



**2015  
Gold Cup Series  
Race Schedule  
is Approved**



**REMINDER !**

**Don't forget to renew  
your membership for  
2015 if you have not  
already done so.**



**ATTENTION !**

**Deadline for  
submissions for  
March 2015  
*INSTEP*  
Friday  
February 13, 2015**

**Email them to  
Cecilia M. Bernal  
*Instep* Editor**

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

Welcome 2015 and all the new year has to offer, such as a new Strider Board. I wish them much success and good teamwork. I know from working with most of them that they hold this club near and dear to their hearts and will continue the values that have made the Calumet Region Striders a strong club for 37 years. With that being said, after 12 years of serving on the Board, I am stepping down. It is bitter-sweet. I am glad to move on, but will also miss it. I have made so many friends, learned so very much, and enjoyed the teamwork of the Board. The truth of the matter is I can never give back as much as this club has given to me. I truly appreciate the Striders who make up this wonderful club—the camaraderie, support, and friendly competition of the Gold Cup races, the family aspect of complete families from grandparents to their children and grandchildren, also husbands and wives all belonging to the same organization, the fact that there is a race for every pace or distance to allow everyone to achieve their personal goals, to be able to do something that is challenging, and to find self worth and personal achievement. It is all this that makes the Striders such a wonderful and successful organization. I am so very proud to be a Strider! I thank all of you. I would have never believed I would be the president of a running club. Your support is appreciated more than you will ever know. Please continue to support the Board. Being a board member takes a lot of work, time, and energy. I know from personal experience that it is a labor of love to an organization and sport we all love.



*Robin Benson-Harvey, President*

For my last honorable mention, I would like to say **congratulations and awesome job** to former Board member and beloved Strider, Steve Kearney. He, along with Dave Mulligan and Nancy Furcsik, ran 160 miles across the State of Indiana. They did this to raise money for a fellow Chesterton High School teacher with cancer. What an achievement and way to give back.

I hope everyone has a wonderful time at the Gold Cup Banquet. Congratulations to all the award winners. Many thanks to Mary Moreno, her committee, and the Board for all their work to make the Banquet successful. My humble thanks to the 2014 Board and all its committees and coaches. Here is to a wonderful 2015 running year!

*See you at the races,  
Robin*

## GOLD CUP CORNER



**Barb Hamner**  
Gold Cup Chairman



### Clydesdale/Athena Rule Change

Must weigh in at a Gold Cup race three times during the season or contact Gold Cup Chairman to make alternate arrangements at [goldcup@calstrider.org](mailto:goldcup@calstrider.org). Failure to meet this requirement will result in removal from division.

Here are the deadlines: Weigh in #1: March - April  
Weigh in #2: June - July  
Weigh in #3: September - October

### Elite Series Rule Change

In 2014, the final elite race was worth double points. In 2015, **ALL** races will be worth single points.



*We are between seasons for Gold Cup.  
Striders are out in full force enjoying winter races.*

*Tim Fealy with Elves at Santa Run/Walk in Crown Point.*

### SAVE-THE-DATE

The Calumet Region Striders Youth Program  
proudly presents the  
**COUNTY LINE ORCHARD EVENTS**  
Sunday, May 17, 2015  
County Line Orchard, Hobart, Indiana  
10-Mile Race (Gold Cup Event) ages 15 & up  
1-Mile Trail Race (Gold Cup Event) ages 6-12  
5K Trail Race (Non Gold Cup) ages 13 & up  
Apple Dash 5 & under (free)  
\$5 discount for early bird registration for 10-Mile Race  
Stay tuned - registration opening soon  
Interested in being on this race committee?  
Please contact [coachsue@calstrider.org](mailto:coachsue@calstrider.org) now!  
Thank you!

### CONGRATULATIONS !

Each year the Bank of America Chicago Marathon honors an individual for their exceptional and continued volunteer service. **The 2014 Recipient was long-time Strider Mark McKeigue.** See excerpt below from the Bank of America Chicago Marathon Volunteer Newsletter.

#### Gregory Shaskan MD Memorial Award

Dr. Mark McKeigue completed the Bank of America Chicago Marathon four times before becoming involved as a medical volunteer 20 years ago. A physician with Dr. Rife & Associates in Orland Park, Illinois, Dr. McKeigue's interests are focused on sports medicine and spinal manipulation. We are proud to have Dr. McKeigue as a leader on the Medical Team for the Bank of America Chicago Marathon and thank him for his many years of service.

The winter weather is definitely upon us. Hope everyone is staying warm and getting some running in or some other form of exercise, even if it means participating in another sport or activity.

About 60 of the Junior Striders and their families got together on Sunday evening, January 11 to celebrate the 11/12 Girls Team Award from Cross Country Nationals. We had a small presentation and ate pizza at Beggar's in Crown Point. Thanks to all who helped plan the event and followed up on the team awards. Congratulations again to the team!

During January and February each year there are various Indoor Track and Field activities in our area or within a couple of hours away. Some events include the Wheeler High School Indoor Track Series on Saturday afternoons during January and early February. There are also a couple of AAU indoor meets, one in Rockford and one in Northwest Indiana as well as a USATF meet in Lafayette. For those who want to start warming up for the track season or have some time on the weekends, these are some nice events at reasonable costs.

We would like to get the Striders together, if possible, to see the movie McFarland when it comes to theaters in

February. It is about a cross country team and would be enjoyable for Junior Striders as well as any Strider. We are tentatively planning to go on the first Sunday it is out, the 22nd of February. We would like to meet at the movie theater in Portage for an afternoon viewing and possibly eat afterwards at Firehouse Subs. Because we are not sure of the show times, we ask that all those interested in joining us to please check the Strider website or look for information the week before.

We would also like to schedule a coaches meeting in the February/March timeframe to start getting prepared for the track season. A lot has changed since last year, and we will need to evaluate our options and put together a plan. If you are interested in coaching and have not been a coach in the past, please feel free to contact me or one of the other coaches. The meeting time and location will be posted on our website.

Lastly, for any high school seniors, it is time to start thinking about applying for the Jim Cox Scholarships. We will be accepting online applications again this year. The deadline to submit your application is April 1, 2015. There will be another reminder about this in the March newsletter.

FUN RUN



DECEMBER  
2014

The annual Membership Fun Run took place this year on December 27. About 35 Striders (and a few canine friends) came out and took advantage of the good weather. Some ran in Wicker Park and others took to the bike trail. Afterwards, we gathered under the pavilion for breakfast. We raffled off two gift certificates graciously donated by Tim Fealy for Carriage Court Pizza. Will Labus and Jesse Bernal were the lucky winners. Those who participated were encouraged to bring a non perishable food item to donate to the Food Bank of Northwest Indiana. The response was terrific. The donations were delivered the following Monday and the Food Bank was most appreciative.

If you haven't renewed your membership, please visit [www.calstrider.org](http://www.calstrider.org) to download the application or renew online. Happy running to all in 2015!

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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)*