



The Roadrunner

September 2007

Email: ckrr@comcast.netURL: www.ckrr.us

**The Travel
AUTHORITY**
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Next races:

Sep 16
Nickelplate Trail
5-Mile Run/5k Walk
2 PM
Peru, IN
(non-points)

Sep 29
Cole Porter 5k/15k
9 AM
Peru, IN

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Balogh Claims Age-graded Title

By Gary Jewell



Joe Liechty looks over as Doug Balogh blows past to win the 10th Annual Age-graded.

Half-way through Saturday's Club Kokomo Age Graded 4 Mile Race Greencastle's Joe Liechty was cruising along with a huge lead over the field. What he couldn't see was 55-year-old Carmel resident, Doug Balogh, rapidly gaining on him.

The race, which features staggered starts based on age and gender, is a fundraiser for the Club's Youth Running and Scholarship programs. It was sponsored by Mid-America Beverage, Premier Printing, and Kristiva Smith – Certified Personal Trainer.

Liechty, age 69, is no stranger to this race as he had already won it twice. "It's the only race I've ever won," he said afterward.

Balogh, who started 3:30 after Liechty, knocked a minute off the lead every mile and overtook the leader with a half-mile to go. Balogh's time of 28:34 was a race record for fastest clock time. Liechty finished 2nd in 29:06 while Club Kokomo's Joe Rangel

finished 3rd in 29:41.

Crawfordsville's Carla Yerkes was the first female finishing 4th overall with a clock time of 29:54. Diane Earl was next finishing 12th in 32:25.

Robert Earl and Devin White recorded the top splits of the day of 23:55. Former Northwestern High School runner Lauren Sewell had the top female split of 26:45.

In the 5K Walk, Lucerne's Rick Spencer claimed the overall title in 32:07. Logansport's Keith McAndrews was 2nd in 33:13. Bunker Hill's Mary Miller was the first female finishing 3rd overall in 33:19. Russiaville's Amanda Pena was next finishing 6th overall in 37:26.

Note from Indy Runners:

Doug Balogh, Rob and Diane Earl, and I drove up from Indianapolis and Carmel this weekend to participate in this race and truly enjoyed every aspect of it. There was no race in Indy this weekend and we were looking for a change of pace (especially the race type); we were delighted we made the trip. The race format was a much different experience, and we will be back again! We also thought the course was wonderful, especially the shaded parts during the heat of Summer, and the loops helped to see who was ahead of you and behind you, which made the age graded sequenced start even more exciting; we will treasure our glasses. Most of all, we enjoyed meeting and talking with some of the members of ckcc. Many thanks to the volunteers Saturday! We look forward to seeing everyone next year! - John Stille

Let me echo John's comments. Well organized, fun event with a great venue. We'll spread the word with our running colleagues for next year. Like Joe, I started running late (age 44) and this is the first race I've ever won too! I win my age group regularly, but never overall. It was a great feeling! Thanks again for hosting a great race. - Doug Balogh

Nickel Plate Trail Run Cookout

If you're planning to run the NPT 5-Mile run or walk the 3-Mile walk on Sep 16 (and I hope you are!) then plan to stick around after for a cook-out at Brian and Patti Reinhardt's. Brian and Patti live just 3/4 of a mile south of the NPT trailhead where the race will start. Hotdogs will be provided by the club, but feel free to bring a covered dish, whatever you'd like to drink and some lawn chairs. You can park at their house since there is limited parking at the trailhead and take a nice stroll on the trail to get to the start. It'll be a good chance to warm-up before the race and cool down after. If you haven't seen this paved trail you'll definitely want to do this race to see this jewel right out our back door. Email the address on the front of the newsletter if you have any questions or if you'd like to volunteer for this club race. We're always in need of volunteers and there will be plenty to do.

From the President

By William Irvin



During the past few Club meetings those attending the meeting have been discussing a proposal suggested by Charlie Skoog and Brian Reinhardt. The proposal was to have the Club purchase a printer so that the Newsletter Editor could print off the Clubs newsletter instead of having Sir Speedy print off the newsletter for us. Charlie and Brian believe that we could save around two thousand dollars a year after approximately the first year to recoup the initial costs of the printer and equipment. There have been differing sides as to how much we could actually save and how much time and work that it would take.

In previous meetings I have requested that Brian and Charlie provide data and financials indicating how much it will cost up front and how much it will cost each month for an entire year. I have also asked Mark Shorter to provide financials as to how much we have paid over an entire year for Sir Speedy to provide the service of printing off the newsletter.

The dilemma that we are facing is that as the vote came to the table last week there were not enough members to hold an honest vote. As I looked across the table it was almost a 2 to 2 vote.

In order for the Club to be maintained and be successful in any direction that we take with good intentions in mind for the Club, the members must provide feedback and must attend Club meetings

now and again. As I look back at the three years as a Club officer I can name the regular attendees and count them on one and sometimes two hands. For a handful of members to give direction for the Club takes away from what other members may want to see happen. However, if those of you who have great ideas in mind for the Club and do not attend the Club meetings you will never get your ideas placed on the table for discussion! I have spoken with many of you and some of you have great ideas! Club meetings only once a month for no more than one and a half hours, unless Charlie gets on a tangent and we will go over a bit more than an hour and a half.

Beginning with this newsletter, the agenda will be provided for each upcoming meeting to show what will be discussed and what will be voted on. This will hopefully gain the attention and get you interested in what we are voting on before the vote takes place instead of finding out after the vote.

Cicero TRI-

Congratulations to those of you who competed at the Cicero TRI. We saw a lot of times go down from last year. The weather was perfect for a race on Saturday. A special congrats goes out to Cheryl Marnier who overcame her fear of the 'washing machine' affect that occurs with the open water portion of a TRI. For those of you who do not know, when you get a large number of people jockeying for position in a small area of a lake during a TRI it can be very brutal as well as intimidating.

Congrats also goes out to Teresa Long who completed her first TRI at Cicero. For more on this story, see Allison's article on Cicero here in the newsletter.

Injuries-

After reading Gary Jewell's article last month on his ongoing injuries it made me think that it seems as if there are a few of us out there who are injured in one way or another. After competing at the Muncie Endurance Marathon I have 'licked my wounds' for a bit longer than I wanted to and am still not healthy. I was really hoping to bounce back from Muncie and get healthy so that I could continue training for the Great Floridian Ironman, however that is not happening. I have read somewhere, be it Runners World, Triathlete magazine, or one of the many training manuals out there that promise a marathon or Ironman finish 'in just 8

weeks', where 90% of those who train (hard) for a marathon or Ironman will become injured. Well, I guess that puts me in to the 90th percentile for Ironman training injuries. After Allison brought me to my senses and out of my natural stubbornness I have given up on my Ironman training plan for this year and have decided to get healthy and begin my year long process all over again. As Allison has kindly put it, "For some reason or another God does not want you to complete the Ironman this year". I will still limp along, when I can, with Ron Moore as he drives ahead in his training plan for Ironman Florida.

