
Foot Prints

Publication of Indy Runners and Walkers

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Volume 8, Number 4

2004 Mini-Marathon Training Program Headed Your Way!

By Kent Miller

Mark this date as essential in your calendar: January 20, 2004! That's the packet pick-up and registration for the 2004 Indy Runners Mini-Marathon Training Program. Will this be the year you get back into shape, or lose some of that excess part of you that you don't really want? I heard on the radio recently that 65% of Americans are overweight. Some people who are overweight and out of shape are attaching a sort of pride & militancy to this fact. My own 5 brothers and sisters are easily in that 65%. I'm delighted to say you & I can be in the happy minority. We can be among those who can run or walk 13 miles, get in great shape, enjoy it and make a lot of great friends along the way.

As always we will offer multiple running & walking groups for all levels of fitness or lack thereof. Our fastest groups start at a training pace of 6:30 per mile and go all the way up to 15 minutes a mile walking groups. St. Vincent Sports Medicine will be there after every training session to offer professional advice when needed. There will be plenty of interesting seminars from running wear to injury prevention to yoga. We'll have coaching & motivation here too. Food and drink provided after every session in addition to social events, pasta dinner and a post-race party that year after year goes on long after all the other training programs have packed up and gone home. I guess this is just a fun-loving bunch.

We will again be meeting at Hinkle Fieldhouse on the Butler Campus and doing the bulk of our training on the Central Canal Tow Path. Showers are available after your run or walk. If you're unfamiliar with this program you will find we are much more hands-on than most other Mini training programs. Our trainers have many years' experience in running & walking the Mini. Our training is done on the same day as the seminars. You will not be left to run on your own without the benefit of our trainers, and your runs will be in a group format in areas with very low vehicle traffic with others who run or walk a similar pace to your own.

I would offer a challenge to you to get back into shape or improve your time from 2002. I would like to hear from those of you who come in having been out of running or walking for several years. Maybe you are carrying too much weight and want to lose a few pounds. Possibly you have not had time to run due to work or family or maybe an injury. It could be you have slowed down due to age and want to recapture a little of your lost speed. I would like to know what you hope to accomplish going into the program and at the end I would like to know how you grade yourself. The best success stories I will publish in the newsletter and award free entry into the 2005 training program. E-mail me at minitraining@indyrunners.org and tell me your story.

The entry forms will be mailed to Indy Runners & Walkers members in November. Online registration is available now on the Indy Runners website (www.indyrunners.org). Stay Fit. See you in January.

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Looking for timely running and/or walking information?

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

THE PRESIDENT'S PAGE

By Donna Billiard Wright



Have you ever laid off running or walking for a while due to injury, family/work obligations or just plain laziness? I recently took off 6 months from running for the birth of my daughter. In preparation to run through the pregnancy, I read all the running magazine articles about how you can run up to the day your child is due. I also thought I was in such great shape since I had just completed my first marathon last fall. My reality was that I could only run into the fourth month and have completely lost any semblance of fitness in the time following my daughter's birth.

As I have progressed with my comeback, I am feeling the aches and pains of my time off. My whole body is sore after a two mile run at an 11 minute pace. My knees have never hurt but do now. Although I lost my fitness, I renewed my excitement in running. I crave the feeling I receive from running and have made an effort to attend the Tuesday and Thursday evening Fun Runs at Butler. Sometimes my daughter comes along for the ride and we just walk the Canal Tow Path and sometimes my husband or mom take care of her and I "get" to run. I didn't realize how much I enjoyed running until I couldn't do it anymore.

The best part about coming to the Fun Runs at Butler is the encouragement I receive from all the other runners. I run longer and stronger when I have other runners around me. It is important for me to just get out the door and keep working through the aches and pains. Although I am slow, I feel great getting out there.

My running goals for the next few months are purely personal. I want to get back out there and run for that "runner's high" feeling. Once I get back in shape, I'll work on sharing it with others. If you have been hiding from the heat (or rain) or recovering from a Mini Marathon injury, Fall is the time to start getting back in shape. The cooler weather and abundance of great races makes the Fall an excellent

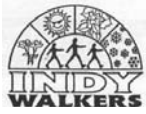
running season. Another reason to get back in shape is the Indy Runners Mini Training Program which starts in January. My goal is to return as a Trainer for the 9:30 pace group.

I look forward to meeting some new runners at the Tuesday and Thursday runs as I work my way back into runner shape. I encourage anyone who has taken a break from running or walking to start working your way back and participate in the 2004 Indy Runners Mini Marathon Training Program. Registration is already available on the Indy Runners website.

Check it out at www.indyrunners.org and I'll see you out on the Canal Tow Path in preparation.



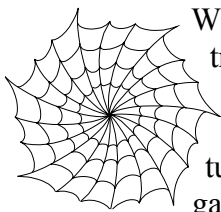
John, Donna and Brianna



Walking in Water

by Marcia Gascho

Many years ago I belonged to a fitness center on the west side of Indy. It had a nice long pool that I sometimes used to practice various strokes. One day I spotted a woman who looked like she was running underwater! I asked her why she was doing that instead of swimming. She replied that racehorses trained in the water and she thought it was a great low-impact way to exercise. I told my brother, the marathon runner, about this watery form of running and he thought it was a big joke. Not long after this, he saw an article in Runner's



World magazine about runners training in the water! I began to incorporate water jogging in my exercise routine after that. I eventually left the fitness center and gave up jogging underwater. However, throughout the years I kept hearing about the growing popularity of water aerobics.

After the 2003 Mini, I started looking around for another form of exercise to supplement my walking. I was a member of the YMCA but was bored with their stationary equipment. One day as I glanced through the summer YMCA schedule, I noticed they were offering water aerobics classes, so I decided to start going twice a week. The Y offers both a shallow-end class and a deep-end class. I'm in the shallow-end class and we exercise in chest-high water. The deep-end class uses special flotation vests. We warm up by jogging or walking around the pool using different leg and arm movements like stiff-legged tin soldier, Nordic Track/cross-country style, jumping jacks, etc. We do sets of arm exercises while jogging in place. We also use foam weights for abdominal, leg and arm exercises. They feel like they weigh 100 pounds underwater! We cool down at the end of the hour by stretching on the edge of the pool. I have become a big fan of aquatic exercise and feel like it has helped me build up my strength and stamina. I even bought some special aqua exercise shoes to use in the pool. They provide good

non-slip support for my feet while bouncing up and down on the hard concrete pool bottom.

