

The Roadrunner

June 2006

Web: www.ckrr.us

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1,310 Miles

By Brian Reinhardt



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

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Next Race:
Trojan Trot
Time: 8 A.M.
Where: Sharpsville, IN
(See map on page 16)

C'mon, you know you were thinking, "What in the heck is 1,310?". Well, it's the number of miles that our exactly 100 club members ran in completing the 2006 Indianapolis 500 Mini Marathon.

I immediately thought that it had to be a club record with that many finishers, but to my surprise it came in a close second to 2002 when we had 107 members cross the line. Either way, when almost 1/3 of your club runs in an event of this magnitude it's pretty impressive.

Club Chaplain Dana Neer lead the club runners this year with a very impressive 1:19:14 and an 89th place finish out of 27,642 finishers. Right behind him was Byron Bundrent at 1:19:33. The top female club finishers was Heather Weber with an also impressive 1:27:36 and an overall 416th place.



Group Photo right outside tent in Military Park. Told you it was fun!

I don't know how many of you got the chance to stop by the club tent in Military Park after the race, but it sure seemed like most, if not all, of you. What a great time we all had enjoying the perfect weather and friendships as we discussed our successes and setbacks while running 13.1 miles. I saw little else but smiles for a solid 2 hours following my finish. What a fun

and great group we have!

We also had another eleven club members who competed in the 5k event in Indy at the same time. Darrin Hollingsworth was the top club finishers with a time of 24:19 while Jennifer Mayfield was the top female finishers with a time of 27:24.

After heading back to our hotels and getting cleaned up (continued on page 7)

Phil the Frog Makes a Visit

By Gina Sheets

For those of you who have never visited www.runtheplanet.com you may not have heard of Phil the Frog. But if you get the chance stop by to envy his travels, if nothing else. Read the report below when Phil visited us here in central Indiana.

May 4, 2006 - Frankfort (Usa/ Indiana) Gina: Phil the Frog and I had a great week for running, in many forms, and meeting new

folks. The first day Phil arrived was on a Wednesday and that meant it was the weekly Club Kokomo Runners Club night to get together and run. We ran 10 miles through Highland Park and took a group picture afterwards. On Saturday we went down to Indianapolis and ran the "Susan Komen Race for the Cure 5k". We were one of, oh, 35,000 participants and raised millions of dollars for a great

reason. The next weekend we were busy running in other sports, baseball and basketball. In the morning we went and put up the sponsor signs at the Rotary baseball diamond, Phil can work the drill. Then we participated in the YMCA Corporate Challenge representing the Chamber of Commerce in a 3 on 3 basketball game. We won our first game, (continued on page 10)

From the President

By Ray Tetrault



I have too much to do. My world involves lots of great activities that are shouting for attention. Sometimes the shouting goes unnoticed and I forget to do what I should have done. But no matter how much shouting those great activities do there are some great activities that always get heard. I never want to get in a place where I don't spend time with my Creator. He shouts the least, but His greatest desire for me is to have a relationship with Him. (It is His greatest desire for all of you too)! There is nothing in this world so important that He gets left out. So I humble myself to a wonderful, fantastic God, developing and strengthening our walk together.

The second great activity shouting to me is the duties of being a husband to one and a dad to six incredible people that God has loaned to me for a short season. Nothing is more important than being involved with my family. What a privilege to be allowed to have these awesome people living under my roof! How did I get so blessed? Refer to the first great activity and you will catch a glimpse of the Source.

The third great activity is being involved with the running community. No matter what is going on in life, I just can't go for days at a time without run-

ning with my friends. I get out of sync when I miss running opportunities. It becomes easier to lose the reasons I run when I make a conscious decision not to run. Running for me isn't just a physical activity; it is a spiritual commitment to maintain this body God has given me. Running is my way of winning the battle in my body. I learn to deprive it by running. I learn to nurture it through running. And I learn to control my body through the various training workouts in running.

When those three great activities are humming along, I find I am humming along as well. I can accomplish more. I gain insight. I listen better to those around me. My energy increases. My desires are purer. I find that these three great activities are the compass God gives to show me how to walk. It makes me wonder how other people survive. And then it hits me; I am not a survivor of life. I am enjoying the best life possible through these great activities.

If you are reading this and have quit any of these three great activities, then I want to encourage you to build them into your life. If you have neglected God, He still stands ready with open arms to bring you back to Him. He was willing to die for you when you didn't belong to Him, just think how much He will do for you now that you belong to Him. Perhaps today you wish you could have been a better spouse or parent. Great news for you is that you can start today to be the best spouse or parent possible. Don't let yesterdays failures creep into today and destroy your tomorrows. Learn from the failures and make tomorrows memories monuments to what you learned yesterday. Maybe you have grown tired of running and become accustomed to not running with others. The best part of CKRR is that each member is only a call away. I talk with so many of you each week and I am reminded that everyone wants your success. Everyone in CKRR wants you to live your life to the fullest. It doesn't matter if you don't run the fastest or even the farthest. What matters most is that you are winning over your body and

getting the most out of your body. If you are quiet enough, you will hear the sound of God, family and running friends calling your name. They are all saying the same thing. You are loved!

COYOTE KIDS

The Beatles once sang a song, which seems appropriate today. "HELP, I Need Somebody!" Coyote Kids fliers have been distributed to all the schools in Howard County. They are in businesses and churches and we are ready for a big year. Right now I have a need for some team leaders who are willing to lead groups of Coyote Kids each night and be the person responsible to get the kids to the starting line. I also need at least 5 people willing to help with the parking. If you can help, please email me at ray-robin@email.com or give me a call at 454-5497 during the day or 854-1393 in the evenings and weekends.

DEADWOOD MICKELSON MARATHON

Club Kokomo has a group of 40 traveling to Deadwood, South Dakota for our trip. Mount Rushmore is on the schedule. Some running is planned. Several are doing the marathon, with others doing the half-marathon and a few who are going to just be a part of the trip. Next years trip hasn't been planned, but I hope you can make it to the next CKRR adventure!



New club member Mitch Reeves competes at John Norris Jackson Morrow 4-miler.

On the Trails

By Charlie Skoog

BUILD IT AND WE WILL COME

This month I wanted to give everyone a quick update on future plans for the Nickel Plate Trail and recognize some of the folks most responsible for creating a beautiful linear park right in our own (literally for Brian and Patti's) backyards. As I write the Friends of the Nickel Plate are planning an official opening ceremony for the paved section in early July. Possible dates suggested were July 1 and 8 which would conflict with the Haynes and Ironhorse. Another possibility being discussed is July 4 which would coincide with the Sunstroke 74 bicycle ride and we will actually ride on the trail. What could be better than celebrating the freedom of running, biking, and hiking on Indiana's newest trail! We will be getting an announcement out as soon as the official date is selected.

This is only a beginning! Immediate future plans include:

INDOT phase 1 -- One million dollar grant already approved with construction to begin later this year connecting the river walk in Peru with Bunker Hill

INDOT phase 2 -- Peru to Denver, one million dollar grant applied for.

DNR phase 3 -- \$150,000 grant, Bunker Hill to Miami applied for with possible approval and construction to begin this year.

It is quite possible that we will have a paved trail from Peru to Miami by the end of next year and with continued support from all of us the connection to Cassville can be next!

Below is a letter I recently sent out to a state wide list-serve group of trail supporters throughout Indiana. For more information on how you can help visit www.nickelplatetrail.org or www.indianatrails.org. See ya on the trails!!

With the Indiana Trails Plan Sum-



An open section of the Nickel Plate trail between 300S and 400S in Miami County.

mit a week away and National Trails Day soon to follow, I send my thanks and heartfelt appreciation to so many of you who are turning dreams into realities all across Indiana. On Monday and Wednesday mornings I lead a Break-Away Bicycle Club ride from Northwest Park in Kokomo. When I found out about the recent paving of the Nickel Plate in Miami County, our ride participants were (continued on page 8)

Challenge

By Mark Shorter



As we approach June/July/August, we need to realize that our club's major races are upon us.

In June the club will once again have a team at the Relay for Life at Kokomo High School's Walter Cross Field. For more details see Cindy Sanders On July 1 we will host the annual Haynes-Apperson race. Each year many of us notice that

several members are missing. So I challenge you to either participate as a runner or walker at our club's premier event or volunteer to help at the race. Yes, I know it is the July 4 weekend but surely you can give a couple of hours of your time to help the club. The monies raised help finance club activities throughout the year.

