

foot Prints

The Quarterly Newsletter of IndyRunners

Summer 2007, Volume 12, Number 3

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Summer is Here!

So far 2007 has been a great year for Indy Runners! Our 2007 mini-training program, the Sam Costa and the Groundhog Seven were successes and we are well into our fall marathon training program. Indy Runners is also currently working on forming partnerships with INShape Indiana. For more information on the fall marathon training program and INShape Indiana, see the president's article on page 3.

Indy Runners also has a new board member! Please join us in welcoming Wanda Black as our Indy Walkers representative. Wanda has walked the mini marathon six times and takes great enjoyment in walking and sharing her experiences with others. She has also participated in several other half marathons and local walks around the city. Currently club walks are scheduled for the first and third Tuesday of every month at 6pm at Hinkle Fieldhouse on the Butler campus. The distance is usually determined by the evening's participants, however, Wanda does have a training program available.

Just in time for our fall marathoners, Brian Schuetter, PT, CSCS, offers up some helpful training advice in the medical report on page 5.

And finally, what do duct tape, winter storms, and nail polish have in common? For that answer, check out Brian Cake's entertaining account of marking the mini marathon training course on page 6.

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Indy Runners
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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, or any related information may be submitted by e-mail to: newsletter@indyrunners.org.

Photos, original artwork, and advertising are always welcome.

The editor reserves the right to edit or decline submissions due to lack of space or inappropriate content. The schedule for submittals for the newsletters is:

<u>Deadline</u>	<u>Issue</u>
September 15, 2007	October 2007

Foot Prints

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Angie Micinski

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A Place For Every Pace

Indy Runners is a 501(c)3 not-for-profit member association that promotes personal fitness and health through running and walking activities including training programs, races, track workouts, fun runs and walks, and other social events. Membership is open to everyone, regardless of ability or age.

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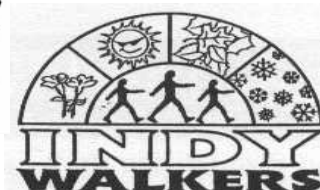
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THE PRESIDENT'S PAGE

Summertime-and the Running is Easy (not)!

by Mike Niederpruem
 president@indyrunners.org

Hi Everyone!

Summer is again in full swing, and we have already had more than our share of heat, humidity, and high ozone days. Listed below are some insights from the State of the Air: 2007 Fact Sheet from the American Lung Association:

Nearly half (46%) of the U.S. population lives in counties that have unhealthful levels of either ozone or particle pollution.

One-third (33.4%) of the U.S. population lives in areas with unhealthful levels of ozone, a significant reduction since the last report, when nearly half did.

Roughly one in three people (93.7 million) in the U.S. lives in an area with unhealthful short-term levels of particle pollution, a significant increase since the last report.

Nearly one in five people in the United States live in areas with unhealthful year-round levels of particle pollution, which is nearly constant with the last report.

About 38.3 million Americans, or nearly one in 8 people, live in 32 counties with unhealthful levels of all three types of air pollutants: ozone, and short-term and year-round particle pollution.

Exercising while exposed to air pollution puts people at increased risk of lung and cardiovascular damage. Children under the age of 18, adults over the age of 65, and everyone with asthma are already at increased risk. A featured science session at the 54th Annual Meeting of the American College of Sports Medicine (ACSM) addressed the issue of exercise and air pollution, outlining the dangers of air pollution and possible actions to help reduce risks from exposure. For a complete review of this session's press release, please visit www.acsm.org, select the "NEWS" link

please visit www.acsm.org, select the "NEWS" link at the top right of the home page, then select "news release" to view all recent ACSM news releases. Search for the release titled, "EXERCISE AND AIR POLLUTION - Exposure may increase risk of lung, cardiovascular damage." The bottom line? Avoid exercising outdoors on high ozone days, especially late afternoons or early in the evenings. Because high ozone days usually also occur when it is both hot and humid, running indoors might be a great way to complete your originally planned workout. If you have no choice but to exercise outdoors, consider adjusting your routine so you can run early in the morning. Alternatively, you can try trail running or avoiding high-traffic areas (where ozone concentrations are highest).

