

foot Prints

The Quarterly Newsletter of IndyRunners

Spring 2007, Volume 12, Number 2

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Hi, Everyone!

By the time you receive this edition of Indy Runners FootPrints, Spring will be (finally) here! A few comments/observations thus far for the year:

- Our Annual Mini-training Program is well underway
- Annual memberships have been processed and membership cards distributed
- Our new website has been an outstanding success

• The Groundhog Seven was run successfully again this year, in spite of extremely cold conditions (see page 12 for a race wrap-up)

The Sam Cost Quarter- and Half-Marathons were well-received, as always (see page 6 for the race report)

Also, please visit our Mini Post-Race Tent... it will be the best ever!

Finally, we will again be offering our informal training program throughout the summer, focusing on fall half- and full marathons... please stay tuned for more information on our website and in the Indy Runners Splits Weekly E-News.

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Photos, original artwork, and advertising are always welcome.

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Foot Prints

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A Place For Every Pace

Indy Runners is a 501(c)3 not-for-profit member 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.

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THE PRESIDENT'S PAGE

Mother Nature Rules All

by Mike Niederpruem
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Little did I know at the time, that so much of my Tokyo Marathon experience would be influenced by the weather... not only here in Indy, but around the world. To get started, we had a very FRIGID January, which not only made for an epic Groundhog, but really compromised my training throughout the six weeks prior to the race on February 18th. If you haven't yet done a long run of 13 or more miles with a temperature in single digits and a wind chill significantly below zero, I don't recommend it.

Next, we had a HUGE snowstorm on Tuesday, February 13th. We had no idea if we were going to be able to get to the airport early Wednesday morning, let alone make our flight out to Chicago. I think I shoveled our driveway four times throughout that Tuesday? We even had to shovel again Wednesday morning, at 4:30 am. Even though no flights were coming in or going out on Tuesday, we remained hopeful that flights would resume on Wednesday. After all, our flight to Tokyo from Chicago wasn't until 12:45 pm Central time, so we had a little bit of breathing room.

Of course, we couldn't get any departure information from our airline's customer service call center or their website, and the Indianapolis Airport website wasn't any help, either. So, we got in the car, and slid our way towards downtown. Actually, the streets were relatively good from 38th street south, and both I-70 and the Airport Expressway were well-plowed, too. The next big challenge was parking. The long-term lots were minimally plowed, but none of the spaces were. We simply drove right into a spot and got stuck in the snow, hoping that two weeks later on our return most, if not all the snow would be gone.

Now we are in the terminal. Fortunately, we left really early, and still had more than two hours to check in. What we didn't anticipate were all the people stuck from Tuesday trying to get out at the same time. The weird part was that for international departures, there were only about eight people in front of us, but the line wasn't moving at all. The customer service representative was devoted to a group at the counter, for what seemed like at least an hour.

Fortunately, just as we were starting to get a little stressed, the "Cowboy Cupid" appeared, courtesy of the Wank & O'Brian Show on Hank 97.1 FM. Definitely not your cherub type, this guy was giving away candy bars, and the plus was that you got the opportunity to talk live to the DJs. It wasn't like people were lining up, so Alexe convinced him to talk to me. I guess they were at a loss for words once I told them we were heading to Tokyo, and to do a marathon at that. I think they were looking for someone who was a bit more grumpy than me, who perhaps was looking for an opportunity to vent about their travel issues.

Anyway, we eventually checked in and our flight was only delayed out of Indy by about 45 minutes. The weather in Chicago was OK, and we were soon on a 747 on the way to Tokyo, only a 12+ hour flight. After an uneventful flight, we landed and made our way through customs without incident. However, the airport was still about a two-hour bus drive to Tokyo. All international flights fly into the new Tokyo/Narita Airport, which isn't in Tokyo, but the city of Narita. As you can imagine, we've been traveling for more than 24 hours so far, but we still had to endure the bus ride. By the time we arrived at our hotel, it was about 8:00 pm Thursday evening. After a quick bite, we were fast asleep, only to wake-up again at 5:00 am Friday morning.

Typically, the weather in Tokyo at this time of year is normally about 45-50 degrees Fahrenheit and if they do get precipitation, it is usually very light or misting... heavy rains are rare. Friday was a sunny day, and we walked the better part of 6 miles touring temples and visiting a famous giant

...cont. on page 8

THE WALKER'S PAGE

Kids and Exercise

by Marcia Gascho

Everyone has probably heard of Jared Fogle, the guy from Indianapolis who lost 245 pounds by walking and eating a Subway diet. He has parlayed his 15 minutes of fame into a career and now spends many days on the road talking to people about exercise and diet. He often visits elementary schools to teach kids the importance of becoming physically active and making good food choices. He has inspired many kids to lose weight. Jared started out as a physically active child, but discovered Nintendo and began to stay inside and gain weight. By the time he reached college age, he weighed 425 pounds. He always makes a big impression on kids when he holds up his huge size 60 jeans he used to wear.

Every day in the news media we hear about the obesity problem in our country. One of the more troubling aspects of this situation is that many children are overweight. The percentage of overweight children has doubled in the past 2 decades. According to federal health officials, an estimated 16 percent of U.S. children are obese and 9 million children ages 6-16 are overweight. Twenty percent of Hoosier children are overweight. Overweight children often grow up to be overweight adults at risk for heart disease and other health issues. There is an increase in children having type 2 diabetes, high cholesterol and high blood pressure, formerly adult health problems.

