



## PRESIDENT'S MESSAGE

### Hats off to Lisa Moreno & committee for putting together a great Gold Cup Banquet!

It was a fun night and as always nice to see everyone with family members all dressed up. You have done an outstanding job as Social Chair!

Thank-YOU Polly Theising, you have been the BEST Strider wear coordinator! We will miss you very much! If anyone is interested in this job and the responsibilities and feel you may be the right person for the position of Striderwear Coordinator, please get in touch with me at [RunningLead@aol.com](mailto:RunningLead@aol.com).

As we head into one of the season's coldest months, it is sometimes hard to stay motivated for those of you who are anti-treadmill or as some say outdoor runners. You may want to try some core and strength training a few days a week or spin classes until Spring arrives and you can get back into your routine of weekly runs. Rumor has it that snow-shoeing is becoming very popular in the Valparaiso area, if you are interested contact Dan Sturgell for locations.

The Chicago Marathon is expected to sell out much faster than in previous years, Race officials are predicting some time before early March. Opportunity Enterprises (OE) has already held two call outs. If you are thinking of participating, running with a group really helps to keep you motivated from start to finish. The 18-week training program is easier to follow when you do it with a group.

OE has an amazing marathon team. Training takes place in both Lake & Porter Counties. They provide coaching from certified coaches, moral support, group runs, pre- and post-race day parties, team shirts, transportation on race day, and a team tent in Charity Village (with their own porta potties and massage team). No need to gear check your stuff as it is safe to leave it at the OE tent while you journey through the streets of Chicago.

If you are thinking of participating, this is the BEST way to get yourself prepared! Once the Marathon has filled your fundraising commitment increases, so sign up NOW!

A marathon seems to have become the latest vogue challenge for fitness-minded people across the globe. Sure, 5K's and 10K's can be challenging but there is something about the 26.2 miles that tempts the masochist in all of us. Plus, being part of the 1% of the national population that BOASTS a COMPLETED marathon can be pretty cool too.

In addition to having an awesome website to go to keep up to date on things, we now have a Facebook page that is rapidly growing. Check both of these out to see the latest updates. Both Mike Wilson and Lisa Moreno have created the most unique sites, that are easily accessible for all your running needs. Great job!

One medium pear provides nearly a quarter of your Daily Value of fiber and is just 100 calories.



**LEAD - OFF  
2011 GOLD CUP  
RACES :**

**Runnin' with the Irish 5K**  
Saturday, March 12  
9:00 AM CST

Indiana Dunes State Park  
Chesterton, IN

**La Porte YMCA Run 10K**  
Saturday, March 26  
9:00 AM CST

Soldiers Memorial Park  
(Stone Lake)  
Waverly Road off Pine Lake Ave  
La Porte, IN

**Ringin in Spring 5K**  
Saturday, April 2  
9:00 AM CST

Valparaiso Family YMCA  
Valparaiso, IN

**2011 SPONSORED  
RACE SCHEDULE :**

**Valentine's 5K Run**  
Sunday, February 13  
10:00 AM CST

Valparaiso High School  
Valparaiso, IN

**Crossroads of Indiana Marathon  
(Includes Half Marathon)**

Sunday, April 3  
7:30 AM CST  
Freedom Park—Lowell, IN

**UPCOMING  
STRIDER EVENTS :**

**Board Meeting**  
Thursday, February 10  
6:30 PM CST

Omni 41—Schererville, IN

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## RRCA OUTSTANDING VOLUNTEER AWARDS

### RRCA Outstanding Volunteer Awards

The success of the RRCA and its clubs and events is based on volunteerism. Without volunteers, our clubs and events would not be as successful at promoting running in their communities. The purpose of the Outstanding Volunteer Recognition program with the RRCA is to shine a spotlight on individuals that have volunteered over 2000 hours of their time over a period of time to the sport of running. The Strider Board is proud to announce that three Calumet Region Strider members have received RRCA Outstanding Volunteer Awards.

#### Sue Brown Nickerson Valparaiso, Indiana

Sue has 16 years of board management service. CRS Board Member at Large 1995-1999; CRS President 2000-2004; CRS Youth Program Founder/ Chair & Coach 2004-2011; CRS selected Lifetime Member 2007. Taltree 10 Co-Race Director 2005-2011; Hersheys Track & Field Event Director 2009-2011. AAU Indiana District Assistant 2000-present, Indiana District AAU Volunteer of the Year

2008; RRCA Indiana State Representative 2006-2011.

