



The Roadrunner

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3 x 100

By David Hughes



I'm not amazed by all that much. Okay, I am amazed that people still smoke and that teenagers actually think they're right. But beyond that I don't amaze easily. But club member David Hughes ran back to back to back 100-milers in successive week-ends, completing two of them. Oh, and the one he didn't finish.....only 6 people have ever completed it!

- Brian

Read what Dave has to say below.

Barkley 100 - 4/1/06

The last two weekends I had the privilege of running both the toughest and easiest hundred mile runs. The Barkley Marathons on April Fools Day, also known as Fools Weekend, consists of a twenty mile loop done five times with an elevation gain of about 10,400 feet per

loop for a total of 52,000 feet of gain in all. Just imagine what this'll do to your quads. Well your quads are the least or your problems on this mountainous course in eastern Tennessee. You have to find nine books along un-maintained trails or along non-existent trails. There are blown down trees on the north boundary section and saw briars throughout. I didn't notice it as I ran and hiked, but I was getting scratched all along. It was too hot for me to wear pants, so my legs looked like Freddie had paid them a visit by the time I had completed one loop. One twenty mile loop in just... 14 hours and 38 minutes. That's right, a 43:55 pace, not exactly Olympic or even Boston qualifying pace. But that was fast compared to a runner who got off course and lost. He made two official miles in about 32 hours. He actually covered more ground, and would have covered more had he not lost a flash light part while changing batteries and had to spend the night by a tree shivering until mourning. The greatest satisfaction of this run is the adventure of being out in the woods with like minded runners who enjoy something a little different. Unfortunately no one finished the hundred this year, so the total

number of finishers of over 600 attempts is just six. That's right, just six. How hard can 100 miles in 60 hours be?

Umstead 100 - 4/8/06

The second run was the Umstead hundred near Raleigh NC on April 8. The trails are more like wide bridal paths and park roads covered with fine compacted stone which makes for a great running surface. The course consists of eight 12.5 mile loops with a short out and back. There are two fully stocked aid stations including the one at the start/finish area. There were a variety of hearty foods such as hamburgers as well as various sandwiches, soups, and pastries. Contrast that with the Barkley which provides water from self serve jugs at two points and no other aid. The main thing which makes this course challenging is the draw of the comfort inside the lodge at the start with its fire place, plenty of food, and good company. Once I have gotten in fifty miles, my brain starts reminding itself just how nice a hot shower and good night's sleep would be. After all, I've already had a lot of fun, and I know how tough and painful the night can be. But thanks to answered prayer through my encouraging friends, I was motivated to concentrate on doing what I

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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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Next Races:

CKRR 5k Trail Run and Walk

Time: 8 A.M.

**Where: Peru Riverwalk
(See Map inside - page 13)**



From the President

By Ray Tetrault



Coyote Kids is gearing up for its third season. We have lots of opportunity for club members to be involved helping with this program. Last year we had 657 kids participating at

some level or another. This year we are anticipating 850 kids, but preparing for 1000. Can you be a course monitor providing directions so the kids stay on course? Or do you like more direct contact with kids; then you could be a team leader. We are looking to add a couple of extra team leaders as the ¼ mile and ½ mile races are becoming so large. Last year we had a few volunteers who "swept the course." This means you run with the slowest runner in each race so the starters can know when to start the next race. One of the MAJOR concerns is the parking issue. This year we will need a minimum of 4 people helping with the parking issues. I have appreciated over the first two years the high level of support our club has provided for Coyote Kids. You are the BEST! Coyote Kids begins

June 8th at 6:00 p.m. at Jackson Morrow Park. The program ends on July 20 with the awards evening. If you are able to help with Coyote Kids, please call me at 454-5497 during the day, 854-1393 in the evening, or send me an email at rayrobin@email.com

Wednesday after our weekly club run I invited everyone who ran to eat at my house. Paul Wyman and his wife came along to find out some of our interests. He has been a good friend to CKRR and Coyote Kids and I was encouraged to find out his interest level in helping us achieve our mission. I did approach him on finding us 150-200 acres of land at no cost so we could build a running park. We all shared a laugh, but I AM serious! A place to run on trails or paved trails through wooded sections of land would be a wonderful place for Coyote Kids, our club races, and be an attractive place for runners in our community who are not a part of the club yet.

Last month at our monthly CKRR meeting Bill Heck came out and explained the Historical Records to us. Hey, I learned two things. Bill was young once! Honest! And he could run the fastest times in his age brackets. I will include more information about the Historical Records shortly. Thanks for taking the time to preserve for us a part of our heritage.

INDY MINI participants- I have a box on my sun porch for you to put

your forms so we can have early pickup for packets. Robin Cole will be picking up the packets on Thursday May 4th. You may drop off your proof of entry anytime you can, as our sun porch is always unlocked. Or bring them by on Wednesday evening for our club run. The packets will be available to be picked up on Thursday evening on my sun porch. I will set up a table for the packets to be on. My house is directly behind the Parks and Recreation Office Building in Highland Park. I live in the BRICK house.

Be sure and ask Bill Barnett if he needs any help for the Haynes Apperson Race. Or, if you want to run the Haynes, see Dana Neer as he heads up the Kids Track Meet. He may have a place for you to help for a short time after the race.

The season of races is now upon us so we will have multiple opportunities to see each other. Let's make every effort we can to produce the best year in CKRR history. Participate with a cheerful heart. Give praise with grace. Let your actions cause others to be glad they are a part of CKRR. See you on the roads!

For Sale:
Red women's medium club singlet for \$15. Contact me at the email address on the front of the newsletter if interested.

3 x 100 (continued)

needed to finish. One of the other runners uses a prayer list while she runs, so I had asked her to please put me on it. I didn't ask God to mystically energize me, just to help me to concentrate. Thankfully, I did finish in 29:26, still not good enough to beat my seventy plus year old friend, but good enough for me.

McNaughton 100 – 4/15/2006

It's now Tuesday (April 18) and my feet are healing well. The leg and foot swelling should be gone by Friday, and I can start thinking more positively of the next 100 miler. The McNaughton

is quite a bit tougher than the Rocky Raccoon and Umstead, though the trails are beautiful. Since the course is for the most part single track trail, it is fairly slower. There are quite a few short steep climbs of maybe 50 to 100 yards that became impassable during and after the rains we got. We had to go along side these areas to keep up-right and avoid injury. The mid 80s kept some runners from finishing and certainly slowed down the field, though I didn't see anyone an IV as I had at Umstead. Later on when I had to sit for a few minutes at a aid station, I mentioned that I was from

Kokomo. "Do you know Charlie Skoog?" one asked. Of course! I had to get going before I spent the rest of my race recounting all Charlie has done for our club. Later on as the blister and bruise pain increased, AI had to remind myself that I'm the one to set my running pace, not my feet or sore legs. I had lots of time to reflect on our Lord's Passion during my 33:59:47 ordeal, being reminded by Mel Gibson what He went through for us. That is until my brain stopped functioning. But now it's resumed its former pea size.



On the Trails

By Charlie Skoog



SEE YA AT THE MINI TENT!

Having recently returned from two special road trips, Boston and Race for the Cure, I am now looking forward to CK's largest

annual out of town gathering. Please plan on visiting our mini tent both before and after, and invite your family and friends to join us in the celebration. CK will provide soft drinks, bottled water, and light snacks. If you would like to bring your own cooler and special beverage you are welcome to do so. Feel free to use the tent to secure and store any pre and post race needs.

TRAILS, TRAILS, TRAILS!

April was a big month for trails

locally and statewide. Paving of a 3.4 mile stretch of the Nickel Plate was completed with plans to have a completed paved trail from downtown Peru to Bunker Hill by the end of next year. Club and Park Board members, Tom Miklik and John Wiles, have been working with city and county officials to promote trail planning and development locally. On April 25, Purdue University presented findings from two important visioning studies involving Howard County. The following day Governor Mitch Daniel's held a press conference to announce a state wide trail plan. This initiative is truly a breakthrough development and I encourage each of you to follow and support all these plans as they develop.

I DESIRE TO BE INSPIRED!

If you missed Mrs. T's article from page two of last month's newsletter please go back and read it. You will not be disappointed and will be inspired just as I have by so many of you. Inspiration can come from anywhere, big or small, participant or spectator. The important thing is to

get involved and become part of the moment. I was not physically prepared to run Boston this year but inspiration came from other sources. Run the day before Boston with my friend and mentor John Wiles was a poignant moment for both of us just to be there and soak in the history. As I struggled to the finish line the following day my spirit was lifted by the achievements of my CK friends Cheryl, Nicole, Dan, and Eric as they equaled or surpassed expectations on a perfect day. A week later I was thrilled to see Cindy Sanders and Toni Rethlake walking and running in the Survivor's Parade as many of us Raced for the Cure. Recently Gina Sheets finished her first 50 miler, Nicholas Webster completed his first 5K, and I just found out David Hughes has already completed three 100-milers in 2006 after being shut out all of last year. Do you desire to be inspired? If so I hope you join us soon. See ya on the roads and trails!

Soups On!

SOUTHERN CHICKEN VEGTABLE SOUP

1 (49.5 oz.) can Sweet Sue chicken broth
2 (12.5 oz.) cans Sweet Sue premium chicken breast, drained
3 c. frozen mixed vegetables
1 1/4 c. rainbow rotini
2/3 c. chopped tomatos and green chiles with juice
3/4 t. onion powder
1/4 t. dried oregano or thyme
Snipped fresh parsley, optional
Salt and Pepper to taste

Bring Broth to a boil in a large saucepan. Add drained Chicken that has been chopped into bite-size pieces, vegetables, rotini, chopped tomatos and green chiles, onion powder and oregano. Reduce heat; simmer for 7-8 minutes or until pasta is tender. Garnish with parsley. Add salt and pepper to taste. Serve with crusty French bread or crackers.—Roxane Burrous

Birthday List

5/3	Maycee Johnson	5/17	Teresa Long
5/4	Russ Hovermale	5/17	Keith McAndrews
5/4	Jim Hurst	5/19	Nathan Hovermale
5/5	John J. Boyle	5/19	Pat Robertson
5/5	Jill Parry	5/20	Sarah Swinehart
5/5	Nicole Parry	5/22	Kathleen Anderson
5/6	Brenda Masters	5/22	Kathleen Leach
5/6	Toni Rethlake	5/24	Joyce Pennycoff
5/7	Bryan Phillips	5/24	Daniel Riffe
5/7	Matt Tetrault	5/25	Fred Chew
5/8	Julanne Packard	5/25	Jane Inman-w
5/10	Michael S. Campbell	5/28	Alex Anderson
5/10	Mark Jones	5/28	Keith Bauson
5/10	Eric Mathew	5/29	Lien Koztecki
5/12	William Irvin		
5/13	Dana Neer		
5/13	Mindy Tetrault		
5/15	Byron Bundrent		
5/17	Mike Deardorff		





On the Roads

By Johnnie 'O



Boston tough but CK runners all smiles at finish

"No blood; no blisters," Dan said.

"Me neither," Charlie responded. Club Kokomo Roadrunners

Dan Lutes and Charlie Skoog were pleased with their discovery after pulling their shoes and socks off back at the motel following the 110th Boston Marathon on April 17.

Seven hours earlier Dan and Charlie were waiting for the start of the Boston Marathon in Hopkinton, MA. It would be Dan's 11th straight Boston. Charlie was going for No. 3. Also waiting in Hopkinton were fellow Club Kokomo Roadrunners and Boston first timers Cheryl Marner, Nicole Peele, and Eric Mathew.

Waiting with me to see the CK runners at the marathon's 10K mark in Framingham were Brent Marner and Cynthia Eynon (Cheryl's husband and identical twin sister), Monica Mathew (Eric's wife), and Kim Coy (co-owner of Powerhouse Gym where Nicole is a personnel trainer).

Brent had worked out an excellent viewing plan. After the CK runners passed the 10K mark, he would drive us back to our hotel in Newton. We would then jump on a Boston-bound train at the nearby station and get off near the 17-mile mark and the start of Boston's notorious hills.

At the 10K mark, we first stationed ourselves in front of a bar on the south side of the road. It was a great place, because the bar was serving beverages and had the race on television. Plus, it was warmer inside even with the door open than outside in the wind and 54-degree temperature. I was just settling in when a female National Guard MP ruined it. "Sarge" announced, "It's now or never if you want to get across the road." Not wanting to argue with a person twice my size, I followed the others to the side where our car was parked. If we had stayed at the bar, we would have

had to wait until most of the runners had passed before we could get to the car and to our next marathon stop.

What we did not count on was the difficulty of seeing our people among the moving mob of similarly clad runners. Brent quickly calculated our runners' 10K times based on their planned marathon pace so we had some idea when they would appear. However, we missed Dan, and it was only because Monica started desperately yelling "Eric, Eric, Eric," that Eric saw us before we saw him.

Of course, Charlie, whose head was above the running sea, was easy to spot. We spotted Nicole and Cheryl mainly because of Brent's accurate calculations. All our runners smiled and waved as they passed. We were surprised by Charlie's 10K time. We later learned he was running 8-minute miles instead of his planned 8:35 pace.

At our second stop, we stationed ourselves at the top of a hill near the 17-mile mark. We quickly figured that Dan and Eric already had passed by the time we arrived, but we did catch sight of Charlie, then Nicole, and then Cheryl.

We later learned that Nicole had stopped for a "four-minute potty break" because of an upset stomach at 16 miles. "That's when I threw away my pace bracelet," she said.

It wasn't until mile 11 that Charlie dropped to his intended 8:30 pace. "I went out too fast, and was done after 17," he said. "I started walking after you saw me." Charlie, whose foot problem kept him from properly training for Boston, saw his pace continually drop until it hit 12:30.

We again jumped on a Boston-bound train. We thought we could catch a final glimpse of our runners by getting off the train near the 25-mile mark. However, our train was slower than a slow boat to China, because thousands of marathon spectators shared the same idea. By the time we got off the train, we were four blocks beyond the Boston finish line and our runners had completed their trek from Hopkinton to the Boston finish line on Boylston Street.

We went to a pre-selected meeting spot in the Boston Gardens. One by

one Eric, Nicole, Charlie, and Cheryl, draped in a silver foil warmer, limped toward us like wounded soldiers following the Revolutionary battle at the nearby historic Bunker Hill. However, unlike wounded soldiers, they were smiling.

Eric re-qualified for Boston with a finish time of 3 hours, 20 minutes and 23 seconds. "The race was tough, but we had perfect weather and that helped tremendously. I saw Dan's back at mile 21. I thought I could catch him and we would run in together, but I soon lost him."

Nicole also re-qualified for Boston with a finish time of 3:45.52. "The course was tough. It was everything they said it was."

Cheryl was beaming when we saw her. She had run a 4:03.34. "I loved every minute. I loved being around all the people. It was better than I thought it would be. My pace was consistent until the hills when I backed off. I knew Nicole was ahead of me, and I kept telling myself, 'If she can do



Charlie with Dick and Rick Hoyt at Runners' Expo. Dick, 65, pushed his son Rick to finish their 25th Boston Marathon in 3:30.34.



On the Roads (continued)



Nicole Peele, Charlie Skoog, Eric Mathew, and Cheryl Marner are all smiles after completing Boston Marathon. Dan Lutes displays his 11th straight Boston medal.

it, I can.”

Charlie said he was pleased with his 4:07.53 finish time because of his lack of training. If down deep he was feeling disappointment, he did not show it, nor did he let such feelings overshadow the joys of the others. When Charlie saw each of our runners, he immediately asked their finish times, gave them a hug, and responded, “Awesome. Way to go.”

Charlie and I hooked up with Dan while we waited for the train back to our Newton motel. Dan, who had just completed his 11th straight Boston and 51st marathon, looked like he could have run the 10 or so miles to our motel. There was no limp in his step and he had met his goal of re-qualifying for Boston with a 3:20.38 finish time.

For the first time in 11 Bostons, Dan said he “stayed on pace, even through the hills.” After the hills he was 55 seconds ahead of his planned finish time but he then started losing 20 seconds per mile. When he recorded 8:02 for mile 25, he realized he had to run 7:40 for the last mile to stay under his 3:21 goal. He did it in 7:35.

In April’s *On The Roads*, Dan said Boston was special because of its history and people. He said this year’s Boston was even more special because he would be sharing it with his CK friends.

When Dan was leaving the motel the morning after the marathon to catch a train that would take him to the Boston airport he said to Charlie and me, “Thanks guys for your support.” He closed the motel room door

before I could reply, “Thank you Dan for allowing us to share with you and with our other CK friends one of the greatest events in the world.”

BOSTON NOTES

Dan’s hardest race

Except for Dan, all of us had an uneventful Saturday flight and drive to our Newton motel. On Sunday in Indy, Dan arrived nine minutes before his flight. Unfortunately for him, the plane left 10 minutes early.

Dan spent most of Easter in airports talking to Charlie by cell phone. Dan’s alternate flight was scheduled to land in Boston at 5 p.m. Packet pickup ended at 6 p.m. Thinking he would not have enough time to get his packet before closing, Dan asked Charlie to secure it. Despite a skillful and honest sales’ effort that took him up three people on the registration ladder, Charlie could not get Dan’s packet.

Fortunately for Dan, his plane landed on time at 5. He quickly boarded a bus specifically arranged for late arrivals and received his packet at 5:30. He met Charlie and me at the marathon’s pasta dinner, and rode the train with us to Newton where he met his cousin, who lives in the Boston area. Dan spent the night before the marathon with his cousin and the night after the race with us.

Freedom Run

Easter for Charlie and me was much better than Dan’s. We jumped on a train and arrived downtown Boston at 6:30 a.m. We registered for the

free Freedom Run. We received a free T-shirt, which we quickly put on because a strong north wind made the 50-degree temperature feel even colder. We participated in a group aerobic dance that was designed as a race warm up. I did it just to stay warm.

We jogged the Freedom Run’s 2.8-mile course that snaked past the park-like Boston Common, historical Park Street and King Chapel churches, Boston’s theater district, and the exclusive Beacon Hill area that included TV’s famous Cheers Bar. We completed the run by crossing the Boston Marathon finish line on Boylston Street. We did not know until later in the day that Cynthia and Brent also took part in the run.

After finishing, Charlie and I had a breakfast of free energy stuff that the Freedom Run provided. We took pictures at the Cheers Bar, and saw the bronze motif of the 54th Regiment that was depicted in the movie “Glory.” I was surprised but pleased that the motif of Capt. Shaw and African-American Civil War soldiers was real and not just a made-for-movie creation. Charlie and I also visited the gravesites of Revolutionary war heroes Paul Revere and John Hancock, and children’s rhymes and stories author Mother Goose.

John Weissenborn

We met John Weissenborn, 46, Fishers, IN, while waiting at Indy airport for our flight to the

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Charlie and Johnny ‘O at the Boston Finish Line prior to Easter morning’s Freedom Run.



Run Earthling Run!

By Patti Reinhardt and Robin Tetrault

Patti's Perspective

Robin, Quinn, and I headed to Dearborn, MI Friday, March 31 after work. This was our first marathon trip without the guys getting us there—after a detour because of an accident and a downpour of 10 minutes with very high winds, we made it there just fine. After checking into the hotel, we drove to the start of the course since we didn't make it there in time for packet pick up.

I had asked my sister Kari, who lives in MI if she would be interested in coming to the marathon and watching us. She happily agreed to bring her 16 year old daughter Katie and come and be a part of our marathon experience. They met us Friday night at the hotel and got up very early with us and we headed out.

Robin chose to do the 7:00 AM early start, which you can do if you will take longer than 4:30:00 to complete the marathon. I wanted to do a 4:22:00 which is a 10:00 min. pace, so I waited until the 8:00 AM start. We cheered Robin off and then hung out for an hour, and then my support group cheered me off.

The course is pretty much an out and back with a section that we repeated. We went out for 9 miles turned around to mile 16 turned again to mile 20 turned once more and then to the finish. Robin and I were able to see each other 4 times. I saw Kari, Katie and Quinn at the start, mile 2, mile 7, mile 23 and then the finish. It was great having them out there cheering louder than anyone else. My sister and niece had never experienced anything like it before and could not believe that I ran that whole time.

The race had a marathon, a half marathon, a 10k and a 20 mile training run going on all at the same time. There were all kinds of mile markers out there, but they did well with keeping us all on track. Before mile 7 when the half marathoners turned

around—I was the only one in a huge group of runners that went on for the marathon. I couldn't see anyone up ahead of me either—it got very lonely out there. After a little while a man and then a woman ran up by me and we chatted for about 10 miles when they cut back a little. It really helped pass the time away. I felt great the whole time until I had about 3 miles to

After getting cleaned up, we all went to Don Pablos for lunch before saying goodbye to my sister and niece and heading back to Indiana. We all had a great time—Quinn said he never laughed so much with my sister entertaining him—Kari said that it was Quinn that was so entertaining.

Quinn brought back BAM (Blue Alien Man) a big blow up alien who always seemed to be in the rear view mirror when Robin was driving.

Robin's Perspective

It was going to be my 6th state and Patti's 8th! The race was the Martian Marathon in the suburbs of Detroit, Michigan on April Fool's Day! The perfect set up for a joke! But thank goodness, it was no joke! It was no laughing matter either! We were not going to get there in time for packet pick up on Friday night, so we had to do packet pick up in the wee early hours of the morning before the race. Patti, Quinn,



Running with the Martians turned out to be a fun trip for all involved.

go then my ankle started hurting for some reason. It got really bad really quick and I wondered if I could finish with the pain being so bad. I did some major praying for the pain to go away—just then I saw the back of Robin and that gave me the motivation to try to catch her and it took my mind off my ankle pain. It took me over a mile to catch her—then I was just going to run in with her, but she told me to go on. I finished in a 4:21:35 which is a 9:59 pace. I was very glad to be able to use this as a training run and to get my 8th state marathon in. Robin finished right behind me in a 5:24:42—she was 6th in her age group!!

and I headed out in the Aztec Friday evening for our "road trip". We had maps and instructions from both of our husbands. There was NO WAY we were going to get lost! We were enjoying our wonderful trip when we hit a roadblock. There was an accident on 24 and it looked like a looong wait. Brave Patti decided to follow the traffic off the highway into the country. "They look like they know where they are going..." So we wound around the countryside and followed the line of cars, praying the first guy knew where he was going! Hallelujah! Highway 24 ahead! Good job, Patti! I wouldn't have been so brave. I get really con-



Run Earthling Run! (continued)

fused in the countryside around here. Maybe it is the lack of signs and highways. Our husbands would've been sooooo proud! So we were on the road again! We arrived in good time at our hotel and waited for Patti's sister's call. She was meeting us to cheer us on with her daughter.

She was going to be late so we decided to drive down to the starting line and see how far it was from our hotel. We had GREAT directions from our hubbies and it was just down one highway. A LONG way down with stop and go traffic all the way! Good thing we checked that out.

We had a pretty decent night's sleep. I woke up and went to the window to check out the skies. There had been forecasts of possible showers. Patti said it is raining! I whipped open the curtain in dismay and I said, "NO it isn't"... "April Fool's" she grinned! Hahaha "Very funny, Patti!" I hoped THAT would be the last April fool's joke today!

It was cool, windy, and off we went with supplies in hand and a bunch of friendly spectators that got up early just to support us!! I got in the packet pickup line at the "T" bucket and they couldn't find me.... my heart sank. "You are running the 10K aren't you?"



We did it! And we sure didn't need any help from the guys!

"Heck NO! Marathon for me!" I have to tell you, in the chilly, dark morning a 10 K sounded awfully inviting! I went to the much smaller marathon bucket! There I was!

We had a long wait for the start and I had been thinking I might do the 1hour early start so Patti and I could finish closer to the same time. She worried that the aid stations wouldn't be open. I decided to do the early start seeing we were there so **early!** It was cold and I wanted to get running. Patti thought about starting early, too! One problem...if you run under 4 hrs 30 minutes you are disqualified. Her goal was 4:15 to 4:30. She decided to wait in the gym for the 8:00 start. About 30 of us "slow folks" got up to the start mats. No one wanted to go first. We weren't use to this! "Ready, set, GO!" Hurray! I was in 3rd place for at least 15 seconds. THAT will never happen again! The pace was way too fast for me so I tried to settle into my 12-minute mile pace. People began to pass me... a lot of people passed me... but that was ok. Ray said "STAY at 12 minutes a mile!! Walk if you have to!" It is hard to run 12-minute miles when you are pumped and you feel sooooo good at mile 1. I stayed with my game plan and was annoyed at the strong wind blowing at me for the first 9 miles. People at the aid stations cheered for us and encouraged us along with the "Martians" of all different colors waving at every mile marker. Well, I thought they were waving! Maybe, it was the wind! I was so very glad to turn around at the 9-mile mark and have the wind at my back. I was expecting to see the leaders coming toward me and soon they began to appear.... And then pass me... and leave me in their dust! Then along came Patti! We cheered for each other as we passed each other several times



Robin and Patti proudly display their medals after the marathon.

because of the loops. It was a busy day out there once everyone got on the course. There was a marathon, a half marathon, a 10K race, and a 20-mile training run all going on at the same time! You BETTER watch the signs!!

The hardest part for me was turning around again at the 16-mile mark back into the wind to the 20-mile mark. I hit the wall and boredom at that point. When I turned around at the 20-mile mark and answered my cell phone to tell Ray where I was, I began to get happy! Now the signs and the Martians had a "2" as the first number! YES! At mile 24 Patti caught me! She saw me ahead and it urged her on. We cheered and she said, "Come on, stay with me! Let's finish together!" "I can't stay with you!" She was looking STRONG! "But I will try. You go, girl!" And on she went! I kept her in my sights, though, and she DID urge me on. I got faster and faster. Mile 24 was 13:18, mile 25 was 11:53, and mile 26 was 10:58! My finishing time was 5:24! I was thrilled! My 2nd fastest marathon! "Thanks for the push at the end, Patti!" It is SO great when the race is over! To run 26.2 miles, whew! What a rush! "Beam me up, Scottie!" Let's do it again in South Dakota!