On August 11 we will host the annual Age Graded race at Highland Park. It is different than all our other races in that your start time is based on your age. As race directors, Gary Jewell and I thought that we would have near 150 -200 participants by last year (the 8th year). But it seems that each year we have around 100 (we appreciate each and every one of you). Remember the proceeds from this race go the Mike Cowan Scholarship fund which provides the monies to our scholarship winners. So either participate or volunteer.

And don't forget the other races. There is one nearly every week. Be there!

And a little FYIF (for your financial information):

Who has contributed to Club Kokomo in 2006?

(As of May 19, 2006)

For the Mini Tent:
Weber VST

For Coyote kids:
UAW 292
Family Practice Dentistry, PC
Community Foundation of Howard County
Bradshaw Family

For Club Kokomo:
Goodfellows of Kokomo, Inc
IU Alumni Association
H.E. McGonigal

On the Roads

By Johnny 'O



Club Kokomo fielded a record 71 team members and raised a record \$1,150 at the 15th annual Race for the Cure in Indianapolis on April 22.

Under a clear, blue sky, more than 35,000 people ran, jogged and walked in

Kristi Girrens, who has been waging a battle against breast cancer since last fall. Kristi, along with her family and friends, including CK members TA and Heather Weber, joined our team this year.

Sara's daughter Emily surprised her by organizing the team "Sara's Supporters," which included family, friends, and the entire staff at the dental office where Sara works.

Unfortunately, CK's team and Sara's Supporters did not hook up at the race. "It was a perfect day, except for not seeing any of you," Sara wrote.

"I have been sluggish on checking my emails and responding because things have been a little tough lately," Sara wrote in a late April email. "Chemo No. 4 really knocked me down with weakness and fatigue. My blood counts dropped drastically and several injections were needed to boost me up. That was the last of the very harsh chemo."



About half of the 70 plus club members who participated in the Race for the Cure posed for a picture on the steps of the U of I library.

celebration of life or in memory of someone who did not win their battle against breast cancer. They also raised nearly \$500,000 to help find a cure for the leading cause of death for women 40-59.

Johnny 'O figures two women had a lot to do with the club's Race for the Cure records. One is CK member Sara Miller, who has shared with us the story of her courageous fight against breast cancer this spring. The other woman is

"Yesterday, I had chemo No. 5 and it's the first of a different 'poison' and supposed to be less harsh. I am also receiving Herceptin once a week for a year. It's the new wonder drug that is getting a lot of attention. I felt great yesterday after chemo and feel great today.

Marie Nichols and I ran two miles this morning and it was

wonderful, even though short."

The week after the Race for the Cure, Sara did receive some bad news. A PET scan "showed a lymph node on the left near her collarbone that is positive. Also, a CT scan showed a spot on the sternum. Dr. Steele is moving my chemo treatments from every three weeks to every other week so that we can get to radiation sooner."

Sara and husband Dan surprised several of us at the Club's tent at the Indianapolis Mini Marathon. She looked great. She was very proud of her son, who had run the Mini in her place.

Sara feels badly that she has not responded to all CK emails. "Please let them know I think of them often and miss them. All prayers are very much appreciated. Many, many thanks."

Kristi's husband Troy and son Zach ran the 5K with TA Weber. It was a tough three miles for Zach, who had never gone that distance before. TA and Troy kept him going. A proud Kristi said she would run the race next year. Three days later, Kristi had surgery. She was back to work as business manager at Sts. Joan of Arc-Patrick Schools a week after her surgery.

Johnny 'O thanks the following people for joining him on CK's 2006 Race for the Cure team: Bill and Kathie Barnett, Milt and Helen Brown, Walter Brown, Jim and Roxane Burrous, Mary Cameron, Sue Carpenter, Mike Deardorff, Marty, Marcia, Madison, and Mackenzie Foye, Don and Diane Gifford, Troy, Kristi, Zach and Emily Girrens, Michael Graham, Amy Ho, Darin and Michelle Hollingsworth, David Hughes, Will, Allison, and Zoe Irvin, Lisa Jones, Jerry



The Rethlake family just before the start of the Race for the Cure.

On the roads (continued)



Our annual stop by Don Pablos was smiles all around as usual.

Lambert and Cheryl Marner.

Also, Eric Mathew, Keith McAndrews, Tom Miklik, Mary Miller, Sharon Miller, Corey, Geana, Hannah, Ron, and Tami Moore, Kathy Neher, Diana and Tyler Padgett, Joyce Pennycoff, Lori Plotnow, David and Shannon Reinagle, Brian and Patti Reinhardt, Michael and Toni Rethlake, Pat Robertson, Joyce Russell, Jackie and Cynthia Sanders, Lorene Sandifur, Gina Sheets, Charlie Skoog, Ricke Stucker, Robin and Ray Tetrault, Steve and Barb Wand, TA, Heather, Lauren and Natalie Weber, Anne Wiles, and Shirley Wilson.



T.A. and Heather Weber before the race. Notice the 2001 shirt that T.A. has on.

The team, which includes breast cancer survivors, was so inspirational that Annie 'O, who has not run in a year, and Johnny 'O, who walks more than he runs, jogged the entire 5K. Like Kristi and Sara, Johnny and Annie 'O plan to run at next year's Race for the Cure on April 27.

WHIPLASH

Lorene rolled her SUV up to Markland Avenue, waited interminable minutes, glanced to her left at the oncoming truck, stomped on the gas pedal, and turned the wheel left. Johnny 'O's head bounced off the headrest and his face smashed against the front window where he could count the bugs on the grill of the oncoming truck.

A few minutes earlier, the trip to Stephanie Miller's wedding in Converse had started innocently enough. Annie 'O said she would drive, but Lorene graciously offered to drive, so Annie 'O acquiesced. Having never been in a vehicle driven by the blonde Joey Chitwood wannabe stunt driver, Johnny 'O climbed into the front passenger seat not knowing that he was about to embark on whiplash highway.

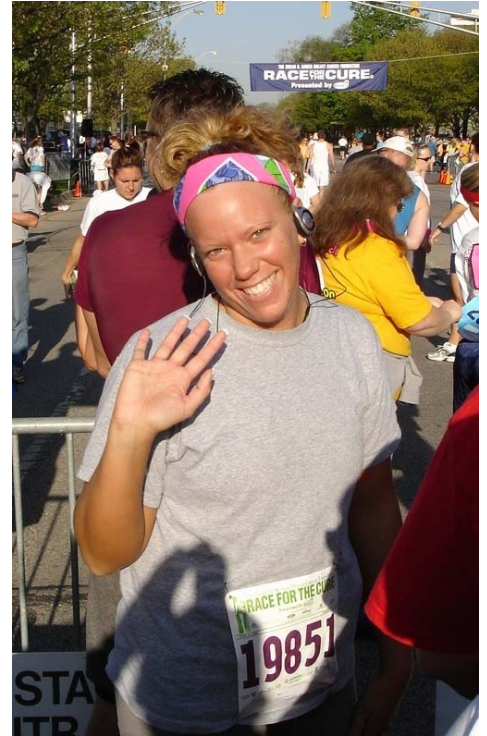
Lorene seemed not to notice that vehicles were bumper to bumper on Markland Avenue. She just kept looking back and talking to Annie 'O, and bumping the car in front of her like she was Nextel Cup's Kurt Bush at the Bristol, Tenn., race.

As her SUV crossed U.S. 31 under the red traffic light, Lorene exclaimed, "Boy, these lights are short!" The only lights Johnny 'O noticed were on a northbound U.S. 31 Dodge Ram truck.

"Thank God, I am dehydrated," Johnny 'O thought as Lorene's SUV cleared the Goyer Road intersection, picked up "warp" speed, and hurtled like a meteorite to Greentown. It was then that Johnny 'O pointed out to Lorene the warning light that stated: "Passenger side airbag off." Lorene's response: "I've only had this car for a year and I haven't read the instruction manual."

Lorene missed getting a speeding ticket in Greentown, because I believe she hit the town marshal. Lorene's mouth and

SUV really picked up speed after Greentown and we were in Marion before she and Annie 'O realized we had missed the turn off to Converse. As a result, we rolled up to the wedding just in time to be escorted by Stephanie's father, Tim, to the last pew of the church since that was all that was available.



Michelle Tetrault shows off her 2006 Race for the Cure bandana.

FINAL THOUGHT

Johnny 'O's Irish eyes were smiling as he watched Stephanie Miller get married. It seemed only yesterday that Stephanie was in a track uniform running races in middle school. Now, she was in a wedding dress and saying vows of commitment. A song at the wedding said: "Sunrise ... Sunset ... quickly fly the years ... one season following another laden with happiness and tears ..." I wish Stephanie and Zach more happiness than tears in the years ahead.

