

The *New* Inside Track

FORT WAYNE



TRACK CLUB

July /August 2015

A publication of the Fort Wayne Track Club

SUMMERTIME FUN!



HIGHLIGHTS:

Runners on Parade

Alex Nehls Interview

Meeting summaries

High School Update

UPCOMING RACES

THE INTIMIDATOR 5K – AUGUST 1

TRI BLUFFTON –AUGUST 8

UNITED WAY SPRINT TRI - AUG 22

REGULAR FEATURES

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NEW AND NOTEWORTHY

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NUTRITION/PRODUCE CHALLENGE—
PAGE 11

FWTC Summary of May/June Meetings

LIZ SCHLOSS
FWTC Secretary

Races/Community

Preparations for Runners on Parade underway.

The club will look into filling the June lull for 2016 Points Races

The club will have a booth at Taste of the Arts Saturday August 29th where we'll take pictures with the finish marker. We are still looking for volunteers for 2-hour slots from 9am-7pm.

Newsletter

We have a new newsletter editor, Angela Barnets.

Equipment

A recent timing clock malfunction had the club looking into replacing equipment.

A motion was made and carried to replace the clocks.

Banquet

Scott Jurek is the 2016 Annual Banquet and Meeting Speaker.

A committee was made for the Chris Brown High School Runner of the Year award.

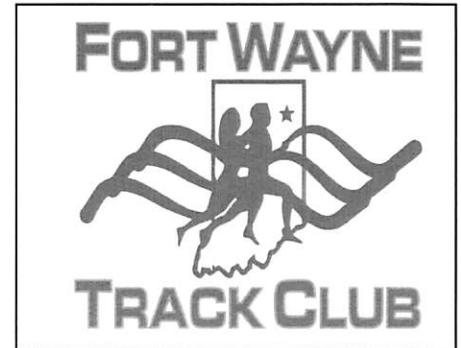
A motion was made and carried that the Parkview Mirro Center be the venue for the 2016 Banquet.

Website

The committee will begin scheduling with Cirrus to create a definite schedule for the club's website change.

Marketing

The club is looking into a rebranding. As part of this, a logo contest was created for our members.



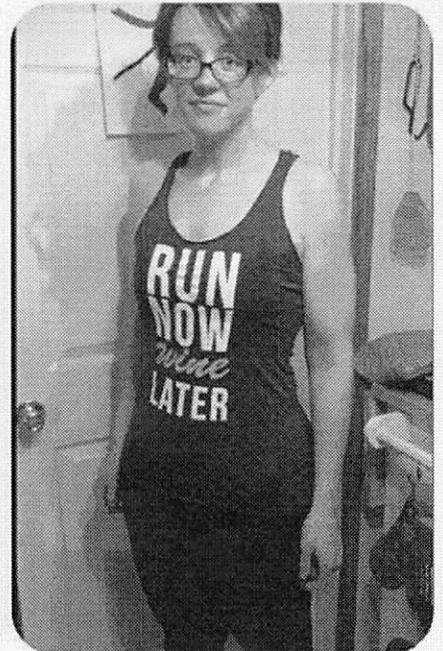
From the Editor

By ANGELA BARNETS
 Editor, *The Inside Track*

Hello everyone! I thought I would introduce myself. I have taken over the position of editor for this newsletter. I have been on a weight loss and running journey for about 6 years. I used to be 315 pounds. I was diagnosed with Multiple Sclerosis when I was 21. I was put on medicine that made me very sick every other day, so I decided to get healthy and lose weight to try and get my MS under control. Once I lost my first 100 pounds, I decided to start running. Since then, running has been a huge love of mine. I now have 2 beautiful daughters and married my best friend. We are celebrating our 4th wedding anniversary July 18th. I have kept my MS in remission and do not need to take any medicine for it. I believe that living a healthy lifestyle with

exercise and a healthy diet saved my life. I am raising my daughters to live their lives the same way. My oldest daughter was diagnosed with Asperger's Syndrome last year. I am hoping that with a healthy lifestyle and help from her doctor, she can grow up to live a normal

life. I am constantly researching and learning ways to be happy and healthy. I have lost 130 pounds. I look forward to being your new editor!



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

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Three Rivers Running Company
 4039 North Clinton Street; Fort Wayne, IN 46805
 260-496-8000

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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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.

ADVERTISING IN THE INSIDE TRACK

	Single Issue	Three Issues	Six Issues (full year)
Full page	\$75	\$200	\$325

SAVE THE DATE!

