

February 2006

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Quilt Anyone?

By Brian Reinhardt



Next Race:
Groundhog 7
Location: Zionsville, IN
Date: February 5
Time: 1:00 P.M.

Club Runner Patti Reinhardt does a lot more than run with her time. Beyond working full-time, chasing after two boys, and managing to keep me in line (yup, I'm the lucky guy who's married to her), she also makes quilts out of old running and walking t-shirts.

Of course, you don't have to be a runner or walker to want a quilt and she could make one from any t-shirts that you wanted, but we are in fact a running and walking club so up to this point that is exactly what she's done.

I'm sure most of you have seen the advertising in the back of running magazines asking you to send them some shirts and they'll make you a quilt and I'm sure that many of you have already done so. But look no further, we have our own "quilter" right here in our own club.

Patti started by making a quilt for herself, kind of her own Guinea Pig so to speak and after seeing it I had to have one as well! (Mine is pictured on page 11) When Roxane Burrous saw Patti's and mine on the Bar Harbor trip she decided that she'd surprise Jim with one as well and the (continued on page 11)



A quilt that Patti made for club runner Jim Burrous.

CLUB KOKOMO ROADRUNNERS

The Roadrunner

Inside this issue:

From the President with Ray Tetrault	2
Good Friends, Good Trails, Good Times by Brian Reinhardt	3
Birthday List	3
On the Roads with Johnny 'O	4
Meeting Minutes	5
Best Times for 2005	6
New Members	7
Running Age-group Records	8
Walking Age Group Records	10
Race Calendar	11

Just a reminder to get your dues in to Mark Shorter, our treasurer, for 2006. It's hard to get more bang for your buck than with an active lifestyle in a friendly running club.

For sale: Club Kokomo Logo (as pictured below) 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.



PLEASE READ!

I seemed to have failed to include a date in the newsletter about when the awards banquet will take place. The absolute no doubt date and time is

February 19, 2006, 2:00 P.M. at the Senior Citizen's Center in Foster Park. John mentioned in his January "On the Roads" that the date would be February 12, but a scheduling conflict forced us to move the date back. If you plan to attend please bring a dessert to go with the Chili from the Chili Cook-off. Or if you want to make some chili contact me and I'll let John Wiles know.



From the President

By Ray Tetrault



WHAT KIND OF RUNNER AM I?

All my life I thought runners were runners. I never realized there were marathoners, ultra-marathoners, trail runners, road runners, elite runners, jogger runners, plodder runners, etc. Since becoming a member of Club Kokomo I have discovered the many variations of runners. Looking back over my life I have come to the conclusion that all of us are or have been in a number of categories before.

Martin Luther King Day was a welcome holiday for me and I planned to run long and slow. One of my favorite people (think nemesis) Lorene Sandifur invited a group of us to run at Eagle Creek on this day. Thirteen CKRR members showed up to run that wonderful day. Don and Diane Gifford provided wonderful hospitality, but I had this uneasy feeling when Don said he doesn't run the back 3 trail miles often because of the terrain. Then I heard Charlie Skoog tell how much he loves the trail. To hear Charlie talk about it I think he would run this trail every morning if he lived close enough.

So how can you tell what kind of runner you are? How could Don or Charlie know if they are a trail runner or a roadrunner? Here is a simple test you can take yourself. (Lorene, if you need help scoring it, send \$25 to Coyote Kids and I will score it for you.)

What is the difference between a trail runner and a road runner? Here is an easy to administer self-test to help you answer this question for yourself. Simply add the points indicated in brackets for each "yes" answer, and score yourself at the end.

1. Which would you rather run? The "Boston Marathon" in under three hours (0); the "Pike's Peak Marathon" in under five hours (+1); the "Hardrock 100", who cares about the time? (+2)

2. Do you regularly encounter animals, which could maim or kill you such as elk, bear, cougar, or rattlesnake (dogs don't count; cows count, but only if you've actually been threatened by one)? (+1)

3. Which do you fear more on runs? Getting shot by hunters (+1), getting shot up by thugs (-1)?

4. Do you regularly return from runs bleeding? (+1)

5. Are all your running socks brown? (+1)

6. Have you ever gotten dirt in your mouth or up your nose from a fall? (+1)

7. Have you ever taken a detour in a race to top a peak or just to "see what's over the next ridge"? (+1)

8. Do you time your workouts? (-1) Do you record the times? (-1)

9. Do you own a GPS watch? (0) Do you use it? (-1)

10. Do you keep a written PR list? (-1) Is it publicly accessible i.e., pinned to the wall of your office, or posted on an Internet webpage? (-1)

11. Have you ever missed a meeting at work because that loop was "a little longer than you thought"? (+1)

12. Have you ever had to pull cactus thorns out of your shoe, or a yucca spine out of your shin? (+1)

13. On most of your runs, do you often have to decide whether to cross against the red light? (-1)

14. How long does it take a fresh pair of shoes to lose that "new" look? Two weeks (-1), one week (0), three days (+1), one day (+2)

15. Have you ever torn your shirt, shorts, or flesh on a barbed-wire fence? (+1)

16. Do you regularly carry a street map on runs? (+1) A topo map? (+2)

17. Do you regularly wear gaiters or dump large amounts of dirt from your shoes? (+1)

18. Have you ever gotten lost enough on a run that someone had to come looking for you? (+1)

19. Are there times you can't go on your favorite run because of mud or high water? (+1)

20. Can you pee anywhere you want on runs? (+1)

Scores -

Less than 7 points: A true road runner; may your PRs forever quicken. From 7 to 12 points: A trail runner in spirit; now get out of the city and move to where there are some trails! More than 12 points: A hardcore trail runner; I can almost see your bloody knees from here!