What are some of the causes of childhood obesity?

Adults and children alike are becoming more sedentary in their lifestyles. The average child spends 6 hours a day in front of a TV, computer or video game. Many kids don't spend time playing outside and they are losing touch with the wonders of nature. Author Richard Louv believes that kids have a "nature-deficit disorder" which results in attention deficit and mental problems. The news media feeds our fears about child abductions so parents are reluctant to let their kids play outside. Instead the child may sit in front of the TV or computer and eat junk food. Many kids seem

to have lost the ability to amuse themselves with unstructured time. They feel like they must be constantly 'entertained' by TV, electronic games, music, the Internet, etc. which are all passive activities. Others may have their free time totally programmed by organized sports., music lessons and other activities. Kids may live in a family where overweight adults have an unhealthy diet.

Other factors that could contribute to children having weight problems:

- Access to fat-laden sugary snacks and sodas at home
- Parents are too busy to fix nutritious meals so they pick up fast food meals
- Kids don't walk or ride bikes to school. Many ride buses. Some schools prohibit children walking or biking
- Kids are becoming increasingly isolated by being on the Internet
- Schools may not promote fitness. PE classes may be cut from school programs
- Chronic fatigue--kids who don't get enough sleep don't do much physical activity and crave junk food

Solutions:

- Kids should eat a full and nutritious breakfast. It will help them learn and concentrate at school.
- Keep healthy snacks at home--fruit, cheese sticks, peanut butter, veggies, yogurt
- Teach kids to make healthy school lunch choices
- Don't totally cut out sweets/soda--use them as a special treat
- Grocery shop with your kids. Educate them about nutrition and let them help in meal planning/preparation.

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MEDICAL REPORT

Is Stretching Over-Rated?

by Brian Schuetter, PT, CSCS
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Greetings

again from the Medical Center. Hope everyone is progressing nicely with their respective spring training programs. We have had discussions about implementing some form of stretching program as part of our Tuesday night runs, which got us to thinking: “Do we really have to?”

Well, let’s talk about it. Who among us really enjoys stretching? Yeah, me neither. But ask most people, and I suspect they would tell you that they wished they stretched more. Why is that? There are countless reasons (or excuses) why we don’t stretch. You can even find studies that show that runners who stretch are *more likely* to be injured. What a perfect justification for my own lack of stretching.

Of course, there is more to it than that. Let’s define what we are actually talking about. The whole point of “stretching” is to relax a muscle group so that you can gain flexibility or range of motion. This is why we advocate very gentle stretches that are held for 30 seconds – that is the optimum way to add length to the tissue. But, if you are getting ready to go for a run, do you really want to be relaxing your musculature? I would say no, what you really want to be doing is “loosening up” or better yet “activating” your muscles so they are ready for action (especially if you have been sitting at a desk all day, or you just woke up on a Saturday morning).

Now, there is certainly a threshold of flexibility that we need as runners to avoid damaging our tissues – as they are most likely to be injured when operating at or near their end range of motion. Distance runners require less available range than sprinters. A lot of the elite level distance runners I have been lucky to meet have actually been fairly tight. This enables them to utilize some of the



stored energy in their muscles and soft tissue for power, instead of having to generate all their force with the muscles. (Same goes for us – but this is also why distance runners tend to get hurt when

they first start doing speed work. Their flexibility requirements go up, but their body is not yet prepared for it and they break down.)

So, where does that leave us when we feel like stretching? I would argue that *before* a run, we should concentrate more on this “activation” aspect of warming-up. Brisk walking, light jogging, goofy looking side-shuffles, cariokas and moving jumping jacks, plus some leg swings, butt kicks, and even gentle isometrics to help “turn on” our core muscles that we need (abs, glutes, quads, hamstrings, etc.).

Then after a run is where some light stretching (the relaxing, lengthening kind) can be beneficial – especially when paired with a “cool-down” period of lighter activity. There are studies here that show that a few minutes of gentle stretching *after* a workout can help in reducing delayed onset muscle soreness.

Adding just a few simple things could easily help to keep us healthier – and it really doesn’t take all that long. As always, if you would like some more information, please let me know.

Best of luck out there.

- Brian

2007 “Sam Costa”

Frazer, Howarth, blitz the field; Allen cruises while Lampert and Burluson “show off” their age!

After nearly 3 days of continuous downpour, Saturday, March 24th arrived with temperatures near 60, a heavy overcast, but no sign of moisture. The rain moved out just in time to let us witness Thomas Frazer and Paul Howarth put on a display of “front running” not seen since the epic duel of Mike Smith and Gary Romesser in 1999! While Cathy Allen sped away from 3-time champ Lisa Verona to win the women’s trophy, Thom Burluson and Jean Lampert proved that age is no hindrance to impressive performance during the 38th Annual Sam Costa Half Marathon.

