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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



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-

tures in the mid 80's. We 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)

From the President

By William Irvin



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 city. 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

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

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 Jerry 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.

On the Roads

By Johnny 'O



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,

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.

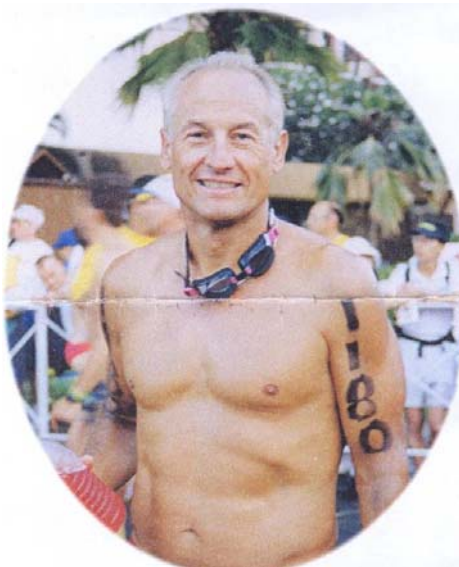
Johnny 'O urges everyone to register online. It's easy. Our team name is Club Kokomo Roadrunners. Just do the following:

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 Kenyan-type 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.

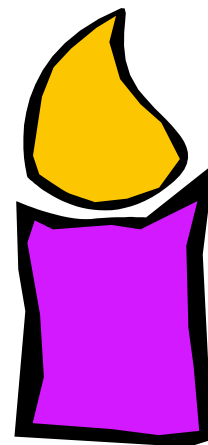
The farmer and I exchanged waves as I left Big John's draft and turned north on Dixon Road. Paul and Gary eventually caught me, but I declared myself champion of the ride, and racing for that day was over.

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

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		
2/11	Ryan Jones	2/21	Shannon Reinagle		



Best Run Times for 2006

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

Best Walk Times for 2006

3 Mile			Women			35-39			Brian Allen			1:16:26					
Men			0-12			45-49			Keith McAndrews			53:47					
0-12			20-24			50-54			Tim Taflinger			59:42					
13-19			25-29			55-59			Toney Lorenz			1:05:17					
35-39			40-44			41:38			Women								
45-49			45-49			33:05			0-12			Emily Allen			1:11:43		
50-54			50-54			35:58			35-39			Doris Carden			1:20:33		
55-59			55-59			43:10			45-49			Mary Miller			55:02		
65-69			65-69			45:30			65-69			Pat Robertson			1:19:23		
Women			4 Mile			Half Marathon											
0-12			Men			Men											
20-24			13-19			45-49			Keith McAndrews			2:30:22					
35-39			35-39			50-54			Rick Spencer			2:56:49					
45-49			45-49			55-59			Melvin Hobbs			2:53:37					
50-54			50-54			65-69			Jerry Lambert			2:32:54					
55-59			55-59			48:31			Women								
60-64			65-69			41:25			35-39			Carol Savage			3:47:47		
65-69			Women			0-12			45-49			Mary Miller			2:30:40		
5k			45-49			50-54			65-69			Pat Robertson			3:37:07		
Men			50-54			55-59			Marathon								
13-19			55-59			60-64			Men								
35-39			60-64			65-69			50-54			Keith McAndrews			5:42:24		
40-44			65-69			Men											
45-49			Men														
50-54																	
55-59																	
65-69																	

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.

Running Age Group Records (continued)

20-24	Christan Bahler	32:24
25-29	Kelly Wright	34:32
30-34	Maggie Kuhlman	33:17
35-39	Angela Minnefield	34:08
40-44	Lorene Sandifur	38:14
45-49	Lien Koztecki	35:41
50-54	Lorene Sandifur	40:52
55-59	Lien Koztecki	45:13

10k

Men

0-12	Brandon Sheline	45:25
13-19	David Graves	32:43
20-24	Eric Jun	48:32
25-29	Scott Colford	32:52
30-34	Kevin Forgrave	32:30
35-39	Kenny Bennett	33:27
40-44	David Gardner	34:33
45-49	Charlie Skoog	40:05
50-54	Bill Bennett	42:22
55-59	John Norris	41:12
60-64	John Norris	42:25
65-69	Ed Krull	53:52

Women

13-19	Michelle Faulkner	41:28
20-24	Allison Traver	52:58
25-29	Lisa Heronemus	58:22
30-34	Karlene Herrell	37:12
35-39	Roxane Osborn	45:41
40-44	Sandy Knowland	55:00
45-49	Lien Koztecki	45:00
50-54	Lorene Sandifur	50:36

7 mile

Men

25-29	Mark Eads	1:06:01
30-34	Will Irvin	47:57
45-49	Eric Mathew	50:34
50-54	Mike Deardorff	58:48
55-59	Charlie Skoog	52:07
60-64	Jim Burrous	1:08:30
65-69	Stan Shuey	1:00:49

Women

25-29	Justine Eads	1:07:16
35-39	Gina Sheets	57:19
40-44	Patti Reinhardt	1:03:06
45-49	Roxane Burrous	57:49
50-54	Lorene Sandifur	58:25

15k

Men

0-12	Brandon Sheline	1:04:43
13-19	Pat Pollard	54:10
20-24	Seth Daugherty	55:48

25-29	Scott Colford	50:45
30-34	Kevin Forgrave	50:29
35-39	David Gardner	50:26
40-44	David Smiley	58:27
45-49	Rick Stucker	1:01:15
50-54	Charlie Skoog	1:05:08
55-59	John Norris	1:00:35
60-64	Dick Sims	1:06:03
65-69	John Norris	1:18:58

Women

13-19	Tonya Buffum	1:00:18
25-29	Kelly Wright	1:09:09
30-34	Karlene Herrell	57:56
35-39	Heather Weber	59:03
40-44	Roxane Burrous	1:17:20
45-49	Lien Koztecki	1:10:29
50-54	Lorene Sandifur	1:18:50

10 Mile

Men

0-12	Brandon Sheline	1:16:50
13-19	Josh Daugherty	1:02:03
20-24	Scott Stucker	1:14:02
25-29	Scott Colford	55:54
30-34	Scott Colford	56:21
35-39	David Gardner	55:57
40-44	Gary Romesser	58:21
45-49	Ricke Stucker	1:06:47
50-54	Chuck Masters	1:07:17
55-59	Ricke Stucker	1:11:17
60-64	John Norris	1:12:07
65-69	Bill Heck	1:20:02

Women

13-19	Leslie Carden	1:05:48
20-24	Jill Pennycoff	1:28:42
25-29	Kelly Wright	1:15:09
30-34	Heather Weber	1:08:01
35-39	Heather Weber	1:08:28
40-44	Roxane Osborn	1:19:27
45-49	Lien Koztecki	1:16:11
50-54	Shirley Wilson	1:25:10
55-59	Lien Koztecki	1:32:25

Half Marathon

Men

0-12	Jesse Bauson	2:08:23
13-19	John Ely	1:15:02
20-24	Seth Daugherty	1:22:05
25-29	Scott Colford	1:12:57
30-34	Kenny Bennett	1:12:21
35-39	Terry Fletcher	1:13:10
40-44	Gary Romesser	1:10:04
45-49	Dave Smiley	1:22:50
50-54	Chuck Masters	1:26:01
55-59	John Norris	1:29:56

60-64	John Norris	1:37:51
65-69	Bill Heck	1:48:57
70+	Glenn Artis	2:54:27

Women

13-19	Michelle Faulkner	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

Marathon

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
45-49	Lien Koztecki	3:34:55
50-54	Shirley Wilson	4:13:20
55-59	Sue Smock	5:23:41



Lorene Sandifur set 6 age-group records this year.

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: 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

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 busssshboy@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
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Kokomo IN 46902

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