

October 2007

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Next Race
October 20
John Norris 5-Mile
Run and 5k Walk
Time: 8:00 AM
Bunker Hill, IN

BeeBumble Lives Up to It's Name

By Brian Reinhardt



Robin Tetrault and Scott Colford race for the win in the 10k event. Oh, okay, you got me—Scott was really just encouraging Robin as she finished her race—not only a fast runner, but a great guy as well.

If you made it over to Bur-
nettsville for the BeeBumble this
year then you know that they
added a new twist this year—live
bees! Okay, I'm just kidding—I'm
sure they had nothing to do with

the bees, but there
were lots of them and
they made their pre-
sense felt, literally.
I was standing near the
starting line just waiting
for things to get going
when I got a sharp pain
in my left hand. I
grabbed for it and no-
ticed a bee flying away,
having done it's duty. I
actually thought to my-
self, "Isn't that appro-
priate?" and didn't give
it a second thought un-
til I saw Mary Miller
hopping around and
slapping the side of her
head.

That, of course, gives
one reason to pause
and wonder what they heck was
going on. Well, it turned out that
she'd also had a bee problem, but
hers was a bit more serious—the
bee had flown into her ear!

A local paramedic worked on
her for 10 minutes trying to get
the bee out of her ear with no suc-
cess (thing had found a new
home). But Mary is tough and she
lined up ready to race anyway and
although we were 15 minutes be-
hind schedule we all lined up ready
to go as well.

There's really nothing that
anyone could have done and it cer-
tainly wasn't any fault of the or-
ganizers who once again put on a
spectacular event. Bees are bees
and they do what bees do—"bee"
a pain in the.....

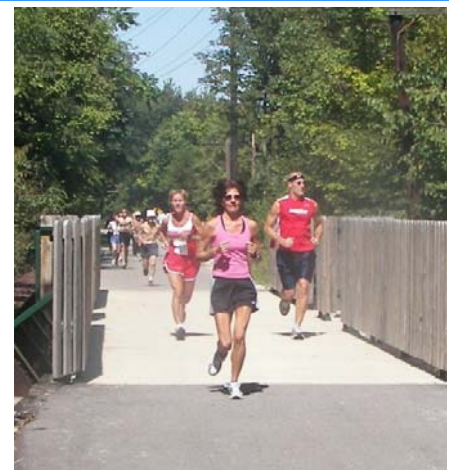
Once the race got started it
didn't take long to sort out as the
5k run and walk and 10k run all
had dominating performances on
both the male and female sides.
The 10k run was won by our own
Scott Colford with a course record
time of 34:18. I know he won by a
landslide because I was second
nearly 5 minutes back! The only
other run (continued on page 2)

Nickel Plate Trail Fun Run and Walk

By Michaelene Anderson

Greetings! I am a nurse by
profession, but thanks to the invi-
tation of a wonderful friend Cindy
Bernard I joined the Break Away
Bike Club here in Kokomo this year
and have been riding since May.
So now I am an RN on wheels!
However Charlie Skoog, also a
biker, invited me to think about
joining FIRRST which is a ladies
group of runners directly associ-
ated with the Club Kokomo Road
Runners. My first reaction was
terror. Run? Me run? I get out of

breath just walking to the mail-
box! I joined anyway and Re-
bekah Kinney and the group of
women I have gotten to know
have truly been an inspiration.
Rebekah has been my confi-
dence, my balance, my encour-
agement and my fellow women
runners never pass me without
a "good job" as I putz along.
Patti Reinhardt is one of my he-
roes. When I talked to her
about how she got started I
thought (continued on page 6)



From the President

By William Irvin



From the President

As most of you know Sara Miller has been battling cancer for quite some time now. She is again going through a very rough period of time and she is really in need of our support. Please take a moment and send Sara an email letting her know that you are thinking of her and that she is in your thoughts and especially your

prayers. Sara is a wonderful person and would love it if her running family would take just a minute out of you day. You can email Sara at saramiler@earthlink.net. We are all praying for you Sara - keep your spirits up!

