



PRESIDENT'S MESSAGE

HAPPY NEW YEAR!

I hope everyone had a memorable & joy filled Holiday!

The 2012 Gold Cup schedule has been released! This will be another challenging year yet for the Jim Cox recipient hopefuls. We have many returning races as well as many new races for the upcoming season. Please remember to stop by the Gold cup table after each race to fill out a race evaluation form. We want to be sure that all races selected meet the Gold Cup standards. Your input aides in the choices that are made for the following race season.

The Sponsored race list is also growing quickly, offering everything from a 5K to a full marathon right here in Northwest Indiana. So if you know of a race that would like the opportunity to become sponsored by Calumet Region Striders, have them contact the Gold Cup Chair as soon as possible.

Speaking of marathons, the call out meeting for the Opportunity Enterprises Marathon Team which will participate at the 35th Annual Chicago Marathon which will take place October 7, 2012. Porter county's call out meeting is Wednesday, January 18, 2012 at 6:00 PM at Opportunity Enterprises located in Valparaiso. Lake county's will be held Saturday, January 21, 2012 at 9 AM at Omni Health Club located in Schererville. You can e-mail Allison Thomas, Allison.Thomas@oppent.org, or Christine Schneidt, Christene.Schneidt@oppent.org, for further details. The Marathon has really moved up the dates for the Official Charities to have participant information in. Please see the insert enclosed for further details. Being the 35th Annual it is expected to sell out much quicker than usual.

If you know of someone who would like to train for their first 5K or you would like to train for a further distance, we will have several new running programs beginning in early Spring. Check the web site for updates. Once you are a Strider member you do not have to pay additional fees to participate. We ALWAYS welcome you out on our group runs that are lead by RRCA Certified Coaches. They will be able to answer any questions or concerns you may have, and get you ready to go toe-to-toe with the start line of the distance you are trained and ready to complete.

Last month we all had so much fun at the Holiday party! Hats off to Linda Ramos and her committee, you did an outstanding job!

The Membership Drive/Fun Run was a great success! Thank-you to everyone who came out and participated.

The next social event will be the Gold Cup Banquet. This night is full of recognition for the hard work and effort put in over the past year. This night we enjoy great food, dancing, Strider wear sale, 50/50 raffle and our silent auction. I

hope to see you all there. If you can not attend and would still like a chance to win the quilt we raffle off, you can fill out your raffle tickets and mail them to the PO Box. The winner does not need to be present. We are still accepting items you may wish to donate to the silent auction (minimum value \$25), just get in touch with any Board member to make arrangements to get your donation picked up.

If you missed out on the Membership drive you can renew for 2012 online, just go to the Strider web site and click on the link, or fill out the enclosed membership form and mail it to our PO box, which is provided.

"When you cease to dream you cease to live"

Stride ON!
Michele



GOLD CUP RACE SCHEDULE:

Runnin' with the Irish 5K
Saturday, March 17
9:00 AM CST
Chesterton, IN

La Porte YMCA Run 10K
Saturday, March 24
9:00 AM CST
LaPorte, IN

SERIES RACES:

2012 Schedule
Soon to come!

SPONSORED RACE SCHEDULE:

2012 Schedule
Soon to come!

UPCOMING STRIDER EVENTS:

Board Meeting
Thursday, January 12
6:30 PM CST
Omni 41
Portage, IN

Gold Cup Banquet
Saturday, January 28
4:15PM Cocktails
5 PM Dinner—Awards follow
Avalon Manor
Merrillville, IN

INSIDE THIS ISSUE:

One Excellent Weekend	2
Coach Karen Nagel—My Hero	3
VP Corner	3
Meet A Jr. Strider	3
Meet a Strider	4
Jr. Strider News	4
Coach's Column	5
Read Runner's World For Free	5
Adult Running Programs	5
Holiday Party Recap	6



CONGRATULATIONS JIM COX AWARD RECIPIENTS

This award is presented in memory of Jim Cox, a very active CRS member, who was the first Strider to run every race in the Gold Cup Series. Jim was diagnosed with Leukemia in August 1993 and on October 15, 1993 succumbed to the disease at the age of 57 years. Since the inception of the award in 1993, this amazing feat has been accomplished 82 times by other Strider members. There are now 5 additional members that can be added to this amazing list as result of the club's 2011 results. We hope you enjoy reading about their adventure!



