



PRESIDENT'S MESSAGE

UPCOMING GOLD CUP SERIES EVENTS:

CCA Run For Shelter 5k
 May 10th @ 8:00 am
 First Presbyterian Church
 3401 Valparaiso St.
 Valparaiso, IN
 RG Skadberg 219.548.2379

Gallery Gallop 5.5 mi
 May 17th @ 6:30 pm
 Lake Street Beach
 Gary, IN
 Joyce Davis 219.938.4566

2 Big Hearts Foundation 5k
 May 24th @ 9:00 am
 Long Beach Community Center
 2501 Oriole Trail
 Long Beach, IN
 Jim Clarke 773.975.9976

Trail Run Xtreme 12k (TRAIL)
 May 26th @ 8:30 am
 Imagination Glen Park
 Portage Ave. & McCool Rd.
 Portage, IN
 Jeff Emmons 219.763.7370

Field Station Frenzy 5k (TRAIL)
 Coffee Creek Center
 1050 North & Dickinson Rd.
 Chesterton, IN
 Deana Lecy 219.730.4413

Do you have a suggestion or recommendation for our club or a race? Have you ever said, "Why are the Calumet Region Striders doing this"? Voice your thoughts or opinions to any board member of your club. All board members have e-mail contact's on our website, or please drop an anonymous letter at the Gold Cup Table. We really want to know what you think. We ask runners at each of our Gold Cup races to fill out survey's because we need feed back to assure that each race selected to be in the series meets up to club expectations.

If you are reading this newsletter, chances are that running is somehow involved in your life. Keep in mind that without volunteers, we would not

have the events or the club that helps make it all possible. Throughout the year, there are many opportunities for you to volunteer and give back to the sport. Speaking of which, our Outdoor AAU Track & Field Meet is fast approaching! We really need your help with volunteering in June. See detailed information below. Thank-you in advance to all of you who can help out.

We have two Rail Cats games coming up. Spend time with your friends and family who support you throughout the year as you fulfill your passion buckets with many logged miles.

New Strider wear coming! It looks great and is VERY reasonably priced: \$21 for a singlet & short

set. Inventory will go fast so be sure and get yours if you missed them at Spring Fling. An "A+" goes out to Polly Theising for doing an awesome job presenting our Strider Wear!

As Marathon training nears, here are a few training tips: Give yourself at least one day of complete rest per week.

Never do two hard track sessions on consecutive days. Always err on the side of too much rest between intervals. Take an ice bath to assist in recovery. Get a sports massage; it is well worth the cost.

STRIDE ON! Michele



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**WE WANT YOU!
 AAU VOLUNTEERS!!!**

What: Outdoor AAU Track & Field Meet

When: Saturday, June 14th & Sunday, June 15th

Where: Chesterton High School

Why: Support our Junior Striders & Platinum Sponsor Hammond Track Club

RSVP: ASAP to Sue Brown with your name, email address, and phone number

sue_brown@juno.com

219.364.9790


VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. Spring has finally sprung! Hopefully the cold weather has left for good. Congratulations to the winners of the "I wore my Striderwear" promotion:

Norm Eikman at LaPorte YMCA, Shannon Freedom at Ringing in Spring, and two winners at Taltree 10, Darrel Hale & Tom Kekelik.

We are planning two Striders outings to Railcat games this summer. The first one will be on Saturday, June 7th at 6:00 pm. It is fleece blanket giveaway night! Box tickets are only \$9.00 each. We had a wonderful turnout last

year. If you plan on going, please contact me before the deadline of May 7th—this week!

vp@calstrider.org

Our second outing to a Railcats' Game is on Saturday, July 12th at 6:00 pm. However, for this game, we are going to try the picnic and game package. Attendees will have box seats and a picnic at the park before the game. The picnic includes all you can eat freshly grilled hot dogs and hamburgers, two sides, dessert, and soft drinks. It is also beach towel giveaway night! The picnic starts at 4:30 pm followed by the game at 6:00 pm. Since we will be at the pic-

nic, we are guaranteed to receive a towel, and given ours before the limited quantity of towels are provided to the general public. Tickets are \$24.00 each. So, you can run in the morning at the Running Wild and end the day with a picnic and game. Please see the notice in this newsletter for the July game. So plan on or both games and cheer on the 2007 National League Champions with your Strider friends.

Enjoy the journey in each race.

