

Foot Prints

The Quarterly Newsletter of IndyRunners

Summer 2005, Volume 10, Number 3

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Indy Runners Tent

The Indy Runners Tailgate Tour will hit the streets again on **August 20th** for the Circle the City Run & Walk in downtown Indianapolis. Look for the blue and white Indy Runner tent in the parking lot of Hinkle Field house and join fellow club members after the race. The tent is byob (the 'b' being beverage of choice and remember the rules) and byoc (with the 'c' standing for chair if you want to sit and chat). We hope to see a few friendly faces out there!

Other races on the Tailgate Tour schedule:

- **August 27th**, Run 4 the Bone (Eagle Creek Park)
- **September 11th**, Jason Baker Scholarship Run (Crown Hill Cemetery)



Editorial

Many of you have been seeing changes in this newsletter the past few issues. In this issue, we are introducing a new column, a **Member's Profile** column. Janelle Renschler has graciously accepted to be our first interviewee. Janelle is a post-graduate at the IU School of Medicine by day, a licensed veterinarian (prefers cats, sorry puppy owners), and a super fast athlete to boot. Within Indy Runners, she takes care of all the great food at the end of all our Mini Training Program training runs in the winter, as well as manages our runners' clothing line. This past April, Janelle won the women's division of the Bricks to Bricks training run, running an average pace of 6:50 per mile for 10 miles! She usually goes even faster than that... You can find some insights into her running life and outlook starting on page 5. We welcome any member to nominate other members (or themselves!) to be profiled. If you know of anyone who has an interesting history, was a collegiate runner, or otherwise can make us laugh, send them our way. Thanks!

The other regular column you can count on in every issue is the **Race Profile** column. We invite race organizers to submit a short article about the history of the race and perhaps their personal story about why they are supporting the cause. Please send all submittals to: newsletter@indyrunners.org. This issue's Race Profile is on the Heal to Heel race in September, raising the awareness of Crohn's Disease, or ulcerative colitis. This year's race will be held in Fort Harrison State Park, and is profiled on Page 8.

We also have many more events for our members this summer. First off, the New Members/New Runners group runs. We will have at least 3 this summer, and it's your chance to meet other runners, whether new to running, new to our club, or even new to Indianapolis. After the run, we will be gathering at one of the many restaurants around Broad Ripple for eats and socializing. See Page 5 for information. Feel free to contact us if you have any questions... this event is for you!

Lastly, from our membership survey conducted this past spring, we are slowly but surely doing just that. If you would like to see things come along faster, then join in and pitch in. See the column on the right to see where we need help, and thanks in advance!

Indy Runners and Indy Walkers

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THE PRESIDENT'S PAGE

“47 Seconds...”

A new feature we are introducing with this issue of “Foot Prints” is a member highlight column. Please see the new column elsewhere in this issue featuring Janelle Renschler. In order to properly introduce this column, I thought I would share my story about participating in this year’s mini-marathon.

It all started last December...

Saturday, December 4th, I was on a typical training run close to my house on the canal tow-path. The conditions were a little icy, but nothing more significant than what I’ve run on previously. I was almost finished with a 45-minute run, when I suddenly lost my footing, and my left leg slid out from underneath me. I didn’t fall, and I even maintained my stride, but I felt a sharp stabbing pain inside my knee. Since I was only 10 minutes from home, I finished my run. I could walk, but bending my knee caused pain. So, I did all the things you are supposed to do: Rest, Ice, Compression, and Elevation. I even took a few ibuprofen to decrease any pain or inflammation.

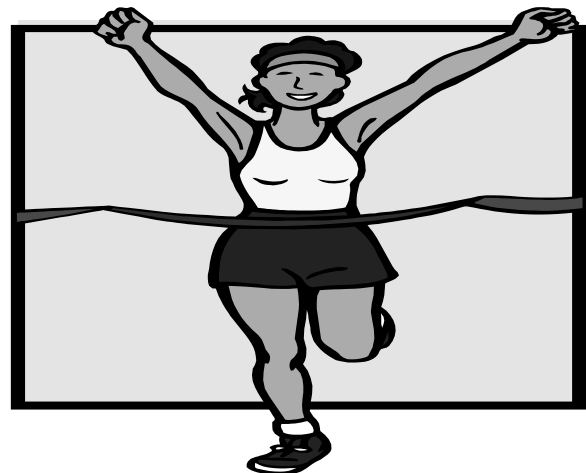
Although I had minimal swelling, the pain didn’t go away. I could walk fine, but squatting and getting up from a seated position were difficult. I did my best to manage the injury, and even tried running again a few times, but within a few minutes after starting, I would be unable to continue. I finally made an appointment to see an orthopedic surgeon, Dr. Charles Van Meter with Methodist Sports Medicine. My appointment wasn’t until the 3rd week of January, and I thought that maybe if it got better in that time, I could always cancel the appointment.

Unfortunately, it didn’t get better, and even got a little worse. So, I went ahead with the appointment and the diagnosis was a medial tear of the meniscus in my left knee. At this point, my

emotions were mixed. I was thankful for a definitive diagnosis, but was concerned about surgery and rehab, especially with my commitment to running in this year’s mini. After a thorough conversation with the doctor, we decided on surgery as the best long-term solution, even though it might mean that I have to sit out this year’s race. However, he couldn’t get me in for a few more weeks. Another few painful weeks went by quickly enough, and my first-ever surgery was imminent.

I was both anxious and excited at the same time. The surgery went well, and the first few days of recovery were interesting, not because of pain, but because of the large amount of saline that remained behind inside the knee joint. Typically, the joint is flushed with saline to make it easier for the tools and arthroscope (surgical camera). Since fluid remained, my knee appeared quite swollen and made a lot of audible gurgling noises.

