



## PRESIDENT'S MESSAGE

Big Round of APPLAUSE to Linda Ramos  
for an outstanding job coordinating  
the 2011 Gold Cup Banquet!

The many hours and months of preparation paid off,  
everyone had a great time!

If you have not yet joined the Calumet Region Striders facebook page, I suggest you do. Lisa Moreno keeps it up to date with everything going on with the Striders. I apologize for the delay in updates on our website, we are working hard on getting it updated and current with all your running needs.

If you have not yet renewed your membership for 2012, this will be your last Instep until you do.  
If you are having difficulty doing it online you can mail them to :

CRS  
PO.Box 225  
Griffith, In. 46319

Next month the first Gold Cup race of the 2012 season, Running with the Irish, will take place on Saturday March 17. For those of you competing in the Gold Cup Series, you want to be sure to renew your membership beforehand so that you will receive points for completing the race. Wear green and show your Shamrock Spirit. Be sure to stop by the Gold Cup table before the race if you are wearing Strider wear to enter your name in the drawing for " I WORE MY STRIDER WEAR" and after the race to complete a race evaluation. Your feedback is important to us, we take all of them into consideration when putting together the Gold Cup series.

Last month many people made New Year's Resolutions, perhaps yours was to lose weight, run your first 5K, introduce workouts into your daily routine, compete in your first triathlon, beat your old PR or volunteer at a race. Be realistic when setting these goals. Announce to family friends and co-workers your goal. When you talk about it with others it will help you in reaching it. You can refer to this month's coach's column for added support.

You can get up and remind yourself that you're getting older and things are harder and your life is busy. I take the other choice. I try to see the best. My life is great. I have amazing opportunities ahead of me, and I make the best out of it and try not to beat myself up that age has anything to do with it. I know there's a reality that eventually, OK, I won't be able to PR, and that's fine. As long as I can trick my body and my mind a little longer, I'm going to have fun with it.

-- Magdalena Lewy Boulet

Stride ON!  
Michele



**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**



**View the 2012**  
**XYZ Schedule**  
**Inside this Issue!**

**SPONSORED**  
**RACE**  
**SCHEDULE:**

**Valentine's 5K Run**  
**Sunday, February 12**  
**10:00 AM CST**  
**Valparaiso High School**  
**Valparaiso, IN**

**UPCOMING**  
**STRIDER**  
**EVENTS:**

**Board Meeting**  
**Thursday, February 9**  
**6:30 PM CST**  
**Portage Family YMCA**  
**Portage, IN**



### WHY NOT TRAIL RUN?!

MARY ZEMANSKY

The chummy little group that calls itself trail runners was curious to know why many of you have not yet attended one of our events. Perhaps you feel that all trail runs are extreme, involving mud pits, water crossings up to your waist and drastic course conditions. In truth, while some runs include these features, most do not (or minimize such obstacles). On most trail runs, the pace is slower due to rocks and roots and such, but this allows you to enjoy the scenery and not be all-consumed with beating out the individual ahead of you. The camaraderie at these events meets or exceeds that road runner bonding that occurs; besides, we almost always have better food and sometimes we barbeque! So what are you waiting for? Time to make a resolution to expand your familiar yet boring running routine and seek an adventure. Peruse the XYZ application (enclosed within this newsletter), choose a race, and let us show you a good time. Maybe you'll like it so much, you'll join XYZ and run with us on a regular basis! Questions? Contact Mary Zemansky or one of the many other trail runners that are around. Dare to be different in 2012!

#### INSIDE THIS ISSUE:

<b>One Excellent Weekend</b>	<b>2</b>
<b>Coach Karen Nagel—My Hero</b>	<b>3</b>
<b>VP Corner</b>	<b>3</b>
<b>Meet A Jr. Strider</b>	<b>3</b>
<b>Meet a Strider</b>	<b>4</b>
<b>Jr. Strider News</b>	<b>4</b>
<b>Coach's Column</b>	<b>5</b>
<b>Read Runner's World For Free</b>	<b>5</b>

**TOP 10 REASONS  
TO REGISTER FOR  
TALTREE 10—  
APRIL 28TH, 2012**

10. New Venue—start/finish at Taltree Arboretum & Gardens!
9. Two weeks later than usual—maybe nicer weather?
8. Challenging!
7. Reversed route!
6. 6 miles of road, 4 miles of trails!
5. Jr. Striders and families as course support with cheering stations!
4. \$5 of each entry goes back to Taltree Arboretum & Gardens!
3. Proceeds support the Youth Strider Programs & Scholarship Fund!
2. 3D custom designed medal for all finishers!
1. Because of popularity and race limit of 375, this race will sell out!



**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



**JR. STRIDER NEWS**

SUE BROWN-NICKERSON



**Announcement: Youth Track & Field Call Out - late April/early May.**

*Renew your CRS membership to stay on the mailing list.*

**Jim Cox Scholarship Applications Due 4/1/2012**

Are you a graduating senior or current Strider member with a son or daughter headed to college this Fall?

Click on Jim Cox Memorial Fund on Strider website for a written application which must be postmarked by 4/1/2012.