Charlie Skoog admiring "the course".

Good Friends, Good Trails, Good Times



By Brian Reinhardt

If you've never run or walked in Eagle Creek Park then you need to find a way to get down to the west side of Indy to do so. It has miles of roads and trails for every ability level and the scenery is fabulous.

If you've never run or walked with a great group of people like this from Club Kokomo the you need to find a way to do so. There are tons of stories, smiles, and inspiration to last you a running or walking lifetime.

Such was the case times two on Monday, January 16th thanks to the invitation of Don and Diane Gifford for anyone that wanted to make it down to Indy for a run or walk in Eagle Creek.

You'll probably recognize at least somebody in this group so any excuses that you might have, like not knowing anybody, might not work. And even if you didn't know anybody Charlie Skoog was along so you'd have known at least one person in the first minute.

We were greeted by not only the welcoming arms of Don and Diane, but also by perfect January weather with temperatures in the 40's and brilliant sunshine.

And if a perfect running day with perfect hosts wasn't enough, Don was even kind enough to post pictures of Lorene along the course to ensure that she (and us) didn't get lost! Thanks Don!

Following anywhere from 3-4 miles or many more we finally ended up at Bob Evans restaurant for some very good food and even better company before heading back north later

in the day.

So as long as the invitation is open from Don and Diane you'd be a fool not to take advantage of the opportunity to make your way to Eagle Creek for some of the best running that Indiana has to offer.

It just so happens that Dan Lutes (far right, second row) has organized another chance to run in Eagle Creek on

February 11th at 8:00 A.M. with the race director of the Deadwood-Mickelson Marathon, Jerry Dunn. He'll be in town for the weekend visiting his mother and would love to meet as many club runners as he can while here. Don't pass up an opportunity to run in Eagle Creek with a great group or friends and enjoy some awesome trails and roads!



Don and Diane Gifford opened up their home and their hearts for a fun day of running in Eagle Creek Park.

Birthday List

2/2	Jack Peugh	2/16	Maripaz Felix
2/4	Mariah Fisher	2/16	Keith Hill
2/6	Scott Pagington	2/19	Steve Currens
2/7	Andrew Rodgers	2/19	John Norris
2/9	Russell Fox	2/21	Levi Fouch
2/9	Amber Longwith	2/21	Shannon Reinagle
2/14	Maxx Coy	2/22	Mike Williams
2/16	Roxane Burrous	2/24	Dan Lutes
2/16	Mike Daugherty	2/28	Shelby J. Revils





On the Roads

By Johnnie 'O



Sometimes Johnny 'O Needs Bash Between the Ears

RACE FOR THE CURE

Suffering from a cold and job pressures in December, Johnny 'O had entertained thoughts about not organizing a Komen Race for the Cure team in 2006. He had put the group together for years, and reasoned it was time for someone else to shoulder the load. Then, while sharing a New Year's Eve lunch with Club Kokomo friends, it became clear why he needed to continue organizing the team.

Johnny O's dad remarked more than once that sometimes his son needed a bash between the ears to get him thinking straight. Johnny O received a bash at the lunch while listening to a friend talk about being a five-year breast cancer survivor and seeing the joy in her and her husband's eyes.

His friends at the Indianapolis Komen organization reinforced the bash at the annual team captain meeting in January. The room was filled with courageous people who were fighting for their life or the lives of family and friends. The positive energy and enthusiasm of the volunteers and survivors were more contagious than a cold virus.

So, Johnny 'O is asking you to make a positive impact in the fight against breast cancer by taking part in the 15th annual Susan G. Komen Indianapolis Race for the Cure on April 22.

In 14 years, the Indianapolis race and its 223,000 participants have raised more than \$6.95 million; granted almost \$3.8 million to organizations in a 21-county service area to provide breast health screening, education, and treatment programs to men and women; and donated almost \$1.5 million to fund cutting edge breast cancer research.

Nationwide this year, one in seven women will be diagnosed with breast cancer, and 40,110 women, including 925 Hoosiers, and 470 men will die from disease. Breast cancer is the leading cause of death for women ages 40-59 yet, the mortality rate would decrease by 30 percent if every woman over age 50 had a mammogram.

Last year, 36,000 race participants raised more than \$1.3 million. This year, the goal is 40,000 participants.

Johnny 'O urges everyone to register online. It's™s easy. Our team name is Club Kokomo Roadrunners and our team captain is Capt. Jack. Just do the following:

1. Go to www.komenindy.org and click Race for the Cure.
2. If you registered online last year, you can log in using your username and password. If you don't remember your username and password, you can ask to have it emailed to you.
3. If you are new to the team, go to the right column and click 'Join a team'. You do not need to be a CK member to be on our team. Again, our team name is Club Kokomo Roadrunners.

If you do not have access to a computer, contact Johnny 'O at 452-6706 no later than March 22. Online registration ends April 1.

SPRINT WORKOUT

It has been years since Johnny 'O did anything fast, so his CK friends were surprised to see him running sprints after a January Wednesday night training run. He had good reason to do so, however.

In the January newsletter, it was announced that Club Kokomo will host its first Chili Contest at the Awards Luncheon in the Senior Citizen Center on Feb. 19.

In past years, Steve Miscoi, with

Annie O's help, cooked chili for the annual Awards Luncheon. Steve will not be able to serve up his famous soup this year. Last fall, he became a corrections officer at the Howard County Jail, and since his schedule varies, he does not know at this time if he will be off the day of the luncheon. So, CK's officers decided to have the club's first Chili Cooking Contest.

Members were urged to contact Ray Tetrault (854-1393), to register for the contest, and then use five pounds of hamburger to make chili for the Awards Luncheon. If not enough people signed up, Johnny 'O warned that he would ask Lorene Sandifur, the closet Rin Tin Tin Fan Club member, to make chili.