David Bobeck (Munster) - 2nd Jim Cox award. Favorite races: #1 Taltree 10, also Spring Fling 5k; 2 Big Hearts 5k, Sunburst, Chicago Marathon of course! Greatest sacrifice - running Gallery Gallop. "I don't like running on sand and the weather was horrible. I really had to talk myself into that race." Would do it again -everyone should try it "at least once". "Overcoming everything involved from the time required, to the aches and pains, to all the driving; takes dedication and is very rewarding."

Rich Milcarek (Hebron) - 1st Jim Cox award. Favorites races: #1 Panther Pounce, also Taltree 10, Tower Run. Greatest sacrifice he made: Holiday rate pay - I work at the mill and traded a regular day during week to run Trail Run Extreme and forfeited twelve hours of pay. May or may not do again - as the end of year approaches one begins to worry about injuries, care trouble, bad weather, the stress of attending and completing all the races takes its toll. After finishing the Gallery Gallop in some of the nastiest wind, cold and terrain he knew he was going for it - the Cox Award. "I challenge fellow Strider Bob Wiseman to complete this goal. He is constantly looking for the motivation to stay running and I think he would enjoy the challenge of completing them all." "I met some really great people because of this award. Dave Bobeck carried me though the mid-miles during the marathon. Jose Lopez - we know you will be there again next year; and Dennis Rotz - 249 races in a row, unbelievable!"



Dennis Rotz (Dyer) - 10th Jim Cox award. Favorite races: #1 Brickyard 5m, also Fall Frolic 4m. Greatest sacrifice he made: in 2003 when his brother passed away in Utah, he drove back to Indiana to run the Brickyard, then drove back to Utah for the funeral. He always says "never again" but we see how that goes... He would challenge any Strider to complete this goal - it is very motivating and racing keeps you in shape. "Great job to all the recipients and I hope they keep going! Jose Lopez was short just one race this year due to an injury, but he deserves the biggest award for all the races he has done, for all the work he does for the Striders, and for all the support he provides for his family, and fellow Striders."

William Stalhandske (Hobart). - 1st Jim Cox award. Favorites races: #1 Taltree 10, also Field Station Frenzy, Gallery Gallop. Greatest sacrifice: shortened summer vacation over 4th of July week to race consecutive weekends. Would possibly do again - perhaps when he is a little older and has less desire to travel for races. He now enjoys traveling to different parts of the country to race in different types of races. "I challenge John Borman to complete this goal" - he runs a lot throughout the year but this would challenge him to participate in some races that he does not normally do. "Running in all the Strider races made the running season go by very quickly". In 2011, he competed in 18 additional races, the majority of which were longer distances. "Perhaps having fewer races in the Strider schedule, but more longer distances would make for a more challenging Jim Cox."



Ryan Kwiecinski (Chesterton) - 1st Jim Cox Award. Favorite race: Chicago Marathon - great crowd support; also Ringing in Spring - great way to kick of the racing season. Greatest sacrifice was giving up weekend plans to race every weekend. It had been a goal of his since he became a Strider many years ago. He feels satisfied and is not sure if he will do again, however "anyone seeking a challenge should go for it. I had a fun time participating in all of the races. It was a great challenge and I definitely had a sense of accomplishment when it was over!"



