



GOLD CUP RACE SCHEDULE:

33RDP—Runnin With The Devils 5K
 Saturday, August 6—8:00 AM CDT
 Lowell High School—Lowell, IN

Rotary Ramble 5K
 Saturday, August 13—8:00 AM CDT
 DeMotte Elementary School
 DeMotte, IN

Hometown Run 5K
 Saturday, August 20—8:00 AM CDT
 Beiriger Elementary School—Griffith,
 IN

Race To The Taste 5-Mile
 Saturday, August 27—8:00 AM CDT
 Porter County Expo & Fair Grounds
 Valparaiso, IN

XYZ SERIES RACES:
2Xtreme 10 Mile Trail Run
 Saturday, July 30—5:00 PM CDT
 Imagination Glen Park East
 Portage, IN

**Bride of Zoy/
 Larry James Classic 15K Run
 (Trails/Sand/Beach)**
 Sunday, September 3—8:00 AM CDT
 South Shore Dunes Park
 Train Station—Chesterton, IN

SPONSORED RACE SCHEDULE:
Portage Perch Fest 5K Run/Walk
 Sunday, August 14—6:00 PM CDT
 Founders' Square Park—Portage, IN

Fire 5K Run & Walk
 Saturday, September 3—9:00 AM CDT
 911 El Portal Dr—Michiana Shores, IN

**Bride of Zoy/
 Larry James Classic 15K Run
 (Trails/Sand/Beach)**
 (See XYZ Series races above)

UPCOMING STRIDER EVENTS:
Board Meeting
 Thursday, August 11—6:30 PM CDT
 Portage, IN

Strider Survivor Picnic
 Saturday, August 20—10:30 AM CDT
 (following Hometown Run)
 Central Park—Griffith, IN



PRESIDENT'S MESSAGE

**Seems like Summer just started and August is all ready here!
 Time to get the kids ready to go back to school.**



Saturday August 19th, following the Hometown Run we will be heading back to Central Park in Griffith located just one mile away. This is the perfect time to bring your family and loved ones out for an end of the Summer BBQ. The cost is only \$3.00 per person and one side dish or dessert per family. The theme is "Boot Camp". Get your RSVP's in so that the Social Committee can be sure to have enough food for everyone. Strider Wear will be available for a BLOW-OUT-SALE!

Girls on the Run will have a collection box for slightly worn running apparel and shoes. They collect ALL sizes of both women's and men's clothing from youth to adult. The items they can not use will be donated to Campagna Academy for their clients.

The Striders will once again be manning the Mile 5 Hydration station at Chicago Marathon. Registration instructions will be posted on www.calstrider.org as soon as they are available, so keep checking our web. ONLY those who register online will receive a volunteer jacket and hat. We will need 300+ volunteers.

You can also find updated running related information on Striders facebook page. Hats off to Lisa Moreno for an outstanding job with daily updates!

We have all men going for the Jim Cox award. Here are the Surviving Six:
 David Bobeck, Ryan Kwiecinski, Jose F Lopez,
 Rich Milcarek, Dennis Rotz and William Stalhandske
Stay Focused you are ALMOST there!

If you plan on participating at a race there are a few things that you can do to assist with to ensure you are scored correctly. Be sure to print legibly and fill in all of your information. When you pick up your bib, check that the information on it is correct. Wear your bib so that it can be seen on the front of you. If you discover that you have been timed incorrectly before leaving a race, see the timer at the finish line. If you discover a discrepancy after leaving a race, you should contact the timing company that was hired for that event.

Sometimes technical difficulties occur, but this is not the responsibility of the Striders. We do not hire timing companies for the races. If you do not know who timed the event you may try contacting the Race Director and they may check into it for you or give you contact information so that it can be corrected. The days of receiving a pop-sicle stick as you enter a finish shoot are long gone, modern technology has taken over and sometimes computers make mistakes. Try and be patient, if something goes wrong it was not done intentionally.

