



## PRESIDENT'S MESSAGE

I have been thinking about what I would write for my final Instep message as your President. Let me start with, it has been an honor & privilege to serve as your President. I have been blessed with so many new friendships and opportunities and have so many amazing memories over the past eight years on the CRS Board (two years as Vice President and six as President). Thank you to everyone who has inspired and motivated me over the past eight years. I appreciate all the hard work and dedication that everyone has put in making the Calumet Region Striders become Northwest Indiana's Premier Running Club. I wish the new Board much luck & success!

Hats off to Linda Ramos & her committee for putting together a great Gold Cup Banquet. It was a fun night and as always nice to see everyone with family members all dressed up. You have done an outstanding job as Social Chair, you are very creative at coming up with new events!

As we head into some of the season's coldest months, it is sometimes hard to stay motivated for those of you who are anti-treadmill or as some say outdoor runners. You may want to try some core and strength training a few days a week or spin classes until Spring arrives and you can get back into your routine of weekly runs. While running outside, be sure to use Yak-Tracks to avoid slipping on black ice and injury. We do have many group runs in both Lake & Porter counties that will continue to take place over the Winter months. You can find locations and times on our web site and face book.

Once again The Chicago Marathon is expected to sell out much faster than in previous years. Race officials are predicting some time before early March. If you are thinking of participating, running with a group really helps to keep you motivated from start to finish. The 18-week training program is easier to follow when you do it with a group. OE has an amazing marathon team. Training takes place in both Lake & Porter counties. They provide coaching from certified coaches, moral support, group runs, pre- and post-race day parties, team shirts, transportation on race day, and a team tent in Charity Village (with their own porta potties and massage team). No need to gear check your stuff as it is safe to leave it at the OE tent while you journey through the streets of Chicago. This will allow you to avoid waiting in a line after you complete the Marathon to get your change of clothes once you are finished running. If you are thinking of participating, this is the BEST way to get yourself prepared! Once the Marathon has filled your fundraising commitment increases, so sign up now! If you missed Opportunity Enterprises (OE) call outs you can contact Alysa at [alyse.kominakis@oppent.org](mailto:alyse.kominakis@oppent.org) for further details.

A marathon seems to have become the latest vogue challenge for fitness-minded people across the globe. Sure 5K's and 10K's can be challenging but there is something about the 26.2 miles that tempts the masochist in all of us. Plus being part of the 1% of the national population tartans BOASTS a COMPLETED marathon can be pretty cool too.



### 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



### XYZ SERIES RACES:

**Foot Pursuit 5K—  
 Sunset Hill Park**  
 March 2  
 9:00 AM  
 Valparaiso, IN

### SPONSORED RACE SCHEDULE:

**Valentine's Day 5K**  
 February 10  
 10:00 AM  
 Valparaiso, IN

## UPCOMING STRIDER EVENTS:

**Board Meeting**  
 February 14  
 6:30 PM  
 Portage YMCA  
 Portage, IN

*"One day your life will flash before your eyes,  
 Make sure it's worth watching"*

Stride ON!  
 Michele



### INSIDE THIS ISSUE:

11th Annual 10 Mile Run	2
This & That	2
Huff Run Race Report	3
Meet A Jr. Strider	5
XYZ—Where are you?!	5
Sponsorship Program	5
2013 Gold Cup Schedule	6



**THE 11TH ANNUAL 10 MILE RUN**



The 11th Annual 10 Mile Run (formerly held at Taltree Arboretum & Gardens) will be held at the County Line Orchard, 200 S. County Line Road, Hobart, Indiana on Sunday, April 21, 2013 @ 8:00 AM.

This is going to be the same great race with a new face. This event consists of an approximate 7mile run on the county roads with the last 3 miles taking place on the trails of the apple orchard.

If you are preparing for a late Spring or Summer Marathon, and/or simply want to get in a quality long run, then this is the event for you. The road portion of the course is flat and will be fast. The trail portion is going to wind in and around the south west portion of the Orchard's property. The event proceeds will benefit the Strider youth programs and scholarship fund.

Finisher medals - Yes! Age Group awards - Yes!  
Refreshments will consist of the Orchard's famous apple spiced donuts, cider, and pancakes!  
Facebook page coming soon!