BOARD MEMBER EMAIL ADDRESSES



OFFICERS:

PRESIDENT
Michele Hale

RunningLead@aol.com

VICE PRESIDENT
Robin Benson-Harvey
vp@calstrider.org

TREASURER
Cecilia Bernal
jcmbernal@comcast.net

SECRETARY
Pete Klaeser
secretary@calstrider.org

COMMITTEE CHAIRS:
SOCIAL & SPONSORSHIP CHAIR
Linda Ramos
plymouth71@comcast.net

PUBLIC RELATIONS

Lisa Moreno

lisarunsalot@sbcglobal.net

GOLD CUP & SPONSORED RACE SERIES

Mary Zemansky

drmaryzemansky@sbcglobal.net

MEMBERSHIP & VOLUNTEERS

Dan Sturgell

dansturgell@yahoo.com

RUNNER PROGRAMS & SCHOLARSHIPS

Sue Brown-Nickerson

coachsue@calstrider.org

**NOMINATIONS, BYLAWS, &
DISABLED RUNNER FUND**
Doug Walter

nominations@calstrider.org

ADULT RUNNING PROGRAMS

Nicolette Huber

hubbn5@hotmail.com

APPOINTED:

WEBMASTER & STATISTICIAN

webmaster@calstrider.org

INSTEP EDITOR

Holly Plew

hrfortmann@yahoo.com

STRIDERWEAR COORDINATOR

Jose Lopez

gunnylopez@sbcglobal.net



COACH KAREN NAGEL—MY HERO

KRISTEN STAPAY OF CHESTERTON

In my freshman year of high school I ran my first 5K road race - it was the 8th annual Running with the Irish. I saw one runner at the top, and she was faster than a lot of the men. Her name is Karen Nagel. She also runs with a prestigious group of men runners called the Northwest Indiana Ridge Runners. Through the past few years I often see this group at every race in the area, and am continually amazed by Karen's determination and strength. I think it is so cool for a

woman to not only race and keep up with the men, but also to win so many overall titles. What girl power!

In my senior year I decided that I wanted to continue my Cross Country career and run in college, so I decided to run for Purdue University Calumet in the Fall of 2011. This was Purdue's first year for a Cross Country team. I was shocked, but elated, when I heard they were having a cross country program and that Karen was going to be an assistant coach!

Throughout our season, she pushed me to my limits and encouraged me at every workout. I also grew to know her for more than just her running. She is funny, super smart because she is a math/science teacher at Valparaiso High School, and she is also outgoing with a great personality. I may not be attending Purdue Calumet for my entire college years, but I know that with this past season I met my hero that I will never forget. I will always have her in the back of my mind in every workout and every race cheering me on.



VP'S CORNER

Greetings from the back of the pack. Happy New Year!! I hope this is a good one for everyone. Make your plans now to complete the 2012 Gold Cup Series, join a Strider Board committee to help out, volunteer at a Strider event, achieve goals that seemed unreachable. Next year is now here.

I would like to thank Linda Ramos and her committee for a successful Holiday Party. I loved the Jr Strider Christmas Rap Song. Although the banquet is still weeks away, I thank Linda for all her time and effort in putting

it all together. I have walked in those shoes and it is a big job. I look forward to seeing all of you at the Banquet.

I would like to congratulate the Strider wear winners so far: Rich Limacher and Diane Dumonte-Slater at the Brickyard, Milagro Gonzalez and Diane Kellenberger at the Zoo Run, Victor Camerena & Rich Limacher at the Hometown, Ignacio Jasso and Elaine Hendricks at the Wolf Runm Sarah Hunsley and Ulrike Zambori at the Run for Roses, Christine Hendricks and Marvin Jordan at

ROBIN BENSON—HARVEY

Manda's Race, Robert Lukouski and Deb Schiesser at the Fall Frolic and Elaine Hendricks and Cheyanne Stock at the Turkey Trot. Thank you for wearing your Strider wear in 2011. As our club grows it helps us get to know you better. All entries received in 2011 will be at the Gold Cup Banquet, where we pull two winners to receive a free 2012 Strider Membership.



MEET JR. STRIDER BROTHERS: JACOB & CALEB CHAPMAN



Jacob Christopher Chapman 8yrs old, birthday July 24, 2003

I am in 2nd grade at South Newton Elementary School in Kentland, Indiana. I live in Brook, Indiana. My favorite subject is Math because I really like doing math facts and multiplication. I run because my brother Caleb runs and I meet a lot of cool people.

