



PRESIDENT'S MESSAGE

SEPTEMBER GOLD CUP SERIES RACES:

Tower Run 8K
 Beach/Trail/Street
 (XYZ Trail Runners Race)
 Sunday, September 20
 9:00 AM CST
 Washington Park
 Six On the Lake
 Michigan City, IN

**Calumet Memorial Park District
 Mini Marathon**
 Sunday, September 27
 8:30 AM CST
 Memorial Park
 Calumet City, IL

SEPTEMBER SPONSORED RACES:

Puckerface 5K Race
 Saturday, September 12
 6:00 PM CST
 Main Square Park
 Highland, IN

Wolf Run 5K
 Saturday, September 19
 9:00 AM CST
 Wm. Powers Conservation Area
 Chicago, IL

Foxwood 5K Run
 Saturday, September 26
 8:00 AM CST
 Foxwood Estates
 Schererville, IN

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Scheduled annually on the third Friday in September, which will be September 18, 2009 this year, the Road Runners Club of America will promote the 4th Annual National Run@Work Day. The goal of National Run@Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. A Run@Work Day event can be hosted by a running club, an individual, or a corporation. Run@Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. A Run@Work Day event can be as simple as taking your co-workers out for a lunch time walk or a Run@Work Day event can be an afternoon fun run designed to bring out hundreds of people in a community or a company. The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children.



This year we will award prizes to the top three Strider Members that submit 100 words or less what they did to participate in Run @ Work Day. All entries must be post marked by Monday September 7, 2009. Submit to:

CRS PO BOX 225
 Griffith, In. 46319

You can go to the RRCA web site directly from ours and get ideas on how to promote and organize an event for this day. Be creative, motivational, and inspiring to others who may not realize all the mental and physical benefits from just 30 minutes of working out. We were all beginners at one time.

Not many spots are open for Volunteering at The Chicago Marathon Mile 5 Water stop, so if you are planning on participating this year register SOON! All participants receive a Nike Hat & jacket. You can find a direct link on our web site and directions on page 6 of this Instep newsletter.

We have 10 MEN still in the running for The Jim Cox award. Keep it up guys you are almost there!

If you are participating in The Long Distance series get your applications in.

Poor posture makes poor running form. See, your mother was right all along.

STRIDE ON!
Michele





Greetings from the back of the pack. In June the Porter County Jr Striders and a group of adult Striders got the opportunity to support a fellow runner. Katie Visco is running across the United States. It was a treat that her route would take her through Northwest Indiana. Sue & Jim Nickerson hosted her and her friend for the night. Katie is 24 years old and is promoting the love of running and bringing awareness to the "Girls on the run" program. Her trek across the US will take approximately nine months. She averages 10-14 miles per day. When she completes her cross country journey she will be the ninth woman to ever achieve this goal. She spoke to the Jr Striders after one of their practices and gave them motivation. We had many adults there as well to be inspired by her. Some Striders ran with her that night. They also joined her the next morning as she

continued on her journey. You can check out Katie and her progress on her website www.paveyourlane.com.

We had two AAU meets this summer. It's always nice to support the kids. We really appreciate our volunteers from the Striders who help out. However, we can always use more. I know it is summer and we have outdoor plans and yards to work on. We only ask if you can give up a 4 hour shift. You are not only helping a lot of great kids, but you are also helping out our running club.

Joe Mis of the Hammond Track Club is one of our club's largest financial sponsors. Because of his Platinum level sponsorship we are able to pass along reduced membership fees to you. We thank all of our levels of sponsors which also include Opportunity Enterprises, Dr Chanbo Sim of Family Dental Care and T&H Timing. Without their donation to the club, member fees would have to go up to cover the operating costs of our club. Please support these sponsors, so they may continue to support our organization.

When I joined the Striders back in 1986 we had 200-300 members. We now have 740 members. Yet we are getting less volunteers now than we did back then. Back in the 80's we did not even have our own Jr Striders running in the events because they did not exist then. So please give of your time here and there and thank those

who do. Please support our club by volunteering. We really need YOU! We are all part of TEAM Strider and Together Everyone Achieves More. Many thanks to all that do volunteer at any of our functions. We can not do it without YOU.

