

PRESIDENT'S MESSAGE



**GOLD CUP
RACE
SCHEDULE:**

**Runnin with
the Devils
August 3—8:00 AM
Lowell, IN**

**Run Dirty 5K/10K Trail
August 4—8:00 AM
Crown Point, IN**

**Rotary Ramble 5K
August 10—8:00 AM
DeMotte, IN**

**Lowell Labor Day 5K
August 31—8:00 AM
Lowell, IN**



**XYZ SERIES
RACES:**

**Dew It Half Marathon
August 17—7:00 AM
Griffith, IN**

**Bride of Zoy 15K
September 1—8:00 AM
Chesterton, IN**

**SPONSORED
SERIES RACES:**

**VALPO 5 Miller
August 18—8:00 AM
Valparaiso, IN**

Welcome to the sunny and humid summertime. Isn't it just great!?
Remember to keep up on those fluids.

I hope by now we have all picked a "target" race to train for. It seems that most runners are training for Chicago or another fall marathon such as the Monumental Marathon a few weeks later. Whatever the event you are striving for, I wish happy endings for you all.

Fun Runs: I encourage all of you to join in. There are quite a few local businesses in the area for you to join in with our fellow running enthusiasts, have a great run, and a treat of some kind afterwards. One of the Strider's sponsors, Extra Mile, is tops at putting on local fun runs. They meet every Wednesday evening. Bridge's (a local bar in Griffith), runs on Tuesday evenings as well. A few of the board members met with more places to encourage them to add to this group of fun runs. As soon as the details are finalized we will let you know.

Mark your calendars: Saturday August 17th is the Strider picnic. It will be directly after the Dew It 13.1 trail run in Oak Ridge Prairie in Griffith. The Party starts as soon as the awards are finished. The shelter is reserved and ready for you. We really would like to see everyone there.

How does this sound to you? "Get your Stride on 8k"...? The board is working on creating our own strider race. We have a location and date picked out and I thought since it is "your" race, it would great for you to help create the course. Watch for the e-mail blast on when and where.

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



"HOOP" MARKS 36-YEAR RUNNING ANNIVERSARY

On July 2, 1977, Bob Hooper a/k/a "Hoop", went to Downtown Chicago to see Olympic Marathon Gold Medalist, Frank Shorter, run in the Chicago Distance Classic. There was a dramatic finish. The wheelchair racers had a 15 minute head start, using manual non-racing chairs. It came down to the last kick up Lake Shore Drive where Frank Shorter overtook the lead wheelchair racer, with bloodied hands, to a less than 50 ft. heart wrenching and inspiring finish. Bob Hooper said he was hooked and found a store in Illinois to purchase running shoes. This began his 36 year running career while sharing his passion with family and friends all along the way. Happy Running Anniversary Bob Hooper!

INSIDE THIS ISSUE:

Runner's ReMEDy	2
Jr. Strider News	3
Gold Cup	3
VP's Corner	3
Hershey's Recap	4
RRCA Runner Friendly Business	4
Adventures in Trail Running	5
Twilight Parade	5
Run 4 Freedom 5 Miler	6


STRETCHING 101

Although recent research states that stretching may not have an obvious impact on decreasing the chance of injury, it does have many benefits for athletes and couch potatoes alike. Almost everyone understands the feeling of "needing to stretch". After sitting for a long period of time and standing up, it's practically automatic for a person to stretch out the muscles that have tightened up while sitting.

When muscles are tight, they need to be stretched. But how a person stretches can actually have a great impact on the effectiveness of the stretching.

Always be sure that the muscles are warm prior to stretching. Some simple jumping jacks or marching in place for 2-3 minutes can do the trick. Following this quick warm up with some dynamic stretching is important. You want to allow the joints to slowly and gently reach full range of motion through movements.

I've listed below my favorite dynamic stretches.

Ankle rolls – Either sitting or standing, place one leg out in front of you and slowly roll the ankle in one direction a few times and then in the opposite direction. Focus on feeling the muscles in the foot, ankle, and lower leg "stretch" during the movement.

