

August 2007

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Note the date and time change of the Cole Porter 5k/15k to September 29th at 9:00 AM from October 6th at 8:30 AM.

Next races:

August 4
John Norris 5k
8:00 AM
Converse, IN

August 11
Age-graded 4-miler
8:00 AM
Highland Park

Haynes Apperson Is Just Fun

By Brian Reinhardt



The race leaders, including Bryan Phillips (3rd from left) and Scott Colford (3rd from right), make their way up Superior

You write enough of these articles and they all seem to run together, at least they do for me. I was never blessed with an overabundance of writing talent and I've probably made that pretty obvious to most over the past 2+ years.

So in deciding what to write about for the Haynes Apperson article this year I decided that I'd thank all of the volunteers and the race committee that really make this thing happen. Well, I received Johnnie O's "On the Roads" and it was about exactly that! Back to the drawing board.

It then hit me that this race and day are really just a lot of fun. The atmosphere created by the holiday and the great weather, combined with anticipation of a good race as well as wonderful competition and door prizes, really does make this a signature event.

Patti, Quinn, and I got there early since Patti was volunteering and I got to watch everyone show up with smiles on their faces and a bounce in their step, evidence that a fit community event really does make a differ-

ence. I witness no grumbling or unhappiness in the whole 4 hours I was there. It was just fun!

Even with the hectic pace that confronts the volunteers as the race approaches yielded smiling faces and good attitudes, even when facing adversity. I doubt that any of you even noticed unless you were one of those volunteers, but things don't always go as smoothly as they seem to those on the receiving end. But at this event everyone pulls together and just has fun!

On top of a well attended and run race, there are other activities that seem to really put the smiles on as well.

One of those is the 1 Mile Fun Run and you just can't help but get a big smile as you watch kid after kid running for all they're worth and just so happy to be doing so.

Another is the Kids Track Meet that happens as the awards and door prizes are being presented. If you can't get a grin on while watching those little ones competing then you might as well realize now that you just don't

have a smile in you. It is so fun to watch them running and jumping and hugging their moms and dads. Heck, I'm smiling just sitting here writing about it!

Then, of course, there is the actual Haynes Apperson 4-mile run and 3-mile walk. The courses really lend themselves to being friendly with the out and back nature of the second half of the course. It is so fun to encourage the runners and walkers that are going the other way as you make your way to the finish. I must have heard the words "Great job!" 100 times and probably said it just as many! It is great to be a part of something that is so positive and uplifting in our community.

This year's 4-mile race was won by local runner Kyle Walsh. The top club finishers were Bryan Phillips with a 20:54 and the women's race was won by club member Waverly Neer with a 24:22. The 3-mile walk was won by Greg Callahan. The top club finishers were Rick Spencer with a 30:26 and the women's race was won by club member Mary Miller with a 31:58.



Brandon Mink nears the finish.

From the President

By William Irvin



Congratulations to Ray and his volunteers for another exceptional year for Coyote Kids! It is very awesome to see so many young kids running and having fun as well as learning the "other sport". It is also a great

way to get kids outside who would otherwise be sitting on the couch for the summer playing video games. For those of you who attended a Coyote Kids event, it was hard not to miss the big white trailer. The Club purchased the white trailer for the many Club events, including Coyote Kids. We would like to have someone paint the outside of the trailer with the Club logo. If anyone knows of someone who does detail painting on the side let them know that we are interested in getting the trailer painted. Good job this summer Ray, we look forward to seeing all those kids next summer!

TRI-

The Triathlon bug is catching on for many Club members. There is a large contingency that will compete at Cicero on August 11th for those of you who are still interested in competing or would like to go and cheer the Club members on. If interested in competing and would like to sign up, go to <http://www.hamiltonnorthchamber.com/cicerochamber/Triathlon.asp> and click on the 'get me registered' link. Or if you would just like to go and show your support and also see what all of the TRI stuff is all about, take 31 South to 236th Street (stop light for Bakers Corner where Gas

America is located on the West side of the US 31). Take 236th Street all the way to Cicero and the race location-you cannot miss it!

Ron Moore and I traveled to Muncie for the Muncie Endurathon Saturday July 14th for my third time and Ron's first time. Allison and many of Ron's family members (including Gena and Hannah) were present to cheer Ron and I on to the finish. It was another tough year with tough conditions, but we both finished in one piece and have bigger plans for next year. Congratulations to Ron for his first 1/2 Ironman finish, it was a tough one!

Info-

At the current writing of this newsletter we are actively interviewing candidates for the Club Vice President. As most of you are aware, the Club is without a Vice President and is working to fill this vacancy. If you are interested in becoming the Vice President of the Club please contact myself or Mark Shorter before the vacancy is filled.

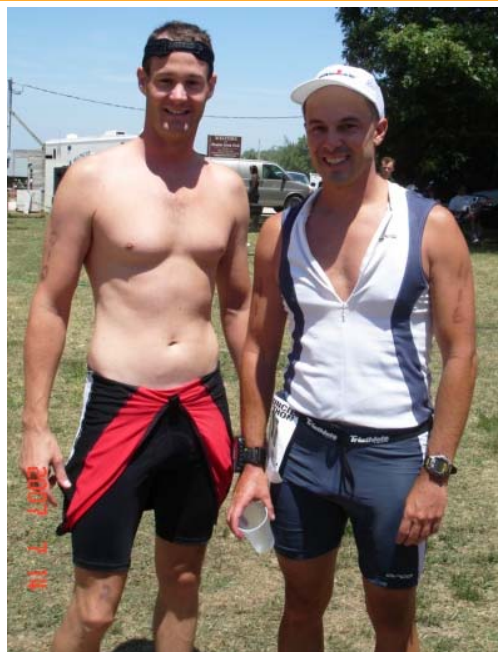
As the summer comes to an end for the high school and college students this month we would all like to wish you good luck in the coming Cross Country season, as well as your academic endeavors.

Muncie Endurathon

By Allison Irvin

Saturday, June 14, Will tackled his 3rd Muncie Endurathon along with 474 participants, including Ron Moore who was attempting his first half Ironman. Turned out to be a beautiful day for the 28th annual Triathlon, at least I thought so as a spectator. For those of you who do not know, this is a 1.2 mile swim, a 56 mile bike ride and then a 13.1 mile run. I think that most of us would agree that these people are crazy.

Will and Ron decided to train for this event together as the first stop to their first full Ironman triathlon. They have both put in LOTS of time, hard work, and money. They made Geanna and I very proud. They've been running in the mornings, swimming on lunch hours, and doing group bike rides on a daily basis, every week. Many miles have been put in with many more to go. There were some sore knees, ankles, backs, hips and of course blisters and that



was all before Muncie even started. Of course the best picture was afterwards as most of the participants are lying in the grass or in the medical tent. Not to mention some chafing in some very uncomfortable places.

