
Foot Prints

Publication of Indy Runners and Walkers

April 2003

Volume 8, Number 2

"CLUB FEST 2003" YOU ARE INVITED -- AND IT'S FREE !!!!!

Yes, it's absolutely TRUE !!! Saturday, May 31st, 2003, the first ever Indy Runners "Club Fest" will take place at Southeastway Park. ALL *Indy Runners* and *Walkers* and your families are invited for an event that will be remembered well into the next Millennium (or at least until next years event).

Yes, for those of you who have been asking yourself, "what has Indy Runners done for me lately besides put on the Groundhog 7, the Sam Costa Half Marathon, the Mini training program, and the after Mini party?," well, here it is !!! Did I mention that it's **FREE**?

There will be food, prizes, entertainment, and a fabulous concept run that we have dubbed "**THE GREAT EQUALIZER.**" This is a 5K run/walk in which every club member has a chance to be first across the finish line – really, I'm not kidding !! Based on age and gender, the slower runners and all the walkers will start first. Every 15 seconds or so, the next age group starts until you get to the very fastest ages. It's based on age group records. Theoretically, everyone should finish in a dead heat. While that's unlikely, there will be some fascinating dynamics during this race. Watching "faster ages" try to "catch up" with those who started minutes earlier will be great fun. And best of all, the first one home could be **YOU !!!**

We'll have T-shirts for all run/walk entrants. Yes, they will be **FREE T-shirts**. They will commemorate our first ever "Great Equalizer" run/walk and let everyone know that you are a member of the best running and walking club in Indiana. By the way, did I mention yet that this entire day is **FREE** to Indy Runners and Walkers and their families??

So, you may be asking yourself, "why should I do this? Yes, I know it's **FREE** but the Mini is over. I can settle back into a relaxing summer mode now that I've recovered from my aches, pains, and blisters." Exactly, I say! Exactly. You've recovered from the Mini but you're still in great shape! You haven't gone to seed yet. You're at the top of your game, ready to take on all ages in a "Great Equalizer" event the likes of which has never been seen this side of the continental divide. And besides that, there's also food, entertainment, and prizes. All of them, dare I say it again, **FREE !** That means, as an IR member, you don't pay diddly squat. Zero. Zilch. Not a Euro, farthing, or ruble. To make it crystal clear -- don't bring any money with you.

OK, so maybe you're convinced you should show up. Here's what you do. Fill out the application elsewhere in this newsletter. We need to know how many folks are coming. We need to know if you are running/walking, eating, or both. Send it to us way ahead of time. We want to be prepared for the massive throng that will be in attendance.

One more thing. We'd like everybody to be there -- Runners, Walkers, youngsters, not so youngsters. Bring the whole family. This is for you. And doggone it, you're worth it!!!!

PS – it is **FREE**, you know.

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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 Donna Billiard Wright

For all of you who have been training through the snow, ice and slush of the Mini Training Program, spring is finally here!

It has been a tough season to get in those needed miles for quality training. I hope everyone has caught up and is steadily getting ready for the big day!

At the start of the training program this January, I took over as the new president of Indy Runners. For the past year and a half I have served as Vice President (and still "temporary" newsletter editor). I have been a runner for over 14 years. I am a confirmed mid-pack runner who is in it for the mental, physical and social benefits rather than the awards (my shelves have far more pictures).

Over the years I have met many runners and walkers at various stages of their athletic careers. Some are veteran runners who helped form and build Indy Runners traditions and who have run through the changes in Indiana running over the past 20-30 years. Others are novice runners who have many questions about places to run, blister problems and training partners. I know both very competitive runners and those who just like to meet and run for the fun of it. I know die-hards who feel icy roads are just another running achievement rather than an actual obstacle or hazard and those who believe they will melt if it even looks like rain. I also have two race walkers as parents. I'm surrounded by all degrees of running and walking in Indy Runners and Walkers, which I find very exciting. It truly is a place for every pace.

As president of the club I will make every effort to encourage inclusion of the many diverse groups we have in our club. During 2003 we plan to continue many of our traditions such as the Mini Training Program, our several spring races, weekly fun runs and monthly walks. One of my goals this year is to keep the members involved year-round with a variety of activities. I believe that running and walking provide benefits throughout the year and shouldn't be limited to a five-month training program.



The board has been hard at work developing a few fun, new ways to stay involved in running and walking even for those who are not competing in summer races or training for a fall marathon. Please read about the Summer Picnic and "The Great Equalizer" run along with informal track and prediction runs we will add for the summer months. We have tried to plan events for both runners and walkers and where the more experienced as well as the beginners will feel welcome. We hope that incorporating some new events will be a fun way to inspire you to stay running and walking throughout the year, and for a lifetime.

Best of luck to everyone who is running or walking the Mini Marathon or 5K in May. A pre-event thank you also to the many volunteers who will be helping with the Indy Runners Gatorade Stop around mile 4 (watch for these 40+ people!). I hope to see everyone at the Indy Runners Pasta Dinner, after the Mini at the Post Mini Party Tent, and at our many events, fun runs and walks during the rest of the year.

Post Mini Tent Party

All Indy Runners and Walkers are invited to stop by our tent following the Mini Marathon in the Rest and Recovery Area. As you stumble out of the looonnnggg finish shoot, look for the two-peak white tent with the Indy Runner Banner. Food, fun, friends and a grassy area to take your shoes off and recover awaits you. Meet up with your training group or old friends to celebrate your big achievement.

Good luck at the Mini Marathon!



