

THE ROADRUNNER



For sale:
Club Kokomo Logo (as pictured above) is a 5 inch diameter self stick sticker. It can easily be removed and placed at another location. Cost is \$1. See Treasurer Mark Shorter at a CK event.

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Next race: Oakbrook 5k run and Walk
February 12, 2005 at 10:00

JOHNNY 'O ELECTED TO HALL OF FAME

JOHN WILES IS CLUB KOKOMO'S NEWEST HALL OF FAME MEMBER

The newest member of the Club Kokomo Hall of Fame is John Wiles. Being elected to the Hall of Fame is the highest honor that Club Kokomo can bestow upon a member.

Charlie Skoog and Milt Brown have compiled a list of some of John Wiles' significant contributions to Club Kokomo through the years.

- Club Kokomo President for two years and was an advisor and mentor to Club Kokomo presidents who followed him
- Wrote Kokomo Tribune articles about upcoming events, results of races and other publicity for many years
- Wrote and continues to write many informative and humorous articles for the Club Kokomo Newsletter. He has secured sponsorships, donations, and developed lasting, positive relationships with numerous community businesses and organizations
- Captain of Club Kokomo Race for the Cure team for several years and is organizing the 2005 team
- Haynes Apperson Run/Walk volunteer for many years and was again this year
- Served on many Club Kokomo committees and continues to do so
- Founded the Advisory committee, which opened up the club and produced many positive changes

- Attends most of the monthly club meetings and makes excellent suggestions
- Race director for many races (Founded and directed the February Race featuring Miscoi's famous chili and Anne's homemade candies)
- Director of Mike Cowan Youth Run and now volunteers for the Coyote Kids series of races during the summer



JOHNNY 'O ENJOYING THE CHARITY RUN LAST MONTH WITH DAVE, BILL, AND LORENE. CHRISTINE WILLIAMSON FOLLOWS CLOSE BEHIND.

- Founded the Triple Crown races, which were held for about five years
- Started several fun runs and continues to hold the Thanksgiving Fun Run and Christmas Lights Run in Highland Park
- Indiana State President for the Road Runner's Club of America

John Wiles is very deserving of this honor of becoming a member of the Club Kokomo Hall of Fame and we congratulate him.

New Next month! Chaplain's Corner with Dana Neer!

JANUARY NEW MEMBERS

Sylvia Burgin
Russell Fox
Robin Michael
Kellie Miles family (Kellie,
Mike, Ann, Stephanie)
David Plantenga
Heather Wilkerson
Returning Members:
Matt Bolinger family (Matt,
Stephanie, Kristine, Katherine,
Alexander)

Welcomr to Club Kokomo Roadrunners!

NEW EDITOR

I just wanted to take a minute or two to introduce myself. My name is Brian Reinhardt and I am the new newsletter editor. My primary responsibilities beyond the newsletter are to tabulate points from races, keep club records, etc..

If you find any error in this newsletter or anywhere else please feel free to contact me. I am human and make mistakes so don't feel at all that you'll be stepping on my toes to suggest changes, improvements, or even just "like to see" items.

This is a group effort and I look forward to serving as your club editor for the next two years. I'll do my best to make sure that you have everything you need from me to help you to enjoy your fitness lifestyle. Don't be afraid to email at the address on the front cover or call (765)473-4749.

FROM THE PRESIDENT

BY RAY TETRAULT

Dear Fellow Runners and Walkers,

Thank you for the privilege of being our president for the next two years. You make the most wonderful friends. It was 5 years ago when I joined CKRR. Charlie Skoog drove to my house to bring me an application and have my family and I register for a race and become members. The personal touch kept me coming back race after race and Wednesday night after Wednesday night. I want to see everyone be personally touched by CKRR over the next two years.

The strength of our running club is not its officers. The strength of our club is the members they serve.

CKRR will only be as strong as what you put into it. I have a few suggestions to stretch your running world. There are two possibilities (that's an optimists synonym for problems) which I would like to see addressed immediately. I would like to see CKRR include 1 Mile Fun Runs in EVERY race they sponsor. The Ultimate Challenge 1 mile fun run was my families first foray into the world of running. Robin swore at the time she would never



run further than a mile. She graduated to 5k's and 5 miles. Finally she thought she could run/walk the Indy-mini. This past fall she ran her first marathon in Utah. This year she plans to run 3 marathons. It all began with the 1 Mile Fun Runs. All it takes for Fun Runs is 3-5 volunteers for 10-12 minutes. So grab your neighbors, load the kids in the car, pick up your grandchildren, and get them moving. If you want to be a part of this possibility let me know at the next run or race.

The other possibility is more daunting. But it is not as daunting as a first time 5k race. It's surely not as daunting as the first mini-marathon. And it doesn't even compare to a

marathon. What is the possibility? It's called being a race director. My vision for this year is to have race directors in place for every race so that responsibility for these events don't fall to a few people, but to the whole club. This year CKRR is implementing a "race director coaching" approach in order that 2006 have all the races have directors. We have not held our September race the past several years because we haven't had someone step up and direct the race. We have a few events like the Haynes Apperson, Relay for Life, Race for the Cure, Coyote Kids which are more challenging to be responsible for. But we have several other races which are fairly simple to responsible for. Will you be a part of this vision for CKRR? (If you don't have time, then CO-direct with a friend of yours...)

Last year members of CKRR traveled together to Logan, Utah to run the Top of Utah marathon. It was one of the highlights of my year. This year I am planning a trip to Bar Harbor, Maine for the Mount Desert Island Marathon. The marathon is run in the beautiful fall foliage of Arcadia National Park. It is the first place the sun touches on USA soil. This marathon is rated one of the most scenic in the world. I have been to this area several times as a teenager. You won't be disappointed! The marathon is run on October 16, 2005. If you are interested in running this with the greatest group of runners you can find, then give me a call, email me, or let me know at a race. So far we have 23 people who have expressed interest in coming along for the adventure. There is always room for more. The website for this marathon is www.mdimarathon.org

At our last CKRR meeting I asked the question, "What would make CKRR a better club? What would you like to see CKRR accomplish?" I want to extend those questions to all of you. What are some of your ideas for CKRR? Let me know at rayrobin@email.com, work number 454-5497, or home number 854-1393. See you on the roads, in the park, or at a race; the important part is to see you!

