING

ROWLAND PEREZ

FWTC Board Member

As the high school outdoor track season began, many local distance runners traveled to Franklin Central High School to compete in the "Miracle Mile" on April 17.

BOYS FRESHMAN 1 MILE

14. James Swinehart, Homestead 4:43.2
43. Todd Schlegel, Snider 5:05.5
45. Tyson Agnew, Snider 5:06.4

BOYS 1 MILE OPEN

6. Brayden Law, Homestead 4:18.4
9. Cameron Clements, Carroll 4:20.4
12. Jacob Schmeling, Carroll 4:22.1
20. Mark Beckmann, DeKalb 4:23.2
33. Roman Jennings, Snider 4:25.5

GIRLS 1 MILE OPEN

17. Madison Fruchey, Carroll 5:13.2
20. Tyler Schwartz, DeKalb 5:13.7
24. Grace Walther, Homestead 5:15.8
31. Stacey Metzger, Carroll 5:18.7
45. Riley Welch, Fremont 5:24.7
49. Bethany Doehrman, Snider 5:29.8
51. Madison Distelrath, Homestead 5:31.6

NHC Distance Results:

GIRLS 4X800

1. Belmont 9:48.6
2. Homestead 9:53.5
3. Carroll 10:07.7

BOYS 4X800

1. Carroll 8:17.3
2. Belmont 8:33.6
3. DeKalb 8:36.0

GIRLS 800

1. Grace Walther Homestead 2:18.6
2. Madison Distelrath Homestead 2:24.5
3. Stacey Metzger Carroll 2:24.8

BOYS 800

1. Wesley Garrison Carroll 1:58.0
2. Jacob Schmeling Carroll 1:58.3
3. Clay Travis DeKalb 2:01.9

GIRLS 1600

1. Madison Fruchey Carroll 5:07.6
2. Stacey Metzger Carroll 5:08.5
3. Tyler Schwartz DeKalb 5:12.8

BOYS 1600

1. Jacob Schmeling Carroll 4:21.0
2. Cameron Clements Carroll 4:21.7

3. Mark Beckmann DeKalb 4:21.8

GIRLS 3200

1. Madison Fruchey Carroll 11:06.1
2. Tyler Schwartz DeKalb 11:13.9
3. Bailey Beery Belmont 11:20.1

BOYS 3200

1. Brayden Law Homestead 9:22.2 (meet record)
2. Mark Beckmann DeKalb 9:24.3
3. Cameron Clements Carroll 9:27.8

SAC Distance Results:

GIRLS 4X800

1. Bishop Dwenger 10:19.8
2. Wayne 10:32.44
3. Bishop Luers 10:44.0

BOYS 4X800

1. FW Dwenger 8:16.0
2. FW Northrop 8:24.8
3. FW Concordia 8:32.0

GIRLS 800

1. Abigail Grider South Side 2:23.5
2. Beth Doehrman Snider 2:24.9
3. Nicole Wilson Wayne 2:31.5

BOYS 800

1. Greg Tippmann Dwenger 1:58.4
2. Emmanuel Valentin North Side 2:00.7
3. Robert Peck Snider 2:01.5

GIRLS 1600

1. Abigail Grider South Side 5:27.1
2. Beth Doehrman Snider 5:35.3
3. Alexis Grider South Side 5:45.3

BOYS 1600

1. Greg Tippmann Dwenger 4:26.9
2. Roman Jennings Snider 4:30.9
3. Dustin Starnes Northrop 4:32.3

GIRLS 3200

1. Alexis Grider South Side 12:20.5
2. Emily McManus Luers 12:39.7
3. Ashtyn Robertson Snider 12:57.5

BOYS 3200

1. Roman Jennings Snider 9:42.6
2. Dustin Starnes Northrop 9:56.0
3. Alex Cambron Northrop 10:13.5

Good Luck to ALL our high school athletes as they compete in the state tournament series! Look for results of the State Meet in the next issue!

On the Mark: Too Hot to Trot

By DR. MARK O'SHAUGHNESSY

Recently, I found myself asking the age-old question; "Why am I doing this to myself?" I was running the Carmel Marathon in Carmel, Indiana and for the first 9 miles I was on fire! I was running just behind the 3:15 pace group (not intentionally) and convinced that the leader was going too slow. Many will remember that I while I wear a watch during my running (to interrogate the race after the fact), I never look at my time so I really have no frame of reference other than how I feel and in this instance the pace felt way too slow. I actually had delusions of PR's and Age group finishes. Unfortunately, reality set in at about 10 miles and I became the "bug." We have a saying in our house; "Sometimes you are the windshield, sometimes you are the bug." ... You get the picture, it wasn't pretty.

I had a whole lot of time to dissect this race during what seemed like an interminable death march to the finish and have had ample time since to reflect on what went wrong. Like most things in life, the answer is not singular but rather a series of events that conspired against me on this fateful agonizing day. During a rare moment of introspection I had to admit the painful truth that I was not trained to the level I should have been for this event (more on this in articles to come). On top of the lack of conditioning, my mind was simply not in the race from the start and for those who have tried and conquered the Marathon distance it is a truism that one's psychological fitness is as, or more important than physiological fitness when attempting these distances. Lastly, and the focus of this and the next several articles in this series, it was just too Damn hot!

So given the above palaverous preamble (who doesn't love alliteration) I would like to begin a discussion of Thermoregulation. As always, we need to start at the very beginning and will be reviewing the amazing mechanisms of our body's thermoregulatory system over

the next several months. Most know that normal Human body temperature is 98.6 degrees Fahrenheit (37 degrees Celsius, 310.15 degrees Kelvin for you Physics nerds) and deviations from this ideal temperature results in disruption of normal physiologic processes that keep our bodies working optimally. Why 98.6, because I, err **God** said so! Actually, it turns out that many of our body's chemical reactions and physiologic processes work most efficiently within a relatively narrow temperature range that centers around this magical number. Outside this range many chemical reactions begin to falter and our smooth efficient "engine" begins to run rough and in some instances fails altogether.