As the Frazer and Howarth duo crossed 146th street near the 3-mile mark, the rest of the field had to be wondering if the disappearing leaders had veered off course. Running stride for stride, mile after mile at 5:10 pace, the competitors, and friends, made sure no one else would see them over the twisty “Costa” terrain, much less catch them. Occasionally swapping the lead as they steadily pulled away, Thomas and Paul maintained their consistent, torrid pace on both the rural outbound section and back through the winding, suburban neighborhoods. It seemed the 24 year-old race record of 66:55 could be in jeopardy!

By the time they started the climb of the final hill it was clear the record was safe. Running shoulder-to-shoulder all the way to the finish, Thomas nosed by Paul for the victory in identical times of 68:31. Afterward, Paul said that “Having won here before made it easier to see Thomas win. And besides, if I’d put in a massive surge at the end, he was going to out-kick me”.

Rounding out the top 5 on the Men’s side were Andrew Fritz of Muncie in 72:01, perennial favorite and last year’s runner-up, Scott Colford of Logansport in 72:27, and Brad Mason of Indy in 74:24.

The women’s race had less drama but equal importance as Cathy Allen returned to the winner’s circle for the 1st time since her 1996 win. In front from the beginning, Cathy had a comfortable lead the entire day and finished with a convincing margin over the most



Right-Quarter winner Aaron Wilber
Below-Race director Terry Townsend



Left-Half
winner
Cathy Allen

Below-Paul Howarth (left) and Thomas Frazer (right) fight to the finish line



Left-Quarter
winner Brooke
Fihma
Below-
Volunteers
register runners



...Mother Nature cont. from page 3

Buddha. I think we walked more on this one day than I usually walk in a month. Saturday was our day to pick up our race numbers and explore the race expo, and one of the first things that was really obvious was that they are really into amino acid drinks... no such thing as Gatorade or other familiar sports drinks, at least not that we could find. The two major brands are "Amino Vitale" and Amino Value." They are clear, and have a very subtle sweet flavor, and aren't very carbohydrate-rich but have a lot of amino acids in them. In fact, the only drinks available on the course were either water or Amino Value.

Saturday was low-key, and we were able to get to sleep relatively early. Even better, the official race start time was 9:00 am, so we didn't have to get up super early. It didn't matter, though, because we still hadn't adjusted to the local time, and were up and wide-awake by 5:30 am again. Unfortunately, a cold front was blowing through, and the predicted high was 35 degrees and rain showers all day. Now, I've never done a running race in the pouring rain, let alone a full marathon.

We were able to convince the hotel staff to give us some trash bags to help keep us dry. We took the subway just a few stops and made our way to gear check. Now, this was the first time this specific group managed a large-scale marathon, and I think they under-estimated the gear-check process. This ended up being a huge bottleneck, which was further compromised by most people bringing much more in the way of post-race clothing due to the weather.

The other big logistical snafu (which would really affect me later) was that they didn't have nearly enough portable toilets, in my humble opinion. This was another huge bottleneck, as well, because all the toilets were in a single location, under an overpass. Because of the rain, most runners were just hanging out in this area, in an effort to try and stay dry. As a result, I decided to forgo my final, pre-race bathroom break.

Another fascinating development was that the volunteers were being absolutely militant about the corral, and policing everyone to make sure you were in absolutely the right area. My best friend

was racing as well, and he was in corral D, and I was in corral E. We originally thought this wouldn't be a problem and that at least we could start together. This was not the case. They even had gates up between every section, that were only removed immediately prior to the start. I was now on my own.

It is now 30 minutes to the start, I am obediently standing in my designated area, it's about 30 degrees and pouring rain, and I am already cold. I know little to no Japanese, and being one of only about 400 US participants out of 30,000 runners, striking up a conversation to pass the time was not an option. It was about this time when I started to think that I have to go to the bathroom. The cold and pouring rain weren't helping, but I tried to rationalize and remind myself that once we started, there would be plenty of opportunities.

Looking around me, at first I was stunned at how many runners were just in singlets, shorts, and garbage bags. I was also surprised at how many runners actually had umbrellas with them. Not just a few here and there, and not just a hundred or so, but hundreds... maybe even a thousand! I wondered if some were actually going to try and run with umbrellas?

As time slowly passed, I grew colder, but I never felt at risk because I knew once I started, I would warm up. I did feel sorry for all those undressed. There was a great deal of chattering teeth and whimpering taking place, which was very weird because unlike my experiences at my two previous Chicago marathons, where everyone was talking, it was very quiet prior to the start.

Once we were ten minutes from the start, there was suddenly a lot of activity on the loudspeaker... most likely announcing the imminent start. There were few different speakers, and what I think was a national anthem, and a few loud bangs, then I think the wheelchair start, and then finally, we were off. As all this was going on, everyone with an umbrella brought it down and wrapped it up. Once we started, anyone with anything to get rid of (water bottles, extra clothing, umbrellas, etc.) made a very serious effort to place it in a very orderly fashion on a median that separated the starting corral into two lanes. We didn't have to worry about stepping on anything... amazing.

...cont. on page 9

...Mother Nature cont. from page 8

Other than the cold, pouring rain, the start was similar to others. Crowded at the start, and by the time I crossed the timing mats, I was about eight minutes behind the leaders. My start was a little slow, because both my clothes and shoes were soaking wet and heavy. Nonetheless, I was upbeat, and now with a full bladder, my first objective was finding a bathroom.

