

**GOLD CUP SERIES  
RACE SCHEDULE**



**Final Gold Cup Series Race  
for this Year**

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



**What's Inside:**

- Nominations Ballot**
- GCS Banquet RSVP**
- Duneland Ski Club**

**MESSAGE FROM THE  
PRESIDENT**

Membership	615
Households	374
Gold Cup Participants	218



Our annual banquet is just around the corner. Enclosed with this newsletter is the RSVP form with some banquet details. Invitations will not be mailed. Please note that we will only reserve tables for parties of ten as we did last year. All other seating will be on a first come first served basis. Reservations may be made through RunSignUp once it is set up. RSVPs are due no later than January 14, 2018. Banquet information will also be posted in our weekly Strider news, which is emailed as well as posted on our Facebook page.

It is also that time of year to begin the election process for some of our elected positions. Please review the positions on the enclosed Nomination Ballot and nominate yourself or someone who is willing to volunteer their time to help our running club.

With this Thanksgiving season remember to give thanks to everyone.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~ John F. Kennedy

Remember: "Run To Have Fun"  
Jose F. Lopez  
"Gunny"

### JOHN BOBALIK RECEIVES LIFETIME ACHIEVEMENT AWARD

The Striders presented John Bobalik with a Lifetime Achievement Award for promoting running in NW Indiana at the Fall Frolic. John retired this past summer as Fitness Director for Purdue University Northwest and is a founding member of the Calumet Region Striders.

His accomplishments include:

- 1977: 14th Place in Mayor Daley Marathon (Chicago Marathon) with a Time of 2:33:11
- 1977: Founder of Highland Pumpkin Plod
- 1978, 1979, 1980: Winner of Calumet City Half Marathon
- 1978: Co-founder of Calumet Region Striders
- 2000 to Present: Race Director of Fall Frolic
- 2005 to Present: Race Director of Spring Fling
- 2010: Purdue University Outstanding Administrator Award



*Jose, Barb & all CRS Board Members,*

*Just want to send a note of gratitude and thanks for the kindness you bestowed on me last Sunday at the race by presenting me with the prestigious Calumet Region Striders Lifetime Achievement Award.*

*It is a great honor and privilege to be honored by the Striders and certainly a very humbling and most appreciative experience. From the early years of helping to get the Calumet Region Striders started to coaching cross country and track to becoming a distance runner myself and running races to becoming a race director for several local races to helping beginning runners get started on training programs -- the friendships made and the time spent helping the running community has been an invaluable experience and something I will treasure forever -- just like the CRS Lifetime Achievement Award.*

*Thank you ALL for the recognition and award!*

*Best regards,  
JB*

### RAFFLE WINNERS

#### SPACE RACE

Evaluation: Ed Caccavale, Charlie White  
Strider Wear: Stephanie McKee, Jamie Miller

#### RUN 4 ROSES

Evaluation: Erik Jensen, Maria Hernandez  
Strider Wear: Joe Reeves, Bob Hooper

#### LOWELL CLASSIC

Evaluation: Norm Eikman, Karen Spoor  
Strider Wear: Everly Pycraft, Amy Maciejewski

#### GRUB RUN

Evaluation: Erica Banks, Melissa Summerville  
Strider Wear: Bob Edwards, Debbie Ogdon

#### MANDA'S RACE

Evaluation: Vincenzo Caccavale, Tina Reeves  
Strider Wear: Amanda Kohne, Tom Magill

#### FALL FROLIC

Evaluation: Vicky Kurowski, Mindi Whittaker  
Strider Wear: Beth Boyer, Roy Summerville

### OVERALL CHAMPIONS

Congratulations!!!!

#### SPACE RACE 5K

Master: Shatishkumar Rangaswamy  
Master: Elaine Hendricks

#### RUN 4 ROSES 5K

Overall: Rick Fenno  
Overall: Leeann Wright  
Master: Mary Jo Russel  
Master: Joe Reeves

#### LOWELL CLASSIC

Master: Joe Reeves  
Master: Mary Jo Russel

#### GRUB RUN 5K

Overall: Eliza Pycraft  
Master: Mary Jo Russel

#### FALL FROLIC

Overall: Jordyn Boyer  
Master: Mary Jo Russel

### THANK YOU VOLUNTEERS

Thank you to all our volunteers  
for Run for the Roses

Robert Edwards

Jane Fuller

Sue Glass

Louise Hooper

Kathy, Andrew, & Will Labus

Blanca Lopez & Family

Glenn Moreno

Luis Salamanca & "Goose"

Adriana Salazar & Family

Sneha Shathish

Lake Central Honor Society

Members

Faith Church Schererville

And thank you to Joe Reeves for  
volunteering at Manda's Race!

## 2017 ELITE SERIES CHAMPIONS

Congratulations!!!

Overall 1st: Leeann Wright

Overall 2nd: Mary Jo Russel

Overall 3rd: Amy Maciejewski

Master: Elaine Hendricks



## 2017 ELITE SERIES CHAMPIONS

Congratulations!!!