Gold Cup premiums are in. They are lunch bags or beer coolers whichever you decide. If you are in the 2009 Gold Cup Series we have one for you to pick up. Please pick yours up at the Gold Cup table.

Congratulations to our "I wore my Striderwear" winners: Pam Fletcher and John Arredondo at the Firecracker 5K and Nadine Bellina and Karen Lounsbury at the Brickyard. They all won a Fuel Belt. They, along with all who entered at those races are eligible for a 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.



SEPTEMBER INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE OCTOBER 2009 INSTEP IS WEDNESDAY SEPTEMBER 16, 2009.

EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.



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The Road Runners Club of America (RRCA), the largest association of running clubs, events, and runners has partnered with Sports Authority to become the Official Sporting Goods Retailer for the RRCA and a presenting sponsor of the RRCA Championship events.

"Runners are involved in a variety of active lifestyle activities such as camping, fishing, golf, skiing, and more," explained Jean Knaack, RRCA executive director. "Our partnership with Sports Authority will help running club members and event participants further their active lifestyle through exclusive RRCA affiliated discounts with Sports Authority."

As a presenting sponsor of the RRCA Championship events, Sports Authority will provide gift certificates to all RRCA National and Regional Champions, which include male and female, open, masters, and grand masters. Sports Authority will also provide RRCA Championship events with promotional banners and Sports Authority discount cards for all event participants. To get your \$10 off \$50 purchase discount coupon, visit www.rrca.org; click on The Sports Authority logo on the home page.

ROTARY RAMBLE - RRCA REGIONAL 5K CHAMPIONSHIP RECAP

Not only did the Ramble attract nearly 800 runners and walkers, it also drew the fastest runners in history! The RRCA Central Region 5K Championship (Rotary Ramble) winners ran race times close to or faster than the RRCA National 5K Championships held recently in Anniston, Alabama.

Here's the comparison:

Male Open -Francisco Medrano age 19 of Lafayette **15:00** vs National Championships winner **14:48**
 Female Open -Lyndsey Hattendorf age 25 of Crown Point **17:14** v National Championships winner **17:35**
 Female Masters - Sandra Stefanski of Crown Point **19:36** v National Championships winner **20:40**
 Male Grandmasters - Rick Fenno of Crown Point **17:16** v National Championships winner **19:14**

Congratulations to all of the RRCA winners at Rotary Ramble - they received not only the traditional wooden shoe, but an RRCA inscribed championship plaque, and a \$50 gift certificate to Sports Authority. Championship winners also included Male Masters Leo Frey of Valparaiso, and Female Grandmasters Deb Schiesser of Crown Point.

Age group **RECORDS broken**: Dustin Navejas, 8 ran 20:16 breaking 24:23 set in 2002; Sara Ramos age 10 ran 23:17 breaking 25:18 set in 2005; Jean Jannasch 60-62 ran 24:42 breaking her own record of 25:00 from 2008.

CONGRATULATIONS! What does all of this tell you about the quality of runners in this Region at all ages?
 Simply...Incredible!

UPCOMING RRCA INDIANA STATE & REGIONAL CHAMPIONSHIPS:

Sept 26 15K Mill Race, Columbus, Indiana (State Championship)
 Oct 17 Indianapolis Fall Marathon (Regional Championship)
 Oct 17 Indianapolis Fall Half Marathon (State Championship)
 Visit <http://www.rrca.org/calendars/IN> for race information.
 RRCA State Rep Sue Brown Nickerson will attend these events.
 Wanna go? Contact her at sue_brown@juno.com



GOOD TIMES HAD BY ALL

DAN STURGELL

The fun run and membership drive at "Fleet Feet" was a success. Close to sixty people showed up August 4th for a 3-mile fun run, a raffle for all kinds of neat stuff, food, drinks, and socializing. The runners played "Black Jack" by receiving a playing card at the half-way point of the run. They received their other playing card when they finished the run. Two people got "Black Jack" and received a one year

membership into the Calumet Region Striders. Some other people got close to "Black Jack" and received a discount into the Striders. We also signed up eight new members to the Calumet Region Striders. We welcome them to our club. Thanks to "Fleet Feet" for hosting this event. Maybe it can become an annual affair. A special thanks goes to Sue Brown-Nickerson for organizing this event. Also, thanks goes to Misty Chandos, Polly Theising, Joe Mis, Donna

Seeley and Dan Sturgell for all of their help.

