

UPCOMING EVENTS

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Park Forest Scenic 10 mile

Monday Sept. 3rd; 8:00 AM
Main Street
Park Forest, IL.
Martha Davidson
(708) 748-2005

Tower Run 8K (Beach/Street)

Sunday Sept. 16th; 8:30 AM
Washington Park
Six on the Lake
Michigan City, IN.
Ryan Bos
(219) 874-8927

Calumet Memorial Park District Mini Marathon

Sunday Sept. 23rd; 8:30 AM
Memorial Park
612 Wentworth Ave
Calumet City, IL.
Connie Krueger
(708) 862-0880

WVLP 98.3 Radio Run 5K
Saturday Sept 29th; 8:00 AM
George Nietert
(219) 241-2331

LASALLE BANK CHICAGO MARATHON

Sunday Oct. 7th
Carey Pinkowski
(312) 904-9800

Message from the President

In 1997, the Road Runners Club of America (RRCA) founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well developed pedestrian networks and mass transit, the organization realized that running to work was probably not feasible for most of the working population.



RRCA National Run @ Work Day

On September 21, 2007, the Road Runners Club of America will promote the 2nd Annual National Run @ Work Day. This day is an evolution of the Run to Work program. The goal of National Run @ Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of exercise into their daily lives. This goal can be achieved by a running club, an individual, or a corporation hosting a running or walking event with the duration of at least thirty-five minutes before work, during lunch, or immediately after work. The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health.

I encourage everyone to get at least two people to do thirty-five minutes of cardio on September 21, 2007

There are several things that we can do on a daily basis to burn calories such as park your car in the furthest parking space while at work or shopping, take the stairs instead of an escalator or elevator. Intake less calories by having water instead of soda. Every little thing helps.

AAU Nationals Congratulations go out to :

Tyler Swets of Portage for participating in the 800m and Jordan Chester of

Valparaiso for participating in the 800m, 1500 & bringing home the Bronze in the 3000



The Calumet Region Striders are very PROUD of both of you!

MORE FROM Michele.....

Congratulations to Darrell Hale – our newly elected Aide Station Captain for mile 5 Water Stop at The Chicago Marathon. We are at the half-way point of filling the roster of 250 volunteers . If you or someone you know would like to be part of the 30th Running of The LaSalle Bank Chicago Marathon sign up at The Gold Cup table. All volunteers receive an official Jacket & Hat.

It is a **Very Rewarding** Experience!

Remember to Stay Hydrated & Stretch:

The Cross-Over Stretch
In a standing position, cross your right leg over your left, with your feet close together, and then slowly roll your upper body down toward the floor until you feel a gentle stretch (not pain!) along the back of left leg. Hold for 30 seconds. Switch legs, repeating twice on each side.

Stride On!

Michele



Young Water Station Helpers.....

Anyone recognize the two young girls passing out cups of water at the first mile during the Hometown 5K? They were Autumn and Brooke Chandos.

Very nice Job girls. Thanks for the help. The runners appreciated it.

.....ATTENTION JUNIOR STRIDERS.....

AAU XC SEASON BEGINS IN SEPTEMBER

Call out and Practice Schedule to be announced soon.

SAVE THESE DATES!!!
SUNDAY, OCTOBER 14, 11:00 AM
DEVELOPEMENTAL RUN- WOOD-
LAND PARK- Portage
Sunday. October 21, 8:30 AM
Practice Meet- Lost Marsh Golf Course
Sunday October 28th 8:30 AM
State/District Meet
Lost Marsh Golf Course—Hammond

+++++



P.R.'s

We have some new P.R.'s in August

Ronald Lynn	10k	53:41
Jordan Chester	5k	19:36
Misty Chandos	5k	21:04
Stephen Foor	5k	26:40
Marvin Jordan	5k	30:56
Dan Long	5k	23:22
Robin Ramirez	5k	28:15
Alaina Willis	5k	23:54
Hallee Willis	5k	23:45
Jim Cunningham	1/2 marathon	1:39
John Arredondo	5k	21:50
Jordan Chester	3000M	10:53
Olga Felton	triathlon	1:27
Jordan Chester	1500M	5:00
Misty Chandos	10k	45:58
Michelle Didion	5M	34:16
Benjamin Glenn	5M	38:25
Karen Lounsbury	5M	48:41
Lindsay Norrick	5M	1:16

Congratulations!!

Let's see how many we can have next month.



V.P. CORNER

Greetings from the back of the pack. WOW! It is so awesome to see more Striders in their Strider wear! We are really starting to look like a club visually. Plus I am getting to know all these members that are new to me, because before I did not know they were Striders. We started the "Show us your Striderwear" promotion in July. We have had three more races and three more winners. Congratulations Karen Lounsbury (Buckley 5M), Alec Long (Rotary Ramble 5K) and Emilie Cardoso-Seerup (Hometown Run 5K) who all won a Strider towel. They and everyone else who showed us they wore Striderwear are entered in the Grand Prize Drawing at the Gold Cup Banquet for a FREE 2008 Strider membership. Do not forget come to the GC table prior to the run and "Show us your Striderwear" 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. Great job so far, but we can do better, so lets keep it up and wear our Striderwear!

If you have not picked up your Gold Cup Premium, please stop by the GC table to claim yours. This years premium is a Strider Blue or black drawstring bag/backpack. Do not forget to write your name on the bag, since we all have the same bag. We also have a great selection of Strider wear at a great buy available.