**THIS & THAT** BY ALL OF YOU

Calumet Region Striders to be a vendor at the 1st Annual Porter Couty Youth Expo, February 23 & 24, an exciting two day event! Great opportunity to view, scout, and register for leagues, programs, and learn all about youth sports opportunities in NW Indiana. Come register for Strider Track & Field. Saturday 9-6pm; Sunday 10-3pm.

Come to a trail running clinic and learn what it's all about. Organized by Mary Zemansky, newly RRCA certified running coach. Time and place to be determined. Stay tuned!

**ATTENTION! INSTEP SUBMISSION DEADLINE**  
THE DEADLINE FOR SUBMISSIONS FOR THE MARCH 2013 INSTEP IS **FRIDAY, FEBRUARY 15, 2013 .**  
EMAIL THEM TO **INSTEP EDITOR AT HRFORTMANN@YAHOO.COM** WITH "INSTEP SUBMISSION" IN THE SUBJECT LINE.



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**NOMINATIONS, BYLAWS, & DISABLED RUNNER FUND**  
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## RACE REPORT FOR THE HUFF 50K— 7TH OVERALL, 1ST AGE GROUP, 4:17:50

BY JOHN BORMAN

Trail-tastic good time at the 2012 Huff 50k race at the Chain O' Lakes State Park in Albion, Indiana. I had really big goals for this race and hoped for a really high placing in the top 5. My training was great leading up to the race and my legs felt fantastic. I would learn that I need to do more longer runs and make the longer runs longer. I was really nervous for the race because of the expectations I was putting on myself.

We arrived at the park around 7:00 AM for the 8:10 AM start. We were directed towards a back parking lot by a couple of volunteers away from the close parking lot that I parked at last year. My mom and Marie Fessler were with me. Marie ran on a relay team and did awesome. After parking, I made them wait in the car while I went to see how far the main tent was. I followed the signs down a snowy trail that felt like a half mile. When I saw how far it was, there was no way my Mom would have been able to walk back and forth down it. I ran up the hill to the closer parking lot and asked the guys why I couldn't park there while other runners were parking there. Explanation, "logistics". I told them how my Mom is 65 years old and she would have to sit in the car all day if we couldn't park there. The guy said it was not a problem. So I sprinted down the dark, ice covered roads in between cars back to the extremely out of the way parking lot. Got the car, pulled into the close parking lot and by that time it was almost full. I was a little ticked about this. It should always be first come, first served.

My mom was going to be my support crew. I had a bag filled with extra long sleeve shirts, gloves, socks, hats, shoes, shorts, gels, water (mixed with Nuun) and a few other things. I had to show my mom where to be when I came around for the halfway of the race in case I needed anything. It was still dark and the road was icy and snowy. So the walk down the hill to the tent area was extremely slow. Showed her the area and then took her into the tent so she knew where she could warm up. While in the tent, I saw lots of friends and talked to a few. It was 7:30 AM and I needed to get ready. Before we went into the tent, there was no lines for the restrooms. When we came out of the tent (10 minutes later) there were at least 8 runners in every line. After using the restrooms, I needed to walk with my mom back to the car up the hill. By the time we got there, I had about 10 minutes before the race was about to start.

I changed into my running gear quickly, but couldn't find the gloves I wanted to wear. I panicked a little and decided to go with the cheap gloves I had bought at Menards the day before. Calmed myself down and headed to the start line. When I got there, I noticed the relay and loopers hadn't started yet. The race director was correctly waiting for more runners to be ready. Usually I hate late starts, but this was extremely understandable. Back in line for the restrooms for me. While in line, one of my running friends, Norm, was a few people in front of me. He didn't see me. He made a comment to a runner next to him about how he didn't understand the runners who were wearing shorts. He also said, "It's always the fast runners too". I was wearing shorts. That made me laugh and relax a ton. I used the restroom and went back to the start line.

