

# 2022

## Calumet Region Striders

### FINAL SCHEDULE (NO FURTHER RACES WILL BE ADDED)



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.

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 12	9:00 AM	Runnin' With the Irish	5K	Chesterton, IN	All
2	Saturday April 02	7:30 AM	Ringin in Spring	5K	Valparaiso, IN	All
3	Saturday April 09	9:00 AM	St Paul Spirit Run ***	5K	Valparaiso, IN	All
4	Saturday April 16	10:00 AM	Resurrection Run	10K	La Porte, IN	15 & Over
4	Saturday April 16	10:00 AM	Resurrection Run	5K	La Porte, IN	14 & Under
5	Saturday April 23	9:00 AM	Hub Run	5K	Crown Point, IN	All
6	Sunday May 08	8:00 AM	Run Like a Mother	5K	Crown Point, IN	All
7	Friday May 13	6:00 PM	Valpo K9 Race	5K	Valparaiso, IN	All
8	Saturday May 21	8:30 AM	Lotus Reach	5K	Valparaiso, IN	All
9	Monday May 30	9:00 AM	Trail Run Xtreme ***	12K	Portage, IN	All
10	Saturday June 11	8:30 AM	Munster Rotary Run-A-Round ***	10K	Munster, IN	15 & Over
10	Saturday June 11	7:45 AM	Munster Rotary Run-A-Round	5K	Munster, IN	14 & Under
11	Saturday June 18	7:30 AM	Firecracker	5K	Chesterton, IN	All
12	Saturday July 02	7:30 AM	Brickyard Run	5 Mile	Hobart, IN	15 & Over
12	Saturday July 02	7:30 AM	Brickyard Run	5K	Hobart, IN	14 & Under
13	Sunday July 03	6:30 PM	All American Mile ***	1 Mile	Highland, IN	All
14	Saturday July 09	8:00 AM	Festival of the Lakes Roadie Run	5K	Hammond, IN	All
15	Sunday July 10	9:00 AM	Running Wild for WP Zoo	5K	Michigan City, IN	All
16	Saturday July 23	7:30 AM	4H 4 Mile Hustle ***	4 Mile	Valparaiso, IN	15 & Over
16	Saturday July 23	7:30 AM	4H 4 Mile Hustle	1.5 Mile	Valparaiso, IN	14 & Under
17	Saturday August 06	8:00 AM	Nick Schultz - Live, Love, Give	5K	Lowell, IN	All
18	Saturday August 13	8:00 AM	Rotary Ramble ***	5K	DeMotte, IN	All
19	Saturday September 03	8:00 AM	Lowell Labor Day	5K	Lowell, IN	All
20	Saturday September 17	8:00 AM	Runnin' For Prestin	10K	Michigan City, IN	15 & Over
20	Saturday September 17	8:00 AM	Runnin' For Prestin	5K	Michigan City, IN	14 & Under
21	Sunday September 18	7:30 AM	Hub City Races	Half Marathon	Crown Point, IN	19 & Over
21	Sunday September 18	8:00 AM	Hub City Races	5K	Crown Point, IN	18 & Under
22	Saturday September 24	8:00 AM	Light the Darkness	5K	Merrillville, IN	All
23	Sunday October 02	9:00 AM	Field Station Frenzy ***	5K	Porter, IN	All
24	Saturday October 15	9:00 AM	Run for a Cause (Love, Jessica)	5K	Hammond, IN	All
25	Sunday October 16	1:00 PM	Lowell Classic	2K	Lowell, IN	8 & Under
25	Sunday October 16	1:30 PM	Lowell Classic	3K	Lowell, IN	9-10, 11-12
25	Sunday October 16	2:00 PM	Lowell Classic	4K	Lowell, IN	13 & Over
26	Thursday November 24	9:00 AM	Pumpkin Plod	10K	Highland, IN	All

[www.calstrider.org](http://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.

Version: 06/30/22

# 2022 MEMBERSHIP APPLICATION



Mail application and fees to:

CALUMET REGION STRIDERS  
PO BOX 225  
GRIFFITH, IN 46319

**NOTE: ENTER MAILING AND EMAIL ADDRESSES  
BELOW TO RECEIVE THE INSTEP NEWSLETTERS,  
CRS CORRESPONDENCE, AND CRS EMAIL.**

					Dues must be paid to participate in Gold Cup Series				Optional Participation				Total Due			
First Name	Last Name	Birthdate		Gender		Individual Membership	Family Membership - covers all household members listed	5-Year Individual Dues	10-Year Individual Dues	Gold Cup Series						
		Month-Day	Year	M	F					Gold Cup Series Participant	Age Competition	Male Clydesdale 210 pounds plus	Female Athena 170 pounds plus			
Primary Household Member:					Check One						Check One					
Email Address:							\$15	\$20	\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
<b>ADDRESS</b>					Less Discounts Applied: _____ -											
<b>CITY, STATE ZIP</b>					Plus Optional Donations:											
<b>PHONE CONTACT</b>					Jim Cox Scholarship Fund _____ +											
					Stevens-Hamilton Disabled Runner Fund _____ +											
					<b>Total Enclosed</b> _____ =											

I know running and volunteering in club-sponsored events are potentially hazardous activities. I will refrain from entering and running in club activities if I am not medically able and/or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering in club-sponsored events, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership. I, for myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Calumet Region Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the person named in this waiver.

Signature: \_\_\_\_\_  
Parent's signature if under 18 years of age.

Date: \_\_\_\_\_

# Tri-Creek Education Foundation Lowell Labor Day Weekend 5K



Saturday, September 3, 2022  
8:00 a.m. start



**ONLINE** [www.runsignup.com](http://www.runsignup.com) or [www.thtiming.com](http://www.thtiming.com) **Download Form @** [www.t-cef.org](http://www.t-cef.org)

## RACE INFO

*b/f August 5<sup>th</sup>* \$25 Adult (15 and up) \$10 Youth (14 and under) \$2 Calumet Strider Discount

*after August 5<sup>th</sup>* \$30 Adult (15 and up) \$10 Youth (14 and under) \$2 Calumet Strider Discount

SHIRT ORDERS MUST BE POSTMARKED by AUGUST 2<sup>nd</sup>.

Registration and shirt pick up ~ 6:30-7:30 a.m. ~ credit cards **are not** accepted

Ample parking and facilities are available on site.

Parking @ 195 West Oakley Avenue (follow signs to registration).

## TIMING

Computerized chip timing by T&H Timing. Split times at every mile and water stations on the course. No pets, bicycles, in-line skates, roller shoes, scooters, skateboards or other vehicles allowed on the course. Strollers are welcome.

## PROCEEDS

Proceeds from this event benefit the Tri-Creek Education Foundation, therefore no refunds.

More information: [t-cef.org](http://t-cef.org) or e-mail [tcef@tricreek.k12.in.us](mailto:tcef@tricreek.k12.in.us). No refunds.

**Email:** [tcef@tricreek.k12.in.us](mailto:tcef@tricreek.k12.in.us) **Phone:** (219) 750-1262 **Text:** (219) 808-1063

## AWARDS

*Medals and door prizes will be presented immediately following the race*

Awards presented to: Top overall male and female finishers

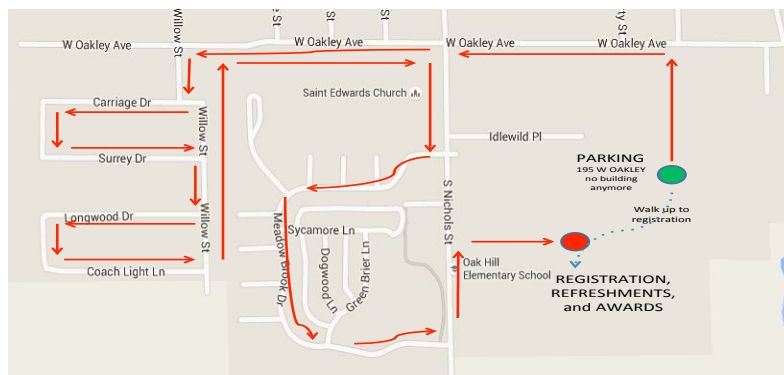
Top male and female masters finishers

Top three finishers in each division (female and male)

Athena & Clydesdale

## AWARD DIVISIONS

0-6	7-8	9-10	11-12	13-14	15-18	19-24	25-29	30-34	
35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

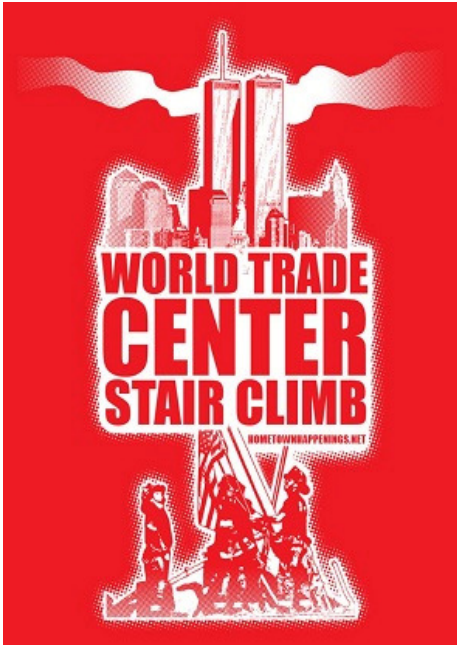




# HometownHappenings.net

## WTC Stair Climb

**Sunday, September 11th, 6 PM**  
**Lake County Fairgrounds Grandstand**  
**889 S. Court Street, Crown Point, IN**



1,980 steps in the Towers that fell on 9/11. That's 17 times up & down the 120 steps in the Lake Co. Fairgrounds Grandstand. You will be given 17 tokens, dropping off 1 after each lap until all of your tokens are gone. Are you up for the challenge?

- Each participant will be given the name of a First Responder who died on Sept. 11th.
- Non timed event with Finishers Medal if signed up by 8/24.

**Cost: World Trade Center Climb (1,980 steps) \$20. Statue of Liberty Climb (354 steps) \$20. Both are \$30 on event day. Shirts extra \$15.**

Register online: [www.HometownHappenings.net](http://www.HometownHappenings.net) or mail in with check to Hometown Happenings, 312 Rose Ellen Drive, Crown Point, IN 46307

### Supporting Crown Point Police & Fire Programs



#### 2022 WTC Stair Climb

World Trade Center Climb (1,980 steps) (\$20) \_\_\_\_\_  
 Statue of Liberty Climb (354 steps) (\$20) \_\_\_\_\_  
 Shirt(\$15) \_\_\_\_\_  
 Total: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Age on 9/11: \_\_\_\_\_

Name : \_\_\_\_\_

Address: \_\_\_\_\_

City, St, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

**Shirt size (Please circle) Fit:** Regular Women's Cut

**Adult:** S M L XL XXL    **Youth:** M L

#### WAIVER STATEMENT (Must be Signed)

I attest and verify that, the undersigned, intending to be legally bound, hereby for myself, and my heirs, successors and assigns, release any and all claims for losses and damages, attorney fees, court cost and cost of collection which I or the below named entrant (Entrant) may have now or in the future against any of the sponsors or organizers of this event, Hometown Happenings, Inc., their trustees, officers, directors, appointees, agents, employees, volunteers and the Calumet Region Striders, arising out of or in connection with this event. I attest and verify I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs and other records of this event for any legitimate purpose.

Signature: \_\_\_\_\_  
*(Parent or Guardian signature if under 18 years)*

Date: \_\_\_\_\_





# 5k&10k Registration Form

Saturday, September 17<sup>th</sup>

8am staggered start

Washington Park, Michigan City  
(Splash Pad Shelter across from the zoo)


Send registration forms to:

6666 W. Michael Pl. Michigan City, IN 46360

Go to [www.RunninforPrestin.com](http://www.RunninforPrestin.com) for more information or to register online  
Questions can be directed to Chris Kiser @info@runninforprestin.com

Trophies for Top Male and Female, Overall and Masters  
Medallions for the top three of each age gender age group, Athena and Clydesdale.  
Names of Heroes (loved ones who have battled cancer) will be along the course.  
Prestin was 10 years old when he was diagnosed with medulloblastoma, an aggressive form of brain cancer. He has battled his cancer with determination and a joyful spirit. This race is in honor of him and all children who are Heroes in the fight against cancer. Race proceeds go towards pediatric cancer research at Riley's Children's Hospital. Pediatric cancer is the least funded cancer research, yet every day 47 children are diagnosed and 7 die from cancer!



	5K	10K	
6/1 – 8/31	\$25.00	\$30.00	 *Calumet Striders receive a \$2.00 discount.
9/1 until Race Day**	\$30.00	\$35.00	*Opt for no shirt and take \$5.00 off registration fee.

\* Shirts/sizes are not guaranteed after 8/31

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Email \_\_\_\_\_ Phone Number \_\_\_\_\_ 5k or 10K \_\_\_\_\_  
 Age \_\_\_\_\_ Shirt Size \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

10K ONLY! Athena (170+ female) \_\_\_\_\_ or Clydesdale (210 lbs.+ Male) \_\_\_\_\_  
 Emergency Contact Name and Number \_\_\_\_\_  
 Calumet Strider \_\_\_\_\_ No Shirt Option \_\_\_\_\_

**If you would like to run or walk in honor or memory of a loved one who has battled cancer (your HERO), please write their name here \_\_\_\_\_**

I, the undersigned participant, certify that I am physically able to participate in the "Runnin' for Prestin and All Children Race." In consideration of this entry I hereby for myself (or my minor child), heirs, executors, and administrators agree to waive and release any claims that I may have against the *Runnin' for Prestin and All Children of LaPorte County* and *Calumet Region Striders*, any and all members, agents, officers, employees, and Sponsors thereof, shall be released from any and all claims for personal injury or injury loss, or damage to personal property suffered or sustained by me in connection with, or arising out of, or resulting from, any and all activities associated with the "*Runnin' for Prestin and All Children Race*" while on or about the premises of the United States, State of Indiana, Michigan City, Washington Park. I further assume the risk of personal injury, loss, or damage to myself and loss, injury, and damage to my property while on the above premises and while participating in the above activities. I understand that I, my child or any Family member(s) may be photographed during the course of this Public Event and the photographs may be used in print media or on the internet for promotional purposes.

\_\_\_\_\_  
**Signature (signature of parent if under 18)**



# HometownHappenings.net

## Hub City Half & 5K

**Sunday, Sept 18th, 7:30 am/8 am**  
**Lake Co. Fairgrounds**  
**889 S. Court St., Crown Point**

**Directions:** From Downtown Square, South on Court St. to Park

### SPECIAL FEATURES:

- **Wicking shirts** to all participants registered by Sept.8th.
- **Chip start timed race.** Half is **USATF Certified**
- **Top Overall, Top Master & Top 3** in each age group for Half/5K
- Stations w/ **water**, sports drinks & gels.
- **DJ Music & post race snacks.**

**Register at HometownHappenings.net or mail form with check to:**  
 Hometown Happenings, P.O. Box 1225, Crown Point, IN 46308

**2022 - 20 Miler: \$55 thru 8/31. 9/1 & after: \$65.**  
**Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.**

**2022 - Half: \$45 thru 8/31. 9/1 & after: \$55.**  
**Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.**

**2022 - 10K: \$30 thru 8/31. 9/1 & after: \$35.**  
**Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.**

**2022 - 5K: \$20 thru 8/31. 9/1 & after: \$25.**  
**Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.**



Proud Member of **CRS Gold Cup Series!** Use code  
**"GoldCupHalf" = \$5 off Half. "GoldCup22" = \$2 off 5K**  
 Questions? Email: [Tim@YourHometownEvents.com](mailto:Tim@YourHometownEvents.com)

***"To give anything less than your best is to sacrifice the gift" ~ Steve Prefontaine***

**20 Miler:** \$55 thru 8/31. 9/1 & after: \$65..... \$ \_\_\_\_\_  
**Half:** \$45 thru 8/31. 9/1 & after: \$55. .... \$ \_\_\_\_\_  
**10K:** \$30 thru 8/31. 9/1 & after: \$35.. .... \$ \_\_\_\_\_  
**5K:** \$20 thru 8/31. 9/1 & after: \$25. .... \$ \_\_\_\_\_  
**Shirt (Extra \$15 thru 9/8.)** ..... \$ \_\_\_\_\_  
Total \$ \_\_\_\_\_

(Less \$5 for Half or \$2 for 5K if Gold Cup Member)

Age on 9/18: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Clydesdale: \_\_\_\_\_ Athena: \_\_\_\_\_

Name : \_\_\_\_\_

Address: \_\_\_\_\_

City, St, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

**Shirt \$15 extra (Circle) Fit:** Regular Women's Cut

**Adult:** S M L XL XXL **Youth:** M L

Promotion Code: \_\_\_\_\_

### WAIVER STATEMENT (Must be Signed)

I attest and verify that, the undersigned, intending to be legally bound, hereby for myself, and my heirs, successors and assigns, release any and all claims for losses and damages, attorney fees, court cost and cost of collection which I or the below named entrant (Entrant) may have now or in the future against any of the sponsors or organizers of this event, its agents, employees, officers, directors, The Calumet Region Striders and volunteers, arising out of or in connection with this event. I attest and verify I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs and other records of this event for any legitimate purpose.

Participant knows and assumes personal risk of coming into contact directly or indirectly with individuals who have been exposed to and/or diagnosed with one or more communicable diseases including but not limited to Covid-19 and any of its mutations or other medical conditions and/or diseases. It is impossible for Hometown Happenings and those supporting the event to completely eliminate the risk that any participant can become exposed or infected through contact with or within proximity to any individual with a communicable disease. Participants will render Hometown Happenings harmless to any and all claims with respect to any & all personal injury/illness/death regardless of negligence or otherwise.

Signature: \_\_\_\_\_  
 (Parent /Guardian if under 18 years)

Date: \_\_\_\_\_

# PILLARS INSPIRES

# 5K RUN

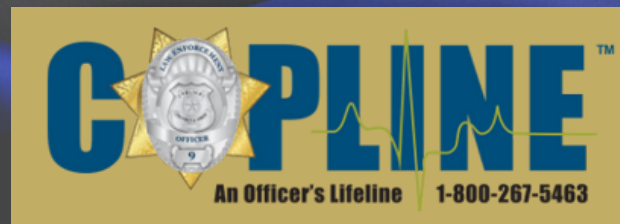
**\$30**  
REGISTRATION  
FEE

# & WALK

@ LAKE COUNTY FAIRGROUNDS

**SATURDAY, OCTOBER 1**

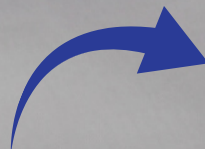
  
Pillars of  
Wellness



BRINGING MENTAL HEALTH AWARENESS FOR LAW ENFORCEMENT  
OFFICERS

FOR MORE INFORMATION CALL  
219-323-3311  
OR DROP AN EMAIL TO  
amichalski@pillarstherapy.com

Register Here



[WWW.PILLARSTHERAPY.COM](http://WWW.PILLARSTHERAPY.COM)  
[WWW.COPLINE.ORG](http://WWW.COPLINE.ORG)



## 1k Kids Dash - \$25 (ages 4-12)

- After the 5k is over
- Finishers Medal
- Kids Zone
- Swag Bag
- T-shirt
- Prizes



This is a Calumet Region Striders Gold Cup Race. Coupon code for Striders.

## REGISTER FOR RACE:

Go to the link below to view our [runsignup.com](http://runsignup.com) page.

[www.runsignup.com/lovejessica](http://www.runsignup.com/lovejessica)



## Contact Us

Love, Jessica Inc.  
President & Founder  
& Race Director:

Jennifer Jara  
[jennifer@love-jessica.org](mailto:jennifer@love-jessica.org)  
954-336-5735

501(c)3 ID: 84-2808415

To learn more about our story and cause, visit [www.love-jessica.org](http://www.love-jessica.org)

Love, Jessica was founded on July 1st, 2020 and since then we have:

- Paid over \$65,000 in medical bills
- Supported 150 families
- Reached 39 states



[@lovejessicaorg](https://www.instagram.com/lovejessicaorg)

Love, Jessica  
Inc.

Presents the 2nd Annual...

# RACE FOR A CAUSE 5K

Taking steps for those who never did.  
Honoring all babies lost too soon from miscarriage and stillbirth.







Love, Jessica Inc. is a 501(c)3 Non-Profit Organization designed to financially assist families with medical and funeral expenses after a miscarriage or stillbirth. Our mission is to ease the financial burden as well as help start the healing process.

**October is Pregnancy & Infant Loss Awareness Month and we hope to do this event every year during the month of October!**

**THIS IS NOT JUST A RACE,  
IT IS AN EVENT, AND  
HERE IS WHY.....!**

- DJ from 7:30am-12pm
- 4 tabs on the bottom of your bib, redeemable for different items.
- Vendors & Raffles
- Large grassy area in the middle of the action to prepare & recover!
- Awards for top finishers!
- Long sleeve dri-fit shirt!
- Finishers medal 4" size

**October  
15th, 2022**

**The Pavilion at Wolf  
Lake Memorial Park  
Hammond, IN  
9am**

**\$40**

\*price increase  
after 9/23\*

**Timed by  
Tempo  
Run  
& Timing**

**DJ**

**4 bib  
tabs to  
redeem**

**Swag Bag  
T-shirt  
Medal**

**1k Kids  
Dash**

**Awards**

**RACE FOR  
A CAUSE**





2nd Annual

Love, Jessica Inc.

Taking steps for those who never did. Honoring all babies lost too soon from miscarriage or stillbirth.

# RACE FOR A CAUSE

OCTOBER 15, 2022

THE PAVILION AT WOLF LAKE  
MEMORIAL PARK  
HAMMOND, IN



## 5K RUN/WALK

### 1k Kids Dash

- DJ
- AWARDS
- SWAG BAG
- KIDS ZONE
- FOOD, VENDORS
- 4" FINISHER MEDAL
- PROFESSIONALLY TIMED
- LONG SLEEVE DRI FIT SHIRT



## Sponsors



NORTHERN INDIANA



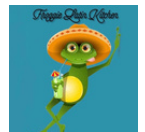
Andres Baltazar | West Loop  
www.gbaltazar.com



Calumet Waste & Recycling



COLLARD FAMILY DENTAL, P.C.  
KRISTIN J. COLLARD, D.D.S.  
CREATING BEAUTIFUL SMILES



BE A SPONSOR, ADD YOUR LOGO HERE!

Can't make it in person? Complete the race virtually anytime, anywhere during the month of October!

5k - \$30  
5k Virtual - \$25  
1k Kids Dash - \$20

\*price increases start July 13th\*



Register at:

[runsignup.com/lovejessica](https://runsignup.com/lovejessica)



Love, Jessica is a 501(c)3 Non-Profit Organization designed to financially assist families with medical and funeral expenses after a miscarriage or stillbirth. Our mission is to ease the financial burden as well as help start the healing process.

Race Director:  
Jennifer Jara  
jennifer@love-jessica.org

www.love-jessica.org  
St. John, Indiana  
501(c)3 ID: 84-2808415



@lovejessicaorg

