



BeeBumble was Un"bee"lievable!

By Brian Reinhardt



over and over. Many of them had done it in the past and had expressed interest in making it a points race at more than one club meeting. Well, they came prepared last year when we developed the race calendar and convinced us that it'd be a good one to add.

take of this great event! The pictured loot from the "goodie bag" was more than I'd ever seen in any race, including marathons! We were warned ahead of time, but just couldn't believe it! With Patti and I both running we'll be nibbling on treats for a month! Add to that the first class hospitality and the post race treats of "bee"scuits and gravy, fresh fruit, cookies, cakes, drinks, etc. and you don't go away hungry or thirsty. They even called the port-a-potties "Bee Pees" - way too funny!

We had about 35 club runners and walkers there this year, more than double past years and I expect that next year will be probably double again!

Congrats to Jerry Lambert and Mary Miller who won the 5k walks.

Most of us have done lots of local races in our lives—5k's, 10k's, etc.—but few, if any, have matched what we experienced at the BeeBumble on Saturday, September 23rd. If anyone has a desire to direct a race they'd be wise to get with the organizers of this one to see what they've done to put on such a great event!

We've got the walkers in the club to thank for this becoming a points race for us and I'll be the first to line up to thank them

There'd be those that'd suggest that it's a bit too far away (35-40 miles from Kokomo) but if they showed up to run it they'd add it to their calendar for next year before even considering another event.

The course itself is flat and fast if you like the 5k distance and very challenging and hilly if you go with the 10k. But the course is only a small portion of the reasons to par-



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Ray Got What He Deserved

By Brian Reinhardt



I could think of all kinds of words to describe Ray – a few being Christian, Wise, Strong, Inspirational, Genuine, Dependable, Loving, Persistent, Friendly, Steady, Integrity, but more than any of those..... humble.

You'll turn the page and Ray will give you a factual account of all of the help that he's had in making Coyote Kids a successful running program for the kids in the local community. He'll recognize many by name and each of them deservably so, without exception.

He'll also recognize that he couldn't have done this without each of you—again the absolute truth.

But what he won't tell you is of the countless hours that he's put into this program that none of us can even

imagine. There have been countless hours of phone calls, emails, contacting of sponsors, measuring courses, responding to upset parents, and the list goes on beyond my comprehension.

Those things matter because without them none of us would have had anything to volunteer for—there would have been no Coyote Kids and no Dick Lugar Health and Fitness Award.

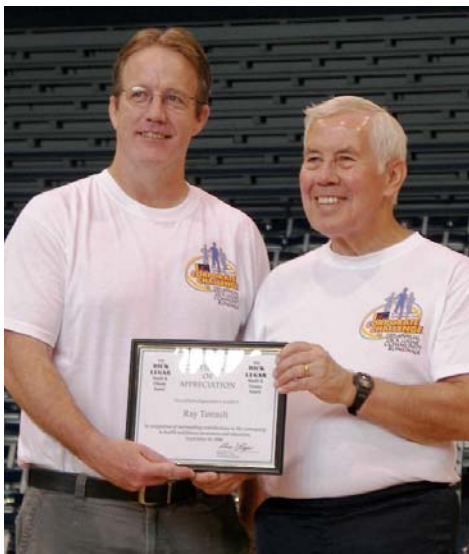
Behind every good man is a good woman and I'd be remiss if I didn't take the opportunity to recognize Robin and all of her efforts as well. She asks for no thanks and her own humbleness allows her to work behind the scenes as diligently as Ray does.

Thank you both for leading by example.

Next Race:
Cole Porter Classic
XX 5k and 15k
Date: October 7
Time: 8:30 A.M.
Location: Circus Building, Peru, Indiana

From the President

By Ray Tetrault



I have kept Brian waiting long enough for this. This month I went to Indianapolis for the Dick Luger 5k/10k. The week leading up to the race I kept receiving urgent calls from Senator Luger's office. When does a Senator's office make urgent calls? It is when elections are coming up or they need political donations. So my response was to do nothing. I was not going to be outwitted into calling his office. One day I made the mistake of answering the phone without seeing who was on it. You guessed it! The moment I heard it was Senator Luger's office I inwardly groaned. On the receiver I heard words about Coyote Kids, running, and award. He kept saying congratulations for winning one of four annual awards for promoting fitness in the State of Indiana. The Senator wanted me to go to the run and participate and bring my family with me. I won't answer a survey. I don't care to give political donations when the Kingdom of God needs it. But hey, go down and receive an award at a race.

I did manage to call Scott Colford to see if he was going to go to the race. It appears that Scott didn't get his race taken care of. He had to pay to be there. Robin and I got to go for free. Our race was comped. Anyone who knows me knows I wouldn't gloat about that or keep reminding Scott before the race, during the race and after the race that the race director paid my way to get into the race, but not his. No matter what Scott says,

everyone knows I wouldn't ever do that.

All the kidding aside, the award, although given in my name, belongs to every one of you who were volunteered and worked. Charlie Skoog who kept telling me Coyote Kids would be able to succeed in Kokomo. Eric Matthews who came up with the name Coyote Kids and was on the initial committee that first year to help get the program up and running. Will and Allison who worked on the results and of course all of you who came out and blazed a trail through the woods to create "the best part of the course." Coyote Kids was blessed with rabbits and cabooses. The rabbits led the way to prevent the pack from going the wrong way. (I still can't figure out why we let Scott do that as he gets lost at least three times a year on other courses). Stan was the caboose exhorting and encouraging those remaining kids on the course. Every year the Sheline/McGovern timing team has been out to the runs to be sure the finish line is run correctly. Grace Fellowship Church members have been welcomed as they get involved in the popsicle brigade. My son, Mike was our course director and made sure the course was set up and taken down each week. Robin led the registration tables. Michelle was the leader for the finish line tags. This year we had Stan, Gregg and their team of "parkers" who helped make the most of our parking space. The Weber's took responsibility for all the little ones in the 25 yard and 50 yard runs. Our club showed up in force week after week to be sure the program was well done each and every week. I haven't even mentioned the "old faithfuls" like Jerry Lambert who went out on the course each week to point the kids the right way. And I got to show up, watch every volunteer do their part and say "Go" a few times and talk with people and kids. Thank you for allowing me the privilege of picking up YOUR award Club Kokomo RoadRunners.

The Luger Run uses the Butler University Campus to run on. It was well worth the drive and the energy to get there. CKRR was well represented in

the mob of people. Most of the runners showed up with their CKRR gear. Patti Reinhardt wore her red ones and remained invisible through the early parts of the 10k. The 5k race was crowded. The faster runners went to the front and the slower ones were content to be in the rear. Starting in front of Hinkle Fieldhouse, the course wound through the campus on the north side and took a quick loop through a few streets on the south side and then back to the track behind the Fieldhouse. The best part about the run was being able to beat some younger runners from the Butler Student Body. They run the races, but they don't train. If you ever wanted to run 2 races for the price of 1 race you should try this run. Any runner who signed up for one race could do the next race for no cost. Byron Bundrent took full advantage of that opportunity as he ran both the 5k and the 10k. This is a race day I would recommend to anyone who wants to run with a large group of competitors. The course easily accommodated the number of runners. The awards had a prize drawing won by Brian Reinhardt, giving him free roundtrip airline tickets for two. I am still wondering where Brian and I are going, but when he chooses a destination I am sure he will let me know. SHHHHH, quiet Patti down, her protesting is interfering with my free flight!

The roads are always open, the call to run always present, and the will to succeed is always up to you. What a beautiful sport!



On the Trails

By Charlie Skoog



On Sept. 11 Kokomo City Engineer, Carey Stranahan, and Friends of the Nickel Plate, Miles Stahly, Harry Denham, and Dennis Shirley came to the Club

Kokomo business meeting to present a progress report, talk about sponsoring the trail, and connecting it to Kokomo. At the conclusion of their talk Club Kokomo voted to give \$750 as sponsors of the Cole Porter races in support of the trail.

We also agreed to schedule a work day on Sat., October 14 at 9 AM, to clear and cut back the overgrowth between Cassville

and Bennett's Switch. We would like to get this two mile section cleared and graded in preparation for the next Division of Natural Resources, recreational trails grant cycle. Tools needed will include chain saws, lopers, and other trail clearing equipment. Plan on hitting it hard until about noon and then we will celebrate our efforts with a special lunch being arranged by CK V-P Will, which you will not want to miss. If you would like to join our trail crew give me a call, 457-2607, or email runckrr@aol.com for more details.

Carey also presented preliminary drawings of the recreational redevelopment

ment of the Continental Steel main plant site which you can view at www.cityofkokomo.org. The sketch includes a walking trail, soccer fields, ball diamonds, skating rink, and amphitheatre. Many of us did not like the road spitting the proposed park as this reduces unobstructed green space. Carey was asked if a unpaved, kid friendly loop, could be included in the plans as a possible future venue for Coyote Kids. Carey then asked that the club send a letter with our recommendations to the Mayor, Common Council and Park Board and Will Irvin agreed to do so. I encourage anyone wishing to comment to do so on the City website and now is the time because you, the users, know a lot more about these issues than many of the board members and elected officials that will make the final decision. Act now or forever complain! See ya on the future roads and trails.

The Second Time Around

By Keith McAndrews



or events so I told him that if he entered I would as well. That way I would know he was serious about his intentions to do this. So that's how this marathon ended up also being my second one.

Race day started with visibility at about 500 feet on the drive to the starting line. Even so we were ready to hit the course.

Since 9/11, support from fans along the course has been minimal, since it is mostly run on a military installation. But as pointed out by the guest speaker before the race, you don't train with crowds of people cheering you on. However, the volunteers at the refreshment and aid stations are very enthusiastic and encouraging. There is one approximately every mile throughout the course. This support is well appreciated by all the participants.

Once we got settled in to a good pace, we were very com-

I hadn't planned on the Air Force marathon being my second marathon (since it was also my first). I was asked by a co-worker (Steve) if I would be interested in participating with him. He had never been actively involved in any type of running/walking training

comfortable. The weather couldn't have been better. The lack of visibility caused the first half of the race to fly by; you couldn't see what was coming up. During the second half the visibility cleared up and the sun appeared. We just happened to be on the shadiest part of the course at that time. We knew our luck would end – we were going to have to finish the last 7.2 miles in the sun.

Along with the heat from the sun, the last 3 miles of the course become very hilly. After we made it over the last hill, we were glad to see the finish line off in the distance. We knew we were going to make it.

During the entire race, Steve never faltered. He enjoyed the pace that we kept and was comfortable throughout. The last .2 miles of the race, as we were making our way through the row of airplanes, Steve asked if he could finish ahead of me. As he eased away from me, I used all my energy to yell to the crowd to congratulate Steve on his first marathon and cheer him on to the finish! I did this more than once!

We had originally set a goal to finish in 6 hours. We finished in 5 hours and 42 minutes! Having someone to keep pace with during the entire race made it very enjoyable.

If anyone is looking to do their first marathon, or any marathon, I would highly recommend the Air Force marathon. The overall support with the aid stations, the various challenges, and an ample time limit of 8 hours makes this a great event.

On the Roads

By Johnnie 'O



Triathlete Paul Howell completed amazing trifecta in five weeks

When I saw Ricke Stucker's note about former Kokomo resident Paul Howell in last month's newsletter, triathlon memories came flooding back because during his time, Paul was not only one of the best triathletes in Indiana, but in the country.

As reported by Ricke, Paul, 62, who lived in Kokomo from 1978 to 1989, was a member of Club Kokomo Roadrunners. He was a supervisor at Kokomo Sanitary Pottery for 20 years. He has been diagnosed with mesothelioma, a rare form of cancer caused by asbestos.

When the first triathlon occurred is open for debate, but there is no question that it was the Hawaii Ironman that ignited the sport's popularity.

According to the Ironman organization, the first Hawaii Ironman was prompted by a discussion of who was more fit – swimmers, runners, or other athletes - during a running awards ceremony in Hawaii. Navy Commander John Collins and his wife Judy proposed combining three existing Hawaiian races (2.4-mile swim, 112-mile bike, and 26.2-mile run) into one race. On Feb. 18, 1978, Gordon Haller beat 14 other men by covering the 140.6-mile distance in 11 hours, 46 minutes, 58 seconds. Two of

the men did not complete the race.

In 1979, 15 men again competed in the race. A *Sports Illustrated* reporter, who was covering a nearby golf tournament, "stumbled" onto the event, and produced a spread for the magazine. The story sparked interest in the triathlon, and the next year (1980), 106 men and two women started the swim. ABC's *Wide World of Sports* was there and its coverage added fuel to the triathlon fire.

In 1982, ABC added jet fuel to the sport's fire by capturing for millions of viewers Julie Moss' dramatic Ironman finish. Moss, a college student, was competing to gather research for her exercise physiology thesis. As Moss approached the finish, she started "staggering like a drunk." She ended up crawling across the finish line. The scene was repeated for years in *Wide World of Sports* promotion clips.

The Muncie Endurathon and Greentown Glass Festival were the fuel for the Midwest triathlon fire. In 1980, Muncie hosted a half-Ironman in late summer. It still does today. A year later on June 14, the Glass Festival put on a one-third distance Ironman. It was discontinued in the '80s.

There was little information about training for or putting on a triathlon at that time. Training and race directing were done by trial and error and methods were passed word of mouth. Logic told triathletes to work their way up the distant ladder. Logic also told race directors to have water stops and people directing racers on the courses, but that did not happen in Greentown's early years.

There were only a few triathlons in the whole country then, so Greentown and Muncie became important triathlon stops because of their event distances and Midwest location. When Ironman moved from February to October in 1982, Greentown and Muncie became even more important, because of their dates between events.

Only 19 people competed in Greentown's first triathlon in 1981. The race started at noon on Sunday at Res-

ervoir Park. The distances were .8-mile swim, 36-mile bike, and 9-mile run. Tom Hillsman, Greenfield, Ind., won in 3:17.06.

Kokomo Haworth High School graduate Bob Bucholtz was second in 3:18.49. He was quoted in the Kokomo Tribune as saying, "Well, there's a week and a half of training shot down the tubes."

The Tribune reported that a Kevin Jones was pulled from the water into a boat by lifeguards. "That water's colder than I thought it would be," he said in the story.

The article also reported that four competitors missed the turn in Greentown after five miles of cycling and ended up in Grant County. The paper said adjustments were made in their finishing times. One of the lost riders, Chris Williams of Western High School, ended up third in 3:37.49. Kit Bryan of New York was the lone woman in the race. She finished seventh overall in 3:49.54.

In 1982, 110 triathletes jumped into the Kokomo Reservoir. Former Indiana University swimmer Ginny Caldwell, the first female sports writer at the Kokomo Tribune and one of the first female sports writers in the Midwest, was greeted with rousing cheers as she was first person out of the water in 19:14.

Ginny's dad, long time Indy TV 6 news anchor Howard Caldwell, drafted spectators, including Johnny 'O, to form a shelter by holding blankets so Ginny could change into biking shorts. Even though the blanket holders had their backs to Ginny, Howard kept circling the makeshift tent saying: "Boys, keep your eyes straight ahead."

Keith McCormick of Lombard, Ill., won in 2:50.51. Ginny was the first female finisher, but I could not find her finishing time in the paper. Today, Ginny still lives in Kokomo. She is married to Bill Hingst and they have two children.

In 1983, Greentown's swim and run distances remained .8 and 9 miles, but the bike distance was increased one mile to 37. The 132 entrants were from seven states. Hobart's Bob Curtis, who was training for the Ironman, won in 2:53.14. At age 39, Paul Howell led local competi-

On the Roads (continued)

tors by finishing ninth in 3:21.12. Ginny claimed the women's title in 3:26.36. CK Hall of Fame member Jim Schneider finished 24th and took the 40 plus division in 3:24.25.

Howell did not have a Kenyan-type body. His frame was more like a football player, a sport he played in high school. The Tribune reported that Paul trained for Greentown by swimming a mile before work, cycling 15 miles at lunch, and running six miles after work with his buddy, Schneider.

In a five-week span in 1986, Paul qualified for the Triathlon National Championships at Hilton Head Island, S. C., and the Ironman World Championship in Hawaii, and his entry was drawn for the New York City Marathon. When I asked him what he was going to do, he replied: "You go to all three and hide the bank book from your wife."

Paul did not just go to all three events and finish. He "competed." It was an amazing feat as in a five-week period he finished the National Championships (.9-mile swim, 40K bike, 10K run) on Sept. 27 in 2:18.26, the Ironman on Oct. 18 in 11:55.21, and the NYC Marathon on Nov. 2 in 3:28.18.

Paul, 42, did not qualify for Ironman until Sept. 7, when he finished third in his age division at Muncie Endurathon. He only had five weeks of Ironman-distance training, before he jumped into the ocean for his first Ironman. After the race, he told me that his ankles cramped during the last half mile of the swim (because he had never done even a two-mile swim before the race), and on the bike the "sun was blistering (89 degrees), the winds were at 25 mph, and the hills were long."

In 1987, Paul came back from knee surgery earlier in the year to compete in seven major triathlons, getting faster as the season progressed. He placed first in his age division at the Sept. 12 Midwest Triathlon at Lafayette, fifth in his age division at the Sept. 27 National Triathlon Championships at Hilton Head, and eighth in his age division at the Oct. 10 Hawaii Ironman.

Training for his second Ironman, Paul cycled 200 to 250 miles, ran 35 to 45,

and swam 14 miles in a pool each week. His longest run, however, was just 16 miles because of his knee surgery. He completed his second Ironman in 10:35.31 and placed 168th out of 1,392 starters. He swam 2.4 miles in 68:38, cycled 112 miles in 5:43.18, and ran 26.2 miles in 3:35.

Having completed the Ironman in the previous year was a major factor in Paul's improved performance. "The body has been through it. Mentally and physically, you respond better," he said. However, the bike portion was still rough as it was "windier and hotter (90 degrees)" than it was during his first race.

In 1987, Triathlon Federation/USA selected the 43-year-old Howell as one of the 400 best athletes living and racing in the United States and Canada. He also was named to Tri Fed's 1987 Honorable Mention All-American Team. The selection was based on head-to-head competition, performance in major triathlons, consistency, and versatility during the 1987 season.

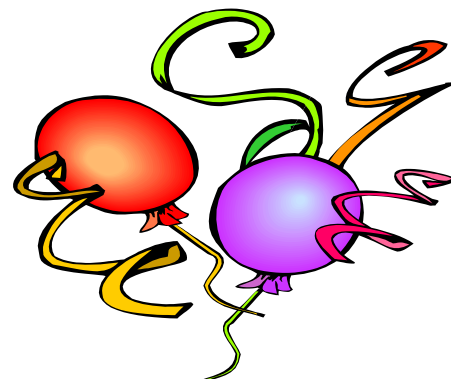
As Ricke reported, Paul, who now lives in Noblesville, completed his third Ironman in 1996 in 11:40 (1:20 swim, 6:05 cycling, 4:15 marathon).

In the '80s and early '90s, I trained and raced a number of local triathletes, who were among the best in the country. They included Leonard Baxter, who in 1985 became the first local triathlete to complete the Hawaii Ironman. Others were Gary Meeks, Jim Schneider, brothers Todd and Tim Holder, R.J. Kerr, Greg Townsend, Ginny (Caldwell) Hingst, Cathy Schuster, Lisa (Green) Hopkins, and Hawaii Ironman finishers Howard Harrell and Bill Schaefer.

However, Paul's feat in 1986 of not only finishing but "competing" at three major long distance national events in a five-week period stands foremost in my triathlon memories.

Birthday List

- 10/1 **Janae Fisher**
- 10/2 **Nancy Kubicek**
- 10/5 **Riley Jones**
- 10/5 **Jeff Perkins**
- 10/5 **Natalie Weber**
- 10/5 **Dave Zandi**
- 10/6 **Nancy Anderson**
- 10/6 **Ashley Taflinger**
- 10/8 **Mary Miller**
- 10/9 **Greg Powers**
- 10/9 **Rick Spencer**
- 10/12 **David A. Hughes**
- 10/13 **Sam Williamson, Sr.**
- 10/13 **Keith Kruger**
- 10/13 **John Robertson**
- 10/15 **Sarah Lee**
- 10/16 **Jenna Bradway**
- 10/17 **Anthony Campbell**
- 10/17 **Landrum Neer**
- 10/21 **Anne Wiles**
- 10/23 **Peter Bauson**
- 10/23 **Ricke Stucker**
- 10/25 **Henry Johnson**
- 10/25 **Brent Marnier**
- 10/27 **David Gardner**
- 10/28 **Zach Miller**
- 10/30 **Katie Mavrick**
- 10/31 **Geana Moore**
- 10/31 **Dave Woelfel**



Lean Horse and Superior Sawtooth 100-Milers

By David Hughes

The Lean Horse 100 Mile Run started at 6am Aug 26 on the Michelson Trail due west of Hot Springs SD. As many of our club members know this is a rail trail covered with compacted sand with gradual and long ups and downs. The trail winds through beautiful open fields and spruce forested areas in the Black Hills area with a view of the Crazy Horse mountain memorial. Though there is some controversy surrounding the appropriateness of using mountains including Mount Rushmore for this purpose, it truly is awe inspiring and honoring to our Indian heritage. The trail proceeds northward past Custer and doubles back north of Hill City. There is plenty of aid along the way at every five or so miles with friendly volunteers. The race director, Jerry Dunn, who used to live in Indy and has run 200 official and unofficial marathons in a year, describes this as "not a tough course." Maybe not tough for someone in good shape, but I found it really taxing since it's entirely run-able with no mandatory hiking up steep hills or extremely rocky and rooty sections which provide a break for weary legs. The nearly constant rain and drizzle didn't help the runners

either to cope with the lower temperatures at night. Fifty one finished. It took me 28:20:37. The Superior Sawtooth 100 mile run couldn't



have more different than the Lean Horse. Starting at 0800 on Friday the 8th of September at Gooseberry State Park in MN along Lake Superior the race follows 100 miles of the very rocky and rooty Superior Hiking Trail toward Canada. This trail zigs and zags all around various hills and lower lands along hundred foot cliffs, marshes, beaver dammed streams, and roaring rivers carved deep into igneous and metamorphic rock with spectacular panoramic views of Lake Superior and inland lakes. Having overindulged at the pre-race dinner the night before and having lost most of it during the night, I started off with the energy of several Little Debbie's.

Shortly after the first aid station at mile 9.3 I lost the rest of the race energy stored in my stomach. It wasn't full projectile style, more of a down-on-all-fours one. Fortunately, my stomach recovered, but the extra cautious running thence and hence made for an incredibly slow 11 ½ hour arrival to mile 34.2 aid station. Before coming in I weighed my chances of finishing. It didn't look good. It never does at this stage of a hundred miler. I did what I've been trying to avoid from past experience. I looked down into the chasm (The Librarian- the Quest for the Spear); I crossed the streams (Ghost Busters); I forgot "Do or do not. There is no try." (Star Wars- the Empire Strikes Back). That is, I began to focus on the 66 miles to go and the 26 hours to go rather than the proven method of relying on God to give me the grace through Jesus to get to the next aid station and the courage to leave for the next one. That ended my race and the opportunity to spend the night and all the next day in God's incomparable creation with help of like minded people all along the way. Oh well, there's always next year.

North Country 50

By Gina Sheets

Saturday, September 16th was a perfect day to run the North Country Trail Run in Manistee Michigan. There were two events a marathon and a 50 mile both running on the single track trail through the Manistee National Forest. I was running the 50 mile and at one point I was very tempted to find something wrong with me (no snide remarks needed) so I had to stop at the marathon, but that was not my course. I must admit that I was thinking about having some type of injury or excuse to quit (other than my bladder infection) that I actually fell about 200 feet in front of the split. There was a man behind me who graciously slowed down and offered to help me but I rolled right up and profusely apologized for almost taking him down with me. He asked me if I was okay and trying to hold back from breaking out in tears I said "oh yes I am fine". We ran a few more feet and he asked me again if I was okay and this time it was "yes, I am fine darn it, I have been looking for a reason to



drop at the marathon and I still have no reason." I went through the start finish area and saw Trav. Lucky for me I had my work-out bag in the trunk of the car and Trav dashed off to retrieve that bag when I am sure I very kindly ask him to do so. With the bag in hand I took off my trail shoes which were rubbing, spread the Vaseline on my feet for the third time in the race, changed my socks and my shoes and felt like a new person. Off I went thankful that I did not quit. I ran with old friends from previous runs (we practiced our best turkey calls) and met new friends (who would not attempt a turkey call) along the course. I had plenty of time to worship our great LORD. The picture I included with this note really puts the whole creation in perspective and is very humbling. I finished the race two hours faster than my first 50 miler and felt way better. This was a great course; if you need a marathon in Michigan I would recommend this one.

Race Results

Blueberry Stomp
September 4, 2006
Plymouth, IN

5k
1. James Muguku Kennedy 15:20
1w. Justina Faulkner 18:21
44. Ron Moore 21:39
54. Michelle Hollingsworth 22:08
89. Darin Hollingsworth 23:33
135. Russ Hovermale 24:44
311. Doug Mankell 29:49
346. Chris Williamson 30:45
482. Diane Gifford 37:39 (W)
530 Finishers

15k
1. Mike Cole 49:03
1w. Anne Gasway 55:49
22. William Irvin 1:00:02
50. Brian Reinhardt 1:05:08
71. Sam Williamson, Jr. 1:08:34
111. Kelly Wright 1:12:07
135. Don Gifford 1:14:27
165. Ricke Stucker 1:17:42
182. Lorene Sandifur 1:18:50
190. Mike Deardorff 1:19:17
255. David Reinagle 1:25:05
256. Shannon Reinagle 1:25:05
261. Patti Reinhardt 1:25:39
268. Tom Miklik 1:26:36
271. Mark Rodgers 1:26:47
273. Tami Moore 1:26:54
347. Steve Wand 1:36:54
378 Finishers

BeeBumble 10K
Burnettsville, IN
September 23, 2006

1. Scott Colford 35:04
3. Brian Reinhardt 41:05
8. Eric Mathew 45:31
10. Ron Moore 46:08
16. Lorene Sandifur 50:36
19. Mike Deardorff 51:59
27. Ray Tetrault 54:37
29. Mark Rodgers 54:49
32. Sam Williamson 56:15
35. Patti Reinhardt 58:06
41. Robin Tetrault 1:05:03
45 Finishers

BeeBumble 5K Run
Burnettsville, IN

September 23, 2006

1. Paul Wilson 17:41
2. Jeff Kuczera 18:43
9. Al Hochgesang 20:11
22. Ricke Stucker 23:37
25. Kim Lee 24:55
39. Michael Graham 27:20
43. Gina Sheets 28:09
51. Jennifer Mayfield 29:42
56. Christine Williamson 30:04
67. Michelle Tetrault 33:56
75. Holly Hurlburt 39:05
79 finishers

BeeBumble 5K Walk
Burnettsville, IN
September 23, 2006

1. Jerry Lambert 31:03
2. Rick Spencer 33:16
3. Mary Miller 33:19 1st woman
4. Keith McAndrews 33:34
6. Tim Taflinger 35:10
8. Amanda Pena 36:41
12. Robin Michael 39:37
17. Debbie Riffe 41:50
19. Brian Allen 41:53
20. Rocky Smith 42:10
21. Sylvia Burgin 42:13
32. Emily Allen 45:15
33. Kathy Allen 45:16
40. Pat Robertson 47:30
46. Jack Sanders 50:01
48. Cynthia Sanders 50:04
57 finishers

IU Mini Marathon
September 9, 2006
Bloomington, IN

1. John Ngigi 1:10:12
1w. Heather May 1:24:25
412. Kelly Wright 1:51:09
706. Shannon Reinagle 2:02:17
1522 Finishers

Note from Shannon: Kelly and I ran the Circle of Life IU Mini Marathon on September 9th. Kelly wanted to run this, she being an IU graduate so I said sure. WE both knew there would be hills, but somewhere we forgot how many hills the IU campus had. You started on a hill and.... well..... that hill never ended .

This was fun because of all the college students dressed crazy and really cheered you on, BUT THE HILLS!!!!!!!!!!!!!! They never stopped!!! I thought that the run in Logansport was hard. It has nothing over the IU Mini Marathon. I think that we should take a group down next year.

Dick Lugar 5k and 10k
September 16, 2006
Butler University

5k
1. Caleb Bailey 14:46
1w. Cathy Allen 17:55
20. Byron Bundrent 17:33
222. Ray Tetrault 24:28
335. Robin Tetrault 27:09
513 Finishers

10k
1. Daniel Bretscher 32:29
1w. Claire Emswiller 41:42
13. Byron Bundrent 37:36
14. William Irvin 37:41
21. Brian Reinhardt 40:06
201. Patti Reinhardt 54:26
256 Finishers



As Pat Robertson and Rick Spencer demonstrate, there's much more to the BeeBumble than just walking or running a race!

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 (runners), Blueberry Stomp (runners), BeeBumble 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 5-80V
Grace Bauson 3-55
Stephanie Miller 2-40H
Ashley Taffinger 1-20
Holly Hurlburt 1-15
Jennifer Mahn 1-12

25-29

Kelly Wright 8-150H
Shannon Reinagle 9-145H
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 Pasington 1-20V

35-39

Gina Sheets 11-190MHV
Heather Weber 8-150H
Jennifer Mayfield 7-94
Tami Moore 5-85H
Nicole Peel 3-60MH
Jerelyn Bradway 3-52H
Teresa Long 3-50H
Carrie Gruel 1-10
Marti Sholty 1-10

40-44

Patti Reinhardt 15-255MHV
Michelle Hollingsworth 14-255H
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 19-360HV
Robin Tetrault 12-182MV
Joyce Pennycoff 8-130HV
Christine Williamson 8-127HV
Robin Cole 9-121V
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
Sam Williamson Jr. 9-128H
Mason McGovern 7-125
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 2-40H
Greg Sullivan 1-20

30-34

William Irvin 13-245H
David Reinagle 9-127H
Keith Hill 8-114H
T.A. Weber 8-108H
Jeff Kuczera 6-105

35-39

Ron Moore 10-190H
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

Brian Reinhardt 13-230MHV
Michael Graham 17-209HV
Kim Lee 11-159
Darin Hollingsworth 11-158V
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 15-228MH
Al Hochgesang 13-204V
Mark Rodgers 13-157H
Ray Tetrault 11-155MV
Ken Swinehart 3-40H
Bill Bauson 2-32H
Jerry Meiring 3-24

50-54

Mike Dearnorff 20-269MHV
Mark Shorter 17-258HV
Earl Strong 12-198H
Don Gifford 10-156H
Chuck Masters 5-100H
Russ Hovermale 7-98H
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 18-310HV
Charlie Skoog 11-185MV
Steve Wand 13-182H
Tom Miklik 12-176MHV
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
Doug Mankell 9-142V
Sam Williamson Sr. 8-137
Jim Burrous 7-122MH
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

2006 Points Standings (continued)

70+
Robert Cupp 11-197
Bill Heck 3-60V
Milt Brown 4-52
Riley Case 1-15

Walkers

Women

49-
Mary Miller 16-300HV
Amanda Pena 11-165V
Debbie Riffe 13-151V
Emily Allen 9-104
Raye Jean Swinehart 6-74H
Jane Inman 6-72H
Cara Lee 4-40

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 14-247
Pat Robertson 13-178HV
Cynthia Sanders 13-154V
Judy Smith 8-98
Diane Gifford 5-85
Helen Brown 2-30
Sherry Stoneking 1-20H
Kathy Allen 1-15
Jill Parry 1-15
Edwina Foust 1-12

Julia Green 1-10
Barb Hobbs 1-10

Men

49-
Keith McAndrews 14-255H
Brian Allen 12-179
Steve Inman 6-105H
Nicholas Allen 6-78
Bruce Savage 2-30H
Ray Bradway 1-15

50+
Jerry Lambert 16-300HV
Tim Taflinger 16-229H
Jackie Sanders 14-139V
Rick Spencer 8-126HV

Robin Michael 10-121MH
Toney Lorenz 8-98H
Rocky Smith 6-56
Melvin Hobbs III 2-30H
John McGinty 2-19
Walter Brown 1-10

My apologies for the walkers who have less points this month than last. I didn't realize that the Western CC Invitational Open Race was not a points race for walkers and awarded points. Once it was brought to my attention at the monthly meeting I corrected the points standings. Sorry about any confusion that it may have caused. If you have any questions or concerns about your points please let me know. - Brian

Meeting Minutes

September 11, 2006 6:00 P.M.

Members Present: Ray and Robin Tetrault, Will Irvin, Mark Shorter, Brian Reinhardt, Sylvia Burgin, Charlie Skoog, Jack and Cindy Sanders, Tom Miklik

Ray opened the meeting at 6:09 P.M.

OLD BUSINESS

Fundraising

No real progress yet—still in work to create a committee

NEW BUSINESS

Continental Site

Carey Stranahan talked on potential plans for the site
Suggested to possibly incorporate a running track
Suggested to add more running/walking trails
Site will begin to be worked in October '06
William will write a letter to mayor, city council, park board, etc. to promote site.

Nickel Plate Trail

Actively pursuing obtaining rail south from Cassville to Smith Road
Carey Stranahan has meeting with Central RR on Sept 21
Plans to set up meeting with Chrysler
Cole Porter Classic XX
Primary Fundraiser for NPT
Charlie Skoog proposed that CK sponsor the race for \$750 and was seconded by Brian
Voted 8-0 in favour of with 2 abstains

Miles Straly explained how money will be spent improving the trail.

Friends of the Nickel Plate meet the last Wed of every month at the Bunker Hill Comm Center at 7:00 P.M.

October 14th proposed at CKRR work date on trail.

Race Schedule

Eliminate Blueberry Stomp, Groundhog 7, and Western CC Invitational as points races

Add Nickel Plate Trail run on Sunday, Sep 16, 2007, 2:00 P.M. (non-points)

Brian motioned to adjourn. William seconded.

Meeting adjourned at 8:30 P.M.

Next meeting is scheduled for October 2, 2007 at 6:00 P.M. at the Tetraults.



Jerry Lambert and Mary Miller display their BeeBumble 1st place trophies. The female winners get a nice bouquet of flowers and the male winners a whole case of Bit-O-Honey.

2006 Race Calendar

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 12

CKRR 4 Mile Run/ 5K Walk

Time: 2 PM

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

October 14

Spotlight on Nursing 5m Run/5k Walk

Time: 9 AM

Location: Downtown Indianapolis

Contact: (317)733-3300

October 27

Run Like Hell 5k Run/Walk

Time: 7 PM

Location: Canal, Downtown Indianapolis

Contact: (317)733-3300

October 28

Pleasant Run Run 5m run/Walk

Time: 10 AM

Location: Historic Irvington, Indy

Contact: (317)733-3300

2007 Race Calendar

All race dates and times and distances are subject to change. This schedule is based on past dates. Several have been confirmed. Please refer to the monthly newsletter each month for correct dates and times.

March 10

Norris Insurance 5K Run/Walk

Time: 9 AM

Location: Amboy, IN

March 24

Old Ben 5K Run/Walk

Time: 9 AM

Location: Highland Park

March 31

CK Ultimate 10m run or 5m Run/Walk

Time: 9 AM

Location: Logansport, IN

April 21

Race for the Cure 5K Run/Walk

Time: 9 AM

Location: Indianapolis, IN

10 points for each finisher

May 12

CKRR 5K Trail Run/ Walk

Time: 8 AM

Location: Peru River Walk

May 19

Norris Insurance 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Jackson Morrow Park

June 2

Helping Hands 5KRun/ Walk

Time: 8 AM

Location: Sharpsville, IN

June 9

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Greentown, IN

June 15-16

Relay for Life

Location: Kokomo High School

June 23

Race for Grace 5K Run

Time: 8 AM

Location: Logansport, IN

June 30

Haynes-Apperson 4 Mile Run/3 Mile Walk

Time: 8 AM

Location: Memorial Gym, Kokomo, IN

July 14

Iron Horse 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Logansport, IN

July 21

Panther Prowl 4 Mile Run/5k Walk

Time: 8 AM

Location: Western H.S.,

Russiaville, IN

August 4

Norris Insurance 5K Run/ Walk

Time: 8 AM

Location: Converse, IN

August 11

CKRR Age-Graded 4 Mile Run & 5K Walk

Time: 8 AM

Location: Highland Park

Sept 16

Club Kokomo 5 Mile Run/5k Walk

Time: 2 PM

Location: Nickel Plate Trail, Peru, IN

(Non Points)

September 22

8th BeeBumble 5k-10k Run/5k Walk

Time: 8 AM

Location: Burnettsville, IN

September 29

13th Kokomo Symphony Run 5K Run/Walk

Time: 9 AM

Location: Highland Park

October 6

Cole Porter 15K Run/ 5K Run/Walk

Time: 8:30 AM

Location: Peru, IN

October 20

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Bunker Hill, IN

November 4

Run the Mounds 5m Run/Walk

Time: 2 PM

Location: Anderson, IN

November 10

CKRR 4 Mile Run/ 5K Walk

Time: 9 AM

Location: McKinley School

November 22

CKRR Thanksgiving Day Fun Run

Time: 8 AM

Location: Highland Park

(Non Points)

Omaha Marathon

By Dan Lutes



Earl and I just returned from the great plains where we both captured another in our 50 state quest. This was the 37th state for Earl and my 41st. We did the math on the trip out and determined that we have done 15 states together now...I blame most of them on Earl and he blames most of them on me, go figure! We arrived on Saturday and made it to the pasta dinner and expo in downtown Omaha. We picked up our packets, carbo loaded at the dinner and then went out to drive the course. We realized on the course tour that this would be a tale of two halves with the first half being extremely hilly and the second half pretty much flat. We had already decided to try to stay together for the entire race and stay on a ~7:50 pace for an overall 3:25 marathon. Even after driving the hilly sections we decided that was still a good plan. We thought the hills would be a good test in the beginning and if we held the pace till the halfway point, then the second half should be okay since it was flat (right?...wrong!)

Raceday morning arrived with temps in the lower 50's and sunny skies. Perfect running weather! We were staying just 2

miles from downtown in Carter Lake Iowa so we got downtown quickly and found a close parking spot. Two minutes before the main start, the gun went off for the Crazy Leonard relay and a team began pushing "Crazy Leonard" in his wheelchair for his 98th marathon! I'm not sure Earl and I ever got the full story on Crazy Leonard, but he definitely showed a zest for life and got the crowd going with his inspirational attitude.

Earl and I started together and even with the early congestion and hills managed to stay together for the first 3 miles. Then we started to have trouble staying close, so at the 4 mile point we wished each other well and began to run our own races. I used the next downhill miles through the zoo to gain back most of the early hill losses and by the 8 mile mark I had it all back and was on the 7:50 average pace and feeling pretty good. The hills getting back to downtown took their toll but I was still on pace as we ran back by the convention center and dropped off the half marathoners and headed north to the flat section. I was able to hold the pace through mile 16 as we ran through a nice section known as Levi Carter Park at Carter Lake. After that the earlier struggles began to take their toll and the major pace give back began for both Earl and I. Later we learned, we had both adopted the same late race motivational strategy -- "Don't Walk!" -- and could therefore declare mission accomplished at the end. The finish line was actually inside the convention center which was a nice touch with lots of cheering fans. The massages afterward were nice and we both felt lucky to have finished ahead of Crazy Leonard! (since they basically blocked the finish line with the throngs of supporters and photographers as he came in at ~4:13...the

poor runners finishing just behind couldn't get to the finish line due to the crowd). The winner was Todd Nott from Nebraska in 2:51:31. The female winner was Sara Otepka from Washington in 3:07:25. I finished in 3:34:17 for 51st overall and 7th of 21 in my age group. Earl finished in 3:53:28 for 90th overall and 8th of 20 in his age group.

Afterward, we got cleaned up and went back downtown to enjoy the post race party at the Upstream Brewery. We then took our time touring around and photographing the Omaha and Carter Lake scenic areas. Finally, it was back to the hotel to watch football and relax before driving back on Monday. This was a much more sane way to do things...verses our normal jumping back into the car for a long drive back on the same day.

Next up for Earl is the Denver Marathon in 3 weeks (with Kelly & Moe, Shannon & Dave) and for me...well, I may be done until Austin, Texas in February (after all, isn't 6 marathons in one year enough!?) Anyway, this was a nice medium sized marathon with good support and only a 10 hour drive, but I wouldn't recommend it if you need a Boston qualifier or if you don't like hills! Keep running and I'll see you on the roads.

Note from Earl:

Whatever you do don't follow Dan's meal plan. I got on the scales this morning after a five mile run and I've gained 8 pounds! I thought I had cut back enough. That was the first mistake. I knew after driving the course that it would be hard to go 7:50 for long. I told Dan afterward. Just bad timing. It's on 36 marathons for me. I counted backwards from Dan's 41. When I counted the ones he done and I had not, I forgot about Vermont. - Earl

2007 Race Calendar (continued)

December 2
CKRR Charity Run 5K
Time: 2 PM
Location: UAW Local 292
(20 pts each finisher)

December 31
CKRR New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW Local 292

Best wishes to
Sam Williamson, Jr.
who recently joined the
United States Army.
Thank you and God bless you.
Stop by and see us at the local
races when you're back in town.

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

Thank you to our sponsors!

Goodfellows



McGONIGAL

*Kokomo Glass
and Paint*



ERIK'S CHEVROLET

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