



PRESIDENT'S MESSAGE

It is my Pleasure to Announce the 2011 Calumet Region Striders Board

Michele Hale - President
Robin Benson-Harvey - Vice President
Linda Ramos - Social & Sponsorship
Nicolette Huber - Adult Running Programs
Sue Brown-Nickerson - Youth Running Programs
Lisa Moreno - Public Relations
Doug Walter- Chair, Nominations, Byaws, & Disabled Runners Fund
Mary Zemansky- Chair, Gold Cup & Sponsored Race Series
Cecila Bernal- Treasurer
Pete Klaser-Secretary
Dan Sturgell-Memberships & Volunteers

As you can see I have a great group of dedicated Board members to work with in the upcoming year. The Board is already hard at work planning many things for you in the 2011 Race Season. If you have any ideas for social events or things you may think could be beneficial to OUR club, let a Board member know. We are always open to new ideas.

Our first Gold Cup race of the season is on March 12, Runnin' with the Irish. Since we will NO LONGER will be using sign in sheets to track your information, everyone must go online to the CRS web site and check your information to be sure you were given correct scoring. It is up to each individual to dispute any discrepancies within 15 days of each race. Please allow a few days for the stats to be posted. If you feel you have a discrepancy email the club Statistician at webmaster@calstrider.org. We still want you to stop by the Strider table to fill out race evaluation forms and submit your name in the "I wore my Strider wear contest". This year we will be awarding two lucky Striders \$2 in Strider bucks at each Gold Cup race, which can be redeemed for Gold Cup races, Strider merchandise or social events. Plus two winners will be chosen at next year's banquet for complimentary membership.

In addition to our amazing web site, we have a Facebook page. If you have not yet added them to your friend list, do so. It will also keep you up-to-date on things with CRS as well as the running community.

This year at the banquet it was brought to our attention that the wrong year was engraved on the trophies...OOPS overlooked, honest mistake. While many of you expressed that it was okay, I know some may want the correct date on them. If you do want a replacement pull the engraved plate off and mail it ALONG with a self addressed stamped envelope (so we can mail your replacement back). If you would like a new plate:

**WE MUST RECEIVE
it by March 30, 2011**

Mail to to: CRS
 PO Box 225
 Griffith, In 46319

"Hills are speed work in disguise."

Stride ON! Michele



**MARCH
GOLD CUP RACES :**

Runnin' with the Irish 5K
 Saturday, March 12
 9:00 AM CST
 Indiana Dunes State Park
 Chesterton, IN

La Porte YMCA Run 10K
 Saturday, March 26
 9:00 AM CST
 Soldiers Memorial Park
 (Stone Lake)
 Waverly Road off Pine Lake Ave
 La Porte, IN

Ringin in Spring 5K
 Saturday, April 2
 9:00 AM CST
 Valparaiso Family YMCA
 Valparaiso, IN

**MARCH
XYZ SERIES RACE :**

Foot Pursuit 5K
 Saturday, March 5
 9:00 AM CST
 Sunset Hill Farm
 Valparaiso, IN

**SPONSORED
RACE SCHEDULE :**

**Crossroads of Indiana Marathon
(Includes Half Marathon)**
 Sunday, April 3
 7:30 AM CST
 Freedom Park-Lowell, IN

**UPCOMING
STRIDER EVENTS :**

Board Meeting
 Thursday, March 10
 6:30 PM CST
 Portage Township YMCA
 Portage, IN

DON'T FORGET!
Daylight Savings Time Begins
 Sunday, March 13

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Our deepest sympathies to the family and friends of Neal Boyer

Boyer, Neal E. Age 61 of Valparaiso, passed away Tuesday, February 1, 2011. He was born October 23, 1949 in Cincinnati, Ohio, the son of Lewis and Joyce (DeBoor) Boyer. Neal was a sports writer for the Post Tribune and was a member of the Christ Lutheran Church. On September 22, 1973, he married Mary Brady, who survives in Valparaiso. Also surviving is his daughter Becky (Mike) Marshall of Valparaiso, a granddaughter Lexy, four sisters, Barb (David) Fouch of Ohio, Betty Epie of Texas, Bly (Carroll) Cutler and Bert (Derry) Fouch of Ohio, two brothers Nils (Susie) Boyer of Texas and Norm (Deb) Boyer of Ohio and numerous beloved nieces, nephews and cousins. His parents preceded him in death. Neal enjoyed playing basketball with his friends at V. U. and the S.E.L.F. school. His granddaughter Lexy was his little sidekick and the light of his life.