FORT WAYNE

 TRACK CLUB

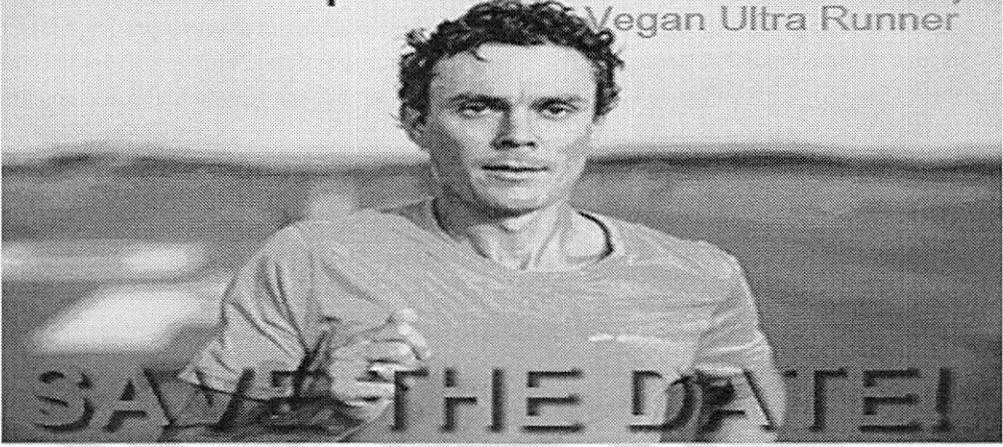
ANNUAL BANQUET

SUNDAY

JANUARY 31, 2016
 • 3:30pm Clinic • 5:30pm Banquet Program

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“Going the Distance” presented by
 Guest Speaker **Scott Jurek**,
 Vegan Ultra Runner



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- 7 time consecutive winner of the Western States 100-Mile Endurance Run
- 2-time champion of the Badwater 135 mile ultra
- Won the Spartathlon 153 Mile Ultra Event in Greece for 3 consecutive years

For information visit www.fwtc.org

Registration Deadline: January 25, 2016

Invite your friends! The public is welcome!

Questions email tillapau@ipfw.edu

Training for Success

By Mike Else, RRCA Certified Running Coach and ACSM Certified Personal Trainer



Hey fellow track club members it is that time of year when we look forward to our summer racing season and start preparing to train for our fall racing goals. As I sit down to write this article, I am preparing for 2 totally different but challenging races in the next 2 weeks. This coming weekend is the annual Runners on Parade 5K in downtown Fort Wayne. This race is the largest 5K in the area and is run on a flat and fast course. Two weeks later, I will be running in the Burning River 100 mile ultra marathon near Cleveland Ohio. Regardless of the distance as runners we all face the same problems, we are always searching for just the right training plan or maybe the newest shoe model that will make the difference in our race times. From my experience of running for over 12 years in every distance from the 5K to 100 mile ultra, I have found some simple and easy to follow training principles that will lead to success on race day.

Setting SMART Goals

When we are setting our goals we want to use the acronym that spells out smart. The "S" stands for **specific**. When we set our goals we want to avoid overly vague goals like "I want to run faster". Instead we should say "I want to run my next 5K at a 10:00 minute pace or faster" The M stands for **measurable**. We want to set a goal that we can measure to see if we are progressing. An example might be "I want to run 5 miles continuously for my long runs". The "A" stands for **attainable**. If we set goals that are not attainable we will easily lose focus and get off track. The "R" stands for **relevant**. Does this goal have meaning to you and is it worth investing your time? The "T" stands for **time**. If we do not make our goals time sensitive then we will never get out of the gate.

Along with setting smart goals, I always tell my coaching clients to set 1 long range goal that would be at least 3-4 months out. This usually fits the timeline for training for a half marathon or marathon. I also have them set 1 mid-range goal that will happen in the next 30 days. Last, I have them set 1 short term goal that will happen in the next 7-10 days. Having goals in each timeline keeps us focused and on task to complete our long term objectives.

Find a Coach or Training Plan

How many times have we set out training for a goal race but after a short time we get off track, which leads to disappointment? The quickest way that I have found to reach my running goals is to find a good training plan to follow or go all in and hire a coach. When I first started in my running journey, I had the goal to run a marathon. I had never run past the 10K distance to that point. I had started a self-coached training process many times in the past that always ended within a few weeks and failure. It was not until I joined the Team in Training program and they provided me with an 18 week program that I found success. This program gave me week by week goals for mileage and told me when to increase or decrease my weekly long runs. In addition, I was lucky that the program also provided me with an experienced running coach. There is nothing better than to be able to ask your training or injury questions to someone who has walked the walk before you. Here are some quick guidelines when finding a training plan or coach. Find some experienced runners or make a quick call to your nearest running store and they can give you some

