
Foot Prints

Publication of Indy Runners and Walkers

April 2004

Volume 9, Number 2

"SAM COSTA 2004"

WEATHER OR NOT, WE RUN!

The contrast could not have been more stark. Last year we toed the starting line under sunny skies and 63 degrees. With heavy overcast, a strong north wind, and the temperature hovering at 34°, more than 400 participants took to the roads and neighborhoods of Carmel for the 35th version of the "Sam Costa Half Marathon".

The leading men formed into a small group of three by the time they reached the 4-mile mark. Perennial challenger and 2003 runner-up, Scott Colford of Logansport, led a trio which also included Paul Howarth and Rob Awe, the third place finisher last year. As they reached the school and headed out for the back half of the course, another runner, Josh Trisler of Carmel, had not only caught the front group but also taken the lead.

As the top four headed into a strong wind on Hazel Dell Parkway, they kept in a straight line with Paul taking over as they turned onto Ivy Hill. Shortly after mile 7, disaster struck Rob. Forced to pull over and tie a shoe, he found himself more than 100 yards behind as he got back up to speed! It ended any chance he'd had at the top prize.

As we approached mile 8, it was obvious that Paul and Josh were beginning to separate themselves from Scott. Running smoothly, confidently, and with deceptively low effort, the duo had stretched their collective lead to more than 200 yards by the turn onto 126th just beyond mile 10. Matching strides the rest of the way, the pair ran through a brief snow shower on Bayhill with only a half mile to go. Turning toward the school, Paul held on for the narrowest of victories in 1:12:46 with Josh only one second behind. Scott came home third at 1:13:48, and Rob recovered to finish in 1:14:07.

As close and exciting as the men were, the women were almost as close in their battle. Kathryn Nowak of Muncie and Nicole Shepler of Indy kept each other in sight all day. At the end, Kathryn

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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 loonnnggg 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!

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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

At the start of this year we held elections for our board positions. I would like to welcome Mike Neiderpruen as our new vice president. Check out his article in this edition about his and his wife's Hong Kong Half Marathon and look for him in the 9 minute pace group on Tuesday night training runs. Mike is working on Club Fest and will bring some new ideas to it and Indy Runners. Welcome Mike!

As we are nearing the end of the Indy Runner's Mini Marathon Training program, I hope all of you who have participated in the program will be ready to run or walk the Mini in a few weeks. Check out the many opportunities throughout this edition of upcoming events related to the

Mini such as the Indy Runners Pasta Dinner and the After Mini party in the rest and recovery area. We will also have our second annual "Club Fest" on Sunday, May 23. This is a fun family gathering to try something different, a 5K age-graded race, and enjoy a picnic following. Watch our website for additional information. Our weekly fun runs continue after the Mini every Monday, Tuesday and Thursday nights, and the Walkers will host their "Walk of the Month" at local sites throughout the summer and fall.

All these activities would not be possible without our wonderful board and volunteers. Thank you to all the board members for their work throughout the year. Thank you to our volunteers who were



ticket takers for Butler basketball games throughout the winter and those who worked at races and assisted the training program. Also, thank you to our many community supporters including *Butler University* for use of their facilities, *St. Vincent Sports Medicine* for their athletic trainer support, *Crown Hill Cemetery* for allowing us to run through their grounds for our training program runs and all others who have made contributions of time, talents or items to Indy Runners this year.


"SAM COSTA 2004" Continued from page 1

had prevailed by nine seconds in 1:28:06. Linda Cullison from Bloomfield took the third spot with a 1:34:06.




In the Masters Division, a former winner returned to repeat on the men's side while the women saw last year's third place winner move up to first. Mark Diveley of Westfield ran a strong 1:16:44 to finish 5th overall and first in the Masters. Pam Ledtke from McCordsville took home the women's trophy in 1:38:12, more than 9 minutes faster than 2003! Way to go Pam!! Mike Armstrong and Dave Millet, both from Indy, were 2nd and 3rd for the men in 1:18:59 and 1:20:23 respectively. Patty Rose from Lafayette and Laura Shears, all the way from Okemos Michigan, turned in times of 1:42:01 and 1:48:18 to round out the top 3 for the women. During trophy presentations, Laura gleefully remarked how she was glad

to be back after having run the "Costa" 20 years ago!

And we are glad for all of our participants who show up year after year. We'll be back in 2005 and we know that most of you will too. That's why we continue to do this. This historic, legendary event is a fixture on the running landscape. Next March we'll continue that tradition with the 36th Annual Sam Costa Half Marathon!!! See you then.



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WALKING SAFETY

by Marcia Gascho

As a long-time walker, I'm thankful that I have never been injured. I try to use common sense and take various precautions to stay safe.

I live near a narrow, hilly, poorly lit road with no sidewalks or shoulders. While driving down this road, I've had to swerve to avoid hitting walkers and runners who suddenly loomed up in front of me in the darkness. Some of these people were wearing dark, non-reflective clothing. Even worse, some were on the wrong side of the street. There are a number of safe, well-lit neighborhoods branching off this road, yet people still choose to walk or run on this hazardous route. Needless to say, I totally avoid this road on my walks. If I'm out after dark, I make sure I'm wearing my reflective vest. My shoes have reflective spots on them. I also wear a blinking light attached to my vest.

