

**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
April 2017 *INSTEP*
Friday, March 10, 2017

Email them to
Cecilia M. Bernal
Instep Editor

GREETINGS FROM THE PRESIDENT

Hola!

Here are our starting membership numbers for the 2017 season:

- Total Households -213
- Total Members - 320
- Total Gold Cup Participants - 76



*Jose F Lopez
President*

A special thank you to Barb Hamner, our Gold Cup chair, for all her efforts with the Gold Cup Series Banquet. Thank you to the Race Directors and Strider members who made donations for the Silent Auction.

We also had a 50/50 raffle. Thank you to my two granddaughters who pushed the ticket sales and a BIG SHOUT OUT to the winner of the 50/50 raffle Kevin Hitzeman for donating his winnings to the Junior Striders program.

We would like to hear your comments about our banquet and the new venue, good or bad. Please direct them to one of the board members.

On to some news about a couple of Gold Cup Series races. We have been informed by Campagna Academy of their decision to cancel Run for the Roses 5K this year. As they celebrate their 70th anniversary, they will focus their fundraising efforts on a new event and are thankful to the running community for their past support.

This will be the last year for Kent's Run. The family has decided after ten years to call an end to this event. They are limiting this final race to 1,000 registrants. So if you are planning to run for the Jim Cox Award, I suggest you register early.

Run Sign Up

Some of our members may have received an email to "Claim an Account" from Run Sign Up. The three main reasons why you want to claim an account are as follow:

- 1) You would like to create a new accessible account from the exiting registration information.
- 2) You would like to merge the information associated with the unclaimed account with your existing Run Sign Up account. (This allows you to manage all of your registration/membership/etc., with a single login).
- 3) You would like to incorporate a registrant's information as a secondary user on your account.

Enclosed with this newsletter are claim instructions on how to claim your account. You may also go to the RUNSIGNUP website and get more information. Click on the How To Manuals (PDF), Full Site Run Sign Up Manual; How to Claim an Account, pages 15-20.

In closing, hope to see you at Runnin' with the Irish, which will be our first Gold Cup Series Race of the 2017 year.

GOLD CUP CORNER

Barb Hamner
Gold Cup Chairman

100 MILE CLUB and 2017 MILE CHALLENGE

Do not forget to send in your miles.

RUN FOR ROSES CANCELLED

We received a letter from Campagna Academy stating the race has been cancelled for 2017.

SPONSORED RACES

In an effort to encourage Strider participation in sponsored races in 2017, we are happy to announce that a special award will be given to all Striders who take part in at least three sponsored races. You do not need to be a Gold Cup Series participant to qualify for the award. Those attending our annual banquet will receive their awards then. Otherwise, Barb will have them available at all Gold Cup races.



MARDI CLAWS FUN RUN

Please join us February 25 at the Wicker Park Pavilion for a membership renewal fun run. We will be accepting donations for the Calumet Humane Society. Come for some Mardi Gras food and prizes. Run starts at 9:00 a.m..

Wish List

Check out our [Amazon Wish List](#) for more needed items. You can shop online and have them delivered directly to the shelter!

Daily Operation Needs

Below you will find a list of items that we need for daily operations. The animals thank you for your help. All contributions are tax deductible, as allowed by law.

Cleaning/Maintenance

- 13- and 55-gallon trash bags
- Bleach
- Lysol/disinfectant wipes
- Windex and refills
- Brooms/dustpans
- Laundry detergent (liquid)
- Large towels
- Blankets
- Paper towels
- Powder-Free latex gloves (medium and large)
- Hand sanitizer
- Mop replacement heads (large stringy kind)



Animal Care/Toys

- **Stretch and Scratch** cat exercise cage attachment
- Small & medium litter pans
- Bagged Timothy hay (for rabbits)
- Cat condos
- Kongs/Dog toys/Cat toys
- Pet beds
- KMR (kitten formula)
- Esbilac (puppy formula)
- Nutri-Cal
- canned pumpkin

