



PRESIDENT'S MESSAGE

GOLD CUP
SCHEDULE :

Race Director's Meeting

Wednesday, December 2

6:30 PM CST

Joe's Crab Shack

Merrillville, IN

**The 2010 Gold cup race schedule is
officially posted!**

See page 3 for full line-up.

Copies can be found online at
www.calstrider.org and will be available at
upcoming Strider social events .

DECEMBER
SPONSORED RACE :

WVLP 98.3 Holiday

Radio Run 5K

Saturday, December 12

9:00 AM CST

Reiner Community Center

Valparaiso, IN

DECEMBER XYZ RACE :

XYZ Wrap Up Trail Race

Final Race of 2009

XYZ Trail Series

Saturday, December 5

11:00 AM CST

Imagination Glen Park, East

Portage, IN

*Free to all XYZ & Strider Members if
RSVP'd to Jeff Emmons at*

JLE1991@gmail.com by

12/02/2009

INSIDE THIS ISSUE :

VP's Corner	2
This & That	2
2010 Gold Cup Schedule	3
Jr. Strider News	3
Meet A Strider	4
Pat Rhode's Volunteer Award	4
Striders Go Off Road	5
Strider Holiday Party	5

Happy Holidays

Hard to believe that the 2009 season is in the final month. I hope all of you find ways to maintain your endurance exercise in the months ahead. Please remember to stay hydrated, dress according to the weather and be extra safe if exercising outdoors. Snow, ice, and cold temperatures can really be harmful.

Breathing plays an important role in exercise. Often your very mechanism of inhaling and exhaling can lead to problems. There are various techniques related to breathing, from Cadence Breathing to Belly Breathing. Breathing techniques are very specialized, because even athletes within the same sport, but competing in different events have different breathing requirements. Some of you may need to run with your nose & mouth covered.

Congratulations to The Tenacious Ten:

Matthew Biggs, David Bobeck, Pete Klaeser, Jose Lopez, Cliff Malings,
Ken Martin, Joe Rodenbucher, Dennis Rotz, Sasa Sekuloski and Dan Sturgell.

You are all Amazing Dedicated Men to Complete

All 30 Gold Cup races in the 2009 Series

Check the web site for continued updates over the Winter months.

I wish all of you and your families Happy Holidays!

As we wrap up the 2009 Season, I would like to thank the entire Board and all of the Striders who made this year memorable.

Each & everyone of you are a valuable asset to "OUR" club.

STRIDE ON!

Michele



IN MEMORY

Ray N. Carey

Ray N. Carey, 77, of Knox, began his first 5K on the streets of gold on Sunday, November 15, 2009. Ray was born February 18, 1934, in Winamac, IN. On January 12, 1952, in Starke County, he married his beloved wife, Patricia Stephenson, who passed away on Tuesday, Nov. 17, 2009. Ray was a familiar face at area road races, competing in 5K's, 10K's and the Detroit and Boston Marathons. He marked a personal best 10K time of 33.03 and ran his last race, The John Glenn Rocket Run, winning his age division on Sept. 26, 2009. He will be missed on the racing circuit and by the members of the Calumet Region Striders where he was a longtime Gold Cup member. Ray could be found at numerous cross country races and track meets encouraging and coaching young runners.

Marlene Johnson

We regret to inform all Striders of the death of Marlene Johnson, wife of Strider James Johnson and mother of Strider Elsie Ruble. Marlene passed away on Sunday, November 15, 2009 at St. Anthony Hospice in Crown Point, IN.



Greetings from the back of the pack. We are wrapping up another successful year. This time of year is very busy for our Board of Directors. The Fall brings the end to another season of the Gold Cup Series, Trail Run Series and Long Distance Series. But even before the results are in, the Board has already approved next years schedule. The finalizing of the series results take place and awards are ordered. Parties are being planned for the Holiday and the Banquet. Also, the discussion of Board elections is taking place. This is indeed a busy time for each of the Board members. I would like to thank each of our awesome Board members: Michele, Nikki, Cecilia, Mary, Dan, Sue, Lisa and Mike. Because of all the hard work, time and effort each of you have given is why we can close 2009 with success and

start 2010 with ease.

We, as a Board, also learned that there are areas of business that need more attention. That is why we are amending our constitution to allow 11 Board members from the 9 we currently have. This however, can not happen with out your help. As an adult member of the Calumet Region Striders you have a voice and a vote. We need you to vote to allow this much needed change to happen. Please return your vote on the constitution change, be it yes or no. We need to have a majority vote to allow the change, so we really need everyone to take the time to respond.