Robin


HYDRATION TIPS & TOOLS FROM WWW.GATORADE.COM

Change is in the air...the temperature that is. Hydration is equally important in summer and winter running. However, a warmer climate, humidity, wind, and sun greatly impact our body's need for fluids and nutrition.

Gatorade has launched a Hydration & Nutrition web page. Links prove to be informative and interactive with areas focusing on dehydration facts, electrolyte replacement, and performance tools.

The performance tools aid athletes in understanding how various organs and parts of the human body process and why they need fluids. It explains pre, during, and post activity hydration. And finally, the Fluid Loss Calculator which educates athletes on the appropriate amount of hydration a body requires based on variables such as body weight, duration and intensity of activity, and air temperature. This is truly



an ideal way for runners and multisport athletes to gain an understanding of their own individual needs to avoid under or over hydration.

Take the time to educate yourself or your Junior Strider on the importance of hydration and their personalized recommendation for fluid intake.

www.gatorade.com/hydration


TRI N DU...AN ADVENTURE RACE BY CASSANDRA LANGLEY

Want to add a little adventure to your race schedule? How about trying an Adventure Race. It's not all about speed, it's about planning, teamwork, strategic thinking, and most of all patience.

Adventure racing does not have a set timeframe, distance, or activities within the event. They can be completed in a couple of hours or take over a day. Assemble your team and select your race carefully.

Teammates are required to stick together and complete a laundry list of tasks while stopping at various checkpoints for proof of task completion. I cannot stress enough that it is not about speed, but more about thinking before taking action. You will need someone on your team that can read a map and use a compass.

Assemble your gear and rally up your team. Adventure Races are either "urban" - in a metropolitan area, or "rural" - true nature!

Here is a quick rundown of some of the requirements for completing an adventure race.

Road Running ~ Trail Running
Off Road Cycling ~ Stair Climbing
Canoeing ~ In-Line Skating ~ Zip-Line

To find an event, conduct a web based search on adventure races or look on active.com. Test your agility, map reading skills, and friendships!



RUMOR HAS IT THAT BY ALL OF YOU

The Willis Family has a new edition to their team: Striders would like to welcome Kristyl!

Kathy Kolodziej won a really cool Strider Jacket in the raffle held at Ringing in Spring. Keep your eyes and ears open for another Jacket Raffle at another fun event.



Don't miss out on running the Chicago Marathon with OE. Spots still available!

REMINDER: Post your PR's (personal bests) on the website for recognition, its e-a-s-y and we want to congratulate you for your hard work and improvement; ALSO sign in at GC table after each GC race.

Hershey Meet for Junior Striders will be local. Check out the dates: June 4th LCHS/Dyer; or June 5th TJMS Valparaiso.

March 2008 issue of FOOTNOTES is posted: www.RRCA.org. We encourage everyone to visit the RRCA website!

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

Advanced Runner Speedwork Sessions will begin in Lake County in May.

A Beginning Running Program based out of Porter County will begin Mid-June - Target race Hometown 5K.

A Beginning Running Program for Lake County will begin late Summer - Target race Fall Frolic 4M.

Watch for updated information on all events and activities on our CRS website.

You can be featured in a running documentary with Charlie Engle. Check out how on the runningamerica08.com website.

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The complete fit experience.

COMING TO SCHERERVILLE—FALL 2008

Striders will begin featuring Runners of the Month in INSTEP to get to know each other better. Nominate your candidate and tell us what you know about them and their running story. news@calstrider.org

EXTREMELY IMPORTANT INFO ABOUT TRAIL RUN XTREME RACE:

Gold Cup participants can receive a \$2 discount if registered before May 12th. Also take note of Gold Cup Scoring requirements—to receive points for the event, those 13 & over must register for and finish the 10k. Anyone 12 & under must register for and complete the 1 mile.



MISS MANNERS RULES OF THE ROAD FOUND ON WWW.RRCA.ORG



In the interest of promoting running enjoyment for everyone, RRCA sought the advice and counsel of their own running-etiquette maven, Miss Road Manners. "Rules of the Road" promote running etiquette in nonrace situations.

Running with friends gives us a chance to connect with others, but hopefully not with automobiles. Be respectful of the rights of motorists. There are stories to share, jokes to swap, and shoulders on which to cry. Keep on talking, but when running on the roads, always be mindful of oncoming traffic. Quickly get into

single file. If someone is in mid-joke or mid-story, consider it the pause that keeps you safe and out of harm's way. It's thoughtful to allow the person running on the inside to lead the way instead of scrambling to be alpha runner.

