



Foot Prints

October 2004, Volume 9, Number 4

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2005 Indianapolis Life 500 Festival

Mini Marathon

Haven't signed up for the 2005 Mini Marathon yet? Why are you waiting???? The 2005 race is already 1/3 filled and Indy Runners doesn't have a batch of extra bibs hidden away. Please sign up early (as in right now!) to avoid being left on the sidelines. For race registration, visit the Mini Marathon website at www.500festival.com The 2005 Mini Marathon will be held on **May 7, 2005**.

A few changes for 2005...

1) **New Start Time.** The Mini will start at **7:30 a.m.** and the 5K at 8:15 a.m. (nobody wants to be black flagged!)

2) **New Registration deadlines.** December 14, 2004 is the first deadline and the price to register is \$40 per participant. This will most likely be the only registration deadline since the race will probably reach its maximum participant level by then. From December 15, 2004 until January 31, 2005, the registration price is \$50 per participant if spaces are still available. Deadlines for the 5K vary, so please visit the website for more information.

3) **Seeding Process.** Seeding proof can be submitted after you register but must be *postmarked by December 31, 2004* to be seeded for the 2005 race. If seeding information is not postmarked by the deadline, you will be assigned a corral based on your estimated finish time. No exceptions. This will give you until the end of this year to hit your goal time for seeding. See the website for seeding qualifying times.

4) **Seeding Opportunity.** St. Francis Hospital's Jump the Gun event will be November 6 and will include a 4 mile run which can be used for seeding for the 2005 Mini.

5) **2005 Mini Marathon Training Series Dates.** February 5 – 5K, March 5 – 10K, and April 23 – 15K

Cannot run this distance? You think all these people are crazy for running 13.1. miles? Just want to hang out on the sidelines and watch your friends compete? Why not sign up to volunteer for the Mini, Packet Pick Up, the Rookie Run or Kids Day?

Contact Mark Adler at madler@500festival.com or 614-6130 for more information.

Indy Runners and Indy Walkers

President	Donna Billiard Wright	374-1318	president@indyrunners.org
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Volunteer Coordinator	<Position Open>		volunteer@indyrunners.org
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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

Summer has faded to fall and it is marathon season. After watching the women's and men's Olympic marathons in August, I was inspired by the athletes' strength and endurance. For a born and bred Hoosier, flat and cool describe my perfect marathon course and conditions. I cannot even image the conditions these athletes battled with the 100+ degree heat and the multi-mile incline they ran on the Athens course!

For anyone who is running a fall or winter marathon, best of luck. Your training should be winding down at this point. Indy's own marathon, the Indianapolis Marathon, will be taking place on October 16th in the Lawrence area. The race director, Joel Sauer, manages a great race with the help of his seasoned volunteers. Multitudes of events are offered at this hometown event including the marathon and half marathon distances, a relay team marathon, a kids marathon and even a 5K.

Speaking of a half marathon, have you signed up for the 2005 Mini Marathon? More than 8,000 people have already registered for the 30,000 race numbers. I know it feels like we just finished the training program and ran/walked that black-flagged course.



But the 2005 race is almost one third full. The Indy Runners Mini Training Program will be managed next year by Kent Miller. Entry forms will be out soon for the Indy Runners Mini Training Program, but don't forget the Mini Marathon registration is separate and needs to be completed before December this year (bets are out that the race may be full by then!) Give yourself an early holiday gift, and get registered for the Mini. Then, register for the Indy Runners Mini Training Program that starts at the end of January (yes, in the snow and ice, but we do serve pizza!).

Happy running and walking this fall in the beautiful fall leaves. I look forward to seeing everyone at the Indy Runners fun runs and in January to kick off the Indy Runners Mini Training Program.

