



PRESIDENT'S MESSAGE

MAY GOLD CUP
SERIES EVENTS :

Run For Shelter 5 Mile
Saturday, May 9

8:30 AM

First Presbyterian Church
Valparaiso, IN

Gallery Gallop 5.5 Mile
(XYZ Trail Race)

Saturday, May 16
6:30 PM

Lake Street Beach
Gary, IN

2 Big Hearts Foundation 5K Run

Saturday, May 23
8:00 AM

Long Beach Community Center
Long Beach, IN

Memorial Day Trail Run Xtreme 12K

(XYZ Trail Race)
Monday, May 25

9:00 AM

Imagination Glen Park
Portage, IN

Field Station Frenzy 5K (Trail)

Saturday, May 30
8:30 AM

Coffee Creek
Chesterton, IN

Thank you to all that came to volunteer at the Valpo Mini Striders mile 2 water stop. They were VERY ENTHUSIASTIC as well as prepared. You all deserve a pat on the back for doing a fantastic job!

We need to keep in mind that without volunteers we would not be able to participate in this sport that we are all involved in for one reason or another. There are many volunteer opportunities in the year ahead and you can give back to the sport. Speaking of which, our outdoor AAU meet is fast approaching! We really need your help please contact Dan Sturgell at jacdan2@comcast.net.

Be on the look out for NEW Strider merchandise that can ONLY be purchased by using Strider Bucks! You can earn Strider Bucks by volunteering at the AAU meet.

We will have other upcoming social events other than races, such as a Rail Cats game. This is a great way to spend time with your friends and family who support you throughout the year as you fill your passion buckets with many logged miles.

As Marathon training nears here are a few recovery tips:

- ◆ Give yourself at least one day of COMPLETE rest per week.
- ◆ NEVER do two hard track sessions on consecutive days.
- ◆ Always err on the side of too much rest between intervals.
- ◆ Take an ice bath to assist in recovery.
- ◆ Get a sports massage- it's well worth the cost.

Last month, along with fellow Board members Sue Brown-Nickerson and Mary Zemansky, I attended the RRCA Convention in San Francisco. It was a beautiful location. We attended many classes to help with the growth and future of the Striders. We also participated in a 10 mile race that crossed the Golden gate bridge twice. I think Sue and I were the only ones running with cameras, and we managed to get pictures of Mary during the race. Thank you to all who participated in the silent auction to help us attend and to Mary and Sue who made the weekend memorable and fun.

I have learned more about myself and about how far I can push myself with running than with anything else. Hitting the pavement can help bring balance to hectic stressful lives.

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STRIDE ON!

Michele



In Memory

It is with much sorrow that we share the news of a death in the Strider Family. Pio S "Robert" Villegas passed away on March 21, 2009 after suffering a heart attack following the LaPorte Y.M.C.A races. He was born on May 24, 1948, in El Tunal Guanajuato, Mexico. He was a resident of Brook for 32 years. He was married to Glenda J. Stout Villegas on July 25, 1975, in Danville, Ind.



VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. We rang in Spring with three YMCA sponsored races in a row. The Valparaiso Ringing in Spring 5K was the 8th anniversary for Strider members Clarence & Wanda Melion. They were married after the 5K eight years ago by another Strider, Pastor Duane Schmidt. It was a fun day to remember for all who were there. It was great to see so many Striders at the LaPorte YMCA and Crown Point YMCA Hub Run and welcome to all our new members.

Many thanks go out to Michele Hale, Mary Zemansky and Sue Brown-Nickerson for their leadership and commitment to our board by attending the RRCA National Convention in San Francisco. The valuable information they learned will help our club continue to grow and stay within proper guidelines.

Congratulations to our "I wore my Striderwear" winners: LaPorte YMCA, Donavon Holderread and Roger Steffen, Ringing in Spring, Jay Rivera and Sherry Robison and Hub Run, Brian Huber and Ray Carey. They each won a Strider towel or fuel belt. They, along with all who entered at those races, are eligible for the free Strider Family Membership

drawing. 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 year's banquet.

I still have trophies that need to find their homes. I will not bring them to all the races, so please contact me at VP@calstrider.org to arrange a race that you will be picking them up at.

Enjoy the journey in each race!



MEET A STRIDER

JOHN ARREDONDO

Name: Bryan Kerstell

the Striders and hope to meet many more.

