



## PRESIDENT'S MESSAGE

## WATCH FOR THE 2009 GOLD CUP SCHEDULE IN NEXT MONTH'S INSTEP!

### SPONSORED RACES

(Not part of Gold Cup Series)

#### Zoy! Relpase 10-15k (TRAIL)

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

#### Turkey Trot 10k Run

November 27th @ 8:30 am  
Valparaiso High School  
2727 North Campbell  
Valparaiso, IN

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### Congratulations

to all of this Participated in The Chicago Marathon as Well, to Misty Chandos & her Dirty Red Team at Detroit Marathon. You have all accomplished an amazing feat.

The Boston Marathon dates back to 1897 and was inspired by the success of the first modern-day marathon competition in the 1896 Summer Olympics. It has become one of the oldest and most popular professional marathons in the world, Congratulations to all of you who have Qualified so far this year.

Thank-you to the 300 plus Volunteers @ Chicago, you all made the 3rd aid-station a Success, we HOPE to have you all back next year you are an Amazing Team!

Congratulations also go out to the new RRCA Certified

Coaches From our club, we look forward to having you as coaches for The Striders.

It is that time of the year again and Nominations for the following board positions are open,

President, Vice President, Runner Programs & Scholarships, & Social Events & Sponsorship. Please keep in mind that these Volunteer positions do require that individuals attend monthly board meetings the 2nd Thursday of the month at 6:30PM at rotating locations between Lake & Porter County. So nominating someone who works 3-11 or shift work may not be such a good idea. However we are in need of Volunteers at special events as well as help with other things in our club so if you know of an individual or you yourself would like to get involved we have many ways

just let us know. Please submit your nominations by midnight December 15, 2008

US scientists comparing middle aged and older regular runners with healthy equivalents for more than 20 years found that vigorous regular exercise was linked to longer life and less disability in old age.

**STRIDE  
ON!  
Michele**



THE MIGHTY 7 KEEP  
ON RUNNING!  
CHEER THEM ALONG  
AS THEY RECEIVE  
THEIR 2008 JIM COX  
AWARDS AT THE  
FALL FROLIC!

Adrian Harvey  
Pete Klaeser  
Karen Nagel  
Joseph Rodenbucher  
Dennis Rotz  
Felicia Schuster  
Dan Sturgell



## ACCURATE RACE RESULTS BY: TODD HENDERLONG

I don't think runner's realize what an important roll they play in the accuracy of race results. Not just their own, but the accuracy of EVERYONE's results.

99% of the results errors I encounter are cause by having missing or incorrect information about a participant.

Quite honestly, the computer equipment T&H Timing uses to score a race is extremely accurate and reliable. Additionally, we run a triple redundant back up systems. Rarely, if ever, do we have a delay in producing race results due to a computer issue.

On the other hand, I can remember one race in particular when having bad data on just three runners cause all but 2 age group categories to be calculated incorrectly.

Something as simple as having the wrong age filled in for one of your

top male finishers or the wrong gender for one of the top females can cause a whole house of cards to start tumbling down.

If you're ever sitting around asking when are they going to start the awards presentation, chances are the scorer is trying to chase down runner #283 to find out who, what, or how old they are.

With that said I guess the first "tip from the timer" I would give would be to take your time filling out your race registration. Make sure it is filled out completely, it is legible, and it is turned in earlier than two seconds before the starter says "Runner's take your mark".

Being handed a race registration as the gun goes off for Chris Jones or Pat Smith with no gender specified and a scribble in the age category that looks something like a cross between a dollar sign and a question mark makes producing accurate results nearly impossible.

Especially if Chris is the third female finisher and happens to be over 40 years old.

Also, if you are pre-registered - my favorite type of runner - be sure to double check the information on your pre-labeled bib number. The label for that bib is generated by the same software used to score the race. In other words, if your age, gender, or event is listed wrong on your bib, it's wrong in the computer.

Just remember, the data that ends up on the results sheets starts out as the data you hand write at the registration table. If you want to make sure your name is spelled correctly and you're placed in the right age group on the results, make sure all of that information is clearly listed on your entry form.

## COLD WEATHER TRAINING BY: PAUL STOFKO BS CSCS

Cold weather training requires a little extra planning and protection before you head out the door. Your body loses heat quickly in cold weather due to convection (heat loss due to motion), conduction (transfer of heat due to temperature changes), evaporation of moisture, and radiation (transfer of energy caused by the difference between skin temperature and ambient temperature). The right layers will protect you from the elements without weighing you down. Cold can take it toll on your performance and comfort. And frostbitten skin is always a risk. But if you take some simple precautions, you can maintain your mileage in anything weather winter bring your way.

The challenge in dressing for winter training is not only to keep the winter chill and wetness out, but to manage the heat and moisture your body produces as well. Even in sub-freezing temperatures your body produces a lot of heat and sweat. You can produce up to two liters per hour when running. Water conducts heat

away from your body 25 times faster than air – great in summer, but dangerous in cold temperatures. Staying dry under your layers is critical and can impact heart rate, as well as comfort, dryness, and warmth.

Here are some tips for dressing in layers:

### First Layer

Forget cotton. It holds moisture next to your skin. Choose the new lightweight, moisture-wicking fabrics that hold a very small percentage of their weight in moisture. Performance microfibers hold less than one percent of their weight in water compared to 17% wool or 8% cotton.

### Second Layer

If you running in very cold weather, you may need a middle layer to trap the warmth your muscles generate. Choose a layer that produces maximum warmth with minimum bulk. Synthetic fibers have an advantage of staying drier than natural ones.

### Outer Layer

Fibers have been developed that block

the elements without trapping too much heat and moisture underneath. Look for waterproof fabrics that vent.