Walking on Vacation

by Marcia Gascho

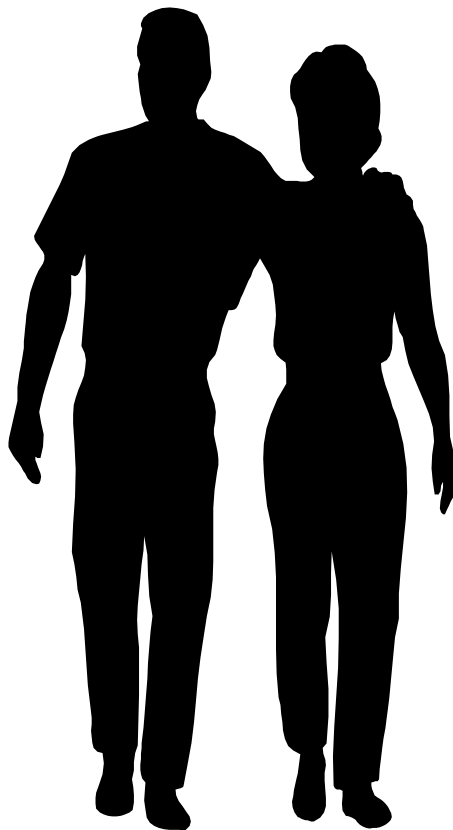
Many people have different ideas about how and where to spend their vacation time. Some like leisurely vacations where they lounge around a pool or beach. At the opposite extreme, some like to climb mountains, shoot rapids in a kayak or go on deep sea dives. My vacations fall somewhere in the middle. I get bored if there is too much lying around and like to keep active sightseeing, walking or hiking.

There are a number of ways to keep active and in shape while on vacation. Cruise ships offer exercise programs and gyms on board. Also you can get a workout just by walking laps on deck and on land at ports of call. Many hotels and motels have fitness facilities and swimming pools. On trips I have taken my swim suit and done some of my water aerobics routines at motels. If you are visiting a city, bring along a good pair of walking shoes and socks to see interesting sights on foot. In the woods, bring hiking boots to explore and enjoy nature. If you belong to the YMCA or YWCA, you may be able to use your membership in another city.

On a recent trip to Yellowstone Park and the Tetons, I wore my pedometer every day. I was surprised how many steps I took on an average day of sightseeing on foot. The day we took a short hike and walked around the Geyser basin, I took approximately 16,000 steps which roughly translates to 8 miles.

Sometimes you need to go into training to prepare for a vacation! In my opinion,

everyone who plans to go to Disney World (or other large theme park) should get into a walking program beforehand! When my family and I visited DW in 2000, we saw many out-of-shape people wearily trudging around in bad shoes. Being in shape and wearing good cushioned socks and shoes helped us survive walking on the hard and hot pavement for hours. Before hiking in the Grand Canyon, my husband and I tried to prepare by climbing lots of stairs and taking hikes wearing our packs. If any of you remember my account of that hike from a previous Indy Runners newsletter, you'll know we still didn't train hard enough. Be sure not to buy new shoes or boots right before you go on vacation. Break them in for about a month first!



My dream vacation is to take a walking trip in Europe. Some tours offer stays in quaint bed and breakfasts, great dining and visits to out-of-the-way villages, castles, etc. In the Ambasadair travel club, you can find walks for all levels of fitness from easy hikes to strenuous trekking in the Himalayas.

Don't take a vacation from your fitness program! It amazing how quickly you can lose your fitness level when you are inactive too long.

Marsha Gascho is the coordinator for Indy Walkers Monthly walks. Please watch the website for monthly walk dates and locations. You may email Marsha about the walks at

walkers@indyrunners.org

An All New 2005 Mini-Marathon Training Program!

By Kent Miller

Mini-Marathon Training Program Director

Don't miss this year's new Indy Runners Training Program! Spots are filling up fast. Sign up now! Hurry! Featured will be (some) new speakers, (some) new trainers, new shirts, new courses, your new attitude and even new and improved weather! Our price will (maybe) beat anyone in town!

Does this sound familiar? Nearly every morning for more years than I care to remember I hear a car commercial on TV that advertises "Back By Popular Demand...the Used Car Acquisition Sale"! I wonder who is making this demand? Do you find any of the training programs you see starting to sound like car ads? Here in Indianapolis we are fortunate to have many different choices of training programs for the mini-marathon. I get most of the flyers in the mail for the different programs. When I read them I find it interesting how they spin what is not that complicated; getting out and running and then running a little more to get ready for a race.

