

GOLD CUP SERIES RACE SCHEDULE



Brickyard Run

July 4

5K 7:30 a.m.

5M 7:30 a.m.

Hobart, Indiana

Running Wild for the Washington Park Zoo 5K

July 8

9:00 a.m.

Michigan City, Indiana

Buckley 5 Miler

July 21

7:30 a.m.

Lowell, Indiana

Pierogi 5K Stumble

July 26

6:30 p.m.

Whiting, Indiana

Nick Schultz—Live, Love, Give 5K

August 4

8:00 a.m.

Lowell, Indiana

VP MESSAGE

We are almost halfway through the Gold Cup season! At this writing, I just ran Firecracker 5K and have signed up to run Friendship 5K and Hometown History 5K. My running hasn't been all that great lately, but I just love going to races and seeing all the happy people.

Be sure to stop by the Gold Cup table as we will be selling Strider wear. We would like to sell most of the summer Strider shirts before we order long-sleeve, winter Strider wear. I cannot even imagine wearing anything long sleeved today since the temperature is over 90 degrees, but I am always thinking ahead. Remember, you can use your Strider Bucks to purchase Strider wear (they're not just for races).

Right now I am working on putting things together for the Buckley 5 Miler. Buckley Homestead Park is such a pretty place. It is full of history along with it's beauty. I really feel Buckley Homestead Park is a hidden gem. If trail running is not for you, we would love to have you as a volunteer. Remember, a race cannot be successful without volunteers. Our running community is amazing, but assembling a good team of volunteers can be challenging at times. So if you can help out, please let us know.

This will be my last year serving on the Board of Directors as I will not be seeking re-election. It has been a WONDERFUL 10 years!!! Ten years of service will leave me with a lifetime Strider membership status, but it cannot compare to the lifetime friendships I have made. I have learned so much, and I have served on the Board amongst the best representatives. I still plan to be actively involved in the Striders just not in an official seat capacity.

I know I don't submit content as often as I would like, but when I do, I prefer to leave everyone with a positive message. I recently had several close friends receive terrible news . . . life altering news. Every day that we live on this earth should be a precious one. Never take your life, friends, or family for granted. That is all we have in this lifetime, so make each day count. Always be the best version of you and smile. According to recent studies, smiling reduces stress your body and mind feel, almost similar to getting good sleep.

Live Laugh Run

Lisa Caccavale
Vice President

GOLD CUP CORNER

Leeann Wright
Gold Cup Chairman

Hello, Striders!

We are headed into summer, that's for certain! Don't forget to stay well-hydrated while you train. It's important to "sip" as you run, but be sure to drink plenty of fluids throughout the day. Hope your season is going well!

A few quick reminders: Athena/Clydesdale folks -- a new check-in period has begun, so please be sure to stop by the Strider table at your next race. Gold Cup premiums will be distributed at the Gold Cup banquet this year, so hang on! They are coming and will be a fabulous way to celebrate our club's 40th Anniversary.

Speaking of premiums, as a nonprofit organization, the Striders are constantly seeking ways to improve our finances and be good stewards of the funds gifted to us along with our membership dues and fees. To that end, the Strider Board would like your opinion about **Gold Cup Fees and Premiums**. As some of you may know, the Gold Cup fee has not increased in many years.

Therefore, we are considering the following two options for the 2019 season and beyond:

- ◆ Increase fee to \$30 and keep a Gold Cup premium, which will be given out at the Gold Cup banquet.
- ◆ Keep fee at \$25 and drop the premium.

Please be on the lookout for a Facebook poll. If you do not have access to Facebook, please share your thoughts/comments with me at goldcup@calstrider.org by **July 10**.

Thank you in advance for your thoughtful consideration on this topic!

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, YOU are needed! 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 three 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.



Tom Magill is **89** years old and born in 1928. What a surprise when he picked up his bib for the Munster Rotary

Our Club Totals:

Membership - 476

Households - 297

Gold Cup Series Participants - 174

JUNIOR STRIDER NEWS

The Junior Striders have had a full summer with the option of three practices a week in various locations throughout NW Indiana. In addition to the practices, we have had three Intersquad Meets covering the normal events in a USATF or AAU meet. Most of our kids tried something new or at least an event they do not normally do during the meets. These events are part of the program fee and a great way to compete in a very "safe" environment in an event that interests you. Thanks to all the coaches and parents who helped out at the meets. Great job kids!

Several Junior Striders have also chosen to compete in statewide competition by traveling to Muncie, Indiana, June 16 – 17 for the USATF State Qualifier. Those that finish in the top eight in each event qualify for the Regional. There were nine Junior Striders who attended and all of them advanced in at least one event to go to the USATF Regional Qualifier July 7 – 8 also in Muncie. Congratulations to the kids who competed. The qualifying event/place includes the following:

Ena Gilliana (9/10) – 1500 – 1st
Payton Boyer (11/12) – High Jump – 3rd
Haley Geiser (11/12) – High Jump – 6th
Ani Gilliana (11/12) – 1500 – 6th
Reilly Boyer (13/14) – HJ – 2nd, 1500 – 4th
Hannah Geiser (15/16) – Long Jump – 3rd,
Javelin – 4th
Nicole Brandy (15/16) – 3000 – 4th, 800 – 6th
Ava Gilliana (15/16) – 1500 – 1st
Jordyn Boyer (17/18) – 1500 – 1st, 3000 – 1st,
2000 Steeplechase – 1st

We also had a few kids go to the AAU District Qualifier

Beth Boyer, Youth Runner Programs & Scholarships

June 23 – 24 in Indianapolis, Indiana. Congratulations to all the Junior Striders who are advancing to the Regionals, and thanks to the coaches who helped out at the meets. I know the days can be very long for everyone. I will have results to share in our next newsletter on the AAU District meet.

Congratulations to the following high school students who are currently or were previously involved with the Junior Striders and qualified for and/or competed at the IHSAA State Track Meet June 1 – 2 in Bloomington, Indiana: Jordyn Boyer, Alec Fleming, Carl Frey, Ava Gilliana, Dustin Hudak, Carlos Martinez, Nate Smith, and Sarah Worthington. A special congratulations to those who finished in the top nine and received All State Honors. They include:

- Ava Gillian – 2nd Place 1600
- Jordyn Boyer - 6th Place 3200
- Alec Fleming – 2nd Place 3200

A couple other upcoming events for July, in addition to the Regionals, are the Nativity One Mile Fun Run on July 7 and the ExtraMile One Mile on July 12. These are events in the local area that kids can compete in for a small fee.

Former Junior Strider and current Air Force Academy runner, Hunter Boyer, will be representing the United States at the IAAF World U20 Championships in Tampere, Finland, July 10 – 15. Hunter had a qualifying standard time in the 3000 Steeplechase and competed at the USATF Juniors on June 17 in Bloomington, Indiana, to make himself eligible.

ELITE SERIES

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

Rotary Ramble 5K on
August 11 at 8:00 a.m.



SPONSORED RACES

Festival 5K Run/Walk on July 7,
2018, at 8:00 a.m. Nativity Catholic
Church, Portage, Indiana.

COME

RUN

WITH

US

REMINDER

Deadline for
submissions for
August 2018 *INSTEP*
Friday, July 13, 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***