



## PRESIDENT'S MESSAGE

June marks the month when many of us begin to train for The Chicago Marathon as well as many other fall marathons. If you are not training with a group and would like to join others for the weekly LONG run, OE Marathon Team has group runs on Saturday in Porter County & Sunday in Lake County. The Lake County group meets at Wicker Park in Highland, located on the corner of Ridge Road and Indianapolis Blvd(Rt 41) every Sunday at 7 AM. You should have a complete physical before starting your training, and be able to run five miles without stopping. During the next 18 weeks you will figure out what works for you and more importantly what does NOT work, such as Gels or Gues, and what is best for you to eat the night before your long runs. We have experienced and certified coaches to help you not only get to the start line but cross the finish with a smile. Training for Chicago Marathon starts on Monday June 4, and the first group run in Lake county will be June 10 at 7 AM. Porter county has all ready begun group runs. You can check the Strider facebook page to see where all the groups will be meeting throughout the week in both Lake and Porter county.

As Marathon training nears here are a few tips:

- ALWAYS give yourself at least one day of COMPLETE rest per week.
- NEVER do two hard track sessions on consecutive days.
- ALWAYS err on the side of too much rest between intervals.
- Take an ice bath to assist in recovery.
- Get a sports massage-it's well worth the cost.

Safety Tips:

- Run against traffic. Be visible - wear reflective gear and light colors. Carry identification and a cell phone.
- Vary your routes and times. Run with a buddy.
- ALWAYS TELL SOMEONE WHERE, WHEN, and HOW LONG you will be out there.

**Good Luck to all the Jr. Striders participating at the AAU and Hershey meet.  
You always make us PROUD!**

We are getting closer to the goal I set for this year to reach 1,000 members. We are close to member # 700. The board has been hard at work putting together upcoming Fun Run Membership Drives.

We have many fun filled social events planned with give-a-ways and freebies! I encourage you to attend. Remember you can invite non-Striders to these events, this is your opportunity to share the hospitality of your club with everyone while having fun. Everyone started somewhere, why not be the one to motivate other's to get fit.

*"Hard work beats talent  
when talent doesn't work hard."*

Stride ON!

Michele



### GOLD CUP RACE SCHEDULE:

#### Sunburst Half Marathon

Saturday, June 2  
7:30 AM EDT  
South Bend, IN

#### Field Station Frenzy 5K

Sunday, June 3  
8:30 AM CDT  
Chesterton, IN

#### Munster Rotary Run A Round 10K

Saturday, June 9  
8:30 AM CDT  
Munster, IN

#### Firecracker 5K

Saturday, June 23  
7:30 AM CDT  
Chesterton, IN

#### Brickyard Run 5M

Saturday, June 30  
7:30 AM CDT  
Hobart, IN



### XYZ SERIES RACES:

**NO RACES IN JUNE**

### SPONSORED RACE SCHEDULE:

#### Necktie 5K

Saturday, June 16  
8:00 AM CDT  
Beverly Shores, IN

### UPCOMING STRIDER EVENTS:

#### Board Meeting

Thursday, June 14  
6:30 PM CST  
Portage YMCA  
Portage, IN

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## VP'S CORNER

Greetings from the back of the pack. Welcome Summer and with that all the Summer fun that comes with it. The Gold Cup Series is in full speed. The Strider Picnic is planned. We are having another Strider night at a RailCats game. Speaking of the RailCats: I will be a Host Mom again this year. I will be at all the games right behind third base. I am also really looking forward to the Summer Olympics.

After returning from the RRCA National Convention in Memphis. I am re-charged and motivated as a Board member. I have had the pleasure of

awarding Mike Wilson & Holly Plew with their RRCA certificates. I am still trying to get with the ever busy Jeff Mescal.

