

Club Kokomo Roadrunners

The Roadrunner

Give me a.....

By Brian Reinhardt

Give me a "P"!
Give me a "A"!
Give me a "N"!
Give me a "C"!
Give me a "A"!
Give me a "K"!
Give me a "E"!
Give me a "S"!
What's that spell? "John Norris Amboy 5k! That's what!"

Rumor has it that there is also a race in Amboy on this Saturday, but I've yet to have any remembrance of any such thing. All I know is that I'm still feeling a little full from trying to pull an "Earl" and eat my weight in pancakes! Why do you suppose it is that they never actually run out of those circular marvels?



Seth Daugherty gets started with a smile.

Truthfully, I do remember running in the race because it is truly memorable every year because there's nothing to stop the wind outside of Amboy, Indiana. That being said, I sure am glad that we didn't need ice skates this

year like we did last year! The temperature was just right for a mid March race and that wind made us work just hard enough to be able to indulge in one extra pancake.....or two.

Seth Daugherty was the first Club Kokomo finisher with a time of 17:47 while Kelly Wright was the first female finisher in 21:33. In the walk the awards went to Jerry Lambert (31:53) and Mary Miller (34:05). I suspect by the time that many of us finished that Seth got to sit down for a couple of pancakes before he headed back out for his cooldown. I also suspect that he'll deny this if you ask him so be sure to ask away just to see what he says. It'll probably be something like, "I went out for another 3-4 miles to cool down and by the time I

got back the pancakes were gone." Uh..... Seth.....we all know that the pancakes never run out.

Oh, and Seth, you really do need to get you some club gear so all of the folks can say, "Yeah, I saw his shoes on fire! It was that fast guy from Club Kokomo!"

Once again we owe John a huge thank you for putting on what has to be one of the favorite races to run in all of north central Indiana. I see a lot of the same faces there every year because they all know that this is something that they just don't want to miss. John, you ROCK! And Carolyn, we all know that John couldn't do it without you so a big thank you to you as well.



Doris Griffith finished strong.



John Norris waits near the finish line for the racers to come in. You afraid of a little drizzle, John?



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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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From the President's Better Half

By Robin Tetrault



Our president's better half running at the Old Ben.

I Desire to Inspire!!

You don't have to be fast to enjoy running. You don't have to be a "speedster" to have a great race. I am not fast. I'm

always at the "back-of-the-pack", but I stay at it. I race against myself. I race against the clock. I race against those in my age group. I race against the other "back-of-the-packers". THAT is the beauty of running. ANYONE can do it! I desire to inspire YOU to believe YOU can do it too! You can start running or walking today. You can improve your involvement, your time, the number of races you run, your times of running in a week or even get "off the couch" and "in the race"!

Many of you know my story. I started running and walking at 45 years old with a goal of running one whole mile without stopping. WOW! A mile is a LONG way! I have always enjoyed athletics as a spectator. I am the world's most enthusiastic spectator - ask my kids. They steer clear of me when MY team is losing. I have never participated in organized sports. In the early 70's when I graduated from high school not many girls did. I was a cheerleader one year, but that is THE most athletic thing I have ever done before running.

My daughter, Melissa and I started running about the same time. We weren't fast, but we enjoyed being outdoors, exercising and the benefits that come from that, talking, and within the year I actually enjoyed running. We only ran ONE mile for the longest time. Finally, we moved up to two miles. WOW! That is a LONG way! Then we ran our first Club Kokomo race, a 5K in Converse. I re-

member asking Missy and Ray, "Will we be able to finish the race? We have never run that far." We finished the race with a time of about 33 minutes. At least we finished the race. John Norris was handing out awards. We decided to stay. I didn't see very many women my age. Then I heard "3rd place-Robin Tet...Teter... ok, THAT'S ME! WOW! A trophy for me and I was hooked. I remember my first goal, "finish the race before the walkers". At the time, that was a challenge! Thanks, walkers, for being out there and being diligent! You encourage a LOT of people- runners and walkers!

I insisted I'd NEVER run a mini marathon. What is **mini** about 13.1 miles? Ray could do them. Our friends could run them. Tiny Melissa did one! I had to admit it was fun being there. I cheered them in. Missy isn't fast and she wasn't LAST either! The longest run we did before the mini was 8 miles. I gave in... I registered for the 25th anniversary of the Indy Mini! Missy and I ran together. We ran OUR race. We ran and walked some. We were rounding the Indy 500 track and got to see the finishers on the big screen! OK, we were only **half** way done, but there were thousands of us still out there! That was comforting. The track was full of people and a sea of people was still entering as we exited. You don't have to be fast to have fun running. A mini marathon IS a LONG way to run! What a RUSH when you finish!!

Ok, I ran a mini... but I will NEVER run a marathon! I will run the half marathons when Ray and Missy run the marathons in every state. I love the trips and NOW I really love to participate. I love the medals, the shirts, and the cool stuff you can buy to run in. Running is work. You have to prepare, but you don't have to stop living your life.

Ray and Missy were running the Indianapolis marathon for their Indiana marathon and she was very sick with a very bad cold. I was worried

about her finishing alone, so I ran miles 16-22 or so with her until she found another runner to hang with. She did finish and I decided (silently) that day...maybe...maybe I **could** do this. I'm not fast, but I do enjoy being outside on a sunny day! You know, though, 26.2 miles is a LONG way!!

