

Foot Prints

The Quarterly Newsletter of IndyRunners

Fall 2005, Volume 10, Number 4

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New Membership Structure for Indy Runners

Beginning in January 2006, Indy Runners will be implementing changes to the membership structure.

First, we will be converting all annual memberships to follow the calendar year (January 1st through December 31st). This new calendar year membership REPLACES the current format of being valid for 12 months from the date when you join.

Secondly, and in conjunction with our calendar-year memberships, we are going to implement a TWO-TIERED membership structure. As described below, we will have new GOLD and SILVER status membership for everyone.

The GOLD membership will include the Mini-Marathon Training Program as well as many other benefits that Indy

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2006 Mini Marathon Training Program Information

The Indy Runners Mini Training Program will begin this year on January 17, 2006. See pages 12 and 13 for detailed information of all the new benefits this year. The program will again start and finish at Hinkle Fieldhouse on the Butler University campus. Please note that with the construction of the new Apartment Village, 49th Street, Boulevard Avenue, and 52nd Street, there may be some minor detours. Don't fret, however, as we will have each mile marked accurately. Training will be conducted with progressively longer runs throughout the 12 weeks, with motivating and friendly pacers to lead you as well as professional trainers to heal you, should anything go wrong. With our 9 different running paces and 3 walking paces, we really are the "Place for Every Pace".

We will run on the Central Canal Tow Path, with its lower-impact crushed limestone surface and no streets to cross, truly giving us the best and safest route to conduct large group runs on. There will be food, advice, lockers, showers, medical help, coaching, camaraderie, 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 of you will want to just come train and have

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New Membership Structure... Continued from page 1)

Runners offers only during the Mini-Training Program period. The SILVER membership will include most of the benefits that Indy Runners offers. Detailed description of the all the additional membership benefits added to 2006 will be available on our website.

What does this mean for my membership status?

For all current members who joined or renewed PRIOR to June 30, 2005, your membership will expire on December 31st, 2005. For all current 2005 members who joined or renewed ON or AFTER July 1, 2005, your membership will automatically convert to the new "Silver" membership category, and will expire on December 31, 2006. See table below for additional information.

I usually renew my membership as part of my Mini-Marathon Training program registration... how does this affect me?

Simply register for the Mini-Marathon Training program as you normally do... this will renew your membership for 2006 *and* provide you with all the associated benefits of the Indy Runners Gold membership category.

We are finalizing the details and they will be available on our website by the time you receive this newsletter. We appreciate your patience and understanding as we are trying to make Indy Runners a club for everyone.

A summary of the membership rollover :

Joined or renewed PRIOR to June 30, 2005, with a one-year membership.	Membership will expire on December 31, 2005. You can renew as either a Silver or Gold member for 2006.
Joined or renewed ON OR AFTER July 1, 2005, with a one-year membership.	Roll over to "Silver" status for 2006
Joined or renewed PRIOR to June 30, 2005, with a two -year membership.	Roll over to "Silver" status for 2006.
Joined or renewed ON OR AFTER July 1, 2005, with a two-year membership.	Roll over to "Silver" status for 2006.
Joined or renewed in 2004 (one and two-year memberships)	Your membership will expire on December 31, 2005. You can renew as either a Silver or Gold member for 2006.

Indy Runners and Indy Walkers

Board Members

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VOLUNTEER COORDINATOR—POSITION OPEN

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THE PRESIDENT'S PAGE

Looking Back and Looking Ahead

Whether you've run or walked your very first event this year, regardless of how long or short, the Indy Runners Board members salute your efforts. If you are new to the club or a long-time member, we appreciate your commitment to the sport, and to the club in particular. A lot has happened to Indy Runners in 2005, and we hope that it is only the beginning of many more great things to come. In review:

1. We conducted a comprehensive member survey to better help guide us in our efforts to serve club members through the next year and beyond.
2. We re-launched the Indy Runner Splits, a free electronic newsletter of Indy Runners news and information.
3. We purchased a new official club tent, which will serve as the focal point for future Indy Runner gatherings and special events
4. We implemented a "New Member/New Runner" Social Run, which took place on five select Wednesdays over the summer. These informal runs were well attended and attracted more than 50 new members (or current members that hadn't previously attended a group run). We will definitely plan to continue these again next Spring. Stay tuned to future issues of both "Foot Prints" and the "Indy Runners Splits" for additional information.

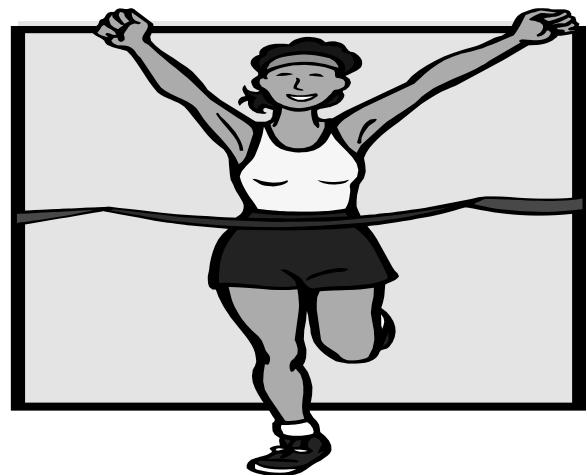
In looking forward to what's new for 2006, the Indy Runner Board decided to implement a number of changes to our membership structure and fees. Beginning in 2006, all memberships will be based on a calendar year, and will be valid through December 31st each year. For all IR members who recently renewed on or after July 1st of 2005, your current membership will carry forward through December 31, 2006. Everyone who joined Indy Runners prior to June 30, 2005 will receive a renewal form for 2006 before the end of the year, which will be for January 1 – December 31, 2006.

Your renewal form will also have a number of important changes. You can now renew at the *GOLD* level, which includes the IR Mini-Training Program, or you can renew at the *SILVER* level, which doesn't include the IR Mini-Training Program.

