

July 2005

Web Address:
www.ckrr.us

Email Address:
ckrr@comcast.net



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

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July 9
Ironhorse 4-miler
Location: Logansport
Time: 8:00 A.M.

Club Kokomo Roadrunners



Kuczera Leads Club Runners

By Brian Reinhardt

On a day when we could thank the Lord that the temperatures weren't typical for the Norris Insurance 5-miler in Greentown, Jeff Kuczera finished just behind Scott Colford to finish first among the Club Kokomo Roadrunners.

Breezy, overcast and warm weather greeted the runners and walkers instead of the usual hot, humid, and sunny conditions and I don't think I heard a single complaint.

Kuczera's posted an impressive 28:57. The

women's winner was club member Ashley Taflinger with a 33:47 in her first local race of the year.

The master's divisions were won by Byron Bundrent (30:14) and Angela Minnefield (39:55), respectively.

In the walking competition the Men's race was won by Rick Spencer with a time of 32:39 followed closely by Keith McAndrews (32:53). The women's race was

won by Mary Miller with a time of 33:47.

As usual John took good care of us and provided an event where we could all go home with a smile.



Jeff Kuczera (2nd) and Byron Bundrent (3rd) talk with eventual race winner Scott Colford.

Race for Grace or Race for Ice?

By Brian Reinhardt



In what could have only been called sweltering, club Runner Josh Daugherty finished second in

this year's Race for Grace with a time of 16:23. Fort Wayne runner Matt Blume won the race with a time of 15:48. The women's winner was Logansport resident Kim Horner with a time of 20:41, fol-

lowed closely by club runner Kelly Wright with a time of 20:57. The masters competition was won by Gary Jewell (17:14) and Patti Reinhardt (24:32), respectively.

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From the President

By Ray Tetrault



new people, and keeping results from the races. We have runners who help lead the way and others who bring up the rear so we know when to start a new race. At the end of the evening everyone stays and helps put the



The Coyote Kids 2005 season is halfway finished! I wish all of you could see the amazing transformation that takes place each Thursday evening. CKRR members show up at various times and begin helping Coyote Kids go off without a hitch. There are several that help with parking cars and directing people to the right place. Some are busy setting up the course. Others put the finish chute in place and get ready for the rush of kids who will soon be coming their way. The tent has been set-up each week.

course markers, tent, finish line, and other materials away. This year we had to add 3 races because the numbers of kids was

the other assorted volunteers, thank you for your effort in making 2005 Coyote Kids a positive experience for all those young runners!

I consider serving as President a privilege. Thanks for the opportunities you have given me over this past year to grow as a person and as a runner. I am blessed to know the CKRR family and to be a part.

Ray Tetrault
Captain Coyote



There has been a sign up for the Haynes Apperson Kids Races. From the east each week has been a mob of parents and kids coming down the slope to get their name tags and go to their staging area. CKRR has almost 600 kids registered this year. The first two weeks we had well over 400 runners. Coyote Kids has had numerous support people who don't get to watch much of the running as they are taking care of nametags, registering

so high. We divided the 25 yard, 50 yard, and 1/4 mile by gender. Even adding this number of kids and races to the evening, we still have been able to complete the evening of running in 65-70 minutes. To all of you CKRR members and all



Chaplain's Corner

By Dana Neer



PASSING THE BATON TO THE NEXT GENERATION

A big thank you goes out to each one of you runners/walkers who have so enthusiastically cheered on the next

generation of athletes who are participating in this great sport of ours!!!

We are very fortunate to have such a fantastic group of people in our club who believe so much in what they are doing that they feel compelled to encourage those coming up the ranks to embrace the joys of living an active lifestyle.

There have been many opportunities in the last several months and many more coming up in the near future for all of us to voice our applause to the little guys and girls just starting out, all the way up to those participating in jv and varsity high school cross country. The last

two Thursday nights at our Coyote Kids races many of you worked hard at helping each of the runners be successful. With Captain Coyote booming instructions and encouragement on the PA system and the rest of us flying around like worker bees getting the results, handing out refreshments, and generally just being helpful to the kids, that is what passing the baton to the next generation is all about.

In addition, so many of the high school athletes in our county have voiced their appreciation to those in our club who make it a priority to attend cross country and track meets each year. By attending these events, you get to know

the names of the students and who they are as people. What an encouragement it is to hear fans yelling your name and cheering you on to do your best. Ours is a unique sport, in that we can be so highly competitive and yet so happy for others when they do well.

So keep the encouragement and motivation coming. Our running family here in NorthCentral Indiana is happy and healthy. Let's continue to make strong and clean handoffs to those who are ready to take the baton from us and run.

New Members

JJ Schmitt

Birthdays



Make sure to wish Kathie Barnett a happy birthday.

