

THE ROADRUNNER

WEB ADDRESS: WWW.CKRR.US
EMAIL ADDRESS: CKRR@COMCAST.NET

A VIEW FROM BEHIND BARS

By Will Irvin



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

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NEXT RACE:

September 24
11th Kokomo Symphony 5K
Run/Walk
Time: 9 AM
Location: Highland Park



The author and his daughter finish strong at the Norris 5k.

It was a beautiful morning for the Norris Insurance Converse 5K, as the hot humid weather turned away from us. As always, Converse produced fast times with the overall winner posting a 15:49 and the first Club Kokomo finisher, Bryan Phillips at second overall, posting a time of 15:52. The first female Club Kokomo finisher, Annina Gruber at 31st overall, posted a time of 20:43. The first male Masters finisher, Gary Jewell, posted a time of 16:59. The first female Masters finisher, Angela Minnefield, posted a time of 21:34. The Male Walker overall winner was Rick Spencer with a time of 30:45 and the overall Female Walker winner was Mrs. Mary Miller with a time of 33:21. Congratulations to all of the overall winners and to all of the Age Group winners.

Those who were there saw Zoe Irvin taking a ride in the baby jogger and talking to all that her

and her Daddy could pass. With the baby jogger rules (etiquette) that Club Kokomo is adhering to, starting at the back of the starting line allowed Zoe to shout (babble) encouragements to all and also to shout at those who were blocking her view of the rest of the field. As a natural runner, Zoe approached the finish line leaning forward out of her baby jogger with a time of 20:29. Zoe contributes her 'age group' win to the peanut butter crackers and 'sippy cup' with water that she consumes during the race. As Zoe and Daddy made the drive over, Zoe was getting psyched up for the race taking in her nutrients and getting a quick nap. She was looking forward to the friendly competition and rivalry of another Club baby jogger, Lauren Weber who usually hangs out with Zoe at Coyote Kids. Although the Weber's were not



Club member Justine Eads competes at Converse.

able to attend the Converse 5K, Zoe had eyed a few other baby joggers and thought that she may have some competition giving Daddy that look as to not let her down. Much to her dismay, the other baby jogger competitors ended up being walkers and not runners.

Converse marks the end of the summer racing for the local High school boys and girls cross country runners. Most of the boys and girls also run High school Track, so we will not see any of them at the local races until early next summer, if not late this winter. All Club members wish all the local High school runners good luck throughout the cross country season.



Women's Winner and Western CC runner Annina Gruber.

FROM THE PRESIDENT

By Ray Tetrault



San Francisco Marathon or Bust

My family and I loaded up our bus and began our journey across the United States to run the San Francisco Marathon on July 27th. Included in the passenger list was our children, Megan, Matt, Mike, and Mindy, Fil, our foreign exchange student from Serbia, and his brother Dusan, Mike's friend Emily, and Robin and I. This was the maiden voyage for our bus. First, let me say, that driving across the U.S. is a fantastic way to see the beauty of our wonderful land and meet people with differing cultural customs.

The bus ran so well we went five hours further than we thought we could drive on the first day. We tried to find a place in Cheyenne, Wyoming to spend the night, but there was no room due to a week-long rodeo in town. I wonder if Mary and Joseph felt like we did. We couldn't find a stable so we drove further to Laramie, Wyoming. Day two of our trip we drove through Medicine Bow National Forest. The cool air was refreshing! Our goal was to go to Salt Lake City, but the fuel pump gave out and left us in Green River, Wyoming for a day. So our short day of driving on Friday turned into a VERY long day. We drove all night arriving at 5:00 a.m. Saturday morning. We grabbed a few hours sleep and headed into San Francisco to pick up our packets and see the city for the first time.

Sunday morning Robin and I woke up at 2:45 a.m. and drove into San Francisco. The numbers of people milling all around us were runners, spectators and the evening crowd people trying to figure out which way home was. There was a heavy fog the morning of the marathon. Robin and I began the trek out towards Fishermen's Wharf and the Golden Gate Bridge. Our goal

was to run a personal best for Robin of 5:15. We were quickly put behind schedule as the only bathroom facilities in the first 9 miles was 2 porta-pots at the 2 mile mark. When we got to the next ones at the 9 mile mark we had better than a 10 minute wait. The course was a steady diet of long uphill climbs and steep, sharp descents. Thrown in the mix of uphill climbs were two climbs at a 37% grade. I was looking for a ski lift, but I never found one. Those two grades were burners! Mile 16-19.7 was one long hill from the beachfront to the highest point in San Francisco. This climb took some of the gas from our tanks. We made the top



Ray and Robin proudly display their finisher medals from Robin's personal record marathon.

and looked down over the city beginning our run back down to the Giants Stadium. We finished in 5:25, not making our goal, but excited that Robin had her personal best by almost 26 minutes on a course that was easily the hardest she has ever run. Next stop is Bar Harbor, Maine with CKRR.

On our return trip to Kokomo we stopped at Yosemite National Park, Grand Sequoia National Park, Las Vegas, Hoover Dam, Zion National Park, Bryce Canyon, the north rim of the Grand Canyon, Mesa Verde, Durango, Alps of the Americas drive, and finally Grand Lake, which is the largest natural lake in Colorado. If you haven't ever been out west to see the wonderful creation of God, begin making your plans now and take as much time as you can. One friend thought we must be very tired as we did too much, but my thinking is I have 50 weeks to rest up for the next vacation!

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One of the many views that the author and his family saw during his trip out west.



I LOVE TRAILS!!

By Charlie Skoog



If you love trails, parks, and greenspace the same way I do, please plan on attending a special meeting of the Wildcat Creek Foundation on Wednesday evening, Sep 21, 7:00 PM, Rodgers Pavilion, in Highland Park. Many of us will already be at the park and we will have food and drink to fortify attendees as we learn what can be done to preserve, protect, create and restore greenspace throughout the Wildcat Creek Watershed. If you would like an agenda for the meeting or more information call 457-2607 or runckrr@aol.com.