CY2008 Race Schedule

The 2008 race calendar has been voted on and approved by those who attended the September meeting. There are two possible additions to the race schedule, Kim Adair's Scholarship Run (or Kim's Run) and CAM Race out at Oakbrook Park. More information was requested on these two races prior to officially adding them both to the race schedule. One definite addition to the race schedule was a Club Run on the Nickel Plate Trail in Peru directed by Brian Reinhardt. All races for the 2008 calendar year can be seen on the official race calendar.

Mississinewa TRI

Great job to those who tackled the Mighty Mississinewa Triathlon! Congratulations to Larry Brown and the Department of

Natural Resources (DNR) crew for another great year. Race conditions for race day were temps in the 70's-80's with high humidity, but overcast skies. For more on the Mighty Mississinewa TRI read Ron Moore's article.

October 1, 2007 Club Meeting Agenda

-At the September meeting, more information was requested on the printer for the Club to begin printing their own newsletter prior to making a vote. Once the information has been reviewed the vote will take place.

-2008 Race schedule will be officially set for the 2008 calendar year with the information requested from Kim Adair's Scholarship Run and from the CAM Run. If the information requested is not provided the runs will be taken off the race schedule for 2008 and reviewed again for 2009.

BeeBumble (continued)



Seth Daugherty was back from St Louis and came in 2nd in the 5k event.

won by a club member was a drug-induced Mary Miller pulling out a resounding win in 32:29.

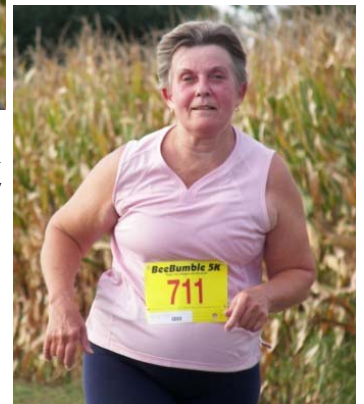
I'm sure I mentioned this last year and I'll mention it again this year but you've got to add this race to your schedule for next year. They really do put on a wonderful event and EVERYONE goes away happy. From the friendly faces that greet you at every turn, to the well organized packet pick-up, to the amazing goodie bag, to the plentiful post race feed, to the very nice awards everything is done top notch and without a hitch.

It was a group of our walkers that turned us on to this race last year and convinced us to add it to our race calendar. It sure was a good idea. We had 37 club members last year and were up to 54 this year—



More than one of you will understand why I only show "Chicken Legs" Steve Wand from the waist up.

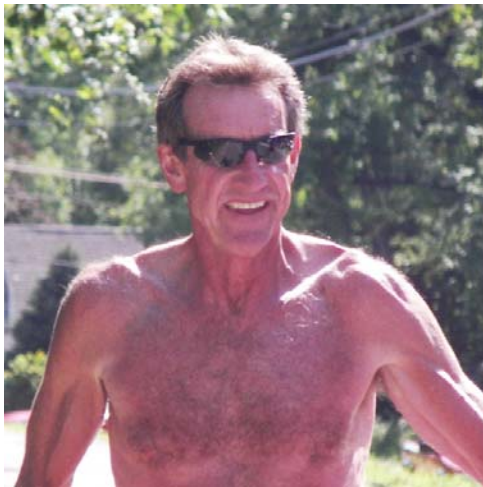
an indication that word of mouth about how good this race is does work. It's already been added to the calendar for next year so try to be there if you want to enjoy a great small town run and walk.



Pat Robertson was one of the walkers who convinced us to add the BeeBumble to our race schedule.

On the Trails

By Charlie Skoog



eclipsed his previous mark by 3 seconds and won the race. During the evening session Scott Colford took another shot at Byron Bundred's all-time club record 4:50. Scott, recovering from his recent victory at the Howl 8 Hour Run, managed a gritty 4:55 in sweltering conditions. CK's very own newsletter editor, Brian Reinhardt was chasing Earl Strong's 5:19 mark in the 40-44 category and came up just short with a 5:23. 'Smokin' Joe returned for the evening race and duplicated his Noon performance with another 5:50! Women's course record holder, Lisa Thompson, made her final appearance of the year special with a 6:27 new course record. Lisa has the heart and desire of a champion and is the starting center on Indiana Wesleyan's basketball team which went undefeated last year and won a national championship. Lisa graciously thanked us for providing her an opportunity to compete and improve throughout the sum-

mer. Lisa is in the best shape of her life and we helped get her there. Go Lisa!!

