



PRESIDENT'S MESSAGE

FEBRUARY  
SPONSORED RACE :

**Valentines 5K Run**  
**Sunday—February 14, 2010**  
**10:00 AM CST**  
**Valparaiso High School**  
**Valparaiso, IN**

FEBRUARY  
BOARD MEETING :

**Porage Township YMCA**  
**Thursday—February 11**  
**6:30 PM CST**  
**Portage, IN**

MARCH 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**

**Perfectly Goofy**

This year was the 5th Anniversary of The Goofy Challenge held at Walt Disney world in Orlando Florida. Three Striders were among the 193 participants going for a Perfectly Goofy Award: Tom Cheslik, Tom Nedza & Myself ( Michele Hale) were successful and are 3 of 187 who have completed the 39.3 miles spread out over two days for a Grand total of 196.5 miles through the parks over the past five years. This year my sister, Christine Rohl, came to complete the 39.3 miles with me. Doing this with her was truly an experience of "Enjoy the Journey". Our strategy for running the half on Saturday was to take it easy since Christine's back had been giving her problems ten days prior to the race. We would take pictures, walk the water stops, and enjoy the VERY cold 26° morning, snow flakes, and sleet that hurt as it hit our faces. (Really we were in Florida). Chris wanted to see how her back felt after completing the 13.1, then she would decide if she would attempt the 26.2 the next morning.

We ran the half marathon in 2:20 her back did not feel too bad afterwards. Sunday we approached the start line in slightly better weather, and with the same strategy plan as the day before. Only this time we had draw string back packs on as we thought why not do some shopping along the way and pick up some really great discarded throw-aways? Northface, Mizuno and Under Armour hats and gloves to name a few brands discovered marathon day. We brought back a grand total of 65 items (which all went right in the washer at the hotel). We figured the total was well over \$1,000 for the items that we brought back. As the miles went by, Christine grew along with her back pack. She had tied 5 jackets and 3 scarves around her waist. Oh, did I mention the pockets of the jackets were also full of gloves, hats, ect?

The pictures are great! They look like we gained 15 lbs and 10 inches during the race. We had so much fun laughing and going through stuff. I asked her why were walkers passing us and we both just giggled, realizing we truly were Laxadazy...

The journey I shared with her that day was Priceless! We crossed the finish line in 6:16 the longest either of us has been on a marathon course. Thank-you Christine...

**The Worst Time was THE BEST TIME!**

Speaking of marathons, 2010's Chicago Marathon will be a special year for those who are superstitious when it comes to numbers.

***This year it will take place on 10-10-10!***

The marathon will sell out much faster than in previous years. If you are thinking of participating, running with a group really helps to keep you motivated from start to finish. The 18-week training program is easier to follow when you do it with a group. Opportunity Enterprises has an amazing marathon team. Training takes place in both Lake & Porter Counties. They provide coaching from certified coaches, moral support, group runs, pre- and post-race day parties, team shirts, transportation on race day, and a team tent in Charity Village. If you are thinking of participating, this is the BEST way to get yourself prepared! (See Page 2, This & That, for call-out meeting times and locations.)

A marathon seems to have become the latest vogue challenge for fitness-minded people across the globe. Sure, 5K's and 10K's can be challenging but there is something about the 26.2 miles that tempts the masochist in all of us. Plus, being part of the 1% of the national population that BOASTS a COMPLETED marathon can be pretty cool too.

Running cleanses the mind and body.

**STRIDE ON!**

**Michele**



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VP'S CORNER ROBIN BENSON-HARVEY

Greetings from the back of the pack. The weather is breaking a little and I see people out on the Porter County running path. We still have another month to go before we kick off our 2010 Gold Cup season. Now is the time to start getting ready. Be careful on slick surfaces, stay injury free.

The Winter Olympics are about to begin. I am such an Olympic fan. I love the unification of all the countries competing to be their best. I

have a special place in my heart for the winter games, it reminds me of my best running memory. That would be when I ran as an Olympic Torchbearer for the 2002 Salt Lake City games. Let the spirit of the Olympic games inspire you to begin your 2010 running season.

Enjoy the journey in each race



THIS & THAT

BY ALL OF YOU

Congratulations to Lawrence Giannetti, Cliff Bar's Athlete of the Month for January 2010. Check out the article in the January 2010 issue of Chicago Athlete Magazine or view it on-line at [www.mychicagoathlete.com](http://www.mychicagoathlete.com).

Great Job Lisa Moreno and crew on the Gold Cup Banquet!



