

THE ROADRUNNER

Web address:
http://www.ckrr.us

Email address:
ckrr@comcast.net



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:
John Norris 5k in Amboy
March 12, 2005 at 9:00 A.M.

DAUGHERTY WINS OAKBROOK

By Brian Reinhardt

Seth Daugherty claimed the 5k race at Oakbrook Valley on Saturday, February 12, 2005.

On a picture perfect February morning 74 runners and walkers competed to set an Oakbrook Valley Record for competitors, surpassing the record set last year of 72.

Seth led from start to finish to claim the men's race while women's winner Heather Weber needed a strong performance to hold off Waverly Neer. Seth's winning time was 17:24 on a tough course covered by snow and ice in places where the sun couldn't break through the trees. Heather came across with a time of 21:16.



Waverly Neer holds off Kelly Wright for second place in the women's race.

Masters winners were Dana Neer for the men with a time of 18:35 and Patti Reinhardt for the women with a time of 24:42.

In the walking races Rick Spencer won the men's race with a time of 31:15 and Mary Miller won the women's race with a time of 34:47.

Post race activities included some nice door prizes as well as a 50/50 drawing



Seth Daugherty finished strong in route to his Oakbrook Valley 5k win. Jeff Kuczera follows in close pursuit.

followed by everybody enjoying Charlie Skoogs delicious lentil soup with a side of Annie O's mouth watering rolls. I can't speak for everybody else but I went back for seconds.....twice!

All in all it was a perfect day for a Club Kokomo race. Make sure to mark your calendars for the next club points race, the nice and flat John Norris 5k in Amboy followed by a pancake breakfast afterward. You won't want to miss this one! I hope to see you there!



Tim Taflinger and Steve Inman enjoy the perfect February weather.

FEBRUARY NEW MEMBERS

Edwina Faust
Sarah Kleinknight
Eric Newman
Nicole Peel

*Welcome to
Club Kokomo
Roadrunners!*

What can you do
to inspire others
to live healthy
lives?

FROM THE PRESIDENT

By Ray Tetrault

Whenever I am asked to make a decision about something I usually use the tried and true method of asking myself two questions. The first question I ask is, "What will I gain by doing this?" The second question is similar. "What will I gain by not doing this?" Everything we do takes time away from some other endeavor. If you decide to run a long run it takes time away from other important areas of life. I am often faced with making decisions based on multiple "good" accomplishments. Let me encourage all of you who participate in CKRR to be the best person you can be. Don't be satisfied with being the best runner or the fastest in your age group. Think wider and broader. What can you do to inspire others to live healthy lives? Where can you volunteer to help those who need your help. How can you use your possessions to help someone in need? Answer those questions and put your "feet" into it and accomplish remarkable lifetime achievements.

The new number of CKRR runners interested in running the Mount Desert Island is now 29. You can still sign up if you want to be a part of this years trip. If you aren't sure if you can make it, but you have an interest, please contact me. You will not be bound to mak-

ing the trip. I have just started making arrangements and trying to find the best flights and hotels.

Coyote Kids is just around the corner. If you are interested in helping be a part of Coyote Kids then give me a call. The first meeting will be at the end of March. The more ideas and bodies we have will make the work easier and the program better. There will be 2-3 meetings if you are interested in being on the Coyote Committee.

Ray Tetrault,
Captain Coyote



RACING INTO SPRING

By Charlie Skoog

Thanks to all the participants (another record turnout!) and volunteers that contributed to a very successful Oakbrook Valley 5K on February 12. Special thanks to Doug Mygrant and Oakbrook Community Church for providing and encouraging the use of their wonderful grounds.

March is a month with many opportunities to see how much we've slowed down or in a few cases, hopefully many cases, grown and matured. Will our winter training translate into faster times and the ability to know and control our pace, or will we be like the Cubs, and expect that miracle results will miraculously appear?

Will this be the first year that Amboy has winds less than 20 mph? Probably not, but the pancakes and gloves will still be awesome! Will we get drenched at the Shamrock, as in year's past, or will the luck of the Irish prevail?



Will any of you join me at the Mountain Goat (www.kennekuk.com) on March 19 to run Illinois' and Indiana's toughest 15K, and then toe the line at Indiana's oldest Half Marathon, Sam Costa, the next day? Will Old Ben have his tail back in time for his signature event on March 26? Where will the turn around be at the Ultimate Challenge "10" miler this year? Will we get to run "bonus miles" again! as we race to the finish line to enjoy Rhenda's cookies and Roxane's soup. Only time will tell but please check your newsletter carefully for details on all these great events.

CK WATERING HOLE AT SAM COSTA

For the third straight year Club Kokomo will be a featured part of the volunteer team at Sam Costa. Although the race location has been moved, there will still be a 2-way aid station, and race director Terry Townsend and the Indy Runners are excited and appreciative that we will be back. This year's Costa is Sunday, March 20, and begins at 1 p.m.. If you're running this year, bring a spouse, the kids, or a friend to join the fun. Working the aid station is actually more fun than running, in fact if you are a veteran runner, this will be the best you've ever felt after a mini! To volunteer call 457-2607 or runckrr@aol.com.

