

## Message from the President— November, 2006

**Visit our website at:  
[www.calstrider.org](http://www.calstrider.org)**

### **UPCOMING EVENTS**

#### **PANTHER POUNCE 5K (XC)**

Saturday, November 4—9:00AM  
Purdue University—North Central  
1401 US Hwy 421  
Westville, IN  
John Weber  
[jweber@pnc.purdue.edu](mailto:jweber@pnc.purdue.edu)  
(219) 785-5273

#### **FALL FROLIC 4-MILE**

Sunday, November 12—9:00AM  
Purdue University—Calumet  
2300 173rd Street  
Hammond, IN  
John Bobalik  
[jbobali@calumet.purdue.edu](mailto:jbobali@calumet.purdue.edu)  
(219) 989-2175

#### **KIDS ALIVE TURKEY TROT 10K**

Thursday, November 23—8:30AM  
Valparaiso High School Fieldhouse  
272 North Campbell  
Valparaiso, IN  
Phyllis Pierson  
[Phyllis@kidsalive.com](mailto:Phyllis@kidsalive.com)  
(219) 464-9035

#### **RACE DIRECTORS MEETING**

Wednesday, November 29  
5:30PM—Reception  
6:30PM—Meeting  
Joe's Crab Shack  
2757 E. 80th Avenue  
Merrillville, IN  
Mary Zemansky  
[drmaryzemansky@sbcglobal.net](mailto:drmaryzemansky@sbcglobal.net)  
(219) 861-0656  
(All board members should attend—RSVP requested)

Gold Cup Series races in **BOLD**

Election time has come and gone in our communities, but it is just around the corner for Calumet Region Striders. On February 8, 2007, you will be selecting individuals you believe will best fulfill the volunteer responsibility and obligations as our officers and committee chairpersons. Your membership provides you with a voice, as well as the opportunity to apply your strengths and talents to continue keeping Calumet Region Striders a premiere Road Runner Club of America (RRCA) organization. In my message this month, I will explain what your role will be and some changes on the horizon. I assure you that I will answer questions and explain the changes again more thoroughly at the Gold Cup Banquet on January 27.

We are approaching an exciting time as we modify the structure of the board. The change is necessary to better accommodate the growth in membership, programs, events and activities our club has continued to experience and offer over the last decade. I am honored to lead in accomplishing this endeavor. I could not have asked for more support and assistance from the existing officers and appointed position holders. We have been seeking the guidance and advice of fellow Strider, Larry Evans, of Hoepfner, Wagner & Evans LLP, to assure us that we comply with Indiana State Laws and operate properly per our 501 © 3 non profit status. I have learned a lot through Larry's extensive knowledge of the law and equally his experience as a board member of other local non profit organizations.

The landscape of the board will change, and the benefits of your membership will only get better. Our primary objective is to continue to follow our mission statement of "promoting health and fitness through recreational running, walking and competitive racing." Other objectives include segmenting committees, improve and expanding existing running programs, and offer an exceptional Gold Cup Series to the running community. Membership will be asked to vote on a revised constitution, nominate and elect board members, and consider providing your expertise on one of our committees.

We are accepting nominations for board members you believe would fulfill the responsibilities of conducting the business operations and organizing the social activities of Striders. Please put some thought into your choices, and confirm with the person you nominate that they are willing and able to assist on the board. Job descriptions will be made available in December. Board meetings are held on the second Thursday of each month at 7:00pm. Submissions should be provided via email to [nominations@calstrider.org](mailto:nominations@calstrider.org) by December 31, 2006.

You will be asked to vote on the approval or rejection of a modified constitution for Striders. The purpose of an organization's constitution is to provide membership with the "marketing strategy" or goals. Our existing constitution contains unnecessary explanations of our business structure and operations. Your current board will also review the current objectives and update as needed. Please review the proposed constitution on our website. Membership will be voting on the acceptance of the constitution at the banquet in January. Copies will also be made available at that time.