Non-weighted squat – Standing with legs shoulder width apart, bend your knees, lower your bottom and keep your chest and head up. Your knees should never go beyond your feet. Only squat as low as is comfortable, and attempt to squat lower with each repetition. 5-10 should be good. If you have bad knees, try using a stability ball. Place the ball against a wall and lean your back into it. Use the ball to help you squat down and take some of the weight off of your knees.

Arm circles – With arms outstretched to your sides at shoulder height, circle your arms in small circles about the diameter of a soccer ball. After 5-10 circles, reverse and repeat. Then increase the diameter to full range of motion of the shoulder slowly over 5-10 more reps in each direction.

Neck rolls – Allow the head to relax to one side (ear to shoulder). Feel the stretch on the opposite side of the neck and slowly lower the head and roll to the opposite side. Roll from side to side, always keeping the head down. (You should not be doing full circles, but instead half circles from one side to another.)

Once you've completed dynamic stretching you can continue with a work out or if you are just stretching, continue on to more static stretches which are the more common stretches people know.

These are the stretches that will help gain more flexibility and help build endurance in the muscles. Endurance is gained by increasing the capacity of the muscles, which can be done through stretching. It can also help relax the muscles if they are over-used or tight. Periodic massages can also be beneficial for relaxation of the muscle tissue to allow for better stretching.

**ATTENTION! INSTEP
SUBMISSION
DEADLINE**
THE DEADLINE FOR
SUBMISSIONS FOR THE
SEPTEMBER 2013 INSTEP IS
FRIDAY, AUGUST 9, 2013 .
EMAIL THEM TO
INSTEP EDITOR AT
HRFORTMANN@YAHOO.COM
WITH "INSTEP SUBMISSION"
IN THE SUBJECT LINE.


BOARD MEMBER EMAIL ADDRESSES


OFFICERS:
PRESIDENT
Frank Johnson
fdkjohn@sbcglobal.net

PUBLIC RELATIONS
Lisa Moreno
lisarunsalot@sbcglobal.net

**NOMINATIONS, BYLAWS, &
DISABLED RUNNER FUND**
Jim Raymond
jwilliam10@yahoo.com

VICE PRESIDENT
Robin Benson-Harvey
vp@calstrider.org

**GOLD CUP & SPONSORED
RACE SERIES**
Jose Lopez
gunnylopez@sbcglobal.net

ADULT RUNNING PROGRAMS
Deanna Grimes
grimesdee@gmail.com

TREASURER
Cecilia Bernal
jcmbernal@comcast.net

MEMBERSHIP & VOLUNTEERS
Dan Sturgell
dansturgell@yahoo.com

APPOINTED:
WEBMASTER & STATISTICIAN
Jeff Mescal
mescal@netnitco.net

COMMITTEE CHAIRS:
SOCIAL & SPONSORSHIP CHAIR
Linda Ramos
plymouth71@comcast.net

**YOUTH RUNNER PROGRAMS
& SCHOLARSHIPS**
Beth Boyer
bfulmerboyer@yahoo.com

INSTEP EDITOR
Holly Plew
hrfortmann@yahoo.com



JR. STRIDER NEWS

BETH BOYER

It has been a busy month for the Junior Striders Track & Field. Due to the Indiana National Qualifier being cancelled, the team ended up splitting up and attending three different National Qualifiers due to people schedules, etc. You read about the first one last month, and the other two are below. Thank you to Coach Kim Stento for attending the Rockford meet and helping out, and Coach Jeff Mescal for attending the Michigan meet and helping out.

The one day Wisconsin AAU National Qualifier held on June 22nd was relatively small, especially for the distance and field events but overall was a good meet. All the Junior Striders who attended qualified to go to Junior Olympics, Congratulations! The events for each child are listed below:

Payton Boyer- Female 8 and under – 800 & 1500

Reilly Boyer - Female 9 years old – 800, 1500, High Jump

Nicole Brandy - Female 11 years old – 800, 1500, Turbo Javelin

Jordyn Boyer - Female 12 years old – 1500, 3000, High Jump

Emma Brandy - Female 15-16 years old – Javelin Throw

Hunter Boyer - Male 14 years old – 1500, 3000

Carl Frey - Male 14 years old – 1500, 3000

The Michigan AAU National Qualifier held on June 29th and 30th in Ypsilanti, MI was a bigger meet with some strong competition. The meet experienced some rain delays but the Junior Striders represented the region well with all who attended qualifying in at least one event, Congratulations! Each child and the event(s) they qualified in are listed below:

Jessie Mescal – Female 13 years old – 1500, 3000

Hailey Herbert – Female 13 years old – 1500, 3000

Izzy Iussig – Female 13 years old – 3000

Dylan Draves – Male 11 years old – 3000

Evan Cavanaugh – Male 12 years old – 800

Carlos Martinez – Male 13 years old – 1500, 3000

In all we have about 20 kids who qualified to go to the Junior Olympics held in Ypsilanti, MI July 27th – August 3rd, and it looks like most of them will be attending. Good Luck kids! Great job everyone in what has been a challenging year with many changes. Thanks to all the coaches for working with an ever changing meet schedule and for all your time.

In addition to these AAU meets we also had an AAU invite on June 29th

with about 80 kids attending between the Calumet Region Striders, and two other Indiana teams as well as a couple of unattached athletes. The kids did well and thank you to all of those who volunteered that day to make the meet a success.

In early July just under 40 kids who qualified at the local level attended the Hershey State meet in Muncie, IN. There is a separate write up on that meet. Thanks to Coach Sue Brown Nickerson and Randy Medina for attending and helping the kids. The Junior Striders did well at the meet and had fun.

Many of the Junior Striders have also been participating in Gold Cup and other local racing events. All of the coaches have seen a lot of improvement in the kids over the track season and are proud of all their accomplishments. We hope to see many of you back for cross country season.

It seems crazy to talk about this now, but Cross Country season is going to be upon us very soon. We have quite a few great coaches who will be helping during that season as well, but wanted to reach out to see if there are others who would be willing to help. Each county has two practices per week, and even if you can only commit to one night, we would love to have the help. Practices will start in early/mid-September and go to late November. Please contact me if you are able to help.



CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

The season is halfway through for this Gold Cup Schedule. We still have four runners vying for the Jim Cox Award they are David Chary, Mary Moreno, Linda Ruschak and yours truly, the crazy one, me. Good Luck to them and stay injury free. We have climbed the mountain now we will descend it,

These last few races I am finding out how many members are reading the newsletter. I'd like to thank everyone that has come by the Gold Cup table and introduced yourself. Now I need a rolodex with pictures to remember all of you (lol).

Let's see, there has been Bill, Mike, Chris, Jane, Morning Sun, White Wolf, Sarge, Maria, and Linda just to mention a few. Speaking of the Gold Cup Table, have you seen the new pop up canopy the club purchased?

I am making this article short like my memory, because I have a lot to say but I need to pencil my thoughts when I am running or speaking to my fellow runners that fill my head with ideas.

RUN TO HAVE FUN! Jose(Gunny) Lopez, Semper Fi



VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. Did you know that the only race to be in all 35 years of the Gold Cup Series is the Friendship 5K? I hope you are all enjoying the summer and the many races we have to offer in the Gold Cup Series. I look forward to seeing everyone at the Strider night at the RailCats game. I am a RailCat Host Mom again this year. I have Steven Hiscock & Ian Durham, both are right handed pitchers. So, I get to enjoy two of my favorite organizations in one night. Thank You, Linda Ramos for organizing this event.

Congratulations to the winners of the Striderwear raffle at the County Line Orchard 10 miler were Jamie Sechrist and Riley Boyer, at the Hub Run 5K were Justin Moreno and Roger Steffan, at Gallery Gallop 8.5K were Charlie White and Diane DuMonte-

Slater, at the Kent's Run 5K were Jessie Mescal and Diane DuMonte-Slater, at the Trail Run Extreme 12K were Joanne Baitup and Stephanie Crook, and at the Field State Frenzy 5K were Sylvia Lafitte and Diane DuMonte-Slater (go Diane!). 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.





