



PRESIDENT'S MESSAGE

April Showers bring May flowers... It also brings Boston Bound Runners!

The 115th Boston Marathon will be run on Monday, April 18, 2011. Good luck to all the Striders who accomplished the amazing feat of qualifying. As you journey through the streets of Boston take in ALL the excitement and memories this prestigious marathon has to offer. Enjoy it! You EARNED it!

The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events. The Boston Athletic Association manages this American classic, which is sponsored by John Hancock Financial Services. The Boston Marathon has distinguished itself as the pinnacle event within the sport of road racing by virtue of its traditions, longevity, and method of gaining entry into the race (via qualification). See the March INSTEP regarding information on NEW Qualifying criteria.

Springtime is just around the corner! This is a very exciting time for outdoor runners who feel they have been cooped up over winter months. Be sure to stretch before and after your run, and don't go out too far your first few days back on the road. You don't want to overdo it and cause a strain on your muscles. Ease back into those miles.

Not sure what to do with running clothes or shoes that may still have miles left on them? Girls On the Run will have a collection box at Spring Fling. They will be collecting ALL sizes of men's and women's running clothing and shoes. Items that can not be used by Girls On the Run will then go to Campagna in Schererville. Please bring them before the race and place in the drop box provided.

Just a REMINDER! If you have any discrepancies with your Gold Cup points awarded after a Gold Cup race, please e-mail our Web Master, Mike Wilson, at webmaster@calstrider.org. REMEMBER this MUST be done WITHIN 15 days of the race. Since we are no longer using sign in sheets, it is up to each Individual to check your scoring. If you do not have access to a computer, you can go to your local library to go on line and check.

Stop by the Gold Cup table before each race if you are wearing Strider merchandise to enter your name in the "I Wore my Striderwear" drawing. Winners are drawn just before the awards ceremony at the Gold Cup Banquet each year.

Everyone should stop at the Gold Cup table after a race so that you can fill out a race evaluation form. This helps the Gold Cup committee know how you felt about the race. They want to make sure each race selected for the 2011 season meets up to the Gold Cup standards. They use all the feedback as a tool for the selection of 2012 race schedule .

"The Older I get, The Faster I was."

Stride ON!
Michele



 **GOLD CUP RACE SCHEDULE :**
Ringling In Spring 5K
Saturday, April 2—9:00 AM CST
Valparaiso Family YMCA
Valparaiso, IN

Hammond 10K Charity Run
Saturday, April 9—8:00 AM CST
The Gate Church
Hammond, IN

Taltree Ten (Street/Trail)
Saturday, April 16—8:30 AM CST
Aberdeen Manor
Valparaiso, IN

Spring Fling 5K Ramp Run
Saturday, April 23—9:00 AM CST
Purdue University Calumet
Fitness Center
Hammond, IN

St. Paul Spirit Run 5K
Saturday, April 30—8:00 AM CST
St. Paul's Catholic School
Valparaiso, IN

 **SERIES RACES :**
Sarett Spring Stampede 5K Trail Race
Saturday, April 9—9:00 AM EST
Sarett Nature Center
Benton Harbor, MI

SPONSORED RACE SCHEDULE :
Crossroads of Indiana Marathon (Includes Half Marathon)
Sunday, April 3—7:30 AM CST
Freedom Park—Lowell, IN

Dyngus Day 5K Run/Walk
Monday, April 25—6:00 PM CST
Four Rivers Environmental
And Educational Center
Channahon, IL

UPCOMING STRIDER EVENTS :
Board Meeting
Thursday, April 14—6:30 PM CST
Portage Township YMCA
Portage, IN

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MEET A STRIDER: S. LEE ALVAREZ

Bio (Tell us a little about yourself)

I AM a Christian, a daughter, a sister and I am a runner. I am the daughter of two very amazing and loving people. My Dad is 90 and my Mom is 88. In April of this year they will be married 73 years!! I have 7 sisters and 6 brothers. I am number 12 on the kid ladder. I will turn 'Fab Fifty' this year and am making plans to celebrate in Hawaii with my sisters. I have 3 (cat) children AngelFace, Katt and Kane. AngelFace is mine. Katt and Kane are adopted. They came for dinner one day and well...they just never left. Someday, I hope to add a dog to my family.

How long have you been a Strider?

This is my 9th year as a Strider. I moved home to Indiana in July of 1999 and met the Striders in 2002 at the Extreme Exchange 5M XC race at Sunset Park in Valparaiso. I became a Strider in 2003. I still would like to move back South in the future because this cold weather is harsh and has not been very runner friendly this year.

What is your favorite Strider Race?

Fall Frolic 4 has always been one of my fav's. And, for not being a fan of 5K's I love, love, love 2 Big Hearts 5K in Michigan City. I ran this race even before it became a GC Strider race and have loved it from day one!

What is your most memorable run(s)?