In a perfect world Oakbrook Valley and the former Delco Park would be a community parks connected to other recreational and natural areas with a system of greenway corridors. In the case of Oakbrook Valley we have a near perfect situation because the church has allowed our local schools, Club

Kokomo, and Breakaway Bicycle Club, the use of their grounds for our fitness and fellowship endeavors.

Many thanks to Doug Mygrant and Oakbrook Community Church for allowing the Valley to be used to host the Western Invitational and CK XC races on August 27. Special thanks to adjacent landowner, Bob Auth, for opening his land and pioneer village, thus creating one of the best 5K cross country courses I have ever visited or run on. Coach Dana Neer, Western alum and assistant Gary Jewell who was course manager, and the entire Western staff, along with many additional CK volunteers did an outstanding job turning this dream course into a running reality.

The Western Invite Open Race was also the first chance for many of us to try out the fantastic Club Kokomo Brooks technical apparel. Thanks Brian and Patti! Some of us may not be as fast as we used to be but we sure looked good and what better way to represent the best and most active running and walking club in Indiana. Some may think this statement is an exaggeration but with Coyote Kids, Relay, our Race for the Cure Team, marathon training, special marathon trips, club road trips and point races, it really is an understatement.

Club Kokomo was well represented at another recent trail adventure, the 15th Annual Howl at the Moon 8 Hour Run & Walk. The Howl is one of the best and most popular ultra-marathon races in North America. All I can say is you must try it to truly appreciate the experience. The difficulty is balanced by the encouragement and organization of the wonderful Kennekuk volunteer team. This year in extreme heat and humidity, two time defending champion and course record

holder Scott Colford proved he is human running strong for about 6 hours before succumbing to heat exhaustion, but still finishing second with 55.93 miles. In the highly competitive walk division, Russell Fox improved on last year's second place finish winning it all with 33.4 miles. Robin Michael finished a strong fifth with 30.11 miles. In the master's division competing against some of the top women ultra runners in the Midwest, Roxane Burrous was seventh and Kim Anderson tenth with 36.69 and 32.9 miles. CK grandmaster's taking home a coveted wolf's head award included myself, John Sites, and David Hughes with 41.98, 39.48, and 34.4 miles respectively. As I type this article I am 16 days removed from an extreme test of endurance, will, stamina, and exercise in managing one's body. The physical experience for me, however, becomes secondary to the spiritual journey as I ultimately realize I am not alone in any endeavor and that I can accomplish all things, giving all the credit and glory to the source of my strength. With that realization I can hardly wait until next year's Howl!

My next trip back home will be on Sunday, September 26, for the nationally recognized, Wild Wild Wilderness 7.6 Mile Trail Run. I am looking for CK members to participate in the Open Club and Mixed team divisions. The pre-registration deadline is Sept. 12 and you can register or get more information at www.kennekuk.com. For team and carpool information give me a call.

Good luck to all our scholastic runners and fall marathoners. See ya on the roads and trails!

"Some of us may not be as fast as we used to be but we sure looked good and what better way to represent the best and most active running and walking club in Indiana."

BULLETIN BOARD

John Wiles purchased a size large royal blue CK Jacket and would like to get an extra large instead. Anyone interested in purchasing John's size large for \$36 (his cost) contact me at the number or address on the front of the newsletter and I'll pass along your name to John.



Chad Coy

Maxx Coy

Kim Coy

Kismet Morrison

Alexa Coy

Brad Swain

Reis Coy

NEW MEMBERS

ON THE ROADS

By Johnny 'O



Italy makes 'Did Not Run' list

I have traveled throughout the world, and I have managed to run in almost all the places I have visited, even areas considered too dangerous to be out on foot. Surprisingly, I just added Italy to my "Did Not Run" list.

I have dodged snakes and lions in Africa; street people and youth gangs in Bangkok, Manila and Panama City; North and South Koreans along the DMZ; and the Khmer Rouge and its ruthless leaders in Cambodia.

I, however, did not challenge the KGB while in Moscow, Leningrad, and Uzbekistan just before the Big Red Gulag crumbled. In those days, you had to stay at a "Tourist Hotel," and you had to relinquish your passport when you registered for a room. The KGB still had enough teeth so that "Big Brother" was everywhere, including your room. I heeded sound advice not to be caught on the streets alone and without official identification, so my early morning runs were walks inside the hotel.

This summer, Anne and I joined her brother, Chas, and his wife, Stephanie, on a 16-day self-tour of Italy. We flew to Rome, and traveled by train to the Amalfi Coast, Florence, Cinque Terre, and Venice.

The tour books warned against running in Rome because of the chaotic motorbikes and cars that make the former capital of the Western World, in the words of one Italian cab driver, a "giant garage"; in Florence because the streets are crowded with pedestrians and bicyclists; Venice because everyone gets lost on its narrow passages; and in Cinque Terre and Amalfi because all their roads go up never-ending, steep mountains.

The tour-book reasons are valid. However, I did not run in Italy, because we WALKED 12 to 18 HOURS a day in 90- to 100-degree weather.

Even though we climbed all Seven Hills of Rome in our four-day stay, we only scratched the surface of the city's artistic and architectural masterpieces, classical ruins, and extravagant baroque churches and piazzas. It was wonderful to walk,

because the city's 2,700 years of history and its beautiful people were on display everywhere we looked. I cannot recall one "dull" street or moment.