The Indy Runners program will begin again on Jan. 18th. Flyers will go into the mail in November. The program will again be at Hinkle Fieldhouse on the Butler Campus. The training will be in a group format consisting of 10 different running groups and 3 walking groups. We will run on the Central Canal Tow Path which is gentle on the legs and keeps you from having to cross too many streets. There will be food, advice, medical help, coaching, camaraderie, showers and fun! You can get as involved as you wish. We can always use volunteers as trainers, volunteers to do volunteer organizing volunteers to help with registration or any of a number of items. Most people want to just come out and train and that is OK as well.

Watch your mailbox for the sign up forms. If you have any questions regarding the program at all; be it related to how to prepare, avoid injuries, volunteer, etc. you may call me at 317-255-2761. You may sign up in person, in the mail or on-line at www.indyrunners.org. We're proud of our program and it really is a good deal. But hurry! These running spots are hot!



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



Long Runs

By Brian Cake

I first considered running the Mini as a senior in college. However, the race was the Friday before finals, and that became an excuse to avoid my first half-marathon. Upon graduating, that excuse no longer held water. I decided to run the 1997 Mini. As a relative newcomer to racing, I had no idea how to train. No two training schedules were alike. How is a newcomer supposed to train for the race when he/she has no idea whether a schedule is a good one? There are countless training schedules. While each is different, they all have some similarities. One of these is the long slow distance run.

The long run is arguably the half-marathon runner's most important training run. The total effect of this run cannot be overstated. These runs are typically done once a week, although some schedules set them 10 days or even two weeks apart. Weekly long runs work best for most people as the run occurs on the same day each week. You always know when it is time to complete another long run. The Indy Runners Mini training program places these on Tuesdays (the day of the weekly program) so that they can be run with a training group. Many other people run these on the weekends when they have the day off from work.

The main purpose of the weekly long run is to acclimate the body to running for a long period of time. The time spent on your feet is more important than the distance or speed of the run, but many programs still specify a running distance rather than a length of time.

Long runs should be done at a fairly comfortable pace. What's a comfortable pace?

You should be able to converse while running. It is okay if your breathing increases a bit while talking, but if you cannot talk without gasping for breath, slow down until conversation is possible.

The pace should be roughly 90 to 120 seconds per mile slower than your 5K (3.1 mile) race pace.

Note that I did not say to do the long run as fast as possible. Are you still unsure how fast to do the run? Simply run at a somewhat easy pace without regard to the exact speed. Again, since the main point of the long run is to acclimate your body to running for a long time, completing the long runs at a little slower than optimal pace should not hurt your training. The distance of the long run is enough of a stress on your body. Running it all out will do nothing but extend the recovery time, sabotaging the benefits of your next run. It may seem odd that your key run is to be done at a pace slower than you are likely to run a half-marathon, but the thrill of the race will help pull you along. In addition, speed comes from other training runs. Different training runs have different purposes. The purpose of the long runs is not speed.

The long run need not be boring. Under the right circumstances, it can be one of the more enjoyable runs of the week. The weekly long run is a great run to do with others. Since the particular speed is not very important, runners of somewhat different abilities can do these runs together. Running with others provides a chance for great conversation and helps the time fly by. This is one of the nice things about the Indy Runners Mini training program runs. They provide a day and time each week for participants to run long with others their pace. Each group has at least one trainer to keep the group running the prescribed pace. Runners often start out too fast on a long run, only to fade late. Having a pacer helps prevent this problem.

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Long Runs

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The length of the long run will vary from person to person. A very rough rule of thumb might be to run one and a half to two times the average of the distances of your other weekly runs. Due in part to the length of these runs, it is fine to take short water or bathroom breaks.

