

GOLD CUP SERIES RACE SCHEDULE



Runnin' with the Irish 5K
March 12
9:00 a.m.
Chesterton, Indiana

LaPorte YMCA 10K/5K
March 19
9:00 a.m.
LaPorte, Indiana

Ringin' in Spring 10K/5K
April 2
9:00 a.m.
Valparaiso, Indiana

Hub Run 5K
April 9
10:00 a.m.
Crown Point, Indiana

Spring Fling Ramp Run 5K
April 16
9:00 a.m.
Hammond, Indiana

GREETINGS FROM THE PRESIDENT

Hola!!

After reading several posts on Facebook, I noticed the weather has not slowed down many runners. I even read challenges put out there to run on consecutive days and to run a 5K every day. Keep up the great running. I would like to see how many took on the challenge for 2016 to complete 2,016 miles.

Last month I wrote about being a member and the benefits you can receive. Thank you to all those who have paid their dues for the upcoming year as well as to everyone who has passed the word to others to become a Strider.

With the start of the Gold Cup Series a month away, the following is provided:

- First, you must have a current Calumet Region Strider membership. The \$25.00 participation fee is separate from the Strider membership fee. For a race to be included in your scoring you must join the Series no later than the day of your first Gold Cup Series race.
- Participants age 19 and older are required to complete 10 races. Participants 18 years and younger are required to complete 5 races.
- Walkers are welcome, but still have to complete the number of required races and distances, so basically you have to register as a runner.
- You will be competing against your own age group. All scoring rules are listed on our website: www.calstrider.org.
- You will receive the following:
 - 1.) An official Gold Cup premium,
 - 2.) A \$1.00 or more discount when you preregister for any of the races in the Series, excluding the Chicago Marathon,
 - 3.) A participation award if you complete the required number of races for your age group, and
 - 4.) A complimentary dinner at the awards banquet, which takes place the following January.

Last year we had 295 Gold Cup Series participants. Not everyone was able to complete the required races, but still enjoyed the above mentioned benefits.

The Gold Cup Series registration is open on Run Sign Up. Just look for Gold Cup under races.

I don't have all the details, but would like to give a shout out to the following runners:

Jeff Mescal, Jessie Mescal, and Bill Stalhandske

Mary Jo Russel and Barb Hamner, who attempted to compete at the Naples Half Marathon, but mother nature said not today! (They still ran a half marathon on their own.)

David Wolfe, who completed the Houston Marathon under 4:30!!

Dan Ruiz, whom I have known since his high school days when he did not like to run. As of this writing, he was running in beautiful Maui. When completed, the Maui Marathon will mark the completion of a marathon in all 50 states. He has also completed marathons in 6 of the 7 continents. Now this is a kid who did not like to run!

Congratulations to all of them!!! I know they all had fun!!



Jose F Lopez

Remember, "Run to have Fun"
 Jose F. Lopez
 Gunny"



RACE DESCRIPTIONS

Runnin' with Irish 5K

Date: March 12 (Sat.)

Time: 9:00 a.m.

Location: Indiana Dunes - Chesterton

Description: Moderately challenging, a few hills, entirely on pavement. Approx. last 0.1 mile uphill to finish.

LaPorte YMCA 10K/5K

Date: March 19 (Sat.)

Time: 9:00 a.m.

Location: LaPorte

Note: Age 15+ must run 10K, Age 14 - must run 5K

Description: Challenging, rolling hills throughout course, entirely on pavement.

Ringin in Spring 10K/5K (1st Elite Race - 10K)

Date: April 2 (Sat.)

Time: 9:00 a.m.

Location: Valparaiso YMCA

Note: Age 15+ must run 10K, Age 14 - must run 5K

Description: Moderately challenging, a few hills throughout course, entirely on pavement.

Hub Run 5K

Date: April 9 (Sat.)

Time: 10:00 a.m.

Location: Crown Point

Description: Moderately challenging, a few hills throughout course, entirely on pavement.

Spring Fling Ramp Run 5K

Date: April 16 (Sat.)

Time: 9:00 a.m.

