
Foot Prints

Publication of Indy Runners and Walkers

July 2004

Volume 9, Number 3

Olympic Dream

By Alexandra Yeung

What's Inside...

<i>President's Page</i>	3
<i>Variety Walking</i>	4
<i>Bigfoot Says Goodbye</i> <i>All Comers Track Meets</i>	5
<i>Reality Can Bite Hard</i> <i>Clubfest 2004 Report</i>	6
<i>The People we can't Thank Enough</i>	7
<i>Event Calendar</i>	8-9
<i>Cross-Training</i>	10-11
<i>Compartment Syndrome</i>	12
<i>Olympic Dream (Cont. from Pg 1)</i>	13
<i>Club's Weekly Runs</i>	14
<i>Membership Application</i>	15

You often hear of the seemingly regular people who, in their “later” years, decide to take what they do as a hobby more seriously ... and have the time of their life doing it. One of those people is me.

During college, I bought my very first bike and rode it to school as much as I could. Mountain biking was just becoming popular. Slowly—and I mean v-e-r-y slowly—I got better and better by riding with stronger and more fearless guys. I have lots of scars from those years from which to reminisce. I even entered a couple of ‘citizen’ (or beginner) races. Upon graduation, I took a year off and just had fun—working at easy jobs but mostly riding my bike with friends. Those were fun and easy years.

Soon afterwards, however, my family (strongly) urged me to become a contributing member of society, get a job, and hang up the bike. They offered me a one-way ticket to Hong Kong, where advancing one’s career and making money are the driving force of 99% of the people. And having no convincing excuse to deny them, I went.

Less than one year after I started down that road ...

I was offered a chance to represent Hong Kong in a small regional race. I trained for that race, and did moderately well: mid-pack placing, and the only one from Hong Kong to finish. And then the offer to join the Hong Kong National Team was placed in front of me. Traveling expenses paid for training purposes, but nothing else. Not even a bike. Here I was, in my mid-twenties, thinking of starting a whole new career in something that most successful people start when they’re children. What were my chances of success? I took a deep breath, asked my brother to support me, and never looked back. At 25, I was going to be a full-time cyclist.

I have never done anything as hard as ride my bike those first years. I discovered what TRAINING really meant. I was the only woman in a team of 8 men, boys really, and the only one with any further education. It was lonely. When I did well at a bigger regional race in 1998, suddenly the Olympics were on the horizon and somehow, attainable.

1999 was incredible. I started in New Zealand in January and ended in Uruguay in November. In between, I traveled to 5 continents chasing points to qualify for mountain biking at the Games. I was traveling the world, riding my bike, and getting paid to do it. A dream come true. The pressure I burdened myself with was overwhelming, however, and I have so many memories: questioning what I was doing at the time, feeling like I didn’t belong, and being completely out of my comfort zone more often than not. It seemed that every other girl was faster, fitter, and more experienced. That year was extremely empowering, but also indescribably lonely.

Continued on page 13

Indy Runners and Indy Walkers Officers, Board of Directors, and Contacts

President	Donna Billiard Wright	374-1318	president@indyrunners.org
Vice President	Mike Neiderpruen	637-9200 x123	vpresident@indyrunners.org
Treasurer	Mike Bradford	259-1994	treasurer@indyrunners.org
Secretary	Mark Doctor	329-7909	secretary@indyrunners.org
Accountant	Gary Hall	578-7663	
Historian	Joanne Keaton	849-0396	
Hot Line	Marvin Clark	329-2801	hotline@indyrunners.org
Indy Walkers	Marcia Gascho	842-1164	walkers@indyrunners.org
Legal	Bob Weddle	876-0782	
Medical Coordinator	St. Vincent Sports Medicine		
Membership	Marilyn Grissom	543-9010	membership@indyrunners.org
Mini Training Program	Kent Miller	297-3615	minitraining@indyrunners.org
Editor	Donna Billiard Wright	374-1318	editor@indyrunners.org
Newsletter	Jeremy Zieseniss	293-6385	newsletter@indyrunners.org
Race Director	Mark Renholzberger	465-9575	groundhog@indyrunners.org
Race Director	Terry Townsend	259-0708	samcosta@indyrunners.org
Social Coordinator	<Position Open>		social@indyrunners.org
Weekly Splits	Mark Doctor	329-7909	weeklyupdate@indyrunners.org
Volunteer Coordinator	<Position Open>		volunteer@indyrunners.org
Web Master	Jeremy Zieseniss	293-6385	webmaster@indyrunners.org
Canine Liaison	Emma Drew		

Looking for timely running and/or walking information?

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

THE PRESIDENT'S PAGE

By Donna Billiard Wright

Although I love the summer, it is not my favorite running weather. I was one of those at this year's Mini who wasn't quite ready for the heat of the day and wilted. My whole goal for this year's race, though, was to participate weekly in the Mini training program and complete the 13.1 miles after my 2003 a maternity leave from running. I attended most of the training runs and persevered to complete the Mini (though not a PR!). The training not only helped get my body back in shape but also gave me a great mental boost!

This year's Indy Runners Mini Training program was helpful to get me running at least once a week. The success of the program is made possible by many Indy Runners behind the scenes, including in particular *Kent Miller*, who serves as the director of the program. Special thanks also to *Mark Doctor* for marking the course weekly; *Janelle Renschler* for bringing food each week; *Rich Reardon* for manning registration; all the *TRAINERS* in each pace group; all the *SPEAKERS* at the seminars; *Holly Heinzman-Allison*, our athletic trainer from St. Vincent Sports Medicine, for answering all the injury and prevention questions; *Kristen Miller*, *Doug Ashton*, *Carter Wolf*, *Mark Renholzberger* and *his daughters* for working water stops; *Butler University* and *its staff* for use of Hinkle Field-

house each week; *Dave Sparks* for organizing and manning the Indy Runners tent after the Mini; and all the *board members and other volunteers* for assisting as needed. I hope everyone who participated as a runner or walker benefited from the program. We strive to make this a premier training program and we are excited to see so many returning participants each year.