Overall 1st: John Borman

Overall 2nd: Brian Culbreth

Overall 3rd: Rick Fenno

Master: Joe Reeves



**JOE**



**JOHN**



**BRIAN**



**RICK**

By the time you see this the Jr. Strider XC season will be over. We had quite a few new kids join this year as well as many returning from previous years. We are always looking for suggestions on ways to improve the program so if anyone has suggestions, please pass them along. This year we tried something new by splitting practices one day a week in Lake County to a North and South group, which seemed to help families from a convenience standpoint. At the same time it still kept the group together one day a week so they can meet new kids in the running community.

We also continued with the Intersquad meets, but had a weather issue for the second one. so it got pushed back a week. I think the change impacted some of the participation, and the day we did run was cold and windy. Great job to all the kids for running and braving the weather. If anyone has suggestions on how to make those better in the future, let me know. We are trying to set up a low pressure environment to track kids' progress and give them some experience in a race environment at the distance they would need to run in regular meets. Thanks to Ben Vickers for setting these events up from a course perspective and for timing. Thank you to the many other coaches for helping on those days as well as practices all season long.

We had a number of current and former Jr. Striders run at the High School State meet in Terre Haute held October 28th. In the girls race Ava Gilliana, Emily Worthington, Sarah Worthington, Julia Arnold, Hannah Fitzgerald, Jordyn Boyer, Brooke Hayden, Jessie Mescal, Claire Mitch, and Myah Krintz all competed. On the boys side it included Carlos Martinez, Nate Smith, Carl Frey, Caleb Chapman, Dustin Hudak, and Alec Fleming. Of these athletes we had one, Jordyn Boyer, finish in the top 20 (making the podium) in 9<sup>th</sup> place. Congratulations to all who ran with their high schools this year and at the state meet, you make us proud!

The Jr. Striders hosted their second official event, the AAU District Qualifier, on November 5th at Lowell High School. The following Jr. Striders competed along with their place:

2K – Beau Bliss (1<sup>st</sup> 7 year old boys), Maggie Lukowski (1<sup>st</sup> 8 year old girls), Everly Pycraft (2<sup>nd</sup> 8 year old girls)

3K – Elora Bliss (1<sup>st</sup> 9 year old girl), Max Fagen (2<sup>nd</sup> 9 year old boys), Colin Lukowski (1<sup>st</sup> 10 year old boys), Eliza Pycraft (1<sup>st</sup> 11 year old girls), Payton Boyer (2<sup>nd</sup> 11 year old girls), Cheyanne Stock (1<sup>st</sup> 12 year old girls), Annabella Visak (2<sup>nd</sup> 12 year old girls)

4K – Reilly Boyer (1<sup>st</sup> 13 year old girls), Lillian Maldia (2<sup>nd</sup> 13 year old girls), Shay Kelliehan (3<sup>rd</sup> 13 year old girls), Isabella Medina (2<sup>nd</sup> 14 year old girls), Taryn Eastling (3<sup>rd</sup> 14 year old girls)

5K – Jordyn Boyer (1<sup>st</sup> 15/16 year old girls), Brooke Hayden (2<sup>nd</sup> 15/16 year old girls), Jack Teibel (3<sup>rd</sup> 15/16 year old boys), Marcos Arevalo (4<sup>th</sup> 15/16 year old boys), Kylie Mercier (1<sup>st</sup> 17/18 year old girls).

Thank you to Chris Boyer and the Boyer kids, Ben Vickers and Randy Medina for helping set up the course and tear it down afterwards. For both events this year we had bad weather the day before so we had to split set-up between Friday afternoon and Sunday morning. I appreciate all the help and flexibility. Also thanks to the coaches and parents who helped on race day. Everything ran very smooth and the kids did great!

Next up is the Coaches Cross Country Nationals in West Chester, OH on November 18<sup>th</sup>. I will have more information on how that event was in the next newsletter.

Attention all Jr Strider High School seniors. It's time to start thinking about the Jim Cox Memorial Scholarship. The online application should be open in December so please start thinking about applying. More to come in future newsletters and weekly emails.

### ATTENTION

Deadline for submissions for  
January 2018 *INSTEP*  
Friday, December 8, 2017

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

▀[r]acoh

### MEET THERESA BONDI NEWBIE OF THE MONTH

Theresa Bondi joined the Striders with the encouragement from Erica Banks, who has been her inspiration. She loves to walk, but wanted to learn to become a runner. She also joined the Gold Cup Series. Her goal is to continue her Strider membership and do more races next year to earn a Gold Cup Series award.

On a more personal note Theresa has a daughter, Gina, and two grandsons.

Look for Theresa at her next race to say HELLO!



CRS  
PO BOX 225  
GRIFFITH, IN 46319

**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  
(Vacant)  
bylaws@calstrider.org

Adult Running Programs  
Ed Caccavale  
adultprograms@calstrider.org

***Check out our website: [www.calstrider.org](http://www.calstrider.org)  
Webmaster, Mike Wilson, [webmaster@calstrider.org](mailto:webmaster@calstrider.org)***

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