

Foot Prints

January 2005, Volume 10, Number 1

What's Inside:	
Indy Runners / Walkers Mini-Marathon Training Program	1
President's Page	3
Walking on a Winter Wonderland	4
Coaching—Part 2	5
Need a break?	6
Sam Costa / Groundhog 7 Runs	7
Cookies—a story	8
Indy Runners/Walkers Info Page	11
Club's Weekly Runs	12
Membership Application	13
Event Calendar	14-15

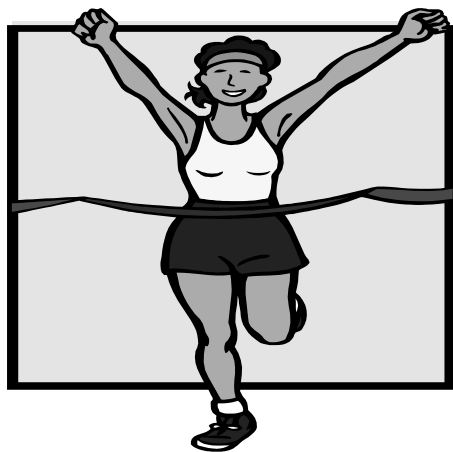
20th Annual Mini-Marathon Training Program Begins January 18, 2005

The 20th Annual Mini-Marathon Training program for runners & walkers begins at Hinkle Fieldhouse on the Butler campus with pre-registration & packet pick-up at 5:30 on Tuesday, Jan. 18th. Cost for members is \$40 before Jan. 8th 2005 and \$45 afterwards. You may also register on-line at : www.indyrunners.org.

A few changes will occur this year:

- *First, due to the demolition of Hilton U Brown Amphitheater we will use a slightly different course. The start of each run/walk will begin west instead of east and will head down the hill toward Holcomb Gardens and across the canal bridge onto the tow path. We will also finish up the hill by Holcomb Gardens instead of up the hill on Boulevard. This will correspondingly lengthen the turn-around distance on the canal.*
- *Second, we will have some new trainers for each group. There is some attrition each year in our training corps and this year some of the trainers will move back a group. I guess we all get a little slower with age.*
- *Third, Indy Runners has purchased 25 entries into the Mini for use by those in the training program. They are intended for use by those in our training program that did not get into the Mini, are on a first come first serve basis, and cost \$50 each.*
- *Lastly, we are thinking about adding lettering on our shirts that glows in the dark. It might help on those dark days on the canal.*

As we did last year, we will have free cookies and fruit after every session. The cookies were a big hit last year. Be sure to Thank Janelle when you see



Continued on Page 7...

Indy Runners and Indy Walkers

President	Donna Billiard Wright	989-2357	president@indyrunners.org
Vice President	Mike Neiderpruem	637-9200 x123	vpresident@indyrunners.org
Treasurer	Mike Bradford	259-1994	treasurer@indyrunners.org
Secretary	Mark Doctor	823-6748	secretary@indyrunners.org
Accountant	Gary Hall	578-7663	
Historian	Joanne Keaton	849-0396	
Hot Line	Marvin Clark	329-2801	hotline@indyrunners.org
Indy Walkers	Marcia Gascho	842-1164	walkers@indyrunners.org
Legal	Bob Weddle	876-0782	
Medical Coordinator	St. Vincent Sports Medicine		
Membership	Marilyn Grissom	543-9010	membership@indyrunners.org
Mini Training Program	Kent Miller	255-2716	minitraining@indyrunners.org
Editor	Alexandra Yeung	457-3276	editor@indyrunners.org
Newsletter	Jeremy Zieseniss	858-0425	newsletter@indyrunners.org
Race Director	Mark Renholzberger	465-9575	groundhog@indyrunners.org
Race Director	Terry Townsend	259-0708	samcosta@indyrunners.org
Social Coordinator	Aaron Moody		social@indyrunners.org
Weekly Splits	Mark Doctor	823-6748	weeklyupdate@indyrunners.org
Volunteer Coordinator	<Position Open>		volunteer@indyrunners.org
Web Master	Jeremy Zieseniss	293-6385	webmaster@indyrunners.org
Canine Liaison	Emma Drew		

Looking for timely running and/or walking information?

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

THE PRESIDENT'S PAGE

By Donna Billiard Wright

For the past

two years I have served as president of Indy Runners. Although I want to continue to be involved, personal obligations necessitates that I move on. Several of our board members have served Indy Runners for many years and we need new people to take these positions. Mark Doctor has served many of the board positions including president and currently acting secretary. Marilyn Grissom has been responsible for the membership for four years and has the process down to a science. If anyone would be interested in serving Indy Runners in any of these board positions, please contact our Vice President, Mike Niederpruem for details: vpresident@indyrunners.org.

On that same note I would like to thank all the board members who serve Indy Runners/Walkers throughout the year and welcome two new board members. Alexandra Yeung oversaw the October newsletter but officially takes over as the new editor with this edition. Alexe wrote an article about her Olympic experience in a previous 2004 newsletter and has been an Indy Runners member for just over year. Aaron Moody is a Hoosier who grew up in Upland, Indiana and has been training in Oregon and New York for a few years. He recently moved to Indianapolis and is a new Indy Runners member. Aaron will serve as the social director and will start out by working with the training program as he gets to know the members.

Welcome new board members. I appreciate your interest and excitement for running!

