



PRESIDENT'S MESSAGE

JULY GOLD CUP SCHEDULE :

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

Running Wild for the Washington Park Zoo 5K (Street/Beach)

Saturday, July 10—9:00 AM CST

Washington Park Zoo

Michigan City, IN

Friendship Race 5K

Wednesday, July 21—6:30 PM CST

Wicker Park—Highland, IN

Buckley 5 Miller (Street/Trail)

Saturday, July 31—7:30 AM CST

Buckley Homestead County Park

Lowell, IN

JULY XYZ SERIES RACE SCHEDULE :

Red Dawn 5K Cross Country Race

Saturday, July 24—8:00 AM CST

Woodland Park—Portage, IN

2Xtreme 10 Mile Trail Run

Saturday, July 31—5:00 PM CST

Imagination Glen Park, East

Portage, IN

JULY SPONSORED RACE SCHEDULE :

Run For Riley 5K

Sunday, July 4—10:30 AM CST

Hwy 2 & Andrew Ave—La Porte, IN

UPCOMING STRIDER EVENTS :

Board Meeting

Thursday, July 8—6:30 PM CST

Omni 41—Schererville, IN

Railcats Outing

Sunday, July 11—2:00 PM CST

One Stadium Plaza—Gary, IN

Happy Birthday America

I hope everyone has a Memorable and safe 4th of July!
Please remember to use caution if celebrating with fireworks.



With our club rapidly growing we are in the process of making amendments and much needed changes to our constitution and bylaws. We are run like a business so this will take some time. As President I will be adding some new appointed positions, this will aide in the growth of our club. You can always check the CRS web site for current updates.

As the seasons change from spring to summer along comes the humidity and warmer temperatures, so you all know what I am going to write next: HYDRATE your body. Be sure to drink enough fluids each and every day. With the sun beaming throughout the day, protect yourself from harmful rays. Also even in hot weather you can dress in layers, it is important to wear moisture wicking material, you want the sweat to be taken away from your body as you run, cotton will just hold it in causing chaffing and discomfort. I am a believer in practice in all kinds of weather so that your body will be prepared no matter what Mother Nature throws your way.

On June 6, Calumet Region Striders was one of 20 RRCA clubs across the U.S. to host Weight Watchers® Walk-It Day Challenge 2010. We had an incredible turnout, the largest of all. Please refer to the RRCA section for complete details.

Do you know of a race that would like to become a Gold Cup or Sponsored race? Refer to the Gold Cup chair's blurb on how it can happen.

Congratulations to all the Jr. Striders who participated at the AAU meet, you ALL ROCK! Thank-you to all the volunteers! These kids are the future of CRS we appreciate your support.

Believing in yourself, and your abilities, no matter what level those abilities are, is a big part of being mentally tough. That's why we are so fortunate to be runners; you get out of the sport just what you are willing to put into it. Relying upon yourself and believing in yourself is so very important.

**Stride ON!
Michele**



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MEET A STRIDER: JOHN BORMAN

Bio: I am 32 years old. I have been with my girlfriend, Marie, for over 3 years and live in Valparaiso.



Strider membership: I've been a Strider since 2002 when Sue Brown-Nickerson talked me into it. Thanks Sue, it's one of the best things I could have done and have enjoyed every year.

Favorite Strider Race/Event: Taltree Ten. Definitely my favorite, but I never seem to have a good race there. Next year.

Most Memorable Run: Running in the Zoy Relapse in 2009. After coming down the monster hill at the beginning, a few of us turned the wrong way. Runners yelled for us to turn around and eventually made my way back to the front. After finishing 1st and seeing

8 Ridge Runners finish in the top 10, I was thrilled to be able to say I train with some of the toughest runners in the Calumet Region.

Running Goals: My main goal this year is a sub 2:45 at Chicago and to be able to finish in the top 20 in the Brooks ID Racing Series. Hopefully I can also win the XYZ Trail Series for the third time and to get more runners to run the XYZ Trail Series. It's fun.

Besides Running: I love spending time with my girlfriend. I'm a huge Cubs, Bears, and Bulls fan. I have to add that I spend a lot of time eating ice cream, mostly Dark Cherry.



2011 GOLD CUP/SPONSORED

Ever thought, gee, this race I am running today would make a swell Strider event? Well, this is your chance to nominate races for Gold Cup or Sponsored Series consideration. In mid-July, we will post criteria on the website for race nominations. To be in the running for a coveted Gold Cup position, the race must have been rated by a Strider member and the race director should also be interested in being a part of the Gold Cup. Sponsored series races are open to any event that does not

conflict with a Gold Cup race, so we do not review such races until after the GC schedule is set in mid-October. We already have several new races interested in participating. Five miles and longer are ideal candidates, although a novel 5K would also be worth nominating. So, look for the announcement on the website and make a difference in 2011!

