

## PRESIDENT'S MESSAGE



Good Luck to everyone who is participating in the 2011 Bank of America Chicago Marathon. There are many reasons to participate in the 18 weeks or more of training; for a Charity, to the Honor or Memory of a loved one, mental therapy or perhaps to qualify for Boston. Whatever your reason, I wish you all Good Luck! All of your dedication, hard work, and many miles will pay off as you journey through the streets.

Remember to wear your bib number on the front of your shirt so you can be captured by photographers along the course. The pictures will be posted on the Marathon's website following the race. For extra motivation, you can put your name on the front of your shirt and spectators will cheer for you along the way.

As you approach mile 5 take in all of the POSITIVE energy! This Hydration Station is manned by "OUR" Running club. This energetic stop will have LOTS of cheering and well wishes to give out along with water and Gatorade. Remember to go online after the marathon to vote for "OUR" Hydration station. It really is the #1 Curb Crew! THANK YOU to ALL of the Volunteers, 45,000 runners appreciate you!

With daylight ending much earlier, please remember to wear reflective clothing. It is a great idea to wear a light. Many vests have built in ones that blink or you can purchase one that you can clip on. Also available are hats that have built in lights so you can see the road ahead. We want everyone to be safe. Always let someone know where you are running at and how long you expect to be gone.



Halloween arrives at the end of the month. Here are some safety tips for all of you going out Trick or Treating: Remember to wear something reflective, take a flash light, stay in pairs, and do NOT go into anyone's home. Also, do NOT eat candy until you arrive back home so it can be checked for unsealed or tampered packages.

In addition to the web site homepage we will also be posting group runs and events on the Calumet Region Striders facebook page. So if you want to keep up with current events, add the Striders to your friend list.

Gladys "Gladly" Burrill, a part-time resident of Hawaii, was recognized by the Guinness Book of World Records on April 2 as the oldest female to ever finish a marathon. Burrill's finish on December 12, 2010 in the Honolulu Marathon at age 92 serves to replace Jenny Wood-Allen in the Guinness annals. Wood-Allen, of Dundee, Scotland, was 90 when she finished the 2002 London Marathon.



The Gold Cup and Sponsored Race Series Chair/Position on the CRS Board will become open for election in 2012. Outgoing Chair, Mary Zemansky, is seeking interested individual(s) to shadow her through the 2012 Gold Cup Series application process that has already begun.

Gold Cup and Sponsored Race Series Board Position Job Description: to establish the annual Gold Cup Series Schedule and the Gold Cup selection process, establish and monitor Long Distance Series Schedule; select and monitor races as Sponsored Event(s) based on established criteria; to maintain communications with race directors; prepare evaluations and surveys of events, and coordinate and preside over annual race directors meeting (s).

Interested in serving as 2012 Chair or Committee Member? Please contact Mary Zemansky at [drmaryzemansky@sbcglobal.net](mailto:drmaryzemansky@sbcglobal.net) IMMEDIATELY.

Thank you!

Stride ON!  
Michele



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### GOLD CUP RACE SCHEDULE:

**Bank of America Chicago Marathon  
(Long Distance Series Race)**  
Sunday, October 9—7:30 AM CDT  
Grant Park—Chicago, IL

**Run for the Roses 5K**  
Saturday, October 22—9:00 AM CDT  
Campagna Academy—Schererville, IN

**Manda's Race 5K**  
Saturday, October 29—9:00 AM CDT  
Westchester Intermediate School  
Chesterton, IN

### X-Y-Z SERIES RACES:

**The Zoy Relapse 10K or So Trail  
Dune and Beach Run**  
Sunday, October 2  
(date not confirmed)  
2:00 PM EDT

Warren Dunes State Park  
Sawyer, MI

**Haunted Hustle 5K Run/Walk  
(Off Road)**

Sunday, October 23  
(date not confirmed)  
9:30 AM CDT

Imagination Glen Park  
Portage, IN

### SPONSORED RACE SCHEDULE:

**Pumpkin Prance 5K**  
Saturday, October 1—9:00 AM CDT  
Woodhollow Dr & US 41  
Schererville, IN

**Fall Back 5K**  
Saturday, November 5  
9:00 AM CDT

Lake Central High School  
Saint John, IN

### UPCOMING STRIDER EVENTS:

**Board Meeting**  
Thursday, October 13  
6:30 PM CDT  
Chesterton, IN

**Daylight Savings Time  
"Fall Back"**  
Sunday, November 6



## STRIDER ELITE

STEVE KEARNEY

Following the local high school cross country meets is extra exciting for those of us watching for sons and daughters of Striders, some of which began training with us at an early age. Committed to their high school until the end of the season, the kids can run for the team again after their season ends.

