



PRESIDENT'S MESSAGE

NOVEMBER GOLD CUP
SERIES RACES :

Fall Frolic/

Jennie Hamilton Memorial 4-Mile Run

Sunday, November 8—9:00 AM CST

Purdue University Calumet

Hammond, IN

Panther Pounce 10K Run (XC)

Saturday, November 14—9:00 AM CST

Purdue University North Central

Westville, IN

NOVEMBER
SPONSORED RACES :

"Fall Back" 5K Run

Sunday, November 1—9:00 AM CST

Lake Central High School

St. John, IN

Turkey Trot 10K Run

Thursday, November 26—8:30 AM CST

Valparaiso High School Fieldhouse

Valparaiso, IN

NOVEMBER XYZ RACES :

Grand Mere Grind 10K Trail Race

Saturday, November 14—9:00 AM EST

Eastern Grand Mere State Park

St. Joseph, IN

**Zoy: The Relapsel - 12K
(Sponsored Race)**

Sunday, November 22—10:00 AM EST

Warren Dunes State Park

Sawyer, MI

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CONGRATULATIONS TO OUR RUN AT WORK PARTICIPANTS

FRIDAY, SEPTEMBER 18, 2009

1st Place Essay by Mike Stiles:

I displayed a poster in front of the school, and a sheet where everybody could record their name and time walked. There is a sidewalk that goes around the perimeter of the school (1/4 mile) that was in use all day. Every teacher in the building walked, along with many other staff members. Many of the teachers brought their students out with them, so most of the children also walked. Thirty-five adults walked a total of 857 minutes (14.2 hours). Over 300 students walked a total of 2,095 minutes (35 hours). A grand total of 2,952 minutes (49.2 hours) were walked!

2nd Place Essay by Sherry Robison:

The Office of Clinical Research and the Institutional Review Board at the University of Chicago teamed up to participate in RRCA's run at work day. We had t-shirts donated for every participant. There was 100% participation. 3 people ran 4 miles while 24 walked for 35 minutes. We finished out our lunch time run with sub sandwiches, chips and cookies.

**WAY TO PROMOTE PHYSICAL ACTIVITY
THROUGHOUT THE COMMUNITY!**

Thank You Darrell Hale & Crew (for supplying a very enthusiastic, organized & READY water stop at The Chicago Marathon. Runners felt all the positive energy as we ran through the station!

Thank You also to Dave & his Schererville Fleet Feet Crew for hosting Strider night October 15th, besides a discount to all Striders, they had pizza along with a massage therapist on hand to give free therapy!

We have ten males in the running for The Jim Cox Award. Stay strong guys, only 2 more races! They will receive awards at The Panther Pounce on November 14th.

As colder weather approaches we need to pay special attention to outdoor running. If it is icy out, try using yak tracks or trail shoes. Black ice can put you in hibernation for the winter. Also, cover your head so body heat does not escape. Use chap stick, gloves and moisture wicking clothes along with wind pants and jacket. However, be careful not to over-dress in cooler weather.

We have running gloves for sale as well as other GREAT running apparel. Most everything will be for sale at Fall Frolic. Thank you, Polly, for an outstanding job as Striderwear Coordinator. Also if you have not yet picked up your Gold Cup premium for 2009, please do so at one of this month's races.

Mark your calendar next month, December 11th, for The Holiday Party. I hope to see you there, get your RSVP'S in SOON!

Have a Happy & Safe Thanksgiving!

Physically active people have up to a 60 percent lower risk of Alzheimer's than sedentary people.

**STRIDE ON!
Michele**





Greetings from the back of the pack. The Gold Cup Series is winding down to the 29th & final race of the year. Our 2009 Cox runners are in the final stretch of their year long goal. Great job! You are almost there. A huge Congratulations to all our Striders that did the Chicago Marathon. The new style finisher medal looked awesome. Wow! A new course record set and the fastest time on American soil. Also, great job and thank you to all the CRS water stop volunteers. Although I was out of town for the big day, I did get to see it on TV and looked at all the names I could recognize in the local paper.

