Club Kokomo Roadrunners



The Roadrunner



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February 2007

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Newsletter Articles

If anyone is interested in writing articles for the newsletter or writing articles pertaining to local races please feel free to let me know. I think it'd be great to get someone else's perspective about a particular race, how they train, or other running or walking related information. This is OUR newsletter and it can be much more.

Awards Banquet February 25, 2007 2:00 PM Senior Citizens Center Foster Park

Note: The banquet this year will include door prizes to include two \$20 gift cards and six \$10 gift cards to local eating establishments. Come be a part of an awesome event!

Disney World "Goofy"

By Keith McAndrews tures in the mid 80's. We



We have just returned from Walt Disney World for marathon weekend. We arrived on Thursday to nice sunny skies and temperatures in the 80's. After we checked in, we were off to the Expo.

Disney recommends going to the Expo on Thursday and very early. That's what we did and encountered our first line. After about 45 minutes to an hour, we made into the expo. The chip and bib pick-up was upstairs and goodie bags were downstairs with the main part of the expo. The expo was small; it needs to be in a bigger area. Information was very limited for spectators, they give you a small booklet to figure out on your own. By the time we left the expo it was time to call it a day.

Friday was another nice day, with tempera-

went off to some theme parks and to find a place to get some pasta for supper. No on-site property restaurants offered anything special for the marathon weekend. A taxi to the nearest Olive Garden was \$22.00 one way which really surprised us. There were no special passes to get in to the parks, so you had to purchase park tickets if you wanted to eat at any of the restaurants there. The Italian Restaurant at Epcot made some special effort to get parties of 2 with no reservations to get in to have some pasta. You have to ask for spaghetti because it's not on the adult menu, but ask we did and got a good spaghetti dinner. After a day at the parks and a good dinner, it was time for rest.

Saturday morning we were up at 2:30AM, off for the bus ride to the starting area at Epcot. If your spouse or companion travels with you in the morning, the earlier you go, the better it is to travel. The later buses get crowded and only participants get to ride. I had to move to the participant's area around 4:30, and by 5:00 we were out for the half mile walk to the starting

line. There's nothing like waiting for an hour to start the event. Temperature for the start was 73 degrees; nice and warm. You race in the dark for about 2 hours. It's out to the Magic Kingdom and back through Epcot to the finish. Lucky for everyone, it was overcast for the race. The course was very crowded the entire time, very narrow through the Magic Kingdom, and not much more room out on the road. In some places, one lane of the road was blocked off for two lanes of racing (those coming and those going). I met some very good people to travel the course with. Through out the course and in the theme parks I enjoyed giving high fives to many of the spectators.

After I finished, it was off to the theme parks and an early supper, then back to the hotel and rest.

On Sunday it was the same early rise time and on the bus. I learned from Saturday not to get into a rush to go through the participant's tents to the staging area. If you wait for 20-30 minutes, it's easier to make your way to the starting line; it's not near as long to wait.

(continued on page 3)

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From the President

By William Irvin



In the last two years I have noticed Club Kokomo take on many great changes. Our Newsletter Editor, Brian Reinhardt, has brought the newsletter into the 21st Century and turned how we read our locale running news completely around. It is amazing how a computer program and a little creativity can really put so much pizzazz in our newsletter.

Our previous Club President

and newly elected Vice President, Ray Tetrault "Captain Coyote", has spent many hours of his personal time, and his family's, the last two summers to make Coyote Kids what it is today and what we hope will be even better this coming summer. Coyote Kids is one of Kokomo's premiere youth sporting events to almost 1,000 local kids. For those of you who have not volunteered and seen the look on some of those kids' faces it is truly something to see.

Club Kokomo is changing in another aspect as well. With the entire nation on high alert to remove fat from our diets and become active, we have become role models for a healthier lifestyle. For most of us, being in the running club is very natural because it is a lifestyle, but for many others in our city it is a sedentary lifestyle with fast food in hand. Whether you are a walker or a runner, competitive or non-competitive we are looked upon by the city of Kokomo as the healthiest and fittest group in the As the group of 300+ people that make up Club Kokomo, we all have the ability to actively encourage those who are looking to pursue a healthy lifestyle.

As the Club officers change this year, or at least change positions, I am looking forward to seeing what other changes we can make both from within the Club and from the perspective of the local community. I encourage all of you to become more active in the Club to help make more changes. Take 1 to 2 hours out of your month and attend the monthly meeting to understand more of what is going on. See what your dues and your race entry money is going to. Come and make your suggestions to better the Club and vote for or against changes that are taking place.

The only reason we have the great changes that have taken place today is because a handful of members decided that they would like to become more involved to make a difference. They wanted to make a difference and help guide the Club toward something that they had envisioned a running club should be like.

Thank you for giving me the opportunity to serve as your president for the next two years. I'll do what I can to keep the club headed in the right direction with your help.

William

As many of you already know a very special friend to many of us, Jerry Lambert, has recently found out that he has a battle ahead of him to fight a newly found illness.

Please keep Jery in your prayers for a speedy recovery so that he may return to the roads to continue to impress us with his seemingly neverending youth.

Jerry, you have more than a few friends that would just as well call themselves family in Club Kokomo. Whether your recovery takes a day, a week, a month or a year it just won't be the same until you're out there with us.



New Members

Dennis Ball
Rebekah Kinney
Maureen Prentice
Chris Smith
Blythe Smith
Julie Tennent

Welcome to Club Kokomo!

Disney Word "Goofy" (continued)

The temperature was once again 73 degree for the start. With two starting lines, I was able to watch the elite runners after the start. Our corral was not moving yet. Again, it was in the dark for two hours and then Mr. Sun appeared for the rest of the day. By around 10:30 it was up into the 80's. The local news said that it was warmer than normal. and I could tell. The planners apparently didn't prepare for the heat; there were several stops that ran out of water before I reached them. The course is out on the feeder roads and everyone complains about it. I found it to be refreshing; especially the shady ones! As you travel through the theme parks you get energized from the support. If you take the time to look at the children in the parks and give them high fives, it lifts their spirits. I really enjoyed doing this, but it does slow you down.

