
Foot Prints

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2003 Mini Training Headed Your Way

By Kent Miller

I am personally looking forward to the beginning of the 2003 Mini-Marathon training program. It will be a chance for me to get back into shape. Recently I thought I could play flag football. In an attempt to prevent a touch-down (in which I succeeded), I tore my hamstring. This resulted in 6 weeks of physical therapy at St. Vincent's Sports Medicine and little to no running. I guess I forgot that when the word "ball" is in the title of the sport I immediately become a scrub. I also discovered something else about myself: I am not able to successfully diet. I really need to get back into running before I start to resemble some of my "huskier" siblings. So, the upcoming Mini program should prove especially beneficial for me.

This year's program will begin with packet pick-up at Hinkle on Tuesday, Jan. 21st with our first official run on Jan. 28th at 6:00 p.m. There are several ways to enter: on-line at indyrunners.org, in person at Hinkle on any Tuesday beginning at 5:30 p.m., or through the mail. Entry forms

went into the mail on December 6th. The earlier you register the more money you will save, always a good thing this time of year. The price will continue to be the best bargain in the city for a mini training program.

We will continue with our successful hands-on group running and walking program. Indy Runners will provide food and Gatorade after our longer runs in the spring this year. Of course, our informative seminars will continue after each run/walk on Tuesday, we still have pizza once a month, a staff member from St. Vincent's Sports Medicine will be there every Tuesday (I can personally vouch for their effectiveness and professionalism) and our attractive sweatshirts, pasta dinner and post-race party all will be back.

Don't be intimidated against showing up if you are not in tip-top shape (such as myself). This program is gentle and incremental. We can accommodate the elite runners or those who have never run more than a mile. Make joining and completing the Indy Runners Mini-Marathon training program your

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New Year's Resolution. Feel free to bring a friend, too. It's more fun that way, especially on the longer runs. If you want to get more involved, there are plenty of volunteer activities available. So.....

See you running soon.

Upcoming Indy Runners Races

Groundhog 7 Sun 2nd February
Carmel-Clay Junior High School

Sam Costa Sun 23rd March
Carmel-Clay Junior High School

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Looking for timely running and/or walking information?

Go to the Indy Runners website at www.indyrunners.org

THE PRESIDENT'S PAGE

By Margaret Drew

Greetings fellow Indy Runners and Walkers,

I find it hard to believe, but this is my last column to you as President of Indy Runners and Walkers. After three years, it's time to hang it up and let someone else take the reins. Donna Billiard-Wright (the club's VP the past 18 months or so) will be your new President and will, no doubt, be a great leader for Indy Runners and Walkers.

When I first started running about 15 years ago, it was Indy Runners that got me going. A good friend and co-worker, Steve Locke (currently Executive Director of USA Triathlon and an original Tuxedo Brother) talked me into joining the Indy Runners Mini Training Program. At that time the training runs originated at the tennis center on the IUPUI campus and Steve Furste was president. I ran with the 10 minute group and quickly partnered up with Amy McQuilken (younger sister to Karen McQuilken, winner of two Minis in her own right and creator of the Leading Ladies Run) and Judy Carr (wife of Phil, another founding member of Tuxedo Brothers). We got through all those long Tuesday night runs together, had a great time doing it, and I became a runner-for-life from that point on.

Along the way I have met some incredible people. Indianapolis' running community is very fortunate in that it has always had people with great vision, ready to take chances. Bob Weddle and Nelson Steele (along with Duane Heidecker and undoubtedly others I am

leaving out) not only had the foresight to start a store on the north side of town to cater to the running community (the Athletic Annex) but they also had the foresight to begin Indy Runners. Other people took chances and created the "Mini Marathon" and somehow got Frank Shorter and Bill Rodgers to run in the first race. The Mini is now going on its 27th year and besides feeding the Indianapolis running community it also has become the largest (and best!) half-marathon in the nation. Ken Long took chances and brought in many races of all types and distances to the local running scene. Marty Day and Runners Forum have always been a staple in the Carmel area and now provide a series of races as well. Bob Kennedy brought his national reputation back home to Indiana and now has a shoe store in Broad Ripple, right off the Monon Trail. And, last but not least, Don Carr and Tuxedo Brothers started with just a stair climb (Bop to the Top) and now do every shape, size, type and style of event any runner could ask for. All these people took chances and the Indianapolis running community is much better for their efforts.

I thank those people for their help to Indy Runners as well as their friendships, and I am confident they will always be there for this club. I also want to thank all the board members who have served this club, unflinchingly, for so many years. I have been on the board for 10 years now in various capacities and it always amazes me the time and effort our board members put into this club. It also amazes me the number of you who aren't board members, yet help out whenever the need arises. I do not know what this club would do



without the "Barry Landys" of the world who always donate their time and talents without hesitation.

As we look forward to another year, Indy Runners is in great shape but as always, challenges are out there. The Road Runners Club of America (the RRCA) of which Indy Runners has long been an active member, is going through a lot of changes, some of which we and other member clubs are seriously questioning. Insurance rates are dramatically increasing and other financial hurdles loom. Places where we used to run and hold races are now one housing development after another. Changes are quickly taking place at every turn. I know Donna and the rest of the board members are more than up to the task of continuing to guide this club down the right path. Please continue to give them all the help they need. This club is in great hands. As for me, I will still be out there, helping with races and Butler basketball games. Who knows? Maybe I'll even start running more!