It's bad form, when running in a group, to leave a slower runner too far behind. It's not a race, but at the same time we all need those training miles. If some runners in the group want to pick up the pace, be sure other runners are not an afterthought or have lost their way.

Be prepared for the call of nature. On familiar routes, make sure to scope out

places ahead of time where you can do whatever you need to do with a minimum of fuss, be it at a gas station or behind a well-concealed area.

Don't litter. The road is not your personal trashcan. Hold on to any litter until you find the proper receptacle. And, if you want, plan a run where you clean the litter along the route.

Smile at other runners as you wend your way along your route. And don't forget to give a friendly wave and smile to motorists, cyclists, and pedestrians. End the rumor that runners are not



GIRLS ON THE RUN (GOTR) BY JILL SCHLUETER-KIM

Girls on the Run, a national program focused on teaching girls self-respect and living a healthy lifestyle through running, has a Lake County Group. Sponsored in part by Goody, Frosted Flakes, and New Balance, the organization accepts girls in grades 3 through 8, and looks for assistance from respected female role models in our community. Share this information with moms in your community.

Our local GOTR group is now recruiting female "Running Buddies" for their Spring season. We need runners of all abilities to serve as partners and mentors for our girls. Buddies will do a practice 5K with their girl on Monday, May 12 at 4 pm in Highland. They will also run with them at the Wondergirl 5K on Saturday, June 7, Montrose Street Beach in Chicago. There will also be a fall

Wondergirl 5k on November 15th. Help make a difference in the life of a local girl, or just support them by participating in the event. If interested, please contact us at:

gotrlakecounty@gmail.com

jilart7@sbcglobal.net

THANKS!

Jill





MEET THE BOARD

UNDERSTANDING EACH OFFICER'S ROLE

Your Secretary—Nikki Huber

Nikki, along with the rest of the Huber running family, can be found at almost all of our running events. Weather it is seeing them running, or volunteering, they are sure to be seen! Chances are you know either Nikki, Brian, or one of their three sons Tim, Joe, or Daniel.

Our Secretary takes the time to prepare our board agenda each month and take the recorded minutes for each meeting. As well, the Secretary is responsible for maintaining written documents, keeping our membership informed, and voting on pertinent board decisions. Members of Striders are able to view our board minutes

through a link on our website.

Nikki's personal note includes a heartfelt Thank You to her family, friends, and our running community:

I would not have been able to train and be prepared for my first marathon without the support of several individuals! I want to thank my husband Brian and children Timothy, Joseph and Daniel. Without their love, support, and encouragement I would not have been able to get my training in. We all sacrificed family time in order for me to get properly trained! I want to thank Cassandra for training and coaching me during the marathon! Those who have run marathons before know that the miles start playing mind games with you! She

kept my spirits high and helped me achieve a 4:26 marathon time! Last (but not least) our Portage Running Group. What started as just a few of us running, has now turned into over 15 people with different capabilities! We all encourage each other through the good and bad and have become more as family than just friends. Even though everyone could not be there, I carried you all in my heart. As I was running the marathon I dedicated a mile for each person that has helped me accomplish my goal!

Thank you all very much!

Nicolette Huber



"RUNNING AMERICA" FEATURE FILM CASTING CALL

Running America is a documentary film that will follow elite adventurer Charlie Engle (Running The Sahara) and the only person in the world to complete the Triple Crown of Extreme Sports, Marshall Ulrich, on their record breaking run from San Francisco to New York. NEHST is casting 5 people per mile. All runners get to run their historic mile with Charlie and Marshall - after that new runners will join them while others drop back and continue if they want to. We have posted the route, and if you would like to run with Charlie and Marshall, sign up to be cast in the

film. Celebrity runners will be announced shortly. Anyone and everyone is eligible for submissions, no matter how young, or old, no matter if you are disabled, or if you have never run before. Great opportunity to be in front of the cameras, potentially meet some celebrities, and be a part of history.

