

PRESIDENT'S MESSAGE



GOLD CUP RACE SCHEDULE:

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

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

Munster Rotary Run A Round 10K
June 15—8:30 AM
Munster, IN

Firecracker 5K
June 22—7:30 AM
Chesterton, IN

Run 4 Freedom 5 Miller
June 27—6:00 PM
Highland, IN



XYZ SERIES RACES:

Red Dawn 5K Cross Country Race
June 22—9:00 AM
Portage, IN

SPONSORED SERIES RACES:

Healthy Hustle 5K
June 1—8:00 AM
Portage, IN

St. Stanislaus/Trail Creek 5K Run/Walk
June 8—8:00 AM
Trail Creek, IN

Lakeshore 12-20 5K
June 23—9:00 AM
Chesterton, IN

Public Enemy 5K Run & Walk
June 23—10:00 AM
Crown Point, IN

I am so excited for all of you. Fresh off of tonight's Board meeting, I want to share a few ideas with you. First, I am pleased to announce that after ten races we still have seven runners going for the Cox Award. Very nice! I wish them nothing but the best and health throughout the year so they can reach their goals. The Junior Striders are starting to practice and will soon be competing in their meets. Let's all give them our support and wisdom and help them all become better runners.

"Come Run With Us"... It's our new "Rally Cry"... We are a great organization with a lot of different styles of runners. However, there are a lot of non Striders out there we can accept into our club. "Strider Pride".... You will see this very soon as we will be giving the logo a new look. We are going to keep the tradition going, but just add some zest into the design. I think all of you will like it when we unveil the new look soon. Our new training programs will also have a theme. Do you know anyone who wants to train for a 5k or a trail run? Have them join us and they will receive a shirt with the logo..."Strider Strong". I want to thank Lisa Moreno for her thoughts and efforts into our new slogans. We hope you like them all; because you, after all, are the Striders.

We are trying to build team unity throughout the entire running community and we need your efforts to help us accomplish this goal. We are also putting on a few fun events for you after races as well as some fun runs throughout the summer. So c'mon, join in all of the fun! Come Run With Us because we are Strider Strong and show your Strider Pride.



Thank you
to our new
Platinum Sponsor:
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Hey, I have my own training to do now so even though I would love to stay and chat. I can't right now because.... I gotta run!

Keep up the great work everyone and see you out there running!

SEE YOU ALL SOON!
Frank

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RUNNER'S REMEDY

DR. TIFFANY BOZOVICH

About 70% of all runners will experience a running-related injury this year. You and I both know that when a runner is injured, they will do just about anything to “fix” themselves quickly because a runner that is not running is no fun to be around!

When you experience a running injury, you probably go online and scour Google for exercises to fix your problem, try what your running buddies recommend, post questions on Facebook running groups and attempt all the remedies offered by the veterans— and then, if it still hurts, maybe you’ll come to see a doctor.

Injuries are a lot easier to treat when the runner seeks medical attention during the first couple of weeks of the injury starting. It’s great that so many runners are pro-active and try to treat themselves and “research” on the internet for home care solutions, but when the injury lasts longer than a week or starts to worsen, runners would be better off seeing a medical professional – quickly.

In the meantime, while you’re seeking advice from the community at large, there are some things you can be aware of that will help you decrease the amount of damage runners often self-inflict on themselves because they just don’t know where to start.

If an injury has left an area swollen, red, and warm, you need to practice the RICE method as soon possible: **R**est, **I**ce, **C**ompression and **E**levate the area. If pain and/or swelling persist for more than a day, I recommend seeing your doctor.

If an injury is causing you to walk with a limp or run like a dizzy goat, use the above therapy on the painful area. If the pain does not start to decrease after 1-2 days, see your doctor.

If an injury is causing general soreness, I recommend **light** stretching. I emphasize the word light, because many times runners will attempt to stretch the injury away, which in turn makes it worse. Your muscle fibers are capable of stretching a certain distance: the muscle’s *stretch reflex threshold*. If you force the muscle to stretch beyond this point, especially during a muscle spasm, you can actually cause an injury. This will further set up the body to compensate with other muscles and cause additional problems during your next run. I’ll talk more about this phenomenon in my next article.

If you take anything away from this, please learn to acknowledge your injuries. Ignoring pain does not make it go away. If you are currently experiencing an injury and it is altering your runs or lasting for more than a few days, please do everyone a favor and see your doctor because as I mentioned earlier, runners that can’t run are no fun to be around!



Friendship 5k is on-line registration only with no additional fee to register on line.

