



VICE PRESIDENT'S MESSAGE

**JULY GOLD CUP
SERIES RACES :**

Brickyard Run 5 Mile

Saturday, July 4-7:30 AM CDT
Hobart High School - Hobart, IN

**Running Wild for the
Washington Park Zoo 5K
(Street/Beach)**

Saturday, July 11-9:00 AM CDT
Washington Park Zoo
Michigan City, IN

**Buckley 5 Miler
(Street/Trail)**

Saturday, July 25-7:30 AM CDT
Buckley Homestead County Park
Lowell, IN

**Friendship Race 5K
(Street/Trail)**

Wednesday, July 29-6:30 PM CDT
Wicker Park - Highland, IN

**JULY SPONSORED
RACES :**

Nativity Festival 5K Run

Sunday, July 5-7:00 PM CDT
Nativity of Our Savior Church
Portage, IN

HFA 5K

Saturday, July 18-8:00 AM CDT
Hammond First Assembly of God
Hammond, IN

**Red Dawn 5K (Cross Country)
(XYZ Trail Race)**

Saturday, July 18-9:00 AM CDT
Woodland Park - Portage, IN

Greetings from the back of the pack. The Summer solstice came on June 21st. Did you run on that day to help welcome Summer in? My first marathon was the Mayor's Midnight Sun Marathon in Anchorage Alaska which is held annually on the Summer solstice. In Alaska on this day they have 24 hours of daylight. So every June 21st I remember being in Alaska and doing my first marathon in what I vote as the most beautiful state out of the 50, and I have been to all 50 to say that.

We have lots of events going on and please check the website for all the info. If you are interested in getting a coaching certification. The RRCA for the second year in row will be offering classes here in Northwest Indiana, which is rare. This is thanks to our President Michele Hale who organized this event both this year and last. Our club needs certified coaches to help with beginner runner programs and youth programs. For this help the club will help offset the class fees.

Gold Cup premiums are in. They are lunch bags or beer coolers which ever you decide. If you are in the 2009 Gold Cup Series we have one for you to pick up. The Friendship race date was changed from the original GC schedule and will be on Wed July 29th back at Wicker Park. The Washington Park Zoo run in Michigan City will offer free admission after the race with your race bib as your entry. Notice the new location for the Brickyard Run on July 4th at the new Hobart High School.

We had a chilly Strider Picnic after the Munster Rotary Run around. But for those who braved it out we had a fun time. Congratulations to the raffle winners at the picnic that won Crocs runner relief shoes, the official recovery shoe of the Calumet Regions Striders. Great job Lisa Moreno for putting it together. Lisa has also organized our RailCats outing on Friday July 17th and a day at Deep River Water Park on Aug 30th.

Congratulations Karen Nagel as the June Chicago Athlete of the Month. I had her sign my copy, thanks Karen you're a Superstar! Thanks to Fleet Feet for hosting the National Running Day group run on June 3rd.

Many thanks go out to all our Strider Volunteers! Our club is really based on volunteering and without it we would not exist. Our Board, who keeps the operations of the club going, are all volunteers. Our coaches for youth and beginner runner programs are all volunteers. The transportation of getting the Gold Cup table and Striderwear to and from our races is all volunteered. Our awesome website with all the updates and data stored is all volunteered. Our events such as AAU meets and fun outings would not happen without volunteering. To be a volunteer in our club is to be a person who makes the Calumet Region Striders what we are today. Without each and every one of us we would not thrive. So please give of your time here and there and thank those who do. We also have new Strider goodies only available with Strider bucks, which can only be earned by volunteering.

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VICE PRESIDENT'S MESSAGE (CONTINUED FROM PAGE 1)

So I would like to thank a few people that have volunteered by association. That would be the spouses and family members of our board. They often get unknowingly volunteered to do many things. Thank you Darrell Hale, who just to mention a few of his duties over Michele's tenure as President, would be the Chicago Marathon Aid Station Captain who attends at least six meetings a year in Chicago and a background check to organize our CRS waterstop. He was our picnic grill master for several years. He often helps traffic control at many races. He transports more Strider boxes to and from events than he ever imagined. Most importantly he keeps our President grounded and supports her. Thank you Jesse Bernal who often takes phone messages and I can drop off important club business and he will make sure Cecilia, our Treasurer, will get it. Also her daughter Milagro Gonzalez who is usually by her mom's side at the Strider table to help collect member fees. Thank you Brian Huber and their boys Tim, Daniel and Joe who all help Nikki out as a family at many youth and beginner runner programs.