I hope everyone has a great 2003, filled with lots of good running and walking.

Continued happy running

Race Walk

by Marcia Gascho

The Corporate Challenge began in 1983 as a way for employees of Indianapolis companies to compete in various running events. It grew over the years to include non-athletic events like donut-eating and wastepaper basketball. For many years, people asked me if I was planning to enter events in the Corporate Challenge. Unfortunately, every year I had to tell them that my company (American United Life) did not participate in the CC.

I was extremely excited when I got the news that AUL was finally going to enter the Corporate Challenge in 2002. I signed up to do a walking event and I discovered I had been assigned to the 5K race walk. Upon reading the rules for competition, I found out they expected the official race walking form (i.e. "duck walk") to be used by participants. Fortunately, I had taken race walking lessons. Unfortunately, it was 12 years ago. I hadn't done a race using the form for a number of years. I talked to the 5 other members of my race walking team and realized that none of them had any idea how to do the form. I had some work ahead of me to brush up on my rusty form and whip my teammates into shape!

I had close to 2 months to prepare for the race. I started out by reacquainting my body with the form that I had not used in many years. Race walking is very physically demanding and requires a lot of concentration. It's tough to remember to have relaxed shoulders and neck, land with a straight knee, do heel/toe push-offs, and have proper arm movements and hip/leg rotations all at the same time. I had to repeat a little mantra to myself over and over again to keep my mind focused on the form. I started out by alternating long stretches of regular fast walking with short bursts of race walking. As the weeks went by, I gradually increased the race walking. I was unable to make it to the AUL weekly practices but I did a long walk with one of the women on my team to help her with the form. I gave a quick impromptu lesson to another walker down a concourse at the RCA Dome when we were there for a Colts event. I also had a "how to race walk" video that I lent out to all my team members.

During this training period, I got word that my high school reunion was being held the same day, in Wisconsin! My best friend from high school and I had been planning to go, so I didn't want to miss it. I was glad that the race walk was one of the first events of the day, so I quickly calculated I would have time to do the race, hurry home to get cleaned up, throw my overnight bag in the car, then drive for over 5 hours to my hometown.

Saturday, September 21st arrived at last. I got up very early, drove downtown and found the AUL tent at the IUPUI campus. I saw my race walking team members and a number of other AUL competitors hanging around. It was exciting to see employees of all the different companies gearing up for their events. We lined up for the race walk and took off. I got off to a fairly fast start but soon was suffering from severe shin pain. No matter how much I warm up, I've always had problems with shin pain the first mile or so. I eased off the race walking form for a while, and then picked it up again as my shins warmed up. I saw people doing all kinds of walking forms. Not many were truly race walking. I was amazed to see only one judge on the whole course! I was happy to see the finish line since I had really been pushing it. I did one of my fastest 5K walks in years. The rest of my team was pleased with their times as well. As a result, the AUL race walking team came in 4th place in our division. I wish I could have hung around afterwards to see the other events and to celebrate our company's achievements. Unfortunately, Wisconsin was calling and I had to hit the road.

I'm happy to report that I was able to make it to my class reunion with no problems. That evening, I gazed around the room at my aging classmates. Time had not been kind to some of them, including former jocks. On the other hand, I had done a fairly strenuous race that morning with no ill effects. I may have a head full of silver hair and lines on my face, but I'm a lot more active and in shape than I was in high school.

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The Driven Bigfoot

By Bigfoot



On Starting: You're finishing one year and anticipating another of running or walking your way to better health. Your friend or family member hasn't made the big move toward movement as yet. Though you might be suffering some guilt pangs about your November-December food intake's exceeding your exercising outgo, you take some comfort in your past ability to struggle back to shape despite yourself. That one you know or love, on the other hand, just seems to keep on accumulating mass, and exhibits no apparent interest in converting it to energy. What to do?

If you care about them, how about taking some action to help them start moving toward improving? You might only achieve their anger about your bugging them, but at least that gets their heart rate up a bit. There are many types of physical activity that pick up the heart rate and strengthen muscles. The first task is to identify one or more they are willing and able to perform often enough to bring about recognizable changes for the better without causing pain or injury that would discourage or defeat the process. We healthier folk must remember that some people simply do not enjoy moving around by foot. This is where creativity is called for. Suggest a trial membership at a club; give them

a half hour with a personal trainer (some will come to your home); induce them outside for a walk/jog at their pace(s), applying no pressure for them to match yours; or try to persuade that person and his or her own special person to take steps together. And, don't invite them along for eats when you're giving in to your own exercise-induced cravings because they won't be able to burn the old layers if they keep adding new ones.

On Finishing: It would indeed be a positive thing to take someone you've encouraged into more healthy practices to his or her first race. However, my goal here is to simply remind you to give something back to those behind you when you yourself race. Do what you need to recover from your own race, and then head back to the finish zone to cheer on those coming in. Ours are individual efforts, but we're part of a larger whole. The completion is a celebration of what any of us could give to the effort at that time, and deserves to be acknowledged. You also might gain some humility in the process by seeing how those less physically blessed than yourself meet their challenge.

