

Web address:
www.ckrr.us

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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.

Inside this issue:

From the President	2
Adopt-a-Highway by Charlie Skoog	3
Meet Tony Kirgis	3
On the Roads by Johnny "O"	4
Relay for Life by Cindy Sanders	6
Maps	7
Points Standings	8
Better Runner by Charlie Skoog	9
Race Results	10
Race Calendars	12
Birthdays	12
CKRR Marathon Trip	13
Meeting Minutes	13

June 4
Helping Hands 5k
Location: Sharpsville, IN
Time: 8:00 A.M.

The Roadrunner

John Norris 4-Mile.....uh.....4.5 mile.....uh.....

By Brian Reinhardt

In what turned out to be a variety of distances run on Saturday, May 21st in Jackson Morrow Park, Waverly Neer ran away with the women's race clocking a 29:01 for a distance yet to be determined.

While the distances ran may be in question, the fact that it was an absolutely perfect day to run was not. Temperatures in the upper 60's greeted the runners and walkers with abundant sunshine and a nice breeze. If not for half of the pack getting lost on the course it'd have been the perfect day!

The first club finisher was Jeff Kuczera with a 24:46 followed by the first masters finisher, Gary Jewell, in 25:07. The masters winner for the women was Angela Minnefield with a time of 31:29. I suspect that each of these winners

clocked closer to 4.5 miles as all of the front runners did except for the overall winner, B.J. Needler from Wabash.

In the walkers competition Rick Spencer walked away from the competition with a 5k clocking of 30:39 followed closely by Keith

McAndrews with a 31:09. In the women's race Mary Miller walked a 32:50 with Amanda Pena in second place with a 35:37. All indications are that the walkers actually walked the correct distance!

As is the case at every John Norris event the runners and walkers were treated well and ran and walked away happy regardless of the distance ran. And John must have needed a break after this one as he and his family embarked on a

week long cruise. I've yet to determine whether it was planned ahead of time!

And for the record, the club officers got together after the race and determined that because of the discrepancies in distances ran that in age groups where determining points was unclear that each club runner would receive 20 points for the race.

Thanks John for putting on another great race!



Waverly Neer "neers" completion of the race.



Angela Minnefield was the masters winner.

CK Presence Felt at the Mini

By Brian Reinhardt

I don't know how many of you haven't had the opportunity to share in the Mini experience, but if you never have you sure are missing out on an opportunity to have the time of your life!

Once again this year Club Kokomo sent a large contingent to conquer the streets of Indianapolis as well as the Indianapolis Motor Speedway. In all 85 runners/walkers completed the half marathon and another 10 completed the 5k! There were many more club

members there in support of the runners and walkers and every single one of them was appreciated and had just as much fun as those that competed!

Leading the way for the men this year was Seth Daugherty with a 1:21:33 and a 124th place overall finish out of 25, 029



Most of the Bauson clan ran the Mini. From left to right are Jesse, Sarah, Cassie, Bill, Grace, and Laura.

From the President

By Ray Tetrault



Brian is giving me the emails saying, "Where is your contribution to the newsletter? You're killing me." Brian, I don't know how to make it up to you. I have lots to say and little time or space to say it.

Coyote Kids has over 100 pre-registered kids already. We have given every child in Kokomo Schools a brochure for the program. We have 3000 brochures made to give to churches, doctor offices,

etc. If you know of some children who would like to run, stop out on Wednesday evening to pick up some brochures. Or you can just stop by my house where I have a box on the sun porch with brochures.

What a fantastic group of people showed up at Jackson Morrow Park last Sunday to clear a trail through the wooded section. Eric Matthews and his two young men, Shane Elmore, Jeff Kuczera, Josh Berndt, Brian and Patti Reinhardt, Will Irvin, and my wonderful wife, Robin... I hope I didn't miss anyone... This group had the trail cleared out and marked with fallen trees along the edges, poison ivy and roots removed, in less than one hour. I think we worked for 25 minutes and pattered around for the next 30 minutes. If you see them hanging around or running, be sure and give them the thumbs up for a great job, well done.

We can still use help for the program. I am EXTREMELY concerned for the first night when kids register. If you don't want to participate each week, but you are willing to help the first two weeks only or even just the first week I would really appreciate your phone call letting me know that you will be there.

Mark Shorter has copies of

those who wanted to be in the CKRR club directory. If you want to receive one, give him a call and he will be happy to give you one. Mark did all the work to compile this list and those of us who use this directory are glad he did. Thanks Mark.

Ray Tetrault
"Captain Coyote"

The below email was sent to our club from Becky Lambros. CKRR is filled with people who want to help and make our world a better place to live in. Please consider this option for helping in this cause.

Keeping Pace - Help a Runner... Save a Life!

Runners are known for their caring attitudes. Most can be found on the weekends running or volunteering for many causes and concerns in their communities. We have been given the opportunity to help a fellow runner, Linda Shumacher, President of the West Florida Y Runners Club.

On February 23, 2005 Linda's daughter Raquel was diagnosed with a life threatening disease, Acute Myelogenous Leukemia

(AML). Although Raquel has undergone many days of chemotherapy, to be cured she is in desperate need of a bone marrow transplant.

You Can Help!

The easiest way to help is to contact your local Red Cross or blood donation center and ask when they are having their next bone marrow drive. There are usually a few scheduled each month. It is a simple matter of taking a blood test and answering some questions. A person of any race, ethnicity or gender who is 18 to 60 (up until 61st birthday) years old and who meets donation health guidelines can become a volunteer potential marrow or blood stem cell donor. To join, you complete a short health questionnaire and sign a form stating that you understand what it means to be listed on the Registry. Then, a small blood sample is taken to find your tissue type. This information is added to the Registry. If you are chosen, your donor center will contact you. To learn more about the National Marrow Donor Program visit their website at <http://www.marrow.org/> Thank you for your help and good running!
Becky Lambros
RRCA Executive Director

CK Presence Felt at the Mini (continued from page 1)

finishers. The top masters finisher was club chaplain Dana Neer with a 1:23:36 and a 167th place overall finish. Carla Yerkes was both the top overall woman as well as the top masters runner with a 1:32:47 and a 666th place finish (something you want to tell us about your placing Carla? LOL).

But the real fun is in Military Park at the Club Kokomo tent. Seems like anybody and everybody stops by for some camaraderie and has a great time just hanging out after the race and enjoying a cold water,

soda, or beer, the first two of which are provided by the club. There are always plenty of stories to tell and races to be re-lived that run the gamut from huge success to miserable failure, but in the end it seems to be smiles that rule the day.

And as is the case most years many of find reason to get together after that for a bite to eat and this year we chose Claddagh Irish Pub in Carmel, surprisingly enough with Johnny 'O leading the charge! Go figure! The post

race festive attitude continued there with good food and spirits to go along with many more smiles.

If the Indy Mini with Club Kokomo hasn't been a habit of yours in the past you really should consider making it a part of your plans for next year!



Carla runs to an impressive finish at this year's Mini.

Adopt-A-Highway

By Charlie Skoog



Our first scheduled cleanup was on Thursday, April 7, at 1:00 PM. Many of you were on Spring Break, soaking up rays down South or chillin elsewhere, and of course many were working. When I arrived at the Macedonia Church on Highway 19 it was a cool

wind out of the North and then the rains came. I was greeted by my favorite "trash-buster", Debra Bowman, and Kelly Wright had brought a van load which included one of her Pettit Park students, Levi Fouch, and 3/8 of the Tetrault clan, Megan, Matt, and Mindy. Despite the harsh conditions our game crew decided to "hit the highway", breaking up into two teams with Deb, Levi and myself taking the West side and Kelly and the Tetrault's on the East. We headed South, expecting reinforcements to arrive about 2:30 to 3 PM.