Ray Tetrault, Captain Coyote

CK RUNNER "DOES" DISNEY

BY MIKE CAMPBELL

OK, I did my 6th marathon this past Sunday, 09Jan05, in Orlando at Disney World. Cynt went with me and we had a very relaxing weekend. The temperature was in the 80s in the afternoon the whole weekend. I finished in 4:33:18, my chip time. This was my slowest marathon time. I must be getting old.

The 1st place finisher was Bastos Adriano, 26. He finished in 2:19:16. The 1st place womens' finisher was Amy Shertzer, 27. She finished in 2:56:06.

The Disney World Marathon is a combination half marathon event and a full marathon event. There were a total of about 16,000 finishers. Of this total there were 7726 full marathon finishers and about 8647 half marathon finishers.

As you might imagine, logistics is a bit of a challenge with 16,000 race participants. We stayed at the Old Key West Resort at Disney World which was fairly close to the start and finish of the marathon. The race started at 6am, Sunday the 9th of January. All participants were suppose to be in the starting corrals by 4:30am. I got up at 3am and had planned to have Cynt drive me to the starting area. She was a good doobie and got up to take me. Of course, once she dropped me off she could go back to the room and go back to sleep. The starting area was about 3 quarters of a mile from Old Key West but when we got there they had security people blocking the entrance. The organizers should give serious consideration to allowing those staying close by an opportunity to walk to the starting area. All traffic was directed to the parking lot at Epcot and traffic was horrible at 4am in the morning. I had Cynt drop me off at the highway exit to Epcot's parking area. I didn't realize it then but the exit was a good mile or so from the parking area. A gentleman from New Jersey was kind enough to give me a ride to the parking area. We got to talking about what is it about running a marathon/half marathon that would cause 16,000 people to get up at about 3am on a Sunday morning, fight traffic and wait around for

a couple of hours to run 26.2 miles? OK, so now I'm at the starting corral. They have preliminary activities involving Mickey, Donald Duck and a couple of other Disney characters. The temp is about 55, perfect for running a marathon. About 2 hours into the race the temperature would climb into the 80s. It was like the tale of 2 cities. It was the best of temperatures and the worst of temperatures especially for those of us who are slow afoot. I'm not making excuses because I am slow but it is tough to train to run a marathon that's held the 2nd weekend in January. The Disney marathon is the most scenic marathon I've ever run. I thought Detroit had really nice scenery but Disney has it beat hands down. The Disney marathon takes you through all 4 theme parks. We started out in Epcot. The 1st 7 miles are in Epcot. We then ran through Magic Kingdom, Animal Kingdom, MGM Studios, through the boardwalk and back to Epcot. There was a Gospel choir performing at the finish to help us give thanks for finishing the race. There were plenty of water stops. They served gatorade and water at each of the water stops. Some stops also served bananas, oranges, miniature nestle crunch bars and power gel. When we got to the half marathon mark after running through Magic Kingdom, the half marathoners broke off to their finish line and a lady who was near me said that the only people who are left now are the crazy people. The crowds were somewhat anesthetized. I asked several times about whether they had come out to cheer us on. The crowds in New York and Chicago make a lot of noise all along the course.

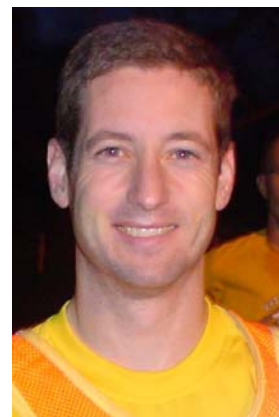
Most marathons hand out medallions to finishers. The Disney Marathon medallion is somewhat unique. The medallion is a replica of Mickey with a colorful band to hold the medallion. You could use the band to collect other Disney pins. The finishers proudly wore their medallions after the race and on their way home. I saw several finishers sporting their medallions on the plane trip back to Indiana.

If it's possible to enjoy running a mara-

thon, I enjoyed running Disney. The runners get a chance to get a rare view of the theme parks. I would recommend this marathon to anyone who doesn't mind preparing for a marathon close to the holidays.

MEET JEFF KUCZERA

Name: Jeff Kuczera
Age (if desired): 33
Family: Wife - Pam, Sons - Josh (7), Jason (4), Drew (8 months)
Hometown: Grosse Ile, MI (suburb of Detroit)
Occupation: Validation Engineer at Delphi
Years Running: 20
Reason for starting to run: My uncle was a marathoner and introduced me to running. I was active in a lot of other sports but running seemed to be the best fit for me. I was successful at track in middle school and have stuck with it.
Running Goals: 2:45 marathon, 35:00 10k
Favorite Run or Race: Crim 10 Mile (Flint, MI)
Hobbies and Other Interests: Home improvement, Purdue sports
Reason for joining Club Kokomo: Meet other runners in the area and participate in the local running community.



RACES RAN

Florida Gulf Beaches
Halfathon 13.1 miles
Dec 12, 2004
Clearwater, Florida
1. Keith Sawayda 1:15:41
1.w. Vicki Jetton 1:25:07
(8th Overall)
642 finishers (308 men, 334 women)
CK:
397. (162nd female) Joyce
Pennycoff 2:08:49

Rock 'n' Roll AZ Half
Marathon 13.1 miles
January 9, 2005
Phoenix, Arizona
1. Thomas Lentz 1:10:53
1.w. Miho Ichikawa 1:15:07
(8th overall)
15,848 finishers (5,855 men, 9,993 women)
CK:
37. (32nd male) Byron
Bundrent 1:21:59

HP Houston Marathon and
Half Marathon
January 16, 2005
Houston, Texas
Marathon
1. David Cheruiyot
2:14:50
1.w. Kelly Keane 2:32:30
(9th overall)
5,733 finishers (3,710 Men,
2,023 Women)
CK:
810. Mike Deardorff 3:36:45
1180. Charlie Skoog 3:47:10
2625. Tom Miklik 4:20:52
Half Marathon
1. Julius Kibet 1:03:17
1.w. Olga Romanova
1:12:36
6,740 finishers (3,106 Men,
3,634 women)
CK:
96. Byron Bundrent 1:22:42

2004-2005 CK POINTS

Races scored include any marathon-M, half marathon-H, or volunteer-V.

