



PRESIDENT'S MESSAGE

UPCOMING GOLD CUP & SERIES EVENTS:

Park Forest Scenic 5 & More
 September 1st @ 8:00 am
 Park Forest Plaza
 Park Forest, IL
 John Joyce 708.748.2005

Tower Run 8k
 September 13th @ 9:00 am
 Washington Park
 Michigan City, IN
 Ryan Bos 219.874.8927

Calumet City Mini Marathon 13.1 MI
 September 28th @ 8:30 am
 Memorial Park
 Calumet City, IL
 Connie Krueger 708.862.0880 x23

Omni 41 Pumpkin Prance 5k
 October 4th @ 9:00 am
 Omni 41
 Schererville, IN
 Tom Bainbridge 219.865.6969

INSIDE THIS ISSUE:	
VPs Corner	2
Use of Ankle Weights	2
Save the Date	2
Jr. Strider & RRCA State News	3
Meet the Board & A Strider	4
Rumor has it That	5
Diversity at it's Best	5
Race Entry Forms	insert

Last month when the tornado hit Northwest Indiana it was a tragedy. Lots of damage was left behind – many without power for days or homes for the next several months ahead. Fortunately no one was hurt. I am very proud to say that I am the President of a Running club that the athletes do not only run together. Many of you helped out in the sorting and cleaning up and also with monetary donations. It is proof that the Calumet Region Striders is one big TEAM that you can count on!



RUN@WORK DAY 2008: In 1997, the Road Runners Club of America (RRCA) founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well developed pedestrian networks and mass transit, the organization realized that running to work was probably not feasible for most of the working population.

On September 19, 2008, the Road Runners Club of America will promote the 3rd Annual National Run@Work Day. The goal of National Run@Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of exercise into their daily lives. This goal can be achieved by a running club, an individual, or a corporation hosting a running or walking event with the duration of at least thirty-five minutes before work, during lunch, or immediately after work. The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health. For more information, check out www.rrca.org.

On Saturday, September 27th you can be a part of Opportunity Enterprises "Pack-a-Thon". What is that? It is several hundred volunteers forming several lanes of assembly lines to stuff the 40,000 plus goodie bags for The Chicago Marathon. We are also still in need of volunteers for the marathon water stop. You can sign up to become a much needed and appreciated volunteer at Gold Cup races or contact Dan Sturgell. He is the Volunteer Coordinator.

For all of you putting in the many miles for Chicago or other fall marathons or any event that you prepare for, remember.....

Training is the OPPOSITE of Hoping! Canada's Donovan Bailey holds the Olympic record for the men's fastest 100 m sprint at 9.84 seconds (Atlanta 1996). Jamaican Asafa Powell owns the world record at 9.74 seconds.

STRIDE ON!

Michele




VP'S CORNER BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. I am enjoying the coverage of the Summer Olympics. At this writing we are just finishing week one of the two week event. I thought they did an amazing job with the opening ceremonies. China looks like a beautiful country, rich in culture and traditions. My favorite moments of week one, would be the lighting of the Olympic cauldron and most of the opening ceremonies. Michael Phelps, he is just an awesome athlete, but the 4X100 freestyle relay had me cheering from my seat. It is wonderful to be able to witness all of the athletes who are at the peak of their training for this one event, there is just something magical to be able to watch them. Track and field will begin in week two. The bicycling took the racers through some wonderful views of China. I cannot wait to see

where the marathoners go and where they will take us on their journey. I hope these Olympic games will light the fire within each of us.

Kudos to our Strider Board of Directors who all attended a retreat in July. This allowed us to better understand each of our positions. We are all an important piece of the puzzle to make a complete picture. Many thanks to our past President Cassandra Langley who hosted the event at her home. While Cassandra was President she oversaw the reformation of the board and it's positions. Even though she has retired from the Presidency she is still integral to this transformation and seeing it through. The Board is always in need of your suggestions to meet the needs of our club. We also need volunteers to help out on committees. Please offer your time and talent to an area you enjoy or have expertise in. Committees are event specific

and do not require a lot of commitment, maybe just a few meetings a year. Together we will continue to keep the Striders on track.

