



PRESIDENT'S MESSAGE

STRIDER EVENTS :

2009 Gold Cup Race Calendar

See printed insert
There are 29 races in the 2009 Gold Cup Series

2009 Holiday Party

December 12th @ 6:00 pm
The Patrician Banquet Center
410 East US Highway 30
Scherville, IN
RSVP
Lisa Moreno 219.616.1310

2009 Gold Cup Banquet

January 31st @ 4:30 pm
The Patrician Banquet Center
410 East US Highway 30
Scherville, IN
RSVP
Lisa Moreno 219.616.1310

SPONSORED RACES POSTED INSIDE!!!

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With winter weather approaching remember these important things if you continue to run outside in the months ahead -- dress in layers (moisture wicking material), keep your feet dry (also moisture wicking fabrics - cotton will absorb moisture & could make you feel an added chill), use devices such as Yaktrax on your shoes when icy, and hats and gloves are essential. I recommend a hood by Under Armor. It is a 4 in 1 running head piece. There's no such thing as bad weather, just bad clothing. When you go out for a run you should feel slightly cold as you step out the door. Your body will heat up as you run. Typically you feel 10 degrees warmer within a few minutes and then you will feel comfortable. Even though it will get cold outside, it is still important to stay hydrated!

Congratulations to The Sensational Seven: Adrian Harvey, Pete Klaeser, Karen Nagel, Joseph Rodenbucher, Dennis Rotz, Felicia Schuster, & Dan Strugell. These members accomplished an amazing feat as they had 11 month's of planning weekend's around 30 races along with fitting in 18 weeks of marathon training for the Chicago Marathon. Great job!



Recently we have seen prices of groceries and everyday necessities reach all time highs. It seems that everything is going up in cost. Fortunately the Strider Membership fee is going down. That's correct, a price REDUCTION! The 2009 Member ship will be \$15 per year per household. There will be no additional cost of \$7.50 for each additional family member that resides in the same household. Race registrations should reflect the same address as well. The Gold Cup fee will remain the same at \$21 for one year. You can mail in your renewal forms to CRS PO Box 225 Griffith, IN 46319

Yogi or Yogin

A male who practices yoga is referred to as a yogi or yogin. A female who practices is called a yogini. The word yoga literally means "to yoke" and can be translated as meaning "to join" or "unite". Nevertheless, it is a good thing to practice to keep our limbs limber for the upcoming race season.

It has been an amazing year for our club. Membership numbers exceeded 600, and we had 39 members Qualify for The Boston Marathon. We are proud to claim Michelle Didion as a Strider. She became the Female Overall WINNER of the 2008 Flying Pig Marathon and was selected as Road Runner of the year by RRCA. Karen Nagle won overall female at every Gold Cup Race. Doug Walter became a member of the 50 States Marathon Club. We had members in the paper, on television, radio interviews, Jr. Striders went to National's and came home with Bling! We have an amazing club and I would like to close with a Thank you to all of you who have motivated, inspired, and helped me this year. It has been an honor & privilege to serve another year as the President of The Calumet Region Striders. I Wish everyone safe and HAPPY HOLIDAYS! Until next year...

**STRIDE ON!
Michele**




VP'S VALUABLE POINTS BY ROBIN BENSON-HARVEY

Greetings from the back of the pack. The Gold Cup 2008 season is now complete. Congratulations to all that made their 10 best races and will be awarded at the GC banquet on Jan 31, 2009. Special honors to our mighty 7 Cox runners, that is some dedication! We celebrated 30 years of our series with 30 races, the most ever. So Karen, Felicia, Dan, Joe, Dennis, Pete and Adrian you are awesome!

As this year winds down and we get ready for the Holidays I would like to reflect. Sometimes, doing a race is not about making a PR or getting points, sometimes it is just about being healthy enough to finish. This year I have had the opportunity to get to know so many Striders. I have watched some personal success stories unfold. Sometimes health issues come out of nowhere and knock us down. Then the battle to re-gain your athletic stride is quick or may take longer. As a back of the packer I am often joined by someone who never

before found themselves in the back of the pack, but they are they coming back from an injury or illness and find themselves not at their normal pace. Marvin Jordan was seriously ill and missed most of the year. I saw him at the Hometown Run, because he wanted to be around his Strider friends. The Pumpkin Prance was his first race back and he was so excited to finish and he medalled. He was so filled with emotion just to be back, and I was glad to see him. Back in May our Polly Theising overcame heart disease. Her first race back was the Friendship Run, where she medalled, and she too was filled with emotion to have overcome. Art Bretz is now on his way back from a serious health issue. I was so glad to see him at the Fall Frolic. If you are around to cheer on the back of the pack as they finish, remember sometimes they are winning the greatest prize of all. I can't wait to see them and all my fellow Striders next year.

