



PRESIDENT'S MESSAGE

AUGUST GOLD CUP SCHEDULE :

Runnin' With the Devils 5K Run
Saturday, August 7—8:00 AM
Lowell High School—Lowell, IN

Rotary Ramble 5K
Saturday, August 14—8:00 AM
Demotte Elementary School
Demotte, IN

Hometown Run 5K
Saturday, August 21—8:00 AM
Beiriger Elementary School
Griffith, IN

Race to the Taste 5-Mile
Sunday, August 22—9:00 AM
Porter County Expo & Fairgrounds
Valparaiso, IN

AUGUST SPONSORED
RACE SCHEDULE :
Perch Fest 5K Run/Walk
Sunday, August 15—6:00 PM
Founders' Square Park—Portage, IN

UPCOMING
STRIDER EVENTS :
Board Meeting
Thursday, August 12
6:30 PM

Strider Survivor Picnic
(Beach Party Theme)
Saturday, August 21—10:30 AM
Cheever Park—Griffith, IN

August marks the month of hot humid days for runners. Remember to wear light clothing that wicks away moisture and drink *BEFORE* you are thirsty!

I would like to welcome Nikki Huber back to the Strider Board! Nikki has been appointed to oversee Adult Running Programs in all counties. We are excited to have you back on board!

As we started off this year's running season I set a goal to reach a total of 1,000 members. Currently, we are at 882 "ONLY" 118 to go. Our club has benefits for every level of athlete. Keep spreading the word and inspiring "Newbies"

Need ice after a race or long run for those muscles that are pulling in two different directions? Try this: Take an 8-16 oz. water bottle, pour about 10% out (so you have room for expansion) then freeze it, after you are done racing you can wrap it in a towel to ice down sore muscles. Especially great for Sciatic pain, you can sit on it as you drive home. After 20 minutes or so it has usually melted just enough to enjoy a well deserved cold water.

Time to clean out the closets again of slightly worn, gently used running shoes and apparel. Girls on the Run will have a collection box at the Griffith Hometown run on Saturday, August 21. They are accepting BOTH Men's and Women's shoes in *all* sizes. What they can not use goes to Campagna in Schererville for the boys & girls that are clients there.

For those of you training for this year's Chicago Marathon we are almost to the halfway point. Keep up the hard work and dedication it will all pay off on race day.

Saturday, August 28, Carey Pinkowski is scheduled to stop by Wicker Park by the volleyball courts at 7AM in Highland to speak with the Lake County OE Marathon Team, he will then head over to Porter County to speak with them after they finish running. Feel free to stop by and join us for a run and get some motivational running tips.

Keep checking the website for updates on how you can get involved with this year's Chicago Marathon that is taking place on October 10, 2010. We are going to stuff race packs in September at Opportunity Enterprises and again this year our club will be manning the Mile 5 Hydration Station located by Lincoln Park Zoo.

We will be offering Fall Beginner Running Programs. The cost is \$50 which includes Strider membership, race entry fee, complimentary gift, refreshments and motivational coaching from RRCA Certified Coaches. (See page 3 for more details)

If you can laugh at it, you can live with it.

Stride ON! Michele



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NOTICE TO ALL MEMBERS: The Board of Directors will be voting on an amendment to the CRS Constitution at the September Board Meeting; Specifically as to Section V. MANAGEMENT OR GOVERNMENT:

The amendment will be as follows:

V. MANAGEMENT OR GOVERNMENT

The management of this association shall be vested in a Board of Directors, The Board of Directors will consist of (4) elected officers (president, vice-president, secretary and treasurer), and at least (5) elected committee chairmen. Past presidents and appointed positions will be invited to attend board meetings to offer guidance and support.

If you would like to comment or object to the proposed amendment please attend the September board meeting to voice your objection. Please check the website for board meeting time and location. As an alternative, you may send a written response or objection to CRS, P.O. Box 225, Griffith, Indiana to be post marked at least 1 week in advance of the board meeting.



MEET A STRIDER COUPLE: DENNIS & JANET ROTZ

Bio: Dennis retired from American Can Co. in 1993. He has been running for 32 years, since 1978, doing Gold Cup races and has been a Strider for as long as he can remember.

Janet has been a certified dental assistant for over 20 years and presently works in St. John. She began running in 1996 as a means of quitting smoking and has been doing Gold Cup races ever since.

How we met: We had seen each other at Striders races but met each other running at Wicker Park in 2001, a week after Dennis had done the Chicago Marathon.

How long have you been Striders? As a married couple, we have enjoyed being Striders together for 8 years. Not only do we love the races but enjoy all of the other activities the Striders has to offer like picnics, parties and dancing!

Favorite Strider Race: The Brickyard 5 mile for Dennis. Janet likes Chicago

Marathon the best.

Most Memorable Run: For Dennis it was the Friendship Run in '85 when he had a PR of 22:01. For Janet it was the 1st time she crossed the finish line at the Chicago Marathon.

Running Goals: Dennis' goal is to do 26.2 every step of the way. Our goal as a couple is to keep running all our life until we drop!

Besides Running...