Indy Runners' busiest season is upon us. It's the



dead of winter so it must be time to start training for the Mini Marathon. Although many of you have probably not been putting in the miles over the dark wintry months, the Indy Runners/Walkers' training program is the perfect way to get you back on track. Kent Miller is overseeing the program for his fourth year. Many of our veteran trainers are back this year and registration is still available. Check out the website for details.

Terry Townsend and Mark Renholzberger have been reworking the Sam Costa Half-Marathon and Groundhog 7 courses due to a location change. Terry has been diligently working with the Carmel school district and the Town of Carmel authorities to work out the details. Look for his article in this edition for details but make sure you mark your calendars:

February 6th, 2005 - 33rd Groundhog 7

March 20th, 2005 - 36th Sam Costa Half-Marathon

Thank you to the entire board for your hard work throughout the year. Indy Runners/ Walkers appreciates your dedication and volunteer time.



Walking in a Winter Wonderland

by Marcia Gascho

The cold winds of winter are blowing. There's a bunch of snow on the ground and the streets are too icy to walk or run on safely. Going to a hot and crowded gym doesn't have much appeal. What to do to get in some exercise? Check out one of the most ancient forms of transportation--the snowshoe. Archaeologists have found evidence that humans have been using snowshoes since 6000 BC!

Most people have seen the old bent wood and rawhide type of snowshoes, mostly hanging on the wall of some rustic lodge. My best friend up in Michigan used hers for many years. However she has recently become a convert to the new type of snowshoes made from aluminum and synthetic materials. You can find them in catalogs like L.L. Bean or Cabelas or in various sporting goods stores. My husband and I bought ours at Galyans several years ago. These new models are fairly inexpensive, are lightweight and have bindings that are easy to slip off and on.. They come in different shapes and sizes depending on your body weight and uses. You can even find special running snowshoes. 5K and 10K snowshoe races are becoming quite popular in the US and Canada. Ski resorts now offer groomed snowshoeing trails.

The benefits of snowshoeing are many. It's a good low-impact workout. Also you can burn up to 1000 calories an hour depending on your speed. You'll notice you do sink down in the snow a bit so there is some effort involved walking in the deep white stuff. You can get an upper body workout by using ski poles. They will help you keep your balance and increase your speed too.

It's a good idea to dress in layers. Since you'll be working up a sweat but don't want to catch a chill, wear an inner shirt, socks and long underwear that will wick away the moisture. A Goretex jacket, gaiters and boots will help keep you dry on the outside

too. Don't forget to wear a hat and gloves. Sunglasses can help cut down on glare from the snow, especially on a sunny day.

If you're heading off on an unfamiliar route in the woods, first let someone know where you'll be. Carry a map, compass and a GPS. It can be dangerous to get lost in the cold. Carry some snacks and take plenty of fluids to prevent dehydration. Be careful walking near ponds or streambeds. Snow may hide a thin layer of ice that you could break through. Logs and holes can also lurk beneath the smooth white surface.

Since snowshoes come in kid sizes, why not get some for the whole family and have adventures in the snow? It's great exercise for all ages. Afterwards you can come home to nice hot mugs of cocoa and a roaring fire in the fireplace.

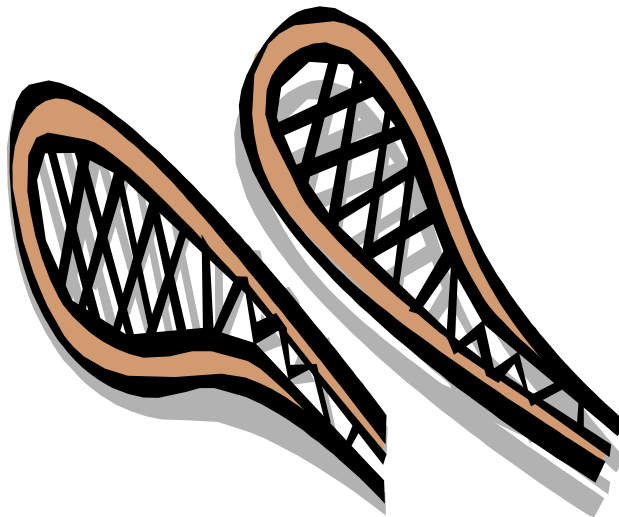
My husband and I have gone snowshoeing out at Ft. Ben State Park on occasions when we had a decent layer of snow. At least 6 inches is the preferred depth. We've been able to walk in areas that are inaccessible in the summer due to nettles, poison ivy,

bugs or other warm-weather inconveniences. Since we are bird-watchers, we take our binoculars with us. Since the leaves are gone, it's easier to spot birds sitting in trees. It's also interesting to look at animal tracks in the snow.

The past few winters have been rather disappointing with low amounts of snowfall. Every spring we feel a real let-down if we haven't been able to use our snowshoes much. Let's hope we get lots of white stuff this winter so we can get back out in the frosty woods and tramp around.

(see our vacation pictures at

www.imageevent.com/bwgascho)



Coaching—How ready are YOU? (Part 2)

By Mike Niederpruem, MS, CSCS

In part one

of this two-part article (October, 2004 issue of Footprints), I reviewed the exciting possibilities of working with a coach to achieve your running goals. In part two which follows, I will discuss how and where to look for a coach, as well as how to determine if a specific coach is an ideal match for you.

