PRESIDENT'S MESSAGE

SAVE THE DATE: SEPTEMBER 21, 2012

On September 21, 2012, the Road Runners Club of America will promote the 7th Annual RUN@WORK Day nationwide. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers. The goal of RUN@WORK Day, presented by the Road Runners Club of America, is to encourage adults to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

If adults can lead by example, if companies can encourage healthy living, then together we can combat the national
inactivity and obesity crisis gripping our nation and our children.

This year once again we will award prizes to the top three Strider Members that submit in 100 words or less what they did to participate in Run @ Work Day. All entries must be post marked by Monday, September 24, 2012. Submit to:

CRS
PO BOX 225
Griffith, In. 46319

You can go to the RRCA web site directly from the Strider web site and get ideas on how to promote and organize an event for this day. Be creative, motivational, and inspiring to others who may not realize all the mental and physical benefits from just 30 minutes of working out. We were all beginners at one time.

Running is a great way to rev up your metabolism and increase your energy levels. Cross country skiing is the only physical activity that burns more calories than running. Running releases endorphins, the chemicals in the brain that make you feel happy; this is how the expression **"Runner's high"** came about. You can go from feeling fatigued and devoid of energy to excited and energized with a 20-minute run.

Stride ON!
Michele

GROUP RUNS

MONDAY - CROWN POINT
Meet at 6pm St. Matthias Church north parking lot - Rick Gosser - Group Leader - e-mail: sales@gossercorpsales.com

TUESDAY - KOUTS / HEBRON
Meet at 6pm at 207 W. Indiana Street, Kouts, IN - Becky Sue Krieger - Group Leader - e-mail: rebecca.kreiger@yahoo.com

TUESDAY - CHESTERTON
Meet at 6pm at Jackson Boulevard Trail parking lot - Tom Little - Group Leader - e-mail: thomasalittle@comcast.net

WEDNESDAY - SCHERERVILLE
Meet at 6pm in the bike trail parking lot at 73rd & Burr - Deanna Grimes - Group Leader - e-mail: grimesdee@gmail.com

THURSDAY - PORTAGE
Meet at 6pm Prairie Duneland Trail Parking lot on McCool. - Nikki Huber - Group Leader - e-mail: Hubbn5@hotmail.com

These group runs are subject to change. For the latest updates, please follow their Facebook page at NWI Region Runners.

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GOLD CUP RACE SCHEDULE:

Tower Run
September 16—9:00 AM CDT
Michigan City, IN

XYZ SERIES RACES:

Bride of Zoy 15K
September 2—8:00 AM CDT
Chesterton, IN

SPONSORED RACE SCHEDULE:

Spay the Stray 5K
September 8—9:00 AM CDT
Lansing, IL

Chicago Half Marathon
September 9—7:00 AM CDT
Chicago, IL

Race for the Region 5K
September 13—6:30 PM CDT
Highland, IN

John Willems Memorial Kiddie Dash/Run 7 Mile/ 5K
September 15—8:00 AM CDT
Cedar Lake, IN

Hawaii 5K Trail Run
September 29—10:00 AM CDT
Griffith, IN

Run Into Fall 10K w/ 1 Mile Kids Fun Run
September 29—8:30 PM CDT
Valparaiso, IN

UPCOMING STRIDER EVENTS:

Board Meeting
September 13—6:30 PM CDT
Omni 41—Schererville, IN

ILLIANA SPEEDWAY IS A HIT!!!

LINDA RAMOS

On July 21 more than 50 Calumet Region Striders showed up for an exciting night of racing. The weather was perfect, the crowd was excited, and the kids were ready to party!!! The drivers invited all the kids to take a ride around the track in one of the stock cars!!! Michele Hale's granddaughter took advantage of this opportunity and LOVED it!! They had a coin and candy toss and plenty of fun games in the walk way!! It's so much fun to go to the races and place your bets on your favorite car. Most of us chose our car by color or number, and sometimes that worked out. But we learned, you can't judge a car by its cover!! I want to thank everyone who came out and supported the CRS at this fun event. I have been asked by many to continue this outing in the coming years. So if you missed it this year, look for it again next summer!!

Chicago Marathon Volunteers Needed

Who: Calumet Region Striders club members, supporters, family and friends.

What: The Bank of America Chicago Marathon will host 45,000 runners from around the world on Sunday, October 7, 2012. Show your support as they run through the city by volunteering with the Calumet Region Striders as we host Aid Station #03 once again.

CALUMET REGION STRIDERS NORTHWEST INDIANA

Where: Aid Station #3 is located on Stockton Drive north of LaSalle Drive near the Lincoln Park Zoo.

When: Sunday, October 7, 2012 from 5:00 a.m. – 10:15 a.m.

Bank of America Chicago Marathon.

How to Register to Volunteer:

1. Visit and review race day details at: www.chicagomarathon.com/aidstation03volunteers
2. Click on the appropriate logo to register to volunteer
3. Fill out registration information and submit the form – *Note: Everyone will need to create a new account in order to register to volunteer*
4. Look for more information to come from your Captain!

