



PRESIDENT'S MESSAGE

UPCOMING GOLD CUP SERIES EVENTS :

Rotary Ramble 5k
August 9th @ 8:00 am
DeMotte Elementary School
1000 Halleck St. SW
DeMotte, IN
Char or Tresa 219.987.287

Hometown Run 5k
August 16th @ 7:00 am
Beiriger School
601 N. Lillian
Griffith, IN
Dan Govert 219.924.7904

STRIDER SURVIVOR PICNIC
IMMEDIATELY AFTER
HOMETOWN RUN

Park Forest Scenic 5 Mile and more
September 1st @ 8:00 am
Park Forest Plaza
350 Victory Drive
Park Forest, IL
John Joyce 708.748.2005

I would like to Welcome new Board Members:

Lisa Moreno
 Social & Sponsorship
 Dan Sturgell
 Membership & Volunteers

We are very excited to have you both on board and look forward to working with you. Be sure to check out their Bio's on the Calumet Region Striders web site.

It feels like summer just got here and now it is coming to an end. With Marathon training for Chicago almost to the half way point and school about to resume in just a few short weeks. I hope to see you all at The Strider Survivor picnic immediately following The Hometown run. Please remember to RSVP before the deadline date so that we will be sure to have enough burgers and hot-dogs for everyone. Strider wear will also be for sale and we will have the sign up sheets for the much

needed and appreciated 300 Volunteers that we need for The Chicago Marathon. We do need about 10 Volunteers to man the water station that goes through Central Park the day of The Hometown run, Anyone interested please let us know.

This year we have seen progression throughout the running Community, I am talking about chip timing. I have wrote in the past asking you if you see someone without a chip on their shoe to let them know that they need to get it so the race will be accurately scored, Now we have a new glitch, You really need to arrive at the races at least 30 minutes prior to the race or check the time according to each race. If you think you may be late try and make arrangements to have someone pick it up for you. The days of running and just getting a popsicle stick with your placement on it

have seem to disappeared. This has been new for a lot of runners especially those that do not travel or participate in larger races. It does look like in the year to come all races will use this. So try and help out your fellow runners when possible. And always remember at Gold Cup races to sign in after the race and to fill out a race evaluation form, we want feed back from a minimum of 20 runners at each race. This is a very important tool used in determining next years races. If you do not utilize them we do not know what you think of the race.

The Fastest mile ever run:
 3:43.13
 Hicham E Guerrouj
 of Morocco in 1999

STRIDE ON!
Michele



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WE WANT YOU!
CHICAGO MARTHON WATERSTOP
VOLUNTEERS

Save the date and start making plans. Yes, Chicago Marathon is just around the corner. Each year Calumet Region Striders assists at one of the many water stations along the 26.2 mile route that takes 40,000 runners through the streets of Chicago. Volunteers will receive Nike Marathon Volunteer jackets.

If you are able to assist contact our Volunteer Committee:

Dan Sturgell jacdan2@comcast.net


VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. This month we welcome the Summer Olympics. I have been a fan of the Olympic games since I was child. In college my adviser was on the 1980 US Hockey team, yes the "miracle on ice". I would sit in his office and stare at his Olympic Gold Medal framed with a team picture on the wall. It was awesome and it dared me to dream. In 1996 I was able to go to the summer games in Atlanta. We watched the opening ceremonies on TV and as the cauldron was lit, the actual flame appeared in the window above the TV. It was awesome to see it without the aid of the TV and know we were there. We had gymnastic tickets and saw Keri Strugg's "vault heard around the world". Then in 2002 for the Salt Lake City Winter Olympics I was nominated and chosen to be an Olympic Torchbearer. It is to date the greatest day of my life. With each new Olympic games winter or summer, I get to watch the flame get passed again. I feel connected to it and inspired by it. The theme of the Salt Lake Torch Relay was

"light the fire within". I believe that to be true of each Olympics, the spirit of the games, the athletes, the unity of so many regardless of country, creed or race, led by a flame, to compete in sport. On 8/8/08 I will be watching the opening ceremonies with my torch in eye-sight of the TV. The marathon for men and women will be the event I look forward to the most. As it will be for most of us marathoners, that connection to the event. Let this Olympics light the fire within and inspire us.

On 7/12/08 we had the second of three Strider events with the Railcats. This was the picnic and game night. First off, we had great weather. The food was great and we all received the beach towel give-a-way. The Railcats won and it appeared that everyone had a good time. We had three winners for wearing their Striderwear. Congratulations to Deborah Brann, Thomas Nedza and Jerry Benson, who all won a Strider hand towel. I look forward to the 8/23/08 game with the Striders. It is fleece blanket give-a-way night and tickets are \$5.00 per person. Hope to see you there!