Marshall Ulrich, 55, is the only person in the world to complete the Triple Crown of Extreme Sports: world class ultra runner, record setting adventure racer, and Seven Summits mountaineer. His specialty is competing in extreme conditions including desert and adventure racing, as well as mountain-

teering. Marshall has attained many a including:

- * Completed over 116 ultra marathons averaging over 100 miles each.
- * Completed 12 expedition length adventure races, including all nine Eco Challenge adventure races – something only two other people in the world have done.
- * Reached the summit of each of the Seven Summits, including Mount Everest, all on first attempts.
- * Crossed Death Valley a record 19 times.



GRATITUDE & IN OUR THOUGHTS

Thank you Jean Tolchinsky for helping out at the GC Table for the Taltree!

THANKS GO OUT TO ALL STRIDERS WHO ASSISTED AT OR PARTICIPATED IN TALTREE 10 TO SUPPORT OUR JUNIOR STRIDER PROGRAM!

Runners at the Valpo Mini truly appreciated the spectators stepping in and assisting with traffic control at the event. Your efforts were noticed and needed-Thanks!

Take a moment to remember Pat Rhodes on the one year anniversary of his unfortunate and early death. He is deeply missed at our meetings and events. He was a Strider through & through.

Our thoughts are with Thomas Nedza for the loss of his mother.

Thank you Robin for planning and arranging the upcoming Strider outing to the Railcat Games at the Steelyard Park.

Condolences to Mary Zemansky on the passing of her brother.

We love our Webmaster! Thanks Mike for keeping everything up to date on our great website!

Thank you Polly for making our Strider Wear easy to view and purchase at Strider events.

We appreciate our members and your support of Striders and RRCA.


JUNIOR STRIDER NEWS
BY SUE BROWN-NICKERSON

SAVE THE NEW DATE: the date for the **Indiana AAU District Meet** has changed. 12 & under will compete on Sat June 14th, and 13 & older will compete on Sun June 15th. All meet information and registration forms are now available on Jr. Strider section of website. **NOTE:** provide all meet registration forms to coaches at practice sites - do not mail registration forms. Questions? See youth coach at either practice site, or contact sue_brown@juno.com or 219-364-9790.

A big **THANK YOU** to the 40+ Strider Families & approximately 100 volunteers that assisted with the Taltree 10mile race course, registration, water stops, finish line, parking, refreshments, or timing; and another big **THANK YOU** to **STRIDER RUNNERS** for supporting the race and helping the Jr. Strider youth programs. **VOLUNTEERS:** Darrell Hale, Bri-


Anne Andriessen, Stephanie Anderson, Stacia Yoon-Pederson, Jeff Mescal, Tom Navarro, Tom & Carol Magill, George Nietert, Lynn Reichle, Mike Bosch, Lisa & Renee Moreno, Jim Chester, Mariah Mateo, Starr & Sylina Kuchta, Michaela Gazdich, Michelle Centifanto, Bob Edwards, Chuck Lansdowne, Rudy Moyado, Andrew Wireman, Trish Wozniak, Liz Staples, Amber Gloyeske, Tazbir Family, Mangel Families, Didion Family, Huber Family, Stepp Family, Bowman Family, Patterson Family, Cox Family, Logsdon Family, Treacy Family, Steinhilber Family, DeTorrice Family, Sandberg Family, Fletcher Family, Emery Family, Myroup Family, Schlichtling Family, Parker Family, and Henderlong Family.

THANK YOU TALTREE SPONSORS: Race Directors Todd & Heather Henderlong of T & H Timing, Dean Ricci & Ricci Land-

scaping, Tim Scannell & Scannell Wealth Management, R & P Heating & Cooling, NIPSCO, Cavanaugh Orthodontics, and Chicago Title Insurance all provided a monetary donation to our youth programs.

WELCOME new 2008 Jr. Striders: Joule Tazbir 11-12 Crown Point, Alyssa Cox 11-12 DeMotte, Allison Onest, 9-10 Dyer, Amanda Onest, 13-14 Dyer, Tony Patterson, 11-12 Gary, Ahmad Scott 11-12 Gary, Ameer Scott 0-8 Gary, Avante Scott 11-12 Gary, Jean Byrd 13-14 Hammond, Travis Conley 13-14 Wheatfield, Allison Rockley 11-12 Wheatfield, Brittany Stepp 11-12 Wheatfield, Cody Sytsma 11-12 Wheatfield, Felicia Sytsma 13-14 Wheatfield.

