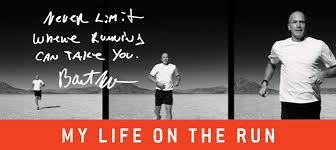
Nov. 17, 2013

For immediate release:

BART YASSO coming to Fort Wayne



Bart Yasso, Runner’s World Chief Running Officer will be speaking at the Fort Wayne Track Club Annual Banquet on Sunday, January 26, 2014 at Hotel Fort Wayne.

The banquet, which is open to the public, honors area high school runners, Fort Wayne Track Club Point series winners, and volunteers. The club also hands out several “Iron Man/Woman” awards to those who participate in every single points race in the series for the year. There were 15 point races this year on the Fort Wayne Track Club calendar.

After the awards, Yasso will speak on, “Never Limit W where Running Can Take You.” Yasso joined Runner’s World in 1987 to develop the ground breaking Runner’s World Race Sponsorship Program, which allowed the magazine to work with over 7,000 races representing 4 million runners per year. Yasso also invented the Yasso 800s, a marathon-training schedule followed by thousands. He has completed races in all seven continents, competed in the Ironman five times and cycled, unsupported and by himself across the country twice.

All banquet attendees are also invited to a free pre-banquet clinic focusing on Injury Prevention and Recovery Care. Bart will share some opening remarks before turning over the discussion with Physical Therapist, Todd Sullivan, Orthopedic Surgeon, Dr. Lisa Falotico, and Tom Seifert, sports massage therapist.

The cost of the banquet is just $15 to Fort Wayne track Club members, $20 for the general public until December 31st. After that the price increases to $20 for Fort Wayne Track Club members and $25 for the general public.

This event is open to anyone, especially those who want to start 2014 with great motivation and a fitness routine. “Our goal is to reach out into the community to everyone regardless of what their fitness routine is. We all need someone to help motivate us, and Bart will do just that,” says Fort Wayne Track Club President Jim Berry .

Details and tickets available on line at fwtc.org.

Media: Bart Yasso is available for phone interviews and can provide additional pictures and video. Fort Wayne Track Club representatives are also available. Contact Barb Richards, [barbrichardsfortwayne@gmail.com](mailto:barbrichardsfortwayne@gmail.com) or 260-580-3895 to arrange an interview time.