**DO YOU KNOW ANYONE
 THINKING ABOUT JOINING THE
 CALUMET REGION STRIDERS?
 NOW IS THE TIME!
 MEMBERSHIP FEE FOR THE
 REMAINDER OF THE
 2009 SEASON IS
 \$10 PER HOUSEHOLD!**



JR. STRIDER NEWS
SUE BROWN-NICKERSON



THIS &
THAT
BY ALL
OF YOU



SUMMER 2009 TRACK & FIELD RECAP

It was the busiest Summer Season ever for Strider track! We are excited to announce that 142 kids joined Strider track and participated at practices in both Lake & Porter County combined; 130 kids entered either the Schererville or Valparaiso Hershey's Meet; 55 kids traveled to Lafayette, Indiana to compete in the Hershey's State Meet 115 kids competed in the AAU District meet; of which 56 of those chose to advance to the AAU Regional Meet held in Hammond.

A record number of athletes - 18, traveled to the AAU Nationals/Jr. Olympics in Des Moines, Iowa the first week of August where Jr. Striders Dustin Navejas, and Lyndsey Kunz became national medalists in the 1500m. Hope Myroup just missed a national medal by one second in the 3000m! The majority of our Jr. Olympic participants can boast of personal records and experiences in their individual races. In addition, Aaron Savage of Valparaiso became the Striders' first ever invitee to the Hershey's National Meet in Hersheys, Pennsylvania!

Structured practices were offered twice a week led by a very devoted team of volunteer coaches (and parents) in both Lake & Porter County who gave our Strider kids lots of personal attention and praise. Many of them gave up personal weekends for the meets, and we could not have done it without them. They are: Jayne, Mike & EJ Willis, Jorge & Linda Ramos, John Tazbir, Linda Kovacs, Amber Crews, Richie Shields, Duncan Marriott, Jim Raymond, Teri Clark, Tom Kekelik, Richard Gutierrez, Steve Kearney, Joel Davis, Jim Nickerson, John Arredondo, Leo Frey, Rick Dawson, Steve Barthlomew, and Mitch Seamans. Also a big thank you to Robyn Walsworth, our Porter County team mom and photographer

**JR. STRIDER XC SCHEDULE - SAVE THESE DATES:
Sept 21 week - Practices Begin for those not already on a school xc team**

- Sept 21 Porter County - every Mon & Wed 4:45 PM - Sunset Hills Park, Valparaiso until further notice
- Sept 22 Lake County - every Tues & Thurs 5:00 PM - Highland Bike Trail , (behind Highland High School) until further notice
- Oct 25th (AM) Practice Meet at Lost Marsh Golf Course, Hammond
- Nov 1st (AM) AAU District Qualifier for XC Nationals, Lost Marsh Golf Course, Hammond
- Nov 8th Fall Frolic 4m Gold Cup Race
- Nov 14th Panther Pounce XC 5K Gold Cup Race/Team Party
- Nov 26th - Pick a Thanksgiving Day race/distance suitable for your training goal
- Dec 3rd (Tentative) - Leave via car or plane for AAU XC Nationals
- Dec 5th - AAU XC Nationals - Disney's Wide World of Sports® Complex in Orlando, FL
- Dec 6th (Tentative) - Return home from Orlando, FL early AM.

- AAU Race Distances:**
- 8 & under - 1.25m**
 - 9-12 - 1.8m**
 - 13-14 - 2.5m**
 - 15 & up - 3.1m**

NEW MEMBER SIGN-UPS will be taken at practice sites; UNIFORM ORDERS will be taken at practice sites.

Coach Sue will RENEW your AAU membership for you after you fill out the form that will be provided at practices. If you are on a school xc team, you need not attend practice until you have finished your school season. Otherwise, I'll see you at practices. It's going to be a great season!! Aren't they all?!

COACH SUE

Volunteer Coaches are needed at both training sites for Jr. Strider XC Season beginning the week of Sept 23rd . Mon/Wed in Porter County; Tues/Thurs in Lake County 4:45 or 5:00 PM for one hour. Volunteer for one or both nights. Contact Sue Brown Nickerson at sue_brown@juno.com.