At the September Club Meeting the decision was made to continue the Fun Mile as long as a significant number of runners and walkers keep showing up. Numbers at the evening session remain strong but the Noon race has dwindled since the kids are back in school. We have decided to continue the Fun Mile EACH Wednesday in October at Noon and 6:00 PM. The FIRST Wednesday of EACH month club members will be eligible to run for club records. In November the evening session will shift to a 5:30 PM starting time. There will be a Noon version of the Fun Mile on the first Wednesday of EACH month and possibly every Wednesday if enough people want it. For questions or to volunteer for the fun mile call (765) 457-2607 or runckrr@aol.com.

Records Continue to Fall at Fun Mile

Despite near record heat more records fell at the August 29 session of Club Kokomo's popular Fun Mile Run & Walk. 'Smokin' Joe Rangel came out firing at the Noon race and clocked a 5:50 which

Birthday List

10/2 Nancy Kubicek	10/7 Kavita Kataria	10/15 Sarah Lee
10/4 Mark Malin	10/8 Mary Miller	10/16 Jenna Bradway
10/5 Riley Jones	10/9 Rick Spencer	10/17 Landrum Neer
10/5 Jeff Perkins	10/12 David A. Hughes	10/21 Anne Wiles
10/5 Natalie Weber	10/13 Keith Kruger	10/23 Peter Bauson
10/6 Ashley Taflinger	10/13 John Robertson	10/23 Ricke Stucker
10/6 Maureen Prentice	10/13 Sam Williamson Sr.	10/23 Rebekah Kinney



10/25 Henry Johnson
10/25 Brent Marner
10/28 Zach Miller
10/30 Vicki Boles
10/30 Katie Mavricks
10/31 Geana Moore
10/31 B. Scott Riggle

New Members

Waylon Coulter
Cory Jackson
Jaime Jackson
Aubrey Jackson
Mark Malin
Ronda Malin
Mandy Malin
Carmen Malin
Jonathon Malin
Jennifer Ogle

Welcome to CKRR!

Other Race Results

2007 Howl at the Moon August 11, 2007 Kennekuk Cove County Park, IL 1. Scott Colford 59.22 1w. Marla Luckey 51.85 52. Roxane Burrous Walton 38.69 84. David Hughes 34.90 138. Phil Rozzi 30.61 208. Robin Michael 26.32 246 Competitors	1. Scott Colford 52:18 1w. Jackie Dickos 55:32 15. Brian Reinhardt 58:37 45. William Irvin 1:06:29 101. Ron Moore 1:13:17 126. Allison Irvin 1:15:43 173. Don Gifford 1:20:20 174. Lorene Sandifur 1:20:23 176. Mike Deardorff 1:20:34 244. Mark Rodgers 1:26:58 257. Patti Reinhardt 1:28:21 313. Michael Lake 1:44:19 341 Finishers	478. Diane Gifford 38:32 525 Finishers Circle of Life IU Mini Marathon September 8, 2007 Bloomington, IN 1. Mario Macias 1:09:01 1w. Camille Herron 1:21:48 1035. Melvin Hobbs III 2:57:34 1130 Finishers Stumpy's Marathon September 9, 2007 Newark, DE 1. Dave Bursler, DE 3:41	4. (1F) Lenore Studt, PA 4:24 5. Dan Lutes, IN 4:26 22. Earl Strong, IN 5:29 61 Participants Lake City Half Marathon September 15, 2007 Warsaw, IN 1. James Kennedy 1:09:09 1w. Melissa Gillette 1:22:59 67. Ray Tetrault 2:25:14 68. Robin Tetrault 2:25:14 74 Finishers
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On the Roads

By Johnnie 'O



'Roughing it' taken out of camping

In recreating a 3,500-mile camping trip that I took with a buddy 27 years ago, I discovered some things have changed but others

have remained the same.