The structure of the board will be modified. It will be comprised of nine (9) board members. The nine people will make up the four officers and five committee chairpersons. Officer positions will remain those you are familiar with; President, Vice President, Secretary, and Treasurer. Committees will be led by a Chairperson responsible for their functions, operations and efforts, and will represent the committee at board meetings. The committees and their scope of responsibility, or

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programs within the committee, will be as follows: Nomination & Bylaws, Membership & Volunteers, Gold Cup Races & Sponsored Series, Social & Sponsorship, and (Youth/Beginner) Runner Programs & Scholarship.

Each member household will be provided with one (1) ballot in their January INSTEP newsletter. Ballots may not be duplicated, and will be accepted via US mail or submission at the open portion of the February 8, 2007 Board Meeting. Members will vote on nine people they support as members of the Board of Directors for Calumet Region Striders. Once the ballots have been cast and counted, the nine selected individuals will convene in private to select position titles. This is a new method of board selection for Striders, but common among the majority of thriving businesses and non profit organizations. Again, I will be happy to address your questions at the Gold Cup Banquet in January.

On a non-business note, many congratulations and words are in order for the month of October. Our Youth Program experienced an outstanding turnout at the AAU Cross Country Meets. Proud parents and coaches cheered on the sea of Strider blue shirts crossing finish lines with determination and true camaraderie. As well, there were 96 Striders who completed the Chicago Marathon and received their finisher medallions with pride in their accomplishment: 26.2 grueling miles on a traditionally windy, damp, 30 degree Chicago October morning. The strength of all of our runners no matter if it is a 5K or marathon event serves as an inspiration to all. Our Chicago Marathon Aid Station (#3) was incredible as always under the direction of Pat Rhodes and crew. Vote for it as your favorite on the Chicago Marathon website. Thank you ALL for getting out there and being outstanding role models in our community.

Our 2006 Gold Cup Series will conclude with the Fall Frolic at Purdue University Calumet. I look forward to awarding our Jim Cox Recipients with their MUCH deserved medals and I hope you are there to share in the many activities surrounding the 4 mile capstone of our series. It is a great opportunity for you to view our Strider running attire for sale, pick up your gold cup premium, and plan your 2007 running calendar. The 2007 Gold Cup Series will be announced and posted on our website on November 12.

With Gratitude, Cassandra

P.S. Don't forget about our Holiday Party on December 1st!



**HELP STUFF NEWSLETTERS AND  
GET 10 STRIDERBUCKS!  
Call Connie at (219) 306-9392**

## CONGRATULATIONS CHICAGO MARATHON FINISHERS!



[www.chicagomarathon.com](http://www.chicagomarathon.com)

The 29th running of the LaSalle Bank Chicago Marathon took place Sunday, October 22, 2006. Ninety-six Striders passed through the chutes on a cold, misty, overcast day, proving that with proper training and perseverance, you too can do 26.2! Lots of personal records were set and many first-time marathoners, along with everyone, reaped the fruits of their arduous efforts sowed. For Strider Steve Dyke, three times the charm! A cancer survivor, he triumphed this year after two previous attempts at the distance. Strider Lee Alvarez also came back strong despite an accident last year that nearly claimed her leg. Be sure to check out their Northwest Indiana Times story at the Strider website, as well as "A Reason To Run" video—and turn up your volume!

Overall winner in 2:07:35 is Kenyan Robert Cheruiyot, 28, who fell at the finish and was treated at Northwestern Memorial Hospital for a brain hemorrhage; however, he has since been discharged is expected to make a full recovery and plans to be back for next year's 30th anniversary race. Overall Female is Ethiopian Berhane Adere in 2:20:42.