New this year - Mizuno tech shirts available in men's & ladies ice-blue color

ATTENTION! INSTEP SUBMISSION DEADLINE
THE DEADLINE FOR SUBMISSIONS FOR THE JULY 2013 INSTEP IS FRIDAY, JUNE 14, 2013.
EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM WITH “INSTEP SUBMISSION” IN THE SUBJECT LINE.



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2013 COUNTY LINE ORCHARD 10 MILER



The Orchard 10miler's debut was successful! 289 registered participants and 269 finishers. Over 100 volunteers at water stations and on the course cheering the way. Everyone seemed to love the colorful finishers medal! Congratulations to the champions: Male, Jose Elizondo of Hobart and Female repeat winner, Sarah Arnold of Valparaiso.

2014 - anticipated added 5K & apple dash for 6 & under. We plan to move the finish area for longer chute - possibly right behind barn/silo. More, and lots more donuts next year, with option to pre-pay in advance for carry home. Sincere apologies to those who did not get donuts. While we were outside working and while you were running, spectators assumed the refreshments were also for them. We learned our lesson.

Thanks to our race sponsors that were named in last month's newsletter. Special thanks to Extra Mile Fitness Company for their help in promoting the event, timing the event, allowing for packet pick up at their store, and for providing the comp pair of Tifosi sunglasses. Next year- possible EM 10m

training program maybe..?

A big thank you to the County Line Orchard Staff in assisting us in the background and especially with the trail portion of the course. Amy Wilgus, and Ryan Richardson are absolutely fabulous to work with. We love our new home!

Thank you to our youth families volunteering: Aguilar, Austin, Beehn, Boyer, Brandy, Bucko, Draves, Erwin, Flens, Frey, Huber, Kearney, Lawless, Martinez, Merkel, Posey, Ramos, Reyes, Shelton, Smith, Stento, Stock, Tumidalsky, Villarreal, West, Wozniak, Zavala, Johns, Fitzgerald, Mundell, Caylor, Mescal, Fuller, Justin Moreno, Marissa Porras, Bri-Anne Andriessen.

Thank you to our adult club volunteers: Lori Arnold, Robin Benson Harvey, Jennifer Campbell, Teresa Chester, Tricia Clemans, Emily Doehring, Alan Dubowski, Angela Erb, Michele Finch, Dayna Gallo, Tanya Hillier, Morningsun Kelly, Gwen Lowe, Tom & Carol Magill, Alex Malay, Wanda & Clarence Melion, Renee Moreno, Jim & Sue Nickerson, Kim Orosz, Lydia Pisarski, Jen Rudeski, Lisa & Eli Sandberg, Sean Schuster, Bob Hooper, Adria Johnson, Deborah Brann, Alley Lawson, Maria Hernandez, Bill & Lisa Garner.

Like us on FB: County Line Orchard 10 miler and visit our website: countylinorchard10m.yolasite.com. Thank you for supporting this youth scholarship drive - see you in 2014!
Sue & Jim Nickerson, Race

ADVENTURES IN TRAIL RUNNING... CHARLESTON, SC?!

MARY ZEMANSKY



The first thing that comes to mind when you think of Charleston is probably pralines, not trail running. After all, it's a city built around a swamp. But there's a beach, a short boat trip from the city, where things are different...

Having previously been to Charleston to run the Kiawah Island half (a gorgeous course), I was intrigued by the area (great food + Southern hospitality = good time). When the opportunity presented itself for a return trip, I went online and quickly found a unique event scheduled for the same weekend. Titled the Capers Island Ecotour Run, it consists of a series of races held on a barrier island just off the coast of South Carolina. Having no idea what a barrier island was, but quickly learning and becoming an expert through Google, I decided to sign on. I always appreciate a race that is a fundraiser for a good cause, and this series benefits the greater Charleston "Feed the Need" to benefit the hungry. The race coordinator, Brett Carlson, has friends in the restaurant business who donate their time and cooking skills to help feed those less fortunate. Brett is also an individual who has a passion for nature, particularly marine life. It seemed like a win-win situation, and it was being held on Earth Day.

As during other adventures, my intrepid companion was involved. While he figured he would again participate as the

driver to the event site, I decided it was time for him to run his first 10K (particularly since he "hates" running). As it turned out I had limited training time, so he felt better about not being beaten as badly.