Miscellaneous

- Postage stamps (regular and post card)
- Gift Cards (PetSmart, Wal-mart, Meijer, Target, Office Max, Staples, Petco, etc.) & gas cards for animal transport vehicle
- 20 lb. copier paper

Three of our Junior Striders were recently recognized at the Gold Cup Banquet for their outstanding achievements in track and cross country during 2016. They included Jordyn Boyer, Hunter Boyer, and William Labus. A special thanks to Linda Ramos for presenting the awards and sharing some insight into all of the kids. Pages 4 and 5 include a picture of our three award winners, along with their accomplishments as they appeared on their plaques.

New this year for the Gold Cup Series was an Overall Junior Strider Finisher Award – ages 14 and under. The winners were Ava Gilliana and Dylan Draves. Congratulations to them as well as the many other Junior Striders who completed the required five races for a Gold Cup Age Group Award. Hope to see more of you completing the series in 2017.

In coaching news, we have started planning for the 2017 Track and Field Program for the Junior Striders. Several of our coaches attended the IATCCC Track and Field Clinic in Indianapolis in early February to gain knowledge into the various events and learn more about coaching, hosting events, etc.

We held our first Junior Strider coaches meeting in late January. We will have further details in the coming months as practices will be starting in early May. If you were not able to attend and would like to help, please contact me at youthprograms@calstrider.org.

All of our coaches are volunteers. Being a coach is a very rewarding experience; especially as you see the kids grow over the years and continue to enjoy running, while becoming responsible, young adults.

ATTENTION ALL OF OUR HIGH SCHOOL SENIORS

If you are a current member and have been involved with the Striders, helped volunteer for the Junior Striders, and/or completed the Gold Cup Series in the past, you should definitely consider applying for the Jim Cox Memorial Scholarship. The application is online and can be found under the Jim Cox Memorial Award on the Strider website. The deadline is April 1. So please get your applications in soon.

NEWBIE OF THE MONTH

I couldn't even run a quarter of a mile in the beginning of 2015. I hadn't run since I was a teenager and had some pretty bad habits over the years. My dad died in his mid 40s, and I wanted to get in shape and not follow in his footsteps. Also, my daughter was training for her first 5K and that helped to encourage me. I started training in January 2015 with the goal of running a 5K in July, which I did. I had so much fun that I figured I'd run a couple more, which I did. Then I set a goal of six, which I did. Finally, I ended up running 20 races my first year!

I joined CRS because I love the community feeling of the runners. Everybody is so nice and encouraging, plus it keeps me informed and connected.

I am married and live in Hobart with an 11-year-old boy who helps keeps me on my toes.

Dean Bricker





Jordyn Boyer, William Labus, and Hunter Boyer
See their accomplishments listed on Page 5

A MESSAGE FROM THE VICE PRESIDENT

It was so nice to see everyone at the Strider Gold Cup Series Banquet. The men looked really dapper, while the ladies were more beautiful than ever. Our Junior Strider athletes were all smiles, full of energy and well-behaved. I was overwhelmed with happiness that evening. There I sat in a room full of extraordinary people from different backgrounds, cultures, and walks of life — all together laughing, eating, dancing, embracing each other, and sharing a meal. I witnessed kindness, respect, and admiration for each other. It was an evening to celebrate accomplishments and goals. So as I sat in my chair and looked around the room, I had an epiphany . . . running brings people together, running is universal, running is living! More people need to run because they are truly missing out.

