

GOLD CUP SERIES RACE SCHEDULE



Ringin in Spring 10K & 5K

April 7

9:00 a.m.

Valparaiso, Indiana

Hub Run 5K

April 14

10:00 a.m.

Crown Point, Indiana

Spring Fling 5K Ramp Run

April 15

9:00 a.m.

Hammond, Indiana

Spirit Run 5K

April 21

9:00 a.m.

Valparaiso, Indiana

LaPorte YMCA 10K & 5K

April 28

9:00 a.m.

LaPorte, Indiana

MESSAGE FROM THE PRESIDENT

Hola!

First, I would like to give a big THANK YOU to our new sponsors: Culberth's Lawn & Tree, First Choice Home Builders, and Pratt 100% Recycled. If you are in need of any of their services, please contact them.

Just a reminder to everyone that we are a non-profit organization. Our club is maintained by membership dues, sponsorships, and dedicated volunteers. If you know of a company or you own your own company, think of referring them or becoming a sponsor by contacting our Vice President Lisa. She will give you all the information about our sponsorship program.

Our Gold Cup Series has begun. It was good seeing everyone at the Runnin' with the Irish start line.

"There are no strangers at the starting line. Just fellow runners who haven't met yet."

~ Suzy Shapiro



Jose F Lopez Jr.
President
Semper Fi



culbrethslawnandtree.com

REMINDER

Deadline for submissions
for
May 2018 *INSTEP*
Friday, April 13, 2018

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

qoocelA!

GOLD CUP CORNER

Leeann Wright

Hello Striders!

Our 2018 Gold Cup season is underway. If you haven't registered yet, don't worry – there is still time! 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!

Upcoming Gold Cup races in April:

Saturday, April 7, 9:00AM CDT

 Ringing in Spring 10K & 5K – Valparaiso Family YMCA, Valparaiso, Indiana

Saturday, April 14, 10:00AM CDT

 Hub Run 5K – Crown Point Square, Crown Point, Indiana

Sunday, April 15, 9:00AM CDT

 Spring Fling 5K Ramp Run – Purdue Northwest Campus, Hammond, Indiana

Saturday, April 21, 9:00AM CDT

 Spirit Run 5K - St. Paul's Catholic School, Valparaiso, Indiana

Saturday, April 28, 9:00AM CDT

 LaPorte YMCA Run 10K & 5K - Soldiers Memorial Park, LaPorte, Indiana

Also, don't forget about our Sponsored Race Series, where you can earn a cool prize for completing at least three races in this series. And, you don't have to be a Gold Cup member to participate in the Sponsored Race Series!

Peace, Love, & Running,

Leeann :)

CONGRATULATIONS JOHN BOBALIK

The Hammond Sports Hall of Fame held its 32nd Annual Induction Dinner Tuesday, March 13, at the Hammond Civic Center. Among the seven inductees was John Bobalik, the Race Director for the Spring Fling 5K Ramp Run.

Excerpt from NWI.com:

Bobalik completed 20 marathons — five during the 1970s in times of 2:39.1 or faster — helped start the Calumet Region Striders Club, introduced the annual Highland Thanksgiving Pumpkin Plod road race, initiated the Hammond Clinic Corporate Fitness Program and co-developed the Purdue University Northwest Fitness Center.



Photo shared from Bishop Noll Institute Facebook post.

Among those present Tuesday night at the Civic Center to support Coach John Bobalik on his induction into the Hammond Sports Hall of Fame were a number of his Bishop Noll track and field team members from the 1970s. Pictured, from left, are Jon Sanchez '74, Joseph Matusik '77, Nick Trgovich '79, Darryl Hughes '75, Rick Torres '78, Coach Bobalik '65, Bob Salinas '77, Richard Garza Jr. '79 and Jesse Gomez '74. What a great Warrior representation for a truly deserving individual.

In mid-March we held our coaches meeting to wrap up and give suggestions for improvement of the fall cross country program as well as made plans for the upcoming track season. We will be starting our season in early May, and by early April we will have at least the first couple weeks of practices on the Junior Strider calendar as well as details on the program in the youth section of the Strider website. Please also look for information in the weekly emails. We typically start our season by doing some runs at local parks along with some core exercises for the first couple of weeks to get in shape. As always, if you are participating in your school's program, please join us after that season/practices are done.

Most of our middle school kids have started their track

season. Good luck as you move to competitions. For our high school kids, many of you competed in the indoor season and have now moved to outdoor. Congratulations on your accomplishments so far and best of luck for the remainder of the season.

A final reminder to our high school seniors – the application deadline for the 2018 Jim Cox Memorial Scholarship is April 1st. Please note, you must be a current member of the Calumet Region Striders in order to be considered. Further details and criteria as well as the online application link are on the website.

Enjoy your spring running, and we look forward to seeing you in May!

2018 Central Region Championships Events



April 8
Good Life 5K Race
 Sponsored by the Oak Park Runners Club
 Oak Park, Illinois
www.goodliferace.com

May 12
Ice Age Trail 50
 Sponsored by the Badgerland Striders
 LaGrange, WI
www.iceagetrail50.com

June 3
Dexter Ann Arbor 10k
 Sponsored by the Ann Arbor Track Club
 Ann Arbor, Michigan
www.dxa2.com

July 4
The Mile
 Sponsored by the Wabash Valley Road Runners
 Terre Haute, IN
www.wvrr.org/event/the-mile-presented-by-pacesetter-sports

September 16
Lake Michigan Credit Union Bridge Run
 Sponsored by Run GR
 Grand Rapids, MI
www.thebridgerun.com

September 23
Quad Cities Half Marathon
 Sponsored by Quad Cities Running Club
 Moline, IL
www.qcmarathon.org

October 7
Medtronic Twin Cities Marathon
 Sponsored by Twin Cities in Motion
 Minneapolis-St. Paul, MN
www.tcmevents.org

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