



## PRESIDENT'S MESSAGE

**"Fall Back" Sunday, November 6**  
**Turn back your clock at 2:00 AM!**

It is that time of the year again. The following Board positions are soon up for Re-Election: Secretary, Treasurer, Nominations By-laws and Disabled Runner fund, Membership and Volunteers and Gold Cup and Sponsored race series. ALL positions are a 2 year term.

Please keep in mind when nominating someone, these positions require that they attend monthly Board meetings that take place every second Thursday of the month at 6:30 PM rotating between Lake and Porter counties. So nominating someone who works 3-11PM or shift work may not be such a good idea. However, we are in need of Committee members and volunteers at select events. If you know of an individual or you would like to get more involved, ask any of the Board members. We can point you in the direction that you can be most helpful.

**ALL NOMINATIONS MUST BE SUBMITTED AND RECEIVED BY MIDNIGHT DECEMBER 1, 2010.**

**Please mail Nominations to: CRS, PO Box 225, Griffith, IN 46319**  
**Please use the enclosed form to nominate yourself or someone else.**

Congratulations to all 88 Strider members that completed the Chicago Marathon and Big Kudos to the 6 that are Boston Bound! You all accomplished an amazing feat, especially since Mother Nature once again did not deliver ideal weather for most runners. Many of you were spotted at mile 5 and your pictures have been posted on CRS Face book page. Thanks to Lisa Moreno for keeping it up to date Daily with all your Running related information.

As a participant myself, I could feel all the positive energy and excitement as I ran through our water stop, you are all VERY much Appreciated. To Holly Plew and Mary Zemansky who are both now Marathoners and have said never again (very proud of you).

Don't forget next year will be the 35th Anniversary of the Chicago Marathon. For those of you who run with the Opportunity Enterprises Team, look in next month's Instep for the call out meeting in late January. It will sell out VERY quickly being an Anniversary year.

With Fall and Winter months fast approaching, a great way to stay motivated is to run with a group. You can find our group run times and locations on the web site and face book page.

Speaking of group runs, Striders have a GREAT Membership Drive/ Fun Run next month. We also have our Holiday Party approaching, this is a great opportunity to bring your family & friends who support you throughout the running season. Check out the enclosed flyers for complete details.

This time of the year many people become worried about adding on extra pounds from indulging during Holiday feasts. Spread the running bug. "Make it Contagious" Invite family, friends or neighbors to go with you once or twice a week for a short jog or perhaps a 30 minute walk. You can Motivate & Inspire others, so they can soon understand why you continue to lace up and hit the pavement year round.

**"Running is one of the best solutions  
to a clear mind"**  
**I wish everyone a Happy & Memorable  
Thanksgiving Holiday!**

Stride ON!  
Michele



### GOLD CUP RACE SCHEDULE:

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

### Fall Frolic/Jennie Hamilton Memorial 4-Mile Run

**Sunday, November 6—9:00 AM CDT**  
**Purdue University Calumet Fitness**  
**Center**  
**Hammond, IN**

### Panther Pounce 10K Run (XC) (XYZ Series Race)

**Saturday, November 12—9:00 AM CDT**  
**Purdue University North Central**  
**Westville, IN**

### Valparaiso Turkey Trot 10K Run

**Thursday, November 24—8:10 AM CDT**  
**Valparaiso High School Fieldhouse**  
**Valparaiso, IN**

**XYZ SERIES RACES:**  
**Grand Mere Grind 10K Trail Race**  
**Sunday, November 6—9:00 AM EDT**  
**Eastern Grand Mere State Park**  
**St. Joseph, MI**