"Every Excuse is a Choice to Fail"

**Stride ON!
 Michele**



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DR. STRODER NEWS

SUE BROWN -



It was a busy July for youth competition! This group of kids are amazing...they love to train, they love to run, and they love to race!

It's amazing how they still manage to set personal bests in the blistering heat! Here's a quick wrap-up pre-Jr. Olympics:

Striders set age group records at AAU State Meet - June 25-26. **Jamie Stento** age 10, tied the High Jump record 3"10". **Dustin Hudak**, age 11, broke the 1500m record with a 4:49.17 - old record 5.03.75. **Elisabeth Joll**, age 12, broke the 1500m record with 5:18.45 - old record 5:36.38.

40 athletes chose to participate at the **AAU Regional Meet in Bloomington/Normal IL** during extreme heat July 1-3rd. Triple gold medalist honors include Elspeth Youngbrust 12 yrs (Union Mills) in the 3000m, 1500m, 4x800m Relay, and Dustin Hudak 11 yrs, (Lowell) in the 3000m, 1500m, 4x800m relay. See insert for detailed results.

The Striders will have **13 athletes** representing Northwest Indiana at the **Jr. Olympic Games in New Orleans** beginning August 1st. We are proud of them and would like recognize them for their hard work as they have continued their training during this summer heat in an effort to improve themselves for nationals:

Dustin Hudak, Carl Frey, Hunter Boyer, Caleb Chapman, Jacob Chapman, Jacob Beehn, Ethan Gomez, Sadie Jacobs, Andrew Mungia, Dakota Merkel, Ryan Kritzer, Melanie Stephanovic, Tyler Kramer-Stephens. Coach Leo Frey will be guiding them in New Orleans, and since all races are being streamed live on the AAU Jr. Olympic website, Coach Sue will be watching and cheering from home.

Team Boyer (Hunter, Jordyn age 10, Reilly age 6) **has qualified for USTAF Nationals in Wichita Kansas, July 30-31st.** Good Luck team!

Hershey State - Noblesville July 9th— 35 kids advanced from local meets. **1st place age group state champions** include: Jamie Stento age 10 Long Jump; Alexandria Burns, age 10 Softball Throw, Caleb Chapman age 12 Softball Throw & 800m; Tyler Kramer Stephens age 14 1600m, 800m; Jordan Counter age 12, 200m & 400m; Alexa Tumidalsky age 10 400m, 4x100m Relay 13-14 team (Kramer-Stephens, Steve Sweeney, Ethan Gomez), and the 9-10 girls 4x100m Relay (Lindsay Kaurich, Kylee Donnella, Meghan Eldrige, Caroline Scheidt) edging out the other Strider girls team by 1 second! You will receive directions in the near future on how to pick up your Hershey's state ribbons and state finalist certificates.

The Striders have a **National Invitee to Hershey's Nationals** for the fourth consecutive year. **Caleb Chapman** of Brook, IN won the 800m 11-12 age race with a 2:28.87 and has been invited to Hershey, Pennsylvania the weekend of Aug 5-7. Congratulations Caleb!

I want to recognize the coaches that have stayed on board through the end of July to help with meets, practices, on-line meet registrations, and Jr. Olympic team organization. Leo Frey, Jorge & Linda Ramos, Beth & Chris Boyer, Molly Joll

and Kim Stento. It seems like there was something going on every weekend and we were able to divide up coaching time, and travel amongst all. I think everyone is learning a lot in the process, as we also explored some different track invites. I am lucky to have great people to work with! Thank you all and see everyone for XC!

Upcoming events for non-5K

Gold Cup Youth Members:

Saturday, August 6th 8:00 AM - No registration fee for kids ages 8 & under at the Running with the Devils 5K Run KIDS Dash. Entry form under Gold Cup Schedule on website.

Sunday, August 14, 5:15 PM—Portage Perch Fest Kids Mile—entry form under sponsored series tab on website.