7/1 Adrienne Fisher
7/1 Steve Inman
7/4 Phil Leininger

7/4 Jack Sanders, Jr.
7/5 Bill Heck
7/5 Lisa Stucker
7/6 Sarah Kleinknight
7/6 Sara Miller
7/6 Trevor Stucker
7/7 Kathie Barnett
7/8 Jordan Lee
7/10 John McGinty
7/11 Paul Cardwell
7/11 Janice Peugh
7/12 Waverly Neer
7/14 Bethany Fisher
7/14 Jerry Lambert
7/16 Helen Brown

7/17 Vincente Lorenz
7/18 Wesley White
7/19 Jack Sanders, Sr.
7/19 James Schneider
7/20 Kellie Miles
7/21 Kim Lee
7/22 Darrell Pennycoff
7/24 Nicole Peel
7/25 Kelly Wright
7/26 Karmen Gaspy
7/29 Don Middleton
7/30 Michael Marley
7/31 Chuck Masters

And a big apology to Zoe Irvin for leaving her off

of last month's list!



Make sure to wish Helen Brown a happy birthday.

On the Roads

By Johnnie 'O



*"Cheer, cheer for Old Notre Dame,
Wake up the echoes cheering her
name,*

*Send a volley cheer on high,
Shake down the thunder from the
sky,*

*What though the odds be great or
small*

*Old Notre Dame will win over all,
While her loyal sons are marching
Onward to victory."*

Notre Dame Victory March

By Johnny 'O

For Notre Dame fans like Johnny 'O, the *Victory March* tingles the spine and fires the heart. The *March* is one of the most recognizable songs in the world, and it was playing as Sunburst runners and walkers entered Notre Dame Football Stadium and raced toward the finish at the 50-yard line. For three Club Kokomo Roadrunners, however, it wasn't the *Victory March* that put the extra spring in their finish steps.

Nicole Peel and Charlie Skoog's goal for South Bend's marathon was to run a Boston Marathon qualifying time; Chuck Masters just wanted to run a

marathon and stay out of the medical tent.

The three Kokomo runners were part of a CK band that traveled north to run in the June 4 Sunburst marathon, half marathon, and 5K races.

Before Sunburst, 34-year-old Nicole had run three marathons - 2003 Chicago in 4 hours, 36 minutes; 2004 Chicago, 4:19; and 2005 Disney, 4:15.

Charlie, 54, had nine marathons on his tall frame with a personal best of 3:13.52 at the 1995 Chicago Lakefront Marathon. He qualified seven times for Boston and ran the world famous race twice - 3:26.59 in 1996 and 3:56.49 in 2004.

Chuck, 51, has run 15 marathons with a PR of 2:39.17. He ran the 100th anniversary Boston in 1996 "just for the fun of being at the celebration."

Boston was a "distant but not serious goal" of Nicole's after she finished her first marathon. She got serious about Boston after she joined Club Kokomo in January, and started "gaining more speed" by running with club members.

After running a 1:25.19 at the 1997 Indy Mini, Charlie started to run more ultra marathons, had his third knee surgery and a back surgery, and "generally started to slow down with age and injury." Buddy Mark Rowe "got me inspired to run a 'faster' marathon and I managed a 3:28.16 at Myrtle Beach. Charlie was a volunteer at this year's Boston. He vowed to return for the 2006 Boston as a participant or volunteer.

Chuck qualified for Boston at CK's trip to the Top of Utah Marathon last fall. He ran 3:18, but

ended up in the "IV" tent. "I was really disappointed about crashing so bad at Utah, so I wanted to run Sunburst to see if I could get through it without hurting myself too much. My goal was just to get around 3:30 and not crash."

Chuck wanted "to stay aerobic" during Sunburst, and he did just that until the course's biggest hill at Mile 24. "The heat and hills got to me a little after that and I slowed down a little."

Chuck didn't slow much as he finished in 3:22.12 and was fifth in his age group. "I ran 3:18 in Utah and ended up in an IV tent. This was a lot better."

Charlie and Nicole plan to go on the club's fall trip to Bar Harbor, Maine, and run the Mount Desert Marathon. The Mount Desert course is difficult and not conducive to running a fast time, so Nicole and Charlie figured Sunburst was their best opportunity to meet their Boston qualifying time of 3:45.

Prior to the start of Sunburst and despite the warm temperature and high humidity, Charlie was confident he and Nicole could run the necessary 8:35 pace to qualify for Boston because they had run 20 miles at 8:17 pace on May 22, which was a day after they had raced hard in the four-mile John Norris race that turned out to be 4.4 miles.

"I knew the heat and humidity would be a factor, but I thought we could fight through the adverse conditions because of the many aid stations on the course," Charlie said. "As it turned out, it was tougher than I thought."

Nicole: "I felt about like I normally feel before the start of a marathon - slightly nervous, stomach unsettled - but I put my

On the Roads (Continued from page 4)

trust in the strength God has provided me in every race I have ever ran and in the training program I had followed."

The Sunburst course had no major hills but there were frequent ups and downs that made it difficult for Charlie and Nicole to run an even pace. They covered the first nine miles in 1:14.55 for an 8:19 average, but their pace ranged from 8:10 to 8:29.

