



## VP'S CORNER

Greetings from the back of the pack. The Summer Olympics will open on July 27th. The Olympic Torch Relay has already begun in the United Kingdom. I have always loved watching the Olympic games for both summer and winter sports. The opening ceremonies with the final leg of the Torch Relay in the lighting of the Olympic Cauldron. I never would have guessed that I would be given the honor of one day being an Olympic Torch Bearer and have such a personal connection to the Olympics. My moment in time was running a leg of the Olympic Torch Relay for the 2002 Salt Lake City Winter Olympics. It was the most awesome experience. Now ten years have passed and it is still the greatest moment of my life. I was able to keep my uniform and the torch I carried. Which allows me to visit schools and groups around the Olympic games every two years and share my experience. The theme of the 2002 Olympic Torch Relay was 'Light the fire within'. I was chosen for being an inspiration and helping light the fire within others. I feel, since I was given this honor, that I needed to share it with as many as I could. Although, my torch cannot be re-lit, it is real and people of all ages love to hold it. So when I speak to groups I let everyone hold it and pass it to the next person. I also pass around my gloves and hat from the uniform and let them put it on. I will have the honor of visiting the Jr Striders track practice in both Lake and Porter Counties. I will share my Olympic experience with them and inspire the them for the Summer Olympics in London.

What event will you be looking forward to? Will it be track and field, Ryan Hall and Meb Keflezighi in the marathon, Micheal Phelps as he dominates swimming, Walsh and May in women's beach volleyball, gymnastics, diving or opening and closing ceremonies. Take your pick there is something for everyone. The Olympic Games have inspired me since I was a young girl. I cannot wait to see who will be this Olympic Games champions? All the training for a once in a moment time that only happens every four years. I am still inspired by meeting Dave Wottle at the RRCA convention this past March. Getting to hold a real Olympic Gold Medal from his 800 meter race was really awesome! Seeing the footage of him run it was inspiring. His moment in time was in Germany in 1972 and it is still awesome to this day.

So here is to the Olympic Spirit, may it inspire you to do your best in all your races.



### GOLD CUP RACE SCHEDULE:

**Running Wild for the Washington Park Zoo 5K**  
July 7—9:00 AM CDT  
Michigan City, IN

**Nativity Festival 5K Run**  
July 8—7:00 PM CDT  
Portage, IN

**Friendship Race 5K**  
July 18—6:30 PM CDT  
Highland, IN

**Buckley 5 Miller**  
July 21—7:30 AM CDT  
Lowell, IN



### XYZ SERIES RACES:

**Red Dawn 5K Cross Country Race (Sponsored Race)**  
July 14—9:00 AM CDT  
Portage, IN

**2Xtreme 10 Mile Trail Run**  
July 28—5:00 PM CDT  
Portage, IN

### SPONSORED RACE SCHEDULE:

**Miles for Mission 5K**  
July 28—7:30 AM CDT  
Valparaiso, IN

**The Space Race 5K Run & Walk**  
July 29—8:00 AM CDT  
Hammond, IN

**Running Up the Scoreboard 5K**  
July 31—6:30 PM CDT  
Griffith, IN

### UPCOMING STRIDER EVENTS:

**Board Meeting**  
July 12—6:30 PM CDT  
Omni 41—Scherville, IN

**Strider Night at Illiana Motor Speedway**  
July 21—7:00 PM CDT  
Shererville, IN



## NOW ACCEPTING APPLICATIONS FOR THE 2013 GOLD CUP SERIES

If you are interested in having your event considered for inclusion in the Gold Cup Series of 2013, the application form is now available on the Calstrider website, [www.calstrider.org](http://www.calstrider.org). Please note that ONLY races that have been in existence for a minimum of two years and that have been evaluated by a Board Member are eligible to participate. Applications are due no later than September 30, 2012; any materials received after that date may not be considered.

The Gold Cup Committee is especially interested in hearing from races that are five miles or longer, or that have a quality that makes them stand apart from other events (such as different terrain, special charities). If you have any questions, please contact the Gold Cup Chair via the web page. We look forward to your participation in this process.

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## PRESIDENT'S MESSAGE

MICHELE HALE

Happy Birthday  
America!

**I hope everyone has a memorable  
and safe 4th of July!  
Please remember to use caution if  
celebrating with fireworks.**

As the seasons change from spring to summer along comes the humidity and warmer temperatures. You all know what I am going to write next...HYDRATE your body. Be sure to drink enough fluids each and every day. With the sun beaming throughout the day, protect yourself from harmful rays. Also even in hot weather you can dress in layers. It is important to wear moisture wicking material, you want the sweat to be taken away

from your body as you run, cotton will just hold it in causing chaffing and discomfort. I am a believer in practice in all kinds of weather so that your body will be prepared no matter what Mother Nature throws your way.

Be sure to protect your skin from Harmful UV rays by applying sunscreen before your run. Sunglasses will protect your eyes not only from UV rays but particles that are in the air as well as insects.

Jr. Striders, way to represent the club and make your coaches Proud!  
Congratulations to Coach Sue and her Coaching Crew, Your many hours of hard work and dedication were noticed once again at this year's AAU meet.

Great job, Nikki Huber putting together a Fun Run Membership Drive. We appreciate it. We will reach the goal I set of 1,000 before we know it!

Hats off to Linda Ramos for putting together the Rail Cats outing. We are looking forward to Striders night out at Illiana Speedway and the picnic.

*"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."*

Stride ON!  
Michele



## THIS & THAT

BY ALL OF YOU

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

Looking for a Group run of 5 plus miles? Sunday mornings at Wicker Park in Highland we meet by the volleyball courts at 7AM. You do not have to be training for a Marathon to come out and run with us, you can run any distance you choose.

The 2012 Gold Cup Premiums are in be sure to stop by the Gold Cup table and pick yours up!

### CLYDESDALE/ATHENA PARTICIPANTS

Clydesdale and Athena division participants may be required to weigh-in from June 1 through July 31 or otherwise forfeit all scored races within that class.

Thank you Holly Plew and the INSTEP contributors for a fantastic June 2012 INSTEP edition. It was packed full of great information about Strider events, brought to light the accomplishments of fellow members, let us know of our RRCA nominees & award winners, and so much more. We appreciate all you do to bring together such a well delivered newsletter.

*Cassandra Petersen*

**ATTENTION!**  
**INSTEP SUBMISSION**  
**DEADLINE CHANGE**  
**FOR AUGUST 2012**  
THE DEADLINE FOR  
SUBMISSIONS FOR THE  
AUGUST 2012 INSTEP IS  
**SATURDAY, JUNE 30, 2012.**  
EMAIL THEM TO  
INSTEP EDITOR AT  
**HRFORTMANN@YAHOO.COM**  
WITH "INSTEP SUBMISSION"  
IN THE SUBJECT LINE.

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## JR. STRIDER NEWS

SUE BROWN-NICKERSON



The HERSHEY Company is known for its dedication to youth development programs throughout its long history. Children between the ages of 9 and 14 are encouraged to get involved with track & field events that include running, jumping and throwing—things that most kids naturally love to do. By channeling their energy and enthusiasm into an organized track and field program, children are given the opportunity to learn about themselves, others and teamwork. At HERSHEY'S Track & Field Games, no matter how fast they run, how long they jump or how far they throw, every child is treated like a winner. HERSHEY'S Track & Field meets provide an outstanding opportunity for children to make new friends and become committed to a physical fitness program which mirrors the Striders' youth program and coaching philosophy.

18-20 Jr. Striders under the age of 8 years of age were able to try a 50m dash, throw a softball throw (or), try a standing long jump, in exhibition style scoring, and for most of these kids it was their first time ever in a track meet environment - how fun this had to have been for their parents!

Schererville Hershey's June 6th; 30 youth team members participated in running, jumping, and throwing events. These team mem-

bers qualified for individual events at Hershey's State on July 7th in Noblesville: Isabella Medina, Elizabeth Reyes, Jessica Meier, Brandon Wilking, Jillian Hearne, Jasmine Reyes, Jenna Aguilar, Jessica Mescal, Erin Paskewicz, Michael Lucas, Steven Sweeney, Opy Akinbobuyi, Carl Frey, Melanie Stepanovic, Kadie Spoor, Victoria McKenzie, Sara Ramos, Jessica Hearne, Sarah Hunsley.

Portage Hershey's June 7th; 70 youth team members participated with these team members qualifying in individual events for Hershey's State on July 7th in Noblesville: Alivia Zavala, Skyler Cummins, Carl Brannbacka, Jerry Fuller, Sarah Worthington, Levi Posey, Alexa Tumidalsky, Meghan Eldridge, Kyle Gutierrez, Makayla Ferrari, Jordan Counter, Richard Beehn, Hannah & Emma Fitzgerald Dylan Draves, Kylee Donnell, Isabella Gomez, Nicole Brandy, Theodore Merkel, Abigail Vargas, Carlos Martinez, Jacob Beehn, Joe Stento, Elspeth YoungBrust, Taesa Stock, Nicholas Kearney, Dakota Merkel, Nathan Walker Jamie Stento. 4 relays 9-12 qualifying.

The Striders help co-host the Portage Hershey's, and we could not pull it off successfully without fabulous Strider volunteers: thank you Polly Theising, Carol Magill, Dan Sturgell, Chuck Jankowski, Malcolm MaGowan, Donna & Alec Seeley who helped serve at timing,

registration, and awards. Thanks to TH Timing for providing the computerized scoring at no cost to us.

Our fabulous Coaches and assistants are by far the biggest asset to our youth program, so when you see them at races, please tell them thank you for all they do for the kids because they are the best! They do a great job mentoring, and have that passion for running and teaching the sport we all love so dearly. We actually have a lot of fun together - thank you team! Steve Kearney, Joel Davis, Leo Frey, Kim Stento, Chad Lawless (1st year and loving it I think and hope), and Jorge & Linda Ramos.

Also, our fabulous team parents who are always willing to help a lending hand when needed; specially with our 8 & unders, thank you!

*Coach Sue*



## MEET A STRIDER: BARB HAMNER

**Bio:** I have lived in Northwest Indiana my entire life (so far). Graduated from Lake Central High School in 1982 and from Purdue Calumet in 1986 with a B.S. in Chemistry. I am the Inorganic Manager at an Environmental Laboratory, TestAmerica, located near downtown Valparaiso. Also have been teaching aerobics, spinning, and TRX for 20 years at Body Max Gyms in Merrillville and Hobart. I am married and have 3 children, all girls. My husband is a runner widower. Want to thank him for being supportive.

I started running just 2 1/2 years ago. A girlfriend invited me to my first race, Runnin w/ Irish. Had never run on a road before the race. I surprised myself by being able to run the entire race and not pass out at the finish line. I was hooked after the first race. Decided to conquer running. In the last 2 1/2 years I have run 4 marathons, 15 half marathons, and more 10K down to 5K races than I can count. I'm best at long distance. Have more endurance than speed.

I have met so many wonderful people thru the Strider Organization. I look forward to running every week with Dan Sturgel and the group at

Sunset Hill. MaryJo Russel, Linda Murkve, Angelia Erb, Nora Fernandez, Deb Brann, Michele Hale, and Jane Willis are all in my age group and have pushed me to become a better



runner.

**How long have you been a Strider?** This is my 2nd year as a Strider.

**What is your favorite Strider Race?** My favorite Strider Race is the Taltree 10. Great combination of road, trail, and distance. Race is well organized, awards are awesome, course is challenging.

**What is your most memorable run?** Most memorable run is my 1st Marathon.

I ran Fox Cities Marathon located in Appleton, Wisconsin on September 19, 2010.

My goal was to finish under 4:00. Ran it in 3:53 and qualified for Boston. Subsequently, ran Boston in 2011.

Thanks to Dave Pepoff and Charlie White for spending countless hours helping me train for my 1st Marathon.

**What are your running goals?** Want to run a Marathon under 3:50.

**Besides running what do you like to do?** Road Biking, Weight Lifting, Motorcycle Riding (got my license in 2011 after running Boston), Singing, Bowling, Boating, Scuba Diving, and having a few cocktails occasionally with friends!!!!



## PERSONAL SACRIFICE AT FIELD STATION FRENZY

BARB HAMNER

I got lost trying to find the race. Nora Fernandez, who is in my age group, stayed on the phone with me and guided me to Coffee Creek. This pales in comparison to what she did during the race.

I kept looking for her at the finish line. She should have been only 1 to 2 minutes behind me at most. Finally, 7 minutes later she appears.

What happened?

At mile 1, Nora spotted an 8 or 9 yr. old boy wheezing. She felt compelled to stay with the boy and make sure he made it back safe to the finish. She told me that no race was worth passing by a sick child.

Nora would have placed in our age group if she left the boy behind. She got me to the race and I did place in our age group.

All I can say is: **WOW - NORA YOU ROCK!!!**



## INSPIRATION FROM OUR TROOPS

JEFF MESCAL

One time while driving to a marathon, Bill and I stopped at a sandwich shop to get lunch. While we were ordering our sandwiches we started talking to a young man in full fatigues. He asked where we were going and we explained that we were driving to Nashville for the Rock and Roll marathon the next day. He genuinely showed how im-

pressed he was that we were going to run 26.2 miles. We asked where he was heading and he said he was going home for the weekend and that he had just finished 2 weeks of extreme training with a really hard morning where he had to run 12 hilly miles at 3 AM with a 50 pound pack on wearing boots and then had to repel 90 feet from a hovering helicopter. He was now heading home for a bit before being deployed overseas. Wow, here

we are training so that we can go to a fun event where we run 26.2 miles in running clothes while people are handing us water, Gatorade and gel and bands are playing music for our enjoyment along the way and he is training to go risk his life to protect our right to do that. It really put things into perspective. We thanked him for his service to our country and Bill bought his lunch. Thank you to all our troops who risk their lives to protect our way of life.



## CALSTRIDER'S USATF MASTERS TEAM PLACES 3RD IN ANN ARBOR—JUNE 3, 2012

JEFF MESCAL

Paul Danger, Phil Nafus and myself went to the Ann Arbor DX-A2 Run 10K for the 2012 USATF Master's championship competition to represent the Calumet Striders on June 3rd, 2012. We attended the expo, the pre race meeting, and were able to meet a lot of the people organizing the event. Contrary to what we expected, race day turned out to be relatively cool and comfortable.

USATF had a separate area in a coffee shop near the start where all of us were able to leave our stuff and prepare. It was cool to see some of the best master runners including Bill Rogers in one place. The way this race handles the USATF Master's championship is that it allows the USATF runners to start 2 minutes before the rest of the participants, so our start time was 7:58. Well, around 7:50 they sang the National Anthem and then some announcements and the clocks were set and then around 8 they were ready to start so "on your marks, get set...click". The gun didn't fire. Hold on, let's try that again. "On your marks, get set, ...click". Oh boy, this isn't good, I think my Gatorade Prime is wearing off. Third time's a charm and "Bang!" off we go.

I'm always amazed when I'm at these championships how many great runners are out there. So many people are running hard right along with you and these are not newbies that are sprinting the first quarter mile and then fading. These people are going to hold this pace. I went out a little hard, but then I decided to back off a little and go with the crowd. Several people passed me at this point including Paul. He headed out at a very strong pace and looked good. Cool, it looked like he was near the top 10 runners. I was at a 5:30ish pace, so he must have been around 5:20 or so. I figured Phil must still be somewhere behind me. The split was 5:28, pretty much on schedule.

Just after the second mile marker, the pack sort of surged ahead and Phil and I were together behind the lead female and several guys. Just before the turn around I saw the leader, wow he was killing it and I saw Paul still probably in the top 10 and he looked strong. Also, a guy flew passed me like I was standing still and at first I thought he must have really been holding back, but then I noticed he did not have a UASTF back tag. He was the open 10K leader. Wow, he gave me a 2 minute head start and still caught me by the half way point.

The back tags were nice, by the way, USATF requires all runners wear a back tag that shows your age group. I wish all races did that.

Just after the finish I saw Paul and found out that he had a great race and ran under 35 minutes. That's awesome and then turned around and saw Phil cross the finish line just behind me. We were hoping to average 36:30 between all 3 of us and we beat that.

So we went on a nice long cool down grabbed our stuff, talked to a few people and headed for the hotel where we showered and headed for the lunch/award ceremony.

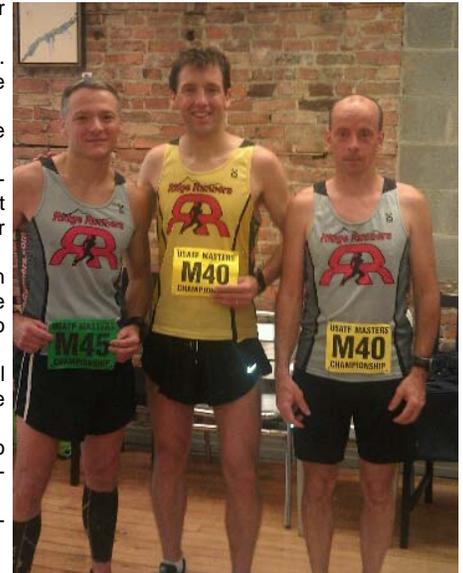
The awards went well. We sat with the second place female who told us about her Olympic qualifying marathon. It was cool to hear the perspective of an elite runner. They did all of the age groups first and there was a US record broken in the 70 to 74 age group and the age graded winner was a 57 year old female that scored like a 96% or something. Wow!

Finally they got to the team awards and they called us up as the third place team. It was such an honor to go up in front of a group of this caliber including Bill Rogers and the top master runners in the country. We all got medals and the team received a plaque which Phil and I quickly decided to give to Paul as he was the captain and led the team to the finish.

We found out later that we only beat the 4th place team by 24 seconds. That meant that if Paul didn't beat his target time of 35:30 or Phil didn't beat his target time of 37 min by almost 45 seconds, we would not have made the podium. Great job guys.

For me, this race was a lot of fun. It was humbling to run with best master's in the US, it was great to be part of a team and represent the Striders and Northwest Indiana and it was a nice break from marathoning, but I am ready to get back to the longer distances and more familiar ground.

I would like to thank the USATF and the Ann Arbor Track Club for putting on such a formal and organized event. Great job!



### ATTENTION ADULT MEMBERS!!!

Who needs a speed workout? Wish you would have run track in middle school or high school? Wish you could run track now? Think you are a sprinter? Wonder what you could run a timed mile in? Here's your chance. The youth team is participating in the 2012 Paul Wallace Memorial Track & Field Classic on July 14, 2012 at Community Park, Country Club Hills ILL. The youth team invites our adult membership to come compete with them. **OPEN and MASTERS age groups in the 100m dash, 400m, 800, and 1500m run.** Only \$5 per event; pre-registration suggested but cash, check or money orders will be accepted on the day of meet. No AAU or USATF card needed for any age participant. Interested? Visit [www.coacho.com](http://www.coacho.com) to register (select team-Indiana Cal Striders); or show up that day to register and support the youth team. The youth team will support YOU!

Come have fun, hang out in our team tent, and be a part of our summer fun!! Any questions contact [coachsue@calstrider.org](mailto:coachsue@calstrider.org).

P.S. Let us know if you are coming and we will look for you



## RUNNING: CHANGING LIVES

RICK GOSSER

It was an alarming wake-up call in December 2009 when I tested negative for sleep apnea when I had convinced myself that I would be on a C-PAP machine the rest of my life. On January 1, 2010 I woke up and said enough is enough. I was just plain 'ol sick and tired of being sick and tired. That is the day my life changed and I started walking. I weighed 310 lbs. and could barely walk around the block without being out of breath. I walked farther and farther every day as I was determined to weigh 200 lbs. someday. That was my goal.

As I began to walk I also started to take the dog with me. Walking led to running and running and more running. Now almost 2½ years later, I run 3 miles every other day. I have run many 5K's, a few 10K's and two (YES, two) half marathons. On April 15, 2012 I ran my second half marathon in my life. I trained really, really hard for this one. Running between 18-24 miles a week. Now you think, that's already a half marathon plus some, but in the end, I beat my last half marathon by 2 minutes. Let's think about that for a minute ... 2 minutes faster over 13.1 miles probably seems like nothing, but to a runner, a PR is huge.

The day started out the day at 6:30 a.m. standing under a pavilion in the rain, thunder and lightning. I kept asking myself, I could be in my warm bed right now like my wife, daughter and future son-in-law that were home visiting for the weekend. After 1/2 hour of that weather, the lightning cleared and it was race time. Standing next to "Sammi", before the race and she said "we are at the front of the line" and I said great, we get to be passed by everyone, which will make me feel really good. It started to get warmer and I had a short sleeve shirt under a long sleeve shirt. I looked up and my daughter was waving at me. My wife, daughter and future son-in-law were there. It was a good feeling that even though I thought they were sleeping, they came to see me run. As the color guard held the flags and the young lady sang the National Anthem (yes, a first for that), I reflected upon the fact that 2 years ago when I weighed 310 lbs. that I could not do what I was about to venture off down the road and do again. 2 years of hard work to lose 130 lbs. and keep it off.

The entire race was grueling and emotional because once you start, there is no quitting. There is no one to call to come get me (even though I wanted to make that call many times) I kept pushing and pushing through the pain and the fact that everyone was passing me. I kept thinking that my first half marathon, I cramped up at mile 11 and I had to walk the last 2 miles and was grounded to the recliner for the rest of the day with ice packs strapped to the back of my legs. I was really looking forward to that again in about 3 hours. To my amazement, things were going well. No real constant pain, just kept seeing the mile markers, 1, 2, 3, 4 and so on. It rained off and on most of the day and windy, well, really windy (30-40 mph) most of the day. To make a long story short, I finished my second half marathon in 2 minutes less than my first half marathon and my next one will be even better than this one.

If I could just run all of the miles as fast as the last mile, then I would be doing so much better. I ended up passing 9 people in the last mile which made me feel really good and as I was finishing my daughter was taking pictures of me and trying to stay ahead of me to get that ultimate picture. My wife and Matt, were cheering me on along with many other people including Nikki Huber who I could clearly hear "Come on Rick" along with the half marathon training group from Lake and Porter County. Nice to not be close to last. My wife jokingly said "There are people finishing after you". The biggest accomplishment was being able to be "ice-free" this time around after the race. I was so pumped up and excited that two hours later I registered for the Disney World half marathon which will be in January 2013. That's the ultimate "dream" for me, that is going to come true for me.

To date I've lost 130 lbs and I had nothing sucked out of me and I did it all on my own. You can watch my video from my appearance on the NBC Today Show back in November 2010 when I was inducted into the Joy Bauer Fit Club because I had lost over 100 lbs. back then: <http://today.msnbc.msn.com/id/26184891/#40417906>

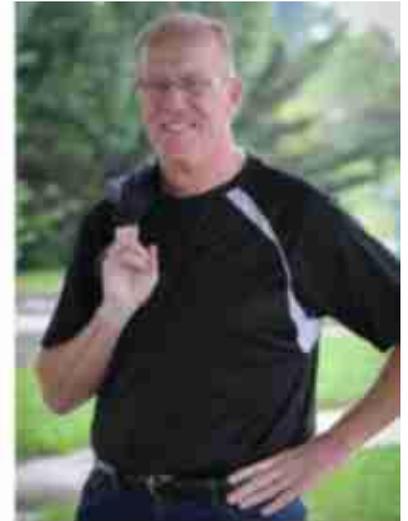
Need inspiration contact me anytime.

Rick Gosser  
219.808.9888  
sales@gossercorpsales.com

Editor's Note: If you would like to run with Rick Gosser, he leads the Monday night group run in Crown Point at 6:00 PM. They meet at St. Matthias Church north parking lot and usually run about 3-4 miles. Come on out and run with his group and meet a new inspirational friend.



March 2009



Nov 2011



## YOUTH STRIDERS MAKE STRONG SHOWING IN 2012

Many records fell, some as old as 20 years. Here are some of the results reported from the completed 2012 track season.

- Caleb Chapman, 6th grader set a new South Newton middle school 1600 meter record with a time of 4:59
- Kyleigh Werner, 9th grader, broke three South Central High School records. She had a 2:27 800m, 5:14 1600m, and set a new record in the 3200m. She qualified and ran at the state meet in the 1600m.
- Hope Myroup, 8th grader broke her previous 800m South Central Jr. High record with a time of 2:30
- Elspeth Young Brust, 7th grader set a new South Central Jr. High 1600 meter record with a time of 5:26
- Sarah Hunsley, 7th grader broke her previous Kahler middle school 1600 meter record with a time of 5:31
- Tyler Kramer-Stephens, 8th grader at Clark middle school was a member of the 3200 relay with a record time of 9:31.7 and also a member of the 1600 meter relay with a record time of 4:07

KEEP UP THE GREAT WORK AS WE ARE ALL PROUD OF YOU!

From all the Calumet Region Strider coaching staff:  
Jorge Ramos, Sue Brown-Nickerson, Leo Frey, and Steve Kearney

Did anyone else break a school record? Let Coach Ramos know so you can be recognized and included in the next news article. Email [plymouth71@comcast.net](mailto:plymouth71@comcast.net).

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