Education/Experience

First, make sure your potential coach has successful experience as a runner themselves or through coaching others, or some formal education, such as a degree in sports science. More specifically, how long has he or she been practicing as a coach? What types of clients does he or she work with? Look for a coach that effectively works with individuals that are similar to you demographically (age, gender, exercise history, etc.) and have similar goals and objectives as compared to you.

Next, make sure you do your homework, and check out their references. Can he or she provide you with a list of current and past client references, including contact information? Can he or she provide you with a current resume? Can he or she provide you with other professional references, such as past or current employers (if applicable and relevant to what you are considering them for... a running coach) of other reputable coaches or personal trainers that can comment objectively on their abilities?

Does he or she have one or more relevant and current certifications from nationally recognized organizations (look for a coaching license from USA Track & Field). Additionally, do they have other fitness related certifications? If so, can you verify their certification(s) with the certifying organization(s)?



Most, if not all organizations will have a verification service where you can either call or search online to confirm the credentials of their certified professionals. Look for one or more certifications from ACSM, NASM, NSCA, and ACE.

Resource Network

Does the coach have a network of other coaches or like-minded fitness professionals he or she works with? The coach should be aligned with other health professionals as sources for answering specific questions and for referrals outside his or her area of expertise, especially regarding injuries.

Personality and Gender

Would you prefer a male or female coach? Do you like the coach's personality? Will he or she be a good fit for your personality and your running goals? Is the coach friendly and open to answering questions? Does the coach communicate well and explain workouts in an easy-to-understand manner? Will the coach motivate you to exercise and make you want to continue through with your training program?

Fees

What does the coach charge for his or her services? How long is each session... do they run with you, or do they host group runs? What services are included in the price? Is there an

additional "gym membership" fee? Are there "package" or long-term package prices (important if you are training for a specific event that may be a few months down the road)? Does the coach require you to sign a contract for long-term training?

Scheduling, Cancellation Policies & Business Practices

Is the coach available to meet your schedule? What is the cancellation policy? Will you be charged if you do not cancel within a certain time frame? The coach should provide you with a written copy of all policies on contracts, billing, scheduling, and cancellations.

Important Points to Remember:

Hiring a coach is an investment in your health, fitness, and your quality of life, as well as an investment of time and money. Make sure the coach has a good reputation, proper education/experience and certification(s), and is well respected by other coaches and clients.

The trainer should conform to all relevant laws, regulations, and published standards.

There are many considerations that you should investigate prior to hiring a running coach. These considerations do not ensure the training program with a your potential coach will be risk-free, or that you will be satisfied in the long-term with the coach or the program(s). But, these guidelines can help you make a decision based upon generally accepted best practices. Your training program should be part of your lifestyle, and the coach you choose can play a major role in the success of your events. Finally, ask a lot of questions so that you make the most informed decision possible. As I mentioned in part one, a great athlete/coach relationship can be extremely fulfilling.

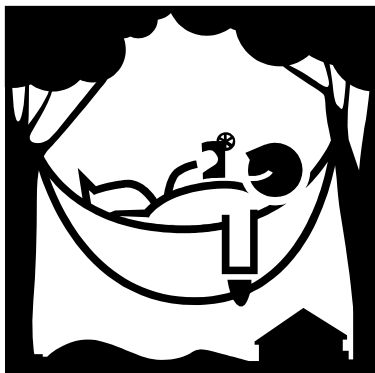


Indy Runners and its members belong to
the RRCA & USATF.



Need a break?

By Brian Cake



In the previous issue of Foot Prints, I spoke of the importance of the long run in building up a strong base for running the Mini. In this issue, I will provide some basic information on rest

as another important part of training. It might seem odd to think of rest as a part of this, but it is in my opinion the second most important part of distance training, trailing only the above mentioned long distance run.

The purpose of rest in a running or walking program is to give the body a chance to recover from its exertion. Running takes a toll on the body. It stresses the bones and develops micro-tears in the muscles. Taking a break gives the body a chance to heal itself. Upon adequate rest, the human body becomes even stronger than before. Body builders often work their upper muscles one day and their lower muscles the following day to allow time for this recovery. Runners, too, need rest.

The frequency and duration of appropriate rest periods will depend on your particular fitness level. A beginning runner might run three days per week. By spreading out the runs over the period of a week (e.g., Monday, Wednesday, and Saturday), the runner will always have at least one day off between runs. An intermediate runner might run three to five days per week. This still allows at least two days off each week.

An advanced runner or marathoner might run five to seven days a week. Even at seven days a week, the marathoner still implements relative rest periods by replacing some of the weekly runs with

recovery runs. These short runs are done at a very easy pace. For a marathoner running 50 miles a week, the recovery run might consist of five miles run 20% slower than marathon race pace. A beginning or intermediate runner may be helped by making one of their weekly runs a recovery run of say 3 miles, but under no circumstances do I recommend that a beginning or intermediate runner run seven days a week. The stress on the body and chance of injury is simply too great, and the runner will unlikely be able to differentiate between tired muscles and more serious problems that require time off. An advanced runner will be quite familiar with his body and may in some cases be able to run seven days a week, but even he will take some time off if he feels his body getting sluggish or slow to recover.

