



GOLD CUP RACE SCHEDULE:

**Tower Run 8K
(Beach/Trail/Street)
Sunday, September 11
9:00 AM CDT
Washington Park—Michigan City, IN**

**5K Wolf Run
Saturday, September 17
9:00 AM CDT
William Powers Conservation Area
Chicago, IL**

**Calumet Memorial Park District
Mini Marathon
Sunday, September 25—8:00 AM CDT
Memorial Park—Calumet City, IL**

**XYZ SERIES RACES:
Bride of Zoy/
Larry James Classic 15K Run
(Trail/Sand/Beach)
Sunday, September 4—8:00 AM CDT
South Shore Dunes Park
Train Station
Chesterton, IN**

**SPONSORED RACE SCHEDULE:
Fire 5K Run & Walk
Saturday, September 3—9:00 AM CDT
911 El-Portal Dr.—Michigan City, IN**

**Bride of Zoy/Larry James Classic 15
(See XYZ Series Schedule for details)**

**Spay the Stray 5K
Saturday, September 10
9:00 AM CDT
Rotary Park—Lansing, IL**

**Puckerface 5K Race/2.5K Walk
Saturday, September 10
6:00 PM CDT
Main Square Park—Highland, IN**

**UPCOMING STRIDER EVENTS:
Board Meeting
Thursday, September 8
6:30 PM CDT
Omni 41—Schererville, IN**

**National Run @ Work Day
Friday, September 16**



PRESIDENT'S MESSAGE



The Road Runners Club of America will promote the 6th Annual National Run @ Work Day on Friday, September 16, 2010. The goal of National Run @ Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. A Run @ Work Day event can be hosted by a running club, an individual, or a corporation.



Run@ Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. A Run @ Work Day event can be as simple as taking your co-workers out for a lunch time walk or an afternoon fun run designed to bring out hundreds of people in a community or a company.

The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children.

This year we will award prizes to the top three Strider Members that submit in 100 words or less what they did to participate in Run @ Work Day. All entries must be post marked by Monday, September 26, 2010. Submit to:

CRS PO BOX 225
Griffith, In. 46319

You can go to the RRCA web site directly from the Strider web site and get ideas on how to promote and organize an event for this day. Be creative, motivational, and inspiring to others who may not realize all the mental and physical benefits from just 30 minutes of working out. We were all beginners at one time.

The Surviving Six are still in the Running

- David Bobeck**
- Ryan Kwiecinski**
- Jose F Lopez**
- Rich Milcarek**
- Dennis Rotz**
- William Stalhandske**

Way to go! You are ALMOST THERE!



Opportunity Enterprises is looking for your help! They need 800 volunteers to pack 45,000 bags for the runners participating in the Bank of America Chicago Marathon. Adults and kids ages 8 and up are invited to participate. Bring your family and friends and join the fun! Groups are welcome and encouraged to attend! (More detailed information will be emailed to you following your registration online.) Pack-a-thon will begin promptly at 8:00 am on Saturday, September 17 and will end at approximately 2:00pm. For more information, contact Cathy Kuchenmeister at 219.464.9621 ext. 283 or by email at Cathy.Kuchenmeister@oppent.org.

For those of you Running Chicago this is a Great way for you to help volunteer for the Marathon you are running. Remember without volunteers we would not be able to participate in the sport that we all love so much, plus you get a sneak peak at what you will be getting in your goody bag.

Those of you not running Chicago you can help out the Calumet Region Striders and cheer on your fellow runners by volunteering at the mile 5 water stop, this takes 300 plus Volunteers! All participants receive a Nike hat & jacket. You will be able to find registration and directions on www.calstrider.org. This is THE MOST ENERGETIC & ENTHUSIASTIC Hydration station on the course. (See page 3 for the online registration address.)



There are 63,360 inches in a mile.

Stride ON! Michele



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MEET A
DR. STRODER:
JACOB BEEHN



DR. STRODER NEWS
SUE BROWN-NICKERSON



What school do you attend and what grade are you in? South Haven Elementary - starting 5th grade

What is your favorite school class or subject and why? Math because I like how there are different subjects in math.

What or who got you interested in running? I was fast and I wanted to know if I was good at running.

How long have you been a Strider member? Since Fall 2008

Do you like Track or XC better and why? I like XC better because track is just a circle and I like long distance.

What is your favorite race or event and why? My favorite race is the 5K at PUC where we get to run up the parking garage.

Besides running what other things do you like to do? I like to ride my bike and play basketball.

Tell us something about yourself that we may not know? My favorite color is pink.

Do you have a pet? No I don't.

What is your favorite food? My favorite food is chicken.

What do you want to be when you grow up? I want to be an Olympic medalist.