Mary Zemansky
Gold Cup & Sponsored Race Series
Committee Chair

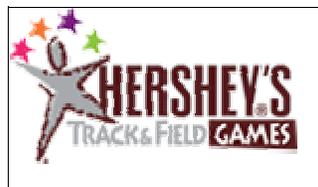


THANK YOU HERSHEY'S TRACK AND FIELD VOLUNTEERS

I would like to acknowledge the people who volunteered their time and services, to the Hershey's track and field meet, on June 9th.
Registration and timing: Todd & Heather Henderlong & family, Dan Lukes and the Valpo Parks Staff.
Awards: Tania Stiller & Mikala Lambert, Polly Theising, Carol Magill,
Starter: Joe Mis,
Finish Line and timers: Danny Norris, Donna Seeley, Alek Seeley, Steve Stanek, Erin Lobsinger, Dan Sturgell, Norm Eikman, Malcohm Mcgawn, Jere Kunkle, Denny Martinson.
Field Events: Dan Lukes & the Valpo

Parks & Staff, Diane DeTorrice.
Coaches: Sue Brown-Nickerson, Steve Kearney, Leo Frey, Mitch Semans, Anne Martin.
Thanks to all of your combined efforts, the meet ran flawlessly.

Dan Sturgell
Membership & Volunteers
Committee Chair



Chicago Marathon Facts: October 10, 2010

The note in the June Instep about the Chicago Marathon has an error. The Chicago Marathon was not run in 1987 due to sponsorship issues. So how did I know that?

The 2007 Chicago Marathon was the 30th anniversary of the event and also its 30th running. To commemorate this anniversary, the Chicago Marathon solicited photos from past participants with the intent of making a poster which would have 29 photos - one from each of the previous marathons plus 1 for the 2007 event. One of my photos was chosen for 1983. The poster has no photo for 1987.

As an interesting side note, the shirt produced for the event had a list of each year the event had been run but erroneously included 1987 and omitted 1988. Since I ran the Old Style Chicago Marathon in 1988, I had to do a little research to find out which year was actually missed to make sure it was 1987. Of course, I still have the poster on my wall (and each of my family members has a copy too).

Mike Wilson
Webmaster & Statistician



THIS & THAT

BY ALL OF YOU

Mandatory Clydesdale/Athena Weigh-In Gold Cup participants in these categories must weigh-in at the Gold Cup table prior to August 1. Weigh-in status is noted on the Gold Cup Summary page for your category.

We are still looking for the lucky winner of the 50/50 raffle ticket drawn at the Munster Rotary Run A Round 10K/5K held on June 12, 2010. The lucky winning ticket is: 697548. If you have the winning ticket, please contact Lisa Moreno at lisarunsalot@sbcglobal.net to claim your prize.

Thank you to the following Walk it Sponsors: RRCA, Weight Watchers®, Albert's, Omni, Pleasant View Dairy, MC Sports, Creative Hair Styling Academy, Edible Arraignments, Lia Sophia, Mizuno, Fleet Feet, Sombra, Freddy's Steakhouse, Dick's Sporting Goods, McDonalds, Fuel Belt and Bakker Produce. All of these merchants donated things to either be raffled or inserted to goody bags. Also a BIG thank-you to Sue Brown-Nickerson, Sherry Robison, Holly Plew, Cecilia Bernal, Liz from Weight Watchers®, and Val from MC Sports. We really appreciated the ice cold water bottles; all the MANY volunteers event day and my family (the golf cart crew) who ALL helped this event be the SUCCESS it was.

Michele Hale

Congratulations at Sunburst

Marathon:

Michelle Didion - 1st Masters

Jeff Mescal - 1st Masters

Bret Pete - 2nd Age Group

1/2 Marathon:

Karen Nagel - Female Overall

Rick Feno - Master Overall

Patrice Lawson - 2nd Age Group

Tama Pickford - 2nd Age Group

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

Did you know? Robin Benson-Harvey, CRS VP, is hosting Yuki Matsumoto #25 Catcher for the Gary Southshore RailCats.

Apologies to Deb Schiesser for the misspelling of her name in the June 2010 INSTEP.



RE-BEGINNER RUNNER

CASSANDRA PETERSON (ROZYCKI)

When was the last time you took a break from running? Not just a few days or weeks, but one long enough to make you feel like you are starting over.

