



VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. The official kick off to summer on Memorial Day weekend has two races, the 2 Big Hearts and the Xtreme Trail Run. As the weather warms our club membership grows with returning members and many new members. Welcome all! Remember, it is easier to meet new members when you're wearing Striderwear. As the sun stays out more also remember to wear sun-block and hydrate.

Also, one of the signs of Summer is the Indy Mini. Congratulations to all our Striders who competed in the mini. It was nice to see many of our Striders in the

press with their impressive feats at the mini making the top 500. Big congrats to Jeff Mescal who placed 72nd out of 30,000 runners.

Look out for Strider outings that will take place this summer. We have our picnic after the Munster Rotary Run a Round. We will have an evening with the Railcats in July and a day at Deep River Water Park. We hope to see you at one or all of these events.

Congratulations to our "I wore my Striderwear" winners: Taltree Ten were Dylan Logsdon and Alek Seeley and at the Spring Fling Ramp Run were Thomas Nedza & Bill Moylan. They each won a

Fuelbelt. Look out for new raffle prizes. They along with all who entered at those races are eligible in the free 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 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 to arrange a race that you will be picking them up at VP@calstrider.org.

Enjoy the journey in each race!



MEET A STRIDER

JOHN ARREDONDO

Name: Deborah Brann

Bio: I live in Valparaiso. I work at St. Anthony's in Crown Point. I am presently endeavoring to get out of healthcare. To that end, I am working toward a master's degree in Forensic Accounting as a means of using my law degree without the stress and hours of a traditional law firm job.

Strider Membership: I ran Cross Country and track thru High School and freshman year of college (Bradley University in Peoria), then fell away from running. I tried to get back into running several times since college without much success. Two years ago, I got up the nerve to begin attending a weekly fun run at The Human Race in Valpo. There, I met Betty Funkhouser and other Striders, including my boyfriend Bryan Kerstell, who readers met last month. I was encouraged to join the Striders and begin racing again. Having a group to run with

and provide encouragement helped me to get over the hump and find new motivation to train and race, despite the inevitable sore muscles and joints. I am now both a Strider and a member of the Dirty Red Racing team.

Most Memorable Race: The 2007 Tecumseh Trail marathon. This was my first marathon in 25+ years. I was able to keep up with Betty, Misty Chandos and several other Striders and felt great even at the finish. So far, that race remains my best marathon effort as well.

Running Goals: My focus is on trail races, marathons and ultras like the HUFF and Dances With Dirt. My present goal is to run a sub 4:00 road marathon and from there a Boston qualifying time. So far, my marathon times have been going opposite of the desired direction. But, I remain hopeful of finding a training, core work, and nutrition plan that works. In addition, my goal for this year is to afford a proper road bike so I can

improve my triathlon times.

Besides Running: I enjoy reading--mostly mysteries and science and fantasy fiction. In addition, I am always up for new outdoor activities such as hiking, mountain biking, rock climbing, kayaking, and skydiving (I earned my Airborne wings while in ROTC in college).

Words "On the Run": I have a job and a pretty secure one in healthcare. I should be grateful--and I am, when the rent or NIPSCO bill is due. However, I cannot help but feel that I am wasting my talents and my life in my present occupation. Running is a stress relief that makes work somewhat more bearable. Facing one's fears and fatigue on a regular basis allows me to feel that I am growing and bettering myself in at least one area of my life.

Nominate a Strider:
news@calstrider.org



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TALTREE RECAP

Without hardworking and aggressive leadership at the helm, it is difficult to have a successful fundraiser. In the case of Taltree 10, the race committee consisted of 5 Strider members that put in long hours of preparation with planning meetings, community networking, volunteer recruitment, and race day preparations to give participants a positive race day experience. The race proceeds benefit the Strider youth programs and scholarship funds. A portion of the proceeds are given back to Taltree Aboretum & Gardens as a thank you for allowing us to use their beautiful landscaped fields and trails. Beautiful weather helped this race reach its highest participation rate ever - 350!

A special thanks to the race committee, Todd & Heather Henderlong, Jim & Sue Nickerson, and Nicolette Huber, for all you do to make this race one of the finest & unique in the Northwest Indiana!

THANK YOU TALTREE

VOLUNTEERS - We could not have done it without you!

Dave Ahner, Melissa Arredondo, Beehn family, Buckman family, Crossin family, DeTorrice family, Bob Edwards, Emery family, Donna

Estrada, Alicia Ramirez, Hudson Evans, Fisher family, Pam Fletcher, Jane Fuller, Garner family, Darrell Hale, Hart family, Henderlong family, Huber family, Jankowski family, Wanda Melion, Allison Mundell, Chuck Lansdowne, Lawless Family, Magill family, Mangel family, Mariah Mateo, Meece family, Moreno families, Nickerson family, Novak family, Lathrop family, Ramos family, Lynn Reichle, Rodenbucher family, Jane Schlichting, Semans family, Sechrist family, Alek Seeley, Solis family, Karen Spoor, Dan Sturgell, Ellen Treacy, Turek family, Villarreal family, Walsworth family, Weissbeck family.

PLEASE PATRONIZE OUR TALTREE SPONSORS: Ricci Landscape Services, Hebron; Lakeshore Bone & Joint Institute, Chesterton; Scannell Wealth & Management, Valparaiso; Hoepfner, Wagner & Evans, Valparaiso, Vale Park Animal Hospital, Valparaiso, R&P Heating & Cooling, Valparaiso, Cosmopolitan Dentistry, Valparaiso, Barney & Pendleton Group, Valparaiso, Soft Touch Car Wash, Valparaiso, Dental Arts Group, Valparaiso, Sandbergs Service & Towing, Valparaiso.