When the Utah trip was being planned I KNEW I HAD to go. They didn't have a half marathon..."Oh no!" Ray's famous last words, "It's a **down-hill** marathon." Well, I knew Missy would hang with me. And she did! What a day! It was beautiful in the mountains! It was sunny, breezy, and beautiful! Then at the bottom of the mountain, it got HOT! It slowed ALL of us down... but we finished! I cried (big surprise) when I realized we were going to finish under 6 hours - the allotted time. We were the last Club Kokomo runners in, but our friends were there cheering us in! They had finished a LONG time ago. At dinner we all had a story to tell! What a GREAT family to be a part of! What a THRILL to finish. Ray thought "that will be her last marathon." For the first time, he was WRONG! I was "bitten by the running- marathons-bug". I wanted to run them ALL! I wanted to run a marathon in EVERY state!!

By the time you get this letter I will have run my 6th **marathon** in the last 18 months. ANYONE can do it if this 52-year-old woman that never ran a mile until her 45th birthday can do it!

I desire to inspire YOU to run more than once in a while or a race here and there. I desire to inspire you to get **involved** in the club! We always need volunteers to help with every aspect of the club! I desire to inspire YOU to ask Ray or one of the officers, "What can I do to help Club Kokomo!" You would be surprised! WE NEED YOU! We are ALL busy! We need **everyone** to be involved! I desire to inspire YOU to stop being a spectator and put on those running or walking shoes! Come out Wednesday nights and run in the "back-of-the-pack" with me! C'mon, let's GO!!

Chaplain's Corner

By Dana Neer



HOWARD COUNTY SPECIAL OLYMPICS

We have a great running club that is full of great friends and great times. We believe in what we are doing, and each of us has a desire to pass on our passion to others who can in turn benefit from an active lifestyle. As a club we love cheering on the children at fun runs and Coyote Kids. The Relay For Life and Susan B Komen events are very important to us. The annual Charity Run is always popular as

we raise money for those who are in need. This spring and summer, we have two more great events for those of you who interested in helping in the Howard County Special Olympics.

First of all, on April 29 starting at 9:00, the Special Olympics will be hosting their annual track and field meet at Western High School. If you have never attended one of these meets, you are in for one of the most rewarding days of the year. HCSO and Western Track and Field has most of the volunteers that we need to operate the meet. But what the kids really need are the fans cheering them on as they compete. Consider coming out and being with some really great adults and kids as they celebrate life and victory.

In addition, Western Track and Field coaches are organizing a fundraising event for the Special Olympics called the Border to Border Run. On June 10, 2006, various groups will begin their trek to Russiaville from both the Ohio state line and the Illinois state line. These groups leaving from both ends of Indiana will be organized in relays teams. Each team will have 10 running members plus two drivers and a medical staff member. Each runner will

run a mile before passing on a baton to the next member on their team. After each team completes 30 miles, a new team will take over until we conclude the event in beautiful downtown Russiaville. Hopefully, both east and west teams will arrive at close to the same time, where a sag stop celebration will conclude the event. Each participant will be asked to donate \$25.00 to the Special Olympics.

Since teams are filling up fast, and because not everyone can commit to such a full day, we also have organized a One Mile Championship Run. This run will take place in the afternoon close to the time when the relay teams will be finishing. Each participant will run a one mile run on State Road 26 with a police escort into Russiaville. We hope that this is a high energy event that will appeal to all people, even if they are not runners. Almost everyone can run one mile for such a great cause, RIGHT!

Each participant will be encouraged to make a donation as well.

Plan to be with us for a fantastic day. Call Dana if you have any questions or would like to be involved in anyway - (765)883-5782.

Deadwood-Mickelson Call-out

By Ray Tetrault

I am getting excited about our marathon/half marathon trip to Deadwood, South Dakota. It won't be long before we arrive in this historic town. Deadwood is home to the gravesites of Annie Oakley and Wild Bill Hitchcock. It is set in the beautiful Black Hills of South Dakota. Our journey plans include a Friday evening trip to Mount Rushmore, a Saturday morning trip to Devils Tower and Saturday afternoon and evening experiencing the wonderful wild west town of Deadwood.

I had some computer difficulties this past month. I am including the names of everyone who has signed up for Deadwood, along with the names of those who are seriously considering coming along. If you signed up to go and your name is NOT on the list, please call me immediately at 454-5497 during the day or else call me at home 854-1393 in the evenings. My email address is rayrobin@email.com. There are still some hotel rooms with the CKRR group. We will be staying at the Comfort Inn. The marathon course goes

by this inn near the finish line. There is the Gulches of Fun theme park next door so there are a lot of activities for the kids while they are waiting for parents to come back from their run. I NEED to know by May 1st if you want a room. Please take the time to verify the information I have.

Name	Event	Trans
Ray Tetrault	Marathon	Bus
Robin Tetrault	Marathon	Bus
Travis Sheets	Half	Bus
Gina Sheets	Marathon	Bus
Jon Polk	Marathon	Bus
Missy Polk	Marathon	Bus
Scott Colford	Marathon	Bus
Amy Black	Spectator	Bus
Brian Reinhardt	Marathon	Bus
Patti Reinhardt	Marathon	Bus
Alec Digard	Spectator	Bus
Quinn Reinhardt	Spectator	Bus
Jim Burrous	Half	Bus
Roxanne Burrous	Marathon	Bus
Charlie Skoog	Marathon	Bus
Mark Webster	Marathon	Bus

Megan Tetrault	Half	Bus
Teena Van Meter	Spectator	Bus
Bauson Family	Varied	Own
Dan Lutes Family	Marathon	Own
Chris Williamson	Half	Own
Sam Williamson Jr.	Half	Own
John Norris	Marathon	Own
Carolyn Norris	Spectator	Own
Doug Hamilton	Half	Own
Judy Hamilton	Half	Own

I have listed as possible participants
 Chuck and Brenda Masters
 Dave and Shannon Reinagle
 Moe and Kelly Wright

If you would like to know more about this trip you can check out the website for this marathon called by Runners World, "The best kept secret in marathoning." I encourage you to look through the extensive pictures of the course available on the website and then come be a part of our trip! We always have room for more!

