



CLUB KOKOMO ROADRUNNERS

The Roadrunner

March 2006

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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.

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Next Race:
**John Norris 5k Run/
Walk**
March 11
9:00 A.M.
Amboy, Indiana

Awards Banquet Honors Club's Best

By Brian Reinhardt

I think Bill Bennett summed it up best at the awards banquet on Sunday, February 19th. He felt that being a 20 year club member afforded him the right to say something after receiving his award. I happen to agree completely. I know I won't be able to quote him exactly, but I think I can express what he was trying to say. His quote was something along these lines, "This club makes a difference. You need only ask my son Carl to know that it's true."

For the few of you who don't know about Bill's son Carl – he recently went through a very tough battle with leukemia and was recently pronounced cancer free. He and Bill are convinced that the prayers from

family and friends made all the difference and many of those friends filled the room that Sunday. Again, I happen to agree completely.

Each of us can be a good runner or walker and have success in a running club like Club Kokomo and it can be somewhat fulfilling. But to get a true perspective as to what Club Kokomo is all about you need only listen to Bill's words be reflected time and time again by the things that members of our club do. We aren't just a group of runners and walkers that are exercising for our own gratification, but rather a fam-

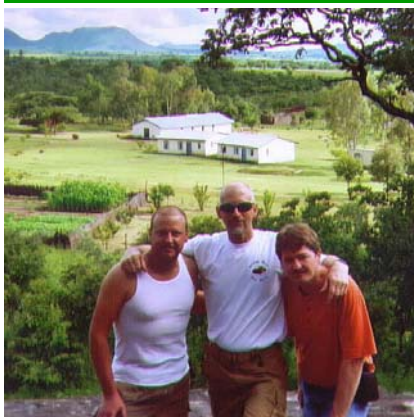


Byron Bundrent and Kelly Wright. CKRR Runners of the Year.

ily that happens to have running and walking in common. Failure and tragedies will befall each of us in our lifetimes and running and walking may help us to get through those (continued on page 11)

A Mission Trip to Zimbabwe

By Steve Wand



Travis, Steve, and Eric Meahl.

It all started when the church Barb and I attend (Fairfield Christian) was in need of an education wing. One of the elders knew of an organization called World Mission Builders, based out of Kansas. They were contacted and agreed to help us build the 9,000 sq. ft. building. At a considerable savings to the church we had a new ed. wing under roof in two weeks. The savings comes from the fact that they use

all volunteer workers, both theirs and ours, so the costs are mainly materials. They are also very organized and experienced in using unskilled volunteers to do grunt work and to teach some basic skills. Part of the agreement was to make a monetary donation to WMB and to agree to send some volunteers from our church to a third world country to help with a project. This is how the trip to (continued on page 6)

From the President

By Ray Tetrault



The Best Part of Running

I am running late getting this to Brian. Running late is different than running slow. Although I am a master at both arts- running late and running slow. So why not kick back and take it easy? Why should someone run his life in overdrive? Why do things for someone else? I am old enough that I could take it easy. So why not kick life down a notch or two?

I laugh when someone asks about retirement. When are you going to retire I am asked? First of all, I can't retire for a long time. If I were to retire on March 1st I could

only survive until about March 4th. My second reason is retirement just isn't in my bones. I have no interest in going out of this world with a whimper. Let me go out involved in numerous projects, helping with Coyote Kids, volunteering somewhere, and teaching the Bible somewhere.

One of the greatest challenges our nation has, according to a person who claims to know, is to raise the self-esteem of our culture. Everyone has a low-esteem problem these days. Social workers have determined that the problem is the way we do our athletics. We shouldn't have winners and losers. We should play basketball and football without keeping score. In this way, we wouldn't have our kids come out on the losing side and having a self-esteem problem later in life. It sounds good in theory, but if we are playing without keeping score it's called practice. Who wants to practice all the time without testing themselves?

Politicians have made a war on poverty and want to make everyone be able to live on the same economic scale as others. (In my day we called that socialism and

it wasn't a good thing, but that would be a different discussion.) So our politicians have collected money, paid themselves for their efforts and handed the rest over to the less fortunate. If everyone can have the same things, then everyone will have a high self-esteem.

Educators are told not to fail someone in some schools. If someone doesn't fail, they will not have their fragile self-esteem damaged. So students, who are not doing good work, are sent on to the next grade level without the necessary skills to survive the next grade, but with their self-esteem intact.

Yet, none of these solutions have helped our nation with its low self-esteem problem. The reason is we have missed the boat on self-esteem. We have forgotten what gives a person their self-esteem. Self-esteem is ALWAYS directly tied to accomplishment. The solution isn't removing the challenges, but increasing the challenges! Self-esteem will rise as people take on challenges and goals and work to see them come to fruition.

One of the best parts about running is to share common goals, work together to accomplish those goals, and

meet together at the end of the year to take stock of how each of us did. This year I had so much fun handing out awards for accomplishments and great performances. What a fantastic group of people you all are! Some of the awards were running related and others were not.

We have the ability to do what social workers, politicians and educators aren't able to do. CKRR has the mission of calling people to higher goals and challenges. The next part of our mission is to then help each person reach those goals and succeed in overcoming their challenges. Our mission gives us the mandate of finding others to join our club and walk/run their way to greater self-esteem. We have an opportunity to positively affect our community and raise the level of life for all persons. And while you are fulfilling the mission of CKRR, you are raising your self-esteem!

I can't wait to see you all on the trails, roads, and races this year! Oh yeah, the best part of running? It is accomplishing TOGETHER our shared mission. Put the shoes on and raise your self-esteem.

Pensacola Marathon

By Mike Campbell

The site for my marathon this year was Pensacola, Florida. The race was held February 19, 2006. It's a combination half marathon full marathon. This race used to be known as the Blue Angel's Marathon. Pensacola has a Naval Air base nearby. The hurricanes had done so much

damage to the course they decided to cancel the Blue Angel Marathon. The local running club—Running Wild—has hosted the Pensacola Marathon the past 2 years.

