



PRESIDENT'S MESSAGE

UPCOMING GOLD CUP SERIES EVENTS:

Valentine 5k Run
 February 10th @ 10:00 am
 Valparaiso High School
 2727 Campbell St.
 Valparaiso, IN
 Mike Prow 219.548.3964

St. Paul School Spirit Run 5k
 March 1st @ 9:00 am
 St. Paul School
 1755 West Harrison St.
 Valparaiso, IN
 Jack Brogan 219.948.8580

Runnin' with the Irish 5k
 March 15th @ 9:00 am
 Indiana Dunes State Park
 Wilson Shelter
 Chesterton, IN
 Ali Brown 219.929.4631



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I would like to start off this months message with a big Thank-you to our Vice President Robin Benson-Harvey. She is the Master Coordinator in putting together our Gold Cup Banquet, and has done so for a few years now. Awesome job Robin!

As we head into one of the season's coldest months, it is sometimes hard to stay motivated. For those of you who avoid a treadmill, or as some say strictly outdoor runners, you may find it difficult to run outside with the existing temperatures. As a substitute, try incorporating core and strength training a few days a week until spring arrives. Then you can transition back into the routine of your daily outdoor runs.

Speaking of long runs, the CALL OUT Meeting for The 2008 OE Mara-



Each year the Strider Board Members reach out to our membership requesting your assistance at the AAU Indoor Track & Field Meet. We realize the value of your time, and appreciate that we all have a lot on our plate. For a moment, consider the benefits our club brings to our

thon Team is EARLY this year. Mark your calendars. The Porter County meeting will be held on March 12, 6:00 PM at OE. Lake County's will be on March 13, 6:00 PM at Omni Health Club in Schererville.

The Chicago Marathon pushed up their deadline dates, so OE has done the same. If you are even considering running with this Amazing Team, I strongly encourage you to attend one of the meetings to learn more and secure your entry in the 2008 Chicago Marathon. NIKE will be the athletic sponsor this year, and the marathon staff says they will have more than enough water. Watch for a lot of great running gear from NIKE this year. **I do believe** it will fill up fast this year.

Good Luck to all of The Calumet Region, Jr. Striders who are partici-

pating in the AAU Indoor Meet February 15,16, & 17. I hope to see all of you there either volunteering or cheering on our kids.

Did you know that winter squash serves an important post-run function? It aids in rehydration. Most varieties are 89% water, and acorn squash boasts 896 milligrams of potassium per cup (nearly double that of a banana). Potassium, an electrolyte lost in sweat, helps regulate fluid levels in the body. You sweat more than you think when we run in the cold. The abundance of water in squash is a good way to rehydrate after a winter-weather run, when we're less likely to replenish with a cold drink. So add it to your next meal.



**STRIDE ON!
 Michele**

AAU VOLUNTEER CALL OUT
 FEBRUARY 15-18



running community. Without our organization, many of the local events would not receive the publicity they do, nor would you learn of all of the events that are out there for you from one resource; Calumet Striders. By giving a few hours of your year back to our club you will assist in

supporting our most generous sponsor, and more importantly, our young runners. Let's lead by example and show them how easy it is and how much we appreciate our club. Contact Ruth today! (219) 929-5716 or sign up at the next Strider event.



VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. The new 2008 season has started with the Mid-Winter Cruise. It is also time to pull out your warm Striderwear to participate in a new year of "I wore my Striderwear". I will be looking for you all in your Striderwear.

At this writing am I am busy with all the final preparations for the Gold Cup Banquet. I hope it was a fun time for all who came. Look for details in the March newsletter.

I want to thank the 2007 Board of Directors. It was a pleasure to have worked with you. It is a lot of time and work to keep this organization the best it can be. Please tell your Board what you like or dislike about the Striders. With all the time we spend, it is nice to hear positive things to keep us motivated. It is also necessary that if something is not working

we be made aware so we can do something about it. Together we will successfully stride on to many more years.

Enjoy the journey in each race.



As Michele mentioned, Robin has been dedicating every free moment, and then some, to all of the arrangements that go into hosting our Gold Cup Banquet. If you have never attended, or if it has been a few years, you missed out on a truly spectacular and rewarding experience. The annual banquet is a perfect opportunity to be recognized...while some people may not recognize you! How often do we get the opportunity to let others see us as all of the non-runners in our lives do on a regular basis?