Besides the Mini Training program we also had two races and Club Fest this spring. The countless volunteers always make these events spectacular but the race directors are greatly appreciated: *Mark Reholzberger* for organizing the Groundhog 7 race; *Terry Townsend* for organizing the Sam Costa Half Marathon; and *Mike Neiderpruem* for overseeing Club Fest.

As the club president and newsletter editor I would like to make one last thank you to "Big Foot." His column has been an Indy Runners' staple for many, many years, and I'm sure many of you have learned from his infinite running wisdom. Big Foot is retiring from his quarterly column but might be persuaded to return for a special appearance in the future. Thank you, Big Foot, and best of luck in your retirement.



Enough thanks; has anyone been out running or walking lately? If you took the rest of May off to recover from the Mini, I hope you are back running or walking by now. Come out to the Indy Runners weekly runs 4 times a week (remember Monday nights changed to the Monon at 75th St.). See the schedule in the back of this newsletter or on the website. There are also many other summer opportunities to participate in track events throughout the city. Marsha Gascho will be organizing monthly walks, so check the website for dates and times.

Enjoy the summer even if you are taking it easy. See you at an Indy Runners fun run or monthly walk soon!





The Real Estate Leaders

RE/MAX
Preferred
Each Office Independently Owned and Operated

Scott Orich
REALTOR

10305 Allisonville Rd.
Fishers, IN 46038
Office 317-915-0900
Fax 317-915-9547
Cell 317-513-6488
V.M. 317-299-1138

Variety Walking

by Marcia Gascho

The Mini is over and done with for another year. Do you have any walking goals to keep you motivated and in shape throughout the summer and the rest of the year? Do you feel blah about walking? If so, it's time to liven up your walking, try new things and add some variety.

Arm exercises. Don't just walk and swing your arms at your sides. Move your arms in different directions—overhead, touching your shoulders, punching out, etc. Build up some arm muscles by wearing wrist weights. Be sure to bend your arms at a 45-degree angle when using the weights.

New routes. Don't walk the same old tired routes week in and week out. Explore new neighborhoods, parks or towns. Visit a cemetery for a pretty and peaceful walk. Check out a state park. House-hunting? Take some walks through potential neighborhoods and you'll see the area from a different perspective. Get some landscaping or gardening ideas by walking around different areas.

New speeds. Kick up your walking a notch and try some power walking. Or, learn how to racewalk. It can be a bit tricky to master the form but you can really increase your speed if it's done correctly. Try some interval training. Pick out a landmark down the street and walk as fast as you can to it. Walk for a while at a slower speed, then pick out another landmark and walk quickly. Repeat this several times during a walk.

Wacky walking. Try some "retro-walking"—walking backwards! Some retro walkers have done entire races walking backward! It feels weird but it uses different muscles in your legs. Be sure to watch where you are going. Incorporate other exercises into your walk. Peri-

odically stop, place one leg on the curb, the other on the street and do some step aerobics for a while.

New drinks. Tired of drinking plain old water on your walk? Toss a slice of lemon or lime in your water bottle. Try one of the many flavored waters now on the market.

New elevations. Hills are not easy to find in Indianapolis, but some areas of town do have some. (Remember the "Hill of Death" at Butler?) Walking up hills increases your stamina and builds up leg strength. Stair climbing is also great exercise. Take the stairs instead of the elevator at work.

New surfaces. Pavement is hard on the feet. Periodically find a softer surface to walk on like a dirt trail or grass.

New goals. Do some 5K walks this summer and try to improve your time at each race. Train for another half-marathon this fall. The Indianapolis Marathon has a half-marathon and will be held October 16. If you are really ambitious, train for a full marathon. Look on the Internet for marathon training tips for walkers.

Take a break. If you are totally bored with walking, try another form of exercise for a while like bicycling, swimming or water aerobics.

Have fun! Whatever you do to liven up your walks, try to have some fun. Get a regular walking a buddy to stay motivated together.

Walk of the Month. Don't forget the Indy Walkers Walk of the Month held in a different location each month throughout the year. Look on the Indy Runners website for info.



SIGNS • BANNERS • VEHICLE GRAPHICS

Email : mark@pelotongraphics.com

Phone : 317-294-1200

Name : Mark Carlson



HOTLINE



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

Bigfoot Says Goodbye

I don't remember when I started down this path, but I think I've reached its natural end. Yes, "Bigfoot" has retired as a regular feature writer of your favorite newsletter. I'll still run, probably even a marathon a year, but my attitude toward running has changed, and I don't want to pontificate to those who are starting or continuing their own serious careers. I might just keep suggesting that running be properly placed into life's bigger perspective, which provides little motivation for heading out on a long summer run.



The Bigfeet just graduated number two from high school, and will take her away to start her college career in August. I will mention that, for me, an important part of the college choice process was how the folks in that college town reacted to me as I made an exploratory run there in April. I ran around and through much of the small Iowa town and was pleased to find many parks, clean streets, and people who nodded and smiled rather than laughed at the wheezing geezer (nah, I looked and ran OK). All this made me feel even better about entrusting my daughter to them.

So, as I move on toward the emptier nest phase, it makes sense to me to make this other definitive change in life. You will see me working or running at races, or taking tickets at Butler events, or dodging bugs and bikes on local trails, but you won't have to bemoan again my written rambles. As I leave you, though, I do want to stress for this last time the following important reminders from the past: cotton is bad, wicking fabric is good; dark clothing at night is bad; don't play chicken with moving vehicles because you just might not make it across the road; mouth breathing might look moronic but moves more air; protect your eyes; encourage more water stops where we travel; cross-train as you will, but do as much running as you need; compare yourself to yourself, not to the whippets or turtles around you; respect the heat and the cold; don't hog the way when others approach; watch out for protesting geese; volunteer to help with IR events and activities, including the newsletter, so that those who follow will enjoy their legacy; and find joy in the basic fact that you are able to move voluntarily at whatever pace you have.

I closing, I wish all of you smooth roads and gentle hills in life. Stride and glide, and don't regret. Bigfoot.