This was immediately harder than I would have predicted. There were no portable toilets anywhere, until the five kilometer mark. And, these were well policed, and the line for the four of them must have been at least 100 people! I couldn't see the line-up from the road, so I actually ran off course before I saw the line. I hesitated, but thought that surely as things progressed, there would be more toilets later, and the lines would be minimal. Boy, was I wrong. There were no other toilets until the ten kilometer point, and again, only four, with equally long lines. Since I was about ready to lose it, I decided to wait.

Believe me, if I thought I could get away with discretely relieving myself somewhere else more quickly, I would have. But the course security was everywhere, and I could only imagine what would happen to be arrested in Japan for using the bathroom in public. I think I lost about 10 minutes, and at that point, I just decided to take it in stride and not get stressed out about my time. Besides, I was off pace anyway because of the weather, and lots of other excuses.

The race was actually quite enjoyable, now that I was relieved and not worried about my time. The other interesting thing about this international marathon was that they had no mile markers whatsoever. Everything was in kilometers. Drinks were plentiful... lots of Amino Value and miniature bottles of water. They also had oranges and bananas, peeled and cut up for you. Another unique phenomenon was that there were numerous stops that had hot miso soup, if you fancied that kind of thing during a marathon.

Running through downtown Tokyo was a treat. The course was set up like a cloverleaf, so you were able to focus on all the goings on one side of the course, and then the other side as you were coming back. There wasn't much in the way of entertainment, but the musical groups they did have were very good, with lots of drums.

Eventually, like all good things, this race had to come

to an end. We ended at a brand new, super-convention center. This was very nice because as soon as you went through the finish, all the other areas were indoors. They had separate changing areas for men and women, and they had another expo area, too. Alexe and my friend's fiancé did the 10k race, so they were able to be ready to meet us at the finish, so we didn't have to go through gear check again, which was just as chaotic as at the start.

We got the finisher's medal, and the coolest post-race poncho I ever seen. It was much more than a simple, Mylar heat blanket. This was an extra-large poncho, complete with a hood, made of some kind of water-proof woven material. Rest assured, I will use this often, especially the time I decide to run a marathon in the pouring rain. All in all, we had a great time. I would give the race organizers a B overall, and I am sure they will resolve the logistical bottlenecks in the future. Oh, and the best part? The website had available video clips of the finish line for the entire race, from start to finish. The video was segmented into 10-minute blocks, so you could search for your finish time, and watch the video of your finish. Pretty cool, eh?

...Kids cont. from page 4

- Teach them to read food labels, use it as a math lesson too!
- Have regular family dinners--they promote family communication. Turn off the TV and eat slowly!
- Parents should be good role models--eat nutritious foods, walk, bicycle, etc
- Make fitness a family activity. Try to get in 30 min of activity a day--make it fun!
- Teach your kids to appreciate nature. Identify trees in the neighborhood, take walks in the woods or at a local park. Indiana has some very nice state parks--check them out!
- Limit your child's access to TV or the computer. Non-school-related screen time should be no more than 2 hours a day. *...cont on page 11*

Mini-Marathon Has Colorful History

by Patty Hagen

Indy Runners deserve plenty of credit for the 500 Festival Mini-Marathon's colorful reputation.

In the 1980s, some club members were known more for their style than their speed in the annual event. Matt Morris, for example, dressed one year as a nerdy tourist. Other years he was a punk rocker with a Mohawk, a patient in a hospital gown with an IV pole, and Norman Bates' mother. That year, he wore a dress and a white wig and whacked folks with his white handbag. In 1986, he claimed the fastest time of any Blues Brothers. His brothers, in black hats, white shirts and skinny black ties, included Don Carr. Carr, a past Indy Runners president, has been race director of the Mini since 1997.

You'll find these and other stories in *A Mini Splendored Thing – A Celebration of 30 Years of the 500 Festival Mini-Marathon*. This coffee-table book, published in 2006, details the entertaining history of the event.

Last May, when Morris emceed a 30th anniversary reception for the founders of the Mini, he claimed he was the first Kenyan to do the Mini. It's true, sort of. In 1987, he registered for the race as



Above—Some Indy Runners in 2000: Nelson Steele, Pete Anvezeno, Fred Dietz, Bob Stiehl, Terry Townsend, Mike Uber and Duane Heidecker.

Kip Keino, the legendary Kenyan runner of the 1960s and 1970s. Morris had to beg and plead before race director Ken Long would allow him to run. So Kip Keino is listed in the official results.

Love is a mini

Marilyn Reinhardt won the 1982 Mini and defended her title in 1983. That year stands out because in addition to training for the Mini, she was planning her wedding to Dr. Bob Strawbridge, a pulmonologist she had met in a running group.

Immediately after Marilyn won the Mini, she was interviewed by Tom Carnegie, the legendary announcer of the Indianapolis 500. His questions and her answers were broadcast live over the track's public address system. He asked where her fiancé was. She only knew he was behind her somewhere.

"Everyone in the world knew I beat Bob," Marilyn recalls, noting that Bob usually finished races before her.

"He got over it," she says, and their wedding went on as planned the next day. It's one of the early examples of how love is a Mini splendored thing.