MEET RUSSELL FOX



Name: Russell C. Fox II

Age (if desired): 52

Family: Wife—Vanessa, Son—Joseph, Daughter—Jody

Hometown: Greenwood, IN

Occupation: Building Services, Tribune Broadcasting

Years Running/walking: 7 years

Reason for starting to run/walk: Exercise, Competition, Endurance

Running/walking Goals: To reach a mid 9-minute mile pace

Favorite Run/walk or Race: Howl at the Moon 8 Hour Race

Hobbies and Other Interests: Hunting and Fishing

Reason for joining Club Kokomo: Meet new walkers

Will our winter training translate into faster times and the ability to know and control our pace, or will we be like the Cubs, and expect that miracle results will miraculously appear?

ON THE ROADS

By Johnny 'O



PREGNANT EXERCISERS

Over the years, Johnny 'O has had several friends tell him how much exercising helped them during their pregnancies and after they gave birth. The always inquisitive Johnny 'O, however, wondered what the babies' fitness activities. He finally got a chance to ask at a recent dinner following CK's Wednesday night training run.

He directed his questions to Zoe, the daughter of Will and Allison Irvin. She took her first breath on June 24, 2004, and has been a regular at the Wednesday dinners since. She's gone from laying and snoozing in a carrier to sitting at the head of the table, smiling, talking, chewing, waving, and kicking.

At a mid-February dinner, Michelle Tetrault was holding Zoe when the kid set an age-group record for jumping up and down. During Zoe's cool-down, Johnny 'O seized the moment with an ice-breaker question.

"Zoe, you bouncy, flouncy kid, why do you jump so much?" the hardened journalist inquired with squinting eyes. "Is it because you were bounced around when your mom ran during her pregnancy?"

"No, silly. Like Tigger in Winnie-the-Pooh that's what babies do," she replied and smiled between chews on an orange

stuffed animal.

"RI-I-I-GHT! Okay Zoe, let me get to the point. Tell me about your mom and dad, and if exercising really helped you and your mom during and after her pregnancy."

"Well, I guess I should start from the beginning when I was just a twinkle in God's eyes," Zoe said, and then "gummed" a saltine cracker into soggy crumbs.

"My mom started playing basketball at the YMCA when she was six years old. She played year round on PAL, AAU, Carver Center and Tri-Central teams.

"At 5 feet, 8 inches, my mom was one of the taller girls on the Tri-Central High School team, so she played center and power forward. She, however, had to really battle when she played against larger schools, because her competitors had a two- to three-inch height advantage. She still averaged 12 to 15 points and 10 rebounds a game.

"Mom also played volleyball, softball, and threw the shot put and discus in track. Running was not big on her priority list then. She'd only run the minimum required by her coaches. She enjoyed lifting weights, which were important in her sports. She could out bench-press half the boys in her class. She was very proud of that."

Following a slug from her juice bottle, Zoe continued:

"Like most freshmen in college, mom started packing on the pounds. Even though she was lifting weights and taking aerobic classes at Powerhouse Gym, she gained 40 pounds! Eating fast food every day was a big reason for the weight gain.

"Speaking of food, where's my other cracker? Oh, I'm sitting on it. Now, where was I?"

"Your mom eating a lot of french fries."

"That's right. So, she joined the millions of others in 1999 with a New Year's resolution to lose weight. She decided to include running as part of her fitness program, and, unlike most people, my mom stuck to her resolution. She lost 45 pounds and ran her first Indianapolis Mini Marathon that year. She says it wasn't much fun, because she trained by herself. But she did it, and has so every year since, ex-

cept last year when she was eight months pregnant with me. Five years later, she's kept the weight off and she's still running.

"Well, let's move along and get me into this picture," Zoe cooed.

"Charlie Skoog. You know Charlie. He's the tallest and friendliest guy in the club. Anyway, he introduced my mom to my dad on April 27, 2002, at a Wildcat Guardians' clean up at Camp Tycony. In May, they convinced my mom to join Club Kokomo after she showed up for her first Wednesday night training run in Highland Park.

"Since joining CK, my mom has run two marathons, six half marathons, a few triathlons, and multiple races. She always won awards at the races until she started carrying me. She's won yearend awards in her age group the last two years. Her personal running bests include 23 minutes plus for 5K, 49 minutes for 10K, 75 minutes for 15K, 1 hour and 47 minutes for a half marathon, and 4:13 for a marathon.

"My mom completed the Air Force Marathon at the end of September, 2003, and was taking time off from running because of a knee injury when she discovered she was pregnant with me in mid October. It gave her a good excuse not to push herself and this gave her knee time to heal.

"During the first six months of her pregnancy, she ran 20 miles a week and attended yoga, Pilate's, and step aerobics classes at Powerhouse. Her doctor encouraged her to stay active, but told her to keep her heart rate below 150.

"The heart rate is really important. If you keep your heart rate above 150 for an extended time, your heart will work harder, beat faster, and use more oxygen. Such activity during pregnancy takes needed oxygen away from the baby, which could cause birth defects and brain damage, so my mom modified the intensity of her training. Doc also suggested that mom wear a "belly support," which I much appreciated when she would go on runs in the park.

"Most women when they find out they are pregnant, stop everything. Both dad's family and mom's family were "mortified" that she was still running and working out during her pregnancy, but she assured them that her doctor gave her the okay.

ON THE ROADS (Cont from page 4)

"At six months, mom's doctor told her to stick to low impact exercises, so she started walking more than running. This helped a lot because her joints were feeling the stress from her growing stomach and her energy level was rapidly decreasing.

"Her last race was the Helping Hands 5K in Sharpville on June 5, 2004. Dad and mom walked the 400-meter track for an hour at Relay for Life on June 18, and six days later I popped into the world.

