

Message from the President

Visit our website at:
www.calstrider.org

UPCOMING EVENTS

MUNSTER ROTARY RUN-A-ROUND 10k

Saturday, June 16; 8:30 AM
Munster High School
Football field
Munster, IN
Jean Van Keppel
219-933-3755

BRICKYARD RUN 5 Mile

Wednesday, July 4th ; 7:30 AM
Trinity Lutheran School
900 Luther Drive
Hobart In.
Jeff Renn
219-942-2183

RUNNING WILD FOR THE WASHINGTON PARK ZOO 5K

Saturday July 7th. 9:00 AM
Washington Park Zoo
115 Lakeshore Drive
Michigan City , In
Contact: Johnny Stimley
219-872-0361

FRIENDSHIP RACE 5K

Wednesday, July 11th, 6:30 PM
Wicker Park
2125 Ridge Rd
Highland, In
Joe Mis
219-931-6587

BUCKLEY 5 MILER

Saturday, July 28th, 7:30 AM
Buckley Homestead County Park
3606 Belshaw Road
Lowell, In
Adam Hudak
219-743-2232

Gold Cup Series races in **BOLD**

It is with deep sadness that on June 15, 2007 The Calumet Region Striders lost one of it's Charter Members Pat Rhodes to an accident. Pat ran in a total of 60 Marathons during his competitive career, the last of which was the 100 100th Anniversary of the Boston Marathon in 1996 at age 60 with a very respectable time of 3:49. He competed in the first Gold Cup series in 1979 placing 3rd in his age group. Pat was Vice President 1988-99 And President 1989-1995.(He attended every board meeting that we had there after) Chicago Marathon coordinator (aid station) 1989-2007. You could always spot Pat at the finish line cheering and encouraging everyone to finish strong. Recently Pat was elected into the Indiana High School Swimming & Diving Hall of Fame. He was the timer at many of our races he will always be remembered as we approach the finish line. Pat said people just have to make time to [exercise](#) It's something you have to do all your life. He lived by this up until his last day.

As the summer heats up our days REMEMBER to STAY HYDRATED DRINK 64 oz. of water EVERYDAY! We have 98 Striders going to the Rail Cats game on Saturday June 9th.Wear your Strider wear or something navy blue. The gates open @ 5:00 PM. Last year people started lining up @ 4:00,It is fleece blankets to the first 1500 fans so be sure to get there early! I have added a insert titled Running Times we have many spots open for different things going on within our club & community so be sure to check it out. Remember with out volunteers our races club, etc. would not be possible. Thank you to the Myroup family for stuffing the June Newsletters. DON'T forget Athena & Clydesdale mandatory weigh-in. A scale will be available at all up coming races. September 1st is the deadline to weigh in. If you do not weigh in, the races you have completed will not count and you will have to start over. Next month The Strider Survivor Picnic applications will be in The newsletter. This years theme will be "LUAU" so get your grass skirts ready . I encourage everyone to attend the picnic following the Hometown Run as we will be honoring The Calumet Region Striders Newest Lifetime members. Quick Tip > A little spice enhances your food and your health. The fiery flavor in chili-pepper flakes, chili powder, and fresh hot peppers like jalapeno and habanero comes from a family of compounds called capsaicinoids, which have been shown to calm stomach ulcers, reduce inflammation, fend off diabetes ,and thwart cancer. Sprinkle into pasta sauce ,casseroles, and soups.



A few thoughts

Last week at our monthly Board Meeting Pat was there as usual. In the middle of the meeting he asked if he could have just a few minutes to speak. Of course, we all agreed. His words to us were something about "everyone has fifteen minutes of fame" then proceeded to show us, proudly, his medal of accomplishment he received. On the back page is a picture of him in high school and a picture of him today. I say today because that is how I wish to remember him. I gave him his accolades on his accomplishment. When I heard of the tragic news I, at first, thought to myself..." I just wrote that article". I have decided to leave it in. I, like

many of you had seen him at the races, but I had never really talked to him until about two weeks before the Boston Marathon this past April. He was shopping in my store and heard me talking about Boston. He came over to see what he was missing. He and I talked about the marathon for about a half an hour. What I remember during that conversation is not so much his words, but the passion in which he was speaking. I also could see the excitement in his eyes. That was the day he and I became "strider friends". I am sure there are many more of you out there. Those are the two things I will remember the most about him. His passion for the sport and his friendliness to the people. Though he will leave many voids, not just to Striders, his friends, but much more to his family. I say congratulations...to his life...to his accomplishments...to his memory.... He will be missed. Frank Johnson.