Within 3 days though, I was impatient and wanting to begin my rehab in earnest. I was cautioned by both Dr. Van Meter and Holly Heizman, our official trainer for the IR mini training program, to be patient and cautious with any return to running. I had no pain whatsoever, so waiting was all the more



THE WALKER'S PAGE

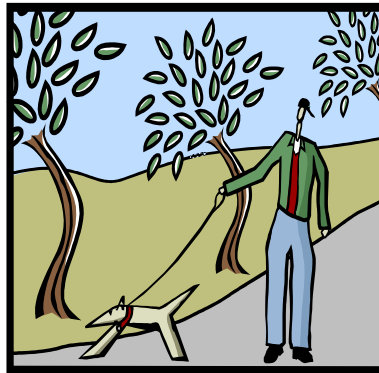
Walking the Dog

By Marcia Gascho

This probably an odd article for me to be writing since I am not, and have never been, a dog owner. However, I've been doing a little reading about dogs lately and have observed many parallels in exercise and obesity issues in both humans and dogs in the U.S. today.

According to the IAMS pet food website (www.IAMS.com), between 25-40% of dogs are overweight.

“Even veterinarians can't tell if your dog is fat just by its weight. Ideal weight varies by breed, and quite widely within breeds. There's no ideal weight chart for all dogs! You can judge your dog's condition by placing your hands on each side of his rib cage. Are the ribs protruding? Your dog may be too thin. Can you feel individual ribs easily, and is your dog's abdomen slightly tucked up when viewed from the side? That's the sign of ideal weight. If you can't feel the ribs easily, your dog has no waist and his abdomen drags, he's too fat. Your veterinarian can help you further evaluate your dog's weight. What Causes Canine Obesity? Dogs gain weight for the same reason that people do—they eat more calories than they use. Today's dogs share another problem with their owners—lack of activity. Most owners are gone all day, and come home too tired to play with the dog. As dogs age or after they are spayed or neutered, their metabolism may slow, causing them to require less food. Owners may give fre-



quent high-calorie treats. Sometimes more than one family member may be feeding the dog—and the dog isn't telling!”

Humans also suffer from obesity due to eating too much and exercising too little. This lifestyle may reflect how they treat their pets. People have busy lifestyles and work long hours or are constantly taking the kids to a number of activities. They may keep their dogs confined in a crate all day. I often see ads for dogs that are “crate-trained.” Fido may be getting the short end of the stick in the exercise department. Out on my walks

I often see dogs standing around in backyards with no owners in sight. I think the dogs bark at me because they are bored and lonely and want to run around and play. This may get me in trouble with dog-owners, but I can't help but wonder: why bother to get a dog if you are going to ignore it most of the time? Walking together for as little as 10 minutes a day will help you both physically and mentally.

In the October 2002 issue of *Indy Runners' Footprints*, former “Canine Liaison” Emma Drew wrote an article about the joys of exercising with dogs. She makes several good points about taking dogs out in hot weather such as giving them access to water and staying away from hot pavement.

If you and your dog are both out of shape, start out slowly and don't try to do too much at first. Remember there are leash laws in many towns and cities so the dog shouldn't be allowed to run loose at any time. Be sure to clean up any mess that the dog may drop off on your walk. Above all, enjoy your time with your canine companion!

Attention All New Runners & Members!

Join us on selected Wednesday nights at 6:30pm for the New Runners / New Members Run. We will meet at the park benches on the Monon trail in Broadripple across the street from the Broadripple Steakhouse. A 40 minute/5 mile run is planned beginning no later than 6:40pm. If you want to run longer, shorter, faster or slower, meet us back at the park benches at 7:30 for socializing and more. Invite friends, family, and co-workers as everyone is welcome. We hope to see you on then!

Dates:

- July 20th
- August 10th
- August 31st

Time:

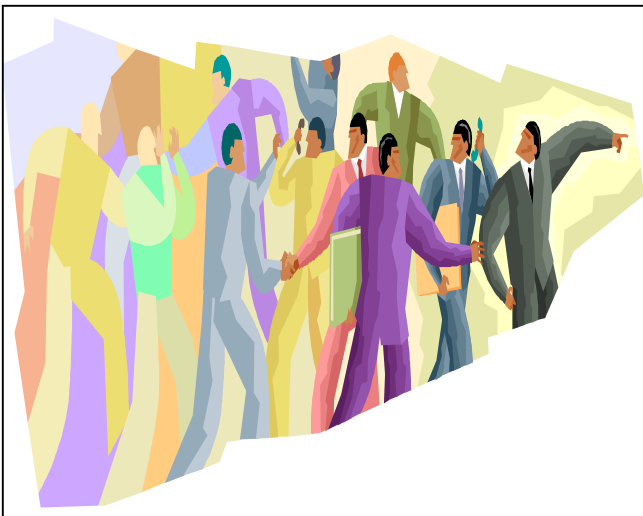
- 6:30 p.m. (social starts at 7:30 p.m.)

Location:

- Monon Trail around Broad Ripple Ave (across from the Broad Ripple Steak House)

Who will be there:

- People like you who want to meet other runners!



Member Profile: Janelle Renschler

See the introduction to Janelle, our premier female runner of Indy Runners in the editorial on page 2. She is our regular Monday Night Group Run leader and just a super-nice person all around. If you see her on the trails or hitting the pavement, be sure to say "Hi!". You'll get a reply along with a bright smile and a wave.

Indy Runners (IR): Why did you start running?

Janelle Renschler (JR): I started running to get in shape, but I'm not really sure what inspired me. My dad had started fitness walking around that time and I think that perhaps he motivated me to start running. I ran track for one year in high school and continued running for fitness in college. My husband and I ran our first Mini marathon together in 2000 and I have been racing ever since then.

IR: How long have you been running?

JR: 15 years

IR: Ideal weekend workout:

JR: It depends on my training plan. During marathon training, of course I will do a long run of 12-23 miles early Saturday or Sunday morning and run easy the other day. Right now I am training for shorter distance (5K) so I often race or do speed-work instead of a long run.

IR: Greatest misconception about runners:

JR: That running is so hard on the body that we're all wearing down our knees. In fact, I think if you train properly, your body will compensate for the demands of running and just get stronger.

IR: Race Superstitions?

JR: If I have a bad race wearing a certain item of clothing, sometimes I don't want to race in it again.

IR: Cats or Dogs?

