

GOLD CUP SERIES RACE SCHEDULE



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

Firecracker 5K
June 17
7:30 a.m.
Chesterton, Indiana

Friendship Run 5K
June 21
6:30 p.m.
Highland, Indiana

Public Enemy 5K
June 25
8:00 a.m.
Crown Point, Indiana



ATTENTION

Deadline for submissions for
July 2017 *INSTEP*
Friday, June 9, 2017
Email them to
Cecilia M. Bernal
Instep Editor
instep@calstrider.org



SmallBoy

GREETINGS FROM THE PRESIDENT



*Jose F Lopez
President*

Hola!

Here are our membership totals as of May 12, 2017:

Membership -- 504
Households -- 315
Gold Cup Participants -- 200

Just a few reminders that we are still looking for members to be part of the Race Committee for the following upcoming races: Buckley 5 Miler, 1/4 Marathon Pony Express, and Run for the Roses. We also have the Stride To Be Fit Walk for non-runners. Stop by the Gold Cup table and ask how you can participate. Thank you.

Still looking for an intern to be the next Gold Cup Chairperson. Just stop by the Gold Cup table and speak with Barb Hamner. She is willing to train and guide you through the ropes. You could not ask for a better teacher.

Hopefully the weather has cleared up and everyone starts reaching their goals. I know for one I cannot stand a treadmill to put in mileage. When I was running, the only thing that would stop me from running outdoors was a lighting storm.

The Board is working on a few social gatherings. New Strider wear will soon be available. A new fundraiser to continue the scholarship program for our high school students is in the works. More information is forthcoming.

See all of you at the upcoming races.

Remember: "RUN TO HAVE FUN"
Jose F Lopez
Gunny"
Semper Fi

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



Spring Fling Ramp Run

Overall: Outstanding

High Points: Well marked with volunteers and police at key intersections, unique course with parking garage midway through race, excellent traffic control.

Area for possible improvement: More water/bottled water at finish.

Spirit Run

Overall: Outstanding

High Points: Challenging course, well-marked route with plenty of volunteers at key turns and intersections, great traffic control especially since course is not completely closed to vehicles, indoor bathrooms, plenty of parking near race start, excellent refreshments (baked goods and sub sandwiches), photo booth.

Area for possible improvement: Suggest moving water station to mid-point of race.

100 MILE CLUB

Quarter Year Update

Top 15 so far . . .

Leeann Wright - 610.72

Linda Murkve - 560.6

Steve Kearney - 557.8

Joe Reeves - 539

Shathiskumar Rangaswamy - 511

Amy Maciejewski - 372.05

Tina Reeves - 351

Lennie Nagel - 329.10

Kimberley Jensen-Burns - 324.97

Erik Jensen - 319.36

Mike Wilson - 319

Sue Glass - 318

Stephanie McKee - 300.02

Deanna Grimes - 285.4

Carri Ables - 281.5

All Striders can participate in this program. Simply send miles accumulated on a monthly basis (training and races) to:

100mileclub@calstrider.org

Awards for achieving 100, 500, and 1000 miles can be picked up at any Gold Cup race by visiting Strider table. Special awards will be presented at the GC banquet to runners who achieve 2,000+ miles.

PHOTOS

Erin Shinabarger is ready for Easter at the Spring Fling Ramp Run.



Brian Culbreth conquering one of the many hills at the Spirit Run.

RAFFLE WINNERS

Spring Fling Ramp Run

Evaluation: Mary Miller

Bev Calligan

Strider Wear: Mark Robinson

Maria Hernandez

Spirit Run

Evaluation: Theresa Bondi

Roger Steffen

Strider Wear: Jamie Miller

Shelley Bryant

OVERALL CHAMPIONS

Congratulations!!!

Spring Fling Ramp Run

Master: Rick Fenno

Spirit Run 5K

Master: Karen Spoor

IMPORTANT

GC RACE #14
Public Enemy 5K

Race Director has added a 10K to this event. ONLY the 5K will be scored for all ages in the Gold Cup Series.



Please be sure to stop by and pick up your premium (hat) and 100 Mile Club awards.

Also, enter raffles for wearing Strider wear and completing a race evaluation.



Congratulations to all those who competed with their schools this spring. Hopefully, some will be competing at the High School State Meets on June 2 and 3. It is great to see so many of you at all the different schools competing. I seldom attend a meet where I don't see a Junior Strider competing. The coaches and I love to see how much progress you have made and hope you truly enjoy what you are doing. Keep up the great work and encourage your teammates to extend their season and join the Junior Striders for the summer!

Junior Strider track season is in full swing now with practices being held twice a week in both Porter and Lake Counties. We will again be hosting Intersquad meets in June, one in Porter County and one in Lake County. We have all the events of a full track meet between the two evenings and encourage all of our kids to run something they nor-

mally run as well as try something new. We will need parents to volunteer at these events to help things run smoothly. So please talk to the coaches if you can help. These meets are meant to give the kids a chance to compete locally as well as help them to get to know other Junior Striders and have fun. Please look on the Youth Strider section of the Strider website for further details. Thank you to all the coaches who are helping with practices and planning. The most up-to-date calendar of events may be found on the Junior Strider calendar in the Youth section of the Strider website.

Some other upcoming events in June include the Midwest Youth Championship in Fisher, Indiana, on June 2 and 3, the same dates as the Indiana High School State Championship for the girls and boys at IU in Bloomington. Later in the month is the AAU District meet in Indianapolis

on June 17 and the USATF State Meet in Muncie, Indiana, on June 24 and 25. Even though the meets are a couple hours' drive, they are a great opportunity to compete with other kids in the Mid-West area. One other event that has recently been added is the USATF Youth National Outdoor Championships held at Benedictine University in Lisle, Illinois, from June 26 – 30. This meet draws national competition and does not require any pre-qualification. At the very least there will be kids from all over the Mid-West competing. In the past it has been a well-run event. You do need to be a member of USATF to compete. For instructions on how to become a member of AAU or USATF with the Junior Striders, please refer to the information sheet in the Youth section of the Strider website.



Sasa Sekuloski coming out of parking garage at Spring Fling Ramp Run.

**Meet our Newbies of the Month
Steve and Julie
(and daughter Sophia!) Packovski.**

Steve and Julie joined the Calumet Region Striders to become more active in the local running community and meet fellow runners. They have both been running for approximately six years. Steve and Julie feel one of the best parts of running is the competition against yourself as it provides such an awesome opportunity for personal growth.

Julie personally enjoys the atmosphere of a race even as a spectator, and will be volunteering at her first race this summer. She will also start training for the Chicago Marathon soon and is thrilled to have the chance to participate in her first marathon this fall!

Next time you see Steve and Julie at the start line be sure to say "Hello!"

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President
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.***