



## PRESIDENT'S MESSAGE

### Happy Holidays

Hard to believe that the 2010 running season is in its final month. Mark your calendar for December 18th, this will be our 2nd Annual Membership Drive/ Fun Run.

In order to keep receiving your Instep without interruption you MUST re-new your dues by February 28, 2011. The first race of the 2011 Gold Cup Season is Running with the Irish on March 12, 2011; so you want to re-new before then. What better way than a Fun Run up to 9 miles?! It includes a variety of refreshments, decorated water stops, door prizes and a Live Santa. Location is at Wicker Park, Highland, IN. You can get full details on the Strider web site. If you choose not to run just come out for the FUN!

I hope everyone finds ways to maintain your exercise endurance over the months ahead. If you don't belong to a gym and you go outside to exercise remember to dress in layers according to the weather, HYDRATE (even in colder months), and if running outdoors watch for black ice on the roads. You can purchase Yak tracks to add to the bottom of your shoes to help prevent slipping on ice. We want everyone to remain injury free!

The Chicago Marathon launched a NEW annual award called the Pat Rhodes Award. This award is in memory of Pat's contributions to the Chicago Marathon and the running community. I was honored to be a guest at the presentation of the first recipient (Pat Onines) of this Honorable Award,. Not only do they share the same first name, they also share birthdays. Listening to Race Director, Carey Pinkowski talk about Pat and the Striders made me so proud that I knew Pat Rhodes and that I am a Strider. You can see photos of this event on the Strider web site.

**I would also like to Congratulate The Steadfast Six:** David Chary, Monica Guterrez, Pete Klaeser, Dennis Rotz, Dan Schuster and Felicia Schuster. They completed all 29 races in the 2010 Gold Cup series, WAY TO GO! They will receive their trophies at the Gold Cup Banquet.

Board Elections will be taking place very soon. As an Adult member of the Calumet Region Striders you have a voice and a vote. "Every vote counts!" Make sure you look at the deadline dates and get yours in!

I hope to see Everyone at the Holiday Party, Membership Drive and Gold Cup Banquet. We hold a Silent Auction at the banquet and the proceeds are used to send Board members to the RRCA Convention. They attend classes where they learn valuable information to help our club grow and continue to be Northwest Indiana's Premier Running Club. Please contact me or another Board member if you own a business, know someone who does, have season tickets, provide a service such as massage or spa treatment or perhaps an item you would like to donate to the auction (Minimum value \$25). We can make arrangements to get it to the banquet on January 29, 2011.

I would like to send a BIG THANK-YOU to the entire CRS Board and ALL of the Striders who made 2010 an AWESOME Running Season.

"The average person takes 23,000 breathes a day"

I wish ALL of you and your families **HAPPY HOLIDAYS!**



**Stride ON! Michele**

**DECEMBER  
SPONSORED RACE  
SCHEDULE :**  
**WVLP 98.3 Holiday Radio Run/Walk  
5K**

**Saturday, December 11  
9:00 AM CST**

**Reiner Community Center  
Valparaiso, IN**

**UPCOMING  
STRIDER EVENTS :**

**Board Meeting**

**Thursday, December 9**

**6:30 PM CST**

**Portage Township YMCA  
Portage, IN**

**Striders Holiday Party**

**Friday, December 10**

**6:00 PM CST**

**The Patrician Banquet Center  
Scherverville, IN**

**Membership Drive/Fun Run**

**for Up to a 9 Mile Run**

**Saturday, December 18**

**8:00 AM CST**

**Wicker Park  
Highland, IN**

**Gold Cup Banquet**

**Saturday, January 29**

**4:00 PM CST**

**Avalon Banquet Center  
Merrillville, IN**

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**FROM YOUR RRCA INDIANA STATE REP**

I would like to Recognize Mike Stiles for his Run@Work Day success! He is this year's winner in our RRCA Run@Work Day Participation Challenge. Here is his story:

A week prior to Run@Work Day, I announced through our daily school email that I was organizing this special day. I put the RRCA poster up in the copy room and a reminder notice was put up in the teacher's lounge. The day of the event, I put up a poster outside of the school and a sheet to record names and times walked or ran. On Friday, September 17 the entire Brummitt Elementary School faculty, staff, and student body participated in the RRCA Run@Work Day. A total of 135 hours were run or walked around the quarter mile sidewalk that circles the school! Everybody was very enthusiastic about being able to be outside and enjoy the sunny and warm day!



