

## PRESIDENT'S MESSAGE



**GOLD CUP  
RACE  
SCHEDULE:**

**Brickyard Run**  
**July 4—7:30 AM**  
**Hobart, IN**

**Nativity Festival 5K  
Run**  
**July 7—7:00 PM**  
**Portage, IN**

**Running Wild for the  
Washington Park Zoo**  
**July 13—9:00 AM**  
**Michigan City, IN**

**Friendship 5K**  
**July 17—6:30 PM**  
**Highland, IN**

**Buckley 5 Miler**  
**July 20—7:30 AM**  
**Lowell, IN**



**2Xtreme 10 Mile Trail  
Run**  
**July 27—5:00 PM**  
**Portage, IN**

One of the great things about our new technology (facebook) is I can see how much running most of you are doing. I see pictures, group runs and practice schedules. Lt. Dan is on it with the Sunset runners out there in Portage. I see the excitement that is happening at the races as well as the group training runs. Yes, summer has just started so it's fall marathon training time.

This brings me a phrase I have sort of patented..." Find Your True".... Most of us do not remember our finishing time on a race we went to three years ago, But I bet you will still remember anything that made your running feel great. Here is an example: A few Autumns ago I was on a run with a friend. I couldn't tell you exactly how far we ran that afternoon or what our pace was. But what I do remember was that towards the end of the run there was this big flower pot that just seemed to come out of nowhere (I probably wasn't paying attention ..lol) anyway, without even thinking I took a big leap over the scarecrow stick figure that was sticking out of the plants. Everyone starting laughing and to this day it's a run I have not forgotten.

Another story is this friendly running challenge Brian Norrick and I have between us. I think Bob Hudnall actually started this a long time ago and it never really stopped. Brian actually created a medal for us. Since the challenge started at the "Bucktown 5k" many years ago the travelling medal has been dubbed the Bucktown buck. Right now I'm, I mean proud ... err, I mean sad to say..Is that Brian Norick, who has beaten me the last two events we have ran together. is the owner of the award ...AT THIS TIME.. But the challenge is on for me to regain the "trophy". Actually what this does is keep us training and running hard so neither of us slack off (not for too long anyway). Two great friends and their "true".

I see it out there with you... The stories of fun times on your runs, road trips or running adventures. All of this, my friends, as your president is what I intend on doing for all of you. To keep this trend moving forward for each of you. I have had a lot of great times with some good buddies. So why shouldn't you?

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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Recently I was speaking to a friend regarding some prescription medications. He commented that he had recently bought a prescription for some weight loss medication. Upon further questioning it came to light that what he purchased was actually a dietary supplement and not a prescription medication.

Just because a product comes packaged in a bottle, capsule, tablet or liquid form doesn't make it a prescription. There are major differences between dietary food supplements and prescription medications. Understand that prescription medications undergo many years of testing and clinical trials before a product comes to market. Consequently many products never make it to market if they don't show a positive clinical outcome or safety and side effect profile. Even when a new product makes it to market it still undergoes continued evaluation by the FDA (Federal Food and Drug Administration) since the drug will be hitting a larger population once approved and undergoes continued surveillance to help ensure the safety of prescription medications to the general public.

Dietary or natural products are marketed as food supplements. These products are not tested by the FDA. Dietary supplements are not approved by the government for safety and effectiveness before they are marketed. If the dietary supplement contains a NEW ingredient, that ingredient will be reviewed by FDA (not approved) prior to marketing — but only for safety, not effectiveness. That means supplements should not make claims, such as "reduces arthritic pain" or "treats heart disease." Claims like these can only legitimately be made for drugs, not dietary supplements.

When it comes to dietary products the best rule of thumb is Buyer Beware. Read the fine print all nutritional products are required to include this statement in the labeling "this product is not intended to diagnose, treat, cure, or prevent any disease. The fine print is usually obscured in the labeling but it will be there. The manufacturers and distributors of dietary supplements are responsible for making sure their products are safe BEFORE they go to market. Manufacturers are required to produce dietary supplements to minimum quality standards and ensure that they do not contain contaminants or impurities, and are accurately labeled.

Dietary supplements can serve good use if one purchases products from reliable sources and is a savvy supplement shopper. Some supplements may help to assure that you get an adequate dietary intake of essential nutrients. However, supplements should not replace the variety of foods that are important to a healthful diet — so, be sure you eat a variety of foods as well.

Watch out for false statements like: A quick and effective "cure-all", "can treat or cure disease", "totally safe or has no side effects", and be aware that the term natural does not always mean safe. Don't assume that even if a product may not help you, at least it won't hurt you.

Many supplements contain active ingredients that have strong biological effects in the body. This could make them unsafe in certain situations and hurt or complicate your health. For example, the following actions could lead to harmful effects.