Winter Reminders: I'm back on my annual high horse, so long-

time readers bear with me a bit here. The fairly new to the sport and those who are experienced but forgetful need help with winter survival skills. Remember that we're better able to see than be seen by drivers in dim light with coated windshields. Run against traffic and be ready to get the heck out of the way. Don't make a driver guess what you're going to do. Wear reflective items and colors in contrast with your likely surroundings. Wear several layers of clothing rather than something really bulky. Test the space age, wicking fabrics for comfort and effectiveness. Avoid cotton because it sucks sweat and attracts cold. Consider eye protection from blowing snow or bright sun. Wear a head covering of some sort. Maybe make notes about what outfits work for different temperatures and conditions, and what outfits just didn't make it. A rule of thumb is to dress for twenty degrees warmer than shown on the thermometer to allow for building body heat. Go out into the wind and come back with the wind. Worry less about speed than

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THE ROVERING REPORTER

By: Emma Drew

Happy New Year one and all! I hope everyone has a great 2003 and that your year is full of treats and play. As canine liaison to Indy Runners, I decided to scratch out a few of my resolutions but quickly realized that those things we dogs would resolve to do, our people (my mom, for example) would not want us to do. Therefore, I decided on two New Year's Resolution lists, one list to appease the people in my life, the other list (the real list) of those things I actually resolve to do.

People Resolutions:

1. Obey all my owner's commands.
2. Bark only when necessary.
3. Realize the mailman comes every day and vacates the porch because he has finished his delivery, not because I am barking.
4. Do not beg, look wistful, stare and/or drool because others are eating and I am not.
5. When visitors come, go to my "place" and remain in "down-stay" until invited to join the others.
6. Do not attack Mr. Towel, Mr. Hose or my mom's running shoes.
7. Remember to leave flowers for others to enjoy.
8. Run lightly and carefully when playing in the backyard, even when chasing squirrels, rabbits and other vermin.
9. Stop stealing baseballs, tennis balls, lacrosse balls, golf balls and anything else I can find from the Butler IM fields.
10. Always be prepared to go running with my mom.

My Resolutions:

1. Obey all commands I want to or think will serve my best interests.
2. Bark when necessary, or when it's not so necessary.
3. Continue showing the mailman who's boss.
4. Eat at every opportunity and use all available means.
5. When visitors come, greet them with great enthusiasm. After all, they are there solely to play with me.
6. Continue showing Mr. Towel, Mr. Hose and my mom's running shoes who's boss.
7. Remember that flowers are fun to play with and also make nice, soft places on which to lie.
8. When playing or chasing squirrels, rabbits and other vermin in the backyard, dig in for traction and see how many divots I can create.
9. Continue helping the Butler Athletic Department get rid of their excess inventory of baseballs, tennis balls, lacrosse balls, golf balls, or any other spherical objects I may find.
10. Always be prepared to go running with my mom.



Continued from Pg 4 - Race Walk

I'm not planning to return to my old race walking days, when I competed in lots of races. I don't feel the "need for speed" that I used to. However, if AUL wants me to do the Corporate Challenge race walk again in 2003, I will probably follow my same training routine and give it my "all" for that one race. At least I know I won't have to rush off to another class reunion for a few more years.

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duration of travel. Consider treadmills and indoor tracks. And, if it's absolutely impractical for you to run or walk, do something else to supplement your training. You need to work on your whole body anyway.

Stride and glide, as an example to others and a benefit to yourself. Be well throughout the new year.

Peaks and Valleys of Running

By Sarah Miller

How to Run Your Best Race; Tips on Running Your Best Marathon; Becoming a Better Runner—do these headlines sound familiar? The contents of running magazines and popular books provide great recommendations for training, while leaving somewhat of a void: What should we do if the race doesn't go as planned or if we do not meet the goal we have been striving for? Little is published on this topic—are we afraid to even admit that runners might, and do, fail?

Sometimes no matter how precise your training program and preparation is, the race just doesn't go as planned. Dealing with the disappointment, whether it be substandard results, an injury hampering performance, or simply a DNF, may be harder than dealing with the pain during the race itself. After my own sub-par performance, I compiled some basic information based on support and advice from my running friends, and the few articles I found on this topic.

The race is painful for all.

Runners often claim, “I felt great”, or “It felt easy”. Remember that no matter how “great” a person feels, they still fight fatigue and pain. Whether the runner is number 1 or 1001 in the race, the truth is, everyone hurts. There are days when the pain is more intense than others, and sometimes, it is just not your day.

There are things about the outcome of the race that you cannot control. However, you *can* control the decisions you make throughout your effort. Accept that not every race will be your best, and use the ‘off’ days to appreciate your ability to participate and enjoy the moments within the steps before you.

Keeping a record keeps you honest.

The running log, as tedious as it can be to maintain, is the best method of tracking your personal progress and allowing you to set realistic goals. Review your log regularly as you establish short-term and long-term aspirations.

