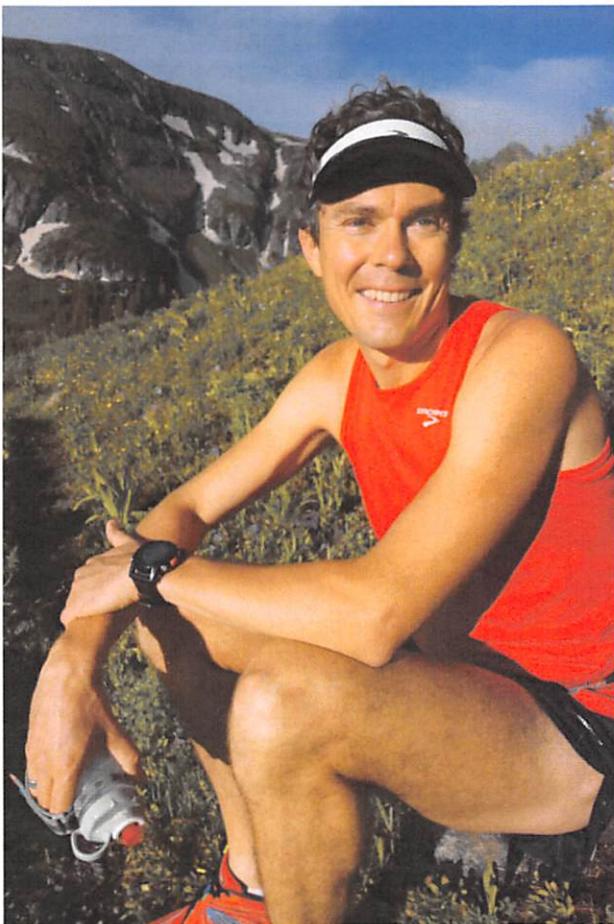


The Inside Track

November/December 2015

A publication of the Fort Wayne Track Club



FEATURES

- ***IHSA State Cross Country***
- ***RUN FOR RILEY***
- ***GROUP RUN WITH SCOTT JUREK***
- ***2015 Iron Runner Winners***

UPCOMING RACES

- Fox Island Turkey Trot
- Ultra Frigid 5k
-

REGULAR Features

- On the Mark
- Meeting Minutes
- Pause To Eat Peacefully and Mindfully

NEW and Noteworthy

- FWTC Nomination Form
- What it takes to be an Ironrunner
- In the Kitchen

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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)
<i>Full page</i>	\$75	\$200	\$325

<http://www.fwtc.org>

FWTC Summary of September/October Minutes

LIZ SCHLOSS

FWTC Secretary

Races

FWTC Fox Island Turkey Trot 5K

The race was Saturday November 21st, 10am at Fox Island. It was the final race for the 2015 Iron Runner Series. Be sure to check our website for results, updated points series, and Iron Runner status. Dave Graney was the race director.

Events

- *The Club made an appearance at Med-Pro Health Fair.*
- *Board and club members formed a team to participate in the IPFW Mastodon Run for Scholarships 5K. The team raised \$250 dollars.*

Policies:

A few concerns were brought to our attention concerning race delays/cancellations.

- *If a points race is cancelled or rescheduled it would not count as a points series race and would not affect the Ironrunner or count against racing/volunteer points.*
- *If a race is delayed but held on the same day, it will still count as a points race.*

Equipment

The club will be reviewing equipment rentals, policies, and pricing in the future.

Our new equipment coordinator is David Broerman at equipment@fwtc.org

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AMERICA
2014
sponsored by competitive



