



PRESIDENT'S MESSAGE

HAPPY NEW YEAR!

I hope everyone had a memorable & joy filled Holiday!

**LEAD-OFF
2011 GOLD CUP
RACES:**
Runnin' with the Irish 5K
Saturday, March 12
9:00 AM CDT
Indiana Dunes State Park
Chesterton, IN
La Porte YMCA Run 10K
Saturday, March 26
9:00 AM CDT
Soldiers Memorial Park
(Stone Lake)
Waverly Road off Pine Lake Ave
La Porte, IN

**2011 SPONSORED
RACE SCHEDULE:**
Valentine's 5K Run
Sunday, February 13
10:00 AM CDT
Valparaiso High School
Valparaiso, IN

**UPCOMING
STRIDER EVENTS:**
Hood to Coast Movie
RRCA Partner
Tuesday, January 11
7:00 PM CDT
Portage 16 IMAX
Merrillville AMC Showplace

Board Meeting
Wednesday, January 12
6:30 PM CDT
Omni 41
Schererville, IN

Gold Cup Banquet
Saturday, January 29
4:00 PM CST
Avalon Banquet Center
Merrillville, IN

The 2011 Gold Cup schedule has been released! This may be the most challenging year yet for the Jim Cox recipient hopefuls. We have many returning races as well as many new races for the upcoming season. Please remember to stop by the Gold cup table after each race to fill out a race evaluation form. We want to be sure that all races selected meet the Gold Cup standards.

The Sponsored race list is also growing quickly, offering everything from a 5K to a full marathon right here in Northwest Indiana. Speaking of marathons, the call out meeting for this year's Chicago Marathon on October 9, 2011 will take place on Wednesday January 19, 2011 at 6:00 PM at Opportunity Enterprises in Valparaiso and Saturday January 22, 2011 at Omni Health Club in Schererville. The Marathon has really moved up the dates for the Official Charities to have participant information in. Please see the insert enclosed for further details.

If you know of someone who would like to train for their first 5K or you would like to train for a further distance, we will have several new running programs beginning in early Spring. Check the website for updates. Once you are a Strider member you do not have to pay additional fees to participate. We ALWAYS welcome you out on our group runs that are lead by RRCA Certified Coaches. They will be able to answer any questions or concerns you may have, and get you ready to go toe-to-toe with the start line of the distance you are trained and ready to complete.

Last month we all had so much fun at the Holiday party! Hats off to Lisa Moreno and her committee, you did an outstanding job!

The Membership Drive/Fun Run was a great success! Thank you to Mizuno, Strack & Van Til, and to all who came out to participate. A special thank you to Sherry Robison for all your hard work!

The next social event we have is the Gold Cup Banquet. This night is full of recognitions for the hard work and effort put in over the past year. This night we enjoy great food, dancing, Striderwear sale, 50/50 raffle and our silent auction. I hope to see you all there. If you can not attend and would still like a chance to win the quilt we raffle off, you can fill out your raffle tickets and mail them to the PO Box. The winner does not need to be present. We are still accepting items you may wish to donate to the silent auction (minimum value \$25), just get in touch with any Board member to make arrangements to get your donation picked up.

If you missed out on the Membership drive you can renew for 2011 online, just go to the Strider website and click on the link.

A half-Marathon is considered the shortest long-distance race.

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VP'S CORNER

ROBIN BENSON-
HARVEY

Greetings from the back of the pack. New for the 2011 Gold Cup season, will be no sign-in after the race at the GC table. We will now use the results submitted by the race timer. It will be your responsibility to check the website to make sure you got credit for the race. Also, with the new year will be the prize for wearing your Striderwear. Two winners will be selected after each GC Race and they will receive \$2.00 Strider Bucks. So remember to wear your Striderwear to the GC races and enter before the race at the Strider table. All entries will be kept for the end of the year, when we pull two winners at the Gold Cup Banquet to receive a free Strider Membership. Happy New Year and great running and racing in 2011.

Enjoy the journey in each race.



MEET A STRIDER: SCOTT RAINES

Bio: I'm a 72 year old retiree. I've been a resident of Portage for 40 years. I've been running for 30 years.

How long have you been a Strider? Only 6 months, should have joined years ago.

Favorite Strider race: I now enjoy trail running more than road races, so the Trail Run Extreme stands out in my mind. A favorite of mine of bygone years ago was the Hospital Hustle.



2010 FUN RUN & MEMBERSHIP DRIVE RECAP

SHERRY ROBISON

Who would have thought that you would wake up on December 18th to a -2 wind chill? 60+ people braved the cold and snow and ran between 3 and 12 miles for the 2nd Annual Strider Fun Run and Membership Drive. After they ran, they hung around in the park for breakfast!

Did everyone see Santa running? Rumor has it he's worried he's not going to fit down your chimney.

Special thanks goes out to Pleasant View Dairy for donating the milk and egg-nog, Strack & Van Til for donating the donuts, Manny for the heater, Robin Benson-Harvey and Holly Plew for the Strider board member support and Michele Hale for "running" with my crazy ideas!

I've said it a million times, runners are

some of the most wonderful people!

A big thank you should go out to Daryl Hale for hauling tables, setting up, taking membership apps, and everything else you do as the husband of our club's president. Also, a HUGE thank you to my Mom, Carolyn Sanders, who cooked and brought HOT oatmeal to the park for breakfast. Without the support of these 2 people and our families, none of this would be possible.

Wishing you a wonderful 2011 filled with PR's for every race you do!



Braving the Cold



Santa's Cold Run



BOARD MEMBER EMAIL ADDRESSES



OFFICERS:

PRESIDENT

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GOLD CUP & SPONSORED RACE SERIES

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RUNNER PROGRAMS & SCHOLARSHIPS

Sue Brown-Nickerson

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NOMINATIONS, BYLAWS, &

DISABLED RUNNER FUND

Doug Walter

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APPOINTED:

ADULT RUNNING PROGRAMS

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My apology to Josh & Emma Weiss-back of St. John for this omittance from last months news:

Kahler Middle School Cross Country boys team finished first in conference and were undefeated in school season. Josh is in 8th grade. Kahler Cross Country girls team also finished first in conference and were undefeated in school season. Emma is in 7th grade. Emma is only seconds from breaking the Kahler records for the girls mile and 3K. Good Luck Emma on achieving your goal!

There was no horsing around in Lexington, Kentucky on November 20th as six coaches and 65 team members caravanned to the horse capital of the world for the 2010 Coaches Cross Country National Championships for some serious running. Experiencing a faster field this year than past years, 18 youth team members won national awards including the 11-12 boys repeating for a 3rd place team award. There were so many great performances and highlights, but there also were as many heartbreaks; including 3 team members just missing national awards by a few places...oh so close or to have another go at it.. The dynamics of racing - so hard to explain to young athletes. This too will come with experience.; so keep 'em running. Keep encouraging and someday I'm convinced we will beat those infamous speedy Elgin, IL Sharks!!

I am so proud to announce that not only did Dustin Navejas (10) of Lowell repeat as national champion, Caleb Chapman (11) of Brook was runner up in his age group behind the infamous Jake Oury (yes a Shark) who has been a national track & XC champion for the past several years. Our 11 year old boys have their eye on that little guy..someday I am convinced Jake Oury will fall to a Cal Strider! The 11-12 boys team, led by Nicholas Solis of Portage, Caleb Chapman, Carl Frey, Hunter Boyer and Steven Sweeney packed together nicely to take the 3rd place podium finish, behind...Guess who??...those Sharks, again and by only 2 points! Last year we placed third behind the Sharks by 1

point. Well, I have news for those Sharks, just wait until next year. Dustin Navejas moves up to this division, oh yah! I was so impressed by this age group's efforts that all 9 of the boys signed the team plaque for Coach Sue and I love it!! Our 8 & under girls team was the 5th fastest team.



11-12 Year Boys Take 3rd Overall fastest TEAM

Parents can go to flotrack.org to watch video coverage of all of the races. The patches are soon to be received and will be mailed directly to you. Thanks to Coaches Kearney, Frey, Semans, Mundell, and Ramos for the outstanding support at Nationals! See you in the Spring!!!