I have had aspirations of completing an Ironman since I was a freshman in high school while watching the 'Iron Dual' of Mark Allen and Dave Scott back in the late 80's. If any of you have watched the Hawaii Ironman on TV in October, then you know exactly how I feel. Listening to Mike Reilly, the voice of Ironman, call off everyone's name as they cross the finish line of probably the longest day of their life and THE ultimate test of endurance, and saying "YOU ARE AN IRONMAN" is the highlight of a triathlete's life and let's each finisher know that they have done what most say is impossible. Watching the athletes break down at the finish line from exhaustion and pure joy while hearing their name being called is what it is all about.

After beginning my training in November of last year it has been a very difficult decision, but after I get over my pride I realize that Allison is right-just don't tell her that I said that. I will begin my training again in January for my coveted Ironman finish next year. Any takers?

CKRR Meeting Agenda September 10, 2007
(Meeting starts at 6:00 PM at Grace Fellowship Church West Sycamore St.)

- Financial report
- Old Business
 - Newsletter printing
 - Total amount to purchase equipment
- Positive and negative financial data
 - Volunteers
- New Business
 - 2008 Race schedule
 - Haynes Apperson race director
 - Coyote Kids sponsorship deadlines
 - Open floor for new business

On the Trails

By Charlie Skoog



You are invited to a Nickel Plate Trail fundraiser on Saturday, September 8th. Most of you who read this column know that in a matter of weeks three more miles of the Nickel Plate Trail will be paved from Bunker Hill to Miami. The next immediate goal will be to connect the two paved sections. This will require rebuilding and paving a lengthy trestle that spans Pipe Creek just north of Bunker Hill. The Friends of the Nickel Plate have submitted a plan to INDOT that will allow them to do this work themselves using volunteer labor and much donated material. The Friends estimate they can save well over \$100,000 by doing the bridge themselves but they need to raise \$15,000 to cover material costs. To jump start and promote this project they are having a Pork Loin Dinner which will include baked beans, cole slaw and dinner rolls. Tickets are for Pre-sale only and will be eat in or carry out. Tickets are \$7 per person. Call Joan Smith (765) 689-9647 or Charlie Skoog (765) 457-2607 to purchase a ticket or for more information.

Bunker Hill Bridge Fundraiser
Pork Loin Dinner
Saturday, September 8
Bunker Hill Community Center
4:30 - 7:30 p.m.
\$7 - Pre-sale Only!

The Friends of the Nickel Plate meet on the last Wed. of each month, 7:00 p.m., at the Old Peru Firehouse located at the corner of Main and Miami Street in Downtown Peru. They need your help and support.

Records fall at the Fun Mile. August 8 was the first week that club members were eligible to set and break age

group mile records. The last official CK mile race was held 10 years ago and the all-time official club mile record is 4:50 set by Byron Bundrent at age 37. Highlights of the August 8 race included Stan Shuey clocking a 6:55 which lowered Milt Brown's previous record of 7:28 in the 65-69 division. Stan ran in the relative cool of the Noon race. Scott Colford showed up for the evening race and despite the 95 degree temps had Byron's record squarely in his sights. Scott was tapering for the Howl at the Moon 8 hour run/walk where he is the defending champion and course record holder at 61 miles! Despite the heat and humidity Scott clocked a 4:51, which was a new course record, but not enough to earn his place in the CK record books since Scott is in the 35-39 age group. New club member Kathy Murdock who is 60 years young set a good standard with her 8:29 mile. Highlighting the August 15 race was Joe Rangel's 5:57 which took down Dale Sullivan's fine 6:08 effort at 55-59. Kathy who is participating in our women's FIRSTS took advantage of her training and ran an 8:21 while 12 year old Waylon Coulter got on the books with a 6:14. On August 22, Joe returned and ran both races on another sweltering day. Two races and 2 more records of 5:54 and 5:53! Kathy's training continued to pay dividends with a new record of 8:18 at 60-64. Many of the women's divisions had no previous participants so the record book is beginning to fill with one more official week of racing remaining on August 29. This race series has obviously motivated some club members to challenge the clock. I would like to see these challenges continue on a monthly basis and will propose at the next club business meeting that the first Wednesday Fun Mile of each month be an official club race and eligible for club records. This will give all you racer's and speedster's out there additional chances to challenge the record books as temperatures cool.

Club Kokomo Loses a Friend. As mentioned above the 17th Annual Howl at the Moon 8 Hour Run & Walk was held August 11. The Howl is run on a trail loop in beautiful Kennekuk County Park near my hometown, Danville, Illinois. Many of you are familiar with the trails and races at Kennekuk and Kickapoo Parks and some of you were traveling to and racing the Siberian and Wilderness races long before I took to the trails. Logansport resident Scott Hathaway discovered the Kennekuk trails in 1983 and was a lifetime member of the Kennekuk Road Runners. Scott had a special love for running trails and introduced many

Logan area runners and walkers to the same trails I came to love. I remember meeting Scott, his brother Jack, and special friends Gary Davidson and Kevin Hatten several years before I moved to Kokomo. They were fixtures at the Kennekuk races and post-race celebrations and we became even better friends when I moved to Indiana. If you run trails and ultra races you will soon find you have friends wherever you travel as there is a special camaraderie with trail runners. On August 11 I was looking forward to scoring 30 of the 300 runners and walkers who toed the line at this year's HOWL. It just so happened that I was Scott's scorer and would be recording each of his 3.29 mile laps. As so often happens in life, God had a different plan. Scott's race ended at mile 2 of his first lap when he collapsed with a fatal heart attack. Despite the heroic efforts of two fellow runners (nurses who immediately started CPR) Scott's earthly journey had come to an end at age 52. Scott was a wonderful husband, father, and friend to so many. I have some special memories of Scott as do many of you. A few years ago a group of us was training for the HUFF50K and Scott who was notorious for getting lost had done so again. As I remember Scott I have a smile on my face and a peace that passes all understanding. I remember how happy we were that day on the HUFF course when we found each other and headed for home. I look forward to seeing Scott again and what a celebration that will be. Next year's Howl at the Moon trail ultramarathon will be held in memory of Scott Hathaway.