As race day was upon us the temperature was a cool 58 degrees with a wind out of the SW at 5-10 mph, and water temperatures of 77 degrees. Wet suits were permitted since water temperatures were less than 78 degrees (Triathlon rules), which I'm told takes a good 3-5 minutes off of your swim time. The men and women lined up along the banks of Prairie Creek Reservoir with family and friends out to support. The triathlon began promptly at 7:00 am in waves, with the pros being first. Everyone was placed in a wave by age and gender with different colored caps to know when to start. Will was in wave 4 and Ron was in wave 7. Will was out of the water 38 minutes and 45 seconds, an impressive (cont on page 3)

On the Trails

By Charlie Skoog



FUN MILERS WILL RUN FOR RECORDS

Club Kokomo has not had an official one mile race for several years. Because of this all you speedsters out there have been denied the opportunity to challenge the official CK age group records for the mile. At Bill Heck's suggestion and with membership approval at the July meeting, the Wednesday Fun Mile races on August 8, 15, 22, and 29 will be official club races and participants will be eligible to set club records. Perhaps this will encourage some more of the guys to come out. At the Fun Mile on July 25 twenty-five of the thirty-one finishers were female. Way to go ladies! Come on out guys!! There will con-

tinue to be races at Noon and 6:00 p.m. each Wednesday. Register at the Highland Park concession stand shelter 15 minutes prior to each race.

Current 1-mile records

Men		
0-12	None	
13-19	Jeremy Grams	4:54
20-24	Scott Stucker	5:19
25-29	Kevin Forgrave	4:52
30-34	Kenny Bennett	4:56
35-39	Byron Bundrent	4:50
40-44	Earl Strong	5:19
45-49	Ricke Stucker	5:26
50-54	Dale Sullivan	6:02
55-59	Dale Sullivan	6:08
60-64	Bill Heck	6:18
65-69	Milt Brown	7:28
70+	None	
Women		
0-12	None	
13-19	Stephanie Miller	5:45
20-24	None	
25-29	None	
30-34	None	
35-39	Roxane Osborn	6:25
40-44	Lorene Sandifur	6:51
45-49	None	
50-54	None	
55-59	None	
60-64	None	
65-69	None	
70+	None	

IF YOU BUILD IT THEY WILL COME

I enjoyed reading and appreciated John Wiles article promoting the need for trails and bike lanes in the July newsletter. "If you build it they will come" was the basic premise of John's article. If you visit Jackson Morrow Park almost any time and especially in the evenings you will know this is certainly the case locally. For all you trail users out there who would like to see our meager local trail system extended it is up to all of us to lead the effort. One phone call from each of you to a mayoral candidate, your city or county council representative, your county commissioner, and the city county planning commission is an easy way to start. A letter to the editor or a call in to a local radio station is another way. When the answer that comes back is "that's nice but we can't afford it" be prepared with the answer, "Other communities have a plan and our doing it. Why aren't we?" Tom Miklik and I have been working on a committee making recommendations that will be incorporated into an Alternative Transportation Master Plan. Will this be another plan that gathers dust or will it be something our community embraces with a corporate will to make it happen? I invite you to come to the membership meeting on August 6 at Grace Fellowship Church. I will present a slide show overview of existing and proposed trails for you to critique. Also speaking will be Mike Kuepper who will share a progress report on the Nickel Plate Trail and detail specific ways we can help that effort now.

Each Wednesday night when I go to Highland Park I am excited by the growing number of runners and walkers participating in our programs. Seeing all the ladies participating in FIRSTS is really motivating and the families participating together in the Fun Mile make it even better. I envision a future local community where we will see people of all ages running and biking on a network of trails and greenways that will connect and extend from Jackson Morrow to Highland Park and beyond, maybe even to your neighborhood. "Build it and they will come.....Get involved and it can happen!"

Muncie Endurathon (cont)

7 minutes faster than last year. Ron came shortly after at 41 minutes and 49 seconds, it was looking like it was going to be a good day for all. They both sped through the transition and jumped on the bikes hoping for a great time. Of course that's when the wind decided to pick up to approximately 15 mph. Unfortunately the wind I was told was gusting at them almost the entire 56 mile course. Will stated, "It slowed me down a good 3-6mph most of the course", which made his bike time 10-20 minutes slower than he wanted. Even though bike times were slower than most wanted, everyone survived the bike, entered the transition area to put on their running shoes and take off for the last event of the day, THE 13.1 MILE RUN.

By this time I was feeling pretty guilty, I had several snacks and took two naps. It's hard work being a spectator. As I was waiting for the guys to finish, the winner Dave Irion, from Naperville, IL finished with an awesome time of 4:02:14. With 45 minutes left in the run for Will, Nicole Peel showed up to show her support. Talk about a good friend, she came and ran the last 4 miles with Will and made him a victory peanut butter pie. Thanks Nicole, it meant a lot to Will and me to have you there.

Geanna and Hannah Moore (Ron's wife and daughter) and I were waiting as the finishers started to come in. Will crossed with a great time, nine minutes faster than the last two years, 5 hours 6 minutes and 4 seconds.

Ron finished in 5 hours and 59 minutes. Some other local finishers and club members include Matthew Bolinger 6 hours and 10 minutes, Jay Priest 5 hours and 31 minutes, Todd Brandenburg 5 hours and 26 minutes, and Mark Hoover 6 hours and 20 minutes. Great job guys we're so proud of all of you.

Everyone keep Will and Ron in their prayers as they continue to train for their first whole Iron Man. Will's is the Great Floridian on October 21 and Ron's is Ironman Florida November 3rd.

If anyone is interested in doing a triathlon come join me and other club members as we take on the Cicero Sprint Triathlon on August 11. The distance includes .2 mile swim, 9.5 mile bike, and a 3.1 mile run.

On the Roads

By Johnnie 'O



HAYNES VOLUNTEERS NEED A LEADER

The team leaders and volunteers of Club Kokomo Roadrunners' signature race – The Haynes Apperson 4-Mile Run/3-

Mile Walk and 1 Mile Fun Run – need a leader.

Some races can be difficult to direct, but Haynes is not one of them. Bill Barnett, Dave White, Tom Miklik, and Steve Wand took charge of the 30-year-old race in 1995. Their goal was to put on the best race in the Midwest. They have done that. Along the way, they also have built a solid foundation of team leaders and volunteers.

The foursome retired from their director roles in 2004. Barb and Melvin Hobbs ran the show for two years, and then Bill took the reins again in 2006. When no one stepped forward to take the leadership role this year, Bill volunteered. However, he made it clear before and after the race that he would not be the director in 2008.

The Haynes is a great race with a great history. Johnny 'O's first Haynes was a half marathon 25 years ago.

In 1982, more than 160 runners lined up on North Main Street in front of Engel Jewelry on a sunny, hot July 3 morning. We made an abrupt right and headed west on Walnut to Berkley, then to Mulberry and back east to Washington Street. We went south on Apperson Way, back to Washington Street, and then to Southway Boulevard. We eventually got on Webster Street, worked our way back north to Highland Park, and then to the finish in Foster Park via Markland and Park avenues and Superior Street.

The Haynes has come along way in traffic control and water stops since its first race in 1977. During the half marathon, we ran on some of the busiest streets in Kokomo, and I don't recall anyone providing directions at

the turns or stopping cars for runners. Similar to bicycle touring, runners followed markings on the road.

Kokomo High School teacher Dave Barnes, then a Kokomo Tribune sports writer, wrote a pre-race column. Adjacent to his column was a map of the course that, according to Barnes, included water stops. I could only make out the map's outline on the library's microfilm. I couldn't see any street names or water stops. The only water stop I recall was at the 11-mile mark, which was near Old Ben in Highland Park. The stop was a small table with gallon water jugs and cups. There were no volunteers at the table, so runners had to stop and fill their own cups. The lack of water on the course was not unusual at that time. There were no water stops during the first two Indianapolis Mini Marathons, and only three at Mini three.