great information on finding the right training plan. A couple of places I would suggest checking out would be the Runner's World web page where they have training plans listed for different distances. Another place to check out would be Hal Higdon's training plans that many people have used for success on race day. Many training plans will be divided into categories like beginner, intermediate and advanced. If you are undecided on which level to use, I would always recommend starting out on the lower level plan and move up after a few weeks if it is too easy. Why risk getting injured in the beginning by doing too much mileage or too much intensity. A sound training plan is a great option but an even better option is to hire a coach. I know most runners think that a coach is for more of the elite athlete but the opposite is actually true. Almost all runners will have questions during the duration of their training and it's great to have an expert in your corner that can provide answers and reassurance. Do not be afraid to ask plenty of questions when hiring a coach and make sure they are Certified through a reputable organization. The 2 most popular Organizations for Certification is Road Runners Club of America (RRCA) and USA Track and Field. (USATF)

Find a Running Group

Whether it is in running or business, the easiest way to success is to find those people who are doing what you want to do and join their group. By joining a running group, you will start learning all the little tips and training jargon that other successful runners use on a daily basis. It is also a great place to get your questions answered and find motivation when your body is looking for an excuse not to run. The best place to find information on running groups is to visit the web sites of your local running stores or the Fort Wayne Track Club. One group that I know meets on a weekly basis is the Wednesday night run group at 3 Rivers Running Company. They meet every Wednesday night at 5:30 PM and it is open to any runner and all ability levels. For more information on this specific group you can call the running store at 260-496-8000. A few of the larger races even have their own training groups that will prepare you for race day. Fort-4-Fitness has their Get Fit in the Fort Running Group that meets on Monday nights and starting soon the River City Rat Race will have their Rats in Training Group that anyone is welcome to join. Most of these running groups are free to join once you sign up for the race!

By following these simple steps outlined above, I have no doubt you will be successful in reaching your racing goals this fall. If you have any training questions or are looking for some coaching, I can be reached at mike@3riversrunning.com.



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July 6th & 13th at 6:30pm

TRAINING BEGINS:

Thursday, July 16th at 6:30pm

GOAL RACE:

Fort 4 Fitness 4 Miler, September 26th

For more information, visit:
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INFORMATIONAL MEETING:

July 6th & 13th at 6:30pm

TRAINING BEGINS:

July 16th at 6:30pm

GOAL RACE:

Fort 4 Fitness 10K, September 26th

For more information, visit:
Fleetfeetfortwayne.com/nobo10k

11 WEEK PROGRAM

HALF MARATHON

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Sports

TRAINING

13.1

INFORMATIONAL MEETING:

June 17th & July 1st at 6:30pm

TRAINING BEGINS:

Tuesday, July 7th at 6:30pm

GOAL RACE:

Fort 4 Fitness half marathon, September 26th

For more information, visit:
Fleetfeetfortwayne.com/f4f2015

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By Marcia Kirlin
Fort Wayne Track Club Board Member

Fort Wayne runner Alex Nehls had an especially memorable Father's Day this past June.

It wasn't the gifts or cards or dinner with the kids that made it remarkable.

What made it so special for this father of two was the fact that he was actually around to celebrate after a brush with death six weeks earlier.

Nehls, the son of Fort Wayne Track Club member Cheryl Stromski, had the run of his life, so to speak, on April 25. He explains: "We were out for lunch with family, and when we got back I had half an hour so I decided to go for a run." Nehls, who ran track in high school and has completed marathons, half marathons and numerous 5ks, runs three to four times a week.

That day his route took him from his home in Cedar Glens through the nearby Eagle River neighborhood. Since it was going to be a quick run, Nehls didn't bother to take any identification. Part way through a rain-soaked run, Nehls' heart stopped and he collapsed. As luck would have it, even though few people were out on that dreary afternoon, there was an open house on the street where Nehls fell.

Greg Thomas, a loan officer with Ruoff Home Mortgage, sprang to Nehls' side after a woman alerted him a runner had collapsed in the road. Thomas started CPR, which he'd learned years earlier as a lifeguard, while someone called 911. Thomas worked for eight minutes to resuscitate Nehls, who briefly regained consciousness several times as he took a few gasping breaths.

Meanwhile, Allen County Sheriff's Deputy Eric Foster heard the call go out about a down runner. Not far from the scene, he drove to Eagle River. Again, as luck would have it, Foster's squad car was equipped with an AED, a portable defibrillator, which Foster used three times to shock Nehls' heart.

