



PRESIDENT'S MESSAGE

GOLD CUP EVENTS :

TALTREE TEN 10 Mile

***Proceeds benefit JR Strider Program**

April 12th @ 8:30 am

Aberdeen Manor

216 Ballantrae

Valparaiso, IN

Todd Henderlong 219.462.8605

Valpo Mini Marathon 13.1 Mile

April 19th @ 7:30 am

Downtown Valparaiso

Lincolnway & Lafayette

Valparaiso, IN

Bob Paulsson 219.462.2144

Spring Fling Ramp Run 5k

April 26th @ 9:00 am

Purdue University Calumet

2300 West 173rd St. SLU

Hammond, IN

John Bobalik 219.989.2175

CCA Run for Shelter 5k

May 10th @ 8:00 am

First Presbyterian Church

3401 Valparaiso St.

Valparaiso, IN

RG Skadberg 219.548.2379

SPONSORED RACES POSTED INSIDE!!!

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Spring is Finally Here! With hopes of warmer weather & longer days, most of us may be prone to catching a running bug or running fever. Whatever you want to call it, keep in mind that if you backed off on your weekly mileage over the winter you need to ease back into long runs and extra miles. You do not want to overdo it the first few weeks and cause injury. Slowly build your mileage.

Also remember that most of our races are now chip timed. If you notice anyone without one at the start of a race, please let them know that the plastic chip is required for finish results. When everyone has their timing chip on, it aides in quick results posting and accurate award ceremony. results being posted and an expedient awards ceremony. It is VERY important that you stay in line while going through the finish chutes. We encourage runners to achieve their goals, but in a fashion respecting the safety of other participants. Please use caution when surging to the finish chute and maintain your finish order as you walk through and the backup results are recorded. Wrapping your leg around another runner or cutting in line is not in the spirit of good sportsmanship. We all want our time recorded and to perform well.

Striders does not promote running bandit (without an entry or race number) or running under someone else's registered number. Unregistered runners should not go through the finish line because it holds up results tremendously. Some races allow registrations to be transferred. Be sure to check their web site for the appropriate process and deadline dates. Upon completing a Gold Cup Race, please come to the Gold Cup table and sign in. Take a few minutes to fill out a race evaluation form. We're always seeking feedback for each race.

There are many different reasons we run; for competition, to aide in weight loss, the social aspects, or healthy stress relief. Whatever your reason, just try and stay focused and enjoy the run.

Good Luck to all Striders participating in the 112th running 26.2 in prestigious Boston Marathon.

STRIDE ON! Michele



RRCA GENERAL RUNNING SAFETY TIPS

- DON'T WEAR HEADPHONES
- Carry identification: name, number, and blood type inside your running shoe
- Always stay alert and aware of what's going on around you
- Carry a cell phone or change for a phone call
- Trust your intuition about a person or an area
- Alter or vary your running route pattern
- Run with a partner
- Write down or leave word of the direction of your run
- Avoid unpopulated areas, deserted streets, and overgrown trails
- Ignore verbal harassment
- Run against traffic so you can observe approaching automobiles
- Wear reflective material if you must run before dawn or after dark
- Practice memorizing license #/identifying characteristics of strangers
- Carry a noisemaker
- Look both ways before crossing
- When using multi-use trails, follow the rules of the road
- CALL POLICE IMMEDIATELY if something happens to you or someone else



VP'S VALUABLE POINTS BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. Ok, we just cannot get a break from the cold spell of winter that has made the start of the 2008 season challenging. Hopefully, spring will bring some warmer weather our way soon. Kudos to all Striders that endured the cold weather and challenging hills at the Spirit Run and Runnin' with the Irish. Congratulations to the winners of the "I wore my Striderwear" promotion:

Wanda Melion (Spirit Run)
Duane Hibbs (Runnin' w/Irish)

The warm weather is not here yet, but it is already time to think Summer and baseball. Our Strider night with the Railcats will be on Saturday June 7th 6:00pm.

