

October 2008

Volume 30, Issue 10



## PRESIDENT'S MESSAGE

UPCOMING GOLD CUP  
SERIES EVENTS:**Omni 41 Pumpkin Prance 5k**

October 4th @ 9:00 am

Omni 41

221 South Route 41

Scherverville, IN

Tom or Lisa 219.865.6969

**Chicago Marathon 26.2 mi**

October 12th @ 8:00 am

Grant Park

Chicago, IL

Carey Pinkowski 312.904.9800

**Run for the Roses 5k**

October 25th @ 9:00 am

Campagna Academy

7403 Cline Ave.

Scherverville, IN

www.campagnaacademy.org

**Panther Pounce 5k (TRAIL)**

November 1st @ 9:00 am

Purdue North Central

1401 South US Hwy 421

Westville, IN

John Weber 219.785.5273

**Fall Frolic 4 MI**

November 9th @ 9:00 am

Purdue University Calumet

2300 173rd St.

Hammond, IN

John Bobalik 219.989.2175

Good Luck to Everyone who is participating in Chicago or another Fall Marathon. All of your dedication, hard work, and many miles will pay off as you journey through the streets. Remember to wear your bib number on the front of your shirt so you can be captured by photographers along the course. For those of you running Chicago, as you approach mile 5 take in the energy, water, and gatorade that all of the Strider Volunteers will be giving out. Remember to go online after the marathon to vote for our water stop as THE BEST WATER STOP / CURB CREW!

The Striders are currently working on some ideas for Adult Social Events and a Meet and Greet for members to get to know one another. If you have any ideas let us know, we would like to know what events you would like to participate in such as a Prom Flash back, Bowling, or Roller

Skating just to name a few. As this month ends and Halloween arrives, here's a safety tip for all of you going out Trick or Treating: Remember to wear something reflective, take a flash light, stay in pairs, and do NOT go into anyone's home. Also, do NOT eat candy until you arrive back home so it can be checked for unsealed or tampered packages.

We have several Strider Members who attended The Road Runner Club of Americas (RRCA) coaching class and are now Certified Running Coaches. What an added benefit to our club. They will share what they learned with us over the years to come. You can go to the RRCA website to see the list of coaches in your area.

The RRCA Coaching Certification Program seeks to educate and train individuals to work with adult road

runners at all levels, beginner to advanced. By offering a coaching program for road running, it is hoped that more individuals will be attracted to the sport, and more importantly, by working with a coach to train intelligently, these individuals will be able to extend their running careers, have more fun running, and minimize the risks of overuse injuries. Congratulations to all of you.

Last month I finished with record times on the 100 Meter, Anyone who watched the Olympics was able to see History made. Now the Olympic record for the men's fastest 100 m sprint stands at an amazing 9.69 seconds. They just keep getting Faster.

**STRIDE  
ON!  
Michele**



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**WE WANT YOU!  
MARATHON VOLUNTEERS!!!**



**Volunteers are still needed and welcome to sign up to assist at the  
Strider's 2008 Chicago Marathon Water Stop.**

Located at Mile 5 (near Lincoln Park Zoo), it is a great opportunity to see the marathon from a different point of view. Prepare the towers of water cups, hand out cups to runners, and feel the draft as runners pass by. For safety purposes, volunteers must be 14 or older, per the marathon staff.

**E-Mail Dan to Volunteer: [jacdan2@comcast.net](mailto:jacdan2@comcast.net)**



## RUMOR HAS IT THAT BY ALL OF YOU

Sherry Robison had 17 fellow co-workers participate in RRCA's Run at Work Day, Way to Promote Good Health



**OE Thanks all of their Marathon Runners for their Support! GOOD LUCK!**

Fleet Feet Sports is looking for people who have a passion for lifetime fitness, who enjoy serving others, and who are capable of providing consistently superior customer service. We are interested in filling a few full and part time positions. Feel free to visit [www.FleetFeetSchererville.com](http://www.FleetFeetSchererville.com) and click the "employment" tab for more information.

The Portage High School/ Field House is free for Portage residents. Per the PHS website the hours are:  
Monday - Friday  
5:30am - 7:00am & 6:00pm - 8:00pm  
Closed weekends

Nikki Huber is leading a Running Program in Portage. Her **5K TRAINING PROGRAM begins Oct 9th at Portage YMCA**. Contact Nikki at [hubbn5@hotmail.com](mailto:hubbn5@hotmail.com) for more information. Goal Race: Turkey 5K Trot on Thanksgiving Day in Portage. Y membership not required for program.

It's almost time for nominations within the Strider Board. Start thinking about who you think would be a great addition and contributor!

