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# Foot Prints

Publication of Indy Runners and Walkers

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## Club Fest 2003 Was a *Funtastic* Success

By Mike Bradford

Fun was the order of the day at the inaugural Indy Runners/Indy Walkers *Club Fest 2003* Five Kilometer Run/Walk/Picnic held at Indy Parks' Southeastway Park, on Saturday, May 31, 2003.

The main attraction of the day was the "Great Equalizer" Run. The event was held on the same 5-K course high school cross country teams use for their runs, but this 5-K also added an interesting "twist". The start was age-graded. Runners and walkers started the event at timed intervals determined by their age. The individual time handicaps employed were based on age group performance standards. By starting the statistically



fastest age groups last, the handicapping system provided for a dynamic event. All those who participated, agreed the event was a FUN change from most races. Free, attractive commemorative tee shirts were awarded to all participants. Many new faces were in attendance as well several long time club veterans, and all agreed it was a FUNTASTIC success.

All the fun was not over, however when the run/walk ended. A free picnic followed and included lively music provided by a professional DJ, a very entertaining performance by a combination magician and balloon artist, and face painting for the kids. Food was plentiful and delicious. Random prize drawings were held during the post race festivities. In fact, no one went home empty handed, as door prizes were plentiful and varied, thanks to the generosity of our many contributors.



Check out the smiling faces, in the event photos that follow, and be sure to make your plans now to attend **Indy Runners/Indy Walkers Club Fest 2004!** And for a complete pictorial account of all the FUN, please check out the [photo](#) link and "Great Equalizer" Run Results at the club website: [indyrunners.org](http://indyrunners.org)



Special thanks to the many volunteers who organized and volunteered on-site at Club Fest 2003: Mike Bradford, Terry Townsend, Marcia Gascho, Lisa Gascho, Mark Reholzberger, Mary Ellen Matthews, John Laker, Barry Landy, Donna Billiard Wright, John Wright and the Hamilton Southeastern Track Team.

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**Looking for timely running and/or walking information?**

**Go to the Indy Runners website at [www.indyrunners.org](http://www.indyrunners.org)**

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# THE PRESIDENT'S PAGE

By Donna Billiard Wright



Why do I enjoy being in Indy Runners? Many things have happened recently that made me stop and think about this question. Some good things and some not so good. Although I have a very strong family close in the Indianapolis area, I feel many members of Indy Runners are like family to me. Not only do these people run and walk together, they volunteer numerous hours to the club and its events; share simple stories of their work day or family life; social together; help each other move and find new jobs; introduce them to new friends and future spouses; share in the burden of unemployment, ill parents or death of a fellow runner; travel to races together; share in the joys of births and adoptions; network and share advice, tools, running gear, baby joggers, etc... I care about these people and their problems or joys as much as I do my own family.

In May I was excited to see the many people who attended the Club Fest 2003 at Southeastway Park. There were families with babies through teenagers, retirees, walkers, runners, old club members and new faces in the mix. The Great Equalizer race was all for fun and ended up with a wide range of ages throughout the race. I hope those who attended enjoyed something a little different than the normal road race.

The Indy Runners Board has brought club members several new events this summer. Our goal is more of a "fun run/walk" and meeting new people. I strongly encourage you to come out to the weekly fun runs, Walk of the Month, summer prediction runs or mini track meets to get to know your fellow Indy Runners and Indy Walkers. Not only will you find a few running and walking partners, you will probably find a few friends too. I tend to meet my best friends through a common interest. There are over 900 members in Indy Runners and Indy Walkers. Come out and see if you can find a training partner and maybe a new friend.

PS... as many of you know I met my husband, John Wright, through Indy Runners. We were married in March of 2002 and are now expecting our first child in mid-July. Although I will not be around much in July and August, I hope to be back running again this fall.

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## "Costa" Volunteers

getting more than you expect

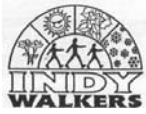
When Indy Runners first agreed to help with the 2002 St. Philip Neri 5K Run/Walk, we asked for some reciprocity in return. We would supply volunteers and, more importantly, race expertise in return for volunteer help at the "Costa". We got more than we bargained for.

Almost 20 members of the "Neri" family showed up in chilling cold and biting wind to help us with sentry duty, thereby allowing us to stage a successful 33rd annual Sam Costa Half Marathon. For as any race director will admit, you can cut corners in a lot of areas if you run short of volunteers, but if you don't have sentries you don't have a race.

When the time came for the 2003 version of both events, the same agreement was struck. We get help at the "Costa" and the "Neri" community gets our help, experience, and insight at their event. Again, our expectations were exceeded.

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## MALL WALK

by Marcia Gascho

The winter of 2002/2003 was pretty rough for walkers. The cold temperatures, ice and snow caused lots of problems, especially for those of us starting to train for the Mini. Some people were able to use treadmills as an alternative form of training. However I am not fond of them and think stationary exercise equipment is very boring. This winter I decided to take up mall-walking on the weekends to get in some mileage. My husband, a friend and I went to Castleton Square Mall early on a Saturday or Sunday morning for several weeks and walked for about an hour each time. I also walked in the underground parking garage at work during the winter but it is definitely not as attractive an environment as a mall.

Most people think that a typical mall-walker is an older person. It's true that that you will see a number of senior citizens walking at a mall. However I have also seen a fair number of younger people walking there, including parents pushing strollers. I've even observed some young power-walkers and race-walkers zooming around the mall. One time I was shopping at the Fashion Mall and spotted an elegant mall-walker wearing a fur wrap!

A number of malls have their own mall-walking clubs. Some malls provide prizes or other incentives to participants if they walk a certain distance or number of times a week. Hospitals often form partnerships with malls to provide a place for their cardiac rehabilitation patients to the walk. It's a good social outlet for people of all ages to get together regularly and exercise in a safe and climate-controlled environment.