2015 State Cross Country All State

Boys Results

- 1) Ben Veatch, Carmel 14:59.8
- 2) Brayden Law, Homestead 15:06.8**
- 3) Curt Eckstein, Oldenburg Academy 15:07.5
- 4) Christian Noble, Mt. Vernon 15:24.9
- 5) Hariharan Sathyamurthy, Brownsburg 15:28.2
- 6) Cameron Clements, Carroll Fort Wayne 15:29.4**
- 7) Tyler Keslin, Munster 15:30.9
- 8) Julien Magallanes, Borden 15:31.9
- 9) Gabe Fendel, Hamilton Southeastern 15:33.3
- 10) Cooper Williams, West Lafayette 15:33.3
- 11) Bailey McIntire, South Adams 15:34.6**
- 2) Cam Trout, Northview 15:35.3
- 13) David Ehlers, Fort Wayne Concordia 15:38.1**
- 14) Alec Hartman, Westfield 15:40.1
- 15) Evan Franklin, Bloomington South
- 16) Daniel Dalton, Valparaiso 15:46.3
- 17) Kameron Konopasek, Lake Central 15:47.3
- 18) Parker Jones, Pendleton Heights 15:47.4
- 19) Aaron Rush, Mt. Vernon 15:47.7
- 20) Evan Johnson, West Lafayette 15:49.5
- 21) Noah Steffen, Fort Wayne Concordia 15:50.3**
- 22) Ryan Kepshire, Crown Point 15:50.8
- 23) Hunter Boyer, Lowell 15:54.9
- 24) Aaron Bennett, Westfield 15:56.8
- 25) Ben Miller, Carmel 15:57.0

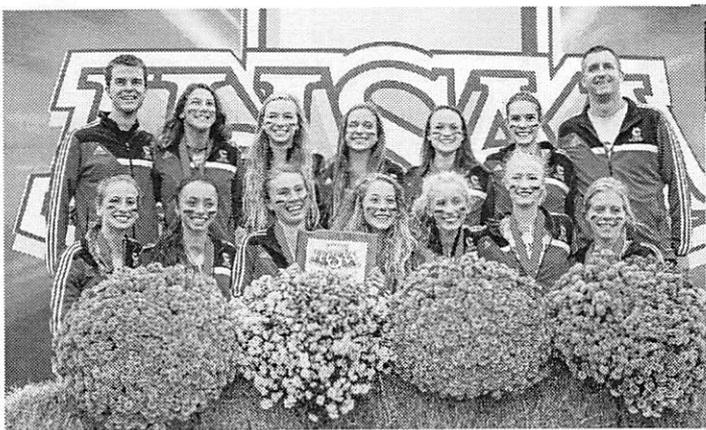
Carroll (4th place) and Concordia (13th place) were the two FWTC area participating teams.

Girls Results

- 1) Sarah Leinheiser, Carmel 17:30.8
- 2) Katherine Free, Indianapolis Cathedral 17:52.5
- 3) Lauren Johnson, West Lafayette 18:05.0
- 4) Madison Fruchey, Carroll (Fort Wayne) 18:05.7**
- 5) Stacy Morozov, Carmel 18:11.0
- 6) Sophia Rigg, Zionsville 18:11.7
- 7) Logan Ferngren, Valparaiso 18:15.6
- 8) Emma Wilson, Greencastle 18:16.1
- 9) Taylor Nicholson, Avon 18:18.9
- 10) Hannah Wylie, Crown Point 18:19.8
- 11) Rachel Brougher, Columbus North 18:20.8
- 12) Josey Korte, Angola 18:21.1**
- 13) Bailey Beery, Belmont 18:22.2**
- 14) Tyler Schwartz, DeKalb 18:22.5**
- 15) Christina Geisler, Carmel 18:26.5
- 16) Grace Williams, Bloomington North 18:27.3
- 17) Maddie Dalton, Carmel 18:28.3
- 18) Abigail Green, Carroll (Fort Wayne) 18:28.5**
- 19) Abigail Little, Noblesville 18:29.7
- 20) Mia Beckham, Warsaw Community 18:32.3**
- 21) Alexandra Dalton, Greenwood 18:35.6
- 22) Alli Workman, Bloomfield 18:36.6
- 23) Cassidy Manning, Floyd Central 18:38.1
- 24) Kristen Johnson, West Lafayette 18:38.9
- 25) Shayla Traas, Franklin Central 18:45.8

Carroll (2nd place), Homestead (9th place), Warsaw (12th place), Huntington North (23rd place) were the area FWTC area participating teams.