Once again the Striders manned the 5 mile aid station by Lincoln Park Zoo. Next year we plan to dress in animal costumes and have a DJ to make things even more fun! A huge Strider thanks to Pat Rhodes and his crew for a job well done—each and every volunteer will be acknowledged by name in December's newsletter. Making dreams come true is a group effort. Everyone—from volunteer Strider coaches, group run/walk leaders, and Jr. Strider parents who give of their time and energy to help others realize their dreams—to the race volunteers who stand in the cold to hand out water and smiles, is what makes us who we are. Plus, the Opportunity Enterprises, Inc. Marathon Program participants raised funds and this year's tally is \$164,000! Congrats everyone!

## A TIME TO BE BORN...

Corey and Katie Grieger of Hebron, IN announce the grand appearance of their first child—a healthy, beautiful baby girl named Madison Kelly, born Tuesday, October 17, 2006 at 3:49pm. She weighed 7 lbs., 11 oz., and was 19 inches long. Best wishes new parents!



## A TIME TO BUILD UP... WELCOME NEWEST MEMBERS!



**Chesterton**—Patrick Musgrave & Samantha Wilburn

**Hobart**—Christina Bredwell

**Lowell**—Lindsey Winebrenner

**Munster**—Lucas Kalbfell

**Lynwood, IL**—Justin Reed

**Portage**—Danielle Solis

**Schererville**—Susan John

**Valparaiso**—Nicole Chaibai, Charlotte Coto, Ryan Cutter, Abby DeTorrice, Daniel DeTorrice, Jessica Hiestand, Alison Mundell, and Hailley Mundell

## BREAKING THE TAPE WITH MISTY NOTES FROM THE SECRETARY



Last call for Striderwear orders...they must be received by **November 14, 2006**. Order forms were in last month's newsletter and you can print one from the bottom of the Strider website homepage. Go to: [www.calstrider.org](http://www.calstrider.org) and click on "Order Form."

If you haven't picked up your Striderwear from orders placed over the summer, they will be available, along with Gold Cup premiums, at the Fall Frolic Gold Cup table in the Purdue Cal gym.



## GROUP WALK & RUNS!

**\*NEW\* Every Sunday:** 7:00am, Wicker Park Pavilion, Rte. 6 & US 41, Highland, IN. "Winter Marathon Training" Weekly long run for those training for winter marathons. Run the Wicker Park 2.2 mile loop or head south on Erie-Lackawanna Trail. Aid along course and all paces. Ruth Bonacci: [ruth.bonacci@verizon.net](mailto:ruth.bonacci@verizon.net)

**\*NEW\* Every Sunday:** 7:00am, Wicker Park Pavilion, Rte. 6 & US 41, Highland, IN. "Maintaining Fitness Throughout Winter" Run the Wicker Park 2.2 mile loop or head south on Erie-Lackawanna Trail. Varying distances, aid along course, and all paces. Michele Hale: [runninglead@aol.com](mailto:runninglead@aol.com)

**\*NEW\* Every other Sunday (beginning Nov. 19):** 9:00am, Erie-Lackawanna Trail, Broad St., Griffith, IN (meet in parking lot near Suds N Sweets Laundromat). "Walking in a Winter Wonderland." Walkers of all ages/levels, including mature Striders whose primary exercise is walking and others with conditions that preclude running; runners/multisport athletes needing a gentle transition back to running from injuries, and anyone who wants to experience the Magic of Walking in a Winter Wonderland! Decaf and regular cocoa served after walk. Bring the kids! **Registration required.** Connie Karras: [calstridernews@comcast.net](mailto:calstridernews@comcast.net)

**Every Sunday:** 7:30am, Wilson Shelter, Indiana Dunes, Chesterton, IN. "Beginning to Advanced Winter Trail Running" 6-20 miles, varied trails, and all paces. No aid on course. Clark Gloyeske: [ycdi\\_now@hotmail.com](mailto:ycdi_now@hotmail.com) Dave Konkey: [DaveKonkey@yessolutions.net](mailto:DaveKonkey@yessolutions.net)