Support Your Local Sidewalks

by Marcia Gascho

How “walkable” is your neighborhood? A pedestrian-friendly area is marked by wide sidewalks and paths that are well-maintained. You should be able to easily walk to grocery stores, restaurants, and banks, and crossing the street shouldn’t be dangerous. Unfortunately, Indianapolis is ranked at #32 on the list of most dangerous American cities for pedestrians, as compiled by the Surface Transportation Policy Project.

I consider myself fortunate to live in a neighborhood with many sidewalks. I can walk for miles without having to cross dangerous streets. However, even though I live quite close to the large retail areas at 96th Street and I-69, there are no sidewalks nor pedestrian crosswalks that directly connect me to them. I have to take my life into my hands to get across 96th street. Even worse, I often see people jogging along 86th Street, which has no sidewalks and very narrow shoulders. It really scares me to see them when it’s dark out.

Sidewalks have been around for thousands of years. When I visited the ancient Roman city of Pompeii, I saw many wide sidewalks everywhere. Unfortunately, modern cities are designed for cars, not pedestrians. Housing subdivisions often have no sidewalks and are not connected to retail areas. Despite the lack of sidewalks, people still walk and run in the streets, sometimes with fatal results.

Walking is considered to be 36 times more dangerous than driving. Forty years ago, half of all American schoolchildren walked to school. Today only an estimated 10 percent of kids do so. Some school districts, such as Craig Middle

School in Lawrence Township, even forbid kids from walking to school due to the lack of sidewalks. Kids who live in the neighborhood across the street from the school must take the bus or have a parent drop them off – and taxpayers have to pay for all this busing.

Considering that Americans walk about 42 percent less than they did 20 years ago, it’s no wonder obesity and poor health are growing epidemics in this country for people of all ages. As the population ages and faces the consequences of a too-often unhealthy lifestyle, the lack of sidewalks may become a bigger issue in communities. Disabled and older people who can’t drive find it difficult to get to a store when they do not have a safe walking route.

Fortunately, some city planners are making changes to make their towns more walkable. Six years ago, Fishers passed an ordinance that mandates sidewalks and paths be built around the perimeters of every new subdivision. They link parks, schools and retail areas. Plainfield is building a greenway trail system that will connect parks and recreation centers. And Valparaiso has realized that the poor condition of its sidewalks is preventing people from walking downtown to shop. Some cities finally are allocating funds to repair and build sidewalks.

Pedestrian activism is on the rise as more people realize how unfriendly their communities are for walkers. America Walks is a national coalition of local advocacy groups dedicated to promoting walkable communities. They provide a support network for local pedestrian advocacy groups. To find out more, see their website at www.americawalks.com. Pedestrians unite!

Bigfoot's Brief

I'd like to bring to your attention the value of running *up* instead of just *out*. One of our members -- Cindy Moll, of small frame and big heart -- has demonstrated again and again that elevators are not the only way to ascend in buildings.

She bopped her way to a first-place women's finish at the Bop to the Top race up Indy's AUL Tower on Feb. 1 -- then just three days later claimed her fourth victory in the last six years in the Empire State Building Run Up.

Bigfoot knew he had no chance of achieving such speed and stamina on the stairs. An encounter with a health-club stair machine about a month before the AUL -- in which he was left whipped and sweat-soaked in the time normally required just to warm up in flat running -- had already persuaded him that he needed some vertical improvement. The subsequent weekly stints of slightly increasing time and



intensity didn't help Bigfoot finish among the top-bopping champions, but they did leave him with an ambition to keep a stair machine in his training regimen.

Before the next Bop to the Top there's plenty of time for longer climbs for endurance and shorter, much faster interval climbs for speed. Cindy and even Scottie O. won't have anything to worry about from the Bounding Bigfoot, but at least they might be less embarrassed for him.

So stride and glide, but also step and sweat.
Bigfoot.

AN EVENING WITH RACEWALKER JONATHAN MATTHEWS

Come enjoy a fun, informative evening with a champion racewalker.

Where: St. Matthews Episcopal Church, 8320 East 10th St., Indianapolis (located between Franklin Road and Post Road on 10th Street.)

When: Saturday, April 26th

Time: 7 p.m. to 9 p.m.

Cost: \$5.00 donation



The agenda includes

- Race psychology – *Improve your race strategy!*
- Motivation – *Learn how to set your racing goals!*
- Nutrition – *Learn ways to boost your energy level!*

Question and answer period with the expert. All this and much more in the fun evening, followed by a reception with Jonathan.

Jonathan Matthews is a three-time national racewalking

champion. He set four American records (3K, 5K, 1-hour track and 5K road), and has set 22 Masters American records. Representing the USA in international competition, Jonathan was twice the top American finisher in the Pan American Racewalking Cup, as well as in the World Cup of Racewalking and the World Athletics Championships. Jonathan was a two-time Olympic Festival champion. He also has been a competitive runner (1:55 in the 800-meter in high school) and has competed internationally for the United States as a member of our national bicycle racing team. Jonathan has been nationally sponsored as an athlete by Reebok and New Balance, and helped create national fitness programs for Reebok.

Reservations are recommended although not necessary. For reservations call Virgil Billiard, (317) 881-1494. For questions, call Janet Higbie at (317) 823-1845 (eve)

Free Food, Prizes, Oh . . . and Some Running

Come on out for the Indy Runners Summer Running Series

by John Wright, Marketing/Member Outreach Director

I joined Indy Runners back in 1998 to get in shape for the Mini-Marathon. I found the training program helpful because its structure forced me to get out and run. I attended every Tuesday training before the Mini and was quite pleased when I ran faster than I'd expected.

Many of you have felt or will feel the same thing. So why enroll in extra motivation just once a year? Build upon your current fitness level this summer by joining the Indy Runners Summer Running Series.

