

The Roadrunner

November 2006

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Next Race:
Mounds 5_mile Run/Walk
Date: November 5
Time: 2:00 P.M.
Location: Mounds State Park, Anderson

Weber Tames Nickel Plate Trail

By Brian Reinhardt



Heather Weber finishes with William Irvin.

For years the Cole Porter has been run or walked as a fundraiser for the development of the Nickel Plate Trail. But for the first time this year the 15k runners were fortunate to get to actually run on the trail for over 4 miles of the race. The course was the same as previous years for the first and last 2.6 miles, but the 4.1 miles in the middle were run as an out and back on the trail instead of continuing

west on River Road and running up the always fun Fox Hill and looping around Wabash River Estates. From the reactions that I heard it was a very positive change. The trail could not have been more beautiful on a sunny, cool, early October day.

Heather Weber dominated the women's race from the beginning and never looked back, clocking an impressive 59:03. William Irvin finished as the top club finisher for the men as they came across the finish line together.

Byron Bundrent came in 2nd overall and was the top club finisher and first master in the 5k with an 18:37. Michelle Hollingsworth was the top female club finisher as well as the top master with a time of 21:53.

Jerry Lambert and Mary Miller won the 5k walk with times of 30:50 and 33:05 respectively.

It was my observation that

this race is only going to get bigger and better by moving part of it onto the trail. I only wish there was a way to get the 5k runners and walkers to the trail as well. Possibly in the future it might be possible once the Wabash River bridge is completed.

C'mon up anytime to Peru and talk a run or walk on the trail—it never closes!



Roxane Burrous seems to be enjoying the trail.

Less is Moore

By Brian Reinhardt



Ron Moore wins the Symphony.

The Symphony seems to be shrinking each year but that didn't bother those that did run.

I was taking pictures like I often do when Ron Moore ran by at approximately the 1.5 mile mark. I cheered him on and snapped this photo and his reply, "I don't know what to do! I've never been in the lead before!"

Well, Ron must have fig-

ured it out because he won going away in a time of 20:57 and was never challenged.

In the women's race the top club finisher was new club member Katie Christenson with a time of 23:05. Congratulations Katie!

In the 5k walk the winners were Jerry Lambert with a time of 31:56 and Mary Miller with a time of 34:09.

From the President

By Ray Tetrault



One of the habits often practiced by highly successful people is the habit of regular goal setting. There is a reason for that. Goals compel you to work with discipline and concentration rather than going about your job mindlessly and routinely. Goal-setting is a discipline that helps you *focus*.

This doesn't mean that you can't do your job without goals. You can, and many people do. But the discipline of goal setting forces you to think about what you are doing. It moves you out of the realm of being reactive -- doing what other people want you to do -- to being proactive -- doing what you want to do.

Ours is a world that is more and more full of stuff to do: interesting things, multiple tasks and unlimited opportunities. Over the course of your life, you are going to be presented with thousands of opportunities and literally millions of decisions. If you're going to maintain your sanity and have any kind of life, you need to focus on the most important of that chorus of possibilities crying out for your attention. That's what long-term goals help you to do.

Often times I am asked what keeps me going and most of the time my answer remains the same. I want my life to reflect

God's life in me, and one way I can do that is to make each life I meet a little better. I believe this has to be true of CKRR as well. It was before I joined CKRR that John Wiles had a committee to determine some worthy goals of our running club. I never saw the list, but have been told that the list has been met with the start of a kids running program. So where to we go from here? Should we sit back and reminisce about the progress CKRR has made or do we continue on with a fresh vision and a positive hope for tomorrow's dreams?

I am asking for those who dream to join with me to discuss dreams for CKRR. As my term is getting ready to expire, (hopefully before I do), it is time to lend visionary sight to our club. In order for us to "get on the same page" we must look ahead to our days together as fellow runners and walkers.

Here's how to go about creating long-term goals for CKRR. First we need to **find areas** to concentrate our efforts on. We will need to define what our strengths and weaknesses are. Secondly, we have the fun part. It's the brainstorm session or better yet, the **daydreaming** section. It is the kind of thinking you do when lying on the ground looking up at the clouds. The sky is the limit here. This isn't the time to decide if something can be done, but the time to decide what great things could be done with a cooperative spirit. Our next step will be to **prioritize** those fantastic dreams. Since we can't do everything, we will need to select the things most important to the widest range of CKRR members. Step four will require us to **specify** those daydreams. It is taking the vague daydreams and putting them into concrete plans. This is a key step in the process because the specific detail of the goal is part of what gives it power. If your goals are vague and abstract, they have less power to shape and direct your behavior. Each of these goals will then need to go through the **refining** process. Because the power of a goal is to direct your behavior, it's very important that you write your goals exactly as you want them to be. You will direct a great deal of your time and effort toward achieving that goal. So, it makes sense to make sure the goal is right. The refining process will force us to ask these questions:

a. Are they specific? Does each goal specify, in detail, exactly what you want to accomplish? Can you make it more specific than what it already is?

b. Are they realistic? This is where your daydreams meet reality. Your goals should be a stretch and require you to work hard to accomplish them, but they shouldn't be so optimistic that you have no realistic chance of achieving them.

c. Are they measurable? Can somebody else tell whether or not you have achieved your goal? Have you stated it in measurable terms? Do we know what the finished goal will look like?

d. Do they have a specific time frame? Every goal should have a deadline for completion. That helps put power into it. A goal with no deadline has little motivational power. For each goal, specify the date or steps necessary by which the goal will be attained.

e. Are they worthwhile? We can spend a lot of energy working to achieve goals that, upon reflection, were not worth it. We don't want this to happen. Rather, consider, before we commit to it, whether or not this goal is worthwhile. Is it a good thing? Will we be proud of accomplishing it after the fact? If the answer is yes, then buckle up the seatbelts or doubleknot the shoelaces and let's get it done!

