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**RDP DEAN FRIGO
MEMORIAL RUN 5K**
Saturday Oct. 6th; 8:30 am
Lowell High School
2051 Commercial Ave.
Joseph Rodenbucher
(219) 306-5495

**PLUM CREEK PUMPKIN PRANCE
5K**

Saturday, Oct 13th; 9:00am
Omni 41
221 S. Route 41
Schererville, In.
Tom Bainbridge
(219) 865 6969

RUN FOR THE ROSES 5K

Saturday, Oct. 20th; 9:00am
Campagna Academy
7403 Cline Ave.
Schererville, In
Pat Cordray
(219) 322-8614 x 397

PANTHER POUNCE 5K (XC)

Saturday, Nov. 3rd; 9:00 am
Purdue University North Central
1401 S. US HWY. 421
Westville, In.
John Weber
(219) 785-5273

FALL BACK 5K

Sunday November, 4th.; 9:00am
Lake Central High School
8400 Wicker
St. John, In.
(219)769-7902
Gold Cup Series races in **BOLD**

Edition: October 2007

Message from the President

Good Luck to Everyone Running The 30th LaSalle Banks Chicago Marathon on October 7th, 2007. Enjoy Your Journey as you make your way through all the different neighborhoods in Chicago. A BIG Thank you to Ruth Bonacci who helped put together over 200 volunteers for the mile 5 water stop. Also, to all who are volunteering, Thank You, the race would not be possible with out each and everyone of you! To date we have 541 Members with a Total of 438 Households. Of those members we still have Ten Striders "In The Running" and well on their way to receiving a Jim Cox Award for completing all 26 races in the Gold Cup Series. Congratulations to all! There are 6 races remaining in the 2007 Gold Cup Series, including the Chicago Marathon for double points. This is the first time we have equal male & female participants reaching for this goal! Dick Pond's shoe mobile will be @ The Pumpkin Prance race on Saturday October 13th. They have great deals on running shoes & apparel.

Also October is Breast Cancer Awareness month so several Striders **Including Men** will be wearing **PINK while running**" The run for The Roses" on Saturday October 20th to recognize this awful disease.

Save the Dates: Friday December 7th Striders HOLIDAY Party also Saturday January 26th Gold Cup Banquet! These are two events you do not want to miss. They are a lot of fun it is always nice to see everyone in apparel other then running. We have great food & dancing at both events. Fall Frolic will rap up The 2007 Gold Cup races and we will have our final 50/50 raffle to benefit the Jim Cox Scholarship fund. Chances are \$1 each or 6 for \$5. We will also have our Strider wear for sale. A big thank you to Karen Lounsbury & crew for stuffing the October Newsletters. Anyone interested in stuffing the November or December issues please contact me @ RunningLead@aol.com.

I can name three good reasons why distance runners should lift weights. Getting faster is not one of them! 1) to control weight. 2) to maintain good posture. 3) to prevent injury.

For complete information read the full article

in the "Running Times" -April 2007

Stride On!



P.R.
P.R.



MEMBER  SPOTLIGHT

INCREDIBLY TENACIOUS TEN

Michelle Centifanto

Jane Dawes

Michele Hale

Pete Klaeser

Lisa Moreno

Renee Moreno

Thomas Nedza

Dennis Rotz

Dan Stevenson

Dale Yeager

These ten striders have participated in every Gold Cup race thus far. Let's see if all ten can make it to the end.

GOOD LUCK!!!



USATF Launches Study on Pre-Run Stretching

USA Track & Field has launched a large study to determine the relationship between pre-run stretching and running injuries. Runners 13 years of age or older who run 10 or more miles a week are encouraged to participate in the study. The results of the study will be published for use by the running community and other interested groups. Each participant will be randomly assigned either to stretch or not to stretch before their usual running routine. This will be a three month study. The RRCA will serve as an outreach partner and promote the study to it's members. To learn more about the study or to register to be a participant, visit <http://www.usatf.org/stretchStudy>



V.P.
Corner

Robin Benson-Harvey

Greetings from the back of the pack. All I can say is keep up the awesome Strider unity by wearing Striderwear to the GC Series races. Congratulations Tom Keelik (Scenic 10) who won a Strider towel. He 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. While at the GC table check out our great selection of Striderwear. We still have Strider drawstring bag/backpack 2007 Gold Cup Premiums to be picked up.