Water aerobics have a number of benefits. You don't have to know how to swim since you are in chest-high water. The water provides natural resistance and gives a good overall workout. Every muscle and joint in the body can be exercised and strengthened. It also improves cardiovascular fitness. You can burn up calories much more efficiently. In a 30-minute workout of land walking, an estimated 135 calories are burned up. In 30 minutes of water walking you can burn up 264 calories. The water provides a natural cooling effect which is a lot more comfortable than walking or running outside in summer heat. People of any age can do it. We have teenagers on up to grandmas in my class. The buoyancy makes us feel 90% lighter so stress on joints and muscles is reduced. For many years, healthcare professionals have recommended that injured people exercise in water. People who are pregnant, obese or arthritic are able to exercise more comfortably than on dry land. I can even wear my glasses in the pool since my head is never submerged.



As with any fitness activity, there are dos and don'ts. It's best to exercise in an indoor swimming pool where the temperature is regulated. Trying to walk/jog on a sandy shifting lake or ocean bottom with waves rolling in is not easy or very safe. This summer we stayed at a motel with an indoor pool and I was able to practice some of my new exercises in it. To prevent severe muscle aches in my legs, I make sure I land with my heel on the pool floor.

I have enjoyed spending warm summer evenings exercising in the pool but I think I may make this a year-round fitness activity. Check out some classes at your nearest YMCA and you too may find a great new way to cross-train.



Bigfoot's Big Adventure

Well, not so very big, but it sounded catchy to me, and you're still reading, aren't you? The Bigfeet hit the road again for the one week in August available to all four of us for a family vacation. This time we headed back to the tip of Door County, Wisconsin, the thumb sticking out into Lake Michigan on the east and Green Bay on the west. We've vacationed in several parts of Door County, and appreciate the mix of country, big water, and resort. The drive there had me cursing the two-lane traffic, but within two days I hit vacation mode and cared a lot less about the trip and more about the journey. Might be a message in there somewhere, but not the one for this column.

No, the reason I'm writing and you're reading this piece is that, once again, a good vacation spot included fine running opportunities. That region is less flat than our own, so I was able to test myself on rolling hills. Traffic in the vicinity of Gills Rock was light enough and friendly enough that I didn't have to dive for a ditch, though I did run against traffic as safety-conscious foot travelers should. The usual routes more often passed through woods and country than past coastline, but the portions beside or overlooking Lake Michigan were in-



spiring. I even did some easy trail running through one of the several fine state parks.

Two other modes of travel can be combined in that part of the country: biking and ferryboat riding. Washington Island is large and inhabited, and can be reached by a car ferry, if you'd rather drive around. We elected instead to take our bikes on the smaller ferry that docked just down the road from our Bed & Breakfast. Not just because it was nearer, but bikes were carried free on that one. We could have spent a lot more time peddling and viewing than we did, but we're confident that we'll have other opportunities to visit that particular peninsula.

So, like the Bigfeet, travel on to new places for striding, gliding, and just plain relaxing. You might just catch up with yourself and your family in the process. Bigfoot.

Is Yoga Right for Runners?

By Mary Weerts

Yoga is a word that is often misunderstood. It is a physical and psychological discipline which evolved 5,000 to 6,000 years ago in India. There are many different variations of yoga and it has become more popular in recent years within our society. All types of yoga involve stretching, something that we need to do as we "mature" or age. Yoga can be a part of an injury prevention and strengthening program for runners and it is becoming more popular among all types of athletes.

Hatha Yoga means "yoga for health." The **Hatha Yoga** style encompasses six different types of yoga, all of which are "physical yoga." **Ashtanga Yoga** involves complicated, quick repetitive movements. **Bikram Yoga** was developed by a man who patented his program of the same 26 poses that are performed in a warm room (104 degrees). This way the participant knows exactly what the class is comprised of. **Kundalini Yoga** focuses on deep, rhythmic breathing, at times with chanting. **Viniyoga Yoga** is performed in a small class setting because the instructor "customizes" the yoga to the participant's needs, and is more therapeutic. **Iyengar Yoga** focuses on proper body alignment. **Vinyasa Yoga** is aerobic in that it involves a series of movements. Hatha Yoga can provide for cardiovascular conditioning, functional strengthening, greater flexibility, core strengthening, and relaxation. Yoga instructors and/or facilities may vary in what is emphasized. A yoga class may be comprised of several different Hatha Yoga styles. There are specific classes from beginners to advanced, from pre/post partum to athletic yoga classes. One should always consider the instructor or the style of yoga being taught when deciding upon what class to try.

As a runner or walker, consider a class that focuses on stretching and increasing flexibility along with core strengthening. This will help prevent injury through greater movement and strength of your body.

Mary is a seasoned Indy Runner who is active in numerous sports. As a certified yoga instructor, she teaches different styles of yoga, privately and in groups. For more information about yoga, you may contact her at: mkweerts@msn.com

Plantar Fasciitis

By: John M. Watkins



As runners of any distance, we subject ourselves to a variety of stresses, biomechanical, cardiovascular, emotional, and social. Relating to the first of these, this article is one in a series of brief discussions on common injuries seen in runners.

Plantar Fasciitis (PF) is an inflammatory condition affecting the connective tissues in the sole of the foot. These tissues run from the base of the toes to the front of the heel, running along the inside of the arch and instep of the foot. Constituting approximately 10% of all injuries in the running population, PF is a common condition which will affect many distance runners at some time in their career.

PF is typically characterized by a gradual, progressively worsening pain in the sole of the foot, particularly toward the front of the heel. This pain can also “radiate” toward the instep. The pain intensity can vary from sharp or stabbing to a dull ache, and is particularly intense during the first few steps of the morning. Typically, the pain improves somewhat during the middle of the day, though it is worsened by rigid shoes (heels, dress shoes with little cushion/support, etc.) and prolonged standing. By the end of the day, the pain may have returned to the intensity of the morning. Some sufferers find that they modify the way that they walk so that they roll off of the instep of the affected foot, in an attempt to avoid the painful point.

Runners at increased risk for PF include pronators (foot rolls in during heel-to-toe motion), heavier runners (increased stress to arch), and those who have high arches. Additionally, recent dramatic increases in workout distance or intensity, poor stretching habits, and/or shoes with poor support will contribute as well.