In order to make the mall-walking experience more fun and beneficial, I offer a few tips. During business hours, check with the mall customer service desk and see if they have any mileage charts for the mall. It will help you get an idea of how far you are walking. Also they can tell you how early they open the doors of the mall. Carry something to drink. The air can be very dry and not all malls have accessible drinking fountains. Walk with

someone. Talking with friends, a spouse or relatives can help ease the boredom of walking the same route multiple times. Some people wear a walkman and listen to their favorite music. Dress comfortably. During the winter we parked our car by the entrance, left our coats in the car and wore light pants and shirts while we walked. Some malls may have lockers where you can stow coats, purses, etc. It's no fun to lug around a bunch of heavy stuff. We did a cool down lap so that we weren't overheated when it was time to go back out into the frigid air. Wear cushy shoes and socks. The mall floor is a hard surface and the feet and legs can take a beating. Don't bring a lot of money or a charge card with you! This will help rein in the impulse to go on a shopping spree after you have completed your walk. Also it may stop you from heading to the food court and buying a bunch of fatty fast food.

My preference is to walk outside whenever possible. However, when the frigid winds of winter blow and the sidewalks are too icy, my friendly neighborhood mall provides a good alternative.

### Continued from page 3 - "Costa" Volunteers

Led by Charlie Davis, a large contingent of St. Philip Neri faithful made the caravan trek from the east side of Indy to the Carmel suburbs. Once again their presence was an essential element in our having sufficient numbers to satisfy our sentry needs. At least this year the weather was a lot more pleasant !

For their consistent and conscientious effort I am pleased to personally name this year's group of volunteers from St. Philip Neri who have been critical to our success at the "Costa"; Carol Davis, George Kite, Jim Finney, Gary Ennis, Rick Miller, Pam Shannon, Mary Kendall, Rick Youngstafel, Mark Youngstafel, Ron Eaton, Cheryl Trussler, Camille Martinelli, Don Proctor, Sara Proctor and, of course, Charlie Davis.

Thank you St. Philip Neri and thank you Charlie Davis. All of us at Indy Runners can honestly say, "We couldn't have done it without you."

Terry Townsend

# Bigfoot's Brief

## The Marathon: I Run, Therefore I Can

You have begun your training program for a fall marathon, haven't you? I know, it's June, you're still basking in the glow (or recovering from the slow) of your Mini Marathon moment, and there are a whole bunch of weeks until October/November. Trust me on this: The performance is in the preparation.

I myself am in my first week of 20 for what will probably be another Indianapolis Marathon, due to its reasonable price and convenience. This will be my 10th anniversary of my breakthrough performance (and first Boston qualifier) at Columbus, after having followed Coach Tom Hathaway's plan for consistency. I'm using that plan again, because it has worked for me each year I've stuck to it (and have had non-punitive race day weather). But, if I don't put in the effort to finish the race well, then it will probably finish me, and I'll have trouble persuading myself to get back to it again after a protracted recovery period.

I don't think of myself as a really serious runner. That to me would be someone who does more than one or two marathons a year, or who actually races them. I've run 16 in all over a 19-year period, but with 14 of those after 1989. I didn't even start distance running until I hit 31



and it hit back. I'm not really joking when I say that running has allowed me to eat and drink mostly what I wish. Let's just not think about how I'd look and feel if I hadn't stayed with this sport for 20 years.

Back to the marathon itself, I've been there and know that it is a bearable beast if I build for it long enough, and pay attention to my body during the process. I also know that, if I don't keep pointing for a fall marathon, I won't require myself to grind through the summer. Call it what you will, cost/benefit, yin/yang, or persistence for the distance. I know that preparation works and excuses don't.

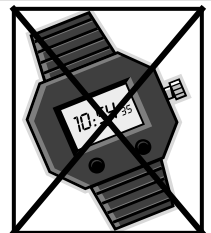
Besides, just think of all the beer and pizza I'll be able to justify as fuel.

Stride and glide, stride and glide, stride and glide, and repeat.

Bigfoot.

### Summer Prediction Runs

- When: 2<sup>nd</sup> Monday of each month (07/14, 08/11)  
 Where: Major Taylor Velodrome parking lot, Cold Springs Road  
 Time: 6:00 p.m.  
 Distances: 3 or 5 mile course on Indy Parks Greenway or local neighborhoods  
 Event: Each runner/walker declares his/her predicted time and run without a watch.  
 The runner/walker who finishes closest to his/her predicted time will win a prize.  
 Cost: Free to members  
 Bonus: **Free pizza and beverages** following run for members  
 Facilities: Changing facilities are not available on site.





## A Tribute to Nelson Steele

By Steve Furste

We all lost a truly great friend in Eagle Creek Park - not just Indy community but everyone who glue that held our running group inadequate when attempting to interesting when I would meet would usually say he was their claim to the statement – “oh, best friend.” I guess we all best friend. But, that was



Nelson Steele last Saturday at Runners or the local running knew him. I always felt he was the together. Words are just so describe Nelson. I always found it people who knew Nelson and they best friend. So many of us lay Nelson, yes I know him, he is my thought of Nelson as being our Nelson’s way, becoming a good friend to everyone he met. He was Indy Runners President in 1981, but he never stopped serving our club over the years in anyway he could. He was a fixture at all the races over the years doing what needed doing – water stops, finish lines, split timer, pace car driver, but he never failed to encourage each runner to do their best from wherever he was working on a course. Nelson loved running and all the friends he made through the sport, but Indy Runners and running was only one part of a remarkable life this man led. He made so many friends through his work at *Butler, Fairman & Seufert* all over the state. According to their president, ‘Nelson just can’t be replaced as he was that good with all our clients’. He was always ready to help someone in so many ways – from moving furniture for me when my parents moved into a nursing home to shoveling snow out of Fred Dietz’s driveway before picking them up at the airport from their trip to CA. Nelson was one of the first people to visit me in the hospital last year when I was recovering from prostate surgery. It is so fitting that the last time I saw Nelson was when he was at St. Vincent’s checking up on Bob Stiehl to see if he was ok. He could not run with us at Eagle Creek a few weeks ago as he was going to help his church plant trees south of Indianapolis for the tornado victims of last year. I always received a birthday card from him each year as did most of his friends – he just never forgot. How often do we send a card to all our friends? – Nelson did.....