Most of us have had an experience or two of having a fever (elevated temperature) when we are ill and know the effects of this first hand. Feeling hot, flushed and sweating one minute and shivering uncontrollable the next along with changes in our ability to think or perform simple mental tasks are just two of the common symptoms one has with fevers. Throw in all of the assorted symptoms associated with a particular illness (think Cold or Flu) and basically we feel like, well Crap. The fever is our bodies attempt to begin to fight the invading infection and as long as it is not too high is a beneficial process. If one's body temperature rise too high for too long there can be irreversible damage that can occur especially to our extremely sensitive brain but this is well outside the scope of these articles.

It turns out that many other organisms thrive best within this particular temperature range as well and a fever is one mechanism to begin to fight infections by disrupting their chemical processes weakening them to allow our immune systems to do its job. Fevers are actually good and help us along our path of recovery when we have certain illnesses and should be welcome short term guests. We can suppress fevers by taking acetaminophen (Tylenol) or ibuprofen (Advil) but frankly unless one's fever

is too high (>102 for longer than

12-24 hours) there is no real good medical reason to suppress the fever response. We, of course, take the above mentioned medications for reasons other than fever suppression (pain, muscle aches, etc.) and it is perfectly fine to continue to do so in the future. The point is, fevers are actually a good thing and should not be seen as some evil invader that we need to avoid at all costs.

As we just discussed, as our temperature rise beyond the "ideal" range many of our incredibly efficient chemical reactions and physiologic processes begin to falter and our ability to perform tasks are adversely effected. So, one of the major reasons for my "Bug-dom" on that fateful day in Indy was the ambient temperature. I had been training all winter in temperature well below freezing and on this particular day the temperature got up to a high of 82 for the day and was in the mid to upper 70's for most of the race. As I already said; "Too Damn Hot! Because we are generating significant amounts of heat when we run, think of how hot your car engine runs after a long trip, if we are unable to dissipate this heat our body temperatures increase and our engine begins to fail. As ambient temperature rises, our ability to dissipate the heat we generate during running is diminished and we actually develop "fevers" or elevated body temperatures disrupting our basic physiology in fundamental ways.

Well, that's my story and I'm sticking to it! We will be discussing some of our complex mechanisms for temperature regulation and how we can best prepare ourselves for performing in differing weather conditions in upcoming articles so stay tuned and...

Keep Running!



21st Annual Runners on Parade

Presented by Fort Wayne Orthopedics



July 11th at 8am, Lincoln Financial Event Pavilion
Headwaters Park, Fort Wayne

Join over 1000 of your fellow runners for the premier summer running event, the annual Runners on Parade 5k, right before the start of the Three Rivers Festival! It also features some of the most competitive area runners in all age group categories for those looking for a challenge, or you can relax and enjoy the cheering crowds right before the Three River Festival Parade. The Fort Wayne Track Club donates \$1 for every registered runner to Riley Hospital for Children, so come out for a great event and support a great cause. We look forward to seeing you there!

Special Age Group Category Awards

9 and under, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19,
20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75 and over

Prize Money for Overall Finishers

Prize money for top 3 overall and
top 3 masters for both men and women.
1st - \$125, 2nd - \$75, 3rd - \$50

Get yourself registered today! Following the registration links on fwtc.org or runnersonparade.com.
The price increase dates are listed below:

Until June 1st - \$20

June 1st until July 4th - \$25

July 4th until Packet Pickup - \$30

This event is made possible by the generous sponsorship of the following organizations



