

Message from the President

March, 2007

**REMINDER:
YOU MUST RENEW YOUR CRS GOLD CUP
SERIES BEFORE YOUR FIRST GOLD CUP
RACE.**

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

RUNNIN' WITH THE IRISH 5k

Saturday, March 10; 9:00 AM
Indiana Dunes State Park
Wilson Shelter
Chesterton, IN
Alisha Brown
ali@chbrown.com
www.stpatsparish.org/5k_run.htm

LAPORTE YMCE RUN 10K

Saturday, March 17th; 9:00 AM
Soldiers Memorial Park
(Stone Lake)
Waverly Road off Pine Lake Ave,
La Porte, In.
Mark Schreiber
mschreiber@lpymca.org

Bride of Zoy 10k/15k

Dunes/trail Run
Sunday April 1st. 10:30 A.M.
Dune Park Station West Lot
U.S. 12 and IN.49
Chesterton In.
Contact: Steve Kearney
219-983-3730

RINGING IN THE SPRING 5K YMCA

Saturday April, 7; 9:00 AM
55 Chicago Street
Valparaiso, In.
Mike Jones
Michael.jones16@comcast.net

Gold Cup Series races in **BOLD**

I would like to briefly introduce myself. My name is Michele Hale. My sister opened my eyes in becoming a runner many years ago. Now, along with the support, encouragement and friendships that I have made through The Calumet Region Striders I am Honored to become your President. It is my pleasure to introduce your 2007 Board Members

* **Vice President**- Robin Benson-Harvey

***Secretary** -Misty Chandos

***Treasurer** -Cecilia Bernal

***Nominations Bylaws & Disabled Runners Fund/ In Step Editor**- Frank Johnson

***Memberships & Volunteers**- Ruth Bonacci

***Gold Cup Series & Sponsors**-Mary Zemansky

***Runner Programs & Scholarships**-Sue Brown

***Social Events & communication**-Linda Kovacs

As you can see I have a wonderful Board to assist in keeping The Calumet Region Striders the awesome club that it is! You can keep up with everything that is happening by logging onto our website www.calstrider.org. Mike Wilson, our webmaster, does a phenomenal job in keeping it up to date. I encourage each and everyone of you to visit it and see just what it has to offer.

Congratulations to Sue Brown, the new RRCA Indiana State Representative. Speaking of The RRCA, the 50th Anniversary Convention is being held in Chicago March 21-25th. The Sham-Rock Shuffle will wrap up the weekend. There is still time to sign up so come and join in on a big running weekend in downtown Chicago. I suggest you sign up soon. Also, the expo at Navy Pier is great. Don't miss out!

We have many ways you can help out throughout the club so if you are interested you can contact me or any of the board members to see which areas we need help, Thank-you to all the Striders who volunteered at The AAU meet at Merrillville High School. It is a very rewarding experience helping out all of the Jr. Runners. It was great seeing so many Strider volunteers make the event possible.

This is OUR Club it Belongs to ALL of us. I Welcome your suggestions and comments through out the year.

Stride on,

Michele



...MORE FROM MICHELE.....

Cross -Training has its place. The approach to Cross-training has totally changed over the past 30 years. Back in 1977, runners were just "runners" and it was the rare runner indeed who did anything more than run, stretch and perhaps lift weights. In 2007, we know that swimming ,cycling, elliptical training and other forms of aerobic training are great ways to improve overall cardiovascular fitness with less risk of injury than cranking up your running mileage. In addition, core stability training helps runners maintain good technique and avoid injury.

...AND NOW A WORD FROM OUR PAST
PRESIDENT, CASSANDRA.



Time To...

