



GOLD CUP RACE SCHEDULE:

**Watch for the 2012
Gold Cup Schedule**

X Y Z SERIES RACES:

**NO REMAINING
RACES FOR THE 2011
SCHEDULE**

SPONSORED RACE SCHEDULE:

**No remaining
races for the
2011 Schedule**

UPCOMING STRIDER EVENTS:

**Striders Holiday Party
Friday, December 2
6:00 PM CST
Patrician Banquet Center
Scherverville, IN**

**Board Meeting
Thursday, December 8
6:30 PM CST
Portage, IN**

**Membership Drive/Fun Run
Saturday, December 17
8:00 AM CST
Wicker Park
Highland, IN**



PRESIDENT'S MESSAGE

Happy Holidays

Hard to believe that the 2011 running season is in its final month!

In order to keep receiving your Instep without interruption you MUST re-new your dues by February 28, 2012. The first race of the 2012 Gold Cup Season will be: Running with the Irish on March 17, 2012. So you will want to renew before then.

What better way to renew your membership than a Fun Run up to 9 miles! On Saturday, December 17th at 8AM Dan Sturgell and I, along with the Calumet Region Striders, will host a Fun Run / Membership Drive. It includes a variety of POTLUCK refreshments, decorated water stops, door prizes and Special Guest-Santa. Dress Festive, wear your jingle bells & bring a camera. Location is at Wicker Park, Highland, IN. Cost is FREE! We only ask that you bring a breakfast or post-run refreshment to share. You can get full details on the Strider web site. Any questions regarding this event can be emailed to us at RunningLead@aol.com or dansturgell@yahoo.com. If you choose not to run just come out for the FUN!

Congratulations to the "Faithful Five" Jim Cox 2011 Recipients

David Bobeck
Ryan Kwiecinski
Rich Milcarek
Dennis Rotz
William Stalhandske

Completing ALL the Gold Cup Races on the schedule is quite an Accomplishment.

To ALL 54 Jr. Striders who went to Nationals: Way to represent CRS!

Following tradition we will have a Silent Auction at the Gold Cup Banquet next month. All of the proceeds are used to send Board members to the RRCA Convention, where they attend classes, learn valuable information and up-to-date running related tools to help our club grow and continue to be Northwest Indiana's Premier Running Club.

Please contact me or another Board member if you own a business or know someone who does, have season tickets, provide a service such as massage or spa treatments or perhaps have an item you would like to donate to the auction (Minimum value \$25). We can make arrangements to get it to the banquet on January 29, 2012.

I would like to send a BIG THANK-YOU to the entire CRS Board and ALL of the Striders who made 2011 an AWESOME Running Season!

Running, It's like the Mafia. Once you're in.....you're in. There's no getting out!

Stride ON!
Michele



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ONE EXCELLENT WEEKEND

STEVE KEARNEY

Cross country is not just a participant sport, it is a great spectator sport as well. As a matter of fact, spectating at an xc meet is better than at other sports - you get some wind-sprints in yourself.

A friend, Kevin Higdon, and I decided to travel to see our kids run some big meets on November 12 & 13. Well, the second one I helped son Andrew spectate while I kept the Strider Elite team in line. We left Thursday evening and drove to Dayton, then continued on through Charleston, WV and south to Charlotte, NC - a beautiful drive. We immediately went to the course at McAlpine Park to see where the National Intercollegiate Running Clubs Association (NIRCA) would run their championship Saturday. NIRCA is a group of clubs consisting of college students that want to band together to heighten their running experiences. I got a little running in with a club from the U of Illinois. They talked race strategy as we ran, then swore me to secrecy. The course was basically flat and on a light gravel road, but still in a nice park.

Kevin met his son Kyle, who is doing grad work at Texas, as he toured the course and left to spend the evening with them. Meanwhile, I tracked down son Kevin and his Indiana teammates. I made sure they knew all Illinois strategies. We met up to spend the night at David Higdon's apartment.