The race started. Not twenty meters into the start, the leader went the wrong way. Unlike last year when we had to run up the road before going onto the trail, they had us run into the grass around a few trees and then onto the trails. The runners who went a little out of the way cut over onto the trail. Because of that, I was almost tripped up by every Huff runner's favorite dog, Ringo. His owner ran right behind me, but the leash was really long and got tangled in my legs. I almost went down, but somehow regained my balance. Gave Ringo a little pat on the back and did a little surge to get around them. Made me feel like a kid playing in a snowy field, but then again, I was. Tucked myself at the back of the lead pack and headed onto the trail, the very snowy trail. When we made the second turn on another trail that only the Ultra runners were going to run, the snow got very deep but somewhat fluffy. It was about 3-4 inches or so, but made the running harder. Three guys had established themselves as the leaders and another guy was in 4th with me about 10 meters behind him. I could see the first three throwing surges at each other to make a break. Don't know why they were doing that so early in the race. I tried pulling up to the runner in 4th, but every time I did, he would look at me and throw in a surge himself. I wasn't in a racing mood this early in the race and just wanted to keep a comfortable pace. So I let him go off. It was crazy how familiar the course looked from last year. Well, except it was muddy and flooded last year. But I remembered the hills and turns like I had ran there many times. It made me feel real comfortable. I looked back a lot to see if anyone was coming from behind. I really wanted someone to run with. The ground was very uneven and running through the snow was making it a little tough. Since there were only 4 runners in front of me, we were basically trailblazing through the snow. Just a few miles in, I was very happy I had bought the Salomon Cross 3's at Extra Mile this past week. The traction on the bottom helped on the turns and up hills.

Just after 5 miles, I hit the ditch and hill up to where the trail intersects with the relay and loopers. Last year, the ditch had waist deep water and for me it was the worst water we had to run through. This year, it was about 3 inches of snow. Got to the top of the hill and made the turn on the trail. With all the runners that had run on this part of the trail, the snow was packed down and really easy to run on. The bad part, the packed snow was only about a foot wide, so every time I had to pass a runner I had to run into the deeper snow. I counted 6 runners that moved over so I could pass and I really appreciated it. I was thrilled though that I had runners around again. I had been running alone for the last couple miles. It was also motivating that I was passing all of them.

For the rest of the first loop, I stayed at a 7:40 pace and felt fantastic the whole way. The volunteers throughout the course were great. Not once did I not know which turn I needed to make. The water stops were also nice and the volunteers were very supportive. I did think about a lot of things that first lap since I was running mostly alone. One thing that cracked me up was about the flags. The Ultra runners had to follow pink flags and the loopers and relay had to follow green. I was thinking how I should have been following green since I went to Valpo and the school colors are green and white. But I made myself laugh when I thought of the pink flags. The pink flags represented Portage, because their school colors are red and white. So I was telling myself I was passing the little girly Portage runners. Just one of the many goofy things I was thinking to myself.

I finally reached the main tent at the halfway mark. Right before I got there, I saw my mom with my bag. I decided I was just going to change my shirts and gloves. While still running



(Continued on Page 4)

## RACE REPORT FOR THE HUFF 50K (CONTINUED FROM PG 3)

I took off my tech short sleeve shirt which had my bib number on it. When I stopped, I quickly pulled off my other shirts and let my mom know what I needed. I changed shirts and then changed my gloves. I grabbed my gels to run with and took a really quick drink of my Nuun. While doing this, three runners passed me up, but I saw the first two go into port-a-pots. It might have taken about 1-2 minutes to get everything done and then took off for my second loop. At this point, I was still in 5th place because one runner dropped out and the two guys that used the restroom were still behind me. It didn't take long for the those two to catch me. About 2 miles into the second lap, I saw my friends Jeff and Dave, who were cooling down after the relay. They gave me a few words of encouragement. I was feeling really good at this point. The snow was no longer deep, but it was packed down and in some spots slippery. I still had a 7:40 pace which I had for the first loop. My goals felt like they were in reach. Then the two guys that I had gone to the restroom at the halfway passed me by. Both said good job and one asked how far the next guy was. So I pointed about 50 meters up the trail at the guy who we thought was 5th but was actually 4th. One of the guys told me to run with them, but I said I was conserving my energy for the last few miles. I kept them in sight, but let them go ahead. The trails at this point were getting muddy and slippery in spots.

About 6 miles into the second loop, I was feeling pain at the bottom of both feet. Near the front of the foot, I could feel the little stubs pushing on my feet every foot strike. I tried to ignore it, but as the miles went on, it felt worse and worse. I was also feeling pain on my right pinky toe. I had blistershield on and 99% of the time I don't get blisters. (After the race was over, I saw that I had a massive blood blister on my pinky toe and when I turned my socks inside-out, that was the only spot that didn't have any white powder on it). I decided that I would adjust my socks at the next water stop, which happened to be the one with all the treats. I grabbed a couple pretzels, drank a few cups of Gatorade and even a cup of Pepsi. I sat on a bench. I noticed that one of the guys drinking water was one of the guys that had passed me earlier. He was eating a baked potato and getting advice from the volunteer. It was his first ultra and he was hurting bad. I took one shoe off and adjusted my sock and then did the other one. The whole time while doing this, the race photographer was taking pictures of me. Can't wait to see how bad I look. I tightened my shoes, grabbed one last cup of Gatorade, and rang the aid station bell as I ran off. As I was running down the steep hill, the guy that was hurting at the aid station went flying by me like we were finishing the race. I let him go, but I was still feeling great. A little tired, but that is normal after running so many miles.

So I kept plugging away at the trails. I noticed I was going a little slower up the hills but felt fine going down and running the flats. Up ahead, I saw the two restroom boys walking. As I went by them I said keep it up and kept moving forward. I honestly felt bad that they were walking and wanted to help. But I also knew I was in 6th place now (was actually 5th, but I still didn't know someone had dropped out). One of the guys came up behind me about a 400 meters late and instead of flying by me, he slowed and ran along the side of me. He asked if I knew how much further we had to go and I told him about 7 miles or so. He asked again because he thought I wasn't telling the truth. When you are hurting, you want it to be over with.

The two of us ran together for the next 5 miles. We talked the whole time which made the race go by faster and learned his name was Derek. But it was also messing with my pacing. He would pull a little ahead on the flats and on the downhills and uphills I would pull away a little. It was his first and my second Ultra, so we both really didn't know what to expect. I did get a little intimidated when we were comparing PR's. He had just ran 15:10 5k just a couple years ago. I knew if it came to a kick he would destroy me.

A little after 27 miles, I crashed into the running wall. We started heading up a long hill and I thought this would be the perfect spot to drop him. But about halfway up the hill, I started walking. Derek also started walking. We were both dead tired. He asked how were we going to get to the finish. I told him that we needed to take the hills really easy and make up time on the downhills. It sounded good to me in my head. For the next 2 miles, we walked and ran together in a total struggle to get to the finish line. While running up one of the bigger hills, I decided to pick it up a little because I thought this was the hill with the water at the top. When we reached the top, I realized it was the next hill and I started walking. I was defeated mentally and told Derek to go on ahead and that I was done. I even walked the next downhill. I saw Derek run off and never saw him again. I looked at my watch and saw that I was walking at 16:35 pace. Wow, that hurt mentally. I had only 2 miles to go at this point. I tried my best to run and walk as fast as I could. With about 1 mile to go, a runner passed me. I tried to go after him. When I increased my pace, I had nothing and ended up walking more.

I finally reached the last road I had to cross and could see the finish area on the other side of the lake. As I went through the water stop, a woman asked if I needed Gatorade. I didn't answer. Just kept concentrating on running forward. I felt like I was being rude, but kept going anyway. I crossed over the short boardwalk. The trail on the other side was really slick with snow and mud. I heard someone yell my name from a car and looked up. It was Bret Pete leaving. I got a little boost of energy and picked it up a little. I crossed a little parking lot and then back onto the final trail section. Up ahead I heard someone yell for me to pick it up. I thought it was some stranger until I got close enough to see that it was Bill Stalhandske. He was saying encouraging words, but I had no idea what he was saying. He started to run next to me. I used everything I had to keep moving. I tried pumping my arms to make myself go faster. The finish was getting close and I could see a lot of friends cheering for me. They were saying things, but I really couldn't hear them. I was in survival mode. I did hear Bill tell me to pick it up and finish strong. Little did he know, I was in all out sprint for what I had left. Made the final turn and ran across the finish line. Some volunteer asked me a question but I had no idea what he asked. I did hear him tell Bill to make sure I was ok.