An EMS crew arrived and shocked Nehls again, this time jolting his heart back into action. Nehls was taken to Parkview Regional Medical Center, where he recalls waking up three and a half days later.

With no I.D., no one at the hospital knew who Nehls was. When he didn't come back from his run, his wife had started calling around trying to locate him. She eventually called the Parkview E.R., and was able to identify her husband by a tattoo on his leg.

Nehls spent 13 days in the hospital. While he was in the E.R. physicians used a process known as ARCTIC sunning to cool his body and save his vital functions. He was diagnosed with ventricular fibrillation, which is an electrical irregularity in his heart. Doctors found no blockage and no other cardiac conditions.

With no history of heart issues, Nehls said the whole episode came as a complete surprise. "I was as healthy as could be," he said. "I've run all my life, since I was 3."

During his stay in the hospital, doctors performed a cardiac catheterization to look for any blockage, and Nehls was fitted with an internal defibrillator to keep his heart in rhythm. He'll need to get things assessed every six months to start and later once a year.

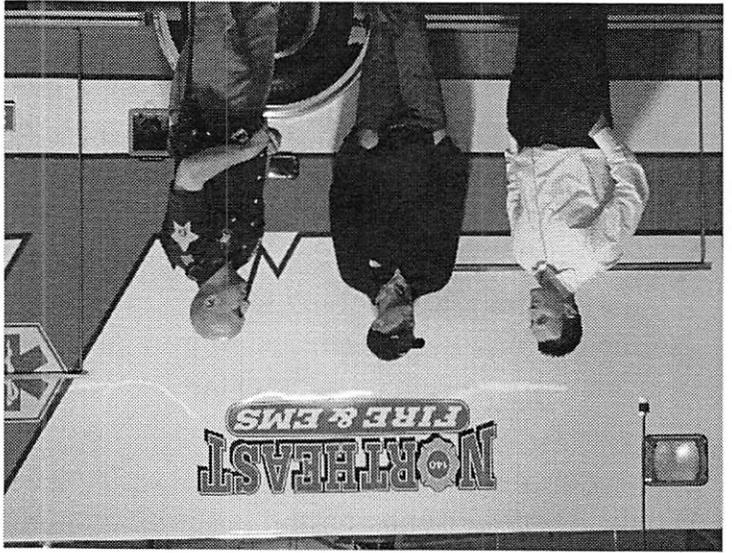
"I was hoping I could wear a watch [with a heart rate monitor]," he said, but the cardiologist thought differently.

A physician assistant with Orthopedics Northeast, Nehls returned to work in early June, after a few weeks of down time at home. He's been walking and swimming, but hadn't yet ventured out on a run when this interview took place in late June.

"What happened to me is pretty amazing," Nehls said. "It's really been a miracle."

Nehls has vowed to always run with his Road ID, which he owned but left behind the day of his fatal run. He urges others to run with identification and tell someone where they're going and about when they expect to return. He and his wife Alison have begun promoting more widespread placement of AED's, not only in police and sheriff vehicles but also areas where a lot of people congregate such as the Grabill baseball park, where they spend a fair amount of time.

"I can't thank the people who helped me enough," Nehls said, including Thomas, Foster, EMS personnel and everyone at Parkview, his wife and his "two great kids," who had much to celebrate with their very lucky dad on Father's Day.