The youth program will soon be selecting a Strider Elite team comprised of runners aged 14-18 for a series of races in October thru December. There is no specific meet they need to be at, but can compete whenever they choose. We hope to enter a complete team of eight for both boys and girls at the Nike race as well as teams of 13-14, 15-16, 17-18 at the Junior Olympics in West Virginia. In order to run that meet, athletes must participate in our local championship on October 30. Although it is the day after the IHSAA meet, runners can qualify with a run at a threshold pace.

Practices are held Monday through Thursday at various locations in Lake and Porter Counties, but none are mandatory. Athletes may want to take advantage of a particular day to do some fast running.

We will start out taking current members and children of members, but will soon be recruiting new athletes from the local high school teams. For more info on this most excellent opportunity, contact Steve Kearney at [skearney800@gmail.com](mailto:skearney800@gmail.com) or Sue Brown-Nickerson at [sue\\_brown@juno.com](mailto:sue_brown@juno.com)

### A list of events for the Elite:

- October 30 - Indiana JO  
Hammond, Lost Marsh
- November 12 - Panther Pounce  
Purdue North Central
- November 13 - Nike Cross Regional  
Terre Haute
- November 19 - USA JO  
Huntington WV
- November 26 - Footlocker XC  
Kenosha WI
- December 3 - AAU JO  
Orlando FL
- December 10 - USATF JO  
Myrtle Beach SC



## JR. STRIDER NEWS

SUE BROWN-NICKERSON

**Do you have your 5 Gold Cup Races in?** There are only a handful of 5K's left. Check [www.calstrider.org](http://www.calstrider.org) for current gold cup standings.

Note! For the Panther Pounce & Turkey Trot, 13 & older must do the 10K for points.

XC season is underway-welcome to our new youth families! If attending xc practices, encourage your child(ren) to run two additional days for 10-15 minutes in addition to organized practices. This will progress their fitness level towards their distance goal for their age. It is not too late to join us. Watch our website for an updated practice and event calendar.

**Saturday, Oct 8th** - Spirit Sprint 1m or 2m at Rogers Lakewood (14 & under); sign up in advance to receive a \$2 Strider discount

**Saturday, Oct 22nd** - Run for Roses 5K at Campagna Academy or free kids 1/4mile fun run at 8:30 AM; see [www.campagnaacademy.org](http://www.campagnaacademy.org) for details.

**Saturday, Oct 29th** - Manda's Race 5K in

Chesterton; \$18 entry fee by Oct 15th; go to [www.calstrider.org](http://www.calstrider.org), click on Gold Cup Series Race Schedule

**Sunday, Oct 30th** - AAU XC Championship at Lost Marsh - see Coach for competition times; use Striders AAU Club Code XTBB97 when obtaining AAU card.

**Saturday, Nov 12th** - Panther Pounce 10k (13 & over); 5K (11-12), 1m (10 & under); if you are a Gold Cup participant, enter the appropriate race for points. The 1m is not a GC points race. **NOTE: CRS/STRIDER GROUP RATE by Nov 4th or (\$14 total - this includes the \$1 CRS discount) with race; or \$20 race day/no discount/no shirt. END OF SEASON PARTY** following the 5K OPEN TO ALL JR. STRIDERS.

Best of luck to all of our middle school and high school runners heading into conference and post-season meets. There are so many successes. I enjoy attending and hearing about the meets and reading the meet results in the newspapers. Keep up the great work!