The striders were well represented at Pat 's memorial service, Saturday May 19th. The were many "guest" speakers who had many kind, sincere, as well as humorous stories to share about some of his qualities and events of his life. The past presidents of the C.R.S. also made their way up to share their thoughts and words of past conversations they had with Pat. But at the end of most of the speeches it might have been said the best when Cassandra stated these words....."without Pat the board meetings will never be the same, without Pat the finish of our races will never be the same, without Pat the striders will never be the same..... without Pat, Running will never be the same. In the past few months, the Striders have lost three good friends...

They will all be missed

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



Running Health

In a new survey of 32 metropolitin areas sponsored by the

American Academy of Dermatology, Chicago ranked dead last in sun protection. Forty percent of Chicagoans said they don't worry about skin cancer because of the northern climate. 3,342 adults were randomly surveyed through an internet test in 32 metropolitan areas.

some facts from that survey were

- 1). fifty-nine percent incorrectly believe getting a base tan is a healthy way to protect skin from sun damage.
- 2). Forty-nine percent don't worry about the sun.
- 3). two-thirds say they have never been screened for skin cancer.
- 4). Thirty-one percent don't use sunscreen.
- 5). only one in four wear a hat for sun protection

To test your run smarts go to "Ray's Your Grade" @ www.aad.org



Interesting Reading

There is an interesting article in the May 2007 edition of The Running Times. The title of the article is called "What I've Learned: ten lessons. See how many of them you can relate to.

1. I can always get faster
2. Rage is better off the road
3. Men are from Mars, women are from the second planet from the sun, Earth's sister planet.

To explain more on this one...A book the author read, stated that on average men use about 7000 words a day while women use around 20,000. This statistic will not come to a surprise to anyone who runs in a mixed group.

4. Broken hearts heal faster on the road.
 5. Solitude is a state of grace
 6. Jokes are often funnier on the road than they are when you get home
 7. Going outside to play should be mandatory for all adults
 8. Sometimes pain is its own reward
 9. Running can confer rock-star status among the uninitiated
- AND FINALLY.....MY FAVORITE**
10. There are no strangers, only runners I haven't met.

These are not the opinion of anyone associated with the striders. To read more on this go to www.runningtimes.com

SPEAKING OF ARTICLES.....

Did anyone read the article in the *Lake Magazine*?

It features Steve Kearney. The subject of the article?...*The Zoy!*....

an excerpt from that article.

It was extremely unusual for a 33-year-old to be running in shorts every day. Word got around about Higdon. Soon , high school track stars were showing up to train with this wizened man of the Dunes. Steve Kearney was one of Chesterton High School's "Barefoot Boys of the Dunes" a team that regularly outran flatlanders in state meets.....Whenever the runners would crest a hill in the Dunes, they began to shout "Zoy!" When they decided to start a 15k race in the dunes...the ZOY Was born.

Recognizing Outstanding Performances

Have you had a personal best or record at a recent race? Remember to go to the Strider website and enter it under Member PR's in membership section. Congratulations on these young but big accomplishments! Andrew Kearney (age 13) Running Fit Trail Half Marathon 1:49:33; Elizabeth Schlichting (age 11) Spring Fling 5k 23:38 from 24:09; Patrick Treacy (age 10) RIS 5k 23:22 from 24:11; Tim Huber (age 12) CYO Track 1mile 5:40 from 5:47; Lyndsey Kunz, Freshman @ Munster HS Conference Champ 1600m in 5:25; EJ Willis (5:29) & Hallee Willis (6:28) for being the OA male/female finishers at Lan-Oak Youth 1M GC race. Sister Alaina Willis (6:30) was close behind for 2nd OA female. Keep up the great work Striders, and keep working hard, and