This summer we are adding some neat twists to our program, as well as maintaining some old traditions. During June, July and August we're planning three prediction runs and three small track events.

On the second Monday of each month -- June 9, July 14 and August 11 -- we will have an informal prediction run followed by free pizza and beverages. Runners will have a choice of running either an approximate 3-mile or 5-mile route from the Major Taylor Velodrome. Each runner will declare his or her predicted time and then do the run without a watch. The runner who finishes closest to the predicted time will win a prize.

On the fourth Tuesday of each month -- June 24, July 22 and August 26 -- we will have a mini track meet. You can relive your glory days on the track or create new ones. This will be a small event with two options: an 800-meter run, followed by a 1600/3200 meter run. All members are to meet in front of Hinkle at the normal 6 p.m. time. The group will then run down to Butler's track as part of a warm-up. We will stretch and then begin the 800-meter run at 6:20 p.m. There will be a short rest period and then the 1600/3200 run will go simultaneously at 6:40 p.m. After the event, runners will head back to Hinkle.

You might want to bring a change of clothes to join new and old friends for dinner at a local establishment following the run.

Also, don't forget that in addition to these events, we'll be holding the normal summer training runs on Tuesdays, Thursdays and Sundays.

Track and Field, and Then Some

by Ian Seecof, INUSATF LDR and M.U.T. Chair

USATF is the national governing body for USA Track and Field competition. Any USATF member is eligible to vote at the INUSATF (Indiana USA Track & Field) meetings and is also welcome to participate on any of the sports committees. Please look around the web sites for USATF (www.usatf.org) or INUSATF (www.inusatf.org). Questions and comments are welcome. Both Indy Runners and RRCA (Road Runners Clubs of America) are USATF member club. This is YOUR governing body!

M.U.T.(Mountain Ultra Trail) is now in Indiana as Indiana joins the national and international scene in Off-Road and Ultra competition. Do it locally and if your team is hot you might be able to participate in national level or even international competitions. M.U.T. is of huge importance in many countries and even exceeds the fervor of the Olympics.

The Indiana USATF M.U.T. Trail Running Series consists of 10 events. This is a points series, both for individual entries and for Clubs/Teams. So, if you have a group of running-training partners, then consider entering as a team. If your club would like to compete with other Indiana clubs, you may enter as many teams as you like. USATF membership is available on-line at www.INUSATF.org, or on race-day. I will be there to sign you up. Contact Ian Seecof, Indiana M.U.T. rep. and INUSATF LDR (Long Distance Running) Chair: (317) 714-7063 Cell, or (317) 835-0161 INUSATF phone messages, or at ianms@iquest.net

For information on any of the races mentioned above, please visit www.inusatf.org and click on M.U.T. Happy trails.

Mini Training nears Completion

by Kent Miller, Mini Training Program Director

Despite an uncooperative Mother Nature, we are progressing toward completion of our Mini Marathon Training Program. I think I have seen more ice and mud this year than anytime in recent memory. Plus unusually cold temperatures. But you are among the toughest around for sticking this out.

Happily, the best is yet to come: Long runs down the canal followed by refreshments at Hinkle. Spring and summer are close. We can look forward to fitness and fun when the warm weather finally arrives. Don't give up training when the program ends. Join us all summer on Monday evenings at the Velodrome, and Tuesday and Thursday evenings at Hinkle for fun runs and some new events (See Picnic and Summer Runs articles).

Our annual *Indy Runners Pasta Dinner* will again be held at the Rathskeller in the Atheneum. The food is excellent and the setting enjoyable. Cost is \$15 per person and a registration form is available on our website; www.indyrunners.org, or you may register any Tuesday at Hinkle before our training runs. The date for this dinner is Tuesday, April 29th; the Tuesday before the Mini.

Even if you don't make the Pasta Dinner, be sure to stop by the Indy Runners tent after the Mini for lots of food and drink. Best story of a "Mini" adventure wins a special prize! We have a tradition of being the last running club "still standing" at our tent on this big day. Come and be part of it.

If you have any comments, suggestions or questions about this year's training program, please call me (Kent Miller) at 317-297-3615. **Good Luck in your Mini Marathon.**

Volunteers Needed !!!

Indy Runners Mini Marathon Gatorade Station

Volunteers are needed to staff the Indy Runners Gatorade Station at the Mini Marathon on Saturday, May 3.

This is a great opportunity to participate in the Mini Marathon, especially for those who have friends or family members running in the Mini and wish to take part in the event without actually running it.

This is truly a fun way to be part of the race. You will not be disappointed.

Basic information:

Our Gatorade tables are located on 10th Street west of Tibbs Avenue, just past the 4-mile mark of the race. That means we get hit early, but we get to leave early, as well.

Volunteers should plan on arriving at the Gatorade station at about 6 a.m. The race starts at 8 a.m. A breakfast of bagels, doughnuts and orange juice will be provided.

- Each volunteer will receive a T-Shirt from the 500 Festival Committee.
- Volunteers will receive the appreciation and gratitude of 25,000 runners!
- Each volunteer is invited to be the guest of the Indy Runners at our festival tent at Military Park

For more information please contact Mark Renholzberger at (317) 250-8211
or by e-mail at markrenholzberger@hotmail.com.