In the latter parts of the race you are out on the main highway. Lots of people were stopped along the road and waved, cheered and honked horns in support. People riding the Disney transportation would wave and cheer as they went by.

It was the easiest marathon that I have done so far. Being able to go through all 4 theme parks and going by several of the resort areas gave you lots of extra areas where supporters

could go to cheer you on. My wife was able to get on Disney transportation both days and cheer me on at several points in the race.

Overall, it was a good experience, but Disney is Disney. It's all about the money! Be prepared to spend a lot if you go. I plan on being at the awards banquet, so if you have any questions, I'll be happy to answer them for you!



Editor's note: Keith completed the half-marathon in 3:08:19 and finished 9676th out of 12299 finishers. He completed the marathon in 6:00:08 and finished 8384th out of 10943 finishers. Since Keith is the only club member that I know of that has completed a points event he stands alone atop the point standings for males 50 or over. And yes, he walked the entire distance in both marathons. Nice job Keith!

Relay Events in our future?

Gina Sheets would like to organize some relay teams for the Hawthorn Half Day Relay and the Dances with Dirt in Gnaw Bone relay. If you haven't done anything like this there are a number of club members who have and they all talk about how fun they are. Maybe you'd like to try something new? The websites are:

http://danceswithdirt.com/ and http://hawthornhalfdayrelay.com/

She plans to seek out some sponsors so each team can have matching shirts with the Club Kokomo

logo on the shirt, team name and sponsor.

On another note, She has also offered to help Ray with the 24 hour relay run in July at Kokomo High. Since she plans to run the FANS 24 in June she'll have the experience before volunteering in July. There are a couple of 24 hour runs that she's checked in to and here are the websites if you're interested in learning more about them.

www.Fans24.org and www.multidays.com Some things to consider would be where people could stay and if any of those places would be sponsors? Is there a local restaurant where we could put on a pasta feed? Are there restaurants who would be interested in sponsoring the midnight feeds and early morning coffee breaks? If you know of any local businesses that might be interested let us know!

If anyone is interested in participating, volunteering, sponsoring, etc. please contact the email address on the front of the newsletter and the information will be passed along. This sounds like a great opportunity to expand.

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On the Roads



SARA'S FIGHT CONTINUES

Last year, Club Kokomo Roadrunner Sara Miller's inspirational "marathon"

against breast cancer helped CK field a record 71-member team that raised a club record \$1,150 for the 15th annual Race for the Cure in Indianapolis. Sara is still running her marathon and Johnny 'O is still asking people to Race for the Cure.

After Sara completed chemo and then radiation in August, cancer was confirmed by biopsy to have moved to the right side of her body in the lymph nodes. The right breast was clear but with her cancer being so aggressive, she was back in Indianapolis in October for a right mastectomy and removal of 18 lymph nodes, five of which tested positive for cancer.

Two weeks after that surgery, cancer was found again on the left side so Dr. Robert Steele started aggressive chemo once again and after 14 months of bad news, he told Sara Jan. 9 that she was in remission. The cancer on the left has disappeared, her blood test for the tumor markers was good, and upon physical exam, Dr. Steele found nothing.

"God has certainly been by my side through all of this," Sara wrote in a January email. "He has given me wonderful doctors, nurses, family, friends, and CK members. I must still remain realistic about my case, knowing that it is aggressive and a recurrence is very likely, but I will go with this good news as long as I can and enjoy it.

Dr. Steele never ceases to amaze Sara. After her exam Jan. 9,

By Johnny 'O

he told her about a new chemo drug that he already was looking at for her should a recurrence appear. It is for women who do not respond to Herceptin, which she did not, since she had recurrences while she was on it.

Since heart damage is a side effect of Herceptin in some cases, Dr. Steele stopped it and started her on three other treatments. She had bad side effects with these three treatments, but Dr. Steele altered doses and gave her what she needed to counteract the side effects. She is feeling "almost normal" at times, with the exception of fatigue and burning eyes.

"To be safe, I will continue the three different treatments for another two months, at which time Dr. Steele will reevaluate and give me the verdict!

"I think of you and the other club members often and thank you for your prayers. In my prayers, I ask God to make 2007 a good year for all of us."

You can help Sara and our other sisters and brothers who are battling breast cancer by joining Club Kokomo's team and taking part in the 16th annual Susan G. Komen Indianapolis Race for the Cure on April 21. You also can make a donation in Sara's name.

Last year, nearly 35,000 people participated in the Indianapolis Race for Cure. The \$1.7 million they raised was used in a 21-county central Indiana service area for breast health screening, education, and treatment programs for men and women.

Nationwide this year, one in seven women will be diagnosed with breast cancer, and 40,110 women, including 925 Hoosiers, and 470 men will die from disease. Breast cancer is the leading cause of death for women ages 40-59 yet, the mortality rate would decrease

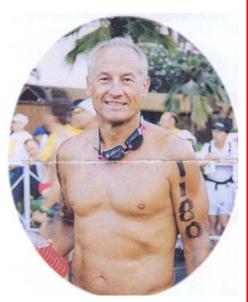
by 30 percent if every woman over age 50 had a mammogram.

Johnny 'O urges everyone to register online. It's easy. Our team name is Club Kokomo Roadrunners. Just do the following:

- 1. Go to www.komenindy.org and click Race for the Cure.
- 2. If you registered online last year, you can log in using your username and password. If you don't remember your username and password, you can ask to have it emailed to you.
- 3. If you are new to the team, go to the right column and click "Join a team." You do not need to be a CK member to be on our team.

 Again, our team name is Club Kokomo Roadrunners.

If you do not have access to a computer, contact Johnny 'O at 452-6706 no later than March 22. Online registration ends March 23.