Our next Jim Cox Memorial Scholarship 50/50 raffle will be at the Fall Frolic. 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.

Save the date for our upcoming Gold Cup Banquet on January 26, 2008. Also our awesome Strider Holiday Dinner Party is on December 7, 2007. We hope to see you there!

Please donate any used or new running gear and shoes to Girls on the Run. Council Director Jill Schlueter-Kim wants to thank everyone who donated running gear at the Hometown Run & Strider Picnic. The girls had a great time picking things out and they have already been wearing some of their new shirts and shorts. They are half way through the session and the girls and coaches are having a great time. Look for them at the Pumpkin Prance.

I would like to wish the best of luck to all of our Striders who have made the commitment to train for the Chicago Marathon. I know you will do great! I along with many Striders will be at the mile 5 water stop to cheer you on.

Enjoy the journey in each race.

September was P.R. month for the following Striders.

Name	Distance	Time
S. Lee Alvarez	8k	54:08
Michelle Didion	8k	36:32
Michaela Gazdich	8k	52:13
Nicolette Huber	8k	47:23
Brian Huber	8k	44:52
Timothy Huber	8k	36:44
Marvin Jordan	8k	59:45
Jayne Willis	8k	45:15
Michelle Centifanto	marathon	4:29:44
Olga Felton	marathon	6:03:44
Misty Chandos	1/2 marathon	1:41:37
Michelle Didion	1/2 marathon	1:29:25
Stephen Foor	1/2 marathon	2:15:06
Benjamin Glenn	1/2 marathon	2:04:28
Dan Stevenson	1/2 marathon	1:45:28
Jordan Chester	5k	19:17
John Arredondo	5m	35:58
Olga Felton	5m	44:52
Timothy Huber	5m	32:59
Sam Phillips	5m	34:28
Mike Pontrelli	5m	32:13
Elizabeth Schlichting	5m	39:05
Misty Chandos	15k	1:12:21
Olga Felton	15k	1:32:50
Betty Funkhouser	15k	1:11:00
Frank Johnson	15k	1:03:08
Jane Dawes	10m	1:52:44
Stephen Foor	10m	1:43:57
Marvin Jordan	10m	1:54:39
Lisa Maddy	10m	1:45:04
Dan Stevenson	10m	1:18:08
Emma Weissbeck	5k	22:47

CONGRATULATIONS TO EACH AND EVERY ONE OF YOU!!

How many October P.R.'s are out there?

Breast Cancer Awareness Month



October is "Breast Cancer Awareness" month. Some quick facts on this....about 179,000 women each year will be found to have invasive breast cancer. About 40,460 women will die each year. Right now there are slightly over 2 million women living in the U.S. who have been treated for Breast cancer. This year alone I lost two good friends to this disease. I have a family full of girls. I also have many good female friends in my running community. I could go on.... So, I have decided to maybe try to help out. I am pushing The "Run for the Roses" Campagna Academy 5k, Oct 20th as wear pink running clothes day. I am encouraging everyone, especially the men, to show their support and run in something pink in color to showing your support in helping cure this terrible disease. So, I challenge each of you to spread the word and lets make the "roses" in the "Run For The Roses" pink. Thanks,

Frank Johnson.



JR. STRIDERS

Within this newsletter you will find the UP-DATED Jr. Strider Fall XC Practice/AAU Meet schedule. There are lots of changes and added practice locations. If you are returning from a prior AAU XC/Track & Field season, your 2007-08 AAU membership dues will be paid by the club, using the Taltree 10m race proceeds/donation to our youth program. Please return completed form to coaches at practice locations or at practice meet on October 14th. The AAU meets are reasonably priced and great experience! Come run for fun at practices, or join us for team entries on Sundays Oct 14, 21, & 28th! Good Luck to our high school & middle school kids running in upcoming conference and post-season meets! Our Strider kids are making newspaper headlines and obtaining personal records from prior seasons

Important Upcoming dates:

Oct 13 Omni 5K Gold Cup, Schererville
9:00 AM. Oct 14 Practice XC Meet Woodland Park 10:00 AM \$5.00.