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***.

The 2012 Gold Cup Premiums are in be sure to stop by the Gold Cup table and pick yours up!

ATTENTION!
INSTEP SUBMISSION DEADLINE

The deadline for Submissions for the October 2012 Instep is Friday, September 14, 2012. Email them to Instep Editor at hrfortmann@yahoo.com with "Instep Submission" in the subject line.

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JR. STRIDER NEWS

SUE BROWN-NICKERSON

Hershey's Indiana Track & Field Meet July 2012

The past four Hershey's state meets have been nothing but fun, positive and gainful experiences. However, on July 7th in Noblesville, IN, it was 97 degrees, and the athletes were the only thing moving fast that day. There is a possible chance that Northwest Indiana will get an opportunity to host 2013 Hershey's State as the Strider Coaches made an offer to personally host the state event. With our coaches' combined meet management experience we know Northwest Indiana could host a fantastic event minimizing volunteer time and length of the meet. Congratulations to our Strider 2012 top 3 state medalists.

State Finalists (1st-3rd Place) 9-10

Brandy, Nicole age 9 (1st 4x100 Relay)
Cash, Lilly, age 10 (1st 100m)
Chapman, Jacob, age 9 (3rd SB Throw)
Cummins, Skyler age 9 (1st 4x100 Relay)
Draves, Dylan age 10 (2nd 400m, 4x100 Relay)
Fitzgerald, Hannah age 10, (2nd 400m)
Posey, Levi age 10, (1st LJ, 3rd 200m, 3rd 4x100 Relay)
Worthington, Emily & Sarah age 9 (1st 4x100 Relay)

State Finalists (1st-3rd Place) 11-12

Donnella, Kylee age 11-12 (1st 4x100 Relay)
Eldridge, Meghan age 11-12 (1st 4x100 Relay)
Fitzgerald, Emma age 11 (2nd 800m, 4x100 Relay)
Tumidalsky, Alexa age 12 (1st 100m, 1xt 4x100 Relay, 3rd 400m)

State Finalists (1st-3rd Place) 13-14

Brandy, Emma age 13 (2nd LJ)
Counter, Jordan age 13 (1st 200m, 2nd 100m)
Ferrari, Makayla age 13 (1st 100m, 2nd 200m, 3rd Softball Throw)
Hunsley, Sarah, age 13 (2st 1600m)
Merkel, Dakota age 14 (1st 1600m, 2nd 800m
McKenzie, Victoria, age 14 (2nd 100m)
Ramos, Sara, age 13 (1st 800m)
Chapman, Caleb, age 13 (2nd SB Throw)
Shelton, Kelly, age 14 (2nd 1600m)
Stock,Taesa age 13 (2nd 800m)
Sweeney, Steven, age 14 (1st 800m, 2nd 1600m, 1st SB Throw)

Coach Sue

FRIENDSHIP 5K RACE REPORT

SUE BROWN-NICKERSON

135 women and 127 men in separate wave starts completed the 2012 Friendship 5K Race on July 18th directed by Joe Mis of Hammond Track Club. Approximately 50 members of Fleet Feet's No Boundaries Program participated, and Fuel Fitness Health Clubs of NWI, and many individual Strider members provided fabulous event volunteers. Although it was an extreemly hot - 90 degree+ - early evening, 7 age group records were broken, all but one by large margins. The strength of our upcoming youth and our seniors is really evident in these results. Congratulations to the following athletes:

New Record vs. Old Record
8 & under Reilly Boyer, Lowell, age 7 (23:31) - Hope Myroup (24:55)
9-10 Hannah Fitzgerald, Valpo, age 10 (21:51) - Sara Ramos (23:03)
11-12 Dustin Hudak, Lowell, age 12 (18.00) - Andrew Kearney (19:48)
13-14 Hope Myroup, Union Mills, age 14 (19:36.7) - Alison Mundell (19:36.9)
13-14 Tyler Kramer-Stephens, age 14 (17:57) - Jack Musgrave (18:22)
65-69 Jean Jannasch, Chesterton (25:14) - Elva Forsberg (30:29 1987)
75-79 Fred Fleming, Chesterton (27:39) - Champ Merrick (30:25)

Following awards, more than 100 race participants traveled to Langel's Pizza in Highland where Race Director Joe Mis was honored for serving 32 years as Friendship Race Director. The first Friendship 5K was held at Dowling Park in 1981, and thereafter alternated between Riverside & Dowling Park. In approximately 2006, the race moved to Wicker Park as result of road construction in prior event locations which then became the new home of the race until road construction again forced the race back to Dowling Park.

Involved with AAU since 1972, and AAU Indiana Athletics Sports Coordinator since 1986, Joe estimates he has directed over 62 track & field meets, and 52 cross country meets. Remember the White River Games? He was Indiana's director in years 1992-93. Over the past 32 years, it is estimated that Joe Mis has donated over $262,000 back to the community and youth sports!

Gotta love that, and Joe Mis! Thank you for all you have done for the running community Joe Mis!

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Check Out Our Site: WWW.CALSTRIDER.ORG