GOOD BYE TO A FRIEND

Johnny and Annie O's hearts are heavy, and so are Club Kokomo Hall of Famers Ricke Stucker's, Bill Heck's, and Jim Schnei-

On the Roads (continued)

der's, because we said good bye to long-time friend, training buddy, and competitor Paul Howell on Jan. 12.

Last fall, Ricke reported in CK's newsletter that Paul, 62, had been diagnosed with mesothelioma, a rare form of cancer caused by asbestos. I followed up Ricke's report with a newsletter story about Paul's running and triathlon achievements.

Paul lived in Kokomo from 1978 to 1989. He was a member of Club Kokomo and a supervisor at Kokomo Sanitary Pottery for 20 years. He did not have a Kenyantype body. His frame was more like a football player, a sport he played in high school, but he could swim, bike, and run with the best in triathlon.

In a five-week span in 1986, Paul qualified for the Triathlon National Championships at Hilton Head Island, S.C., 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. He "competed." It was an amazing feat as he finished the National Championships (.9-mile swim, 40K bike, 10K run) on Sept. 27 in two hours, 18 minutes and 26 seconds, the Ironman (2-mile swim,

112-mile bike, 26.2-mile run) on Oct. 18 in 11:55.21, and the NYC Marathon on Nov. 2 in 3:28.18.

In 1987, Triathlon Federation/ USA selected the then 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 Triathlon Federation'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.

Paul completed his third and final Ironman at age 52 in 11:40 (1:20 swim, 6:05 cycling, and 4:15 marathon) in 1996.

Paul died Jan. 11, 2006, at his Noblesville home with his family at his bedside. At the visitation the next day, Annie 'O and I gathered with old friends. Of course, the stories and laughter flowed.

One of my favorite memories occurred on a training bike ride with Paul and Gary Meeks. Actually, "training" was not the right word. "Racing" was more appropriate

On a summer Sunday morning, we cycled south on Dixon Road to Division Road in Tipton County, headed east to Ind. 19, and then to the City of Tipton. Paul and Gary dropped me when we made U-Turns in Tipton and headed back on the same route to Kokomo.

When I crossed U.S. 31, I saw Paul and Gary pass a large John Deere tractor. When I caught up to the tractor, the old farmer realized I was trying to catch Paul and Gary, so he cranked up the speed. I tucked in behind Big John and its draft pulled me along with ease.

As we sped by Paul and Gary, I yelled, waved, and kept on going in the draft. Their expressions were priceless. The surprise caught them off guard and they could not respond quickly enough to catch me.

The farmer and I exchanged waves as I left Big John's draft and turned north on Dixon Road. Paul and Gary eventually caught me, but I declared myself champion of the ride, and racing for that day was over.

FINAL THOUGHT

When I researched the story about Paul last fall, out of curiosity I compared our finish times with those of present day triathletes. Even with steel-framed bikes and little training knowledge because the sport was new, our times were comparable and in many cases faster on the same courses. We were young, fearless, and fast, and Paul was one of the best. Now that his race is done, may he rest in peace.

Birthday List

Rvan Jones

2/11

2/4	Mariah Fisher	2/14	Maxx Coy	2/22	Mike Williams
2/4	Dennis Ball	2/16	Roxane Burrous	2/23	Kaylee Perkins
2/6	Scott Pagington	2/16	Mike Daugherty	2/24	Dan Lutes
2/6	Emily Christenson	2/16	Keith Hill	2/24	Julie Berkhimer
2/7	Andrew Rodgers	2/19	Steve Currens	2/28	Shelby J. Revils
2/9	Amber Longwith	2/19	John Norris		

