

GOLD CUP SERIES RACE SCHEDULE



Ringin In Spring 5K/10K

April 1

9:00 a.m.

Valparaiso, Indiana

Hub Run 5K

April 8

10:00 a.m.

Crown Point, Indiana

Spring Fling 5K Ramp Run

April 15

9:00 a.m.

Hammond, Indiana

Spirit Run 5K

April 29

9:00 a.m.

Valparaiso, Indiana

ATTENTION

Deadline for submissions for

May 2017 *INSTEP*

Friday, April 14, 2017

Email them to

Cecilia M. Bernal

Instep Editor

instep@calstrider.org



Small Boy

GREETINGS FROM THE PRESIDENT

Hola!!

Here are our membership totals at March 12, 2017:

Households – 274

Members - 425

Gold Cup Series Participants - 151



Jose F Lopez
President

Runnin' with the Irish was our first Gold Cup Series event of the season. It was great to see all the runners who came and braved the cold temperatures. Many wore their St. Paddy's costumes, which made for a more exciting event. There were plenty of cookies, hot chocolate, doughnuts, and Irish stew. I broke out of hibernation to join my fellow runners on this 5K course. Unfortunately, my legs cramped up in the beginning, but I did not quit. I walked to the finish line, though it did take an hour to do so. What hurt most was to know I will not be able to attain my goal of competing for the Jim Cox award this year -- Que sera sera!

Last month I mentioned that a couple of races were not returning. As you know last year the board decided to take on a challenge and continue the Buckley 5 Miler. With the help of volunteers and the board, we were able to keep this race.

I have presented to our board the idea of taking on the challenge of two other races. The first race we are working on will be the Pony Express 1/4 marathon/relay. This event was a fundraiser for the MDA held by the Local Union of Postal Carriers. Though this race is not in the Gold Cup Series, my plan is to continue the effort to raise funds for the MDA. More information on this is forthcoming.

The second race we are working on is with Campagna Academy to continue Run for the Roses. Their board decided to venture into another fundraiser for the Academy. I have met with their race director and one of the CEOs. We are in the process of agreeing on certain details and finalizing any paperwork.

We are also working on a 5 miler to support our Junior Striders. Let us not forget, we have our Stride to Be Fit walk in the fall.

With this being said, all the above is possible with a committee of volunteers. So I am looking for members to volunteer their time, ideas, and love of running to come aboard and become a committee member. We will have an initial meeting on March 23. I will take phone calls and emails if you are interested in being on the committee: 219-801-0530 (Please leave a message.) I have a tendency not to answer numbers I do not recognize or gunnylopez@sbcglobal.net

I am going to borrow a quote:

“A person's most USEFUL ASSET is not a head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help others.”

I believe this describes our Barb Hamner. When she accepted the position of the Gold Cup Series chairperson, she had little knowledge of what was expected, while new programs were given to her with no direction or guidance. She took this position and raised it to a level of great expectations.

After this year, the club will be losing a great asset, Barb Hamner. She will not be seeking reelection to stay on as Gold Cup chairperson after this season. She plans on doing what many of us look forward to and that is spending time with grandchildren.

Our next Gold Cup chairperson has some big shoes to fill. Barb is willing to take on an intern to learn the ropes of being the GC chairperson. If you are interested and willing to put in the time, stop by the Gold Cup table and have a chat with Barb.

I believe in taking on challenges and hope our membership has volunteers who are also willing to take on challenges.

Remember: "Run to have Fun"

GOLD CUP CORNER

2016 GOLD CUP AWARDS

Please visit the Strider table at GC races to pick up 2016 award if you were unable to attend the banquet.

2017 ONLINE DISCOUNT CODE

All Gold Cup races provide a discount for Striders. If you sign up online use the following discount code: GoldCup. Some races providing online registration through RunSignUp will automatically give a discount to Striders without necessity of the discount code.

RUN FOR ROSES UPDATE

Don't mark this race off your calendar just yet! Striders have contacted the race director and are in negotiations to take over the event.

GOLD CUP CHAIRMAN FINAL SEASON

I am honored to have been GC Chairman for the past 3 yrs. This will be my final season. I will not seek reelection. Our third grandchild will arrive this summer and I'm looking forward to spending more time with family. I'll still be active in Striders and Gold Cup . . . not disappearing completely.

Thank you to all Striders who have been supportive of me in this position.

I'm making the announcement now so that anyone interested in taking over can shadow me, attend GC Committee meeting, and Race Director meeting. Please contact Barb Hamner via e-mail: goldcup@calstrider.org.



Barb Hamner
Gold Cup Chairman



CLYDESDALE/ATHENA

Must weigh in three times during the season. 1st weigh in: March - April. New weight requirements for 2017 — Clydesdale: 210 lbs.+ Athena: 170 lbs.+

RAFFLE WINNERS

Runnin' with Irish 5K

Evaluation: Elaine Hendricks, Erik Jensen

Strider Wear: Lydia Bryant

Mike Moskalick



RUNNIN' W/THE IRISH 5K

Gold Cup Overall Champions
Congratulations!!!

Overall Female: Leeann Wright
Male Master: Rick Fenno

Plans are underway for the upcoming Junior Strider track season. Practices will be starting in early May — Mondays and Wednesdays in Porter County and Mondays and Thursdays in Lake County. We will have the practice schedule on line by early April. Please check there for times and locations. We will also have some information posted about events, signing up, program fee, etc.

As always, those who are participating in middle school or high school track are welcome to join after their school seasons end and do not need to worry about coming before that. We will have some intersquad activities again this year and should have more information in the next newsletter. Good luck to those who are already competing and we look forward to seeing many of you in May!



RUNNIN' WITH THE IRISH



Jean Jannasch and Elaine Hendricks sporting beads.

Erica Banks (Striders new Social Chairman) is dressed for the occasion along with fellow Strider Stephanie McKee



NEWBIE OF THE MONTH

Meet Jessica Halliar, our Newbie of the Month and the 100 Mile Club coordinator. Jess and her husband are from the Roselawn/DeMotte area. They have three beautiful kids, a son who is 8, and 3-year-old twins.

Jessica played soccer growing up, and as an adult, needed a sport to keep her "healthy and sane." She started running six years ago. She ran some races with friends, never putting much training or thought into any of them. Once having the twins in 2014, life got a little busy for her and running and well being in general fell to the wayside.

The winter of 2015 helped her decide it was time. She needed an outlet and a "re-set source." She signed up for her first marathon. Terrified, she googled, Pinterest, read blogs, all of it. She needed the secret to surviving 26.2. (There isn't one. Hard work works!)

Toeing the start line of the 2016 Chicago Marathon was the scariest moment of her life. Doubt, fear, panic, you name it, she was feeling it. She felt strong, confident, and extremely emotional when she realized what was happening: hard work, crying, angry runs, were paying off. The finish line was the proudest moment she has ever felt.

Jess is training for the Chicagoland Spring Marathon in May and the 2017 Chicago Marathon. She also started a fundraiser called Sole Project. Sole Project raises money to bring shoes, socks, etc., to the homeless.



Next time you see Jess at the starting line, be sure to say "Hi!"

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