

Message from the President—October, 2006

**Visit our website at:
www.calstrider.org**

UPCOMING EVENTS

5K TALTREE TROT 2006 (Trail)
Saturday, Sept. 23—9:00 AM
Taltree Arboretum and Gardens
450 West 100 North, Valpo, IN
Adam Holterhoff
(219) 464-3919

**CAMPAGNA 5K RUN/2.5 MILE
WALK FOR KIDS**
Health & Safety Fair –10am—1pm
Saturday, October 7—9:00 AM
Campagna Academy
7403 Cline Ave., Schererville, IN
Pat Cordray
pcordray@cahope.org
(219) 322-8614 x. 397

**CALUMET MEMORIAL PARK
MINIMARATHON**
Sunday, October 8—8:30 AM
Memorial Park
612 Wentworth Ave., Calumet City, IL
Connie Krueger
cmpdck@ameritech.net
(708) 862-0880

OMNI 41 PUMPKIN PRANCE 5K
Saturday, October 14—9:00 AM
Omni 41
221 S. US 41, Schererville, IN
Tom Bainbridge
tbomni@hotmail.com
(219) 856-6969

**LASALLE BANK
CHICAGO MARATHON**
Sunday, October 22—8:00AM
Grant Park, Columbus & Jackson
Chicago, IL
Carey Pinkowski
carey.pinkowski@abnamro.com
(312) 904-9800
(Registration no longer available)

Gold Cup Series races in **BOLD**

Look who is still in the running for the 2006 Jim Cox Award. The Seven Continue! Representing the ladies we have Ruth Bonacci, Felicia Byrns and Michele Hale. For the men we see Thomas Kekelik, Bill Moylan, Thomas Nedza and Dennis Rotz. Many of these names are familiar faces in completing this daunting and challenging task. Come Fall Frolic, I hope they all accomplish their goal of completing all 25 Gold Cup Series races. Please continue to root them on. This becomes even more challenging as the year comes to a close and the temptation of staying in bed just one cold Saturday/Sunday morning becomes even more inviting.

Fives races to go...just ask any of the above mentioned Striders; they know all too well. Although we are beginning to wrap up 2006, planning for our winter activities and 2007 season are well under way. Here are a few save the date reminders:

October 22nd—Chicago Marathon Water Stop in Lincoln Park
December 1st—Strider Holiday Party
January 27th— 2006 Gold Cup Banquet

If you or some family members and friends would like to log in some community service hours and watch amazing athletes accomplish astonishing feats, please sign up to assist at the water stops Striders will be manning at Cal City Mini or Chicago Marathon. To assist in providing an even better half marathon in our area, Cal Striders and Park Forest Running and Pancake Club (PFRPC) will be hosting a friendly competition to see who can rally up the best water station attendants on October 8th. Sue Brown is accepting names for those interested in this friendly cross town wager. As well, we hope to bring at least 175 individuals to represent our club at the best water stop along the coveted Chicago Marathon route. Of course my opinion is biased, but I have seen it from both ends and always vote for the home team. Volunteers will be treated to morning treats, special apparel and the wave of energy that passes through mile 5 as 35,000+ runners stream by. Pat Rhodes is accepting names to assist on October 22nd. Volunteers need not be Striders to participate—in other words, anyone can help out!

Keep your eyes and ears open for exciting information about our holiday event and annual awards banquet. Our committees have been planning since the spring, and enjoy seeing record attendance at the events year after year. These are a fantastic opportunity to show off how well you clean up and can cut the rug. Both events are appropriate for all ages and we welcome family members to share in the fun.

As the Gold Cup Race Committee collects applications for the 2007 Gold Cup Schedule, your input is always appreciated. While the committee uses guidelines and a formal application process to prepare a preliminary schedule to the board, we also value your comments and recommendations. You are a member, so use your voice. Leave written comments at the Gold Cup Table, or submit your responses to our on-line survey. It only takes a few minutes and can be accessed until September 10th via a link on our website or by using <http://www.surveymonkey.com/s.asp?u=501211183980>.

Now Get Out There and Run! Cassandra



Striders Reaching Out...We Have Long Arms (And Big Hearts) Too!

It's not just our legs that stretch those extra miles...we have long arms too. On Wednesday, September 13, 2006 the North and Southwest corners of Indiana were hit by heavy rains, causing flooding in parts of Highland, Gary and Griffith in NWI while Evansville was hardest hit in SWI.