After getting the finisher medal around my neck and the tin-foil put around my back, I walked straight out of the chute. Lots of friends were hanging around the finish line waiting for their relay teams. I heard many of them tell me good job and other stuff like that. But I wasn't happy. I missed my goal by over 17 minutes. I didn't place in the top 5. I failed in my eyes and I didn't want anyone to see me fail. Bill helped me to the main tent and we found a place to sit. He brought me some hot chocolate and I sat there thinking about the race. After a few minutes of warming up, my attitude started changing. My goals weren't met, but I still ran well. I placed 7th Overall in a competitive ultra race and only after my second time doing an over marathon distance. I became happy and proud of myself. I knew right then that I would do more Ultras and longer Ultras.

It was so great having my mom there. She was very supportive just like she was back in high school when she came out to almost every race. Marie was great too. She ran on a relay team and ran the hardest race she has ever done and did really well. With how many NWI runners that went to the Huff, it almost felt like a local race. Everyone cheering and helping each other out. So many runners did really well and showed how tough we are in this area. When you train at the Dunes, you become tough. Thank you to everyone that encouraged me before, during, and after the race. I learned what great friends I have. I also learned which friends are not encouraging and know not to count on them in the future. I let things like that affect me way too much and I need to let it roll off. But I guess I've learned that they really aren't friends if they don't say good job when you need it. I know that is kind of negative thinking, but I learned how much that can affect you during an Ultra mentally. I can't wait to decide which race I'm going to do next and I'm going to use the experience from this race to help me do even better in the next. Thank you to everyone and awesome racing to all the runners that did the Huff. Can't wait for the Huff 50k in 2013!

## MEET A JR. STRIDER: BRI-ANNE ANDRIESSEN

**What school do you attend and what grade are you in?** Griffith High School-Senior and I am a Student Teacher for 1st grade at Wadsworth Elementary

**What is your favorite school class or subject and why?** Science-Because there is so much to learn

**What or who got you interested in running?** My Nana ( Michele Hale)

**How long have you been a Strider member?** Since 2004

**What is your favorite race or event and why?** Valentines Run when Coach Sue came and found me having a snowball fight during the race with my cousin Alex Diaz and Lyndsay Norrick, Everyone was waiting for us to finish.

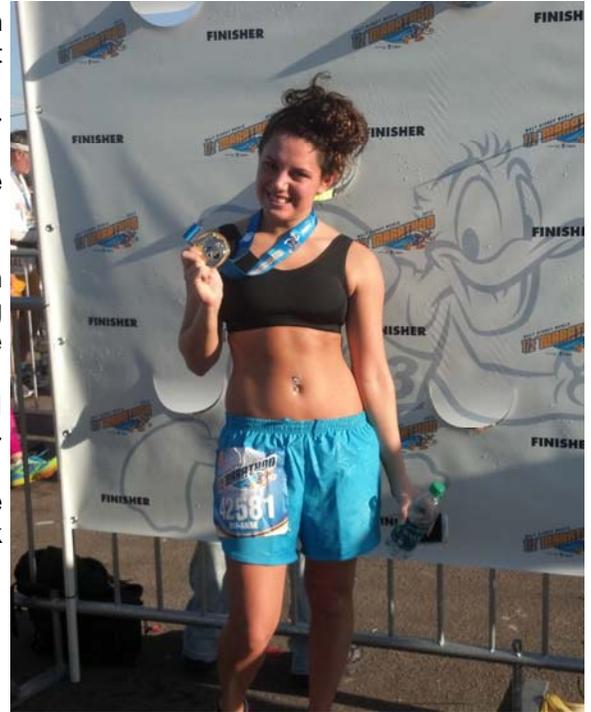
**Besides running what other things do you like to do?** Dive (I dive for Griffith), read and take photos (one of my other favorite subjects)

**Tell us something about yourself that we may not know?** I once read 7 Harry Potter books in eight days while still managing to work full time.