**HERSHEY'S
TRACK & FIELD GAMES
HERSHEYS
STATE
FINALS - JULY 6, 2013 - MUNCIE, INDI-
ANA**

Jr. Striders bring home
52 state finalist ribbons!

After qualifying at local Indiana qualifiers in Valpo and Cedar Lake in early June, approximately 40 Striders traveled to Muncie, Indiana to compete in the state finals where teams from Fort Wayne, Muncie, Lafayette, Indianapolis, and Logansport provided the Striders with some great competition. Top 8 places received beautiful Hersheys ribbons and state finalist certificates. We wait information on whether one or more of our Jr. Striders will be invited to Hershey Nationals in early August. Thank you to Coaches Sue Brown Nickerson, Beth Boyer, and Randy Medina who accompanied the team. Complete results can be found on the Jr. Striders youth page.

HERSHEY'S RECAP

SUE BROWN-NICKERSON

1st x2 Evan Cavanaugh 400m & 800m
1st X2 Jessie Mescal 800m & 1500m 13-14
1st Cori O'Connor, 200m 9-10
1st Alexa Tumidalsky, 100m 11-12
1st Taesa Stock 200m 13-14
1st 4x100 Relay girls 9-10 (O'Connor, Cummins S & E Worthington)
1st 4x100 Relay boys 9-10 (Anderson, Ortiz, Miller, Zimmerman)
2nd x2 Carlos Martinez 800 & 1600m 13-14
2nd Reilly Boyer, Softball Throw 9-10
2nd Emily Worthington 400m 9-10
2nd Jordan Counter, 100m 13-14
2nd Skyler Cummins 50m 9-10
2nd Jordyn Boyer 800m 11-12
2nd Levi Posey 50m 9-10
2nd Alexa Tumidalsky, Softball Throw 11-12
2nd Emily Worthington 400m 9-10
2nd Jordan Counter 200m 13-14
2nd Hope Zimmerman 800m & 1600m 13-14
3rd Skyler Cummins 100m 9-10
3rd Carl Frey, 800m 13-14
3rd Hunter Boyer 1600m 13-14

3rd Trenton Harrington LJ 13-14
4th Seth Anderson 400m 9-10
4th Reilly Boyer, 400m 9-10
4th x2 Levi Posey 50m & LJ 9-10
4th Hunter Boyer 800m 13-14
4th Carl Frey 1600 13-14
4th Jessie Mescal LJ 13-14
5th Isabella Medina LJ 9-10
5th Alexa Tumidalsky 400m 11-12
5th Reilly Boyer 200m 9-10
5th Cameron Zimmerman 400 9-10
5th Emily Worthington 100m 9-10
5th Seth Anderson 100m 9-10
5th Nicole Brandy 800m 11-12
5th Nathan Ortiz LJ 9-10
5th Jordan Counter LJ 13-14
5th Jordyn Boyer Softball Throw 11-12
6th Cori O'Connor 400m 9-10
6th Cameron Zimmerman, 200m 9-10
6th Allie Smith 800m 11-12
7th Jordyn Boyer, 400m 11-12
7th Isabella Medina 400m 9-10
7th Nicole Brandy 200m 9-10
7th Sarah Worthington LJ 9-10
8th Nathan Ortiz 50m 9-10
8th Allie Smith 400m 11-12
8th Isaac Anderson LJ 11-12



RRCA RUNNER-FRIENDLY BUSINESS AWARD: EXTRA MILE

SUE BROWN-NICKERSON

Sue Brown Nickerson, RRCA Indiana State Representative, finds that the Extra Mile Fitness Company of Valparaiso, Indiana, meets the Road Runners Club of America's definition of a Runner Friendly Business. Runner friendly businesses are engaged with the running community, and they:

- host group runs and offer discounts to local running club members;
- are willing to serve as a pre or post run meeting spot;
- share their parking lots during non-business hours;

- allow runners to use their bathroom facilities as needed;
- serve as safe places that runners can stop at if they need to use the phone or get out of unsafe weather, or fill a water bottle to prevent dehydration; and
- support clubs through race sponsorships including in-kind donations, publicity, etc.

Thank you Todd, Heather, and the Extra Mile Staff, for all you do for the community!