I would like to congratulate the Strider wear winners who won: Tom Kekelik and Hannah Kohout at the Runnin' with the Irish, Taesa Steck and Rachael Rodriguez at the Ringing in Spring, Michelle Dvorcak and Nick Dvorscak at the Hammond 10K, Wanda Melion and Gideon Faulk at the Spring Fling Ramp Run, Cecilia Bernal and Sasa Sekuloski at the 10 Miles at Taltree and Debbie Shaffer and Jorge Ramos at the Spirit Run. So don't for-

ROBIN BENSON-HARVEY

get to wear your Strider wear at the Gold Cup races. As our club grows it helps us get to know you better. If you are wearing Strider wear apparel, show us at the Gold Cup table and enter the raffle. At each Gold Cup race we will draw two winners. They will each win \$2.00 in Strider Bucks. All entries received are kept and at the 2012 Gold Cup Banquet we pull two winners to receive a free 2013 Strider Membership. So, the more races you wear your Strider wear to, the more entries you have at the Banquet.



Mary Zemansky  
RRCA National Award winner  
for Volunteer of the Year



Mike Wilson  
RRCA Nominee for  
Outstanding Club Website



Holly Plew  
RRCA Nominee for  
Outstanding Newsletter



## BOARD MEMBER EMAIL ADDRESSES



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## JR. STRIDER NEWS

SUE BROWN-NICKERSON



### Track & Field Reminders

Purchase or retrieve your AAU membership card on-line at [www.aausports.org](http://www.aausports.org). Use our Club Code to get on our team list: XTBB97. Bring a copy of your AAU membership card and \$21 meet registration to Coach Sue or Coach Jorge at practice by June 7th. On-line registration for our AAU meet will be done by the Coaches. Parents: please step up to volunteer if possible by responding to the volunteer coordinator announced within this newsletter.

Uniforms are not limited to the track or xc teams. Any youth Strider may purchase one. Contact [coachsue@calstrider.org](mailto:coachsue@calstrider.org) or 219-929-6862.

If you place either 1 or 2 at the Hershey's Meet, you are eligible to participate in the Hershey State Meet on **July 7th in Noblesville**.

There will be a Strider Coach on-site at the Hershey's State Meet - many of our kids advance and have a fun time. In past years, Strider athletes have been invited to Hershey's Nationals: Ben Savage,

Aaron Savage, Sara Ramos, Caleb Chapman. You have to be one of the top athletes in the Midwest to be selected for this team. Maybe Coach Sue will be invited for being one of the top coaches too....! Lol

There are a lot of races going on now...choose wisely,

Have a great Summer!

*Coach Sue*



## THANK YOU TALTREE VOLUNTEERS!

**Thank you Taltree 10m Volunteers!** Jorge, Linda & Sara Ramos, Molly Joll, Tamara Betz, Bev & Tom Calligan, Brian, Nicolette, Daniel Huber, Jordyn & Hunter Boyer family, Stephen Sweeney family, Tim Wozniak family, Melanie Stepanovic family, Lydia Pisarski, Willa Wingard Jackson family, Jacob Beehn family, Brienne Andriessen, Sara Erwin family, Carl Frey family, Donna Seeley, Wanda Melion, Elspeth Youngbrust family, Emily & Sarah Worthington family, Hailey Hebert family, Carolyn Fifield family, Julia and Sophia Arnold, Megan Bucko family, Maria Hernandez, Carri Ables, Renee Moreno, Joel Davis family, Mitch Semans, Malcolm McGawn, Mann Spittler, Dustin Hudak, Joseph & Jamie Stento, Emma & Nicole Brandy family, Kelly Shelton, Jessie Mescal, Steve Kearney, Tyler Villarreal, family, Nathan & Caleb Ortiz family, Erin Goffette, Joanna Smith, Emily Doehring, Emily Thielbar family, Cyrstal Siewin, Tim Hutmacher, Danny Null, Bill Garner, Sam Stazinski family, Helen Mundull family, Jessica Thomas, Lisa Maddy family, Mark & Glenda Powell, Carly Kohout family, Loana Colon, Chase Ackridge family, Debra Schaffer, Polly Theising. **WE REALLY APPRECIATE YOU!!**

From Coach Sue, and Jim Nickerson, Race Directors.

*Apologies for any inadvertent omissions - please let Coach Sue know if she missed you on this list*

## INCREDIBLE PERFORMANCES AT INDY MINI HALF



CONGRATULATIONS to Jean Jannasch, 65, who won her age group at the Indianapolis Mini-Marathon. Jannasch finished in two hours, 32 seconds. It was her 19th consecutive year running in the event.

