



## PRESIDENT'S MESSAGE

### SEPTEMBER GOLD CUP SCHEDULE :

**Tower Run 8K**  
**(Beach/Trails/Street)**  
 Sunday, September 12—9:00 AM CDT  
 Washington Park—Michigan City, IN

**Calumet Memorial Park District Mini Marathon**  
 Sunday, September 26—8:30 AM CDT  
 Memorial Park—Calumet City, IN

**Omni 41 Pumpkin Prance 5K**  
 Saturday, October 2—9:00 AM CDT  
 Omni 41 Suite A—Scherverville, IN

SEPTEMBER SPONSORED RACE SCHEDULE :  
**Fire 5K Run & Walk**  
 Saturday, September 4—9:00 AM CDT  
 911 El-Portal Dr—Michiana Shores, IN

**LABC 5 Mile Run**  
 Sunday, September 5—8:00 AM CDT  
 Liberty Park—Lowell, IN

**Puckerface 5K Race/2.5K Walk**  
 Saturday, September 11  
 6:00 PM CDT  
 Main Square Park—Highland, IN

**Zoy: The Relapse! 12K (XYZ Series Race)**  
 Sunday, October 3—2:00 PM EDT  
 Warren Dunes State Park—Sawyer, MI

UPCOMING STRIDER EVENTS :  
**Board Meeting**  
 Thursday, September 16—6:30 PM CDT  
 Omni 41—Scherverville, IN

**RRCA Coaching Certification**  
 September 25 & 26—8:00 AM CDT  
 Sunset Hill Interpretive Center  
 Registration Deadline  
 September 11, 2010  
 (Limited to 30 Students)

**2011 Gold Cup Application Deadline**  
 September 30, 2010

Run @ Work Day is scheduled annually on the third Friday in September, which will be September 17, 2010 this year. The Road Runners Club of America will promote the 5th Annual National Run@ Work Day.

The goal of National Run @ Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. A Run @ Work Day event can be hosted by a running club, an individual, or a corporation. Run@ Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. A Run @ Work Day event can be as simple as taking your co-workers out for a lunch time walk or a Run @ Work Day event can be an afternoon fun run designed to bring out hundreds of people in a community or a company.

The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children. This year we will award prizes to the top three Strider Members that submit in 100 words or less what they did to participate in Run @ Work Day. All entries must be post marked by Monday, September 27, 2010. Submit to:

CRS PO BOX 225  
 Griffith, In. 46319

You can go to the RRCA web site directly from the Strider web site and get ideas on how to promote and organize an event for this day. Be creative, motivational, and inspiring to others who may not realize all the mental and physical benefits from just 30 minutes of working out. We were all beginners at one time.

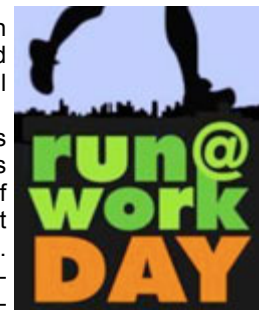
### The Steadfast Six are still in the Running

David Chary, Monica Gutierrez, Pete Klaeser, Dennis Rotz, Dan Schuster and Felicia Schuster  
 Way to go! You are ALMOST THERE!

Remember you can always go to the Strider web site to look up things like who's in The Running or Boston Qualifiers for 2010. Did you know we have one male who has qualified 2 times this year and one female that has amazingly done it 4 times?

Not many spots are open for volunteering at The Chicago Marathon mile 5 water stop, so if you are planning on participating this year register SOON! All participants receive a Nike hat & jacket. You will be able to find directions on [www.calstrider.org](http://www.calstrider.org).

Half-Marathon finishers in the US increased 24 percent from 2008 to 2009. The half has the largest female contingent (57%) of any road distance.



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**Stride ON!**  
**Michele**





## MEET A STRIDER: CHRISTINE ROHL

**Bio:** I work as a Pharmaceutical Rep, RN, Nurse Practitioner, and College Professor. I am a jack of all trades... a master of none. I've been running for 18 years.

**How long have you been a Strider?**  
12 years

**What is your favorite Strider Race?**  
Trail Run Extreme. I love the fact that it is not too early and still have time to celebrate Memorial Day.