All Comers Track Meets

When was the last time you ran competitively on the track? Maybe never. But for most of us road athletes it was probably at school many years ago. Not only is it fun, but track can be an excellent barometer of ones running condition.



Two local organizations put on Summer track meets aimed at the average (yes, that's you) runner. And yes, there are faster runners there but they are encouraged to run in the first heat. For everyone else, it's a great opportunity to get out there on a weekly basis and just enjoy the thrill of track running again.

The **IUPUI track meets** are held on Thursdays at the IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI. Contact Jim Jarnecke (317) 274-3363 for more info. The first event kicks off at 6.30 p.m.

July 8th 100m, 200m, 400m 800m, 1500m, 3000m
 July 15th 100m, 200m, 400m, 800m, 1500m, 3000m
 July 22nd 100m, 200m, 400m 800m, 1500m, 3000m
 Aug 5th 100m, 200m, 400m 800m, 1500m, 3000m
 Aug 12th 100m, 200m, 400m 800m, 1500m, 3000m

The **Zionsville All Comers Meets** are held on Wednesdays at the Zionsville Community High School in Zionsville. Contact Dennis Houchens (317) 873-5634 for more info. The first event kicks off at 7.00 p.m.

July 14th 800, 100, 4x400, 1600, 400, 3200
 July 21st 1600m, 200m, 800m, 400m, 4x100m, 5000m.
 July 28th 400m, 1500m, 100m, 800m, 4x100m, 3000m
 Aug 4th 400m, mile, 100m, 800m, 200m, 5k/4k/3k

REALITY CAN BITE HARD MISSING A "COSTA" FRIEND

By Terry Townsend

Last year, it had left me with a very strange feeling. He'd been a part of the "Costa" race-day preparations since the '70's, and had driven the pace vehicle for longer than I could remember. But Nelson Steele had a conflict that day, and wasn't going to be working with us in 2003. It was going to be different. And, of course, little did we know he'd never be back again. Not in 2004, not ever.

I thought a lot about Nelson as we prepared for this year's race. Mostly what I thought about was making sure we didn't let him down. His responsibilities had always included much more than what he did on race day. He was our contact for all of Carmel officialdom, including the Town Board, the Police, the Sheriff, and Clay Jr. High. Now all of his pre-race duties would need to be done by someone else.

The last thing I wanted was for his death in any way to be an excuse or reason for poor preparation. That would have been an ugly result of his passing and an unseemly legacy for us to create. Here is the irony. The fear of that drove us to overcompensate such that, in my opinion, the 2004 "Costa" was operationally the best race we've ever had. It was designed to be the safest race ever. It was meant to be friendlier to the neighborhoods. We planned to be more efficient, timely, and accurate with our awards and results. In all of these areas I believe we were successful.

If I had known last year what was going to happen, I'd have asked Nelson to resolve his conflict and work with us one more time. But we can't ever know, can we? That's why you have to revel in each and every day. Nelson lived that way. That's why he was so admired and loved.

I know he was watching this year. I felt an unusual sense of calm right before the race began. I believe it was the result of knowing we had done everything we could. It was odd, really. Our fear was turned into action and those actions into a raised bar of performance. That was Nelson's gift to us. Reality can bite really hard, but you don't have to let it defeat you. Thank you, Nelson. We won't forget.

ClubFest 2004

Considering last year's ClubFest weather, as well as recent hot and humid weather, the day for this year's ClubFest turned out to be quite nice. South-Eastway park was a gracious host, and the venue was great for a cross-country 5K. Although nearly 80 individuals pre-registered, only 40 actually showed up. Of course, we had many other competing events, such as the Broad Ripple Art Fair and "Bump Day" for the Indianapolis 500, to name a few.

Nevertheless, for the dedicated participants in the Great Equalizer, which is handicapped by age and gender, the competition was extremely keen. Mike Bradford repeated his victory from last year, succeeded by the following, in order of place: Jeremy Zieseniss, Brian Cake, Robert Mezykowski, Jim Whalen, Brandon Short, John Wright, Paige Bradford (11 years old!), Kimberly Westlake, Jason Renschler, Billy Sedam, Jerry Graff, Suzanne Smith, Angela Cole, Bruce Gascho, Chris Reitz, Louise Gameau, Quiterio Nobbe, Briana Nobbe (4 years old!), Elizabeth Bitz, and Daniel Bitz.

The best was yet to come after the race, as the brats, hotdogs, and all the other good food was ready to go for runners, volunteers, and family members alike. In addition, great music accompanied the festivities; and did I mention the balloon artist and magician? Once everyone had their fill of food, we were treated to an exceptional magic show, and everyone received their very own balloon hat.

And, if this weren't enough, all attendees received a custom Indy Runners Walkman (FM radio)! We also had numerous door prizes, so by the end, almost everyone received something. So, if you missed this year's ClubFest, don't worry. . . next year's event will be here soon enough. Oh, and before I forget, a very special thanks to our dedicated volunteers, who made this event a great success: Donna Billiard-Wright, John Wright, Mike Bradford, Terry Townsend, Alexe Yeung, Marcia Gascho, Jeremy Zieseniss, and Janelle Renschler.

See you next year!

THE PEOPLE WE CAN'T THANK ENOUGH

By Terry Townsend

When you are running or walking in a race on city streets, do you ever think of the folks who live on the roads you are traveling? Probably not. But you are, at best, a guest in their neighborhood and at worst an interloper impeding their daily activities.

Now think about an event that covers over 13 miles of asphalt and almost 5 square miles of area, and consider the possibilities for conflict. That is a challenge that faces the “Costa” every year. Our historic, legendary Sam Costa Half Marathon, once a pastoral event in the eastern outback of Carmel, is now a “city” race. And this “city” race runs through or adjacent to 18 separate and distinct Carmel neighborhoods!

If you’ve ever tried to close off a street for a block party you can only imagine the planning that has to go into a half marathon street race. A major part of that planning has to be the notification of the residents in and along the course, for without their acceptance and approval, events like this would cease to exist. The only races left would be government sponsored mega events like the Mini or closed course 5 and 10K’s in parks like Eagle Creek. Not that there is anything wrong with those, but we’d all long for some diversity if that was the sum of what we could do.

