



**GOLD CUP  
RACE  
SCHEDULE:**



**PRESIDENT'S MESSAGE**

Welcome 2013 Racing season!

**St. Paul Spirit Run 5K**

**March 9**

**9:00 AM**

**Valparaiso, IN**

**Runnin' With the Irish 5K**

**March 16**

**9:00 AM**

**Chesterton, IN**

**LaPorte YMCA Run 10K**

**March 23**

**9:00 AM**

**LaPorte, IN**



**XYZ SERIES  
RACES:**

**Foot Pursuit 5K—**

**Sunset Hill Park**

**March 2**

**9:00 AM**

**Valparaiso, IN**

**SPONSORED  
RACE  
SCHEDULE:**

**Hannah's Hopscotch 5K**

**March 24**

**8:30AM AM**

**Sunset Hill Park**

**Valparaiso, IN**

However, before we do that, let's all stand up and give our previous Board of Directors a standing ovation. Without their dedicated support, we would not be as strong as we are today. Michele Hale, President for the past six years; Sue Brown, who was our Junior Strider Leader; and Nikki Huber, our past Adult Running Program Leader. Thank you for your time, dedication and efforts. They will not be forgotten. Now let's meet your new 2013 Board members: Myself, Frank Johnson, President; Beth Boyer, Youth Runner Programs & Scholarships; Deanna Grimes, Adult Running Programs; and Jim Raymond, Nominations, Bylaws & Disabled Runner Fund.

Before I go any further I want to thank all of my supporters. I want to start with my family; my wife, Denise, who tolerates and supports all of my obsessive running behaviors; and my daughters, Kara and Brittany, who are there whenever I need them. How about the past board members who have given me their support as I start my new journey. Lastly, my friends who have traveled with me along this journey leading up to now. Without all of you I would not be here today. But most of all the thanks go to you, The Calumet Region Striders! This is one great running community and I will give you everything I have to make this a great next few years and beyond.

What will you get from me? For those of you know me, know I will give you the best I've got as long as you are honest and fair towards me. As President I will challenge you to do your best, support you in every way I possibly can and try to make running as fun and enjoyable as you want it to be. We are also working on some really cool and exciting events for 2013; which as soon as we can finalize them we will advertise them to you.

Now, down to running! The 2013 Gold Cup has some new events as well as timeless treasures. Whether you agree or not agree with it, the Gold Cup series will be a challenge this year. I agree, there are arguments for both sides, but I'm curious to see how this all plays out. I do know this, Jose put in a lot of time and effort into trying to create a series for everyone this year. For those of you who have a hard time making all the Saturday races, there are more Sunday events to choose from. Like trail running? We even added more of those races as well. So, here is my first challenge to you....I believe we will have at least three, yes I said three, runners who will complete the entire series. Will it be you?

We took a survey not too long ago and I have read most of your responses and questions and will address them with the help of the board members as the year progresses. However, my email is always open. As for now, it looks like maybe winter running could be coming towards an end and spring weather is not too far away. So, let's get our shoes tied, our running gear ready and let's all get out there and get some miles in. Whatever you ran in the month of February I want you to increase it by at least ten percent. Also, instead of trying to train and then decide what race to run, pick out your goal race now. Sign up for it AND then start your training. Be smart about it, depending on the length of the race, give yourself enough time to amply train for it.

Hey, I would love to talk some more about running to all of you... But I gotta Run!

SEE YOU AT THE RACES!

FRANK

**INSIDE THIS ISSUE:**

VP Corner	2
Meet A Jr Strider	3
Jr Strider News	3
A Farewell Salute	4
This & That	4
Come Sail Away	5
2013 Gold Cup Schedule	5
Running A Marathon	5



## VP'S CORNER

ROBIN BENSON-HARVEY

THANK YOU! I am honored and humbled to have been re-elected to my fourth term as Vice President. I will do my best as always. Thank you to all the nominees, we still need you to help by serving on the committees that you were nominated for. Thank you to all who voted. The Board is also taking into account how ballots were sent by newsletter, and that only provided one per household. We understand that more than one adult CRS member would like to vote. The past few years, nominations were sent by newsletter without complaint. We are working on fixing the problem and apologize for any trouble this may have caused.