It will take some time for me to get over the loss of Nelson, but my reward is having him as a friend for over 20 years. I was very fortunate to know him because so many people go through life without having a friend like him and, sadly, will never know the joy of having a friend like Nelson Steele. Hopefully, by knowing him, there is a little of Nelson in each one of us which will help us to care for and love each other just a little more. Finally, Nelson never wanted to be blessed – his only desire was to be a blessing to others.....

Nelson, I will miss you so very much.....

## Improve Your Speed ! Reduce Risk of Injury !

by Ralph Reiff, ATC/L, M.Ed  
Director, St. Vincent Sports Medicine Center

Our clients, my staff and I are continually amazed (not surprised...just amazed) at the results functional strength training produces for runners.

In the past four (4) months international, national and local media has produced reports from athletes and coaches that properly performed strength training has provided lower times, faster speeds and less injury rate. Runner's World™ reported that the Stanford Farm Team follows a regimen including functional strength development, The Indianapolis Star reports that Carmel sensation Katie Harrington has improved due to physical strength increases from the weight room. Current issue of Runner's World™ espouses the dramatic drop of twenty (20) minutes in one runners distance times due simply to improved strength.

St. Vincent Sports Medicine Center has developed a program for runners (and all performers) that our clients are raving about. Ask Olympian Bob Kennedy...ask Butler coach Joe Franklin...Our philosophy of functional strength combined with the medical expertise of our athletic training staff has proved to be a winning combination.

Functional strength can be developed with the appropriate guidance and exercises...but let me explain some of the details of this concept:

- Balance development...I find that runners typically do not have a strong balance factor when standing on the single leg during a typical running stride. Poor balance leads to compensations in other body areas and leads to inefficient running patterns and chronic injury.
- Leg strength...most runners we test are unable to successfully perform a single leg step up/down from a 12" and 6" platform. This deficiency in single leg strength results in poor power generation and early fatigue in long runs.
- Core Strength...from my perspective the "core" is the link between the hamstrings, buttocks, low back, abdominal, hip flexors and quadriceps. How do these muscle groups compliment and work together? Where is the weak link?

Our staff are experts in running...we are passionate about our programs. Contact us if you have been

bothered by chronic injury, are unsure of your "core strength" or have a desire to run faster with less risk of injury. St. Vincent Sports Medicine Center at 317-415-5747 or at [www.stvincent.org/sportsmed](http://www.stvincent.org/sportsmed)

*St. Vincent Sports Medicine provides certified athletic trainer services for all Indy Runners Sponsored Runs.*

## COSTA VOLUNTEERS they come from all over !!!

It never fails to amaze me. You're in the midst of trying to assemble a team of almost 100 volunteers to put on the oldest, most historic race in Indiana, and starting to feel the pressure. Then the phone rings.

"Hey Terry, this is Charlie Skoog. I'd like to help out at the "Costa" this year. Do you still need volunteers? By the way, I'd like to bring about 10 people with me and maybe just take over that double water stop at miles 8 and 10. Do you think that might be possible?"

And just like that, Charlie Skoog, great guy, great runner, great Delco Electronics employee, and Kokomo icon, has just become my newest best friend. You might ask, what would possess a group of folks from "Kokomo, the city of Firsts", to travel 40 miles, one way, just to volunteer at an Indy Runner event. "We think you guys do a great job and we just wanted to help out and be part of it," said Charlie. "Besides, it's fun and we always have lots of folks from Kokomo in the race. We try to be as supportive as possible to great events like the "Costa" and to everyone in the race and especially to all the folks from Club Kokomo."

Well, Charlie. You were completely successful in that goal. Now let me return the favor and personally acknowledge all the "Kokomoans" you brought with you.

To Mark Shorter, Marsha Daugherty, Tommy Weir, Barb Wand, Amy Black, and the Tetrault family - Ray, Robin, Michelle, Missy, Megan, and Mindy - all of us from Indy Runners say "thank you very much". And to you Charlie, well, you're the best. Is it too much to ask for you to put March 21st, 2004 on your calendar. You know, just in case there's nothing to do in Kokomo that day and you feel the urge to do some volunteering. If so, we've got just what you need !

Terry Townsend



## YOUR EVENT CALENDAR FOR 2003

### July

#### Wednesday the 2<sup>nd</sup>

**Twilight Cross Country Challenge 3 & 5 Km Run** on the Noblesville HS Cross Country Course, Noblesville IN , Runners Forum at (317) 844-1558

#### Thursday the 3<sup>rd</sup>

**Independence Day 10 Km Run & 5 Km Walk**, Evening, Downtown Indianapolis, KLA at (317) 884-4001

#### Friday the 4<sup>th</sup>

**Sallie Mae Freedom Run**, 10 Km Run & 5 Km Walk at 8:00 a.m. , Eagle Creek Park, Indianapolis , Tuxedo Brothers at (317) 733-3300

**All Star Club 8K Run & Walk** at 8.30 a.m., Hinkle Fieldhouse, Butler University, Indianapolis, IN, (317) 251-2862

**Fast Track Mile**, Women's race 8:15 a.m. & Men's race at 8:30 a.m., Gilbert Park, Downtown Terre Haute, IN, webmaster@wvrr.org