We spend a tremendous amount of time making sure all the Home Owner Associations in these neighborhoods are aware of the “Costa”—when it is, where it is, and how long it will be running through their roads. As I said, we are at best guests. We owe all these neighborhoods a big, big, “thank you,” one that can’t be said often enough. If you live in one of these neighborhoods we impact, please accept our sincere thanks. If you know folks who live on or around our “Costa” course, let them know how much we appreciate their acceptance of our intrusion. I know that’s what I plan to do.

And while we are thinking about whom we don’t thank enough, let’s send kudos to the law enforcement agencies that are an essential element of our safety planning. Carmel Assistant Chief Tim Green and Hamilton County Sheriff Sergeant Joe Morrison combined to provide unprecedented levels of support this year. These men and the officers they work with make the course safer, the traffic flow smoother, and allow all of us the luxury of breathing a little easier knowing they are on the job. Their help is an absolute necessity and they are terrific in the planning and execution of their assignments. So Tim and Joe, a big, big Indy Runners and Walkers thank you! You and your team were great, the best ever. Looking forward to seeing you both again in 2005!



ATHENS 2004



With the 2004 Athens Olympics fast approaching, who will be representing the United States in track and field? Several Indianapolis natives are competing in the U.S. Olympic Team Trials - Track and Field in Sacramento on July 9-18. Check out USA Track and Field’s website for more information about the Trials and the Olympics at www.usatf.org.

The most notable local athlete is 2-time Olympian Bob Kennedy in the 10,000 meters. Also watch for many Indy Invader athletes including Carri Long in the High Jump and Le Shundra Nathan in the Women’s Heptathlon to name a few.



YOUR EVENT CALENDAR FOR 2004

July

Sat 3rd, Sallie Mae Freedom Run, 10 Km Run, 5 Km Walk, 8:00 a.m., Holcomb Gardens on the Butler Campus, 510 W. 49th St, Indianapolis, Contact Tuxedo Brothers (317) 733-3300

Sat 3rd, DINO Trail Run Series, 5 & 15 Km Trail Run, 9:00 a.m., Muscatatuck Park, North Vernon, IN, Contact Brian Holzhausen (317) 308-6449

Sat 3rd, Lawrence Summer Festival 5K, 6:00 p.m., Historic Fort Harrison, Indianapolis IN, Contact Race Director (317) 826-1670

Sat 3rd, Firecracker 5K Run/Walk, Free Kids Run, 8.00 a.m., Heflin Park, Heflin Park Road, Columbus, IN, John Wischmeier (812) 378-1730

Sat 3rd, 8th Annual Mohawk Trail, 3.5 Mile Run/Walk, 7:00 a.m., Waldron Jr/Sr High School, Waldron, IN, Martha Kolkmeier (765) 525-9885

Sun 4th, Run Wild 4 Mile Road & Trail Race, 7:30 a.m., Fort Wayne Children's Zoo, Franke Park, Fort Wayne IN, Event Director (260) 427-6808

Sun 4th, Argosy Casino 5 Km Run, 9:00 a.m. (E.S.T.), Greendale Park, Lawrenceburg IN, Jeff Smith (812) 537-5287

Wed 7th, Twilight X/C Challenge, 3 & 5 Km Run, 6.30 p.m., Noblesville HS Cross Country Course, Noblesville IN, The Runners Forum (317) 844-1558

Thu 22nd, IUPUI All-Comer's Meet (See Pg 5 for more details)

Sat 10th, Race Against Prostate Cancer, 5 Mile Run, 5 Km Walk, 1 Mile Fun Run/Walk, 8:30 a.m., Indiana War Memorial, Downtown Indianapolis IN, KLA (317) 884-4001

Sat 10th, Blacksnake Duathlon, 2 Mile Run, 20 Mile Bike, 2½ Mile Run, 8:30 a.m., Johnson County Park, 6 Miles South of Franklin, IN, (812) 526-6809

Sat 10th, VEEP Triathlon, ½ Mile Swim, 25 Mile Bike, 5 ¼ Mile Trail Run, 7:30 a.m., J. Edward Roush Lake, Little Turtle SRA, Huntington IN, Mitch Harper (260) 436-0739

Sat 10th, 2nd Annual Valpo Triathlon, ¼ Mile Swim, 12.4 Mile Bike, 3.1 Mile Run, 8:00 a.m., Rogers-Lakewood Park, Valparaiso IN

Sat 10th, Iron Horse 4 Mile Road Race, 3 Mile Walk, 1 Mile Fun Run, 8:00 a.m., CASS County YMCA, 905 E Broadway, Logansport IN (219) 753-5141

Sat 10th, Sizzlin Summer Classic, 5 Km Run/Walk, 9:00 a.m., University East Campus (located just south of interstate 70 on Highway 27), Richmond IN, Matt Marshall (765) 973-8457

Sat 10th, Running Wild For The Washington Park Zoo, 5 Km (XC) Run/Walk, 9:00 a.m., 115 Lakeshore Dr Michigan City IN, Johnny Stimley (219) 861-0309

Sun 11th, Shelbyville Classic Triathlon Series #2, ½ mile Swim, 16 mile Bike, 3 mile Run, 8.30 a.m., Fairland Recreation Area, Shelbyville, IN, Tuxedo Brothers (317) 733-3300

Wed 21st, Zionsville All Comers Meet (See Pg 5 for more details)

Wed 14th, Friendship Race, 5 Km Run, 6:30 p.m., Wicker Park 2125 Ridge Rd Highland, IN, Joe Mis (219) 931-6587

Thu 22nd, IUPUI All-Comer's Meet (See Pg 5 for more details)

Sat 17th, Steak 'n Shake Indy Triathlon, 1 Km Swim, 33 Km Bike, 8 Km Run, 7.30 a.m., Eagle Creek Park, Indianapolis IN, Tuxedo Brothers (317) 328-1632