In other news, our informal training program for fall half- and full-marathons is taking place again this year under the leadership of our Vice President, Todd Oliver. We are meeting every Saturday at 8:00 AM at the wooden deck in Broad Ripple, in front of the Bruegge Restaurant. The club is providing water stops and both food and beverages after the run, and best of all, the program is FREE to club members. Every week, we have a number of new participants, so if you are looking for others to help you get through your long runs, this is the best place to run.. For more information, please contact Todd at: vpresident@indyrunners.org.

Next, Indy Runners is currently developing partnership opportunities with INShape Indiana. The INShape Indiana program is the statewide fitness initiative of Governor Mitch Daniels. This program is Governor Daniels' charge to the citizens of Indiana to make healthy choices in order to improve their health and quality of life. By being

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THE WALKER'S PAGE

Charity Walk

by Marcia Gascho

Once the weather warms up, the Charity Walk season kicks in. You may have already participated in one or more of these walks this year. Over the years I have participated in a number of walks to raise money for various causes.

Some charity walks are actual competitive races with timing and prizes for finishers. Others are strictly non-competitive. Some are a combination of the two or may have a separate non-competitive walk. No matter what the format, you will probably need to get sponsors to pledge a certain amount of money. Many people form teams composed of relatives, friends or co-workers.

The largest and most popular is the Susan G. Komen Race for the Cure. It was started 25 years ago to raise money for breast cancer research. Over a million people walk or run annually in more than a 100 races nationwide. The Indianapolis race gets larger every year! This spring there were over 39,000 people and they raised \$2,140,000. The first race held in Indy was in 1982 with 2400 participants.

You won't have to look hard to find a charity walk. There is one nearly every weekend. How to choose which one to participate in? Pick a cause you support. If your best friend or a relative had breast cancer, you may want to honor them by doing the Race for the Cure. I participate in the Alzheimer's Walk because I am a scrapbook consultant and Creative Memories is one of the major sponsors. Your company may sponsor teams for charity walks. They often provide team t-shirts, refreshments and prizes. On June 2nd this year I participated in a Cancer Survivor's walk. I was diagnosed with cancer 21 years ago and felt that this was a worthy cause to support.

The first charity walk I ever participated in was in

1972 when I was a teenager. It was a 30 mile "Hunger Hike." I did not do any training to prepare to walk this distance and was not wearing the proper footwear. I trudged along for 15 miles before giving up to painful blisters and fatigue. My dad was my only sponsor, pledging \$1 a mile. He was shocked I made it 15 miles! My feet were a mess for weeks afterwards.

Hazards of charity walks:

There are some hazards you may encounter doing a charity walk. Walks such as the Race for the Cure have very large crowds. You could get separated from your group or not be able to find them in the first place! You risk being bumped by baby joggers, or getting caught in between feuding dogs. Some participants doing a cancer walk in Ligonier, IN in May, 2007 were attacked by a swarm of bees! Don't expect to move very fast unless you start in the front. Dodging around groups of people can be hazardous. Be sure you are in shape to do the distance. Some charity walks/runs are more than 3 miles long.

Recently I was interviewed by the Indiana Business Journal about Charity walks. I was asked if these walks can be used for training for the Mini or other races. If you are serious about racing it, you must get in the front to avoid being caught in the crush of slow-moving groups. My husband and I used this tactic when we did the Heart Walk. We were headed on our way home before the last of the crowd had even finished!

In 2005, Americans donated more than \$260 billion to non-profit charities. Before you sign up for a walk, find out if this is a legitimate cause! You don't want to raise money for a fly-by-night or

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MEDICAL REPORT

The Joy of Marathon Training

by Brian Schuetter, PT, CSCS

As we recover and reflect on this year's Mini (anyone else think it was humid that day?), many of us are turning our sights towards a fall marathon. Personally, I am training for Chicago again this year. If you are a first time marathoner or a seasoned veteran, it might be a good idea to go over some basic tenets of a healthy marathon training program.

The first idea is that proper rest and recovery become even more important when training for a full versus a half marathon. This means not only 'off days' but also consistently getting a good night's sleep – during the week as well as on the weekends. This will help ensure that our bodies can properly recover and adapt to the additional training we are putting them through.

