



PRESIDENT'S MESSAGE



GOLD CUP RACE SCHEDULE:

Saint Paul Spirit Run 5K
 Saturday, May 5
 8:00 AM CDT
 Valparaiso, IN

**Gallery Gallop 8K
 Beach and Dune Race**
 Saturday, May 19
 6:30PM CDT
 Gary, IN

2 Big Hearts Foundation 5K Run
 Saturday, May 26
 9:00 AM CDT
 Long Beach, IN

Re/Max Trail Run Xtreme 12K
 Monday, May 28
 9:00 AM CDT
 Portage, IN



XYZ SERIES RACES:

**Gallery Gallop 8K
 Beach & Dune Race**
 See details in Gold Cup Schedule

Re/Max Trail Run Xtreme 12K
 See details in Gold Cup Schedule

SPONSORED RACE SCHEDULE:

Necktie 5K
 Saturday, June 16
 8:00 AM CDT
 Beverly Shores, IN

UPCOMING STRIDER EVENTS:

Board Meeting
 Thursday, May 10
 6:30 PM CDT
 Omni 41-Schererville, IN

Just a Reminder if you are wearing your Strider wear at a Gold Cup race, stop by the table before the race to enter your name in the "I wore my Strider wear" raffle. After each race we pull two lucky winners who receive \$2 in Strider Bucks. You can redeem these for Gold Cup race entries, purchase Strider merchandise or attend CRS Social events. At the banquet in January everyone who has entered throughout the year will be put in a drawing for a complimentary membership.

After you have finished running, make sure to come back to the Gold Cup table since we are once again signing in after the race. Yes, I know we had everyone in the habit of not doing this but with our new web site still under construction we just want to assure we have a back up so that you can be scored correctly for all Gold Cup races you complete.

While you are there, please take a minute out to fill out a race evaluation. We NEED your feedback to evaluate each race, Thank you!

Good Luck to everyone running in May half marathons!

Next month is the official training kick off for the Chicago Marathon as well as other Fall marathons. It is a great idea to do your long runs with a group. Not only is it motivational to run with a group it is safer. Check the CRS facebook page for all the group run locations.

If you are going to participate in the 20th Anniversary of the Disney Marathon be sure to use the link on our facebook page to receive the RRCA discount.

Thank you to all that came to volunteer at the Cross Roads & Tall Tree Ten. While the weather wasn't ideal for either of these races you battled what Mother Nature dished out and you ALL did an Awesome Job!

We need to keep in mind that without volunteers we would not be able to participate in this sport that we are all involved in for one reason or another. There are many volunteer opportunities throughout the year ahead and you can give back to the sport. Contact Dan Sturgell at jacdan2@comcast.net.

"It doesn't matter how slow you go, as long as you don't stop"

Stride ON!
 Michele



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MEET YOUR NEWEST STRIDER BOARD MEMBERS: TERESA CHESTER & DEB BRANN

SECRETARY: TERESA CHESTER



Bio: Married mom of three daughters, Kristi (32), Kelly (31) and Jordan (19). Have two grandsons, Jacob (10) and Connor (7).

How long have you been a Strider? I honestly don't remember. I believe since Jordan started running cross country in middle school.

What is your favorite Strider Race? I enjoy the Running With the Irish race. So much going on that even if the weather is poopy you don't seem to notice.

What is your most memorable run? My first 5k with Jordan (Running With the Irish – 2010). Needless to say any time I can run a race with her I enjoy it although she always comes back to find me and then cools down at my race pace. ☺

What are your running goals? Just to finish at or under 45 minutes. I have battled heel spurs this past year so it's been a struggle.