BIG THANK YOU to Michele Hale, Sue Brown-Nickerson and Nikki Huber for serving on the board. Michele was our longest standing President (6 years), had the newly reformed Board, Bylaws and Constitution to handle, the most membership ever, had to get a new Website going, and Newsletter mailing from 300 households to over 600, just to mention a few of her accomplishments. Sue, well she basically started the Jr Strider Program and transformed it to this awesome program it is now. Taking the youth runners to Nationals and beyond. She has been a wonderful asset to the Striders and we have benefited from her

service, not only as Youth Program Chair, but also as a past President and RRCA State Rep. Nikki, has developed the Adult Running Program which includes Beginner Runner Training Programs and Group Runs. She has set the standard and direction of the Adult Running Program. She has also been a wonderful asset to the Striders. We will miss you, but you have each paved the road for those who are stepping into these positions.

Congratulations to our new elected Board members: Frank Johnson, Beth Fulmer-Boyer, Deanna Grimes and Jim Raymond. Also congratulations to Jeff Mescal for being appointed as CRS Webmaster. I know you all will bring a fresh perspective and new insights to the Board and CRS programs. Also congrats to Lisa Moreno and Linda Ramos on their re-election and I know they will continue to do great work for CRS. I look forward to working with you all.

Many Thanks to Linda Ramos and all who helped make the Gold Cup Banquet such a success. The food was great, the trophies were awesome, the photo booth was a blast, and the people who attended are just the greatest group to have some fun with. It was a nice night of splendid memories that were captured in pictures by Funkhouser Pho-

tography.

Spring is on it's way and so is our jam packed GC schedule of races. We hope this gives you more variety and allows more to participate in the Gold Cup Series. Remember to wear your Striderwear to the GC races. As our club grows it is harder to get to know everyone. It helps if you are wearing Striderwear, so we know you are a CRS member. Now we have the "Fun Award" of Striderwear King, Queen, Prince and Princess for our members who are always proudly wearing their Striderwear. Also, come by the Strider table and show us your Striderwear and enter into the "I wore my Striderwear" raffle. We choose two entries at each GC race and the winners receive \$2.00 in Strider Bucks by mail and are announced in the Newsletter. All raffle tickets are kept until the Gold Cup Banquet where two are pulled for a free Strider Family Membership. The two winners of a 2013 Family Strider Membership, just pulled at the Banquet, were Elaine Hendricks and Cameron Zimmerman. Congrats to you both!

SEE YOU AT THE RACES!

ROBIN



## BOARD MEMBER EMAIL ADDRESSES

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## MEET A JR. STRIDER: STEVEN SWEENEY

**What school do you attend and what grade are you in?** I attend Lake Central High School and I am currently a Freshman there.

**What is your favorite school class or subject and why?** My favorite class is math. I have always been good at math and I love my teacher this year too.

**What or who got you interested in running?** Sara Ramos got me interested in running when she would talk about the race she had just finished or the training she just got done with. Then I joined the cross country team at Grimmer Middle School as a 6th grader.

**How long have you been a Strider member?** I have been a part of the Junior Striders for 4 years.

**Do you like Track or XC better and why?** I prefer to do XC over Track. I like to run on all of the different courses and see all the different terrain. I feel XC is harder and I like the challenge.

**What is your favorite race or event and why?** My favorite race would have to be running at New Prairie Invite for my high school. They have a awesome hill called agony hill. We also run there for Semi State which brings out the best of the best.

**Besides running what other things do you like to do?** I like to play basketball during the winter months. I love hanging with my friends all the time.

**Tell us something about yourself that we may not know?** One thing you don't know about me is that I am never inside. I love to be outside every day even if it's cold. I love the outdoors.

**Do you have a pet?** I have 1 dog and her name is Missy. We adopted her from a rescue organization.

**What is your favorite food?** My favorite food has to be pasta. Every runner loves pasta!

**What do you want to be when you grow up?** When I grow up I want to be an Engineer of some sort but I also want to stick with running for the rest of my life.