"My mom is a 2002 Indiana University Kokomo graduate. As a nurse in the Birthing Center at St. Joseph Hospital and Health Center, she has witnessed more than 300 births. Still, she said she was scared of her upcoming delivery. However, compared to some deliveries she had seen that went on for hours and even days, my delivery was perfect.

"You wouldn't have expected anything less, now would you?" Zoe chided. "Our labor lasted 5 and half-hours from start to finish, which my mom says was great for a first baby.

"Recovery has not been as difficult as mom expected. Dad and mom took me on my first 'walk' at Jackson-Morrow Park when I was only three days old. They then walked every day until mom started running again around six weeks after I was born. Mom and I agree that staying active during pregnancy helped her and I to have a smooth delivery and recovery. She is proud to say she was back to her pre-pregnancy weight in 10 weeks.

"It hasn't been easy getting back to exercising. Her first race was when I was six weeks old. She pushed me in a baby jogger at the July Converse race, which made it twice as hard. It's been tough for her to get back to exercising, because she hates leaving me to go for a run or to the gym. I'm learning quickly that's typical of mothers.

"Dad has been a great support from the beginning, and mom says she wouldn't have been able to get back to running without his help. She is training for the Indy Mini. In February, she was running 15-20 miles a week, including a long run on the weekend. She and dad take turns going to the gym. Her major goal for this year is going on CK's fall trip to Bar Harbor, Maine, to complete her third marathon.

"Mom says the exercise and energy level of a mother before conception will carry into her pregnancy. If a woman is not exercising before she becomes pregnant, it's not likely she'll start during pregnancy.

"My dad says running kept mom healthy physically and mentally during her pregnancy. Physically, running helped her to control how much weight she gained. Mentally, running helped stabilize her mood and gave her an overall healthy feeling. 'She would always express relief at the end of every run and be thankful that she was capable of running so far into her pregnancy,' Dad said. 'Being in such good shape at the time of Zoe's delivery made it easier, if that is possible, on Allison.'"

"So, expectant mothers, follow my mom's advice: consult your doctor, stay active, eat healthy, have good prenatal care, and keep your weight gain to a minimum of 25 to 35 pounds."

With that, Zoe dismissed Johnny 'O with a wide grin and "TTFN - Tot, tot, for now" as she caught the eye of Brian Reinhardt, and gave him a flirtatious smile. Johnny 'O was history. Oh, how quickly they learn!

ST. PATRICK'S DAY

Johnny 'O's eyes are smiling because, God willing, he WILL be joining friends for their annual trek to Indianapolis March 17 (Thursday) for the 14th St. Patrick's Day Shamrock 5-Mile Run/5K Walk.

The run is a mile longer this year, and the course is different. Packet pickup is at the IUPUI Natatorium. The starting line is on New York Street near the Natatorium. Runners and walkers will finish on the IUPUI Track and Soccer Stadium.

Pre-registration by mail must be postmarked by March 11. The deadline for online registration (www.shamrock.com) is March 14.

On race day, we'll leave from the northeast area of Lowe's parking lot at 6:45 a.m. The run starts at 9 a.m.; the walk, at 9:15 a.m.

Following the run and walk, we will partake in an Irish buffet at Indy's Rathskeller Restaurant.

RACE FOR THE CURE

The deadline for registering online as a member of Club Kokomo's Race for the Cure team is March 25. Johnny 'O will distribute race packets on April 13 at 5:30 p.m. near Old Ben in Highland Park. Participants can caravan from Lowe's parking lot to the race on April 16, gather for a pre-race picture on the steps of IUPUI library, and then meet for lunch at Don Pablo's restaurant just north of Carmel on the west side of U.S. 31. Go to www.komenindy.org to register. Our team's name is Club Kokomo Roadrunners and our password is captjack. If you do not have access to a computer, contact Johnny 'O at 452-6706 no later than March 11.



FINAL THOUGHT

Irish eyes will be smiling and Irish legs will be dancing at Indy's Shamrock Run/Walk on St. Patrick's Day.

CHAPLAINS CORNER

By Dana Neer

Staying on the Course

Dailiness...Persistence...
Faithfulness...

No matter which of these words you enjoy using the most, they all describe the same philosophy of life: if you stick with something long enough, stay consistent, and put forth the required effort, then good things will normally come as a result.

We as runners have come to embrace and even love this concept. It is a key to our sport. We know that all those planned runs in January and February will pay off when our beautiful spring and summer days finally arrive.

The same concepts are true in our Christian lives. If we are devoted to God and to Christ's teachings, we will see spiritual growth and depth develop.

When I became a Christian at the age of 16, a wise mentor suggested that I discipline myself to a system whereby I could enhance my relationship with God on a daily basis. Bible reading, volunteering to help others, praying, and attending church were all essential to help me become a better leader and follower of Christ.

Is it always a joy and an easy thing to get up early to read a



chapter of the Bible? Is it always fun to make myself leave my cozy, warm house to run when the temperature outside seems to be my enemy? Do I always look forward to showing mercy and help to the individual who is rude and uncaring? The obvious answer is no. But staying faithful

to the running plan and sticking with God's design for my life always yields rewards.

I often tell the athletes I coach at Western High School that out of our 7-day a week training plan, they normally will experience the following:

- ☐ 3 days a week you will feel like you could run forever
- ☐ 3 days a week you will feel okay, but you will probably prefer doing something else
- ☐ 1 day a week you will feel like garbage ☹, and it will be very easy to stray from the plan

The same is true in our lives with God. I will not always feel like doing the right thing, but if I do, the rewards will come, AND, most importantly, God will be pleased with a life well-lived.