Speaking of recovery, I would strongly recommend replenishing lost fuel (fluids, food, electrolytes, etc.) very soon after a long run or hard workout (including cross-training). Our bodies do well to reabsorb lost nutrients in the first 20-30 minutes after a workout. I will defer to Angie for specific nutritional details, but this quick replenishment is an easy way to help our training move along smoothly.

It is almost inevitable that at some point in such a long training program, some aches and pains will arise. The key is not to let soreness turn into a larger injury that sidelines you and sends your training off track. Here are some factors to consider:

Warm-Up and Cool-Down: I proposed in my last column the importance of a proper functional warm-up (activating musculature in a controlled range) then smooth, gentle stretches after a run or

workout to ease the transition to recovery and adaptation. It is important not to skimp on these factors (and yes, I promise to heed my own advice in this matter). If you think about it, you can get through a good warm-up and cool-down in about 3-5 minutes each.

Cross-Training: I hope you are not yet tired of my talking about cross-training (this is still a 'running' club, right?), but I think this can be a key component to a healthy training program. There are admittedly several schools of thought here. Some would argue that cross-training should be minimal and should be focused mainly of lighter days for "active recovery" and should not interfere with the actual Running. Others advocate for harder efforts with cross-training as a supplement to the stress of running so many miles. Most everyone agrees, though, that swimming seems to be the best method, followed by biking, as these work you in different ways without the pounding of running. The key, as always, is to find what works best for you and your body as it adapts to the demands of Marathon training.

Aches and Pains: At the first signs of lingering pain, our runner's instincts seem to be to "stretch it out". However, I believe this could actually be more harmful to strained/damaged tissue – especially since most of us tend to stretch too hard anyway. I tell my patients that the last thing recently damaged tissue (read: acutely painful) is a big hard stretch causing it even more stress. It is certainly not ground breaking, but at the initial signs of pain there is not much better than ice. If you do not have 10-15 minutes for an ice pack, I am a big fan of the ice cup massage. (Freeze some Dixie cups,

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Measuring Up (or the Joy of doing Things Over and Over Again)

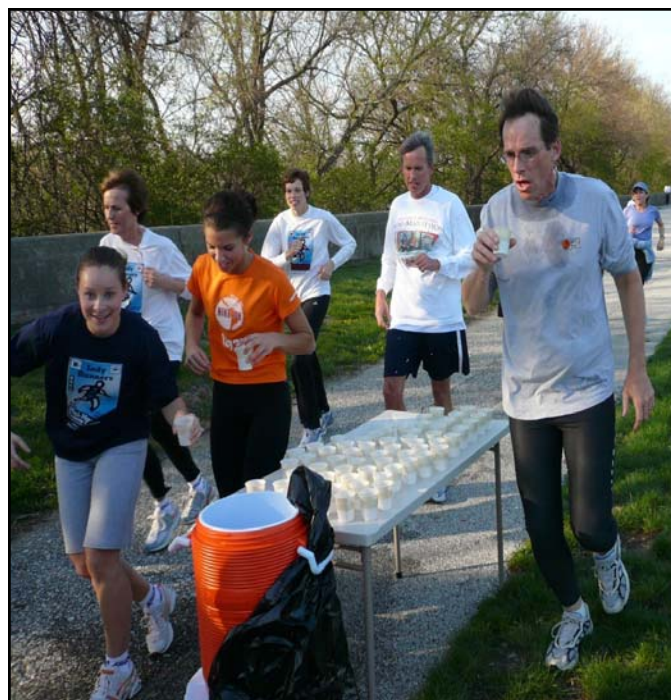
By Brian Cake

This is usually the article where the club gives the obligatory thanks to everyone who helped prepare and execute the 2007 Indy Runners Spring Mini Training. (Thanks go out to you all!) Instead, I've decided to write about my weekly adventures marking the training program course. It sounds simple enough, but as you will soon see, things don't always go according to plan.