Following a disappointing performance, it is recommended to record the following:

- a. Objective information (e.g., your time, pace, conditions)
- b. Subjective information (e.g., immediate reactions, emotions you felt during and post-race)
- c. Lessons learned (e.g., mistakes made affecting result, possible culprits in training or race-day strategy and what you could have done differently)
- d. Your current feelings (i.e., your emotional state related to running and directions for the future based on step c).
- e. Summary of the positives (i.e., what went right in this race)

Demonstrate patience.

The natural reaction after a ‘bad’ race is to enter another in attempt to relieve your disappointment. This may be effective in some cases. However, avoiding the temptation to try again, and instead, taking a few weeks-months to regroup and run for enjoyment is generally the better decision. Your next step to the starting line will be with a calmer, more confident attitude—rather than lining up in attempt to prove something to yourself or others.

Define failure carefully.

Winston Churchill once said, “Success is the ability to go from failure to failure without losing your enthusiasm”. True failure has been defined as the unwillingness to grow and become a better runner. Instead of trying to avoid failure, runners need to give themselves permission to make mistakes and errors, and to fail. Fighting failure in running is a losing battle—failure is inevitable. Encountering setbacks is an expected and natural consequence of being a runner. Setbacks are only temporary and provide the opportunity to learn and reevaluate the situation. The result is greater improvements in running than expected.

Although you will and should evaluate your performance, at some point, you must accept that “you win some, you lose some”, and it was just one race or one season. Thereafter, you have to lace up your running shoes and remember there was a

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YOUR EVENT CALENDAR FOR 2003

January

Wednesday the **01st**

Resolution Revolution 1,2, or 3 loops of 3 Miles 10.00 a.m. at the YMCA at the Athenaeum, 401 E. Michigan Street, Indianapolis IN Contact Ken Long & Associates at 317/884-4001

Frigid 5K Fun Run 1.00 p.m. at Kosciusko Family YMCA, Warsaw, IN Contact Don Ramsome at 574/267-4140

Resolution Run For Diabetes 5K Run and Walk 9.00 a.m. at Columbus East High School, Columbus, IN Contact Race Organizer at 812/988-7755

Annual Hangover Classic 10 mile Run 10.00 a.m. at American Turners, Louisville, KY Contact Race Organizer at 502/454-0519

Saturday the **4th**

Annual Siberian Express 7.6 mile trail run 12.00 p.m. at Kickapoo State Recreation Area, Danville IL Stay for the post-race party with food, drink, music and prizes. Contact Kennekuk Road Runners at 217/431-4243

Friday the **10th**

St. Francis Hospital & Health Centers "Jump the Gun" 1.1 mile run/walk 5.30 p.m. at St. Francis Hospital's Indianapolis

campus, located at 8111 S. Emerson Ave Contact Ken Long & Associates at 317/884-4001

Saturday at **11th**

The Winter Cross Country Championship 8K 10.00 a.m. at Bedford-North Lawrence H.S. Cross Country Course, Bedford, IN Contact Robert E. Lee at 812/277-9623

Saturday the **18th**

Snowflake Derby 8K European XC Run, 8K XC Run, 4K Run & Walk 10.00 a.m. at University of Southern Indiana Evansville, IN Contact Race Organizer at 812/465-1232

Sunday the **26th**

Campus Caper 5K 1.00 p.m. at Indiana Univ. Southeast New Albany, IN Contact Race Organizer at 812/941-2433

February

Saturday the **01st**

Bop to the Top 37 Floor stair climb 10.00 a.m. at AUL Building, Indianapolis Contact Tuxedo Brothers at 317/733-3300

Winter Run 5m run 9:00 am at Torner Community Center in Deming Park, Terre Haute, IN Contact Torner Community Center, 500 S. Fruitridge Avenue, Terre Haute, IN 47803.

Sunday the **2nd**

The 31st Groundhog 7 mile run & Walk Registration opens 11.30am Race starts 1 p.m. at Carmel-Clay Junior High School on 126th Street, Carmel, IN Contact Indy Runners at 317/290-RUNR

Saturday the **8th**

Fanny Freezer 5K Run and Walk 2.00 p.m. at Fort Wayne, IN Contact Race Organizer at 260-745-4295

Annual Run for Roses 8K trail run, 5K trail walk 10.00 a.m. at Hardy Lake State Park, Austin, IN Contact Brett Turner at 812/793-2759

Saturday the **15th**

Mini-Marathon Training Series 7K run and walk 9:00 am at Cnr Washington/Meridian, Indianapolis IN Contact Tuxedo Brothers at 317/733-3300

Cupids Fling 5K run and walk 9.00 a.m. at Clay Junior High School, Carmel IN Contact Runners Forum at 317/844-1558



Indy Runners and its members belong to the RRCA & USATF.

