

**GOLD CUP SERIES  
RACE SCHEDULE**



**First Race for 2018**

**Runnin' with the Irish 5K  
March 17  
9:00 a.m.  
Chesterton, Indiana**



**ATTENTION**

Deadline for submissions for  
February 2018 *INSTEP*  
Friday, January 12, 2018

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

JacobReadyFor2018

**MESSAGE FROM THE PRESIDENT**

Our membership numbers are as follows:

Membership	615
Households	374
Gold Cup Participants	218



Congratulations to our JIM COX finishers this year: Ed Caccavale (first-time award), Marialena (Lennie) Nagel (2<sup>nd</sup> award in as many years), and the unstoppable Jim Cox recipient Dennis Rotz (a total of 14 awards, including 10 consecutive years from 2003-2012).

This past year, like many before, I have seen or ran with members and non-members. For whatever reason we choose to run, we all have goals and are inspired by different means. I congratulate everyone who reached their goals or surpassed their expectations in 2017. Many have reached milestones, such as mileage, back to back marathons, winning numerous awards, and being supportive of local running. I can't wait to learn more of your accomplishments and hope to toe the line with you in 2018.

Speaking of the running community, the Calumet Region Striders will be celebrating our 40th Anniversary as a nonprofit running club this year. I can only mention a few of our long-time members, off the top of my head, who are still going strong: Bob Hooper, "Coach T" Jean Tolchinsky, Ida Hey, and John Bobalik. We value your membership and participation.

If you are looking for more challenges in 2018, the XYZ Series and the Sunset Running Group offer great trail running. Also, consider running groups led by Lori Arnold, Thomas Little, and Deanna Grimes just to mention a few.

Don't forget to register for our upcoming banquet being held on January 27, 2018. Register at <https://runsignup.com/Race/IN/Hobart/2017GoldCupSeriesBanquetAwardsCeremory>.

Also, a reminder to renew your yearly membership. Dues are \$15.00 and the Gold Cup Series is \$25.00. Dues are the for the year beginning the 1<sup>st</sup> of January through the 31st of December.

On behalf of the Calumet Region Strider board members, we hope everyone had a Merry Christmas and wish all a Happy, Healthy, Prosperous New Year!

Jose F Lopez  
"Gunny"  
President

## GOLD CUP CORNER

**Barb Hamner**  
Gold Cup Chairman

### ARCTIC DASH Overall Champions

Congratulations!!!

Overall: Eliza Plycraft  
Master: Mary Jo Harrington-Russel

### GOLD CUP 2017 Female Age Group and Athena Champions

Congratulations!!!

0-8	Paisley Reeves
9-10	Abigail Masterson
11-12	Reilly Boyer
15-18	Jordyn Boyer
25-29	Mikiela Cobb
30-34	Amanda Evelyn
35-39	Jamie Miller
40-44	Abigail Igarta
45-49	Lori Cook
50-54	Linda Murkve
55-59	Mary Miller
60-64	Deb Schiesser
65-69	Diane Slater
70-74	Jean Tolchinsky
75-79	Beverly Calligan
Athena	Lauren Erickson

### RAFFLE WINNERS

Arctic Dash

Evaluation: Dave Hinshaw  
Tait Villarreal

Strider Wear: Paisley Reeves  
Abigail Ignarta

Congratulations!!!

You each receive \$2 in Strider bucks,  
which may be picked up at the Gold  
Cup Banquet or any 2018 GC race.



### GOLD CUP 2017 Male Age Group and Clydesdale Champions

Congratulations!!!

0-8	Ryan Smith
11-12	Luke Buford
13-14	Joel Bryant
15-18	Dylan Draves
25-29	Jeff Kors
30-34	Paul Watson
35-39	Tait Villarreal
40-44	Dan Koch
45-49	Ed Caccavale
50-54	Craig Miller
55-59	David Wort
60-64	Karl Evory
65-69	Henry Aguilera
70-74	Norm Eikman
75-79	Robert Edwards

### JIM COX AWARD WINNERS

Congratulations!!!

Ed Caccavale  
Marialena Nagel  
Dennis Rotz

These runners completed ALL 31 Gold  
Cup Series races  
plus a marathon of  
their choice.



**GOLD CUP 2017  
Female Overall Champions**

Congratulations!!!

- 1st: Marialena Nagel
- 2nd: Dawn Fox
- 3rd: Karen Spoor



**GOLD CUP 2017  
Male Overall Champions**

Congratulations!!!

- 1st: Shatishkumar Rangaswamy
- 2nd: Erik Jensen
- 3rd: Mike Culbreth





**GOLD CUP 2017  
Master Champions**

Congratulations!!!

Scott Iurillo  
Jean Jannasch

**GOLD CUP 2017  
Age Graded Champions**

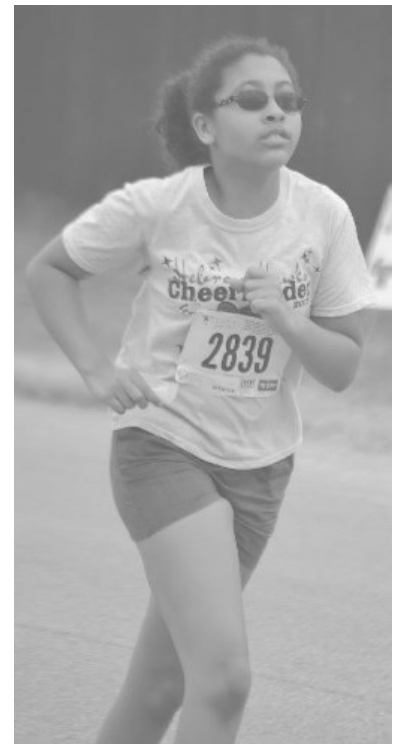
Congratulations!!!