JR: Being a veterinarian, of course I love pets! I

Plagued by injuries? Try *Trail Running* !

By Brian Holzhausen
Dino Director

I have long been an advocate of trail running. Some would say it is for an obvious reason – to promote the races I direct. But there’s also the beauty and tranquility of being in the woods. There are no cars to contend with. And it is often said that trail running is gentler on the body, due to its softer surfaces and the variations in stride length, speed, and direction.

I recently gained a new and deep appreciation for the physical benefits of trail running, through my own experiences. It has been a night-and-day difference.

In early 2004 I developed a hamstring injury which has troubled me ever since. Any time I run fast on pavement, my hamstring begins to cramp up, eventually forcing me into a hobbled trot. Later in 2004 I developed plantar fasciitis. I reduced my running to almost nothing during the later months of 2004.

This spring I decided to train primarily on the trails. I was able to do trail runs of 2-3 times the duration of my road runs, without these injuries coming back. On April 2 I ran my longest run since July of 2004. It was about 12 miles on the Three Lakes Trail in Morgan Monroe State Forest. It was great – beautiful but challenging, and best of all: completely injury free!

Doing that run gave me the inspiration to *really* challenge myself. And so... I decided to tackle the marathon distance on the Knobstone Trail, April 9. It was part of the KT50 Endurance Runs—a planned, supported run. The trail provides repeated steep climbs and descents of 300’ or more. The surface is uneven with rocks, roots, tall steps, creeks, logs, and much more. This is without a doubt the toughest trail I have ever seen.

My friend Tony was with me the entire

way and the 26.2 mile distance took us fully 6 hours and 18 minutes to complete. We were working hard at it. For comparison, Tony and I typically run road marathons in 3:10 to 3:40. As grueling and tiring as it was, not once did I have tightness in my hamstring or problems with my plantar.

As I try to run the Mini-Marathon on pavement in a few weeks, I am sure I’ll have trouble. Last year, I had to drop out. There is a tremendous difference between trail running and running on pavement. I’m completely convinced that the exact same motion, repeated thousands of times on the hard pavement, encourages injuries. On the trail, each step is a bit different. Some steps are very different, such as leaping, turning, climbing, and descending.

I write this article to encourage those of you battling injuries to give trail running a try. It takes a little bit of adjustment, especially to develop ankle and lower leg strength, but it is absolutely worth it in the long run. Your body, mind, and spirit will thank you.

Happy trails!

Upcoming Trail Races:

July 20th, Twilight Cross Country Challenge, 5K, Noblesville, IN

July 30th, DINO Adventure Triathlon (off road triathlon, multi-distanced), Logansport, IN

August 20th, DINO Series, 15K & 5K, Newcastle, IN

October 29th, DINO Series, 15K & 5K, Southwestway Park, Indianapolis, IN

For more information on trail running and trail races, go to: www.DINOSeries.com & www.indyrunners.org.

President's Column ... Continued from Page 3

difficult, but I persevered. I stayed committed to the prescribed exercises, and added a lot of stationary cycling to the regimen for the next few weeks (in addition to regularly walking our dogs, Zuka and Pepper).

Finally, I was able to begin running again on March 4th.

I've always been a heavy, heel-to-toe runner, so I took this opportunity of extended, forced time off to try a new running technique called the Pose method. Basically, the Pose method involves a slight forward lean, and short strides combined with a high turnover rate, which leads to increased efficiency overall. I was skeptical at first, but my running felt better than ever before. I didn't experience any of the typical symptoms one usually feels when beginning a running program after an extended time off.

My running progressed so well over the next few weeks that I began to seriously consider attempting the Mini, even though it would mean only 7 weeks of training and less than half the mileage I had during the same time before last year's Mini. Instead of racking up my mileage, I opted for an interval-based program. This was great, because it helped facilitate my re-conditioning, and at the same time, helped

reinforce my new running technique. With two weeks left, I ran the 15k Nurses race, and felt surprisingly good. My goal was to run the first 10k and then walk for two minutes each during the next 3 miles. Even with the walking, my time was good enough for about a 9 minute average pace.

So, I did the Mini. Best of all, I beat my last year's time of 1:59.37 by 47 seconds, with a time of 1:58.50. Not my PR, but very acceptable considering my limited training and surgery. Best of all, I feel better now when I run, which I attribute to the new running technique. If you are interested in more information about the Pose method, I encourage you to visit:

<http://www.posetech.com>

The bottom line? Stay committed, be proactive and solution oriented, and strive to turn adversity into opportunity. I will be doing the Fun Runs throughout the Summer, so don't hesitate to introduce yourself. Best of luck with your personal goals: running, professional and personal!

Mike



Looking for timely running and/or walking information?

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

RACE PROFILE

Heel to Heal Run/Walk

IMAGINE...Going to the bathroom 20 times a day. Abdominal pain. Medication with side effects that include weight gain, puffy cheeks and weakened bones. Reluctance to talk about how sick you feel, or even to leave your home. Multiple surgeries. Delayed growth to children due to difficulty absorbing nutrients. These are some of the issues faced by many of the estimated one million Americans living with Crohn's disease or ulcerative colitis. Collectively known as inflammatory bowel disease (IBD), these painful, chronic digestive diseases are diagnosed in approximately 30,000 Americans each year, many of them children or young adults. An estimated 26,000 Hoosiers suffer from IBD, with 2,600 of those being children. The Crohn's & Colitis Foundation of America (CCFA) is here to help. We provide educational programs and support services to assist those coping with IBD, and fund critical research projects that take us closer to a cure. By joining CCFA for the Heel to Heal™ Run/Walk, you'll play an important part in helping CCFA eradicate these diseases. This fun, all-ages event raises needed funds to continue the battle against IBD. Imagine a future without Crohn's disease and colitis. Every step you take will bring us closer to a cure.

Fort Harrison State Park is this year's location for CCFA's annual Heel to Heal Run/Walk to benefit the Indiana Chapter. The Run/Walk will start at 10am on Saturday, September 17th at the Harrison Trace Trail and Delaware Shelter at Ft. Harrison State Park in Indianapolis. Registration begins at 9:00 a.m. The run will be approximately a 10k and the walk will be a 5k winding along the Harrison Trace Trail.

