



PRESIDENT'S MESSAGE

Hats off to Lisa Moreno & committee for coordinating a great Gold Cup Banquet! It was a fun night and as always nice to see everyone with family members all dressed up.

Good Luck to all the Jr. Striders who are participating at the Indoor AAU meet February 20-22.

Congratulations to The Striders who participated in The Goofy Challenge it is your Ultra Marathon just broken into two consecutive days. We have three Strider members who have completed it all four years!

As we head into one of the season's coldest months, it is sometimes hard to stay motivated for those of you who are anti-treadmill or as some say outdoor runners. You may want to try some core and strength training a few days a week or spin classes until Spring arrives and you can get back into your routine of weekly runs.

Speaking of long runs. **CALL OUT** Meeting for the 2009 **OE Marathon Team** is EARLY again this year. Porter County will be Wednesday, March 11, 6:00 PM and the OE offices in Valparaiso; Lake County will be Thursday, March 12, 6:00 PM at The Omni Health Club in Schererville. If you can not attend one of the call outs and would like to receive information about joining the 2009 OE Marathon Team, contact Allison Thomas at (219)464-9621 ext. 239 or allison.thomas@oppent.org. The Marathon office once again has pushed the deadline dates up so Opportunity Enterprises has to set the dates that are given. If you are planning on running Chicago this year I strongly encourage you to join this Amazing team it is a great for first time Marathoners as well a Veterans.

On April 8, 2009 at the top of the world, or Geographic North Pole, runners will compete in The North Pole Marathon—the only certified Marathon run entire “on water”, the frozen water of the Arctic Ocean. For those of you not traveling to the Pole and would like to be close or in FREEZING water, may I suggest The Polar Plunge in Chicago March 1, 2009. You can sprint real fast, plunge into the icy water, then run real fast and real cold to someone waiting for you with a towel or robe. The monies raised go to Special Olympics. As a participant last year I can tell you this really is run. Hope to see you there!

UPCOMING

GOLD CUP &
SPONSOREDSERIES
EVENTS :

St. Paul School Spirit Run
5k
3/07 9:00 AM
Valparaiso, IN

Runnin' with the Irish 5K
3/14 9:00 AM
Chesterton, IN

LaPorte YMCA Run
10K
3/21 9:00 AM
La Porte, IN

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STRIDE ON!

Michele



WHAT IS THE CORE?

It is where the body's center of gravity is located and more importantly, from which all movements are initiated. The core is also responsible for developing power, maintaining balance and stability, and improving coordination during movement.

Muscles of the Core include:

- Abdominals
- Hip
- Back

These muscles are responsible for supporting postures, creating motion, coordinating muscle action, allowing for stability, absorbing force, generating forces throughout the body. This means that regardless of the movement or activity, the center of your body is responsible for the process and outcome.

Benefits of a Strong and Stable Core

- **Improved Stability and Efficiency** — Most major muscles of the upper and lower body attaché to the spine or pelvis. Strengthening this anchor helps

to provide a stable platform, allowing more powerful and efficient movement of limbs.

- **Improved Balance** — A stronger core helps the spine and pelvis maintain stability while the muscles of the shoulders, arms, and legs are active. A stronger core will help prevent being placed in an off-balanced position.
- **Reduced Risk of Injury** — Experts believe that a weak core can lead to an overload on the extremities, causing injury in certain situations. Increasing one's ability to generate power while maintaining stability and balance leads to a reduce risk of injury. The muscles of the core when strong, stable, and efficient are better able to absorb and translate force, putting less stress on extremities.

BALL BASICS

The Stability Ball has become a very popular tool within the clinical rehab setting. Recently, Stability Balls have become popular outside the rehab settings. Their effectiveness in developing balance and core strength has earned them a spot in the fitness industry.

Selecting the Correct Ball Size:

When you sit on top of the ball, your upper legs (thighs) should be at a 90-degree angle. If it is not possible for you to test the ball before purchasing it, you can use the size chart to approximate which ball is likely the most suitable.

Size Chart

| <u>Height</u> | <u>Ball Size</u> |
|---------------|------------------|
| 5'-5'7" | 55 CM |
| 5'8"-6'2" | 65 CM |
| 6'3"-6'9" | 75 CM |
| OVER 6'10" | 85 CM |

Inflating the ball to its height. For example, with a 65 cm ball, mark a line on the wall at 65 cm and use the ruler placed level on the top of the ball to indicate when the ball reaches 65 cm. You can also use the touch test. When you can press in about 1-2 inches with your index finger, the ball is correctly inflated.

NO BOUNDARIES NATIONAL TRAINING PROGRAM

Providing motivation, coaching, and support to help you run or walk your first 5K.