Submissions: [news@calstrider.org](mailto:news@calstrider.org)

The RRCA is accepting nominations for the 2008 RRCA National Grassroots Running Awards. See [rrca.org](http://rrca.org) for detailed information about the award categories and nomination instructions. Nominations are due by November 1st.

Art Bretz is continuing to recover and appreciates all of your well wishes and thoughtful words.

**THANK YOU:** Cal Striders & Park Forest Running and Pancake Club for your help at two water stops at the Cal City Mini Marathon. Thank you to Rich Limacher and team Park Forest for their help at mile 10, and Sue Brown-Nickerson and team Cal Strider (Lisa & Renee Moreno, Polly Theising, Tom Magill) for their help at mile 5. **WE APPRECIATE YOU!**



## MEET A STRIDER

BY: JOHN ARREDONDO

Meet Vince McCulloch

Bio:

I graduated from Portage High School, where I ran Cross Country. I gave up running after High school and started running again five years ago to loose weight. It worked as I lost 50 lbs. within the first year. I have been married to my high school sweetheart (Melissa) for thirteen years. I have two daughters Madison (9) and Morgan (5). I work for Calumet Energy, a Power Plant on the South side of Chicago. I have been a Controller at the plant for seven years. I am also trained and qualified to operate the Gas Turbines.

Strider Membership:

I have been a member since the spring of 2008.

Favorite Strider Race:  
Running with the Irish.

Most Memorable Run:  
2007 Chicago Marathon. I did finish the race in 4:30. I did not finish in my goal time, but with the high temps, injuries, and being my first marathon I was happy to just finish.

Running Goals:

My big goal is to finish the Chicago Mar-

athon in 3:30 in 2008. I would also like run 5K races under twenty minutes on a regular basis.

Besides Running I:

I spend most of my free time coaching Morgan's soccer team. I was also coaching Madison's team up until this fall, prior to her making the North West Indiana United U 11 girls team. When I have extra time I enjoy watching NASCAR on the weekend.

Words of Wisdom:

Believe in yourself and you will amazed at what you can accomplish.



## GIRLS ON THE RUN (GOTR)

BY JILL SCHLUETER-KIM

Girls on the Run of Lake County has begun their 3rd season. Currently, they have sites in Highland and Munster. As of September 19th, the Munster site at Eads Elementary is surrounded by water and we do not know how many of the girls have been affected by the flooding. The Munster site has 34 girls enrolled, which is well beyond the expected 10-15 girls!

GOTR is once again looking for "running

buddies" to run with the girls at their 5K race. They will be running the Chicago *GOTR Wondergirl 5K*, which is on Saturday, November 15. The 5k finishes at the Toyota Stadium, home of the Chicago Rush. Running buddies are women runners who mentor the girls at a practice 5K and at the actual race. If you are interested, please contact Mary at [gotrlake-county@gmail.com](mailto:gotrlake-county@gmail.com). We will also be collecting gently used womens' running

clothes and shoes at the Fall Frolic. Thank you again, for all of your support!

Anyone interested in assisting with starting a Porter County group is encouraged to contact me.

Jill Schlueter-Kim  
Council Director  
[jilant7@sbcglobal.net](mailto:jilant7@sbcglobal.net)




**JUNIOR STRIDER NEWS BY SUE BROWN-NICKERSON**

Strider coaches are spending most of the upcoming weeks coaching and visiting local middle school and high school xc meets in an effort to support of all of our Jr. Striders. Although the season is early, we have noticed they are off to a great start and we are very proud of all of them! Keep up the hard work!

**XC ANNOUNCEMENTS:**

1) AAU memberships available ON-LINE only. Renew Sep 1 through Aug 31 - it will be necessary for you to renew prior to the state xc championship meet. Go to [www.aausports.org](http://www.aausports.org); USE THESE CODES: Sport-AT; Club Code-INATXFFKA9. Using these kids will link you to the Cal Strider roster which makes race registration easier for Coach Sue.

2) Turn in AAU race entry registrations to any Coach at practice sites BEFORE October 15th if possible, or contact Coach Sue at [sue\\_brown@juno.com](mailto:sue_brown@juno.com)

3) Parents: If you are willing to serve as a volunteer at any of the meets (finish line, course marshal, etc) please notify Coach Sue

at practice or by email  
[sue\\_brown@juno.com](mailto:sue_brown@juno.com).

4) Uniforms & Striderwear: Available for sale at Developmental Meet & Practice Meet - Bring checkbook. **\*\*Hoodies coming\*\*\*** Visit [www.calstrider.org](http://www.calstrider.org); under member info click on Striderwear-Youth.

5) Get your \$10 off coupon of running shoes courtesy of Dicks Sporting Goods - see any Coach at practice site.

