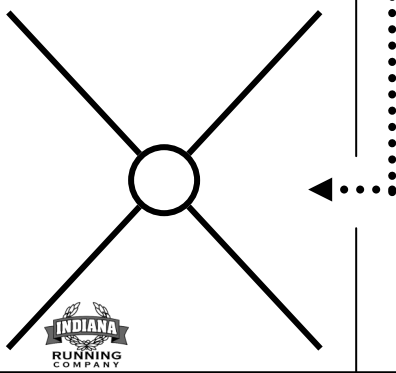


*INDY MINI FINISH &  
FAMILY REUNION*

**NEW YORK ST / FINISH** ●●●●●



**CANAL**

**INRunCo & YOU @ 2007 Indy Mini Marathon**

Whether you're a first-timer or veteran of multiple Mini's, there are a few key things to remember.

- Get to your corral early (6:30-45am); this will cut down on pre-race stress and anxiety.
- Wear sunscreen; though it may be partly cloudy, the predicted UV index is 8 out of 10.
- Longer runs and humidity create conditions favorable to blisters; using wicking fabrics and Bodyglide help with prevention

The Indiana Running Company will have a post race tent at the finish of this year's Indy Mini Marathon. The purpose being to provide a place to meet your group after the race, recover with Accelerade, and enjoy our food and cookout festivities. At the very least, drop by and say hello (let us know how well you did)! The map to the left shows our location.

**Group Runs**

Beginning May 14, INRunCo will welcome all for a group runs from our store ranging 3-8 miles at varying paces (depending on ability and attendance). This is meant to be an easier, conversational run and a good chance to meet new people who also enjoy running.

Please meet in the store front at 6:00p and we will leave promptly at 6:15p. Group runs will be on Mondays and Thursdays.

**Old Race Bibs Wanted!**

We are looking to decorate our new store with a something from all of our supporters. If interested, we ask that you bring in an old racing number of your choice to sign and date. We will string them up along the perimeter of our store. Do not feel obligated and you may have it back at any-time. We want you to be a part of our store.

**IU MINI Training Group**

The Indiana Running Company is proud to be the official training group of this year's IU Mini Marathon on September 8.

The training group will consist of tiered levels of training based on current running/walking experience and goals for the event.

There will be a small fee (approx. \$35) to join which will cover printed materials, a member t-shirt, and race day amenities. In return, you will receive a guided training plan, advice from experienced runners, camaraderie of training partners and possible store promotions.

There will be an evening meeting at store closing (8pm) on June 2 to receive your training group packets and discuss the details of the program. The following morning, June 3, at 8am we will meet for our first run/walk.

More details will follow, but please show interest by email: [iumini@INRunCo.com](mailto:iumini@INRunCo.com)

**Community Spotlight**



Dani Prince graduated from Bloomington South in 2003 having lettered all 4 years in cross country and track. She was a member of a 2-time All-State 3200m relay team and was honored with the Female Area Athlete of the Year Award for 2002-03.

Dani now attends Indiana State where she is a senior elementary education major.

She has lettered in all seasons as a Sycamore and was most recently a member of the Missouri Valley Conference Champion Distance Medley Relay in indoor track. She has continued her success in outdoor track where she just qualified for the NCAA Regional meet by running a 16:49 5k. Regionals will be at Missouri on May 25-26.

*Local Area Events*

**May 3 - 7:30p**

Monroe Co. MS Meet  
Track Meet  
@Bloomington North

**May 5 - 7:33a**

Indy Mini Marathon  
5k, 13.1mi (roads)  
@Military Park Area  
500festival.com

**May 10 - 5:00p**

Bloomingtons Dual  
Track Meet  
@Bloomington South

**May 12 - 6:15a**

Dances With Dirt  
50k, 50mi, 100k Relay  
@Brown Co. SP  
danceswithdirt.com

**May 15 - 5:30p**

Girls' T&F Sectionals  
Track Meet  
@Bloomington South  
ihssa.org

**May 17 - 5:30p**

Boys' T&F Sectionals  
Track Meet  
@Bloomington North  
ihssa.org

**May 19 - 9:00a**

Run With The Foxes  
5&10k, 13.1mi (trails)  
@Morgan-Monroe SP  
active.com

**May 19 - 8:00a**

Fallen Officers Mem.  
5k (roads)  
@2010 Liberty Church  
Martinsville, IN

**May 22 - 5:30p**

Girls' T&F Regionals  
Track Meet  
@Bedford No. Law.  
ihssa.org

**May 24 - 5:30p**

Boys' T&F Regionals  
Track Meet  
@Bloomington North  
ihssa.org