



PRESIDENT'S MESSAGE

**FALL MARATHON TRAINING BEGIN!**

June marks on the calendar when many of us begin to train for Chicago as well as other fall marathons. If you are not training with a group and would like to join other's for the weekly LONG run contact me at RunningLead@aol.com. We have group runs on Saturday in Porter County & Sunday in Lake County starting at Wicker Park in Highland. During the next 18 weeks you will figure out what works for you and more importantly what does NOT work, such as Gel's Gues, and what is best for you to eat the night before your long runs. We have experienced and certified coaches to help you not only get to the start line but cross the finish with a smile.

We still have 9 Strider Members in the running for the Jim Cox Award. Stay strong, you are 25% there.

The 2010 Gold Cup premium is a headband and they ARE IN. Be sure to stop by the Gold Cup table at the next race to pick yours up. We have black or blue ones available.

The Striders are hosting an upcoming RailCats game be sure to get your RSVP'S in SOON, this is a great way to spend time with family and friends who support your running throughout the year.

I would like to wish GOODLUCK to all the Jr. Striders competing in the AAU meet at the end of the month. Come out to SUPPORT and CHEER them on. We are still in need of volunteers at this event. Please contact Dan at membership@calstrider.org to see how you can help out with this event.

**EGGS....Why They are Good for Runners:** One egg satisfies about 10 percent of your daily protein needs, and the amino acids in eggs will help with muscle repair and recovery. You'll also get about 30 percent of your recommended amount of vitamin K, which is crucial for bone health.

**How to Add Them to Your Diet:** Whether you like them boiled, scrambled, poached, or fried; eggs can be eaten anytime of the day. Mix up your routine by having an omelet or frittata for dinner.

Running is a Mental game that you can only win by beating yourself.

**A Summer Day with the Gary Southshore RailCats**



**RailCats vs. Kansas City T-Bones**

Sunday, July 11, 2010  
 2:00 PM Game Start  
 Price: \$9 per person for box seats  
 Food Ticket: \$5 per person  
 To get sign-up information go to  
 www.calstrider.org.  
 Sign-up deadline: July 1, 2010

**Stride ON!  
 Michele**



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**JUNE GOLD CUP SCHEDULE :**

**Sunburst Half Marathon**

Saturday, June 5—7:30 AM EST  
 College Football Hall of Fame  
 South Bend, IN

**Field Station Frenzy 5K Run (Trail)**

Sunday, June 6—8:30 AM CST  
 Coffee Creek Watershed Preserve  
 Chesterton, IN

**Munster Rotary Run A Round 10K**

Saturday, June 12—8:30 AM CST  
 Ridge United Methodist Church  
 Munster, IN

**Firecracker 5K**

Saturday, June 26—7:30 AM CST  
 Duneland Health & Wellness Institute  
 Chesterton, IN

**Brickyard Run 5M**

Saturday, July 3—7:30 AM CST  
 Hobart High School—Hobart, IN  
**NOTE: Send Race Completed Race Apps to the following address:**  
**Hobart YMCA**  
**601 W. 40th Place**  
**Hobart, IN 46342**

**JUNE SPONSORED RACE SCHEDULE :**

**Neckle 5K**

Saturday, June 19—8:00 AM CST  
 Rebera Plaza—Beverly Shores, IN

**Mayor George Pabey's 5K Run/Walk**

Saturday, June 19—8:30 AM CST  
 Block Jr. High School—East Chicago, IN

**Bride of Zoy/Larry James Classic 15K (XYZ Trail Series Race)**

Sunday, June 20—8:00 AM CST  
 South Shore Dunes Park Station  
 Chesterton, IN

**Nativity Festival 5K Run**

Sunday, June 27—7:00 PM CST  
 Nativity of Our Savior Church—Portage, IN

**Run For Riley 5K**

Sunday, July 4—10:30 AM CST  
 Hwy 2 & Andrew Ave.—La Porte, IN



THE KEY TO THE 7 MILE BRIDGE RUN BY CHRISTINE ROHL

Where should I begin? It was only 7 miles! The only thing that gives me more enjoyment than running, is traveling. So pick a race, where you would love to travel. Sounds easy. My sister and I usually go to the Florida keys in the spring.