Sorry for being absent from the past two news letters. Adrian and I bought our first house and have moved and are

still getting unpacked as we get settled. Congratulations to the winners of the "I wore my Striderwear" promotion: **Hometown Run:** Casey Olan and Maria Hernandez, **Scenic 5:** Bill Moylan & Dan Sturgell, **Cal City Mini:** Bryan Kerstell & Jen Ryman, **Pumpkin Prance:** Amanda Hill & Jayne Willis, **Run for Roses:** Bob Hooper & Carol Magill, **Panther Pounce:** Dale Stout & Bob Turek and the **Fall Frolic:** Billie Childress & Milagro Gonzalez. 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


GRATITUDE, IN OUR THOUGHTS, & TIDBITS BY ALL OF YOU

Our condolences to Ruth Bonacci on the passing of her Father

Research has shown that and individual who substitutes snowshoeing for running during the winter, improve their running fitness over those who chose to run as their primary source of winter training.

Congratulations Chicago Marathon Team Competitors! Our "Master Striders" - Red Division Male Masters team placed second in their division.

Jeff Mescal 2:49:47
Masa Nakata 3:08:49
Chambo Sim 3:25:46
Mike Pontrelli 3:43:35
Frank Johnson 3:57:24

[\\$40 OFF Garmin Forerunner 305](#)

Costco.com Item # 333862
Valid 11/17—12/7

Hope Myroup will be unable to join us for XC Nationals because she fell on her dirt bike at home, hit a stump, and chipped a bone in her foot. She is in a cast through December. We'll miss seeing you at the start line Hope!



The OE Runners raised \$150,000 this year for Opportunity Enterprises. This was the tenth year that OE Runners participated in the Chicago Marathon. We are most appreciative of the Popcorn Panic and Marathon teams for going the extra mile for OE!

A big thank you also goes out to the over 700 volunteers who packed 43,000 runner bags for the Bank of America Chicago Marathon at our annual PACK-A-THON on September 27. The energy and enthusiasm of OE volunteers continues to amaze us!

Thank you Board and Committee Members of CRS!


Welcome New Jr. Striders XC

Michael Marshall, Chesterton
 Austin Palombizio, Chesterton
 Tyler Rusboldt, Chesterton
 Wes Dault, Crown Point
 Kaylin Orsburn, DeMotte
 Patrick McClain, Gary
 Brandon Huisenga, Hammond
 Sarah Steinhilber, Hebron
 Emily Woerpel, Hebron
 Garrett Hudnall, Highland (Bob's nephew)
 Kim Bigbie, Hobart
 Celena Guerrero, Hobart
 Alicia Ramirez, Hobart
 Paige Wrenn, Hobart
 Elena Lancioni, LaPorte
 Dustin Navejas, Lowell (Adam Hudak's stepson)
 Megan Vinson, Merrillville
 Emily McNicholas, Munster
 Brian Kim, Portage
 Tyler & Zachary Swets, Portage
 Austin Lee, Portage
 Anthony Lombardo, Portage

XC SEASON RESULTS - AAU DISTRICT MEET - NOVEMBER 2ND

With approximately 75 Jr. Striders racing on November 2nd, it is no surprise that our team brought home many age group and overall titles.

State AAU XC Champions include:

Tori Dawson & Dustin Navejas -8 & under; Celena Guerrero 13-14 girls; Aaron Parker 17-18 young men.

Age Group XC Team Champions:

8 & under boys & girls; (Tori Dawson, Isabelle & Alexandra Wachs, Madison Hannah, Jessie Mescal, Emily Walsworth) and (Dustin Navejas, Tyler Villarreal, Brandon Dudley, Garret Hudnall, Jacob Behn); 9 & 10 Girls (Sara Ramos, Emma Weissbeck, Daniele Suiter, Kyra Marriott, Paige Stange, Casey Ola, Kadie Spoor); 11 & 12 yr old girls (Liz Schlichting, Daniele Solis, Sarah Steinhilber, Alicia Ramirez, Sara Kupsis, Mariah Mateo); 13 & 14 yr girls (Celena Guerrero, Allison Wortel, Kim Bigbie, Paige Wrenn, Elena Lancioni, Kaylin Orsburn, Megan Vinson, Brooke Winter, Brittany Stepp, Emily McNicholas, Idalys Pyrzak, Emily Woerpel), and 13 & 14 boys (Tyler Swets, Tyler Rusboldt, Travis Conley, Dylan Logsdon, Zachary Swets, Wes