Absence is supposed to make the heart grow fonder - so they say. A running hiatus, regardless of duration, can result in having to become a beginner runner all over again. Starting from scratch is no easy task. It can make one wonder how they ever endured one mile let alone any race appropriate distance. It is painful and no easy task. Where do novice runners begin? There are a few things that can ensure a successful start to becoming a runner. Certainly they can apply to any runner regardless of skill level.

Starting out, one needs a goal. A goal that is measurable, has a deadline,

and is in fact attainable. What will the distance be and how quickly do you hope to complete it? When will you test and measure your success? Seasoned runners continue to do this as they progress in their own training programs. Secondly, it is beneficial to have a support group; other runners with similar goals, mentors, a social group such as Calumet Region Striders, and the positive reinforcement from family. As well, a positive attitude makes all the difference. Compare how your level of confidence during a run coincides with your best results. Mental state can truly make the miles fly by.

Beginning again can bring back memories of the catalyst to your own running career, the day you aptly titled your first time running, or your first official race. How far back do those thoughts

take you? It also fosters a new level of respect for all of the truly "New Runners" out there enlisting in a Beginner Runner Program. As a member of Striders, you can assist someone else in achieving their goal. When you see a new face in the crowd, or are introduced to someone new to running, be sure to ask them about their progress. Your support and shared success stories can inspire a rookie runner and be another reason they cross the finish line. Beginner Runners be proud of your status. We were all there at one time and made it through.

As a Re-Beginner Runner I share in the pain of Beginner Runners. I also contemplate the definition of a PR (Personal Record). Quite possibly a discussion for the next INSTEP. Regardless...

Running is better than the alternative!



BOARD MEMBER EMAIL ADDRESSES



OFFICERS:

PRESIDENT

Michele Hale

RunningLead@aol.com

VICE PRESIDENT

Robin Benson-Harvey

vp@calstrider.org

TREASURER

Cecilia Bernal

jcbernal@comcast.net

SECRETARY

Pete Klaeser

secretary@calstrider.org

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 /

Doug Walter

nominations@calstrider.org

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



THE JULY BLUES

Let's face it. July rolls around, we celebrate the 4th, and then... what, wait until Labor Day? Heck no! We have a trail running event to knock your socks off. Those of you who have dared to experience the Trail Run Extreme have had a taste of this, and those of you who haven't...well, this is part run and part party. We plan to escape into the trails of Imagination Glen in Portage at 5 p.m. on July 31st, to emerge

10 miles later and have a BBQ and desert event. Non-trail runners are welcome. XYZ participants - this is a race that qualifies for one of the seven you must run. There is NO race app. However, you MUST email xyz-series@googlegroups.com and indicate that you will be attending no later than July 24th. We will cover the BBQ part with XYZ funds- the dessert part is yours. Everyone is required to bring a cookie,

candy, fruit, pie or ice cream (you have to figure out how it will not melt in the interim) to the race. We'll make it happen from there. We also could use a few volunteers to make this event run smoothly, so contact Mary Zemansky at drmaryzemansky@sbcglobal.net or Jeff Emmons at jle1991@gmail.com to indicate your willingness to pitch in. And plan to have an experience that you (or we) have never had before.



RACE TO THE TASTE

"The "Race to the Taste" Gold Cup race will take place at the Porter County Expo Center and Fairgrounds in Valparaiso, IN. on August 22nd, 2010. This, our second year, will be the first year as a Gold Cup race. It all started when Dan Sturgell and Mario Alvarez, 2 friends of almost 40 years got together one day for coffee. When Mario told Dan that he was going to be doing an event called the Taste of Porter County, Dan (a runner for 27 years and a member of the Calumet Region Striders for about 15 of those years), asked why not a 5-mile race with the event? Mario, who has been doing various events for nearly 30 years, thought this was a great

idea. He immediately enlisted Dan's help and the race was on.

Our goal is to make this race the best race possible. We spoke to many runners and asked them what would they like to see in a race? The answers were always the same: a great course, nice trophies, door prizes, accurate timers, good refreshments after the race, t-shirts, and a discounted early entry price. Being good listeners, we hired T&H Timing (where you can also sign up for the race on their web-site). We are also offering Calumet Region Striders a \$4.00 discount. In addition to incorporating everything else, we have added 100 door prizes.

