

**GOLD CUP SERIES
RACE SCHEDULE**



Runnin' with the Irish 5K
March 11
9:00 a.m.
Chesterton, Indiana

Rusty's Run 25K
March 18
9:00 a.m.
Chesterton, Indiana

LaPorte YMCA Run 5K/10K
March 25
9:00 a.m.
LaPorte, Indiana

ATTENTION

Deadline for submissions for
March 2017 *INSTEP*
Friday, February 10, 2017

Email them to
Cecilia M. Bernal
Instep Editor

JacobWhereRU?

A MESSAGE FROM THE VICE PRESIDENT

Running makes me happy. Being able to put my shoes on and go for a run around my neighborhood is something I do almost every morning. Watching the sunrise, being alone with my thoughts, starting my day off right. If only I could bottle up that peaceful feeling I get from running and give some to all the mean, cranky people in the world, the world would be a better place and everyone would be happy all the time. Running keeps you youthful and healthy. Running will bring you friendships that last a lifetime. Running can get you out of your comfort zone and make you achieve goals you never thought you could reach. Running can inspire people around you.



Lisa Moreno

I recently completed a 200-day run streak. A few of my friends and I challenged each other to run at least a mile a day, every day for 200 days straight. I went one step further and ran all 200 days outside. One of my co-workers recently came up to me and said I had inspired her to make a lifestyle change. She is diabetic and on medication. I guess she would see me running during my lunch break at work. I would be out there running on some pretty cold and windy days. She said seeing me out there running when it was so cold inspired her. She started going to the gym and eating better. She even lost weight. Many times, she stops by my desk just to thank me. I never thought I could inspire anyone. I don't really run fast, and I don't really run far. I guess you just never know what others around you are going through or dealing with.

Staying positive, being kind, and doing the right thing. Words to live by. That's what I try to do. When people ask me why I run all the time, my response is always, "Because I can."

I can't wait until March so I can see everyone at Runnin' with the Irish 5K in Chesterton.

Live ♥ Laugh ♥ Run

Lisa Moreno

GOLD CUP CORNER

Barb Hamner
Gold Cup Chairman

100 MILE CLUB

Congratulations 2,000+ mile winners!

Awards presented at the Gold Cup 🏆 Banquet January 28, 2017..

Megan Alessia: 3,601
Jordan Chester: 2,445.5
Leeann Wright: 2,333.44
Joe Betz: 2,333
Steve Kearney: 2,209.6

Jason Petre: 2,105.75
Linda Murkve: 2,092.2 miles
Joe Reeves: 2,028.43
Jim Kyle: 2,022
Shatishkumar Rangaswamy: 2,016.2



100 MILE CLUB - NEW COORDINATOR

Jessica Halliar has taken over managing the 100 Mile Club beginning January 1, 2017. She has great ideas for new awards and promoting this program. Look for updates in the monthly newsletter, Facebook, and our weekly e-mail newsletter.

I've enjoyed getting this program started and watching the increased participation in the past three years and look forward to fresh ideas from Jessica.

Please continue to send miles to: 100mileclub@calstrider.org on a monthly basis.

Barb Hamner

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Weekdays 10:00 am – 7:00 pm ~ Weekends 12:00 pm – 5:00 pm
(219) 286-3606



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I hope everyone is having a good start to 2017 and enjoyed the holidays. I know some of you are conditioning for the indoor track season and/or doing outdoor runs to stay in shape. Make sure to be careful and dress in layers for the weather and watch out for ice.

For the second year Hunter Boyer has been selected as the USATF Athlete of the Year in Track & Field. In 2016 he moved up to the 17/18 year old male group. He was invited to attend an awards celebration in Indianapolis in January. Congratulations for all your accomplishments as a Junior Strider!

The Junior Striders coaches held a meeting on January 22 to wrap up the 2016 XC season and begin

making plans for 2017. If anyone missed the meeting, but would still like to help this year, please let me know. If you are a coach, there are several training/certification opportunities in which you may be involved. Please let me know as soon as possible if you are interested. We are all volunteers and can always use more help.

I want to make sure our high school seniors are starting to think about applying for the 2017 Jim Cox Memorial Scholarship. It is an online application and can be found under the Jim Cox Memorial Award on the Strider website. The deadline for submission is April 1, so please don't wait until the last minute. Further details and criteria are also on the website.

NEWBIE OF THE MONTH: AMY BLAKER

I decided in January 2014 that running a 5K would be on my list of goals for the year. I had never run a mile let alone three of them. I went to my first 5K in August of that year with a friend, and I loved the atmosphere and the challenge. I started signing up for more races and practicing my runs at the track and then on the bike paths, slowly but surely.

I pretty much ran alone until I signed up for a half marathon program in the beginning of 2016. That is when I started becoming interested in joining a running club. I would see runners in Strider gear at races and I wanted to find out more about the club. I am a Region girl at heart and was so happy to find a club in Northwest Indiana that supports local races and local runners. I am grateful for running clubs such as the Calumet Region Striders because it keeps me motivated and keeps me informed.

I am looking forward to joining the Gold Club Series this year, meeting more Strider members, and participating in some of the weekly runs. Between a full-time job, working on my Master's degree, and my involvement in several charitable organizations, I like the stress release that running gives me. It is a fantastic metaphor for life. You can't get something out of it unless you are putting something into it, even if it is just one step at a time.

I really wish I had started running a long time ago because it's had such a positive influence on my life. In the last two years, I have run two half marathons, one in which I accomplished my goal of finishing in under two hours, the Army 10 Miler in Washington D.C., and many, many 5Ks and 10ks.

I also have two beloved rescue dogs, Scoop and Ginger, that keep me on my toes.



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