Shannon Reinagle

2/21



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Best Run Times for 2006

5k			35-39 40-44	Ron Moore Brian Reinhardt	35:17 33:32	10 Mile		
Men			45-49	Byron Bundrent	31:02	Men		
0-12	James Longwith	23:27		Earl Strong	37:19	13-19	Matt Robertson	1:04:12
13-19 $20-24$	Bryan Phillips Seth Daugherty		55-59 60-64	Ricke Stucker Bill Barnett	37:51 $39:54$	30-34 40-44	William Irvin Dana Neer	1:06:30 1:03:13
25-24 $25-29$	Mark Eads		65-69	Stan Shuey	40:29	50-54	Chuck Masters	1:03:13
30-34	Jeff Kuczera	18:04	00 00	Evall Ellacy	10.20	55-59	Charlie Skoog	1:19:12
35 - 39	Scott Colford		Women			60-64	Jim Burrous	1:39:45
40-44	Dana Neer		13-19 25-29	Katie Hollingsworth	36:52	65-69	John Norris	1:25:00
$45-49 \\ 50-54$	Byron Bundrent Chuck Masters		30-34	Shannon Reinagle Lisa Jones	47:23 $48:23$	Women		
55-59	Joe Rangel	20:28		Gina Sheets	42:21	25-29	Kelly Wright	1:14:14
60-64	Bill Barnett		40-44	Michelle Hollingsworth		30-34	Amy Piazza-Graves	1:32:00
65-69 70+	John Norris Bill Heck	24:07	45-49 50-54	Nancy Ward Lorene Sandifur	46:14 $40:52$	35-39 45-49	Heather Weber Carla Yerkes	1:08:28 1:16:34
70±	ын песк	26:30	00-04	Lorene Sandiiur	40:52	45-49 50-54	Lorene Sandifur	1:16:34
Women	l		10k			00 01	north bananar	1.20.10
0-12	Kayla Reinagle	28:34	3.5			Half Ma	arathon	
13-19 $20-24$	Waverly Neer Stephanie Miller	17:58 $22:33$	Men 30-34	William Irvin	37:41	Men		
25-24 $25-29$	Kelly Wright	21:33	35-39	Ron Moore	46:08	13-19	Sam Williamson, Jr.	1:50:59
30-34	Amy Piazza-Graves	25:50	40-44	Brian Reinhardt	41:05	25-29	Ryan Woolever	1:38:42
35-39	Heather Weber	18:28	45-49	Byron Bundrent	37:36	30-34	William Irvin	1:24:39
40-44 $45-49$	Michelle Hollingsworth Carla Yerkes		50-54	Don Gifford	49:18	35-39	Anthony Campbell	1:37:33
$\frac{45-49}{50-54}$	Lorene Sandifur	23:04	60-64	Sam Williamson, Sr.	56:15	$40-44 \\ 45-49$	Dana Neer Byron Bundrent	1:19:14 1:19:33
55-59	Rhenda Acton	28:54	Women			50-54	Chuck Masters	1:26:02
60-64	Shirley Wilson	28:07	40-44	Patti Reinhardt	54:26	55-59	John Sites	1:49:03
4 Mile			50-54	Lorene Sandifur	50:36	60-64	Bill Barnett	1:48:55
4 Mille			7 mile			65-69	John Norris	2:07:48
Men						Women		
0-12	Ben Bradshaw	30:11				13-19	Laura Bauson	1:48:17
13-19	Bryan Phillips		25-29	Mark Eads	1:06:01	20-24	Sarah Bauson	1:51:49
$20-24 \\ 25-29$	Seth Daugherty Matt Yarosz	22:55 $24:29$	30-34 45-49	William Irvin Eric Mathew	47:57 $50:34$	$25-29 \\ 30-34$	Kelly Wright Lisa Stucker	1:37:13 2:09:10
30-34	William Irvin		50-54	Mike Deardorff	58:38	35-39	Heather Weber	1:27:36
35 - 39	Ron Moore	28:27	55-59	Charlie Skoog	52:07	40-44	Patti Reinhardt	1:49:55
40-44	Dana Neer	22:32		Jim Burrous	1:08:30	45-49	Roxane Burrous	1:49:55
$45-49 \\ 50-54$	Byron Bundrent Chuck Masters	22:58	65-69	Stan Shuey	1:00:49	50-54 55-59	Lorene Sandifur Shirley Wilson	1:50:22 2:06:39
55-59	Joe Rangel		Women			60-64	Doris Griffith	2:11:05
60-64	David Hughes	30:25			1:07:16			
65-69	Stan Shuey		35-39	Gina Sheets	57:19	Marath	on	
70+	Robert Cupp	40:27	40-44 45-49	Patti Reinhardt Roxane Burrous	1:03:06 57:49	Men		
Women	1		50-54	Lorene Sandifur	58:25	35-39	Scott Colford	2:38:20
0-12	Kayla Reinagle	38:21				40-44	Dan Lutes	3:20:38
13-19	Annina Gruber	26:50	15k			45-49	Eric Mathew	3:20:23
$20-24 \\ 25-29$	Ashley Taflinger Kelly Wright	27:35 27:57	Mon			50-54 55-59	Chuck Masters Charlie Skoog	3:04:40 4:07:53
30-34	Amy Piazza-Graves		13-19	Sam Williamson, Jr.	1:08:34	60-64	Bill Barnett	4:12:36
35 - 39	Heather Weber	23:51	30-34	William Irvin	59:04			
40-44	Michelle Hollingsworth		40-44	Brian Reinhardt	1:01:08	Women	T D	4.10 70
$45-49 \\ 50-54$	Carla Yerkes Lorene Sandifur		45-49 50-54	Eric Mathew Don Gifford	1:05:56 1:11:21	$13-19 \\ 25-29$	Laura Bauson Kelly Wright	4:16:53 3:46:37
55-59	Rhenda Acton		55-59	Ricke Stucker	1:12:20	35-39	Nicole Peel	3.46.57 $3:45:52$
60-64	Sarah Kleinknight		65-69	Ernie Strawn	1:17:16	40-44	Patti Reinhardt	4:17:42
F . 11			137 -			45-49	Cheryl Marner	4:03:34
5 mile			Women 25-29	Kelly Wright	1:07:34	50-54	Robin Tetrault	5:24:42
Men			35-39	Heather Weber	59:03			
0-12	Keith Bauson		40-44	Patti Reinhardt	1:20:54			
13-19	Mason McGovern		45-49	Roxane Burrous	1:13:19			
$25-29 \\ 30-34$	Mark Eads William Irvin	44:18 31:38	50-54	Lorene Sandifur	1:18:50			

Best Walk Times for 2006

3 Mile Men 0-12 13-19 35-39 45-49	Nicholas Allen Brian Allen Keith McAndrews	40:49 35:42 31:22	Women 0-12 20-24 25-29 40-44 45-49 50-54	Emily Allen Cara Lee Geana Moore Becky Christenson Mary Miller Diane Gifford	39:34 40:28 38:26 41:38 33:05 35:58	50-54 55-59	Brian Allen Keith McAndrews Tim Taflinger Toney Lorenz Emily Allen	1:16:26 53:47 59:42 1:05:17
50-54	Tim Taflinger	32:16	55-59	Judy Smith	43:10	35-39	Doris Carden	1:20:33
55-59	Tony Lorenz	36:14	60-64	Sylvia Burgin	41:00		Mary Miller	55:02
65-69	Jerry Lambert	28:14	65-69	Pat Robertson	45:30	65-69	Pat Robertson	1:19:23
Women	L		4 Mile			Half Ma	arathon	
0-12	Emily Allen	40:54						
20-24	Cara Lee	46:00	Men			Men		
35 - 39	Carol Savage	47:26	13-19	Nicholas Allen	53:14		Keith McAndrews	2:30:22
45-49	Mary Miller	32:58	35 - 39	Brian Allen	45:36	50-54	Rick Spencer	2:56:49
50-54	Diane Gifford	35:15	45-49	Keith McAndrews	41:40	55-59	Melvin Hobbs	2:53:37
55-59	Judy Smith	45:17	50-54	Tim Taflinger	44:11	65-69	Jerry Lambert	2:32:54
60-64	Sylvia Burgin	42:42	55-59	Toney Lorenz	48:31		·	
65-69	Pat Robertson	45:13	65-69	Jerry Lambert	41:25	Women		
5k			Women			35 - 39	Carol Savage	3:47:47
OK			0-12	Emily Allen	53:42	45-49	Mary Miller	2:30:40
Men			45-49	Mary Miller	43:45	65-69	Pat Robertson	3:37:07
13-19	Nicholas Allen	39:43	50-54	Diane Gifford	48:37			
35-39	Brian Allen	36:57	55-59	Judy Smith	1:00:00	Marath	on	
40-44	Ray Bradway	47:36	60-64	Sylvia Burgin	56:08			
45-49	Keith McAndrews	32:05	65-69	Pat Robertson	1:00:43	Men		
50-54	Tim Taflinger	32:47				50-54	Keith McAndrews	5:42:24
55-59	Toney Lorenz	37:07	5 mile					3112121
65-69	Jerry Lambert	30:50						
			Men					

