

Club Chaplain Dana Neer Wins Ultimate Challenge

By Brian Reinhardt

Sunny, but cool and breezy weather greeted the runners for perhaps the club's toughest run, the Ultimate Challenge in Logansport, Indiana.

Club Chaplain Dana Neer held off a very competitive Gary Jewell for the win in an impressive time of 1:02:46 on a course aptly named. Gary came across in 1:02:57.

The women's race was won by Kelly Wright in a time of 1:15:09 followed by Nicole Peel with a time of 1:17:56.

While Dana was also the master's division winner for the men, Patti Reinhardt captured the masters win for the

women with a time of 1:23:37.

In the 5-mile race Matthew Robertson took the win with a time of 33:18, while the women's race was won by Pam Steinberger with a time of 43:09. Club member Lorene Sandifur was the second woman across and the women's master winner with a time of 43:41. Charlie Skoog took the men's masters race with a time of 36:57.

In the 5-mile walk the overall winner was Rick Spencer with a time of 50:44. The women's winner was Mary Miller with a time of 55:21.

Beyond racing the big-

gest challenge may not be the course, however. Trying to not eat way too many of the incredible cookies prepared by Rhenda Acton and friends may have provided a much

bigger challenge. I'm just sorry that my reserve commitment keeps me away from this race every year because I want some of those cookies!

For those of you who were there you were fortunate enough to get to spend some time with long time club member Lien Koztecki.

Sorry I missed you Lien. Maybe next time!



Diane Gifford gets her watched stopped after the 5-mile walk.



Ed Oliphant nears the finish of the 10-mile race.



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 Races:

CKRR 5k Trail Run and Walk
Time: 8 A.M.

Where: Peru Riverwalk
(See Map inside on page 3)

John Norris 4-mile Run and 3-mile Walk

Time: 8 A.M.

Where: Jackson Morrow Park
(See Map inside on page 3)

VERY IMPORTANT!

Robin Cole will be picking up Mini Marathon Packets for Club Kokomo members on Thursday, May 5th in Indianapolis. She will be bringing them to Old Ben at 5:30 that evening. Anyone who wants her to pick up their packet should bring their confirmation booklet cover to the Wednesday night run on May 4th by 5:30 P.M., or make arrangements to get it to Ray Tetrault before May 1st so that he can get them to Robin. Thanks Robin!

From the President

By Ray Tetrault



I would like to get the ball rolling on having a directory printed each calendar year.

Congratulations to our CKRR members who volunteered/finished the Boston Marathon. You make all of us proud to have you in our club.

Some months ago I asked members of Club Kokomo what they would like to see our club accomplish over the next two years. One of the ideas that came to the surface is to have a club member directory. I realize there may be some in CKRR who don't want their email address and phone number listed in a directory. The reasons are varied and valid. I would like to get the ball rolling on having a directory printed each calendar year. There are obvious advantages like being able to schedule runs together. Some may want to carpool to some points races or go to other races together. And for others it may just be a way to call someone to say congratulations after an experience like Boston. If you would like to have your name in the CKRR Directory

send an email to me and I will have your name added to it. (rayrobin@email.com)

Coyote Kids still needs a few more volunteers to help out as team captains. Brian and I were out scouting out a path through the trees so our Coyote Kids will have a trail to run on as part of their experience. While we were out in the cold Saturday afternoon we spotted a Coyote Kids volunteer, Eric Matthews, logging in 15 miles in the frigid Saturday temperatures. He was one of the original members of our committee to get Coyote Kids started. Watching him run made me think that measuring the courses out for Coyote Kids was much easier than hitting the open roads.

CKRR has had numerous discussions about the use of baby joggers, headphones, and running with dogs. This past month I called Shirley Antonicelli, who is the accounts person for RRCA. Our club can allow baby joggers, headphones and people running with their dogs. It is

up to the race director/club members to make their decision. Perhaps the best reason for allowing someone to run with a baby jogger is summed up in the words of Lorene Sandifur- "it is another way for CKRR to be a family oriented club." I am proposing we start the walkers and those with baby joggers 2 minutes behind the start of the runners. This will allow the runners to get spread out which should eliminate the overcrowding at the start of a race. If you have any other ideas on how to incorporate those with baby joggers or have participated in other clubs/races and can share how they did it, please let me know.

The best part about volunteer work is seeing the end result of others benefiting from the effort. So make your plans to be a part of each race you can and tell your friends about the wacky world of running and bring them along. Thanks for making CKRR one of the best parts of my life!

Ray a.k.a. Captain Coyote

Club Kokomo Does Florida

By Patti Reinhardt

Every year some Club Kokomo members head south to Panama City Beach, Florida for Spring Break. It has become a tradition for those CK members to get together for a 10-mile run on Wednesday of that week. This years group included those of us in the picture below.

We all ran one of the loops and Ron decided that was enough for him so the rest of us ran on. We ran a couple more miles and by this time it was getting pretty warm. Up ahead we were all

pleasantly surprised to see Ron had made a water stop for us!

The back of his car was open and he had cups with water sitting in there for us. It was exactly what we all needed! Thank you Ron for your thoughtfulness!

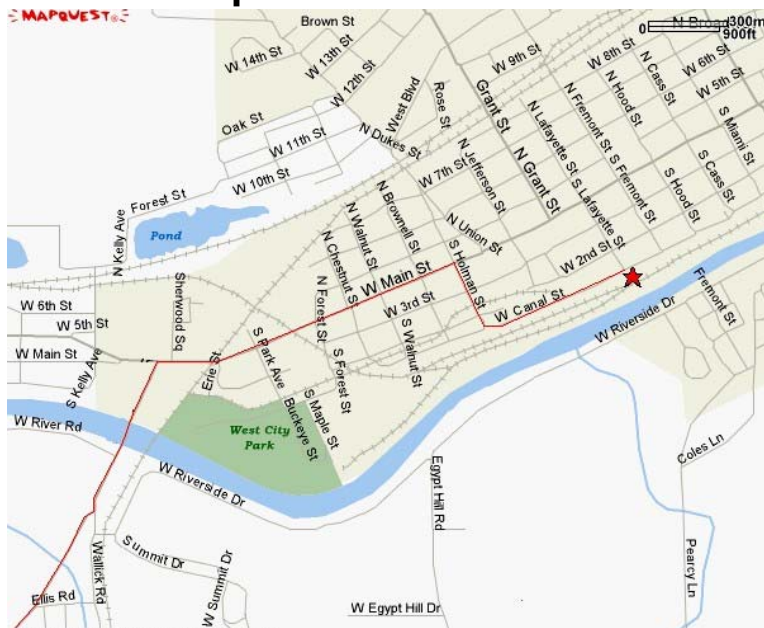
See ya same time, same place next year!

Patti



The Florida Crew—Sue, Karen, Teresa, Ron, Patti, Tom, and Dave.

Meet Robin Michael



Take Business 31 into Peru and across the green bridge. Turn right on Main Street and head east. Travel approximately 1/2 mile and turn right on Holman Street. Take this for 3 blocks to the "T" and turn left. The start location is on the right.



Age: 56

Family: Widower with two daughters, Jody and Frieda and one son, Christopher

Hometown: Muncie, IN

Occupation: Work for Watt Industries

Years walking: 8

Reason for starting to walk:
To be a better race walker

Walking goals: Beat Jerry Lambert

Favorite Run or Race: Howl
at the Moon, Danville IL

Hobbies and other interests:
Cycling and Hunting

Reason for joining Club Kokomo: Rick Spencer and Jerry Lambert talked me into it.

From the south take US31 to the light at Center Road. Take a left on Center Road and head west until you reach Park Road (100W). Turn right on Park Road and head north. Park will be on your right. From the north take US31 to the light at Southway Blvd. Turn right and head west until Southway Blvd becomes Alto Road. Follow Alto Road until you reach Park Road (100W). Turn left on Park Road and head south. Park will be on your left.

On the Roads

By Johnnie 'O



Boston Bangs Runners

Club Kokomo's Boston runners - Mike Deardorf, Dan Lutes, Ricke Stucker and Kelly Wright - and volunteers -

Shannon Reinagle and Charlie Skoog - experienced the best and the worst of this year's heat-plagued marathon on April 18.

More than 18,000 runners started the world-famous 26.2-mile course in Hopkinton, and 17,549 finished the 109th marathon in front of the Boston Public Library. The men's winner was Ethiopia's Hailu Negussie in a time of two hours, 11 minutes, and 45 seconds. Catherine Ndereba of Kenya won an unprecedented fourth women's title in



Dan, Kelly, and Mike are ready to run Boston.

2:25.13. Alan Culpepper of Colorado finished fourth in 2:13.39, which gave the United States its best finisher since 1987.

With cell phone numbers in hand, Johnny 'O was able to track down CK's Boston runners and volunteers a couple hours after the race. He reached Charlie, Dan and Mike at their hotel room. They were preparing to leave for the post-race party. Kelly and Shannon were on a "brisk walk" to a subway station. They too were going to the post-race party. Unfortunately for Ricke, he and

his "old" Indiana University cross-country buddy were still in the midst of a three-hour drive back to Stamford, Conn., where Ricke's friend lives.

It was Mike's first Boston. He had wanted to run the world's most prestigious marathon for 20 years, but never figured he could qualify. When he did earlier this year, he said he was "going to have fun." He did just that "as much as I could," but said he "never felt so bad and so good at the same time."

It was 66 degrees at the start in front of the Doughboy Statue in Hopkinton, so Mike wisely started slowing down at the beginning. He did hit the half at 1:54.51, but running really got tough after 14 miles. He finished his second "worst" of 11 marathons in 4:22.22.

Despite being beaten by the heat and "Wonder Woman," Mike described his Boston experience as "pretty cool." He enjoyed meeting people from all over the world, and even had breakfast with a Dublin, Ireland, couple, who were not in town for the race but for visiting relatives. At the night-before-the-race pasta dinner, Mike sat with runners from Oregon, Utah and San Diego.

The crowd and volunteer support were the best Mike has ever experienced. He heard the Wellesley College coeds cheering runners a quarter mile before he got to their campus. When Mike turned left onto Boston's Boylston Street, he could see the finish line a half-mile away, and he knew he would accomplish his dream of completing the Boston Marathon. "People were screaming and hollering. I didn't cry, but I felt like it."

For Kelly, her first Boston was an "awesome experience... a lot of fun (but) a lot of pain." She wanted to better her 3:38 time at last fall's Top of the Utah Marathon, which qualified her for Boston. She felt good through the first 13 miles with a time of 1:45.43, but started slowing when she hit the 18-mile mark and the beginning of Bos-

ton's infamous hills, including Heartbreak Hill. She finished her fifth marathon in 3:57.38. "I did a lot of walking. My legs were hurting in places they never hurt before."

Dan now has run 45 marathons. This was his 10th Boston, and he's "yet to run a good one." Dan was shooting for a 3:20 finish. He knew it was warm, but not as warm as he experienced at last year's Boston, so he stayed on pace for 13 miles with a 1:39.40 clocking. He then started "giving back the time, and couldn't stop." He started walking just before the hills. It was the first time he had walked at Boston, and once he started, he couldn't get back to his running pace. "I walked at the water stops and then I walked some more."

Dan finished in 3:46.07. The race was his second slowest marathon, and he was in the "worst shape" he ever has been in after a Boston. As he stood in the massage line, he thought he "was going to throw up and pass out."

Dan, however, loves the Boston Marathon, even though he has never been able to accomplish his goal at the historic event. "Boston did it to me again," he said. "Maybe next year."

Ricke wasn't doing "very well" when he talked to Johnny 'O, as he was in a car and covered with salt from his perspiration during the race. This was Ricke's 13th marathon and his eighth Boston. He wanted to run 3:45, which would have qualified him for Boston 2006. He "went out too fast" for the conditions. He hit the half at 1:43.07, but finished in 4:30.37 (Continued on next page)



Mike, Charlie, and Dan enjoy a meal the day before the race.

On the Roads (Cont)

for his worst Boston time. He was going up the hills in the 18-mile area when he just "couldn't go anymore." He backed off and then walked the last six miles. Like Dan, it was the first time he has walked at Boston.

"It was hotter than we had hoped," Ricke said. "It was not a good experience."

Charlie and Shannon were first-time Boston



Mike and Dan will find themselves at the finish line one more time.

volunteers. Shannon worked 1 p.m. to 6 p.m. Sunday selling official Boston Athletic Association merchandise at the Sports & Fitness Expo. "It was great talking to the runners and finding out where they were from." Another volunteer perk was "all the free stuff" Shannon received, which included a shirt, jacket, and passes to the post-race party.

Charlie was "Gatorade" man at the Athletes Village near the race's starting area in Hopkinton. He worked with Boston College students mixing and pouring Gatorade for four and half hours. He then hopped a Boston running club's bus back to Boston and saw the finish.

"It got me more excited to come back, as a runner or volunteer."

CK's runners trained hard and achieved their goal of qualifying for the world's oldest annual marathon. The heat made their Boston race tough and painful. They did not achieve the times they desired, and yet they would not trade their "Boston experience" for another marathon.

And, as Ricke said about his race, "There will be another day."

Chaplain's Corner

By Dana Neer

Faith is a Verb

Remember "Doubting Thomas?" He's the guy that essentially said to Jesus, "I saw you die on the cross and now you are trying to tell me that you are alive again? Yeah right, I'll believe that when I can actually touch the wounds that killed you."

I find it a little odd that Jesus, who placed such a high value on faith, chose Thomas to be one of his disciples. How many times were the disciples chided for their lack of faith, and yet Jesus picks a guy he knows is pragmatic. You would think that Jesus might just dismiss him as someone who would be a bother to be around, and not really fit into the organization.

But Jesus saw something in Thomas that he sees in all of us.....

POTENTIAL.

According to Webster, potential means the "inherent capability of doing anything." Sounds a lot like the concept of faith doesn't it? Faith means going towards that which we desire but cannot actually see. FAITH truly is a verb- an action that keeps us setting goals and engaging in activities that will help us to get to where we are going even when it may seem to be an impossibility.

A recent success story that I think you will enjoy is about a young man who came out for track and field for the first time this year with the goals of just being a part of our team and hopefully losing some weight in the process. I thought they were honest and very attainable goals, so we started out. Now, I'm sure that he did not know everything that he was getting himself into- he may have changed his mind if he would have known- but he has seen success and is having a great time! I can still see him in my mind as he trudged along in those early and often cold winter workouts, facing the brisk west wind, and probably thinking "I sure am missing my old 3:15 daily date with my computer-game right now; this is

hard." But he kept at it, and as the winter weather changed into the beautiful spring, he had also changed. Twenty-five pounds less weight, renewed confidence, and a boatload of newfound encouraging friends have made a big impact on his life. He stuck with it because he had faith that what he was going toward was going to eventually pay-off. He couldn't always see results everyday, but he believed in the direction he was going.

Why is faith such a big deal to God? Because having faith in who God says He is means everything to our daily outlook and purpose. Just as in Thomas' life, God continues to use people today to accomplish extraordinary things because of their faith in a God who has an endless supply of resources. We all need to actively pursue faith in God in order to treat others graciously and respectfully. When tough times come (and they will occasionally) a strong faith in God will provide a good attitude through the difficult days. When we have faith in God, troubles become challenges to face not reasons to quit.

Keep training hard and smart. Keep being nice to your spouse, kids, and dog. Keep passing off the baton of faith to the next generation. Keep pressing on! God will use your life in some really cool ways. He sees all of your potential.

New Members

Anthony Campbell

Maripaz Felix

Keith Hill

Mike Jones

David Killingbeck

Michael Marley

Greg Powers

Welcome to CKRR!

2005 Cooper River Bridge Run

By Stan Shuey

Since spring breaks in Kokomo and Anderson, SC did not align this year, my son Scott talked me into running the Cooper River Bridge Run in Charleston, SC on April 2, 2005. It is to be the last year to run over the old bridges; a new modern-design 8-lane structure is almost complete. Pat and I picked up our other son, Todd, in Georgetown, KY on the way down the Wednesday before, so he could visit with his 2 nieces for the weekend.

Todd and I planned to bike 25 miles on Thursday morning in Anderson, while Scott worked a half-day. Alas, it was raining and we canceled the bike workout, but I did manage to squeeze in a short 2.5 mile run between showers. In the afternoon, all seven of us drove in 2 cars to Charleston, checking into a Best Western in Mt Pleasant, northeast of Charleston. Scott and I picked up our packets that evening before we went to eat at Charleston's, where my daughter-in-law Kim had previously made reservations. Afterwards we toured some of the downtown before turning in.

The next morning, Scott, Todd and I went back to the Expo in the civic auditorium, where we not only filled our goodie bags with freebies, but also bought shorts, shirts and even shoes. Some of the larger expos have great deals on clothing and running gear. We all checked out of the Best Western (Scott had reservations across town at a Hampton Inn for the next 2 nights) and spent several hours in the city market, where the girls got braided hair attached to their own, and the wives both bought monogrammed purses. After dining at T-bone's, we all opted for a carriage ride down through town to the Battery and back, learning about all the beautiful mansions. As if this wasn't enough, we then started to walk through the Waterfront Park and ended up going past Rainbow Row and into the Battery area again, stopping to let the girls and Todd play on the cannons. I'm not certain this exercise was wise for Scott and I, but we survived. That night

we dined at California Dreaming right by the Hampton Inn. This is when the rain began, setting up what was to be a "memorable" run experience. In 28 years of this run, it had never rained.