In the summer of 1980, Brian Black and I headed west to Yellowstone National Park. 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 freshmen 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 this year.

In August, we loaded camping gear in a rented van, and headed west. Our destination points included Wall Drug Store, Badlands National Park, Mount Rushmore, Chief Crazy Horse monument, graves of Wild Bill Hickock and Calamity Jane in western South Dakota., Devil's Tower in north-eastern Wyoming, the Custer Memorial in southeastern Montana, and Yellowstone, Grand Teton, and Jackson Hole in Wyoming.

In preparation for our trip, 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." We secured most of the "must have" items from family and friends, but we discovered that what Brian and I took on our first trip - a tent and sleeping bags - was all that we needed.

Americans have taken the "roughing it" out of camping. Our air mattresses were not needed. The camp sites were well groomed. There were no tree roots or rocks protruding from the soft ground. We did cook several dinners over an open fire, because we had purchased the food prior to the trip. However, we did not have to cook. Yellowstone has modern-day cafeterias within walking distance of its major campgrounds. Most campgrounds had showers, but you have to pay extra for them at the national parks. Many sites even had indoor sinks for

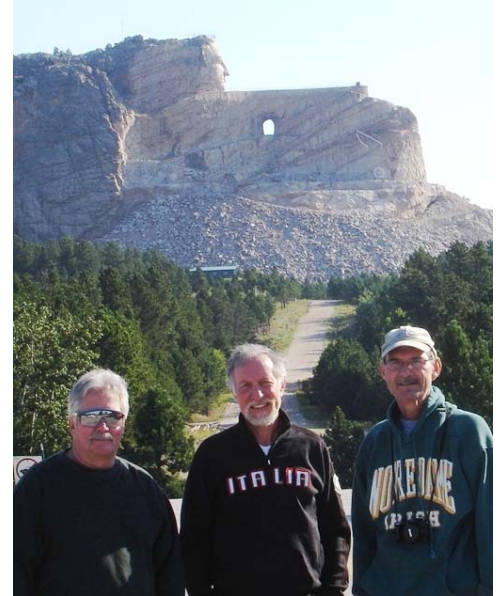
washing cooking utensils.

Other changes on the trip included:

- Badlands National Park has a beautiful, air conditioned visitor's center. Near the entrance at Cactus Flats, a store sells peanuts to visitors, who in turn feed them to prairie dogs. The dogs are obese compared to their lean brethren in the park. Once again, the fat dogs confirm that man should not mess with Mother Nature.
- Gambling has rejuvenated Deadwood, S.D. The old buildings have been refurbished and there are new buildings to accommodate the 21st century card sharks. A bronze bust of Wild Bill now adorns his grave, and you have to pay a \$1 to see it and Calamity Jane's resting place.
- The infamous Sturgis (S.D.) Motorcycle Rally was drawing to a close when we arrived in the area, but thousands of leather-clad Harley riders were still prowling the roads and towns. A lot of the cyclists had grey hair and hauled their bikes on trailers. I did see a beautiful girl get off her bike and go into Wall Drug Store. She was wearing a bikini top, leather chaps, and a thong. We thought about waiting to see how she would remount her Harley after it had been sitting in the 100-degree heat, but we had miles to go before we slept.
- Mount Rushmore has expanded its visitors' center and enlarged its viewing area, but the Chief Crazy Horse monument changes were even more amazing. When I first visited the Crazy Horse site, there was just a small visitors' center connected to the



Pasquale Rocchio (L-R), Tom Wren, and Brian Black with Grand Teton mountains in background.



Chief Crazy Horse monument starting to take shape.

sculptor's house, and you had to look at a drawing to understand what was happening on the mountain. Now, the chief's face is visible, and the visitors' center has expanded into a large Native American museum, gift shop, and restaurant.

