



PRESIDENT'S MESSAGE

It is my pleasure to introduce your 2009 Board Members!

UPCOMING
GOLD CUP
SERIES EVENTS :

St. Paul Spirit Run 5K
Saturday, March 7th
9:00 AM
St. Paul's Catholic School
Valparaiso, IN

Runnin' with the Irish 5K
Saturday, March 14th
9:00 AM
Indiana Dunes State Park
Chesterton, IN

LaPorte YMCA Run 10K/5K
Saturday, March 21st
9:00 AM
Soldiers Memorial Park
La Porte, IN

Vice President—Robin Benson-Harvey
Secretary—Nicolette Huber
Treasurer—Cecilia Bernal
Nominations, Bylaws & Disabled Runner Fund—Mike Wilson
Membership & Volunteers—Dan Sturgell
Gold Cup & Sponsored Race Series—Mary Zemansky
Social Events & Sponsorships—Lisa Moreno
Running Programs & Scholarships—Sue Brown-Nickerson

Appointed Positions

Webmaster & Statistician—Mike Wilson
INSTEP Editor—Cassandra Rozycki
INSTEP Co-Editor—Holly Plew
Striderwear Coordinator—Polly Theising

As you can see I again have a great Board to assist me in continuing to keep the Calumet Region Striders the AWESOME club that it is! Our club is growing and we can use help in several different areas. Feel free to contact me or any Board member to see where you can be the most helpful.

You can keep up with everything that is happening by checking out our website www.calstrider.org. Our webmaster does a phenomenal job keeping information up to date for you. I suggest you log on to see the many things the website has to offer.

This is YOUR club, it belongs to ALL of us! I welcome your suggestions & comments throughout the year. I look forward to serving as your president for another term.

A REMINDER to all High School Grads: All Jim Cox Scholarship applications **must** be post marked by **April 1, 2009** and **must** be sent to **CRS, PO Box 225, Griffith, IN 46319** to be considered for scholarship. See enclosed insert for requirements.

If you find your shoelaces are always coming undone, no matter how tightly you tie them, chances are that you are tying an un-balanced "Granny Knot".

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STRIDE ON!



Michele



I just thought that I would share my last running adventure of 2008. The theme of my 50K trail run race was "down but not out", but should it have been "dumb and dumber"? The weather was unbelievably comfortable, 50's, the snow was melted as well as most of the ice. The cannon blast start was back and we were off and running down the road talking about how two years ago a deer hit a runner and broke his collar bone. Everyone was adding their comments about the incident and chuckling. We left the road and entered the single track trail less than ten miles into the race. All I heard was someone in the back yell "DEER!" and then S M A C K !! "AHHHH!!!...What the...?" Next thing I knew I was slammed into the ground without even knowing what hit me! Then I looked toward the rustling sound on the ground and there it was...a huge full-grown doe! It not only took me out, but another runner right behind me and all 3 of us were lying flat on the ground. The deer got up first and took off, leaving us lying there

in pain and shock. The other runner couldn't go on and later in the night found out that he had fractured his shoulder. Me? I'm not sure that I should have continued either, but once I was helped up and found I didn't have any bones sticking out I gave my legs a try. The race was on again! After only a minute back on the trail we came to the mile one marker...only 31+ miles to go. I was dazed and nauseated the first lap and my right leg was in some big time pain and pressure, but then I just went numb.

The course was unbelievably muddy and wet. Some ice was even left on the steep down-hills on top of the mud! Water crossings were both muddy and icy. Never knowing what you were going to step on, the mud was ten inches deep and like trying to run in concrete! I ran slowly, feeling nauseated and just steadily slowed down. I found another runner on the second lap and we decided to help each other on the last lap to finish. I even had a nickname for the rest of the race, "Bambi"!

After the race I checked out some of my battle scars and found out I had huge hoof marks and cuts on the front of my thighs and another huge one al-

most completely around my entire right thigh. I also had one down my right leg from my calf to my ankle. The right side of my ribs and back were pretty tender as that's where I first felt the deer hit me. My legs were swollen, indented, gouged, bleeding and already starting to discolor. With a bag of ice on my legs, I was still trying to convince myself that I was taken down by a deer! I wasn't sure if I was completely functional or not, but I know one thing for sure, I definitely had a guardian angel with me on that day!

Four runners were taken to the hospital by ambulance and only a third of the runners that began finished the race. 114 runners completed the 50K.

The moral of this story is, "If and when you ever get taken out by a DEER, stay down, play dead, and let one and all come to your rescue with some big-time TLC. Know there will be another day and race to run. It's OK to sit one out!"



I have recently started my own "coaching crusade". Last weekend 55 people joined the ever growing size of runners. Running, I believe, grows as a sport in harder economic times. Studies show that as the stock market decreases so does the happiness of people as a whole. So they look for another alternatives to lift their spirits. I believe running is one of those events.

I stated that we now have 55 new runners, that is the number of adults who signed up to run their first 5K with my Beginner Runner Program. We will train them for 12 weeks and our target race is the Purdue "Spring Fling Ramp Run". I wish to thank John Bobalik for his time and effort. Thank you to Dave at Fleet Feet in Schererville, for the use of his

facilities for the weekly Saturday group training runs. Everyone reading this newsletter was once a beginner and I get excited when I see a group of individuals who are willing to offer some of their free time and space for the good will of others. Why am I talking about all of this? Because I want to challenge each and every one of you to offer to take someone to another level. Think about it, where would you be if you didn't have a mentor or a coach?

I know not everyone wants to be a coach, but what if you just saw someone running and said "hello" or cheered on the runners who may not be quite as fast as you at the races? Maybe we should all pull together and encourage everyone instead of, at times, showing our arrogance. It should not matter how much faster or slower they may be.

Isn't it fabulous that everyone out there is giving an effort to better themselves? I say, "That is a winning feat all in itself". That is what I preach to my beginners. It is not how fast you go, it is the fact that you are giving the effort.

In closing, I wish to thank Misty for help in getting my first Beginner Runner Program off to a great start. Her help has been instrumental in my success. I wish to thank all of my coaches and helpers who will be out there with me every weekend guiding my new runners and I wish to thank Sue and Michele for allowing me to take part in a Strider Runner Program.

Well...Gotta Run Now...



If you have not renewed, please do so as this will be your last newsletter! Track & field practice schedules and meet dates will be announced next month. Print the membership application from the www.calstrider.org. New this year, the membership fee is \$15 per household for family members. Also remember to check the Gold Cup (GC) Series box on the application for an additional \$21 if you want to enter the GC Series. Only 5 races for 14 & under, 7 races for 15 & over.

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I am proud to announce that the Jr. Strider membership for 2008 consisted of 20% of our total membership. For 2008, 75 youth athletes entered the GC Series. Of those, 42 finished the required amount of races, and 26 were present at the banquet to receive their awards in front of their parents and peers. Our youth veterans, Alaina & Hallee Willis (14 years old) were recognized for finishing their 6th consecutive GC Series. Bri-Anne Andriessen, Kevin Mangel, Hope Myroup, and Alex Diaz for their 5th consecutive series; Lindsay Norrick and Liz Schlichting, Jordan Chester and Tim Huber for consecutive 4th and 3rd straight GC Series. I challenged them to continue their consecutive records for 2009. I am extremely proud of each finisher and hope to see you all back in 2009!

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Welcome new GC members as of Feb 16:

Jacob Beehn (8 & under) of Gary
William Maddy (9-10) & Katie
Maddy (11-12) of Chesterton
Alicia Ramirez (11-12) of Hobart
Sara Ramos (9-10) of Schererville
Celena Guerrero (13-14) of Hobart
Elena Lancioni (13-14) of La Porte

Membership is our greatest resource, so keep recruiting, keep running, and I look forward to seeing you at the races!

2009 Gold Cup Schedule: Reminders & Pointers for Jr. Striders

Try to enter at least one race a month.

Pay attention to printed race applications especially for discount on early registration savings and t-shirt size guarantee.

March 21—LaPorte YMCA—15 & older should enter 10K for points. 14 & under run the 5K for points. Register by March 16 for discount.

April 4—Ringing In Spring, NEW LOCATION in Valparaiso—Register by March 23 to guarantee your shirt choice and for discount.

April 5—Hub Run 1PM in Crown Point—all 8th grade & under students are \$6 by March 27 (\$8 minus the \$2 Strider discount). Otherwise after March 27, everyone is \$20. Note: the 2K will not count for GC points.

April 18—Save this date, we need YOU to volunteer or participate in the Taltree 10 miler in Valparaiso as a Jr. Strider Program Fundraiser! GC points for 13 & over only. The proceeds will benefit the Jr. Strider Programs. We are asking Strider members to please support this race by either registering as a participant, or by signing up to volunteer at the race. Volunteer time is 7AM to 10:30 AM. Email sue_brown@juno.com to volunteer. Jr. Striders to wear uniform, jacket or any Striderwear. We need finish line helpers, course marshals, waterstop helpers, refreshment helpers, and split mile timers.

AAU Indoor Track & Field Championship February 21-22, 2009

Jr. Strider Coaches offered winter workouts through the month of Jan-Feb that included calisthenics and running. Congratulations to these athletes who competed in the AAU Indoor Track & Field Championship on Feb 21-22. Their results will be posted in the next newsletter.

12 & Under: Jacob Beehn (Gary), Emikly Walsworth and Madison Hanna (Valpo), Dustin Navejas (Lowell), Sara Ramos and Emma Weissbeck (Schererville), Garret Stiller (Winamac), Brandon Winter (Munster), and Alicia Ramirez (Hobart).

13 & Older: Brooke Winter (Munster), Celena Guerrero (Hobart), Allison Wortel (Crown Point), Mikalah Lambert (Winamac), Patrick McCarthy (Hammond), Salina McConnell (Portage), and Patrick McClain (Gary).

