



Message from the Vice-President



July, 2006

Wow. Already half-way through the year! Time is really flying by...I hope that all of you will take out a little time to relax and have some fun with us at

The Strider Survivor Picnic

Saturday, August 19, 2006— 9:30am

Please note the new day and time. This year's picnic will be on a Saturday, at approximately 9:30am, immediately following the Hometown Race awards ceremony, and will take place in Central Park at the Main Pavilion at 600 Broad Street in Griffith, IN. We are having the picnic rain or shine! The Pavilion is big enough for all of us to stay dry under in the event of rain. The theme will be Patriotic so wear your Red, White and Blue! There will be apple-bobbing, three-legged and potato-sac races, clowns, face painting, and piñatas, just for starters.

We will also have a BBQ (burgers, hot dogs, chips, etc.) and the cost is \$3.00/person. Please return the RSVP attached to the insert in this newsletter and mail by August 15th to: CRS, P. O. Box 225, Griffith, IN 46319.

Please be sure to let me know the number and ages of children attending so the clown will be prepared. Things to bring are sunscreen, chairs, desserts and LOTS OF SMILES! Everyone is going to like the fact that we won't be needing mosquito spray, so even if you are not running the Hometown race, I encourage you to come for the picnic. If you have any questions feel free to email me @ LaLuna3@aol.com

Sixth Annual Charity Run

Saturday, July 15, 2006—10:30am

This is a motorcycle/car Poker Run with ALL proceeds benefiting Opportunity Enterprises, Inc. The run begins at Bridges Scoreboard Lounge in Griffith, IN at 10:30am and finishes at the Waterfront Lounge in Lake Station, IN. Cost is \$15 per person/\$25 per couple and price includes a Hog Roast. If you don't choose to go on the Poker Run you can join us at "Waterfront on the River" for live music, tip boards, 50/50s, etc. Raffle tickets available for \$5/each. 1st prize: \$500; 2nd prize: an overnight stay at the Radisson; 3rd prize: \$100; 4th prize: \$75; and 5th prize: \$50. For more information call (219) 742-8581.

We still have 7 left in the running for the **Jim Cox Award** that is presented to Striders who complete all Gold Cup races: Ruth Bonacci, Felicia Byrnes, Michele Hale, Thomas Kekelik, Bill Moylan, Thomas Nedza and Dennis Rotz. Keep running—we are halfway there!

I would just like to say how VERY PROUD I am of ALL of the Striders who participated in the **AAU District Track and Field Championship** June 17-18, 2006 at Chesterton High School. I was told by two officials if they had a Sportsmanship Award we would have received 1st place. All of the Striders presented themselves as professional athletes. You are ALL winners! You made all of the coaches proud! A big "thank you!" to Sue Brown for putting it all together for us—awesome job! Thanks also to the many wonderful volunteers.

I have been helping Misty coach her **Beginning Runner Program** and have noticed LOTS of hard work. You are all doing great and your hard work and dedication is showing. I look forward to seeing all BRP participants completing Joe Mis' Friendship Race 5k on August 2nd!

Happy Runnin, Michele

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UPCOMING EVENTS

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Trinity Lutheran School
10th & Linda St., Hobart, IN
Jeff Renn -admin@hobartymca.org
(219) 942-2183

VALPO TRIATHLON

Saturday, July 8—8:00 AM
Roger-Lakewood Park
Meridian Road (Between 550N & 600N)
Valparaiso, IN
Dan McGuire-m McGuire@valpotri.net

BUCKLEY 5 MILER

Saturday, July 22—7:30 AM
Buckley Homestead County Park
3606 Belshaw Rd., Lowell, IN
Adam Hudak
adam.hudak@valpo.edu
(219) 743-2232

RUN FOR SHELTER 5K

Saturday, July 29 — 8:00 AM
First Presbyterian Church
3401 Valparaiso St.
Valparaiso, IN
Al Spajer—amspajer@uss.com
(219) 888-5303

PROGRESSIVE MARATHON—LEG 1

Tuesday, August 1—Grove 7—
Schubert Woods
Ashland Ave., Park Forest, IL
Fred Mazurski
(312) 961-2671

FRIENDSHIP RACE 5K

Wednesday, August 2 — 6:30PM
Wicker Park
2125 Ridge Rd., Highland, IN
Joe Mis—joetrack@aol.com
(219) 931-6587

Gold Cup Series races in **BOLD**



Happy Birthday USA!



AMERICA THE BEAUTIFUL

"Oh Beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties,
Above the fruited plain!
AMERICA! AMERICA!
God shed His Grace on thee,
And crown they good with Brotherhood,
From sea to shining sea!"

While it may have been written in 1893, Katherine Lee Bates' "America the Beautiful" still holds true.