Thank you to Renee Moreno who helps out her sister Lisa with all the social events. Many thanks to Jim Nickerson who over many years has helped in too many ways to mention. He has been with Sue when she was president and now helps with all the youth programs. He transports equipment and has even stored it. Sue has developed our youth program from the beginning and Jim has been there to help the entire time. Thanks to Zann Wilson who allows Mike all the computer time he needs. Thanks to Jackie Sturgell who supports Dan with his coordination of volunteer events. Lastly, Thank you Adrian Harvey who helps me out. Last year as a Cox Runner he stopped at our storage unit every Friday to pick up all of the Golf Cup table stuff and get it to almost all of last years races and returned it after. Thank you to all of our spouses and families for supporting us when we are stressed out and being there when we needed you.

Congratulations to our "I wore my Striderwear" winners: Jose Lopez and Pam Fletcher at the 2 Big Hearts, Jean Jannasch and Casey Olah at the Trail Run Xtreme, Milagro Gonzalez and Jean Tolchinsky at the Field Station

Frenzy and Roger Steffen & Wanda Melion at the Munster Rotary Run who all won a Fuel Belt. They, along with all who entered at those races, are eligible in 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 years 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.

Lastly, please be aware at a recent Relay for Life running event the Post Tribune reported that locked cars were broken into. It appeared that runners cars were targeted because the thieves knew runners stored their wallets and purses in the car while they ran. Please be wise by not keeping valuables visible and locking car doors.

*Enjoy the journey in each race,
Robin*



PRESIDENT'S MESSAGE

MICHELE HALE

Summer has started off with a Spring like approach. Hopefully warmer and bright sunny days will arrive in the Midwest region SOON! Remember to stay hydrated as it has been humid.

Congratulations to all the Jr. Striders that participated in the outdoor AAU meet and thank you to all who volunteered. Check out the website for the NEW Merchandise that can only be purchased with Strider Bucks. We do still have Sunglasses for sale \$5 each to protect your eyes.

Despite the overcast rainy day many turned out for this years picnic & we had a really good time. Good job Lisa and Crew! Several participants won a pair of The NEW Prepair

Crocs. Congratulations, your feet and legs are going to love them.

We have a RailCats game & a day at Deep River Water park coming up, this is a nice way to spend a day with Family & your running family all in the same day, so get those RSVP's in!

Our website will SOON have a link to sign up for this years Chicago Marathon water stop, so keep a lookout for it if you wish to participate this year. Have a Safe & Happy 4th of July!

Need ice after a race or long run for those muscles that are pulling in two different directions? Try this: Take an 8-16 oz water bottle, pour about 10% out (so you have room for expansion) then freeze it, after you are done rac-

ing you can wrap it in a towel to ice down sore muscles. Especially great for Sciatic pain, you can sit on it as you drive home. After 20 minutes it usually has melted just enough to drink.

STRIDE ON!

Michele



Our thoughts and prayers are with Felisha and Dan Schuster and their family upon the loss of Felicia's daughter Alicia. With Deepest Sympathy from The Striders.



RRCA Coaching Certification Opportunity
August 21 & 22

Purdue University Calumet Hammond, IN

If you are willing to serve as an adult running program leader for two club programs within a two year period, the Strider Board may approve to reimburse you for any expenditures made on behalf of yourself for cost of the training and certification.

An application for Coaching Certification can be found on the website at www.calstrider.org.

Deadline to submit application: July 6th postmarked to
 CRS

P.O. Box 225
 Griffith, IN 46319

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 The **DeMotte Rotary Ramble 5K** on **August 8th**, and the **Indianapolis Fall Marathon** on **October 17th** are **RRCA REGIONAL CHAMPIONSHIPS**. Special Awards (RRCA inscribed plaque and a \$50 gift certificate from Sports Authority) will be awarded to both female and male Overall, Masters, and GrandMasters winners.