YOUR EVENT CALENDAR FOR 2003

April

Saturday the 5th

Homeless Hustle!, 10 Km Run, 5 Km Walk & Fitness Walk, 9.00 a.m., Eagle Creek Park, Indianapolis, IN, Contact Tuxedo Brothers at 317/733-3300

DINO Trail Run Series, 5 & 15 Km Trail Run, 9:00 a.m., Washington Township Park, Avon, IN, Contact Brian Holzhausen at 317/308-6449

YMCA Spring Running Festival 5 & 10K, 10 Km Run, 5 Km Run/Walk, Monroe Co. YMCA, Bloomington, IN, Contact John Schwentker at 812/332-5555

Swamp Stomp, 5 Mile Run, 4 Mile Walk, 9.45 a.m., Hawthorn Park, Terre Haute, IN, Contact Mike Morris at 765/232-3698

Race Against Domestic Violence AFROTC/AKOmega 5K, 5 Km Run/Walk, 10.00 a.m., the Armory, Purdue Campus, West Lafayette, Contact Jeff Dierdorf at dierdorf@purdue.edu

IPFW Mastodon Stomp, 5 Km Run/Walk, 1 Mile Kids stomp, 9.00 a.m., IPFW Hilliard Gates Sports center, Fort Wayne, IN, Contact Judy Tillapaugh at 260/481-6647

Club Kokomo Ultimate 10, 10 Mile Run, 5 Mile Run/Walk, Logansport, IN, Contact Mark Shorter at 765/452-2616

St. Bartholomew Sun Run, 5 Km Run/Walk, 8.00 a.m., St. Bartholomew Youth House, Columbus, IN, Contact Rich Anderson at (812) 377-5027

Ringin in Spring 5K Run/Walk, Family YMCA, Valparaiso, IN, Contact Race Organizers at 219/462-4185

Sunday the 6th

Race for all Races, 5 Mile Run, 5 Km Race Walk & Family Walk, 9.00 a.m., Conseco Fieldhouse, downtown Indianapolis, IN

Run for Habitat 5K, Cascades Park, Bloomington, IN, Contact Monroe County Habitat at (812) 331-4069

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 at (812) 936-2405

Saturday the 12th

Race for the Cure, 5 Km Run/Walk, 9.00 a.m., IU Track Stadium, Indianapolis, IN, Contact Tuxedo Brothers at (317) 733-3300

Grand Prix Duathlon, 2 mile run/12 mile bike/2 mile run, 9:00 a.m., Vawter Fields, Intramural Dr and 3rd St., West Lafayette, IN, Contact Matthew Block at (765) 496-3686

Sunday the 13th

St. Francis Hospital & Health Centers "Bricks to Bricks", 10 Mile Run/Walk, Contact Ken Long & Associates at (317) 884-4001

Little '500' 8K Scholarship Run, 8 Km Run/Walk, Bill Armstrong Stadium, IU campus, Bloomington, IN, Contact IUSF at (812) 855-9152

Saturday the 19th

Mini-Marathon Training Series 15K Run/Walk, 9:00 am, Cnr Washington/Meridian, Indianapolis IN, Contact Tuxedo Brothers at (317) 733-3300

Race Chase 2003, 1.6 Km Kids Run ONLY, 8:00 a.m., Center Grove Elementary, Greenwood IN, Contact Ann Skinner at (317) 640-6047

Z Run, 4 Mile Run/Fitness Walk, 8.00 a.m., Zionsville IN, Contact Runners Forum at (317) 844-1558

People's Pathway, 10 Km Run, 5 Km Walk, 8.00 a.m., West side of Greencastle, IN, Lee Stewart at (765) 653-9646

Brown County Spring Classic, 10 Km Run, 5 Km Run/Walk, Brown Co High School, Nashville, IN, Contact Mike Cox/Dawn Jones at (812) 988-9622

North Vernon Spring Tonic Run, 10 Km Run, 5 Km Run/Walk, 9:00 a.m., Vernon Courtyard, Pike & Hwy 7, Vernon, IN, David Herr at 812/346-8228

Saturday the 26th

Run for Tomorrow 5K Run, 8.30 a.m., Munster Community Pool, Munster, IN, Susan Page at (219) 838-3923

Anthem Blue Cross & Blue Shield Derby Festival Marathon, 13.1 & 26.2 Mile Run, 7.30 a.m., Louisville, KY, Race Organizer at 1-800-928-3378

Sunday the 27th

Race for the Kids, 8 Km Run, 5 Km Walk, 8.00 a.m., Eagle Creek Park, Indianapolis IN, Contact Tuxedo Brothers at (317) 733-3300

7th Annual Monon 5K/10K, Fun Run / Walk, 8.00 a.m., Cnr Westfield Blvd. & Guilford Ave., Contact Rachael Murt at (317) 581-0463

May

Saturday the 3rd

Indianapolis Life 500 Festival Mini Marathon, 13.1 Mile Run/Walk, 8.00 a.m., Downtown Indianapolis, 500 Festival Committee at (317) 237-3400

Sunday the 4th

Chicago Lakeshore Marathon, 26.2 Mile Run, 7.00 a.m., Chicago, IL, Race Organizers at (773) 765-9030



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

5th Annual Flying Pig Marathon and Relay, 26.2 Mile Run/Relay, 6.30 a.m., Cincinnati, OH, Contact Race Committee at (513) 721-PIGS (7447)

Sunday the 11th

2nd Annual Sprint Into Spring 5K Run, 5 Km Run/Walk, 8:30 A.M., Civic Center, Rocky River, OH, Shannon Seikel at (440) 333-9342

Saturday the 17th

Brandon's Run, 8 Km Run, 5 Km Walk, 8.00 a.m., Eagle Creek Park, Indianapolis, IN, Contact Tuxedo Brothers at (317) 733-3300

Bank One Rookie Run, Youth runs (ages 13 & under), 12.30 p.m., Downtown, Indianapolis, IN, Contact Tuxedo Brothers at (317) 733-3300