The next morning started with an open 5km which I jogged all out and beat one person. I was the oldest there by 17 years. There was a great atmosphere and a beautiful calm, cool day. Athletes were dancing to the hip-hop music as they approached the starting line for the featured 8km races. Kyle and

Kevin both ran pr's of 26:34-90th and 29:04-296th in a field of over 500. The race was won in 23:59, but there were a lot of 7:00 mile paces out there. Illinois won the team race, edging Iowa State. The women Illini also won a narrow victory over Virginia. Kevin H and I ran many tangents to view the comp - I got some nice pics on somebody's camera.

Soon after the racing was over, we were on our way for Terre Haute. This time we chose another scenic route, crossing the Smokies to Knoxville and north through Tennessee and Kentucky to my parents' home in Brownsburg for a brief rest.

Morning saw us on the road for an hour to Wabash Valley Recreation Center outside Terre Haute for the Nike Regional high school meet. Coincidentally, the Nike South Regional was being run on the McAlpine Creek course back in Charlotte. We arrived as the Strider Elite team started to appear from all directions. The format here was an open race followed by a championship race for both boys and girls. The conditions were challenging. Winds were extremely strong out of the south, which had the least protection including 500m uphill into it at the end. The normally tough course was enhanced by adding 4 sets of 3 rows of hay bales to hurdle.

Our athletes did quite well. The girls were not affiliated with a specific school, so were not officially counted in team scores, but we would have been 4th based on our placings in the open division. Times were outstanding, as the top finishers were a minute to 90 seconds off their state meet times on this course two weeks earlier. Allison Mundell even led momentarily, and held on for 10th in 20:27. She was followed by Lau-

ren Bigger 23rd-21:02, Hope Myroup 24th-21:05, Tricia Joll 34th-21:23, Linda Graff 45th-21:38, Rosie Biehl 46th-21:40, Holly Higdon 90th-23:03, and Katie Haggerty 126th-25:00. Elena Lancioni had the top time of the day for us, running 19:47 for 40th in the championship division. Three guys ran, Tim Huber taking 30th-16:23 in the championship division, James Strejc 376th-21:58 in the open, and Mitch Hubner 30th in 16:27.

It did wear us down some, but was well worth it. And hey! The next weekend we plan a JO trip to Huntington, WV Saturday followed by a return to TH to see the NCAA DI nationals. No more open races, but that will allow us to do faster windsprints cutting back and forth. You just don't see this at a ball game, but viewing xc is almost like being a participant.

XC - Mid-West Championships, Oct 29, 2011, Fishers, IN

submitted by Coach Beth Boyer
On Saturday, October 29th a small group of Youth Striders traveled to Fishers, IN to compete in the Mid-West X-C Championships. Although there were only 6 team members, (Caleb and Jacob Chapman; Carl Frey; Hunter, Jordyn, Reilly Boyer) the team managed to take home the **3rd place team award** due to their strong performances. Reilly, age 6, set the 2k course record with a time of 9:09.6. A few weeks earlier on the same course, she set the course record in the 1500 with a time of 6:37.1. There are several youth xc and track events near the Fishers/Indianapolis area this year and some of our coaches took some team members this year to see what they were like. You will likely see some of these events on our team calendar in 2012 for a change in scenery and competition.



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JR. STRIDER NEWS

SUE BROWN-NICKERSON



High School - XC Wrap-up: Congratulations to all of our Strider high school athletes in their post season; Tricia Joll, Allison Mundell, and Liz Schlichting helped contribute to Valpo High School's 3rd place state medal. Mitch Hubner of LaPorte is state champion runner-up in 15:32; Elena Lancioni of LaPorte 4th all-state 18:56; Anthony Didion of LaPorte (127th -17:10), Andrew Kearney of Chesterton (152nd - 17:28), Jonathan Didion of LaPorte (186th - 18:16), Alek Seeley of Hobart (184th - 19:02). Kyleigh Werner of South Central, Tim Huber, Nick Stelmack of Portage, Jade Tazbir LCHS, Holly Higdon, Michigan City congratulations on your high school XC accomplishments. (My apology for any inadvertent omission).