Cynthia picked the location. I had thought about doing the HP Marathon in Houston or the PF Chang Mara-

thon in Phoenix, Arizona.

We left for Florida Thursday 16Feb06. I have a news flash for everyone. The Target Stores in Montgomery, AL and Pensacola look the same as the Target stores in Indiana. We stopped in Montgomery for Dinner and to spend the night. We met a woman at

dinner from Cleveland, Ohio. She spent a fair amount of time giving counsel to Isaiah. She explained to him that parents provide guidance and direction throughout your life. When you're young you may not always appreciate it but that he would later in life. She (continued on page 7)

How NOT to Run a PR

By Dan Lutes



Well, I survived another one...just barely. I also learned the lesson "Don't go out too fast" again for the upteenth time!

The Tybee Island Marathon is advertised to be flat and fast. With the weather predicted to be cool and windy, the Boston qualify time already under my belt, and my recent training going well, my ego talked me into going for a PR. See, it's not me, it's my darned ego!

On race day morning, the temp was about 60 and the threat of thunderstorms kept everyone's eyes on the western sky. I started out with a fairly good pace, alternating 7:05s and 7:15s for the overall 7:10 average I would be needing for a PR. The early miles weren't exactly smooth, although I did sort of hit a ca-



Dan after "The Fall"!

dence, albeit labored. But then, things started heading south in a hurry. At only 7 or 8 miles in, I started struggling to keep pace, and right when I should have been relaxing for what was to come, I started doing mental math and trying to come up with a decent fall back goal. Trouble was, every fall back goal kept giving way to slower and slower goals...with the eventual goal being: "JUST FINISH."

The course was definitely flat, and since it made lots of turns, it was a spectator's dream. The spectators could walk back and forth about two blocks, between the high school and the top of the southern loop, to see their runners seven different times within the 26.2 mile course. As a result, Linda got lots of chances to cheer me on, witness my absolute destruction, and provide video proof as well.

I finally declined into shuffle mode by the about mile 20 or so and thoughts of just surviving to run another day were filling my head. Mile 22, slowing..."just try to enjoy the island scenery," I thought. Mile 24, youch...slowest yet! Oh well, look at the bright side, it's another state down...just survive. Mile 25...ooohh, slower still...almost there...just keep moving...and remember...no walking...and...and...BAM!

All of a sudden, I caught my toe on some miniscule little crack in the pavement and went down hard in a perfect 6 point landing...that's right...my left knee, both hands, left shoulder, forehead and nose. I just laid there for about 20 seconds, no one was around. I felt like just laying there forever. I finally heard some footsteps

behind and forced myself back up. I started spitting out the sand and gravel and yelling incoherently at no one in particular using some strange primal language which, I'm sure, sounded weird, but again no one was around...except the "footsteps behind."

I started running hard and used the anger to stay just ahead of the "footsteps behind" and to get back out to the main street and to the civilization at the finish line. I got some strange looks in the last mile with my face covered in sand and my bloody knee and hands. Linda instinctively knew I was dying and helped me over to the first aid station. Another marathoner had just qualified for his Boston in 3:35, and then collapsed at the finish, so the nurses were all rushing to help him get carried to the medical trailer and rehydrated. He was in much worse shape than me so I got to sit and tell Linda all my woes while waiting for some TLC from the nurses. Another marathoner -- "the footsteps behind" -- came over to check on me while we waited. Linda reminded me that today was my 50th marathon, which I hadn't even thought of till just then. "How appropriate," I thought, "that I would celebrate my 50th marathon and 38th state with an awkward face plant at mile 25!" But, she was doing her best to help me stay positive, and it worked because I was laughing about it by now!

Afterward, I showered at the high school and loaded up on painkiller, while the clouds let loose with a torrential, but short, downpour. After the rain cleared, Linda and I went on a tour of the Tybee Lighthouse and museum, preceded by a stop at the museum res-

taurant for some seafood and beers. The view from the lighthouse afforded a very nice view of the north end of the course and I was thankful that I was no longer running.

We followed this up by driving back into Savannah for a stroll up and down the cobblestone Riverwalk area...very nice! Afterward, we headed back to our hotel over on Hilton Head Island to get a good night's sleep for the long drive back on Super Bowl Sunday, back to Grandma and Grandpa and the girls.

For those interested in Tybee, don't worry...even though, I made it sound pretty bleak, this is really a pretty nice marathon. There is lots to see and do in the area, generally good February weather, and a course which makes it very easy on spectators.

PS...My time was 3:37:41



Dan receives proper medical attention for his many wounds.

Tybee Island Marathon
February 4, 2006
Tybee Island, GA
1. Chuck Engle 2:41:08
1w. Kate Brun 2:56:58 5th overall
65. Dan Lutes 3:37:58
335 Finishers

On the Roads

By Johnny 'O



LITTLE MIRACLES

Club Kokomo Roadrunner Sara Miller, her family, and her friends are running the toughest of all marathons as Sara battles breast cancer. Along the up and down course, however, Sara is experiencing "little miracles."

Sara and husband Dan met in high school. They have been married 32 years. "Dan is still the love of my life, and as silly as it may sound, my hero."

The Millers have three children: Matthew, 30; Emily, 22, and Joel, 20. "Seeing these 'babies' grow into loving, caring adults has been our greatest blessing."

Sara has enjoyed running for many years. She even volunteered to run two miles in high school physical education class for extra credit. Dan started running after their marriage. He especially enjoys solo runs.

Sara remembers the day she joined Club Kokomo but not the year. It was in June of 1999 or 2000 at the Race for Grace in Logansport.

"A very kind and gentle giant named Charlie Skoog was offering half-priced memberships to new members since the season was half over!"

Sara and her friend, Marie Mavrick (now Nichols) signed up. They thought it would be nice to receive the monthly newsletter with the list of local races. Joining the club, however, turned out to be much more than just receiving a race list.

"It was the beginning of so many new friendships and a common bond with some of the nicest people that share a love for running. These are the same people that didn't really know me before; yet, they were always there cheering me on at races, especially at the finish line. Now, they are like family to me. I cannot say enough about Club Kokomo and how wonderful its members are."