ESTES TRAIL ASCENT CONFERENCE

MARY ZEMANSKY



The inaugural United States Trail Running Conference was held June 20-22 in Estes Park, Colorado. The director of the event, Terry Chiplin, assembled a variety of individuals from the trail running community to present information to event directors and runners. While a lot of the approximately 70 participants were from Colorado (which many would call one of the "meccas" of U.S. trail running), there were attendees from 13 states (including Indiana) and from as far away as Spain! Vendors from Nathan, New Balance, Salomon and an innovative new company named VFuel (endurance gels) were present, among others. The conference was held at the infamous Stanley Hotel (Stephen King fans and Ghost Hunter viewers will recognize this as an...interesting place to spend the night). The site overlooks Rocky Mountain National Park, still snowcapped in June. Elk commonly walk the streets and cross when and where they want, traveling in herds. Steak is on the menu at every restaurant, although I discovered many vegetarians in the area, including trail runners.

An important distinction was quickly made between trail runners and mountain trail runners; the latter group commonly encounter rocks, inclines and/or elevation as part of their daily run. The American Trail Running Association (ATRA), has established standards for trail races, and is a

member associate of USATF. Much like road racing, there is a mentorship program for trail race directors, along with the opportunity to have an event become sanctioned. Nancy Hobbs, Executive Director of ATRA for many years, shared some interesting stats: between 2000 and 2012, the number of trail races in the U.S. increased from 450 to 2667, with an increase in participants of 90,105 to 327,098, respectively. The number of ultras (30 miles or longer) has also dramatically increased, with 1828 events in 2012 offering a shorter run in addition to an ultra.

Presentations were held throughout the first two days. The event began with a panel on developments in running shoes which included the legendary ultra runner Anton Krupicka. We heard from sports medicine physicians, exercise physiologists, an instructor of "chi Running", the inventor of the modern hydration pack and members of the U.S. Mountain Running team. Topics such as training at altitude, injury prevention and nutrition and hydration strategies were covered. The discussion on developing trail events in communities included a trail running program designed specifically for women, and mentioned the boon in children participating in trail runs ("No child left inside"). One topic that generated a lot of discussion was the best approach to determine race cancellations- many of the trail runners are environmentalists, and recognize there can be notable damage to trails when runners compete on wet courses (an interesting sta-

tistic: in one day, two horses on a trail make more of an impact than 300 people walking).

Subsequent to the conference, an event called the Estes Trail Ascent was held. Not for the squeamish, this race started at approximately 7500 feet, with 1900 feet of elevation gain...and I mean, straight up a mountain resembling a ski slope. Let's just say that running with people who train at altitude can be a humbling experience. Most of the runners at the 'back of the pack' consisted of spouses of conference participants and 'flatlanders'. One woman ran with her dog (yes, both dog and owner finished way ahead of the author). The event directors rewarded us with a breakfast feast; two kinds of scrambled egg dishes, pancakes, fresh fruit and juices served in a lodge setting. The awards included a prize for the slowest runner, as well as the oldest runner (mid-70's). Overall, the event was not focused on achieving a P.R., but on the delight of running in nature and putting one's endurance to the test.

We were left with a lot to ponder. My favorite takeaway quote: If we were meant to run on pavement, we would have been born with wheels. For more information, visit www.trailrunner.com, and be sure to check out the trail running camps that are held from May through September (www.activeataltitude.com). And don't forget our own XYZ Series, a trail race extravaganza not to be missed!

HIGHLAND'S TWILIGHT PARADE RECAP

LISA MORENO

On July 3rd, the Striders participated in Highland's Twilight Parade and we had such an amazing time. We handed out 96 bottles of ice cold water and over 900 freezy pops. The crowd went crazy!! Despite the giveaways, the main goal of our participation was to let the community know who we are and what we do. We handed out informational flyers about what programs we offer, about our weekly group runs and letting everyone know how to join our running club. Maybe we will get some new members who are interested in running. Wouldn't that be exciting? Thank you to our President, Frank Johnson, for donating the water.