Youth - XC Wrap-up - The youth program roster consisted of 130 kids for XC this season from all over Northwest Indiana. Everyone improved so much, it was an exhilarating season of fun! The younger kids favorite game: sharks and minnows!

75 Striders competed at the AAU District Championship at Lost Marsh on October 30th. This was a hilly and challenging course and each finisher received a medal. Striders had age group team awards in every division through 14 years. There were no other age group teams to compete against here so they have their sight on the Coaches Cross Country Championships in Ona, West Virginia on November 19th where 54 Striders will compete for top 25 individual age group honors, and 11-12, 13-14 age group honors for both girls/boys. For those parents that helped volunteer at the AAU meet, thank you so much! The meet director noticed you and complimented on the great parents we have supporting youth athletics.

What has been significant this season is the percentage of new families participating from all over Northwest Indiana. There is something for everyone in our youth program from the beginner to the veteran, and I am very thankful that we have such dedicated volunteer coaches that are very good at balancing appropriate training plan with fun progressively by age. Thanks to Coaches Steve Kearney, Leo Frey, Joel Davis, Mitch Semans, Malcom McGowan, Yolanda Monohan, Molly Joll, Jim Nickerson, Jorge & Sara Ramos, Beth Boyer, and Joe Lopez, who spent the last month trying to stay ahead of the darkness at practices with the time change, and especially for all the behind the scene preparations for end of season party, travel, registration, and nationals itinerary. So glad you are a part of this grand team!

Hope to see you for the Spring Track & Field season - Coach Sue could not do it without you!

Purdue Panther Pounce - Kyleigh Werner wins 5K; youth team swept age group divisions 12 & under; Carson Parrish wins 1m fun run; fun run participants receive t-shirt, ribbon, and panther stuffed animal; 100 hot dogs and plenty of sweets and treats devoured at end of season party; free Culvers or McDonalds coupons for entire team. Coach Sue did not think she was ever going to finish the 10K! ...wow What a hard course!

To find us on Facebook, type "Junior Striders" in the search feature of Facebook; share photos on Flickr and the Junior Strider Facebook by emailing your pictures to calumetstriders@yahoo.com.

Look for XC National Meet Results and highlights in the January 2012 newsletter!

Coach Sue



MEET A JR. STRIDER: ALEK SEELEY

What school do you attend and what grade are you in? I am a sophomore at Hobart High School where I have lettered in XC, Soccer, Track and Swimming

What is your favorite school class or subject and why? My favorite subject is Math...no particular reason why... I like it because you can get a definitive answer.

What or who got you interested in running? I got started in running when a soccer coach of mine (Mark Fisher) started talking to me about triathlons and showed me the Strider Race Schedule. I told my mom I wanted to run the Brickyard and she was like "you just don't wake up and think you're gonna run 5 miles". I got money by mowing my grandpa's yard to pay for it so she took me. I ran the race and have been running ever since.

How long have you been a Strider member? I have been a Strider since 2009... I have done the Gold Cup Series each year.

Do you like Track or XC better and why? I prefer Cross Country over Track. I like longer distances. 10Ks are my favorite. I particularly like off road races like the Extreme races. Races that have sand, mud or obstacles are my favorite.

What is your favorite race or event and why? I think my favorite was at the 50K Huff it was in the cold and snow and had great scenery. I ran my first half marathon this year and completed my first triathlon. I like volunteering at the Chicago Marathon but don't think I'll run one...I don't know...maybe!

Besides running what other things do you like to do? Other than running I like to ride my 4 wheeler and swim.

Tell us something about yourself that we may not know? Something you probably wouldn't know about me is that I can play the Baritone, French Horn, Trumpet and keyboards.

Do you have a pet? I don't have a pet anymore... We had a cool Terrier mix from the Humane Society but had to put her to sleep cause she got too sick. She was a cool dog that did a lot of tricks and would sing for us.

What do you want to be? I would like to be a pharmacist or teacher as a career. Pharmacist doesn't sound like too fun but as a teacher I could coach and I do a lot of sports so that would be neat.