Saturday the 22nd
George Roger Clark Trace 10-Mile 10:00 a.m. at Vincennes, IN Contact Bob Hunt at 812/886-1555

March

Saturday the 1st
Polar Bear Run & Walk 5 mile run & 5 mile walk 9.00 a.m. and 9.20 a.m. respectively at Indiana War Memorial located at Meridian & Vermont Streets, downtown Indianapolis, IN Contact Ken Long & Associates at 317/884-4001

Annual Bulldog Jog 5 Km run and walk 9.00 a.m. and 9.05 a.m. respectively at Butler University, Hinkle Fieldhouse, IN Contact Cindy Hawkins at 317/940-9931

Sunday the 2nd
Annual Race Through Hoosier History 5-mile run & 3-mile walk through scenic and historic Crown Hill Cemetery, IN at 9.00 a.m. Contact Indy Runners at 317/290-RUNR or Marty Davis at 317/920-2644

Black Walrus 4 Mile run 2.00 p.m. at Tipton M.S., Tipton, IN Contact Mark Shorter at 765/452-2616

Saturday the 8th
Mini-Marathon Training Series 10K run and walk 9:00 am

at Corner Washington/Meridian, Indianapolis, IN Contact Tuxedo Brothers at 317/733-3300

Rail Run 10K Run/Walk 8.00 a.m. at Carmel Main Fire Dept, Carmel, IN Contact Runners Forum at 317/844-1558

Norris Insurance 5K Run & Walk 9.00 a.m. at Amboy Park, Amboy, IN Contact Mark Shorter at 765/452-2616

Saturday the 15th
DINO Trail Run Series 5k or 15k rugged trail run 9:00 a.m. Eagle Creek, Indianapolis, IN Contact Brian Holzhausen at 317/308-6449

Monday the 17th
Shamrock Run & Walk 9.00 a.m. at Downtown Indianapolis Contact Tuxedo Brothers at 317/733-3300

Saturday the 22nd
Holliday Park Trail Run along the White river from Holliday Park to Marrott Park and back at 9.00 a.m. at Holliday Park (6363 Spring Mill road) Contact Tuxedo Brothers at 317/733-3300 or Friends of Holliday Park at 317/475-9482

Spotlight on Nursing 10 Km Run/Walk, 5 Km Run/Walk 9.30 a.m. and 9.35 a.m. respectively at RN Specialties, Inc. (located at 6060 North College Ave), Indianapolis, IN Contact Ken Long & Associates at 317/884-4001

Underground RR Run 5K run and 3 K fun walk 9.00 a.m. at Westfield High School Contact Runners Forum at 317/844-1558

Mountain Goat Hill Runs/Walk 3 mile run/walk and 15 km run 10.30 a.m. at Kickapoo State Recreation area, Danville IL Contact Kennekuk Road Runners at 217/431-4243

Old Ben 5K Run & Walk 9.00 p.m. at Rodgers Pavillion, Highland Park, Kokomo, IN Contact Mark Shorter at 765/452-2616

Sunday the 23rd
Sam Costa Half Marathon 13.1 mile run 1.00 p.m. at Carmel Clay Junior High School Contact Indy Runners at 317/290-RUNR

Shamrock Shuffle 5 Km fitness walk, 8 Km run, & 1 Km kids shuffle 9.15 a.m. , 9.30 a.m. & 10.45 a.m. respectively at Grant Park, Chicago IL Contact Race Organizers at 1-877-904-5407

Saturday the 29th
Coyote Chase 5 Km run and Fitness Walk 9.00 a.m. at Towne Meadow Elementary, Carmel IN Contact Runners Forum at 317/844-1558

Bedford Fitness Challenge 5K run/walk 9.00 a.m. at Bedford, IN Contact Bill Deckard at 812/275-0403

A Place For Every Pace

Indy Runners is a nonprofit association that promotes personal fitness and health through running and walking activities including training programs, races, track workouts, fun runs and walks, and other social events. Membership is open to everyone, regardless of ability or age.



Dealing with “that Vision thing”

By Dave Mossbarger

“The important thing is not so much where we stand, as in what direction we are moving.”

--Oliver Wendell Holmes

This quote has both literal and figurative meaning for walkers and runners. Obviously, just to move is very important for us as we find that the first step out the door, especially in winter weather, is usually the hardest step of all. “First step’s the worst step” is what we often say or hear. Those who can’t quite seem to get over that hump envy those who have mastered the self-discipline to get out the door consistently, even in winter cold or summer heat. The feeling of accomplishment is well above normal when you’ve tackled the elements--you feel that pride in your personal ability and willingness to endure successfully, and you know you’re a better person for it. No matter what kind of person you are now, you’re doing things to become a better person.

Yet, even those who run or walk with some consistency are not always moving in the right direction. We lose sight of the reason we began exercising in the first place, or, even worse, we no longer are motivated by the reasons that started us moving. Some continue to exercise but not with the same sense of purpose while others give it up entirely.

“You Are What You Do”

This lag in motivation occurs because most people never stop to really figure out why they’re doing what they’re doing. Aristotle taught, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” The problem is that today we tend to have habits that lead us away from excellence rather than to it. Television, video games, computers, phones, and many modern day pursuits which we repeatedly do lead us away from physical fitness, good health, and productive lives. Think about it: where are *you* headed and where do you *want to go*? If the destinations are not the same, you need to rethink things a bit.

