



PRESIDENT'S MESSAGE

UPCOMING GOLD CUP & SERIES EVENTS:

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

**La Porte YMCA 10k /5k Run**  
 March 29th @ 9:00 am  
 Soldiers Memorial Park  
 Stone Lake  
 La Porte, IN  
 Mark Schreiber 219.325.9622

**Bride of ZOY 15k (not part of GC)**  
 March 30th @ 10:30 am  
 Dune Park Station  
 US 12 & Indiana 49  
 Chesterton, IN  
 Steve Kearney 219.926.1750

**Ringin In Spring 5k**  
 April 5th @ 9:00 am  
 Valparaiso YMCA  
 55 Chicago St.  
 Valparaiso, IN  
 Michael Jones 219.242.5607

It is my pleasure to introduce your 2008 Board Members!

- **Vice President** - Robin Benson-Harvey
- **Secretary** - Nicolette Huber
- **Treasurer** - Cecilia Bernal
- **Nominations, Bylaws & Disabled Runner Fund** - Joanne Kagler
- **Membership & Volunteers** - Ruth Bonacci
- **Gold Cup & Sponsored Race Series** - Mary Zemansky
- **Social Events & Sponsorships** - Linda Kovacs
- **Runner Programs & Scholarships** - Sue Brown-Nickerson

Appointed Positions

- **Webmaster & Statistician** - Mike Wilson
- **In-Step Editor**- Cassandra Langley
- **Strider Wear Coordinator** - Polly Theising

As you can see I again have a great Board to assist me in continuing to keep the Calumet Region Striders the AWESOME Club that it is!

You can keep up with everything that is happening by logging onto our web site [www.calstrider.org](http://www.calstrider.org). Our webmaster does a phenomenal job in keeping up to date information . I suggest that you all log on and see for yourself. A reminder that all applications for the Jim Cox Scholarship MUST be post marked by April 1, 2008 and MUST be sent to our PO Box to be considered for scholarship award review.

**THANK-YOU** to everyone that volunteered at the Indoor AAU Meet at the Merrillville High School. We have many ways you can help throughout the club so if you are interested contact me or any Board member to see which areas we can use help in. This is OUR Club! It BELONGS to ALL of us. I welcome your suggestions and comments throughout the year. I am looking forward to serving as your President for another year.

**STRIDE ON!**  
**Michele** 

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 **DIDION WINS RRCA AWARD**

Calumet Region Striders continue to stand out and achieve award recognition within Road Runners Club of America (RRCA). Congratulations are in order for Michelle Didion, RRCA 2007 Open Female Road Runner of the Year. Her dedication to her running lifestyle has earned her national recognition.

Developed in the 1975, the Road Runner of the Year Award was given to the runners with the most outstanding record of racing performances during the past year for Male and Female runners. These awards are an opportunity to recognize runners who excel at all of their races. Congratulations and continued success Michelle—you earned it!



## VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. Our 2008 GC Series is off and running in the bone chilling winter weather. Awesome job to all that braved the freezing wind chills at Midwinter Cruise & Valentine 5k. I am also glad to see our Striders in their Striderwear. Congratulations to our "I wore my Striderwear" winners: Pam Fletcher at the Midwinter Cruise 5k and Kadie Spoor at the Valentine 5k.

We had our grand prize drawing for the 2007 season of the Striderwear sightings. Congratulations to Roger Steffen and Savannah Ronjak who won a free 2008 Strider annual membership. This could be you at the next banquet. All you have to do is wear your Striderwear

to any or all of the GC races and come to the GC table and show us that "I wore my Striderwear". You will be entered into a raffle for that race, and then all of the entries are saved for the grand prize drawing at the banquet. Each race you get an entry and have more chances to win a 2009 Strider membership. So lets see everyone in their Striderwear.

Speaking of the banquet, it was a wonderful evening of family, friends and fun. We had 250 attend the banquet this year which is the largest to date. We had really awesome trophies this year. If you did not attend the banquet that night, please contact me to pick up your trophy. I will have them at the next few races.