Above—Blues Brothers: Don Carr, Roger Endicott and Matt Morris

Just a joke

In 1985, the club put out an April Fools edition of the newsletter. One article reported that the Mini-Marathon was canceled because runners the previous year had dropped safety pins on the track – despite repeated warnings from Speedway guards – and spilled Gatorade, which made the track surface too slick for the cars. The newsletter included disclaimers that the stories were a joke, but the 500 Festival received about 75 calls from runners angry and upset about the Mini being canceled.

Heartier partiers

Many Indy Runners fondly remember the parties in the Speedway's infield when the Mini ended at the track, until 1992. Fast women, half-naked men ... it was quite a scene.

Kevin Caraher, Indy Runners president in 1995-1996, celebrated his 25th consecutive Mini in 2006. He tells this story:

“One year, some friends rented the Chicken Mobile (an old limousine with a huge chicken head on the roof) for the occasion. When the party broke up, the Chicken Mobile wouldn't start, so we raised the hood to see what the problem was. Someone put a beer can on top of the carburetor and forgot about it. We got the car started and slammed down the hood. You can guess what happened next: Everyone in the area was wearing that beer!”

On track to get to the track

Of course, the Mini is not all fun and games. The club is quite serious about its role as trainer of the masses. Since the early 1980s, thousands of local runners and walkers have turned out for Tuesday evening workouts on the scenic canal path and streets around Butler University.

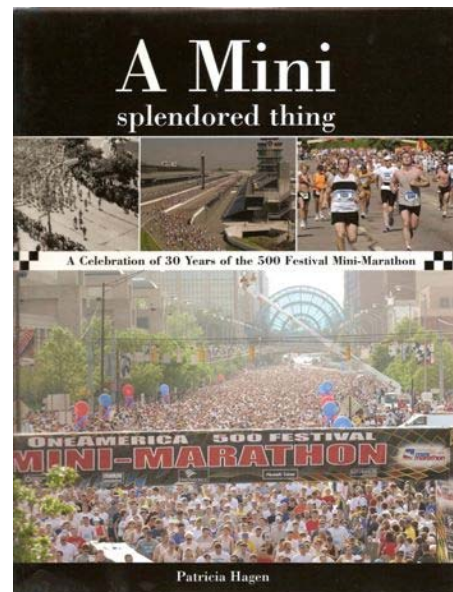
The Mini training program has a place for every pace from sub-6-minute milers to 15-minutes-per-mile walkers. People like having training partners, said Kent Miller, who joined the program in 1984 and directed it from 2002 to 2006. “You tend to run a little faster in a group,” he says.

Walkers enjoy having someone to talk with as they click off the miles, says Marcia Gascho, who trains the walkers in the 15-minute pace group with her husband, Bruce.

During the Mini, Gascho sometimes walks with her trainees. They celebrate if they maintain their pace. “We cheer at every mile marker,” she says. “We don't want to ride the ‘Bus of Shame.’”

Gascho understands why some people come back to the training program and the Mini year after year. “You have amnesia about the agony,” she says.

A Mini Splendored Thing – A Celebration of 30 Years of the 500 Festival Mini-Marathon is available in Indianapolis-area running stores, Borders, Big Hat Books, Indiana History Center gift shop, Indiana Authors Bookstore, and through the 500 Festival, 317-614-MINI. Or order the book online at www.500festival.com or Amazon.com. For more information about the book or to buy multiple copies, you may contact the author, Patricia Hagen, at minibook@earthlink.net.



...Kids cont from page 9

- Make sure your child gets plenty of sleep. The average 5-12 year old needs 10 hours of sleep a night. Teens should get 8.5 to 9 hours of sleep a night.
- Work with your child's school to get better fitness programs. Westfield Intermediate School built a walking trail and started a walking program for its kids and has also incorporated geography lessons.

...*Sam Costa cont. from page 7*

recent 3-time “Costa” winner, Lisa Verona. At the end she found herself in 24th place overall with a nearly 3-minute gap over Lisa, 84:13 to 87:07. New-comer Brittni Pearson came home 3rd in 87:55 while Heather Fink was 4th in 88:16 and Kim Lorenz, 5th place last year, knocked 3 ½ minutes off her time of a year ago to finish 5th again in 88:58.

Cathy’s win could be a foreshadowing of even greater things to come. Training hard for over a year now with close friend and current race record holder Thom Burleson, she’s got her eyes on meeting the qualifying time for competing in the Women’s Olympic Marathon Trial in 2008. Good luck Cathy. We’ll be pulling for you!

And speaking of Mr. Burleson, Thom continues his amazing comeback! After years of virtually no competitive running, a healthy Thom returned to the “Costa” in 2006 and won his age group. This year he wouldn’t settle for just that. Instead he blazed home, at age 54, to beat a tough field and take the Master’s title. Running comfortably and by himself most of the way, Thom caught Pat Puckett around mile 10 and then held off a charging Dan Schramm to win in 77:48. No one over the age of 50 has ever run that fast in the “Costa”. In 2004 the extremely talented Mark Diveley ran a 76:44 – but that was at age 48. Kudos Thom, you’re a source of great inspiration to us “veteran” runners!