Dault, Brandon Huisenga, Kevin Mangel). Our 9-12 and 15-18 boys teams were not large enough to score as a team, but earning individual honors were Nick Solis, Daniel Huber, Blake Logsdon, Daniel DeTorrice, Patrick Treacy, Ryan Cutter, Mike Marshall, Austin Palombizio, Patrick McCarthy, Patrick McClain, and Brian Kim. All of the above individuals qualified for AAU Nationals. It is projected there will be 36 Jr. Striders representing Northwest Indiana in DeCatur, AL on December 6th!!

RECOGNIZING GREAT PERFORMANCES

*Congratulations to all of our high school xc runners for their great season: Carl Duncan, Sam Philips, Aaron Parker, Mike Marshall, Ryan Cutter, Austin Polombizio, Tyler Rusboldt, Lyndey Kunz, Brigid Marriott, Megan Amling, Felicia Sytsma, and Jordan Chester with an 8th place finish at the State Meet!

* Adam Sandberg, age 13 of Valpo-WOW- he's shaved off some serious time this season!

Spirit Run 5K March 1--**31:23**

RIS 5K April 5--**30:39**

Field Station Frenzy 5K May 31--**27:35**

Panther Pounce Nov. 1, 2008--**24:55**

Congratulations Adam, your hard work is paying off!!

*Check out these personal bests at Fall Frolic 4mile on the website (Jessie Mescal, Casey Olah, Sam Philips, Jade Tazbir, Emma Weissbeck, Hallee & Alaina Willis, Kevin Mangel - Congratulations! Remember to post your personal best for everyone to share!

WELCOME NEW MEMBER & COACH - MITCH SEMANS

Born and raised in Starke County by Hamlet, Mitch graduated from Oregon Davis HS in 1990, ran xc and track and also played golf. Earned his Bachelor Degree from Manchester College where he ran xc & played golf. Currently lives in Hamlet and has an office in Valpo as a financial advisor with Ameriprise. Started coaching in 1998 for Oregon Davis and now coaches 6th grade xc at Chesterton Liberty Middle School and will also coach 8th gr boys track at Chesterton Middle Spring in March.

THANK YOU COACHES

We could not have such a successful program without help from our fellow members and coaches who dedicated 1-2 hours a week coaching our teams this fall. Thank you Steve Kearney, John Marshall, Carlos Mateo, John Arredondo, Nicolette Huber, Mitch Semans, Richard Gutierrez, John Borman (Porter County), and Sue Brown-Nickerson, Doran & Karen Lounsbury, Bob Hudnall, and Duncan Marriott (Lake County).

THANK YOU VOLUNTEERS

Several club members and team parents helped out at one or more of the xc meets in Portage & Hammond by serving as course marshal, finish line helper, or assisting at the team table. Thank you Amanda Hill, Melissa Kirk, John Arredondo, Colleen & Rick Parker, Diane DeTorrice, Polly Theising, Jen Villarreal, John Borman, Jim Nickerson, Ray Pietrzak, Doran Lounsbury, Bob Hudnall, Jim Raymond, Sheri Robison, and Dave Myroup! Your time is truly appreciated!!

Coach Sue Brown-Nickerson


SPONSORED RACES

(Not part of Gold Cup Series)

Zoy! Relapse 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


RUNNER PROGRAMS—LAKE COUNTY BY FRANK JOHNSON
**CALUMET REGION STRIDER 2009
BEGINNER RUNNER PROGRAM**

in Conjunction with the new Schererville Fleet Feet running store:

Program Leader : Frank Johnson
ASEP & RRCA Certified Coach
fdbkjohn@sbcglobal.net
219-805-6526

Assistant Coach : Misty Chandos
ASEP and RRCA Certified Coach.

2009 Beginner Program starting 1/26

Come prepare with others who wish to run their first 5k. This is a 12 week running program in prepara-

tion for the "Spring Fling" 5k held at Purdue Calumet in April. The cost of this program is \$50. Sign-ups will be held during the first week of January at the Schererville Fleet Feet store. The Orientation meeting for everyone wishing to join will be Thursday, January 8th at 6:30 pm at Fleet Feet. The cost of this program will cover the entry for the race, a "spring Fling" entry, wicking shirt, and state of the art running socks. So, spread the word with friends and family and we will see you in January.