MEET A STRIDER: NORM EIKMAN

Bio: I'm a retired postal worker. I'm 66 and have been running for 34 years. I have run approximately 1300 races. Married to Susan for 16 years - together for 23 years. I have a daughter Rachael from my first marriage and will be a grandfather in January. I've run the Boston Marathon 5 times. Worked as an usher for Gary Railcats baseball team for 7 years. I've been a part-time brain surgeon since I stayed at a Holiday Inn Express. My wife says I have a good sense of humor.

How long have you been a Strider? I've been a Strider since 1986.

What is your favorite Strider race? Favorite Strider race is the Gallery Gallop, Gary, IN; previously, the Zoy Run in Dunes State Park.

What are your most memorable runs? My most memorable runs are running on trails in the dunes, almost all of them. I was almost killed by a hunter during a deer cull in 2003 (had no clue that it was going on that day). In my travels, I've run in many cities around the nation. Favorites are Bay to Breakers in San Francisco, Boston Marathon, and Rock 'Roll Marathon in San Diego. Any race with a good party, such as the Siberian Express in Danville, IL and anything with polar bears, chili, brats and beer.

What are your running goals? Goal is to run as long as possible, would love to run into my 80's and beyond.

Non-running goal: To be the Cubs first baseman at the World Series - Cubs vs. Sox.

Besides running what do you like to do? Go to VU basketball games and Railcats games.



PAT RHODES OUTSTANDING VOLUNTEER OF THE YEAR AWARD IN HONOR OF PAT RHODES 1936-2007

ATTENTION STRIDERS: BE RECOGNIZED FOR ALL YOUR VOLUNTEERING

Nominations are now open for the annual Pat Rhodes Volunteer of the Year Award.

Pat Rhodes, a Charter Strider and Life Time Member, championed running and was an exemplary volunteer in our community until May 17, 2007, when a tragic automobile accident took his life while on his way to exercise at his local health club.

As a Board Member, he provided us with his leadership from 1989-1995 as club president. In all, he was an officer for eight years. After his 12th Boston Marathon and reaching a milestone of 60 years young, he retired from competitive running. Still wanting to help others realize the victory at the finish line, Pat became the official Gold Cup Timer from 1995-2007.

Pat could always be seen volunteering at many other annual events: AAU Indoor and Out-

door track & field and cross country events, Senior Games of Northwest Indiana, Boston Marathon, and many of the races that have been highlighted on the Strider calendars over the years. Also known as the official Aid Station Captain at the Calumet Region Strider Aid Station at the Chicago Marathon, Pat began his recognizable role directing over 300 volunteers each year as an Aid Station Captain in 1989.

This award is in memory of Pat's contributions to the running community which has helped raise local awareness about the sport and cultivated the founding of the Strider organization.

General Scoring & Submission Criteria:

- Open to any Strider member in good standing (10%)
- Dedicated volunteer and contributor to races in the region, community running activities, and club social

events (40%)

- Present or past club officer, present or past club committee chair or member, present or past appointed position holder (webmaster, instep editor, striderwear coordinator), race director (25%)
- Demonstrates the spirit of the Chicago Marathon by being a past or registered participant/finisher or past Aidstation Volunteer (25%)
- Submit written nomination (limited to one page or less) by December 31st to CRS, PO Box 225, Griffith, IN 46319 - Attn: Volunteer Chair identifying each area, special accomplishments or contributions to the running community.

Award to be selected by the Volunteer Committee of at least 5 people.

Award to be announced at the annual Gold Cup Awards Banquet.



COACH'S COLUMN

BY MICHELE HALE

This year I was fortunate enough to have been selected by BROOKS as an ID Member. What does that stand for? "INSPIRE DAILY" 365.

During the next few months when Mother Nature gives Northwest Indiana extreme cold temperatures mixed with snow and ice and the daylight hours are few, running seems to be harder to fit in and we lose motivation to get out there. We do not want to lose what we have built up during the 2011 Running Season. Together we can stay focused and motivated over the months ahead. I will continue weekly group runs and share all the up-to-date running-related news I come across to help you stay warm, safe and in stride! You can stay up-to-date on group runs times and locations through the website, Instep or our Facebook page.