## JR. STRIDER NEWS

### 2013 Indiana Association of Track & Field Conference Report January 31-Feb 2, 2013 Indianapolis

Steve Kearney, Sue Brown Nickerson, Beth Boyer, Linda Ramos, Joel Davis, and Joe Reyes attended. Featured were 45 minute educational sessions and/or speakers on various topics such as acceleration development for sprints and hurdles- training the youth athlete- rotational shot-high jump-discus-jumps-sprints and relays-high hurdles-lessons for coaching distance runners; training for beginning hurdlers-coaching beginning throws-using electronic apps in coaching-motivating young distance runners-middle school common issues-training the young elite distance runner-training to combat fatigue in distance runners-running and fitness myths and misconceptions. The coaches are ready for track season, are you?

It looks like all the Strider coaches are returning for Spring 2013!! Welcome Jessica Zavala, Veronica Reyes, and Jeff Mescal who will be joining the youth team as coach assistants. Jessica Zavala is a RRCA Certified Coach.

Thank you Tim Fealy and everyone who ran and supported the Santa Runs in 2012. The youth program received a \$800 donation for the scholarship fund!!

Congratulations to Tyler Kramer Stephens age 15 of Lake Central HS, and Reilly Boyer, age 8 of Lowell who received 2012 Athlete of the Year Awards from Joe Mis and Hammond Track Club. Reilly set age group records at the local, state, and regional levels, placed 2nd at XC Nationals, and helped the 8 & under girls team to a national title. Tyler ran varsity all season as a freshman and scored in every race with a PR 17:03 5K at regionals. He was ranked 15th in the state as a freshman. He set

PR's in every distance at Striders races, and was named "one to watch" at Regionals by the Times Sports. Congratulations to them both on these well deserved awards.

**Sue Brown-Nickerson**

I want to thank Sue Brown-Nickerson for all her wonderful work over the past several years with the Junior Strider program. I know I have some big shoes to fill, but with her help and that of the many other volunteer coaches, I look forward to continuing to build this very successful program.

Speaking of volunteering... the Junior Striders host several events throughout the year, and the first one is the 11th Annual 10 Mile Run which will be held this year at the County Line Orchard on Sunday, April 21, 2013 at 8:00 a.m. The event proceeds for this race benefit the Strider Youth Programs and the Scholarship Fund. Since the Junior Striders program is made

up of volunteers, including the coaches, I would like to see each family help with at least one of the events each year. If you are available for more than one, that would be great!

For all those high school seniors or others planning to start college in the fall of 2013, please remember the Jim Cox Scholarship application deadline is April 1. Applications are available on the Strider website and must be postmarked by April 1st. The requirements are listed on the website but as a reminder these scholarships are open to anyone who will be a freshmen in college in the fall and the criteria is based upon either you or your parents being members of the Striders and your involvement with the organization.

**Beth Boyer**



Thank you, Coach Sue!

## A FAREWELL SALUTE

SUE BROWN-NICKERSON

MICHELE HALE - 8 years of board service with the last 6 years as club president. The second longest term of service as president in club history. Her name is synonymous with the Chicago Marathon and the OE running team. Her consistent drive to push membership up over 1000 was imminent this year - she came close 950+. Raffles-she loved Strider raffles to support a good cause whether it was for \$\$ or recognizing people for wearing their Striderwear. Giveaways - freebies - coupons- she was good for saving the club a buck or many bucks. Michele loved a deal. Did I say Inspire Daily? Her peeps will tell you on the running path or wherever that she is always giving new and veteran runners a lift - pushing for positivity. Silent auctions at the annual banquet to help defray expenses for board members going to RRCA Convention - yep, her idea! She directed the largest RRCA Walk-It event in the entire US-of-A at nearly 450- she loved that gig. One learns to delegate early and often so as a fellow board member how do you avoid the club president's f-a-v-o-r-i-t-e question, "hey....can you do me a favor..?". Confucius says...if you want something done give it to a busy person...she always managed to get the many many club details done month after month six years over! Cheers to Michele, job wonderfully done! Congratulations for also having been recognized by the CRS Board and RRCA for having over 2000 hours of volunteer service and, on becoming a life-time Calumet Region Strider member! Thank you for always supporting us, your fellow board members.