I have been a Strider member for 2 years.

I like the track season better because I like sprints much more than distance.

My favorite race so far was the Fishers Fire Track and Field Invite where I placed 2nd in the 800m and I also got my P.R.

Besides running I really enjoy playing basketball and baseball.

Something you may not know about me is that I have a younger brother Samuel Aaron Chapman who is 7 months old. I really hope he likes to run when he gets older like Caleb and I.

I have a fish named Frank.

My favorite food of all time is fettuccine alfredo.

When I grow up I would really like to be a cop or a professional baseball player.

Caleb Michael Chapman 12 years old,
birthday October 13th, 1999

I am in 6th grade at South Newton Middle School located in Kentland, Indiana. I live in Brook, Indiana.

My favorite subject is Math - It is a lot of fun and My teacher Mr. Kerwin is awesome!

My interest in running started when I was 9 years old. My P.E. teacher Mr. Sloan was timing me on the mile for gym and was very impressed with my mile time.

I have been a Strider member for 2 years.

I like XC better- I enjoy running distance better than sprints.

My favorite race was the Track State meet this year where I raced a strider friend, Dustin Hudak and I got a P.R. for the 1500m; a time of 4:49. It was so intense and awesome!

Besides running I really enjoy playing soccer, baseball, basketball and playing catch with the football.

Something you may not know about me is that I have 55 running medals and plaques. 22 Baseball trophies, 4 basketball trophies, 1 football trophy, 12 soccer medals and 12 academic medals as well - I love collecting medals and trophies.

When I grow up I want to be an Olympic runner- My goal is to compete in the 2020 Olympic games!





MEET A STRIDER: AMY BLUE-CASHMAN

Bio (Tell us a little about yourself):

I am 28 years old. I am a social worker for a small non-profit hospice agency. I have been running since about 1994. I am married to Nate and we are expecting a baby at the end of December. The photo here is of me last month before my last race of the season (Panther Pounce), wearing my favorite "running for two" T-shirt! Maybe not my typical picture...but you may recognize me from the gold cup races best this way! I love being a runner and being part of Striders, and I really enjoy having a race to run nearly every weekend!

How long have you been a Strider?

2 years.

What is your favorite Strider Race?

That is a tough one--I really enjoy them all. If I had to pick one, I'd probably say the Tower Run in Michigan City. I never get a good time but I love the challenge of it!

What is your most memorable run(s)?

I remember doing my first marathon (Marine Corps in D.C.) in 2007. That was such a new experience and I really loved it. This year, my most memorable race was definitely my last one--the Panther Pounce at Purdue West Central. I was about 35 weeks pregnant and ran the 10K through the mud puddles and hills! I decided it was a good race to end my season on--I was beat!! Some of my most memorable practice runs were on the Dunes; I especially like the trails at Miller Beach in Gary. I like to run there when the snow is just starting to melt and the cold weather is breaking--it is refreshing and inspiring.

What are your running goals?

The biggest goal I have is to always be a runner. I try to run the Marine Corps Marathon every year (missed this year) and my ultimate goal is to qualify for and run in the Boston Marathon. Maybe next year??

Besides running what do you like to do?

I love road trips and traveling all over the states with my husband. It feels great to jump in a car and see where it takes you! My favorite trips this year were to Louisiana and New Mexico! I also enjoy spending time with our families and friends, especially during the holidays. And I love pets--we have 2 dogs and 2 cats.



JR. STRIDER NEWS

SUE BROWN-NICKERSON



Dustin Hudak is AAU 2011 National Champion 11 years old - 1.8m



Caleb Chapman is AAU 2011 National Runner up 12 years old - 1.8m

Northwest Indiana Cal Striders 11-12 boys midget team places 5-8-11-19-43 to earn a 2nd place runner up team title.

Left-Right pictured below: Coach Leo Frey, Nate Smith, Adam Ayers, Carlos Martinez (19), Dustin Hudak (8), Caleb Chapman (5), Carl Frey (19), Hunter Boyer (43), Tyler Villarreal.