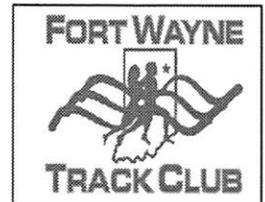
2015 FWTC POINTS STANDINGS FOR WOMEN

| Place | Name | Age | Points | Place | Name | Age | Points |
|---------------------|---------------------|-----|--------|---|--------------------|-----|--------|
| <u>19 and under</u> | | | | <u>45-49</u> | | | |
| 1. | Alexandra Beber | 9 | 250 | 1. | Cathy Pusey | 49 | 530 |
| 2. | Victoria Love | 19 | 220 | 2. | Karen Louis | 46 | 270 |
| 3. | Julia Broerman | 12 | 100 | 3. | Debbie Seigel | 49 | 210 |
| 4. | Claire Greer | 16 | 100 | 4. | Tina Grady | 46 | 200 |
| 5. | Makenzie Kolvoord | 8 | 100 | 5. | Kim Ehleiter | 47 | 180 |
| 6. | Emma Newhard | 14 | 100 | 6. | Tara Greer | 46 | 170 |
| 7. | Delainey Floyd | 10 | 80 | 7. | Shellie Love | 46 | 170 |
| 8. | Addison Deckard | 7 | 70 | 8. | Tina Baughman | 45 | 140 |
| <u>20-29</u> | | | | 9. | Tracy Brooks | 45 | 100 |
| 1. | Allyson Salesman | 27 | 440 | 10. | Kris Lill | 46 | 90 |
| 2. | Cayla Pusey | 22 | 400 | 11. | Debby Rowan | 47 | 80 |
| 3. | Kelsey Hudson | 28 | 130 | 12. | Kim Martin | 46 | 20 |
| 4. | Kalissa Herron | 27 | 390 | 13. | Kellie Walker | 49 | 30 |
| 5. | Leah Johnson | 29 | 230 | 14. | Lisa Ernsberger | 47 | 10 |
| 6. | Julia Pedraza | 29 | 50 | <u>50-54</u> | | | |
| 7. | Liz Schloss | 26 | 50 | 1. | Sheryle Braaten | 54 | 480 |
| <u>30-34</u> | | | | 2. | Cindy McGovern | 50 | 280 |
| 1. | Hidi Gaff | 34 | 530 | 3. | Lisa Ruefer | 52 | 260 |
| 2. | Joelle Ruefer | 32 | 360 | 4. | Gail Gerber | 51 | 240 |
| 3. | Rebecca Fleps | 31 | 300 | 5. | Karen Kosberg | 53 | 220 |
| 4. | Molly Bernard | 32 | 280 | 6. | Deanna Petcoff | 54 | 200 |
| 5. | Rebecca Bell | 32 | 240 | 7. | Carol Dobis | 50 | 120 |
| 6. | Jenny Robinson | 34 | 180 | 8. | Melinda Kinder | 54 | 120 |
| 7. | Emily Pfeiffer | 33 | 150 | 9. | Belinda Clancy | 50 | 110 |
| 8. | Allyson Schreiber | 32 | 130 | 10. | Denise Conrad | 50 | 100 |
| 9. | Mary Williams-Akers | 33 | 130 | 11. | Mari Glick | 52 | 100 |
| 10. | Ashley Anglin | 31 | 90 | 12. | Betty Greider | 50 | 90 |
| 11. | Kelly Davis | 34 | 70 | 13. | Sherrie Konkle | 51 | 30 |
| 12. | Kimberly Truesdell | 33 | 60 | 14. | Lori Heim | 50 | 10 |
| 13. | Ashley Smith | 30 | 50 | 15. | Judy Roy | 51 | 10 |
| 14. | Mary Aguilar | 34 | 50 | <u>55-59</u> | | | |
| 15. | Megan Floyd | 31 | 10 | 1. | Anita Bultemeier | 55 | 440 |
| <u>35-39</u> | | | | 2. | Joy Brown | 56 | 350 |
| 1. | Nichole Emmert | 35 | 400 | 3. | Susan Koenemann | 57 | 320 |
| 2. | Teri Garrelts | 36 | 340 | 4. | Janice Peters | 59 | 300 |
| 3. | Laura Lynch | 35 | 300 | 5. | Barb Richardson | 57 | 220 |
| 4. | Carmen Tse | 37 | 250 | 6. | Sue Kroeger | 55 | 190 |
| 5. | Jill Buskirk | 39 | 220 | 7. | Marcia Kirlin | 58 | 140 |
| 6. | Lisa Falotico | 35 | 160 | 8. | Benita Browning | 57 | 90 |
| 7. | Emily Bernard | 35 | 150 | 9. | Dorthea Ruhl | 55 | 80 |
| 8. | Amanda Dennis | 39 | 120 | 10. | Lisa Ramirez | 55 | 70 |
| 9. | Michelle Galassini | 38 | 100 | 11. | Judy Tillapaugh | 56 | 50 |
| 10. | Jenniffer Jordan | 39 | 90 | 12. | Cheryl Stromski | 59 | 30 |
| 11. | Stacy Erickson | 37 | 80 | 13. | Linda Alberding | 59 | 10 |
| 12. | Maureen Randall | 38 | 60 | 14. | Jan Halter | 58 | 10 |
| 13. | Jade Kelsey | 36 | 50 | <u>60-64</u> | | | |
| 14. | Desirea Tyler | 36 | 40 | 1. | Cynthia Cornwell | 60 | 550 |
| 15. | Amanda Herald | 35 | 30 | 2. | Roxanne Kingsbury | 60 | 420 |
| <u>40-44</u> | | | | 3. | Sherry Nidlinger | 63 | 380 |
| 1. | Emily Keirns | 40 | 450 | 4. | Regina Blanchette | 60 | 190 |
| 2. | Cari Hardin | 43 | 400 | 5. | Bev Murphy | 60 | 190 |
| 3. | Tammy King | 43 | 400 | 6. | Kathy Rowe | 64 | 80 |
| 4. | Kris Saylor | 42 | 340 | 7. | Kathleen Scheumann | 62 | 80 |
| 5. | Sherry Brown | 40 | 300 | 8. | Jenni Etzler | 63 | 50 |
| 6. | Shawn Peterson | 43 | 150 | <u>65-69</u> | | | |
| 7. | Sandy Junk | 41 | 140 | 1. | Barb Scrogam | 68 | 490 |
| 8. | Marcia Schaefer | 42 | 120 | 2. | Betty Nelson | 69 | 400 |
| 9. | Connie Bealer | 44 | 60 | <p style="text-align: center;">Points Standings reflect all Points Series Races completed though the Frontier Run 10K.</p> <p style="text-align: center;">For additional Points Standings, visit the Fort Wayne Track Club website: www.fwtc.org.</p> | | | |
| 10. | Erin Brady | 43 | 50 | | | | |
| 11. | Melanie Findley | 44 | 40 | | | | |
| 12. | Carla Bauman-Franks | 42 | 20 | | | | |
| 13. | Robin Dombrowski | 43 | 20 | | | | |
| 14. | Tresha Tharp | 43 | 20 | | | | |
| 15. | Janice Felger | 42 | 10 | | | | |