A mentor for fellow running program coaches and program directors, and one who champions volunteerism within the Strider organization, Brown-Nickerson is a deserving recipient for the RRCA Outstanding Volunteer Award.

#### Mike Jones Valparaiso, Indiana

A former Strider Board Member serving on several committees such as membership and Gold Cup, Mike Jones is more famously known for the growth of the Valparaiso YMCA's Ringing in Spring 5K Race where he has served as a volunteer race director for the past 17 years. He has also coordinated the run portion of the Valparaiso Triathlon for the past 7 years. Races directed include the Striders Jim Cox 1m race and the Ground breaking 5K Valparaiso YMCA. His volunteer leadership in race management makes him a deserving recipient for the RRCA Outstanding Volunteer Award.

#### Cassandra Petersen Great Falls, Montana

A Strider member since 1997 and CRS selected Lifetime Mem-

ber in 2007, Cassandra served as CRS INSTEP Editor 2004-2008, Vice President 2003-2005, and CRS President 2005-2007. Race Committees: Brickyard 4 years, Ringing In Spring 5 years, Valpo Triathlon 1 year. Board accomplishments: established the sponsored race fee donation and event promotions, obtained our non-profit mailing permit, and guided the Board through a complete revision of the original bylaws. Community Outreach: Team Stay-Put member and supporter of the NW Indiana chapter of Girls on the Run for 2 years by assisting with promotion of the GOTR 5K events in Chicago/ Michigan. This past year, Cassandra was instrumental in helping a group of people form a RRCA running club in her home town (RACE MT). For 2011, she will assist as their Board mentor, organize and promote runner programs, and serve as their RRCA Weight Watcher Walk-It Day 5K Director, as well as continue to author monthly CRS INSTEP articles. A mentor with extensive club management experience and professional leadership style, Cassandra is an ideal candidate and deserving recipient for the RRCA Outstanding Volunteer Award.



## BOARD MEMBER EMAIL ADDRESSES



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## JR. STRIDER NEWS

SUE BROWN-NICKERSON



THIS & THAT  
BY ALL OF YOU

### JIM COX SCHOLARSHIP APPLICATION PROCESS:

*Are you a graduating senior or current Strider member with a son or daughter headed to college in the Fall?*

The postmark deadline to submit application(s) is April 1, 2011.

Click on Jim Cox Memorial Fund under "Membership" on the Strider website for written application.

### Save these dates:

**April 16, 2011** Taltree 10m race/Valpo Youth Program Fundraiser  
Youth Family volunteers needed  
7:00 - 11:00am

please respond to volunteer requests and emails when received

**May 16th week** Track & Field practice begins at Lake Central HS, and Chesterton/Valparaiso

**June 25-26** AAU Track & Field District Meet @ Chesterton HS Track

**Coach Sue**

### HAVE YOU RENEWED YOUR MEMBERSHIP?

#### WHAT ARE YOU WAITING FOR?

Don't forget, if you have not renewed your membership for 2010, you will be dropped from the roster at the end of February.

The INSTEP newsletter is a gift from the Calumet Region Striders. So be sure to get your renewal in on time.

You can renew or obtain a membership application on line at [www.calstrider.org](http://www.calstrider.org).



### MEET A STRIDER: LUIS GONZALEZ

I am a 40 year old salesman. Married 1 year to my best friend Imelda Gonzalez and we are expecting our first child (she will probably be born by the time you print this). Her name will be Isabella.

I've always been athletic and played many sports but always wished I could be like the guys that did cross country in high school (I couldn't wrap my head around running 3 miles, lol). In 2007 I went to watch my future wife's co-worker run the Chicago Marathon and I then made up my mind that I would cross that off the bucket list. Here I am 3 year later and I have now accomplished 5 marathons and an Ironman.

I am also the founder of our soon to be Triathlon Club "Midwest Triathletes of NWI".

I have been running with striders for the last 3 years under Opportunity Enterprises marathon training program but I just became "official" this past year.

My most memorable runs are out of the Indiana Dunes (the ridge). It's a great place to get a tough challenging workout in but still enjoy the views and refreshing air of nature.