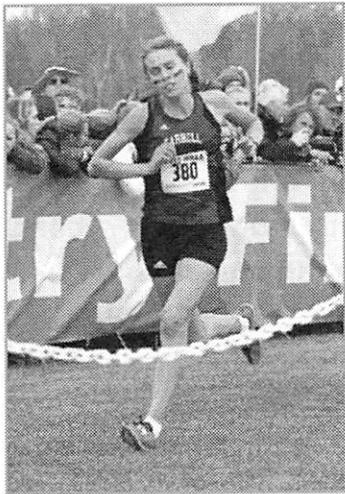
IHSAA 2015 State Cross Country



Carroll's Girls 2nd Place Team Finish



Carroll's Boys 4th Place Team Finish



**Carroll's Madison Fruchey
4th Place State Finish in 18:05.7**



Top 15 Girls Individual State Meet Finish



Top 15 Boys Individual State Meet Finish



**Homestead's Brayden Law 2nd
Place State Finish in 15:06.8**

Ironrunner: What It Takes To Become One

by Casey Shafer

Every year our banquet honors our fellow club members who take the time and have the luck to participate in every race on the Fort Wayne Track Club Points Series. It's becoming a time honored tradition and more and more runners are able to accomplish this amazing feat. Last year was the biggest crew and it also showed an even more select group of multiple year Ironrunners, which I believe the longest streak goes to Roger Kingsbery at 5 years (potentially to be a 6th). Many of the original Ironrunners thought last year was an "easy" year due to the W.O.O.F. not being on the race list, but I personally believe anyone who can run 15 points races, plus any other race in a calendar year is amazing.

Putting this accomplishment into perspective is to also understand the timing and luck factors. Timing is a little easier because a runner can plan to run races and prioritize/miss other life events to accomplish this goal. I recall hearing stories of runners from previous years attending weddings out of state on Saturday only to rush home and run one of our Sunday events. Planning is also difficult for the select few that have other goals because sometimes our races fall during times of big goal races. A great example is Run 4 Riley and the Chicago Marathon falling on the same day. Other runners get hurt and still walk the last two or three events just to finish off the goal, even if it didn't meet their expectation, they still wanted to finish what they started. It takes true discipline and mindset to get the timing element down.

The luck factor comes from staying healthy. Our club would never endorse a runner to finish Ironrunner if they are extremely injured, although we've had many runners want to try. Another luck part is making it to the events. We had a group of runners get in a car wreck on the way to an event and not be able to make it. Even extreme circumstances can prevent someone from being able to participate which will deny someone of getting the award. As heartbreaking as this story goes, it still highlights the luck it takes to meet the criteria of Ironrunner.

I don't actually know what it takes to become a Ironrunner because I have yet to accomplish this goal, but I would recommend sitting with one at our annual banquet on Jan 31st. and listening to their story. You can find the list of current and previous Ironrunners on our website www.fwtc.org under Members, scrolling down to the second list of Ironrunner. It may just give you the insight you need to set and meet this incredible goal and get a biography of your own on our site!

<http://www.fwtc.org>

2015 Ironrunner Awards

Congratulations to the following 29 members who ran all fifteen Fort Wayne Track Club points races to earn the 2015 IRONRUNNER Award! The award will be presented at the FWTC banquet on January 31, 2016.

Rebecca Bell, Emily Bernard, Molly Bernard, David Biglands, Joy Brown, Belinda Clancy, Cynthia Cornwell, David Edsall, Hidi Gaff, Raymond Gildner, Tina Grady, Betty Greider, Steven Greider, Rick Grieze, Greg Hevel, Kelsey Hudson, Tammy King, Roger Kingsbery, Jeff Nidlinger, Sherry Nidlinger, Jason Ott, Shawn Peterson, Clark Reed, Barb Richardson, Joelle Ruefer, Lisa Ruefer, Allyson Salesman, Kris Saylor, Allyson Schreiber

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For information contact Mike Bice at runcoach@fortfitness.org

Join Scott Jurek At IPFW For A Group Run!
The Fort Wayne Track Club welcomes everyone to join ultra
marathon champion and well known author Scott Jurek for a 5K
"Fun Run" on the scenic campus of IPFW. The run will start and
finish at the IPFW Athletics Center Fieldhouse. This group run is
an excellent opportunity to meet a trail running legend. No timing
or awards for this event. No pre-registration for the run is needed.
For FWTC Banquet information visit www.fwtc.org.