All races in the XYZ Series! Love the chal-

lenge, scenery and my fellow trail runners. My First Indy Mini '03, My First Chicago Marathon '03, Chicago LakeFront 50K '03, Tecumseh Trail Marathon '04, Huff '04 are a few long distance and memorable runs I have enjoyed. These races are from back in the day when I obviously had more time to run. Those were good times for sure. I hope to run Tecumseh and LakeFront again this year.

What are your running goals?

Well, most everyone(?) would like to make it to Boston. That has always been a goal of mine. I would also like to try a Triathlon in the near future. 2012 will be my 10 year CRS anniversary and my goal is to run the Jim Cox series as I did in 2003. My faith and family are priority so my running (goals) comes in third. I will see what successes and adventures this year brings.

Besides running what do you like to do?

I volunteer at my church. I spend a lot of time with my family. I love watching big sporting events such as the Olympics, Tour de France, Indy 500 and of course the Superbowl. Although, football season is over for now the Chicago Bears, Indy Colts and ND Fighting Irish are some of my favorite teams to watch. I listen to all music except Rap and I sing (in the car only). I'm not a great cook – actually I don't really cook – at all! However, I do like to eat. My mom's homemade tortillas are delish!! Ice cream and cheese popcorn

come in at a close second and third place on my food chain. And, when I am not at work or texting or texting at work I am out running or asleep!! Love my sleep of which I don't nearly get enough! Well, fellow runners that's about as much info as I'm willing to give up today. See you at the races. Now you know who I am – I AM **yourfriendLee** :)



INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE MAY 2011 INSTEP IS WEDNESDAY, APRIL 20, 2011.

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

2011 Taltree 10 is the RRCA 10-mile state championship. There will be Gatorade at the start/finish and waterstops; special RRCA Awards for male/female overall, masters (40 & over), grandmaster (50 & over) in addition to overall and age group Taltree unique awards. Jr. Striders and families will be out on the course cheering you on and working at waterstops; handing out state championship bib numbers and shirts. Register before April

10th for \$10 discount, and before April 4th for guaranteed shirt. Please come support the youth program fundraiser! Thank you! Questions?...contact coachsue@calstrider.org

Correction to March 2011 INSTEP This & That submission: Shout out to Jose Garza for the donation of the piñata and candy to the silent auction at the Gold Cup Banquet.

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JR. STRIDER NEWS

SUE BROWN-NICKERSON



MEET A STRIDER
BOARD MEMBER:
LINDA RAMOS,
SOCIAL &
SPONSORSHIP

Track & Field Sign-Ups

will be on the following dates:

Saturday April 30 at St. Paul's Spirit 5K Run
7:15 - 10:00 AM at Strider table

Saturday May 7 at Fleet Feet Sports,
Schererville 12-2pm

Although sign ups are preferred in advance, sign ups will be accepted at practice sites. Approximate cost will be \$100 which includes CRS membership, uniform & nominal meet fees for new members. Returning members with uniforms can deduct \$50. **Practices begin May 9th week (NOTE DATE CHANGE)** Practice & Event Calendar to be posted soon.

DATE CHANGE!!! JUNE 18-19, 2011

AAU Track & Field District Meet

Location Change!!!

ANDREAN HIGH SCHOOL

COACHING POSITIONS OPEN

Fill out coaching application from Strider website by April 25th if interested (go to page 4 for more details)

Questions contact

coachsue@calstrider.org or

219-929-6862

Coach Sue

Bio: I am probably the luckiest person alive!! I am married to Jorge, 13 years now, and have the greatest daughter one could hope for, Sara(11). We have our chocolate lab Venus and our cat, Britsy. We have been through more than most people who have been married a life time and we find strength in every road block that comes before us. I was a diabetic for nearly 20 years and had a pancreas transplant on March 22, 2003. It was life changing!! I feel so great now and have realized how the kindness of a complete stranger saved my life and allowed me to have more time with my family whom I love so much!! Every day is truly a celebration.

My daughter began running with the Striders in the fall of 2008. We immediately loved the program and the leadership. Jorge joined next, and with a lot of fellow striders encouraging me to put down my camera and put on some running shoes, I did it last year in the summer. I NEVER thought I would be able to run 3 miles. I ran with Sherry's group in Highland and met some great friends and people who made it easy to enjoy. I have no regrets but I am still waiting to feel that "runners high" that everyone talks about.

My favorite Strider race is Running with the Irish. I love the bagpipes, the smell of the cabbage before the race, and, of course, I love it because it is the kick off to a new running season!!! While I enjoy running, my favorite part of any race is seeing Sara at the finish and getting her times!!!

My most memorable run will always be the Griffith Hometown Run. It was my first 5K and I swore I would only do one just to prove I could. I've done five since then. I just may have the "bug".

My goal this year is to complete the Gold Cup series. I haven't set time goals yet, I'm just watching the person right in front of me in the standings!!

Besides running, I do a lot of volunteer work with the Gift of Hope to bring awareness to the importance of being an organ and tissue donor. I do inservices at hospitals, speak to high school classrooms, attend health fairs, and most importantly speak to anyone willing to listen about the importance of that last selfless decision you can make before departing this earth!!!