Oct 20 Campagna Academy 5K Gold Cup Schererville 10 & under 10 & under 5K race is "free" without a tshirt!!! 1/4m for 8 & under "free". Oct 21 Practice XC Meet Lost Marsh 9:00 AM \$10.00. Oct 28 AAU XC Championship Lost Marsh 9:00 AM \$15.00.
Nov 3 Panther Pounce 5K Gold Cup 9:00 AM / annual Team Party after race!

HAPPY OCTOBER BIRTHDAYS

Amy Horecky	10/01
Karen Lansdowne	10/01
Billie Childress	10/02
William Stover	10/02
Mike Pontrelli	10/03
Jo Presser	10/07
Alyssa Stepny	10/07
Lisa Moreno	10/08
John Ritchie	10/08
Mary Zemansky	10/09
Nate Bowker	10/10
Ida Hey	10/10
Frank Villegas	10/10
Barbara Leestma	10/11
Thomas Calligan	10/12
Joe Chamberlain	10/12
Johnathan Kerby-White	10/12
Randall Nye	10/12
Susan Peterson	10/12
Jessica Recchia	10/12
Alex Becker	10/14
Misty Chandos	10/14
Clark Gloyeske	10/14
David Everest	10/15
Katie Miller	10/15
Felicia Schuster	10/15
Kara Casey	10/16
Jean Tolchinsky	10/17
Chuck Ramirez	10/18
Joanne Kagler	10/19
Fred Leep	10/19
Jamie Ricci	10/20
Danielle Churilla	10/23
Alicia McClean	10/23
Mary Pierce	10/23
Stephen Arndt	10/25
Dave Macknick	10/25
Jolie Pequet	10/26
Danny Null	10/27
Edward Willis	10/27
Hal Slager	10/28
Jose Hernandez	10/30

Here are your leaders thus far in each Gold Cup Division:

Age	Male	Female
0-8	Nate Kekelik	Rhiann Keister
9-10	Michael Amling	Hope Myroup
10-11	Timothy Huber	Colleen Orgren
12-14	Nicholas DeMass	Jordan Chester
15-18	Carl Duncan	Bindy Spencer
19-24	Clarence Carter	Michelle Echlin
25-29	Richard Gutierrez	Darci Bieszczat
30-34	Ryan Kwiecinski	Misty Chandos
35-39	Jeff Stewart	Michelle Didion
40-44	Jeff Mescal	Debbie Jaeger
45-49	Michael Polite	Angela Erb
50-54	Rick Fenno	Betty Funkhouser
55-59	Roger Stephan	Lynn Reichle
60-64	Ronald Lynn	Jean Jannasch
65-69	Jack Potter	Beverly Calligan
70-74	Fred Flemming	_____
75-79	James Johnson	_____
C/A/	Nate Bowker	Michelle Centifanto

The Gold Cup Committee is now seeking race Nominations for 2008. If you have a favorite race, send us the race name and directors info, and we will send them an application. Thank You. Mary Zemansky, GC/SS CHAIR.

Future Reminders

- Holiday Party: December 7th
- Gold Cup Banquet: Jan. 26th
- Chicago Marathon: October 7th.
- FALL FROLIC: November ,11th
- Zoy Relapse: November 18th.
- Kids Alive Turkey Trot: Nov. 22nd

WHO DO I CONTACT?

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Website submissions:
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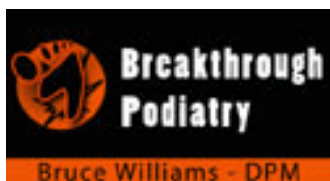
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Volunteer Efforts:
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2008 will be the 30th Anniversary of the
Calumet Region Striders and the 30th Running of the Gold Cup Series.

The C.R.S. wish to give a big thanks to all of the volunteers working at the Chicago
Marathon!!



**FAMILY
DENTAL
CARE**
Dr. Chanbo Sim