2015 FWTC POINTS STANDINGS FOR MEN

| Place | Name | Age | Points | Place | Name | Age | Points |
|---------------------|---------------------|-----|--------|--------------|-------------------|-----|--------|
| <u>19 and Under</u> | | | | | | | |
| 1. | Logan Weaver | 13 | 380 | 6. | Aaron Klooze | 45 | 160 |
| 2. | Sean Bowers | 18 | 350 | 7. | Mark Witmer | 48 | 140 |
| 3. | Zachary Love | 15 | 320 | 8. | Frank Murphy | 45 | 130 |
| 4. | Emmett Delaney | 13 | 180 | 9. | Chad Vannatta | 45 | 120 |
| 5. | Dyllan Floyd | 11 | 150 | 10. | Todd Ernsberger | 46 | 80 |
| 6. | Bryce Kolvoord | 11 | 140 | 11. | David Luker | 47 | 60 |
| 7. | Jack Deckard | 11 | 90 | 12. | Mark Walter | 49 | 60 |
| 8. | Keaton Broerman | 14 | 70 | 13. | Mike Else | 45 | 50 |
| 9. | Josiah Deckard | 8 | 30 | 14. | Douglas Dye | 48 | 30 |
| | | | | 15. | Tim Hamilton | 49 | 30 |
| <u>20-29</u> | | | | <u>50-54</u> | | | |
| 1. | Adam Dyer | 26 | 300 | 1. | Gregg Osborn | 53 | 430 |
| 2. | Doug Alles | 27 | 200 | 2. | Rick Grieze | 51 | 300 |
| 3. | Alex Kaplanis | 24 | 160 | 3. | Ward Moya | 51 | 270 |
| 4. | Pete Stratton | 28 | 160 | 4. | Rowland Perez | 54 | 270 |
| 5. | Dave Boyer | 27 | 150 | 5. | Mike Slaubaugh | 54 | 270 |
| 6. | Michael Deal | 28 | 80 | 6. | Chuck Schlemmer | 54 | 200 |
| 7. | Praveen Kumar | 24 | 70 | 7. | Scott Eberle | 51 | 200 |
| 8. | David Lill | 22 | 40 | 8. | Steve Leffers | 54 | 180 |
| 9. | Travis Blanchette | 29 | 30 | 9. | Steve Heim | 53 | 140 |
| <u>30-34</u> | | | | 10. | Greg Hevel | 51 | 140 |
| 1. | Tommy Cutter | 30 | 520 | 11. | Scott McCauley | 50 | 70 |
| 2. | Joe Floyd | 33 | 460 | 12. | Matt Emley | 50 | 50 |
| 3. | Doug Morris | 32 | 330 | 13. | Todd Aldrich | 53 | 40 |
| 4. | Lucas Rumpel | 32 | 200 | 14. | Joe Beier | 50 | 20 |
| 5. | Jeff LaMaster | 33 | 150 | 15. | Jim Berry | 52 | 10 |
| 6. | Mark Doepner | 32 | 130 | 16. | Michael Overdahl | 54 | 10 |
| 7. | Phillip Amburgey | 32 | 110 | <u>55-59</u> | | | |
| 8. | Justin Bartlett | 30 | 80 | 1. | David Edsall | 57 | 360 |
| 9. | Casey Shafer | 34 | 50 | 2. | Raymond Gildner | 58 | 320 |
| 10. | Girish Venkataraman | 32 | 30 | 3. | Paul Shaffer | 56 | 280 |
| <u>35-39</u> | | | | 4. | Chuck Brown | 59 | 200 |
| 1. | Jeff Nidlinger | 35 | 550 | 5. | Jeffrey Rohleder | 58 | 140 |
| 2. | Benjamin Grubisich | 38 | 380 | 6. | Thom Horton | 55 | 110 |
| 3. | Matthew Herald | 36 | 310 | 7. | Mark Furkis | 59 | 100 |
| 4. | Jason Ott | 36 | 260 | 8. | Ed Reinhard | 57 | 100 |
| 5. | Eric Ade | 36 | 240 | 9. | Richard Dickerman | 59 | 70 |
| 6. | Chris Kaufman | 38 | 220 | 10. | Rex Peters | 58 | 70 |
| 7. | Jason Blanchette | 36 | 100 | 11. | Michael Conrad | 56 | 60 |
| 8. | Edward Fisk | 35 | 70 | 12. | Larry Arnett | 57 | 60 |
| 9. | Justin Wall | 38 | 60 | 13. | Kevin Croy | 57 | 50 |
| 10. | Dan Delaney | 39 | 50 | 14. | Steve Edmiston | 55 | 50 |
| 11. | Steve George | 35 | 40 | 15. | Ed Stange | 56 | 40 |
| 12. | TJ McAvoy | 35 | 40 | 16. | Steve Hilker | 59 | 30 |
| <u>40-44</u> | | | | 17. | Joseph Kinder | 59 | 30 |
| 1. | Berry Weaver | 44 | 410 | <u>60-64</u> | | | |
| 2. | Todd Poinsett | 43 | 330 | 1. | Kerry Blanchette | 61 | 320 |
| 3. | David Broerman | 42 | 260 | 2. | Mike Clendenen | 60 | 250 |
| 4. | Brad Thomas | | 200 | 3. | Tim Murphy | 60 | 190 |
| 5. | Tom Hardin | 44 | 180 | 4. | James Alberding | 64 | 120 |
| 6. | Tony Galassini | 44 | 150 | 5. | Brad Altevogt | 60 | 100 |
| 7. | Matt Kelley | 40 | 100 | 6. | Jed Pearson | 60 | 100 |
| 8. | Andrew Amstein | 43 | 70 | 7. | Bob Sedlmeyer | 60 | 100 |
| 9. | Jared Newhard | 42 | 70 | 8. | Kevin Giant | 61 | 80 |
| 10. | Rusty Alexander | 42 | 60 | 9. | Wayne Kolvoord | 60 | 40 |
| 11. | Justin Edwards | 42 | 60 | <u>65-69</u> | | | |
| 12. | Matt Mang | 43 | 60 | 1. | Roger Kingsbery | 65 | 550 |
| 13. | Mark Walden | 41 | 50 | 2. | Steven Greider | 65 | 360 |
| 14. | Todd Findley | 44 | 40 | 3. | Harry Ausderan | 65 | 310 |
| <u>45-49</u> | | | | 4. | Robert Lawson | 67 | 120 |
| 1. | Clark Reed | 48 | 530 | 5. | Bruce Etzler | 65 | 80 |
| 2. | Buff Dormeier | 45 | 260 | 6. | Gerald Thompson | 67 | 60 |
| 3. | Noel Shafer | 47 | 230 | 7. | Rich Stephenson | 68 | 40 |
| 4. | James Bowers | 46 | 220 | | | | |
| 5. | Randy Houser | 49 | 180 | | | | |

| Place | Name | Age | Points |
|--------------------|-----------------|-----|--------|
| <u>70 and over</u> | | | |
| 1. | Bernie Burgette | 71 | 200 |
| 2. | Bill Harris | 76 | 160 |
| 3. | David Biglands | 72 | 140 |
| 4. | Terry Parker | 74 | 110 |
| 5. | Dick Harnly | 77 | 60 |
| 6. | Don Lindley | 70 | 40 |



2015 Ironrunner Award Updates

As of the Frontier 10K, the fifth of the 15-race points series, 52 members are still in contention for the Ironrunner Award.