Live ♥ Laugh ♥ Run

Lisa Moreno



Lisa Moreno
Vice President

Junior Strider Female Athlete of the Year - 2016

Jordyn Boyer

NCC 3200 Meter Run Champion – 11:40.42
IHSAA State Meet 13th Place 3200 Meter Run – 11:00.88
Lowell High School Record Holder 3200 Meter Run – 11:00.88
Hershey Nationals 2000 Meter Steeplechase Champion (15-16) – 7:49.23
Hershey Nationals 3000 Meter Run 7th Place (15-16) – 11:28.78
USATF Jr. Olympic 2000 Meter Steeplechase 4th Place (15-16) – 7:31.61
USATF Jr. Olympic 3000 Meter Run 8th Place (15-16) – 10:40.96
NCC XC Champion – 18:36.7
IHSAA XC Sectional Champion – 18:41.0
IHSAA XC Regional Champion – 18:52.0
IHSAA XC Semi-State Champion – 18:27.6
IHSAA XC State – 17th Place – All American - 18:54.8
Lowell High School XC Record Holder 5K – 18:27.6
Undefeated XC Regular Season and Post Season thru Semi-State
First Place Gold Cup Age Group (15-18 Female)

Junior Strider Male Athlete of the Year - 2016

Hunter Boyer

NCC 3200 Meter Run Champion - 9:27.40
Member of NCC 4X 800 Meter Relay Champion - 8:23.75
IHSAA 3200 Meter Run Sectional Champion – 9:31.51
IHSAA State Meet 9th Place 3200 Meter Run – 9:20.75
Hershey Nationals 2000 Meter Steeplechase 4th Place (17-18) – 6:42.31
Hershey Nationals 3000 Meter Run 6th Place (17-18) – 9:02.98
USATF Jr. Olympic 2000 Meter Steeplechase 9th Place (17-18) – 6:19.78
USATF Jr. Olympic 3000 Meter Run 8th Place (17-18) – 9:11.71
USATF Athlete of the Year Track (17-18 Male)
NCC XC Champion – 16:29.7
IHSAA XC Sectional Champion – 16:40.75
IHSAA XC State – 14th Place – All American – 16:07.0
Member of Indiana All Star XC Team – 2nd Place Team Finisher at Mid-East Championship - 16:14.5
Member of Indiana Footlocker XC Team – 5th Place Team Finisher at Midwest Regional – 16:05.4
AAU National XC Champion (15-18) – 16:03.25
First Place Gold Cup Age Group (15-18 Male)

Junior Strider Heart of a Champion - 2016

William Labus

Participated in Colonel Wheeler Middle School Track Season
Member of the Jr. Strider Track Team and participated in an Intersquad meet
Exceeded personal goal of running sub 9-minute mile at the Extra Mile 1 Mile Challenge - 8:49
Ran 3-5 days a week, often in the early morning, and achieved his goal of running a 10K in August
Participated in Colonel Wheeler Middle School Cross Country where he achieved a 2-minute PR in his 2K
Member of the Jr. Strider Cross Country Team
Jr. Strider participant at the Coaches CC Nationals in Evansville, IN, achieving a big PR in the 4K
Completed the Gold Cup Series and placed 6th in his age group (13-14 Male)
Broke 30 minutes in a 5K in December

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Jose F Lopez
president@calstrider.org

Vice President
Lisa Moreno
vp@calstrider.org

Treasurer
Dan Koch
treasurer@calstrider.org

Secretary
Lisa Beecher
secretary@calstrider.org

COMMITTEE CHAIRS:

Social & Sponsorship Chair
Erica Banks
social@calstrider.org

Public Relations
Deanna Grimes
pr@calstrider.org

Gold Cup & Sponsored Race Series
Barb Hamner
goldcup@calstrider.org

Membership & Volunteers
Carri Massau-Ables
membership@calstrider.org

Youth Runner Programs
& Scholarships
Beth Boyer
youthprograms@calstrider.org

Bylaws & Disabled Runner Fund
Lorie McComas Arnold
bylaws@calstrider.org

Adult Running Programs
Rosie Garcia
adultprograms@calstrider.org

Check out our website: www.calstrider.org

Webmaster, Mike Wilson, webmaster@calstrider.org

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