- Yellowstone National Park had more viewing areas. The park's main campgrounds were short walks from shopping complexes, which included lodges, restaurants, grocery and retail stores, and visitor centers. There also seemed to be more viewing areas in Grand Teton National Park.
- Jackson and Cody, WY, have been Gatlinburgized. When I first visited these towns, they were quaint and vintage western. Now, they are loaded with shops, restaurants, and people. Jackson still has elk horns adorning its central square and the Million Dollar Cowboy Bar, but the bar's lunch prices now fit its name. The bar's counter seats are saddles. However, most people, including my comrades and me, straddle the saddle for a picture and then headed to a table with conventional chairs. The bar is loaded with stuffed animals and mounted horns. There's a stuffed grizzly bear with a plaque that states a well-known hunter killed the bear by shoving his hand and arm down the (continued on page 5)

Flatlanders 12 Hour

By Travis Sheets



I asked Trav to write a “few lines” about what is like to have a family member run an ultra. His few lines became a short story so I will briefly add my thoughts at the end.

When we arrived on Saturday

morning, Gina wanted to pick up her packet. The Park where the run was held was not far from the motel so we headed that direction. We were met with many friendly faces as we were both handed packets. Frantically, my hands went up, as to say stop, and I jokingly said “no, oh no I’m not a crazy person”. Of course I was implying that they were. You have to admit that one must be a little “not right “ in the head to put themselves through something like this.

At the beginning of the race, Gina took off and I stayed around for about an hour. I was itching to go to the Bass Pro Shop and then try my luck on the banks of the Merri-mac River. I had 12 hours to do it all. But for not, I wanted to make sure Gina was going to be okay.

It’s really pretty neat to meet all the “crazy” people’s spouses. Everyone sort of sets up camp for the day; I mean they bring everything that they might possibly need. The lady across the path from me said her husband begins well in advance of the race focusing on his goal. He begins packing sev-

eral days before hand and doesn’t leave out anything. She said “you know even if he gets bit by a snake, he probably has his snake bite kit over there”. Over there meant, located in their mini camp site. Most of us had a lawn chair and possibly a cooler set up and they had several gallons of water, four coolers, and several duffel bags along with their chairs. They have three children and use their vacation time to run ultra races all over the U.S.

Gina looked good so off I went to the Bass Pro Shop. I just love that place! I spent a couple of hours there, made my much needed purchases, and headed to the Merri-mac River. It was getting hot by now so it was really necessary to find a good shade tree with a big rock under it so that I could be as comfortable as possible. The temperature on the big sign down the road read 98 degrees. It just didn’t seem to be right to be sitting while fishing in the shade.

It was really difficult to concentrate too much on fishing knowing that Gina had to be miserable running in the heat. I was only a couple of miles from her so I did some check-ins during the day and I gave fishing up all together when it came down to the last couple of hours of the race. I knew that that would be the most difficult time for her.

Sure enough, she was beginning to wilt, but I was pretty sure that she was number one or two female. When I realized that, I knew that if she were able to gain an additional 10 miles from the 50 she was, she would be for sure the number one female. I offered to run the last 10 with her if she would be willing. Well, she was not willing. She was really hurting, but she still looked good. You really could not tell that she was hurting that much. So she continued on her

way and only making one request...she wanted sweet tea. McDonald’s down South have really good sweet tea.

Next to our campsite was an older couple (in their 70’s). They were interesting as well, as they are retired and travel race to race. I believe they did over 30 miles during the 12 hours. The Mister was a retired engineer who was very chatty. It tickled me that they gave up 11 hours in to the race to sit in their lawn chairs and drink some long necks and root everyone else on. Gina said that will be us one of these days. I hope she is right.

Finally, we were beginning to notice the sun setting and a bit of heat relief was in the air. The runners were to take a flag and begin their out and back to gain as many additional feet as possible. Really it was sort of a subdued finish as each participant bent over to stick the flag in the ground and attempted to stand up straight again. I have a different since of humor and find things like that funny.

We found out that Gina was the second female during the awards ceremony and I thought that was quite an accomplishment.

Okay this is what I have to add to his few lines. This was my first 12 hour ultra. I have been training on trail to really prepare for the JFK 50 miler in Maryland in November so this 12 hour seemed to be low key. I forgot that running on trail vs. running on a paved bike path would be vastly different after seven hours – ouch!!! The course was a 1.4 mile loop that seemed to be flat until the 8th hour and hills then mountains began to appear.