Bauson's Spring Break

By Cassie Bauson

It all started early in the year when Jesse said, "You know what would be really awesome? To go on a long bike trip... like to Grandma's or something!" Well with that my mind started working. The sentimental part of this mother was realizing how fast the years go and how few I have left to make memories with my boys, and the crazy part of me has always found endurance-type things tempting. So, I had a talk with my husband, Bill, and started thinking about how to make it work.



Making a 320 mile bike trip doesn't come without some difficulties.

We knew that Keith would never want to try a trip like this and Bill needed to save some vacation as we are planning a family trip to Africa to visit missionaries this summer. So, I asked Peter and it was decided that Peter, Jesse and I would attempt to ride our bikes to Davison, MI (a little past Flint) over spring break this year.

We contacted friends in a couple towns to try to find some free lodging. I also bought state atlases that had all county roads and started thinking about what we would need to take, etc. With every detail that started falling into place, we got more excited, but anyone I told I also told that if we had bike problems, or the weather got too bad, it might not work. Then the week before we were leaving Bill had to go on a business trip to China and

Singapore, so the boys and I were on our own to finish last minute details and be ready. Bill got home around 2 a.m. after a 35 hour trip and the boys and I wanted to leave by 8 that same morning.

So, on April 1 we said good-bye, Bill took some pictures and we were off. The day was pretty chilly and overcast, but we had a tailwind. We spent most of that day riding east, as our first destination was to stay with friends in Berne, IN. We were really excited to get underway and excitement

grew as we got farther and realized we were going to make it on this first and longest leg. One little aside was that after we stopped to eat our sandwich lunch, Jesse started saying how tired his legs were. After a while Peter realized that the rack that he had on his bike to hold our extra packs had come loose and was rubbing against the tire. Peter, our tool and handyman, fixed it with a stick and tie wrap and we were on our way again. We reached our destination around 4:15 and had biked about 68 miles.

Sunday morning we had breakfast and rode our bikes to church with our hosts and went on our way from there. It wasn't long before we realized that not all county

roads in Indiana are paved like they are in Howard County, but we were still doing fine. When we got close to Fort Wayne, we called my nephew and he and his wife came out to meet us with lunch. We ate using the back of the car as our picnic table along the side of the road and instead of us staring at the Amish buggies going by, they stared at us. After a nice break, food (we

were always hungry), and a nice visit, we were on our way again. Sometime around 3 it started to rain, it got hillier and we were still finding some of those gravel roads. Kept thinking we were getting close and so we kept on, but as Peter said "those last 2 miles" just seemed to last forever, and by the time we reached our destination, we were tired, soaked and muddy. We had wonderful hosts that allowed us the use of their laundry facilities and helped us dry our packs, as well as beds and great food. Day 2 was about 58 miles.

Monday, we started in a drizzle, so we put on our \$1 Walmart rain ponchos and off we went. But as the day wore on the temperature dropped, the rain increased and the wind got stronger. Going north was tough, but the few times we had to head west were even worse. We finally decided it was time to go to Plan B and stopped at a gas station in the little town of Fremont, IN and asked if there were any places to stay. He said a little over two miles "that way" and wouldn't you know it was west. So after the worst 3 miles of the trip we checked in to a Super 8 motel around 2:00 and about 32 miles. We put on dry clothes and turned on the heat and ate our lunches.

The next day was cold but dry and after having contacted Bill at home, we



Making a 320 mile bike trip doesn't come without some difficulties. Hey, didn't I just say that?



Bauson's Spring Break (continued)

By

had a new destination in mind. We stopped for lunch at a Taco Bell in Hillsdale, MI and I was talking with a girl about directions. She said we didn't want to take the road I had marked as it was all hills and told us a different road to take. Again the wind was tough when we were heading north, but around 6 p.m., we checked into our second motel in Albion, MI. The girl at the desk looked at my license and said, "You didn't ride from Kokomo, IN, did you?" We had food delivered after riding 59 miles that day.

Wednesday was also cold and windy and north was still tough. But it was a fairly uneventful day and we arrived around 4:15 at MSU in East Lansing, MI and went to our daughter, Laura's room. We had ridden a mere 47 miles that day. She wasn't real busy with homework and we had a real nice visit with her over dinner and the next morning she didn't have any early classes, so she was able to ride with us for about 7 miles before heading back to campus. That day the weather was calmer and for the first time that afternoon, I rode without gloves. We were on our last leg! When we got close to the end, I called my

brother and he rode out and met us for the last 3 1/2 miles. My mother and her friend were waiting to greet us at the end of her 1/2 mile driveway and we were so excited. We had actually made it! It took us a day longer than anticipated, but after 6 days and 320 miles, we had accomplished our goal.

In retrospect, I wish I would have tried harder to plan the route without gravel and Peter says he wants a better bike before trying something like that again. He just had a Huffy mountain bike and Jesse carried the extra weight, so I really had it the easiest. The boys seemed to be fine, but I was tired most of the next week. I haven't figured yet just how that all fit in with my mini-marathon and marathon training, but I am so glad to have

had that opportunity to make some special memories with my boys. And no, we did not ride home. Bill and Keith came to Michigan in the truck and we were brought home in style.



Mission complete. Cassie, Jesse, and Peter still smiling after a very long ride.

On the Roads (continued)

Boston Marathon. John, who also was running Boston, had a unique story.

In the fall of 2004, John donated 70 percent of his liver to his older brother, who was suffering from a rare-form of cancer. Without the transplant, John's brother was certain to die.

The liver, however, regenerates itself. Ten days after surgery, John's liver had grown back to 50 percent; by May of 2005, it was 100 percent. In the spring, John started training for a fall marathon with the goal of qualifying for Boston.

John started running at age 40. He had completed two marathons with a best time of 3:35. "I was focused on finishing at the first marathons," John said. "Then I wanted to finish fast."

John needed a 3:20 to qualify for Boston. In the fall of 2005, he got a

3:19 at Chicago. His goal for Boston was 3:45. "I would be thrilled with 3:30." He attained 3:30.

Unusual runners

While cheering our CK friends, we saw two men juggling and running. One set a world record with a finish time of 2:58. There also were two fully-costumed Elvi (that's plural for Elvis), a man in a pink ballerina tutu, and a woman wearing a seashell bra.

Nearly perfect conditions

The cloudy skies and 54-degree temperature made for ideal running conditions and most certainly helped Robert Cheruiyot of Kenya set a course record of 2:07.14 in winning his second Boston Marathon. He broke countryman Cosmas Ndeti's 1994 mark by one second. Rita Jeptoo of Kenya was

the first woman finisher in 2:23.38. The big news in the field of 20,100 runners was the performance of the American men, who had their best showing in the 21-year history of prize money by placing third, fourth, fifth, seventh, and tenth.

FINAL THOUGHT

Johnny 'O's Irish eyes were smiling at the 15th Race for the Cure in Indianapolis on April 22. He will have a report and pictures in the June newsletter.



Points Standings

Races scored include the Groundhog 7, John Norris Amboy, Old Ben, The Ultimate Challenge, Race for the Cure and any one marathon, one half-marathon, or one volunteer.

Runners

Women

0-12
 Brianna Jones 1-20
 Zoe Irvin 1-10
 Lauren Weber 1-10
 Natalie Weber 1-10

13-19
 Vanessa Lorenz 2-32
 Amber Longwith 2-29
 Megan Tetrault 2-25
 Waverly Neer 1-20
 Katie Hollingsworth 1-15

20-24
 Michelle Tetrault 2-30
 Stephanie Miller 1-20

25-29
 Shannon Reinagle 3-50
 Allison Irvin 3-45V
 Kelly Wright 2-40
 Justine Eads 1-20

30-34
 Lisa Jones 3-45
 Lisa Stucker 2-35
 Amy Piazza-Graves 1-20

35-39
 Gina Sheets 5-85M
 Heather Weber 3-50H
 Tami Moore 3-45
 Nicole Peel 2-40MH
 Jennifer Mayfield 2-27
 Teresa Long 1-20H
 Jerelyn Bradway 1-12
 Marti Sholty 1-10

40-44
 Patti Reinhardt 5-80M
 Michelle Hollingsworth 4-65
 Sharon Miller 3-34

45-49
 Roxane Burrous 4-75
 Cheryl Marner 2-30M
 Carla Yerkes 1-20
 Cassie Bauson 1-15
 Sandy Knowland 1-15

50-54
 Robin Tetrault 5-77M
 Lorene Sandifur 4-70

Joyce Pennycoff 3-45
 Christine Williamson 2-25
 Marsha Daugherty 1-15
 Robin Cole 1-9

55-59
 Rhenda Acton 2-40V
 Karmen Glaspy 1-15
 Kathy Barnett 1-10
 Toni Rethlake 1-10
 Barb Wand 1-10
 Anne Wiles 1-10
 Shirley Wilson 1-10

60-64
 Doris Griffith 2-40V
 Susan Gerhart 1-20
 Trudy Pierce 1-15

Men

0-12
 James Longwith 2-40
 Josh Revils 2-30
 Nicholas Webster 1-12
 Corey Moore 1-10

13-19
 Matthew Robertson 2-40
 Sam Williamson Jr. 2-30

20-24
 Seth Daugherty 2-40
 Nathan Havermale 2-27
 Josh Daugherty 1-15
 Eric Newman 1-10

25-29
 Mark Eads 1-20
 Matt Mince 1-20

30-34
 William Irvin 5-90
 Keith Hill 3-42
 David Reinagle 3-40
 T.A. Weber 2-22
 Jeff Kuczera 1-15

35-39
 Ron Moore 3-50
 Vern Graves 1-20
 Travis Sheets 1-15
 Shawn Mayfield 1-12

40-44
 Dan Lutes 3-55M
 Michael Graham 4-40

Dana Neer 2-40
 Mike Williams 3-39
 Brian Reinhardt 2-25
 Darin Hollingsworth 2-19
 Mark Webster 2-16
 Kim Lee 1-10

45-49
 Eric Mathew 5-77M
 Ray Tetrault 4-53
 Byron Bundrent 3-50
 Al Hochgesang 2-27
 Mark Rodgers 3-27
 Ken Swinehart 2-20
 Jerry Meiring 2-15

50-54
 Mike Deardorff 5-61
 Earl Strong 3-44
 Chuck Masters 2-40
 Russ Hovermale 3-38
 Mark Shorter 3-36
 Michael Campbell 3-35M
 Don Gifford 2-25
 Greg Townsend 2-22
 Mike Rethlake 1-10

55-59
 Charlie Skoog 5-100M
 Ricke Stucker 4-55
 Steve Wand 4-46
 Phil Leininger 3-30
 Fred Chew 2-17
 Tom Miklik 1-10
 John Wiles 1-10
 Steve Kilcline 1-9

60-64
 David Hughes 4-60M
 Jim Burrous 3-52
 Doug Mankell 3-42
 Dale Sullivan 1-20
 Sam Williamson Sr. 1-20
 Bill Barnett 1-10

65-69
 Stan Shuey 3-60
 John Norris 3-55V

70+
 Bill Heck 2-40
 Robert Cupp 2-27
 Riley Case 1-15
 Milt Brown 1-12

Walkers

Women

49-
 Mary Miller 4-70
 Amanda Pena 3-50V
 Debbie Riffe 3-38V
 Raye Jean Swinehart 3-37
 Jane Inman 3-34
 Emily Allen 1-10
 Geana Moore 1-10
 Doris Carden 1-9
 Teena Van Meter 1-8

50+
 Cynthia Sanders 4-57V
 Pat Robertson 3-45
 Sylvia Burgin 2-40
 Edwina Foust 1-12
 Diane Gifford 1-10

Men

49-
 Keith McAndrews 4-70
 Steve Inman 3-45
 Brian Allen 1-12

50+
 Jerry Lambert 4-70V
 Jackie Sanders 4-47V
 Rick Spencer 3-47
 Tim Taflinger 3-42
 Toney Lorenz 2-21
 Robin Michael 2-20
 Walter Brown 1-10



Cheryl Marner competes at Boston. Husband Brent looks on.



Meeting Minutes

Club Kokomo Meeting
April 3, 2006

as reported by Treasurer Mark Shorter

Members Present: President Ray Tetrault, Treasurer Mark Shorter, Sylvia Burgin, Pat Robertson, Bill Heck, Jackie Sanders, Charlie Skoog, Stan Shuey.

Brief financial report by Mark Shorter

Coyote Kids

Purchase of Trailer may be delayed until next year.

The start of the course at Jackson-Morrow may be changed since it is downhill and we do not want any accidental falls.

Ribbons have been ordered.

Fundraising for all club activities has

been slow at this time.

Bill Heck asked that the Historical records be published once a year. The Club Kokomo Historical records are the age group running records that had been determined prior to Jan. 1994 and are based on 10-year age groups. These records are not be changed but published along with the current 5-year age group running records. Those present agreed that the Historical Records should be published once a year.

CKRR Races

Race for the Cure on April 22 may have 71 possible Club Kokomo members

Future business meeting location

Due to a Howard County Resolution, approval for use of a meeting room requires approval which may take 2

months prior to meeting date. So Ray Tetrault volunteered to host the next meeting at his house on May 1 at 6:00 PM.