We were especially impressed by the football stadium-like Colosseum, where 70,000 spectators once watched gladiators fight to the death; the Roman Forum, where Western civilization was born; the Borghese Museum and Gallery, where we were struck by the beauty of Canova's "Venus Victrix," a sculpture of Pauline Bonaparte, Napoleon's sister; St. Peter's Square that can hold 400,000 people; St. Peter's Basilica that covers 18,000 square yards, extends 212 yards in length, carries a dome that rises 435 feet and measures 138 feet across its base, and where five of Italy's greatest artists – Donato Bramante, Raphael, Baldassare Peruzzi, Antonio Sangallo the Younger, and Michelangelo – died while working on its construction; and the Sistine Chapel, where ears necks craned to study Michelangelo's painting of Bible stories before Christ on a 10,000-square-foot ceiling, and his guided tour of hell in the "Last Judgment" on the chapel's altar wall.

After Rome, we took a break from art museums and churches and traveled by train south of Naples to the Amalfi Coast, where rocky cliffs plunge into the sea and white houses and lemon trees terrace the hills. We stayed in Positano, where author John Steinbeck lived in 1953; where everything is stairs; and where the blue, clear water in the small bay nuzzles a beach of pebbles. One evening after dinner near the beach, we started climbing steps to see where they would lead us. A half-hour and surely 1,000 steps later, we were at a church high above Positano. The view was magnificent.

From Amalfi, we went to Florence and walked in the footsteps of Michelangelo. Florence is Michelangelo's hometown and some of his finest creations remain there. My highlight was "David," a towering but graceful statue sculptured by Michelangelo at age 26

from a leftover block of marble that had been ruined by another artist. As I sat and studied "David," I was struck by its detail and life-like qualities.

Another Florentine delight was the Piazzale Michelangelo. We had to climb a series of ramps and stairs to the Piazzale, but we were rewarded with a spectacular view of Florence and the hills around it.

Cinque Terre was another break from the museums. Its collective community of five fishing villages perched on bluffs above the sea is part of the Italian Riviera. Four rocky and rugged trails were the only links between the towns until 1970 when a narrow, winding road was constructed. Today, a train also connects the towns, but it is the trails that provide dramatic views of the coastal scenery.

We started at daylight on a trail from Vernazza, where we were staying, to Monterosso. This trail is considered the most difficult of the four and a sign said it would take 90 minutes to cover its one-mile. Our intention was to have breakfast in Monterosso, take the train back to Vernazza, and then hike the three easier trails.

Two hours, a mountain and no village later, we found ourselves on the narrow, busy highway. We had taken a wrong turn. A highway sign read: "Cinque Terre 11K." Instead of facing speeding cars on the highway, we retraced our steps back over the mountain. Our return trip took only 90 minutes because most of it was down hill and "hunger" quickened our steps.

After lunch, a determined Anne, Chas, and Stephanie hiked the narrow trail to Monterosso, experiencing a thunderstorm, while I sat on the beach enjoying cold beverages and the physical beauty of the beach scene.

Built entirely on water, Venice, with its canals and narrow, twisting streets, certainly is unlike any other city. We were warned that it would smell, but only experienced that unpleasantness once at dinner near a neighborhood canal.

Comparing the histories of Venice's and the United States' democracies is intriguing. Venice's

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ON THE ROADS (CONT)

participatory democracy began in 700 A.D. Its Great Council once had 2,000 members. Originally, the Council members were elected. By the 13th Century, the wealthy inherited the seats from their ancestors. By the 14th Century, the Great Council allowed a Council of Ten to rule the country.

The Palazzo Ducale was fascinating to tour because it served as the Venetians' White House, Senate, Court, torture chamber, and prison. The Ducale sits on one end of the beautiful Piazza San Marco, which Napoleon called "the world's most beautiful drawing room." At night, three five-person orchestras, stationed in different areas on the Piazza, played classical music. We had drinks at Caffe Florian and listened to the nearby orchestra play *The William Tale Overture* (The Lone Ranger theme song). Florian has been opened since 1720. It is Venice's oldest café, and has served Casanova and Charles Dickens.

I did not like walking the streets of Venice, because they were so narrow and crowded. I felt like a mouse in a maze. It also is easy to get lost, because street names change each block. We just accepted that fact, and asked for directions.

One morning, we escaped claustrophobic and chaotic Venice by boat to the nearby island of Murano, where we, and just a few others, watched craftsmen make and transform glass into Venetian pieces of art. If Ven-

ice had the quiet streets of Murano, I would not hesitate to return.

TECHNICALLY I RAN

Although I said I did not run in Italy, a purist could claim I did on one occasion. When we would buy our train tickets, we reserved our seats. On our first train trip, we discovered that people ran to board the train because some riders sat in the first available seats and it was impossible to get them to move without the help of an English-speaking Italian. To avoid confrontations, we joined the seat stampede.

Normally, notice of what "Binerio" from which a train will depart is posted 30 minutes before it is scheduled to leave. On our trip to Venice, the notice was posted as the Venice-bound train arrived at the station and within five minutes of its scheduled departure. The train was leaving from Binerio 8, which was on our right.

The mad rush of boarding passengers began immediately and it ran head-on into people getting off the train. Usually, Chas would lead our charge, but I saw daylight to the left and broke clear of the mob. I raced ahead, jumped on "our" designated car, and secured "our" seats with my bag.

Feeling a little smug that I finally beat Chas to a train, I walked back to the door to help my "slow" relatives aboard. To my horror, I saw them boarding the "wrong" train.

I shouted: "Over hear, guys!"

Chas yelled back: "You're on the wrong train."

Anne screamed: "Hurry, the train is leaving."

I ran back to the seats, grabbed my bag, and jumped from the train as the door automatically closed behind me and the train began to move from the station.

I don't know where I would have ended up if I had stayed on that train, but I do know Anne, who laughed so hard she cried, will never let me live it down.