Plainfield Spring Fling, 8 Km Run/Fitness Walk, 8:00 a.m., Hummell Park, Plainfield, IN, Contact Runners Forum at (317) 844-1558

Run for Fun 10K/5K, Run/Walk, 9.00 a.m., Kosciusko County Fairgrounds, Warsaw, IN, Contact Bill Crane at (219) 268-1236

Terre Haute Triathlon, 800 meter Swim, 40 Km Bike, 8 Km Run, 8.00 a.m., Hawthorn Park near Terre Haute, IN, Contact Paul Asay at (812) 466-9561

Saturday the 24th

Carmel Classic, 8 Km Run/Walk, 8:00 a.m., Carmel High School, 520 East Main Street in Carmel (2 blocks west of Keystone), IN, Contact Runners Forum at (800) 262-RACE

Worthington 5K Run, 5 Km Run/Walk, Brown Co. YMCA, Nashville, IN, Contact Josh & Tammy Harrell at (812) 875-2259

Sunday the 25th

Inaugural Lakeshore Marathon, 26.2 miles, 7.30 a.m., Chicago Museum Campus, Downtown Chicago,

IL, Race Organizers at (773) 765-9030

Monday the 26th

Memorial Day 5K, 5 Km Run/Walk, 9.00 a.m., VA Medical Center, Danville IL, Kennekuk Road Runners at (217) 733-2403

Saturday the 31st

Indy Runners Club Fest 2003, The "Great Equalizer" age graded 5 Km members run, Southeastway Park, Contact social@indyrunners.org

DINO (Do INdiana Off-Road) Trail Run Series, 5 Km Trail Run, 15 Km Trail Run, 9:00 a.m., Town Run Trail Park, Indianapolis, Brian Holzhausen at (317) 308-6449

Arthritis Walk, Non-competitive 5 Km Walk, 1 Mile Walk, Arthritis Foundation at (317) 879-0321

June

Sunday the 1st

Shelbyville Triathlon, 0.5m swim/16m bike/3m run, 8.30 a.m., Fairland Recreation Area, Shelbyville, IN, Contact Tuxedo Brothers at (317) 733-3300

Saturday the 7th

The 8th Annual Fast Flash 5K, Run/Walk, 8:00 a.m., Franklin Central High School (6215 South Franklin Road) Indianapolis, IN, Contact Runners Forum at (317) 844-1558

YWCA Strawberry Festival 5K Run/Walk, 8.30 a.m., Near the YWCA of Greater Lafayette, 605 N. 6th Street, Lafayette, IN, Contact the YWCA at (765) 742-0075

Sunburst Marathon, Half Marathon, 10 Km Run, 5 Km Run, 5 Km Fun Walk, 6.00 a.m., College Football Hall of Fame, 111 S. St. Joseph Street, South Bend, IN, Contact Race Organizers at (219) 674-0900 Category 6262

White River Trail Run, 10 Km Run and 2.6 Mile Fun Walk, 8:30 a.m., Shadyside Park Activities Center, Anderson, IN, Con-

tact Tommy Gooson at (765) 642-4824

Sunday the 8th

Joy's House Run & Walk, 4 Mile Run/Walk, Contact Ken Long & Associates at (317) 884-4001

Saturday the 14th

Gift of Life Run & Walk, 5 Mile Run & 5 Km Walk/Race Walk, 8:00 a.m., Eagle Creek Park, Indianapolis IN, Contact Tuxedo Brothers at (317) 733-3300

Dad's Day 5K, 5 Km Run/Walk, 8:00 a.m., IU Medical Center, Indianapolis, IN, Contact The Runners Forum at (317) 844-1558

Lake Mingo Trail Run, 7.1 Miles, 9.00 a.m., Kennekuk Cove County Park, Danville IL, Contact Kennekuk Road Runners at (217) 431-5318

Doughboy 5K Run, Spencer, IN, Contact Curt Carey at (812) 829-6476

Saturday the 21st

Alcatraz Sprint Triathlon, 500 meter swim, 10 Mile bike, 3 Mile run, 8:00 am, Eagle Creek Park, Indianapolis, Contact Tuxedo Brothers at (317) 733-3300

Big Brothers - Big Sisters Run & Walk, 4 Mile Run/Walk & Family Walk, from 8.30 a.m., Garfield Park, IN, Contact Ken Long & Associates at (317) 884-4001

24th Annual Buzzard's Roost, 10 Km Run & 1.2 Mile Fun Run, 6:30 pm, Hamilton Heights Middle School, Arcadia, IN, Contact Runners Forum at (317) 844-1558

Saturday the 28th

Four Through the Fort, 4 Mile Run/Walk, 8:00 a.m., Lawrence (old Fort Harrison), Indianapolis, Contact Tuxedo Brothers at (317) 733-3300

Brook A Smith Memorial...Twin Sisters Trail Run, 6 Mile Run and 4 Mile Walk, 9:00 a.m. & 9:05 a.m., Westwood Park, New Castle, IN. (directly East of Indianapolis on I-70 approx. 30 miles.), Contact Christine Casteel at (765) 987-8414

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.





WHY TRAIL RUNNING?

by Brian Holzhausen, DINO series Director

Many runners are missing out on a fantastic experience. I have met a surprising number of runners who have never tried, and many who haven't even considered, running on trails. I must say that you are missing something special if this describes you. Some of my very best running memories are from running on the trails. Trail running is not just for ultra-runners and "extreme" athletes.

MISCONCEPTIONS

There are several misconceptions about trail running. I will briefly mention three.