COACH'S COLUMN

BY SHERRY ROBISON

The long, cold, dreary days of winter seem to be gone. There will be a few more cold days, heck it may even snow again. Is there ever a time where you want to suspend your outside activities until the sun shines, the snow melts, or it stops raining? Do you ever feel like losing your favorite pair of running gloves so you won't have to run? How do you keep yourself going when the weather isn't cooperating? This is how some of your fellow Striders keep moving:

The thing that has kept Ruth Bonacci striving to run regularly is signing up for marathons. She did the Disney Goofy Challenge in January (congratulations Ruth, you ARE Goofy!). She is also traveling to Washington D.C. the weekend of March 26th to do the National Marathon. Best of luck to you, Ruth!

The two things that keep Bob Hudnall motivated are his group runs, he feels almost obligated to run, and his weekly Dunes run. He also runs with an iPod playing a mix of everything from country to classic rock (Gimme 3 Steps?). He claims he doesn't listen to show tunes but has anyone actually confirmed that?

Bill Leep admits he runs with show tunes blasting in his MP3 player. On occasion he'll switch over to some rock and roll with a strong beat and a fast tempo. He keeps running in the nasty weather to keep his fitness level up and to stay motivated.

Kim Colgan claims she enjoys running in the cold far more than the hot steamy days of summer. The cold winter air seems fresher to her and it does wonders for clearing her head and working off the stresses of every day life. She does not like to run indoors as she feels "trapped". She enjoys her group runs which sometimes involve breakfast after a weekend long run or the occasional pizza, tacos, and drinks after weekday run.

Bob Turek is a traditional runner, no music while running. He doesn't mind running alone. He enjoys the early morning solo runs on a beautiful morning with fresh snow

on the ground or if it's still snowing! Bob enjoys the anticipation leading up to running with a group on a weekend morning or even in the evening (if he's in town). It gives him something to look forward to, misery loves company, ya know! Bob enjoys grabbing a bite to eat with a couple beers with fellow runners.

Jill Schulter-Kim runs a fair amount inside in the winter. She gets to the point when the treadmill and indoor track become too monotonous and she needs to get outside. The best thing for Jill, during long winter runs, is listening to the radio. She loves listening to WBEZ, which is the NPR station in Chicago. Jill states, "It's like running with the most interesting running partner ever, but I can turn it off when I want to."

Lisa Szafranski runs to fight boredom in bad weather. She listens to an iPod when she runs indoors or if she's running a long run outside by herself.

Deb Grohnke-Bordowitz likes being held accountable by a running group. They make the icky weather seem more bearable knowing that she's not the only lunatic out there!

Jean Dohmeier committed to another marathon which kept her training all winter. Way to go Jean!

Brian Norrick likes having running partners to keep him moving in the bad weather. He states, "If there weren't others waiting for me to arrive, I would blow off the bad weather days."

What keeps me moving is knowing I have already paid for a spring race and getting out to run with friends." - Amber Crews

"What kept me moving was training for my first marathon, in a nice warm climate, with two great friends and we both pushed each other when it got tough." - Tammy Bucko

Special thanks to everyone who contributed to this article. If you ever feel like you have lost your mo-jo or don't want to run in the cold weather, go back and read this, see what other runners do. I don't know about you, but it has helped me!

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The 115th Running of the Boston Marathon takes place on Monday, April 18, 2011

Good luck to all of our Calumet Region Strider Participants!

John Borman	Mark Campbell
Heather Henderlong	David Mauger
Sarah Hlavacek	Gina Fastero
George Nietert	Misty Chandos
Diane Dumonte-Slater	Kristi Figg

Watch for our Strider Boston Marathon participant finishing times in the May 2011 INSTEP!

YOUTH TRACK & FIELD COACHES WANTED

The Calumet Region Striders is an all-volunteer organization. The success and quality of the athletes experience depends heavily on volunteer member and parent participation. The Striders are seeking track & field coaches in both Lake County, and Porter County, Indiana.

Practices will be held at Lake Central High School on Tuesday & Thursday evenings 6-7:15 PM beginning May 9th week through June 30. Practices will alternate between Chesterton & Valparaiso on Monday & Wednesday evenings 6-7:15 PM beginning May 9th week through June 30. Volunteer one or both evening practices.

The Striders' Track & Field practice sites for youth 7-18 ages in both Lake County & Porter County will consist of (1) Head Coach, and numerous Age Group Coaches, Assistant Age Group Coaches, and Specialty Coaches. The Head Coach maintains coaching standards and directs all practices and coaches. Age Group Coaches will take direction from the Head Coach. Specialty Coaches will be used in an effort to give each athlete at every age group specialized instruction. Specialty events include sprints; hurdles, middle and long distance, softball throw, long jump, high jump, shot put.

No experience is necessary to coach. Training, advice and support are available through the Head Coach(s) throughout the season. Questions? Contact coachsue@calstrider.org; or at 219-929-6862. Kindly fill out coach volunteer information sheet as directed on Strider website by April 25th, 2011.

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

Check Out Our Site: WWW.CALSTRIDER.ORG