Many thanks to our out-going Board Members Frank Johnson (past Instep Editor and Nominations Chair), and Misty Chandos (past Secretary) for their time and hard work.

Enjoy the journey in each race.  
Robin Benson-Harvey



### WANTED:

Striders is looking for shelves to be used in our storage garage which houses our equipment and club supplies. Please let us know if you have any durable shelving to donate or can supply the lumber and manpower to build shelving for our stuff.  
news@calstrider.org



## RUNNING RESOURCES ON THE WWW

Have you ever been faced with the challenge of creating a new running route for yourself? Many of us rely on existing routes or the direction of others to make our way through streets and trails. You no longer need to invest in a GPS unit or drive a practice route in your vehicle. Now you can point an click your way to discovering new routes for any activity on a free, fun, and simple to use web site.

[WWW.REALBUZZ.COM](http://WWW.REALBUZZ.COM)

You will be required to create a complimentary account to map your own

routes, or you may browse freely to see the mapped systems others have created. Through the use of a Google map, visitors to the site can scan streets in a traditional, satellite, or combination of the two hybrid view of stored satellite images of Earth.

Utilize RealBuzz.com to plan local training runs or even those when you travel to new places. The site is fairly new, and not heavily populated with existing route entries.

When tracing your route, it will account for the mileage through the creation of a



"connect-the-dots" approach. You have the ability to mark your route as private or public. Publicly posted routes can be viewed by anyone visiting the site.

Other options for route mapping include:

[WWW.RRCA.ORG/RUNNING/TOOLS](http://WWW.RRCA.ORG/RUNNING/TOOLS)

[WWW.USATF.ORG/ROUTES](http://WWW.USATF.ORG/ROUTES)



## TRI N DU BY CASSANDRA LANGLEY

How full is your "Passion Bucket"? Yes, your "Passion Bucket". Be prepared to hear athletes and announcers dropping phrases utilizing this dynamic word duo when describing their physical performance and competitive desire.

First introduced by UCLA football coach Rick Neuheisel during a January 2008 interview with Dan Patrick, the quirky phrase was coined. Where will it be heard next? It has already been used by Kobe

Bryant and Reggie Miller. I learned of the "Passion Bucket" while speaking with the official announcer for professional cycling events, Dave Towel.

Many of us will never have the opportunity to watch the Tour de France other than on the Versus channel. However, we have many events in the states. California, Missouri, and Georgia all host tours which draw an amazing array of professional cycling talent. Even closer to home is the Downers Grove (IL)

National Criterium Championships on August 16 & 17 this year.

So, get that bucket out and start filling it! Locally we have over 30 running events, 5 triathlons, and a number of duathlons to participate in or cheer athletes on at. Our own Valparaiso will be hosting a youth tri this year.

I've got my "Passion Bucket", do you? Be prepared; I'll be asking!


**JR STRIDER NEWS : SAVE THE DATE BY SUE BROWN-NICKERSON**

Back in 2002, youth age groups were further divided from one to four scoring categories for both male/female. Since that time, the youth program has grown from 12 athletes to 41 junior athletes completing their required amount of races in 2007. 32 youth athletes were present at the GC Banquet to accept their award. Congratulations to all of our Jr. Striders on an amazing year! All athletes were challenged by Coach Sue Brown to continue their consecutive GC finishes in 2008.

**April 12th—Taltree 10 Race  
Jr. Strider Program Fundraiser  
Valparaiso, IN**

We need YOU! The proceeds from the Taltree Ten will benefit the Jr. Striders Programs. Therefore, we are asking our strider members to please

support this race by signing up for the event and registering as a participant, or by volunteering at the race.

We ask that any Jr. Striders not racing to be present and show up in uniform. Jr. Striders not running will pass out water at the waterstops. We are requesting coaches and parents to serve as finish line helpers, mile split timers, and course marshals to keep runners on course and safe. Please commit the morning of April 12th for this worthwhile cause by contacting Coach Sue Brown.