The *GOLD* level membership (\$65 for new members, discounts for members currently with a 2006 membership) is built around your participation in the 2006 IR Mini-Training Program, and includes the following benefits:

- Multi-level training schedule which allows you to train with others at your own pace
- Access to showers & lockers (you provide the lock) in historic Hinkle Fieldhouse
- Recovery snacks after every run/walk
- Run/walk route covers the scenic & historic Canal Towpath (a soft, crushed limestone surface)
- User-friendly training log to help you monitor your progress
- Knowledgeable guest speakers delivering informative seminars
- FREE Commemorative shirts (Brooks Podium Long-sleeve Technical Wear)
- FREE Commemorative Indy Runner Socks by DeFeet
- Consultation with sports medicine professionals and experienced runners
- Access to the Indy Runners Website for the

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THE WALKER'S PAGE

Meditation Walking

By Marcia Gascho

This past summer I was fortunate to be able to travel to South Korea. It's a very interesting country with a contrasting mixture of high-tech and ancient ways of life. We visited modern densely populated cities and quiet mountain monasteries that had existed over a thousand years.

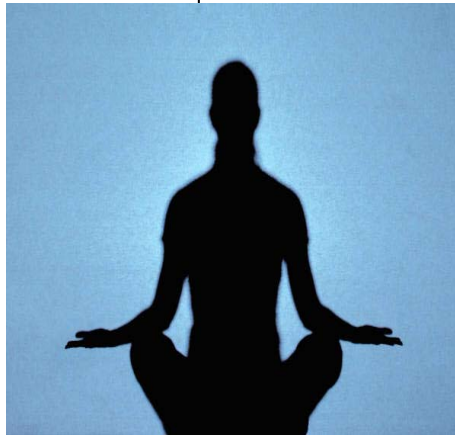
One night our group participated in a popular new program in Korea called "Temple Stay." We spent the night at a Buddhist temple, ate meals with the monks, participated in a tea ceremony and assisted in ringing their huge bell. Although only about a third of the country is Buddhist, many Koreans are taking part in Temple stays as a sort of spiritual retreat. (See website <http://eng.koreatemple.net/travel/templestay/>) The next morning before eating breakfast, we all took a walk in a beautiful forest next to a rushing mountain stream. We all chatted together on the way down the road, but remained silent on the way back. It was amazing how much more vivid my senses became during the silent part of the walk. I truly enjoyed the scent of the pine trees, the sound of rushing water and birdcalls and the serenity of my mind.

Many people think you must sit to meditate but Buddhists have been using meditation walks for many years.

They may chant while they walk. During our Temple Stay I heard monks rhythmically chanting in the wee hours of the morning as they walked around and around the temple complex. It was an eerie yet also oddly soothing sound. Those who practice walking meditation often walk with downcast eyes so that they are not distracted by their surroundings. It's easier to become aware of the body when it is in motion compared to sitting still. It's important to stay relaxed during the walk, letting the arms swing naturally at the sides and concentrating on breathing and various parts of the body from the feet on up to the head..

In the Middle Ages, many Christians wanted to make a pilgrimage to Jerusalem. Because the trip

was very dangerous, elaborate labyrinths designs were built in the floors in Gothic cathedrals to represent this walk to Jerusalem. People walked them as a symbolic pilgrimage in a quest for God. Those who were seeking repentance would walk the labyrinth on their knees. One of the most famous labyrinths is found in the floor of the 13th century Chartres cathedral near Paris. It consists of four quadrants and a six-petaled rosette in the center representing the six days of creation. The sign of the cross is clearly visible in the design. Labyrinths are gaining in popularity for people of all faiths who are on a spiritual journey or are seeking peace of mind. Churches as well as hospitals, prisons, gardens and schools have indoor and outdoor labyrinths. You can buy a portable labyrinth made of canvas and rent it out. Grace



Cathedral in San Francisco has two labyrinths. (see website www.gracecathedral.com/labyrinth/) Unlike mazes, labyrinths do not have dead-ends or wrong turns so there is no stress involved in the walk. The path winds gently around and leads to the center, then out again. Some believe labyrinth designs date back thousands of years to places like Rome and Scandinavia.

There is some scientific research to discover if walking a labyrinth has mental or physical healing powers. There's a Labyrinth Society with a Labyrinth Locator so you can find one near you! (See website www.veriditas.labyrinthsociety.org) I was interested to discover that there are several labyrinths in the Indianapolis area at churches and the Indiana Women's Prison.

St. Augustine was a 4th century theologian whose motto was "Solvitur ambulando" it is solved by walking.

If you are having a stressful day, taking a walk can be very beneficial. Studies have shown that blood pressure is lowered by taking just a quick walk. Sometimes I take a pencil and small notebook with me on walks because I often think of ideas or solutions to problems. In this stressful, busy world, sometimes it's good to slow down and take a quiet ambling walk to clear the brain, relax the body and rejuvenate the spirit.

RACE PROFILE

Save those shoes !!

The 34th Annual

Groundhog 7 Mile Run

and the 6th Annual

Kid's Groundhoglet

FREE RACE!! as in NO ENTRY FEE!

This is "no frills" running for **FUN** and offered as a courtesy to all runners from Indy Runners. You get refreshments, day of event results, volunteers to keep runners on course and good people with whom to run.

Check back on the Indy Runners website in November for location and course details. We are planning a fun, flat 7 mile course. Note that weather and road conditions are frequently bad this time of year; however, the race **WILL** be held on this date!



New this year:

BRING YOUR OLD RUNNING SHOES!

In the past, Indy Runners collected food for the Food Bank during this race. This year, we're trying something different—something directly related to running.

We're collecting used running shoes to be donated to African runners through One World Running www.oneworldrunning.com. Bring any old running shoes for donation. The gently used shoes will be sent to Africa and the really beat-up ones can be ground up and made into running tracks and playgrounds through the Reuse-a-Shoe program.

