


VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. 10 races down & 20 more to go. Congratulations to the winners of the "I wore my Striderwear" promotion: Tom Nedza & Ruth Bonacci at the Valpo Mini, Janet Rotz & Elsie Rubel at the Spring Fling Ramp Run and Jane Dawes & Karen Lounsbury at the Run for Shelter. Our race raffle prize is a fuel belt. They, and everyone else who wore their Striderwear, are entered into the Grand Prize at banquet for a free 2009 Strider membership.

At this writing we have 60 Strider family and friends attending the 6/7/08 Railcat game. If you could not make the June game, we will have another date with the Railcats on Saturday 7/12/08 for a picnic and game package. We 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. Tickets are \$24.00 each. If interested please contact me by the due date of 6/11/08.

As a board member, and your Vice President, I feel honored and privileged that you have allowed me to represent this wonderful running club. This was never more true on the first weekend in May. Michele Hale, Sue Brown-Nickerson, and I attended the National RRCA Convention in Cincinnati Ohio. This was my second consecutive year to attend this very educational event. I left the event rewarded with knowledge and the educational tools to better serve CRS. I was never more proud to sit at a table full of Striders than when we witnessed Michelle Didion receiving her national award.

I ran the Flying Pig 5k on Saturday in the pouring rain, and did not think my shoes would dry for the next day. Congratulations

Michele Hale on winning 2nd place in her age division at the 5K which was a RRCA national race. Sunday was the Flying Pig full and half marathons. I did the half marathon and Michele Hale came out to see me right before mile 13. She was so excited to share the news that Michelle Didion won the marathon. I was in the finish recovery area at the same time that Frank Johnson, Betty Funkhouser, and Cassandra Langley finished the marathon. It is always nice to see familiar faces when you're away from home. Congrats to all the Striders that raced in Cincinnati. Awesome job Michelle Didion, girl you rock!

Enjoy the journey in each race,

Robin


RIVER-TO-RIVER RELAY: MEN'S TEAM BY DICK MACKNICK

The Shawnee National Forest stretches from the Mississippi River to the Ohio River across southern Illinois. Some two dozen years ago, a southern Illinois running club decided to set up a team race, 80 miles long, on the trails through the forest. They were hoping to get 5 or 6 dozen teams to register, which they did. Within a few years, "wannabees" outnumbered what the course could accommodate.

Since the event's conception, the course has been changed from trails to mostly roads. The "facilities" have been upgraded from "behind a tree" to porta-jons, and poison ivy and roaming dogs are no longer a threat. However, even with the upgraded course, it can only accommodate 240 teams.

For the 21st running of River to River, registration opened in an on-line format at 12:00pm in mid October. In less than 10 minutes, 400 teams submitted registration applications. Fortunately, one of my teams has had our application accepted 20 out of 21 registration attempts.

In the 2008 race, our team: Fritterazz the Smatterriff, had four Striders (Mark McKeigue, Nadine Bellina, Art Bretz & Dick Macknick). The really fast, competitive young teams complete the 80 mile relay course in around 8 hours. Our team was registered in the mixed masters division (a/k/a old and slow). The rules allow the early starting slow teams 13 1/2 hours to complete it before the course closes at 8:00 pm. Our team ran nearly side-by-side with a team that in-

cluded Sue Brown-Nickerson & Jean Tolchinski (and Shirle Kowalysin in her usual role as photographer and cheerleader. Each of our teams finished in just over 12 hours; well before the cutoff time.

A good time was had by all. It just doesn't get much better than this. Try to link up with a team for next year's River-to-River event. It's something every runner should do at least once, and you'll want to come back for seconds, thirds, or many more.


TRI N DU... LOCAL YOUTH EVENT BY CASSANDRA LANGLEY

All right Junior Striders, here is your chance to show the adults how it is done. Designed and organized especially for those of you age 6 through 14, you are invited to compete in the Junior Triathlon in Valparaiso on July 19th at 8:00 am at Valparaiso High School (one week after Valpo Tri).

Distances are age graded for 6-10 or 11-14. Pool lap swim 75 or 125 yards, bike a flat course along the Valparaiso Pathway

2.5 or 3.8 miles, and run 0.5 or 1.0 miles with an exciting finish at the Valparaiso High School indoor track.