With Thom’s resurgent career at full throttle, his counterpart on the women’s side was proving that she’s getting better, not older! Jean Lampert repeated as Masters winner and beat her time of last year by 40 seconds for good measure. Never seriously challenged, Jean ran 92:37, the best Master’s time in recent memory and strong enough to keep Sandy Briggs nearly 2 ½ minutes behind at the finish. Sandy’s 95:14, while good enough to win most years, did put her a comfortable 6 minutes ahead of Lisa Smith who took the 3rd Masters slot.

There were other incredible performances that deserve mention too. Ever wonder what you might like to do when you grow up? Try mimicking the efforts of 61-year-old Pat Bourdillon or 69-year-old Joe Liechty of Greencastle! Pat’s remarkable 91:46 put 12 minutes on his nearest competitor. Joe Liechty, who didn’t start running until most folks his age

were in rocking chairs, put a 96:46 on the board to overwhelm his age group by over 13 minutes! If that’s not intimidating enough, in 2005 Joe was almost 5 minutes slower – one more example of older and better!

Our second year for having the “Sam Costa Quarter Marathon” showed us a larger field and more competitive races. Once again, if your training was a little short of “Half Marathon ready”, this was the place to be. Brooke Fihma (46:43) from Indy and Aaron Wilber (42:17) from Bloomington took full advantage of the opportunity to win the 2nd Annual “Costa Quarter”, both times faster than the inaugural. Brooke edged a couple of youngsters, Candace Delong and Heather Herman, while Aaron bested Karl Born and Tyson Dean. Carmel resident Dee Mahoney and Noblesville’s Ricardo Decca were “masters” of the over 40 crowd in 53:44 and 43:21 respectively, again both faster than 2006. With nearly 130 entrants, the field has grown over 30% in one year. There’s no turning back now. Look for all these folks and the age group winners on next year’s Quarter Marathon shirt!

(Yes, there are many, many other examples of terrific efforts. Go to the IR website and see the complete “Costa” results.)

For anyone who’s ever been involved in managing a race you know that it doesn’t happen without a mammoth effort from many people. Let me clearly state that the “Costa” could not exist as it is without the deep, unflinching support of the congregants at Northview Christian Life Church. I said last year in this report that they have “treated us better, and were more accommodating than anyone had a reason or a right to expect”. Those words are truer than ever this year. Mel Arnold, the NCLC Sports Director, and Doug Ehrgott, Director of Outreach Ministries have done everything possible to help make the “Costa” a success. Gentlemen, thank you. All of Indy Runners and all the “Costa” participants are in your debt.

As usual, the Carmel Police and the Hamilton County Sheriff did a magnificent job with the various traffic control issues. Their excellence and

...*Costa cont. from page 12*

professionalism can almost be taken for granted as
...cont on page 15



Groundhog 2007

Temps were low but spirits were high! An enthusiastic group of brave and hearty runners dominated the bitter cold on February 4th for this year's Groundhog 7. We ended up having 92 finishers in some extreme conditions, with a race time temp of 7 degrees and a stiff breeze out of the west.



Even so, Andrew Fritz wasn't bothered, blistering the course at 5:30 pace to take first place men's spot. Constantine Schreibe, undaunted, paced the women at 6:22 with style and grace. Incredible. And yes, there were some runners making a statement by finishing in shorts. Bring it!!!

Perhaps the best part of the day was sending Shepherd Community home with a new appreciation for runners. I was so proud, even humbled, to send them home with a car full of food and sweats and \$82 to boot! Indy Runners stepped up in a big way. You literally made a difference in the lives of local people. Way to go.



A note to my volunteers: Nobody stepped up more than you. You gotta love running to give time on a Sunday afternoon in those conditions. This race simply would not happen without you. You may enjoy knowing this: we had a national guard unit on board to serve as course monitors. They backed out at the last minute, saying it was just too cold. We all love and respect our soldiers but never underestimate the passion of runners. Thank you, all of you. We were able to cover and had an incident free race, no one got lost and its because of you.

—Will Huiras, 2007 Race Director

YOUR EVENT CALENDAR FOR 2007

May 2007

5/4/2007 [Night Before the Mini Pasta Dinner](#) Large Plate Full & Salad 5:45-8:00PM
Runners Forum 620 Station Drive
Carmel, IN [Marty Day](#) 317-844-1558

5/5/2007 [Zionsville Anti-Mini Marathon](#) 3.1 mi. 6.2, mi., 9.3 mi. 12.4 mi., 13.1 mii. 7:25 AM Nancy Burton Memorial Park County Road 875 East Zionsville, IN [Budd Glassberg](#) 317 873-0100

5/5/2007 [Indpls Life 500 Festival Mini-Marathon](#) 13.1 Mile Run & 5K 7:30am Downtown, Indianapolis, IN [Don Carr](#) 317-733-3300

5/5/2007 [Zionsville Anti-Mini Marathon](#) 3.2, 6.4, 9.6, 12.8, or 13.1 miles 8:00am Nancy Burton Memorial Park County Road 875E Zionsville, IN [Budd Glassberg](#) (317) 873-0100

5/5/2007 [Finish Line 500 Festival 5K](#) 5 Km Run, 5 Km Walk 9:00am
Downtown Indianapolis, IN [Tuxedo Bros](#) (317) 733-3300

