

## Message from the President April, 2007

**Visit our website at:  
www.calstrider.org  
UPCOMING EVENTS**

**Valpo mini marathon**  
Sunday, April 15; 7:30 AM  
Lincolnway & Lafayette  
Valparaiso ,In

Taltree Ten  
Saturday, April 21; 8:30 am  
Aberdeen Manor  
216 Ballanteen  
Valparaiso In.

Spring Fling  
Saturday April, 28; 9:00 am  
Purdue University Calumet  
2300 173rd Street  
Hammond IN.  
John Bobalik  
219-989-2175

Just A Little Run 4mile  
Saturday may 12th.  
Eisenhower Center  
2550 178th Street.  
Lansing, Il  
Michelle Havran  
708-474-8552

Gallery Gallop 5.5 mile  
Saturday, May 19th, 6:30 PM  
Lake Street Beach  
Gary, In.  
Joyce Davis  
219-938-4566

Trail Run Extreme 12k (trail)  
Monday, May 28th; 9:00 AM  
Imagination Glen Park  
Portage Ave & McCool Rd.  
Portage, In  
Jeff Emmons  
Stephanie Anderson  
219-464-9621

I speak to you this month with a heavy heart. This Month I must inform you of the passing of two of our Charter members.... Bill Kowalisyn and George Rasch. Bill and George were two runners who represented the striders very well. I encourage everyone to go to the C.R.S. website and read more on these two great individuals. You will read about their accomplishments in running, their dedication to the Striders as well as their compassion to their families and life. They will be remembered, not only , as great dedicated runners, but also as outstanding individuals. I not only speak for myself, but for the many individuals who knew them.

We will all miss them deeply, Michele

### MEMORIAL TRIBUTES

#### BILL KOWALISYN - CHARTER CRS MEMBER

April 3, 1921-February 26, 2007

Bill Kowalisyn, a charter member of the Calumet Region Striders, age 85, passed away on February 24, 2007, with his lovely wife and family at his side. A charter member since 1978 (28 years), Bill competed in 24 consecutive Gold Cup Series. For someone who did not take up running until he was 58 years old, Bill will always be remembered by fellow Striders as a running legend for finishing over 125 marathons, and averaging over 40 races plus per year. Bill and Shrilie (a past CRS Secretary/Membership Chair, and now life member) have been married for 57 years. He was so proud to be a Strider, and will be deeply missed.

We have located a few articles that appeared in local newspapers that will reflect Bill's passion for running and his love for his fellow Strider family

#### GEORGE RASCH - CRS CHARTER MEMBER

September 26, 1923 - March 3, 2007

George Chelsey Rasch, M.D., age 83, of Schererville, IN and Hilton Head, SC, passed away Saturday, March 3, 2007 at Hilton Head Regional Medical Center. A founding member of the Calumet Region Striders since 1978 (28 years), he was an avid distance runner, and golfer. He was an active participant in events throughout the United States and took part in several editions of the World Master's Track and Field Championships in North America, Asia and Australia. Dr. Rasch was elected to the Hammond Sports Hall of Fame for his many years of voluntary service as a physician for Hammond High School varsity teams. Him and his entire family enjoyed working the Chicago Marathon Strider Waterstop each year. He, too, will also be deeply missed.



## V.P. CORNER

Robin Benson-Harvey

Greetings from the back of the pack. I got to know Bill Kowalysyn with the back of the packers before he retired from running. I am sorry to see he is no longer with us. But, I along with many Striders have fond memories of Bill and extend my deepest sympathy to his lovely wife Shirley and family.

I still have trophies from the Banquet that need to find their owners. We will hold the trophies for another 30 days and if no arrangements have been made to pick them up, they will then be donated to charity. Currently I have the following that need to be picked up: Andrew Lyp (9-11), Franchesca Bass (9-11), Colin Slager (12-14), Jana Smith (35-39), Bob Emery (35-39), Chanbo Sim (40-44), A Tarquino (50-59), Ronald Lynn (60-64), James Noland (70+) and Sandy Hackett (Athena). If you know any of the following please contact them and let them know to contact me, or if someone else wants to pick it up on their behalf. I can be reached at [vp@calstrider.org](mailto:vp@calstrider.org). Thanks for any help in getting these to their owners who earned them.

I must send out kudos to Polly Theising who took care of the Gold Cup Table at the last 4 races. Also thanks to Pat Rhodes for helping out at the GC table too. You both are awesome and Thank You!

