



Club Kokomo Roadrunners

The Roadrunner



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July 2006

Deadwood, SD or Bust.....Twice

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.

Inside this issue:

| | |
|--------------------|----|
| From the President | 2 |
| On the Trails | 3 |
| On the Roads | 4 |
| Trojan Trot | 10 |
| Teton Dam | 10 |
| Kettle Moraine | 10 |
| Meeting Minutes | 11 |
| Race for Grace | 11 |
| Points Standings | 12 |
| Race Results | 13 |
| Race Calendar | 14 |
| New Members | 14 |
| Birthday List | 14 |
| Other Races | 14 |
| Maps to Races | 15 |

Next Race:
Ironhorse 4-Miler
Date: July 8
Time: 8:00 A.M.
Location: Logan YMCA
(See map inside)

The third annual marathon trip was once again a resounding success. But it sure didn't come without some hiccups along the way!

We set out on Thursday, June 1st with Deadwood squarely in our sites only to find our first bit of trouble only a few hours into the trip. The last thing you want to feel when you're on an 1,100+ mile trip is a bus that is jerking and sputtering. We all just looked at each other with an "uh oh" look on our faces. But we also smiled and were ready for what was next.

Fuel filter replaced and back on the road we thought we had it all figured out—until we got to Minnesota that is! Look back to paragraph 2 and simply repeat the sequence and it'd be pretty darn close. But again we didn't panic and Jim Burrous noticed something that we hadn't yet noticed—we'd gone approximately 160 miles, the exact number of miles that we'd gone last time. Hmmmmmm.....

So the rest of the trip we simply got gas at 150 miles and we never had another issue. What fun it was to experience the teamwork and camaraderie that comes with having difficult times made "not so bad" when without panic everything was taken care of and smiles were maintained.

I'd jump on that same old bus and try it again without hesitation and I suspect that all of the others would as well. I think our breakdowns simply added to the character of the trip and didn't slow us down a bit.

If you want to get an idea of what this trip was about for those that went along simply



We hadn't made it out of Indiana yet when the first "bust" shut us down for an hour or so.

read the following quotes, paragraphs, poems, etc. and you'll see that they were special times.

For the Bausons the trip to Deadwood was a mini family vacation. 6 of us were able to make the trip out and we camped at a small campground in the Black Hills. Since we have been through the area before, we didn't see the big attractions, but instead enjoyed some smaller sites and had some relaxing time at our campground. We especially appreciated the people who visited us for a worship service Sat. night and s'mores Sunday.

As far as the marathon experience, I have decided that if I am going to continue to try to do this, I'd better get a little more serious about the training thing. I found the course tough. By the time I reached the downhill part, I was tired from the constant uphill. But the scenery

was beautiful and I still thank God that he has given me the health to be able to participate. Saw lots of beaver dams in the area and I kept hoping to see a beaver, but that never happened. It was fun to have such a wonderful group of friends and family waiting to cheer me on near the finish! And Laura is thinking she'd like to try a marathon someday. - Cassie Bauson

"A few short words about Deadwood." Brian is a friend, but a few short words isn't in my vocabulary. I teach-words don't come in little bunches, but here goes. I always have this fear that everyone will board the bus and we won't make it to a marathon. Thursday morning we all piled into my bus and van for the short trip (continued on page 6)

The Panther Prowl will be run on July 15th in downtown Russiaville starting at the stop light this year instead of at Western Schools. It will be a 4-mile run and 3-mile walk and will run approximately 1 mile in town followed by 2-3 miles in the country. Parking attendants will be available race morning to help with parking (please do NOT park at the grocery store) and registration will be at the Fire Station located at the stop light. (See map inside)

From the President

By Ray Tetrault



Volunteers are the backbone of any organization. They stretch budgets, are efficient and bring people touch to any event. This is so true of this years group of Coyote Kids volunteers! The smiling faces are not only the participants, but also on the faces of stupendous parking, registration, course, finish line, team captains, and timers. If you don't know yet, we set records in number of kids to be involved in the program at 891. The first week we blew the old record number of kids participating in the same week all the way up to over 700. If you haven't seen 700 kids running in one place at the same time, you ought to see the mob that descends on. By the time you are reading this we will have only two weeks left of Coyote Kids.

With the record number of kids comes



Ring around the rosie, pocket full of posies, ashes, ashes, we all fall down.

some new challenges. T. A. and Heather Weber have been taking care of running the 25-50 yard runners. I know that whatever they are doing, it is working. We have finish line people who are frantically working as 350 kids are given Popsicles, ribbons and places in the first 15 minutes of Coyote Kids. One of the areas we will need to have some help on this year is going to be the financial part of the program. It looks like we will be giving out over 525 trophies or more this year. If you know of someone who can help us meet the expenses, please let me know or else collect the money yourself and turn it in to Mark Shorter or me. Our sponsors are some of the greatest people and businesses I know in this area. We are a non-profit organization so any gift is tax deductible.

Ann, the balloon lady, made some special Coyote Kids balloons for us this year. This has been a great help to point to the wad of colored balloons at each team location. She contacted us and begged to be a part of the program. I am glad she does what she does. You can learn more about her on our website, www.coyotekids.org

My son Mike has been working on the website for the kids program. All the results are now online so each child can see what they have run and how far. This is exciting for them. Some parents have told me their kids go online and show their

friends the website. I believe self-esteem is directly tied to accomplishments. The accomplishment of spending a summer running helps build self-esteem and character. If we can rescue kids from poor habits of lifestyle to a running life filled with fitness (and marathon trips) then we will have succeeded in our goals. I spoke with one little girl who said, "I am not the fastest this year, but by next year I will be." is exciting for me to hear. She has set a standard for herself and she has a desire



We're in this together. Us girls have got to stick together.

to make it happen.

If this group of Coyote Kids continues to mature and develop, all of us RoadRunners are going to be in trouble as the Coyotes catch us!



Passed him. Who's next?

On the Trails

By Charlie Skoog



RUN, BIKE, AND EAT EAGLE CREEK PARK JULY 22

We are all invited by Don and Diane Gifford to join them and other Club Kokomo friends on Saturday, July 22, in running, hiking, and biking the beautiful roads and trails of Eagle Creek Park. For those of you wishing to do a long training run this is the perfect opportunity and setting and with a combination of shade, hills, roads, and trails there is something for everybody. Following our workout, the Gifford's will be hosting a cookout at their home: 6611 Antelope Court, Indy, 46278 which is exactly one mile from the 71st Street entrance to the park. To get to the Gifford's home or Eagle Creek Park take US31 south to 465, follow 465 around the west side of Indy to 71st St., then head west on 71st which will take you right into

Eagle Creek. Plans include a long group run starting at 8 am, followed by showers at the Gifford's, and a lunch time cookout featuring hamburgers, hot dogs, brats, and a fish fry. Don and Diane love a crowd so plan on joining us! For more details including carpooling, email runckrr@aol.com or if lost call Charlie (765) 437-6268 or Don (317) 223-6612. Some of us have been known to get lost!!

Later that day I will be participating in the N. I.T.E Ride which will have activities all day long culminating in a 20 mile tour of Indianapolis beginning and ending at the Major Taylor Velodrome. For more info on America's "Best City Tour", visit www.cibaride.org.

See ya on the roads and trails!



Clockwise from upper left: Little guy with a perpetual smile, volunteer Greg Townsend helping with lots of traffic, a whole group of competitive runners exiting the woods, Kelth McAndrews' grandson helping out around the registration tent.