FWTG ULTRA FRIGID 5K FUN RUN

Sunday Morning January 31, 2016

A kick off to our 2016 Annual Banquet and
meeting Scott Jurek for his first time in Indiana,
Fort Wayne Track Club (FWTC) presents:



Check in 9-10 AM

5K Run - 10 AM

Cost - free

7 Time Consecutive

Winner of the

Western States 100

Mike Fudrance Run

2 Time Champion of

the Badwater 135

Mike Ultra

Completed 152.7

miles in a 24 hour

running event

Well known for

being a Vegan

Ultramarathoner

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Sports

Fort Wayne

**Thank you for
helping us attain this
achievement.**

**It would not have been
possible without you!**

2015 Points Series Races

<i>Fanny Freezer 5k</i>	<i>Feb. 7</i>	<i>Vineyard 5k</i>	<i>Oct. 3</i>
<i>Nutri-Run 20k</i>	<i>March 28</i>	<i>Run for Riley (5 miles)</i>	<i>Oct. 11</i>
<i>Mastodon Stomp 5k</i>	<i>April 19</i>	<i>River City Rat Race 10k</i>	<i>Oct. 25</i>
<i>Pink Ribbon Run 4 Miler</i>	<i>May 9</i>	<i>WOOF Trail Run</i>	<i>Nov. 7</i>
<i>Frontier Run 'N' Fun 10k</i>	<i>May 16</i>	<i>Fox Island Turkey Trot 5k Trail</i>	<i>Nov.21</i>
<i>Runners on Parade 5k</i>	<i>July 12</i>		
<i>New Haven 10k</i>	<i>Aug. 2</i>		
<i>Anthony Wayne Rotary 5k</i>	<i>Aug. 15</i>		
<i>Just Plain JP Jones 10k</i>	<i>Sept. 13</i>		
<i>Fort Wayne Urban League 5k</i>	<i>Sept. 19</i>		



Rat Race

WOOF

Vineyard Trail



Fort Wayne Track Club 2015 Awards Nomination Form

Help the Fort Wayne Track Club (FWTC) recognize the achievements of club members by nominating them for a club award. People nominated must be a FWTC member. Awards will be given at the banquet on Sunday, January 31st. Nomination deadline is Friday, January 8th, 2016

Award Categories:

1. Spirit of Running Award

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

Nomination: _____

2. Don Lindley Volunteer of The Year

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

Nomination: _____

3. Golden Shoe Award

This award is given to recognize a FWTC member who has given generously in time, effort, and financially. The recipient finds time to contribute his time, talents, and finances to FWTC. The FWTC officers select this winner.

4. President's Award

This award is subject to the whims of the FWTC President and can be anything the FWTC President makes it.

Please send nominations to

Tillapau@ipfw.edu

or mail to:

J.Tillapaugh

4635 Indiana Ave.

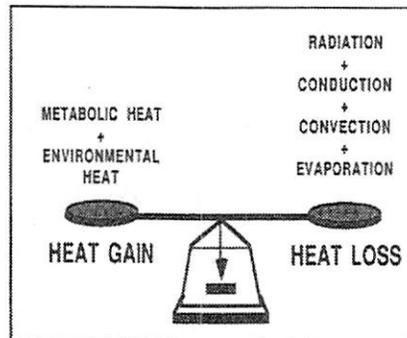
Fort Wayne, Indiana 46807



On the Mark

Thermoregulation Part 3: Is sweating really sexy?