**Coach Sue**



## JR. STRIDER'S HAVE SUCCESS AT XC INVITATIONAL

LINDA RAMOS

On Saturday September 10, the Calumet Region Junior Striders made a statement at the Rensselaer Middle School Cross Country Invitational. With 29 middle schools in attendance there were some stand out performances. While all the Striders did well, some were called to a familiar place....the winners circle. The top ten in each age group received medals. In the boys sixth and seventh grade age group, with 242 participants, Caleb Chapman was the overall winner by more than 30 seconds! Hunter Boyer ran strong and pulled out an amazing 5th place spot. In the girls sixth and seventh grade event, Sara Ramos finished in 4th with Hope Zimmerman close behind in 6th place. That race had 246 runners. And finally, the boys eighth grade division showcased Nick Solis with a 2nd place, Tyler Kramer-Stephens in 7th, and Steven Sweeney in 10th. There were 132 runners present in this division. It's no coincidence our Striders are making waves. They work hard and have experience and determination in their corner. Great job everyone! You make your schools and the Striders proud!!!



## BOARD MEMBER EMAIL ADDRESSES



### OFFICERS:

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## BANK OF AMERICA CHICAGO MARATHON CENTRAL

I have often called myself a "reluctant" runner. Many times I've said the words, "I'll never...". I'll never run a half marathon...I've run six since my first in January 2009. I'll never run a trail race... I tried to run the Trail Run Xtreme and twisted my ankle. I said that I would never run it again...Okay, so far I haven't tried that one again! At the end of my first half marathon I said that I would never run a full marathon because I didn't think I could ever run another 13.1 miles after I just finished 13.1!

Now here I am in the thick of training for the 2011 Chicago Marathon. It's been a challenge to this point. Ehren, my husband has been my training partner every step of the way, I couldn't have made it this far without his motivation and support. It seems that training has been not only a physical challenge, but a mental one. Every week we plan around when we will be able to fit in our runs, and on the weekends we know that our Saturday doesn't even start until we've finished that long run and have been able to recover. We knew that we would be okay during training until we surpassed 13 miles. Once we started to run 14-plus miles, running with the Porter County OE team on Saturdays was a great help (especially those plastic tubs of water we found along the way!).

Although the training has been tough, we are excited to get to race day on October 9, 2011 and see if we can finish what we've trained so hard to complete. That 26.2 mile challenge! (Perhaps I'll let you know how it goes in the November INSTEP.)

Good luck to all of you first-timers, like us, this year and to all of the veterans who've done this 26.2 run before! Hope to see you all at the finish line!



Holly Plew  
INSTEP Editor

### RACE COURSE & AMENITIES

WWW.CHICAGOMARATHON.COM



#### Aid Stations

20 Aid Stations are located along the course approximately one to two miles apart. Each Aid Station includes the following amenities in this order: Medical Tent with access to a Runner Transport vehicle\*, toilet facilities, Gatorade G Series Pro™ 02 Perform Endurance Formula (lemon-lime flavor) and water. Aid Station 13 (Mile 17.8) offers Clif SHOT Energy Gel (Mocha + Caffeine, Razz®, Vanilla and Citrus + Caffeine flavors) and Aid Stations 15-18 (Miles 20 – 23.5) offer bananas.

\*Runner Transport vehicles provide non-emergency transportation back to Grant Park in the event that a participant is unable to complete the race.

Each Aid Station is approximately two city blocks in length; participants are advised to continue moving through the Aid Station if the first tables are too crowded to conveniently obtain fluids.



#### Medical Support

Medical staff is available at 21 on-course locations (20 Aid Stations and an additional Medical Tent in the final mile). Medical Tents can be identified by tall, red, blade signs with the medical. Each tent is equipped with a team of certified medical personnel, ambulances, emergency and First Aid supplies.

In Grant Park, the main Medical Tent is located just beyond the finish line. An additional Medical Tent is located in the Runner Reunite area at the Bank of America Chicago Marathon 27<sup>th</sup> Mile Post-Race Party. For the safety of all participants, only those requiring medical assistance will be allowed access into the Medical Tents.



#### Clocks and Mile Markers

Digital clocks are positioned at the following locations throughout the course: the start line, each mile marker, each 5k marker, the halfway point (13.1 miles), and the finish line. Digital clocks provide the elapsed event time (gun time). Mile and kilometer markers will be positioned at each mile and 5k. Digital clocks at the finish line will display unofficial finish times. The elapsed event time begins with the Marathon start at 7:30 a.m.