On my walks, I like to wear jackets and shorts or pants with pockets so that I can carry various items with me. I always take a car or house key, a water bottle, a copy of my insurance card, a few coins or a dollar and some Kleenex. It's extremely important to carry ID! I've heard horror stories of walkers and runners who were found injured and unconscious, but no one knew whom to contact since they had no ID. Since cell phones have become so tiny, they are easy to carry, too. A fanny pack also works well for carrying these items.

There are a few other safety precautions that I take during my walks. I prefer walking in the street, but

I'm always prepared to hop up on the curb or sidewalk if traffic becomes heavy. I never wear headphones because I couldn't hear traffic or someone coming up behind me. Although it's easy to become oblivious to your surroundings while doing some heavy thinking on your walk, it's important to stay alert at all times.

The Monon has become a very popular place to walk or jog. In the past year or so cars have been broken into at some Monon parking lots. Please lock up valuables in your car trunk. Better yet, just take your driver's license and leave wallets and purses at home. Do not walk alone or after dark on the Monon. Remember, there is safety in numbers. Walk with others.

Be aware of weather conditions and dress appropriately. In winter, wear layers, a hat and gloves. In summer, wear sunscreen and loose, cool clothing. Be sure to drink plenty of fluids in all seasons. If the weather is threatening rain before I leave, I also take a trash sack that can become an instant rain coat. This came in handy during a couple of wet Mini Marathons! I don't mess around with lightning! If I see or hear any, I get inside as quickly as possible. Once I was on a Mini training walk on the canal when the tornado sirens went off. Needless to say, my pace picked up quite a bit to get back to safety! I don't like to walk outside when it's icy. I'm not a big fan of treadmills so I head for the nearest mall if street conditions are unsafe.

Most of these precautions are common sense, yet I'm amazed by the number of walkers who take risks. Please, think safety and walk safely!



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HOTLINE



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

The 2004 Groundhog 7

Race Director, Mark Renholzberger

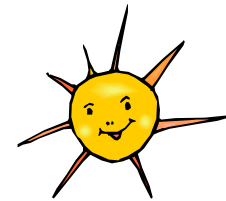
“Here are some who like to run. They run for fun in the hot, hot sun”. Yes, I read a lot more Dr. Seuss since becoming a dad to my Annie and Ellie. And yes, it wasn’t hot but the weather was great for the 32nd edition of the Groundhog 7 Mile Run. The sun and 175 runners from central Indiana were out for the inaugural run of the 2004 racing season.

As in previous years the runners were very generous with the 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 5” with 26-year-old Paul Howarth who won the race with a time of 33:25 and 18-year-old David Andreas who finished second with a 38:52. Proving the clever and cunning can always compete with the “young pups”, 41-year-old Mark Hiskes finished fifth with a 39:55. And the “old guard” was equally impressive. Our 2000 & 2001 champion Michael Smith made his sixth “Top 5” finish with his third place run of 39:03. 1999 champion Scott Colford finished 5th in 39:34 and also made his sixth appearance into the “Top 5”.

First time champion Jenny Pfaff with a time of 46:15 won the women’s race. She was followed closely by Susie Creary (46:47) and defending 2003 champion Erin Kelly who finished 3rd with a time of 46:55. Nicole Shepler (48:41) and Annie Reihman (51:39) made their debut in the “Top 5” by finishing 4th and 5th, respectively.

Surpassing the success of the 2003 Groundhog 7 the 2004 event saw an impressive six new inductees to the Groundhog 7 “Wall of Fame”: Susie Creary, Nicole Shepler, Annie Reihman, Paul Howarth, David Andreas, and Mark Hiskes. The inductees earned their place on the “Wall” by having a Top 5 finish at the Groundhog. Induction onto the “Wall” is a tribute to their dedi-



cation 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.

Volunteers

As a race director one can not thank enough all the great volunteers who work so hard to make make an event possible. If you should happen to run into any of these people out on the Canal or the Monon, let them know you appreciate them as well!

Peggy Hall, Jennell Renschler, Donna Billiard, Laura Travis, Pete Anzeveno, Marilyn Grissom, Bruce Flanagan, Jeff Coates, Barry Landy, Margaret Drew, Terry Townsend, Fred Dietz, Louise Gameau, Mark Doctor, Tom Furman, Sarah Hetrick & family, Kitty Furman, Bill Browning, Ron Richards, Jeremy Zieseniss, Stacy Davis, Gil Davis, Glenna Asmus, Liz Dutton, Dave Farnum, Don Seal, Brian Cake, Marvin Clark, Marcia Gascho

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

2004 Groundhog 7 Top Five Finishers

	MEN		WOMEN
38:25	1) Paul Howarth	46:15	1) Jenny Pfaff
38:52	2) David Andreas	46:47	2) Susie Creary
39:03	3) Michael Smith	46:55	3) Erin Kelly
39:34	4) Scott Colford	48:41	4) Nicole Shepler
39:55	5) Mark Hiskes	51:39	5) Annie Reihman

Hong Kong Half Marathon Report

By: Mike Niederpruem and Alexe Yeung

Still suffering the effects of the acute running bug we picked up just a little more than a year ago, my wife, Alexe, and I decided to do some significant multi-tasking and visit part of her family in Hong Kong, and run the 1/2 marathon portion of the Hong Kong Standard Chartered Marathon while we were there. Hong Kong is often referred to as the “Pearl of the Orient,” and for good reason, too, especially if you like Asian cuisine and shopping. Because of the exchange rate (1 dollar US for 8 dollars HK), bargains galore can be found on good food and clothing. Luckily, we planned the race early in our visit, to avoid getting tired from too much shopping or too heavy from too much eating.