Meeting Minutes

Club Kokomo Meeting January 8, 2007

Members present: Ray Tetrault, William Irvin, Mark Shorter, Brian Reinhardt, Patti Reinhardt, robin Tetrault, Milt Brown, Sylvia Burgin, Jack Sanders, Cindy Sanders

William Irvin opened the meeting at 6:15 P.M.

Reports

Brief financial report by Treasurer Mark Shorter

Old Business

Ballot Count accomplished by Milt Brown and Patti Reinhardt – new club officers are as follows: President – William Irvin Vice-president – Ray Tetrault Treasurer – Mark Shorter Chaplain – Mike Deardorff Newsletter Editor – Brian Reinhardt

New Business

New Year's Eve Race

Charlie inquired about whether the format and loca-

tion worked or whether we should change it?

It was agreed that it was a good format and location and that we'd leave it the same.

Charlie gave a brief synopsis of the race from the previous 12 years

In the first year in 1995 we had 46 runners/ walkers up to 2006 where we had 160

Milt Brown reported that the Hall of Fame Committee voted in 4 club members to the committee to help determine the next Hall of Fame member – Mary Miller, Gina Sheets, Dave White, and Dana Neer.

Year End Awards Meeting will be held January 22, 2007 at Ray and Robin Tetrault's.

Walker Officiating

Open table discussion about parameters needed Will try to get a large number of walkers to attend the next club meeting.

Meeting adjourned at 7:03 P.M.

Next meeting is Monday February 5, 2007 at West Sycamore Pizza Hut at 6:00 P.M.

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Running Age Group Records

1 Mile			65-69	Bill Heck	22:00	***		
М			70+	Bill Heck	25:33	Women	Wassauls Nass	90.94
Men 13-19	Jeremy Grams	4:54	Women			0-12 13-19	Waverly Neer Leslie Carden	26:34 23:40
20-24	Scott Stucker	5:19	0-12	Waverly Neer	19:25	20-24	Christan Bahler	
25-24 $25-29$	Kevin Forgrave	4:52	13-19	Waverly Neer	17:58	25-24 $25-29$	Robyn Pagington	
30-34	Kenny Bennett	4:56	20-24	Christan Bahler		30-34	Karlene Herrell	
35-39	Byron Bundrent		25-29	Robyn Pagingtor		35-39	Heather Weber	23:51
40-44	Earl Strong	5:19	30-34	Karlene Herrell		40-44	Carla Yerkes	26:04
45-49	Ricke Stucker	5:26	35-39	Heather Weber	18:28	45-49	Lien Koztecki	27:48
50-54	Dale Sullivan	6:02	40-44	Angela Minnefie	ld 21:34	50-54	Lorene Sandifur	
55-59	Dale Sullivan	6:08	45-49	Lien Koztecki	21:11	55-59	Doris Griffith	33:11
60-64	Bill Heck	6:18	50-54	Lorene Sandifur				
65-69	Milt Brown	7:28	55-59	Lien Koztecki	26:47	8k		
W/			60-64	Doris Griffith	29:19	Man		
Women 13-19	ı Stephanie Milleı	. F. 1 F	6k			Men 13-19	Jeff Dwiggins	29:53
35-39	Roxane Osborn		OK			20-24		29:33
40-44	Lorene Sandifur		Men			25-29	Howard Harrell	
10-11	Lorene Sandirai	0.01	0-12	Jarred Hall	27:04	30-34	Brian Reinhardt	
3 Mile			13-19	Dickie Bishop	22:35	35-39	Dana Neer	32:12
0			20-24	Daniel McGill	23:06	40-44	Gary Jewell	29:54
Men			25-29	Scott Colford	22:59	45-49	Ricke Stucker	34:14
0-12	Brandon Sheline	20.55	30-34	Scott Colford	22:39	50-54	Chuck Masters	34:57
13-19	Matt Robertson	18:20	35 - 39	Gary Jewell	22:17	55-59	Ricke Stucker	36:19
25-29	William Irvin	19:00	40-44	Ken Swinehart	27:15	60-64	Bill Heck	37:28
30-34	Scott Colford	16:05	45-49	Charlie Skoog	27:35	65-69	Milt Brown	43:26
35-39	Tony Campbell	20:23	50-54	Charlie Skoog	26:09			
40-44	Gary Jewell	16:51	55-59	Jim Burrous	32:38	Women	T 70.00	
45-49	Ray Tetrault	21:59	60-64	Ken Huston	42:02	13-19	Tonya Buffum	33:35
50-54	Charlie Skoog	20:47	65-69	Bob Cupp	39:31	20-24	Allison Traver	40:04
55-59 $60-64$	Tom Miklik Stan Shuey	23:09 24:54	Women			25-29 30-34	Allison Irvin Heather Weber	51:43 33:44
65-69	John Norris	23:44	Women 0-12	Missy Tetrault	36:12	35-39	Patti Reinhardt	
70+	Milt Brown	34:21	13-19	Christan Bahler		40-44	Lorene Sandifur	
101	Will Diowii	04.21	20-24	Jill Pennycoff	39:48	45-49	Lien Koztecki	37:04
Women)		25-29	Lisa Stucker	39:34	50-54	Rhenda Acton	43:48
13-19	Sarah Bauson	23:21	30-34	Tami Moore	32:45	55-59	Lien Koztecki	45:42
20-24	Grace Bauson	23:50	35-39	Sue Gibson	37:28			
30-34	Tami Moore	25:23	40-44	Roxane Osborn	29:57	5 mile		
35-39	Gina Sheets	23:47	45-49	Robin Tetrault	36:50			
40-44	Patti Reinhardt	24:17	50-54	Lien Koztecki	34:47	Men		
45-49	Cassie Bauson	24:20				0-12	Brandon Sheline	
50-54	Joyce Pennycoff	24:32	4 Mile			13-19	David Graves	25:42
-1			3.6			20-24	Josh Daugherty	27:35
5k			Men	T 1 TT 11	04.10	25-29	Scott Colford	26:56
М			0-12	Jarred Hall	24:16	30-34	Scott Colford	26:07
Men 0-12	Jarred Hall	10.97	13-19 $20-24$	Jeremy Grams	20:30	35-39 40-44	Kenny Bennett Gary Jewell	26:30
13-19	Mike Haschel	18:27 15:51	25-24 $25-29$	Luke Baker Kevin Forgrave	20:50 20:48	45-49	Byron Bundrent	28:17
20-24	Josh Daugherty		30-34	Kevin Forgrave	20:26	50-54	Chuck Masters	30:07
25-24		15:51	35-39	David Gardner	20:53	55-59	Ricke Stucker	33:51
30-34		15:36	40-44	Gary Romesser	20:01	60-64	Bill Heck	35:05
35-39	David Gardner	15:55	45-49	Byron Bundrent		65-69	Bill Heck	37:49
40-44	David Gardner	15:50	50-54	Chuck Masters	23:49	70+	Bill Heck	43:25
45-49	Byron Bundrent	17:18	55-59	John Norris	25:03			
50-54	Chuck Masters	18:01	60-64	John Norris	26:26	Women		
55-59	John Norris	19:04	65-69	Bill Heck	29:07	0-12	Kayla Reinagle	49:22
60-64	John Norris	20:24	70+	Bill Heck	34:32	13-19	Tonya Buffum	31:37