Several Striders live in the NWI towns left flooded, such as Rick and Christine Torres of Highland, whose home has three feet of water in the basement. Many residents are without flood insurance to boot. Gov. Mitch Daniels visited Highland recently, along with FEMA and Homeland Security officials, but until relief funds come through, please do what you can in the meantime to help; even bringing a warm meal to someone will be greatly appreciated. If you would like to help the Torres family, please contact Ruth Bonacci at ruth.bonacci@verizon.net

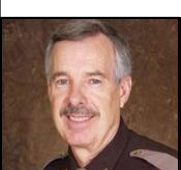


**TO EVERYTHING—TURN, TURN, TURN...
THERE IS A SEASON—TURN, TURN, TURN...**

AND A TIME FOR EVERY PURPOSE, UNDER HEAVEN...

A TIME TO BE BORN...

Say "hello" to darling Kelly Renee Swickard, born at 1:18am August 13, 2006, weighing 8lbs., 7 Oz., and measuring 20.5 inches. Proud parents are Lora and Chris Swickard.



A TIME TO DIE...Lake Co. Police Special Deputy and Strider Gary L. Martin, 63, was tragically killed August 22, 2006 while bicycling on a charity ride for Indiana Concerns of Police Survivors near Covington, IN. Martin was a US Army veteran, a 24-year veteran of the Gary Police Dept., former Lake County Police Chief, and served 30 years as an Indiana University Northwest professor. Indiana State Police Lt. Gary Dudley was also killed. Martin is survived by his wife, a son, a daughter, two brothers and three sisters. Thank you, Gary, for your service to our community and country.

Long-time Strider Donna M. Lambert, 56, died Tuesday, September 5, 2006, at her home.

Donna was a Portage and Valparaiso, IN resident for 30 years and retired from Centier Bank in 2004 as vice president of operations. She was a loving wife to husband Dennis, who is battling cancer; daughter to Audrey and Joseph, Sr.; mother to Eric and Joseph, Jr.; grandmother to Julie Marie and Sara Marie; and sister to Linda and Estelle. Her memorial service was Friday, Sept. 8 at Rees Funeral Home in Portage, IN. Donna (and Dennis) contributed an enormous amount of time and energy to the Striders through the years and she will be greatly missed.

A TIME TO BUILD UP... Welcome Newest Members!



May your Strides be many and your Falls be few!

Michael Walsh and Victor, Mary and Pam Camarena, Crown Point

Olivia Granados, Valparaiso

A TIME TO DANCE... OCTOBER BIRTHDAYS

This month marks another year that we are blessed with these special people. Honor them with a smile, hug, encouraging word, or shared run. But whatever you do, be sure to dance in celebration of their lives.

Karen Landsdowne, 10/01
Billie Childress, 10/02
John Kotash, 10/02
Al Seng, 10/02
Bill Stover, 10/02
Mike Pontrelli, 10/03
Jenny Gabey, 10/05
Sarah Jones, 10/05
Brenda Grey, 10/07
Jo Presser, 10/07
Pam Deery, 10/08
Lisa Moreno, 10/08
Mary Zemansky, 10/09
Nathaniel Bowker, 10/10
Ida Hey, 10/10
Donna Lambert, 10/10
Hannah Marriott, 10/10
Sommer Watts, 10/10
Barbara Leetsma, 10/11
Tom Calligan, 10/12
Joe Chamberlain, 10/12
Randall Nye, 10/12
Susan Peterson, 10/12
Jessica Recchia, 10/12
Ariane Mahaffey, 10/13
Alexander Becker, 10/14
Misty Chandos, 10/14



Clark Gloyeske, 10/14
Felicia Byrns, 10/15
Samantha Gibson, 10/16
Jean Tolchinsky, 10/17
Charles Ramirez, 10/18
David Gladys, 10/19
Joanne Kagler, 10/19
Sydney Halfeldt, 10/20
Taylor Mitchell, 10/21
Jennifer Street, 10/21
Beth Braviere, 10/23
Alicia McClean, 10/23
Mary Pierce, 10/23
Stephen Arndt, 10/25
Carol Schuster, 10/26
Danny Null, 10/27
E. J. Willis, 10/27
Caitlyn Hayes, 10/28
Courtney Hayes, 10/28
Ed Hernandez, 10/28
Hal Slager, 10/28
Jose Hernandez, 10/30

OUR NEW "VOLUNTEER AND AWAY RACE COORDINATOR" RUTH BONACCI WANTS TO HEAR FROM YOU!

As the new "Volunteer and Away Race Coordinator" I seek to help Striders find other Striders to go to out of town races. Currently I am coordinating the Rock and Roll Marathon held in Phoenix in January. I hear there are Striders going to the Disney Goofy Weekend? How about the Las Vegas Marathon? Maybe you are thinking about Tecumseh Trail Marathon or the HUFF 50K. Wherever you are off too, I would like to hear about it. I will help you find other Striders to meet up with who may be going to the same race.