Save the date:

Sunday, February 5th, 2006 @ 1:00 p.m.

MEMBER PROFILE

Mary Weerts

Questions and Intro by Alexe Yeung

This quarter, we introduce to you Mary Weerts, an occasional participant at our group runs but a regular one at our training program runs. Mary has given seminars at many of our past Mini-marathon Training Program evenings. Mary is one of the most well-rounded athletes I know, and one of the most friendly and inspirational I've ever met. If you've ever seen the finely toned muscles Mary sports, you'll also want to learn the kind of exercises she does...

My name is Mary Weerts, I go by "Mimi" as a nickname & at several yoga studios that I teach at. Some people call me "Mimi Mary". If you're not totally confused by now, I'll tell you more...

I have degrees in business and am a registered nurse. My areas of specialty include rehabilitation, research and surgery. I am also a Personal Trainer, and love teaching hatha yoga, pilates as well as SPIN. With regards to work, I'm a traveling gypsy. And as if all that doesn't keep me busy enough, I do it all while raising 2 teenagers.

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

Mary Weerts (MW): I started running around 10 years ago on a regular basis since my doctor told me that I had to in order to prevent osteoporosis. I've been running since so I guess it's been working!

IR: *Ideal weekend workout:*

MW: My ideal workout is not being sore after a 90-minute run.

IR: *Greatest misconception about runners:*

MW: The greatest misconception about runners is that they're all anti-social. I'm a runner and I'm definitely not anti-social!

IR: *Cats or dogs?*

MW: Dogs, definitely. Chocolate labs are the best pets, and mine is named Buddy.

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

MW: I collect matches & postcards from all the

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Duane Heidecker: 1938 – 2005

A lesson in courage and grace for us all—PART 1

By Terry Townsend



(Writers comment: Duane Heidecker was a long time member of Indy Runners and club president in the middle '80's. He was a very active member in the running community, both as a runner and a volunteer. Duane

relocated to St. Louis for work from 1997 to 2003, but returned to Indy in 2003 upon retirement. He is survived by his wife Pat and their children, Dan, Rhonda, and Jill. What follows is an account of his last 10 months.)

It had started innocently enough. Two friends, both former Indy Runner presidents, at Eagle Creek for an early morning run on a cool, crisp autumn morning shortly after Thanksgiving in 2004. When they finish, one comments to the other about an unusual stiffness in his right shoulder. It just won't loosen up, he says. Only later does an examination reveal the true nature of the "stiffness". It's a mass. It's malignant, and Duane Heidecker, his wife Pat, their family and friends, are sent on a journey that no one could have predicted and no one wants.

The fall and winter went by in a blur with the requisite combination therapies of radiation and chemo. Duane would be weak and tired occasionally but otherwise tolerate the invasiveness of this medical one-two punch. He was thankful for that and resolutely positive about the treatment and his ultimate recovery. He would run again, he said. He'd be back at the park on Saturdays. It was just a matter of time.

Spring arrived and it was shortly after the "Costa" that the time was right for surgery. They would remove what remained of the tumor. I saw him after the operation and he looked great. He was happy that his shoulder muscles had been saved and his strength and range of motion would return. Optimism

ruled the day. Duane and the family were looking forward to some rehab, some walking, and then, of course, some forward movement when, for a brief moment, neither foot is in contact with the earth. That would be later. For now they would take it a day at a time. But I left the hospital that day with an ominous, nagging thought. Everyone had been surprised that the tumor, when removed, was much larger than predicted - several times larger in fact. The contagious, positive energy I'd felt earlier was swamped by a sense of foreboding.

But thankfully I was wrong! The follow-up tests came back clean. There was no spreading of the cancer. There was no cancer anywhere! The feeling of relief was so pervasive that everyone was allowed to breathe and to dream. There would be more time, probably much more time. There would be visits to see the grandkids play ball, there would be many more trips to Bristol for the races, and, as if it needed to be said, there would be many, many more Saturdays at the park with his friends.

The summer days turned long and hot. Duane was walking with Pat. He was jogging slowly. His endurance was improving and he was looking forward to the cooler days of autumn. He'd be much stronger then and besides, the Cardinals would be in the World Series, the Packers would have a resurgence, and, most important of all, there would be high school football in St. Louis - and his grandson was playing quarterback. Yes, he was really looking forward to seeing those games in person. Nothing can compare to that.

It is one of the crueler ironies of life that things go wrong just when it appears that they are going so right. Nothing can prepare you for that phone call, that knock on the door, that feeling of the rug being pulled violently from under your feet. Nothing can prepare you for those words - the cancer is back, it's in more than one place, and it doesn't look good. We can try some things. It may work.

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(Duane Heidecker... Continued from page 6)

So they tried some things. And it worked - but not well enough. By early August all hope for recovery was lost. It had become an exercise in pain management and quality of life. But you would never have known it by talking to Duane. He was doing OK, he said. Yes there was some pain but all I need to do is get comfortable in this chair and I'm fine. I've got these pillows to prop me up and take the pressure off. The medication is working great. Stay as long as you care to. Clemens is pitching for the Astros tonight, we can watch that 'til the Cardinals come on. Really, I'm not even tired, he said, and I'm eating well.

Friends flocked to see him every week, no matter he lived so far south that our perpetual joke was he must have a Louisville zip code. And every week he looked a little worse but acted just the same. He was happy to see you, pleased in fact. I'm looking forward to my grandson's game in St. Louis on the 9th of September he would say. Going over for a week, probably catch two games. Then come home and rest up for awhile and then go back later.

I called him on the 8th to see if he was ready for the trip. We're leaving early in the morning was his answer. But I could tell he was getting very weak. I was glad he was leaving soon. I knew how much it meant to him. I think I wanted it for him as badly as he wanted it for himself.

On Monday I heard the news. They never made it out of town. The pain and discomfort had been too much. For it to stop him from making that trip, well, it must have been brutal. Plans were made to see him the next day not knowing what to expect.