In addition to taking days off, it is common to incorporate easy weeks into training to provide additional recovery time. Once every few weeks, cut your weekly mileage by 25% to 30%. Complete your runs that week at the normal speeds, but shorten the lengths of some of your runs, particularly the weekly long run. World class runners may take this one step further. In addition to recovery weeks, they may include longer recovery periods such as whole months. Again, these periods provide additional time for the body to recover from the stresses of running.

Although not always considered a part of training, rest is an extremely important part of the training cycle. Whether running for fitness or speed, be sure to include enough recovery time in your running. This is one place where doing less can be better than doing more.



COSTA and GROUNDHOG -- ALL NEW FOR 2005 !!!

It's been 30 years since the Sam Costa Half Marathon has been held anywhere but Clay Jr. High in Carmel, Indiana. But in 2005, both the "Costa" and the Groundhog 7 will have a new venue and a new course! Forced out of Clay by the ongoing, two year reconstruction project, both races will have a new home at Cherry Tree Elementary.

Cherry Tree is located at 13989 Hazel Dell Parkway, about 4 blocks north of where the 2004 Costa course turned into the Plum Creek North subdivision at the 7 mile marker. "It's a beautiful

...Continued from Page 1

here since she is the one who brings them every week. We will also be continuing our tradition of informative seminars on everything from shoes to nutrition to injury prevention. Speaking of injury prevention Holly from St. Vincent's Sports Medicine will be there every Tuesday to see about the inevitable injuries that occur.

We feel our training program is as good as there is in Indianapolis. Certainly our price is one of the most reasonable and our hands-on approach has been very successful. Being able to use the Butler facilities and run along the Central Canal is a nice benefit as well. However there is a cost to our club to use Hinkle Fieldhouse. As you may know Indy Runners takes tickets at every Butler Men's Basketball game. Each game takes 8 people. There are 13 home games for Butler this year in addition to possible tournament games. "*Indy Runners Wants You*" to help take tickets. It is an easy job; you are done at halftime and if you volunteer to take tickets for at least three games then you will receive 2 season passes for all the Butler B-ball home games. Support Indy Runners & Walkers. Volunteers may call Kent or Kristin at 255-2761 for information or to volunteer.

We will again have our Pasta Dinner at the Rathskellar in downtown Indy on Tuesday, May 3rd. If you have not been to this dinner you have missed out on a good feed for not much money. Last but not least our post-mini tent. We will hold court after the Mini until they force us to leave. Come on by and say Hello to old friends and make new ones.

Keep on Training!

facility with a lot of plusses for our events, not the least of which it's all on one level", stated Costa Director Terry



Townsend. "We will have a much easier time getting our gear in and out of the building. Also the start/finish line for both races will be in front of the school on the access road, so getting everyone queued up and running will be smoother".

It's not all roses and lollipops however. There will be some perks missing from the decades we spent at Clay. "I don't think one shower in the locker rooms permits us to advertise that showers are available", Terry laughed. "We were spoiled at Clay. They had great shower and locker facilities but that's because it was a Middle school. Cherry Tree is for little people and they don't need that kind of thing".

There are some other nice additions however. With a stage, carpeted gym floor, table seating and bleachers, it should be easy to see and hear. Several restrooms are close by and you can enter the gym from several directions. "In some ways it's better, in others it's just different. But if you had to move, which we did, we certainly found a very adequate replacement".

But that's just the venue we are talking about. What about the race courses? That's where some real anxiety comes to the fore and it's especially felt by the Directors. Mark Renholzberger will again handle that responsibility for the Groundhog 7. He wanted to maintain some semblance of the current course but he knew that would be problematic. With Cherry Tree more than a half mile farther away from the river path than Clay, the 2005 version of the Groundhog will be more on the road and less on the path. "We'll still utilize about 2.2

Continued on Page 9...

Cookies—a story

By Matt Morris

The telephone rang at home during the period in late December many refer to as the “holidays.” A volunteer from my daughter’s school was calling about the cookies she was to bring to class for a celebration.

The nice woman wanted to reiterate that the cookies could be any type, of various shapes and sizes, and multi-hued as long as they did not reflect the “C” word.

Now, the “C” word was not one of the seven utterances George Carlin shared with us in the 1960s that could not be said on television. Nor was it of the caliber that sensors would bleep during the MTV Video Awards. (See, I’m not that old and square!)

The “C” word was the holiday celebrating the birth of a particular individual 2003 and a half years ago in a manger in Jerusalem. It was suggested that cookies shaped like reindeer, wreaths and candy canes might offend some of the students.

I can understand how a second grader might feel insulted if he or she had to look out of her mom’s minivan window at a nativity scene on the courthouse lawn. But would an 8-year-old get an upset stomach over a bell-shaped cookie? Would a baked treat in the form of a wreath give a kid who idolizes Britney Spears indigestion? Are we getting too politically correct these days?

Political correctness has even seeped into our world of running.

Time was that being called a jogger was highly offensive. Joggers were weekend athletes – using the word “athlete” very loosely – who ambled along at a pace of eight minutes a mile or slower.

The guys I hung around with were runners. We trained at paces of six minutes per mile and faster, ran outside in 20-below temperatures, did track workouts the week after a marathon, hobbled through 10-mile run even when injured, and wore only race T-shirts and running shoes, although I drew the line when it came to church (the times I was not out running and actually did attend).

Just as real men did not eat quiche, real runners didn’t jog. We’d spit in your eye if you said you liked

our jogging shoes. We’d cut the brake cable of you’re automobile if you asked how many miles we jogged per week. How many times did we want to strangle someone who said we never smiled when we jogged?