“That Vision Thing”

While former President Bush allegedly didn’t like “that vision thing,” there is little doubt that he had a personal vision and set goals to get there. You don’t achieve things like becoming President of the U.S. without doing that. How are *you* handling “that vision thing”? Have you ever taken time to think through, even write down, *your* personal vision? You probably have thought about it, whether you realize it or not. In order to set a goal, you have to have thought at least a little bit about your personal vision because your goals take you toward it. For example, many people at one point have goals of getting a job and getting a car, because those goals lead toward a vision of being a productive, independent person. They thought about the goals but only gave the vision a glancing thought. If you want to accomplish something with your life, all you need to do is clarify your personal vision, set effective goals to take you towards that vision, implement Action Plans to accomplish those goals, and overcome the obstacles in the way. Very simple, yes? Not!

Your personal vision is basically what you see as your purpose in life. In your mind, what is the reason *you* are on this planet? What value do, or can, *you* bring to this world? What do you really value in life? It doesn’t need to be real specific or definite, but it ought to be clear enough to let you set some specific goals to work towards that vision.

When developing your Personal Vision, keep in mind these competencies to address:

- mental: education level, creativity level, technology proficiency, alertness, your position on or support of social/world issues, etc.
- physical: health, wellness, fitness levels- how old? How fit? What amount of stress?
- moral: integrity, character, honesty, religion, spirituality, ethics.
- social: self-awareness, social graces, communication, diversity, family, friends.
- financial: money, benefits, real estate, material things.

Many people concentrate on only the financial part

and take the others for granted. But remember: “Money doesn’t always bring happiness. People with ten million dollars are no happier than people with nine million dollars.” (Hobart Brown).

Set Goals to Reach your Vision

Once you’ve clarified your personal vision, you can begin setting goals to get you there. Goals are only effective if they are challenging yet realistic, specific, and measurable. If part of your vision is to live a long life and remain fit and able throughout it, then you might have a goal of exercising some minimum number of days each year. A more effective goal would be doing cardiovascular exercise so many days each year and strength training so many days each year, perhaps with improved performances throughout the year (longer or harder cardio workouts expressed in distance, time, or heart rate; and more repetitions or weight for strength workouts). Some goals dealing with “intake” would also support such a vision - only so many steaks or orders of French fries per month, or calories per week, or specific percentages for fat, protein, and carbohydrates in the daily diet. The more specific and measurable, the better.

After setting your goals, you then need to make an Action Plan by listing tasks to do to achieve the goal, assigning a deadline to each task, putting the tasks in sequence, taking action (this is KEY!), and following through to the end. Yes, you will face obstacles, but you can overcome them if you’ve set the right goals to get you to your vision. Where there’s a will, there’s a way.

“Eye of the Tiger”

When Apollo took Rocky back to get “the eye of the tiger” (which one was that? III?), he basically was telling Rocky that he had lost sight of his personal vision and he wasn’t pursuing goals to take him to that vision. If your motivation for exercise is waning, you might need to revisit your vision (and play some “Rocky” music?). Recognize that you *do* have the time to do the things *you* really want. As Malcolm Forbes said, “there’s never enough time - unless you’re serving it.”

Continued on Page 13

Continued from Pg 7 - Peaks and Valleys.....

reason you started running and there is a reason you continue—whatever that personal reason is for you. Simply said--get over it.

Avoid fear in the future.

Demonstrating courage as a runner is being able to redirect your failure and focus on the future, avoiding fear. Scientifically, fear of performance failure makes a runner tense, tight, less fluid, and results in an overall loss of focus.

Runners who clearly define success and failure based on a place or time rather than what they learned or gained through the process will probably suffer fear of failure. Rather than calling yourself a ‘loser’ or a ‘bad runner’ after a poor performance, rephrase your statement and call yourself a winner based on what you learned from the experience.

Remember the following: If you need to win for your own self-worth, then you will fear performing. Instead, try to change that need to a want—do not invest your self-esteem in the results of the race. Enjoy the process of the race rather than focusing on the outcome as the latter will ultimately deplete your energy and create anxiety.

Keep learning.

The beauty of the sport of running is that you can do it forever and learn something new with each workout or race. Although the emotional toll is higher, you usually learn more on the days considered ‘poor’ performances compared with days you set your personal bests. As disappointing as a bad race can be, the challenge of running remains that there will always be a next time.

HOTLINE



For Indy Runners and Walkers information visit the website at www.indyrunners.org or call the Indy Runners Hotline at 290-RUNR

11th Annual **Race Through Hoosier History**

Sunday, March 2, 2003, 9:00 A.M. start
Crown Hill Cemetery, Indianapolis, Indiana
5-Mile Run, 3-Mile Walk

Come join us on a normally chilly Sunday morning on the first Sunday in March for the 11th version of a run/walk through the historic grounds of Crown Hill Cemetery! We've had snow & chilly temperatures in the past, so come dressed appropriately for the party! Roll back those covers on Sunday morning to run/walk a NEW COURSE through beautiful and historic Crown Hill Cemetery. The New Course, tested during the Inaugural Jason Baker Public Safety Scholarship Run will still summit "Da Hill", the highest point in Marion County, but approaches up from a different, less-steep road.

Event Highlights:

- Pre-Registration Deadline: Friday, February 21 (\$15), After February 23: \$18
- Packet Pick-Up Friday, February 28, 7:00am-1pm, Crown Hill Waiting Station
- Enter on-line: www.crownhill.org
- Volunteers: contact Jeff Coates, 876-1871, or email: truenorth360@comcast.net
- Finish Line timing/scoring provided by Tuxedo Brothers, Inc.
- Proceeds go to Crown Hill Heritage Foundation

Is 13.1 miles too far?