"Swim-Bike-Run for fitness and fun in this extraordinary first-time race that introduces kids to three lifelong fitness opportunities. Give it a "tri"... all participants will receive a T-shirt and medal; everyone's a winner! Registration closes on July 11th."

To encourage and insure bike safety, each

bike will require a bike safety inspection. Jano's will provide complementary inspections at their Downtown Valpo bike shop on the Square. Helmets are also mandatory. Contact Jano to set an inspection appointment. 219.477.4498

Don't miss this fun event. Register at valparaisoparksonline.com or look up complete information at valparaisoparks.com



RUMOR HAS IT THAT BY ALL OF YOU

GOTR is going to have a collection box for girls/womens SLIGHTLY worn running apparel & shoes at Munster Rotary Ramble (please wash before donating).



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

MY SPACE USERS: Join our Strider My Space Group! Thanks "J-Baby" from Grif-fith for starting it up!

groups.myspace.com/calumetregionstridres

Watch for more great Striderwear—if you missed out on the latest shipment that sold out, we're looking to order more. WE HAVE STRIDER SOCKS!

Our club is making waves in RRCA!

BIG CONGRATULATIONS out to Jim Raymond and Brian Norrick for finishing the Ice Age! Rumor has it that they did great and can't wait to show off their Belt Buckle Awards!



Ryan Riell, Head Coach/ Founder of Break Through Multisport Inc. will be offering local Steelhead 1/2 Ironman training!

Does anyone have an idea where we can recycle our old trophies or know of somewhere they are needed?

The 18th Annual ABATE Ultimate Bike Show, to benefit OE's All About Kids program, will be held on Saturday, June 14 at Harley Davidson of Valparaiso. Call Barb at 219-983-2929 for more info.

You can watch Michelle's 1st Overall Female Flying Pig Finish on the web: www.wlwt.com/video/16155011/index.html

Our Lake County Girls on the Run group will be running the Wondergirl 5k on June 7th in Chicago—all runners male or female are welcome to participate or cheer them on. Supposedly GOODY (hair products for girls) will host a booth featuring free products and cute hairdos!

Betty Funkhouser has been chosen to be a PACER at a Marathon. Can you guess which one? What an Honor!

The Board has accepted the resignation of Linda Kovacs, Social Events and Sponsorship Chair. Linda resigned as of May 2008 for personal/family reasons. The Board thanks Linda for her years of service and hard work. Nominations to fill the vacancy should be sent to Joanne Kagler jbaitup@hotmail.com or mail to 513 Grand View Ave, Valparaiso, IN 46383. Deadline is June 30th.



TRAIL RUNNING TIPS NOTES BROUGHT HOME FROM THE RRCA CONVENTION

Safety First: ALWAYS tell someone the EXACT location you will be running in AND How long you should be out there.

Food & Water: Always have water, and for longer runs, enough food to keep you fueled throughout your run, a cell phone, and a small flat first aide kit (it should contain 2x2 gauze pads, band aides, antiseptic wipe, and a topical cream. This will fit into the pouch of a hydration belt.

Something to Consider: If animals are in the area you run, you may want to bring a small can of pepper spray.

Never Alone: It is nice to get out there & run by yourself sometimes. However, it is always safer if you have a running buddy.

Know Your Surroundings: Make sure you gather knowledge about the area you are going to be running in before going out and running it.

Watch Your Footing: For safety when running downhill try having your feet strike in a zig-zag pattern.

Uphill Battle: For less fatigue on your legs on an uphill, try having your entire foot strike rather going up on your toes, as most of us do (I tried this at Flying Pig.

It was a different feeling at first, but it worked!)

The Right Shoes: If you are trail running make sure you have on trail running shoes. You may even want extra ankle support. Trail shoes are different from your running shoes, they have a more rigid bottom to endure the terrain. This is a safety issue to help prevent slipping, tripping or falling.

Be Bright: Never run in the dark without a headlamp, and in wooded areas, wearing a bandana can help prevent ticks from getting in your hair. It also helps with the rays of the sun.



MENTAL EXERCISE

Have you ever found yourself on the starting line thinking about everything that could go wrong instead of focusing on what you need to do to run well? The reason may be because you have lost control of your internal focus.