Run for Shelter and Western Invitational. This year's Run for Shelter at Oakbrook Valley was not a points race but many of you could not pass up the opportunity to run or walk on one of the best cross county courses in Indiana and at the same time help raise money for Coordinated Assistance Ministries. This year's race was much better organized, great refreshments, and family friendly with the \$40 family option. The rain did not make the scenic course any less challenging. It did help all the participants appreciate the efforts and times of the high school boy and girl harriers in the races to follow which included some of the top teams and individuals in Indiana. Our friends at Oakbrook Valley and CAM would very much like this race to continue and be a CKRR points race for 2008. I plan to support them when we vote on next year's race schedule.

On the Roads

By Johnny 'O



Retracing western steps taken 27 years ago

In mid August, my retired firefighter buddy and I recreated a 4,000-mile camping trip

that we took 27 years ago. Two long-time friends joined us this time. That was not the only thing that was different about this trip.

In the summer of 1980, Brian Black and I headed west to Yellowstone National Park. Our first stop was at the famous Wall Drug Store in South Dakota where we bought cowboy hats. Later that day, we ate buffalo burgers for dinner and camped under a huge expanse of stars in the windy and beautiful Badlands National Park.

During the next two weeks, we visited Mount Rushmore, the early stages of Chief Crazy Horse monument, the graves of Wild Bill Hickock and Calamity Jane in Deadwood, S.D., Devils Tower in north-eastern Wyoming, the Custer Memorial in Montana, and Yellowstone, Grand Teton, Jackson Hole, and Cheyenne in Wyoming.

Over the years, we talked and laughed about our adventure with Pat Rocchio and Tom Wren. Roke and I have been friends since first grade. We hooked up with Brian in the fifth grade and then Tom in our freshman year at Kokomo High School.

It never failed that when we finished laughing at one of our western stories, we all would agree that the four of us would repeat the trip "next year." Of course, next year never came – until now.

Tom was hit with cancer seven years ago. He had chemo and radiation treatments and was declared cancer free after five years, so we resumed our western-dreaming talk last year. After hearing for the umpteenth time our trip wish, my daughter Jamie made the four of us commit to the trip with our signatures on a "legal" document while at a Christmas party. Every time Jamie called from her home in Charleston, S.C., she would in-

quire about plans for our trip.

Unfortunately, cancer struck Tom again. We thought the trip was off, but Tom finished chemo treatments about two weeks before our scheduled departure. Tests indicated that Tom still had cancer, but his doctor encouraged him to go on the trip. Future treatment options will be discussed when Tom returns to Indy.

Back in 1980, I had had my fill of mud, bugs, and snakes while in the military. However, Brian convinced me to go camping in the west because we are both history buffs. We also were young and had little money for hotels, so I agreed to once again sleep on the ground.

I went camping only once since that western trip. One summer, Annie 'O and our two daughters Jamie and Jessica beg to camp out on our way to the East Coast. We survived camping one night. The three then pleaded with me to spend the next night in a motel. I gladly obliged since they had kept me up all night worried about bears, bugs, and noises in the night. When I repeated the western trip in 1982 with Annie, the kids, and other family members, we stayed in motels and cabins. My only other tent experience since then was my trip to Africa but I slept on a cot and not the ground.

In preparation for our trip this summer, I picked up a camping do's and don'ts list from a store. I was amazed at all the things a camper now "must have." Naturally, the modern outdoorsman needs a tent and sleeping bag, but when did a ground cover, cooking stove and utensils, a bucket and soap for washing dishes, a five-gallon water jug, air mattresses with an electric inflation pump, large and little electric lanterns, 50 feet of rope, fire starter, and survival kit become mandatory. The list seemed endless.

On our first trip, I was still under the influence of Army life, in which you do without about everything, so we only took a tent, sleeping bags, my Bowie knife, and the clothes on our backs. In fact, my sleeping bag was Jamie's. On the outside, it looked like the green and white "Spear-mint" gum wrapper. It even had Spear-mint boldly printed on it. On the inside, it was about as thick as a gum wrapper. When we got in the higher altitudes, I froze. One night, I was so cold I tried to warm my hands with a light bulb in a restroom.

As for eating, the main course was

baloney sandwiches. We did grill steaks and eat watermelon one night, and pizza on another. Water was not our drink of choice, so we carried none in our cooler.

For this trip, none of us had camping gear, so we reached out to family and friends. I did discover we still have the old Spearmint bag. However, Brian, Tom, and Roke knew all about my first experience with the gum bag so I could not trick one of them into using it.

We gathered more equipment and clothes than I know we will use. In fact, we had to rent a van to haul us and the gear west. We have a list of destinations and starting and ending dates, but we plan to stop when the mood strikes. It is the same plan that Brian and I followed 27 years ago. It is the only thing that has not changed.



Tom Wren (L-R), Pasquale Rocchio, and Brian Black pose beside a giant, concrete prairie dog at Cactus Flats, S.D., a few miles from the entrance to Badlands National Park. The stoned dog stands guard over a colony of very fat, peanut-fed prairie dogs, which live outside The Ranch Store.

Positive Initial Run for FIRRST'S

By Rebekah Kinney

As the school year begins and the fall approaches the 13 week novice women's program will be heading into it's off season mode. That is not to say that we will revert to lounging on the couch and soaking up television rays. It just means the goals we have set out to accomplish have been attempted and or will be pursued in the coming month.

We will still have a weekly group meeting on Wednesdays at 4 PM which will be a slight time difference than we were previously meeting at. Also, plans are in the works to have a weekend fun run in the month of September through

February plus there will still be three to four extra runs scheduled each week like we have been doing over the course of the program. So if you are still interested in joining the women's only program it is not too late.

There are several runs a head of us and plenty of time to get into a program to enhance and physically prepare yourself for the up coming season. The women that have become a part of this program are absolutely brilliant, extremely supportive and encouraging to other members, hardworking and dedicated to their fitness goals. They have made this program a success. It is more exciting now to attend the runs and encourage those ladies you

have trained with and see them hit those PR's or fitness milestones.

We will be having our 13 week closing party at Hacienda restaurant on August 31st at 7:30 pm, club members and anyone interested in joining FIRRST'S is more than welcome to come out and celebrate with us.

Again, much thanks and appreciation goes out to Charlie Skoog for encouraging the creation of a women's only program and for all the support he has given to it and to the board members for allowing the program to transpire. In good health.

Club Kokomo PR's At Cicero Sprint Triathlon

By Allison Irvin

It was a perfect day for the 24th annual Cicero Sprint Triathlon. Club Kokomo made a great showing. If anyone is looking for something new and a lot more exciting than just running, I recommend trying a triathlon. This was a perfect beginner's triathlon. The swim was 350 yards, the bike was 9.5 miles, and then you finish up with a 5k run. 352 individuals showed up to do their best. The average finish time was 1 hour 9 min and 11 seconds.

Club Kokomo Finishers include William Irvin 11th overall with a time of 51min and 40 seconds, Ron Moore 55 min and 40 seconds, Vernon Graves 1 hour 3mins and 48 seconds,

Allison Irvin 1 hour 4 min and 39 seconds, Teresa Long 1 hour 7 min and 41 seconds, Cheryl Marner 1 hour 9 min and 14 seconds, and Lisa Jones 1 hour 25 min and 04 seconds. Great job everyone.

Special thanks to Vernon Graves for arranging practice swims at Champagne Shores and also to Donnie and Tosha Rogers for letting us swim at Emerald Lake.

If any one would like to give a triathlon a try, a handful of us are doing the Mississinewa Triathlon on Sept. 8. Register on-line at https://active.com/event_detail.cfm?event_id=1420477 Don't miss out on all the fun.



Birthday List



9/1	Graysen Neer	9/13	Earl Strong	9/24	Ian Holtson
9/1	Katherine Kubicek	9/14	Larry D. Sullivan	9/25	Sam Williamson Jr.
9/1	Joseph Holtson	9/16	William Bennett	9/26	Teresa Barlow
9/2	Brianna Jones	9/16	Jan Stucker	9/26	Josh Daugherty
9/4	Ron Moore	9/17	Steve Kilcline	9/26	Mason McGovern
9/6	Anna Dollens	9/17	Sandy Knowland	9/26	Holly Hurlburt
9/6	Don Gifford	9/17	Corey Moore	9/28	Anne Elliott
9/6	Brandon Sheline	9/18	Barbara Hobbs	9/29	Brenda Rodgers
9/8	Michael Tetrault	9/19	Kaitlin Christenson	9/30	Carrie Lee
9/10	Nancy White	9/20	Tim Miller	9/30	Ernie Strawn
9/13	Michaelene Anderson	9/24	Glenn Artis		

Fast Times at the John Norris 5k

By Charlie Skoog

Fast Times at the John Norris Converse 5K. While not a trail run the Converse 5K is a favorite to many trail runners as well as all you road racers. Converse is one of the flattest races you will ever run and the wind never seems to be that much of an issue. When Mother Nature cooperates with cool temperatures times are guaranteed to drop and August 4 was no exception.

B. J. Needler continued his domination of local races with a 15:54 finish. Scott Colford showed he still has some speed in those marathon legs finishing a strong second in 16:07. The women's race was won by CK collegiate runner Annina Gruber in 21:06.

Several personal bests were set including a 22:19 by Allison Irvin and 12 year old new club member Waylon Coulter proved he was more than just a miler running 22:04 in his first 5K. Waylon is looking forward to running down some more of you "old" guys in the near future so your challenge will be to hold him off as long as you can!

CK walkers were out in force led by Rick Spencer's third place 30:51 and Mary Miller was the first female again in 33:04.

Thanks again to John Norris for putting on quality races at the lowest cost anywhere. Your dedication to and support of running and racing are appreciated



Clockwise from upper left: Joyce Pennycoff, Robin Cole and Rick Spencer, Allison Irvin setting a new PR, and BJ Needler and Scott Colford battling for the race win.

Meeting Minutes

Members present: William Irvin, Mark Shorter, Brian Reinhardt, Quinn Reinhardt, Kim Lee, Sylvia Bledsoe, Sylvia Burgin, Charlie Skoog.

Meeting was opened at 6:06 P.M. by William Irvin.

Financial Report given by Mark Shorter.

Old Business

Cost of Printing newsletter

Brian checked on cost of printers and cartridges

Large cost savings

Convenience?

Group effort – volunteer pool is large, actual volunteers are minimal

Charlie will make a volunteer list

Will discuss further next month

New Business

Written request by President for active membership in newsletter "From the President"

Agenda for next month's meeting in newsletter

Cost of Races

Discussion of number of entries versus cost of race

Cole Porter

Asked for a donation from Club Kokomo

Will help with timing in lieu of a dollar donation

Race schedule for next year will be done at next meeting

Motion to adjourn by Mark Shorter, seconded by Sylvia Burgin.

Meeting adjourned at 7:21 P.M.

Next meeting will be September 10, 2007, 6:00 PM at Grace Fellowship Church.

Nickel Plate Trail Race

By Brian Reinhardt

As a trial race this year we've decided to have a 5-mile run and 3-mile walk on the Nickel Plate trail. Since it was a bit of last minute decision it was also decided that it'd have no points in order to be fair to those who already had other plans. Peru typically hosted the Riverwalk trail run that didn't happen this year so it made sense to try to get something else up and going and this is what we came up with at a club meeting earlier this year.

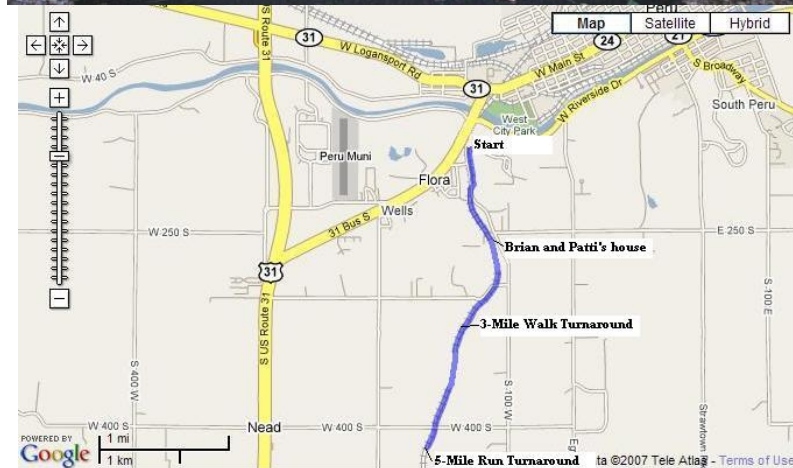
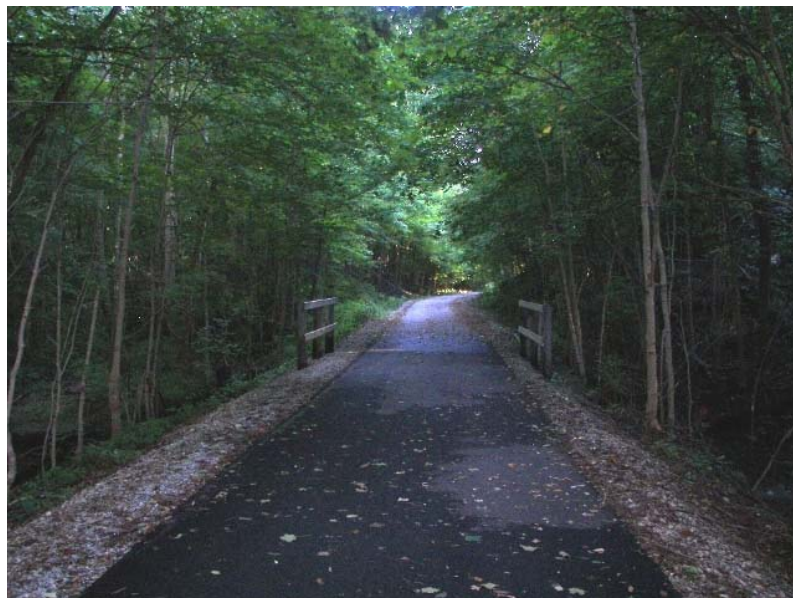
I sure do hope that you don't have other plans, though, because this is one of the best running and walking locations in the entire area. It's beautiful with numerous creeks and bridges, is almost entirely canopied by trees, and is smooth and runner/walker friendly with only a few road crossings. If you make it up for the race you'll be glad you did.

As I mentioned on the front page we'll need as many volunteers as we can get to take care of things like controlling traffic on the roads that we do cross, giving times at mile markers, help with timing at the finish, getting together goodies, etc. at the trailhead, and ensuring that all of the runners and walkers turn around at the right places. I suspect many will just want to keep going! Please let me know if you can help!

I wanted to point out that this is a public trail so there will probably be other runners, walkers, bikers, etc. on the trail while we're running/walking the event. Please be courteous and stay to the right at all times (except for the start, of course) and let others know as you approach. I don't expect it to be an issue at all, but proper trail etiquette goes a long way in developing good community relations.

Patti and I and the boys are excited to be hosting this event and we really do think you'll enjoy it and be ready to come back again next year. I suspect that after running on it that you may just decide to use it more than just for a yearly race or two and as it gets closer and closer to Kokomo as they get more paved it'll be even more convenient for many more of you.

Plan to kick back and relax after and don't forget to bring along your lawn chairs as well as a covered dish and something to drink. Club Kokomo includes some awesome folks and times like these are the best times to get to know many of them. What better way to spend a Sunday afternoon? Football will be there next Sunday.



To get to the race take Business 31 towards Peru and take the last right before the bridge over the Wabash River. The trail head is just 50 yards up on your left. If you'd rather park at Patti's and my house (recommended for those that are coming to the cookout) then just continue on for 3/4 of a mile south on Wallick Road. Our address is 2522 S. Wallick and we're on the trail side of the road just past 250 South. Please do not park in the parking lot for Exotic Tans as they are open on Sundays. To see the course go to <http://www.usatf.org/routes/view.asp?rID=157905>

Picture on left—bridge near the 2 and 4 mile marks on the 5-mile run. There are two more like this further on. Upper right—near where the walkers will turn around on their 3-mile walk.



Race Results

Club Kokomo Fun Mile
Wednesday, August 1
Highland Park

12:00 Noon Race

1. Charlie Skoog 7:52
2. Vicki Boles 8:46
3. Kathy Murdock 8:50
- 5 Finishers

6:00 PM Race

1. Waylon Coulter 6:17
5. Kim Lee 6:53
7. Quinn Reinhardt 7:53
8. Brian Reinhardt 7:53
11. Jerry Lambert 9:50 (First Walker)
12. Cindy Coulter 9:57
13. Tim Taflinger 10:12
18. Jackie Sanders 15:40
19. Brett Sanders 15:41
- 19 Finishers

2007 Norris Insurance 5K
Saturday, August 04, 2007
Converse, IN

Run

1. B.J. Needler 15:54
2. Scott Colford 16:07
10. Mason McGovern 18:33
11. Jeff Kuczera 18:37
12. Jordan Lee 19:28
13. Joe Rangel 19:33
14. Matt York 19:45
16. Ron Moore 20:19
17. William Irvin 20:20
22. Scott Riggle 20:58
23. Annina Gruber 21:06 1st Female
30. Michael Graham 21:35
32. Phil Rozzi 21:51
34. Waylon Coulter 22:04
36. Keith Hill 22:10
38. Mark Shorter 22:17
39. Allison Irvin 22:19
41. Nicole Parry 22:41
46. Ricke Stucker 23:12
47. Kathleen Bagwell 23:14
52. Kim Lee 23:27
54. Mike Deardorff 22:35
57. T.A. Weber 23:56
58. Jerry Meiring 24:02
59. Stan Shuey 24:10
61. Ken Swinehart 24:22
64. Russ Hovermale 24:44
66. Charlie Skoog 24:50
67. Mark Eads 24:55
68. Jillian Weaver 24:57
74. Patti Reinhardt 25:29
76. Vern Graves 25:35
77. Quinn Reinhardt 25:44
80. Sarah Lee 26:10
83. Joyce Pennycoff 26:43

86. Kathy Murdock 26:58
87. Heather Weber 27:02
88. Ryan Bagwell 27:16
90. Justine Eads 27:33
91. Vicki Boles 28:30
92. Dale Sullivan 28:36
94. Michael Lake 28:52
95. Jill Parry 28:59
98. Tom Sheridan 30:02
102. Robin Cole 30:50
105. Darcie York 31:19
106. Geana Moore 31:56
108. Vanessa Lorenz 32:06
110. Robert Cupp 34:13
111. Nicole Jackson 34:21
- 115 Finishers

Walk

1. Richard Haynes 28:48
3. Rick Spencer 30:51
4. Keith McAndrews 33:01
5. Mary Miller 33:04 1st Female
6. Tim Taflinger 33:07
7. Jerry Lambert 34:06
9. Steve Inman 36:01
12. Amanda Pena 36:25
13. Tony Lorenz 38:11
14. Robin Michael 38:35
15. Anna Dollens 38:47
17. Jane Inman 40:10
18. Raye Jean Swinehart 40:13
19. Brian Allen 40:25
20. Debbie Riffe 40:33
22. Milt Brown 43:17
23. Diana Brown 46:42
27. Pat Robertson 46:56
28. Emily Allen 48:47
29. Kathy Allen 48:47
32. Jackie Sanders 50:11
34. Darlene Jackson 51:32
35. Angela Lorenz 51:32
- 38 Finishers

Club Kokomo Fun Mile
Wednesday, August 8
Highland Park

12:00 Noon Race

1. Donny Smith 6:53
2. Stan Shuey 6:55
3. Roxane Burrous 7:14
4. Charlie Skoog 7:16
5. Joyce Pennycoff 7:49
11. Jackie Sanders 15:50
- 11 Finishers

6:00 PM Race

1. Scott Colford 4:51 (course record)
3. Waylon Coulter 6:18
5. Vanessa Lorenz 8:13
6. Nicole Jackson 8:18

7. Kathy Murdock 8:29
8. Cindy Coulter 10:18
9. Mary Miller 10:33 (first walker)
10. Amy Black 10:54
13. Toney Lorenz 12:05
14. Vince Lorenz 12:50
15. Angela Lorenz 13:21
- 15 Finishers