Bull Run Run

By Gina Shhets



I am sitting here typing my thoughts on my first 50 mile "race" and listening to the Boston Marathon coverage on my computer. I am so excited sitting here thinking of our very own Roadrunners out there. I am joyous for their outstanding accomplishment. So writing about my experience at the Bull Run Run will pale with the accounts of Boston and David Hughes 100 mile runs (yes that is more than one) just this month.

I can hardly sit still listening to the elite runners play by play and waiting for our own elite runners to start.

Okay, about the Bull Run Run and my first 50 mile experience. I owe a big thank you to David Hughes; he has been so supportive and patient answering all my questions. It was David who suggested the Bull Run Run to me. The course is all trails (I think) in a beautiful setting of northern Virginia; Clifton is the small town that comes out in force to support this run. I subscribe to Lou Tice's Imagine 21 teachings, the power of positive self talk using affirmation and visualization. This process of affirming that I run 54 miles with ease, enjoyment and excitement has been taking place for about four months. I visualized the course and knew what time I would meet Trav at the second crew aid

station, just over 28 miles. I told everyone I could that I was going to do a 50 miler, I was building accountability. Three days before the race I felt miserable. Thursday afternoon Trav and I flew to Raleigh North Carolina (don't ask why, long story). We had almost a five hour drive to our hotel in Manassas Virginia; we got to our hotel after midnight on Thursday. Friday we found our way to the start of the race and I had a chance to talk with Tom Nielsen. (Tom is a great ultra runner) He described the course to me as gently rolling and I believed him. We went back to Manassas; I slept while Trav hit the hot tub. We went back to the race site for the pasta dinner and had a great time.

5:00 am came early on Saturday but I was ready. It had rained during the night and I was wondering about the course. We arrived at the start line and I made my way to the back of 350 runners. Just before the start Chris Scott the RD reminded us we were running on hollow ground the battle site for the Civil War Bull Run. That line prompted the song "we are standing on holy ground" to go around and around in head many times for the next 13 hours.

We started off at 6:15am and it was not quite day light. I just ran with the group. It was mostly single track and we stayed together for a while. I was wearing my trail shoes, gaiters, shorts, my Club Kokomo long sleeve shirt, my vest (it has pockets which were loaded with gummy bears, ginger, gu and some granola bar), and a mesh hat. I carried a water bottle (a requirement) that had a pocket full of 10 ibuprofen, and 12 Succeed tablets (I used all by mile 8). The start of the race the temp was 62 degrees and I had to push up my sleeves. The rain started in before mile six and stayed for the remainder of the run and the temp dropped to 43. I enjoyed the first 17 miles but I was hungry, I kept thinking how wonderful a P&J sandwich would taste. After mile 17 a lady asked my how just how far was this race. Oh, brother was all I could think.

There were river crossings were you had to jump on concrete pilings to get across or swim. I watched one guy swim; he had tripped and rolled down the hill in the mud to the river so he needed to wash off the mud. When crossing one of the pilings I landed on three toes on my left foot, I felt all three nails come off my foot. After that the down hills became very painful, but my foot was mostly numb. I really like my trail shoes they drained really well until they just became completely saturated. It was then I noticed that if they stayed filled with water I could not feel my blisters. I relished the streams and puddles.

The course was not without great aid stations one in particular stands out in my mind. As I was coming into an Aid station, you can tell by all the cheers and fan fare, there were under pants hanging off limbs and shrubs. A sign said "welcome to the Grapes of Wrath". The folks at the aid station were dressed as the Fruit of the Loon people; I think "loon" fit the day. At 5 hours and 28 minutes I saw the lead runners heading to the finish. While I was so excited to see some "famous" runners I was also shocked at how fast they were moving. They had about 12 miles to go and I was almost at 28 miles. I got a kick out of Scott Mills telling me how strong I looked. Bethany Patterson was also encouraging. I was ahead of my 28 mile schedule and this was the first time I would see Trav. I was so cold I was glad to see him. He had to run to the car to get my gloves and then put them on me because my fingers could not bend. I gave him a kiss and off I went almost 30 minutes ahead of my schedule and I felt great, other than being cold and wet and muddy.

What happened after that I am not sure? The mud really began to get to me and really slowed down my pace. I thought I was running but clearly that was not the case. The mud was so bad there was one up hill that was so steep and so muddy I literally had to grab a

Bull Run Run (continued)

tree root and pull myself up the hill. Now that is fun running. I realized that I was running way behind my schedule and I knew Trav would be worried about me so I tried to push as much as possible. I could move up the hills (that were not mud slides) at a good clip, I would constantly repeat "power walk, power walk" and think about Mary Miller.

I am not sure what I was thinking; I never doubted that I would not finish



Gina navigates her way through one of many "mudholes" along the course.

the run until.... I am back to the aid station where Trav was waiting and I had 12.5 miles to go. He asked me how I felt and I said don't ask (remember that CREW stands for cranky runners endless waiting). Then I got the news that I had one more check off point and I needed to get going. Trav took a picture of the guys telling me that and you can see how much I was contemplating what they were saying. I looked at Trav and said I don't know if I can do this. He told me I could, gave me a kiss and off I went. I took some satisfaction that many folks had quit and there were some folks who would not make the check off point I just cleared. So I focused on moving forward. There was a small group of us together now. Some folks had pacers and the pacers were pulling us all. One lady entertained us by hallucinating that she was seeing a humongous beaver. There was no beaver. I began thinking that if I lay down and rolled in the mud that maybe I would be a little warmer as the mud would insulate me. I did not do it, but thought about it. That song or just that line kept going around in my mind "we are running on holy ground", I changed the words around, like, I am dying on this muddy ground and I know there are angels all around - I could see them. When I made it to the final

check point with nine minutes to go I was so happy. I could crawl the next 6.5 miles and finish. Which in truth I know I did one section; the flat rocks, river bed rocks, big dangerous obstacles sticking out the ground rocks were horrendous. I was sooooo tired that I thought about just getting in the river and swimming up the course. At last Trav was in sight and the finish line just ahead. I wanted to cry but you cannot run and cry without hyper ventilating and bottom line I wanted to finish. RD Chris was standing there to shake my hand just like he did with the 279 some people before me. Wow, I finished, I did it and to be honest I am ready to go again. My recovery has been sloowww, trainer Nicole has warned me to take it easy, define easy. Two weeks later and I still have some discomfort. What is funny is how quickly one forgets about the pain because I almost signed up to do a 50 miler on May 27th and then had the Deadwood marathon one week later. I got smart and realized I am not on the David Hughes level of caliber, maybe in two years. See you on the trail, oh, Roxane and I are planning to do the Jay Mountain Marathon in July of 2007, check it out, it will be a blast.

1,310 Miles (continued)

about two dozen of us headed for The Claddagh in Carmel for a post-race meal and celebration. Some of us sat outside in the sun and others sat inside and enjoyed the atmosphere, but it was a great time had by all and just another way to enjoy being a part of Club Kokomo.

If you haven't made a decision to be a part of this event for next year give it some serious consideration. It's a great way to get to know new club members and be an active part of the club. Many of us stay downtown for the evening or the weekend and enjoy what Indianapolis has to offer. We always have a club tent set up in military park that you can stop by before and after the race for

the chance to leave your gear, enjoy a drink or some snacks, or just talk with old friends or make new ones.

Why don't we see if we can't just break that record of 107 runners from 2002 next year? Remember though, registration for this event closes earlier and earlier and closed by Thanksgiving last year. I'd suggest making plans and making a commitment to be a part of our celebration for next year. I think you'll be glad you did!



Anybody believe that Byron is talking to Dana about anything else besides pure speed?

Relay for Life 2006

By Cindy Sanders



Relay for Life is fast approaching. The relay begins on June 17th at 6:00 P.M. with the Survivor Walk continuing through June 18th and ending at 6:00 P.M. This will mark the 10th anniversary for the Relay for Life in Kokomo. This is a very special and significant event for our community as individuals and groups come together in the quest to raise cancer awareness and funds for research. During the Luminaria Ceremony at dusk names of those fighting cancer, lost loved ones, and survivors are recognized. This ceremony serves to unite us and to strengthen our resolve and determination in believing in a future where cancer is just a word that does not evoke fear, uncertainty, anger, helplessness or loss.

This local event benefits our community as we raise money to fight this horrible disease. Through research, raising awareness, educating people about early detection, and treatment options we are making a difference.

Again Club Kokomo Roadrunners has a team. You may earn 10 club points by registering, signing up to walk or run for one hour and by paying the \$10.00 fee. Deadline for registration is June 10th. Call if you need to register, sign up, or pay the fee. Before entering the track come to the CKRR tent to sign in.