Welcome New Jr. Striders AAU Track: Lauren

Carlos, Crete IL

Felicia Barajas, Crown Point IN

Frances Kornelik, Crown Point IN

Breann Bolton, Dyer IN

Taylor Blue, Dyer IN

Brandon & Tarah Hamby, Dyer IN

Alyssa Stepney, Dyer IN

Megan Harris, Portage IN

Tyler Swets, Portage IN Carlo Demma, Schererville IN

John & Tim LaVelle, Schererville IN

Shelby & Shane Reinsimar, Schererville

Joshua Rodriguez, Schererville IN

Megan Badgley, St. John IN

Sarah Combis, St. John IN

Brianna Johnson, St. John IN

Michael Skurka, St. John IN

Jade Tazbir, St. John IN

Sandra Tsakopoulos, St. John IN

Kyle Krsak, Valparaiso IN

Zoe Patterson, Valparaiso IN

Taylor Siewin, Valparaiso IN

Stephen Simms, Valparaiso IN

Andrew Wireman, Valparaiso IN

Coach, Sue Brown

Registration deadline for

Summer AAU track and field

Is Saturday, June 16th



Misty's Minutes



Beginner Runner Program

Program Leader: Misty Chandos

Contact: runnergirl26.2@sbcglobal.net

It is not too late to join the Beginner Runner Program! If you are interested, please contact Misty Chandos before May 25th. Lake County group runs will start on May 29th at the Lake County Fairgrounds in Crown Point. We will meet on Tuesday and Thursday evenings at 6:30pm. If you are interested in the Porter County Program, please contact Michelle at centifanto@msn.com or Marilyn at marylink@comcast.net

I would like to thank and acknowledge the members of the Beginner Runner Committee:

Frank Johnson, Brian Norrick, Jim Raymond, Bob Hudnall, Doran Loundsbury, Robin Ramirez, Michelle Centifanto, Marilyn Kaifesh and Stephen Foor. These are the striders who will help make the BRP 2007 a success.

Striderwear

Striderwear orders are in and will be available for pick up at the Gold Cup Table. If you have any questions about your orders, please contact Misty Chandos.

Coming Soon: Calumet Region Strider running hats and visors. These will be available for purchase at the GC table.

2006 Gold Cup Premiums

If you have not picked up your 2006 Gold Cup Premium, please do so. They will be at the Gold Cup table at the upcoming Gold Cup races.

~Inspire and Be Inspired~

Coach Misty Chandos



V.P CORNER

By Robin Benson-Harvey

Greetings from the back of the pack. This year's Gold Cup Series is well on it's way. With the warmer weather more Striders are joining us again at the CG races and it is great to see more familiar faces. Please wear your Strider wear to the races and show your Strider Pride. We will be bringing back the "show us your Strider wear" incentive. Starting in July at the Brickyard Run, we will be starting a raffle for all those who have on Strider wear. One winner at each GC race will receive a special gift. Then all who are entered will be put into an end of the year raffle for a free 2008 Strider Membership. So you get an entry at every GC race that you wear Strider wear. Please report to the GC table before the race and show us your Strider wear so we can get you in that races raffle. We will draw the winner after the race. So lets see your Strider wear.

On Wed May 16th, I had the honor of presenting the 2007 Jim Cox Memorial Scholarship. This years recipient was Cara Robinson. The scholarship was awarded at her Senior Night at Manteno High School, Manteno IL. I personally made the presentation, and I was overcome with emotion, by the profoundness of this being Jim Cox's granddaughter.

I am overcome with, sorrow and shock with the passing of Pat Rhodes. Pat was so active in our club and his loss will effect us more in the coming months. He was our race timer, and he always had room in his truck to help get whatever CRS equipment was needed from one place to another. He was our Chicago Marathon water station captain. He was a past President and attended every board meeting. More importantly, he was our friend and he will be so very missed. Pat sat next to me at our last board meeting on May 10th. He was so happy to show us all his award for being inducted to the Indiana HS Hall of Fame. He had said that everybody gets their 15 minutes and this honor was his. He was so happy and proud. He even posed for a picture for the Website with his medal, and Pat usual always tries to get out of pictures. I am so glad to know, he had that personal happiness in his last days, and I wanted to share that with you. Enjoy the Journey in each race

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*Former Strider President (1990-1995) Pat Rhodes elected to
Indiana High School Swimming & Diving Hall of Fame*



*Congratulations Pat
You will Be Missed!*