And yet there he was, just the same! Yes, he was very weak and his breathing was labored, but his attitude

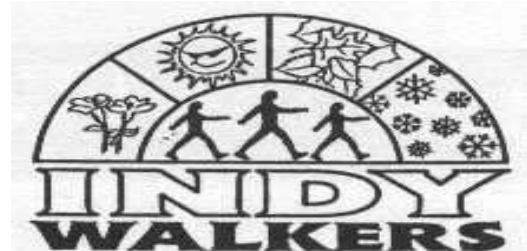
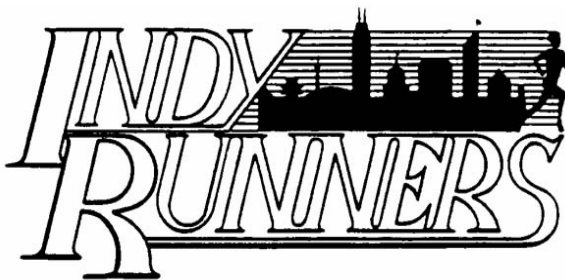
was unchanged. He'd seen the game on tape. His daughter had brought it to him. He would see how he felt next week. There might be a chance he'd go then, he said. We all looked at each other, eyes glistening. I'm just taking one bite of the donut at a time, was his response, just one bite at a time. I couldn't catch my breath last night, he told us. It was the most scared I've ever been. He said it in a tone so soft, so flatly matter of fact that it belied the emotion of the statement. The four of us, huddled so closely around his chair, found it impossible to respond.

We stayed too long, not wanting to leave, not wanting to say goodbye, all of us now realizing it would be for the last time. When it was my turn I took his hand and thanked him, thanked him for our trips to Bristol, thanked him for being my friend. You're welcome Terry, he told me. Those trips were the best. Only later did I think back and realize he hadn't said anything about going next year.

On the long drive home we reflected on what we had just experienced. "Courage and grace" said a voice in the back. "We've just been given the opportunity to see what courage and grace looks like". It was so true. It was a final lesson from a humble, self-effacing man who'd seen the finish line of 33 marathons from New York to Chicago, from Milwaukee to Louisville. He was teaching us by example once again.

Two days later, he crossed the finish line for the last time.

Postscript – Duane and Pat were so thankful for the assistance they received from St. Francis Hospital Hospice and feel their help made the final days dignified and bearable. For those of you who knew Duane and would like to "do something", Pat has suggested that donations be made in his name to St. Francis Hospice.



Looking for timely running and/or walking information?

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

New and renewing members since July 2005.

For all new members: *Welcome!* For those renewing: *Thanks for your continued support!*

Jim & Ann Bumb
 Joshua Mitchell
 Terri Ehr
 Paul & Paula Berntsen
 Susan Hunt
 Ron J Reed
 Gary McCloud
 Danny Beaman
 Courtney Arnold
 Karen Porter
 Angie Ferber
 Linda Wanninger
 Andrew Smith
 Norman Simard
 Gretchen Bandoli
 Kristy Barnes
 Edie Hiatt
 Jill Fairchild
 Casey & Joy Sweeney
 Amanda Wolfe
 Josh Lipe
 Philip Dull

Lara & Tom Gordon
 Forest Kenworthy
 Ken St John
 Pamela Smith
 Mike Rian
 James & Janet Fitzwater
 Leo Tracy
 Richard Levins
 David Sparks
 Thom Pinkerton
 Chris Buckley
 Joel & Amy Paska
 Marian & Brad McCanless
 Susan Meshulam
 Kate Fennell
 Lauren Bosche
 Fritz Keller
 Brandon Trostle
 Mike & Stephanie Metrick
 Mike & Jackie Bradford
 Dean & Lisa Walker
 Brenda Booth

Colleen Ciampa
 Brenda Rodeheffer
 Tiffany Isaacs
 Robert & Mary Agnew
 Melissa Pedersen
 Pearl Belt
 Michael Durnwald
 Michael Emkes
 Sheri I. Ridge
 Elaine & Eric Bedel
 Joan Marciniak
 Jerry Graff
 Jesse Jr Martinez
 Doug Ashton
 Carole & Craig Mueller
 Michele Green
 Colin & Monica McAteer
 Dennis L. Erpelding
 Elaine Fairfield
 Michael Davis
 Jim Halsey
 Curt Canter

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	To be continued in Summer 2006	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	John Laker 485-5380	Open: 6 or more miles

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

(Mini Training Program Information... Continued from page 1)

fun, and that really is the most important of all.

If you have any questions regarding the program, from how to prepare, avoiding injuries, wanting to volunteer, or just have any ideas to pass on, feel free to call our Mini Training Program organizer, Kent Miller, at 317-255-2761. You may sign up in person, in the mail or on-line at www.indyrunners.org. We're all proud of our program and really appreciate your participation with us. It really is a fun time for all.



Note: As of the publication of this newsletter, the 500 Festival Mini Marathon is 43% full. With 30,000 spots available, that means almost 13,000 people have already registered by mid-October! Last year, Indy Runners was able to secure 25 spots after it was "sold out" exclusively for our members, and some of you took advantage of that program. This year, however, Indy Runners will not have that option available. So if you are planning on running or walking the Mini, consider yourself warned of the rapid pace the Mini is selling out. By the time our Mini Marathon Training Program begins, we are anticipating the Mini will be sold out.

(Mary Weerts... Continued from page 5)

places that I have traveled to.

IR: What's always in the fridge?

MW: My refrigerator always has milk (got milk?) & home cooked food.

IR: Favorite meal:

MW: My favorite meal would be lobster, asparagus & a baked potato—the perfect meal. And of course... chocolate for dessert. Yum!

IR: Favorite music & movie?

MW: I will never tire of listening to the Beatles & "Shakespeare in Love" is my favorite chick flick.

