



PRESIDENT'S MESSAGE

MARCH GOLD CUP SCHEDULE :

Runnin' With the Irish 5K

Saturday—March 13
9:00 AM CST

Indiana Dunes State Park
Chesterton, IN

LaPorte YMCA Run 10K

Saturday—March 27
9:00 AM CDT

Soldiers Memorial Park
LaPorte, IN

Ringin In Spring 5K

Saturday—April 3
9:00 AM CDT

Valparaiso YMCA
Valparaiso, IN

MARCH XYZ SERIES RACE :

Foot Pursuit 5K

Saturday—March 6
9:00 AM CST

Sunset Hill County Park
Valparaiso, IN

MARCH BOARD MEETING :

Omni 41

Thursday—March 11
6:30 PM CST

Schererville, IN

I would like to welcome our new Board Members

Pete Klaeser - Secretary
Doug Walter - Nominations, Bylaws & Disabled Runner Fund

Also welcome back to Re-Elected Board Members

Cecilia Bernal - Treasurer
Dan Sturgell - Chair, Membership & Volunteers
Mary Zemansky - Chair, Gold Cup & Sponsored Race Series

I appreciate you joining the Strider Board and look forward to working with you throughout the upcoming year.

Springtime is just around the corner! This is a very exciting time for outdoor runners who feel they have been cooped up over winter months. Be sure to stretch before and after your run, and don't go out to far your first few day's back on the road. You don't want to overdo it and cause a strain on your muscles. Ease back into those miles.

We have many races in the months ahead be sure to stop by the Gold Cup Table to pick up race applications, race evaluations (which are needed to evaluate races), and also information on upcoming events. After the race be sure to sign in. Even though most races use chip timing, it is a helpful information for our Web Master in order to get your results on the web site.

We are now in an age of chip timing and popsicle sticks are nearly extinct. Veteran runners, as the race season begins please look around at the start of a race for runners missing a chip strapped to an ankle or on a shoe string or a bib pinned to their back. They may be a first time participant and not know that they need a chip and visible bib to have their time scored accurately or to have a photo taken. Please help them out, we were all beginners once.

If you know someone who wants to start running or is currently a runner and wants to improve time or distance, check out our web site for running programs of all different levels.

Not sure what to do with running clothes or shoes that may still have miles left on them? Girls on the Run will have a collection box at Spring Fling. They will be collecting ALL sizes of men's and women's running clothing and shoes. Items they can not use will then go to Campagna in Schererville. Please bring them before the race and place in the drop box.

Packing your own lunch not only saves cash, but it can save lots of calories. Know what you are eating.

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WE NEED YOU!

HOLLY PLEW-INSTEP EDITOR

We Need You for the 2010 Calumet Strider INSTEP!

In 2009 the Striders consisted of over 600 households. Now we are looking for your help to expand the INSTEP newsletter and improve it's content. Over the 2009 season and at the Strider Banquet in January 2010 surveys were collected and INSTEP suggestions were noted. Some great ideas were posed from a triathlon section to including more health information and running tips...but we need

someone to write these.

Are you interested in a regular column? Maybe you are a running coach, a health professional, an extreme runner, or triathlete? Even if you are just out there to have fun and reap the health benefits of running, we can use your insight or story. **ANY** Strider can submit a submission for the INSTEP and we welcome them! If you don't want to write a whole story or column, but want to post a tidbit of news or running information; you can submit a

note for the This & That column.

Another way to be involved with the INSTEP is to nominate someone for our Meet A Strider Column. With so many members it's a great way to get to know Strider Members. Submit your nominations to the INSTEP Editor and we'll get them to John, our column writer. A new member, a Jr. Strider, a long-time member, ANY Strider member is a great pick for this column!

Starting in April 2010 the INSTEP will include a Coaches Column. Here we'll post some tips and running advice from certified coaches within the Strider Community. Do you have a running question that you've always wanted answered? Send your questions to our coaches via the INSTEP Editor and we'll see if we can answer them.