...say congratulations and best wishes to our 2007 Board of Directors for Calumet Region Striders. Your club officers and committee chairpersons have already jumped right into their positions. Everyone is busy planning and managing all of the responsibilities that keep our club running. The board positions require an unparallel level of dedication. These Striders are amazing members of our club and we should all be grateful for their efforts. Keep in mind, these nine people can not do it on their own. They will need our help and assistance from time to time. So when you hear a call out for volunteers or if one of our programs has special meaning to you, please let the appropriate committee chair know how you can assist.

It looks like Mother Nature may give us a break with the cold and snowy weeks we have been experiencing. Don't forget to advance your clock one hour on March 11th. Hopefully you will be able to take advantage of the extra daylight to log some miles running outside. Just remember to drink plenty of fluids and call your friends - encourage them to join you. I recently ventured out for a long run, and would not have done it without the help of an email from friends reminding me what the training schedule recommends. We also helped each other stick to the plan instead of turning around and cutting the run short. So, pick up the phone or send out an email to your comrades announcing your next run. You would be amazed how many others out there want to run, but just need some help getting out the front door.

Get Out There & Run ~ Cassandra

GROUP RUNS



Every Sunday:

7:00 am, Wicker Park Pavilion, Highland, IN.

Ruth Bonacci: ruth.bonacci@verizon.net

Michele Hale: runninglead@aol.com

OR

7:30 am, Wilson Shelter, Indiana Dunes

Clark Gloyeske: ycdi_now@hotmail.com

Dave Konkey: DaveKonkey@yessolutions.net

Every Tuesday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Tammy Cowser: tlcowser@alas.com

Elaine McCracken: skibears2@aol.com

Every Wednesday:

6:00 pm, Fitness Barn, Portage, IN

Sue Brown: sue_brown@juno.com

Every Thursday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Cecilia Wagner: ceciliawagner@yahoo.com

Karen Largent: largent02@earthlink.net

Every Saturday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Denise Phipps: denise.phipps@qs.com

Mindy Teumer: mkt1969@aol.com



BREAKING THE TAPE WITH MISTY

Beginner runner meeting

The Beginner Runner Call out meeting and sign ups will be held on April 24th, 2007 at Omni 41 located in Schererville. The meeting will start at 6:30 pm.

For contact information call Misty Chandos.

Runnergirl26.2@sbcglobal.net

STRIDERWEAR

We are in the process of adding to our current line of Striderwear. Be sure to check out the website for new items. The next order will be submitted on March 16th, 2007. Order forms can be printed off the website and mailed in.

SPECIAL ANNOUNCEMENTS

Chicago marathon: 30th Anniversary

The Call out for the OE marathon team will be on Wednesday, March 7th in the Porter Co. and on Thursday, March 8th for the Lake Co.

The Lake Co. meeting will take place at Omni Health Club located on RT.41/Indianapolis Blvd. in Schererville.

V.P. CORNER

Greetings from the back of the pack. I am both excited and overwhelmed at becoming Vice President, and I am eager to do the job to the best of my ability. Thank you to all those that voted in our first mail-in ballot system, it was a huge success. I would very much like to thank all out-going 2006 Board members that put in a lot of time, effort and individual expertise that made last year successful. Thank you: Larry Gianetti, Steve Kearney, Polly Theising, Bob Hudnall, Dave Myroup, Pat Rhodes, Lee Alvarez and Bryan Pawola. I would also like to express my deepest gratitude to Cassandra Rozycki as our President. She truly put all of herself into this position and was the driving force in bring our club By-laws and Constitution to the most current and legal format I look forward to making 2007 another successful year with the new Board.

I hope everyone enjoyed the Gold Cup Banquet, it appeared everyone was having fun. I do have to thank Pat Rhodes who came early to help set up trophies and helped check-in people.

Hopefully with the groundhog not seeing his shadow we are supposed to have an early Spring. To all those who made it to the Midwinter Cruise and Valentine 5K way to go! Somehow, those adverse weather days are more memorable because the journey is more difficult even though PR's are usually not obtained. At the Valentine 5K we had our first 50/50 raffle for the Jim Cox Fund. Pat Tracy won \$51.00 & he donated \$10.00 of his winnings back to the Cox Fund.