### Panther Pounce 10K Run (Details In Gold Cup Race Schedule)

### XYZ "Finale" 5 Mile Trail Race (Finale 2011 XYZ Series Race)

**Saturday, November 19—Noon EDT**  
**Imagination Glen Park East**  
**Portage, IN**

### SPONSORED RACE SCHEDULE:

**Fall Back 5K**  
**Saturday, November 5**  
**9:00 AM CDT**  
**Lake Central High School**  
**Saint John, IN**

### UPCOMING STRIDER EVENTS:

**Board Meeting**  
**Thursday, November 10**

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



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## JR. STRIDER NEWS

SUE BROWN-NICKERSON



**Jr Striders by the Numbers ...**to say there has been an explosion at XC practices in Porter County this season, would be an under-statement! Here are our numbers of boys & girls showing up for practices in Lake & Porter County twice a week: 8 & under- **37**; 9-10yrs - **20**; 11-12 yrs - **32**; 13yrs & up - **21**. These have doubled from last year and are growing due to school seasons recently finishing.

We couldn't have effective and controlled practices without the dedication of our loyal volunteer coaches: Along with myself are Steve Kearney, Leo Frey, Joel Davis, Malcolm McGowan, Yolanda Monahan, Mitch Semans, Jorge Ramos, Beth Boyer, Joe Reyes, and all the parents and team moms that help out.: Chad Lawless, Jeff Walsworth, Mrs. Eggold, Mrs. MacRoberts, Mrs. Gilliana, Mrs. Bucko. We had a lot of fun with all of our new team members, and we like to think there is something for everyone in our youth program. Thank you everyone for a great season.

**Upcoming Events:**  
**Nov 6th - Fall Frolic - 9:00 AM**  
**Purdue University Calumet/Hammond**  
**Suggested for veteran**  
**Jr. Striders 11 & up.**  
*NO RACE DAY REGISTRATION.*  
 Family discount - see registration form.  
 Sign up online at pucraces.com

**Nov 12th - Panther Pounce 8:40 AM**  
**Purdue North Central Westville**  
 1mile 10 & under; 5K - 11-12 Gold Cup;  
 10K-13 & up Gold Cup  
*JR STRIDER GROUP DISCOUNT \$14*  
*indicate on mail-in form by Nov 4th.*  
**END-OF-SEASON PARTY before/during**  
**awards ceremony inside in cafeteria**  
 This is the last day of the season for all non-national participants. Practices will continue for only national participants the week of Nov 14th.  
 Thanks for a great season kids!!!

**Nov 24th - THANKSGIVING MORNING**  
**VALPARAISO TURKEY TROT-8:00AM**  
 5k 9yr-12 yr Gold Cup;

8:10 am 10k - 13 & up  
**Early Bird registration ends Friday Nov 11th \$19**  
**NEW-YOUTH/WOMEN/MEN SHIRTS!!!!**  
 or;  
**8 & under may try the Portage YMCA 1K**  
**7:30 AM Portage YMCA.**  
**\$15 before Nov 10.**  
 Visit Portage YMCA for form.

**Its been a great XC season! Full XC report to be run in December newsletter.**

**Best of luck to advancing team members to Nationals on Nov 19th in ONA, WEST VIRGINIA.**

**Email coachsue@calstrider.org to share news or contribute to this column. I love to recognize personal achievements.**

In the meantime, Stride On!

**Coach Sue**



## BIGGEST WINNER RECEIVES NO MEDAL

JORGE REMOS

As the youth strider cross country program gets into full swing, often times I'm struck by the talent and hard work of some of our athletes. Often overlooked are some of the other stories that don't necessarily make the headlines. At many middle school meets, my eyes gaze the field looking at various runners but more than often my mind is zooming in on some of our youth striders that I've coached.

At one particular meet my eye catches one of our youth striders and I'm immediately struck by her stride, disposition, and focused intent. On this day, even though she wasn't the fastest or the slowest; I knew she was the biggest winner of all.

This was a far cry from her early days

when she would come to practice with her parents encouragement but often times she would have a look of agony, pain and sometimes discouragement especially if her younger sister would beat her in practice. Despite these days, she kept coming to practice week after week. We kept encouraging and praising her effort. Over the course of a cross country and track season the flower started to bloom.