Running Age Group Records (continued)

		-8-		.b	· ,
20-24	Christan Bahler	32:24	25-29	Scott Colford	50:45
25-29	Kelly Wright	34:32	30-34	Kevin Forgrave	50:29
30-34	Maggie Kuhlman		35-39	David Gardner	50:26
35-39	Angela Minnefiel		40-44	David Smiley	58:27
40-44	Lorene Sandifur		45-49	Rick Stucker	1:01:15
45-49	Lien Koztecki	35:41		Charlie Skoog	
			50-54	_	1:05:08
50-54	Lorene Sandifur		55-59	John Norris	1:00:35
55-59	Lien Koztecki	45:13	60-64	Dick Sims	1:06:03
			65-69	John Norris	1:18:58
10k					
			Women		
Men			13-19	Tonya Buffum	1:00:18
0-12	Brandon Sheline	45:25	25-29	Kelly Wright	1:09:09
13-19	David Graves	32:43	30-34	Karlene Herrell	57:56
20-24	Eric Jun	48:32	35-39	Heather Weber	59:03
25-29	Scott Colford	32:52	40-44	Roxane Burrous	1:17:20
30-34	Kevin Forgrave	32:30	45-49	Lien Koztecki	1:10:29
35-39	Kenny Bennett	33:27	50-54	Lorene Sandifur	1:18:50
40-44	David Gardner	34:33			
45-49	Charlie Skoog	40:05	10 Mile		
50-54	Bill Bennett	42:22	10 1/1110		
55-59	John Norris	41:12	Men		
60-64	John Norris		0-12	Brandon Sheline	1.16.50
65-69		42:25		Josh Daugherty	
69-69	Ed Krull	53:52	13-19		
***			20-24	Scott Stucker	1:14:02
Women	A 6: 1 11 TO 11	44.00	25-29	Scott Colford	55:54
13-19	Michelle Faulkne	· -	30-34	Scott Colford	56:21
20-24	Allison Traver	52:58	35 - 39	David Gardner	55:57
25-29	Lisa Heronemous		40-44	Gary Romesser	58:21
30-34	Karlene Herrell	37:12	45-49	Ricke Stucker	1:06:47
35-39		45:41	50-54	Chuck Masters	1:07:17
40-44	Sandy Knowland	55:00	55-59	Ricke Stucker	1:11:17
45-49	Lien Koztecki	45:00	60-64	John Norris	1:12:07
50-54	Lorene Sandifur	50:36	65-69	Bill Heck	1:20:02
7 mile			Women		
			13-19	Leslie Carden	1:05:48
Men			20-24	Jill Pennycoff	1:28:42
25-29	Mark Eads	1:06:01	25-29	Kelly Wright	1:15:09
30-34	Will Irvin	47:57	30-34	Heather Weber	1:08:01
45-49	Eric Mathew	50:34	35-39	Heather Weber	1:08:28
50-54	Mike Deardorff	58:48	40-44	Roxane Osborn	1:19:27
55-59	Charlie Skoog	52:07	45-49	Lien Koztecki	1:16:11
60-64	Jim Burrous	1:08:30	50-54	Shirley Wilson	1:25:10
65-69			55-59		
69-69	Stan Shuey	1:00:49	55-59	Lien Koztecki	1:32:25
***			TT 10 N /	41	
Women	T .: D 1	1.05.10	Half Ma	ratnon	
25-29	Justine Eads	1:07:16			
35-39	Gina Sheets	57:19	Men		
40-44	Patti Reinhardt		0-12	Jesse Bauson	2:08:23
45-49	Roxane Burrous		13-19	John Ely	1:15:02
50-54	Lorene Sandifur	58:25	20-24	Seth Daugherty	1:22:05
			25-29	Scott Colford	1:12:57
15k			30-34	Kenny Bennett	1:12:21
			35-39	Terry Fletcher	1:13:10
Men			40-44	Gary Romesser	1:10:04
0-12	Brandon Sheline	1:04:43	45-49	Dave Smiley	1:22:50
13-19	Pat Pollard	54:10	50-54	Chuck Masters	1:26:01
20-24	Seth Daugherty		55-59	John Norris	1:29:56
	~ Jun Daugner by	33.10	33 30	5 51111 1 1011115	1.20.00