Coach Frank Johnson
<http://fleetfeetschererville.com/>



219-864-1000

635 East US 30
Schererville, IN

FleetFeetSchererville.com

Monday - Friday
10:AM - 7:PM

Saturday
9:AM - 5:PM

Sunday
Closed


JOIN US!

Are you good at planning events? Do have a great idea for a Strider social event? If so, think about joining the social events committee. Contact Lisa Moreno if you are interested.

lisarunsalot@sbcglobal.net

INSTEP SUBMISSIONS

Do you have something to share? The INSTEP is written for you and by you. We are always looking for your input to keep our newsletter something you look forward to and read cover to cover. Send your submission to our editor.

news@calstrider.org


RACES IN THE 2009 GOLD CUP SCHEDULE

Saint Paul School Spirit Run
Runnin' with the Irish
LaPorte YMCA Run 10K
Ringing In Spring
Hub Run
Taltree Ten
Spring Fling 5K Ramp Run
CCA Run For Shelter
Gallery Gallop
2 Big Hearts Foundation 5K

Memorial Day Trail Run Xtreme
Field Station Frenzy
Sunburst Half Marathon
Munster Rotary Run A Round
Firecracker 5K Run
Brickyard Run
Friendship Race
Running Wild Zoo Run
Buckley 5-Miler
Rotary Ramble 5K

Hometown 5K Run
RDP Dean A. Frigo 5K Run
Tower Run
Calumet Mini Marathon
Chicago Marathon
Omni 41 Pumpkin Prance
Run For The Roses
Fall Frolic 4-Mile Race
Panther Pounce 10K Run

Dates, Time, Distance, & Location
Will be posted on our website soon!


BOARD MEMBER EMAIL ADDRESSES

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Polly Theising:

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Porter County

Beginning Running Group

A great group of runners is training for the Portage YMCA 5K Turkey Trot. They have almost reached their goal! There are 9 devoted individuals that are preparing for their first 5K. They are experiencing something unique and that is training through different types of weather. It has been as warm as 65 and cold as 37--talk about dedication. One of the main topics that has been discussed among this group is they enjoy running with someone! They didn't realize how fun running can be when you are with someone who enjoys it also. As Striders we know that runners are

our second family! The topics that are discussed while we are running can make us laugh, cry, sympathize, share accomplishments and much more. A simple run can turn into a lifelong relationship!! A great big Thank You to my husband Brian who has come out every weekend to help me prepare these individuals.

On a Personal Note

The entire Huber Family wants to extend our sincere appreciation and thanks to the Striders. To hear you cheer and encourage Timothy, Joseph, Daniel, Brian, and Nicolette through races means a lot to each one of us. We are always hearing great comments on

how it is great to see a whole family run. Even though we run at different levels, we are always there for each other at the end! Family time is very important to us and what a great way to spend it than running with our children and our Strider family!! The Huber family looks forward to another adventurous year!

Thank You All—Nikki Huber

Congratulations Cassandra for winning the Goody Team StayPut media contest. She submitted two great media clips during the contest and will be rewarded with a Polar Heart Rate Monitor from her sponsor Goody! Please wish Cassandra strength and perseverance as she competes in Ironman Arizona on November 23rd.



How to keep the competitive fires burning without dedicating much time to training because of the holidays/school/work/just-want-to-relax time of year.

Time Off and Recovery

After a season of competitive racing, it is important for athletes to take a break. I recommend all athletes have at least one break per year and preferably two. The break in structured training is to give your body and mind a chance to repair after a season of high-intensity training and racing.

Use these general guidelines:

- 1) take 2-4 weeks of unstructured training and workout only when you feel like it. Try something different - swimming, cycling, yoga, aerobic class, strength training.
- 2) keep the training mostly aerobic and under two hours. Would you believe strength training can be aerobic-try it.
- 3) you can do some speed work one session a week, but keep the duration

of the speed segments at 60 seconds or less, with at least 4 minutes of each recovery between each speed bout.

- 4) At minimum, 1-2 days off per week.

Holiday Season

If you just want to have fun during the holiday season and skip workouts, expect to pay the price of starting again in January or February. This means doing something about that holiday weight and loss of fitness. Enjoy the holidays, but resist digging yourself into a weight management and fitness hold that takes several months of the new year to repair.

Avoid big blocks of time off-such as 3-4 days at a time, and be cautious about how much intensity you include in your weekly program. You may have to reduce your speed expectations in order to avoid injury. Injury finds an open invitation from athletes that are stressed, doing too much intensity or too little aerobic

fitness, trying to maintain race season paces, and making poor nutrition choices.