Johnny 'O was just kidding; Ray was not. Annie 'O was the first to sign up; a few others followed. However, more cooks were needed.

At dinner following a Wednesday night training run, Ray, desperate for chili cooks, asked Lorene to help out. Despite groans and disparaging comments about Lorene's culinary skills from her 'friends' she agreed, with one stipulation: Johnny 'O had to eat the first bowl! Johnny O's 'friends' immediately accepted the terms.

A flu-like wave came over Johnny 'O as he thought about eating Lorene's chili, so he got up from the dinner table and began practicing for the event by doing repeat sprints to the restaurant's bathroom.

Ray still needs more chili cooks and Johnny O's stomach still feels queasy, so please contact Ray (854-1393) and become a chili cook. If Ray gets enough volunteer cooks, maybe he won't remind Lorene that she needs to make chili, and then Johnny 'O can stop doing bathroom sprints.

FINAL THOUGHT

Irish eyes are smiling because St. Patrick's Day is less than two months away.

SARA MILLER UPDATE

In CK's January newsletter, Ray Tetrault shared an email from CK member Sara Miller, who is being treated for breast cancer. Most of us do not have a clue what a person has

On the Roads (continued)

to go through during such treatments. Johnny 'O asked Sara to keep us updated, so we could better understand the fight Sara and others are waging. The following is a late January email.

I had a bone scan, PET scan, two drainage tubes removed from my chest in Indy by the surgeon, and my first chemo treatment. The range of motion in my left arm is still very limited and I will not be starting physical therapy for that until my stitches and staples from my incision are removed. That is happening tomorrow in Indy and not a day too soon.

My incision is still a major source of pain and I feel the staples and chemo treatment are a source of that. Right now the doctors are postponing my second chemo to let me heal.

With my mastectomy I had a total of 33 lymph nodes removed. It has been four weeks since my surgery and I am still taking pain meds periodically. Also, two days after my chemo, nausea set in. Last Wednesday I ended up in the ER with fever, nausea, pain, and a slight infection. It was at that time that they decided I needed to heal and put off the second chemo. I had antibiotics run through me and just finished taking the last in pill form.

Dr. Steele and his staff are great. They found a new anti-nausea and pain med that work better for me and I am finally able to eat again and feel halfway normal.

John, it may be too late to help you with the Race for the Cure, but if it is not, please let me know. I will help in any way I can.

Our daughter, Emily, has actually organized a team in my honor and we are so proud of her for doing that. It was a total surprise to Dan and me. She called us after it was all set up. It's called "Sara's Supporters".

CK's Race for the Cure team and Sara's Supporters will meet at the race for a team picture.

Meeting Minutes



Club Kokomo Road Runners Meeting
January 9, 2006, 7:00 P.M.

gear

Members Present: Ray Tetrault – President, Will Irvin – Vice-president, Mark Shorter – Treasurer, Brian Reinhardt – Newsletter Editor, Jack Sanders, Cindy Sanders, Gary Jewell, Sylvia Burgin, Milt Brown, John Wiles, Bill Barnett, Jody Howell, Stan Shuey, Pat Robertson

President Ray Tetrault opened the meeting at 7:19 P.M.

REPORTS

Financial Report given by Mark Shorter

Sent reminder notices to 80-90 members

OLD BUSINESS

Chili cook-off

Award Ideas

Chili's gift certificate \$30 for 1st and \$15 for 2nd

Voted unanimously in favor of

Community sponsorship of club

Ray and Meagan Tetrault have developed a presentation to present to the Rotary Club

Jody Howell made a suggestion that he also present it to Kiwanis

She will set up a date for Ray to do so

Club liquid assets into CD's

General Fund

Brian Reinhardt motioned to put up to \$6,000 into an 8 month CD at Key Bank at 4% interest and was seconded by John Wiles

Voted unanimously in favor of

Cowan Fund

John Wiles motioned to put up to \$3,000 into an 8 month CD at Key Bank at 4% interest and was seconded by Milt Brown

Voted unanimously in favor of

Awards

Membership Awards

Already ordered from Midwest Trophy

Points Awards

Charlie will order plaque's

Brian will order club

NEW BUSINESS

Old Ben

IU website will be linked to www.ckrr.us

Proposed donation from the

IU Alumni Association to Club Kokomo CKRR will provide awards for fun run

Age-group awards for first place only

Haynes Apperson

Sponsorship

Bill Barnett would like to organize sponsorship to eliminate redundancy between other club activities and to have sponsors for specific areas of the race – i.e. door prizes, registration

Volunteers

Will contact club members to solicit volunteers for aspects of putting on a quality event

Use of National Guard? Community Service?

Door Prizes will be based on cash raised through community sponsorship and donations

Relay for Life

Brian will email coupons to club members that determined proceeds go to Relay for Life when eating at those establishments

Coyote Kids

New domain name – www.coyotekids.org

Paid for by Gary Jewell

Brian Reinhardt motioned that the club pay for Gary's family membership in exchange for the club owning the web domain and was seconded by Milt Brown

Voted unanimously in favor of

Meeting adjourned at 8:40 P.M.

Next meeting scheduled for February 6, 2006 at 6:00 P.M. at the Golden Corral on US 31 South. We'll eat at 6:00 and start the meeting immediately following at approximately 7:00 P.M.