**What are your most memorable runs?**  
Running without my running shoes! When I was going to a race in Michigan City, I wanted to wear comfortable shoes for the drive. I got to the race and...no shoes. Luckily my son was with me and had some heavy basketball shoes I could borrow. I ran a great race and placed!

You would think that I would have learned my lesson. My sister and I did

the Hustle up the Hancock race in Chicago. I drove up in my Birkenstocks and went to change shoes...however, I left them at home! I PR'd up the stairs. I would not recommend leaving your running shoes at home. Maybe it's a good idea to put them on your feet!

**Running Goals:** Running to look great, of course!

**Besides Running...**

I love music and go to lots of concerts! I also travel a lot.

**Christine at the 2010 7-Mile Bridge Run in Key West, FL**



FROM YOUR  
RRCA INDIANA  
STATE REP  
SUE BROWN-  
NICKERSON

Indianapolis will host the RRCA Marathon Regional Championship on Saturday, October 16th, 2010.

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](http://www.calstrider.org), for complete details. Becoming a Certified Coach opens the doors for endless possibilities.

## JR. STRIDER ATHLETE ACCEPTS INVITATION TO HERSHEY'S NATIONAL MEET

SUE BROWN-NICKERSON

SARA RAMOS, age 10, of Schererville, accepts invitation to the Hershey's National Track & Field Meet for the 800m dash.

At first she was excited, then nervous. She learned she would be joining four other Indiana athletes, including Ben Savage of Valparaiso, and would be traveling with two adult chaperones (not with her mom and dad). This was a four day trip

by plane out of Indianapolis, with overnights at Elizabethtown College in Pennsylvania in the dorms.

On the first day each athlete was provided with 5 Hershey's state/region identified t-shirts. Each region had its own color. The purpose of this was to allow kids to swap t-shirts with others as they met friends. Sara came home with six different shirts from around the USA. She

met Olympic medal winners, Carl Lewis, Rafer Johnson, and Sonya Richards-Ross. She got their autographs and her picture taken with them.

On the second day all athletes practiced on the track for 30 minutes then it was off to the

Hershey's Chocolate Factory. She could smell the chocolate pulling up to the factory. She watched them wrap Hershey's Kisses for Christmas. Then it was off to Hershey's Park where there were a lot of roller coasters and a giant water ride (her favorite where she got soaked!).

The 3rd day was race day. This was her first race ever being in Lane 1 for the 800m and the girls cut over so fast it took her by surprise. Before she knew it the race was over and she had her fastest time all year. She received a beautiful participation medal.

She was very happy for the experience. This is the club's 3rd athlete to be invited to a Hershey's National Meet in 3 years. Both Sara & Ben had not only winning performances at the Indiana qualifier, but also exceptional times within the Central Region to boast their invitation.



## JR. STRIDER NEWS

SUE BROWN-NICKERSON



### YOUTH CROSS-COUNTRY (ages 7-14 - Jr. Strider)

Practices and signups begin **September 14th in Lake County (Tues/Thurs)**, and **September 15th in Porter County (Mon/Weds)**. No experience necessary. Age will be determined by year of birth and the training distances are as follows: 8 & under will train for 1.25m event; 9-12 will train for 1.8m event; 13-14 will train for 2.5 event. All athletes running middle school cross country need not attend practice until after their school season has concluded. Minimum meet fees if member with uniform. Otherwise, \$15 membership, \$50 uniform, and minimal meet fees for new participants. **Register on-site.** SEE INSERT FOR PRACTICE TIMES; also posted on website under Jr. Strider section.

### YOUTH CROSS COUNTRY (ages 15-18 -Strider Select)

Will begin after high school season concludes. High school Striders ages 15+ are invited to participate on this elite team and invite a personal friend to train and race with us at 5K distance at the qualifying meet in late Oct/early Nov.

Want to help coach? Please contact [coachsue@calstrider.org](mailto:coachsue@calstrider.org) to assist one night in either county. Needed: pacers to help in large age groups - no coaching experience necessary. See insert for practice times and locations.

Save this date: Coaches XC Championships are Saturday, November 20 in Lexington, KY, and not Louisville, KY as stated last month.

**Coach Sue**



## ADULT RUNNING PROGRAMS

BY NICOLETTE HUBER

I am glad to be back on board as the organizer of Adult Running Programs. I am very passionate about the sport of running and always looking at ways to get new

people started and have seasoned runners continue. Even if I can not motivate someone to start running, I encourage them to be aware of runners on the road. Running continues

to grow in our community and what a family we have become!!!!