JR. STRIDER NEWS

**Hersheys Track & Field Meets for ages 14 & under
June 3rd 5pm at Lake Central High School; or June 17th 5pm at TJMS**

You can participate in one or the other, but not both. Entry fee is FREE. Top 3 finishers & top relay qualify for Hersheys State Meet on July 11th weekend in Lafayette, Indiana. See Strider Coach or sign up on race date at the event site. Also: exhibition event 50m dash & field event for 8 & under.

AAU TRACK SPIKE FIT NIGHT - Tues June 16, 2009 5-7pm at Feet Fleet Sports, Schererville.

Go through personal fitting and sizing process by Feet Fleet team members. Based on their findings they will recommend the spike that may work best for you - sprint/distance.

MUNSTER ROTARY CLUB RUN-A-ROUND (6/13)

13 & over need to complete the 10K for points. 12 & under complete 5K for points. Strider Picnic afterwards - remember to RSVP in advance.

MICHIGAN CITY ZOO RUN (7/11) 9:00 AM - Register before July 4th for optimum race discounts!!

With \$2.00 elementary discount, Jr. Striders can run this race for \$4, and adults can race for \$5 without t-shirt if pre-registered!

COACH SUE

THIS & THAT

BY ALL OF YOU

On behalf of The CRS Board I would like to wish Cassandra much success and happiness as she relocates to Arizona. We will all miss you greatly! You have been a **VERY** positive role model to so many of us. We appreciate all your dedication that you have given us. Not only are you an awesome runner, tri-athlete, and IRON WOMAN, but you are very smart to pick a place to live that is warm enough to run outside all year long without your Gore-tex. Nothing but the best to you. Drop in at a race when you come back for visits.

Michele Hale

Join Fleet Feet Sports No Boundaries 5K Summer Program. Information/Sign-Ups June 9th at 6pm and June 11th at 6pm at Feet Fleet, Schererville. Goal Race - Hometown 5K - August

Our thoughts & prayers go out to Vicki (Smith) Seber on the passing of her husband Doug Seber.

We are still in need of Volunteers for the outdoor AAU meet. You will receive Strider Bucks for volunteering. Saturday morning shift pays DOUBLE bucks! Please contact Dan Sturgel @ jacdan2@comcast.net

Congratulations to Richard Gutierrez who graduated from Calumet College this Spring with his associates degree.

On the road to recovery: Todd Henderlong - recent arthroscopic surgery to his knee to repair torn meniscus and cartilage; Amy Rastovic - slipped in parking lot at Taltree prior to race and went on to complete the 10 mile race with scrapes to face and legs. Jr. Strider Allison DeTorrice fell at Ringing in Spring 5K and is in a cast with stress fracture to her leg and will miss track season.

Congratulations to the Jim Cox Scholarship winners!

Brianna Turek, daughter of Strider Bob Turek of Schererville, 2009 Graduate of Andean High School where she competed on the varsity cross country team. She will be attending Bradley University in Peoria, IL this Fall majoring in Health Science.

Megan Rodenbucher, daughter of Joseph Rodenbucher, Strider GC RD Dean Frigo Foundation memorial 5K and recipient of the Jim Cox Memorial Award for finishing all of the Gold cup Races in 2008. 2009 Graduate of Lowell High School and will attend Ball State University in the Fall.

A new daughter Jensen Elyse, born March 27th makes four for Tom Kekelik & family! Siblings Cami (10), Nate (9), and Carson (5) are having fun taking turns changing diapers.

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TOP NORTHWEST INDIANA FEMALE RUNNER
SERVES AS ROLE MODEL FOR STUDENTS SUE BROWN-NICKERSON

Watch for Karen as the Chicago AA Clif Bar Female Athlete in the June edition of "Chicago Athlete" after the following nomination letter from Sue Brown-Nickerson:

Marathons in big cities are famous, but did you know Valparaiso, Indiana has its own marathon? Finishers in all marathons run 26.2 grueling miles, but it took three weeks, not hours, to finish the annual Valparaiso Progressive Marathon, won by Karen Nagel of Chesterton, Indiana. This progressive marathon adds race times from races on the three successive Saturdays in April, the 5K Ringing in Spring; the 13.1mile Valpo Mini Marathon; and the Taltree 10 - the total distance equals 26.2 miles.

Nagel, 29, won all three races to defend her Progressive women's title by a whopping 42 minutes. "Completing the Progressive means a lot - I think it includes every hill in and around Valpo. It means you've conquered something." Nagel's race progressive times: 18:18 (5K); 1:25:13 (13.1); and 1:04:55 (10m) = 2:48:27 for a final marathon time.

Nagel has eight wins in nine spring races, including the Spring Fling/ 5K Ramp Run in Hammond, Indiana on April 25th to complete an April sweep. In addition, the Taltree 10 race on April 18th was the Road Runners Club of America's Indiana 10 mile state championship and was Nagel's first RRCA State

Championship title.

Please consider Karen Nagel of Northwest Indiana, for Chicago Athletes' Clif female athlete of the month. Nagel, who teaches chemistry at Valparaiso High School, routinely gets "shout outs" from the principal on morning announcements. Students ask her about races and they read about her in the papers. "I try to be a role model for students".

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