

**GOLD CUP SERIES
RACE SCHEDULE**



**Gallery Gallop 8.5K
May 13
6:30 p.m.
Gary, Indiana**

**Kent's Run 5K
May 27
8:00 a.m.
Boone Grove, Indiana**

**Trail Run Extreme 12K
May 29
9:00 a.m.
Portage, Indiana**

**Rotary Run A Round
June 10
7:45 a.m. 5K, 8:30 a.m. 10K
Munster, Indiana**



ATTENTION

Deadline for submissions for
June 2017 *INSTEP*
Friday, May 12, 2017
Email them to
Cecilia M. Bernal
Instep Editor
instep@calstrider.org



GREETINGS FROM THE PRESIDENT

Hola!

Here are our membership totals as of April 15, 2017
Membership -- 479
Households -- 301
Gold Cup Series Participants -- 197



*Jose F Lopez
President*

Just a reminder that we will be having a Race Directors meeting on May 10. Location will be Bar Louie in Merrillville starting at 6:00 p.m.

I invite our members to volunteer to help with the races the Calumet Region Striders will be organizing. The events are the BUCKLEY 5 MILER, 1/4 MARATHON RELAY PONY EXPRESS, RUN FOR THE ROSES, and STRIDE TO BE FIT.

Interested in becoming the GOLD CUP CHAIRPERSON. Barb Hamner is willing to take you in as an intern to learn the ropes of this position. Stop by the table at the next Gold Cup race and take a moment to speak with Barb.

It was great to see everyone at the last three Gold Cup races. Many of you are making great strides toward your goals and surpassing those of last year. Also, happy to see some new faces and members bringing family and friends to join in the camaraderie and fun this running group enjoys. Thank you!

Remember: "Run To Have Fun"

THANK YOU STRIDERS FROM JOHN KOSMATKA

I want to thank the STRIDERS for all their concern and help with the cost of my medical treatments. As runners, we truly are a close knit community.

On July 4, 2016, I was feeling fine and running great having set a PR with a "beer stein trophy" at a 20K in Frankenmuth, Michigan. Ten days later my annual blood test revealed dangerously low red and white blood cell counts. Suddenly, my running performance seemed to take an instant drop. While racing in the Sunset Hill 10K in August, I found myself WALKING after just two miles.

After a few visits with a hematologist, a bone marrow biopsy was performed and revealed ACUTE MYELOID LEUKEMIA (AML), an aggressive form of blood cancer. I was admitted to Northwestern Hospital in Chicago. Its location allowed for many visits from family and running friends (too numerous to mention, but names like Steve, Sally, Karen, and Ron seem to stand out).

Chemo treatments began at once. While at Northwestern Hospital awaiting a transfusion of platelets, I was told I was having a mild stroke. Luckily, I was in the hospital at such a time. After three weeks, I was released home to rest up before another round of chemo.

While waiting to return to Northwestern, I ran my favorite race, the Schaumburg Half/5K, two days after Thanksgiving. The two previous years, 2014 and 2015, I ran the half and got first place in the 65-69 age group. However, in 2016 I ran the 5K for fun, which still made me feel great!

After two divergent medical opinions from Northwestern and the world famous Mayo Clinic, I took the advice of daughter Lori and wife Carol and visited MD Anderson (#1 rated cancer hospital in the US the last 27 years) in Houston. I have been visiting there for 3-week-long treatments and am happy with results showing that I am in remission.

GOLD CUP CORNER

Barb Hamner
Gold Cup Chairman

RACE EVALUATION SUMMARIES

80% and above Outstanding, 70-79% Good
60-69% Above Average, 50-59% Average, 49% and under Below Average



Runnin' w/ Irish 5K

Overall: Outstanding

High Points: Course closed to vehicle traffic, volunteers at key intersections, split times, refreshments (corned beef and cabbage, baked goods), awards (glasses), heaters at finish line.

Rusty's Run 25K/5K

Overall: Above Average

High Points: Volunteers/police at key intersections, awards (glasses/wine), refreshments (chili, pasta, cookies, fruit, Gatorade, coffee, hot chocolate), text message of finish time.

Area for possible improvement: Gatorade at some of the water stations for 25K.

LaPorte 10K/5K

Overall: Outstanding

High Points: Scenic course around lake, police/volunteers at key intersections and turns, on-site medical facilities, plenty of water stations.

Ringin' In Spring 10K/5K

Overall: Outstanding

High Points: Pre-race e-mails full of useful information, volunteers/police/signs at key intersections and turns, indoor award ceremony, plenty of toilet facilities, refreshments (pizza, fruit, breakfast bars, water), text message of finish time.

Area for possible improvement: One more water station on course.

Hub Run 5K

Overall: Outstanding

High Points: Excellent traffic control considering the course is not closed, great neighborhood support cheering for runners, well-marked course with volunteers/police at key intersections, chip start.

Areas for possible improvement: Consider 9 a.m. start versus 10 a.m. Clydesdale/Athena awards should be given to 1st thru 3rd.