There are two opportunities this fall to get someone you know to come out and try running. Remember that running is not for everyone, but they won't know until they try!



## THIS & THAT

BY ALL OF YOU



On Saturday, August 14, 2010 in Danville, Illinois, Calumet Striders, Mike Bordowitz and Mark Lapa set out on a new endeavor...their first Ultra Marathon! Kennekuk Road/Trail Runner's 20th Annual Howl at the Moon is an 8 hour Run & Walk and is touted as America's Largest Timed Ultra. 335 trail runners and walkers participated.

Mike and Mark completed 32.9 miles in 6:33:27 in 95 degree heat with a heat index of 105-110 degrees! Now that is an INCREDIBLE FEAT! Great job guys!

Many Apologies to Dennis Rotz for the mistake on his name in the Meet A Strider picture caption in the August 2010 IN-STEP.  
*Holly Plew*

Congratulations to Bob Cavallo on his 10k SWIM and his 5<sup>th</sup> in the nation ranking!

### INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE OCTOBER 2010 INSTEP IS WEDNESDAY, SEPTEMBER 15, 2010. EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.



### PACK-A-THON September 25, 2010

Help stuff all of the runner goody bags for the Bank of America Chicago Marathon. Volunteers are need to help stuff 45,000 bags. Individuals and groups of all sizes are welcome. The event starts at 8:00 AM and goes until the last bag has been stuffed. Usually around 2:30 PM. Go to [www.oppent.org/packathon.php](http://www.oppent.org/packathon.php) to register today!

LAKE COUNTY: Goal race is Fall Frolic November 7, 2010. Training to begin August 24, 2010 at 6:30pm Wicker Park.

Contact Sherry Robison at [Sherry.Robison@sbcglobal.net](mailto:Sherry.Robison@sbcglobal.net)

PORTER COUNTY: Goal race is Turkey Trot on Thanksgiving Day. Call out meetings will be Wednesday September 8, 2010 and Thursday September 30, 2010 at 5pm at the Portage YMCA. Training to begin October 9, 2010 at 8:00am Portage. Contact Nicolette Huber at [hubbn5@hotmail.com](mailto:hubbn5@hotmail.com), or 219-406-6705 (cell).

Both Sherry and I are looking for assistants and pacers for these groups. If you are interested in volunteering your time PLEASE contact either person to get information. This is a great way for you to share your talent and experience (no matter if you are beginner or seasoned) to others!!!!

Keep up-to-date on local (Porter, Lake, and LaPorte County) running groups by checking the Cal-strider website under group runs.



## BOARD MEMBER EMAIL ADDRESSES



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## COACH'S COLUMN

BY NICOLETTE HUBER

### Dehydration

One important factor to remember is that dehydration can happen in both the hot/humid weather as well as the cold weather. Runners are more aware of dehydration when it is hot outside because of becoming thirsty from producing sweat faster. The body loses water by breathing, sweating, urinating, and defecating. By time the athlete is thirsty his/her body is already setting in dehydration mode and can be difficult to replenish what was already lost. Dehydration can hurt your performance and slow your ability to recover for the next run.

Here are a few eye opening statistics (dehydrationssymptoms.org):

**1% dehydration** leads to thirst.

**2% dehydration** causes feeling of anxiety, reduced appetite and capacity for work by 20%.

**4% dehydration** brings feeling of nausea, dizziness, emotional instability, fatigue.

**6% dehydration** leads to loss of coordination and coherence of speech.

**10% dehydration** causes thermoregulation failure in addition to all above mentioned symptoms. Cells begin to die.



At **11% dehydration** it's not enough just to drink water. The chemical balance of the or-

ganism has undergone serious changes. In order to restore it you need professional medical care.

**20% dehydration** may lead to death.

The human body is composed of up to 60% of water. As you can see it is vital that you get plenty of fluids before you actually go out and run. Remember that fluids should not just be water but sport drinks as well. A recommendation is to bring along a water bottle or fluid pack to use while you are running, drink before you get thirsty!!!!!!