1. I might get injured. While some trails are indeed uneven or steep, you can seek out easy, smooth trails if you prefer. Compare the risks of vehicular impact, not to mention repetitive impact injury (each footstep is much more jarring on pavement), and you'll see it's a good trade. You can do exercises to strengthen ankles, and trail running itself improves strength, preventing future injury on and off the road. One good ankle strengthening exercise is to stand on one foot for 30 seconds per foot. Stabilize yourself using your ankle and lower calf muscles. When it's too easy, close your eyes. Your balance also will be improved by trail running.
2. I need specific (trail running) shoes. Not true. I have run trails for years and have not yet owned a pair of trail shoes. Any running shoe you wear on the road should do just fine. Models with more tread will help when the going gets slippery, loose, or steep. There are no convenient trails. You would be surprised what you may find with a little exploring. At the end of this article I have listed several great trails and ideas for finding more.

BENEFITS OF TRAIL RUNNING

The joys of trail running are best learned first-hand. However, I will list some of the reasons trail running appeals to me.

1. Scenery. You can't beat the beauty of a good trail, following ravines, hills, streams, lakesides, and meadows. You see an amazing amount of wildlife.
2. No traffic. Do you realize the stress you are adding to yourself by running with vehicles? Not only is there a risk of being struck, but you are breathing toxic exhaust fumes. Get on the trail, and all this disappears.
3. Mental Stimulation. On an easy trail, you can study the scenery without worry of vehicles. On a difficult trail, your mind will be totally occupied by where you are going to put your foot next. It's like speed reading on your feet.

4. Soft Surface. It's a proven fact that softer surfaces result in less overuse injury. Many people have told me they were less sore after a trail marathon or 50K than a road marathon, even though the event might have been hilly.
5. Losing track of time. If running becomes a chore to you—and you often feel that your workout drags on and on—try trail running. I can run much farther on a trail before thinking about how long I've been at it. Your mind is on other things. Workouts go much faster.
6. Well-rounded Muscle Groups. Trail running, especially on difficult trails, will work more muscle groups. By twisting, turning, climbing, descending, and varying your stride length, you use a better variety of muscles. This gives you a fuller workout and a more well-rounded body.
7. Temperature. I assert that trail running is cooler in summer and warmer in winter. Sound crazy? In the summer you will have shade, away from the heat-soaking asphalt. In the winter, you get a break from the wind.
8. Time Performance Pressure. Whether in a race or in training, it is nice sometimes to take the pressure away of running a certain pace per mile. You cannot compare times—which eases pressure on yourself and ups the fun factor.

Memories. Trail running is fun and you will have many memorable experiences. You just have to get out there and try it—preferably with a friend who can share the memory.

WHERE CAN I RUN TRAILS?

Indianapolis has quite a number of good trail running spots. These are the kind of trails you can run several times a week. You do not have to make a day trip to southern Indiana just to run trails. I will share a few trails I know, but there are probably places in your own neighborhood just waiting to be discovered.

The "Big Four". There are four excellent running trails in the four corners of Marion County:

1. Eagle Creek Park (Northwest) has to be number one. Approximately ten miles of good-surface trails in the park are well marked and mapped.
2. Fort Harrison State Park (Northeast) is home to two unpaved loops of 2-3 miles each. These are moderate difficulty trails with a few good hills.
3. Southwestway Park's secret jewel is Mann Hill, one of the steepest hills in the city. You can make your own loop, from easy to killer, on these trails. Southeastway

Continued on page 11

2003 SAM COSTA REVIEW

THE 34TH ANNUAL WAS A "FAIR WEATHER" EVENT

With sunny skies and the starting temperature at 63 degrees, the 34th Annual Sam Costa Half Marathon was not your typical "Costa." And while the temperature may have bordered on "too warm" for some folks, the race in the men's division was hotter still.

A trio of wheelchair athletes led the pack of over 400 runners while the men's division quickly became a breakaway for the top half dozen. Curt Carey, last year's winner, took an early lead but by mile 3 he'd been caught by several others. Another perennial front runner, Scott Colford, took over briefly but from mile 5 through 8 a group of five runners comprised the lead pack. Besides Curt and Scott, it consisted of Rob Awe, Jason Beehler, and Carmel resident Tito Downer.

Shortly after 8 miles Tito began to separate himself from the others. Running strongly and confidently into a westerly headwind, he allowed himself a quick look back as he made the turn onto Jeffries at 11 ½ miles. No

Continued from page 10 - WHY TRAIL RUNNING?

Park has a couple of miles of flat, wooded trail and an easy, open "semi-paved" loop around the park's perimeter.

Other Trails. There are many other, smaller parks which have good trails for running:

1. Avon (west of Indy on US 36) has Washington Township Park, which offers several miles of easy, smooth trail, plus a couple of very demanding segments designed for mountain bikes.
2. Holliday Park and Marott Park have a few miles of trail in and between them.
3. Town Run Trail Park is a mountain bike park but can be run quite enjoyably at certain times of day. Just be alert for bicycles.
4. In the areas near Butler University, the Indianapolis Museum of Art, and the Canal towpath trail, there are a surprising number of trails you can explore.
5. Many other Indy Parks, such as Skiles Test Park and Paul Ruster Park, have short trails which can be used as a part of a longer route.
6. Create Your Own Adventure. You can find or create trails along many creeks and lakes. Often you can find fishermen's trails, which can be like a mystery unfolding as you run along them. You can create an incredible running route by piecing together sections of trail with roads. You will feel renewed by this kind of adventure.

one was within challenging distance. Alone until the end, he finished in 1:13:53 for his first "Costa" victory. Scott was second in 1:14:41 with Rob third at 1:15:49. Curt, the early leader and 3-time champion finished fourth while Jason came in fifth.