Your voice is always welcome throughout the year. We need to hear from you to know what to keep doing and what to change. We also welcome new nominations to the Board if you would like to be more involved. A healthy Board of Directors

should have a good representation of our club. We need front, middle and back of the back perspectives, male and female perspectives and age differences from young to old. This allows all different areas of need to be represented. We do need a little more male voice on our board. If interested, let someone know. Our club is growing and so does the need for help.

Happy Holidays to all. Congratulations to this years Cox Runners. Great job to all the Striders for being active and healthy in 2009. May we see you all again in 2010.

Enjoy the journey in each race.



THIS & THAT

BY ALL OF YOU

The Jim Cox award recipients will receive their trophies at the Gold Cup Banquet.

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE JANUARY 2010 INSTEP IS WEDNESDAY DECEMBER 16, 2009.

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

Strider buck only merchandise makes GREAT stocking stuffers and will be available to purchase with strider bucks OR CASH at The Strider Holiday Party!

Best wishes for a speedy recovery to Dave Ahner after dual surgeries on October 30th. 1) To repair left knee meniscus tear and remove bone fragment from knee cap, and 2) to repair torn tendons in right ankle/foot. Dave is on crutches and expects to have his foot cast removed on December 8th. He is hopeful of returning to light running in January.

Sue Brown-Nickerson

Thank You to all of the volunteers, who helped out at the AAU cross country meet last month:

Cecilia Bernal, Milagro Gonzalez
Lawrence Giannetti, Tom Granados
Richard Gutierrez, Tim Kennedy
Rusty & Pam Kunz,

Delores & Maurice Lounds,
Carol Magill, Jim Nickerson,
Brian Norrick, Jim Raymond,
Richard Shields, Steve Stanek,
Dale Stout, Polly Theising

Dan Sturgell

Our thoughts are with Milagro Gonzalez and her family on the passing of her mother-in-law.

BOARD MEMBER EMAIL ADDRESSES



OFFICERS:

PRESIDENT

Michele Hale

RunningLead@aol.com

VICE PRESIDENT

Robin Benson-Harvey

vp@calstrider.org

TREASURER

Cecilia Bernal

jcmbernal@comcast.net

SECRETARY

Nikki Huber

hubbn5@hotmail.com

COMMITTEE CHAIRS:

SOCIAL & SPONSORSHIP

Lisa Moreno

lisarunsalot@sbcglobal.net

GOLD CUP & SPONSORED

RACE SERIES

Mary Zemansky

drmaryzemansky@sbcglobal.net

MEMBERSHIP & VOLUNTEERS

Dan Sturgell

dansturgell@yahoo.com

RUNNER PROGRAMS & SCHOLARSHIPS

Sue Brown-Nickerson

sue_brown@juno.com

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

Mike Wilson

webmaster@calstrider.org

APPOINTED:

STRIDERWEAR COORDINATOR

Polly Theising

ptheising@aol.com

INSTEP EDITOR

Holly Plew

hrfortmann@yahoo.com

news@calstrider.org



2010 GOLD CUP SCHEDULE



Events marked with ** must be run by Junior Striders 13 & Over for Gold Cup points. The two half marathons**** may be run by Junior Striders 15 & Over for Gold Cup points.

- 03/13/2010 **Runnin' with the Irish 5K**
Chesterton, IN
- 03/27/2010 **LaPorte YMCA Run** 10K**
La Porte, IN
- 04/03/2010 **Ringing In Spring 5K**
Valparaiso, IN
- 04/17/2010 **Taltree Ten****
Valparaiso, IN
- 04/24/2010 **Spring Fling 5K Ramp Run**
Hammond, IN
- 05/01/2010 **Saint Paul Spirit Run 5K**
Valparaiso, IN
- 05/15/2010 **Gallery Gallop 5.5 Miles**
Gary, IN
- 05/29/2010 **2 Big Hearts Foundation 5K Run** - Long Beach, IN

- 05/31/2010 **ReMax Trail Run Xtreme** 12K** - Portage, IN
- 06/05/2010 **Sunburst Half Marathon**** 13.1 Miles** - South Bend, IN
- 06/06/2010 **Field Station Frenzy 5K**
Chesterton, IN
- 06/12/2010 **Munster Rotary Run A Round** 10K** - Munster IN
- 06/26/2010 **Firecracker 5K**
Chesterton, IN
- 07/03/2010 **Brickyard Run 5 Miles**
Hobart, IN
- 07/10/2010 **Running Wild for the Washington Park Zoo 5K** - Michigan City, IN
- 07/21/2010 **Friendship Race 5K**
Highland, IN
- 07/31/2010 **Buckley 5 Miler 5 Miles**
Lowell, IN
- 08/07/2010 **33 RDP Dean A. Frigo Foundation 5K Run** - Lowell IN
- 08/14/2010 **Rotary Ramble 5K**
DeMotte, IN