July 4, 2006 marks the 230th year the United States of America declared independence. Like any country, we have our problems, but because of the sacrifices of millions of patriotic men and women in uniform and their families, the USA remains free and filled with opportunity.

As a former U.S. Marine, I want to take this opportunity to thank the Striders and their families who have served or are currently serving our country during this time of war. We honor you and thank you for your selfless service. Let us all take the time to thank veterans for giving us the gift of Freedom...and what better way to celebrate the Brotherhood of Freedom than to honor those spacious skies, amber waves of grain, and purple mountain majesties about the fruited plain as we Striders run together as one.

I wish everyone a safe and blessed 4th of July with their loved ones, and while we're enjoying those hamburgers at our cookouts, please remember those less fortunate who don't have the luxury. God bless America, and all people, and may our trails/roads remain Free!



It All Begins With a Little Stride....

Stephanie Anderson, OE Development Manager, brought **Grant Michael Anderson** into the world at 6:01pm on May 23. Grant weighed 7lbs. 7ozs. and measured 20.5 inches. Everyone is doing great.

Elise Ann Byers had her official coming out party on Tuesday, May 2 at 11:44am, weighing a healthy 7lbs. 11 ozs. and also measuring 20.5 inches. Mom and dad Chris and Ray Beyers are just thrilled with their healthy, little girl who has a head full of curly, light brown hair.

Best wishes to Grant and Elise and their families, and we wish the mommas and papas lots of rest in the months to come.

The Only "(K)NOT" In My Vocabulary Refers To What I Use To Tie My Running Shoes!

Know of a Strider who refused to say "not" and instead triumphed over what seemed like insurmountable odds? As many of you know, Porter County Board Member S. Lee Alvarez was in a serious car accident around Thanksgiving last year. She came back strong on May 6, 2006 when she finished the One-America 500 Festival Mini-Marathon in Indy in 3:08:04. The Strider Family wishes you continued success, Lee—you are an inspiration to all!

...and speaking of the **One-America 500 Festival Mini-Marathon**, a huge Strider congratulations is in order for the "**Old Mylers**" men's team, who placed **3rd overall in the Men's Team Challenge** and proved that getting older just means getting better! The age-graded results (with actual times in parentheses) are:

Jim Raymond—1:15:00 (1:30:12)
Brian Norrick—1:16:28 (1:25:44)
Frank Johnson—1:23:38 (1:29:13)
Vincent Salazar—1:24:34 (1:38:08)

Also, way to go Frank on your great Sunburst Marathon finish despite suffering heat stroke after your finish. It's great to see you back—a true champion can't be kept down!

The Strider women's team at One-America, who placed **18th** in the women's division, earned their own honor in the **Women's Team Challenge**, taking home the **Best Team Name** award for "**You Got Beat By Girls!**" The age-graded results (with actual times in parentheses) are:

Jill Schlueter-Kim—1:40:04 (1:42:53)
Cassandra Rozycki—1:41:59 (1:42:52)
Misty Chandos (1:42:34 (1:42:52)
Christine Rohl—1:54:48 (1:59:42)
Michele Hale—1:57:09 (2:05:29)

BREAKING THE TAPE WITH MISTY



As I gather my thoughts to express my thanks to all the Striders whose encouragement and support helped me run a 3:36 qualifying time at Sunburst, I can truly say that it is because of my AMAZING friends that a very unreachable goal of mine has been accomplished.

Special thanks to Michele Hale and Betty Funkhouser for convincing me that it was possible, and a big THANK YOU to Richard Guitierrez for pacing me the entire 26.2 miles, keeping me focused and on track. With over 4 minutes to spare, we ran into the Notre Dame Stadium to find Michele screaming, "Misty—you did it!" and Betty and Lee Alvarez waiting to celebrate my accomplishment. With lots of emotions, tears and hugs, it was then I realized how much my friends within the Calumet Region Striders mean to me. Thanks to all of you.

I have received so many emails, phone calls and cards congratulating me on qualifying for Boston. It's because of all of you that I am going to Boston, where I will celebrate the friendships that I have made within this club. Remember, it's the journey that brings us to the destination. Keep making that journey a celebration of life, friends and memories.

— Misty Chandos

For those of you who haven't had the pleasure of meeting and knowing Misty, she is a very busy and dedicated mother of two adorable little girls, Autumn, 6, a Jr. Strider, and Brooke, 4; is Secretary of the Striders; spent much time coordinating our new line of Strider apparel; and still finds time to dedicate herself to the community by coaching the Beginning Runner Programs. Long may you stride Misty and good luck in Boston!



human race sports

www.humanracesports.com

7/11/06—Time TBA Evaluating Dietary Supplement Claims. A survey

found that almost 1/3 of Americans take some type of nutritional supplement.

HUMAN RACE SPORTS, CONT.

