

**REMINDER:
YOU MUST RENEW YOUR CRS GOLD CUP
SERIES BEFORE YOUR FIRST GOLD CUP
RACE.**

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

THE ZOY RELAYS
1M,2,,3, (Team Relay)
Sunday, May 6; 8:00 AM
Imagination Glen Park
Portage Ave, and McCool Road
Al Mussman
(219) 762-5680

JUST A LITTLE RUN 4 MILE
Saturday, May 12th; 9:00 am
Eisenhower Center
2550 178th street
Lansing, IL
Michelle Havran
(708) 474 8552
Strider discount code: gold cup

GALLERY GALLOP 8.5K
(Beach/Street/Dune)
Saturday, May 19th. 6:30 pm.
Lake Street Beach
Gary, In.
Joyce Davis
(219) 938-4566

**TRAIL RUN XTREME 12K
TRAIL**
Monday, May 28th; 9:00 AM
Imagination Glen Park
Portage Ave. and McCool Road
Portage, IN.
Jeff Emmons
(219) 763-7370
Stephanie Anderson
(219) 464-9621

Gold Cup Series races in **BOLD**

Message from the President

Several races this year have decided to try out chip timing this is a great plus at a race as it gives you the exact time you run. However some of us recently ran "Ring in the Spring" without using the chip that was provided in our goody bag. Be sure when you get to a race you read the instruction sheet and or ask questions. If you have run a race year after year it is still a good idea to make sure that no changes have been made that may affect your outcome of the race. Some new Striders have never used a chip. Veteran runners know that No Chip means No Time! Be Courteous to your fellow runners if you see them wearing a bib number on their back instead of the front or missing a chip at a race that is using them point it out.

On behalf of The Striders I would like to Congratulate Cara Robinson this years recipient of The Jim Cox Scholarship. Cara is also the granddaughter of Jim Cox. We wish her The Best in her Academic Endeavors.

I always say anyone who finish's a Marathon is a winner. We have a fellow Strider who Literally did it. Congratulations to Michelle Didion the overall Female winner of The Knoxville Marathon with a time of 3:11:57. Also, Despite this years weather prediction we had 12 Striders who Completed The 111th Boston Marathon. Four of whom ran a requalifying time. Sam Langley, Johnny Tazbir(BQ), Jim Raymond(BQ), Betty Funkhouser(BQ), Misty Chandos(BQ), Frank Johnson, Cassandra Rozycki, Brain Norrick, Ruth Connell, Deb Schiesser, Patrice Lawson & Jack Potter WAY TO GO! Speaking of Marathons The 30th Anniversary LaSalle Bank Chicago Marathon is now closed. If you are considering participating this year you need to sign up through a local charity. The OE Marathon team is already over 1/2 full. You can go to www.calstrider.org for links to Both The Marathon and The OE Team.

Last month The RRCA held it's 50th Anniversary Convention in Chicago 7 of The CRS Board members were able to attend. Several volunteers from our club also went wearing Strider Wear to represent The Striders. The participants attended many different classes and are looking forward to sharing all that was learned with you over the year to come.

Thank you to Newsletter stuffers: Our April stuffer: Vicki Seber & Cara Moldonado and our May stuffers: Karen Lounsbury & Crew. If you maybe interested in stuffing our newsletter any months from June through December please contact me so I can set you up with all the supplies needed.

The reasons for maintaining an active lifestyle are many, but staying motivated over the long haul can be tough. The Motivational Weather is right around the corner

STRIDE ON, Michele



V.P. CORNER

Robin Benson-Harvey

Greetings from the back of the pack. Where qualifying for the Boston Marathon is a far distant future goal. However we had some awesome Striders that not only qualified to do Boston, they conquered Monsoon Monday in the wind, cold and rain. Congratulations to: Sam Langley, Frank Johnson, Cassandra Rozycki, Brian Norrick, Ruth Connell, Deb Schiesser, Patrice Lawson, and Jack Potter. High Fives go to the four that also finished with a qualifying time to return to Boston: Johnny Tazbir, Jim Raymond, Betty Funkhouser, and Misty Chandos.

Please mark your Calendars for upcoming Strider Events: RailCats Game 6/9/07, Strider Picnic 8/18/07, Holiday Dinner & Party 12/7/07, and the Gold Cup Banquet 1/26/08.

Congratulations to the winner of the 50/50 raffle, at the Ringing In Spring 5K, Bob Hudnall who got to pocket his winnings of \$44.00. The next 50/50 raffle will be at the Friendship Race 7/11/07. Have you seen our Junior Striders? We have a bunch and would it be awesome if we could give them all College Scholarships. Now is the time to start padding our Jim Cox Scholarship fund for their futures. So do not forget your dollar for the 50/50's to help make this happen.

Enjoy the journey in each race.