Registration to participate in this event will be available in mid-May. You can register online: www.ccfa.kintera.org/Indiana/RunWalk for your convenience starting May 16th. If you would like to register prior to mid-May or for additional information, please call Misty Wick, Development Coordinator at 800-332-6029.

Thank you and we hope to see you there!

IR Members' Survey

(Preliminary Summary)

Many of you participated in the first-ever Indy Runners Member Survey this past Spring. To the 163 participants: A huge THANK YOU on behalf of myself and the Indy Runners Board (IRB) for your thoughts and comments. In addition, the IRB randomly selected a few lucky participants as recipients for the following prizes:

- Donald W. Anderson, Of Mooresville, IN
- Daphne Heflin, Of Lebanon, IN
- Jim McGee, of Fishers, IN
- Jackie Pugh, of Carmel, IN

So, on to a summary of the results:

Gender: Female (56%);

Male (44%)

Age: 19-29 (18%);

30-39 (25%);

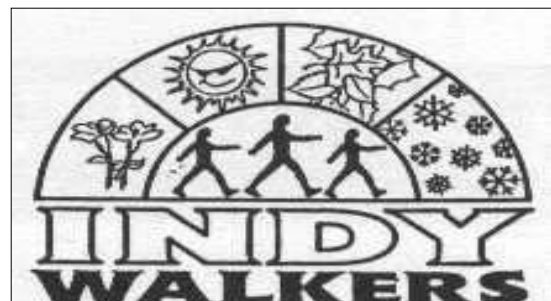
40-49 (25%);

50-59 (25%)

Years as IR Member: 0-1 (22%);

1-2 (28%);

3-4 (20%)



Running and Cross Training Websites

Running Races

Indy Runners	www.indyrunners.org	Weekly club runs, local/statewide races
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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Cross Training

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

If the survey is accurate reflection of the entire club membership of 750, our club currently consists of relatively new members (50% are members for two years or less), who are evenly spread across ages from 19-59, with the majority being female.

Most of the participants joined the club as a benefit of our Mini-Marathon Training Program, and the number one request for future benefits was “non-running” events such as seminars/lectures and social gatherings. The number two request was for post-race social gatherings, much like the IR Tent available to all club members in Military Park immediately after the Mini-Marathon. To this end, the IRB recently made available a new IR Tent seen at some of the local races already.

Another important reason most of you joined the club was for local running news. We

recently re-launched the IR Splits, the electronic newsletter that is delivered to your e-mail inboxes. **If you haven't been receiving the e-news, please confirm your e-mail address with our IR Newsletter Rep., (Alexe Yeung) or our Membership Director/Webmaster (Jeremy Zieseniss).** We will continue to optimize this e-news, as well as look at new ways to make our great website, www.indyrunners.org, even more valuable to visitors.

Over the next few months, the IRB will continue to review the survey results and implement new perks and benefits to optimize the value of your Indy Runners club membership. Please stay tuned for ongoing announcements in future issues of either IR Splits (monthly e-news) or IR Foot Prints (quarterly print newsletter) to learn more about exciting changes in the coming months.



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



The Sam Costa Half Marathon / Club Kokomo Connection

By Terry Townsend

Volunteer Appreciation!

What can you say about a group of folks that will travel 50 miles to participate in your Race? And by the way, they'll bring 25 – 30 of their closest friends to run also. While they're at it, they'll just pack up another 20 or so to help out. No big deal.

Sure, it gets a little cold out there at the water stop in the middle of nowhere half way between Carmel and Noblesville. And it can get a little hectic with runners going both ways at the "double aid station" and around the loop between miles 10 and 12. But this is fun, this is family, this is Club Kokomo!

It is a privilege for me, as the "Costa" race director, to have friends like the folks from Club Kokomo. If anyone needs a reminder of what volunteerism means or what club synergy can be, look no further. The shining example for all to see is straight up US 31. Thanks again to all the "Kokomoans" who help make the "Costa" the very best it can be. We are very much in your debt.

Race Calendar... Continued from Page 15

Fest), 5 Km Run/Walk, 8:00 a.m., Military Park, Indianapolis, IN, [Ken Long & Associates](#) (317) 884-4001

Sat 17th, Dick Lugar Run and Walk & Corporate Challenge, 10 Km Run, 5 Km Run/Walk, 8:00 a.m., Butler University, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 17th, Heel to Heal™ Run/Walk, 10 Km Run/5 Km Walk, 8:00 a.m., Harrison Trace Trail & Delaware Shelter, Ft. Harrison State Park, Indianapolis IN, [Misty Wick](#) (800) 332-6029

Sat 17th, YMCA Muncie Mini Marathon, 13.1 Mile Run, 5 Km Run/Walk, 8:00 a.m., YMCA - 500 S. Mulberry, Muncie, IN, Mark Stagge (765) 741-5542

Sat 17th, Run To Oz 5K, 5 Km X/C Run, 8:15 a.m., Coffee Creek Center Pavilion, Sidewalk Rd and Dickinson Rd, Chesterton, IN, [Jon Winey](#) (219) 926-3431

Sat 17th, The City Mission Fall Food Run, 5 Km Run/Walk, 8:30 a.m., Lockkeepers, Park City Diner, Canal Way Towpath, Valley View, OH, [Joy Osborn](#) (216) 431-3510 x250

Sun 18th, 4th Annual NCN Fall Tune-Up, 30 Km/15 Km/5 Km Run, 7:00 a.m., Rt. 83 & Walker Road, Avon Lake, OH, [Rick Cadwell](#) (440) 933-8075

Sat 24th, Double Eagle Run & Walk Benefit's the Eagle Creek Foundation, 10 Mile Run, 4 Mile Run/Walk, 9:00 a.m., Eagle Creek Park, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 24th, Tech Trek 5K, 5 Km Run/Walk, 9:00 a.m., Campus of Indiana Tech, 1600 E. Washington Blvd at Anthony Blvd, Fort Wayne, IN, [Susan McGrade](#) (260) 422-5561 x2358