Donald Winant of Muncie won the half marathon in 1 hour, 13 minutes, 37 seconds. Lisa Shanks was 43rd overall and the first woman in 1:37.03. In the Tribune's account of the race, the paper only listed the top three finishers in the 10-year increment age groups. Some recognizable names included Bill Heck, 8th overall and second in 40-49 in 1:21.18; Rick Kerr, 13th overall and third in 20-29 in 1:23.15; and Jim Schneider, 24th overall and third in 40-49 in 1:29.03. More than 60 people competed in the event's two-mile

“fun run.” Steve Martin won the race in 11:14. Kathy Davis was 13th overall and the women's winner in 13:17.

The Haynes is a much better race today than it was in its early years, but today's event is not without its flaws. The mistakes, however, are minor and easily correctible.

As an example, one of our major strengths has become a major weakness. Race day registration and packet pickup always have been smooth and quick. The guiding principal is to do whatever it takes on race day to get a person in the event. As a result, race day registration numbers always are huge.

Fortunately, our experienced volunteers can handle large numbers. Unfortunately, the large numbers are registering later and later

each year. For our volunteers, who want to run the race or who have other race-day duties, the five-minute-before-the-start registrants are a problem because their number continues to grow. Six registered at 7:55 a.m. this year.

Our volunteers have provided ideas to solve this problem, which we will do. But our experienced team leaders and volunteers need a CEO to make sure all volunteers are following the same game plan. The position presents a great opportunity for a person to gain leadership experience while working with dedicated people.

Thanks to the previous directors, the top spot really is not a tough job. There is a race plan, team leaders, and a volunteer core. Many of the team leaders have directed races, some major, for years. They been there, done that. It is time for a younger member to take the reins. If interested, contact CK President Will Irvin as soon as possible, so we can get started planning next year's race.

SPEAKING OF VOLUNTEERS

Johnny 'O tips his ND cap to the volunteers who made this year's Haynes a huge success. They include Mark Shorter, Steve and Barb Wand, Bill and Kathie Barnett, Michael Graham, Mike Deardorff, Tom Miklik, Dave White, Lorene Sandifur, Jane Sullivan, Stan Shuey, Milt and Helen Brown, Ray and Robyn Tetrault, Joyce Pennycoff, Mary Miller, Pat Robertson, Tori Robertson, Robyn Pagington, Robin Cole, Patti Reinhardt, Greg Townsend, Jill Parry, Rocky and Judy Smith, Rhenda, Acton, Charlie Skoog, and John and Anne Wiles.

HERE'S ANOTHER HAT TIP

Johnny 'O also tips his ND cap to CK member David Hughes, who donated \$172.50 to CK's youth scholarship fund. David won this year's Haynes 50-50 drawing. Tickets were \$1 each, and David bought 50. CK's share of its 50-50 drawings benefits its youth scholarship program. We gave seven scholarships this year. Stan Shuey normally wins the club's 50-50s, and donates his share to the scholarship fund. The Haynes pot totaled \$245 this year, and David, like Stan in the past, donated his \$122.50 split to the fund.



Race Director Bill Barnett will pass the reigns to someone new next year.

Ironhorse 4-Miler

By Mark Shorter



Wow, another wonderful morning for running or walking. For the past few Saturdays we have been very fortunate to have cool mornings to race. In Indiana cool is a relative term in the summer since normally it could be near 80 with humidity hovering near 90%.

This year's Iron Horse was the 27th edition, and once again three veterans toed the line as they have every year. Charlie Hastings, Dale Sullivan, and myself have participated every year. We remember the first 2 years when it was a 10K (like many races in 1981 and 1982). Eventually the distance changed to 4 miles and a Walk was added in 2000. The course has changed over time. This year's course was the same as 2005. In 2006 we could not run over the Davis St. bridge since it was being repaired. Once again the 3rd mile

was on the trail on the north side of the Eel River under the shade of many trees.

For several years there was an Iron Horse festival consisting of a parade, train rides, and flea market. But the festival was discontinued and has not returned. The race is the last remnant. Why an Iron Horse festival? For many, many years Logansport was a hub of railroad activity. I remember as a kid growing up in Logansport having to wait for the long lines of railroad cars at the 18th St. crossing or the 3rd St. crossing or the Cicott St. Crossing on my way to my grandparents house on the Logansport's south side from my house at 17th and Spear. Or watching the trains both passenger and freight arrive at the Pennsylvania (at 4th St.) or Wabash (at 8th St.) stations.

The race peaked with 374 runners (finishers) in 1999. Unfortunately the numbers have decreased to this year's 117 runners and 40 walkers who finished. However, Club Kokomo was well represented with 37 runners and 21 walkers among the finishers, and many of them were award winners. Club Kokomo was led by Ian Holtson (of Kokomo High School) with a 1st overall and Dana Neer at 2nd overall and 1st masters. CK's Michelle Hollingsworth was 1st overall female overall with her 30th place finish. As you can see by the results, Brandon Sheline (5th), Brian Reinhardt (6th), and Jeff Kuczera (9th) rounded out CK's runners in the top 9 finishers.

In the Walk CK was even more dominant.



Dale Sullivan competes in his 27th consecutive Ironhorse Race.

ing. Led by Rick Spencer who was 1st overall and Mary Miller who was the 1st female (3rd overall). Other CK walkers in the top 9 were Keith McAndrews (2nd), Tim Taflinger (4th), Steve Inman (6th), Amanda Pena (8th), and Jerry Lambert (9th). As the results show, CK also took places 11, 12, 13, 14, 15, 16, and 17.

Afterwards we enjoyed the usual refreshments of water, powerade, cookies, bananas, granola bars, etc.

Meeting Minutes

Mark Shorter opened the meeting at 6:20 P.M.

Members present: William Irvin, Mark Shorter, Brian and Patti Reinhardt, Ray and Robin Tetrault, Jack and Cindy Sanders, Bill Barnett, Stan Shuey, Charlie Skoog

Mark gave a brief financial report.

Old Business

Haynes Apperson
Problems?

Registration needs more organization

Have a meeting to discuss issues and solutions.

Newsletter

Cost of printing

Ways to save money

Print our own

Brian will check on cost of printers.

New Business

Next Haynes Apperson will be July 5, 2008

Coyote Kids

Inclimate weather issues.

If canceled—attendance given to all kids.

Posted on website by 5:00 P.M.

Fun Run Mile

Suggested 1-Mile open for club records?

August 8, 15, 22, 29 will be eligible.

No points

Ray motioned to adjourn. Jack seconded.

Meeting adjourned at 7:56 P.M. Next meeting, August 6, 2007 at 6:00 P.M. at Grace Fellowship, corner of Union and Jefferson.

Perry, Hollingsworth Take Panther Prowl

By Gary Jewell



Near perfect weather - thanks in part to the switch to daylight savings time - greeted 108 runners and walkers at the annual Pan-

ther Prowl 5K at Western High School on July 21st. Former Kokomo High School runner, Ryan Perry, took top honors at the annual Panther Prowl 5K. Perry's time of 17:09 was the slowest winning time in the race's 5 year history. The Prowl is a fund raiser for Western's cross country programs.