But a funny thing happened on the way to the Runner’s Forum.

Just the other day a co-worker saw me carrying my athletic bag into the office and asked if I planned to go out for a “jog” after work.

“Yeah,” I said, and continued on toward my office. Then it dawned on me. Someone had used the word jog in referring to my primary athletic activity – and suddenly it was OK.

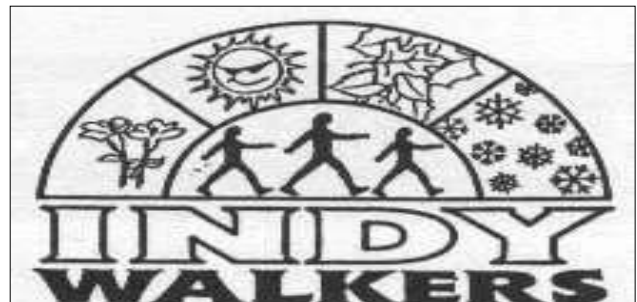
Now I’m older, work to balance family and career, and fit athletic endeavors around the other priorities of my life, such as coaching T-ball and rushing to Target at the last minute to purchase the latest Bratz doll for a birthday present. Being called a jogger doesn’t get my nose out of joint. Many days I amble along at an eight minutes per mile pace. Sometimes it is even slower.

As some wise, old sage said, “We have met the enemy and it is us.” Or maybe it was, “You become what you used to make fun of.”

Still, Cookiegate seems somewhat ridiculous.

When there is killing over ethnic and racial differences every hour of every day around the world, I have a difficult time understanding how making generic cookies will have any impact. I will, however, be sensitive the next time I bake.

Don’t you worry, however, about calling me a jogger. I have been called worse. And with increasing frequency, jogging is something my wife does to my memory.



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
-------------	--	------------------------------------

... Continued from Page 7

miles of path and that's great", says Mark. "We're off the road, it's scenic, and it adds some distinctive Groundhog character". If the weather chooses to pummel us with ice and snow such that the path is not runnable, there's an alternative "street only" G-7 in Mark's back pocket. "Always have a Plan B", he says.



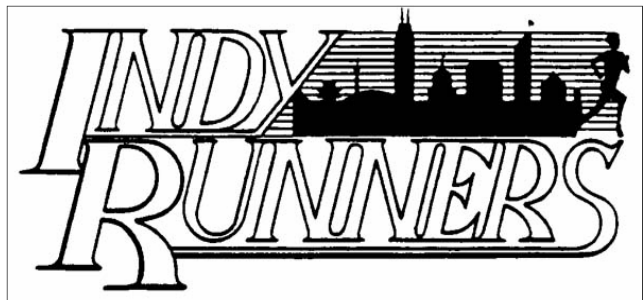
A Half Marathon is such an enormous piece of real estate that anytime you start messing with the course it can have mammoth ramifications. Move the venue nearly two miles from its home of over 30 years and you've got a whopping headache! "We could have used quite a bit of the current course if we'd wanted to", says Terry. "But you have to think about the flow of the race, how it affects neighborhoods, how it ties up traffic. In the end, we decided that completely changing the course was an opportunity for us and not a detriment". And that "opportunity" includes the chance to take part of the Costa back in time to its rural roots.

The first half of the race will see your typical suburban streets in the neighborhood around the school, with one small exception. "There's a foot path on a closed section of Cherry Tree Road. It's hard to believe, but 20 years ago we actually ran the race on this very section of pavement. Here we are in 2005, back again!"

But the real time trip begins with the back half of the course. It's here that newcomers and veterans alike can experience some of what it was like in the good ol' days. Before the housing developments and the golf courses and the roundabouts, the Costa was a very rural race. Cows, barns, fields, and very little vehicle traffic was the norm.

We will see some of that again next year. "As you pass the school on the way out, go up Cherry Tree Road, and cross 146th street, you are into some farm country and the road winds back and forth". It's not long after and you get a little bit of that "out in the boonies feeling", Terry says with a grin. "I like that. I like the idea that you can be running in Hamilton County and say, 'where the heck am I?'"

And of course we hope you'll like the idea too! The Groundhog 7 hits the road on February 6th, 2005. The 36th Annual Sam Costa Half Marathon comes along on March 20th. Check out the IR website for updated info and maps. And if you can't run, we hope you'll volunteer for these two historic, venerable races that are now all new and exciting. We'll be expecting you!!!



Editorial

It's another year, and another opportunity to set a new year's resolution. You can choose to really commit to losing that weight, setting that personal best at the Mini this year, or simply maintain your running as consistently as you wish you could. Or it can be another one of those resolutions that fade away from memory by February. Luckily, if your health and fitness resolution has anything to do with running, the Mini-Marathon training program is here all through those cold and dark evenings. If you aren't even running the Mini, come out anyway! Where else will you be able to run with 300+ energetic and fun people every week? If you aren't looking forward to running in the cold, remember that 90% of the people out there aren't looking forward to it either. And if you think it's hard to keep up that pace, think about how much harder it is for that person behind you! Seriously though, we all have the exact same number of days until the Mini, and it's up to you to decide how to use up those days. So, have fun, keep warm, and run smart. See you at the training runs.