**Coach Sue
Brown-Nickerson**


USAT MIDEAST NEWS FOR ALL AGES
BY LAWRENCE P. GIANNETTI

The USAT Mideast Region Club and Duathlon Series will be starting soon!

The USAT Mideast Region Board of Directors unveiled the 2008 USAT Mideast Region Club Race Series and the 2008 USAT Mideast Region Duathlon Series schedules at the regions official website www.usatmideast.com. The USAT Mideast Region consists of 5 states Illinois, Indiana, Michigan, Ohio and Kentucky. The Mideast Region Club Series (MERCS) pits region triathlon/duathlon teams/clubs against one another throughout the spring and sum-

mer. Every year new races are added to the MERCS schedule to help increase participation at races and the promotion of events for Race Directors. The season concludes with a USAT Mideast Regional Championship!

Mideast Region Board has also compiled a list of youth events in our region to make up our 2008 MERKS schedule. These events are geared towards kids (7 – 14) who are just getting into the sport to your experienced little triathlete. Ages and distances do vary from event to event, so please be advised of each race description.

Last year the Fort Wayne, Indiana based TriFort Triathletes Team was tied for first going into the regional championship race, but lost in a nail biting tie-breaker event to race host Team Toledo.

For more information regarding the MERCS, Duathlon Series and or joining a triathlon/duathlon team/club:
www.usatmideast.com

For more information regarding the TriFort Triathletes: www.Teamtrifort.com.

"Best of Luck" to all USAT multisport athletes this season!


10 WEIGHT LOSS TIPS
BY NANCY CLARK OF RUNNERSWORLD.COM

-To lose 10 pounds of body fat a year, you need to eat 100 calories less per day. Cutting too many calories from your daily intake will sap your energy level and increase your hunger, making you more susceptible to splurging on high-calorie foods.

-Don't skip breakfast. Eat within two hours of waking.

-Trade in some of your dinner calories for more calories at breakfast.

-Don't allow yourself to get hungry. Eat at least every four hours, and split a meal in half to properly fuel up pre and post run.

-Eat at least three kinds of food each meal from these four categories: breads, cereals, and grains; fruits and vegetables; low-fat dairy and soy; and lean meats, fish, and nuts.

-Shoot for a gradual loss of body fat. You're more likely to put the weight back on if you drop weight too quickly.

-Liquid calories add up fast and can lead to weight gain. Minimize the amount of sodas, juices, store-bought smoothies, sports drinks, coffee drinks, and alcohol you consume.

-Eat closer to the earth, enjoying fruits,

vegetables, and whole grains. Minimize the amount of processed foods you eat; they tend to offer less fiber and are less satiating.

-If you can't resist fast food, ask for nutritional information before you make your choices. Avoid any menu items with the words "fried," "crispy," and "special sauce," which are guaranteed to be high calorie.

-Remember that the calories in the energy bars, sports drinks, and gels you consume during a run add up, even though you're running. Consume them only as needed.

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Some of the Striders who meet and run in Portage on a regular basis. What a great group full of talent and progress. Watch them set PR's and tackle new and longer distances! Shaun, Melissa, Amanda, Jim, Polly, Michelle, Brian, Nikki, John , & Tim @ Ringing In Spring

Check Out Our Site: WWW.CALSTRIDER.ORG

Incredible Feats!

Two Striders participated in the McNaughton Park Trail Runs events last month. It was a hilly and challenging event.

The shortest distance was 50 miles but that, of course, was too short for these ultra running achievers.

Paul Stofko 150 Miles
37:15:23.85 3rd place

Ellen Erhardt 100 Miles
32:39:17.51 7th place

GOLD CUP SCHEDULE:

9 down, 21 to go!
Check out the remaining Gold Cup races on the front page as our "Tenacious Ten" vie for the 2008 Jim Cox Award

Sponsored Race:

THE ZOY RELAYS 1M,2M,3M

(Team Relay)

3 Person Team Relay

Sunday—May 4

8:00 AM CDT

Imagination Glen Park

Portage & McCool

Al Mussman 219.762.5680

Marathon Man Update:

This December, Doug Walter is due to achieve his 50-state goal when he competes in the Honolulu, Hawaii marathon.

Still, Walter has respect for those who have just completed one. "I'm impressed by anyone who has started and finished a marathon," he said. "You just can't get up in the morning and decide that you'll run a marathon today. You have to train and be really dedicated to it."

Keep up with Doug and his marathons on our website.