We’d previously visited Hong Kong last August. Alexe used to live there, but it was my first visit. At the time, Hong Kong was experiencing a record heat wave, and daily temperatures were peaking in the mid-90’s with humidity in the 70-80% range. Of course, originally being from the Midwest, I can make a strong argument that I’m used to heat and humidity. However, in Hong Kong, because of the cost of air conditioning, most homes don’t have central cooling, but simply a few, well-placed air conditioners. Additionally, they usually have them on only when people are home, so it takes a while to cool things down. Fortunately, most of the residences are extremely small, in the range of 500-800 square feet, so one usually can get comfortable within the first hour.

Our recent trip was in February, and we were excited because the mild, Hong Kong winters meant the possibility for great running conditions. We packed light because we didn’t think it would be cold enough to justify winter gear, and we wanted to save a lot of space for our shopping. But, as fate would have it, our trip coincided with an historic cold front that kept the highs each day in the low 40’s. The humidity was still relatively high, so “cold and clammy” was the norm for this trip. And, consistent with no central cooling, most places (including Alexe’s brother’s place) don’t have central heating, either (but they do have space

heaters, which they only turn on when at home). We were more comfortable in the warm confines of the numerous upscale shopping malls and restaurants.

We arrived late Thursday night, and the race was Sunday morning. We were lucky that neither of us was affected by jet lag, but race day came with some of the coldest temperatures yet and RAIN! If you haven’t had the opportunity to race in cold and wet conditions, it is very difficult determining what to wear. I recommend staying away from rain jackets and such, especially those that don’t “breathe.” If you are comfortable at the start, you are most likely overdressed. Next, a good running hat comes strongly recommended, and you can always take it off or put it back on throughout the run.

The start was uneventful, and was quite intriguing, too: Despite being only 5’8” tall, I was taller than most of my competitors. Both the 1/2 marathon and full marathon fields started together. The 1/2 marathon had about 7,000 competitors. The course was laid out over the highways of Hong Kong, but instead of opening up one side of the road, the race was limited to a single lane, which gave the illusion that there were a lot more competitors than there actually were. Since there were always numerous surrounding runners, it was quite difficult to pass and get into the clear. After accepting the harsh conditions and being elbowed more than enough times, Alexe and I finally decided to slow down, have some fun, enjoy the scenery and decide where we were going to eat Dim Sum (a traditional buffet meal).

The race had a lot of gradual ups and downs through most of the course, but then turned quite hilly as we entered downtown. At this point runners were bunching up on the steep inclines and we couldn’t accelerate downhill at all. Eventually, we came into the finish area (just on the plus side of 2 hours), and quickly grabbed our Mylar blankets and

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Hong Kong Half Marathon - Continued from Pg 6

Snickers bars. We hastily made our way to the apparel pick-up area, which was in an athletic field. In theory, this was a great idea, but nobody really considered the effect of a lot of rain and thousands of feet. The combination meant a muddy mess. Plus, there was a mix up with a lot of the trucks that transported the bags to the finishing area, which meant that we had to wait about an hour before we could get dry clothing. If you have never been surrounded by thousands of cold and disgruntled recreational Asian runners, it is a surreal experience, to say the least, one that I strongly recommend to others, but wouldn't want to experience again myself. Note to our own Mini Marathon planners: The Snickers bars were great.

As the week continued, we ate too much, spent too much money on clothes, and yet were still able to have more than enough fun times with family and friends. In hindsight, we are happy to say that we visited Hong Kong during their hottest and coldest days in a generation, and we are also now experienced international runners, in a manner of speaking. Of course, the best part was that we got our t-shirts AND participation medals at packet pick-up, so we needn't have raced, but then we wouldn't have gotten that awesome Snickers bar.

Alexe and Mike relocated to Indianapolis in Fall 2003 and joined Indy Runners. Both were formerly competitive cyclists who transitioned over to running with a passion. Mike is Indy Runner's new Vice President.

stretching. At this point, your body and mind are relaxed, so work on increasing your flexibility through stretching.

5. Monitor your fatigue. You need to be aware of how well your body is recuperating after exercise. A trick is to take your morning resting heart rate before getting out of bed for several days in a row. This is your true resting heart rate. After several days of exercise, especially if you are feeling tired, check your heart rate again in the morning. If your resting heart rate is elevated, then your body is fatigued and you're not recovering sufficiently. You should take one or two days off from exercise, take a nap, or get some extra sleep. This should help you get your heart rate down. If it doesn't go down, see your doctor.