Club Merchandise

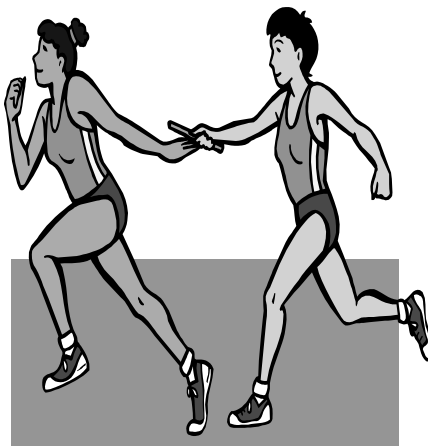
To Order, send an email to merchandise@indyrunners.org



New Indy Runners Singlets
(Men's & Ladies sizes)
\$16.00



Indy Runners/Walkers
Sweatshirts
\$28.00



PG PELOTON GRAPHICS
 APPROPRIATE FOR ALL AUDIENCES

SIGNS • BANNERS • VEHICLE GRAPHICS

Email : mark@pelotongraphics.com

Phone : 317-294-1200

Name : Mark Carlson



Marcia Gascho
 INDEPENDENT CONSULTANT
 9005 Deer Run
 Indianapolis, IN 46256
 (317) 842-1164
magascho@yahoo.com

Memory Keeping at Its Best

Volunteers!!

February 5th, 2005—Mini-marathon 5K Training Run

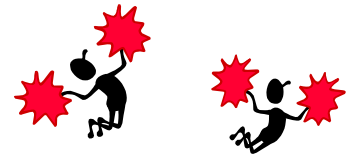
Indy Runners is an all-volunteer club and relies completely on the efforts of its members to thrive. We are always in need of volunteers, from assisting with ticket-taking at Butler home basketball games, to the upcoming water stops at the first mini-marathon training race on February 5, 2005. Best of all, it's a great way to make new friends and give something back to the club and sport. Remember, your first race was most likely manned by volunteers. So here's your first chance of 2005 ... we need 12 people to assist with our water stop at the first Mini-Marathon training race on February 5th, 2005. For more information, please contact Alexe Yeung at newsletter@indyrunners.org. And, if you get a call or e-mail from Alexe, its because we need your help at the February 5th race. Thanks in advance!

Sign up for Indy Runners / Indy Walkers e-updates at

www.indyrunners.org

A Few Mini Spots Still Available!

As mentioned earlier in this newsletter, Indy Runners has purchased 25 entries into the Mini-Marathon for those who want to participate the Indy Runners training program, that may not have had the opportunity to register before registration closed. They are available on a first come first serve basis, and cost \$50 each. For more information on this exceptional opportunity, please contact Kent Miller at minitraining@indyrunners.org or 317-255-2716.



A Place For Every Pace

Indy Runners is a non-profit 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.

CLUB RUNS

Day/Time	Pace	Starting Place	Contact	Miles
Monday	Will resume meeting in the spring		Janelle Renschler 299-1095	
Tuesday 6:00 pm	All	Hinkle Fieldhouse- Butler University	Brian Cake 876-7253	1-8+ miles
Sunday 7:00 am	All	Fort Ben	John Laker	Open: 6 or more miles

The Indy Runners hotline has been disconnected due to low usage for the service. You can still get all up-to-date info at:

www.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 newsletter@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



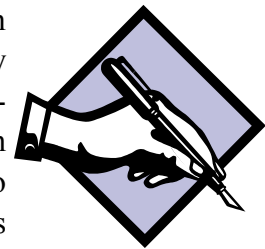
Environmentally aware?



Do you want to reduce the paper used for this newsletter? If you are interested in receiving this newsletter electronically mailed to you rather than snail-mailed, please send an e-mail to the editor at: newsletter@indyrunners.org. Include a short message, along with your mailing address so that we can remove it from the newsletter mailing list.

Writers, cartoonists, poets...

If you like to write, tell jokes, draw funny characters, or just want to see your name in print, submit any work or even just ideas to: newsletter@indyrunners.org. In addition, if you have any running or training questions you would like an health and fitness expert to answer, forward them to us and we will publish all questions and answers in a new Q & A column coming next issue. Thanks for your input!



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 _____

YOUR EVENT CALENDAR FOR 2005

January 2005

Sat 01st Resolution Revolution

1,2, or 3 loops of 3 Miles, 10.00 a.m. YMCA at the Athenaeum, 401 E. Michigan Street, Indianapolis, IN [Ken Long & Associates](#) (317) 884-4001

Sat 01st Run in the New Year

2 Mile Run/Walk, 4 Mile Run/Walk 5 Mile Run/Walk, 11:00 a.m., Hodson's Bay, Levee Plaza (Brown St.), West Lafayette, IN (Venue not confirmed) Contact [Larry Miller](#) (765) 296-2610

Sat 01st 9th Annual Frigid 5K Fun Run, 5 Km Run/5 Km Walk, 1:00p.m. Kosciusko Family YMCA, Warsaw, IN Contact [Don Ram-some](#) @ (574) 267-4140

Sat 8th Winter Run 5K

5 Km Run/5 Km Fitness Walk 9:00 a.m. , Hazel Dale Christian Church, 146th and Hazel Dale Parkway, Indianapolis, IN, Contact: Runners Forum @ (317) 844-1558

