



PRESIDENT'S MESSAGE

Happy New Year

I hope everyone had memorable & joy filled Holidays.

In the year ahead my goal is to increase membership to 1,000! I feel we can do it since our club has so much to offer. We are a premier running club. We always welcome your comments, suggestions, or ideas you have for "OUR" club. You can find all of the Board members' contact information and all current updates on our web site, www.calstrider.org.

There are many ways you can get involved with the club from running to volunteering to serving on a committee. If you have time to spare and would like to get more involved e-mail me and I will point you in the direction where you can be most helpful.

Thank-you to the entire Board and members. You have made the past 5 years memorable and fun serving on the board. You are all my extended family.

I look forward to serving as your President for another racing season .

As we welcome in 2010 it is a good idea to set your goals for the year's up-coming running season. Remember to be realistic when setting them . Think of how much time you will be able to dedicate to your plan of action. Here are 5 steps to follow:

1. Set specific and measurable goals.

Vague goals such as "to become a better runner" or "to train harder" do not focus your efforts. To provide motivation, there can be no question afterwards whether or not you reached your goal. An example of a specific and measurable goal is "to run sub-6 minute mile pace for 10K by the end of the summer," or "to run a minimum of 50 miles per week for each of the next 6 weeks." Both a target and a time for achievement are clearly stated.

2. Set goals that are challenging yet achievable.

An easy goal will not lead to greatness or even provide the motivation to roll out of bed on a rainy morning. An outlandishly hard goal, such as the good high school runner who says he wants to win an Olympic gold medal, will not provide direct motivation to get out and train. If that high school runner can not realize success until he earns an Olympic gold medal, then running will become a frustrating endeavor with little reward. Set a goal so that with intelligent training you have a realistic chance of achieving it within a time frame that provides motivation for your training.

3. The fitter you already are, the less you will improve.

The unfortunate fact is that the longer and harder you have been training, the closer you are to your genetic potential. The closer you are to your genetic potential, the smaller the improvements you can make. If you have been training diligently for 12 years and have run a 33 minute 10 K, then a challenging yet realistic goal for 2000 would be to break 32:30. Chances are that you are already fairly close to your genetic

(Continued on Page 2)

Gold Cup Banquet
Saturday
January 30, 2010
4:00 PM CST
Avalon Banquet
Center
Merrillville, IN

2010 GOLD CUP
SCHEDULE :

Runnin' With the Irish 5K
March 13, 2010
9:00 AM CST
Indiana Dunes State Park
Chesterton, IN

LaPorte YMCA Run 10K
March 27, 2010
9:00 AM CST
Soldiers Memorial Park
LaPorte, IN

INSIDE THIS ISSUE :	
VP's Corner	2
Holiday Party Wrap-Up	3
Strider Coach on National TV	3
Fun Run Update	3
This & That	3
Jr. Strider News	4

potential, and that any further improvements will be hard won and measured in seconds rather than minutes. An individual who has only been running for a few months, however, can expect to improve in larger chunks. In the first year of running, it is not unusual to improve performances by 10% or more.

4. Do not expect quick results.

Performance improvements take time. When you increase the volume or intensity of your training, at first you just get tired. Training provides the stimulus for the body to improve, but improvements take time. Additional fatigue occurs before the positive adaptations to training, and at first your running performances may actually get worse. The third week of increased training is typically the worst. Allow a minimum of 5 weeks after modifying your training before you expect to see a small improvement in performance. If you are train-

ing for a 10 K, give yourself a minimum of 10 weeks to prepare. For a marathon, allow a minimum of 15 weeks to prepare.

5. State your goal in terms of performance rather than outcome.

Examples of performance goals are "to run at least 5 days per week until the 4th of July road race," or "to run the half marathon in April at 5 minutes and 45 seconds per mile." An outcome goal is "to win my age group in the half marathon." With a performance goal, you can develop a plan to reach that goal. Most of the necessary ingredients to achieve your goal (e.g. dedication to training, eating correctly) are within your control, which improves your self-confidence. With an outcome goal, however, major aspects of reaching your goal are out of your control. In the example of winning your age group, there are other runners trying to win your age group too, and you cannot influence their performance. Outcome goals, therefore, can lead to anxiety and frustration.

While there aren't as many sunny days in the winter, sunglasses are still a must if you are planning on being outdoors. Run safe-Stretch,Hydrate, Layer, Nourish & protect.

STRIDE ON!

