

GOLD CUP SERIES RACE SCHEDULE



Nick Schultz Live, Love, Give Running with the Devils 5K

August 5
8:00 a.m.

Lowell, Indiana

Rotary Ramble 5K

August 12
8:00 a.m.

DeMotte, Indiana

10,000 Meters at Sunset

August 26
7:30 a.m.

Valparaiso, Indiana

Lowell Labor Day Weekend 5K

September 2

8:00 a.m.

Lowell, Indiana



ATTENTION

Deadline for submissions for
September 2017 *INSTEP*
Friday, August 11, 2017

Email them to
Cecilia M. Bernal
Instep Editor
instep@calstrider.org



HoilaobH

GREETINGS FROM THE PRESIDENT

Hola!

Our membership totals as of July 16, 2017:

- Membership - 555
- Households - 342
- Gold Cup Series Participants - 214



Jose F Lopez

Watching "Prefontaine" trying to gather some thoughts about what to write. I was not a runner in school and did not receive any formal training for running. I was told to run in the Marine Corp — did not question it just did it. 'Pre' would ask his girlfriend before each race, "Do I look like a runner?"

This past month has made me think about this. I would love to compete with the runners in my age group or even with any of our runners no matter what their age. Our running club has members who are fast, slow, and every speed in between. They range in age from young to old. Everyone encourages one another and there is never a lack of inspiration.

One moment I will not forget is the past Brickyard 5 Miler when Bob Hooper lost his balance during the race, but insisted on finishing. Slightly scraped and refusing medical attention he completed the course. He is an inspiration to a lot of runners. (When the boss showed up to take him home, he sought medical attention). He is doing fine, but I believe his running has been cut back a little.

After watching this, I attempted to run/walk two events. I struggled with muscle cramps, but completed the Running Wild for the Zoo 5K. At the 1-mile mark I thought about turning back, but would have to walk another mile back. Then thought what the heck no pain no glory — lol. The next event was the Extra Mile Challenge. Started out feeling pretty good. As a matter of fact, I actually ran the first 1/4 mile. Then again the muscle cramps kicked in. Here it was easy to quit, but I remembered Bob Hooper's finish the week before. The encouraging cheers from other runners and spectators enabled me to finish that race. Oh, again, I go back to the question, "Do I look like a runner?"

In closing, just a reminder that we have a fellow Strider battling cancer, Bill Moylan. Please keep him in your prayers.

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

Munster Rotary Run A Round 10K/5K

Overall: Good

High Points: Well-marked course, flat course, plenty of police and volunteers at key intersections and turns, cold water at water stops, post-race refreshments (Gatorade, water, bagels, orange slices), indoor restrooms.

Area for possible improvement: Start races earlier (5K: 7:30 a.m., 10K: 8:15 a.m.), race was a bit over zealous this year improving award presentation for 10K (suggest 1.5 hours. after start of race vs 1 hour.)

Firecracker 5K

Overall: Outstanding

High Points: Well-marked course, plenty of volunteers at key turns and intersections, excellent traffic control, three water stations, raffle, goodie bags, all three miles marked, misting station, indoor bathrooms.

Friendship Race 5K

Overall: Good

High Points: Unique awards (records), refreshments (pizza, watermelon, Culvers ice cream, Ices, cookies, Gatorade), well-marked course, two water stations, indoor bathrooms.

Public Enemy 5K

Overall: Good

High Points: One water station that runners passed three times, volunteers at key intersections and turns, police dog demonstration, unique awards (money pouches).

Area for possible improvement: Crisscross of runners in Ellendale subdivision was a bit confusing.

Brickyard Run 5 Miler/5K

Overall: Good

High Points: No vehicle traffic on 5-mile route, police at key intersections, well-marked course, 4 or 5 water stations (I lost count), early start to beat the heat of summer (7:30 a.m.), fresh fruit at finish, indoor bathrooms, unique awards (bricks).