Best Run/Walk Times for 2005

Run

3 Mile

Men

0-12	James Longwith	25:59
13-19	Matt Robertson	18:20
30-34	Jeff Kuczera	16:31
35-39	Anthony Campbell	20:23
40-44	Gary Jewell	16:51
45-49	Ray Tetrault	21:59
50-54	Charlie Skoog	20:47
55-59	Tom Miklik	23:09
60-64	Stan Shuey	24:00
65-69	John Norris	23:44

Women

13-19	Sarah Bauson	23:21
20-24	Grace Bauson	23:50
35-39	Gina Sheets	23:47
40-44	Patti Reinhardt	24:17
45-49	Cassie Bauson	24:20
50-54	Joyce Pennycoff	24:32

5k

Men

0-12	Quinn Reinhardt	24:57
13-19	Brian Phillips	15:52
20-24	Josh Daugherty	16:10
25-29	Matt Yarosz	18:08
30-34	Jeff Kuczera	17:15
35-39	Anthony Campbell	21:09
40-44	Gary Jewell	16:58
45-49	David Gardner	18:20
50-54	Chuck Masters	18:29
55-59	Ricke Stucker	20:37
60-64	Bill Barnett	22:56
65-69	John Norris	23:29
70+	Bill Heck	25:33

Women

0-12	Waverly Neer	19:25
13-19	Anna Hurlock	20:17
20-24	Christan Bahler	19:11
25-29	Kelly Wright	20:36
30-34	Heather Weber	20:27
35-39	Gina Sheets	23:38
40-44	Angela Minnefield	21:34
45-49	Cheryl Marner	23:46
50-54	Lorene Sandifur	24:00
55-59	Doris Griffith	29:52
60-64	Sarah Kleinknight	33:32

4 Mile

Men

0-12	Josh Revils	35:08
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13-19	Brandon Sheline	22:46
20-24	Josh Daugherty	21:18
25-29	Matt Yarosz	23:55
30-34	Jeff Kuczera	22:07
35-39	Anthony Campbell	27:49
40-44	Gary Jewell	22:17
45-49	Al Hochgesang	26:13
50-54	Chuck Masters	24:35
55-59	Ricke Stucker	29:06
60-64	Bill Barnett	29:28
65-69	John Norris	30:41
70+	Bill Heck	34:32

Women

0-12	Waverley Neer	29:01
13-19	Anna Hurlock	27:13
20-24	Stephanie Miller	27:59
25-29	Kelly Wright	27:13
30-34	Nicole Peel	28:20
35-39	Gina Sheets	32:04
40-44	Angela Minnefield	28:57
45-49	Carla Yerkes	27:28
50-54	Lorene Sandifur	32:34
55-59	Karmen Glaspy	50:48
60-64	Kathleen Leach	48:39

8k

Men

40-44	Byron Bundrent	29:44
65-69	John Norris	39:40

Women

25-29	Karen Bush	48:40
50-54	Robin Cole	55:35

5 mile

Men

0-12	Josh Revils	52:01
13-19	Sam Williamson Jr	33:11
20-24	Mark Eads	41:50
25-29	Kevin Sites	36:43
30-34	Jeff Kuczera	28:57
35-39	Ron Moore	38:51
40-44	Byron Bundrent	29:51
45-49	Al Hochgesang	33:14
50-54	Chuck Masters	32:11
55-59	Ricke Stucker	36:21
60-64	Stan Shuey	40:29
65-69	Robert Cupp	53:25
70+	Bill Heck	43:25

Women

13-19	Sarah Bauson	43:10
20-24	Ashley Taflinger	33:47
25-29	Kelly Wright	34:37
30-34	Nicole Peel	38:32
35-39	Teresa Long	41:35

40-44	Patti Reinhardt	38:39
45-49	Carla Yerkes	33:26
50-54	Lorene Sandifur	41:15
55-59	Karmen Glaspy	1:06:01
60-64	Sarah Kleinknight	54:52

10k

Men

40-44	Jack Lotzgeselle	52:24
50-54	John Sites	49:41
60-64	Jim Burrous	56:13

Women

40-44	Roxane Burrous	50:20
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15k

Men

13-19	Sam Williamson Jr	1:07:52
30-34	Jeff Kuczera	54:32
40-44	Byron Bundrent	58:30
45-49	Eric Mathew	1:05:33
50-54	Charlie Skoog	1:08:39
55-59	Ricke Stucker	1:10:10
65-69	John Norris	1:17:15

Women

25-29	Kelly Wright	1:09:09
35-39	Gina Sheets	1:18:48
40-44	Patti Reinhardt	1:18:27
45-49	Lorie Zandi	1:16:52
50-54	Lorene Sandifur	1:21:20
55-59	Shirely Wilson	1:29:45
60-64	Sarah Kleinknight	1:37:42

10 Mile

Men

13-19	Sam Williamson Jr	1:10:57
25-29	Kevin Sites	1:17:24
30-34	William Irvin	1:17:56
35-39	Anthony Campbell	1:13:50
40-44	Dana Neer	1:02:46
45-49	Al Hochgesang	1:13:13
50-54	Chuck Masters	1:07:17
55-59	Ricke Stucker	1:11:17
60-64	Jim Burrous	1:36:03

Women

25-29	Kelly Wright	1:15:09
30-34	Nicole Peel	1:17:56
35-39	Kim Anderson	1:36:33
40-44	Patti Reinhardt	1:23:37
45-49	Cassie Bauson	1:32:07
50-54	Joyce Pennycoff	1:36:33

Best Run/Walk Times for 2005 (cont)



Half Marathon

Men

13-19	Jesse Bauson	1:44:41
20-24	Seth Daugherty	1:21:33
25-29	Kevin Sites	1:39:33
30-34	Jeff Kuczera	1:18:44
35-39	Anthony Campbell	1:39:52
40-44	Dana Neer	1:23:36
45-49	David Gardner	1:28:37
50-54	Chuck Masters	1:26:17
55-59	Ricke Stucker	1:42:07
60-64	Bill Barnett	1:45:24