Top 25 in each age group receive national awards. Our National Award Winners and their Division Place:

1. Dustin Navejas, Lowell age 10
2. Caleb Chapman, Brook age 11
3. Reilly Boyer, Lowell, age 6
4. Carl Frey, Valpo, age 11
8. Nicholas Solis, Portage, age 12
8. Hunter Boyer, Lowell, age 11
8. Katelyn McCoy, Chesterton, age 6
11. Chase Pickford, Chesterton, age 11
11. Tyler Hudson, Portage, age 13
14. Hope Myroup, Union Mills, age 13
14. Kathryn DePalma, Mich City, age 8
16. Jacob Chapman, Brook, age 7

18. Sam Stazinski, Valpo, age 9
19. Elspeth Young-Brust, Union Mills, age 11
20. Jordyn Boyer, Lowell, age 9
22. Allison Mundell, Valpo, age 13
23. Elizabeth Joll, Valpo, age 12
24. Theodore Merkel, LaPorte, age 7

Honorable Mentions (just missing and worth recognition):

26. Zach Villarreal, Valpo, age 7
27. Nicole Brandy, Valpo, age 8
29. Jacob Beehn, Valpo, age 9
32. Kristin Stapay, Chesterton, 17-18
33. Elizabeth Reyes, St. John, age 8
33. Manny Lopez, Munster, age 14
34. Corey Alfredson, Valpo, age 15

2010 Gold Cup Final Results 18 & under

53 of the 73 youth athletes completed the required amount of races and are eligible for an award at the 2010 GC Series Banquet on January 29th. You soon will be receiving your banquet invitation so if you are eligible for an award, Coach Sue will be excited to present it to you in person! Hope you will try to make it! See you there.

Attention XC Athletes: Did you do XC this past year? Then Coach Sue wants you to participate in the 2011 Gold Cup Race Series. You need only complete any 5 races on the 2011 Gold Cup Schedule. Check Gold Cup Series on your membership form for an additional \$21 and you will receive discounts at all of the races, an award, and complimentary dinner at the banquet next January. NOTE: if you will be 15 on July 1st, 2011, then you will need to complete any 7 races on the calendar. Get an early start, there are plenty of races!! Not sure what its all about or have questions? Email coach-sue@calstrider.org.

Coach Sue



ICESPIKE™: NEW CORPORATE MEMBER OF RRCA

As a new Corporate Member of RRCA, ICESPIKE™ would like to introduce its innovative new traction system to all RRCA members! As fellow runners, our frustration with traditional traction devices and our experience with the difficulties with and injuries due to treacherous conditions led us to develop a simple yet incredibly effective, lightweight but extremely durable product. ICESPIKE™ has no coils, straps or chains to restrict movement or affect running gait. ICESPIKE™ can be worn on any terrain, including dry pavement. The ICESPIKE™ system of 32 notched "icespikes" with ice-grabbing edges which turn your shoes into winter running beasts! Product and ordering information and an installation video are found at: www.icespike.com.



BEGINNER RUNNERS

SHERRY ROBISON

Congratulations to the 22 Calumet Region Striders beginner runners who ran the Fall Frolic on November 7, 2010. Your dedication and determination through twelve weeks of training made it all possible! Not only have they completed the four mile training program, a bunch of them are still meeting for a run on Tuesday, Thursday and one weekend day! A big thank you goes out to everyone who helped these runners in their training; Bill Leep, Bob Hudnall, Amber Crews and Monica Guterrez. None of this would have been possible without your help! I think I see a spring half marathon in their future!

PS From the Striders: Thank you, Sherry, for all of the hard work and effort that make your beginner runner programs such a success!



YOUR STRIDER BOARD NOMINEES

It is that time of year and we have Board positions that are up for re-election. Every Strider household has one vote. All ballots MUST be submitted on the ORIGINAL Ballot. Please be sure to submit yours before the deadline. There will be a box that you can drop them in at the Banquet. All directions are included on the ballot enclosed.

Doug Walter
Nominations, Bylaws, & Disabled Runner Fund Chair



PRESIDENT

Michele Hale: I have been running since September 27, 1997, and the Calumet Region Strider President since 2007. As President, my goal is to stay involved with the needs of our club's members and the promotion and growth of our club.