Last year we did the Key West half marathon, which was a blast, but this year we decided to do the infamous 7 mile bridge race near Marathon Key. We thought it would be easier (less distance) than the half marathon, ha-ha. Easier than what? We did not know how difficult it would be to sign up and get into the race. The race maxes out at 1,500 runners. The first leg of the race begins with getting the race application: you have to send a self addressed stamped envelope, so that they can mail you back a registration form. Once you receive the application, it must be filled out

correctly and sent back to be one of the first 1,500. Our hopes were high, I sent the envelopes in December, which was early for the February deadline. One day I received an envelope from the Florida running club and was excited, temporarily, but to my dismay, it was the wrong sized envelope (rejected). It was only a week before the deadline. My sister and I panicked. We had already booked our trip in order to get decent price on airfare/accommodations, and now it looks like we were going to be running on the treadmill in the hotel gym. We needed to get our stuff there fast. We went to the post office and sent our new self addressed stamp envelope priority mail, as Fed Ex doesn't deliver to PO boxes. After numerous phone calls and patiently waiting for the entry form to arrive, we filled out the forms and checks, double checked for errors and put them in the same envelope.

We decided we were running together or not at all. Michele put a note to please give us a golden ticket (race application) and maybe that helped.

It was probably more that they were sick of us calling them and just allowed us to run because they didn't want to deal with our neuroses next year. They do not send out confirmations until mid March and the race is in April! Lots of stress, which is ironic for the laid back theme of Margaritaville.

How about the finish? All I can say about that is, the bridge does sway, it was lots of fun, and the bus ride back would have been better with a towel (lots of sweaty runners dripping on leather seats). You run out over the bridge and have to be transported back, as this bridge is the only way in and out to the lower keys. I would say it was worth the effort and uncertainty, but I would rather have the hard part be the race itself.



**Bio:** I'm married to Ed, for a long time. He doesn't run but is very supportive of me. He doesn't complain when I'm gone for hours doing long runs or races. (I think he kinda likes it) I have three awesome kids, Jennifer (Brad), Julie (Brian), Jason (Ang) and seven super fun grandkids! I work as a two year old teacher for Child Enrichment Center.

MEET A STRIDER: DEB SCHEISSER

**Strider Membership:** 6 years

**Favorite Strider Race:** Spring Fling, the parking garage is unique.

**Most Memorable Run:** My first Chicago marathon because my **whole** clan was there to cheer me on! They dragged the grandkids downtown, on and off the "L" and held up "Go Grandma Deb" signs

which I actually saw several times. Then I realized I qualified for Boston and they were all there. It was awesome!

**Running Goals:** My goals are to always do my best.

**Beside Running...** I enjoy reading, riding my bike but most of all hanging out with my family. Grandkids are the best.



COACH'S COLUMN

SUBMITTED BY: MICHELE HALE

At some point, everyone suffers midrun stomach problems, whether it's a sharp pain that forces you to walk or the sudden need to find a porta-potty stat. Luckily, there's a cure for whatever ails you. Here's how to identify any digestive issue that might slow you down—and prevent it from wreaking havoc on your next run.

**Sharp stomach pain and burping while running**

**CULPRIT** Runners who get pre-race nerves, drink carbonated beverages, or chew gum often swallow air, causing belching and pains that mimic heartburn or a heart attack.

**FOOD FIX** Pass on fizzy drinks and gum pre- and midrun. Eat slowly to avoid swallowing air. If you get prerace nerves, take slow, relaxed breaths to avoid trapping air in your stomach.

**A burning feeling in your chest that can occur while running**

**CULPRIT** Called heartburn, acid reflux, and "GERD," gastro esophageal reflux disease occurs when stomach acid hits the esophagus.

**FOOD FIX** Eat a few small meals, not one large one; wait three hours after eating to run. Don't lie down after a meal (it can prompt reflux). Avoid trigger foods such as mint, coffee, and spicy dishes.

**Excessive gas and bloating**

**CULPRIT** When intestinal bacteria try to break down fiber and other indigestible carbohydrates, they produce gas. Eating lots of fiber creates excessive gas and bloating.

**FOOD FIX** A full day prior to a race, back off high-fiber foods, such as whole grains, beans, and bran cereals, as well as the problematic foods listed in "Unusual Suspects" (below).

**Excessive gas, bloating, and occasional diarrhea**

**CULPRIT** Symptoms may be caused by lactose intolerance, an inability to digest lactose in dairy.

**FOOD FIX** Cut out dairy, or buy lactose-free versions (some people with lactose intolerance can handle [yogurt](#) and kefir). Take Lactaid or other enzyme pills to help your body digest dairy.

**A sudden midrun need to hit a bathroom**

**CULPRIT** The gut receives less blood midrun, causing poor GI function—earning this malady its nickname, the "runner's trots." The longer your run, the more likely you'll experience it.

**FOOD FIX** Avoid high-fiber foods 24 hours before running. Pass on coffee (it stimulates intestinal motion). Dehydration and too many midrun carbs worsen the problem; don't exceed 30 to 60 grams of carbs per hour.