Enjoy the journey in each race.
Robin Benson-Harvey

A HUGE THANK YOU TO:

Bryan Kerstell & Deborah Brann
For hosting the Gold Cup Table at Runnin' with the Irish in the cold!

Our Fabulous INSTEP Stuffers:
Sasa, Lisa, Renee, & Karen

NEEDED & WANTED:

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. Let's keep it safe!
news@calstrider.org



Our Sympathy to:

Joe Kovacs for the passing of his father
Mike Jones for the passing of his father
Shannon Freedom for losing her grandma



STRIDERS WIN CARA AWARD

Congratulations to the Calumet Region Striders who placed third overall in the 2007 CARA Club Circuit Alternative Age-Graded Standings. They were mistakenly left out of the original results and CARA apologized for the error.

Each year the Chicago Area Runners Association (CARA) sponsors a competition among running clubs in the Chicago area. The club circuit rules define the competitive rules. Two divisions of competition are defined: Yellow Division and Green Division. The essential difference between the divi-

sions is the number of competitors who are scored. The Green division scores three (3) finishers plus one (1) tie breaker. The Calumet Region Striders competed in the Green Division for 2007.

All CARA Circuit Races are the venue for the competition with only the top 10 scores being counted. Any member of the Calumet Region Strider may be a member of our team. However, the official team roster must be sent to CARA 30 days before a specific race in order for a team member's finish to count in the score calculation. If you are planning on running a few CARA Circuit races this

year, let our Webmaster Mike Wilson know and he will add you to the Official Team Roster.

Each year, Mike volunteers to serve as the Team Statistician and provides the Team roster and the Team score to CARA. The Team score must be provided to CARA within two weeks of a race. Name, address and age are provided to CARA.

To view a list of CARA races in the series, please visit their website: www.cararuns.org



TRI N DU BY CASSANDRA LANGLEY

Get your "Passion Bucket" ready! TriAmerica National Triathlon Series has made Michigan City, Indiana one of the six stops for their 2008 circuit. During the weekend of September 6th & 7th, our area will be flooded with triathletes of all ages.

Managed and produced by Sommer Sports (no relation to our own Sommer Watts) has 25 years of experience in tri events.

The weekend will begin with a Super Sprint Triathlon followed by a TriAmerica TriKidz Triathlon for youths ages 6-14. Sunday will feature the TriAmerica Distance Triathlon that includes a 2K swim, 60K bike, and a 15K run. Sunday will also

feature a Short Course with a race of half those distances. The TriAmerica Festival of Sport and Fitness will encapsulate the weekend.

Michigan City is a new stop for the TriAmerica National Series Tour. They described our very own Indiana Dunes as "sure to be a memorable experience. The swim takes place in the blue waters of Lake Michigan followed by a breathtaking bike race through the Indiana Dunes State Park. The run is a flat out and back course overlooking Lake Michigan. TriAmerica Indiana Dunes is certain to become a "must-do" race on your triathlon schedule!"

If you want to include this event on your

local tri schedule, I recommend signing up early. Registrations for events have been filling up quickly, including Accenture Chicago and Steelhead. Don't miss your opportunity to participate in any of these great events because you are dragging your feet with applications.

Dates to Remember:

July 6—Firecracker—St. Joseph, MI
July 12—Valpo Tri—Valparaiso, IN
August 2—Steelhead—St. Joseph, MI
August 23 & 24—Accenture—Chicago
September 6 & 7—TriAmerica
September 27—Boilerman—Purdue

See you at the Start Line! Cassandra


JR STRIDER NEWS : VIP DATES BY SUE BROWN-NICKERSON
Track & Field Coach & Coach Assist's Meeting:

Monday April 21st 7:00 PM Panera Bread, Merrillville. If you would like to assist track coaches one or two nights a week, please contact me at sue_brown@juno.com or 219-929-6862.