Saturday, August 20, following Hometown 5K in Griffith—Member Summer Picnic; kids games & more! See information highlighted within.

XC CALL OUT - Practices will begin immediately after Labor Day. See separate insert/calendar in this newsletter packet.

Practices are on Monday/Wednesdays in Porter County; Tues/Thurs in Lake County in the early evening - see calendar.

Coach Assistants and age group pacers needed for 8 & unders 1.25m, 9-12 1.8m, 13-14 2.5m, and 15 & up 3.1m distances.

Contact Sue Brown Nickerson at sue_brown@juno.com.

Important Dates: AAU State XC Meet will be Sunday, Oct 30th either Sunset Hills or Lost Marsh Golf Course.

Coach Sue



INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE SEPTEMBER 2011

INSTEP IS WEDNESDAY,

AUGUST 17, 2011.

EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

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COACH'S COLUMN

SUBMITTED BY MICHELE

August marks on the calendar that is nearly the halfway point for Fall Marathon training. We are continuously telling you HYDRATE! It is also very IMPORTANT that you practice training with things that will keep your energy levels up such as shot blocks, gues, or gels. You should always do your research before running any race. Just because you can tolerate a specific gel does not mean your stomach will tolerate other brands. Look up the event you are participating in to find out what they will be distributing. If you will not be carrying yours, make sure you practice before race day with what they will be handing out.

This year at Chicago they will be passing out:

Clif SHOT Energy Gel

Clif Bar is proud to supply Clif SHOT® Energy Gel at Mile 17.8 (Aid station 13) of the 2011 Bank of America Chicago Marathon. Four different flavors will be available out on course for you: Mocha + Caffeine, Razz®, Vanilla, and Citrus + Caffeine.



What is Clif SHOT® Energy Gel?

Simply put, Clif SHOT® Energy Gel is an easily-digested source of carbohydrates and electrolytes providing quick energy to athletes while racing and training. It is the *only* energy gel made with 85-90% organic ingredients giving athletes essential natural nutrition for performance. With Clif SHOT's new formula and flavors, getting energized between breaths has never been easier.

How do you eat Clif SHOT Energy Gel?

Generally, runners need to consume 200-400 calories per hour and Clif recommends 1-3 Clif SHOT per hour to help support these needs. With a sleeker packaging and a new, thinner consistency, keeping up with those calorie demands will be easier than ever.



MEET A STRIDER: LAURA NOETERT

Bio: I will be 23 years old at the end of August. I'm currently enrolled in Valparaiso University's Accelerated Nursing Program. I will graduate next August with a BSN degree in Nursing. I absolutely love endurance sports and the outdoors. I played four years of varsity soccer when I was in high school but tore my ACL twice during my senior year. I went on to play one semester of college soccer at Manchester College. Since then, I have completed 3 Chicago Marathons and 8 Sprint Triathlons. I am also dating an amazing guy who is an officer for the Valparaiso Police Department and we are hoping to get engaged sometime after graduation.

How long have you been a Strider?

2 years (2009 & 2011).

What is your favorite Strider Race?

Taltree 10. I love the scenery and I would love to get married there in the next couple of years!

What is your most memorable run?

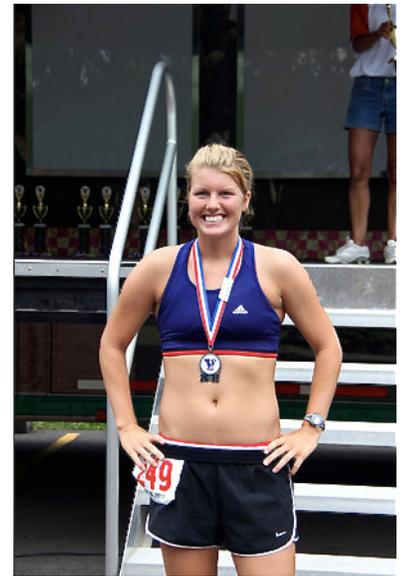
The Women's Half Marathon in the redwood forest of Aptos, California with Strider Kristi Figg to celebrate our birthday. We ran up and down the gorgeous mountains in the forest while people either shouted or sang "HAPPY BIRTHDAY!"