[sue\\_brown@juno.com](mailto:sue_brown@juno.com)  
219.264.9790

Confirm your willingness to volunteer ASAP. It will be FUN, MEMORA-

BLE, and APPRECIATED! Thank you for supporting the Jr. Striders!

**May 1st - Track & Field Call Out**
**June 23 (12 & under) - Summer AAU  
Track & Field State Championship  
Meet**
**June 24 (13-18yr) - Summer AAU  
Track & Field State Championship  
Meet**

Place & time to be announced.

Membership is our greatest resource, so keep recruiting, keep running, and I look forward to seeing you at track practices very soon!

**Coach Sue Brown**


**JR STRIDER LINEUP**
**Acknowledged for their 1st  
Gold Cup Completion 2007:**

Morgan Bell  
Nick DeMass  
Abby DeTorrice  
Daniel DeTorrice  
C.J. Duncan  
Shannon Freedom  
Fernando Hernandez  
Michaela Gazdich  
Rhianna Keister  
Nate Kekelik  
Austin Krieter  
Alec Long  
Lucas Kalbfell  
Mariah Mateo  
Tyler Randazzo  
Cara Maldonado  
Sam Phillips  
Danielle Solis  
Kadie Spoor  
Emma Weissbeck


**Acknowledged for their 2nd  
consecutive Gold Cup Finish:**

Jordan Chester  
Tim Huber  
Andrew Keister  
Brigid Marriott  
Lindsey Kunz  
AJ Myroup  
Micah Wallace

**Acknowledged for their 3rd  
consecutive Gold Cup finish:**

Lindsey Norrick  
Alyssa Randazzo  
Elizabeth Schlichting

**Acknowledged for their 4th  
consecutive Gold Cup finish:**

Michael Amling (started age 6)  
Bri-Anne Andriessen  
Andrew Kearney  
Kevin Mangel  
Hope Myroup  
Alexander Diaz

**Acknowledged for their 5th  
consecutive Gold Cup: (the  
Veterans!)**

Megan Amling  
Brigid Scannell  
EJ Willis  
Alaina Willis  
Halee Willis

**REMEMBER:**

15-18 need complete 7 races  
for GC award  
14 & under need to complete  
only 5 races for GC award

**Welcome 2008 New Jr. Striders:**

Sarah Clemens, 13-14 Kouts  
Dakota Dellahan, 15-18 DeMotte  
Clarisse Fletcher, 13-14 Valpo  
Andrew Jankowski, 13-14 Valpo  
Mikaleh Lambert, 9-10 Winamac  
Joy Ndukwu, 13-14 Chesterton  
Mitch Pieniazek, 15-18 Dyer  
Savannah Ronjak, 0-8 Griffith  
Eric Stevenson, 11-12 Highland  
Garrett Stiller, 9-10 Winamac  
Sydney Yurkus, 11-12 Valpo

**COLD OR FLU? TO EXERCISE OR NOT BY DAVID SHAW**

You've got a slight cough, your throat is sore, your nose is running and you feel just the tiniest muscle ache. Should you work out? Will you recover faster if you do?

Many people believe that exercising will actually boost their immune system and help them recover more quickly. But most doctors disagree. Evidence is strong that if you are feeling fatigued, feverish or really stuffy, working out will probably make you feel worse.

According to some physicians, there is a fairly simple way to decide if you should take it easy or not and it's called the neck up or neck down rule.

If your symptoms are from the neck up, meaning you have sniffles, a runny nose, headache and perhaps a very mild

cough, it's probably OK to perform a mild workout. The key is to make sure you have no difficulty breathing during or after a workout. Definitely cut back, though, especially if you're a type A at the gym. Experts agree that going at one third your normal pace might be the best way to proceed and if you feel worse a few hours later - give yourself a few days rest.