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 Sports Authority recently partnered with RRCA and became the official sporting goods retailer of RRCA. "Runners are involved in a variety of active lifestyle activities such as camping, fishing, golf, skiing and more" said Jean Knaack, RRCA Exec Director. RRCA will be providing running clubs and event participants with memberships, \$10 discount cards.

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 RRCA Club Running Magazine - look for its arrival in your mailbox SOON! Feel free to submit submissions of interest to your RRCA Indiana State Rep at sue_brown@juno.com.



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CAN YOU SPARE SOME TIME?
VOLUNTEERS NEEDED

FOR THE
AREA 10 AAU TRACK & FIELD JO NATIONAL QUALIFIER

FRIDAY, JULY 17—SUNDAY, JULY 19

MORTON HIGH SCHOOL, HAMMOND, IN

CONTACT DAN STURGELL AT [JACDAN2@COMCAST.NET](mailto:jacdan2@comcast.net) TO SIGN-UP



CHIP TIME VS GUN TIME, WHICH IS "OFFICIAL"?

TODD HENDERLONG

Every once in a while at chip timed races a dispute arises over which times should be used to distribute awards – the runner's gun time (the time from when the gun sounds to the time the runner crosses the finish line) or the runners net, or "chip" time (the actual amount of time it takes for a runner to cover the race course from start line to finish line).

The proponents of using net, or "chip" times argue that whoever runs the prescribed course the fastest should be the winner. And, while that point isn't completely without merit, others argue that a race is a battle between competitors, not a race against the clock. In other words, a race is a race, not a time trial.

So who's right? Here's what the United States Association of Track and Field, the governing body for the sport of distance running, has to say regarding the subject. According to USATF Rule 245.3 - The official time shall be the time elapsed between the start of the watches or timing devices resulting from an appropriate start signal and when the athlete reaches the finish line. The actual

time elapsed between when an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time. An additional note in the USATF Rule book states "Net times (the elapsed time between an individual's transponder generated starting time and finish time) shall not be used for any purpose."

The reasoning behind these rules is simple; a road race is a head to head competition between athletes. A race involves not just physical performance, but a high degree of strategy as well. Allowing runners to use net times could set the stage for runners to start several minutes after their closest competitors and create an unfair strategic advantage.

Picture this: 10 minutes into a race you see a rival competitor pull up along side of you. You slide in behind them and keep pace for the bulk of the race, managing to sprint past them at the finish. Now, just imagine how you'd feel when you found out the other competitor waited 15 seconds to cross the starting line and that by way of their net time they took first place in your age group.

Chip timing is a tremendous plus for road races. It has countless advantages over other manual timing methods. It can record and score an insane number of finishers at one time (300 per second) and produce extremely accurate results incredibly fast. It can record and tabulate split time around the course. It also lets someone looking for a PR the chance to wait for the initial crowd at the starting line to thin out before starting a race. And, at very large races when it can take several minutes to cross the starting line it can provide runners with their actual running time. But, for all of the advantages the technology provides it shouldn't be used to negate the true spirit of competition.

Just remember, when the starting gun goes off the winner of a race is the first one to cross the finish line. The only records that get set with net times are personal records.

(Reprinted from December 2008, IN-STEP, Volume 30, Issue 12)

2009 LAKE COUNTY JR. STRIDER TRACK & FIELD PROGRAM SUE BROWN -

Our 2009 Lake County Junior Strider Track & Field program is off to an OUTSTANDING start!

Twice a week, the Lake Central High School track comes alive with 60 Junior Strider team members, and 14 volunteer Strider coaches, in lively practices focused upon the fundamentals of track and field. On June 3, the team had an opportunity to shimmer

and shine at the Hershey Meet hosted by the Schererville Park District. There was a parade of Junior Striders receiving awards including 32 individuals and 6 relay teams who have qualified for the Hershey State Championship in Lafayette July 11!

The team is enthusiastically looking forward to joining forces with the Porter County team at the AAU Meet on June

27-28, and competing alongside their teammates and friends.