I measured each route by walking the course with a measuring wheel. (It's important not to run as the wheel will jump.) The first two runs would be three mile runs through the Butler University campus. I wanted to measure the route a couple days before the first run. Butler has previously asked that we not use temporary spray chalk on the campus, so I needed another way to mark the route in advance. A former Indy Runners board member suggested I place a small mark each mile on the ground with nail polish. The small dot would only be noticeable if someone specifically looked for it, and the nail polish would only last a couple of weeks. On the day of the run, cones would be laid down at the marks to denote the miles.

Seeing as that I'm not into wearing nail polish, I drove to Wal-Mart to purchase some. My plan was to quickly grab the cheapest bright nail polish I could find. I walked into the cosmetics section, and wouldn't you know it, there were several women standing around. Feeling awkward in the aisle, I quickly grabbed a \$1.97 bottle of hypnotic pink nail polish while mumbling out loud "to myself" that the color was fairly bright and would work well as a marker. I then purposely went to

the self-checkout lane to avoid drawing attention. The line was crawling, so the clerk working at the jewelry counter behind me signaled that he could ring up my purchase. It took him about a minute to get ready, and by then there was a line of people watching me check-out. I paid for the nail polish, and the clerk said that I could put the nail polish in my pocket. Who knows what he was thinking! I then used the nail polish to



Water Stop! Some training program members get hydrated during a 10 mile run.

mark the miles.

After the first two weeks, the course routes moved to the Central Canal Towpath. We knew that the five mile run would have to be moved to the Riviera Club due to a basketball conflict at Hinkle Fieldhouse that evening. I needed to find a five mile route that started at the club. I hoped to reuse my current 1, 2, and 2.5 mile markers along the towpath. However, my meas-



Will Hurias and Curt Canter lead the 8 minute pace group.

snow was forecast for the following 24 hours. What I didn't know was that the towpath would be plowed the following morning. Yet again, my marks were gone. We had so much snow in February that when the snow finally melted in early March, I found marks on the ground that I had laid at the beginning of February!

Due to the fickle weather, I often measured routes a week or two in advance. This way, if it snowed the following weekend, I would not have to try pushing the measuring wheel through it. (A little snow and ice on the wheel not only causes it to veer from side to side but also

urements showed there was no way to do this starting in or by the Riviera Club parking lot. I therefore measured a new five mile route starting from the club and heading southwest along the towpath. Unfortunately, February of 2007 would turn out to be the third snowiest February on record. About six inches of snow fell the day of the planned run, and the program was canceled due to the bad road conditions. The newly measured course went unused.

Last year, I was informed that the mile markers were re-chalked about every second week. This year, there was so much snow that I often laid down chalk marks on a Sunday morning or Monday evening, pushing the wheel through snow and ice, only to find the chalk marks covered by a dusting of snow the next day. (I got a few strange looks one morning while marking the course in a sub-zero wind chill.) I quickly learned that spray chalk only works down to around 40°F degrees. Below that point, the chalk comes out in a narrow trickle like a fast dripping faucet. Not good! Soon after that, a second training run was canceled due to blizzard-like conditions.

One Monday evening I laid chalk marks down on top of a fresh layer of snow. I felt this was safe as no

effectively changes the wheel circumference leading to inaccurate readings.) I'd record the location of mile markers on paper, using landmarks as guideposts.

Several weeks before the 10 mile run that turns around in the Velodrome parking lot, we finally got some warm weather. I decided to take advantage of it. I went to the parking lot to determine the location for the 10 and 11 mile turnaround points. I marked the 5 mile mark in nail polish, but I skipped the 5.5 mile mark as there was a police officer sitting in the back of the parking lot. I was pretty sure he would have had no problem with my placing a nail polish

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...Measuring Up from page 7

mark on the ground, but I really didn't care to find out. The following week I measured the 5.5 mile mark. The next week I found that heavy rain had formed a small pond on the asphalt that washed away my 5.5 mile marker! I had to re-measure the 11 mile turn-around point.