Join Fleet Feet Sports and New Balance to walk or run your first 5K. The program focuses on beginners, but all levels of walkers and runners are welcome. The program is structured to help you cross the finish line of your first 5 K in less than three

months. Along the way we'll be providing you with motivation to keep you moving, guidance and advice, weekly group training runs or walks, and educational clinics on topics such as proper nutrition, choosing the right gear, and avoiding injury. Plus, you'll have the camaraderie of others just like you.

Misty Chandos

Sponsored Series Race:

Valentines 5k Run
 Sunday, February 8th at 10:00 am
 Valparaiso High School
 2727 N Campbell
 Valparaiso, IN

Mike Prow
 mprow@mail.valpo.k12.in.us



**14TH ANNUAL AAU INDOOR
TRACK & FIELD MEET
February 20-22, 2009**

**Merrillville High School
Fieldhouse**

VOLUNTEER CALL OUT!

Approximately 20 volunteers per session are needed to help meet manager and CRS Sponsor, Joe Mis, with the many tasks necessary to run this indoor track & field meet. No previous experience is needed. However, if you do have experience or preference in signing up for a particular event such as a specific field event (high jump, long jump, shot put, etc) please let us know when signing up to volunteer.

WHY VOLUNTEER? Because the club receives a \$1,000 monetary donation from Joe Mis annually which helps keep club membership dues at a minimum. In addition, you will receive Strider bucks good towards club events and merchandise. You will also receive complimentary refreshments.

Volunteer Sessions:

Friday, February 20th

4:15 pm - 10:15 pm

Saturday, February 21st

7:00 am - 11:45 am or 11:30 am -
5:00 pm

Sunday, February 22nd

7:30 am - 11:45 am or 11:30 am -
5:00 pm

Please contact our Volunteer Coordinator Dan Sturgell at (219) 462-6650 or through email jacdan2@comcast.net at your earliest convenience.

Thank You!

**PLEASE REPLY PRIOR TO
FEBRUARY 13, 2009**



CONGRATULATIONS!!

**SUE BROWN-NICKERSON
FOR RECEIVING THE 2008
AAU VOLUNTEER OF THE
YEAR FOR INDIANA THAT
WAS
PRESENTED AT THE AAU
NATIONAL CONVENTION
THIS WINTER!**

**THE NOMINATION WAS
PRESENTED BY JOE MIS.**

**AAU Indoor
Track & Field Meet
Registration Deadline**

February 16, 2009

Mail your entry fee \$40 to
Coach Sue by February 11,
2009.

For on-line registration by
Coach Sue visit
www.calstrider.org, Jr.
Strider Calendar for meet
packet/information.

**HAVE YOU RENEWED
YOUR MEMBERSHIP?**

**WHAT ARE YOU
WAITING FOR?**

**Don't forget, if you have not
renewed your membership
for 2009, you will be
dropped from the roster at
the end of February.**

**As an extra incentive, if you
renew your membership be-
fore March, you will receive
a little surprise in your April
Instep Newsletter as a gift
from the Calumet Region
Striders. So be sure to get
your renewal in on time.**

**You can obtain a member-
ship application on line at
www.calstrider.org.**

**GIRLS ON
THE RUN**

Girls on the Run is starting it's 4th season in Lake County! This Spring, we will have sites in Highland, Munster and Hobart (our newest addition). A planned expansion into Porter County looks promising and a planned 4th site is in the works in Valparaiso in the Fall.

To serve all these girls, we are looking for women to coach. The program is 12 weeks and will begin on March 9. Coaches will need to be available twice a week for head coaches and at least once a week for assistants. We are looking for women committed to healthy living with a positive outlook on life!

A coaches training is scheduled for Saturday, February 7, 2009 from 9:00 AM to Noon, at Redeemer Lutheran Church in Highland. Please contact Jill Kim at (219)384-8276 or jilart7@sbcglobal.net for more information.

Jill Kim



MEET A STRIDER: KAREN NAGEL

BY JOHN ARREDONDO

Bio:

I have one cat: Muffin. I am a teacher at Valparaiso High School. I have been running for about 15 years. I met my boyfriend, Ryan Kwiecinski, at a Golf Cup race about 6 years ago!

Strider Membership:

I have been a strider for about 12 years. I joined when I was in high school and have been a member ever since.

Favorite Strider/Race Event:

I like running the Spring Fling and the Fall Frolic because they are races held at Purdue Calumet. I graduated from Purdue Calumet and always enjoy coming back to the campus. I also like the Ringing in Spring race. I started attending that race when I was in high school and always think of that race as the

first big race to kick off the racing season.