Perry out-gunned former Eastern High School runner, Matt Maher (17:24).

Western's sophomore Austin Young took 3rd (17:46) just ahead of a resurgent Kokomo senior Brandon Sheline (17:59). The top four runners were the only one's to break 18:00.

In the women's race, Western senior-to-be Katie Hollingsworth grabbed the top spot while finishing 25th overall in 20:37. Former Western and current IPFW runner, Annina Gruber, was 2nd (21:07) while Kokomo High School's Nicole Parry was third (30th overall,

21:18) while Lewis Cass senior Brittiani Gillem followed was fourth (31st, 21:28).

Brian Reinhardt (18:27) topped the Male Masters division while Michelle Hollingsworth took home top honors in the Female Masters.

In the walk, Greg Callahan stormed home in 31:10 to claim the top prize. Keith McAndrews was 2nd in 33:12. Mary Miller (33:22) claimed another top prize in the women's category. Amanda Peña (36:28) took 2nd.

Jacob Gillem won the fun run in 6:27.

Wanted: a few able bodies to work the Age Graded Race on August 11th. Contact me at funrunr@sbcglobal.net or at 765-455-8551. I need about 10 individuals to help with registration, finish line, course marshalling, and aid station.



From left to right: Kathy Bagwell, Karen Bush, Josh Revils, and Jill Parry compete at the Panther Prowl.



In my haste to get the Greentown article done last month I failed to mention that the women's winner was our very own Nicole Parry. I apologize for not recognizing your awesome performance, Nicole. Great job!

Sara Miller received a beautiful pendant of the cancer awareness ribbon in diamonds with the word "hope" on it as well. She received it at the run on St. Patrick's Day but doesn't know who gave her this gift, but would very much like to thank whoever it was. If it was you, or if you know who it was please let Sara know at saramiler@earthlink.net. Continue to keep Sara in your prayers as she continues her battle with cancer. God bless you, Sara.

On the Injury Front

By Gary Jewell

Most of you already know the trials and tribulations associated with injuries and how they can totally wreck the summer racing season. Let me tell you about year two in my series of summers without racing.

For what seems like an eternity - actually more than 6 months - I've been plagued by a chronic and persistent case of patellar tendinitis in my right knee. Neither anti-inflammatories, nor ice, nor massage have had much of an impact.

This spring, recognizing that I was losing muscle mass due to inactivity I enlisted the services of Kristiva Smith (aka "The Personal Trainer to the Stars") to help regain some of my lost strength and to help me burn off some of the excess fat that's been gathering around my mid-section over the last year.

Shortly before I started working with Kristiva, I visited my personal physician, Jim Sackett - a former elite marathoner and avid cyclist. He concurred with my diagnosis.

"You have tendinitis (more accurately tendinosis) because your quads are weak. Tell your personal trainer you need to strengthen them."

So off to training I went. Over the course of the next 4 months I did squats, and lunges, and leg extensions, and a host of other exercises designed to increase the strength in my quads. We also did some yoga - Kristiva's also a certified Yoga instructor.

While I did get stronger over the summer (check out these guns), the tendinitis remained. The only thing that seemed to have a positive affect on my condition was about a week off from running and a round of steroids I received after rolling in poison ivy prior to a vacation trip to Seattle in June. The relief was short-lived, though, and the pain returned shortly after I resumed training.

The week before the Haynes-Apperson

race after limping through another 5 mile run I exclaimed to Karen, "I've had enough. I'm out of shape, over-weight, and my knee hurts. I have to find out why this isn't getting any better." I scheduled a return appointment with Dr. Sackett for July 5th.

The day before my appointment had me practicing wiffle ball wedge shots in front yard - I don't play golf though I did work on a golf course once. After nearly an hour of popping shots off the silver maples marking the property lines Karen inquired about our dinner plans for the evening. (We have this joke at our house: What do the Jewell's make best for dinner - reservations!) I handed her the club and said, "hit one" which she then line-driven behind an overgrown juniper bush next to the house. "Nice shot, Tiger," in intoned as I dug the ball out from behind the bush.

As luck would have it as I was turning to exit the flower garden growing next to the juniper, my foot became tangled in a garden hose causing me to lose my balance and fall awkwardly to the side. The inside of my right knee, yes the injured one, slammed hard against the landscaping timber lining the flower garden. As I was rolling on the ground cradling my now doubly wounded knee I thought to myself, "why does my toe hurt?"

The next day I visited Dr. Sackett who upon examining my now upbraided, bruised, and visibly swollen knee asked, "what in the world did you do to your knee."

"Tripped over a garden hose," I responded. "You should see what my toe looks like."

"What happened to your toe?"

"Nearly ripped off the nail when I tripped over the hose."

Ever see a doctor cringe?

"But that's not why I'm here. I still have patellar tendinitis."

"Did we ever x-ray that?"

"No."

He then ordered up an MRI for the next day which I thought would be really cool since not only could I see what tendinitis looked like on film, but also what a fresh bone bruise looked like, as well. About a week later he called me back with the results.

In short he said, "you have a big bruise on the inside part of your knee, your meniscus is fine, and you have tendinosis in the patellar tendon with some swelling."

At this point I was thinking, "bring on the NSAID's!"

And then he dropped the bombshell. "You also have a 50% tear in your patellar tendon." Then he added, "you might not want to run for awhile."

"I'll get you an appointment with an orthopedic surgeon."

"Can I do that other sport you've been trying to get me to do for the last four years?"

"No, you probably shouldn't ride a bike either."

Wonderful!

The next day Dr. Sackett's nurse called to confirm my appointment two weeks later with a local orthopedic surgeon. "They want you not to put any weight on your knee."

"And just how do I do that," I asked with a laugh.

"Well, you can use crutches or we can get you a knee immobilizer."

Okey, dokey.

At my next workout Kristiva reminded me that I've been having this problem for a lot longer than the last 4 months. "You were having this problem last fall, too."

Thinking back I recall feeling a sharp pain just below my kneecap while mowing Western's cross country course at Oakbrook Valley. This problem has been around for almost a year and I've been running on it all along.

I think I'll be riding my bike as much as I possibly can until July 31st rolls around.

10th Annual Age-graded Race Coming Up!

Saturday August 11 is the day for Club Kokomo's Age Graded race. If you are tired of the mass start races, then this race is for you. Your start time is based on your age. The clock will start when the all the walkers, male runners age 75+, and female runners age 60+ start. At designated intervals after that others will begin. Walkers will walk the usual Highland Park 5k course while the runners will run a 4 mile course. For example Men age 48 & 49 and women age 17 & 32 will start 6 minutes after the clock begins. Another example men age 19, 31, and 32 will start 8 minutes and 45 seconds after the clock begins. Registration forms are available online at www.ckrr.us or at races. If you participated in the Haynes-Apperson race, there was a Age Graded form in the bag. Race-Day registration is from 6:30 AM to 7:30 AM and the cost is \$15. Registration headquarters will be the concession stand in Highland Park in Kokomo. There are 72 awards with a percent of the awards to the walkers based on how many walkers participate. There are no age group awards. All proceeds go to the Mike Cowan Scholarship Fund. The main sponsor is Mid-America Beverage.