- | | | |
|--------------------|----------------------|---------------------|
| • Rebecca Bell | • Raymond Gildner | • Sherry Nidlinger |
| • Emily Bernard | • Tina Grady | • Gregg Osborn |
| • Molly Bernard | • Betty Greider | • Jason Ott |
| • David Biglands | • Steven Greider | • Terry Parker |
| • James Bowers | • Rick Grieze | • Shawn Peterson |
| • Sean Bowers | • Benjamin Grubisich | • Todd Poinsett |
| • Sheryle Braaten | • Bill Harris | • Cathy Pusey |
| • Joy Brown | • Steve Heim | • Clark Reed |
| • Sherry Brown | • Matthew Herald | • Barb Richardson |
| • Anita Bultemeier | • Greg Hevel | • Joelle Ruefer |
| • Jill Buskirk | • Thom Horton | • Lisa Ruefer |
| • Belinda Clancy | • Kelsey Hudson | • Allyson Salesman |
| • Cynthia Cornwell | • Emily Keirns | • Kris Saylor |
| • Thomas Cutter | • Roger Kingsbery | • Allyson Schreiber |
| • David Edsall | • Roxanne Kingsbury | • Barb Scrogam |
| • Joe Floyd | • Douglas Morris | • Mike Staubaugh |
| • Hidi Gaff | • Jeff Nidlinger | • Berry Weaver |



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

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260-496-8000

A “Break” From Running

By **PHILLIP AMBURGEY**

FWTC Member

Running for me is more than a sport. It's more than a hobby, or a way to stay fit.

Running for me is a passion. It's a desire to test my limits. I've faced many challenges throughout my years running, but none as challenging as my current “break” I find myself on.

On April 25th, I found myself in the midst of a near tragedy as well as an amazing miracle. I write this not just to share my story, but to hopefully encourage, motivate, and teach a lesson or two to those stubborn runners like myself. Finally, I want those reading this to see that miracles do happen.

This year was going to be my return. I had let myself go more than I cared to over the past six months. I was finally digging in, building mileage, and gaining consistency. I had signed up to be a member of the Fort Wayne Track Club. I was going to work my way up the point standings this year. I was going to do my first ultra-marathon in December when the Huff came around. This was going to be a great year!

I broke my training schedule for the year down into four quarters, each with an end goal. I registered for my 2nd quarter goal race, which was the Summer Nights trail half marathon in Indianapolis in June. After the Nutri-Run, I switched over my long runs to the trails so I could begin to prepare for what was to come. Unfortunately, no amount of preparation could have readied me for what happened two long runs into my trail training.

As I awoke Saturday morning and began to shuffle around the house, I decided to peek at the weather forecast on my cell phone one last time. Nothing had changed. Still predicted the morning to be cold and wet. Yuck! Not my idea trail running conditions.

Sunday would have been a much nicer day for a run, but there was just way too

much on the agenda. It was now or never. I gathered up my gear and got dressed. I pulled away from home that morning with no knowledge that I'd be coming back a changed man.

Typically I run with a group, but this day was the exception. Schedules didn't align and it became a solo trek. I pulled into a parking spot at Franke Park, prepped my Garmin, threw on a hat and gloves, and began a slow run into the woods.

Though the weather was not ideal, once I had churned out a couple of miles, it actually felt great. The cool breeze and the light rain falling were refreshing. The sound of my breath, my footsteps on the muddy trail, and the rain falling through the woods created a sense of tranquility. The weather, though I was beginning to enjoy it, kept most people away from the park that morning. It was a quiet start to a Saturday morning run.

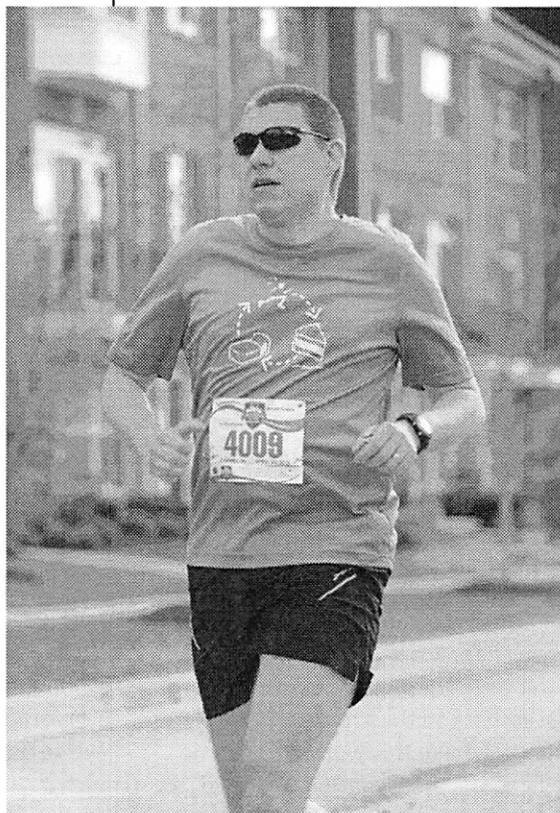
An hour passed and I felt great! I kept a slow steady pace, and just enjoyed my surroundings. My goal that day was to run continuously for an hour and a half and I was already two-thirds of the way there. For my final thirty minutes, I planned to run back towards the pond where I had parked. I began to navigate the trails to head back to my van, when I encountered a small wooden bridge that crossed a ditch. Many of the bridges you encounter at Franke park have a wire covering to provide traction for BMX bikes and runners, this one did not. I ramp up the bridge and as I began to descend the far side, I place my foot and weight on the downward slope. Within an instant, the lack of traction and the wet wood cause my foot to slip. The weight I had put on it made the foot shoot out from

under me with extreme force. (warning: graphic content) Instantly my lower leg snapped and my weight shifted from where my leg once was to the ankle below. Not being able to withstand the weight suddenly piled upon it, the ankle snapped as well. My leg bent to the left and my foot twisted even further around. No longer having any support, my body followed suit. I hit hard into the mud and slid into a crumpled mass. I screamed. Louder and with more vigor than I have ever screamed.

“Help! Please someone! Help me!” I began screaming and pausing, waiting for a response. Nothing. Silence.

Just that same sound of the rain falling. This time the sound was not so tranquil. The sound reminded me that no one in their right minds would be out here on a cold, wet, rainy Saturday morning. No one is coming to help me.

