

## Message from the President

THANK YOU

Dr. Chanbo Sim

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## UPCOMING EVENTS

**HILLTOP NEIGHBORHOOD  
HOUSE 5K RUN**  
Saturday, August 4th 8:00am  
Reiner Community Center  
Union St. and College Ave.  
Valparaiso In.  
219-477-4222

**ROTARY RAMBLE 5K**  
Saturday, August 11th 8:00am  
Demotte Elementary School  
1000 S. Halleck  
DeMotte In.  
Char Groet  
219-987-2875

**HOMETOWN RUN 5K**  
Saturday August 18th 8:20 am  
Beiriger School  
601 N. Lillian  
Griffith In.  
Dan Govert  
219-398-3777 x20

**REILLY'S RUN 5M (TRAIL)**  
Saturday August 25th 8am  
County Line Orchard  
200 County Line Rd.  
Hobart In.  
Roxanne Dedrick  
219-395-4542

### OUR NEW GOLD SPONSOR

Family Dental Care 6075 Cleveland Circle Merrillville IN 46410 ( 219) 769-6316 Some of our recent races have had a delay in starting on time , PLEASE try & be understanding as with the sudden passing of Pat Rohdes some of these races had to find replacement for timing. Also take note that several races are NOW chip timing, If you do not have your chip on your shoe your time will not be calculated. The Calumet Region Striders has taken charge of the Mile 5 water stop at the Chicago Marathon for the past several years. Pat was the aide station captain we are taking applications for individuals interested in applying for this position. The format for the has changed this year and unfortunately we need to choose someone quicker then we were originally told so if you are interested submit your application by August 4,2007 We also will have the sign up sheet at up coming Gold Cup races for the 250 volunteers we will need to make this water stop a success. The Strider Survivor picnic is immediately following the Hometown run Saturday August 18..Cost is \$3.00 per/person this includes Hot dogs, Burgers, chips & pop. Please bring a dessert. This is always a fun event we have apple bobbing & games for the kids as well as 3 legged races for everyone. Please get your reservations in so we will be sure to have enough for all. Reminder we will have Strider Wear for sale at the picnic. Also Girls on the Run will have a box there for any unwanted new or gently used running apparel/ shoes. Also CRS will be holding the 3rd 50 / 50 raffle that benefits our Jim Cox Scholarship fund chances are \$ 1 each or 6 for \$5. Drawing will be held during the awards ceremony after the race. Be sure at the Gold cup races you come to the table after you have finished and sign in ,also fill out a race evaluation form we need feedback from several different runners so we can make sure that the races selected meet Gold Cup standards. If you know someone who would like to join Gold cup there are still enough races to run the requirement of 10 for an award. Electrolytes are also important when you are sweating heavily for prolonged periods of time. Salting your food will help replace some of the salt that you have lost. Many of the sports drinks have sodium and other electrolytes add. Stay Hydrated.

**STRIDE ON !**

**Michele**



## Cubs 5K VS Sox's 5K

By Robin Benson-Harvey

This year I participated in both the Cubs and Sox's 5K's and thought I would critique them. First off I must come clean and state the I am a Cubs fan. However, I am a Chicago sports fan and I do like to Sox too. When the cross-town classic commences I firmly stand with my Cubbies. However, I am also proud that the Sox were the 2005 World Champions. Bias aside I want to share the happenings at these two races. The Run to Wrigley 5K was on 3/24/07. It was spring and the anticipation of baseball season was just about to begin. So I was excited to be at Wrigley in hopes, that as a typical Cubs fan, this could be the year! Wrigleyville is known not have abundance in parking, but we got there early and it was not a problem. They did have race day packet pick up. It was a typical cool spring morning the required jackets and gloves. We received blue race logo T-shirts, bibs and timing chips. This was my first time doing this race, but I heard from people who had done it the previous year, that it had been a technical shirt. This was the second year for this race. The start of the race was at the intersection of Sheffield and Addison by the marquee that flashed the race name. Wrigleyville was definitely the more scenic route of the two races. As we looped back to Wrigley before entering the 3rd base side, there was a four man Dixieland band in Cubs attire playing as you entered. We only got to enter the park briefly on the main concourse from the third baseline outfield area to the home plate entrance under the marquee. I never even saw the playing field, since you had to take stairs up to even see the field. That was a little disappointing. The finish chutes were just outside the home plate entrance marquee. I was excited to be at Wrigley and it was a typical race. After the race, the twenty or so, Striders found each other in the post race refreshment area and socialized. Overall, I did enjoy it and being a Cubs fan will most likely do it again next year.