I personally have raced over a dozen half marathons and a couple of marathons. For several years, my race times were stagnant. I would raise my weekly mileage, but my race times barely budged. During marathon training, I might run my long runs sixty seconds slower than my 5K race pace and end up very sore the next morning. Recovery would take a couple of days, limiting the effectiveness of my other runs. Again, my half-marathon times barely improved. Two years ago, I slowed my long runs to the correct speed. I have since smashed through my old race PR's (personal records). I believe that the largest contributor to the speed increase was slowing my long runs, allowing me to recover quicker and be better prepared for other weekly training runs.

Give the weekly long slow distance run a try. You will not be disappointed.

Brian Cake has been an Indy Runner for 2 years and has been competing in races for 9 years. Currently he is training for the Columbus Marathon with a goal of qualifying for the 2005 Boston Marathon. He serves as the contact person for the Indy Runners' Tuesday and Thursday Fun Runs at Butler each week.



Medical Column

One at a Time

by Ralph Reiff, LAT, ATC, M.Ed

Director, St. Vincent Sports Performance Center

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

We find that many runners and walkers go beyond the routine of “just” walking and running. You pursue additional elements to improve your performance.

You lift weights, stretch, try Pilates training and Yoga. All of these are great activities and offer benefits. The contribution they offer to your total fitness is measurable and meaningful.

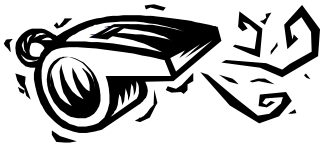
However...I offer you food for thought. Take just one element and concentrate on being as good as possible at this one item. I want you to focus on flexibility. Self evaluate your flexibility and look for the “weak link”. It might be your hamstrings. Ideal range of motion for the hamstring muscle group, while lying on your back with the hip at 90 degrees, is 165 – 180 degrees of extension at the knee joint.

Put your self to the test. Evaluate your hamstring flexibility. If you cannot meet this standard, work on this single element. One at a time....make this better and it will improve your speed and reduce your injuries.

Our staff are experts in running...we are passionate about our programs. Contact us if you have been bothered by chronic injury, are unsure of your “core strength” or have a desire to run faster with less risk of injury. You may contact the St. Vincent Sports Performance Center at 317-415-5747 or at www.stvincent.org/sportsmed.

Coaching—How ready are YOU? (Part 1)

By Mike Niederpruem, MS, CSCS



Throughout my coaching career, I was always touched by the transformations I observed in athletes of all abilities by the influence of their coaches. At the same time, though, I always understood that, try as we might as a profession, there would never be enough coaches, or enough transformation to go around. The coaching of individuals who participate in endurance sports (e.g., cycling, running, duathlon, triathlon, etc.) is still very much coming out of the embryonic stage as far as our professional evolution goes, but I am quite hopeful in the developments and progress we've made as a profession, especially within the last 10 years.

The great news is that quality coaching is more widely available to everyone, regardless of ability level, than it has ever been before. In fact, it is the beginner or recreational runner who will have the most to gain by working with a coach earlier rather than later, in the pursuit of their new hobby.

However, without athletes to coach or apprentices to mentor, our profession has no reason to exist. Here is where you get to have a say in the matter. At some point, you may consider working with a coach. If you do, keep in mind the following suggestions throughout your budding relationship. You might be surprised to find yourself actually achieving and exceeding all those goals that have been so frustratingly out of reach for you in the past. Plus, you might even gain a good friend in the process, and have a richer participation experience, too.

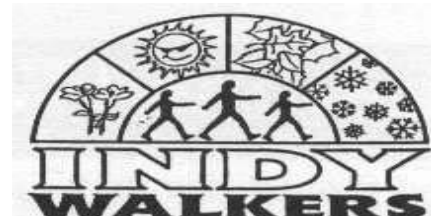
- Don't be afraid of embarrassment in front of your peers by stepping away from convention in seeking a coach; it is not that they are jealous or perhaps looking out for your best interests, rather, it is how they express their admiration for your courage and wisdom in making a profound and informed decision.
- Enter into the relationship with your coach completely open to possibility, and you will exceed even your wildest imaginings. But enter this relationship with preconceived notions and expectations, and you will ultimately leave it as you entered... with nothing.
- Take 100% of the responsibility for learning. After all, you are, in essence, a student of your craft.

