



## PRESIDENT'S MESSAGE

### NOVEMBER GOLD CUP SCHEDULE :

#### Fall Frolic/Jennie Hamilton Memorial 4-Mile Run

Sunday, November 7  
9:00 AM CDT

Purdue University Calumet  
Fitness Center  
Hammond, IN

#### Panther Pounce 10K Run (XC)

Saturday, November 13  
9:00 AM CDT

Purdue University North Central  
Westville, IN

#### Valparaiso Turkey Trot 10K Run

Thursday, November 25  
8:30 AM CDT

Valparaiso High School Fieldhouse  
Valparaiso, IN

### NOVEMBER SPONSORED RACE SCHEDULE :

#### "Fall Back" 5K Run

Saturday, November 6  
9:00 AM CDT

Lake Central High School  
St. John, IN

### NOVEMBER XYZ RACE SCHEDULE :

#### Grand Mere Grind 10K Trail Race

Sunday, November 7  
9:00 AM EDT

Eastern Grand Mere State Park  
St. Joseph, MI

#### XYZ "Finale" 5K Trail Race

Saturday, November 20  
Noon EDT

Imagination Glen Park, East  
Portage, IN

### UPCOMING STRIDER EVENTS :

#### Board Meeting

Thursday, November 11  
6:30 PM CDT

Omni 41  
Scherverville, IN

### "Fall Back" Sunday November 7!

**Turn back your clock at 2:00 AM if you don't want to be late!**

It is that time of the year again. The following Board positions are up for Re-Election: President, Vice President, Social & Sponsorship, Adult Running programs, Jr. Strider Running programs and Public Relations. Please keep in mind when nominating someone, these positions require that they attend monthly Board meetings that take place every second Thursday of the month at 6:30 PM rotating between Lake and Porter counties. So nominating someone who works 3-11PM or shift work may not be such a good idea. However we are in need of Committee members and volunteers at select events. If you know of an individual or you would like to get more involved ask any of the Board members and we can point you in the direction that you can be most helpful.

ALL NOMINATIONS MUST BE SUBMITTED BY MIDNIGHT DECEMBER 1, 2010.

Please use the enclosed form to nominate yourself or someone else.

Congratulations to all 102 Strider members that completed the Chicago Marathon! You all accomplished an amazing feat, especially since Mother Nature did not deliver ideal weather for most runners. Many of you were spotted at mile 5 and your pictures are on our web site.

With Fall and Winter months fast approaching a great way to stay motivated is to run with a group. You can find our group run times and locations on the website.

Speaking of group runs, Striders have a GREAT Membership Drive/ Fun run next month. We also have our Holiday Party approaching, this is a great opportunity to bring your family & friends who support you throughout the running season. Check out the enclosed flyers for complete details.

**I wish everyone a Happy & Memorable Thanksgiving Holiday!**

"Laziness is nothing more than the habit of resting before you get tired."

**Stride ON! Michele**



CHICAGO MARATHON MILE 5 WATER STOP

I would like to personally extend a very big THANK YOU to everyone who volunteered with the Calumet Region Striders at this year's 2010 Bank of America Chicago Marathon. It was a pleasure coordinating assignments and working with each and everyone of you. This world class event would not be what it is today without the help of the many dedicated and passionate volunteers that show up bright and early each and every year. I look forward to seeing all of you at upcoming Strider events. Thanks!

**Darrell Hale**

Again this year we had a HOT day for the Chicago Marathon. Due to the efforts and enthusiasm of all of the volunteers at the Calumet Region Striders water stop, you all helped the runners tremendously. A Big SHOUT OUT to Captain Darrell Hale and his Co-Captain, Butch Tribble, for all of their efforts and time to keep everything running smoothly. That is a big responsibility. Thanks again, guys!

This year, out of the 367 people that signed up for the water stop, 321 showed up. That is great in itself, because there is usually a 30% no show, on marathon day. Our volunteers got a really nice complement from the supervisor of Streets and Sanitation. He said the clean up of the Hydration Station, was PERFECT!! Thanks to all that stayed to help and clean up.

THANK YOU VOLUNTEERS FOR A JOB WELL DONE, HOPE TO SEE YOU NEXT YEAR!

**Dan Sturgell**  
Membership & Volunteer Chair

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There has been an explosion of new youth families (36) who have joined us for cross country season - welcome! Stay tuned to this monthly column for youth announcements and events.

Cross country practices continue through November 17th. See calendar insert. XC participants should be running extra days on their own outside of Strider practice. Contact Coach Sue or Coach Kearney for a specific plan if not received at practice.

Congratulations to all of our middle school and high school athletes on an outstanding school cross country season and your individual accomplishments!

Sara Ramos (Grimmer Middle School) set a new 6th grade XC record. Her 11:56 time for 1.8m distance broke the record by 14 seconds. Sara will be competing at XC Nationals on Nov 20.

Carl Frey, age 10, (13:05) and Alison Mundel age 13 (14:02), both of Valpo, were overall winners at Valpo Swim Club's 2mile race. Caleb Chapman (who travels from Kentland area to

train with Jr. Striders) wins 1mile race 5:55.

