

## PRESIDENT'S MESSAGE— MUSIC TO MY EARS...



### GOLD CUP RACE SCHEDULE:

**Emerald City Hustle**  
September 14—8:00 AM  
Chesterton, IN

**Tower Run 8K**  
September 15—9:00 AM  
Michigan City, IN

**Run Into Fall 10K/1 Mile**  
September 21—8:30 AM  
Valparaiso, IN

**Space Race 5K**  
September 22—8:00 AM  
Hammond, IN

**Hawaii 5K**  
September 28—10:00 AM  
Griffith, IN

**Merrillville Mini**  
September 29—7:30 AM  
Merrillville, IN



### XYZ SERIES RACES:

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

**Potato Creek 10K**  
September 14—9:00 AM EDT  
North Liberty, IN

### SPONSORED SERIES RACES:

**Spay the Stray 5K**  
September 7—9:00 AM

**Color Me 5Krazy**  
September 8—8:30 AM  
Hammond, IN

"I just ran my first 5k", "I just signed up for my first marathon", "I PR'd today", "I ran 18 miles today and it's the longest I have ever ran".... Phrases like those are music to my ears. The year is half way over and runners of all types are hitting their strides. Speed work sessions and weekend long runs are beginning to pay dividends. Whether you are training for a half, full, or an ultra, this time of year is when every aspect of your running should start to click. However, we are not finished yet. We have more running to do as well as work on our nutrition. Yes, nutrition, I admit is my weakest area of my running. If I ate and did my protein intakes better I would have better results with my marathons. So, I have decided to put my money where my mouth is and try to take better care of my body. I encourage all of you to do the same. Are you in? What I would like to see on our facebook page are your ideas of good nutrition and foods to make all of us better runners. You know me by now, I like to get right to the point in my articles and get back out there running. So with that... I gotta run! I am proud of everyone who is out there doing their thing. Keep it going and help motivate others with your knowledge. Keep up those group runs and see everyone out there at the races!

SEE YOU ALL SOON!

Frank

## STRIDER BEGINNER 5K PROGRAM

I want to personally congratulate all of those who completed the Strider Beginner 5K program and ran the Rotary Ramble on Saturday, August 10. I am so proud of each and every single one of you for all your hard work. It was a pleasure to be your coach. I would also like to thank Sue Glass, Tammy Niemeyer, Doug Early, Tim Brown and Lisa Moreno for all their help coaching them to this race.

Congrats again everyone!

*Deanna Grimes*  
ADULT RUNNING PROGRAMS



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## External Analgesic products (a.k.a. BIOFREEZE, ICY HOT, BEN-GAY)

Everyone is familiar with the sensation of pain. Pain receptors are present in most areas of the body. When stimulus activates these receptors, sensory impulses translate into a pain perception.

Skeletal muscle pain is quite common especially in people who are not accustomed to strenuous exercise. When someone strains a muscle it may become sore and painful, and movement becomes difficult. It is important to note that when muscle soreness does occur you need to ask yourself some basic questions: How long has the pain been present? Is the pain related to any specific work or over activity? Does the pain seem to be in a joint or muscle? Is the joint red or swollen or warm to the touch? This may be a sign of inflammation or a more serious injury to a muscle or tendon. It is also important to rule out any fever or flu as this may also be a source for muscle aches and pains.

For general pain relief from sore muscles, strains, arthritis, or back and joint pain, many over the counter products work as counterirritants. These agents are applied locally to produce a mild local inflammatory reaction with the objective of diverting pain sensation away from the site of injury with the warmth or cooling effect of the counterirritant. Most counterirritant products contain menthol, methyl salicylate or camphor. These products are generally marketed as BIOFREEZE gel, ICY HOT, or Ben-Gay. These products do a good job of providing quick relief from minor pain and discomfort. I've seen some runners actually apply some of this to their legs before a race since they felt it help stimulate blood flow to their legs although these products are not intended for such a purpose. It is important to note that these products should not be placed on open wounds and kept away from mucous membranes (nose, mouth) or the eyes. They also should not be used with heating pads or irritated skin. Hands should be promptly washed after use.