STRIDER DAY at James O'Connor Functional Fitness Class was nothing like attending an average aerobic class or step class to music with an instructor demonstrating. It was more like having a personal trainer leading boot camp. The first drill went 10 minutes without a break doing 5 pushups, 10 sit-ups, and 15 squats; then repeated continuously until the instructor said "break" while keeping track of how many sets we each completed (as many as you could do in 10 min). We did one leg kick butts for 2 minutes on each leg; another drill - we bent down and pushed a 15lb weight across the floor about 30 feet then stood up and did 5 shoulder presses over our head, only to be repeated back/forth across the floor increasing the shoulder presses by one each time we got to the other end lasting 10 min; another was similar to the parachute drill for resistance while running but we used martial arts belts instead. It was an awesome workout for those that went (although sore a few days later) and some are planning to attend further sessions to improve body strength. A big THANK YOU to Theresa Potesta, a member of Chester-ton's JOCMA&F Running Team who helped set up Strider Day at JOCMA&F, and also James O'Connor who lead our boot camp team of fitness enthusiasts! Sue Brown-Nickerson

NEW Strider merchandise is coming SOON!

Do not know what to do with those old medals laying around or ones you have put in a box? How about donating them to an organization? There are several, you can find them just by googling "donating medals". You can donate them to children with cancer or to someone with special needs. The feeling you receive by putting a smile on someone's face is

Congratulations to Richard Seaman for finishing the Alcatraz Challenge on July 12, 2009. The event includes a 1.5 mile swim from Alcatraz and a 7 mile out/back run across the Golden Gate Bridge. With a swim of 43:24.0 and a run of 47:21.0 Richard officially finished in 1:33:50.3. Placing 4th out of 46 in the Male 40-44 age group, 17 out of 258 men, and 19 out of 367 overall participant. What a great



DIRECTING MY FIRST RACE

FRANK JOHNSON

I was asked a few weeks ago by one of my buddies why I wanted to be a race director. I have been planning this race for almost a year and I felt this was the time to finally get it going. The Striders is not a running club in my eyes. The striders are a large group of talented, dedicated and multi-functional people who make up a running club. I have been through almost every phase of the Striders. I have been on the board, I was an assistant running coach, went through the RRCA training and was mentored by one of the best and recently coached my own beginner runner programs. All of these steps led me to being a RD. But, why did I want to do this? It is simple. I have witnessed a lot of tal-

ented and dedicated people associated with running. There is Sue Brown-Nickerson with her AAU Kids running programs. Misty Chandos with her numerous beginner runner programs. Let's not forget Michele Hale with her dedication and countless hours of time spent towards running and the Striders organization. The list can go on and on, but these three have been most influential in my growth with this organization. So I want to reconize them today.

So, it is simple why I wanted to do my own races for three reasons...number one: TO RACE...Though I will not be running my race I think there are great runners in this club. How about Jeff Mescal and his great marathon times. Michelle Didion is another great marathon runner this group possesses. We have Doug Walters and his

50 states of marathons. But there are also a lot of great runners who don't necessarily run marathons or have super fast times. Reason number two: I think anyone who gets out and runs at any pace or distance is also great and I enjoy helping others get motivated and running as well. Reason number three: I think any place a group of runners can get together and have a good time is time well spent. So to all my friends who have supported me I thank you. Each and every friend I have made through the Striders is a great friend I won't give any of them up. To all of you, I dedicate this race, Foxwood 5k, too. So come on out September 26th at 8AM and let's all have a good time.

Well, as I used to say in the past...Gotta run.



JUST SAYING HELLO CAN REALLY HELP SOMEONE

SANDY STEFANSKI

I normally run right after work, but I decided to come home and relax for awhile. I was tired and almost skipped the run, but it was so nice out that that I didn't want to stay inside. So I pushed myself out the door and went to the bike trail. I parked my car and walked over to the picnic table at the start of the trail. There was an older woman sitting with her bike resting against the table. I said hi, and we started chatting about how nice the weather had been. She was on her second bike ride of the day and had stopped for a little break.