**REMEMBER:** Taking care of this within reasonable time is important for even just basic normal organ activity.

## NATIONAL 10K OPEN WATER MASTERS CHAMPIONSHIP

BY BOB CAVALLO



July 17<sup>th</sup> I swam in the National 10k Open Water Masters Championship. A lot of runners have asked me about this race so when I was asked to write about it I thought it would be of interest to Striders and agreed. We swam in the Morse Reservoir in Noblesville, Indiana. I have competed in a couple of mile and 5k swim races so last winter when I saw the 10k Championship would be in Noblesville, I decided to sign up for the event. This would be the longest swim race I have competed in.

I started swimming again after an injury during Marathon training a couple of years ago. My doctor did not want me to run for six months and swimming seemed like a good option to maintain fitness. I had not swum other than splashing around at the beach since college but the more I worked out I found I really liked this sport.

I swim at the Omni pool four days a week during the winter months and once the weather warms up I swim at least one or two days in Lake Michigan. Having trained to run a marathon I sort of kept the same format for my swimming workouts; shorter speed and tempo workouts during the week and a long swim on the weekend. The speed workout usually consists of intervals after a 500-yard warm up and the tempo swim would be a timed mile after a warm up. On the weekend I swim longer, 3 to 4

miles. Once the weather warmed up I (along with Strider Triathletes Sherry, Bob, Bob and Bill) started training in open water at the Hammond Beach and Ohio Street Beach in Chicago.

Open water swimming has some important differences from pool swimming as anyone who has competed in a triathlon knows. In the pool you have lines, walls and lane markers so you are not going to go too far off in the wrong direction. In an open water swim you have to learn to sight on a mark and swim toward it. I sight every eight to ten strokes. The water in a pool has a fairly consistent temperature and there are not any big waves. The fun of open water swimming, especially in Lake Michigan, is that the water can change day to day. For example, July 3<sup>rd</sup> I was able to comfortably swim a couple of miles at Ohio Street Beach but two days later the water temperature had dropped significantly and a wetsuit was needed.

The swimmers who signed up for the 10k swim were required to be at the Morse Reservoir Friday evening to attend a pre-race meeting and to take a boat tour of the course. The boat ride was especially helpful when swim time came because some of the marker buoys were not easy to see as you zigzag around the reservoir. The course was two laps around the reservoir. At the 2.5k, 5k, 7.5k points there were water stops and at

the 5k point you could have gel or some other nourishment. You tread water and an official hands you a bottle of water from a boat. When you are done drinking you give it back, nothing goes into the water.

The swim itself was long, similar to the time to run a marathon, and sometimes you think you're going to be doing this forever. I'm sure the young man who won the race, Andrew Mueller, did not have that problem. Look for him at the Olympic Trials. But for me I had a long time to think about the water in the reservoir. The water temperature was 84 degrees and very cloudy, green cloudy. Visibility was about two feet. Quite a change from Lake Michigan with fairly clear water and temps in the 60's and low 70's. During the first lap I was concerned about being able to finish. Like I said at the beginning, this would be the longest swim race I had done. But after the 5k water stop I felt much more relaxed and confident. Coming into the finish I felt strong enough to speed up and pass some of the guys in my age group. I was glad to finish but standing up on dry land after several hours of horizontal in the water made me nauseas. I guess that was a good thing, it got all that green reservoir water out of me. I made my goal of finishing the 10k swim. Now my next goal is to better my time and beat some more of these geezers in my age group.



## GIRLS ON THE RUN

Some exciting news from Girls on the Run of Northwest Indiana, but first a big thank you. The support of the Calumet Region Striders continues to be a big factor in GOTR's growth in Northwest Indiana. Thank you to all the Striders who helped out with our first GOTR 5K back in May. It was a huge success thanks in no small part to all the race expertise of the many Striders who helped out. Another thank you to everyone who has donated shoes and other running gear. The girls will enjoy their "shopping spree" this fall! Thanks to the Striders who are coaching GOTR and sharing their passion for running with the girls. And a special thanks to Michele who always has inspiring words of support and great advice for us!

Now for our news! We just added LaPorte

County to our service area and will have a site at Crichfield Elementary in the city of LaPorte this fall! We are very excited to be able to offer GOTR to girls in LaPorte and look to get some sites going in Porter County, as well as to continue to grow in Lake County. Our other fall sites include Merkley in Highland, Columbia in Hammond, Jane Ball in Cedar Lake and Lake Street in Crown Point. We have a lot of interest from more schools to add some new sites in the spring!