If you are pinched for time in the next few months, one good option to keep some fitness and manage stress is to run 3-4 days per week and put everything else on the back burner until after the holiday season. Running travels well in that you don't need much equipment, and you can travel light and run from nearly any location.

Instead of planning to have the holidays take control of you, plan to take control of your health! Remember our main goal, is to stay healthy and fit. Keep on running!

Sue Brown-Nickerson
RRCA Certified
Running Coach




GO ON, GET OUT THERE! BY: DAN STURGELL

Winter Running:

Go On,Get Out There!

Okay,first,lets talk about the reasons why you should do winter running. First the fresh air, even if it is cold will help you to reduce stress levels and it will help you to clear your mind. Second, winter running can help you to burn calories fast. Running in the cold will cause your body to work harder to warm up. Lastly, Seasonal Affective Disorder will not be a problem since you will be getting the sun light you need to stay positive and in a good mood. So, does all of that have you seeing the light of winter running? Here are some tips on what it's all about.

* Run less than you normally would. Yes, less. By running only 2 or 3 days a week and running only

1/3 of your mileage, you will be in better shape. Now is not the time to work on speed.

*Lay the foundation for a good run. Now, we said take it easy but don't go too easy. Once a week get in some pick ups of about 20 seconds. Or, for more advanced training, every ten days, run slightly faster for a half of a mile, then jog for two minutes, and run at the same pace, then come back to a jog for four minutes. Finish with a mile at five to ten seconds faster than your 5k pace.

*During one of your four or five mile winter running days, begin and end your run with slow miles. In between, alternate one minute at a 10k pace and two minute jogs. Increase the pick ups to two minutes each, gradually.

*Get in a race every three to four weeks, but don't sweat it. You'll want the race to be something to keep you moving, maybe to test out new things. Don't worry about times.

*Winter running has to be flexible enough to accommodate the temperatures and the moods. So, don't get into a routine during the winter months. Don't schedule one day for a tempo run. Instead, do the run that works for the day.

*Make sure that you are sticking close to home. Some days you may not feel like a full run, so make sure that if you feel like quitting after one mile that it lands you back at home.

*Get out there with some friends and tough it


2008 ICEMAN COMETH MOUNTAIN BIKE CHALLENGE BY: SUE BROWN-NICKERSON

The Iceman Cometh Challenge is a 27 mile point-to-point mountain bike race from Kalkaska, Michigan to Traverse City, Michigan held each year on the first Saturday in November. While many Striders were running Fall Frolic 4m that weekend, club members Jim & Sue Nickerson participated in the Iceman Cometh with over 3,000 other athletes from 32 states and even Ontario.

Athelete ability levels varied from first time racers (like me) to seasoned professionals and veterans (like Jim). The course consists primarily of dirt roads, two-tracks (the majority), abandoned railroad beds, and the world famous Vasa Nordic ski trail. It crosses only one paved road (Williamsburg Rd at mile 16) as it winds through the breath taking (literally) terrain of the Pere Marquette State Forest in Northern Lower Michigan. Course highlights include "Steve's Secret", "Lombard's Luge", "Cassie Cliffs", and "Ice Breaker", the last hill (of too many) to climb. The course can best be described as a hilly road race on dirt.

The temperature at start time was 38 degrees & windy. There were about 30 waves of 75 riders in each wave that started every five minutes. The thought

of projected rain & sleet had me rethinking my options well in advance. What to wear was certainly a dilemma as there is nothing worse than running long in wet clothes let alone riding 27miles in wet clothes, and the possibility of riding through mud. How did I get talked into this? Jim started at 10:20am in the sports class and blazed the course in 2 hours 17 minutes, close to his projected time. I started at 11:20am in the beginners group. The fun began only ten minutes into the race when my chain fell off. Usually Jim is around to take care of this for me so now what? I composed myself, figured it out and was on my way five minutes later. I rode conservatively not knowing what was ahead of me but, all I can say is there were a lot more hills in this race than Jim led me to believe, and some were so steep most people had to get off their bike and walk/run up, even Jim. Hearing the finish line announcer with only two miles to go, my chain came off again - another delay! By then my legs and calf muscles were just burning on-fire! My projected time sub-3hours. My finish time - 3 hours 9 minutes. The feeling was very comparable to my very first marathon finish - the hardest thing I had ever done!

