

GOLD CUP SERIES RACE SCHEDULE



Nick Schultz—Live, Love, Give 5K
August 4
8:00 a.m.
Lowell, Indiana

Rotary Ramble 5K
August 11
8:00 a.m.
DeMotte, Indiana

10,000 Meters at Sunset
August 25
7:30 a.m.
Valparaiso, IN

Lowell Labor Day Weekend 5K
September 1
8:00 a.m.
Lowell, Indiana

Hub City Half Marathon
September 9
8:00 a.m.
Crown Point, Indiana

Hub City 5K
September 9
8:15 a.m.
Crown Point, Indiana

COME RUN WITH US !!



Above: Brickyard Run

Below: Running Wild for the Washington Park Zoo



**NEXT
ELITE SERIES RACE**

**ROTARY RAMBLE
5K**

REMINDER

Deadline for submissions for
September 2018 *INSTEP*
Friday, August 10, 2018

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

Hello, Striders!

Is it HOT out there, or what?! As we enter the "long hot summer months," stick with your training and run with perseverance! I always find Hebrews 12:1 a source of strength when I'm grinding out early morning miles in high humidity.

But, as much as we want to persevere, be mindful of what your body is telling you - if you feel like you need a rest day, take it! Especially in this hot weather, be sure to think about hydration whether you're trotting a 1K or in full swing for marathon training! Check out the Strider Long Runs group on our Facebook page. There, you will find the opportunity to train with a group and ensure you have "water stops" along the way!

A quick reminder: **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.

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. If you are interested in volunteering, please contact Amy Maciejewski at membership@calstrider.org.

May I get some more cowbell, please? STRIDE ON!

Peace, Love, & Running,

Leeann :)

An Ode to Slow Runners

~ By Jackie Veling, (posted on www.active.com)

I've always known I'm a particularly slow runner. Whenever other people talk about how slow they are, I still know I am considerably slower. "No, no!" they say. "Trust me, I'm, like, really slow." I nod in understanding, already aware of exactly what's coming next.

"I run a 10-minute mile," they confess to me. I try and widen my eyes the appropriate amount.

I'm not quite sure when the 10-minute mile became the slow runner's benchmark, but I can assure you I run significantly slower than that—typically whole minutes slower. For as long as I can remember, I never understood what the rush was when it came to running.

In middle school, I joined the track team, which was my first introduction to running as a sport. I have a very distinct memory of lining up at the start during my first event, only to be hit by a terrible, unexpected realization: I could not care less who won this race. All around me, people were frog jumping and shaking out their limbs and practicing coming out of the blocks, and all I could think was, "Oh no oh no oh no. This is NOT for me."

I felt certain I was missing a crucial athletic gene, and I wanted to stop all my fellow pint-sized runners and demand to know what was going on. Why did we all need to try and run faster than the other? Couldn't we just run?

Needless to say, I did not do well in track.

This preference followed me into adulthood, from 5Ks to 10Ks to a recent bout of half-marathon training. As my coworkers crossed the 13.1 finish line rocking steady 8- to 9-minute mile paces, I humbly ambled along at just over 11. Afterwards, they compared their thoughts on course logistics and disappointments about time, and all I could think was, "I didn't even walk once! Not once, you guys!" It was a particularly positive experience, and it cemented that slow running, for me, was the way to go.

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The regular Junior Strider Track & Field season has come to a close. We tried something different this year with the three practices spread throughout Lake and Porter Counties. If anyone has feedback on doing them this way, please let me know. With any change there are pros and cons. I am open to hear them from the parent side as well as coaches. Thanks to all our volunteer coaches who helped this season. The program would not exist without you.

We had one Junior Strider compete in the AAU District Qualifier held June 23rd – 24th in Indianapolis, Indiana. In order to advance to Regionals on June 14th – 15th, also in Indianapolis, you had to finish in the top eight. Congratulations Solveig on your qualifying events and places below:

Solveig Schimnoski (15/16) – 400 – 8th, 800 – 1st

All nine of the Junior Striders who qualified to go to the USATF Regional Qualifier on July 7th – 8th in Muncie, Indiana, chose to compete. In order to make it to the Junior Olympics you have to finish in the top five in your individual event or top two in the multi-events. Most of the kids did qualify and all gave a great effort. The qualifiers, events, and places include the following:

Ena Gilliana (9/10) – 1500 – 1st
Ani Gilliana (11/12) – 1500 – 5th
Reilly Boyer (13/14) – HJ – 4th, 1500 – 4th
Hannah Geiser (15/16) – Heptathlon – 2nd
Nicole Brandy (15/16) – 3000 – 2nd
Ava Gilliana (15/16) – 1500 – 1st
Jordyn Boyer (17/18) – 1500 – 1st, 3000 – 1st,
2000 Steeplechase – 1st

Several of the above girls are planning to compete at the USATF Junior Olympics in Greensboro, North Carolina, July 23rd – 29th. Good luck to all of them, I know they will make us proud!

Several of our Junior Striders competed in some local one-mile events in July at the Nativity One Mile Fun Run on July 7th and/or the ExtraMile One Mile Challenge on July 12th. There has been lots of improvement since the beginning of the year, great job to all! We hope to see many of you during the cross-country season this fall.

Former Junior Strider, Hunter Boyer, represented the United States at the IAAF World U20 Championships in Tampere, Finland, July 10th – 15th. He competed with the top track and field athletes in the world who are under 20 years of age. Hunter finished 21st in the 3000 Steeplechase. It was a great experience to travel and compete with some of the future Olympians.

An Ode to Slow Runners

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But I'm not the only runner who fits this category, which is why this piece is to acknowledge my fellow slow-pokes. I know this site is filled with awesome, expert-approved tips for the striving athlete who wants to get faster, and maybe that's your thing—maybe it's not. But I think we can all agree the best part about the running community is its inclusivity—all runners are welcome, no matter your background, experience, age, body type or, pace.

This piece is to simply say that I see you.

I see you out there at races, more than happy in the back of the pack. I see you on long weekend runs, logging endless miles before most people even make it out of bed.

In fact, I see you not tracking runs at all sometimes, because honestly, who the hell cares? The numbers can't capture the magic of a great run.

I see you laughing at being passed by both sides of the age spectrum, from inhumanly fast 10-year-olds to inspiring 80-year-olds—and let's not forget the guy with the double stroller!

I see you stopping for pictures on a particularly gorgeous run because no number of seconds lost compares to getting the perfect shot.

I see you running to maintain your health, to relieve your work stress, to show your kids the joy of movement or to quiet your anxiety with each pounding of the pavement.

I see you not giving a you-know-what about having some unattainable "runner's body."

I see you preferring long distances because though you may not go fast, you better believe you can go forever.

I see you serving as honorary president of the, "Everyone is a runner!" fan club.

I see you running for the sheer joy of it—and let's be real, some of the agony.

I see you, slow runner, because I'm right there with you, and I'm almost certain no one is having more fun than us.

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***An RRCA member
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