At this writing I was hoping to celebrate the 2016 Olympic games coming to Chicago. However, Rio got them and it is good that if Chicago did not get them, that a South American country did. Especially since that continent has never hosted an Olympic games. The five Olympic rings

stand for the five continents that compete in the Olympics. Finally South America will make their fifth of the rings mean a little more. Although, I would have so enjoyed them being in our backyard. I would have taken my two week vacation just to volunteer at the games. It would have been nice to see the Olympic flame being carried from runner to runner around the Chicago-land area. I so enjoyed seeing the torch relay for the Atlanta Olympics go down Broadway. One night I was at IUN to see the flame there and again in Merrillville the next morning on my way to work. I was fortunate enough to have friends who lived in Atlanta and was able to attend the games. There I again saw the flame being run down Peachtree Street in the afternoon for the start of the games. While we watched the opening ceremonies on TV as Muhammad Ali lit the caldron, we saw the actual flame burning out

the window since we were only a mile or so from the campus. I would have never in my life thought that one day I would have the honor of carrying the Olympic flame. However, that dream did come true in 2002 when I became an Olympic torchbearer for the Salt Lake City games. The memories I have will fill me for a lifetime. The games in Chicago would have made such wonderful memories for the people here. Hopefully Chicago will be like Salt Lake City and try again, they did not get it on their first try either.

Everyone have Happy Thanksgiving. Make plans now to attend the Strider Holiday Party on Friday December 11, 2009.

Enjoy the journey in each race.



THIS & THAT

BY ALL OF YOU

Thank you and OUTSTANDING JOB to Lisa Moreno & Crew for your aide station at The Cal City Mini it was The BEST!

Congratulations to Frank Johnson on his first time as a Race Director. The Foxwood 5K was great!

Thank you to Family Express of Valparaiso and 7/11 of Griffith for your contributions to the volunteers at the Chicago Marathon. They truly appreciated it!

Eleven Striders Qualified for Boston at Chicago

Congratulations to:

Jennifer Addison, Misty Chandos,
Diane Dumonte-Slater,

Kristi Figg, Betty Funkhouser,
Heather Henderlong, Patrice Lawson,
Sangyoung Lee,

Jeff Mescal, Bret Pete & Chad Wright

Congratulations to Jeff Mescal who qualified twice in one week for The Boston Marathon!

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE DECEMBER 2009 INSTEP IS WEDNESDAY NOVEMBER 18, 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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Nominations for 2009 RRCA National Running Awards now OPEN!

Each year club and event leaders around the US are encouraged to nominate outstanding individuals for various RRCA National Awards. The outstanding contributors to our sport are recognized at the RRCA Annual Banquet and National Awards Ceremony. Each year the RRCA provides a travel stipend and a free ticket for these deserving individuals to attend the banquet and awards ceremony. This year it is in Lakeland, FL in April 2010.

The RRCA National Running Award categories include the RRCA Long Distance Running Hall of Fame Inductee(s); the Male and Female Runners of the Year and Masters Runners of the Year; the Outstanding RRCA Club President Award; the RRCA Outstanding Club Volunteer Award; the RRCA Journalism Awards for Outstanding Club Newsletter(s); Outstanding Club Writer; Journalism Excellence; the RRCA Children's Development Award; the Browning Ross Spirit of the RRCA Award; the RRCA Beginning Running Program Award; the Outstanding State Representative of the Year; and the RRCA Road Race of the Year Award. Each award winner is chosen by a volunteer selection panel from the nominations submitted.

To nominate a deserving individual or Cal Strider member, please visit rrca.org/services/awards for criteria & nomination process; or, contact your RRCA Indiana State Rep, Sue Brown-Nickerson, for assistance with the nomination process.
Deadline 12/31/2009.



KAREN NAGEL WINS INDIANAPOLIS HALF MARATHON OCTOBER 17, 2009 RRCA STATE CHAMPIONSHIP FINISHING TIME : 1.24.56.0

CAL CITY WATER STOP

DAN STURGELL



As I was running the Cal-City half-marathon on September 27th, a young couple was running alongside me. We were approaching the 6-mile mark and they were asking me if I knew where the next water stop was. I said, do you hear the shouting and screaming up ahead? They said, oh yeah. I said, the people at this water stop are from our running club, the Calumet Region Striders. At that point in the race course (which is rather boring),

our members with their shouts of encouragement, water, Gatorade, pictures and overall enthusiasm sure gave all of the runners a much needed lift. The young couple commented how much that helped to keep them running strong. So, Lisa Moreno (who organized the water stop), all of the other Striders, and other volunteers:

GREAT JOB!