5) Save the Date: Nov 1st Panther Pounce 5K XC Race - End of Year Post Race Party/ Tie Dye Shirts/XC team discount on entry.

**Welcome new Jr. Striders/Fall XC as of Sep 18th**

Jessica Barger, age 7 Chesterton  
Brandon Dudley, age 8 Chesterton (nephew of John Arredondo)  
Austin Lee, age 13, Portage Willowcreek MS  
Jessica Lee age 13 Chesterton (niece of Chambo Sim)  
Samantha (Sunny) Lee age 15 Chesterton (niece of Chambo Sim)  
Sarah Ramos, age 9 Schererville  
Tyler Villarreal, age 8 Valpo (son of Jen

Smith-Villarreal)  
Isabelle Wachs, age 8 Valpo

**September Jr Strider Outstanding Performances:**

Tori Dawson, age 8, and Tyler Villareal, age 8 both of Valpo - Coach Sue heard they ran their first 5K and very well!  
Andrew Kearney, Tim Huber, Andrew Jankowski, Kevin Mangel, Elizabeth Schlichting blazing Popcorn Panic 5M with personal best times!  
Lexie Schatz of Hebron, 1stOA female 6th/7th grade winner and Andrew Jankowski 3rdOA male at Rensselear Middle School Invite  
Lucas Kalbfell age 13 of Munster, Pucker Face 5K 18:21.

Lastly, Have you completed all of your required GOLD CUP RACES??? It's not too late, there are several 5k's & 1 4mile left. If you need help getting to the races, let Coach Sue know! She wants to help you become eligible for a Gold Cup Award!

**Coach Sue  
Brown-Nickerson**

**SPONSORED RACES**
**Manda's Race 5k**

October 18th @ 8:00 am  
Westchester Intermediate School  
1050 South 5th Street  
Chesterton, IN

**Fall Back 5k Run**

November 2nd @ 9:00 am  
Lake Central High School  
8400 Wicker Ave.  
St. John, IN

**Zoy! Relapse 10-15k (TRAIL)**

November 23rd @ 10:00 am  
Warren Dunes State Park  
Sawyer, MI


**OCTOBER AWARENESS BY FRANK JOHNSON**

October is Breast Cancer Awareness month. So what does this mean to most of us? It depends on our circumstances. I have always been a proponent of this crusade and once again I speak out for everyone's help in helping just maybe find a cure for this terrible disease. Last year I wore pink in a 5k to help raise funds. This year, though I will not be wearing pink, I will be out there supporting my teammates, most of whom happen to be female, in a different way.

The Chicago Marathon is in October and I suggest everyone wear something to support the goal of helping find a cure. I have my plan ready for action and will soon be presenting it my female teammates. Speaking of Chicago....raise your hand if you are someone who has been planning on revenge for almost a year now. Revenge you ask?....Yes, I want revenge on the marathon. Though I did finish...thanks Michele!...I was not satisfied with how it ended. Though no fault of anyone, it

was not a satisfying day for most. So on January 1st of this year, I circled the day of the marathon on my calendar. I trained, with the help of my coach and teammates, hard all summer in order to get revenge on this marathon. Last year it beat me. Hopefully, this year, I can return the favor. So, to all of you striders out there running the Chicago Marathon, good luck and may you all have P.R.'s....

Thanks for reading..Gotta Run, Frank.

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



**Elise Beyer**  
Daughter of Chris & Ray  
Showing her Strider Wear &  
Ran the Popcorn Kernel Puff  
At the 2008 Popcorn Festival  
Look out Jr Striders—here's your  
future competition.

**Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)**

### Keep On Running

These 7 Striders are on their way to earning a Jim Cox Award for completing all 30 races in the Gold Cup Series!

**Adrian Harvey**

**Pete Klaeser**

**Karen Nagel**

**Joseph Rodenbucher**

**Dennis Rotz**

**Felicia Schuster**

**Dan Sturgell**

Your dedication and discipline is impressive.

### NEW & IMPROVED

Check out our new logo



Don't forget about our Strider Wear:

Items make great stocking stuffers and holiday gifts for the runners in your life!

Full Collection images are on our web site!

Doug Walter, also known as Marathon Man, continues to pursue his incredible endeavor:

to run a marathon in each of the 50 states by the time he is 50!

He is a member of the [50 States Marathon Club](#). So far, he is more than 95% of the way there. He has completed 61 marathons in 48 states plus the District of Columbia.

Go Doug Go!



# Proper Running Form

Paul Stofko ~ Exercise Physiologist ~ [www.paulstofko.com](http://www.paulstofko.com)

Improving your running form can help you run quicker, more efficiently, and with less stress on your body. Follow these tips to work on perfecting your form.

## **Look Ahead**

Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet.