Fortunately, PF is a self-limited condition which is typically responsive to conservative (non-surgical) treatment. Medications include aspirin, non-steroidal anti-inflammatory drugs (NSAIDS: ibuprofen, naproxen/Aleve, Celebrex, Vioxx). I suggest taking these with food 30 minutes to an hour prior to activity, and then again 4-6 hours later as recommended by the label directions. Other beneficial treatments include stretches, to be performed every morning and randomly throughout the day, heel support shoe inserts, ice and/or deep friction massage, and motion control shoes. Beneficial stretches include:

- **straight leg heel stretch:** stand with one foot in front of the other, separated enough to allow you to

balance as you shift your hips forward while keeping your back erect and holding the heel of your back foot down.

- **bent knee heel/ankle stretch:** same as straight leg heel stretch, but now bend the knee of the back foot.
- **toe-pointing exercises assisted by hand:** bring one foot up onto the knee/thigh of the opposite leg, and use your hand to apply force in pointing the foot.

All of these should be performed on both the affected and unaffected foot; remember, you don’t want to double your injury time! Hold each stretch for a full 20-30 seconds (use your fancy Ironman watch), and do each stretch a minimum of 3 times per session. In order to make this more tolerable, I suggest incorporating this activity into your morning routine; for example, do the stretches during the morning news or while reading the newspaper.

In terms of activity restriction, current recommendations dictate that if symptoms are worsening at any time or not improving after 3-4 weeks of conservative therapy (listed above), discontinuation of the offensive activity (running) should take place immediately. In order to maintain cardiovascular activity (and potentially open the door to different types of racing), less aggravating exercise such as cycling and/or swimming should be initiated. This should continue until all symptoms (yes, even that sneaking little constant ache) are gone for no less than two weeks, and then low-intensity (short distance, on grass, etc.) running may be attempted. Conservative therapy (stretching, anti-inflammatory medications, etc.) should continue indefinitely. In addition, once the pain is diminished, strengthening exercises (2-3 sets of 10-15 repetitions each) should begin and continue indefinitely as well:

- **Towel crunches or marble pick-up:** as the names indicate, use your toes to grab a towel on the floor or pick up marbles.
- **Theraband exercises:** wide therapeutic rubber band provides resistance to motions of foot toward sole and each site; affix rubber band to stable pole or have someone hold.
- **Heel Raise:** standing on edge of step, slowly lower and raise heel against resistance of your weight; begin both feet at same time, progress to one foot as strength increases.

If the pain returns, immediately discontinue running and return to cross-training activities until pain regresses again for a longer period of time. Unfortunately, as

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Extraordinary Motivation

By Kristen Hartwig



Have you ever complained about having to go out and run? Or just simply wondered where that motivation to run would come from? Have you ever decided to sleep in on a Saturday morning instead of doing your long run? Or complained about a poor race finish time, whined about nagging soreness from running, or struggled to find time in a busy schedule to even run at all? Most of us have done or said at least one of these things in our running careers. I have done all of them, and more than once, but my attitude about running changed two years ago.

My ex-husband called me at work one afternoon in mid August 2001, to inform me he finally had seen a specialist for continual sinus problem he was encountering that summer. The news he received that day changed his, and my, life forever. The trouble he was having went deeper than a sinus infection: it was a rare cancerous tumor. After two chemo treatments and numerous radiation sessions, the 6'2", 210 pound weight lifter and previously healthy 31 year old I had known since high school had dropped to 165 pounds and needed assistance to just do simple, daily activities. This gave me my running a very different perspective.

Geoff lost his battle against cancer April 1, 2002. I was feeling very disillusioned about life and my purpose, as I tried to rationalize recent and past events in my life. It would have been very easy to drive straight home from work, skip running, and stay at home to sulk. Instead, I somehow made the drive each Tuesday and Thursday to Butler to run with the Indy Runners gang. Running was becoming my lifeline.

I was realizing how lucky I truly was to be healthy and be able to run. Many people are not so fortunate. I

“Plantar Fasciitis” Continued from page 6

with many inflammatory conditions, the recovery can take a long time. PF typically will slowly and completely resolve over 4-6 months, but can take up to 1-2 years in some cases. As a rule of thumb, if after 6-12 months of honest conservative therapy a runner is experiencing minimal or no relief, then he or she should consult an orthopedic surgeon to consider the potential need for local steroid injection or surgical management. This is relatively rare, but is necessary on occasion.

Other conditions which have similar symptoms include stress fractures and ankle strains. Stress fractures are

wanted to use my ability to run to help others. That's where the Leukemia and Lymphoma Society entered my agenda. Instead of running a marathon only to support my own health and fitness, I would run one to raise money to benefit the Society and those afflicted with cancer.

With the help of many loving friends and family members, this past June I was able to raise \$6,500 to donate to the Leukemia and Lymphoma Society. Seventy-five to eighty cents of every dollar raised goes directly to support cancer research and to support programs for affected patients and families. In return, I was able to go to Alaska and run in honor of Geoff, and other cancer victims, sufferers, and survivors of cancer, in the Mayor's Midnight Sun Marathon in Anchorage. It was a truly rewarding experience!

If you are ever lacking motivation to run, being a part of the Leukemia and Lymphoma Society might be a perfect boost. Further information about their programs, that also include century rides and triathlons, can be found at www.teamtraining.org. I highly encourage everyone to partake in this wonderful experience.

Finding my motivation to run is still not the easiest at times. But as long as I remember how fortunate I am to have this ability, you'll still find me out there putting in the miles.

{Editor's note: Kristen Hartwig ran cross country and track in high school, and finally got back into running about 5 years ago as she ran her first Mini Marathon. Since then, she has run 4 marathons, and participated in 2 River to River Relay events. She has been an Indy Runner for 2 years. She is a Pediatric Nurse Practitioner currently working at Healthy Children in Kokomo, and will be marrying Indy Runner and IR Mini Marathon Director, Kent Miller, on October 4. (Congratulations!)}

gradual in onset, and are typically less painful in the morning, worsening with increased weight-bearing. Additionally, there may be tenderness to pressure over the bones in the middle of the foot. Ankle strains are typically acute (rapid) in onset of pain, and are usually attributable to a specific action (pivot, planting foot to turn, etc.).