I would like to thank the 274 Volunteers that came out to help man the Mile 5 Water Stop at The Chicago Marathon. It was not the best weather conditions to be out there for 6 plus hours to say the least. This year many of you stuck around to aide in the clean up after everyone had passed through. You are all very much appreciated! I hope to see you all next year.

Darrell Hale—Aide Station Captain





Welcome all new youth families who have joined for cross country season. A complete listing of all fall new junior athletes will be posted in December newsletter!

Congratulations to all of our middle school and high school athletes on an outstanding school cross country season! At time of this newsletter deadline, we have approximately 10 high school members running post-season in an effort to qualify for the Indiana State Meet. Congratulations on your accomplishments. It was great to see you racing so well this Fall!

Cross country practices continue through December 2nd for those qualifying for Cross Country Nationals. **CONTINUE to RELY on the Strider Website for updates or changes in practice locations and times.** If you did not participate in the November 1st AAU Qualifier, then you will be unable to participate a Cross Country Nationals.

Change in Cross Country Nationals: Youth Coaches National Championship in Nashville, TN on December 5th instead of AAU Nationals in Orlando on the same date. www.youthcrosscountry.org. Coach Sue to complete team registration on-line. Registration and commitment due to Coach Sue by Thanksgiving in order to complete team registration by December 1st.

Saturday, November 19th - Cross Country Season - Post-Race Party following Panther Pounce 5k/10k. Remember: 13 & up have to run the 10k for Gold Cup points. 12 & under race the 5k for Gold Cup points. Food and refreshments for youth team following race inside. Jr. Strider team - mark group discount at top of entry form to receive our group discount (\$14) for the race. Good for pre-registration only! Come tie dye your own race shirt with great colors! **LAST CHANCE FOR GOLD CUP POINTS:** Do you need this race to complete your 5 or 7 Gold Cups????

Many thanks to our cross country coaches, assistants, and volunteers: Coach Sue, Coach Kearney, John Marshall, Leo Frey, Mitch Semans, Jorge Ramos; parent moms Jen Smith and Linda Ramos who help with paperwork at practice sites; and our Striderwear Coordinator Polly Theising, for outfitting the Jr. Striders!

You've worked so hard to achieve your goal, so bundle up for the upcoming cold weather, reduce your mileage for the Winter, but by all means, keep running!

Coach Sue



**OMNI 5K BEGINNER
RUNNER GROUP—
COACHED BY
FRANK JOHNSON**



FREE XYZ TRAIL RACE

JEFF EMMONS

The XYZ Trail Series cordially invites the Calumet Region Striders and XYZ runners to a unique opportunity:

RUN A TRAIL RACE FOR FREE!

That's right, here is your chance to participate with us in our end-of-the-year 5K (approximate-it might even be closer to four miles) race in Portage, to see for yourself what all the fuss is about with this trail running thing. However, you'll need to RSVP by 12/02/09 in order to participate. No cancellations due to inclement weather—such factors contribute to the full experience (snow, rain, cold, it doesn't matter it's just an extra challenge). Perhaps you'll get hooked and join us next year for 2010 XYZ Trail Run Series running the best trails in Northwest Indiana and Southwest Michigan! We hope so.

When: December 5, 2009 at 11:00 Central Time.

What: A 5K (Okay, it won't be longer than four miles) Trail Race through the dark side of Imagination Glen in Portage, Indiana. There will be hills, switchbacks and logjumps! Bring trail running shoes or xc spikes if you have them. The trails might be dry, muddy, or have a foot of snow, it doesn't matter! This is the last race for the 2009 XYZ Trail Series. XYZ series awards will be given immediately following the race. This is a NO frills race...no age divisions other than open (any age) and master's (40 and over)-Runner's Art awards to top three in each. No t-shirts! No bathrooms (go before you get there—there is a Luke Oil Station on the corner of U.S.#20 and S.R.#149)! No whining or complaining allowed!

Where: East (dark) side of Imagination Glen in Portage, Indiana. Enter via SR#149 approximately one mile north

of U.S.#20 on the west side of the road (at the BMX track). Drive all the way back to the soccer complex. (You cannot drive to this side of the park from the Portage Ave. and McCool Road entrance)

Cost: NONE! When's the last time you ran a race for free? Unbelievable! Why? Because it's not all about the money! It's about the (trail) running and camaraderie. This will be a totally online, very easy thing to register for. Simply e-mail Jeff Emmons at JLE1991@gmail.com to let him know you're going to participate. Then show up, race, and have a great time!