- 08/21/2010 **Hometown Run 5K**
Griffith, IN
- 08/22/2010 **Race To The Taste 5 Miles**
Valparaiso, IN
- 09/12/2010 **Tower Run 8K**
Michigan City, IN
- 09/26/2010 **Calumet Memorial Park District Mini Marathon**** 13.1 Miles**
Calumet City, IL
- 10/02/2010 **Omni 41 Pumpkin Prance 5K** - Schererville, IN
- 10/10/2010 **Bank of America Chicago Marathon 26.2 Miles** - Chicago, IL
- 10/23/2010 **Run For The Roses 5K**
Schererville, IN
- 11/07/2010 **Fall Frolic 4-Mile Race**
Hammond, IN
- 11/13/2010 **Panther Pounce 10K Run****
10K Westville, IN
- 11/25/2010 **Valparaiso Turkey Trot** 10K** - Valparaiso, IN



JR. STRIDER NEWS

SUE BROWN-NICKERSON



High School XC: Congratulations to the Chesterton Boys High School team (Tyler Rusboldt, Ryan Cutter, Aaron Parker, Mike Marshall, Andrew Kearney) for sharing the experience of a XC runner-up state team title! Also kudos to Jordan Chester (Boone Grove) on making the podium at XC state finals, 14th; and to all of our high school standouts this season: Carl Duncan, (Andrean) Tim H u b e r a n d D y l a n Logsdon (Portage), Brandon Huisenga (Hammond), Alaina & Hallee Willis (LC) , Lyndsey Kunz & Brigid Marriott (Munster), and Allison Wortel (Cr Pt) Is your name not listed here? Let Coach Sue know for future inclusion.

Youth XC: Approximately 65 Striders competed at the AAU District Championship XC on November 1st in Hammond. Team championships were won in 6 age divisions! What was very significant this season was the percentage of the youth team members that were n-e-w to XC. Within 6 weeks from start to end of regular season on November 1st, Strider coaches helped team members 1) get motivated

to run; 2) stay motivated to run on off days; 3) build self confidence for racing, and 4) build team camaraderie for events.

Nearly all of our team members improved or beat their projected race times by minutes over seconds! The kids we thought would walk didn't! The faster got faster! Say it is so...so much FUNNER to be a RUNNER! The coaches cannot be more proud of team's demeanor and accomplishments. The smiles and reactions on each of their faces at the finish line say it all at each race - they gave it everything they had! I am certain our 42 member national bound Jr. XC team will do the same in Nashville, TN on December 5th!

There will be no youth indoor track season in 2010. Instead, look forward to a Spring outdoor conditioning program to be held in both counties. Did you get your Gold Cup races in?? Please attend the awards banquet on January 30th. Invitation will be mailed to you separately.

Have a great holiday season!

Coach Sue

Welcome new Jr. Striders XC

Andrade, Calista -Crown Point
Arlow, Kelly, Porter
Brandy, Emma, Valpo
Cushway, Haley & Josh - Chesterton
Futrell, Josie & Wyatt - Chesterton
Graf, Linda, Michigan City
Hogueisson, Alexa, Highland
Kohout, Carly & Hannah, Union Mills
Malone, Annika - Chesterton
Marshall, Mike -Chesterton
Miceli, Dominic - Highland
Nunez, Avery - Chesterton
Pickford, Ashley & Chase - Chesterton
Ramos, Vanessa - Dyer
Reed, Jaicie - Schererville
Reyes, Brandon - Valpo
Simic, Liz & Madison
Staypay, Kristin - Chesterton
Taylor, Haley & Mitchell, Lansing, IL
Turman, Ellen, Valpo
Wagner, Ingrid, Valpo
Werner, Kyleigh, Westville
Wozniak, Tim - Chesterton



MEET A STRIDER: GINA FASTERO

JOHN ARREDONDO

Bio: My name is Gina Fastero. I am 30 years old and live in Crown Point. I am a graduate of Merrillville High School. I earned my Bachelors Degree from Indiana University Northwest in Elementary Education and my Masters Degree from Purdue University Calumet in Educational Administration. I currently teach 2nd grade at Three Creeks Elementary School in Lowell .

How long you have been a Strider: I have been a Strider and Gold Cup participant for 2 years.