The club received notice in late March that the Central Canal Towpath was going to be resurfaced and undergo emergency repairs in early April. The towpath would be closed from Butler southwest to Michigan Road. I needed to quickly find alternate 9 and 10 mile routes! The pacers suggested alternate routes, and I made the decision to run through campus then jump onto the towpath at the Michigan Road bridge. I wanted to reuse the later mile markers starting with the 2 mile marker to avoid confusion, so that Sunday I measured from the two mile mark near Michigan Road backward towards Hinkle Fieldhouse to find an appropriate 1 mile mark and starting point. I determined that I could get the first two miles by adding a partial loop of the fieldhouse parking lot. I couldn't use spray chalk on campus, but I needed a way to mark the course so that participants could follow this altered route, particularly if someone accidentally got ahead of or behind their pacer.

I took a page out of Sam Costa Race Director Terry Townsend's book: use duct tape! I would make directional lines on the ground using duct tape over

which I would place orange electrical tape to match the orange of the chalk marks along the canal. I immediately ran into a problem – the duct tape would not stick to the ground as it was too cold! Luckily, it was a sunny morning, and the ground soon warmed up. I was then able to start laying temporary tape marks on the ground. After about five hours of measuring and laying tape, I had 9 and 10 mile routes marked in tape. Tuesday finally arrived, but along with it came thunderstorms. I reluctantly made the decision to cancel the run due to safety concerns. I'd been involved with the training program either as a participant or pacer the previous three years. In that time, I only remember the runs being canceled once or twice. This year alone, the runs had to be canceled three times!

A few days later we received word that the towpath would not be closed after all. My special routes would not be needed, so I went out and pulled up all of the duct tape markings. The earlier thunderstorms had caused the duct tape to adhere a bit more to the asphalt and concrete paths, so I had to use a pocket-knife to begin removal of many of the duct tape strips.

There you have it...my adventures in marking this year's mini training program routes. I now have a greater appreciation for the work it must take to layout a race course.



Dr. Mike Helms



...Summertime from page 3

more active, eating better, and avoiding tobacco, Hoosiers will greatly reduce the risk of serious illness.



INShape Indiana's Web site (www.inshape.IN.gov) connects citizens with existing programs, services, and events in their area of the state that will help them reach their wellness goals. After formulating a personal fitness plan using existing statewide resources, users update a brief health profile every two weeks. This allows Hoosiers to track their own progress over time and for the program to gauge and celebrate success. Best of all, the program is FREE!

Be sure to register for INShape Indiana, and list **Indy Runners** for the group name.

In the future, we hope that this emerging partnership creates incentives for walkers and runners of all abilities to join our club... stay tuned for more updates as they become available.

Finally, we are working now on finalizing details for the 2008 Indy Runners Mini-Marathon Training Program. You can expect even bigger and better value-added components to the 2008 program. We've included a few photos elsewhere in the newsletter of the 2007 program, and you can find many more in the photo section of our Indy Runners website... take a look! Please let us know if you have an interest in assisting, as well. More details will be available in the next issue of Foot Prints, and also in future editions of Indy Runners Splits, the electronic newsletter for the club.

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



...Charity Walk from page 4

ganization. Check with www.Give.org or www.Charitywatch.org to make sure the organization is on the up-and-up. Be cautious about signing up for a charity walk via the internet especially if they want your credit card number or other personal data. Many fraudulent websites look like legitimate charities. Look on Google or Yahoo to find the legitimate charity website. Most legitimate charities do not solicit by e-mail, door-to-door or approach you on the street. They may use high pressure techniques to get you to do a walk or make a donation. It's unfortunate that charity scams are all too common.

Have fun doing your Charity Walk this year with family or friends and help raise money for a good cause!

...Marathon Training from page 5

or just use an ice cube from the tray – smooth it out first – and rub it on the affected area. Takes about 3-4 minutes for the ice to melt away, plus you get the help of a gentle massage to the area as well.)

Shoes: Marathon training means many more miles, so it is likely that you will go through more than one pair of shoes. Many folks will recommend having two pair that you can rotate for long runs and shorter workouts. This is probably a good idea. At any rate, if you start to feel your legs are tiring with your runs or you are having pain, check the age/mileage of your shoes. It might be time for a new pair.