Michele



VP'S CORNER

ROBIN BENSON-HARVEY



Greetings from the back of the pack. Happy 2010! Welcome to a new decade. What are your goals this new year? Maybe you will run all the races in the Gold Cup Series and become a Cox runner. Maybe you will finally run a marathon, or get that PR. I hope to see you at the races in the new year.

I would like to thank Mary Zemansky for doing an awesome job at our Gold Cup Race Directors Meeting. Also, thanks to Lisa Moreno for the Holiday party. Big Congratulations to Sherry Robison who was on the Rachel Ray show for her coaching and mentoring.

Remember in cold weather outdoor exercise to dress in layers. Wear moisture wicking fleece for insulation and a waterproof breathable outer layer. Remove or replace layers as needed. Wear a warm hat or gloves. Stay visible after dark. Wear reflective, light-colored clothing. Use footwear with good traction. Stay hydrated even in cold weather. Use sunscreen and sunglasses to reduce UV rays and glare. Exercise with a buddy or let someone know when you will return and your route.

Enjoy the journey in each race.



INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE FEBRUARY 2010 INSTEP IS WEDNESDAY JANUARY 20, 2010.

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 Striders hosted our annual Holiday party at The Patrician Banquet Center this weekend. The evening was filled with joy and happiness. There were games & prizes for the kids, a raffle, we sold Striderwear, had an ornament gift exchange, had a delicious pasta dinner and ended the night with dancing and desserts.

Congratulations to Daniel Huber who won the bubble gum guessing contest and Jacob Beehn who won the boys hula hoop contest. We had so many great female hula hoopers that I can't even remember who won! Great job kids, I hope you had fun and look for your pictures on the Strider website.

I would like to give a BIG THANK YOU to Joe Rodenbucher who spinned out some great music and did a fabulous job as our DJ. For those of you who may not know, Joe Rodenbucher is also a fellow Strider and is part of the "Tenacious Ten" Jim Cox Award



STRIDER COACH ON NATIONAL TV

Our very own Sherry Robison got some national recognition on December 11, 2009 when she appeared on the Rachael Ray show.

Sherry received her RRCA coaching certification this summer. One of her co-workers, at the University of Chicago, asked her to teach her how to run. Lunch hour runs, which began in October with two people, now consist of 22 runners. Sherry has challenged each runner to compete in one race a month.

On December 5th a new race was held in Lincoln Park, the Santa Shuffle 5K. One of the runners in her group entered them in a chance to attend a pre-race breakfast which would be taped for "a national TV show." She also submitted an essay as to why she was running the race. Their group was chosen to attend the breakfast and Sherry and her co-worker were interviewed at the breakfast. A cameraman ran the first 100 yards of the race taping them. Sherry was contacted by one of the producers of the Rachael Ray show on the evening of December 5,

recipients for 2009. Great job Joe! This year, Renee Moreno and I made the beautiful table centerpieces. As a reward to our members for getting their RSVP in early, they won a table centerpiece. This year, the centerpiece winners were:

Darrell & Michelle Hale
Paul & Christine Rohl
Ruth Ann Keilman
Dennis & Janet Rotz
Adrian & Robin Harvey
Michael & Jayne Willis
Mann & Phyllis Spittler
Polly Theising
Michelle Austin

Congratulations and a BIG THANK YOU for sending in your RSVP early! If you loved the Holiday Party centerpiece, I will have another centerpiece available for our silent auction at the Gold Cup Banquet which is on Saturday, January 30, 2010 so look in your mailbox soon for that invitation.

As a Board member I strive to make our social events an enjoyable atmosphere for all attending and I hope I have served you well in that capacity. If you ever have any

2009. She was contacted again on December 6, 2009, by another producer wondering if they flew her to New York in the next few days, would she be able to go.

The morning of December 7, 2009, Sherry received a phone call from yet another producer wanting her to fly out on Tuesday morning for taping on Wednesday. She and her trainee were flown to New York on December 8, 2009. Sherry ran 7 miles in Central Park in the pouring rain to calm her nerves on the morning of December 9th, prior to the taping of the Rachael Ray show. Of course, she looked great after being treated to hair and make-up (wouldn't we all)! The show aired on December 11, 2009, and is available at rachaelrayshow.com (click on videos, latest show clips, and "The Santa Shuffle").

Sherry has been named an incredible person by Rachael Ray as she has started this work lunchtime running group. We always knew she was "special", but we now have proof how INCREDIBLE she actually is!

Who knows, the next time Rachel is in Chicago, she may want to go for a lunchtime run! Who's in?

