

Club Kokomo Roadrunners

Old Ben 5k

By Jeanette Merritt



I am convinced that the spirit of Big Ben has cursed the Old Ben 5K. In full disclosure, I've only run this race three

times. However, every time I've run it there has been bad weather. So it's either me or that big old stuffed steer doesn't like people running around his park!

The 2007 edition of the Old Ben 5K was postponed to April due to flooding in Highland Park. The day was grey and threatened of rain. I decided to arrive a few minutes early and get the muscles warm by doing a warm-up lap around the park. I was not surprised to see others doing the same.

I love to run. But I'm not fast. I dream of an 8 minute mile. I think I ran that in high school once! So I run many races at the back of the pack with two goals: To not finish last and to beat someone who is in my age group! The back of the pack of the Old Ben 5K featured plenty of us who were working just as hard as the leaders of the race. We hold our heads high as the leaders go whizzing by us on their second lap as we have just completed the first loop.

From my viewpoint at the back of the pack, it was a good race. The turnout was strong and Club Kokomo was well represented, both in the front of the pack and the back of the pack.



Eventual winner Scott Colford (in black) races local runner Ryan Perry. Dana Neer runs closely behind.

May 2007

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The Ultimate Race

By Mark Shorter



Mark Shorter finishes strong.

Once again the Ultimate was a success. After a brief heavy shower at 8 AM, the one mile fun run was held with 3 participants (Owen Bice, Camrin Brown and

Dylan Bice). Then at 9AM the runners and walkers began their trek along the hills of Cliff Drive beside the scenic vistas of the Wabash River. Luckily the rain stayed away during the race and the temperature remained in the mid 50's. The only complaint was the wind in the runners'/walkers' face after everyone turned back towards the finish line. For those on the 10 mile trek, it seems that the hills get higher each year. At least the number of hills does not increase from year to year.

Special thanks to Tom Tierney of Tierney Warehouse which each year allows us to use a warehouse

for registration and for post-race refreshments. Tom has already consented to let us use it again next year. As of now there will be an Ultimate Race in 2008.

No race can succeed without volunteers. Even though they are few in number, they are mighty. Thanks to Jerry Lambert, Debbie Riffe, Amanda Pena, Bill Heck, Jackie J. Sanders. Cynthia Sanders. Doris Griffith, Dick Griffith, Kent Acton, Ray Tetrault, and Amy Black. Once again thanks to Rhenda Acton for her homemade cookies which are always delicious. Special thanks to Ken Swinehart who helped me with registration.

Next Races:

May 19
John Norris 4-Miler
Jackson Morrow Park
Time: 8 AM

May 26
Composer Classic
Highland Park
Time: 9 AM

Note: the Peru Trail Run has been canceled for this year.

From the President

By William Irvin



William, with his family— son Griffin, daughter Zoe, and wife Allison.

Women's running program

In April, CKRR sponsored two of our women runners to participate in a women's running education seminar. Shannon Renegle and Rebekah Kinney were selected to go to Indianapolis for the one day educational seminar. Their education through this seminar will lead up to a women's training series that will help educate women on many areas with respect to running. The objective is to better educate the women of Club Kokomo on proper running, training, nutrition, as well as other areas. The training series may also help encourage more women in the community to be apart of Club Kokomo as they learn of the new women's training that we have to offer. Shannon and Kathy have expressed their sincere gratitude to the Club for sponsoring them to participate in such an awesome and educational event. They have both stated that the seminar was much more educational than what they expected. Shannon and Kathy will be giving a presentation in the coming weeks over what they learned at the seminar and what their plans are for

the upcoming women's training event. We are all anxious to see what the training plans are for the women of Club Kokomo!

Peru Trail Race

As most of you know the Peru Trail Race scheduled for May 12th has been cancelled. John Sites, a long time club member and race director for the Peru race, has been battling a back injury and has decided to call it quits for a while. With the race date approaching very quickly and no one answering the call to direct the race, the Club officers have decided not to hold the race. John has expressed his sadness that he will not be able to direct the race as well as run for quite awhile. He has also expressed his sadness that he will not be able to see his all of his friends in Club Kokomo. We all wish John well and a speedy recovery and hope that we see him in the next year or two back on the roads with all of us. If anyone is interested in picking up the Peru race for next year as the race director contact me and we can keep the Peru race on our calendar. Haynes Apperson

Bill Barnett is leading us towards another successful Haynes Apperson 4 miler race in July. Bill has begun to work on long lead items in order to have another successful race. He has been in constant contact with the Club officers providing reports as to what has been done and what needs to take place in the near future. Bill will begin to put together his Haynes Committee staff members in May to help delegate the many responsibilities of the Haynes race. If you are interested in working with Bill as one of his staff members or would like to be a member of one of the committee members, then talk to Bill Barnett or contact me as soon as possible. For those of you who are not aware, the Haynes is Club Kokomo's

signature event and there are many activities that must be completed in order to have a successful race. Many of us who have been to local races where smallest of issues that occur at race can really hurt the reputation of that race. Bill will need all the help that he can get leading up to July, so please help out in any way that you can.

Coyote Kids

June is quickly approaching and once again there will be more than 1,000 kids (plus their family members!) invading Jackson Marrow Park! Captain Coyote will be looking to fill his volunteer roster up for the Thursday evening 9 week event. If there is an event that is a must see (and help with) it is Coyote Kids! The smiles on the kids' faces as well as the look of accomplishment is priceless. For those of you who would like to help out with Coyote Kids contact Ray or Robin Tetrault. Updates for Coyote Kids should be on there way very soon.