The perseverance and hard work was now transformed into confidence and self awareness. I'm sure her life has been changed by this in ways that she may not fully understand today. What she has received will carry throughout her life and far outshine the luster of a medal that fades with

time tucked in a shoe box or attic. This is one of the greatest rewards of coaching. Hats off to biggest winner and youth strider Jasmine Reyes. Jasmine is a sixth grader at Clark Middle School. Parents are fellow Striders Joe and Veronica Reyes, and grandfather Jose Lopez who also serves as strider wear coordinator.

As parents, always encourage and support a young athlete regardless of outcome. Always praise a good effort and understand that feelings of discouragement or seeming upset may be a good sign that the athlete is trying hard to improve. Often times the reward received can't be measured by place or time on the field.



## BOARD MEMBER EMAIL ADDRESSES



### OFFICERS:

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### RUNNER PROGRAMS & SCHOLARSHIPS

**Sue Brown-Nickerson**

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### ADULT RUNNING PROGRAMS

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### APPOINTED:

### WEBMASTER & STATISTICIAN

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### STRIDERWEAR COORDINATOR

**Jose Lopez**

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## CHICAGO MARATHON FOLLOW-UP



I'm proud to say that I finished the Chicago Marathon and can now call myself a marathoner (along with my husband, Ehren)! It's been a trying and great experience all at the same time and I've learned a few things along the way. If you are thinking about running a marathon consider the following (please note, I am not an

expert just a reluctant runner giving my opinion):

- Be ready for the time commitment. It will interfere with weekend plans and cause your work days to become longer as you try to fit in all of your training runs.
- Find a training partner. Running with my husband during the week helped me get in all of the midweek runs, and running with the OE team on Saturdays helped keep us going during the weekend long runs.
- Build on the experience of other runners and coaches. We had many conversations with our friends and other runners about their marathon experience(s). Michele Hale and George Nietert offered great insight and coaching. We had a lot of talks about the good and bad marathon experiences with past and present OE runners.
- On race day, be prepared for the mental challenge. The first 13.1 miles, I felt great! Then it warmed up and I started to feel the sun and the warmth. By mile 21 I was cramping up and ready for a break. Without Ehren pulling me through and keeping me going I would have probably walked from that point until the end. We didn't, though. We walked through the stops to get our water and Gatorade (I've never been so sick of anything as I was of Gatorade by then end of the race!), then we would run between them. That "hill" at mile 26 made an expletive escape from my mouth, but it was like heaven when we turned that corner and the big red finish line lay ahead!
- Take in the whole experience. Despite all warnings in all the preparation lists, we walked the expo for over 2 hours on Saturday morning and had lunch in the city. Race day we were filled with nerves, but it was great to look around and view all of Chicago's neighborhoods and feel the excitement and support of the spectators. Running through the CRS water stop was a big boost! I loved seeing familiar faces and hearing their encouragement! Since we don't know if we will ever do another full 26.2 miles, we went back to Chicago on Monday and had our medals engraved with our times.
- Give yourself time to recover and reflect before you decide if you want to do another marathon. If anyone asked me as I crossed that finish line if I would do another one, I would have said, "ABSOLUTELY NOT!". However, I've had a couple weeks to reflect and I wouldn't say that I would **never** run another marathon, it wouldn't be an annual endeavor.

There you have my marathon experience as a reluctant runner. The accomplishment feels awesome and makes for some great conversations! Thanks to all of the people who gave support, encouragement, and advice through training and race day. Congratulations to all of those who completed it for the first time with us and those who do this marathon-thing all of the time! I **might** see you hitting the pavement for 26.2 again in the future!