AAU DR. OLYMPICS RECAP LEO FREY



Twelve Junior Strider athletes capped off their 2011 track & field season at the AAU Junior Olympics in New Orleans. Leading the pack through the oppressive heat and humidity was Dustin Hudak with a silver medal finish (10:46 sub-midget 3000m) and a bronze (4:56 sub-midget 1500m). Hudak was joined by fellow teammates Caleb Chapman, Carl Frey and Hunter Boyer in the 4x800 relay. A uniform violation threatened their participation and seemed to take the wind out of their sail, yet they still finished a respectable 11th place out of 22 teams in 10:27. Others participating during the week were:

Carl Frey (midget 3000m) 21st - 11:35, (midget 1500m) 36th - 5:19

Caleb Chapman (midget 1500) 17th - 5:05, (midget 800) 14th - 2:24

Ethan Gomez (youth 200m) 90th (in quarter final) 25.44

Sadie Jacobs (primary 400m) 68th - 1:22.87

Jacob Chapman (primary 800m) 79th 3:29

Andrew Mungia (midget 800m) 84th - 2:46

Dakota Merkel (sub-youth 1500m) 37th - 4:59, (sub-youth 3000m) 23rd - 11:00

Ryan Kritzer (intermediate 1500m) 70th - 4:55, (intermediate 3000m) 42nd - 10:36

Melanie Stepanovic (sub-youth Long Jump) 74th 12'10"

Tyler Kramer-Stephens (youth 3000m) 44th - 11:45



FROM YOUR RRCA REP

SUE BROWN-NICKERSON

Rotary Ramble: Central Region 5K Championship Race Report By Char Groet, Race Director



In addition to the traditional wooden shoes prizes, RRCA provided plaques and \$50 Sports Authority Gift Cards to Overall finishers, Masters, Grand Masters, and Senior Masters winners. Striders who received those awards are Paul Danger, Rick Fenno, Jerry Proctor, Deb Schiesser, and Jean Jannasch. It was a beautiful and slightly cooler than normal race morning in DeMotte where several age group records were broken.

519 entrees total, runners and walkers. Records: 11-12 Elspeth Youngbrust 20:18 old record Kesli Blankenship 20:24 in 2004; 25-20 Gary Wallor OA/winner Chicago 15:16 breaking old record of 16:25 Matt Thomas 2003 & Jon Tolomchak tie of 2008. 80 & over Joe Presser 47:36; and Tom Magill 37:28; Athena III - Lisa Maddy 31.02; Clydesdale III Jim Proctor 24.48. Oldest finisher: Tom Magill (82). Youngest Finisher: Reilly Boyer (6). Did you know that the Rotary Ramble 5k has been in the CRS Gold Cup Race Series consecutively since 1979?

* Next Up—Nearest RRCA Championship: **Fort4Fitness - Fort Wayne - Half-**

Marathon State Championship - September 24, 2011; www.fort4fitness.org - Look for RRCA State Rep Sue Brown-Nickerson competing in the 4m race and presenting half marathon awards at the finish line.



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**ADVENTURES ON TRAIL
RUNNING: OAHU MARY ZEMANSKY**



**COACH'S COLUMN
SUBMITTED BY
MICHELE HALE**

It's 4:30 a.m. and it is dark. I am headed north from Honolulu, along H2, anticipating my long-awaited opportunity to run with H.U.R.T.—the Hawaii Ultra Running Team. Most of you who know me may be surprised to hear this, given my aversion to races longer than 13.1 miles, but being on Oahu I intended to find something memorable to do. And indeed it was.

The email stated that interested parties should show up by 6 a.m. just south of Sunset Beach, where we would be blindfolded and spirited away to a secret trail. The parking lot was empty at 5:40, with only two fruit vendors preparing for a farmer's market. Gradually, runner-like persons emerged. Soon, we assembled into a group (I think there were eight to start with, and a couple of guys materialized from another trail somewhere during the event). Steve, our leader for the day, explained that the area we were entering had gone through several incarnations, including a proposed site for a high end home development. It was purchased by the State of Hawaii and ended up in the care of some earth-friendly individuals, who have been creating a trail system that would knock your extra thick wool socks off. One of the female runners produced a map of squiggles indicating the various routes, totally incomprehensible yet somehow impressive. Every participant except for George, a native Hawaiian who was doing a training run for his paddle boarding competition from Oahu to Molokai, and myself, had a few ultras under their belts. Tracy from San Diego, also a guest, was preparing to lead a several day supported trek for women in Colorado. Yes, I felt like an amateur, but one with intent...

