



PRESIDENT'S MESSAGE

OCTOBER GOLD CUP SERIES RACES:

**Omni Pumpkin Prance 5K**

Saturday, October 3  
9:00 AM CST  
Omni 41 Suite A  
Scherverville, IN

**Bank of America Chicago Marathon**  
(Long Distance Series Race)

Sunday, October 11  
8:00 AM CST  
Grant Park  
Chicago, IL

**Run For The Roses 5K**

Saturday, October 24  
9:00 AM CST  
Campagna Academy  
Scherverville, IN

OCTOBER SPONSORED RACE:

**Manda's Race 5K**

Saturday, October 31  
9:00 AM CST  
Westchester Intermediate School  
Chesterton, IN

OCTOBER XYZ RACE:

**Haunted Hustle 5K Trail Run**

Saturday, October 31  
10:00 AM CST  
Imagination Glen Park  
Portage, IN

**Congratulations to our New Strider RRCA Certified Coaches:**

Tom Nedza, Sherry Robison, Michele Tucker, Jayne Willis and Dale Yeager: they all have successfully passed the Certification testing. The RRCA has offered classes in Hammond at Purdue for the past two years. Listed below are the classes these participants took. If you are interested in becoming a Certified Coach and would like to take the classes close to home, check the Strider web site early next year or Spring as they may offer the class again in 2010.

**Basis of Coaching and Training**

- coaching fundamentals and philosophies
- laws of training
- exercise physiology and energy systems
- sports nutrition
- sports psychology
- injury prevention and treatment

**Techniques of Training**

- training cycles
- training progressions
- race planning and recovery
- effort based and heart rate training
- individualization of coaching
- developing training and racing plans

**Good Luck** to everyone participating this year in The Chicago Marathon, Hopefully Mother Nature will be kinder than in the past 2 years. The reasons for participating in the 18 weeks or more of training and then striding along 26.2 miles through the streets of Chicago are many: Running for a Charity, in honor or memory of someone, mental therapy, or to qualify for Boston. Whichever reason you are participating, all the hard work and Dedication you have put in will pay off. I hope you all enjoy the journey and memories race day brings your way.

**Good Luck** to all the Jr. Striders going to the AAU District Qualifier for XC Nationals, at Lost Marsh Golf Course in Hammond on November 1, 2009 .

**Thank you** to Coach Sue Brown-Nickerson for your continued dedication with the AAU programs. You are a Great Leader and it reflects on all the athletes!

**The foot contains 26 bones 18 muscles& 14 tendons ...**

**STRIDE ON!**  
**Michele**



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**STRIDER FIT NIGHT AT  
FLEET FEET, SCHERERVILLE**

**THURSDAY, OCTOBER 15, 5PM-7PM**

**STRIDER MEMBERS RECEIVE 10% OFF ALL PURCHASES  
ALL PURCHASES ELIGIBLE FOR PERSONAL REWARDS  
REFRESHMENTS: PIZZA COMPLIMENTS OF FLEET FEET  
(NO FUN RUN)**





Greetings from the back of the pack. The days are cooler, the trees are turning and fall has arrived. This time of year is always nice running weather. It is also Chicago Marathon time. Good luck to all our Striders who will challenge themselves with a 26.2 mile marathon. Your training and dedication will pay off when you cross that finish line.

Our running friend Katie Visco who is running across the United States. At this writing is in Oklahoma and heading for Texas. I know the Jr Striders she visited might be thinking of her as I am. Her

journey is for her 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. You can check out Katie and her progress on her website [www.paveyourlane.com](http://www.paveyourlane.com).

I hopefully will have many pictures heading toward the website soon. I am so behind in getting these to Mike, our awesome Web Master. I have moved into my first home and I am still in boxes and so very unorganized. I have an adapter that I

need to download my camera to my computer that I still have not found. Please forgive me. Anyone is invited to share their running photos on the website.

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.