Submit all INSTEP articles, notes, and ideas to Holly Plew, the INSTEP Editor, at news@calstrider.org or hrfortmann@yahoo.com. Each month, the INSTEP deadline for the following month's newsletter is printed. Please use "INSTEP Submission" in your subject line. If you don't have email, you can mail submissions to:

Calumet Region Striders
PO Box 225
Griffith, IN 46319

We look forward to hearing from our members and incorporating some new things in the 2010 INSTEP!



THIS & THAT

BY ALL OF YOU

FOR SALE Garmin Forerunner 305 Wrist-Mounted GPS Fitness Computer with Heart Rate Monitor. Like New \$175.

.....
We are thinking of Sue Brown-Nickerson as she goes into surgery this month. We wish her a SPEEDY recovery and hope to see her at the races SOON!
.....

Remember to wear your Strider Wear at Gold cup races and stop by the Gold cup table to sign up for our after race raffle and a chance to win free membership.
.....

I enjoyed my term as the CRS Board Secretary. Thank you to my fellow board members and fellow Striders for your patience and guidance!!!! Please welcome Pete Klaeser as your new secretary.

Nikki Huber

Check out www.dailymile.com. It's like Facebook for runners/cyclists. It keeps track of all your mileage/pace and allows friends from the site to encourage you. It's a great way to get to know people from far away in the running community! The site also lets you add pics and post upcoming races.
.....

Trish Taylor

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE APRIL 2010 INSTEP IS WEDNESDAY MARCH 17, 2010. EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

BOARD MEMBER EMAIL ADDRESSES



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Go to www.calstrider.org to email Pete.

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JR. STRIDER NEWS

SUE BROWN-NICKERSON



Are you a graduating senior or current Strider member with a son or daughter headed to college in the Fall?

Jim Cox Scholarship applications are **DUE** and must be postmarked by April 1, 2010.

An application is enclosed and it is also available on the website - click on Jim Cox Memorial Award.

Save These Dates:

April 17, 2010

Taltree 10mile— Youth Program Fund-raiser—Jr Strider Family Volunteers needed at Aberdeen Manor 7:00-10:00 AM Contact: sue_brown@juno.com.

Mid-May, 2010

Track & Field Season begins

Early June

Hershey's Track Qualifiers— Schererville, Valparaiso

June 26-27, 2010

AAU Track & Field State Meet—Chesterton High School

Gold Cup Series Tip:

Check to make sure you enter the correct distance scorable for points when there are two race distance choices.



MEET A STRIDER: CHAD LAWLESS JOHN ARRENDONDO

Getting to Know YOUR Fellow Striders

Bio: I am 33yrs old. I have been married to my wife Maggie for 12 years.

Strider Membership: 2 years

Favorite Strider Race/Event: Ringing In Spring 5K

Most Memorable Run: Running my first marathon in Philadelphia on November 22, 2009. I ran a 3:12:28 and missed qualifying for Boston by 1 minute and 30 seconds! I also en-

joyed running with my "Ridge Runner" teammates this past year at the "Ringing In Spring" race where we placed 1st and 2nd.

Running Goals: I really want to break the 18 minute barrier in the 5K. I would also like to qualify for Boston, stay healthy and continue to enjoy all the friends I have made through running.

Besides Running I: Love spending time with my wife and children. I am also a Deacon at First Christian Church in Chesterton. I just do my best to enjoy all that life has to offer!



STEP UP EXPERIENCE

NICOLETTE HUBER

This is the year that I had decided to try different types of running events.

My first experience was the AON Step Up on January 31, 2010. I thought I would "train" for this so I didn't look like I was "new" at running the stairs. For 5 weeks I ran up and down stairs at the Portage YMCA, used the elliptical, and ran on the roads. I felt pretty good about tackling this!

As I have not been to the Aon build-

ing before I didn't realize how tall it was, I didn't let it distract me. As I checked in, I got myself mentally ready to tackle this just as I do before any race. I look around and see people just standing around casually not seeming to worry about what they are getting ready to do. I'm thinking.....hmmm if that person is going to do this I shouldn't have anything to worry about.

