



PRESIDENT'S MESSAGE

Greetings Striders!

This month's article will be a little shorter than usual as I am on a much needed family vacation. When I first started to run marathons, I would look for races in a convenient venue that was modestly priced. Generally these were the large populated marathons. Then register for the race, pay and I was in. No wait, no stress, no concerns. Then the accelerated training period began, to get ready to perform my best marathon run ever. Recently we have experienced a problem with members trying to sign up for one of the 45,000 entries to the 36th annual Chicago Marathon.

Registration opened on Tuesday February 19, 2013 at noon, and we were off to the races, figuratively. Thousands of people around the World, perhaps a hundred thousand, and runners of all marathon ability engaged in a frantic attempt to complete registration, and garner a limited spot in one of the several corals for the October event. It was as if gaining acceptance was the same as winning the lottery, or no less, a "Golden Ticket" to Wonkaland.

So heavy was the concentration of registration attempts in such a short time that a glitch with the race's registration website thwarted some runners who tried to sign up Tuesday, the opening day for registration. Some people tried for hours, made it to the confirmation page and then were told the registration failed. Still others made multiple attempts, only to have their credit card charged multiple times. Frustration, stress, anxiety were at a fever pitch.

So overloaded was the online registration system, race officials had to suspend further registrations and work out a solution. In the end race officials worked out a lottery system for the last 15,000 entries. Fortunately, that process ran smoother and without incident, and all the hype and push to hurry and register or be left out of the race was not overshadowing these signups.

I think there is a moral to the story here. There need to be some changes made. Is it right to hype a race, in February, that is run in October, eight months later? Everyone and everybody appears to have put the Chicago Marathon on their bucket list. Ten to fifteen per cent of registrants don't show up on Marathon Sunday. What a waste. Some very inexperienced or not experienced people feel that they can sign up now to race and then train and proudly finish the race. Others don't even care to run. They just wing it. I suppose that explains why I witnessed hundreds of runners walking from 31st and State to the Finish line in 2011. It is truly frustrating, especially if you are a dedicated runner like our members, only to be left out in the cold or pay out \$175.00 months in advance of the race.

For our purposes the Chicago Marathon has been a traditional race on our Gold Cup Series. I would like to see this continue. However, as a result of what has taken place with this year's Chicago Marathon registration process your Board will be taking a look at the possibility of other options, and we welcome your written



GOLD CUP RACE SCHEDULE:

Dyngus Day Dash 5K
 April 1
 6:00 PM
 Michigan City, IN

Ringling In Spring 5K
 April 6
 9:00 AM
 Valparaiso, IN

Hammond 10K Charlyt Run
 April 13
 8:30 AM
 Hammond, IN

Crossroads of Northwest Indiana Half Marathon
 April 14
 7:30 AM
 Lowell, IN

Spring Fling 5K Ramp Run
 April 20
 9:00 AM
 Hammond, IN

County Line Orchard 10 Miller
 April 21
 8:00 AM
 Hobart, IN



XYZ SERIES RACES:

Sarett Spring Stampede 5K Trail Race
 April 6
 9:00 AM (EDT)
 Benton Harbor, MI

Potato Creek Half Marathon
 April 27
 8:00 AM (EDT)
 North Liberty, IN

INSIDE THIS ISSUE:

This & That	2
VP's Corner	3
Jr Strider News	3
Come Sail Away	3
2013 Gold Cup Schedule	4

PRESIDENT'S MESSAGE (CONTINUED FROM PAGE 1)

suggestions. For this year there will be no changes to the Gold Cup Series regarding the Chicago Marathon. We regret the fact that any Strider was not able to gain entry into the 2013 marathon. Kindly look at other options, perhaps locally, if the marathon is a race important to you.

In terms of our Jim Cox Series and the 2013 Chicago Marathon, here is the Board's official position.

TO ALL 2013 JIM COX AWARD PARTICIPANTS

In light of the recent issues that occurred during registration for the 2013 Bank of America Chicago Marathon, the Strider Board has decided that if you were unable to register or were not selected in the lottery draw to participate in the 2013 Bank of America Chicago Marathon, you will be allowed to substitute a different marathon of your choice. HOWEVER, the marathon of your choice MUST take place between September 1, 2013 - December 7, 2013. NO EXCEPTIONS! This one-time only change does NOT apply to Gold Cup participants who are only competing for Gold Cup points (i.e., your best 10 race times). This one-time only change is solely intended for persons who wish to complete ALL the races in the 2013 Gold Cup Schedule (i.e., The Jim Cox Award).

SEE YOU AT THE RACES!

FRANK



THIS & THAT

BY ALL OF YOU

ATTENTION!!! Please contact me to pick up your 2012 trophy!!

To all Strider's who completed the 2012 Gold Cup series, but did not attend the banquet. We have many trophies that need to be picked up. Because of the volume of trophies, we cannot possibly transport them around from race to race as we have in the past. We are asking you to please email Linda Ramos at plymouth71@comcast.net with "trophy" in the subject line to make arrangements to pick them up. If you will be at one of the GC races, we can bring it that day. Thank you for your cooperation. We think you will enjoy this year's pick!!!

The following people have trophies waiting:

Joe Rodenbucher—Hank Aguilera
 Bob Szwet—Darby McGrath
 Duane Hibbs (2 trophies) - Robert Alt
 David Wolfe—Dave Gaughan
 Marvin Jordan—Israel Toledo
 Larry Spaeth—Mike Wilson
 Percy Pompey—Larry Bigler
 Chanbo Sim—Dakota Merkel
 Carl Frey

ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR
SUBMISSIONS FOR THE
MAY 2013 INSTEP IS
FRIDAY, APRIL 12, 2013.
EMAIL THEM TO
INSTEP EDITOR AT
HRFORTMANN@YAHOO.COM
WITH "INSTEP SUBMISSION"
IN THE SUBJECT LINE.



BOARD MEMBER EMAIL ADDRESSES



OFFICERS:
PRESIDENT
Frank Johnson
 fdkjohn@sbcglobal.net

VICE PRESIDENT
Robin Benson-Harvey
 vp@calstrider.org

TREASURER
Cecilia Bernal
 jcbernal@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

**YOUTH RUNNER PROGRAMS
& SCHOLARSHIPS**
Beth Boyer
 bfulmerboyer@yahoo.com

**NOMINATIONS, BYLAWS, &
DISABLED RUNNER FUND**
Jim Raymond
 jwilliam10@yahoo.com

ADULT RUNNING PROGRAMS
Deanna Grimes
 grimesdee@gmail.com

APPOINTED:
WEBMASTER & STATISTICIAN
Jeff Mescal
 mescal@netnitco.net

INSTEP EDITOR
Holly Plew
 hrfortmann@yahoo.com



VP'S CORNER

ROBIN BENSON-HARVEY

Greetings from the back of the pack. The Gold Cup Series is off and Running. It was so nice to see familiar faces again. I have to mention that I saw Dennis Rotz in street clothes at the St Paul Spirit Run. He has officially ended his go at the Jim Cox Award after 10 consecutive years. Hats off to you Dennis, you are amazing, and we wish your knee a speedy recovery.

The winners of the Striderwear raffle at the St Paul Spirit

Run were MorningSun Kelly & Taesa Stock, congratulations! Remember to wear your Striderwear to the GC races. As our club grows it is harder to get to know everyone. It helps if you're wearing Striderwear so we know you are a CRS member.

Now we have the "Fun Award" of Striderwear King, Queen, Prince and Princess for our members who are always proudly wearing their Striderwear. Also, come by the Strider table and show us your Striderwear and enter into the "I wore

my Striderwear" raffle. We choose two entries at each GC race and the winners receive \$2.00 in Strider Bucks by mail and are announced in the Newsletter. All raffle tickets are kept until the Gold Cup Banquet where two are pulled for a free Strider Family Membership.

SEE YOU AT THE RACES!

ROBIN



JR. STRIDER NEWS

BETH BOYER

Our track season is quickly approaching. We are planning on starting practices the first full week in May with Porter County practices starting on May 6th and Lake County practices starting on May 7th. If you have not yet signed up for track, please do so as soon as possible. You can sign up online or there are forms at any of the Gold Cup Races. We have a new Junior Striders Calendar on the Striders website. Please look at that for the most up – to – date information on the practice schedules and times. Our first two weeks will be focusing primarily on conditioning. As always, if your child is running in middle school or high school they do not need to attend practice until their school season is over.

Our Junior Striders track program is for

all levels of runners and all types of track and field events. We will be working to offer something for everyone from the kids who just want to attend practices and not compete to those who want to travel a couple of hours and compete several weekends this Spring and Summer. We will be posting events on the Junior Striders calendar that are within the State of Indiana or Illinois with these events being optional and not mandatory. There will not always be coaches at all of the meets, but we want to give people options. The events will range from local Hershey meets that are free of charge to AAU and USATF meets that require membership and /or entry fees. Due to some changes at AAU, we will not be hosting our usual AAU District qualifying meet over Father's Day weekend. Please keep an eye on the calen-

dar for other events. We will be holding parent and participant informational sessions at one of the practices in May in each county to go over the various sanctions, events, etc. as I know it can be confusing.

We have our first event that benefits the Junior Strider program taking place on April 21st at County Line Orchard in Hobart, IN. We are looking for both adult and kids to volunteer for a 2 -3 hour shift. Please go to the event website, www.countylineorchard10m.yolasite.com / to sign up to volunteer on line so we can get a count. Please put the shift you are doing in the box at the bottom. Since our program is made up of volunteers, we really need your help at this and/or the Friendship Race on July 17th in Highland, IN.



COME SAIL AWAY AND GET YOUR RUN ON!

I am putting together a cruise for Runners & Non Runners. The cruise will take place aboard Royal Caribbeans Jewel of the Seas. The ship sails Feb.15/2014 from San Juan Puerto Rico. There are 5 ports of call. St.Thomas, St.Croix, Antiqua, Martinique and St.Lucia. An Inside Cabin Cat. L is \$749.64 per person this includes taxes and Port charges. An Inside Quad Cabin Cat. K is \$659.64 per person this includes taxes and Port charges. A Balcony Cabin Cat. E3 is \$1029.64 per person this includes taxes and Port charges. Gratuities are \$81.55 per person, (for the week) this will be charged to your credit card at the end of the cruise. They do this so that no tipping is required during your stay. All meals are included. Drinks are extra. Wine pkgs. can be purchased along with pop, water and juice pkgs.

There are Wine Pkgs. they start from \$125.00 and up this includes 5 bottles of wine. You choose from the wine list. They also have pails of beer specials. I am going to check for a drink pkg. They were talking about setting one up. The other drinks start around \$5.00 and up. They usually have a drink of the day.

All races will be from 5 to 10k. All races begin first thing after we port. This gives you the rest of the day to explore the Island. All of our races have runners and walkers. We have support for both groups. In the past some of the races have had first aid support. That is up to each Island. We always have local runners join our races. This gives us the opportunity to get to know the people of the Islands and allows us new friends for the future. All routes are well marked and we always have people sweep the route to ensure we

all get in.

With the 5 ports of call and the earlier run in San Juan we have six great runs planned for you, but it does not stop there. We have the World's Best 10k in San Juan. This race is on Sunday February 23, 2014. This is a must to run... Great race over the bridge. 10,000 plus.

It is only a \$530 deposit to hold your room which is REFUNDABLE if you cannot go for any reason. The final payment is due November 26th, 2013. It is more than 1 year away but that will give everyone plenty of time to get ready. I have reserved 20 cabins and we are nearly half full. Please contact me as soon as possible to secure your spot at Laluna3@aol.com.

STRIDE ON!
Michele Hale

NON PROFIT ORG
US POSTAGE PAID
GRIFFITH, IN
PERMIT NO. 225



CRAZY OR WATERED DOWN 2013 GOLD CUP SCHEDULE?

JOSE LOPEZ, GOLD CUP CHAIR

If you follow hockey everyone knows the Black Hawks winning streak came to an end. Our Jim Cox streak also came to an end! Yes, Dennis Rotz sat out the first Gold Cup Series race due to an injury! He was still at the race to give support to his wife and fellow runners. I think he is sitting out a year to start a new streak next season. Wish him a speedy recovery and back on the road.

It was great to see all the runners especially the young members (60+) greeting each other and thankful they are still running. There are a total of 102 Gold Cup members that are still in the running for the Jim Cox Award, we shall see how many continue to stay on for this challenge.

The board voted on offering any member who is planning on completing the Jim Cox series another fall marathon of choice between September 1 through December 7th. This was due to the Chicago Marathon going to a lottery after their website was shut down. So if you did not get into the Chicago Marathon and are planning to complete all 39 races this is for you. However, the marathon you choose will not count toward the Gold Cup points.

At every Gold Cup Race minus (Sunburst & Chicago Marathon) we have a table. I am looking for volunteers to help me at the table. Basically we talk to fellow runners about membership into this wonderful club. You can also leave your gear at the table, pick up race applications for upcoming races or simply ask how we can become a better running club and tend to our running needs. Finally, I stand corrected on our anniversary of the Gold Cup series. This is our 35th season! Thanks to Bob Hooper for his historian information. Bob was kind enough to share the first Gold Cup Series schedule and knowledge of the history of the Striders. In 1978 the Calumet Region Striders started with 19 members since then we have grown to 600 members as of today, The Gold Cup Series started with 10 races to the present 39 races. One more point of interest, in 2008 our own Karen Nagel ran the Jim Cox (30 races) and placed first in her age division in all 30 races (Gold Cup Series).

So come by the table,
talk to the young members and give a hand!

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