I really do not (continued on page 7)

On the Roads (continued)

bear’s throat and biting the bear’s jugular vein until the animal passed out. The hunter then beat the bear in the head with a stick.

- Cody was the most disappointing place I revisited. Named after Buffalo Bill Cody, the town’s main attraction for me 27 years ago was its Hotel Irma, which Bill named after his daughter, and the hotel’s beautiful dark, wooden bar. The bar now

is a lunch counter, and the hotel sports a fake cowboy shoot out every afternoon.

However, some things never change. The beauty and wildness of the prairie and mountain landscapes are unsurpassed. At night, your view of the universe is so immense that it’s like the TV pictures from the space shuttle. Seeing grazing bison, elk, moose, mule deer, Rocky Mountain sheep, and antelope in their natural habitat is thrilling and unforget-

table. Having an old fashioned cheese burger and beer and a friendly conversation with the bar tender at a “hunter’s” bar on a hot Sunday afternoon in Greybull, Wyo. pushed aside the disappointment of Cody.

And, of course the joy of being with long-time friends never changes. Brian and I laughed our way out west and back 27 years ago. We laughed our way out and back with buddies, Tom and Roke, this year.

Lake City Half-Marathon

By Robin Tetrault



Ray and I ran a half marathon at Winona Lake on Saturday, September 15th. We left home after work with some quick packing. About an hour into the trip I asked Ray if he had his running shoes. I should've asked that question an hour ago....Oh no!

The only shoes he had were the ones he was wearing. OLD running shoes for "sloshing around" do not make good shoes for a half marathon - **especially** for his first long run after knee surgery! We decided to decide what to do when we got to Warsaw.

We found the packet pickup and pasta dinner then decided to find the race starting line because it was going to be dark out in the morning. We found everything with some help from the native population, and then went in search of a running shoe store. LOL Right! Well, we settled for a Dunhams. We had success and Ray would not have to run barefoot!

We decided to "rough it". We camped out in our van in a beautiful campgrounds west of Warsaw. We had a very comfortable night's sleep after a blazing fireside chat. Ok, maybe a little flicker fireside chat. It was a beautiful, starry night with a forecast for a perfect day for running on Saturday.

Race day was cool and overcast with a promise of sunny, warm weather. It didn't get too warm, which was a good thing. The sun did come out with a light breeze. I gave Ray the Garmin when I stopped to bandage a blister. That was not very smart on my part. Ray is always figuring in his head..."this pace will give us this time..." It was good, though, and he helped us to finish with a time of 2 hours 25 minutes. WE were BOTH very pleased with the time. It gave us hope that he can finish the full marathon next month.

We highly recommend the ½ marathon as it loops around the town that is very lovely. It was really fun to be running a half marathon for a change. We knew we were done when we got to 13.1 miles....not only **half way** done! It was a very nice feeling... especially for Ray!

Nickel Plate Trail Fun Run and Walk (continued)



Lisa Jones and Stan Shuey enjoy the Nickel Plate Trail on a gorgeous sunny, cool day.

was a triumphant day! I jogged along in my usual manner while my good buddy Cindy walked and before I knew it a mile was gone and then on to the second. I didn't run to entire race, just the walkers portion but still it was absolutely wonderful and gave me a sense that anything was possible.

The event started with a prayer given by Captain Coyote which was beautiful and inspiring. There were runners of every endurance level, fast paced walkers, walkers and then me - the

"gliding jogger". The day was perfect the temperature also perfect and at the end we were treated with a cool popcicle then off to a wonderful pitch-in cookout at the Reinhardt home. The perfect ending to a truly wonderful day and though I am pretty much a stranger to most of the runners I was welcomed, I was engaged in what was going on, I had wonderful conversation with other runners and when I left I felt that I had

experienced a little bit of heaven!

Never again will I be afraid to venture out to participate and engage with new adventures and new friends. It truly is the path to better living! My thanks for such a great day and I hope there will be many more just like it.



Annie 'O enjoyed the trail with Johnnie 'O and her granddaughters (pictured here).

to myself, "By golly I can do it too", and that's just what I did – one half block at a time.