I get to the "start line" and see that people are being sent up every 15 sec, I find out this is to prevent having too many people bunched up in the stairwell. Before I can go up they need to check by bib and then off I went. I started jogging up the stairs listening to my motivating music on my ipod, just like I had trained. I caught up to my friend at floor 10, as I was trying to catch my breath; I had to ask her how many more floors we had left. She informed me that we had to go 80 floors total, my mouth just dropped.

The one thing I forgot when I was "training" was the fact that elevation changed as I was going up! By floor 20 I had to get my heart to calm down, because it felt like it was going to come through my chest. Now every 10 floors you have the opportunity to come off course, boy did that look good every time I passed by, but I knew my goal was to finish all 80 floors! My jog turned into a walk and then into walking and using the handrails. As I continued up the stairs, I had to continually talk to myself into getting up just the next step! How could this be so hard when I do marathons?

Well I did complete all 1,643 stairs in 26 minutes, which I am not sure if it is good but I was proud of myself for not giving up! I also realized that there is really no way to train for this! I would recommend doing this to anyone that would like a challenge in their running.

This is my first "step" in my new experiences.

In Memory

Jesse Jones of East Chicago, known as "Cowboy" for always having a cowboy hat on, passed away on January 3rd from cancer. He was 81 years old and could always be seen at finish lines at local high school & AAU track meets. He was also Joe Mis' right-hand man and ace in the hole for Hammond Track Club.



2010 GOLD CUP BANQUET RECAP

LISA MORENO—SOCIAL & SPONSORSHIP

The 2009 Gold Cup Banquet took place at a new location this year, The Avalon Manor. Hopefully everyone was just as excited as I was about the new location. We tried to select a location that was conveniently located and provided adequate space for our growing club. I want to thank everyone for your patience at the check in table. I have already begun implementing a more productive check in process for next year to avoid the long lines. However, please keep in mind when you RSVP for an event, that you RSVP before the deadline date and that you provide me with the names of all your guests. This ensures everyone being accounted for and makes the check in process easier.

This year, the Membership & Volunteers Committee presented Mike Wilson with the first annual Pat Rhodes Outstanding Volunteer Award for all his hard work and many, many hours he spends on making the Calumet Region Striders

website one of the very best running club websites ever.

A big congratulations to Ryan Kwiecinski, John Borman, Samuel Langley and Karen Nagel, Chrys Davis and Betty Funkhouser for being the Overall Male/Female Award Winners.

This year we also brought back to the banquet the Jim Cox Award presentation. Check the website for all photos from the Gold Cup Banquet.

I would like to acknowledge the Life Members who were in attendance at this years banquet: Sue Brown-Nickerson, Bob Hooper, Shirle Kowalysyn and Jean Tolchinsky. I hope you had fun and continue to have fun at the Gold Cup Banquet for many years to come.

I would like to thank Polly for bringing Strider wear to the banquet. I know it's a lot of hard work to bring everything to an event and we sure do appreciate it Polly, thank you.

Also, we still have trophies for the following members:

Christopher Howard
Vincent Balbo
Mark Robinson
John Vanden Bergh
Chad Wright
Frank Johnson
Rachel Martin
Dale Yeager
Hank Aguilera

Your trophy can be brought to a Gold Cup race and picked up at the Strider table. Please let me know which race you will be at so arrangements can be made.

If you ever have any comments, concerns, ideas or want to be a part of the social events committee, please send me an e-mail at lisarunsalot@sbcglobal.net. Keep in mind that you can be a part of my committee for just one particular event or all of our social events, whatever you have time for.



PAT RHODES VOLUNTEER OF THE YEAR—2009

DAN STURGELL—MEMBERSHIP & VOLUNTEERS

The first annual Volunteer of the Year award is named for Pat Rhodes, past President of the Calumet Region Striders. If you would like to know more about Pat, go to our website and click on Pat's bio.