Congratulations to the winners of the "I wore my Striderwear" promotion: Victor Camarena and William Leep at the Buckley and Doran Lounsbury and James Johnson at the DeMotte Rotary Ramble. 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 Benson-Harvey


USE OF ANKLE WEIGHTS BY PAUL E. STOFKO BS, CSCS

The use of ankle weights during running is dangerous and unnecessary. Benefits from this added weight has been shown to be very small in recent studies. With every mile that is run, the feet must absorb 110 tons of energy. Ankle weights only add to that stress on your legs and feet. Use of these weights, even light ones, can result in not only acute injuries, but also chronic overuse injuries such as tendonitis. They can also disrupt your balance and proper running form.

There are smarter and safer ways to improve your running or increase the intensity of runs. This can be achieved by adding hill repeats to your current running program. You can achieve the same intensity of ankle weight running without the same level of risk.

Find a hill that is a moderate-grade (5% to 8%) and is about one-quarter to one half-mile in length. It should take about two to five minutes to run up at your 5K to 10K race pace effort or slightly faster. If the hill is too long, the

recovery coming back down will be too long. Do about three to five repeats, five to ten for more experienced competitors once a week.

**Journal of Sports Medicine and Physical Fitness showed that women ages 21-51 who used light ankle and hand weights (1/2-3 pounds) during step aerobics three times a week showed no muscle-strength increases at the end of the 12-week study*


SAVE THE DATE!
9/27 OE PACK-A-THON

OE's annual volunteer extravaganza is set for Saturday, September 27, 2008, at OE. Volunteers are needed to help stuff 43,000 runner bags for the Bank of America Chicago Marathon. Packing will begin at 8:00 AM and will end when the last bag is packed (approximately 1:00 PM). To volunteer for this unique event, contact Suzy Kull at 219-464-9621, ext. 640 or suzy.kull@oppent.org

12/12 STRIDER HOLIDAY PARTY
1/31/09 GOLD CUP BANQUET

Both events will take place at a new location! Patrician Hall is an exciting location able to provide excellent accommodations for our Holiday festivities and Annual Extravaganza. Mark your calendars and take note of the new location:

**410 East Highway 30
Scherville, IN 46375**

**September 19th
INSTEP Submission Deadline for
October 2008 INSTEP
news@calstrider.org
SEND US YOUR INFORMATION TO
INCLUDE IN THE NEXT EDITION!**

October 12—Bright & Early
Strider Volunteers needed for the annual Chicago Marathon Water Stop/Aid Station. An experience too incredible for words. Come see for yourself how amazing it truly is!



**IT IS TIME FOR JR. STRIDER
Cross Country!!!!
8-16 year olds**

**Porter County Practices:
Every Monday & Wednesday**

**Lake County Practices
Every Monday & Thursday
See Insert!**

SAVE THESE DATES:

**Sun Oct 19
Developmental Practice Meet
Woodland Park, Portage
11:00 AM Races Start \$5.00**

**Sun Oct 26
AAU XC Warm Up/Practice Meet
Lost Marsh Hammond
9:30 AM Races Start**

**Sun Nov 2
AAU XC State Meet
Lost Marsh Hammond Race
9:30 AM Races Start**

**Sat Dec 6
AAU XC Nationals
Decatur, Alabama**

**COACH ASSISTANTS NEEDED
For both Lake & Porter County:
Can you spare 1 hr once or twice a
week to help pace the kids?
Please contact sue_brown@juno.com**



**Cal Striders either TIE or CRUSH
age group records at
Rotary Ramble!**

**Congratulations and keep up the
great training!**

25-29
Matt Thomas/John Polomchak
16:25 2003/08 Valpo/Fair Oaks (tie)

45-49
Sandra Stefanski
19:28 2008 Crown Point (new)
Lynn Reichle
20:39 2000 Valpo (old)

55-59
David Ahner
17:49 2008 Valpo (new)
Roger Steffen
18:05 2005 Rensselaer (old)

60-64
Mann Spitler III
20:10 2008 Valpo (new)
Hal Higdon
20:21 1992 Michigan City (old)

60-64
Jean Jannesch
25:05 2008 Valpo (new)
Margie Van Kley
26:02 2003 DeMotte (old)

55-59
Linda Verduzco/Lynn Reichle
21:58 1995/2008 Hammond/Valpo (tie)

**Calumet Region Striders
have RRCA 5K State Champions at
Rotary Ramble!**

Michelle Dideon
Female Masters

Betty Funkhouser,
Female Grandmasters

Leo Frey
Male Masters

Rick Fenno
Male Grandmasters

Congratulations to our fastest over 40,
we are proud of you!