PF is a common condition amongst runners, and will likely affect many readers of this publication. Awareness of the symptoms and early institution of treatment will minimize the number of training days lost, and have you back on the trails soon. I'll see you out there.



YOUR EVENT CALENDAR FOR 2003

October

Sat 4th, Book'in it on the Monon, 5 Km Run/Walk, 1 Mile Family Walk, 8:30 a.m., Carmel Library, Carmel, IN, Tuxedo Brothers at (317) 733-3300

Sat 4th, Jill Behrman Run for the End Zone (to benefit the Jill Berhman Fund), 5 KM Run/Walk, 1 Mile Walk, 8:00 a.m., Mellencamp Pavilion, (corner of Fee Lane & 17th Street), Bloomington, IN, Joanne Orrange at (812) 855-2371

Sat 4th, Salmon Chase Fall Classic, 5 Km Run/Walk, 10 Km Run, 7:30 a.m., College Football Hall of Fame, South Bend, IN, Kim Sult at (574) 283-1115

Sat 4th, Kokomo Symphony's Annual Composer's Classic 10K & 5 Km Run/Walk, 8:00 a.m., Jackson-Morrow Park, Kokomo, IN, Jeff Janssen at (765) 455-1777

Sat 11th, Monster Mash Dash, 5K Run/Walk, 4:30 p.m., Eagle Creek Park, Indianapolis IN, Tuxedo Brothers at (317) 733-3300

Sat 11th, Indianapolis Star Strides Run & Walk, 10 Km Run, 5 Km Walk, Indianapolis, IN, Ken Long & Associates at (317) 884-4001

Sat 11th, Deuces Wild Duathlon, 2 Mile Run, 20 Mile Bike, 2 Mile Run, 9:00 a.m., Lincoln Trail State Park, Marshall IL, Lyle & Amy Yargus at (217) 826-6557

Sat 11th, Cole Porter 15K Run/Walk, 5 Km Run/Walk, 8.30 a.m., Circus Building, Peru, IN,

Sat 11th, 5th Annual Fall Frolic 5K, 5 Km Run/Walk, 1 Km Fun Run, 8:00 a.m., Mishawaka, IN, Karin Fisher at (574) 256-5313

Sun 12th, Kids Helping Kids 5K - Legacy House, 5K Walk/Run, 2:00 p.m., Downtown Canal Walk, Vermont Street

Plaza, Indianapolis, IN, Jessica Alexander at (317) 554-5272

Sun 12th, ZOOM thru ZULU 10K Run/Walk, 2-person 10 Km Relay), 1:00 p.m., New Haven, IN, Mitch Harper at (260) 436-0739

Sun 12th, Chicago Marathon, 26.2 mile Run, 7:30 a.m., Grant Park, Chicago, IL, Marathon Staff at 1-888-243-3344

Sat 18th, Indianapolis Marathon and Half-Marathon, 26.2 Mile Run, 13.1 Mile Run, 1.2 Mile Kids Run, 8:00 a.m., Historic Fort Harrison, Indianapolis IN, Race Director at (317) 826-1670

Sat 18th, Little 5K Run and Walk, 5 Km Run/Walk, 8:00 a.m., Columbus, IN, Kimberly Coveney at (812) 375-0646

Sat 18th, 2nd Annual Pumpkin Push 10K, 10 Km Run, 9:00 a.m., Marlen Park, South 18th St., Lafayette, IN, T.J. Hanna at 765-474-3448

Sun 19th, Haunted 5K Run/Walk (Wear a costume and you will fit right in with the Haunted Characters on the Course and special effects), fast 5 K Run & 1 Mile fun run, 7:00 a.m. and 6.40 a.m., Fairbanks Park, Terre Haute, IN, Race Organizer at (812) 234-9944

Sun 19th, Columbus Marathon, 26.2 Mile Run/Relay, Childrens Fun Run, 8:00 a.m., Downtown Columbus, OH, Marathon Staff at (614) 421-7866

Sun 19th, Louisville Marathon, Half Marathon, 26.2 Mile Run, 13.1 Mile Run, 8:00 a.m., River Road, Louisville, KY, Steve Dutton at 502/267-1825

Sat 25th, Pleasant Run Run, 5 Mile Run/Walk, 3 Mile Fitness Walk, 10:00 a.m., Historic Irvington, Indianapolis

IN, Tuxedo Brothers at (317) 733-3300

Sat 25th, Knobstone Trail Mini-Marathon (on the Low Gap Trail at Morgan-Monroe State Forest), Mini-Marathon, 10 mile, 10 Km, 5 Km Race/Walk, 9:00 a.m., Wall Shelter, Morgan-Monroe State Forest, Martinsville IN, Race Organizers at (765) 349-0204

Sat 25th, Run Around the Runway, 8:30 AM, Bloomington (IN) Airport, Dale Hepfer at (812) 332-5728

Sat 25th, Extreme Exchange Run/Walk, 5 Mile Run, 4 Mile Fun Walk, 10:00 a.m., Sunset Hill Farm County Park - U.S. Hwy 6 and Meridian, Valparaiso, IN, Race Director at (219) 926-5313

Sun 26th, 16th Annual Allerton Park Trail Run, 5.5 mile Trail Run, 2 Mile Fitness Walk, 9:00 a.m. (10:00am Indy Time), Robert Allerton Park, Monticello, IL, Spencer Nelson at (217) 621-9013

Thu 30th, Pumpkins in the Park 5K and Monster Mash Dash for Kids, 5 Km Run, 6:00 p.m., Cultural Arts and Recreation Center, Franklin, IN, Pam Gibson at (317) 736-3698

Fri 31st, Run Like HELL, 5 Km Run/Walk, 7:00 p.m., Downtown Indianapolis IN, Tuxedo Brothers at (317) 733-3300



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

November

Sat 1st, Outback Scramble, Wacky +/- 5 Mile Cross-Country Run, 9:34 a.m., Eagle's Crest, Indianapolis IN, Tuxedo Brothers at 317/733-3300

Sat 1st, Owen Putnam 50/50 Trail Run, 50 Km Run, 50 Mile Run, 15 Mile "fun run", 7:00 a.m. ET, Horseman's Campground, Owen-Putnam State Forest near Spencer, IN, Norm Carlson at (812) 829-3543