On the Roads

By Johnnie 'O

BOSTON-BOUND ROADRUNNERS

Three first-timers and two veterans will carry Club Kokomo colors in the April 17 Boston Marathon, one of the world's most prestigious road-running events. The Boston-bound CK runners are first-timers Nicole Peele, Cheryl Marner, and Eric Mathew, and veterans Charlie Skoog and Dan Lutes.

Nicole Peele, 35, is a personal trainer and director of marketing for Powerhouse Gym of Kokomo. Nicole only has been a CK member for one year. Having started running on a treadmill at Powerhouse near the end of 2002, Nicole is a rookie at running, but she has come a long way in a short time.

Nicole ran her first Indianapolis Mini in 2003. Since then, she has run five marathons. Her fastest marathon was at South Bend's Sunburst in June of 2005. She ran 3 hours and 41 minutes and qualified for Boston.

In 2005, Nicole ran three marathons. They were Disney in January, Sunburst in June, and Mt. Desert Island (Maine) in October. Boston will be her first marathon in 2006. She probably will run one or two other marathons this year.

Boston became a goal for Nicole when she realized "it was possible" after she started running faster. She finished two Indy Mini's in 1:45. "My long term goal is to work with runners within my personal training career to make them better, stronger, and faster, so (Boston) fits very well in adding to my experiences as a trainer."

Accompanying Nicole to Boston is her good friend, fellow runner and boss, Kim Coy. Nicole's first Boston goal is "to have fun, enjoy the experience, and get under four hours." Her "super goal on a perfect day is to get under 3:45 again and qualify for next year's Boston."

Nicole added: "To God be the glory. Only by Him do I have the strength to run the first step, let alone the last step."

Cheryl Marner, 46, is a salon owner. A 10-year CK member, Cheryl has been running for 10 years. She has run three marathons. Her personal best marathon time was 4:03.10 at the 2005 Columbus Marathon, which qualified her for Boston.

Cheryl set her sights on Boston, because she wanted a goal that was attainable, but not easy. "Qualifying was a good way to test myself as a runner, (and) others in the club were trying, so I thought I would too!"

In order to qualify for Boston, Cheryl had to take off 15 minutes from her last marathon time. She signed up for 10 sessions with Nicole, who is a personal trainer at Powerhouse Gym. "I worked very hard to build muscle and get stronger. I changed my eating habits, which included much more protein in my diet than I was used to. I ran Columbus Marathon and took the 15 minutes off my time. Now, I'm headed to Boston. YEA!!!"

Traveling to Boston to cheer Cheryl is her husband, Brent, and her identical twin, Cyndy, and Cindy's husband Jim.

"I don't have a (Boston) goal for time, because I don't know what the course is like. I will do the best I can and enjoy the challenge of running in the Boston Marathon. I am very excited and thankful for the opportunity."

Charlie Skoog, 55, is retired from Delphi, but not from volunteering. You name it, and Charlie probably has helped as a volunteer. You also can name a race distance, and Charlie probably has run it or wants to.

"I always liked to run. I started racing in 1990, and I fell in love with everything about the sport."

Charlie joined Club Kokomo 11 years ago after his job brought him to Kokomo from his hometown of Danville, Ill. Kokomo and CK have not been the same since. Charlie's personal

best in the marathon is 3:13.52, which he set at the 1992 Lake County Chicago Marathon in pouring rain. "We rode the train to the start and followed the lake shore point to point in the northern suburbs of Chicago. The race is no longer run as the rich people did not like the inconvenience of having runners going through their neighborhoods. It was the first time I was able to run a marathon the whole way. I was coming off knee surgery and my previous best was 3:14.09. In that one, I was on sub 3-hour pace for about 20 miles and ended up walking much of the last three miles."

Charlie recorded a 3:26.59 at his first Boston in 1996. He ran a 3:56.49 at the 2004 Boston. In 2005, he ran Houston, Sunburst, Mt. Desert Island, and Tecumseh Trail marathons, the Howl at the Moon 8-Hour Run, and the 50k HUFF Run.

Charlie is not sure how many marathons and ultra marathons he has done. "I was able to find 25 that I wrote times down for. There may have been a few more. I remember 15 ultras, two 50-milers, three 8-hour runs, and the rest 50Ks."

Boston will be Charlie's first marathon in 2006. He qualified for Boston with a 3:44.05 in June 2005 at Sunburst. He set Boston as a goal, because he was inspired by Nicole. "By coincidence, we both needed the same 3:45 qualifying time, and, seeing how motivated she was, inspired me to do just enough training to meet that goal. You might say I drafted off Nicole in training and races all the way to Boston. I may have been ahead of her at times, but it was her energy and desire that pulled me along."

Charlie will be "rooming" with Johnny 'O, which means Johnny 'O will be up all night before Boston as Charlie spends the night before a marathon going to the bathroom.

Charlie's Boston goal is to better 3:45.59, which will qualify him for Boston 2007. "Beyond that, I just want to soak up the whole experience, because I may never qualify again."

Last year, Charlie was a volunteer at Boston and loved it. "This year, with the help of Nicole and many of you, I will be running the race. Boston is special. If any of you think you have a chance at the Boston experience, I can only say, 'Go For It!'"

Eric Mathew, 46, is finish product manager at Haynes International, Inc. He has been running and a CK member for four years. He has run four marathons with a personal best of 3:21.32 at the 2004 U.S. Air Force Marathon in Dayton, Ohio.

Eric qualified for Boston in his only 2005 marathon by running 3:25.06 at the October Indianapolis Marathon. He may run one more marathon after Boston in 2006.

Boston became a goal because: "A number of people at work golf. I, as yet, do not. I thought they will never be able to play in the Masters at Augusta, but I have the opportunity, with a little work, to run The Boston Marathon. Also, my mom, who is ill and 85, always watches the Olympics. I am sure she always dreamed of one of her 12 children competing in the Olympics one day. Boston is not the Olympics, but it is the best I can do, so I am kind of doing this for her."

Eric is going to Boston with wife and "Spicy Italian" Monica, who is his "main support." Eric will be happy to run Boston in sub 3:30. His "real goal" is 3:19.59. "As much as I have been working that is probably not realistic, but Brian (Reinhardt) doesn't call me 'Bull Dog' for nothing."

Anyone doing long runs the next few weeks should contact Eric. "I can use the company."

Dan Lutes, 42, is an electrical engineer at Delphi Automotive. Dan has been running marathons since 1993. He has completed 50 marathons in 38 states. He wants to complete a mara-

On the Roads (continued)

thon in all 50 states. This will be his 11th Boston, but the first time he will be staying with a cousin before the race.

Dan's best marathon time was a 3:08 in Detroit. His best Boston time was 3:09 in 1997. He first qualified for Boston in October 1995 at the Milwaukee Lakefront Marathon. He ran 3:10.57. "I qualified by 3 seconds. It was magic!"

Dan ran five marathons in 2005. He already has run one marathon in 2006, but plans to run five this year. He qualified for Boston by running 3:18.57 at the December Rocket City Marathon in Huntsville, AL.

Dan first decided to try for Boston at its 100th anniversary. "It seemed like almost an impossible stretch goal. In reality, the Boston qualifying standard is just enough of a stretch that it forces me to stay in good shape just to get back there each year. As I've aged and graduated from the 3:10 to the 3:15 and now the 3:20 bracket, I really appreciated those extra 5 minutes every 5 years!"

Dan's Boston goal is the same every year: "Re-qualify for next year. Although I'm really already qualified, because December's Huntsville falls into the 18-month window."

Of all the marathons Dan has run, Boston is his favorite. "I love Boston because of the history, the crowds, the course, and the prestige. Boston is run on Patriots Day, which is a holiday for the Commonwealth, and, as a result, the crowds are huge with everyone barbecuing, drinking, partying, and cheering for the massive, moving festival from Hopkinton to Boston. One of the neatest things is that the old locals on the street, who have never run a step in their life, know of the Boston greats like Johnny Kelly, Tarzan Brown, and Boston Billy. It's in their DNA. The race is as much a part of Boston as the Red Sox, the T-line, and Beans."

Dan is looking forward to spending time with friends from "my favorite running club in my favorite running venue."



RACE FOR THE CURE

CK member Sara Miller's Chemo No. 4 is scheduled for March 29. This is a "real milestone" for Sara, who was diagnosed with breast cancer in October, as it is the last of the very aggressive treatments and the half-way mark in her chemo treatments.

"Yes, we are approaching 13.1 miles in this marathon! I went back to work three weeks ago, but must cut my work days short for Neupogen injection appointments in Kokomo to boost white cells and physical therapy appointments in Peru for my left

arm."

Shortly after being diagnosed with cancer, Sara had a mastectomy. Recently, she and her husband Dan saw the breast surgeon in Indianapolis for a final check and the doctor said he hoped he never would see her again.

"I didn't take it personally! That visit was actually bitter-sweet. We took pictures, exchanged hugs, and left knowing that if we ever do need a good doctor in that field, he's the one to go to."

Sara is back out on the roads, but her running is limited. She is "plugging away" one mile at a time.



"If any CK members would like company on short runs, please let me know. Are there any beginners out there?"

Sara wants everyone to know that "your prayers are carrying me so far and are very much appreciated."

You can drop Sara a note at saramiler@earthlink.net. You also can help fight the battle of breast cancer by running in the Indianapolis Komen Race for the Cure on April 22. It is too late to register online, but you can register the day of the race.

Capt. Jack thanks all the people who have joined Club Kokomo's Race for the Cure team. He will pick up the team's race packets on April 18, and will distribute them April 19 near Old Ben in Highland Park at 5:15 p.m. Capt. Jack will be participating in CK's Wednesday night training run, so he will be in the park until 6:30 p.m.

Capt. Jack also will have race packets on race day (April 22) at Lowe's and at IUPUI's Library. Team members can meet in the north east section of Lowe's parking lot at 5 a.m. The team will leave for Indy at 5:15 a.m. This is early for a 9 a.m. race start, but Cure organizers expect 50,000 participants. Parking can be a problem for people who arrive late.

Participants in the Pink Parade will begin lining up at 7:15 a.m., so CK team members are asked to be at IUPUI's Library steps at 7 a.m. for a team picture. After the race, team members can join Capt. Jack at 11 a.m. for lunch at Don Pablo's, which is on the west side of U.S. 31 in Carmel.

If team members need to make other arrangements to receive their race packets, telephone Capt. Jack at (765) 452-6706 or email jwiles9890@aol.com

FINAL THOUGHT

Johnny 'O's Irish eyes were not smiling St. Patrick's Day morning, because work prevented him from running in the Indy race and meeting CK friends for lunch. His eyes did smile later in the day when he shared a Guinness with long-time friends and his god son Frank Rocchio and his wife Courtney. Johnny 'O also got to wish Frank and Courtney's first baby, Mattie, a Happy St. Patrick's Day.

Racing from a Gimp's Perspective

By Brian Reinhardt



I signed up in advance so they had my money, but for the first time in my life I did something smart! (No comments from the peanut gallery, please.) I "tweaked" a hamstring the day before the race and didn't try to run through it. Some of you may say to yourself, "No big deal!" but it is to me because I'd have tried it at about any time in the past. My "hammie" is still thanking me for the time off!

Well, if you haven't fallen asleep yet, I'll let you in on what happened during the Old Ben on Saturday. If you weren't there you missed a good race and gorgeous weather as well. It was cool and crisp and the sun popped out to warm us all a little as well.

It looks like once again Seth Daugherty wanted some extra press time as he rolled to a 3rd place overall and the top Club Kokomo finish, just seconds ahead of his brother Josh,

with a time of 17:00 even. Josh came in with a 17:07 and just behind him was the first masters finisher, Club Chaplain Dana Neer with a 17:20.

In the women's race, Dana's 13 year old daughter Waverly sprinted away from the field with a very impressive time of 17:58, good for 7th overall. Second place went to Katie Hollingsworth in 22:57, while her mom Michelle was the first masters finisher in 23:50.

In the walking division we had two repeat winners from the Amboy race with Jerry Lambert (32:14) and Mary Miller (33:37) posting wins. Runner's up were Keith McAndrews (32:32) and Amanda Pena (35:35).

While all of the winners were busy accepting some very nice frosted glasses for their awards, I was busy in the back scarfing down some delicious cookies and bagels. Or maybe I shouldn't write that because you all think of have some kind of eating disorder where I eat everything in sight. Hellooooooooooooo, I'm a runner! I'm supposed to eat everything in sight! Anyway, I digress, and get away from my point. My point was that it was lots of fun to sit around with good friends after the race and fellowship



In Vice-President Will Irvin's words (pictured right behind women's winner Waverly Neer): I was huffing and puffing and she was barely breathing!

like we do at every race. What a great group of friends we all are. I think I can say those words for lots of us CKRR folks without getting in too much trouble. Patti and I consider ourselves blessed to be a part of this running and walking community.



From left to right: Earl Strong, Mark and Nicholas Webster, Roxane Burrous, and Tami Moore.



Clockwise from top:

Eventual winner BJ Needler leads club runners Josh Daugherty and Masters winner and Chaplain Dana Neer off the starting line.

Will Irvin and Byron Bundrent battle for position.

Walk winner Jerry Lambert finishing strong.

Club runners Stan Shuey and Sharon Miller working hard and enjoying the nice weather.

Points Standings

Races scored include the Groundhog 7, John Norris Amboy, Old Ben and any one marathon, one half-marathon, or one volunteer.

Runners	45-49	35-39	Jim Burrous 2-32
	Roxane Burrous 3-60	Ron Moore 2-40	Doug Mankell 2-22
Women	Cassie Bauson 1-15	Travis Sheets 1-15	Dale Sullivan 1-20
	Sandy Knowland 1-15	Shawn Mayfield 1-12	Sam Williamson Sr. 1-20
0-12			
Brianna Jones 1-20	50-54	40-44	65-69
	Robin Tetrault 3-47	Dan Lutes 3-55M	Stan Shuey 2-40
13-19	Lorene Sandifur 2-40	Mike Williams 2-24	John Norris 2-40V
Amber Longwith 2-29	Marsha Daugherty 1-15	Dana Neer 1-20	
Megan Tetrault 2-25	Joyce Pennycoff 1-15	Michael Graham 2-18	70+
Waverly Neer 1-20	Christine Williamson 1-10	Mark Webster 2-16	Bill Heck 2-40
Katie Hollingsworth 1-15	Robin Cole 1-9	Brian Reinhardt 1-15	Robert Cupp 2-27
Vanessa Lorenz 1-12		Kim Lee 1-10	Riley Case 1-15
	55-59	Darin Hollingsworth 1-9	Milt Brown 1-12
20-24	Rhenda Acton 1-20		
Stephanie Miller 1-20	Karmen Glaspy 1-15	45-49	Walkers
Michelle Tetrault 1-20		Eric Mathew 3-47	Women
	Men	Byron Bundrent 2-40	
25-29		Ray Tetrault 3-33	49-
Justine Eads 1-20	0-12	Al Hochgesang 2-27	Mary Miller 2-40
Shannon Reinagle 1-20	James Longwith 2-40	Mark Rodgers 3-27	Amanda Pena 2-30
Kelly Wright 1-20	Josh Revils 2-30	Ken Swinehart 2-20	Jane Inman 2-22
Allison Irvin 1-15	Nicholas Webster 1-12	Jerry Meiring 2-15	Raye Jean Swinehart 2-22
			Debbie Riffe - 2-18
30-34	13-19	50-54	Teena Van Meter 1-8
Lisa Jones 2-35	Matthew Robertson 1-20	Mike Deardorff 3-41	
Lisa Stucker 2-35	Sam Williamson Jr. 1-15	Michael Campbell 3-35M	50+
		Earl Strong 2-35	Sylvia Burgin 2-40
35-39	20-24	Mark Shorter 2-24	Cynthia Sanders 2-27
Gina Sheets 3-60M	Seth Daugherty 2-40	Greg Townsend 2-22	Pat Robertson 1-15
Tami Moore 2-35	Nathan Havermale 2-27	Chuck Masters 1-20	Edwina Foust 1-12
Jennifer Mayfield 2-27	Josh Daugherty 1-15	Russ Hovermale 2-18	
Teresa Long 1-20H	Eric Newman 1-10		
Nicole Peel 1-20H		55-59	Men
Heather Weber 1-20H	25-29	Charlie Skoog 3-60	
Jerelyn Bradway 1-12	Mark Eads 1-20	Ricke Stucker 2-30	49-
Marti Sholty 1-10		Steve Wand 2-24	Keith McAndrews 2-40
	30-34	Phil Leininger 2-20	Steve Inman 2-30
40-44	William Irvin 3-60	Fred Chew 1-9	
Michelle Hollingsworth 3-55	Keith Hill 2-27		50+
Patti Reinhardt 3-50	Jeff Kuczera 1-15	60-64	Jerry Lambert 2-40
Sharon Miller 2-24	David Reinagle 1-10	David Hughes 3-50M	Rick Spencer 2-27
			Tim Taflinger 2-27
			Robin Michael 2-20
			Jackie Sanders 2-17
			Toney Lorenz 1-9