(continued on page 3)

On the Trails

By Charlie Skoog



Club Kokomo Weekly Fun Mile - How fast can you run or walk a mile? This event is designed for beginners as well as experienced runners and walkers who would like to improve their fitness level. Every Wednesday evening, 6:00 PM, Club Kokomo will host a free, timed, one mile event open to the public. Participants will meet and register at the Concession Stand shelter at 5:45 PM. Under 18 must have a parent or guardian sign for them. As you can see from the following results on Wednesday, April 18, there have been some outstanding times and everyone in the family is welcome. Thanks to Robin Cole for assisting the club with this event. For more information call 457-2607 or runckrr@aol.com.

1. Mike Williams 5:38
2. James "Roadrunner" Bruss 6:34
3. Kathy Bagwell 7:07 (First woman)
4. Cheryl Marner 7:23
5. Stan Shuey 7:42

6. Debbie Perkins 9:10
7. Paul Bryant 10:36
8. Andrea Eckelbarger 12:35
9. Jennifer Sinka 13:59
10. Sylvia Burgin 14:49 (First Walker)
11. Grace Bagwell 21:11
12. Graham Bagwell 21:42
13. Ersia Livingston 21:43

More results from April 25th:

1. Matt York 5:34
2. Mike Williams 5:48
3. Ron Moore 6:13
4. Brian Baumfalk 6:45
5. Karen Bush 8:09 (First Woman)
6. Paul Bryant 9:04
7. Andrea Eckelbarger 12:11
8. Sylvia Burgin 13:47 (First Walker)
9. Larry DeWitt 14:32
10. Myron DeWitt 14:33

See Ya At the Mini Tent! - Thanks to Weber Speakers for joining again with Club Kokomo in sponsoring our tent at the Mini. You are welcome to invite family and friends to meet before and after at the tent which is located in the Southwest corner of Military Park. The CK Mini-Tent is the perfect place to store your gear bag, dry clothes, and a favorite post race beverage and/or snack. Once again CK will provide Coke products, bottled water, and salty snacks compliments of our Frito Lay Frankfort friends.

CK Ultimate Challenge 10 & 5 Mile - All of us love a challenge and this race provides many, be it hills, wind, torrential rain, or for some, simply finding this gem of a race, hidden on the banks of the Wabash. At the end of the day everyone agreed it was well worth the effort. Special thanks to Rhenda

Acton (the cookie lady!) for directing with assistance from Scott Colford, Mark Shorter, and Tom Tierney who opened his warehouse and bathrooms for us.

Old Ben 5k - Congratulations to everyone who finally got to walk or run the Old Ben 5K. Thanks to walking wounded club officers, Will Irvin and Ray Tetrault, who assisted at the finish line and our own right hand man, Stan Shuey, who measured and set the course up. My apologies to some of our great walkers who were inadvertently overlooked during the awards presentations and that initially included Amanda Pena who was the overall women's winner. We appreciate all your efforts and they deserve recognition.

We Are Racing For A Cure! - Please take a moment in the near future to thank John "Captain Jack" Wiles who has done such a great job leading our Club Kokomo Cure Team. Thanks John for helping us join together in fighting a disease that affects all of us and our families. Each year brings special memories we will always remember.

May Races - Following the Mini we have some great club races coming up in May. The Norris race at Jackson Morrow on May 19 reminds us that Coyote Kids can not be far behind! Beth Gentry has been working hard on the Composer's Classic 5K which will be May 26 in Highland Park. Please note the addition of the Melodic Mile which will start at the same time as the 5K and be a great opportunity for beginners to experience the thrill of racing but at a distance they can handle.

See ya on the Roads and Trails!

From the President (continued)

Weekly 1 mile timed run (a.k.a. Duckling Dash)

Big Charlie Skoog has conjured up an old event-The Duckling Dash. Every Wednesday night everyone (not just Club members) are invited to come out and run the Duckling Dash. Chuck has brought about the 1 mile fun run for a couple of reasons. One, for those looking to see how

hard and fast you can run a mile (and improve upon each week), two to add some speed work to those who are looking for it, and three to help attract those wanna be runners roaming around Highland park wondering what the heck this running thing is all about! Come and join Big Chuck on Wednesday night at 6 PM and test your body against the clock.

MINI Marathon

May 5th is the MINI marathon! The spring training that most of us have put in will soon be tested over the 13.1 miles. Join us after the MINI marathon as you hobble through Military Park licking your wounds after the race over at the Club tent. Thanks to our annual sponsor of the MINI Club tent T. A. Weber of Weber Speakers, if you see T.A. or Heather please make sure that you stop and show your appreciation for their continued support. THANKS T.A.!!

On the Roads

By Johnnie 'O



CK sets Race for Cure PRs

Club Kokomo fielded a record 80 team members and raised a record \$1,601 at the 16th annual Race for the Cure in

Indianapolis on April 21.

Under a clear, windless sky, more than 38,000 people (an Indy Komen record) ran, jogged, and walked in celebration of life or in memory of someone who lost the battle with breast cancer.

Johnny 'O figures two people had a lot to do with CK breaking its one-year Race for the Cure records. One is CK member Sara Miller, who has shared the story of her courageous fight against breast cancer for the last two years. The other is Charlie Skoog, who stopped everyone in his path and said, "Hey, why don't you join our Race for the Cure team?"