Charlie was comfortable with the 8:20 pace until mile 18. "I could feel an ache in the back of my head, which for me is an indication of heat exhaustion. This concerned me a lot and I started pouring water on my head at every opportunity."

Doubts of qualifying for Boston began to creep into Charlie's mind with the onset of the heat problem. His doubts became stronger when a "tightened thigh muscle" grew from an "annoyance" into "another major weakness." His concern grew even more when he realized he had to run the last 3.2 miles in

30 minutes after taking 9:23 to cover Mile 23.

"I knew I couldn't stop and that I had to gut it out."

Charlie did just that, as he covered miles 24 through 26 in 9:05, 9:29, and 9:23.

It wasn't until Mile 26, which was near the entrance to the football stadium, that Charlie knew he was going to make Boston, as he had three minutes to cover the final two-tenths of a mile. He finished in 3:44.05.

"It was a race of attrition and I barely won out."

Nicole: "At the beginning I thought we were going a little bit too fast to maintain the pace for 26, but, in the end, I was glad we had built up a time cushion."

Between 20 and 22 miles, Nicole walked twice - two minutes and then one minute - to rid herself of a "pretty ugly side stitch." Around mile 23, she realized she had 35 minutes to run three miles. "I knew then that I was going to make the Boston time, and I really enjoyed the last three

miles."

Nicole finished in 3:41.47. She was ninth woman overall and second in her age group.

Nicole attributed the major cut in her marathon time to three factors:

"First, running with guys in the club much faster than me pushed me to go faster and helped build my confidence. A big 'Thank You' goes to Will, Charlie, Gary and Brian for letting me tag along with them.

"Secondly, I have followed a nutrition plan designed by Powerhouse Gym for the past nine months. I dropped weight just before Disney and then just recently I have dropped about 10 percent body fat and really built muscle tone. This helped me to be stronger and recover better from workouts.

"Thirdly, I could not ask for a more dependable and consistent training partner than Teresa Long. We put in many early morning

(Continued on page 6)



Teresa Long (L-R), Dave White, Nicole Peel, Mark Webster, Chuck Masters, Charlie Skoog, Wesley White, Mark Reel.

On the Roads (continued from page 5)

runs and early workouts at the gym. I used to train alone and I have really come to appreciate running with the club. I honestly don't think I'd be near this far without CKRR."

THE SONG

Chuck, Nicole, and Charlie had different reactions to hearing *The Notre Dame Victory March* as they entered the football stadium.

Chuck: "I'm not a big football or N.D. fan, but the finish was a nice way for people to watch their friends come in."

Nicole: The fight song was playing as I ran down through the tunnel. I was on top of the world and just looking for some of the other club members who had run the half (marathon) and finished before us."

Charlie: The best part of Sunburst was seeing the 26 mile marker and knowing I had qualified for Boston. The fight song was icing on the cake and it was a real thrill. As I approached the finish I was aware that I had pushed myself all the way to the edge. I was dizzy, semi nauseous, hot, happy, and blessed to be able to attempt this endeavor with some best friends."

FINAL THOUGHTS

It had been 12 years since Johnny 'O was at the Sunburst races. In 1993, I competed in a triathlon. In 2005, I jogged the 5K. I am a rabid Notre Dame fan, so my Irish eyes were smiling in throughout both races.

In '93, all the races started and finished at the University of Notre Dame. When training partner Gary Meeks and I got out of the car race day morning, the

smiling face of friend and CK Hall of Fame member Jim Schneider greeted us. Jim had moved from Kokomo to Illinois, so running into him in South Bend was a big surprise.

All three of us were entered in the triathlon. Unlike this year's early starts, the triathlon went off at 9 a.m. just before the 5K, which was the last starting race.

We swam an out-and-back half-mile in a lake on campus, tiptoed a quarter mile along a rocky shore and across a road to our bikes, and then cycled 22 miles. The only thing I remember about cycling was that it ended in a South Bend park.

From the park, we ran 5.5 miles to the 50-yard line in Notre Dame Football Stadium. Gary knew all about my love for Notre Dame football, so as I approached the 50-yard line finish, he yelled my name and lofted a banana in my direction. I caught the yellow spiral in stride, held it up with one hand, did a 360, and

danced across the finish line in 2:08. It was a great thrill.

A short time later, we celebrated with CK Hall of Fame member Bill Bennett, whose marathon finish time qualified him for the Boston Marathon.

In 2005, the Sunburst courses started at the College Football Hall of Fame in downtown South Bend, and eventually meandered east to Notre Dame.

I too eventually meandered my way to the stadium. There was no friend waiting to toss a banana, but there was the playing of N.D.'s *Victory March*. The fight song picked me up and I floated across the thick, dark green grass of the famous grid-iron to the finish.

Friday night at packet pick up, Dave White, his son Wesley and Wes' friend, Mark Reel, toured the College Football Hall of Fame. Former N.D. basketball coach Digger Phelps was there autographing his latest book, *Notre Dame Hardwood*, which Dave purchased for Wes.