Dustin Hudak had a busy trip to Florida in early December. He quarterbacked for the South Lake Red Devils of Lowell and his team was competing in the Pop Warner National Championships on the same weekend he competed and won his age division at the AAU Cross Country Championships at Wide World of Sports Complex in Orlando. It has yet to be verified if Dustin was the first athlete to compete in both the Pop Warner and AAU XC National Championships on the same day.



**THIS & THAT**

BY ALL OF YOU

Remember Amy Blue Cashman from January 2012's INSTEP Meet A Strider column? Amy was running Gold Cup races into her third trimester! She gave birth to an adorable baby boy, Phinneas Blue Cashman.

**Congratulations Nate and Amy!**

The Hinshaws have returned to the US of A. After six years in Europe and loving it all, Mary and Dave have returned to the States. I'm now working at Ft. Lewis with MPRI, a division of L-3 Comm, as Program Operations Manager. We live in Olympia and are now looking for 5 and 10k races in the area. I miss my country running routes in Germany and Italy and am looking for the same here.

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

**ATTENTION!!!  
INSTEP SUBMISSION  
DEADLINE CHANGE**

**DUE TO THE TIME IT TAKES FOR THE INSTEP TO REACH OUR STRIDER HOUSEHOLDS THROUGH THE MAIL, THE INSTEP DEADLINES HAVE BEEN MOVED UP.**

**THE DEADLINE FOR SUBMISSIONS FOR THE MARCH INSTEP IS FRIDAY, FEBRUARY 10, 2012. EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.**



**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



# RRCA 2011 OUTSTANDING MASTER ROAD RUNNER OF THE YEAR NOMINEE

BY SUE BROWN-NICKERSON

Jeff Mescal, age 46 Hebron, Indiana, is an exemplary member of our running community with outstanding race results through the U.S. A self inquiry of marathonguide.com results reflects that he ranks 2nd OA master in sub-3 hour master wins/1st place age group awards in US marathons for 2011. Please consider his nomination for the RRCA 2011 Male Masters Road Runner of the Year.

### 2011 Marathon Summary:

Number of marathons under 3 hours - 12 (10 races, 2 as pace leader)

Number of overall marathon wins - 4

Number of marathon master wins - 10

Number of marathon age group wins - 10

Number of marathon overall course records - 3

Number of marathon masters course records - 6

Number of marathon age group course records - 8

Average marathon finish time - 2:49:08 (not including the 2 as pace leader)

Date	Race	Distance	Time	OA Place	Master Place	AG Place	Award	Note
2/27/11	Last Chance for Boston (Dublin, OH)	Marathon	2:48:55	1	1	1	1st Overall	Master's course record
3/12/11	Runnin' With the Irish	5 K	17:30	7	3	1	1st AG	
3/26/11	LaPorte YMCA (LaPorte, IN)	10 K	36:21	5	1	1	1st Master	
4/3/11	Crossroads of Indiana Marathon (Lowell, IN)	Marathon	2:46:47	1	1	1	1st Overall	Open and master course record
4/16/11	River to River Relay (Marion, IL)	80 M	7:55:37	6	1	1	1st Master	Team event
4/30/11	Kentucky Derby Half (Louisville, KY)	13.1 M	1:16:58	22	2	1	1st AG	1st master on gun time
5/14/11	Journeys Marathon (Eagle River, WI)	Marathon	2:45:23	2	1	1	1st Master	
5/28/11	Kent's Run (Boone Grove, IN)	5 K	17:13	2	1	1	1st Master	Master's course record
6/4/11	Sunburst Marathon (Southbend, IN)	Marathon	2:51:32	2	1	1	1st Master	
6/11/11	Carmel Marathon (Carmel, IN)	Marathon	2:56:30	6	1	1	1st Master	RRCA State Championship
6/18/11	Niagra Marathon (Niagra on the Lake, ON)	Marathon	2:52:36	1	1	1	1st Overall	
7/2/11	Brickyard 5 Miller (Hobart, IN)	5 M	29:13	5	1	1	1st Master	
7/20/11	Friendship 5K (Highland, IN)	5 K	18:14	19	4	2	2nd AG	1st race after rib injury
7/23/11	Buckley 5 Miller (Lowell, IN)	5 M	30:54	8	3	2	2nd AG	
8/20/11	Hometown 5K (Griffith, IN)	5 K	17:45	3	1	1	1st Master	
8/27/11	Race to the Taste (Valparaiso, IN)	5 M	28:53	4	2	1	1st Master	OA winner was a master
9/10/11	Popcorn Panic (Valparaiso, IN)	5 M	28:16	14	4	1	1st AG	
9/17/11	Octoberfest Marathon (Lake City, MI)	Marathon	2:44:52	1	1	1	1st OA	Open and Master course record
9/25/11	Calumet City Half (Calumet City, IL)	13.1 M	1:17:46	2	2	2	1st Master	OA winner was a master
10/1/11	Wide Open Paces (Fair Oaks, IN)	10 K	36:27	1	1	1	1st Overall	
10/9/11	Chicago Marathon (Chicago, IL)	Marathon	2:59:55	-	-	-	-	3 hour pace leader
10/15/11	Indianapolis Marathon (Indianapolis, IN)	Marathon	2:47:40	4	1	1	1st Master	RRCA Regional Championship
10/29/11	Haunted Hustle Marathon (Madison, WI)	Marathon	2:48:33	4	1	1	1st Master	Master course record
11/12/11	Veteran's Marathon (Columbia City, IN)	Marathon	2:48:35	4	1	1	1st Master	Master course record
11/24/11	Turkey Trot (Valparaiso, IN)	10 K	35:43	4	1	1	1st Master	
12/4/11	Las Vegas Marathon (Las Vegas, NV)	Marathon	2:59:55	-	-	-	-	3 hour pace leader