I started listening to the group talk about runs sponsored elsewhere and I entertained the idea of running in one of these events but I felt too self conscious, I still had and have a long way to go in the running department. However I did run the Nickel Plate Trail Sunday September 16th, a run sponsored by the running club and it

Mighty Mississinewa Triathlon

By Ron Moore

Club Kokomo Roadrunner was well represented at the 2nd annual Mighty Mississinewa Triathlon. The club showed we are more than just good runners in the community but also some great triathletes. In total 7 members competed on a very humid day, in fact the race was delayed because of the fog over the lake.

The swim portion was a 500 yard swim (150 out to a buoy, turn swim 200 yards to a buoy and go 150yard to the shore). All of the ladies did well finishing in the top 38 out 70 women on the swim with Teresa Long leading the way in 11:13, followed by Kathleen Bagwell 11:50, Allison Irvin 11:56, Rebakah Kinney 12:16 and Sue Gibson at 15:23. The men were lead by Will Irvin with a smoking time of 8:37 which was 19th overall out of 197 people, then next was yours truly at 10:12, I think I need to injure myself so I can swim more.

After exiting the water you had to run about a ¼ mile up a small hill to reach the bikes, the bike portion of this event is about 17 miles with some rolling hills around the lake. It was very humid at one point I thought it was raining, but it was the sweat rolling down from my head hitting my glasses. Everyone did well on the

bike, as this is not the easiest of courses and some of the hills are long and can really wear down the quads making it hard to run.

After the bike, the final event is a 4 mile run in the park. We started down a trail by the campgrounds and turned onto the county roads and back into the woods for a trail run,

some good size hills and the trail was single track running with stairs and a bridge which made it challenging.

Everyone did well and had a great time; this is an awesome venue with unlimited parking, unlimited transition areas, great beach and swim, nice bike layout with no traffic and a beautiful run with different surfaces. They also have a nice campground if you want to camp and race the next morning.

Will Irvin had a great race finishing 7th overall and 1st in his age group his time was 1:21:46. Ron Moore finished in a time of 1:31:11 33rd overall and 5th in his age group. The women brought home some hardware as well. Allison Irvin was 3rd in her age group and 10th women overall with a time of 1:41:15, Kathleen and Rebakah were 8th and 9th in their age groups with times of 1:48:22 and 1:48:23 respectively. Teresa Long was 2nd in her age group with a time of 1:45:30, and Sue Gibson was 4th in her age group with 2:13:45.

This event is getting bigger every year it would be nice to see more Club Kokomo members participate if not solo we could field a few teams and win the team division for total domination. See you on the roads.



which leads back onto the road for the last ½ mile to the finish. The run portion is very mental, at this point you are tired, your legs are dead from the bike, and it is usually hotter since it's around 10am. The run did have

Flatlanders 12 Hour (continued)

recall much conversation with Trav other than he forgot I asked for a PLAIN hamburger and sweet tea. Trav and I have been married for 14 years and for some reason he and I have a difference in thought about the word PLAIN. My hamburger (which after I placed my reasonable small request of PLAIN) was loaded with ketchup, mustard and onions. I ran several miles dreaming about that PLAIN hamburger I was so disappointed, enough to just quit running, when I got a loaded hamburger with enough stuff to make me puke right there smelling it. He cleaned off the hamburger so it became a PLAIN hamburger.

I can't tell you how good our neighbors' long necks looked around ten hours, and the lawn chairs looked mighty tempting. I sat down at some point – oh – I remember I

had one hour and thirty minutes left to go and Trav tells me I can get in ten more miles. I said are you crazy I cannot run a ten minute mile pace my feet are killing me, I am hot and I wanted PLAIN hamburger!!!

I was so hot I used ice in the hat to keep me cool. I started run walking the last hour and thirty minutes. I would run in the sun and walk in the shade it was sooooo hot.