After I finished the 5K, I rendezvoused with Wes and Mark. The Western basketball players also had run the 5K. While waiting for Dave to finish the half marathon, I took the boys on a mini campus tour.

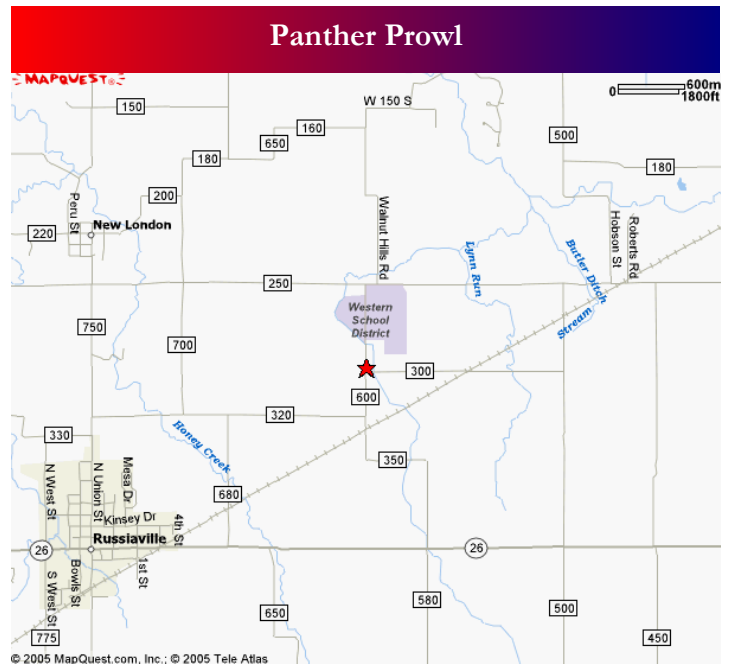
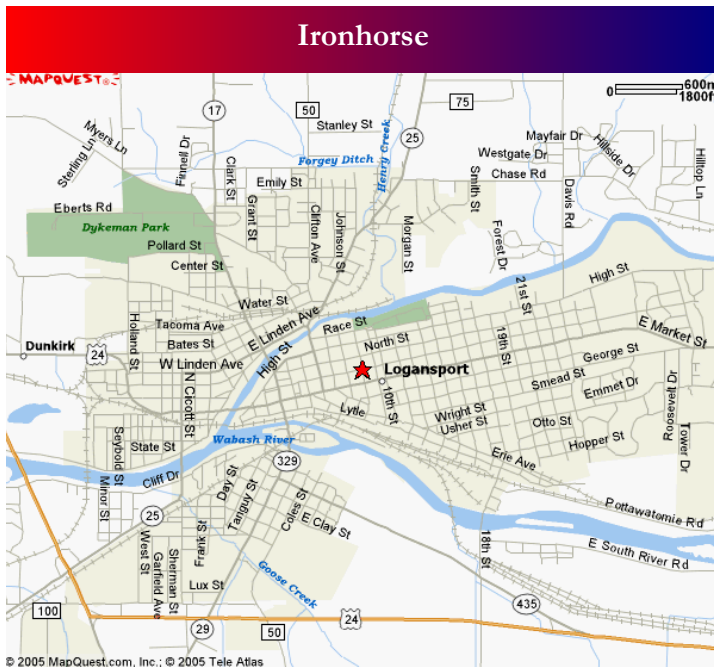
We saw seven "real" Heisman trophies and new Notre Dame Football coach Charlie Weis in the Joyce Athletic Center, and a \$250 Joe Montana football jersey in the school's bookstore.

I don't know about the boys, but, for Johnny 'O, the tour was the "icing" on a great weekend with Club Kokomo friends.



The Twins: Sisters Cyndy Eyon and Cheryl Marner finished the half marathon together.

Maps to Upcoming Events



There are so many ways to suggest going to the Ironhorse I think it'd be best to give you the address and suggest that you use an on-line travel assistant to find a route. The detailed map provided shows you where you need to go once in Logansport. The address is 905 E. Broadway.

From the north or south the easiest way to Western school is to take US 31 to Indiana 26 and head west. Take 26 until you reach 500W and head north (right). Take 500W to 300S and head west (can only go left). You'll see Western schools about a mile down on the south side of the road.

Race for Grace (cont)

Although the Race for Grace does not have a walking category we still track it in the club and once again the men's winner and women's winners were Rick Spencer (33:34) and Mary Miller (34:19).

Also, we'd like to extend a huge thank you to the Calvary Presbyterian Church and the local sponsors for really taking care of all of us again this year. Only a handful of us left without something to remember the race

by in our hands whether it be a trophy or a prize.



Rhenda Acton enjoyed the heat more than most?

Helping Hands 5k

By Brian Reinhardt

Josh Daugherty is the name of the month as he dominated Club Kokomo running. He started his success at the HH 5k in Sharpsville with an impressive time of 16:10 in hot and humid conditions.