Most Memorable Run:

I always enjoy running the Fazoli's route in Valparaiso with all of my running friends. It is a challenging course with plenty of hills at a challenging pace. It is always a good midweek run because it is a run that is longer and faster than some of my other runs during the week. Not only do I enjoy doing this run because of the challenge of the course/pace but I also enjoy the camaraderie from everyone that runs. If you are struggling on the run there is always someone there to encourage you to keep going.

Running Goals:

Last year (2008) my goal was to complete all of the races in the Gold Cup series. It was a challenge, especially the Chicago Marathon, but I did it. In 2009, I

am hoping to improve on my 5K times.

Besides Running I:

When I am not running, I enjoy reading a good book. I also enjoy knitting. I have taken several knitting classes and have worked my way from making a simple scarf all the way up to making a sweater! I also enjoy spending time outdoors in general. I love to go hiking and doing general sight seeing.

Words of wisdom:

If at first you don't succeed, try, try again. I also always find that it helps to have one big goal in mind and then break that goal down into mini goals. It is easier to look at things in small chunks rather than trying to take the big goal in at one time.



MEET YOUR CO-EDITOR: HOLLY PLEW



Please welcome Holly Plew as the newest addition to the great team of Striders that bring you all of the benefits you receive as a part of your Strider membership.

Originally from Watertown, WI, Holly graduated from Valparaiso University where she met her husband Ehren (also a Strider). Married in 2005,

Holly made the permanent move to Valpo. She is the Store Administrative Assistant at Dick's Sporting Goods in Southlake Mall. New to running regularly, Holly attributes her heightened level of dedication to the persistent encouragement of CRS President Michele Hale, with whom she works.

Attempting her first half marathon in Key West, FL, her goal is just to finish. According to Holly, running has been a fun way to stay in shape and the races bring out a little of her competitiveness to better her time with each run.

We're looking forward to her help with INSTEP each month!

hfortmann@yahoo.com

THIS AND THAT — TAKE NOTE!

Thank you to all my fellow runners that helped me at the "Siberian Express" race. Around the 3-mile mark of the race I rolled or turned by right foot on a tree root or a rut in the ground. I couldn't put any weight on my foot, so the remaining 4 miles, I limped in. When I got to an uphill or downhill, runners that were coming up behind me would stop their racing to assist me up or down the hill.

Runners are great, aren't they? A special shout out to Jerry Ezell, who came back after he finished to help me in.

Dan Sturgell

Sunburst Race Apps

Anyone who had trouble receiving the discount for Gold Cup participants online, there is a solution. Temporarily the Gold Cup discount has been combined with the CARA discount for a \$4 total discount. Keep in mind this is a temporary fix and once the kink is worked out the discounts for each will be separated out.

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 Women's Running Magazine has teamed up with RRCA to offer RRCA members a pink Run Girl t-shirt with a 10-issue subscription for only \$19.95. Go to www.womensrunningmag.com/freeshirt to sign up!

The Lakefront 10 is now the CARA Lakefront 10 Miler Presented by NovaCare. Participate on Saturday, April 25th. Online registration ends on April 17th and there will be no race day registration. For more information visit www.cararuns.org.

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**2ND ANNUAL CRAZY LEGS
 10K+ TRAIL RUN**

Sunday May 17, 2009 in
 Loveland, Colorado

Experience Devil's Backbone Open Space. 40 out of 80 spots were already filled as of 1/19/2008. Go to <http://crazylegs10k.info/> to learn more and download an entry form.

**VP CORNER BY ROBIN BENSON-HARVEY**

Greetings from the back of the pack. How is your 2009 going so far? The extreme weather has made it much harder to go out for a casual run. The temperatures have been extremely cold and the snow is too deep to run through on the sidewalks and trails. Are you one of the lucky ones to have a treadmill? I know that will be a purchase soon in our home. Please be safe when running out in this weather. Do you remember many years ago, when the Caribbean Cruise 5K in Park Forrest actually had the crazy few, that actu-

ally ran in weather like this, in nothing but shoes and a Speedo. That was one way to get a PR and have a lot of fun, especially for all us who got to watch.

At this writing Lisa Moreno and myself have been busy preparing for the Gold Cup Banquet. I will be handing off the responsibilities of the banquet to her for next year. After working with her this year I know it is in good hands. I have greatly enjoyed organizing and preparing for it in years past. I do hope everyone has a wonderful

time and it will be great to see everyone. If you are not able to attend and have an award to pick up please contact me at vp@calstrider.org. Also thank you to the board for all your help with the banquet as presenters and the many duties we all do during the banquet.

To all our future 2009 Cox runners, the Chicago Marathon registrations opens February 1, 2009.

Enjoy the journey
 in each race.
 Robin

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Indiana & Northeast
Illinois for 30 years

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Dr. Chanbo Sim