5/19/2007 Warbird Brewing Company 10k Run 10k 10:00am Warbird Brewing Company HQ (SE corner of S.R. 1/W. Ferguson) 10515 Majic Port Lane Ft. Wayne, IN [Jon Beasley](#) 260-413-3822

5/19/2007 [3rd Annual Cardinal 5K](#) 5 Km Run/Walk 8.00a.m. Southport High School
971 East Banta Road Indianapolis, IN [Kevin Schott](#) (317) 538-5857

5/19/2007 Talk Walk Run 5K 8:30am
[Naomi Horton](#) (765) 366-8568

5/19/2007 [Talk, Walk, Run](#) 5K Run/Walk 8:30am Fort Harrison State Park
5753 Glenn Road Indianapolis, IN [Don Carr](#) 317-733-3300

5/19/2007 N.G.A.I run through the park 5K 9:00am Meadows Shopping Center 70 Meadows Center Terre Haute, IN [David Glasgow](#) 812-877-5686

5/19/2007 [12th Annual Galena](#)

[Triathlon & Duathlon](#) Triathlon: 660-yard Swim
16.8-mile Bike, 4.3-mile Run, Duathlon 2 mile Run, 16.8 mile Bike, 4.3 mile Run 9:00am
Apple Canyon Lake, 101 Bouthillier Street Galena, IL [Organizers](#) 877-Galena

5/19/2007 [Head for the Cure 5K](#) 5 Km Run/Walk 9:30am West Park 2700 W. 116th St Carmel, IN [Michael Sapper](#) (317) 507-4800

5/26/2007 [Plainfield Spring Fling](#) 10K 5K 8:15 am Plainfield Recreational and Aquatics Center 651 Vestal Road, Plainfield, Indiana [Steven Huckstep](#) (800) 262-RACE

5/26/2007 [3 Rivers Running 12K](#) 12K 8:30 am IN Institute of Technology 1600 E Washington Blvd Fort Wayne, IN [Kathy Burner](#) 260-710-1703

5/26/2007 [Three Rivers 12K](#) 12Km 8:30am Indiana Tech Fort Wayne, IN [Josh Brunson](#) (260) 496-8000

5/27/2007 [Madison Marathon](#) Marathon/Half Marathon 7:00am 1919 Alliant Energy Center Way (finish line) Madison, WI [Jody Whitsitt](#) 608-276-9797 x10

June 2007

6/2/2007 [Sunburst Marathon](#) 26.2 miles (also Half-Marathon 10K, 5K) 6:00am
College Football Hall Of Fame 111 South St. Joseph Street South Bend, IN [Molly Sullivan](#) (574) 647-3394

6/2/2007 [Outrun the Sun](#) 5 Mile Run - 5K Walk 7:00pm Downtown, Indianapolis
Indianapolis, IN [Don Carr](#) 317-733-3300

6/2/2007 [Vasque DINO Trail Run - Brown County](#) 15k 5k 9:00am Brown County State Park 1405 State Road 46 West Nashville, IN [Brian Holzhausen](#) 317-336-7553

6/2/2007 Racer Run 10K 9:00am Air NATIONAL GUARD BASE
HULMAN REGIONAL AIRPORT

907 S. PETERCHEFF ST. TERRE HAUTE, IN [David Glasgow](#) 812-877-5686

6/2/2007 Prime Time 5K Walk - Run 5K Walk 5K Run 9:00am Plainfield Recreation & Aquatic Center 651 Vestal Rd. Plainfield, IN [Sharon Severy](#) 317-745-4303

6/3/2007 [Troy Strawberry Festival 10K Classic Run](#) 10K 2K fun run 8:30 am Troy Memorial Stadium 405 SW Public Square, Suite 330 Troy, OH [Cheryl Chaney](#) 937-993-7714

6/7/2007 [Runners Forum Summer Series](#) 4K 6:30 PM Carmel Central Park (Monon Center) Westfield Blvd & Wood Valley Dr, Carmel, IN 46032
[Marty Day](#) 317-844-1558

6/9/2007 Red, White, Blue Festival 5k- 3.1 8:00AM Crothersville Community School 109 N. Preston St. Crothersville, IN [Linda Maxie](#) 812-793-3781

6/10/2007 [Indiana Downs Triathlon Series](#) 500 yd swim 14 mi bike, 3 mi run 8:30am Indiana Downs Horsetrack Shelbyville, IN [Don Carr](#) 317-733-3300

6/14/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center)
Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

6/16/2007 [Hawthorn Half Day Relay](#) 12 Hours 7:00am Hawthorn Park Terre Haute, IN [Jeff Andrew](#)

6/16/2007 [Prelude to Light - 8K Run & 5K Family Walk](#) 8K 8:30am Eagle Creek State Park 7840 W 56th St Indianapolis, IN [Ericka Bock](#) 475-6120

6/17/2007 [Cedar Creek Run 4 Trails](#) 5Km Trail 8:00am Metea County Park 8401 Union Chapel Rd Fort Wayne, IN [Mitch Harper](#) (260) 436-4824

6/21/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center)
Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

6/23/2007 7th Courthouse Classic 5K 5K/1 mile fun run 8:00am LaGrange County Courthouse State Road 9 in the center of town LaGrange, IN [Gary Grogg](#) 260-336-4460