*Girls on the Run is an after-school program which innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts.*

**Jill Schlueter-Kim**  
Council Director



## PERSONAL RECORD (PR) RESET

BY CASSANDRA PETERSEN

If you have ever run a race you have a Personal Record (PR) or Personal Best. It refers to your best time in a race of a specific distance. We keep motivated by monitoring our PR's. But what happens when looking back at a PR is no longer motivating? I began to ask myself, do runners ever reset personal records?

Runners track their progress by comparing a race to their best performance to date. Most can rattle off their best 5k, 10k, Half Marathon, or Marathon stats. Chances are you can vividly remember the race route, attest to the weather, and picture those around you when you accomplished your PR feat. But what happens when a life changing milestone makes it seem next to impossible to ever break that PR?

Milestones can come in the form of a special birthday ending in "0". Once a runner turns 40 they are now considered a "masters" runner. USA Track & Field recognizes those over 40 as a division all their own. Many races, including all Gold Cup events, offer awards for the first male and female masters runners. Did you, or will you, look to track your PR's post 40, 50, or even 60?

Based on what I found on the web, 65 to 70% of all runners will experience a form of running injury. Minor injuries can set you back, but does a major injury call for a PR reset? Some members of Striders have endured back surgery, knee replacements, tendon repair, and other physical setbacks. However, it did not stop them. Post recovery the healed Striders are back at the start line. Did they reset their PR's?

Running moms out there: did you reset your PR's postpartum? Pregnancy and childbirth can do a number on the female body. Incorporating a physician approved running program is a fantastic way to get back into shape. Those of you who have been there know all too well how frustrating it can be to try and match a pre-pregnancy PR.

Whatever your milestone may be, I say feel free to reset. If the purpose of a PR is to motivate, it needs to remain a motivation tool. Start with a fresh running log and race record. Maybe one day your perseverance will prevail and your running performance will produce a true PR.

**Stay Motivated - Cassandra**



## Chicago Marathon

October 10, 2010

Wow! How amazing

is it to see our own club president featured in the ad campaign for the Chicago Marathon this year? Check out Michele Hale at [www.chicagomarathon.com](http://www.chicagomarathon.com). You can go to the site and vote for the official commemorative poster that will be used. Also as you are driving through Chicago, look carefully, you may see her picture on a downtown building!

Below is a miniature version of Michele's ad campaign from the website and her bio:



**Michele Hale's motivation is to celebrate 10 years of raising funds for those with developmental disabilities.**

Michele is competing in her 10<sup>th</sup> Chicago Marathon with Opportunity Enterprises (OE), a Northwest Indiana-based organization which serves people with physical and developmental disabilities, including her own daughter. As a coach and runner recruiter with the OE team, she is known for giving motivational speeches to get her fellow runners excited before training runs. This year Michele will raise \$5,000 for OE to reach her goal of \$50,000 over 10 years.

**We Striders know how inspirational Michele is and it's great to see that being recognized on a larger scale! We are proud of you and your achievements, Michele!**



## THE WILSON 500TH

BY MIKE WILSON

I began running in April 1978. My first race was the Chicago Distance Classic 20K in early July. I ran my first marathon in September 1978. It is now over 32 years later and, in July 2010, I competed in my 500th race. I failed to complete only one race out those 500.

I ran the Flurry Scurry 5K in Chesteron on January 19, 2003. As I was hanging around after the race to see if I had won an award, I heard this lady talking about the Calumet Region Striders and

the Gold Cup Series. The first race of the series was the next weekend in Park Forest - The MidWinter Cruise 5K. Since I had run that race (as a 10K) several times in previous years when I lived in Illinois, I was immediately interested. This lady continued to talk about the Striders and how much fun they had so I decided to join. (The Lady was Sue Brown - then President of the Striders. Thank you so much Sue for your enthusiasm about the Striders and running - my life was changed forever by our chance

meeting!) I had run 156 races in a little less than 25 years before becoming a Strider - I have run 350 since! The joy of running is contagious as a Strider.

I decided to create a web site (would you believe it!) to document some of my running history and to display some of my memorabilia and stuff collected over those years. It has been an interesting journey. You can find my complete history here:

[http://runner\\_dood.home.comcast.net](http://runner_dood.home.comcast.net).

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