If you are critical by nature, and often find yourself judging others, then re-direct your criticism to the critic in you.

Neither reject nor seek criticism as an athlete; enough will come your way often and quickly. Adjust to criticism with integrity and without judgment as one responds to daily weather.

- In conversations with your coach, it is always time to listen, and there is never enough of that. Yet, there are times to speak, and even question, but already too much of our conversation is lost in

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Running and Cross Training Websites

Running Races

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

Trail Races

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

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this. Sometimes, it is simply enough to trust and accept.

- Be strategic in the pursuit of your goals. Be committed to the long-term, as opposed to attached to the short-term. Never sacrifice principles for tricks, for you may become clever, but never masterful.
- Finally, if you must “compete” with your fellow human being (outside of formal competitions), try competing with yourself and who you could ultimately be, instead. If you need to make comparisons, then compare yourself with the possibility of who you can be.

So, when you are ready to seek out a coach (and all of us need coaching at some point in our lives, and not just for the pursuit of physical excellence, either), consider the above suggestions as your relationship with your coach unfolds. Not only will you have a more enriching experience, but you might be quite surprised as well, to see how far beyond your original goals and dreams you may find yourself.

In Part Two, I will discuss how and where to look for a coach, as well as how to determine if a specific coach is best for you and your goals.



Membership

By Marilyn Grissom

After several years as your membership chairman, it is time for me to “pass the baton”. The new membership coordinator will need a computer and MS Excel. The club owns the software for the database, which will be loaded onto your computer. Your job is to send out renewal notices, receive new and renewal forms and keep the database current. You also e-mail an updated list to the printer each quarter for the club newsletter. I will work with you until you are fully comfortable with the job and will always be available to answer any questions. If you are interested or would like more information, contact me at mgrissomruns@ameritech.net or (317) 543-9010.

Club Merchandise

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



Indy Runners Marathon Caps

\$15.00



New Indy Runners Singlets

\$16.00

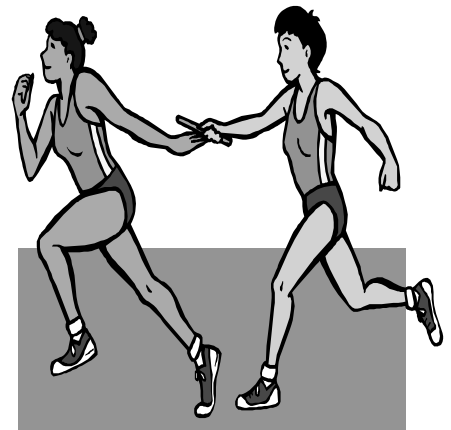
(Men's & Ladies sizes)



Indy Runners/Walkers
Sweatshirts

\$28.00

(XXL \$30.00)



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Phone : 317-294-1200

Name : Mark Carlson

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The Real Estate Leaders
SM

Volunteer Search!!

Here's the perfect way to give back to Indy Runners/Indy Walkers, as well as the local Indianapolis running community.



Indianapolis Marathon/Half-Marathon

October 16, 2004 8:00 a.m. - 11:00 a.m.



We need **15** volunteers to man the finish line, mostly for the 5 K, 1/2 marathon runners, assisting removal of chips, distributing medals... The race is near Fort Benjamin Harrison. Every volunteer gets a special T-shirt and the lunch at the post-race cookout. What a great way to support the local marathon and see some of your friends race. To sign up, please call me at (317) 259-1946 or e-mail at 2002games@earthlink.net.

Sign up for Indy Runners / Indy Walkers e-updates at

www.indyrunners.org

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.