**Enjoy the journey in each race.**



THIS &amp; THAT

BY ALL OF YOU

Remember to set your clock **BACK** on Halloween night when you go to bed. You do not want to be late for anything on Sunday 11/1.

So far this year, a Strider member has qualified for Boston 18 times!

### **INSTEP SUBMISSION DEADLINE**

THE DEADLINE FOR SUBMISSIONS FOR THE NOVEMBER 2009 INSTEP IS WEDNESDAY OCTOBER 14, 2009.

EMAIL THEM TO INSTEP EDITOR AT [NEWS@CALSTRIDER.ORG](mailto:NEWS@CALSTRIDER.ORG) OR [HRFORTMANN@YAHOO.COM](mailto:HRFORTMANN@YAHOO.COM) WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

### **CORRECTION!**

Run @ Work Essay Due Date is **Monday October 5, 2009**. 100 words or less on what you did for National Run @ Work Day.

#### **Chicago Masters Big Shoulders 5K Open Water Swim Classic Results:**

*Bob Cavallo*, 456th overall, 12th in age group, 1:48:38  
*Michael Willis*, 476 overall, 50th in age group, 2:02:19

#### **Chicago Masters Big Shoulders 2.5K Open Water Swim Classic results:**

*Tim Scannell*, 123rd overall, 12th in age group, 48:22  
*Janet Rotz*, 161 overall, 4th in age group, 52:20

#### **Dances With Dirt 50 Mile Results:**

*Misty Chandos*, 19th overall, 1st in age group, Gun Time 10:47:42.8  
*Frank Johnson*, 24th overall, 2nd in age group, Gun Time 11:16:40.6  
*Betty Funkhouser*, 28th overall, 1st in age group, Gun Time 11:28:27.2

#### **Dance With Dirt 50K Results:**

*Marylin Ahner*, 109th overall, 2nd in age group, Gun Time 8:46:21.5

**Congratulations to these Striders on an amazing feat!**



### BOARD MEMBER EMAIL ADDRESSES



#### **OFFICERS:**

##### **PRESIDENT**

**Michele Hale**

[RunningLead@aol.com](mailto:RunningLead@aol.com)

##### **VICE PRESIDENT**

**Robin Benson-Harvey**

[vp@calstrider.org](mailto:vp@calstrider.org)

##### **TREASURER**

**Cecilia Bernal**

[jcmbernal@comcast.net](mailto:jcmbernal@comcast.net)

##### **SECRETARY**

**Nikki Huber**

[hubbn5@hotmail.com](mailto:hubbn5@hotmail.com)

#### **COMMITTEE CHAIRS:**

##### **SOCIAL & SPONSORSHIP**

**Lisa Moreno**

[lisarunsalot@sbcglobal.net](mailto:lisarunsalot@sbcglobal.net)

##### **GOLD CUP & SPONSORED**

##### **RACE SERIES**

**Mary Zemansky**

[drmaryzemansky@sbcglobal.net](mailto:drmaryzemansky@sbcglobal.net)

##### **MEMBERSHIP & VOLUNTEERS**

**Dan Sturgell**

[dansturgell@yahoo.com](mailto:dansturgell@yahoo.com)

##### **RUNNER PROGRAMS & SCHOLARSHIPS**

**Sue Brown-Nickerson**

[sue\\_brown@juno.com](mailto:sue_brown@juno.com)

##### **NOMINATIONS, BYLAWS, & DISABLED RUNNER FUND / WEBMASTER & STATISTICIAN**

**Mike Wilson**

[webmaster@calstrider.org](mailto:webmaster@calstrider.org)

##### **APPOINTED:**

##### **STRIDERWEAR COORDINATOR**

**Polly Theising**

[pthelsing@aol.com](mailto:pthelsing@aol.com)

##### **INSTEP EDITOR**

**Holly Plew**

[hfortmann@yahoo.com](mailto:hfortmann@yahoo.com)

[news@calstrider.org](mailto:news@calstrider.org)



Hammond, Indiana recently hosted the RRCA Coaching Certification Course. This particular certification is designed to coach adult endurance runners for road running. The two day program included 16 hours of coursework and an online multiple choice exam requiring 80% to pass for certification with immediate results.