Women

13-19	Sarah Bauson	2:07:52
20-24	Grace Bauson	2:09:57
25-29	Kelly Wright	1:37:19
30-34	Nicole Peel	1:45:06
35-39	Angie Banush	1:55:07
40-44	Patti Reinhardt	1:48:03
45-49	Carla Yerkes	1:32:47
50-54	Lorene Sandifur	1:54:47
55-59	Shirley Wilson	2:12:55
60-64	Sarah Kleinknight	2:18:48

Marathon

Men

30-34	Jeff Kuczera	3:06:09
35-39	Paul Cardwell	3:22:16
40-44	Dan Lutes	3:18:57
45-49	Eric Mathew	3:25:06
50-54	Chuck Masters	3:13:40
55-59	Tom Miklik	4:47:00
60-64	Bill Barnett	4:08:19
65-69	John Norris	3:59:49

Women

20-24	Christan Bahler	3:37:19
25-29	Kelly Wright	3:57:38
30-34	Nicole Peel	3:41:47
35-39	Gina Sheets	4:34:58
40-44	Roxane Burrous	4:13:37
45-49	Cheryl Marner	4:03:10
50-54	Robin Tetrault	5:22:10

Walk

4k

Men

45-49	Keith McAndrews	26:26
50-54	Rick Spencer	25:46
65-69	Jerry Lambert	27:15

Women

45-49	Mary Miller	27:41
50-54	Cynthia Sanders	43:10
60-64	Edwina Foust	39:28
65-69	Pat Robertson	40:04

3 Mile

Men

50-54	Tim Taflinger	32:28
55-59	Robin Michael	35:56

Women

45-49	Mary Miller	32:31
50-54	Cynthia Sanders	49:42
65-69	Pat Robertson	45:52

5k

Men

20-24	Jack J. Sanders	49:32
40-44	Tim Revils	40:53
45-49	Keith McAndrews	31:09
50-54	Rick Spencer	30:39
55-59	Robin Michael	35:13
65-69	Jerry Lambert	29:34

Women

20-24	Geanna Moore	40:34
35-39	Renee Minnefield-Black	40:49
40-44	Raye Jean Swinehart	41:01
45-49	Mary Miller	32:16
50-54	Marsha Daugherty	38:22
55-59	Jayne Newton	43:29
60-64	Sylvia Burgen	42:29
65-69	Pat Robertson	44:37

4 Mile

Men

45-49	Keith McAndrews	41:53
50-54	Rick Spencer	40:58
55-59	Robin Michael	47:25
65-69	Jerry Lambert	43:20

Women

35-39	Renee Minnefield-Black	55:45
45-49	Mary Miller	43:19
60-64	Sylvia Burgen	56:29
65-69	Pat Robertson	59:52

5 mile

Men

50-54	Rick Spencer	50:44
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Women

40-44	Raye Jean Swinehart	1:07:09
45-49	Mary Miller	55:21
50-54	Marsha Daugherty	1:06:48
65-69	Pat Robertson	1:18:04

Half Marathon

Men

40-44	Tim Revils	3:31:12
45-49	Keith McAndrews	2:26:34
50-54	Rick Spencer	2:05:30
55-59	Robin Michael	2:22:11
65-69	Jerry Lambert	2:42:12

Women

40-44	Raye Jean Swinehart	3:04:11
45-49	Mary Miller	2:29:36
55-59	Sue Smock	2:49:16
60-64	Susan Gerhart	3:11:45
65-69	Pat Robertson	3:35:59

Marathon

Men

45-49	Keith McAndrews	5:14:56
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New Members

Mark Rodgers
Brenda Rodgers
Genna Rodgers
Andrew Rodgers
Mike Williams
Laura Williams
Cassie Williams

Welcome to
Club Kokomo
Roadrunners!

If anyone is interested in purchasing a women's or a men's red Club Kokomo singlet from Jim and Roxane Burrous just let me know at the address on the front. They purchased a different size and have these for sale for what they paid for them—\$15 each.



Running Age-group Records

1 Mile

Men

13-19	Jeremy Grams	4:54
20-24	Scott Stucker	5:19
25-29	Kevin Forgrave	4:52
30-34	Kenny Bennett	4:56
35-39	Byron Bundrent	4:50
40-44	Earl Strong	5:19
45-49	Ricke Stucker	5:26
50-54	Dale Sullivan	6:02
55-59	Dale Sullivan	6:08
60-64	Bill Heck	6:18
65-69	Milt Brown	7:28

Women

13-19	Stephanie Miller	5:45
35-39	Roxane Osborn	6:25
40-44	Lorene Sandifur	6:51

3 Mile

Men

0-12	Brandon Sheline	20:55
13-19	Matthew Robertson	18:20
25-29	William Irvin	19:00
30-34	Scott Colford	16:05
35-39	Tony Campbell	20:23
40-44	Gary Jewell	16:51
45-49	Ray Tetrault	21:59
50-54	Charlie Skoog	20:47
55-59	Tom Miklik	23:09
60-64	Stan Shuey	24:54
65-69	John Norris	23:44
70+	Milt Brown	34:21

Women

13-19	Sarah Bauson	23:21
20-24	Grace Bauson	23:50
30-34	Tami Moore	25:23
35-39	Gina Sheets	23:47
40-44	Patti Reinhardt	24:17
45-49	Cassie Bauson	24:20
50-54	Joyce Pennycoff	24:32

5k

Men

0-12	Jarred Hall	18:27
13-19	Mike Haschel	15:51
20-24	Josh Daugherty	16:10
25-29	Kevin Forgrave	15:51
30-34	Kevin Forgrave	15:36
35-39	David Gardner	15:55
40-44	David Gardner	15:50
45-49	Ricke Stucker	18:11
50-54	Chuck Masters	18:01
55-59	John Norris	19:04
60-64	John Norris	20:24

