

**GREETINGS . . .  
FROM THE BACK OF THE PACK**

**GOLD CUP  
RACE  
SCHEDULE**



**2015 SCHEDULE  
COMING SOON!**



**REMINDER**

If you have Strider Bucks,  
they may be used toward  
membership/Gold Cup Series  
fees and to purchase  
Strider wear.



**ATTENTION !**

**DEADLINE FOR  
SUBMISSIONS FOR  
JANUARY 2015  
INSTEP  
FRIDAY  
DECEMBER 12, 2014**

Email them to  
Cecilia M. Bernal  
Instep Editor  
instep@calstrider.org

jacobHasTeeth

Greetings from the back of the pack. Well, once again it is that time of year. So may I say Happy Holidays.

While this writing is well before Thanksgiving, I hope this newsletter reaches you around that time. At Thanksgiving I make it a point to voice why I am thankful. I would like to say how THANKFUL I am for our Strider members who make this such a wonderful organization. Thank you to all who have volunteered throughout the year as a coach or mentor, course marshal, race director, participated at a water stop, helped on a committee, worked the Gold Cup table, or served as a Board Member. These people have volunteered their time and talent to make this club special and for that I am grateful.



*Robin Benson-Harvey, President*

I would like to mention Mike Stiles who is a teacher at Brummitt Elementary School. He organized his students and fellow staff to participate in the RRCA National Run at Work Day by running or walking a total of 292 miles. Great job in promoting physical fitness and healthy living through running and walking to the community.

Our Gold Cup Series is over for the year, but we still have Strider events going on. Hope everyone has a fun and festive time at the Holiday Brunch on Sunday, December 14 at the Halls of St. George in Schererville from 11:00 a.m. to 2:00 p.m. I am very proud that we will be having our first toy drive to help benefit *Toys for Tots*.

Mark your calendars for our Membership Fun Run on Saturday, December 27 at Wicker Park in Highland at 9 a.m. Hope to see you there. Congratulations to all who participated in our Gold Cup Series. I look forward to personally congratulating you at the Banquet in January. I wish all our Strider families a very Merry Christmas.

**STRIDER WEAR IS HERE**

We are taking orders for Strider wear. All orders are due by 12-31-14. You can visit [www.calstrider.org](http://www.calstrider.org) to view the items in full color and to view the sizing chart. Items can be picked up at the Gold Cup Banquet. If you have any questions, please send all inquiries to: [info@calstrider.org](mailto:info@calstrider.org)

**"I Wore Strider Wear" Winners**

Run for the Roses 5K: Bill Moylan, Melinda Hartman  
Manda's Race 5K: Carlos Mateo, Norm Eikman  
Fall Frolic 4 miles: MorningSun Kelly, Rick Gosser  
Panther Pounce 10k/5K: David Cherry, Tim Brown  
Valpo 13.1: Carli Murkve, Michael Cairns

**"I Submitted Evaluation" Winners**

Run for the Roses 5K: Rich Limacher, Roger Steffen  
Manda's Race 5K: Michele Hale, Antonio Velasco  
Fall Frolic 4 Mile: Erin Shinabarger, Cecilia Bernal  
Panther Pounce 10K/5K: Linda Ruschak, Sarah Olivarez  
Valpo 13.1: Bob Edwards, Mary Miller

## GOLD CUP CORNER



**Barb Hamner**  
Gold Cup Chairman

### Elite Series Champions

The Fall Frolic was our Elite Championship race. All of the women contenders were present, which made for an exciting race. Congratulation to our winners!

**Overall Males:** 1st - John Borman, 2nd - Mike Daly, 3rd - Joe Betz

**Overall Females:** 1st - Chrys Davis, 2nd - Dara Grady, 3rd - Karen Spoor

**Male Master:** David Wort

**Female Master:** Darla Algozine (must run Pumpkin Plod to complete the 10 GC race requirement)



From left to right — Karen Spoor - Elite Overall 3rd Place  
Barb Hamner - GC Chairman  
Chrys Davis - Elite Overall 1st Place



Dara Grady  
Elite Overall 2nd Place Female  
with Brian Norrick



Strider Kevin Hitzeman  
Running his 1st Half Marathon  
Valpo 13.1

### Race Evaluation Summaries

Overall score is based on percentage of outstanding remarks in 14 categories with scoring as follows:

- 80% and above — Outstanding
- 70-79% — Good
- 60-69% — Above Average
- 50-59% — Average
- 49% and below — Poor

Here are some recent results:

#### **Run For Roses 5K**

Overall: Good

High Points: *Marshalls and Route Markings:* Plenty of volunteers along the course cheering and directing traffic.