Besides Running: I enjoy just about any type of adventure. My girlfriend and I go on several adventures throughout the year. Our adventures include snowshoeing, snowboarding, kayaking, rock climbing, bicycling, triathlons, adventure racing and mountain biking. We try to add to that list every year.

Bio: I am 31 years old and I live in Valparaiso. I grew up in Highland, IN. I work for an electrical automation company (Crown ESA) where I am an electrician. I have two four-legged children with fur, one dog Dixie and one cat Sammy. I have a girlfriend, Deborah Brann, who has been a great running and training partner since we met over two years ago. She has been a wonderful inspiration to me and a very strong woman.

Favorite Strider Race/Event: The Memorial Day 12K Extreme Run. I love running in the mud as it makes me feel like a kid again!

Most Memorable Run: It was the Tecumseh trail marathon. It's like you are running in the middle of nowhere. It's very quiet, scenic and the food at the end is great.

Words of wisdom: When packing for a race Jack Potter, an old running friend, always says, "Bring everything". How so true.

Strider Membership: I have been a Strider for about two years now. I have met many new people through

Running Goals: Last year I reached my goal of a sub 20 minute 5k race (19:35). I hope to beat this time this year as well.

Nominate a Strider:
news@calstrider.org



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A big thank you to everyone for your support for either participating or volunteering at the Taltree Ten benefiting the youth programs and scholarship fund. A full volunteer report and sponsor shout out will be posted in next month's newsletter as this newsletter was printed prior to Taltree Ten race day.

Jr. Strider Track practices begin the week of May 11th and thereafter (See insert).

2Big Hearts 5K, May 23 Michigan City -This is a diverse and hilly course. Cost is \$20 if pre-registered by May 18 otherwise \$25 on race day.

Memorial Day Trail Run Extreme Gold Cup, May 25 - Cost for 13 and older doing 12K is \$18 postmarked by May 13, 12 and under doing 1 mile is \$8 postmarked by May 13.

Munster Rotary Run A Round, June 13 - Cost for 13 and older doing 10K and 12 and under doing 5K is \$14 for early entry.

Kudos to Tim Huber, Kevin Mangel, Liz Schlichting, Andrew Jankowski, Allison Rockley for achieving personal bests at recent races.

Also, congratulations to Tim Huber, Kevin Mangel, and Liz Schlichting (13-14) of Porter County who completed the Valpo Mini Marathon. Although not Tim's first half-marathon, he increased his personal best by nearly 7 minutes winning the 19 and under age group. For Kevin (1:49) and Liz (1:55) this was their first half marathon and had fun training together. Kevin and Liz are also accomplished swimmers in the Valpo Swim Club!

Remember to notify the webmaster when you post a personal record to be recognized for your accomplishment.

See you next month,

COACH SUE

THIS & THAT BY ALL OF YOU

A BIG "Thank You" to the following who volunteered their time to make the Calumet Region Striders Mile 2 water stop for the Valpo-Mini the best!

- Mitch Semans - Cindy Ryman
Deb Bordowitz - Renee Moreno
Carol Magill - Tom Magill
Polly Theising - Wanda Melion
Clarence Melion - Mark Fisher
Scott Fisher - David Chary
Bob Edwards - Pat Kunkle
Jere Kunkle - Bill Sandberg
Alan Sandberg - Jim Nickerson
Sue Brown-Nickerson
Robin Benson-Harvey

Many apologies to Rose Nyenhuis, Chanbo Sim, and Jill Storm for the misspelling of their names in the April 2009 INSTEP.

Holly Plew

Congratulations to David Mauger on his 3 straight Boston Marathon qualifying times in 3 months in 2008.

- What a great accomplishment!
The 1st a 3:44:29 in Chicago, IL in October 2008
The 2nd a 3:42:03 in Tulsa, OK in November 2008
The 3rd a 3:39:12 in Baton Rouge on December 6, 2008

We wish Savannah Ronjak a fast and speedy recovery with her chipped ankle.

Michele Hale

I want to thank all the striders who contributed to the gifts in recognition of my completion of the fifty marathons in all fifty states. I also want to say thanks for all the support I have received over the past four plus years on my marathon a month quest. For the record the quest stands at 53 months at the March 29th Knoxville, TN marathon.