We began on a tree-lined single track that quickly went uphill into a region of lush forest, with pine-like trees and tropical bushes (wild strawberries and passion fruit). We soon encountered some mud (what's a trail run without it?), but the ground was mostly smoothed over by tree droppings. The camaraderie was easily established, and one-liners flowed, as if we had been friends for a long time ("You **could** stop here but no one's going to!"). We meandered about for a time, stopping so the slower people (ie: George and I) could catch up. Eventually we came upon some spectacular views of the Pacific Ocean. Stood on top of and went inside a WWII bunker, with a gun site that faced the Pipeline (refer to surfing photos with huge waves (not in season) and Hawaii 5-0 opening credits). We heard rustling from the side of one trail; it was evidently a wild pig, though I was reassured that no one had been eaten by one in at least three weeks. We twisted and turned for a little over two and a half hours, at which point George and I decided that enough was enough and we headed back to reenter daily existence. (The others were about halfway through their trek—this is an ultra group, after all). There's a photo documenting this somewhere on the internet, and for myself and the others, a great memory of an early morning adventure through the wilds of the islands.

P.S. As we parted, and I invited them to join me on a trail adventure through NWI, I distinctly heard chortles, as if we don't have 'real' trails here. I decided not to debate this, since I was literally too exhausted to begin to challenge their views. Perhaps they couldn't handle the flatness anyway...

**Massage Therapy:
The Foam Roller and Beyond**

Many of the aches and pains associated with repetitive sports like running, walking, swimming, and biking can be attributed to trigger points forming due to overuse. The Foam Roller, and [Grid](#) roller are two more tools to help.

Myofascial compression (the compression of the connective tissue around your muscles) has been shown to create responses from the body that address trigger points in muscles. One of the most common tools used for Myofascial compression therapy is the foam roller. The IT Band is a commonly targeted area, but there are many other uses for this tool. Trigger points are recognized by their tenderness, but some compression of these areas should ultimately help release the area and reduce pain.*

If you are already a convert to the practice of foam rolling, here are some additional points of interest beyond the IT Band. Use the roller to target the hamstrings, quads, back, chest, and calves. You can also use your foam roller as a core strengthening tool. For example, try doing a plank while balancing your hands or feet on the roller. This will help engage an even wider range of musculature.

Finally, you'll notice that the materials in the roller begin to wear out, or that it takes more work to get the same results. Consider the [Grid by Trigger Point Performance Therapy](#). A hollow durable plastic core holds its shape better than the standard foam, and has a surrounding layer of EVA foam (the same material in your shoes). This foam is segmented into different shapes giving the treatment of a more realistic massage.

*Please consult a healthcare professional if you are experiencing pain! This article is not meant to replace the advice or diagnosis of a healthcare professional. If you are having problems we encourage you to get it checked out and taken care of sooner rather than later. Just think, the sooner you take care of it the sooner you can get back to doing what you love.



**RADLCATS
RECAP**

Wow! What a great day at the Gary South Shore Railcats game! The day started with thunderstorms and rain, but ended with cheers and three extra innings of entertainment for the nearly 50 Strider members and their families who watched the Railcats win at the July 24th game. The game began with our own VP, Robin, and the granddaughter of the Edwards family throwing out the first pitch for their birthday's! The excitement for the Striders didn't end there. We had three of our Junior Striders, Melanie Stepanovich, Matt Weinstein, and Steven Sweeney selected to participate in the between-innings activities. Another Junior Strider, Jordyn Boyer, caught a lottery beach ball in the audience and all of them won tickets to a future game!!! And as if that is not enough.....the Rain's family went home with a foul ball that was caught with no injuries resulting! We all had a great time, enjoyed the company of other members, and went home with some long lasting memories. Thank you to everyone who came and hope to see you all and others at next year's game!



**THOS &
THAT**

The new Strider uniforms are in. Singlets are \$15 / Shorts are \$10. (Two styles: shorts/two color team short or black). Mix and match if you want. We have adult sizes only and they range from size XS - XL. We have both men's and women's sizes.
Uniform washing suggestion: it is recommended that you wash the uniforms in cold water only, no fabric softener and hang dry.

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Rotary Ramble has left over race tech shirts available for \$5. Many S-Med; some L-XL. Contact Char Groet at tgroet@netnitco.net or 219-987-2875.

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Best wishes and good luck to Amy Hartz who will be relocating to Albuquerque, New Mexico. Dan Sturgell of Valparaiso has accepted employment with the Porter County Parks Dept as her successor of their running groups. He gets "paid" to run and loves it!
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Do you want to volunteer for the Bank of America Chicago Marathon Mile 5 Waterstop?
Register at this address:
www.chicagomarathon.com/aidstation03volunteers

INSTEP SUBMISSION DEADLINE
THE DEADLINE FOR SUBMISSIONS FOR THE OCTOBER 2011 INSTEP IS WEDNESDAY, SEPTEMBER 14, 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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