Johnny 'O thanks Sara and Charlie for inspiring people to participate and the following people for joining CK's official 2007 Race for the Cure team: Rhenda Acton, Gratz and Terri Bailey II, Larry Bales, Bill, Kathie, and Amanda Barnett, Lisa Birkhimer, Diana Brown, Walter Brown, Stephanie Brutus, Sylvia Burgin, Mary Cameron, Robin Cole, Lisa Corbitt, Mike Dear-dorff, Cyndy Eynon, Lisa Frank, Myra Gammon, Doris Griffith, Camille, Aiden, and Josh Helvie, Amy Ho, David Hughes, Will,



Group shot at the Race for the Cure.

Allison, Zoe, and Griffin Irvin, Rachele, Ashlyn, and Cameron Johnson, Michael and Elizabeth Lake, Jerry Lambert, Dave Leonard, Cheryl Marner, Eric Mathew, Amanda and Alexander Maxwell, Jeanette and Lauryn Merritt, and Tom Miklik.

And Mary Miller, Diana Mitchell, Ron, Geana, and Hannah Moore, Jennifer Ogle, Amanda and Kylee Pena, Joyce Pennycoff, Beverly Reid, Krysta Rhea, Debbie Riffe, Jill Robbins, Pat Robertson, Jackie and Cynthia Sanders, Lorene Sandifur, Stan Shuey, Charlie Skoog, Rocky and Judy Smith,

Ricke Stucker, Kathy Touloukian, Greg Townsend, Steve and Barbara Wand, T.A., Heather, Lauren, and Natalie Weber, Dave White, John and Anne Wiles, Mike, Laura, and Cassie Williams, and Shirley Wilson.

There were other CK members, who did not make the team registration deadline, but participated in the Race for the Cure.

The people Johnny 'O

saw included Tim Taflinger, Patti Reinhart, and Robin Tetrault.

Steve Wand brought his neighbor Cheryl to this year's race. Last year, Cheryl was undergoing chemo treatments and club members signed a Race for the Cure shirt for her. When Steve gave her the shirt after last year's race, she said she'd be at his year's event. And, she was with a smile, a spirit of gratitude, and a pink boa wrapped around her neck. She was amazed seeing the number of people involved in this tremendous annual event. We wish her continued good health.

Last year's \$1,150 donation record was smashed as team members raised \$1,601 by race day. This is not the final total as Mike Williams, who was listed as raising \$400 (the most on the team), still had two checks to submit.

Milt and Helen Brown, Race for the Cure team members for many years, could not make this year's race, so, instead, they donated \$50. Melissa Falcone also made a donation in the name of the team. Other team members who made donations in addition to their entry fees included Rhenda Acton, Larry Bales, Lisa Birkhimer, Doris Griffith, David Hughes, David Leonard, Diana Mitchell, Beverly Reid, Charlie Skoog, Rocky and Judy Smith, and Steve



A smaller group shot at the Race for the Cure.

On the Roads (continued)



Survivor Kathie Barnett and husband Bill.

and Barb Wand.

Following the race, more than 40 team members gathered at Don Pablo's restaurant in Carmel where they shared good food, hilarious stories, and robust laughter. It was a perfect ending to a perfect day.

Meeting Minutes

Club Kokomo Road Runners Meeting
April 2, 2007 6:00 P.M.

With no other officers present, Treasurer Mark Shorter called the meeting to order at 6:17 PM.

1. Brief Treasurer's report.
2. A trailer has been purchased from TC Enterprises and is currently being prepared. The trailer will store all the finish line materials and other materials needed at Club Kokomo events.
3. Discussion about sponsorships for the Club and Coyote Kids. Some monies have been received for Coyote Kids, but none have been received for the Club to sponsor the other club events throughout the year.
4. John Wiles reminded members that Goodfells will need approximately 30 people to help one evening with the annual shopping event in December.
5. Greg Townsend donated an all-metal easel to the club.

6. Discussion about the 2 day coaches certification program to be held in Indianapolis on April 21 and 22. The Road Runners Club of America (RRCA) is presenting the program. There is 16 hours of instruction and passing a test is required. Charlie Skoog suggested that 2 women should attend at club expense and then present a several week women's training program to interested women.

John Wiles moved and Sylvia Burgin seconded : "In an effort to increase female membership in Club Kokomo, the club will pay for Shannon Reinagle and Rebekah Kinney to take the RRCA coaches training program and they would in turn put on a women's training program in 2007." Passed 6-0. Cost \$450. It was suggested that Shannon and Rebekah bring back to the club a schedule of their training program as soon as possible.

7. Charlie Skoog announced that during the Wednesday night runs a timed mile for runners or walkers would be available.

Meeting adjourned at 7:30 P.M.

Next meeting scheduled for May 7, 2007 at the Pizza Hut on West Sycamore at 6:00 P.M. Arrive at 5:30 if you plan to eat dinner.

Coyote Kids

By Ray Tetrault

Is it warm yet? With the cold weather hanging on longer than usual it has been easy to let Coyote Kids planning slip through the cracks of daily routine. BUT- now is the time to be thinking of your part in Coyote Kids. Charlie Skoog and Shannon Reinagle have been diligently finding people to help sponsor Coyote Kids. Last year we ran (pun intended) into some financial crunch due to the sheer volume of kids. If you know of someone who may be willing to help support Coyote Kids financially please have them contact me.