Levi proved to be an awesome worker and we worked fast to stay warm. When we had covered about 1.5 miles we began to wonder where the rest of our help was and how we were going to get back to our

starting point. After another mile with SR 26 in sight, the calvary arrived in the form of Mike Bach who also had his trailer to pick up our many bags of trash. While we were finishing up the South end, Robin Cole, Tim Buckalew, Greg Townsend, and Harvey Zinschlag arrived and were heading North from the church to SR 22.

CK Adopt-A-Highway founder, Steve Wand, had already covered the section from SR 26 to 500 S, so by the time Mike had gathered us cold and wet workers, loaded all the trash bags, and transported us back to the church, the rest of our crew was finishing up the North section.

The work was fun and rewarding, but in all seriousness, we could really use some additional helpers, so.....please consider joining our team on the next cleanup. The decision was made to reward the team by scheduling a pizza party April 23 at the Tetrault home, featuring the famous "Ray's Pizza" as well as a delicious dessert pizza made by Kelly who can obviously do more than just run fast! Thanks to all present, past, and future volunteers.

The next scheduled workday will be Saturday, July 23, at 8 AM. Following the cleanup we will adjourn to Panera Bread for brunch with Club Kokomo and the UAW Local 292 Conservation Committee picking up the tab.

Hope you can join us for fun and fellowship. For further details call 457-2607 or runckrr@aol.com.

Bulletin Board

Please plan to attend the annual 4th of July gathering, Starting at 1:00pm, July 2nd, after the Haynes Apperson races at Dave & Nancy Whites. Bring a covered dish, or dessert, drinks, lawn chairs, and a swimsuit The White's live 3/8 of a mile West of Alto, turn right(Carmelita Blvd), and go to the dead end. Call 864-0112 for more info.

For Sale - 1 week - Sept. 30th to Oct 7th -2 Bedroom luxurious Westgate Smoky Mountain Resort.

Sleeps 8, 1 large bedroom suite with Jacuzzi and full bath, full kitchen, living room, washer and dryer,-sleeps 4 (plus), and an efficiency that sleeps 4. Beautiful lodge set between Gatlinburg and Pigeon Forge. \$500 Call Ray or Robin Tetrault if interested or if you have any questions. (pictures available)

Meet Tony Kirgis



Name: Tony Kirgis

Age: 40

Family: Wife - Nancy (schoolteacher at Maconaquah), Daughter - Sarah (14, going into high school at Northwestern)

Hometown: I grew up in Iowa but currently live in Kokomo

Occupation: Director of Information Technology - First National Bank & Trust

Years Running: 9 months (Sept. 2004)

Reason for starting to run: Watched my brother compete in duathlon and could hardly stand watching him compete while I was on the sidelines cheering him on. Felt an overwhelming desire to have my running shoes from high school (20+ years ago, maybe a new pair instead) and joining in on the fun!

Running/walking Goals: I use to run sub-5 minute miles in high school. I don't think I can get there again, but believe I can get much closer than I am now. My best 5k is 23:48 (Old Ben 5k, 7:39/mile pace). I would like to see the pace continue to drop (I like the idea of running in front). I am also training to compete in a couple of duathlons this year.

Favorite Run or Race: None, I like them all! Although I would have to say the hardest run has been the Shoe Sucker 7 over in Huntington.

Hobbies and Other Interests: I enjoy golfing, and biking. I attend First Baptist Church in Kokomo (corner of Taylor and Washington).

Reason for joining Club Kokomo: Brian Reinhardt is an old friend from my days at Grissom when they had real jets there (A-10 Warthog). I remember knowing of Brian's enjoyment of running all those years ago, and when I ran into him at a couple of the recent 5k events in Kokomo he was a real encouragement to come join the club. So I came out a couple of Wednesdays to test the waters. After running a few times with the club, Brian said I couldn't run for free and I should join the club. I am sure he was joking about the running for free part, but he was an encouragement as well as many others in the club. I like the idea of community and being with like minded individuals, we somehow become stronger when we know others are there to help and encourage.

On the Roads

By Johnny 'O



CLUB SCHOLARSHIPS
Club Kokomo Roadrunners Mike Cowan Memorial Scholarship Committee members Lorene Sandifur and John Wiles are proud to announce that Laura Bauson, Josh Daugherty, Amber Longwith, Stephanie Miller, and Megan Tetrault are the scholarship recipients for 2005.

Thanks to CK members who purchased 50-50 tickets at club events and participated in CK's Age-Graded Race, each recipient will be presented a \$300 check at Club Kokomo's Coyote Kids awards program at Jackson Morrow Park on July 21.

Two of the scholarship winners will be college seniors and the other three will be college freshmen this fall. Information about the recipients and some of their comments on their applications follows.

Laura Bauson is the daughter of Bill and Cassie Bauson, 3243 N. County Road 500 East, Kokomo. She is a Northwestern High School graduate with a 12.5 grade point average on a 12-point scale. Laura plans to attend Michigan State University and major in animal science with an emphasis on pre-veterinary medicine.

"Running has been a part of my life from the time I ran my first Club Kokomo race at the age of seven with my mother," Laura wrote.

Since then, Laura has participated in many Club Kokomo races. She has been a member of Northwestern's varsity cross-country team for four years and varsity track for three years, and completed three Indianapolis Mini Marathons.

"Running has not only kept me in shape physically, but it has also contributed to the shaping of my character. Through running, I have grown closer to my friends, family, and to my God."

Laura is not going to join Michigan State's cross-country team, but she does plan to continue to run on her own time.

"Though I may never be the strongest competitor or the greatest athlete, I will continue to run because of what running means to me."

Josh Daugherty is the son of Mike and Marsha Daugherty, Winamac. Josh is a senior at the University of Indianapolis with a major in English teaching and a minor in writing. His GPA is 3.885 on a 4.0 scale. He has been on the Dean's List each semester and a member of U of I's cross-country and track teams for three years.

Josh has been running and racing since he was nine years old. The sport has played a "beneficial role in the development" of his personality.

"Some may say runners are all the same, but that is as ridiculous as saying everyone in the entire world is the same. It is amazing how many different characters one meets on the roads and in the woods. One meets friends, opponents, and others that effortlessly resist such easy classification. ... I have had the privilege of interacting with a plethora of interesting people that have inspired and taught me various things, whether the knowledge would typically be considered helpful or not. I increasingly appreciate the diverse characters that have crossed my path and the various attitudes they have inspired. ... An open mind receives wisdom from every experience, and running has and will continue to offer useful experiences and reflections, helping to prepare me to one

day to be a significant inspiration to a number of people even greater than those who have inspired me."

Amber Longwith is the daughter of Robert and Cathy Longwith, 707 Riverview Drive, Kokomo. She is a Kokomo High School graduate. Her GPA was 11.292 on a 12-point scale. She plans to attend the University of Indianapolis and major in professional sports media.

Amber has been running for seven years. She was a member of Kokomo High School's cross-country and track teams and Club Kokomo for four years.

"Through running, I have made many new friends and learned a lot about myself. I have learned about competition and the desire to be better. ... Running has given me the determination and desire to succeed. ... It has also been fulfilling to participate in events such as Relay for Life and Club Kokomo's Charity Run."

Stephanie Miller is the daughter of Tim and Mary Miller of Bunker Hill. She is a senior at Indiana Wesleyan University. She has a 3.71 GPA on a 4.0 scale. She also was named to the National Dean's List of America's College Students. Stephanie plans to be a pediatric nurse practitioner. She has been a member of the university's cross-country and track teams for three years.