Sun 25th, Calumet Memorial Park District Mini Marathon, 13.1 Mile Run, 8:30 a.m., Memorial Park, 612 Wentworth Ave, Calumet City, IL, [Terri Collins](#) (708) 862-0880

Sun 25th, Wild Wild Wilderness, 7.6 Mile Trail Run, 11:00 a.m., Kickapoo State Recreation Area, Danville, IL, [Kennekuk R R](#) (217) 267-3595

Sun 25th, Cleveland Heroes Run, 5 Mile Run, 2 Mile Run/Walk, 8:30 a.m., St. Joseph Academy, Cleveland, OH, [Bill Vanverth](#) (216) 631-8455

October

Sun 9th, Chicago Marathon, 26.2 Mile Run, 7:30 a.m., Grant Park, Chicago, IL, Marathon Staff (1-888-243-3344)

Sat 15th, Indianapolis Marathon/Half Marathon, 26.2 / 13.1 Mile Run, 5 Km Run, 1.2 Mile Kids Run, 8:00 a.m., Fort Benjamin Harrison, Indianapolis, IN, (317) 826-1670

Sun 16th, Columbus Marathon, 26.2 Mile Run / 26.2 Mile Relay, 8:00 a.m., Downtown Columbus, OH, Marathon Staff (614) 421-7866

Club Merchandise

send an email to merchandise@indyrunners.org



New Indy Runners Singlets
(Men's & Ladies sizes)
\$16.00



Indy Runners/Walkers
Sweatshirts
\$28.00



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Memory Keeping at Its Best™

Janelle Renschler...Continued from Page 5

have 4 cats, but unfortunately cats don't make good running partners.

IR: *Are you a collector? If so, of what and why?*

JR: No, I don't really collect anything.

IR: *What's always in the fridge?*

JR: Orange juice, chicken breast, shrimp, cheese, apples

IR: *What's your favorite meal?*

JR: Pasta or Mexican food

IR: *Favorite indulgence:*

JR: Cookies, cake, anything chocolate

IR: *What you wanted to be as a kid:*

JR: I loved horses and wanted to be a jockey at one point. I didn't get the idea to become a veterinarian until much later.

IR: *Favorite music:*

JR: Pop-punk, like Greenday

IR: *Favorite quote:*

JR: "Any day I am too busy to run is a day I am too busy". -John Bryant

IR: *Least favorite chore:*

JR: Cleaning the cat litterboxes!

IR: *Least favorite reality TV series:*

JR: Just about anything on right now... "Temptation Island" was pretty bad! Or "Who Wants to Marry my Dad"!

IR: *Role model:*

JR: I think Deena Kastor (bronze medalist at 2004 Olympic marathon) is a fantastic role model for female runners. She has really made progress in furthering American distance running.

IR: *Ultimate goal as a runner:*

JR: I just want to keep running as well as I can for as long as possible. Every season my goals change.

IR: *Recommendation to other women runners:*

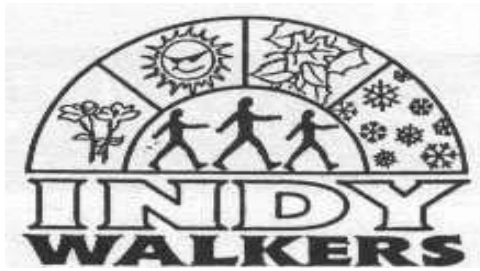
JR: Just believe in yourself and keep running. Before I started racing, I never thought that I could be competitive. You can accomplish more than you ever thought if you dedicate yourself to your running.

IR: *All we need in addition is a very brief description of who you are, what you do, and how long you've been an Indy Runner.*

JR: Who am I: Janelle Renschler (in case you didn't know J). I have been involved with Indy Runners for 4 years and I currently coordinate the Monday night run and Merchandise. I will be directing the Groundhog 7 next year. My husband Jason is also an Indy Runner. In my non-running life, I am a veterinarian and I am currently working toward a PhD in the Pathology Dept at IU School of Medicine.

A Place For Every Pace

Indy Runners is a non-profit 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.



Sign up for the Indy Runners’ e-newsletter—the IR SPLITS from our website: www.indyrunners.org. The IR Splits, sent out every one to three weeks, contains the most updated information regarding all Indy Runners happenings, gatherings and news.

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	All	Monon & 75th	Janelle Renschler 299-1095	2 to 8+ miles
Tuesday / Thursday 6:00 pm	All	Hinkle Fieldhouse- Butler University	Brian Cake 876-7253	1-8+ miles
Sunday 7:00 am	All	Fort Ben YMCA Parking Lot	John Laker 485-5380	Open: 6 or more miles

foot prints

Advertising Rates

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



Environmentally aware?

Do you want to reduce the paper used for this newsletter? If you are interested in receiving this newsletter electronically mailed to you rather than snail-mailed, please send an e-mail to the editor at: newsletter@indyrunners.org. Include a short message, along with your mailing address so that we can remove it from the newsletter mailing list.

Submissions...

If you like to write, tell jokes, draw funny characters, or just want to see your name in print, submit any work or even just ideas to: newsletter@indyrunners.org. Thanks for your input!