Track & Field Practices:

Membership forms and signup sheets available at the practice locations. Please check the strider website for updates/changes in meeting times or locations and complete practice schedules. **Practice will be from 6:15 to 7:15 pm. Arrive a little early. Report to the**

practice site closest to you:

Monday May 12th:
Lake Central HS (Dyer) or
Thomas Jefferson MS (Valpo)
Wednesday May 14th:
Lake Central HS or
Chesterton HS

Consider signing up for **Spring Fling 5K on April 26th (4/22 for early discount)** and then if you run the Fall Frolic 4M on **11/9** (the last race of the year) you will receive a finishers medal for completing both races!!!! **Free Spring Fling gloves** to the

first 300 pre-registered participants.

Hersheys T&F District Meet Info:
Wednesday June 4th Lake Central HS & a Valpo HS date **to be announced**. Top 2 places in each event qualify for Hersheys Track & Field State Meet to be held on Saturday **June 28th** in Muncie, Indiana.

Coach Sue Brown


BOSTON BOUND : GOOD LUCK 2008 BOSTON MARATHONERS

The first Boston Marathon was organized by John Graham in 1897. Fifteen participants lined up at the start, and the winner emerged with a finish time of 2:55:10. John J. McDermott was the first man to win a Boston Marathon. The original event measured 24.5 miles, but was altered to the 26 mile 385 yard Olympic standard distance in 1924.

How did the Boston Marathon come to fruition? Having experienced the "spirit and majesty" of the Olympic Marathon, Mr. Graham approached the Boston Athletic Association (BAA) with his dream to host a distance running event in Boston. For more history, please visit the bostonmarathon.org site.

Qualifying is key. Do you know a Boston Marathoner or someone who has made it a goal to become one? What exactly did it take?

According to the Boston Marathon website; "qualify(ing) for the Boston Marathon, athletes must meet the designated time standard which corresponds to their age group." The BAA looks at your qualifying age based on how old you will be the day you run the Boston Marathon.

2007 participants were teased with the threat of a sever "Nor-Eater" storm swirling from the north-east. Faced with the challenge of 26.2 hilly miles and cold rainy winds, only 20,338 finished of the original 23,869 registered athletes. 81 countries of citizen-

ship and 55 US territories and stated were represented. Robert Cheruiyot finished first in 2:14:13, and Lidiya Grigoryeva in 2:29:18. Nobody knows what Patriots Day 2008 will bring for our local Boston Marathon Runners. If you know them, wish them good weather, health, and speed!


Northwest Indiana Runners

Jennifer Addison . Crown Point
Misty Chandos . Cedar Lake
Nancy Conger . Munster
Ruth Connell . Valparaiso
Anita Cox . Highland
Christina Engle . Muster
Angelia Erb . Highland
Gregory Fox . Chesterton
Betty Funkhouser . Portage
Phillip Greiner . Munster
Susan Hamnik . Crown Point
Erin Lobsiger . Chesterton
Charles McCarroll . Crown Point
Jeff Mescal . Hebron
Tracy Nemtuda . Porter
George Neitert . Valparaiso
David Pepoff . Hebron
Mike Pontrelli . Valparaiso
Bill Rohde . Valparaiso
Richard Seaman . Chesterton
Jeff Smolinski . Schererville
Andrew Stedt . St. John
Cynthia Steinbeck . Porter
Sommer Watts . Chesterton
OUR APOLOGIES TO ANY NAMES
UNINTENTIONALLY OMITTED!

Age	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:30	4:00
50-54	3:35	4:05
55-59	3:45	4:15
60-64	4:00	4:30
65-69	4:15	4:45
70-74	4:30	5:00
75-79	4:45	5:15
80+	5:00	5:30

SPONSORED RACES:
Hub Run 5k

April 6th @ 1:00 pm CDT
Lake County Fairgrounds
1450 South Court St.
Crown Point, IN
Carl Zurbrigen @ 219.663.5810

Dobbs Dribbler Race 4 Mile

April 20th @ 1:00 pm CDT
Notre Dame Church
1000 Moore Rd.
Michigan City, IN
Norm Eikman 219.617.6659

The ZOY Relays (1, 2, 3 Mile—Team)

May 4th @ 8:00 am
Imagination Glenn Park
Portage Ave. & McCool Rd.
Portage, IN
Al Mussman 219.762.5680



I AM NOT A JOGGER BY JOHN BINGHAM

The late Dr. George Scheehear, beloved Runner's World columnist and arguably the first running boom's premier philosopher, once wrote that the difference between a runner and a jogger was a signature on a race application. As succinct as Dr. Sheehan's definition was, it made the point. If you were motivated enough to train for and participate in an organized running event, then you were a runner. Anyone willing to risk public failure in order to be a part of the running community--no matter what his or her pace per mile might be--was a runner. Period. Kind of hard for anyone to argue with that logic.

Your reasons may be different from mine, but here's why I know I am a runner:

I AM A RUNNER BECAUSE my runs have names. I do tempo runs and threshold runs and fartlek runs. I do long, slow runs and track workouts. My runs are defined, even if my abs are not.

I AM A RUNNER because my shoes are

training equipment, not a fashion statement. The best shoe for me is the one that makes me a better runner. I choose the shoe that goes with my running mechanics, not my running outfit.

I AM A RUNNER because I don't have running outfits. I have technical shirts and shorts and socks. I have apparel that enhances the experience of running by allowing me to run comfortably. I can say "Coolmax" and "Gore-Tex" in the same sentence and know which does what.

I AM A RUNNER because I know what effort feels like, and I embrace it. I know when I'm pushing the limits of my comfort and why I'm doing it. I know that heavy breathing and an accelerated heart rate--things I once avoided--are necessary if I want to be a better runner.

I AM A RUNNER because I value and respect my body. It will whisper to me when I've done too much. And if I choose to listen to that whisper, my body won't have to scream in pain later on.

I AM A RUNNER because I am willing to lay it all on the line. I know that every finish line has the potential to lift my spirits to new highs or devastate me, yet I line up anyway.



I AM A RUNNER because I know that despite my best efforts, I will always want more from myself. I will always want to know my limits so that I can exceed them.

I AM A RUNNER because I run. Not because I run fast. Not because I run far.

I AM A RUNNER because I say I am. And no one can tell me I'm not.

Originally published on 09/19/2007
on the runnersworld.com web site.
Written by John Bingham



JOIN FOODFIT.COM FOR FREE FROM WWW.RRCA.ORG

To help you achieve your personal nutrition goals, the RRCA has partnered with FoodFit.com, an award-winning healthy eating and active living website. FoodFit.com is dedicated to providing consumers with information and tools needed to lead a healthier life. FoodFit integrates interactive tools with thousands of recipes and tips from over 100 leading chefs.

FoodFit.com has no subscription fees, and is packed with tools ideal for everyone. Look for the "Healthy Weight

Loss" link containing the "Easy Tools" tab. It can calculate your calorie burn, recommend caloric intake, assist with menu planning, fun quizzes, and cooking tools. Get your free membership by joining the free FoodFit Healthy Living Plan and receive:

- Daily meal plans tailored to your nutritional goals and needs. The menus come with interactive shopping lists to ease the journey from store to kitchen.
- Thousands of simple and original chef-created recipes with nutritional analysis
- An Interactive Food and Fitness Diary

to help you track your caloric and nutrient intake, plus more online tools to help members achieve their fitness goals

- Food Fit Nutrition Dictionary

Your club realizes the value in our RRCA membership, provided in part by your annual Strider dues. RRCA has many affiliations which provide valuable resources for runners.



BOARD MEMBER EMAIL ADDRESSES

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RUMOR HAS IT THAT BY ALL OF YOU

Striders can evaluate or supply feedback on any Gold Cup or Sponsored Race event through our web site. It's new, easy, and fun to do. Go to the "Race Results Page" and click on the "Online Runner Race Review" link in the gold box at the top of the page.

Lance Armstrong will be running the Boston Marathon this year! Watch special coverage on the Versus (VS) cable channel.