### More great finishes include:

Jeff Mescal-74 OA-5th Male 45-49-1:20:58 finish time  
 Ryan Kwiecinski-117 OA-20th Male 35-39-1:23:52 finish time  
 Phillip Nafus-187 OA-20th Male 40-44-1:26:21 finish time  
 Karen Nagel-283 OA-7th Female 30-34-1:28:51 finish time  
 Tyler Kramer-Stephens-314 OA-7th Male 13-15-1:29:25 finish time  
 DJ Salmon-419 OA-48th Male 20-24-1:31:29 finish time  
 Hope Myroup-520 OA-1st Female 13-15-1:33:14 finish time  
 Ron Knestrict-542 OA-64th Male 40-44-1:33:30 finish time  
 Jeff Walsworth-619 OA-70th Male 40-44-1:34:33 finish time

## 2012 STRIDER SOCIAL EVENT CALENDAR ANNOUNCED

Hello Striders!!!

Here are the dates you have been waiting for!! This year there is something for everyone. Try something new, go somewhere you've never gone, experience something different. These events are meant to bring us together in a new light, without competition!! Please look for the rsvp notices and flyers in the newsletters, email blasts, and on facebook. If you ever have a question or do not receive the information on the outing, email me at [plymouth71@comcast](mailto:plymouth71@comcast) or call 219-775-2189.

I am looking forward to seeing you all out there.

*Linda Ramos*

SAVE THESE DATES:

**Saturday June 23, 7:10pm**  
**Railcats outing**  
**Superhero night!**

**See flyer in newsletter and rsvp quickly**

**Saturday July 21 (TENTATIVE)**  
**Iliana Speedway club outing**  
**More info to come**

**Saturday August 18, 2:00**  
**Strider Annual Picnic**  
**Oak Ridge Prairie Park, Griffith**

**December 15**  
**Holiday Party**  
**The Patrician Banquet Center**  
**Schererville, IN**

**January 26, 2013**  
**Gold Cup banquet**  
**Avalon Manor**  
**Merrillville, IN**



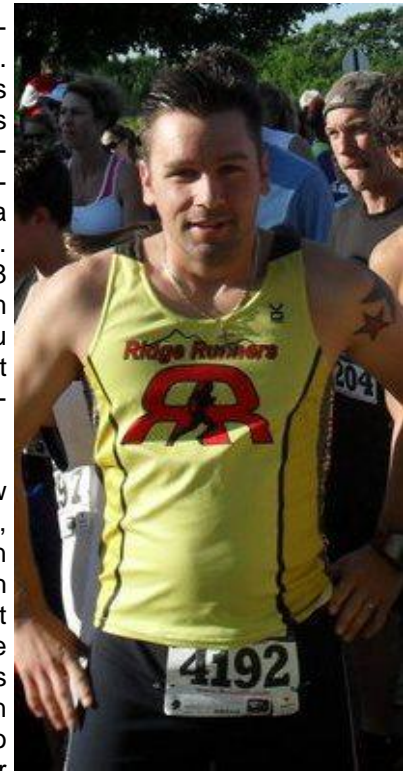


## MEN ON A MISSION

LISA MORENO

Strider member and Ridge Runner, William Stalhandske (pictured on the right), is a man on a mission. He plans to run a marathon in all 50 states. He said he is doing this for fun and to stay healthy. To date, Bill has completed 6 marathons in 6 different states: Indiana, Illinois, Arizona, Nevada, Tennessee and Pennsylvania. As of today, he is already registered for a marathon in Ohio, Georgia, Texas and Missouri. He plans to accomplish this by the time he is 38 so he only has 9 more years to go! We wish him all the best with his mission. So, next time you see Bill at a race or a group run, ask him about it, maybe offer him some words of encouragement or you can donate to his cause.