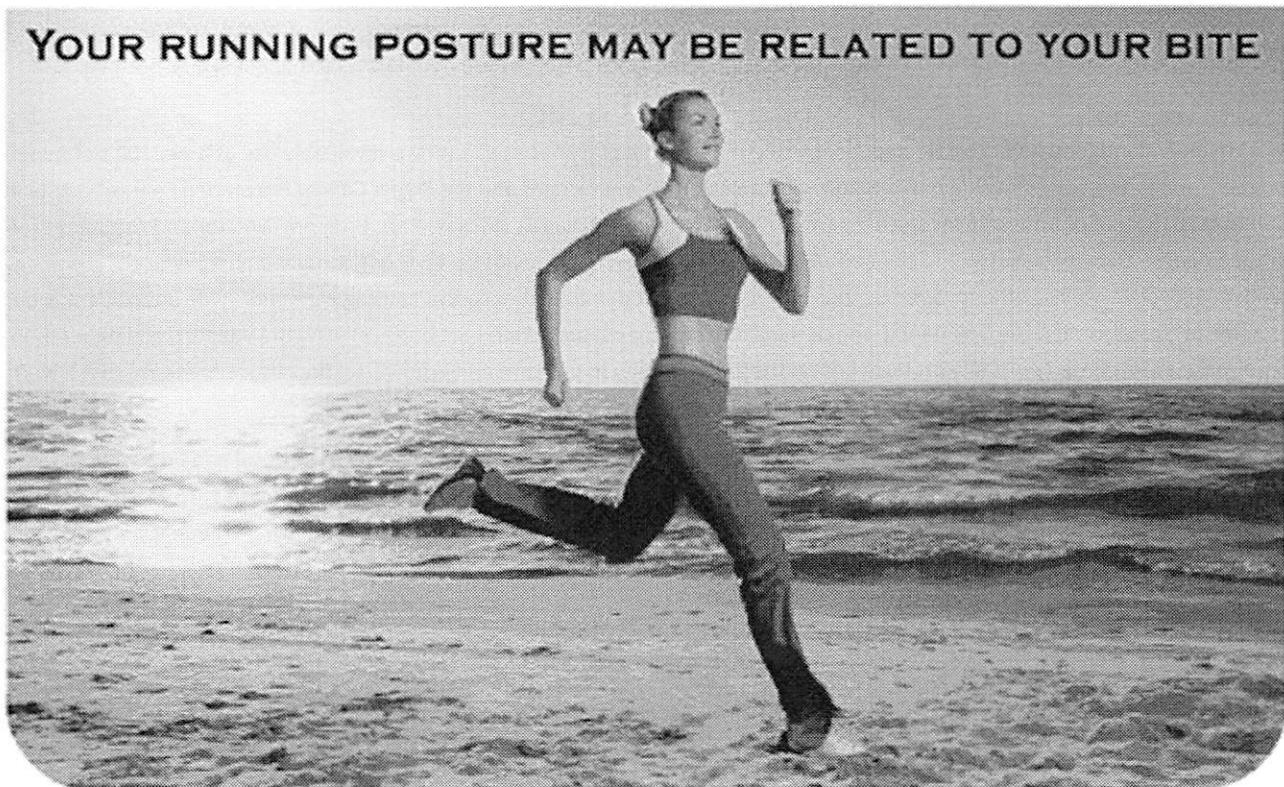


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YOUR RUNNING POSTURE MAY BE RELATED TO YOUR BITE



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"

30 Day Produce Challenge

What are you training for? Is there a challenge you want to accomplish? These are a couple common questions we tend to ask each other warming up for a workout, while running or at the end of fitness time. Faster times, achieving a certain distance, finishing a favorite city event, regular family fitness and/or aging gracefully are some likely performance goals. We thrive on these challenges. They guide our personal training schedule day by day.

To boost the chance of success this summer and fall, add the "30 Day Produce Challenge." Daily aim to eat at least 2 servings of fruit and 3 serving of vegetables for 30 days. The consistent intake of vitamins, minerals, phytochemicals, antioxidants and fluid will enhance your healthy and make you a better athlete.

Research shows most adults do not eat produce. The most recent Behavioral Risk Factor Surveillance System Survey results state that 32% of US adults consume fruit 2 or more times a day and that 26.3 % of US adults consume vegetables 3 or more times a day. The percent is lower in Indiana, only 28.1% of us eat 2 servings of fruit a day and only 23.7 of us eat 3 servings of vegetables a day. Do your own survey. For a day or two observe what family, co-workers and friends eat. Make no comment, just watch, record information and summarize data. Include thoughts on what is purchased at food stores and where people are eating. Recognize positives and highlight concerns.

Seeking to understand food habits better and recognizing the benefits of plant based eating is a valuable use of time. 100's of benefits are possible due to the nutrient value of fruits and vegetables. The "Antioxidant and the Bigger Cancer Prevention Picture" article in the summer 2015 issue of American Institute for Cancer Research quoted Diane L. McKay, PhD, Program Director and Assistant Professor at the Friedman School of Nutrition Science and Policy at Tufts University, "plant based foods contain phytochemicals, which have antioxidant activity as well as other properties that may help prevent damage from cancer causing elements." The antioxidant action fights harmful "free radicals" like pollutants, smoke, sunlight and other sources that hurt body cells. All the vitamins and minerals in produce make a difference too. Daily produce boosts the body's ability to perform and is powerful preventive medicine that lowers risk for many forms of cancer, heart disease and other health problems.

What can promote better intake of fruits and vegetables? Much of the answer is related to how we buy food and how we eat. In the May 2011 issue of CDC's Preventing Chronic Disease, the behaviors associated with better consumption of fruits and vegetables were: using food labels when making purchases, snacking on healthy foods, eating meals at home and lower frequency of red meat use.