This race is too popular to hesitate about

signing up for. It fills up in ten minutes on-line nine months in advance so at the minimum I told myself it would at least make for a nice weekend away with my husband at the Grand Traverse Lodge near Traverse City, and it indeed it was! I am proud to say "I am an Iceman Cometh Challenge Finisher!". As to the question, will I do this again-most likely. A year of experience at this race is invaluable. Without mechanical difficulties, time out taking pictures on the trail and a phone call or two to let others know where I was at in the race, I would have made my sub 3 hour goal and made the awards podium. Long hilly bike rides, time in the weight room to strengthen triceps, shoulders and back, and a commitment for training is a must for anyone attempting this race. Interested? 2009 registration opens at 7:00 pm Friday February 27th, 2009. www.iceman.com and is limited to 2500 riders.

BTW: The Slush Cup (a half frozen version of the Iceman - 8miles) is an option for beginning riders, but Jim didn't tell me about that option!



Every once in a while at chip timed races a dispute arises over which times should be used to distribute awards – the runner's gun time (the time from when the gun sounds to the time the runner crosses the finish line) or the runners net, or "chip" time (the actual amount of time it takes for a runner to cover the race course from start line to finish line)

The proponents of using net, or "chip" times argue that whoever runs the prescribed course the fastest should be the winner. And, while that point isn't completely without merit, others argue that a race is a battle between competitors, not a race against the clock. In other words, a race is a race, not a time trial.

So who's right?

Here's what the United States Association of Track and Field, the governing body for the sport of distance running, has to say regarding the subject. According to USATF Rule 245.3 - The official time shall be the time elapsed between the start of the watches or timing devices resulting from an appropriate start signal and

when the athlete reaches the finish line. The actual time elapsed between when an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time. An additional note in the USATF Rule book states "Net times (the elapsed time between an individual's transponder generated starting time and finish time) shall not be used for any purpose."

The reasoning behind these rules is simple; a road race is a head to head competition between athletes. A race involves not just physical performance, but a high degree of strategy as well. Allowing runners to use net times could set the stage for runners to start several minutes after their closest competitors and create an unfair strategic advantage.

Picture this: 10 minutes into a race you see a rival competitor pull up along side of you. You slide in behind them and keep pace for the bulk of the race, managing to sprint past them at the finish. Now, just image how you'd feel when you found out

the other competitor waited 15 seconds to cross the starting line and that by way of their net time they took first place in your age group.

Chip timing is a tremendous plus for road races. It has countless advantages over other manual timing methods. It can record and score an insane number of finishers at one time (300 per second) and produce extremely accurate results incredibly fast. It can record and tabulate split time around the course. It also lets someone looking for a PR the chance to wait for the initial crowd at the starting line to thin out before starting a race. And, at very large races when it can take several minutes to cross the starting line it can provide runners with their actual running time. But, for all of the advantages the technology provides it shouldn't be used to negate the true spirit of competition.

Just remember, when the starting gun goes off the winner of a race is the first one to cross the finish line. The only records that get set with net times are personal records.



\$13.61 PER MILE CONGRATULATIONS DOUG WALTER

HOTEL	PLANE	CAR	GAS	PARKING	ENTRY	TOTAL
\$4,325.76	\$5,959.65	\$1,650.74	\$2,398.49	\$643.75	\$2,845.26	\$17,823.65

Wonder How Much it Cost? Doug Walter tracked his expenses to attain the 50 Marathons in 50 States. By compiling all of his expenses to complete this feat, Doug determined that it cost him \$13.61 per mile he ran. Yes, Doug covered a total of 1,310 miles. Imagine what it would be if he included how much he spent on attire, shoes, food while traveling, and all of the gels and sport drink he consumed!

Doug began his 50 State journey with the New York Marathon in November 2004 and will conclude it with the Hawaii Marathon this December.

This is an amazing accomplishment, and we are proud to have Doug as a Calumet Region Strider. With his experience at various marathons across the country, he is a valuable resource for each prospective traveling marathoner. If you would like to get Doug's personal feedback about an out of state marathon just ask! A list of the marathons he has completed can be found at our web site:

www.calstrider.org
 Incredible Feats link
 The Marathon Man

dougwalter@libertyhomesinc.com

**2009 GOLD CUP
BANQUET**

**SATURDAY
JANUARY 31ST
4:30 PM CST**

**THE PATRICIAN BANQUET
CENTER
410 EAST HIGHWAY 30
SCHERERVILLE, IN**

**FEATURING:
FAMILY STYLE DINNER
ANNUAL GOLD CUP AWARDS
QUILT RAFFLE
DJ & DANCING
SILENT RAFFLE**



MARK YOUR CALENDAR!

