

**GOLD CUP SERIES
RACE SCHEDULE**



Run Like a Mother 5K Run/Walk

May 13

8:00 a.m.

Crown Point, Indiana

Gary Rotary Gallery Gallop

May 19

6:30 p.m.

Gary, Indiana

Trail Run Xtreme 12K

May 28

8:30 a.m.

Portage, Indiana

Munster Rotary Run-A-Round 5K

June 9

7:45 a.m.

Munster, Indiana

Munster Rotary Run-A-Round 10K

June 9

8:30 a.m.

Munster, Indiana

MESSAGE FROM THE PRESIDENT

APRIL SHOWERS BRING MAY FLOWERS, or in the case of running, it will bring faster times.

While watching a couple of our April races, the Hub Run 5K and the last Spring Fling 5K Ramp Run, I saw many local runners endure the temperatures and inclement weather while wishing I was out there running with them. My hat goes off to you the runners. However, nothing compares to all the "219" Boston Marathoners who endured inclement weather for 26.2 miles. Just going to mention a few names: Jim Kiel and Karen Spoor -- thank you for your live feed, Stephanie Crook representing Teachers, and our very own "Boston" Bob Turek who completed his journey. Congratulations to all who competed at the Boston Marathon.



Ringin in Spring was another tough race with harsh temperatures. The saddest part of the race was hearing from long-time Race Director Mike Jones, who is retiring after 24 years. As with other long-time race directors, will he pass on the baton or will we see another race disappear? Thank you Mike Jones for your dedication to Ringin in Spring and making it a premier event.

If you are reading this newsletter, it will be your final newsletter unless you have renewed your Calumet Region Strider membership, only \$15.00 for the year. A great bargain and good way to meet fellow runners. Join us in the 2018 Gold Cup Series for only \$25.00 as we celebrate our 40th anniversary.

Our Totals

Membership: 435

Families: 270

Gold Cup Series Participants: 168

In closing, I am grateful for all the well wishes and prayers on my last episode that landed me in the hospital. I was infected with an e coli infection that entered my blood system and affected my kidneys, bladder, and of course, my sweetness (diabetes). Thank you very much!!!

Remember: Live, Love, and Laugh because tomorrow is not promised.

Run to have Fun!

Jose F. Lopez, Jr.

GOLD CUP CORNER

Leeann Wright
Gold Cup Chairman

Hello, Striders!

Our 2018 Gold Cup season is well underway! It's been great to see so many of you braving the "spring" weather and sporting your Strider gear!

A few updates and reminders for you:

Athena/Clydesdale Don't forget about your weigh-ins! You need to check-in three times during the season: March-April, June-July, and September-October. Can't remember if you checked in? On the age group standings of the website, there is a new column that will tell you the number of check-ins you have completed.

100 Mile Club is now housed under Adult Running Programs. Jessica Hallier will continue to manage the 100 Mile Club this year in partnership with Board member Ed Caccavale, our Adult Running Programs Coordinator. Questions, comments, ideas, concerns? Contact 100mileclub@calstrider.org or adultprograms@calstrider.org.

Sponsored Races We've added a couple more sponsored races. So don't forget to support our local races and local charities by participating. Check out the calendar of events at calstrider.org.

SEEKING VOLUNTEERS Do you love to run? Do you love to talk about running? Do you love running with friends? Do you love being a Strider? If so, I need YOU! Please consider becoming a Gold Cup Race Selection Committee member for the 2019 season. The commitment for this position would be to review applications and attend a selection meeting in the fall (date/time/location TBD). In addition, you would also assist at five Gold Cup races at the Strider table -- don't worry, you can still run the race! -- and encourage your friends and race attendees to learn more about the Striders. Interested? Please contact me at goldcup@calstrider.org.

Hope that the rest of our season continues to "run" smoothly -- and keep showing your Strider Pride! Stride On, Friends!

Peace, Love, & Running,
Leeann :)

NEWBIE OF THE MONTH

Meet our newbie of the month, Steven Bugarin.

After running three middle school track races, he was hooked. Steven started running in 2000. His running career continued with three years as the sole runner at Chicago Washington High School. Then he ran four years at St. Xavier University from 2004-2008. Since 2009 Steven has been coaching track and cross country at St. Ignatius College Prep in Chicago.

When living on Chicago's East Side, much of his running was at Calumet Park and Wolf Lake. He currently lives in Hammond, two miles from Wolf Lake. He does a lot of his running there or in Downtown Chicago when he is coaching.

Steven has been running Strider races since 2003 when he ran his first Fall Frolic. He decided to join the Gold Cup Series competition this year because he had previously participated in a few races on the calendar and wanted to motivate himself to do more races at different distances.

Steven is off to a great start! He has been the overall winner of the first three Gold Cup races he has run this year.



Steven Bugarin captured at the 2016 Shamrock Shuffle running alongside Desiree Linden, the 2018 female winner of the Boston Marathon. How cool is that!!

The Junior Strider spring track and field season is almost here, and I am hoping some nice weather too! If you have not done so already, please go online and register each child for the track and field season. The cost is only \$30 per child. You can find the link under the Junior Striders Youth Programs on the calstrider.org website. Then go to the Track Program Signup. Just as an FYI, you need to have a family membership as well to sign up. We are always looking for coaches/parents to help, so please let me know if you are interested, even if it is only for one day a week.

I know there are many other sport options for kids over the summer from which to choose. Our program is led by USATF certified coaches and is very reasonably priced. We offer kids the opportunity to learn the proper form and the basics of track and field events. For those who choose, we also participate in AAU/USATF state and regional qualifying events. Every year we have a few kids who qualify and participate at either the AAU or USATF Junior Olympics. These events require additional AAU/

USAFT membership fees as well as track meet fees, but are great experiences for kids who enjoy competing at a high level.

Practices begin the first week in May. We will have practice locations in several areas around Northwest Indiana, and the kids are welcome to come to all of them or as many as scheduling and other commitments allow. We realize kids/families are involved with other things as well as taking vacations. So we just ask that kids come to as many practices as they can. Please refer to the Program Calendar in the Junior Striders Youth Programs area for the most current practice schedule for dates, times, and locations. Practices for the first couple of weeks will be at local parks focusing on conditioning and providing information for the season. Then we will move to the track in mid-May. We hope to see you then or when your school season is finished. Good luck to all of those who are competing for their middle and high schools. It is great to see so many of you proudly representing your school teams at the meets.

The Junior Striders will again be

hosting two Inter-squad meets, one in each county, in early/mid-June. These events are done to give the kids a local, low pressure environment to practice competing, and maybe try an event they had not considered before. Please look at the Program Calendar for more information. There are also some other optional events listed on the Calendar and in the general information area. Most of them are within a couple of hours of the Northwest Indiana area. If you don't mind traveling, and want some competition throughout the state, these are good events to attend.

In other news, I am pleased to announce the Jim Cox Memorial Scholarship winners. They include: Jasmine Reyes, Jessie Mescal, and Caleb Chapman. All three of these seniors, as well as their families, have been involved with the Junior Striders, volunteering with the Striders and the running community as well as being participants in the Gold Cup Series. We appreciate their contributions and wish them all much success as they attend college in the fall.

ELITE SERIES

Next Elite Series race is the Munster Rotary Run-A-Round 10K on June 9 at 8:30 a.m.



SPONSORED RACES

#Stop the Stigma 5K Race and Walk on May 6 at 9:00 a.m.

The God Water Run for the Thirsty 5K on May 19 at 9:00 a.m.

100 MILE CLUB

Top 10 after the first quarter of the year.

Steve Kearney 615.38

Steven Bugarin 556.00

Shathishkumar Rangaswamy 516.00

Abigail Igarta 499.94

Joe Reeves 483.00

Tim Brown 436.40

Tim Conger 401.80

Bob Turek 379.28

Cauteenia Gibson 371.00

Sue Glass 364.40

COME

RUN

WITH

US

REMINDER

Deadline for submissions for June 2018 *INSTEP* Friday, May 11, 2018

Email them to Cecilia M. Bernal *Instep* Editor

qoocelrA

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***An RRCA member
running club serving
Northwest Indiana and
Northeast Illinois
for 40 years.***