30 Day Produce Challenge:

- Set a date and begin the challenge.
- Ask other family members and/or friends to join you.
- Eat 2 serving or 1 ½ to 2 cups fruit daily.
- Eat 3 serving or 2 ½ to 3 cups vegetables daily.
- Eat more scheduled family meals at home.
- Plan for new ways to enjoy fruits and vegetables like adding them to recipes or wraps.
- Day by day record fruit and vegetable intake.
- Tell friends and family members how they can support you.
- Determine a non-food reward every week and at the end of the challenge.
- Use positive affirmation to keep you motivated.
- Be proud of all positive food habits.
- Shape a plan at the end of the challenge to promote continued intake of fruits and vegetables.

Take the challenge. Ask for support. Seek to support the fruit and vegetable goals and dreams of others. 100's of health care and performance benefits are possible. A couple great resources are: www.aicr.org and www.fruitsandveggiesmorematters.org Enjoy. Healthy Day,

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

tillapau@ipfw.edu



JUSTICE. COMPASSION. SERVICE. COMMITMENT.

Let's *Race4Justice* in Fort4Fitness!

Race 4 Justice by joining Neighborhood Christian Legal Clinic's Charity Team in this year's Fort4Fitness.

SEPTEMBER

26

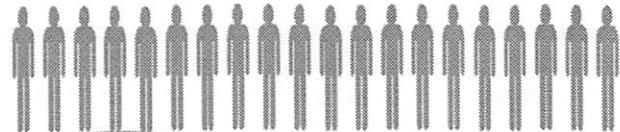
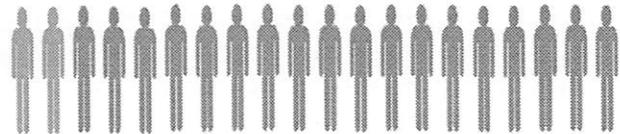


JOIN Team *Race 4 Justice* & help us meet our team goal: 100 registrants strong!

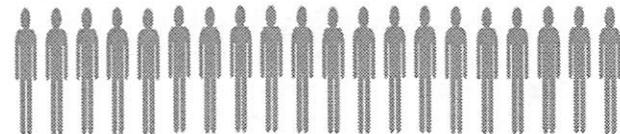
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Charity Partner Code: NCLC

EARLY BIRD REGISTRATION AVAILABLE BEFORE: April 15th
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RACE 4 JUSTICE



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<http://www.nlegalclinic.org/ftwayne/GetInvolved/Fort4Fitness.aspx>

Be sure to select the Neighborhood Christian Legal Clinic

Our Charity Partner Code is: NCLC



Neighborhood
Christian Legal Clinic



2015 Charity Partner

RUNNERS ON PARADE 5K

2015 was the 21st year for the Runners On Parade. The race is organized by the Fort Wayne Track Club, which is a not-for-profit and a 100% volunteer based organization. Erin Brady and Craig Bobay have been the co-Race Directors for the last 2 years, taking over from Mac McEvoy who had been RD for many years. Bobay and Brady have been on the Board of the Fort Wayne Track Club for several years. As the marquee event of the FWTC, all FWTC Board members get involved in some fashion in Runners On Parade, in addition to running it. Many other club members and community-minded people also help to make sure the race is a top-notch event. Other committee members, who volunteered many hours to the effort include Jonathon Gottschalk and Mike Clendenen.

People look forward to this race very year for many different reasons. Runners On Parade is one of the few road races where the local middle and high school runners can compete, as the rest of the year they are in track or cross country season. So it is great to see all of those kids come out and run an event with the "older" runners. Many college kids, home for the summer, come out to Runners On Parade to see friends they haven't seen in a while. You see people of all ages reacquainting and really enjoying each other in the large group participating. Just having the chance to run the streets of beautiful downtown Fort Wayne without worrying about traffic is cool. But the best part really is the opportunity to run, jog or walk in front of the thousands of spectators who line the streets of the course before the Three Rivers Festival Parade begins. The Runners On Parade is a flat, fast course, as the course always includes much of the same route that the Three Rivers Festival parade itself takes. The parade-goers really cheer on and support the runners and walkers, so the two events really work nicely together. Runners On Parade provides these great opportunities for the runners and walkers, and also provides a nice way to start the Three Rivers Festival.