What are your running goals?

I want keep distance running FUN and not too competitive. I would love to do more trail runs and warrior dashes. I also hope to complete 5 marathons in my lifetime.

Besides running what do you like to do?

Triathlons, cycling, soccer, hiking outdoors, camping, and hanging out with my friends and boyfriend.



THIS & THAT

SAVE THE DATE FOR THESE UPCOMING STRIDER EVENTS!

Summer Picnic

Saturday, August 20

(following the Hometown Run in Griffith)

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REMINDER that Rotary Ramble is a RRCA Regional Championship.

Special Awards and Sports Authority Gift Cards to overall, masters, grand masters, and senior masters age groups.
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Need ice after a race or long run for those muscles that are pulling in two different directions? Try this: Take an 8-16 oz. water bottle, pour about 10% out (so you have room for expansion) then freeze it. After you are done racing, wrap it in a towel to ice down sore muscles. Especially great for Sciatic pain, you can sit on it as you drive home. After 20 minutes or so it has usually melted just enough to enjoy a well deserved cold water.

Michele Hale

In Memory and With Deepest Sympathy To the Family of Kathleen Pucalik

A Strider member for nearly 20 years, Kathleen Pucalik of Hammond, age 47, suffered an unexpected brain aneurysm in June and recently passed on July 15. She had been a Hammond City Council member since 1999.

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THANK YOU AAU VOLUNTEERS

DAN STURGELL—VOLUNTEER AND MEMBERSHIP CHAIRMAN

A big "Thank You" to all of the volunteers who donated their time and efforts at this year's AAU Regional Track & Field meet held June 18-19th. The meet was held at Andean High School under very hot and humid conditions. Thank You to their staff, they did a superb job of hosting the meet! Without all of the help from you as volunteers, this meet would not have run as smoothly as it did. Hope to see you next year!



CHANGES FOR "RACE TO THE TASTE"

DAN STURGELL: CO-RACE DIRECTOR

This year the race will be held on a Saturday instead of Sunday. The date is August 27th. We've also moved the time back one hour, from 9am to 8am to try to beat the heat. The course will be run reversed from last year's event. We've also added a 5k walk this year, with the top ten walkers getting an award. The awards for this year's race are really nice. They were featured on Facebook a while back.

This year we will feature a band with a disc jockey, and numerous door prizes. There will be over 30 food vendors. After the race, if you would like to go home and freshen up, you can come back and have free entry back to the "Taste of Porter County" and partake in all the fun! Hope to see all of you there!

FRIENDSHIP 5K RACE REPORT

Finishers: 282 runners; 9 walkers. Weather: 100 degrees and sweltering! Many personal records (surprisingly in the heat)

Five event age group records, not surprising...these athletes work hard at their training: Dustin Hudak, 11-12 new record 18.14; old record 18.56, Elspeth Youngbrust, 11-12 new record 19.52; breaking Hope Myroup's old record of 21.27, Allison Mundell, 13-14 new record 19.36; old record 20.39, Michele Taylor, 50-54 new record 20.04; breaking a 24 year old record by Marian Kowalsky.

Hats off to the Highland paramedics and ambulance crew who quickly attended to the Crown Point girls xc team member who went down on the course a half mile from the finish. Although she was taken away by ambulance, she was treated and released for dehydration. Thank you to Strider Ray Pietrzak who showed up on race day and volunteered by riding the course on bike; prepared to contact medics in the event any athlete needed medical attention due to extreme heat.

Post-race party tradition at Langels Pizza: 25 pizzas, 300 wings, 16 pitchers of soda, and 22 pitchers of beer!

Thank you for coming and see you next year!

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

Check Out Our Site: WWW.CALSTRIDER.ORG