The winner of our Jim Cox Memorial Scholarship 50/50 raffle at the Hometown Run 5K was Chuck Lansdowne, who won \$28.00 and so charitably donated \$10.00 back to the Scholarship Fund. Our 50/50 raffles our are primary source for raising funds for the Cox Scholarship. 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 Fall Frolic.

GREAT JOB to our fabulous President Michele Hale for the AWESOME Hula themed Strider Picnic. It is with sincere appreciation that I thank her husband the "First Man" Darryl, her Aunt Connie and her family that not only set up, prepared the food and stayed to clean up, but also manned the water stop during the race. Many Thanks to Michelle Centifano for helping out at the GC table and continuing to transport all the GC table equipment to and from. Without her gracious volunteerism we would not be as organized at each of the races. We always need help with the GC table, Newsletter stuffing, and Strider wear sales. If you can help out, please do.

Congratulations to our newest inductees as CRS Lifetime Members Ida Hey, Jean Tolchinsky and Sue Brown. Your labor of love in time and effort, that you gave to make our club the success it is today, is why you are so deservingly honored. Thank You!! Best Wishes and Congratulations to the newly married 7/14/07 Felicia (Bryns) & Dan Schuster.

Enjoy the journey in each race.



Robin Benson-Harvey



Chicago anyone ?

The Calumet Regional Striders will be manning the water stop at Mile 5 during the Chicago Marathon on Sunday, October 7, 2007. Though this is an early morning assignment it is very exciting to see 45,000 people of all ages and abilities rushing by you near the Lincoln Park Zoo. Please consider signing up to be a volunteer. Please tell your friends, neighbors, and co-workers to do so, too! Volunteers receive refreshments before the runners come as well as a Chicago Marathon volunteer jacket and cap after the station is cleaned up. If you have friends or family running the marathon you should have plenty of time to get to the finish area. I guarantee this will be an exciting experience. If you are not careful you might find yourself training for the Chicago Marathon next year....that happened to me in 2004 and I am now training for my fourth Chicago Marathon!! 🏃‍♀️

Please e-mail me your name, address, and telephone number as well as the e-mail addresses of those who are interested.

Thank you for your consideration!

Most sincerely, Ruth M. Bonacci
Calumet Regional Striders Volunteer Coordinator



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

September Birthdays!!!!!!



Bernard Holicky	9/01
Megan Badgley	9/02
Michaela Gazdich	9/02
Samuel Langley	9/02
Kerry Marcinkovich	9/02
David Myroup	9/03
Zoe Patterson	9/03
Lynn Reichle	9/06
Dan Sturgell	9/06
Tom Magill	9/07
Richard Gutierrez	9/08
Alec Long	9/10
Robert Maszak	9/11
Pete Klaeser	9/11
Ralph Ayres	9/12
Steve Kearney	9/12
Nancy Scannell	9/13
Keith Douglas	9/14
Linda Bennett	9/15
Jack Potter #1	9/15
Sherry Robison	9/15
Corey Grieger	9/16
Joshua Rodriguez	9/16
Chambo Sim	9/16
Ronald Hiestand	9/17
Karen Largent	9/17
Jane Fuller	9/18
Danny Cutter	9/19
Andrew Kearney	9/19
Deborah Brann	9/20
Israel Toledo	9/20
Rudy Zamarocoy	9/20
Stephen Mezzacapo	9/21
Joseph Anaya	9/22
Clarisse Fletcher	9/23
John Arredondo	9/25
Jeff Emmons	9/25
Marie Santiago	9/25
George Rasch MD	9/26
Matt Tellas	9/27
Christina Conrad	9/28
Steven Hemminger	9/28
Raymond Pietrzak	9/28
Karen Spoor	9/28
Jose Garza	9/30
Emmi Starkey	9/30

Misty's Minutes

Congratulations to all of the Beginner Runner Program Participants who ran and completed the Hometown 5k Race!

I am so pleased to announce that all of the beginner runners who dedicated their summer to the sport of running not only made it to the start line of the Hometown 5k, but finished it with smiles on their faces and medals around their necks. (Thank you Dan Govert for getting the finisher medals for us!) I am so proud of each and every one of the runners and I hope to continue seeing them reach new running goals with every mile. A special congratulations goes out to Patti Shute, a former beginner runner who has shown dedication and commitment to her training and will be signing up for the Scenic 10 miler in a few weeks. Good Luck Patti! I know you will conquer that goal. Participants from the program will continue their group runs 3 times a week with the help of new runners from last years program. If you are interested in joining this group, please email me and I will forward your information to the group run leader. As a coach for the Calumet Striders, I want to hear what kind of running programs you want to see. We will consider programs for different levels of running, so let us know so we can plan for future programs. Thanks again to all my pace leaders and coaches for helping me make the BRP 2007 a huge success!

~Inspire and Be Inspired~



Misty

The Man behind the scenes.....

We all take the C.R.S. website for granted. There are race results, photo galleries, P. R.'S are listed and too many things to even list them all. Who is the person responsible for keeping everything in order? Mike Wilson. So next time you see him at a race be sure to say hello



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Chicago Marathon countdown!!!

The Calumet Region Striders wish to Thank ALL of our
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