I want to tell you about the best race I ever ran...it was the Mackinac Island on September 9th. Runners ran an eight mile course around the island. The weather was cool and the skies were sunny and clear. As I ran around the island I got to see the homes and the beautiful lake. This is a nice race to take the family to because there is an

VOLUNTEER AND AWAY RACE COORDINATOR

afternoon of fun after the race for the non-runners in the family. Watch for pictures to be posted on the website.

Contact Ruth at ruth.bonacci@verizon.net

A TIME TO REAP...

PERSONAL RECORDS

This is getting I'd like a record Striders, toot Tell us about accomplishments!



personal...and of it! Come on your horns! your personal

Report your PRs to Mike at webmaster@calstrider.org

Mackinac Island 8M, 8/13/06

Ruth Bonacci—1:12:59

Blueberry Stomp 5K, 9/4/06

Jeff Mescal—18:03
Reid Nickle—18:48

Park Forest Scenic 5K/10M, 9/4/06

Jordan Chester—20:46 (5K)
Ruth Bonacci—1:34:08 (10M)
Lawrence Giannetti—1:30:28 (10M)
Richard Gutierrez—57:28 (10M)
Mary Zemansky—1:25:22 (10M)

Nike One Hit Remix 5M, 8/17/06

Richard Gutierrez—28:05

Chicago Distance Classic 1/2 'thon, 8/13/06

Jimmy Cunningham—1:41:31



"BREAKING THE TAPE" WITH MISTY

Have you seen the really neat new Striderwear? Misty's been hard at work putting together a whole new line of apparel with supplier St. John Sports. Check it out at the www.calstrider.org homepage and click on the "New Strider Apparel" link. The next ordering deadline is **November 14th** and for your convenience there is an Apparel Order Form enclosed in the newsletter. You can also access one at our homepage by clicking on the "order form" link under "StriderWear Order Deadline."

GROUP RUNS

Every Sunday: 7:00am, Wicker Park Pavilion, Highland, IN. OE Marathon Training. Aid along course, varied mileage and all paces. Michele Hale: laluna3@aol.com

Every Sunday: 7:30am, Wilson Shelter, Indiana Dunes. 6-20 miles, varied courses and all paces. Clark Gloyeske: yvdi_now@hotmail.com
Dave Konkey: DaveKonkey@yessolutions.net

GROUP RUNS

Every Tuesday: 6:00pm, Erie-Lackawanna Trail, Broad St., Griffith, IN. 1-5 miles, all paces. **Walkers welcome!**

Tammy Cowser: tlcowser@alas.com
Elaine: skibears2@aol.com

Every Wednesday: 6:00pm, outside Fitness Barn entrance doors, Rte. 6, Portage, IN.
Sue Brown: sue_brown@juno.com

Every Thursday: 6:00pm, Erie-Lackawanna Trail, Burr St., Dyer, IN. 1-5 miles, all paces. **Walkers welcome!**

Cecelia Wagner: ceceliawagner@yahoo.com
Karen Largent: Largent02@earthlink.net

Every Saturday: 9:00am, Erie-Lackawanna Trail, Broad St., Griffith, IN. 2-5 miles for beginners. **Walkers welcome!**

Denise Phipps: Denise.Phipps@gs.com
Mindy Teumer: MKT1969@aol.com

***The following group runs have been canceled: bi-monthly 5:00am Sunday Dunes and monthly Friday "Howl at the Moon"**



News from the Road Runners Club of America

www.rrca.org

Have you seen the Strider website lately? Webmaster Mike Wilson has been busy adding some neat new features, one of which is the new RRCA news and information "crawler" on the website homepage that keeps us up-to-date on important news from the RRCA. Be sure to check it out.

September 22nd was the RRCA's First Annual "Run @ Work Day," encouraging us to run or walk for 35 minutes a day. Even though we are a club of runners/walkers/multisport athletes, we're still human and often struggle to just get out there. "Roadblocks" we can all relate to are feeling out of control with food, sleep, etc., and then having to juggle family responsibilities on top of that. Often, we become discouraged and figure what's the point in trying? Remember we're here for each other and there are many group runs/walks so you don't have to do it alone. There are also many wellness articles at the Strider website to consult. To help you through the cold weather that is approaching, there will be an upcoming "We're All In This Together" Wellness Corner in the newsletter that will feature tips/strategies to help us keep going through the Winter months.

Remember...2006 RRCA Award nominations are now being accepted. Go to: www.rrca.org to download a nomination form.

OE PACK-A-THON IS ON!