00 00	DIII IICCII	1.10.01
70+	Glenn Artis	2:54:27
Women		
13-19	Michelle Faulkne	r 1:45:59
20-24	Jill Pennycoff	1:42:41
25-29	Robyn Pagington	1:30:22
30-34	Karlene Herrell	1:19:04
35-39	Karlene Herrell	1:23:25
40-44	Carla Yerkes	1:30:43
45-49	Lien Koztecki	1:36:47
50-54	Lorene Sandifur	1:50:22
55-59	Lien Koztecki	2:11:24
60-64	Doris Griffith	2:11:05
Maratho	on	
Men		
13-19	David Yoder	3:46:24
25-29	Scott Colford	2:31:06
30-34	Scott Colford	2:29:53
35-39	Scott Colford	2:38:20
40-44	Terry Fletcher	2:48:19
45-49	Rex Piercy	3:10:04
50-54	Chuck Masters	3:13:40
55-59	James Schneider	3:36:00
60-64	James Schneider	3:34:13
65-69	John Norris	3:56:54
Women		
13-19	Missy Tetrault	5:07:55
20-24	Jill Pennycoff	3:55:22
25-29	Robyn Pagington	3:08:03
30-34	Karlene Herrell	2:56:58
35-39	Roxane Osborn	3:24:00
40-44	Roxane Osborn	3:24:55

Lien Koztecki

Sue Smock

Shirley Wilson

3:34:55

4:13:20

5:23:41

John Norris

Bill Heck

65-69

45-49

50-54

55-59

1:37:51

1:48:57



Lorene Sandifur set 6 age-group records this year.

PAGE 10 THE ROADRUNNER

Walking Age Group Records

3k Men			55-59 60-64 65-69	Steve Mount Jerry Lambert Jerry Lambert	32:28 26:36 26:45	20-24 25-29 30-34	Kerry Miklik Michelle Crocke Penny Frazier	1:00:18 t 53:37 48:01
40-44	Steve Inman	22:10	70+	Ed Krull	40:09	35-39	Roberta Myers	46:27
45-49	Tim Taflinger	23:16				40-44	Diane Shockey	50:38
55-59	Barry Donovan	24:57	Women			45-49	Mary Miller	43:05
60-64	Jerry Lambert	20:42	0-12	Emily Allen	40:54	50-54	Diane Gifford	48:37
			35-39	RJ Swinehart	42:43	55-59	Julia Donahue	50:13
Women			40-44	Mary Miller	32:08	60-64	Pat Robertson	55:12
35-39	RJ Swinehart	49:02	45-49	Mary Miller	32:58	65-69	Pat Robertson	59:52
40-44	Jane Inman	24:53	50-54	Diane Gifford	35:15	70+	Helen Brown	1:07:50
45-49	Barb Coles	49:01	55-59	Sue Smock	32:08	,		
50-54	Janita Beall	27:20	60-64	Pat Robertson	40:10	5 mile		
55-59	JJ Schmidt	24:51	65-69	Pat Robertson	42:20	3.6		
60-64	Pat Robertson	28:43	70+	Helen Brown	50:08	Men	D : 411	
0.74.1			~ 1			35-39	Brian Allen	1:16:26
2 Mile			5k			40-44	Steve Inman	56:56
М.			М.			45-49	Rick Spencer	47:45
Men	W71. W71	01.50	Men	NT: 1 1 A 11	20.49	50-54	Barry Donovan	49:12
0-12	Wesley White	21:59	0-12	Nicholas Allen	39:43	55-59	Tom Gebeau	59:34
40-44	Steve Inman	23:17	20-24	Jack Sanders	43:25	60-64	Jerry Lambert	46:58
45-49	Rick Spencer	20:01	35-39	Brian Allen	36:57	117		
50-54	Tim Taflinger	22:18	40-44	Steve Inman	33:48	Women		1.11.49
60-64	Jerry Lambert	17:30	45-49 $50-54$	Rick Spencer	28:06 28:38	$0-12 \\ 35-39$	Emily Allen Mary Miller	1:11:43 1:09:00
Women				Tim Taflinger	27:15	39-39 40-44		
35-39		25:22	55-59	Jerry Lambert Jerry Lambert	27:19		Mary Miller Mary Miller	55:15 55:02
	Mary Miller		60-64			45-49	•	
40-44 45-49	Mary Miller Barb Coles	24:18 33:01	65-69 70+	Jerry Lambert	27:41	50-54 55-59	Mona Grills JJ Schmidt	1:05:21
50-54	Donna Gentry	27:51	70±	Jerry Lambert	31:03	60-64	Pat Robertson	1:04:42 1:10:23
55-59	JJ Schmidt	27:12	Women			65-69	Pat Robertson	1:10:23
	aa ochmiat							
					20.24	00-00	1 40 10000100011	1.11.00
60-64	Pat Robertson	27:25	0-12	Emily Allen	39:34 43:32			1.11.00
			0-12 13-19	Emily Allen Karly Irwin	43:32	Half Ma		1.11.00
60-64 70+	Pat Robertson	27:25	0-12 13-19 20-24	Emily Allen Karly Irwin Cara Lee	43:32 40:28	Half Ma		1.11.00
60-64	Pat Robertson	27:25	0-12 13-19 20-24 25-29	Emily Allen Karly Irwin Cara Lee Geana Mosson	43:32 40:28 35:51	Half Ma	arathon	
60-64 70+ 4k	Pat Robertson	27:25	0-12 13-19 20-24 25-29 30-34	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier	43:32 40:28 35:51 37:01	Half Ma Men 35-39	arathon Tim Revils	3:15:21
60-64 70+ 4k Men	Pat Robertson Helen Brown	27:25 35:25	0-12 13-19 20-24 25-29 30-34 35-39	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller	43:32 40:28 35:51 37:01 33:07	Half Ma Men 35-39 40-44	arathon Tim Revils Steve Inman	3:15:21 3:03:22
60-64 70+ 4k Men 40-44	Pat Robertson Helen Brown	27:25 35:25 31:01	0-12 13-19 20-24 25-29 30-34 35-39 40-44	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller	43:32 40:28 35:51 37:01 33:07 33:03	Men 35-39 40-44 45-49	Tim Revils Steve Inman Rick Spencer	3:15:21 3:03:22 2:12:55
60-64 70+ 4k Men 40-44 45-49	Pat Robertson Helen Brown Steve Inman Keith McAndrey	27:25 35:25 31:01 ws26:26	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller	43:32 40:28 35:51 37:01 33:07 33:03 33:05	Men 35-39 40-44 45-49 50-54	Tim Revils Steve Inman Rick Spencer Rick Spencer	3:15:21 3:03:22 2:12:55 2:05:30
60-64 70+ 4k Men 40-44 45-49 50-54	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer	27:25 35:25 31:01 ws26:26 25:46	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58	Half Man Men 35-39 40-44 45-49 50-54 55-59	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11
60-64 70+ 4k Men 40-44 45-49 50-54 60-64	Pat Robertson Helen Brown Steve Inman Keith McAndrev Rick Spencer John McGinty	27:25 35:25 31:01 ws26:26 25:46 32:05	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25	Men 35-39 40-44 45-49 50-54 55-59 60-64	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53
60-64 70+ 4k Men 40-44 45-49 50-54	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer	27:25 35:25 31:01 ws26:26 25:46	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00	Half Man Men 35-39 40-44 45-49 50-54 55-59	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert	27:25 35:25 31:01 ws26:26 25:46 32:05	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43	Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53
60-64 70+ 4k Men 40-44 45-49 50-54 60-64	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00	Men 35-39 40-44 45-49 50-54 55-59 60-64	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69 Women 25-29	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert Geana Mosson	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43	Half Ma Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69 Women	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69 Women 25-29 40-44	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert Geana Mosson Mary Miller	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30 34:08 32:11	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43	Half Ma Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69 Women 35-39	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert Sharon Miller Mary Miller	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21 2:56:22 2:27:31
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69 Women 25-29	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert Geana Mosson	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43	Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69 Women 35-39 40-44	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert Jerry Lambert Mary Miller Mary Miller	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21 2:56:22 2:27:31 2:29:36
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69 Women 25-29 40-44 45-49	Pat Robertson Helen Brown Steve Inman Keith McAndrey Rick Spencer John McGinty Jerry Lambert Geana Mosson Mary Miller Mary Miller	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30 34:08 32:11 27:41	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43	Half Ma Men 35-39 40-44 45-49 50-54 55-59 60-64 65-69 Women 35-39 40-44 45-49	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert Sharon Miller Mary Miller	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21 2:56:22 2:27:31 2:29:36 3:02:09
60-64 70+ 4k Men 40-44 45-49 50-54 60-64 65-69 Womer 25-29 40-44 45-49 50-54	Pat Robertson Helen Brown Steve Inman Keith McAndrev Rick Spencer John McGinty Jerry Lambert Geana Mosson Mary Miller Mary Miller Barb Wand	27:25 35:25 31:01 ws26:26 25:46 32:05 26:30 34:08 32:11 27:41 42:59	0-12 13-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+ 4 Mile	Emily Allen Karly Irwin Cara Lee Geana Mosson Penny Frazier Mary Miller Mary Miller Diane Gifford Sue Smock Sylvia Burgin Pat Robertson Helen Brown	43:32 40:28 35:51 37:01 33:07 33:03 33:05 35:58 32:25 41:00 42:43 51:11	Men 35-39 40-44 45-49 50-54 65-69 Women 35-39 40-44 45-49 50-54	Tim Revils Steve Inman Rick Spencer Rick Spencer Robin Michael Jerry Lambert Jerry Lambert Jerry Lambert Mary Miller Mary Miller Kathy Neher	3:15:21 3:03:22 2:12:55 2:05:30 2:22:11 2:31:53 2:25:21 2:56:22 2:27:31 2:29:36
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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: 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

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 (non-points)

Location: Nickel Plate Trail, Peru

September 22

BeeBumble 5k-10k Run/5k Walk

Time: 8 AM

Location: Burnetsville, 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

Other Races

March 4

Huntington Frozen 4

Huntington, IN Time: 3:30 PM

http://huntingtonfrozenfour.

wetpaint.com/

huntingtonfrozenfour@hotmail.

com

March 17

7th Annual St. Patrick's Day Run

of Luck

Evansville, Indiana

Time: 10 AM

www.idealday/runofluck.net Jim Bush 812-401-4249

or bussshboy@aol.com

Jim Burrous and Sharon Miller are not going to be able to run the Mini this year and have their race entries for sale.

Contact Jim at (574)626-2052 or email him at: runbikerock@msn.com

Contact Sharon at (765)883-7652 or email her at: Skmiller321@sbcglobal.net Club Kokomo Roadrunners 2936 S. Congress Drive Kokomo IN 46902

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