Other topical agents act by depressing cutaneous sensory receptors. These agents, known as salicylates, produce their effects by acting as anti-inflammatories. You should avoid use of these products if you are allergic to aspirin or anti inflammatories such as Advil (ibuprofen) or Aleve (naproxen sodium). If not sure consult with your pharmacist or physician. These agents may be a good choice for those who do not like taking oral anti inflammatory pain medication and have a more deeply seated soft tissue pain. These agents can be applied topically directly to the site of injury with less systemic absorption. These products are generally available as Aspercreme (trolamine salicylate) or Myoflex. They are generally odorless and more suitable for daytime use.

While this is not a comprehensive guide, it is a quick review of some of the common products that are available. When choosing products consider that gels typically provide a greater sensation of warmth. Creams and ointments are semisolid and tend to stay on the skin longer and may provide more deep seated activity. Generally the longer any dosage form remains on the skin, the longer the duration of action.

Topical external nonprescription analgesic products can provide good prompt relief in most cases of minor aches and pains. Other simple methods of inducing counterirritation are massage, heat packs, heating pads, and moist steam packs. One should avoid using application of heat in conjunction with counterirritant topical products since this can result in severe burning or blistering of skin areas. When initially using topical analgesics one should discontinue the product promptly if excessive skin irritation develops. This usually develops most often with the first few applications so pay close attention to your initial response. Keep in mind to avoid contact with eyes and mucous membranes (nose, mouth). Follow the product labeling guidelines. Do not apply to wounds or damaged skin, do not bandage around tightly, and if your condition worsens or if symptoms persist more than 7 days discontinue use and see your physician. For women of childbearing age always check with your physician or pharmacist if you are pregnant, planning to become pregnant, or breastfeeding. Check with your physician or pharmacist if you have any questions regarding any underlying allergies or use with certain medical or dermatologic conditions.



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## STRIDER OUTINGS UPDATE

LINDA RAMOS

I want to start off by thanking everyone who attends and supports the Strider social events. There are some of you I know will ALWAYS be there. The rest of you, I encourage you to come out and give it a try. It's a great way to meet new people and network with those who have the same interests as you..... **RUNNING!**

Here's what we've done this year:



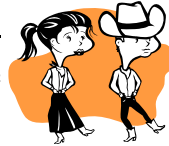
### The Fun Run at Beggars Pizza

What a blast!! We had a maximum capacity turnout! The pizza at Beggars, let's just face it, is the BEST!!

Thank you to all who attended and everyone who helped me with any little detail. I appreciate you all.

### The Ho-Down at DC Country Junction

I am so sorry for all of you who missed this one. We ended up with nearly 35 people, some who just popped in and surprised us with their presence. I have to say we have some darn good line dancers in our club!!



### The RailCats game



Yes, my usual, faithful supporters were there and some new faces too. The day was beautiful, the RailCats won, and what more do I need to say? Thanks for coming out everyone!!

### What's coming up???

\*\*The annual picnic, with a Mexican flare!!

\*\*A fun run in Porter County, watch your email blasts!!!

\*\*The Holiday party.

I am very flexible and would LOVE to have the Holiday party in Porter County. Please send your suggestions to me by email. IF the price can match or beat my budget, I will move it to Porter County. I have called several places over the last two years and have not been able to match the value we get at the Patrician. I am not familiar with Porter County, so please feel free to help me out!  
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### **ATTENTION! INSTEP SUBMISSION DEADLINE**

**THE DEADLINE FOR SUBMISSIONS FOR THE OCTOBER 2013 INSTEP IS FRIDAY, SEPTEMBER, 2013. EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM**



## JR. STRIDER NEWS

BETH BOYER

Throughout July we had 16 Junior Striders continuing to train for the AAU Junior Olympics held in Ypsilanti, MI July 29<sup>th</sup> through August 3<sup>rd</sup>. The weather was great with the morning temperatures being in the 60's to low 70's and the daytime highs no higher than mid - 80's without humidity. Thank you to the coaches, parents, and athletes for giving your time and working hard to make the AAU experience a good one.