### Hands and Head

Up to 40% of your body's heat loss occurs from the head due to a large blood supply, extra surface area, and the mucus membranes of the nose and mouth. Choose thin microfiber hats and lightweight gloves liners for your hands.

### Don't forget your feet

Cotton is a bad choice for socks. Look for synthetic socks that won't hold moisture and become packed down when damp.





The Striders, led by President Michele Hale, hosted the most recent RRCA coaching certification session at Purdue University Calumet in Hammond on Sept 21-22. 31 people from all over the United States attended the 16 hour weekend class lecture and practical group exercises, and included **6 Strider members: Jennifer Addison, Darci Biesczat, Sue Brown-Nickerson, Nicolette Huber, Frank Johnson, and Jill Storm.** The class was led by RRCA Instructors Warren & Patti Finke of Portland, Oregon Running Club. The coaching program focused on the following topics specific to road running and racing to help athletes at all levels, beginner to advanced:

- \* Training Rules & Principles-Hard/Easy Workouts-Overload-Recovery-Specificity-Paces
- \* Training Plans & Progressions - Programs- Base Building- Sharpening-Taper-Recovery

- \* Physiology - Energy Sources (ATP, Anaerobic, Aerobic, VO2 max,)-Training Adaptations
- \* Nutrition - (Food vs Performance) How Much to Eat-What to Eat-When to Eat
- \* Injury Prevention - Understanding Injuries-Injury Prevention-Injury Treatment
- \* Psychological Preparation - Traits of a Winner-Goal Setting-Peaking-Race Preparation/Tactics
- \* Coaching Fundamentals - Coaching Philosophy-Coaching Skill-Legal & Ethical Aspects

By working with a coach to train intelligently, it is hopeful that club members will benefit with extended running careers and minimal risk of overuse injuries. The above Striders join **Michele Hale, and Misty Chandos** as RRCA Certified Coaches. Look for the RRCA Coaches Corner in the INSTEP newsletter beginning next month.

### WELCOME NEW JR. STRIDERS (as of Oct 10)

Brandon Dudley age 8 Chesterton (nephew of John Borman)  
 Jacob Beehn age 7 Gary  
 Michelle Buckman age 10 Crown Pt.  
 Idalys Pyrzak, age 13 Highland  
 Alexandra Wachs, age 5 Valpo  
 Danielle Suiter age 10 Valpo  
 Sara Kupsis age 11 Valpo  
 Madison Hanna age 8 Valpo  
 Caleb Gall age 9 Valpo  
 Josie Polaski, age 12 St. John  
 Mitchell Polaski, age 8 St. John  
 Tyler Kramer-Stephens age 10 St. John  
 Andi & Michelle Wartman 6th & 8th grade, Dyer

### GOOD LUCK TO OUR 2008 AAU Cross Country National Championship Team!!!

Coaches & qualifying team members will travel to Decatur, AL on December 6, 2008 for the 2008 AAU XC Championships.

**Coach Sue**



This months "Meet a Strider" is really "long distance"! He is Paul Stofko:

#### Bio:

I am an Exercise Physiologist in Loveland, CO. I was raised in Schererville and my parents still live there. I am married and my wife grew up in Chesterton. We moved to Loveland in July 2006. We are expecting our first child anytime now a boy and he will be named Noah. I have been running since 1993. I have been competing in ultramarathons since 1999.

#### Strider Membership:

I have been a Strider since 1995; I enjoyed learning about new races in the Northwest Indiana area. I like the

family atmosphere of the club

#### Most Memorable Run:

The Cross Country Classic 8k in Gilberts, IL in 2005. It was the last race I was able to run with Jennie Hamilton.

#### Running Goals:

Place top 5 in the Leadville 100 miler in 2009  
 Win overall in the McNaughton 150 miler in 2009

#### Besides Running I:

I like to bike and collect running memorabilia.

#### Words "on the run":

Believe in yourself

NON PROFIT ORG  
US POSTAGE PAID  
GRIFFITH, IN  
PERMIT NO. 225

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

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



**THANK YOU MICHELE & ROBIN  
FOR YOUR SERVICE &  
DEDICATION TO OUR CLUB!**

**DON'T FORGET TO NOMINATE YOUR-  
SELF OR OTHERS FOR THE CALUMET  
REGION STRIDER BOARD OR ANY OF  
THE MANY EXCITING COMMITTEES!**

**SAVE THE DATE:  
STRIDER HOLIDAY PARTY  
12/12/08  
GOLD CUP BANQUET  
1/31/09**

Michelle Didion & Chris Beyer traveled to Moline, Illinois for the Quad Cities Marathon & Half respectively. Michelle PR'd - ran a 3:01 to better her Flying Pig race and finished 19th overall in the marathon and captured 1st Master's woman. Her half marathon split was 1:29:10 - better by 40 seconds than her previous PR at the Cal City 1/2, and she had several splits throughout that were sub - 6:50. Good Luck in Detroit, which is her focus run for this fall and her favorite race.

Registration now  
open for the  
2009 Chicago Half  
Marathon & 5K  
September 13, 2009  
ONLY \$45

with coupon code:  
CM09



**APPLICATION  
DEADLINE FOR  
LD & TRAIL  
SERIES IS FAST  
APPROACHING!**  
Forms are on line  
and due 12/31/08

**THANK YOU**  
Chicago Marathon  
water stop  
volunteers!

Congratulations  
Marathon Runners &  
our newest  
**BOSTON  
QUALIFIERS:**

Chambo Sim  
Jim Raymond  
Rose Nyenhuis  
Jeff Mescal  
Dan Govert  
Betty Funkhouser  
Angelia Erb