## ANNOUNCING THE 2011 GOLD CUP

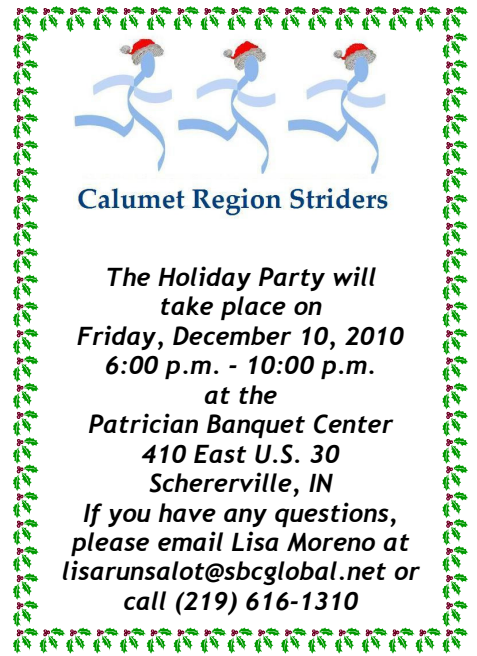
Enclosed in this mailing you will find the Gold Cup schedule for 2011. I would like to welcome several new races to the series: the Hammond 10k, the Nativity 5k, the Wolf Run (a returning course from a number of years ago) and Manda's 5K. We will have 32 races next year, with varying distances, types of courses and different locations.

There will be one procedural change for 2011: we have eliminated the sign-in sheet at the Gold Cup table. This decision was made for a variety of reasons, but will require that the runner take responsibility for determining the accuracy of their time as posted under the race results at the event and/or online.

Any discrepancies must be addressed to the webmaster within 30 days of the race, as is the current policy.

We still hope to see all of you at the Gold Cup table, where we will continue to display applications for upcoming Gold Cup Series races and Sponsored Series races. We also will have race evaluations that you can complete at the event; you can also go online to rate a race. Our Striderwear contest will continue to be offered.

We welcome your opinions and ideas for how to make our events better. Please fill out a race evaluation, send me an email, or join our Committee.



### Calumet Region Striders

*The Holiday Party will take place on*  
**Friday, December 10, 2010**  
**6:00 p.m. - 10:00 p.m.**  
 at the  
**Patrician Banquet Center**  
**410 East U.S. 30**  
**Schererville, IN**  
*If you have any questions,*  
*please email Lisa Moreno at*  
**lisarunsalot@sbcglobal.net or**  
**call (219) 616-1310**



## MEET STRIDER COACH AMY HARTZ, RRCA CERTIFIED

I am 31 years old, attended Wheeler High School and ran both cross country and track. I graduated Wheeler in 1997 and went on to attend Purdue University. I graduated from Purdue in 2002 with a Bachelor of Science in General Agriculture. I have to admit while in college running took a back seat, but after graduation I regained focus to a healthier lifestyle.

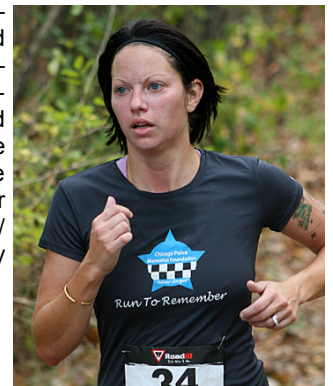
I got married in May 2003 to Scott Hartz. We have one son born in December 2008. After the birth of our son I quit my job as an Assistant Store Manager for Wal-Mart to be a stay at home mom. That lasted about 6 months when I decided to get a part-time job at Porter County Parks which just happened to be my favorite place to run—Sunset Hill Farm. I ran everyday after work; the recreation supervisor

took notice and asked if I would be interested in leading group runs for the park. We started these runs in March following my husband's race (Foot Pursuit 5K). I have expanded this program to include a Beginning runner program—Couch to Foot Pursuit 5K and will be snowshoeing as well this winter. I began competitively running this past spring and have run almost 20 races since, including 2 trail ½ marathons. I have always preferred trails over roads.