The gathering site was the Isle of Palms marina. Consistent with most trail races, we arrived way too early and could not find anyone who knew anything about the event so we sat around wondering if we were in the right place. Eventually, I spotted a fellow wandering around with a sheet and a clipboard - this was Brett. Slowly others arrived, most from S.C. but some from as far away as Seattle. The atmosphere was low key and relaxed. No t-shirt, no goodie bag, just runners and walkers. Soon we were being shuttled onto a transport and heading out on the water. It was a chilly morning in Charleston, about 45, and runners were bundled up to cope with the brisk temps. As we rode out to the island, Brett narrated about the ecosystem, the marine inhabitants, and an unforgettable story about the head of a dolphin that ended up on the island post-hurricane. We docked onto a beach after a 20 minute ride. This was it!

Unfortunately, the weather was not so cooperative. There was a wind about 35-40 knots (that's between 40 and 46 mph to you landlubbers) and it was blowing toward the start line. Undaunted, we warmed up and braved the elements. Almost everyone had signed up for the

5K (46/69 participants), an omen to be sure. The start was cool and obviously windy. We headed along the beach toward the area known as "The Bone Yard", and met up with various obstacles such as logs and sticks which could really hurt if you landed on them (we had been warned to avoid the tide pools, with their potential depth and the small shells that can really cut up your feet). The group quickly divided into fast and slow; not really sure how those running into the wind could have run fast, but maybe it was their determination to get the race over with and relax back at the docking area. We saw horseshoe crabs as big as a human hand, and egrets flying above. The gleeful expressions as the 5K runners made the turnaround said it all. Those of us running the 10K persisted onward; at one point, the winds were blowing sand so strongly toward us that we could have been running through a desert. The second 3.1 was rather enjoyable, with that wind pushing us along at quite a pace. While I wasn't the last person to finish, and I certainly didn't P.R., the scenery and the benefit to the needy were the ultimate award.

My advice: check out the Eco run series if you're out that way. It has become an annual event held in the spring. You'll do yourselves a favor by participating in a unique adventure while making a difference in the lives of others.

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VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. Well first I have to start off with the Boston Marathon. The newsletter cut-off date was the Friday before Patriot Day Monday. I was shocked to hear about the bombing at work that Monday afternoon. I immediately thought of all the Striders I knew that were there and hoped for their safety. So far, all the reports I have heard, are all our Striders were safe and unharmed by the blast itself. It was so nice to see all the support at the Spring Fling Ramp Run and the Orchard 10 mile for Boston, runners were wearing their Boston Marathon jackets from previous years and the Boston race bibs runners proudly wore. The next issue of Runners World will have full coverage of Boston. I am curious to read what the race officials have to say and how it will effect other marathons and large races in the future.

We have had many Strider volunteers out lately at the Crossroads Half & Full Marathon and the County Line Orchard 10 Miler. Many

helped out with waterstops, traffic control and runner support. Thank You to each of you that give your time to the Striders and our running community.

I would also like to send our deepest sympathies to long time Strider member Wanda Melion and her family with the loss of her son Timothy Johns. He was a career Navy EODCS (24 years). I had to ask what a EODCS was, that is Senior Chief explosives specialist. He served in both Iraq and Afghanistan with several tours of duty earning a Bronze Star with a "V" for Valor. He was injured in a bombing, earned a Purple Heart, rehabbed and went back to Afghanistan. He was a true American Hero! On behalf of all the Striders, we are deeply sorry for your loss.

We have some Strider social events coming up. To help raise some funds to off set the cost. We had a raffle for a free Sunburst Marathon entry at the Spring Fling Ramp Run. Congratulations to Amy Bratcher who won the entry. Thank You to all that participated.

Congratulations to the winners of the Striderwear raffle at the LaPorte YMCA 10K were White Wolf Kelly and Ulrike Zamori, at the Dyngus Day Dash 5K were Taesa Stock and Jack Love, at Ringing In Spring 5K were Elaine Hendricks and Miller Kreshrica (Miller your last name was hard to read, sorry if it is spelled wrong), at the Hammond 10K were Sasa Sekuloski and Allan Nalbor, and at the Spring Fling Ramp Run were Cameron Zimmerman and Maria Hernandez. Remember to wear your Striderwear to the GC races, 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

Thanks again everyone for your help at the Orchard 10. It was great to see all the support from both the volunteers and those who ran. This year at the race we were also able to recognize some of the Jim Cox Memorial Scholarship recipients. As the Junior Strider program grows, so do the number of applicants, and thus the competition for these scholarships. Congratulations to our five recipients: Bri-Anne Andriessen, Andrew Kearney, Hallee Willis, Alaina Willis, and Tim Huber. All five of these seniors have been involved with the Striders and the Junior Strider program for a number of years, competed in the Gold Cup Series several years, and volunteered for numerous events – including those that benefit the Junior Strider scholarship program. Best of Luck all of you as you begin college in the fall.