These tips were gathered from nearly 25 years of sports medicine experience. If you have other questions, you can call our center at (317)415-5747 or contact us online at www.stvincent.org/sportsmed.

How to Prevent Injuries While Training for the Mini Marathon

By: Ralph Reiff, M.Ed., ATC/L, Director,
St. Vincent Sports Performance Center

If you've decided to train for the Mini or another long-duration event, be sure to follow the following tips:

1. Have a plan. Follow the advice of a qualified trainer or training group who can tell you the best way to train long-term for the event. For example, the Indy Runners Club provides resources for runners & walkers.

2. Stick to your plan. Most athletes are injured because they felt so good one day they pushed beyond their plan and kept going. Trust the plan, and stick to it. Don't push too hard too fast.

3. Warm up appropriately. Walk or jog for six to 12 minutes until your breathing stabilizes and you develop a warm feeling or begin to sweat. Then stop, and for two to three minutes stretch all your major muscle groups. Then, take off!

4. Cool down appropriately. Carve out five minutes at the end of your workout to stretch again and to allow the body's heart rate to slow down with some light exercise, e.g., walking or



YOUR EVENT CALENDAR FOR 2004

April 2004

Sat 3rd, Pacers Run and Walk (with Larry Bird presented by Norwood), 5 Mile Run/Walk, 9.00 a.m., Conesco Fieldhouse - Downtown Indianapolis, IN, Contact Tuxedo Brothers @ 317/733-3300

Sat 3rd, IRS Duathlon - Morgan-Monroe State Forest #1, 5 Km Run/17.5 Mile Bike/2 Mile Run, Morgan-Monroe State Forest, Martinsville, IN, Contact Dan Daly @ 317/831-6729

Sat 3rd, Ringing in Spring 5K Run/Walk, 9.00 a.m., Family YMCA, 55 Chicago Street, Valparaiso, IN, Contact 219/462-4185

Sat 3rd, North Vernon Spring Tonic 10K/5K Run/Walk, 9:00 a.m., Vernon Courthouse, Pike & Hwy 7, Vernon, IN, Contact David Herr @ 812/346-8228

Sat 3rd, IPFW Mastodon Stomp, 5 Km Run/Walk, 9.00 a.m., IPFW Hilliard Gates Sports Center, Fort Wayne, IN, Contact Judy Tillapaugh @ 260/481-6647

Sat 3rd, Swamp Stomp, 5 Mile Run, 4 Mile Walk, 9.45 a.m., Hawthorn Park, Terre Haute, IN, Contact Mike Morris @ 765/232-3698

Sat 3rd, Club Kokomo Ultimate 10 Mile Run, 5 Mile Run/Walk, Logansport, IN, Contact Mark Shorter @ 765/455-2283

Sat 10th, Plainfield Spring Fling, 8 Km Run/Walk, 8:00 a.m., Hummell Park, Plainfield, IN, Contact The Runners Forum @ 317/844-1558

Sat 17th, Mini-Marathon Training Series 15K, 8:30 a.m., Indiana State Museum, Indianapolis IN, Contact 500 Festival.com @ 317/927-3378

Sat 17th, DINO (Do INdiana Off-Road) Trail Run Series, 5 Km/15 Km Trail Run, 9:00 a.m., Washington Township Park, Avon, IN, Contact Brian Holzhausen @ 317/308-6449

Sat 17th, Spotlight on Nursing, 10 Km Run/Walk, 5 Km Run/Walk, 9.30 a.m., RN Specialties, Inc. (located at 6060 North College Ave), Indianapolis IN, Contact Ken Long & Associates @ 317/884-4001

Sat 17th, People's Pathway, 10 Km Run, 5 Km Walk, 8.00 a.m., West side of Greencastle, IN, Contact Lee Stewart @ 765/653-9646

Sun 18th, 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 24th, Race for the Cure, 5 Km Run/Walk, 9.00 a.m., IU Library Lawn, Indianapolis, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 24th, IRS Duathlon - Southeastway Park, 5 Km Run/17.5 Mile Bike/2 Mile Run, Southeastway Park, Indianapolis, IN, Contact Dan Daly @ 317/831-6729

Sun 25th, St. Francis Hospital "Bricks to Bricks", 10 Mile Run/Walk, Contact Ken Long & Associates @ (317) 884-4001

May 2004

Sat 1st, Bank One Rookie Run, Youth runs (ages 12 & under), 12.30 p.m., Monument Circle, Downtown, Indianapolis, IN, Contact Chad Antcliff @ (317) 614-6124

Sun 2nd, 6th Annual Flying Pig Marathon and Relay, 26.2 Mile Run/Relay, 6.30 a.m., Cincinnati, OH, Contact Race Committee @ (513) 721-PIGS (7447)

Sat 8th, Indianapolis Life 500 Festival Mini Marathon, 13.1 Mile Run/Walk, 8.00 a.m., Downtown Indianapolis, IN, Contact 500 Festival Committee @ 317/237-3400 or Tuxedo Brothers @ 317/733-3300