\*\*\*\*\*  
 \* Fun Fact: In recent years, the Bank of America Chicago Marathon has become an international attraction drawing participants and spectators from across the world. Since 1996, international participation has increased from 322 participants representing 39 countries to more than 7,000 participants representing 120 countries, making the Chicago Marathon one of the city's most recognizable tourism vehicles.  
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### GIRLS ON THE RUN

Girls on the Run of Northwest Indiana just started our 9th season here in the Calumet Region! We have grown a lot in the last few years. This fall, we have 14 Girls on the Run and 3 Girls on Track sites. Most of our sites are at schools, but we have sites at Parks and a Boys and Girls Club, as well. We have sites in Lake, Porter and LaPorte Counties and we are serving 250 girls this season. In May, we hosted our second annual New Balance GOTR 5K. We had a total of 750 runners, up from 250 the year before! We are anticipating an even bigger race on May 19, 2012.

A big part of our success continues to be the support of the Calumet Region Striders and, especially, Michele Hale. Many of our coaches, running buddies and race volunteers came to us through the Striders. A big thanks to all of you who donated running gear at the Hometown Run.

The national office of Girls on the Run recently introduced a new mission statement. *We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.* As fellow runners, you all know that running can bring you joy, good health and increased confidence, so I am sure you can relate to this mission! Happy running!



### RACE DAY TIPS

OE MARATHON  
TEAM HANDBOOK  
FOUND AT  
RUNNERSWORLD.COM

- Start slowly, you need to conserve energy for late in the race.
- Maintain a steady pace throughout the race.
- Don't forget to stretch. You should stretch before the race and within 20 minutes of finishing.
- Don't wear brand new shoes, make sure that you have run a few long runs in them.
- Make sure you keep well hydrated. You should drink often and in small amounts.
- Continue to drink fluids up to 15 minutes before the start of the race. Eat your final snack no more than 30 minutes before the start of the race.
- Start drinking sports beverages no later than 60 minutes into the race.
- Shake out your arms and shoulders throughout the race to avoid upper body muscle tightness.
- Have a change of clothes waiting for you after the finish so that you can stay warm.

JILL SCHLUETER-KIM

Here is the Timothy Ball in Crown Point GOTR team as they do their new "cow" energy award cheer. At each lesson a girl gets an award for something special she did that day.





# RUNNER PROGRAM UPDATES

NICOLETTE HUBER

## New Calumet Region Striders complete their first 5 mile race

Josie Gregar (43.43), Tom Little (45.26), Jennifer Craig (50.21), Michelle Alex (51.05), James Schrader (49.38), and Angie Sohacki (44.15) completed their first 5 mile race which was the Popcorn Panic. They were coached by RRCA Coaches Nicolette Huber and Teresa Podesto with assistance from Brian Kerstel and Brian Huber. This was a very motivating group and was able to handle anything that was brought their way. Their training consisted of running the Valpo roads both the hilly and flat areas along with calisthenics. Please welcome them to the Striders if you see them at the races!! Way to go Running for Life!!!!!!



## Beginning Running Group in Lake County

Start: Tuesday September 27, 2011 6pm  
Location: Redar Park Schererville (located on Austin Ave)  
Cost: TBD  
(Check www.calstrider.org will post as soon as determined)  
Will include:

- Race entry for Fall Frolic 4 mile race
- \$15 Calumet Region Striders 2011 membership fee

- Complimentary gift
- Weekly group runs on Tuesdays
- Guidance and advice
- Internet monitored team running log www.running2win.com—Team Name: Fall Frolic 2011

This program is structured to help you cross your first 4 mile race on November 6, 2011 which is the Fall Frolic in Hammond Indiana. Along the way you will be motivated by RRCA certified coaches. We will guide you in all aspects of running from proper shoes to proper nutrition. This is not for beginners.....designed for novice to advance runners who can walk/run 1 mile distance with 3-4 mile minimal weekly base mileage. Training groups will be determined on participation. Contact Frank Johnson for further questions FDKBJOHN@sbcglobal.net.

## Beginning Running and Walking (NEW!!!!) Group in Porter County

Start: Saturday October 8, 2011 8am  
Location: Portage YMCA  
Cost: TBD  
(Check www.calstrider.org will post as soon as determined)  
Will include:

- race entry for Portage 4 mile race
- \$15 Calumet Region Striders 2011 membership fee
- Complimentary gift
- Weekly group runs on Saturdays
- Guidance and advice
- Internet monitored team running log www.running2win.com Team Name: Portage Turkey Trot 2011

This program is structured to help you cross your first 4 mile race on November 24, 2011 which is the Turkey Trot in Portage, Indiana. Along the way you will be motivated by RRCA certified coaches. We will guide you in all aspects of running and walking from

proper shoes to proper nutrition. Training groups will be determined on participations. NEW for this year is the WALK program for those that are a little apprehensive on running their first 4 mile!!! Contact Nicolette Huber for further questions hubbn5@hotmail.com or 219-406-6705.