## THIS & THAT

BY ALL OF YOU

### ATTENTION!!! Please contact me to pick up your 2012 trophy!!

To all Strider's who completed the 2012 Gold Cup series, but did not attend the banquet. We have many trophies that need to be picked up. Because of the volume of trophies, we cannot possibly transport them around from race to race as we have in the past. We are asking you to please email Linda Ramos at [plymouth71@comcast.net](mailto:plymouth71@comcast.net) with "trophy" in the subject line to make arrangements to pick them up. If you will be at one of the GC races, we can bring it that day. Thank you for your cooperation. We think you will enjoy this year's pick!!!

The following people have trophies waiting:

Joe Rodenbucher  
Hank Aguilera  
Bob Szwet  
Darby McGrath  
Duane Hibbs (2 trophies)  
Robert Alt  
David Wolfe  
Dave Gaughan  
Marvin Jordan  
Israel Toledo  
Larry Spaeth  
Mike Wilson  
Percy Pompey  
Larry Bigler  
Chanbo Sim  
Dakota Merkel  
Carl Frey

### Thank you, Thank you, Thank you.....

A BIG thank you to so many who helped and contributed to the 2013 Gold Cup Banquet:

**Pablo Maldonado** -for providing music and the \$125.00 donation to the Junior Strider scholarship fund!!!

**Crown Trophy**-for all the beautiful trophies, plaques, and awards  
A special thank you to BOB for helping me set up the night before!!!

**Funkhouser Fotografia**- for the great pictures and portraits, what a great addition to the evening!!

**Lillian Scott and Connie Chumbley**- for checking in 323 people!!!!

**Saymemories**- for the absolute blast everyone had in the photo-both!!

**Maria Stock**- for helping pick out trophies and Sue's parting gift.

**Mike Willis**- for coming out to deliver your words of inspiration and dinner prayer!! It was amazing!

**Karen Spoor**- for helping us find a place to donate all the leftover food, and for transporting it there!!!

And thank you to everyone who attended and shared in the fun evening!!!

*Linda Ramos*

### ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE APRIL 2013 INSTEP IS **FRIDAY, MARCH 15, 2013 .**  
EMAIL THEM TO **INSTEP EDITOR AT [HRFORTMANN@YAHOO.COM](mailto:HRFORTMANN@YAHOO.COM) WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.**

### TRY TRAILS!

Curious about trail running but not sure if it's for you? Then come learn how to safely navigate off road runs. There will be a trail running 'clinic' at Imagination Glen in Portage on Sunday March 10<sup>th</sup> at 11 a.m. Even if you don't plan to enter a trail event (but we think you should!), you can participate. And the best part? It's FREE. That's right, at no cost to you. Bring running shoes, water and a sense of adventure. Rain or shine-but with heavy snow, we reschedule.

Contact Mary Zemansky ([drmaryzemansky@sbcglobal.net](mailto:drmaryzemansky@sbcglobal.net)) for any questions. Limit ten people-an RSVP is necessary. If there is a request for an alternate location and/or time, we can probably work that out. Hope to see you soon!



## COME SAIL AWAY AND GET YOUR RUN ON!

I am putting together a cruise for Runners & Non Runners. The cruise will take place aboard Royal Caribbeans Jewel of the Seas. The ship sails Feb.15/2014 from San Juan Puerto Rico. There are 5 ports of call. St.Thomas, St.Croix, Antigua, Martinique and St.Lucia. An Inside Cabin Cat. L is \$749.64 per person this includes taxes and Port charges. An Inside Quad Cabin Cat. K is \$659.64 per person this includes taxes and Port charges. A Balcony Cabin Cat. E3 is \$1029.64 per person this includes taxes and Port charges. Gratuities are \$81.55 per person, (for the week) this will be charged to your credit card at the end of the cruise. They do this so that no tipping is required during your stay. All meals are included. Drinks are extra. Wine pkgs. can be purchased along with pop, water and juice pkgs.

There are Wine Pkgs. they start from \$125.00 and up this includes 5 bottles of wine. You choose from the wine list. They also have pails of beer specials. I am going to check for a drink pkg. They were talking about setting one up. The other drinks start around \$5.00 and up. They usually have a drink of the day.

All races will be from 5 to 10k. All races begin first thing after we port. This gives you the rest of the day to explore the Island. All of our races have runners and walkers. We have support for both groups. In the past some of the races have had first aid support. That is up to each Island. We always have local runners join our races. This gives us the opportunity to get to know the people of the Islands and allows us new friends for the future. All routes are well marked and we always have people sweep the route to ensure we

all get in.