If so, enjoy the AT&T Wireless 500 Festival 5K

If 13.1 miles doesn't fit your palate, or if your friends and family want to have a little fun while they wait for you, then the AT&T Wireless 5K is just the thing. After the nation's largest half-marathon kicks off, 3,000 runners, walkers, and wheelchair athletes will pound the pavement in the AT&T Wireless 500 Festival 5K. The 2003 edition features a **NEW COURSE**, taking participants through the newly renovated White River State Park, the scenic River Promenade behind the Indianapolis Zoo, the NCAA Headquarters campus, and the recently renovated River Walkway along the IUPUI Campus.

Date and Time

Saturday, May 3, 2003
8:20 a.m.

5K Features

- Same exciting start and finish lines as the Mini-Marathon
- Beautiful new course through downtown Indianapolis and White River State Park
- ChampionChip timing and scoring
- Separate starting corrals for runners and walkers
- Unique 5K medals for all finishers
- Free short sleeve commemorative T-shirt for all participants

Are you training for the Mini?

Test your progress with the 500 Festival Mini-Marathon Training Run Series

The 500 Festival Mini-Marathon Training Run Series returns for its third year in 2003, and is designed to allow participants the opportunity to gauge their progression in preparation for the Mini-Marathon. The series of runs will gradually increase in distance, matching the Indy Runners Training Program and provide a low-pressure environment to challenge yourself.

The runs will take place on **NEWLY DESIGNED** Mini-Marathon sanctioned courses. Times from the first two runs may be used for seeding (**MUST BE SUBMITTED WITH YOUR REGISTRATION**). Please visit our web site for complete course details.

Dates, Times and Distances:

February 15	9:00 a.m.	7K
March 8	9:00 a.m.	10K
April 19	9:00 a.m.	15K

Entry Fees:

Pre-registration	Race-day Registration
1 run = \$10	1 run = \$10
3 runs = \$25	3 runs = \$27

Rock Bottom Brewery will once again be the Official Host of the series. Rock Bottom also will host the Training Run Post-Race Party after the April 19th run. You don't want to miss it.

For more Information on both these events:

www.500festival.com

Running and Cross Training Websites

Running Races

Indy Runners	www.indyrunners.org	Local and statewide races, weekly club runs
Tuxedo Brothers	www.tuxbro.com	Running races, triathlons
KLA	www.kenlongassoc.com	Races, marathon training program

Trail Races

DINO Series	www.DINOseries.com	Trail runs and mountain bike races
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Cross Training

CIBA	www.cibaride.org	Club rides, weekly ride schedule
Urban Adventure Race	www.urbanadventureracing.com	Adventure race in urban settings

Volunteers Needed!

Groundhog 7 - Sunday 2nd February

Sentries, water table and finish line helpers needed. If you can help, please call the hotline at 290-RUNR or send an email to groundhog@indyrunners.org

Sam Costa Half Marathon - Sunday 23rd March

Sentries, water table and finish line helpers needed. If you can help, please call the hotline at 290-RUNR or send an email to samcosta@indyrunners.org

Butler Basketball - Come help Indy Runners take tickets for all Butler University home Basketball games.

Where: At the Butler Bowl
(Next to Hinkle Fieldhouse)

When: Thu, 1/9, 5:30 p.m.
Sat, 1/11, 10:30 a.m.
Sat, 1/18, 12:30 p.m.
Sat, 2/1, 12:30 p.m.
Sat, 2/8, 4:30 p.m.
Thu, 2/20, 5:30 p.m.
Thu, 2/27, 5:30 p.m.
Sat, 3/1, 12:30 p.m.

Why: Help support Butler athletics because they support Indy Runners

Contact: Margaret Drew at 283-4036 or email at butler@indyrunners.org

GO BULLDOGS GO

Continued from Pg 11 - Dealing with that "Vision Thing"

To help you develop your personal vision, consider these questions as if you had only 6 months to live:

- What five things would you stop doing?
- What five things would you start doing?
- Which five people would you spend more time with, and which five would you stop spending time with?
- What five things would you say to your loved ones?
- What five things would you hope family and friends would say about you when you're gone?

In addition, think about "making a life, not a living." What does that mean to you? With this idea in mind, answer these:

- What would a balanced lifestyle include?
- Where would you live?
- How much time would you devote to working?
- What non-working activities would be important to you?
- How would your family or other significant people be included?
- What skills would you most enjoy using?

CLUB RUNS

Club runs are for everyone. There is a pace for the beginner, the flyer, and everyone in between.