Douglas "marathon man" Walter

Jim Jones of Valparaiso had hip replacement done on February 9 at Central Dupage Hospital/Rush. After 8 weeks he is doing fine, and has returned to biking, swimming, walking, but absolutely no running - for at least a year. Jim's future will most likely be marathon-less, but he is hopeful to attempt a half marathon and shorter trail distances but is in no hurry. He returns to work on May 11th at McGill Manufacturing in Valparaiso.

Congratulations to Steve Kearney for receiving the Teachers of Excellence Award in the month of March presented by the Times. He and his wife, Martha, live in Chesterton and have four children. He has a Bachelors degree in math from Ball State and a Masters degree in math education from Purdue University Calumet. Kearney teaches math, algebra and geometry. His Classroom Motto: "Stride On"! Sue Brown-Nickerson

Congratulations Pastor Duane Schmidt on your retirement. We thank you for allowing our Board to hold meetings at your church.

Robin Benson-Harvey

UPCOMING RUNNING PROGRAMS

The Beginning Running Program begins May 14, 2009. The goal race is the Portage Nativity 5K on July 5, 2009. Sign ups will take place in the lobby at Nativity Parish on May 7 and May 14. (See the backside of the race flyer insert). The program will include weekly group runs twice a week, coaching led by certified running coaches, Nativity 5K race entry and t-shirt, 2009 Calumet Region Striders membership, and a complimentary gift from the Striders.

Program cost for Calumet Region Striders members is \$35 and for non-members is \$50.

Program Leader Contact Nikki Huber: hubbn5@hotmail.com

Are you ready to take the next step to the 5 miler from the 5K?

Fleet Feet Sports is offering a 5-mile training program beginning in May. The goal race is the Buckley 5-miler on July 25, 2009 in Lowell.

The cost of the program is \$75, which includes coaching, group runs, moisture-wicking T-shirt, and educational clinics.

Sign up and orientation meetings are at 6 pm on May 14 and May 19 at Fleet Feet Sports in Schererville, IN.

Contact: misty@feetfleetsports.com

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OVER 80—IT'S ANYONE'S RACE!

SUE BROWN-NICKERSON

More older Americans are exercising regularly than ever. By 2010, a quarter of our population will be older than 56. (Run USA). After talking with two of our 80+ senior citizen dynamos, they easily put running into perspective. The lifestyle of keeping fit, socialization among friends, and the joy and frustration of competition; yes, running is still very important to them. How many runners do you know that can say they began running and racing while Harry Truman was President?

Chesterton resident Tom Magill's wake up call came in Vegas where he was admitted to the hospital for 8 days, intensive care. He was 215 pounds. His job called for a lot of travel, but thereafter he always packed his running shoes to Mexico, Canada, Australia, Japan, Ireland, England, Bahamas, Bermuda, and many places in between, including Saugatuck, Michigan where he ran his first half marathon and met his wife Carol. They have been running together for more than 25 years since. A lot of his wheels have "fallen off" in his 45 or so years of running and plantar fasciitis has kept him from running for almost a year. Tom finds it hard to run, but not being able to run as being much harder. His inspiration: Mike Jones - "I have no idea how he does it, he never gives up." His favorite race: Mackinac Island 8mile - ask him why sometime. The future: Never, ever, give up. Having so many friends in so many age groups makes it all worth the effort. "I'll have plenty of time to play bingo at the senior center when I really get old."

Jo Presser of Michigan City is a former ranked UST&F competitive racewalker. At one time in her career, she was ranked 5th in the US. She has held many records for various distances -12 hr, 24hr, 50K and 50m. She quit racewalking competitions because she got tired of the judging - it was very particular, stringent, and the rules were changing all the time. She now enjoys a run/walk pace and participates to stay healthy. She travels often and vacations in warm race destinations. This past Winter she attempted a second effort to complete the Disney Goofy Challenge (half marathon one day, a full marathon the next day), but was unsuccessful. Near mile 20 she could barely walk straight and had to stop. She doubts another marathon is in her future. Her non-runner senior citizen friends think she is crazy, but she is extremely grateful that exercising has allowed her to keep a sound mind and active lifestyle at her age. Now, how many runners do you know can say they auditioned for the CBS Survivor Show not just once, but twice, and at an age over 80?

Hopefully we too can join their age group one day.
Stay focused, take your time getting there, and never, ever give up!

Check Out Our Site: WWW.CALSTRIDER.ORG

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