**With the 5 ports of call and the earlier run in San Juan we have six great runs planned for you, but it does not stop there. We have the World's Best 10k in San Juan. This race is on Sunday February 23, 2014. This a must to run... Great race over the bridge. 10,000 plus.**

It is only a \$530 deposit to hold your room which is REFUNDABLE if you cannot go for any reason. The final payment is due November 26th, 2013. It is more than 1 year away but that will give everyone plenty of time to get ready. I have reserved 20 cabins and we are nearly half full. Please contact me as soon as possible to secure your spot at Laluna3@aol.com.

STRIDE ON!

Michele Hale



## CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

**Correction on a statement in my last article: To compete for the Jim Cox Award you have to complete the Gold Cup Series of 39 races not 10 races.**

I received an email from one of the first runners to submit that they completed 100 miles. CONGRATS! I know there are many more out there. Remember this new program started January 1st and it includes all running mileage accrued (training or racing). I will need a copy of your mileage (hard copy or an email). Many runners are using different apps so it should be easy to send me a copy. Even though I am using honesty and integrity by the runner, I will be keeping a log of mileage in a file for future references.

Our first Gold Cup race this season will be the St Paul Spir-it Run 5K. It also starts the season for evaluating the races for next year. After the Gold Cup results are posted, there is an online evaluation form available on our web site. I would like to see more com-

ments regarding your dislikes or likes of the race. This will help the Race Director and my committee review the race for next year. Who knows, maybe the Gold Cup Series can grow or shrink, but only you, the runner (fast, middle or back of the pack), can help me with the selections.

I would like to close with a quote from Run the Edge ecards:

"My last thought before I start a race: 'Why am I doing this?'"

My first thought when I finish a race: 'When can I do this again!!!'"  
So please join the Gold Cup Series before your first race of the season. Does it not sound like our Dennis Rotz (Jim Cox winner 10 years in a row) before every season?! LOL!

**Run to have fun!**

Jose(Gunny) Lopez, Semper Fi



## RUNNING A MARATHON...13.1 MILES AS A TIME...OVER TWO WEEKS

Running goals. They're a part of running life, even if they make no sense to others, particularly non-runners. There are those that run a half on Saturday, then a full on Sunday, or worse, back to back marathons on the weekend. With winter threatening to bear down, I decided upon a simpler goal: two halves in two weeks. The location: Arizona, my usual January escape.

Having run the Phoenix RnR Half since its inception in 2003, the first part was a no-brainer (see comment about running streaks in Runner's World, March 2013). Besides, a race in weather that would be significantly above freezing, on a mostly flat surface, in January?! Perfect! (except for the 26,000 other runners joining me).

The other half was more of a technical pursuit: 13.1 miles of true hills

(not NWI "hills") at 4700 feet. Racing at altitude provides an experience without comparison, for those of you who haven't tried it. You truly appreciate your body and the willingness it has to go along with your mind's ridiculous ideas. I had already survived a half at Tahoe and one in Fort Collins, but...this one was only 13 days after Phoenix. And it boasted scenery to distract even the most focused runner, that of the infamous Red Rocks of Sedona.

So the plan was set. Run Phoenix. Rest a week. Engage in altitude acclimation and hill repeats. Run Sedona. Being a regular visitor to that area, I soon realized that you can drive a road innumerable times, but it isn't until you run it that you realize, gees this is steep!! (Sedona is really all about trail running, but they set up the half marathon on paved roads, go figure).

The dawn of race day in Phoenix brought picture perfect running weather in the low 40's (missing the "bitter cold" that Phoenix had experienced the week prior, in the mid-20's). In Sedona, after several days of snow just prior to the race (it NEVER snows there that often), it was 38 degrees at the start. Psychological prep for the events went well (imagine that). Managed both courses successfully, although the 12 minutes longer it took to complete Sedona can clearly be attributed to those hills. The novelty (my first Sedona half) and the beauty won out over the mega-event (the boring Phoenix course didn't help). Both races served as a great escape from the winter blahs/blues. Besides, I can now look forward to some "easier" races- in the flatlands, with only a hundred or so others, less commute time...but without such spectacular scenery.

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