## GROUP RUNS, cont.

**Every Tuesday:** 6:00pm, Erie-Lackawanna Trail, Broad St., Griffith, IN. "Beginning/Intermediate Running" 1-5 miles. Walkers welcome. Tammy Cowser: [tlcowser@alas.com](mailto:tlcowser@alas.com)  
Elaine McCracken: [skibears2@aol.com](mailto:skibears2@aol.com)

**Every Wednesday:** 6:00pm, outside Fitness Barn entrance doors, 810 N. County Rd. 330 West (near Rte. 6) Valparaiso, IN  
Sue Brown: [sue\\_brown@juno.com](mailto:sue_brown@juno.com)

**Every Thursday:** 6:00pm, Erie-Lackawanna Trail, Burr St., Dyer, IN. 1-5 miles, all paces. "Beginning/Intermediate Running" Walkers welcome.  
Cecelia Wagner: [ceceliawagner@yahoo.com](mailto:ceceliawagner@yahoo.com)

**Every Saturday:** 9:00am, Erie-Lackawanna Trail, Broad St., Griffith, IN. "Beginning Running" 2-5 miles. Walkers welcome.  
Denise Phipps: [Denise.Phipps@gs.com](mailto:Denise.Phipps@gs.com)  
Mindy Teumer: [MKT1969@aol.com](mailto:MKT1969@aol.com)

**\*NEW\* Every other Saturday (beginning Nov. 18):** 4:00am, Wicker Park Pavilion, Highland, IN. "Winter Ultramarathon Training" For experienced ultrarunners training for winter ultras. 10-31 miles. No aid on course; bring your own nourishment and headlamp/handheld light. We run—rain, sleet, snowstorm, or shine, so dress appropriately.  
**Registration required.**

Connie Karras: [calstridernews@comcast.net](mailto:calstridernews@comcast.net)

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## News from the Road Runners Club of America

[www.rrca.org](http://www.rrca.org)



- ✓ Nominations for the RRCA Website Awards are now open and will be collected until Dec. 1, 2006. See RRCA website for details.
- ✓ The 50th Annual RRCA National Convention will be in Chicago, IL on March 21-25, 2007! Lake Zurich, IL Running Club hosting. Go to: Online registration will be available soon at: [www.RRCAConvention2007.org](http://www.RRCAConvention2007.org)
- ✓ Don't forget your monthly RRCA "FOOTNOTES" are now online at [www.rrca.org](http://www.rrca.org)

## VP's Message



CONGRATULATIONS to all finishers at the Chicago Marathon!

In spite of the COLD/WINDY weather, it turned out to be a GREAT day. Way to go Striders on an AWESOME water stop at Mile 5. If you ran, be sure and vote for it!

For the few of us left attempting the Jim Cox Award—only 2 races left...

## VP's Message, cont.

Congratulations also to Corey and Katie Grieger on the birth of their new baby girl, Madison.

Upcoming Strider stuff:

The last 50/50 raffle of the year will be @ Fall Frolic. Chances are \$1/each OR 6 for \$5. Proceeds benefit the Jim Cox Scholarship Fund.

Also, RSVP and mark your calendars for the upcoming Holiday Party on December 1st!

Happy Runnin'!

Michele



A TIME TO SOW...



## JR. STRIDERS' CORNER

Sue Brown

Youth Coordinator/Past President

## JR. STRIDER NEWS

Strider coaches spent most of the month visiting local middle and high school cross country meets in an effort to support approximately 40 Jr. Striders. Congratulations to everyone on their great season! We had many conference champions at the middle school level, approximately 15 Jr. Striders running at the varsity level, and many post-season participants and highlights at the high school level. Best of luck to our Chesterton boys Tim Carmody, Daniel Carmody, David Osborn, and their respective team at the IHSAA State XC Meet on October 29th. Visit the photo gallery on our website to view various Jr. Striders in action. If we missed getting your picture, please email one to Coach Brown at [sue\\_brown@juno.com](mailto:sue_brown@juno.com) to include in our Fall XC Gallery.