4 Mile Age Graded Run
Saturday, August 11th, 2007
Highland Park, Kokomo, IN

- | | Clock Split |
|----------------------------|-------------|
| 1. Doug Balogh | 28:34 24:04 |
| 3. Joe Rangel | 29:41 25:56 |
| 4. Carla Yerkes | 29:54 27:39 |
| 9. Brian Reinhardt | 31:15 24:30 |
| 15. Stan Shuey | 33:02 31:17 |
| 17. Ricke Stucker | 33:12 29:42 |
| 19. Brandon Sheline | 33:23 25:08 |
| 20. Robyn Pasington | 33:26 27:26 |
| 25. Matt York | 33:57 25:12 |
| 27. Mark Shorter | 34:09 29:39 |
| 29. Kaleb Hollingsworth | 34:14 26:14 |
| 30. Michelle Hollingsworth | 34:27 31:12 |
| 31. Chris James | 34:28 25:58 |
| 33. Katie Hollingsworth | 34:41 28:26 |
| 35. Kyle Starich | 34:52 27:07 |
| 36. Earl Strong | 35:23 29:53 |
| 39. Kathy Murdock | 35:48 35:48 |
| 40. Ben Bradshaw | 35:51 28:51 |
| 41. Michael Graham | 35:58 28:43 |
| 42. Waylon Coulter | 36:03 30:18 |
| 46. Nicole Parry | 36:24 30:24 |
| 50. John Norris | 37:11 36:11 |
| 53. Mike Deardorf | 37:34 32:34 |
| 54. Riley Case | 37:51 37:21 |
| 55. Keith Hill | 37:59 29:44 |
| 56. Quinn Reinhardt | 38:07 34:07 |
| 57. Darin Hollingsworth | 38:13 31:28 |
| 58. Patti Reinhardt | 38:18 35:03 |
| 62. Amy Piazza | 38:40 33:10 |
| 63. Jill Parry | 39:56 38:56 |
| 64. T.A. Weber | 40:12 31:57 |
| 68. Stella Rood | 42:07 37:07 |
| 69. Michael Rood | 42:07 34:22 |
| 71. Kathy Bagwell | 43:19 36:34 |
| 73. Megan Green | 45:31 38:46 |
| 74. David Reinagle | 45:32 37:17 |
| 75. Robert Cupp | 46:26 45:41 |
| 77. James Longwith | 48:48 43:03 |
| 78. Amber Longwith | 54:32 47:47 |
| 78 Finishers | |

5k Walk

1. Rick Spencer 32:07
2. Keith McAndrews 33:13
3. Mary Miller 33:19 1st Female
4. Tim Taflinger 33:57
5. Jerry Lambert 36:36
6. Amanda Pena 37:26
7. Anna Dollens 38:43
8. Nicholas Allen 41:06

10. Debbie Riffe 42:43
13. Sylvia Burgin 46:37
15. Jackie J. Sanders 49:01
18. Emily Allen 51:50
19. Kathy Allen 51:50
- 19 Finishers

Club Kokomo Fun Mile
Wednesday, August 15
Highland Park

12:00 Noon Race

1. Jaime Jackson 8:56
4. Jackie Sanders 15:45
- 4 Finishers

6:00 PM Race

1. Brian Reinhardt 5:32
2. Joe Rangel 5:57
3. Waylon Coulter 6:14
4. James Longwith 7:13
5. Charlie Skoog 7:14
7. Quinn Reinhardt 7:43
8. Nicole Jackson 8:09
9. Kathy Murdock 8:21
10. Geana Moore 9:26
11. Hannah Moore 9:29
12. Ron Moore 9:29
13. Jerry Lambert 9:57 (first walker)
14. Mary Miller 10:20
15. Sylvia Burgin 12:27
- 19 Finishers

Club Kokomo Fun Mile
Wednesday, August 22
Highland Park

12:00 Noon Race

1. Joe Rangel 5:54
2. Charlie Skoog 6:57
3. Roxane Burrous 7:03
4. Joyce Pennycoff 8:02
6. Jackie Sanders 15:41
- 6 Finishers

6:00 PM Race

1. Joe Rangel 5:53
2. Waylon Coulter 6:23
5. James Longwith 8:03
6. Kathy Murdock 8:18
7. Amber Longwith 8:32
8. Vicki Boles 9:27
9. Cindy Coulter 9:47
10. Brianne Boles 9:50
11. Jerry Lambert 10:02 (first walker)
12. Mary Miller 10:15
13. Tim Taflinger 10:22
18. Grace Bagwell 20:14
20. Graham Bagwell 20:15
21. Kathy Bagwell 20:15
- 21 Finishers

Club Kokomo Weekly Fun Mile
Wednesday, August 29
Highland Park Walk/Bike Path

12:00 Noon Race

1. Joe Rangel 5:50
2. Roxane Burrous 7:10
3. Stan Shuey 7:12
4. Charlie Skoog 7:34
5. Joyce Pennycoff 7:45
6. Ryan Bagwell 8:13
7. Jackie Sanders 15:42
8. Grace Bagwell 19:53
10. Graham Bagwell 19:53
11. Kathy Bagwell 19:53
- 11 Finishers

6:00 PM Race

1. Scott Colford 4:55
2. Brian Reinhardt 5:23
3. Joe Rangel 5:50
5. Lisa Thompson 6:27 (women's course record!)
6. Cory Jackson 7:01
7. Greg Sumpter 7:43
8. Mark Jones 7:56
9. Nicole Jackson 7:59
10. Quinn Reinhardt 8:05
11. Vanessa Lorenz 8:22
12. Kathy Murdock 8:26
13. Geana Moore 9:12
14. Jerry Lambert 9:59 (first walker)
15. Tim Taflinger 10:03
16. Mary Miller 10:05
17. Ryan Jones 10:28
24. Anna Dollens 12:24
25. Bob Longwith 13:19
31. Cathy Longwith 16:08
- 31 Finishers

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, JN converse, Age-graded, and any one marathon, half-marathon or volunteer.