The pain is so intense I start to feel as if I am fading in and out of consciousness. I begin to worry that if this is due to possible internal bleeding I may be in



serious trouble. I have to get out of here. I have to get out of these woods. I almost always take my phone on long runs with me. You never know when an emergency may arise. This particular day, for whatever reason, I left it behind in the van. Not only did I run alone, I had no way to reach out for help. As I lay on the muddy trail, rain falling on me, screams for help not being returned I formulate a plan.

I crawl back towards the bridge, and through unbearable pain, I pull myself up onto my good leg. The bridge had a railing, which I figured I could sit and rest and let the leg dangle without putting any more pressure on it. I pull myself up and make myself "comfortable". From my new perch, I continue my pattern of screaming and waiting. After ten minutes or so of this, I decide I'm getting nowhere. I'm going to have to go to plan B.

I estimated that my van was only around a half mile from where I was at on the trails. I couldn't walk, so I decided to crawl. I was going to crawl through the mud for a half-mile. I can do this! As I lowered myself back into the mud, the pain became so intense I nearly blacked out. I successfully get onto my stomach and pause to rest. One, two, three go! I get up on my knees, shuffle for a foot or so, and collapse back into the mud. My leg and ankle being broken, they drag the ground. I no longer could lift them. This caused pain beyond description. Plan B was not going to work. I had to find another way. Plan C, I have one good leg and a half mile to go. I'll need support but I can hop the rest of the way to my van. I lay on my stomach looking for two large branches. I need makeshift crutches/walking sticks if I'm going to be able to keep my balance and make it through this trek. I spot a large fallen tree branch that looks to be right up my alley. I scoot enough to reach out and grasp it. Using the branch I begin to lift myself up, when snap, down I go.

The wet, brittle wood broke and I collapsed back to the ground. I can still make this work. After some navigation, I finally attain two solid

branches and get myself back to my feet (foot). As I began to hop, each time more painful than the last, I realize this was going to be way harder than I expected. Again, I feel as if I'm drifting dangerously close to unconsciousness. I pass out in these woods, I may not be found in time. Even without a more fatal injury, I run the risk of hypothermia if I were to pass out hidden from view on this cold wet day. I begin hopping tree to tree. I would hop to the nearest tree, lean and rest, then continue. The wet, brittle wood broke and I collapsed back to the ground.

I can still make this work. After some navigation, I finally attain two solid branches and get myself back to my feet (foot). As I began to hop, each time more painful than the last, I realize this was going to be way harder than I expected. Again, I feel as if I'm drifting fatigue on my good leg from the previous hour of running was taking its toll. After a short time of following this pattern, my good leg began to give out. I was not going to make it.

I begin frantically thinking of a solution when I notice that I'm close to an open field.

No one will be there but at least if I can make it to the field before passing out, someone may happen to pass by and see me. I gather all the strength I have left and began hopping. No breaks this time, one last push. I break free from the woods and instantly collapse into the wet, muddy field. This is it. Whatever happens now, happens. I can't go any further. I collapse onto my knees and pray. Please bring someone to help me. Please. Please. Please.

Help me. Prayers aren't always answered in our timing, but today was the exception.

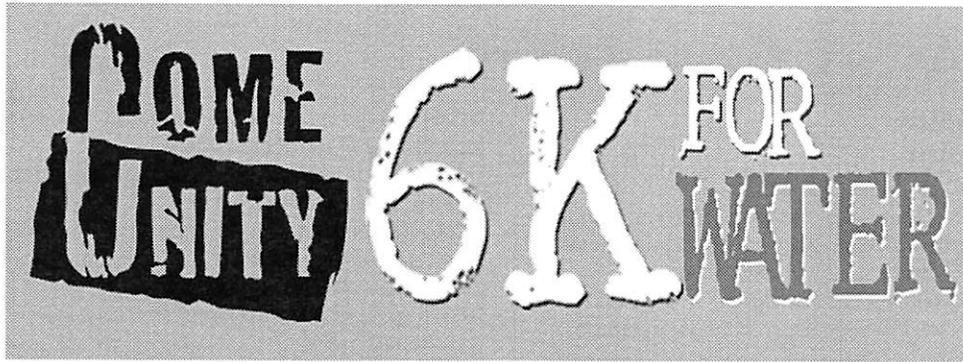
Across from the field, on a road, no more than a minute or so from exiting the woods I see people! Help! I need help! Please! I screamed! As they look around they spot me helpless on the ground. They bolt in my direction to respond to my cries. This is where the real story happens. Religious or not, you have to admit this was a miracle. So much so, I thought I was hallucinating

from the current tragedy. As the rescuers grow closer, I feel as if I recognize the front runner. With a few more steps, I definitely do. It was my older brother and my two nephews! Of all the people that could possibly save me, it was my own family! I yell out my brother's name, and he responds. I'm not dreaming!

I was saved. Saved by my brother! My nephew had a baseball game that morning that got rained out. Being awake already my brother and nephews decided to go for a walk instead at a park they hadn't been to in years. They decided to walk even though it was cold and wet out. They walked in the exact spot where moments before I had emerged from the woods. If any of those variables had changed I'm not sure how this story would have ended. In my eyes, a miracle had been performed. My family had been hand placed to answer a prayer that would be prayed that day.

I lie here today, with surgery looming tomorrow. I'm in a boot for two and a half months, and tomorrow they put plates, brackets, and screws in my ankle. I have a lot of time on my hands now. As I think through the experience I know I have already learned many lessons. For those of you that run trails, always run with a partner. If that's not feasible, make sure to have your phone on you. You never think anything bad will happen, but it only takes one time. Be prepared. Run smart. My injury may or may not have been preventable that day, but if you slow down and properly navigate obstacles, you greatly reduce your risk. Take extra care in the rain, you never know what spots may be slicker than expected.

I will run again. I told my run group that the Rat Race in October would make a great comeback race! I have a long road ahead of me, but I know I can do it! I will return to racing, to my passion. This won't stop me. I hope to see you all out on the roads again soon. Run hard and stay safe out there!