Using supplements with medications (whether prescription or over-the-counter)

Substituting supplements for prescription medicines your doctor has prescribed

Taking too much of some supplements, such as vitamin A, vitamin D, and iron

Some supplements can also have unwanted effects before, during, and after surgery. So, be sure to inform your health-care provider, including your pharmacist, about any supplements you are taking — especially before surgery.

When searching for supplements on the Web, use the sites of respected organizations, rather than doing blind searches. One site that independently tests national products is consumerlab.com. While it charges a nominal yearly fee it may be worth the investment to ensure you are getting a product that actually contains exactly what is listed on the label.

NSF International's Certified for Sport® program reduces the risk that a dietary or sports supplement contains banned substances. Visit nsf.org for more information.

## ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR  
SUBMISSIONS FOR THE  
AUGUST 2013 INSTEP IS  
FRIDAY, JULY 12, 2013 .

EMAIL THEM TO  
INSTEP EDITOR AT  
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WITH "INSTEP SUBMISSION"  
IN THE SUBJECT LINE.



## BOARD MEMBER EMAIL ADDRESSES



### OFFICERS:

#### PRESIDENT

Frank Johnson

fdkjohn@sbcglobal.net

#### VICE PRESIDENT

Robin Benson-Harvey

vp@calstrider.org

#### TREASURER

Cecilia Bernal

jcmbernal@comcast.net

### COMMITTEE CHAIRS:

#### SOCIAL & SPONSORSHIP CHAIR

Linda Ramos

plymouth71@comcast.net

### PUBLIC RELATIONS

Lisa Moreno

lisarunsalot@sbcglobal.net

### GOLD CUP & SPONSORED RACE SERIES

Jose Lopez

gunnylopez@sbcglobal.net

### MEMBERSHIP & VOLUNTEERS

Dan Sturgell

dansturgell@yahoo.com

### YOUTH RUNNER PROGRAMS & SCHOLARSHIPS

Beth Boyer

bfulmerboyer@yahoo.com

### NOMINATIONS, BYLAWS, & DISABLED RUNNER FUND

Jim Raymond

jwilliam10@yahoo.com

### ADULT RUNNING PROGRAMS

Deanna Grimes

grimesdee@gmail.com

### APPOINTED:

#### WEBMASTER & STATISTICIAN

Jeff Mescal

mescal@netnitco.net

#### INSTEP EDITOR

Holly Plew

hrfortmann@yahoo.com



## JR. STRIDER NEWS

The summer track season is going well. Between the two counties we have over 130 kids and 15 volunteer coaches. Thanks to everyone for your help this season. We have had two successful Hershey meets - thanks to all who volunteered to help at those events. Within the newsletter you will see who qualified to go to the State Hershey meet on July 6th in Muncie, Indiana. Congratulations and Good Luck!

Our AAU season has been a bit more challenging. Our local district meet was eliminated and then less than two weeks before the Indiana National Qualifier in Bloomington, IN, they cancelled that meet and told us we had to find another qualifier. With all the busy schedules everyone has, unfortunately those who wanted to qualify had to split up and go to other events over three other weekends in June. I know this has been a tough year for AAU and I appreciate all of your patience as we try to work through the problems and present some other options for the kids. Congratulations to all those who have participated and qualified for the AAU Junior Olympics in Ypsilanti, MI.

For those who wanted some additional competition, there have been several USATF sanctioned events in the Indianapolis area. The following Jr. Striders have traveled and participated in at least one of these events: Nicole Brandy, Alexia Tumidalsky, Payton Boyer, Reilly Boyer, Jordyn Boyer, and Hunter Boyer. All of the kids have done well at these meets getting some personal bests.

### **Cedar Lake Parks Department HER-SHEY TRACK & FIELD RESULTS – 2013**

The Lake County Jr. Striders participated in a different Hershey Track meet this year as the one that was put on by the Schererville Parks Department did not take place. This annual meet was hosted by the Cedar Lake Parks and Recreation Department at Hanover Central High School indoor track on May 23<sup>rd</sup>. The event involved Park Staff and many volunteers from the Striders Running Club. The Park Department has hosted this event for 17 years. The following Jr. Striders advanced to the Hershey State Meet:

**50 METER** – Girls (9-10) Brianna Murdock --

**100 METER** – Boys (9-10) Landin Ready, Cameron Phillips

**100 METER** – Girls (11-12) Javiera Gamble

**200 METER** – Girls (9-10) Reilly Boyer, Isabella Medina

**200 METER** – Girls (11-12) Lilly Cash, Javiera Gamble

**400 METER** – Girls (9-10) Reilly Boyer, Isabella Medina

**400 METER** - Boys (9-10) Landin Ready, Anthony Saberniak

**400 METER** – Girls (11-12) Jordyn Boyer, Allie Smith

**400 METER** – Boys (11-12) Cameron Phillips, Montgomery Stockton-Fressa

**800 METER** – Girls (11-12) Jordyn Boyer, Allie Smith

**800 METER** - Boys (11-12) Montgomery Stockton-Fressa

**800 METER** – Girls (13-14) Jessie Mescal, Izzy Iussig

**800 METER** - Boys (13-14) Hunter Boyer, Tristen Comer

**1600 METER** – Girls (13-14) Jessie Mescal, Izzy Iussig

**1600 METER** - Boys (13-14) Hunter Boyer, Tristen Comer

**STANDING LONG JUMP** – Girls (9-10) Isabelle Medina

**STANDING LONG JUMP** - Boys (9-10) Anthony Saberniak

**STANDING LONG JUMP** – Girls (13-14) Jessie Mescal

**SOFTBALL THROW** – Girls (9-10) Reilly Boyer

**SOFTBALL THROW** – Boys (9-10) Landin Ready

**SOFTBALL THROW** – Girls (11-12) Elizabeth Reyes, Jordyn Boyer

**SOFTBALL THROW** – Boys (11-12) Cameron Phillips

**SOFTBALL THROW** – Boys (13-14) Tristen Comer, Hunter Boyer

**Beth Boyer**

Hersheys Track & Field Games -  
Wheeler HS

Valparaiso June 6, 2013

State Qualifiers for July 7

State Meet in Muncie

Over 100 participants competed at

Wheeler Hersheys Track & Field, of which included 20 - 8 & unders running exhibition, and for most, it was their first effort at competitive running, jumping, and throwing. Congratulations to all, and especially the following Jr. Striders who will be representing Valparaiso Indiana at the State Meet on July 7th in Muncie.

9-10 LJ - Emily & Sarah Worthington, Levi Posey, Nathan Ortiz

11-12 LJ - Jamie Stento, Rita Zajicek, Jacob Beehn, Isaac Anderson

13-14 LJ - Kadie Spoor, Jordan Counter

9-10 Softball - Zoe Driver, Megan Bucko, Luke Stento, Alex Zavala

11-12 Softball - Alexa Tumidalsky, Emma Fitzgerald, Nick Caldwell

13-14 Softball - Kadie Spoor, Carl Frey

1600M - Carlos Martinez, Carl Frey, Marina Ahner

9-10 50m - Skyler Cummins, Emily Worthington, Levi Posey, Luke Stento

9-10 100m - Skyler Cummins, Levi Posey, Alex Zavala

11-12 100m- Alexa Tumidalsky, Meghan Eldridge, Nick Caldwell

13-14 100m - Jordan Counter

800m 11-12-Evan Cavanaugh, Hannah & Emma Fitzgerald

800m 13-14 Carlos Martinez, Carl Frey, Marina Ahner

200m 9-10, Cori O'Connor, Ethan Miller, Cameron Zimmerman

200m 11-12 Kylee Donnell, Jamie Stento

200m 13-14 Taesa Stock, Jordan Counter, Trent Harrington

400m 9-10 Emily Worthington, Zoe Driver, Alex Zavala, Seth Anderson

400m 11-12 Alexa Tumidalsky, Alivia Zavala, Evan Cavanaugh

4x100m Relay 9-10

Girls 1. Stento, Donnell, Tumidalsky, Eldridge

Girls 2. Fitzgerald, Fitzgerald, Brandy, Kaurich

Boys 1. Driver, Cavanaugh, Caldwell, Anderson

Boys 2. Draves, Newcomb, Ivory, Zajicek

4x100m Relay 11-12

*Continued on Page 4*

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## JR. STRIDER NEWS (CONTINUED FROM PAGE 3)

Girls 1. O'Connor, Worthington, Worthington, Dalton  
Girls 2. Cummins, Bucko, Driver, Javor  
Boys 1. Posey, Small, Miller, Zavala  
Boys 2. Stento, Ortiz, Anderson, Lawless

Good Luck in Muncie, and Congratulations to all of our team members on their efforts!

**Sue Brown-Nickerson**

On Saturday, June 8th 6 Junior Striders travelled to Rockford, Illinois to compete in the AAU National Qualifier. Congratulations to the following athletes who advance to the AAU Junior Olympics in Detroit at the end of July:

Zoe Driver age 9 800 m and 1500 m run  
Alexa Tumidalsky age 12 high jump  
Jamie Stento age 12 high jump and long jump  
Luke Stento age 9 high jump and long jump  
Jordan Counter age 14 high jump

Congratulations also to Joe Stento, age 15, who had a great showing in the long jump in Rockford. More Junior Striders will be attempting to qualify for the Junior Olympics in the next few weeks at meets in St. Louis, Cincinnati, and Ypsilanti, Michigan. Unfortunately, the Indiana AAU national qualifier was cancelled at the last moment, and our Junior members have had to scramble to find other qualifiers that will allow them to try to advance to the Junior Olympics. Good luck to all of our competitors! Look for their results in future newsletters.

**Kim Stento**

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

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