Dennis likes to watch all professional sports and he admires the team that wins it all the way. Also, he has an interest in the 50 states which he can name in alphabetical order in record time of 17 seconds! He has invented games that involve the states. Janet has been a swimmer

all her life, her parents being swimming champions. Her father was inducted into the Hall of Fame in 2007. Her mother was featured in Life Magazine in her day for swimming.



Dennis & Janet at the 2008 Zoo Run



JR. STRIDER NEWS

SUE BROWN-NICKERSON



JR. STRIDERS SEND NINE RUNNERS TO EVENTS IN PENNSYLVANIA AND VIRGINIA

After three full days of competition, lots of miles, and plenty of ribbons and medals to go around, 10 area athletes qualified for nationals at track and field and all but one are members of Cal Striders. AAU medals are awarded for top four places; while Hershey's state ribbons and state finalist certificates and t-shirts are awarded for 1st-8th place.

Ben Savage, age 14 of Morgan Township swept the 800m and 1600m at the Hershey's state meet in Lafayette. He took the 800 in 2:16 and is the lone Northwest Indiana athlete to be invited to the Hershey Meet in Hershey, Pennsylvania on August 1st weekend. His trip will be compliments of Hershey's Chocolate Company. Other top Strider finishers include Shelby Snyder, 13 of Chesterton—1st softball throw, and Allison Mundell of Valpo—2nd place 800m and 1500. 9 Strider boys and girls relays placed 1st, 2nd or 3rd in respective age groups—with Lake and Porter County

teams racing against each other in some races. There were some really close finishes. Great fun to end the meet!

While approximately 50 Striders were competing at Hershey's State Meet in Lafayette with Coaches Sue and Jayne, approximately 15 Striders were competing at AAU Regionals in Lafayette, IN with Coach Leo Frey attempting to earn a top-4 coveted finish and automatic advancement to the AAU Jr. Olympics during the last week in July at Virginia Beach. This meet included athletes from IN, IL, WIS, KY. 9 local athletes qualified.

Dustin Navejas, age 10, of Lowell led with easy wins in the 800 and 1500. He placed 5th in both at nationals last year. Jamie Johnson, age 13 of Schererville was top seed in the 100 and 200 going into the meet and qualified for finals. He took 2nd in the 100m advancing to nationals, but pulled a muscle in the 200m final and did not finish the race. This is Johnson's first AAU track season. Jordan Boyer, 9 of Lowell, made a huge improvement in her high jump score from 2:10" at state to 3'4" at regionals to win the event. Her brother, Hunter Boyer, 11, also qualified taking fourth in both the 1500 and 3000m. Carl Frey, 11 of Valpo was 3rd in both 1500 and 3000m, and Reece Crossin of Valpo was 4th in the 800 and 1500. Other qualifiers include Nick Stelmek, 13 of Portage, in the 3000m, Dakota Merkel, age 12 LaPorte, 3000m, and Celena Guerrero, age 15 of Hobart - 1500 & 3000m.

XC COUNTRY CALL OUT - MID-SEPTEMBER - announcements in Sep-

tember newsletter to be mailed 1st week in September. Also will be posted on website.

SAVE THE DATE: COACHES XC CHAMPIONSHIP IS EARLY THIS YEAR—NOVEMBER 20, 2010, Louisville, Kentucky. Our Cardinal Coach Bus will leave early Friday morning, November 19th; return late Saturday night Nov 19th. This will be a very cost effective trip!! You won't want to miss it! See you in September.

Coach Sue



Chicago Marathon Facts: October 10, 2010

What are the normal high/low temperatures in Chicago on October 10?
Normal High: 66 Fahrenheit / 19 Celsius
Normal Low: 47 Fahrenheit / 8 Celsius

What is the Event Alert System (EAS)?
The [Event Alert System](#) (EAS) is a color-coded system that communicates the status of course conditions to participants leading up to and on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based on a variety of factors, including weather conditions.

(from www.chicagomarathon.com)

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE SEPTEMBER 2010 INSTEP IS WEDNESDAY, AUGUST 18, 2010.

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



THIS & THAT

BY ALL OF YOU

Our thoughts & prayers are with Lisa Moreno & family on the passing of her

BEGINNER RUNNER

Have you ever wanted to run but were not sure where to start? Maybe you want to improve your current times? Our training program is designed to get you capable of completing a 4 mile race.

Goal Race: Fall Frolic
Sunday, November 7, 2010

Included in this course:
Strider Membership &
Complimentary Gift
Race entry fee
Coaching Clinics
Personalized training schedule &
group runs
RRCA Certified Coaching & Inspiration

The fee is only \$50

Call out dates:

Tuesday & Thursday
August 17 & 19, 2010
at 5:30 PM

Location: Purdue University Calumet
Fitness Center—Room K-1-32

Training will begin on August 24, 2010,
6:30 p.m. at Wicker Park corner of US
41 and Ridge Rd.,
in Highland.