## Running Groups

Need to find a group to run with??? Keep your eye on the CRS website for locations. Some of the groups change locations every month so I don't want you to feel left out. Feel free to contact Nicolette Huber hubbn5@hotmail.com if you are interested in hosting a different location, we are always open to new suggestions!



**THIS & THAT**  
BY ALL OF YOU

## Striders Paul Danger & Hope Myroup WIN Hegewish Chamber of Commerce 5K Wolf Run.

Known as having the 'best food buffet in the city' in addition to having loaded backpack goody bags and great raffles, the Wolf run returned from 5 year or more Gold Cup hiatus and did NOT disappoint. The out-and-back course was flat, fast, and perfect running weather made for a great race for all!



.....  
Congratulations to Bob Cavallo who place 6th nationally in the YSMS 2.4 mile Open Water National Championship swim on August 20, 2011.

.....  
Amy Blue-Cashman has been seen sporting a baby bump at Wolf Run 5K Six months pregnant and due on Dec 30, Amy ran a 25.46! Amy has enjoyed being a Strider member during her pregnancy and it's helped her to remain active. Congrats!

.....  
Melissa Kirk has recently married and is now Melissa Miller. Congratulations!

## STRIDER BOARD LAUNCHES new Calumet Region Banner Flag at Wolf Run 5K.

Chicago Marathon participants, look for our new CRS banner flags which will be placed between the water and Gatorade sections at the Strider water stop in Lincoln Park Zoo on marathon day.



## VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. Wow! Summer went by so fast! I spent my summer evenings at the Steelyard watching the RailCats. I was a host mom again this year. I had the pleasure of having three players stay with me. They were all pitchers, when one left another one took his place. I really enjoyed spending time outdoors and saw many Striders at the games. I also became good friends with fellow Strider Bill Stalhandske and his wife Mary. They were also Host Parents for a player. So baseball has ended, school has started and fall is here. The Gold Cup series is winding down. Good luck to all our Striders that will be running in the Chicago Marathon!

At the Firecracker 5K over the summer, Mike Wilson celebrated his 70th birthday. He raced against his adult children who all did the race to celebrate with him. What an accomplishment to be that healthy and not only race against your children but beat them as well. I could not help but think of what a milestone that was. As runners we know that

milestones are stone markers that mark each mile. I guess that is why events that mark our life moments are also called milestones.

I would like to congratulate the Strider wear winners so far: Jim Johnson and Jerry Fuller at the Xtreme, Wanda Melion and William Stalhandske at the Munster Rotary, Emma Brandy and Diane Dumonte-Slater at the Firecracker, Diane Kellenburger and Robin Benson-Harvey at the Nativity, Cindy Hall and Vic Camarena at the Runnin with the Devils and Wanda Melion and Vic Camarena at the Rotary Ramble. So wear your Strider wear. Two winners will be selected after each GC Race and they will receive \$2.00 Striderbucks. So remember to wear your Strider wear to the GC races and enter before the race at the Strider table. All entries will be kept for the end of the year, when we pull two winners at the Gold Cup Banquet to receive a free Strider Membership.





## RACING ON THE ROAD

SUE BROWN-NICKERSON

August 27, 2011  
Manistee, MI

### North Country Run 2011 Half Marathon & Marathon

A group of Striders and friends traveled to Manistee, Michigan in August to participate in one of Michigan's favorite trail runs at "Big M" in the Manistee National Forest. Boasting of having the largest finishers' medal in Michigan (3rd largest in the US) in addition to lots of swag to compliment the early discount, a group of us could not resist! The event consists of a 50m ultra, marathon, or half-marathon choice. The course is single-track hiking trail with enough hills to make for a