On the Roads

By Johnnie 'O



CLUB SCHOLARSHIPS

Club Kokomo Roadrunners Mike Cowan Memorial Scholarship Committee members Lorene Sandifur and John Wiles are proud to announce that Laura and Sarah Bauson, Sarah Lee, Amber Longwith, Matthew Robertson, and Megan Tetrault are the scholarship recipients for 2006.

Thanks to CK members who purchased 50-50 tickets at club events and participated in CK's Age-Graded Race, each recipient will be presented a \$300 check at Club Kokomo's Coyote Kids awards program at Jackson Morrow Park on July 29.

One of the scholarship winners will be a college junior, three will be college sophomores, and two will be college freshmen this fall. Information about the recipients and some of their comments from their applications follows.

Laura Bauson is the daughter of Bill and Cassie Bauson, 3243 N. County Road 500



East, Kokomo. Laura, a Northwestern High School graduate, completed her first year at Michigan State Univer-

sity where she is pursuing a degree in animal science with an emphasis on pre-veterinary medicine. Her first year grade point average was 4.0 on a 4-point scale.

"Throughout my high school years, I was always a part of either the Northwestern cross-country or track teams or both, and I often participated in Club Kokomo races as well.

"At Michigan State, I am not a part of any collegiate team, but I still continue to run on my own. Though I miss the competition and camaraderie of the team sport, getting outside to go for a run is still exciting and invigorating. It's not always easy to find the time and motivation to go for a jog, but every time I do, I'm thankful again for the ability to run.

"One thing that I have particularly enjoyed about running here is the chance to explore. It's been fun to run all over campus, jogging past buildings and scenery that I would otherwise never pass by. I've run to Michigan's state capitol building, and I've spent hours running along Grand River and the Red Cedar River on a trail that goes through campus and past several sites in the city of Lansing.

"Running this year has been a good way for me to stay in shape, relieve stress, get to know my surroundings, and challenge myself. Running has always been a part of my life, and I imagine it always will be."



Laura's sister, **Sarah**, finished her second year at Anderson University where she is studying piano and flute performance. Sarah's GPA is 3.90.

Sarah is active in the Anderson com-

munity as a pianist for the Anderson Church of the Brethren, the Anderson Area Children's Choir, and Anderson University. She has been on the Dean's list every semester. She is a member of the Alpha Chi honors society, whose members are in the top 10 percent of the class.

"I have been a member of Club Kokomo Roadrunners since I was in elementary school and have run many races with my family. Several times I have been a winner in my age division. I have been a point's award qualifier for the past three years. And have been an age division winner a couple times. I ran cross-country and track in high school and have continued to run on my own at college. I enjoy running in my spare time on trails and sometimes on the indoor track."



Amber Longwith is the daughter of Robert and Cathy Longwith, 707 Riverview Drive, Kokomo. Amber, a Kokomo High School graduate, is majoring in professional sports media at the University of Indianapolis. Amber's GPA is 3.5 for her first year.

"Running has always been a big part of my life. Sometimes, you don't realize how much something affects your life until you take some time away from it. This was the case with me after I started attending the University of Indianapolis.

"In high school, I ran cross-country and track for four years. I was used to running a lot of miles every day. Running for Kokomo had a great impact on me. It was something that I really enjoyed and I made many lifelong friends along the way.

"After I started attending the University of Indianapolis, my running diminished. I started out running some on my own, but I

Article

By

wasn't enjoying it and I was missing being on a team. I did not join the University's cross-country team because I did not feel I was fast enough to compete at the college level.

"After being at school for about a month, I met someone who was on the cross-country team. We started running together and running became fun for me again. I actually would sit in class and look forward to running later. My running friend said it didn't matter if we ran 8- or 12-minute miles, because running was something that was a big part of him. I realized that running was a big part of me as well. When I was not running, I felt that a part of me was missing. Running makes me feel better about everything."



Sara Lee is the daughter of Kim and Carrie Lee, 1421 S. Darby, Kokomo. Sara graduated 48 out of a Kokomo High School class of 356 with a GPA of 9.563. She ran cross-country for four years. She plans to attend Indiana University Kokomo.

"I often volunteer with my church youth group at the Kokomo Rescue Mission. We serve food, clean toys, which are sold at the store, and wrap gifts during the Christmas season. I've also participated in canned food drives that have benefited many people."

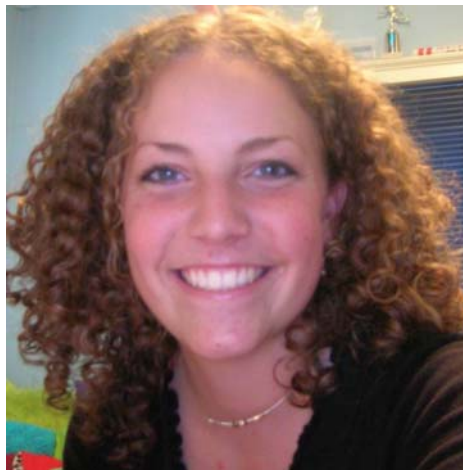
Matthew Robertson is the son of John and Susan Robertson, 465 N. County Road 820W., Kokomo. Matt ranked fifth in the Kokomo High School graduating class of 356. His GPA was 11.281. He plans to attend the Rochester Institute of Technology in Rochester, N.Y., to earn a Bachelor of



Science degree in mechanical engineering.

Matt was on the cross-country and track teams for four years, and was the captain of the distance group in track. He is an Eagle Scout, and a member of the National Honor Society and French Club.

"I would like to either join the cross-country team or a running club at college so I can continue to enjoy my hobby. I believe that running affects my life very much because it helps me perform and focus well in school and in life."



Megan Tetrault is the daughter of Ray and Robin Tetrault, 1404 W. Defenbaugh St., Kokomo. Megan, a graduate of Kokomo High School, completed her first year at Indiana Wesleyan University where she is studying elementary education. Her GPA is 2.82.

"Transitioning from high school to college was a challenge, and I struggled in my

classes and in finding extra-curricular activities suitable to my needs. I volunteered at Center Elementary School in a third grade classroom, assessing students' reading abilities. I was involved with the girls' golf club, and I volunteered at the Junior Achievement Exchange City program. I came home every weekend so I could continue to sing and lead worship in my church alongside my family.

"I was challenged first semester about whether I should remain at IWU or transfer to Ball State. I lacked a sense of belonging on campus and I thought I felt that way because of personal deficiencies. I read my Bible, prayed, and attended chapel, but God never gave me an answer until I came back to school second semester. Every anxiety and sense of detachment from my peers vanished and God's plan was slowly revealed to me."

\$8,280 IN SCHOLARSHIPS

There have been 35 Club Kokomo Mike Cowan Memorial Scholarships worth \$8,280 given to 21 youth since the scholarship was established eight years ago.

Encouraging youth to run was one of Lorene Sandi fur's goals when she became president of Club Kokomo in 1998. CK sponsored the first Mike Cowan Youth Races that year. Two years ago, the one-day Cowan races were expanded into CK's six-week Coyote Kids Program.

The late David Kasey secured \$2,000 in donations from local businesses, and CK established the Mike Cowan Memorial Scholarship in 1999. Receiving \$250 each that year were Seth Daugherty, Jill Pennycoff, and Elizabeth Shockey.