Please join us Saturday, Oct. 7 from 8am—2pm (or whenever finished) for the annual LaSalle Bank Chicago Marathon Pack-a-Thon when we stuff the 40,000 goodie bags! We need 800 volunteers and you will be treated to a free lunch and music by a DJ. Contact Suzy Kull at 219-464-9621, ext. 640. Thanks for your support!

A TIME TO SOW...

JR. STRIDERS' CORNER Sue Brown Past President/Youth Coordinator



AAU CROSS COUNTRY CALLOUT For boys and girls ages 8-18

WHAT: CRS CX Callout/Practice Runs

WHEN: Porter County: Wednesdays,
10/4-10/25/06
Lake County: Mondays, 10/9-10/30/06

WHERE: Lake Co.—Oak Ridge Prairie Park,
Griffith, IN
Porter Co.—Sunset Hill Park, Valpo, IN

Signs-up from 5:30pm—6:00pm followed by practice runs from 6:00pm—6:30pm

WHY: To exercise and extend your fun of running—BRING A FRIEND!

AAU MEETS

Sunday, October 8th @ 11am—AAU CROSS COUNTRY DEVELOPMENT RUN (2K, 3K and 4K), Woodland Park, Portage, IN. \$5 (Optional but recommended if not currently on a school xc team).

Sunday, October 15th @ 9:30am—AAU CROSS COUNTRY DISTRICT (STATE) WARM-UP PRELIMINARY MEET (3K, 4K, & 5K), Lost Marsh Golf Course, Hammond, IN.

Sunday, October 29th @ 9:30am—AAU CROSS COUNTRY DISTRICT (STATE) CHAMPIONSHIP MEET (3K, 4K and 5K), Lost Marsh Golf Course, Hammond, IN. \$15.00

*AAU card mandatory and valid through August 31, 2007 and through Summer Track 2007. May be purchased at meets for \$12.00. Medals to all finishers.

For information, contact Sue Brown at sue_brown@juno.com, (219) 364-9790 or Steve Kearney at kearney800@msn.com

VP's Corner

I would like to start off by wishing EVERYONE running the upcoming LaSalle Bank Chicago Marathon GOOD LUCK & MANY HAPPY MEMORIES! You have put in all the hard work and MANY miles it takes to complete the journey you began back in June.

Make a list and be sure to take everything you need race day. Also, in these last few weeks, remember to stay hydrated and get plenty of rest. The sleep you get on Thursday and Friday are VERY important as the Most experienced marathoners find that you really don't sleep much the night before the race because you are so hyped about your big day.



Don't forget about the Lake County Pasta Dinner on Friday, October 20th @ 6pm at The Depot Restaurant in Griffith, IN and the Marathon Post-race Party on

WHO DO I CONTACT?

Newsletter Submissions/Errors/Omissions/Suggestions:
Connie Karras
calstridernews@comcast.net

Website Submissions:
Mike Wilson
webmaster@calstrider.org

Strider Logo Wear:
Wanda Melion
mudbud69@aol.com

Group Runs:
Misty Chandos
runnergirl26.2@sbcglobal.net

Sunday, October 22nd @ 6pm at MoJo's on Broad St. in Griffith.

Below is the marathon morning bus schedule for all OE Runners. Times listed are when the bus LEAVES so I suggest arriving 10-15 minutes early as the driver will not wait.

4:45am—OE parking lot
5:00am—Chesterton Hilton Garden Inn
5:30am—Sawyer College, Hammond, IN (off US 41 & 80/94)

If you are not running the marathon and would still like to be a part of it you can still sign up to work the water stop! Contact Pat Rhodes at corkrhodes@hotmail.com or (219) 938-6878.

Congratulations to Felicia Byrns on her engagement!

Happy Runnin'

Michele

Larry's
Multisport
News Corner



CONGRATULATIONS WISCONSIN IRONMAN FINISHERS!!!

Mike Pontrelli, —11:23:5
David Ahner—12:01:5
Cassandra Rozycki—13:32:1
Christine Kostbade—16:27:3
Gary Kostbade—16:27:3
Duncan Marriott—16:34:1

Cass and Christine proved that one need not be a man to be an IRONMAN! Outstanding jobs everyone!

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*****CHICAGO MARATHON VOLUNTEER CALL-OUT*****

IF YOU'RE NOT RUNNING THE CHICAGO MARATHON OCTOBER 22, CONSIDER VOLUNTEERING FOR THE STRIDER AID STATION: LINCOLN PARK ZOO JUST BEFORE THE 5 MILE MARK.

CONTACT: PAT RHODES, 219-938-6878
EMAIL: CORKRHODES@HOTMAIL.COM



THANK YOU TO OUR SPONSORS WHO

KEEP OUR CLUB UP AND RUNNING!



"FOOTNOTES" available online
at: www.rrca.org