Thank you to our coaches who volunteered their time for our first indoor training season. Mike & Jayne Willis, Mitch Semans, & Sue Brown-Nickerson.

COACH SUE



Sue Brown-Nickerson receives recognition at the Gold Cup Banquet from AAU



It was Mile seven of the Park Forest Scenic-10 that I saw the little girl in blue. It was impossible not to notice her—she was so young and outfitted in “Strider” blue shorts and top. Into mile nine I was running along-side her and as we rounded the turn and down the street to the finish I thought I heard someone shout, “Kick it in, Hope!”. Despite that rallying cry, she continued the same steady pace and I was keeping right along with her. And it was then that I envisioned our finish. The photographers were definitely going to notice this one—the stark contrast and irony of youth and age crossing the line in tandem. This was going to be one race photo I would certainly buy and I already could see it hanging on the wall next to the bling. I don’t know if running side-by-side with this grizzly, aged, long-haired, ex-hippy from the late 60’s had anything to do with it, or this was simply a delay in the

kick it in that was shouted earlier, but with less than one-tenth a mile to the finish line the little girl in blue bolted. Recognizing I was about to lose that picture on the wall, I tried to emulate her sprint but my effort was hopeless. Relative to me, she was a cheetah. As she put distance between us it was obvious that I was chasing an antelope and my vision of our finish together was lost.

It wasn’t hard to find her in the posted race results—there were only two finishers in her age group. Indeed, her name was Hope and she was only nine years old. She finished 11 seconds ahead of me.

Some coaches believe that if you can run as fast as she did at the end of a long-distance race, you are holding back too much in the earlier phases of the race. I don’t necessarily concur with that philosophy, but it was clear the little girl in blue had the fast-twitch muscle fibers that are necessary to run fast over short-distance. I often wonder if half-marathon and

marathon races are in this girl's future, but if not, she certainly has what it takes to be a top-notch sprinter! Sometimes I still think about the little girl in blue. The picture of the finish that I envisioned in the final leg of that race does not hang on the wall—it exists only as a memory. Dreams found, dreams lost.

When I ran that race in September of 2007 I was relatively new to the world of distance running, having only started training for the Chicago Marathon back in June. Yet, it was at that Scenic-10 race I discovered that in the world of running it is rare that a race ends as one plans or envisions. Since that time, I have run ten marathons as well as half-marathons and short-distance races, but the Scenic-10 remains my only race that I have ever lost...hope.



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Attn: Porter County Runners

The Portage Running Group invites you to their Thursday night group runs, 6:00PM in front of Portage High School, Door E through March 26. We have several pace groups. After March 26 we will be switching locations monthly. For more information, contact Nikki Huber at hubbn5@hotmail.com.

Thanks to everyone for your quilt raffle donations to benefit the Scholarship Fund. The winner was drawn at the Gold Cup Banquet. Veteran member Rich Limacher of Matteson, IL won. Rich has been a Gold Cup participant for many years and sure will have a difficult time selecting the t-shirts for his quilt.

2009 Spring Fling 5K Ramp Run Training Seminars

Monday, March 23 6:00PM
 Making the Transition to Running Outdoors
 Misty Chandos
 RRCA Certified Running Coach
 Fleet Feet Sport

Monday, April 13 6:00PM
 What you need to know with two weeks to go...
 John Bobalik
 Exercise Physiologist
 PUC Fitness Center

Place: Purdue University Calumet
 Fitness & Recreation Center Building
 2300 173rd Street, Hammond, IN
Room: K-129
Cost: Free
Registration:
 Encouraged, not required
 For more info call
 PUC Fitness Center (219)989-2175

Congratulations to Joe & Linda Kovacs of St. John for recently celebrating their 35th wedding anniversary. Linda is a past board member and an avid Gold Cup participant, Joe is one of our veteran volunteers at the Chicago Marathon Waterstop each year.

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 A note from members David & Mary Hinshaw in Italy:

Dear Friends,
 We will be moving back to Germany in a few months. While we hate to leave Italy, we are looking forward to the job challenges and life again in Germany. We will be headed to Grafenwoehr, which sits between Nuremberg and the Czech border. It is an area of Bavaria with rolling hills, pine forests and small towns. Our best to everyone!
 E-mail: madapro@aol.com




SPONSORED RACE SCHEDULE

Valpo Mini-Marathon
 Saturday, April 11
 7:30AM
 Lincolnway & Lafayette
 Valparaiso, IN

Necktie 5K Walk & Run
 Saturday, June 20
 8:30 AM
 Reborra Plaza
 Broadway & Lakefront Dr.
 Beverly Shores, IN




GOLD CUP BANQUET PICTURES



Strider Board Members



Overall Female Winners



Doug Walter receives recognition for his completion of the "50 States Marathon" Quest



Overall Male Winners (Presented by Dave Macknick)

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