In September I became a certified RRCA running coach to expand my knowledge of running. Shortly after that Sue Brown-Nickerson asked if I would be interested in helping coach the Junior Striders. I have only done it for a short time but already found that I love it and will be more involved this next year. I have also looked into making Sunset Hill

a site for Girls on the Run, an organization that teaches young girls the benefits of a healthy body image and lifestyle.

As far as the future goes—I plan to expand on adult programs with the parks to support those who have graduated from beginner programs and need ongoing motivation and continue with the regular Tuesday/Thursday 8am runs.



## BOARD MEMBER EMAIL ADDRESSES



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### HS XC Wrap Up

It was a fabulous finish for our super senior Jordan Chester, and an impressive high school start for our fantastic freshmen; Anthony Best, Haley Cushway, Celena Guerrero (all-state medalist), Tim Huber, Elena Lancioni, Paige Pizer, and Alek Seeley.

Jordan Chester, a four-sport athlete has become the most decorated distance runner in Boone Grove's school history. The short of it: she is a four-time PCC champion and course record holder, and a 4-time all-state finisher (16th, 8th, 14th & 10th). In between she is repeat champion at numerous invites, IHSSA regional girls XC champion, and IATCCC 1A-2A Runner of the Year. Did I mention she also ranks second in her class with a 4.4 grade point average? Very humble, she is the ultimate role model for our younger runners to look up to. Although competitors on the field running in their respective school uniforms - all are fellow Striders and facebook friends.

**CONGRATS TO ALL!**

### Middle School XC Wrap Up

Our leading 8th graders also had impressive seasons - Kelly Arlow & Emmett Sullivan of Chesterton; Olivia Martinez of Lowell; Manny Lopez (conference champion) & Ryan Kritzer of Munster; and Alison Mundell of Valpo (also conference champion & undefeated in school season).

Two of our middle school athletes won Overall female/male at Panther Pounce 5K on Nov 13th: Ellie Joll, 7th

grade in Valpo 20:59; Manny Lopez 8th grade in Munster 19:16.

**CONGRATS TO ALL!**

### Youth XC Wrap Up

The Striders youth team had a roster of 90 kids for the AAU District Meet held at Sunset Hills in Chesterton on October 31. The team had age group teams in every division through 14yrs.

What has been significant this season was the percentage of new families participating from all over Northwest Indiana. XC practice average attendance at combined sites: 8 & under = 21; 10 & under = 28; 11-12 yr = 22; 14 & up = 25 with 8 volunteer coaches between the two practice locations. We strive to provide quality practices and race experiences that will help kids develop physically, build self confidence and motivation to continue running.

There are 65 kids on the roster for XC Nationals in Lexington, KY. We hope to be celebrating by the hotel pool in the evening on November 20th with lots of great race stories and accomplishments. I will have to share those with you in the next newsletter because this month's column was going to press on November 18 prior to that meet being held. I will post pictures from XC Nationals on the club's website photo gallery towards the end of November. I can not be more proud of our coaches and of our youth team's individual accomplishments. Thank you for supporting the Jr. Striders XC team and events! Have a great holiday season!

### WELCOME TO OUR NEW YOUTH TEAM MEMBERS!

Caleb & Jacob Chapman of **Brook, IN**  
Sarah Bobby, Josh DeVries, Kylee Donnelly, Jenna Elliott, Rachel & Hannah Hoffman, Lindsay Kaurich, Ta'Shaylan Kelliehan, Kristin Staypay, Emmett Sullivan of **Chesterton**

Elizabeth Ayersman of **Dyer**

Sophie Flora of **Knox**

Viviana Flores of **Lansing, IL**

Holly Higdon of **Long Beach**

Mitch Hubner, Theodore Merkel of **La-Porte**

Kathryn & Parker DePalma of **Michigan City**

Emmanuel & Alondra Lopez of **Munster**  
Lindsey Corley, Tylor Hudson, Nicholas Solis, Emily & Jacob Thielbar of **Portage**  
Elspeth & Adelaide Young-Brust of **Union Mills**