**Run Wild 4 Mile Road & Trail Race** at 7:30 a.m., Fort Wayne Children's Zoo, Franke Park, Fort Wayne IN, (260) 427-6809

**Sparkler Sprint 5K Run & Walk**, 8:30am, Province Park, Franklin, IN, Contact Steve Ahaus at (317) 213-4372

#### Saturday the 5<sup>th</sup>

**Blacksnake Duathlon**, 2 Mile Run/20 Mile Bike/2.5 Mile Run, 8:30 a.m., Johnson County Park, 6 Miles S of Franklin, IN, Johnson County at (812) 526-6809

**Madison Courier Firecracker 10Km Run & Walk**, 8:00 a.m., MCHS, Madison, IN, (812) 2635-3541

**Haynes-Apperson 4 Mile Run & 3 Mile Walk**, 8.00 a.m., Memorial Gymnasium, Central Middle School, Kokomo, IN, Mark Shorter at (765) 455-2283

#### Sunday the 6<sup>th</sup>

**Indiana Downs Triathlon**, 0.5M/16M/3M, 8.30 a.m., Indiana

Downs Horse Track, Shelbyville, IN, Tuxedo Bros at (317) 733-3300

#### Wednesday the 9<sup>th</sup>

**Twilight Cross Country Challenge 3 & 5 Km Run** on the Noblesville HS Cross Country Course, Noblesville IN , Runners Forum at (317) 844-1558

#### Saturday the 12<sup>th</sup>

**Race Against Prostate Cancer**, 5 Mile Run, 5 Km Race & Family Walk, 8:30 a.m., Indiana War Memorial, Downtown Indianapolis IN, KLA at (317) 884-4001

**Muncie Endurathon**, 1.2M/56M/13.1M, 7:00 a.m., Prairie Creek Reservoir, Muncie IN, (765) 287-1799

**Mission on the Muscatatuck Adventure Race**, Various challenges, 6:00 a.m. to Midnight, Muscatatuck County Park, North Vernon IN, Brian Holzhausen at (317) 308-6449

**Limestone 5K Run & Walk**, 8.00 a.m. , Parkview Track, Bedford, IN , Mike Jarrard at (812) 279-6869

**Iron Horse 4 Mile Road Race & 3 Mile Walk**, 8:00 a.m. , CASS County Family YMCA, 905 E Broadway, Logansport IN , (219) 753-5141

#### Wednesday the 16<sup>th</sup>

**Inferno 4 Miler Run & Walk**, 7:00 p.m. , Mohawk Elementary School, Carmel, IN , Runners Forum at (317) 844-1558

#### Saturday the 19<sup>th</sup>

**Roly Poly Indy Triathlon** , 1 Km Swim/33 Km Bike/8 Km Run, 7.30 a.m., Eagle Creek Park, Indianapolis , Tuxedo Brothers at (317) 328-1632

**10<sup>th</sup> Annual KSBC 5K Jubilee Run** , 8:30 a.m., Kossuth Street Baptist Church, Lafayette, IN , (765) 448-1620

#### Wednesday the 23<sup>rd</sup>

**Twilight Cross Country Challenge 3 & 5 Km Run** on the Noblesville HS Cross Country Course, Noblesville IN , Runners Forum at (317) 844-1558

#### Saturday the 26<sup>th</sup>

**6<sup>th</sup> Annual "Light The Night For Sight"** walkathon, 1½-mile non-competitive Walk through White River State Park, 8:45 p.m., Victory Field, Indianapolis IN, Heather Harmless Donegan at (317) 955-9580 x12

**2<sup>nd</sup> Annual POG 5 Mile Run**, 9.00 a.m., Morristown Jr. Sr. High School, US Hwy 52, Morristown, IN, Runners Forum at (317) 844-1558

**Midnight Run** , 1 Mile Fun Run & 5 Km Run, 10.50 p.m., YWCA, Terre Haute, IN, (812) 234-9944

**Buckley 5 Miler (Road & X/C) & 2 Mile Competitive Walk (X/C)**, 7:30 a.m. , Buckley Homestead County Park, Lowell IN , Albert Mouse at (219) 696-1570

#### Sunday the 27<sup>th</sup>

**23<sup>rd</sup> Annual St. Martin's Country Run**, 4.8 Mile Run, 9:30 a.m., St. Martin's, Guilford, IN, Mark Widolff at (812) 487-2665

#### Wednesday the 30<sup>th</sup>

**Twilight Cross Country Challenge 3 & 5 Km Run** on the Noblesville HS Cross Country Course, Noblesville IN , Runners Forum at (317) 844-1558

### August

#### Saturday the 2<sup>nd</sup>

**DINO Adventure Triathlon** , Various distance's, 9:00 a.m., France Park,



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



Logansport, IN , Brian Holzhausen at (317) 308-6449

### Sunday the 3<sup>rd</sup>

**Indiana Downs Triathlon**, 0.5M/16M/3M, 8.30am, Indiana Downs Horse Track, Shelbyville, IN, Tuxedo Bros at (317) 733-3300

**Kingfish Half Marathon**, 7:00 a.m., Woodland Park, Portage IN, Mark Kingery at (219) 762-7348

### Wednesday the 6<sup>th</sup>

**Midsummer Madness 4 Miler**, 6:30 p.m. , Crown Hill Cemetery , Runners Forum (317) 844-1558

### Saturday the 9<sup>th</sup>

**Blacksnake Duathlon**, 2 Mile Run/20 Mile Bike/2.5 Mile Run, 8:30 a.m., Johnson County Park, Franklin, IN, (812) 526-6809

**Home Run Trot 5Km**, 4:30 p.m. , Cordell Municipal Pool, Richmond IN, Denise Newland at (765) 983-7425

**Columbus Challenge Sprint Triathlon** , 0.5 Mile/18 Mile/3.1 Mile, 9:00 a.m. , Tipton Lakes Marina, Columbus IN ,Nichol Birdwell Goodin at (812) 348-4558 x 211