65-69

70+

Women

0-12	Waverly Neer	19:25
13-19	Leslie Carden	18:32
20-24	Christan Bahler	18:15
25-29	Robyn Pagington	19:18
30-34	Karlene Herrell	18:15
35-39	Maggie Kuhlman	19:46
40-44	Angela Minnefield	21:34
45-49	Lien Koztecki	21:11
50-54	Lorene Sandifur	24:00
55-59	Lien Koztecki	26:47
60-64	Susan Gerhart	49:46

4 Mile

Men

0-12	Jarred Hall	24:16
13-19	Jeremy Grams	20:30
20-24	Luke Baker	20:50
25-29	Kevin Forgrave	20:48
30-34	Kevin Forgrave	20:26
35-39	David Gardner	20:53
40-44	Gary Romesser	20:01
45-49	David Smiley	24:09
50-54	Chuck Masters	23:49
55-59	John Norris	25:03
60-64	John Norris	26:26
65-69	Bill Heck	29:07
70+	Riley Case	34:45

Women

0-12	Waverly Neer	26:34
13-19	Leslie Carden	23:40
20-24	Christan Bahler	25:00
25-29	Robyn Pagington	24:09
30-34	Karlene Herrell	22:53
35-39	Maggie Kuhlman	25:53
40-44	Carla Yerkes	26:04
45-49	Lien Koztecki	27:48
50-54	Lien Koztecki	31:43
55-59	Doris Griffith	33:11

6k

Men

0-12	Jarred Hall	27:04
13-19	Dickie Bishop	22:35
20-24	Daniel McGill	23:06
25-29	Scott Colford	22:59
30-34	Scott Colford	22:39
35-39	Gary Jewell	22:17
40-44	Ken Swinehart	27:15
45-49	Charlie Skoog	27:35
50-54	Charlie Skoog	26:09
55-59	Jim Burrous	32:38
60-64	Ken Huston	42:02
65-69	Bob Cupp	39:31

Women

0-12	Missy Tetrault	36:12
13-19	Christan Bahler	26:00
20-24	Jill Pennycoff	39:48
25-29	Lisa Stucker	39:34
30-34	Tami Moore	32:45
35-39	Sue Gibson	37:28
40-44	Roxane Osborn	29:57
45-49	Robin Tetrault	36:50
50-54	Lien Koztecki	34:47

8k

Men

13-19	Jeff Dwiggin	29:53
20-24	Seth Daugherty	29:33
25-29	Howard Harrell	28:52
30-34	Brian Reinhardt	30:29
35-39	Dana Neer	32:12
40-44	Gary Jewell	29:54
45-49	Ricke Stucker	34:14
50-54	Chuck Masters	34:57
55-59	Ricke Stucker	36:19
60-64	Bill Heck	37:28
65-69	Milt Brown	43:26

70+

Women

13-19	Tonya Buffum	33:35
20-24	Allison Traver	40:04
25-29	Allison Irvin	51:43
30-34	Heather Weber	33:44
35-39	Patti Reinhardt	41:32
40-44	Lorene Sandifur	39:51
45-49	Lien Koztecki	37:04
50-54	Rhenda Acton	43:48
55-59	Lien Koztecki	45:42

5 mile

Men

0-12	Brandon Sheline	32:22
13-19	David Graves	25:42
20-24	Josh Daugherty	27:35
25-29	Scott Colford	26:56
30-34	Scott Colford	26:07
35-39	Kenny Bennett	26:30
40-44	Gary Jewell	28:17
45-49	Ricke Stucker	31:33
50-54	Chuck Masters	30:07
55-59	Ricke Stucker	33:51
60-64	Bill Heck	35:05
65-69	Bill Heck	37:49
70+	Bill Heck	43:25

Women

0-12	Kayla Reinagle	49:22
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Running Age-group Records (cont)