Runners

	50-54	40-44	70+
Women			
0-12	Joyce Pennycoff 2-55HV Robin Tetrault 2-32 Christine Williamson 2-29 Sara Miller 1-20 Lorene Sandifur 1-20 Rhenda Acton 1-10 Robin Cole 1-8	Byron Bundrent 2-60H Brian Reinhardt 1-35M Ken Swinehart 2-32 Terry Bogue 1-20 Gary Jewell 1-20 Dana Neer 1-20 Mark Webster 1-20	Bill Heck 2-40 Milt Brown 1-20V
Kierra Howell 2-40V Waverly Neer 1-20 Kayla Reinagle 1-20 Mindy Tetrault 1-20V			Walkers
13-19	55-59	45-49	Women
Megan Tetrault 2-35 Vanessa Lorenz 2-32 Amber Longwith 2-28 Anna Hurlock 1-20 Sarah Bauson 1-10 Luara Bauson 1-9	Karmen Glaspy 1-20V	Al Hochgesang 2-40 RJ Kerr 2-40V Russ Hovermale 2-35 Eric Mathew 2-32 Ray Tetrault 2-27 Brent Marner 1-20 Greg Townsend 1-20V Earl Strong 1-10 Matt Bolinger 1-9 Jeff Hemmeger 1-8	Mary Miller 2-40 Amanda Pena 2-35 Debbie Riffe 2-32 Jane Inman 2-29 Raye Jean Swinehart 2-28 Sona Camp 2-27V Pat Robertson 2-26 Cynthia Sanders 2-24 Debra Bowman 2-22V Geana Moore 1-20 Jan Stucker 1-20 Marsha Daugherty 1-10 Sylvia Burgin 1-5
20-24	Men		
Grace Bauson 1-20 Michelle Tetrault 1-20	0-12		
25-29	13-19	50-54	Men
Kelly Wright 2-40 Shannon Reinagle 2-35 Justine Eads 2-32 Allison Irvin 2-30	Brandon Sheline 2-35 Daniel Riffe 2-32 Sam Williamson, Jr. 2-29 Mason McGovern 1-20 Steve Peugh 1-20 Bryan Phillips 1-20 AJ Robinette 1-10	John Sites 2-55M Charlie Skoog 2-52M Mike Deardorff 2-49M Michael Campbell 2-45M Chuck Masters 2-40 Mark Shorter 2-30 Dave White 2-27 Steve Wand 1-8 Larry Grant 1-6	Jerry Lambert 2-35 Keith McAndrews 2-32 Tim Taflinger 2-29 Steve Inman 2-27 Jackie Sanders 2-25 Jack Sanders 1-20 Tim Revils 1-20 Rick Spencer 1-20 Melvin W. Hobbs III 1-20 Toney Lorenz 1-20 David Plantenga 1-20V Russell Fox 1-10 Robin Michael 1-8 Dave Woelfel 1-6
30-34	20-24	55-59	
Heather Weber 2-40 Julanne Packard 2-20 Lisa Stucker 1-15 Jeanette Merritt 1-12	Mark Eads 2-32 Josh Daugherty 1-20 Seth Daugherty 1-15	David Hughes 2-49M Ricke Stucker 2-40 Ed Oliphant 2-35 Sam Williamson, Sr. 2-32 Tom Miklik 2-30M John Wiles 2-28 Garry Hill 1-7	
35-39	25-29	60-64	
Gina Sheets 2-40 Angie Banush 2-32 Tami Moore 2-29 Tracy Carden 1-15 Teresa Long 1-10	Matt Yarosz 2-40 Kevin Sites 1-20	Bill Barnett 2-40 Dale Sullivan 2-35 Stan Shuey 2-32 Ernie Strawn 1-10 Jim Burrous 1-9	
40-44	30-34	65-69	
Patti Reinhardt 2-35 Sharon Miller 2-32 Lynn Howell 2-30 Roxanne Burrous 1-20	William Irvin 2-40V TA Weber 2-35 Jeff Kuczera 1-20	John Norris 2-40 Robert Cupp 2-35 Dick Summerton 1-12	
45-49	35-39		
Cassie Bauson 1-20 Cheryl Marner 1-20 Brenda Masters 1-20V Ellen Marie Nichols 1-15	Ron Moore 2-40 Michael Graham 2-32 Andrew Maibaum 2-30		

GIVING THANKS

BY CHARLIE SKOOG

GIVING THANKS

By Charlie Skoog

I can't explain what happened on December 31, 2004, but I certainly enjoyed the setting for CK's annual New Year's Eve 5K. Four days earlier the Walk of Excellence in Foster Park was blanketed with 8" of snow and a few days afterwards, the race course was completely flooded, but in between we enjoyed a perfect day to run, walk, and fellowship with new and old friends. With 147 finishers it was another record day! Thanks again to Matt at Comprehensive Planning Corporation for the gloves and cool stocking caps, Kim Vanskyrock and the Senior Center staff, John Martino and Kokomo Parks staff, Mike from Fazoli's, Ray's Transition group, and all the volunteers who were part of a wonderful team effort. I'm already looking forward to next years event but I also must say that I sometimes wonder what if? I guess we will cross that bridge and hope it is not under water! As usual my first road trip running event of the new year was the **Siberian Express** 7.6 mile trail run on January 8. This race normally attracts over 500 participants from throughout the Midwest who hope to proudly say, "I survived the Siberian!" The race flyer boldly states NO WIMPS and "Don't listen to others who say you're nuts!" This years race featured 4 inches of fresh snow which mercifully kept the mud somewhat covered, but also contributed to knee deep creek crossings. Club Kokomo was well represented with Coach Dana Neer leading a large Western contingent finishing 33rd and Anna Hurlock 5th overall women. Top local finisher was Jimmy Jackson in 19th place and Angela Minnefield also earned a clothing award. To check for other "survivors" visit www.kennekuk.com.

The Siberian was supposed to be a tune-up for the **Houston Marathon** the following weekend and everything was falling nicely into place except for my back, which was definitely out of place! Nevertheless, I was looking forward to racing one of North America's fastest and best supported marathon courses, along with good buddies Tom Miklik and Mike Deardorff, with the idea that Mike and I would at-

tempt to qualify for Boston 2005 by running under our age group standard time of 3:35:59. Mike was ready, I was willing, and a hobbling Tom, was great support, as he attempted to add another state in his 50 States quest. Adding to our enjoyment

was Byron Bundrent who was visiting his sister, Cynthia, and running his second 1/2 marathon in as many weeks. Byron had visited another sister and run Phoenix the previous weekend, finishing 37th overall with an outstanding time of 1:21:58. Byron and Cindy picked us up at the airport and we all went to the race expo together and had a great time, almost talking Cindy into joining us on race day by running the 5K. Sunday morning, January 16, was perfect marathon weather with temps in the high 30's, gradually warming up to the low 50's. I was able to catch a glimpse of Byron as he was running strong in the 1/2 and I was approaching the 8 mile mark. Byron went on to finish in another fine time of 1:22:42, which has to be some kind of record

for back to back 1/2 marathons, run by a 400 meter track champion. Way to go Byron and thanks to you and Cindy for making a special marathon weekend even more special.

What really made the trip for me was being part of a best friends long time quest to qualify for Boston. Mike ran a smart race, and gave it everything he had, which was a lot. I ran a not so smart race but was still thankful to be part of Mike's quest along with Tom. When Mike caught me around mile 22, I knew I would not be

running Boston in 2005, but Mike still had a shot and that's when my focus shifted. Although feeling about as bad as a runner can feel, I was thankful for so many things, including the prayers of many of our special friends. As I struggled to the finish, it

was my prayer that Mike would succeed where I had failed. Mike did succeed, running a personal best by almost 8 minutes, bettering a marathon time from over twenty years ago. Mike's chip time of 3:36:45 fell an agonizing 46 seconds short of an automatic Boston qualifier. I was next with a 3:47:10 and Tom met his goal of running sub 10 minute miles with a fine time of 4:20:52.

As I type this report, back still aching, I realize that we can be winners in so many different ways. It's not just a finish time that's all important to me now. Sharing a dream and a journey can be just as meaningful. Mike's Boston dream is still alive. He has been

told there is a good chance his time is close enough to the standard to merit inclusion in this year's race. I have applied to volunteer for the race so the dream and journey continue.

OAKBROOK VALLEY 5K, SATURDAY FEB. 12, 10 AM

The next Club Kokomo points event will be at beautiful Oakbrook Valley Park

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ON THE ROADS

BY JOHNNY 'O

CHANGE CAN BE GOOD

We know it's better physically and mentally to run or walk different courses. We, however, tend to traverse the same route day after day, week after week, year after year. We do this because we don't like change. At a young age, Club Kokomo Roadrunner Stephanie Miller is learning that change can be very beneficial, especially in the long run.

Stephanie is the daughter of Tim and Mary Miller of Bunker Hill, Ind. The Millers have been Club Kokomo members since Stephanie was in middle school. Mary is an avid race walker, who was named CK's 2004 Co-Women's Walker of the Year.

Stephanie has always wanted to help children, so when she started school three years ago at Indiana Wesleyan University, she began studies to become a medical doctor specializing in pediatrics.

"Something" in being a doctor, however, did not feel right to her, and it was not the course work. She enjoyed "every minute of class." In fact, the junior has a 3.71 grade point average on a 4-point scale.

She discovered the "something" was family. Stephanie always knew that it would be important for her to spend time with her family, and she concluded that it would be difficult to do that as a medical doctor. Her school advisor, who is a medical doctor, told her doctors are always on call and family time is sacrificed.

After her freshman year, Stephanie decided to change her major to pediatric nurse practitioner. When she changed majors, she felt a "sigh of relief." As a nurse practitioner, she believes she will have more time to spend with her family.

Her career goal was not the only change Stephanie made during her freshman year at Indiana Wesleyan. She also changed her thinking about how an athlete should recover from a serious injury.

When Stephanie was a senior at Maconaquah High School, she not only was one the best runners in Central Indiana, but she also was a very good basketball player. It was while playing basketball that she suffered a terrible injury. She tore her anterior cruciate ligament. The

ACL is one of four ligaments within the knee joint that stabilizes and controls the rotation of the knee.

Stephanie had surgery to repair her ACL on Dec. 27, 2001. She, however, started training in March for the high school outdoor track season. Training and competing so soon after the injury was a huge mistake. Her knee became "stiff and stuck in one position," and she had to have surgery again in August to remove scar tissue.

Fortunately for Stephanie, Indiana Wesleyan Cross Country Coach John W. Foss understood that such injuries as Stephanie's needed time to heal.

"As Stephanie entered college (fall, 2002), she was going through a difficult recovery," Coach Foss said. "She was so determined that I had to convince her to be patient with her knee. We chose to red shirt her that first cross country season and bring her back very slowly."

Such an approach is not easy for an athlete like Stephanie. "There is nothing more difficult for an incoming runner than to have to switch your mood from the enthusiasm and excitement of a new year, a new team, and a new level to patiently watching everyone else," Coach Foss continued. "Stephanie couldn't even run at practice in the fall, (but) she amazed me. She was always there and always trying to learn. She learned patience, but didn't lose her fire to run and compete. Many athletes would have said, 'I'll do what I have to do, but no more,' (but) not Stephanie. She was constantly searching for ways to help the team."

As a sophomore, Coach Foss said Stephanie had a good fall, but both of them were still very cautious about her knee. "Her confidence had never been strong, but the injury recovery had made it worse," he said. "We worked hard on that and the results were a 5K on the track last spring in 18 minutes and 56 seconds, and then this fall, her junior year, her best cross country season ever."

The 5K cross-country courses Stephanie competed on last fall were not "fast," because of "hills and poor footing." Still, Stephanie recorded 19:38 at

the Indiana Wesleyan University Invitation on Oct. 19. She finished 10th overall and ninth among the 27 women on her cross-country team.

At the Mid-Central Conference meet at Grace College in Warsaw, Ind., on Oct. 23, Indiana Wesleyan beat 11 other schools for the title. Stephanie was 8th on her team in 19:52 and 12th overall, which earned her All-Conference distinction.

At the National Christian College Athletic Association's national championship in Cedarville, Ohio, on Nov. 13, the team finished third out of 30 teams, and Stephanie was 44th overall and her team's 6th finisher in 19:59. The team won the Regional National Association of Intercollegiate Athletics meet Nov. 6 in Mishawaka, Ind., where Stephanie finished 16th overall and 7th on the team in 19:40 and went with the team as an alternate to the National NAIA meet. The team finished seventh at the national meet Nov. 20 in Louisville, Ky.

Stephanie is running the 1500- and 3000-meter races during the indoor track season, which started the end of January. She plans to run the 1500- and 5000-meter races during the outdoor season, which starts in early March with the Polar Bear Meet. The meet is called the Polar Bear for a reason: "They had to plow snow off the track last year."

Stephanie enjoys the three types of running for different reasons. "Cross Country is like a family; indoor is fun because you feel real fast running 45-second laps on the 200-meter track; and outdoor is great because I'm in top shape after competing all school year. I also like watching all the other events in outdoor track."

"Stephanie is doing great," Coach Foss said. "We are anticipating a great spring with Steph in the 5K and getting back into the mile as well. Her confidence continues to grow. She is an outstanding leader and fiercely determined to be her best."

As for her knee, it "is good," Stephanie said. "I've learned that if you have

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ON THE ROADS (CONT FROM PAGE 6)

surgery, you have to take it slow coming back. You can overcome your injury. It will take a lot of hard work and dedication, but don't let that get you down. Keep the hope and take it slow."

As a young woman, Stephanie has discovered that the "best laid plans of mice and men (and women), often go astray." More importantly, she has learned to change and to adapt when her plans "go astray." It's a lesson for us all.

TOOT – TOOT

That sound you hear is Johnny 'O tooting his own horn, because he has made a Final Four! Johnny 'O has been selected 2004 Road Runners Club of America's Club Writer for the Central Region, which includes 13 states and 107 clubs.

RRCA is divided into four regions – Central, Eastern, Southern and Western - with 670 running/walking clubs and 160,000 members. Judges will select the winner of its Jerry Little Memorial Journalism Award from the four Region winners. RRCA will announce the national winner at its national convention in May.

In the Region contest, Johnny 'O submitted columns on CK Hall of Fame member Jim Schneider comparing his first marathon to his 100th; CK's trip to the Top of Utah Marathon; and Johnny and Anne 'O's Cooper River Bridge Run in Charleston, S.C. The Jim Schneider column was sent to the national judges, because only one of the columns could be submitted and Central Region Director Beth Onines, who contacted Johnny 'O, said the Schneider column was her favorite.

RACE FOR THE CURE

Johnny 'O is organizing a team for the 14th annual Susan G. Komen Breast Cancer Foundation Indianapolis Race for the Cure on April 16.

Last year, 36,000 participants raised more than \$1.3 million. Seventy-five percent of that total was

given to 19 central Indiana agencies and organizations to fund screening, treatment, and follow-up care for under-served women, education on breast health and early detection, and outreach programs specifically targeted to breast cancer. The remaining 25 percent went to the Susan G. Komen Breast Cancer Foundation Award and Research Grant Program.

Johnny 'O urges everyone to register online. It's easy. Just do the following:

1. Go to www.komenindy.org
2. On the left column, click Race for Cure and then under the headline "Join Us..." and in the first paragraph, click "Click here." If you ran the race last year, follow the instructions under the headline, "Are you a returning..." If you did not run last year, click "Join an existing team," and follow the instructions. If you do not have access to a computer, contact Johnny 'O at 452-6706 no later than Mar 8.

FINAL THOUGHT

Johnny 'O's Irish eyes will be smiling on St. Patrick's Day even though the way he normally celebrates will be different this year. First, he'll be teaching a class from 6 p.m. to 10 p.m. so water and soda will be his drink of choice. Second, he won't be running the Shamrock Race for the first time in years because of an injury.

Johnny 'O's right arm is in a splint. He walked into a dark room, tripped over a computer cart, and crashed into a desk and then the floor on Jan. 9. The impact pulled from his elbow the tendon that's attached to the triceps. Dr. Aaron LeGrand re-attached the tendon on Jan. 21. And, to answer an often asked question: No, Johnny 'O was not having an early St. Patrick's Day celebration on Jan. 9!

GIVING THANKS

(CONT FROM PAGE 5)

Located on 950 west in Howard County. If you are unfamiliar with the location, Gary has an excellent map on the club web-site at www.ckrr.us. Oakbrook will be the site of the 2005 Western High School CC Invitational. If conditions allow we will use Western's cross country course for this event. If conditions are horrendous, we will run and walk on the standard road course, which can also be horrendous. Please join us for an exciting late-winter adventure! Post race refreshments will include Charlie's famous vegetarian lentil soup. Since Charlie does not do desserts, dessert offerings are welcomed. Plan on staying for lunch as we discuss future club road trips including the Big Fall Marathon Trip to Maine. The existing club record for a marathon trip is nineteen and I'm sure that is one record that will be going down this year!

It was at last years Oakbrook event that **Coyote Kids** was born. This year be part of history as we inaugurate Howard County's newest and best CC course. Please remove muddy shoes before entering the lodge and we thank Oakbrook Community Church for the use of this wonderful facility.

CLUB KOKOMO MINI TRAINING CONTINUES

Visit www.ckrr.us and click on Mini-Training for a schedule of our upcoming Wed. night training run locations. We are meeting at Rodgers Pavilion in Highland park and the Country Club Hills Park Building on alternating weeks. Click on Gentilly in the program description for an excellent map to the Country Club Hills site. The building address is 1805 St. Charles Court but the parking lot is accessed from Gentilly. Bring a friend as we try to match a pace to every participant.

I can be reached at runckrr@aol.com or 457-2607. See ya on the roads and trails!

OTHER NOTES

Old Ben will have a 1-mile fun run that is not included in the Race Flyer for anybody interested.

The Black Walrus 4-miler will happen again this year. It will be held at Tipton High School as in the past at 2:00 P.M. on March 6. It will not be a points race, however.

Reminder to walkers: When you sign up to walk a race you must walk the entire distance. When a member joins CK they must declare as a runner or walker and cannot change until the following race year.

2004-2005 CK RACE SCHEDULE

February 12
CKRR 5K Run/ 5K Walk
Time: 10 AM
Location: Oakbrook Park

March 12
Norris Insurance Amboy 5K
Run/ Walk
Time: 9 AM
Location: Comm Building

March 26
Old Ben 5K Run/ Walk
Time: 9 AM
Location: Highland Park

April 02
CKRR Ultimate 10 Mile Run &
5 Mile Run/ Walk
Time: 9 AM
Location: Logansport, IN

April 16
Race for the Cure 5K Run/
Walk
Time: 9 AM
Location: Military Park, Indy

10 points for each finisher

May 14
CKRR 5K Trail Run/ Walk
Time: 8 AM
Location: Peru River Walk

May 21
Norris Insurance 4 Mile Run/ 3
Mile Walk
Time: 8 AM
Location: Jackson Morrow Park

June 04
Helping Hands 5K Run/ Walk
Time: 8 AM
Location: Sharpsville, IN

June 11
Norris Insurance 5 Mile Run/
5K Walk
Time: 8 AM
Location: Greentown, IN

June 17-18
Relay for Life
Location: Kokomo High School

June 25
Race for Grace, 5K Run/ Walk
Time: 8 AM
Location: Logansport, IN

(Continued on page 9)

CKRR Meeting Minutes

JANUARY 10, 2005

CKRR Meeting
January 10, 2005

Ray Tetrault opened the meeting at 7:06 P.M.

Members Present

Ray Tetrault – President
Brian Reinhardt – Newsletter Editor
Milt Brown
Robin Tetrault
Stan Shuey
Jody Howell
Charlie Skoog
Keith McAndrews
Jackie Sanders
Cynthia Sanders
Patti Reinhardt

Reports

No financial report – Mark Shorter was absent due to previous commitment.

Oakbrook Race

Will be Saturday, February 12 at 10:00 A.M.

Dana Neer is waiting to hear from Steve Auth about using a portion of his land for a 5k cross country course.

Coyote Kids

Will start at 6:00 P.M. on June 9 and run every Thursday until the awards on July 21.

A second timer was purchased to expedite the events.

Parks Department will install permanent markers after course is determined for each event. Course information should be submitted to them by April 1.

Old Business

Mini Training Program

Finalized and approved the schedule. Brian Reinhardt will email to Gary Jewell for inclusion on the website. Second vote on president signing checks – approved by unanimous vote.

New Business

Editor Volunteer – Brian Reinhardt volunteered to be editor and was ap-

proved by unanimous vote.

Ray asked the question, "What does CKRR want to accomplish over the next two years?" and asked us to give it some thought for future meetings.

Newsletter Ideas

Recognize new members by Patti Reinhardt

Recognize birthdays by Patti Reinhardt

"Faces in the Crowd" by Ray Tetrault

An idea to have a duathlon with the bike club was submitted by Charlie Skoog. The idea met positive response. He'll do some more checking on the logistics of doing so

Race Directors

A mentoring program was suggested by Ray Tetrault

Creation of a "Race Directors Policy Handbook" was submitted by Charlie Skoog and approved by unanimous vote.

Other Business

Motion that all scholarships be paid directly to the beneficiary by Milt Brown. Seconded by Robin Tetrault. Approved by unanimous vote.

Motion that we have a staggered start for runners/walkers to alleviate the "log jam" at the start of races. Seconded by Patti Reinhardt. Approved by unanimous vote.

Motion that we take a look at ages of walkers and determine some age groups accordingly by Milt Brown. Seconded by Brian Reinhardt. Approved by unanimous vote.

The meeting adjourned at 8:37 P.M.

***Ray asked the question,
"What does CKRR want
to accomplish over the
next two years?"***

NEW YEAR'S EVE 5K RESULTS

Foster Park, Dec 31, 2004

Club Kokomo New Year's Eve Day Race
Sponsored by Comprehensive Financial Corporation

5K run

1. Dustin Rose 16:53 Western High School
2. Bryan Phillips 17:14
3. Josh Daugherty 17:33
4. Jeff Kuczera 17:45
5. Byron Bundrent 17:46
8. Seth Daugherty 18:11
9. Brandon Sheline 18:24
10. Matt Yarosz 18:33
12. Daniel Riffe 18:45
13. A.J. Robinette 18:51
15. Chuck Masters 19:32
16. Brian Reinhardt 19:53
18. Anna Hurlock 20:17 1st Female Western HighSchool
19. Heather Weber 20:27
20. Al Hochgesang 20:36
22. Ricke Stucker 20:57
23. John Sites 21:05
24. Kelly Wright 21:11
25. Russ Hovermale 21:15
26. Sam Williamson, Jr. 21:56
27. Keith D. Hill 21:58
28. Eric Mathew 22:09
29. Charlie Skoog 22:13
30. Mark Shorter 22:23
31. Earl Strong 22:35
35. Matthew Bolinger 23:12
36. Mike Deardorff 23:19
37. Ed Oliphant 23:21
39. Mike Daugherty 23:36
41. Jeff Hemmeger 23:46
42. Bill Barnett 23:51
43. Ron Moore 23:53
44. Nicole Parry 24:04

45. John Norris 24:08
46. Ray Tetrault 24:12
47. Jarred Hall 24:17
48. Sam Williamson, Sr. 24:18
49. Roxane Burrous 24:27
50. Gina Sheets 24:28
53. Tracy Carden 24:49
54. Shannon Reinagle 24:51
56. Dale Sullivan 24:58
60. Grace Bauson 25:06
61. Stan Shuey 25:32
62. Bill Heck 25:33
63. Megan Tetrault 25:35
64. Tom Miklik 25:37
65. Steve Wand 25:39
66. Sara Miller 25:40
67. Angie Banush 25:42
68. Dave White 25:56
69. Joyce Pennycoff 26:00
71. Ernie Strawn 26:21
72. David Hughes 26:27
73. Quinn Reinhardt 26:30
74. Patti Reinhardt 26:30
75. Vanessa Lorenz 26:49
77. Cassie Bauson 26:55
79. Sarah Bauson 27:31
80. T.A. Weber 27:33
81. Laura Bauson 27:37
82. Teresa Long 27:49
83. Larry Grant 27:49
84. Jim Burrous 27:53
86. Robin Tetrault 28:29
87. Mark Eads 28:38
88. James Longwith 28:39
89. Justine Eads 28:57
90. Michael Graham 29:02
91. Rhenda Acton 29:21
92. Tami Moore 29:38
93. Allison Irvin 29:38
94. Lisa Stucker 29:39

95. Amber Longwith 30:02
96. Christine Williamson 30:24
98. Ken Swinehart 31:13
99. John Wiles 31:46
100. Andrew Maibaum 32:34
102. Joshua Revils 32:54
103. Robert Cupp 33:13
104. Marie Nichols 34:07
105. Robin Cole 34:22
106. Michael Campbell 35:00
107. Jeanette Merritt 35:22
112. Sharon Miller 42:19
113. Dick Summerton 42:54
115. Garry Hill 44:15
117. Keith Bauson 53:45
118. Kierra Howell 57:42
119. Lynn Howell 59:12

5K Walk

1. Rick Spencer 31:12
2. Jerry Lambert 32:23
3. Keith McAndrews 32:38
4. Russell Fox 32:41
5. Mary Miller 34:38 1st Female
6. Tim Taflinger 35:08
7. Amanda Pena 35:41
8. Robin Michael 35:50
9. Steve Inman 36:30
11. Dave Woelfel 37:19
12. Debbie Riffe 38:16
14. Marsha Daugherty 41:03
15. Jane Inman 42:14
16. Raye Jean Swinehart 42:19
17. Sona Camp 44:16
18. Pat Robertson 45:45
20. Jackie Sanders 47:37
21. Cynthia Sanders 50:33
27. Debra Bowman 60:40

RACE SCHEDULE (CONT)

- July 02
Haynes-Apperson 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Memorial Gymnasium, Kokomo, IN
- July 09
Iron Horse 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Logansport, IN
- July 16
Panther Prowl 5K Run/Walk
Time: 8 AM
Location: Western H.S., Rus-siaville, IN
- August 06
Norris Insurance 5K Run/ Walk
Time: 8 AM
Location: Converse, IN
- August 13
CKRR Age-Graded 4 Mile Run & 5K Walk
Time: 8 AM
Location: Highland Park
- October 01
11th Kokomo Symphony Run 5K Run/Walk
Time: 9 AM
Location: Highland Park
- October 08
Cole Porter 15K Run/ 5K Run/Walk
Time: 8:30 AM
Location: Peru, IN
- October 15
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Bunker Hill, IN
- November 12
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School
- November 24
CKRR Thanksgiving Day Fun Run (non points)
Time: 8 AM
Location: Highland Park



QUINN AND PATTI REINHARDT ENJOY A RUN TOGETHER AT THE NEW YEAR'S EVE 5K RACE. 60 DEGREE WEATHER GREETED NEARLY 150 RUNNERS AND WALKERS.

Club Kokomo Mini Training Program

2005

Our informal training program is for the beginner, intermediate, or the experienced runner or walker who wants to train for the Indy Mini Marathon, or perhaps their first 5k. The program, based at Highland Park and Country Club Hills on alternate weeks, will feature weekly runs and walks led by friendly, experienced amateur trainers, over an accurately measured loop course.

The schedule is designed to improve endurance by increasing the length of the long run and to build confidence by running a portion of the runs at your individual goal pace. If you are not running Indy but would like to increase your speed and endurance, please join us. We will have cones set up at quarter and half mile intervals for those wishing to do interval workouts.

Included in the schedule are local weekend races where participants can test their fitness level. Race applications and additional training material will be available at the Wednesday runs. For more information call Ray Tetrault at 765-854-1393 or Charlie Skoog at 765-457-2607.

Participants will be required to sign a waiver protecting CK and Kokomo Parks and Recreation. Participants will receive running gloves compliments of Club Kokomo and Comprehensive Planning Corporation. We hope to have some guest speakers and occasionally time trials with distances ranging from one mile on up. The public will be invited to these time trials with incentives to all finishers, i.e., gloves or ribbons.

Country Club Hills is located at 1805 St. Charles Court. It can be found by taking West Boulevard to Conti Lane 0.1 mile east of Berkley Road or Tam-O-Shanter 0.2 miles East of Berkley Road and following either road to the second street. This is Gentilly Court. Park here even though the address is St. Charles Court.

Advanced and high mileage runners may want to consider arriving at 5:00 as their mileage increases. Trainers will be available for those that wish to do so.

We want to extend a special thanks to the Kokomo Parks and Recreation Department for the use of facilities, etc..

Week	Date	Total Mileage	Race Pace	Day	Time	Location
16	Jan 19	3	1	Wed	5:30 P.M.	HP at Old Ben
15	Jan 26	3	1	Wed	5:30 P.M.	Country Club Hills
14	Feb 2	4	2	Wed	5:30 P.M.	HP at Old Ben
13	Feb 9	4	2	Wed	5:30 P.M.	Country Club Hills
	Feb 12	CKRR	5k Race	Sat	10:00 A.M.	Oakbrook Valley
12	Feb 16	5	3	Wed	5:30 P.M.	HP at Old Ben
11	Feb 23	6	4	Wed	5:30 P.M.	Country Club Hills
10	Mar 2	7	5	Wed	5:30 P.M.	HP at Old Ben
9	Mar 9	7	5	Wed	5:30 P.M.	Country Club Hills
	Mar 12	John Norris 5k	5k Race	Sat	9:00 A.M.	Amboy
8	Mar 16	8	6	Wed	5:30 P.M.	HP at Old Ben
7	Mar 23	8	6	Wed	5:30 P.M.	Country Club Hills
	Mar 26	IUK Old Ben	5k Race	Sat	9:00 A.M.	HP at Old Ben
6	Mar 30	9	7	Wed	5:30 P.M.	Country Club Hills
	Apr 2	Ultimate Challenge	5/10m Race	Sat	9:00 A.M.	Logansport
5	Apr 6	9	7	Wed	5:30 P.M.	HP at Old Ben
4	Apr 13	10	8	Wed	5:30 P.M.	Country Club Hills
	Apr 16	Race for the Cure	5k Race	Sat	9:00 A.M.	Downtown Indy
3	Apr 20	10	8	Wed	5:30 P.M.	HP at Old Ben
2	Apr 27	8	6	Wed	5:30 P.M.	Country Club Hills
1	May 4	6	1	Wed	5:30 P.M.	HP at Old Ben
	May 5	3	0	Thu	5:30 P.M.	HP Old Ben Packet Pick-up
	May 6	REST		Fri		
	May 7	RACE DAY!		Sat	7:30 A.M.	Downtown Indy

Remember to visit the Club Kokomo Roadrunners Mini Tent in Military Park!

OTHER RACES

Feb 5 Mini-Marathon training
Series 5K run 5k walk 8:30AM
317-927-3378

Feb 6 Groundhog 7 mile run
1:00 PM 317/989-2357

Feb 19 Fanny Freezer 5K Shoaff
Park Ft. Wayne 260-436-2234

Feb 26 Polar Bear Run & Walk 5m
run 5m walk 9AM Indiana War
Memorial Indy 317-884-4001

Mar 5 13th Annual Bulldog Jog 5m
run 5m walk 9AM Butler Univ.
Indy 317-940-9931

Mar 5 Mini-Marathon Training
Series 10K run 10k walk 8:30AM
Indy 317-927-3378

Mar 12 DINO Trail Run 15k/5k
runs 9AM Easel Creek Indy 317-
336-7553

Mar 12 Underground RR 5K 9AM
Westfield H.S. 317-844-1558

Mar 13 St. Francis Distance Classic
15k run 4m walk downtown Indy
317-884-4001

Mar 19 Mountain Goat 15k 10:30
AM kickapoo State Park, Danville
IL

Mar 19 25th annual Nurti-run 20K
run, 5m run/walk 1PM
Ft. Wayne 260-436-5632

Mar 20 36th Annual Sam Costa
Half Marathon 1:00 PM Carmel

Mar 27 Indy Distance Classic 15K
run 4m walk IUPUI 9AM 317-884-
4001

Apr 9 WillPower Run & Walk
Warren Central H.S. 10K run 5K
walk 317-884-4001

Apr 16 Dino Trail Runs 15K/5k
9AM Washington township Park
Avon 317-336-7553

Apr 23 Mini-Marathon Training
Series 15K run 15k walk 8:30AM
Indiana State Museum Indy 317-
927-3378

Apr 23 Spotlight on Nursing
15K run 5K walk 317-884-4001

ANNUAL AWARDS PRESENTED

Club Kokomo Awards pre-
sented January 9, 2005

Points Awards

Men 0-12

1. Peter Bauson
2. Keith Bauson

Men 13-19

1. Mason mcGovern
2. Brandon Sheline
3. A.J. Robinette
4. Jesse Bauson
5. Daniel Riffe

Men 20-24

1. Seth Daugherty

Men 25-29

1. Kevin Sites

Men 30-34

1. William Irvin

Men

1. Michael Graham

Men 40-44

1. Gary Jewell
2. Al Hochgesang
3. Dana Neer
3. Brian Reinhardt
5. Bill Bauson

Men 45-49

1. Earl Strong
2. Mike Deardorff
3. Ray Tetrault

Men 50-54

1. Chuck Masters
2. Mark Shorter
3. John Sites
4. Charlie Skoog
5. Don Gifford
6. Tom Miklik
6. Steve Wand

Men 55-59

1. Ricke Stucker
2. Bill Barnett
3. Ed Oliphant
4. David Hughes

Men 60-64

1. Dale Sullivan
2. Stan Shuey

Men 65-69

1. Bill Heck
2. Robert Cupp
3. John Norris

Men 70+

1. Milt Brown

Women 0-12

NONE

Women 13-19

1. Amber Longwith
2. Anna Hurlock
3. Sarah Bauson
4. Laura Bauson
4. Megan Tetrault
6. Vanessa Lorenz

Women 20-24

NONE

Women 25-29

1. Kelly Wright
2. Shannon Reinagle
3. Allison Irvin

Women 30-34

NONE

Women 35-39

1. Patti Reinhardt
2. Angie Banush

Women 40-44

1. Sharon Miller
2. Charyl Marner
3. Roxane Burrous

Women 45-49

1. Robin Tetrault
2. Lorene Sandifur
3. Cassie Bauson

Women 50-54

1. Joyce Pennycoff
2. Christine Williamson

Women 55-59, 60-64, 65-
69, 70+

NONE

Men Walkers

1. Jerry Lambert
2. Rick Spencer
3. Tim Taflinger
4. Keith McAndrews
5. Jackie Sanders
6. Tim Revils
7. Dave Woelfel

8. Steve Inman
Women Walkers

1. Mary Miller
2. Sue Smock
3. Amanda Pena
4. Pat Robertson
5. Debbie Riffe
6. Raye Jean Swinehart
7. Cynthia Sanders

Special Awards:

2005 (for 2004) Male Overall Run-
ner of the Year- Gary Jewell

2005 (for 2004) Female Overall
Runner of the Year-Kelly Wright

2005 (for 2004) Male Youth runner
of the Year-Mason McGovern

2005 (for 2004) Female Youth Run-
ner of the Year-Anna Hurlock &
Amber Longwith

2005 (for 2004) Male Masters Run-
ner of the Year-Chuck Masters

2005 (for 2004) Female Masters
Runner of the Year-Cheryl Marner

2005 (for 2004) Male Senior Mas-
ters Runner of the Year-Ricke
Stucker

2005 (for 2004) Male Walker of the
Year-Jerry Lambert

2005 (for 2004) Female Walker of
the Year-Mary Miller & Sue Smock

2005 (for 2004) Contributor of the
Year-Ray Tetrault

2005 (for 2004) President's Award-
Barbara and Melvin W. Hobbs III

20 years members:

William (Bill) Cox
David L. Gardner
Dick Summerton
John C. Wiles
Shirley Wilson

Hall of Fame:

John C. Wiles

**Club Kokomo
Roadrunners
2936 Congress Drive
Kokomo, IN 46902**

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