The registration fees and the financial support of sponsors of Runners On Parade help the FW Track Club further its mission of promoting running, physical fitness and good health for the members of the organization and for the benefit of the general public, particularly those who live in and visit the greater Fort Wayne, and northeast Indiana region. One of the primary FWTC events that the race supports is the FWTC Annual Banquet and Meeting, which will be held January 31, 2016, featuring Scott Jurek. On July 12, Jurek set a new world record for being the fastest to ever complete the Appalachian Trail. Jurek ran the roughly 2,180 miles of the AT in 46 days, 8 hours and 7 minutes. The race proceeds have helped the FWTC bring in several top national runners over the past several years, such as Lauren Fleshman, Dave Wottle, Bart Yasso, Bill Rodgers, Shalane Flanagan, and Frank Shorter. Riley Hospital for Children has also been the Runners On Parade charity partner for the last few years, with \$1 from each entry being donated to Riley.

Last year, we had 1,000 runners/walkers. This year we had just slightly fewer. In the last few years we have seen an increase in the number of people participating by walking the Runners On Parade. We would like to have the Runners On Parade double in size in the next few years, and we will need the support of every runner/jogger/walker and the local business community to help us get the word out about this great event. We hope that everyone who ran and enjoyed the race this year will bring at least one additional friend to participate next year.

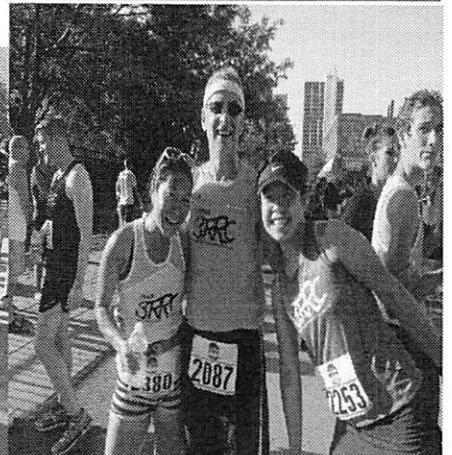
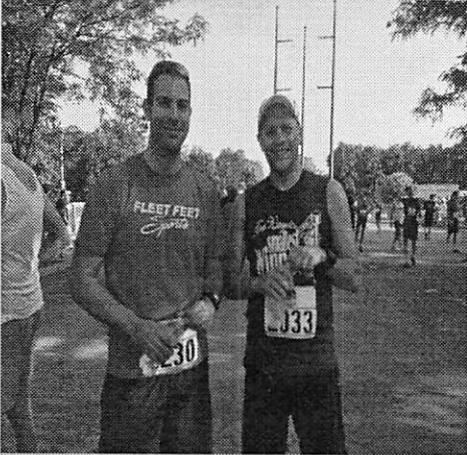
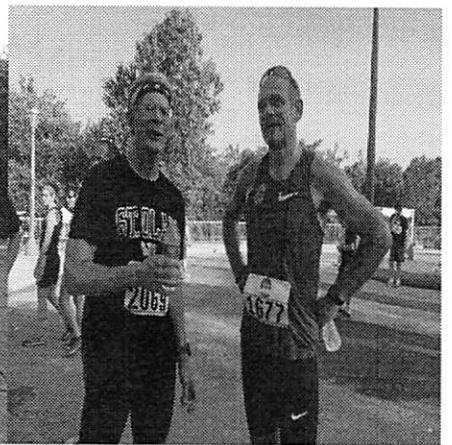
- Craig J. Bobay

RUNNERS ON PARADE 5K

TOP 5 FINISHERS

PLACE	NAME	AGE	TIME
1	ALEX CUSHMAN	22	14:55.1
2	DUSTIN SPANBAUER	26	15:24.5
3	CAMERON CLEMENTS	17	15:27.1
4	MARK BECKMANN	18	15:32.0
5	JACOB SCHMELLING	18	15:36.8