Runners	40-44	Matthew Robertson 2-19	Mike Jones 2-32H	Walkers
Women	Michelle Hollingsworth 12-230H	Ben Bradshaw 1-10	Gary Jewell 1-20V	Women
0-12	Patti Reinhardt 11-180MHV	20-24	Brent Marner 1-20H	
Victoria Christenson 1-20H	Kim Anderson 1-20H	Justin Ashcraft 2-40	Greg Sumpter 1-20M	49-
13-19	45-49	Bryan Phillips 2-40	Ray Tetrault 1-20V	Mary Miller 14-260H
Sarah Lee 12-172H	Roxane Burrous 5-100H	Kevin Callaghan 1-20H	50-54	Amanda Pena 14-210V
Vanessa Lorenz 7-83V	Cassie Bauson 5-95H	Zach Overman 1-20H	Mark Shorter 15-234H	Jane Inman 13-170HV
Amber Longwith 7-82	Sandy Knowland 3-50H	Brett Sanders 1-10	Earl Strong 12-230H	Debbie Riffe 14-145V
Katie Hollingsworth 5-77	Maureen Prentice 3-47H	25-29	Mike Deardorff 13-164HV	Raye Jean Swinehart 11-132HV
Laura Bauson 4-70	Cheryl Marner 3-45H	Mark Eads 6-110H	Jerry Meiring 9-98	Emily Allen 9-71
Annina Gruber 4-67	Carla Yerkes 2-40H	Nathan Hovermale 2-35	Greg Townsend 7-94MV	Cara Lee 4-45H
Nicole Parry 4-57	50-54	Seth Daugherty 1-20	Russ Hovermale 6-69	Becky Christenson 2-32H
Waverly Neer 2-40	Lorene Sandifur 11-200HV	Matt Yarosz 1-20	Don Gifford 3-55H	Karen Jewell 1-20V
Nicole Jackson 2-29V	Robin Tetrault 10-155MV	30-34	Dave White 3-50HV	Darlene Jackson 1-7
Katie Christenson 1-20H	Robin Cole 10-127	Matt York 11-190H	Michael Campbell 2-40MH	Carol Savage 1-6
Emily Christenson 1-20H	Vicki Boles 5-95H	Ryan Bagwell 11-141	Tom Sheridan 2-17	
20-24	Jill Parry 4-67V	Keith Hill 9-125H	55-59	50+
Sarah Bauson 4-80H	Christine Williamson 4-59	Christopher James 7-120H	Ricke Stucker 15-230	Sylvy Bledsoe 11-220HV
Holly Hurlburt 3-52	Debra Perkins 2-32H	William Irvin 7-115H	Joe Rangel 10-200	Sylvia Burgin 14-190H
Grace Bauson 3-50H	Marsha Daugherty 1-10	David Reinagle 4-50H	Charlie Skoog 11-136V	Judy Smith 11-161HV
Megan Green 1-20	55-59	Ryan Hanlon 2-17	Tom Miklik 8-112HV	Pat Robertson 12-138HV
Stephanie Overman 1-20H	Joyce Pennycoff 14-270HV	35-39	Phil Leininger 6-80H	Diana Brown 7-79
25-29	Rhenda Acton 12-190HV	Scott Colford 10-190MH	Steve Wand 4-62HV	Cynthia Sanders 8-78V
Kathleen Bagwell 12-207H	Kathie Barnett 2-30V	T.A. Weber 10-130H	Fred Chew 3-50H	Kathy Allen 8-76
Allison Irvin 10-170H	Barb Wand 2-30V	Scott Riggle 7-117H	John Wiles 3-50HV	Anna Dollens 2-40
Rebekah Kinney 7-104H	Anne Wiles 2-30V	Jeff Kuczera 6-105	Steve Kilcline 3-41V	Angela Lorenz 4-36
Jillian Weaver 8-98	Shirley Wilson 1-10	Vernon Graves 8-104H	Chris Smith 1-10	Diane Gifford 1-20
Justine Eads 6-81H	60-64	Michael Lake 8-91H	Bill Cox 1-9	Men
Karen Bush 5-67H	Kathy Murdoch 4-80	Donny Smith 6-79H	60-64	
Kelly Wright 2-40HV	Doris Griffith 3-55V	Mitch Reeves 1-20H	David Hughes 7-125	49-
Shannon Reinagle 2-30H	Susan Gerhart 2-40H	Travis Sheets 1-20H	Doug Mankell 6-105H	Steve Inman 12-240HV
Brianne Boles 2-28H	Trudy Pierce 1-20H	Dennis Ball 2-19	Sam Williamson, Sr. 4-62	Brian Allen 13-200HV
Michelle Tetrault 1-20V	Men	Michael Rood 1-15	Bill Barnett 3-50V	Nicholas Allen 4-56
30-34	0-12	40-44	Walter Brown 2-30	Tim Revils 3-37
Darcie York 9-155H	Joshua Revils 7-130	Michael Graham 15-207HV	65-69	Bruce Savage 1-10
Jeanette Merritt 8-117H	James Longwith 7-112	Brian Reinhardt 12-205MH	Stan Shuey 12-215	50+
Geana Moore 5-70	Quinn Reinhardt 5-80V	Dana Neer 9-170HV	John Norris 8-145H	Rick Spencer 12-230H
Amy Piazza-Graves 4-70H	Waylon Coulter 2-40	Darin Hollingsworth 12-140H	Dale Sullivan 8-116	Tim Taflinger 15-195H
Robyn Pagington 3-60	Nicholas Webster 1-20H	Ron Moore 6-92H	Charles Johnson 1-20H	Keith McAndrews 12-192MH
Lisa Stucker 1-12	13-19	Dan Lutes 3-60MH	Darrell Pennycoff 1-12	Jerry Lambert 12-145HV
Dona Smith 1-10	Mason McGovern 7-125	Brandon Mink 3-40	70+	Rocky Smith 10-122HV
35-39	Brandon Sheline 5-100	Mark Webster 2-30H	Robert Cupp 11-167	Jackie Sanders 13-113V
Heather Weber 9-160HV	Jordan Lee 6-94H	Mike Williams 2-30H	Bill Heck 7-135V	Robin Michael 7-74H
Lisa Jones 9-157H	Jesse Bauson 5-82MH	Shawn Mayfield 1-20H	Riley Case 3-60	Milt Brown 7-69V
Teresa Long 2-40H	Kaleb Hollingsworth 4-55	Don Rogers 1-9		Russell Fox 2-35H
Lisa Birkhimer 2-30H	Peter Bauson 4-54H	45-49		Toney Lorenz 4-32
Tami Moore 1-20H	Tony Robinette 2-32	Al Hochgesang 9-160		John McGinty 3-25
Stella Rood 1-20	Kyle Starich 2-22	Ken Swinehart 11-143HV		Melvin Hobbs III 1-20H
Gina Sheets 1-20M	Keith Bauson 2-20	Kim Lee 10-140H		John Robertson 2-15
Shelly Wyman 1-15	Carl Christenson 1-20H	Eric Mathew 9-131MH		Jim Burrous 2-11
Jennifer Mayfield 1-10	Andrew Swinehart 1-20H	Mark Rodgers 5-69H		
	Sam Williamson, Jr. 1-20	Phil Rozzi 4-65		
		Byron Bundrent 3-60		
		Bill Bauson 3-37H		

Seafair Marathon and Half-Marathon

By Bill Bauson

Last July, the Bauson family spent a week in Seattle, Washington visiting Bill's parents and siblings. While there, some of us ran in the Virginia Mason Team Medicine Marathon and Half Marathon.