Sat 8th, Zionsville Anti-Mini Marathon, 3.2, 6.4, 9.6, 12.8 or 13.1 miles, 8.00 a.m., Nancy Burton Memorial Park, Zionsville IN, Contact Budd Glassberg @ 317/873-0100

Sat 15th, Run with the Foxes (Three Lakes Trail at Morgan-Monroe State Forest), 13.1 Km, 10 mile, 10 Km, 5 Km Race/Walk, 9.00 a.m., Cherry Lake Shelter, Morgan-Monroe State Forest, Martinsville IN, Contact Race Organizers @ (765) 249-0204

Sat 15th, Terre Haute Triathlon, 800m Swim/40 Km Bike/8 Km Run, 8.00 a.m., Hawthorn Park near Terre



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

Haute, IN, Contact Paul Asay @ (812) 466-9561

Sat 22nd, Brandon's Run, 8 Km Run, 5 Km Walk, 8.00 a.m., Eagle Creek Park, Indianapolis, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 22nd, IRS Duathlon - Morgan-Monroe State Forest #2, 5 Km Run/17.5 Mile Bike/5 Km Run, Morgan-Monroe State Forest, Martinsville, IN, Contact Dan Daly @ 317/831-6729

Sat 22nd, Norris Insurance 4 Mile Run, 3 Mile Walk, 8.00 a.m., Kokomo High School, Kokomo, IN, Contact Mark Shorter @ (765) 455-2283

Sat 22nd, Mission on the Muscatatuck Adventure Race, Navigation/Cycling (on and off-road)/Trekking/Canoeing/Ropes/Rock Climbing/Special challenges, 6:00 a.m. to Midnight, Muscatatuck County Park, North Vernon IN, Contact Brian Holzhausen @ (317) 308-6449

Sun 23rd, Club Fest - 5K Great Equalizer, Free Race and family picnic, Southeastway Park, Indianapolis, IN, Contact Mike Bradford @ 259-1994

Sat 29th, Carmel Classic, 8 Km Run/Walk, 8:00 a.m., Carmel High School, 520 East Main St, Carmel, IN, Contact The Runners Forum @ (800) 262-RACE

Sat 29th, IRS Duathlon - Eagle Creek Park Finale', 5.4 Km Run/TBA Mile Bike/TBA Run, Eagle Creek Park, Indianapolis, IN, Contact Dan Daly @ 317/831-6729

June 2004

Sat 5th, 9th Annual Fast Flash 5K Run/Walk, 8:00 a.m., Franklin Central High School (6215 South Franklin Rd) Indianapolis, IN, Contact Runners Forum @ (317) 844-1558

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

Sat 5th, Spring Into Summer 10 Km Run & 5 Km Run/Walk, 9:00 a.m., Eagle Creek Park, Contact Sarah Fox @ 317-506-6529

Sat 5th, Sunburst Marathon, 26.2 Mile, 13.1 Mile, 10 Km Run, 5 Km Run, 6.00 a.m., College Football Hall of Fame, 111 S. St. Joseph Street, South Bend, IN, Contact Race Organizers @ (219) 674-0900

Sun 6th, Shelbyville Classic Triathlon Series #1 (same venue as 2002), 0.5m Swim/16 Mile Bike/3 Mile Run, 8.30 a.m., Fairland Recreation Area, Shelbyville, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sun 6th, Mike Cowan Memorial Youth Runs, Foster Park, Kokomo, IN, Contact Mark Shorter @ (765) 455-2283

Sat 12th, Lake Mingo Trail Run, 7.1 miles, 9.00 a.m., Kennekuk Cove County Park, Danville IL, Contact Kennekuk Road Runners @ (217) 431-5318

Sat 12th, The Pepsi Y-Tri, 1500m/40K/10K or 400y/9M/3.1M, 8:00 a.m., Prairie Creek Reservoir, Co. Rd. 560 east, Muncie IN, Contact Mark Stagge @ (765) 741-5542

Sat 12th, Norris Insurance 5 Mile Run, 5 Km Walk, 8.00 a.m., Greentown, IN, Contact Mark Shorter @ (765) 455-2283

Sat 19th, Kidney Run & Walk, 5 Mile Run, 5 Km Walk, 8:00 a.m., Eagle Creek Park, Indianapolis, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 19th, Indy Dad's Day 5K Race Against Prostate Cancer, 5 Km Run/Walk, 8:00 a.m., IU Medical Center, Indianapolis, IN, Contact The Runners Forum @ (317) 844-1558

Sat 19th, Michelob Ultra Wabash Valley Championship 10K Run, 6 p.m., Terre Haute IN, Contact Tom Dever @ (812) 232-1234

Sun 20th, Cedar Creek Run 4 Trails, 5 Km Trail Run, 8:00 a.m., Metea County Park, N side of Fort Wayne (near Leo-Cedarville), IN, Contact Mitch Harper @ (260) 436-0739

Sat 26th, Roly Poly Sprint Triathlon, 500 meter Swim/10 mile Bike/3 mile Run, 8:00 a.m., Eagle Creek Park, Indianapolis, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 26th, Twin Sisters Trail Run, 6 Mile Run, 4 Mile Walk, 9:00 a.m., Westwood Park, New Castle, IN. (directly East of Indianapolis on I-70 approx. 30 miles.), Contact Christine Casteel @ (765) 987-8414

Sat 26th, 25th Annual Buzzard's Roost, 10 Km Run, 6:30 p.m., Hamilton Heights Middle School, Arcadia, IN, Contact Evan Achenbach @ (317) 984-3019

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.



