



PRESIDENT'S MESSAGE

Welcome

To all the new Strider Members and those who have been part of The Striders Organization, welcome! Please remember to come to the Gold Cup table after each race to sign in and fill out a race evaluation form. The Gold Cup Committee needs your feedback to form an overall evaluation of each race that has been selected for the Gold Cup race series.

Spring's Finally Here!

With the warm weather and longer days, most of us can be diagnosed with the running bug or running fever—whatever you want to call it. Keep in mind that if you have backed off on your weekly mileage over the winter, you will need to ease back into long runs and extra miles. You do not want to cause injury or stress on yourself by over running too soon. Be sure to stretch before and after your work outs.

Before you start:

- ◆ Avoid stretching cold muscles. When muscles are cold, it's easier to tear the muscle fibers that you are desperately trying to protect.
- ◆ Walk or jog 5 minutes to get blood to the area, wear sweat pants or tights and try to stretch were its warm.
- ◆ Always stretch to the point of discomfort, not pain.
- ◆ Breathe comfortably and let the muscle group relax. As it relaxes, it will stretch.
- ◆ Hold each stretch for 30 to 45 seconds.

Five good stretches are: Splits, Hand Ten, Lunges, Flamingo and Heel Drop.

You also need to get back into the habit of keeping yourself hydrated. Many runners do not do this during the month's that are colder. There are several different reasons why we run; whether it be competition, weight loss, socialization or stress relief. Just try to stay focused and enjoy running.

Good Luck to all the Striders going to participate in the Prestigious 113th Running of The Boston Marathon!

Fartlek is Swedish for "speed play". Fartleks are a form of interval training, usually consisting of alternating periods of hard and easy running (i.e. 1 minute easy, 2 minutes hard, 1 minute easy, 3 minutes hard).

STRIDE ON!



Michele

APRIL GOLD CUP SERIES EVENTS :

Ringling In Spring 5K
 Saturday, April 4 9:00 AM
 Valparaiso Family YMCA
 Valparaiso, IN

Hub Run 5K
 Sunday, April 5 1:00 PM
 Lake County Fairgrounds
 Crown Point, IN

Taltree Ten (Street/Trail)
 Saturday, April 18 8:30 AM
 Aberdeen Manor
 Valparaiso, IN

Spring Fling 5K Ramp Run
 Saturday, April 25 9:00 AM
 Purdue University Calumet
 Hammond, IN

APRIL SPONSORED RACE :

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

APRIL XYZ TRAIL RUN RACE :

Sarett Spring Stampede 5K Trail Race
 Saturday, April 11 9:00 AM
 Sarett Nature Center
 Benton Harbor, MI

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Greetings from the back of the pack. The 2009 Gold Cup Series is off and running. It is great to see familiar faces again. Although the series has just begun and it feels like we have a long break since our last race in November, our board was very busy over those non racing months, with planning for this 2009 season, the holiday party and awards banquet. I would like to say thank you for the great work to all and congratulations to Michele, Sue and Lisa for their re-elected two year commitment to the board.

The Banquet was awesome this year, I hope all who attended had a good time. Lisa Moreno along with her committee of myself, Renee Moreno and Donna Summerville Smith, put a lot of time and effort into making it happen. Thanks go out to so many for the big night. Michele Hale and Mary Zemansky did an awesome job on the silent auction. Polly Theising for having the Striderwear there to sell. Cecilia Bernal for being our treasurer and processing all the member renewals. Sue Brown-Nickerson for organizing the 50 states recognition for Doug

Walter among the list of presenting Jr Strider awards, the RRCA volunteer awards and other behind the scenes time and effort. Our awesome award MC Mike Wilson. Our awards presenters, Michele, Jim Raymond, Mary Zemansky and Dave Macknick. Tonya Tribble for greeting our guests. I have received many compliments on the invocation that Mike Willis gave that everyone was touched by. Adrian Harvey who helped get all 200 trophies there.

As you can see it takes many to make a night like that happen, hopefully I did not forget anyone, but if I did, "Thank you, and thank you to all". We had the largest banquet ever with almost 300 guests. As our club grows so does everything else with it. Please remember 300 voices even at a whisper in one room makes a lot of noise. Always be as courteous to those receiving awards as they were to you. Toward the end of the presentation it was getting a little loud. Please try to use the hall outside the banquet room for long conversations. Any comments good or bad can be sent to me or Lisa, so we can continue to make it a wonderful night for all.

Congratulations to our "I wore my

Striderwear" winners Brittany Stepp and Percy Pompey at the Gold Cup Banquet. They won a free 2009 Strider family membership. So start wearing your Striderwear to the Gold Cup races to get your chance to "show us your striderwear" and possibly win a 2010 Strider membership at next years banquet. Now that the banquet is over, I have trophies that still need to find their homes. I will not be bringing them to all the races, so please contact me to arrange a race that you will be picking them up at VP@calstrider.org.

Our winners at the current Gold Cup races for "show us your Striderwear" are Daniel Huber & Sasa Sekuloski at the St. Paul Spirit Run and Betty Funkhouser & Holly Plew at the Runnin' with the Irish. They each won a Strider towel and they, along with all that entered at those races, are entered in the free Strider Family Membership to be drawn at the next banquet. So wear your Striderwear!

Enjoy the journey in each race!