The Rock n Run presented by the Sox and Nike was on 7/14/07. It was a beautiful summer day and the weather was a perfect mid 70's temperature. US Cellular field, I am sorry it will always be Comiskey to me, has plenty of parking. There is a little rivalry in the Harvey household as my husband Adrian is a Sox fan, although I do like the Sox and go to Sox games. However, in a cross-town classic he stands with the Sox and I with the Cubs. There was no race day packet pickup. We had to make arrangements the prior week to pick up our Nike technical shirts with the race logo, bibs and timing chips. This was the first year for this race. Over 4700 runners congregated in the parking lot that was the old Comiskey Park and that is where the race started. The Sox mascot Southpaw and legendary former Sox player Ron Kittle helped start the race. The neighborhood is not as scenic as Wrigleyville and known to be not as safe, which may have motivated faster times. The last mile winded through the many parking lots to the back entrance right under the scoreboard. The finish line was through that entrance to the park where finishers were shown on the jumbotron scoreboard. As I actually entered the park under the center field score board my name was announced. It was surreal to stand on the field and hear my name, it was awesome! As with all MLB parks they do not want you on the grass, but I inched my heals onto the grass for a picture. As we rounded the warning track from center field to third base, we had our timing chips removed and got water. We were then ushered up into the stands. They had post race refreshments on the concourse. Everyone got a beer coupon that you could redeem with a valid ID at the parks concession. They had a stage set up, off of home plate, where Ron Kittle & Southpaw threw out Sox and Nike stuff out into the stands. You could sit in the stands on a beautiful day and listen to a local Chicago band play for an hour, which fulfilled the Rock part of the Rock n Run. While listening to the music we watched the race highlights being shown on the Jumbotron. It was really a fun race and we had a great time. We did catch up with about 10 Striders at this event. Honorary mention goes out to Bob Hudnall & Doran Lounsbury who wore their Strider wear.

After both races have been logged into the books, the Sox race was hands down the better event. The opportunity to actually be on the field and have the leisure enjoyment of the concert in the park, along with the technical shirt and plenty of parking made this event worth every penny. As it pains me to give the Sox the win in the 5K event, I must add that the partnership with Nike probably put this event over the top. I will still do both races next year. May I end with, the fact that the Cubs are playing better than the Sox. Even though in this 5K face off the Sox were better. Go Cubbies and Adrian says Go Sox.



## VP Corner

Robin Benson-Harvey

Greetings from the back of the pack. After a lull in the Gold Cup Series in June, July started with a whirlwind three races in 8 days. It was great to see everyone and to see them in their Strider wear! We started the "Show us your Strider wear" promotion in July at the Brickyard. Therefore, we have had three race and three winners. Congratulations Polly Theising (Brickyard 5M), Milagro Dominguez (Running Wild 5K) and Micah Wallace (Friendship 5K) who all won a Strider towel. They and everyone else who showed us they wore Strider wear are entered in the Grand Prize Drawing at the Gold Cup Banquet for a FREE 2008 Strider membership. All the races left in the Gold Cup Series are your chance to "Show us your Strider wear" (with the exception of the Chicago Marathon since there is no GC table). I have been doing my best to hunt down the Striders wearing Strider wear, but please come to the GC table prior to the run and "Show us your Strider wear" to receive your raffle ticket. The winner will be drawn after the race. All entries are entered into the Grand Prize Drawing for a free 2008 membership. That means you get a chance from each race. So lets keep it up and be a unified club and wear our Strider wear. When you come to the GC table to "Show us your Strider wear" you can pick up your Gold Cup Premium. This years premium is a drawstring bag/backpack. They are available in Strider Blue or Black. Please write your name on the bag, in the space for your name, so we know who's is who's, since we all have the same bag. If you are entered in the Gold Cup Series, we have a bag waiting for you to pick up. Also, if you are in the CG Series weight class of Athena or Clydesdale you must weigh-in at the GC table before 9/1/07. If you are in this weight class and have not weighed-in, you then forfeit your entry in the GC series and are not eligible for a trophy at the GC Banquet. We also have royal blue Strider T-Shirts for sale at the GC table. We have mens and ladies xs-2x for \$6.00 each. Looking for Strider wear at a great buy, here it is. I want to thank all the AAU volunteers for the outdoor meet at Chesterton HS. Especially the Saturday people who in the continuous rain braved being soaking wet and chilled to the bone to make the event a success. Kudos and many thanks to all the coaches that give of their time and expertise to the kids. High-fives go out to all the Jr Striders who participated in the AAU and Hershey meets. It is so wonderful to see our own Striders running at these meets. I am very proud of our Jr Striders who had great sportsmanship and were model athletes by lining up and listening in the staging areas and running their hearts out. The winner of our Jim Cox Memorial Scholarship 50/50 raffle at the Friendship 5K was Jim Mastandona who went home \$18.00 richer. Our 50/50 raffles our are primary source for raising funds for the Cox Scholarship. Plus you have a chance to win too. Please help us in raising funds for the Scholarship fund by participating in the 50/50 raffle \$1.00 a chance or \$5.00 for 6 chances. Our next 50/50 raffle will be at the Hometown Run. It is with sincere appreciation that I thank Michelle Centifanto and her daughter Michaela Gazdich. Who have not only helped out at the GC table, but have transported all the GC table equipment to and from, all but one of the GC races, since May's Trail Run Extreme. Many Many THANKS to you both! Also, Thank You Polly Theising for helping out at the GC table with the GC premiums and Strider T-shirts. Big Thanks go out to Dr. Chanbo Sim for supporting our club as a Gold Sponsor. I hope to see you all in Luau themed Strider wear at the Strider Survivor Picnic after the Hometown Run 8/18/07 for fun and games. 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)



