

## PRESIDENT'S MESSAGE



### GOLD CUP RACE SCHEDULE:

**Hub Run 5K**  
 May 5  
 2:00 PM  
 Crown Point, IN

**Gallery Gallop 8.5K**  
**(XYZ Series Race)**  
 May 18  
 6:30 PM  
 Gary, IN

**Kent's Run 5K**  
 May 25  
 9:00 AM  
 Valparaiso, IN

**Re/Max Trail Run Extreme 12K**  
**(XYZ Series Race)**  
 May 27  
 9:00 AM  
 Portage, IN

**Sunburst Half Marathon**  
 June 1  
 7:30 AM EDT  
 South Bend, IN

**Field Station Frenzy 5K**  
 June 2  
 8:00 AM  
 Chesterton, IN



### XYZ SERIES RACES:

**Tryon Farm 10K**  
 May 18  
 10:00 AM  
 Michigan City, IN

**Gallery Gallop 8.5K**  
**(Details under Gold Cup Series)**

**Re/Max Trail Run Extreme 12K**  
**(Details under Gold Cup Series)**

*(Sponsored Race Schedule on page 5)*

I want to first say from the bottom of my heart that I'm pleased all of our Strider's are safe from the senseless tragedy at the Boston Marathon this year. When I first heard the news I immediately turned my attention to the runners and spectators at the run. I couldn't imagine how horrifying it would be running to the finish line as the bomb went off. I, like everyone I know, is not just saddened but also angry at the cowards. However, with the help of all of the new modern media technology we were able to quickly reach out to everyone and assure their safety. Running the prestigious marathon is supposed to be an joyous occasion, not a day of negative emotions. We want to wish everyone in Boston our best.

The end of an era...Not many of us have ever completed the Jim Cox series, but one Strider has completed ten in a row and eleven overall. Congratulations to Dennis Rotz for achieving such a tremendous feat. However, due to a slight injury his string is over. So lets all give him a standing ovation and wish him a speedy and proper recovery. So today I honor him with his picture on the front of this month's Instep. After all, it's you, the runners who are the resident presidents of this great running organization.



Wow, it's May already and our board is busy putting the finishing touches on some really cool events just for you. It's our way of saying thanks for being a part of the Calumet Region Striders. Without you it would not be a successful running club. I don't want to "Spill the Beans", I will let Linda inform you of her events she has put together. I do hope that most of you will take the time and join us in her events.

Well, that's about all I have this month. I just wanted to give a few shout outs and to invite you to our community events. As for everyone's training, I hope you are all injury free, gaining momentum in your running and gearing up for a great and enjoyable racing season. Keep building up those miles and get ready for some speed training and hill repeats.

As for Me?...

Well I would love to stay and chat some more.  
 but for now...  
 Gotta Run!!

SEE YOU ALL SOON!

Frank

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## MEET YOUR STRIDER BOARD: BETH BOYER



**Tell us a little about yourself:** My name is Beth Boyer and I am the Youth Program Coordinator. I am married and have four children - all of whom are Strider Members. I work as a Senior Account Manager with IFF (International Flavors and Fragrances) and have worked in the food industry for over 20 years.

**How long have you been a Strider?** This is my third official year as a Strider, but I have been involved with Striders through my kids for five.

**What is your favorite Strider Race?** I really like the races that involve some trail running or something other than roads but am not conditioned to run more than five miles at this point so I would say the Field Station Frenzy

**What are your most memorable runs?** I enjoy running, but watching my kids run and doing races with them (even though they all run faster than me) is what I enjoy the most. Last year I ran 4 races that were longer than 5K's and proved to myself I can run up to 5 miles. I enjoy different terrain and seeing nature when I run.

**What are your running goals?** I hope to stay healthy and continue to run to stay in shape and do something with my whole family. I have had some knee injuries and an ACL replacement so I was not able to run for several years in the past. I

plan to stay involved with running and the Junior Striders for many years to come.

**Besides running what do you like to do?** I enjoy many outside activities. I have owned, raised, and trained horses since I was 10 and still really enjoy riding and spending time with them (although I don't have much time to do that these days). I am hoping some of my kids will enjoy them with me. My family and I also like to snow ski, 4-wheel, snowmobile, jet ski, and hike. We enjoy traveling as well.

**What you would like to accomplish in your term on the Strider Board?**

As a board member I hope to represent the large group of Junior Striders that are members. Our program has grown dramatically over the last several years and we need to look for ways to offer different types of options for the various youth members. I would like to see kids stay involved in the program for several years and watch them learn and grow. I hope we continue to have parent volunteers that are willing to share their time and knowledge as coaches. We will work together to offer opportunities to the beginning runners who may just want to attend practices; to the more experienced runners who want to travel and compete and all levels in between.

### ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR  
SUBMISSIONS FOR THE  
JUNE 2013 INSTEP IS  
FRIDAY, MAY 10, 2013 .

EMAIL THEM TO  
INSTEP EDITOR AT  
HRFORTMANN@YAHOO.COM  
WITH "INSTEP SUBMISSION"  
IN THE SUBJECT LINE.



## BOARD MEMBER EMAIL ADDRESSES



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Today we see many active lifestyles. With the rise in age of the baby boomers many are looking for products to help relieve aches and pains. In our active running community it becomes important to understand the appropriate use of some of the over the counter pain relievers that are available.

At some point after a race, hard practice, or an easy run one feels minor aches and pains. Most times rest and stretching can help relieve symptoms. Sometimes if one continues to train and these minor issues aren't tended to promptly they can compound into more chronic or serious injuries.

The human body is an amazing machine. The full capacity of the mind and body is still unknown today. What we do know is that the minute your body senses an injury it is automatically wired to repair itself. Sometimes the body just needs a little help in healing.

Often times people seek over the counter (otc) pain relievers such as Tylenol (acetaminophen) or non-steroidal anti inflammatory drugs (nsaids) such as Motrin (ibuprofen) or Aleve (naproxen) or Ecotrin (aspirin).

It is important to note that Tylenol (acetaminophen) is a good fever reducer and mild pain reliever but will not help reduce inflammation. For soft tissue injuries and relieving mild inflammation Aleve (naproxen) and Motrin (ibuprofen) are more effective and good choices. If you have a minor ailment one or two doses may be enough. However if you have a greater amount of inflammation you may require a longer course of treatment as prescribed to get the inflammation under control and keep it at bay long enough to reduce inflammation and give your body a chance to get adequate blood flow to the area to help heal itself. These medications may cause stomach upset and are best taken with meals to minimize these effects. This is a good conservative treatment and may save you from a visit to the doctor.

Check with your physician prior to using any medications to ensure there are no drug interactions with existing medications or conditions, and make sure you are not allergic to any of the ingredients in the product. Always check the product labeling and fine print for dosages and warnings. You can

## **UPCOMING SPONSORED RACE SERIES EVENTS**

Girls on the Run of Northwest Indiana Spring 5K

Non-competitive, untimed event

May 11

9:00 AM

Highland, IN

The Beast Boot Camp 5K Race

May 11

9:00 AM

Crown Point, IN

St. Stanislaus/Trail Creek 5k Run/Walk

June 8

8:00 AM

Trail Creek, IN

## COUNTY LINE ORCHARD 10 MILER

THANK YOU TO ALL THE COUNTY LINE ORCHARD 10 MILER SPONSORS!  
PLEASE SHOW THEM YOUR PATRONAGE!

### GOLD LEVEL SPONSORS



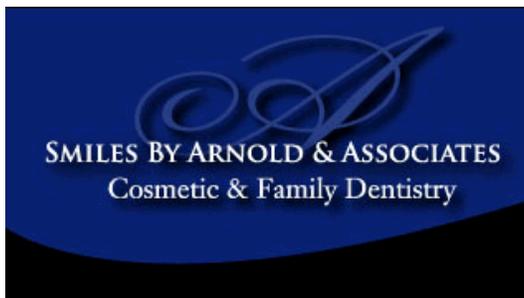
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### BRONZE LEVEL SPONSORS



ALSO THANK YOU TO ALL OF THE VOLUNTEERS!  
THE EVENT WOULD NOT BE A SUCCESS WITHOUT YOU!  
(A full recap will be published in the June 2013 INSTEP edition)



## VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. OK. I do not know about you, but the weather has just got to break and get better. I do believe that was one of the coldest Running with Irish 5K's we've had in a long time. Many thanks to Jose Lopez and family for bringing the Strider tent and propane heater to keep us warm. Also many thanks to all the volunteers at the Strider water stop at the Crossroads Marathon.

The winners of the Striderwear raffle at the Runnin with the Irish were Jean Jannasch & Maria Hernandez, congratulations! 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're 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.



