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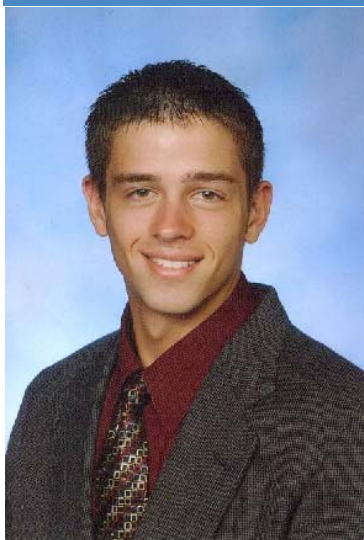
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CLUB KOKOMO ROADRUNNERS

# The Roadrunner

## Cunningham Perfect in Relief

By Lorene Sandifur



Cameron Cunningham, a 2007 recipient of the Club Kokomo Mike Cowan scholarship has been a big part of the success enjoyed by the Kokomo High School cross country team over the last four years. He was named as an All NCC runner his junior year to make his team's NCC championship even sweeter. Cam-

eron was a main contributor in the Kats sectional win his senior year as well as semi-state trips in both his junior and senior year. He was a gutsy and dependable runner for Kokomo. Cameron couldn't train to the extent that many other successful runners could through the spring and summer months due to the fact that he also pitched for Kokomo High School and Post 6.

His coach Ricke Stucker had the following to say about him; "Cameron was one of my Top 10 All-Time Favorites. He worked hard, competed fiercely, and was respectful of coaches and teammates. He always turned it up a notch when the gun sounded. I'll really miss him."

Cameron did Club Kokomo proud in his appearance in the state finals. He struck out every batter he faced in the championship game! Cameron was 5-0 for the Wildkats this season

as well as a dependable relief pitcher for the Kats. He will go on to play baseball at Anderson University. Cameron stated "running cross country and CK road races has made me stronger mentally and physically which will help me throughout life". Cameron praised coach Stucker for wanting what was best for his runners as well as pushing his runners to work hard in order to succeed. It is obvious that Cameron took that desire and work ethic with him to the pitcher's mound. What an honor to pitch at Victory Field for the last out in the State Finals. CK is proud of Cameron, whether he's wearing his racing spikes or baseball cleats.

## Lessons from Katie

By Michelle Hollingsworth

I often ask myself how did this whole "running" journey begin? I suppose it began when my daughter Katie went out for the Western Cross Country Team in 2005. We laughed at the prospect of her running because her longest effort was to the mailbox and back. After she went to a few practices and seemed to enjoy it I was intrigued. After I began running a few miles a week Katie quickly asked me, "Mom, why are you doing this? I stated that I wanted to see first hand what she was going through and I loved the club runs because you got a free t-shirt! Katie let me know real quick that those were extrinsic reasons for running and that wasn't exactly good. Katie still remains my inspiration through all my runs, my coach, my worst critic and my

strongest supporter. Now, I find myself still running for those t-shirts and hoping to catch a glimpse of Katie along the course and hopefully be able to run with her for part of the first mile. She has taught me so much about running, intervals, speed drills, blah blah blah, and the true reasons that a person (cont. on page 5)



### Inside this issue:

From the President	2
On the Trails	3
FIRST's	3
New Members	3
On the Roads	4
Rock and Roll Marathon	6
Greentown 5	7
Birthday List	7
Newport Marathon	8
Meeting Minutes	9
Race for Grace	10
Coyote Kids	10
Race Results	12
Points Standings	14
Race Calendar	15

### Next Races:

**July 14**  
**Ironhorse 4-miler**  
**8:00 AM**  
**Logansport**

\*\*\*\*\***July 21**\*\*\*\*\*  
**Panther Prowl 5k**  
**8:00 AM**  
**Western High School**

# From the President

By William Irvin



Bill Barnett

the former and that you met or beat your race goals! I would like to take this opportunity thank Bill Barnett for his work as the race director for the past couple of years. Bill has been with the Haynes race directing crew for many years and knows how to put on a great race. If you see Bill at one of the races this summer and you were at the Haynes, stop and let him know that he is appreciated and that he did a heck of a job this year. With Bill retiring from Delphi this summer/fall he has requested to step down as race director for next years Haynes Appearance race. If you are interested or would like to get a small contingent together to tackle this job on let the CKRR officers know and we will provide you with Barnett's 'binder' of the race directors knowledge. Thanks again Bill-happy retirement!

Cicero Triathlon

I have talked with several people in the Club who have shown interest in a short course (sprint) triathlon. There are several

of you who have asked about a sprint TRI that would be a good beginner TRI. For those of you seeking, Cicero has a TRI in August that is perfect. The distances are 350 yard swim, a 9.5 mile bike, and a 3.1 mile run. This is over with before you know it has begun! This race is well put on with good food and great awards.

Vice President

As most of you may not know, Ray Tetrault has requested to step down as CKRR's Vice President. Work and personal time crunches have caught up to Ray as well as being the director of Coyote Kids. Ray's request was to concentrate on Coyote Kids more to make it larger than ever! With that said, CKRR is in the market for a Vice President. If you possess motivation and the need to make CKRR a better club for us runners please see me!

## Sam Williamson Sr. Race On

By Charlie Skoog and Christine Williamson

Those of you who attended the 10th annual Race for Grace on June 23 may recall that Sam Williamson, Sr. was recognized as one of two individuals who have participated in all ten races. Making this achievement even more remarkable and inspiring is the fact that Sam has been undergoing treatment for brain cancer. Sam has chosen to trust in the Lord but also is taking the Lance Armstrong, LIVESTRONG, approach to his illness. Sam is a great example of the value and benefits that accrue to a family that has chosen a lifestyle that encourages physical fitness. Below is his inspiring story in the words of wife Christine. Please keep Sam, Christine, and Sam, Jr. in your prayers as we continue the Race together.

The Tuesday before Easter Sam had an MRI after experiencing some prob-



lems with computing. This was very apparent on our trip home from Ft. Benning, GA where we had just seen son Sam become a paratrooper in the US Army. As Dad Sam had done the same thing 40 years ago you can imagine his pride in seeing his son follow in his footsteps. Anyway Sam, Sr. was having trouble retaining navigation numbers second nature to a seasoned pilot. He did get us home and immediately grounded himself. This was Friday, March 30th.

After discovering in the MRI a tumor he was sent to Dr. Rudy Kachman, neurosurgeon in Ft. Wayne the next day who confirmed the tumor and in fact felt it was cancerous. On Good Friday Dr., Kachman operated to remove as much of the tumor as possible without doing damage and a biopsy was performed. It was confirmed that he had a level III and possible level IV Astrocytoma (star shaped) Glioblastoma brain cancer. This is very seri-

ous. He asked the doctor what would happen if he did nothing. 3-6 months! His recommendation was to fight it and hopefully give him a few more years.

So the choice was made to fight it. He to date has had 34 rounds of radiation done locally here in Logansport. These treatments along with a cancer pill called Temodar during the same days of radiation were fairly well handled although Sam has had bouts of fatigue. He has been determined to keep swimming, running and biking and was able to do a the Symphony run in Kokomo and the River City Triathlon here in Logansport. A week after treatments were over he ran the Race for Grace and hopes to run the Haynes Apperson June 30th. His goal this summer is to keep training and do a few more triathlons and of course Club Kokomo runs. Thanks to all our running friends who have asked how Sam is doing and mostly for all the prayers for healing. We leave Sam in the Great Physician's hands knowing he will be cared for through this time of need.

# On the Trails

By Charlie Skoog

Times continue to fall and participation is increasing as runners and walkers of all ages challenge the Fun Mile course in shady Highland Park. Races begin promptly at Noon and 6:00 p.m. with registration available 15 minutes before the start of each race. Some come alone and some bring their entire families. Some come to race and others just for good exercise and great camaraderie. Highlights abound! On June 13, Skylar Bagwell set a new course record of 5:26 and Allison Irvin wowed her running buddies with a women's record time of 6:35. On June 20, 17 people showed up for the Noon race and Christopher Sinnett ran a course record 5:24. That record lasted for six hours as Gerald Griffiths, traveled

all the way from South Carolina, to run a 5:13 at the evening session. Gerald was hoping to go under 5 minutes but went out too fast and was fading with Christopher's Dad, Trent, closing in a Master's record time of 5:16. In the walk division, Mary Miller, has been working hard, and walked the course record down to an excellent time of 10:16. Way to go Mary! The evening session also had a record turnout of 40 racers, including 83 years young, Wanda Wood, who was visiting from Greenfield and walked the mile with her childhood friend, Mary Coghill. We enjoyed listening to these wonderful ladies reminisce about fun filled summer days in the park seven decades earlier!