VICE PRESIDENT



Robin Benson-Harvey: I am currently the Vice President and have a close working relationship with Michele and the board. I have been on the board since 2003 as the Gold Cup Banquet Chair, Member at Large and VP. I offer insight from my eight years on the board, 15 consecutive Gold Cup Series, marathons, half marathons, Team in Training, and being an Olympic Torchbearer for the 2002 Salt Lake Winter Olympics. I have attended two RRCA conventions that have helped me understand the needs of our club and how to try and reach them. I have been part of this club when we were around 200 plus members and watched it grow to now 900 members. I have been part of the positive changes CRS had made to continue in the future. I would love to serve again as VP and continue to encourage new members, and keep the ones we already have who, I consider my friends and part of my Strider family.



Jose Lopez: 57 years old, resident of Schererville IN. Retired US Post Office. Spouse Blanca Lopez, 3 children & 8 grandchildren. Started running in 1972 when I joined the US Marine Corp and I was amazed at what I accomplished (3 miles in 18 minutes in basic training). Since 1972 I have over 375 road races including 10 Chicago Marathons. Joined the Calumet Region Striders around 1982. My children also ran with the Striders and stayed as a member until 1990 when I was called to the Gulf War. I did not pick up my running again until I retired from the Post Office and rejoined the Calumet Striders. Since rejoining the Calumet Region Striders I have enlisted about 17 family members to be part of this great organization and have 4 of my grandchildren running the Gold Cup. In 2009 I accomplished the Jim Cox Award and Long Distance Award. This year I missed just two of the 29 races due to a heart stent that slowed me down.



Lawrence Giannetti: If elected Vice President, I will bring to the position the same diligence, dedication and professionalism that I have brought to my tenure with the USA Triathlon Regional Council and previously to the Calumet Region Strider Board serving first under Sue Brown-Nickerson and then Cassandra Langley as a CRS Board Member. During the 2010 season I competed in 12 Strider races and in 5 duathlons. Currently I am on a ballot for Chicago Athlete Magazine's 2010 Male Athlete of the Year and serving as Indiana Representative to the USA Triathlon Regional Council through 2012.

SOCIAL & SPONSORSHIP

Linda Ramos: My family and I became involved with the Striders three years ago. Since then we have formed friendships and bonds that are unbreakable. We love being active with our daughter, Sara, in the Jr Striders and traveling state to state with the best team and coaches on the map. You'll almost always find us at the social events, gold cup races, and anywhere striders gather. I used to be the lady with the camera at the finish line, but took up the beginning running program this summer and am putting in my own miles now. While my husband, Jorge, continues to coach Jr Striders cross country and track, I would love to become an active board member and bring our counties together for great social events!!



ADULT RUNNING PROGRAMS

Nicolette Huber: Nicolette is currently the Adult Running Program chair and has lead several successful beginning running programs for both long distance training and 5K's. Also, she leads the Tuesday Portage running group every week from Portage High School. She is a past Calumet Region Strider Secretary.



Tom Nedza: I have been a member of Calumet Region Striders since 2003. I am a certified coach with the RRCA. My first was in 2002, and I have run in 19 marathons and 45 half marathons (Chicago Marathon 9 times and the Goofy challenge 5 times...I am perfectly Goofy). I have received the Jim Cox award twice. Also I ran in the Rome Marathon in 2005, and have run with OE since 2004.

JR STRIDER RUNNING PROGRAMS



Sue Brown-Nickerson: Sue is currently the RRCA Indiana State Representative. She has been a Calumet Region Striders Board Member since 1995, including terms as President from 2000-2004. As the Jr. Strider Running Program Chair she has been the AAU (Amateur Athletic Union) Indiana District Assistant since 2000. Her coaching certifications include USATF Certified Coach-Track & Field and RRCA Certified Coach. Her Honors include 2008 Indiana District AAU Volunteer of the Year and 2004 RRCA Scott Hamilton Outstanding Club President of the Year. Brown-Nickerson founded the Junior Strider youth program in 2004 which now consists of three separate programs: a competitive points race series for distances 5K and under; track & field, and cross-country.

PUBLIC RELATIONS



Lisa Moreno: I am from Munster, Indiana. I have been a Calumet Region Strider since 2005. I currently sit on the Board of Directors as Chair of the Social Events and Sponsorship Committee and I have held that position since 2008. I am in charge of seeking sponsorship and planning, organizing and facilitating all of the Calumet Region Striders social events such as the annual picnic, Holiday Party and the Gold Cup Banquet. In addition to planning all of the Club's social events, I have started and currently maintain the official Calumet Region Striders Facebook page. I also compose and send out most of the Club's emails to its Club members to make sure you always have the latest information about upcoming Strider events.