A group of local runners competes during the Old Ben 5k including club runners Cassie Bauson, Jim Burrous, and Michael Graham.

Race Results

John Norris 5k
Amboy, Indiana
March 11, 2006

5K RUN

1. B. J. Needler 16:29
4. Seth Daugherty 17:47
8. Bron Bundrent 18:48
11. William Irvin 19:23
12. Nathan Hovermale 19:33
13. Dan Lutes 19:43
14. Brian Reinhardt 19:50
15. Chuck Masters 19:52
16. Mike Williams 20:01
19. Al Hochgesang 20:21
22. Eric Mathew 20:42
28. Keith Hill 21:30
29. Kelly Wright 21:33
30. Charlie Skoog 21:51
33. Ron Moore 22:02
35. Earl Strong 22:31
36. Stephanie Miller 22:33
39. Ricke Stucker 23:25
42. Mike Deardorff 23:55
43. Greg Townsend 23:58
45. Mark Shorter 24:12
50. Roxane Burrous 24:21
51. Michelle Hollingsworth 24:24
53. Travis Sheets 24:34
54. Steve Wand 24:35
55. Gina Sheets 24:43
56. Ken Swinehart 24:43
57. Dale Sullivan 25:01
60. Russ Hovermale 25:06
62. Michael Campbell 25:14
64. Ray Tetrault 25:22
65. David Hughes 25:33
66. Patti Reinhardt 25:33
70. Mark Rodgers 25:43
75. Bill Heck 26:54
76. Jerry Meiring 27:27
77. Phil Leininger 27:44
81. Amber Longwith 28:05
82. James Longwith 28:05
83. Lisa Jones 28:41
84. Tami Moore 28:47
87. Joshua Revils 29:07
88. Megan Tetrault 29:08
89. Lisa Stucker 29:09
91. Doris Griffith 29:19
97. Michael Graham 30:10
98. Robin Tetrault 30:19
100. Sandy Knowland 31:18
103. Doug Mankell 31:35
104. Rhenda Acton 32:18
105. Jennifer Mayfield 32:20
106. Shawn Mayfield 32:20
108. Robert Cupp 32:59

112. Mark Webster 35:26
114. Milt Brown 38:13
115. Allison Irvin 39:45
116. Sharon Miller 40:33
117. Karen Glaspy 40:39

5K WALK

1. Jerry Lambert 31:53
2. Keith McAndrews 32:39
3. Tim Taflinger 32:47
4. Mary Miller 34:05
5. Rick Spencer 35:58
7. Amanda Pena 36:28
8. Steve Inman 36:54
10. Marsha Daugherty 39:08
11. Mike Daugherty 39:08
12. Robin Michael 40:26
14. Jane Inman 41:48
15. Raye Jean Swinehart 41:49
16. Debbie Rife 41:54
18. Sylvia Burgin 46:05
20. Pat Robertson 49:00
21. Jack Sanders 52:42
22. Cynthia Sanders 52:42

Old Ben 5K
March 25, 2006
Highland Park
Kokomo, IN

5K Run

1. BJ Needler 16:22
3. Seth Daugherty 17:00
4. Josh Daugherty 17:07
5. Dana Neer 17:20
6. Matthew Robertson 17:51
7. Waverly Neer 17:58 1st Female
8. Byron Bundrent 18:21
9. William Irvin 18:28
11. Jeff Kuczera 19:01
12. Nathan Hovermale 19:02
13. Dan Lutes 19:45
15. Eric Mathew 19:58
17. Al Hochgesang 20:07
19. Mike Williams 20:14
20. Sam Williamson, Jr. 20:32
26. Keith Hill 21:21
27. Ron Moore 21:34
28. Charlie Skoog 21:44
31. Earl Strong 22:32
33. Eric Newman 22:49
34. Mark Shorter 22:56
35. Katie Hollingsworth 22:57
38. Ricke Stucker 23:31
40. Gregory Townsend 23:38
41. Ken Swinehart 23:41
43. Michelle Hollingsworth 23:50
44. Roxane Burrous 24:01

