

PRESIDENT'S MESSAGE



GOLD CUP RACE SCHEDULE:



**Bank of America
Chicago Marathon**
October 13—7:30 AM
Chicago, IL

Run for the Roses
October 19—9:00 AM
Scherverville, IN

Manda's Race 5K
October 26—9:00 AM
Chesterton, IN

**Panther Pounce 10K Run
(also XYZ Series)**
November 2—9:00 AM
Westville, IN

Fall Frolic 4-Mile Run
November 3—9:00 AM
Hammond, IN

Valparaiso Turkey Trot 10K
November 28—8:10 AM
Valparaiso, IN



XYZ SERIES RACES:



Grand Mere 10K
October 27, 2013—9:00 AM EDT
St. Joseph, MI

XYZ Finale 5Mile Trail Race
December 7—12:00 PM
Portage, IN

SPONSORED SERIES RACES:

Hero 10K & Half Marathon
October 10—7:30 AM
Chesterton, IN

"Trust your training", if I have said it once the past few weeks it would be an understatement. Hopefully, we have all worked our training plans and are ready for our fall goal races. This is the time of year some of us start to second guess our fitness level. These levels of stress usually come from first time marathon runners. "Listen to your body", another response you will get from me when asking about a fitness or health-related question. Remember this marathoners... If you have done the training, put in your long runs and maintained a proper nutritional diet that fits your needs, the most important thing now is to get to the starting line rested and healthy. The marathon can be stressful enough without second guessing ourselves. So, to everyone running our beloved Chicago Marathon... Good Luck and I will see you out there. Hopefully, no matter what your goal is, I truly hope your journey is successful.

Our new board has been together about six months now and I want to publically say how happy I am with each and every one of them. I couldn't have asked for a better group of opinions, thoughts, and efforts to work as a cohesive unit to achieve one common goal; to make this a great running club for all of you. Everyone has their opinions and thoughts which I love and respect, but at the end of the day we become one. Without going into details, I can honestly say everything that comes up or is discussed at our board meeting has the best interest in mind for each and every one of you. Which leads me to a subject I have strong feelings about. The division between Lake and Porter counties. I hear it all the time. "He is from Lake County"...or we need to make sure we have enough "Porter County Members"....etc.. etc...I know, to some of you this may be a touchy subject and some don't even give it a second thought. I would rather just consider us all as one. So my goal the next six months is to work on that "breakdown". I consider us Calumet Region Striders not Porter County runners or Lake County runners. WE ARE ONE! WE ARE STRIDER STRONG.

Well, I would love to stay and chat, but I have a few marathons...
I GOTTA RUN!

SEE YOU ALL OUT THERE!

Frank

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MEET YOUR STRIDER BOARD: STEPHANIE CROOK

Bio (Tell us a little about yourself)

I signed up for my first 5k when Nikki Huber stopped me in the Portage YMCA on my way to Pilates to convince me that she could make me into a runner. I had tried before with little success but something about her confidence made me want to give it a try again. Fast forward 3 years, 80 pounds, countless races from 5k up, 4 marathons, 3 triathlons and today I'm an RRCA coach getting ready for marathon #5.

How long have you been a Strider?

I started running in the fall of 2010 and joined the Striders in January 2011.

What is your favorite Strider Race?

My favorite Strider race is whichever one I have planned to run next! I especially look forward to Manda's and the Tower Run every year.

What are your most memorable runs?

My most memorable runs... there're too many- those quiet times running alone when it's just my thoughts and the moon; running with a friend 10 miles from nowhere when we stopped to try to figure out how many more miles until the turn around but couldn't solve a math problem to save our lives; running behind my sister when she pushed herself to finish 3 miles for the first time without stopping; frostbite on a 15 miler; running into the lake at the end of 20miler on what turned into an 88 degree day the first week in March. We all have these stories. They're what make running... running!

What are your running goals?

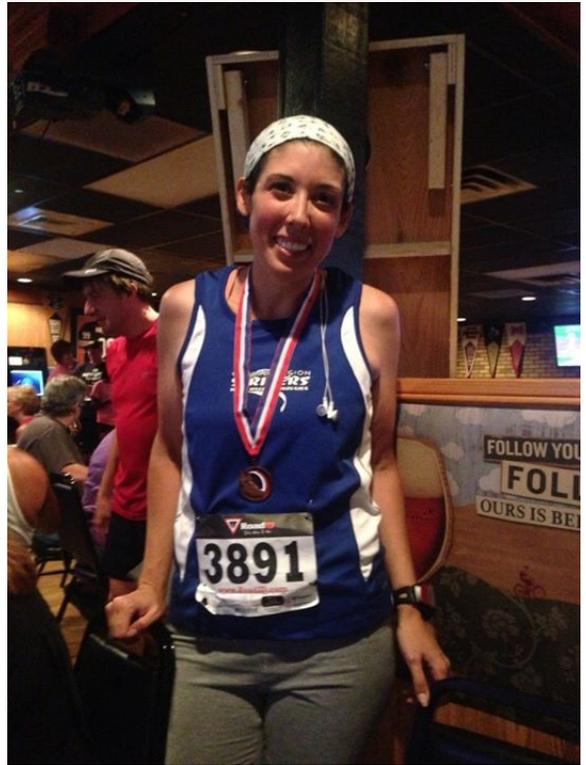
I keep going between giving up distance running to work on sprints or extending distance to get in a 50k or better. Then there's the allure of Iron Man still lingering. I really don't know right now. I know I want to avoid injury and help others fall in love with running without injuries. Anything else I do along the way is a bonus.