IR: Least favorite chore:

MW: My least favorite chore is housework of course!

IR: Least favorite reality TV series:

MW: My least favorite reality show is all of them. I find most reality TV tends to promote dishonest behavior.

IR: Role model:

MW: My role model is Katherine Hepburn.

IR: Ultimate goal as a runner:

MW: My ultimate goal as a runner is to run a marathon, for fun. That should be possible, right?!



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



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.

Wine not?
 Let us help you make Great Fermentations!
 All the supplies you could ever want or need for beer & wine making!

Coupon redeemable for a ~~FREE~~ Beer or Wine making class!

Great Fermentations
 OF INDIANA
 BEER & WINE MAKING SUPPLIES

853 East 65th Street • Indianapolis
 Local: 317-257-9463
 Toll-free: 1-888-463-2739
anita@greatfermentations.com

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!

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

Club Merchandise

See our website www.indyrunners.org for additional shirts and merchandise for sale. Presently, we have premium quality, Nike Dry-fit golf shirts available for order until November 14, 2005. You can also send an email to merchandise@indyrunners.org for more information.



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

Indy Runners/Velkers
 Sweatshirts
 \$28.00



Marcia Gascho
 INDEPENDENT CONSULTANT
 9005 Deer Run
 Indianapolis, IN 46256
 (317) 842-1164
magascho@yahoo.com

Memory Keeping at Its Best

(President's Column... Continued from page 3)

full schedule

- Unique monthly social events after specially designated run/walks
- Discounts at local running stores
- Special VIP treatment at the famous Indy Runners Post-Race Party Tent near the finish line!

PLUS, A SPECIAL BONUS GIFT FOR ALL 2006 PARTICIPANTS AVAILABLE AT PACKET PICK-UP !!!

The *SILVER* level membership (\$15 dollars for individual; \$20 for family membership, which is defined as two or more individuals at the same address) does NOT include the 2006 IR Mini-Training Program, but now offers the following opportunities: Ability to purchase Indy Runner branded apparel, such as hats, socks, shirts, and special member-only discounts on other merchandise, such as subscriptions to Runner's World Magazine, Midwest Running Magazine, and The Stick. The IR Board is working hard to continue to add additional benefits and opportunities as we speak.

By the time you read this, registration will be available online for the 2006 IR Mini-Training Program, and you can also register using the forms included elsewhere in this issue of "Foot Prints." Because of the changes to our membership structure, please do not hesitate to contact me personally, should you have any questions regarding the process for renewing. You are welcome to contact me by phone at 259-1946, or via e-mail, at the e-mail address listed below.

In other news, if you haven't yet heard, Indy Runners experienced a great loss this summer in the passing of former IR President and fellow runner, Duane Heidecker. Please take the time to read the memorable article about Duane by long-term member and Sam Costa Race Director, Terry Townsend.

Continuing a recently established tradition for spotlighting our fellow IR members, please read the feature about this month's member, Mary Weerts, known by many in the club as our resident Yoga Guru. If you know of a fellow IR club member that should be featured, please contact the club secretary, Alexe Yeung, to get the process started.

Finally, all IR elected officers serve one-year terms. The elected positions are the President, Vice-President, Secretary, and Treasurer. We usually vote for officers during the first club meeting of the year, which coincides with the first Tuesday Night Run of the IR Mini-Training Program. If you are interested in nominating someone for one of these positions, please e-mail your nominations (self-nominations are welcome) to me at the e-mail address listed below. Regarding club leadership, the Indy Runners couldn't exist without the dedicated commitment of the volunteer leadership. Because we are only limited by our time as volunteers, the IR board recently decided to add some additional board members to further assist with all our current and future member initiatives and programs. We are specifically looking for a Volunteer Director and a Social Director, but will also consider appointing one or two "members-at-large" to the board (any photographers out there?).

If you are interested in getting to know more about our club and personally meeting all of us on the board, **our next monthly meeting will be open to all club members.** This will be held in the east classroom at Hinkle Fieldhouse on Butler University, on Wednesday, November 9, 2005. Please contact me or anyone on the Board if you have an interest in volunteering as a future IR Board member. These are appointed positions as opposed to elected positions (like the club officers).

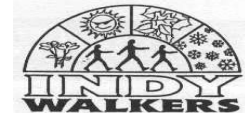
Regards,

Mike Niederpruem

president@indyrunners.org

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.



Indy Runners / Indy Walkers celebrates the 30th Anniversary of the Indianapolis Mini-Marathon!

(www.indyrunners.org)

Indy Runners 21st ANNUAL MINI-MARATHON TRAINING PROGRAM (2006)

For beginning runners and walkers through the fastest competitors, the Indy Runners Mini Marathon Training Program has a training pace to help you achieve your goal for the 30th Indianapolis Mini Marathon next May. Our training program groups similar pace runners and walkers for weekly runs leading up to the race. Every Tuesday night, participants in training will meet and start at Historic Hinkle Fieldhouse, led by experienced pacers along the scenic Canal Towpath. We will have a minimum of 12 groups, each determined by pace. There will also be experienced trainers on-site to answer your questions after each run.

2006 Indy Runners Mini-Training Program Participant Benefits Include:

- Multi-level training schedule which allows you to train with others at your own pace
- Access to showers & lockers (you provide the lock) in historic Hinkle Fieldhouse
- Recovery snacks after every run/walk
- Run/walk route covers the scenic & historic Canal Towpath (a soft, crushed limestone surface)
- User-friendly training log to help you monitor your progress
- Knowledgeable guest speakers delivering informative seminars
- Commemorative shirts (Brooks Podium Long-sleeve Technical Wear)
- Commemorative Indy Runner Socks by DeFeet
- Consultation with sports medicine professionals and experienced runners
- Access to the Indy Runners Website for the full schedule
- Unique monthly social events after specially designated run/walks
- Discounts at local running stores
- 1-year membership in Indy Runners
- Special VIP treatment at the famous Indy Runners Post-Race Party Tent near the finish line!