On the plane home, the thought occurred to me that my eyes have seen a lot of ugliness and hate while I served in the Army and worked in journalism, so I thanked God for allowing me to live long enough for them to see the beauty and wonder of Italy.

FINAL THOUGHT

My Irish eyes are smiling because I had a wonderful time walking in another country. Many Club Kokomo Roadrunners also have had great runs or walks in foreign lands. It would be fun and helpful to some our members to read about them. Please email jwiles9890@aol.com or mail to 806 S. Locke St., Kokomo, IN 46901, a paragraph or two about your favorite place or places to run or walk outside the United States.

Arrivederci



CHAPLAIN'S CORNER

By Dana Neer



TREATING OTHERS WITH RESPECT

You can usually judge the character of others by how they treat those who can do nothing for them or to them. I found a story a few years ago that explains what I mean:

A lady in a faded gingham dress, and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University president's outer office.

The secretary could tell in a moment that such backwoods country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge.

She frowned. "We want to see the president," the man said softly.

"He'll be busy all day," the secretary snapped.

"We'll wait," the lady replied.

For hours, the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't; and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted.

"Maybe if they just see you for

a few minutes, they'll leave," she told him.

He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, but he detested gingham dresses and homespun suits cluttering up his outer office.

The president, stern-faced with dignity, strutted toward the couple.

The lady told him, "We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. And my husband and I would like to erect a memorial to him, somewhere on campus."

The president wasn't touched, he was shocked. "Madam," he said gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery."

"Oh, no," the lady explained quickly. "We don't want to erect a statue. We thought we would like to give a building to Harvard."

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, "A building! Do you have

any earthly idea how much a building costs? We have over seven and a half million dollars in the physical plant at Harvard."

For a moment the lady was silent. The president was pleased. He could get rid of them now.

And the lady turned to her husband and said quietly, "Is that all it costs to start a University? Why don't we just start our own?"

Her husband nodded. The president's face wilted in confusion and bewilderment.

And Mr. and Mrs. Leland Stanford walked away, traveling to Palo Alto, California, where they established the university that bears their name, a memorial to a son that Harvard no longer cared about.

Our club has wonderful people who have a healthy respect for each other. Affirmation and encouragement for ALL people regardless of age, gender or ability is one of our key goals as runners/walkers. Let's continue to model Christ's example of helping others be successful in life.

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Happy birthday Mason!

BIRTHDAY LIST

9/1	Stephanie Bolinger	9/16	Jan Stucker	9/26	Josh Daugherty
9/4	Ron Moore	9/17	Steve Kilcline	9/26	Mason McGovern
9/6	Don Gifford	9/17	Sandy Knowland	9/28	Anne Elliott
9/6	Brandon Sheline	9/18	Barbara Hobbs	9/28	Jim Hunter
9/10	Nancy White	9/19	Adam Bahler	9/29	Mike Anderson
9/13	Earl Strong	9/20	Tim Miller	9/29	Kevin Sites
9/14	Larry D. Sullivan	9/24	Glenn Artis	9/30	Carrie Lee
9/16	William Bennett	9/25	Sam Williamson, Jr.	9/30	Ernie Strawn



MEETING MINUTES

CKRR Meeting
August 1, 2005 7:12 P.M.

Vice-president William Irvin opened the meeting at 7:12 P.M.

Members Present:
Mark Shorter—Treasurer
Brian Reinhardt—Newsletter Editor
Charlie Skoog
Gary Jewell
Cindy Sanders
Jackie Sanders
Pat Robertson

Reports

Financial Report given by Mark Shorter

Coyote Kids financially solid even with the increase in kids.

Haynes Apperson was financially successful

Age-graded Report
Money in from sponsor
Awards are in
T-Shirts on order
No fun run

Old Business

Decrease in membership dues—
2nd vote—from \$25 to \$20 for

families and from \$20 to \$15 for adults

Voted unanimously in favor of Voted to drop 5 points from Indy Mini 5k since the Indy Mini is no longer a required half marathon.

Voted 5-2 in favor of with 1 abstain

CKRR Gear

First order placed
Approximately 30 members ordered gear
Should be in and done within 6-8 weeks.

New Business

Bulk shirt buys for all races to lower costs?

Difficult to do since Haynes Apperson Festival pays for part of purchase

Proposal to have volunteers to write newsletter articles for each race.

Create schedule for 2006

Motion to buy singlet/short set for individual who created logo.

Voted unanimously in favor of.

Meeting adjourned at 8:20 P.M.

Next meeting September 12, 2006.

MEET RICK WOOD



Name: Rick J. Wood

Age (if desired): 36

Family: Wife Mendi, Children RJ(6), Ryker(4), Rachel(2)

Hometown: Rosedale, Indiana

Occupation: Production Supervisor – ITP1 Chrysler

Years Running/walking: 26 years

Reason for starting to run/walk: I am a member of the Indiana Air National Guard in Terre Haute, Indiana, for the past 17 years and counting. Being healthy is a primary focus for the Air Guard. Now, that I'm older, the weight seems to hang around more easily. I love to run and was good when I was younger and I'm using every tool available to motivate myself to get back into running condition and shed the unnecessary pounds. I have recently registered to run in the 2006 mini-marathon and I felt that the Club Kokomo Roadrunners was the first step in achieving my goal to complete the mini.

Running/walking Goals: Complete the mini-marathon; continue a healthy running regime to shed the pounds and keep my body in shape, and to get my family excited about doing the same. I know the kids would love to run with me when they are older.

Favorite Run/walk or Race: Having just begun to run, the only race I have completed as of the date of this questionnaire was the 4 mile run at the Haynes Apperson Day Run-Walk event.

Hobbies and Other Interests: I enjoy spending as much time with my family as possible, continuing my service with the Indiana Air National Guard, traveling with family and friends, weight lifting, watching NASCAR races, & woodworking.

