

## FRANKLY SPEAKING

### GOLD CUP RACE SCHEDULE



**Ring in Spring  
10K/5K  
April 5  
9:00 a.m.  
Valparaiso, Indiana**

**Hammond Charity Run  
10K/5K  
April 12  
8:30 a.m.  
Hammond, Indiana**

**Spring Fling Ramp Run  
5K  
April 19  
9:00 a.m.  
Hammond, Indiana**

**Dyngus Day Dash 5K  
April 21  
6:00 p.m.  
Michigan City, Indiana**

**County Line Orchard  
10 Miler  
April 27  
8:00 a.m.  
Hobart, Indiana**

There is a group of members from our club that seems to get overlooked most of the time. That group consists of our fine race directors. Without them none of us would be racing anywhere. Unless you have helped or actually directed a race, it is not really possible to completely understand the time and effort it takes to put on an event.

Along with that group are the volunteers necessary to make events flourish. This group is one of the most necessary, yet hardest to obtain. I fully comprehend that problem. It is tough to get up at 5:00 a.m. to set up a race course, set up water stations, and go back to the registration area to help runners get what they need to compete in the event.



Today, I congratulate all the race directors out there as well as give their volunteers a standing ovation for serving in whatever capacity is needed. I personally thank you from the bottom of my heart.

Once again, record numbers, it seems, with a very large turnout of over 500 runners at Runnin' with the Irish in Chester-ton. Keep up the good work.

My first year as club president is now over. Though it is a lot of work, I will continue to give my best effort with more ideas to come.

***Hold tight because . . . I gotta run!  
See you soon,***

***Frank***

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Happy spring! At least I hope by the time you read this, it will feel more like spring. We are all back out and participating in races for the 2014 Gold Cup season. I love seeing all the familiar faces again. Please stop by the Gold Cup table to see what is new.

I would like to thank Jose Lopez, Linda Ramos, Dan Sturgell, Stephanie Crook, and Cecilia Bernal for all their hard work and time they gave to CRS by serving on the Board. I welcome Barb Hamner, Mary Moreno, David Rainford, Pete Klaeser, and Sean Schuster. Please be patient with the new Board members to get fully acclimated to their positions. There may be a few learning errors and hiccups along the way, especially with your membership renewals. Please allow a little more time than you are normally used to before you are able to view the race results and Gold Cup standings on our website.

As always, the Board is here to serve the Strider members. Please feel free to speak to any of us with your concerns.

**15 Signs You're in Love with Running**

**by Christine Luff  
from Running.About.com**

Whether it's the thrill of crossing a finish line, the euphoric feeling you get when you've completed a long run or crushed a workout, or the camaraderie you feel when surrounded by fellow runners, there's just something about running that makes you head over heels in love with the sport. How do you know if you're crazy about running? See how many of these signs you can relate to.



1. If you don't have time for a run, you find yourself in a bad mood by the end of the day.
2. You get more excited to shop for running clothes than you do for regular clothes.
3. Your vacations somehow revolve around running – you're either vacationing at your race destination or planning around your training.
4. You bought a pair of ugly running shoes because you know they're the best ones for your gait/running style.
5. You dread getting up early for work or school, but you excitedly pop out of bed for a run or race.
6. You've cried when you crossed a finish line.
7. If you overhear complete strangers talking about running, you somehow manage to work yourself into their conversation.
8. You've used a vacation day because you need to fit in a long run.
9. You get jealous when you're driving and you pass someone running on the road.
10. When checking into a hotel, the first thing you ask about is recommendations for running routes.
11. You can't remember family members' birthdays, but you know your PRs for 5K, 10K, half marathon, and marathon.
12. When you get stuck in traffic, you look out the window thinking, "I could run faster than this."
13. You get excited when you see an email from Marathonfoto saying that your race images are now posted.
14. After you get home from a race, you first check your computer to see if the online results are posted and then search for your next race.
15. Whenever you go to cheer for a friend or family member at a race, you wish you had signed up for it.

**ATTENTION !**

**DEADLINE FOR  
SUBMISSIONS FOR  
MAY 2014 *INSTEP*  
FRIDAY  
APRIL 11, 2014**

Email them to  
Cecilia M. Bernal  
*Instep* Editor  
jcmbernal@comcast.net

HOAJAVO

## **HYDRATION**

**by Michael Schumacher, MPT, ATC-L, CSCS Center Manager: Knox, Merrillville, Wall Street  
SELECT PHYSICAL THERAPY**

You know the feelings — the legs are heavy, the chest is getting tired, and you do not know if you can push for one more step. What causes this — conditioning, hydration, and/or electrolytes? The answer is a combination of all three elements, and if one element does not work, the body will fail. For arguments sake we will discuss this as if we are all well-trained aerobic athletes (of which I am not). This article's focus will look at the causes, effects, and helpful ideas to correct hydration and electrolyte imbalances.