Sat 17th, Muncie Endurathon, 1.2 Mile Swim, 56 Mile Bike, 13.1 Mile Run, 7:00 a.m., Prairie Creek Reservoir, Muncie IN, Race Director (765) 287-1799

Sat 17th, Run for the Son, 5 Km Run/Walk, Kids Fun Run, 8:00 a.m., Sunnycrest Baptist Church, Marion, IN, Connie Gamble (765) 664-3047

Sat 17th, Limestone 5 Km Run/Walk, Various Kids races, 8.00 a.m., Parkview Track, Bedford, IN, Mike Jarrard (812) 279-6869

Sat 17th, Home Run Trot, 5 Km Run, 5:30 p.m., Cordell Municipal Pool, Richmond IN, Denise Newland (765) 983-7425

Sat 19th, 11th Annual KSBC Jubilee 5 Km Run, Kids ½ Mile Fun Run, 8:15 a.m., Kossuth Street Baptist Church, Lafayette, IN, Dave Lehe (765) 427-8025

Wed 21st, Zionsville All Comers Meet (See Pg 5 for more details)

Wed 21st, Twilight X/C Challenge, 3 & 5 Km Run, 6.30 p.m., Noblesville HS Cross Country Course, Noblesville IN, The Runners Forum (317) 844-1558

Thu 22nd, IUPUI All-Comer's Meet (See Pg 5 for more details)

Fri 23rd/Sat 24th, HOOSIER 200 Relay, Staggered, Evansville to Bloomington, Jason Feagans (812) 219-8980

Sat 24th, DINO Adventure Tri, ½ Mile swim, 10 Mile Mtn Bike, 4 Mile Trail Run, 9:00 a.m., France Park, Logansport, IN, Brian Holzhausen (317) 308-6449

Sat 24th, 7th Annual Kids Triathlon (ages 7-14), Swim at the IU Natatorium, bike through the IU campus on a traffic-free course, Run at the IU Carroll Track Stadium, 9 a.m., IU Michael A. Carroll Stadium Track, IUPUI Campus, Indian-



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

apolis IN, James M. Kramer (317) 274-6786

Wed 21st, Zionsville All Comers Meet
(See Pg 5 for more details)

Wed 28th, Twilight X/C Challenge, 3 & 5 Km Run, 6:30 p.m., Noblesville HS Cross Country Course, Noblesville IN, The Runners Forum (317) 844-1558

Sat 31st, Midnight Run, 1 Mile Fun Run, 5 Km Run, 10.50 p.m., YWCA, Terre Haute, IN, (812) 234-9944

August

Sun 1st, Shelbyville Classic Triathlon Series #3, 0.5 Mile Swim, 16 Mile Bike, 3 Mile Run, 8.30am, Fairland Recreation Area, Shelbyville, IN, Tuxedo Brothers (317) 733-3300

Wed 21st, Zionsville All Comers Meet
(See Pg 5 for more details)

Thu 22nd, IUPUI All-Comer's Meet
(See Pg 5 for more details)

Sat 7th, 25th Annual LaPorte YMCA Triathlon, ¼ Mile Swim, 12.4 Mile Bike, 3.3 Mile Run, 9:00 a.m., Soldiers Memorial Park, La Porte IN, LaPorte YMCA 219-325-9622 ext. 104

Sat 7th, Run For Shelter 5 Km Run, 8:00 a.m., 3401 Valparaiso St. Valparaiso, IN, Kathleen Babcoke (219) 789-4535

Thu 22nd, IUPUI All-Comer's Meet
(See Pg 5 for more details)

Sat 14th, Blacksnake Duathlon, 2 Mile Run, 20 Mile Bike, 2.5 Mile Run, 8:30 a.m., Johnson County Park, 6 Miles South of Franklin, IN, Johnson County (812) 526-6809

Sat 14th, 2nd Annual 'Circle City' Sprint Adventure Race, Various Urban Challenges, Downtown Indianapolis, IN, Jerry Lyons (317) 784-3540

Sat 14th, Starchaser 5K X/C Run, 1.5 Mile Walk, 7:30 p.m. (EST), Crawford County HS, Marengo, IN

Sat 14th, 4th Annual Bulldog Chase 5 Km Run/Walk, 8 a.m., Batesville Middle School, Batesville IN, Ronnie McAllister (812) 852-1015

Sat 14th, Logan's Run, 10 Km Run, 5 Km Fun Run/Walk, 8:00 a.m., WNDU Studios, 54516 State Road 933, South Bend, IN, Mo Miller (574) 289-4831

Sat 21st, 21st Annual Cicero Triathlon, Swim 2/10 Mile, Bike 9.5 Mile, Run 3.1 Mile, 9.00 a.m., Red Bridge Park, Cicero IN, Webmaster (317) 984-4079

Sat 21st, Heather Hills 5 Km Run/Walk, 9.00 a.m., Heather Hills Baptist Church, 1421 N German Church Road, Indianapolis IN, (317)-894-4625

Sat 28th, Run 4 the Bone, 4 Mile Run/Walk, 8:30 a.m., Eagle Creek Park, Indianapolis, Tuxedo Brothers (317) 733-3300

Sat 28th, DINO Trail Run Series, 5 Km & 15 Km Trail Run, 9:00 a.m., Do-in'it Outdoors, Richmond, IN, Brian Holzhausen (317) 308-6449

Sun 29th, Steak 'n Shake USAT Mideast Triathlon Championships, 1.5 Km Swim, 40 Km Bike, 10 Km Run, 8:00 a.m., Eagle Creek Park, Indianapolis IN, Tuxedo Brothers (317) 733-3300

September

Sat 4th, Goat Hollow Triathlon, 300 Yard Swim, 3 Mile Run, 13 Mile Bike, 8:15 a.m., Centerton Elementary School, Martinsville IN, Dan Daly (317) 831-6729

Sat 4th, Little Italy Festival 5 Km Run/Fitness Walk, 9.00 a.m., So. Vermillion H. S., Clinton, Indiana, Bruce Speth (765) 832-6179