Area for possible improvement: Hard to hear split times.

RAFFLE WINNERS

Munster Rotary Run A Round

Evaluation: Abigail Ignarta,
Vicky Kurowski
Strider Wear: Phyllis Hansen,
Cecilia Bernal

Firecracker 5K

Evaluation: Kim Burns,
Amy Maciejewski
Strider Wear: Bob Turek,
Stephanie McKee

Friendship Race

Evaluation: Mary Ann Gozdeki,
Samantha Bartucci
Strider Wear: Diane Dumonte-
Slater, Manuel Rodriguez

Public Enemy 5K

Evaluation: Kathleen Kolodziej,
Strider Wear: Lisa Beecher, White-
Wolf Kelly

Brickyard Run

Evaluation: Lindy Garzella,
Norm Eikman
Strider Wear: Erin Shinabarger,
Thomas Nedza

Running Wild for the Washington Park Zoo

Evaluation: Mary Ann Gozdeki,
Theresa Maciejewski
Strider Wear: Marialena Nagel,
Brian Culbreth

OVERALL CHAMPIONS

Congratulations!!!

Munster Rotary Run A Round

Overall: Rick Renno
Master: Shatishkumar Rangaswamy

Public Enemy 5K

Master: Mary jo Russel
Master: Shatishkumar Rangaswamy

Brickyard Run

Overall: Leeann Wright

Running Wild for the Washington Park Zoo

4th Overall: Amy Maciejewski
Master: Elaine Hendricks
Master: Shatishkumar Rangaswamy

ILLNESS IN STRIDER FAMILY

Bill Moylan

Bill has been diagnosed with stage 4 kidney cancer, which has subsequently spread throughout his body.

He is receiving treatment and staying at Prairie Manor, 345 Dixie Highway, Chicago Heights, IL 60411.

Bill has been a long time Strider, Board member, and Godsend to me my first two years as Gold Cup Chairman. He helped me set up and take down at most GC races.

Striders are presenting him with a check from the Disabled Runners Fund.

Thank you to Dennis and Janet Rotz who paid him a visit on July 5 and updated us on his condition.



Firecracker 5K:

David Wort battling the heat.



Friendship 5K:
Stephanie
McKee sporting
Strider Wear.

MEET LAUREN ERICKSON, OUR NEWBIE OF THE MONTH

I joined Striders because of my co-worker Roy Summerville and his amazing family. They told me about it and encouraged me to give it a try. I just started running this past fall and fell in love with it fast. Today I finished my 5th 5K and won the Athena Division. I was in shock. I also won Athena at the Spirit Run. I am still in shock. I fell for the running so hard I started the half marathon training at Extra Mile and have met so many wonderful and encouraging people!

I am a native of Crown Point and just moved to Valparaiso a few years ago. I am in a long-term relationship with my fellow eccentric nerd Mike Vega. We have an insane dog named Sir Douglas the Earl of Pimpwich.

I am the choir and theatre teacher at River Forest Middle/High School where I also coach MS track and cross country. I am a very active musician as well, singing with the Northwest Indiana Symphony Orchestra Chorus and operas with the New Philharmonic. I play the alphorn with Alpine Echoes and play tuba with the German Band, Inc., South Shore Orchestra, Indiana Concert Band, and the Lakeside Pride Marching Band.

Next time you're at the starting line, be sure to tell Lauren "HELLO!"



Start of Brickyard 5 Miler.



Public Enemy 5K: Susan Sendejas in her prison garb.

Webmaster, Mike Wilson, is back in town.

The Junior Striders have wrapped up their track season. We had over 30 kids participate in the program this summer in a variety of events from sprints to distance as well as all kinds of field events and even multi events. Thank you to all the coaches for helping out with a very diverse group of interests. We held two intersquad meets, with one even hosting another local running club, where most of our kids were able to participate in at least one of them. Thanks to the coaches for helping to organize and keep everything running smoothly. We saw lots of improvement at these meets from just the start of the year and several kids enjoyed trying something new. Great job to all the kids at these meets and throughout the season.