Duneland Health and Wellness Fitness Supervisor Paul Stofko discusses how to tell if supplement claims are based on fact or fiction. Free. Valpo location. For more information, contact Cara Craiger at (219) 465-5335

GROUP RUNS

To add your group run, email Misty @runnergirl26.2@sbcglobal.net

First Sunday: 8am, Wicker Park Pavilion, Highland, IN. Relaxed 10-miler on bike path. Mike Kowalsky: dokowal@sbcglobal.net

Every Sunday: 7:30am, Wilson Shelter, Indiana Dunes. 6-20 miles, varied courses and all paces. Clark Gloyeske: ycdi_now@hotmail.com
Dave Konkey: DaveKonkey@yessolutions.net

Every other Sunday (beginning July 9): 4:30am, Wilson Shelter, Indiana Dunes. For all of you early birds whose runs wouldn't be complete without seeing the sunrise! 6-20 miles, varied courses and all paces. Connie Karras: castridernews@comcast.net

Every Wednesday: 6pm, outside Fitness Barn entrance doors, Rte. 6, Portage, IN
Sue Brown: sue_brown@juno.com



JR. STRIDERS CORNER

Sue Brown, Past President
CRS Youth Coordinator

Welcome New Jr. Striders (AAU)

Jacob Cornejo, Cedar Lake
Shauna Foor, Chesterton
Tyler Randazzo, Chesterton
Colin Ringas, Chesterton
Mark Tomsovic, Crown Point
Taylor Blue, Dyer
Taylor Devine, Dyer
Shannon Freedom, Dyer
Samantha Gibson, Dyer
Sydney Halfeldt, Dyer
Micheala McClain, Dyer
Taylor Michell, Dyer
Allison Onest, Dyer
Rachel & Sarah Stidham, Dyer
Michelle Wartman, Dyer
Craig Jordan, Gary
Andrew Hudson, Hebron
Elizabeth Johnston, Kouts
Alex Becker, Portage
Nick DeMass, Portage
Gabrielle Halliburton, Portage
John Costakis, Merrillville
Melissa Costakis, Merrillville
Megan Ernd, Munster
Hannah & Kyra Marriott, Munster
Carlo Demma, Schererville
Sarah & Emily Jones, Schererville
Shane Reinsimar, Schererville

JR. STRIDERS CORNER, cont.

Joshua Rodriguez, Schererville
Allison Semethy, Schererville
John Zackey, Schererville
Anneliese & Gwen Trapp, Valparaiso
Sara Ozgur, Valparaiso
Zoe Patterson, Valparaiso

Welcome Back Jr. Striders (AAU)
(renewal since last newsletter)

Chris Noel, Chesterton
Taylor Blue, Dyer
Amanda Onest, Dyer
Ariane MaHaffey, Porter
Willie Costakis, Merrillville
Megan Harris, Schererville

WHO DO I CONTACT?

Newsletter submissions:
Connie Karras
calstridernews@comcast.net

Website submissions:
Mike Wilson
webmaster@calstrider.org

Strider Logo Wear:
Wanda Melion
mudbud69@aol.com

Group Runs:
Misty Chandos
runnergirl26.2@sbcglobal.net

Shelby Reinsimar, Schererville
Emma Weissbeck, Schererville
Bindy Spencer, Valparaiso

Recognizing Performances/ Congratulations to:

Lyndsey Kunz, Munster, age 14 (6:14) and
Daniel Leopold, Chesterton, age 14 (5:34) as the
overall women & men's 1 mile individual winners
at the Trail Extreme 1M Gold Cup race.

Lyndsey Kunz (Wilbur Wright Middle School/
Munster) who broke two school records this year:
1 mile— 5:37 and 800m—2:35. Lyndsey will run
xc this fall for Munster High School.

High school participants and conference runners:

Bindy Spencer, freshman (Boone Grove HS),
sectional and regional qualifier in the 2 mile run
this past May; **Ryan Slager** (Mt. Carmel HS), who
set a 1600m record of 4:45 and is an honor stu-
dent; and **Craig Jordan** (Calumet HS).

Middle school participants/conference runners:

**David Osborn, Daniel Carmody, Daniel Leo-
pold, Chris Noel, Steffen Paulsson, John
Nupnau, Christina Eyes, Zoe Patterson,**

JR. STRIDERS CORNER, cont.