Coyote Kids

By Ray Tetrault



Who eats over 1000 hot dogs, accepts 503 trophies, shows up thirty minutes early, and leaves with a smile? You guessed it. The Coyote Kids. July 19th was awards night for our summer running program. Once again this year, for the third year in a row we had rain for awards night. This year instead of moving our awards night to a different night we were graciously hosted by the Johanning Civic Center. Once again Coke donated their services and provided drink and cups for us. Craig Severns and his gang of dedicated people simply get it done. Last minute change was no problem. I should also note that our

start and finish signs couldn't be made for the first night of Coyote Kids. The person who makes the signs at Coke was on vacation. No problem for Coke, the person came back and made the signs for us and went back to vacation. Unbelievable. Apparently Craig and his gang still operate on the old way of doing business.

This year Coyote Kids just missed having 1000 runners. We had the most consistent year in terms of the number of kids participating. We made some changes to the start and finish line area. I think we could easily have handled another 500 kids a night. CKRR volunteers know what to do and how to do it. This year was the easiest year by far for our program. This allowed us to run all our races and be done in 45 minutes. We had a special running lane made for the little ones, which protected them from errant spectators. Some of the kids ran over and over and over again. The Weber and Irwin family managed the 25 to 50 yard dash with their expertise on wee ones.

The last race of the day each night was the younger 1 mile run. This group was the largest race of the summer. It was a hotly contested race with some talented runners in the group. Laura Matsuoka, a tiny ten-year old, won the event every evening remaining undefeated. Her times hovered in the mid 6



Laura Matsuoka cruises to another "1 Mile Fun Run" win.

minute range, which on that course is extremely good. She was disappointed she couldn't beat Scott Colford the day he led the runners through the course.

Parisi Speed School and Club Fitness 24 were excellent in helping the kids to stretch and be ready to run. They opened our runs every evening. Grace Fellowship Church handed out ribbons and Popsicles for the 4th year in a row. Once again all of Lorene Sandifur's mistakes were covered over by the otherwise excellent finish line crew.

The best part of the program for the Tetrault family was having everything in the trailer. It was so much easier and efficient to hook on to the trailer and make ONE trip to Jackson Morrow Park. And the extra time of unloading at our house we had to do the first three years was no longer something we had to do. If you haven't seen the trailer yet, it will probably show up at some of our CKRR events.

I could never begin to share all the stories from Coyote Kids, but I want to share a couple of them. One young man came from 1.5 hours away to run in our program. This is remarkable enough, but he also has cerebral



Coyote Kids (cont)

palsy. He received a perfect attendance award.

Another man came to me with tears in his eyes as he thanked me for Coyote Kids. He has three children who ran. They kept asking him to bring them to Jackson Morrow so they could "practice." This dad had made up his mind to get a divorce. He told me he had come to the place where he viewed his kids as problems, but by bringing his kids to Coyote Kids and running with them he now sees them for the true blessings they are. His family still runs at Jackson Morrow because dad likes being with them.

On the 3rd week of Coyote Kids a dad asked his son if he wanted to go get an ice cream. The boy looked at his dad and said what he really wanted was for his friend he made at Coyote Kids to have a pair of shoes to run in. The dad took his son and friend to Finish Line and purchased him some "real" running shoes. These two boys came over to show me the shoes and talk about how faster they could run with new shoes.

The Coyote Kids stories are endless, and the rewards for what CKRR does with the program will reap lifetime benefits to those who participate. Next year will be our 5TH year of the program. Thanks for the privilege of serving!

I wanted to attach a couple of notes from Coyote Kids parents. What we do has an impact on these young folks and it doesn't go unnoticed. Take a look.

I want to take this opportunity to thank you and all the others who have made this such a

wonderful activity for the kids. We have participated for the past 3 years and it has been exciting to see how it has grown and developed into the incredible summer event that it is. Unfortunately we will be moving to the South Bend area in 3 weeks. I wish I could pack you all up and take you with us to the new house. My oldest son, Tommy, was unable to finish out the year (he only did 2 runs) because he choose to go to New York for 3 weeks to help his Grandmother after a death in the family. Even though he didn't run for all the Road Runners races, he has continued to run on his own and said that it is something he wants to continue after we move. Coyote Kids has had a real positive impact on him... Thank You.

I just want to let you know that Coyote Kids has been excellent for my kids. My girls have learned that they are very capable of hard exercise (without actually dying) and they have improved so much since last year.

We've discovered running comes easy to our 5 year old and he has some natural ability in that area so we will hopefully pursue that as he gets older (we'd have never known this early had it not been for Coyote Kids). As a family we've gone to the track and done some fun relays and some hard running for the the kids to practice and it

has been a lot of fun. My husband has gained an interest in running because of that and ran the Indy 500 mini-marathon for the first time this past May. I ran track and cross country in high school so I'm just enjoying it all. Thank you for using your spare time to do this for the kids. It is definitely serving it's purpose for our family.

WhistleStop Marathon

October 13th is the day the WhistleStop Marathon is run. If you are interested in being a part you MUST let Brian Reinhardt or myself know. The hotel space is rapidly being taken and we have to get our reservations in. Our plans are to leave Thursday the 11th and come back on Sunday the 14th. Check it out on the website www.whistlestopmarathon.com The course is slightly downhill for the optimist and flat for the pessimist.

New Members

Michaelene Anderson

Billy Pasquale

Darlene Jackson

Mike Rood

Nicole Jackson

Stella Rood

Welcome to Club Kokomo!

Birthday List



8/12	Phil Rozzi
8/15	Susan Gerhart
8/16	Megan Green
8/19	Karlie Reinagle
8/21	David Reinagle
8/21	Scott Goudy
8/21	Rocky Smith
8/3	Rusty Merritt
8/5	Nicholas Webster
8/6	Forest Kenworthy
8/6	Madison Kruger
8/9	Mallory Reeves
8/10	Barb Wand
8/11	Julie Tennent
8/12	Mike Jones
8/21	Amelia Kubicek
8/22	Chris Smith
8/25	Jerry Leach
8/25	Shirley Wilson
8/28	Lauren Weber
8/28	Chris James
8/31	Jeff Kuczera



Race Results

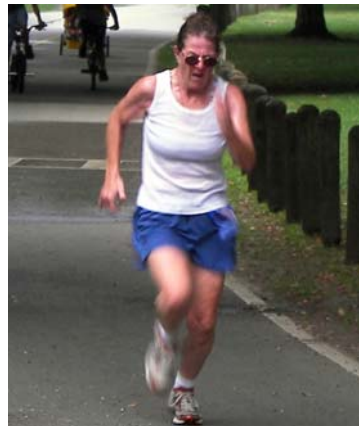
Haynes Apperson 4-Mile Run
June 30, 2007
Kokomo, IN