Even more impressive than the team's athletic accomplishments is the outstanding spirit and character of our young athletes. We can all rest assured that an exceptional generation of new Striders is poised and ready to lead us into the future for years to come. - Mike Willis



BEGINNING RUNNER PROGRAMS

Spread the word! It is time for another fabulous beginner runner program!

The target race for this event is the Omni 41 Pumpkin Prance 5K, which is held Saturday, October 3. The twelve week detailed training program will be led by RRCA certified coach Frank Johnson.

The fee for this program is \$50. Which includes membership to the Striders, a complimentary gift, detailed and inspirational coaching from qualified individuals, as well as the entry fee for the race.

So spread the good word and lets get everyone running in October. Sign ups will be held at Omni 41 on Tuesday, July 7th and Thursday, July 9th at 6:30 pm.

Thank you, Frank Johnson

Porter County Beginning Running Group

The Porter County BRG goal race is Nativity 5k Run/Walk on July 5, 2009 at 7pm. We are now in week 5 with only 3 weeks left. These are the following runners that are dedicated and motivated on reaching their goals: Yolanda Monahan, Julie Fancher, Norma Sanchez, Shannon Trager, John Coryell, Kaitlin Coryell, Toby Smith, Heather Welsch, and Carter Welsch. Please give them a warm Strider welcome when you see them at races. Remember you can do anything you put your mind too!!!!!!

I also want to thank the pacers that have come out to help me on Thursdays and Sundays: Brian Huber, Lisa Harrison, Jenny Timm, Carol Magill, Polly Thiesing, Sue Brown-Nickerson, Jim Nickerson, Melissa Kirk, and Norm Williams.

Nikki Huber



JR. STRIDER TRACK SEASON IN FULL SWING

With the youth program experiencing an explosion in membership with our biggest season turnout ever at approximately 120 kids total for both counties (nearly 45 kids being first timers, and 15 kids being 8 years or under in Porter County alone) - the head Coaches have been challenged to providing quality practices and training sessions for all.

In Porter County, the practices were split into two sessions, with the 13 & older kids practicing one half hour ahead of the 12 & under due to the large turnout. The Porter County team consists of student athletes from Chesterton, Valparaiso, Portage, Hobart, Union Mills, and even as far as Wheatfield & Winamac, Indiana. Unlike the past where the Striders Jr. Team were only known for their long distance specialists, our Jr. Strider team can now

boast of high jump specialists, shot put specialists, sprint specialists, middle distance specialists, as well as our already nationally recognized long distance specialists. There is something for everyone to try at Strider Track!

At the time of press of this newsletter, the Valparaiso Hersheys Meet had just been completed, and 63 of the nearly 100 participants were Jr. Striders. Like Lake County, there will be a large contingency of Strider blue running for state awards in Lafayette, Indiana on July 11th! Best of Luck to you!

It's not only an amazing learning curve for the first time athletes, but for the entire coaching staff too. We are fortunate to have experienced volunteer coaches that are either certified or have coaching experience from area schools, and coach assistants willing to help and learn from the veterans. We all learn from each other and this makes our programs stronger!

I would like to THANK and ACKNOWLEDGE THEM for their time and dedication to the team. They are: Sue Brown Nickerson & Steve Kearney, head coaches Porter County, and their Coach Assistants: Mitch Semans, John Arredondo, Jim Nickerson, Joel Davis, Leo Frey, Rick Dawson, Steve Barthlomew along with team mom Robyn Walsworth was a huge help with team paperwork. Also: Mike & Jayne Willis, head coaches Lake County; and their Coach Assistants: Angela Buckman, Terry Clark, Amber Crews, Rich Gutierrez, Tom Kekelik, Linda Kovacs, Duncan Marriott, George & Linda Ramos, Jim Raymond, Richie Shields, John Tazbir, and EJ Willis.

Thank you again, and your Striderbucks will be forthcoming!
Up Next Month: Complete AAU District Meet Coverage and Results; AAU Regional Qualifiers; Season Highlights.

COACH SUE



THIS & THAT

BY ALL OF YOU

"ASK CRAZY LEGS"

segment debuted on local radio station 89.5 FM Chesterton, IN on June 9th from 8-8:30 am CST or streaming on the web at www.vocalo.org.