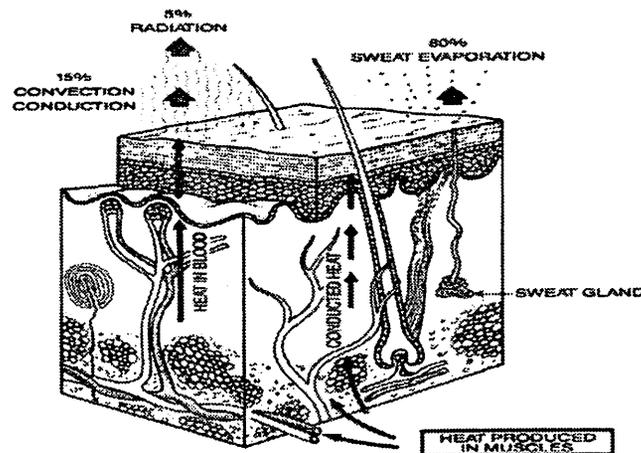
Over the last several articles we have discussed the basis of thermoregulation during exercise and the basics of how and why our body tries to keep our temperature around the sweet (not sweat) spot of 98.6 degrees. Our body's ability to maintain an optimal temperature is a balancing act between ambient temperature and conditions along with the heat generated by our working muscles and the compensatory mechanisms to dissipate this excess heat.



One of the major mechanisms for dissipating excess body heat generated by vigorous physical exercise is through our ability to sweat. The ability to sweat is somewhat unique in the animal kingdom and offers us a competitive advantage over many other species in performing prolonged aerobic activity. (Sorry sprinters, despite the great amount of energy utilized to blow down the track for 100-200 meters, there is simply not enough internal heat built up during that activity to impact performance even in hot weather) Fundamentally, as sweat evaporates from the surface of our skin we cool the skin which in turn cools the blood just below the surface. (Mr. Davis, my high school Chemistry teacher, (Go Archers) taught me; "evaporation is a cooling process"; see, Mr. Davis, I did pay attention.) If you remember last month's article, our body has the amazing ability to shunt blood from deep in our core, where we are producing intense heat through muscle contractions, closer to the surface to get rid of the heat we generate as we perform high energy activity. We have a limit to our cardiac output and blood volume (amount of blood volume we move around our bodies each minute) so shunting blood to the skin for cooling in effect "steals" blood that could be used at the muscles. So, in reality, that glistening sheen and healthy glow we create when we run does more than attract the opposite sex (although that is not a bad side effect).

Just how does our body perform this amazing feat? (not, feet) First we need to sweat and as I said before not all animals are able to do this. Think of Man's best friend the dog, the reason dogs pant is that they cannot sweat and they get rid of their excess body heat by panting (God put that hot smelly breath there for a reason). Pigs wallow in the mud to dissipate heat because they cannot sweat either. We, on the other hand were blessed with sweat glands that were placed just under our skin and allow us to pump water onto the surface of our skin and let the laws to thermodynamics take over. Water molecules will evaporate from our skin into the environment cooling the surface of our skin in the process ("evaporation is a cooling process") which in turn cools the blood just beneath the skin surface that in turn cools our core

Below is a diagram of a sweat gland and the skin surface illustrating these points.



For each liter of sweat evaporated from our skin it has been estimated we can dissipate 560kcal of heat. In general, we have the ability to sweat 2 liters/hour for short periods (1-2 hours) and 1 liter/hour for prolonged activity (3+ hours). As we lose water from our bodies (without appropriate replacement) we of course lose weight (not necessarily a good thing even in our weight obsessed society) because 60% of our body weight is made up of water. As we lose water, we lose blood volume and remember blood is the “river” that carries our nutrients to the exercising muscles. Since our blood, being a limited resource, is being diverted to the skin to cool as we “dry up the river” we have even less blood available to the exercising muscle and performance deteriorates even further.

The speed of evaporation is dependent on Thermodynamic laws as well, so on hot humid days we not only generate more internal body heat (heat coming from the environment adding to our own metabolic furnace) that we must get rid of, external conditions (heat and humidity) make it more difficult to evaporate the sweat back into the environment. This is the reason why we tend to “over-heat” during summer events and why most marathons are held in the fall and winter. As we become more dehydrated with prolonged activity we exacerbate the fundamental problem of getting the blood and nutrients to the working muscle and our internal temperature rises due to our inability to dissipate the excess heat ultimately harming our performance. Core temperature rises between 0.3-0.5 degrees for every 1% drop in body weight. (Marathon runners can typically lose 7-8 lbs in a race even if they drink from every available water station). Move out of our sweet spot (not sweat) and our metabolic machinery goes from the hum of a finely tuned machine to the clunk, clunk of an 8 cylinder car running on 3 cylinders. The sputtering comes from the rise in body temperature and decrease in blood volume via dehydration resulting in less nutrients to the exercising muscle and metabolic processes working outside the optimal heat zone.