Sat 8th 21st Annual Siberian Express

7.6 mile trail run, 12.00 p.m. , Kickapoo State Recreation Area, Danville, IL Contact: [Kennekuk Road Runners](#) @ (217) 431-4243

Sat 22nd Winter CC Festival 5 K

5 Km Run, 1:00 p.m., Blackford High School, Montpelier, IN, Contact: [Jason Lenz](#) @ (765) 728-8051

Sun 23rd 6th Annual Florida Gulf Beaches Marathon 26.2 Mile Run/ 10 Km Run, 6:30 a.m., 7.40 a.m. Cleveland Street on Clearwater's Waterfront [Taylor Park](#), Madeira Beach Florida Contact: [Race Organizer](#) @ (727) 347-4440

Sat 29th Bop to the Top

37 Floor stair climb, 10:00 a.m., OneAmerica Building, Indianapolis, Contact: [Tuxedo Brothers](#) @ (317) 733-3300

February 2005

Sat 5th Mini-Marathon Training Series 5K, 5 Km Run / 5 Km Walk, 8:30 a.m. Indiana State Museum, Indianapolis, IN Contact: [500 Festival.com](#) @ 317/927-3378

Sun 6th 33rd Groundhog 7 Benefiting St. Mark's United Methodist Church Mission Project

7 Mile Run, Registration 11.30 a.m. Race starts 1 p.m. , Cherry Tree Elementary School, 13989 Hazel Dell Pkwy, Carmel IN **NEW LOCATION** Contact: [Indy Runners](#) @ 317/989-2357

Sat 12th Cupids Fling 5K

5 Km Run / 5 Km Walk, 9.00 a.m. St Marks Church, 126th & Gray Rd, Carmel IN, Contact: [Runners Forum](#) @ (800) 262-RACE

Sat 12th Sweetheart 5K

(Proceeds to benefit the Tribune-Star's Newspapers-in-Education)

5 Km Run / 5 Km Walk, 9:00a.m. Dogwood Shelter in Hawthorn Park, Terre Haute, IN, Contact: Jeff Andrew @ (812) 231-4287

Sat 19th Get on the Stick 5K

5 Km Run / 5 Km Walk,, 9.00a.m. Carmel, IN, Contact: [Tuxedo Brothers](#) @ 317/733-3300

Sat 26th Polar Bear Run & Walk

5 Mile Run/ 5 Mile Walk, 9:00a.m. / 9:15 a.m., Indiana War Memorial located at Meridian & Vermont Streets, downtown Indianapolis, IN, Contact: [Ken Long & Associates](#) @ 317/884-4001

Sat 26th George Roger Clark Trace 10-Mile / Rita Barker 2 Mile

10 Mile Run / 2 Mile Run, 10:30 a.m. / 10:00 a.m., Vincennes IN, Contact: [Bob Hunt](#) @ (812) 328-2210

March 2005

Sat 5th Mini-Marathon Training Series 10K

10 Km Run / 10 Km Walk, 8:30 a.m., Indiana State Museum, Indianapolis, IN Information Online @ [500 Festival.com](#) or 317/927-3378

Sat 5th 13th Annual Bulldog Jog

5 Km Run / 5 Km Walk, 9:00a.m./ 9:05 a.m., Butler University, Hinkle Fieldhouse, Indianapolis IN, Contact: [Cindy Hawkins](#) @ 317/940-9931

Sat 12th Pacers Run and Walk

(with Larry Bird presented by Norwood) 5 Mile Run/5 Km Walk/ 5 Km Fitness Walk, 9.00 a.m., Con-seco Fieldhouse - Downtown Indianapolis, IN, Contact: [Tuxedo Brothers](#) @ 317/733-3300

Sat 12th DINO (Do INdiana Off-Road) Trail Run Series

5 Km trail run / 15 Km trail run 9:00 a.m. Eagle Creek, Indianapolis, IN, Contact: [Brian Holzhausen](#) @ (317) 336-7553

Sat 12th Underground RR Run 5K (benefits Westfield Education Foundation)

5 Km Run / 4 Km Fun Walk, 9.00 a.m., Westfield High School, Indianapolis IN (Locker rooms available) Contact: [Runners Forum](#) @ (317) 844-1558

Sat 12th Bedford Fitness Challenge

5K 5 Km Run/5 Km Walk, 9.00 a.m., Bedford, IN, Contact: Jim Sowders @ (812) 275-6155

Thu 17th 14th Annual Shamrock

Run & Walk 4 Mile Run / 4 Km Walk, 9.00 a.m., Downtown Indianapolis, IN, Contact: [Tuxedo Brothers @](#) (317) 733-3300

Sat 19th 5th Annual Holliday Park Trail Run
(from Holliday Park along the White River to Marrott Park & back) 5 Mile X/C Run, 9.00 a.m., Holliday Park, 6363 Spring Mill Road, Indianapolis IN, Contact: [Tuxedo Brothers @](#) (317) 733-3300

Sat 19th 25th Annual Nutri-Run
20 Km Run / 5 Mile Run/ 5 Mile Walk, 1:00 p.m., The Chapel, 2505 West Hamilton Rd, Fort Wayne, IN, Contact: [Jeff & Bev Metzger @](#) (260) 436-5632

Sat 19th Mountain Goat Hill Runs/Walk

15 Km Run / 3 Mile Run / 3 Mile Walk, 10.30 a.m.(C.S.T.) Kickapoo State Recreation area, Danville, IL, Contact: [Kennekuk Road Runners @](#) (217) 431-4243