2011 GOLD CUP BANQUET RECAP

The Strider Gold Cup Banquet was held on Saturday, January 29, 2011 at the Avalon Manor. We had a big turnout this year with almost 330 attendees; that's 33 tables! Thanks to everyone who participated in the silent auction and congratulations to Veronica Reyes who won the 50/50 raffle. This year's Pat Rhodes Volunteer of the Year award went to Sue Brown-Nickerson ("Coach Sue"). All your hard work has been recognized by your peers and you deserve it. Congratulations to Dustin Navejas who was honored as youth Athlete of the Year . . . way to go Dustin!

Also in attendance were sports writers, John Burbridge from The Times and Neal Boyer from The Post-Tribune. For those of you who didn't know, just a few days after the banquet, Neal Boyer passed away of a sudden heart attack. Neal was

always a huge supporter of local sports and always wrote about the Striders in his weekly REC Roundup every Wednesday. In fact, one of the last articles Neal wrote about was a recap of the 2010 Gold Cup Banquet. When I met Neal at the check in table and told him that I seated him at the Ridge Runner table, he was so excited and said "Wow, I know those guys". Neal, thank you for your support of the Striders and you will be greatly missed.

Thank you to John Vanden Bergh, Ruth Ann Keilman and Allan C. Brandy for their donations to the Strider Silent auction.

A huge monumental "THANK YOU" to Joe Rodenbucher and his daughter for their DJ services at both the Strider Holiday Party and the Gold Cup Banquet. Joe Rodenbucher is not only a

Strider but he is also the Race Director of 33 RDP - Running with the Devils 5K. Joe always donates half of his service fee back to the Jim Cox Memorial Scholarship Fund. Many thanks Joe!

This will be my last year planning the Club's social events as I "pass the torch" over to Linda Ramos. Please welcome her in her new position as Chair of the Social Events & Sponsorship; Linda you will do a fabulous job!



MEET A STRIDER: PEGGY CASH

Bio: I'm 40 something and married to my high school sweetheart. We have 3 great kids - 17, 14 and 9. We live in Dyer, Indiana and have an addiction to Aurelios pizza. I started my last running program 1 year ago this month where I met Sherry Robison and Bill Leep in a dark Wicker Park. I'm so glad I did!! I never experienced running at night in the snow - I'm convinced it will cure whatever is ailing you.

I'm amazed by all the wonderful runners I've met. They don't stop encouraging each other even while competing. They don't quit - ever. However, hoping someone can explain the fascination with numbers - ask any one of them how they are doing and you'll hear their pace, distance, split times, temperature and what direction the wind

was blowing. Last week I was with a group where someone was sore but had to run as far as everyone else.

What is your favorite Strider Race? I haven't run all of them yet but my favorite so far is the Griffith Hometown Race. It was the most organized and fun. They even handed out popsicles and cold wash clothes at the finish!

What is your most memorable run? I have favorite moments in every single practice run and race. Memorable races are the Chicago Monster Dash (loved the fun atmosphere and costumes) and the Dirty Red 10k (Lemon Lake). I'll never forget trying to cross the log over the water with the sound of frogs plopping in (I HATE frogs). I kept my dignity and didn't crawl. All the faster runners trampled the

painted arrows and we were turned around a few times and were the very last ones in. Made for a fun adventure!

What are your running goals? I'm running the Ford Island Bridge 10k while on vacation in a few weeks. Go ahead and Google that (yep Hawaii)! I hope to make this year's Monster Dash my first half. I'm also looking forward to coaching my daughters Girls Scout Troop in the Girls on the Run program this spring.

Besides running what do you like to do? I assume you don't mean laundry, cooking and cleaning. We like camping, biking and hiking. My family is riding in the Folks on Spokes in May. I'll also go out of my way to watch a parade. I love cheering on the Veterans with the local police and fire departments.



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JIM COX SCHOLARSHIP APPLICATION PROCESS:

Are you a graduating senior or current Strider member with a son or daughter headed to college in the Fall?

The postmark deadline to submit application(s) is April 1, 2011.

Click on Jim Cox Memorial Fund under "Membership" on the Strider website for written application.

Save these dates:

April 16, 2011—8:30 AM CST Valparaiso, IN

Taltree 10m race/Valpo Youth Program & Scholarship Fundraiser
YOUTH FAMILY VOLUNTEERS NEEDED

Registration, Parking, & Refreshments, Finish Line: 6:30-10:30AM

Course Marshals: 7:30 AM- 10:30 AM
Waters Stops (x4 groups): 7:30 AM-10:30 AM

Split Timers (x8): 8:00 AM

Please email coachsue@calstrider.org by April 11th with your availability or phone Sue at 219-929-6862. Thanks for supporting the youth programs!!

May 16th week Track & Field practice begins at Lake Central HS, and Chesterton/Valparaiso
June 25-26 AAU Track & Field District Meet @ Chesterton HS Track



INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR SUBMISSIONS FOR THE APRIL 2011 INSTEP IS WEDNESDAY, MARCH 16, 2011.

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

Our season is just about to get underway, and what a season it is! 32 races to choose from between March and the end of November. New events include the Hammond 10K Charity Run, Manda's Race 5K and the return of the 5K Wolf Run.

Don't forget that you no longer need to sign in after each race, but remember that it is YOUR responsibility to check the accuracy of your results and report ANY discrepancies to the Webmaster within 15 DAYS OF THE EVENT. No exceptions!

We expect to see you stop by the Gold Cup table to complete those all important race evals (which not only provide feedback to the Race Directors but help choose next

year's races) and browse through our Sponsored Series race apps (and don't forget the Striderwear contest and volunteer sign ups).

If you're looking for a different experience and want to challenge yourself, look over our XYZ trail events.

And please remember that this club does not exist without you. Your Strider application states that every member should volunteer for a minimum of one club or community sponsored running event per calendar year; we have a variety of tasks that need to be done (many of which can be fun). So ask a Board member or shoot us an email and find out about volunteer opportunities.

See you at the races!!!



COACH'S COLUMN

SUBMITTED BY MICHELE HALE



PEARS GOOD FOR YOU



One medium pear provides nearly a quarter of your Daily Value of fiber and just 100 calories. The sweet, juicy fruit is a good source of vitamin C and vitamin K, a nutrient that's important for bone health. Pears also contain potassium, an electrolyte that helps maintain fluid balance.

GET THE BEST

Common pear varieties in the United States include red or green Anjou, light brown Bosc, and Bartlett, which change from green to yellow when ripe. Pears ripen after being picked, so choose those that are firm, unblemished, and have taut skin. Leave at room temperature to ripen. When the neck is soft, it's ready to eat.

KITCHEN SIMPLE

Try a pear salsa made with onion, cilantro, and lime juice—it's ideal for chicken or fish dishes. Wells likes to finish holiday meals with pear sorbet. Simmer peeled pears in water with honey and fresh vanilla pods until soft. Remove pods and puree fruit and liquid with some pear brandy and lemon juice and zest. Freeze, or chill in an ice-cream maker



THIS & THAT

BY ALL OF YOU

2011 Taltree 10 is the RRCA 10-mile state championship. There will be Gatorade at the start/finish and waterstops; special RRCA Awards for male/female overall, masters (40 & over), grandmaster (50 & over) in addition to overall and age group Taltree unique awards. Jr. Striders and families will be out on the course cheering you on and working at waterstops; handing out state championship bib numbers and shirts. Register before April 10th for \$10 discount, and before April 4th for guaranteed shirt. Please come support the youth program fundraiser!

Thank you!

Questions?...contact coachsue@calstrider.org

Congratulations to Luis & Imelda Gonzales on the birth of daughter Isabella.

Apologies to Dan Sturgell on the misspelling of his name in the February 2011 INSTEP.

Holly Plew - INSTEP Editor

Since 2001, Dennis Rotz has completed 217 Gold Cup Races and has received 9 Jim Cox Awards. The first year he ran every single GC race was in 2001. Since 2003, he has received 8 additional Jim Cox Awards for a total of 9 Jim Cox Awards. That is an amazing feat! Dennis and his wife Janet (also a Strider member) live in Dyer, Indiana.

A shout out to Jose Lopez of East Chicago, and Alan Brandy family of Valparaiso, for their donations (piñata and candy and combination safe) for the Banquet Silent Action. Thank you!

Congratulations to Savannah Ronjak on receiving her yellow belt in Karate.

Congratulations to Bri-Anne Andriessen on placing 10th overall @ Sectionals Diving meet.

Congratulations to Tim Huber who had a PR with a time of 6:05 for the 500 meter swim.

WHO ARE THE RIDGE RUNNERS?

Whenever I'm at a race, I always see the Ridge Runners Team at the start line - they all line up next to each other, they all got their watches ready, they always come in first place and they always wear their team gear. You know who I'm talking about, you've seen them too. So I got to thinking . . . who are these guys? What is a Ridge Runner? How do you become a Ridge Runner? So I had to go and find out.

About 14 years ago, several runners including Shawn Benham and Mike Jones got together and decided to start a mid-week group run. They chose to meet in the Fazoli's parking lot on Wednesday nights. They created a challenging 7 mile out and back route that led them through some of the hilly Valparaiso sub-divisions with a turnaround at Rogers-Lakewood Park. Since that day runners have run this route every Wednesday night without exception. The run attracted some of the areas fastest most competitive runners which caused the pace of the run to drop from a casual group run to a hard tempo run. This attracted runners that were either fast or wanted to be faster.

The group began meeting together not only on Wednesday nights, but also several other times during the week (including Sundays) for challenging long runs on the ridge at the Indiana Dunes.

About 5 years ago the group decided to create a running team. They picked up Fazoli's as the first team sponsor and bought team uniforms to wear at the local races. The team also started entering team events at Ringing in Spring, Tower Run, Popcorn Panic among others. From that point through 2008, the team continued to race together and train together. In 2009, losing Fazoli as a sponsor, the team decided to change the team name

from Fazoli to the Ridge Runners paying homage to one the favorite team group run routes. They created a web site [<http://www.nwiridgerunners.com/index.php>] and became a little more organized. The team won several team events in 2009 including the Indianapolis Mini Marathon team event.

In 2010 the team became part of the Brooks ID program and added a Facebook page.

For 2011, the team has decided to not have any sponsors and get back to the true purpose and focus of the original group of runners. That is to run and race together for the pure love of the sport. The Ridge Runners have an open door policy and invite and encourage all runners to join them in their training runs. Especially runners who want to get faster and understand the importance and

benefits of group training.

The Ridge Runners Team consists of a group of about 20 runners from Northwest Indiana; most, if not all, of them are Striders. The Ridge Runners run on Wednesday nights at 5:30 PM at Fazoli's in Valparaiso for 6 to 8 miles and on Sunday mornings at 7:15 AM at Kirkoff Park in Valparaiso for 9 to 10 miles or at Indiana Dunes - Wilson Shelter -at 7:30 AM for 1 -2 hours. Although all runners are invited to the training runs, those that train consistently with the group and share a passion for running and racing and strive to reach their full potential may be asked to be part of the Ridge Runners racing team.

So next time you are at a Strider race and you see the team in green, give them a thumbs up and move out of their way because they are REAL FAST!



GET MOVING ON MAY 22, 2011, BY PARTICIPATING IN THE WEIGHT WATCHERS® WALK-IT



The Calumet Region Striders have partnered with the Road Runners Club of America to Present the Weight Watchers® Walk-It Day 5K on May 22nd to highlight walking as a great way to get moving, burn calories and tone muscle. Join the Calumet Region Striders at Wicker Park in Highland, IN at 12:00 PM and take the Weight Watchers Walk-It Challenge 2011 with us.

ABOUT WEIGHT WATCHERS®: Weight Watchers® International, Inc. is the world's leading provider of weight management services, operating globally through a network of Company-owned and franchise operations. Weight Watchers® holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification and physical activity. Weight-Watchers.com provides innovative, subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers® offers a wide range of products, publications and programs for those interested in weight loss and weight control.

ABOUT RRCA: Founded in 1958, the RRCA is the oldest and largest national association of running clubs, running events, and runners. The mission of the RRCA is to promote running and walking as a competitive sport and a healthy physical activity. The RRCA achieves their mission by promoting the common interests of its members through educational opportunities, programs, and services. The organization's membership consists of over 1,100 running clubs and over 5,000 events nationwide.



B.A.A UNVEILS NEW BOSTON MARATHON REGISTRATION PROCESS FROM WWW.BAA.ORG, FEB. 16, 2011

BOSTON – The Boston Athletic Association (B.A.A.) announced today a change in its registration process for the Boston Marathon, allowing the fastest qualifiers to enter the earliest and with a rolling admission system while also offering all eligible runners an increased registration period. The changes in registration are a response by the B.A.A. to greater than ever demand by runners to gain entry into the Boston Marathon and culminate more than three months of analysis, including input from the running industry. Rather than accepting runners who have met the qualifying standards on a first come, first served approach, a more systematic, performance-based process will be employed.

2012 Boston Marathon

For the 2012 Boston Marathon, registration will extend for two weeks, beginning on Monday, September 12, 2011 and continuing until Friday, September 23, 2011. The qualifying times for the 2012 Boston Marathon will not change from recent past years since the standards had been previously announced and have been in effect since last September. However, the new registration process addresses the increased demand among qualified runners to participate in the Boston Marathon and will accommodate those who are the fastest qualifiers first.

Registration will occur on a "rolling admission" schedule until the maximum field size is reached, beginning with the fastest qualifiers. On the first day of registration for the 2012 Boston Marathon, those who are eligible for entry by having met the qualifying standards for their age and gender group by 20 minutes or more will be able to enter on the first day of registration (September 12). On the third day (September 14), registration will open for those who have met their qualifying standards by 10 minutes or more. On the fifth day (September 16), registration will open for those who have met their qualifying standards by five minutes or more. During this first week of registration, applicants will be notified as they are accepted and their qualifying performance verified.

If the field size is not reached after the first week and additional space remains, then registration will open to all qualifiers at the beginning of Week Two (September 19) and those who have met the qualifying standards by any amount of time will be able to apply for entry. The application process will remain open for the entire week, closing on September 23. At the conclusion of Week Two, those who are the fastest among the pool of applicants in their age and gender will be accepted. Accepted athletes will be notified on September 28.

If space remains available after this two week process, registration will remain open to any qualifier on a first come, first served basis until the maximum field size is reached.

The field size for the 2012 Boston Marathon will not represent a significant increase from the most recent years.

Registration Process for the 2012 Boston Marathon

September 12, 2011: Registration opens for

runners with 20 min., 00sec. or more below their qualifying time (based on age/gender)
September 14, 2011: Registration opens for runners with 10 min., 00 sec. or more below their qualifying time (based on age/gender)
September 16, 2011: Registration opens for runners with 5 min., 00 sec. or more below their qualifying time (based on age/gender)
Second Week

September 19, 2011: Registration opens for All Qualified Runners

September 23, 2011: Registration closes for qualified applicants

September 28, 2011 (appx): Qualifiers from entry during second week of registration are notified of their acceptance.

If the field is not filled at the conclusion of the two weeks, then registration will remain open and qualifiers will be accepted on a first come, first served basis until the maximum field size is reached.

2013 Boston Marathon

For the 2013 Boston Marathon, in addition to the new "rolling admission" process for registration which will be in effect for the 2012 Boston Marathon, the B.A.A. will adjust the qualifying times by lowering them by five minutes from the times which have been in effect in recent past years. The adjusted qualifying times will go into effect on September 24, 2011, and are as follows:

2013 Qualifying Times (effective September 24, 2011)

Age Group: 18-34

Men: 3hrs 05min 00sec

Women: 3hrs 35min 00sec

Age Group: 35-39

Men: 3hrs 10min 00sec

Women: 3hrs 40min 00sec

Age Group: 40-44

Men: 3hrs 15min 00sec

Women: 3hrs 45min 00sec

Age Group: 45-49

Men: 3hrs 25min 00sec

Women: 3hrs 55min 00sec

Age Group: 50-54

Men: 3hrs 30min 00sec

Women: 4hrs 00min 00sec

Age Group: 55-59

Men: 3hrs 40min 00sec

Women: 4hrs 10min 00sec

Age Group: 60-64

Men: 3hrs 55min 00sec

Women: 4hrs 25min 00sec

Age Group: 65-69

Men: 4hrs 10min 00sec

Women: 4hrs 40min 00sec

Age Group: 70-74

Men: 4hrs 25min 00sec

Women: 4hrs 55min 00sec

Age Group: 75-79

Men: 4hrs 40min 00sec

Women: 5hrs 10min 00sec

Age Group: 80 and over

Men: 4hrs 55min 00sec

Women: 5hrs 25min 00sec

*Unlike previous years, an additional 59 seconds will NOT be accepted for each age group time standard.

Registration for the 2013 Boston Marathon will

begin on Monday, September 10, 2012.

"As the number of qualified runners has increased combined with greater demand to run the Boston Marathon, our new registration process enables those who qualify by the greatest amount of time to have the longest period to enter," said Tom Griik, B.A.A. Executive Director. "Our new registration process takes into consideration the many comments we received from runners this past fall and winter, most of whom urged the B.A.A. to institute a system which recognizes athletic performance above all else."

Additionally, to recognize and to encourage longtime Boston Marathon entrants, the B.A.A. will allow those who have met the qualifying times and who have finished the last ten consecutive Boston Marathons to enter anytime during the registration period. Currently, there are approximately 500 runners who have run 10 or more consecutive Boston Marathons.

The B.A.A. last adjusted the qualifying times for the 2003 Boston Marathon, relaxing times for runners who were 55 years old and older. The last time the qualifying times were made more stringent was for the 1980 Boston Marathon.

The 2011 Boston Marathon reached its maximum field size of qualifiers faster than any previous year when qualifiers rushed to fill the race and the qualified field closed in eight hours, three minutes.



ADULT RUNNING PROGRAMS

Do you or someone you know want to start running a 5k and don't know where to start? Here is an opportunity...

Nicolette Huber

RRCA Certified Running Coach

Start date: May 7, 2011

Goal Race: Nativity 5K June 26, 2011 Call out dates: April 25 @ 6pm

and May 2 @ 6pm at the Portage YMCA

There is a half-marathon training program in the process of being put together, as soon as details are completed I will make sure it is posted on the Cal-Strider website and in the Instep. Contact Sherry Robison at sherry.robison@sbcglobal.net if interested.

There are several running groups in Lake and Porter County for those that are looking for a group to run with (for those that have been running). As we know running is fun in the company of others!!

Portage: Thursdays at 6pm meet in front of Portage High School West. Group averages 4 to 5 miles. Contact: Nicolette Huber

Highland: Tuesday/Thursday at west end of Wicker Park. Contact: Bob Hudnall or Doran Lounsbury

Lake County: Tuesdays at 6pm at Ryan's Irish Pub. Contact: Johnny Stimley

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