On the women's side, Heather May of Bloomington jumped out to an early lead and ran away to a convincing win. Her time of 1:24:39 was nearly five minutes better than Jenny Pfaff, who came in at 1:29:21. Third was Missy Havlick in 1:32:18.

The Masters Division saw Patrick Puckett and Jenny Isenbarger race away from the 40 and up crowd with times of 1:17:51 and 1:35:52, respectively. Mike Armstrong and Barb McLaughlin were second.

Our first official wheelchair division saw Chad Johnson take the checker in a scorching 58:54. Bryan Rohl was second and Mike Gilliam was third. For complete results of all the age groups, visit the Indy Runners website.

"Time and space" don't permit it for this edition of the newsletter, but next time we will list all those who gave their precious time so that we can continue to hold this historic event. There are, however, some people who deserve special recognition. These are the folks who have spent countless hours planning, notifying course residents, consulting with the town and police, entering data, setting up at the school and on the course, leading the various operational areas, and staying until the early evening for packing and cleanup. These are my friends and colleagues and the major reason I have stayed involved with this event as long as I have. When you see them, please say "thank you." Alphabetically they are: Pete and Chris Anzeveno, Mike Bradford, Fred Dietz, Mark Doctor, Margaret Drew, Marilyn Grissom, Peggy Hall, Mark Renholzberger (all the way back from China!), Nelson Steele, Donna Wright, and Jeremy Zieseniss.

Without the efforts of these people, and all the other volunteers over the years, the Sam Costa Half Marathon would have ceased to exist long, long ago. But we're still here! And next year we'll be back for the 35th edition. Put it on your calendar now – March 21, 2004, the "Costa" returns!!!

HOTLINE

For Indy Runners and Walkers
information visit the website at



www.indyrunners.org

or call the Indy Runners Hotline at 290-RUNR

Groundhog Saw Spring at Annual Race

Timing is everything. Which is my way of saying that we had a nice break from the bone-chilling winter cold on Feb. 2 for the 31st edition of the Groundhog 7 Mile Run in Carmel. The sun came out to enjoy the inaugural run of the 2003 racing season, along with 264 runners from central Indiana. The 2003 race featured a new course incorporating the new greenway that parallels River Road. This change was made to improve the safety of the runners. Carmel continues to grow, which has increased the traffic along the streets in the area of Clay Junior High School.

As in previous years, the runners were very generous with their donations of canned food to support the St. Mark's United Methodist Church mission project. St. Mark's sends the food to a food pantry in central Indianapolis.

The men's race saw some new young faces break into the top five. Twenty-three-year-old John Tribler won the race with a time of 37:11, and 18-year-old Brandon Cole finished 4th with a 39:01. But the old guard was equally impressive. Our 2000 and 2001 champion Michael Smith made his fifth top-five finish with his second-place run of 37:59. David Forsee finished third in 38:51 and made his second top five finish. And 1999 champion Scott Colford finished fifth in 39:31, also making his fifth appearance in the top five.

First-time champion Erin Kelly won the women's race with a time of 44:03. She was followed closely by Pamela Mertz (45:36), who finished fourth last year. Rachel Poremski (45:45) and Megan Dexheimer (46:52) made their debut in the top five by finishing third and fourth, respectively. And the always-competitive Karlene Herrell (46:52) rounded out the first five finishers.

The 2003 Groundhog 7 saw an impressive five new inductees to the Groundhog 7 "Wall of Fame" -- John Tribler, Brandon Cole, Erin Kelly, Rachel Poremski and Megan Dexheimer. The inductees earned their place by having a top five finish at the Groundhog. Induction onto the "Wall" is a tribute to their dedication to the sport of running. By having trained hard through the winter, they were able to enter the new racing season already competing at a very high level.

2003 Groundhog Volunteers

No race can be successful unless there is support from enthusiastic, talented, hard-working volunteers. Let me introduce you to such a group of people.

- Laura Travis, Mary Ellen Matthews and the Hetricks (Sarah, Rachel and Angela) provided encouragement as well as water at the North water stop
- Jeff Coates led the way on his fancy mountain bike
- Fred Dietz did a little of everything, especially at the finish line
- Nelson Steele was our liaison with the City of Carmel and Clay Junior High
- Terry Herrell worked registration before running the race herself
- Jeremy Zieseniss helped everywhere, including a rush trip to Joe O's for some safety pins
- Kristy McDannald and Craig Alkire kept everyone safe as they crossed Chapman Drive
- Danny Schwartz and Chad Schwartz made a great team as sentries at 126th Street and River Road
- John & Donna Wright, besides serving on the Indy Runners Board, are always there at events to help out the club
- Mike, Alec and Paige Bradford helped out at the finish line, registration and even post-race refreshments
- Mark Doctor is "Mr. Results"!
- Ken Wallach and Brian Cake worked very hard as sentries at the crazy Hazel Dell traffic circle
- Jill Enry and Delia Love provided smiles, encouragement and safe passage at Longest Drive
- Margaret Drew is our Finish Line Captain
- Pete and Jane Anzeveno did double-duty at both registration and the finish line
- Kevin and Katie Caraher made for smooth registration before the race
- Peggy Hall is an experienced hand at both registration and selling real estate
- Mary Ellen Matthews, my dear wife, encourages me to keep doing what I enjoy doing
- Terry Townsend is an expert at the measuring wheel
- Tom, Kira, Teryn, Kirsten and Garrett Ford are family and an entire water station crew

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Running and Cross Training Websites

Running Races

Indy Runners	www.indyrunners.org
Tuxedo Brothers	www.tuxbro.com
KLA	www.kenlongassoc.com

Trail Races

DINO Series	www.DINOseries.com
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Cross Training

CIBA	www.cibaride.org
Adventure Navigation	www.truenorth360.com

Local and statewide races, weekly club runs
Running races, triathlons
Races, marathon training program

Trail runs and mountain bike races

Club rides, weekly ride schedule
Adventure Navigation

White River Run Offers Trail Fun

By Bob Hart, Anderson Road Runners President

This year's White River Run, to be held on June 7, 2003, in Anderson, IN, will again offer a 10K run/walk on some of Anderson's prettiest city park trails.