45. Ray Tetrault 24:05
47. Sam Williamson, Sr. 24:14
48. Patti Reinhardt 24:15
50. Steve Wand 24:17
51. Vanessa Lorenz 24:19
52. Russ Hovermale 24:27
53. Lorene Sandifur 24:28
55. Stan Shuey 24:40
56. David Hughes 24:43
57. Mike Deardorff 24:47
58. Michael Campbell 24:50
59. James Longwith 24:54
60. Kim Lee 24:59
61. Jerry Meiring 25:06
63. John Norris 25:09
64. Darin Hollingsworth 25:18
66. Mark Rodgers 25:52
68. Phil Leininger 26:11
70. Bill Heck 26:30
71. Josh Revils 27:00
73. Cassie Bauson 27:03
74. Joyce Pennycoff 27:06
75. David Reinagle 27:07
77. Tami Moore 27:34
78. Jim Burrous 27:50
82. Megan Tetrault 28:19
84. Riley Case 28:23
85. Robin Tetrault 28:28
86. Lisa Stucker 28:29
87. Shannon Reinagle 28:51
88. Michael Graham 29:08
92. Doug Mankell 30:08
93. Lisa Jones 30:09
94. Christine Williamson 30:09
96. Jennifer Mayfield 30:30
97. Fred Chew 31:23
99. Jerelyn Bradway 31:40
107. Marti Sholty 32:32
109. Robin Cole 33:29
111. Michelle Tetrault 33:54
113. Robert Cupp 34:17
116. Amber Longwith 35:13
120. Susan Gerhart 38:16
121. Sharon Miller 39:07
122. Nicholas Webster 40:46
123. Mark Webster 40:47
129. Trudy Pierce 42:55
130. Brianna Jones 43:09

5K Walk

1. Jerry Lambert 32:14
2. Keith McAndrews 32:32
3. Mary Miller 33:37 1st Female
4. Rick Spencer 35:07
5. Tim Taflinger 35:23
6. Amanda Pena 35:35
7. Steve Inman 35:54

Meeting Minutes

Club Kokomo Roadrunners Meeting
March 6, 2006 7:00 P.M.

Members Present: Ray Tetrault – President, William Irvin – Vice President, Mark Shorter – Treasurer, Brian Reinhardt – Newsletter Editor, Robin Cole, Charlie Skoog, Keith McAndrews, Jack Sanders, Cindy Sanders

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

Fundraising

Goodfellows gave \$5,000 to be used for Coyote Kids

Requires recognition at kids activities

Banners

Inclusion on applications, flyers, etc..

McGonigals

Donated \$1,000 for club use

NEW BUSINESS

Possibility of using First Travel as the club travel agency

Discounted rates for club members for advertising in the newsletter

Need new cones for club events

Ray will check with Mohr Construction

Coyote Kids

Have Goodfellows signs made
Check with Coke

Trailer

Ray checking on trailer
Approximately \$3,500
Included serving window
16' x 8' x 64"

Sell water at Coyote Kids events

\$1 a bottle

Help to offset the cost of running the program

Meeting adjourned at 7:53 P.M.

Next meeting will be April 3, 2006 at 6:00 P.M. (Note the time change from 7:00 P.M. to 6:00 P.M.)

Race Results (continued)

9. Robin Michael 38:30
18. Tony Lorenz 40:58
(continued on next page)
19. Raye Jean Swinehart 41:06
20. Jane Inman 41:07
22. Debbie Riffe 42:24
24. Sylvia Burgin 44:02
35. Jackie Sanders 51:20
36. Cynthia Sanders 51:38
37. Edwina Foust 53:06
38. Teena Vanmeter 53:07

Other Race Results

Sam Costa Half-marathon
March 25, 2006
Carmel, Indiana

1. Abdelaaziz Atmani 1:09:51
- 1w. Alison Belford 1:27:36
45. Heather Weber 1:28:55
133. Nicole Peel 1:42:05
278. Teresa Long 2:04:52
- 326 Finishers



*Kokomo High School Teacher and Coach
Ricke Stucker finishes yet another Old
Ben 5k.*

New Members

Jeff Perkins

Debra Perkins

Kaylee Perkins

Josh Perkins

Teena Van Meter

Welcome to Club Kokomo!

Indy Mini-marathon Info

If you're planning on Club Kokomo picking up your packet for the Indy Mini Marathon please provide your bib and other information to Robin Cole or Ray Tetrault during the Wednesday evening run (5:00-5:30 P.M.) in Highland Park or leave your information on Ray's front porch.

The earliest that Robin can pick up the packets in Indy is after 3:30 P.M. on Thursday, May 4th. You could then pick up your packet on Ray's front porch anytime on Friday, May 5th.

If you don't know the location of Ray's house it is located directly behind the maintenance building in Highland Park.

For Sale

One women's medium Club Kokomo singlet in red. Will sell for cost (\$15). Contact me at the email on the front of this newsletter or call me at (765)473-4749 and I'll put you in contact with Roxane Burrous.

If anybody else has anything that they'd like to sell just let me know and I'll be glad to get the information out to the membership.

2006 Race Calendar

April 1 CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk Time: 9 AM Location: Logansport, IN	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	October 21 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Bunker Hill, IN
April 22 Race for the Cure 5K Run/ Walk Time: 9 AM Location: Military Park, Indy 10 points for each finisher	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 5 Run the Mounds 5m Run/Walk Time: 2 PM Location: Anderson, IN
May 13 CKRR 5K Trail Run/ Walk Time: 8 AM Location: Peru River Walk	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 11 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School
May 20 Norris Insurance 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Jackson Morrow Park	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	November 23 CKRR Thanksgiving Day Fun Run (non points) Time: 8 AM Location: Highland Park
June 3 Helping Hands 5KRun/ Walk Time: 8 AM Location: Sharpsville, IN	July 15 Panther Prowl 4 Mile Run / 5KWalk Time: 8 AM Location: Town Park Russiaville, IN	September 30 12 th Kokomo Symphony Run 5K Run/Walk Time: 9 AM Location: Highland Park	December 3 CKRR Charity Run 5K 2PM (20 pts each finisher) Time: 2 PM Location: UAW Local 292
June 10 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN	August 5 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN	October 7 Cole Porter 15K Run/ 5K Run/Walk Time: 8:30 AM Location: Peru, IN	December 31 CKRR New Years Eve 5k Run/ Walk Time: 2 PM Location: UAW Local 292