My running goals for the future are to stay healthy long enough that I can enjoy and set the example for my daughter to live a long and healthy lifestyle.

Outside of running I am currently in the process of getting our Midwest Triathletes of NWI off the ground. My favorite things to do are anything with my wife (and daughter) and my dogs.



### ADULT RUNNING PROGRAMS

Do you or someone you know want to start running a 5k and don't know where to start? Here is an opportunity...

Nicolette Huber  
RRCA Certified Running Coach  
Start date: May 7, 2011  
Goal Race: Nativity 5K June 26, 2011  
Call out dates: April 25 @ 6pm  
and May 2 @ 6pm at the Portage YMCA

Currently, Amy Hartz RRCA Certified Running Coach has a 5k Training Program for the Foot Pursuit with 26 beginning runners!! Way to go!!

There is a half-marathon training program in the process of being put together, as soon as details are completed I will make sure it is posted on the Cal-Strider website and in the Instep. Con-

At the Christmas fun run at Wicker Park, \$30.00 was collected for Doctors Without Borders/ Médecins Sans Frontières. Thank you everyone who donated. You can see what this organization does around the world by going to their website;  
[www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)

*Bob Cavallo*

### INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE MARCH 2011 INSTEP IS TUESDAY, FEBRUARY 16, 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.



fact Sherry Robison at [sherry.robison@sbcglobal.net](mailto:sherry.robison@sbcglobal.net) if interested.

There are several running groups in Lake and Porter County for those that are looking for a group to run with (for those that have been running). As we know running is fun in the company of others!!

**Portage:** Thursdays at 6pm meet in front of Portage High School West. Group averages 4 to 5 miles.

Contact: Nicolette Huber

**Highland:** Tuesday/Thursday at west end of Wicker Park.

Contact Bob Hudnall or Doran Lounsbury

**Lake County:** Tuesdays at 6pm at Ryan's Irish Pub.

Contact Johnny Stimley

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## COACH'S COLUMN

SUBMITTED BY MICHELE HALE

### No Gain

#### ***How to avoid packing on pounds this off-season.***

*By Liz Applegate Ph.D. Image by Ann E. Cutting From the December 2010 issue of Runner's World*

With the fall running season ending, you're probably reducing your mileage (something physiologists call "detraining") and burning fewer calories. That means you might gain extra weight—especially if you overindulge during the holidays. Detraining also causes surprising changes in the body that make it even more difficult to keep the weight off. Here's what happens during detraining—and how you can avoid putting on unwanted pounds.

#### **YOU'RE HUNGRY!**

Running less can actually make you hungrier. Studies show when lab animals stop running, they eat more than before starting exercise. Detraining may cause metabolic shifts (in hormones or enzymes, for example) that boost appetite, though this needs more research. The body may also be trying to restore energy reserves.

#### **SO EAT BREAKFAST**

Skipping it will make you ravenously hungry, prompting you to overeat. Avoid long stretches of time without eating to keep your appetite under control. To curb cravings, run before holiday meals; research shows exercise blunts your appetite for at least an hour.

#### **YOU'RE GAINING FAT!**

Eating more than your body needs causes a spike in levels of fat-producing enzymes, prompting your body to store those extra calories as fat. In one research study, women swimmers took a two-month lay-off from intense workouts, during which time they cut back on calories but still ate more than they could burn, resulting in nearly a 10-pound gain of body fat.

#### **SO KEEP EXERCISING**

You're running less but you need to keep burning calories to avoid putting on fat. So try something new, like aerobics or a cycling class. Treat yourself to new strength-training equipment, and squeeze in walk breaks whenever possible to keep burning calories.

#### **YOUR CHOLESTEROL RISES!**

Male marathoners who dramatically cut back on mileage during a two-month period experienced a sharp rise in the levels of circulating fats, or triglycerides. Levels of artery-clogging LDL (or so-called "bad cholesterol") also rose during this period, suggesting that detraining could have a negative effect on heart health.

#### **SO CUT BACK ON FAT**

It may not be easy during pecan-pie season, but eating fewer unhealthy, fatty foods will keep triglyceride and LDL levels (and your weight) in a healthy range. Aim to reduce heart-troubling saturated fat—found in cheesy, creamy, and buttery dishes.

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

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