The Gold Cup Series is now two-thirds done. Congratulations to the winners of the "I wore my Striderwear" promotion: Jean Jannasch and Bev Calligan at the Firecracker, Jim Mastandona and Joanne Kagler at the Brickyard, Danny Rockley and Dan Schuster at the Friendship, and Dick Macknick and Aaron Parker at the Running Wild. 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.

**Enjoy the journey in each race.
Robin**



On September 19th the Road Runners Club of America will promote the 3rd Annual National Run@Work Day. Info at www.rrca.org


MEET A STRIDER: MELISSA KIRK BY: JOHN ARREDONDO

Who: Melissa Kirk, born May 6, 1975. One son, James A. Kirk born 11/11/04. Works in Oakbrook, IL at The University Health System Consortium as a consultant to Academic Medical Centers. She grew up in Portage where she and her family lives. "If I could run to work instead of commuting I could save some pennies," she tells us. Melissa has been a Strider and Gold Cup Participant for 2 years.

Favorite Strider Race/Event: Given that a group of 15 friends ran the Running with the Irish race in 2006, she says that race is her favorite. She's not a huge fan of 5K races because she feels it takes her a few miles to get a groove going and her legs just rebel against any type of "speedwork" but this 5K race is the "got me going" race everyone has in their history.


TRI N DU BY CASSANDRA LANGLEY

There are plenty more triathlons for all ages left this year. Get out there and give it a tri. Even our youth athletes can tackle the trilogy of swimming, biking, and running. We kicked the area's racing season off with the Valpo Tri and don't plan on stopping there. Here are a few others:

LaPorte YMCA Triathlon (Sprint)
August 3rd ~ LaPorte, IN
Kiwanis Kids Triathlon (Youth Super Sprint)
August 16th ~ LaPorte, IN
TriAmerica TriKidz (Youth Super Sprint)
September 5th ~ Michigan City, IN
TriAmerica (Various Distances)
September 6th ~ Michigan City, IN

great event."

"I like to run. There are days I can't find the motivation or the drive to run hard or "fast". My advice is to find a few people to run with and motivate each other. Encourage young children to develop an appreciation and respect for running. My 3 year old son "ran" home from the park the other day because he wanted to be like his mommy. His little arms and legs were pumping away as he shouted "look how fast I am, mommy. I'm a great runner". It took us about 10 minutes to go under a half mile and the smile on his face as we crossed the "finishline" at our home was heart-warming. As long as I can see a few friends and smile after I cross the finish line you will see me out there pumping my arms and legs.

There are a number of resources on the web to assist with training or locating an event.

www.trifind.com
www.usatriathlon.org
www.insidetri.com

How full is your Passion Bucket now?



RUMOR HAS IT THAT BY ALL OF YOU

Suzy Favor-Hamilton invited Team Dirty Red girls to take part in a weekend running retreat at her home in Wisconsin!

The rumors are true after all... Fleet Feet is coming to Schererville this fall and will be located next to the Trek Bicycle Store. Their website is www.fleetfeetschererville.com

Jim Nickerson took a spill on his mountain bike while riding the challenging trails in Imagination Glen Park (think Trail Run Xtreme). His pedal hit a stump and Jim hit the ground fracturing 2 ribs. Get well soon Jim!

Christine Rohl ran The Zoo Run in her son's basketball shoes that were 2 sizes too big & she still managed to take a 3rd place.

There is a basic First Aid Kit available at the Gold Cup Table for minor cuts or injuries requiring band-aids, peroxide, etc.

The Strider Chicago Marathon Water stop will be a "water" station only, and will be much longer in length - blocks longer. So that means lots more tables to set up and water to pour. Gathered stations will be sporadic elsewhere throughout the race.

Striderbucks can be used at any GC race.

Hersheys State T&F Meet will be conducted in Lafayette, Indiana in 2009 which means less travel for the Jr. Strider team!

Beginning Running Program in Conjunction with the Southlake YMCA starts August 4th & Mondays thereafter 6:30 PM sharp.

Cost for program is \$30.00. Access to the YMCA during the program - the runs will start/end from there. Wicking running shirt offered. The Fall Frolic 4mile race in November will be the goal race.

A Beginner Boot Camp class/sessions will also be offered as a part of the program led by Jill Storm.

Contact Misty Chandos
runnergirl26.2@sbcglobal.net

The Tower Run is one of three sports that make up the Inaugural Michigan City Eco-Fit Challenge, a one of a kind, environmentally friendly, multi-sport event that will give participants the chance to run, paddle and spike into the sunset. Did you notice our President's picture on the application?