Rumor has it, that Strider member and fellow Ridge Runner, Jeff Mescal (pictured on the left), is tackling this triumphant feat along with Bill. In fact, they travel together and encourage each other. If running a marathon isn't difficult enough, Jeff Mescal is on a mission to complete his marathons in under 3 hours. Jeff started his "sub 3" quest when Chuck Engle (a Marathon Junkie) talked him into it after the 2011 Chicago Marathon. Chuck Engle is one of the few (4 or 5) people that have run all 50 states including DC in under 3 hours. To date, Jeff has ran Florida, Ohio, Massachusetts, New York, Illinois, Indiana, Michigan, Wisconsin, Nevada, Arkansas, Tennessee, Minnesota, California, Arizona, Pennsylvania all with an average time of approximately 2:48. Often times, Jeff runs as a pace group leader and has actually won overall in 5 states. Jeff plans to run



marathons in Colorado, West Virginia, Missouri, Georgia, North Dakota, Iowa and Texas by the end of the year.

Bill and Jeff are trying to run as many marathons as possible together; they say it's more fun that way and it helps cut down on costs. Next weekend, they are running Fargo and are staying in a room provided by the race for elite runners. Jeff was lucky enough to grab a master's elite spot out there and he says every little bit helps.

**Great job guys and good luck on your magnificent journey!**





# STRIDER'S CROSSROADS WATERSTOP RECAP

DEBORAH BRANN

The Crossroads Half-Marathon/Marathon, April 15, 2012 dawned rainy and humid, though less windy than last year. I am proud to say the Strider's water stop was a full service water stop which went above and beyond. We volunteers not only handed out water and Gatorade at Mile 13 we directed traffic, motivated runners (courtesy of Lisa Moreno's iPod of running related songs and Robin Benson-Harvey's encouragement over the bullhorn) and kept the rain at bay (put rain poncho on or zip up rain

jacket and the rain stopped; loosen rain jacket or take poncho off and it began to drizzle). We also manned a water stop at Mile 16 (which had water, cups, and Gatorade but apparently no volunteers) when informed by the leading marathoners that there was no water between when they passed our water stop around Mile 13 and when they passed it again around Mile 18. Thanks to Lisa Moreno who drove up and single-handedly addressed the situation. We also supplied (or attempted to) gels to one mara-

thoner. I ran and got some out of the race bag in my car and Lisa Moreno attempted to catch the runner although without success. We did successfully provide analgesics to another marathoner. I grabbed a bottle of ibuprofen from my race bag and chased her down with Linda Ramos running behind me with a cup of water. We also added significantly to the day's proceeds of the Tastee Cone across from our water stop courtesy of half a dozen hungry teenagers and a couple of hungry parents.



## THIS & THAT

BY ALL OF YOU

Congratulations to Christine Rohl who received Nurse of the Year from Methodist Hospitals in 2010 and AGAIN in 2012!

### WAY TO GO!

Are you on Facebook? What are you waiting for? Facebook is a great way to get the latest Strider & Junior Strider news instantly. You can connect with other local runners or find out about daily group runs. Look for these Facebook pages:

- Calumet Region Striders of NWI - Facebook Page
- Junior Striders - Facebook Page
- NWI Region Runners - Group Page
- Runner Up!!! Region - Group Page

### FUN RUN ALERT!

June 24, 2012 at 3:00 PM there will be a fun run at Imagination Glen. Contact Nicolette Huber at hubbn5@hotmail.com if you are interested in attending.

The Code to receive the Gold Cup Discount when registering for races on the T&H Timing site for the 2012 season is: **GOLDCUP**.

### ATTENTION YOUTH STRIDERS!!

Did you run a pr this year at school? Did you break a school record? Any accomplishment you're proud of?? Let us know. We want to recognize you in next months newsletter.

Please email the information to Coach Jorge at plymouth71@comcast.net

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**INSTEP SUBMISSION DEADLINE**  
**THE DEADLINE FOR SUBMISSIONS FOR THE JULY INSTEP IS FRIDAY, JUNE 15, 2012 .**  
**EMAIL THEM TO INSTEP EDITOR AT HRFORTMANN@YAHOO.COM WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.**

**TAKE NOTE**

**DUE TO ROAD CONSTRUCTION NEAR WICKER PARK IN HIGHLAND, THE 2012 FRIENDSHIP RACE ON JULY 18, 2012 AT 6:30PM WILL BE HELD AT A NEW LOCATION, DOWLING PARK IN HAMMOND, IN.**

## RUNNING FUN

1. What runs but doesn't have any legs?
2. Since a person uses about the same amount of energy walking 2 miles as they would running for 2 miles, would a person use more energy running for 10 minutes, walking for ten minutes, or the same amount of energy?
3. You are running in a road race with 9 other racers. If you overtake the person who is in last place in the race, what position will you be in?
4. If I'm walking, then I must be running. However if I'm running, I may be walking. What am I?

Answers: (1) My Watch (2) Since a person running for 10 minutes would cover more distance than that same person would walking for 10 minutes, he would use more energy running for 10 minutes. (3) This is a trick question. You cannot overtake the last runner otherwise you would be the last runner. You could say that you lapped the last runner but the question says "road race" which are usually not in laps. (4) A Treadmill





## COACH'S COLUMN FROM THE CRS YOUTH TRACK & FIELD COACHES

Quick tips for selecting the best track and field spikes:

1. Pick the shoe that fits the best. There is no such thing as compromising comfort for performance. You can easily have both just by trying on a few styles before you make a final purchase.
2. Know your event and your stride. Styles of running (sprint/distance) and field events require your body to execute differently. Are you sprinting on your toes? Are you rolling from

heel to toe with each stride? You may need less support, extra support or lightweight feature to maximize your performance.

3. Know the surface and the regulations. Indoor/outdoor; rubberized/hard; know the spike length regulations!

### INTRODUCING THE.... TURBO JAV!

The Turbo Jav is a throwing implement designed to develop correct throwing

technique and teach the basic fundamentals and mechanics associated with any throwing event. It is made of soft polyethylene/plastic and has the same aerodynamics as a real javelin. It has a softnose, which enhances the safety feature which allows for it be thrown indoors as well. The 12 & unders will be introduced to the 300mg and 400mg models at youth track practices. AAU & USATF will introduce this event into competitions this year for this age group only. It's safe, it's fun, and it's exciting!

Come try it!



## SUCCESSFUL COMPLETION OF A HALF-MARATHON

NICOLETTE HUBER-ADULT RUNNING

They did it!!! It was either their first half-marathon or attempt at bettering their time from a previous half-marathon, or just getting back to running long distances. No matter what their goal was it was achieved!!! Porter County Adult Running Coach Nicolette Huber and Lake County Adult Running Coach Frank Johnson put together a first Calumet Region Strider Half-Marathon beginner running group. The program was a success because of the runners that came out each week!!! As the training started in January each week was a challenge just on the weather and conditions. Although the first time the runners were introduced to the rain on race day (at least for the Porter County program)!!! I take great pleasure in watching each individual runner advance to a new level every week. Being there to let them know they CAN DO IT as long as they put their mind to it!!! I am proud of each and every runner for their own personal achievement and success.



Congrats to the following  
Porter County Running  
group finishers!

Kelly Roscoe, Ellen Smyth, Liz Liberto, Erin Krenkel, Angie Sohacki, Yolanda Monahan, Victoria BruBaker, Norm Williams, Diane MacRoberts, Sarah Cueva-Cichocki, Sara Post, Josie Greger, Kim Imhoff, Tami Cappos, Tom Little, Toni Roman, and Derick Theilbar.

The success of a program not only goes to the trainees but also the trainers. This was a challenging training group experience for me due to my foot surgery. I greatly appreciate the

assistance from my trainers as they weathered the conditions with me. So a very sincere thank you to my PC trainers Brian Huber, Bryan Kerstel, Tammy Zack, Dave Sullivan, Dan Sturgell, and Daniel Huber. Whether you were able to come out every week or just a time or two when I needed you I greatly appreciate it. It is volunteers like you that are inspiration to others!!!!



## FROM THE LAKE COUNTY HALF-MARATHON GROUP

FRANK JOHNSON

Congratulations to the Lake County runners!

Peggy Cash, Candice Cyzon, Angie Briggs, Nicole Scheidt, Rick Gosser, Holly Coddington, Kelly Tiffany, Thomas Nezda, Kathy Regelin.

To Deanna Grimes and Mary Pitts I give a special thanks to my two outstanding coaches, who without their commitment, would not have made this program a success.

I want to give a "Great Job" shout out to both groups for a job well done.

