

GOLD CUP SERIES RACE SCHEDULE



Munster Rotary Run-A-Round

June 9

5K 7:45 a.m.

10K 8:30 a.m.

Munster, Indiana

Firecracker 5K

June 16

7:30 a.m.

Chesterton, Indiana

Friendship Race 5K

40th Anniversary

June 20

6:30 p.m.

Highland, Indiana

Hollywood, History & Hoodlums Hustle 5K

June 24

8:00 a.m.

Crown Point, Indiana

Brickyard Run

July 4

5K 7:30 a.m.

5M 7:30 a.m.

Hobart, Indiana

MESSAGE FROM THE PRESIDENT

Hola!

Each of us had some inspiration that prompted us to run and become members of the Calumet Region Striders. Over the past years I have seen many runners grow into ultra distance runners, marathon maniacs, and faster runners, right along with new younger runners. Personally, I give the ability, desire, and/or the potential to run to our members as well as the running community. Without the camaraderie, we would not reach our goals.



Volunteers make our club and many of the local race events happen. We are always looking for members to give a few minutes, days, or even months to maintain our running club. So if you are interested and want to spend some time to help run this club, stop by the Gold Cup table to see how. One of the positions seeking help is the Gold Cup Chairperson along with committees.

The Buckley 5 Miler will have some changes this year – a new course, which may be challenging to some and fun to others! It has not been measured yet, but I can say it will have about 4.8 miles of trail. So to all you trail runners and any runner who like to challenge themselves come on out to the Buckley 5 Miler.

Our Totals

Membership: 456

Households: 284

Gold Cup Series Participants: 169

RUN TO HAVE FUN

Semper Fi
Jose F. Lopez
Gunny

GOLD CUP CORNER

Leeann Wright
Gold Cup Chairman

Hello, Striders!

It's a beautiful day to get out there and RUN – right??? I hope everyone's season is going well so far and you stay healthy and injury free! (Don't forget about those warm-ups and stretches!)

A few reminders for you:

Please stop by the Strider table and fill out an **evaluation** form. This helps us to provide feedback to our race directors, to ensure that YOU have an AWESOME race experience! If you mark something as "3/Poor," please tell us why you felt that way (don't worry – you won't be identified or "called out!"). Giving an explanation of your rating helps me to communicate needed changes to the race directors so the racing experience is better next year.

Scoring reminder: Disputed results must be resolved by the Statistician within 15 days of the completion of an individual race. Age graded points will be displayed in the individual Gold Cup race results. Contact webmaster@calstrider.org with your issue, and we'll work to resolve it as soon as possible.

Race length: When multiple distances are offered, Striders 14 and under must run the shorter distance and Striders 15 and over must run the longer distance in order to receive your Gold Cup points.

Also, don't forget about **volunteering** at races! Fancy a "rest day" but can't resist the urge to be at the starting line? Volunteering is a great way to support our running community. Plus you can have so much fun cheering on your fellow Striders and other runners. May I get some more cow bell, please? STRIDE ON!

Peace, Love, & Running,
Leeann :)

P.S. GOLD CUP RACE COMMITTEE – 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.

ELITE SERIES

Next Elite Series races:

Munster Rotary Run-A-Round
10K on June 9 at 8:30 a.m.

Brickyard Run 5 Miler on July 4
at 7:30 a.m.



SPONSORED RACES

St. Stanislaus/Trail Creek 5K
Run/Walk on June 2 at 8:00 a.m.

Dunes Dash 5K on June 30 at
5:30 p.m.

See website for locations.

The Junior Strider spring track season is underway, and we have lots of new as well as familiar faces. So far, as of this writing, we have been doing some conditioning, but are now moving to the track. Our middle school kids will also now be joining us as their season has just wrapped up. Our Junior Strider kids competing with their middle school track teams did a great job and are often leaders on their teams as they come with quite a bit of track and field knowledge from the start. Congrats to all of those who competed this season, the Junior Strider coaches are very proud of you and your efforts.

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 and then go to the Track Program Signup. Just as an FYI, you need to have a family membership as well to sign up. Please refer to the Program Calendar in the Junior Striders Youth Programs area for the most current practice schedule for dates, times, and locations. We will be having three practices most weeks with Mondays at Chesterton Middle School,

Wednesdays at Wheeler High School, and Thursdays at Colonel Wheeler Middle School.

I know there are many other sports options for kids over the summer, including other running programs. Our program is available for all ability levels ages 6 – 18 and is led by USATF certified coaches at a very reasonable price. We offer kids the opportunity to learn the proper form and the basics of track and field events, including distance, sprints, hurdles, jumps, and throws. As part of the program fee, 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. For those who choose, we also participate in AAU/USATF state and regional qualifying events. Eve-

ry year, we have a few kids who qualify and participate at either the AAU or USATF Junior Olympics. The State Meet for USATF is June 16 and 17 in Muncie, Indiana. The District/State Meet for AAU is June 23 and 24 in Indianapolis, Indiana. Both are the first in a series of qualifying meets needed to compete at the Junior Olympics for each group. We will likely have coaches attending both of these meets. Please let one of the coaches know if you would like to attend, and we can help get you started with the sign ups. 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. There is more information available on each of these groups online in the Youth/Junior Strider section. Please note if you plan on attending you need to have memberships in these organizations in advance and approval can take a week or more. So please plan accordingly.

Lastly, we have several current and former Junior Striders who are competing in the post season with their high school track teams. Good luck to all of them!

STRIDER WEEKLY NEWS

A weekly newsletter comes out each week with the latest news. Be sure to check your email and Facebook for the news! Do you have something you'd like us to included? Email pr@calstrider.org

Adult Running Programs: We have group runs every Monday, Tuesday, Wednesday, and Thursday. Check our Facebook page and our website for times and locations.

**COME
RUN
WITH
US**

REMINDER

Deadline for submissions for July 2018 *INSTEP* Friday, June 15, 2018

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

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