I know I would be a valuable asset to the Calumet Region Striders by serving as its Public Relations Coordinator because I already have experience in fulfilling that position. If you vote for me, I can focus solely in my new position and I promise to keep all Club members informed about any new changes or upcoming exciting news voted by the Board of Directors. I will keep the Striders in the news by reporting to the local newspapers or other media outlets about Strider-related news and events. Please consider me for this new position. If you have any questions, comments or concerns, please feel free to email me at: lisarunsalot@sbcglobal.net.



Trish Taylor: I have been a Calumet Strider member for just a year and an OE runner for two years. I picked up running just three years ago and haven't been able to quit since. I've worked in PR for more than 10 years, currently working on Maytag appliances as my primary account. I'm very familiar with social media - providing content for my company's blog and my client's Facebook and Twitter accounts, not to mention my own social media accounts. I love to find stories and work with the media to place them. For my breast cancer bike ride fundraiser last year I placed information about the event in every major NW Indiana publication plus gained radio exposure. It would be an honor to spread the news about Calumet Striders to others and keep Calumet Strider runners up to date on happenings.



THIS & THAT

BY ALL OF YOU

REMEMBER you can re-new your Strider membership on-line at www.calstrider.org.



We are pleased to announce the partnership between the RRCA and the feature length running documentary, Hood To Coast.

HOOD TO COAST follows four unlikely teams on their epic journey to conquer the world's largest relay race. The film captures the love, dedication, and insanity of the every day runner as well as the excitement, pain, and humor of the unprepared first timer. Their stories are reminders that no matter who you are, you can push yourself beyond where you thought your limits were.

WHERE?

Portage IMAX
Merrillville AMC Showplace

WHEN?

Tuesday, January 11, 2011
7:00 PM CDT

Have Legal Question?

Get Legal Answers

On Martin Luther King Day, Monday January 17, 2011, dozens of local attorneys will offer free legal advice at select NWI locations. No appointments necessary, brief 10-15 minute consultation, first-come first-serve basis.

- Westside High School, Gary, 11am -2pm
- Lake Station/New Chicago Public Library, Lake Station, 12:30pm- 6:30pm
- Lowell Public Library, Lowell, 9am-5pm
- City of Hammond Legal Aid Clinic, Hammond, 9am-3pm
- VU Law Library, 656 S. Greenwich St., Valparaiso, 9am-5pm
- Portage Township Trustee's Office, 9am-5pm
- Michigan City Public Library, Michigan City, 9am-5pm
- LaPorte Public Library, 9am-5pm
- Rensselaer Public Library, 1pm-6pm
- Newton County Public Library, Morocco, 12pm-7pm
- Starke County Public Library, Knox, 8am-4pm

Our sympathies to Jacinda Yerga on the passing of her father, Samuel Monk on December 16, 2010.

INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE FEBRUARY 2011 INSTEP IS TUESDAY, JANUARY 18, 2010.

EMAIL THEM TO INSTEP EDITOR AT NEWS@CALSTRIDER.ORG OR HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.



GOLD CUP NEWS DR. MARY ZEMANSKY

Welcome (or welcome back) to all 2011 Gold Cup participants! A few points to be aware of:

- This year, there will be NO required sign in sheets at the GC table. This means that you are responsible for determining whether the results posted on the website are accurate. Any discrepancies should be reported to the webmaster/statistician within 15 days of the event (or 7 days for races occurring after 11/15/11).
- If you are registering online for a race through T&H timing, you will need a code to use the GC discount. This code is: goldcup2011. Please make a note of this.