Clydesdale and Athena Gold Cup participants must complete the mandatory weigh in before August 1st. Just stop by the Gold Cup Table and someone can assist in keeping you eligible for your Gold Cup Award!

More and more running routes have been posted to various web sites by local runners, and group runs are taking place across Northwest Indiana. Be sure to check out our www.calstrider.org web site to see the latest announcements and postings.

Are you getting E-STEP e-mail from Striders? If not, you are missing out. Be sure we have your current e-mail address to count you in!



OE ACTIVITIES AND EVENTS FOUND ON WWW.OPPENT.ORG

Friends and Family Picnic at Lakeside

On **Saturday, August 9**, Friends and Families Together is hosting a picnic at Lakeside Picnic - being held especially for OE clients, families, friends, and employees and their families. This day of fun at our new Lake Eliza location will include entertainment and outdoor games from 10 am - 4 pm. For only \$1 per person, you can enjoy lunch between 11-2; we just ask that you bring your own lawn chairs. Call Natalie Hill at (219) 464-9621 ext. 207 or via email at Natalie.hill@oppent.org by August 1 to join in on OE Summer Fun.

OE Runners

--Now is the time to support our **Amazing OE Runners!** The Chicago Marathon and Popcorn Panic teams have been training diligently this spring and summer and anxiously await their race days to show how their training, strength and endurance have paid off. Sponsorship opportunities are available for any budget, and individual donations are welcome. Contact Chris Schneidt at (219) 464-9621, ext. 233 or chris.tine.schneidt@oppent.org to find out how you can help support our teams or visit us online at www.oerunners.org.

Join OE's Popcorn Panic Team. This is a great way to start and train with others as we prepare to run or walk the Popcorn Panic 5-mile race on September 6. The training runs are every Tuesday & Thursday at 6 p.m. and Saturdays at 7:30 a.m.

PACK-A-THON

OE's annual volunteer extravaganza is set for **Saturday, September 27, 2008**. Volunteers are needed to help stuff 43,000 runner bags for the Bank of America Chicago Marathon. To help, contact Suzy Kull at 219-464-9621, ext. 640 or suzy.kull@oppent.org.



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

Well, they are ready to start another successful Girls on the Run program! Girls will complete in the Wondergirl 5K in Chicago at Toyota Park on November 15th. Our goal is to again have every girl finished the race and have a great time!

GOTR of Lake County are getting ready for the fall season. We will be having a sites in Munster, Highland, and East Chicago this fall. We are in the process of assigning coaches and assistant coaches for the 12-week program. We hope to add sites for spring 2009 in St. John, and possibly Porter County.

We can always use additional coaches, running buddies, volunteers for all aspects of our organization (marketing, fundraising, getting the word out...). Just contact me if you have a GOTR participant, or want to get a feel for what Girls on the Run is all about!

gotrlakecounty@gmail.com

jilart7@sbcglobal.net

THANKS!

Jill



SPONSORED RACES:

Hilltop 5k ~ Valparaiso, IN
August 2 @ 8:30 am
Christine 219.477.4222 ext. 251
Trent's Trek 5k ~ St. John, IN
August 23 @ 8:00 am
Amelia 219.661.1102

Tour De LaPorte 5k ~ LaPorte, IN
August 24 @ 8:00 am
Elizabeth 219.326.2471

Reilly's Run 5k ~ Hobart, IN
August 30 @ 8:00 am
Erica 219.313.4800


MEET THE BOARD
UNDERSTANDING EACH OFFICER'S ROLE

Lisa Moreno

Social & Sponsorship Chairperson

Your Social & Sponsorship Chairperson coordinates the non-running events promoted by Calumet Region Striders and seeks out monetary donations for our non-profit organization. It is a very visible role which requires a lot of interaction with members of our club and community. Please welcome Lisa to our outstanding Board and consider joining one of her committees or helping out however you are able.

I live in Munster, Indiana. I've been a vegetarian for about 10 years now. I think becoming a vegetarian was the first step leading up to a healthier lifestyle for me. I ran my first 5K in 2004 and have been running ever since. I became a member of the Striders in 2005. I have completed 3 Gold Cup Series and I am

working on my 4th this year. Last year I received the Jim Cox Award and participated in the 2007 Long Distance Series. I enjoy running because it keeps me strong, it keeps me disciplined and motivated to do better. I have met so many nice and interesting people through running. I actually save all my bib numbers to every race I have ever done, if you can believe that!