**Do you have a pet?** Yes a Stratford Terrier named Sadie

**What is your favorite food?** Pasta

**What do you want to be when you grow up?** Anesthesiologist



## XYZ— WHERE ARE YOU?!

MARY ZEMANSKY

Those of you who know trail running know the more casual approach to race management that we embody. While we intended to have an XYZ schedule finalized for this month's Instep, we couldn't get all the RDs to confirm their info by the deadline. So....either email us and let us know your intention to sign up for the series, or show up at the first event (Foot Pursuit on 3/2) or the second one (Sarett on 4/6) and sign up then. Bring a check for \$20 or cash. Such a deal, no price increase! You'll still need to complete 7 races to qualify for the competition, but you can always choose to come and run at any event. As long as you sign up on or before the day of the event, you can count that race. Come and check us out. Or come back. We welcome all. Website info will be updated as soon as we can get to it.

Questions:

drmaryzemansky@sbcglobal.net,  
or call 219-805-8612.

## CALUMET REGION STRIDER SPONSORSHIP PROGRAM

**Advertise your business with the Striders and become a sponsor. We have different sponsorship levels.**

### SPONSORSHIP PROGRAM

#### Platinum Sponsorship \$1,000

Unlimited advertising of all your running related events as approved by the Board  
advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement with link to your site for one (1) year  
Display of brochure in display rack at all Gold Cup Events including races and fitness fairs  
Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet  
Sponsorship plaque presented at Gold Cup Series Banquet

#### Gold Sponsorship \$500

Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement with link to your site for one (1) year  
Display of brochure in display rack at all Gold Cup Events including races and fitness fairs  
Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet  
Sponsorship plaque presented at Gold Cup Series Banquet

#### Silver Sponsorship \$250

advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement for one (1) year  
Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet

#### Bronze Sponsorship \$100

Business name, location, and one method of contact listed quarterly in the Calumet Region Strider INSTEP Newsletter  
Complimentary calendar year Calumet Region Striders membership

#### INSTEP Sponsorship \$150

one time advertisement in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement for one (1) month  
8 ½" x 11" standard weight paper insert folded in half into INSTEP Newsletter for edition sponsored  
Display of brochure in display rack at all Gold Cup Events including races and fitness fairs

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## **CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?**

JOSE LOPEZ, GOLD CUP CHAIR

Well the race season has begun with the New Year Resolution Run. Our Gold Cup Series will kick off on March 9th with the St. Paul Spirit Run 5K. I would like to touch base on the Gold Cup Series for the upcoming season. I have heard both good and bad about the series. This being my second year as Race Coordinator for the Striders, I and my committee put this series together for a few reasons. First, I was a member in 1984 and ran the Gold Cup Series until 1990. I rejoined the Striders in 2009 and since have been in the Gold Cup Series. I also have 3 generation of runners in the Calumet Region Striders, my children who ran in the 80's and now my grandchildren.

The craziness of this schedule reflects back to the 80's. I remember my children had to complete 7 Gold Cup Races out of 20 to be eligible for an award competing in the 14 & under age groups. Thanks to Coach Sue and the Board who started the Jr. Striders, this has been corrected for the younger runner. We do not encourage that parents push their children to run more races or compete in longer distances. I know from experience (had my daughter at the age of 10 trying to run the Calumet City Marathon and her body was not ready and she did not finish).

The watered down version, as some runners might call it, is in no part to make it seem that way. We are offering

more races for the runners who cannot have weekends off to complete their 10 races in the Gold Cup Series. There are some new races this year and we are looking for more new ones for 2014. This year I did not compete in the Jim Cox award but I ran in about 37 plus races. So, those who suggest the schedule contains too many races, should reflect on how many races they completed in the last year.

This being our 35th Anniversary as the Calumet Region Striders Running Club we are offering any member who completes 35 out of the 40 races (excluding the Chicago Marathon) will be recognized. The Jim Cox award is still available for those who want to attempt the 10 races.

On a final note, start keeping a log of miles you have run since January 1, 2013, we will not have a Long Distance Series this year. I am starting the THOUSAND MILE CLUB. It will consist of an honesty program. You will be recognized at the 100 mile, 500 mile, 1000 mile, etc. for the year. I believe this will recognize the Jr. Striders and runners who like patches for their hard work.

Any questions for comments, please feel free to email me at [gunnylopez@sbcglobal.net](mailto:gunnylopez@sbcglobal.net).

***Run to have fun!***

Jose(Gunny) Lopez, Semper Fi

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

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