**Howl at the Moon** , 8 Hr Run/Walk, 7.00 a.m. , Kennekuk Cove County Park, Danville IL , (217) 733-4243

### Saturday the 16<sup>th</sup>

**DINO Trail Run Series** , 5 or 15 Km Trail Run, 9:00 a.m., Muscatatuck Park, North Vernon, IN , Brian Holzhausen at (317) 308-6449

**The Damar Run & Walk**, 5 Mile Run, 5 Km Walk, Decatur Central High School, Indianapolis, IN, KLA at (317) 884-4001

**10<sup>th</sup> Annual YWCA/Meijer Duathlon**, 4 Mile Run/15 Mile Bike, 8.00 a.m., Oakview Elementary, Fort Wayne, IN , Kim Ginder at (260) 424-4908 x 259

### Saturday the 23<sup>rd</sup>

**Runners Forum River Run** , 5 Mile

Run/Walk, 9:00 a.m. , Prairie Trace School , Runners Forum at (317) 844-1558

**Run 4 the Bone**, 4 Mile Run & Walk, 9:00 a.m., Eagle Creek Park, Indianapolis , Tuxedo Bros at (317) 733-3300

**Heather Hills 5k Run & Family Walk** , 9.00 a.m. , Heather Hills Baptist Church, 1421 N German Church Rd, Indianapolis IN, Brian Holzhausen at (317) 308-6449

**Bears of Blue River Festival Run/Walk** , 10 Km Run & 5 Km Run/Walk, 7.30 a.m. , Major Hospital, Shelbyville IN , Michelle Nolley at (317) 392-5128

### Saturday the 23<sup>rd</sup>

**11<sup>th</sup> Annual Swiss Wine Festival Vevay River Run**, 5 Km Run & Walk , 8.00 a.m. , W. Ogle Riverfront Park, Vevay IN , Courtney Myers at 1-800-HELLO-VV

### Saturday the 30<sup>th</sup>

**Annual Riverfest** , 10 Km Run & 5 Km Run/Walk, 8:00 a.m. , National Institute for Fitness, White River State Park, Downtown Indianapolis IN , Tuxedo Bros at (317) 733-3300

## September

### Monday the 1<sup>st</sup>

**On your Marks for the Parks** , 5 Mile Run & 5 Km Walk, 8:30 a.m. , St. Vincent Hospital, Carmel , Tuxedo Bros at (317) 733-3300

### Saturday the 6<sup>th</sup>

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

### Sunday the 7<sup>th</sup>

**USAT Midwest Regional Champ. Triathlon**, 1.5K Swim/40K Bike/10K Run, 8:00 a.m. , Eagle Creek Park, Indianapolis IN , Tuxedo Bros at (317) 733-3300

### Saturday the 13<sup>th</sup>

**YMCA Muncie Mini Marathon**, 13.1 Mile Run, 8:15 a.m., YMCA, Muncie IN, Mark Stagge at (765) 741-5542

**Dick Lugar Run and Walk** , 10 Km Run & 5 Km Run/Walk, 9:00 a.m. , Butler Uni-

versity, Indianapolis , Tuxedo Bros at (317) 733-3300

**3<sup>rd</sup> Annual Indianapolis Adventure Race**, various events., 8:30 a.m., The Marina, Eagle Creek Park, Indianapolis, IN, indyar@indy.rr.com

**5<sup>th</sup> Annual Wabash Valley Half Marathon** , 13.1 Mile Run, 8:00 a.m., Ivy Tech State College, Terre Haute, IN, Bruce Speth at (765) 832-6179

### Sunday the 14<sup>th</sup>

**Gary R. Freidenberg Memorial 10 Km Run & 5 Km Run/Walk**, 8:30 a.m., Eagle Creek Park, Indianapolis, IN, Todd Rinehart at (317) 255-1889

**Hill Fest/Friend Day 5-K Run/Walk**, 1:00 p.m., Northview Christian Life Church, 131st & Hazel Dell Blvd., Carmel IN, Doug Ehr Gott at (317) 846-2884

### Saturday the 20<sup>th</sup>

**Corporate Challenge** , Various Running/Walking events, 7:30 a.m. , IUPUI, Downtown, Indianapolis , Tuxedo Bros at (317) 733-3300

### Sunday the 21<sup>st</sup>

**The Crossroads of America 30 Km & 10 Mile Run**, 8.00 a.m., Celebration Plaza at White River Gardens, Indianapolis IN, KLA at (317) 884-4001

**Oliver Winery/Harmony School Run**, 10 Km, 8.00 a.m., Morgan-Monroe State Forest, Martinsville, IN, Libby Cosgray at (812) 334-8349

**BoilerMan Triathlon**, 1.5 Km swim/40 Km bike/10 Km run, 9:00 a.m., Raineybrook Bay, West Lafayette, IN, Matthew Block at (765) 496-3686

### Saturday the 27<sup>th</sup>

**Double Eagle Run & Walk**, 10 Mile Run, 4 Mile Run & Walk, 9:00 a.m., Eagle Creek Park, Indianapolis IN , Tuxedo Brothers at (317) 733-3300

**DINO Trail Run Series** , 5 & 15 Km Trail Run, 9:00 a.m., Doin't Outdoors, Richmond, IN, Brian Holzhausen at (317) 308-6449

**Hoosiers Outrun Cancer**, 5K Run & Walk, 10.30 am, Indiana University Assembly Hall Area Bloomington, IN, (888) 409-2447

### Sunday the 28<sup>th</sup>

**Wild Wild Wilderness**, 7.6 Mile Trail Run, 11.00 a.m., Kickapoo State Recreation Area, Danville, IL, (217) 469-2134

## 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.



## Running as a Team

By John Stille

Some years ago, Alan Sillitoe wrote the book entitled “The Loneliness of the Long Distance Runner”. Since that time, the perception that the world of running is a lonely one has changed for many people, including me. To drive home this point, I have yet to meet anyone who felt alone during the start of the 500 Festival Mini-marathon this year! To me, the social aspects of training and running are as important as the health benefits, and more and more of my training is done with others. Not because I need the motivation, but because I find it interesting to share experiences (and the work of training) with others to help distract my thoughts. At other times, I still savor the solo run; some of my favorite runs are those done alone, where the only thoughts are my own and I can slip into a peaceful meditation.