Road Runners club of America State Representative Sue Brown-Nickerson (far left) poses with those receiving awards from the RRCA for their respective finishes at the Rotary Ramble. They are (l-r after) Betty Funhouser, Michelle Didion, Francisco Medrano, Andrea Blocher, Leo Frey and Rick Fenno. Photo by Tom Sparks (DeMotte)

The 28th annual DeMotte Rotary Ramble, held on Saturday as part of the Town of DeMotte's Town & Country Days took on extra significance this year. Not only was it, as usual, one of the premier five kilometer runs in northwest Indiana, it was also designated by the Road Runners Clubs of America as the 5k State Championship Run.

"I nominated this race," said RRCA State Representative Sue Brown-Nickerson, "because of its consistent high standards and organization. It is truly one of the five top 5k races in the state."

The Indianapolis Marathon and Indianapolis Half Marathon have been selected as the Indiana RRCA Championship races for the long distance events. Taking place on Saturday, October 18th, Striders are welcome to compete and represent our RRCA Club at the State Championship event. Your State Representative, Sue Brown-Nickerson, will be presenting the awards to participants following the run. Register now for \$55 and \$45 entry fees respectfully.



MEET A STRIDER

BY JOHN ARREDONDO

Bio

Jennifer Addison is 29, but will turn 30 on September 5th and enter a new Age Group which she is looking forward too. Jen is currently living where she grew up in Crown Point with her two cats, "Miles" and "Kenya". How's that for pet names?!? She is a registered nurse and works in surgery at Northwestern Memorial Hospital and Pinnacle Hospital. I specialize in Neuro and Spinal surgeries.

Strider Membership:

Jen ran in high school (Crown Point), but took a couple of years off. She started back up when she turned 24 and this is her 1st year being a part of Striders/Gold Cup. She says Strider Misty Chandos has been a big part of getting her involved with Striders.

Favorite Strider Race/Event:

Her favorite Strider race is the trail run extreme. This was her first year running it, but she had a blast. Jen says, "I really love the trails and getting dirty. It breaks up the monotony of road racing and gives your body a little break from all the pounding."

Most Memorable Run:

Jen says, "My favorite race had to be the Boston Marathon this year. It wasn't only the race it was the whole weekend. I spent it with 4 of my greatest friends and my favorite running buddies. Despite the huge blister on my foot I managed to finish within my goal time of 3 hours and 30 minutes."

Running Goals:

I was able to complete my goal this year of running under 20 minutes for a 5k so I guess my current goal is to keep getting

faster! For long term I would like to complete a 50 mile race (We will see how far I get on that!). I would also like to complete all 5 major marathons. I will have 3 by the end of the year.

Besides Running I and Advice:

I enjoy biking, hiking, and anything outside. I like spending time with my family and friends. I am also a co-founder/member of Team Dirty Red. My advice to others would be to keep setting goals and reaching them. It always gives you something to look forward to. Once you reach one, have another one ready to go again. A good friend of mine always uses one marathon as a "training run" for the next. So go out there and get them.



MEET THE BOARD: DAN STURGELL—MEMBERSHIP & VOLUNTEER CHAIR

I was a union construction electrician for 37 years, retiring in 2004. I've been married 36 years to my wife, Jackie. She's a part-time runner. We have two daughters: Amy and Kim, who are also runners, as is one of our son-in-laws.

Running gives me structure, discipline, motivation, and hopefully good health in my life. I feel something is missing, if I don't include some type of exercise in my daily life. Whether it's running, bicycling, weight lifting, etc., I enjoy them all.

As I said in my board member biography, I'm closing in on 37,000 miles in my running career, since 1983. When I think that's almost one and one-half times around our earth, that fires me up, even more.

I feel being a member of the Calumet Region Striders, and now being on the board, we all inspire each other. It doesn't matter what pace you run. Whether you're up near the front of the pack, middle of the pack, or back of the pack, we all inspire each other, out on the roads

and trails. I enjoy seeing all the familiar faces and new faces, at the races, and on training runs.

I don't know what I can bring to the board, but I'll do my best, and see what happens.

Dan's role on the board is to coordinate and recruit volunteers. Throughout the year he also works on bringing new members to our club and keep the current ones coming back. Join his committee to keep our club going!