Day 1 - *The Basis of Training*. The curriculum included the Funda-

mentals of Coaching, Rules of Training, Physiology, Psychology, Injury Prevention and Nutrition.

Day 2 - Techniques of Training. The curriculum included training plans, cycles, and progressions, and speed work.

**Congratulations to these Striders for attending and passing the exam: JAYNE WILLIS, SHERI ROBINSON, TOM NEDZA, DALE YEAGER.**

### UPCOMING RRCA INDIANA STATE & REGIONAL CHAMPIONSHIPS:

- 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](mailto:sue_brown@juno.com)



### JR. STRIDER NEWS

### SUE BROWN-NICKERSON



**RELY** on the Strider Website (Jr. Strider section) for the most up-to-date XC information. Practice nights and/or locations in Lake County will change from week to week. Practice nights in Porter County will not change. Practice times in both counties will change when the time change goes into effect due to darkness.

#### SAVE THESE DATES:

Oct 25 Invitational - Lost Marsh Golf Course, Hammond(AM)  
 Nov 1st National Qualifier - Lost Marsh Golf Course, Hammond (AM).

**PARENT VOLUNTEERS** needed to work as course marshals for both meets. Contact Coach Sue.

**NO**, school xc athletes need not attend practices until end of school season.

**YES**, AAU XC Nationals have been changed from Missouri to Orlando this year—Dec 5th which means no charter bus. Transportation and travel expenses will be left to the discretion of the parents. I will reserve a block of rooms at one of the Disney Hotels offering the AAU discount and will get that information to team members by the end of October. Recommend arrival to Orlando is Thursday night or very early Friday morning Dec 3 or 4. Average temperature in Orlando in early December ranges 55-75 degrees.

AAU XC Nationals Information Packet can be found on the Strider website Jr. Strider calendar.

#### MEET REGISTRATIONS:

Oct 25 Invitational - register on own to Meet Director, Joe Mis, as there is no team competition here. Coach Sue will take registration forms for Qualifier and Nationals due to on-line/team process. Forms can be found on the Strider web-

site/Jr. Strider calendar.

#### NEW/CHANGES 2009 AAU

1. No single age groups - Age & Team Divisions return to Primary (Born 2001 & after), Bantam (2000 & 99), Midget (97 & 98), Youth (95 & 96), Intermediate (93 & 94), and Young (91 & 92).
2. Nationals registration fee reduced to \$30 if entered by 11/15/2009.
3. National team trophies to 1st-3rd place teams in each division.
4. Each Natl participant will receive an official AAU XC Goodie Bag at packet pickup.

#### QUESTIONS?

Contact [coachsue@calstrider.org](mailto:coachsue@calstrider.org)  
 219-929-6862 cell



### GIRLS ON THE RUN

#### Girls on the Run of Northwest Indiana update!

Thanks to everyone who brought in donations at the Hometown Run. The girls had a great time picking things out. I have one girl who really needed a pair of shoes, and one of the pairs donated was a perfect fit! (Thanks Polly T.!)

*Our next collection of running clothes/shoes/gear will be at the Run for the Roses on October 24th. We will also be collecting men's gear as well, to be donated to the boys at Campagna Academy! The GOTR girls will be running the race that day, so look for them and cheer them on!*

**Thanks again to the Calumet Region Striders for all of your support!**

Our thoughts are with Carolyn Vander Velde upon the loss of her twin sister, Rosetta, on September 18, 2009 (their 67th birthday) of breast cancer. Carolyn ran the Galloway Breast Cancer Marathon for her last February because she said she would not live long enough for Carolyn to run it in 2010.

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