We had six Junior Striders travel to Broad Ripple High School in Indianapolis on June 17 to compete in the AAU District Meet. It was a very long day, but the kids did great. The top 15 in each event qualified for the regional meet. The participating Junior Striders, their events, age group, and places include:

Everly Pycraft (8 & under girl) – 1st 1500M Run
Elliza Pycraft (11 year old girl) – 4th 80M Hurdles, 3rd 1500M Run
Payton Boyer (11 year old girl) – 5th 80M Hurdles, 4th Long Jump, 1st High Jump
Reilly Boyer (13 year old girl) – 2nd 200M Hurdles, 2nd 3000M Run, 1st Long Jump, 2nd High Jump
Luke Stento (13 year old boy) – 5th Long Jump, 5th Discus, 3rd Shot Put
Jamie Stento (15/16 girl) – 10th Long Jump

Next up was the USATF State meet at Ball State University in Muncie. We had eight Junior Striders participate in the meet on June 24 and 25. The top eight in each event move on to the regional meet. The participants, their events, age groups and places include:

Ena Gilliana (9/10 girl) – 4th 1500M Run
Ani Gilliana (11/12 girl) – 4th 1500M Run
Payton Boyer (11/12 girl) – 6th 80M Hurdles, 3rd High Jump, 5th Long Jump
Reilly Boyer (13/14 girl) – 5th 3000M Run, 5th 200M Hurdles, 10th Long Jump
Nicole Brandy (15/16 girl) – 3rd 1500M Run
Ava Gilliana (15/16 girl) – 1st 1500M Run
Jordyn Boyer (15/16 girl) – 1st 2000M Steeplechase, 1st 3000M Run
Hunter Boyer (17/18 boy) – 1st 2000M Steeplechase

Four Junior Striders chose to compete at the AAU District meet from June 29 through July 2 at Belvidere North High School in Belvidere, Illinois. Advancements to the AAU Junior Olympics included the top three in the mulitevents, top five in the field events, and top six in the running events. All four kids qualified in at least one event at the Junior Olympics, and all of them are planning to participate in Ypsilanti, Michigan, the first week in August. The participants, events, and places include:

Everly Pycraft – 2nd 1500M Run
Payton Boyer – 9th 80M Hurdles, 10th Long Jump, 1st High Jump
Reilly Boyer – 5th 200M Hurdles, 3rd 3000M Run, 3rd Long Jump, 3rd High Jump
Luke Stento – 1st 200M Hurdles, 2nd Pentathlon

Five of the Junior Striders chose to compete at the USATF Regional held at Northern Illinois University in DeKalb, Illinois, on July 8 and 9. Advancement to the USATF Junior Olympics was the top five in each event. Three of the five qualified to advance in at least one event, and all three are planning to compete the last week of July in Lawrence, Kansas. The participants, events, and places include:

Ena Gilliana – 6th 1500M Run
Ani Gilliana – 9th 1500M Run
Payton Boyer – 4th High Jump, 11th Long Jump
Ava Gilliana – 1st 1500M Run
Jordyn Boyer – 1st 3000M Run, 2nd Steeplechase

One other event a couple of the Junior Striders choose to compete in was the USATF Youth Outdoor Championship held at Illinois Benedictine University in Lisle, Illinois, from June 26 through June 30. The results are:

Jordyn Boyer – 2nd place 15/16 girls 2000M Steeplechase
Hunter Boyer – 1st place 17/18 boys 2000M Steeplechase

Congratulations to all the kids who represented the Junior Striders at the various meets this summer. You make us proud and have shown great progress! Good luck to all of those competing at the Junior Olympics.

**NON PROFIT ORG
US POSTAGE PAID
GRIFFITH, IN
PERMIT NO. 225**



BOARD MEMBER EMAIL ADDRESSES



OFFICERS:

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 38 years.***