Other Items:

Use of UAW 292 building for the Charity Run and New Year's eve Day run will require their board approval which we will try to get.

May 26-27 Breakaway Bike Relay for Life at the Greentown Fairgrounds. There will be a health fair in the Community Building. Hopefully the forms for the Haynes, Coyote Kids, Haynes Track Meet, and Age-Graded events will be available.

Next meeting May 1, 2006 at 6PM at Ray Tetrault's home at 1404 W. Defenbaugh near Highland Park.

2006 Race Calendar

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	August 26 Western CC Open 5k Run Time: 7:30 AM Location: Oakbrook Valley	October 21 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Bunker Hill, IN
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 4 Blueberry Stomp 5k/15k Run Time: 9 AM Location: Plymouth, IN	November 5 Run the Mounds 5m Run/ Walk Time: 2 PM Location: Anderson, IN
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 23 7th BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN	November 11 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School
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	September 30 12th Kokomo Symphony Run 5K Run/Walk Time: 9 AM Location: Highland Park	November 23 CKRR Thanksgiving Day Fun Run (non points) Time: 8 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	October 7 Cole Porter 15K Run/ 5K Run/ Walk Time: 8:30 AM Location: Peru, IN	December 3 CKRR Charity Run 5K 2PM (20 pts each finisher) Time: 2 PM Location: UAW Local 292
June 24 Race for Grace 5K Run Time: 8 AM Location: Logansport, IN			December 31 CKRR New Years Eve 5k Run/ Walk Time: 2 PM Location: UAW Local 292



Other Races

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 2, 2006

Sunburst Marathon, Half Marathon,

10k, 5k, 5k Walk

South Bend, IN

Varying starting times

(574)647-3394

www.sunbursttraces.org

June 17, 2006

Angola Half Marathon and 5k

7:00 AM

Rick Hammer

Phone: (260) - 665- 4644

hammerr@tristate.edu

June 24, 2006

Fishers Freedom Festival 5k Run/
Walk

Holland Park in Fishers, IN

8:00 AM

Jennifer Kehl

(317)595-3195

New Members

Brian Allen

Sue Allen

Nicholas Allen

Emily Allen

Sarah Allen

Doris Carden

Megan Carden

Jarrett Carden

Rachel Carden

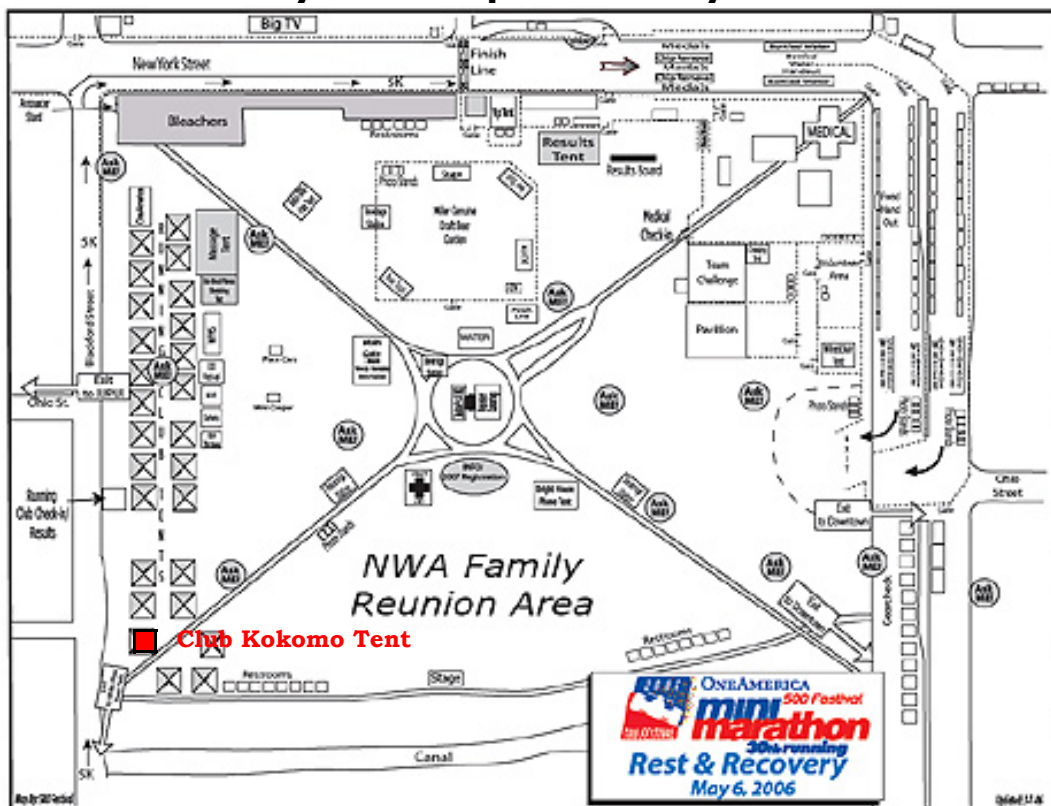
Matt Mince

Estela Mince

Dakoda Wagener

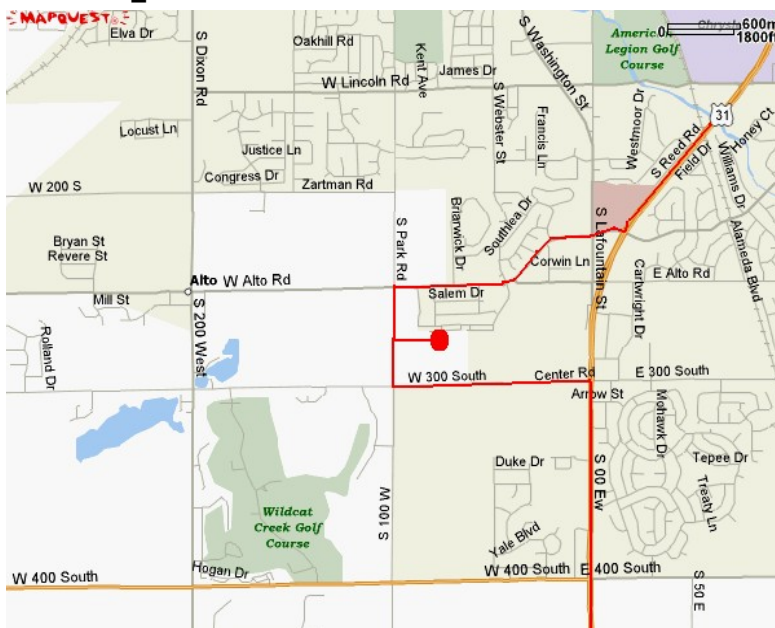
**Welcome to
Club Kokomo!**

Indy Mini Map of Military Park



Nicole Peel almost snuck by before Johnnie 'O' got the camera fired up and ready!

Map to Jackson Morrow Park



From the north take US31 to the light at Southway Blvd. Turn right and head west until Southway Blvd becomes Alto Road. Follow Alto Road until you reach Park Road (100W). Turn left on Park Road and head south. Park will be on your left.

Club Kokomo Ultimate Race
April 1, 2006
Logansport, IN

- 10 Mile Run
1. Scott Colford 56:59
2. Dana Neer 1:01:13
3. Matthew Robertson 1:04:12
4. William Irvin 1:06:30
5. Chuck Masters 1:08:03
6. Heather Weber 1:08:28 1st woman
10. Mike Williams 1:10:13
12. Kelly Wright 1:14:14
13. Carla Yerkes 1:16:34
14. Don Gifford 1:17:36
16. Keith D. Hill 1:18:50
17. Charlie Skoog 1:19:12
18. Sam Williamson Jr. 1:21:31
20. Ricke Stucker 1:23:24
21. Roxane Burrous 1:23:49
22. Mark Shorter 1:24:28
23. Mike Deardorff 1:24:53
24. John Norris 1:25:00
25. Lorene Sandifur 1:26:16
26. Gina Sheets 1:28:00
28. Steve Wand 1:29:02
29. Phil Leininger 1:29:03
31. TA Weber 1:31:38
33. Amy Piazza-Graves 1:32:00
38. Earl Strong 1:36:30
39. Steve Kilcline 1:36:59
41. Jim Burrous 1:39:45
44. Fred Chew 1:50:35
45. Micheal Graham 1:51:47

- 5 miles run
1. John Luyster 34:23
 2. Stan Shuey 40:29
 3. Ray Tetrault 41:05
 4. Russ Hovermale 41:17
 5. Vanessa Lorenz 42:17 1st woman
 7. David Reinagle 45:54
 8. Matt Mince 46:39
 9. Vern Graves 46:41
 10. Joyce Pennycoff 47:08
 11. Shannon Reinagle 47:23
 15. Doug Mankell 52:09
 16. Christine Williamson 52:53

- 5 mile Walk
1. Keith McAndrews 53:47
 2. Rick Spencer 54:50
 3. Mary Miller 55:02 1st woman
 4. Tim Taflinger 59:42
 5. Steve Inman 1:00:24
 6. Toney Lorenz 1:05:17
 7. Raye Jean Swinehart 1:08:30
 8. Jane Inman 1:08:31
 9. Emily Allen 1:11:43
 10. Brian Allen 1:16:26
 11. Pat Robertson 1:19:23
 12. Doris Carden 1:20:33

2006 - KOKOMO SUMMER DISTANCE CAMP- (KSDC)

- WHAT:** 5 camp sessions (track meets), with coaches available.
- WHEN:** 5 Tuesdays: June 20, June 27, July 11, July 18, & July 25. Meet starts at 6 PM. Gates open at 5:30 PM.
- WHERE:** KHS-Walter Cross Field: free parking/restrooms/water.
- WHO:** KHS Coach Ricke Stucker, Andrea Harris, & Lorene Sandifur.
- COSTS:** \$25, or \$6 per session. Make checks payable to: Ricke Stucker.
- AWARDS:** Session ribbons for top 3 places(male & female)in 4 age groups: T-shirt for pre-paid \$25. Plaques for top 3 in age group, male & female, at conclusion of camp.(Must attend 3 of 5 sessions)
- AGE GROUPS:** 10 and Under (male/female), 11-13 (male/female), 14-19 (male/female), and Open (male/female)
- POINTS:** 5-3-1. You may enter 1 - 3 events: 800, 1600, 3200, and 5000.

***Camp will be held regardless of rain/heat/cold/wind/dark clouds.

***Competitors, please bring a parent/adult to HELP time/count laps/hand out water.

***Athletes 10 & Under **MUST** have an adult accompanying them.

Name _____ Birthdate _____ Sex _____

Street Address _____ City _____

Telephone number _____ Adult T-shirt size (circle) S M L XL XXL

We release the Kokomo-Center Township Consolidated School Corporation and the staff of the Kokomo Summer Distance Camp to treat the above student in case of injury and do hereby assume all risks.

Student Signature _____ Parent/Guardian Signature _____

Date _____

Sponsors: Coca-Cola, Dr. Tom Prather, Smokefree Kokomo, Smith Financial, Comprehensive Planning Corp, Lord Jon's Tacos, Indiana Assemblies of God, Stucker Distance Group, Norris Insurance

Trojan Trot

- Time:** Saturday, June 3. Fun Run at 7:45 a.m. 5k at 8:00 a.m.
Race day registration from 6:30 – 7:30 a.m.
- Location:** Sharpsville, town park (3 mi. south of 26, 2 mi. east of 31)
- Entry Fee:** **5k:** \$6, no shirt **Fun Run:** \$1, no shirt **Shirt:** \$6
5k is \$9 if entry is not postmarked by May 23.
Proceeds will benefit the Tri-Central cross country team.
- Course:** 3.1 miles on country roads. Traffic control will be provided.
No wheeled vehicles or pets allowed on the course.
(Baby joggers are the only exception.)
- Door Prizes:** Door prizes will be awarded after the race!!!
- Runner Awards:** 1st place overall, male & female
1st, 2nd & 3rd in all age groups
14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Walker Awards:** 1st, 2nd & 3rd place overall, male & female
- Fun Run Awards:** 1st place overall, male & female
Ribbons to all participants

Sponsors:	Apple Group	Blondie's Cookies	Dirt 'n Turf
	Fast Lane Foods	Gabe's Pizza	Hewitt Tool & Die
	Kokomo Tribune	McGavic Outdoor Power	Meijer
	Mid-Central Trophy	Pizza King	Texas Roadhouse

For further information, contact Robyn Pagation (765) 628-2391

Name _____ Male _____ Female _____

Address _____

State _____ City _____ Zip _____ Phone _____

Age _____ Event: Run Walk Fun Run Shirt Size: Youth: M L Adult: S M L XL

WAIVER STATEMENT: (MUST BE SIGNED) I know that running/walking a road race is a potentially hazardous activity. I should not enter this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safely completing the race. I assume all risks associated with running/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 you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the organizers and all sponsors, their representatives and successors from all 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 person named in this waiver. I grant permission to all of the organizers/sponsors of this event to use any photographs, motions pictures, recording, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parent's Signature (if under 18 years of age) _____

Complete this form and mail with entry fee (made out to Tri-Central High School) to:
Robyn Pagation, 229 N 600 E, Greentown, IN 46936

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo, Indiana 46902

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