



PRESIDENT'S MESSAGE

Spring has Arrived

Our clocks have sprung forward, daylight hours are longer, and the weather is warmer. Many of us feel we should get out there so we can log those miles. If you have tapered your running over the winter months remember to stretch before you go out and ease back into the long runs. If your muscles have been in hibernation over the winter they need to be re-introduced to longer runs. You do not want to strain or pull anything putting yourself at risk of a serious injury keeping you from participating in the this year's season.

We have many new Striders so if you are a Veteran, please share your running etiquette and experience's with beginners. Talk with them about wearing your bib visible on the front so that when photographers are out there they can find their pictures and reflect later on the race. Make sure they are wearing a timing chip properly in order to be scored accurately. Know your pace when lining up at the start line. If you run a sub 20:00 minute 5K then you should be up in the front of the pack. For those of you who run 25:00 towards the middle. If you are over 30:00 minutes you should line up towards the back. If you have small children who are participating please talk to them about the line up etiquette since most children want to be up front. However, most run in a zigzag pattern which can be dangerous causing them and those around them to trip and fall. Also if you know someone who is running bandit or wearing someone else's bib *please* tell them they need to go all the way to the back and do not run through the finish! Not only is this wrong, it is not fair to those who have paid an entry fee and are competing for age group awards and Gold Cup points.

We have not used sign in sheets for some time now, however for the next few months as our Web Crew tweaks our new results page **WE WILL HAVE THEM AT THE GOLD CUP TABLE-PLEASE STOP BY AFTER EACH RACE TO SIGN IN.** We appreciate your understanding and taking time out to do this until we are sure they are no longer needed. Remember to fill out Gold Cup evaluation sheets as well, it only takes a few minutes. Your feedback is used in next year's race selection process so that we can select races that meet the needs of CRS.

As I had announced at the Gold Cup Banquet, my Goal this year is to reach membership of 1,000. We are off to a great start! Before Runnin' with the Irish, we were already over 400. We will keep you posted on the total as the number climbs. The 1,000th member will be featured as a Meet a Strider, receive a special gift for themselves as well as the person who recruited them. So spread the word you could be the one who refers member 1,000. You can renew membership as well as sign up as a new Strider on our new web site <http://www.calstrider.org>. Some of you have posted on Facebook about reaching the website. Thank you!

Speaking of Facebook, the Striders Facebook page keeps posted on daily group runs and last minute notifications. This is a quick easy way to stay up to date and in touch with all your running needs.

If you know people who cannot run but still want to get involved with the Striders, we have many volunteer opportunities. Just get in touch with Dan Sturgell at dansturgell@yahoo.com, he will be able to give you upcoming dates and places that will be need much appreciated volunteer help. We need volunteers so the events we all love to participate at can take place.

I hope you all have a fun-filled, safe, and memorable Easter.

"The ONLY bad run is the one that didn't happen."

**Stride ON!
Michele**



GOLD CUP RACE SCHEDULE:

Ringling In Spring
Saturday, April 7
9:00 AM CST
Valparaiso Family YMCA
Valparaiso, IN

The Hammond 10K Charly Run
Saturday, April 14
8:30 AM CST
5670 Sohl Ave
Hammond, IN

Spring Fling 5K Ramp Run
Saturday, April 21
9:00 AM CST
Purdue University Calumet
Hammond, IN

10th Annual 10 Mile Run at Taltree Garden & Aboretum
Saturday, April 28
8:30 AM CST
Taltree Garden & Aboretum
Valparaiso, IN



XYZ SERIES RACES:

Sarett Spring Stampede 5K Trail Race
Saturday, April 7
9:00 AM EST
Sarett Nature Center
Benton Harbor, MI

Potato Creek Half Marathon
Saturday, April 28
Tentative/Pending

SPONSORED RACE SCHEDULE:

Crossroads of Northwest Indiana Marathon
Sunday, April 15
7:30 AM CST
Freedom Park
Lowell, IN

UPCOMING STRIDER EVENTS:

Board Meeting
Thursday, April 12
6:30 PM CST
Portage Township YMCA
Portage, IN

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MEET A STRIDER: CHUCK JANKOWSKI

Bio: I am 64 years old (65 and new age group in July). I am very happily married to my wife Ann. We raised 5 children and have 13 grandchildren. I have lived in Valpo my whole life and am retired from Urschel Laboratories. Due to the history of heart disease in my family plus the fact that I smoked and was out of shape, 33 years ago, 1979, my doctor said I should get more exercise. So my wife Ann and I started running and walking around our block. When I finally got up to where I could run 4 miles without stopping I decided to either quit smoking or quit running. I quit smoking. Smoking is stupid and running was more fun. I was hooked on running. Over the years Ann and I put in thousands of miles together did a bunch of marathons. We don't do marathons anymore but continue to exercise everyday.

