



IU Names Helmer New Director of T&F and XC

The Indiana University Department of Athletics has named Ron Helmer Director and Head Coach of Men's and Women's Cross Country and Track & Field. Helmer served in the same capacity at Georgetown University the last eight years.

Helmer was promoted to director in July 1999 after serving as associate head coach with the Hoyas for seven seasons and assistant coach for the five years prior. During his tenure, 117 of his student-athletes earned a total of 337 All-American recognitions, including 41 student-athletes receiving 96 certificates since becoming director in 1999. In addition, 213 student-athletes captured BIG EAST individual titles, including 61 since the start of the 1999-00 academic year.

At the NCAA Championships, he guided 27 athletes or relay teams to a top-three finish, highlighted by four national champions - Joline Staeheli (mile, 1995), Miesha Marzell (1500m, 1996) and two distance medley relay champions (1997, 1999). He also has seen his teams earn 20 top-10 finishes in NCAA Championship action, including a streak of 15 straight at the cross country championships that ended in 2003. Among the top-10 finishes were seven top-four trophy finishes, including a third at the 1998 NCAA Indoor Championships and, most recently, a fourth-place finish at the 2002 NCAA Cross Country Championships.

Group Runs

Thus far INRunCo has seen a solid group of faithful followers for the group runs. We consistently have double digit attendance for these runs with all ranges of pace and people.

This is a great opportunity to have someone to run with and to meet some new people who share similar interests. We meet in the store front at 6:00p and we will leave at 6:15p. Group runs are on Mondays and Thursdays and anyone is welcome to join!

Top Mileage performers for the group run (as of July 1):

1. Michelle Hackman
2. Miranda Higdon
3. Dave Pisoni
4. Mark Addonizio
5. Bradley Klosinki
6. Laura Brzegowy
7. Roberto Garcia
8. Chuck Weddle
9. Peter Rankenburg
10. Christy Victor

INRunCo now has Kids' sizes 1-5 in select models

Community Spotlight



This month's community spotlight is Jesse Davis, a 2006 Southern Indiana graduate in History and former member of the State Record 3200 meter relay at Bloomington South.

Jesse was a D2 National qualifier in cross country, the outdoor track 800m (1:51.54) and 3000m steeplechase (9:08.83), and the indoor track 800m, where he earned All-American honors and a USI school record with his 1:53.29 performance.

Jesse currently resides in Bloomington for the summer and is training and competing with the Indiana Invaders, a professional track team in Indianapolis.

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.

Hoosier 200's new format

On July 21st the former Hoosier 200 Relay will begin its annual adventure through southern Indiana with a new route and race format.

The course will consist of two 50 mile loops (21 relay legs) of 3-7 miles. The route will go north from the IU Outdoor Track and head to Griffey Lake and onward into the Morgan-Monroe State Forest with parts venturing towards Lake Lemon.

It is not too late to join! Get a group of 5-7 of your friends together and register at redeyerelay.com

July 7 - 7:30p M7
Quarters for Kids 5k
Run & Walk

Edgewood HS
Ellettsville, IN 47429
812.876.3132

July 14 - 8:00a M7
BC/XC Challenge 5k
Run & Walk (trails)

Eagle Park
Nashville, IN
eagleseye.net/bcxrules

July 21 - 4p-9a
Red Eye Relay 100mi
Team Relay of 2-9
runners
IU Outdoor Track
Bloomington, IN 47408
redeyerelay.com

July 21 - 8:00a M7
Limestone 5k

Limestone Girls' Club
Bedford, IN 47421
limestonegirlsclub.com

July 28 - 9:00a
Bret Neylon's Race to
Recovery 5k

Brownsburg HS
Brownsburg, IN 46112
racetorecovery.org

**July 5, 9, 12, 16,
19, 23, 26, and 30**

Group Runs from
INRunCo @ 6pm

Bloomington, IN
inrunco.com