## HAPPY AUGUST BIRTHDAYS

Brooke Johnson	08/01
Diane Kellenburger	08/01
Maggie Leslie	08/01
Bob Munsie	08/02
S. Lee Alvarez	08/03
Maki Halum	08/03
Michelle Didion	08/05
Carol Magill	08/05
Lyndsey Kunz	08/06
Carlos Mateo	08/07
Frances Kornelik	08/08
Darci Bieszczat	08/10
Art Kim	08/10
John Marshall	08/10
Paula Yeager	08/10
Roger Steffen	08/11
Alexis Virtue	08/11
Gail Hartsough	08/12
Darryn Zawitz	08/13
Michael Willis	08/14
Rachel Giese	08/16
Javier Abrego PhD	08/17
Diane DuMonte-Slater	08/17
Ernest Huff	08/18
Karen DeBord	08/19
Jeff Krug	08/20
Cara Maldonado	08/20
Krisann Armstrong	08/21
Karen Nagel	08/21
Dana Bogathy	08/22
Dan Govert	08/22
Kathleen Pucalik	08/22
William Schlichting	08/23
Taylor Blue	08/24
Sarah Ozgur	08/24
Wanda Melion	08/25
Cassandra Langley	08/25
Gloria Starceвич	08/25
Heather Stone	08/25
Lonnie Gunter	08/26
Eric Santiago	08/27
Mike Kowalsky	08/29
Andrew Allmon	08/30
Phil Hey	08/30
Thomas Kornelik	08/30
Karen Moran	08/30
AlexDiaz	08/31

Happy Birthday to All.

IN MEMORY OF JENNIE HAMILTON  
SEPTEMBER 27, 1979 TO  
AUGUST 6, 2006



# Join Us!

at VFW Post #5365 in Hobart  
For a fundraiser to benefit the

## *Jennie Hamilton Endowed Scholarship*

**Saturday, August 11, 2007**

### Contact

Sharon Steinhubel at  
219-763-7532

or Jamie Reinhart at  
219-947-9849 or email  
[JHamiltonFund@aol.com](mailto:JHamiltonFund@aol.com)  
with  
questions or donations.



## we wish to Welcome our new Striders

David Everest, Benjamin Glenn, Paula Betts, Karen DeBord, Danny Cutter, Paige Huch, Starr Kuchta, Sylina Kuchta, Mary LeBio, Sean Funkhouser, Arlene Hudgens, Anna Jones.

### Welcome Aboard

Help Wanted.

**Chicago Marathon Aid Station  
Captain. We are currently taking  
applications for someone to  
replace a legend.**

## 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)

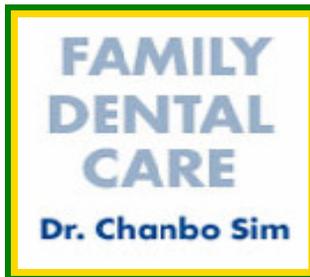
**Volunteer Efforts:**  
[ruth.bonacci@verizon.net](mailto:ruth.bonacci@verizon.net)



## *Strider Survivor Picnic*

August 18 after the Hometown Run  
Central Park in Griffith  
[Reservation Form](#)  
Any Questions - Contact [Michele](#)

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



The Calumet Region Striders wish to welcome  
our newest  
sponsor

We also wish to thank all of our sponsors.!!!