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
1075 Broad Ripple Ave., Suite 144
Indianapolis, IN 46220

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 _____

YOUR EVENT CALENDAR FOR 2005

July

Wed 6th, [Twilight Cross Country Challenge](#) (Have a nice Wed night workout , on one of the states best X-C courses.), 3 Km Kids Run/5 Km Open Run, 6:15 p.m., Noblesville HS Cross Country Course, Noblesville IN, [The Runners Forum](#) (317) 844-1558

Thu 7th, [IUPUI All-Comer's Meet](#), 800m, 200m, 1500m, 100m, 3000m, 400m, Pole Vault, 6:15 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI, [Jim Jarnecke](#) (317) 274-3364

Sat 9th, [Race Against Prostate Cancer](#), 5 Km Run/Walk, 8:00 a.m., Indiana War Memorial, Downtown Indianapolis, IN, [Tuxedo Bros](#) (317) 733-3300

Sat 9th, [Blacksnake Duathlon #2](#), 2 Mile Run/20 Mile Bike/2.5 Mile Run, 8:30 a.m., Johnson County Park, 6 Miles South of Franklin, IN, [Johnson County](#) (812) 526-6809

Sat 9th, [Sizzlin Summer Classic](#), 5 Km Run/Walk, 9:00 a.m. , University East Campus (located just south of interstate 70 on Highway 27), Richmond IN , [Mandy Ford](#) (765) 973-8240

Sat 9th, [Iron Horse 4 Mile Road Race](#), 4 Mile Run/3 Mile Walk/1 Mile Fun Run, 8:00 a.m., CASS County Family YMCA, 905 E Broadway, Logansport IN, (219) 753-5141

Sat 9th, [2005 State Games of Indiana Track and Field](#), Various , Andean High School, Merrillville, IN , [Rick Torres](#) (219) 887-5281 x226

Sun 10th, [Indiana Downs Triathlon Series #2](#) , 1/2 Mile Swim/16 Mile Bike/3 Mile Run, 8.30 a.m., Indiana Downs Track, Shelbyville, IN, [Tuxedo Bros](#) (317) 733-3300

Sun 10th, [NCN Summer Sprint Duathlon](#), Adults: 5K Run/16 M Bike/5K Run, Kids: ¼M Run/3M Bike/¼M Run , 8:00 am, Lorain, OH , [Rick Cadwell](#) (440) 933-8075

Tue 12th, [South Side Tuesday Night Track Meet - Champions Meet](#), Previous top 3 in each gender to Qual., 1600m, 100m, 800m, Family Fun Run Relay, 200m, 3200m & 2x2x800m, 7.00 p.m., Center Grove Middle School NORTH, Indianapolis IN, [Howard Harrel](#) (317) 422-9688

Wed 13th, [Zionsville All Comers Meet](#), 1600m, 200m, 800m, 400m, 4x100m, 5000m, 7:00 p.m., Zionsville Community MIDDLE SCHOOL, Zionsville IN, [Dennis Houchens](#) (317) 873-5634

Wed 13th, [Friendship Race](#), 5 Km Run (Certified), 6:30 p.m., Wicker Park 2125 Ridge Rd Highland, IN, [Joe Mis](#)

(219) 931-6587

Thu 14th, [Inferno 5K](#) , 5 Km Run/Walk, 6:00 p.m. , City Center, Carmel, IN, [The Runners Forum](#) (317) 844-1558

Thu 14th, [IUPUI All-Comer's Meet](#), 800m, 200m, 1500m, 100m, 3000m, 400m, Pole Vault, 6:15 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI, [Jim Jarnecke](#) (317) 274-3364

Sat 16th, [DAMAR Race for Success](#), 5 Mile Run/5 Km Walk, Leisure Bike Tours,8:30 a.m., Ameriplex Business Center, Indianapolis, IN, [Ken Long & Associates](#) (317) 884-4001

Sat 16th, [Special 5K](#), 5 Km Run/Walk/1 Mile Fun Run & Walk, 8:00 a.m., Sugar Grove Elementary School, Greenwood, IN, [Andrew Menner](#) (317) 888-3932

Sat 16th, [Muncie Endurathon](#), 1.2 Mile Swim/56 Mile Bike/13.1 Mile Run, 7:00 a.m., Prairie Creek Reservoir, Muncie IN, (765) 287-1799

Sat 16th, [3rd Annual Zoo Run Run](#), 5 Mile Run/5 Km Walk, 8:15 a.m., Columbian Park, Lafayette, IN, [Linnea Iantria](#) (765) 807-1545

Sun 17th, [Hoosier 200 Relay](#), 200 mile Distance Relay, 8:00 a.m., Evansville to Bloomington, IN, [Jamie Feagans](#) (812) 824-6728

Sun 17th, [Painesville Party In The Park](#), 5 Mile Run/2 Mile Walk, 8:00 a.m., Painesville Square, Painesville, OH, [Dave Whittaker](#) (440) 392-5912

Wed 20th, [Zionsville All Comers Meet](#), 400m, 1500m, 100m, 800m, 4x400m, 3000m, 7:00 p.m., Zionsville Community MIDDLE SCHOOL, Zionsville IN, [Dennis Houchens](#) (317) 873-5634

Wed 20th, [Twilight Cross Country Challenge](#) (Have a nice Wed night workout , on one of the states best X-C courses.), 3 Km Kids Run/5 Km Open Run, 6:15 p.m., Noblesville HS Cross Country Course, Noblesville IN , [The Runners Forum](#) (317) 844-1558

Fri 22nd, [Night Flight](#), 4 Mile Run/1 Mile Run, 8:00 p.m., Univ. Southern Indiana, Evansville, IN, [Mike Hillyard](#) (812) 465-1232

Sat 23rd, [Buckley 5 Miler](#) , 5 Mile Run (Road & X/C), 2 Mile Competitive Walk (X/C), 7:30 a.m., Buckley Homestead County Park, Lowell IN , [Albert Mouse](#) (219) 696-1570

Sun 24th, [25th Annual Saint Martin's Country Run](#) , 4.8-mile Run from Yorkville to New Alsace & back, 9:30 a.m. EDST, St.