Bill Heck has suggested that times in

the Fun Mile be considered for club records since we no longer have an official Club Mile Race. Bill suggested that perhaps points could be awarded, based on a person's fastest mile of the year. This will be discussed at the next club membership meeting on July 2. In any case the Fun Mile continues to grow in popularity and bring new walkers and runners into the Club Kokomo family. I invite you to join us soon and have some fun of your own!

***There will not be a Fun Mile at Noon on July 4. The evening Fun Mile will be held as scheduled at 6:00 PM. Blast a mile on July 4 and create your own fireworks!***

## FIRRSST's Program is Up and Running

By Rebekah Kinney

The FIRRSST's woman's only running program seems to have been met with great interest from women within the club and from the surrounding communities. We are very excited about the large turnout! As of now, 17 women have joined the program and we are still welcoming any new comers. This group of unique women has already brought a motivating, encouraging and welcoming spirit to the program. It is truly great to be a part of any success they have. Our level of runners extends from one end of the spectrum to the other; whether training to complete just one mile to qualifying for the Boston Marathon. We would like to reintegrate that this program is a continued effort meaning that once you become a member you will remain a member and your individualize training program will not begin until you join. So there is no need to feel as though you have missed valuable weeks of training.

Our next group meeting will be Wednesday at 5 PM at the Highland Park, Big Ben Pavilion.

We would like to thank the Club Kokomo RoadRunners for allowing us the opportunity to establish the women's only program, especially Charlie Skoog who has offered tremendous support to us. Also, we would like to thank all of the ladies who have helped give life to the FIRRSST's running program: Patti Reinhardt, Allison Irvin, Jillian Weaver, Darcie York, Robin Tetrault, Lacy Easton, Vicki Boles, Theresa Barlow, Kathy Murdoch, Jennifer Mayfield, Tanika Forestal, Jill Parry, Kavita Kataria, Geana Moore, Michaelene Andersen, Roxane Burrous, and Kathy Bagwell.

For further information about joining the program please contact Rebekah Kinney at (765) 461-7408, [rakinney@insightbb.com](mailto:rakinney@insightbb.com) or Shannon Reinagle at (765) 473-9149, [reinagle@yahoo.com](mailto:reinagle@yahoo.com).

## New Members

**Teresa Barlow**

**Lacey Easton**

**Tanika Forestal**

**Megan Green**

**Kavita Kataria**

**Kathy Murdoch**

**Phil Rozzi**

**Paul Wyman**

**Shelly Wyman**

**John Paul Wyman**

**Sophia Wyman**

**Welcome to  
Club Kokomo!**

## Relay for Life Participants

Rhenda Acton, Brian and Emily Allen, Milt and Helen Brown, Sylvia Burgin, Bob Cupp, Michael Graham, Darin and Michelle Hollingsworth, Will and Allison Irvin, Rebekah Kinney, Jerry Lambert, Amber and James Longwith, Eric Mathew, Jennifer Mayfield, Keith McAndrews, Jeanette Merritt, Mary Miller, Brandon Mink, Dana Neer, Amanda Pena, Joyce Pennycoff, Brian and Patti Reinhardt, Debbie Riffe, Pat Robertson, Jackie, Cindy, Jack, and Brett Sanders, Lorene Sandifur, Mark Shorter, Stan Shuey, Charlie Skoog, Ricke Stucker, Tim Taflinger, Robin Tetrault, TA and Heather Weber, Matt and Darci York.



# On the Roads

By Johnnie 'O



"If you build it, they will come." These words from the movie *Field of Dreams* kept repeating themselves in my head as Annie 'O and I walked with hundreds of cyclists, runners, and walkers on a

trail at Outer Banks, N.C. in June. During our last visit 14 years ago, these words were not the ones in my head as I tried to exercise on North Carolina's coastal playground.

The Outer Banks is a 130-mile stretch of islands just off the Tar Heel state's coast. More than 100 years ago near the center of the island line, the Wright Brothers lived in a tent at Kitty Hawk and flew the first airplane over the sand dunes in what is now called Kill Devil Hills.

At the south end of the chain, the southern Gulf and the northern Labrador currents collide at Hatteras where the nation's tallest brick lighthouse stands 210 feet above the crashing waves. The joined currents form the highway to Europe, where pirates such as Blackbeard plundered gold and product-laden ships during the sailing era and German U-boats sank American supply ships during World War II. The carnage earned the water along the coast the moniker The Graveyard of the Atlantic.

Annie and I started vacationing with family on the Banks in the early '70s. Although family continued to come to the islands, Annie and I had not been back in 14 years. To say "Things certainly have changed," is a major understatement.

When we first came to the Banks, there were just a few locally-owned grocery stores. The stores mainly stocked "necessities" at double the price on the mainland. On the way to the Banks, we would buy our groceries in Norfolk, VA, nearly three hours from our vacation spot.

Now, there are super groceries with a wide selection of fruit, vegetables, meats, seafood, Dom Perignon Champagne, red-grape chicken salad, and sushi packs. There is every type of vacation amusements from water parks to Go Kart tracks.

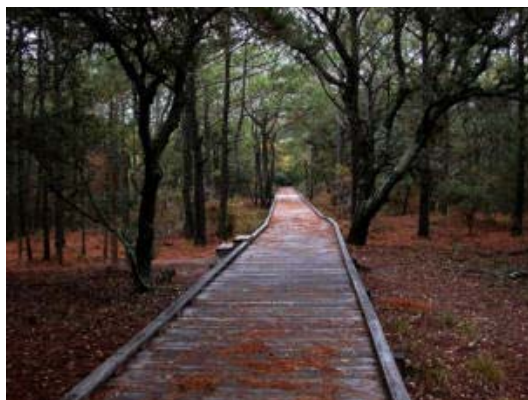
But the change that really caught my eye was the accommodations for exercisers. During the '80s and early '90s, I competed in triathlons. The sport's season was short compared to running, because of outdoor swimming. To stay competitive, I could not take two weeks off from training during the middle of the season, so my bike came with me on vacations.

The Banks was not friendly to swimming, cycling, or running in those days. There were no trails, and the only road was single lane, north-south, which was barely wide enough for two cars to pass. To run and live, you had to get on the beach.

Now, the thought of running on a beach with pounding surf sounds great, and in some coastal areas it is. However, the Banks' beaches tend to be narrow and slanted. In some areas, sand provides solid footing; in others, crushed shells cause your feet to sink and slide. The shells are like running on ice covered with a foot of snow. One summer during a beach run, I stretched a tendon in my foot, and I had to spend several days watching the ocean waves from a chair.

In order to cycle on the narrow road, I had to time my ride early in the morning between construction workers going to building sites and vacationers traveling to historical areas. My window of opportunity was between 6 and 7 a.m. Even then, there were trucks and cars on the road, and several times I thought I was on my last earthly ride.

Ocean swimming also could be hazardous. Beyond the breakers, I could be swimming in water as calm as a Hoosier Lake, and in minutes my swim could change to a roller coaster ride on waves. I also came



**A boardwalk trail through a wooded area of the Outer Banks in North Carolina.**



**Trails like this could dot the Howard and surrounding counties landscape in the near future with your support.**

out of the water more than once with welts from jellyfish stings.

But, oh how times have changed. Now, there are bike lanes running alongside the road. When I cycled 14 years ago, I never saw another biker. Now, there are bike rental shops and people cycling all hours of the day. There also are people cycling, running, or walking on the trails beside the road. Even more unbelievable is on Veterans Day in November, the Outer Banks will host a marathon. It seems every house rental has a pool, but, if your rental doesn't, there is a pool at the YMCA and at several fitness centers. If you do not like running or cycling in hot and humid conditions, you can use a treadmill or exercise bike at the air conditioned fitness centers.

I was shocked to see these accommodations for exercisers, because the attitude of Banker governments and businesses in the '80s and early '90s was similar to what we face in Howard County today. Most of our elected officials do not run or bike. They believe trails and bike lanes are nice but they are luxury items rather than necessities.

Take heart, trail and bike lane advocates, because if such "luxuries" can be built in the very conservative Outer Banks, they can be constructed in Howard County. However, we cannot just leave it up to government, because government will not act without prodding. Take action. Prior to this fall's city election, ask the politicians their quality of life plans and vote accordingly. With activism, Kokomo and Howard County will build trails and bike lanes, and the people will come to use them.

## Lessons from Katie (continued)

should run. I must admit that some of my extrinsic reasons for running have rubbed off on her because she and I set off for the Hog Jog in Flora Indiana—solely for the t-shirt with the Hog on it.

I was a little surprised when we arrived at the Flora Park/Fairgrounds. I had never been to that park before but it was real nice with lots of shady areas and good size for a town as small as Flora. We approached the tent to pick up our packet with chips attached. CHIPS—this must be serious! We quickly surveyed the field of runners and realized that there were probably close to 200 runners. As Katie and I made our way back to the car to put away our packets and get prepared we met several female athletes dressed in “briefs” According to Katie “briefs” are a sign that we are in serious trouble with the competition. I said, “Well, we have our t-shirts do you just want to go home?” She just laughed and said “No, but my legs are kind of tired from running the Relay for Life last night and I think I am just going to go slow.” Okay by me so we headed for the start line.

Happily, at the start line we saw our friend and familiar face Scott Colford which kind of eases some of the tension. At least you know there is someone else out here that is going to run this 10K on this 85 degree Saturday morning. I urged Katie to take a spot toward deep in the middle of the pack because by the looks of that start line I didn't think we were up to it. In a few minutes we were off to begin the 10K.

Katie and I chatted for much of the first mile. We caught a glimpse of my mom and her friend that came to watch and encourage us through the race. My mom then went to the lion's club tent and feasted on all you can eat sausage and French toast which she said was quite good. My mom did enter the 2 mile run/walk which started at 7:30 which was also chipped timed, but no awards were given.

After the first mile, Katie decided that it was too “cramped” where I was running so she was just going to go up a little bit. I said, “Bye, Katie” and she said, “Oh, I'm not leaving.” I never saw her again (well, not until my final sprint). After we weaved through the town of Flora

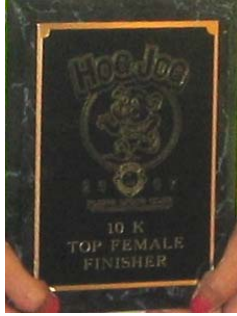
the race took us out in the country through much of miles 3,4 and 5. During this time some would say you get a good whiff of why the run is called the Hog Jog, The run was straight and flat with some areas of nice shade and many areas of interesting smells. There were many water stations along the way with homeowners in their yards with complimentary garden hose spraying as you passed if you wanted to get wet. I of course took advantage of every water station and every spraying opportunity which made my race a nice temperature. We saw a few runners along the way that should have saved the French toast breakfast for after the race if you know what I mean! There was medical personnel and first-aid

for them.

As we made our loop around to began our return back into town I realized we only had a few more miles to go. At this point in the race is when I always think about the runners that always lead our CKRR races. I start to visualize them crossing the finish line and just knowing that its over for them gets me through the last mile or miles as this race was a little longer. It wasn't long before I saw Scott Colford running toward me for his cool-down. I am always thrilled to see those front runners they are truly amazing. I was rejoicing having my own little silent party when I looked a little beyond Scott and saw my daughter Katie. She had also finished the race and was coming back for me! How sweet, I thought to come and get your mom. This is when something bad happened. There was a nice gentleman that had been running a little behind me for the last mile and he decided to pass me. Well, according to my coach Katie that isn't allowed within oh—some crazy distance from the finish line. Well, I guess I was within the distance to the finish line that passing is not allowed; it seemed fine to me because I still could not see the finish line. Under normal circumstances my final sprint is the distance within ear shot of hearing the time of the person that finishes right before me. As I said I could not see the finish line. Katie said “Hi Mom, now you aren't going to let the guy beat you are you?” Of course, I couldn't respond because she already had me running her pace. Katie said, “Come on Mom, you can do this” I shut my eyes for a brief moment because I was just praying that I would be able to see the finish line

when I once again opened my eyes. I don't know how to describe that sprint! I am not a sprinter and it was out of this world! It seemed to last forever and I just kept trying to match her stride which was not at all easy although soon I did see the cones, the finish line, and my proud mom cheering me on. I finished finally and when I did my mom hugged me and said, “You did awesome, and do you know that Katie was the first woman in”? I had to fight back the tears—I was so proud! As for the nice gentlemen, I have no idea if I passed him or not, but Katie sure does and she was so excited! She said, “Mom, you are awesome!” Those words sum it up my whole reason for running—intrinsic, extrinsic, bad, or good whatever the reason is for running it's a great feeling to have family and friends cheering and supporting a truly amazing sport! (The t-shirts aren't bad either)

After the race there were nice awards. Katie got a nice plaque with a Hog on it for being 1st woman. Medals were given to the top in each age group. I ended up being 5th woman overall and did receive a nice medal for my age group. Scott Colford had an awesome run and came in 3rd overall. There were free hamburgers, bottled water, and watermelon afterward. Overall, it was a nice day and a very nice run. I would recommend it.



The Indianapolis Convention Center has blocked all the rooms in down town Indy for the 2008 Mini Marathon. A number of us have called and gotten a room at the Hilton for an unbelievably low price of \$99 for a king size. They also have 2 queens for \$139 a night for those that want to share. The number for the convention center is 1-800-556-4639. Be sure to call soon - the great price won't be around long!



# Rock and Roll Marathon

By Dan Lutes



43 down, 7 to go!!!

Now San Diego knows how to host a marathon! I recently completed my 43rd state and 57th marathon in beautiful San Diego with cool temps and cloudy skies. I flew out the day before and went straight from the airport to the marathon expo at the downtown convention center. This was the only rough part of the trip as the parking garage was very congested with all the last minute arriving marathoners. Once inside however, the expo was very nice and so was the logo merchandise they had for sale. I browsed the expo, did some shopping and had an in-depth running gait analysis done at the Mizuno booth. Later, I got to meet my hero, Dean Karnazes, the Ultramarathon Man who was giving a speech out on the veranda. During his talk, he told everyone that he wasn't the only crazy one in the crowd. To prove his point, he asked who was running their 1st marathon and many hands went up to a raucous applause. He then asked how many were doing their 10th marathon and about fifty other people in the crowd got to raise their hand. After this he told us to keep our hands up and then asked, "How many have run 20....then 30...then 40....then 50?" Luckily he stopped at 50 and only three of us still had our hands up. He then asked each of the three of us how many we had run and my 57 was immediately topped by a 64 and then an 80 something but I couldn't really hear for sure. Still, it was quite an honor to be able to tell Dean Karnazes anything about marathoning!...even if it was just my total. I then made my way back to my hotel down in National City, just south of San

Diego. The forecast was a fairly perfect 59-63 with marine layer inversion (clouds) until mid morning. I had chicken pasta at the hotel restaurant to carbo load and hit the hay early to be ready for the 6:30am start. With the 3 hour time change I awoke easily the next morning (a little to easily) at ~2:30am. At about 4 am I made my way downtown to meet the buses for the short trip out to Balboa Park and the runners village. The village was nicely lit up and stocked with all sorts of bagels and coffee so I took advantage of the free carbs and caffeine. I continued looking for my buddy John from Temecula but never did find him. He was originally signed up for the race and had actually sort of talked me into this one. But due to his business travel in Asia, he had arrived back late the night before the race and decided to bag it. The Marine Corp. Band gave us a nice show with a full parade and concert in the 10 block long set of runner corrals as nervous runners munched bagels and listened to the patriotic tunes. As we moved to the corrals I felt a real sense of calm and knew that this "could" be a good day to finally get my BQ (Boston Qualify) for 2008. Since I'm getting old, this was the last year I would need a "fast" one since after 2008 I would be "graduating" to the 3:30 crowd which for me (at least now) is a much easier standard. As many of you know, I had been struggling earlier this year at both Boston and Austin, Texas where I missed my necessary 3:20 by only 19 seconds! The gun went off and I easily made my way to the chip mats and found my gun/chip differential to be only ~19 seconds (youch, there's that 19 seconds again!) Anyway, with the nice wide streets and my seeded position, I was able to get into my pace right away. The first couple of miles are slightly uphill in San Diego so it's easier to "hold yourself back" and not go out too fast...although I was making a very conscience effort to keep in reigned in, not wanting a repeat of Austin. The next miles 3-5 are down hill, so again, holding an easy pace was not difficult. The real concentrating came in on miles 7,8, and 9 which are moderately uphill followed by a steep descent at mile 10-11 as the runners "flew" down the 163 freeway...that's right, they actually shut down the freeway for this event and the runner's get the unparalleled experience of running downhill on a per-

fectly good stretch of 4-lane highway! We also enjoyed the rock bands posted at every mile point. Yep, that's 26 different bands along the course! After mile 11 the course was basically flat with only short moderate hills at miles 15 and 21 and I found keeping my ~7:25-7:35 pace quite easy although I did start "giving it back" on the last 5 miles or so. Luckily, I had "done the math" and knew exactly how much I could give back per mile, so by the time I got to mile 23 or so, I was able to relax a little knowing that I would have just enough "in the bank" to sneak in under 3:20 and make it to my 13th consecutive Boston next Spring.