Welcome Indy Runners / Indy Walkers New Members! (as of June 15, 2004)

Jerred & Marci
Copeland

Mark Luckie

Allison Wolfe

Mary Loveberg

Elaine Bedel

Leo Tracy

Melissa Newman

Mandy Wott

Bradford Easton

Patsy Popejoy

Michael Pritchard

Rebecca Van Eaton

Brian & Cindy Verbarg

Kristen Zink

Deanna Barthlow

Molly Holtkamp

Amy Jo Putz

Ken & Robin

Chestek

Louise J Gameau

Ruben R Garcia

Paul Khoury

Mary Milz

Emily Richards

Tracie Bennett

Mike DiMascio

Ami Gieselman

Paul Lorentz

Tony Poynter

James & Elizabeth

Robinson

Shelly Scott

CLUB RUNS

Day/Time	Pace	Starting Place	Contact	Miles
Monday 6:00 pm	All	To be determined	Janelle Renschler 299-1095	Open: 3-8+ miles
Tuesday 6:00 pm	All	Hinkle Fieldhouse	Brian Cake 876-7253	1-8+ miles
Sunday 7:00 am	9+ minute/mile	Fort Ben	John Laker	Open: 6 or more miles

For up-to-date info, go to:

www.indyrunners.org



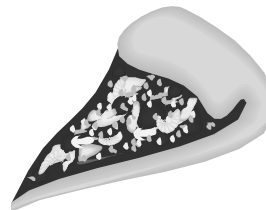
Foot Prints

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

Monday Night Club Runs



The Monday Run had a successful summer season in the new location at 75th Street and the Monon Trail. A dedicated group of runners showed up and we enjoyed pizza night once a month. We will continue the run at this location next summer, so plan on coming out beginning in May 2005. Historically the fall/winter Monday runs have been held at IUPUI downtown; however, this location is currently under review. We will announce the location on the website, so check for updates. Contact Janelle Renschler (merchandise@indyrunners.org) with any questions.



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!)

Butler Events (ticket taking) Hotline Newsletter

Club Races Indy Walkers Social Functions

Equipment Rental Membership Volunteer Recruitment

Fun Runs 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 _____



YOUR EVENT CALENDAR FOR 2004

October

Sat 2nd, Book'in it on the Monon, 5 Km Run/Walk, 1 Mile Family Walk, 8:30 a.m., Carmel Library, Carmel, IN Contact Tuxedo Brothers @ (317) 733-3300

Sat 2nd, DAMAR Race for Success, 5 Mile Run/Walk, 1-Mile Fun Run, 8:30 a.m., Decatur Central High School Facilities, 5251 Kentucky Avenue, Indianapolis, IN, Contact Ken Long & Associates @ (317) 884-4001

Sat 2nd, 1st Annual SAIL Triple C Race for Independence 5 Km Run, 1 Mile Run/Walk, 8:30 a.m., Lake Land College, Mattoon, IL, Contact Brendt A. Ramsey @ (217) 345-7245

Sun 3rd, Little 500 8K Scholarship Run, 8 Km Run, IU Campus, Bloomington, IN, (812) 855-9152

Sun 3rd, 13th Annual Alzheimer's Memory 5 Km Run, 8:30 a.m., Cleveland Metropark Zoo, OH, Contact Mary Lambert @ (216) 721-8458

Sun 3rd, 5th Annual Lakeland Clocktower 5 Km Run/Walk, 9:00 a.m., Lakeland Community College, Kirtland, OH, Contact Randi Ferline @ (440) 953-7102

Fri & Sat 8th & 9th, 'Circle City' 24HR Adventure Race, Various Urban Challenges, Downtown Indianapolis, IN, Contact Jerry Lyons @ (317) 784-3540

Sat 9th, Monster Mash Dash 5 Mile Run, 5 Km Walk, 4:30 p.m., Eagle Creek Park, Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 9th, Jill Behrman Run for the End Zone, 5 KM Run/Walk, 1 Mile Walk, 10:00 a.m., Mellencamp Pavilion (corner of Fee Lane & 17th Street), Bloomington, IN, Contact Kimberly Ruff @ (812) 855-7917

Sat 9th, Apple Festival 5 KM Run/Walk, 1.00 p.m., Eastern Heights YMCA, Bloomfield, IN