PLUS, A SPECIAL BONUS GIFT FOR ALL 2006 PARTICIPANTS

AVAILABLE AT PACKET PICK-UP!!!

Weekly Runs and Walks:

Tuesday evenings, 6:00 pm, from January 17th through April 25th, at Butler University's historic Hinkle Fieldhouse, located at 500 West 49th Street (*at Boulevard Place*)

Registration:

Mail: Postmarked by January 7th: Includes: ALL benefits listed above, PLUS one-year membership in Indy Runners!

Online: Received by January 7th: Includes: ALL benefits listed above, PLUS one-year membership in Indy Runners!

On-site registration: Tuesday, January 17th Hinkle Fieldhouse: Late fee of \$5 applies.

(Mail or online registrations postmarked or emailed after 1/7/06 will be considered on-site registrations)

Indy Runners Mini-Marathon Training Program Registration Form

Schedule:

- **Tuesday, January 17th, 6:00-7:30 pm:** Packet pickup and on-site registration at Hinkle Fieldhouse (Brief orientations every half hour, no official run or walk is scheduled; *you may run or walk on your own*).
- **Tuesday, January 24th, 6:00 pm:** First Official Training Run/Walk (First Training Run! *Showers and lockers are available inside Hinkle Fieldhouse—you provide your own lock*).
- **Tuesdays 6:00 p.m., January 17th through April 25th:** Weekly training sessions, speakers, consultations & socials.
- **Thursday, May 4th:** Indy Runners pre-race Pasta Party at T.G.I.Friday's, located downtown in the Marriott Courtyard, near the Indianapolis Convention Center. Pick up your race packet on Thursday, May 4th and walk on over to T.G.I.Friday's to join your fellow runners for some good food and fun before the big day!

Name: _____ Phone: _____

Street: _____ E-Mail: _____

City/State/Zip: _____

Birthdate (mm/dd/yyyy): _____ [] Male [] Female

YOUR TRAINING PACE (minutes/mile):

Check one pace for assignment to the proper training group (you can change any week you want):

Runner: [] 7:00 [] 7:30 [] 8:00 [] 8:30 [] 9:00 [] 9:30 [] 10:00 [] 10:30 [] 11:00

Walker: [] 13:00 [] 14:00 [] 15:00

REGISTRATION FEES:

[] \$65 Postmarked **ON/BEFORE 1/7/06** (INCLUDES 1-year membership in Indy Runners) \$ _____

[] \$5 Late fee - Registration **AFTER 1/7/06** ----- \$ _____

Training Program Subtotal \$ _____

ADDITIONAL OPPORTUNITIES:

[] \$13 each - Pasta Dinner at T.G.I.Friday's downtown (near the Convention Center; 5/4/06) \$ _____

[] \$15 each - IR Running Hat (mesh running hat made by Bay Six) \$ _____

[] \$12 - Runners World magazine subscription (one year subscription—save over \$6) \$ _____

Total Submitted ----\$ _____

NOTE: The Brooks Podium Long Sleeve Technical Shirts are available from XS to XXL sizes. Socks are available in Small, Medium, or Large sizes. For best selection, come early to packet pick-up on Tuesday, January 17, 2006. ***We cannot guarantee availability of shirts or socks for on-site or late registrations.***

In consideration of the acceptance of this application, I, for myself, my heirs, assigns, executors and administrators, waive and release all sponsors and volunteers, Indy Runners, inc. Butler University and its representatives from any and all claims for damages, demands and actions which may arise due to and all possible injuries incurred as a result of my participation in this event. I certify that I am physically capable of participation in this program.

PARTICIPANT: _____ DATE: _____

SIGNATURE: _____
(Parent or Guardian Signature if participant is under 18 years old)

To register by mail, fill out the registration form and mail with a check payable to **Indy Runners** by **January 7th, 2006** to:

INDY RUNNERS Mini Training Program 1075 Broadripple Ave., Suite 144 Indianapolis, IN 46260

For more information or additional applications, please visit the Indy Runners website at: www.IndyRunners.org

YOUR EVENT CALENDAR FOR 2005

October

Sat 22nd Monster Mash Dash, 5 Mile Run/5 Km Walk, 4:30 p.m., Eagle Creek Park, Indianapolis, IN, Tuxedo Brothers (317) 733-3300

Sat 22nd Trinity Free Clinic 5K, 5 Km Run/5 Km Fitness Walk, 8:00 a.m., Our Lady of Mt. Carmel Church, Carmel, IN, Meredith Marrs (317) 218-7000

Sat 22nd Knobstone Trail Mini-Marathon, (on the Low Gap Trail at Morgan-Monroe State Forest), Mini-Marathon/10 mile/10 Km/5 Km Race/Walk, 9.00 a.m., Wall Shelter, Morgan-Monroe State Forest, Martinsville, IN, Race Organizer (765) 349-0204

Sat 22nd Central Lions Club Airport Challenge, 5 Mile Run/5 Km Walk, Bloomington, IN, Dale Hepfer (812) 332-5728

Sat 22nd WVLP 98.3 Radio Run/Walk, 5 Km Run/5 Km Walk, 8:00 a.m., Downtown Valparaiso - Corner of Indiana and Lafayette Sts., Valparaiso, IN, (219) 462-0601

Sat 22nd Spooktacular 5K, 5 Km Run, 9.00 a.m., Winona Lake, IN, Kyle Pitt, (574) 372-7890

Sun 23rd 6th Annual Rocky River Spirit Run, 5 Km Run/5 Km Walk/¼ Mile Kids Fun Run, 9:00 a.m., Rocky River High School Stadium, Rocky River, OH, Pat Patterson (216) 575-6006

Sun 23rd Detroit Free Press/Flagstar Bank Int'l Marathon, 26.2 Mile Run/13.1 Mile Run/5 Km Fun Run, 7.35 a.m., Downtown Detroit, MI, [Race Organizers](#) (313) 222-6676