We finally used our grant money to purchase a trailer for all the Coyote Kids finish line, cones, signs, and other things. This should give us a nice "headquarters" for us each week. After looking around the state and surrounding states, the best price for a trailer was just south of Michigantown. We are very pleased with how TC Enterprises worked with us. They spent literally hours as we asked questions. If you are looking for a trailer for yourself, I strongly encourage you to take the drive to TC Enterprises and say thank you for their support of Coyote Kids.

This year we have changed the age brackets for the mile to provide just two 1 mile races rather than the three we have done each year. This should streamline our program even more.

This year Grace Fellowship Church is again handing out the ribbons, popsicles, drinks and "way to go" encouragement at the finish line. Coyote Kids needs support people to help with setting up and tearing down the courses each week. Also necessary will be 8 course monitors. I need a team captain and co-captains for each of the races we do. This position requires positive people who are encouragers. Coyote Kids could also use Rabbits to lead the runners on the course and some cabooses to let us know where the last person on the course is. We have numerous other positions helping at the registration tables, the finish line timing, and results. It is also important for us to have a team to help with parking cars.

Coyote Kids first week is June 7 and will culminate on July 19 with our awards. Coyote Kids meets on Thursdays with the first race starting at 6:00. If you can only help out for only a few weeks or the whole summer, call or email me to fill out our roster.

I want to also announce the Reinhardtts have found a club marathon to travel to this year. It is the WhistleStop Marathon in Ashland, Wisconsin. The date for this trip is October 13. We will leave on Thursday morning the 11th and return Sunday evening the 14th. The marathon is a slow downhill descent the entire way. Honest there are NO hills to speak of on this course. Please contact me if you are interested in running this marathon. My email address is rayrobin@email.com. My phone number is 854-1393 at home. My office number is 454-5497.

Nor'Easter Smore'Easter!

By Dan Lutes



Well the Boston weathermen were having quite the heyday ahead of this year's Boston Marathon, predicting the worst Nor'easter in marathon history (cold rain with 35MPH headwinds, gusts to 50MPH) and possible cancellation which would have been unprecedented. But in the end, they conformed to the "weatherman norm" and GOT IT WRONG! The race directors seriously had a complete cancellation of the race on the table as one of their options right up into the wee hours of Patriot's Day morning.

I flew out the day before the marathon and was actually much more worried about flights than I was the race itself. After all, in my book, once the race starts, it's just another long run. The logistics of getting there and staying halfway dry in the meantime was the bigger challenge. My flight in was fairly uneventful with only a 50 minute delay, although I got an up close look at a very soggy Beantown as we landed from the west due to the high winds instead of swinging out over the bay and coming in from the east. I made it to the expo and then for no good reason other than to try out my new poncho, I walked to the pasta dinner instead of taking the train. The dinner was lightly attended due to the weather but those of us who did show up were treated to a great feed and

wonderful (although slightly underworked) volunteers who helped entertain the crowd and keep the mood cheerful. I made it back to my hotel accommodations in Woburn where I hooked up with some other runners and arranged for an early morning shuttle to the commuter rail station. Then I tried to get some sleep in spite of the dire predictions and my east facing window which I thought might blow in at any minute.

The next morning, the wind and rain was still howling as we made our way down to Boston Commons to catch the school buses out to Hopkinton. Luckily, the lines were short (due either to the new 10am start time or the bad weather) and we stayed dry as the rain stopped briefly during the short wait for the bus.

Once we arrived in Hopkinton, the rain was coming down hard again and still blowing sideways which forced everyone to huddle up under the few tents available. My original plan was to use the cell phone to triangulate with the 3 or 4 people I knew to be there, but the weather was not conducive to traipsing around looking for recognizable faces under dark tents and ponchos. So I staked out a spot in the corner of the coffee & bagel tent and conversed with my newfound buddies from Vermont, swapped marathon war stories and tried to keep our mind off the war story about to begin. Finally with only 40

minutes to spare, we donned our dry shoes and ventured to the baggage buses and then to the start line. I had a whole 6 minutes to spare as I squeezed into the 7000 corral and took care of my last minute garbage bag details.

Then as the gun went off and we started our walk to the mats, the rain (and wind) began to subside. Don't get me wrong, it still rained on us during the race and the wind blew but compared to the predictions, this was just another slightly damp run. As a result of the changing forecast, most, if not all of us were overdressed for the conditions. I soon realized that I had WAY too many clothes on and started to readjust. I switched from hat to headband, and unzipped the jacket but still stayed overheated. Then I unpinned my race number from the jacket and re-pinned it to my shirt. Then I completely took off the jacket and tied it around my waist. The final adjustment was the shedding of the disposable gloves which I replaced a little later with a dry pair I was carrying. This first 7-8 miles of undress / redress took its toll both mentally and physically and by about mile 10, I had completely given up on the 3:20 requalify and set my sites on the 3:30 fallback goal. After that the race was fairly enjoyable and I actually "semi-attacked" the hills in Newton between 17 and 21. I particularly enjoyed my favorite part of the course this year, the steep descent from Boston College to Cleveland Circle at mile 22. After this point in the race you either have your time or you don't, and it's just a matter of surviving the rollers into Boston. The final turn onto Hereford and then onto Boylston to the famed finish line is always particularly enjoyable with the fan support stacked 10 people deep on both sides of the street, and this year was no exception. As I finished in 3:30:38, I was glad to have the jacket around my waist as the wind was still whipping and the runners cooled down fast. (Although I think I slightly bruised my abdomen from running with the knot of the jacket in my gut for 22+ miles.)