Sherry Robison
RRCA Certified Coach
E-Mail: Sherry.robison@sbcglobal.net

We had a Gorgeous Day for the Rail Cats game. 36 Striders attended. Our seats were located right behind home plate just 5 rows back. As the girl sang The National Anthem, you could hear planes from the air show overhead. It was amazing! We all received a beach towel and since we went as a group we also received a hand towel. They sent out a welcome to our club across the Marquee several times. Thanks to all who attended!

Next Social Event: Strider Survivor picnic Saturday, August 21, immediately following the Hometown run. NOTE the NEW location at Cheever Park in Griffith. Please refer to the Striders web site for complete details RSVP'S are due by August 16.

Hope to see you there! Lisa Moreno

To everyone who volunteered their time and efforts at the AAU Track and Field meet at Chesterton High School this past June 26th and 27th, a BIG THANK YOU!! This years meet was very hot and humid, and all of our volunteers went about their assignments with energy and enthusiasm to help out and encourage all of the young athletes. So thanks again and hopefully we can count on you for next years meet. Dan Sturgell- Volunteer Chairman

Reminder Strider bucks can be used to pay for Gold Cup race entry fees or to attend CRS social events .

DISNEY DISCOUNT FOR CURRENT CRS MEMBERS RUNNING CLUB PARTICIPANT CODE

Your unique Running Club Participant Code is: **CALUMET**

This code must be used by CRS members when they register online for a Disney's Endurance Series race. The code will provide members with their discount plus include them in the roster for Running Club Awards. The code can ONLY be used by CRS members the uses of the code have been limited based on the number of members in your club. Misuse of this code will be grounds for dismissal from the Program.

2010 – 2011 DISNEY'S ENDURANCE SERIES EVENT CALENDAR

June 12, 2010 – Expedition Everest™ Challenge .

September 3-5, 2010 – Disneyland® Half Marathon Weekend .

October 2, 2010 – Inaugural Disney Wine & Dine Half Marathon Weekend **January 6-9, 2011** – WALT DISNEY WORLD® Marathon Weekend presented by Cigna

NEW DATE! February 25-27, 2011 – Disney's Princess Half Marathon Weekend (If you have already registered for one of these race, contact Michele Hale, Club President, to find out how you can be reimbursed the discount. Email is listed below)



FROM YOUR RRCA INDIANA STATE REP
SUE BROWN-NICKERSON

August 14th - DeMotte Rotary Ramble chosen as 2010 RRCA Regional 5K Championship. In addition to age group awards, special RRCA Championship plaques and \$50 Sports Authority Gift card to the overall, masters, and grandmasters male and female winners. On-line registration or postmark by Aug 12th for best rate.

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.

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COACH'S COLUMN

BY NICOLETTE HUBER

Hyponatremia: What is it and how does it occur???

Definition: it is an electrolyte disturbance in which the sodium concentration in the blood is lower than normal. Sodium plays a important role in your body. It helps to maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance.

Causes (in athletes): Sodium is lost through sweat, drinking too much water during endurance activities, such as marathons and triathlons, can dilute sodium content in blood. The simplest answer is that lost sweat, which is salt and water, is replaced by ingested water, which has no salt. This dilutes the sodium in the bloodstream, and hyponatremia results. Longer races carry a greater risk of hyponatremia because of the total amount of sweat lost. During exercise in the heat, more salt is lost in sweat per hour than is usually replaced by food and fluids, including sports drinks. Sweat contains between 2.25 - 3.4 grams of salt per liter, and the rate of perspiration in a long, hot race can easily average 1 liter per hour. If the athlete replaces only the lost water and has minimal salt intake, hyponatremia can result.

Symptoms: includes nausea and vomiting, headache, confusion, lethargy, fatigue, appetite loss, restlessness and irritability, muscle weakness, spasms, or cramps, seizures, and decreased consciousness or coma.

Treatment (to avoid hospitalization): It cannot be stressed enough that you have got to know what your needs are prior to race day. Rehearse your hydration, feeding, and salt strategy during your training sessions. There is no specific right answer for each individual; you need to know what your body's' needs are.

1. Drink frequently to attempt to stay hydrated. Alternate your drinks with water and electrolyte replacement drinks (not limited to) such as Gatorade, pedialyte, and other sport drinks.
2. Although water is vital to your health, you can actually drink too much water for your body (never thought you would hear that one, did you)
3. During training, heat acclimatization, and for several days leading up to the big race make sure that you increase salt intake by 10-25 grams per day.
4. Ideally, foods consumed during a long race should be low fat, low protein, high carbohydrate, and provide a source of sodium. You need water, carbohydrates, and salt to survive a long race.
5. Weigh yourself before and after your run. You really don't want to loose more than 1-2 pounds after you are done running. Also if you tend to gain weight after your run, this needs to be addressed as well. This is why it is important to keep logs while you are in active training, to ensure safe activity.

Note that hyponatremia can be caused by other medical conditions as well, this focus is just on athletes preparing for a long race. Don't attempt to self-diagnosis, but if you feel that you may fall under this category see your physician. Athletes can die from this, and with the weather conditions in our area, it is vital that we stay hydrated appropriately.

(referenced from online resources)

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

Check Out Our Site: WWW.CALSTRIDER.ORG