If you're symptoms are primarily neck down, that is you've got a deep chest cough or a fever, you should skip working out altogether until you feel much better. Chest pain means you most likely have inflamed tissue in the lungs and working out will cause an even worse inflammation. Sleep and rest are the better choice.

Fitness professionals note that many people think they feel better after a workout, but

agree that it's the endorphins kicking in. Chances are these same folks will feel worse a few hours later. The body knows what's best for you - it's a matter of listening closely. Professional athletes know that skipping a workout for the time it takes to recover from illness will have no adverse affect and that the body will quickly renew itself once they get back on their program.

Finally, all those healthy people at the gym will appreciate it if you stay away until you absolutely know you are not contagious.

The above information was copied directly from the web site address [www.quantumhealth.com/news](http://www.quantumhealth.com/news) Consult your doctor before activity.

**RRCA TURNS 50 FROM WWW.RRCA.ORG**

On February 22, 1958, the Road Runners Club of America was born.

Meeting at the Paramount Hotel in New York City, RRCA Founder H. Browning Ross and nine others met to discuss the general direction for the new organization and to develop the basic operating structure. The founding purpose of the Road Runners Club of America was to encourage running, hold regular meetings, raise funds, coordinate events, recruit sponsors, and

promote competition in long distance races.

Today the RRCA is the oldest and largest long distance running organization in the country. The RRCA serves as the national association of running clubs, running events, and runners. The mission of the RRCA is to promote long distance grassroots running as a competitive sport and healthful exercise. The RRCA achieves their mission by promoting the common interests of its members by providing edu-

cational opportunities, programs, and services. The organization's membership consists of over 860 running clubs and events which comprise over 180,000 individuals in the US.

View their resources at [WWW.RRCA.ORG](http://WWW.RRCA.ORG)

**BOARD MEMBER EMAIL ADDRESSES**

Michele Hale:

[RunningLead@aol.com](mailto:RunningLead@aol.com)

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Cecilia Bernal:

[jcbernal@verizon.net](mailto:jcbernal@verizon.net)

Nikki Huber:

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Joanne Kagler:

[jbaitup@hotmail.com](mailto:jbaitup@hotmail.com)

Ruth Bonacci:

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Polly Theising:

[ptheising@comcast.net](mailto:ptheising@comcast.net)



## RUMOR HAS IT THAT BY ALL OF YOU

Striders were well represented at the 2008 AAU Indoor Meet at Merrillville High School. Over 80 volunteers helped out equating to over 600 hours of volunteer time! Junior Striders TRULY appreciate the support.

A group of Striders truly stepped up to the plate. Karen Spoor, Renee Moreno, Lisa Moreno, and Sasa Sekuloski have formed a social/volunteer group that meets once a month to share laughs and an array of tasty treats while stuffing the very INSTEP newsletter you are reading. What a great excuse to get together with friends while leaving the running shoes behind. THANKS STRIDERS!

Posting group runs on our fabulous web site has resulted in a dramatic increase in attendance at organized training runs. At least 20 runners have been counted at Kirchoff on Sunday's alone. Be sure to check them out or let us know of yours! All levels welcome and encouraged to submit.

**The AAU National Office Representative, Meet Director Joe Mis, and Official Timer Marchan Adkins all said the entire Strider volunteer staff was outstanding! It was the best run indoor meet they have witnessed with so many athletes participating (750!) They really meant it, and said t-h-a-n-k-y-o-u!**

There are some really dedicated Gold Cup Series participants in our club. Here are some of our veteran GC'ers and their total number of years competing in the series.

Bob Hooper - all 29 GC Series  
Jean Tolchinsky - 25 GC finishes  
Robert Maszak—22 GC finishes  
Tom Nordbrock - 22 GC finishes  
Danny Norris - 20+ GC finishes

Marathon Man has only 5 states to go!

INSTEP reaches over 515 households & our membership exceeds 600! Become a sponsor today—advertise your business.