Sun 2nd, Zionsville 10 Miler (aka The Squealing Pig), 7 miles of asphalt trails on Zionsville's rails-trails & 3 miles of dirt trails, 1:00 p.m., Boys & Girls Club, 1575 Whitestown Rd in Zionsville, IN, Budd Glassberg at (317) 873-0100

Sun 2nd, Run the Mounds, 5 Mile Run/Walk, Children's Fun Run, 2:00 p.m., Mounds State Park East of Anderson on Mounds Road, IN, Anderson Road Runners at (765) 643-6304

Sun 2nd, The Lieber 5K Run and Walk, 2:00 p.m., Lieber Park, near Clovedale, IN, Lee Stewart at (765) 653-9646

Sat 8th, Potters Bridge Step N Stride, 10 Km Run, 5 Km Run/Walk, 9:00 a.m., White River Elementary, Noblesville, Indianapolis IN, Tuxedo Brothers at (317) 733-3300

Sat 8th, DINO (Do INdiana Off-Road) Trail Run Series, 5/15 Km Trail Run, 9:00 a.m., Southwestway Park, Indianapolis, IN, Brian Holzhausen at (317) 308-6449

Sat 8th, ICE RUN, 5 Km Run/Walk, 9:00 a.m., Indiana State Fairgrounds, Indianapolis IN, The Runners Forum at (317) 844-1558

Sat 8th, Indiana Fall Classic, 10 Km Run, 1 Mile Run, 2:00 P.M., Hawthorn Park Terre Haute, IN,

Mark Achenbach at (812) 894-2368

Sat 8th, 2nd Annual "Running of the Turkeys", 5 Km Run/Fun Walk, 10:00 a.m., Henry County YMCA, 300 Wittenbraker Ave, New Castle, IN, Event Director at (765) 529-3804 Ext.112

Sun 9th, Jingle Bell Run/Walk for Arthritis, 5 Km Run/Fun Walk, 2:00 p.m., Franke Park-Pavillion #1, 3411 Sherman Blvd.Ft., Wayne, IN, Event Director at (260) 672-6570

Sat 15th, Foundation Family Foot Fest, 5 Km Run/Walk, 1 Mile Fun Walk, 9:00 a.m., North Central HS, Indianapolis IN, The Runners Forum at (317) 844-1558

Sat 15th, Easter Seals 7k Turkey Chase, 7 Km Run, 2.5 Mile Walk, 1:00 p.m., Centerville High School, 507 Willow Grove Road, Centerville IN, Event Director at (765) 855-2482

Sat 22nd, Runners Forum River Run, 5 Mile Run/Fitness Walk, 9:00 a.m., Prairie Trace Elementary, Carmel IN, The Runners Forum at (317) 844-1558

Sat 22nd, Turkey Trail 8K Run/Walk, 10:00 a.m., Fowler Park, Terre Haute, IN, Race Organizer at (812) 234-9944

Thu 27th, Drumstick Dash, 4.4 Mile Run, 7:00 p.m., Broad Ripple Area, Indianapolis IN, Tuxedo Brothers at (317) 733-3300

Thu 27th, Cold Turkey 5 miler, Run/Walk, Downtown Indianapolis IN, Ken Long & Associates at (317) 884-4001

Thu 27th, Turkey Trot 4 Mile Run/Walk, 1 Mile Run/Walk, 8:00 a.m., Cass County Family YMCA, 905 E. Broadway, Logansport IN, Event Director at (574) 753-5141

December

Fri 5th, Jingle Bell Run, 6 Km Run, 3 Km Walk, 6:15 p.m., Terre Haute First National Bank (6th and Wabash), Downtown Terre Haute, IN, Boo Lloyd at (812) 234-2232

Sat 6th, Frostbite 5K (Race is in conjunction with the Celebration of Lights.), 5 Km Run, 5:00 p.m., Glen Miller Park, Richmond IN, Denise Newland at (765) 983-7425

Sat 6th, Jingle Bell Run for Arthritis, 5 Km Run/Walk, 10:00 a.m., National Inst. Fitness & Sport, Indianapolis IN, Tuxedo Brothers at (317) 733-3300

Sat 6th, Brown County Romp In The Park, 5 Km Run/Walk, 1.00 p.m., Brown Country State Park, Nashville, IN, Dara Piper at (812) 988-9622

Sat 6th, Tecumseh Trail Marathon, 26.2 Mile Trail Run, 5.5 Mile Yellowwood Lake Fun Run, Bus Boarding 9:15 a.m., Yellowwood State Forest, Bloomington, IN, Brian Holzhausen at (317) 308-6449

Sat 6th, 21st Annual Sleigh Bell 5k, 5 Km Run, 9:00 a.m., Lafayette Family YMCA, Lafayette, IN, T.J. Hanna (765) 474-3448

Sat 13th, Life Time Fitness Reindeer Run, 5 Km Run/Walk, 8.30 a.m., Life Time Fitness, 8705 Castle Creek Parkway, Indianapolis, IN, Event Director at (763) 557-9587

Sat 13th, Christmas in the Park 5K, 5 Km Run/Walk, 1 mile fun run, 9.40 a.m., Meadows Shopping Center, Terre Haute, IN, (812) 234-9944

Sat 13th, Reindeer Run, 5 Km Run/Walk, 10 Km Run, 8.00 a.m., Commons Mall (4th and Washington Street), Columbus, IN, Chris Rudy-Chapman at (812) 342-9583

Sat 27th, Winter Run 5K, 5 Km Run/fitness Walk, 9 a.m., Clay Jr. High, Carmel IN (to benefit Clay PTO), The Runners Forum at (317) 844-1558

Sat 27th, HUFF 50K Trail Run, 50K ultra, 3-person 50K relay, 8:00 A.M., Huntington Reservoir, Fort Wayne, IN, Mitch Harper at (260) 436-0739



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.



THREE CANAL BRIDGES

by Charles B. Huppert*



*(Ed. Note: Mr. Huppert has resided on the Canal and practiced law in Broad Ripple since 1973. He is not a runner, but is a recognized authority on the Central Canal, and is Vice President of the Canal Society of Indiana. This article was excerpted, with permission, from Mr. Huppert's article for the Society.)

Within the span of two months during the summer of 2000, three "new" bridges were placed to link the banks of the old Central Canal (erroneously referred to by many as the Water Company Canal) in northern Indianapolis. Actually, only one of the bridges is new. The other two are old—very old—but new to Central Canal lovers. All were placed over the Canal as part of the Indianapolis Greenways Project.