Another name you've seen a lot is that of Kelly Wright as she has been performing well in the women's division. She won at Sharpsville with a time of 21:20.

Masters winners were Gary Jewell with a 16:58 and Angela Minnefield

with a time of 23:00.

In the walking competition Jerry Lambert won with a time of 33:04 with Mary Miller taking the women's race with a time of 33:21.



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, Helping Hands 5k, Greentown Race, Relay for Life, Race for Grace and any one marathon, one half-marathon, or one volunteer.

Runners			
<i>Women</i>	Shannon Reinagle 9-135H	Cheryl Marner 4-70H	Mason McGovern 2-35
	Allison Irvin 9-134H	Brenda Masters 3-60HV	Tony Robinette 2-30
	Justine Eads 4-57	Sandy Knowland 3-50	Adam Bahler 2-22
	Karen Bush 1-15	Pam Fisher 2-40H	Peter Bauson 2-22
0-12		Ellen Marie Nichols 2-35H	Alec Digard 1-20V
Shelby Revils 6-87V	30-34	Carla Yerkes 1-20H	Steve Peugh 1-20
Waverly Neer 4-80	Nicole Peel 7-130MH	Lorie Zandi 1-20H	Jordan Lee 1-12
Kierra Howell 3-50V	Jeanette Merritt 7-102V		Brett Sanders 1-10
Kayla Reinagle 2-35	Lisa Jones 6-92H	50-54	
Mindy Tetrault 1-20V	Heather Weber 5-90	Robin Tetrault 14-221MHV	20-24
Zoe Irvin 1-10	Julanne Packard 3-44	Joyce Pennycoff 11-187HV	Seth Daugherty 4-75H
Lauren Weber 1-10	Amy Graves 2-35H	Lorene Sandifur 8-150HV	Mark Eads 4-64
	Lisa Stucker 2-25	Rhenda Acton 5-75V	Josh Daugherty 3-60
13-19	Robyn Pajington 1-20	Robin Cole 6-69	Kevin Callaghan 2-35V
Vanessa Lorenz 8-129		Sara Miller 3-60H	Eric Newman 2-30
Amber Longwith 9-125V	35-39	Christine Williamson 2-29	Michael Anderson 1-20
Sarah Bauson 6-89H	Gina Sheets 11-192MHV		
Laura Bauson 5-74H	Tami Moore 7-109H	55-59	25-29
Megan Tetrault 3-50	Angie Banush 3-52H	Karmen Glaspy 7-125HV	Kevin Sites 4-80H
Anna Hurlock 2-40	Teresa Long 3-50H	Doris Griffith 3-60HV	Matt Yarosz 3-60
Annina Gruber 1-20	Kim Anderson 2-40	Kathy Barnett 2-20	
Becky Elliott 1-10	Tracy Carden 1-15	Lien Koztecki 1-20	30-34
		Anne Wiles 1-20V	William Irvin 12-210HV
20-24	40-44	Shirley Wilson 1-20H	Jeff Kuczera 7-140H
Michelle Tetrault 7-122	Patti Reinhardt 15-255MH	Toni Rethlake 1-10	T.A. Weber 8-127H
Grace Bauson 5-85H	Sharon Miller 11-156H		Keith Hill 4-62H
Christan Bahler 1-20	Roxane Burrous 9-144MH	60-64	David Reinagle 4-42
Stephanie Miller 1-20	Angela Minnefield 5-100	Susan Gerhart 2-40H	Vernon Graves 1-9
Ashley Taflinger 1-20	Lynn Howell 3-45	Sarah Kleinknight 1-20H	Ravi Nagaragu 1-8
Diana Anderson 2-15	Nancy Anderson 1-5	Trudy Pierce 1-20H	
			35-39
25-29	45-49	<i>Men</i>	Michael Graham 14-229H
Kelly Wright 13-240MH	Cassie Bauson 8-150H		Anthony Campbell 5-92H
		0-12	Ron Moore 5-85
		Quinn Reinhardt 9-160V	Andrew Maibaum 4-60
		James Longwith 8-135V	Shawn Mayfield 1-20
		Josh Revils 8-117V	
		Levi Fouch 2-32	40-44
		Leighton Adair 1-20	Byron Bundrent 11-174H
		Keith Bauson 1-10	Gary Jewell 9-155
			Brian Reinhardt 11-154MH
		13-19	Dana Neer 8-152H
		Matthew Robertson 7-117	Ken Swinehart 5-71
		Sam Williamson, Jr. 7-102	Mark Webster 4-69H
		Daniel Riffe 5-67	Dan Lutes 3-50MH
		Michael Marley 3-60	Terry Bogue 2-40H
		Brandon Sheline 3-47	Jack Lotzgeselle 2-32H
		Jesse Bauson 3-45H	Mike Jones 1-20H
		Bryan Phillips 2-40	Tony Kirgis 1-20H
		Jordan Brown 2-35	Kim Lee 2-19

Bulletin Board

**For Sale - 1 week –
Sept. 30th to Oct 7th
-2 Bedroom luxuri-
ous Westgate Smoky
Mountain Resort.**

Sleeps 8, 1 large bed-
room 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 be-
tween Gatlinburg and Pi-
geon Forge. \$500 Call
Ray or Robin Tetrault if
interested or if you have
any questions. (pictures
available)

Points Standings (continued)

45-49	Rex Piercy 3-48V	John Norris 7-140MV	Sue Smock 1-20H
Ray Tetrault 13-205MH	Larry Grant 3-33H	Charles Johnson 1-20H	Jan Stucker 1-20
Al Hochgesang 9-165H	Karl Stoneking 1-20H	Dick Summerton 1-12	Diane Gifford 2-18
Eric Mathew 9-129H	Mike Rethlake 1-10		Barb Hobbs 1-10
Earl Strong 8-119H		70+	Karen Jewell 1-10
Russ Hovermale 4-58	55-59	Bill Heck 8-150V	
Matthew Bolinger 4-50H	Ricke Stucker 13-250MHV	Milt Brown 6-90V	<i>Men</i>
David Gardner 2-40H	David Hughes 10-147M		
R.J. Kerr 2-40V	Tom Miklik 10-142MH	Walkers	Jerry Lambert 13-209HV
Brent Marner 2-40H	Ed Oliphant 8-135H		Rick Spencer 10-190HV
Jerry Meiring 4-38	Sam Williamson, Sr. 8-131H	<i>Women</i>	Tim Taflinger 13-154
Bill Bauson 3-37H	Fred Chew 5-69H	Mary Miller 14-260H	Keith McAndrews 10-144HV
Greg Townsend 1-20V	John Wiles 3-48V	Amanda Pena 12-180	Jackie Sanders 12-109
Jeff Hemmeger 1-8	Phil Leininger 2-30H	Debbie Riffe 12-144	Robin Michael 9-98H
John Anderson 1-5	Garry Hill 1-7	Pat Robertson 13-130H	Tim Revils 7-89H
		Cynthia Sanders 11-92	Steve Inman 5-66H
50-54	60-64	Raye Jean Swinehart 6-74H	Russell Fox 5-64
Charlie Skoog 12-199MH	Stan Shuey 12-179	Jane Inman 5-68H	Melvin Hobbs III 3-50H
Mark Shorter 13-186H	Bill Barnett 9-160H	Marsha Daugherty 6-64	Jack Sanders 2-30
Chuck Masters 9-180H	Jim Burrous 8-113H	Amy Revils 5-50V	Toney Lorenz 2-27
John Sites 10-175MH	Dale Sullivan 6-110H	Sylvia Burgin 5-43	David Plantenga 1-20V
Mike Deardorff 11-151MH	Doug Mankell 3-39H	Edwina Faust 5-37	John McGinty 1-8
Michael Campbell 4-65MH	Ernie Strawn 1-10	Sona Camp 2-27V	Dave Woelfel 1-6
Dave White 5-65H		Debra Bowman 2-23V	
Don Gifford 4-57H	65-69	Helen Brown 2-20	
Steve Wand 5-55H	Robert Cupp 9-155V	Geana Moore 1-20	

Race Results

Helping Hands 5K Run Saturday, June 04, 2005 Sharpsville, IN	23. Ray Tetrault 23:04	47. Bob Cupp 31:08	18. Jackie Sanders 50:50
	24. Mike Daugherty 23:07	48. James Longwith 32:00	Norris Insurance 5-mile Run and 5k Walk June 10 2005 Greentown, Indiana
1. Josh Daugherty 16:10	25. Vanessa Lorenz 23:08	49. Robin Cole 32:24	1. Scott Colford 27:47
3. Michael Marley 16:42	26. Sam Williamson Sr. 23:29	50. Milt Brown 32:53	2. Jeff Kuczera 28:57
4. Scott Colford 16:47	27. John Norris 23:30	51. Levi Fouch 33:16	3. Byron Bundrant 30:14
5. Gary Jewell 16:58	28. Mike Deardorff 23:52	54. Marsha Daugherty 36:38	4. Gary Jewell 30:41
6. Byron Bundrent 17:35	29. Gina Sheets 23:56	56. Sharon Miller 39:18	6. Brian Reinhardt 31:59
8. Matthew Robertson 19:39	30. Lorene Sandifur 24:00	57. Julanne Packard 44:03	8. Chuck Masters 32:11
9. Sam Williamson Jr. 19:52	31. Patti Reinhardt 24:00	Helping Hands 5K Walk	11. William Irvin 33:34
12. William Irvin 21:20	32. Tom Miklik 24:09	1. Jerry Lambert 33:04	12. Ashley Taflinger 33:47
Kelly Wright 21:20 1st Fe- male	33. Kim Lee 24:30	3. Tim Tafflinger 33:09	14. Al Hochgesang 34:20
14. Mark Shorter 21:45	36. Joyce Pennycoff 26:10	4. Mary Miller 33:21	16. Eric Matthew 35:26
15. Don Gifford 22:07	37. Bill Heck 26:42	5. Amanda Pena 36:20	17. John Sites 35:52
16. Jack Lotzgeselle 22:19	38. Quinn Reinhardt 26:57	6. Robin Michael 36:36	18. Jordan Brown 36:12
17. Heather Weber 22:30	39. Robin Tetrault 26:59	7. Debbie Riffe 41:33	21. Mark Shorter 36:44
18. Ricke Stucker 22:35	40. Tami Moore 27:02	13. Edwina Foust 46:33	
20. Ron Moore 22:39	41. T.A. Weber 27:34	15. Pat Robertson 46:50	
22. Angela Minnefield 23:00	44. Michael Graham 28:58		
	46. Lisa Jones 30:37		

Race Results (continued)

- | | | | |
|-----------------------------|---|-----------------------------|-----------------------------|
| 23. Kevin Sites 36:43 | 66. Amber Longwith 49:27 | 2. Josh Daugherty 16:23 | 71. Kim Lee 26:59 |
| 24. Earl Strong 36:59 | 67. Peter Bauson 50:25 | 4. Gary Jewell 17:14 | 72. Russ Hovermale 27:04 |
| 26. Jesse Bauson 37:29 | 69. William Bauson 50:44 | 6. Michael Marley 17:22 | 77. Amber Longwith 27:35 |
| 28. Ricke Stucker 37:59 | 70. Mike Graham 51:58 | 7. Byron Bundrent 17:56 | 78. Jim Burrous 27:40 |
| 30. Ed Oliphant 38:50 | 71. Bob Cupp 53:25 | 8. Dana Neer 18:13 | 79. Robin Tetrault 27:53 |
| 32. David Hughes 39:25 | 72. Michelle Tetrault 56:26 | 11. Chuck Masters 19:16 | 82. Kim Anderson 28:02 |
| 34. Angela Minefield 39:55 | 73. Robin Cole 56:52 | 17. William Irvin 20:10 | 83. Joyce Pennycoff 28:16 |
| 38. Patti Reinhardt 40:56 | | 18. Brian Reinhardt 20:28 | 88. James Longwith 28:26 |
| 39. Ray Tetrault 41:31 | 5k Walk | 20. Matthew Robertson 20:37 | 100. Justine Eads 29:22 |
| 42. Keith Hill 41:59 | | 23. Kelly Wright 20:57 | 112. Michael Graham 30:35 |
| 43. Mike Deardoff 42:16 | 1. Rick Spencer 32:39 | 25. Tony Campbell 21:09 | 113. Rhenda Acton 30:49 |
| 45. Sarah Bauson 42:23 | 2. Keith McAndrews 32:53 | 27. John Sites 21:19 | 130. Robin Cole 32:55 |
| 46. Tom Miklik 42:23 | 3. Jerry Lambert 33:30 | 29. Charlie Skoog 21:50 | 137. Jeanette Merritt 38:47 |
| 47. Lorene Sandifur 42:40 | 5. Tim Taflinger 33:44 | 32. Nicole Peel 22:10 | 143. Sharon Miller 41:00 |
| 49. Grace Bauson 43:19 | 6. Mary Miller 33:47 | 33. Mark Shorter 22:16 | 150. Lisa Jones 42:43 |
| 50. Stan Shuey 43:21 | 7. Amanda Pena 36:52 | 35. Anna Hurlock 22:31 | |
| 51. Jerry Meiring 43:29 | 8. Robin Michael 37:36 | 38. Jordan Lee 22:47 | 5k Walk |
| 52. Shawn Mayfield 43:44 | 10. Debbie Riffe 41:38 | 40. Ray Tetrault 22:56 | 1. Rick Spencer 33:34 |
| 57. Russell Hovermale 45:10 | 11. Sylvia Burgin 44:33 | 41. Ron Moore 23:01 | 3. Jerry Lambert 34:09 |
| 58. Cassie Bauson 45:35 | 13. Jackie Sanders 50:06 | 42. Bill Barnett 23:16 | 4. Mary Miller 34:19 |
| 59. Laura Bauson 46:09 | 14. Cynthia Sanders 50:10 | 47. David Hughes 23:47 | 5. Tim Taflinger 34:28 |
| 60. Joyce Pennycoff 46:39 | | 50. Mike Daugherty 24:17 | 8. Amanda Pena 37:16 |
| 62. Sandy Knowland 47:31 | Race for Grace 5k Run/walk
June 25, 2005
Logansport, IN | 52. Kevin Callaghan 24:18 | 18. Debbie Riffe 43:39 |
| 63. Allison Irvin 47:39 | | 54. Patti Reinhardt 24:32 | 33. Pat Robertson 48:49 |
| 64. Robin Tetrault 47:44 | | 56. Lorene Sandifur 24:53 | 37. Jackie Sanders 50:43 |
| | | 59. Roxane Burrous 25:24 | 38. Cynthia Sanders 50:52 |
| | | 61. Vanessa Lorenz 25:54 | |
| | | 65. Stan Shuey 26:05 | |
| | | 67. Mark Eads 26:19 | |
| | | 68. Bill Heck 26:33 | |
| | 1. Matt Blume 15:48 | | |