Your favorite Strider event/race: My favorite Strider race would be Ringing in Spring. It is such a competitive race and it is really the kick-off to my running season, which makes this event very exciting for me.

Your most memorable run: My most memorable run was the Running with the Devils this year. I felt a little bit of pressure going into this race because this race would be the first race of my thirties and I knew I would see some of my students, their parents, and coworkers at this event. It was so memorable because while I did win my age group, I also got beat by a former student!

Running Goals: My current running goal is to qualify for the Boston Marathon. I need a 3:40 to qualify and have come within 2 minutes of that goal.

Besides running, you like to.... Spend time with my family, have nights out with my girls, participate in almost any activity where I can be competitive, especially outdoor activities (tennis, hiking, softball, bowling, bags, etc.), go out dancing, travel, eat Mexican food, head out to the Dunes, work out, go camping, shop, and teach 2nd grade!



STRIDER BOARD LAUNCHES PAT RHODES OUTSTANDING VOLUNTEER OF THE YEAR AWARD

IN HONOR OF PAT RHODES 1936-2007

ATTENTION STRIDERS: BE REWARDED FOR ALL YOUR VOLUNTEERING

Pat Rhodes, a Charter Strider and Life Time Member, championed running and was an exemplary volunteer in our community until May 17, 2007, when a tragic automobile accident took his life while on his way to exercise at his local health club.

As a Board Member, he provided us with his leadership from 1989-1995 as club president. In all, he was an officer for eight years. After his 12th Boston Marathon and reaching a milestone of 60 years young, he retired from competitive running. Still wanting to help others realize the victory at the finish line, Pat became the official Gold Cup Timer from 1995-2007. Pat could always be seen volunteering at many other annual events: AAU Indoor and Outdoor track & field and cross country events, Senior Games of Northwest Indiana, Boston Marathon, and many of the races that have

been highlighted on the Strider calendars over the years. Also known as the official Aid Station Captain at the Calumet Region Strider Aid Station at the Chicago Marathon, Pat began his recognizable role directing over 300 volunteers each year as an Aid Station Captain in 1989.

This award is in memory of Pat's contributions to the running community which has helped raise local awareness about the sport and cultivated the founding of the Strider organization.

General Scoring & Submission Criteria:

- Open to any Strider member in good standing (10%)
- Dedicated volunteer and contributor to races in the region, community running activities, and club social events (40%)
- Present or past club officer, present or

past club committee chair or member, present or past appointed position holder (webmaster, instep editor, striderwear coordinator), race director (25%)

- Demonstrates the spirit of the Chicago Marathon by being a past or registered participant/finisher or past Aidstation Volunteer (25%)

- Submit written nomination (limited to one page or less) by December 31st to CRS, PO Box 225, Griffith, IN 46319 - Attn: Volunteer Chair identifying each area, special accomplishments or contributions to the running community.

Award to be selected by the Volunteer Committee of at least 5 people.

Award to be announced at the annual Gold Cup Awards Banquet.

HOLIDAY FUN RUN

SHERRY ROBISON

Are you feeling like you are overwhelmed with the holidays? Do you feel like you are too wrapped up in your shopping, decorating, baking, and holiday parties to run?

Come on out on December 12, 2009, at 8:00 a.m. at Wicker Park in Highland, Indiana for a holiday fun run. There will be water stops set up for an eleven mile run.

Bring a change of clothes, a potluck breakfast item, and stay for breakfast. There will be all kinds of surprises along the way and back in the park. You will be able to pay your 2010 Strider Membership dues at this time and even sign up for the Gold Cup Series.

Bring your friends and come out to join us for one of the best runs you

will have in December!

If you have any questions, please email
sherry.robison@sbcglobal.net.

We hope to see you December 12!





STRIDERS GO OFF ROAD

SUE BROWN-NICKERSON

While most Striders were at the Fall Frolic 4m on November 8th, several Striders participated in the Iceman Cometh Mountain Bike Challenge in Michigan. This event is a 28-mile point-to-point mountain bike race from Kalkaska, MI to Traverse City, MI - 4,500 riders. It is the most competitive mountain bike race in the US and entry divisions include pro, expert, sport, beginners, or tandem. The pros and tandems finished the race in approximately 1:30-1:45; Veterans between 1:45-3 hrs, and beginners between 3-4 hrs.

Ability levels varied from first time Iceman racers (Doran Lounsbury, Bob Hudnall, and Carol Magill) to veteran Iceman racers (Chad Wright, Jerry Proctor, Jim and Sue Nickerson). The course can best be described as a hilly road race on dirt which includes the famous Vasa Nordic ski trail, and the Pere Marquette State Forest. Course challenges included "Steve's Secret", "Lombard's Luge" down hill, curvy, "Cassie's Cliff" straight up/down, and "Ice Breaker" straight up/down last hill before the finish.