Other scholarship recipients over the years include Christian Bahler, Grace Bauson, Ben Bruce, Josh Daugherty, Melia Harrison, Ryan Hurlock, William Irvin, Tim McBee, Stephanie Miller, Zach Newman, Bryan Phillips, and Melissa Tetrault.

Today, the scholarship is funded by 50-50 drawings at CK races, and CK's Age-graded Race in August, which is directed by Club Treasurer Mark Shorter and past club president Gary Jewell.

FINAL THOUGHT

Irish eyes are smiling with gratitude for the CK members who have volunteered to help at the club's Haynes Apperson races. The races are the club's signature events, and their proceeds support many of the club's activities.

Deadwood, SD or Bust.....Twice (continued)



**All aboooooooooooooooooooooooooooooooooooooard! The group on the
1880 Train from Hill City to Keystone.**

to Deadwood, South Dakota. No exception to the now well-understood maxim that all trips must have some sort of mechanical issue. We were 4 hours out of Kokomo when the bus made a quick jerk and continued running. A few miles later with an exit almost in place it made another quick fade and left us on the side of the road. Between all the expert technical wise guys and Jim we figured out the problem and did make it once again to a marathon. (Most of the reason we arrived was Jim. The expert, technical, wise-guys provided the levity needed to make the roadside stops enjoyable)!

The marathon was once again a beautiful course with no need for additional scenery. I love the Black Hills. Jerry and his crew of volunteers made the experience of running sheer pleasure. A total of 38 Kokomo area people showed up for the marathon/half marathon/spectator experience. I doubt any were disap-



Talk about threading the eye of the Needle! A trip down the Needles Highway made for some trick driving by Ray!

pointed. The half marathoners had a long downhill ascent into town. The marathoners had a long descent into town AFTER they ran the 13.6 miles uphill at the beginning. There were a few other "little" uphill places, but none were a problem for anyone, (except those that ran). My famous line that it has only rolling hills continues to live and be believed.

My favorite memory of the five-day trip was being with people I love and know they love me in return. Each person provided their uniqueness to the group. The differences in people were evident. The different stages in life where some are was evident. I enjoyed every moment of the trip and would change nothing except my finishing time! Once again, thanks to everyone who participated in what has become our annual marathon trip. Let's see, we have done Myrtle Beach, Top of Utah, Mount Desert Island Maine, and Deadwood Mickelson in Deadwood South Dakota. Next trip up is looking like the WhistleStop in Ashland, Wisconsin. There are no real hills in the course. A few rolling ones, but it is a downhill PR kind of course. It isn't until October 2007 so start saving your dollars and get yourself trained up for the trip. The price of gas may be even higher next year, but the return on investment is even greater. - Ray Tetrault



Is It a Bison or Buffalo?

It was early on Thursday when we left home,
Six days of adventure to run and to roam.
What men will curse women will praise,
Dirty gas tanks gave more potty breaks and time to graze.

**We made it to Deadwood feeling the same,
After a “night” of rest the day was free game.
We explored by trail, by track, by bus and by van,
We saw the prairie wildlife and beautiful land.**

Mount Rushmore was awesome, a breath taking sight,
A visit spectacular especially at night.
Roads that went round and round and round,
Through tiny tunnels seemed to abound.

Deadwood, SD or Bust.....Twice (continued)

The Badlands were massive, colorful and hot,
We stopped and took pictures at Hunters Spot.

Ah, what did we go for? Yes to race,
And our own Scott Colford captured first place.
It was a course of up hills and down hills for all,
It was a course of solitude, a chance to recall.
How blest we are all to be able to run,
In this great country and be loved by HIS son.
-Gina Sheets



Geat Faces. Great Places.

"just do it" you'll be glad you did. - Travis Sheets

I have to say that I really enjoyed the Deadwood Marathon trip; besides the unbelievable views, the company was exceptional - there is something about being around runners. I would urge anyone who has the slightest bit of interest in participating in one of these trips to

Well, once again, this was an awesome trip with a great group of friends. You guys are so much fun to travel with! And even better, this time I got to bring my entire family along. They had a great time in Deadwood and really enjoyed being a part of the group.

As far as the marathon, I was fortunate to run with Brian for the first few miles, which, even though it put me out too fast, it was good conversation. Plus, we got to see Scott running about 45 seconds ahead of the whole pack and thought, "Surely, someone will go with him!", but no one did and Scott continued to distance himself and ran into history with a new course record and the win... Great job Scott!

After I let Brian go at 4 or 5, I hooked up with David from Winner, South Dakota and ran ~8:00 min pace the rest of the way. We ran over 14 miles together and we each thought we were being pulled by the other...funny how that "running camaraderie" really helps you out and takes your mind off the pain. I really enjoyed the uphill/downhill course and felt that the soft trail surface helped save me for the next one 6 days later.

It was a blast waiting around afterward with family and friends to watch everyone finish. Later we went swimming at the hotel and I swiped a whole \$10 from the casino on the blackjack tables! We then camped 3 nights in Spearfish, SD before heading over to Idaho and Yellowstone.

All in all, a great trip....thanks everyone for the great memories...I've now done all three marathon trips with the club (UT, ME and SD) and plan to keep this new streak going! Thanks for sharing state # 39 with me! - Dan Lutes



Ready, ready, ready, ready, ready to ru-u-un! Marathon morning brought cool temps and overcast skies. Perfect.

The trail was very nice. Every now and then you would see a railroad track pop out but that was not a problem. The surroundings during the mini reminded me of my home state of Colorado and brought back a lot of memories.

Jeff Galloway suggested that we be real conservative on the run because it was going to be hot. Well, it was not that hot and I ran the first 5-6 miles of the mini very conservative and then I realized that it was not really going to be that hot. So I picked up the pace and probably ran my last half of the mini faster than the first half. (continued on page 8)

I enjoyed the camaraderie. We are very for-



Peter and Sarah Bauson singing while Bill plays the guitar during a Satrunday evening worship service at their campground.

Deadwood, SD or Bust.....Twice (continued)

fortunate to have a group of such dedicated individuals that are willing to sacrifice their own vacation and time to travel 1140 miles for a race. Unfortunately, some of us had to get back for our kids baseball games (I being one of them) and we had to drive straight through, perhaps, next time, we can slow down and smell the roses.

I would like to thank the Bauson family for having us come out for some spiritual fun. Bill is extremely talented with that guitar and Cassie showed a lot of spirit coming down the home stretch of the marathon in which she was serenaded with here family members.

And lastly, my hat goes off to my roomie Charlie. Even with a torn up foot, he still proved to be a tough customer for the marathon. Charlie, you're still

"Deadwood or bust" here we go!
But little did we know
The bus would break, and make us ache, afraid we wouldn't make
The Deadwood Marathon!

But with heads together, the men did know
Replace the filter and stop for gas every 2 hours, was the way to GO!
On we went, it worked all the while and made all of us smile
so we could go on to...
The Deadwood Marathon!

Friday was fun with all the

But there is NOTHING like a trip with your Club Kokomo Roadrunner friends!!
I can tell you we all could go on and on, so you better not miss the next trip cuz what a time we had on....
The Deadwood Marathon!!
- Robin Tetrault



Mark Webster completes the half-marathon while displaying his club colors on the Mickelson Trail.