Other Race Results

Sunburst Marathon
June 4, 2005
South Bend, Indiana

41. Chuck Masters 3:22:12
106. Nicole Peel 3:41:47
117. Charlie Skoog 3:44:05
369. Roxane Burrous
4:35:30

Round Barn 5K
June 10, 2005
Rochester, Indiana

5K Run

1. Josh Daugherty 15:30
12. Ashley Taflinger 20:11
28. Mike Daugherty 23:29
45. John Norris 25:40

80. Marsha Daugherty
35:18

5K Walk

1. Rick Spencer 34:06
2. Jerry Lambert 35:21
3. Tim Taflinger 36:07
4. Mary Miller 36:09

Buzzards Roost 10k
June 25, 2005
Arcadia, Indiana

1. Blaine Zimmerman
34:29
36. John Sites 49:41
42. Donald Gifford 50:45
49. Jack Lotzeselle 52:24
54. Mike Deardorff 53:25



Lisa Jones encourages her daughter Brianna during the recent Race for Grace in Logansport. Brianna went on to finish the 5k in a great time of 42:42.

Race Calendars

2004-2005 CKRR Race Calendar	Other Races
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<p>July 02 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gymnasium, Kokomo, IN</p> <p>July 09 Iron Horse 4 Mile Run/3 Mile Walk Time: 8 AM Location: Logansport, IN</p> <p>July 16 Panther Prowl 5K Run/Walk Time: 8 AM Location: Western H.S., Rus-siaville, IN</p> <p>August 06 Norris Insurance 5K Run/Walk Time: 8 AM Location: Converse, IN</p> <p>August 13 CKRR Age-Graded 4 Mile Run & 5K Walk Time: 8 AM Location: Highland Park</p> <p>August 27 Oakbrook Valley 5k XC</p>	<p>Run/Walk Time: 7:30 A.M. Location: Oakbrook Valley</p> <p>September 24 11th Kokomo Symphony 5K Run/Walk Time: 9 AM Location: Highland Park</p> <p>October 08 Cole Porter 15K Run/5K Run/Walk Time: 8:30 AM Location: Peru, IN</p> <p>October 15 Norris Insurance 5 Mile Run/5K Walk Time: 8 AM Location: Bunker Hill, IN</p> <p>November 12 CKRR 4 Mile Run/5K Walk Time: 9 AM Location: McKinley School</p> <p>November 24 CKRR Thanksgiving Day Fun Run Time: 8 AM (non points) Location: Highland Park</p>
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July 4 Sallie Mae Freedom Run 10 Km Run
5 Km Walk 8:00 a.m. Holcomb Gardens on the Butler Cam-pus, Tux Bros (317) 733-3300

July 16 DAMAR Race for Success 5 Mile Run/5 Km Walk 8:45 a.m.
Ameriplex Business Center, In-dianapolis, IN Ken Long & As-sociates (317) 884-4001

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

August 23 Buckley 5 Miler (Road & X/C)
2 Mile Competitive Walk (X/C) 7:30 a.m. Buckley Homestead County Park, Lowell IN Albert Mouse (219) 696-1570 Enter Online

August 30 POG Run
8 Km Run/walk 7:00 a.m. Mor-ristown, IN Ken Long & Asso-ciates (317) 884-4001



James Longwith competes during Coyote Kids.

Meeting Minutes

CKRR Meeting
June 6, 2005

Ray Tetrault opened meeting at 7:04 P.M.

Members present:

Ray Tetrault—President, Will Irvin—Vice-president, Mark Shorter—Treasurer, Brian Reinhardt—Newsletter Editor, Robin Tetrault, Patti Reinhardt, Keith McAn-drews, Jackie Sanders, Cindy Sanders, Mel Hobbs, Barb Hobbs, Charlie Skoog, Pat Robertson

Reports

Relay for Life

Dana and XC team will set up tent
Schedule is nearly full but you can still

sign up.
Haynes Apperson
No tribune money
Still searching for sponsors
Need a volunteer from club to handle food
Trophies are ordered
Insight advertising a possibility
Question raised about awards for walker.
Coyote Kids
Courses are ready but unrolled
200+ kids pre-registered
Financial Report given by Mark Shorter
Old Business
Jackson Morrow results
All runners will get 20 points.
New Business

Age Groups for Walkers

0-49 and 50 and over for both men and women.

Voted unanimously in favor of and will voted on for second time in July.

Will Take affect new calendar year if approved.

Motion to change calendar year to Jan-Dec.

Voted in favor of with December races to be included in 2005 points.

Possibility of getting gear with club logo.

Pre-orders only.

Brian will research and report back.

Error on track and field form for HA.

Meeting adjourned at 8:55 P.M.

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo, IN 46902



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