Afterward, I stuck around for the massage which is one of the best of any marathon there is. The worst of the flight delays came on the trip home, getting me back to Indy by about 3am and into bed by 4am...this made for late arrival to work on Tuesday but oh well. All in all, Boston 2007 was one for the record books (just not the speed record). So I'm still looking for that ever elusive BQ. Next up June 3rd Rock 'n' Roll Marathon in San Diego...any takers?

Running in Kenya

By John Norris



My nearly 30 years of an every day run has evolved in an early morning time and a time of reflection and communion with God. In the quiet of the morning, whether cold or warm, dark or light I wake up with the movement and contemplation. I ask God for insight and direction for the day ahead and to fill me with his spirit. After praises and thanksgiving and asking for forgiveness, I pray for others. This can happen because my running routes are known and repetitious.

Being in Kenya with the Friends United Meeting General Board group in February 2007, I had to find new routes. One was the red clay track at the Y or University a short jog from the United Kenya Club, our overnight stay in Nairobi. I had remembered it from the triennial of 2002 and made my way there at dawn on Sunday morning. My goal was 20 laps on the 400 meter track, but I found I was not alone. Several Kenyans were already there doing stretching and laps and I found the only ones I passed were a couple of young women.. Several gathered on the short

bleachers watching (I thought) and I did a couple of faster laps with a young guy. Then I realized they were running only short distances and hitting around a soccer ball and when they pulled off their warm up clothes I saw they had team uniforms and were getting ready for a soccer game.

My worship that day was at Friends Center International on Gong Road in Nairobi which was special. The beautiful large building, the choir, the praise singers, the testimonies, the vocal prayers and preaching was spirit filled and inspirational to me. Even the offering was a moving experience as the offering containers were held by two people in the front of each aisle and the congregation moved to the front of the church to make their offering as the choir sang a moving number.

St Anne's Guest House at Kisumu the next morning was on a winding dirt street filled with ponding water and I was not sure where to go. But I soon came to a blacktop street and entered the morning traffic. Walkers, bicycles, taxi-vans, and cars were all moving and I was busy greeting those I could make face contact with. Good morning, good morning Sir, good morning to you, how are you, fine, were exchanges back and forth. It was a busy time and even though the first light of the day, children were off to school. I reversed my route and with the help of some signs and land marks made it back to the guest house compound gate.

Arriving after dark at Bishop Stam Pastoral Centre near Kakamega made me question where I would run the next morning but I jogged down to the highway (actually a blacktop with pot holes and an occasional speed bump). There I saw a clay dirt narrow road going across the road and there was a sign for a Friends Church so I went that direction. The road was not level or smooth or wide but with some attention I

was able to plod along. Here the morning traffic was children walking to school and women with plastic jugs getting water. They came from little houses with metal roofs near by. In about a mile or so I came to a bend in the road and a school (I found out later this was a Friends School and the Friends Church). A lot of kids were already there and I was quite a sight to them as I ran by and many to greet. After another mile or so I came to another blacktop road and ran along it with more kids going to school. Some kids even ran with me to another school along the path beside the road. Just past the school my 30 minutes were up so I reversed my direction and ran back. When we went out for the day in the bus I saw the school where I turned around was just up the road a mile or so. I had not come to another road but just made a large U on the dirt road.

Most of the other mornings, I just ran down the side of the highway past this school, and closer to Kakamega. The last mile or two before the turn around was a blacktop strip that was beside the highway. It was for the bicycle traffic and particularly for the "border-border" (a bicycle taxi). I liked running on the blacktop so I competed with the "border borders" and tried to stay out of their way as well as the taxi vans on the road that all seemed to be driving on the wrong side of the road for an American. I was able to greet the bicyclers and the passengers who were often looking back at me. It was a time too busy to pray and contemplate God but I realized I was in communion with God as I gave the good morning greeting to so many, boys and girls, men and women, and the border borders. I gave away my good morning smile, usually needing to speak or smile first but then got a greeting or smile in return.

Birthday List

5/2 Judy Smith	5/7 Matt Tetrault	5/13 Mindy Tetrault	5/20 Sarah Swinehart	5/29 Lien Koztecki
5/3 Maycee Johnson	5/10 Michael S. Campbell	5/15 Byron Bundrent	5/22 Kathleen Leach	5/31 Carl Christenson
5/4 Russ Hovermale	5/10 Mark Jones	5/17 Mike Deardorff	5/24 Joyce Pennycoff	
5/5 John J. Boyle	5/10 Eric Mathew	5/17 Teresa Long	5/24 Daniel Riffe	
5/5 Jill Parry	5/11 Blythe Smith	5/17 Keith McAndrews	5/25 Fred Chew	
5/5 Nicole Parry	5/12 William Irvin	5/19 Nathan Hovermale	5/25 Jane Inman	
5/7 Bryan Phillips	5/13 Dana Neer	5/19 Pat Robertson	5/28 Keith Bauson	