Holly Plew  
INSTEP Editor



### MY CHICAGO MARATHON EXPERIENCE (OR, NOW I UNDERSTAND WHY PHILIPPIDES DIED)

BY MARY ZEMANSKY

**Warning: This story is not intended to be inspirational, but it is heartfelt.**

The first two words uttered to my significant other as I sat implanted into the ground, were: "Never again". I have felt humbled since then, though I still haven't changed my mind. And I feel it is my duty to encourage anyone who considers a similar undertaking to think very carefully before pursuing this 26.2 thing.

Those of you who know me are aware that I'm no slouch when it comes to running. I may not be the fastest in my age group (thanks to Betty), but I've completed over 30 'halves', I cross train and I took six months to prepare for this event.

All started out well. My fellow runners in the 4:30 pace group were laughing and joking. Van Halen was playing on the loudspeaker as we approached the starting line. Many spectators were cheering us on. Then things turned. It felt like rush hour on a Chicago freeway, with the

mass of participants and no space to maneuver. I couldn't get near anyone at our water stop because of the congestion. By mile seven, I thought "Gosh, is it hot!". By mile 11, I fantasized about calling it a day at 13.1 and joking that I ran the "Chicago Marathon Half-Marathon". The Gold Cup Chair in me then kicked in, and I began a long letter to Carey critiquing the race (yes, I did send him an edited version). By mile 14, I was nauseated and wondering...well, never mind what I was wondering (unfit to print in this forum). By mile 15 I was performing regular neuro checks to assess my mental status (not sure of the feasibility of that, btw). About mile 16 I took ice from the hands of a spectator who had pity on us and was handing out chunks to interested parties (a kind gesture, given that all the water stops had lukewarm refreshments). I vaguely recall that miles 16-25 were unpleasant in a way that words cannot describe. But then, I felt camara-

derie between 25 and 26, as sooo many others were walking when I was... shuffling. And the cruelest of jokes, the hill at mile 26, didn't even phase me because I knew I was almost done.

After I crossed the line, looking as if I was auditioning for the next zombie thriller, barely able to keep upright and unable to form words, I just wanted to sit...but no, I think I walked several more miles to a grassy knoll near the Grey Gear Check and then I collapsed.

For those of you who (for some reason that defies logic) still want to do this...or do it again, bully for you. As for me, I will stick to something sane, like finishing a half in the remaining 24 states in which I have yet to run. But I leave you with one last gem: a sign I saw around mile 25.5, that summed things up quite simply: "There will come a day that you cannot do this anymore, but today is not that day". Thank goodness.



## THANK YOU CHICAGO MARATHON WATER STOP VOLUNTEERS

DAN STURGELL - VOLUNTEER & MEMBERSHIP CHAIR

The day of the Chicago Marathon, I woke up at 2:30am. (I know, the last few years that I have run the marathon I woke up at 3:30am) Anyway, I was car pooling to work the CR Striders water stop at the 5 mile mark of the marathon. We had to be there by 5:00am. We signed in and started setting up tables. Everybody was working, not talking much (well I was a little bit) and it was still dark out.

Once the tables were set up, we started putting cups on the table. Then we poured water till the cups were half-full and set sheets of cardboard on the first row. We did this

until we had five complete rows of half-filled water cups. When we got done with that, the Captain of the water stop, Darrell Hale, made an announcement, that all 300 volunteers had filled 60,000 cups with Gatorade or water. Pretty Impressive!

By now the sun was coming up and all of us were excited to see the runners come through. Music was blaring, people were dancing. It was like a party!

When the elite runners came through they were soaked with sweat, so you knew it was another hot Chicago Marathon. I think the race is cursed with hot weather! It

was fun seeing CR Striders, Ridge Runners, OE Runners, and a ton of other people come through getting their water and Gatorade.

So, in conclusion, by being there first hand, and participating at the water stop, I personally saw how hard the volunteers work, to make it seem easy for the runners to get their much needed water or Gatorade.

I want to personally say THANK YOU to Captain Darrell Hale and all of the volunteers for all of their effort and hard work!!