1. Kyle Walsh 20:33
3. Bryan Phillips 20:54
4. Scott Colford 21:15
13. Brandon Shelline 23:32
16. William Irvin 24:04
17. Matt Yarosz 24:20
18. Waverly Neer 24:22 1st female
19. Brian Reinhardt 24:29
22. Brandon Mink 24:38
23. Mason McGovern 24:43
28. Tony Robinette 25:07
29. Chris James 25:07
30. Joe Rangel 25:28
32. Kyle Starich 25:42
36. Katie Hollingsworth 26:11
37. Robyn Pasington 26:11
40. Al Hochgsang 26:28
42. Scott Riggle 26:50
44. Jordan Lee 26:52
50. Annina Gruber 27:08
54. Kaleb Hollingsworth 27:32
60. Nicole Parry 28:04
64. Earl Strong 28:35
65. Michelle Hollingsworth 28:35
66. Phil Rozzi 28:39
77. Allison Irvin 29:15
78. Keith Hill 29:16
79. Mark Shorter 29:19
82. Darin Hollingsworth 29:33
87. Ricke Stucker 29:49
91. Michael Jones 30:08
92. T.A. Weber 30:10
93. Matthew Robertson 30:12
98. Donny Smith 30:29
103. Dennis Ball 31:02
104. David A. Hughes 31:02
107. Roxane Burrous 31:14
114. Kim Lee 31:54
119. Cheryl Marner 32:09
120. Jerry Meiring 32:14
121. Stan Shuey 32:16
124. Kathleen Bagwell 32:18
125. John Norris 32:23
126. James Longwith 32:24
127. Rebekah Kinney 32:25
129. Ken Swinehart 32:27
133. Mark Eads 33:01
139. Russ Hovermale 33:22
140. Vern Graves 33:22
142. Amy Piazza 33:23
145. Sarah Lee 33:52
146. Joshua Revils 33:53
149. Teresa Long 33:56
154. Phil Leininger 34:18
162. Jillian Weaver 34:58
165. Joyce Pennycoff 35:13
168. Maureen Prentice 35:34
171. Chris Smith 35:44
174. Riley Case 35:53
177. David Reinagle 35:58
178. Shelly Wyman 35:59
179. Justine Eads 36:01
185. Kathy Murdoch 36:38
186. Dale Sullivan 36:42
187. Lisa Jones 36:42
190. Ryan Bagwell 36:54
192. Lisa Stucker 37:00
198. Bill Cox 37:40
203. Amber Longwith 38:06
207. Bill Heck 38:13
209. Michael Lake 38:28
210. Vicki Boles 38:40
215. Robin Cole 39:48
218. Doris Griffith 39:50
219. Debra Perkins 39:52
225. Vanessa Lorenz 41:14
227. Doug Mankell 41:39
228. Robert Cupp 41:55
233. Brianne Boles 43:35
234. Jeannette Merritt 43:38
236. Sandy Knowland 44:56
237. Mark Webster 45:36
- 243 Finishers

Haynes Apperson 3-Mile Walk
June 30, 2007
Kokomo, IN

1. Greg Callahan 30:12
2. Rick Spencer 30:26
3. Mary Miller 31:58 1st female
4. Tim Taflinger 32:13
7. Steve Inman 34:40
10. Jerry Lambert 35:16
11. David Mygrant 35:54
12. Amanda Pena 36:29
13. Toney Lorenz 36:48
14. Becky Christenson 37:05
16. Robin Michael 37:27
17. Sylvy Bledsoe 37:41
18. Vincente Lorenz 37:51
20. John McGinty 38:11
22. Jane Inman 38:22
23. Brian Allen 38:25
26. Milt Brown 38:41
27. Debbie Riffe 38:44
29. Raye Jean Swinehart 39:00
30. Cara Lee 39:17
32. Nicholas Allen 40:24
33. Bruce Savage 40:41

41. Sylvia Burgin 41:51
45. Diana Brown 43:56
54. John Robertson 46:28
58. Pat Robertson 46:50
59. Carol Savage 46:52
60. Kathy Allen 47:07
61. Emily Allen 47:08
63. Jackie Sanders 48:08
64. Cynthia Sanders 48:12
65. Jim Burrous 48:12
76. Angela Lorenz 56:09
- 85 Finishers



Kathy Murdoch competes in the 1-Mile Fun Run.

Club Kokomo Weekly Fun Mile
Wednesday, July 4
Highland Park Walk/Bike Path

1. Lisa Thompson 6:37
2. Brad Hoehner 6:37
3. Amber Longwith 7:39
4. Joyce Pennycoff 7:44
5. Vanessa Lorenz 8:06
6. Nicole Jackson 8:19
7. Jaime Jackson 8:41
8. Tim Taflinger 9:55
9. Mary Miller 10:07
10. Aubry Jackson 11:07
11. Cory Jackson 11:08
12. Vincente Lorenz 11:34
13. Toney Lorenz 11:41
14. Angie Lorenz 15:24
15. Darlene Jackson 15:24
16. Ann Kirkpatrick 17:35
17. Wanda Wood 17:43
18. Ersie Livingston 19:54
19. Kathy Bagwell 19:54

Club Kokomo Weekly Fun Mile
Wednesday, July 11
Highland Park Walk/Bike Path

12:00 Noon Race

1. Ron Moore 5:54
2. James Longwith 6:57
3. Joyce Pennycoff 7:37
4. Amber Longwith 7:59
5. Jennifer Mayfield 8:50
6. Christopher McNair 10:01

6:00 PM Race

1. Jeff Kuczera 6:16
2. John Anderson 6:18
3. Lisa Thompson 6:30 (women's course record)
4. Jimmy White 6:37
5. Nancy Anderson 7:02
6. Cheryl Marner 7:06
7. Vanessa Lorenz 7:36
8. Jillian Weaver 7:49
9. Jaime Jackson 8:11
10. Nicole Jackson 8:23
11. Patrick McDonald 8:39
12. Kavita Kataria 8:41
13. Kathy Murdoch 8:50
14. Josh Kuczera 9:28
15. Rebecca Kinney 9:31
16. Aubry Jackson 10:36
17. Cory Jackson 10:37
18. Vince Lorenz 11:37
19. Sylvia Burgin 12:17
20. Angela Lorenz 15:15
21. Darlene Jackson 15:17
22. Jackie Sanders 15:41
23. Cindy Sanders 15:46
24. Wanda Wood 16:28
25. Ersie Livingston 20:18
26. Grace Bagwell 20:18
27. Graham Bagwell 20:18
28. Kathy Bagwell 20:18
29. Ryan Bagwell 20:18

27th Annual Iron Horse Race
July 14, 2007
Logansport, IN

4m Run

1. Ian Holtson 23:10
2. Dana Neer 23:28
5. Brandon Shelline 24:29
6. Brian Reinhardt 24:43
9. Jeff Kuczera 25:21
13. Mason McGovern 26:51
16. Al Hochgsang 27:23
23. Michael Graham 29:16
25. Phil Rozzi 29:34
26. Ricke Stucker 29:37
27. Earl Strong 29:45
28. Mark Shorter 29:48

Race Results (cont)

30. Michelle Hollingsworth 29:55 Highland Park Walk/Bike Path
1st Woman
32. Darin Hollingsworth 30:25 12:00 Noon Race
42. Roxane Burrous 31:35 1. Waylon Coulter 6:11
43. David Hughes 31:39 2. Addy Takacs 6:48
44. Mike Deardorff 31:46 3. Roxane Burrous 7:03
56. Mark Eads 32:59 4. Joyce Pennycoff 7:51
60. John Norris 33:09 5. Wynn Takacs 14:42
61. Jerry Meiring 33:16 6. Michelle Takacs 16:04
62. Russ Hovermale 33:19 7. Kim Krober 16:06
66. Charlie Skoog 33:56 8. Rich Krober 16:06
68. Ken Swinehart 34:18
69. Jillian Weaver 34:29 6:00 PM Race
70. Maureen Prentice 34:33 1. Wayon Coulter 6:15
71. Phil Leining 34:44 2. John Anderson 6:17
81. Kim Lee 35:50 3. Lisa Thompson 6:36
82. Joyce Pennycoff 35:51 4. Nancy Anderson 6:54
86. Justine Eads 36:30 5. Brad Hoehner 6:59
87. Sarah Lee 36:45 6. Quinn Reinhardt 7:07
89. Dale Sullivan 37:36 7. Brian Reinhardt 7:07
91. Lisa Jones 38:49 8. Cory Jackson 7:56
93. Doris Griffith 39:20 9. Ryan Bagwell 7:57
95. Bill Heck 39:58 10. Kathy Murdoch 8:28
98. Robin Cole 40:48 11. Mary Miller 10:08 (First Walker)
99. Doug Mankell 40:55 12. Jerry Lambert 10:30
104. Thomas Sheridan 42:24 13. Geena Moore 10:40
106. Robert Cupp 44:26 14. Aubry Jackson 10:58
107. Rhenda Acton 44:59 15. Jamie Jackson 10:58
111. Jeanette Merritt 46:02 16. Sylvia Burgin 12:22
- 117 Finishers 17. Cindy Coulter 13:48
- 4 mile Walk 18. Kate Mayfield 15:14
1. Rick Spencer 41:55 19. Jennifer Mayfield 15:15
2. Keith McAndrews 43:20 20. Hannah Moore 15:20
3. Mary Miller 43:31 1st woman 21. Nicole Jackson 15:25
4. Tim Taflinger 43:56 22. Darlene Jackson 15:26
6. Steve Inman 46:07 23. Michaelene Anderson 18:17
8. Amanda Pena 48:24 24. Mary Kate Emrick 18:55
9. Jerry Lambert 48:56 25. Lee Anderson 18:56
11. Sylvia Bledsoe 51:57 26. Grace Bagwell 20:13
12. Robin Michael 52:05 27. Ersie Livingston 20:14
13. Brian Allen 52:32
14. John McGinty 52:33 2007 Panther Prowl 5K
15. Raye Jean Swinehart 53:22 Saturday, July 21, 2007
16. Jane Inman 53:24 Russiaville, IN
17. Debbie Riffe 53:37
20. Sylvia Burgin 55:21 Run
24. Nicholas Allen 56:58 1. Ryan Perry 17:09
35. Diana Brown 1:01:10 4. Brandon Sheline 17:59
37. Jim Burrous 1:03:05 5. Brian Reinhardt 18:27
38. Pat Robertson 1:04:46 7. Jeff Kuczera 18:31
39. Kathy Allen 1:12:35 8. Mason McGovern 18:39
40. Emily Allen 1:12:38 13. Chris James 19:14
- 40 Finishers 16. Matt York 19:33
17. Joe Rangel 19:37
19. Al Hochgesang 20:15
21. Scott Riggle 20:22
22. Ron Moore 20:33
23. Kaleb Hollingsworth 20:34
25. Katie Hollingsworth 20:37 1st Female
27. Annina Gruber 21:07
30. Nicole Parry 21:18
32. Earl Strong 21:37
34. Phil Rozzi 21:49
35. Michael Graham 21:52
36. Eric Matthew 22:05
37. Michelle Hollingsworth 22:18
38. Ricke Stucker 22:19
39. Mark Shorter 22:23
40. Darin Hollingsworth 22:31
44. Mike Deardorff 23:17
52. Kathy Bagwell 24:11
54. Charlie Skoog 24:45
55. Stan Shuey 24:52
56. Josh Revils 25:06
57. Quinn Reinhardt 25:14
58. Patti Reinhardt 25:28
59. Sarah Lee 25:28
61. Tom Miklik 25:45
62. John Norris 25:52
64. Ryan Bagwell 26:42
66. Joyce Pennycoff 26:57
67. Kathy Murdoch 27:19
68. Dale Sullivan 27:55
69. Karen Bush 27:57
71. Michael Lake 28:04
72. Vicki Boles 28:19
74. Rhenda Acton 29:34
75. Doug Mankell 29:41
78. Darcie York 30:37
79. Robin Cole 30:52
80. Jill Parry 31:03
81. Geana Moore 31:07
83. Vanessa Lorenz 31:40
- 87 Finishers
21. Jackie Sanders 49:26
- 21 Finishers
- Club Kokomo Weekly Fun Mile
Wednesday, July 25
Highland Park Walk/Bike Path
- 12:00 Noon Race
1. Addy Takacs 6:57
2. Roxane Burrous 6:59
3. Wynn Takacs 8:55
4. Kelsey Eckelbarger 9:17
5. Andrea Eckelbarger 11:48
6. Michelle Takacs 16:53
7. Graham Bagwell 19:11
8. Ersie Livingston 19:12
9. Kathy Bagwell 21:10
10. Pat Lowe 21:11
11. Grace Bagwell 21:11
12. Hannah Harmeson 21:12
- 6:00 PM Race
1. Wayon Coulter 6:11
2. Allison Irvin 6:36
3. Kathy Bagwell 7:16
4. Vanessa Lorenz 7:36
5. Nicole Jackson 7:37
6. Rebekah Kinney 8:13
7. Kathy Murdoch 8:41
8. Jerry Lambert 9:42 (First Walker)
9. Geana Moore 10:08
10. Vincente Lorenz 11:27
11. Aubry Jackson 11:30
12. Jamie Jackson 11:31
13. Toney Lorenz 11:37
14. Cindy Coulter 11:45
15. Sylvia Burgin 11:52
16. Angela Lorenz 15:03
17. Darlene Jackson 15:03
18. Catherine Barnes 15:55
19. Wanda Wood 16:30
- Walk
1. Greg Callahan 31:10
2. Keith McAndrews 33:12
3. Mary Miller 33:22 1st Female
4. Tim Taflinger 33:30
6. Jerry Lambert 34:27
8. Steve Inman 35:23
9. Amanda Peña 36:28
10. Sylvia Bledsoe 38:17
11. Brian Allen 38:49
13. Jane Inman 39:18
15. Debbie Riffe 40:31
18. Judy Smith 41:39
19. Sylvia Burgin 42:18
20. Pat Robertson 48:03



Toney Lorenz at the 1-Mile Walk.

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, Haynes Apperson, Ironhorse, Panther Prowl, and any one marathon, half-marathon or volunteer.

Runners	Shelly Wyman 1-15	Kaleb Hollingsworth 3-40	Mike Williams 2-30H
Women	Jennifer Mayfield 1-10	Peter Bauson 3-34	Shawn Mayfield 1-20H
	40-44	Tony Robinette 2-32	Don Rogers 1-9
0-12	Michelle Hollingsworth 11-210H	Keith Bauson 2-20	45-49
Victoria Christenson 1-20H	Patti Reinhardt 9-145MHV	Carl Christenson 1-20H	Al Hochgesang 9-160
	Kim Anderson 1-20H	Andrew Swinehart 1-20H	Eric Mathew 9-131MH
13-19		Sam Williamson, Jr. 1-20	Kim Lee 9-125H
Sarah Lee 11-160H	45-49	Matt Robertson 2-19	Ken Swinehart 9-111H
Amber Longwith 7-82	Roxane Burrous 5-100H	Kyle Starich 1-10	Mark Rodgers 5-69H
Katie Hollingsworth 5-77	Cassie Bauson 5-95H	20-24	Byron Bundrent 3-60
Laura Bauson 4-70	Sandy Knowland 3-50H	Justin Ashcraft 2-40	Phil Rozzi 3-45
Vanessa Lorenz 5-53	Maureen Prentice 3-47H	Bryan Phillips 2-40	Bill Bauson 3-37H
Annina Gruber 3-47	Cheryl Marner 3-45H	Kevin Callaghan 1-20H	Mike Jones 2-32H
Nicole Parry 3-42	Carla Yerkes 1-20H	Zach Overman 1-20H	Brent Marner 1-20H
Waverly Neer 2-40		Brett Sanders 1-10	Ray Tetrault 1-20V
Katie Christenson 1-20H	50-54		
Emily Christenson 1-20H	Lorene Sandifur 11-200HV	25-29	50-54
	Robin Tetrault 10-155MV	Mark Eads 5-90H	Earl Strong 11-215H
20-24	Robin Cole 9-115	Nathan Hovermale 2-35	Mark Shorter 13-194H
Sarah Bauson 4-80H	Vicki Boles 4-75H	Seth Daugherty 1-20	Mike Deardorff 11-137HV
Holly Hurlburt 3-52	Christine Williamson 4-59	Matt Yarosz 1-20	Greg Townsend 7-94MV
Grace Bauson 2-30	Jill Parry 2-32V		Jerry Meiring 8-86
Stephanie Overman 1-20H	Debra Perkins 2-32H	30-34	Russ Hovermale 5-59
	Marsha Daugherty 1-10	Matt York 9-150H	Don Gifford 3-55H
25-29		Rylan Bagwell 10-131	Dave White 3-50H
Kathleen Bagwell 10-172H	55-59	Christopher James 6-105H	Michael Campbell 2-40H
Allison Irvin 9-150H	Joyce Pennycoff 13-250HV	Keith Hill 7-101H	Tom Sheridan 1-8
Rebekah Kinney 7-104H	Rhenda Acton 12-190HV	William Irvin 6-100H	
Jillian Weaver 7-86	Kathie Barnett 2-30V	David Reinagle 3-40H	55-59
Justine Eads 5-71H	Barb Wand 2-30V	Ryan Hanlon 2-17	Ricke Stucker 13-200
Karen Bush 5-67	Anne Wiles 2-30V		Joe Rangel 8-160
Kelly Wright 2-40HV	Shirley Wilson 1-10	35-39	Charlie Skoog 10-124V
Shannon Reinagle 2-30H		Scott Colford 9-170MH	Tom Miklik 8-112H
Brianne Boles 2-28H	60-64	Scott Riggle 6-105H	Phil Leininger 6-80H
Michelle Tetrault 1-20V	Doris Griffith 3-55V	T.A. Weber 8-100H	Steve Wand 4-62HV
	Susan Gerhart 2-40H	Vernon Graves 7-95H	Fred Chew 3-50H
30-34	Kathy Murdoch 2-40	Jeff Kuczera 5-90	John Wiles 3-50HV
Darcie York 8-135H	Trudy Pierce 1-20H	Michael Lake 7-83H	Steve Kilcline 2-21
Jeanette Merritt 8-117H		Donny Smith 6-79H	Chris Smith 1-12
Geana Moore 4-55	Men	Mitch Reeves 1-20H	Bill Cox 1-9
Amy Piazza-Graves 3-55H		Travis Sheets 1-20H	
Robyn Pagington 2-40	0-12	Dennis Ball 2-19	60-64
Lisa Stucker 1-12	Joshua Revils 7-130		David Hughes 7-125
Dona Smith 1-10	James Longwith 6-100	40-44	Doug Mankell 6-105H
	Quinn Reinhardt 3-50V	Brian Reinhardt 11-185MH	Sam Williamson, Sr. 4-62
35-39	Nicholas Webster 1-20H	Michael Graham 13-177HV	Bill Barnett 3-50V
Lisa Jones 9-157H		Dana Neer 9-170H	Walter Brown 2-30
Heather Weber 8-140H	13-19	Darin Hollingsworth 11-128H	
Teresa Long 2-40H	Mason McGovern 6-105	Ron Moore 5-72H	65-69
Lisa Birkhimer 2-30H	Brandon Sheline 4-80	Dan Lutes 3-60MH	Stan Shuey 10-175
Tami Moore 1-20H	Jordan Lee 5-79H	Brandon Mink 3-40	John Norris 7-130H
Gina Sheets 1-20M	Jesse Bauson 4-62H	Mark Webster 2-30H	Dale Sullivan 7-101

2007 Race Calendar

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

September 29
Cole Porter 5k-15K Run/5k Walk
Time: 9:00 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

2007 Points Standings (cont)

Charles Johnson 1-20H
Darrell Pennycoff 1-12

70+
Bill Heck 7-135V
Robert Cupp 9-132
Riley Case 2-40

Walkers

Women

49-
Mary Miller 12-220H
Amanda Pena 12-180V
Jane Inman 11-138H
Debbie Riffe 12-124V
Raye Jean Swinehart 9-102H
Emily Allen 7-53
Cara Lee 4-45H
Becky Christenson 2-32H
Carol Savage 1-6

50+
Sylvy Bledsoe 10-200H
Sylvia Burgin 13-175H
Judy Smith 11-166HV
Pat Robertson 10-106H
Cynthia Sanders 8-78V
Diana Brown 6-64
Kathy Allen 6-54

Angela Lorenz 3-27
Diane Gifford 1-20

Men

49-
Steve Inman 10-200H
Brian Allen 10-155H
Tim Revils 3-37
Nicholas Allen 3-36
Bruce Savage 1-10

50+
Keith McAndrews 10-162MH
Rick Spencer 8-160H
Tim Taflinger 12-156H
Rocky Smith 10-122HV
Jerry Lambert 9-113HV
Jackie Sanders 10-93V
Robin Michael 5-57H
Milt Brown 4-35
Russell Fox 2-35H
Jim Burrous 2-22
Melvin Hobbs III 1-20H
John McGinty 2-17
Toney Lorenz 2-13
John Robertson 1-9

Other Races Calendar

August 18
ICADV Race Away From Do-
mestic Violence 10k/5k
8 AM
Indiana War Memorial
431 N. Meridian St.
Indianapolis, IN
Ken Long 317-884-4001

September 1
Broad Ripple Classic 4 Mile
Run/Walk
7 PM
Broad Ripple
Indianapolis, IN
Don Carr
317-733-3300

September 1
Freedom Run 5 miler
8 AM
National Guard Armory
Marion, IN
765-664-7338

September 3
Blueberry Stomp 15k/5k
9 AM
Adams Street Ministries
PO Box 104, Plymouth, IN
574-936-5020
www.blueberryfestival.org

Other Races Ran

Buzzard's Roost 10k
June 23, 2007
Arcadia, IN
1. Mark Diveley 35:59
1w. Rachel Young 40:45
34. Don Gifford 48:46
38. Mike Deardorff 49:53
42. Lorene Sandifur 51:30
95 Finishers

Call Me AL 5k
July 28, 2007
Zionsville, IN
1. Tyler McCreary 16:38
1w. Deborah Glick 20:25
47. Stan Shuey 24:21
171 total chip times