BOARD MEMBER EMAIL ADDRESSES



Michele Hale:

RunningLead@aol.com

Robin Benson-Harvey:

armarathoners@msn.com

Cecilia Bernal:

jcbernal@verizon.net

Nikki Huber:

hubbn5@hotmail.com

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sue_brown@juno.com

Mike Wilson:

webmaster@calstrider.org

Cassandra Langley:

striders@verizon.net

Polly Theising:

ptheising@comcast.net



RUMOR HAS IT THAT BY ALL OF YOU

Joseph Huber has obtained his **black belt** in Taekwondo! This is an accomplishment earned through devotion and dedication! Way to go Taekwondo Joe!

E-STEP: it's the new great way to learn about Strider news! Be sure to include E-STEP emails as part of your "white listed" or email that does not get recognized as SPAM! To do so, go into your "Tools" option of your email service, add the following recipients to your "safe list" to be sure and receive our email blasts!

icbounce.com

icontact.com

app.icontact.com

Additional directions on our web site!

Michelle Didion was selected as the first Female featured as a Runners World Runner of the Week for the first week of August. Check out her interview on www.runnersworld.com. Her favorite joke is: "Q: How do crazy runners go through the forest? A: They take the psycho path."

A few Striders have earned amateur competitive sponsorship:

Karen Nagel—DIRTY ReD

Misty Chandos—Bare Naked

Cassandra Langley—Goody StayPut

Barb Spitler is on the injured list with a broken foot—GET WELL SOON!

Tom Magill will celebrate his 80th!

Fazoli Runners have a blog on www.runningahead.com under the Northwest Indiana Runners group.

We have 35 new runners signed up for the Lake County Beginner Runner Program. Keep your eye out for the new members at races and other Strider events. Coach Misty Chandos is training new runners for the Fall Frolic 4 mile race on 11/9. Along with the Beginner Runner Program, Misty is coaching advanced speed work on Wednesdays at Wheeler Middle School in Crown Point at 7pm. If you are interested, please contact Misty at runnergirl26.2@sbcglobal.net

The rumors are true...Fleet Feet is coming to Schererville this fall - next to the Trek Bicycle Store.



SPONSORED RACE SCHEDULE

Pucker Face 5k Race

September 6th @ 6:00 pm
Main Square Park
Highland, IN
Mary Luptak 219.313.4800

RDP Dean A Frigo Memorial 5k

September 20th @ 8:30 am
Lowell High School
Lowell, IN
Joseph Rodenbucher 219.306.5495

WVLP 98.3 Radio Run 5k

September 20th @ 8:00 am
Indiana St. & Lafayette St.
Valparaiso, IN
George Nietert 219.241.2331



DIVERSITY AT IT'S BEST BY FRANK JOHNSON

Last night as I was on my way home from my Weekly speed work session where Misty Chandos coaches about 20 runners. I couldn't wait to get home and watch some of the Olympics. But I started thinking about how my speed work went, as well as the others who were there. At the end of our session one of the ladies asked Misty about training for a 5k, not longer races, someone else is trying to get better at his ultra marathons. I introduced myself to a new runner to her group, his name is David. Then it hit me, even though we are all doing the same training each week, we are diversified in what we are training for. I think this is a good thing.

Take the Olympics for example, where else can so many different cultures get together and compete against one another. I think diversity is good. Calumet

Region Striders is diversified throughout the organization. Not just culturally speaking, but in the way everyone wants to run and the numerous groups that run together. There are many different "groups" within the organization. I encourage everyone to make sure they are involved in one or more of these groups. There is the Wicker Park Group, the Dirty Red Team, two O.E. marathon training groups, Fazoli Runners, Thursday Night Group (Portage), Speed Work, the various junior high and high school cross country teams, and many more we may not even know of. Yet, these different groups (cultures) join together and compete at races and support each other in times of need. Just ask Bob Hudnall, who tragically lost his house in last month's tornado. We wish him the best. I know Bob, I am pretty sure he is still

going strong, still smiling and will make the best of his tragedy.

It is fall running season, marathon training is in full swing now. Fall races are on the horizon helping me train for Chicago. Many of my friends are not running it this year, yet they still are helping me prepare. I enjoy my group and the races or events we participate in. And, I never second guess my coach when discussing strategy or training, she has never let me down yet. So, make sure you are utilizing all the benefits and people the club has to offer, they won't let you down either.

Thanks , Frank

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

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Dr. Chanbo Sim