The meet was run very well and I hope all the kids appreciated the opportunity. For some, this was their first time competing at a national level, especially on a track, which can definitely be intimidating. Many of the kids ran, jumped or threw a personal record in one or more events which is great.

The athletes that attended with the events they participated in include:

- Payton Boyer – Female 8 and Under – 800, 1500
- Reilly Boyer – Female 9 Year – 800, 1500, High Jump
- Zoe Driver – Female 9 Year – 800, 1500
- Luke Stento – Male 9 Year – Long Jump, High Jump
- Nicole Brandy – Female 11 Year – 800, 1500, Javelin
- Dylan Draves – Male 11 Year – 3000

- Jordyn Boyer – Female 12 Year – 1500, 3000, High Jump
- Jamie Stento – Female 12 Year – Long Jump, High Jump
- Alexa Tumidalsky – Female 12 Year – High Jump
- Evan Cavanaugh – Male 12 Year – 800
- Jessie Mescal – Female 13 Year – 1500, 3000
- Carlos Martinez – Male 13 Year – 1500, 3000
- Hunter Boyer – Male 14 Year – 1500, 3000
- Jordan Counter – Male 14 Year – High Jump
- Carl Frey – Male 14 Year – 1500, 3000
- Emma Brandy – Female 15 Year – Javelin

There were several heats of each race/event and the top eight athletes received medals. Congratulations to Carlos Martinez who took 6<sup>th</sup> in the 1500 and 4<sup>th</sup> in the 3000. Also finishing in the top 10 were Reilly Boyer - 1500, Luke Stento - High Jump, and Alexa Tumidalsky – High Jump.

With track season complete we are now changing our focus to Cross Country. We will be having our first practices the week of September 9<sup>th</sup>. Porter County will be having practices on Mon-

day and Wednesday and Lake County will be having practices on Monday and Thursday. Both counties will have their first practice on Monday, September 9<sup>th</sup>. If your child is running for their school, they do not need to attend practice until their school program is completed. We are also looking for additional coaches, so please let me know if you are interested.

A couple of events we will be encouraging the kids in middle school and younger to participate in include the Emmanuel one mile run on September 21<sup>st</sup> (which is a gold cup for 12 and under), the Hawaii kid's ¾ mile fun run on September 28<sup>th</sup>, and the Spirit Sprint one and two mile runs on October 12<sup>th</sup>.



Welcome  
Stephanie Crook  
to the Strider Board  
as Secretary!

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## **WHAT RUNNING CAN DO...**

**KATHY LABUS**

So, at the Friendship 5k, Victoria Taylor came up to Andrew after the race and wanted to meet him. She was choked up and said to him "You make me want to run" he got out of his chair and hugged her, then looked up at her face and said "are you crying?" went in for another long hug....She was speechless and so was I. A really profound moment, because it was obvious she had some sort of disability that affected the way she walked....and she wished her legs worked well enough to get out there and cross a Finish Line. Then at the Buckley 5miler on Saturday, a woman came up to me in tears...She said my daughter spoke to you and your son last week, and what your doing with him is so inspiring! I felt like I could ask her, what her daughters condition was. She said Spina Bifida, and I know a lot of what you have gone through! A kindred spirit, a mother who most likely has had to have her child through more surgeries than she has fingers....Andrew has had 13 to date, and William 9. I felt connected to them and their struggle. When we decided to join the Striders last year, and get both boys involved..it seemed like a fun thing to do, and a way to get Andrew the speed he wanted so desperately in his life. Everything we have done since then with running, the races and the club have assured me we are in the right place...



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

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