Corey Alfredson, Adam Ayers, Sadie Jacobs, Elisabeth Joll, Gary Kostbade, Sean Lyons, Reese Mayernik, Carter Nance, Michael Nedved, Sydney Nosbusch, Logan Ozdyck, Aidan Politt, Tanner Redmon, Matthew Ringenberg, Eli & Adam Sandberg, Olivia & Erin Shaw, Molly Slatcoff, Sam Stazinski, Cheyanne & Taesa Stock, Elisabeth Wilson, Willa Wingard of **Valparaiso**

Lucas Cauley of **Wanatah**  
Chandler Aponte, Garrett Dalton, Kyleigh Werner of **Westville**

**Coach Sue**



## WINTER DISTANCE RUNNING PROGRAM



Start your New Year off right with the **Fleet Feet Sports Winter Distance Running Program**.

We will provide training for the following Spring Races:

- The Indianapolis Mini Marathon
- The Palos Half Marathon
- The Taltree Ten-Miler

Build endurance, strength and knowledge with our expert distance running coaches and our medical professional sponsors.

Program includes:

- **18 week training program—beginner and intermediate available**
- **On site coaching from RRCA Certified Running Coaches**
- **Weekly coached group runs**

- **Team support and encouragement**
- **Fleet Feet Sports training log**
- **Top quality technical running shirt**
- **Weekly educational clinics by coaches and doctors**
- **Free injury screenings provided by sponsored doctors**
- **Post run snacks and refreshments**
- **Entry into raffles and giveaways throughout program**
- **Entry into Taltree Ten Mile Race**
- **Emailed advice and support by Certified Coaches**

- **Occasional off site group trail runs**

Program Cost: \$100.00

**Sign Up/ Orientation Meetings**  
**Fleet Feet Sports Schererville**  
**635 East US 30**

**Schererville, IN 46375**  
**(219) 864-1000**

**Saturday, December 11 2:00 PM**  
**Thursday, January 6 6:00 PM**

Program Begins: January 8, 2011  
Group Runs will take place at 9:00 AM  
Saturday mornings at Fleet Feet Sports  
in Schererville.

For more information, contact  
misty@fleetfeetschererville.com



## STRIDER SELECT XC RESULTS

STEVE KEARNEY

The Strider Select XC team made their first appearance ever with some very convincing runs. Composed of high schoolers from all over our area, the team traveled to Terre Haute on October 14 to race the top student athletes from six states. They ran on the same challenging course that hosts the IHSAA state meet, with the added challenge of twelve rows of hay bales arranged in flights of three. Competition was in two separate divisions, with the top five individuals and two teams from the championship division qualifying for an all-expense-paid trip to Portland to run against the other regions. The Striders were led by Celena Guerrero and Mitch Hubner with excellent races in the championship division and team finishes of 15th and 4th in the open races. There were close to 900 top athletes participating from over 60 teams.

Another top Strider Select member, Jordan Chester, did not participate due to basketball commitments but will represent Indiana in an All-Star meet against top seniors from 4 states in Dayton, Ohio, on November 20. Other members will be racing at the National meet in Lexington on November 20, the Footlocker regional meet in Kenosha, WI on the 27th of November, and at many local Turkey Trots.

The team has expressed their thanks to the Striders for their support. They will continue to represent us well.

### Girls' Championship:

- 51. Celena Guerrero—Calumet Region Striders—19:12.2
- 71. Elena Lancioni—Calumet Region Striders—19:30.2
- 135. Melanie Buckmaster—Calumet Region Striders—20:38.2

### Girls' Open:

- 1 - Mason TC—Points: 16
- 2 - Davidson XC Club, OH—Points: 70
- 3 - Kroy TC—Points: 79
- 4 - Calumet Region Striders—Points: 82
  - 10. Linda Graff—20:54
  - 18. Biehl, Rosie—21:58
  - 23. Higdon, Holly—22:19
  - 30. Katie Haggerty—23:15
  - 41. Bobby, Sarah—23:21
  - 52. Stapay, Kristin—25:03