Although the White River run began as mainly a road race in 1978, it has been modified many times over the years. It finally found its home in 2002 under the direction of Tommy Goodson, vice president of the Anderson Road Runners Club.

The new course is set entirely on paved city park trails and runs continuously along waterways for the full 6.2 miles. The course passes around two small lakes, then follows scenic Killbuck Creek, through the "wetlands" and along the White River. Along the way, it connects three major Anderson parks.

The course is often filled with wildlife -- flocks of geese, ducks, a swan, a huge owl (try to find it) and even a giant blue heron. The race crosses no roads, but it does go under three different bridges. The event starts at 8:30 a.m. at the Shadyside Activities Center off Alexandria Pike. Facilities include plenty of parking, restrooms, showers and lockers.

More information about the event and registration can be found at: www.andersonroadrunners.org, or by contacting Tommy Goodson at RKastle@aol.com or (765) 642-4834.

Butler Basketball Ticket Taking Volunteers

Thank you to the many Indy Runners who came out to help take tickets at basketball games November through February. This is Indy Runner's way of giving back to Butler University for providing Hinkle Fieldhouse year around for our training program and fun runs. Special thanks to Margaret Drew for coordinating all the volunteers and attending every game as a ticket taker herself. She also had a core group of 4-5 very dedicated volunteers who worked almost every game.

THANK YOU!!!

Margaret Drew	Bruce Flanagan
Barry Landy	Bruce Walker
Mark Doctor	Mark Renholzberger
Mike Bradford (& Alec)	Joanne Keaton
Jeremy Ziesenessiesiss	Bob Mezykowski
Dave Farnum	Eric Johnson
Brian Cake	Steve Knies
Terry Townsend	Jennifer McGlone
Whitney Townsend	Janelle Renschler (& husband)
Marvin Clark	Debbie Dreiband
Sarah Hetrick	Beth and Bill Compton
Brandon Short	(& daughters)
Clark and Emily Harter	Donna Billiard Wright

Continued from page 12 - Groundhog Volunteers

- Tom & Kitty Furman every year at the water stop relive that first chance meeting at the Groundhog so many years ago
- Barry Landy is "Mr. Dependable," and probably the best race timer you could ask for
- Marcia Gascho deserves special thanks because she remembered to bring the cookies!

And, finally, our thanks to the Carmel City Police, the Hamilton County Sheriff's Department and Clay Junior High who make our event so safe and enjoyable for everyone!

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 March 2003)

M. Aldo-Benson	William Browning	Patricia Gabbert	Rick Knauer	Mylene R. Noir	Andrea Thompson
Matt Armstrong	Cheryl Chambers	Virginia Gee	Sagar Kolli	David Owens	Emily Thompson
Ian D. Arnold	Jeffrey W. Clemens	Paul Giese	Mark Kornelsen	Steven Pahl	Lori M. Timmerman
Matt Bachman	Barbara Coles	Julie Glover	Douglas Lawlyes	Lisa Paluscio	Laura Tushan
James & Venita	Eileen Cote	Ed Goodknight	Peggy A. Lilly	Stacy Pittman	Claudia Ventura
Baumgartner	Amy Cusik	Sue Hicks	Richard Loftin	Paul Schenkel	Frances Washington
Victoria Betlerton	Tim L. Dangler	Judi Hillman	Delia Love	Walk Schneider	Elizabeth Weber
Daniel Bitz	Andrea Davis	Mark Hupfer	Jim Lyons	Vilma O. Sevilla	Jill Weirick
Tiffany Block	M Der Ohaheiah	Gene Johnson	Debbie Mattson	Steve Sidhom	Bruce White
Bob Bowen	Cheri Draper	Jim Johnson	Kristy McDannald	Nicole Slaton	Julie Williams
Doug Bowen	Debbie Dreiband	Melissa Johnson	Erin McLaughlin	Nancy Smith	Edward L. Wills
Roberta Bowser	Elizabeth Eaton	Trevor Kaye	Mike Meiners	Kathryn Snyder	Kelly Wire
Keyia Brazelton	Marcia Ferree	Bill Kelly	Maria Mikuta	Kelly Spradley	Christine Wisheart
Candace Broady	Andy Fox	Michael Kennedy	Amy Montgomery	Doug Steen	Lucy Witte
Holly Brown	Jaclyn Fredericks	Michael Kessler	Mark Newell	Gary Stone	

Thanks to our Membership Director, Marilyn Grissom, for her hard work year round keeping membership up to date. As you can see with our extensive membership list, she has had a very busy spring. Thanks Marilyn!

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

Indy Runners Annual Pre-Mini Pasta Dinner!

Where: The Rathskeller
401 E. Michigan St.
When: **Tuesday, April 29th, 2003**
Time: 6:00 pm—Socializing
6:30 pm—Dinner
Cost: \$15.00 per person

See Website at www.indyrunners.org for R.S.V.P form

Please R.S.V.P. by April 20, 2003

Questions? Call Kent Miller 297-4615

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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Donna Billiard

Newsletter Staff

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Bruce Walker

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(this issue)

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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: editor@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 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

Wright

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

John

Deadline

June 7, 2003

Issue

July 2003

Foot Prints

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