

Inside this issue:

Front page: Vice-President	1
Inside Story: President's message	2
Inside Story: V.P Corner	2
Inside Story: JR. Striders	3
Inside Story: Adventure Racing	4
Inside Story: A.A.U. meet	5
Inside Story: Beginner runners	6

UPCOMING EVENTS

FRIENDSHIP RACE

Saturday July, 11th. 6:30 pm
Wicker Park
Highland In.
Joe Mis
(219) 931-6587

Valpo-Triathlon
Saturday July 14th. 8:00 am
Roger-Lakewood Park
Meridian Road
Valparaiso, In.
Dan Mcguire

BUCKLEY 5 MILER

Buckley Homestead County Park
Saturday July 11th. 7:30 am
3606 Belshaw Road
Lowell, In
Adam Hudak
(219) 743-2232

Hilltop Neighborhood House 5k
Saturday August 4th, 8:00 am.
Reiner Community Center
Union St. and Collage Ave.
Valparaiso, In.
(219) 477-4222

ROTARY RAMBLE

Saturday August 11th, 8:00 am.
Demotte Elementary School
1000 S. Halleck
DeMotte, In
Char Groet
(219) 987-2875

Message from the Vice-President

VP Corner
Robin Benson-Harvey

Greetings from the back of the pack. The dog days of summer are here. Remember to hydrate before, during and after your runs. There have been reports on the news, that we in this area do not take sun damage as seriously as we should. So, please remember to wear sunscreen and to apply it before you go outside. Take the time to run smart and safe.

I am so pleased to share the details of our Strider Night with the Railcats. It is so nice to have such a nice ballpark so close by that we can enjoy. We had the section behind the home dugout (3rd base) where a 100 Striders and their families enjoyed the the game. It was near perfect weather for our outing. All the Striders that got there early to be one of the first 1500 fans, received a fleece blanket. It looked like most of our group went home with the free swag. All the Strider kids and a few adults ran across the outfield in the "Kids Run". Sasa Sekuloski & Shane Van Kley entertained the entire place with the Sumo wrestling inning entertainment. They had to wear the big sumo suits and knock each other over. Our club name flashed on the jumbo screen scoreboard several times throughout the evening. To top off the night the Railcats won in the 12th inning. Overall, it was a successful outing. The board unanimously agreed to do this again next year. Please visit the website to view the fun pictures.

With our group at the baseball game, I noticed we are lagging in wearing our Striderwear. Our club has 500 plus members and it is really hard to know each one of you. It was hard to acknowledge all the Striders at the game, because you blend into all the other people without wearing your Stridwear. The same is true at the races. If you wear Striderwear to the events you most likely will make lots of new friends. This is the easiest way to get to know if you are a Strider and make you more approachable. I know if I see someone I do not know wearing Striderwear, I will introduce myself and find out who they are. Lets be unified and a more recognizable club at our events. Plus if you wear your Striderwear to a Gold Cup Race you can win stuff. Please come to the Strider table before the race and "Show us your Striderwear" and you will be entered into a raffle at that race. A special gift will be given out after the race to the winner. All the entries from that race will go into a larger raffle for a free 2008 Strider membership to be awarded at the Gold Cup Banquet. So each Gold Cup race that you do wearing your Striderwear enters you in the Grand Prize drawing. The board is in the process of ordering more Striderwear, that will be available for purchase at future races.

Enjoy the journey in each race.



Michele's Message

A message from our President

As we reflect back on the first half of the 2007 running season, we have had many lows as well as highs. We have lost 3 very influential Striders, membership has grown very close to 500, Taltree 10 donated over \$2,000 to the Junior Strider youth program, we had a turn out of 100 for the Railcat's game, and we now have two Beginner Runner Programs. I hope the second half is injury free, fun and memorable for everyone. The Calumet Region Striders again will be manning the Mile 5 Aid Station at the 30th Anniversary of The Chicago Marathon Sunday October 7th. It takes 250 volunteers. This year will be somewhat of a challenge without Pat Rhodes there to lead the way for us. Next month we will be taking applications for anyone interested in applying for Aid Station Captain. I will also have sign up sheets for the 250 volunteers we will be needing.

We will have a box at the Strider Survivor Picnic for any unwanted running shoes or apparel. All donations will be given to Girl's on the Run! Thank you to Bri-Anne Andriessen for designing this year's Strider Survivor flyer. Also to Jill Schlueter-Kim for stuffing July's newsletter and to our Vice President who did an Awesome job putting the Rail Cat's outing together! Going on vacation DOESN'T mean your fitness has to go away, too. As long as you run 10 to 15 minutes every other day or so, you won't lose your basic conditioning. And with just a little extra effort, you can maintain your speed and strength while on holiday. No matter which plan you choose, walk for two or three minutes before and after each workout.

Stride On!

Michele



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:

5:30 pm, Imagination Glen PK. 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

Thank you!

Thank you!

Thank you!