*Refreshments:* Box lunches with a vegetarian option.

*The Course:* Flat

Areas for Possible Improvement: *Registration:* On-line option  
*Water Station:* Move away from corner to a straight away. Competitive runners like to stay near a corner. Water station gets in the way.

#### **Manda's Race 5K**

Overall: Outstanding

High Points: *Marshalls and Route Markings:* Plenty of volunteers and signage along the course.

*Finish Chutes:* Finish in parking lot. Chute visible for last 0.2 miles.

*Themed Race:* Halloween . . . loved costumes

Areas for Possible Improvement: Add Clydesdale/Athena categories.

#### **Fall Frolic 4 miles**

Overall: Outstanding

High Points: *Traffic control:* No vehicle traffic.

*Mile Splits:* Digital clocks at some mile markers.

*Marshalls and Route Markings:* Plenty of volunteers at key turns and intersections.

Areas for Possible Improvement: *P.A. System:* Hard to hear announcement of awards.

## MEET A STRIDER

### JAMIE SECHRIST

#### Tell us a little something about yourself.

I am from Michigan City and was married on 07-07-07 to an amazing husband and gained three great kids. Together we have one small Yorkie named "Lily." I currently work as an Unemployment Coordinator and protest claims for over 500 companies across the U.S. I have gone back to school in hopes to eventually gain my Master's Degree in Human Resources.

#### How long have you been a Strider Member?

I joined the Striders in 2009, and I get a new recruit to sign up each year ever since.

#### What is your favorite Gold Cup Race?

The Gallery Gallop because it is a smaller race that is challenging with a beautiful scenery. Although, it seems the weather doesn't always hold out for us.



#### Who inspires you to run?

My mom, Mary Miller. She was the one who talked me into running after she had fractured her knee while trying to rescue a patient that was falling. She started running as a method of rehabilitation. My goal is to one day beat her in a race.

#### Biggest pet peeve at races?

No water left at the end for those in the "back of the pack."

#### What do you do with all your race shirts?

I wear some, and I like to make quilts out of others to give as Christmas gift for my running friends and family.

#### Outside of running, what are some other hobbies you are interested in?

What? There is life outside of running?

## JUNIOR STRIDER NEWS

Since the last newsletter, there were many other Junior Striders who raced in their middle school conference meets. They all did great and seemed to truly enjoy seeing kids they know from other teams at these events. When the school season is over, those same kids become their teammates with the Striders. Way to go kids, and special congratulations to Hannah Fitzgerald who won the 6<sup>th</sup> grade girls race and Nate Smith who won the 8<sup>th</sup> grade boys race.

As Sectional, Regional, Semi-State, and State races took place for the high school, there were current and former Junior Striders running in those events.

It truly makes these meets even more fun to watch when so many kids are from our running programs. Congratulations to all those who qualified and ran at the State Meet in Terre Haute. During the latter part of the school cross country seasons there were several meets typically held around the Indianapolis area. This year there was also a USATF series that took place over five consecutive weekends with locations as far North as West Lafayette and as far South

as Columbus. Though a bit of a drive, these meets are really a great experience, while training at the race distances the kids compete in at the Qualifiers and Nationals.

On a cold and windy day in early November, the Junior Striders competed in the AAU Qualifier in Westville, Indiana. This race is used to qualify the kids to race at the Coaches Cross Country Nationals later in the month. There was a large number of kids and parents who braved the weather and came out to race in their

various age related distances. There were over 50 Junior Striders who participated in the event. They all ran well and showed great improvement from the start of the season. For some this was their last race of the season. But for most, it was good training for the national competition. High school kids are not required to run in a qualifier in order to compete at the Coaches Cross Country Nationals. The coaches are very proud of all their runners!

## Beth Boyer, Youth Runner Programs & Scholarships

The big national meet the Junior Striders have attended as a team for the past eight or so years is the Coaches Cross Country Nationals. As of this writing, the event will have taken place in Nashville, Tennessee, on November 22. We are expecting around 40 kids to participate in that meet. The weekend is a fun filled, team building couple of days with course walkthroughs, a team dinner, and then the meet itself. It is believed the coaches and parents enjoy these meets as much as the kids.

Thank you to all the coaches for the time they have so selflessly given to the cross country season. We could not have done it without them.

There are also other regional and national events scheduled for late November and early December. They include the Nike Foot Locker on November 29 and the AAU Nationals on December 6. We look forward to the Junior Striders' participation in one if not both of these events.

# Let's Go Striders

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*An RRCA member running club serving  
Northwest Indiana and Northeast Illinois  
for over 35 years*

*Check out our website: [www.calstrider.org](http://www.calstrider.org)*