How long have you been a Strider? 1 year (I know, what took me so long?)

What is your favorite Strider Race? Trail Run Xtreme and Trail Run Extreme II

Really like Tall Tree 10 too.

What is your most memorable run (s)? Wow that would be tough to decide. I guess it wouldn't be any of the many races. The "Zoy" always comes to mind. Running the "Zoy" and all the runs I do up there at the dunes with my son Paul and grandson Andrew are all very memorable to me.

Also all the runs I do with the Sunset Hill Run Club at Sunset Hill Farm are fantastic. It's not just the running but the people you run with that make the memories.

But to choose one...I would pick a run I didn't do. It would be my son Paul run-

ning and finishing his first marathon at Chicago. Ann and I both shed a tear as he finished. We had both done that marathon numerous times but seeing Paul follow in our footsteps that's one run I will never forget.

What are your running goals? To Keep on Runnin'

Besides running what do you like to do? I also enjoy doing watercolor, acrylic and oil paintings, mostly fun. Going fishing or to the beach are also favorite things to do. Oh yeah, Ann and I love to travel.



THIS & THAT

BY ALL OF YOU

It was an unexpected honor receiving the Pat Rhodes Volunteer of the year. I would like to thank those of you who nominated me. Being selected for this did completely catch me off guard and I was lost for words, so I would like to take this opportunity to thank all of the volunteers that come out to Lincoln Park Zoo every year on Marathon day. It is because of all of you I am able and proud to be Calumet Region Striders Aide Station Captain. I was fortunate enough to work with Pat a few years at the Marathon, being a past participant of the Marathon he understood the importance of the station running perfect to accommodate every runner that comes through, yet he found ways to make it fun for all the volunteers and year after year you all come back. Pat was seen at nearly every Strider event but the Marathon was his baby. I am sure he looks down on us on Marathon day and is proud that it has continued to be the best water stop along the course. As soon as I receive information on volunteering for this year's 35th Annual Chicago Marathon (which should be in July or August), I will make it available to you. I look forward to seeing you all in October.

*Thanks again,
Darrell Hale*

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



Not sure what to do with running clothes or shoes that may still have miles left on them?

Girls on the Run will have a collection box at Spring Fling. They will be collecting ALL sizes of men's and women's running clothing and shoes. Items they cannot use will then go to Campagna in Schererville. Please bring them before the race and place in the drop box.

ATTENTION!!!
INSTEP SUBMISSION
DEADLINE CHANGE
THE DEADLINE FOR SUBMISSIONS FOR THE MAY INSTEP IS FRIDAY, APRIL 13, 2012. EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.



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COACH'S COLUMN

SUBMITTED BY MICHELE HALE

Last month my sister Christine and I went to Miami to participate in our First Spartan event. WOW!

I have wrote several times about the benefits of a strong core that all came from books, coaching certification classes and feedback from fellow runners. The first ten minutes in to the Spartan I realized I do not have a strong core, along with the lack of upper body muscles. I was banking on simply my legs to get me through the eight mile-20 obstacle course. I have since started to add weight training into my weekly routine of working out and am very Proud to say both my sister and I are SPARTANS!

Below are a few exercises you can incorporate into your weekly workouts to help develop a stronger core:

Plank/Side Plank - Lie in a push-up position with your forearms on the ground, keeping your body in a straight

line, your elbows directly below your shoulders, and your abdominals pulled in (top, right). Hold. Shift to your side, keeping the elbow directly under your shoulder and both feet on the floor, top foot in front. Lift your hips until your body is in a straight line. For all variations, start with 30 seconds, build to 2.5 minutes.

Phase Two - Hold plank as you have been, but lower and lift into a side plank for four sets of six reps, holding each rep for a count of four. The plank was originally used to test lower-back strength, says Kline, and if you can hold it for two-plus minutes, your likelihood of having lower-back problems is low.

The payoff of these exercises is that they will develop abdominal and lower-back muscles that support and stabilize the middle of your body

Invest in a set of Core Sliders, which are two hand paddles that you can use at

home to work the abdominals, back, hips, and upper body. You can use them in your home and are easy to take with for travel.



You can tell you are headed for a tough trail run when you arrive at the start to find ATVs everywhere...serving to transport the course monitors. They happened to be pleasant fellows, members of the local gun club, who know the area well and appear to be unarmed. They allow us to park in the lot alongside them, curious about the two Americans who are in attendance.

The setting is Ngaruawahia, approximately one and one half hours south of Auckland, New Zealand. It is February, and it is summer in the southern hemisphere. The ground is dry. There are hills, and lots of them. About 125 runners and walkers have assembled for "The Killer" races, ranging from a 7K to a 31K. An annual event put on by Black Stump Adventures (the team of Maria and Graham), you find the information on Google when you type in "New Zealand trail races".