### Boys' Championship:

- 43. Mitch Hubner—Calumet Region Striders—15:54.4
- 165. Stuart West—Calumet Region Striders—16:39.0

### Boys' Open:

- 15 - Calumet Region Striders Points: 430
- 36. Dearing, Morgan—17:22
- 52. Dubbs, Dakota—17:38
- 94. Alfredson, Corey—18:26
- 112. Seeley, Alek—18:45
- 136. Dearing, Eric—19:36



## PAT RHODES OUTSTANDING VOLUNTEER OF THE YEAR AWARD IN HONOR OF PAT RHODES 1936-2007

ATTENTION STRIDERS: BE RECOGNIZED FOR ALL YOUR VOLUNTEERING

Nominations are now open for the annual Pat Rhodes Volunteer of the Year Award.

Pat Rhodes, a Charter Strider and Life Time Member, championed running and was an exemplary volunteer in our community until May 17, 2007, when a tragic automobile accident took his life while on his way to exercise at his local health club.

As a Board Member, he provided us with his leadership from 1989-1995 as club president. In all, he was an officer for eight years. After his 12th Boston Marathon and reaching a milestone of 60 years young, he retired from competitive running. Still wanting to help others realize the victory at the finish line, Pat became the official Gold Cup Timer from 1995-2007.

Pat could always be seen volunteering at many other annual events: AAU Indoor and Out-

door track & field and cross country events, Senior Games of Northwest Indiana, Boston Marathon, and many of the races that have been highlighted on the Strider calendars over the years. Also known as the official Aid Station Captain at the Calumet Region Strider Aid Station at the Chicago Marathon, Pat began his recognizable role directing over 300 volunteers each year as an Aid Station Captain in 1989.

This award is in memory of Pat's contributions to the running community which has helped raise local awareness about the sport and cultivated the founding of the Strider organization.

### General Scoring & Submission Criteria:

- Open to any Strider member in good standing (10%)
- Dedicated volunteer and contributor to races in the region, community running activities, and club social

events (40%)

- Present or past club officer, present or past club committee chair or member, present or past appointed position holder (webmaster, instep editor, striderwear coordinator), race director (25%)
- Demonstrates the spirit of the Chicago Marathon by being a past or registered participant/finisher or past Aidstation Volunteer (25%)
- Submit written nomination (limited to one page or less) by December 31st to CRS, PO Box 225, Griffith, IN 46319 - Attn: Volunteer Chair identifying each area, special accomplishments or contributions to the running community.

Award to be selected by the Volunteer Committee of at least 5 people.

Award to be announced at the annual Gold Cup Awards Banquet.



**THIS & THAT**  
BY ALL OF YOU



**ISSUES IN RACING—  
THE PANTHER POUNCE**

DR. MARY ZEMANSKY

Chrys Davis and Tom Mangel ran the Athens Classic Marathon in Athens, Greece on October 31, 2010.



It was the 2500<sup>th</sup> anniversary of the Marathon and ran from the town of Marathon to Athens retracing the original route. Tom said the course was tough but had an incredible finish area in the marble Panathinaikon Stadium that hosted the 1896 Olympics, the first Olympics of the modern era.

Tom Mangel finished with a chip time of 3:24:37. Chrys Davis finished with a chip time of 3:48:26.

.....  
Dave Hinshaw completed the US Army Garrison Grafenwoehr, Germany, 5K family run/walk in 37:45 and turned 66 the same week.

.....  
Good Luck to Lawrence P. Giannetti in the quest for becoming Chicago Athlete's 2010 athlete of the year. Lawrence was athlete of the month for January 2010.

Visit [mychicagoathlete.com](http://mychicagoathlete.com) to vote.

.....  
In need of stocking stuffers or gift ideas? Striderwear WILL be available at the Holiday party on December 10, 2011.

.....  
**REMEMBER** you can re-new your Strider membership on-line at [www.calstrider.org](http://www.calstrider.org).

.....  
Thank you to Polly Theising for working so hard to bring all that Striderwear to races and events.