The rainbow is God's promise to Noah that the earth and everything on it would never again be destroyed by a flood. So, no rain in the forecast?

my hero!! - Mark Webster

Deadwood SD. is a very beautiful area to visit. You can see a lot without having to travel far. Ray said it right when he asked Jim and I if we would have gone there if it had not been for the marathon. Our answer was "No." But we are very glad we did. The marathon course was extremely beautiful but not as easy as you think. It was great to get together with everyone and share such a beautiful experience. - Roxane Burrous

It all began at the break of day...18 travelers ready to say

sights to see...
oh the thrills....
Needles Highway,
Mount Rushmore,
and the train through the Black Hills.
The day had finally come, what a joy, what a thrill..
13 plus miles straight UPHILL!
But we were here and soon you went down

all the way into town for ...
The Deadwood Marathon.

Food, fun, laughs, it all was swell, we all had a story to tell about ...
"OUR" Deadwood Marathon.

Well, time to go and drive through the sand and enjoy the beautiful colors of the Badlands!

It is hard to believe it is over and the times had to end

Carolyn and I were in the black hills area for a week before the race. We attended an elder hostel at Keystone at the base of Mt Rushmore from Sat night to Thurs morning and then moved to Deadwood through Sunday noon. I had not run since walking the last 5 K at the mini a month earlier because of a ham string problem. I jogged 2 miles Friday and Saturday switched to a half rather than the full marathon because they said there was no transportation to get the finish line if you could not run it. I had leg problems, fatigue for being out of shape and I guess altitude problems even though I had been in it for a week. I used the biofreeze or what ever the name of the stuff they gave us for my leg and it kept me going to about 11 mile mark and then I was limping badly and rubbed on the other packet and jogged on in. The last 3 miles or so I felt like I was running a full marathon. It was survival. I didn't see many from the club as we stayed out close to where the buses picked us up. Talked to a few at registration and at the start. Jim Burrous and I started together at the spot where we were to run 8 minute pace and I don't think I ever ran that fast as the first little bit was up hill. People passed me all the way from the start to the finish. Our race only had about 1 and 1/2 miles of in-

Deadwood, SD or Bust.....Twice (continued)

cline and the rest was down hill but I could not lengthen my stride and take advantage of the down. As soon as I finished I got something to eat and limped to our car and went back to the hotel to shower and Carolyn was driving us back to Indiana by 10:00 AM. It was a beautiful place to run but I think I had to look down at the trail more than I should have. - John Norris



"Hey Patti, why don't you get a picture with the gunman?", says Brian.

"I don't think so," says Patti.

Gunman grabs Patti and holds her at gunpoint for a photo and says as he walks away, "Tell me no."

Deadwood was the first half-marathon I've done besides the Mini in Indy. I really enjoyed the trail and the scenery along the way. The fellowship was great and our family had a good time camping, hiking, caving, and visiting the trout hatchery. We even got to have some freshly-caught trout for dinner one evening! Many thanks to Ray and Robin for organizing the trip. - Bill Bauson

I am grateful to God to have the opportunity to go on the marathon trips with CKRR! I was so happy to have our boys along for the ride on this one. The highpoints of the trip for me were: Scott winning the marathon, Mount Rushmore, Needles Highway, Badlands, a scenic marathon, and especially

seeing the supporters and especially Brian, Alec and Quinn cheering me on at the finish line! I can't wait until the next one! - Patti Reinhardt

This trip made me think of the word "family". On our other marathon trips Patti and I took the opportunity to get away for a few days while the boys stayed behind because of school. This time around the trip was in June so they could easily come along and I'm very glad they did. It's always a treat to have the three most important people in your life share the good times with you. Then I got thinking further about the word "family". I suppose you can give it any number of definitions but this one came to mind when I thought further - "a group of people united by certain convictions or a common affiliation". This was a trip with two families, folks. There really is no better way to describe it. In each of the three trips some of the family members have changed and some have stayed the same, but it has remained constant that it was indeed family that went along. If you haven't taken the opportunity to make this group

a part of your family then consider making a trip with them and I suspect you will. God bless. - Brian Reinhardt

Deadwood Mickelson Marathon

June 4, 2006

Deadwood, SD

1. Scott Colford 2:40:59
- 1w. Sara Burnet 3:31:56
12. Brian Reinhardt 3:23:12
28. Dan Lutes 3:32:17
130. Patti Reinhardt 4:17:42
166. Roxane Burrous 4:29:36
204. Charlie Skoog 4:41:11
218. Gina Sheets 4:48:01
283. Ray Tetrault 5:16:51
336. Cassie Bauson 5:54:12
345. Robin Tetrault 5:58:38
- 376 Finishers

Deadwood Mickelson Half-marathon

June 4, 2006

Deadwood, SD

1. Brian Clark 1:12:33
- 1w. Kari Cornwell 1:23:30
124. Jesse Bauson 1:42:38
150. Travis Sheets 1:44:25
199. Laura Bauson 1:48:17
246. Sam Williamson Jr. 1:50:59
264. Sarah Bauson 1:51:49
551. John Norris 2:07:48
634. Jim Burrous 2:13:20
719. Megan Tetrault 2:21:32
741. Bill Bauson 2:23:53
809. Mark Webster 2:33:35
829. Christine Williamson 2:36:13
- 1119 Finishers



Gina Sheets, Patti Reinhardt, Robin Tetrault, Roxane Burrous, and Megan Tetrault pose in the Badlands on the return trip.

Trojan Trot

By Scott and Robyn Pagington

Saturday, June 4th was a beautiful day for the 1st annual Trojan Trot 5K Run/ Walk. The race was held in Sharpville. It started in "downtown" Sharpville and ended at the Sharpville town park. The Trojan Trot was formerly the Helping Hands 5K. The Helping Hands organization dissolved in the past year so we were asked if we would like to take over the race as a fundraiser for the Tri-Central cross country team. The proceeds from the race will go towards expenses that are not easily provided within the school's budget. This year we will use the proceeds to replace our tent. Our current tent is very old and beyond repair.

Byron Bundrent was the overall male runner with a time of 17:18. Heather Weber was the overall female runner with a time of 18:28. Jerry Lambert was the overall male walker with a time of 30:59. Mary Miller was the overall female walker with a time of 33:41. Congratulations to these 4 overall winners as well as to those that earned age-group awards in the run and other overall awards in the walk! There were also a number of people that won

door prizes that were donated by our sponsors. The door prizes included: 4 x \$50 savings bonds from First Farmers Bank & Trust, 2 x \$25 gift certificates to Texas Roadhouse, a 6-month subscription to the Kokomo Tribune, a loaf of bread per month for a year from Panera Bread and a toy Bobcat loader from Dirt 'n Turf. We also appreciate all of our other sponsors that contributed money, goods or services to help with the race.

We want to thank everyone who was able to participate in the race this year. We hope you had an enjoyable time at the race! If you weren't able to make it this year, we hope to see you next year. This year we had 101 participants in the race—70 runners and 31 walkers. This was up from the 76 participants at the Helping Hands race last year. Overall we feel like the race went pretty well. Obviously there were some "minor" glitches that are typical of a first-year race. How did everyone like the ½ mile split and the lack of a 2 mile split? How did everyone like the eternal wait for the one available restroom? If you have any other

comments or suggestions on how we can improve on the race for next year, we would love to hear from you. You can contact us by email at:

rpagington@ncstc.k12.in.us.



Teton Dam Marathon

By Dan Lutes



After hanging around Deadwood for another 3 days, the Lutes' family truckster ventured over to Devil's Tower, Wyoming, up into Montana to the site of Custer's Last Stand at Little Bighorn and then down to Rexburg, Idaho for the Teton Dam Marathon.