This will be your final INSTEP edition if you have not yet renewed your annual Strider annual membership. Membership applications can be completed and turned in at our Gold Cup Table or mailed to our PO Box! Strider Committees meet only four times a year on average! They are a fun and easy way to give your input and keep our programs going.

You can send submissions or announcements for INSTEP to news@calstrider.org or striders@verizon.net Submissions are due the 3rd Thursday of each month. Please share your news with others and assist Striders in being recognized!

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



## GOLD CUP SERIES SPOTLIGHT BY MARY ZEMANSKY



Congratulations to the 59 of you who have braved the inclement weather to complete the first two races of the 2008 season. Only 28 more to go!

For those runners who do not regularly visit the website and may have missed

the banquet, please be advised that the Park Forest Labor Day race is now a 5 mile event. In addition, the Chicago Marathon has a new sponsor: Bank of America.

The official rules for the Overall Gold Cup Award are now posted, and the

standings will be updated after every race. We have just posted the requirements for the new Trail Run Series, our latest runner recognition event.

As always, your comments are welcomed. Please fill in those race rating forms when you are asked!



## THANK YOU AAU VOLUNTEERS! WE APPRECIATE YOUR DEDICATION

Marilyn Ahner  
Jim Ambrose  
Mike Anderson  
Bri-Anne Andressien  
Deborah Brann  
Tom & Bev Calligan  
Ruth Connell & Heidi  
Jim & Em Cunningham  
C.J. Duncan  
Diane DeMonte-Slater  
Angela Erb  
Jerry Ezell  
Debbie Fenno  
Connie Fieldhouse  
Pam Fletcher  
Stephen Foor  
Jane Fuller  
Clark & Amber Gloyeske  
Richard Gutierrez  
Michele & Darrell Hale  
Adrian & Robin Benson-Harvey  
Amanda Hill  
Bob Hooper

Nicolette, Tim & Daniel Huber  
Dick & Jean Jannasch  
Donna Johnson  
Marvin Jordan  
Joanne Kagler  
Steve & Kevin Kearney  
Diane Kellenburger  
Bryan Kerstell  
Art Kim  
Lindsey & Jessica Kitchell  
Pete Klaeser  
Melissa Kirk-Stilts  
Shirle Kowalisyn  
Rich Limacher  
Carol & Tom Magill  
Kathy & Kevin Mangel  
Duncan, Brigid, & Hannah Marriott  
Jim Mastadona  
Wanda & Clarence Melion  
Mark McKeague  
Lisa & Renee Moreno  
Bill Moylan  
Dave Myroup

Jim & Sue Nickerson  
Brian & Lindsay Norrick  
Brenda Patterson  
Lydia Pisarski  
Lynn Reichle  
Pam Reinsimar  
Janet Rotz  
Jen Ryman  
Sasa Sekuloski  
Kyela Specht  
Karen Spoor  
Winston Steiniche  
Tania Stiller  
Dale Stout  
John Tazbir  
Polly Theising  
Shane Van Kley  
Trish, Tim, & Kirsten Wozniak



OUR APOLOGIES TO ANY NAMES  
UNINTENTIONALLY OMITTED!  
PLEASE LET US KNOW!

NON PROFIT ORG  
US POSTAGE PAID  
GRIFFITH, IN  
PERMIT NO. 225

A RRCA Member Running  
Club serving Northwest  
Indiana & Northeast  
Illinois for 30 years



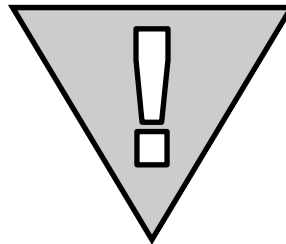
**Thank You**  
2007 Board Members  
Striders appreciate your time  
and dedication to our club.  
We appreciate all you do!

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**Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)**

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**WARNING**



**THIS WILL BE YOUR LAST EDITION OF THE 2008  
INSTEP IF YOU HAVE NOT RENEWED YOUR 2008  
ANNUAL STRIDER MEMBERSHIP.  
ONE IS ENCLOSED. RENEW TODAY!**