

THE ROADRUNNER

SEPTEMBER 2006

URL: WWW.CKRR.US

EMAIL: CKRR@COMCAST.NET

WEBER TAKES OVERALL TITLE AT AGE-GRADED

By Gary Jewell

Prior to 2006, no woman had ever finished first at the annual Age Graded Race. The race features staggered starts based on age and gender - the clock starts when the first group takes off. With last year's champ taking a year's sabbatical due to injuries this year looked like it could be the year for history to be made.

Perfect weather greeted the field of 110 runners and walkers as temperatures were in the low 60's with just a hint of a breeze rustling through the trees in Highland Park.

Jerry Lambert took the early lead but was quickly reeled in by Lorene Sandifur who held on through two miles.

In past races the winning pass for the lead usually takes place during the latter

stages in the race. Lurking in the background rapidly picking off runners were Heather Weber and 10-year-old newcomer Matthew Grider. Grider, who earlier in the summer scored All-American status at Jr. Olympics, made the pass for the lead early in the 3rd mile only to get passed a short while later by Weber who then put :42 on the field over the last mile.

Weber became the first woman ever to take the overall title. Her time of 29:06 was 42 seconds ahead of Grider. Grider was the youngest top-5 finisher ever. CKRR Masters runners Byron Bundrent and Dana Neer took 3rd and 4th in 30:05 and 30:17.

The fastest overall split of the day belonged to (continued on page 11)



Heather Weber pulls away from the pack.

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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JOHN NORRIS CONVERSE 5K

By Lorene Sandifur



When Brian asked that I write a little article about the Converse run, I at first was hesitant, but then I thought of all the jabs I have graciously taken on the chin by our dear president Ray Tetrault and former president John Wiles in recent newsletters and the word "payback" came to mind. Since this article is about the Converse Run, I will not lower myself to their standards and use this newsletter to point out some of

their many shortcomings, although it would be very easy to do so.

I actually did make it to the Converse race on time. The last time I drove to Converse I had Annie 'O and her lesser half with me navigating the way to Stephanie Miller's wedding. Because of John's keen sense of direction, we ended up in the outskirts of Marion and barely got to see Stephanie walk down the aisle on the biggest day of her (continued on page 7)

Next Race:

Blueberry Stomp 5k/15k

Date: September 4, 2006

Time: 9:00 A.M.

Location: Plymouth, Indiana

(See map inside)



FROM THE PRESIDENT

By Ray Tetrault



**Sorry Ray, I couldn't help myself.
Best of friends, Brian**

Lessons from running so often mirror lessons we need to learn in life. The advantage us older runners have isn't speed related. It's that we are slow enough to have time to contemplate the deep mysteries of life. I watch the fast runners and remember the day when I was fast. Those memories are also slipping from my mind. Here are a few lessons learned from the feet.

I found out the first week of June that I had a stress fracture in my foot. Nothing to be concerned with. All I had to do was not run for six weeks and it should be fine. My problem was Robin signed me up to do the Howl. I spent the summer worrying about running that event. All summer I would plot out how to run an ultra marathon on 2 weeks of training. Every answer I came up with had something to do with, "it's going to be an ugly day." My problem was if I trained it would only prolong the injury. If I didn't train, it would heal the injury, but I wouldn't be prepared for the race. No matter what I did the results were not going to be my best-case scenario.

So there I was at the start of the big day. I couldn't hear the national anthem being played. My mind wandered back over my summer of inactivity and those voices in my head began to speak. "What are you doing here?" "You better hope they have trained emergency staff, cause you're gonna need them!" "If you start throwing up then you won't have to run."

The excuses were playing. The sound of the start and everyone was off. Robin and I started out at 12:30 per mile pace. This didn't feel too bad; except there were only ten people behind us and two hundred in front of us. As the day wore on it became easier to fit in because no one really knew where anyone else was at. All I knew was Scott Colford kept passing Robin and me at about the same spot for hours. He would do two laps; we would do one.

The day went by quickly for the first four hours, but soon slowed down as my body slowed down. My goal was to complete at least a marathon, but I really wanted to go at least 50k. We were on pace to accomplish that feat when I heard the voice of wisdom shout to me from the scorers tent. "Don't hurt yourself and be careful." Did I look that bad? Memories of my Country Music Marathon finish began replaying. I had about 8 finish line photos as I was so slow to cross the line. (Brian and Patti are lying when they say more like 15 finish line photos!) With the voice of wisdom from the tent and distinct memories of the Country Music Marathon I headed out for one last lap, stopping my run with more than two hours to go.

Here are my lessons learned: The first is a truth we all know, but don't always follow. How one prepares determines how one will finish. This is true in running and life. Those who quit high school find they are not prepared for the world they face. It haunts them all of their life. I prepare to speak 4-6 times a week. On those moments when I don't prepare well, my teaching is not comfortable. If I am going to have the results I want in life I must honestly assess where I am and prepare for future endeavors.

This brings me to my second lesson learned. Age, weight, and time have all conspired to slow me down significantly. College and high school friends who know I still run envision me running the same way I did during those fast years. I don't run that way anymore. It isn't that I wouldn't like to, it's that I can't. It would not make sense for me to start the Norris Bunker Hill 5 mile with a 2:30 first half mile. I would be calling for medical help and be life-lined to St. Vincennes Hospital. The lesson I am referring to is called sober judgment. I must honestly evaluate what I am going to do and determine if it is feasible. Do I have the skills, talents, and train-

ing to accomplish what I want to do? Will I finish well or not finish at all? What is the best approach for me to accomplish a particular task? All of these questions are determined by me making an honest assessment of myself.

The third and final lesson I learned at the Howl was the finish isn't the reward; the journey is. It doesn't matter where I find myself, I can enjoy the journey I am on. The first hour was more comfortable than the fifth hour, but the enjoyment was the same. I can be content in any situation. Learning to enjoy where you are is largely based on being filled with gratitude for what I have. I wish I was a faster runner is replaced with being thankful for having health. My world has high points and low points. During the low points I can look to a rewarding walk with God, my family and my friends. It is my choice to choose contentment and enjoyment in life, no matter which lap in life I am on.

So for today, I will decide to live with those lessons. The burdens of life have been lifted again. The sun is shining brightly. Life is again filled with opportunities and not problems. Jesus is still on the throne. My family still loves me. My friends still surround me with their presence. I feel so good I am going to go out for a run!





ON THE TRAILS

By Charlie Skoog

Run for Shelter 2006

As I type this report I am looking forward to returning to "racing" at the Run for Shelter 5K which will precede the Western Invitational Cross Country meet. My thanks to Dana Neer, Gary Jewell, Oakbrook Community Church, Bob Auth, and everyone else who have been involved in developing this wonderful, true cross country venue and event.

Club Kokomo Sponsors Cole Porter Event

Inside this newsletter you will find an entry for the Cole Porter races which will be held October 7. Please note that Club Kokomo is listed as a major sponsor. Let me explain how this occurred. On August 23, I received a phone call from Mike Kuepper, President of Nickel Plate Trail, Inc. asking for help finding sponsors for this years event. All the proceeds from the race will be used to fund development of the NPT in Miami and Howard Counties. The NPT, Inc. is in desperate need of money right now to help process \$1,150,000 in INDOT and DNR grants they have already been awarded including the following highly coveted grant that was announced on August 7.



A picture of the completed trail taken this Spring.

State Visionary Trails Receive Funding - August 7, 2006

Two trail corridors dubbed "state visionary trails" in the state master plan (still under draft) have received Recreational Trail Program (RTP) grants for 2006, a federally funded program administered by the state DNR. The Nickel Plate Trail, a north-south corridor ultimately connecting Kokomo and Rochester, and the

Farm Heritage Trail, the northwest-southeast link between Indy and Lafayette, both received \$150k grants toward construction of short segments of new trail. The annual RTP grants, despite their limited trail-buying power, are highly sought-after awards and are one of the only programs in Indiana to fund trails, both motorized and non-motorized. Other public grants include Transportation Enhancements - the largest, at up to \$1 million per award and \$10 million annually - and the Indiana Heritage Trust Fund, a variable and somewhat less reliable program based on environmental license plate sales.

The Nickel Plate Trail group will fund a 3.3 mile trail segment between Bunker Hill and Miami summarized as follows:

Nickel Plate Trail Phase III
Sponsor: Nickel Plate Trail, Inc.
County: Miami
Award: \$150,000

Scope: Acquisition and development of a 10 foot wide, 3.27 mile long rail trail from Bunker Hill south to Miami.

Major funding is now in place to complete paving of the Nickel Plate from the River Walk in Peru, all the way to Miami, a distance of close to 12 miles. Knowing that Club Kokomo and Break-Away Bicycle Club have many members who are strong supporters of the trail, I made a few phone calls and received commitments that would allow Club Kokomo and Break-Away Bicycle Club to be recognized as major sponsors of the Cole Porter races with all the clubs support being used to fund the trail. At the club business meeting on September 10, I will ask that CK provide up to \$750 to help fund this commitment. Any amount up to \$750 not funded by CK will be made up by individual donors I have already contacted.

As many of you know I feel very strongly about the need to develop area trails. The NPT will be a catalyst to spur the extension and development of future trails and Club Kokomo can be an important part of this effort. If you cannot attend the next business meeting please contact your club officers so your opinion will be considered when we vote on our level of support. And please plan on participating in the Cole Porter race. The 15K race will include an out and back on the paved section of the

trail which of course will eliminate the BIG hill from the former course. Remember, all proceeds from this event go directly to the Nickel Plate Trail.

Age Graded Note

Congratulations to Heather Weber on her record setting performance in another successful Age Graded Race. The picture of Heather at www.ckrr.us flying down the hill on her way to victory reminded me of the first time I met her as she was running down the very same hill. We were just getting ready to start a Duckling Dash one mile fun run and I invited her to join us. Heather clocked a 5:54 mile that day, and two beautiful kids later, she is faster than ever. Way to go Heather! You are an inspiration to mom's everywhere and me too!!



David Hughes and Charlie Skoog pose with the EMT that treated Dave.

Howl at the Moon!

While most of you were chasing or getting passed by Heather quite a few other CK members were just outside of my hometown Danville, Ill., participating in another special event. The 16th Annual Howl at the Moon, actually starts at 7 AM and is an eight hour test of endurance on a 3.29 mile trail loop through beautiful Kennekuk County Park. The Howl was started by Marc Reddy to honor his late brother, Mike, who was a naturalist at Forest Glen County Park and studied and loved wolves. Mike was a hero to many, injured playing football, a quadriplegic confined to a wheel chair, he was loved by all the children who visited the park to learn of the natural world around us, in what is now the (continued on page 8)



ON THE ROADS

By Johnnie 'O



There's more to triathloning than swimming, biking, running

There are many things that can go wrong during a triathlon. Your goggles can be kicked off in the swim; your bike

can have a flat tire; and your body can hit the wall on the run.

I have experienced each one of those examples and many more during my more than 16 years as a triathlete. It took me several years, but I finally learned that triathloning was not just about swimming, cycling, running, and transitioning. It also was about overcoming obstacles.

Overcoming obstacles certainly was the dominant experience for several Club Kokomo Roadrunners at the Aug. 12 Cicero (Ind.) Triathlon. The Roadrunners swam west a quarter mile across Morse Reservoir to Red Bridge Park where they mounted bicycles and cycled on a 9.5-mile course that brought them back to the park. They then ran a 5K on an out-and-back course. Michael Smith beat 339 other finishers in 46 minutes and 12 seconds. Anna Markus was the first woman finisher and 23rd overall in 54:48.

A few weeks earlier veteran triathlete Will Irvin completed the grueling, half-Ironman Muncie Endurathon's 1.2-mile swim, 56-mile bike, and 13.1-mile run. At Cicero, he planned to go "hard" in all three disciplines because of the short distances, but he got off to a "slow" swim start.

"For some reason I thought I had a GREEN cap on, which was the second [swim] wave. I actually had an ORANGE cap [the first wave]. I was talking to Michael Smith (of all people), and he asked me if I was going to start or not after the gun went off for the first wave. I then realized that he was right about my having an orange cap and took off like a bat out of hell!"

Despite starting 45 seconds late, Will had a good race.

"The bike is the longest time spent in any of the three and I usually find that I have to watch to maintain the mph that I know I can handle and not slack off. It



Will Irvin walks to the start with his "green" cap in hand.

was a perfect day - nice and cool at the start, water temperature was just right, and there was no heavy wind during the bike."

Will finished in 55:28 and was fourth in his age group.

Ron Moore did Cicero in 2000 and the Georgia Peach Tri in 1996. He decided to do Cicero this year, because he is preparing for the 2007 Ironman Florida (2.2-mile swim, 112-mile bike, and 26.2-mile run) and Cicero was a "great starting point."

"On the swim I kept running into swimmers who had stopped or crossed over in my path. It slowed me down a good 30 to 45 seconds. I had trouble in the first transition [swim to bike] with my shirt rolling up and tearing my race number. My bike was about two minutes slower than I had hoped. I just could not get going. My run was about what I expected. Overall, it was a good day. I could have trimmed another four to five minutes if everything had gone right."

Ron finished in 62 minutes.

Cheryl Marner and sister Cynthia Eynon picked Cicero because

they wanted to enjoy training and participating together in their first triathlon. Cynthia was on a two-person team. She biked and ran, and her daughter Holly swam. They finished in 1:25.

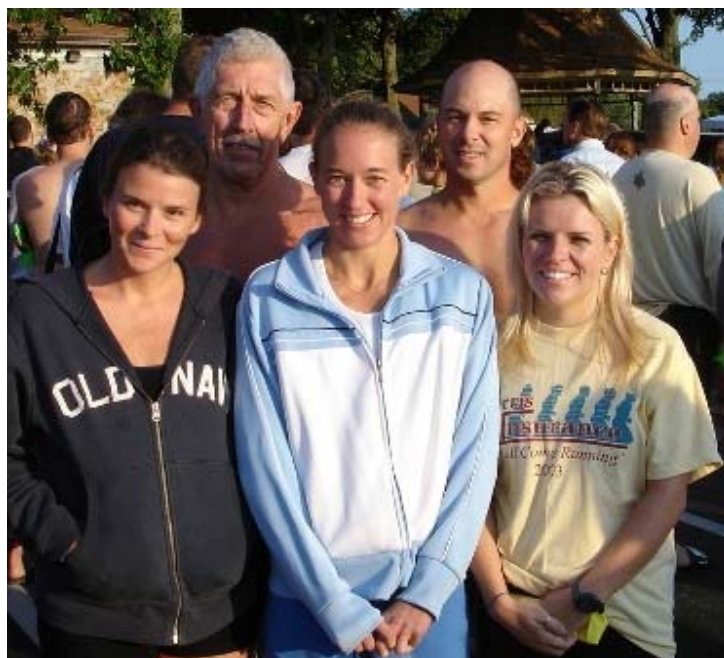
Cheryl was not pleased with her performance. She has been training hard for this fall's Chicago Marathon with a goal of qualifying for her second consecutive Boston Marathon. She also had worked hard on cycling and swimming, and "felt ready" for Cicero. She just rested one day before the triathlon.

Like many first time triathletes, Cheryl's open water was swim proofed difficult.

"The swimming did not go well. I got scared and started to hyperventilate. I really thought I might drown. I remember seeing everyone swimming away from me and wondering why I was so far behind. I finally got to the end of the swim. I was panic stricken, disoriented, exhausted, and crying. I hated the swim. I thought how am I ever going to bike and run? I also told myself that I would not quit and I would finish somehow."

Cheryl's "obstacles" continued on the bike as she started out the wrong way in the bike corral. Husband Brent yelled and pointed her in the right direction.

"I took off biking exhausted and could hardly peddle. After finishing the bike,



Front row: Lisa Jones, Kelly Wright, and Shannon Reinagle. Back row: Dale Sullivan and Ron Moore.



ON THE ROADS (CONTINUED)

which seemed to take forever, I still wasn't feeling any better. At this point I wanted to quit. I was tired, dizzy, and clammy. After running the 5K in 37 minutes, I finally crossed the finish line in 1:41.38. My first and last triathlon was over!"

Although Kelly Wright has done an adventure race that included all the triathlon elements and more, Cicero was her first triathlon. Kelly and Shannon Reinagle came to Cicero together. Kelly said the race was "fine" for a first attempt.

"We weren't there to break any records. We just kind of did it on a whim and wanted to have fun. We definitely had a good time even though we were definitely near the back of the pack."

Kelly said she should have had more practice swims. "There is a lot to be said for having a little technique and/or at least a rough idea of a plan."

Triathlons are in Kelly's future. "It's a great way to get you out of the rut of just running all the time."

Kelly finished in 1:28.37.

Near the end of school in the spring, Sts. Joan of Arc and Patrick School Principal Anne Wiles and some of her teachers were talking about the nutrition and wellness policy that is required for each school receiving federal funds for the lunch program. Promoting fitness for youth by example and activities is one of the policy's goals. Their discussions led into reminiscing about cycling and triathlon training that Anne and teacher Ginny Welke had done many years ago. The stories brought laughter and the comment, "I'd like to do a triathlon."

Teacher Amiee Hale suggested the Cicero Triathlon because of its short distances. Its Aug. 12 date also would allow training throughout the summer and completion before the start of school. Joining Anne and Amiee were Amiee's husband Kris, teachers Nancy Mumaw and Ginny Welke, assistant school development director Amy Allen, and parents Kevin and Suzanne Riley.

Anne had competed at Cicero and the Haynes Apperson Triathlon and biathlon (run-bike-run), but that was 15 years ago. Cicero would be a first for the others.

School ended on Friday Memorial weekend, and Anne and the teachers began training the next week. They met three days a week at 6 a.m. They would cycle and then run/walk on Mondays and Tuesdays. On Fridays, they would run/walk on the trail at St. Joan of Arc. Swimming was

left up to what their own schedules would allow. Kevin and Kris trained mostly on their own because of their work schedules.

Anne's Cicero highlights were beating her finish goal of 90 minutes and pushing herself on the bike to make up for a slow swim.

"I didn't get into a good breathing rhythm in any of the events and therefore never was fully 'in sync.' I enjoyed accomplishing the event. The course was well marked and people along the route were friendly and supportive. The organizers had everything 'fine tuned.' It was a wonderful experience - a great way to end the summer!"

Anne finished in 1:25.32. Her school mates' times were: Kris Hale, 1:19.05; Mumaw, 1:23.16; Suzanne Riley, 1:24.35; Amiee Hale, 1:32.03; and Kevin Riley, 1:33.20. Scheduling conflicts prevented Allen and Welke from competing. Other CK Cicero finishers were triathlon veteran Dale Sullivan, 1:07.45, and first timers Lisa Jones, 1:27.30, and Shannon Reinagle, 1:30.11.

Now that they are veteran triathletes, Johnny 'O asked what advice they had for first timers:

Kelly: "Just go into your first one ready to soak up the experience, learn all you can from the experienced folks around you, and have fun."

Ron: "Try to enjoy it. You will make a lot of mistakes, like transition errors, swimming sideways, and forgetting equipment that you need, but remember it's a great accomplishment just to finish. Go and watch one before you do yours and see what type of equipment people are using and take notes on the little things you might need. The best thing to do is relax, have a game plan and stick to it, and don't let your surroundings dictate



what you do."

As Johnny 'O learned, do not let obstacles in the race throw you off. View them as just race problems that you must solve. Also, train with other people, because, as Anne said about her summer of training, "I liked the camaraderie and pushing myself out of bed before dawn because others were waiting for me. The sunrises were beautiful, and exercising early on hot summer days was a great way to start each day."

THREE CHEERS

Irish eyes are smiling because the Nov. 20 NCAA Division I Men's and Women's Cross Country Championships will be held at the LaVern Gibson course just east of Terre Haute. The Indiana high school cross country championships will be held at the same place on Oct. 28. The LaVern complex was designed specifically for cross country events. It is a great place to watch a race.

Paul Howell lived in Kokomo from 1978-1989 and was a member of Club Kokomo. He qualified and participated in Hawaii's Ironman from 1986-1988, and in 1996. He was a supervisor at Kokomo Sanitary Pottery for 20 years. Paul has been diagnosed with a rare form of lung cancer caused by asbestos called mesothelioma. It is thought that he contracted it from breathing contaminated air for 25 years. His address is: 316 Tremont, Noblesville 46060. I know that he would love to hear from his old running friends. Please keep Paul in your prayers. - Ricke Stucker



RUN FOR SHELTER

By Brian Reinhardt



What an event! Patti and I still weren't ready to race yet as we were still recovering a bit from the "Howl at the Moon" so we decided to offer Dana a hand and volunteer as course monitors for the Run for Shelter as well as the Western Cross Country Invitational. I'm glad we did.

Although I'd loved to have run the course, it was very rewarding to be able to watch and take lots of pictures as both the local runners and high school athletes made their way up and down and around the course. It's challenging the whole way and the looks on the faces of nearly every runner and walker confirmed that this would be no day for personal bests!

For the open race Patti, Quinn and I made our way to the "back" of the course and kept the runners and walkers from making any wrong turns and had a great time encouraging everyone. But by the time the high school events were about to begin Ray, Robin, their daughter Melissa, and son-in-law John showed up and volunteered to monitor the course so that Patti and I could run around the course and take pictures of the runners. What a great time that was! We had to be fast just to get from point A to point B in front of the speedy runners! We were running straight across and they were running the course

and probably twice as far and we still barely made it in time to take pictures! Man, they were fast!

Dana Neer, with the help of Gary Jewell, put on an unbelievable event for the kids. If you've never seen the course or been to this event you really are missing out on tons of fun and some spectacular running. Besides the open race to start things there were 15 schools present, including #2 in the state in both boys and girls, Carmel. Carmel lived up to their billing in both the girls and boys events, but our local runners ran superbly as well. There is no doubt the Howard, Miami, and the other surrounding counties have a bright future in cross country running.

Byron Bundrent paced the club runners with a 19:11. Byron normally runs in the 17's so that tells you just how tough the course was. Michelle Hollingsworth paced the women with a 24:10. In the walk Jerry Lambert bested the field with a 33:50 and the top club woman was Amanda Pena with a 39:46.



Keith Bauson competes during the open race before the Invitational began.



Club member Katie Hollingsworth competes for Western High School.

MEETING MINUTES

August 7, 2006 6:00 P.M.

Members present: Ray Tetrault, William Irvin, Mark Shorter, Brian Reinhardt, Robin Tetrault, Steve Wand, Jack Sanders, Sylvia Burgin, Gary Jewell, Charlie Skoog

Ray opened the meeting at 6:10 P.M.

REPORTS

Financial report given by Mark Shorter.

Coyote Kids

Trophies at Powerhouse Gym.
Looking for indoor location for awards night.

OLD BUSINESS

Fundraising Committee

Small committee—5 people

NEW BUSINESS

Race Calendar

Conflicts with Old Ben, Sam Costa, and Ultimate Challenge.

Coyote Kids Tent needs repaired

New Years Eve Race

\$10 entry / \$5 gift (non-gender)

Food volunteers needed

Local 292 building secured

Brian motioned to adjourn. Charlie seconded.

Meeting adjourned at 7:00 P.M.

Next meeting September 11, 2006 at 6:00 P.M. at Ray and Robin's.

Ray and Robin would like to invite everyone to their house for a cookout on Labor Day following the Blueberry Stomp.

Plan to arrive by 5:00 P.M.

Hamburgers and Hotdogs will be provided.

Plan to bring a covered dish.

See you there!



JOHN NORRIS CONVERSE 5K (CONTINUED)



Brian Phillips dominated the men's race.

life. This time I went solo and there were no wrong turns. That was not a payback, but a fact.

The weather was much nicer than the miserable heat we faced at our last points race....the Western Prowl. I'd like to talk about some of the performances of our younger runners. The overall finisher Bryan Phillips had an outstanding race, finishing in 15:15. Bryan is a former KHS/Butler University runner. Because of Butler dropping his major, he is

transferring to Anderson College where he will be continuing his running career. Bryan is dealing with some major back problems which made his performance even sweeter. He's another example of the outstanding young folks we have in our club. Ryan Perry, another KHS CC runner had a great race finishing in 4th place in 16:41. He will be counted upon to run well for KHS this year as well as Mason McGovern who ran a 17:19 and finished in 11th place. Ryan was followed



Bob Cupp has dominated his age group.



10 year old Josh Revils has shown tremendous improvement this year.

by Western runner Michael Marley in 16:52.

First place female finisher, Heather Weber had her usual awesome performance finishing in 18:39. I never get to see her run because I am so far back, but I heard she is really smooth. My only chance to be in front of her will be at the Handicap race when I will get a hefty head start. Of course it will be short lived!

Anina Gruber and Nicki Parry finished in 21:33 and 21:34. Nicki Parry should make some noise in the local cross country season this year just as Anina did last year. She has worked hard over the summer.....another class act.

VERMONT 100-MILER

By David Hughes

The winner, Dean Karnazes, is an ultra runner's ultra runner. Before one marathon he ran 100 miles to the start from his California home and has run the Badwater in Death Valley and other tough races. He's well known and probably has his own web site.

This year's race got into the high 80s with high humidity but had a breeze which helped a lot. If one goes by Air Force guidance, we'd have to run a short while before resting in the shade sipping Cool Aid. I ran fairly hard for me at 4.5 mph (13:20 pace) until my stomach told me to back off in the afternoon at which time I slowed down to re-hydrate and eat more. Because of the heat I mostly drank soda and ate small portions of sandwiches and soup noodles

later on at night. I also took Succeed! E-caps to maintain electrolyte balance. With my body's recovery with the sun's going down my legs could continue to shuffle the down hills and flats, but not much of the hills. To get under 24 hours running most of the hills consistently all night is needed. Toward the end I passed a fellow Vermonter, Dot Helling, who had not been able to race in recent years. When I later on saw her coming up behind me with five others, I panicked, not wanting to be passed by so many others so close to the finish, that I ran the last major hill and sprinted the remaining trail section for a "good finish." Though it looked good, it basically reflected the reserve I had after having run so slowly all night. My

injuries consisted of some foot bruising, toe nail blisters with one blister on my left foot, some top of toe abrasions, and some deer fly bites. Once again God helped me to pay attention to my body and pace to stay in the race, though all afternoon I hadn't a clue how I could finish.

Vermont 100-Miler

July 15-16, 2006

1. Dean Karnazes 16:26:12

1w. Beverley Anderson-Abbs 16:52:33

115. David Hughes 28:07:11

152 Finishers

250 Starters



ON THE TRAILS (CONTINUED)

Michael G. Reddy Arboretum.

The Howl has other special memories for Marc and I. We ran the first Howl in 1991 with 31 others, while our mothers, Emma and Helen who were best friends and 75 years old, walked. Since that time the Howl has grown to become one of the largest and best organized ultra-marathons in North America. For Marc and myself it is a growing reunion of old and new friends, and of course some who are now with us only in spirit and precious memory.

The way the Howl works is you sign up in one of eight divisions; walker, open, master or grandmaster and you simply cover as much ground as you can in 8 hours. You are assigned a scorer who you check in with each lap. There are two aid stations on the 3.29 mile loop including the Jimmy Buffet themed station at Horse-shoe Pond. The last 45 minutes of the walk and 30 minutes of the run are on a 1/4 mile out and back loop. It may sound boring but it is anything but.

This year I had the honor on being an official scorer and got to witness firsthand and document some amazing performances. Leading the pack the whole day was course record holder Scott Colford who finished with 60.22 miles. Scott proved he was human falling short of his goal of 62 miles and a new record but displaying courage and fortitude throughout the day as did so many others.

Finishing just out of the top ten in a field of 261, were Marathon Man Dan Lutes and Brian "Rhino" Reinhardt, who ran/walked/strategized together the entire day to finish with 48.06 miles.

In the Grandmaster Female division Robin Tetrault and Doris Griffith tied for 6th with 33.4 miles going over 50K for the

first time, with Jean Gaumer just behind. When I saw Robin in church the next day she had that omnipresent smile saying "I feel like I only ran 10 miles!" Robin was judged by my fellow scorers as Most Cheerful Participant which she was all day long. Thanks Robin for making us all feel special!

Local Grandmaster Males having outstanding performances included Gary Davidson, David Hughes, Scott Hathaway, Rex Piercy, Charlie Hastings, and Jim Burrous. You guys are all my contemporaries and knowing all your injuries, aches and pains I was inspired by your courage and conviction. Of special note was Ultra Man David Hughes, who has completed an amazing seven 100 mile endurance runs this year, but succumbed to dehydration at the conclusion of this day of speed work, and received his first ever IV. David was in shock as were all of us!

In the ultra competitive Master Female division Roxane Burrous ran a strong 41.98 miles for fifth place. Also winning awards were Kim Anderson and Patti Reinhardt.

In Open Female Gina Sheets surpassed the coveted 40 mile barrier to tie for fifth with 40.48 miles. Also passing the 50K barrier were area runners Becky Crain and Sally Baker.

Open Male, Travis Sheets, proved success runs in the family by completing his first 50K with a distance of 32.9 miles. This has been a year of firsts for Trav logging his first mini, first marathon, and first Ultra. What can be next!

Club Kokomo walkers were well represented by Robin Michael going 26.32 miles closely followed by Howl regulars, Barry Donovan and Shannon Westray.

For complete age-group and overall results visit www.kennekuk.com and thanks and congratulations to all who Howled! It was truly a special day.

See ya on the roads and trails!

Some Other Quotes from the Howl at the Moon

In an email Brian wrote that "I think the other club members love to hear what it was like to do something so "crazy."" Now, David Hughes will help me out here, but ultra running is not crazy and especially not at the Howl. I loved the short looped course; two aid stations within 1.6 miles of each other is an ultra runners heaven. It



Patti Reinhardt and Roxane Burrous finish their "8 hours".

was a great time, easy course, lovely day, great friends, great people and the food afterwards was yummy. Sign up early for next year. – Gina Sheets

"Howl at the Moon"??? Are you crazy?? That's what I thought.... run for 8 hours with all your crazy friends with support along the run on a lovely 3.29 mile loop on the grass, on pavement, on a dirt trail, and ONE BIG hill that you can walk up. Everybody, but Scott walks up that hill. Oh good, because I hate hills! Patti and Roxane said it would be FUN and it would count for Illinois for our state marathon quest. It is cheaper than Chicago... "OK, what do you think, Ray? Let's do it. They all say it will be so much fun." They talked me into it and I talked Ray and a few others (aren't you glad you did it, Travis?) into it. Of course for this ultra marathon I had an advantage for once. I am used to being out there for 6 hours. What is 2 more hours? Just pace yourself and eat more. I loved the loop. It wasn't boring. It was very scenic and it was nice to use landmarks to help me know when to walk for a break and not walk too long. I cannot tell you how many times Scott passed Ray and I, but I always cheered and whistled for him. I believe all of the club members passed me. That's ok, we all cheered each other on. Ray had an injury but ran with me anyway. What a trooper!! He completed his marathon then rested and cheered me on as I had 10 loops as my goal. The Logansport group was great manning our table and keeping the ice and sponges fresh in the bucket for when we came through. I had a



Dan Lutes and Brian Reinhardt finished 2nd and 3rd in the Masters Division.



ON THE TRAILS (CONTINUED)

blast and I ran 33.4 miles! I met my goal of 30 miles so I got a dog tag (or wolf tag) and I won a trophy for grand masters women. I was shocked! I NEVER ran that far and felt so good. If you need a challenge next year, try the HOWL! Anyone can keep moving for 8 hours! - Robin Tetrault

I pushed somewhat harder than last year since it was cooler. After a first lap of 34 minutes I tried to run each successive lap in groups of four hoping to sustain each group at about the same pace. As I approached the last two laps I had to push harder than I wanted, and with the quarter mile out and backs at the end I ended up lying on my back looking up at the trees. Soon Charlie Skoog came over to check on me and got me more water to drink. Despite taking Succeed! E-caps and drinking a lot, I allowed my body to get out of balance. My veins had collapsed, and I felt nauseous. Before long two paramedics were looking down on me. They helped me up and got me re-hydrated. Unfortunately, because of this I missed out on one of the best features of this race, the after run conversations and food, though I did get a little of each. Boy, I'll never push that hard again, at least not until next year. - David Hughes

The Howl was a hoot! Congratulations to all the finishers. I think we all had a really good time and exceeded our own expectations. For me, this was my first official Ultra so I didn't really know what to expect. Brian and I ran the entire distance together and without him, I'm sure I wouldn't have gone as far. We ran the first 8 loops at about a 9:05 pace but something had to give. After we passed the marathon mark, we imple-



Travis "skip the marathon and go straight to ultras" Sheets.



Believe it or not everyone was smiling like this after the event as well.

mented Brian's survival plan which was run 4 minutes / walk 1 minute, which turned out to work really well for the rest of the race. It was really neat seeing the different types of runners attracted to such an event and it was even more fun digging deep to see what you could do. That's the neat thing about this event is that you can run as far as you want, and stop whenever you want. I learned a lot more about what works and doesn't work in the food category too. I came prepared with a boatload of Gels but ended up only eating 3 the whole race. What Brian and I really liked were the boiled potatoes. I grabbed one at every station, while they lasted, dipping them in salt and chasing with Gatorade. Now that's good eatin'! I encourage anyone out there interested in the Ultra distance to try this one out. It's well organized and Kennekuk always puts on a good show! And "Thanks Charlie" for volunteering...you guys did a great job! - Dan Lutes

It is the beginning of 8 hours of fun.(Yes, FUN!) It is a day that you can run (walk for some of us) and enjoy your friends, and to do what we like and choose to do. It can be challenging and also a relaxing day of great exercise and fellowship. I have supported the runners for 2 years and it is wonderful to cheer everyone on to their goals. I have joined them on a lap for moral and friendship support. This year I participated and truly enjoyed it. It is a great experience to see everyone lap you and to cheer them on as well as being cheered on yourself. It is amazing to be able to do this, and accomplish what you are not sure you can do. Everyone does fantastic at their own level. Everyone is a hero! - Jim Burrous

What I like most about the Howl is going back each year and watching all the first timers enjoy the experience as I did the first

year. It is quite an unique event as I tried to prepare some runners for. I described it as, A lot of fun, relaxed, go at your own pace, stop and rest, eat a lot, walk, and just tell yourself you have 8 hours to do it in. The funny thing is that now that it is over, I have heard some of this years 1st timers repeat the exact same thing to others that they are already trying to convince them into doing it next year!! All in all, everyone had a great time. Of course the weather was great. I was so very thankful it wasn't as hot and humid as 2005. I did get a little worried when Dan and Brian lapped me after about 4 hours into it and Brian stated, "I thought you said this was going to be fun, when does it start?" I was wondering if everyone else was thinking the same thing and maybe I should just get lost in the woods somewhere!!! Low and behold, no one shot me when it was over. Along with everyone's blisters and minor aches and pains there were a lot of "endorphin highs". Everyone was a hero! - Roxane Burrous

The Howl was my first ultra, and I can say I would do it again. The weeks leading up to the Howl, I began to regret being talked into running it by Roxane. I couldn't imagine doing anything for 8 hours except to sleep, but I really did enjoy it. The time went by fast, it was a beautiful day, and I felt very good except for 5 blisters on my feet. Roxane is off the hook—I'm not mad she talked me into running it and I hope the people I talked into it feel the same way. Congratulations to all who ran it—you all did awesome! It was a fun day! - Patti Reinhardt

I'm actually pretty amazed that something so grueling can be so fun! I wouldn't say that I enjoyed every step, but looking back on it I did enjoy most of them. I was fortunate enough to have great company and a strong motivator for the entire run and that made a huge difference I'm sure. Thanks Dan! Since I was a definite rookie I'm sure I made many mistakes, but up to this point I've refused to review too much for fear that I'll sign up for next year expecting to run more than 50 miles! No worries, the pain goes away quickly and we're back to normal and ready to get back after it. It sure helps having a runner for a wife because she understands why I do things like this and she never once told me that I was nuts. Of course, it was her idea so why would she? Finally, I thank God for the strength to continually endure. - Brian Reinhardt



RACE RESULTS

2006 Norris Insurance 5K
Saturday, August 07, 2006
Converse, IN

1. Bryan Phillips 15:15
11. Mason McGovern 17:19
14. Byron Bundrent 17:45
16. Jeff Kuczera 18:04
17. William Irvin 18:09
19. Nathan Hovermale 18:35
20. Heather Weber 18:39 1st Female
26. Jordan Lee 19:25
29. Sam Williamson Jr. 20:21
30. Joe Rangel 20:28
31. Eric Matthew 20:37
33. Ron Moore 21:07
35. Anina Gruber 21:33
36. Nicole Parry 21:34
37. Earl Strong 21:50
39. Mark Shorter 22:18
42. Bill Barnett 22:54
43. Keith Hill 22:54
47. Mike Deardorff 23:22
53. Russ Hovermale 23:40
54. Sarah Bauson 23:44
55. Lorene Sandifur 23:44
56. Kim Lee 23:55
57. Laura Bauson 24:00
59. Josh Revils 24:13
61. Ricke Stucker 24:17
65. Sam Williamson Sr. 24:37
69. Steve Wand 25:03
71. Tom Miklik 25:23
73. Michael Graham 25:46
74. Stan Shuey 25:51
75. Dale Sullivan 25:55
77. Mark Eads 26:03
79. Sara Lee 26:18
82. Joyce Pennycoff 27:23
85. Cassie Bauson 27:38
88. Doug Mankell 28:41
89. Justine Eads 28:45
90. Rhenda Acton 28:54
92. James Longwith 29:15
93. Jennifer Mayfield 29:27
95. Amber Longwith 29:36
96. Allison Irvin 29:45
102. Robert Cupp 30:57
103. Christine Williamson 31:38
104. Lisa Jones 31:45
106. Robin Cole 32:42
108. Jill Parry 36:03
111. Milt Brown 37:57
113. Charles Johnson 38:14
114. Susan Coghill 38:22
115. Sharon Miller 41:41
- 115 Finishers

5k Walk

1. Jerry Lambert 31:58
2. Tim Taflinger 33:26
3. Mary Miller 33:31 1st Female
5. Steve Inman 36:29
6. Toney Lorenz 37:07
7. Amanda Pena 37:14
8. Geana Moore 38:26

10. Brian Allen 38:37
14. Robin Michael 40:18
16. Cara Lee 41:06
18. Debbie Riffe 42:04
19. Emily Allen 42:32
20. Sylvia Burgin 42:45
21. Rocky Smith 43:07
22. Raye Jean Swinehart 43:22
23. Jane Inman 43:22
24. Judy Smith 44:13
27. Pat Robertson 46:49
30. Jackie Sanders 51:23
31. Cynthia Sanders 51:30
- 31 Finishers

2006 Club Kokomo Age Graded Races
Saturday, August 12th, 2006
Highland Park, Kokomo, IN

4 Mile Age Graded Run

Place	Name	Age	Clock	Split
1.	Heather Weber	35	29:06	23:51
3.	Byron Bundrent	46	30:05	23:35
4.	Dana Neer	43	30:17	23:17
5.	Joe Rangel	57	30:38	26:38
10.	Ryan Hurlock	21	32:17	23:02
11.	Lorene Sandifur	52	32:24	31:24
15.	Jordan Lee	15	33:09	25:24
16.	Jeff Kuczera	34	33:14	24:44
19.	Matthew Robertson	18	33:42	25:12
20.	Mark Shorter	54	33:47	29:02
22.	Michelle Hollingsworth	42	34:00	30:30
23.	Stan Shuey	65	34:23	32:23
25.	Ricke Stucker	58	34:27	30:42
31.	Mike Deardorff	52	35:29	30:14
32.	John Norris	68	35:32	34:17
39.	Steve Wand	56	36:34	32:19
40.	Joshua Revils	10	37:09	33:09
42.	Sarah Bauson	20	37:15	30:30
43.	Laura Bauson	19	37:23	30:53
44.	Cassie Bauson	47	37:28	35:13
45.	Vanessa Lorenz	17	37:43	31:43
47.	Keith Hill	34	38:30	30:00
48.	Kim Lee	45	38:38	31:53
49.	Darin Hollingsworth	44	38:55	32:10
57.	Sarah Lee	18	40:44	34:29
59.	Michael Graham	40	40:57	33:27
64.	Robert Cupp	70	41:15	40:30
69.	Robin Cole	54	42:24	41:39
70.	Amber Longwith	19	42:36	36:06
71.	Karen Bush	29	42:44	35:59
72.	Vernon Graves	36	42:50	34:50
73.	T.A. Weber	34	43:05	34:35
75.	Jennifer Mayfield	36	43:12	38:12
76.	Tammy Cody	41	43:13	39:28
78.	Justine Eads	26	43:32	36:17
79.	Allison Irvin	27	43:49	36:49
81.	James Longwith	11	45:48	40:48
85	Finishers			

5K Walk

1. Jerry Lambert 32:00
2. Keith McAndrews 33:29
3. Mary Miller 33:42
4. Tim Taflinger 33:45
5. Amanda Pena 36:28

7. Brian Allen 36:57
8. Milt Brown 37:34
10. Toney Lorenz 38:25
12. Nicholas Allen 39:43
13. Emily Allen 39:58
14. Cara Lee 40:28
16. Rocky Smith 41:43
17. Sylvia Burgin 41:50
18. Debbie Riffe 42:51
19. Judy Smith 43:24
24. Jackie Sanders 48:49
25. Cynthia Sanders 48:59
- 25 Finishers

Run for Shleter 5K
Saturday, August 26, 2006
Oakbrook Valley, Russiaville, IN

1. Scott Colford 18:21
3. Byron Bundrent 19:11
6. Al Hochgesang 21:52
8. Eric Mathew 22:38
11. Mark Shorter 23:53
13. Michelle Hollingsworth 24:10 1st Female
14. Darin Hollingsworth 24:37
16. Kim Lee 25:04
18. Ricke Stucker 25:06
19. Charlie Skoog 25:13
20. Lorene Sandifur 25:16
21. Grace Bauson 25:59
23. Mike Deardorff 26:29
26. Karl Stoneking 27:03
27. Michael Graham 27:19
28. Sarah Lee 28:04
29. Amy Piazza Graves 28:16
30. Vern Graves 28:17
31. Cassie Bauson 29:05
33. Lisa Stucker 30:13
34. Peter Bauson 30:27
36. William Bauson 30:32
42. Jason Rush 33:27
46. Jerelyn Bradway 36:44
47. Keith Bauson 38:58

5K Walk

1. Jerry Lambert 33:50
2. Tim Taflinger 34:17
6. Amanda Pena 39:46
7. Brian Allen 43:44
8. Debbie Riffe 44:57
11. Cara Lee 46:14
13. Emily Allen 46:55
14. Sherry Stoneking 46:56
17. Ray Bradway Jr. 47:36
19. Sylvia Burgin 48:56
27. Jackie Sanders 53:00
28. Cindy Sanders 53:05



WEBER TAKES OVERALL TITLE AT AGE-GRADED (CONTINUED)



Stan Shuey eventually catches and passes John Norris.

Kokomo High School cross country runner Ryan Perry who finished 6th overall. Perry's split was 22:11. Western High School's Jenn Elliott had the second fastest split for the women in 27:53 which was good enough for 14th overall.

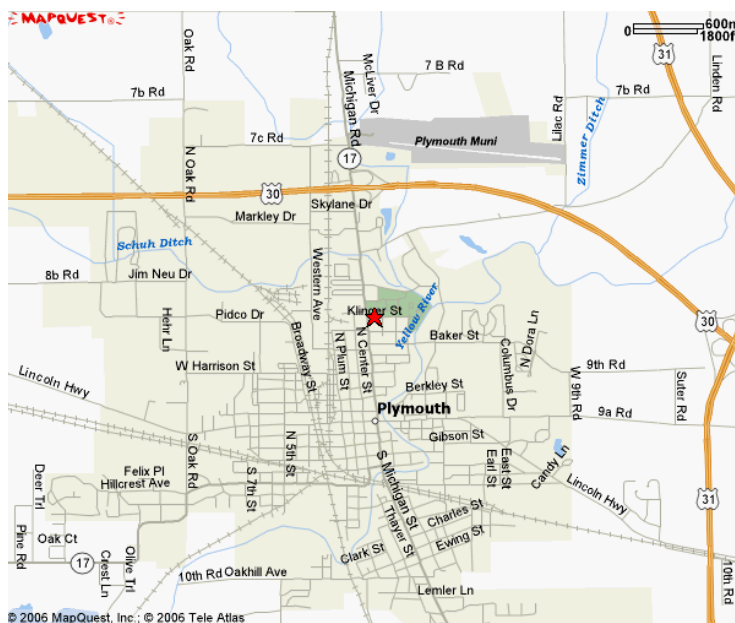
Jerry Lambert won the 5K walk in 32:00. Mary Miller was the first female walker finishing 3rd overall in 33:42.



Laura Bauson, Byron Bundrent, and Amber Longwith prepare to start.

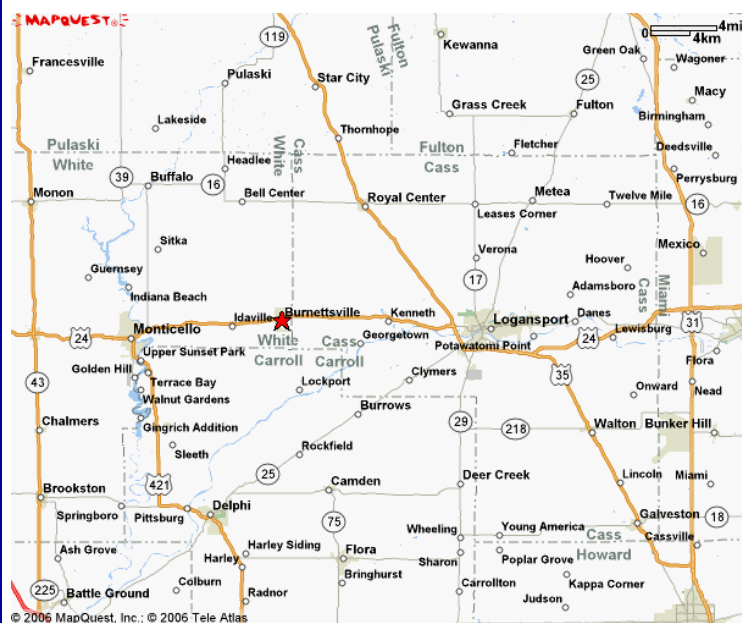
MAPS TO UPCOMING EVENTS

Blueberry Stomp



From the Kokomo area take US 31 North to US 30 just east of Plymouth. Take US30 west into Plymouth and take the State Road 17 exit and head south (left) further into Plymouth. Centennial Park (where the race starts) is on your left and there is parking in many locations. The bank lot and other lots on the right are good locations but change approximately \$5 to park. Finding street parking can be tough as most people charge as well. From Kokomo give yourself about 1:20-1:30 travel time and plan to stay around after for the Blueberry Festival and enjoy your day. Go to www.blueberryfestival.org for more information.

BeeBumble



From the Kokomo area take US35 north to new US24 west of Logansport. US24 runs directly into Burnettsville approximately 15 miles west of Logansport. There is ample parking in many locations and prepare to spend some time after the event here as well since there is a festival going on with all kinds of activities. Go to www.beebumble5k.org to find out more.



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, JN CONVERSE, AGE-GRADED, RUN FOR SHELTER 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 13-162
Sarah Bauson 6-107H
Vanessa Lorenz 8-102
Megan Tetrault 7-97HV
Laura Bauson 6-87H
Sarah Lee 8-87
Annina Gruber 3-60
Katie Hollingsworth 3-55V
Nicole Parry 3-45
Waverly Neer 1-20
Kylie White 1-20V
Mindy Tetrault 1-10

20-24

Michelle Tetrault 4-60V
Grace Bauson 3-55
Stephanie Miller 2-40H
Ashley Taflinger 1-20
Jennifer Mahn 1-12

25-29

Shannon Reinagle 8-130H
Kelly Wright 7-130H
Justine Eads 7-119
Allison Irvin 5-72V
Karen Bush 4-70H
Kim Coy 2-32H

30-34

Lisa Jones 9-165H
Lisa Stucker 6-100H
Amy Piazza-Graves 4-80H
Robyn Paginton 1-20V

35-39

Gina Sheets 10-170MHV
Heather Weber 8-150H
Jennifer Mayfield 5-67
Tami Moore 4-65H
Nicole Peel 3-60MH
Teresa Long 3-50H
Jerelyn Bradway 3-52H
Carrie Gruel 1-12
Marti Sholty 1-10

40-44

Michelle Hollingsworth 13-235H
Patti Reinhardt 13-215MHV
Sharon Miller 10-128H

Tammy Cody 9-126M
Kim Anderson 1-20M
Evangeline Bletsis 1-20

45-49

Cassie Bauson 10-187MH
Roxane Burrous 9-165MH
Carla Yerkes 4-80H
Cheryl Marner 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 17-320HV
Robin Tetrault 11-167MV
Joyce Pennycoff 8-130HV
Robin Cole 9-121V
Christine Williamson 6-87HV
Marsha Daugherty 5-68V

55-59

Rhenda Acton 6-120HV
Karmen Glaspy 3-45H
Kathy Barnett 3-40V
Susan Coghill 2-35
Barb Wand 2-30V
Anne Wiles 2-30
Shirley Wilson 2-30H
Toni Rethlake 1-10

60-64

Doris Griffith 4-80MHV
Trudy Pierce 3-45H
Susan Gerhart 2-40H
Sarah Kleinknight 2-40H
Kathleen Leach 2-35H

MEN

0-12

James Longwith 12-194
Josh Revils 8-140
Ben Bradshaw 2-40
Keith Bauson 2-35
Quinn Reinhardt 1-20V
Nicholas Webster 1-12
Corey Moore 1-10

13-19

Matthew Robertson 8-142
Mason McGovern 7-125
Sam Williamson Jr. 8-108H
Jordan Lee 7-77
Bryan Phillips 3-60
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
Peter Bauson 1-20
Brett Sanders 1-10
Levi Parks 1-5

20-24

Seth Daugherty 3-60
Nathan Havermale 3-47
Ryan Hurlock 2-40
Eric Newman 2-30
Josh Daugherty 1-15

25-29

Mark Eads 6-115
Matt Mince 3-52H
Ryan Woolever 2-40H
Matt Yarosz 2-40
Jason Rush 1-20H
Greg Sullivan 1-20

30-34

William Irvin 12-225H
Keith Hill 8-114H
David Reinagle 8-112H
T.A. Weber 8-108H
Jeff Kuczera 5-85

35-39

Ron Moore 8-150H
Vern Graves 6-112H
Travis Sheets 4-65MH
Mitch Reeves 3-50H
Shawn Mayfield 2-32H
Anthony Campbell 1-20H
Mark Jones 1-12

40-44

Michael Graham 16-194HV
Brian Reinhardt 11-190MHV
Kim Lee 10-139
Darin Hollingsworth 10-138V
Dan Lutes 7-130MH
Dana Neer 7-130HV
Mark Webster 5-66HV
Mike Williams 4-59H
Mike Jones 2-30H
Rich Bradshaw 2-27
Gary Jewell 1-20V
Jack Lotzgeselle 1-20H

45-49

Byron Bundrent 12-230H
Eric Mathew 14-208MH
Al Hochgesang 11-164
Ray Tetrault 10-140MV
Mark Rodgers 11-125H
Ken Swinehart 3-40H
Bill Bauson 2-32H

Jerry Meiring 3-24

50-54

Mark Shorter 17-258HV
Mike Deardorff 17-214MH
Earl Strong 12-198H
Don Gifford 9-136H
Chuck Masters 5-100H
Russ Hovermale 6-78H
Greg Townsend 6-74V
John Sites 2-40HV
Dave White 2-40H
Michael Campbell 3-35M
Karl Stoneking 2-32H
Rex Piercy 1-20M
Dave Zandi 1-20H
Mike Rethlake 1-10

55-59

Ricke Stucker 16-270HV
Charlie Skoog 11-185MV
Steve Wand 12-170H
Tom Miklik 11-161MHV
Steve Kilcline 4-61H
Fred Chew 4-52H
John Wiles 3-50HV
Joe Rangel 2-40
Phil Leininger 3-30

60-64

David Hughes 9-147M
Jim Burrous 7-122MH
Doug Mankell 8-122V
Sam Williamson Sr. 7-117
Bill Barnett 6-100HV
Dale Sullivan 4-59

65-69

Stan Shuey 13-250
John Norris 5-90HV
Charles Johnson 3-45
Jerry Leach 1-15

70+

Robert Cupp 11-197
Bill Heck 3-60V
Milt Brown 4-52
Riley Case 1-15

Walkers

WOMEN

49-

Mary Miller 15-280HV
Amanda Pena 11-170V
Debbie Riffe 13-154V
Emily Allen 8-94
Raye Jean Swinehart 6-74H
Jane Inman 6-72H
Cara Lee 5-52



POINTS (CONTINUED)

Geana Moore 3-29
Carol Savage 2-29H
Karen Jewell 1-20V
Nancy White 1-20V
Teena Van Meter 2-16
Doris Carden 1-9

50+
Sylvia Burgin 13-227
Cynthia Sanders 13-156V
Pat Robertson 11-146H
Judy Smith 8-98
Diane Gifford 5-85
Sherry Stoneking 2-40H
Helen Brown 2-30
Jill Parry 1-15
Edwina Foust 1-12
Julia Green 1-10
Barb Hobbs 1-10

MEN

49-
Keith McAndrews 12-215H
Brian Allen 11-164
Steve Inman 6-105H
Nicholas Allen 6-78
Bruce Savage 2-30H
Ray Bradway 1-15

50+
Jerry Lambert 16-300HV
Tim Taflinger 16-232H
Jackie Sanders 14-143V
Robin Michael 9-111MH
Rick Spencer 7-111HV
Toney Lorenz 8-98H
Rocky Smith 5-47
Melvin Hobbs III 2-30H
John McGinty 2-19
Walter Brown 1-10

2006 RACE CALENDAR

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

September 9, 2006
Circle of Life IU Mini-marathon
8:00 A.M.
IU Campus, Bloomington, IN (812)760-5818

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

October 14, 2006
5th Annual Pumpkin Push 10k
9:00 A.M.
Mar Len Park, Lafayette, IN
Don Franklin (765)474-3448

Dave McGovern Racewalking Clinic, Indianapolis, Feb 16-18, 2007, http://members.aol.com/_ht_a/rayzwocker/worldclass/clinics.htm
More information coming in November newsletter.

NEW MEMBERS

Kaitlin Christenson	Amelia Kubicek
Becky Christenson	Sergio Kubicek
Carl Christenson	Nancy Kubicek
Emily Christenson	John Robertson
Victoria Christenson	Susan Robertson
Holly Hurlburt	Lisa Robertson
Katherine Kubicek	Andrew Robertson
Keith Kubicek	Welcome to CKRR!

BIRTHDAY LIST

9/1	Graysen Neer	9/17	Corey Moore
9/2	Brianna Jones	9/18	Barbara Hobbs
9/4	Ron Moore	9/19	Susan Coghill
9/5	Richard Bletsis	9/19	Kaitlin Christenson
9/6	Don Gifford	9/20	Tim Miller
9/6	Brandon Sheline	9/24	Glenn Artis
9/8	Michael Tetrault	9/25	Sam Williamson, Jr.
9/10	Nancy White	9/26	Josh Daugherty
9/13	Earl Strong	9/26	Mason McGovern
9/14	Larry D. Sullivan	9/28	Anne Elliott
9/16	William Bennett	9/29	Mike Anderson
9/16	Jan Stucker	9/29	Brenda Rodgers
9/17	Steve Kilcline	9/30	Carrie Lee
9/17	Sandy Knowland	9/30	Ernie Strawn

CLUB KOKOMO ROADRUNNERS
2936 CONGRESS DRIVE
KOKOMO IN 46902

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