About three years ago, I discovered a different and rewarding way to run that took advantage of the time that I spend with my training partners, and the time we spend pushing each other to improve. This rewarding event was the marathon relay, in which four runners combine on sequential segments of a marathon, each running approximately one quarter of the distance and the 4-person team covering the entire course.

Let me first describe a little bit about my history with the relay. One of my first training partners, Pat, was an important factor in getting me started running about 3 years ago, and we have been training together ever since. To provide goals for training each year, we target the Mini-marathon each spring, and we have run on the men’s division relay teams together at the Indianapolis Marathon for each the last three years. In 2000, we finished second and in 2001 we finished third out of the 5-6 teams typically entered. Because of injury or schedule conflicts, we always seem to need to recruit two new members to the “team” each year. Last year was no exception, and we convinced Jeff and Albert to join us. Albert had just started running the previous spring, and had used the marathon relay as a goal to motivate his training through the summer (we saw to it that he kept to his training – we were a team!). It was not until the morning of the race that all four of us got together to introduce the new members of the team and to coordinate plans for the race.

When October 19 rolled around, a memorable day unfolded before us. Jeff and I had been training together all summer for the Chicago Marathon, which we both ran 6 days prior to this Indianapolis Marathon relay. With only 6 days rest from the Chicago marathon, Jeff and I did not

feel ready for this run. Pat was nursing a minor injury, and Albert was feeling the pressure of the race. We each pinned on our race bibs, all containing the same number, and started to implement our plans. If the following description of the day sounds rather confusing or complex, it is because a lot happens for us during the course of the morning.

See if you can follow the plan as it unfolds. Albert boarded the bus to the first exchange zone, where the first runner tags the second runner to begin the second leg of the route, and we wished him well while providing the rookie with last minute advice – pace yourself! Jeff and I then took Pat’s warm-up clothes and watched as Pat started the race with the rest of the runners – marathoners, half-marathoners and other first-leg runners of the relay teams. Jeff and I enjoyed spirit of the event as the leaders ran by, and then cheered for Pat as he ran by us first at the 1 mile mark and then looped back by us again at the 4 mile mark. At that point, Jeff boarded the bus to the third exchange zone, and I told him that he had better not let anyone pass him after I tagged him – no pressure there – what are training partners for?

Meanwhile, Pat tagged Albert at the first relay zone, which, as the course is designed to loop around, was within two miles of the second relay zone. While Albert was engaged in the second leg of the marathon, Pat did his cool-down run to the second relay zone, where Albert would be tagging me. I gave Pat his sweats when he arrived, and he went about a quarter of a mile up the course to wait for Albert’s arrival. After a while, Albert appeared over the hill with Pat yelling encouragement close behind. I quickly shed my sweats and put them in the bag for Pat to pick up at our prearranged location. My section of the run went well, despite having legs that were still feeling the effects of 26.2 miles of Windy City pavement. With each runner I passed (keep in mind they were on mile 16 when I was on mile 3), I informed him that I was a relay runner, had fresh legs (so I wasn’t completely honest), and then passed along my heartfelt encouragement. With one mile left in my segment of the run, I passed Albert and Pat, who had driven to the third exchange zone to watch, and Jeff, who was there to finish off the course (Jeff took the bus instead of riding with Pat and Albert to ensure that he got there with the other relay members). After I completed the last one mile loop of my leg, I tagged Jeff, got into some warm clothes, and headed back to the finish line by car with Albert and Pat. We watched as Jeff crossed the finish line in first place for the men’s division for relay teams. For us, a

first place finish was something that we had not experienced individually, and the plaques awarded to each of us still remind us of that special day.

For me, participating on a relay team, as opposed to running solo, has many advantages:

The level of camaraderie is very rewarding and I find that it renews the spirit of running for those involved.

When there are three other team members relying on you to do well, there is additional motivation to train and perform during the race – you are running for more than just yourself, and you reinforce each other's training.

This was great motivation for first time runners, such as Albert, who was developing an interest in running – this goal inspired Albert to train consistently, run several other races to practice pacing himself, and then to have the team behind him during this event. Come to think of it, this is how Pat got me into running that first year!

Relays provide a new and interesting perspective on the race; it is the opportunity to be both a spectator and a participant at the same event.

There is a very unique opportunity to experience miles 20-26 of a marathon without trying to scale “the wall”. There is also the opportunity to provide encouragement to those facing the last 6 hard miles that already had 20 miles behind them.

Being able to split the entry fee four ways certainly helps!

The relay is a great way to share in the atmosphere of the day at a lower mileage level, especially if a half-marathon or marathon would be too long for you to run.

There are many cities offering marathon relays in conjunction with their marathons. Some examples of some of the closer events are: Indianapolis, Columbus, Detroit (5-person teams), Flying Pig (Cincinnati), Green Bay, Akron, Lakefront (Wisconsin), and others (search on marathon relay teams on the web!).

Together, each individual can accomplish more as a balanced team than they could separately, for example, a first, second or third place finish.

There are men's, women's, and co-ed team divisions, so there is flexibility in team structure.