COSTA VOLUNTEERS GREAT STORIES EVERYWHERE YOU LOOK!!!

It seems that every year the volunteer stories get better and better. Like the call I got at 10 am on the morning of the race. "Is there something I can do"?, the voice asked. "My daughter Brenda is a volunteer and she told me to call. I can't stay outside in the cold but I'd like to help" Well, Norma Franklin, if you can drop what you're doing right now, and drive to Clay Jr. High in less than an hour, you can work at Registration. And when I got there, guess who was already on the job? Thanks, Norma. And thanks to your daughter, Brenda Rodeheffer, who really took my volunteer requests to heart.

Now, when it comes to enthusiasm, what "Costa" participant can forget the greeting when they turned out of the wind at mile 7 and headed east on Ivy Hill Drive? Creating more energy than a nuclear reactor, the Girl Scouts of Troop 1525 were "having a blast" said Co-leaders Helen O'Malley and Tracey Tomak. Sporting red "Costa" shirts hanging to their knees, the seven and eight year old scouts handled the distribution of water and Gatorade like seasoned veterans. Hailing from Cherry Tree and Oak Park Elementary in Carmel and Shamrock Springs in Westfield, this troop is comprised of Megan O'Malley, Emily Tomak, Gabrielle O'Connor, Ashley Tokarski, Jerilyn Heier, Carrie Kolb, and Jessie Whittaker - with some parental support thrown in as backup! Thank you ladies. You sure put a smile on the faces of all the runners and walkers who came your way! Let's do it again next year!

Turning from schoolgirl power to cool professionalism, that's what you get when you have the Hamilton County Amateur Radio Emergency Services (HCARES) personnel on your team. With a dozen stations spread around the course, these experienced radio operators watched every move that occurred during the "Costa". Every participant should feel an enhanced sense of safety and security knowing that all these eyes are watching. Should the unexpected happen, help is only a click of the transceiver away. Many thanks, as usual, to John

Wasmuth who brings this group together for us every year. A special tip of the "Costa" cap also goes to my personal radio sidekick, Russ Ortiz, for "riding shotgun" with me in the pace car, and my co-worker Russ Simpson for all the pre-race discussion. I wouldn't do this race without you guys. See you in 2005!

And finally, when it comes to turning a volunteer opportunity into a fun outing with family and friends, can anyone do it better than the folks from Club Kokomo? I think not! For the second year in a row, a large group of CK Road Runners, headed by the irrepressible Charlie Skoog, took over Aid Stations 4 and 5 and made it their own. With so many "Kokomoans" in the race, combining fluid replacement with a cheering section atmosphere comes very easy, says Charlie. "We had father-son, mother-daughter, and father-son-in-law combinations, but we also had many other family types participating together including, school teammates, church brothers and sisters, new and long time training partners, and all those extended family members we love to root for and compete with and against". The crew at the aid stations included John 'Captain Jack' Wiles, Mark Shorter, Rex Piercy, Amy Black, Marsha Daugherty, the Tetrault family, with Mom Robin, Michelle, Mike and Emily, Megan, Matt and friend Ridge, and Melinda. "They worked hard and fast, got cold and wet, but we had fun and we gave something back to the running community".

Indeed you did, Charlie, as did all the volunteers that made the 35th Sam Costa Half Marathon possible. Without you this event would cease to exist and that would be a terrible loss. All of us involved with the "Costa" say "thank you, thank you very, very much", to the Volunteer Team. We remain in your collective debt. We hope you will all come back for the 36th version in 2005 and make good things happen again!!!

Terry Townsend

Costa Volunteers!!!

A list of those who made it happen!!!

All volunteers are important, but there is a group who is "first among equals". These are the folks who head each of the operational areas, the so-called "Key Volunteers". They put in countless hours before and after the race for the sole purpose of making sure the "Sam Costa Half Marathon" is the very best it can possibly be. When you see them, shake their hand and say "thank you".

PEGGY HALL – REGISTRATION
 MARGARET DREW – SENTRIES
 JIM BUTTS – AID STATIONS
 BILL MAISH – COURSE PREP
 MARCIA GASCHO – FOOD
 MIKE BRADFORD – UTILITY MAN
 FRED DIETZ – SPLIT TIMERS
 MARK RENHOLZBERGER – FINISH LINE
 DONNA WRIGHT – VOLUNTEER CHECK-IN
 MARK DOCTOR – DATA ENTRY AND RESULTS