### Other running related activities this year:

- Serve as 3 hour pace leader at 2 marathons in 2011.
- Volunteered as a virtual marathon coach for the American Greyhound Marathon team, an official Chicago Marathon charity group.
- Volunteered and helped out at daughter Jessie's cross country meets and practices (both middle school and Striders).
- Volunteered as web master for 2 web sites one race web site and one running group web site.
- Served as captain and participated on a team that won the masters division at the River to River 80 mile Relay in Illinois.
- Served as a Gatorade G Series Pro Elite Tribe Mentor for 2011
- Volunteered at a local marathon - packet pickup, training run leader, course design, marking and setup

### Other non-running activities:

- Served on the Tri Creek school board.
- Volunteered at the Buckley Homestead Living History Farm at Sleepy Hollow Program
- Volunteer for the American Greyhound Rescue organization as foster home provider

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



## COACH'S COLUMN

SUBMITTED BY MICHELE HALE

What are your goals for 2012? Maybe you will run all the races in the Gold Cup Series and become a Cox recipient. Maybe you will finally run a marathon, or get that PR. Whatever it is I hope to see you out there.

**1. Set specific and measurable goals.** Vague goals such as "to become a better runner" or "to train harder" do not focus your efforts. To provide motivation, there can be no question afterwards whether or not you reached your goal. An example of a specific and measurable goal is "to run sub-6 minute mile pace for 10K by the end of the summer," or "to run a minimum of 50 miles per week for each of the next 6 weeks." Both a target and a time for achievement are clearly stated.

**2. Set goals that are challenging yet achievable.** An easy goal will not lead to greatness or even provide the motivation to roll out of bed on a rainy morning. An outlandishly hard goal, such as the good high school runner who says he wants to win an Olympic gold medal, will not provide direct motivation to get out and train. If that high school runner can not realize success until he earns an Olympic gold medal, then running will become a frustrating endeavor with little reward. Set a goal so that with intelligent training you have a realistic chance of achieving it within a time frame that provides motivation for your training.

**3. The fitter you already are, the less you will improve.** The unfortunate fact is that the longer and harder you have been training, the closer you are to your genetic potential. The closer you are to your genetic potential, the smaller the improvements you can make. If you have been training diligently for 12 years and have run a 33 minute 10 K, then a challenging yet realistic goal for 2000 would be to break 32:30. Chances are that you are already fairly close to your genetic and that any further improvements will be hard won and measured in seconds rather than minutes. An individual who has only been running for a few months, however, can expect to improve in larger chunks. In the first year of running, it is not unusual to improve performances by 10% or more.

**4. Do not expect quick results.** Performance improvements take time. When you increase the volume or intensity of your training, at first you just get tired. Training provides the stimulus for the body to improve, but improvements take time. Additional fatigue occurs before the positive adaptations to training, and at first your running performances may actually get worse. The third week of increased training is typically the worst. Allow a minimum of 5 weeks after modifying your in performance. If you are training for a 10 K, give yourself a minimum of 10 weeks to prepare. For a marathon, allow a minimum of 15 weeks to prepare.

**5. State your goal in terms of performance rather than outcome.** Examples of performance goals are "to run at least 5 days per week until the 4th of July road race," or "to run the half marathon in April at 5 minutes and 45 seconds per mile." An outcome goal is "to win my age group in the half marathon." With a performance goal, you can develop a plan to reach that goal. Most of the necessary achieve your goal (e.g. dedication to training, eating correctly) are within your control, which improves your self confidence. With an outcome goal, however, major aspects of reaching your goal are out of your control. In the example of winning your age group. There are other runners trying to win your age group too, and you cannot influence their performance. Outcome goals, therefore, can lead to anxiety and frustration.

Remember in cold weather outdoor exercise to dress in layers. Wear moisture wicking fleece for insulation and outer layer. Remove or replace layers as needed. Wear a warm hat or gloves. Stay visible after dark. Wear reflective, light colored clothing. Use footwear with good traction. Stay hydrated even in cold weather. Use sunscreen and sunglasses to reduce UV rays and glare. Exercise with a buddy or let someone know when you will return and your route While there aren't as many sunny days in the winter, sunglasses are still a must if your are planning on being outdoors. Run safe- Stretch, Hydrate, Layer, Nourish & Run Safe.

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

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