After the race, the 3rd day of the Taste of Porter County will begin with a live band, over 30 food vendors, and approximately 150 arts and craft vendors. There will also be children's rides and games, and commercial vendors. All runners are invited to stay. There are showers available on the grounds. If you want to go home and come back, you may. Admission is free; however, parking is \$5.00. This parking fee will be waived for all runners. You can also sign up for the race online at tasteofportercounty.com. So circle your calendars and we will see you at the Race to the Taste!!!

**Co-race directors: Dan Sturgell
Mario Alvarez**



STRIDER SPONSORSHIP PROGRAM

Are you a business owner? Are you a health care professional? Are you an attorney? Did you know you can advertise your business logo in our Instep Monthly Newsletter? This is a great way to promote your business or your profession to reach many members of the running community through our Sponsorship Program. We have many different levels of sponsorship and provide different levels of promoting your business with your logo. Please contact Lisa Moreno at lisarunsalot@sbcglobal.net for more details.

Platinum Sponsorship \$1,000

- Unlimited advertising of all your running related events as approved by the Board
- Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter
- Web site advertisement with link to your site
- Display of brochure in display rack at all Gold Cup Events including races and fitness fairs

- Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet
- Sponsorship plaque presented at Gold Cup Series Banquet
Gold Sponsorship \$500
- Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter
- Web site advertisement with link to your site
- Display of brochure in display rack at all Gold Cup Events including races and fitness fairs
- Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet
- Sponsorship plaque presented at Gold Cup Series Banquet
Silver Sponsorship \$250
- Business card size advertisement quarterly in the Calumet Region Strider INSTEP Newsletter

- Web site advertisement
- Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet
Bronze Sponsorship \$100
- Business name, location, and one method of contact listed quarterly in the Calumet Region Strider INSTEP Newsletter
- Complimentary calendar year Calumet Region Striders membership
INSTEP Sponsorship \$150
- Exclusive advertisement in the Calumet Region Strider INSTEP Newsletter
- Web site advertisement for one month
- 8 ½" x 11" standard weight paper insert folded in half into INSTEP Newsletter for edition sponsored
- Display of brochure in display rack at all Gold Cup Events including races and fitness fairs

**Lisa Moreno
Social & Sponsorship Committee Chair**



FROM YOUR RRCA INDIANA STATE REP **SUE BROWN-NICKERSON**

Have you ever thought of becoming a RRCA certified Coach? The Striders will pay for someone to attend the class that will take place on September 25 & 26, 2010 in Valparaiso please visit our web site, www.calstrider.org, for complete details. Becoming a Certified Coach opens the doors for endless possibilities.

**Weight Watchers® 5K Walk-It Day
June 6th Recap**

Weight Watchers® teamed with Road Runners Club of America to promote 5K Walks on June 6th to encourage people to get active and walk a 5K. This was a nationwide initiative and challenge that kicked off this spring,

emphasizing the importance of physical activity. RRCA clubs in 16 different cities sponsored a WW/RRCA Walk-It Challenges, of which included an event hosted by the Calumet Region Striders, the only Indiana host club. For a \$10 entry fee, each participant received a designed t-shirt, and complimentary goody bag (grocery tote with Strider logo) compliments of the Striders. The first 200 participants' goody bags were jammed packed with coupons and donated freebies. The demand was so high the committee had to keep increasing their t-shirt and goody bag order. It was a fantastic event and the local Weight Watchers® Territory Manager, Liz Schnitzler, was totally supportive of the event by having the local WW Centers on board

with participation. Overall turnout was outstanding, 216 over projection to be exact. 417 total participants; 187 mail-in registrations; 115 on-line registrations; 115 event day registrations; 5 on-line donations to club. Weight Watchers® will provide a \$1000 sponsorship fee to the club to assist with expenses of the event. It was later learned that the Cal Striders had the largest attended event of all 16 host cities! Congratulations to the Committee & Directors: Michele Hale, Sue Brown-Nickerson, Sherry Robison, Holly Plew; Thank you to all of our volunteers who helped on event day! Go Walkers!

Interested in hosting a walking group near your home..? Contact Michele Hale, club president.



JR. STRIDER NEWS

SUE BROWN-NICKERSON



Approximately 125 kids participated in Strider track. They have been practicing all June and have competed in their local Hershey's Meets early June, and the District AAU Meet on June 26-27th. A full recap and report of the Hershey's state qualifiers and AAU regional qualifiers in August newsletter. These meets are both on July 10th in Lafayette (Hershey's) and Bloomington, IL (AAU) and those qualifying for both meets will have to choose one or the other as they are both on the same date. We will have a coach at both meets on July 10th. Good Luck!