We arrived in the pouring rain just in time for the packet pickup where I received my requested bib # 40 to commemorate my 40th state.

The pre-race meal was a potato bake (of course...this is Idaho!) and it was excellent. After the meal the race director acknowledged several of us 50-staters and showed a movie documentary on the great Teton Dam break of 1976. The town of Rexburg was literally wiped out by this flood and the marathon is run in remembrance of that fateful day. They also like to use the play on words to remind you during the race, "only 10 more DAM miles to go" or "last DAM hill", etc.

The race began at 6:30am out at the site of the dam (with a ceremonial spray of water

from the local fire department over the runners heads) and then snaked its way back into town. The first 16 miles sort of lulled you to sleep with the flat terrain and hazy potato field scenery. But then the hills started and pretty soon the altitude began taking its toll and I was longing for the downhill Deadwood second half profile we had the week before. I still hit my target time basically, although I did give back quite a bit on the last 3 miles. I was fortunate to hold onto 8th place overall and 2nd in my age group with a 3:36:23 (I love small races! – no competition!). Unfortunately, they only went 1 deep in the awards categories so I left with no hardware! Oh well, I thought, I still got one more state and "the quest" is now 80% complete!

We continued on over to Yellowstone for 6 more nights of camping at above 8,000 feet. The girls had a blast as we explored almost every square inch of the park and got snowed on twice, partially collapsing the tent one night! Good thing we had invested in 10 degree sleeping bags for everyone since it got down into the lower 30's a couple of times.

After that we headed back to Indiana and here I am back at work (oh joy!) Now, its time to get recovered and ready for the Howl at the Moon in August.

Sulphur Springs 100 and Kettle Moraine 100

By David Hughes

I ran the Kettle Moraine 100 mile run in the Kettle Moraine State Forrest near Whitewater, Michigan (June 10-11) a week after running the Sulphur Springs 100 in the Dundas Valley Conservation Area near Ancaster, Ontario (June 3-4). I don't know the elevation gain for the Sulphur Springs run, but it felt about the same as the 12,005 feet of the Kettle Moraine. Both runs are on rolling hills on bridal paths or single track hiking trails in beautiful wooded and meadow areas. Whereas the Sulphur Springs run is eight 12.5 mile loops, the Kettle Moraine is a double out and back with the first one 50k out giving the runner a 100k option. The Sulphur Springs also offers a number of options: 10k, 25k, 50k, and 50m making it a very popular run attracting about 450 runners. Again, our God and Father helped us all day and night and day toward the finish line. I took my allotted place at the back of the packs with 28:26 at Sulphur Springs and 27:47 at Kettle Moraine. PS—both have good food and great race directors and volunteers.

Meeting Minutes

Members present: Ray and Robin Tetrault, Jack and Cindy Sanders, Milt and Helen Brown, Dana Neer, Charlie Skoog, and Sylvia Burgin

Dana - Children's track meet at the Haynes Festival - Dana wants this to be a club event, not just a "Western" event. He needs some more volunteers to make the meet a smooth event. He would like the Western and Kokomo High School athletes to pass out the ribbons and to encourage the kids.

Please come out and support the kids! There was discussion on starting the door prizes sooner or changing the location so all

could enjoy the drawings and the track meet. Dana has Stu Whitcomb as a starter. He also has a clerk to keep records, and Kokomo High School will set up the courses. We talked about using the bleachers as the location for awards and prize drawings. Ray will talk to Bill who is in charge of Club Kokomo's part in the Haynes Festival.

It was suggested the track meet be announced each week at Coyote Kids and have brochures on the table.

Coyote Kids - We had a very successful first week! Parking was an issue and the solu-

tion is being worked out.

Panther Prowl in Russiaville is a 4 mile race this year and it will be in downtown Russiaville. Park in the bank parking lots.

Iron Horse is also a 4-mile run and a 4-mile WALK. PLEASE NOTE

Next meeting at 6:00 on July 10th at the Tetrault's home - 1404 W Defenbaugh St.

Dana moved we adjourn the meeting and Milt seconded. The meeting was adjourned.

Race for Grace

By Doug Mankell



The 9th Annual Race for Grace 5K run/walk was held under bright and sunny skies in Logansport, Indiana on Saturday, June 24. The total number of registrants was 211 and the total number of runners/walkers who finished the race was 208. Of the registrants, 100 were from the city of Logansport. Others came as far away as North Carolina, Missouri, and Michigan.

The overall winner was Matt Blume of Fort Wayne whose time was 15:29. Matt is a graduate of Pioneer High School in Royal Center and Valparaiso University. His time was a new record for the course. (The previous record was held by Logansport's Scott Colford with a time of 15:47 in 2002.) Scott Colford finished behind Blume in a time of 16:42 and Dana Neer of Russiaville took third in a time of 17:10. Ryan Perry and Ian Holtson of Kokomo finished fourth and fifth respectively. Kim Horner of Logansport was the first woman to finish. Her time was 19:47.

The Race of Grace was originally started as a fund-raiser for the Lazarus Festival, a Christian music festival which was

held for the first time at the Cass County Fairgrounds in 1997. The goal of the Race for Grace continues to be to raise funds for the continuing financial needs of the Lazarus Festival. Over the years, the race has generated about \$16,000 for the Lazarus Festival.

I am very grateful to the Logansport community for its support of the Race for Grace over the years. I am grateful for the publicity given to our race by the Pharos Tribune and also for the help given to us by the Cass County Family "Y" which allows us to use their finish line equipment each year. I also send race brochures to the track coaches in the area high schools and this helps to get youth participants involved in this event.

I am also very grateful to Calvary Presbyterian Church for the support it gives to this event. This year, for example, 40 of the runners/walkers who participated were from Calvary. Of that number, seven finished first in their respective age and gender divisions and six finished second in their divisions. Also, we had 23 of our church members and staff members who served as race day volunteers. Calvary is also a major sponsor of the race, together with 17 other area businesses, churches, and individuals.

As race director of the Race for Grace, I receive many benefits from this event. Obviously, one benefit is the satisfaction of raising funds for the Lazarus Festival. But in addition to this,

another benefit for me is to have people come up to me at different times during the year and share with me the fact that the Race for Grace was a motivating factor in getting them involved in a systematic program of physical fitness. Yes, it means a lot to me to know that the Race for Grace has been and continues to be a motivating factor for some people to take better care of themselves and to treat their bodies as "the temple of the Holy Spirit," as Scripture declares.

The Race for Grace in 2007 will be held on Saturday, June 30th. This will be our 10th anniversary for the Race for Grace. At this point, I am not sure what special things we will be doing to commemorate our 10th anniversary, but I am sure that the Race for Grace will be an event worth participating in once again.



Club Chaplain Dana Neer runs like a young man in route to an overall 3rd place finish and top club finisher.

2006 Points Standings

Races scored include the Groundhog 7, JN Amboy, Old Ben, The Ultimate Challenge, Race for the Cure, Peru Trail Run, JN Jackson Morrow, Trojan Trot, JN Greentown, Relay for Life, Race for Grace and any one marathon, one half-marathon, or one volunteer.

| | | | |
|-------------------------------|---|--------------------------|---------------------------|
| Runners | Cheryl Marner 3-50MH Nancy Ward 2-40H Sandy Knowland 2-30 Ellen Nichols 1-20H Lorie Zandi 1-20H | Greg Sullivan 1-20 | John Wiles 2-30H |
| Women | | | |
| 0-12 | | 30-34 | 60-64 |
| Brianna Jones 2-40 | | William Irvin 9-170H | David Hughes 7-107M |
| Kayla Reinagle 1-20 | | David Reinagle 6-85H | Jim Burrous 5-82H |
| Zoe Irvin 1-10 | | Keith Hill 5-72H | Doug Mankell 5-77H |
| Lauren Weber 1-10 | | T.A. Weber 5-66H | Sam Williamson Sr. 4-75 |
| Natalie Weber 1-10 | | Jeff Kuczera 2-30 | Bill Barnett 4-60H |
| | 50-54 | | Dale Sullivan 1-20 |
| | Lorene Sandifur 11-200H | | |
| | Robin Tetrault 10-147M | | |
| | Joyce Pennycoff 5-80H | 35-39 | 65-69 |
| | Robin Cole 5-61V | Ron Moore 6-110H | Stan Shuey 8-150 |
| 13-19 | Christine Williamson 4-55H | Travis Sheets 3-45H | John Norris 4-75HV |
| Amber Longwith 8-116 | Marsha Daugherty 4-48 | Vern Graves 2-40H | Charles Johnson 2-30H |
| Megan Tetrault 5-69H | Sherry Stoneking 1-20H | Mitch Reeves 2-35H | |
| Sarah Bauson 3-55H | | Shawn Mayfield 2-32H | |
| Vanessa Lorenz 4-54 | 55-59 | Anthony Campbell 1-20H | 70+ |
| Laura Bauson 3-47H | Rhenda Acton 4-80HV | Mark Jones 1-12 | Robert Cupp 6-97 |
| Katie Hollingsworth 2-35 | Karmen Glaspy 3-45H | | Bill Heck 2-40 |
| Waverly Neer 1-20 | Shirley Wilson 2-30H | 40-44 | Milt Brown 3-37 |
| Sarah Lee 2-20 | Kathy Barnett 2-20 | Brian Reinhardt 8-135MH | Riley Case 1-15 |
| | Susan Coghill 1-20 | Michael Graham 10-118H | |
| | Toni Rethlake 1-10 | Dan Lutes 5-90MH | Walkers |
| 20-24 | Barb Wand 1-10 | Dana Neer 5-90H | Women |
| Stephanie Miller 2-40H | Anne Wiles 1-10 | Kim Lee 5-65 | |
| Michelle Tetrault 3-40 | | Darin Hollingsworth 5-61 | |
| Grace Bauson 2-35 | 60-64 | Mike Williams 4-59H | 49- |
| Ashley Taflinger 1-20 | Doris Griffith 3-60HV | Mark Webster 4-46H | Mary Miller 10-180HV |
| Jennifer Mahn 1-12 | Trudy Pierce 3-45H | Mike Jones 1-20H | Amanda Pena 6-90V |
| | Susan Gerhart 2-40H | Jack Lotzgeselle 1-20H | Debbie Riffe 7-82V |
| 25-29 | Sarah Kleinknight 1-20H | | Raye Jean Swinehart 5-67H |
| Shannon Reinagle 6-95H | Kathleen Leach 1-20H | 45-49 | Emily Allen 5-64 |
| Kelly Wright 5-90H | | Eric Mathew 9-134MH | Jane Inman 4-46 |
| Justine Eads 3-60 | Men | Byron Bundrent 7-130H | Geana Moore 2-17 |
| Allison Irvin 3-45V | | Ray Tetrault 8-108M | Doris Carden 1-9 |
| Karen Bush 2-40H | 0-12 | Al Hochgesang 7-107 | Teena Van Meter 1-8 |
| Kim Coy 1-20H | James Longwith 7-120 | Mark Rodgers 8-95H | |
| | Josh Revils 4-70 | Ken Swinehart 3-40H | 50+ |
| 30-34 | Keith Bauson 1-15 | Bill Bauson 2-32H | Sylvia Burgin 7-125 |
| Lisa Jones 8-145H | Nicholas Webster 1-12 | Bruce Savage 1-20H | Pat Robertson 8-114H |
| Lisa Stucker 4-65H | Corey Moore 1-10 | Jerry Meiring 2-15 | Cynthia Sanders 9-110V |
| Amy Piazza-Graves 2-40H | | | Diane Gifford 3-45 |
| | 13-19 | 50-54 | Judy Smith 3-32 |
| 35-39 | Matthew Robertson 6-110 | Mike Deardorff 12-150MH | Edwina Foust 1-12 |
| Gina Sheets 9-155MHV | Sam Williamson Jr. 5-80H | Mark Shorter 10-133H | Helen Brown 1-10 |
| Heather Weber 5-90H | Mason McGovern 3-60 | Earl Strong 8-123H | Julia Green 1-10 |
| Tami Moore 4-65H | Jordan Lee 3-36 | Don Gifford 7-112H | Barb Hobbs 1-10 |
| Nicole Peel 2-40MH | Caleb Cole 3-30 | Chuck Masters 5-100H | |
| Jennifer Mayfield 3-37 | Jesse Bauson 1-20H | Russ Hovermale 5-68H | Men |
| Teresa Long 2-35H | Andrew Swinehart 1-20H | Greg Townsend 4-44 | |
| Jerelyn Bradway 2-32H | Jordan Brown 1-15 | John Sites 2-40HV | 49- |
| Carol Savage 1-20H | Kaleb Hollingsworth 1-12 | Michael Campbell 3-35M | Keith McAndrews 9-155H |
| Carrie Gruel 1-12 | Brett Sanders 1-10 | Karl Stoneking 1-20H | Steve Inman 5-85H |
| Marti Sholty 1-10 | | Dave White 1-20H | Brian Allen 5-64 |
| | 20-24 | Dave Zandi 1-20H | Nicholas Allen 3-42 |
| 40-44 | Seth Daugherty 3-60 | Mike Rethlake 1-10 | |
| Patti Reinhardt 10-165MH | Eric Newman 2-30 | | 50+ |
| Michelle Hollingsworth 8-135H | Nathan Havermale 2-27 | 55-59 | Jerry Lambert 10-180HV |
| Tammy Cody 5-72M | Josh Daugherty 1-15 | Ricke Stucker 10-160H | Tim Taflinger 10-142H |
| Sharon Miller 5-56 | | Charlie Skoog 9-150M | Rick Spencer 7-111HV |
| Evangeline Bletsis 1-20 | 25-29 | Steve Wand 8-111H | Jackie Sanders 8-86V |
| | Mark Eads 3-60 | Tom Miklik 7-104MH | Robin Michael 5-62H |
| 45-49 | Matt Mince 2-40H | Steve Kilcline 3-41H | Toney Lorenz 4-50H |
| Roxane Burrous 8-140MH | Ryan Woolever 2-40H | Fred Chew 3-37H | Melvin Hobbs III 2-30H |
| Cassie Bauson 6-107MH | Jason Rush 1-20H | Phil Leiningers 3-30 | Walter Brown 1-10 |
| Carla Yerkes 4-80H | | | Rocky Smith 1-8 |

Race Results

Trojan Trot 5K Run/Walk
June 3, 2006
Sharpstown, IN

5K Run

1. Byron Bundrent 17:18
2. Mason McGovern 17:44
3. Will Irvin 18:09
5. Chuck Masters 18:26
6. Heather Weber 18:28
7. Jeff Kuczera 18:46
10. Jordan Brown 19:51
12. Jordan Lee 20:11
17. Ron Moore 20:54
18. Carla Yerkes 21:02
19. Eric Newman 21:17
21. Don Gifford 21:58
22. Earl Strong 22:21
24. Mark Shorter 22:28
25. Lorene Sandifur 23:04
26. Michelle Hollingsworth 23:13
27. Darin Hollingsworth 23:36
31. Rieke Stucker 23:46
32. Grace Bauson 23:46
35. Kim Lee 24:06
36. Mike Deardorff 24:07
37. Joshua Revils 24:20
38. Mark Rogers 24:21
39. James Longwith 24:23
40. Steve Wand 24:24
41. Mike Daugherty 24:29
45. Greg Sullivan 25:06
46. Stan Shuey 25:13
49. Tom Miklik 25:30
51. Amber Longwith 26:17
53. Joyce Pennycoff 26:54
54. Karen Bush 27:35
55. Caleb Cole 28:00
56. Michael Graham 28:10
57. Tammy Cody 28:32
59. Lisa Jones 29:30
60. T.A. Weber 30:02
63. Robert Cupp 31:13
64. Marsha Daugherty 31:25

65. Robin Cole 31:58
70. Milt Brown 40:07
70 Finishers

5K Walk

1. Jerry Lambert 30:59
2. Keith McAndrews 32:05
3. Tim Taflinger 33:20
4. Mary Miller 33:41
5. Rick Spencer 36:07
6. Diane Gifford 37:06
7. Brian Allen 37:54
8. Robin Michael 38:12
9. Toney Lorenz 38:17
10. Amanda Pena 38:17
11. Emily Allen 39:34
12. Nicholas Allen 40:38
15. Debbie Riffe 41:36
16. Sylvia Burgin 42:44
22. Rocky Smith 45:56
23. Pat Robertson 46:03
24. Judy Smith 48:02
27. Jackie Sanders 51:59
28. Cynthia Sanders 52:15
- 31 Finishers

NORRIS INSURANCE 5 MILE RUN
& 5K WALK
June 10, 2006
Greentown, Indiana

1. Scott Colford 28:07
3. Mason McGovern 30:55
4. Byron Bundrent 31:07
5. William Irvin 31:38
6. Matthew Robertson 31:55
7. Brian Reinhardt 33:33
9. Al Hochgesang 34:45
12. Don Gifford 37:58
13. Earl Strong 38:50
14. Mark Shorter 38:52
16. Ann Morris 39:24 1st Woman
18. Bill Barnett 39:54
19. Mike Deardorff 40:25

21. Lorene Sandifur 40:52
22. David Hughes 41:49
25. Gina Sheets 42:21
28. Mark Rodgers 43:22
30. Tom Miklik 43:51
32. Mark Eads 44:18
34. Michael Graham 45:21
35. Nancy Ward 46:14
36. Amber Longwith 46:25
39. Justine Eads 48:20
40. Lisa Jones 48:23
42. Robin Tetrault 49:25
43. Sandy Knowland 50:48
- 44 Finishers

WALKERS

1. Jerry Lambert 31:38
2. Keith McAndrews 32:56
3. Tim Taflinger 34:08
4. Mary Miller 35:29 1st Woman
5. Robin Michael 38:49
6. Brian Allen 38:59
7. Debbie Riffe 42:45
8. Sylvia Burgin 44:12
11. Diane Gifford 46:00
13. Pat Robertson 47:13
14. Judy Smith 49:24
16. Jackie Sanders 51:19
17. Cynthia Sanders 51:34
18. Emily Allen 56:00
19. Brianna Jones 1:00:12
20. Brooke Jones 1:00:20
- 20 Finishers

9th Annual Race for Grace
Logansport, IN
June 24, 2006

1. Matthew Blume 15:29
3. Dana Neer 17:10
7. Mason McGovern 17:37
9. Matthew Robertson 18:22
17. Kim Horner 19:47 1st Woman

18. Al Hochgesang 19:56
24. Eric Mathew 21:12
25. Jordan Lee 21:14
27. Earl Strong 22:29
28. Mark Shorter 22:34
36. Don Gifford 23:14
41. David Hughes 23:21
43. Mike Deardorff 23:26
45. Sarah Bauson 23:39
47. Lorene Sandifur 23:42
50. Laura Bauson 23:59
57. Patti Reinhardt 24:10
59. Rieke Stucker 24:15
61. Mike Daugherty 24:28
63. Stan Shuey 24:47
65. James Longwith 24:48
66. Vanessa Lorenz 24:49
67. Kim Lee 24:51
72. Steve Wand 25:25
74. Sam Williamson Sr. 25:40
76. Sarah Lee 25:44
78. Cassie Bauson 25:49
83. Michael Graham 26:20
85. Mark Eads 26:32
86. Amber Longwith 26:33
96. Robin Tetrault 27:31
102. Tammy Cody 28:32
105. Jerry Lambert 28:39
109. Lisa Jones 28:43
116. Justine Eads 29:15
119. Rhenda Acton 29:43
129. Robert Cupp 31:47
133. Robin Cole 32:48
134. Christine Williamson 32:59
135. Marsha Daugherty 32:59
137. Keith Bauson 33:15
138. Bill Bauson 33:16
155. Toney Lorenz 38:16
162. Sharon Miller 39:44
167. Brianna Jones 42:05
182. Jack Sanders 48:30
183. Cindy Sanders 48:30
- 208 Finishers

Other Race Results

Fargo Marathon
May 20, 2006
Fargo, ND

1. Chad Wallin 2:31:54
- 1w. Meg Grindall 3:04:44
651. Mike Deardorff 4:25:05
690. Tom Miklik 4:32:19
- 982 Finishers

Sulfer Springs 100
June 3-4, 2006
Ancaster, Ontario

1. Scott Eppelman 18:35:56
- 1w. Laurie McGrath 19:56:14
23. David Hughes 28:26:10
- 31 Finishers

Kettle Moraine 100
June 10-11, 2006
Whitewater, MI

1. Parker Rios 18:48:18
- 1w. Tracy Thomas 21:17:16
41. David Hughes 27:47:22
- 48 Finishers

Buzzard's Roost
June 24, 2006 6:30 P.M.
Arcadia, IN

1. Patrick Puckett 37:16
- 1w. Lacy Limp 46:17
20. Don Gifford 49:18
30. Mike Deardorff 51:49
32. Lorene Sandifur 52:11
- 81 Finishers



You might call it crazy to run two races in hot weather in the same day. Don and Diane Gifford, Mike Deardorff, and Lorene Sandifur just call it a day at the races. Don and Diane's granddaughter acted as a cheerleader.

2006 Race Calendar

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

New Members

Susan Coghill

Keith Kruger

Laurie Kruger

Brandon Kruger

Allison Kruger

Madison Kruger

Greg Landrum

Suzy Landrum

Joe Rangel

Greg Sullivan

Chantel Sullivan

Parker Sullivan

Welcome to Club Kokomo!

Birthday List

| | |
|------|-----------------------|
| 7/1 | Adrienne Fisher |
| 7/1 | Steve Inman |
| 7/2 | Levi Parks |
| 7/2 | Carrie Gruel |
| 7/4 | Phil Leininger |
| 7/5 | Bill Heck |
| 7/5 | Lisa Stucker |
| 7/6 | Sarah Kleinknight |
| 7/6 | Sara Miller |
| 7/6 | Trevor Stucker |
| 7/7 | Kathie Barnett |
| 7/8 | Jordan Lee |
| 7/10 | John F. McGinty |
| 7/12 | Waverly Neer |
| 7/14 | Bethany Fisher |
| 7/14 | Jerry Lambert |
| 7/14 | Debra Perkins |
| 7/16 | Helen Brown |
| 7/17 | Vincente J. Lorenz |
| 7/18 | Wesley White |
| 7/19 | Jackie J. Sanders |
| 7/19 | James V. Schneider |
| 7/21 | Kim Lee |
| 7/22 | Darrell Pennycoff |
| 7/23 | Nicholas Allen |
| 7/23 | Kaleb Hollinsworth |
| 7/24 | Nicole Peel |
| 7/24 | Ashley Berkheimer |
| 7/25 | Michelle Hollinsworth |
| 7/25 | Kelly Wright |
| 7/26 | Karmen Glaspy |
| 7/29 | Jerelyn Bradway |
| 7/29 | Don Middleton |
| 7/31 | Chuck Masters |

Other Upcoming Races

July 4, 2006
Sallie Mae Freedom 5m Run/5k Walk
8:00 A.M.
Holcomb Gardens on Butler Campus
(317)733-3300

July 15, 2006
Zoo Run Run 5k
8:30 A.M.
Columbian Park, Lafayette, IN
Linnea Iantria (765)807-1545

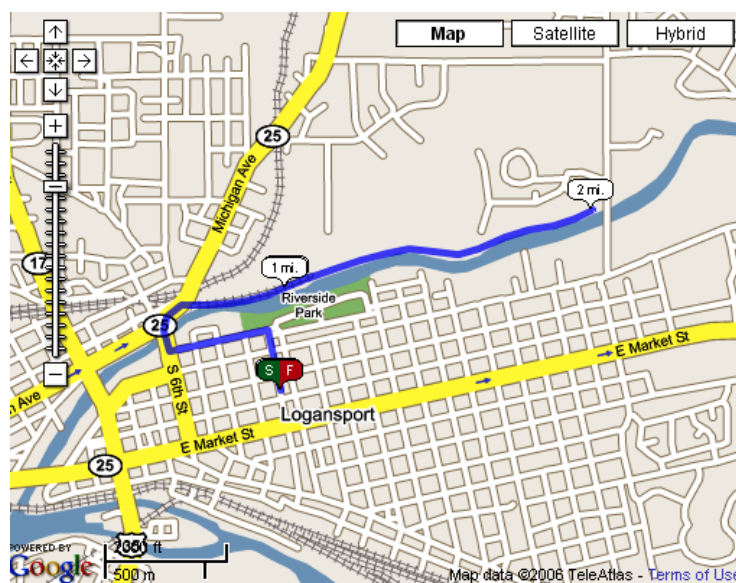
July 22, 2006
Pound the Pavement 5k Run/Walk
8:00 A.M.
Pendleton, IN
Jamie Sangar (317)289-2150

September 15, 2006
Irish Festival 5k Run/Walk
8:00 P.M.
Military Park, Indianapolis
(317)884-4001

October 1, 2006
Mosquito Run/Walk 5k
Time: 3:00 P.M.
Winona Lake Church of the Brethren
2475 E 100 N
Warsaw, IN
(888)268-1236
runcrane@hotmail.com

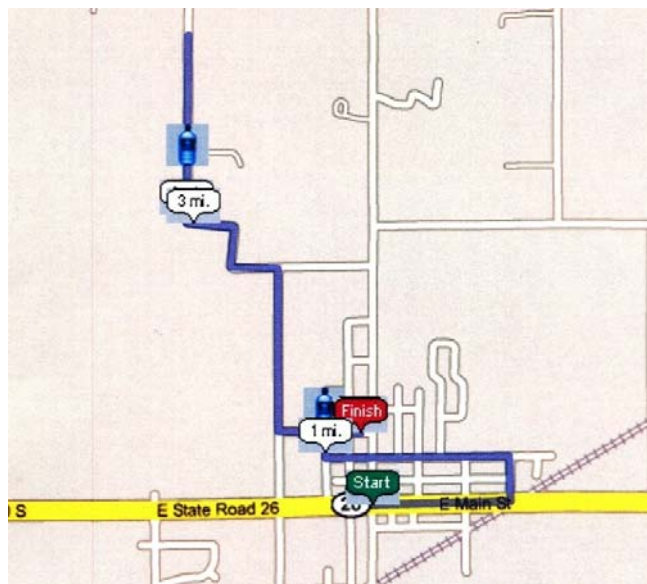
Maps to Upcoming Races

Ironhorse



There are so many ways to suggest going to the Ironhorse I think it'd be best to give you the address and suggest that you use an on-line travel assistant to find a route. The detailed map to the left provided shows you where you need to go once in Logansport. The address is 905 E. Broadway. The other map is the race course.

Panther Prowl

















From the north or south the easiest way to Western school is to take US 31 to Indiana 26 and head west. You'll run right in to Russiaville. (See map 1). The other map is the race course.

The next club order will be placed on **July 14**. If you want to order anything from the enclosed order form send a check and the order form to me at: Brian Reinhardt, 2522 South Wallick Road, Peru IN 46970. I must have 12 items to have screened or the printer will not screen them. This will be the last order placed this year so get your club gear now.



Name: _____ Phone: _____

| Cost | Royal | Black | Navy | Red | Size | | Item Name | Code | Graphic |
|---------|-------|-------|------|-----|------|----|---|-------|---|
| Unisex | | | | | | | | | |
| \$36 | | | | | S | M | Podium Jacket with CKRR logo embroidered in white (Men's sizing) Also comes in XXL - indicate if desired. | MJ480 |  |
| | | | | | L | XL | | | |
| \$23 | | | | | S | M | Podium Pant (Men's sizing) | MP480 |  |
| | | | | | L | XL | | | |
| \$20 | | | | | S | M | Podium Long Sleeve Shirt with CKRR logo screen in white (Men's sizing) | ML415 |  |
| | | | | | L | XL | | | |
| Women's | | | | | | | | | |
| \$16 | | | | | S | M | Sprint Singlet with CKRR logo screen in white | WS285 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | Tempo Short (White down legs - 3.5" inseam) | WR442 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | MVP Short (5" inseam) | WR281 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | Podium Split Short (2.5" inseam) Note: Black and Navy have no white trim | WR590 |  |
| | | | | | L | XL | | | |
| \$18 | | | | | S | M | Podium Short Sleeve Shirt with CKRR logo screen in white | WS511 |  |
| | | | | | L | XL | | | |
| Men's | | | | | | | | | |
| \$16 | | | | | S | M | Sprint Singlet with CKRR logo screen in white | MS285 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | Trainer Crew Sleeveless with CKRR logo screen in white | MS475 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | Tempo Short (White down legs - 3.5" inseam) | MR442 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | MVP Short (5" inseam) | MR281 |  |
| | | | | | L | XL | | | |
| \$16 | | | | | S | M | Podium Split Short (2.5" inseam) Note: Black and Navy have no white trim | MR590 |  |
| | | | | | L | XL | | | |
| \$18 | | | | | S | M | Podium Short Sleeve Shirt with CKRR logo screen in white | MS411 |  |
| | | | | | L | XL | | | |

Grand total

Cost includes shipping, tax (if any), and logo when applicable. To see the gear a bit closer and to see the retail pricing minus the logo go to <http://brooksrrunning.com/gear.phtml>. You'll be able to see that we're getting a very good deal. When I use the term "men's sizing" above it means that a men's medium would approximately equal a women's large, etc.. The unisex items are sized in a men's size.