As always, if you have any other concerns or questions, you can reach me through the website (contact us, then 'medical'). And I should be around at many of the Saturday training runs as well. Here's wishing everyone well as we embark on our fall training. Good luck out there. - Brian

YOUR EVENT CALENDAR FOR 2007

JULY

7/22/2007 **Runners Forum 42K Relay** 26.2 7:00am **City Center Fountain** 3 Civic Square
Carmel, IN Marty Day 317-844-1558

7/24/2007 **Runners Forum Twilight XC Series An Indy Runners Event!** 5K 6:15 PM
Northview Christian Life Championship XC Course 5535
East 131st Street Carmel, IN Marty Day 317-844-1558

7/25/2007 **Cougar Track & Field Seris #4** 100m - 5000m field events
6:30pm **Greenfield Central High School** 810 North Broadway
Greenfield, IN Greg Arnold, Hunter White
317-468-8322, 317-902-1006

7/26/2007 **Runners Forum Summer Series** 4k 6:30 pm **Central Park (Monon Center)**
Westfield Blvd & Wood Valley Dr
Carmel, IN Marty Day 317-844-1558

7/28/2007 **P.O.G. Morristown 8K** 8K Run & Walk 7:00am **Morristown Jr. Sr. High School** 215 West Main
Street Morristown, IN Ken Long 317-884-4001

7/28/2007 **Putnam County Mental Health 4 mile run and 2 mile walk** 4 mile run and 2 mile walk 8:00am
DePauw Nature Park, Greencastle 59 W. 850 S. Cloverdale, IN lee stewart 765-653-9646

7/28/2007 **XTERRA DINO Triathlon New Castle** 1/2 mile swim 10 mile MTB, 4 mi trail run.
9:00am **Westwood Park** 1900 S 275 West New Castle, IN Brian Holzhausen 317-336-7553

7/28/2007 **Bret Neylon's 2nd Annual Race to Recovery** 5K
9:00am **Brownsburg High School** 1000 South Odell Street Brownsburg, IN Michael Davis

AUGUST

8/2/2007 **Runners Forum Summer Series** 4k 6:30 pm **Central Park (Monon Center)**
Westfield Blvd & Wood Valley Dr
Carmel, IN Marty Day 317-844-1558

8/4/2007 **ISO Circle The City** 10K 5K 8:00am **Monument Circle** 40
Monument Circle
Indianapolis, IN Ken Long 317-884-4001

8/4/2007 **LOGAN's Run** 10K 5K, 1 Mile 8:00am University of Notre Dame South Bend, IN Jill Langford 574-289-4831

8/4/2007 **Olympic Dream 5k RUN** 5k 1m walk 8:30 a.m **Centerville, Indiana High School** 507 Willow Grove Road Centerville, IN Pam Mertz 765-935-5814

8/4/2007 **Heather Hills FunFest 5k** 5k 9:00am **Heather Hills Baptist Church** 1421 North German Church Rd Indianapolis, IN Brian Holzhausen 317-994-7474

8/5/2007 **Indiana Downs Triathlon Series** 1000 yd swim 18 mi bike, 4 mi run 8:30am
Indiana Downs Horsetrack
Shelbyville, IN Don Carr

8/9/2007 **Runners Forum Summer Series** 4k 6:30 pm **Central Park (Monon Center)**
Westfield Blvd & Wood Valley Dr
Carmel, IN Marty Day 317-844-1558

8/11/2007 **Cicero Triathlon** swim - .2 mi. bike - 9.5 mi., run - 3.1 mi.
8:00am **Red Bridge Park** Red Bridge Park Cicero, IN Jane Hunter 317-984-4079

8/18/2007 **ICADV Race Away From Domestic Violence** 10K 5K
8:00am **Indiana War Memorial** 431 N. Meridian St. Indianapolis, IN Ken Long 317-884-4001

8/18/2007 **XTERRA DINO Triathlon Logansport** 1/2 mile swim 10 mile MTB, 4 mile trail run
9:00am **France Park** 4505 W. U.S. 24 W. Logansport, IN Brian Holzhausen 317-336-7553

8/25/2007 **Indianapolis Sprint Triathlon** 500 yd swim 10 mile bike, 3 mi run 8:00am Eagle Creek Park Indianapolis, IN Don Carr 317-733-3300