RRCA COACH'S COLUMN

SUBMITTED BY MICHELE HALE

Falling temperatures and fewer daylight hours don't mean that your outdoor running routine has to go into hibernation for the winter. Running through the cold weather can help shake those winter blues, improve your energy level, and guarantee that you'll be in better shape once bathing suit season rolls around. Follow these tips for cold weather running:

PAY ATTENTION TO TEMPERATURE AND WIND CHILL

If the wind is strong, it penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

PROTECT YOUR HANDS AND FEET

As much as 30% of your body heat escapes through your hands and feet. On mild days, wear running gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens. Add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

DRESS IN LAYERS

Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and

- As in past years, we will continue awards for Overall Male/Female (first, second and third place), Overall Male and Female Age=Graded and will add Overall Male and Female Masters. These individuals will be removed from the GC Age Group competition at the end of the running season. Any questions, contact the GC Chair.
- Finally, the XYZ Trail Running Series will begin in March, with applications available online in mid-January and via insert in the February Instep. For only \$20, you too can participate! Come join us and see what trail mania is all about.

Stay tuned for updates on Sponsored Series races and any notices regarding GC events via the website.

chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

AVOID OVERDRESSING

You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. A good rule of thumb: Dress as if it's 20 degrees warmer outside than it really is.

DON'T FORGET YOUR HEAD

About 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.

WATCH FOR FROSTBITE

On really cold days, make sure you monitor your fingers, toes, ears, and nose. They may feel numb at first, but they should warm up a few minutes into your run. If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold immediately and slowly warm the affected area. If numbness continues, seek emergency care.

CHECK WITH YOUR MD

Cold air can trigger chest pain or asthma attacks in some people. Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors.

GET SOME SHADES

The glare from snow can cause snow blindness, so wear sunglasses (polarized lenses are best) to avoid this problem.

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RUNNING WITH RRCA

CASSANDRA PETERSEN

The resources and benefits to being a Road Runner Club of America (RRCA) member club are invaluable. Becoming and remaining a club in good standing is no easy feat. It takes hundreds, if not thousands of volunteer hours to provide to you the club you have come to know and love. "In August, 1978, a small group of 19 people led by Jim Tarka, John Bobalik, and Chuck Strehlow held the first meeting of the Calumet Region Track Club. That modest gathering was the beginning" of the now 1,000+ member club known today as Calumet Region Striders (CRS).

Veterans to CRS are well aware of the growth our club has experienced. It has been exciting and not without growing pains. However, it has provided each of us with a wonderful organization for athletes of all levels, ages, and backgrounds. Newer members would be amazed to take a step back and see exactly how far we have come.

The quality of events on the Gold Cup calendar has come a long way. Local runners have come to expect our races to provide a list of benefits including, but not limited to, safe and accurate routes, quality results in a timely manner, water and mile markers along the course, and the premiums, goodies and awards at the end. RRCA offers guidance and recommended event standards to assist Race Directors in providing topnotch races. Our club utilizes those standards to evaluate and select running events. Strider participation in local races is tracked and noted by statistics listed at the conclusion of race results on the Strider web site. Which race do you think has the highest participation percent by Striders?

Membership has been on a steady incline. More members in the club means higher demand for and on CRS programs. Programs such as Beginner Runner Programs and Junior Striders are organized and led through the kind offering of time by members. Our social events are designed with our members in mind. Each year committee members assess how past events were received and how to improve on already great gatherings. Striders' participation as a RRCA club allows us to host a variety of events in a safe and efficient manner. As well, each Gold Cup event is listed on the RRCA.org web site. When you travel, do you look up other RRCA clubs or events?

INSTEP was once a single sheet of 8.5 x 11 photocopied paper. Our newsletter has taken shape over the years thanks to the help of our past and current Editors. It is a tangible resource full of information, updates, and advice. Each month, your editor gathers articles and information to provide back to you.

There was a time not too long ago that there was no www.calstrider.org. Can you imagine??? Our Webmaster has built, developed, and maintained our up-to-date site like a true champion over the years. Every tidbit about Striders and events is at your fingertips now. What a huge benefit it provides to our running community.

To be a RRCA member club, we must have a Constitution, By-Laws, and an ever-active Board of Directors/Appointed Positions. The Board is the heart and soul of Striders. These people, as well as their predecessors, have an enduring passion for the organization. Monthly meetings, regular committee meetings, constant planning and evaluation, and hours upon hours of volunteered time are required. We should all be very thankful for and express our gratitude to each of them the next time our paths cross theirs. The CRS Board thanks you for continuing your annual membership, and we look forward to seeing you in 2011!

A RRCA Member Running Club serving
Northwest Indiana & Northeast Illinois for 30 years

Check Out Our Site: WWW.CALSTRIDER.ORG