Darrell Hale, Mile 5 Aid Station Captain, deemed this table the "perfect" Gatorade table. Pictured from left to right: Jonathan Didion, Anthony Didion, Bill Didion and Andrew Oltmanns

Please visit the following  
 Sponsor's who Donated to the  
 Volunteer crew at Chicago  
 Marathon:  
*Family Express*  
*7/11 of Griffith*  
*Pleasant View Dairy*

Thank you to everyone who woke up in the middle of the night to come to Lincoln Park Zoo and volunteer at the mile 5 hydration station. I appreciate each and everyone of you. Hopefully next year we will be provided with all of the answers to the many questions you had this year. For some reason the Marathon IT team was having trouble with registration and information updates. I will continue to attend update meetings and keep you informed as soon as I can. I look forward to working with you next year Sunday, October 7, 2012 at the 35th Anniversary of the Chicago Marathon.

**Thanks again,  
 Darrell Hale**





# COACH'S COLUMN: THE MANTRA

BY FRANK JOHNSON

Running is most often known for being a sport that is good for training the Body. We put on our running gear, lace up our shoes and strap on our water belts and off we go on our long runs. We train for our races in many different ways.

Going to run a marathon?... Just pull out any 18 week running program and follow it. Runners incorporate the "long runs", the "Fartleks", and even "speedwork" in their training routines gearing up for their next race. Most runners wear a watch or a GPS to measure and time their run. Go on Facebook and there will be many posts from runners stating how well they just ran. "I ran 6 miles at a 6:45 pace"..... However, Running, espe-

cially long distances, is also a mental sport just as much as a physical sport. If you are not confident and don't believe in yourself, you are going to have great difficulty even finishing a run or race. To achieve your running goals, powerful legs and strong lungs aren't enough. You also need a strong head. This is where mantras come in. A well-chosen mantra can keep you calm, on target, and help keep doubts and distractions away.

What is a mantra? The mantra, dating back to 1795, is a word or phrase that can be repeated over and over to help strengthen the mind. Most long distance runners have a mantra they use when running a marathon or beyond. However, even runners who run shorter races should have

one as well.

I have a few mantras. My favorite and most often used is "Not Today". I'm telling myself that I will not fail this race I'm running today. When coaching I work on the runners minds as I train the body to cover the distance. I like to call this "training the Brain, ". The mantra I like to tell new runners is, "It's about the distance". So many first time runners worry about how long it will take them to run the race and I remind them it is about covering the distance.

So, what do you tell yourself when you are running, getting tired, or just about ready to hit the wall. If you have negative thoughts, then I suggest you find your mantra.

Well, I would love to stay and chat but...Gotta Run.

ROBIN BENSON-HARVEY

## VP'S CORNER



Greetings from the back of the pack. Congratulations to all of the Striders who completed the Chicago Marathon. It was a beautiful day maybe a little too warm for the runners. Big THANK YOU to all the volunteers at the Strider water stop. Also, a great big HUG and THANK YOU to Darrell Hale, our water stop Captain. He did a wonderful job and made a huge sacrifice to be there supporting our club and the runners, while missing the funeral for his Grandmother. My deepest sympathies to the Hale Family.

Best of Luck to our 5 Striders in the running for the Jim Cox Award. The marathon is over, now you're in the final stretch to the big finish. Go for it! The 2011 Gold Cup season is almost fin-

ished. To all who will have completed the Gold Cup series, I will look forward to Congratulating you in person at the Banquet.

Happy Thanksgiving! At this time we give thanks. I would like to thank the CRS Board: Michele, Cecilia, Pete, Mary, Sue, Dan, Lisa, Nikki, Doug, Linda, Mike, Holly, and Jose. I know how much you all give to this club, with your time and effort. It is because of you, we have a wonderful running club. I thank all of our committee members, who help our board with your time, effort and ideas. I thank all our Race Directors, without them we would not have our races to compete in. I thank all of the volunteers, without you these events could not happen. I thank the Strider Membership, you each bring a

special quality to our club. A special thank you to the Dinner Spuds, your company and laughter make my day. At last I thank my Strider Family for getting me through a very difficult year.