13-19	Tonya Buffum	31:37	45-49	Lien Koztecki	1:10:29	35-39	Terry Fletcher	1:13:10
20-24	Christan Bahler	32:24	50-54	Sara Miller	1:20:23	40-44	Gary Romesser	1:10:04
25-29	Kelly Wright	34:32				45-49	Dave Smiley	1:22:50
30-34	Maggie Kuhlman	33:17		10 Mile		50-54	Chuck Masters	1:26:01
35-39	Angela Minnefield	34:08				55-59	John Norris	1:29:56
40-44	Lorene Sandifur	38:14		Men		60-64	John Norris	1:37:51
45-49	Lien Koztecki	35:41				65-69	Bill Heck	1:48:57
50-54	Shirley Wilson	40:55		0-12	Brandon Sheline	70+	Glenn Artis	2:54:27
55-59	Lien Koztecki	45:13		13-19	Josh Daugherty			
				20-24	Scott Stucker		Women	
10k				25-29	Scott Colford			
				30-34	Scott Colford		13-19	Michelle Faulkner
Men				35-39	David Gardner		20-24	Jill Pennycoff
				40-44	Gary Romesser		25-29	Robyn Pagington
0-12	Brandon Sheline	45:25		45-49	Ricke Stucker		30-34	Karlene Herrell
13-19	David Graves	32:43		50-54	Chuck Masters		35-39	Karlene Herrell
20-24	Eric Jun	48:32		55-59	Ricke Stucker		40-44	Carla Yerkes
25-29	Scott Colford	32:52		60-64	John Norris		45-49	Lien Koztecki
30-34	Kevin Forgrave	32:30		65-69	Bill Heck		50-54	Sara Miller
35-39	Kenny Bennett	33:27					55-59	Lien Koztecki
40-44	David Gardner	34:33		Women				
45-49	Charlie Skoog	40:05				Marathon		
50-54	Bill Bennett	42:22		0-12				
55-59	John Norris	41:12				Men		
60-64	John Norris	42:25		13-19	Leslie Carden		13-19	David Yoder
65-69	Ed Krull	53:52		20-24	Jill Pennycoff		25-29	Scott Colford
				25-29	Kelly Wright		30-34	Scott Colford
Women				30-34	Heather Weber		35-39	Terry Fletcher
				35-39	Roxane Osborn		40-44	Terry Fletcher
0-12				40-44	Roxane Osborn		45-49	Rex Piercy
				45-49	Lien Koztecki		50-54	Chuck Masters
13-19	Michelle Faulkner	41:28		50-54	Shirley Wilson		55-59	James Schneider
20-24	Allison Traver	52:58		55-59	Lien Koztecki		60-64	James Schneider
25-29	Lisa Heronemous	58:22					65-69	John Norris
30-34	Karlene Herrell	37:12		11.1 Mile				
35-39	Roxane Osborn	45:41				Men		
40-44	Sandy Knowland	55:00						
45-49	Lien Koztecki	45:00				13-19	Brandon Sheline	1:08:49
50-54	Lien Koztecki	51:02				25-29	Kevin Sites	1:35:40
						30-34	Monty Ream	1:13:46
15k						35-39	Tony Campbell	1:25:04
						40-44	Dana Neer	1:12:43
Men						45-49	Earl Strong	1:24:11
						50-54	Chuck Masters	1:11:07
0-12	Brandon Sheline	1:04:43				55-59	Sam Williamson, Sr.	1:35:18
13-19	Pat Pollard	54:10				60-64	Doug Mankell	2:04:43
20-24	Seth Daugherty	55:48				65-69	John Norris	1:33:49
25-29	Scott Colford	50:45						
30-34	Kevin Forgrave	50:29				Women		
35-39	David Gardner	50:26						
40-44	David Smiley	58:27				25-29	Kelly Wright	1:23:48
45-49	Rick Stucker	1:01:15				30-34	Heather Weber	1:15:36
50-54	Charlie Skoog	1:05:08				35-39	Angie Banush	1:34:40
55-59	John Norris	1:00:35						
60-64	Dick Sims	1:06:03				Half Marathon		
65-69	John Norris	1:18:58						
						Men		
Women								
						0-12	Jesse Bauson	2:08:23
13-19	Tonya Buffum	1:00:18				13-19	John Ely	1:15:02
25-29	Kelly Wright	1:09:09				20-24	Seth Daugherty	1:22:05
30-34	Karlene Herrell	57:56				25-29	Scott Colford	1:12:57
35-39	Karlene Herrell	59:14				30-34	Kenny Bennett	1:12:21
40-44	Roxane Burrous	1:17:20						



Walking Age-group Records

3k		
Men		
40-44	Steve Inman	22:10
45-49	Tim Taflinger	23:16
55-59	Barry Donovan	24:57
60-64	Jerry Lambert	20:42

Women		
35-39	Raye Jean Swinehart	49:02
40-44	Jane Inman	24:53
45-49	Barb Coles	49:01
50-54	Janita Beall	27:20
55-59	JJ Schmidt	24:51
60-64	Pat Robertson	28:43

2 Mile		
Men		
0-12	Wesley White	21:59
40-44	Steve Inman	23:17
45-49	Rick Spencer	20:01
50-54	Tim Taflinger	22:18
60-64	Jerry Lambert	17:30

Women		
35-39	Mary Miller	25:22
40-44	Mary Miller	24:18
45-49	Barb Coles	33:01
50-54	Donna Gentry	27:51
55-59	JJ Schmidt	27:12
60-64	Pat Robertson	27:25
70+	Helen Brown	35:25

4k		
Men		
40-44	Steve Inman	31:01
45-49	Keith McAndrews	26:26
50-54	Rick Spencer	25:46
60-64	John McGinty	32:05
65-69	Jerry Lambert	26:30

Women		
25-29	Geana Mosson	34:08
40-44	Mary Miller	32:11
45-49	Mary Miller	27:41
50-54	Barb Wand	42:59
60-64	Pat Robertson	38:02
65-69	Pat Robertson	40:04

3 Mile		
Men		
35-39	Tim Revils	36:56
40-44	Steve Inman	33:29
45-49	Rick Spencer	27:17

50-54	Tim Taflinger	27:09
55-59	Steve Mount	32:28
60-64	Jerry Lambert	26:36
65-69	Jerry Lambert	26:45
70+	Ed Krull	40:09

Women		
35-39	Raye Jean Swinehart	42:43
40-44	Mary Miller	32:08
45-49	Amanda Pena	33:45
50-54	Kathy Neher	35:22
55-59	Sue Smock	32:08
60-64	Pat Robertson	40:10
65-69	Pat Robertson	42:20
70+	Helen Brown	50:08

5k		
Men		
20-24	Jack Sanders	43:25
35-39	Tim Revils	39:11
40-44	Steve Inman	33:48
45-49	Rick Spencer	28:06
50-54	Tim Taflinger	28:38
55-59	Jerry Lambert	27:15
60-64	Jerry Lambert	27:29
65-69	Jerry Lambert	27:41
70+	Chuck Whitney	39:23

Women		
13-19	Karly Irwin	43:32
20-24	Arika Brophy	51:32
25-29	Geana Mosson	35:51
30-34	Penny Frazier	37:01
35-39	Mary Miller	33:07
40-44	Mary Miller	33:03
45-49	Mary Miller	33:21
50-54	Kathy Neher	36:08
55-59	Sue Smock	32:25
60-64	Pat Robertson	41:09
65-69	Pat Robertson	42:43
70+	Helen Brown	51:11