End of season is not complete without

thanking all those that helped to make our track season possible - our coaching staff! It takes a lot of volunteer hours and commitment and a large crew to manage 5 age groups in multiple running events and field events as well as specialty events such as hurdles. Special recognition and thanks to our volunteer coaches and assistants: Mike & Jayne Willis head coaches at Lake Central HS with their assistants: Terri Clark, Dave Iwinski, Tim Kennedy, Linda Kovacs, Duncan Marriott, Jorge & Linda Ramos, Sandy Stefanski, Ron Sefcik, Jade, Janice & John Tazbir, Jean Tolchinsky, EJ Willis. Sue Brown-

Nickerson & Steve Kearney head coaches in Valpo & Chesterton and their assistants: Leo Frey, Mitch Semans, Anne Martin, Leo Frey, Kristy Cox, and Robyn Walsworth, who handled team paperwork & sign-ups. Volunteer coaches and assistants will be invited to a pizza get-together in mid-July for recognition and celebration of end-season.

Interested in joining our coaching staff or assisting for XC in mid-September? Contact coachsue@calstrider.org before September 10th.

Coach Sue



THE WARRIOR DASH

MICHELE HALE

The Warrior Dash REALLY could be better described as the Slip & Slide MUD Bowl. This was the 2nd year it was hosted at CPX paintball complex in Joliet. They turned this into a two day event and changed the parking so that

you now have to be shuttled from the Motor Speedway. It was so hectic that I swore THIS IS MY LAST year participating-Yeah Right. The rain we had the night before really

mudded up the course which has 12 obstacles you run through. It offers everything from crawling through tunnels, jumping on top of abandoned cars, walking across muddy 2X4's jumping over fire twice, climbing a cargo net running through tires, TWO MUD PITS and more... all while you are wearing shoes that feel like concrete with ice skate blades on the bottom. Fellow Striders Doran & Karen Lounsbury, Brian Norrick, Betty

Funkhouser, Bob Hudnal & Bill Leep were among the anticipated 1700 participants expected to participate over the 2days. If you are up for a Challenging FUN event I suggest you sign up for this next year. Betty & Brian both placed & brought home AWESOME Warrior Helmet awards.

Michele Hale at the 2010 Warrior Dash.



**INSTEP SUBMISSION
DEADLINE**

**THE DEADLINE FOR
SUBMISSIONS FOR THE AUGUST 2010
INSTEP IS WEDNESDAY,
JULY 14, 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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COACH'S COLUMN

BY SHERRY ROBISON



Protecting your Skin and Your Health

The warm weather is upon us, the sun is at its hottest and it's time to start thinking about how we are going to protect our skin when we are out running. One of the last things we think of as we are preparing for a run is sunscreen. There are many causes of Melanoma and also several ways of protecting your skin from Melanoma. You are at risk for Melanoma if you have ever had blistering sunburn or have had intense sun exposure. Fair skinned people that don't tan and just burn and freckle are at a higher risk for Melanoma.

Experts say the best way to prevent sunburn is to avoid sun exposure. We all know with our running addiction, this is difficult. That being said, instead of avoiding sun exposure, you should always apply a sun protection factor (SPF) sunscreen of 30 or higher. This should be done thirty minutes prior to sun exposure. It usually takes one fluid ounce of sunscreen to cover an adult body. You should reapply sunscreen every two to three hours while in the sun and after swimming and sweating a lot. The SPF value decreases if a person sweats heavily or is in water, because water on the skin reduces the amount of protection the sunscreen provides. Sunscreen effectiveness is also affected by the wind, humidity, and altitude. You should use a higher SPF at higher elevations or in tropical climates. If you are going to have high exposure to the sun, consider using a physical sunscreen (sunblock), such as zinc oxide, which will stop all sunlight from reaching the skin. If you need to use insect repellent with your sunscreen, do not use a product that combines both. Apply your sunscreen then apply an insect repellent with DEET. A lot of people don't like to wear sunscreen on their face because it sweats off and runs in their eyes. If this is a problem you have experienced, I would recommend you putting sunscreen on your face with the exception of your forehead and then wear a hat. The hat will protect your forehead from any type of sun exposure.

In addition to wearing sunscreen you should always look for changes in moles or other skin growths. Changes could include difference in color, asymmetric where one half of the skin growth doesn't match the other, changes in size, shape, symptoms (oozing, itching, pain or tenderness). If you see any changes to any moles or skin growths you should see your medical professional immediately.

Remember next time you are lacing up your shoes for a run, smear on some sunscreen. In the long run, you won't regret it!

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

Check Out Our Site:
WWW.CALSTRIDER.ORG