There are also a couple of disadvantages that can be highlighted:

First, you need to find three other members for a team, and possibly an alternate if someone gets injured or has a last minute emergency.

You may only run one quarter of the distance, but watching the entire race while supporting your team-

mates makes for a very long morning. The first runner waits a long time for the others to finish, and the last runner needs to wait around for a long time before even getting warmed up!

What's next for a fun this summer? I've decided to participate in a triathlon relay race! I have identified a swimmer (I haven't quite acquired the desire to swim in a muddy lake with dozens of kicking people at the same time) and a biker (I do not yet have an adequate bike), and through participation on a relay I can get a flavor for the atmosphere of the event while staying within my comfort level. I'll tell you more about it in the fall!

Of course, we plan to reappear at the Indianapolis Marathon to defend our title, only 6 days after Jeff and I run the Chicago Marathon again. If you pass us on the course, we will be the ones with an encouraging word. See you this fall!

*John Stille started running about 3 1/2 years ago and has been a member of Indy Runners for the past two years. He has run 3 team marathon relay events and has completed two full marathons, Chicago and Boston. John is a chemist at Eli Lilly and Company in the area of program management.*

## Summer Track Meets

- **Indy Runners All Comer's Meet**, Various distances, 4<sup>th</sup> Tues of each month, 6.00 p.m., Butler University Track, Contact John Wright at (317) 374-1318
- **Center Grove Open Track Meet**, Various distances, Tues Evenings 6.30 p.m., Center Grove Middle School Track (corner of Morgantown Rd & Stone's Crossing), Contact Howard Harrell at (317) 422-9688
- **Zionsville All Comer's Meet**, Various distances, Wed Evenings 7.00 p.m., Zionsville Community High School, Zionsville IN, Contact Dennis Houchens at (317) 873-5634
- **IUPUI All Comer's Meet**, Various distances, Thurs Evenings 6.30 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI, Contact Jim at (317) 274-3363

These events are for everyone and are a good way to gauge your training progress. Check out the Indy Runners Race Calendar for more info on these events.

[www.indyrunners.org/races/race\\_calendar.html](http://www.indyrunners.org/races/race_calendar.html)

## HOTLINE

For Indy Runners and Walkers information visit the website at



[www.indyrunners.org](http://www.indyrunners.org)

or call the Indy Runners Hotline at 290-RUNR

## When Two Training Programs Collide

By Molly Crider

Training for any physically strenuous event can be a difficult quest to conquer. Add another strenuous event to train for at the same time and you've got double trouble. So what do you do? Can you participate in both events? I recently ran the Indianapolis Life Mini Marathon, and have also been training for a 4-day, 330-mile bike ride since January. The events happen to fall within 2 months of each other, and both require a lot of training. During my training, there were many factors that contributed to my decisions.

### Health and Training

First and foremost, you should always put your health at the top of your "to do" list. Without your health, you will have no training, and you will not accomplish your goals. If you feel you cannot push yourself any harder, do not attempt it. At the same time, you have that inner drive to reach your goal. The trick is to establish a happy balance between feeling good (and being healthy) and reaching your goal. If you cannot find this balance on your own, it may be wise to join a training group for one or both of the groups. You can also train with a duathlon or triathlon group, depending on your events. I was fortunate enough to be able to follow a previous training program for the mini marathon, and a training program provided by Food and Friends for the Tour de Friends (TdF) ride. Fortunately, these two events were far enough apart (6 weeks) that I was able to focus mainly on the mini until May 3, take a few days off, then focus on the TdF ride (which begins June 19).

Second, you need to know what it will take to reach your goal for each event. If the two training programs do not mesh, you may need to make some adjustments. There were several days that my training schedules interfered with one another. I was forced to choose one activity over the other. As the mini approached, I generally chose to run first, and bike when I had time. After the mini (though I am still training for another half marathon to occur at the end of August) I was able to focus more on biking. Currently, I am running about once a week and biking 4-5 days a week. I feel that I will be able to reach my biking goal, and will start running more after the TdF ride. I also feel that I am healthy, and not pushing myself too hard.

It is important that you do not overdo the training and jeopardize your health. You must find a workable balance between staying healthy and training enough. You do not want to become unhealthy from working too hard, and you do not want to train too little and risk not achieving your goal. I think it is important to take 3-4 days off every month to give your body a break. Again, training groups

will likely help you establish a good working system for you.

### Getting Started

Getting started is the hardest part. If you are starting from scratch (i.e. training for a half marathon and have not run ever, or for a long time), you need to start slow. If you are already running on a regular basis, even in short distances, you will be able to start at a more intense pace. I have been running 5-20 miles per week, 3-6 days a week for the past four years; thus, I was able to pick up the mini training quickly. As for the bike riding, I had never ridden more than 14 miles in one day when I started training in February. My current record (4 months later) is 90 miles in one day.

Be sure that your schedule feels right to you. Even if you receive help from a training program, the pace might not be suitable to your body. Be cautious of any aches and pains. Should you become injured, you will need to take some time off to heal.

### Food and Drink

What you are is that you eat – keep that in mind while you are in training! You must drink enough to stay properly hydrated. For longer workouts, water alone may not be sufficient. Before working out, you should drink plenty of water. I usually drink at least one liter of water 2-3 hours before I begin. I also like to be sure that I am eating foods that will benefit me (eggs, cheese, meat or a soy substitute) rather than weigh me down (potato chips, ice cream, etc.).

During a long workout, I prefer to mix some Accelurade into my water. Accelurade is a powdered substance that contains many ingredients (i.e. potassium, electrolytes) to give you energy, replenish nutrients you lose during a workout, and keep you hydrated. I also tend to eat one or two Clif Bars; and if I am feeling weak, I will eat a Goo for energy. Goo, a gel that contains carbohydrates and other nutrients, always kicks me into a higher gear. Please read the label and do not take more than the recommended amount.

Many people do not realize the importance of staying hydrated after a workout. Endurox (the maker of Accelurade) offers a powdered substance, much like Accelurade, specifically for post-workout replenishment. Water is also a good choice after a workout. However, in the interest of replenishing some of the nutrients that you lose during a workout, I would also recommend Gatorade, or another sports drink.

Continued on Page 13

## Running and Cross Training Websites

### Running Races

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

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

### Trail Races

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

### Cross Training

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

Club rides, weekly ride schedule  
Adventure Navigation

## "Costa" Volunteers

we love all of you !

Time and space did not permit us to give a complete listing in the last newsletter of all those who gave their valuable time as volunteers at the "Costa" this year. And while we have told the story elsewhere in this edition of our large volunteer groups, we could never continue the "Costa" without the individuals and couples who show up every year. You are the backbone of our effort to keep alive the quality and tradition of the Sam Costa Half Marathon.

So, for all to see, here is the rest of our volunteer team. We extend to all of you our deep appreciation and thanks.

Matt Byam	Brenda Rodehefer
Seth Mansue	Tim O'Malley
Bill Maish	Fred Dietz
Margaret Drew	Pete Anzeveno
Christiane Wischart	Whitney Townsend
Dan Somers	Kelsey Townsend
Brian Cake	Megan O'Malley
Peggy Hall	Kent Miller
Steve Knies	Kristen Hartwig
Laura Connelly	Paige Bradford
Kevin Connelly	Alec Bradford
Michelle Green	Mike Bradford
Kyle Hunt	Marcia Gascho
Jeffrey Clemens	Bruce Gascho
Robin Johnson	Mark Doctor
Scott Hill	Mark Renholzberger
Mike Grimes	Barry Landy
Emily Thompson	Jeremy Zieseniss
Lisa paluscio	Nelson Steele
Brian Patterson	

Terry Townsend

## Fall Volunteering

After a summer break filled with fun runs or a long summer of marathon training, pencil in your schedule (or type in your handheld) to volunteer with Indy Runners at an event this fall. Check the website for more details later in the summer but opportunities will exist at the Indianapolis Marathon and Butler Football and basketball ticket taking.

**Cont. from pg 12 - When Two Training Programs Collide**

### Make it Fun

There are so many things to keep in mind to achieve your goals. Don't get caught up in the technical issues. If you are not having fun trying to reach your goals, chances are that you will not end up reaching them. To make it interesting, I reward myself. If I am eight miles into a ten mile run and do not feel that I can go any further, I promise myself a Coach purse or a spa pedicure. I remain true to my word and have not missed a goal yet when a reward has been promised. Also, having a training partner may be something else for you to look forward to before each workout. The other function of a training partner is that it generally forces you to stick to your schedule. Next, do not make your training feel like work. If you dread it all day, it will feel like work. In these circumstances, work out in the morning or change your point of view. You must keep a positive attitude about your training. Your goals will come a lot easier if you do.

Good luck!

*Molly Crider has been a runner for 4 years, and has competed in 3 half marathons. She attempted her first organized biking event in June. Molly is currently working in Washington, D.C. as a Specialist at Accenture HR Services on the Transportation Security Administration project, helping to hire airport security screeners.*



# ***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	Velodrome	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

### **New Indy Runners Members** (as of June 2003)

Michael Dean	William Morgan
Matt Ebersole	Kenny Nichols
Jon Ferency	Eileen O'Keefe
Tom & Kitty	Jody Ramsey
Furman	Robert Register
Rob Herald	Robert Seymour
Kathleen Kientz	Matthew Swan
Kathleen L. Leach	Greg Tamer
Mike Lucas	Carla Yerkes
Tricia Miller	

\*\*\*Thanks to our Membership Director, Marilyn Grissom, for her hard work year round keeping membership up to date. Thanks Marilyn!\*\*\*

### **Members' Notes**

By Marilyn Grissom, Membership Chairman

Help me give you great service. I need a few simple things from you when you apply for or renew your membership. I also want to answer a couple of questions you may have.

Please be legible!! The biggest offenders are e-mail addresses and numbers. Make sure you're not the only one who can read your writing!

Our database can only accommodate so much information. That's why we ask you to number your expectations of the club in priority order. If you just use check marks, I can only make a semi-educated guess as what to enter as your number one item. We do keep the paper forms, but if we want to do a sort from the database, we can only obtain one item.

Do you have a family membership? Again, I can only input a limited amount of information, so I use whoever is the primary person on the

## **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](mailto:merchandise@indyrunners.org)

application. If the wife completes it, I input her pace, her birthday, her e-mail, etc. If the husband or other family member submits the application, then its their information that is input. If you have family birthdays in May, August and September, that's why only the primary will be noted on the web site.

Do you have a question regarding your membership status? I'm the one with the data base, so e-mail me at [membership@indyrunners.org](mailto:membership@indyrunners.org). If you have a change of address, I'm the one you need to notify. The one exception/addition to that is that if you subscribe to the weekly newsletter and change your e-mail address, you need to notify Mark Doctor at [weeklyupdate@indyrunners.org](mailto:weeklyupdate@indyrunners.org).

I'll be presenting more membership tips and information in future newsletters.

# 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

## Newsletter Editor

Donna Billiard

## Newsletter Staff

Jeremy Zieseniss

Bruce Walker

## Newsletter Contributors

(this issue)

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**Foot Prints** is a quarterly publication of Indy Runners and is one of many membership benefits. **Foot Prints** is mailed to the primary address for each membership via third class mail. Address corrections should be mailed to: Indy Runners, PMB 162, 1427 W. 86<sup>th</sup> St., Indianapolis, IN 46260.

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](mailto: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](mailto: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

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

### Deadline

September 6, 2003

### Issue

October 2003

## Foot Prints

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