I am a big Railcat Fan and am so excited that the Board will be hosting a night at the Sat June 9th game. Please see the enclosed form in this newsletter for more info. It is fleece blanket giveaway night to the first 1500 fans. As with any promotion be at least an hour early, sometimes even a little earlier for the really nice swag as this. Remember to send your request and money for ALL in your party for your seats to be together. If you have any questions please contact me. Deadline is May 1st and it will be here before you know it, so don't wait.

Enjoy the journey in each race.



## GROUP RUNS



### Every Sunday:

7:00 am, Wicker Park Pavilion, Highland, IN.

Ruth Bonacci: [ruth.bonacci@verizon.net](mailto:ruth.bonacci@verizon.net)

Michele Hale: [runninglead@aol.com](mailto:runninglead@aol.com)

### OR

7:30 am, Wilson Shelter, Indiana Dunes

Clark Gloyeske: [ycdi\\_now@hotmail.com](mailto:ycdi_now@hotmail.com)

Dave Konkey: [DaveKonkey@yessolutions.net](mailto:DaveKonkey@yessolutions.net)

### Every Tuesday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Tammy Cowser: [tlcowser@alas.com](mailto:tlcowser@alas.com)

Elaine McCracken: [skibears2@aol.com](mailto:skibears2@aol.com)

### Every Wednesday:

6:00 pm, Fitness Barn, Portage, IN

Sue Brown: [sue\\_brown@juno.com](mailto:sue_brown@juno.com)

### Every Thursday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Cecilia Wagner: [ceciliawagner@yahoo.com](mailto:ceciliawagner@yahoo.com)

Karen Largent: [largent02@earthlink.net](mailto:largent02@earthlink.net)

### Every Saturday:

6:00 pm, Erie-Lackawanna Trail (bike path)

Broad Street Parking Lot, Griffith, IN

Denise Phipps: [denise.phipps@qs.com](mailto:denise.phipps@qs.com)

Mindy Teumer: [mkt1969@aol.com](mailto:mkt1969@aol.com)

More From  
Michele.....



Know YOUR Place. When running a race know your place that you should line up to start. If you run a sub 20:00 minute 5K then you should be at towards the front of the pack. If you are around 25:00 minutes then the middle would be good. If your time is Over 30 minutes you should line up towards the back. If you have small children who are running, talk about this to them as most children want to be as close to the start as possible. However they seem to run in a zigzag pattern which can be dangerous. This can cause more than one person to trip. Also if you feel the need participate in a race as a BANDIT Runner, Please go all the way to the back. It is not fair for the runners who have paid an entry fee and are competing for points and age group awards. It is also VERY unfair to wear someone else's chip as you mess up all of the age group awards and someone who has earned one may be passed up. You should ONLY run through a finish chute wearing a visible bib & chip that match your name. This makes it fair & safe for EVERYONE!

**STRIDE ON, Michele...**



## SPECIAL ANNOUNCEMENTS

### UPCOMING IMPORTANT

**DATES April 21st - Taltree 10 Race/ Valparaiso - Jr. Strider Program Fund-raiser - We need YOU!** A portion of the proceeds from the Taltree Ten will benefit the Jr. Striders Programs. Therefore we are asking the membership to please support this race by either registering for the race as a participant, or by signing up to volunteer. We request the Jr. Striders not racing to be present in uniform, passing water out at the waterstops, and we are requesting coaches and parents to serve as finish line helpers, mile split timers, and course marshals to keep runners on course and safe. Please commit on the morning of April 21st for this worthwhile case by emailing Coach Sue Brown at [sue\\_brown@juno.com](mailto:sue_brown@juno.com) or call 364-9790 to confirm your willingness to volunteer. It will be FUN, MEMORABLE, and APPRECIATED!



Thank you for supporting the Jr. Striders!

**May 1st - Track & Field Call Out** - see insert included herein for sign ups and practice schedule **June 7 - Hershey's Track & Field Games** - Lake Central HS/ Dyer ages 9-14 (no fee to enter) **June 23 - AAU District State Meet** - Chesterton High School 12 years & under **June 24 - AAU District State Meet** - Chesterton High School 13 years & older

### WHO DO I CONTACT?

**Newsletter submissions:**  
[news@calstrider.org](mailto:news@calstrider.org)

**Website submissions:**  
[webmaster@calstrider.org](mailto:webmaster@calstrider.org)

**Strider Logo Wear:**  
[mudbud69@aol.com](mailto:mudbud69@aol.com)

**Beginner Runner Programs:**  
[runnergirl26.2@sbcglobal.net](mailto:runnergirl26.2@sbcglobal.net)

**Youth Programs:**  
[sue\\_brown@juno.com](mailto:sue_brown@juno.com)

## BEGINNER RUNNER PROGRAM

### Porter County

Information & Sign up Meeting  
Monday, April 16, 2007  
6:30pm, Valparaiso YMCA

### Lake County

Information & sign up Meeting Tuesday,  
April 24th, 2007 6:30 pm, Omni 41 Scherer-  
ville