Funds from this race will go towards COME UNITY's clean water initiatives and other related projects in **East Africa.**

Date:
Saturday,
May 30, 2015

Time:
6k run/walk - 9:30 am
Kiddie Dash- 9:15 am
Check in: 8:00 am-9:00 am

Place:
Shoaff Park
6401 St. Joe Road
Fort Wayne, IN, 46835
Register at www.runrace.net



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2015 Charity Partner

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 IRONRUNNER 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 or sign up at the Fanny Freezer 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 IRONRUNNER Award. You must run the events to be an IRONRUNNER
5. An IRONRUNNER 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

Eating Away from Home

By **JUDY TILLAPPAUGH**

FWTC Board Member

This beautiful, bright time of year offers many festive away from home activities like track meets, ball games, fairs, festivals, concerts, reunions, weddings, parties, vacations and weekend excursions. They all lighten up the life and give us thoughts to cherish and remember. Yet, careful... food and beverages are typically everywhere. The risk of having more than we need is high.

Definitely the grand variety of foods and beverages at special events is fantastic. They smell and taste so good. What is hard on the health is when meals, snacks and drinks are more than what is needed. Our GI track, heart, lungs, liver and other body parts get stressed as they process extra calories and nutrients. A high cost to overall health!

Commit yourself to making nutritious choices when away from home. Your health deserves it! Use tips here for high performance meals and snacks any day, anywhere.

Tips:

1. Plan ahead. Think about what is best to select and stay with the plan.
2. Remember your plate should look like MyPlate, www.choosemyplate.gov
3. Make a meal with at least a carbohydrate (starch), protein and a vegetable or fruit choice.
4. Support restaurants that offer healthy choices and order healthy choices.
5. Ask questions when ordering to learn how appetizers, entrees, sides and desserts are prepared.
6. Ask for food prepared "your way." Ask for all toppings to be

served "on the side." You then control how much goes on your food instead of the chef or waiter.

7. Order heart healthy food that is grilled, broiled, poached or steamed rather than fried.
8. Skip food that is "jumbo", "ultimate" or "deluxe."
9. Do NOT overeat. Take extra food home. It becomes an easy meal for the next day.
10. Portion control by ordering smaller portions or share meals with friends or family members.
11. Enjoy water at meals. Replace every pound of sweat loss with 2-3 cups of healthy fluids.
12. Limit alcohol to 1 to 2 servings. One serving is 12 ounces of beer, 4-5 ounces wine and 1.5 ounces of liquor. Alcohol can cancel out muscle repair/development by reducing muscle synthesis. More than 4 to 5 alcohol drinks can affect brain and body functions for up to 3 days.
13. When traveling pack a cooler with healthy snacks like fruits, vegetables, fruit muffins, wheat crackers and nuts.
14. Focus more on the company, conversations and the occasion instead of the food and beverages.
15. Take your time, eat slow, enjoy and stop when your full.

There's nothing wrong with having favorite foods. But...be selective and take time to look over options and make choices. Your worth it.

Best,
Judy Tillapaugh, RD, ACSM HFS
IPFW Wellness/Fitness Coordinator
tillapau@ipfw.edu
481-6647

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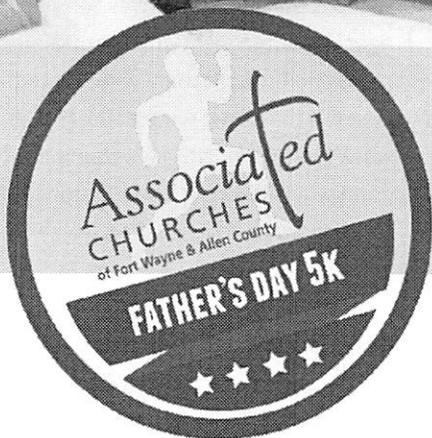
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Extreme 5K-Ruck*

*Runners provide their own backpacks filled with baby items

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www.associatedchurches.org/fathersday5k

All proceeds benefit A Baby's Closet and Military Families, both programs of Associated Churches.



The Story of My First Full

MIKE CLENDENAN
FWTC Vice-President

They say you never forget your first love, first car, etc. As runners we never forget our first race. I still remember my first 5K in the fall of 2004 which was the second leg of a 10K relay during the Zoom Thru Zulu and how good it felt to finish that first time.

I felt it again in 2005 when I finished my first 10K, the River City Rat Race and then in 2008 came the first Fort 4 Fitness and my first half marathon. After each milestone I thought to myself that this distance was it, I couldn't see myself running further. The half marathon was a comfortable distance for me and in 2009 I ran three of them but running twice as long in a marathon was not in the cards. I thought even with training that was too far. I enjoyed running too much to risk injury in a 4 hour+ race or maybe I would like it too much, then what? 50 in 50?

In 2011, I started thinking more about 26.2, that maybe I should try it. My brother Steve lives in Jacksonville, Florida and wanted me to come down and run the 26.2 with Donna which supports breast cancer research. He had run it several times, much of the course is along the coast and who doesn't want a pink shirt. It was in February and my son was playing high school basketball so I wanted to work around his schedule. He had a game on Thursday, I could fly down Friday, run the race on Sunday, fly home Monday and be at his next game Tuesday.

This could work.

Then I thought about 18 weeks of training during an Indiana winter. This won't work. Better off looking for a fall marathon. I

broke my hand running in November 2011 and that put running a marathon on hold.

In late 2012, some of our running group talked about running the Detroit Marathon, run into Canada and back, run a mile underground, pace groups.

This could work.

You cross the border twice during this race so a passport or passport card was required. I hadn't signed up yet or started training but started the passport process.

In early 2013, I started having some hip issues during running so after seeking medical help it was determined I needed physical therapy but after a few months that didn't help. I couldn't run more than 2-3 miles without walking due to pain and then came the MRI: I had a bulging disc in my lower back but no back pain.

The disc would press on the nerve going down my hip to my foot. I tried injections in August hoping I could at least run the Fort 4 Fitness in September but they didn't work. Fort 4 Fitness and the Detroit Marathon and running would have to wait.

At the end of December 2013, I had back surgery. My first and hopefully last. Surgery went well and winter was a good time to rehab other than making sure I didn't slip on the ice. I listened to the doctor and eased back into running.

After almost a year off it was like starting over but I wasn't going to rush it. The April Mastodon Stomp 5k was my first race back and the rest of 2014 went pretty well. The highlight had to be pacing the Fort 4 Fitness Half Marathon 2:30 pace team with Craig Bobay, another first I

won't forget. The runners we helped were so appreciative.