The weather was beautiful and warm unlike previous years of freezing temps, wind, snow, sleet, or rain. 30 waves of 125 riders in each wave started every five minutes. The race begins on the road for 1 mile enroute to the woods. The plan was to

get a great start and be ahead of the wave before entering the woods. Moments into the woods, beginners learned this was no rinky-dink little mountain bike race! There was no turning back, and it then became a survival of the fittest!

The goal for beginners is to ride conservatively and merely finish. That feeling at the finish line is very comparable to finishing your first marathon. So...kudos to Doran, Bob, & Carol! They can now proudly say they are an Iceman Cometh Challenge Finisher! Note that Carol's bike seat broke off with 3miles to go and she rode her last 3miles standing up.

The veterans ride aggressively and strive for top 5 podium positions with some divisions winning money for 1st-5th places. Chad Wright & Jim Nickerson rode well in their expert class. Jerry Proctor and myself (Sue Brown-Nickerson) were fortunate to have medaled in our divisions, make the podium and receive unique awards (a medal that looks like a bike sprocket with chain links wrapped around the medal). That was the hardest I've ever had to work for any award including 8 marathon finishes. I am proud my myself, and of all of my fellow Strider Iceman Finishers!

Chad Wright	1:59:31
Jerry Proctor	2:07:39 4th \$\$
Jim Nickerson	2:28:43
Sue Brown Nickerson	2:51:14 5th
Doran Lounsbury	3:02:21
Bob Hudnall	3:38:14
Carol Magill	3:47:05

This race is very popular and fills up quickly on-line each February. Cross training and commitment to training is essential for anyone attempting this race. Long bike rides, and the Hilly Hundred was a great tune-up in preparation for this event. It also helps to have a great bike mechanic in the family. Thanks to my husband Jim for putting me on a great bike and for all the tips! See you next year... Maybe... maybe not...(?)

What is the HILLY HUNDRED? The Hilly Hundred is a two-day non-competitive bike ride through the scenic hills of Southern Indiana just outside of Bloomington, IN held mid-October - 50miles both Saturday and Sunday with rest/food stops/bands every 10-15 miles each day. I just want to go on the record as saying this event lives up to its name - HILLY! Heartbreak Hill, Three Sisters (Ugly & Wicked), Water Tower Hill, Bean Blossom Hill, Mount Tabor Hill to name a few. The Sun route through Morgan-Monroe State Forest was simply beautiful with the rolling hills and colored leaves. This event requires advance registration, the right bike, the right gearing, and the right fitness! A perfect training event for Iceman. Ask any of these Strider 09 participants: Nancy & Tim Scannell, Tim, Kathy & Kevin Mangel, Sue & Jim Nickerson, Carol & Tom Magill, Jen & Jason Ryman.



STRIDER HOLIDAY PARTY

LISA MORENO



Friday, December 11, 2009
6:00 p.m. - 10:00 p.m.

Pasta Buffet Dinner
Patrician Banquet Center
410 East U.S. 30
Schererville, Indiana 46375
(on U.S. 30 between Austin Avenue & Cline Avenue)

Gift Exchange

If you would like to participate in the gift exchange, please bring an unwrapped holiday ornament.

Desserts

Please bring a dessert for our Strider potluck dessert buffet.

Strider Wear

You can purchase Strider wear at the Holiday Party, so bring your Strider bucks! Also, "Strider Buck Only" merchandise will be available for regular purchase.

DJ/Music/Dance

Bring your dancing shoes because there will be music and games for the kids!

50/50 Raffle

We will have a 50/50 raffle so bring plenty of dollars!

If you have any questions, please email Lisa Moreno at: lisarunsalot@sbcglobal.net



RRCA CORNER
FROM YOUR
RRCA INDIANA
STATE REP

**RRCA COACHING
CERTIFICATION CLASS
COMING TO OHIO**

April 30 & May 1st in Cincinnati, OH in conjunction with the Flying Pig Marathon. This certification is designed for coaching adult endurance runners for road running.

The two day program includes sixteen hours of coursework and online multiple choice exam with immediate results. Cost \$250.

NON PROFIT ORG
US POSTAGE PAID
GRIFFITH, IN
PERMIT NO. 225

SUPPORT OUR SPONSORS!



**FAMILY
DENTAL
CARE**
Dr. Chanbo Sim



Check Out Our Site:
WWW.CALSTRIDER.ORG

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