More: That's right, there's more! Pizza Hut pizza and drinks after the race and hopefully there will be a campfire to keep you warm!

Contact Jeff Emmons for questions.

XYZ  TRAIL RACES



MORE THAN JUST A RUNNER

FRANK JOHNSON JR.

I have this picture of a mother duck with her baby ducklings in my office at work. They are swimming in my pond behind my house. A few months ago as I was leaving my store, this duck with her babies were in my parking lot. Two of the ducklings fell in the drainage along the curb of the street. The other five we caught, but we couldn't catch the mother. She would run around close by protecting her babies, but flew a few feet away every time I got close enough to catch her. Eventually I grabbed her. We opened the sewer grates and I jumped in with this mother duck hoping the two lost babies would find their way out. It took awhile but they did come back. What does this have to do with running? Nothing, but it was a feel good true story.

It has been a very busy few months for me. I recently had a successful race I directed. For all of you who ran it, I thank you for

your support. I have more races planned out for next year. Some new and exciting runs will be on course next year. My buddies say I am crazy.

Also, I just completed my latest beginner runner program. I had a wonderful and dedicated group of ladies who just recently ran their first 5k. They ran the Omni 5k. I want to congratulate them all for jobs well done. Cindy, Paula, Mary...thanks for allowing me the pleasure of coaching you during your twelve weeks of training. These three ran their first 5k. Two repeat runners, Peggy and Michelle, great job in getting better and improving from the past. Peggy was one of Misty's original beginners and after 5 years wanted to start up again. Michelle ran this 5k two minutes faster than she did in the spring. Great job to all of them. I want to thank my assistant, Darla Algozine, who was very helpful. This was a smaller group, but a group that became very close.

Let's not forget all you other Striders out there who, by time you read this, have trained for and ran the Chicago

marathon. So now that Chicago is over and whether you hit your goal or not, everyone who trained all summer is a winner. If you got to the starting line on October 11th, then you succeeded. We all have different goals for everything we do. Some may want to qualify for Boston, some want to P.R. and some want to complete a marathon for the very first time. I have this quote I carry with me...it goes... "It is not what happens to us that defines who we are, it is what we do with what happens that determines who we become"...Think about that one. There are always disappointments in our marathons. We second guess ourselves, "if only I did this" , or "I should have done that". Learn from it and move forward. It usually takes me two or three times to master an event. I figure out where I "slipped up" ask myself what I can do to correct it, learn, and move forward. So, congrats to you all this month of November. Have a great Thanksgiving holiday. I am glad the baby ducks are back with their mother.

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WHAT WE LEARNED FROM THE TOWER RUN

MARY ZEMANSKY—GOLD CUP CHAIR



For those of you who missed out on the event, we experienced a (thankfully) rare situation in which an errant sign (pointing ambiguously between a split in the trail) resulted in the “Tower 10K plus” in addition to the advertised Tower 8K. Given that many participants had run the course in prior years, who would have thought that half of us (myself included) would chose the “wrong” way? A thorough (and unscientific) analysis of the event revealed that runners 1-16 were on track, but runner 17 lost site of runner 16 and chose to take an alternate route; about half the runners followed him, yet at some point participants got back on the correct course. Ultimately, speedier runners got “beat” by less speedy runners, and much debate ensued.

So, what should have been done with the standings? RRCA clearly states that it is the runners responsibly to “know the course”, and a course map was available prior to the race start. However, this was a trail issue, and ATRA (The American Trail Running Association) does not take a formal stance on such situations (rumor has it that trail runners getting lost is not uncommon, and might even be expected, so these events are dealt with on a case-by-case basis). Of course, the Race Director must take primary responsibility, since he or his designees mark the course (and did not do so clearly). There’s already been discussion of the need for a volunteer at such a point, as well as blocking off the alternate trail.

The Gold Cup Committee voted 6 to 3 to follow RRCA guidelines. The final results affected only a few people in Gold Cup competition, not enough to warrant that other options be considered. Some of us were humbled, others amused, and many irritated by what happened.

Please keep in mind that we make a choice whenever we enter a race to be a responsible participant - and that means knowing where you are going and not necessarily playing follow-the-leader, especially when the “leader” is off track. I envision a lot more people checking the course map from now on!

Check Out Our Site:
WWW.CALSTRIDER.ORG

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