We should find our goals to be a major force in helping us focus CKRR and your energies. Speaking of goals and energy- I have a goal to get this to Brian before he prints the newsletter and I am about out of energy! My desire is to open this up to anyone. Let's find our place in Kokomo and continue to make our town and club a great part of everyone's life.

P.S. I have some awards to hand out to T.A. Weber, Kevin Sites, John Sites, Angela Minnefield from this last year. They are on my porch and anxiously looking forward to their permanent home. Please don't let these "foster" awards be taken for adoption.

On the Trails

By Charlie Skoog



As I type this report I am looking forward to hitting the trails at Mounds State Park on November 5. If you have participated in past Mounds Runs, you have an idea of exactly what's

missing here in Howard County, where we can get all dressed up, but have no place to run! For those of you who miss Delco Park but enjoy our limited opportunities to run on the beautiful Oakbrook X-C course, I can tell you the dream of river trails and greenways for Howard County lives on. If you carefully search the City Of Kokomo website www.cityofkokomo.org (Go to Engineering and Traffic), you will find a summary of Purdue's 2006 Trails Initiative, with maps and drawings of a more user friendly "Continental Park" and a proposed river trail system on the West side of Kokomo. I am happy to say that the Wildcat Creek Foundation is making progress on protecting land that may one day be used for local public trails we currently only dream about.

2006 Annual Charity Run Sunday, December 3

Ready to hit the local trails! Partici-

pants in the Charity Run will have the opportunity to run or walk on Howard County's only traffic free, public trail loop, which is of course the one mile paved trail in Jackson Morrow Park. The Charity Run race course also utilizes the Webster St. bike lane, which unfortunately comprises 1/2 of the designated bike lanes in Howard County, the other being the 1/2 mile bike lane in Highland Park. Sadly, this situation, is a significant quality of life issue for all of us, and a major reason why 2000 Census data showed that there were 15,705 incoming commuters to Howard County. This incredible statistic means that in a county with a population of 85,000, almost 1 in 5 of the workers live elsewhere. As you participate in this year's event, dream with me of a more user friendly and livable community, and then consider getting actively involved in supporting progressive leadership, wherever it can be found.

The Charity Run course puts a spotlight on our limited recreational trails but the event itself is a shining example of what is good in our community, and that is the generosity and compassion of it's residents. The Charity Run is Club Kokomo's version of We Care. The money we will raise is going to make a big difference in young people's lives. If you have questions about the Magic Closet or Nesting Doves I will be glad to share with you the needs being met as well as the opportunities provided for a better tomorrow.

How can you help? Each participant is

asked to give a donation in place of the normal registration fee. Many ask friends and coworkers to sponsor their run or walk. An even better way is to ask friends to participate and sponsor themselves.

Following the run/walk, Club Kokomo will provide a lunch of Sloppy Joe's. If you would like to bring a dessert or side dish, that will add to the festivities. If you are not up to running or walking, volunteers will be needed for the course, finish line, and food service. For more information call 457-2607 or runckrr@aol.com.

Nickel Plate Work Day

All those who attended the Oct. 14 trail clearing work session got to see how the trail is being built. A lot of hard work by some dedicated and passionate people! At the end of the day, 33 workers cleared a mile long section of trail, widening the footprint from single track trail to a 20 foot envelope. CK volunteers included Will and Allison Irvin, Sylvia Burgin, Lynn and Kierra Howell, John Wiles, Steve Wand and son Aaron, Ernie Strawn, and Stan Shuey. One day soon you will all walk, ride, or run this trail and be able to remember this special day. Negotiations are under way and I am hoping to announce soon that the trail will continue into Kokomo. When that happens we have already demonstrated there will not be a shortage of local volunteers actively working to complete the trail. See ya on the trails!

Meeting Minutes

October 2, 2006 6:00 P.M.

Members present: Ray Tetrault, William Irvin, Mark Shorter, Brian Reinhardt, Robin Tetrault, Milt Brown, Pat Robertson, Sylvia Burgin, Mary Miller, Jerry Lambert

REPORTS

Financial Report given my Ray Tetrault

OLD BUSINESS

None

NEW BUSINESS

Symphony

No pre-registration

No EMT's

No race set-up

Ray got volunteers and set up last minute Year to year problems 0 is it repairable?

Mark Shorter will talk to race director to determine if Symphony is serious about correcting these issues

We will vote next meeting based on findings to either keep it as a points race or drop it from our schedule.

Jerry motioned to adjourn. Milt seconded. Meeting adjourned at 6:40 P.M.

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

On the Roads

By Johnny 'O



Johnny 'O again seeking Goodfellows

If you don't want to read about volunteering to plant bulbs and help young mothers pick out clothing for their children, winning one of Annie 'O's pies, or donating money at CK's 21st annual Charity Run, move onto another article. Johnny 'O is working on major projects in November and December and he needs helping hands and dollar bills. Annie 'O is baking pies in November, and she needs people to win them or husband Johnny 'O will become too fat to even walk.

BULB PLANTING

The Kokomo Downtown Association, Country Raisin's, the City of Kokomo, and volunteers from a variety of organizations will be planting 11,000 tulip and daffodil bulbs downtown on Nov. 4 (Saturday). Volunteers will meet at Sycamore Market Place, 115 E. Sycamore St., at 8 a.m. for coffee, juice, and pastries. They will receive instructions and then start work. We will finish by noon.

Johnny 'O is executive director of the Downtown Association. Volunteers will be placed in teams. Some volunteers will use power drills to make holes, while other volunteers will drop bulbs in the holes and cover them with dirt. Our work area is bounded by Superior, Union, Washington and Jefferson streets.

Some Club Kokomo members helped Johnny 'O plant flowers last spring. Their work beautified and enhanced downtown Kokomo. Their work also received excellent pre- and post news coverage by print and electronic media.