A New Bridge Comes to Broad Ripple

The first to be installed was the new bridge, just east of College Avenue. This happened on May 20, 2000, a Saturday morning. The bridge was manufactured in Quebec by Technomarine. Made of aluminum, it is 110 feet long and 13 feet wide and weighs 25,000 pounds. It was completely assembled in Canada and moved in one piece, requiring a fascinating transportation effort.

Once at College and Westfield Boulevard, a 200-ton crane with a 90-foot boom was used to lift the bridge into place 50 or so feet east (or upstream) from College Avenue. The bridge is easily recognized from various places along the Canal because it is higher than any other bridge in the area. Its seafoam green color was selected because it is the least likely to fade.

Opening and dedication of the bridge was held on Saturday, July 1, 2000. This pre-engineered bow truss bridge was obtained by partnerships between many organizations, including the Canal Society of Indiana. The Broad Ripple Village Association, in adopting its Canal Beautification Program, helped with the planning of this necessary link in the Central Canal Towpath Greenway.

Antique Bow String Bridge at the Indianapolis Museum of Art

Early in June 2000, the next bridge was located over the Central Canal just north of 38th Street and west of or behind the Indianapolis Museum of Art. This bridge was originally built in 1873 by the King Bridge Company in Cleveland, Ohio, as part of a two span bridge that, for a short period of time, crossed Sugar Creek (which had been called Rock Creek) just northwest of Crawfordsville in Montgomery County. However that bridge was simply too light to handle the heavy loads transported from the pork houses nearby. The bridge's swinging and swaying caused pier and abutment damage. In 1875 a flood damaged this and many other bridges over Sugar Creek. Finally this two-span bridge collapsed in 1893. Its pieces were retrieved from the bed of the stream and made into a single span "bow string arch pony," which was then located over Lye Creek in

northeast Montgomery County at Pitman's Ford (now County Road 700 North). The bridge was used for eighty or so years until closed. Near collapse, it was given several years ago to the Indiana Historic Landmarks Foundation. The City of Indianapolis in conjunction with the Indianapolis Museum of Art then contracted with the Foundation to have the bridge restored and placed over the Central Canal again as part of the Central Canal Towpath Greenway. In effect it provides two functions: It allows those on the grounds of the Art Museum to gain access to both the Towpath and the IMA lake which is being developed as an outdoor art museum and recreational area, and it allows Greenway users access to the IMA. The bridge is about 90-feet long and 14 feet wide. It was lifted into place in early June, was dedicated on July 12, and became the second of the series to be placed across the Central Canal. It is possibly Indiana's longest bow string bridge.

Antique Bedstead Near Illinois Street

The third bridge placed across the Central Canal in 2000, a "Pratt Bedstead Pony," also had been located in two different places in Montgomery County. Its first location is unknown, but it was decided to move the bridge in 1889 when it was about 10 years old. It was also placed across Lye Creek about two miles south of or downstream from the bow string bridge now gracing the Canal at the Indianapolis Museum of Art. Its original design required it to stand on low abutments near the stream's waterline on each side. The bridge would thus stand as would a high frame bed on the floor of a room.

The bedstead was constructed in about 1879 by the Wrought Iron Bridge Company, also an Ohio Company, and was made of wrought iron members and cast iron shoes and blocks. It is 71 feet long, shorter than the other two Canal bridges. The new bridge at College Avenue is set askew the canal and is thus the longest. The bow string at IMA sets on abutments well into the banks of the Canal. The bedstead sits only above water. Its approaches are over backfilled concrete structures which have little or nothing to do with the support of the bridge. Unlike the bow string bridge at IMA, safety is provided by iron lattice work which is not unlike that of its original design.

On June 22, 2000, this restored bridge was lifted into place across the Central Canal just west of Illinois Street. The bridge without its wooden deck weighs about 32,000 pounds and was lifted into position by a 150-ton crane. The bridge provides relief from a safety problem on the Central Canal Towpath. Previously, runners, walkers and cyclists had to cross the narrow Illinois Street bridge to the berm side of the Canal in order to follow the Greenway. Now this wonderful old bedstead serves the recreational needs of the Central Canal's users while demonstrating that restoring old bridges is viable, especially in building trails in the United States and elsewhere.

Continued on Pg 13

VOLUNTEER OPPORTUNITIES

Do you have time to give back to the running community? Indy Runners has several upcoming opportunities for you:

Butler Football Ticket Taking

Volunteers are needed to take tickets at four football games this fall. This is Indy Runners' way of giving back to Butler University for year-round use of Hinkle Fieldhouse for fun runs, the Mini Training Program and meetings. All games start at 1 p.m., and volunteers are needed approx. 11:30 a.m. to 2:30 p.m. Bring along a friend or family member and watch the second half of the game after you are finished for free!

For more information or to volunteer, please contact Margaret Drew at (317) 283-4036 or margdrew@aol.com

2003 Butler Football Games:
 October 11 St. Francis
 October 25 Dayton
 November 8 Valparaiso
 November 15 St. Joseph's



Indianapolis Marathon

Be a part of the excitement by working the finish line at this year's Indianapolis Marathon on October 18th. Indy Runners provides volunteers for the early shift (7:45-10:45 a.m.), but you will experience the finish first hand with timing and scoring, handing out finishers' medals, or stocking water and PowerAde for competitors. All volunteers receive free T-shirts and tickets to the post-race cookout.

Come out and watch the finish of the marathon, half marathon and marathon relay while you give back to running. Contact Margaret Drew if you are interested in volunteering or have questions at (317) 283-4036 or margdrew@aol.com.

World Cross Country Trials

On February 7 & 8, 2004, the World Cross Country Trials are coming to Indianapolis. Several races over the course of the two days will decide who will represent the United States in the World Championships. There also will be races to determine the National Masters champions. Indy Runners have been asked to provide volunteers to help with this event. We will primarily be serving as drug testing escorts. That is, getting athletes from their races to the drug testing area. This is an excellent opportunity to meet some of the best runners in the country up close. The meet will be held downtown, on the flood plain behind the IUPUI track stadium.

If you are interested in helping at anytime over the two days, please contact Mark Doctor, mkdoctor@aol.com, or (317) 823-6748. Additional information about the meet can be found at: www.indianainvaders.com, click on the "meets" tab.