Hydration is the most important aspect of everyday life. Drink too little and you can cramp up. Drink too much and you can be visiting nature during your race. For every step you take, the muscles will contract and relax to allow for you to move forward. When water is not present to allow for muscle contraction to stop, a camp will occur and finishing the race becomes that much harder.

Hydration rules will differ on a few variables: heat, distance, and body type. The warmer the day with a dew point, the more your body will try to cool down, which means the body will lose more water. With distances between 5 - 7

miles or after 90 minutes, a person will need between 4 - 8 ounces of water every 20 minutes. Also, know your body type when it comes to sweating. Some people will naturally sweat more than others, so increase your hydration with your activity levels. One last thought is cooler, not cold, water is more readily absorbed by the body. So on a run use this knowledge to your advantage

Electrolytes are minerals that the body needs to start the basic muscle contraction. Sodium (Na) starts the firing of the nerve, which releases calcium (CA), and this allows for the muscle contraction to occur. Potassium (K) will be needed to reset the nerve so the next signal can occur, which will start the process all over again. Electrolyte supplements should be taken 90 minutes after starting activities, but if you have increased sweat loss, supplements should be taken sooner. Unfit, or un-acclimated, runners will need a higher electrolyte supplementation with prolonged activities because of inefficient usage.

In conclusion, to keep the running body working at a high level, it must be properly balanced with minerals and hy-

drated. When imbalanced, finishing a race can be painful and possibly cause muscle damage. One last important note when working with hydration and supplementation during your training runs. Take this time to fine tune what works for you with hydration and supplemental needs. Do not wait until race day because this could lead to a poor performance when you would least want it.

### **Attention Adult Runners**

Are you ready to run? Are you over this winter weather? How about something to do during the Junior Strider practices? Well, we thought so. Starting in April when track practice begins, we will hold practices for adults lead by our Adult Running Programs Coordinator, Deanna Grimes.

Please stay tuned to our emails and connect with us on Facebook for details.

Spring has finally arrived, and it is great to see people of all ages outside and running again. We are getting ready for the upcoming Junior Strider track and field season. Sign-ups will be online, and you are free to start doing that now. You can find program information, calendars, etc., on the awesome, new website. So please check it out at [www.calstrider.org](http://www.calstrider.org). The program fee is only \$30 per child. You must be a current Strider member to join, either individually or as part of a family membership.

Our first official event for the Junior Striders is the County Line Orchard 10 Miler on April 27 at the County Line Apple Orchard in Hobart. This race benefits the Junior Striders and the Jim Cox Scholarship Fund. We need all Junior Striders and their parents to volunteer at this race

if possible. Volunteering at Junior Strider events is recommended as part of their membership. We have also added a run for kids this year, a 1-mile race counting for Gold Cup points for those 12 years of age and under. We are expecting to announce our Jim Cox Scholarship award recipients after the race.

The track and field season will start the week of May 5 with con-

## Come Run With Us

ditioning practices. We will probably do those off the track for the first week or two. If we can get things worked out, we may start late the week prior. So please check the Junior Strider Youth Program Calendar. We will have the practice schedules, including dates, times, and locations posted there throughout the season. We will have practices in Porter County on Monday and Wednes-

day evenings and in Lake County on Monday and Thursday evenings. Registered kids can run at whatever location they choose. We are still looking for volunteer coaches/helpers, so please let me know if you are interested and able to help.

Finally, I want to point out a change we have made in the number of races needed for the 15 – 18 year olds participating in the Gold Cup Series. Because we realize it is difficult for those running track and cross country for their schools, as well as their involvement in various other high school activities, to get in seven races, we have lowered the 7-race requirement to five. We hope this change will allow our high school Junior Striders to stay involved while participating in the Gold Cup Series.

### @ Board Member Email Addresses

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## **GOLD CUP CORNER**



**Barb Hamner**  
**Gold Cup Chairman**

### **Chairman Introduction**

Thanks to all Striders who voted in the election. My name is Barb Hamner, and I am the Gold Cup Chairman for the next two years. My responsibilities include the following:

- Insure a Gold Cup table and Strider representative are at every race,
- Communicate with race directors, approve race applications, receive and distribute race applications,
- Form a committee to participate in the selection of Gold Cup races, serve as Strider representatives at races, and answer any questions regarding the Gold Cup Series.

I can be reached at hamnercrownpoint@aol.com. Looking forward to seeing everyone at the races this year!!!