Lapses in concentration before or during a race can invite self-doubt and fear, and the resulting worry and anxiety lead to further increases in lack of concentration, creating a downward spiral that often leads to failure. If this happens, try using verbal cues to focus your concentration and to retrigger concentration that has been lost. These cues can help you center your attention on the most appropriate focus within the task at hand and avoid distracting thoughts and feelings.

Here are two strategies that you can do to help you regain control over your internal dialogue, and focus your attention on achieving a good performance.

Self-Talk

1. List three things that might go wrong during a race.
2. List three ways you would normally respond to these obstacles.
3. Reframe your thinking by changing the self-defeating thoughts to positive and empowering ones. List the positive things you will now say to yourself.

Can I make this statement? "I am confident that I can handle any situation, and persevere in the face of adversity." Yes you can!

SPONSORED RACES:

Larry James 5k Cross Country Classic (XC)

June 21st @ 9:00 am
Liberty Intermediate School
50 West CR 900 North
Chesterton, IN
John Marshall 219.926.6294

Nativity 5k

July 6th @ 6:00 pm
Nativity of Our Savior Church
2949 Willowcreek Rd.
Portage, IN
Dennis Guernsey 219.762.4858



RIVER-TO-RIVER RELAY: WOMEN'S TEAM

BY JEAN TOLCHINSKY

Women on Run again took part in the River to River Relay. We are a masters women's team that was organized by Ida Hey. Initially the team was called This Was Ida's Idea. Each year we have been very fortunate to have Joe Mis as our sponsor.

This year our team included: Sue Brown-Nickerson, Polly Theising, Patrice Lawson, Jane Fuller, Darlene Shike, Peg Bobber, and me. The fun really started on Friday night. After the captain's meeting, we got back to our hotel only to find out Polly had a craft session planned for us. She brought us each a pink drawstring bag and it was our job to decorate it with a marker and make it our official River to River carry-all bag. The creative genius in all of took over (some much more creative than others) and we went to work.

Saturday morning we arrived for our 7:00 am start time. Due to previous weather damage, the first leg was eliminated, and we started with the second. We only had 7 runners instead of the 8 you need. Three of us ran and extra leg: Sue, Patrice, and Jane. Kudos ladies! Patrice was our star. Her extra leg was the hardest single leg on the course. Just one hill; the

entire 3+ miles. Actually it probably is the closest thing to a mountain we have here in the Midwest. Amazingly Patrice ran it with a smile on her face. She was awesome and was awarded the team baton at the end of the day.

All day we were running very close to Art's Pancaker Team. Sometimes they were ahead. Sometimes we were. There was great camaraderie and it gave each of us a challenge as we started each of our legs. In the end, they did win out. But there is something special about River to River that has nothing to do with time. First there are the friendships you develop with your teammates. You are all together is a van literally from sunrise to sunset and then some.

Each year we have new runners on the team. So, each year it is a new experience of getting to know each other. The support we all give each other just seems to come so naturally. Whether it is a cup of water, an arm around your shoulder, or a word of encouragement, it is just there for you ALL DAY LONG. There are of course the great stories you take home with you. We all were very proud of Peg's ability to parallel park our 15 passenger van except for the time she was turning around a came within inches of us falling in a

ditch. Sue was our final runner and thought we had deserted her as she came to the finish line. In reality we all just decided to get closer to the finish line because we were all afraid we couldn't keep with her as all 7 of us came running across those final steps together. And then of course how many teams have an official photographer with them. Shirle Kowalisyn made the trip with us this year. She was a member of Ida's original masters women's team. What a trooper. She got out at all 24 stops to take our picture and cheer us on. Thanks Shirle!!!! You are AWE-SOME.

The weekend was a great success. We had fun. We laughed a lot. We made great friends. We survived the hills. We survived the weather (rain, sun, clouds, wind, warm, cold and anything else you can think of). And we even finished before dark. Thanks to all my teammates for a great weekend.



GETTING TO KNOW A STRIDER

BY JOHN ARREDONDO

Bio

John Arredondo 32, Married to Strider Melissa "Missy" Debord. We live in Portage with our 2 dogs, cat, and fish. I just got my Indiana Teachers license (Social Studies) so I am looking for a teaching job.

Strider Membership:

I joined year at the 2007 "Running with the Irish" race. I ran Gold Cup last year and am doing the same this year.