Planting bulbs is an excellent community project and a good way to get Club Kokomo's name before the public. It also is a way to repay the City of Kokomo for the many things it does for our club.

If you can help, contact Johnny 'O at home (765) 452-6706; work, 765-454-7926; or email at jwiles9890@aol.com

GOODFELLOWS

Last year, 13 Club Kokomo members joined Johnny 'O in helping Goodfellows bring smiles to the faces of needy children. It is something Goodfellows has been doing for 96 years.

Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program now is a not-for-profit organization that is directed by a volunteer board of directors. There are no paid staff positions. Jean Lushin, Center Township Trustee, has been the Goodfellows unpaid volunteer director for 26 years. Johnny 'O is proud to say he has been associated with Goodfellows for 36 years and is president of its board of directors. He also is proud that fellow CK member Dave White joined him on the board in 2005.

Last year, Goodfellows provided clothing to 1,800 children in 791 Howard County households at a cost of \$108,555.53. Goodfellows is the only organization that can say that all the money it receives from We Care (\$100,000) is used at Christmas to buy clothing for the needy. Goodfellows also receives individual and corporate donations. Money not spent on the Christmas program

is used for scholarships and other youth programs. Goodfellows donated \$5,000 to Club Kokomo's Coyote Kids this year.

Howard County families will apply for Goodfellows assistance on Nov. 1 and 2, and Nov. 27-Dec. 1. To receive assistance, families must meet Goodfellows eligibility requirements, which include gross income of the entire household not to exceed 150 percent of the Federal Poverty Guideline. Applicants are interviewed by volunteers when they sign-up for assistance and their applications are investigated to insure that only the truly needy receive help. Of the 889 applications filed last year, 99 were denied for a variety of reasons.

Approved families receive vouchers for clothing. This year, parents, mostly single females, will redeem the vouchers at Meijers from 6 p.m. to 9:30 p.m. Dec. 10-14. Recipients are assigned a specific day to shop with the number of shoppers each session based on the total number approved for assistance. Last year, about 158 families shopped each night.

During a shopping session, the applicant picks out clothes from the children's section in Meijers. Store personnel do an excellent job in keeping the shelves stocked



Steve Wand helps to plant flowers for the Kokomo Downtown Association.

On the Roads (continued)

and assisting the applicants.

The typical Goodfellows recipient is a single, teen mother. She is not used to spending an average per household of \$136.10 on children's clothes. This is where volunteers are needed. They use handheld scanners to total dollar amounts before the applicant goes through the cash register lines. More times than not, the applicant is surprised that she still has money to spend.



Charlie Skoog and Ken Huston work together to plant flowets.

For Johnny 'O, helping young mothers buy clothing for their children is the best present he receives at Christmas. Having Club Kokomo friends helping him last year in this worthy effort made that present even better.

Last year, Club Kokomo, Kokomo Firefighters, the Kokomo Tribune, and the Marine Corps League each took a shopping night. Johnny 'O would like Club Kokomo to again take a night this year – possibly Dec. 12. Volunteers start at 6 and normally finish by 9. Meijers provides snacks and soft drinks, so a volunteer does not miss dinner.

If you can help, contact Johnny 'O at home (765) 452-6706; work, 765-454-7926; or email at jwiles9890@aol.com

THANKSGIVING

The Annie 'O Pie 5K Fun Run/Walk will be Nov. 23 (Thanksgiving) in Highland Park.

The Thanksgiving Fun Run/Walk was

started 11 years ago when, following a very tough Wednesday night training run in mid-November, Club Kokomo Hall of Fame member Bill Bennett suggested the group meet Thanksgiving morning for a non-race, fun run/walk with friends. Johnny 'O put a note in the newspaper, and Thanksgiving morning more than 50 people showed up to run and walk.

Bill has since moved to Georgia, but Johnny 'O and Club Treasurer Mark Shorter have continued the tradition of the 5K Fun Run/Walk in the park on Thanksgiving morning. For most of those years, Annie 'O has baked pies that are given away in drawings prior to the run/walk. Last year, at Charlie Skoog's suggestion, the annual event was given the moniker, Annie 'O's Pie 5K Fun Run/Walk.

This year Mark and Johnny 'O will be at the open-air shelter near the park's flagpole on Nov. 23. The run/walk will start at 8 a.m. There is no entry fee, but come before 8 a.m. and sign up for Annie 'O's free pie drawings. You also can buy a 50-50 ticket for \$1 from Mark. Proceeds from the 50-50 drawing benefit CK's youth scholarship program. The pie drawings are free

and benefit the winners' taste buds.

All drawings will be about 7:50 a.m., because tradition dictates that the lucky winners must lead the start of the fun run/walk.

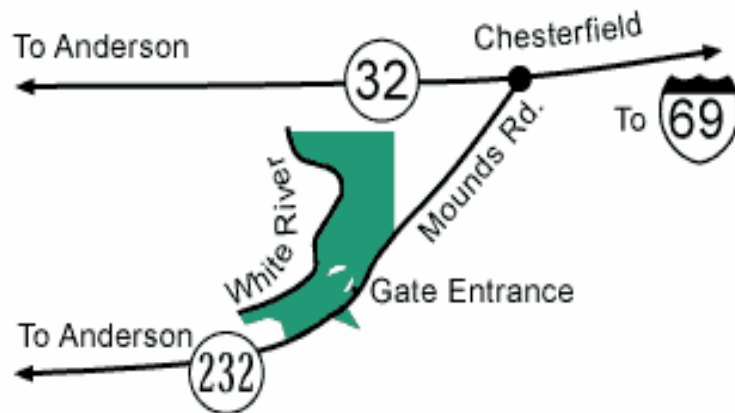
CHARITY RUN

Club Kokomo's 21st annual Charity Run/Walk is a month away, which gives members plenty of time to solicit contributions. There is no "official" entry fee for the Dec. 3 run/walk at UAW Local 292, but participants are asked to make a donation. Some people seek contributions from friends, relatives, and fellow employees; others donate what they would normally pay to enter a race.

The Charity 5K Run/Walk is a "fun" event, and non-club members are welcome. If you want to race, you can; if you want to jog with friends, you can do that too, because every club member receives 20 points.

In the past the money raised at the Charity Run/Walk has been given to Nesting Doves, a home for unwed mothers; Kokomo High School's Magic Closet and Central Middle School's Care Closet. The closets provide clothes, shoes, and personal care items to all students in Howard County.

Map to the Mounds 5-Miler



Madison County



Denver Marathon

By Earl Strong

I have learned to respect female athletes long ago. I must now give them full honor for their intellect as well. My case in point is the Great Denver Experiment. Some of you may have heard that several club members ran the Denver Marathon. That's true but it was all a part of an experiment. Kelly and Shannon knew that Dan Lutes had once talked me into running back to back marathons on consecutive days. But I learned quickly to not do that again. After all that's a lot of stress on the body.

Knowing that I would not give in to that type of foolishness again Kelly got busy. She used the fact that she had a friend that lives near Denver as a cover to lay the foundation for the Great Denver Experiment. The goal of the experiment was to put the body through a series of stress factors and see if the body can still respond. The first factor was high altitude, which I didn't think too much about having ran in Wyoming. That's where Shannon threw in the driving out to Denver on Thursday at about 7:00 P.M., its only 16 hours. That's factor number two, part A. The part B is that we would be driving through the night and not all of the drivers have a lot of experience.

We start off about 10:45 P.M. on Thursday and just 20 hours later we are in Denver! Being the senior member of the group I felt compelled to take the night shift either driving or keeping the driver company (Kelly and Shannon knew I would.) After unloading and a short visit with Shane and Lee Ann it was time for Friday evening dinner.

Saturday morning arrives and I'm woke at the local time of 3:00 A.M., no way I'm staying up. Later that morning Kelly, Shannon and I go for a 4 mile run. We stayed about 20 miles outside of Denver where is was hilly and at a higher altitude. We all felt the lack of air and were glad it was over.

We went downtown for the package



pickup and lunch. The expo was nice and a chance to buy a items and listen to the latest pitches on performance stuff. Imagine pills that help you breathe better and they

were free! Hey, I'm easy and could not resist. I know you shouldn't try new things on race day but it's the Great Denver Experiment after all. After lunch at Tokyo Joe's we headed to the place where a number of the club member naturally would go, Golden Colorado. The club members that are drinkers with a running problem know that's where Coors' tours are given. I think they heard that we are now at 300 million people in the US and responded by cranking up the output.

Its Sunday and all systems are go. We squeeze into the support vehicle and head off to the race. We find a good parking space and head for the start by way of the host hotel. I take on the GU and breathe easier pills - let the experiment begin!

This was the first ever Denver Marathon so there were a few bugs. The line was long at the port-a-johns because both the half-marathon and marathon started together. We got in the line with about 3 minutes before the gun went off. Kelly and Shannon got in line with the 4:15 marathon pacers and I jumped the fence with at the 3:50 marathon pacer. The gun goes off and I am amazed at how easy the first few miles are going. The course was advertised as flat and it did indeed seem flat. Well at least until mile four. That's where Kelly passed me, after all she started behind me. Kelly's goal was 3:45, mine 3:50 and Shannon's was 4:15. I was ahead of my pace through mile 17 when the pacer passed me. That's where I failed the experiment.

The altitude did not keep Shannon from getting a personal best marathon time by more than 2 minutes. Kelly was not far from her goal time. The physical stress was fine but mentally I lost it when I started thinking about having the drive back with a

person that has a passion to be a NASCAR driver. Lee Ann, Maurice and Dave provide great support during the race!

We had a light lunch, got cleaned up, packed up, and headed out 5:15 local time. It was just getting dark as we got off the narrow and curvy two lane highway back to I-70. I discovered the only thing worse than driving through Kansas in the daytime. It's driving through Kansas at night, there is no light. We arrived in Kokomo at 3:10 P.M. I was totally exhausted but I'm ready to plan the next marathon.

The first eight finishers were all from Colorado, the ninth place finisher was the overall female winner from Tokyo. I was with the leaders with a time of 2:09 on the clock where I was between mile number 15 and mile 16, they were on mile 23. The last three miles were downhill so the leaders finished much better than I did.

There you have it - a great race, a great trip, a great experiment and most of all a Great God for His protection over the many miles and the (physical) health to pull it off! Several of the road crew were of course happy to return with all body parts.

1. Clint Wells 2:28:36
- 1w. Taeko Terauchi 2:51:35
224. Kelly Wright 3:46:37
420. Earl Strong 4:04:57
460. Shannon Reinagle 4:09:21
- 1187 Finishers



Hughes Completes Goal of Completing Ten 100-Miler's in One Year

By David Hughes



The Arkansas Traveller and Heartland 100 mile runs have a lot in common. Held on Oct 7th and 14th respectively, both are mostly on very rocky roads which require sure footing and good thick soles with pro-

tection plates. "Pity the poor fool" with street shoes which I've used unwittingly on a number of occasions. A number of so-called trail shoes lack the sole plates which help prevent sharp rocks from bruising one's feet. During many races the foot pain has reached the excruciating level with the resultant foot bruising and subsequent swelling which has kept me in slippers for a good part of the following week. Fortunately for both of these runs I used a New Balance trail shoe which prevented a lot of pain and damage.

But the setting of both races is quite different. The Traveller is set amongst the Ozark Mountains just west of Little Rock with the accompanying big oaks and pines with a beautiful view from the top of Smith Mountain, whereas the Heartland is set on ranch roads in the Flint Hills of Kansas. This area is part of the remnants of the great grassland which stretched from Ohio to the Rockies and from the south to our northern neighbors. The buffalo used to thrive here in the millions. But now the area is used for the more cowboy-friendly

gentle cow and the tastier corn and wheat. You've simple got to see this area near sunset. One can see forever, yet the near views contain the beauty of gentle rolling hills with tree lined stream beds and the occasional herd of cattle or goats. The crying of coyotes at night is creepy, but they haven't eaten any of the runners as far as I know.

Again, with a lot of God's help through Jesus I finished the Traveller in 29:39:27 just ahead of two other official finishers and the Heartland in 26:42:01. Among the verses I thought about was "But He Himself would often slip away to the wilderness and pray." (Luke 5:16, NAS) I also sing to myself a line from Sheryl Crow: "Every day is a winding road; I get a little bit closer. Every day is a faded sign; I get a little bit closer... to feeling fine" and another artist's "We can bring it home with one head light."

These 9th and 10th finishes complete a goal I've had since reading about Gary Wright's finishing ten 100 milers in 1992. One has to be patient in this sport, and when you're really slow, really patient.

Racewalking Clinic

By Steve Inman



Dave McGovern, a member of the US National Racewalk Team, will conduct a weekend racewalking clinic in Indianapolis in February, 2007. The clinic is held Friday evening, Saturday and Sunday, and is presently scheduled for February 9-11, 2007.

Dave McGovern has competed internationally for 24 years, winning 13 U.S. National Championships. His 20K PR racewalking pace is 6:48 per mile, ranking him

as the fastest American ever to NOT make an Olympic Team, according to his website: <http://members.aol.com/rayzwocker/worldclass/homepage.htm>. Dave has been leading walking clinics since 1991, all across the U.S. and internationally, helping thousands of walkers of ALL abilities to walk faster with fewer injuries.

(Author's note: As a very amateurish racewalker, if you can even call my pace "RACEwalking", I'm very interested in finding

out how to approach this much faster pace and maintain legal form. Clearly, a 6:48 per mile pace MUST look significantly different than how I am racing, as it's almost twice as fast! For those who have not experienced this (myself included), it would seem that it has to look an awful lot like running, based on the speed. But if the leading knee is straight upon heel contact, remaining straight until the leg is vertical, and if one foot remains on the ground at all times, then it must be legal form, by definition. I just know that I find it difficult to maintain this form as I try to speed up. Bending my leading knee is my biggest problem, so I'm very curious to learn how to avoid this.)

The clinic includes individual video-taped technique analysis, group technique and training instruction, use of heart rate monitors and handout material. Walkers of all ability levels are encouraged to attend. The cost of the clinic is \$145 if you register before January 1. For more information, or to register, contact david_harriman@sbcglobal.net (317) 679-1403. More information is available at http://members.aol.com/ht_a/rayzwocker/worldclass/clinics.htm and at http://www.irwc.org/IRC_Info-Events.htm.

Steve Inman,
Amateur race-shuffler

Hochgesang Tops Club Finishers at Bunker Hill

By Brian Reinhardt



Al was too fast to get a picture at the Bunker Hill event so I had to use one from the Oakbrook race last year.

I was running along at about mile three, struggling from what seemed like a case of the flu, when zipping by came Al. He showed no mercy (but was polite and friendly of course) as he left me in his dust, pulling away like I was standing still. I'll continue to blame it on the flu, but if truth were told I suspect that he'd have whooped me on this day regardless of what ailment I did or didn't have. It was a good run.

As usual at any John Norris event we all knew almost everybody else there and it was

like running with family. It's like coming home to do a JN event and I only live 6 miles from Bunker Hill. It's just cozy.

As many of you know there is nothing cozy about this course, though. It's a pretty tough one and it leaves you begging for mercy here and there. Even so, it's a fun one and smiles abound at the finish.

In the 5 mile run Al finished 5th overall with a time of 33:17. The top female club finisher was Lorene Sandifur with a time of 41:18.

In the 5k walk Jerry Lambert took home first prize with a time of 31:13 and Mary Miller was the top female with a time of 33:31.

We almost had to start this run in the dark because of living in daylight savings time now, but the sun shined through just as were about to begin. John mentioned that next year he'd have to make it a 9:00 A.M. start to alleviate that problem. I say we move it to 9:00 P.M. and have the first Bunker Hill Night Run and start a new tradition. Anybody with me?

Seriously, thanks once again to John and Carolyn for letting us do what we love to do on their watch. We tend to take for granted those that treat us so well and we should all remember to thank them whenever we get the chance to do so. I suspect you'll get the same modest reply that I do, but it'll still go a long way in making the rest of your day a special one.

Birthday List

- 11/1 Chad Coy
- 11/1 Madison Gruel
- 11/2 Rich Bradshaw
- 11/3 Susan Robertson
- 11/6 Doug Mankell
- 11/7 Tom Miklik
- 11/9 Ann Bradshaw
- 11/10 Brian Allen
- 11/10 Lisa Berkhimer
- 11/11 Riley Case
- 11/12 Amy Revils
- 11/15 Patti Hurlock
- 11/15 Andrew Robertson
- 11/16 Stephanie Miller
- 11/18 Cynthia A. Sanders
- 11/18 Stan Shuey
- 11/19 Victoria Christenson
- 11/21 Matthew Robertson
- 11/23 Diana Anderson
- 11/24 Doris Carden
- 11/24 Travis Sheets
- 11/25 Bill Barnett
- 11/25 Justine Eads
- 11/26 Ed Oliphant
- 11/28 Sylvia Burgin
- 11/28 Vanessa Lorenz
- 11/28 Sherry Stoneking
- 11/29 Reis Coy
- 11/29 Doris Griffith
- 11/30 Ryan Hurlock



Stan Shuey, Sylvia Burgin, Ricke Stucker, and Jackie Sanders compete at Bunker Hill.

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, Symphony, cole Porter, JN Bunker Hill and any one marathon, one half-marathon, or one volunteer.

Runners	40-44	Jordan Lee 7-77	Jack Lotzgeselle 1-20H	Walkers
	Patti Reinhardt 18-315MHV	Bryan Phillips 3-60	45-49	Women
Women	Michelle Hollingsworth 15-275H	Peter Bauson 3-50	Byron Bundrent 13-250H	49-
0-12	Sharon Miller 10-128H	Jesse Bauson 2-40H	Eric Mathew 16-248MH	Mary Miller 19-360HV
Brianna Jones 2-40	Tammy Cody 9-126M	Tony Robinette 3-34	Al Hochgesang 15-239V	Amanda Pena 14-210V
Kayla Reinagle 2-40	Kim Anderson 1-20M	Brandon Sheline 3-34	Mark Rodgers 15-192H	Debbie Riffe 16-187V
Zoe Irvin 1-10	Evangeline Bletsis 1-20	Caleb Cole 3-30	Ray Tetrault 13-182MV	Emily Allen 11-120
Lauren Weber 1-10		Kaleb Hollingsworth 3-28V	Ken Swinehart 6-84H	Jane Inman 10-119H
Natalie Weber 1-10	45-49	Jordan Brown 2-24	Jerry Meiring 5-51	Raye Jean Swinehart 9-113H
	Cassie Bauson 12-222MH	Carl Christenson 1-20	Bill Bauson 3-42H	
13-19	Roxane Burrous 11-205MH	Andrew Swinehart 1-20H	50-54	Cara Lee 5-49
Amber Longwith 14-177	Carla Yerkes 4-80H	Brett Sanders 1-10	Mark Shorter 20-303HV	Geana Moore 3-29
Sarah Bauson 6-107H	Sandy Knowland 5-72	Levi Parks 1-5	Mike Deardorff 23-299MHV	Carol Savage 2-29H
Sarah Lee 9-107	Cheryl Marner 4-70MH	20-24	Earl Strong 16-278H	Karen Jewell 1-20V
Vanessa Lorenz 8-102	Nancy Ward 3-55H	Seth Daugherty 3-60	Don Gifford 11-176H	Nancy White 1-20V
Megan Tetrault 7-97HV	Lorie Zandi 2-35H	Nathan Havermale 3-47	Greg Townsend 9-113V	Teena Van Meter 2-16
Laura Bauson 6-87H	Ellen Nichols 1-20H	Ryan Hurlock 2-40	Chuck Masters 5-100H	Becky Christenson 1-10
Annina Gruber 3-60	Nancy Anderson 1-12	Eric Newman 2-30	Russ Hovermale 7-98H	Doris Carden 1-9
Katie Hollingsworth 3-55V		Josh Daugherty 1-15	Dave White 3-60MH	Susan Robertson 1-7
Nicole Parry 3-45	50-54		John Sites 2-40HV	
Katie Christenson 1-20	Lorene Sandifur 22-420HV	25-29	Michael Campbell 3-35M	50+
Waverly Neer 1-20	Robin Tetrault 14-212MV	Mark Eads 7-135	Karl Stoneking 2-32H	Sylvia Burgin 17-302
Kylie White 1-20V	Robin Cole 11-153V	Matt Mince 3-52H	Dave Zandi 2-32H	Pat Robertson 15-200HV
Mindy Tetrault 1-10	Joyce Pennycoff 9-145HV	Ryan Woolever 2-40H	Rex Piercy 1-20M	Cynthia Sanders 14-165V
	Christine Williamson 8-127HV	Matt Yarosz 2-40	Mike Rethlake 1-10	Judy Smith 11-140
20-24	Marsha Daugherty 5-68V	Jason Rush 2-40H		Diane Gifford 6-105
Michelle Tetrault 5-80V		Greg Sullivan 1-20	55-59	Helen Brown 2-30
Grace Bauson 3-55	55-59		Ricke Stucker 20-350HV	Kathy Allen 2-22
Stephanie Miller 2-40H	Rhenda Acton 6-120HV	30-34	Steve Wand 15-222H	Sherry Stoneking 1-20H
Ashley Taflinger 1-20	Karmen Glaspy 3-45H	William Irvin 14-265H	Charlie Skoog 12-200MV	Jill Parry 1-15
Holly Hurlburt 1-15	Kathy Barnett 3-40V	David Reinagle 10-147H	Tom Miklik 13-191MHV	Edwina Foust 1-12
Jennifer Mahn 1-12	Susan Coghill 2-35	T.A. Weber 9-123H	Steve Kilcline 5-76H	Julia Green 1-10
	Barb Wand 2-30V	Keith Hill 8-114H	Fred Chew 4-52H	Barb Hobbs 1-10
25-29	Anne Wiles 2-30	Jeff Kuczera 6-105	John Wiles 3-50HV	
Kelly Wright 10-190MH	Shirley Wilson 2-30H		Joe Rangel 2-40	Men
Shannon Reinagle 11-185MH	Toni Rethlake 1-10	35-39	Phil Leininger 3-30	49-
Justine Eads 8-134		Ron Moore 13-250H	60-64	Keith McAndrews 16-295MH
Karen Bush 6-97H	60-64	Vern Graves 7-114H	David Hughes 11-182M	Brian Allen 14-201
Allison Irvin 6-92V	Doris Griffith 4-80MHV	Michael Lake 6-100	Sam Williamson Sr. 10-177H	Steve Inman 10-175H
Kim Coy 3-52MH	Trudy Pierce 3-45H	Travis Sheets 4-65MH	Doug Mankell 10-162V	Nicholas Allen 8-100
	Susan Gerhart 2-40H	Mitch Reeves 3-50H	Jim Burrous 9-152MH	Bruce Savage 2-30H
30-34	Sarah Kleinknight 2-40H	Shawn Mayfield 2-32H	Bill Barnett 7-120MHV	Ray Bradley 1-15
Lisa Jones 11-200H	Kathleen Leach 2-35H	Anthony Campbell 1-20H	Dale Sullivan 4-59	
Amy Piazza-Graves 5-100H		Mark Jones 1-12	65-69	50+
Lisa Stucker 6-100H	Men	40-44	Stan Shuey 14-270	Jerry Lambert 19-360HV
Robyn Pagington 1-20V	0-12	Brian Reinhardt 15-270MHV	John Norris 5-90HV	Tim Taflinger 19-265H
	James Longwith 14-234	Michael Graham 18-221HV	Charles Johnson 3-45	Rick Spencer 11-171HV
35-39	Josh Revils 8-140	Kim Lee 12-174	Ernie Strawn 1-20	Jackie Sanders 17-165V
Gina Sheets 12-200MHV	Keith Bauson 3-55	Darin Hollingsworth 11-158V	Jerry Leach 1-15	Robin Michael 11-130MH
Heather Weber 9-170H	Ben Bradshaw 2-40	Dan Lutes 7-130MH	70+	Toney Lorenz 8-98H
Jennifer Mayfield 9-129	Nicholas Webster 2-27	Dana Neer 7-130HV	Robert Cupp 13-237	Rocky Smith 7-64
Tami Moore 5-85H	Quinn Reinhardt 1-20V	Mark Webster 6-86HV	Bill Heck 3-60V	Melvin Hobbs III 2-30H
Teresa Long 4-70MH	Corey Moore 1-10	Mike Williams 4-59H	Milt Brown 4-52	John Robertson 2-20
Nicole Peel 3-60MH		Mike Jones 2-30H	Riley Case 1-15	John McGinty 2-19
Jerelyn Bradway 3-52H	13-19	Rich Bradshaw 2-27		Walter Brown 1-10
Carrie Gruel 1-10	Matthew Robertson 8-142	Gary Jewell 1-20V		
Marti Sholty 1-10	Sam Williamson Jr. 9-128H			
	Mason McGovern 7-125			

Race Results

12th Annual Kokomo Symphony 5K
Run/Walk
Sept 30, 2006
Highland Park
Kokomo, IN

5K Run

1. Ron Moore 20:57
2. Earl Strong 21:37
3. Christan Bahler 21:53 1st woman
4. Mark Shorter 22:25
5. Katie Christenson 23:05
6. Gregory Townsend 23:10
7. James Longwith 23:17
8. Mike Deardorff 23:25
9. Roxane Burrous 23:30
10. Lorene Sandifur 23:40
11. Carl Christenson 23:48
14. Steve Wand 24:17
15. Shannon Reinagle 24:19
16. Michael Lake 24:20
17. David Hughes 24:25
18. David Reinagle 24:40
19. Mark Rodgers 24:54
20. Mark Eads 25:10
21. Patti Reinhardt 25:12
22. Jerry Meiring 25:19
23. Vern Graves 25:22
24. Peter Bauson 25:36
25. Tom Miklk 25:50
26. Amy Piazza 25:50
27. Cassie Bauson 26:11
28. Ken Swinehart 26:13
29. Justine Eads 28:03
30. Kathleen Bagwell 28:12
31. Robin Tetrault 28:24
32. Kayla Reinagle 28:34
33. Jennifer Mayfield 28:58
34. Jim Burrous 29:23
35. Lisa Jones 29:24
38. Robin Cole 32:35
39. Robert Cupp 32:35
41. Mark Webster 33:05
42. Nicholas Webster 33:11
- 42 Finishers

5K Walk

1. Jerry Lambert 31:36
2. Rick Spencer 32:57
3. Mary Miller 34:09 1st Female
4. Tim Taflinger 35:01
5. Steve Inman 35:50
6. Amanda Pena 36:11
9. Debbie Riffe 41:28
10. Becky Christenson 41:38
11. Raye Jean Swinehart 41:39
12. Jane Inman 41:40
13. Sylvia Burgin 42:30
17. Pat Robertson 47:23
18. Jackie Sanders 48:55
- 18 Finishers

Cole Porter Classic
Saturday, October 7, 2006
Peru, IN

15k Run

1. Charlie Fox 50:56
3. Heather Weber 59:03
4. William Irvin 59:04
5. Brian Reinhardt 1:01:08
9. Eric Mathew 1:05:56
11. Kelly Wright 1:07:34
12. Donald Gifford 1:11:21
16. Ricke Stucker 1:12:20
17. Gregory Townsend 1:12:51
20. Roxane Burrous 1:13:19
24. Lorie Zandi 1:16:39
25. David Zandi 1:17:14
27. Ernie Strawn 1:17:16
29. Mark Rodgers 1:17:31
32. Mike Deardorff 1:18:15
34. Ray Tetrault 1:18:53
35. Lorene Sandifur 1:20:18
37. Patti Reinhardt 1:20:54
40. T.A. Weber 1:24:15
42. Karen Bush 1:27:45
44. Steve Kilcline 1:34:51
45. Sandy Knowland 1:35:23
46. Joyce Pennycoff 1:36:39
- 50 Finishers

5k Run

1. Andrew Doub 18:03
2. Byron Bundrent 18:37
4. Al Hochgesang 19:32
6. Ron Moore 20:50
8. Earl Strong 21:50
9. Michelle Hollingsworth 21:53
10. Mark Shorter 22:13
15. James Longwith 24:00
17. Michael Lake 24:17
18. Steve Wand 24:50
24. Gina Sheets 26:14
27. Sarah Lee 26:32
31. Jennifer Mayfield 27:51
38. Amber Longwith 29:09
40. Doug Mankell 30:15
42. Jim Burrous 30:29
43. Allison Irvin 30:41
47. Robert Cupp 31:28
50. Robin Cole 32:26
60. Lisa Jones 47:48
- 82 Finishers

5k Walk

1. Jerry Lambert 30:50
2. Rick Spencer 31:59
3. Keith McAndrews 32:53
4. Mary Miller 33:05
5. Tim Taflinger 33:28
6. Stephen Inman 34:17
7. John Robertson 34:52
8. Amanda Pena 35:44
9. Diane Gifford 35:58

13. Robin Michael 38:46
16. Nicholas Allen 39:53
17. Brian Allen 39:55
18. Debbie Riffe 40:28
19. Jane Inman 40:30
22. Rocky Smith 40:47
24. Cara Lee 40:57
25. Sylvia Burgin 41:00
30. Judy Smith 43:47
33. Emily Allen 44:27
34. Kathy Allen 44:28
38. Pat Robertson 47:11
39. Susan Robertson 47:33
40. Jackie Sanders 48:11
- 41 Finishers

Norris Insurance 5 Mile Run and 5k
Walk
October 21, 2006
Bunker Hill, IN

1. Lance Colson 31:16
5. Al Hochgesang 33:17
6. Brian Reinhardt 33:32
8. Jesse Bauson 34:48
11. Ron Moore 35:17
14. Earl Strong 37:19
15. Mark Shorter 37:27
16. Ricke Stucker 37:51
17. Greg Townsend 38:36
19. Brittany Cunningham 39:40 1st Female
20. Ray Tetrault 39:53
21. Mike Deardorff 39:55
22. Charlie Skoog 41:11
23. Lorene Sandifur 41:18
25. Jerry Meiring 41:46
26. Michael Lake 41:47
27. Kim Lee 42:36
29. Michael Graham 43:00
30. Sam Williamson, Sr 43:00
31. David Hughes 43:12
32. Stan Shuey 44:22
34. Patti Reinhardt 44:52
35. Peter Bauson 46:48
36. Cassie Bauson 47:16
37. Ken Swinehart 47:21
38. Robin Tetrault 47:44
39. Bill Bauson 48:22
41. Keith Bauson 1:00:37
- 41 Finishers

5k Walk

1. Jerry Lambert 31:13
2. Keith McAndrews 32:58
3. Mary Miller 33:31 1st Female
4. Rick Spencer 34:12
5. Tim Taflinger 34:23
6. John Robertson 34:37
7. Steve Inman 35:14
8. Amanda Pena 35:35
9. Brian Allen 39:03

10. Debbie Riffe 41:15
11. Sylvia Burgin 42:19
13. Raye Jean Swinehart 42:35
14. Jane Inman 42:35
15. Judy Smith 43:10
17. Nicholas Allen 44:56
18. Emily Allen 44:57
23. Jack Sanders 48:46
24. Cynthia Sanders 48:59
- 27 Finishers

Other Race Results

Louisville Marathon and Half-Marathon
October 21, 2006
Louisville, KY
Marathon

1. Robert Adams 2:44:36
 - 1w. Joanne Fenninger 3:31:04
 38. Roxane Burrous 4:38:16
 - 280 Finishers
- Half Marathon
1. Joe Buechler 1:17:36
 - 1w. Jill Bickel 1:26:16
 134. Joyce Pennycoff
 - 419 finishers

Chicago Marathon
October 22, 2006
Chicago, IL

1. Robert Cheruiyot 2:07:35
- 1w. Berhane Adere 2:20:42
9561. Nicole Peel 3:53:36
14649. Bill Barnett 4:12:36
19746. Teresa Long 4:32:18
22028. Kim Coy 4:41:50
25934. Dave White 4:59:19
- 33629 Finishers

Pleasant Run Run 5-Mile Run/
Walk
October 28, 2006
Irvington, IN
Run

1. Aziz Atmani in 25:08
 - 1w. Katie Ellgass in 31:29
 8. Byron Bundrent s 31:02
 138. Stan Shuey 44:15
 - 312 Finishers
- Walk
1. Greg Callahan in 49:56
 - 1w. Beth Strickland in 53:37
 15. Robin Michael 1:04:48
 - 45 Finishers

2006 Race Calendar

November 5
Run the Mounds 5m Run/Walk
Time: 2 PM
Location: Anderson, 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

2007 Race Calendar

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 4M Run/ 3M Walk
Time: 8 AM
Location: Jackson Morrow Park

June 2
Helping Hands 5KRun/ Walk
Time: 8 AM
Location: Sharpville, 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

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

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 (Non Points)

September 22
BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnettsville, IN

September 29
Kokomo Symphony 5K Run/Walk
Time: 9 AM
Location: Highland Park

October 6
Cole Porter 5k-15K Run/5k Walk
Time: 8:30 AM
Location: Peru, IN

October 20
Norris Insurance 5 Mile Run/ 5K Walk
Time: 9 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)

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

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

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.

Other Races

November 4
Outback Scramble 5-Mile XC Run
9:34 A.M.
Eagles Crest, Indianapolis IN
(317)733-3300

November 11
Forest Park Step N Stride 10k/5k
9:00 A.M.
White River Elementary
Noblesville IN
(317)733-3300

November 18
Easter Seals Turkey Chase 7k Run/2.5 Mile Walk
12:30 P.M.
Centerville HS, Centerville IN
Pat Bowers (765) 855-2482

December 2
Tecumseh Trail Marathon
9:15 A.M. (Bus Boarding)
Yellowwood State Forest
Bloomington IN
Brian Holzhausen (317) 308-6449

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46901

Thank you to our sponsors!

Goodfellows



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ERIK'S CHEVROLET

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