It is cool, but warming up quickly. One woman has a silly looking hat on, but others sport more traditional garb. My companion notes that bright colors are rarely seen in the country, and then I notice that I am one of only two participants who are wearing neon. People turn and look when we talk, primarily because

ADVENTURES IN TRAIL RUNNING— NEW ZEALAND

BY MARY ZEMANSKY

of our accent.

Graham calls out to us to give race announcements, including a warning about the "black sheep" that can lurk beside the trail, ready to attack (I am hoping this is an inside joke among kiwis). He also gives permission for a "shortcut" midrace, for those who overestimated their capabilities and need to take an abbreviated run. He heads to the start with a rifle (yes, a real gun), and someone jokes "Point it up!". He shoots it in the correct direction, and we're off, up a hill. Then another hill, which tops off into a vista of rolling hills, complete with a few white sheep (after all, this is sheep country). I can see a line of runners ahead of me. We dip down into a gorge with twists and turns, and waterfalls. We head uphill again, so I ask a woman "Do you think we'll ever go downhill?!" and she responds "I hope so!". Many runners choose to walk up the hills, but I remain determined to keep running (for fear of the black sheep?). There is a 7.5 km loop, followed by a 4.5 loop which more closely resembles Imagination Glen (or so I'd like to think), with wooded stream crossings and a bit of mud. There is eventually a course monitor to separate the short distance runners (i.e.: me and a few others) from the 31Kers at the location of the aforementioned shortcut. I get to wondering, how can we still be going uphill?! I then pass one of these rather

odd warning signs that are seen all over the country, a brightly colored diamond with an exclamation point in the middle, and feel that it summarizes my sentiments exactly at that point in time. As I cross the finish, I am greeted to shouts of "Well done!". I have survived my NZ trail run.

NZ being a former British colony, their commentary can be unique ("That would be lovely" is a commonly heard phrase). "Sammys", consisting of a piece of steak and a fried egg on bread, are sold after the race. A coffee truck is set up for purchase of "flat whites", "long blacks" and shaved ice (as well as tea, of course). As the contestants finished and refreshed themselves, the "prize givings" commenced. One early registrant won a \$100 certificate to a local running store, certainly an incentive to sign up early! There were also "spot prizes" included within the racing bags, providing additional freebies to participants. An entrant from the U.S., who shall remain unnamed, brought trail running shirts from her local club, and now XYZ is known throughout the country! One pre-teen won a shirt and later told us that he would proudly display it on his wall alongside his shirts from Europe, and was going home to look up our club on the internet.

All in all, a unique experience, prompting a potential new challenge for this runner...a trail race on every continent??

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JR. STRIDER NEWS

SUE BROWN-NICKERSON



HELP WANTED - VOLUNTEERS NEEDED FOR 10mile RUN AT TALTREE ARBORETUM & GARDENS

When: Saturday, April 28th 7-10:30 AM

Where: Taltree Arboretum & Gardens & Aberdeen Neighborhoods, Valparaiso

Who: Strider friends & especially youth families

This event is the annual youth program fundraiser and supports youth programs and the scholarship fund.

Mile Timers, course marshals, refreshment table, finish line, water station, cheer stations - interested?

Please contact coachsue@calstrider.org; or call 219-929-6862 to sign up.

Your support for the youth program would be appreciated..thank you!

TRACK & FIELD SEASON BEGINS MAY 7th week

Track & Field season begins May 7th in Porter County, and May 9th in Lake County

See May calendar insert for practice schedule.

Practices will be held on Monday/CHS & Wednesday/Valpo in Porter County; and Tuesday/Thursday in Lake County at Kahler MS
Porter County may sign up at practice sites; Lake county may sign up at Fleet Feet Sports Schererville on May 5th or at practice sites.

Watch the website (under youth programs) for updates and announcements.

Save these Dates:

May 28th - X-treme Kids Mile 12 & under; 12K 13 & under - East side of Imagination Glen, Portage

June 3 - Field Station Frenzy, Coffee Creek (Tot Trot 3-5), Kids Fun Run (6-8); and 5K 9 & older

June 6th - Hershey's, St. John (Lake County team)

June 7th - Hershey's, Portage HS (Porter County team)

June 16th - AAU State Meet 12 & under Chesterton HS

June 17th - AAU State Meet 13 & over Chesterton HS

HAMMOND TRACK CLUB HONORS YOUTH STRIDERS - Joe Mis on behalf of Hammond Track Club honored four Jr. Striders for their running accomplishments in 2011 at the CRS Gold Cup Banquet. 2011 Outstanding Athletes were Caleb Chapman, age 12; and Elspeth Young-Brust, age 12. They received beautiful plaques listing all of their 2011 age group accomplishments and records. 2011 Outstanding Mental Attitude Winners were Hope Myroup, age 13, and Carl Frey, age 12. They also received beautiful plaques.

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

Check Out Our Site: WWW.CALSTRIDER.ORG