Favorite Strider Race/Event:

There's one particular race I really like, but my favorite Strider event is the Porter County Thursday Night Strider running

group. We come in all shapes, sizes, and speeds. We have all become good friends and really motivate each other to do well. There is room for more of "us" too (hint, hint)!

Most Memorable Run:

By far it was the 2008 Indianapolis Mini Marathon. It was the first time I really trained for something. I ran a 1:37:52 which I was ecstatic with. I ran as well as I could.

Running Goals:

Would love to run a sub 20 5K and a sub 1:30 Half-Marathon.

Besides Running I:

Love to play guitar, spend time with my fam-

ily/friends, and surf the internet. If you see me at a race, please say hello and introduce yourself, meeting new people is fun!

Alright Striders, now that you know something about ME... WE want to know something about YOU! Every month we will highlight a club member in INSTEP. Maybe someone you know ran a great race or it's someone in your Age Group you are wondering about. Nominate them and we can "get to know them" together! Email your nominations to me at dondosae1@aol.com



GRATITUDE & IN OUR THOUGHTS

Thank you Jean Tolchinsky for helping out again at the GC Table - Run for Shelter!

We appreciate Betty Funkhouser for dedicating her time to volunteering at Spring Fling—on the course and at the GC table!

The Board will miss having Linda Kovacs as a part of their team. Linda has dedicated many years to CRS and arranged many of our Social activities including our Holiday Party. Thank you Linda!

A speedy recovery to Sean Funkhouser after his hernia repair—we look forward to watching you fly on the course again soon!

Jack Potter—hope that knee surgery recovery is going well. Keep us posted!

Tom & Carol Magill, and others we have not seen at races in a while—We miss you & hope your minor injuries are on the mend!

THANK YOU to our members who continue to support CRS with their membership dues.

Thanks 2006 Board for reviewing and modifying our Board Structure and our Bylaws—we're a step ahead of other RRCA clubs!

Barb Spittler will be recovering after an amazing Indy Mini finish; she ran the last 9.5 miles with a broken foot! She didn't know it at the time, just had "A LOT of pain".



JUNIOR STRIDER NEWS

BY SUE BROWN-NICKERSON

I am pleased to announce that the Striders have partnered with the Valpo Parks Depart in bringing a Hersheys Track & Field Meet to Porter County on Thursday June 5th. As a result, our youth track teams *now* will have a choice to either participate either in the Hersheys meet offered in Schererville at Lake Central HS, or in Valpo at TJ Middle School. Competition will be offered for 9-14; and exhibition for 5-8 year olds.

We have nearly 100 kids combined in Lake County & Porter County participating in Strider track. That is amazing! Look for my full track season report next month, and a full listing of our new jr. strider members.

PARENTS: We need help with volunteers at the AAU Meet. Please see me about volunteering while you are there

watching your child(ren). We really need help, and I will make sure your volunteering does not interfere with watching your child(ren's) events! You will be rewarded with Striderbucks!!! Thank you!!

Welcome new Jr. Striders:

Adam Serwacki 13-14 Hobart
Mia Granados age 0-8 Valpo
Zachary Hardesty age 11-12 Valpo
Evan Mazurkiewicz age 13-14 Westville
Trvis Conley age 13-14 Wheatfield

Congratulations on achieving your PR:

- Casey Olah Spring Fling 5K 27:52
- Alaina Willis Indy Mini Marathon 1:58:29
- Hallee Willis Indy Mini Half Marathon 1:57:52
- Savannah Ronjak Spring Fling 5K 40:00

Andrew Jankowski in the 13-14 year old division set at TJ Middle School Record at the Duneland Conference Meet in the 1 mile with a time of 5:16!

You can be listed here to! Keep working hard, and soon, you too will have personal records (PRs). Then, remember to email the webmaster and he will post it on the website!! In the meantime, keep running, and I look forward to seeing you at track practice!