Sara's toughest marathon began in October when she went for her annual mammogram. A biopsy a few weeks later showed a large area of carcinoma. Her cancer was not one that could be felt on exam, and small calcifications already had appeared outside the ducts. After examining a pre-operation MRI, her breast surgeon in Indianapolis said there was nothing that indicated a need for a mastectomy, so she proceeded with a lumpectomy on Dec. 13 with a plan to follow with only radiation.

After surgical pathology reports came back, Sara received a telephone call at home from her surgeon. He said the reports were all positive for cancer and the cancer also was in her lymph nodes. Two weeks later she was back in surgery. She had a mastectomy. She also had 33 lymph nodes removed between the two surgeries.

When she went back to the surgeon for a post-operation check, she received more bad news – 22

of the 29 lymph nodes removed during the mastectomy had cancer in them.

"I am trying to concentrate on the seven that were cancer-free and the fact that so much cancer was removed from my body between both surgeries. I am now hopeful that prayers and chemo and radiation treatments will offer some hope."

With so much bad news, Sara and Dan were dreading the results of a bone scan and PET scan, but both tests were fine.

"We are clinging to any and every little ounce of good news, but at the same time we are too realistic to celebrate. What is so amazing to us is the outpouring of love and support from people we would least expect to hear from. The cards, flowers, phone calls, and food have been a real adjustment for us. We have never been on the receiving end, and it can be difficult when you enjoy giving to others. At the same time, it is very much appreciated, because this is one time when it truly helps."

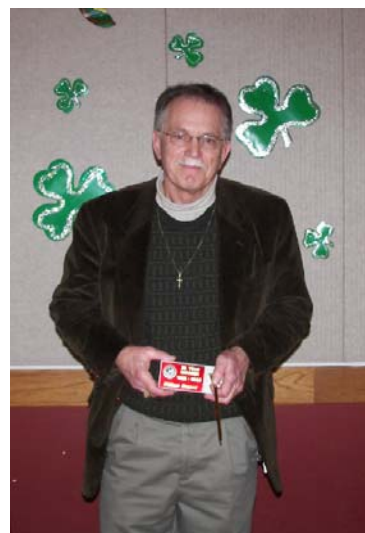
Sara knows that people who have cancer or who have had cancer will identify with her when she says that the most amazing things have been the small "miracles" that are placed there for her at just the right time. "It may be a person, a partial rainbow in the sky on my way to a treatment, or a pink ribbon in the snow. These are just a few of mine."

Sara and Dan remain hopeful. Her marathon of treatment has just started. She is just beyond the three-mile mark.

"My wonderful doctors and I have our little 'water stations' lined up and we are ready to go."

CK members once again can cheer Sara on by emailing her at sara-miller@earthlink.net.

You also can help by joining Club Kokomo's Race for the Cure team and participating in the 15th annual Susan G. Komen Indianapolis race on April 22. Our team name is Club Kokomo Roadrunners and our team captain is Capt. Jack. You can register online by going to www.komenindy.org and clicking Race for the Cure.



Bill Bennett also received an award for 20 years of membership.

SURPRISE VISITS

Long-time friends and club members Bill and Vicky Bennett, who now live in Georgia, made a surprise stop at the club's Feb. 19 awards luncheon. Bill and his family have been traveling one of those up and down journeys this past year with their son Carl during his treatment and bone marrow transplant for leukemia. Carl is a minister, and Bill and Vicky attended his first sermon in more than a year earlier in the morning.

On the Roads (continued)

After the service, Carl needed to rest, so Bill and Vicky decided to attend the awards luncheon and then have dinner with Carl. Shortly after the Bennett's arrived at the luncheon, Sara Miller walked in looking great. Although there were "complications" with Sara's first chemo treatment, with the help of her doctor, she believes she will be better prepared for her second treatment.

CHILI CONTEST

Allison Irvin won the first Club Kokomo Chili Contest at the Feb. 19 awards luncheon. Robin Tetrault's chili placed second, and Annie 'O's took third. The real winners were the people who got to sample six of the seven chili entries.

Despite protests and flag burning that would make an Iranian proud, Lorene Sandifur accepted President Ray's chili contest invitation on the stipulation that Johnny 'O had to eat the first bowl. Good na-

tured taunting between Johnny 'O and Lorene ensued, and included the following email from Lorene:

"I was thinking the CK chili deal was this past Sunday. Of course, I found out from Charlie it was next Sunday. I'm going to be with Trent so I won't be able to make it. I still am going to drop off my chili for you to take though. I made it this weekend and ended up freezing it. That ought to make it even better!! It is mainly meant for you to eat. You can decide if others want a taste. It is the recipe of my mud-wrestling Aunt Helen. Of course, it is a secret recipe, mostly because for some unknown reason no one has ever asked me or dear Aunt Helen to share it!!! It has a German flavor to it. The sauerkraut and other secret ingredients give it a kick. Anyway, I'll drop it off at your house so you can take it with you. I'll hate missing all the compliments that I would

have received were I there. I'll probably get a first place prize, but just donate it back to a lesser cook – like Anne 'O. I will try to remain humble when I get the rave reviews. Enjoy."

The following are "rave reviews" from people who came in contact with Lorene's chili:

"Oh no, that's not supposed to be on the table. It's a joke." (Charlie Skoog. Lorene got Charlie to bring her chili to the luncheon after Johnny 'O said he was going to dump it on weeds that Agent Orange failed to kill.)

"That's awful!" (Annie 'O)

"What's this stringy stuff?" (Johnny 'O)

"It's hot!" (Johnny 'O)

"What was the lump in the middle?" (Annie 'O in a telephone conversation with Lorene after the luncheon. Lorene's answer: "A meat ball.")

"Where's my iced tea?" (Bill Bennett)

"Once I got to five, I was burned out." (Stan Shuey with sweat rolling down his face after tasting all seven entries. Lorene's sample was No. 3).

"It was good." (Byron Bundrent)

"That's why he runs so fast." (Bill Bennett's response to Byron's comment)

"What are we going to do with this? After looking at it, I was glad to hear that it was a joke." (Grimacing clean up crew member)

"I don't want it back in my



I won't lie to you. Many of us were just there for the desserts!

house." (Charlie Skoog)

FINAL THOUGHT

Johnny 'O's Irish eyes will be smiling as he celebrates St. Patrick's Day with friends in Indianapolis on March 17.



Chili Cook-off Winners Allison Irvin (1st), Robin Tetrault (2nd), and Annie O' Wiles (3rd).



Club members sample the 8 entries for the chili cook-off.

A Mission Trip to Zimbabwe (continued)

Zimbabwe came about for me.

There were 16 volunteers that went as part of our Fairfield group and 15 others that we met up with in London from various parts of the country. They came from Texas, Oklahoma, California, Kansas and Indiana.

We arrived in Harare, Zimbabwe Tuesday afternoon after a long flight. The flying time was about 17 hours, but because of layovers and such it took about 32 hours to get to Harare. We then had a 3 1/2 hr. ride by bus to get to the sight of our mission. We were greeted by the adorable children of the All God's Children

dren. Part of the home was already started and our job was to build the main part of the house which will consist of the bedrooms, bathroom and I'm not sure what else. The structure was completely made from brick except for the trusses and asbestos roofing. The bricks were hand made by some local men and were there at the site about 200 yds. from where we needed them.

We met a lot of obstacles trying to do this work. Everything was done manually. No cement mixer or anything electric to help us. The electricity was on only about 20%

of the time we were there. That also means no water because the pump runs on electricity. Thank goodness the water holding tank held enough water to get us by until

power came back on every once in a while and could be refilled. We drank mostly dirty looking water that had been boiled. Because of that, most of the time the water we drank was warm and brown at best. We lost most of the meat that was purchased for us because of no electricity for the refrigerator. But.....God provided and all of our basic needs were taken care of.

The work was very hard and the weather was mostly sunny with temps in the lower 80's. It usually rained most evenings with only one wash out where we had to quit work during the afternoon.

We ran out of sand and one of the local men helping

us showed us a place down by the river that we could drive to and dig sand by hand and haul it back. We drove through the local village with the round huts and thatched roofs and got to see Zimbabwe life as they live it. It was a humbling experience.

One evening we were treated to a traditional Zimbabwe meal served by Denise and her staff. It consisted of sudza (a maize meal) with tomato gravy, cooked pumpkin leaves and peanut butter, butternut squash, and cooked cabbage with rape. It wasn't too bad. Better than some of the peanut butter sandwich dinners we had earlier.

Anyway, trying to wrap this story up, we had a very rewarding experience and definitely felt the Lord's presence as we were able to come very close to completing our project.

There are a lot more stories I could tell you, but I don't want this to get too lengthy. So I hope we have an opportunity to get together some time so I can share more of this adventure with you.

Oh, one more thing. We were rewarded for our efforts by flying to Victoria Falls which is one of the seven natural wonders of the world. It was awesome. We were also treated to dinner at a restaurant called The Bomba. There we dined on crocodile, eland, ostrich kabobs, and warthog. Believe it or not warthog is delicious. It was quite a treat after the meager meals we had at the mission.

I have hundreds of pictures from the

trip, so it is extremely hard to just pick out a few for you to see, but I hope you enjoy some of the enclosed highlights.

Hakuna, (Jesus is with us) in Shona

Steve

(excerpt from Travis)

Steve did a great job highlighting our trip. I think it is interesting how others view us as Americans. I had one teenager that I spoke to and he was surprised that we were American. After he asked where we were from he replied, "But you are so nice". He had never met an American before, but he had a preconceived notion that we would not be good people. I hope we left Africa with others thinking the same thing. I really like the song "They Will Know That We Are Christians by Our Love"; I hope we were able to influence others as we did this teenager- what a good rule to live by.

This was my 4th mission trip and each time I feel as though I received more than I was able to give. Even though we are there to do a lot of hard work that it is physically exhausting, I always feel humbly blessed having done it.



The whole hard-working crew.

Mission (a mission for orphan children who are victims in one way or another of Aids/HIV). As we rode up on the bus, they walked along side us singing Welcome, Welcome, Welcome over and over again. We then went inside their church building where they and others who help out at the mission sang the Zimbabwe national anthem.

Our building project was to work on an existing project of a home for Denise and Jim Hayes. Denise is the nurse who attends the children and they are the people who started the mission. Denise has to drive the 3 1/2 hours from her home in Harare to the mission whenever there are medical needs for the chil-



Welcome to Zimbabwe!

Pensacola Marathon (continued)

asked him about how he was doing in school and asked him to send her a report once he got his grades. She also asked him to write to her nephew who is about the same age. We had a good time talking to her.

Cynthia always puts extra effort into making sure we stay in a nice hotel. We stayed at the Homewood Suites in Pensacola. She debated about picking a place in town or at Pensacola Beach.

When we arrived on Friday the temperature was in the 60s. The forecast for race day was 60s. It was cloudy, rainy and cold on Saturday and colder on Sunday the day of the race. It was also windy and just a little drizzle of rain just before the race. The only other marathon that I've done and felt a need to wear gloves and a sock hat was Milwaukee's Lakefront Marathon back in 2000. I wanted to do something special in 2000 so I decided to run a marathon. It was 31 degrees when they started the Milwaukee Marathon in 2000. It was 36 degrees when we started this

year's Pensacola Marathon.

Just before the race I overheard a 1st time marathoner say his goal was to beat Oprah's time. It's amazing that after 12 years Oprah is still inspiring people to run marathons. By the way, Oprah ran the Marine Corp Marathon in DC in 1994. Her time was 4:29:20. P-diddy did something similar in 2003 when he ran the New York marathon. He told the world his goal was to beat Oprah's time. P-diddy did the New York marathon is about 4:19.