I have two children, Glen (17) and Justin (12). My uncle, Joel Soto, has been a long time member of the Striders and he got my sister, Renee Moreno, involved in running and shortly thereafter, she got me involved. Now, my son Justin is one of the newest members of the Striders and I am very proud of him.

I have worked in a law office as a paralegal for the past 16 years. When I am not running or working, I am a very passionate volunteer at the Humane Society. We take puppies and

kittens to the local nursing homes and sit and visit with the elderly. I find it very rewarding to do this and it reminds me not take life for granted. Live everyday like it's your last.

I am also one of the dedicated newsletter stuffers. I have volunteered myself for this task for the whole entire year. I wanted to offer my time so the other Board members wouldn't get burned out with all the other million things they do for our running club. So I would like to encourage fellow Striders to get involved and volunteer any way you can.

I hope to bring to the Board some new and exciting ideas and hope that my organizational and communication skills make the social events enjoyable to everyone.


22 TIPS FOR A BETTER LIFE AUTHOR UNKNOWN . . . E-MAILED

1. Take a 10-30 minute walk every day. While you walk, smile. It is the ultimate anti-depressant.

2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.

3. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'

4. Eat more foods that grow on plants, and eat less food manufactured in plants.

5. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.

6. Make at least 3 people smile each day.

7. Don't waste your energy on gossip, issues of the past, negative thoughts or things you cannot control. Invest your energy in the positive present moment.

8. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

9. Life isn't fair, but it's still good.

10. Life is too short to waste time being upset by or dislike anyone.

11. You don't have to win every argument. Agree to disagree.

12. Make peace with your past so it won't spoil the present.

13. Don't compare your life to others'. You have no idea what their journey is all about.

14. No one is in charge of your happiness except you.

15. Frame every so-called disaster with these words: 'In five years, will this matter?'

16. Forgive everyone for everything.

17. What other people think of you is none of your business.

18. However good or bad a situation is, it will change.

19. Your job won't take care of you when you are sick. Your friends will. Stay in touch!!!

20. Envy is a waste of time. You already have all you need.

21. Each night before you go to bed complete the following Statements: 'I am thankful for ____.' 'Today I accomplished ____.'

22. Remember that you are too blessed to be stressed.


GRATITUDE & IN OUR THOUGHTS

Our best wishes for the newlyweds: Milagro (Dominguez) & Fernando Gonzalez were married on 6/28/08.

Thanks Carol Magill & Polly Theising for distributing the Stider GO Premiums at the Brickyard. Did you get your beach towel?

We Appreciate our INSTEP STUFFERS!

Thank you everyone for your great articles and announcements. Keep sending them in...they make the newsletter all the better!

Committee Members RULE! Your time is valuable, and truly appreciated. Because of you we have so many fun events. The Board thanks you for helping out in a big way.

A speedy recovery to any injured Strider! Let us know why we have been missing you at races and when you'll be able to get back out there running.

Robin you are TOPS! RailCat events are a hit. Thanks for organizing them!


JUNIOR STRIDER NEWS BY SUE BROWN-NICKERSON

On June 28th, 38 Jr. Striders competed at the State Hershey's Meet in Muncie, Indiana. State Champions include the 4x100 relay team of Casey Olah, Paige Stange, Morgan Shoemaker, and Emma Weissbeck; the 4x100m relay team of Alyssa Stepney, Brianna Johnson, Rebecca Iwinski, and Tatiana Lazic; Mikalah Lambert shot put; Felicia Sytsma 800m & 1600m; Cody Sytsma 400m; Andrew Jankowski 800m; Tatiana Lazic, 800m; and Rebecca Iwinski 200m. We had many runner up performances and almost everyone placed in at least one of their events earning a beautiful color ribbon for their efforts.

On July 4-6, 17 Jr. Striders competed at the AAU Regional Meet in Bloomington, Illinois. It was Hot-Hot-Hot! Keeping the team cool and hydrated was a challenge. This meet was a character builder as the competition was strong, fierce, and experienced! None the less, the kids kept their heads high and learned from their experiences...i.e.. wearing

new spikes at regional competition for the first time may not be a good idea....dropped baton in 4x100 relay relinquishing medal opportunity....going out too fast or not fast enough in distance events....it is all a part of racing experience...! The coaches are proud to report that 7 girls will be representing NW Indiana at AAU Nationals in Detroit in late July and we wish them the best of luck!

XC CALL OUT - The first week after Labor Day - Watch website for more details - Practices will be offered in both Lake & Porter County.

In the meantime, enjoy the Summer, and see you at the races!