challenging race. There is no high altitude to contend with, no rocks to jump over, no stream crossings to wade through, just a beautiful forest with some roots to remind you that you are not on pavement. The course is flagged approximately every 100 foot with landscaping flags and aid stations every 4m. Each finisher received a 4" HEAVY MEDAL, seriously, comparable in size to a world wrestling championship buckle. The age group winners received a bottle of wine with the race logo adhered to it. Half Marathon: Jim Nickerson, 2:18:06 1st pl, Sue Nickerson 2:36:34 4th pl, Carol Magill 2:55:10 1st pl, Polly Theising 2:56:58 2nd pl, Jim Jones 3:05:52 18th pl, Kenny Dillon 3:05:56 7th pl. Marathon: Ray Byers 4:32:46 2nd pl, Betty Funkhouser 1st 4:51:46. Sleep at hotel 15 miles away, or dare to camp in the woods with the bears. This event is NO cake walk, but indeed the post race food and finish line prize is worth the trip! The event is capped at 500 so early registration is encouraged. Early discount by 11/30/2011 at [www.northcountryrun.com](http://www.northcountryrun.com).



**INSTEP SUBMISSION DEADLINE**  
THE DEADLINE FOR SUBMISSIONS FOR THE NOVEMBER 2011 INSTEP IS WED, OCT 19, 2011. 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.



## OCTOBER IS BREAST CANCER AWARENESS MONTH: COACH'S COLUMN FOR WOMEN

SUBMITTED BY MICHELE HALE



Researchers from the University of Portsmouth in England and other schools recently attached reflective markers to the breasts of a group of female runners and had the women jog along a track while wearing various types of bras or forgoing breast support. The researchers charted the trajectories of the women's breasts, using infrared cameras. The track was also equipped with a force platform to measure the force of each runner's foot strikes.

Many women have long wondered whether breast movement, especially a lot of it, can affect running form. This was the first experiment to formally put that question to a practical test. What the researchers found was that breast sway did, in fact, have a significant effect on the women's running. When the runners were braless, their strides changed; they landed more heavily, with more of the impact force moving through the inside of their feet. This alteration in stride seemed to be related to "significantly higher amounts of breast movement in that direction," said Jenny White, a doctoral candidate at the University of Portsmouth and the study's lead author. As the breasts swung from side to side, so, in effect, the researchers hypothesized, did the women's body weights. The implications of this finding are disquieting. "Higher forces exerted by the foot when running indicate a higher intensity of stress for a runner," Ms. White said, "which has potential to increase physiological demand." The extra forces also, over time, can "lead to the development of stress-related injuries." Jiggle may make running both more difficult and injurious than it needs to be.

For years, scientists (most of them women) studying breast movement during sports have struggled for respect. A 2007 report about the work being done in the field of breast biome-

chanics at the University of Portsmouth was titled, rather defensively, "Bouncing Breasts: A Credible Area of Scientific Research." Some people (a k a men) may have considered breasts to be simple things, not requiring such high-tech attention. But a raft of new studies has established, convincingly, that breasts are more mobile and less manageable than most people once believed.

Researchers at the Portsmouth lab, for instance, recently completed a series of experiments that delineate just how breasts move during activity. Instead of merely bouncing up and down, it turns out that breasts arc through a complicated figure-8 pattern when a woman runs or walks. Few sports bras are designed to accommodate breasts' side-to-side or lateral sway.

In fact, one of the most telling recent studies, from the University of Wollongong in Australia, published last month in the journal *Medicine & Science in Sports & Exercise*, concluded that the most effective style of sports bra, particularly for women who wear a D-cup bra or larger, does not yet exist, at least in stores. Typical sports bras fall into two varieties: they either cradle each breast in individual cups, a style known as encapsulation, or they smash the bosom against the chest, using compression. In most studies, encapsulation bras reduce up-and-down breast bounce best, particularly for large-breasted women, but are rated the least comfortable bra, which matters. Breast discomfort and embarrassment keep many women from exercising.

In the new Australian study, an experimental bra combined compression of the bosom, generally rated the most comfortable type of breast support during exercise, with elevation of each individual breast, achieved using small foam pads tucked into the bra. This design

was not simply a mash-up of an encapsulation and a compression bra, a style some bra manufacturers already offer (and many enterprising female athletes have been cobbling together on their own for years, by layering one type of bra over the other). In this case, the breasts remained uncupped, but were held up slightly by the pads, "elevating the low point of breast displacement dynamically," according to one researcher. During an earlier study, the researchers had noted that when large-breasted women ran in deep water wearing only a crop-top-style singlet, they felt little breast discomfort. The water buoyed their breasts. In the Australian researchers' experimental sports bra, the foam pads served the same purpose. Large-breasted women who wore the experimental bra and a series of other bras while running reported that by a wide margin, the experimental bra was the most comfortable. It also effectively reduced breast motion not only vertically but also from side to side.