Sat 29th Pleasant Run Run, 5 Mile Run/5 Mile Race Walk/3 Mile Fitness Walk, 10:00 a.m., Historic Irvington, Indianapolis, IN, Tuxedo Brothers (317) 733-3300

Sat 29th Run Like HELL, 5 Km Run/5 Km Walk, 7:00 p.m., Downtown Indian-

apolis, IN, Tuxedo Brothers (317) 733-3300

Sat 29th DINO (Do INdiana Off-Road) Trail Run Series, 5 Km Trail Run/15 Km Trail Run, 9:00 a.m., Southwestway Park, Indianapolis, IN, Brian Holzhausen (317) 336-7553

Sat 29th Run to the Creek, 5 Km Run, 9:00 a.m., McCormick's Creek State Park Spencer IN, Del Backs (812) 876-8784

Sat 29th River City Rat Race, 10 Km Run/5 Km Walk, 9:00 a.m., Downtown Performing Art Center Main St, Fort Wayne, IN, [Steve Hilker](#) (260) 434-1119

Sun 30th 18th Annual Allerton Park Trail Run, 5.5 mile Trail Run, 2 Mile Fitness Walk, 9:00 a.m., (10.00am Indy Time), Robert Allerton Park, Monticello, IL, Spencer Nelson (217) 621-9013

November

Sat 5th Outback Scramble, Wacky +- 5 Mile, X/C Run, 9:34 a.m., Eagle's Crest, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 5th Spirit Run and Walk 5 Km Run/5 Km Walk, 9:00 a.m., The Village of West Clay, Carmel, IN (131st and Towne Road), [Tuxedo Brothers](#) (317) 733-3300

Sat 5th St. Francis Hospital Jump The Gun 4 Mile Run/4 Mile Walk, 8:45 a.m., 9:00 a.m. St. Francis Hospital Indianapolis, South Campus, 8111 South Emerson Avenue (Emerson Avenue & Stop 11 Road) IN, [Ken Long & Associates](#) [Ken Long & Associates](#) (317) 884-4001

Sat 5th Owen Putnam 50/50 Trail Run (Limited to 100 runners, No race day entries) 50 Km Run/50 Mile Run/13.2 Mile "Fun Run", 7:00 a.m., EST Horseman's Campground, Owen-

Putnam State Forest near Spencer, IN, [Norm Carlson](#) (812) 829-3543

Sat 5th Run Baby Baby Run, 10 Km Run/5 Km Run/5 Km Walk, 9:00 a.m., 10:00 a.m., Fryeman Shelter, Centennial Park, Plymouth, IN, [Jami Holm](#) (574) 936-2284

Sun 6th 4th Annual Zionsville 10 (aka The Squealing Pig) 7 miles of asphalt trails on Zionsville's rails-trails & 3 miles of dirt trails, 1:00 p.m., Boys & Girls Club, 1575 Whitestown Rd in Zionsville, IN, [Budd Glassberg](#) (317) 873-0100

Sun 6th Run the Mounds 5 Mile Run/5 Mile Walk/Children's Fun Run, 1:30 p.m., Mounds State Park East of Anderson on Mounds Road, IN, Anderson Road Runners (765) 643-6304

Sat 12th Potters Bridge Step N Stride 10 Km Run/5 Km Run/5 Km Walk, 9:00 a.m., White River Elementary, Noblesville, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 12th DINO Trail Run Series 5 Km Trail Run/15 Km Trail Run, 9:00 a.m., Southeastway Park, Indianapolis, IN, [Brian Holzhausen](#) (317) 336-7553

Sat 12th CKRR 4 Mile Run/ 5K Walk 4 Mile Run/ 5 Km Walk, 9:00 a.m., McKinley School, 1217 West Carter Street, Kokomo, IN

Sat 12th Indiana Fall Classic 10 Km Run/1 Mile Run, 9:50 a.m., Hawthorn Park Terre Haute, IN, [Floyd "Butch" Bosworth](#)

Sun 13th Jingle Bell Run for Arthritis 5 Km Run/5 Km Walk, 2:00 p.m., Franke Park, Fort Wayne, IN, Ginger Dodd (260) 672-6570

Sun 13th Fall Frolic 4M 4 Mile Run (Certified), 9:00 a.m., PUC PER Bldg, 2250 173rd St, Hammond, IN, [John Bobalik](#) (219) 989-2175

Sun 13th Save the Woods Benefit Trail Run 5 Mile Run/1 Mile Fun Walk,

9:00 a.m., Rt. 83 & Walker Road, Avon Lake, OH, [Rick Cadwell](#) (440) 933-8075

Sat 19th Panther Pounce 5 Km Run/5 Km Walk, 9:00 a.m., PNC Campus, 1401 S. US Highway 421, Westville, IN, [John Weber](#) (219) 785-5273

Sat 19th 6th Annual Turkey Lurkey 5 K 5 Km Run, 9:00 a.m., Winona Lake Park, Warsaw, IN, [Sabrina Phillips](#) (574) 269-6019 x26

Sat 19th Decatur County YMCA Tree City Fall 5&10K 5 Km Run/Walk, 10 Km Run/Walk, 10:00 a.m., Rebekah Park, 1021 E Central Ave, Greensburg, IN, [Tonia Richards](#) (812) 663-9622

Sat 19th Turkey Trot X/C 15,000 cm Turkey Toddlers, 5 Km Run, 10:45 a.m., Scenic Flat Trails, Fox Island County Park Nature Center, Fort Wayne, IN, [Don Lindley](#) (260) 436-2234

Sat 19th 17th Annual Easter Seals Turkey Chase 7K 7 Km Run/2.5 Mile Walk/1 Mile Fun Run, 12:30 p.m., Centerville High School, 507 Willow Grove Road, Centerville IN, [Pat Bowers](#) (765) 855-2482