Congratulations to Bri-Anne Andressien for placing 9th overall in diving at conference.



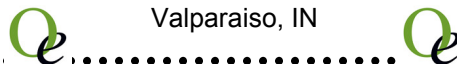
**OPPORTUNITY ENTERPRISES MARATHON CALLOUT DATES**

*Lake County*

February 20, 2010-9:30 AM CST  
Omni 41  
221 South Route 41, Suite A  
Schererville, IN

*Porter County*

February 24, 2010-6:00 PM CST  
Opportunity Enterprises  
2801 Evans Avenue  
Valparaiso, IN



**HAVE YOU PAID YOUR 2010 MEMBER DUES?**

If not, this will be the last In-step you will receive until your membership is renewed. You may mail your 2010 application and payment to our P.O. Box, bring it to one of the Gold Cup races, or pay online.

The online feature is new this year. At the Strider website, just click the "Online Application for Membership" in the Member Info section and fill in the data. It is a convenient way to renew your membership with no additional cost to you.

We have also added two multi-year options, the 5-year individual membership and the 10-year individual membership. The 5-year membership is proving to be the more popular of the two. Not only was Milagro Gonzalez our first member to use the online application, she was also the first one to sign up for five years.

Thank you to those members who have already renewed for 2010 and welcome to our new members!

Cecilia M Bernal - Treasurer

**INSTEP SUBMISSION DEADLINE**

THE DEADLINE FOR SUBMISSIONS FOR THE MARCH 2010 INSTEP IS WEDNESDAY FEBRUARY 17, 2010. 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.

BOARD MEMBER EMAIL ADDRESSES



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### RRCA National Awards:

The Calumet Region Striders have two members being considered for RRCA National Awards: Rick Fenno has been nominated for the RRCA Male Master- Road Runner of the Year; and Sue Brown-Nickerson has been nominated for the RRCA Kurt Steiner Outstanding Youth program Director Award. Also nominated for national award from Indiana for Out-

standing Club President - Todd Oliver, Indy Runners.

Their nomination letters have been posted on the Strider website under RRCA Reports. Winners will be announced this Spring and presented awards at the RRCA National Convention - April 2010 in Lakeland FL. The Striders will have two representatives at the RRCA Convention this year, Nikki Huber and Sue Brown-

Nickerson.

### Indiana RRCA Championship Events:

March 27th, Sam Costa Half Marathon, Carmel, IN - State Championship  
 April 17th, Taltree 10, Valparaiso - State Championship  
 August 14th, Rotary Ramble 5K - Regional Championship  
 Oct 16th - Indianapolis Fall Marathon - Regional Championship



MEET A STRIDER: BRIAN HUBER

JOHN ARRENDONDO

My name is Brian Huber and I live in Portage, Indiana. I have been married to Nicolette for 17 years and have three children: Timothy 15, Joseph 12, and Daniel 10.

### How long you have been a Strider?

I am going on my fifth year as a Calumet Region Strider

**Favorite Strider event/race:** The TallTree10 is my favorite race because it is a very Strider oriented event. I enjoy going past the waterstops and seeing the junior striders cheer us on. It is also fun to see my kids volunteer their time in a sport

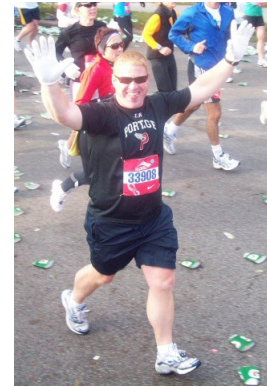
we share together as a family.

### Your most memorable run:

Ringin in Spring four years ago. Sue Brown-Nickerson had been my beginning running coach and it was the first race that I could catch up to her and then I was able to pass her as I sprinted to the finish line.

**Running Goals:** My goal is to lose enough weight to get out of the Clydesdale division and be competitive in my age group division

**Besides running, I like to....** Ride bikes, travel, go to movies, spend time with my family.



**Brian Huber sets his Marathon PR at the Chicago Marathon on October 11, 2009.**



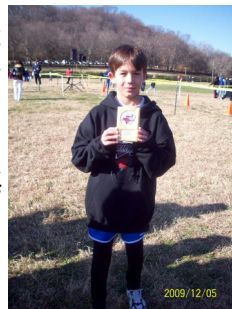
DUSTIN NAVEJAS  
 RECEIVES HAMMOND TRACK CLUB'S  
 ATHLETE OF THE YEAR—2009

Joe Mis of Hammond Track Club was very proud to present the Athlete of the Year Award to Dustin Navejas of the Calumet Region Striders at the Gold Cup Banquet.