I awoke at 3:15 a.m. in anticipation of the big event, finally getting up at 4:50 a.m. when I could not go back to sleep. Scott and I left for the downtown, where we were to park, walk to the visitor center, and catch a shuttle bus before 6 a.m. to the Mt Pleasant start area. Since it was raining, Todd decided to stay in the hotel with the women and watch the race on TV. Scott and I parked in one of the last slots in the garage at Expo hall and jogged in the rain 6 blocks to catch a bus, arriving at 5:50 a.m.. We had forgotten to think about a garbage bag for a raincoat, but the visitor center had a large covered area (no walls) where buses normally park. The runners and walkers gathered in long lines there, while the buses stopped in packs on the north-side street. We waited 50 minutes for our

posed they would delay the start to allow everyone a chance, especially after we had so much traffic congestion – wrong!

When we finally got dumped about 3/4 mile behind the start line, we again jogged toward the crowds, as we only had 13 minutes left to the gun. As runners were 5-6 deep at the few port-a-johns, we followed the lead of others and ducked into bushes along a private drive to drain off excess fluids. As Scott then ran along the sides toward his seeded start area, I fell in close to the back as I was not seeded and did not expect a fast time. I later learned from Scott that he saw 3 Kenyans with single-digit race numbers walking away from the start line as he was going forward. Apparently they missed the start and chose not to participate.

I guessed I was about 4 blocks from the start line. I had only been milling around about 2 minutes when the pack became excited and started to move forward (the start had occurred 2 minutes early). The rain had let up by now and I noticed my faithful Timex Ironman watch had incomplete displays; I could not read it. Water had evidently penetrated and ruined the display. It looked like a black cloud was creeping down the middle center. My choice to settle near the back was not a wise one, as I found it took over seven minutes just to get to the timing-chip mats, and I then had to pass all manner of walkers (apparently registered as runners) and very slow joggers for the entire race. Mind you, the untimed 7K walkers (17,000) would not be starting until just short of the 2-mile mark and had to wait until all runners were past. I calculated that I passed about 10,000 "runners" during the 10K race distance. The 4-lane streets narrowed to 2 lanes wide in places due to the standing water and construction near the bridge.

Going up the 2 hills that are the bridges did not bother me much, probably because I had to run so slow getting there. The 2 peaks occurred at miles 3 and 4. Mile 4 to 5 was almost all downhill into town, where we again hit standing water (it rained 2 inches over-



turn to board, enduring 60 degree blowing rain (20-30 mph winds). The 7-mile bus ride took 65 minutes, as 4-wheelers clogged the bridge and streets of Mt Pleasant. At the time I wondered about the many thousands of other runners (25,000 total entries) who had not boarded a bus yet at the visitor center. Scott and I sup-

2005 Cooper River Bridge Run (Cont)

night), and there were people out now to cheer on the runners. Some said the bridge could be felt to be swaying, but I never noticed it. I felt as though I had a fairly good race time, close to my expected 55 minutes, but it turned out to be slower than I guessed. My watch was beeping that it was trying to record splits, but I could not read anything. I later learned Scott finished #735 gun time overall male in 47:22 (chip time 45:25, 72nd in 40-44 age group), and would have been about #550 overall if he had gotten closer to the start. I finished #5040 gun time overall male in 1:05:37 (chip time 58:11, 68th in 60-64 age group), and would have been about #3000 overall if I had been closer to the start. It is noteworthy that Gary Romesser, 54, of Indy finished in 36:01 (43rd overall) to again claim the Grand Masters Title. The winner was Linus Maiyo, 22, of Kenya in 29:30; women's winner was Olga Romanova, 24, of Russia in 34:04. No PRs here, except maybe for my passing 10,000 others.

At the end, I slopped through the mud to get a few bananas and some water, went back to the car, and not finding Scott, went back to the entrance into Ansonborough Park, where he was still looking for me, not realizing I had already passed. I told Scott I did not think I wanted to do this race again, unless there were significant logistics improvements. (They have no good idea as to where to end the race next year, since Ansonborough Park will be in a construction zone.) By now the sun was trying to shine, so we headed for the hotel, a quick shower, and decided to take everyone to the IMAX Theater to see "Robots." After the show, we took John Wiles' advice and ate (and drank) at Tommy Condon's Irish Pub on Church St. I will now attest that Johnny O' is correct: Tommy Condon's was great, even if a little noisy. Best french fries I've had; all the food was super.

After we picked up the wives'

monogrammed purses at the market, we went to mass at St John the Baptist Cathedral, where we learned the Pope had died (all the local TV crews were there). Later, back at the hotel, the Final Four was on, but I fell asleep before the end of 2nd game.

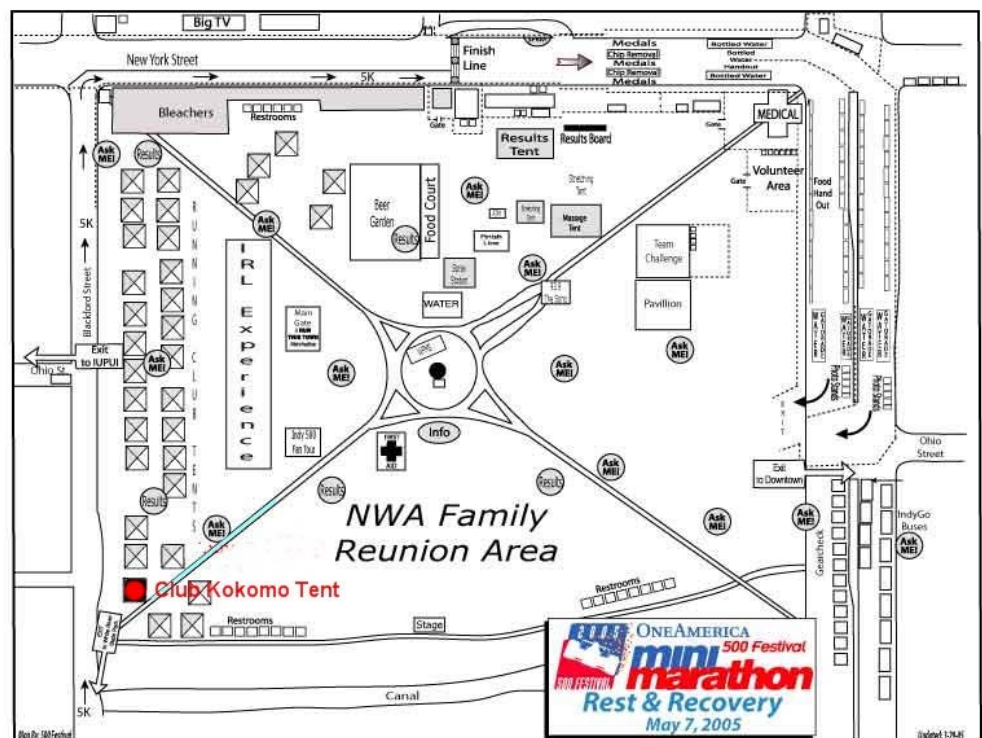
Sunday morning, some newspaper accounts of the race said that several shuttle buses got lost due to the rain and foggy windows, and dumped their passengers near the 1-mile mark. Those runners never crossed the starting mats and received no chip time.

After breakfast, we headed out to Folly Beach for a leisurely stroll on the beautiful flat sand at low tide. The 2 granddaughters found all manner of sealife, some still alive in their shells, which they pitched back to deep water after inspecting. By noon we were headed north again, stopping at a Hooters for 50 chicken wings. We arrived back at Scott's in Anderson about 5pm, so Todd and I got in a nice 22-mile bike ride before dark. Monday we drove back to KY to drop Todd in Georgetown and contin-



ued on to IN, as I thought about all of you who were still in FL, leisurely basking in the sun.

Indy Mini Map of Military Park



On the Roads 2

By Johnnie 'O

Tom runs for baby sister

Tom Miklik is a veteran of Club Kokomo's Race for the Cure teams. He always has supported the Susan G. Komen Breast Cancer Foundation races, because he has had several friends that have died from cancer.

"To watch someone go through that experience is incredibly humbling," Tom said. "Their courage, effort, and pain should move everyone to support Race for the Cure."

The Komen Indianapolis 5K Race for the Cure was April 16. More than 36,000 people participated and more than \$1.5 million was raised for Mid-Central Indiana projects related to breast health education and breast cancer screening and treatment, and groundbreaking, national breast cancer research.

When Tom ran this year's Race for the Cure, he wasn't just running for friends; he was running for his baby sister, Marlene (Miklik) Hall, 50, Albuquerque, N. M. She was in her second week of chemotherapy for breast cancer. Part of her



Tom, Mike, and Gina enjoy a pre-race Starbucks.

breast and eight lymph nodes have been removed. She faces six to eight months of treatment, including radiation.

Tom also ran this year for friend and breast cancer survivor Sue Meriano of Rhode Island. Sue had a double mastectomy and eight months of treatment last year. She is "doing fine" and is undergoing reconstructive surgery. Tom had her contact his sister, and Sue "has been very helpful in supporting Marlene."

CK members also can support Marlene by sending a note of encouragement to Marlene Miklik Hall, 9024 Hendrix Road NE, Albuquerque, N.M.

87911-3112.

Tom and more than 50 other Club Kokomo members certainly supported Race for the Cure this year, as they not only participated in the largest 5K race in Indiana, but also raised more than \$1,300. Tom was responsible for raising nearly half the total.

The only times available were for participants registered in the Competitive Division. Brian Reinhardt and Heather Weber were the top Club Kokomo finishers. Brian was 13 overall and first in his age division in 18 minutes and 50 seconds. Heather was 53 overall and first in her age division in 21:25.

Except for the 60 plus age division, all age divisions were in 10-year increments. Milt, who is 78, was sixth in the 60 plus group and 696th overall in 34:20.

Other CK finishers in the Competitive Division were: Eric Mathew, 46th overall, 21:06; Kelly Wright, 87th overall and third in her age division in 22:21; Shannon Reinagle, 160th, 23:39; Stan Shuey, 179th and third in his age division, 24:04; Keith McAndrews, 374th, 27:30; Lisa Jones, 442nd, 28:23; T.A. Weber, 444th, 28:24; Mary Miller, 520th, 29:47; and Jeanette Merritt, 749th, 37:50.

Gabriel Rop, 33, Indianapolis, won the Competitive Division in 16:21. Leah Nilsson, 26, Indianapolis, won the women's division in 18:37. There were 818 finishers in the Competitive Division.

Each year, Race for the Cure volunteers do a tremendous job putting on this wonderful and worthwhile event. It deserves everyone's support, so that one day the terrible disease of breast cancer will not threaten our sisters in running and walking. Circle April 22, 2006, and join fellow Club Kokomo members and friends at next year's race.



The Club Kokomo Race for the Cure team once again enjoyed sunshine and warm weather this year.

FINAL THOUGHT

Johnny 'O tips his ND cap to Charlie Skoog and his fellow Wildcat Guardians, who back their concern for the environment with action. Last month, Charlie and the Guardians spearheaded the cleanup of an illegal tire dump on the banks of the Wildcat just east of U.S. 31. The cleanup was no small task, as the dump contained thousands of tires. Volunteers dug tires out of the mud, cleaned them, and loaded them on trucks, which hauled the tires to a recycling plant. It is people like Charlie and the Guardians who are making Howard County a better place to live, run, and walk.



Zoe Irvin and one of her many "club uncles" Dave White.

2004-2005 CK Points Standings

Races scored include the charity run, New Year's Eve Race, Oakbrook Valley Race, Amboy Race, Old Ben, Ultimate Challenge, Race for the Cure, and any marathon, half marathon, or volunteer.

Runners	Ellen Marie Nichols (Mavrick) 1-15	Vernon Graves 1-9 Ravi Nagaragu 1-8	Ernie Strawn 1-10
Women			65-69 John Norris 4-80V Robert Cupp 4-70 Dick Summerton 1-12
0-12	50-54 Robin Tetrault 7-117HV Joyce Pennycoff 5-95HV Lorene Sandifur 4-70V Rhenda Acton 4-65V Sara Miller 2-40 Christine Williamson 2-29 Robin Cole 2-20	35-39 Michael Graham 7-122 Andrew Maibaum 4-60 Ron Moore 3-50	70+ Bill Heck 4-80 Milt Brown 3-45V
Waverly Neer 3-60 Shelby Revils 3-52V Kierra Howell 3-50V Kayla Reinagle 2-35 Mindy Tetrault 1-20V Zoe Irvin 1-10 Lauren Weber 1-10	55-59 Karmen Glaspy 4-75V Doris Griffith 2-40 Lien Koztecki 1-20 Anne Wiles 1-20V Shirley Wilson 1-20H Kathy Barnett 1-10 Toni Rethlake 1-10	40-44 Brian Reinhardt 7-102MH Dana Neer 5-100 Byron Bundrent 6-99H Ken Swinehart 5-71 Gary Jewell 3-50 Dan Lutes 2-30M Mark Webster 2-29 Terry Bogue 1-20 Anthony Campbell 1-12	Walkers
13-19 Vanessa Lorenz 5-84 Amber Longwith 4-56V Megan Tetrault 3-50 Annina Gruber 1-20 Anna Hurlock 1-20 Sarah Bauson 2-19 Becky Elliott 1-10 Laura Bauson 1-9	60-64 Susan Gerhart 1-20	45-49 Al Hochgesang 7-135H Ray Tetrault 6-85H Eric Mathew 6-84H Earl Strong 5-67 R.J. Kerr 2-40V Russ Hovermale 2-35 Matthew Bolinger 3-30 Jerry Meiring 3-29 David Gardner 1-20 Brent Marner 1-20 Greg Townsend 1-20V Jeff Hemmeger 1-8	Women Mary Miller 7-130 Amanda Pena 6-95 Debbie Riffe 6-76 Pat Robertson 7-64 Raye Jean Swinehart 5-54 Marsha Daugherty 5-52 Jane Inman 4-48 Cynthia Sanders 5-45 Amy Revils 2-27V Sona Camp 2-27V Debra Bowman 2-23V Geana Moore 1-20 Jan Stucker 1-20 Diane Gifford 2-18 Sylvia Burgin 2-14 Edwina Faust 2-11 Helen Brown 1-10 Barb Hobbs 1-10
20-24 Michelle Tetrault 4-75 Christan Bahler 1-20 Grace Bauson 1-20	Men		
25-29 Kelly Wright 9-170MH Shannon Reinagle 8-125H Allison Irvin 5-64 Justine Eads 3-42	0-12 Quinn Reinhardt 7-130V Josh Revils 5-82V James Longwith 4-70V Leighton Adair 1-20 Keith Bauson 1-10		
30-34 Heather Weber 4-70 Lisa Jones 4-65H Nicole Peel 3-60H Jeanette Merritt 4-57V Julanne Packard 2-32 Amy Graves 1-15 Lisa Stucker 1-15	13-19 Sam Williamson, Jr. 4-58 Daniel Riffe 4-57 Matthew Robertson 3-47 Brandon Sheline 3-47 Bryan Phillips 2-40 Mason McGovern 2-35 Tony Robinette 2-30 Adam Bahler 2-22 Alec Digard 1-20V Michael Marley 1-20 Steve Peugh 1-20	50-54 Charlie Skoog 8-137MH John Sites 6-105M Chuck Masters 5-100H Mike Deardorff 7-89M Mark Shorter 6-79 Michael Campbell 3-45M Steve Wand 4-45H Dave White 3-35 Rex Piercy 2-28V Don Gifford 2-22 Larry Grant 2-13 Mike Rethlake 1-10	Men Jerry Lambert 7-120V Rick Spencer 6-110H Tim Taflinger 7-77 Keith McAndrews 5-64 Russell Fox 5-64 Tim Revils 5-59 Robin Michael 5-53H Steve Inman 4-46 Jackie Sanders 5-46 Melvin Hobbs III 2-30 Toney Lorenz 2-27 Jack Sanders 1-20 David Plantenga 1-20V John McGinty 1-8 Dave Woelfel 1-6
35-39 Gina Sheets 6-102MV Tami Moore 4-54 Angie Banush 3-52H Teresa Long 2-30 Kim Anderson 1-20 Tracy Carden 1-15	20-24 Seth Daugherty 3-55 Mark Eads 3-52 Eric Newman 2-30 Michael Anderson 1-20 Kevin Callaghan 1-20V Josh Daugherty 1-20	55-59 Ricke Stucker 7-140M Ed Oliphant 6-100H David Hughes 6-83M Sam Williamson, Sr. 4-56 Tom Miklik 4-55M Fred Chew 4-49H John Wiles 3-48V Phil Leininger 2-30H Garry Hill 1-7	
40-44 Patti Reinhardt 8-135H Sharon Miller 6-82 Roxane Burrous 5-79H Lynn Howell 3-45 Angela Minnefield 2-40	25-29 Matt Yarosz 3-60 Kevin Sites 3-60H		
45-49 Cassie Bauson 3-60 Brenda Masters 2-40V Sandy Knowland 2-35 Cheryl Marner 2-30 Pam Fisher 1-20	30-34 William Irvin 5-90V Jeff Kuczera 4-80H T.A. Weber 5-72 David Reinagle 3-32 Keith Hill 2-30	60-64 Bill Barnett 5-90 Stan Shuey 6-89 Jim Burrous 5-71H Dale Sullivan 4-70 Doug Mankell 2-19	

Race Calendars

2004-2005 CK Race Calendar

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

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., Russiaville, 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

August 27
Oakbrook Valley 5k XC Run/Walk
Time: 7:30 A.M.
Location: Oakbrook Valley

September 24
11th Kokomo Symphony 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
Time: 8 AM (non points)
Location: Highland Park

Note that the Oakbrook Valley XC race is an addition to the original calendar and was voted in favor of at the March meeting.

Other Races

May 7 Zionsville Anti-Mini Marathon 3.2, 6.4, 9.6, 12.8, or 13.1 miles 8:00 A.M.
Budd Glassberg (317) 873-0100

May 14 Tri-Kappa Trot 10/5k Run 5k Walk 8:00 A.M. Noblesville IN Noblesville Parks Department (317) 776-6350

May 21 White River Run 5k Anderson IN Frankie St. Phillips 683-9294

May 22 Ripple Run 5m Run 5k Walk 8:00 A.M. Broad Ripple IN Tuxedo Bros (317) 733-3300

May 30 Panera Bread 5k Run/walk 8:30 A.M. Butler University (317) 251-2862

June 4 Sunburst Marathon/Half Marathon/5k/10k 5:45 A.M. 7:15 A.M. 7:00 A.M. 7:30 A.M. South Bend, IN (574) 647-3394

June 11 Kidney 5m Run/5k Walk 8:00 A.M. Indianapolis IN Tuxedo Bros (317) 733-3300

June 25 7th Annual Firecracker 5K 8:00 AM Heflin Park, Talorsville, IN Pat Laymon 812-376-6553

June 25 Buzzard's Roost 10k Run 6:30 p.m. Hamilton Heights Middle School, Arcadia, IN Evan Achenbach (317) 984-3019

August 6 Run for the Sun 5k Run/Walk 8 AM Connie Gamble at (765)384-7109 or eegamble@prodigy.net

Race Results

Club Kokomo Ultimate Challenge
April 2, 2005
Along the banks of the Wabash River
Logansport, IN

10 mile run

1. Dana Neer 1:02:46
2. Gary Jewell 1:02:57
4. Chuck Masters 1:07:17
6. Sam Williamson Jr. 1:10:57
7. Ricke Stucker 1:11:17
10. Al Hochgesang 1:13:13
11. Earl Strong 1:13:30
13. John Sites 1:13:37
14. Anthony Campbell 1:13:50
16. Kelly Wright 1:15:09 1st woman
17. Kevin Sites 1:17:24
18. Don Gifford 1:17:45
19. Nicole Peel 1:17:56
20. William Irvin 1:17:56
24. Mark Shorter 1:19:03
25. Ed Oliphant 1:19:53

30. Shannon Reinagle 1:22:51
31. Keith Hill 1:23:14
32. Matt Bolinger 1:23:25
33. Patti Reinhardt 1:23:37
37. Mike Deardorff 1:25:51
39. Roxane Burrous 1:26:57
40. Sam Williamson Sr. 1:27:44
41. Steve Wand 1:27:48
43. Phil Leininger 1:30:48
45. Cassie Bauson 1:32:07
46. Lien Koztecki 1:32:25
49. Jim Burrous 1:36:03
51. Kim Anderson 1:36:33
52. Joyce Pennycoff 1:36:33
53. Amy Densborn 1:41:16
55. Fred Chew 1:42:31
57. Michael Graham 1:46:54

5 mile run

1. Matthew Robertson 33:18
4. Charlie Skoog 36:57
5. Ray Tetrault 40:05

8. Dale Sullivan 41:20
9. Ken Swinehart 43:07
11. Bill Heck 43:25
13. Lorene Sandifur 43:41
17. Robin Tetrault 48:35
18. Mike Anderson 50:45
19. Brenda Masters 53:24
20. Karmen Glaspy 1:06:01
21. Mike Daugherty 1:06:49
22. Sharon Miller 1:08:47

5 mile walk

1. Rick Spencer 50:44
2. Russell Fox 52:20
3. Mary Miller 55:21 1st woman
5. Amanda Pena 59:39
6. Tim Taflinger 1:04:13
8. Marsha Daugherty 1:06:48
9. Debbie Riffe 1:07:03
10. Raye Jean Swinehart 1:07:09
11. Diane Gifford 1:09:42
12. Pat Robertson 1:18:04

Meeting Minutes

CKRR Meeting
March 7, 2005

Ray Tetrault opened the meeting at 7:05 P.M.

Members Present

Ray Tetrault - President
William Irvin - Vice President
Mark Shorter - Treasurer
Brian Reinhardt - Newsletter Editor
Charlie Skoog
Jackie Sanders
Cynthia Sanders
Robin Cole
Melvin Hobbs
Barb Hobbs

Reports

Mark Shorter delivered financial report.

Old Business

Race for the Cure

Discussion of events for that day and packet pick-up

Indy Mini

Packet will be picked up by Robin Cole and she'll be in Highland Park on Thursday, May 5th at 5:30 P.M.

Any packets not picked up will be taken to Ray

Tetraults enclosed front porch for pick-up.

Coyote Kids

Donations from sponsors are starting to come in. Brochures cannot be given to schools with sponsors on them.

Make two types of brochures - one with sponsors and one without.

Bracelets will not happen this year due to slow response of sponsors

Adopt a Highway

SR 19 trash pick-up on Thursday, April 7th

New Business

Haynes Apperson

Donations from sponsors are starting to come in.

T-Shirt design and sponsor locations discussed.

Changes to race application have been made

Relay for Life

Cindy Sanders handed out participant registrations

Look into purchasing a track sign for \$100

Voted unanimous in favor of

Look into purchasing insurance for strollers, pets, and headsets.

Look into putting the angel story in Runner's World or Running Times

The meeting adjourned at 8:08 P.M.

Helping Hands Festival

5k Run / Walk & 1 Mile Fun Run

- Time:** June 4, 2005 at 8 a.m.
Registration from 6:30 – 7:30 a.m.
- Location:** Sharpsville, town park (4 mi. south of Kokomo)
- Entry Fee:** 5k: \$8, no shirt
Fun Run: \$1, no shirt
Shirts are \$6 if entry is postmarked by 5/23/2005
A limited quantity of shirts will be available on race day.
- Course:** 3.1 miles on country roads. Traffic control will be provided.
No wheeled vehicles or pets allowed on the course.
(Baby joggers are the only exception.)
- Runner Awards:** 1st and 2nd place overall, male & female
1st & 2nd in all age groups
18-under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
1st place overall, male & female in the fun run
- Walker Awards:** 1st, 2nd & 3rd place overall, male & female

This race benefits the Helping Hands organization. Helping Hands provides help to families in the community that have experienced a devastating illness or accident.

For further information, contact Robyn Pagington (765) 628-2391

Name _____ Male Female

Address _____

State _____ City _____ Zip _____ Phone _____

Age _____ Event: Run Walk Fun Run Shirt Size: Youth: M L Adult: 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 this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safely completing the race. I assume all risks associated with running/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 you 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 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 person named in this waiver. I grant permission to all of the organizers/sponsors of this event to use any photographs, motions pictures, recording, 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 and mail with check or money order to:

Robyn Pagington, 229 N 600 E, Greentown, IN 46936

25th Anniversary

Please Note Change: New 4 mile walk

It is the 25th Anniversary for the YMCA's Iron Horse Run/Walk. Since this is a special year for our event we have a **NEW COURSE** for our 4 mile Run/Walk! Our intention is to start at the Cass County Family YMCA, include the River Bluff Trail into the run, and finish at the YMCA.

Iron Horse Run/Walk Highlights:

- NEW COURSE!!!
- Hospitality Tent for Participants
- T-Shirts for Participants
- Door Prizes
- Awards

CASS COUNTY
FAMILY Y

Cass County Family YMCA
905 E Broadway
Logansport, IN 46947
Phone: 574-753-5141
Fax: 574-735-2905



-In consideration of the acceptance of this entry, I waive for myself, my heirs and their assigns any and all claims for damage against the Cass County Family Y and its sponsors and 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 the Iron Horse 4 Mile Run/4 Mile Walk/1 Mile Fitness Event. I attest and verify that I have full knowledge of the risks involved in the event. I am physically fit and sufficiently trained to participate.

_____ Date _____

Signature (parent or guardian must sign if entrant is under 18 years old)

Mail completed form to: Cass County Family YMCA, 905 E. Broadway, Logansport, Indiana 46947

WE BUILD STRONG KIDS, STRONG
FAMILIES AND STRONG COMMUNITIES.

25th Annual

Iron Horse Run/Walk

Saturday, July 9, 2005

CASS COUNTY FAMILY Y



905 E. Broadway
Logansport, IN 46947
(574) 753-5141

25th Annual Iron Horse Saturday, July 9, 2005 4 Mile Run/4 Mile Competitive Walk/1 Mile Fitness Event Logansport, Indiana 8:00 a.m.

General Information:

NEW COURSE!! The course is accurately measured with splits read at each mile. It is primarily flat with a few small hills. Ice cold Gatorade will be available at the finish line for ALL 3 events. Race headquarters is Cass County Family YMCA. The locker rooms and showers at the Y will be available after the race. Post-race picnic and awards will follow the race. Spectators can purchase a picnic ticket on the day of the event. There will be music and door prizes along with awards for the 4 mile run and 4 mile walk. All 1 mile finishers will receive a participation ribbon.

Entry Fee Information:

4 mile run & 4 mile walk—\$15 postmarked on or before July 5th, 2004

4 mile run & 4 mile walk—\$20 after July 5th, 2004

1 mile fitness event—\$2 (T-shirt not included)

MAKE CHECKS PAYABLE TO:

CASS COUNTY FAMILY YMCA

Packet pick-up & race day registration:

July 9th, 2005 from 6:30 a.m. to 7:30 a.m. in the YMCA parking lot

On-line registration:

You can register online at www.active.com

T-shirts: Iron Horse T-shirts are available to the first 200 entries of the 4 mile run and 4 mile walk. Shirts are not included for the 1 mile fitness event. If extra shirts are available after the 4 mile run/4 mile walk, they will be sold.

Race time: 4 mile run and 4 mile walk begin at 8:00 a.m. (There are separate finish chutes)

1 mile fitness event will begin at 8:05 a.m.

AWARDS

Four Mile Run

Age Division Awards for Male Categories

Age Division Awards for Female Categories

12 & under (2)	40-44 (4)
13-15 (3)	45-49 (4)
16-19 (4)	50-54 (4)
20-24 (4)	55-59 (4)
25-29 (4)	60-64 (2)
30-34 (4)	65-69 (2)
35-39 (4)	70 & over (2)

Plus overall Male & Female race winners and Masters Champions (40+)

4 Mile Competitive Walk

Age Division Awards for Combined Categories

19 and under (2)	50-59 (3)
20-29 (2)	60-69 (3)
30-39 (3)	70 & over (2)
40-49 (3)	

Plus Overall Male & Female race winners

PLEASE SIGN WAIVER ON BACK & MAIL COMPLETED FORM

T-shirt Size: 4 mile run/4 mile walk only (please circle one): Medium Large X-Large

(please register for the run if you intend to mix running with your walk. Be fair to the walkers.)

Event Entered—please check one: 4 Mile Run 4 Mile Walk 1 Mile Fitness

Emergency Phone Number: Race # (for office use only)

State: Zip Code: Phone Number: Birth Date:

Address: City

Name: Age on Race Day Sex:

Check: #

Cash:\$