THE REST OF THE FABULOUS "COSTA" CREW OF VOLUNTEERS

BILL AKIN	ANGELA HETRICK	MARK SHORTER
JON ALTMAN	RACHEL HETRICK	RUSS SIMPSON
PETE ANZEVENO	SARAH HETRICK	CHARLIE SKOOG
DIANE AUDENAERT	SCOTT HILL	BILL SLOAN
STEVE BARNES	KAREN HOFF	DAVID SWIFT
DAN BITZ	ROB HUDDLESTON	MATT TETRAULT
AMY BLACK	CARRIE KOLB	MEGAN TETRAULT
PATRICK BOURDILLON	KEITH KUNZE	MELINDA TETRAULT
KELLYE BOWERS	JOHN LAKER	MICHELLE TETRAULT
ALEC BRADFORD	BARRY LANDY	MIKE TETRAULT
PAIGE BRADFORD	JOHN LEININGER	ROBIN TETRAULT
MATT BYAM	RUSS LOPEZ	EMILY TETRAULT FRIEND
BRIAN CAKE	LINDA LOPEZ	RIDGE TETRAULT FRIEND
KEVIN CARAHER	JIM MUNDT	BOB THOMPSON
CHRIS CARPENTER	BOB NORTHERN	ASHLEY TOKARSKI
SALLY CLEVELAND	GABRIELLE O'CONNOR	EMILY TOMAK
BETH COMPTON	HELEN O'MALLEY	TRACEY TOMAK
DENNIS CONLON	MEGAN O'MALLEY	KELSEY TOWNSEND
ELIZABETH DARBY	TIM O'MALLEY	WHITNEY TOWNSEND
MARSH DAUGHERTY	BRIDGET O'RYAN	DAVE TOWNSEND FRIEND
EMMA DREW	MIKE PALMER	JOHN WASMUTH
MIKE DUCY	REX PIERCY	JESSICA WEERTS
ERIC EILERS	JANELLE RENSCHLER	MARY WEERTS
NORMA FRANKLIN	JASON RENSCHLER	MAX WEERTS
LOUISE GAMEAU	JOHN RENSCHLER	LISA WESLEY
BRUCE GASCHO	JUDY RENSCHLER	JESSIE WHITTAKER
TOM GREMBOWICZ	BRENDA RODEHEFFER	JO WILDIN
MIKE HABECK	STACIE ROSENTHAL	MICK WILDIN
JERILYN HEIER	LINDSEY SANNER	JOHN WILES
	RON SANS	

Members' Notes

By: Marilyn Grissom, Membership Director

Whew!! The number of new and renewal memberships in conjunction with training program registration is huge, making January and February a challenge. Please join me in expressing thanks to Indy Runner John Corrigan who gave up a couple of his Sunday afternoons to assist me—John, it helped more than you can imagine!

I apologize for the length of time it has taken for some of you to get your membership cards. If you joined or renewed in conjunction with your training program registration, whether by paper or Web, it first went to our Training Program personnel for their use before it could be passed along to me. There are still a few late registrations I have not yet received, but everything should have been completed by the time you receive this newsletter. If not, or if there is an error, please e-mail me at membership@indyrunners.org. A few could not be addressed or were returned because the writing was illegible or the addresses incorrect or incomplete.

Some training program participants won't receive the newsletter or enjoy club discounts because they signed up as "current members," but they either have never been members or their membership expired before 12/31/2003. We will soon be contacting them, but if someone asks you, have them contact me. It is very important that all participants be members due to the club's liability insurance requirement. And, the price of membership is more than offset by the purchase of a pair or two of running shoes at the local running stores offering discounts to club members. And, don't forget this year's CLUBFEST on Sunday, May 23rd, a free picnic and cross country 5K only for members and their families!!

Welcome New Indy Runners Members (as of December 2003)