Reason for joining Club Kokomo: The main reason for joining Club Kokomo was to get myself into running condition to complete the 2006 Indy mini-marathon. Other reasons include: motivation to stay in shape, motivate my family to follow my routine and to become better acquainted with Kokomo by meeting new folks.



Patti Reinhardt and Angela Minnefield show off some new club gear at the Western CC invitational. Club Member Mike Graham looks on.



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, Haynes Apperson, Ironhorse, Panther Prowl, Converse Race, Age-graded, Western CC Invitational and any one marathon, one half-marathon, or one volunteer.

Runners

40-44
W O M E N
 0-12
 Waverly Neer 5-100
 Shelby Revils 6-87V
 Kierra Howell 3-50V
 Kayla Reinagle 2-35
 Mindy Tetrault 1-20V
 Zoe Irvin 1-10
 Lauren Weber 1-10
 13-19
 Vanessa Lorenz 13-184
 Amber Longwith 11-140V
 Anna Hurlock 6-120
 Sarah Bauson 8-109H
 Laura Bauson 7-92H
 Tiffany Williams 5-62
 Megan Tetrault 4-57
 Annina Gruber 3-55
 Nicole Parry 3-42
 Erin Talbert 2-29V
 Becky Elliott 1-10
 Felicia Fiacco 1-8
 Sarah Lee 1-6
 20-24
 Michelle Tetrault 8-142V
 Grace Bauson 5-85H
 Stephanie Miller 3-60V
 Christan Bahler 1-20
 Ashley Taflinger 1-20
 Diana Anderson 2-15
 25-29
 Kelly Wright 18-340MHV
 Allison Irvin 12-179H
 Shannon Reinagle 10-155HV
 Justine Eads 8-116
 Karen Bush 1-15
 30-34
 Nicole Peel 9-170MH
 Lisa Jones 9-137H
 Jeanette Merritt 9-126V
 Heather Weber 7-125V
 Amy Graves 3-47H
 Lisa Stucker 3-45
 Julanne Packard 3-44
 Robyn Pasington 1-20
 35-39
 Gina Sheets 14-252MHV
 Tami Moore 10-146H
 Teresa Long 4-65H
 Kim Anderson 3-55
 Angie Banush 3-52H
 Tracy Carden 1-15

Mason McGovern 6-82
 Daniel Riffe 5-67
 Jesse Bauson 5-64H
 Bryan Phillips 3-60
 Jordan Brown 3-45
 Jordan Lee 3-40
 Peter Bauson 4-39
 Adam Bahler 2-22
 Devin White 2-22
 Alec Digard 1-20V
 Steve Peugh 1-20
 Matt Tetrault 1-20V
 Wesley White 1-20V
 Brett Sanders 1-10
 20-24
 Mark Eads 7-104
 Josh Daugherty 5-100
 Seth Daugherty 5-95HV
 Ryan Hurlock 4-75
 Eric Newman 3-42
 Kevin Callaghan 2-35V
 Michael Anderson 1-20
 25-29
 Kevin Sites 9-170H
 Matt Yarosz 5-100
 Ryan Woolever 1-20
 30-34
 William Irvin 16-275HV
 Jeff Kuczera 11-220H
 T.A. Weber 9-137H
 Keith Hill 7-98H
 David Reinagle 4-42
 Vernon Graves 2-18
 Ravi Nagaragu 1-8
 35-39
 Mike Graham 19-319HV
 Anthony Campbell 6-112H
 Ron Moore 6-105
 Andrew Maibaum 4-60
 Shawn Mayfield 1-20
 Rick Wood 1-20
 Chuck LaDow 1-15
 40-44
 Gary Jewell 14-255
 Byron Bundrent 15-234H
 Brian Reinhardt 13-189MHV
 Dana Neer 10-184HV
 Mark Webster 6-97HV
 Ken Swinehart 6-91V
 Kim Lee 5-58
 Tony Kirgis 3-52HV
 Dan Lutes 3-50MH
 Terry Bogue 2-40H
 Jack Lotzgeselle 2-32H
 Mike Jones 2-30H
 Brad Swain 1-12

45-49

Ray Tetrault 19-291MHV
 Al Hochgesang 12-220H
 Eric Mathew 13-199H
 Earl Strong 12-178HV
 Brent Marner 5-78H
 Russ Hovermale 5-73
 Bill Bauson 5-58H
 Matthew Bolinger 4-50H
 Jerry Meiring 5-45
 David Gardner 2-40H
 R.J. Kerr 2-40V
 Kenny Bennett 1-20V
 Greg Townsend 1-20V
 John Anderson 2-15
 Jeff Hemmeger 1-8
 50-54
 Charlie Skoog 17-278MHV
 Chuck Masters 14-270MH
 Mark Shorter 19-265H
 John Sites 14-232MHV
 Mike Deardorff 14-195MHV
 Steve Wand 8-94HV
 Michael Campbell 5-75MH
 Dave White 6-73H
 Don Gifford 4-57H
 Rex Piercy 3-48V
 Larry Grant 3-33H
 Karl Stoneking 2-27H
 Mike Rethlake 1-10

55-59

Ricke Stucker 16-310MHV
 Ed Oliphant 12-210H
 Tom Miklik 14-199MH
 Sam Williamson 11-167H
 David Hughes 11-162M
 Fred Chew 5-69H
 John Wiles 3-48V
 Phil Leininger 2-30H
 Garry Hill 1-7

60-64

Stan Shuey 18-286V
 Bill Barnett 12-220H
 Dale Sullivan 9-152H
 Jim Burrous 8-113H
 Doug Mankell 6-74H
 Ernie Strawn 1-10

65-69

Robert Cupp 14-240V
 John Norris 11-220MV
 Dick Summerton 2-24
 Charles Johnson 1-20H

70+

Bill Heck 11-210V
 Milt Brown 6-90V

Walkers

W O M E N

Mary Miller 20-380H
 Amanda Pena 18-275V
 Debbie Riffe 18-210V
 Pat Robertson 19-182HV
 Cynthia Sanders 17-142V
 Jane Inman 8-110HV
 Raye Jean Swinehart 7-94HV
 Sylvia Burgin 10-88
 Marsha Daugherty 7-84V
 Amy Revils 8-81V
 Edwina Faust 9-70
 Helen Brown 3-40V
 Renee Minnefield-Black 3-31
 Karen Jewell 2-30V
 Barb Hobbs 2-30V
 Sona Camp 2-27V
 Jill Parry 2-24
 Debra Bowman 2-23V
 Geana Moore 1-20
 Sue Smock 1-20H
 Jan Stucker 1-20
 Diane Gifford 2-18
 JJ Schmitt 1-12
 Jayne Newton 1-7

M E N

Jerry Lambert 19-289HV
 Rick Spencer 14-270HV
 Tim Taflinger 19-226
 Keith McAndrews 15-224HV
 Jackie Sanders 18-166V
 Robin Michael 12-126H
 Steve Inman 9-115HV
 Tim Revils 9-104HV
 Melvin Hobbs III 4-70HV
 Russell Fox 5-64
 Toney Lorenz 4-45
 Jack Sanders 2-30
 Dave Woelfel 2-26V
 David Plantenga 1-20V
 John McGinty 2-16
 Stephen Newton 1-6



RACE RESULTS

John Norris 5k Run/Walk
Saturday, August 08, 2005
Converse, IN

1. Fred Miller 15:49
2. Bryan Phillips 15:52
4. Josh Daugherty 16:20
7. Michael Marley 16:49
8. Gary Jewell 16:59
11. Jeff Kuczera 17:18
12. Brandon Sheline 17:21
13. Byron Bundrent 17:31
14. Devin White 17:49
18. Tony Robinette 18:28
19. Mason McGovern 18:37
22. Chuck Masters 18:50
24. Matthew Robertson 18:57
25. Brad Swain 19:33
26. Sam Williamson, Jr 19:50
28. William Irvin 20:29
29. Kevin Sites 20:37
31. Annina Gruber 20:43
33. John Sites 20:56
35. Kelly Wright 21:08
37. Charlie Skoog 21:27
38. Angela Minnefield 21:34
39. Keith Hill 21:47
40. Nicole Parry 21:57
43. Mark Shorter 22:13
44. Ron Moore 22:18
46. Tiffany Williams 22:21
48. Ricke Stucker 22:35
52. Bill Barnett 22:56
53. Mike Daugherty 23:06
55. Vanessa Lorenz 23:24
56. Mike Deardorff 23:27
57. Gina Sheets 23:38
59. David Hughes 23:39
61. Brent Marner 23:44
62. Cheryl Marner 23:46
67. Stan Shuey 24:20
68. Sam Williamson 24:35
70. Russell Hovermale 24:44
71. Kim Lee 24:52
73. Mark Eads 25:13
74. Tami Moore 25:22
77. Dale Sullivan 25:43
84. Bill Heck 26:57
86. Justine Eads 27:15
87. Brenda Masters 27:20
90. Michael Graham 28:33
93. Doug Mankell 29:52
94. Christine Williamson 30:35
96. Bob Cupp 30:50
99. Marsha Daugherty 31:43
100. Robin Cole 31:50
107. Karmen Glaspy 39:01
108. Sharon Miller 40:33

Walk

1. Rick Spencer 30:45
2. Jerry Lambert 32:55
3. Tim Taflinger 33:07

4. Mary Miller 33:21 1st Female
6. Steve Inman 35:45
7. Amanda Pena 36:30
8. Robin Michael 38:55
9. Jill Parry 39:24
10. Jane Inman 39:47
12. Renee Minnefield-Black 41:18
15. Debbie Riff 43:15
16. Sylvia Burgin 46:02
17. Pat Robertson 46:11
18. Jackie Sanders 50:12
19. Cynthia Sanders 50:18

Mile Fun Run

5. Allison Minnfield-Black 13:20

2005 Club Kokomo Age Graded Races
Saturday, August 13th, 2005
Highland Park, Kokomo, IN

4 Mile Age Graded Run

Place Name	Age	Clock	Split
1. Gary Jewell	43	29:53	22:53
2. Carla Yerkes	45	30:13	27:28
3. Byron Bundrent	45	30:18	23:33
5. Michael Marley	19	31:48	23:03
10. Dana Neer	42	32:06	24:51
12. Ryan Hurlock	20	32:33	23:33
15. John Norris	67	32:47	31:17
16. Devin White	15	32:58	25:13
17. Matthew Robertson	17	33:24	25:09
18. Anna Hurlock	16	33:44	28:29
20. Ricke Stucker	57	33:48	29:48
21. Eric Matthew	46	33:57	27:27
22. Stan Shuey	64	34:11	31:56
23. Ed Oliphant	59	34:20	30:50
25. Lorene Sandifur	51	34:34	33:19
27. Mark Shorter	53	34:44	29:44
33. Tiffany Williams	16	35:31	30:16
36. Patti Reinhardt	41	36:06	32:21
37. Jesse Bauson	16	36:31	28:31
40. Ray Tetrault	48	36:48	30:48
41. Vanessa Lorenz	16	36:58	31:43
42. Cassie Bauson	46	37:09	34:39
43. Mike Deardorff	51	37:18	31:48
46. Tom Miklik	55	38:08	33:38
48. Sarah Bauson	19	38:39	32:09
49. Laura Bauson	18	38:43	32:28
50. Robin Tetrault	51	38:44	37:29
52. Joshua Revils	9	38:50	35:50
56. Kevin Sites	26	39:20	29:35
60. Bob Cupp	69	40:52	39:52
64. James Longwith	10	41:23	37:23
66. Rick Wood	36	41:59	33:59
69. Justine Eads	25	44:08	36:38
70. Peter Bauson	13	44:13	37:58
71. William Bauson	46	44:24	37:54
72. Lisa Stucker	32	44:27	38:27
73. Robin Cole	53	44:39	43:39
74. Amber Longwith	18	44:49	38:34
77. Michael Graham	39	46:46	39:01
78. Megan Tetrault	18	51:57	45:42

5K Walk

Place Name	Age	Clock
1. Rick Spencer	51	31:43
2. Keith McAndrews	49	32:41
3. Tim Taflinger	54	33:37
4. Mary Miller	45	34:07
5. Jerry Lambert	69	34:43
6. Toney Lorenz	56	39:04
8. Amy Revils	37	44:00
9. Timothy Revils	41	44:01
10. Sylvia Burgin	60	45:00
11. Edwina Foust	62	47:08
16. Jackie Sanders	54	50:28
17. Cynthia Sanders	50	50:34

2005 Western Invitational Open Cross
Country Meet
Saturday, August 27th, 2005
Oakbrook Valley, Russiaville, IN

1. Chris Williams 17:52
2. Jeff Kuczera 18:16
8. Ryan Woolever 22:30
9. Charlie Skoog 22:48
10. Mark Shorter 23:49
11. Jordan Lee 23:50
12. Angela Minnefield 23:52
13. Ricke Stucker 24:28
14. John Sites 24:51
15. Ray Tetrault 25:05
16. John Norris 25:39
17. Stan Shuey 26:10
18. Lorene Sandifur 26:32
19. Kim Lee 27:01
20. Cassie Bauson 27:11
21. Patti Reinhardt 27:31
22. Quinn Reinhardt 28:38
23. Bill Heck 29:02
24. James Longwith 29:44
25. Chuck Masters 29:57 (started 8 minutes late)
26. Robin Tetrault 30:58
27. Michael Graham 31:34
28. Eric Matthew 36:20 (started 13 minutes late)

4K Walk

1. Rick Spencer 25:46
2. Keith McAndrews 26:26
3. Tim Taflinger 26:51
4. Jerry Lambert 27:15
5. Mary Miller 27:41
6. Amanda Pena 30:01
7. Steve Inman 30:49
9. Jane Inman 34:33
10. Debbie Riffe 36:11
11. Edwina Foust 39:28
12. Pat Robertson 40:04
13. Jack Sanders 43:05
14. Cindy Sanders 43:10

RACE CALENDARS

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

December 3
Charity Run
 Time: 1 PM
 Location: UAW Local 685

September 10th
Ranger Run 5K/10K
 Reynolds, IN
 2nd Annual Run
 Race site: Reynolds Town Park
 Start time: 8AM
 Event director: Ralph Zarze
 e-mail: footrace1@yahoo.com
 web site: <http://reynoldspark.com>
<http://reynoldspark.tripod.com>

September 17th
Freedom Run 5-miler
 Marion In
 Location: National Guard Ar-
 mory
 4th and SR 18
 Start time: 7:15 AM
 email: Robert.McCallum@in.ngb.army.mil

September 17th
Apple-Popcorn Festival 5K/10K
 Brookston, IN
 26th Annual Run
 Race site: 8th and South Streets
 Start time: 9AM
 Event director: Floyd Garrott
 e-mail: fgarrott@dcwi.com

September 24th
BeeBumble 5K Run/Walk
 Burnettsville, IN
 6th Annual Run
 Race site: Bee Hive Community
 Center, corner of Sixth & Logan
 Streets
 Start time: 8AM
 Event director: Jeff Saylor
 e-mail: jeffs@sugardog.com
 web site: <http://www.beebumble5k.org>

JEWELL TAKES AGE-GRADED

By Brian Reinhardt



Gary Jewell on his way to his age-graded win.

In a race that in years past has been dominated by the very young or those that have seen more sunrises than most of us, a middle-aged race director Gary Jewell was able to run away to the

crown this year. He had to work hard for it as he didn't catch club runner Carla Yerkes until the final four hundred yards. Other top finishers from Club Kokomo were Byron bundrent in 3rd, Michael Marley in 5th, and club chaplain Dana Neer in 10th. Quite an impressive showing as club runners took five of the top ten places.

As can be expected in the middle of August it was plenty warm and humid again this year. The oft passed water stop was a hub of activity as Amanda Pena and Debbie Riffe worked hard trying to keep runners hydrated.

Since I'm still "gimpy" I had camera in tote and managed to capture a few good shots of some of our runners. Surprisingly, I even managed to capture a smile or two between breaths of very wet air. How exactly some people can smile and run is something that I've failed to figure out in my 15 years of running!



Carla Yerkes ran to a second place finish again this year.

Congratulations Gary on a great performance and congratulations Club Kokomo on a whole slew of terrific performances.

OTHER RACE RESULTS

Race the Pace Car 5k
 August 5, 2005
 Kansas City, KS
 1. Matthew Noonan 15:18
 86. James Longwith 25:34
 129. Amber Longwith 28:17
 184 Runners

KJZZ/Desert Morning News Marathon/10K
 July 25, 2005
 Salt Lake City, UT
 Marathon
 1. Jonathan Ndambuki 2:22:30
 1w. Irina Bogacheva 2:42:37.
 310. Roxane Burrous 4:22:54
 592 Finishers
 10k
 1. Teren Jameson 28:32
 1w. Emily Jameson 32:30
 871. Jim Burrous 52:21
 2004 Finishers

The next club gear order will be submitted to the vendor on **November 1, 2005** providing we have at least the minimum of \$500 worth of gear to order. You should be able to get a good look at the gear as a number of club runners and walkers are now wearing it and decide if you'd like to order some as well. Use the form attached to the August newsletter or email me and I'll send you one.