Enjoy the journey in each race.

Robin Benson-Harvey



AAU VOLUNTEERS

The Indoor AAU meet February 16-18 was a huge success. We wish to thank the following striders for volunteering their time and helping this event be successful.

ROBIN BENSON-HARVEY, CECILIA BERNAL, PEGGY BOBBER, RUTH BONACCI, SUE BROWN, STEVE CADWELL, BEV CALLIGAN, TOM CALLIGAN, BOB CAVALLLO, MICHELLE CENTIFANTO, RUTH CONNELL, SALLY COOK, CARA CRAIGER, MILAGRO DONINGUEZ, REBECA DOMINGUEZ, JERRY EZELL, DIANE DUMONTE-SLATER, JANE FULLER, MICHAELA GAZDICH, LARRY GIANNETTI, CORY GREIGER, RICHARD GUTIERREZ, SANDY HACKETT, MICHELE HALE, ADRIAN HARVEY, BOB HOOPER, NICOLETTE HUBER, BOB HUDNALL, DICK JANNASCH, JEAN JANNASCH, TONDA JOHNSON, CHESTER JORDAN, JIM JORDAN, MARYLIN KAIFESCH, ANDREW KEARNEY, STEVE KEARNEY, DIANE KELLENBURGER, ART KIM, JILL KIM, PETE KLAESER, LINDA KOVACS, MIKE KOWALSKY, LYNDSEY KUNZ, RUSTY KUNZ, CHUCK LANSDOWNE, KAREN LANSDOWNE, PATRICE LAWSON, RICH LIMACHER, DORAN LOUNSBURY, KAREN LOUNSBURY, CAROL MIGILL, TOM MAGILL, JIM MASTADONA, MARK MCKEAGUE, CLARENCE MELION, WANDA MELION, BILL MOYLAN, LISA MORENO, RENEE MORENO, DAVE MYROUP, WES NETTLES, JIM NICKERSON, BRIAN NORRICK, LYNN REICHIE, PAT RHODES, SHERRY ROBISON, VINCENT SALAZAR, DOUG SEBER, VICKI SEBER, SASA SEKULOSKI, WINSTON STEINICKE, POLLY THEISING, CHRISTINE TORRES, SHANE VAN KLEY, MICHELLE WEAVER, DALE YEAGER.

SPEAKING OF VOLUNTEERS...

I would like to introduce myself. My name is Frank Johnson. I am your new INSTEP editor. I know many of you and there are many more I am excited to meet. I have been running for many years. I have participated in marathons, triathlons, adventure races and too many 5K's to mention. What I am looking for is involvement from you, the striders. Every month you will hear from the board members, (I have to let them speak or they won't keep telling me when the cool races are!!) and other important and news. However, I am seeking stories from you. I am looking for inspiration. So, here is your first assignment. We all know what "peer pressure" is, correct? Log onto our website and send me three things. 1) your name, 2) where you are from, and 3) how many miles, on average, do you run a week. I want to compile the results and I will publish them in a future edition of INSTEP. I look forward to meeting you on the race course!

CONGRATULATIONS C.A.R.A. award winners

Three members of the Striders were award winners in the C.A.R.A. circuit.

Brian Norrick in the Clydesdale Masters A division

Jim Raymond in his 55 to 59 age division.

Mike Wilson in his 65 to 69 age division.

Congratulations to them all for a job well done!

AAU & Youth Programs



Coach Sue Brown

WHO DO I CONTACT?

Newsletter submissions:
news@calstrider.org

Website submissions:
webmaster@calstrider.org

Strider Logo Wear:
mudbud69@aol.com

Beginner Runner Programs:
runnergirl26.2@sbcglobal.net

Youth Programs:
sue_brown@juno.com

Volunteer Efforts:
ruth.bonacci@verizon.net

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