## **Land Midfoot**

Don't be a toe runner or a heel-striker. If you land on your toes, your calves will get tight or fatigue quickly and you may develop shin pain. Landing on your heels means you have overstrided and you're braking, which wastes energy and may cause injury. Try to land on the middle (ball) of your foot, and then roll through to the front of your toes.

## **Keep Hands at Your Waist**

Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle. Some beginners have a tendency to hold their hands way up by their chest, especially as they get tired. Ironically, you may actually get more tired by holding your arms that way and you'll start to feel tightness and tension in your shoulders and neck.

## **Relax Your Hands**

As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands, as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.

## **Check Your Posture**

Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level. Check your posture once in a while. When you're tired at the end of your run, it's common to slump over a little, which can lead to neck, shoulder, and lower-back pain. When you feel yourself slouching, poke your chest out.

## **Relax Your Shoulders, Too**

Your shoulders should be relaxed and square or facing forward, not hunched over. Rounding the shoulders too far forward tends to tighten the chest and restrict breathing.

## **Rotate Arms from the Shoulder**

Your arms should swing back and forth from your shoulder joint, not your elbow joint.

## **Don't Bounce**

Try to keep your stride low to the ground and focus on quick turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body. The higher you lift yourself off the ground, the greater the shock you have to absorb when landing and the faster your legs will fatigue.

## **Keep Arms at Your Side**

Avoid side-to-side arm swinging. If your arms cross over your chest, you're more likely to slouch, which means you're not breathing efficiently. Imagine a vertical line splitting your body in half -- your hands should not cross it.

## DONATIONS FOR FLOOD VICTIMS IN MUNSTER, IN

As some of you have probably heard or seen on the news, my town, Munster, Indiana has been hit with some devastating floods. It rained here for 3 days straight. On Sunday, the levees that hold the Little Calumet River broke and literally washed away the north part of our town as well as making its way into towns in Illinois such as Lansing and Thornton. Most of NW Indiana is flooded. There are many houses that sat on the Little Cal which are now no longer there. I have close to 10 families that I know personally that have lost their houses. One of them just has the roof exposed. That's a lot of water. Tonight we just had another house explosion about an hour earlier that took out 3 houses. Our local high school has been used as an evacuation site for at least 1000 people since Sunday morning. Fortunately there are only about 10 families that are left that need to be placed in temporary housing. One of our elementary schools is under water so the entire school system has been off and will continue to be. I feel horrible for all the kids who have had to endure this. Not only have these families lost everything they own, but the kids have no distraction from this whatsoever. I am asking for your help.

**If you could make any donation of any kind, I would personally be so grateful. There are a couple ways you could do this-Gift cards are a perfect way to help out and you could mail them to me. Also, clothes, books, socks, kids clothes, anything, you could ship to me and I will take them to one of the local churches that is serving as a drop off station.**

This is going to take a long time to get this under control. Churches have been ruined, roads have literally collapsed, the major expressway (80/94) has been shut down because it is flooded over, boats are the only way of transportation for many places. An adult and 2 kids fell in a ditch at the end of my street on Sunday and almost drowned. DNR was here and did fortunately rescue them. Some deaths have occurred though. My heart is breaking for all these families and it makes it so much worse when I know some of them personally. Last month we had a pretty bad tornado come through that also hit the north part of town. Some of these families just cleaned up, repaired or replaced their belongings from that storm now to endure this. God has a purpose for everything-I believe that with everything I have. And I know that some of the greatest things come out of the worse situations. I am just one person of so many that wants to help and doesn't really know how other than asking for donations. If you would do this and feel more comfortable sending them straight to a church, I will get a list of the locations and send you the addresses. Both of my kids have friends who now have nothing. There was no time to grab anything on Sunday when they were evacuated because the river broke and flooded very quickly. The National Guard got everyone out so quickly.

Think about helping out. If you don't want to, no problem, then please just pray for all these families across NW Indiana. **My address is 1628 Bluebird Lane, Munster, IN 46321 and my # is 219-923-0480. [cwinter72@sbcglobal.net](mailto:cwinter72@sbcglobal.net)**

**Thank you so much!! Carol Winter**

## RRCA GENERAL RUNNING SAFETY TIPS

1. DON'T WEAR HEADPHONES. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
2. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.
3. Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
4. Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.
5. Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
6. Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
7. Run with a partner. Run with a dog.
8. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
9. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
10. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
11. Run against traffic so you can observe approaching automobiles.
12. Wear reflective material if you must run before dawn or after dark.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker. Get training in self-defense.
15. Look both ways before crossing. Be sure the driver of a car acknowledges your right of way before crossing in front of a vehicle. Obey traffic signals.
16. When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
17. CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately