

August 2006

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Club Kokomo Roadrunners

The Travel
AUTHORITY
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The Roadrunner

Because They Care

By Brian Reinhardt



Karen Bush and Jim Burrous sprint for the finish. Jim was able hold off Karen at the tape.

I sometimes get writer's block because I'm certainly not a gifted or talented writer so I really struggled with what to write about for this article. I tried to put it off on others and got no response so I knew that somehow I had to come up with something. I began to think that perhaps I should have sent out some questionnaires to some club members to solicit some feedback about what they thought of the race but that would push me past my deadline to get the newsletter out so I

opted out of that solution. I then thought that I could just include a short article with winners, weather, etc. but that idea just didn't seem to do justice to our premier event.

Then it hit me. This IS our premier event because so many of our club members care about this race and it's success.

Dave White directed this race for years and did a fantastic job every year because he cared about the race and the community. When he decided that he no longer had time to be the

race director, Bill Barnett grabbed the reigns immediately, not with plans to make the race better, but with plans to keep the race at a high level. Why? Because he also cares about the race and the community.

They certainly aren't alone as tons of club members line up every year to volunteer to do whatever they can to make this race successful. To name a few, every year we see Johnnie 'O, Lorene Sandifur, Tom Miklik, Steve Wand, Mark Shorter, Dana Neer, and Mike Deardorff. There are too many others to list and I certainly didn't mean to offend if I didn't include you in that short list. Many of us care as well and have taken our turn at volunteering to put on this great event. (continued on page 7)



It was wonderful to see Annie 'O racing again!



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:
John Norris 5k
Date: August 5
Time: 8:00 A.M.
Location: Converse
(See map inside)

From the President

By Ray Tetrault



Looking back over the season of Coyote Kids it went fast and took a lot of effort by a crew of outstanding volunteers. This year exposed our program to a record volume of runners. We found out the areas we are going to need to improve upon and some areas we can pat ourselves on the back.

Our strengths were volunteers, volunteers, and volunteers. The finish line went exceptionally well this year given the new format that we used. The finish line for the first 15 minutes of Coyote Kids had 150 plus toddlers finishing the 25 and 50 yard dash, 150-180 quarter mile finishers, with the two milers coming in right behind all of them. This means in 15 minutes there were approximately 300 finishers. Mike Deardorf informed me the only slacker we had was Lorene Sandifur. She has a hard time with numbers and working fast. This comes from years of experience in the school system.

The course management team each week had new people to show

what to do, but the consistency of some like Jerry Lambert who came each week was essential to having no course problems this year. The crew of volunteers led by Mike Tetrault that came out each week at 4:30 to set up the course and take it back down later took a load off my shoulders.

The Parking Team looked like old pros out there as they turned a grass field into organized rows of automobiles. This was essential for us to be able to start the program on time each week. Greg Townsend and Stan Shuey had to begin parking people a little after 5:00 each day.

The registration tables were efficient, but we will need to have more help the first two weeks for next year. The sheer volume of people showing up the first two weeks was somewhat overwhelming. For those of you who waded into those waters at the registration line, thanks for your smiles and enthusiasm amidst the tide of people trying to sign up.

Each week we had some who ran with the kids to lead the way for the runners and others who ran along offering encouragement, plus our ever ready supply of "caboose" runners to let us know when the last runner had arrived at the finish line. Kelly Wright, Stan Shuey, Scott Colford, Will Irvin, Jeff Kuzcera, Mason McGovern and Brandon Sheline, and several others I can't recall at the moment.

The website for Coyote Kids was a hit - well received by sponsors and kids. This tool allowed us to have results online rather than printing results for distribution. It became really necessary when we had to postpone our awards night because of a drowned out parking lot. If you haven't taken

the time to look at it, you should lay down your newsletter and take a look. The website is www.coyotekids.org. Thank you Gary Jewell for getting this started for us and Mike Tetrault for taking care of it this season.

Some of our challenges to overcome for next year are to add more sponsorship. Our program had to scramble at the end of the year to bring in some extra dollars. This is something we need to start looking at now, rather than next spring. The list of sponsors for Coyote Kids is a group of



some of the finest people I know. I encourage each CKRR member to support those who have helped out with our programs and support our mission at CKRR.

This year we struggled with having a sound system that would be able to be heard for such a large crowd of people. The sound system I purchased back in 1977 finally breathed her last sigh and quit a few days before the Haynes Apperson. We didn't want to purchase a system, but it was obvious we needed to have something. Over the previous weeks we did experience some who advised us we couldn't be heard. The new system we have now is easily heard and should be a club asset for years to come.

I want to take a moment and rec-



From the President (continued)



ognize what Dana Neer did with the black team 1 mile runners. He would have them on top of the hill waiting for their race for 45 minutes. He kept them together and they LOOKED like a team. He taught them stretching and other ways to "be ready" when they arrived at the starting line. Joyce Pennycoff and Roxanne Burrous admirably kept that team's enthusiasm for the few weeks when Dana was away. I would love to see captains or co-captains for each race next year! You never know who you may be impacting with positive encouragement.

Each week after the program ended Robin and I sat down and typed in all the names of the finish-



ers, their numbers, and their times so we could include them on the website for those parents and kids who wanted to know their times. From the first year we had been promising to give kids their finishing times and places. This process of typing all those names in took us 4-6 hours weekly. This said we will need some-

one to figure out how to use the software program we have so it is ready to use next year. This will be a TIME intensive endeavor. The goal will be to make finishing results a whole lot quicker for us.

Another major issue we ran into was our awards night had to be postponed. We had no way of being able to alert the 1200 plus people who were expected to be there. The alert went out over two radio stations and we tried emailing and calling as many as possible, but we didn't get in touch with everyone fast enough. For next year it is going to be imperative for Coyote Kids to have a site that can be indoor or outdoor at a moment's notice. I have contacted several churches, but so far no one has stepped forward.

Coyote Kids had some special friends this year who made this year special. Ann Bradshaw made Coyote Kids balloons and brought them out each week. This added so much for the kids and made the park brighten up with a festival atmosphere. If you are having a party or a celebration you should contact her for her creative ideas.