By Sherry Robison

suggestions, questions or feedback, please send me an e-mail at lisarunsa-lot@sbcglobal.net, I would love to hear from you. Also, if anyone forgot their desert tray/containers, please contact me, I might have yours.

Lisa Moreno
Calumet Region Striders
Social & Sponsorship

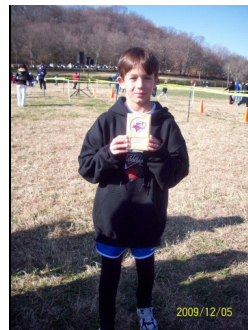
FUN RUN UPDATE
SHERRY ROBISON

On December 12, 2009, 35 Striders braved the chilly conditions and came out to Wicker Park to participate in the holiday fun run! After an 11 mile run, we all gathered at the pavilion for breakfast, pay our membership dues and a drawing for door prizes. A big thank you goes out to our sponsors Pleasant View Dairy, Strack and Van-Til, and Mizuno. Thanks to the water stop coordinators Michele Hale and Santa at mile 1, Doran Lounsbury and Bob Hudnall at mile 3, Bob Hogan and Bob Cavallo at mile 4 1/2, and Karen Lounsbury and Sally Cook at Wicker. Kudos to Cecilia Bernal who came out and collected membership dues from 22 runners! An even bigger kudos to the runners, you are the reason we do stuff like this! I personally don't think there are a better group of people than runners!



THIS & THAT

We wish Sue Brown-Nickerson a speedy recovery after she was diagnosed with a bulging disc at L5-S1 pinching her sciatic nerve.



**Dustin
Navejas,
National
Champion
9 year
olds**

2009/12/05

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JR. STRIDER NEWS

SUE BROWN-NICKERSON



INDIANA CAL STRIDERS YOUTH TEAM RUNS TO CHAMPIONSHIP TITLES AT COACHES XC CHAMPIONSHIPS, NASHVILLE, TN - DEC 5TH

41 participants of the Indiana Calumet Region Striders youth team participated in the 2009 Coaches Cross Country XC Championships in Nashville, Tennessee on December 5th.

The local Strider running club is proud to announce its many youth runners that received cross-country championship titles and accolades. To highlight - In the 3k 1.8m distance, Dustin Navejas, age 9 of Lowell, Indiana won the 9yr division in time of 11.53.

His teammates: Hunter Boyer, age 10 of Lowell, Indiana placed 5th in 10yr division with time of 11:51; Chase Pickford, age 10 of Chesterton, placed 9th, Carl Frey of Valparaiso placed 10th, and Tyler Villarreal of Valparaiso placed 25th respectively to take 3rd place in their 9-10 boys team division.

Participants racing to top 8 division places received special podium award and announcement. Top 25 finishers in each age group also received a wooden plaque to memorialize their accomplishment.

Team members receiving top 25 honors are:

1st - Dustin Navejas, Lowell, age 9 3rd - Zachary Villarreal, age 5 (800m)
5th - Hunter Boyer, Lowell, age 10 7th - Celena Guerrero, Hobart, age 14
8th - Hope Myroup, Union Mills, age 11 9th - Chase Pickford, Chesterton,
age 10 9th - Sara Ramos, Dyer, age 10 10th - Carl Frey, Valparaiso age
10 15th - Elena Lancioni, LaPorte, age 14 15th - Reece Crossin, Valpo,
age 8 17th - Jacob Beehn, Gary, age 8 18th - Emmett Sullivan, Chester-
ton, age 12 19th - Kelly Arlow, Chesterton, age 12 19th - Haley Taylor,
Lansing, IL, age 9 19th - Alexa Tumidalsky, Chesterton, age 8 22nd -
Daniel DeTorrice, Valpo, age 12 24th - Patrick Treacy, Valpo, age 12 25th
- Haley Cushway, Chesterton, age 13 25th - Tyler Villarreal, Valpo, age 9

The next Cal Striders youth season (track) will begin in late Spring.

Thanks to all of the volunteer coaches: Steve Kearney, John Marshall, Mitch Semans, Leo Frey, Jorge Ramos, and Steve Stanek.



The Cross Country Coaches National Youth Championships is proud to announce that the 2010 CCCNYC will be held November 20, 2010, in Lexington, Kentucky. Mark that date on your calendars. Format changes for 2010 include having top 25 for each age in the 14 & under categories receive awards on the awards podium.

Check Out Our Site:
WWW.CALSTRIDER.ORG

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