We started talking a little about fitness and diets. Then we got into talking about her having two children and being married for 25 years. I said, "Wow! I just celebrated my 25th with my husband." She said she was really touched by the anniversary card her daughter gave her and told me both her children are good kids and high achievers. I told her I lost my mom, when I was 24 and that I didn't have enough time to develop a better relationship, and that maybe my mom didn't see the good things I learned from her. She asked if mom died from cancer and I said no, she committed suicide. Then she said I've thought about doing that, but then I thought about my children. She told me she was a nurse and that she had worked with disabled children, but lost her job and has been struggling with depression. My mom wasn't a nurse, but she

taught fist aid and swimming. She also worked as an advocate for disabled children. My mother was diagnosed with clinical depression after losing her job, too. I couldn't believe how similar her life story was to my mother's.

We talked a little more and she told me she lost her father 6 years ago after having surgery for an aneurysm. She begged him not to get the surgery, because she knew the risks. She thought the doctors shouldn't have pushed him to get operation. Her dad told her he wanted this thing out of his body and that it was his decision to make. She felt very guilty about not being able to get him to change his mind. I told her, not to feel guilty, because it was his decision to make. I told her my mom lost her mother six months before she committed suicide and how she felt a lot of guilt because she couldn't get my grandmother to see a doctor for a heart condition.

She opened up a little more and told me that she felt very guilty for not being a good mother to her children the past 5 years, because of her depression. I told her my mom felt guilty for not being able to help me with my wedding and for not being able to attend my bridal shower, because of her depression. I told my mother repeatedly not to feel bad and that I understood. I think that may have eased this woman's guilt a little. I think her children understood and she was just beating herself.

Depression beats you down and makes you think you are the worst person in the

world. All your mistakes are magnified and the world becomes a terrible place to live in. I could tell this woman had been beaten down by depression over the years. But, I also sensed that she was not going to give up just yet. We talked a little more and she started to cry, I gave her my business card and told her to call me anytime she needed to talk. I said repeatedly that I was printer and not a psychologist. She said, "but you were here for me today."

We both had to get going, she asked if she could hug me. I said sure. Before we parted, I mentioned the Out of The Darkness Community Walks. I told the woman the reason I talked to her for so long was because of the things I learned from my mother. In my heart, I believe I helped this woman. I hope that talking to a daughter, who was left behind by her mother's suicide made an impression on her. Hopefully, when she is having a bad day, she will remember our conversation. I think, I reached her because I was the daughter left behind after my mother's suicide and because I told her the reason I talked so long was because of the things I learned from my mom.

On September 13th, I will be doing the Out of The Darkness Community Walk with my sister. They are having one at Coffee Creek in Chesterton this year. If you are interested in the walk go to the Out of The Darkness Community Walks website.

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CHICAGO MARATHON UPDATES

ANNUAL PACK-A-THON NOTICE



Volunteers are wanted for our Annual Pack-a-thon. The event will take place on Saturday, Sept. 19, from 8 AM till about 2 PM at Opportunity Enterprises, 2801 Evans Avenue, in Valparaiso. You can volunteer yourself, or form a team, and join 800 other community volunteers as they pack more than 43,000 runner bags for the Bank of America Chicago Marathon. You can pack for one three-hour shift (8 AM till 11 AM, or 11 AM till 2 PM) or stay the whole time. Either way, take advantage of this opportunity to have fun while supporting a great cause. To reserve your spot, contact Cathy Kuchenmeister at OE by phone at 219-464-9621, Ext. 283, or e-mail at cathy.kuchenmeister@oppent.org.

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Follow the instructions below to register as a volunteer for the Water Stop at Mile 5 Chicago Marathon

go to: www.ChicagoMarathon.com/AidStation03Volunteers
Click - First (click here) - Choose Group Name-Calumet Region Striders
Password: aidstation03 - Join Group - Fill out Form

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To All Strider Chicago Marathon Participants
From Dr. Mark McKeigue, CRS Member
I received my Chicago Marathon Medical Assignment. I'll be at Aid Station #17, on Wentworth Ave, between 29th & 31st, which is at mile 22.3. So, wave when you go flying by: you'll have less than 4 to go!
Doctor Mark

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Check Out Our Site: WWW.CALSTRIDER.ORG

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