The Double-Wide Work Out

By Mark Renholzberger

Snow was still on the ground when I got a phone call from Ashley Johnson, "Your special order is here! Come and pick it up." Normally I would have walked but this time I drove my truck to The Running Company. This was the beginning of a new era in my running career and I wasn't just picking up a pair of running shoes.

Arriving at the store I was greeted by a grin. "Some assembly required," someone said, as a large box in the back of the store was pointed out to me. This made it official. Yes, I am going to be a Dad, and what better way for a runner to begin fatherhood than by assembling a Baby Jogger. And a "double" jogger at that!

Not until April, when the weather was warmer and I had recovered from the trip to China to pick up another, very special order, did I take my little girls, Annie and Ellie, out onto the Monon Trail for our first run. They were bundled up very well and the sun was actually shining quite brightly. What excitement they first had with the sights and sounds of the Monon very quickly gave in to a nice nap induced by the warming sunshine.

Me, I was thrilled. Mary Ellen and I had just brought these beautiful, special little girls from Shanghai to their new home in Broad Ripple. We were a brand new family. And here I was taking *my* daughters out for their very first run.

Since then the girls have truly developed an appreciation for going out on a run. Boy, do they get excited. Of course, they usually end up taking a nap, but not before munching down bunches of Cheer-I-O's and throwing their sippy cups onto the ground 2 or 3 times.

I love listening to them "talk" to each other. Sometimes they even let me in on the conversation. And I'm getting a progressive work out. In April I was pushing only 46 lbs. Now I'm pushing 58. Yes, Annie and Ellie have healthy appetites.

By seeing our friends and all the smiling faces on the Monon, our daughters are seeing running, biking and roller blading as being normal, fun activities. And, best of all, they're learning that from their Mama and Baba.

Mark and his wife, Mary Ellen Matthews, are the proud new parents of twin two-year old daughters. Both Mark and Mary Ellen are long time Indy Runner members and board members. Mark is the current director of the Groundhog 7 in February. Daughters Ellie and Annie were recently featured on babyjogger.com website.

HOTLINE

For Indy Runners and Walkers
 information visit the website at



www.indyrunners.org

or call the Indy Runners Hotline at 290-RUNR

The Hood to Coast Relay—Whew-Who, What an Experience!

By Nancy and Denny Breedlove and Julie Williams

What: 195-mile relay with 12 runners - each running 15-20 miles over 3 legs.

Who: 4 of us from Indy—Denny & Nancy Breedlove, Kent Miller and Julie Williams joined 8 other Teammates from the Portland area.

When: August 22 and 23rd 2003.

Where: Oregon—from The Timberline Lodge on Mt Hood to Seaside, OR.



At 10:00 Friday morning our team “I’m Paying to do What?” started The Hood to Coast Relay and by 4:00 p.m. on Saturday we made it to Seaside, Oregon and the finish line! What happened during those 30 hours in between was quite an adventure!

Each team consisted of 2 vans with 6 runners each. Van 1 dropped their first runner off at The Timberline Lodge on Mt Hood for the start of the race. Runner 1 had a 6-mile downhill run to the bottom of Mt Hood (a descent of 2,000 feet). We stayed at the Timberline Lodge so we saw some of the teams starting and then drove down the 6-mile hill (we weren’t envious of these runners).

We were in van 2, so around 2:00 p.m. we started our first legs. The first round went well, pretty much a normal evening run. We had a couple of hours to try to rest, and then we drove to the next exchange area. Denny started our second round about 1:00 a.m., followed by Nancy, Kent and

then Julie. These legs were pitch dark on backcountry roads. We all had to carry a flashlight and wear reflective vests. Our next 2 runners ran and we finished our 2nd round just about the time the sun was coming up! Now it was time to sleep again. Luckily

one of our runners was awake enough to drive us to the next exchange area where we were all looking forward to pulling out our sleeping bags and stretching out on a big tarp to sleep. Needless to say, after being awake for 24 hours and already running 2 legs, we were all a little disappointed when the tarp was big enough for only one person, so the rest of us ended up cramming back into that van to sleep.

We survived “sardine-ness,” and picked up our next legs about 11:00 a.m. and finished at Seaside around 4:00 p.m. We were running on little sleep, with muscles that had been folded into the van between running segments, but we were all bright eyed and bushy tailed! We all felt amazingly well considering the strenuous and unusual circumstances. (We haven’t even described the course, which was rather hilly now and then. Check it out at www.hoodto coast.com.)

Spending 30 hours with 6 people in a van is an experience in itself. Then add the stinky shoes and clothes, unusual meals (with unusual results), little sleep and tired muscles and you really have one great experience. We’d all do it again!

What’s Happening in Indiana USATF

By Ian Seecof, INUSATF Representative

Sunday, September 21st was the date of the Annual Indiana Association USATF membership meeting. On the agenda was election of members to the Board of Directors. Each Sports Committee reported results of 2003 and proposals for 2004. Each of the 57 associations is a microcosm of USATF, the national governing body for Track & Field. If you are a member you have a vote. Indy Runners is a member Club and also has a vote. The Board of Directors meeting followed the general meeting at the University Place Conference Center on the campus of IUPUI.

The next event in the INUSATF MUT Series (Mountain, Ultra, Trail) will be the Hoosier Hikers Mini Marathon/10 mile/10K/5K on the Low Gap Trail at Morgan-Monroe State Forest on October 25th. November 8th is another DINO 5K/15K at Southwestway Park. December 6th is the Tecumseh Trail Marathon in Yellowwood State Forest. December 27th is the HUFF 50K Trail in Huntington. The events are open to any runner. However, to participate in the INUSATF MUT Points Series, you must be a member of USATF. If you are tired of the same old road races, these venues will definitely heighten the flame on your candle!

Many runners also are cyclists. August 28th-Sept 1st was the Midwest Tandem Rally in Dayton, Ohio. Over 550 tandem teams participated from several states. The diversity of tandems was very remarkable and I am sure the people in Dayton will not soon forget the event. Next year’s Tandem Rally will be in Columbus, Indiana. I encourage anyone who bikes to check this out.