Laura:

Though I did not participate in any part of the Bellevue race, I feel that as a member of the Bauson family, I should be included in this article as well. Actually, the inspiration for this rendezvous came from a flier that I found in my Detroit Free Press Marathon pack in October. I pointed out to my mother that we would already be in Seattle at that time, and it would be a wonderful opportunity to run my second marathon! I guess the family caught on to the idea. As it turns out, I ended up going to a month-long retreat in the Upper Peninsula of Michigan through InterVarsity Christian Fellowship. So, I didn't get to race with my family, but I thought of them that day as I was out for my morning run.

Sarah:

I always enjoy going to Seattle because it's a nice city with a lot of things to see and do. I had fun doing the Seafair Half Marathon. The day before the race we went to a milk carton boat race which was also part of the festival. People made some pretty unique and elaborate boats using milk jugs and cartons as the flotation device. We ran through the city early Sunday morning. The full marathoners started out led by a boatload of pirates who also handed out medals at the end. The course was good with some hills and the weather wasn't too hot. Afterwards we enjoyed time with family and had fun exploring more of Seattle.

Grace:

Even though I was excited about running in the Seattle Half Marathon, I dreaded the hills. In our Expo packet we had received an elevation chart which was not encour-

aging to a native of the northern Indiana flatlands. However, on the day of the race, my qualms were nearly forgotten in the excitement. All of my family, except for Keith and Laura, were there. A huge pile of balloons waved over the start line, in front of which was the Seafair boat filled with rowdy pirates. They led the marathon runners and bestowed medals on the finishers, occasionally getting their exercise by running the last two meters with someone. The hills were not as bad as I had expected. In fact, the mild Seattle weather and the trees helped to make the experience fun and rewarding. Even though we did not all run together, I really enjoyed doing the Seattle half marathon and marathon as a family.



Peter:

The Seafair Half Marathon in Seattle is the first half marathon that I have ever done. With the exception of two short races, I had no training (oops). I ran with my dad the whole way. We ran for a while, and then we would stop and stretch. About five or six miles away from the end, we both started cramping up a little. By the time we were in the last mile, we would barely get anywhere before stopping to stretch. We decided that after one more stop, we would make it to the finish line. One more stop... and a hill! We had to stretch twice, but we finally made it. I was proud at the end when they announced my name at the finish, and the food was refreshing. It was fun! I may do another one some time.

Jesse:

Hello all! Well, the Seattle Marathon was a blast... except for while I was running the last half. Some common knowledge advice you should take that I did not is to train before the race. Don't go into a marathon cold turkey. Yeah, that was a mistake on my part. Still, everything about the race was pretty neat. There were pacers, volunteers, and everything necessary to run a marathon properly. All in all, I had fun and enjoyed the marathon. (This was Jesse's first marathon – Bill)

Bill: I really had a good time running in the Seattle Half Marathon. I spent my high school years in Seattle, but I had never run there. It was pretty neat seeing the city from a different

perspective. There were plenty of hills, but they weren't too bad. The weather was great, too. I even met someone from Lafayette on the course! We were both wearing our Indianapolis Mini Marathon hats. Besides running in the race, we spent time with my family, walked on the beach, and generally had a good time.

Cassie:

After Laura pointed out the marathon and we realized it would correspond with our vacation to Seattle, I started investigating and Jesse and I signed up for the marathon and Peter and Bill for the half before the prices went up. None

of the girls knew exactly what they'd be doing for the summer so they didn't sign up at that time. Unlike Jesse I did train and had gotten through my 18-mile run before I realized it wasn't going to happen. I'd had some pain in my heel and was trying to get that treated, but one day after a 4-mile run, I grimaced every time I walked the rest of the day and it wasn't just my heel. I might have a stress fracture. In any case, I went to the Seattle marathon and watched everyone finish. At least I didn't have to be nervous and not sleep the night before. It was a nice day and we had a great vacation. And I am anxious to get back into running again.

2007 Race Calendar

Sept 16 (non-points)
Club Kokomo 5 Mile Run/3 Mile 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: 8 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 (non-points)
CKRR Thanksgiving Day Fun Run
Time: 8 AM
Location: Highland Park

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

September 8
Mighty Mississinewa Triathlon
Swim 500 yards
Bike 16.6 miles, Run 4 miles,
Swim 500 yd
8:30 AM
Larry Brown (765) 473-6528

September 15
Dick Lugar Run and Walk 5k/10k
8:00 AM
Butler University
Don Carr (317)733-3300

September 29
Hoosiers Outrun Cancer 5k
10:20 AM
IU Memorial Stadium, Bloomington
Bloomington Hospital (812) 353-5000

Left: Joe Rangel, the top Club Kokomo age-graded finisher.

Right: Kathy Bagwell and Rebekah Kinney enjoy the Age-graded together.

Other Race Results

Sunburst Marathon
June 2, 2007
South Bend, IN
1. Chad Ware 2:34:31
1w. Shannan Rieder 3:18:20
461. Greg Sumpter 5:19:14
525 Finishers

Seafair Marathon and Half Marathon
July 8, 2007
Seattle, WA
Marathon
1. Paul Rugut 2:27:35
1w. Larisa Mikhaylova 2:53:21
263. Jesse Bauson 4:31:23

473 Finishers
Half-Marathon
1. Celedonio Rodriguez
1:07:00
1w. Malika Megdovb 1:18:45
466. Sarah Bauson 1:55:59
482. Grace Bauson 1:56:38
1141. Peter Bauson 2:30:10
1142. Bill Bauson 2:30:11
1621 Finishers

Run for Shelter 5k Run
August 25, 2007
Oakbrook Valley
1. Mark Massengill Jr. 19:30
6. Michael Graham 23:58
7. Eric Mathew 24:03
8. Waylon Coulter 24:18
9. Charlie Skoog 25:47
14. Karl Stoneking 28:26
16. Megan Green 29:08
17. Shelly Wyman 29:09
18. Joyce Pennycoff 30:17
19. Lisa Stucker 30:49
23. Robin Cole 34:12
26. Paul Wyman 38:02

32. Sylvia Burgin 47:50
32 Finishers
Run for Shelter 5k Walk
1. Rick Spencer 37:44
2. Tim Taflinger 38:01
7. Ray Bradway 42:15
14. Sherry Stoneking 46:57
18. Diana Brown 49:22
25. Jack Sanders 53:05
27 Finishers