Because of our Strider Volunteers, the AAU Meet at Chesterton High School on June 23 and 24 went smoothly. We had volunteers who worked hard even though it rained all day Saturday. Our "back-up" timers were especially valuable when the timing system had some problems. We had many people report very early to run the field events both days. We had assertive people watching the gate so athletes could run without disturbances from the excited coaches and spectators. I was especially pleased that many new volunteers came out. When you volunteer to work the outdoor meet in June and/or the indoor meet in February you are helping our club. Joe Mis, the meet director, generously donates money to our club so he does not have to pay people to run the events. This is money that goes to our Youth Programs and our operating expenses. This is money that goes to our Scholarship and Disabled Runner programs. Thank you Striders for your efforts! See you in February!!
Ruth Bonacci—
Volunteer Committee
Chairman



VP. CORNER

Our wonderful running club is approaching it's 30th anniversary. We Striders are going strong and growing. Our founding and veteran members should very pleased with our progress through the years. When the club was newer they did not have as many members as we do now. It was smaller and everyone knew each other. So, now that we have older members who are crossing the final finish line. It is important that we honor, respect and remember them. We seem to be having many more pass on this year than ever. We have not had to face this situation before and are hopefully getting the news to you, while paying the proper tribute that is so very deserved to memory of these wonderful people. We would also like to have good news to report as well. So please let us know of any births, weddings or special PR's.

Therefore, I would like to honor the memory of Paul Fedor who crossed the final finish line on 6/8/07. He still has many Strider friends and will be most remembered for his cookouts after the Chicago Marathon waterstop. He was 62 and was out for a run that he did not finish. He went out doing something he enjoyed as should we all. I would also like Congratulate and send Best Wishes to Cassandra and Sam on becoming Mr. and Mrs. Langley on the luckiest day of the year 7/7/07.

Enjoy the journey in each race.

Thank You

The Calumet Region Striders held their April and May board meetings at the Real Life Christian Center in Portage. The board members would like to give a special thank you to our fellow Strider Duane Schmidt, the Pastor there. He has a lovely facility that served as a good central location for our meetings.

Thank you for your hospitality.

WELCOME NEW

JR. STRIDERS

Keith Craword
 Kyle Crawford
 Danny Cutter
 Rachel Geise
 Bryan Hernandez
 Fernando Hernandez
 Paige Huck
 Jonathon Kirby-White
 Austin Krieter
 Star & Sylina Kuchta
 Adam Leep
 Kyra Marriott
 Matt Tellas
 Grace Parker
 Colleen Ogren
 Jolie Peuquet
 Emmi Starkey
 Jonathon Tripp
 Michelle Wartman
 Andi Wartman

Schererville
 Schererville
 Valparaiso
 Schererville
 Hammond
 Hammond
 Valparaiso
 Gary
 Chesterton
 Valparaiso
 Highland
 Munster
 Schererville
 Portage
 Munster
 Valparaiso
 DeMotte
 Valparaiso
 Dyer
 Dyer

Recently Michele Hale, Calumet Regional Strider President, was recognized in the House of Representatives for Outstanding Volunteer Service by Pete Visclosky. In the Congressional Record Michele was recognized for being the Lake County Marathon Team Leader for Opportunity Enterprises the last seven years. The Proclamation also noted that she has served as the organizer for an annual charity bike run. Michele also contributes much of her efforts to the Cancer Foundation, the Muscular Dystrophy Association, and St. Jude's Children's Hospital. Michele received her award at the Sixth Annual Valparaiso Kiwanis Club Foundation Volunteer Recognition Program on May 30. Stride on Michele! Thanks for being a great role model for Strider Volunteers.

Ruth Bonacci—Volunteer Committee Chair

To: Coach Misty Chandos
 In passing her RRCA Coaching Certification class. She passed the difficult course with a grade of 93%....Great Job!!

Workout Wonders Flapjacks

What is a flapjack? No, we are not talking about pancakes loaded with lots of cool whip and strawberries.

Try this workout:

Pushups work the upper body, and crunches work the core. So try doing flapjacks. Do ten pushups from your knees, flip over (like a flapjack, get it), do ten crunches, and then keep going back and forth without any breaks. Do them two or three times a week and build up from three to six sets.

Happy 4th of July

From the Gold Cup Corner: As we close in on the halfway point of the season, we still have much to look forward to: a new GC series race (Campagna 5K), newly added sponsored series races (Valpo Mini, Reilly's Run) and the 30th anniversary of the Chicago Marathon. The Gold Cup Committee is also beginning preparations for review of potential 2008 series races, and we welcome your suggestions. If you have a favorite running event that you believe is GC quality, please forward the name and contact information to my attention, or feel free to have the RD contact me via the website. We encourage you to provide race feedback via our Participant Eval forms at the Strider table (now also available online). Remember that your input is vital in making our competitive series one of the best. Have a great second half!

Mary Z.

C
 o
 n
 g
 r
 a
 t
 u
 l
 a
 t
 i
 o
 n
 s



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

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



The Calumet Region Striders
welcome all new Members,
Jr Striders, as well as new
Sponsors.

Have a great running Summer