KEEP LOOKING AHEAD – we are all in the awesome race together. And remember the words we want to hear from Jesus in Matthew 25:21, "Well done, good and faithful servant! You have been faithful with a few things, I will put you in charge of many things!"

I will not always feel like doing the right thing, but if I do, the rewards will come, AND, most importantly, God will be pleased with a life well-lived.

BULLETIN BOARD

The Western Boys Track and Field Team is selling tickets for a jeep raffle. The vehicle is a beautiful 2005 Jeep Wrangler. It is red with a black soft top. Tickets are on sale for \$10.00 each. Call Ralph Marley at 457-7615 to buy a ticket, or see Dana Neer at the Amboy race if interested.

Gina Sheets has a pair of 753 New Balance Shoes, size 8. It is a stability shoe that she cannot wear and she would love to give them to someone who can use them. She could bring them to a Wednesday night run for those in the Kokomo area. If you are interested email

me at the address on the front of this newsletter and I'll pass it along to Gina.

If anyone has anything at all that they'd like to let the club know about or advertise just let me know and I'll be glad to post it here. This club is all about runners and walkers helping runners and walkers. Don't be bashful about getting your information out to people so that others can benefit from your generosity, knowledge, or entrepreneurship.

MEETING MINUTES

February 7, 2005

CKRR Meeting February 7, 2005

Ray Tetrault opened the meeting at 7:08 P.M.

Members Present

Ray Tetrault – President
William Irvin – Vice President
Mark Shorter - Treasurer
Brian Reinhardt – Newsletter Editor
Robin Tetrault
Stan Shuey
Charlie Skoog
Pat Robertson

Reports

Oakbrook Race

Will be a road course because land owner does not want a XC course.

Coyote Kids

Sponsors have been contacted but nothing back from any of them yet.
A celebrity will possibly attend one of the events.

Financial Report was given by the treasurer Mark Shorter

Old Business

Mini Training Program

Promote for community involvement instead of a Mini only training program.

Any new ideas for club direction in next 2 years?

Ongoing and any suggestions from club members are welcome.

Directors for Races – Are there volunteers to take any races from those that have multiple events?

Charity Run – Charlie

New Years Eve Race – Charlie Skoog

Oakbrook Race – Charlie Skoog

Ultimate Challenge – Rhenda Acton

Race for the Cure Team Leader – John Wiles

Peru River Race – John Sites

Relay for Life Team Leader – Jack and Cindy Sanders

Haynes Apperson – Melvin and Barb Hobbs

Age Graded Race – Gary Jewell/Mark

Shorter
McKinley School – Ray and Robin Tetrault

Coyote Kids – Ray and Robin Tetrault

Scholarship Money

Treasurer will work with individual to ensure that money is spent for student.

New Business

Water Stop at Sam Costa will happen.

Need volunteers to man the stop

We are looking into purchasing silicone bracelets for the Coyote Kids.

Brian Reinhardt will look into this further and report information during next monthly meeting.

Staggered start for walkers

We will try to suggest/encourage local race directors to have a staggered start for walkers.

Newsletter on website

Beginning next month the newsletter will be posted to the website.

Hard copies will still be sent to all individuals who have not requested to be put on the "electronic only" list.

Bulletin Board

Brian Reinhardt will implement a bulletin board in the March newsletter as well as have an active email bulletin board available to all users by contacting him.

The meeting adjourned at 9:20 P.M.

Next meeting will be March 7, 2005 at 7:00 P.M.

RACES RAN

Las Vegas Half Marathon
January 30, 2005

Las Vegas, Nevada

1. Christian Hesch 1:06:18

1.w. Nicole Hunt 1:18:49

CK:

Dale Sullivan - 1:59:04

21/72 in age group

Groundhog 7-Mile

February 6, 2005

Indianapolis

168 Finishers

1. Paul Howarth 35:35

9. Brandon Sheline 41:36

15. AJ Robinette 42:57

17. Mason McGovern 43:01

20. Erin Kelly 43:26 (First woman)

56. Charlie Skoog 50:37

73. Ed Oliphant 54:03

82. Mike Daugherty 55:28

106. Steve Wand 58:55

112. Jill Pennycoff 59:57

137. Rhenda Acton 1:04:31

146. Shirley Wilson 1:07:40

151. Joyce Pennycoff

1:09:09



Rick Spencer brings it home at Oakbrook Valley followed closely by Kayla Reinagle.

2004-2005 CK POINT STANDINGS

Races scored include charity run, NY Eve Race, Oakbrook Valley Race and any marathon, half-marathon, or volunteer.

Runners

Women

0-12

Kierra Howell 3-50V
Waverly Neer 2-40
Kayla Reinagle 2-35
Mindy Tetrault 1-20V
Shelby Revils 1-12

13-19

Vanessa Lorenz 3-52
Megan Tetrault 2-35
Amber Longwith 2-28
Anna Hurlock 1-20
Sarah Bauson 1-10
Luara Bauson 1-9

20-24

Michelle Tetrault 2-40
Grace Bauson 1-20

25-29

Kelly Wright 3-60
Shannon Reinagle 3-50
Allison Irvin 3-42
Justine Eads 2-32

30-34

Heather Weber 3-60
Julanne Packard 2-20
Lisa Jones 1-15
Lisa Stucker 1-15
Jeanette Merritt 1-12

35-39

Gina Sheets 2-40
Angie Banush 2-32
Tami Moore 2-29
Tracy Carden 1-15
Teresa Long 1-10

40-44

Patti Reinhardt 3-55
Sharon Miller 2-32
Roxanne Burrous 1-20

45-49

Cassie Bauson 1-20
Cheryl Marner 1-20
Brenda Masters 1-20V
Ellen Marie Nichols 1-15

50-54

Joyce Pennycoff 3-75HV
Robin Tetrault 2-32
Christine Williamson 2-29
Rhenda Acton 2-25
Sara Miller 1-20
Lorene Sandifur 1-20
Robin Cole 1-8

55-59

Karmen Glaspy 1-20V

Men

0-12

Quinn Reinhardt 3-60
Joshua Revils 3-47
James Longwith 2-35
Leighton Adair 1-20
Keith Bauson 1-10

13-19

Brandon Sheline 3-47
Daniel Riffe 3-42
Sam Williamson, Jr. 3-38
Mason McGovern 2-35
Tony Robinette 2-30
Steve Peugh 1-20
Bryan Phillips 1-20

20-24

Seth Daugherty 2-35
Mark Eads 2-32
Josh Daugherty 1-20
Eric Newman 1-15

25-29

Matt Yarosz 2-40
Kevin Sites 1-20

30-34

TA Weber 3-50
William Irvin 2-40V
Jeff Kuczera 2-40
David Reinagle 1-12

35-39

Michael Graham 3-52
Andrew Maibaum 3-45
Ron Moore 2-40

40-44

Byron Bundrent 3-75H
Brian Reinhardt 2-47M
Ken Swinehart 3-41

Dana Neer 2-40

Terry Bogue 1-20
Gary Jewell 1-20
Mark Webster 1-20
Dan Lutes 1-10

45-49

Al Hochgesang 3-60
Eric Mathew 3-44
RJ Kerr 2-40V
Ray Tetrault 3-37
Russ Hovermale 2-35
Earl Strong 2-25
Brent Marner 1-20
Greg Townsend 1-20V
Matt Bolinger 1-9
Jeff Hemmeger 1-8

50-54

Charlie Skoog 3-72M
Mike Deardorff 3-61M
John Sites 2-55M
Michael Campbell 2-45M
Mark Shorter 3-45
Chuck Masters 2-40
Dave White 2-27
Steve Wand 1-8
Larry Grant 1-6

55-59

Ricke Stucker 3-60
David Hughes 2-49M
Ed Oliphant 3-50
Sam Williamson, Sr. 3-44
Tom Miklik 1-30M
John Wiles 2-28
Garry Hill 1-7

60-64

Dale Sullivan 2-55H
Stan Shuey 3-52
Bill Barnett 2-40
Ernie Strawn 1-10
Jim Burrous 1-9

65-69

John Norris 2-40
Robert Cupp 2-35
Dick Summerton 1-12

70+

Bill Heck 2-40
Milt Brown 1-20V

Walkers

Women

Mary Miller 3-60

Amanda Pena 3-50
Debbie Riffe 3-44
Jane Inman 3-38
Raye Jean Swinehart 3-36
Lynn Howell 3-35
Pat Robertson 3-33
Cynthia Sanders 3-30
Sona Camp 2-27V
Cynthia Sanders 2-24
Debra Bowman 2-22V
Marsha Daugherty 2-20
Geana Moore 1-20
Jan Stucker 1-20
Sylvia Burgin 1-5

Men

Jerry Lambert 3-50

Rick Spencer 2-40
Tim Taflinger 3-38
Steve Inman 3-37
Keith McAndrews 2-32
Jackie Sanders 3-31
Tim Revils 2-27
Russell Fox 2-22
Jack Sanders 1-20
Melvin W. Hobbs III 1-20
Toney Lorenz 1-20
David Plantenga 1-20V
Robin Michael 2-16
Dave Woelfel 1-6

RACE CALENDARS

2004-2005 CK RACE SCHEDULE

March 12 Norris Insurance Amboy 5K Run/Walk Time: 9 AM Location: Comm Building	Time: 8 AM Location: Sharpsville, IN	August 06 Norris Insurance 5K Run/Walk Time: 8 AM Location: Converse, IN
March 26 Old Ben 5K Run Walk Time: 9 AM Location: Highland Park	June 11 Norris Insurance 5 Mile Run/5K Walk Time: 8 AM Location: Greentown, IN	August 13 CKRR Age-Graded 4 Mile Run & 5K Walk Time: 8 AM Location: Highland Park
April 02 CKRR Ultimate 10 Mile Run & 5 Mile Run/Walk Time: 9 AM Location: Logansport, IN	June 17-18 Relay for Life Location: Kokomo High School	October 01 11th Kokomo Symphony 5K Run/Walk Time: 9 AM Location: Highland Park
April 16 Race for the Cure 5K Run/ Walk Time: 9 AM Location: Military Park, Indy 10 points for each finisher	June 25 Race for Grace, 5K Run/Walk Time: 8 AM Location: Logansport, IN	October 08 Cole Porter 15K Run/5K Run/Walk Time: 8:30 AM Location: Peru, IN
May 14 CKRR 5K Trail Run/Walk Time: 8 AM Location: Peru River Walk	July 02 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gymnasium, Kokomo, IN	October 15 Norris Insurance 5 Mile Run/5K Walk Time: 8 AM Location: Bunker Hill, IN
May 21 Norris Insurnace 4 Mile Run/3 Mile Walk Time: 8 AM Location: Jackson Morrow Park	July 09 Iron Horse 4 Mile Run/3 Mile Walk Time: 8 AM Location: Logansport, IN	November 12 CKRR 4 Mile Run/5K Walk Time: 9 AM Location: McKinley School
June 04 Helping Hands 5KRun/Walk	July 16 Panther Prowl 5K Run/Walk Time: 8 AM Location: Western H.S., Russiaville, IN	November 24 CKRR Thanksgiving Day Fun Run Time: 8 AM (non points) Location: Highland Park

OTHER RACES AROUND THE AREA

Mar 5 13th Annual Bulldog Jog 5m run 5m walk 9AM Butler Univ. Indy 317-940-9931	Mar 17 Shamrock 5 Mile Run/5k Walk Downtown Indianapolis—Natatorium Bryan Apolskis 317-236-6515 ex. 108	Apr 9 WillPower Run & Walk Warren Central H.S. 10K run 5K walk 317-884-4001
Mar 5 Mini-Marathon Training Series 10K run 10k walk 8:30AM Indy 317-927-3378	Mar 19 Mountain Goat 15k 10:30 AM kickapoo State Park, Danville IL	Apr 16 Dino Trail Runs 15K/5k 9AM Washington township Park Avon 317-336-7553
Mar 6 Black Walrus 4 Mile Run 2 P.M. Tipton IN at the High School	Mar 19 25th annual Nurti-run 20K run, 5m run/walk 1PM Ft. Wayne 260-436-5632	Apr 17 Mallory's Mad Dash 5k Run 2PM Logansport High School 574-753-9540
Mar 12 DINO Trail Run 15k/5k runs 9AM Egel Creek Indy 317-336-7553	Mar 20 36th Annual Sam Costa Half Marathon 1:00 PM Carmel	Apr 23 Mini-Marathon Training Series 15K run 15k walk 8:30AM Indiana State Museum Indy 317-927-3378
Mar 12 Underground RR 5K 9AM West-field H.S. 317-844-1558	Mar 27 Indy Distance Classic 15K run 4m walk IUPUI 9AM 317-884-4001	Apr 23 Spotlight on Nursing 15K run 5K walk 317-884-4001
Mar 13 St. Francis Distance Classic 15k run 4m walk Indy 317-884-4001		



Mason McGovern and Brandon Sheline compete in the Oakbrook Valley 5k recently.



Jack and Cindy Sanders just before the turn to the finish at Oakbrook Valley.



Mike Daugherty and Ed Oliphant enjoy a cooldown together at Oakbrook Valley.



Michelle Tetrault enjoys her first 5k experience (even if she denies it now!).



Al Hochgesang works hard to win his age group at Oakbrook Valley.



"We'll Come Running"



Kokomo • Greentown • Marion

• 2005 Race Schedule • These are RRCA sanctioned events •

Amboy	5 K	March 12	Amboy Park (Free pancake breakfast)	9:00 am
Kokomo	4 Mile	May 21	Jackson Morrow Park	8:00 am
Greentown	5 Mile	June 11	Rear of Eastern Elementary School	8:00 am
Converse	5 K	August 6	Front of First Farmers Bank - downtown	8:00 am
Bunker Hill	5 Mile	October 15	Front of Norris Insurance - downtown	8:00 am

Events: 1 Mile Fun Run; a 5K, 4 or 5 Mile run as above; and a 5K Walk (All walks are 5K)

Entry Fees: Fun Run fee is \$1.00 (No shirt)
Run / Walk fee is \$7.00 in advance, \$10.00 day of race

Awards: T-shirts (gloves for Amboy race) to all participants (Except 1 Mile Fun Run)

Runners: Trophies to the top overall male and female finisher and to the top 3 finishers in each age group. May give more trophies if there are a large number of entrants in an age group.

Walkers: Trophies to the top 3 overall male and female finishers. May give more trophies if there are a large number of entrants

Fun Run: Trophies to the top overall male and female finishers

Age Groups: 14 & Under • 15 - 18 • 19 - 24 • 25 - 29 • 30 - 34 • 35 - 39 • 40 - 44 • 45 - 49 • 50 - 54 • 55 - 59 • 60 - 64 • 65 - 69 • 70 & over • Heavyweight (>185 lb.)

For additional information contact: John Norris (765) 395-7761 (work) or (765) 395-7730 (home)

Circle Race: **Amboy • Kokomo • Greentown • Converse • Bunker Hill**
Circle Event: **Run • Walk • Fun Run**

Name _____ Male _____ Female _____

Address _____ City _____ Zip Code _____

Age _____ Phone _____ Division _____ Shirt Size S M L XL

WAIVER STATEMENT: (MUST BE SIGNED:) I know that running / walking a road race is a potentially hazardous activity. I should not enter and run / walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and / or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. HAVING READ THIS WAIVER and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver, I grant permission to all of the organizers / sponsors of this event to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parent's Signature (if under 18 years of age) _____

Complete this form in full for each participant (photocopies are acceptable) and mail check or money order to:
• **Norris Insurance, PO Box 157, Amboy, IN 46911** •



Present
The Tradition and Quality of Indiana's Oldest Half-Marathon

THE 36th ANNUAL

Sam Costa

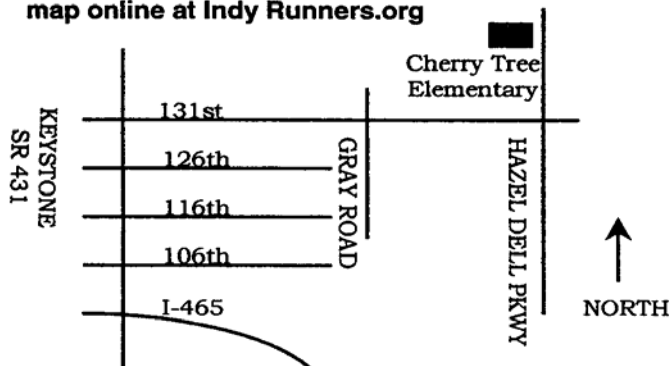
HALF MARATHON

Sunday
March 20, 2005
1 p.m. Race Start
Cherry Tree
Elementary
Carmel, Indiana

» Location

NEW for 2005!!! The race will start and finish at Cherry Tree Elementary, Carmel, Indiana. The school is located at 13989 Hazel Dell Pkwy, 2.2 miles east of State Road 431 (Keystone Ave.), on 131st, then 8 blocks north on Hazel Dell.

COURSE..... Completely new for 2005!!! Enjoy winding rural roads and quiet suburban neighborhoods. Course passes adjacent to the school at about 6 miles. See the course map online at IndyRunners.org



Registration & Awards

All runners should pick up packets and check in (or register) between 11 a.m. and 12:30 p.m. on race day. The race begins at 1 p.m. Locker rooms are available.

There will be awards for the top 3 overall in the Open and Masters divisions. Age group awards will be distributed in approximate proportion to the number of pre-registered entries received by March 14th. 5-year age groups start at 19 & under and go to 75 & over for men and women.

RECEIVE A DISCOUNT!

Join Indiana's largest running club and receive a reduced entry fee for this race and other Indy Runners races. Visit the Indy Runners website at www.IndyRunners.org and download an application. You can also find club applications at many of your favorite running stores in the central Indiana area.

RESULTS ONLINE AGAIN FOR 2005 !

Don't fret about documenting your finish time and position! Go to the Indy Runners website within a few days of the race and get all the results. It's located at: www.IndyRunners.org

TIME LIMIT FOR RACE COMPLETION

There is a 3 hour time limit for completion of the "Costa". This equates to a 13:45 min/mile pace. We request you complete only the first 6 miles if you do not wish to maintain this pace, or faster, for the entire half marathon.

» Entry Fee

Entries received by March 14th will be \$20 for Indy Runner members and \$25 for non-members. **After March 14th the entry fee will be \$30 for everyone.**

MORE options for 2005!!! Pre-registrants choose between a short or long sleeve shirt. For \$10 more, get a high quality, Costa sweatshirt. All have a fabulous 5 color design on the front and last year's winners on the 2 color back. Race day registrants receive the short sleeve shirt.

ENTRY FORM

I know that running & volunteering to work in club races are potentially hazardous activities unless I am medically able and 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 & volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of weather, including high heat &/or humidity, the conditions of the road & traffic on the course, all such risks being known & appreciated by me. Having read this waiver & knowing the facts, & in consideration of your acceptance of my entry, I, for myself & anyone entitled to act on my behalf, waive & release The Road Runners Club of America, the Carmel Clay School Corp., the City of Carmel, the City of Noblesville, the County of Hamilton, the State of IN, all sponsors, Indy Runners & their representatives & 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 persons named in this waiver.

Name _____

Address _____

City _____ State _____ Zip Code _____

Age _____ Sex _____ Phone _____

☐ \$20 Indy Runner Member by 3/14 short ☐ long ☐

☐ \$25 Non-member by 3/14 short ☐ long ☐

☐ SWEATSHIRT-instead of t-shirt, add \$10. *

☐ SWEATSHIRT & T-SHIRT, add \$18. * short ☐ long ☐

*Available only to pre-registered entries received by 3/14

☐ \$30 ALL after 3/14 - short sleeve only

SIZE (add \$2 for XXL)

(circle)

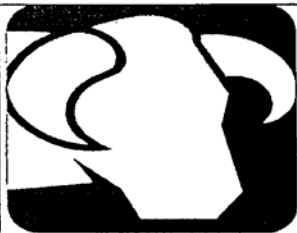
S M L XL XXL

Signature _____

Parent or Guardian if under 18

Entry fee must accompany entry. Make checks payable to Indy Runners & mail to :

Indy Runners c/o 11528 Sunset Cove Ln, Indianapolis, IN 46236



20TH ANNUAL OLD BEN 5K RUN/WALK



Sponsored by Indiana University Kokomo Alumni Association in
association with Club Kokomo, Kokomo Parks and Recreation
Department and *The Kokomo Tribune*.

TIME: Saturday, March 26, 2005 at 9:00 a.m. sharp!

LOCATION: Highland Park, Rogers Pavilion, Kokomo, Indiana

REGISTRATION: \$12.00 if postmarked on or before Friday, March 14, 2005.
\$15.00 after March 14, 2005. Day-of-race registration will be 7:30 to 8:30 a.m.

COURSE: A 5,000 meter course with several small hills inside the park, accurately
measured by Club Kokomo. Traffic control will be provided. *NO wheeled vehicles or
pets are allowed on the course.* Water and refreshments will be provided at the finish.

RUN DIVISIONS: MEN 18-under, 19-29, 30-39, 40-49,
50-59, 60-69, 70 and over. WOMEN 18-under, 19-29, 29-39,
40-49, 50-59, 60 and over.

WALK DIVISIONS: MEN & WOMEN 19-under, 20-29, 30-39, 40-49, 50-59, 60+ Note: **REGISTERED WALKERS
MUST WALK THE ENTIRE COURSE**, you may be disqualified for running any
part of the course.