I attempted to compile a list of all of the details that Robin tackles in preparation for our Gold Cup Banquet. It can be guaranteed that I will have missed some, but here goes my best attempt.

Edit, proof, and submit invitations for print. Fold, assemble, stuff, address, and mail the 400+ invita-

tions. Collect trophy samples months in advance for board approval, order awards and be sure that everyone's name is spelled correctly. Keep in regular contact with the banquet hall manager to secure the date, cover the required accommodations, and make last minute changes to our RSVP count. Collect RSVPs, provide funds to our Treasurer, check for Gold Cup participation, accommodate table reservation requests, provide table markers, make table centerpieces, recheck the RSVP number, and make sure we requested enough food and a place for everyone to sit. Print name tags and record last minute RSVP changes. Put everything in her vehicle, set up the facility, greet everyone at the door, and tear it all down when it is all over. ALL WITH A SMILE!

Take a moment to thank Robin next time you see her. For her dedication to our club and every last member. We truly appreciate you Robin!

RRCA'S PERSONAL FITNESS PROGRAM

Since 1974, the RRCA has been helping motivate runners through the Personal Fitness Program. From beginning runners to experience endurance athletes, we all need a little motivation now and then. To reward individuals for their dedication to living a healthy life and incorporating running as their regular exercise, we invite you to join the Personal Fitness Program. Program fees are varied based on your goal. Here is a unique program presented by RRCA to assist in motivating you if you require that extra push. How the Program Works:

1. Select your 6 month total mileage goal from 300, 600, or 1000 miles
2. Visit www.RRCA.org/Running/Tools
3. Create your FREE Account, Log Miles
4. Start running and logging your miles
5. After 6 months, indicate your total on the

6. Celebrate your accomplishment!

Girls On The Run—TEAM TIARA
The girls are looking for volunteers to assist at the following races: **Taltree Ten, Valpo Mini, & Indy Mini. We are looking to expand our program. Additional financial support is also needed for the required insurance coverage. Please contact Linda Kovacs 219-365-4313**



Contratulations Newlewyeds: Jim Nickerson & Sue Brown-Nickerson



TRI N DU BY CASSANDRA LANGLEY

What does it take to do a triathlon or duathlon? Just a little bit of exploration into other sports. Since you are a member of the Striders, I will assume that you are a runner. You already have a piece of the puzzle mastered!

Have you ever ridden a bike? You don't need to go out and buy a bright and shiny new bike to see if you would like to compete in a duathlon. Participants ride

mountain bikes, a standard 10-speed, or even a road or tri bike. The format of a duathlon is run-bike-run.

Do you like to swim? If you answered "yes" to the last 2 questions, you may like to try a triathlon. Composed of a swim-bike-run, the triathlon varies in distance. The "sprint" is traditionally a 1/4 mile swim, a 14 mile bike ride, and a 5k. It is conceivable to complete your first tri in under 2 hours.

Many Striders are already hooked on the du and/or tri events. They realize the benefits of cross training, an expanded opportunity to compete, and have fallen in love with the sport.

I welcome you to test the bike pedals and even the water. I'll keep you posted on local events, and look forward to you experiencing the joy I have found in being a Triathlete.

RUMOR HAS IT THAT BY ALL OF YOU

There is a group of really dedicated Strider Girls who have been spotted with the saying "You Just Got Beat by a DiRTY ReD Girl". Have you seen them? They have been spotted at events like the Tecumseh Trail Marathon and The HUFF (yes, all 50k). Where will they be next? Keep your eyes peeled for those DiRTY ReD girls!

The Marathon Man, Doug Walter, has been able to travel in part to all of those out of state marathons because he waits until the last minute to make his hotel and car rental arrangements. Supposedly he did not book his room or transportation for the Arizona Marathon until the Thursday before the event.

Tom Navarro is celebrating his announced engagement to Sandra.

The RRCA National Convention will be in Cincinnati during the same weekend as the Flying Pig half and full marathon. That sounds like a great road trip!

If you don't send in your membership application form you won't receive your INSTEP after April 1st. And you have to sign up for the Gold Cup Series before you run a race this year or your points will not be applied towards your score.

You can send submissions or announcements for INSTEP to news@calstrider.org or striders@verizon.net...due the 3rd Thursday

There is a group of runners who meet at Kirchhoff Park in Valparaiso every Sunday morning, but they leave at 7:15 SHARP!