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

Sun 10th, ZOOM thru ZULU 10 KM Run/Walk, 2-person 10 Km Relay, 1:00 p.m., St. Louis Church Recreation Hall, 15535 E Lincoln Highway, New Haven, IN, Contact @ Mitch Harper (260) 436-0739

Sun 10th, Evansville Half-Marathon, 8:00 a.m., Reitz Hill, Evansville, IN, Contact Sally Kroeger @ (812) 426-6210 x

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Sun 10th, Chicago Marathon, 7:30 a.m., Grant Park, Chicago, IL, Contact Marathon Staff @ 1-888-243-3344

Sat 16th, Indianapolis Marathon, Half-Marathon & 5 Km Run, 8:00 a.m., Historic Fort Harrison, Indianapolis IN, Contact Race Director @ (317) 826-1670

Sat 16th, 3rd Annual Pumpkin Push 10K, 9:00 a.m., Marlen Park, South 18th St., Lafayette, IN, Contact T.J. Hanna @ (765) 474-3448

Sat 16th, Little 5K Run and Walk, 8:00 a.m., Kiel Bros. Oil Company, Columbus, IN, Contact Al Furlani @ (812) 372-8459

Sat 16th, Salmon Chase Fall Classic, 10 Km Run & 5 Km Run/Walk, 7:30 a.m., College Football Hall of Fame, South Bend, IN, Contact Kim Sult @ (574) 283-1115

Sat 16th, Omni Pumpkin Prance 5 Km Run, 9:00 a.m., Omni 41, 221 S. Route 41, Schererville IN, Contact Tom Bainbridge @ (219) 865-6969

Sun 17th, Louisville Marathon & Half Marathon, 8:00 a.m., River Road, Louisville, KY, Contact Steve Dutton @ (502) 267-1825

Sun 17th, Columbus Marathon, 8:00 a.m., Downtown Columbus, OH, Contact Marathon Staff @ (614) 421-7866

Sat 23rd, Race for all Races 5 Mile Run/Walk, 4:30 p.m., Eagle Creek Park, Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 23rd, DINO Trail Run Series, 5 or 15 Km Trail Run, 9:00 a.m., Southwestway Park, Indianapolis, IN, Contact Brian Holzhausen @ (317) 308-6449

Sat 23rd, Trinity Free Clinic 5K, 8:00 a.m., Our Lady of Mt. Carmel Church, Carmel, IN, Contact Meredith Marrs @ (317) 402-4654

Sat 23rd, Knobstone Trail Mini-Marathon, 10 mile, 10 Km, 5 Km Race/Walk, 9.00 a.m., Wall Shelter, Morgan-Monroe State Forest, Martinsville IN, Contact Race Organizers @ (765) 349-0204

Sat 23rd, The Great Bank Robbery Get Away (costume event), 5 Mile Run, 3 Mile Walk, 9:00 a.m., DePauw University's new Nature Park, Greencastle, IN, Contact Lee Stewart @ (765) 653-9646

Sun 24th, 5th Annual Rocky River Spirit 5K Run/Walk,

8:30 a.m., Rocky River High School Stadium, Rocky River OH, Contact Pat Patterson @ (216) 575-6006

Sun 24th, Detroit Free Press/Flagstar Bank Int'l Marathon, 5 Km Fun Run, 7.45 a.m., Downtown Detroit, MI, Contact Race Organizers @ (313) 222-6676

Wed 27th, Ghost and Goblins 5 Km Run/Walk, 6:30 p.m., Downtown Carmel IN, Contact The Runners Forum @ (317) 844-1558

Fri 29th, Run Like HELL 5 Km Run/Walk, 7:00 p.m., Downtown Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 30th, Pleasant Run Run 5 Mile Run/Walk, 3 Mile Fitness Walk, 10:00 a.m., Historic Irvington, Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Sun 31st, 17th 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, Contact Spencer Nelson @ (217) 621-9013

November

Sat 6th, Outback Scramble, Wacky +- 5 Mile X/C Run, 9:34 a.m., Eagle's Crest, Indianapolis IN, Contact Tuxedo Brothers @ 317/733-3300

