

# GOLD CUP RACE SCHEDULE



## Brickyard Run 5 Miles/5K

July 4  
7:30 a.m.  
Hobart, Indiana

## Nativity Festival 5K

July 5  
7:00 p.m.  
Portage, Indiana

## Extra Mile 1-Mile Challenge

July 9  
6:00 p.m.  
Valparaiso, Indiana

## Washington Park Zoo 5K

July 12  
9:00 a.m.  
Michigan City, Indiana

## Friendship 5K

July 15  
6:30 p.m.  
Highland, Indiana

## Buckley 5 Miler

July 25  
7:30 a.m.  
Lowell, Indiana

## Running with Devils 5K August 1

8:00 a.m.  
Lowell, Indiana

## Rotary Ramble 5K

August 1  
8:00 a.m.  
Crown Point, Indiana

## Tour De LaPorte 13.1 Miles/5K

August 22  
6:30 a.m.  
LaPorte, Indiana

## GREETINGS FROM THE PRESIDENT

Hola!

Wondering why you are receiving an email from RUN SIGN UP to claim your account? The Calumet Region Striders have moved all memberships to RUN SIGN UP. Please take a moment to claim your account and explore their website, at [www.runsignup.com](http://www.runsignup.com).

I have included below an article that was shared with me by Jean Tolchinsky, a past president. I believe it will be a good read. Though it was written a year after our club was formed, the ideas expressed then are still my understanding of where I would like to see this club.



Jose F Lopez

### STRIDERS MAKING DEFINITE STRIDES

Running has taken over the country and the Calumet Region is no exception.

Any place you go nowadays, you find people running the streets. People are serious about their health and running is one of the best ways to improve it.

With that thought in mind, the Calumet Region Striders were formed one year ago. They are now going strong and are expected to get even stronger.

"The Striders were formed to promote all aspects of road racing," club president Jim Tarka said. "We had no particular goals in mind. We just wanted to promote running."

The Striders were a thought of Tarka's two years ago at a Gold Cup Series meeting. A lot of disagreement revolved around forming a club and nothing happened.

Such was not the case last year. I called a meeting last August and had about 45 people who were interested in forming a running club," Tarka said. It was basically that the time had come for a running club in the Region."

The Striders present membership totals 90 and is expected to reach between 140 and 150 before their second year of existence is up.

"We're interested in any runner," Tarka said. "We don't care if they are a 12-minute miler or a five-minute miler. Everyone has something to contribute."

The Striders learned plenty in their first year of existence. Tarka feels it can only make the Striders better in the future.

"We've learn a lot from our first year," Tarka said. "We found where we're good in and where we're weak in. The future looks really

good. One of the places the Striders are good in is the Gold Cup Series, 10 races of distances between 3.1 and 10 miles. All of the races in the series were well-organized and run smoothly.

This year's Gold Cup Series comes to an end at 7:30 p.m. today with the awards banquet at St. John's Panel Room, 1844 Lincoln, Whiting.

As Tarka said, the future really looks good for the Striders. Hopefully, age-group track meets and more races in the Gold Cup Series will be added next year.

Tarka, though, doesn't want to take all the credit for putting the Striders where they're at even though most of the originating ideas were his.

"Everybody in the club has contributed one way or another," Tarka said. "Everybody, which makes me feel good, contributes. That's what's the nice thing."

One of Tarka's biggest goals for the upcoming year is to make the Calumet Region Striders the running authority in Northwest Indiana and Northeast Illinois.

"We're definitely growing," Tarka said. "There are things, like sponsoring a real quality race with top notch runners. We're starting to make contacts where people now know we're around and we're here to stay."

The Calumet Region Striders are here and are apparently here to stay. Anyone interested in becoming a Strider can either attend their monthly meetings at the Highland Public Library or by contacting Tarka at the Back Yard Health Club in Merrillville, 769-3366, or at home 923-0173.

~ Writer, Ron Brow

A big thank you to all who volunteered at the County Line Orchard races. As members we came through to help the Junior Striders.

If you missed out on the fun run, hope to see you at the next one.

Remember, "Run to have Fun!"  
Semper Fi  
Jose F Lopez  
"Gunny"

# GOLD CUP CORNER



**Barb Hamner**  
Gold Cup Chairman

## 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



## RACE DESCRIPTIONS

### Washington Park Zoo 5K

**Date/Time:** July 12 9:00 a.m.

**Location:** Michigan City

**Description:** Challenging, part road and part beach course.

### Friendship 5K

**Date/Time:** July 15 6:30 p.m.

**Location:** Highland

**Description:** Flat course. Entirely on pavement in Wicker Park.

### Buckley 5 Miler (4th Elite Series Qualifier)

**Date:** July 25 (7:30 a.m.)

**Location:** Lowell

**Description:** Challenging, mostly cross-country race. Small portion of course is on pavement.

### Running with Devils 5K

**Date:** August 1 (8:00 a.m.)

**Location:** Lowell

**Description:** Flat course, entirely on pavement. Large rectangle around High School.

### Rotary Ramble 5K (5th Elite Qualifier)

**Date:** August 8 (8:00 a.m.)

**Location:** DeMotte

**Description:** Mostly flat course, entirely on pavement. A few upgrades including last tenth of a mile to the finish.

### Tour De LaPorte 13.1 miles/5K

**Note:** 15 and older must run 13.1 miles, 14 and under must run the 5K

**Date:** August 22 (6:30am)

**Location:** LaPorte

**Description:** 13.1 miles is a challenging (hills) course, entirely on pavement.

### County Line Orchard 10 Miler /1 mile

**Overall:** Outstanding

**High Points:** Volunteers at key intersections and turns, splits at every mile, plenty of water stations, beautiful finisher medals, pancake and donut breakfast.

### Kent's Run 5K

**Overall:** Outstanding

**High Points:** Race day registration was well organized, route closed to traffic. Prayer and National Anthem before race was outstanding, medals for all finishers.

**Areas for possible improvement:** Signs directing to alternate restrooms.

### Raffle Winners: Kent's Run 5K

**Evaluation:** Susan Collins, "Ruby" Carri Ables

**Strider Wear:** Sasa Sekuloski, Tina Reeves

### Rotary Ramble On-LineSignUp

Registration form is missing on-line signup information. Runners may register at:

[www.thtiming.com](http://www.thtiming.com)

### Clydesdale/Athena Mandatory 2nd Weigh In

Reminder: You must weigh in between June 1 - July 31 or be removed from these categories.

## 100 Mile Club Update

Great to see so many Striders participating in this program. Enjoy seeing mileage accumulated each month. Here's our top 20 thus far:

- |                              |                            |
|------------------------------|----------------------------|
| 1. Meg McElroy - 1,489.0     | 11. Tim Brown - 540.5      |
| 2. John Borman - 1,042.0     | 12. Tim Conger - 498.82    |
| 3. Mark Bowron - 837.3       | 13. Mike Wilson - 443.0    |
| 4. WhiteWolf Kelly - 739.4   | 14. Leeann Wright - 432.9  |
| 5. Joe Reeves - 694.8        | 15. Amy Bratcher - 484.0   |
| 6. Alan Jones - 676.0        | 16. Joe Betz - 403.5       |
| 7. Marie Borman - 655.0      | 17. Andrew Ables - 394.5   |
| 8. Linda Murkve - 588.6      | 18. Carri Ables - 369.0    |
| 9. Steve Kearney - 581.0     | 19. Deanna Grimes - 366.91 |
| 10. Amy Maciejewski - 566.95 | 20. Tammy Early - 365.07   |

Runners can join anytime during 2015. Send miles run in training/races from January through December to: [100mileclub@calstrider.org](mailto:100mileclub@calstrider.org)

I want to take this opportunity to thank all the Jr. Strider coaches for all their time, expertise, and hard work during this track season. We have several coaches who have been helping us for a number of years along with some new coaches. The kids and I truly appreciate all they do for the Junior Strider Program. This has been a year of many changes and challenges. All have risen to the occasion of continuing to provide opportunities for the kids and making it fun for them.

The Inter-Squad meets were a great addition to our program and allowed some friendly, fun competition that was local and accessible to most families. We had some weather challenges, but managed to work around them. These meets allowed the coaches to see the

progress that has been made since the season began and also allowed many of the kids to try an event they may not have tried before or were unwilling to do in a regular track meet. Thank you to all the coaches and parents who volunteered and helped at these events. Please let me know of any feedback you have so we may look to make things better next year.

Due to some recent changes in meet locations, many of the Jr. Striders are choosing to compete in the USATF State Meet. For the first time, as far as I know, will be held at Valparaiso University. As of this writing, the meet is still a week away. Good luck everyone. I will have some results in the next newsletter. Also, for those who decide to go to the USATF Regional in Lisle, Illinois, in mid-

July, best of luck!

Some Jr. Striders have also traveled to Illinois and the Indianapolis area for other track meets this Spring/Summer. These meets are optional, but provide an opportunity for competition within a couple hours from home. Congratulations to all who have competed and given each event their best efforts!

One other event I want to mention is the Extra Mile One-Mile Challenge to be held on July 9. This is a great local event and is part of the Gold Cup Series. All age groups run the mile. It is a fun activity for the whole family and a great race toward the end of the season. We look forward to see how much the kids have progressed.

**MESSAGE FROM THE VICE PRESIDENT**

One of the many reasons I am excited to be a part of the Calumet Region Striders is because of all the positive energy that goes along with each Strider race or event.

I am very pleased to announce that the Striders will be hosting a walking event called "Stride to be Fit 5k Fitness Walk" on October 4 at Wicker Park in Highland, Indiana. This event is solely for walkers and will be geared towards individuals who have decided once and for all to make a healthy lifestyle choice

and would like to start exercising. This could be your parents, your neighbor, or your co-workers. We all know someone who strives to be fit. I cannot wait to see everyone cross the finish line completing something they never thought was possible.

On to other exciting news. The Striders will again be walking in Highland's Fourth of July Twilight Parade on July 3, which begins at 6:30 p.m. (just after the All-American Mile Run). We will be passing out fruit snacks to the enthusias-

tic crowd. If you would like to be in the parade with us and help pass out fruit snacks, please contact me for instructions and lineup information at vp@calstrider.org. If you plan to run the one-mile race, you may join us in the lineup right after the race.

Positive things are happening with the Striders, and I am so happy to be a part of it.

~ Lisa Moreno



Strider women out in full force at Munster Rotary 10K.

Deb Schiesser, Diane Dumonte-Slater, Elaine Hendricks, and Jean Jannasch

**ATTENTION !**

**Deadline for submissions for August 2015 *INSTEP* Friday, July 10, 2015**

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

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