

**GOLD CUP SERIES  
RACE SCHEDULE**



***Come Run with Us  
at the First Gold Cup Series  
Race of the 2020 Season***

***Runnin' with the Irish  
— First Elite Series Race —***  
March 14  
9:00 a.m.  
Chesterton, Indiana

**MESSAGE FROM THE PRESIDENT**

Hola!

By the time you read this column the Gold Cup Banquet will have taken place. We trust many of you enjoyed the festivities. It was our 40th Gold Cup Series, and we look forward to many more. Would you believe our 1st Gold Cup Series had a total of ten races, and to qualify for an award the best of seven races was used? A big THANK YOU to volunteers, runners, and the Gold Chairman and his committee for another successful year.

**Membership:**

Dues cover your membership for the calendar year (January 1 through December 31) They are not prorated. Membership dues are only \$15.00 for an individual or \$20.00 for a family household. We also offer a 5-year membership for \$55.00 and a 10-year membership for \$100.00. Your dues help with Club costs such as copying and mailing of our Instep newsletter, RRCA membership, pizza party, etc. Most importantly, the camaraderie shared among all our members is priceless.

**Gold Cup Series:**

Registration is now open for the 2020 Gold Cup Series. Cost is only \$30.00, which entitles you to a discount on early registration of the races on the Gold Cup schedule, the annual banquet, and an award if you complete the required number of races based on your age.

You may find the link for both on the Club's website: [www.calstriders.org](http://www.calstriders.org).

Jose F. Lopez  
President

**REMINDER**

Deadline for  
submissions for  
March 2020 *INSTEP*  
Friday, February 14, 2020

Email them to  
Cecilia M. Bernal  
*Instep* Editor  
[instep@calstrider.org](mailto:instep@calstrider.org)

**2019 ELITE SERIES AWARD WINNERS**

Top Three Elite Males

- 1st Steven Bugarin
- 2nd Brian Culbreth
- 3rd Rick Fenno

Elite Male Master

Shathish Rangaswamy

Top Three Elite Females

- 1st Amy Maciejewski
- 2nd Elaine Hendricks
- 3rd Marialena Nagel

Elite Female Master

Melissa Smith

## 2019 GOLD CUP SERIES AWARD WINNERS

### Top Three Overall Males

1st Aaron Cook  
2nd Andy Higby  
3rd Tim Gross

### Male Master

Mark Connors

### Top Three Overall Females

1st Mary Jo Russel  
2nd Suzanne Bukur  
3rd Jean Jannasch

### Female Master

Cecilia Bernal

### Junior Strider Overall Male

Zane Biernat

### Age Graded Male

Dave Gaughan

### Junior Strider Overall Female

Lilly Culbreth

### Age Graded Female

Deb Schiesser

## 2019 JIM COX AWARD WINNERS

David Ralston

Marialena Nagel



Striders gather before the Arctic Dash, the final 2019 Gold Cup Series race.

## JUNIOR STRIDER NEWS

Beth Boyer, Youth Runner Programs & Scholarships

Happy New Year! Hope everyone is off to a good 2020. This is typically a quiet time of the year for the Junior Striders. For those of you who are training and/or competing in indoor track, best of luck and don't overdo it as there is a long outdoor season ahead. Both AAU and USATF have indoor competitions, some within a couple hours of Northwest Indiana. If interested, please look on the Associations' websites.

As 2020 gets underway, hope you will consider joining the Gold Cup Series. As a Junior Strider (youth 18 and under), you must compete in only five races. With the various races, you can easily get in five without having to run longer than a 5K, and you also receive a discount on registration. All those who enter the Series are invited to the Gold Cup banquet at the end of January at no additional charge. Additionally, those who complete their five races

(for ages 18 and under) receive an award at the banquet.

We want to make sure our high school seniors are starting to think about applying for the 2020 Jim Cox Memorial Scholarship. If you are a current Strider member and have been involved with the Junior Striders, you should consider applying. Criteria includes involvement with the Junior Strider program in cross country and/or track, you and your families' time volunteering with the Junior Striders and Striders in general, as well as your participation in the Gold Cup Series. It is an online application and can be found under the Jim Cox Memorial Award on the Strider website. The deadline for submission is April 1, 2020. So please do not wait until the last minute.

## SPONSORED RACES

Donut Dash 10K/5K/2K Run ~ Walk  
February 8  
8:00 a.m.  
Crown Point, Indiana  
HometownHappenings.net

St. Pat's Pre-Parade One Miler  
March 17  
6:45 p.m.  
Crown Point, Indiana  
HometownHappenings.net

THANK YOU TO OUR SPONSORS WHO HAVE CONTINUED THEIR SPONSORSHIP INTO 2020!



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**Check out our website: [www.calstrider.org](http://www.calstrider.org)**

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