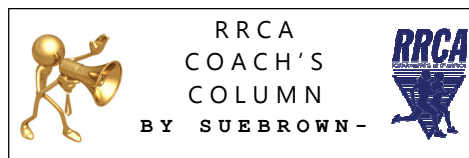
.....  
Striders go off-road at ICEMAN COMETH 28-mile Mountain Bike Challenge in Traverse City, MI. Jerry Proctor 2:10 (4th place podium), Bob Hudnall 3:44; Doran Lounsbury 2:56, Brian (the newbie) Norrick 4:13, Carol Magill 4:43 (3rd place podium & cash prize riding with a broken chain the last 3 miles...now that's determination), Chad Wright/Eric Schroeder—tandem bike 2:08 (3rd place podium). The previous night snowfall made for terrible course conditions. Congratulations on completing this grueling and challenging race.

What happens when race directions go bad? A number of us had an opportunity to find this out during last year's Tower Run, when an errant sign led certain participants in the wrong direction and turned an 8K into a much longer event. Similarly, during last month's Panther Pounce a volunteer sent runners off course, causing an extended race day for some. Interestingly, when the race times were examined for both events, it was found that participants placed as they would have had a consistent distance been raced by all of them. In both cases, runners were upset and complained about the unfairness of the circumstances. However, when Gold Cup Committee members looked to other races to learn how such incidents are handled, it became clear that it is the responsibility of the runner to review the course map before the event. Course monitors and signs can be helpful, but are not sufficient. Both races posted their maps, as it is a Gold Cup requirement that a map be available so that runners know where the route will take them.

Nonetheless, some people had a strong reaction to the course confusion. Much of it stemmed from concerns about Gold Cup points and whether or not these would be counted toward their ten races. The Committee had considered not assigning points due to the varying distances run, but that option would have put several runners at an unfair disadvantage in the standings since it would have lowered their average score. Several runners were also concerned because it was necessary for them to count the Pounce in order to complete their ten events for the year. However, these individuals each contributed to the situation by waiting until the end of the season to acquire their needed races, thus leaving them without any option to meet the Gold Cup requirement.

Still others called for the race to be disqualified from the 2011 Gold Cup. Doing so on the basis of one individual's unintentional error seems grossly unfair. The Race Director responded quickly to the circumstances, and took full responsibility for the actions of his course monitor. The race is one that will remain in the Series because it has much to offer: a cross country route, activities for the kids such as tie-dyeing, and great post-run refreshments. Considering the number of events that occur each year, some are bound to have difficulties; in the scheme of things, this was relatively minor.

So here's to 2011 and to setting our own challenges as opposed to dealing with the occasional inconvenience of circumstances over which we have limited control.



If you just want to have fun during the holiday season and skip workouts, expect to pay the price of starting again in January or February. This means doing something about that holiday weight and loss of fitness. Enjoy the holidays, but resist digging yourself into a weight management and fitness hold that takes several months of the new year to repair.

Avoid big blocks of time off, such as 3-4 days at a time, and be cautious about how much intensity you include in your weekly program. You may have to reduce your speed expectations in order to avoid injury. Injury finds an open invitation from athletes that are stressed, doing too much intensity or too little aerobic fitness, trying to maintain race season paces, and making poor nutrition choices.

If you are pinched for time in the next few months, one good option to keep some fitness and manage stress is to run 3-4 days per week and put everything else on the back burner until after the holiday season. Running travels well in that you don't need much equipment, and you can travel light and run from nearly any location.

Instead of planning to have the holidays take control of you, plan to take control of your health! Remember our main goal, is to stay healthy and fit.

**INSTEP SUBMISSION DEADLINE**  
THE DEADLINE FOR SUBMISSIONS FOR THE JANUARY 2011 INSTEP IS WEDNESDAY, DECEMBER 15, 2010.  
EMAIL THEM TO INSTEP EDITOR AT [NEWS@CALSTRIDER.ORG](mailto:NEWS@CALSTRIDER.ORG) OR [HRFORTMANN@YAHOO.COM](mailto:HRFORTMANN@YAHOO.COM) WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

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