So to answer the question in the title of this article; yes, sweating is sexy. Well we might wish to avoid hugging the “sweat-hog” who just finished a grueling race, but the post-race celebrations of a Personal Best performance is sexy in anyone’s book. Next month we will discuss ways to maximize our performance even during the dog-days of summer. For now keep running.

Mark O'Shaughnessy

<http://www.fwtc.org>

FORT WAYNE TRACK CLUB ANNUAL BANQUET

Presented by:

PARKVIEW SPORTS MEDICINE

FORT WAYNE

SUNDAY, JANUARY 31, 2016



TRACK CLUB

PARKVIEW MIRRO CENTER

for Research and Innovation

10622 Parkview Plaza Drive • Ft. Wayne, IN 46845

"Going the Distance" presented by
Guest Speaker Scott Jurek,
vegan ultra runner



PARKVIEW
SPORTS MEDICINE



Scott Jurek, Vegan Ultra Runner, is a world-renown ultra marathon champion and New York Times best-selling author of "Eat & Run" whose accomplishments include:

- 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

3:30 p.m. Trail Running Clinic

5:30 p.m. Dinner and Program

BROOKS



For registration information visit www.runrace.net

Registration Deadline: January 25, 2016

Invite your friends! The public is welcome!

For information email slapau@ipfw.edu or www.fwtc.org



Run for Riley reaches goal, receives matching dollars!

The 9th annual Run for Riley was held Oct. 11 at Maple Creek Middle school with a picture perfect day!

This year the goal was "\$25K for \$25k." If race participants raised \$25,000 through registration and additional donations, Run for Riley would receive a match of \$25,000 from a group of anonymous donors. The race raised over \$25,000 and received the matching dollars giving the Run for Riley a total of \$52,430. This makes the second year in a row the race has raised a record amount of money for the hospital.

What makes the Run for Riley a different race is that 100% from every race registration goes to Riley Hospital for Children, the state's only comprehensive children's hospital, treating over 6,000 children from Northeast Indiana. Race sponsors **Aboite Podiatry, New Haven Pet Hospital, Stifel and Leepoxy**

cover all hard costs allowing all of the race registrations to be donated. And as an added bonus, every registrant gets a free dinner from **Casa Ristorante**, plus after the race are treated to a smorgasbord of donated desserts.



Last year the Run for Riley set a record of \$45,779 with a cumulative total from the 8 years of \$149,647. With this year's total added in, the race has now raised \$202,007 in 9 years.

Run for Riley is a Fort Wayne Track Club points race meaning the 5 mile run is a competitive run. "The support of the **Fort Wayne Track Club** along with our media

sponsor **Majic 95.1** is critical



to our success," added Berry. "And a big thank you to our volunteers from LTS CPA Group, Carrol High School, Bishop Dwenger, friends, family members and the Fort Wayne Track Club for helping create a successful well-run race in addition to a great fundraiser for Riley. We say thank you to our supportive community for a job well done."

For more information, contact race co-director Barb Richards at 260.580.3895.



Pause To Eat Peacefully and Mindfully

Christmas gatherings, reunion runs, neighborhood walks, New Year celebrations, and other festive activities are here for us to enjoy during the upcoming weeks. They give us more than money can buy.

As you ponder the upcoming schedule pause to eat peacefully and mindfully! Use PEACE to keep the real reasons of the season with you.

PEACE:

Pause and plan key priorities each day during the week. Plan time for family, friends, pets, balanced meals, nutritious snacks, sleeping, running and/or walking. Visit neighbors and seniors. Donate what you don't need to a needy family or single parent. Write out your plan and carry it with you in a calendar or log book. This will decrease your chance of extra stress and feeling unorganized.