Race Results

CKRR Ultimate Challenge
March 31, 2007
Logansport, IN

10 mile Run

1. Scott Colford 58:40
2. Dana Neer 1:01:11
4. William Irvin 1:06:07
5. Brian Reinhardt 1:07:47
11. Eric Mathew 1:14:04
12. Al Hochgesang 1:14:11
15. Heather Weber 1:17:22 1st woman
16. Sam Williamson Jr. 1:18:45
18. Don Gifford 1:19:20
22. Earl Strong 1:21:05
23. Mark Shorter 1:21:47
24. Gregory Townsend 1:23:29
29. Mike Deardorff 1:25:56
30. Amy Piazza 1:26:33
31. Vern Graves 1:26:33
32. Michael Graham 1:27:27
33. Lorene Sandifur 1:27:39
34. T.A. Weber 1:27:47
35. John Norris 1:27:50
36. Allison Irvin 1:29:21
38. Tom Miklik 1:31:58
39. Patti Reinhardt 1:32:04
40. Rebekah Kinney 1:32:08
41. Kathy Bagwell 1:32:11
42. Michael Lake 1:33:18
43. Cassie Bauson 1:34:02
45. Fred Chew 1:46:03
- 49 Finishers

5 mile run

1. Ryan Bice 29:27
4. Ricke Stucker 40:08
6. Tammy Bice 41:07 1st woman

7. Kim Lee 42:31
8. Russ Hovermale 44:43
9. Charlie Skoog 46:08
11. Sam Williamson Sr. 46:39
12. Ken Swinehart 47:17
13. Joyce Pennycoff 48:36
14. Steve Kilcline 48:50
15. Ryan Bagwell 50:49
16. Dale Sullivan 51:14
17. Christine Williamson 51:34
18. Rhenda Acton 51:57
19. Robin Tetrault 52:27
21. Doug Mankell 53:05
22. Amber Longwith 56:29
- 22 Finishers

5 mile Walk

1. Rick Spencer 53:23
2. Keith McAndrews 54:11
3. Mary Miller 55:36 Bunker Hill 1st woman
4. Steve Inman 58:03
5. Tim Taflinger 59:26
8. Diane Gifford 1:05:22
9. Rocky Smith 1:08:11
10. Jane Inman 1:08:48
11. Raye Jean Swinehart 1:08:49
14. Judy Smith 1:11:28
15. Sylvia Burgin 1:13:58
16. Pat Robertson 1:21:05
- 16 Finishers

22nd Annual Old Ben 5k Run and Walk
April 14, 2007
Kokomo, Indiana

1. Scott Colford 16:56
2. Dana Neer 17:27

3. Tony Robinette 18:41
5. Jesse Bauson 19:36
6. Matt York 19:45
10. Ron Moore 21:13
11. Justin Ashcraft 21:55
12. Earl Strong 22:31
14. Mark Shorter 22:52
16. Darin Hollingsworth 23:08
17. Andrea Harris 23:09 1st woman
18. Michael Graham 23:12
19. Keith Hill 23:18
21. Michelle Hollingsworth 23:34
22. Vern Graves 23:35
23. Gregory Townsend 23:40
24. Ricke Stucker 23:43
25. Kathy Bagwell 24:03
26. Kim Lee 24:04
28. Peter Bauson 24:36
31. Allison Irvin 24:49
33. Mike Deardorff 25:15
34. Ken Swinehart 25:20
35. Josh Revils 25:37
37. Stan Shuey 25:59
38. David Reinagle 26:02
42. Ryan Bagwell 27:06
45. James Longwith 27:26
46. Sarah Lee 27:36
48. Vanessa Lorenz 27:43
49. Karen Bush 28:03
50. Jillian Weaver 28:09
51. Joyce Pennycoff 28:10
55. Amber Longwith 28:29
56. Robin Tetrault 28:46
57. Bill Heck 28:58
59. Fred Chew 29:46
61. Rhenda Acton 30:49
64. Walter Brown 31:44
65. Ryan Hanlon 32:20

67. Darcie York 33:55
68. Keith Bauson 34:18
70. Robert Cupp 35:03
71. Jeanette Merritt 35:04
77. Susan Gerhart 39:00
78. Holly Hurlburt 39:30
- 79 Finishers

5k Walk

1. Rick Spencer 32:53
2. Keith McAndrews 33:10
3. Jerry Lambert 35:30
4. Amanda Pena 35:56 1st Woman
5. Tim Taflinger 36:01
9. Rocky Smith 39:58
10. Sylvy Bledsoe 40:03
11. Brian Allen 40:23
12. Jane Inman 40:29
13. Raye Jean Swinehart 40:29
14. Debbie Riffe 40:52
15. Milt Brown 41:03
16. Toney Lorenz 41:44
18. Katie Hollingsworth 43:23
19. Sylvia Burgin 43:24
22. Trudy Pierce 43:41
24. Judy Smith 44:52
25. Angela Lorenz 45:09
26. Tim Revils 46:15
27. Emily Allen 46:44
28. Kathy Allen 46:44
30. Pat Robertson 48:02
34. Jackie Sanders 50:13
35. Cynthia Sanders 50:15
- 36 Finishers

Other Race Results

Sam Costa Half Marathon
March 24, 2007
Carmel, Indiana

1. Thomas Frazer 1:08:31
- 1w. Cathy Allen 1:24:13
4. Scott Colford 1:12:27
257. Lisa Birkhimer 2:03:30
266. Phil Leininger 2:05:03
- 320 Finishers

Boston Marathon
April 16, 2007
Boston, Massachusetts

1. Robert Cheruiyot 2:14:13
- 1w. Lidiya Grigoryeva 2:29:18
5691. Dan Lutes 3:30:38
13248. Eric Mathew 4:01:14
- 20345 Finishers



Sylvia Burgin and Milt Brown compete during the Old Ben 5k in Highland Park. The Old Ben was postponed for 3 weeks due to heavy rain the night before the originally scheduled date that had Highland Park under several feet of water.