The race started on the Bay Front Parkway overlooking Pensacola Bay, a very scenic start. As a matter of fact, the race followed US HWY 90 overlooking Pensacola Bay for the 1st 8 miles of the course into a stiff wind. This 1st part of the course consisted of rolling hills. Many of these hills had fairly steep uphill grades. The best parts about rolling hills, in my opinion, are the parts that go downhill. There were also steep uphill grades near mile 13, mile 15, mile 19 (the Bayou Chico bridge) and

mile 24.

When we started I noticed a guy with a T-shirt that said, "Early on start out slowly and then ease off." That sounded like a good strategy to me.

When I got to mile 15, I was in trouble. I had a mild case of diarrhea. I needed a port-a-pottie in the worst way. By the time I got to about mile 17 I hadn't located a port-a-pottie but I came across something better, a BP gas station. How do you spell relief?

There were about 258 participants in the marathon (180 men and 78 women) and about 431 participants in the half marathon. There were quite a few of the Navy guys in the half marathon. I didn't notice as many participating in the marathon. I'm always impressed by the number of seniors who run marathons. I sometimes wonder if the percentage of seniors who participate in marathons is higher than their percentage in the overall population.

There were also a lot of boots on the ground—National Guards people and/or Reservists—along the course to help

mark the course and control traffic.

Tom Friedman is known for his bestseller the World is Flat but that word cannot be used to describe this course. Of course, Dean Karnazes might take issue with me claiming that this course isn't flat. This was the toughest course I've come across. If you like a small venue and a challenging course this would be a good one to run. They also have a nice air museum in Pensacola.

By the time I finished it had warmed up a bit and by the time I got back to the hotel Cynt had drawn a nice hot bath so that I could soak my sore muscles. That was a nice surprise!

Oh by the way, this was my 7th marathon and my time was 4:36:09. I finished 170th overall out of 258. First place men's Charles Engel 34 years old 2:38:09 from Jackson, Mississippi and first place women's (26th overall) Rebecca Jordan 27 years old 3:24:59 from Brewton, Alabama.

Rocky Raccoon 100-Miler

By David Hughes



I came in 126th of 133 finishers and behind 72 year old Ed Demoney. This ends a one year drought which hopefully will be over for a while. I didn't deliberately go that slow, but I did concentrate on doing the things that would help me to get to the finish line, namely, eating and drinking more, watching my pace, and getting right out of the aid stations.

The most important for me was getting back out after completing the third loop of this five loop course. Since

each loop passes my car, it's tempting to drop out after three loops when the sun is going down and the easy part is over.

One just meets so many interesting people from all over that it's difficult to simply quit the sport ought-right. I'm hoping more of the Club Kokomo runners will be able to try a hundred. It's an other worldly experience to run alone all night under the stars. There are several quality hundreds in the area: Mohican in Ohio, Kettle Moraine

in Wisconsin, and McNaughton in Illinois. The best web site I know of is Stan Jensen's www.run100s.com.

Rocky Raccoon 100-Miler
2006 USA 100 Mile Trail Championships
Huntsville TX
4 Feb 2006

1. Jorge Pachero 13:16:56
1w. Connie Gardner 17:04:00
6th overall
126. David Hughes 29:23:38
133 Finishers

Lost Dutchman Marathon

By Gina Sheets



The Lost Dutchman Marathon was ranked in the top twelve best small marathons by Runners World in 2005 and I know why – it was super! Trav and I left for Phoenix Arizona on February 15th. The marathon was on Sunday the 19th; sorry we missed the awards programs. The Lost Dutchman had several race offerings, a marathon, a half, a 10k and 8k trail, and a two mile family run – something for everyone. While I had signed up for the marathon Trav signed up for his first race, the 10K.

My parents have a place in Mesa and the actual race

venue was in Apache Junction which was about fifteen minutes apart so travel was short. Friday afternoon we went to the small expo met some nice folks and got a map of the course. Late Friday night Trav came down with the flu and stayed in bed all day Saturday. He missed the pasta dinner and the drive of the course (which was very rolling). Sunday morning came and I awoke at 4:30 with some tummy rumblings. I took an Imodium and two 8 hour Ty's. Dad and Trav drove me to the bus stop for about a twenty ride to the start (spectators were not allowed at the start line). The start line was 7 miles up a dirt trail head on the Peralta Trail. Just after the sun came up the race began and oh how beautiful was the scenery. I was in love. The trail was winding down from an elevation of 2,200 feet to 1,500 feet and Highway 60. The course went from dirt roads, to million dollar subdivisions, to the highway, to dirt roads and back through

million dollar subdivisions to end at nice little park. My tummy was tight the entire way, and I had to stop four times (new record). I took two more 8 hour's and actually used salt tablets for the first time and they worked great. The fan support was small but mighty and so very kind. The aid stations were wonderful and again every one was so nice. Even the runners were friendly. You know what I mean. Sometimes folks do not want to socialize much but I fell in step with a couple of guys for the back half who were super and made time fly by. I met a guy who is going to run The Bull Run Run for his first time in April so we chatted about that course and our anxieties about our first 50 miler.

The biggest highlight for me was seeing my 94 year old grandma at the last mile marker cheering me on to the finish. She was so thrilled to finally see me run a marathon and I was so proud to see her there. My dad was there with her, Trav was there taking pic-

tures and at the finish my mom was there. It was a family race.

At the end of the race the food selection was good and again the people were so nice serving it. There was entertainment for the family while they waited on their loved ones to finish. Did I mention the weather? It was perfect. 42 degrees I am guessing at the start and 67 for the finish. Wonderful, wonderful, wonderful.

Trav made a full recovery by Monday and I managed to not get his bug any worse than four stops in four hours and twenty minutes.

I hope the Club adds this to the list for a group trip. Trav and I are trying to purchase a home out there so we could bunk up there. There is so much to see and do and enjoy. I would recommend the Lost Dutchman; it is my number one thus far.

1. Bob Sweeney 2:35:05
1w. Deborah Hamberlin 3:22:54
208. Gina Sheets 4:20:59

Groundhog 7

By William Irvin

Fourteen CKRR members traveled to Zionsville, IN for what most of us thought was going to be a cold and windy 7 miles for the Ground Hog Day race. Thankfully, the new 7 mile course was designed mostly around a walking path that protected all of the runners from the grueling wind.

Many familiar faces of the Indianapolis areas road running clubs toed the line at an attempt to break the 'cabin fever' that takes its toll on most of us during the winter months. Paul Howarth took

top honors for the men in a time of 38:58. Sabrina Martin took top honors for the women with a time of 43:21.

The Ground Hog 7 Miler was a very nice no race T-shirt, trophy, thrills or frills race. A pair of old running shoes as an entry fee, which are all donated to African runners through One World Running. The gently used donated shoes will be donated to those less fortunate in Africa and the shoes that have been abused are shredded and used for running

tracks or playgrounds.

This late winter race is a good indicator as to how much work that you may have to do in order to run a PR at the MINI or any other race this coming spring or summer.

36th Annual Groundhog 7
February 5, 2006
Zionsville, Indiana

1. Paul Howarth 38:58
1w. Sabrina Martin 43:21
34. William Irvin 47:57
53. Eric Mathew 50:34
68. Charlie Skoog 52:07

96. Gina Sheets 57:19
103. Roxane Burrous 57:49
109. Lorene Sandifur 58:25
112. Mike Deardorff 58:48
115. Ray Tetrault 59:21
118. Stan Shuey 1:00:49
129. Patti Reinhardt 1:03:06
140. Michelle Hollingsworth 1:04:25
148. Mark Eads 1:06:01
158. Justine Eads 1:07:16
164. Jim Burrous 1:08:30
176. Robin Tetrault 1:13:47
184 Finishers

Meeting Minutes

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

Members Present: Ray Tetrault – President, Mark Shorter – Treasurer, Brian Reinhardt – Newsletter Editor, Gary Jewell, Sylvia Burgin, Milt Brown, Stan Shuey, Pat Robertson, Keith McAndrews, Robin Tetrault

President Ray Tetrault opened the meeting at 7:00 P.M.

REPORTS

Financial Report given by Mark Shorter

8 month CD's – \$7,000 from general fund and \$3,000 from Cowan at 4.05%.

Rest of Cowan, Coyote Kids, and most of general fund in 7-day CD at 1.35%

NYE Race made \$1,118.05 and will be deposited into

Coyote Kids account

Tent for Mini will be \$280.00 – approved by unanimous vote

OLD BUSINESS

Annual Awards Banquet

Chili volunteers

6 so far

Anne Wiles will make rolls

Location: senior center in Foster Park

Will call Coke to see if they have a machine available

NEW BUSINESS

CKRR Races

Need race director for Ultimate Challenge

Mark Shorter will contact Runner's World, Running Times to enter races in calendar (Haynes Apperson, Age Graded, New Years)

Constitution/Policy Handbook

Send any ideas to Mark Shorter for wanted changes

Constitution cannot change – policy handbook can

March of Dimes

Will include date and time in newsletter

Coyote Kids

Parks Request

Need course marked (Mohr Construction)

Marking the Course

Field marking paint?

Galvanized pipes in ground to set posts in?

Awards Night

Stay in Jackson Morrow?

Other locations would cost \$

Have ice cream instead of pizza

Trailer information

Concession type are at least \$8,000

Storage types are around \$3,000 for an 8' x 16'

Meeting for Sponsorship

Ray has met with Rotary Club and Kiwanis

Meeting went well for both PR and sponsorship perspectives

Times for races due to Daylight Savings

Race times will remain the same

Meeting adjourned at 7:53 P.M.

Next meeting scheduled for March 6, 2006 at 7:00 P.M. at the Government Building downtown.

Other Races Ran

Polar Bear 5-Mile Run/5k Walk
February 18, 2006
Indianapolis, Indiana

Run

1. Kyle Orender 25:52
1w. Jacqueline Tarrant 30:36
116. Charlie Skoog 37:12
141. Nicole Peel 38:40
204. Don Gifford 41:02
218. Mike Deardorff 41:46
250. Teresa Long 43:18
626 Finishers

Get on the Stick 5k run/Walk
February 18, 2006
Carmel, Indiana

1. Scott Colford 16:41
1w. Natalie Kolter 21:24
36. Carla Yerkes 21:40
120. Stan Shuey 24:28
219. Shirley Wilson 28:07
394 Finishers

Walk

1. Greg Callahan 30:57
1w. Gail Rothrock 36:06
34. Diane Gifford 39:04
170 Finishers



Medium royal blue club jacket for sale (\$36) – contact me if interested at ckrr@comcast.net. Member ordered a new jacket in large and this jacket has never been worn.

Looks like the Polar Bear lived up to it's reputation this year. Club Runners Don and Diane Gifford, Charlie Skoog, and Mike Deardorff dressed warm this year.

Bop to the Top

By Charlie Skoog

Club Kokomo was well represented at the 23rd annual "running" of this 37 floor competitive stair climb race which benefits Riley Hospital For Children. For the second straight year Club Kokomo's very own, Shoot 4 The Moon team, dominated the female division. The CK girls all had outstanding times led by Kelly Wright (6:34.9), newcomer Michelle Hollingsworth (6:53.7), Gina Sheets (6:57.9), and Captain Roxane Burrous (7:00.6), finishing far up in a sold out field of 762 Boppers. In addition to their team award, Michelle and Roxane claimed first with Kelly and Gina second, in their respective age divisions. Following the lung searing ascent, a number of us went for a run along the beautiful downtown canal trail system, grabbed a

quick lunch at Acapulco Joe's, and enjoyed cheering for fellow club members at the early afternoon awards celebration. For complete results and additional pictures visit www.tuxbro.com and please consider joining us next year for this unique and fun filled road trip.

The Ultimate Challenge April 1, 2006

Whether you enjoyed or missed the vertical challenge of the BOP, you will not want to miss the eighth annual Ultimate Challenge 5 and 10 mile races which follows the scenic Wabash River Road southwest of Logansport. Highlights of the day include awesome river views, hills, and the traditional post race feast featuring Rhenda's

home made cookies with additional culinary delights from Roxane's kitchen. For more

information including directions see the enclosed flyer or visit www.ckrr.us.



Boppers Kelly Wright, Roxane Burrous, Gina Sheets, and Michelle Hollingsworth.

Birthday List



**Happy Birthday Club
Kokomo Members!**

3/1	Jody D. Howell	3/13	Jesse Bauson	3/21	Toney Lorenz
3/1	Eric Rody	3/13	Amy Piazza-Graves	3/21	JJ Schmitt
3/2	Julia Green	3/16	Laura Bauson	3/22	Tammy Cody
3/4	Rick King	3/16	Karen Bush	3/22	Betty Ann Oliphant
3/6	Jenny Peugh	3/17	Rebecca Elliott	3/22	Andrea Travers
3/6	Dale L. Sullivan	3/17	Jack Lotzgeselle	3/23	Greg Fisher
3/7	Devin White	3/18	R.J. Kerr	3/24	Stephen Newton
3/11	Beth Lange	3/18	Robin Tetrault	3/28	Kelly Mavrick
3/12	Robin C. Cole	3/18	Ryan Woolever	3/30	Anna Hurlock
3/13	Michael Anderson	3/19	Seth Daugherty	3/31	Bill Cox



Women's Walkers Award

Winners—from left Mary Miller, Amanda Pena, Debbie Riffe, Pat Robertson, Cindy Sanders, Edwina Foust, and Sylvia Burgin.

Awards Banquet Honors Club's Best (continued)



Masters Runners of the Year Patti Reinhardt and Chuck Masters. Senior Masters Runners of the Year Karmen Glaspy and Ricke Stucker. Walkers of the Year Mary Miller and Keith McAndrews.

times. But the real reward when things go awry is realizing that those same runners and walkers are much more importantly your family and friends.

The award banquet felt more like a family reunion than an awards banquet – an environment that I think most, if not all, really enjoyed. I heard many positive comments from those that attended and many others that regretted not getting to be there. I felt great actually getting to be there for the whole

thing since in years past it fell on my reserve duty weekend. With the new year being from January thru December the banquet will be in February every year to give us a chance to get the awards ready.

You can take a look at the points from the last newsletter to see who the age group winners were, but I'll give you a rundown here of who the overall winners were:

Runner of the Year

Male: Byron Bundrent
Female: Kelly Wright

Youth Runner of the Year

Male: Matt Robertson
Female: Vanessa Lorenz

Master Runner of the Year

Male: Chuck Masters
Female: Patti Reinhardt

Senior Master Runner of the Year

Male: Ricke Stucker
Female: Karmen Glaspy

Walker of the Year

Male: Keith McAndrews
Female: Mary Miller

Contributor of the Year

Gina Sheets

Rookie of the Year

Male: Jeff Kuczera
Female: Nicole Peel

Most Improved

Male: Rick Spencer
Female: Robin Tetrault

Outstanding Volunteer

Stan Shuey

Outstanding Performance

Male: Mike Deardorff (Boston Qualification)
Female: Waverly Neer (25th at Junior Olympics)

President's Award

Cindy Sutherland and Sharon Miller

Congratulations to all of the award recipients this year! Outstanding job!

Folks, if you haven't taken the opportunity to be more actively involved in the club then try to do so this year. It might just be the fit that you've been looking for in your life. I can speak from personal experience in telling you that this group has made a huge positive difference in my life. Thanks to each of you for the impact that you've had in making me a happy runner.



Youth Runners of the Year Vanessa Lorenz and Matt Robertson.



Sisters or drama queens? You decide.

New Members

Welcome these new members to Club Kokomo when you see them at the local races! Welcome to the club!

Jerelyn Bradway
Ray Bradway
Jenna Bradway
Jake Bradway
Dr. Walter C. Brown II

Sean Callaghan
Cynthia Campbell
Nathan Hovermale
Mark Jones
Brooke Jones
Brianna Jones
Ryan Jones
Riley Jones
Jerry Leach
Colin Marner

Katie Mavrick
Kelly Mavrick
Isaiah McNeil
Rusty Merritt
Alexandra Merritt
Corey Moore
Mark Rodgers
Brenda Rodgers
Genna Rodgers
Andrew Rodgers

Marti Sholty
Kristine Sholty
Stephen Sholty

Some of you are family members of existing club members and we're so glad to invite you into the club as well. Club Kokomo is a family oriented club!

Other Races

March 17
Shamrock 5-Mile Run/5k Walk
9:00 A.M.
Downtown Indianapolis
Tuxedo Brothers 317-733-3300
www.indystpats.com

March 18
Mountain Goat Hill Run/Walk 15k/3-mile
10:30 A.M. CST

Kickapoo State Recreation Area
Danville, IL
(217) 431-4243

March 25
Sam Costa Half Marathon/Quarter Marathon
9:00 A.M.
Carmel, IN
(317) 259-0708

April 8
Run Windigo 5K Trail Run/Walk
Fun Run 10:00 5k 10:30
Nick Cross at (765)378-3373 ext 223
www.gswc.ws/runwindigo.htm

April 29
March of Dimes Walk America
9:00 A.M. (Check-in at 8:00 A.M.)
Highland Park

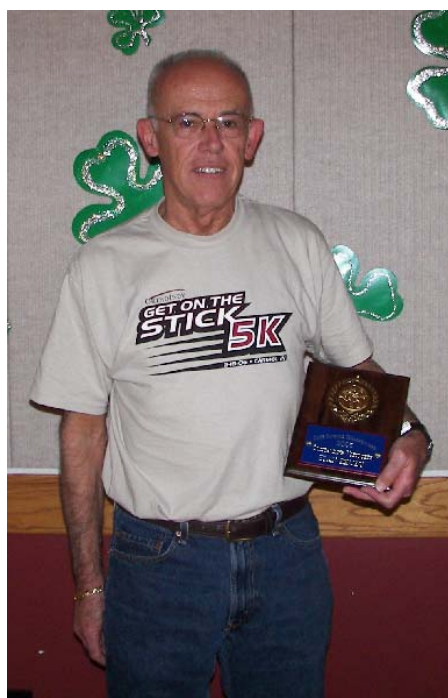


From Upper Left clockwise—Male 0-12 Age Group winners Keith Bauson, Josh Revils, James Longwith and Quinn Reinhardt. 40-44 Age group winners Byron Bundred, Brian Reinhardt, and Dana Neer (Gary Jewell missing). Female 13-19 Age-group winners Amber Longwith and Vanessa Lorenz. Female 0-12 Age Group winners Waverly Neer and Shelby Revils.





From Upper Left clockwise—Most Outstanding Performance Waverly Neer and Mike Deardorff. Rookies of the Year Jeff Kuczera and Nicole Peel. Most Improved Robin Tetrault (Rick Spencer missing). Volunteer of the Year Stan Shuey. President's Award Winner Sharon Miller.



2006 Race Calendar

March 11 Norris Insurance 5K Run/Walk Time: 9 AM Location: Amboy	June 10 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN	Location: Converse, IN	October 21 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Bunker Hill, IN
March 25 Old Ben 5K Run/ Walk Time: 9 AM Location: Highland Park	June 16-17 Relay for Life Location: Kokomo High School	August 12 CKRR Age-Graded 4 Mile Run & 5K Walk Time: 8 AM Location: Highland Park	November 5 Run the Mounds 5m Run/Walk Time: 2 PM Location: Anderson, IN
April 1 CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk Time: 9 AM Location: Logansport, IN	June 24 Race for Grace 5K Run Time: 8 AM Location: Logansport, IN	August 26 Western CC Open 5k Run Time: 7:30 AM Location: Oakbrook Valley	November 11 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School
April 22 Race for the Cure 5K Run/ Walk Time: 9 AM Location: Military Park, Indy 10 points for each finisher	July 1 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gym, Kokomo, IN	September 4 Blueberry Stomp 5k/15k Run Time: 9 AM Location: Plymouth, IN	November 23 CKRR Thanksgiving Day Fun Run (non points) Time: 8 AM Location: Highland Park
May 13 CKRR 5K Trail Run/ Walk Time: 8 AM Location: Peru River Walk	July 8 Iron Horse 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Logansport, IN	September 23 7 th BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN	December 3 CKRR Charity Run 5K 2PM (20 pts each finisher) Time: 2 PM Location: UAW Local 292
May 20 Norris Insurance 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Jackson Morrow Park	July 15 Panther Prowl 5K Run/Walk Time: 8 AM Location: Western H.S., Russiaville, IN	September 30 12 th Kokomo Symphony Run 5K Run/Walk Time: 9 AM Location: Highland Park	December 31 CKRR New Years Eve 5k Run/ Walk Time: 2 PM Location: UAW Local 292
June 3 Helping Hands 5KRun/ Walk Time: 8 AM Location: Sharpsville, IN	August 5 Norris Insurance 5K Run/ Walk Time: 8 AM	October 7 Cole Porter 15K Run/ 5K Run/Walk Time: 8:30 AM Location: Peru, IN	

2006 Points Standings

Races scored include the Groundhog 7 and any one marathon, one half-marathon, or one volunteer.

Runners

Women

25-29

Justine Eads 1-20

35-39

Gina Sheets 1-20M

40-44

Patti Reinhardt 1-20

Michelle Hollingsworth 1-15

45-49

Roxane Burrous 1-20

50-54

Lorene Sandifur 1-20

Robin Tetrault 1-15

Men

25-29

Mark Eads 1-20

30-34

William Irvin 1-20

40-44

Dan Lutes 1-20M

45-49

Eric Mathew 1-20

Ray Tetrault 1-15

50-54

Mike Deardorff 1-20

Michael Campbell 1-20M

55-59

Charlie Skoog 1-20

60-64

Jim Burrous 1-20

David Hughes 1-20M

65-69

Stan Shuey 1-20



**Fair Weather
Runner of the
Year Brenda
Masters. Ab-
sent for the
photo was co-
winner Kim
Coy.**



CLUB KOKOMO ULTIMATE CHALLENGE RIVER ROAD HILL RACES



TIME: Saturday, April 1, 2006, 5mile Run/Walk & 10mile Run starts at 9:00 am.

LOCATION: Tierney Warehouse, 1401 W. Cliff Drive, Logansport, IN.
From Kokomo take US35 to 435, to Burlington Ave, turn right at stop light, go two blocks, turn left on Cliff Drive, go 1.2 miles crossing Cicott Street and railroad tracks, warehouse is on the left.

REGISTRATION: Begins at 8:00 am. Club Kokomo Members \$4.00, Non-Club Members \$5.00, H.S. Students free.

Free One Mile Fun Run Start at 8:40 AM Ribbons to all finishers.

COURSE: **Flatlanders beware!** 5mile run/walk is somewhat challenging. 10mile run has seven major hills. **The Ultimate Challenge!** Aid stations every 2.5 miles. Refreshments, snacks, and lunch will be served at the finish line.

SPECIAL THANKS: Reid Roofing, Co., Tierney Industrial Warehouse, and Radio React.

FURTHER INFO: Contact Roxane Burrous 574-626-2052 (runbikerock@msn.com) or Mark Shorter 765-455-2283

Name:						Date of Birth:			Age:			
Address:						Phone No: ()			-			
City:						State:			Zip:			
Event:		5mile run				10mile run			5mile walk			
1 m fun run									CK Member:		Yes	No
I know that running/walking 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 run or walk. I assume all risks associated with running or walking this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Club Kokomo Road Runners, Tierney Warehouse, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skate boards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.												
Signature:									Date:			
Parent's signature (if under 18 years of age)									Date:			

Send entries and make checks payable to:

Club Kokomo Road Runners, C/O Mark Shorter
2936 Congress Dr., Kokomo, IN 46902

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo, Indiana 46902

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