PREDICTING RACE TIMES

PAUL E. STOFKO BS, CSCS

As the marathon season fast approaches us many of you will be competing in your first marathon. So what pace should you attempt to maintain for a race you haven't tried before? There are several formulas available for predicting marathon times. One is based on multiplying a recent 10K time by 4.65. For example our 43:00 10K runner would yield 43×4.65 or about 200 minutes which is 3:20 for the marathon. Another method is simply to add 20 seconds per mile to your pace for each time you double the distance. Thus a 7:00 per mile 10K yields 7:20 for 20K and 7:40 for 40K. Our 43:00 10K time predicts just over 3:20 for the marathon, which is 42K, using this method. We get similar times with each calculation. Of course, the formula assumes you are putting in the required distance work.

Tips for Marathoners

Participating in this season's multitude of marathons you may be wondering whether you're ready to take on the "big one." If so, do it wisely. The route

is littered with the fallen who were unprepared, overtrained, injured, or just mentally beaten. Here is the wisdom you need to make your training successful.

Commit yourself. Run your first marathon for the right reasons. You must want to run the marathon for yourself, not for anyone else.

Loosen up. Following a recipe is fine, but everyone is different. Adapt your training to your ability and time. Don't stick rigidly to anyone's training schedule.

Seek support. Look for others to run with of similar ability. Join a class or a running club. Long runs go more smoothly if you don't have to tackle them alone.

Get smart. Marathonng is a mental discipline as much as a physical one. Read books. Attend clinics. Get advice from experienced runners and coaches.

Don't overtrain. Twenty miles is plenty for your longest training distance. Save the sacred territory of 20 to 26.2 miles for the race.

Practice hard. Success requires hard work.

Train thoroughly. Shortcuts don't work. You can't cram for a marathon.

Pretrain. Your first job is to build an adequate base. Proper base training will help prevent injury.

Try it out. Test drive anything you might encounter on race day-shoes, socks, sunglasses, sports drinks or gels, pre-race meals, different weather conditions, terrain-absolutely everything you can anticipate. You don't need any unanticipated surprises on race day.

Drink up. Learn how to drink on the run, and how to stop running to drink more. Depending on your pace, you may want to practice eating on the run as well.

Watch your weight. Seek an ideal weight for your height and build. You don't want to carry extra pounds, but you also don't want to lose too much weight or risk dehydration.

**Attention 13-14 year olds:**

Whenever there are two distances listed on the Gold Cup schedule, the 12 & under will always do the shorter distance (5k or less), and the 13 & up will always do the longer distance. Watch for this at these races: LaPorte, Run For Shelter, Extreme, Munster Rotary, Panther Pounce.

Save these dates:

April 18 - Taltree Ten, Valparaiso
Youth Program Fundraiser
All Jr Striders to volunteer
contact sue_brown@juno.com

May 18 - Track & Field
1st week of practice
Mondays & Wednesdays tentatively

June 27 - AAU District Meet
12 & under
Hammond Morton High School

June 28 - AAU District Meet
13 & over
Hammond Morton High School

At most races, look for the Jr Strider warm up group forming near Strider table about 20 minutes before race start.

COACH SUE**THIS & THAT****BY ALL OF YOU**

Correction to March 2009 INSTEP: The article "The Little Girl In Blue" was submitted by Misty Chandos and written by David Mauger.

.....
We have 3 Strider Board Members who will be attending the Road Runner Club of America Convention in San Francisco to gather information and bring it back to help with growth and improvements for our club.

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A big THANK YOU to all of the volunteers, at the AAU meet in February. The meet ran smooth, with all of your efforts. A special shout-out to Sue Brown-Nickerson, Steve Kearney and Joe Mis, for a well run meet.

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Thank you to Darrell Hale for Directing traffic at the Spirit Run when the police were called away.

It is so good to see Art Bretz racing again. Art suffered from a bone marrow disease, myelo, and nearly died. This past August he had a bone marrow transplant, returned to training, and completed his first 2009 race at the Spirit Run - healthy and smiling. He also announced he would be marrying fellow Strider Nadine Bellina on May 3, 2009. Congratulations Art and Nadine!

Surfacing at the Irish Run, after a 7 year hiatus, past board member Rick Draves returned to the racing scene. Rick, his wife Vivian, and son Deacon now 7 yrs old reside in Porter, Indiana. Welcome back!

New to the racing couple category is Amber Crews' husband (Bob) of Highland. Congratulations on completing in your first race at Runnin' with the Irish 5k!

Sue Brown-Nickerson

Rules of the Road

As we have many new members, please help pass along the rules of the road. At the start line of a race look around, if you see someone with a bib number on their back advise them to put it on the front. This is used as a manual back up for timing. If you look down and see someone is missing a chip on their shoe, let them know they need it so that the time they run will be counted. No Zig-Zagging, this is how many younger children run. Parents, please stress running in a straight line and to starting off farther back in the pack. We had a few children fall down during a recent race when their feet were tangled up with adults while zig-zagging. Also, an adult went down when a child came to a complete stop less than 3 minutes into the race. We want everyone to be safe!

Michele Hale

**BOARD MEMBER EMAIL ADDRESSES**

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

Check Out Our Site: WWW.CALSTRIDER.ORG

GOOD LUCK

TO THE FOLLOWING AS THEY PREPARE TO PARTICIPATE IN THE

113TH BOSTON MARATHON

ON APRIL 20, 2009!

JEN ADDISON

CASSANDRA ROZYCKI

DAN GOVERT

CHANBO SIM

ROSE NYENHUIS

JILL STORM