## A BEGINNER RUNNER'S STORY—KELLY ROSCOE

There is so much to think about before you decide to hit the pavement for the first time. You have seen articles, you have heard people talking about it, you tried telling yourself "I can't run". Taking that first step to inquire about a running program is the most important. Next comes determination and dedication to successfully complete the program. You will go through many mental obstacles when training, whether it is for a 5k, 10k, half marathon, marathon, etc..... but knowing you have a supportive group behind you can make the difference in the world!

I share a story about Kelly Roscoe. She is a prime example of what determination and dedication of a runner is. She is an inspiration not only to me, but her family and fellow runners!!!

Couch to Half Marathon in 8 months

### Walk 5 minutes, Run 1 minute, Walk 5 minutes...

Can *YOU* relate? This cadence started me on a journey that has been life changing.

One morning at the YMCA, I saw a flyer that said "Couch to Course – Walk/Run 4 mile training program". I thought this would be something fun to do with my husband, Mitch, and so we signed up. We needed something to do together without our two children and the longest distance I had ever run was the required mile in high school (thanks Ms. Funkhouser!). This is where we met an amazing running coach, Nikki Huber. Immediately, she saw the potential in my lean, tall husband and then separated us to put him with the runners and me with the slow run/walkers. I did not know whether to be mad at her or furious for him leaving me. Unfortunately, I did not have a lot of time to ponder because I found myself on the bike trail and told we were beginning. I was initially scared to death to try running without Mitch, but I met other people who were just as slow and determined to finish as me.

### Walk 4 minutes, Run 2 minutes, Walk 4 minutes...

My husband continued to excel with the runners and I continued to push and be pushed by my fellow run/walkers. I met a runner named Mike who was training for the Chicago Marathon. He said he would "run" with us and I was honored. I never thought marathon runners would be humble enough to run with someone like me. He told us he thinks that 90% of running is mental, and that helped me push forward to run a whole 5 minutes without stopping.

### Walk 1 minute, Run 5 minutes, Walk 1 minute...

A week before the race, I started to actually believe I could finish it. I had built my confidence enough to tell people at work what I was doing. Nikki took us out on our final training run and I was upset when part of our group decided to continue running instead of walking 1 minute. I had not given up the safety of walking because I thought I still could not continuously run.

### I am a runner...

I finished the race without walking and ran the entire race. In my mind, I could now officially call myself a runner.

My husband and I continued to run throughout December. Nikki kept in touch and sent out an announcement that she was coaching a half marathon training group. I was completely shocked when I started actually thinking about signing up for the half marathon training. It took me a week of talking to my husband and thinking about it before I responded to Nikki. I asked her if she thought someone my size and pace could actually attempt a half marathon. I was fully expecting her to respond that I should wait or maybe I was too slow or too inexperienced. Instead, she said "you know as long as you are determined, you will succeed". Her kind words, encouragement, and faith in me led me to join the Porter County Crossroads Half Marathon training group, this time on my own.

### 3 miles, 4 miles, 7 miles, chomps...

Running with a group is a great experience. It does not matter how slow I am, how long I have been running, or my size. When I am on the road with my fellow runners, I am one of them. Each week was an accomplishment and the group was very encouraging. I was among the slowest and yet I pushed to finish the distance just like they did. I started running during the week with Nikki's husband Brian and friend Brian. They ran with me in the dark, on the ice, and helped me find my way to the end of each training distance. I also met two amazing ladies, Toni and Vic, who pushed and got pushed each week on our long runs. Nikki gave me advice that kept me running, and showing up each week for each new challenge. I may have had the courage to start such an incredible journey but I know each of these people gave me the strength to finish.

### Half Marathon Finisher...

On April 15<sup>th</sup>, 2012 I finished the Crossroad Half Marathon in Lowell, Indiana. I have never felt as alive as I did running those last few hills, in the rain, knowing who was waiting for me at the end. However, my story does not stop at that finish line. I hope to continue running and maybe attempt a marathon in the future.

I have proven to myself I can do anything as long as I put the work in. I am more courageous than I thought, more determined than I hoped, and stronger than I dreamed.

Can *YOU* Relate? See you at the finish line.....Kelly Roscoe



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

Check Out Our Site: [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG)