



PRESIDENT'S MESSAGE

HAPPY NEW YEAR

WELCOME TO THE 2013 RUNNING SEASON

This year the Striders have the largest selection of races for you to choose from in the Gold Cup Season. With so many races hopefully everyone will be able to find races that will not only interest you but challenge you and help you reach your goals. When setting goals for the upcoming season be realistic, do not set yourself up for failure. If you would like help setting a strategic running calendar for 2013 we have many coaches that can help you, just ask.

Hats off to Linda Ramos and her committee for hosting an awesome Holiday party!

Thank-you to the Board and Strider members that came out to the Fun Run/ Membership Drive. A special thank you to the Strider's Santa Claus who made an appearance at both events.

I hope everyone finds a way to maintain your exercise endurance over the months ahead. If you don't belong to a gym and you go outside to exercise remember to dress in layers according to the weather, HYDRATE (even in colder months), and watch for black ice on the roads. You can purchase Yak-trax to add to the bottom of your shoes to help prevent slipping on ice. We want everyone to remain injury free!

This year I was again fortunate enough to have been selected by Brooks as an ID Member. What does that stand for? INSPIRE DAILY. Each of you give me INSPIRATION to continue running and coaching. During the next few months when Mother Nature gives Northwest Indiana extreme cold mixed with snow and ice, I WILL CONTINUE group runs so we can stay motivated over the winter months. We do not want to lose what we have built up during the 2012 running season. You can check for group runs on the Strider web site or our facebook homepage. I will continue to share all the up-to-date running news that Brooks will have to offer to help the 2013 Racing Season be the best ever!

"Running is the greatest metaphor for life, because you get out of it what you put into it."

Stride ON!
Michele



**GOLD CUP
RACE
SCHEDULE:**

St. Paul Spirit Run 5K

March 9

9:00 AM

Valparaiso, IN

Runnin' With the Irish 5K

March 16

9:00 AM

Chesterton, IN

LaPorte YMCA Run 10K

March 23

9:00 AM

LaPorte, IN

UPCOMING STRIDER EVENTS:

Board Meeting

January 10

6:30 PM

Omni 41

Schererville, IN

Gold Cup Series Banquet

January 26

4:15 PM (Cocktails)

Avalon Manor

Merrillville, IN

INSIDE THIS ISSUE:

National PR's	2
Jr. Strider News	2
National Success	3
Nationals in Pictures	4
Board Nomination Bios	5
Meet a Strider	8
Meet Our Jr. Striders	9
VP Corner	10
This & That	10

LOOK WHO PR'D AT NATIONALS

L I N D A R A M O S

Girls 8 and under (2K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Payton Boyer	12:20	10:19
Jessica Cummings	11:34	10:46
Cheyenne Stock	9:38	8:42
Reilly Boyer	8:55	7:56
Brianna Murdock	11:10	9:51
Katelyn McCoy	11:03	9:17
Megan Bucko	11:26	10:29
Zoe Driver	9:23	8:31
Abby McBride	10:59	10:01

Boys 8 and under (2K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Caleb Ortiz	12:26	11:02
Reece Knestrict 1	1:02	9:37
Nathaniel Ortiz 1	2:15	10:11
Luke Stento	10:01	9:28
Dylan Hall	11:59	10:49

Girls 9-10 (3K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Caroline DePalma	15:19	14:20
Kathryn De Palma	14:29	13:35
Isabella Medina	17:12	15:09
Skyler Cummins	14:56	13:58
Hannah Fitzgerald	13:23	12:01
Nicole Bradny	15:11	13:24
Elizabeth Reyes	15:04	13:55
Allie Smith	17:46	14:23

Boys 9-10 (3K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Seth Anderson	14:44	14:03
Cameron Zimmerman	13:54	13:17
Kristofer Lecy	14:28	13:41
Jacob Chapman	15:21	14:26
Landin Ready	14:35	13:25
Carlson Farga	13:59	13:43
Dylan Draves	13:57	12:59
Job Weber	15:10	14:02
Theodore Merkel	15:03	13:46

Girls 11-12 (3K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Emma Fitzgerald	13:25	12:45
Julia Arnold	13:48	13:42
Claire Mitsch	13:23	12:57
Jordyn Boyer	15:17	12:19
Madison Kennedy	13:25	13:16
Hailey Herbert	13:11	12:14
Isabella Iussig	13:47	13:23
Jenna Aguilar	14:28	14:03

Boys 11-12 (3K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Seth Rundell	13:13	13:04
Isaac Anderson	15:27	13:41
Jacob Beehn	13:46	12:37
Evan Cavanaugh	12:28	12:11
Abraham Ringenberg	13:13	12:57

Nathaniel Smith	12:14	11:58
Alec Fleming	12:50	12:09
Carlos Martinez	11:27	11:00

Girls 13-14 (4K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Taesa Stock	22:46	18:38
Julia Lecy	17:57	17:37
Sara Ramos	18:19	16:42
Hope Zimmerman	19:23	18:00
Allison DeTorrice	17:41	16:16
Sarah Hunsley	16:54	16:30
Julia Rohde	17:23	16:06

Boys 13-14 (4K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Carl Frey	15:39	14:51
Caleb Chapman	14:12	13:48
Casey Riggle	16:33	15:08
Keagen Scruggs	16:24	15:52
Ben Hardwick	16:37	15:38
Stenen Sweeney	14:55	14:24
Dakota Merkel	14:45	14:17

Boys 15-18 (5K)

<u>Name</u>	<u>State Time</u>	<u>Nationals</u>
Chris Stanton	24:46	23:49
Jordan Shultz	24:50	23:35
Lucas Cauley	20:06	19:41
Nate Rhodes	18:10	17:57

**JR. STRIDER NEWS**

S U E B R O W N - N I C K E R S O N

What is new for youth 2013?

We will have a new program chair beginning March 1st. After 16 years of service on the CRS Board with the last 6 as youth program chair, I will be passing the torch. My first youth program 8 years ago had 8 members. My vision was not to build a powerhouse of competitive runners, but to provide fun running experiences that would keep youth interested in running allowing them to develop progressively by age while maintaining a healthy lifestyle. Reminiscinga few of our first youth team members...Danny Carmody, David Osburn, Mike Marshall, Ryan Cutter, Jordan Chester, Andrew Kearney, Tim, Joseph & Daniel Huber, Hope Myroup, Kevin Mangel, Liz Schlichting....well they are all grown up now and amazingly, I can still remember all of them by name and face. I will still actually be involved with the kids program - promoting and directing racing events that will raise money to support the Strider youth programs and scholarship fund. Hope to see everyone out there supporting the Apple Orchard 10Miler and Friendship 5K in

**BOARD MEMBER EMAIL ADDRESSES**

OFFICERS:
PRESIDENT
Michele Hale
 RunningLead@aol.com

VICE PRESIDENT
Robin Benson-Harvey
 vp@calstrider.org

TREASURER
Cecilia Bernal
 jcmbernal@comcast.net

SECRETARY
Teresa Chester
 tlchester@comcast.net

COMMITTEE CHAIRS:
SOCIAL & SPONSORSHIP CHAIR

Linda Ramos
 plymouth71@comcast.net

PUBLIC RELATIONS

Lisa Moreno
 lisarunsalot@sbcglobal.net

GOLD CUP & SPONSORED RACE SERIES

Jose Lopez
 gunnylopez@sbcglobal.net

MEMBERSHIP & VOLUNTEERS

Dan Sturgell
 dansturgell@yahoo.com

RUNNER PROGRAMS & SCHOLARSHIPS

Sue Brown-Nickerson
 coachsue@calstrider.org

NOMINATIONS, BYLAWS, & DISABLED RUNNER FUND
 TBD

ADULT RUNNING PROGRAMS
Nicolette Huber
 hubbn5@hotmail.com

APPOINTED:
WEBMASTER & STATISTICIAN
Doug Walter
 webmaster@calstrider.org

INSTEP EDITOR
Holly Plew
 hrfortmann@yahoo.com

volunteer or race capacity.

Now let's talk about that crazy 2013 Gold Cup Schedule!

Our youth coaching staff was not in favor of the enhanced schedule. However, there really is flexibility designed within this schedule to allow any youth member to complete the required (5) races (or 7 races for 15 & over). So...for another \$21 in addition to your annual club membership, you may enter the GC schedule, receive points for participation which rewards for completing the required amount of races. The participation award (trophy) and cost of the dinner at the year-end banquet is built in to that \$21 entry fee...on top of that each person receives a gold cup premium paid for by our gold cup race directors and sponsors. I encourage anyone over the age of 8 to do this especially when there are now two 1-mile races on the schedule. However, that does not mean we want you racing all the time. The coaches encourage youth team members to NOT race more than 1-2x monthly and never back-to-back on weekends. This is simply not good for recovery and youth development. Kids hitting their growth spurt through peak season can have issues - we've seen it - we've coached through it - our coaches have become highly sensitive to over training and over racing. When in doubt you can always request a training program from the head coach.

Youth GC point program changes effective 2013:

- 1) only 12 (as of Jul 1) and under are eligible to race for points at the two 1mile races -Trail Run Extreme and/or Immanuel Lutheran;
- 2) any youth 14 (as of Jul 1) and under may run any 5K on the GC schedule for points;
- 3) only 15 & under may run any distance 5k and above for points; excluding the marathon.
- 4) any gold cup race entered not defined above will not qualify for gold cup points.

2013 Election:

There are 5 positions members are running for board seats including the youth chair. Please read all bios and base your decision on experience, work ethic, and loyalty. This is an important year for elections. **Please VOTE!** Voting ballot/instructions contained herein.

Coach Sue

INDIANA CAL STRIDERS YOUTH XC ACHIEVE NATIONAL SUCCESS

SUE BROWN-NICKERSON

83 Calumet Region Strider youth team members traveled to the Lavern Gibson Cross Country Course in Terre Haute Indiana on December 1st for the 2012 Coaches Cross County National Youth Championships. With approximately 1200 total participants, athletes were vying for a top 25 individual age group finish and opportunity to stand at the podium at a special awards presentation against other athletes and team members from all over the country. Top 25 age group finishers received plaques, and individuals in the top 3 scoring age group teams received team plaques. The top 3 individual OA age group winners received an additional All-American Medal. All finishers received a special medal to signify their completion of this national race.

The Calumet Region Striders are proud to announce their national medalists as follows:

- 1st**
8 & under girls team - Age Group Champion
Hannah Fitzgerald age 10 Valparaiso 3k
12:01
2nd
Reilly Boyer age 8 Lowell 2k 7:56
Cheyanne Stock age 7 Valparaiso 2k 8:42
3rd
Caleb Chapman age 14 Brook 4k 13:48

- 5th**
Zoe Driver age 8 Valparaiso 2k 8:31
6th
Payton Boyer age 6 Lowell 2k 10:19
Koby Scruggs age 9 Plymouth 3k 12:22
9th
Caleb Ortiz age 6 Valparaiso 2k 11:02
11th
Julia Rohde age 14 Valparaiso 4k 16:06
13th
Dakota Merkel age 14 LaPorte 4k 14:47
15th
Katelyn McCoy age 8 Chesterton 2k 9:17
Jessie Mescal age 12 Lowell 3k 11:58
Carlos Martinez age 12 Valparaiso 3k 11:06
16th
DiJon Smith age 17 Gary Westside 5k 17:50
Steven Sweeney age 14 Schererville 4k 14:24
17th
Jordyn Boyer age 11 Lowell 3k 12:19
Skyler Cummins; age 9 Valparaiso 3k 13:58
18th
Nathan Budnik age 12 Valparaiso 3k 11:18
19th
Nate Rhodes age 17 LaCrosse 5k 17:57
Carl Frey age 13 Valparaiso 4k 14:51
21st
Hailey Herbert, age 12 Crown Point 3k 12:14
22nd
Kyleigh Werner age 16 Union Mills 5k 21:21
23rd
Jessica Cummins age 7 Valparaiso 2k 10:46
Cameron Zimmerman age 10 Crown Point 3k
13:17
24th
Caroline DePalma age 9 Mich City 3k 14:20
Allison DeTorrice age 13 Zionsville 4k 16:16

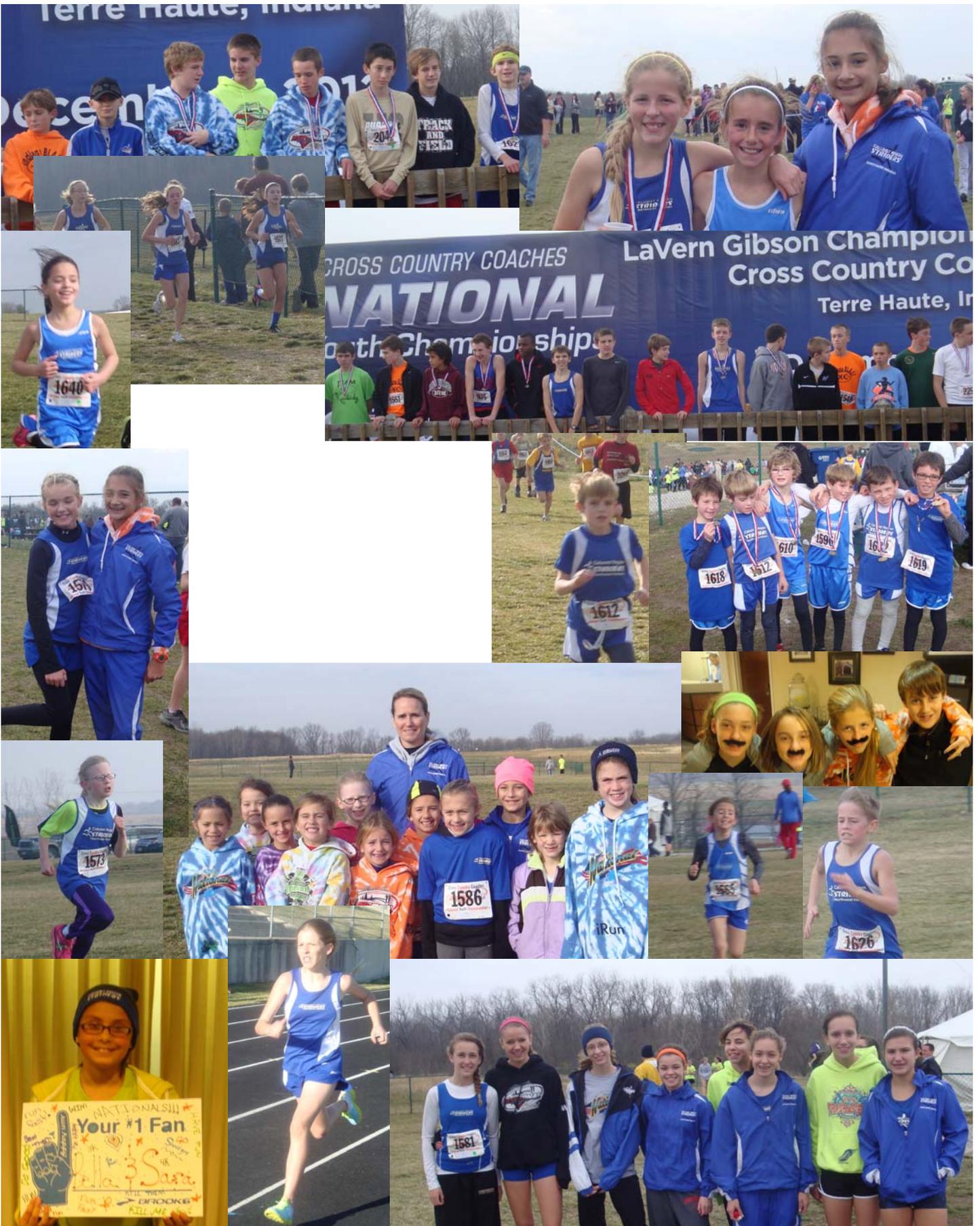
- 25th**
Tyler Kramer Stephens age 15 St. John 5k 17:44
Landin Ready age 10 Crown Point 3k 13:25
Casey Riggles age 13 Crown Point 4k 15:08

The following youth Striders missed out by a just a few seconds on a national age group awards.

- 27th**
Nicole Brandy age 10 Valparaiso 3k 13:24
Crystal Centifanto, age 7 Kouts 2k 11:55
Myah Krintz, age 11 Winamac 3k 12:38
Emily Worthington age 9 Chesterton 3k 14:32
28th
Sarah Worthington age 9 Chesterton 3k 14:35
Kathryn DePalma age 10 Mich City 3k 13:35
29th
Brianna Murdock age 8 St. John, 2k 9:51
Emma Fitzgerald age 11 Valparaiso 12:45

8 & UNDER AGE GROUP TEAM CHAMPIONS - Strider girls go 2-4-6-15-29 to earn age group title. In order of finish; Reilly Boyer of Lowell, Zoe Driver of Valparaiso, Cheyanne Stock of Valparaiso, Katelyn McCoy of Chesterton, Brianna Murdock of Crown Point. The team also Megan Bucko of Hobart, Crystal Centifanto of Kouts, Payton Boyer of Lowell, Ciara Dalton of Valparaiso, Jessica Cummins, Chesterton, and Abby McBride of Valparaiso. Strider team Coach Beth Boyer is included in the picture. All team members received a plaque.

NATIONALS IN PICTURES



CRS BOARD NOMINATION BIOS

President:



Frank Johnson:

I have been running for over 35 years and have loved every mile of it. I started running in middle school and it instantly became a part of my everyday life.

I will run any distance from a one mile race to a 50 mile ultra.

I joined the Striders ten years ago when I was at a race in Chesterton. Upon joining I became active with the board. At first I was an assistant coach for the beginning running programs. I then spent time on the board in charge of By-Laws and as well as being the Instep editor. I am a RRCA certified coach and a race director as well. I created running programs and races because I think everyone should run... It doesn't matter how fast...what counts is the distance. After I run a race, one of my favorite things to do is sit back out of the way and watch

everyone enjoy the sport.

I am very passionate about NWI running and the surrounding running community.

Vice President:



Robin Benson

I am requesting your vote for re-election as Vice President of the Striders. I have served as Vice under Michele Hale for six years. Some of the job duties that I have performed are: sitting on all board committees, running board meetings in the absence of the President, attending Strider social events, transporting the Gold Cup Table items needed at GC races, working the GC table at races, attending board meetings, taking minutes at board meetings when the secretary is absent, attending RRCA conventions, promoting the Striders and GC series to new members, and preparing the monthly IN-STEP newsletter by folding, stuffing, sealing and attaching the mailing labels. I have completed 18 Gold Cup Series 1995-2012. I have done 3 marathons and 22 half marathons. I was a 2002 Salt Lake City Olympic Torchbearer. I have served on the CRS Board of Directors since 2003. I was appointed as Gold Cup Banquet Chairman in 2003 & 2004, I was then elected as Lake County Member

at Large in 2005 and 2006, and remained GC Banquet Chairman until 2007. In 2007 I was elected as Vice President. I hope to help a new CRS President transition in their new role, continue to positively represent the Strider membership and help keep the Striders an excellent running club as we grow and change. I love this club, it's events and the members who I consider my Strider family.



David Chary

Hello! I'm David Chary and I am running for Vice-President of the Calumet Region Striders. I work as a computer programmer in Valparaiso and I recently completed studies in accounting at Indiana University Northwest. I have been a member of the Striders since 2008. My greatest accomplishment is Jim Cox award in 2010 despite having a major injury.

When I am not running, I help with amateur "ham" radio communications at races including the Crossroads of Indiana Marathon, the Brickyard Run, and the Merrillville Memorial Mini-Marathon, which will all be Gold Cup races in 2013. We provide direct communications between race officials and emergency responders, ensuring the safety of all runners and volunteers. We also help race

officials maintain ample race supplies such as food and water for the runners.

As Vice-President, I will help the President and the Board attain the goal of the Calumet Region Striders to promote a healthy lifestyle to the community through running and having fun. I see exciting opportunities for the club to grow well beyond the membership goal of 1,000 set for 2012. I look forward to earning your vote and the trust to help manage our organization safely and responsibly. See you at the Strider table!



Jeff Mescal

Mr. Jeffery S. Mescal is a senior project controls engineer for Bechtel Corporation. He has a Bachelor of Science degree in Mechanical Engineering from Valparaiso University and an MBA from Indiana University Northwest. Mr. Mescal and his wife Bonnie have two children Noah (13) and Jessie (12).

Jeff has been running for 7 years and has been a member of the Calumet Striders for 6 years. Jeff has competed in the Gold Cup Series all 6 years and has never lost a single race in his age group. Primarily a marathoner, Jeff is an elite master's athlete and has completed over 30 marathons with 8 marathon wins. His daughter Jessie is also a runner and Strider member. Jeff also serves on the Tri Creek School board in his home town of Lowell Indiana.

CRS BOARD NOMINATION BIOS

Nominations, Bylaws & Disabled Runner Fund:



Jim Raymond

Resides in Highland, In. Have been a member of the Calumet Region Striders since November, 2003. I seek the position of Chair of the Nominations, Bylaws, and Constitution & Disabled Runner Fund Committee. I have a law degree. My legal background allows me to positively impact the issues involving the Board with sage wisdom and counsel, gained in a career of interpreting, analyzing and negotiating legal issues in the civil practice of law. It is important to have someone on the Board who understands and can translate legal jargon, and express the intent and meaning of said language in regular words. We live in litigious times and I also provide the skills to protect the club from legal harm, while promoting our interests in a constructive manner. It is my belief that I could be a positive influence on the Board, an asset to the Club, and a regular contributor to the progress and future of the Calumet Region Striders.

In terms of my interest in running, that aspect of my life really was launched as a four year member of the Chicago De La Salle High School Cross Country and Track Teams. I was a three year letterman, captain and MVP. Thereafter I ran two years on the Northern Illinois University Track and Cross Country Teams until a nagging high school Achilles tendon injury caused me to give up running on the advice of a doctor. My mile p.r. at the time was 4:07.

The next three decades found me spending time developing my career. As an athletic outlet I spent time coaching my two sons little league teams as a manager/coach, and as a grade school basketball coach.

In 2002 I returned to running with limited success at 1 mile and 5k. Results were less than expected and I nearly surrendered. However, the pivotal moment came after watching a few hours of the 2002 Chicago Marathon television coverage. I jumped in my car and drove to near the finish line. Watching and hearing the enthusiasm of the 5 hour plus finishers rekindled a long sleeping desire. I had caught the fever. In 2003 I ran and finished the Chicago Marathon at 3:18. Since that time I have run 10 road marathons, 4 trail marathons and three trail Ultras up to 50 miles, as well as an assortment of shorter distance races. The road marathon, however, remains my race of choice.

Sadly it was not to last. In the past few years I have been sidelined with meniscus/micro fracture injury and surgery. Recovery has been slow, but it has resulted in becoming more in tune with most runners injuries, especially to the knee. Rehabilitation continues. This influenced me to better and more frequent cross training. I have added biking, and swimming at the Munster Masters Swim Club. As a result I have become a member of the Northwest Indiana Triathlon Club. I am also a member of the Tinley Track & Trail Skull Club in Illinois, and the esteem Fossil Velocity Runners, a perennial age group champion of the Madison/Chicago Ragnar Relay.

Once I regain my form I look forward to many Gold Cup and Region races to satisfy my appetite for competition, renew friendships, and share my experiences with anyone who dares to listen to me on a workout.



Heather Henderlong

I am honored to be nominated as a potential candidate for the Nominating, Bylaws and Disabled Runner Committee.

Running has been and is an important part of my life. As a senior in high school a friend convinced me to join the Cross Country team at Plainfield High School in Illinois. Little did I know at that time how much running would impact the rest of my life?

After a brief hiatus (10 years), running entered my life as a young stay home mom. It all started with the goal to finish my first 5K to do something for myself since everything else was centered on my girls and taking care of the farm. From the moment I finished "Run for a Cause", I was addicted the sport!

The funny thing was not only was I addicted to the overwhelming joy it brought me as each foot hit the road, I loved the fact that most running events benefit and support great causes! Soon after my running career started so did my career of putting on running events. In 1998, I was the co-race director for the Ottumwa Race for a Cure which drew over 2000 runners and walkers to support the Susan G. Komen Foundation. Which led to many other opportunities: including starting a beginning running program at the Marion YMCA in Iowa. To see someone cross the finish line for the first time is truly a magnificent moment. Other events that I have helped or directed at the local level include: the LaPorte Strong Kids 5K/10K, Taltree Ten, Lakeshore PAWS 5K and dog walk and the Valparaiso Turkey Trot. Each event brings its unique challenges and supports great programs and institutions.

My running career has enabled me to experience challenges and I have been lucky enough to have success at something I truly love! Some highlights include: finishing the Boston Marathon in 2002 & 2010, placing 3rd at the Grand Rapids Marathon with a PR of 3:29 and placing in the top 500 at the Indy Mini.

I have been a part of the Calumet Region Striders since 2003. The Calumet Region Striders has been an important part of my life in so many ways. It has been an extended family and allowed me to have a network of friends that are priceless. How blessed I am to be a part of this group. Which brings me to why I hope you will consider me for this position. I would like the opportunity to share some of skills I have through the committees I have been and still am a part of. From serving on several boards, attending many of the Calumet Strider Events and networking through the running community in NW Indiana, I feel I can help this committee reach its fullest potential. It's the least I can do for such a wonderful organization.

CRS BOARD NOMINATION BIOS

Adult Running Programs:



Deanna Grimes

I have been an active runner for the last 3 years in Northwest Indiana. I relocated here from Cincinnati in 2007 and I think the running community here is amazing. They were so welcoming and have truly become some really great friends. I started running as part of a weight loss routine and now I have run 2 marathons, 1 trail marathon and more half marathons than I can count. I think being a member of the striders is like being part of another family. I am always excited to see others do well or even just get started. I may not be the fastest strider but I am determined to try to find new ways to challenge myself.



Rebecca Kreiger

I dabbled in running in the late 90s when I was still living in Bloomington – ran some 5Ks and even ran the Indy Mini Marathon. However, at that time I didn't know what I was doing – training wise and I didn't take the time to figure it out. Fast forward to 2009...I had just moved home and needed something to do for me. So I signed up to run a half in Indy with LLS Team in Training. The training for that half (and what that training helped me through) sold me on running. Since then, I have grown as a runner – both mentally and physically. Running the Chicago Marathon in 2011 proved to me that I have the mental and physical ability to run 26.2 miles and not as an "elite" runner. I have become involved in the Striders and the NWI Region Runners as the run group leader in Hebron. I would like to see the established run groups grow and also have more run groups established in areas where there are none – especially the more rural areas of Northwest Indiana. I did all of my half training in 2009 on my own and would have loved it if the various run groups had existed then. I also want to

continue to grow the beginner running program that already exists through the Striders. The various run groups located throughout Lake and Porter Counties currently offer the perfect opportunity to foster that growth. One of my goals would be to tap into the vast, supportive and diverse running community that exists in NW Indiana to help inspire others to be more health conscious.

Through my job as Wellness Program Coordinator (at Porter County Parks and Recreation) I have had the opportunity to lead a Couch 2 5K training program for the Turkey Trot this past November. 27 of the 32 participants in the program completed the training and the Turkey Trot 5K. They were all so happy with their accomplishment and that they advanced from running 30 seconds to a 5K in 8 weeks. A few from that group have now signed on for the next group training that begins in January for the Foot Pursuit 5k trail race at Sunset Hill.

I feel that anyone who wants to run as part of a group should be able to go and find support and camaraderie and the adult running groups provided by the Striders and the Region Runners provide that. I have decided to run the Chicago Marathon again next year – feeling confident that I accomplish this goal and receive lots of support and camaraderie from the NW Indiana running community.



Thomas Little

I have lived in Northwest Indiana for over 38 years, now residing in Chesterton with my wife Mary and our two sons Tyler (3) and Trevor (6 months). I attended Purdue University and received a degree in Construction Management in 1999. I am currently the Operations & Digital Marketing Director for Harbor Automotive. I have been with Harbor Automotive for nearly 20 years. I am also heavily involved in their community relations ranging from but not limited to the local Chamber of Commerce, promoting local food drives, clothing drives, and toy drives throughout the year. I am also involved in other ventures such as the Midwest Corvette & Chevy Show, one of the largest Corvette & Chevy car shows in the Great Lakes Region. The Midwest Corvette & Chevy Show allows for a change of pace allowing me to help promote the show, gather sponsors and work with the vendors and spectators.

One of my most recent ventures and being one of the founders is the NWI Region Runners which host several run groups throughout Northwest Indiana working closely with the Calumet Region Strider's, we also conduct several free fun runs throughout the year, and we compete as a team in various races in the Midwest throughout the year. The best part of the group is we have no restrictions, requirements and we are open to any runner, run with one of our run groups, join one of our teams for a race or just follow us on Facebook we are about having fun.

Being active for my entire life in sports and being competitive I signed up to be a Strider in 2011, taking part in Nikki Huber's Popcorn Panic (5 Mile) adult running program and I have been hooked ever since on races. For 2012 I signed up for the Gold Cup Series and have run over 30 races in 2012 ranging from 5K's to ½ marathons. For 2013 I am looking at signing up for the Gold Cup Series once again and possibly the XYZ Trail Series.

For 2012 my goal was to run a race every month, well that ended up being upgraded to running a race almost every weekend and maintaining my training to be able to run a 10K at any time if I so desired. For 2013 it looks like my goal might be to maintain my training to be able to run a ½ marathon at any time if so desired, compete in the 2013 Gold Cup Series (Clydesdale Division), To put together a couple of team running events for the NWI Region Runners, along with building their running group attendance. I would also like to get my oldest son involved in running, which he enjoys running around the yard and in the house with me. I do still have a month to finalize my 2013 goals by the way.

Besides running and the everyday chores around the house, I like to stay active with the family. We like to do as much as we possibly can do with our family. We enjoy a good hike at the Dunes and at the various National Lakeshore trails. Golfing is also a passion of mine, along with boating on Lake Michigan and jet skiing. Pretty much anything outdoors is good for us, and good for the soul. I truly enjoy cooking, cooking for a small group is what I am fond of and if I was to get out of the car business I would be a chef.

CRS BOARD NOMINATION BIOS

Public Relations:



Lisa Moreno

My name is Lisa Moreno and I am from Munster, Indiana. I am the proud mother of two sons (Glen 22 and Justin 17). I have been a member of the Calumet Region Striders since 2005. I became a board member in 2008 as Chair of the Social Events and Sponsorship Committee. In 2011, I was elected to serve as Chair of Public Relations and I plan to run for another term. I have created and currently maintain both the Calumet Region Striders and Junior Striders Facebook pages. I am also in charge of sending out all the email blasts. I always try my best in getting the latest information about upcoming Strider events to the members of our club.

I started running in 2004 as a way to relieve stress. My sister and uncle introduced me to the Striders and I thought it was a great positive group to be a part of. In many ways, I feel like the Striders are my extended family. I have met some of the nicest people through running and I feel serving on the board is a great way to give back to the running community.

I hope you feel that I do a good job for the club and I hope to get your vote. If you have any questions, comments or concerns, please feel free to email me at: lisarunsalot@sbcglobal.net

Youth Running Programs:



Beth Boyer

My family has been involved with the Junior Strider's program for the past four years and currently all four of my children, ages 6 – 13, actively participate. Two years ago I became one of the coaches by helping at practices, planning and coaching at away meets, and helping set up events at Nationals. I, as well as my older children, have volunteered with the Striders at several events. Being involved with Striders, and particularly with the Junior Strider program, has had a positive impact on my family and got us all involved with running. This year I completed more than my 10 gold cup races, along with a couple of my children. I ran track through-out middle school and high school and have recently attended some running /coaching training as well as becoming CPR certified. I have a vested interest in continuing and building on the

strong youth program Sue has put together over the last several years and have enjoyed working closely with her and many of the other coaches and parents. I would like to take a more active role with the Striders by becoming the Youth Running Programs Director and participating on the Board to give back to the organization and help others gain the positive experiences my family has. I have worked in the Food Industry in various sales, business development and leadership roles for the past 20 years. This job experience has kept me well organized and resulted in my doing both short and long term planning on a daily basis. I have a Food Science degree and understand the importance of nutrition in athletics. I would appreciate your support on the ballot in January.



MEET A STRIDER: RAYMOND PIETRZAK

I grew up in Dolton, Illinois, but have lived in Highland for the last 17 years. I graduated from the University of Illinois, majoring in Electrical Engineering and work at ArcelorMittal as a senior software engineer.

I have been a strider since 2005. My favorite race is the Taltree 10. The first time I ever ran it, I started way in the back because I had no idea what to expect as it was my longest race ever. Before the race was half way through, I had passed all the people that I had been training with and finished with a pretty good time.

My most memorable run was the ArcelorMittal 2.5 mile run in early October. It was the first race I ever won outright at 14:20. I also finished 8th overall in the North Country half marathon in Manistee, Michigan this year.

My running goals are to stay healthy, meet great people, and occasionally, win some Bling!!! I have found that most runners are really great people and have made several life-long friends via running.

Besides running, I am an avid biker with over 3,600 miles so far this year. Earlier this summer, I set my p.r. with a 155 mile bike ride from South Haven Michigan to Michigan City and back. I also love down-hill skiing. I normally end up doing 2 to 3 weeks out west each year. I love college football, go Notre Dame, and pro football, go Bears.

MEET OUR JR. STRIDERS: THE BOYERS



PAYTON - AGE 6

What school do you attend and what grade are you in? Lake Prairie Elementary, 1st grade

What is your favorite school class or subject and why? Art because I like to paint

What or who got you interested in running? Brother and sister

How long have you been a Strider member? 3 years

Do you like Track or XC better and why? Track because it is smoother and easier

What is your favorite race or event and why? 2012 Space race because it was my first 5K

Besides running what other things do you like to do? Sledding, horseback riding and playing with animals

Tell us something about yourself that we may not know? I can ski down a mountain without any help

Do you have a pet? Yes, we have 4 cats, 2 dogs, and 4 horses

What is your favorite food? chicken nuggets

What do you want to be when you grow up? Veterinarian

Do you like Track or XC better and why? Cross country because the courses are all different

What is your favorite race or event and why? This year's Cross Country Nationals in Terre Haute because I got to be with my friends and finished 17th in my age group

Besides running what other things do you like to do? Softball, Gymnastics, playing with my dogs

Tell us something about yourself that we may not know? I hate horses

What is your favorite food? Panda Express orange chicken

What do you want to be when you grow up? Neonatal nurse



HUNTER - AGE 13

What school do you attend and what grade are you in? Lowell Middle School, 8th grade

What is your favorite school class or subject and why? Math and History because I like to read about history and learn about math

What or who got you interested in running?

I enjoyed running when playing and my Dad got me interested in competing

How long have you been a Strider member? 4 years

Do you like Track or XC better and why? Cross country because it is harder and longer

What is your favorite race or event and why? Coaches Cross Country Nationals because the competition is good and I have had some of my best races

Besides running what other things do you like to do? Skiing, swimming, and reading

Tell us something about yourself that we may not know? I like to read about aerospace

What is your favorite food? Sushi

What do you want to be when you grow up? Aeronautical engineer



REILLY - AGE 8

What school do you attend and what grade are you in? Lake Prairie Elementary, 2nd grade

What is your favorite school class or subject and why? Gym because we play games and exercise while having fun

What or who got you interested in running? Hunter, Mom, Dad

How long have you been a Strider member? 3 years

Do you like Track or XC better and why? Track because the surface is smoother

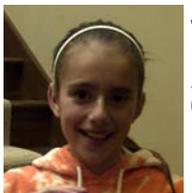
What is your favorite race or event and why? The Rotary Ramble two years ago as it was my first 5K and I got first as well as was the youngest finisher so I received two wooden shoes

Besides running what other things do you like to do? Softball, swimming, riding horses, playing outside

Tell us something about yourself that we may not know? I like to tell my mother if she dresses cute or not

What is your favorite food? Macaroni and Cheese

What do you want to be when you grow up? Gym teacher



JORDYN - AGE 12

What school do you attend and what grade are you in? Lowell Middle School, 6th grade

What is your favorite school class or subject and why? Math and Gym because I am in the advanced math class and I get

to exercise in gym

What or who got you interested in running? Hunter, my parents, and Jeff Mescal

How long have you been a Strider member? 3 years