Besides running what do you like to do? Bicycling, Scrapbooking, Gardening, Cooking, Fishing



NOMINATIONS, BYLAWS, & DISABLED RUNNER FUND: DEBORAH BRANN

Bio: I always liked distance running. I wasn't particularly fast but I had stamina. I would regularly run home from grammar school or from the library, or I would see how many times I could run around the block without stopping. For a couple of weeks one summer I would run backwards around the block 8 or 9 times every day. (Eventually, I got tired of people slowing their cars to stare at me and stopped. Also, I figured it was only a matter of time before I tripped and broke a wrist and Mom would be really upset with me.) I just didn't realize running more than 100 yds at a time was a competitive sport. Everything in grammar school was about sprinting ("race you to the swing set"; playing tag) and no one in my family ran. I joined the track team in junior high school. There wasn't any real coaching, however. The "coach" would say run around the school 10 times or up to the high school and back then go back to grading papers. It wasn't until high school that I had the benefit of a

real coach and real training (trail running, hill repeats, speed work). I sometimes wonder what I would have accomplished as a runner if there had been something like Junior Striders when I was growing up. My first road race was a 10K. I was thirteen. To me it was an incredible distance and I trained everyday running twelve to fourteen times around a half-mile loop Dad helped me plot out. (I still have my original running diary and the pedometer I bought at SportMart). I placed 2nd in the Girls 13 and Under Division with a time of 51:45. I ran the Hinsdale Marathon at fourteen with my high school cross-country coach in 3:41 (1st in Women 18 and Under). I ran that same marathon again the next year on my own but hit "the wall" and ended up w/ 2nd Place and a time of 3:49.

How Long Have You Been a Strider? I ran track and cross-country through high school and freshman year at Bradley University in Peoria, IL as a walk-on. I ran off and on thereafter although not competitively. Over the years there were many attempts to "get back to running" with various degrees of success. In 2005, approaching my 40th birthday I made another attempt to get back into running shape. I was discouraged by my poor performance and lack of improvement. Eventually I got up the courage to show up at a Wednesday night fun run at The Human Race in Valparaiso. To my surprise I was not the slowest runner there. I met Betty Funkhouser who told me about the Striders and the rest is history.

Favorite Strider race: My favorite Strider race is the Trail Run Xtreme on Memorial Day. There is always a special place in my heart for trails -the more water crossings and obstacles the better.

Most Memorable Runs: My most memorable runs were the first time I ran the "ridge" at the Dunes and my first Tecumseh marathon.

Running Goals: I want to qualify for Boston. I came close at the 2009 Detroit Marathon. I also would like to do some races in other countries like the Comrades Marathon in South Africa.

Other Hobbies: I also like mountain biking, triathlons, rock climbing, kayaking, hiking, and reading. I went to Airborne School at Ft. Benning, GA (jumping out of perfectly good airplanes wearing a parachute) while I was in ROTC and have done some skydiving in the civilian world as well. I also think it would be cool to learn to play lacrosse.

Goals as a Board Member: I want to increase my participation in the Striders--to give back to the organization that have given me so much.



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JR. STRIDER NEWS

SUE BROWN-NICKERSON



Make sure to visit the youth program section on the website for practice times and locations. Also, friend Jr. Strider's on facebook. Any last minute announcements will be posted there!

Hershey's Track & Field Meets are FREE See insert herein. Exhibition for 8 & under 50m dash & long jump or softball throw; choose either Schererville June 6th; or Portage June 7th locations. All meet forms will be available at practice locations.

TRACK & FIELD VOLUNTEER COACHES & ASSISTANTS NEEDED -

1 or 2 days a week for 1 hr. contact coach-sue@calstrider.org if interested.



10M AT TALTREE ARBORETUM—RACE REPORT

SUE BROWN-NICKERSON

As I write this on April 13th the race has not been held yet, but since the process to put together our newsletter is a 2 week process to submit, edit, print, stuff, and mail - all I can say is - so far, so good. I pray that the race will/went as well as well as I hoped. At 2 weeks out I have everything in place: new route is marked, gracious sponsors, porta potys ordered, refreshments lined up, gatorade arrived, goody bags almost stuffed, last coat of finish on race awards, finisher medals in and posted on facebook; volunteers are pouring in too! Weather pending....they are ready to yell,

cheer, scream for you! I sincerely thank you for supporting the youth program and scholarship fund. I hope you had a positive experience and realize you have supported a lively energetic group of young athletes and coaches that are inspired by their elders. We are fortunate to have great sponsors too-lets thank them and please patronize their businesses: Tim & Nancy Scannell of Scannell Wealth & Management, R&P Cooling & Heating, Jim & Sarah Arnold of Smiles by Arnold, Certified Safety BP/Amoco, and Ricci's Landscaping Management of Hebron, Jay Costas & Valpo Soft Touch, Coach Mitch Semans, Ameriprise Financial Services, and Kostidis Chiropractic of Valparaiso. A special thanks to my crew of directors logging in extra volunteer hours to to bring this fantastic event to you: Jimmy Nickerson, Jorge & Linda Ramos, Steve Kearney, Leo Frey, Mitch Semans, Cecilia Bernal, Beth Boyer, and Nikki Huber.