Mon 6th, On your Marks for the Parks, 5 Mile Run/Walk, 8:30 a.m., St. Vincent Hospital, Carmel, Tuxedo Brothers (317) 733-3300

Mon 6th, Annual Blueberry Stomp, 15 Km Run/Walk, 5 Km Run/Walk, 1 Mile Fun Run, 8:30 a.m., Centennial Park,

North Michigan Street, Plymouth, IN, Mary Pat Glaub (574) 298-0472

Sat 11th, Fort Ben (Previously "Four through the Fort"), 10 Km Run, 5 Km Run/Walk, 8:00 a.m., Lawrence (old Fort Harrison), Indianapolis, Tuxedo Brothers (317) 733-3300

Sat 11th, Indy Marathon 10-Mile Training Run, 8:00 a.m., Historic Fort Harrison, Indianapolis IN, Race Director (317) 826-1670

Sat 13th, Tour de Trails Run / Walk / Bike Event, 5 Km Run/Walk, 10 Mile Bike, 8:00 a.m., Mill Race Park, Columbus, IN, (812) 376-2680

Sat 11th, Wabash Valley Half Marathon, 13.1 Mile Run/Walk, 7:00 a.m., Ivy Tech State College, Terre Haute, IN, Bruce Speth (765) 832-6179

Sun 12th, Hill Fest 5 Km Run/Walk, 1:00 p.m., Northview Christian Life Church, 131st & Hazel Dell Blvd., Carmel (4 miles east of Keystone on 131st.), IN, Doug Ehrgott (317) 846-2884

Sat 18th, Dick Lugar Run and Walk & Corporate Challenge, 10 Km Run, 5 Km Run/Walk, 9:00 a.m., Butler University, Indianapolis, Tuxedo Brothers (317) 733-3300

Sat 18th, YMCA Muncie Mini Marathon, 13.1 Mile Run, 5 Km Run/Walk, 8:00 a.m., YMCA, Muncie IN, Mark Stage (765) 741-5542

Sat 18th, Run To Oz 5 Km XC Run, 8:15 a.m., Coffee Creek Center Preserve Chesterton, IN, Jon Winey (219) 926-3431

Sat 25th, Double Eagle Run & Walk, 10 Mile Run, 4 Mile Run/4 Mile Walk, 9:00 a.m., Eagle Creek Park, Indianapolis IN, Tuxedo Brothers (317) 733-3300

Sat 25th, 12 Hours of DINO, 12 hours of mountain bike madness, 7:00 a.m. thru 7.00 p.m., Valley Branch Retreat, Nashville, IN, Brian Holzhausen (317) 308-6449

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.



Cross-Training

By Mike Niederpruem, MS, CSCS

If you attended any of the mini-training lectures this past winter or spring, I hope you agree that they were excellent sources of information to enhance your training. However, In case you missed the session on cross-training, I thought I would share with you the highlights.

“Cross-training” is also routinely referred to as “combination training, conversion training, or a brick.” With high-impact, weight-bearing sports (such as **running**), cross-training provides greater ability to progress both training volume and intensity, such that more rapid and significant training adaptations are made above those achieved by performing the sport by itself. This is especially important for the beginner, casual, or recreational runner, as most of these individuals regularly run too many miles for their level of physical development, and/or run these miles at too high intensity. Furthermore, adding modes of exercise can facilitate improvements in all of the following: Strength, Power, Endurance, Economy/Efficiency, and Weight Management (optimizing lean body mass).

Why Me?

Most athletes of all levels of experience and ability are guilty of:

- 1) Training Too Hard on the Easy Days;
- 2) Training “Not Hard Enough” on the Hard Days (because of #1 above);

Most Runners (ESPECIALLY Beginners and Recreational):

- 1) Run too much mileage chronically;
- 2) Run too frequently chronically;
- 3) Increase their volume and total amount of intensity too quickly;

What’s “in it” for Me?

- 1) Significantly Reduced Risk of Injury
- 2) More Rapid and Significant Training Adaptations
- 3) Break Through Training Plateaus—Better Compliance/Adherence/Motivation

Common Modes of Cross-Training

What follows are the most common forms of cross-training, along with their advantages and disadvantages:

Cycling (indoors or outdoors)

- Minimize Risk of Injury from Increases in Volume and/or Intensity
- Great for Recovery
- Helps Increase Turnover Rate (simply put, the number of “foot strikes” per minute ... generally, the better the runner, the higher the turnover rate)
- Helps Increase Muscular Strength, Power and Endurance

ESTIMATES for Calories Burned While Cycling; Conversion to Running Distance:

Cycling Speed (mph)	Calories Per Mile	Conversion Divider
10	26	4.2
15	31	3.5
20	38	2.9
25	47	2.3
30	59	1.9

For example, riding 20 miles at 15 mph burns 620 calories (20 miles X 31 calories per mile = 620 calories). Determine the running equivalent by dividing the distance (20 miles) by the conversion divider for 15-mph (3.5). The result is 5.7 miles. This means that cycling 20 miles at 15 mph burns as many calories as running 5.7 miles.

If you rode 20 miles at 20 mph, you would divide by the corresponding number on the table (2.9). The result is 6.9 miles. So, in terms of energy expenditure, riding 20 miles at 20 mph is equivalent to running 6.9 miles. Both would burn about 760 calories (20 X 38).