AAU XC season is off to a great start with kids ages 8-18. Practice locations in Valparaiso/Chesterton and Highland offer weekly practices and coaching tips from Coaches Sue Brown, Steve Kearney, and John Marshall, with assistance from Richard Gutierrez, Frank Johnson, and Kathy Mangel. Practices and conditioning will continue weekly through November 30th.

## WELCOME JR. STRIDERS Fall AAU XC

Ryan Cutter, Chesterton MS  
Michael Marshall, Chesterton/St. Pat's  
Patrick Musgrave, Chesterton/ St. Pat's  
Samantha Wilburn, Chesterton MS  
Christina Bredwell, Hobart MS  
Lindsey Winebrenner, Lowell MS  
Justin Reed, Lynwood, IL

## WHO DO I CONTACT?

**Newsletter Submissions/Errors/  
Omissions/Suggestions:**  
Connie Karras  
[calstridernews@comcast.net](mailto:calstridernews@comcast.net)

**Website/PR Submissions:**  
Mike Wilson  
[webmaster@calstrider.org](mailto:webmaster@calstrider.org)

**Strider Logo Wear:**  
Wanda Melion  
[mudbud69@aol.com](mailto:mudbud69@aol.com)

**Group Runs:**  
Misty Chandos  
[runnergirl262@sbcglobal.net](mailto:runnergirl262@sbcglobal.net)

## New Fall AAU Jr. Striders, cont.

Lucas Kalbfell, Munster/Wilbur Wright  
Jacqueline Silverman, Munster/St. Thomas Moore

Danielle Solis, Portage  
Susan John, Munster/Wilbur Wright  
Charlotte Coto, Valpo  
Ari Coulopoulos, Valpo  
Nicole Chiabai, Valpo  
Daniel & Patrick Dalton, Valpo  
Abby & Daniel De Torrice, Valpo  
Jessica Hiestand, Valpo MS  
Alison & Hailey Mundell, Valpo  
Quinn Tabler, Valpo  
Patrick Treacy, Valpo  
Kyle Krsak, Valpo  
Dawn Reyes, Portage

Get FREE SHIPPING with AAU orders of \$75 or more at Eastbay: [www.eastbay.com](http://www.eastbay.com) Use promotion code EMEB6AAU.

Coming next month...AAU State Meet Results & Highlights...

—Coach Sue Brown, [sue\\_brown@juno.com](mailto:sue_brown@juno.com), (219) 364-9790 (eves) or Coach Steve Kearney, [kearney800@msn.com](mailto:kearney800@msn.com), (219) 926-1750



**Larry's  
Multisport  
News Corner**

## Alter Family of Indiana Dominates 2006 Run.Bike.Fun Duathlon Series!

Adam Alter captured the mens overall title with a 480 point total while Emily and Alison Alter tied for the female overall title with 545 (continued on insert)

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## GOLD CUP CORNER



For those of you participating in the Long Distance Series (LDS), please keep in mind that your application form with fee is due by December 1, 2006. The fees are \$5 for Gold Cup members and \$10 for non-Gold Cup runners. In addition, verification forms, which indicate the races you ran to qualify for this series, are due by December 31, 2006. Mail all forms and fees to: CRS, P. O. Box 225, Griffith, IN 46322. All forms and information regarding the LDS are available at the Strider website.

Once again, we look forward to your feedback on this, the inaugural year of the LDS. Please send your comments to myself or Mike Jones at the email addresses listed on the website. The 2007 GC Series will soon be announced. Stay tuned—we have some changes and a new race offering.

Mary Zemansky, Chairwoman  
Gold Cup Committee

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*I was hungry and you fed me, I was thirsty and you gave me drink, I was homeless and you gave me rest, I was shivering and you gave me clothes, I was sick and you stopped to visit, I was in prison and you came to me. Give thanks and share hope and love. The “secret” to happiness is no secret at all...simply count your blessings daily and love will grow abundantly TALL. Are you counting?*