Coaches were also proud of our first time Jr Strider racers (about 30 of them) as this was a very hilly course and the finish was straight up the sledding hill at Rogers Lakewood Park.

Most memorable performance: little Reilly Boyer of Lowell, age -not quite 6yr-finishes 6th Overall (65 participants) in 8:07. Amazing!

I hear these kids will also be representing NW Indiana at XC Nationals. As of press time, the Jr. Striders 14 & under, and Strider Select 15-18 had not yet run their XC qualifier meet.

Best of luck to advancing members to Nationals on November 20th. Full XC report to appear in next/December newsletter.

Email coachsue@calstrider.org to share news or contribute to this column. I love to recognize personal achievements. In the meantime, Stride On!

**Coach Sue**

### Upcoming Events

**Nov 13th—Panther Pounce**  
10k/5k Gold Cup and (new: 1mile for 10 & under) at Purdue/Westville.

Team party for all Jr. Striders after.  
Tie dye your own race shirt with great colors either before or after race.  
Each family to bring either 1 dozen deserts or 1 bag snack/chips.  
Sloppy Joes complimentary of club.  
**\$14 Jr. Strider rate - preregistered only by November 8th.**  
Race form included within this newsletter.

**November 25th—Valparaiso Turkey Trot 10k/5k Gold Cup**  
**SIGN UP EARLY!**

**Early Bird Registration closes Nov 17 and is \$19; otherwise \$30 on race day!**

www.calstrider.org  
click on Gold Cup Race Schedule for registration form



## MEET A STRIDER: CHRYS DAVIS

**Bio:** I am 37 years old & originally from Elkhart, IN. I came to Valparaiso to attend nursing school and run cross-country & track at Valparaiso University. I currently work as a nurse practitioner in an Ob/Gyn office in Valpo.

**How long have you been a Strider:** This is my 2nd year as a Strider.

**Favorite Strider race:** I really enjoy the challenge & beauty of the Taltree Ten.

**Most memorable run:** My most memo-

orable run was the Mayor's Midnight Sun Marathon in Anchorage, Alaska. It was my first marathon and the scenery was absolutely breathtaking! There was the added challenge of avoiding bears and moose during the course, or at least plenty of signs warning you so. I qualified for the Boston Marathon and my "addiction" to long distance running was born.

**Running goals:** I'm completing my 12th & final marathon on October 31st in Athens, Greece. After that, I want to participate in more triathlons, half marathons, and continue racing the Strider

series.

**Other than running:** I enjoy reading, photography, traveling, hiking, and water sports. My golden retriever, Hunter, demands that I walk him once or twice daily. Someday I will sit still long enough to learn how to play my guitar!



## BOARD MEMBER EMAIL ADDRESSES



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# THIS & THAT

BY ALL OF YOU



# TECH FREE

BY CASSANDRA PETERSEN

Ex-region Coach and Strider member Javier Abrego is now a district superintendent of schools on the Navajo reservation in Ganado, Arizona. The sparsely-populated Navajo district has 2,000 students in four schools. Some kids travel 90 minutes to attend classes. There are no movie theatres, no stores. Sports are the main attraction. There is much poverty and many family homes on the reservation have dirt floors and lack electricity or running water. The Navajo Nation XC runners are fast; 1-2-3 at state level and often have the individual and team champion. Javier recently visited his mother in Highland and finished the Chicago Marathon - 4:04 at age 60. He has been a life-long marathon runner who has run in nearly every Chicago Marathon since 1977. We miss you in the region Abrego!

15 Striders posted personal best finish times at the Cal City Half Marathon in September.

CRS member Jose Hernandez formerly of Hammond is enjoying retirement in El Paso, Texas. He recently visited the region and volunteered at the Striders marathon waterstop. You can email him at hernandez26@aol.com. He will remain a Strider forever and sends everyone his love.

Good job to Bri-Anne Andriessen on your mile 1 split call-outs at Campagna Run for the Roses! Everyone could really hear you!

Thank you to Family Express Stores for food contributions for our Chicago Marathon volunteers.

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

## STRIDERS WORK FOR NEW PORTER COUNTY TRAILS by Steve Kearney

Dan Sturgell and I have been attending meetings with the Porter County Park Board to develop trails at the recently purchased Brookdale Farm. It has been a cooperative effort with local baseball and soccer organizations, as well as the Porter County Boys' and Girls' Clubs involved. It is a beautiful property with about 70 acres, including wetlands and a pond. I recently ran through taking pictures of a combine taking in the last corn harvest from the land. While passing the pond, I saw the largest trout of my life leap out of the water. In the past, I have seen a snipe and several mink.

We have secured funding for a mostly woodchip trail through the whole park, encircling the playing fields, club building, and wetlands. To enhance the trail, we hope to add some boardwalk through part of the wetland, benches, and workout stations in the playing field area. We will soon be looking for bequests and memorials, so keep that in mind. Details of this opportunity are not yet worked out, but contact me if you are interested. skearney800@gmail.com.

