

## **DUES AND BENEFITS**

Dues run from January 1 to December 31 and includes the following:

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

## **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. 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 2009 series consists of 29 officially designated road/trail races. A person may participate in all races if desired. Participants over age 18 must complete ten (10) races to receive an award. 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**". Entry fee into the series is separate from the CRS membership, though you must be a member 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.

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 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.

- AAU Track & Field Meets (February, June, November)
- Chicago Marathon Aid-Station/Waterstop @ mile 5 (October)
  - Any Gold Cup race helping at the Gold Cup Table
- Volunteering at any event in the community that promotes fitness
- Assist on Board Committees such as Runner Programs, Scholarships, Bylaws, Nominations, Social, Volunteers, Membership or Gold Cup

**Jim Cox Scholarship Fund & Stevens-Hamilton Disabled Runner Fund**  
(See website [www.calstrider.org](http://www.calstrider.org) for details.)



**The Calumet Region Striders is a group of people joined together by a common interest in promoting health and fitness through recreational running, walking, and competitive racing.**



**For additional information visit us at [www.calstrider.org](http://www.calstrider.org) or contact [membership@calstrider.org](mailto:membership@calstrider.org)**

**The Calumet Region Striders is a 501(c)3 Not For Profit organization and is a member of the Road Runners Club of America (RRCA) [www.rrca.org](http://www.rrca.org).**

## **A 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.

**2009 MEMBERSHIP APPLICATION**

Mail application and fees to:  
**CALUMET REGION STRIDERS**  
**P.O. BOX 225**  
**GRIFFITH, IN 46319**  
**Primary Member**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: (\_\_\_\_) \_\_\_\_\_  
 Business Phone: (\_\_\_\_) \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Occupation: \_\_\_\_\_  
 Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex:  Male  Female  
**Primary Member**  New  Renewal  
**Household Membership**  Yes \$15.00  
**Gold Cup Series (Optional)**  Yes \$21.00  
 Male Clydesdale 190#+  Female Athena 150#+  
**Long Distance Series (Optional)**  Yes \$5.00  
**Long Distance Series (Optional)**  Yes \$10.00  
**(Not Gold Cup)**

I know that running and volunteering to work 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 for 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 my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. The Striders have permission to include my name, address, telephone number, and e-mail address in any CRS directory and/or website to be used for club purposes, only.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**PARENT'S SIGNATURE (if under 19 yrs)** \_\_\_\_\_  

Amt. Paid	Date	Check No.
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*Household members must reside at the same address as the Primary Member.*

**Household Member 1**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Occupation \_\_\_\_\_  
 Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex:  Male  Female  
**Gold Cup Series (Optional)**  Yes \$21.00  
 Male Clydesdale 190#+  Female Athena 150#+  
**Long Distance Series (Optional)**  Yes \$5.00  
**Long Distance Series (Optional)**  Yes \$10.00  
**(Not Gold Cup)**

**Household Member 2**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex:  Male  Female  
**Gold Cup Series (Optional)**  Yes \$21.00  
 Male Clydesdale 190#+  Female Athena 150#+  
**Long Distance Series (Optional)**  Yes \$5.00  
**Long Distance Series (Optional)**  Yes \$10.00  
**(Not Gold Cup)**

**Household Member 3**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex:  Male  Female  
**Gold Cup Series (Optional)**  Yes \$21.00  
 Male Clydesdale 190#+  Female Athena 150#+  
**Long Distance Series (Optional)**  Yes \$5.00  
**Long Distance Series (Optional)**  Yes \$10.00  
**(Not Gold Cup)**

**Total Enclosed:**   
**Optional Donations** Jim Cox Scholarship Fund \_\_\_\_\_  
 Stevens-Hamilton Disabled Runner Fund \_\_\_\_\_