54 youth team members from the Calumet Region Striders traveled to Huntington, West Virginia to compete in the 2011 XC National Youth Championships. While determined by the Strider coaches to be the most challenging xc nationals course presented since the inception of the youth team six years ago, team members battled wind, hills, mud, and the fastest in the country. 22 Calumet Region Strider age group medalists in addition to the 2nd place boys team title. Many great learning experiences to be taken home for all. Strider coaches attending were Steve Kearney, Leo Frey, Jorge Ramos, Mitch Semans, Beth Boyer, and Sue Brown Nickerson.

Congratulations to our top 25 National Medalists - Kyleigh Werner, Tricia Joll, Kristin Staypay, Cheyanne Stock, Reilly Boyer, Megan Bucko, Crystal Centifanto, Jacob Chapman, Cameron Zimmerman, Elspeth Young Brust, Sara Ramos, Caleb Chapman, Dustin Hudak, Carl Frey, Carlos Matinez, Nate Smith, Ellie Joll, Alison Mundell, Hope Myroup, Dakota Merkel, Benjamin Hardwick, and Steven Sweeney.





COACH'S COLUMN

BY NICOLETTE HUBER

Half-Marathon Training Program in Porter and Lake County

So have you been thinking of doing a half-marathon and just don't know where to start? Have you done a half-marathon but want to join a group? Well look no further because there is a program for you!!! We have designed a training program that will get you prepared for the Crossroads Half-Marathon on April 15, 2012 in Lowell, Indiana. This is not for beginners as it is designed for novice to advanced runners who can complete a 5k with 6-10 minimal mileage in one week. The start date of the program will be January 18, 2012 in Lake County and January 21, 2012 in Porter County. The uniqueness of this program will be that you can go to either location based on your flexibility because both coaches will be following similar programs. Further information will be given at the specific call-out sessions or contact either coach.

Porter County Program coached by Nicolette Huber (RRCA certified coach)

Contact information: hubbn5@hotmail.com or phone 219-406-6705

Start: Saturday, January 21, 2012 at 8am

Location: Portage YMCA initially

Cost: \$55

* includes: race entry, Calumet Region Strider membership, complimentary gift, certified coaching guidance and advice

Call out meeting: Wednesday, January 11, 2012 at 6pm at Portage YMCA

Lake County Program coached by Frank Johnson (RRCA certified coach)

Contact information: fdkbjohn@sbcglobal.net or phone 219-805-6526

Start: Wednesday January 18, 2012 at 6:30pm

Location: to be determined

Cost \$55

* includes: race entry, Calumet Region Strider membership, complimentary gift, certified coaching guidance and advice

Call out meeting: Wednesday, January 11, 2012 at 6pm at 5940 Wildrose Lane, Schererville



READ RUNNER'S WORLD FOR FREE

RUTH SEAMAN

Did you know that Indiana residents can access the full text of Runner's World magazine online for free? This free full text includes only the text of articles (no pictures or images). The state of Indiana pays for a suite of databases (called INSPIRE) that are made freely available to all Indiana residents; and many magazines and journals (including titles like Consumer Reports-with images) are included within INSPIRE.

If you're interested in reading Runner's World for free, here's how:

- Get to Indiana Inspire (you can either Google it, or here's the direct URL: www.in.gov/library/inspire (note, INSPIRE doesn't always play well with the IE browser)
- At the top, under "INSPIRE Data-

bases", hit "search"

- Scroll down. Under list of resources, pick Masterfile Premier (click on the name of the database)
- On the EBSCO screen, pick "Publications" at the top left
- Type in "run" (into the second search box on the screen- under "Browsing: MasterFILE Premier - Publications") and hit browse, click on the magazine title when it comes up.
- It takes you to the Runner's World screen. From there you can either browse by date, or search for a specific topic within the magazine under "Search within this publication" (both on the right-hand side).

If you want to set up an alert so you're notified of the contents when a new issue is released, you can do that through the

orange rss feed button (to the left of the magazine title).