Dustin, age 9 of Lowell, is the son of Strider, Adam Hudak. Dustin set new meet records in the 800m (2:52) and 1500m (5:48) at the February 2009 AAU Indoor Track & Field Meet. He also set a new record at the AAU District Meet held in Hammond this past summer - 800m (2:47), and also received 1st in the 1500m qualifying for AAU Regionals where he ran the 800m (2:39) for 5th place.

While winning many 5K's in his age group in 2009, his biggest accomplishment came in early December where he ran to an age group win at the National Coaches Cross County Championships in Nashville, TN.

Congratulations to Dustin Navejas as the National Champion for the 9 year age group division at 3K distance - 11:53, and also for receiving the Hammond Track Club's Athlete of the Year Award for 2009.



2010 BEGINNER  
 RUNNER  
 PROGRAMS

### 10 to 13 Mile Running Program

Target Race: TalTree Ten Mile  
 See Insert for all the Details!

### 5K Beginner Runner Program:

Goal Races: Spring Fling, Saturday, April 24, 2010 and Fall Frolic, Sunday, November 17, 2010

Included: Strider Membership & Complimentary Gift, Race entry fee, Coaching clinics, Twelve week training schedule, and RRCA Certified Running Coaching

Fee is \$80 for both training programs. If interested in only Spring Fling, cost is \$50.

Fall Frolic 4 Mile Program begins in September.

Sign up for both programs and save!  
 Contact: Sherry Robison, RRCA Running Coach (219)677-0824 or email: Sherry.robison@sbcglobal.net

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JR. STRIDER NEWS

SUE BROWN-NICKERSON



Remember to **RENEW** (on-line with credit card or mail-in application) by March 1st or otherwise your household will be dropped from the mailing list and you will miss all the season's updates and program call-outs. Should you select Gold Cup Series for one under 14 and/or unsure...(?)...Coach Sue suggests...if you are an experienced 5K racer or school team XC athlete, of course! If you plan to do a cross country program, but are new to running.. yes! If you are a new youth member, enter a beginning running program or complete track season first, or consult Coach Sue first. There are so many 5K's between summer and end-of-the year, that the required amount of races and choices are still plentiful. You can always join Gold Cup at the GC table at any GC race before the start of the race. GC Scoring/Award eligibility requirement is 14 & under must complete only (5) races; 15-18 years must complete 7 races.

**2009 Gold Cup RECAP:** 64 kids entered the Gold Cup Series with 35 kids completing their required amount of races.

**CONGRATULATIONS TO:** Dustin Navejas, Jacob Beehn, Emily Walsworth, Rhianna Keister, Savannah Ronjak - 8 & under Hunter Boyer, Evan Fletcher, Daniel Huber, Scott Fisher, William Maddy, Sara Ramos, Tori Dawson 9-10 yr Daniel DeTorrice, Joseph Huber, Nathan Vuckovich, Hope Myroup, Alicia Ramirez, Casey Olah, Brianna Rheister, Katie Maddy 11-12 yr

Tim Huber, Alec Seeley, Andrew Kearney, Andrew Jankowski, Kevin Mangel, Adam Sandberg, Justin Moreno, Joey Rivera, Elena Lancioni, Brittany Stepp, Elizabeth Schlichting, Allison Rockley, Bri-Anne Andriessen, Lindsey Norrick 13-14 yr Carl Duncan, Jordan Chestert, Clarisse Fletcher, Jean Byrd 15-18 yr

**Long Consecutive GC Finishes 18 & under:** special recognition goes to Bri-Anne Andriessen, Kevin Mangel and Hope Myroup who continue the longest streak of consecutive GC finishes with six; tying the club record with Alaina & Hallee Willis, who were unfortunately unable to finish the series this year. Lindsey Norrick, Elizabeth Schlichting, Jordan Chester with 5 consecutive GC finishes; and Tim Huber with 4 consecutive finishes. Will they continue their streak in 2010?...stay tuned..!

**Upcoming Dates:**

March 13th 1st GC Race 9:00 Run w/Irish 5K Chesterton

March 27 GC Race 9:00 Am

LaPorte 5K LaPorte YMCA April 3, GC Race 9:00 AM

Ring in Spring 5K Valparaiso YMCA April 17th

Youth Program Fundraiser -youth families needed to volunteer Taltree 10 race Valpo - save this date!

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

Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)