Martin's Church, Yorkville IN , [Theresa Widolff](#) (812) 487-2665

Sun 24th, 29th Annual Johnnycake Jog, 5 Mile Run/5 Km Walk , 8:30 a.m., Lake County Fairgrounds, Painesville Township, OH, [Tom Stith](#) 800-947-2737 x612

Sun 24th, [6th Annual NCN Mohican Adventure Race](#) , 5M Canoe/5K or 10K Mtn Bike/5K Run, 10:00 a.m., Mohican Wilderness Camp, Glenmont, OH , [Rick Cadwell](#) (440) 933-8075

Tue 26th thru Sun 31st, [2005 USATF National Junior Olympic Track & Field Championships](#), Various Track, T.B.A., Michael A. Carroll Track & Soccer Stadium (IUPUI) - Indianapolis, IN

Wed 27th, [Zionsville All Comers Meet Athletic Annex Runners Appreciation Night](#), 800m, Mile, 100m, 400m, 4x100m, 5K/4K/3K, 7:00 p.m., Zionsville Community MIDDLE SCHOOL, Zionsville IN, [Dennis Houchens](#) (317) 873-5634

Wed 27th, [Twilight Cross Country Challenge](#) (Have a nice Wed night workout , on one of the states best X-C courses.), 3 Km Kids Run/5 Km Open Run, 6:15 p.m., Noblesville HS Cross Country Course, Noblesville IN , [The Runners Forum](#) (317) 844-1558

Sat 30th, [Indianapolis Sprint Triathlon #2](#), 500 yd Swim/10 mile Bike/3 mile Run, 8.00 a.m., Eagle Creek Park, Indianapolis, [Tuxedo Bros](#) (317) 328-1632

Sat 30th, [DINO Adventure Triathlon, Triathlon](#): 0.5 M Swim/10 M Mtn bike/4 M Trail run, **Canoe/Kayak**: 1 M Paddle/10 M Mtn Bike/4 M Trail Run, 9:00 a.m. onwards, France Park, Logansport, IN , [Brian Holzhausen](#) (317) 336-7553

Sat 30th, [POG Run](#) In memory of Paul O. Goble, 8 Km Run/Walk, Morristown, IN, [Ken Long & Associates](#) (317) 884-4001

Sat 30th, [Midnight Run](#), 1 Mile Fun Run/5 Km Run, 10.50 p.m., YWCA, Terre Haute, IN, (812) 234-9944

Sat 30th, [Run For Shelter](#), 5 Km Run, 8.00 a.m., First Presbyterian Church, 3401 Valparaiso St., Valparaiso, IN, [Kathie Babcoke](#) (219) 789-4535

Sat 30th, [Big Boca 5K](#), 5 Km Run/2 Mile Walk, 10.00 a.m., Boca Lago Drive, Valparaiso, IN, [Patrick Hurley](#)

Sat 30th, [Putnam County Mental Health 4M](#), 4 Mile Run/2 Mile Walk, 8.00 a.m., DePauw's Nature Park, 1 mile west of

Greencastle, IN, [Lee Stewart](#) (765) 653-9646

August

Sat 6th, Norris Insurance 5K, 5 Km Run/Walk, 8:00 a.m., Converse, IN, John Norris (765) 395-7761

Sat 6th, 2nd Annual Run for the Son, 5 Km Run/Walk, Kids Fun Run, 8:00 a.m., Sunnycrest Baptist Church, Marion, IN, [Connie Gamble](#) (765) 384-7109

Sun 7th, Indiana Downs Triathlon Series #3, ½ Mile Swim/16 Mile Bike/3 Mile Run, 8:30 a.m., Indiana Downs Track, Shelbyville, IN, [Tuxedo Bros](#) (317) 733-3300

Sun 7th, Chicago Distance Classic Half Marathon, 1/2 Marathon, 5 Km Run/Walk, 7:00 a.m., Chicago, IL, 1-877-474-0449

Sun 7th, Huntington Sprint Triathlon/Duathlon, Triathlon: ¼M S/12M B/5K R, Duathlon: 5K R/12M B/5K R, 8:00 a.m., Huntington Beach Metropark, Bay Village, OH, [Rick Cadwell](#) (440) 933-8075

Thu 11th, IUPUI All-Comer's Meet, 800m, 200m, 1500m, 100m, 3000m, 400m, Pole Vault, 6:15 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI, [Jim Jarnecke](#) (317) 274-3364

Sat 13th, Ride with Heroes (Bike Tour), 15 mile, 35 mile & 63 mile routes, 8:30 a.m., Pioneer Park, Mooresville, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 13th, 22nd Annual Cicero Triathlon, Swim 2/10 Mile/Bike 9.5 Mile/Run 3.1 Mile, 9:00 a.m., Red Bridge Park, Cicero, IN, (317) 984-4079

Sat 13th, Blacksnake Duathlon, 2 Mile Run/20 Mile Bike/2.5 Mile Run, 8:30 a.m., Johnson County Park, 6 Miles South of Franklin, IN (812) 526-6809

Sat 13th, Rotary Ramble 5K, 5 Km Run (Certified), 8:30 a.m., DeMotte Elementary School, 1000 S. Halleck St, DeMotte, IN [Char Groet](#) (219) 987-2875

Sat 13th, Ritter's Kids Triathlon, 25 yd Swim/1.5 Mile Bike/0.5 Mile Run, 8:00 a.m., South Bend, IN, [Elizabeth McKinley](#) (574) 299-4768 x246

Sat 13th, 5th Annual Bulldog Chase 5K, 5 Km Run/Walk, 8:00 a.m., Batesville Middle School, Batesville IN [Ronnie McAllister](#) (812) 852-1015

Sat 13th, CKRR Age-Graded 4 Mile Run & 5K Walk, 4 Mile Run/5 Km Walk, 8:00 a.m., Highland Park, Kokomo, IN [Gary Jewell](#) (765) 455-8551

Sat 13th, 34th Annual Fun Fest 5K, 5 Km Run/Walk/1 Mile Fun Run, 8:30 a.m., Warvel Park, North Manchester, IN [Kevin Lochner](#) (260) 982-6105

Sat 13th, Howl at the Moon, 8 Hr Run/Walk, 7:00 a.m., Kennekuk Cove County Park, Dan-

ville, IL [Kennekuk R R](#) (217) 431-4243

Sun 14th, 13th Annual Tower Run for Education, 8 Km Run/5 Km Fitness Walk, 8:30 a.m., Washington Park, Michigan City, IN (219) 874-8927

Sun 14th, 4th Annual Mayfield Village Youth & Family Triathlon, 100 yd Swim/1 M Bike/½ M Run or ¼ M Swim/4 M Bike/2 M Run, 8:00 a.m., Parkview Pool & Wetlands, Mayfield Village, OH [Danielle Yarcusko](#) (440) 461-5163