Unfortunately, no such foam-padded crop-top-style compression bra is yet on the market. So barring creating your own with a tight crop top and some pads, the best advice that scientists currently can offer to women hoping to corral their breasts during exercise is more commonsensical than high-tech. Find a sports bra that "feels supportive," Ms. White said. That advice may "sound obvious," she added, "but many bras are marketed as a sports bra" but are instead "just a fashionable crop top that has very stretchy material and that would not provide a lot of support." To test support, jump "up and down in the changing room and assess how much movement occurs." The chest band should be "firmer than an everyday bra, but should not dig into your skin." All in all, if the bra "is uncomfortable, then this is probably not the bra for you."

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## REGISTRATION TIPS

LISA MORENO

**Here are some helpful tips to try to avoid race day timing issues:**

- Online registration. Most races offer online registration which makes registering for a race easy and error free.
- When completing your race application, clearly print your information. If no one can read your handwriting then you increase your risk for potential errors when entering your race data. Here is a tip: consider printing your basic information on a label (name, address, sex and age on race day) and simply attach it to the race application. It will save you time and your information is clearly legible.
- Be sure to pin your race bib on your front side where it is clearly visible.
- On race day, always verify your information on your race bib at packet pick up. It is much easier to fix an error before the race than after.

**Racing should be enjoyable and fun. If we can all do our part to help, everyone can have a great race day!**



## STRIDER SURVIVOR PICNIC RECAP

LINDA RAMOS

Our annual Strider Survivor Picnic was a great time for all who attended. Our "boot camp" theme had kids playing water balloon grenade toss, obstacle courses, and rescue the wounded soldier. The Junior Striders split into two teams with one designated as the wounded soldier. The other teammates had to run down, wrap the soldier in bandaging (toilet paper), place him gently on a blanket and carry him back to safety. But the kids had the most fun just running and chasing each other in the rain. They did not let the weather spoil their fun. This year we enjoyed music, compliments of Jorge Ramos, and had an abundance of good food. I owe a special thanks to Mike Sweeney for his donation of all the Pepsi products. It was greatly appreciated. Also to my committee who made the day go so smoothly: Edna Sweeney, Beth Boyer, Sherry Robison, Cheri and Chuck Taylor, and Rosie Lopez. Thank you to all who attended and brought delicious side dishes and desserts. I'm looking forward to our Christmas party on December 2. Hope to see you all there!!

**LAST CHANCES TO PICK UP YOUR 2011 GOLD CUP PREMIUM!** If you entered the GC Series and your name is on this list, stop by the GC table at any remaining GC race to pick up your 2011 GC premium, a Cal Striders embroidered mesh running hat or contact [lisarunsalot@sbcglobal.net](mailto:lisarunsalot@sbcglobal.net) to arrange to pick up.

Allegretti, Anderson, Bennett, Best, Biggs, Bigler, Breitweiser, Burns, Commons, Conner, Cook, Daly, Damone, Davis, Doehring, Duncan, Fealy, Fenno, Finck, Fleming, Fontaine, Grochowski, Guernsey, Gutierrez, Hague, Hibbs, Hudak, Hughes, Hunter, Jaeger, Jokerst, Joll, Jones, Jordan, Keilman, Kerr, Kim, Klaeser, Kohout, Kowalisyn, Kramer-Stephens, Lancioni, Larmon, Lawless, Lawson, Lohse, Lopez, Lukowski, Lyp, Maddy, Martin, Mazzucca, McKeigue, Merkel, Monahan, Mooney, Mungia, Nietert, Noe, Pickford, Pompey, Potesta, Raymond, Reed, Ritchie, Schlueter-Kim, Schuster, Shields, Smith, Stazinski, Stelmack, Stiffler, Sweeney, Tobias, Toledo, VanAmstel, Van Slyke, Vandenbergh, Vuckovich, Walsh, Walter, Wilschke, Wingard-Jackson, Wisch, Withey, Wojasinski, Wozniak, Wright, Young-Brust, Zeiters, Zemansky.

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

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