By November the thought of doing a marathon was back. I had seen posts about Cathy Pusey running her first marathon in Indianapolis in October and I was inspired seeing the support she received from other runners.

Maybe 2015 would be the year, possibly the Indianapolis Marathon or the Monumental. But definitely in the fall. In December I started running Tuesday night's from O'Sullivan's on Main St. The group would meet at 5:30pm, run from O's to Lindenwood Cemetery, run the hills and return to O's to celebrate.

In November I heard several talk about training for the Carmel Marathon in April and I thought why not try it, this is a fun group. Besides misery loves company, right? I printed eight different training plans and brought them with me to the next O's run. Most were doing the 18 week Hal Higdon Novice 2 training program which is 4 days a week running, better than trying to run 5 days a week in the winter.

December 15th, I registered for my first marathon. Training week #1 began and on December 19th. My training partners included fellow first timers Ashley Anglin and Sandy Junk, along with Stacey Hartman, Joe Beier and Larry Arnett all who signed up for the Carmel Full.

Pat Beuchel was training for Boston, Jennifer Jordan, Cathy Pusey, Andria Eguia, Sherrie Konkle, Marcia Kirilin, Cynthia Cornwell, Gail Gerber, Mike Slaubaugh, Thom Horton, Doug Camp, Bill Harris, Dan McGuire and several more who I know I am forgetting but blame that on runners

brain.

Our training plan had a long run of 20 miles during week 15 that the group decided to stretch to 22 miles. This fell on the Nutri-Run weekend so some of us did 10 miles prior to the 12 mile race.

Week nine had the long run on Valentine's Day and 20 of us braved a below freezing, blustery 13 miles of the Fort 4 Fitness course. Not sure what was worse, that run or the next Saturday when we ran 17 miles in 3"-4" of snow. They say what doesn't kill you makes you stronger; we should have been strong as an ox after a few of those runs.

Soon we finished 18 weeks of training, logging 465+ miles in what seemed mostly 30 degree or less weather. Race day was fast approaching, the excitement and anticipation was building.

I was often asked my goal for the marathon and the correct answer, especially your first, is just to finish but many of us have a competitive streak so you think about a time goal.

Prior to my back surgery I had 4 hours as a finish goal and that was still in the back of my mind for this run. Most of my long runs were around a 9:30 pace which would be a 4:10 finish time and since several of my training partners had that as their goal it made sense to do the same. First goal: finish, 2nd goal: 4 hours, 10 minutes, 3rd goal: 4 hours, 4th goal: stop thinking about goals.

Race morning temp was about 50 degrees which felt great, no rain so weather won't be a factor, so I thought. It was a very crowded start line and I could see the 4:10 pacer but couldn't get to her before the start. Once the race began I was able to catch up with the 4:10 group after about a ¼ of a mile and settled in to what felt like

a good pace.

I got separated from Stacy and Joe at the start but they caught up with our group about a mile in. We felt good through the first 13 miles but the temp was getting into the 70s and it started to affect us.

Doug had jumped in about mile 16 to help pace Stacy while Joe and I went ahead and by about mile 18 I had separated from Joe. By then the goal was to finish regardless of time, it was going to be a PR anyway.

I was beginning to walk the water stops longer and was feeling the effects of the heat more but not finishing was not an option. Just past the 24 mile mark I saw Mike Slaubaugh who was cheering us on, he had brought his bike with him so he could ride to several spots along the course for support. It was good timing, I needed the encouragement. He said Sandy was just ahead with Jenn who was helping pace her.

Just past the 25 mile mark we saw a runner being attended to by medics and with a mile to go I was determined not to have the same fate.

It is hard to describe the emotions as I made the final turn heading for the finish. I saw family and friends cheering me on, know-

ing I was about to finish yet another first.

It was harder than I thought it would be, I followed the training and I learned some things after finishing that I hope to use for my next marathon. Yes I said next, there is something about 26.2 miles that I want to experience again.

I can't thank those who came to Carmel to cheer us on enough. Some ran the half and then were there at the finish and some supported us along the course. We have such a great running community.

I look forward to helping someone else train for there first. The Carmel Marathon was the first full for Ashley Anglin, Sandy Junk, Todd Ernsberger and myself. An experience we won't soon forget.

The next weekend a group of us volunteered at the Indiana Trails 100 and watched as runners battled the rain and mud to run a trail 50 miler or 100 miler. I was in awe of these athletes and became fascinated by the 50 mile run. Maybe there is another first in my future.

Never say never!



FWTC Summary of March/April Meetings

LIZ SCHLOSS

FWTC Secretary

Treasurer

A new budget was provided as Guidelines for our expenses and revenues, the budget is subject to change.

Races

Nutri Run

A big commendation to Woodside MS Janitor who helped the club set up.

Course route for next year is subject to change per the race director's decision.

Runners on Parade

Is now registered as an affiliated event of the Three Rivers Festival for 2015.

Website

The club made and carried a motion to contract with a website developer to improve our website procedures. Phase one will provide online member registration, access to membership information.

Equipment

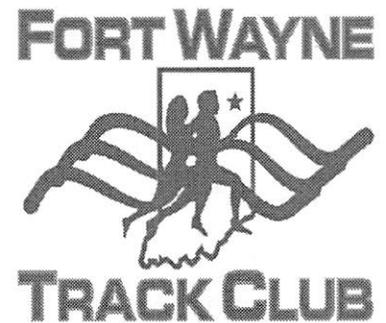
Storage facility was moved to Three Rivers Running Company and on the eve of April 8th several members organized the storage unit.

The club presentation Board is updated for our races.

Looking into purchase of replacement batteries for timers.

Events

Retreat



Our board retreat took place on Sunday March 15th from 1pm-5pm with Rachel Tobin Smith to help outline long term and short term goals for our clubs future.

We proposed and carried a motion to make a donation to SCAN for Rachel's donated time.

The track club will appear at the IPFW Health fair Wednesday March 25th.

2016 Banquet

The date has been set for January 31st, 2016.



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