I pushed it a little the last mile and finished in 3:19:13. Plenty of time to spare!! The finish was sweet and the R&R area was well stocked and spacious. Runners were treated to a free beer afterward along with a myriad of snacks, sports drinks, fruit and even a free pair of sandals so you didn't have to limp around in your running shoes. Too bad there were no massages, but the entertainment was pretty good. The post race stage had Alan Alda speaking briefly as well as Andy Richter from the Conan O'Brien show. The sun started breaking through the clouds about a half hour after my finish and I said a quick "Thank You" prayer for the timing of the sunshine and the ability He gave me to hold the pace.

Afterwards, since I had nothing else to do, I stood around at the finish for over 2 and a half hours cheering on the other runners and admiring the guts of those still running after 5+ hours of a now sunny marathon. I then made my way back to the dusty airport parking lot, found my car and eased back to the hotel for a little R&R. Once I was presentable again, I made my way out to Hanaoka Restaurant and enjoyed some of my favorite post race food, Sushi!! That night there was a free Seal concert at Cox Arena on the campus of San Diego State University. All that runners had to do was show their race number to get in for the festival seating. I showed up only 10 minutes early and still ended up getting in the second row. In between the warm up act and Seal, they had the awards ceremony so we watched and cheered as the Kenyan's (continued on page 9)

# Greentown 5

By Brian Reinhardt

I suspect that if they haven't already, that the regrets will begin for those that didn't make it to the John Norris Greentown 5 on June 9th. I've probably run this race 10-12 times in the past 17 years and have never run it unless it was brutally hot or incredibly rainy! But this year it was a cool 60 degrees and the humidity was even tolerable. How in the world could you stay away from that?!!

Without exception, John and his clan put on another great low cost, high reward race that we've come to expect from them. And again without exception, John had a difficult time pronouncing a number of the names. C'mon John, tell us the truth—do you do that on purpose?

Just kidding, of course, but we do get a good laugh because we'd fair no better I suspect.

This years winner of the race was a runner that we've come to expect with this result. Scott Colford ran away with the win with a speedy 27:13 with Byron Bundrent running a 29:12 came in second while nursing a sore hamstring. Even more exciting was that 9 of the first 10 runners were from Club Kokomo. The top club finisher for the women was Michelle Hollingsworth with a 37:22.

The walk also saw club runners take 9 of the first 10 positions as Rick Spencer captured the men's race with a 5k time of 31:45 and Mary Miller the women's with a

time of 32:40.

Now, I'm still waiting for my pancakes since I really feel that all Norris races should include them! I suspect that if I ask around that I can get a large number of "Amen!"s on that! What do you say John? Hmmmmmm? Okay, I already know the answer—just show up at the Converse 5k and we can head across the street to the Fire House for some good grub after the race. It's a good suggestion, but I have to work that weekend. Anyone want to volunteer to bring me a tall stack after the race? Don't everyone jump up at once!



From left to right: Cara Lee, Robin Cole, Jillian Weaver, and Debbie Riffe.

## Birthday List

7/1	Steve Inman	7/10	John F. McGinty	7/19	Jackie Sanders
7/2	Levi Parks	7/12	Waverly Neer	7/19	James Schneider
7/4	Phil Leininger	7/14	Jerry Lambert	7/21	Kim Lee
7/5	Bill Heck	7/14	Debra Perkins	7/21	Tosha Rogers
7/6	Sarah Kleinknight	7/14	Shelly Wyman	7/22	Darrell Pennycoff
7/6	Sara Miller	7/14	Paul Wyman	7/23	Nicholas Allen
7/7	Kathie Barnett	7/16	Helen Brown	7/23	Kaleb Hollinsworth
7/8	Jordan Lee	7/17	Vincente Lorenz	7/23	Joseph Holtson
7/9	Lacey Easton	7/18	Wesley White	7/24	Ashley Birkhimer



7/25	Michelle Hollinsworth
7/25	Kelly Wright
7/29	Jerelyn Bradway
7/29	Don Middleton



# Two Birds with One Stone

By Patti Reinhardt



Last year Brian and I went to run the Dick Lunag 5k race in Indianapolis. The only reason we went to run the race was to see Ray Tetrault receive an award for his dedication to Coyote Kids. After the race and Ray's award presentation, they gave away door prizes. They had two airline tickets to anywhere in the continental United States to give away. They called several names, but you had to be present to win. Finally, they called "Brian Reinhardt" - he is such a lucky man!

Ray tried to get Brian mad at me so that Brian would take Ray on a trip instead of me. I give Ray an A for effort, but in the end Brian took me.

We combined visiting our daughter with running a marathon (of course, we had to get in a marathon). Our daughter, Sammi who is 19 yrs. old, lives in Portland, Oregon, so we went to work finding a marathon near Sammi and at the right time. We had to use the tickets by the end of June and the kids at the school that I work at got out of school on May 31st. We found a marathon in Newport, OR which is right on the coast and run along Yaquina Bay. We were so excited, so we signed up for the marathon right away, since they cap it at 750 runners. We also reserved the hotel room in Newport and one in Portland for a few days after the marathon. We thought we were all set until Brian calls to get the airline tickets to Portland—this was the end of March. They told him that they had no more seats for the promotional seats,

but they had some available if we wanted to pay for them. Brian tried flying into several different airports with the same response. We were a little frustrated, so Brian called the contact number from the Dick Lugar race—this was during spring break when we were in Florida. The contact guy was also on vacation, but his assistant said that they would fix it. After about a week of thinking we would not be able to go on this trip, the contact guy called and booked us on the flight to Portland—the first one that we wanted.

Sammi took the whole 5 days off of work, so we flew into Portland on Friday, June 1st and she was waiting for us at the airport! We got the rental car and made our way to Newport. It was just a couple hours of driving, but the temperature went from 90 degrees in Portland to 54 degrees in Newport. BRR! We found our hotel and went to the packet pick up. Newport is absolutely beautiful!! We drove to the start of

the marathon which is at Yaquina Bay Lighthouse, got some dinner, did some more sight seeing and bought some long sleeve shirts to wear before the marathon since it was colder than we thought it would be.

We got up the next morning bright and early, Sammi was a trooper and got right up. We walked to the start, Sammi had our camera in hand and knew the course and where she had to be to see us again at about mile 3 and then she knew about when she had to be at the finish line which was about a mile from the start. I told her she should take me about 4:30 to 4:40. I had not been able to train much due to a sore hamstring. Brian planned to run with me and we did the Gallow walking, which really helped me a lot. After two miles in we would run 9 tenths and walk 1 tenth the whole rest of the way. The little walking breaks and the strength from God allowed me to run a 4:31:06. I was pretty pleased with the time. The beauty of the course was amazing along the Yaquina Bay for 23 of the 26 miles! At mile 11 and mile 19 they had oyster shooters for any marathoner who wanted one. The record had been 43 shooters from last year. Brian had one at mile 11 & 19—I waited until mile 19 to have one (I had to try it). I wish I hadn't—it left a horrible taste in my mouth until the next water stop. The most shooters this year was 42. The last .2 miles was all a nice downhill to the finish. I was so happy to be there and see Sammi at the finish line! It was a great marathon, very well run and organized. They even had pictures at the awards of us taken at mile 8! Both Brian and I would recommend it as the Oregon marathon for all of you 50 State Marathoners. This marathon was my 13th state and my 14th marathon.

We did a lot of sight seeing the rest of the day in Newport and leisurely got up the next day. Brian and I got to slip away and walk on the beach to stretch those legs. We then got Sammi up and ate, did some more sight seeing. We went in both Yaquina Bay and Yaquina Head Lighthouses, went to the tide pools, and saw tons of mussels along the rock, seals, huge starfish (purple, pink and orange) and anemones. We drove along the coast to Lincoln City, which was a beautiful drive and saw surfers, Devil's



*Patti got to hold "Walter the Crab" when we ate our post race meal at "Local Ocean Seafoods". He kept "getting" her.*



# Meeting Minutes

Members present: Ray and Robin Tetrault, Stan Shuey, Bill Barnett, Will Irvin, Rebekah Kinney, Milt Brown, Sylvia Burgin, Dana Neer, Pat Robertson, John Wiles, and Mark Shorter.