Coach Sue Brown-Nickerson

REMINDER:

AAU Outdoor Track & Field Meet
June 14th & 15th
Chesterton High School



2008 RRCA CONVENTION RECAP

BY SUE BROWN-NICKERSON

Indiana was represented at this year's convention in Cincinnati by the Calumet Region Striders President, Michelle Hale, and Vice President, Robin Benson-Harvey, as well as myself as State Rep. We participated in many educational sessions on running club management, and had the opportunity to network with other RRCA members, club presidents, and state representatives from all over the United States. Sponsors provided free samples of products to introduce to our member clubs and events. We met Bart Yasso, Chief Running Officer, Runners World, and Dick Beardsley, Marathon Champion, Motivational Speaker, Life "Survivor" spoke at the RRCA Convention Banquet. Even Hal Higdon remembered his "region" friends during an autograph session at the Marathon an Beyond Expo Booth. We have returned back from convention fully charged and motivated to better serve our RRCA club members, race directors, and volunteers! Sessions attended of interest:

- "RRCA Insurance and Managing Risk". Designed to educate clubs and event leaders about the RRCA insurance program. Insurance questions were addressed and discussion was held on managing risks from lessons learned from claims on the policies. We even had a written test during this one!
- "Managing Your Nonprofit Club & Event". From the Board Source Govern-

ance Series, focused on fundamentals of managing a np organization including the basic responsibilities of np boards, leadership roles in np governance, legal responsibilities, and advancing the mission of our organization.

- "Correct Course Measurement". Correct course measurement from the experts.
- "Advanced Issues in Board Governance". A team of RRCA club presidents presented important issues a board may face and the use of Roberts Rules of Order when conducting meetings, organizational challenges, and board transitions.
- "Protecting your Club Assets". Managing the finances of boards, importance of budgets, tax concerns, and investment strategies.
- "The Ultimate Guide to Trail Running". Overview of trail running by Nancy Hobbs founder of American Trail Running Association.
- "Outstanding Youth Running Programs". Practices in youth running from RRCA Kids Run Nation grant recipients, and Big Sur Marathon's Just Run program.
- "Growing your Training Programs". By Badgerland Striders - 10 year program.
- "Effectively Communicate to Your Members". How to incorporate Constant Contact into your club email communication strategies and on-hand demonstration.

- "RRCA Programs, Services and Volunteer Opportunities". Integrating RRCA programs and services into a running club or event.
- "Networking with Leaders in Your Community: How to form relationships with community leaders (local newspaper, other nonprofit organizations, etc).

Of course the weekend was highlighted with our own Michelle Didion of LaPorte Indiana winning the Flying Pig Marathon—1st OA female!!! Did I mentioned just the evening before she received the RRCA National Female Open Runner of the Year Award?? It was an awesome convention and weekend! Next year's convention will be held March 27-29 San Francisco.

Jim Cox Scholarship Awarded:



Amber Gloyeske of Chesterton High School. Amber is the daughter of CRS member Clark Gloyeske. She will be attending Purdue West Lafayette in the fall of 2008. Congrats Amber!

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



**Mr. & Mrs. Didion
Flying Pig Marathon
Finish Line just after Michelle's
Overall Female Win!
Michelle was a "Rock Star" with
a leader's bicycle escort, televi-
sion coverage via a helicopter,
interviews by major media, and
throwing out the first pitch at
the Cubs/Reds game the next
day. We couldn't be prouder!**

Check Out Our Site: WWW.CALSTRIDER.ORG

CONTACT INSTEP: NEWS@CALSTRIDER.ORG

VOULUNTEERS ARE NEEDED FOR THE OUTDOOR AAU MEET

Please show your sup-
port of our Jr. Striders
and our youth program.

JUNE 14 & 15

CHESTERTON
HIGH SCHOOL

Contact Sue Brown-
Nickerson

sue_brown@juno.com

Earn your Strider Bucks
the easy way while
being outside!

FUN WAYS TO STAY INVOLVED

Do you have a talent or
skill where you can help
Striders become the
best club it can be? We
are seeking people with
various abilities to add
to our amazing club!
Step up to the plate, or
speak up at the next
race. Board Members
will be asking you what
you can do. There are
no minimum time com-
mitments, just what you
are able to do. Here are
a few examples of what
we are looking for:

- Good with computers? How about working on our e-mail messages?
- Like planning parties? Join the Social Committee!
- Truly love running? Lead a weekly group run or track workout.
- Are you connected? We're always looking for sponsors and donations...share your ideas.
- Have an interest in nomi-
nations & bylaws? We
have a group dedicated to
that too!
- Are you good at recruiting
others? You guessed it—
we need you!
- Appreciate Striders? Lend
a hand where you can.