**Coach Sue
Brown-Nickerson**

Porter County New Jr. Striders:
Jack Roach, 11-12

Jessie Mescal, 0-8
Lake County New Jr. Striders:
Steven Landers, 0-8
Sidney More, 0-8
Brianna Johnson, 11-12
Lamont Johnson, 0-8

Striders' generosity help send Neville Family to Olympics

David Neville, 2002 Merrillville HS graduate, and 2004 & 2006 All-American at Indiana University will represent the USA at the 2008 Olympics in the 400m, and 400m relay! Behind the initiative of Steve Kearney, donations were accepted at recent July GC races to help the family (Mr. & Mrs. David Neville Sr -Rev. & Merrillville Youth Track Coach) with travel to Beijing to watch their son compete. \$502 was collected and deposited to the Neville Travel Fund at Centier Bank. They were personally contacted to report the amount of the proceeds and were very, very, honored and appreciative of the area's local running club generosity. Thanks


GREAT CRS MEMBER ACCOMPLISHMENTS

Willis' at the Alcatraz Sharkfest Swim
Congratulations to Striders EJ, Alaina, Hallee, and Mike Willis for completing the 1.5 mile Alcatraz Sharkfest Swim in San Francisco, California on June 28, 2008.

In challenging conditions that included an air temperature of 55, a water temperature of 57, fog, strong winds, choppy surf, the mystique of Alcatraz, and the legend of San Francisco Bay sharks, each excelled in the prestigious open water swim competition.

Competing against swimmers from across the country, each demonstrated that Striders are indeed multi-sport athletes. EJ won the Willis

family competition in 38:58 (finishing 122 of 633 overall) followed by Hallee in 47:15 (2nd in age group), Mike in 50:35, and Alaina in 53:23 (3rd in age group).

Kevin Mangel WINS Valpo Junior Tri
After competing at triathlons in LaPorte and Michigan, Valparaiso resident Kevin Mangel was excited to have the opportunity to compete in his hometown on July 19th.

The 13-year-old set the course record at the first-ever Valparaiso Junior Triathlon by completing the race in 24:27 and crossing the finish line before the rest of the 120 race entrants.

"I've been running since I was 7 and I got the biking from my dad who has done a lot of triathlons and Ironman races," Mangel said. "I did my strongest on the biking."

Mangel was a part of the 11-14 age group, which swam for 125 yards, biked for 3.8 miles and then finished the race with a mile run around Valparaiso High School.

INSTEP EDITOR SEEKS MORE:

Ever wanted to be a journalist or editor? Here is your chance. It only takes as much time as you want. Submit your articles or interest in assisting to your INSTEP Editor:
news@calstrider.org


THINK LIKE AN OLYMPIAN BY FRANK JOHNSON

The Olympics are right around the corner and most of us have an event or an individual we will be watching. I don't know about you, but I get really pumped up watching the distance running events. The determination and guts of these runners intrigues me the most. My favorite Olympic runner who never won a gold medal was Steve Prefontaine. In my opinion, he probably ran one of the gutsiest races ever witnessed only to fall short of a medal, finishing 4th. Going into the race he knew what he had to do to win and he gave it his best effort. He may have gained more respect from his peers with a 4th pace finish than he did winning all of his other races.

How about Dara Torres? Our 41-year-old Olympic swimmer who, after a long delay, came back and set the American record in the women's 50-meter freestyle. Guts, determination, and dedication...those are three words that most athletes utilize everyday. Now, none of us are Olympians in the world's eyes, yet we should all think and act like we are in our own eyes. We have athletes in our group who are gifted, dedicated and push their bodies to the highest limits. As "local" athletes we do not have Olympic caliber coaching, but there are local coaches who are more than willing to be of assistance. If you are not taking advantage of any of the training runs or coaching classes

offered you may be missing out. For example, Coach Chandos has been doing advanced speed work sessions, and at the Friendship 5k race, four runners who have fully participated ran a personal record (PR) 5K that day.

We may not run American records or win an Olympic medal, but what we do is just as rewarding. So, to all of you Striders, we are all Olympians in our own way.

Keep training hard, have fun, and most of all...

Keep Running ~ Frank.

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Club serving Northwest
Indiana & Northeast
Illinois for 30 years



CONGRATULATIONS JR. STRIDERS

**Your Calumet Region Strider running club is proud of your accomplishments and representation at the AAU Regional Meet in Bloomington, Illinois last month!
Keep up the great work!**

Check Out Our Site: WWW.CALSTRIDER.ORG

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

Wear loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

Sunscreen is a must. Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

Replenish your electrolyte and salt intake while exercising. I like to use SUCCEED