GROUP RUNS



Every Sunday:

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

Ruth Bonacci: ruth.bonacci@verizon.net

Michele Hale: runninglead@aol.com

OR

7:30 am, Wilson Shelter, Indiana Dunes

Clark Gloyeske: ycdi_now@hotmail.com

Dave Konkey: DaveKonkey@yessolutions.net

Every Tuesday:

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

Broad Street Parking Lot, Griffith, IN

Tammy Cowser: tlcowser@alas.com

Elaine McCracken: skibears2@aol.com

Every Wednesday:

6:00 pm, Fitness Barn, Portage, IN

Sue Brown: 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

Karen Largent: 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

Mindy Teumer: mkt1969@aol.com



JR. STRIDER COLUMN

Welcome new Jr. Striders:

Alec Long, Roselawn, IL 0-8

Jade Tazbir, St. John 11-12

Johnny Tazbir, St. John 11-12

Katie Miller, Valpo 0-8

Aaron Miller, Valpo 0-8

Kevin Scannell, Valpo 9-10

Don't miss the 1milers in May!

May 12, Lansing, IL Youth Mile
8:45 AM 18 & Under

May 28, Portage, IN Youth Mile
8:30 AM 18 & Under

Coach Sue Brown.



General Announcements

A big **THANK YOU** to all of the Jr. Strider parents and families, and CRS members and families for supporting the Taltree 10on April 21st. In either volunteer or participant capacity. A portion of the proceeds will benefit the youth program. The youth program coaches appreciate your support of the Jr. Striders! Volunteers will be acknowledged in the next newsletter.

The Porter County Beginning Runner Program will begin on May 29th. And training runs will be conducted twice a week in north Valparaiso. The program will prepare runners to run a 5k by August. A \$50 sign up fee includes Calumet Region Striders membership, organized group runs, coaching, team shirt, and 5K race entry fee.

Adults and children 8 years and older are welcome. Adult participation required for children 8-14 years of age.

Tell your family and friends.

For more information contact Michelle Centiffanto, 219-405-6707 or Marylin Kaifesh.

If you missed the Lake County calumet Region Striders Beginner runner Program information meeting which was held April 24th there is still time to join the eleven week program in preparing you to run the Hometown 5K run located in Griffith Indiana, August 18th.

Contact the program leader
Coach Misty Chandos e:mail
www.runnergirl26.2@sbcglobal.net
Or

Frank Johnson e:mail
www.fdkbjohn@sbcglobal.net

For more information on These beginner runner Programs visit our Website at:
www.calstrider.org





A big THANK YOU to all of the Jr. Strider parents and families, and CRS members and families for supporting the Tal-tree 10 on April 21st in either volunteer or participant capacity. A portion of the proceeds will benefit the youth program. The youth program coaches appreciate your support of the Jr. Striders! Volunteers will be acknowledged in next newsletter

Dear C.R.S Members,

It is through tearful eyes I write this note of LOVE and thankfulness for the memorial tributes you have made in the memory of Bill in your recent INSTEP newsletter. Bill always said that runners made the best friends. Those tributes enforced his/my belief. The passages from the President, Michele, and the Vice President, Robin, gave the tributes a very personal touch as did the many, many cards received from all of you. Thank You ALL for being his friend as well as a fellow runner. He did not retire—he is still running along side of each & every one of you !
Sincerely, Shirle

**C
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SUPERMAN!!

Paul Stofko

Wins the 150 mile
McNaughton Park Trail Run
in 35 hours and 22 minutes
+++++

2008

Boston Qualifiers

Misty Chandos, Betty Funk-
houser, Jim Raymond, Johnny
Tazbir, Michelle Didion,
Patrice Lawson, Jack Potter,
Jeffrey Mescal.

These are our C.R.S. 2007
marathon runners who have
already qualified for Boston
in 2008. Let's see how large
this group can grow.

CONGRATULATIONS

**To Dave Ahner
And Marilyn Kaefish
On your
engagement**

WHO DO I CONTACT?

**Newsletter submissions:
news@calstrider.org**

**Website submissions:
webmaster@calstrider.org**

**Strider Logo Wear:
mudbud69@aol.com**

**Beginner Runner Programs:
runnergirl26.2@sbcglobal.net**

**Youth Programs:
sue_brown@juno.com**

**Misty's
Minutes**



Running Safety

Now that the weather is getting nicer and more runners are off the treadmills and out on the streets, I would like to remind everyone to remember all the little things that we can do to run more safely. These simple steps could prevent accidents and even save your life, so please keep the following in mind when heading out for your next run.

DO

- 1) Trust your instincts
- 2) Run with others or a dog
- 3) Run in daylight
- 4) Carry pepper spray, a whistle, ID, and a cell phone
- 5) Mix up your route, never do the same route on the same day at the same time
- 6) Ignore verbal harassment from others
- 7) Run off road when possible
- 8) Run against traffic
- 9) Watch for blind turns and surprises
- 10) Run single file when facing high traffic areas

DON'T

- 1) Wear headphones
- 2) Wear expensive jewelry
- 3) Don't approach cars to give directions
- 4) Don't use pepper spray to threaten, just use it if necessary
- 5) Don't be an easy target
- 6) Don't fight for property

So with all this in mind, be smart, be safe, enjoy the beautiful weather and keep up with your training. I look forward to seeing each and everyone of you at the upcoming races. And remember..

INSPIRE AND BE INSPIRED
Coach Misty Chandos

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The Calumet Region striders
Wish to thank
All of our Sponsors.

Have a SAFE and Happy
Running Season

