

FRANKLY SPEAKING



GOLD CUP RACE SCHEDULE:

**St. Paul
Spirit Run 5K
March 8
9:00 AM
Valparaiso, IN**

**Runnin' With
the Irish 5K
March 15
9:00 AM
Chesterton, IN**

**LaPorte YMCA
10K/5K
March 22
9:00 AM
LaPorte, IN**

What a winter we are having! How many of you are tired of this snow and freezing temperatures? I know I am. I am sure most of us are still out there getting some miles in, but if you are like me then you are itching for those running shoes to really start hitting the dry pavement. Although, now is a good time to work on some of that core and strength training. Speaking of shoes, make sure everyone is prepared for the new year. Our first Gold Cup race is quickly approaching and I want everyone ready to go.



Speaking of Gold Cup, we have finalized our new and exciting Gold Cup Elite Series. This new competition will, we hope, bring new challenges to our great races we already have. The list of races is: Ringing in the Spring 10k, Spring Fling Ramp Run 5k, Kent's Run 5k, Munster's Rotary Run Around 10k, Brickyard Run 5 miler, Buckley 5 miler, Rotary Ramble 5k, Popcorn Panic 5 miler, and Merrillville Mini. Two main reasons we chose these nine races were to mix up the distances and to mix the locations throughout NWI. We also wanted the final race to be longer. The scoring will be posted soon, but I will give you a quick sneak peek. The top seven male and female finishes in any of these nine races will qualify for the elite status. The final or championship race will be worth triple the points. This will prevent runners from loading up on points early and skipping the later races. Keep watching the new website for all the details.

Speaking of the new website, it is almost ready to be posted. I have been receiving a few emails on this subject and I want everyone to know, hold tight it will be up and running soon. I have seen it and I am sure that you will really like it.

I want to thank our outgoing board members who just finished their services on this great board of directors. Dan Sturgell, Linda Ramos, Cecilia Bernal, Jose Lopez and Stephanie Crook. Your dedication and unselfish services to this great organization has not gone unnoticed. This club is stronger because of your services. Thank you very much! I had a pleasure working with you all this past year.

As for the new year and member: Welcome Mary Moreno, Sean Shuster, Barb Hamner, Pete Klaeser and David Rainford. Let's all get to know them and I am ready to work with them and listen to their new ideas on how to keep this club a great club for all of its members. I, too, have a few new ideas that I will be announcing soon. But I will wait until they are finalized and fully ready to be implemented. I can assure you that I have each and every one of you in my mind as I move forward this year with new events.

**Hey, I would love to talk more, but....I gotta Run!!
SEE YOU OUT THERE RUNNING!**

FRANK

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Well, it has been a tough winter for running outside. I am sure by now many of you are getting the itch to start running again. Track season will be upon us before you know it. We will be having a track coaches meeting either March 9th or 16th. All of the coaches from last year will be notified ahead of time, but if anyone else is interested in becoming a coach, please let me know so I can provide details for the meeting. We will be setting up locations and times for practices as well as reviewing event opportunities. In order to be a coach you will need to have a back ground check completed through a coaching membership into either AAU or USATF. Before you do that, please contact me, and you do not need to have that completed before the coaches meeting. Our coaches are what make the Junior Strider Program a success so please consider helping.

Attention all high school seniors. It is time to apply for the Jim Cox Memorial Scholarship. We are planning to have the application on line this year and by the time you receive this newsletter, it should be. The application dead line is April 1st so please plan accordingly. The areas of focus include membership in the Calumet Region Striders, Gold Cup membership, volunteering in the running community, as well as a one page essay. We will be recognizing this year's recipients at the County Line Orchard 10 miler.

Speaking of the County Line Orchard 10 miler, this is the main fund raiser for the Jim Cox Memorial Scholarships. As part of being a Junior Strider member we ask kids and parents to volunteer for the youth events, and this is the main one. Please mark this on your calendar and volunteer by going to countyline10miler.com. The event is back for the second year at the beautiful County Line Orchard in Hobart, IN. This year we will also be having a couple of kids races so please come out and join us.



FROM THE NEW INSTEP EDITOR...

CECILIA BERNAL

My name is Cecilia Bernal, and I would like to introduce myself as the next *Instep* editor. The appointment was formalized at the January CRS board meeting by Frank Johnson, our club president. It was my pleasure to accept the position because of my desire to continue as an active volunteer after serving as treasurer for the past 12 years.

This issue of the *Instep* is the last one for Holly Plew. She has been our editor for the past five years. Please join me in thanking Holly for a job well done. Hopefully, she and her husband Ehren will continue as members of the Calumet Region Striders. We look forward to seeing them at some Gold Cup races and Strider events.

ATTENTION! INSTEP SUBMISSION DEADLINE

THE DEADLINE FOR
SUBMISSIONS FOR THE
APRIL 2014 INSTEP
IS FRIDAY,
MARCH 14, 2014 .
EMAIL THEM TO
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JCMBERNAL@COMCAST.NET



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THE ELECTION OF 2014

JIM RAYMOND

The Election of 2014 has come to a close with the following Club members being sworn onto the CRS Board of Directors.

Sean Schuster - Treasurer
Pete Klaeser - Secretary
Dave Rainford - Membership & Volunteers Chairperson
Barb Hamner - Gold Cup & Sponsored Race Series Chairperson
Mary Moreno - Social & Sponsorship Chairperson

Although there were some changes in positions, we are blessed to belong to a Club that has an abundance of talent to fill these Offices and Chairmanships for the next two years.

161 Votes were cast. This figure represents a 21.7 per cent increase over the previous year. The increase in votes is likely due to four main reasons:

- 1.) membership exceeding 1,000 members;
- 2.) a separate Profile and Ballot mailing;
- 3.) a higher turnout at our Gold Cup Awards Banquet, where we accepted ballots thru the close of the evening,
- 4.) a spirited contest among our highly qualified candidates.

I realize some members are pleased with the results while others disappointed, but this is normal in elections. I am reminded of what Chicago Mayor Richard Daley said after an election his preferred candidate lost....."When you lose, be gracious. When you win be humble."

If you have the desire to serve on the Board, accept a nomination, stand for election and be prepared to serve the full term of that position. All are welcome.

The next election will take place in less than a year, and the following offices and chairmanships are expected to be available: President, Vice-President, Nominating, By-Laws & Disabled Runner Fund, Public Relations, Adult Running Programs and Youth Programs.

Jim Raymond
Nominating, By-Laws & Disabled Runner Fund Chair

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

Check Out Our Site: WWW.CALSTRIDER.ORG