## JR. STRIDER NEWS

BETH BOYER

First I would like to thank all those who volunteered their time at the Apple Orchard 10 mile. Without your help, we would not be able to host this event. It directly benefits the Junior Strider Program and the Jim Cox Memorial scholarship fund. We appreciate all the Junior Striders, parents, and Striders that helped that day and also those who supported the event by running. We had several applications for the Jim Cox Scholarships of which much of this money goes to, and will have more on the winners in next month's Instep. Well it has not felt much like spring, but track season is upon us. Our first practice in Porter County will be on Monday, May 6<sup>th</sup> at Lakewood Park in Valpo, and in Lake County on Tuesday, May 7<sup>th</sup> at Kahler Middle School in Dyer. The first two weeks

we will be focusing on conditioning, especially for the younger runners, as those involved with middle school track will probably not join us those weeks. For the most part each county will practice two days a week with Porter County on Mondays and Wednesdays and Lake County on Tuesdays and Thursdays. There will be some exceptions due to coaches and other event schedules so make sure to check the Junior Strider calendar on the Calumet Region Striders website.

One of the first events we have is the Hershey track meets. Unlike in the past, the Lake County group will be supporting the local Hershey meet in Cedar Lake that will take place at Hanover High School on May 23<sup>rd</sup>. The Schererville Parks department has decided not to host a Hershey

event this year. In Porter County the Striders will be hosting a meet on June 6<sup>th</sup> at Wheeler High School in Valparaiso. If for some reason you cannot attend the one in your county, you are welcome to attend a different one, but you can only go to one each year.

During the year the Junior Striders also attend some other local races as a team. These events are optional but we usually have a strong presence and there will be coaches. The first one is the Trail Run Extreme Kids' Mile coming up on Memorial Day, May 27<sup>th</sup> in Portage. The mile race is for anyone 12 and under and can also be used as a Gold Cup Race for that age group. There is also a 12K for those 13 and over.

## ADULT RUNNING PROGRAMS

DEANNA GRIMES

Come join us!

MEMBERSHIP DRIVE & BEGINNER 5K PROGRAM

Call out:

Wednesday, May 29th

6-7:45 PM

Crown Point Library

Program begins Saturday June 3rd

Coached by RRCA certified running coaches Frank Johnson and Deanna Grimes

**All ages welcome!**



Congratulations to the trainees for the Crossroads half!

From left: Gwen, Deanna (Trainer), Nicole, and Tammy

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## CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

The race season has begun! At the time of this writing we have 18 Gold Cup members vying for the JIM COX AWARD stay strong only 32 more races to go!!!!

The new wording on the Gold Cup Series ruling for scoring is as follow :

When a Gold Cup consists of two races. Striders 15 and Over must run the longer event (except the Ringing in Spring 5K) to receive Gold Cup Points. Striders 14 & Under must run the shorter event to receive the Gold Cup Points. An exception is when the shorter race is 1 mile (Trail Run Xtreme Kid's mile, Immanuel's Run Into Fall 1 mile & Hawaii FRA Kid's 1 mile). 12 & under must run the 1 mile race and 13 & over must run the longer race. Only Striders 15 & over will receive Gold Cup points for the races 10 miles in length and for the half marathons. The Bank of America Chicago marathon will only be scored for Striders 19 & over.

Gold Cup Award requirements: 14 & under must complete 5 races; 15-18 must complete 7 races; 19 & over must complete 10 races.

I would like to give a thanks to the following individuals: Billie Childress, Jim Raymond, Morning Sun Kelly, Sylvia Lafitte and our own VP Robyn for helping out at the Gold Cup table the last few races. Please stop by and give a helping hand I will never turn down assistance to pass out literature or help recruit new members.

Gold cup scoring /standings cannot be resolved unless you in-

form me at gunnylopez@sbcglobal.net. This past race Ringing in the Spring had some issues with duplicate names and names not matching our member data base. So if you register using a different name such as Bob instead of Robert our program will not pick you up. So please verify your entry the day of the race and if not correct let them know to make the correction. It takes me a few days to resolve any issues once I receive the information from you to correct the problem. Another issue is if you sent in your membership/Gold Cup fees through the mail it takes a few days to enter the information. No worries we will re-do the standings and scoring once the information is recorded.

Check out the articles in ValpoLife.com about some of our Strider members: Kathy Hooper Labus & son Andrew also about the Meilon's anniversary. You can also find some pictures of yourself or a family member.

Congratulations to Mr. & Mrs. Pete Klaeser as they begin their "marathon of life together" as the priest described it. My understanding they ran the Shamrock Shuffle the next day. Congratulations again!

Remember to fill out a race evaluation form after the race or on the website. Without your opinion we can not help the Race Directors improve their events.

***RUN TO HAVE FUN!***

Jose(Gunny) Lopez, Semper Fi

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

Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)