REMINDER: 2017 GOLD CUP RULE CHANGES

Clydesdale/ Athena Weight

Clydesdale: 210 lbs+, Athena: 170 lbs+

Scoring — Runners must enter race in Gold Cup category or forfeit scoring. For example: If a runner signed up for age group in Gold Cup, but run Clydesdale/Athena in race, you will not be scored or receive credit toward 10-race requirement.

GC RACES OVERALL CHAMPIONS

Congratulations!!!

Rusty's Run 25K

Master: Paul Danger

LaPorte YMCA 10K

Overall: Marialena Nagel

Master: Linda Murkve

Master: Joe Reeves

Ringin' In Spring 10K

Overall: Hunter Boyer

CLYDESDALE/ATHENA HELPFUL HINT:

Do not enter age or birthdate on registration form. This will alleviate timing company mistakenly placing you in age group.

RAFFLE WINNERS

Rusty's Run

Evaluation: Lennie Nagel, Teresa Chester
Strider Wear: Paisley Reeves, Ed Caccavale

LaPorte YMCA

Evaluation: Lennie Nagel, Joe Reeves
Strider Wear: Cecilia Bernal, Amanda Kohne

Ringin' In Spring

Evaluation: Linda Murkve, Sarah Olivarez
Strider Wear: Allan Nalbor, Deb Schiesser

Hub Run

Evaluation: Carri Ables, Suzanne Bukur
Strider Wear: Scott Iurillo, Maria Hernandez

Congratulations!!!

You each receive \$2 in Strider Bucks which can be picked up at any Gold Cup race.

🌹🌹🌹 RUN FOR ROSES 5K IS BACK!!! 🌹🌹🌹

Calumet Region Striders will be hosting this race.
Saturday, October 14, 9:00 a.m.
Campagna Academy — Schererville

Our spring track season has arrived along with some nice weather. If you have not done so already, please go online and register each child for the track and field season. The cost is only \$30 per child (and decreases \$5 for each additional child). You can find the link under the Youth Programs on the calstrider.org website, and then go to the Track Program Signup. We are always looking for coaches/parents to help, so please let me know if you are interested, even if it is just one day a week.

Practices in both counties begin Monday, May 1. Please refer to the website Program Calendar in the Youth Programs area for the most current practice schedule for dates, times, and locations. Practices for the first couple of weeks will be at local parks focusing on conditioning and providing information for the season. We will then move to the track in mid May. We hope to see you then or when your school season is

finished. Good luck to all of those who are competing for their schools. It is great to see so many familiar faces at the meets.

The Junior Striders will again be hosting two Inter-squad meets, one in each county in early/mid June. These events are meant to give the kids a local, low pressure environment to practice competing, and maybe try an event they had not previously considered. Please look at the Program Calendar for more information. There are also some other optional events listed on the Calendar and in the general information area. Most of them are around the Indianapolis area. If you do not mind traveling and want some competition, they are good events to attend.

There are a couple of 1-mile events coming up that would be great practice, especially for the younger kids. On May 29 there is a 1-mile race at the Trail Run Extreme, and on July 13 the

Extra Mile 1-Mile Challenge takes place. These are both great events to get in some shorter trail/road races. We encourage kids who are also planning to run cross country and/or participate in local races to sign up for the Gold Cup Series through the Calumet Region Striders.

In other news, I am pleased to announce the Jim Cox Memorial Scholarship winners. They include Sara Ramos, Hunter Boyer, and Daniel Huber. All three of these seniors, as well as their families, have been very involved volunteering with the Striders and the running community as well as being participants in the Gold Cup Series. They were also Junior Strider members for a number of years. We appreciate their contributions and wish them all much success as they attend college in the fall.

Meet our Newbie of the Month, Joreen Goodson.



She is married with two daughters - 6 and 7 years old. She works as a customer service representative and has been running for many years. Joreen identifies as "a slow runner who likes to go long distances." ☺ She joined CRS to help track and achieve her running goals. One goal is to run a marathon in 2017. Her encouragement for others about running: "Just do it! Most of us will never be the winner of a race. It's not about that. It's about staying fit and having fun."

Next time you see her lacing up at the start line, be sure to say "Hello!"

THANK YOU STRIDERS FROM JOHN KOSMATKA

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In summary, I strongly suggest a yearly blood test to monitor any medical problem at their onset when your chances for success are improved. If you would like to consider being a bone marrow donor, contact BETHEMATCH.ORG.

If your running performance declines, like mine did, quick medical attention could help greatly. Never feel intimidated about getting a second or third (as in my case) opinion.

Finally in brief summation, I qualified for Boston 2017 on four occasions (Fox Valley Marathon, Buckeye Arizona Marathon, Boston 2016, and Traverse City Marathon. Unfortunately, running Boston 2017 was not possible for me. I am qualified and hoping to run NYC in November once my treatment is completed. STRIDE ON!

John Kosmatka

GOLD CUP SERIES PREMIUM

This year's premium is a hat. It's available with or without pompom. FREE to all GCS participants. Pick yours up at any GCS race.



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