Sat 6th, St. Francis Hospital Jump The Gun 5 Km Run/Walk, Contact Ken Long & Associates @ (317) 884-4001

Sat 6th, Owen Putnam 50/50 Trail Run (Limited to 100 runners), 50 Km Run, 50 Mile Run, 13.1 Mile Run, 15 Mile Run, 7:00 a.m., ET Horseman's Campground, Owen-Putnam State Forest near Spencer, IN, Contact Norm Carlson @ (812) 829-3543

Sun 7th, Run the Mounds 5 Mile Run/Walk, 2:00 p.m., Mounds State Park, East of Anderson on Mounds Road, IN, Contact Anderson Road Runners @ (765) 643-6304

Sat 13th, Potters Bridge Step N Stride 10 Km Run, 5 Km Run/Walk, 9:00 a.m., White River Elementary, Noblesville, IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 13th, DINO Trail Run Series 5 & 15 Km Trail Run, 9:00 a.m., Southeastway Park, Indianapolis, IN, Contact Brian Holzhausen @ (317) 308-6449

Sat 13th, Indiana Fall Classic 10 Km Run, 2:00 P.M., Hawthorn Park Terre Haute, IN, Contact Mark Achenbach @ (812) 894-2368

Sun 14th, Fall Frolic 4 Mile Run, 9:00 a.m., PUC PER Bldg, 2250 173rd St Hammond IN, Contact John Bobalik @ (219) 989-2175

Thu 25th, Drumstick Dash 4.4 Mile Run, 9:00 a.m. Broad

Ripple Area, Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Thu 25th, Galloping Gobbler 4 Miler, 8:30 a.m., University of St. Francis campus, Leesburg Rd & Spring St, Fort Wayne IN, Contact Mitch Harper @ (260) 436-0739

Thu 25th, Thanksgiving Day Pie 5 Km Run, 2 Mile Run/Walk, 9:00 a.m., 44 Rock River Ridge Road, Crawfordsville, IN, Contact Fawn Roberts @ (765) 364.5175

December

Fri 3rd, 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, Contact Boo Lloyd @ (812) 234-2232

Sat 4th, Jingle Bell Run for Arthritis 5 Km Run/Walk, 9:00 a.m., National Inst. Fitness & Sport, Indianapolis IN, Contact Tuxedo Brothers @ (317) 733-3300

Sat 4th, Tecumseh Trail 26.2 Mile Trail Run, 5.5 Mile Yellowwood Lake Fun Run, 9:15 a.m., Yellowwood State Forest, Bloomington, IN, Contact Brian Holzhausen @ (317) 308-6449

Sat 4th, 22nd Annual Sleigh Bell 5 Km Run, Lafayette Family YMCA, Lafayette, IN, Contact T.J. Hanna @ (765) 474-3448

Sat 4th, Frostbite 5 Km Run, 5:00 p.m., Glen Miller Park, Richmond IN, Contact Denise Newland @ (765) 983-7425

Sat 11th, Life Time Fitness Reindeer 5 Km Run/Walk, 8.30 a.m., Life Time Fitness, 8705 Castle Creek Parkway, Indianapolis, IN, Contact Event Director @ (763) 557-9587

Sat 11th, Sleighbell 5 Km Run, Valparaiso, IN, Contact Jenna Charles @ (219)465-4629

Sat 18th, Winter Run 5 Km Run/Fitness Walk, 9 a.m., Hazel Dale Christian Church, 146th and Hazel Dale Parkway, Indianapolis IN, Contact The Runners Forum @ (317) 844-1558

Sat 18th, HUFF 50K Trail Run, 3-person 50K relay, 8:00 A.M., Huntington Reservoir, Fort Wayne, IN, Contact Mitch Harper @ (260) 436-0739

January

Sat 1st, Resolution Revolution 1,2, or 3 loops of 3 Miles, 10.00 a.m., YMCA at the Athenaeum, 401 E. Michigan Street, Indianapolis IN, Contact Ken Long & Associates @ 317/884-4001



Foot Prints

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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.

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