2008 OE Winter Gala

February 7, 2009

Be sure to mark your calendar for the Delta Theta Tau 2009 Winter Gala to benefit Opportunity Enterprises. For more information, contact Allison Thomas

219-464-9621, ext. 239
allison.thomas@oppent.org

Long Distance Series

Trail Running Series

Application is not complete unless you submit the application form (on CRS website), application fee AND the verification form.

Deadline: December 31

Mary Zemansky
drmaryzemansky@sbcglobal.net

Nominations

for all Board Position Vacancies due no later than Midnight 12.15.08

Joanne Kagler
jbaitup@hotmail.com

MEMBERSHIP RENEWAL

Your 2008 Calumet Region Strider Membership will expire on 12/31/08. Please submit your membership renewal at any Strider Event, the Gold Cup Table, or to our PO Box. Your participation in the 2009 Gold Cup Series does not begin until you submit your 2009 dues for Gold Cup as well. Please continue to participate and support our organization through your membership dues!

Strider Holiday Party

Friday, December 12, 2008 and will be held at The Patrician Banquet Center, 410 E. U.S. Highway 30, Schererville, IN. If you want to participate in a Christmas gift exchange, please bring an unwrapped ornament valued at \$8-\$10. Dinner will be a delicious pasta buffet. Please remember to bring a dessert for our Strider potluck dessert buffet.

If you have any questions, please contact Lisa Moreno

lisarunsalot@sbcglobal.net



MADE OF METTLE

FROM WWW.RUNNERSWORLD.COM

Q: How do I donate a medal?

A: "Visit medals4mettle.org for information. You can also download a legacy form and use it to explain why you've decided to donate your medal. Monetary donations are always appreciated. Our biggest cost is the new M4M ribbons."

Q: Does my medal need to be from a marathon?

A: "No. Someone's maximum distance they're capable of might be a 5-K or 10-K.

It wouldn't be appropriate to say 'marathon only.' But I should note that the kids especially enjoy the Mickey Mouse

and Donald Duck medals from the Walt Disney World Marathon and Half-Marathon."

Q: Do you accept unused medals from race directors?

A: "We don't take medals that haven't been earned because then the whole concept would be lost. Giving your medal is a way of saying, 'I know you're having a struggle more difficult than the one I just ran, and I'd like to express that.' It's a transference of spirit."

Hard-Earned Prize

By Dr. Isenberg's guess, M4M has collected and distributed more than 3,500 medals,

thanks to the efforts of a core of nine volunteers. The group is headquartered in Dr. Isenberg's Indianapolis office, where volunteers take the medals, donated from events of different distances worldwide, and attach new M4M-branded ribbons before sending them to hospitals. The children who battle deadly diseases are far more deserving of these medals. A runner's medal might not be able to cure a disease, but as Dr. Isenberg has found, it can lift a spirit.

Runners World—October 2008



YOUR RUNNING FITNESS BY: PAUL E. STOFKO BS, CSCS

FITNESS ON THE GO

It's easy to find out where you can work out on a business trip, if you know where to look online. Before you leave, go to a travel or city guide Web site for your destination and research the parks, community centers, tracks and fitness centers where you can get a little exercise. Nothing boosts your energy, creativity and effectiveness on the road like a workout.

COOL-DOWN

One essential step in your work out that helps you avoid light-headedness and muscle spasms is a cool-down. After vigorous activity, a cool-down gives your heart rate a chance to normalize, and protects you from negative effects. A cool-down should be performed for five to ten minutes after your activity.

SKIP BACK INTO FITNESS

Feeling rundown? We bet an old gym-class standby can make you feel like a kid again. Skipping rope as part of your exercise routine burns a surprising number of calories and provides a great workout for your shoulders, arms and calves. It's fast-paced, varied and, best of all, you can do it anywhere!



2008 RRCA AWARD WINNERS

The success of the RRCA and its clubs and events is based on volunteerism. RRCA clubs rely on the spirit of volunteers to carry out running programs, find sponsors, hand-out water, work finish lines, direct races, among many other things. It is in recognition of these volunteers that the RRCA developed the Volunteer Award Certificates. Without volunteers our club and events would not as successful at promoting grassroots running. The Cal Striders have nominated the following members for the **2008 RRCA 2000 Hour Volunteer Award** for their dedication to the sport of running.