Aqua-Jogging, Deep-Water Running

- Minimize Risk of Injury from Increases in Volume and/or Intensity
- Great for Recovery
- Great for Recovery—Race Day
- Great for Rehab from Injury
- Great for Asthma Sufferers

Treadmill Running

- Advantages
- Controlled Environment
- Shock Absorbing
- Programmable—Training Specificity/Race Prep
- Allows Optimizing Running Form (through the use of mirrors)

Continued on Pg 11

“Cross-Training” - Continued from Pg 10

- Mental Toughness

Disadvantages

- Biomechanical (correct by setting grade at 1-2%)
- Exertion Levels are Different than Road (no braking forces)
- No Air Resistance
- Longer Perceived Stride Length
- Lack of Proprioception
- Inaccurate
- Temperature Regulation
- Boring

Resistance Training (free weights or machines)—please consult a health/fitness professional before beginning a resistance training program. Generally, 2-3 days per week are adequate for most individuals:

- Endurance—low to moderate weights; 3-6 sets; 12-20 reps;
- Strength—moderate to high weights; 2-3 sets; 6-10 reps;
- Power—low to moderate weights; 2-4 sets; 3-6 reps as fast as possible

Elliptical Training

- Minimize Risk of Injury from Increases in Volume and/or Intensity
- Great for Recovery
- Helps Increase Turnover Rate
- Great for Recovery—Race Day (after the race)
- Great for Rehab from Injury

Stair-Climbing

 (machines are preferred)

- Minimize Risk of Injury from Increases in Volume and/or Intensity
- Improve Muscular Strength, Endurance and Power

Swimming

- Minimize Risk of Injury from Increases in Volume and/or Intensity
- Great for Recovery—Race Day (after the race)
- Great for Rehab from Injury
- Great for Asthma Sufferers

Yoga

- Great for Flexibility
- Develop Core Strength and Endurance
- Stress Management

So, consider adding some cross-training to your exercise regime. You will find that your running improves, the chronic aches and pains you may be experiencing are reduced or go away entirely, and you may even set a

Press Release - Hoosier 200 Relay

(Bloomington) We can all use a little help from our friends and this is no exception. The Inaugural running of the Hoosier 200 Relay is set to take place July 23rd and 24th, 2004.

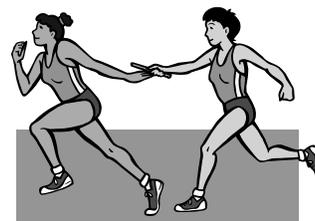
Beginning in Evansville, Indiana with the Ohio River as a backdrop to the starting line, teams of runners will make their way through scenic, rural areas of southern Indiana to the race finish at Bryan Park in Bloomington, traversing nearly 200 miles in the continuous race. Competing in teams of up to 12 runners, participants will complete a total of 36 pre-determined course legs, each ranging from 3 to 8 miles in length.

The High School Challenge is an event in conjunction with the Hoosier 200 Relay where teams of up to 7 high school students can participate in a race that stretches 70 miles from historic French Lick to Bloomington, following the same course as the main event. The course includes roads in the following counties: Vanderburgh, Warrick, Spencer, Dubois, Orange, Lawrence, and Monroe. Community members, volunteers, and all race participants are invited to attend the post race celebration featuring Bahama Llama performing live on stage and food by Kilroy's. Other vendors will be on site as well, providing massages and/or selling merchandise.

This post-race party is included in the race fee and is free for all public to attend. Registrations must be received by July 1st. Entries are limited. Additional information can be found on the website. <http://www.hoosier200.com>. Questions regarding the relay can be addressed to:

Jamie Feagans
3044 Mattatha Dr.
Bloomington, IN 47401

Phone:(812) 219-8980
Email: jamiefeagans@yahoo.com



personal best in a future running event. Good luck!

Mr. Niederpruem is the National Director of Certification at the American College of Sports Medicine, a licensed Elite Cycling Coach with USA Cycling, and a Premier Coach with Carmichael Training Systems. Mike was recognized by the U.S. Olympic Committee as an "Outstanding Development Coach of the Year" in 1997. Mike is the vice-president of Indy Runners.

Compartment Syndrome

Medical Question:

I know that this is a very uncommon condition, but none the less would like to try to rule it out as the problem with my calves. The pain is deep in the calves and runs most of the length of the leg It is difficult to isolate the pain into one point.

Cycling is not at all affected by it, does not cause pain when I am doing it, and I have no loss of strength in my cycling. Strengthening exercises (e.g. calf raises) are not affected and do not cause pain. It hurts to run, even when I start, and gets worse as I go on. When I go for an easy 6 miles after a week of rest, the first 3 miles are somewhat stiff, but not very painful. The back 3 miles become quite uncomfortable. It is the first injury I have ever had that affects both legs.

Medical Reply:

The compartment syndrome is a condition in which increased pressure within a muscle compartment causes a decrease in blood supply to the affected muscles. The so-called compartments are groups of muscles surrounded by inelastic fascia and thus any swelling of muscles leaves no room for expansion and blood supply is progressively cut-off.

Compartment syndromes can be acute -- as is seen in high energy trauma (e.g. car accidents) and burns -- or chronic, which is seen as an overuse injury in an athlete. The acute situation is generally a medical emergency since rapidly increasing pressure may completely cut off blood flow and cause necrosis of the affected limb. The chronic compartment syndrome which occurs as an overuse injury is most commonly seen in the muscles of the lower extremity but has also been described in the forearm and the thigh. The mechanism of development of the chronic compartment syndrome is thought to be,

OVERUSE ----> LOCAL TISSUE SWELLING ---->TIGHT COMPARTMENT
TIGHT COMPARTMENT---->DECREASED BLOOD SUPPLY----->MORE TISSUE SWELLING

A vicious cycle can become established.

What the athlete experiences is pain that begins during activity, progressively worsens, and then ceases during rest. This is distinct from the pain of other overuse injuries. The pain associated with tendonitis usually begins as soon as exercise is started, lessens with continued exercise -- as the muscles and tendons warm-up -- and then returns after exercise is stopped.

To accurately diagnose the chronic compartment syndrome, pressure testing within a muscle compartment can be performed. A flexible plastic catheter is inserted through a small slit in the skin into a muscle compartment. The catheter is hooked up to a pressure transducer and the pressure within the compartment is measured. The athlete then engages in the pain inducing activity (e.g. running on a treadmill) while a continual recording of compartment pressure is made. Reproduction of painful symptoms associated with pressures above a certain value confirms the diagnosis.

Treatment consists of

1. correction of any biomechanical abnormalities
2. soft tissue therapy
3. and in severe cases not responding to the above, surgery.

