

**GOLD CUP SERIES
RACE SCHEDULE
INCLUDED INSIDE**

**2019 GOLD CUP SERIES
BANQUET & AWARDS**

January 25, 2020

RSVP before deadline

See details included inside



REMINDER

Deadline for
submissions for

February 2020 *INSTEP*
Friday, January 10, 2020

Email them to
Cecilia M Bernal

Instep Editor
instep@calstrider.org

JUNIOR STRIDER NEWS

The Junior Strider XC season concluded with nearly 20 kids making the trip to Shelbyville, Indiana, on the 23rd of November. We had some “old timers,” a few new faces, and were joined by a group from Rensselaer for the second year. The kids seemed to enjoy meeting and running with fellow runners in the Northwest Indiana area. The weather started out pretty good for the high school girls and even some of the younger kids, but by the afternoon it started to rain, and the wind picked up making for pretty miserable conditions. None-the-less the kids all hung in there and did a great job. Thank you to everyone who made the trip, including the kids, parents, and coaches. I really appreciate everyone’s help stepping in wherever needed. It truly was a team effort.

In the regular races, anyone finishing in the top 25 for their age group makes the podium for a special award. This year we had several kids who accomplished that, they included: Mia Fry – 22nd (8 year old girls), Annalise Yeager – 4th (13 year old girls), Elliza Pycraft – 16th (13 year old girls), Emma Bell – 23rd (14 year old girls), and Amzie Maienbrook (15/16 year old girls). We also had the girls participate in the Race of the Americas and all were in the top 25. They included Hannah Fagen, Lilith Dageforde, and Ava Fagen. Congratulations to all!

I also want to thank all the coaches who helped throughout the entire XC season. Without you the Junior Strider program would not be possible. It takes all of you to make this successful. I and the kids truly appreciate everything you do.

A reminder for our high school seniors, we will be starting to accept applications for the Jim Cox Memorial Scholarship beginning in January. Again, we will be doing online applications. Look for more details soon. Thanks everyone and Happy New Year!

Beth Boyer, Youth Runner Programs & Scholarships

DAVID’S 100TH RACE

David Ralston after completing his 100th race for 2019 at Paul Stofko's Turkey Recovery race.

Pictured with Clarence Melion, (center) and Jack Kashak (on the right).

From what we hear, he did not stop there!



2020 Calumet Region Striders



When a Gold Cup event consists of more than one race, please check the scoring requirements for your Gold Cup competition age (your age on July 1) to ensure that you are running the correct race. If you are competing in the Clydesdale or Athena Age Groups, you MUST run in those divisions if offered in a specific race in order to receive Gold Cup points.

Only Striders 15 & Over will receive Gold Cup points for Half Marathons

Gold Cup Award Requirements
18 & Under must complete 5 races.
19 & Over must complete 10 races.

Elite Series Race **

Note that the Elite Series Competition differs from the Gold Cup Competition and has a different set of scoring rules.

#	Date	Time	Race Name	Distance	Location	Age Groups
1	Saturday March 14	9:00 AM	Runnin' with the Irish 5K **	5K	Chesterton IN	All
2	Saturday April 4	9:00 AM	Ringin In Spring 10K	10K	Valparaiso IN	15 & Over
2	Saturday April 4	9:00 AM	Ringin In Spring 5K	5K	Valparaiso IN	14 & Under
3	Saturday April 11	10:00 AM	New Day Resurrection Race 5K	5K	La Porte IN	14 & Under
3	Saturday April 11	10:00 AM	New Day Resurrection Race 10K	10K	La Porte IN	15 & Over
4	Saturday April 18	9:00 AM	Spirit Run 5K **	5K	Valparaiso IN	All
5	Saturday April 25	9:00 AM	Hub Run 5K	5K	Crown Point IN	All
6	Saturday May 2	8:30 AM	Earth Day 5K by Lotus Reach	5K	Valparaiso IN	All
7	Saturday May 9	6:30 PM	Gallery Gallop	5.5M	Gary IN	All
8	Sunday May 10	8:00 AM	Run Like a Mother 5K	5K	Crown Point IN	All
9	Monday May 25	8:00 AM	Trail Run Xtreme 12K	12K	Portage IN	All
10	Saturday June 6	7:45 AM	Munster Rotary Run-A-Round 5K	5K	Munster IN	14 & Under
10	Saturday June 6	8:30 AM	Munster Rotary Run-A-Round 10K **	10K	Munster IN	15 & Over
11	Saturday June 13	7:30 AM	Firecracker 5K	5K	Chesterton IN	All
12	Wednesday June 17	6:30 PM	Friendship Race 5K	5K	Highland IN	All
13	Saturday June 27	7:30 AM	Brickyard Run 5K	5K	Hobart IN	14 & Under
13	Saturday June 27	7:30 AM	Brickyard Run 5K	5K	Hobart IN	14 & Under
14	Sunday June 28	8:00 AM	Public Enemy 5K	5K	Crown Point IN	All
15	Friday July 3	6:30 PM	All-American Mile	Mile	Highland IN	All
16	Sunday July 12	9:00 AM	Running Wild for the Washington Park	5K	Michigan City IN	All
17	Saturday July 18	7:30 AM	Buckley 5 Miler	5 Miler	Lowell IN	All
18	Thursday July 23	6:30 PM	Pierogi 5K Stumble **	5K	Whiting IN	All
19	Saturday August 1	8:00 AM	Nick Schultz - Live, Love, Give 5K	5K	Lowell IN	All
20	Saturday August 8	8:00 AM	Rotary Ramble 5K **	5K	DeMotte IN	All
21	Saturday August 22	6:30 AM	Tour de LaPorte Half Marathon	Half Marathon	LaPorte IN	15 & Over
21	Saturday August 22	8:00 AM	Tour de LaPorte 5K	5K	LaPorte IN	14 & Under
22	Saturday September 5	8:00 AM	Lowell Labor Day Weekend 5K Run/Walk	5K	Lowell IN	All
23	Sunday September 13	7:30 AM	Hub City Half Marathon **	Half Marathon	Crown Point IN	15 & Over
23	Sunday September 13	8:00 AM	Hub City 5K	5K	Crown Point IN	14 & Under
24	Saturday September 19	8:00 AM	Runnin' for Prestin 10K	10K	Michigan City IN	15 & Over
24	Saturday September 19	8:00 AM	Runnin' for Prestin 5K	5K	Michigan City IN	14 & Under
25	Saturday October 17	9:00 AM	Grub Run	5K	Valparaiso IN	All
26	Sunday October 18	1:00 PM	Lowell Classic 2K	2K	Lowell IN	8 & Under
26	Sunday October 18	1:30 PM	Lowell Classic 3K	3K	Lowell IN	9-10, 11-12
26	Sunday October 18	2:00 PM	Lowell Classic 4K	4K	Lowell IN	13 & Over
27	Saturday October 31	9:00 AM	Manda's Race **	5K	Chesterton IN	All
28	Saturday November 7	9:00 AM	Field Station Frenzy 5K	5K	Porter IN	All
29	Saturday November 21	9:00 AM	Thank God For Pets 5K	5K	Crown Point IN	All
30	Saturday December 5	9:00 AM	5K Arctic Dash	5K	Portage IN	All

www.calstrider.org

Dedicated to the promotion of every aspect of road racing and fun running for health, fitness, camaraderie and the pure enjoyment of our sport.

12/28/2019



The Calumet Region Striders Cordially Invite You to the

2019 Gold Cup Series Banquet & Awards Ceremony

- When:** Saturday, January 25, 2020
- Where:** Indian American Cultural Center, 8605 Merrillville Road, Merrillville, IN 46410
- Agenda:**
- 4:15 p.m. Cocktails (Cash Bar)
 - 5:00 p.m. Invocation – Dinner
 - 5:45 p.m. Awards Ceremony
 - 7:00 p.m. – 10:00 p.m. DJ, Dancing, Raffles, 50/50 Raffle

Reservations must be paid in advance – NO EXCEPTIONS
 RSVP will not be accepted after January 14, 2020 – NO EXCEPTIONS
 Reservations will not be refunded after January 14, 2020 – NO EXCEPTIONS

If you were a 2019 Gold Cup Series participant, your dinner is already paid. However, if you RSVP then do not show up, you will be invoiced \$30.00 to pay for the dinner that was reserved for you.

Full tables of 10 will be reserved upon request otherwise seating is FIRST COME, FIRST SERVED.



Family Style Dinner
 Guests are \$30.00 each / Children ages 4 – 12 are \$10.00

Mail RSVP to: P.O. Box 225, Griffith, IN 46319
 RSVP must be received NO LATER than January 14, 2020
 Please make check payable to "CRS"

Gold Cup Participant(s):	Guest(s)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- _____ I am/we are GC Series participants NO CHARGE
- _____ I am/we are GC Series Race Director(s)/Sponsor(s) NO CHARGE
- _____ I would like to bring _____ adult guests \$30.00 each
- _____ I would like to bring _____ children ages 4 – 12 \$10.00 each
- _____ Please reserve a table for 10 for my group (list names on back)

Email questions to: social@calstrider.org

LINK FOR ONLINE REGISTRATION:

<https://runsignup.com/Race/IN/Merrillville/GoldCupSeriesBanquetAwardsCeremony?remMeAttempt=>

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