"As a young girl, I was taught so much about running and life from the members of Club Kokomo Roadrunners. I feel that it is now my turn to give back the knowledge that was given to me."

Stephanie wants to coach runners some day, so she is taking a coaching track-and-field class next year at Indiana Wesleyan.

"This summer I look forward to attend-



Laura



Josh



Amber



Stephanie



Megan

On the Roads (Continued)

ing as many road races as I can, and hopefully, I will be a mentor to the younger runners. I know from experience that it is good to have a role model when you are younger. I hope I can be a role model for at least one young runner through my words and actions towards others and the sport of running."

Megan Tetrault is the daughter of Ray and Robin Tetrault, 1404 W. Defenbaugh St., Kokomo. She is a graduate of Kokomo High School. Her GPA was 10.614 on a 12-point scale.

This year in Kokomo High School's Cadet Teaching program, Megan helped a fifth grade teacher at Columbian Elementary School.

"Seeing the excitement on the children's faces as I enter the classroom provokes a feeling within my heart unlike anything I have ever felt. When I leave Columbian Elementary, I feel as if I am the most blessed and fortunate human being in the whole world."

Megan wants to be a teacher and plans to attend Indiana Wesleyan University and major in elementary education.

Megan was a member of Kokomo High School's cross-country team for two years and the track team for three years.

"I have a passion for running that most people do not fully understand. I may not be the fastest, but I love to run and push my body to the limit and be able to feel the glory of a victory or the upset of a loss. Track and cross-country have taught me that with effort, practice, and time, a positive result is the outcome."

\$6,480 IN SCHOLARSHIPS

There have been 29 Club Kokomo Mike Cowan Memorial Scholarships worth \$6,480 given to 19 youth since the scholarship was established seven years ago.

Encouraging youth to run was one of Lorene Sandifur's goals when she became president of Club Kokomo in 1998. CK sponsored the first Mike Cowan Youth Races that year. Last year, the one-day Cowan races were expanded into CK's six-week Coyote Kids Program.

The late David Kasey secured \$2,000 in donations from local businesses, and CK established the Mike Cowan Memorial Scholarship in 1999. Receiving \$250 each that year were Seth Daugherty, Jill Pennycoff, and Elizabeth Shockey.

Other scholarship recipients over the years include Christan Bahler, Grace Bauson, Sarah Bauson, Ben Bruce, Melia Harrison, Ryan Hur-

lock, William Irvin, Tim McBee, Zach Newman, Bryan Phillips, and Melissa Tetrault.

Today, the scholarship is funded by 50-50 drawings at CK races, and CK's Age-graded Race in August, which is directed by Club Treasurer Mark Shorter and past club president Gary Jewell.

FINAL THOUGHT

Johnny 'O's Irish eyes were smiling when he heard how his niece Erin and his adopted



Sara and Erin display their message prior to Mini's start.

nieces Sara and Jamie created a memory for their last weekend as seniors at Ball State University. They also set the bar for the toughest but most fun way to spend the night before running your first Indianapolis Mini Marathon.

After an Indiana University basketball game at Consecro Fieldhouse in December, Johnny and Annie 'O and friends discovered the Howl at the Moon, a fun-filled, sing-along spot a block from the Fieldhouse.

Little did Johnny and Annie 'O realize that their description of their rollicking good time at the Howl would play a role in the Ball State seniors' final weekend plans.

The future leaders of America went to the Howl the night before the Mini and "howled" songs, including the Ball State fight song, and danced until 3 a.m. They then parked their car on Capi-

tol Avenue near the RCA Dome, and fell asleep. Well, Jamie didn't sleep. She stayed awake on guard duty.

Runners began moving past their car at 6 a.m., so Jamie woke Erin and Sara, saying, "There's all kinds of people out there stretching and jogging."

Erin and Sara "rolled out" of the car and went into a restroom in the Indiana Convention Center. They used their fingers to brush their teeth, changed into their running gear, and headed to their starting corral. When Erin and Sara started running the Mini, they did not stop until they reached the Indianapolis Motor Speedway. Like most first-time Brickyard visitors, they had their picture taken on the track. Erin and Sara soldiered on and crossed the Mini's finish line in 2 hours and 15 minutes.

While her friends ran, Jamie, who will be a nurse, was in anguish watching runners finish the race. "Some of them looked so bad that I wanted to run out and help them," she said.

When Aunt Annie 'O arrived, the "Party" girls were stretched out on the ground. When they saw Annie 'O, they jumped to their feet and said, "Uncle John would be proud."

Having run 19 Mini's, starting with the second one in 1978 that had no water, Uncle Johnny 'O is indeed proud and amazed at their accomplishment, and he wonders if such a night-before carbo-loading party would help him finish next year's 30th Indy Mini.



Sara, Erin, and Jamie "hydrating" at the Howl at the Moon.

Relay for Life Just Around the Corner

By Cindy Sanders

Relay for Life is fast approaching. The relay begins on June 17th at 6:00 P.M. with the Survivor Walk continuing through June 18th and ending at 6:00 P.M. This will mark the 10th anniversary for the Relay for Life in Kokomo. This is a very special and significant event for our community as individuals and groups come together in the quest to raise cancer awareness and funds for research. During the Luminaria Ceremony at dusk names of those fighting cancer, lost loved ones, and survivors are recognized. This ceremony serves to unite us and to strengthen our resolve and determination in believing in a future where cancer is just a word that does not evoke fear, uncertainty, anger, helplessness or loss.

This local event benefits our community

as we raise money to fight this horrible disease. Through research, raising awareness, educating people about early detection, and treatment options we are making a difference.

Again Club Kokomo Roadrunners has a team. You may earn 10 club points by registering, signing up to walk or run for one hour and by paying the \$10.00 fee. Deadline for registration is June 10th. Call if you need to register, sign up, or pay the fee. Before entering the track come to the CKRR tent to sign in.

Jack and I are always excited about the relay and many share our enthusiasm and optimism. We look forward to seeing you at the relay. Remember that we won't reach the finish line until we find a cure.

Jack and Cindy Sanders
(765)455-3129



Relay for Life Schedule

We really need to have someone on the track at all times so feel free to come and walk or run even if there is somebody already scheduled. The more the merrier for this awesome event! Here's what we have as of submission of the newsletter.

Friday, June 17th

- 6:00 P.M. Jerry Lambert/Steve Wand
- 6:30 P.M. Jim and Roxane Burrous/Steve Wand
- 7:00 P.M. Diana Anderson
- 8:00 P.M. Sharon Miller/Karmen Glaspy
- 9:00 P.M. Keith McAndrews/Al Hochgesang
- 9:30 P.M. Keith McAndrews/Dana Neer/Western XC
- 10:00 P.M. Mary Miller
- 11:00 P.M. Charlie Skoog

Saturday, June 18th

- 12:00 A.M. Moe and Kelly Wright
- 1:00 A.M. Dave and Shannon Reinagle
- 2:00 A.M. Brett Sanders
- 3:00 A.M. Jack Sanders
- 4:00 A.M. Travis and Gina Sheets
- 5:00 A.M. Mark Shorter
- 6:00 A.M. Joyce Pennycoff
- 7:00 A.M. Tammy Barnes/Pat Robertson
- 8:00 A.M. Jeanette and Alexandra Merritt

- 9:00 A.M. Nicole Peel
- 10:00 A.M. Angie Banush
- 11:00 A.M. Bill Barnett
- 11:30 A.M. Rhenda Acton
- 12:00 P.M. Amber and James Longwith
- 1:00 P.M. Ray and Robin Tetrault
- 2:00 P.M. Brian, Patti and Quinn Reinhardt
- 3:00 P.M.
- 4:00 P.M.
- 5:00 P.M.



Nicole Peel and Gina Sheets display their elite women bibs proudly at the John Norris Jackson Morrow 4-Miler.

New Members

Jordan Brown

Felicia Fiacco

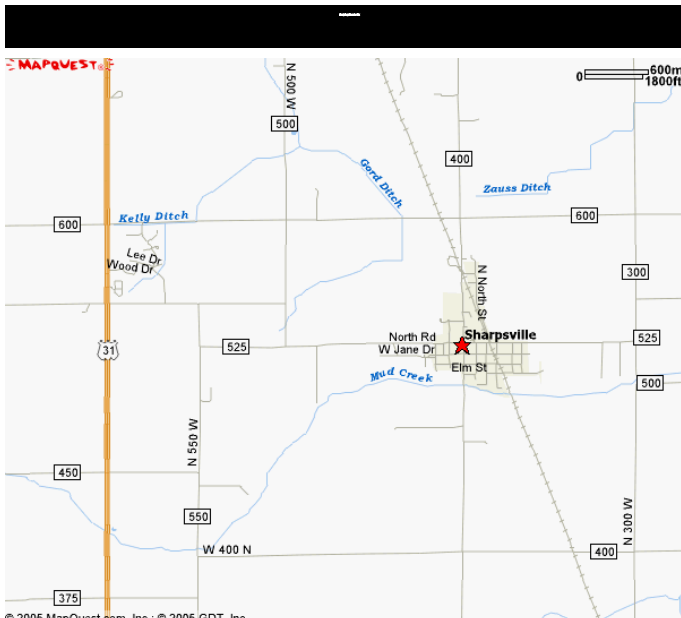
Levi Fouch

Charles Frisinger

Tony Kirgis

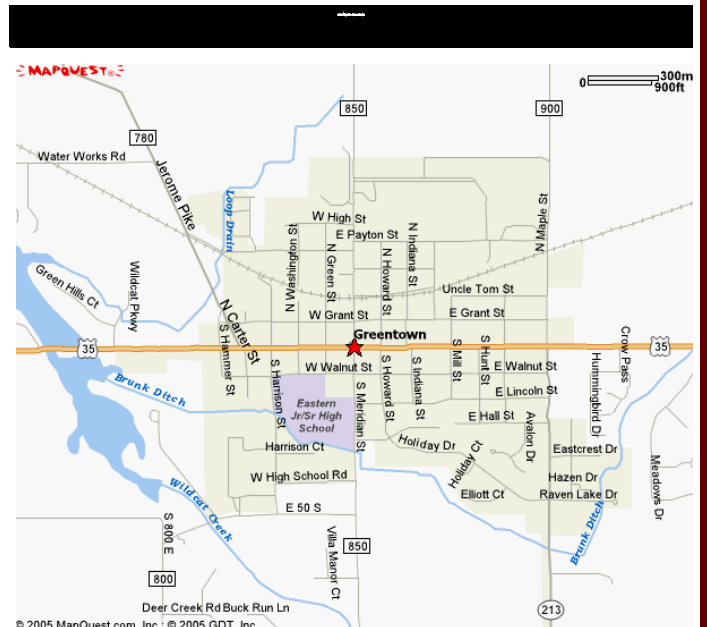
Ryan Woolever

**Welcome to
Club Kokomo
Roadrunners!**



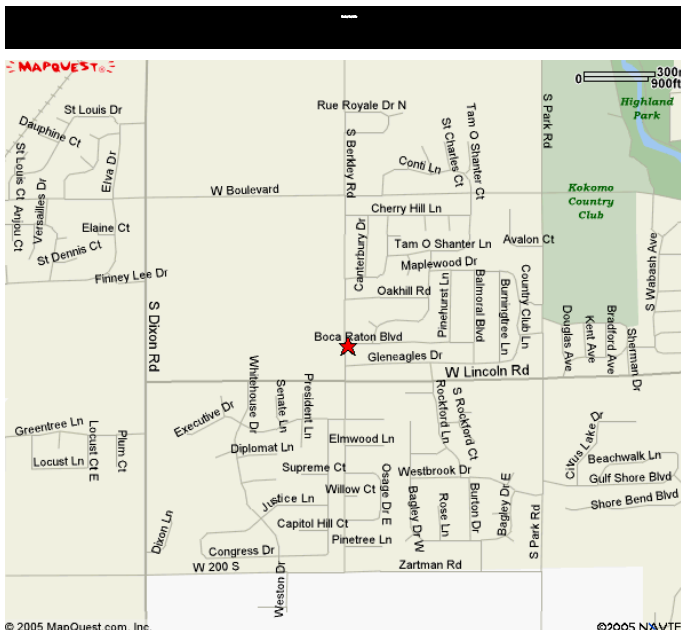
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From the north take US 31S to SR 26. Take SR 26 East to 400E. Take 400E south to Sharpsville. From the south take US31N to 200N in Tipton County. Take 200N east to 400E. Take 400E north to Sharpsville. The race starts in the town park.



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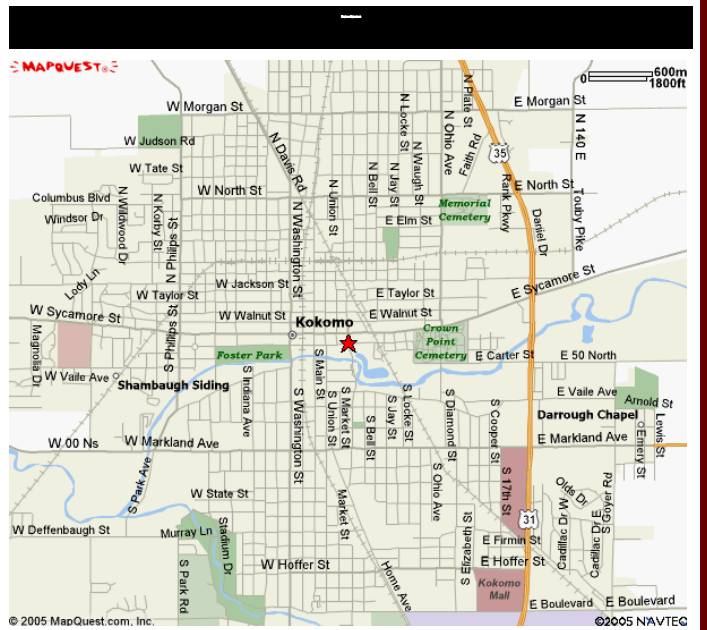
From the west take US35E to Greentown. Turn right (south) on S. Harrison St. and go one block to W. Walnut St. Go left (east) on W. Walnut St. just past the high school track to the parking lot on the right. From the east take US35W to Greentown. Turn left (south) on Meridian St. and go one block south to W. Walnut St. Turn right (west) on W. Walnut St to the parking lot on the left.



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From the north take US 31S to Lincoln Road. Take Lincoln Road west (right) for approximately 2 miles. Turn north (right) on Berkley Road and the track for Relay for Life is on the left. From the south take US 31N to Lincoln Road. Take Lincoln Road west (right) for approximately 2 miles. Turn north (right) on Berkley Road and the track for Relay for Life is on the left.



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From the north take US31S to Sycamore St and head west (right). Take Sycamore for approx. 1.5 miles to Apperson Way. Go south (left) on Apperson Way. Memorial Gym is one block down on the left. From the south take US31N to Markland Ave and head west (left) for approx. 1.5 miles to Apperson Way. Go north (right) on Apperson Way. Memorial Gym is approx. a half mile and will be on the right.

2004-2005 CKRR 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, Indy 500 Mini-marathon, Peru Trail Run, Jackson Morrow Run, and any one marathon, one half-marathon, or one volunteer.

Runners

Women

0-12

Waverly Neer 4-80
Shelby Revils 5-72V
Kierra Howell 3-50V
Kayla Reinagle 2-35
Mindy Tetrault 1-20V
Zoe Irvin 1-10
Lauren Weber 1-10

13-19

Amber Longwith 6-91V
Vanessa Lorenz 5-84
Sarah Bauson 4-59H
Megan Tetrault 3-50
Laura Bauson 3-49H
Annina Gruber 1-20
Anna Hurlock 1-20
Becky Elliott 1-10

20-24

Michelle Tetrault 6-105
Grace Bauson 3-60H
Christan Bahler 1-20
Stephanie Miller 1-20
Diana Anderson 1-5

25-29

Kelly Wright 10-190MH
Shannon Reinagle 8-125H
Allison Irvin 7-99H
Justine Eads 3-42

30-34

Jeanette Merritt 5-77V
Nicole Peel 4-75H
Heather Weber 4-70
Lisa Jones 4-65H
Amy Graves 2-35H
Julanne Packard 2-32
Robyn Pagington 1-20
Lisa Stucker 1-15

35-39

Gina Sheets 9-162MHV
Tami Moore 6-89H
Angie Banush 3-52H
Teresa Long 3-50H
Kim Anderson 1-20
Tracy Carden 1-15

40-44

Patti Reinhardt 11-190MH
Sharon Miller 8-122H
Roxane Burrous 7-119MH
Angela Minnefield 3-60
Lynn Howell 3-45
Nancy Anderson 1-5

45-49

Cassie Bauson 6-115
Cheryl Marner 4-70H
Brenda Masters 3-60HV
Pam Fisher 2-40H
Sandy Knowland 2-35
Ellen Marie Nichols 2-35H
Carla Yerkes 1-20H
Lorie Zandi 1-20H

50-54

Robin Tetrault 10-67MHV
Joyce Pennycoff 7-135HV
Lorene Sandifur 5-90HV
Rhenda Acton 4-65V
Sara Miller 3-60H
Robin Cole 3-32
Christine Williamson 2-29

55-59

Karmen Glaspy 6-115HV
Doris Griffith 3-60HV
Lien Koztecki 1-20
Anne Wiles 1-20V
Shirley Wilson 1-20H
Kathy Barnett 1-10
Toni Rethlake 1-10

60-64

Susan Gerhart 2-40H
Sarah Kleinknight 1-20H
Trudy Pierce 1-20H

Men

0-12

Quinn Reinhardt 7-130V
Josh Revils 7-107V
James Longwith 5-90V
Leighton Adair 1-20
Levi Fouch 1-15
Keith Bauson 1-10

13-19

Matthew Robertson 5-87
Sam Williamson, Jr. 6-85
Daniel Riffe 4-57
Brandon Sheline 3-47
Bryan Phillips 2-40
Mason McGovern 2-35
Tony Robinette 2-30
Adam Bahler 2-22
Jesse Bauson 1-20H
Alec Digard 1-20V
Michael Marley 1-20
Steve Peugh 1-20
Jordan Brown 1-15

20-24

Seth Daugherty 4-75H
Mark Eads 3-52
Eric Newman 2-30
Michael Anderson 1-20
Kevin Callaghan 1-20V
Josh Daugherty 1-20

25-29

Matt Yarosz 3-60
Kevin Sites 3-60H

30-34

William Irvin 8-140HV
Jeff Kuczera 6-120H
T.A. Weber 7-104H
Keith Hill 3-50H
David Reinagle 3-32
Vernon Graves 1-9
Ravi Nagaragu 1-8

35-39

Michael Graham 10-172H
Anthony Campbell 4-72H
Andrew Maibaum 4-60
Ron Moore 3-50

40-44

Dana Neer 7-135H
Byron Bundrent 8-116H
Brian Reinhardt 8-112MH
Ken Swinehart 6-91H
Gary Jewell 5-90
Mark Webster 4-58H
Dan Lutes 3-50MH
Terry Bogue 2-40H
Mike Jones 1-20H
Tony Kirgis 1-20H

Jack Lotzgeselle 1-20H

45-49
Ray Tetrault 9-137MH
Al Hochgesang 7-135H
Earl Strong 7-107H
Eric Mathew 7-99H
Matthew Bolinger 4-50H
David Gardner 2-40H
R.J. Kerr 2-40V
Brent Marner 2-40H
Russ Hovermale 2-35
Jerry Meiring 3-29
Greg Townsend 1-20V
Jeff Hemmeger 1-8
John Anderson 1-5

50-54

Charlie Skoog 10-172MH
John Sites 8-145MH
Mark Shorter 9-126H
Chuck Masters 6-120H
Mike Deardorff 9-118MH
Michael Campbell 4-65MH
Dave White 4-55H
Steve Wand 4-45H
Don Gifford 3-42H
Rex Piercy 3-38V
Larry Grant 3-33H
Karl Stoneking 1-20H
Mike Rethlake 1-10

55-59

Ricke Stucker 10-200MH
Ed Oliphant 7-120H
Sam Williamson, Sr. 7-116H
David Hughes 8-115M
Tom Miklik 7-110MH
Fred Chew 5-69H
John Wiles 3-48V
Phil Leininger 2-30H
Garry Hill 1-7

60-64

Stan Shuey 9-134
Bill Barnett 7-130H
Dale Sullivan 6-110H
Jim Burrous 6-91H
Doug Mankell 3-39H
Ernie Strawn 1-10

65-69

John Norris 6-120MV
Robert Cupp 6-110
Charles Johnson 1-20H
Dick Summerton 1-12

70+

Bill Heck 5-100
Milt Brown 4-65V

Walkers

Women

Mary Miller 10-190H
Amanda Pena 8-125
Pat Robertson 10-101H
Debbie Riffe 8-98
Raye Jean Swinehart 6-74H
Jane Inman 5-68H
Marsha Daugherty 6-64
Cynthia Sanders 8-64
Amy Revils 4-40V
Sona Camp 2-27V
Debra Bowman 2-23V
Sylvia Burgin 3-23
Geana Moore 1-20
Jan Stucker 1-20
Sue Smock 1-20H
Diane Gifford 2-18
Edwina Faust 3-17
Helen Brown 1-10
Barb Hobbs 1-10

Men

Jerry Lambert 9-152HV
Rick Spencer 8-150HV
Keith McAndrews 8-119HV
Tim Taflinger 9-107
Tim Revils 6-79H
Robin Michael 7-77H
Jackie Sanders 8-71
Steve Inman 5-66H
Russell Fox 5-64
Melvin Hobbs III 3-50H
Toney Lorenz 2-27
Jack Sanders 1-20
David Plantenga 1-20V
John McGinty 1-8
Dave Woelfel 1-6

Secrets to Becoming a Better Runner and a More Complete Person

By **Charlie Skoog**

Secret #1 - Last night, May 25, I showed up at Old Ben for CK's weekly training and fellowship session. I was joined by about thirty of you ranging in age from, less than one Zoe and "little" Cory being pushed by mom's, Allison and Tammy; to sixty-something's Stan and Dick. There were beginners, veterans, want-to-be's, used-to-be's, could-be's, and everything in between. During the run, walk, and dinner that followed there was some talk of past triumphs and failures but most of the dialogue centered on future plans, aspirations, and how to get there, be it on the road, trail, or in life. There was an amazing amount of energy, sharing, and love that is free to all and if you're only willing to give a little you can gain a lot. I know that I have and I invite you to join us and see what all the excitements about.

Secret #2 - Small Group is where it's at! As the result of seeds that were planted during previous

CK training sessions I have joined a growing number of small groups. I have been motivated, jump started, and excited. One small group is going to the Sunburst Races in South Bend on June 4. I always said I would never run a summer marathon in Indiana but now I'm sure I can do it and I'm pretty sure I can and will qualify for Boston. Thanks Teresa, Nicole, and the rest of the Sunburst crew for planting and watering that seed! We have a growing small group that is actually turning into a large group and that is Captain Coyote's CK trip to the Bar Harbor, Maine Marathon. If you need a goal or just a great mini-vacation, this is the trip for you! My small group number three meets in my driveway every morning, M-F, about 5:15 AM. This has been going on now for a month and it has transformed by life physically and spiritually. I received a call from Pastor Brad Swain, who was interested in getting back into running and was looking for a training part-

ner. Since Brad can only run early in the morning and I needed to do the same to prepare for the 5:45 AM Sunburst start, and I knew that CK running legend Kenny Bennett runs EVERY morning in my neighborhood, I had Brad call Kenny and my days of sleeping in are history! This has been a challenge for me because these two guys are "only" 45 and they each have some serious talent, but the rewards for all of us has been tremendous. My hope for all is that through CK you can find similar partners, groups, and relationships, to take yourself to another level of growth and achievement.

Secret #3 - "It's not about you." Hey...wait a minute...That book's already been written and if you haven't read it, I will give you a hint. It only takes the magic number of 40 days and will change your life! Read, run, love and live!



Sam Williamson, Sr., Sam Williamson, Jr., Stan Shuey, and Mark Shorter compete at the John Norris 4-miler in Jackson Morrow Park.

Race Results

Indy Mini

May 7, 2005 7:30 A.M.

25029 finishers 12608 female 12421 male

124	Seth	Daugherty	1:21:33
167	Dana	Neer	1:23:36
279	Brian	Reinhardt	1:26:16
280	Chuck	Masters	1:26:17
392	David	Gardner	1:28:37
581	Dan	Lutes	1:31:38
666	Carla	Yerkes	1:32:47
1062	Earl	Strong	1:36:38
1099	Eric	Mathew	1:37:00
1146	William	Irvin	1:37:21
1310	Mark	Shorter	1:38:41
1516	Anthony	Campbell	1:39:52
1536	Kelly	Wright	1:40:00
1864	Ricke	Stucker	1:42:07
2343	Jesse	Bauson	1:44:41
2495	Bill	Barnett	1:45:24
2572	Donald	Gifford	1:45:50
2674	Ed	Oliphant	1:46:19
3292	Matthew	Bolinger	1:49:02
3539	Keith	Hill	1:50:02
3540	Terry	Bogue	1:50:02
3602	Jack	Lotzgeselle	1:50:20
3882	Roxane	Burrous	1:51:27
4440	Shannon	Reinagle	1:53:39
4760	Lorene	Sandifur	1:54:47
4886	Mike	Deardorff	1:55:12
4972	Lorie	Zandi	1:55:32
5764	Angie	Banush	1:58:01
5765	Michael	Campbell	1:58:01
5855	Karl	Stoneking	1:58:16
6047	Tom	Miklik	1:58:51
6066	Teresa	Long	1:58:54
6059	Dave	White	1:58:54
6221	Ken	Swinehart	1:59:22
6493	Dale	Sullivan	2:00:15
6522	Mike	Jones	2:00:24
6564	Cheryl	Marner	2:00:30
6757	Tony	Kirgis	2:01:14
6944	Sara	Miller	2:01:56
6997	Brent	Marner	2:02:07
7049	Cindy	Sutherland	2:02:17
7343	Sam	Williamson Sr.	2:03:18
7423	T.A.	Weber	2:03:36
7949	Cassie	Bauson	2:05:27
7967	Rick	Spencer	2:05:30
8213	Allison	Irvin	2:06:21
8343	Gina	Sheets	2:06:45
8458	Tami	Moore	2:07:03
8532	Jim	Burrous	2:07:18
8613	Joyce	Pennycoff	2:07:33
8705	Sarah	Bauson	2:07:52
8759	Phil	Leininger	2:08:02

9268	Larry	Grant	2:09:46
9282	Steve	Wand	2:09:50
9314	Grace	Bauson	2:09:57
10611	Amy	Piazza-Graves	2:14:15
11627	Lisa	Jones	2:17:39
12524	Fred	Chew	2:21:02
12735	Doris	Griffith	2:22:00
13816	Keith	Mcandrews	2:26:34
13835	Travis	Taflinger	2:26:40
13900	Brenda	Masters	2:26:56
14429	Mary	Miller	2:29:26
14950	Laura	Bauson	2:32:12
15428	Bill	Bauson	2:34:46
15763	Mark	Webster	2:36:45
16154	Sarah	Kleinknight	2:38:58
16647	Jerry	Lambert	2:42:12
17345	Doug	Mankell	2:46:54
17664	Sue	Smock	2:49:16
17703	Mike	Graham	2:49:34
17725	Ellen	Nichols	2:49:44
18060	Melvin	Hobbs	2:52:26
18748	Shirley	Wilson	2:57:41
18999	Steve	Inman	2:59:24
19518	Raye Jean	Swinehart	3:04:11
19802	Jane	Inman	3:06:32
19866	Karmen	Glaspay	3:07:10
19868	Sharon	Miller	3:07:11
20400	Susan	Gerhart	3:11:45
20405	Trudy	Pierce	3:11:46
21557	Charles	Johnson	3:20:42
22744	Timothy	Revils	3:31:12
23202	Pat	Robertson	3:35:59
23734	Pamela	Fisher	3:41:51

6.	Will Irvin, 19:42
7.	Tony Campbell, 20:23
8.	Jordan Brown, 20:33
9.	Sam Williamson, Jr., 20:43
10.	Charlie Skoog, 20:47
11.	Mark Shorter, 20:52
12.	Ray Tetrault, 21:59
13.	Sam Williamson, Sr., 22:47
14.	Tom Miklik, 23:09
15.	Sarah Bauson, 23:21
16.	David Hughes, 23:37
17.	John Norris, 23:44
18.	Gina Sheets, 23:47
19.	Grace Bauson, 23:50
20.	Stan Shuey, 24:00
21.	Patti Reinhardt, 24:17
22.	Cassie Bauson, 24:20
23.	Joyce Pennycoff, 24:32
24.	James Longwith, 25:59
26.	Amber Longwith, 26:55
27.	Robin Tetrault, 26:58
29.	Michael Graham, 27:05
30.	Michelle Tetrault, 31:19
32.	Jeanette Merritt, 37:37

CKRR 3 Mile Walk

1. Tim Taflinger, 32:28
2. Mary Miller, 32:31
3. Amanda Pena, 33:45
4. Robin Michael, 35:56
5. Debbie Riffe, 39:17
6. Pat Robertson, 45:52
7. Jackie Sanders, 49:37
8. Cynthia Sanders, 49:42

Indy 5k

May 7, 2005 8:00 A.M.

3414 finishers	2186 female	1228 male	
7	Byron	Bundrent	17:54
44	John	Anderson	20:49
163	Stan	Shuey	24:38
392	Diana	Anderson	26:58
394	Nancy	Anderson	26:59
1463	Joshua	Revils	37:57
1466	Shelby	Revils	37:59
1569	Amy	Revils	39:32
2562	Cynthia	Sanders	52:00
2566	Jackie	Sanders	52:01

Peru Trail Run

May 14, 2005 8:00 A.M.

Peru, IN

2. Jeff Kuczera, 16:31
3. Gary Jewell, 16:51
5. Matthew Robertson, 18:20



Brenda Masters basks in the glory that is finishing your first Mini-marathon.

Race Results (Continued)

**John Norris Jackson Morrow
Park 4 Mile Run
May 21, 2005 8:00 A.M.
Kokomo, IN**

(Note: Runners ran various distances - points will be scored 20 points for each club finisher in age groups where an obvious winner could not be determined)

1. B. J. Needler, 24:15
4. Jeff Kuczera, 24:46
5. Gary Jewell, 25:07
6. Dana Neer, 25:46
7. Byron Bundrent, 26:13
8. Brian Reinhardt, 26:53
9. Chuck Masters, 26:57
11. Matthew Robertson, 27:19
12. Wavery Neer, 29:01,
Women's winner
14. William Irvin, 29:57
15. Sam Williamson, Jr, 30:10
16. Earl Strong, 30:21
17. Eric Mathew, 30:52
18. Tony Campbell, 30:52
19. Charlie Skoog, 31:04
20. Kelly Wright, 31:05

21. Stephanie Miller, 31:11
22. Mark Shorter, 31:21
23. Robyn Pagington, 31:26
24. Angela Minnefield, 31:29
25. Rex Piercy, 31:39
26. Patti Reinhardt, 31:48
27. Nicole Peel, 31:50
28. Ed Oliphant, 31:59
30. David Hughes, 32:07
32. Sam Williamson, Sr, 32:27
33. Ricke Stucker, 32:33
34. Stan Shuey, 32:34
36. Bill Barnett, 33:11
37. Ray Tetrault, 33:22
38. Roxane Burrous, 33:26
39. Dale Sullivan, 33:35
41. Mike Deardorff, 34:03
42. Cheryl Marner, 34:12
43. Tom Miklik, 35:14
44. Gina Sheets, 36:08
45. Cassie Bauson, 36:13
46. Joyce Pennycoff, 36:54
48. Jim Burrous, 36:59
49. Allison Irvin, 37:25
50. Tami Moore, 37:25
52. Fred Chew, 38:11
53. Joshua Revils, 38:18
54. Amber Longwith, 38:21

58. Laura Bauson, 38:59
59. Robin Tetrault, 39:02
61. T.A. Weber, 39:18
62. Michael Graham, 39:28
63. Mark Webster, 41:05
64. Robert Cupp, 41:49
65. Robin Cole, 42:52
67. Shelby Revils, 43:12
68. Milt Brown, 43:37
70. Levi Fouch, 44:12
72. Michelle Tetrault, 45:13
76. Karmen Glaspy, 1:01:09
77. Sharon Miller, 1:01:09

16. Edwina Faust, 46:22
17. Jackie Sanders, 49:41
19. Cynthia Sanders, 49:47

Fun Run

1. Landrum Neer, 5:18
2. James Longwith, 5:35

5k Walk

1. Rick Spencer, 30:39
2. Keith McAndrews, 31:09
3. Jerry Lambert, 32:19
4. Mary Miller, 32:50
5. Tim Taflinger, 33:34
6. Amanda Pena, 35:37
7. Robin Michael, 35:43
8. Marsha Daugherty, 38:22
9. Debbie Riffe, 39:13
12. Sylvia Burgin, 42:52
13. Amy Revils, 44:17
15. Pat Robertson, 45:48



Chuck Masters runs to an age group victory at the John Norris 4-miler.

Other Race Results

Pat's Run 4.2 Mile Run

Pat Tillman Foundation
Tempe, AZ
April 16, 2005
3226 Runners

1. Keith Walters 21:02
327. John Norris 31:26 (6th of 64 runners
60 and over)

Meijer Derby Festival Marathon

Louisville, KY
April 30, 2005
562 Finishers

1. Charles Njeru 2:17:44
224. John Norris 3:59:49 (1st in 65-69 age
group).

Country Music Marathon

Nashville, TN
April 30, 2005
Marathon—3,743 Finishers

1. Nephath Kinyanjui 2:15:37
- 1w. Irina Safarova 2:33:53

1476. Roxane Burrous 4:13:37
2028. Ray Tetrault 4:31:01
2029. Patti Reinhardt 4:31:01
3455. Robin Tetrault 5:50:52

Half Marathon—11,392 Finishers

1. Mudasar Haidat 1:10:05
- 1w. Mary Jo Schamlz 1:22:51
4224. Joyce Pennycoff 2:07:11

Run with the Foxes Half Marathon

May 21, 2005
Morgan Monroe State Forest
50 Finishers

1. Lance Rygiel 1:17:10
19. John Sites 2:03:50



Robin and Ray Tetrault, Patti Reinhardt, and Ray and Robin's daughter Missy proudly display their medals after completing the Country Music Marathon. Next time we vow to eat our pasta dinner earlier, get more sleep, and.....oh yeah.....TRAIN for it!

APR 30 2005

Race Calendars

2004-2005 CK Race Calendar

June 04 Helping Hands 5KRun/Walk Time: 8 AM Location: Sharpsville, IN	Cole Porter 15K Run/5K Run/Walk Time: 8:30 AM Location: Peru, IN
June 11 Norris Insurance 5 Mile Run/5K Walk Time: 8 AM Location: Greentown, IN	October 15 Norris Insurance 5 Mile Run/5K Walk Time: 8 AM Location: Bunker Hill, IN
June 17-18 Relay for Life Location: Kokomo High School	November 12 CKRR 4 Mile Run/5K Walk Time: 9 AM Location: McKinley School
June 25 Race for Grace, 5K Run/Walk Time: 8 AM Location: Logansport, IN	November 24 CKRR Thanksgiving Day Fun Run Time: 8 AM (non points) Location: Highland Park
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	

Other Races

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 11 Lake Mingo Trail Run 7.1 miles 2004 2003 9.00 a.m. Kennekuk Cove County Park, Danville IL (217) 431-5318
June 18 Indy Dad's Day 5K Race Against Prostate Cancer 5 Km Run/5 Km Walk Kids .7 Km Run 8:00 a.m. 9:00 a.m. IU Medical Center, Indianapolis, IN The Runners Forum (317) 844-1558
June 25 Buzzard's Roost 10k Run 6:30 p.m. Hamilton Heights Middle School, Arcadia, IN Evan Achenbach (317) 984-3019
July 4 Sallie Mae Freedom Run 10 Km Run 5 Km Walk 8:00 a.m. Holcomb Gardens on the Butler Campus, Tux Bros (317) 733-3300
July 16 DAMAR Race for Success 5 Mile Run/5 Km Walk 8:45 a.m. Ameriplex Business Center, Indianapolis, IN Ken Long & Associates (317) 884-4001
August 6 Run for the Sun 5k Run/Walk 8 AM Marion IN Connie Gamble at (765)384-7109 or eegamble@prodigy.net

Birthday's

6/1	Kelley Swinehart
6/2	Melvin W. Hobbs III
6/4	Kylie White
6/4	Christine Williamson
6/6	Mike Miles
6/7	Ray Tetrault
6/8	Erin Talbert
6/8	Dave White
6/10	Kim Anderson
6/10	Ken Swinehart
6/11	Indy Mathew
6/11	Sharon Miller
6/11	Tony Robinette
6/12	Tracy Carden
6/12	Dean Hurlock
6/13	Diane Gifford
6/15	Vernon Graves
6/16	Larry Grant
6/17	Doug Webb
6/18	Lillian Elliott
6/19	Dick Summerton
6/21	Brett Sanders
6/23	Gina Sheets
6/26	Raye Jean Swinehart
6/27	Ellen Marie Nichols
6/27	Mark Shorter
6/28	Debbie Riffe



Keith McAndrews seems to be enjoying the John Norris 4-miler more than most!