Of interest is that running tends to cause higher lower extremity intracompartmental pressures than does cycling.

I hope this helps and wish you a speedy recovery.

Mark A. Jenkins, M.D.
jenky@rice.edu

Running and Cross Training Websites

Running Races

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

Trail Races

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

Cross Training

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

Olympic Dream - Continued from Pg 1

Ultimately, though, hard work pays off. All the scars I've accumulated, the stitches on my face (twice!) from those fateful crashes, the unsexy tan lines I've endured, were all worth it in the end. On September 15, 2000, on my 28th birthday, I was marching into the Olympic Stadium in Sydney during the Opening Ceremonies. It had been just 3 years since I was asked to represent Hong Kong at that regional race, and I was still somewhat in disbelief that I had made it to the Olympics.

I have since realized that the definition of success is defined by oneself. Although success in athleticism is often defined by a stopwatch, or the number of medals, preferably gold, won, there is so much more to it—and everyone will find their own definition. I won one medal in six years, and it wasn't even in an event in which I specialized. However, I have traveled to over 35 countries and made countless friends all over the world who share my enthusiasm and passion for the sport. Sure, I could have made more money working an executive job, but I've retired now and have the next 30 years to look forward to doing just that. I realize that the happiest people, anywhere in the world, are the ones who have a real passion for something, be it mountain biking, chess, or coaching a female fencing team in Brazil. So there it is, find your passion and never, ever feel that you cannot pursue a dream. You are the only one in your own way.

I have retired from cycling and, since moving to Indy, my husband and I started running. I look forward to acquiring that feeling of running with ease I hear so many of you experienced runners speak about. It's still sometimes a struggle to get out the door and if it wasn't for the past Indy Runners Mini Training program, the Mini would have been a much harder ordeal to face. I can't wait until the next race.

Alexe Yeung was a professional cyclist for 6 years, with the highlight of her career racing in the 2000 Sydney Olympics. Since retiring, Alexe has returned to Environmental Engineering, and has been discovering the joys (and difficulty!) of running.

Put on your walking shoes.....

The **Alzheimer's Association 15th Annual Memory Walk** takes place on Sunday, September 19th at noon on Butler University's campus in Indianapolis. There are a total of ten walks throughout Indiana, including walks in Bloomington, Muncie and Lafayette.

The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement of research and to enhance care and support for individuals, their families and caregivers. Memory Walk is a great opportunity to support the fight against Alzheimer's disease. You can form a team or walk as an individual and start fundraising today! Start by going online to www.alzindiana.org or to register for the walk nearest you, contact Cathy Cline at 317-575-9620 or cathy.cline@alz.org.

We thank you in advance for your support in taking steps to end Alzheimer's.



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	75 th / Monon Trail (Car Park Area)	Janelle Renschler 299-1095	Open: 3-8+ miles
Tuesday 6:00 pm Thursday 6:00 pm	All	Hinkle Fieldhouse Butler University	Brian Cake 876-7253	1-8+ miles
Sunday 7:00 am	9+ minute/mile	Fort Ben YMCA Parking Lot	John Laker 485-5380	Open: 6 or more miles

Monday Club Run

The Monday “Summer” Club Run has officially moved from the Velodrome to Broadripple. The run starts from the 75th Street parking lot near the Blind school between Westfield Blvd and N College Ave. The run’s will alternate North and South along the Monon Trail and will start at the normal 6.00 pm time.

Second Monday in July and August will be free Pizza night after the run. Soft Drinks and Water will also be available.



Welcome New Indy Runners Members (as of May 2004)

- | | |
|-------------------------------|---------------------------|
| Jennifer Allen | Susan Meskis |
| Donald W Anderson | Laurie Miller |
| Glenn Banks | Susan J Moore |
| Teresa Bauer | Dawn Moss |
| Pamela Bedsole | Kathleen Neville |
| Paul & Paula Berntsen | Daniel Newberry |
| Peter Bischoff | Terri Porter |
| Ed Brandt | Greg Powers |
| Ted Britton | Joe Ruppert |
| Michael & Louisa Chiasson | Kim & Todd Saxton |
| Becky Drummy | Jessica Smiley |
| Mark & Meridith Gramelspacher | Lucy Spengler |
| Shad Hamsa | Tonya Storm |
| Melvin & Barbara Hobbs III | Kevin L Summers |
| Melanie Hurst | Ramsey Sutherland |
| Katherine Johnston | Nadine Tulega |
| Paul Keffler | Judy & Tom Warner |
| David Kemple | Benjamin Weger |
| Forest Kenworthy | Kimberley Westlake |
| Ann Kinney | Chris & Ye Jin Wickesberg |
| Kathryn Kreger | Susan Wiseman |
| Keith L Kunze | Jennifer Woods |
| Tom & Mary Ladd | Mike Yonts |
| Nancy Wells Lovett | |

Club Merchandise



Indy Runners
Marathon Caps

\$15.00

New Indy Runners
Singlets

\$16.00
(Men's & Ladies sizes)

Indy Runners/
Walkers Sweat-
shirts

\$28.00
(XXL \$30.00)

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

Foot Prints Advertising Rates

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

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

INDY RUNNERS MEMBERSHIP APPLICATION

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

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

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

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

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

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

WHICH ONE BEST DESCRIBES YOU?

Beginners Mid-Pack Motivated Racer

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

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






Foot Prints

Newsletter Editor

Donna Billiard

Newsletter Staff

Jeremy Zieseniss

Bruce Walker

Newsletter Contributors

(this issue)

Marsha Gascho

Marilyn Grissom

Mike Niederpruem

Terry Townsend

Bruce Walker

Alexe Yeung

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. 86th 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: newsletter@indyrunners.org in Word or ASCII; please do not format.

Photos, original artwork, and advertising are always welcome.

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

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

Deadline

Sept 10, 2004

Issue

Oct 2004

Foot Prints

A Publication of Indy Runners and Walkers

1427 W. 86th St., PMB 162

Indianapolis, IN 46260

Presort Standard U. S. Postage Paid Muncie, Indiana Permit No. 228