For those of you who continue to run outdoors be extra careful to watch out for BLACK ICE. It is almost impossible to

see and can bring your running to a complete stop for several weeks or worst case scenario, permanently. You can purchase Yak Tracks to put on the bottom of any running shoe to help prevent slipping while you are out putting in those miles to log in your journals. Also remember to keep your face and lips protected from UV rays and wind with moisturizer and chap stick. Wear BRIGHT colored /reflective clothing, avoiding white or light colors so that you do not blend in with the snow. You want to be highly visible to traffic Finally, even in cold weather remember it is Important to STAY HYDRATED.

For those of you who have not yet tried a pair of the new "PURE" shoes Brooks Launched on October 8, 2011; they have a support shoe that weighs only 8.3 oz, Trail 7.6 oz, Guidance 7.5 and Neutral that is 6.5. I suggest you try a pair on; they are amazing! Next month look for instructions on how you can purchase Brooks through the Affiliate Pro-

gram.

The Striders want to inspire YOU to join us on Saturday, December 17 at 8AM in Wicker Park, Highland, IN for a Fun Run/Membership Drive. Make sure to read the full details outlined in my President's Message on page one.



Let's INSPIRE DAILY TOGETHER until the 2012 racing season begins!

STRIDERS: USATF MEMBER

Calumet Region Striders are now USATF member club through end of 2012 - What are club's benefits?

- Certificate indicating the organization is registered with USATF for the current year
- Liability insurance during registered club practices and organized group runs
- The right to enter relay teams and have athletes represent their organization at USATF Championships including youth & masters
- The right to use the USATF Club or USATF Organizational Member logo on promotional materials



- Notices of grant opportunities, fund raising opportunities, and other materials as they become available
- Subscriptions to Fast Forward and Track Coach Magazine
- Hardcopy USATF Rule Book
- Availability of Directors & Officers liability insurance
- Club name and contact information included on the USATF Club list
- Welcome letter from the CEO of USATF
- Voting privileges at Association meetings

Each local Association also provides Association-specific benefits

Over the past several years, USATF has initiated national club championships in cross country and track & field, and has recently added a marathon relay championship. These national club championships provide clubs a chance to showcase their talents and earn national bragging rights.

The coaching education program provides educational opportunities for all levels of coaches, from grass roots to the elite level. The program is comprised of three progression levels, Sport Science, Technical, Event-Specific Instruction, Hands-on-Training. A criminal background screening program is available volunteers who have direct contact with youth athletes. Benefits of USATF event sanction include increased prestige, liability insurance, calendar promotion, age group records, special discounts and offers. Club affiliated races may apply for event sanction at a discount using the Calumet Region Striders team code.

From USATF member only section - click on special discounts and offer: Calumet Region Striders - Team 16-0223

10% off LaQuinta Inns & Suites, 10% discount Hilton Hotels, 15% National, Alamo, Enterprise Car Rental.



THIS & THAT
BY ALL OF YOU

Apologies to Jorge Ramos on the misspelling of his name in the November 2011 INSTEP.

.....
Congratulations to Leo Frey and Sarah Arnold - masters winners at the Valpo Half Marathon on November 13th.

.....
Congratulations to Striders, Karen Nagel, John Borman, and Rose Nyenhuis on their OA & Master wins at Panther Pounce. Each also received \$125 prize money.

.....
Rumor or True-mor—Is there going to be a Taltree 10 this year? Of course! Youth Program Committee will direct this Gold Cup race on Sunday, April 30th!

.....
Former Strider/Zoy Race Director, Al Mussman, owns a BIGGBY Coffee Shop in St. Joe, Michigan on the main drive near the bridge. A group of us stopped there after the Grand Mere Trail Race but unfortunately he was not in the store...sorry to have missed him.

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE JANUARY 2012 INSTEP IS WED, DEC 14, 2011. EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.

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BRUCE WILLIAMS—DPM

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

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