The first recipient of this award is Mike Wilson, our webmaster. Mike puts in thankless hours maintaining and keeping our website updated. He's always looking for new programs, to keep our website on the cutting edge and making

it the best.

It's a little mind-boggling all of the races that Mike keeps track of. To name a few: Gold Cup, Sponsored, LDS, XYZ, Junior Strider events, and hundreds of "other" races. Plus keeping track of the overall, age graded, and gold cup standings, you start to get a little idea of the information Mike keeps posted.

So, from all of us, Mike, you are most deserving of the Pat Rhodes Volunteer of the Year award!



Mike Wilson Thanks the Board



COACH SUE NOMINATED FOR RRCA KURT STEINER OUTSTANDING YOUTH PROGRAM DIRECTOR AWARD

SUBMITTED BY CECILIA M. BERNAL—TREASURER

I nominate Sue Brown-Nickerson for consideration of the RRCA Kurt Steiner Outstanding Youth Program Director Award. Her passion for running has led her to dedicate immeasurable, volunteer hours to the Calumet Region Striders, especially the Junior Striders. She stepped down as our president in 2005 to concentrate on the growth of the Junior Striders program.

I have observed Sue inspire boys and girls of all ages and running abilities throughout the past five years, during which time a membership of eight youths has flourished to nearly 150. Sue networks with area youth clubs and schools

as an advocate to promote running within our community. Our youth program consists of a competitive, age-based race series and participation in AAU and Hershey meets with two practice sites.

Her contagious love for the sport of running as a healthy benefit enables her to motivate volunteers. The youth club families volunteer at an annual road race and local track and field meets. The coaching staff that began with two volunteers now consists of ten. As a coach certified by both the RRCA and USATF, she mentors the coaches. Sue is the RRCA IN State Rep, the AAU IN District Assistant, and a past recipient of the

RRCA Scott Hamilton Outstanding Club President of the Year Award, as well as the IN District AAU Volunteer of the Year Award.

Coach Sue puts her heart into every task undertaken to develop our youth program, whether it is in the public eye or behind the scenes. She has no children in the Junior Striders, yet embraces each of them as her own. Our youth, along with their parents and our members, can think of no better way to honor Sue for all her efforts than to award her with the Outstanding Youth Program Director Award.



BEFORE YOU RUN—THE DYNAMIC WARM-UP

BY [JESSI STENSLAND](#) FOR ACTIVE.COM

A dynamic warm-up is one that challenges every part of your body that you use to run and coordinates all of your moving parts—muscles, ligaments, and joints—by challenging your flexibility, mobility, strength and stability all at once; because that's what you ask of yourself when you run, right?! Doing so is pivotal in getting you to the finish line as fun, fast and pain-free as possible.

THE GOALS OF A DYNAMIC WARM-UP

- Increase heart rate to get the blood pumping through the body and warm up the muscles.
- Open up your joints, especially those within the hips, spine, feet and ankles.
- Actively stretch your muscles to prepare them for what you'll be asking them for during the run.
- Reinforce great posture.
- Hit the ground running with all systems go when the gun goes off!

THE KEYS TO A DYNAMIC WARM-UP

- Think of it as a part of the race. Do it!
- Set aside time dedicated to it. Whether it's 30 minutes or two minutes, you can do your body good.
- Clear your mind and focus on your body. Save chit-chatting with friends for before or after the race.
- Move through the movements purposefully but continuously so that your heart rate increases throughout.

THE KEY ELEMENTS OF A DYNAMIC WARM-UP

1. Great Posture

- Stand tall, like a string is attached to the top of your head gently pulling upward.
- Stand with feet shoulder width apart and pointing straight forward.
- Tighten key abdominals by pulling the bellybutton inward and rib cage downward.
- Pull the shoulders back and downward while keeping arms relaxed.

2. Fire Up Your Glutes, Then Use Them, Always

Two Options:

Glute Bridge: Lying on your back, bend your knees to 90 degrees, keep heels on floor while pulling toes to your shins. Use your glutes to raise your hips so they are in a straight line with your knees and shoulders. Keep hips parallel to the ground. Hold for two seconds. Release, then repeat 10 times.

Lateral Lunge: Start with great posture and your feet wider than your shoulders.

From there, squat your hips down and over to the right while keeping your left leg straight. Keeping your feet flat on the ground, use your right glute to push you up to your starting position. Repeat on the left side. Do 10 total.

3. Open Up Your Joints and Stretch the Muscles Around Them

Spine: Flex, extend, rotate and laterally bend the spine. Do this by rounding the back while reaching for your toes and then extending your back in the opposite direction. Then do a few side bends while keeping your abdominals and hips locked in place.

Hips and Knees: Try these two options:

Knee Hugs - Standing with great posture, grab one knee with both hands and bring it up toward your chest. Maintain balance on the lower leg by firing the glute. Release the knee and step forward with that leg. Alternate legs while stepping forward for 10 yards.

Forward Lunge with a Twist - Lunge forward with one leg while keeping hips, knees, and ankles in line and hips parallel to the ground. Forward foot should be planted firmly on the ground to activate your glute. Hold that position strong while first reaching up with the arm of your lower leg, then reach the same arm to the outside of the forward leg to get a rotational stretch. Hold stretches for two seconds each. Face forward once again and return to standing using the strength of your forward leg.

Ankles and Feet: Do the all-important Calf Raise and Calf Stretch. This will not only warm up your calves and the muscles and ligaments of your ankles and feet, but will also stretch out your plantar fascia and prepare it to take on the forces of your running stride.

Calf Raise and Stretch: Either keep it simple by raising your calves up and down while standing in place, or find a wall or a large tree trunk and, while facing it, stand three to four feet away with both hands on the wall. After doing a posture check, lift one leg just off the ground and raise the other calf by coming up all the way up on your toes. Hold that position for two seconds, then release and push the heel of that foot into the ground to get a calf stretch. Then bend the knee and continue to stretch. Repeat 10 times on each side.

4. Put it all Together With Some Marching and Skipping

You've moved all your parts, now it's time to get the heart rate even higher, and give you control of your movement in-

stead of gravity.

Forward March: Maintaining great posture and keeping your upper body as quiet as possible, march forward by bringing each knee up one at a time. Keep your toes pulled up toward your shin and hit the ground directly beneath your body, on your midfoot, each step forward. Drive your elbows back and keep them at 90 degrees throughout the drill. Do this over 10 yards twice.

Forward Skip: Same as the march, except you alternate with one foot bouncing on the ground while one hip drives up as in the march, then both feet bounce together, then the opposite leg, then both feet. Repeat. Again, cover about 10 yards twice. Or something similar, as long as you are actively changing the direction of force on the ground and getting your heart rate up while keeping great posture and opening up the hips.

THE TWO-MINUTE VERSION

1. Glute Bridge or Lateral Lunge
2. Forward Lunge with a Twist or Knee Hugs
3. Forward Skip

You're committed. Your mind is strong and will only get stronger. Make sure you give your body the best chance you can give it so you can do all that you'd love to do with it. Because you can!

Submitted by Sue Brown-Nickerson



BEGINNER RUNNERS
SHERRY ROBISON

The Calumet Region Striders would like to welcome those who have signed up for the beginner runner program: Bill Hamilton, Peggy Cash, Dalia Elizondo, Lorie Lohse, Rebecca Iwinski, Dave Iwinski, Kim Culgan, and Jacinda Yerga.

Congratulations for making the commitment and coming out to run in the cold and snow. I would also like to thank all the people who are coming out to run with the beginners: Bob Cavallo, Bob Hudnall, Mark Langlios and Bill Leep; none of this would be possible without your help!

Everyone is doing a great job and progressing nicely towards our goal race on April 24. If you see someone you don't recognize all decked out in Striderwear at the Purdue University Calumet's Spring Fling, stop and introduce yourself. They are another AWESOME group of runners!

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Check Out Our Site: WWW.CALSTRIDER.ORG