You can help plan social events like a Strider Picnic, the Holiday Party, or our Gold Cup Banquet. Linda Kovacs is recruiting members for the Social Committee. Email her at lkovacs@comcast.net. Wouldn't it be fun planning a party!

Fleet Feet will be opening a store in Lake County Indiana!

Striders will be testing an email blast program with our membership. Watch for Strider info in you in box. Please be sure to include or update your preferred email address with us. jcmbernal@verizon.net

The Boston Athletic Association will host the 2008 U.S. Olympic Team Trials - Women's Marathon on Sunday, April 20, 2008.

This year, the Park Forest Scenic 10 Race will become the "Park Forest Scenic 5 and more..." and will be shortened from a 10-mile run to a 5-mile run. The city will incorporate a 5k walk and a family-style bike ride to the event roster to entice local participation.

You get 15% off Fuel Belt online orders with the code "RRCA".

Submissions for the May 2008 INSTEP are due by April 18th midnight.

39 Striders have completed all 4 Gold Cup Races of the initial 30 in the series. How many will earn the most challenging Jim Cox Series Award in the history of Striders?

The Long Distance Series will commence with TalTree Ten and the Trail Running Series is underway with Bride of Zoy.

Our local "Girls on the Run" chapter is looking for running buddies for girls at the Wondergirl 5k in Chicago on June 7th. Contact me if you are a female runner interested in sharing the joy of running with a young girl from your community. striders@verizon.net

Strider membership is now 344 with 286 households represented. Make sure your running friends have renewed their annual Strider membership.

You can still sign up for the OE Marathon Team to train for and run Chicago Marathon in style! Do it before spaces run out.

Another great site to map your running route is www.mapmyrun.com

A comedy movie titled "Run Fatboy Run" (not intended for children) will have a storyline about a guy training for a marathon to impress a girl!

Share your news, thank a fellow Strider, wish someone good luck or special announcements here! news@calstrider.org



STRENGTH IN NUMBERS BY: FRANK JOHNSON

Have you ever really looked at the cover of a running magazine? Headlines like, "Get in the Best Shape of Your Life", "How to Nail a 5k", "Get Faster while you Sleep", etc. The headlines go on and on, but what IS really inside these magazines?

There are stories of wisdom, passion, and human stories. Every magazine cover has something to draw your attention. What if we, as runners, were magazines? Consider your exterior or cover, versus your substance. I encourage you to look beyond the "cover" of a person.

It is substance—who we are—that make each of us unique. To me it is not the cover that makes us who we are. It is our stories, knowledge, and our passion that define us as runners. Have you ever picked one of your running partners brains for info. I do all the time, and I gain great insight and knowledge from it. I may have recently discovered my number one challenge as a runner, and in a few weeks I will see if correcting this challenge works. I could not have done it without another runners help, as I was stumped. I am pretty confident I will see positive results.

Everyone of us, no matter what "level" we consider ourselves to be, has information to share to each other. So let's share it. You see, I have running partners and I use them not just as great running partners and friends, but also to help make me a better runner. The ones I run with are not just a fun, passionate, wild and crazy group of colorful runners. They possess knowledge. So I encourage each and everyone of you, get in a group, converse with each other. Share your knowledge. Use that time to gain knowledge as well. There is strength in numbers and color. Go Dirty Red! Frank.



COACH'S CORNER

Strider Board Members and Committees are continuously organizing your club programs. To participate in a program, or if you would like to help out, please contact Misty Chandos.

The following is a schedule of running programs that will be offered through the Calumet Striders in 2008. Please check the website and following newsletters for updates.

Beginner Runner Program in Lake County

Beginner Runner Program in Porter County

Advanced Runner Speed Work Program in Lake County

Beginner to Intermediate Speed Work Program in Lake County

Meet your Adult Running Programs Committee:

Misty Chandos—Chairperson
Cassandra Langley

Frank Johnson

Brian Norrick

Deborah Brann

Bryan Kerstell

Betty Funkhouser

Jennifer Addison

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Indiana & Northeast
Illinois for 30 years

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THEY KEEP OUR CLUB RUNNING!**