Note: there can sometimes be a delay in the current issue's full text availability. I'm writing this in mid-December and the articles from December just have basic citation information but no full text, but November's articles are available. Another caveat is that some authors do not allow their articles to be made available online. The November issue has 36 articles and nine are not available via this method.

If you want either immediate access to full text or pictures, stick with your print subscription. If you're able to wait a few weeks for full text and don't care about the images and some missing articles, give this a try. If you have any trouble with this, feel free to send me an email at ruthseaman@gmail.com.



ADULT RUNNING PROGRAMS

NICOLETTE HUBER

Now that the holidays are over and a new year has begun, what are your running goals??? January is the time that some people get the motivation to start running or get back into running from their recovery period. The Striders have multiple groups that meet in different locations and a great place to find that information out is checking the CRS website under Adult Running Programs. Also through the year different beginning programs are put together for specific races and distance. For example read the article describing the half-marathon program that begins in January 2012. As you go through this specific program it will get you ready for other Strider races such as 5k and 10k. Running with a group is encouraging and fun as you help each other get through. So don't look at where you have been....look at where you are about to go for 2012. If you have any questions contact Nicolette Huber at hubbn5@hotmail.com or 219-406-6705.



THIS & THAT

BY ALL OF YOU

In order to receive the Gold Cup Discount when registering for races on the T&H Timing site for the 2012 season is: **GOLDCUP**.

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE FEBRUARY INSTEP IS WED, JAN 11, 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**



HOLIDAY PARTY RECAP

L I N D A R A M O S

This year's Strider Holiday Party brought together more than 100 members to eat, dance, and enjoy one another's company. There were many veterans, along with several new faces as well. Many sat at a table with a stranger and left with a new friend. That is what these parties are all about!! As usual, the best feedback came from the kids. They had a BLAST!! I don't think I've ever seen so many dancing and having fun!! One of the highlights was the kid's 11 and up broke off into teams and each made their own rap song to the Twelve Days of Christmas using running items in their lyrics. Coach Sue Brown-Nickerson had to be the judge and called a tie because both were so good. Here are their lyrics:

Team One

#1 - On the 12th day of Christmas, my running friend gave to me: 12 pairs of Strider socks; 11 pairs of Under Armor; 10... sports bras; 9 water bottles, 8 Strider headbands, 7 blue arm warmers, 6 brand new spikes, FIVE national tshirts! 4 yelling coaches; 3 days left of hard work, 2 hours of cheering, a-n-d one -- special Strider uniform!

Team Two

#2 - On the 12th day of Christmas, my running friends gave to me: 12 runners-running, 11 Striders -striding, 10 fans-a-shouting, 9 coaches- screaming, 8 spikes-a-spiking, 7 hills-of-conquering, 6 parents-paying, FIVE...muuudd slides! 4 neck-to-neck, 3 in-a-pack, 2 feet- moving, a-n-d a happy Sue with a championship plaque!

You be the judge!!

Along with the fun and games, we had a 50/50 raffle in which one guest went home with \$75.00!! We raffled off snowmen centerpieces and the kids all went home with fun prizes! Many took advantage of all the Striderwear and went home with great Christmas presents to share with others. There were some unique and useful gifts in the gift exchange also. I received many compliments on the delicious food, too.

I have to say, the party felt like a huge success. I saw many smiles and heard a lot of laughter. If you were unable to attend this year, plan on joining us next year . You won't be disappointed. But the party could not have taken place without the help of friends and family. I would like to thank my husband Jorge and my daughter Sara for all their help with many of the projects. Lynn Stepanovich for shopping with me, helping with ideas, setting up the hall and much more!! Edna Sweeney and Lynn for helping with the centerpieces! And Jordyn Boyer for helping with the reindeer candy canes!! You guys are all the best!!

I am looking forward to seeing all of you at the Gold Cup Banquet in January. Be prepared to have fun!!

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

Check Out Our Site: WWW.CALSTRIDER.ORG