RUNNERS ON PARADE



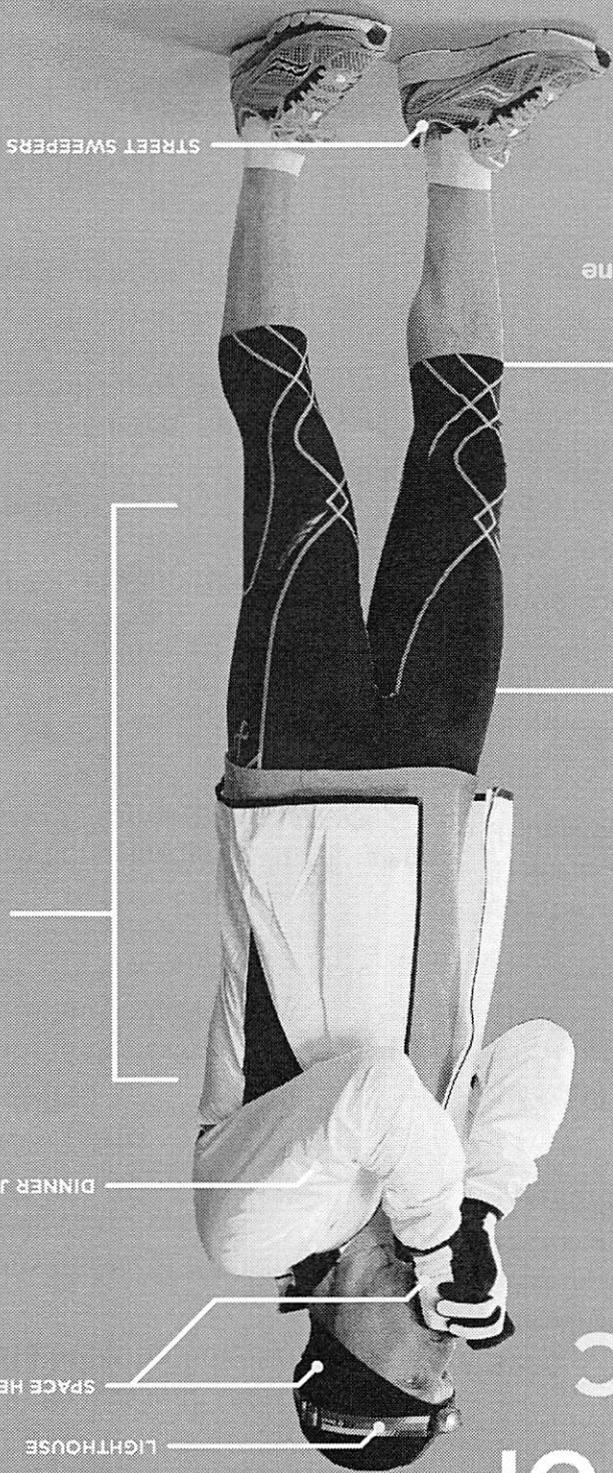
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HIGH SCHOOL RUNNING by Rowland Perez

Northeast Indiana was well represented in the IHSAA State Meet on June 5/6 at Bloomington.

Congratulations to ALL of the runners who qualified for this year's meet!

2015 State Meet (girls)

800

- 10 Walther, Grace 11 Homestead 2:15.78
- 14 Stoffel, Hannah 11 Huntington North 2:17.53
- 15 Grider, Abigail 12 FW South Side 2:19.10

1600

- 4 Stoffel, Hannah 11 Huntington North 4:55.62
- 14 Metzger, Stacey 12 Carroll (Fw) 5:05.58
- 15 Korte, Josey 10 Angola 5:06.40

3200

- 3 Beery, Bailey 11 Belmont 10:57.25
- 6 Schwartz, Tyler 09 DeKalb 10:59.33
- 11 Fruchey, Madison 11 Carroll (Fw) 11:10.70

Girls 4 X 800 Relay

- 13 Belmont 9:35.93
- 1) Beery, Bailey 11 2) Gunsett, Emily 11
- 3) Fuelling, Emily 09 4) Norby, Allyson 12
- 24 Homestead 9:58.32
- 1) Bultemeyer, Evie 10 2) Distelrath, Madison 10
- 3) Walther, Grace 11 4) Swink, Lizzie 10

2015 State Meet (boys)

800

- 9 Tippmann, Greg 12 FW Dwenger 1:55.11
- 25 Garrison, Wesley 11 Carroll (Fw) 2:01.26

1600

- 2 Schmeling, Jacob 12 Carroll (Fw) 4:13.27
- 7 Law, Brayden 11 Homestead 4:14.97
- 8 Clements, Cameron 11 Carroll (Fw) 4:16.09
- 13 Arnold, Brandon 12 West Noble 4:20.41
- 22 Ehlers, David 11 FW Concordia 4:25.78

3200

- 5 Jennings, Roman 10 FW Snider 9:12.72
- 9 Beckmann, Mark 12 DeKalb 9:15.68
- 11 Clements, Cameron 11 Carroll (Fw) 9:21.92
- 17 Law, Brayden 11 Homestead 9:36.74

4X 800 Relay

- 5 Carroll (Fort Wayne) 7:50.62
- 1) Meyer, Carter 10 2) Garrison, Wesley 11
- 3) Schwartz, Ben 11 4) Hamilton, Trevor 12
- 19 Fort Wayne Bishop Dwenger 8:11.48
- 1) Hursh, Jacob 10 2) Royal, Jalen 09
- 3) Tippmann, Greg 12 4) Wuest, Kevin 12

Good Luck to ALL our high school athletes as they begin their training for the upcoming cross country season. Stay tuned for the cross country preview in the next issue!

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