FOR MORE INFORMATION PLEASE  
VISIT OUR WEBSITE AT:  
WWW.CALSRTIDER.ORG

===== **we**  
**are who we run with....** As athletes this seems to be true with most of us. Think about it. What events are your favorite? Do you like mostly shorter races? such as a 5k or a 10k. Maybe you are more of a longer distance runner, such as half marathons, marathons, or even an ultra. That is where the phrase "we are who we run with" comes into play. We run with athletes who desire to meet the same criteria as we do as individuals. When we are training to try a P.R. in a 5k who do we train with? We run with individuals who are also training to excel in the 5k. In the summer when it is time to start preparing our bodies to compete in the Chicago Marathon, a group of runners meet and train as a whole. We are marathon runners. But, it goes beyond just athletics, it also includes friendships. I have seen in the past few years different groups of friendships evolve from athletes wanting to compete against themselves, each other and even father time. We are who we run with...we are athletes, we are friends. That is, maybe, what makes the Calumet Region Striders the second largest running club in Indiana. Last month I asked you to let us know how much you train on an average week. Maybe that will help someone get motivated or encourage others to get out and run just one more day than they might normally run. This month I am seeking your help in talking up yourselves. Are you part of a group who get together 1,2 or even 3 times a week to train. Do you call yourselves a certain name? I know of a small group of guys who run together. They call themselves the "bling Kings". How about the group that get together every Saturday morning ,run , and go out to eat. They are the "breakfast club". So talk up your group and let us know who you are.

## CONGRATULATIONS

**Welcome these 21 kids to their first Gold Cup Series!** 15 & older (age on 7/1/07) need to complete (7) races; and 14 and under (age on 7/1/07) need to complete (5) races. If there is a race where there are two distances such as the Munster Rotary Run 10k/5k, the shorter race will be the points race for Jr. Striders. You may choose to do the longer distance race, however, you will not receive gold cup points for the event.

AGE:

(1992) Ryan Cutterr, Valparaiso , Carl Duncan, Crown Point .  
(1993) Andrew Allmon, Chesterton Stephen Mezzicapo, DeMotte Abigail Zeitler, Valparaiso  
(1994) Alex Becker, Porage Morgan Bell, Wheatfield Cara Maldonado, Hobart Lindsey Winebrenner, Lowell  
(1995) Abby DeTorrice, Valparaiso Shannon Freedom, Dyer Kristen Homme, Chesterton Lucas Kalbfell, Munster Max Kirchner, Chesterton Johnny Tazbir, St. John  
(1997) Daniel DeTorrice, Valparaiso Patrick Treacy, Valparaiso Kevin Scannell, Valparaiso  
(1998) Tayler Bowman, Michigan City  
(1998) Nate Kekelik, Munster (I want to be just like dad!) Tyler Randazzo, Chesterton  
(2000) Rhianna Keister, DeMotte

### Welcome new non-Gold cup Members:

Joseph Huber, and Daniel Huber of Portage (brothers to Tim Huber) **RE-MINDER: to post your PR's (personal bests) on the website for recognition, its e-a-s-y, and we want to congratulation you for your hard work and improvement!** Membership is our greatest resource, so keep recruiting, keep running, and I look forward to seeing you at track practices very soon!

Coach Sue Brown



## MISTY'S MINUTES

### Finding Balance

As a wife, mother, employee and runner, many people inquire on how to find time to train. My answer to this question is always the same. BALANCE. "The Runner's Triangle" as I have heard it referred to The three sides to the triangle are.

- 1) The physical side of running (Body)
- 2) The spiritual and emotional side (Family , Soul)
- 3) The intellectual and career side (Mind)

Competitive running and marathon training requires sacrifices. Running takes dedication and sometimes priority. ( WHEN TRAINING FOR A MARATHON) If we don't train, we won't finish 26.2 miles! If you put too much emphasis on one side of the triangle, you could damage the other side. So with that in mind remember to keep up your training and go to work well rested and in good spirits. ( We need our jobs so we can afford to run!) The most important thing to remember is your family. They are the ones who feel it the most. Make time for them the same as you would for your training. Make sure you keep that triangle balanced so you can enjoy and be proud of every aspect of your life.

~Inspire and Be Inspired~  
Misty

## STRIDERWEAR

The orders have been place. Watch for further details on when and where to pick up.

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

We Dedicate this Monthly Instep to  
The Memories Of  
Bill Kowalisyn  
And  
George Rasch