**An urgent need for a bathroom when not running**

**running**

**CULPRIT** Gluten is a wheat protein some people can't digest, causing gas, bloating, and diarrhea.

**FOOD FIX** If you suspect gluten intolerance, see a doctor for a diagnosis, and only eat gluten-free foods. However, if you have severe abdominal cramps or blood in your stool, see a physician immediately. You may have a more serious digestive disease or colon polyps, which require treatment.



**Chicago Marathon Facts:**  
October 10, 2010

The Chicago Marathon has been run every year (except 1987) since September 25, 1977 under the name of the **Mayor Daley Marathon**. It drew 4200 runners. It is among the fastest growing marathon road races in the world, due in part to the fast, flat course which facilitates the pursuit of personal records and world record performances. Today the field is limited to 45,000 participants on a first come, first serve basis.



THIS &amp; THAT

BY ALL OF YOU

**Strider Board Meeting**

Thursday, June 10—6:30 PM  
Portage Township YMCA—Portage, IN

**WeightWatchers®  
WALK-IT CHALLENGE  
2010**

**Weight Watchers® Walk-It Day 5K**

Non-competitive Walk  
Sunday, June 6—Noon CST  
Wicker Park—Highland, IN

Don't forget that in addition to an AWE-SOME web-site you can also find the Striders on Facebook!

**CONGRATULATIONS!**

**Elena Lancioni, Hope Myroup & Tom Magill** all placed in their age groups at The Indy Mini. **Christine Rohl** was named Methodist Hospital's Nurse of the Year for 2010. **Savanah Ronjak** made Griffith's 8U All Star Team

**INSTEP SUBMISSION DEADLINE**

THE DEADLINE FOR  
SUBMISSIONS FOR THE JULY 2010  
INSTEP IS WEDNESDAY,  
JUNE 19, 2010.

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



EAST CHICAGO:  
A RUNNING  
COMMUNITY

Can East Chicago be a running community? Why not?! Being a Strider since 2003 and earning the Cox Award two years in a row, has given me the opportunity to run in many different communities both near and far.

Having run through the streets of East Chicago for 29 years, I always imagined what a race in my community would be like. That imagination became real when Mayor George Pabey asked me to join a committee to create such an event here. I was elated to join the Mayor's effort in promoting Health and Fitness in our community.

Last year's inaugural race was a huge success, bringing in about 175 participants. The course is flat and fast going through two beautiful and well kept communities including the St. Catherine Hospital Campus. People were excited to be part of a new fitness revolution. Now when I run the streets of my community, I see more people running out there as well.

As a fellow Strider, I invite you to run in our race. The camaraderie, enjoyment, and community are no different than the others I have run in. Let's help promote and support running in all communities. Can East Chicago be a running community? Why not!?

**Jose Garza**

*Race Coordinator  
Mayor George Pabey 5K*

**BEGINNER RUNNERS**

SHERRY ROBISON



On February 2, 2010, 9 beginner runners showed up at Wicker Park, dressed in parkas, for their first training run. On April 24, 2010, these beginners ran their goal race, Spring Fling Ramp run at Purdue University Calumet. I would like to congratulate Bill Hamilton, Peggy Cash, Dalia Elizondo, Lorie Lohse, Rebecca Iwinski, Dave Iwinski, Kim Colgan, Jacinda Yerga, and Megan Wimmer for completing their goal race 5k! For some of them, this was not their first 5k. On April 3, 2010, several of them ran Ringing in Spring in Valparaiso. Megan ended up placing second in her age group for both 5k's! Everyone who ran Ringing in Spring on April 3rd did a personal best at the Spring Fling Ramp Run 5k on April 24<sup>th</sup>.

Since their goal race, 3 have joined Gold Cup and just about everyone has run another race. Congratulations to Kim

Colgan for running the Finish Line 500 Festival 5k, Dalia Elizondo and Jacinda Yerga for running the St. Paul Spirit Run, Peggy Cash for running the Brookfield Zoo 5k, Kim Colgan, Dalia Elizonda, Jacinda Yerga, and Megan Wimmer for running the Gallery Gallop, and Megan Wimmer and Rebecca Iwinski for outstanding track seasons. Lorie Lohse has also completed two triathlons! Do you think they have been bitten by the running bug?

I think they agree that none of this would have been possible without the help of Bob Cavallo, Bob Hudnall, Mark Langlios, and Bill Leep. Thanks for all your help, guys!

The group is still running and is now training for Munster Rotary 10k. If you would like to come out and run with them, they meet on Tuesday and Thursday at 6:30 p.m. at Wicker Park in Highland.

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