

MESSAGE FROM THE PRESIDENT

**GOLD CUP SERIES
RACE SCHEDULE**



First Race for 2018

Runnin' with the Irish 5K

March 17

9:00 a.m.

Chesterton, Indiana

Ringin in Spring 10K & 5K

April 7

9:00 a.m.

Valparaiso, Indiana

Hub Run 5K

April 14

10:00 a.m.

REMINDER

Deadline for submissions for

April 2018 *INSTEP*

Friday, March 9, 2018

Email them to

Cecilia M. Bernal

Instep Editor

instep@calstrider.org

Hola!!

It was great seeing everyone at the 2017 Gold Cup Series banquet enjoying themselves. One of the highlights was watching Shathiishkumar Rangaswamy, alias Sam Adams, dancing with his trophy lol.

Barb Hamner did another fantastic job with the GCS awards as she concluded her final term as Gold Cup Chair. Also completing her final term is Carri Ables as Membership & Volunteers Chair. Both ladies did wonderfully and were truly dedicated to the success of our club. They will be missed!



Join me in welcoming the new Board members replacing them — Leeann Wright, Gold Cup Chair, and Amy Maciejewski, Membership and Volunteers Chair. Looking forward to working alongside them.

In August 1978 the first meeting of what we now know as the Calumet Region Striders was held. This year marks the 40th Anniversary for the Calumet Region Striders.

As stated on our website:

“The Calumet Region Striders is a group of people joined together by a common interest in running. All of us are dedicated to the promotion of every aspect of road racing and fun running. We are running for health, fitness, camaraderie and the pure enjoyment of our sport.

We realize that each individual runs for his own personal reasons: for some, it is hard work, training, discipline and dedication - a way of life. For others, it is simply a form of recreation. No matter why YOU run, we think you will enjoy being part of this club.”

The Striders motivated me when I learned of them back in 1984. The Gold Cup Series sold me on running. I was no jock in school, but picked up running while serving in the Marine Corp. That was how we went from one training session to another. Whatever brought you to this sport, let us not forget the bling at the Gold Cup banquet. So pass the word to family and friends to join and become part of our non-profit organization. Membership is \$15 and an additional \$25 per runner for the Gold Cup Series.

Hoping to see everyone at our first Gold Cup race of the season, Runnin' with the Irish. Also let's plan to attend the final Spring Fling Ramp Run on Sunday, April 15, directed by one of the founders of the Calumet Region Striders, John Bobalick.

Let the new Gold Cup Series running season begin!!!

Jose F. Lopez

GOLD CUP CORNER

Leeann Wright
Gold Cup Chairman

Hello, Striders!

I am thrilled to serve as your Gold Cup Chair for the 2018 racing season. Barb was an EXCELLENT Gold Cup Chair, and I will endeavor to emulate her – though she left some very large sneakers to fill! I wish you many excellent races, lots of PRs, but most importantly, I hope that you have fun!

Let's keep up the great work of submitting race evaluations and wearing your Strider gear with pride. I plan to be at as many of the races as possible, so please stop by the Gold Cup table and introduce yourself!

Upcoming Gold Cup Races:

Saturday, March 17, 9:00 a.m. CDT – Runnin' with the Irish – Indiana Dunes State Park, Chesterton, Indiana

Saturday, April 7, 9:00a.m. CDT – Ringing in Spring 10K & 5K – Valparaiso Family YMCA, Valparaiso, Indiana

Saturday, April 14, 10:00 a.m. CDT – Hub Run 5K – Crown Point Square, Crown Point, Indiana

Don't forget to register for the Gold Cup race series – it is not included in your Strider Membership. The race series registration is \$25, and you can submit payment (cash or check) and complete a paper form at any Gold Cup race, or make it easy by signing up online at: <https://runsignup.com/Race/IN/Griffith/GoldCupSeries>.

Remember, your Gold Cup races only start counting AFTER you have registered for the series. So don't delay, get registered today!

For those who were not able to attend the Gold Cup banquet in January, I will have your trophies available for pick-up at the Gold Cup table during any Gold Cup race this year.

Peace, Love, & Running,

Leeann :)

2018 GOLD CUP DISCOUNT CODE: All Gold Cup Series participants receive at least a \$1 discount for Gold Cup Series races. The 2018 online and paper discount code is: **Striders**



NEWBIE OF THE MONTH UPDATE

When we featured newbie Lindy Garzella in our October 2016 *InStep*, she had completed her first timed 5K and was training for a half marathon in February 2017. Lindy not only completed one half marathon, she completed FIVE last year! From Florida to Utah and three in Indiana, she has continued to improve her half times. Lindy also shaved ten minutes off of her 5K time within six months although she continues to prefer 13.1 as her race distance. Lindy completed her first Gold Cup Series in 2017 and was honored and surprised that she won the year's "Most Improved Runner" award at the Gold Cup Banquet. Her long-term goal is to eventually run a full marathon.

~ Carri Massau-Ables

Congratulations to all the Junior Striders who competed in the 2017 Gold Cup Series. It was nice to see several of you all dressed up at the banquet and receiving your awards. In 2018 I hope more of you are able to participate. As a Junior Strider (youth 18 and under), you only have to compete in five races. With the various races throughout Northwest Indiana, you can easily get in five without having to run over a 5K and receive a discount to participate as well. During the year all Gold Cup participants receive a premium, such as a Strider hat, socks, blanket, or mug just to name a few from the past. All those who enter the series are invited to the Gold Cup banquet at the end of January at no additional charge, and those who complete their five races (18 and under) receive a trophy.

This year at the banquet we recognized two young ladies, Ava Gilliana and Jordyn Boyer, for their outstanding achievements both with their high schools and the Junior Striders. Congratulations girls for a great 2017!

A reminder to our high school seniors that it is time to start applying for the 2018 Jim Cox Memorial Scholarship. If you are a current Strider mem-



ber and have been involved with the Junior Striders, you should consider applying. Criteria includes: you and your family's time volunteering with the Junior Striders and Striders in general as well as your participation in the Gold Cup Series. It is an online application and may be found under Jim Cox Memorial Award on the Strider website. The deadline for submission is April 1st 2018, so please don't wait until the last minute. Further details and criteria are also on the website.

As, hopefully, the snow starts to diminish, we are also starting to think about the 2018 track season. Most likely in March, we will have a coaches meeting to do some planning. I will be reaching out to the coaches from last year and also want to see if others are willing to help. Our season runs from early May to mid July. Please let me know if you are interested in helping.

JORDYN BOYER

Track & Field

- NCC Conference Girls 3200 Meter Run Champion – 11:02.83
- IHSAA Girls Sectional 3200 Meter Run Champion – 11:36.65
- IHSAA Girls Regional 3200 Meter Run 3rd Place – 11:10.55
- IHSAA Girls State 3200 Meter Run 9th Place – 11:00.88
- USATF National Youth Outdoor Championships 2k Steeplechase 2nd Place (15/16) – 7:36.14
- USATF National Jr. Olympic Championships 2k Steeplechase 5th Place (15/16) – 7:32.43
- USATF National Jr. Olympic Championships 3000 Meter Run 2nd Place (15/16) – 10:31.22

Cross Country – 5K

- NCC Conference Girls XC Champion – 18:13.0
- IHSAA Girls XC Sectional Champion – 18:52.2
- IHSAA Girls XC Regional Champion – 18:51.2
- IHSAA Girls XC Semi-State Champion – 17:58.7
- IHSAA Girls XC State Finals 9th Place - 18:23.0
- Post-Tribune 2017 Girls Cross Country Runner of the Year
- Cross Country Coaches National Youth Championships 3rd Place (15/16) – 18:01.44
- Cross Country Coaches National Youth Championships 3rd Place Team (15/16)
- AAU National Cross Country Championships 1st Place (15/16) – 18:15.74
- Calumet Region Striders Gold Cup 1st Place Age Group (15-18 Female)

AVA GILLIANA

Track & Field

- DAC Conference Girls 1600 Meter Run Champion – 5:04.16
- DAC Conference Girls 800 Meter Run Champion – 2:14.14
- IHSAA Girls Sectional 1600 Meter Run Champion – 5:20.24
- IHSAA Girls Sectional 800 Meter Run 2nd Place – 2:25.78
- IHSAA Girls Regional 1600 Meter Run Champion – 5:09.91
- IHSAA Girls Regional 800 Meter Run Champion – 2:18.23
- IHSAA Girls State 1600 Meter Run 3rd Place – 4:59.87
- USATF National Jr. Olympic Championships 1500 Meter Run Champion (15/16) – 4:38.81

Cross Country – 5K

- DAC Conference Girls XC Champion – 18:03
- IHSAA Girls XC Sectional 2nd Place – 18:51.9
- IHSAA Girls XC Regional Champion – 18:27.8
- IHSAA Girls XC Semi-State 2nd Place – 18:13.4
- Cross Country Coaches National Youth Championships 4th Place (15/16) – 18:15.96
- Cross Country Coaches National Youth Championships 3rd Place Team (15/16)

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