Now that fall has arrived, we see lots of geese flying south. While they can be an irritant, there are some fascinating things you may not know about them. The lead goose isn't always the leader, as he gets tired from flying in the front he will move back into the flock and another goose will move to the front. Geese honk to one another to encourage each other: you can do it, it will be alright. If one of the geese gets injured or sick and has to drop out of the flock, several of the other geese will stay with it until it can fly again. They will then rejoin the flock or join another flock. We (as runners) are some-what like this: sometimes we are out front, get tired and need to move to the back and have someone else take the lead role. WE need to "honk" and encourage one another, support each other. We need to be there for each other in times of injury, or lack of energy. We care for each other, as others care for us. As we are asked to fulfill our own positions for the coming year, remember the geese and agree to "honk" for one another.

*Jamie Sechrist*

Technology surrounds us at work, home, and even while running. We can wear all kinds of electronic devices touting to improve performance or achieve a more efficient work out. What is your laundry list of items you trod out the door with?

- GPS - Check
- iPod - Check

### Heart Rate Monitor - Check

When did we get to the point where it takes a lot of time and thought to step out the door for a run? Where are the days that all you needed was a pair of shoes to lace up and the ambition to take that first step?

When we set out on our running journey, we carefully select and plan our run. Runners have their favorite running routes. Why do they become our preferred places to run? My guess is that a majority of our responses have to do with the scenery and surroundings of nature. I know of quite a few runners who drive many miles to get to Indiana Dunes. Others seek out trails or paved paths away from the streets. There are a number of amazing places within the Calumet Region to choose from that provide street free running full of incredible sights.

How can we experience the wonder of running outdoors with all that electronic stuff? Opt to go back to the days of running tech free. Realize how much valuable running time is used just to get ready to run when you have all of that stuff. Leave behind the music that drowns out the sound of nature under your feet, wind through leaves, or birds singing, and even other footsteps around you. Forget the GPS and decide to focus more on your form rather than the distance or minutes per mile you are running. Make an attempt to get back to the core of what running is. You, the ground, and the world around you.

Leave all of that tech stuff behind once in a while and enjoy the run.



## CAL CITY WATER STOP—BEST WATER STOP, PERIOD!

As I was running the Cal City Half-Marathon again, I was actually thinking about the Striders water stop, early in the race. The Striders water stop is at the 6-mile mark, so I usually assess how I'm doing in the race at this point. I look forward to reach this point of the race and all of the encouragement and enthusiasm from Lisa Moreno and all of the volunteers at the Striders water stop. So thanks again Lisa and everyone else who volunteered their time and efforts to make this water stop the Best Water Stop, **Period!!!**

*Dan Sturgell*

The Striders were lucky enough to be a part of the Calumet City Half Marathon on September 26, 2010 by providing much needed hydration to the runners at mile 6. This year I had the best volunteer team to work with. I would like to thank Jordan Chester, Renee Moreno, Cecilia Bernal, Ruth Ann Keilman, Amber Crews, Dalores Lounds, Katie Lounds, Maurice Lounds, Cynthia Walker, Michelle Landrum, Percy Pompey and Bike Trail Bill. All my volunteers did such a GREAT JOB and I couldn't have done it without them. THANK YOU!

*Lisa Moreno*



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FROM YOUR RRCA INDIANA  
STATE REP



RRCA COACH'S  
COLUMN  
BY SUE BROWN-NICKERSON



#### Nominations for 2010 RRCA National Running Awards now OPEN

Help us nominate outstanding individuals and members for the various RRCA National Volunteer Awards.

- Male-Female, Overall and Masters Road Runners
- Outstanding Club President
- Outstanding Club Newsletter
- Outstanding Club Writer
- Outstanding Club Volunteer providing 2,000 or more lifetime volunteer hours
- Outstanding Beginning Running Program
- Outstanding Youth Program Director
- Outstanding Club Website
- Outstanding RRCA State Representative
- Outstanding RRCA Road Race

This organization consists of many loyal and dedicated members who deserve acknowledgment.

To nominate a deserving individual or Cal Strider member, please visit [rrca.org/services/awards](http://rrca.org/services/awards) for criteria & the nomination process. Also contact RRCA Indiana State Rep, Sue Brown-Nickerson ([indiana@rrca.org](mailto:indiana@rrca.org)) for assistance with the nomination process. Deadline 12/31/2010.

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

#### Time Off and Recovery

After a season of competitive racing, it is important for athletes to take a break. I recommend all athletes have at least one break per year and preferably two. The break in structured training is to give your body and mind a chance to repair after a season of high-intensity training and racing. Use these general guidelines:

- Take 2-4 weeks of unstructured training and workout only when you feel like it. Try something different - swimming, cycling, yoga, aerobic class, strength training.
- Keep the training mostly aerobic and under two hours. Would you believe strength training can be aerobic? Try it!
- You can do some speed work one session a week, but keep the duration of the speed segments at 60 seconds or less, with at least 4 minutes of recovery between each speed bout.
- At minimum, 1-2 days off per week.

Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)