2007 Points Standings

Races scored include the JN Amboy, Ultimate Challenge, Old Ben, Race for the Cure, and any one marathon, half-marathon or volunteer.

Runners	60-64	Ken Swinehart 3-39	Raye Jean Swinehart 3-33	Brian Allen 1-20
	Doris Griffith 2-30	Al Hochgesang 2-30	Geana Moore 1-10	Tim Revils 1-15
Women	Susan Gerhart 1-20	Byron Bundrent 1-20		
		Ray Tetrault 1-20V	50+	50+
13-19	Men	Mark Rodgers 1-10	Sylvia Burgin 4-52	Keith McAndrews 5-82MH
Amber Longwith 3-42			Judy Smith 4-49	Rick Spencer 3-60
Sarah Lee 2-35	0-12	50-54	Sylvy Bledsoe 2-40	Tim Taflinger 4-42
Vanessa Lorenz 2-27	Joshua Revils 2-40	Greg Townsend 5-64M	Cindy Sanders 3-37V	Jerry Lambert 3-42
Laura Bauson 1-20	James Longwith 2-30	Earl Strong 3-55	Pat Robertson 3-29	Jackie Sanders 4-41
		Mark Shorter 3-42	Diane Gifford 1-20	Rocky Smith 4-36
20-24	13-19	Mike Deardorff 4-39	Angela Lorenz 2-20	Russell Fox 1-15
Holly Hurlburt 2-40	Jordan Lee 1-20	Russ Hovermale 2-28	Kathy Allen 1-9	Toney Lorenz 2-13
	Tony Robinette 1-20	Michael Campbell 1-20M		John Robertson 1-9
25-29	Sam Williamson, Jr. 1-20	Don Gifford 1-20	Men	Milt Brown 1-8
Allison Irvin 4-60	Jesse Bauson 1-15	Dave White 1-10	49-	Robin Michael 1-8
Kathleen Bagwell 3-52	Peter Bauson 1-12	Jerry Meiring 1-9	Steve Inman 2-40	
Jillian Weaver 2-22	Keith Bauson 1-10			
Rebekah Kinney 1-15		55-59		
Karen Bush 1-12	20-24	Ricke Stucker 4-65		
	Justin Ashcraft 1-20	Tom Miklik 3-42		
30-34		Charlie Skoog 3-35		
Jeanette Merritt 3-45	25-29	Fred Chew 2-30		
Amy Piazza-Graves 1-20	Seth Daugherty 1-20	Steve Kilcline 2-21		
Darcie York 1-20	Nathan Hovermale 1-15	Phil Leininger 1-20H		
	30-34	Joe Rangel 1-20		
35-39	William Irvin 3-50	Steve Wand 1-10		
Heather Weber 3-50	Rylan Bagwell 3-40	John Wiles 1-10		
Lisa Birkhimer 2-30H	Matt York 2-35			
Gina Sheets 1-20M	Keith Hill 2-27	60-64		
Lisa Jones 1-15	Ryan Hanlon 2-18	Sam Williamson, Sr. 2-32		
	David Reinagle 1-12	Bill Barnett 2-30		
40-44		Walter Brown 2-30		
Patti Reinhardt 3-50M	35-39	David Hughes 2-25		
Michelle Hollingsworth 2-40	Scott Colford 3-60	Doug Mankell 1-15		
	Vern Graves 3-45			
45-49	T.A. Weber 3-34	65-69		
Cassie Bauson 2-40	Michael Lake 2-20	Stan Shuey 3-50		
Cheryl Marner 1-10	Jeff Kuczera 1-20	Dale Sullivan 2-35		
	Travis Sheets 1-20H	John Norris 1-20		
	T.A. Weber 1-12	Darrell Pennycoff 1-12		
50-54				
Robin Tetrault 4-65M	40-44	70+		
Lorene Sandifur 3-50	Brian Reinhardt 3-50M	Bill Heck 3-60V		
Christine Williamson 2-35	Dan Lutes 2-40M	Robert Cupp 2-30		
Robin Cole 1-10	Dana Neer 2-40			
	Ron Moore 3-37	Walkers		
55-59	Michael Graham 3-32			
Joyce Pennycoff 4-70	Darin Hollingsworth 2-21	Women		
Rhenda Acton 4-55	Mike Williams 1-10	49-		
Kathie Barnett 1-10		Amanda Pena 4-65V		
Barb Wand 1-10		Debbie Riffe 4-52V		
Anne Wiles 1-10	45-49	Mary Miller 3-50		
Shirley Wilson 1-10	Eric Mathew 4-62M	Jane Inman 3-40		
	Kim Lee 3-48			



Above: Rebekah Kinney and Kathy Bagwell run the Ultimate Challenge 10-miler together.

Below: Earl Strong finishes the 10-miler while Pat Robertson finishes the 5-miler. Notice the different bibs for runners and walkers that the club now uses.



RRCA Coaches Certification Program

By Shannon Reinagle



I believe that the opportunity Rebekah and I were given this past weekend is going to be very valuable to the growth of women in our club. We are very thankful for this opportunity to help see this vision happen.

Class started at 8am the morning of the Susan B Komen Race for the Cure and the weather being beautiful made it really hard to want to sit in class. We could see people running along the canal as well as biking and we all were itching to be apart of that. There were 30 people in our class from all over - Florida, Missouri, New Jersey and Massachusetts to name a few. All runners of some type from 5K's to the 100 milers.