I would like to congratulate the Strider wear winners so far: Laura Nietert and Mary Miller at the Tower Run. Two winners will be selected after each GC Race and they will receive \$2.00 Strider Bucks. 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.



BY ALL OF YOU

## THIS & THAT



"I would like to thank all my wonderful dedicated volunteers who made the Strider water stop at the Calumet City Mini Marathon a huge success: William "Bike trail Bill" Petree, Renee Moreno, Justin Moreno, Sasa Sekuloski, Sarah Sechrist, Katie Lounds, Dalores Lounds, Maurice Lounds, Tim Kennedy and Lori Leap."

Lisa Moreno



**Did you know we have two Facebook pages? Find us at: Calumet Region Striders of NWI and Junior Striders.**

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Don't forget to pick up your Gold Cup premium at the Strider table. You will only have 1 more chance: Manda's Race. You have a choice of a white or silver running cap. These hats will be for sale at Fall Frolic for \$5.00 each.

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PLEASE donate SLIGHTLY or gently worn running clothing & shoes BOTH Men's & Women's ALL SIZES

.....

STRIDER WEAR for Sale at Fall frolic

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Don't forget to RSVP for the Holiday Party on Dec 2, at the Patrician Banquet Hall by Nov 22. **THE FIRST 20 RSVP'S WILL BE ENTERED IN A DRAWING FOR THE CENTERPIECES!!!** See flyer in this month's Instep newsletter!!

Linda Ramos—plymouth71@comcast.net.

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**Are you interested in running the Disney Marathon in January 2012? CRS Member Running Participant Code is: CALUMET** This code must be used by members when they register online for a Disney's Endurance Series race. The code will provide members with their discount plus include them in the roster for Running Club Awards. The code can ONLY be used by CRS members and the uses of the code have been limited based on the number of members in our club. **Misuse of this code will be grounds for dismissal from the Program.**

**INSTEP SUBMISSION DEADLINE**  
THE DEADLINE FOR SUBMISSIONS FOR THE DECEMBER 2011 INSTEP IS WED, NOV 16, 2011. EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

NON PROFIT ORG  
US POSTAGE PAID  
GRIFFITH, IN  
PERMIT NO. 225



**FROM YOUR RRCA INDIANA STATE REP** SUE BROWN-NICKERSON

**Nominations for 2011 RRCA National Running Awards now OPEN**

Help us nominate outstanding individuals and members for the various RRCA National Volunteer Awards.

- Male-Female, Overall and Masters Road Runners
- Outstanding Club President
- Outstanding Club Newsletter
- Outstanding Club Writer
- Outstanding Club Volunteer providing 2,000 or more lifetime volunteer hours
- Outstanding Beginning Running Program
- Outstanding Youth Program Director
- Outstanding Club Website
- Outstanding RRCA State Representative
- Outstanding RRCA Road Race

This organization consists of many loyal and dedicated members who deserve acknowledgment. To nominate a deserving individual or Cal Strider member, please visit [rrca.org/services/awards](http://rrca.org/services/awards) for criteria & the nomination process. Also contact RRCA Indiana State Rep, Sue Brown-Nickerson ([indiana@rrca.org](mailto:indiana@rrca.org)) for assistance with the nomination process. Deadline 12/31/2011.



Indianapolis Fall Marathon - October 15, 2011 - RRCA Regional Championship - Jeff Mes-cal wins RRCA Regional Masters Championship in Indianapolis 2:47.40 back to back with Chicago the week prior in 2:46.55. AMAZING!! Sue Brown Nickerson, RRCA Indiana State Rep present at finish line to immediately award his plaque and \$50 gift card from Sports Authority. Deserving of a possible RRCA Outstanding Masters Runner re-nomination for the year, hey?

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

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