JEAN TOLCHINSKY **Crete, Illinois**

CRS member 25 years
Cal Strider President (1996-1999)
Cal Strider Vice President past
Co-founder of Gold Cup Series

Established Jim Cox Scholarship Fund
Established Bob Stevens Disabled
Runner Fund
Implemented Striderwear
AAU volunteer indoor & outdoor track
and xc meets

CHAR GROET **DeMotte, Indiana**

CRS Member & Rotary Ramble Race
Director 29 years
Cal Strider President (1985-86)
USATF Official 1988 Olympic Trials,
1986 Jr. Olympics T&F, 1988
ParaOlympics
Founder of RRCA Backroads Running
Club 1994
AAU volunteer indoor & outdoor
Chicago Marathon Waterstop Volun-
teer
Volunteer & mentor for local school
track and xc teams, community fun
runs organizer

Torch Bearer, 1996 Atlanta Olympic
Games

STEVE KEARNEY **Chesterton Indiana**

CRS member 12 years
President of the Indiana Striders
(Dunes) in the 70's
Editor of Hoosier Runner
RRCA State Rep 70's
Cal Strider Board Member
Race Director (Chesterton Distance
Festival 1968-74; Festival of the Dunes,
No
Frills Marathon, the Michigan City
15K, KofC Columbus Day Run, Spring
Sprint)
Served on numerous race committees
20 straight years volunteering
@Chicago Marathon
T&F & XC volunteer coach for AAU
Jr Olympics for over 30 years

JIM COX & STEVENS-HAMILTON FUNDS BY: CECILIA BERNAL

We would like to recognize the following members who have contributed to our Jim Cox and Stevens-Hamilton Memorial Funds during this year:

Hank Aguilera ~ John Borman
Sue Brown-Nickerson
Thomas Calligan ~ Joe Chamberlain
Brian J Colvin ~ Sally Cook
Jose Carlos Esteban ~ Gideon Falk
Clark Gloyeske ~ Jose A Hernandez
David C Hinshaw ~ Bob Hooper
Reena John ~ James Kaminski
Steve Kearney ~ Shirle Kowalisyn
Charles & Karen Lansdowne
William Leep ~ Ronald L Lynn
Dick Macknick ~ Tom & Carol Magill
Duncan Marriott ~ John Marshall
Carlos Mateo ~ Tom Navarro
Danny H Norris ~ Linda Perry
Bret Pete ~ Lydia Pisarski
Kathleen Pucalik ~ Kimberly Scheidt
Dan Schuster ~ Felicia Schuster
Jean Shannon ~ Hal Slager
Joel Soto ~ Dale Stout
Daniel Swift ~ Jade Tazbir
Joule Tazbir ~ Jean Tolchinsky
Israel J Toledo ~ Patrick Treacy
Bob Turek ~ Shane Van Kley
Michelle Vaught ~ Michael Walsh
Gary Westefer ~ Michael & Jayne Willis
Mike Wilson ~ Dale Yeager

Your donations continue our efforts with respect to these funds, while keeping the memory of Jim Cox, Bob Stevens, and Jennie Hamilton alive. Thank you for your support!



Jim Cox was a Strider for many years. While living life as healthily as could be, he was stricken with leukemia. He died in 1993 shortly after being diagnosed. Jim was a quiet man who had a keen sense of humor. When he chose to submit articles to the Instep one was guaranteed a laugh or two from the article. His generosity was unparalleled. He was a back of the pack runner, loved to tell stories, and anyone who runs in the back of the pack knows that indeed, that is where some of the best stories are told! Family was first to Jim, and his wife Ginger, daughters, Pam & Linda and families, son-in-law Mark Robinson (CRS member), and brother Ralph all ran with him.

When Jim passed away, his family made a memorial offering for him to the CRS, and under Jean Tolchinsky's term of presidency, the Jim Cox Scholarship Fund was established. CRS began awarding scholarships in 1995, and since, 38 monetary scholarships have been awarded to CRS members or member's children over the past 12 years. To view the list of previous recipients, see "Jim Cox Memorial Award" segment on the CRS website.

The second Jim Cox Memorial Award is given to the runner(s) who complete(s) all of the races on the CRS Gold Cup Series Schedule within the same calendar year, just as Jim had. Since the inception of this award in 1993, this feat as been accomplished 53 times, and by many members more than once! To view the list of previous recipients, see "In the Running" segment on the CRS website.

TEAM DiRTy ReD INDiaNA:
See postings of group runs and races they are planning to participate in:
www.teamdirtyred.blogspot.com

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