AWARDS: In the runner's division, awards will be presented to the top male and female overall
runners. In the walker's division, individual top male and female awards will be pre-
sented. Division awards for both runners and walkers will be given according to the
distribution of **pre-registered** participants. Drawings for door prizes will be held at the
awards ceremony following the race. You must be present for drawings and awards. The
first 200 participants to register will receive a T-shirt.

FURTHER INFO: Call: Indiana University Kokomo Office of Alumni Relations
(765) 455-9411 Office Hours: 8:00 a.m. - 5:00 p.m.
www.iuk.edu/alumni or e-mail: alumni@iuk.edu Mon. - Fri.

REGISTRATION:

Name _____
Address _____
City _____ State _____ Zip _____
Sex _____ Phone Number (____) _____ Registration Fee Enclosed \$ _____

Reminder: Fee for the 5K is \$12.00 before 3/14/05 and \$15.00 thereafter. No Refunds!

Please Check One: I am a runner _____. I am a walker _____. Circle T-shirt size: S M L XL

My age as of March 26, 2005: I will be _____ years old.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and 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 this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or
humidity, traffic and the conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing
these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Club
Kokomo Roadrunners Club, the City of Kokomo, Indiana University, the Trustees of Indiana University, Indiana University Alumni Associa-
tion and all other sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this
event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets, etc. are not allowed in the race
and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other
record of this event for legitimate use.

Signature _____ Date _____

Parent or Guardian Signature if under 18 _____

Send entries and make checks payable to:

IU Kokomo Alumni Association
P O Box 9003
Kokomo, IN 46904-9003.



Mallory's Mad Dash

A Benefit for Special Olympics

5K Run/ 1 Mile Fitness Walk

Sunday, April 17, 2005

2:00 PM

Located at the Logansport High School, 1 Berry Lane, Logansport, IN 46947



Entry Fee 5K Run: \$15

Entry Fee 1 Mile Fitness Walk: \$10

Race Day registration is available 12:00-1:00 PM right inside McHale Auditorium.

Mallory McClain, a senior at Logansport High School, is an avid volunteer for Special Olympics. For her senior project she is hosting this event to benefit Special Olympics Area 5, which includes Cass, Miami, Howard, Fulton, Tipton, Wabash, and Pulaski counties.

Age division awards for the 5K run are listed below.

12 & Under (1-2)

13-18 (1-2)

19-29 (1-2)

30-39 (1-2)

40-49 (1-2)

50-59 (1-2)

60+ (1-2)

Over All (M-F)

T-shirts are awarded to all runners and walkers registered before April 9th.

Race Day Registrations will receive t-shirts while supplies last.

Music and Door Prizes

Official Entry Form

Name: _____ Age: _____ Sex: Male Female

Address: _____ City: _____ St: _____

Zip: _____ E-mail Address: _____

Home Phone: _____ DOB: _____

Emergency Contact (during race): _____ Phone #: _____

Check Event Entered: ☐ 5K Run ☐ 1 Mile Fitness Walk **Circle Shirt Size:** S M L XL

Risk Acknowledgement and Hold Harmless Agreement

In consideration of acceptance of this entry, I waive myself, my heirs, and their assigns any and all claims for damage against Special Olympics, its sponsors, volunteers, the City of Logansport, and any designated representatives for any and all rights and claims for damages which I have or may hereafter obtain or suffer in connection with my participation in Mallory's Mad Dash. I attest and verify that I have full knowledge of the risks involved in this event. I am physically fit and sufficiently trained to participate.

Signature: _____ Date: _____

Mail completed form along with payment to: Mallory's Mad Dash, P.O. Box 1473, Logansport, IN 46947

Make checks payable to: Mallory's Mad Dash

For more information you may contact Mallory McClain at 574-753-9540



CLUB KOKOMO ULTIMATE CHALLENGE RIVER ROAD HILL RACES



TIME: **Saturday, April 2, 2005, 5mile Run/Walk & 10mile Run starts at 9:00 am.**

LOCATION: Tierney Warehouse, 1401 W. Cliff Drive, Logansport, IN.
From Kokomo take US35 to 435, to Burlington Ave, turn right at stop light, go two blocks, turn left on Cliff Drive, go 1.2 miles crossing Cicott Street and railroad tracks, warehouse is on the left.

REGISTRATION: Begins at **8:00 am.** Club Kokomo Members \$4.00, Non-Club Members \$5.00, H.S. Students free.

Free One Mile Fun Run Start at 8:40 AM Ribbons to all finishers.

COURSE: **Flatlanders beware!** 5mile run/walk is somewhat challenging. 10mile run has seven major hills. **The Ultimate Challenge!** Aid stations every 2.5 miles.
Refreshments, snacks, and lunch will be served at the finish line.

SPECIAL THANKS: **Reid Roofing, Co. and Tierney Industrial Warehouse**

FURTHER INFO: Contact Rhenda Acton 574-722-5807 or Mark Shorter 765-455-2283

Name:						Date of Birth:			Age:		
Address:						Phone No: ()			-		
City:						State:			Zip:		
Event:		5mile run				10mile run			5mile walk		
1 m fun run										CK Member: Yes No	
<small>I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Club Kokomo Road Runners, Tierney Warehouse, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skate boards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.</small>											
Signature:									Date:		
Parent's signature (if under 18 years of age)									Date:		

Send entries and make checks payable to:

**Club Kokomo Road Runners, C/O Mark Shorter
2936 Congress Dr., Kokomo, IN 46902**

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

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