4 Mile		
Men		
45-49	Tim Taflinger	39:36
50-54	Rick Spencer	40:58
55-59	Jerry Lambert	37:11
60-64	Jerry Lambert	38:21
65-69	Jerry Lambert	43:20
70+	Chuck Whitney	51:15

Women		
20-24	Kerry Miklik	1:00:18
25-29	Michelle Crocket	53:37
30-34	Penny Frazier	48:01
35-39	Roberta Myers	46:27
40-44	Diane Shockey	50:38

45-49	Mary Miller	43:19
55-59	Julia Donahue	50:13
60-64	Pat Robertson	55:12
65-69	Pat Robertson	59:52
70+	Helen Brown	1:07:50

5 mile		
Men		
40-44	Steve Inman	56:56
45-49	Rick Spencer	47:45
50-54	Barry Donovan	49:12
55-59	Tom Gebeau	59:34
60-64	Jerry Lambert	46:58

Women		
35-39	Mary Miller	1:09:00
40-44	Mary Miller	55:15
45-49	Mary Miller	55:21
50-54	Mona Grills	1:05:21
55-59	JJ Schmidt	1:04:42
60-64	Pat Robertson	1:10:23
65-69	Pat Robertson	1:14:09

Half Marathon		
Men		
35-39	Tim Revils	3:15:21
40-44	Steve Inman	3:03:22
45-49	Rick Spencer	2:12:55
50-54	Rick Spencer	2:05:30
55-59	Robin Michael	2:22:11
60-64	Jerry Lambert	2:31:53
65-69	Jerry Lambert	2:25:21

Women		
35-39	Sharon Miller	2:56:22
40-44	Mary Miller	2:27:31
45-49	Mary Miller	2:29:36
50-54	Kathy Neher	3:02:09
55-59	Sue Smock	2:49:16
60-64	Pat Robertson	3:09:52
65-69	Pat Robertson	3:18:58

Marathon		
Men		
45-49	Keith McAndrews	5:14:56

2006 Race Calendar



February 5
Ground Hog 7 Mile Run
Time: 1 PM
Location: Zionsville, IN

March 11
Norris Insurance 5K Run/Walk
Time: 9 AM
Location: Amboy

March 25
Old Ben 5K Run/ Walk
Time: 9 AM
Location: Highland Park

April 1
CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk
Time: 9 AM
Location: Logansport, IN

April 22
Race for the Cure 5K Run/ Walk
Time: 9 AM
Location: Military Park, Indy
10 points for each finisher

May 13
CKRR 5K Trail Run/ Walk
Time: 8 AM
Location: Peru River Walk

May 20
Norris Insurance 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Jackson Morrow Park

June 3
Helping Hands 5KRun/ Walk
Time: 8 AM
Location: Sharpsville, IN

June 10
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Greentown, IN

June 16-17
Relay for Life
Location: Kokomo High School

June 24
Race for Grace 5K Run
Time: 8 AM
Location: Logansport, IN

July 1
Haynes-Apperson 4 Mile Run/3 Mile Walk
Time: 8 AM
Location: Memorial Gym, Kokomo, IN

July 8
Iron Horse 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Logansport, IN

July 15
Panther Prowl 5K Run/Walk
Time: 8 AM
Location: Western H.S.,
Russiaville, IN

August 5
Norris Insurance 5K Run/ Walk
Time: 8 AM
Location: Converse, IN

August 12
CKRR Age-Graded 4 Mile Run & 5K Walk
Time: 8 AM
Location: Highland Park

August 26
Western CC Open 5k Run
Time: 7:30 AM
Location: Oakbrook Valley

September 4
Blueberry Stomp 5k/15k Run
Time: 9 AM
Location: Plymouth, IN

September 23
7th BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnettsville, IN

September 30
12th Kokomo Symphony Run 5K Run/Walk
Time: 9 AM
Location: Highland Park

October 7
Cole Porter 15K Run/ 5K Run/Walk
Time: 8:30 AM
Location: Peru, IN

October 14
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Bunker Hill, IN

November 5
Run the Mounds 5m Run/Walk
Time: 2 PM
Location: Anderson, IN

November 11
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School

November 23
CKRR Thanksgiving Day Fun Run (non points)
Time: 8 AM
Location: Highland Park

December 3
CKRR Charity Run 5K 2PM (20 pts each finisher)
Time: 2 PM
Location: UAW Local 292

December 31
CKRR New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW Local 292

Quilt Anyone (continued)

end result turned out pretty darn nice.

I don't know about you, but I never get the opportunity to wear all of those t-shirts and couldn't think of a better way to remember those races and good times with friends than to have Patti make a quilt to do so.

And as you can see they sure do make a very colorful addition to any room and a keepsake that most only dream of having.

I won't pretend that I'm not biased

when it comes to my opinion about what to do with your shirts, but I think I made the right choice.

Heck, you might even decide that you need to run a lot more races just to be able to keep warm with one of these beauties! I know I've found myself secretly hopping (okay, maybe not so secretly!) that the t-shirt from the next race is some new color or design that'll look good on my next quilt. Thanks Patti, I love my quilt and I love you!



Club Kokomo Roadrunners
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Kokomo, Indiana 46902

Inside this issue:

From the President with Ray Tetrault	2
Good Friends, Good Trails, Good Times by Brian Reinhardt	3
Birthday List	3
On the Roads with Johnny 'O	4
Meeting Minutes	5
Best Times for 2005	6
New Members	7
Running Age-group Records	8
Walking Age Group Records	10
Race Calendar	11