I could never do this without my faithful volunteers!! So I would like to take a moment and say thank you SO MUCH for walking in the parade and proudly representing the STRIDERS:

Jose Lopez, Joseph Reyes, Veronica Reyes, Jasmine Reyes, Elizabeth Reyes, Emma Reyes, Renee Moreno, Maria Stock, Taesa Stock, Cheyanne Stock, Linda Ramos, Sara Ramos, Emily Doehring, Jessie Mescal, Giana Ballard, Vivian Draves, Dylan Draves, Monty Stockton-Fresso, Lilly Cash, Thomas Nedza, Sasa Sekuloski and Vasil Sekuloski.



FOR SALE!!

Baby Jogger
Sun canopy
Safety harness
Under seat basket
Back storage compartment
Parking brake
 IT COST NEW ABOUT \$300
 I AM ASKING HALF THAT \$150 OR
 BEST OFFER
 Contact Stefan Wagner:
 219-462-1068
icpriority@aol.com

NON PROFIT ORG
US POSTAGE PAID
GRIFFITH, IN
PERMIT NO. 225



RUN 4 FREEDOM 5 MILER RECAP

LISA MORENO

So the Run 4 Freedom 5 Miler race is a race that I won't ever forget. I was looking forward to this race for so many reasons, mainly, because I love running at Wicker Park and I was excited to see where the 5 mile course would take me. I arrived to the race about an hour early so I can help Jose Lopez at the Gold Cup table. It was very humid and about 90 degrees. I even thought to myself "wow, this run isn't going to be pretty". Despite the heat and humidity, there was a good turn out and I got to meet a lot of new Running Peeps just before the race. The first mile was good although it was warm and my face was hot. Just after Mile 2, I noticed it got really cloudy and dark and I thought I heard the sound of thunder rolling in. By that point, I had just entered Hawthorne Street. I saw many spectators along Hawthorne Street to cheer us on. I thought to myself "how nice to have neighborhood support". Then just as I approached the end of Hawthorne Street, it started to rain. I thought to myself, here we are - us crazy runners running in the rain. I actually didn't mind it so much because it was so very hot that it was nice to cool off. I noticed that it started to rain a little harder and the wind was picking up. At that time, this very nice friendly woman who lived on Hawthorne Street ran up to me said "It's getting ready to storm, you can come to my house if you want to". I politely said "no, that's okay" and I kept on running. I know she was probably thinking "that girl is crazy". I will soon find out that maybe I should have taken her offer. Just when I turned the corner and got back on the bike trail it started to storm so bad that it knocked the wind out of me. For some reason I couldn't breathe. It was like the wind was so strong and blowing in my face, I just couldn't catch my breath. I actually stopped and walked back by the policemen who were directing traffic. I figured, if I need help, I can go to them. It seemed to go away so I went back, then it happened again - I couldn't breathe. There was so much rain it was like someone was literally pouring buckets and buckets of water over my head. I couldn't catch my breath, I couldn't see anything, I took off my sunglasses to try to wipe my eyes and I thought I lost my contact lens. I couldn't see, I couldn't breathe. I started to walk back again to the policemen because I was freaking out because this never happened to me before. A few runners passed me and I kept saying "I can't breathe . . . I can't breathe". About 5 minutes later, I noticed the rain and wind started to die down. I turned around and I saw the most beautiful rainbow. In my own little weird way of thinking, I said to myself "it's going to be okay now, just keep going". So I turned around and started to run again. I was soaking wet, my feet, my socks and my brand new Brooks Ravenna 4 shoes were sopped in water. Every time I took a step, my shoes made squishy noises. I pushed through it and finished the race. My RunKeeper app logged me at 5.69 miles. It must have been all that back and forth I was doing deciding if I should quit and get help or keep on going. I am glad I kept going but I am also glad I stopped. I found out after the race that the storm measured 70 MPH winds and hail. I am glad I decided to wear my brand new Injinji toe socks and I LOVE THEM - NO BLISTERS - even with my feet soaking wet!!! My iPod wasn't so lucky. The heavy rains killed my iPod. I am glad everyone finished the race safe.

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

Check Out Our Site: WWW.CALSTRIDER.ORG