Roger Steffen  
Kathleen Kolodziej

**GOLD CUP 2017  
Jr. Strider Overall Champions**

Congratulations!!!  
Brother and Sister

Robert Summerville  
Lauren Summerville



We had 25 Junior Striders, along with their families and friends, make the trip to West Chester, Ohio, for the Coaches Cross Country Nationals on November 18. The course was very wet due to heavy rains in the days preceding, but the rain did hold off on race day. They tried to drain, add drying agents, etc., but the courses still had to be altered at the last minute. The kids made the best of it. Not only the runners, but all who moved around to watch the races ended up muddy and wet. Great job to all the kids who made the trip and ran! You made us all very proud and, hopefully, you had a good time and gained valuable running experience in a very competitive environment.

We had seven individuals (placed in the top 25 in their age groups) and one team (placed in the top 3) make it to the podium. Congratulations to those who made the podium! They included the following:

2K – Maggie Lukowski (18<sup>th</sup> 8 year old girls), Everly Pycraft (21<sup>st</sup> 8 year old girls)

3K – Eliza Pycraft (14<sup>th</sup> 11 year old girls), Cheyanne Stock (15<sup>th</sup> 12 year old girls)

5K – Jordyn Boyer (3<sup>rd</sup> 15/16 year old girls), Ava Gilliana (4<sup>th</sup> 15/16 girls), Hannah Fitzgerald (24<sup>th</sup> 15/16 girls)

3<sup>rd</sup> Place 15/16 year old girls team of Jordyn Boyer, Ava Gilliana, Hannah Fitzgerald, Rachel Kujawa, and Nicole Brandy

We also had a few kids who just missed the podium finishing within a few places out, including Colin Lukowski (26<sup>th</sup>), Payton Boyer (27<sup>th</sup>), and Lillian Maldia (28<sup>th</sup>)

A special thanks to all the coaches and families who helped the day before at course walk throughs, dinner, and the day of

the meet. I was unable to be around that day and really appreciated those who helped out, including Chris Boyer, Ben Vickers, Randy Medina, Steve Kearney, and Lisa Knestrict. We could not have done it without you. Also on race day thank you to the above people as well as Ron Knestrict, Rob Lukowski, Matt Bliss, and Tim Pycraft for their help on group warm ups.

There were also several Junior Striders who ran at the Foot Locker Regional on November 25. We had several elementary and middle school kids run the 3K and several high school kids run the 5K. There was a lot of good competition and the kids ran well.

We also had one Junior Strider, Jordyn Boyer; attend the AAU Cross Country Nationals on December 2 in Charlotte, North Carolina. Jordyn won the 15/16 year old girls 5K. Congrats!

Thanks to everyone for the many hours they gave to help at practices, events, set-up, and encouraging the kids during the cross country season. I know we all do this for the love of running and watching the kids grow and develop. Your help is truly appreciated!

Lastly, I want to remind all the Junior Strider high school seniors to start working on their Jim Cox Memorial Scholarship applications. The online application is active on the Strider website. We encourage you to apply.

### NEWBIE OF THE MONTH

Meet Scott Iurillo. Scott is from Valparaiso and married with children; Anna, Jacob, and Alex. His wife, of eight years, Jolene, has been very supportive of his new found “hobby? running career? running shoe fetish? insanity.”

Scott was never an athlete growing up and had always been overweight. Then one day being tired of being overweight he found himself at the running store buying a pair of “overpriced, gaudy shoes.”

Four years ago he started out not being able to run more than from one light post to the next, but over time he could run an entire mile without stopping. Then two, three, and so on.

This past spring he ran his first 5K -- Ringing in Spring -- at the Valpo YMCA. He was fourth in his age group and ran faster than he ever did while running on his own. A few days later Linda Murkve told him about the Striders, and he signed up for the Gold Cup Series.

Scott ran about 20 races this year, 17 were Gold Cup races, and shaved almost three minutes off of his first 5K time. He finished the season, to his amazement, as the First Place Male Master. This will be the first trophy he has ever earned.

Scott said, “I will admit, I’m very proud of myself. I would have never guessed that I’d be a runner, let alone win anything for running. Hell has officially frozen over! I have found that the competition is very friendly and have enjoyed getting to meet a lot of you. Sam, Mike, Dan, and Joe have been great guys to run against in my age group. I had the chance to be coached by super-fast guys -- Greg Ruckle and Jeff Mescal, true sportsmen who took time to run with me and give me pointers. Thanks again, gentlemen.

I, like all of you, am officially NUTS. STRIDE ON!”



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***Check out our website: [www.calstrider.org](http://www.calstrider.org)***

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***An RRCA member  
running club serving  
Northwest Indiana and  
Northeast Illinois  
for over 39 years.***