VISION BECOMES REALITY

By Brian Reinhardt

Jeff Kuczera and Angela Minnefield were to top runners at the recent Western CC Invitational 5k Fun Run. Rich Spencer and Mary Miller took home the wins, respectively for the 4k walk. But that's not the real reason people showed up to run and walk on this day.

The real events were the 4 high school cross country races on one of the most beautiful courses that you'll ever run. The vision that Dana Neer had and the drive needed to make this become a reality amaze me. He didn't go it alone and had lots of help, specifically Gary Jewell with lots of back breaking work, but his dream to give his kids and the kids from other schools a great place to compete came to fruition on Saturday.

Not a lot seems more exciting to me than to see a bunch of kids just having an absolute blast. It wasn't all fun – the course was very tough and demanded some serious effort, but in the end and after some time to

reflect I suspect that we'll find out that each one of those kids had something positive to say about it.

Dana called me this week to thank Patti and I for our help and to ask me what I thought of the events and I almost had to laugh. He thanked us? To be honest that's the kind of man that Dana is, but I thought it much more appropriate to thank him for having a dream – not for him – but

for what will one day be thousands of kids that get to run free on the grounds of Oakbrook Valley. Thank you Dana for letting us all share in your premiere.

The course will be more crowded next year as the word gets out about these races so I'll probably wish I hadn't been hurt and been able to run the course this year and straighten out the turns a bit, but my walk of the course will have to do for now. It gave me extra time to enjoy it and enjoy some time with my wife as we strolled along and talked – about the beauty of the course – surprise, surprise! Her and Quinn had already run it and loved it so I just had to see if for myself.

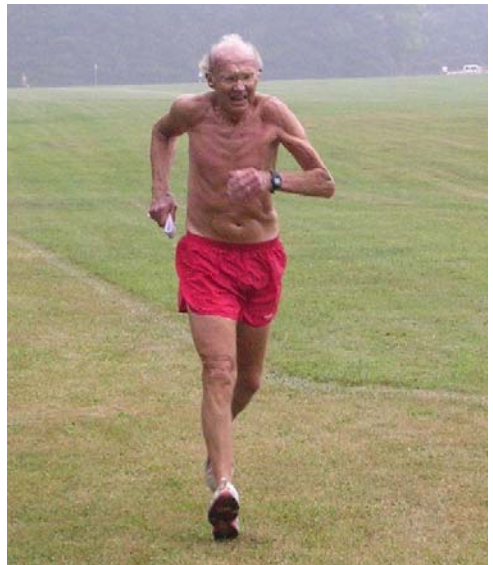
Not only will in be more crowded next year for these events, but Dana also told me that the Mid Indiana Conference meet has been moved to Oakbrook Valley from Maconaquah because the coach at Maconaquah loved the course so much. That says quite a bit, doesn't it?

Thank you again Dana, for your



Steve and Jane Inman enjoy the challenging, but beautiful Oakbrook Valley course.

enthusiasm for doing what you love – teaching kids, being a friend, and inspiring us all to follow more closely in our Creator's footsteps.



Bill Heck nears the finish line.



Club runner Tiffany Williams competes for Kokomo High School in the recent Western CC Invitational.

There are a number of opportunities to get together with other club runners on a regular basis. I'll try to put together a schedule of when different groups meet so that each of you has an opportunity to run with others. Some that I already know about are Sunday mornings in Highland Park where runners meet starting a 6:00 A.M. and meet every half hour until 7:00 A.M. Another is Wednesday evening in Highland Park at both 5:00 and 5:30 P.M. at Old Ben. In the cooler months we also meet in Highland Park at 1:00 P.M. on Sundays. If you'd like me to add other times just let me know.

11th Annual Kokomo Symphony 5K Run/Walk

Time: Saturday, September 24, 2005 at 9 a.m. sharp!!!

Location: Highland Park, Rogers Pavilion, Kokomo, IN

Registration: \$10, if postmarked on or before September 3, 2005
\$13 after September 4, 2005.

Day-of-race registration and packet pick-up will be 7:30 a.m. to 8:30 a.m. T-shirts will be given to those runners and walkers who pre-register. Individual awards will be given to overall male and female runner and walker champions.

Course: A 5000-meter course with several small hills (inside the park) is accurately measured by Club Kokomo RoadRunners. There will be traffic control in the park. Water and refreshments will be provided at the finish. NO wheeled vehicles or animals on the course.

Run Divisions:	<u>MEN</u>	<u>WOMEN</u>
	18 & under, 19-25, 26-39, 40-45, 46-54, 55-59, 60 & older	18 & under, 19-25, 26-39, 40-45, 46-54, 55-59, 60 & older

Walk Divisions: MEN & WOMEN
19 & under, 20-35, 36-50, 51-60, 61 & older

NOTE: Registered walkers may be disqualified for running during the course.

REGISTRATION FORM

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Age (Race Day): _____ Sex: _____ PLEASE CHECK: Walk: _____ Run: _____

Registration Fee \$10 on or before 9/03/05, \$13 after 9/04/05

NO REFUNDS!

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running or walking this event in including but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Club Kokomo RoadRunners, the City of Kokomo, the Kokomo Symphonic Society, Inc., all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature: _____ Date: _____

Parent or Guardian Signature if under 18: _____

Send entries and make checks payable to:

Kokomo Symphonic Society, Inc, PO Box 6115, Kokomo, IN 46904-6115

Questions: Call Kokomo Symphonic Society, Inc, 765-455-1659