

BIT OF BACKGROUND

In August 1978, a small group of 19 people led by Jim Tarka, John Bobalik, and Chuck Strehlow held the first meeting of the Calumet Region Track Club. That modest gathering was the beginning of the 500+ member running club now called the **Calumet Region Striders**, or **CRS**

The **Calumet Region Striders** is a group of people joined together by a common interest in running. All of us are dedicated to the promotion of every aspect of competitive racing, fun running and walking. We are running and walking for health, fitness, camaraderie and the pure enjoyment of our sport. We realize that each individual runs or walks for his own personal reasons. For some, it requires hard work, training, discipline, and dedication. For others, it is simply a form of recreation.

Our club is made up of every level of runner, ranging from beginners and those who have just discovered the joys of the roads, to experienced runners and walkers who have been with the sport for years and have gained many accomplishments. We are so fortunate that the region we live in offers so many alternatives for runners to train year round, especially the Indiana Dunes/National Lakeshore and its beautiful trails and dune ridges. Involvement within the club will encourage you to set personal challenges, and invite new friendships. We are very proud of our club and the standing membership that has supported this club since 1978. We want you to be a part of that pride and accomplishment also. We think you will enjoy being a part of our club for many reasons. Come, be one of us!

DUES AND BENEFITS

- Dues run from January 1st--December 31st and include the following:
- Monthly subscription to INSTEP, club newsletter featuring:
 - Events/race calendar
 - Members/individual race results
 - Health and nutrition articles
 - Articles written by fellow Striders
 - Race information/applications/inserts
- Membership in RRCA (Road Runners Club of America)
- Eligibility to participate in the Gold Cup Series
- Organized group runs (see web site message board)
- Official Uniform/Strider Wear at reasonable prices
- Discounts from local merchants
- Student eligibility for Jim Cox Scholarship Award
- Youth Programs – AAU Track & Field, AAU Cross Country
- Runner Programs (Beginner & OE Marathon Team)

Jim Cox Scholarship Fund

Jim Cox, a very active CRS member, was diagnosed with Leukemia in August 1993 and on October 15, 1993 succumbed to the disease at the age of 57. Jim's family started a fund that CRS has designated as a scholarship. It can be applied for by CRS members or their children when they enroll as college freshmen.

See membership application for contribution to this fund.

GOLD CUP SERIES

The Calumet Region Striders began sponsorship of the Gold Cup Series in 1979. It has become one of the most prestigious race circuits in the area, which races consistently meet or exceed CRS expectations. Ranging in length from 3.1m (5k) to a 26.2m (marathon), these races offer the highest quality racing experience for runners of all abilities. The 2007 series consists of twenty-six (26) officially designated road/trail races. A person may participate in all races if desired, however, only the best ten (10) finishes will count in the general scoring. Each person who completes at least ten (10) or more races will receive an award. Entry fee into the series is separate from the CRS membership, though you must be a Strider to participate in the series. The cost entitles a person to an official Gold Cup Series premium, pre-race registration discount, and complimentary admission to the annual dinner/awards banquet.

Participants fifteen to eighteen (15-18) years of age are required to complete seven (7) races to qualify for an award. Participants fourteen (14) and under are required to complete five (5) races to qualify for an award. Gold Cup participants age 18 and under are also known as "**Junior Striders**".

Those members completing **ALL** races in the series will earn a special award in the memory of Jim Cox, a Strider who completed all races in the series.

FUN EVENTS

- Holiday Party
- Annual Dinner/Awards/Recognition Banquet
- Strider Survivor Summer Picnic
- Post Race Get-Togethers
- Club Meetings

GROWTH IN COMMUNITY

Members are encouraged to volunteer at a minimum of one club or community sponsored running event, serving on a committee, or assisting with other club activities relating to the business function of the club. The Calumet Region Striders promote growth of our sport in the community by volunteering its members to assist at the following events.

- Indoor AAU Track & Field Meet (February)
- Outdoor AAU Track & Field Meet (June)
 - Senior Games of Northwest Indiana
- Chicago Marathon Aid-Station/Waterstop @ mile 5 (October)
 - Outdoor AAU XC Meet (November)
 - Any Gold Cup race helping at the Gold Cup Table
- Volunteering at any event in the community that promotes fitness
 - State Games
 - Assist on Gold Cup Committee

Stevens-Hamilton Disabled Runner Fund

Two Striders have lost their lives due to injuries while biking. CRS started this fund for the purpose of assisting present or future disabled athletes whose goals are similar to those established by the fund.

See membership application for contribution to this fund.