This spring it has been great to see all the Junior Striders who are in Middle

School and High School compete and represent their schools well in various track and field events. We are looking forward to you all coming together, along with our younger kids, for a great track season.

Some upcoming events in June include the AAU National Qualifier that will take place in Bloomington, IN on June 15th and 16th. As many of you who have participated for a number of years remembers, that is the weekend the Junior Striders traditionally host the AAU District meet. This year AAU has decided to do something different and not have an Indiana District Meet, but instead just have a National Qualifier. The top five in each individual event and the top four relay teams will advance on to the AAU Junior Olympics in Michigan July 27th – August 3rd. Because we will not have our local district meet we are going to have an AAU track and field invite on June 29th at Wheeler High School in Valparaiso. This will give the kids a chance to compete local-

ly. We will need a lot of volunteers to help make this meet run smoothly. Please remember, since all of the people involved with the youth program are volunteers, we need the parents to help and volunteer a couple of hours at one of more events during the year.

In addition to these AAU meets, which are optional, there are also other optional meets in the state of Indiana as well as Illinois that are listed on the Junior Strider Calendar. We are trying to provide options and information for those who would like the opportunity to compete in more than a couple of meets.

In our next newsletter I will share some of the results of our local Hershey meets and who qualified to go to the Hershey State meet in July. Good Luck everyone at the upcoming meets and thank you to all the coaches who are giving their time to the program this year!

MEET YOUR STRIDER BOARD: DEANNA GRIMES



Bio: I am originally from Cincinnati, Ohio... born and raised. I am a die hard Reds and Cincinnati Bearcats fan. I am way more into sports than most females and even play fantasy football. My boyfriend received a really good job here and after graduating from college in December of 2006 I move to Northwest Indiana. I work for a wholesale floral company in Alsip, IL.
How long have you been a Strider? I have been a stride for the last 3 years.

What is your favorite Strider Race? I would say one of my favorite strider races is the Extreme 12K because it is very challenging. I also almost always go to the Friendship 5k. It is very fun and take us out of our normal weekend racing.

What are your most memorable runs? My first half marathon training program with Nikki Huber we did our first 5 miler in about 4 inches of snow. We were a small group and I just remember laughing almost the entire run. I would also say the first time I ever ran at the Dunes. Especially not being from the area I had no clue what to expect.

What are your running goals? Do my best. Last year I really pushed for at PR at Chicago. This year I just want to do some races I have never done and maybe push myself to do races that are challenging.

Besides running what do you like to do? Watch sports either live or on TV. I also scrapbook. I have every race bib I have ever worn.. except maybe the one from the mudathalon.

I really hope that being on the board will bring even more runners to Northwest Indiana. I think that some people outside of our group think you have to fast or run a marathon to be part of our group. You don't have to be any of those to be a strider and that's why I love being part of this group. The running community has made me feel like I have family here. My goal being on the strider board is to inspire as many people to reach for their goals as I can. I always say even if you can inspire one person then that is an accomplishment.

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CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

Here I go again! Race Directors and myself look forward to hearing from the runners. We would like to know how their event met (you) the runners expectations. I am puzzled by the fact that we have 774 members which 311 are Gold Cup participants and 197 are Junior Striders. Yet I received only 1% race evaluations from the participants of the events. PLEASE take a moment go to our website and complete a race evaluation form. I know every race so far has not been perfect so add your comments which will be helpful for selection of races for next year. Please make sure you pull down the correct race heading to be evaluated.

Something new will be coming soon to the Gold Cup Table/gear check in. So far every race I have completed I can hear "Go Jose!" or before a race "How are you today Jose?" I have a bad memory for names so it might take me longer to remember you. So I would like to invite you after the races to meet me and the volunteers at the table. Speaking of volunteers I like to thank Jose Garza,

Morning Sun Kelly, Board members Lisa Moreno, Robyn Benson, Jim Raymond and anyone I forgot for helping at the Gold Cup Table.

I would like to give a shout out about a Calumet Region Strider member who is pushing for new members. Jose Garza recruited 2 new members at the Hammond Charity 10K. He is also a member of a social/running group called the Running Peeps which I am also a participant. They have grown to over 200+ members just from word of mouth and the desire to run and have fun.

Ten Gold Cup races have been completed and we still have seven (7) runners going for the Jim Cox Award only twenty-nine (29) races to go.

Remember it is warming up and it is time to hydrate properly. Wear reflective clothing if running during the early dawn or late evening. Let us all be safe out there!

RUN TO HAVE FUN!

Jose(Gunny) Lopez, Semper Fi

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Northwest Indiana & Northeast Illinois for 30 years

Check Out Our Site: WWW.CALSTRIDER.ORG