SEPTEMBER

9/1/2007 **Broad Ripple Classic** 4 Mile Run/Walk 7:00pm Broad Ripple Indianapolis, IN Don Carr 317-733-3300

9/1/2007 **Little Italy 5K** 5K 9:00am **South Vermillion High School** Highway 63 North
Clinton, IN Bruce Speth 756-832-6179

9/8/2007 **Indy Classic Marathon** 26.2 13.1, 5K 5:55 **Downtown Indianapolis** Washington St. and Meridian Indianapolis, IN Clayton Wilkins 317-361-6731

9/8/2007 **Circle of Life-Mini-Marathon** 13.1 Mile Run & 5K run and walk 8:00am Indiana University, Bloomington, IN Don Carr 317-733-3300

9/8/2007 **The 2nd Annual Mighty Mississinewa Triathlon** Swim 500 yards Bike 16.6 road miles, Run 4 miles 8:30am **Mississinewa Reservoir** Miami Co. Rd. 500 S Peru, IN Larry Brown (765) 473-6528

9/8/2007 **Vasque DINO Trail Run - Town Run** 15k 5k 9:00am **Town Run Trail Park**
E 96th Street Indianapolis, IN Brian Holzhausen 317-336-7553

9/8/2007 **Inaugural Water for People 5K Run and Walk** 5k
9:00am **NCAA Hall of Champions & Downtown Canal** 700 West Washington Street Indianapolis, IN

Todd Oliver 317-407-8489

9/8/2007 **Indianapolis Adventure Race** 30+ total miles TBA
Indianapolis, IN 951 E 86th Street, Suite 210 Indianapolis, IN Michael Sapper 317-507-4800

9/9/2007 **Jason Baker Scholarship Run and Walk** 5 Mile Run and 5K Walk 9:00am Crown Hill
 Indianapolis, IN Don Carr 317-733-3300

9/14/2007 **Indy Irish Fest 5K Night Run & Walk** 5K 8:00pm **Military Park** New York St. & West St.
 Indianapolis, IN Ken Long 317-884-4001

9/15/2007 **Dick Lugar Run and Walk** 5K Run and Walk 10K 8:00am Butler University
 Indianapolis, IN Don Carr 317-733-3300

9/22/2007 **Mill Race Race & Mayor's Walk** 15K run 5k run/walk, 5k team run/walk 8:00am **Mill Race Park** 5th & Lindsey Street
 Columbus, IN Randy Stafford 812-377-3279

9/22/2007 **Bee Bumble** 5K Run 5K Walk, 10K Run 8:00am **BeeHive Community Center** Corner of Sixth and Logan Streets Burnettsville, IN
 Jeff Saylor 800 552-2446

9/22/2007 **Zionsville Optimist Hit the Bricks** 5 mile run 3 mile walk 8:00am **Zionsville High School** 1000 Mulberry St Zionsville, IN Bob Sheridan 317-372-1976

9/22/2007 **Out of the Darkness Indianapolis Community Walk** 3 miles 8:30am **Downtown Canal** 600 West Washington Street Indianapolis, IN Brenda Fundyk 317-276-5497

9/22/2007 **Race for All Races** 5 Mile Run and 5K Walk 9:00am Downtown Indianapolis, IN Don Carr 317-733-3300

9/29/2007 **8th Annual Hoosiers Outrun Cancer (finish on the 50-yard line)** 5 Km Run 5 Km Walk, 1 Mile Walk 10:30am **Indiana University Memorial Stadium** 701

E. 17th Bloomington, IN
 Bloomington Hospital (812) 353-5000

9/29/2007 **Turn Up the Volume Run/Walk** 4 Mile Run/Walk 8:00am Victory Field
 Indianapolis, IN Don Carr 317-733-3300

10/6/2007 **Monster Mash Dash** 5 Mile Run and 5K Walk 4:30pm Eagle Creek Park
 Indianapolis, IN Don Carr 317-733-3300

OCTOBER

10/6/2007 **Riley Run/Walk 5K** 5K 8:00 am **Penny Trail** 210 S. Center St. Greenfield, IN Laura Barnard