Location: Hammond - Purdue University Calumet

Description: Moderately challenging, entirely on pavement. Course is flat except at 1.5 mile mark runners must run up/down a parking garage ramp.

100 MILE CLUB - 2015 (Top 20)

1. John Borman - 2,873
2. Megan McElroy - 2,168
3. Joe Betz - 2,159
4. Joe Reeves - 2,158.34
5. Alan Jones - 2,079
6. Steve Kearney - 2,021.34
7. Linda Murkve - 2,015.80
8. Mark Bowron - 1,811.38
9. Timothy Brown - 1,739.30
10. Liz Liberto - 1,686
11. Tina Reeves - 1,677
12. Chad Lawless - 1,496
13. Norm Eikman - 1,398
14. Tim Conger - 1,383.27
15. Whitewolf Kelly - 1,282.20
16. Shathishkumar Rangaswamy - 1,273.70
17. Marie Borman - 1,269
18. Karen Spoor - 1,252.60
19. Leeann Wright - 1,200.80
20. Sue Glass - 1,176

82 Striders participated in the 100 Mile Club this past year!

Awards for reaching 100 miles, 500 miles, and 1000 miles in the calendar year are distributed at the Gold Cup Series banquet or any 2016 GC race. Special awards presented at the GC banquet to runners with 2,000+ miles.

2016 GOLD CUP SERIES ONLINE DISCOUNT CODE

All Gold Cup Series races provide at least a \$1.00 discount to Strider GC Series participants.

Paper registration forms state the discount amount, which can be deducted from final fee.

For on-line registration, there will be a discount code box.
Enter: **2016GC**

I hope everyone enjoyed the holidays and is at least thinking about getting back into running despite the weather outside. I know for some, you are conditioning for the indoor track season, maybe starting some easy outdoor runs to stay in shape, or possibly even taking a little time off. Whatever it is, make sure to be careful and dress for the weather.

I have a few wrap ups from 2015. First, I made an oversight and neglected to include Malcolm McGawn as one of our coaches for cross country. Malcolm has been helping in Porter County for both

track and cross country for a number of years and is a valuable part of the coaching staff. My apologies to him for the oversight. We appreciate all his help.

Early in 2016, two Junior Striders were notified they were the recipients of a 2015 Indiana USATF Award and were invited to attend an awards celebration in Indianapolis on January 16. Ava Gillian received the USATF Athlete of the Year for 13/14 year old females in cross country and Hunter Boyer received the USATF Athlete of the Year for 15/16 year old males in track & field.

Congratulations to both of these accomplished Junior Striders and we encourage them to keep up the good work!

This is a typically quite time of the year for the Junior Striders. We are, however, starting to make plans for the 2016 season. I will be holding a coaches/perspective coaches meeting in February to start preparing for the spring track season. If anyone would like to help with practices/paperwork/coaching, please let me know. We are all volunteers and can always use more help.

RUNNER SPOTLIGHT — by Vicky Kurowski

I must tell you, if you ever get the chance to run the Vegas Marathon, you will have a GREAT time. This was the second time I went and my third half. Gonna go back this year.

I proudly wore my Striders shirt out there. I love being a part of this running club. I started running in 2011 when my animal shelter I volunteer at had their first 5K. Also, I started running because I had at two separate times tried to run after a dog that got loose. No luck as I was winded and out of breath. I thought, this is not gonna happen again. A dog will not be lost forever if I can help it. I needed to get into shape to at least be able to keep up with a dog and hope for a happy ending (not able to ever catch a dog from my greyhound rescue, however, as their top speed is 44 mph).

Anyway, I kept up with this running thing, joined the Striders a few seasons ago, and am completely addicted to this sport. I run daily at the gym and LOVE racing season.

I will probably never PR at under 26 minutes and that's ok!!!!!! I love running because you can ALWAYS improve on it. My first 5K was 50 minutes. I'd say I'm happy with my accomplishments.

Thanks for letting me be part of such a special club.



ATTENTION !

Deadline for submissions for
March 2016 *INSTEP*
Friday, February 12, 2016

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

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