Jack and I are always excited about the relay and many share our enthusiasm and optimism. We look forward to seeing you at the relay. Remember that we won't reach the finish line until we find a cure.

Jack and Cindy Sanders
(765)455-3129

We really need to have someone on the track at all times so feel free to come and walk or run even if there is somebody already scheduled. The more the merrier for this awesome event! Here's what we have as of submission of the newsletter.

Friday, June 17th

6:00 P.M. Jerry Lambert/Keith McAndrews

7:00 P.M. Jim and Roxane Burrous/Julia Green/Johnson's

8:00 P.M. Lisa Stucker/Mary Miller & family
9:00 P.M. Dana Neer & Western CC/Al Hochgesang
10:00 P.M. Michelle and Mindy Tetrault/Ricke Stucker
11:00 P.M. Charlie Skoog/Mark Webster

Saturday, June 18th

12:00 A.M. Moe and Kelly Wright
1:00 A.M. Dave and Shannon Reinagle
2:00 A.M. Revils family
3:00 A.M.
4:00 A.M. Travis and Gina Sheets
5:00 A.M. Mark Shorter/Tom Miklik
6:00 A.M. Mike Graham
7:00 A.M. Ray and Robin Tetrault
8:00 A.M. Brian and Patti Reinhardt/Sylvia Burgin
9:00 A.M. Bill Barnett/Pat Robertson
10:00 A.M. Mike Deardorff/Tammy Code and Caleb Cole
11:00 A.M. Lorene Sandifur/Amber and James Longwith
12:00 P.M. Eric Mathew
1:00 P.M. Milt Brown
2:00 P.M.
3:00 P.M.
4:00 P.M.
5:00 P.M.

On the Trails (continued)

provided a must, see and do, ride destination. We were not disappointed. The 3.4 miles of newly paved trail from just south of the Wabash to CR 500S is incredibly beautiful and well done. What is even more incredible are the amazing volunteer contributions that have occurred. Without slighting any trail hero's I would like to make special mention of Mike Kuepper who heads the Friends organization along with Harry Denham (wife Betty) and Dennis Shirley (wife Gaynell) who have led the way in physically developing the trail in Miami

County. For five years these hands on advocates have cleared and prepared the trail surface and corridor, networking with Boy Scouts on Eagle Scout projects, led community corrections and other volunteer groups, secured donations of stone, cement, other materials, and even a road grader. Better use of an RTP grant has never occurred. I can now see how man reached the moon. First a vision followed by tireless work, ingenuity, perseverance, and the desire to create a physical tangible legacy of lasting value. I look forward to working with all of you to grow

and network these visions throughout Indiana and beyond.



Norris Insurance Jackson Morrow 4-Miler

By William Irvin



Saturday May 20th welcomed the Club Kokomo Road Runners with a beautiful sunny morning for a 4 mile race. The temperature was perfect for a nice 4 mile run or 5K walk at Jackson Morrow Park. Most of us were hoping that the rain would subside for at least as long as there were runners and walkers on the course.

This year's course was heavily patrolled by John Norris's crew to insure that we would all stay on course. Those of you who ran last year's race got your

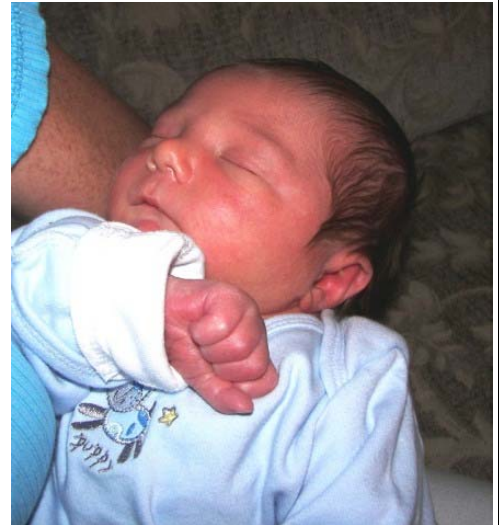
money's worth by adding a couple of tenths of a mile by missing one of the turns.

B. J. Needler edged out Scott Colford to win the Men's overall with a time of 21:07. The first male Club Kokomo finisher was Seth Daugherty with a time of 22:55. Heather Weber took top honors for the female overall with a time of 25:26. Heather was also the first female Club Kokomo finisher. For those of you who attended the race, John Norris gave out awesome male and female overall trophies as well as age group trophies.

Jerry Lambert took top honors for the 5K Walk as the Men's overall winner with a time of 31:47. Jerry was also the first male walker to cross the line for Club Kokomo. Mrs. Mary Miller scorch the pavement on the Jackson Morrow walking path with a time of 33:06 to take top honors for Female overall 5K Walk as well as the first female walked to cross the finish line for Club Kokomo. Congratulations to you all for a great race!

Many thanks and appreciations go out to John Norris and his crew of agents for a well directed race, we look forward to the rest of the summer/fall races by John. Congratulations goes out to every-

one who toed the line and finished, whether you were first or last it is crossing the finish line that matters the most. Hope to see everyone at the Trojan Trot (formerly the Helping Hands 5K), which will take place in Sharpsville, IN.



Our newest club member Griffin Irvin in the arms of "Aunt Patti". Griffin was born on May 22 to William and Allison Irvin. We'll be expecting big things from this handsome young lad. Congratulations Will and Allison!

Celebrating Friendship

By Brian Reinhardt

A number of us got together Wednesday evening, May 24th to express our "See you later's" to Chuck and Brenda Masters. Chuck is retiring from Delphi and they've decided to move west to Arizona and enjoy being closer to family—specifically their oldest son.

While it'd have been easy to be sad and wallow in our self-pity about losing such close friends I think all of us who spent the evening at Steve and Barb Wand's beautiful home did just the opposite. Instead we celebrated the

friendships that we've developed with not only Chuck and Brenda, but with each other as well. For being a member of Club Kokomo has become much more than a place to share runs and races with friends. We share our lives and while we won't be able to do that quite as easily with Chuck and Brenda after next week, we'll still be able to appreciate their friendship and what they brought to each of us.

So it is "See ya later" and not "Goodbye" because good friends remain good friends.



Only a small part of the people who's lives Chuck and Brenda touched.

Massanutten 100-Miler

By David Hughes



The Massanutten 100 mile run, considered to be the toughest hundred miler east of the Mississippi, not counting the Barkley, has taken place every year for the last twelve years in the Massanutten Mountain area near Front Royal, VA, on Mother's Day weekend in May. The course has 18,500 feet of ascent and an equal amount of descent with a 36 hour time limit. There are cutoffs all along

the way at each aid station, unlike some which only have one cut-off other than the final one. A number of the aid stations are eight to nine miles apart making it particularly difficult to keep hydrated and fueled.

This is definitely not a beginner's hundred, although some have done it as their first. Much of the course consists of extremely rocky trails along the mountain ridge lines with somewhat less rocky ones the further from the top one gets. Some are so rocky that many runners have to hike them rather than run them even when traversing fairly level sections.

Such happened to me upon Kerns Mountain, a section done going out to the turn-around and then repeated going back this year. As we slower runners hiked most of this rocky section, the leader appeared, dancing upon the rocks with apparent ease. This first time hundred miler from the Republic of South Korea, not only won the race, he also set a new course record, possibly in part due to the

extra road section used to avoid a forest fire section.

For my part I trudged along running whenever I could, paying particular attention to where I planted my foot each step so as not to fall. But fall I did, twice, but thankfully, easy falls. Tom Sprouse took the most spectacular fall incurring bloodied ear and knee but no major injury. Two others turned their ankles and at least one had to drop early on because of it.

Throughout the race I concentrated on eating and drinking well and controlling my pace while asking God to help me to stay focused on the race. Later on when my brain drained, I had to continually remind myself that the rocks were just part of the course with no other significance, and all I had to do was keep moving forward. I crossed the finish line in 35:26:37, a 21:16 pace, about half as fast as the winner, Sim Jae Duk, but my first time since 1998, and another finish thanks to God's help through our Lord Jesus.

Phil the Frog (continued)

lost the next two. Phil and I were only allowed to play defense because we were the only two in shape enough to

chase the ball around the court. We had a great visit and enjoyed our multi sport running.



Birthday List

6/1 Kelley Swinehart	6/18 Lillian Elliott
6/2 Melvin W. Hobbs III	6/18 Bruce Savage
6/3 Teena Van Meter	6/19 Dick Summerton
6/4 Kylie White	6/21 Brett A. Sanders
6/4 Christine Williamson	6/22 Carol Savage
6/5 Jacob Bradshaw	6/23 Gina Sheets
6/7 Ray Tetrault	6/24 Zoe Irvin
6/8 Jake Bradway	6/24 Peter Bradshaw
6/8 Erin Talbert	6/26 Raye Jean Swinehart
6/8 Dave White	6/27 Ray Bradway
6/10 Kim Anderson	6/27 Ellen Marie Nichols
6/10 Katie Hollinsworth	6/27 Mark Shorter
6/10 Ken Swinehart	6/28 Debbie Riffe
6/11 Indy Mathew	
6/11 Sharon Miller	
6/11 Tony Robinette	
6/12 Sean Callaghan	
6/12 Dean Hurlock-w	
6/13 Diane Gifford	
6/13 Dokota Gruel	
6/15 Vernon Graves	
6/16 Larry Grant	



2006 Points Standings

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

Runners	Lisa Stucker 3-55H Amy Piazza-Graves 2-40H	Sherry Stoneking 1-20H	Shawn Mayfield 2-32H Anthony Campbell 1-20H Mark Jones 1-12	Dale Sullivan 1-20
Women				
0-12	35-39	55-59	40-44	65-69
Brianna Jones 1-20	Gina Sheets 7-125MHV	Rhenda Acton 3-60HV	Dan Lutes 5-90MH	Stan Shuey 5-100
Kayla Reinagle 1-20	Heather Weber 4-70H	Karmen Glaspy 2-35H	Brian Reinhardt 5-85H	John Norris 4-75HV
Zoe Irvin 1-10	Tami Moore 4-65H	Shirley Wilson 2-30H	Michael Graham 6-69H	Charles Johnson 1-20H
Lauren Weber 1-10	Nicole Peel 2-40MH	Kathy Barnett 1-10	Dana Neer 3-60H	70+
Natalie Weber 1-10	Jennifer Mayfield 3-37	Toni Rethlake 1-10	Mike Williams 4-59H	Robert Cupp 3-47
	Teresa Long 2-35H	Barb Wand 1-10	Mark Webster 3-36H	Bill Heck 2-40
	Jerelyn Bradway 2-32H	Anne Wiles 1-10	Kim Lee 3-35	Riley Case 1-15
13-19	Carol Savage 1-20H	60-64	Darin Hollingsworth 3-31	Milt Brown 1-12
Amber Longwith 4-57	Marti Sholty 1-10	Doris Griffith 3-60HV	Mike Jones 1-20H	Walkers
Megan Tetrault 4-49		Susan Gerhart 2-40H	Jack Lotzgeselle 1-20H	
Sarah Bauson 2-35H	40-44	Trudy Pierce 2-35H		Women
Katie Hollingsworth 2-35	Patti Reinhardt 8-135MH	Sarah Kleinknight 1-20H	45-49	49-
Laura Bauson 2-32H	Michelle Hollingsworth 6-105H	Kathleen Leach 1-20H	Eric Mathew 7-109MH	Mary Miller 7-130HV
Vanessa Lorenz 2-32	Sharon Miller 3-34		Byron Bundrent 5-90H	Raye Jean Swinehart 5-67H
Waverly Neer 1-20	Tammy Cody 2-32M	Men	Ray Tetrault 6-78	Amanda Pena 4-65V
Sarah Lee 1-10	Evangeline Bletsis 1-20	0-12	Mark Rodgers 6-68H	Debbie Riffe 4-47V
		James Longwith 4-75	Al Hochgesang 4-62	Jane Inman 4-46
20-24	45-49	Josh Revils 3-50	Ken Swinehart 3-40H	Emily Allen 2-30
Stephanie Miller 2-40H	Roxane Burrous 7-130MH	Nicholas Webster 1-12	Bill Bauson 1-20H	Geana Moore 2-17
Michelle Tetrault 2-30	Cassie Bauson 4-67H	Corey Moore 1-10	Bruce Savage 1-20H	Doris Carden 1-9
Ashley Taflinger 1-20	Carla Yerkes 3-60H		Jerry Meiring 2-15	Carrie Gruel 1-8
Grace Bauson 1-15	Cheryl Marner 3-50MH	13-19	50-54	Teena Van Meter 1-8
Jennifer Mahn 1-12	Ellen Nichols 1-20H	Matthew Robertson 4-80	Mike Deardorff 7-91H	
25-29	Nancy Ward 1-20H	Sam Williamson Jr. 5-80H	Mark Shorter 6-86H	50+
Shannon Reinagle 5-85H	Lorie Zandi 1-20H	Andrew Swinehart 1-20H	Chuck Masters 4-80H	Cynthia Sanders 6-82V
Kelly Wright 4-80H	Sandy Knowland 1-15	Kaleb Hollingsworth 1-12	Earl Strong 5-76H	Sylvia Burgin 4-80
Allison Irvin 3-45V	50-54	Jordan Lee 1-12	Russ Hovermale 5-68H	Pat Robertson 5-80H
Karen Bush 1-20H	Lorene Sandifur 7-130H	Caleb Cole 1-10	Don Gifford 4-65H	Edwina Foust 1-12
Kim Coy 1-20H	Robin Tetrault 7-107M		John Sites 2-40HV	Judy Smith 1-12
Justine Eads 1-20	Joyce Pennycoff 4-65H	20-24	Michael Campbell 3-35M	Diane Gifford 1-10
30-34	Christine Williamson 3-45H	Seth Daugherty 3-60	Greg Townsend 3-34	
Lisa Jones 5-85H	Robin Cole 3-39V	Nathan Havermale 2-27	Karl Stoneking 1-20H	Men
	Marsha Daugherty 2-27	Josh Daugherty 1-15	Dave White 1-20H	49-
		Eric Newman 1-10	Dave Zandi 1-20H	Keith McAndrews 6-105H
			Mike Rethlake 1-10	Steve Inman 5-85H
		25-29	55-59	Brian Allen 2-24
		Matt Mince 2-40H	Charlie Skoog 7-130M	Nicholas Allen 1-20
		Ryan Woolever 2-40H	Ricke Stucker 7-110H	
		Mark Eads 1-20	Steve Wand 6-81H	50+
		Jason Rush 1-20H	Tom Miklik 3-42H	Jerry Lambert 7-130HV
			Steve Kilcline 3-41H	Tim Taflinger 7-102H
		30-34	Fred Chew 3-37H	Rick Spencer 6-99HV
		William Irvin 7-130H	Phil Leiningner 3-30	Jackie Sanders 6-69V
		David Reinagle 5-75H	John Wiles 2-30H	Toney Lorenz 3-41H
		Keith Hill 4-62H		Robin Michael 3-40H
		T.A. Weber 4-54H	60-64	Melvin Hobbs III 1-20H
		Jeff Kuczera 1-15	Doug Mankell 5-77H	Walter Brown 1-10
			Jim Burrous 4-72H	
		35-39	David Hughes 5-70M	
		Ron Moore 5-90H	Sam Williamson Sr. 3-60	
		Vern Graves 2-40H	Bill Barnett 2-30H	
		Mitch Reeves 2-40H		
		Travis Sheets 2-40H		



Ron Moore won his age group at Jackson Morrow.

Race Results

Race for the Cure
April 22, 2006
Indianapolis, IN
In alphabetical order

Kathie Barnett
Bill Barnett
Walter Brown
Byron Bundrent
Mike Deardorff
Don Gifford
Diane Gifford
Michael Graham
Michelle Hollingsworth
Darin Hollingsworth
David Hughes
Allison Irvin
William Irvin
Zoe Irvin
Lisa Jones
Jerry Lambert
Cheryl Marner
Eric Mathew
Jennifer Mayfield
Keith McAndrews
Tom Miklik
Sharon Miller
Mary Miller
Tami Moore
Ron Moore
Corey Moore
Geana Moore
Joyce Pennycoff
Shannon Reinagle
David Reinagle
Patti Reinhardt
Brian Reinhardt
Mike Rethlake
Toni Rethlake
Pat Robertson
Cynthia Sanders
Jackie Sanders
Lorene Sandifur
Gina Sheets
Ricke Stucker
Tim Taflinger
Michelle Tetrault
Robin Tetrault
Barb Wand
Steve Wand
Heather Weber
Lauren Weber
Natalie Weber

T.A. Weber
John Wiles
Anne Wiles
Shirley Wilson

If you ran or walked the Race for the Cure but aren't listed please let me know. Since only the competitive results are posted there is no 100% accurate way for me to verify results. If your name is on the list and you didn't run or walk let me know as well. Thanks!
Brian

Indianapolis 500 Mini-Marathon
May 6, 2005
Indianapolis, IN
27,642 Finishers
100 CKRR Finishers

1. Ben Kimondiu 1:03:21
1w. Lucie Mays-Sulewski 1:19:11
89. Dana Neer 1:19:14
93. Byron Bundrent 1:19:33
240. William Irvin 1:24:39
319. Chuck Masters 1:26:02
416. Heather Weber 1:27:36
507. Brian Reinhardt 1:28:43
531. Dan Lutes 1:29:04
820. Eric Mathew 1:32:47
1180. Mike Williams 1:35:37
1434. Kelly Wright 1:37:13
1487. Anthony Campbell 1:37:33
1704. Ryan Woolever 1:38:42
1797. Carla Yerkes 1:39:09
2275. Ron Moore 1:41:40
2285. Keith Hill 1:41:42
2288. Donald Gifford 1:41:43
2646. Sam Williamson, Jr 1:43:12
2974. Mark Shorter 1:44:24
3601. Travis Sheets 1:46:46
3631. Jack Lotzgeselle 1:46:52
3746. Mike Deardorff 1:47:18
4204. Bill Barnett 1:48:55
4255. John Sites 1:49:03
4532. Roxane Burrous 1:49:55
4533. Patti Reinhardt 1:49:55
4698. Lorene Sandifur 1:50:22
4896. Laura Bauson 1:50:53
4991. Cheryl Marner 1:51:10
5834. Teresa Long 1:53:30
5880. Lorie Zandi 1:53:38
5923. Gina Sheets 1:53:48
5946. Ricke Stucker 1:53:52

6137. Michael Jones 1:54:24
6434. Phil Leininger 1:55:12
6535. Ta Weber 6535 1:55:28
6621. Dave White 1:55:42
6746. Sarah Bauson 1:56:03
7055. Earl Strong 1:56:49
7260. Evangeline Bletsis 1:57:20
8067. Mitch Reeves 1:59:34
8219. Tom Miklik 1:59:55
8284. Karl Stoneking 2:00:10
8637. Steve Wand 8637 2:01:16
8759. Shannon Reinagle 2:01:41
9273. Stephanie Miller 2:03:17
9492. David Zandi 2:03:55
10432. Shirley Wilson 2:06:49
10481. Russ Hovermale 2:06:57
10580. Jim Burrous 2:07:13
10905. David Reinagle 2:08:16
11209. Lisa Stucker 2:09:10
11249. Mark Rodgers 2:09:17
11255. Ellen Nichols 2:09:18
11268. Cassie Bauson 2:09:19
11698. Kim Coy 2:10:27
11902. Doris Griffith 2:11:05
12184. Vernon Graves 2:11:58
12279. Amy Piazza Graves 2:12:18
12471. Sherry Stoneking 2:12:54
12530. Michelle Hollingsworth 2:13:05
12671. Shawn Mayfield 2:13:34
13130. Steve Kilcline 2:15:01
13197. Lisa Jones 2:15:18
13303. Fred Chew 2:15:39
13320. Nancy Ward 2:15:44
13350. Tami Moore 2:15:49
14546. John Norris 2:20:03
15544. Rhenda Acton 2:23:56
16316. Mark Webster 2:27:28
16337. Jerelyn Bradway 2:27:32
16433. Karmen Glaspy 2:27:53
16447. Sarah Kleinknight 2:27:56
16966. Keith McAndrews 2:30:22
16980. Michael Graham 2:30:27
17034. Mary Miller 2:30:40
17496. Jerry Lambert 2:32:54
17664. Matt Mince 2:33:42
17773. Bill Bauson 2:34:20
18037. Christine Williamson 2:35:44
19049. John Wiles 2:42:05
19349. Kathleen Leach 2:44:07
19375. Stephen Inman 2:44:16
20329. Doug Mankell 2:51:31
20609. Melvin Hobbs 2:53:37
20999. Raye Jean Swinehart 2:56:28
21039. Rick Spencer 2:56:49
21327. Robin Michael 2:58:50
21430. Tim Taflinger 2:59:29
21573. Tony Lorenz 3:00:36
21678. Jason Rush 3:01:23
21679. Charles Johnson 3:01:23
21902. Dick Summerton 3:03:08
22797. Susan Gerhart 3:10:34



Bill Barnett, Steve Wand, and Travis Sheets enjoy a laugh after completing the Mini-marathon.

Race Results (continued)

22990. Trudy Pierce 3:12:21
23395. Kenneth Swinehart
3:15:33

23396. Andrew Swinehart
3:15:34

25867. Patricia Robertson
3:37:07

26848. Bruce Savage 3:47:47

26849. Carol Savage 3:47:47

Indianapolis 5k Run/Walk

May 6, 2006

Indianapolis, IN

3,552 Finishers

11 CKRR Finishers

1. James Gale 15:08

1w. Pamela Mertz 18:50

203. Darin Hollingsworth 24:19

477. Jennifer Mayfield 27:24

887. Bill Heck 31:04

1049. Jennifer Mahn 32:14

1463. Jerry Leach 36:14

2003. Richard Bletsis 43:27

2005. Alexandra Bletsis 43:27

2036. Sylvia Burgin 43:54

2577. Jackie Sanders 50:00

2578. Cynthia Sanders 50:01

3029. Barbara Hobbs 53:50

Club Kokomo Trail Run

May 13, 2006

Peru, Indiana

5k Run

1. Matthew Roberston 20:31

2. Brian Reinhardt 20:43

3. Sam Williamson Jr 20:56

4. Al Hochgesang 21:19

5. Don Gifford 23:22

6. Charlie Skoog 23:47

7. Mark Shorter 24:06

8. Ray Tetrault 24:55

9. Greg townsend 25:06

10. Lorene Sandifur 25:07

11. Ricke Stucker 25:19

12. Stan Shuey 25:33

13. Kim Lee 25:37

14. Mike Deardorff 25:48

15. Tom Miklik 26:02

16. Mark Rodgers 26:05

17. Sam Williamson Sr. 26:21

18. James Longwith 26:53

19. Patti Reinhardt 26:53

20. Cassie Bauson 28:44

22. Robin Tetrault 30:55

23. Amber Longwith 33:04

24. Megan Tetrault 35:43

5k Walk

1. Nicholas Allen 36:41

2. Jerry Lambert 36:43

3. Keith McAndrews 36:47

4. Tim Taflinger 37:06

5. Emily Allen 42:52

6. Brian Allen 42:54

7. Sylvia Burgin 53:13

8. Jackie Sanders 56:55

9. Cindy Sanders 56:59

Norris Insurance 4 Mile Run & 5K Walk

Saturday, May 20, 2006

Jackson Morrow Park

Kokomo, IN

1. B. J. Needler 21:07

3. Seth Daugherty 22:55

5. William Irvin 24:04

6. Matthew Robertson 24:08

7. Byron Bundrent 24:46

8. Chuck Masters 24:53

10. Heather Weber 25:26 1st Female

11. Brian Reinhardt 25:28

13. Sam Williamson, Jr 25:45

14. Dan Lutes 25:53

17. Al Hochgesang 26:43

20. Eric Mathew 27:09

21. Ashley Taflinger 27:35

22. Ryan Woolever 27:40

23. Carla Yerkes 28:07

24. Kelly Wright 28:15

26. Ron Moore 28:27

30. Jordon Lee 29:14

32. Mitch Reeves 29:39

33. Mark Shorter 29:53

35. Katie Hollingsworth 30:34

36. Ricke Stucker 30:39

37. Earl Strong 30:47

38. Roxane Burrous 30:48

39. Grace Bauson 30:50

40. Michelle Hollingsworth 30:52

42. Lorene Sandifur 31:08



Friends and six empty Guinness glasses. Um.....waiter!

43. Ray Tetrault 31:31

44. Sarah Bauson 31:37

45. Laura Bauson 31:43

46. Russ Hovermale 31:48

47. Teresa Long 32:00

48. Patti Reinhardt 32:01

49. Stan Shuey 32:18

50. Darin Hollingsworth 32:27

51. Kim Lee 32:29

54. Steve Wand 32:56

55. Sam Williamson 33:08

56. Mark Rogers 33:31

57. David Reinagle 33:34

58. Josh Revils 33:58

59. Mike Daugherty 33:59

61. Shannon Reinagle 34:03

62. Sarah Lee 34:55

63. Cassie Bauson 35:08

64. Mark Jones 35:32

65. Megan Tetrault 35:40

66. Steve Kilcline 35:55

67. Amber Longwith 35:56

68. Nancy Ward 36:42

70. Rebekah Kinney 36:56

72. Robin Tetrault 37:05

74. Michael Graham 37:26

75. Jennifer Mayfield 37:42

76. James Longwith 38:07

77. T. A. Weber 38:23

78. Kayla Reinagle 38:31

79. Tammy Cody 38:50

80. Lisa Jones 39:29

82. Doug Mankell 40:13

84. Geanna Moore 42:00

86. Charlie Skoog 42:44

87. David Hughes 42:44

88. Caleb Cole 43:10

89. Marsha Daugherty 43:15

92. Robin Cole 44:18

93. Jennifer Mahn 44:50

94. Bob Cupp 44:52

97 Finishers

Norris Insurance 5K Walk

1. Jerry Lambert 31:47

2. Tim Taflinger I 33:05

3. Mary Miller 33:06 1st Female

4. Steve Inman 34:41

5. Rick Spencer 37:12

6. Amanda Pena 37:44

9. Jane Inman 40:31

10. Raye Jean Swinehart 40:31

11. Debbie Riffe 40:47

12. Brianna Jones 41:30

13. Carrie Gruel 41:41

14. Milt Brown 41:56

17. Sylvia Burgin 43:25

18. Brook Jones 44:00

21. Pat Robertson 45:30

24. Judy Smith 47:20

25. Jackie Sanders 50:20

26. Cynthia Sanders 50:26

26 Finishers

2006 Race Calendar

<p>June 3 Trojan Trot 5KRun/ Walk Time: 8 AM Location: Sharpsville, IN</p> <p>June 10 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN</p> <p>June 16-17 Relay for Life Location: Kokomo High School</p> <p>June 24 Race for Grace 5K Run Time: 8 AM Location: Logansport, IN</p> <p>July 1 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gym, Kokomo, IN</p>	<p>July 8 Iron Horse 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Logansport, IN</p> <p>July 15 Panther Prowl 4 Mile Run / 5KWalk Time: 8 AM Location: Town Park Russiaville, IN</p> <p>August 5 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN</p> <p>August 12 CKRR Age-Graded 4 Mile Run & 5K Walk Time: 8 AM Location: Highland Park</p> <p>August 26 Western CC Open 5k Run Time: 7:30 AM Location: Oakbrook Valley</p>	<p>September 4 Blueberry Stomp 5k/15k Run Time: 9 AM Location: Plymouth, IN</p> <p>September 23 7th BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN</p> <p>September 30 12th Kokomo Symphony Run 5K Run/Walk Time: 9 AM Location: Highland Park</p> <p>October 7 Cole Porter 15K Run/ 5K Run/Walk Time: 8:30 AM Location: Peru, IN</p> <p>October 21 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Bunker Hill, IN</p>	<p>November 5 Run the Mounds 5m Run/Walk Time: 2 PM Location: Anderson, IN</p> <p>November 11 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School</p> <p>November 23 CKRR Thanksgiving Day Fun Run (non points) Time: 8 AM Location: Highland Park</p> <p>December 3 CKRR Charity Run 5K 2PM (20 pts each finisher) Time: 2 PM Location: UAW Local 292</p> <p>December 31 CKRR New Years Eve 5k Run/ Walk Time: 2 PM Location: UAW Local 292</p>
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Other Upcoming Races

<p>June 3, 2006 Sunburst Marathon, Half Marathon, 10k, 5k, 5k Walk South Bend, IN Varying starting times (574)647-3394 www.sunburstraces.org</p> <p>June 17, 2006 Angola Half Marathon and 5k 7:00 AM Rick Hammer Phone: (260) - 665- 4644 hammerr@tristate.edu</p> <p>June 24, 2006 Fishers Freedom Festival 5k Run/ Walk Holland Park in Fishers, IN 8:00 AM Jennifer Kehl (317)595-3195</p>	<p>July 4, 2006 Sallie Mae Freedom 5m Run/5k Walk 8:00 A.M. Holcomb Gardens on Butler Campus (317)733-3300</p> <p>July 15, 2006 Zoo Run Run 5k 8:30 A.M. Columbian Park, Lafayette, IN Linnea Iantria (765)807-1545</p> <p>July 22, 2006 Pound the Pavement 5k Run/Walk 8:00 A.M. Pendleton, IN Jamie Sangar (317)289-2150</p>
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Other Races Ran

<p>Kentucky Derby Half-Marathon April 29, 2006 Louisville, KY 1. Matthew Downin 1:05:44 1w. Christina Wells 1:17:48 3320. Karen Bush 2:09:59 6720 Finishers</p> <p>Flying Pig Marathon May 7, 2006 Cincinnati, OH 1. Cecil Franke 2:20:25 1w. Norah Shire 2:56:19 3258. Tammy cody 4:59:56 4210 Finishers</p> <p>Country Music Marathon and Half-marathon April 29, 2006 Nashville, TN Marathon</p>	<p>1. Feyisa Tusse 2:15:06 1w. Tatiana Mironova 2:36:51 997. Roxane Burrous 4:08:22 4,030 Finishers Half-marathon 1. Fernando Cabada 1:04:56 1w. Aileen Conlon 1:24:37 9,257. Joyce Pennycoff 2:32:45 14,641 Finishers</p> <p>Masanutten Trail 100-Miler May 13-14, 2006 George Washington National Forest, Virginia 1. Sim Jae Duk 17:40:45 1w. Sue Johnston 23:14:43 107. David Hughes 35:26:37 113 Finishers</p>
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Meeting Minutes

May 1, 2006 6:00 P.M.

Members present: Ray Tetrault, Will Irvin, Brian Reinhardt, Robin Tetrault, Charlie Skoog, Stan Shuey, Mark Webster, Loretta Webster, Pat Robertson, Sylvia Burgin, Bill Barnett, Jack Sanders, Cindy Sanders

REPORTS

Financial Report given by Ray Tetrault

Club Sponsors

McGonigal, Erik's, UAW 685, Kokomo Glass

Coyote Kids

Fliers

Out soon to businesses, etc.

Funds

Letters out to potential sponsors this week

Trailer

Raised \$2,500 so far - will need \$3,500-5,500

Course

Considering moving 25 and 50 yard runs to better accommodate longer runs.

Parking

Prefer more people to park on east end of park

OLD BUSINESS

Fundraising

Looking further into Howard Regional being a club sponsor and not just Coyote Kids

NEW BUSINESS

The Travel Authority Agency

Loretta Webster talked of being the travel agency for the club

Mini-marathon group rates

Airline travel group rates

Airline, train, and travel packages

\$25 off of personal travel for all CKRR members

24 hour emergency contact #

Will include advertisement in club newsletter

Will motioned that we vote on whether or not we will use The Travel Authority as our club agency and it was seconded by Brian.

Voted unanimously in favor of.

Races

Peru Trail run

Course may change a bit due to construction in area

Trojan Trot

Old Helping Hands race

Norris Race

In Jackson Morrow park as before

Haynes Apperson

Around spent on door prizes, etc.?

Brian motioned that we allow \$1,500 and it was seconded by Bill.

Voted unanimously in favor of.

Relay for Life

Need \$100 for signs

Ray motioned that we spend the \$100 and was seconded by Robin.

Voted unanimously in favor of.

Meeting adjourned at 7:52 P.M.

Next meeting, June 12, 2006, 6:00 P.M. will be a barbeque at Jack and Cindy Sanders' (3262 Almqvist Lane). Bring a covered dish! Let Cindy know if you can make it so she can get a head count—455-3129.

Bulletin Board

On Friday, June 9th, at 6:00 p.m., the Bauson family will be holding a "chili supper" followed by a musical program in the fellowship hall of Kokomo Zion United Methodist Church at the corner of 500 East and 400 North. For several years in the past we did this and took donations for missions. Since we are all planning to visit the Enrights (missionaries in Africa) this summer we wanted to have one more "chili supper" and take donations for their mission there. Please come and invite friends. If you know you will be coming, you might let us know by calling 459-8716. This will help us plan for seating and food.