RINGING IN SPRING RECAP BY DEB BRANN

April 7, 2012 marked the 18th annual Valparaiso YMCA's Ringing in the Spring race. The race drew a record 1,730 finishers surpassing last year's total of 1,456. For the first time the race included a 10K as well as a 5K. The 10K runners repeated the 5K loop through Valpo's north side neighborhoods then turned around the roundabout on Cumberland Crossing. Race organizers altered the 5K course as well—scenic with a few gentle inclines. The consensus of opinion seemed to favor making the 10K part of the Gold Cup giving those of us who favor longer distances another option in the series. Strider Racheal Marchand captured her third consecutive 5K title. Karen Nagel (seven-time women's 5K winner) easily won the women's 10K title. She now has enough bells to construct her own carillon. Other notable Strider winners were, in the 5K, Hope Zimmerman (female 11-12y (2nd)), Dustin Hudak (male 11-12y (1st)), Hope Myroup (female 13-14y (1st)), Alex Seeley (male 15-18y (2nd)), Ryan Kwiecinski (male 35-39y (1st)), Mike Pontrelli (male 40-44y (1st)), and Diane DuMonte-Slater (female 60-64y (1st)) followed closely by Carol Magill (female 60-64y (2nd)). In the 10K, Strider winners included Tammy Zack (female 35-39y (1st)), Christine Byers (female 40-44y (1st)), Chanbo Sim (male 45-49y (2nd)), George Nietert (male 55-59y (2nd)), and Norm Eikman (male 65-69y (1st)).

Coach Sue's Youth Performance Busters

The youth team is coming into Spring stronger than ever. I am watching and noting who is training and who is not training!

Alec Seeley, Hobart age 16 wins 1st OA at Run For Irish 5K in 17:31 with a 5:39 pace. I believe this is his first OA GC win.

Hope Myroup and Tyler Kramer Stephens, both 14 yrs, race to top three finish OA at Hammond 10K Charity Run. Hope's time was 43:25, 7:00 pace, and Tyler's time was 39:15, 6:20 pace. Both are posting some lead times going into track season.

A sister & brother team of Crown Point - Hope & Cammeron Zimmerman placed high in Hammond 4/14 at Hammond's 5K Charity Run.

Hope, age 12 was 1st OA female in 22:09 -

7:09 pace while brother Cammeron age 8, was 3rd OA male in 24:48 8:00 pace.

Amber MacRoberts of Hobart, age 8, and Cammeron Z age 8, are on a roll in the 8 & under age group making top three finish at each of their GC's thus far.


Personal Records? If you have a personal best remember to go to the Strider website and report it under Members PR's to be listed and recognized for personal bests! Here is one deserving of recognition I personally am aware of - Tim Wozniak, of Chesterton, age 15, ran a 29.08 at Irish, then ran a 23.47 at Ringing In Spring. That is over 5 minutes improvement. Amazing and congratulations! Keep on training! Youth families - email coach-sue@calstrider.org with a PR to be included in this column next month.

THIS & THAT

BY ALL OF YOU

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

PR's (personal records) - There is a place on the website to report that. Have one? Follow directions on the website to report your PR and be recognized by Coach Sue in the next newsletter!

 The Striders have a discount club code for any purchases made through Running Warehouse and you can now receive a 15% online discount. Running Warehouse supports teams and clubs by offering **runningwarehouse.com** Online Team Discounts. Running Warehouse offers FREE 2-Day shipping, \$9.95 Overnight shipping and Free Return Shipping. The discount code is "CALREGSNID". Enter this code on the checkout page in the "Redeem Coupon Code" box. Please enter your code and hit return after entering to activate the code. If at any time during the shopping period "cancel order" is clicked, it is necessary to re-enter the discount code. Now, go shop at www.runningwarehouse.com.

Do you know that there are Group Runs 4 days a week? Are you looking for someone to run with? Group runs meet on Monday, Tuesday, Wednesday and Thursday in both Lake and Porter County. Visit our website www.calstrider.org under Group Runs or friend us on Facebook where the Group Runs are posted!

ATTENTION!!! INSTEP SUBMISSION DEADLINE
THE DEADLINE FOR SUBMISSIONS FOR THE JUNE INSTEP IS FRIDAY, MAY 11, 2012 . EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

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RRCA CONVENTION REPORT—MEMPHIS 2012

BY SUE BROWN-NICKERSON

Board Members Robin Benson-Harvey, Lisa Moreno and myself attended the RRCA Convention in mid-March. We separated for the general sessions so we could bring back as much information as possible to share with the Board in an effort to build club membership and programs. We listened to Christopher McDougall, Author of Born to Run at one luncheon, and David Wottle, the 1972 Olympic 800m gold winner, at another (my favorite of the two). Truthfully, I really did not remember his Olympic finish in 72-I was 12 years old-but as his performance was replayed during the luncheon I felt empowered to want to stand up and cheer, yell, and scream. It was truly an amazing dramatic run in the final stretch which earned him an upset victory in the 800m! Do you remember now? Of course, that Olympic runner wearing the white hat!

We kept busy otherwise with social runs in the morning and evening-my favorite being downtown Memphis at night; dinner at the best southern BBQ in Memphis, the Rondeveux; nighttime view of Memphis off the Peabody Hotel and a visit with their famous ducks; and of course some night life on Beale Street. Comparable to New Orleans although smaller, Beale Street was cleaner and safer.

I was in charge of the RRCA State Rep Raffle for a chance to win a complimentary 2013 convention entry, and helped raise \$1000 for the RRCA State Rep Fund. The convention is a great place to network and make connections with other clubs in the region and USA! I am always glad to bring home useful information, and as the RRCA State Rep, one of my obligations is to meet and share this report with those Indiana clubs unable to attend the convention.

Sue's 2012 RRCA Convention Report

Attended RRCA State Rep Meeting • 2012 RRCA objectives overview, coaching program overview, and championship event walk-through • Promote sponsor Leslie Jordan for event t-shirts and premiums • RRCA state championship races will receive championship in a box (promotional materials & awards) • RRCA expo tents (Sue will be at Fort Fit Half & Indianapolis Fall Oct Marathon) • Benefits of social networking; keeping Pace Emails - click on "Like" - trying to build sponsor draw; no fundraising posts • Insurance Risk & Management by Star Insurance and K&K Insurance • Best practices in risk management from recent lessons learned from insurance claims and litigation • new insurance programs: medical personnel.

RRCA Regional Meeting • Beth Onines/ILL introduced as the new 2012 Central Region Director; all Central Region nominees and winners recognized • Sue sets up facebook with RRCA Programs Chair William Dyson; she will go live after Taltree..oh boy!! • Coaching CE - The Adolescent Athlete - (Injuries) by Richard P. Eralie, DPM • focused on the common injuries of the adolescent runner -biomechanics and anatomies, diagnoses and treatments. • Coaching CE - Nutrition and How it affects your body as you age by Ashley Hofeditz, RD, LDN • Coaching CE - Optimizing Post- Race Nutrition with Chocolate Milk - Nancy Clark M.S. R.D. C.S.S.D • high quality protein builds and repairs lean muscle; right carb-to-protein ration refuels exhausted muscles • fluids and electrolytes including calcium, potassium, sodium and magnesium to help replenish what's lost in sweat. • Gatorade is better utilized during exercise as opposed to recovery. • Sponsorships available through Team REFUEL.

Banquet / Awards Presentation - Midwest Region has 5 national winners including Mary Z! Mary makes great speech! • In lieu of running the signature event race, I chose to visit Graceland - and I was glad I went, liked it. • 2013 convention is May 2-5 Albuquerque New Mexico - 10K race associated with convention.

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

Check Out Our Site: WWW.CALSTRIDER.ORG