Other Races

April 8, 2006
 Mercy Foundation Walk with Me 5k Run/Walk
 Military Park, Indianapolis
 9:00 AM
 Keng Long
 (317)884-4001

April 30, 2006
 Best Buddies Dash for Friendship 5k Run/Walk
 Military Park, Indianapolis
 9:00 AM
 Keng Long
 (317)884-4001

May 13, 2006
 Tri Kappa Trot 10k-5k Run/5k Walk
 Forest Park, Noblesville, IN
 8:00 AM
 (317)776-6350

May 20, 2006
 White River Little 500 MiniMini 6.55 mile run/4.25 mile walk
 Anderson Speedway
 9:30 AM
 Bob Kearns
 643-7824
 bob.elsie@juno.com
 www.andersonroadrunners.org

May 27, 2006
 Three Rivers 12k Run
 Fort Wayne, IN
 8:30 AM
 Josh Brunson
 (260)459-3668

June 17, 2006
 Angola Half Marathon and 5k
 7:00 AM
 Rick Hammer
 Phone: (260) - 665- 4644
 hammerr@tristate.edu



Phil Leininger nears the finish.

Media Announcement – For Immediate Release 03-15-06

Mayor McKillip Honors Jackie Sanders

With 12th Key to the City

Person releasing information: Matt McKillip, Mayor

Follow up contact person: Matt McKillip, Mayor

Follow up contact phone: 765-456-7444

Information being released: Mayor McKillip Honors Jackie Sanders with Key to the City

Date of release: March 16, 2006

Mayor Matt McKillip honored Jackie Sanders by presenting him with a Key to the City of Kokomo on March 15 at an evening ceremony in City Hall. The Kokomo Roadrunner's, family and a large contingent of friends were on hand to join in celebrating this special moment with Mr. Sanders.

Sanders received his education at Indiana University Kokomo and began working as an engineer at DaimlerChrysler's casting plant. In December 1996, at the age of 46, he suffered a stroke that left him partially paralyzed and unable to speak but it did not slow down his many contributions to Kokomo or his family. Drawing from his competitive spirit, Sanders spent many years in therapy and began competing in walking events all over central Indiana. In the spring of 2005, in the middle of a 5k walk, Sanders suffered a near-fatal cardiac arrest. After receiving a defibrillator and spending only two weeks in the hospital, Sanders was again walking in races and volunteering on virtually every board that would have him, including the Mayor's Advisory Council for Disability Issues.

Mayor McKillip stated, "It is important to bridge the gap between trials and tribulations and the opportunity they present. Jack is a gleaming example of the strength that lies within each of us and, unlike some, Jack tapped that strength for the better of Kokomo." Mayor McKillip continued, "Jack has a heart like a lion and a spirit that cannot be brought down. Since March has been designated as National Disability Awareness Month, it is fitting that we honor a man who some may call disabled but we all know to be anything but."

Sanders and his wife Cindy are the proud parents of a daughter, Melanie, and sons Jack and Brett. They also have two grandchildren. Son Brett summed up the families' feelings toward their father. "The greatest contribution that a man can give is the legacy and the future he builds," said Brett. "It has taken all that my dad has to raise us in a home that puts God Almighty at the helm and imbeds a true form of perseverance and a passion for a greater tomorrow with the blessings we receive daily. He is a bright light and a gleaming example for all of us."

The key represents the 12th key the McKillip Administration has presented to honor local "home town heroes," and was designed, manufactured and donated by Haynes International headquartered in Kokomo, Indiana.

The recently patented G-35 alloy used in making the key is a highly corrosion resistant alloy consisting of about 59% Nickel, 33% Chromium and 8% Molybdenum. Its primary use is for construction of specialty equipment used in the Chemical Process and Agrichemical Industries. Palmers Jewelry Store located in downtown Kokomo donated the boxes for the keys.

For more information, please contact Mayor Matt McKillip at (765)456-7444.

CLUB KOKOMO ROADRUNNERS SCHOLARSHIP CRITERIA/APPLICATION

The purpose of the Club Kokomo Roadrunners scholarship is to recognize a senior in high school or an undergraduate college student who has enriched his/her life through running. The scholarship is to be applied to post-secondary expenses. The following criteria are guidelines to be considered as a recipient of the Club Kokomo Roadrunners Scholarship. The applicant shall be a(n) :

- senior in high school who plans to continue his/her post-secondary education or present enrollee in college pursuing an undergraduate degree
- member of Club Kokomo Roadrunners prior to or at the time of application
- active participant on at least one of the following: high school cross country team as a senior in high school, collegiate runner, or CK points award age group qualifier in the previous year
- good citizen within his/her school and community

This application must be postmarked by May 1, 2006.

Send to: Club Kokomo Scholarship Committee c/o Lorene Sandifur
1607 W. Mulberry St.
Kokomo, IN 46901

APPLICATION

Applicant's Name: _____ GPA: _____

Parent(s) Name: _____ Home Phone #: _____

Address: _____

High School or College presently attending: _____

Post-Secondary School(s) of acceptance (if high school student):

Did you run on your high school/collegiate cross country team? Yes: _____ No: _____

Cross Country Coach Name: _____

Coach Phone Number: _____

On a separate sheet of paper explain why you should be considered as a recipient of the Club Kokomo Roadrunners scholarship?

Students must include a copy of their most recent grade report which includes the student's GPA.

Signature: _____ Parent(s) Signature: _____ Date: ____/____/____

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo, Indiana 46970

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