1. Brief financial report by Treasurer Mark Shorter

2. Report on Haynes-Apperson 4mRun/3mWalk by Bill Barnett  
Bill said local newspapers and radio stations would be contacted. Also discussed were shirts, registration (pre and race day), water stops, ice, timing, fun run, and bag stuffing (Wed June 27 at Bill's house).

3. Dana Neer talked about the Haynes Kids track meet which begins at 9 AM on June 30.

4. Rebekah Kinney discussed the FIRRSTS program. The \$35 cost includes Club Kokomo membership fee, T-shirts and training program. If the participant is already a club member the cost is only \$20.

5. Western Panther Prowl is July 21, 2007. Form has the wrong date.

6. Charlie Skoog says the printing of the newsletter at Sir Speedy is too expensive. A large part of the expense in June was the printing of race fliers and their inclusion in the newsletter. Ray Tetrault moved and Robin Tetrault seconded "No race fliers will be placed in the newsletter." Race fliers will be available at races and, if possible, at the club web site. Approved.

7. Coyote Kids will be starting this Thursday June 7. Eric Mathew will have a concession stand at Coyote Kids selling bottled water and drinks. Ray Tetrault will check on the price of a wireless microphone to use at Coyote Kids. Since the park department will not allow us to use the picnic tables as we have in the past, some new tables have been purchased.

Meeting adjourned.

Next meeting scheduled for June 4, 2007 at Grace Fellowship Church at 6:00 P.M.

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## Rock and Roll Marathon (continued)

accepted their big checks, "gold record" trophies, and cars! The winning time of 2:09 proved it was a good day and fast course for the elites as well as the "back of the packers" like myself. Seal then came out and put on a great show and got the whole place rockin' and rollin'. I made it back to my hotel and got about 4 or 5 hours of sleep before my early

morning flight out on Monday morning. I swapped war stories with several other racers at the car rental return and also at the airport. It was very enjoyable, as everyone seemed very pleased with their times for the most part. At this point, I'm still planning out the rest of the year but so far it looks like I will capture at least 2 more states with Delaware in September and

New York in November. The plan is to finish up the 50 with Kilauea Volcano Wilderness Run in Hawaii during the Summer of 2009. Linda and the girls are already planning for this one to be a huge family vacation and who can blame them?! After all it's Hawaii...Ray, is this a possible club run??

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## Two Bird with One Stone (continued)

Punchbowl and (continued on page 9) lots of God's beautiful scenery. Then we drove through Portland to Mt. Hood. In a few hours we went from standing on the beach in 54 degree weather, through Portland at 91 degrees, to standing in the snow on Mt. Hood in 62 degree weather. Amazing!

Monday morning Brian and I drove along the Columbia River Gorge which is gorgeous and we hiked up Multnomah Falls and Wakeena Falls. Then we picked up Sammi from her place and drove along the Columbia River Gorge on the Washington side and hiked up Beacon Rock. Later that day we were back in Portland and Sammi took us on the tram and to see the underground mall. That night we went to a Portland Beavers baseball game and had a great time.

Tuesday morning we picked up Sammi and she took us to this park outside of Portland. This park has a rose garden the size of a football field! Absolutely beautiful and you can only imagine

the smell. All the roses were named and they have a test garden that all the roses come from.

Then it was time to leave Oregon and Sammi. I could not have imagined us having a more wonderful time. Everything was perfect! I enjoyed every second that I spent with Brian and Sammi!

Note from Brian: There is little in life that is more wonderful than witnessing those that you love enjoy each other so much. I got spend most of 5 days just watching a mother and daughter cherishing their far too little time together. Smiles abounded from the moment we arrived until the moment we left and lines of communication seemed to open in ways that they sometimes hadn't. It was rewarding and fun trip because we got to run a marathon in a spectacular setting, but it was more importantly an opportunity to rekindle what distance sometimes takes away. God is good and He knows exactly what He's doing if we just let Him lead the way.



*Patti and Samantha enjoying a chance to relax on the boardwalk following the completion of the Newport Marathon.*

# Race for Grace

By Brian Reinhardt

I admit I like a race that starts at a church, we sing the National Anthem, a prayer of thanks and deliverance is given, and the proceeds go to further the Kingdom of God. It might be that I'm sucker for the apple pie and Chevrolet stuff, but more likely it just seems to fit in what it is that we all try to do every day—live our lives in such a way that we give back.

This race is all about giving back to a community foundation and a festival that promotes grace in that community. This truly is a Race for Grace and is to be commended as such when we recognize the difference these events make in our lives.

It's hard to think of these things when your heart rate is at about 175 I know, but when you take the time to look back you'll most likely realize that your running or walking in a race such as

this is significant. It may have seemed that you just showed up to run or walk a race, but truth be told you probably did much more by doing so.

This was the tenth Race for Grace this year and there were a number of folks who've done all 10 of them. That's a nice streak for those folks and they've done a lot to help their community by doing so. Congratulations to each of them!

Top club finishers in this years race included Bryan Phillips—second overall with a 16:14, Dana Neer—6th overall and top master with a 17:56, Katie Hollingsworth—2nd woman and 18th overall with a 20:47, and Michelle Hollingsworth—29th overall and first masters with a 22:17.



*Dennis Ball is followed closely by Roxane Burrous.*

# Coyote Kids

By Ray Tetrault



We are half way through this years edition of Coyote Kids. This year there were some changes made that has alleviated most of the congestion at the start and finish lines. The 25 and 50 yard runs are done on the south

end of our staging area. This opened up the infield for Parisi Speed School to lead our runners in exercises. It is quite a sight to see so many trying to stretch and be ready to run.

With the special made Coyote Kids balloons made by **Extra Twist Custom Balloons**, the team signs, the sponsor signs, the music playing, the bright nametags and all the smiles, it looks like a carnival has come to Jackson Morrow Park. Even people who are walking at the park enjoy making it around to our part of the park for another look and listen.

This year we look like a very well oiled machine. We are finishing our races before 7:00! Last week the last runners were coming into the finish chute at 6:45. It took less than 45 minutes to run a 2 mile run, two 1 mile runs, a half mile run, and two ¼ mile runs, along with numerous 25 and 50 yard heats. The roped off straight course for the youngsters was a tremendous improvement. T.A. and Heather Weber have once again made this area a hit for parents and kids. They look so comfortable with that many REAL little kids that they may open an orphanage for their next career.

Our volunteers this year waited until the last minute to say they would help, but CKRR, Grace Fellowship Church and Community Service Volunteers have excelled this year. I can't find any area to complain about.

I am also grateful for CKRR in the trailer purchase for all the Coyote Kids Gear. It is sooooo much easier to come home and hook onto the trailer and make ONE trip to the park with everything we need. If you haven't seen our trailer or Coyote Kids, you should make an effort to participate at least once this summer. Each

week we have had around 600 kids running a wide variety of races. We have well over 800 total registered.

Before I sign off gushing about how awesome CKRR members have been in helping with this program, I must include a word about our sponsors. They are superstars for Coyote Kids. Without them, there would not be a program. I cannot even begin to express my gratitude to them for what they have done for this program. Our club members owe it to our sponsors to visit them FIRST for any product they serve. **Howard Regional Health System** has come on board this year in a big way. **North Central Indiana Pediatric Center** has joined us again this year. Tell them thanks by using their services. Dr. O'Bannon came to us about sponsoring the first year we started this program. **Kokomo Surgical Group** joined us this year and I can tell you by experience that they know their business. **Club Fitness 24** with Chad and Kim Coy literally bailed us out of red ink last year and cheerfully sponsored again. **Parisi Speed School** has added to our program in a big way. If you are (continued on page 11)



# Trojan Trot

By Ray Tetrault

It's a race to look forward to each year. The Trojan Trot this year was no exception to that rule. Robyn Pagington and her crew of helpers made putting a race on look like an easy feat. Thirty minutes after the last runner/walker completed the race Robyn came to the front **apologizing** for taking so long. If only all races could complete their results in that amount of time!

The race produced 81 runners and

30 walkers who crossed the finish line. Scott Colford cruised to an easy victory never being seriously challenged. The first female runner was Annina Gruber in an excellent time of 20:43. In the walkers division Rick Spencer outclassed the field with a 33:38 while Mary Miller finished in 34:07.

This years Trojan Trot produced lots of happy faces and camaraderie among the competitors. The food and drink after the race looked more like a huge family reun-

ion buffet table. It was an impressive display of food to finish to!

If you see Robyn you should say thanks to her for putting on a quality race for our CKRR calendar. It's a great way for our club to help her cross country team. This race seems to get better and better each year. I am looking forward to next year so I can run in it.

## On the Tri Trail

By Ron Moore



A year ago, I had no real experience in triathlon; I had done a couple many years ago without any swim training. Last year I decided to do the Cicero Triathlon after some encouragement from Wil Irvin - I think he just likes to watch people to suffer. I joined the YMCA and began swimming, it was tough at first, but the more I got into the water the eas-

ier it became to swim farther. I survived Cicero and even did another race at Mississinewa in 2006 and placed 2<sup>nd</sup> in my age group, I enjoyed the thrill of all three events so much I decided to go ahead and sign up for the Florida Ironman 2007. The Ironman is a 2.4 mile swim, 112 mile bike, and a 26.2 marathon run, which now looking at the numbers doesn't seem that much fun. Will and I started meeting at the Y early Saturday mornings this winter, in fact we were there many times waiting for them to open, he really pushed me and I'm now starting to become a decent swimmer. We did our first Tri this June in Lafayette, Will tore it up finishing 3<sup>rd</sup> overall out of 116 competitors and I finished 17<sup>th</sup>. We then went to Logansport the next weekend and Will again was awesome finishing 5<sup>th</sup> overall and 1<sup>st</sup> in his age group, I finished 32<sup>nd</sup> out of 125. Will has worked hard this year on his swim and it's paying off and of course we know he can run. Our next stop

is the Muncie Endurathon which is a half Ironman distance of a 1.2 mile swim, a 56 mile bike and a 13.1 mile run. Muncie will give me a good indicator of what I need to work on and expect at the Ironman.

If anyone is interested in doing a triathlon please fill free to contact us, we have several more scheduled and could use the company. For first timers the Cicero Triathlon is great, I believe it is August 11<sup>th</sup> this year and consist of 350 yard swim, 9.5 mile bike, and a 5k run, it's fun and a very well run event, they also have relay teams, which would be a great way to experience a TRI. I have learned a lot in the past year with Ironman training and TRI training altogether. It seems as if I am learning more and getting stronger at every race. The TRI scene is a really different world, but a fun one to be in.

## Coyote Kids (continued)

looking to purchase or sell your home, the **Wyman Group** and the **Hardie Group** are the place for you to start. **Herbst Apothecary** is where you need them, when you need them. Carl has been a friend of running and Coyote Kids since the first year. **John Norris Insurance** has been a friend of CKRR since the days of David and Goliath. **Liberty Financial Advisors** has joined our group of sponsors. In these uncertain times you should schedule a visit with them and gain from their expertise. I cannot say enough positive things about Rex Gingrich with **McGonigals** and **Button Motors**. Robin and I have purchased from him and been impressed with his community spirit. Let his staff know that you stopped there because he stepped up to help us with sponsorship. The local unions, **U.A.W. Local 685** and **U.A.W. Local 292 Retirees** have supported us even though these are challenging times for them. **Weber Speakers** and **Premier Printing** have helped with our programs for a number of years and this year is no exception. Visit them and thank them for their part! The church I pastor, **Grace Fellowship Church**, has been actively involved at the finish line. If you are looking for a place to learn the Word of God, this is a great place to worship. **Mark Dabrowski Law Office** is one of the best you could ever hope to find. He helped us year one and each year since. **Goodfellows** voted again to help us with our kids programs. I am grateful to this organization not only for their help for us, but for the help they provide to all kids.



# Race Results

2007 Trojan Trot 5k  
June 2, 2007  
Sharpsville, IN

## Run

1. Scott Colford 17:05
5. Matt York 19:37
6. Mason McGovern 19:55
9. Jesse Bauson 20:25
10. Joe Rangel 20:31
11. Annina Gruber 20:43 1st woman

12. Scott Riggle 20:52
17. Earl Strong 22:10
18. Michael Graham 22:16
20. Mark Shorter 23:06
21. Darin Hollingsworth 23:13
22. James Longwith 23:14
24. Heather Weber 23:16
25. Allison Irvin 23:22
26. Ricke Stucker 23:29
29. Peter Bauson 23:44
30. Sarah Bauson 24:00
31. David Hughes 24:01
32. T.A. Weber 24:05
34. Lorene Sandifur 24:37
35. Joshua Revils 24:47
37. Laura Bauson 24:53
39. Grace Bauson 25:02
40. John Norris 25:08
42. Stan Shuey 25:17
44. Jerry Meiring 25:34
45. Mark Rodgers 25:39
47. Sarah Lee 26:09
49. Kim Lee 26:20
50. Steve Wand 26:29
51. Tom Miklik 26:29
52. Cassie Bauson 26:53
53. Joyce Pennycoff 27:30
55. Robin Tetrault 27:51
57. Dale Sullivan 28:23
60. Rhenda Acton 29:00
61. Ryan Bagwell 29:41
65. Darcie York 30:14
68. Amber Longwith 32:23
69. Robin Cole 32:52
70. Doug Mankell 33:06
71. Robert Cupp 33:25
72. Geana Moore 33:35
78. Keith Bauson 37:29
81. Lisa Jones 45:11
- 81 Finishers

Club Kokomo Weekly Fun Mile  
Wednesday, June 6  
Highland Park Walk/Bike Path

## 12:00 Noon Race

1. Donny Smith 6:26
2. Roxane Burrous 7:23

3. Ryan Bagwell 7:45
4. Joyce Pennycoff 7:53
5. Rhenda Acton 8:27
6. Aaron Smith 9:28
7. Dona Smith 9:32
8. Tommy Davidson 9:51
9. Nick Davidson 10:15
10. Grace Bagwell 19:23
11. Kathy Bagwell 19:24
12. Graham Bagwell 19:25
13. Ersie Livingston 19:26

## 6:00 PM Race

1. Skylar Bagwell 5:32 (course record)
2. Tim Taflinger 6:31
3. Lisa Thompson 6:47 (first woman)
4. Jerry Warner 7:00
5. Justin Taflinger 7:17
6. Mike Daugherty 7:26
7. Patrick McDonald 7:40
8. Michael McDonald 7:49
9. Kalie Taflinger 8:26
10. Kim Key 8:34
11. Lisa Jones 8:41
12. Theresa Barlow 8:45
13. Danny Pavey 9:13
14. Mary Miller 10:24 (first walker)
15. Andrea Echelbarger 10:32
16. Susie Pavey 10:33
17. Ethan Kinney 12:33
18. Rebekah Kinney 12:34

## Walk

1. Rick Spencer 33:38
2. Mary Miller 34:07 1st woman
3. Tim Taflinger 35:13
4. Steve Inman 35:45
5. Amanda Pena 36:01
6. Rocky Smith 38:05
7. Robin Michael 39:00
8. Sylvia Bledsoe 39:01
9. Jane Inman 39:50
10. Brian Allen 40:48
11. Milt Brown 42:13
12. Debbie Riffe 42:18
13. Judy Smith 43:35
14. Sylvia Burgin 45:04
15. Diana Brown 45:39
18. Pat Robertson 49:01
19. Jackie Sanders 50:13
20. Cynthia Sanders 50:17
- 30 Finishers

John Norris 5 Mile Run  
June 9, 2007  
Greentown, IN



Mark Eads at Greentown.

1. Scott Colford 27:13
2. Byron Bundrent 29:12
3. Mason McGovern 31:27
5. Brian Reinhardt 31:57
6. Chris James 32:23
7. Brandon Mink 32:32
8. Jeff Kuczera 32:48
9. Joe Rangel 33:12
10. Nathan Hovermale 33:29
12. Al Hochgesang 34:23
17. Nicole Parry 35:57 1st woman
18. Michael Graham 36:34
19. Keith Hill 36:46
20. Jordan Lee 37:05
21. Michelle Hollingsworth 37:22
22. Mark Shorter 37:45
23. Ricke Stucker 38:12
24. Darin Hollingsworth 38:24
25. Donny Smith 39:13
26. Sarah Bauson 39:31
27. Jesse Bauson 39:32
28. Laura Bauson 39:33
30. David Hughes 40:17
31. Lorene Sandifur 40:23
34. Ken Swinehart 41:36
36. Rebekah Kinney 41:41
37. Kim Lee 41:52
40. Stan Shuey 42:29
41. Phil Leininger 42:53
42. Jerry Meiring 42:56
43. Mark Eads 43:27
45. Russ Hovermale 43:55
46. Sarah Lee 43:57

47. Charlie Skoog 44:03
48. Peter Bauson 45:12
49. Bill Bauson 45:28
50. Jillian Weaver 45:30
51. Justine Eads 46:04
52. Rhenda Acton 46:12
53. Robin Tetrault 47:20
54. Patti Reinhardt 47:24
55. Ryan Bagwell 48:14
56. Kathy Bagwell 48:14
57. Lisa Jones 49:38
60. Robin Cole 52:59
61. Sandy Knowland 55:31
- 61 Finishers

John Norris 5k Walk  
June 9, 2007  
Greentown, IN

1. Rick Spencer 31:45
2. Keith McAndrews 32:29
3. Mary Miller 32:40
4. Tim Taflinger 33:59
5. Steve Inman 34:22
6. Amanda Pena 34:41
8. Rocky Smith 36:42
9. Jerry Lambert 37:31
10. Sylvy Bledsoe 37:46
12. Brian Allen 39:22
13. Jane Inman 39:53
14. Raye Jean Swinehart 39:53
15. Cara Lee 40:44
16. Debbie Riffe 41:38
17. Judy Smith 41:49
18. Sylvia Burgin 45:22
19. Diana Brown 45:38
20. Emily Allen 47:14
21. Kathy Allen 47:14
22. Pat Robertson 47:37
23. Jackie Sanders 50:27
24. Cyndy Sanders 50:32
- 24 Finishers

Club Kokomo Weekly Fun Mile  
Wednesday, June 13  
Highland Park Walk/Bike Path

## 12:00 Noon Race

1. Donny Smith 7:05
2. Ryan Bagwell 7:35
3. Joyce Pennycoff 7:51
4. Aaron Smith 8:38
5. Rhenda Acton 8:48
6. Andrea Echelbarger 12:04
7. Maddy Irwin 13:51
8. Dona Smith 13:52
9. Austin Jewell (no time)

## 6:00 PM Race

1. Skylar Bagwell 5:26 (course



## Race Results (continued)

record!)

2. Tim Taflinger 6:15
3. John Anderson 6:23
4. Richard Vandervort 6:37
5. Allison Irvin 6:35 (first woman-course record!)
6. Justin Taflinger II 6:58
7. Nancy Anderson 7:08
8. Michael McDonald 7:27
9. Rebekah Kinney 7:52
10. Patti Reinhardt 7:56
11. Kaliee Taflinger 8:03
12. Theresa Barlow 8:06
13. Patrick McDonald 8:21
14. Robin Tetrault 8:21
15. Lisa Jones 8:28
16. Tamika Forestal 8:29
17. Lacey Easton 8:40
18. Susan Hutchins 8:42
19. Kathy Murdoch 8:52
20. Vicki Boles 9:21
21. Mary Miller 10:17 (first walker-course record!)
22. Tim Taflinger 10:19
23. Jill Parry 12:15
24. Shannon Reinagle 12:15
25. Jerry Lambert 12:47
26. Sylvia Burgin 15:47

Club Kokomo Weekly Fun Mile  
Wednesday, June 20  
Highland Park Walk/Bike Path

12:00 Noon Race

1. Christopher Sinnett 5:24 (course record!)
2. James Longwith 6:56
3. Roxane Burrous 7:09
4. Ryan Bagwell 7:41
5. Amber Longwith 8:19
6. Grace Bagwell 9:01
7. Graham Bagwell 9:01
8. Kathy Bagwell 9:01
9. Nicole Jackson 10:17
10. Jon Meyers 10:24
11. Whitney Kendall 10:31
12. Aubry Jackson 11:41
13. Jaime Jackson 11:41
14. Andrea Echelbarger 12:03
15. Lincoln McKillip 13:17
16. Porter McKillip 13:17
17. Cassie McKillip 13:17

6:00 PM Race

1. Gerald Griffiths 5:13 (new course record!)
2. Trent Sinnett 5:16
3. Brian Reinhardt 5:51
4. John Anderson 6:11
5. Brian Baumfalk 6:24

6. Kyle Sparling 6:45
7. Ron Moore 6:50
8. Hannah Moore 6:50
9. Donny Smith 6:55
10. Nancy Anderson 7:12
11. Michael McDonald 7:21
12. Patrick McDonald 7:57
13. Patti Reinhardt 8:03
14. Tanika Forestal 8:10
15. Cassie Beckom 8:21
16. Ray Tetrault 8:27
17. Aaron Smith 8:32
18. Lisa McDonald 8:45
19. Robin Tetrault 9:02
20. Kathy Murdoch 9:04
21. Lacey Easton 9:19



**Bill Heck at Race for Grace.**

22. Lisa Jones 9:35
23. Joshua Kuczera 9:49
24. Chris Duncan 10:01
25. Mary Miller 10:16 (first walker-course record!)
26. Tim Taflinger 10:16
27. Jill Parry 10:20
28. Gina Moore 10:45
29. Dona Smith 11:35
30. Sarah Catt 12:48
31. Zoe Irvin 13:10
32. Griffin Irvin 13:11
33. Allison Irvin 13:11
34. Drew Duncan 13:39
35. Kylee Duncan 13:49
36. Misty Duncan 13:50
37. Treyton Durr 13:51
38. Rachel Burke 13:51

39. Wanda Wood 27:51
40. Mary Cogill 27:51

10th Annual Race for Grace  
June 23, 2007  
Logansport, Indiana  
(Note: non-points for walkers)

5k Run

1. Matthew Blume 15:54
2. Bryan Phillips 16:14
3. Scott Colford 16:28
6. Dana Neer 17:56
8. Brian Reinhardt 18:42
10. Mason McGovern 19:05
12. Jeff Kuczera 19:12
13. Joe Rangel 19:41
14. Kim Horner 20:04 1st woman
16. Al Hochgesang 20:19
18. Katie Hollingsworth 20:47
25. Earl Strong 21:48
26. Michael Graham 21:54
27. Jordan Lee 22:03
29. Michelle Hollingsworth 22:17
30. Don Gifford 22:23
31. Darin Hollingsworth 22:27
32. Mark Shorter 22:38
35. Donny Smith 22:49
36. Ricke Stucker 22:54
43. Dennis Ball 23:35
44. Roxane Burrous 23:39
45. David Hughes 23:48
47. Mike Deardorff 23:54
51. Lorene Sandifur 24:10
52. Matthew Robertson 24:12
54. James Longwith 24:21
55. Kathy Bagwell 24:28
56. Jerry Meiring 24:31
59. Mike Daugherty 24:53
61. Charlie Skoog 25:00
62. Tom Miklik 25:06
64. Stan Shuey 25:08
71. Mark Eads 25:35
74. Sarah Lee 26:11
75. Patti Reinhardt 26:13
78. Ryan Bagwell 26:49
79. Joyce Pennycoff 26:50
84. Quinn Reinhardt 27:33
89. Justine Eads 27:46
90. Robin Tetrault 27:49
91. Sam Williamson Sr. 27:54
92. Amber Longwith 27:56
93. Vanessa Lorenz 28:16
97. Bill Heck 28:51
100. Lisa Jones 29:27
112. Christine Williamson 30:44
121. Marsha Daugherty 31:44
122. Robin Cole 31:44

129. Robert Cupp 33:24
132. Jerry Lambert 35:35
138. Diane Gifford 38:09
142. Sylvia Blesoe 39:12
143. Cara Lee 39:13
144. Toney Lorenz 40:21
151. Angela Lorenz 43:44
158. Diana Brown 45:09
167. Susan Robertson 48:21
170. Jackie Sanders 49:46
- 185 Finishers

Club Kokomo Weekly Fun Mile  
Wednesday, June 27  
Highland Park Walk/Bike  
Path

12:00 Noon Race

1. Donny Smith 6:35
2. James Longwith 7:01
3. Aaron Smith 7:22
4. Ryan Bagwell 7:37
5. Joyce Pennycoff 7:45 (first woman)
6. Amber Longwith 7:58
7. Vanessa Lorenz 8:28
8. Nicole Jackson 8:28
9. Toney Lorenz 11:53 (first walker)
10. Aubry Jackson 12:54
11. Jaime Jackson 12:54
12. Angela Lorenz 14:00
13. Don Guy 19:38
14. Grace Bagwell 20:37
15. Graham Bagwell 20:37
16. Ersie Livingston 20:37
17. Kathy Bagwell 20:37

6:00 PM Race

1. Vincent Calabro 5:20
2. Brandon Sheline 5:23
3. Karl Ferguson 6:35
4. Lisa Thompson 6:47 (first woman)
5. Nancy Anderson 7:12
6. William Feller 7:50
7. Quinn Reinhardt 7:53
8. Patti Reinhardt 8:24
9. Kathy Murdoch 9:15
10. Jill Parry 9:37
11. Mary Miller 10:13 (first walker - course record)
12. Jerry Lambert 10:39
13. Jennifer Mayfield 10:55
14. Hannah Moore 10:56
15. Gina Moore 10:57
16. Ethan Kinney 16:14
17. Rebekah Kinney 16:15
18. Carolyn Monroe 16:22
19. Ann Kirkpatrick 20:06
20. Wanda Wood 20:06

# 2007 Points Standings

Races scored include the JN Amboy, Ultimate Challenge, Old Ben, Race for the Cure, JN Jackson Morrow, Composer Classic, Trojan Trot, JN Greentown, Relay for Life, Race for Grace and any one marathon, half-marathon or volunteer.

Runners	45-49	Brett Sanders 1-10	Greg Townsend 6-74M
Women	Cassie Bauson 5-95H		Jerry Meiring 6-64
	Roxane Burrous 3-60H	25-29	Don Gifford 3-55H
0-12	Sandy Knowland 2-40H	Mark Eads 3-55H	Michael Campbell 2-40H
Victoria Christenson 1-20H	Cheryl Marner 2-30H	Nathan Hovermale 2-35	Russ Hovermale 3-40
	Maureen Prentice 1-20H	Seth Daugherty 1-20	Dave White 2-30H
	Carla Yerkes 1-20H		
13-19		30-34	55-59
Sarah Lee 8-121H	50-54	Matt York 8-135H	Ricke Stucker 10-150
Amber Longwith 6-74	Lorene Sandifur 10-180H	Rylan Bagwell 8-110	Joe Rangel 6-120
Laura Bauson 4-70	Robin Tetrault 9-135MH	Keith Hill 6-89H	Tom Miklik 6-82H
Katie Hollingsworth 3-42	Robin Cole 6-65	William Irvin 5-80H	Charlie Skoog 7-77
Vanessa Lorenz 3-37	Christine Williamson 4-59	Christopher James 4-70H	Phil Leininger 4-56H
Katie Christenson 1-20H	Vicki Boles 2-35H	David Reinagle 2-30H	Fred Chew 3-50H
Emily Christenson 1-20H	Debra Perkins 1-20H	Ryan Hanlon 2-17	Steve Wand 3-42H
Annina Gruber 1-20	Marsha Daugherty 1-10		John Wiles 2-30H
Waverly Neer 1-20		35-39	Steve Kilcline 2-21
Nicole Parry 1-20	55-59	Scott Colford 8-150MH	
	Joyce Pennycoff 9-170H	T.A. Weber 7-88H	60-64
20-24	Rhenda Acton 9-140H	Vernon Graves 6-87H	David Hughes 6-105
Sarah Bauson 4-80H	Kathie Barnett 1-10	Donny Smith 5-69H	Sam Williamson, Sr. 4-62
Holly Hurlburt 3-52	Barb Wand 1-10	Michael Lake 5-64H	Doug Mankell 3-50H
Grace Bauson 2-30	Anne Wiles 1-10	Scott Riggle 3-60H	Bill Barnett 2-30
Stephanie Overman 1-20H	Shirley Wilson 1-10	Jeff Kuczera 3-50	Walter Brown 2-30
		Mitch Reeves 1-20H	
25-29	60-64	Travis Sheets 1-20H	65-69
Kathleen Bagwell 8-137H	Susan Gerhart 2-40H	Dennis Ball 1-10	Stan Shuey 8-135
Allison Irvin 8-130H	Doris Griffith 1-20V		John Norris 4-80H
Rebekah Kinney 6-92H	Trudy Pierce 1-20H	40-44	Dale Sullivan 4-62
Jillian Weaver 5-56		Michael Graham 10-133H	Charles Johnson 1-20H
Karen Bush 4-52	Men	Dana Neer 7-130H	Darrell Pennycoff 1-12
Justine Eads 3-47H		Brian Reinhardt 8-130MH	
Shannon Reinagle 2-30H	0-12	Darin Hollingsworth 8-96H	70+
Brianne Boles 1-20H	Joshua Revils 5-95	Dan Lutes 3-60MH	Robert Cupp 7-105
Kelly Wright 1-20H	James Longwith 5-80	Ron Moore 4-57H	Bill Heck 5-100V
	Nicholas Webster 1-20H	Mike Williams 2-30H	Riley Case 1-20
30-34	Quinn Reinhardt 1-15	Brandon Mink 2-25	
Darcie York 7-115H		Shawn Mayfield 1-20H	Walkers
Jeanette Merritt 6-87H	13-19	Mark Webster 1-20H	
Geana Moore 3-40	Jordan Lee 4-70H	Don Rogers 1-9	Women
Amy Piazza-Graves 2-40H	Jesse Bauson 4-62H		
Robyn Pagington 1-20	Mason McGovern 3-60	45-49	49-
Dona Smith 1-10	Peter Bauson 3-34	Eric Mathew 8-119MH	Mary Miller 9-160H
	Keith Bauson 2-20	Kim Lee 7-105H	Amanda Pena 9-135VH
35-39	Carl Christenson 1-20H	Al Hochgesang 6-100	Jane Inman 8-106H
Lisa Jones 7-125H	Kaleb Hollingsworth 1-20	Ken Swinehart 7-90H	Debbie Riffe 9-96V
Heather Weber 7-120H	Tony Robinette 1-20	Mark Rodgers 5-69H	Raye Jean Swinehart 7-82H
Lisa Birkhimer 2-30H	Brandon Sheline 1-20	Byron Bundrent 3-60	Emily Allen 5-40
Teresa Long 1-20H	Andrew Swinehart 1-20H	Bill Bauson 3-37H	Cara Lee 3-38H
Tami Moore 1-20H	Sam Williamson, Jr. 1-20	Mike Jones 1-20H	Becky Christenson 1-20H
Gina Sheets 1-20M	Matt Robertson 1-12	Brent Marner 1-20H	
Jennifer Mayfield 1-10		Ray Tetrault 1-20V	50+
	20-24		Sylvy Bledsoe 7-140H
40-44	Justin Ashcraft 2-40	50-54	Sylvia Burgin 10-133H
Michelle Hollingsworth 8-150H	Kevin Callaghan 1-20H	Earl Strong 8-155H	Judy Smith 9-126H
Patti Reinhardt 7-110MH	Zach Overman 1-20H	Mark Shorter 10-149H	Pat Robertson 7-77H
Kim Anderson 1-20H	Bryan Phillips 1-20	Mike Deardorff 8-93H	Cynthia Sanders 7-71V



# 2007 Race Calendar

**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 (non-points)**  
**Club Kokomo 5 Mile Run/5k Walk**  
**Time: 2 PM**  
**Location: Nickel Plate Trail, Peru**

**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**

## Other Races

**July 4**  
**Firecracker 5k**  
**Peru, IN**  
**8:00 AM**  
**Stephany Astrup**  
**sastrup@peru.k12.in.us**  
**765-472-7584**

**July 14**  
**Race Against Prostate Cancer 5k**  
**Downtown Indy**  
**8:00 AM**  
**Don Carr**  
**317-733-3300**

**July 14**  
**5th Annual Zoo Run 5k**  
**Columbian Park**  
**Lafayette**  
**8:30 AM**  
**Linnea Iantria**  
**765-807-1545**

## 2007 Points Standings (continued)

Diana Brown 4-40  
 Kathy Allen 3-27  
 Diane Gifford 1-20  
 Angela Lorenz 2-20

### Men

49-  
 Steve Inman 7-140H  
 Brian Allen 7-110H  
 Tim Revils 3-37  
 Nicholas Allen 1-12

50+  
 Rick Spencer 7-140H  
 Tim Taflinger 10-129H  
 Keith McAndrews 8-127MH  
 Rocky Smith 9-102H  
 Jerry Lambert 7-91HV  
 Jackie Sanders 9-83V  
 Robin Michael 4-48H  
 Milt Brown 4-35  
 Russell Fox 2-35H  
 Melvin Hobbs III 1-20H  
 Toney Lorenz 2-13  
 John McGinty 1-9  
 John Robertson 1-9