(Editor’s note: Ian Seecof is an Indy Runners member, on the board of directors for NUSATF, LDR Chair (Long Distance Running), Indiana MUT representative, Member of the USATF MUT Council and Chair for the INUSATF MUT Trail Running Points Series)

Running and Cross Training Websites

Running Races

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

Trail Races

DINO Series	www.DINOseries.com
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Cross Training

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

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

Trail runs and mountain bike races

Club rides, weekly ride schedule
Adventure Navigation



SO WHAT IF I PRONATE?

By Ralph Reiff, ATC/L, St. Vincent Sports Medicine

Runners and walkers have no lack of reading resources concerning health and fitness issues. Magazines and newspapers regularly print articles on diet, nutrition, training, and injuries. Fitness-oriented individuals are constantly seeking ways to improve their performance while staying healthy and injury-free.

One sports medicine topic that receives a great deal of attention, especially with runners and walkers, is overpronation. If you listened in on a group of runners talking about their aches and pains, you would certainly hear them discussing overpronation at some point. Unfortunately, despite all the information available about foot biomechanics, very few people understand what actually takes place from the time the foot hits the ground until it pushes off (the gait cycle), and how it can lead to injuries. Many people would actually be surprised to hear that pronation is a normal part of foot function.

WHAT IS PRONATION?

Our lower extremities go through a complex series of movements that propel us forward. One of the most important functions of the foot is to help the body absorb shock when it hits the ground. Depending on the activity, our lower extremities experience a force between one-and-a-half to three times our body weight every time our feet hit the ground.

The foot normally strikes the ground on the outside (lateral) part of the heel, which is why our shoes tend to wear on the outside back portion of the heel. As soon as the foot hits the ground, the heel rolls inward. This motion—pronation—absorbs shock and gives the appearance that the arch is flattening out. This pronation mechanism unlocks the bones of the foot, making it more flexible and reducing the force to the

feet, ankles, knees, hips, and back. Once this pronation phase is complete, the foot begins to roll out or supinate slightly, creating a more stable and rigid foot position that allows the lower extremity to achieve maximum efficiency when pushing off.

Pronation, then, is a normal and necessary biomechanical motion in foot function. However, if the foot pronates too much or for too long, it will remain unstable, making the lower extremities less supportive of body weight. This can result in heel or arch pain, stress reactions, knee pain, other overuse injuries, and even bunions and bone spurs.

WHAT TO DO?

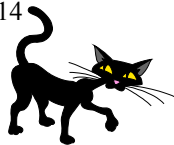
You can detect overpronation in several ways. It is best to be observed by someone else (well trained) who can examine the foot position while walking or running. Many Indianapolis area sports medicine centers, sports medicine physicians and technical running shoe stores have experience in the determination of pronation.

It is difficult to assess how destructive overpronation can be to the lower extremities or to what extent pronation deters from running efficiencies. Many world-class athletes overpronate, but have found means to compensate with proper footwear and training regimens.

In summary, pronation occurs in varying degrees every time our feet hit the ground. If you feel your feet roll in excessively or seem to be plagued with injuries of the lower extremities, a thorough biomechanical examination can help determine the extent to which overpronation is contributing to these problems.

“THREE CANAL BRIDGES” Continued from Pg 10

Thus, within a very brief time one’s view of the Central Canal was significantly changed. Its three “new” bridges, as well as a continuing canal beautification program in Broad Ripple, beckon canal lovers to Indianapolis to see Indiana’s premier remaining canal.



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	Janelle Renschler (317) 299-1095	Open: 3-8+ miles
Tuesday 6:00 pm Thursday 6:00 pm	All	Hinkle Fieldhouse Butler University	Brian Cake (317) 876-7252	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 Sept 2003)

Debi Alexander	Keith Kunze
Matthew Averi	Mary Milz
Elaine Bedel	Trish Pesyna
Jennifer Beezley	Patsy Popejoy
Ken & Robin	Michael Pritchard
Chestek	Emily Richards
Marc Chevigny	Jeffrey Risser
Michael & Louisa	Martha Taylor
Chiasson	Leo Tracy
Angeline DeiSanti	Nadine Tulega
Bradford Easton	R J VanEaton
David & Jane Funke	Brian & Cindy Verbarg
Louise Gameau	Kristen Zink
Ruben Garcia	
Sara Herman	
Paul Khoury	



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

It doesn't seem possible, but the Mini is fast approaching and it's time to register for **YOUR Indy Runners 2004 Mini Marathon Training Program.**

I began as your membership chairman just prior to the 2000 program, a position that had been vacant since the previous spring, and was there ever a lot of confusion about "current membership"! Since then we have sent out renewal notices 3 to 4 weeks in advance of your expiration date, and have clarified the registration fee information on the Mini Training Program forms. We've reduced our "non-member errors" from nearly 100 for the 2000 program to less than half that for 2003—but a few of you are still a bit confused, so here is how it's supposed to work.

In order to be a participant in the training program, you must be a member of Indy Runners. If you are a current member, you may register at the current member price. If you are not yet a member, your membership has lapsed, or you simply want to go ahead and renew, you may do so in conjunction with your training program registration. You may also join or renew by using an Indy Runners Membership Application. Either can be done on paper or on-line—access active.com via "http://www.IndyRunners.org" to do it on-line. If you renew in January but your membership doesn't expire until May, don't worry—we'll extend it to the appropriate date.

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

I have seen confusion arise because there are a few people who consider themselves current members simply because they have enrolled in the training program. You are not automatically a member when you enroll in the program. The membership fee is in addition to the training program price. You may want to complete a separate membership form if you prefer a family membership or a 2-year membership, since these give you price breaks.

By the way, you can more than recover your membership cost when you take advantage of the 10-15% discounts offered by cooperating retailers. One pair of running shoes, a couple of articles of clothing or an injury assessment will do it. You will also get the club newsletter, *Foot Prints*.

Still confused? Or not sure of your status? Contact Marilyn Grissom, preferably by e-mail to "membership@indyrunners.org," or by phone to 317-543-9010.

INDY RUNNERS MEMBERSHIP APPLICATION

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

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

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

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

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

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

WHICH ONE BEST DESCRIBES YOU?





Beginners Mid-Pack Motivated Racer

CLUB MEMBERSHIP APPLICATION WAIVER

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

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

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

Foot Prints

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Bruce Walker



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

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

Photos, original artwork, and advertising are always welcome.

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

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

Deadline

December 7, 2003

Issue

January 2004

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

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