Mew Members

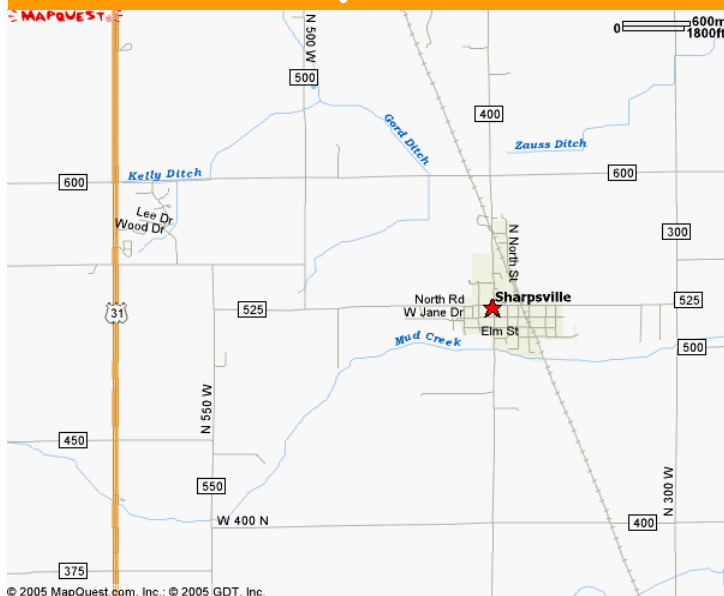
Lisa Berkhimer
Julie Berkhimer
Ashley Berkhimer
Evangeline Bletsis
Richard Bletsis
Taxis Bletsis
Alexandra Bletsis
Rich Bradshaw
Ann Bradshaw
Ben Bradshaw
Jacob Bradshaw
Peter Bradshaw

Caleb Cole
Carrie Gruel
Terry Gruel
Madison Gruel
Dokota Gruel
Griffin Irvin
Jennifer Mahn
Levi Parks
Mitch Reeves
Rocky Smith
Judy Smith
Nancy Ward

Welcome to Club Kokomo!

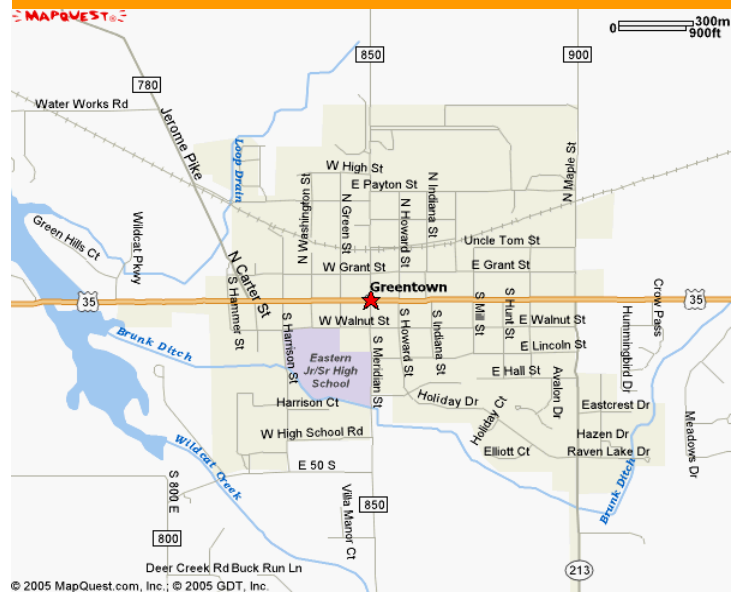
Maps to Upcoming Races

Trojan Trot



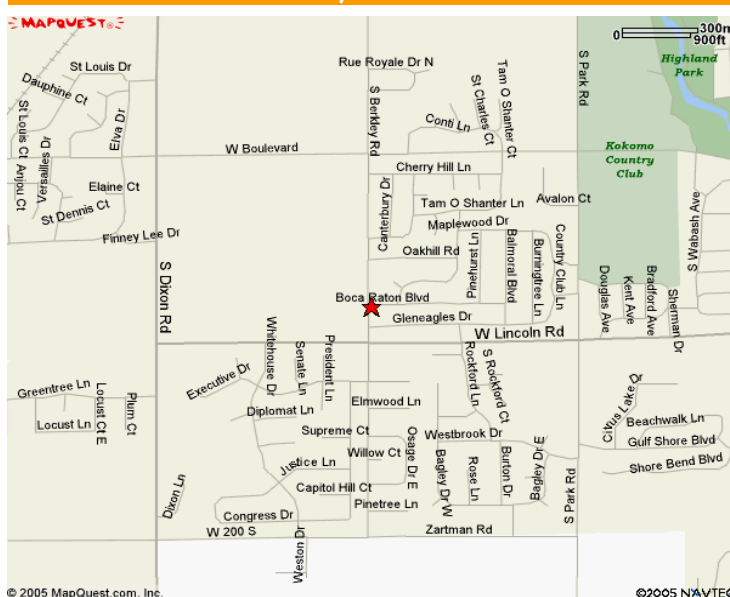
From the north take US 31S to SR 26. Take SR 26 East to 400E. Take 400E south to Sharpsville. From the south take US31N to 200N in Tipton County. Take 200N east to 400E. Take 400E north to Sharpsville. The race starts in the town park.

John Norris—Greentown



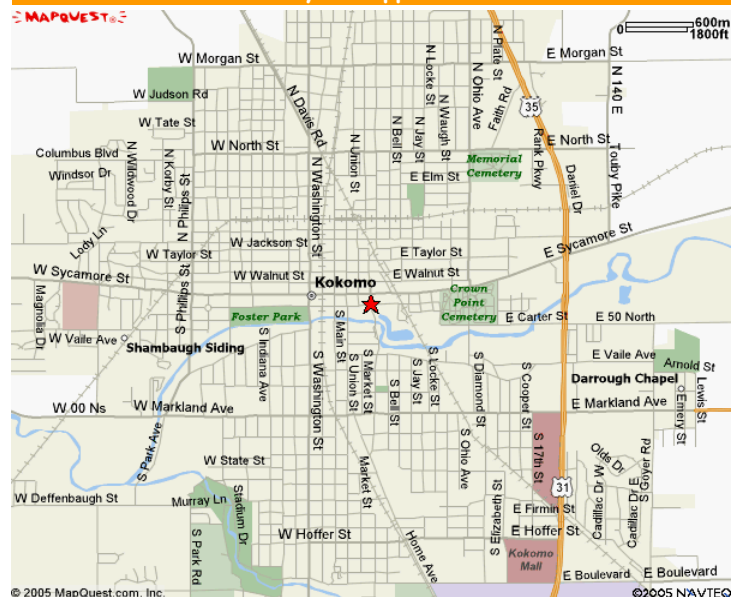
From the west take US35E to Greentown. Turn right (south) on S. Harrison St. and go one block to W. Walnut St. Go left (east) on W. Walnut St. just past the high school track to the parking lot on the right. From the east take US35W to Greentown. Turn left (south) on Meridian St. and go one block south to W. Walnut St. Turn right (west) on W. Walnut St to the parking lot on the left.

Relay for Life



From the north take US 31S to Lincoln Road. Take Lincoln Road west (right) for approximately 2 miles. Turn north (right) on Berkley Road and the track for Relay for Life is on the left. From the south take US 31N to Lincoln Road. Take Lincoln Road west (right) for approximately 2 miles. Turn north (right) on Berkley Road and the track for Relay for Life is on the left.

Haynes Apperson



From the north take US31S to Sycamore St and head west (right). Take Sycamore for approx. 1.5 miles to Apperson Way. Go south (left) on Apperson Way. Memorial Gym is one block down on the left. From the south take US31N to Markland Ave and head west (left) for approx. 1.5 miles to Apperson Way. Go north (right) on Apperson Way. Memorial Gym is approx. a half mile and will be on the right.

Western's Panther Prowl



4 Mile Run & 5K Walk 1 Mile Run for Children

*Russiaville, Indiana
July 15, 2006*

7:30 a.m. – 1 Mile Run for Children 8:00 a.m. – 4 Mile Run; 5K Walk

*Thanks to our sponsors: Button Dodge, A&J Farm Supplies, Functional Devices,
Waddells Grocery*

Pre-registration: \$10

(Checks may be made out to Western Cross Country)
Pre-registered participants will receive a t-shirt.

Race Day Registration: \$12

1 Mile Run for Children: FREE!

Course: 1st mile in Russiaville followed by rolling terrain in the country, concluding at Town Park

Medals for:

- 1st place overall male and female for 4 Mile Run/5K Walk
- 1st – 3rd place male and female in the following age groups for 4 Mile Run:
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- 1st place medal for age group winners in 5K Walk

Please Read

I know that running/walking in the Western races is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running or walking in 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 risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Club Kokomo Roadrunners, Western School Corp., and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Print Name _____ Circle: Male/ Female

Address: _____

Age: _____ Circle event: 1 Mile Run 4 Mile Run 5K Walk

Circle shirt size: S M L XL

Signature: _____ Parent's Signature: _____

Please complete and mail this form to:

Dave Britton, 3140 S. 700 W., Russiaville, IN 46979

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

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