Thu 24th Drumstick Dash 4.4 Mile Run, 9:00 a.m., Broad Ripple Area, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Thu 24th 5th Annual Sugar Creek Trail Thanksgiving Day Pie Run 5 Km Run/2 Mile Walk/200y Kids Run, 9:00 a.m., Rock River Trailhead, 2722 West Rock River Ridge Rd, Crawfordsville, IN, [Fawn Johnson](#) (765) 364-5175

Thu 24th CKRR Thanksgiving Day Fun Run 8:00 a.m., Highland Park, Kokomo, IN

Thu 24th Turkey Trot 10K (to benefit the Kids Alive Program), 10 Km Run/10 Km Fun Walk, 8:30 a.m., Valparaiso High School field house, Valparaiso, IN, [Phyllis Duty](#) (219) 464-9035

Thu 24th Turkey Trot 4 Mile Run/Walk 4 Mile Run/1 Mile Fitness Walk, 8:00 a.m. Cass County Family YMCA, 905 E. Broadway, Logansport IN, (574) 753-5141

Thu 24th I'm Thankful Four, 4 Mile Run/2 Mile Walk, 8:30 a.m., Northwood Middle School, Wakarusa, IN,

Mark Mikel (574) 354-1072

Thu 24th Turkey Dash 5 Km Run/5 Km Walk, 9:00 a.m., Red Tail Golf Club, Avon, OH, [Barb Piscopo](#) (440) 937-6712

Thu 24th Galloping Gobbler 4 Miler, 4 Mile Run, 8:30 a.m., University of St. Francis campus, Leesburg Rd & Spring St, Fort Wayne, IN, [Veep Races](#) (260) 436-4824

Sat 26th The Great Turkey Run/Walk Off (60% of proceeds go to Hurricane Victims, 40% to the Service Center), 4.5 Mile Run/4.5 Mile Walk, 8:00 a.m., Crooked Creek Multi Service Center, 2990 West 71st, Indianapolis, IN, [Helen Lands](#) (317) 293-2600

December

Fri 2nd Jingle Bell Run 6 Km Run/3 Km Walk, 6:15 p.m., Terre Haute First National Bank (6th and Wabash), Downtown Terre Haute, IN, [Boo Lloyd](#) (812) 234-2232

Sat 3rd Jingle Bell Run for Arthritis 5 Km Run/5 Km Walk, 9:00 a.m., National Inst. Fitness & Sport, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

Sat 3rd Tecumseh Trail Marathon, 26.2 Mile Trail Run/5.5 Mile Yellowwood Lake Fun Run, Bus Boarding 9:15 a.m., Yellowwood State Forest, Bloomington, IN, [Brian Holzhausen](#) (317) 308-6449

Sat 3rd Reindeer Romp 8 Km Run/5 Km Walk, 1:00 p.m., Brown Country State Park, Nashville, IN, [Jan Rickey](#) (812) 988-9622

Sat 3rd 23rd Annual Sleigh Bell 5K, 5 Km Run/Fun Run, 8:30 a.m., Lafayette Family YMCA, Lafayette, IN, Kris Kocken (765) 474-3448

Sat 3rd Frostbite 5K Race is in conjunction with the Celebration of Lights., 5 Km Run, 5:00 p.m., Glen Miller Park, Richmond, IN, [Denise Retz](#) (765) 983-7425

Sun 4th Kris Kringle 4M, 4 Mile Run/3

Mile Race Walk, 2:00 p.m., Henry County Memorial Park, New Castle, IN, [Tom Hiner](#) (765) 717-3811

Sat 10th Sleighbell Run 5 Km Run, Valparaiso, IN, Jenna Charles (219)465-4629

Sat 17th HUFF 50K Trail Run 50K Trail ultra, 3-person 50K relay, 10.8 Mile Run(1 loop), 8:00 a.m. J. Edward Roush Lake, Huntington, IN, [Mitch Harper](#) (260) 436-4824

January

Sun 01st Resolution Revolution 1,2, or 3 loops of 3 Miles, 10.00 a.m., YMCA at the Athenaeum, 401 E. Michigan Street, Indy, IN, [Ken Long & Associates](#) (317) 884-4001

Sun 01st Run in the New Year 2 Mile Run/Walk, 4 Mile Run/Walk, 5 Mile Run/Walk, 11:00 a.m., Hodsons Bay Co, Levee Plaza (Brown St.), West Lafayette, IN, [Larry Miller](#) (765) 296-2610

Sat 7th 23rd Annual Siberian Express 7.6 mile trail run, 11:00 p.m. C.S.T., Kickapoo State Recreation Area, Danville, IL, [Kennekuk R R](#) (217) 431-4243

Sun 15th P.F. Chang's Rock 'n' Roll Arizona, 13.1 Mile Run/26.2 Mile Run

Sat 21st - Sun 22nd 1st Chili Hilly Stage Race, 10K Run/4M Run/5K Run/10M Run/1M Run, 12:00 p.m., Bradford Woods, Martinsville, IN, [Jamie Feagans](#) (812) 824-6728

Sun 22nd 8th Annual Florida Gulf Beaches Marathon, 26.2 Mile Run/10 Km Run, 7:00 a.m., Cleveland Street on Clearwaters waterfront [Taylor Park](#), Madeira Beach Florida, (727) 347-4440

Sat 28th Bop to the Top 37 Floor stair climb, 10:00 a.m., OneAmerica Building, Indianapolis, IN, [Tuxedo Brothers](#) (317) 733-3300

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

December 15, 2005

Issue

January 2006

Don't forget: Open Board Meeting November 9, 2005, 6:30 p.m. To be held in the east classroom at Hinkle Fieldhouse. Mark your calendars!

Foot Prints
A Quarterly Publication of Indy Runners and Walkers
1075 Broad Ripple Avenue, Suite 144
Indianapolis, IN 46220

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