Sun 20th 36th Sam Costa Half Marathon

13.1 Mile Run, 1.00 p.m., Cherry Tree Elementary School 13989 Hazel Dell Pkwy, Carmel IN

NEW LOCATION, Contact: [Indy Runners @](#) 317-989-2357

Sun 27th Indianapolis Distance Classic 15 Km Run / 4 Mile Walk, 9:00 a.m. / 9:35 a.m., IUPUI Natatorium, 901 W. New York St., Indianapolis, IN, Contact: [Ken Long & Associates @](#) (317) 884-4001

April 2005

Sun 3rd 7th Annual IU Habitat for Humanity 5K

5 Km Run / 5 Km Walk, 12:00 p.m. Lower Cascades Park, Bloomington, IN, Contact: [Sarah Smith @](#) (812) 857-8879

Sun 3rd Shamrock Shuffle

8 Km Run / 5 Km Fitness Walk / 1 Km Kids Shuffle, 10:00 a.m. / 10:15 a.m. / 11.15 a.m., Grant Park, Chicago IL, Contact: [Shamrock Shuffle Staff @](#) 1-877-904-5407

Sat 9th Will Power Run & Walk

10 Km Run / 5 Km Walk, Warren Central High School, Contact: [Ken Long & Associates @](#) 317/884-4001

Sat 9th YMCA Spring Running Festival 5K & 10K

10 Km Run / 5 Km Run / 5 Km Walk, Monroe Co. YMCA, Bloomington, IN, Contact: John Schwentker @ 812/332-5555 of the [Indiana Track Club](#)

Sun 10th 10th Annual Bedford School's Foundation Run (Free Pancake Breakfast) 5 Mile Run/ 2 Mile Run/ 2 Mile Walk, 9.00 a.m., Bedford High School, Bedford, OH, Contact: [Bud McNellie @](#) (440) 247-3129

Sat 16th Race for the Cure

5 Km Run / 5 Km Walk 9.00 a.m., Military Park, Indianapolis, IN, Contact: [Tuxedo Brothers @](#) (317) 733-3300

Sat 16th DINO (Do INdiana Off-Road) Trail Run Series

5 Km Trail Run / 15 Km Trail Run, 9:00 a.m., Washington Township Park, Avon, IN, Contact: [Brian Holzhausen @](#) (317) 336-7553

Sat 16th 6th Annual YMCA Duathlon

8:30 a.m., Tippecanoe County Amphitheater, Lafayette, IN, Contact: [TJ Hanna @](#) (765) 474-3448

Sun 17th St. Francis Hospital "Bricks to Bricks"

10 Mile Run / 10 Mile Walk, Franklin Township Middle School, Indianapolis, IN, Contact: [Ken Long & Associates @](#) (317) 884-4001

Sun 17th Germany to France Marathon (old Patoka Lake Marathon) 26.2 Mile Run, 8.00 a.m., Dome Arches in West Baden, IN, Contact: [Alan Barnett @](#) (812) 936-2405

Sat 23rd Mini-Marathon Training Series 15K 15 Km Run / 15 Km Walk, 8:30 a.m., Indiana State Museum, Indianapolis, IN, Information @ [500 Festival.com](#) or 317-927-3378

Sat 23rd Spotlight on Nursing

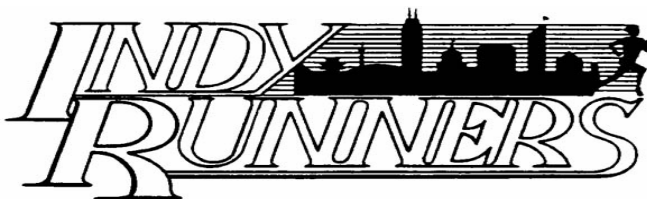
15 Km Run / 5 Km Run / 5 Km Walk, 9.30 a.m./9:35 a.m. / 9:35 a.m., RN Specialties, Inc. (located at 6060 North College Ave), Indianapolis IN, Contact: [Ken Long & Associates @](#) 317/884-4001

Sat 23rd Taltree Ten

10 Mile Run, 8:30 a.m., Aberdeen Manor, 216 Ballantrae, Valparaiso, IN, Contact: [Todd Henderlong @](#) (219) 464-9621

Sun 24th Splash, Flash & Dash Sprint Triathlon

400m Swim / 10 Mile Bike / 3.1 Mile Run, 9:00 a.m., Carmel High School, 520 E Main St, Carmel, IN, Contact: splashflashdash@carmelclub.org



Foot Prints

Newsletter Editor

Donna Billiard

Newsletter Staff

Jeremy Zieseniss

Alexe Yeung

Newsletter Contributors

Brian Cake

Marsha Gascho

Marilyn Grissom

Kent Miller

Mike Niederpruem



Foot Prints is a quarterly publication of Indy Runners and is one of many membership benefits. **Foot Prints** is mailed to the primary address for each membership via third class mail. Address corrections should be mailed to: Indy Runners
1075 Broad Ripple Avenue, Suite 144
Indianapolis, IN 46220.

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.

Foot Prints
A Publication of Indy Runners and Walkers
1075 Broad Ripple Avenue, Suite 144
Indianapolis, IN 46220

Presort Standard
U. S. Postage
Paid
Muncie, Indiana