**Sarah Ozgur, Gwen & Annliese Trapp, David
Gladys, Lyndsey Kunz, Brigit Marriott, Jordan
Chester, EJ Willis, Andrew Semethy and Colin
Slager.**



AAU TRACK OVERVIEW

Growth of the track program this year was significant—85 kids—which involved the coordination of various practice sites and the scheduling of 10 coaches to assist with distance, sprints, hurdles and field events. Lake Central HS was the host Lake County site for Coaches Mike & Jayne Willis. Assistants included Michele Hale, Misty Chandos, Richard Gutierrez and Bob & Steve Gustas. Chesterton HS and Valpo Thomas Jefferson MS were utilized by Porter County Coaches Steve Kearney, Sue Brown, Kathy Mangel and Suzanne Mahaffey. Of the 85 kids in the youth program, 70 trained for their AAU events. The 12 and unders (approximately 35) competed on Saturday and could enter 1—3 events. The 13 and olders (approximately 35) competed on Sunday and could enter 1—4 events. The Striders combined to enter 22 relay teams consisting of 4 x 800, 4 x 100, or 4 x 400 distances over the two day event. Coordinating practices was like having homework every night, but, by race day, the coaches felt confident the kids were ready. Everyone did GREAT!

Although complete results were not yet available at press time of this newsletter, highlights, results and photos are posted on the CRS website and will be highlighted in next month's newsletter.

Competing in a meet of this quality renders invaluable experience to a young athlete. It also shows their willingness to learn, train and improve as a result of their AAU experience. Friendships are created and teamwork is promoted. I received numerous compliments from the AAU officials about how well mannered our team was, and also how they demonstrated such good sportsmanship conduct around others. The entire coaching staff is very proud of this and of their accomplishments. Thank you parents for your cooperation and support of our program. See you at Regionals in Merrillville July 7—9th.

—Sue Brown, CRS Youth Coordinator

UPCOMING EVENTS

June 26.Track practice, TBD

June 28.Track Practice, TBD

July 3.OPTIONAL 1M RACE: Highland 1m run, 6:30pm sharp; point-to-point; precedes a parade; \$6/person—pre-registration by 7/2 or \$9 on race day.

July 7—9.AAU Regional VI Track Meet, Merrillville HS

July 14.OPTIONAL 1M RACE: St. John's Festival 1m, St. John's Evangelist Church, 6:00pm, \$6/ pre-race, CRS group discount w/ 10 or more.

July 15.OPTIONAL: Indiana State Games Track Meet, Andean HS, Merrillville, IN. Field events start at 10:00am; Running Events and Relays start at 11:00am. Registration form available at: www.calstrider.org

JR. STRIDERS CORNER, cont.

Wed/Aug.2.30th Anniversary Friend-
ship Race 5k, Highland, IN, 6:30pm. Please sup-
port—this is our sponsor's race. Striderbucks can
be used toward entry fee.

People going the extra mile....

- ✓ **Congratulations to Joe Mis** (AAU Regional Director & Friendship 5k Race Director) who was recently honored by the Northwest Indiana Convention & Visitor Bureau at the National Tourism Luncheon on May 16, 2006. Joe received the **National Recognition of Service Excellence (R.O.S.E.) Award** for his involvement in the AAU District, Regional, and National Meets held in our areas which in turn promote tourism within our communities.

MEMBER NEWS BYTES:

To read full *Times* stories, go to: www.calstrider.org

- ✓ For the third out of the last four years, **Chesterton HS Coach Steve Kearney is voted "Coach of the Year"** for building successful girls track teams.
- ✓ **Strider Michelle Weaver, a Detective with the Lake County Sheriff's Dept., is honored in "Women of Merit"** for her work with family and domestic services.

Larry's Multisport News Corner



2005 USAT National Duathlon Rankings Announced!

Only fourteen Indiana residents obtained a national duathlon age group ranking from USA Triathlon which is the sports governing body and is located in Colorado Springs, CO. The following are the Hoosier multisport athletes who have been issued a 2005 USAT Duathlon National ranking:

Kathryn Hair, 28—10th place (F25-29)
Melanie Roberts, 40 - 3rd place (F40-44)
Henry Layne, 26—62nd place (M35-39)
Frank Baukert, 37—177th (M35-39)
James Harris, 41—9th place (M40-44)
James McDonough, 42—36th place (M40-44)
Bob Curts, 46—13th place (M45-49)
Kevin Smelzer, 46—109th place (M45-49)
Lawrence Giannetti, 48—136th place (M45-49)
Dana Reichman, 52—26th place (M50-54)
Paul Ferguson, 50—57th place (M50-54)
Ted Bresee, 52—58th place (M50-54)
John Fortuna, 55—65th place (M50-59)
Denny Doutaz, 60—35th place (M60-64)

For more information regarding the sports of duathlon and triathlon including information on officiating, national youth development programs, qualifying for World Championships for all levels of both sports, how to obtain a USAT National Ranking, and access to Team USA and Elite (Pro) athlete profiles, log onto www.usatmideast.com

Lawrence "Larry" P. Giannetti
Vice President, USAT Mideast Region
USAT Mideast Region Indiana Representative
USAT CAT III Race Official
USAT Nationally Ranked Duathlete



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