Besides running what do you like to do?

I'm a triathlete so swimming and biking plus some weight work and yoga are all part of my regular routine. Besides working out I love cooking. As often as possible I rework old recipes to boost nutritional value and make them into a healthy choice. Of course there's always time for a scary movie, a good band or a football game!

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

When the Strider board put a call out to fill the open seat I thought I could finally use my prior experience with not-for-profit boards to volunteer. I hope I can get information out to members and answer questions quickly and clearly.



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VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. Welcome to fall! I love doing races in the fall weather, the temp is cooler, but not cold, and the changing colors are wonderful to watch. Plus, it is Chicago Marathon time. I wish all our Striders who are running Chicago all the best!! Thank You to all our volunteers at the Strider Water Station.



We had such a wonderful day for our Strider Picnic. The weather was just perfect, the site was beautiful and of course the people are just awesome. I enjoyed the tasty food, many thanks to our Grill Master - Jose Lopez. The music was great, many thanks to the Music Guru - Jorge Ramos. The games were fun to watch, Frisbee and 3

legged potato sack races. Many THANKS to our social planner - Linda Ramos, for organizing the event.

The winners of the Striderwear raffle at

ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE NOVEMBER 2013 INSTEP IS FRIDAY, OCTOBER 11, 2013.

EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM

the Run for Freedom: Billie Childers & Taesa Stock, at the Brickyard Run: Mike Moskalick & Elaine Hendricks, at the Nativity Festival 5K: Cheyanne Stock & Maria Hernandez, at the Running Wild: Bryan Kerstell & Tammy Bucko, at the Friendship 5K: Mary Camarena & Ray Pietrzak, at the Buckley 5 Miler: Mike Moskalick & Tammy Bucko, at the Runnin with the Devils: Pam Camarena & Ann Pence and at the Run Dirty Alek Seeley & Diane Kellenburger. So wear your Striderwear to the GC races. As our club grows it is harder to get to know everyone. It helps if your 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.

I want to share my excitement with my Strider Family. The Gary South Shore RailCats have won the 2013 American Association League Championship. As a Host Mom I am so proud of my boys Ian Durham #40 and Steven Hiscock #19. Although, they never made a race, they were here all summer and helped me with the monthly newsletter stuffing.



JR. STRIDER NEWS

BETH BOYER

Cross Country season is well underway with both counties holding regular practices two days a week. We already have over 60 kids attending practice and that does not include many of our middle school runners that won't join us until after their school season. We will use the first couple weeks of practice to get the kids conditioned in preparation for some local events. Welcome all new runners and great to see you

back all returning members. To view the practice and event schedule, go to the Youth Calendar on the Strider web page.

We have one local event in October, the Spirit Sprint, that has both a one and two mile event so kids can use that as a warm up for the AAU National Qualifier on November 10th. For those who don't mind traveling a couple hours, there are several events in the Indianapolis area in

October and early November that have races by age and distances similar to the AAU Qualifier.

It is great to attend local races and see all the Junior Striders competing. If you have results of end of season local conference meets that have Junior Striders competing, let me know and I will include in the next newsletter. Good luck during the season everyone! Look for several meet results in the next newsletter.

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CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

HOLA!!!

By the time you received or read this article the Chicago Marathon has come and gone. Good luck to all the first timers and veterans on running the Chicago marathon. It seems just like yesterday when I ran my first Chicago Marathon back in 1984 (3 hours 50 minutes 19 seconds), no long runs, no OE training groups etc. and now this will be my last Chicago Marathon. Hopefully my feet hold out! So first timers with the training you have put in "YOU CAN DO IT !!!!"

Along the same lines we will be closing in on the end of the season for the Gold Cup Series. This is the reason I am asking if you have not already filled out a race evaluation form to please fill one out. Without your input, we can shorten the Gold Cup list or make it longer by adding or eliminating races.

I will be sending out requests to the Race Directors for the upcoming 2014 Gold Cup Series in

the near future. I will also be asking any Calumet Strider member to become a part of the Gold Cup Selection Committee. Just let me know that you are interested at the next races or send me an email: gunnylopez@sbcglobal.net

On another subject I would like to discuss the family that runs together. Everyone knows Bob "Hoop" Hooper who marked his 36 year anniversary running. Are you aware that his family has three generations running with the Striders and Gold Cup? My family also has three generations of runners with the Striders. I remember my kids running 0-14 age groups before the Junior Striders came along. I know there are many in the club so let me know and I will post your family in my next article.

Well I have to cut it short like my memory but remember :

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