Mount Desert Island Marathon

By Ray Tetrault

There is a crisp air with brilliant leaves surrounding you. The colored leaves of Acadia National Forest are the among the sharpest, brightest, colors on the face of the earth. You can hear the sound of the ocean in the distance. The laughter of your friends and running partners scatter and echo across the mountain valleys. The fall season is the best time of year to be at Bar Harbor. The best weekend to be there is the weekend of the marathon. This is the last call for you to be a part of this wonderful weekend in a Maine Paradise.

The trip to Bar Harbor, Maine for the Mount Desert Island Marathon is coming together. There is still a chance for you to enter to run or else just come up for the weekend with other CKRR members. The website for this marathon if you want to get more information is www.MDI marathon.org

I have been informed by the race director that we need to register for the marathon as there is a limit on the number of runners allowed on the course. I highly recommend the pasta dinner as the island doesn't have a high number of Italian restaurants in the area. Most of the restaurants in the area serves pasta of some sort, but often times it is with fish. I called three hotels and all of them said the average pasta meal is around \$12 and up, which

makes the pasta dinner more attractive.

Our travel choices are to fly to Bangor and drive the 90 minutes to Bar Harbor. I have checked on the price of tickets and most of the airlines are in the \$245-275 price range for a round trip ticket. I have currently planned to fly out of Indianapolis on Friday late afternoon. There are no flights back to Indianapolis on Sunday so our tentative plans are to fly out on Monday afternoon, the day after the marathon.

There is a possibility of driving out in the bus. This would require leaving on Thursday evening. We would return late in the afternoon on Tuesday. If you are interested in driving out in the bus send me an email or call me. The maximum we can put on the bus is 15 people.

I have checked on several hotels for our stay. Most of the prices are in the \$85 to 140 price range for a room with 2 double beds. I have not made any concrete reservations yet, but I will need to have your preferred room arrangements in order to get these rooms locked down.

I have included a list of people who have expressed some interest in going. If you are on the list and you are unable to be a part of this trip, I would appreciate it if you would call me and let me know. If you want to participate and your name is not on the list, call me immediately. If you are running the marathon you

must register as soon as possible! My home phone number is 854-1393. My work number is 454-5497. I look forward to seeing you in ACADIA National Park in Maine!

Ray and Robin Tetrault
Missy Polk
Dan and Sara Miller
Jim and Roxanne Burrous
Tom Miklik
Charlie Skoog
Dan Lutes
Kelly Wright
Shannon Reinagle
Brian and Patti Reinhardt
Will and Allison Irvin
Angela Minnifield
Steve and Barb Wand
John and Carolyn Norris
Brent and Cheryl Marner
John Wiles
Rex and Debbie Piercy
Robin Cole
Bill and Kathie Barnett
Earl and Joyce Strong
Cassie Bauson
Nicole Peel
Travis Sheets and Gina Sheets
Dick and Sondra Summertson
Chuck and Brenda Masters

Meeting Minutes

CKRR Meeting
May 2, 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
Charlie Skoog
Jackie Sanders
Cynthia Sanders
Robin Cole
Robin Tetrault
Keith McAndrews
John Wiles

Reports

Mark Shorter delivered financial report.
Old Business
Relay for Life
Track signs were purchased to place

around track
Runners and walkers still needed to support event

Coyote Kids

Sponsors - more sponsors have joined - others still in work
Trail - changing course to eliminate low areas and run through woods
Permanent Markers - Parks Dept has agreed to install
Race Application - Reviewed for any changes
Advertisement - Cable and City E-Zone website considered

Training Program

One location next year - Highland Park
Rogers Pavillion rental if necessary

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.
Club will provide water and soft drinks at tent
Two coolers were purchased by Charlie Skoog
Club voted unanimously to reimburse Charlie

New Business

Baby Joggers, headsets, and dogs
Insurance okayed all three with Ray - Mark is still waiting to hear back
Will start 1 minute behind runners and walkers in CK led events
Discussion of having a pre-race meeting with parents with baby joggers to go over course and rules
Scholarships
May 1st deadline is past
5 student athletes selected

The meeting adjourned at 8:55 P.M.

2005 - KOKOMO SUMMER DISTANCE CAMP- (KSDC)

WHAT: 4 camp sessions(track meets), with coaches available.

WHEN: 4 Tuesdays: June 28, July 12, July 19, & July 26.

Meet starts at 6 PM. Gates open at 5:30 PM.

WHERE: KHS-Walter Cross Field: free parking/restrooms/water.

WHO: KHS coaches Ricke Stucker, Bill Heck, & Lorene Sandifur.

COSTS: \$25, or \$7 per session. Make checks payable to: Ricke Stucker.

AWARDS: Session ribbons for top 3 places(male & female)in 4 age groups: T-shirt for pre-paid \$25. Plaques for top 3 in age group, male & female, at conclusion of camp.(Must attend 3 of 4 sessions)

AGE GROUPS: 10 and Under(male/female), 11-13(male/female), 14-19(male/female), and Open(male/female)

POINTS: 5-3-1. You may enter up to 3 events: 800,1600, 3200, and 5000.

***Camp will be held regardless of rain/heat/cold/wind/dark clouds.

***Competitors, please bring a parent/adult to HELP time/count laps/hand out water.

***Athletes 10 & Under MUST have an adult accompanying them.

Name _____ Birthdate _____ Sex _____

Street Address _____ City _____

Telephone number _____ T-shirt size (circle) S M L XL XXL

We release the Kokomo-Center Township Consolidated School Corporation and the staff of the Kokomo Summer Distance Camp to treat the above student in case of injury and do hereby assume all risks.

Student Signature _____ Parent/Guardian Signature _____

MCGONIGAL'S PROUDLY PRESENTS

Western's Panther Prowl

5K Run & Walk

1 Mile Run for Children

Western High School

July 16, 2005

7:30 a.m. – 1 Mile Run for Children

8:00 a.m. – 5K Run

Turn into the Primary–Intermediate School parking lots and walk to American flag for registration.

Pre-registration: \$10

(Checks may be made out to Western Cross Country)

Pre-registered participants will receive a t-shirt.



Race Day Registration: \$12

1 Mile Run for Children: FREE!

Course: 5K out and back road race

Medals for: 1st place overall male and female for 5K run & walk

1st – 3rd place male and female in the following age groups:

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Please Read

I know that running/walking in the Western races 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 or walking 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 risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Club Kokomo Roadrunners, Western School Corp., 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 person named in this waiver. I understand that bicycles, skateboards, 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.

Print Name _____

Circle: Male/ Female

Address: _____

Age: _____

Circle event:

1 Mile Run

5K Run

5K Walk

Circle shirt size:

S

M

L

XL

Signature: _____ Parent's Signature: _____

Please complete and mail this form to:

Dave Britton, 3140 S. 700 W., Russiaville, IN 46979



Club Kokomo Roadrunners
2936 Congress Drive
Kokomo, IN 46902



Inside this issue:

From the President	2
Adopt-a-Highway by Charlie Skoog	3
Meet Tony Kirgis	3
On the Roads by Johnny "O"	4
Relay for Life by Cindy Sanders	6
Maps	7
Points Standings	8
Better Runner by Charlie Skoog	9
Race Results	10
Race Calendars	12
Birthdays	12
CKRR Marathon Trip	13
Meeting Minutes	13