Please send me your running or fitness related questions maybe I will answer them on air.

Paul E. Stofko, BS

Has your child outgrown their Jr. Strider uniform?

I have families looking to borrow gently used Jr. Strider uniforms. If your uniform was worn only once or twice, contact sue_brown@juno.com for small rebate or trade in.

Thank you Valpo Hershey Volunteers: Dan Sturgell, Jere Kunkle, Donna Seeley, Mitch Semans family, Lambert/Stiller family, Gill family, Carol Magill, Polly Theising, Theresa & Jordan Chester, Joel Davis, Steve Kearney, and our one and only Joe Mis!

I wanted send a big THANK YOU to Frank Johnson and Misty Chandos for organizing and running the Beginner's 5K programs and to let them know their coaching efforts do not go unnoticed.

I joined the Beginner's 5K program this past January, where we were given a training schedule, membership to the Calumet Striders along with great training tips and seminars. The discipline of following the training schedule and the camaraderie that is felt by meeting every Saturday morning, especially in the freezing weather, was very motivating! So much so that I just completed my first half marathon in June! So "Thank You", Misty and Frank. Your dedication and passion (which is contagious, by the way!) for the sport is very much appreciated!

A special thanks to my marathoning husband, Mike, who ran the half with me at my s-l-o-w pace!

Deb Bordowitz

Congratulations to Jean Tolchinsky on her completion of the Avon Walk for Breast Cancer. Jean raised \$4000 this year, and the entire Chicago walking group raised \$7 million. Great job on completing the 39.3 mile walk!

Who would of thought that a Strider bag left in a parking lot after a Gold Cup race with \$50 in it and no identification would ever be seen again...Well, thanks to Edward Hernandez and Jose Garza, fellow Striders, it was returned with all of its' contents in place. Not knowing who it belonged, they brought it to the next Gold Cup Race and it was reunited with its' owner, Polly Theising.

Thank you guys so much! Polly

Fleet Feet's August 4th 6pm Poker Fun Run is sponsored by the Striders. Raffles & prizes. Bring a friend to join the Striders for only \$10 good that night only. See flyer insert herein.

Portage Running Group has selected to run at Chellburg Farm in Porter each Thursday at 6pm in July. From Route 20, turn north on Mineral Springs Road and turn left into first parking lot/shelter area. Anyone welcome!

Congratulations to Justin Moreno for running his very first 10k race at the Munster Rotary Run Around!

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UPCOMING STRIDER EVENTS



***A Night Out With the
Gary Southshore RailCats***
Friday, July 17, 2009 at 7:00 PM

Tickets are \$9.00 per person
For tickets, please send your RSVP and
payment to Lisa Moreno no later than
June 30, 2009.

***A Day In the Sun at
Deep River Waterpark***
Sunday, August 30, 2009 at 10:00 AM

Price is \$16 for adults/
\$9 for children under 46 inches
RSVP to Lisa Moreno no later than
August 12, 2009.



PICNIC RECAP

LISA MORENO, SOCIAL & SPONSORSHIP

This year's annual Strider picnic took place at the Munster Community Park after the Munster Rotary Run Around. Although I was keeping my fingers crossed for good weather, mother nature had her way. Despite the rain drops and cool breeze, we managed to have nice time anyway. Some of the highlights were the games, snow cones, cotton candy and receiving this year's Gold Cup premium! After the picnic was over, I realized that for as many Strider picnics that I attended, I never realized how much planning and hard work goes into each Strider social event. Sure it's a lot of hard work but I feel so rewarded when I see everyone laughing and having a good time. I hope to continue to make each of our Strider events more enjoyable to everyone, so I welcome any comments or feedback that you may have.

A very special thank you to my picnic committee: Dave Edwards, Christine Textor, Brian McCarthy and Renee Moreno for assisting me in coordinating the picnic. I couldn't have done it without you! I would also like to thank Bakker Produce for donating the apples for our apple bobbing contest this year, your donation to the Calumet Region Striders is very much appreciated.

Check Out Our Site: WWW.CALSTRIDER.ORG

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