Paul Wyman has spent most of the summer asking if we need any help. He has remained in the background doing whatever he could to help us out. He is directly responsible for having the course rolled making it much improved over past years. He didn't want any recognition, pointing to the Parks

Department for actually doing the work. This year I wanted to hand out the trophies to each of our Coyote Kids, and when I asked Paul if he would be willing to take over microphone duty, he only asked for the time and place.



Paul is of one spirit with CKRR, not just in word, but also in action. I am looking forward to working with him in the future as we continue to make Howard County and Kokomo a desired destination for families and kids.

One of the reasons I don't like writing thanks for help with events like this is that I KNOW I have left some people out. This goes with the territory of getting ready to join the 50-54 age bracket. (Right Jerry)? For all of you who have supported me with kind words, enthusiasm, help, and support, THANK YOU- THANK YOU- THANK YOU!

Ray Tetrault
"Captain Coyote"



On the Roads

By Johnny 'D

**Hughes Pressing On Towards Dream Goal**

Sometimes during an ultra marathon, CK's David Hughes will hallucinate and a tree stump

becomes a bear and a stick a snake. David does not stop for such delusions. He keeps moving forward toward his ultimate dream of completing one hundred 100-mile races.

A Kokomo resident, David has worked in Base Civil Engineering at Grissom Air Reserve Base since 1980. His team is responsible for buildings, grounds, pavements, and utilities, and is involved in new construction and disposal of property no longer needed by the base.

Having a flexible job, limiting non-running living expenses, living in the heartland, being single with no dependents, and keeping race logistics simple are what makes much of David's ultra running possible and enjoyable.

Now 60, David started running when he approached the age of 40 in 1985. "I began to wonder when the miracle of getting back into shape would happen."

David started by running a mile around the neighborhood several times a week. His heart rate was in the upper 70s. Later that fall, Grissom's gym got Nautilus equipment and David started using it twice a week. "I'd run a mile as hard as I could, then do the weight machines. By going right into a heavy weight training session after running, my heart rate stayed in the aerobic range for the entire work out. This eventually brought my resting heart rate down."

David joined Club Kokomo after Grissom's realignment to the Reserve in 1994. Prior to then, he was a member of the Grissom running

club, whose president was CK news letter editor Brian Reinhardt. David became aware of the benefits of being in a club, because of Brian's leadership.

"This carried over to Club Kokomo, namely being surrounded by like minded people for support and encouragement, and the advantage of being kept informed about races and results. Mark Shorter, Stan Shuey, John Norris, and a host of others helped me immensely in these early years and to the present."

At the time, David did not know what the phrase "running as a bandit" meant, but that is what he did in his first race. In 1988 while on Reserve duty at the Air Force Academy, David saw a notice for a 10K in nearby Colorado Springs. After debating whether he should attempt the race ("After all, aren't races only for the top athletes one sees on TV?"), David drove to the start area. He was told there were only a few T-shirts left, so he didn't register because he thought that the T-shirt was the only reason for registering.

"I finished around 55 minutes and just ahead of a race walker. I had to beat this walker even if I died right there. And not just a walker, but a WOMAN. My ego has had to make a lot of adjustments since I got into this sport."

After two Pacesetter 4-mile races and a 5K, a friend in the Reserve convinced David to sign up for the 1992 Indy Mini. After finishing on the 500 track in 90-degree heat and high humidity, David sat "hunched over staring at the grass and vowing, 'Never again.'"

"Well that worked until the next weekend. It was raining at the Ray

Sears 5K, and we were all huddled inside the building by the door. There's no way we're going to run in the rain, I thought, but we did. I ran as hard as I could, but not hard enough – Roxanne Burrous left me in the puddles."

After a Pacesetter race, the Indiana Runner began appearing in David's mail box. One of the editions had a small section on ultras, including the Vermont 100-mile run. Since David was raised in Vermont, he "knew" he would have to run it. After finding out the Vermont race was filled for 1992, David decided to give it a try the next year. "After all, I had finished a half marathon. Just how hard could a 100 be?"

To qualify for Vermont, David had to complete a 50-miler, which he did at the Wolfpack in Columbus, OH, in March of '93 in 10 hours, 33 minutes, and seven seconds. "I remember running very slowly toward the end of the race on the last five-mile lap and seeing

some others walking as fast as I was running." Although David had qualified for the Vermont race in July, a friend got him to try the Mohican 100 in June. At the 62-mile mark, David had to stop because he missed the cut-off time. "I was relieved not to have to go any further in the dark and enduring pain I didn't know existed or was even authorized."

At Vermont, David was determined not to miss the cut-off time. He ran hard as he could to put time into the bank. "Good thing too, because a shin muscle went out at 80 miles from which point I had to walk it in for a time of 26:21, my first 100-mile finish."

Vermont remains David's favorite



David running one of his many ultra's this year.

On the Roads (continued)

ultra. He likes the low altitude because his body does not do well at high altitudes. The 1999 Vermont race was one of his most memorable because only half of the field finished due to near 100-degree temperatures and high humidity.

As of July 13, David has completed 114 ultras in 199 attempts. The number includes 45 hundreds out of 123.

David depends on local races and ultras to keep in shape. "Depending on how my legs feel and how motivated I am, I might do a two to three-hour workout at Highland Park picking up trash along the way, which keeps Charlie Skoog happy. This is far short of the top runners who might do 80-120 miles a week."

How David races a 100 depends on how he feels at the moment with his eye on the need to sustain the level of effort all day. Even after all his attempts, David is still learning about 100s. "I've done races as hard as I could from the start and finished in 23 to 25 hours, and yet I have done the same and DNF. I've paced myself slowly and finished in 29 to 35 hours and yet also DNF using the same strategy. This uncertainty of the outcome keeps ultra running interesting to me."

David said thoughts during an ultra are quite varied. "Usually I start out praying since it's dark and we're in a warm up mode. Then as we get going there's a lot of time to chat with other runners. In fact a lot of ultra running is about shooting the breeze with total strangers who have the commonality of love for the sport. So we share stories and information about racing experiences. Sometimes, we'll discuss our personal faith in God, the creation, science, and politics.

"Later on in the night when everyone's in caloric deficit and various levels of pain, the conversation dies off to survival mode. During this phase, one's mind varies between sleep cycles and zombiism. Sleep cycles bring on hallucinations, basi-

cally dream flashes or objects appearing to be what they are not. For example, every tree stump looks like a bear and every stick like a snake. The rocks and roots bring puzzlement as to how they relate to the race, and so on. The zombie state is the absence of thought on the trail, just moving forward, perhaps losing track of why one is moving forward at all."

Here is one of David's favorite verses he thinks about when his mind is still functioning: "... forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call in Christ Jesus (Philippians 3:13b-14, NAS).

"To me, fellowshiping with God through Jesus is what life is about. Besides the religious significance, the verse reminds me to concentrate on the footing ahead, not on the trail I've just covered or the stream just crossed, and certainly not on the sins and failures of days gone by."

Normally, David signs up for 15 ultras each year. The ultras are mostly 100s with one 24-hour run, a 50 miler, 50K, and one eight-hour run. As of July 13, David has completed six out of eight 100s this year. He also ran 42 miles at a 24-hour run in Iowa as training for a 100.

Still to come for David this year are seven 100s, including the one in Vermont, the Kennebec Roadrunners' Howl at the Moon 8-hour Run in August, and the Huntington's HUFF 50K in December.

David's immediate goal is to complete ten 100s in a year. He has had this dream since reading about Gary Wright, who was the first person to do it in 1992. "It's not a goal though, because I don't want ultra running to become a second job but rather a sus-

tainable life style I can find enjoyment in throughout my life. Though this dream has eluded me thus far, I'm hoping that some year when the planets align I can join the ranks of the known eight ultra runners who have achieved this."

David's bigger dream is to finish enough 100s each year to reach 100

before his body wears out or his desire wanes. So far, only Hans-Dieter of Germany is poised to achieve this feat in 2007. Monica Scholz and Rolly Portelance of Canada may also accomplish it in subsequent years. For someone thinking about doing an ultra, David noted that there are sev-

eral ultras within easy driving range in the Midwest and he offered this advice:

"To many, ultras might seem daunting. They are indeed mind numbing when one can hardly walk down stairs without holding the handrail or even step off a curb after a tough training run or marathon. How then could an ultra marathon be attempted or even contemplated? Well, one wouldn't think anything of spending a day walking around the Indiana State Fair, or shopping all day at the mall. Instead of the entire fair, we think of just one more exhibit hall, and instead of the entire mall, just the next shop. Similarly, in an ultra, we can think in terms of progressing to the next aid station in good enough condition to head out again to the next one and so on to the finish line. And, instead of thinking in terms of minutes per mile, we can think in the leisurely terms of miles per hour."

So, if find yourself running an ultra marathon, don't stop for the bears and snakes, but, as David's favorite verse commands "... press on toward the goal...."



David at last year's Symphony Run.

Ironhorse 4-Miler

By Ricke Stucker



Don and Diane Gifford, Lorene Sandifur, Mike Deardorff, and I (The 5 Amigos) loaded our gear in Don's newly purchased van and headed for the Cass County Family YMCA. It was 60 degrees with no noticeable wind at race time. It is always nice to be with good friends and today would provide all of us with opportunities to talk to many old friends. Of these old friends are three very nice guys, all with Logan backgrounds, who completed their 26th consecutive Iron Horse. Dale Sullivan, Charlie Hastings, and Mark Shorter all have perfect attendance. Congratulations.

The course ran through Riverside Park, down High Street to Davis and then turned onto the scenic River Bluff trail. Most people commented that they like the new course much better than the old one. Unfortunately the mile marks were off and will have to be remeasured and marked for next year's race. No problem. Everyone seemed to enjoy the race with the possible exception of Earl Strong, who had a mild episode of stomach discomfort.

Club Kokomo had many age division winners. Kelly Wright won the women's division in the 4 mile race, Jerry Lambert won the men's 4 mile walk, and Mary Miller won the women's 4 mile walk. Logan's Scott Colford was the overall men's 4 mile race winner.

It was nice to see Marlin Howe again. He and his brother used to come down from Michigan for Floyd Stinchcomb's Taylor High School races in the early days of our club's formation. Kokomo High School was well represented, grabbing 4 of the top 8 places.

The Cass County Family YMCA is

very hospitable, has nice awards and door prizes, and offers shower facilities. One constructive suggestion would be to close the River Bluff trail for 45-60 minutes, during the race. The walk could be shortened to a 5K to keep the trail closed for only 3-45 minutes. Several runners were slowed by local Logansport recreational walkers. At one point there were local walkers 3 abreast on the trail. It was a very nice day to race and to socialize. Everyone is looking forward to the 27th annual



Dale Sullivan completes his 26th consecutive Ironhorse race.

Iron Horse. We thank the race director and Cass County Family YMCA once again.



Mark Shorter and Earl Strong in an age group battle near the finish of the Ironhorse 4-miler.



Robin Michael travels all the way from Muncie to compete in club events.

Because They Care (continued)



Meagan, Michelle, and Robin Tetrault beautifully sing the National Anthem.

Events this special don't just happen. It takes a lot of hard work both in front of the scenes and be-

hind. There are those that work hard that most of us never even see or know about.

I know for certain that I saw a lot of smiles that day from a lot of runners and walkers that had no idea that this race means so much to so many. I won't even try to pretend to know the history of the race or why it means so much to so many, but I know it does. It's that obvious.

Okay, I know I've now proved that I don't have great journalistic skills, but I now care a lot more about this race than I ever did before after witnessing what it means to so many.

If you didn't happen to be there that day then you probably don't know that the top club runners for the 4-miler were Brian Phillips (3rd overall – 21:09) and Annina Gruber (30th overall – 26:45). The top masters runners were Byron Bundrent (8th overall – 22:58) and Michelle Hollingsworth (76th overall – 30:47).

The top walkers for the 3-mile walk were Jerry Lambert (1st overall and 1st masters – 28:14) and Mary Miller (6th overall and 1st masters – 32:58).

Great job to all of you as well as a great job to anybody who showed up to support our premier event.

Jerry Celebrates 7-0!

By Brian Reinhardt

If Jerry Lambert didn't think his walking and running friends cared about him before July 12th, he certainly realized that they did after!

His walking "buddies" threw a surprise birthday for him in Highland Park on a Wednesday evening just before he turned 70 on July 14th. And he really was surprised as they used a ruse that he was to provide a new walker with some walking tips to get him there without suspicion.

It worked marvelously as the shock on his face was apparent to each of us.

He did show some con-

cern that there just happened to be three pastors there—Brad Swaim (club member and the pastor of Jerry's church), Don Gifford, and Ray Tetrault. I think he began to wonder if this was the end and the Lord was calling him home! Not at all, Jerry! We expect to see you walking and winning many more races in the near future!

Congratulations on reaching such a significant milestone in such fabulous shape.



Diane Gifford, Mary Miller, Pat Robertson, and Sylvia Burgin celebrate with Jerry.

Panther Prowl

By Dana Neer



Heather Weber wins the women's race in dominating fashion.

The 4 mile race started in the heart of Russiaville and curved its way to an out and back course in the country (the noticeable smell of cattle

barns being cleaned out were of no additional charge at registration time this year, but an increase in price was discussed for 2007). Everyone finished the race even though the temperatures at race finish reached 85 degrees. Scott Colford and Heather Weber were overall men's and women's winners, while Jerry Lambert and Miller were 5k race walker's winners. I would like to thank each person who participated - 113 total - for their support, not only for Club Kokomo Road Runners, but also for Western Cross Country.

Also, I want to mention the Run For Shelter race at Oakbrook Park. This race was started last year as a trial race and has evolved into a benefit race for the CAM shelter. We are expecting many walkers this year, and hopefully many runners from

the club and adults from various high schools that will be competing in the student races.



Heather makes TA run, so he says. He sure looks like he's having fun!

Lonely No More

By Sylvia Burgin



I got started walking one summer when my son Walter was home from college. When he

would go to run, I would go to walk. After several months I broke out with shingles. The doctor said that stress in a person's life, such as going on a diet, can cause it. I was retired. So the only stressful thing in my life was that I was walking much more than I ever had before. I haven't had shingles since that time. After that I was in the Haynes-Apperson race with my son.

On New Year's Eve day of 2004 I was feeling rather low. It had been over a year since my husband's death, but my son had graduated from college by this time. He and my daughter and son-in-law had left after being with me for Christmas. I was completely alone. I happened to read in the paper that the Club Kokomo Roadrunners were having a race that day at Foster Park. I went and I really enjoyed it. Everyone was friendly and helpful. So I started walking in other races and joined the club.

Recently I have been on several long trips with people over 50. In April I was on the same trip to Ireland as Stan Shuey and his wife. The other people in our group were amazed that Stan ran in the mornings. Many of them didn't even attempt to kiss the Blarney Stone. True, some were elderly and maybe they had bad backs. But I think that more of them could have done it if they had made an effort to stay in shape over the years. Why go all the way to Ireland and then miss out on kissing the Blarney Stone, because you don't think you can climb to the top of the tower?

I've enjoyed being in the Roadrunners. Now instead of just watching my son run in the Haynes-Apperson race, we can be in it together. He always yells "Hi Mom!" when he passes me on his way back to the finish line. I certainly never thought that I would see my name in the sportsection of the paper.

Muncie Endurathon

By William Irvin



The weeks leading into the 27th annual Muncie Endurathon had promise of nice July temps in the mid 80's. However, a few days prior to July 15th the weather man provided news that I am sure most of the 500 competitors prayed were not true: lows in the high 70's and a high in the mid 90's with 100% humidity. As I woke up that morning and ventured out it to the hot humid morning air I knew that my goals of breaking 5 hours in a half Ironman triathlon were not going to be within my reach.

My race started in the third wave at 7:15 A.M. with the water temperature hovering around 82 degrees for the 1.2 mile swim. Wetsuits are not allowed at temperatures above 78.0 degrees, per U. S. Triathlon rules. The news of the high water temperatures was not what I wanted to hear, due to the swim being my most challenging of the three disciplines. Exiting the water around 44 minutes later I charged into the first transition. Out of breath and disoriented, I scrambled into the transition area, along with the other triathletes who had exited the water with me, and looked

through the 500 bikes for the one that I was supposed to get on and ride. I finally get on the 56 mile bike ride after putting on the shoes and the helmet as well as taking in some needed nutrition and fluids.

The 56 mile bike ride was an out and back ride on State Road 35 & State Road 36 with a few rolling hills. During the bike ride I took in as much Gatorade, water, Power Gel, and salt tablets as I could, however I could not replenish my fluids fast enough. The breeze generated while riding the bike was almost deceiving and even though I looked like someone had dumped a bucket of water over my head, for the entire bike ride, it did not seem as hot and humid as it really was. I was getting ready to get a taste of how hot it actually was during the 13.1 mile run. The bike ride was over in roughly 2 hours and 40 minutes with an average speed of 20.9 mph. Jumping off of my trusty steed into the second transition area and putting on the running shoes I



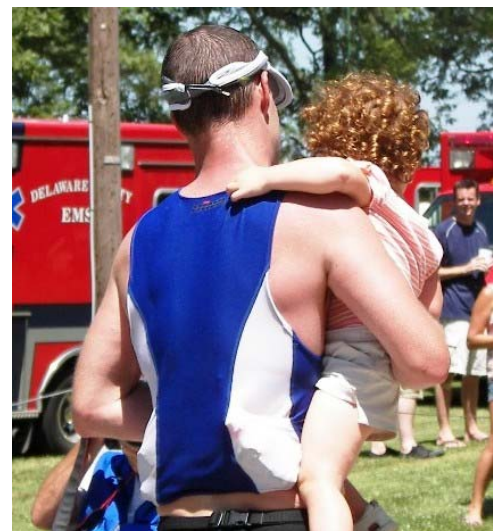
was off onto the country roads that would provide no shade.

The first couple of miles of the out and back 13.1 mile run began quite well. My first mile went by rather slow due to a port-o-let stop. My second mile went by a little bit faster than expected (6:40 pace), however I thought that I felt pretty good. Going into the third mile is when the wheels started falling off of the wagon. I started to have sharp pains shoot through my left knee and then I could really feel the heat start taking its toll on me. At mile four, the top ten triathletes began running back from the turn around point and I knew that I was not the only one who was running in a sauna. Five out of the top ten triathletes were walking as we passed. This is the point that I knew that I had a long way to go. I eventually made a conscious decision to slow my pace and enter 'survival mode'. I walked through

each water stop, which were located at every mile and took in as much liquid as I could but not too much so that when I began to run again my stomach would not slosh with every stride.

As I passed runners one after another from those who began to walk or those who performed the 'I will not walk, but I cannot run' shuffle, I slowly made progress to the finish line. I approached the finish line with no other competitor within a half mile in front or behind me. I could hear the cheering crowd and could see the finish line atop of the 0.1 mile hill that ended the run and the Endurathon and thank my God above for getting me through the race safely. As I came within a few hundred feet of the finish line Allison, Zoe, Griffin, Patti and Quinn Reinhardt were on the side of the road cheering. Zoe could not wait to greet me at the other side of the finish line, so she ran out onto the road to give her Daddy a hug. While I did not know if I could stop and then start again, I picked Zoe up and ran to the finish line with her. What a feeling to have loved ones at the finish of such an event cheering you on.

It was a long and trying day and for most of the run I questioned my commitment to the sport, but when the race was over and I crossed the finish line, I began thinking of how and where I could improve for next year.



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, Haynes Apperson, Ironhorse, Panther Prowl, and any one marathon, one half-marathon, or one volunteer.

Runners

Women

0-12
 Brianna Jones 2-40
 Kayla Reinagle 1-20
 Zoe Irvin 1-10
 Lauren Weber 1-10
 Natalie Weber 1-10

13-19
 Amber Longwith 11-145
 Megan Tetrault 7-97HV
 Vanessa Lorenz 7-90
 Sarah Bauson 4-75H
 Laura Bauson 4-62H
 Katie Hollingsworth 3-55V
 Sarah Lee 5-48
 Annina Gruber 2-40
 Nicole Parry 2-30
 Waverly Neer 1-20
 Kylie White 1-20V
 Mindy Tetrault 1-10

20-24
 Michelle Tetrault 4-60V
 Stephanie Miller 2-40H
 Grace Bauson 2-35
 Ashley Taflinger 1-20
 Jennifer Mahn 1-12

25-29
 Shannon Reinagle 8-130H
 Kelly Wright 7-130H
 Justine Eads 5-84
 Karen Bush 3-50H
 Allison Irvin 3-45V
 Kim Coy 2-32H

30-34
 Lisa Jones 8-145H
 Lisa Stucker 5-85H
 Amy Piazza-Graves 3-60H
 Robyn Pasington 1-20V

35-39
 Gina Sheets 10-170MHV
 Heather Weber 6-110H
 Tami Moore 4-65H
 Nicole Peel 3-60MH
 Teresa Long 3-50H
 Jennifer Mayfield 3-37
 Jerelyn Bradway 2-32H
 Carrie Gruel 1-12
 Marti Sholty 1-10

40-44
 Patti Reinhardt 12-195MH
 Michelle Hollingsworth 11-195H
 Tammy Cody 8-111M
 Sharon Miller 9-108H
 Evangeline Bletsis 1-20

45-49
 Roxane Burrous 9-165MH
 Cassie Bauson 7-127MH
 Carla Yerkes 4-80H
 Cheryl Manner 4-70MH
 Nancy Ward 3-55H
 Sandy Knowland 3-40
 Ellen Nichols 1-20H
 Lorie Zandi 1-20H
 Nancy Anderson 1-12

50-54
 Lorene Sandifur 14-260HV
 Robin Tetrault 11-167MV
 Joyce Pennycoff 7-115HV
 Robin Cole 7-96V
 Christine Williamson 5-75H
 Marsha Daugherty 5-68V
 Sherry Stoneking 1-20H

55-59
 Rhenda Acton 5-100HV
 Karmen Glaspy 3-45H
 Kathy Barnett 3-40V
 Barb Wand 2-30V
 Anne Wiles 2-30
 Shirley Wilson 2-30H
 Susan Coghill 1-20
 Toni Rethlake 1-10

60-64
 Doris Griffith 3-60HV
 Trudy Pierce 3-45H
 Susan Gerhart 2-40H
 Sarah Kleinknight 2-40H
 Kathleen Leach 2-35H

Men

0-12
 James Longwith 10-164
 Josh Revils 6-100
 Ben Bradshaw 2-40
 Keith Bauson 1-15
 Nicholas Webster 1-12
 Corey Moore 1-10

13-19
 Matthew Robertson 7-122
 Mason McGovern 6-110
 Sam Williamson Jr. 7-98H
 Jordan Lee 5-50
 Bryan Phillips 2-40
 Tony Robinette 3-34
 Brandon Sheline 3-34
 Caleb Cole 3-30
 Kaleb Hollingsworth 3-28V
 Jordan Brown 2-24
 Jesse Bauson 1-20H
 Andrew Swinehart 1-20H
 Brett Sanders 1-10
 Levi Parks 1-5

20-24
 Seth Daugherty 3-60
 Eric Newman 2-30
 Nathan Havermale 2-27
 Ryan Hurlock 1-20
 Josh Daugherty 1-15

25-29
 Mark Eads 5-95
 Matt Mince 3-52H
 Ryan Woolever 2-40H
 Matt Yarosz 2-40
 Jason Rush 1-20H
 Greg Sullivan 1-20

30-34
 William Irvin 11-210H
 David Reinagle 8-112H
 T.A. Weber 7-96H
 Keith Hill 6-87H
 Jeff Kuczera 3-45

35-39
 Ron Moore 7-130H
 Vern Graves 4-72H
 Mitch Reeves 3-50H
 Travis Sheets 3-45H
 Shawn Mayfield 2-32H
 Anthony Campbell 1-20H
 Mark Jones 1-12

40-44

Brian Reinhardt 10-170MH
 Michael Graham 13-157HV
 Dan Lutes 7-130MH
 Dana Neer 6-110HV
 Darin Hollingsworth 8-106V
 Kim Lee 7-89
 Mark Webster 5-66HV

Mike Williams 4-59H
 Mike Jones 2-30H
 Rich Bradshaw 2-27
 Jack Lotzgeselle 1-20H

45-49

Eric Mathew 12-181MH
 Byron Bundrent 9-170H
 Al Hochgesang 10-149
 Ray Tetrault 10-140MV
 Mark Rodgers 11-125H
 Ken Swinehart 3-40H
 Bill Bauson 2-32H
 Jerry Meiring 3-24

50-54

Mark Shorter 13-183H
 Earl Strong 11-178H
 Mike Deardorff 14-172MH
 Don Gifford 9-136H
 Chuck Masters 5-100H
 Greg Townsend 6-74V
 Russ Hovermale 5-68H
 John Sites 2-40HV
 Dave White 2-40H
 Michael Campbell 3-35M
 Karl Stoneking 1-20H
 Dave Zandi 1-20H
 Mike Rethlake 1-10

55-59

Ricke Stucker 13-220HV
 Charlie Skoog 10-170MV
 Tom Miklik 10-151MHV
 Steve Wand 10-146H
 Steve Kilcline 4-61H
 Fred Chew 4-52H
 John Wiles 3-50HV
 Phil Leininger 3-30

60-64

David Hughes 9-147M
 Jim Burrous 6-102H
 Sam Williamson Sr. 6-102
 Doug Mankell 6-92H
 Bill Barnett 5-80HV
 Dale Sullivan 3-47

65-69

Stan Shuey 11-210
 John Norris 4-75HV
 Charles Johnson 2-30H
 Jerry Leach 1-15

70+

Robert Cupp 9-157

Bill Heck 3-60V
 Milt Brown 3-37
 Riley Case 1-15

Walkers

Women

49-
 Mary Miller 13-240HV
 Debbie Riffe 10-121V
 Amanda Pena 8-120V
 Raye Jean Swinehart 5-67H
 Emily Allen 5-64
 Jane Inman 4-46
 Carol Savage 2-29H
 Cara Lee 2-20
 Nancy White 1-20V
 Geana Moore 2-17
 Teena Van Meter 2-16
 Doris Carden 1-9

50+

Sylvia Burgin 10-172
 Pat Robertson 10-134H
 Cynthia Sanders 10-122V
 Diane Gifford 5-85
 Judy Smith 6-68
 Helen Brown 2-30
 Jill Parry 1-15
 Edwina Foust 1-12
 Julia Green 1-10
 Barb Hobbs 1-10

Men

49-
 Keith McAndrews 11-195H
 Brian Allen 8-114
 Steve Inman 5-85H
 Nicholas Allen 5-66
 Bruce Savage 2-30H

50+

Jerry Lambert 13-240HV
 Tim Taflinger 13-187H
 Jackie Sanders 11-114V
 Rick Spencer 7-111HV
 Robin Michael 7-81H
 Toney Lorenz 6-74H
 Melvin Hobbs III 2-30H
 Rocky Smith 3-28
 John McGinty 2-19
 Walter Brown 1-10

Race Results

Haynes Apperson
July 1, 2006
Kokomo, IN

4-Mile Run

1. Kyle Walsh 20:45
3. Bryan Phillips 21:09
8. Byron Bundrent 22:58
9. Ryan Hurlock 23:17
11. Mason McGovern 23:37
12. William Irvin 23:55
13. Matthew Robertson 24:00
14. Tony Robinette 24:12
17. Matt Yarosz 24:29
22. Brandon Sheline 25:38
23. Sam Williamson Jr 25:45
25. Brian Reinhardt 26:13
26. Kaleb Hollingsworth 26:17
29. Al Hochgesang 26:31
30. Annina Gruber 26:45 1st female
35. Eric Mathew 27:35
38. Jordan Lee 27:44
41. Kelly Wright 27:58
50. Nicole Parry 28:39
51. Nicole Peel 28:44
52. Ron Moore 28:46
53. Earl Strong 28:51
55. Mitch Reeves 29:00
57. Mark Shorter 29:14
62. Donald Gifford 29:54
64. Ben Bradshaw 30:11
69. David Hughes 30:25
72. Keith Hill 30:35
76. Michelle Hollingsworth 30:47
83. Cheryl Marner 31:18
84. Roxane Burrous 31:20
86. Darin Hollingsworth 31:38
87. Patti Reinhardt 31:46
88. Rich Bradshaw 31:50
92. John McPherson 32:10
99. Stan Shuey 32:42
100. Steve Wand 32:44
101. Teresa Long 32:45
103. Vanessa Lorenz 32:52
106. David Reinagle 33:16
108. Josh Revils 33:21
113. James Longwith 33:43
114. Dale Sullivan 33:46
115. Mark Rodgers 33:53
117. Amber Longwith 33:55

119. Shannon Reinagle 34:01
122. Mark Eads 34:18
124. Sam Williamson Sr 34:31
125. Jerry Meiring 34:32
128. Michael Jones 34:45
130. T.A. Weber 34:52
134. Kim Coy 36:09
136. Vern Graves 36:10
142. Nancy Anderson 36:14
144. Jim Burrous 36:24
146. Karen Bush 36:26
150. Lisa Stucker 36:52
156. Levi Parks 37:08
160. Sarah Lee 37:27
163. Tammy Cody 37:37
168. Justine Eads 38:22
169. Sandy Knowland 38:35
170. Anne Wiles 38:49
178. Fred Chew 39:42
179. Matt Mince 39:44
186. Robert Cupp 40:49
189. Robin Cole 41:50
198. Sarah Kleinknight 44:44
201. Kathleen Leach 45:54
203. Jerry Leach 46:00
208. Sharon Miller 52:01
213 Finishers

3-Mile Walk

1. Jerry Lambert 28:14
3. Keith McAndrews 31:22
4. Tim Taflinger 32:16
6. Mary Miller 32:58
9. Diane Gifford 35:15
10. Brian Allen 35:42
14. Toney Lorenz 36:14
16. Amanda Pena 37:12
17. John McGinty 37:59
19. Robin Michael 38:10
24. Milt Brown 38:41
27. Jill Parry 39:58
34. Nicholas Allen 40:49
35. Emily Allen 40:54
36. Debbie Riffe 41:03
42. Sylvia Burgin 42:42
51. Bruce Savage 45:11
53. Pat Robertson 45:13
54. Judy Smith 45:17
64. Carol Savage 47:26
67. Teena Vanmeter 47:54
68. Jackie Sanders 49:37

70 Finishers
2006 Iron Horse 4 Miler
Saturday, July 08, 2006
Logansport, IN

4-Mile Run

1. Scott Colford 21:22
4. Mason McGovern 23:12
5. Brandon Sheline 23:17
6. Byron Bundrent 23:29
8. Anthony Robinette 23:45
9. William Irvin 23:46
11. Jeff Kuczera 24:20
16. Sam Williamson Jr. 25:15
19. Dan Lutes 25:45
23. Brian Reinhardt 25:58
24. Jordan Brown 26:30
27. Eric Mathew 26:35
28. Al Hochgesang 26:40
34. Kelly Wright 27:57 1st Female
37. Earl Strong 29:00
38. Mark Shorter 29:07
41. Don Gifford 29:32
54. Mike Deardorff 30:36
55. Michelle Hollingsworth 30:40
56. David Hughes 30:45
59. Sarah Bauson 31:13
61. Lorene Sandifur 31:15
63. Laura Bauson 31:23
66. Ricke Stucker 31:39
69. Kim Lee 32:15
71. Stan Shuey 32:18
72. Vanessa Lorenz 32:23
73. Sam Williamson Sr. 32:33
80. Tom Miklik 33:34
81. Mark Rodgers 33:35
82. Patti Reinhardt 33:48
84. Mark Eads 33:49
87. Sarah Lee 34:04
88. Dale Sullivan 34:14
92. Cassie Bauson 34:31
96. Michael Graham 34:54
101. Joyce Pennycoff 35:13
103. James Longwith 35:25
108. Amber Longwith 36:18
113. Tammy Cody 36:59
120. Justine Eads 37:58
123. Rhenda Acton 38:32

130. Robert Cupp 40:27
139. Kim Anderson NT
144. Sharon Miller NT

4-Mile Walk

1. Jerry Lambert 41:25
2. Keith McAndrews 41:40
3. Mary Miller 43:45 1st Female
4. Tim Taflinger 44:11
7. Brian Allen 45:36
8. Toney Lorenz 48:31
9. Diane Gifford 48:37
14. Robin Michael 51:35
15. John McGinty 52:19
16. Nicholas Allen 53:14
20. Emily Allen 53:42
24. Debbie Riffe 55:52
25. Sylvia Burgin 56:08
29. Rocky Smith 59:17
30. Judy Smith 1:00:00
34. Pat Robertson 1:00:43

Panther Prowl 4 Mile Run/
5K Walk
Saturday, July 15, 2006
Russiaville, IN

1. Scott Colford 21:54
3. Bryan Phillips 22:56
8. Mason McGovern 23:43
10. Matt Yarosz 24:01
11. Heather Weber 24:09 1st Female
12. Anthony Robinette 24:25
13. Brandon Sheline 24:39
18. Dan Lutes 26:21
19. Kaleb Hollingsworth 26:45
20. Annina Gruber 26:50
21. Eric Mathew 26:53
22. Al Hochgesang 27:01
27. Nicole Parry 27:48
30. Jordan Lee 28:01
33. Mark Shorter 29:12
35. Earl Strong 29:54
36. Michelle Hollingsworth 30:03
38. Roxane Burrous 30:51
39. Mike Deardorff 30:52
45. Rich Bradshaw 31:20
47. Ricke Stucker 31:45
51. Kim Lee 31:59
53. Darin Hollingsworth 32:03

55. Vanessa Lorenz 32:24
57. Ben Bradshaw 32:30
58. Ray Tetrault 32:39
59. Stan Shuey 33:12
60. T.A. Weber 33:17
63. Steve Wand 33:29
64. Lorene Sandifur 33:36
65. Gina Sheets 33:40
67. Mark Rodgers 33:43
68. Tom Miklik 34:01
69. Shannon Reinagle 34:02
71. Josh Revils 34:08
72. Amber Longwith 34:12
73. Vern Graves 34:29
74. Amy Piazza Graves 34:36
75. Michael Graham 34:41
77. Sarah Lee 35:14
78. David Reinagle 35:43
82. Nancy Ward 36:04
84. Megan Tetrault 36:17
85. Jim Burrous 36:30
86. James Longwith 37:07
89. Tammy Cody 39:03
91. Robert Cupp 41:20
93. Doug Mankell 42:54
94. Robin Cole 44:22
95. Sharon Miller 50:52
95 Finishers

5K Walk

1. Jerry Lambert 32:16
2. Tim Taflinger 33:53
3. Mary Miller 34:16 1st Female
4. Amanda Pena 37:37
5. Brian Allen 37:55
8. Debbie Riffe 42:17
9. Rocky Smith 44:16
10. Sylvia Burgin 44:17
14. Cara Lee 45:02
15. Judy Smith 45:03
17. Jackie Sanders 51:18
18. Cindy Sanders 51:27
18 Finishers

2006 Race Calendar

August 5

Norris Insurance 5K Run/ Walk

Time: 8 AM

Location: Converse, IN

August 12

CKRR Age-Graded 4 Mile Run & 5K Walk

Time: 8 AM

Location: Highland Park

August 26

Western CC Open 5k Run

Time: 7:30 AM

Location: Oakbrook Valley

September 4

Blueberry Stomp 5k/15k Run

Time: 9 AM

Location: Plymouth, IN

September 23

7th BeeBumble 5k-10k Run/5k Walk

Time: 8 AM

Location: Burnettsville, IN

September 30

12th Kokomo Symphony Run 5K Run/Walk

Time: 9 AM

Location: Highland Park

October 7

Cole Porter 15K Run/ 5K Run/Walk

Time: 8:30 AM

Location: Peru, IN

October 21

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Bunker Hill, IN

November 5

Run the Mounds 5m Run/Walk

Time: 2 PM

Location: Anderson, IN

November 11

CKRR 4 Mile Run/ 5K Walk

Time: 9 AM

Location: McKinley School

November 23

CKRR Thanksgiving Day Fun Run (non points)

Time: 8 AM

Location: Highland Park

December 3

CKRR Charity Run 5K 2PM (20 pts each finisher)

Time: 2 PM

Location: UAW Local 292

December 31

CKRR New Years Eve 5k Run/Walk

Time: 2 PM

Location: UAW Local 292

Other Races

August 5, 2006

Logan's Run 10k/5k

8:00 A.M.

University of Notre Dame Campus
Whitney (574)289-4831

August 26, 2006

Turn Up the Volume 4-Mile Run/Walk
8:00 A.M.

Eagle Creek Park, Indianapolis
Tuxedo Brothers (317)733-3300

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

Meeting Minutes

May 1, 2006 6:00 P.M.

Members present: Ray Tetrault, Mark Shorter, Brian Reinhardt, Patti Reinhardt, Robin Tetrault, Stan Shuey, Pat Robertson, Sylvia Burgin, Bill Barnett, Jack Sanders, Cindy Sanders, Tom Miklik, Keith McAndrews

REPORTS

Financial Report given by Mark Shorter

Age-graded awards and t-shirts have been ordered and sponsorship secured.

Haynes Apperson Report

Awards in bleachers worked well – could be a problem if it gets too hot

Walker turn-around needs a volunteer to man

Discussion of changing the course

Discussion of changing entry fees to persuade pre-registration

Coyote Kids

At least 605 trophy winners
New sound system purchased by Ray and Robin Tetrault and would like club to buy

After discussion Brian motioned that the club purchase the equipment and Bill seconded the motion.

Voted 12-0 in favor of with 1 abstain.

OLD BUSINESS

Fundraising

More involvement needed from volunteer committee members

NEW BUSINESS

24 Hour Relay Discussion
Western HS Location?

New Year's Eve 5k

\$10 as well as \$5 gift as entry fee to be used as awards

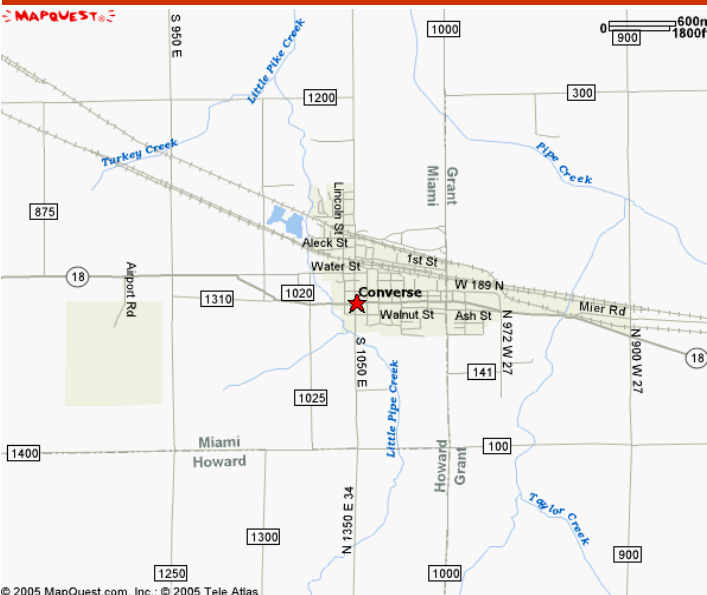
Winner would pick first, second place second, etc..
All proceeds would once again go to Coyote Kids

Meeting adjourned at 7:34 P.M.

Next meeting scheduled for August 7, 2006, 6:00 P.M. at the Tetrault's.

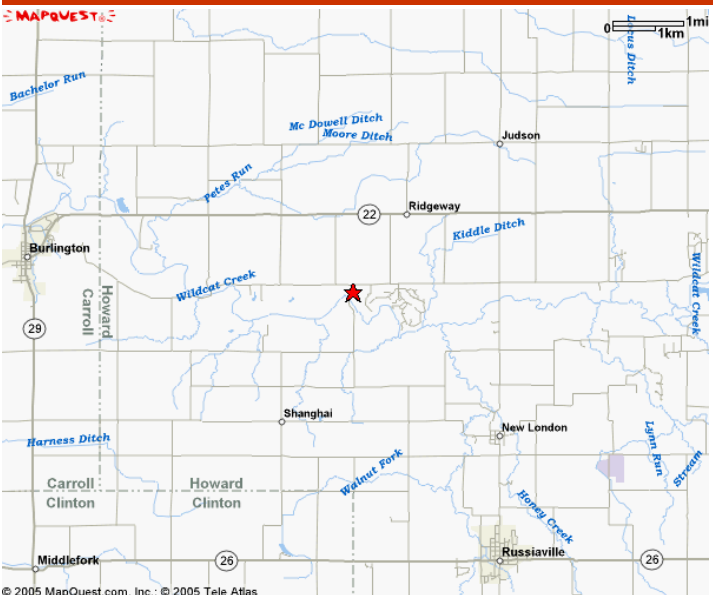
Maps to Upcoming Races

John Norris Converse 5k



From US31 take SR18 East for approximately 10 miles until you reach Converse. Once in converse head north (left) for 2 blocks and registration is on the left side of the road.

Run for Shelter



From US31 take 26W through Russiaville to 870W. Go north (right) on 870W for approximately 3 miles until you come to 150S. Go west (left) on 150S approximately 3/4 of a mile to 950W. Go north (right) on 950W and Oakbrook Valley will on your left hand side. Note: From the north SR22 is under construction on the west side of Kokomo so it's advisable to go ahead and use the directions from SR26.

Due to the number of races held in Highland Park it seemed unnecessary to include directions for the Age-graded race.

Birthday List

- | | |
|------|------------------|
| 8/3 | Rusty Merritt |
| 8/3 | Dakoda Wagener |
| 8/4 | Haley Fisher |
| 8/5 | Nicholas Webster |
| 8/6 | Forest Kenworthy |
| 8/9 | Greg Landrum |
| 8/10 | Barb Wand |
| 8/12 | Mike Jones |
| 8/12 | Matt Mince |
| 8/15 | Susan Gerhart |
| 8/15 | Shaylie Stucker |
| 8/19 | Karlie Reinagle |
| 8/21 | David Reinagle |
| 8/21 | Rocky Smith |
| 8/25 | Jerry Leach |
| 8/25 | Shirley Wilson |
| 8/25 | Lorie Zandi |
| 8/28 | Lauren Weber |
| 8/30 | John Anderson |
| 8/31 | Jeff Kuczera |

IMPORTANT!!!

If you're running the Indianapolis 500 Mini-marathon this year and plan to stay downtown, Loretta Webster at The Travel Authority has gotten us a great group rate at The Radisson for \$109 a night if we act now. If you've stayed downtown before you know that you'll normally pay between \$150-200 a night so this is a great rate. We'll need to reserve at least 20 rooms to get this rate, but this shouldn't be a problem because we've had more members than that stay downtown in the past years. Contact me before August 10th at the email address on the front of this newsletter so I can pass the information along to Loretta.



Long time club member Milt Brown walked the 3-mile HA race this year.

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

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