

GOLD CUP SERIES RACE SCHEDULE

**Fall Frolic/Jennie Hamilton
Memorial 4-Mile Run
November 5
9:00 a.m.
Hammond, Indiana**

**5K Arctic Dash
December 2
8:00 AM
Portage Indiana**



MESSAGE FROM THE PRESIDENT

Hola!!

The membership totals as of 10/15/2017 are:

Gold Cup Participants	218
Membership	606
Households	370



Looks like the autumn weather is here to stay. The changing colors of the leaves and pumpkin spice makes everything nice.

Congratulations to everyone who ran the 40th Bank of America Chicago Marathon and to all the volunteers who made Station 3 at Mile 5 a memorable one. With all the media coverage about kneeling or standing while the national anthem is played prior to NFL games, one good thing for sure (and it gave me goosebumps) was when the young ladies started to sing the National Anthem prior to Darrel Hale asking all the volunteers to man their stations and everyone joined in. I hope this tradition continues. Semper Fi volunteers!!

The Final Rose!

Run 4 the Roses at Campagna Academy has come to a close. I deeply would like to give a HUGE THANK YOU to Carri Massau-Ables who was in charge of recruiting volunteers for this event. Thank you volunteers and runners who made this event a great finale!!

Volunteer/volunteering

Webster's definition is one who offers himself or herself for a service of his own free will.

Keep that last statement in mind. In the next few months we will be accepting nominations for the following Board positions: Secretary, Treasurer, Chair Nominations for Bylaws & Disabled Runner Fund, Gold Cup & Sponsored Series, and Membership & Volunteers. The main requirement is your selfless hours of volunteerism to continue the purpose of this running club and its members.

Gold Cup Banquet

Our annual banquet is set for January 27, 2018, with more information forthcoming. Looking forward to seeing all our fellow members in dress clothes instead of in running clothes.

Remember "RUN AND HAVE FUN"
Jose F Lopez Jr.



ATTENTION

Deadline for submissions for
December 2017 *INSTEP*
Friday, November 10, 2017

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



GOLD CUP CORNER

Barb Hamner
Gold Cup Chairman

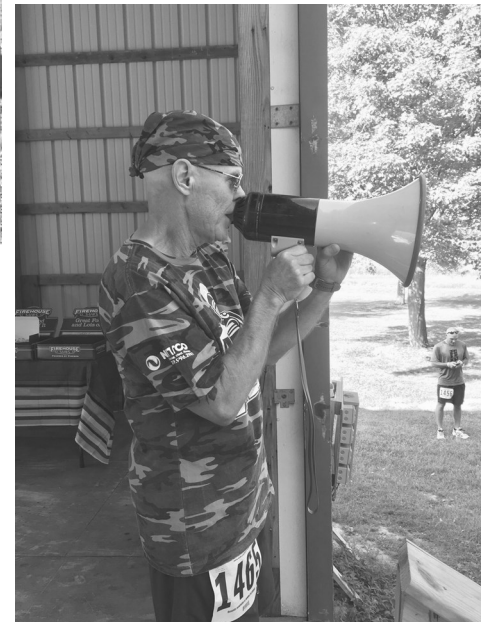
SAD NEWS

Long-time Strider and former Board member, Bill Moylan, lost his battle with cancer Thursday September 21. He was my right hand man during my first two years as Gold Cup Chairman. He is missed. God bless.

Pictured to right: Bill Moylan with Barb.



Pictured from left clockwise:
Stephanie McKee sporting Strider wear at Space Race Glow Run 5K.
Mary Miller and Norm Eikman after completing Runnin' for Prestin 10K.
Dan Sturgell announcing awards at 2nd annual 10,000 Meters @ Sunset.
Roy Summerville after a PR finish at Lowell Labor Day 5K.



OVERALL CHAMPIONS

Congratulations!

Run For Prestin 10K

Overall: Amy Maciejewski

Master: Shatishkumar Rangaswamy

Master: Elaine Hendricks

Space Race 5K

Master: Elaine Hendricks

Master: Shatishkumar Rangaswamy



RAFFLE WINNERS

Run For Prestin 10K

Evaluation: Norm Eikman, Jean Tolchinsky

Strider Wear: Ulrike Zambori, Joreen Goodson

Space Race 5K

Evaluation: Charlie White, Ed Caccavale

Strider Wear: Stephanie McKee, Jamie Miller

Our numbers have continued to go up as we welcome all of our middle school kids as well as some high school runners at the conclusion of their seasons. I and the rest of the coaches have enjoyed watching the kids compete this season at their various schools and it's always great to see so many familiar faces at the meets. We had several middle school kids as top finishers at their conferences and also many who showed great improvement during the season. Hopefully, they look forward to continue running for another month or so with the Junior Striders. Congratulations to all for a great season!

On October 8 we held our first of two inter-squad meets. For many this was the first time running the distances in which they will compete. We had quite a few kids attend and we were able to get a baseline for the month ahead as well as check their progress after the first month of practices. Our second meet is scheduled for Octo-

ber 23. These meets are one of the benefits of joining the Junior Strider program and are a great opportunity to meet kids from both Lake and Porter counties.

On October 15 we held the first of two meets hosted by the Junior Striders. We had a great turnout by both kids and adults on a cool and windy day. There were some "hiccups" with the higher than expected numbers and the bad weather the day before, but we made the best of it. I appreciate all the work getting ready for the meet by Ben Vickers, Chris Boyer, and Randy Medina. Thanks also to the volunteers who helped on race day, including coaches, high school girls, and parents. These events would not be possible without all the help in advance and on race day. Great job to all the kids who ran, you made us proud and always a joy to watch!

The second event is the AAU qualifier that will be on November 5 also at Lowell High School. This event is

for the youth only and will be used as the qualifier for the Coaches Cross Country Nationals. The team will attend that meet on November 18 near Cincinnati, Ohio. We encourage all the Junior Striders to attend the qualifier, even if they do not attend the national meet, as a way to compete locally in an age appropriate distance.

In addition to the practice schedule, there are also some optional events the kids can attend that are posted on the Junior Strider calendar. I have also been trying to keep everyone updated on any changes or new information on the weekly emails. I hope you have been reading them. There will be a lot of information coming at the beginning of November for the Coaches Cross Country Nationals.

As always, thanks to all our coaches for the generous time and expertise they are giving to our youth. We could not do this without you!

NEWBIE OF THE MONTH

Sandy Fisher Thomas is our Newbie of the Month. She ran her first marathon in Chicago on October 8th. Sandy ran for St. Jude Hospital and raised over \$1,700 for her charity. Sandy is an x-ray technician and lives in Kouts with her family. Be sure to say "Hello" next time you see her at the finish line.



Sandy Fisher Thomas



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