Tara Algreen	William Jones	Jolene Watkins
Kerry Blomquist	Amanda Kamman	Andrew Smith
Sherri Branaman	Chris Kates	Fred Garcia
Jill Burke	Gaye Kershner	Michael Balog
Alfreida Garner	Linda Kimbell	Brian Dirck
Dale E Gentner	Marci King	Shelley Fezatte
Valerie Gold	Vera Kirsch	Todd Andrews
Paige Graham	Julia Kleinschmidt	Glenna Asmus
Courtney Larson	Laura Knitter	Katie Barber
Janet Levy	Steve Knitter	Maryjane Behforouz
Kate O'Connor	Charles Knuckles	Patricia Beidelschies
Stefani Paul	Kimberly Knuckles	Mary Blair
Mike Rian	Mike Kramer	Penny Bloemker
Mary Sauer	Barbara Lawrence	Patrick Bourdillon
Jim Sumwalt	Andra Liepa	Kellye Bowers
Dean & Lisa Walker	Susan Loomis	Nick Bowles
Dave Woelfel	Sara Lou	William Brewster
Jeff Dickison	John Lyons	Paul Brown
Joseph Pressner	Carrie Maffeo	Mike Brown MD
Esther Ades	Elizabeth May	Brenna Buckingham
Kelly Bedwell	Kristi Merrill	Jane Burt Merryman
Laura Burton	Laurie Merritt	Barbara Cady
Jennifer L. Trout	Kevin Messmer	Sarah Chappelow
Deborah Weddle	Fred Miguel	Michael Charles
Emily Wehmeyer	Brian Nelson	Sonia Chen
Kate Welsh	Stacy Nelson	Mike Chovanec
Nathan Wight	Leslie Nichol	Elizabeth Cisco
William Wilkins	Quiteria Nobbe	Kimberly Clayton
Laine Wolfe	AnnMarie Noll	Cheryle Coveney
Alexandra Young	Sarah Nordmeyer	Timothy Crean
Bryan Noll	Pat Numberger	Ronald Cripe
Marty Atherton	Maggie Ogan	Sara Dalton
Barbara Atherton	Jenny Parden	Robert Danforth
Michael Baydoun	Abby Pelletiere	Elizabeth Darby
Jennifer Biggerstaff	Amy Peterson	Stacey Davis
Jessica Chilcoate	Jim Plant	Elizabeth Dutton
Dennis Conlon	Angela Polk	Jill Eder
Tracy Coons	Karen Porter	Libby Ellis
Tamara Dougherty	Sharon Powell	Lisa Fedler
Jennifer Dusenbery	Steve Prater	Cindy Flasch
Laura Gaffney	Brian Quandt	Mason Floyd
Sally Gardner	Carrian Richey	Amy Gainer
Bryan Hammons	Michelle Robinson	Sherry Garson
Jason Hayes	YuChong Sanders-Holl	Mary Ellen Gillespie
Patrick Hefferman	Susan Schafer	Susan Grosvenor
Rick Henley	Will Scotton	Sarah Harnish
Ann Herbert	Cindy Selzer	Audry M Horton
Gary Herndon	Greg Shamwell	Cheri Irmscher
Heather Hirsch	Mike Shanley	Ron Kucer
Karen Hoff	Samuel Smith	Mohamad Latifi
Linda Hoffman	Faye Snodgress	Michele Leach
Sarah Hollis	Marianne Speer	Dona Littlehale
Wendy Horn	Brent Stutzman	Barbara Malone
David Hudelson	Lisa Thibault	Bob Pennington
Dawn Ingram	Rachel Vargo	Melanie Pennington
Robin Jackson	Ruth Vignati	Steve Robinson
Debbie Jacobson	Patty Villars	Janna Skelton
Douglas Johnson	Emily Walesky	Amanda Trout
Pamela Johnson	Stephanie Wall	Gail Vance

Running and Cross Training Websites

Running Races

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

Trail Races

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

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

Need a tune-up for the Mini?

If your looking for the last chance to test your training as you prepare for the Mini, then join us on April 17th at the Indiana State Museum for the Mini-Marathon Training Series 15K. The Series is open to both runners and walkers and you do not have to be registered for the Mini-Marathon or 5K to enter. Registration is available on-line at www.500festival.com until April 14th or you may register on-site from 7-8:30 a.m. with the race starting at 8:30.

Training Series Event Highlights

- New Race Headquarters located at the new Indiana Sate Museum. Participants receive free admission to the museum on the day of each event. The Museum also provides ample room to stretch and relax before and after each event.
- ChampionChip timing & scoring. Become more familiar with the timing system used during the Mini-Marathon, we'll even remove your chip for you.
- USATF sanctioned courses. Here's an opportunity to not only test your training but to rank yourself among the state's best.
- Wonderful course support, with mile markers, split timers, aid stations and course entertainment.
- 18 minute per mile time limit, same as the Mini.
- Delicious post-race refreshments. Get a taste of the Mini after you cross the finish line with Marsh fruit, Panera Bagels, Seyfert's Chips, Gatorade Energy Bars and Aquafina water.
- Official results available immediately following the event at www.500festival.com.

Registration Fees

Pre-registration

1 run = \$11

Race-day registration

1 run = \$13

For more information, please visit www.500festival.com or call (317) 927-3378.



To all those Indy Runners who helped take tickets this season at the Butler Men's Basketball Games.

Also a Special thanks to Margaret Drew for organizing volunteers for each game and her group of devoted volunteers!!!

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)	Janelle Renschler 299-1095	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

Monday Club Run

We are moving the Summer Monday Run from the Velodrome to Broadripple. The run will start from the 75th Street parking lot near the Blind school between Westfield Blvd and N College Ave. The runs will alternate north and South along the Monon Trail and will start at the normal 6.00 pm time. These runs will begin on the 26th April.



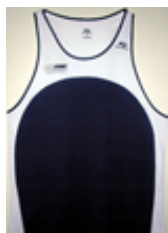
Mark your calendar, the 2nd annual **Club Fest** will be held on Sun May 23rd at Southeastway Park. Along with an age graded Fun Run, there will be free food and drinks for everyone.

Club Merchandise



Indy Runners
Marathon Caps

\$15.00



New Indy Runners
Singlets

\$16.00
(Mens & Ladies sizes)



Indy Runners/
Walkers
Sweatshirts

\$28.00
(XXL \$30.00)

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, May 4th, 2004**
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



Foot Prints Advertising Rates

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

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

INDY RUNNERS MEMBERSHIP APPLICATION

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

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

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

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

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

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

WHICH ONE BEST DESCRIBES YOU?





Beginners Mid-Pack Motivated Racer

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

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

Foot Prints

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

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

Photos, original artwork, and advertising are always welcome.

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

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

Deadline

June 4, 2004

Issue

July 2004

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