Day/Time	Pace	Starting Place	Contact	Miles
Monday 6:00 pm	All	Natatorium (Main Concourse)	Don Berry 293-5010	Open: 3-8+ miles
Tuesday 6:00 pm Thursday 6:00 pm	All	Hinkle Fieldhouse Butler University	Mike Bradford 259-1994	1-8+ miles
Sunday 7:00 am	9+ minute/mile	Fort Ben YMCA Parking Lot	John Laker 485-5380	Open: 6 or more miles

Welcome New Indy Runners Members

(as of December 2002)

- | | |
|---------------------|------------------------|
| Christine Barkley | Kelli Quigg |
| Keith Conaway | Julie Rowlas |
| Michael Gillett | Carmen Salsbury |
| Merryn Gluys | Cheyenne Schnorr |
| Mike Habeck | Brandon David Short |
| Elizabeth Hamilton- | Cory & Kathleen Sisler |
| Byrd | Robert C. Sutton, Jr. |
| Sarah Hunter | James Tygum |
| Laurie A. Johnston | Laurie Walls |
| Tami Long | Sue Webster |
| Lisa Maiorino | Jim Whalen |
| Nancy Meadors | Amy Zagrocki |
| Jerry Miser | Chris Zale |

Election Results

Following elections held at the annual Christmas Party in December, the Indy Runners board now has a new President and Secretary. The Executive board now looks as follows:

- President : Donna Billiard Wright
- V President : <vacant>
- Treasurer : Mike Bradford
- Secretary : Mark Doctor

Congratulations to those new inductees onto the board and good luck for the coming year.

The outgoing President, Margaret Drew was honored by Indy Runners members at the 2002 Christmas party for her years of service and dedication to Indy Runners. Although she will no longer serve on the Indy Runners board, she has offered to continue donating her talents to Indy Runners in many other ways. Thank you Margaret for 10 years of board service and your overall dedication to the Indianapolis running community!

Club Merchandise



- | | | |
|--|---|--|
| Indy Runners
Marathon Caps
\$15.00 | Indy Runners
Singlet
\$10.00
(Ladies sizes only) | Indy Runners/
Walkers Sweatshirt
\$28.00
(XXL \$30.00)
(Blue & Gray) |
|--|---|--|

To Order, send an email to
merchandise@indyrunners.org

Foot Prints Advertising Rates

The newsletter currently reaches approximately 950 households. If your business could benefit from this exposure, please contact the Editor at Editor@indyrunners.org.

- | | | | |
|---------------|----------------|-----------|----------------|
| Business Card | \$25.00/issue | | |
| 1/3 Page | \$35.00/issue | 1/2 | \$70.00/issue |
| 3/4 Page | \$110.00/issue | Full Page | \$140.00/issue |

INDY RUNNERS MEMBERSHIP APPLICATION

NAME _____
ADDRESS _____
CITY _____ **STATE** _____ **ZIP** _____
PHONE (H) _____ **(W)** _____
FAX _____ **PAGE:** _____
E-MAIL ADDRESS _____
SPOUSE NAME (IF FAMILY MEMBERSHIP) _____
SEX M F
BIRTHDATE: _____

TYPE OF MEMBERSHIP
 RUNNER WALKER
 ONE YEAR INDIVIDUAL \$10.00
 TWO YEAR INDIVIDUAL \$18.00
 ONE YEAR FAMILY \$12.00
 TWO YEAR FAMILY \$22.00
 IS THIS A RENEWAL? Y N
 MAKE CHECKS PAYABLE & MAIL
 TO:
 INDY RUNNERS
 MEMBERSHIP
 1427 W. 86TH ST., SUITE 162
 INDIANAPOLIS, IN 46260

WHERE YOU WOULD LIKE TO VOLUNTEER:
(OUR CLUB IS A VOLUNTEER BASED ORGANIZATION - PLEASE GET INVOLVED!)

<input type="checkbox"/> Butler Events (ticket taking)	<input type="checkbox"/> Hotline	<input type="checkbox"/> Newsletter
<input type="checkbox"/> Club Races	<input type="checkbox"/> Indy Walkers	<input type="checkbox"/> Social Functions
<input type="checkbox"/> Equipment Rental	<input type="checkbox"/> Membership	<input type="checkbox"/> Volunteer Recruitment
<input type="checkbox"/> Fun Runs	<input type="checkbox"/> Mini Training Program	

WHAT DO YOU EXPECT FROM INDY RUNNERS?
(PLEASE NUMBER IN ORDER OF PRIORITY)

___ Group Runs/Walks ___ Group Speed Sessions ___ Meet New People ___ Newsletter
 ___ Social Activities ___ Training Program ___ Volunteer Opportunities

WHICH ONE BEST DESCRIBES YOU?





Beginners Mid-Pack Motivated Racer

CLUB MEMBERSHIP APPLICATION WAIVER

Indy Runners has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file. \$1.25 of your annual dues goes to the RRCA for your subscription to the quarterly magazine, Foot Notes, that you receive as a member of the Road Runners Club of America.

I know that running and volunteering to work in club races are potentially hazardous activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release The Road Runners Club of America, Indy Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____
 Parent or Guardian (if under 18 years) _____ Date _____

Foot Prints

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Opinions expressed are those of the individual authors and not necessarily those of RRCA or USATF of which Indy Runners is a member.

Submitting material to the newsletter is open to all members. Articles, letters to the editor, or any related information may be submitted by e-mail to: newsletter@indyrunners.org in Word or ASCII; please do not format.

Photos, original artwork, and advertising are always welcome.

The editor does reserve the right to edit or decline submissions due to lack of space or inappropriate content.

The schedule to submit to the editor materials for the newsletters is:

Deadline

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April 2003

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