Pause mindfully before meals and snacks by planning to take your time at meals, being aware of hunger and full body signals, understanding and noticing the qualities of what is being eaten, savoring meal time by being present and enjoying yourself. When you eat just eat.

Eat balanced meals and a couple nutritious snacks daily. Drink 6-8 glasses of water each day. Fill $\frac{1}{2}$ your plate with vegetables and fruit, make $\frac{1}{4}$ of your plate a starchy food like brown rice, pasta, or a potato, and complete final $\frac{1}{4}$ of the plate with lean meat, poultry, fish, or a high protein bean product.

As meals are planned keep in mind people who have diabetes, high blood pressure, high cholesterol, and/or a wheat intolerance. Service simple selections everyone can enjoy.

Use these nutritious foods: oatmeal, brown rice, whole grain bread, pumpkin, squash, beans, broccoli, asparagus, tomatoes, carrots, red cabbage, red onion, cranberries, apricots, berries, grapes, oranges, nuts, lean red meat, skin less poultry, fish, milk, and yogurt.

Accept your limitations, different opinions, and changes out of your control. Take another look at your plan and priorities. Is there anything that is not necessary? Can you smile and listen more than talk?

Celebrate Christmas and all birthdays as a time with family, friends, and/or helping a neighbor. Be Christ like. It is a time for connecting, memory building, experiencing heart felt traditions, and spreading healthy cheer. Give no cost gifts like visiting, listening, singing together or reading a poem or story.

Exercise most days of the week, moderate intensity, 30 to 60 minutes each time. Something is always better than nothing. If you only have 10 to 15 minutes then use it for a walk, a run or dance around the house. You deserve it! De-stress with fitness!

Peace To You!

Healthy Holidays,

Judy Tillapaugh, RD, ACSM HFS

IPFW Wellness/Fitness Coordinator

Tillapau@ipfw.edu

In The Kitchen

Lentil-Mushroom Burgers (excerpted in [Runners World](#) & [Outside](#))

by Scott Jurek

For any reluctant vegan who worries that nothing will ever replace the taste or texture of a juicy beef patty, consider the lentil burger. It might not matter so much that lentils are an excellent source of protein, that they are one of the fastest-cooking legumes, or that they are consumed in large quantities all over Europe, Asia, and Africa (even Idaho!). What will impress you is how tender, juicy, and “meaty” they taste. I grew up grilling over campfires, and I know burgers. These are as delicious as they come. Sometimes I’ll even take a few patties with me on long training runs and races.

- 1 cup dried green lentils (2 1/4 cups cooked)
- 2 1/4 cups water
- 1 teaspoon dried parsley
- 1/4 teaspoon black pepper
- 3 garlic cloves, minced
- 1 1/4 cups finely chopped onion
- 3/4 cup finely chopped walnuts
- 2 cups fine bread crumbs (see Note)
- 1/2 cup ground flax seed (flax seed meal) 3 cups finely chopped mushrooms
- 1 1/2 cups destemmed, finely chopped kale, spinach, or winter greens
- 2 tablespoons coconut oil or olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons nutritional yeast
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

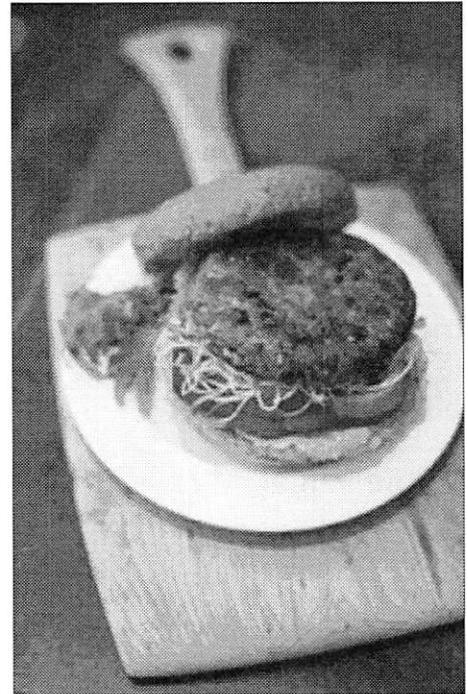
In a small pot, bring the lentils, water, parsley, 1 garlic clove, and 1/4 cup of the onion to a boil. Reduce heat and simmer, partially covered, for 35 to 40 minutes, until the water is absorbed and the lentils are soft.