**OE Marathon Team
Callout Dates:
3/12 Porter County
3/13 Porter County**

Over 30 Striders are qualified to run the 2008 Boston Marathon.

Three Gold Cup Race Directors in Valparaiso have joined forces to bring us a Progressive Marathon in April. Each race will be scored for Gold Cup individually, but participants in all three races will be scored for a Progressive Age Group Award!

Did I mention that you need to renew your Strider annual membership to continue to receive the benefits and to support our club through 2008? Membership applications can be completed and turned in at our Gold Cup Table!

ENERGY DRINK'S NUTRITION FOUND ON WWW.RUNNINGTIMES.COM



Into an age of highly competitive sports and lifestyles come energy drinks, leaving many wondering about the promise of a new edge.

It is important, up front, to understand that energy drinks do not serve the same purpose as sports drinks; they do not act as a thirst quencher or recovery beverage. The typical 8-ounce "bullet can" is not enough to meet the hydration needs of distance runners, and the sugar content is on par with soft drinks, an excessive amount that will linger in

the intestines, and can cause cramping and diarrhea during or after a run. Lastly, except for sodium--in wide ranges from 10 mg (Jolt) to 200 mg (Red Bull)--energy drinks stake no claim in electrolytes.

The active ingredient in almost all these drinks is caffeine. It takes diligence to fit energy drinks into the calculus of running. Research, as well as history, supports the claim that caffeine enhances athletic speed, coordination, and mental alertness for an hour or two. Depending on tolerance, which increases with use and decreases with

age, the effects will peak in about a half hour. Caffeine is normally excreted after several hours.

Hydration issues aside, runners who want the benefits of caffeine in a cold beverage can avoid digestive turbulence as well as a potential "sugar crash" by choosing a low-carb version. Large-sized energy drinks, however, can deliver a mother lode of caffeine, creating an over-energized, juddering, irritable runner with insomnia. And when taken on a regular basis, those drinks and their addictive qualities can lead to emotional highs and lows.



MORE THAN PHYSICAL BY FRANK JOHNSON

Last month I touched on the mental aspects of running. I spoke of a mantra and being mentally committed. Think about it, how many more miles can you put in each week? So maybe we need to "get more" out of our training miles. How do we do that?

Focus. Focus on your commitment, your mental approach and your will for excellence. Do not just put in 50 miles each week. Instead, FOCUS on making your miles more meaning-

ful. Think about your best race. What went right? Now think about your worse race. What is the difference between the two?

Practice what went right on your training runs. FOCUS. My best marathon was two years ago. I was totally focused and I knew failure was not an option. My training runs were focused on my marathon results TO BE and it worked. It created positive images for me. Positive Images? I would like to tell you

more. Maybe next month, but GOTTA RUN! Frank

Planning your 2008 race schedule??
Make history, and join the party on **November 16, 2008** for the inaugural running of Rock 'n' Roll San Antonio Marathon & 1/2 Marathon. To sweeten the deal **SAVE \$15** off the Full Marathon and **SAVE \$10** off the Half Marathon. Use online coupon codes:

- **\$15 off** Full Marathon: RUNSA26
- **\$10 off** Half Marathon: RUNSA13

Don't miss this inaugural event!

*Coupon codes expires Feb 14 at midnight

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Club serving Northwest
Indiana & Northeast
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These are just a few Striders who have assisted our club. There are many ways you can get involved. Help at the GC Table, stuff an edition of the newsletter, join a committee, volunteer for AAU meets, assist at a race, head up a group run, or use any of your other talents!

Check Out Our Site: WWW.CALSTRIDER.ORG

RRCA VOLUNTEER AWARD RECIPIENTS

The success of the RRCA, its clubs like Calumet Region Striders, and events is based on volunteerism. Since its inception in 1958, the RRCA has relied on the spirit of volunteers to carry out programs, find sponsors, hand out water, work finish lines and many other necessary and important tasks. It is in recognition of these volunteers that the RRCA developed the Volunteer Award Certificates. Without volunteers our clubs



Cecilia Bernal
Treasurer



Mike Wilson
Webmaster

and events would not be as successful at promoting grassroots running. Striders and RRCA recognized two individual volunteers that have contributed at least 2000 hours of their time to our club. Do you know someone within our organization on their way to this amazing feat? Please let us know! We appreciate those who keep our club running.

**CONGRATULATIONS
OUTSTANDING
STRIDERS!**