6/23/2007 [Indianapolis Sprint Triathlon](#) 500 yd swim 10 mile bike, 3 mi run 8:00am Eagle Creek Park Indianapolis, IN [Don Carr](#) 317-733-3300

6/23/2007 [Firecracker 5K](#) 5K run 5K walk, Funrun 8:00am Tipton Lakes Marina Tipton Lakes Blvd. Columbus, IN [Pat Laymon](#) 812-376-6553

6/26/2007 [Runners Forum Twilight XC Series](#) 3K 5K 6:15 PM Noblesville HS Cross Country Course 19000 Cumberland Road Noblesville, IN [Marty Day](#) 317-844-1558

6/28/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center) Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

6/30/2007 [360 Minutes @ Muscatatuck - DINO Trail Run Relay](#) 6 hour Relay & solo run 6:00am Muscatatuck County Park 325 N St Hwy 3&7 North Vernon, IN [Brian Holzhausen](#) 317-336-7553

July 2007

7/3/2007 [Runners Forum Twilight XC Series](#) 3K 5K 6:15 PM Noblesville HS Cross Country Course 19000 Cumberland Road Noblesville, IN [Marty Day](#) 317-844-1558

7/4/2007 [CarmelFest Freedom Run](#) 4 Mile Run/Walk 8:00am Carmel High School 520 E. Main Street Carmel, IN [Don Carr](#) 317-733-3300

7/5/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center) Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

7/8/2007 [Alcatraz Triathlon](#) 1/2 Mi Swim 16 Mi Bike, 3 Mi Run 8:00am Morse Reservoir Noblesville, IN [Don Carr](#) 317-733-3300

7/10/2007 [Runners Forum Twilight XC Series](#) 3K 5K 6:15 PM 19000 Cumberland Road Noblesville, IN

[Marty Day](#) 317-844-1558

7/12/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center) Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

7/14/2007 [Race Against Prostate Cancer](#) 5K Run and Walk 8:00am Downtown Indianapolis, IN [Don Carr](#) 317-733-3300

7/17/2007 [Runners Forum Twilight XC Series](#) 3K 5K 6:15 PM Noblesville HS Cross Country Course 9000 Cumberland Road Noblesville, IN [Marty Day](#) 317-844-1558

7/19/2007 [Runners Forum Summer Series](#) 4k 6:30 pm Central Park (Monon Center) Westfield Blvd & Wood Valley Dr Carmel, IN [Marty Day](#) 317-844-1558

7/21/2007 [Red Eye Relay \(Old Hoosier 200\)](#) 100 Mile Relay 4:00pm Indiana University's Robert C. Haugh Track & Field Complex Bloomington, IN [Jason and Jamie Feagans](#) (812) 824-6728

7/21/2007 [Sprint Triathlon](#) 500 yd swim 10 mile bike, 3 mi run 8:00am Eagle Creek Park Indianapolis, IN [Don Carr](#) 317-733-3300

7/21/2007 [Sprint Triathlon](#) 500 yd swim 10 mi bike, 3 mi run 8:00am Eagle Creek Park Indianapolis, IN [Don Carr](#) 317-733-3300

...*Sam Costa cont from page 12*

they handle the crossing areas on Hazel Dell, 146th, and 131st and turn them into “no problem” zones. The potentially problematic River Road was again managed with care and discipline. The lead motorcycle was amazingly alert and responsive to all oncoming traffic. These officers do all they can to insure that the participants and volunteers are as safe as possible. Thank you Lt. David Strong and Lt. Joe Morrison,

and all of your officers, for doing the job so well that we feel comfortable being on these very public roads.

Again in 2007, HCARES (Hamilton County Amateur Radio Emergency Services) was on site at the “Costa”. With their many “ears and eyes” out on the course, watching over all of us, and their mobile command center at the church, they provide a level of security that we hope we never need to use. As I’ve said before, the participants may not realize HCARES is there but I do and it gives me a warm, fuzzy feeling.

Finally, to our IR volunteers – hugely supported by Chuck Koeppen’s **awesome** group of kids from Carmel High, without you there is no “Costa”. You are the backbone of this historic and legendary race. All the participants owe you a debt of gratitude for which no words are sufficient. It boils down to many, giving up much, so that the rest can run and enjoy the “Costa”.

I say it every year and this year is no different -- You **are** the best! See you in 2008 for the 39th Sam Costa Half Marathon!

Terry Townsend – Race Director

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

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
Tuesday & Thursday 6:00 p.m.	All	Hinkle Fieldhouse- Butler University	Brian Cake 876-7253	1 - 8+ miles
Saturday 9:30 a.m. <i>(8:00am during Fall marathon training program)</i>	All	Various Locations	Todd Oliver 407-8489	5 - 20+ miles
Sunday 8:00 a.m.	all	Fort Ben YMCA Parking Lot	Tom Martin 439-8350	6 + miles

Get Loaded for the Mini with the Runner's Forum pasta dinner! Friday, May 4th from 5:30-8pm with dinner sponsored by Carrabba's Special guest speakers: Bill Polian, Kathy McHugh and Ken Knowles. Seating is limited so make your reservations today by visiting getmeregistered.com or www.runnersforum.com



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