While the lentils are cooking, combine the walnuts, bread crumbs, and flax seed in a bowl. Add the nutritional yeast, salt, pepper, and paprika and mix well.

Sauté the remaining onion, remaining garlic, the mushrooms, and greens in the oil for 8 to 10 minutes, then set aside. Remove the lentils from the heat, add the vinegar and mustard, and mash with a potato masher or wooden spoon to a thick paste.

In a large mixing bowl, combine the lentils, sautéed veggies, and bread crumb mixtures, and mix well. Cool in the refrigerator for 15 to 30 minutes or more.

Using your hands, form burger patties to your desired size and place on waxed paper. Lightly fry in a seasoned skillet, broil, or grill until lightly browned and crisp, 3 to 5 minutes on each side.



<http://scottjurek.com/eatandrun/recipes/>

Point Series Leaders as of River City Rat Race

Female 19 & Under

Alexandra Beber

20 to 29

Leah Johnson

30 to 34

Hidi Gaff

35 to 39

Nichole Emmert

40 to 44

Emily Keirns

45 to 49

Debbie Seigel

50 to 54

Lisa Ruefer

55 to 59

Joy Brown

60 to 64

Cynthia Cornwell

65 to 69

Barb Scrogam

Male 19 & Under

Logan Weaver

20 to 29

Adam Dyer

30 to 34

Tommy Cutter

35 to 39

Jeff Nidlinger

40 to 44

Todd Poinsett

45 to 49

Clark Reed

50 to 54

Rick Grieze

55 to 59

Chuck Brown

60 to 64

Kerry Blanchette

65 to 69

Roger Kingsbery

Male 70 & Over

David Biglands

Fort Wayne Track Club Member Benefits

Our members enjoy several benefits, and thanks to our support from organizations and businesses that support the running community, we are able to offer the following benefits to our members:

Points Race

You must register yourself before the first FWTC Points Race, which is the Fanny Freer. This event is usually held during early February. You can sign up to be a member by filling out the [membership form](#) even after the season has begun (the date of our FWTC Event, the Fanny Freezer, marks the date), but you will simply be ineligible to gain points in our points Series.

Race Discounts

The Fort Wayne Track Club is the official sponsor of several running events in and around Fort Wayne. These official events allow members to take part in the points race, and they also receive a discount on their entry fee. Please indicate you are a member of the Fort Wayne Track Club when registering to receive the appropriate discount. If you are unsure how to do so (before the race or on race day) speak with one of the individuals manning the registration tables or the race director.

Bi-Monthly Newsletter

The Fort Wayne Track Club also publishes a bi-monthly newsletter, which features a round-up of photos and race results from events in and around the city. It also provides entry forms for the FWTC-sponsored events and informative nutritional / training articles to give you that edge in your training.

Discount at Three Rivers Running Company

Our members also enjoy a 10% discount on their purchases at the [Three Rivers Running Company](#). You only need to state you are a member of the Fort Wayne Track Club, make sure we list your name on our [membership roster](#) on our website and a sales associate will make sure to apply your membership discount on your purchase.

Discount at Fleet Feet Sports Fort Wayne

Our members also enjoy a 10% discount on their purchases at [Fleet Feet Sports Fort Wayne](#). You only need to state you are a member of the Fort Wayne Track Club, make sure we list your name on our [membership roster](#) on our website and the sales associate will make sure to apply your membership discount on your purchase.

Discount at the Annual Fort Wayne Track Club Banquet

The Fort Wayne Track Club also hosts an annual banquet in January. This banquet serves as an award ceremony that recognizes local high school runners and its members who have participated in their respective age categories during the previous year's point race. We are also host to such guest speakers as [Bill Rodgers](#) and [Shalane Flanagan](#).

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TRACK CLUB
FWTC Newsletter
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