Thu 18th, IUPUI All-Comer's Meet, 800m, 200m, 1500m, 100m, 3000m, 400m, Pole Vault, 6:15 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI [Jim Jarnecke](#) (317) 274-3364

Sat 20th, Indianapolis Sprint Triathlon #3, 500 yd Swim/10 mile Bike/3 mile Run, 8:00 a.m., Eagle Creek Park, Indianapolis, IN [Tuxedo Brothers](#) (317) 328-1632

Sat 20th, DINO (Do Indiana Off-Road) Trail Run Series, 5 Km/15 Km Trail Run, 9:00 a.m., Westwood Park, Newcastle, IN [Brian Holzhausen](#) (317) 336-7553

Sat 20th, ISO Metric Run & Walk, 10 Km Run/5 Km Walk, [Ken Long & Associates](#) (317) 884-4001

Sat 20th, Hometown Run 5K, 5 Km Run, 8:00 a.m., Beiriger School 500 N Lillian Griffith, IN [Dan Govert](#) (219) 924-7904

Sat 20th, St. Bernadette Bulldog Run, 5 Km Run/Walk/1 Mile Fun Run, 8:30 a.m., St. Bernadette Church, Westlake, OH [John Russo](#) (440) 666-2021

Sat 20th, Lean Horse Hundred & Half Hundred Ultra-Marathon, 100 Mile Run/50 Mile Run, 6:00 a.m., Minnekahta Trailhead, Hot Springs, South Dakota, [Jerry Dunn](#) (605) 642 2382

Thu 25th, IUPUI All-Comer's Meet, 800m, 200m, 1500m, 100m, 3000m, 400m, Pole Vault, 6:15 p.m., IU Michael A. Carroll Track & Soccer Stadium, located on the campus of IUPUI, [Jim Jarnecke](#) (317) 274-3364

Sat 27th, Run 4 the Bone, Benefit's the National Bone Marrow Donor Program, 4 Mile Run/Walk, 8:00 a.m., Eagle Creek Park, Indianapolis IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 27th, 5th Annual Valley City Street Fair 5K Run, 5 Km Run/Walk, 5:00 p.m., Valley City, OH, [Bonnie Weber](#) (330) 483-3811

Sat 27th, Smyrna Parks 5K (USATF Certified), 5 Km Run, 7:30 a.m., Sharp Springs Natural Area Park, Smyrna, TN, [Monty Perkins](#) (615) 300-3753

Sun 28th, USAT Mideast Triathlon Championships, 1.5K Swim/40K Bike/10K Run,

8:00 a.m., Eagle Creek Park, Indianapolis IN, [Tuxedo Brothers](#) (317) 733-3300

Sun 28th, USAT Mideast Duathlon Championships, 2 Mile Trail Run/40K Bike/10K Run, 8:00 a.m., Eagle Creek Park, Indianapolis IN, [Tuxedo Brothers](#) (317) 733-3300

Sun 28th, Roc Bod Quadrathlon, 1 Mile Swim/40 Mile Bike/10 Mile Run/5 Mile Kayak, 8:00 a.m., Patoka Lake, French Lick, IN, [Jeff Johnson](#) (812) 936-4255

Sun 28th, NCN Lorain Sprint/International Triathlon, Sprint ¼M S/12M B/5K R International

1.5K S/40K B/10K R, 8:00 a.m., Lakeview Park, Lorain OH, [Rick Cadwell](#) (440) 933-8075

September

Sat 3rd, Goat Hollow Triathlon, 700 Yard Swim/5 Km Run/13.1 Mile Bike, 8:15 a.m., Centerton Elementary School, Martinsville IN, [Dan Daly](#) (317) 831-6729

Sat 3rd, 15th Annual Celebrate Westlake Race, 5 Mile Run/3.4 Mile Walk, 1 Mile or ½ Mile Kids Run, 8:30 a.m., St. Johns West Shore Hospital, Westlake, OH, [Westlake Rec. Center](#) (440) 808-5700

Sun 4th, Rock 'n' Roll Half Marathon, 13.1 Mile Run, 7:00 a.m., Virginia Beach Pavilion Convention Center, Virginia Beach, VA, [Elite Racing](#) (800) 311-1255

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

Sat 10th, Brownsburg Freedom Run, 10 Km Run, 5 Km Run/Race Walk, 9:00 a.m., Brownsburg Park, Brownsburg, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 10th, IRS Duathlon #2 - Morgan-Monroe State Forest, 5 Km Run/17.5 Mile Bike/2 Mile Run, 8:30 a.m., Morgan-Monroe State Forest, Martinsville, IN, [Dan Daly](#) (317) 831-6729

Sat 10th, Tipton Pork Festival 8K, 8 Km Run/1.5 Mile Fun Run, 8:30 a.m., Tipton Middle School, Tipton, IN, [Brian Bear](#) (317) 420-5192

Sat 10th, 7th Annual Wabash Valley Half Marathon, 13.1 Mile Run/Walk, 7:00 a.m., IVY Tech State College (approx 5 miles south of I-70 on Hw 41), Terre Haute IN, [Bruce Speth](#) (765) 832-6179

Sat 10th, Jason Baker Scholarship Run & Walk, 5 Mile Run/Walk, Crown Hill Cemetery, Indianapolis, IN, [Ken Long & Associates](#) (317) 884-4001

Fri 16th, Irish Festival 5K Run/Walk (participants receive a free pass to Irish

... Continued on Page 10

Foot Prints

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Foot Prints is a quarterly publication of Indy Runners and is one of many membership benefits. **Foot Prints** is mailed to the primary address for each membership via third class mail. Address corrections should be mailed to:

Indy Runners

1075 Broad Ripple Avenue, Suite 144

Indianapolis, IN 46220

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

Deadline

September 15, 2005

Issue

October 2005

The inaugural Indy Runners New Members' Run on July 20th, 2005 @ 6:30 p.m. at the Monon @ Broad Ripple Avenue. See Page 5 for details...

Foot Prints
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1075 Broad Ripple Avenue, Suite 144
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