### **Gold Cup Table**

The Gold Cup table at every race will provide the following:

1. Strider rep. to answer questions and/or defer to appropriate board member,
2. Future Gold Cup/Sponsored race applications,
3. Strider wear for purchase,
4. Race evaluation forms, and
5. Maybe a few surprises during the season :) )

### **Race Evaluation**

Please come to the Gold Cup table after each race and fill out a race evaluation. If you forget to submit one at the race, the Strider website contains evaluation forms also. These evaluations are very important. It is your way to let the Race Director and Gold Cup committee know your feelings about a race. I will read all evaluations and submit a summary to the Race Director. Your feedback will help in two ways. First, race directors will know what they are doing right and what they may need to improve. Second, the Gold Cup committee will use them to help in the selection of races for next year's schedule.

You could win Strider bucks for filling out evaluations at races. Sorry, not available with online submissions. Your evaluation will remain confidential. After submitting evaluation, fill out the "I Submitted Evaluation" coupon and place coupon in box. Two names will be drawn every race to receive 2 Strider bucks.

### **Gold Cup Committee**

The committee is being formed. At this point in time the following are part of the committee: Karen Spoor, Linda Murkve, Charlie White, Amy Maciejewski, Carrie Ables, Tim Brown, Tammy Bucko, MaryJo Russel, Kevin Hitzeman, Jack Hamner, Nora Fernandez, Sue Sancio-Glass, Jim Raymond, Robin Benson-Harvey and Frank Johnson. We may have further additions in the future. Responsibilities for committee members include attending meetings, participating in the Gold Cup race selection, and volunteering to be Strider reps. at two or more races.

Thank you for accepting the appointment. I look forward to working with all of you.

### **Gold Cup Age Groups**

Gold Cup Series participants will be placed in age groups according to their age on July 1. For example, I will turn 50 on June 23. My race age group will be 45-49 until June 23; however, my Gold Cup age group will be 50-54 for the entire season.

### **On-Line Registration Discount**

Every Gold Cup race offers at least a \$1.00 early registration discount for Gold Cup participants. When registering for a race on-line through T&H Timing, there will be a section to enter a discount code. This year's Gold Cup discount code is: **strider**. If you register on-line through a website other than T&H Timing the discount code option may not be available. In this case, you will have to fill out and mail a paper application to receive the discount.

### **I Wore Strider Wear**

Striders wearing their Strider wear to any Gold Cup race could win Strider bucks and a chance to receive a free membership for next year. Visit the Gold Cup table before or after the race and fill out the "I Wore Strider Wear" coupon. Two names will be selected at each race. The winners will receive two Strider bucks (by mail) and recognized in the *Instep*. All entries will be kept for the season, and two names will be drawn at the Gold Cup banquet to receive free memberships for 2015. Strider bucks can be used to purchase Strider Wear, next year's membership, and some race directors will accept them as payment toward race fees.

**Spirit Run winners: Sara Sechrist and MorningSun Kelly . . . Congratulations!!!**

### **Upcoming Race Descriptions**

#### **Ringin in Spring: April 5**

Age 15 and over will need to run 10K and age14 and under will need to run 5K to receive GC points. The race is located in Valparaiso and begins and ends at the YMCA. This is one of the largest NWI races of the season -- 1,172 people ran the 5K last year, and 330 people ran the 10K. The course has some hills. Refreshments will be fruit and water this year, no breakfast as in the past. Proceeds benefit the Valparaiso YMCA fitness programs. . . . continued on page 6

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## **GOLD CUP CORNER**

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### **Hammond Charity Run: April 12**

Age 15 and over will need to run 10K and age 14 and under will need to run 5K to receive GC points. The race is located at the Hammond Civic Center. The course is flat. Each runner will be entered in a raffle for door prizes. Every penny raised in this event goes toward the purchase of back packs and school supplies for disadvantaged children in the community.

### **Spring Fling 5K Ramp Run: April 19**

Race is located at Purdue Calumet in Hammond. What's unique about this race is that at mile 1.5 runners will enter the parking garage and run up and then down the ramp.

An RRCA member running club serving  
Northwest Indiana and Northeast Illinois  
for over 35 years

### **Dyngus Day Dash 5K: April 21**

Race is located in Michigan City at the Northwest Athletic Club. This race is on a Monday evening at 6:00 p.m. The course is relatively flat with a few upward grades. Every runner will receive a free meal and either water, soda, or beer (age 21+). Runners will also be entered in a raffle for door prizes. More restrooms will be available this year in response to surveys from last year. Proceeds benefit the LaPorte County Red Cross.

### **County Line Orchard 10 Miler: April 27**

Gold Cup race for ages 15 and over only. Race is located at County Line Orchard in Hobart. This race is on a Sunday morning. The course is seven miles on flat road and three miles through the apple orchard -- one of only four races in this year's Gold Cup series beyond a 10K distance. Runners will be treated to donuts and pancakes after the race. Proceeds benefit the Calumet Region Striders youth programs and scholarships.

Check out our website: [www.calstrider.org](http://www.calstrider.org)