Our class instructors were very knowledgeable in both running and injuries.

Janet Hamilton one of the instructors specializes in the human body (with several degrees) and tends to be on the Conservative side. Mike who does the ultra marathons and 100 mile runs loves adventures and you could tell. The first day was basically about what happens to your body when you run, how to keep it fueled and training your body to use the right fuels. They were not fans of the Adkins diet! We did not touch on cross training or weight lifting as it was more focused on running

and your body. RECOVERY, RECOVERY was a huge topic. Too many people never take the time for recovery or slow their long runs down. The second day we actually broke down into groups and put together a training schedule for JOE Runner who wanted to run a half marathon. we had a questionnaire filled out about JOE and his running experience in which he was running an average of 25 miles a week and 5 miles being his longest run. He had 14 weeks before his race. Our group took the less conservative side and tried to get Joe to his goal time of 1:30. At first the other groups thought we were crazy. But after presenting our base building plan and our sharpening plan we had much praise from our instructors and the class. We were really happy! We had the best plan for Joe Runner. We ended that day on a good note. So we are really excited to bring back what we learned and pass it on.

By Rebekah Kinney



The RCAA weekend seminar offered a lot of valuable information which should really help the success of the upcoming women's running program. The two representatives that coached us were extremely competent and persuading in all their points regarding running by stressing the benefits, concerns, safety and the strategic development of a program for any runner at any fitness level. We obtained strategies and tools that will help us better equip our novice and veteran runners to reach and excel at their running goals. Throughout May, Shannon and I will be finalizing our certification requirements to begin the pro-

gram by the first week in June. Our predominant meeting day will be Wednesdays at 5:30 in Highland Park which we will give us the opportunity to participate in the one mile run currently established. We will also be incorporating various sharpening segments that will focus on speed and terrain training. We are both very excited to begin our program and our primary goal is to encourage women to get out and run but to also establish a support and networking system for women runners so they feel comfortable and safe while running in the outdoors.

Mini Packet Pick-up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packet for you be sure to get the back page of your pamphlet to her by Wednesday, May 2, in Highland Park. The earlier you get the page to her the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park since she runs with the Wednesday night group at 5:30. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 4 on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park.

New Members

Camerson Cunningham
Amanda Reeves
Mackenzie Reeves
Mallory Reeves
B. Scott Riggle
Tom Sheridan

Welcome to Club Kokomo!

Race Calendar 2007

By

May 19
Norris Insurance 4M Run/ 3M Walk
Time: 8 AM
Location: Jackson Morrow Park

May 26
Composer Classic 5K Run/Walk and
Melodic Mile 1 Mile Fun Run
Time: 9 AM
Location: Highland Park

June 2
Trojan Trot 5K Run/ 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
Location: Nickel Plate Trail, Peru
(non-points)

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

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

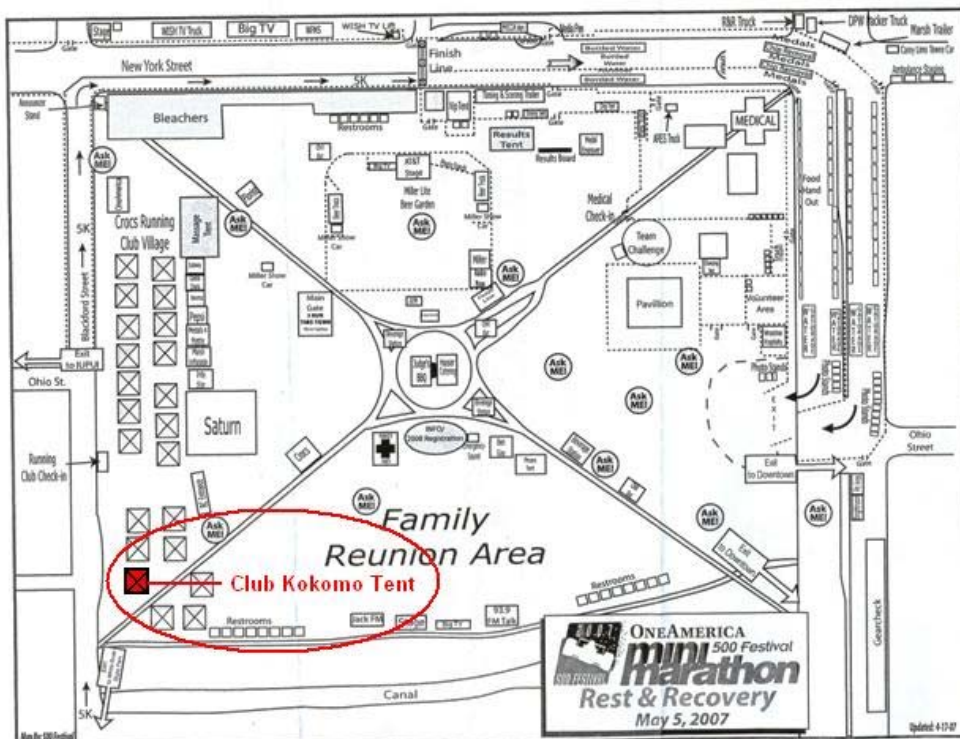
November 10
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School

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

Indy Mini Map of Military Park



The club tent is in the far southwest corner of military park. Feel free to leave a gear bag there before the Mini and when you finish be sure to stop by the tent for some refreshments and to share your Mini experience with the other club members. There will be someone there the whole time so your gear will be safe.

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

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