10/7/2007 **EvansvilleHalf Marathon presented by Integra Bank** 13.1 mile 8:00am **Evansville, Indiana** 222 NW Sixth Street
 Evansville, IN Sally Kroeger 812-423-9622

10/7/2007 **Chicago Marathon** 26.2 mile Run 9:00am **Grant Park** 1100 S Michigan Avenue Chicago, IN
 Marathon Staff 1-888-243-3344

10/13/2007 **Vasque DINO Trail Run - SouthWestway** 15k 5k 9:00am **SouthWestway Park** 8400 Mann Road Indianapolis, IN Brian Holzhausen 317-336-7553

10/13/2007 **Spotlight on Nursing** 5 Mile Run and 5K Walk 9:00am Downtown
 Indianapolis, IN Don Carr 317-733-3300

10/13/2007 **Trinity Free Clinic 5K** 5K Race 5K Fitness Walk 9:00am **Our Lady of Mt. Carmel Catholic Church** 14598 Oak Ridge Road Carmel, IN M D Marrs 317-218-7000

10/13/2007 **Lafayette Family YMCA Pumpkin Push 10k and 1 Mile Fun Run** 10k 1 Mile Fun run 9:00am **Mar Len Park** 130 East and Wea School Rd. Lafayette, IN Kris Kocken 765-474-3448

10/20/2007 **12th Annual**

Indianapolis Marathon and Half Marathon marathon half marathon, 5K run/walk, marathon relay, kids marathon 8:30am **This scenic race starts and finishes in historical Fort Benjamin Harrison** 8900 Otis Ave
 Indianapolis, IN Joel Sauer 317-826-1670

10/26/2007 **Run Like Hell** 3 Mile Run and Walk 7:00pm Downtown Canal Indianapolis, IN Don Carr 317-733-3300

10/27/2007 **Pleasant Run Run** 5 Mile Run & Racewalk 3 Mile Walk 10:00am **Historic Irvington** 5700 E Washington St Indianapolis, IN Don Carr 317-733-3300

NOVEMBER

11/3/2007 **Outback Scramble** Wacky 5 Mile Cross-Country Run 9:34am **Eagle's Crest** 7201 Fishback Road Indianapolis, IN Don Carr 317-733-3300

11/10/2007 **Potter's Bridge Step N' Stride** 10K Run 5K Walk 9:00am Noblesville High School Noblesville, IN Don Carr 317-733-3300

11/17/2007 **Vasque DINO Trail Run - Ft Harrison** 15k 5k 9:00am **Fort Harrison State Park** Glenn Road Indianapolis, IN Brian Holzhausen 317-336-7553

11/22/2007 **Galloping Gobbler 4 Miler** 4 Mile Run 8:30am **University of St. Francis** Fort Wayne, IN Mitch Harper (260) 436-4824

11/22/2007 **Drumstick Dash** 4.5 Mile Run/Walk 9:00am Broadripple Indianapolis, IN Don Carr 317-733-3300

DECEMBER

12/1/2007 **Tecumseh Trail Marathon** marathon 5 mile fun run 10 am **Yellowwood State Forest** 772 Yellowwood Lake Rd Nashville, IN Brian Holzhausen 317-336-7553

CLUB RUNS

Club runs are for everyone. There is a pace for the beginner, the flyer, and everyone in between.

Day/Time	Pace	Starting Place	Contact	Miles
Tuesday & Thursday 6:00 p.m. (In addition, Walkers meet 1st and 3rd Tuesday of every month)	All	Hinkle Fieldhouse- Butler University	Brian Cake (876-7253) Walkers-Wanda Black (walkers@indyrunners.org)	1 - 8+ miles
Saturday 8 a.m. (Fall marathon training pro- gram)	All	Various Locations	Todd Oliver (407-8489)	5 - 20+ miles
Sunday 8:00 a.m.	All	Fort Ben YMCA Parking Lot	Tom Martin (439-8350)	6 + miles

**Visit www.indyrunners.org for information on training, group runs,
group forums, a speed and pace calculator and much more!**



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