If I knew that I was the first place female at that time, which I was, I would have kicked in to that overdrive that is locked away for sanity reasons in the deep recesses of the mind. But I fiddled around and ended up second. I was severely stopped up with a sinus infection before and after the race, I am not sure what happens during a race but my headache was overwhelmed with other body aches. I am grateful for my husband who always hears

me say – “never again, I won't do that again and I have changed my mind about trying a 24 hour race. To spend that much time, 24 hours, on a short loop, no way.” Then about two weeks later I am looking at calendars and thinking about next year.

I was wiped out after this 12 hour food intake, sinus and heat caught me off guard. Then five days later I had to board a plane for a 16 hour trip to Japan for my work. I did have some time to run in Tokyo. Around the Imperial Palace there is 5k course marked off and it is safe so I got about 25 miles in the following week. In October I have a marathon which will add to my base training for the 50 miler in November. I am very blessed to have a husband who understands my craziness.

Stumpy's Marathon

By Dan Lutes



Earl, Stumpy, and Dan after Stumpy's Marathon.

Earl and I just returned from another marathon adventure out East. Stumpy's Marathon in Newark Delaware is a trail marathon through the forest and meadows of Middle Run Natural Area which encompasses 8,000 acres spanning three states, DE, PA, and MD. (for you 50 Staters who are wondering how to count it, the marathon course only goes through DE and PA) Stumpy's is unique in that it is a FREE marathon. That's right, no cost to participate, just hard work. The course features gravel and dirt trails, gently undulating to steep grades, and at least 4 creek crossings, two of which are at calf or knee level. The Stumpy's website warns upfront that their motto is: "It's not a trail race if nobody get's lost." They also warn that the course will not be grossly in excess of 26.2 miles, that they "might" have water at the aid stations, and that all whiners will be immediately disqualified. Race director Stewart P. Dotts (aka Stumpy) warned at the starting line that there has also occasionally been a native cougar sighted in these woods, but reassured us that cougars generally do not attack mammals larger than themselves (up to 250lbs) and that maulings by cougars are not always fatal.

With that bit of reassurance, Earl and I toed the line with 59 other brave participants and set off up the gravel path leading into the woods. Once in the woods I began to realize that "it's pretty dark" at 7 am in the woods and the first mile or so adjusting to the light and avoiding roots and rocks

was a challenge. The course quickly separated the participants to the point where you were running multiple miles in a row without seeing anyone else. The aid stations were well stocked (despite the website warning) and spaced about 4-5 miles apart. This meant it was necessary to carry a water bottle between stations to stay hydrated. The early part of the course had many ups and downs but no major uphill, those were saved for the second half! The early miles also featured the "obstacle course" which apparently was more for mountain bikes than runners as it featured a series of wobbly bridges, dirt moguls, and some teeter totter bridges, which tipped down 4 feet to the next level once you ran past the hinge. Needless to say the teeter totters were quite a scary surprise, especially if you were following another runner a little too closely. As I ran through that section, I led a pack of 3 running together and only the 3rd guy went down briefly as a teeter totter flipped, but he was okay and hopped back up quickly. This first half of the race was also marked with several jaunts along the border of the park, actually through the back yards of some very nice homes. At times it felt a little more like criminal trespassing than marathoning, but no one called the cops and I always seemed to find the marks again to know I was on the right path.

Early in the second half, the first major river crossing occurred and the shoes were soaked for the rest of the course. Within a quarter mile of the river crossing we came to a "perfectly good bridge" but at least there was an aid station. We then proceeded across that bridge and after about 200 yards on the road, Stumpy felt it was necessary to take us on a "bushwacking section" uphill on your hands and knees, ducking limbs and vines to get back into the woods. The bushwack section was the only section marked with flags. All other markings were simple white flour arrows and dots. This served the dual purpose of brightly marking the course

direction in white, but not leaving behind flour flags since the flour washes away after the first good rain.

Since there were no mile markers, and no guarantee of distance between stations, you had to kind of forget about distance and just run...and enjoy. This worked well for me until an aid station worker told me I was just shy of the 20 mile point. My spirits lifted as I left that station, I started feverishly doing mental math and determined that I could possibly come in under 4 hours (or just over) if I kept my head in the game and kept up the pace. I decided to hammer the next relatively flat 2 mile section and was feeling pretty good for the next extreme uphill section followed by the final river crossing. However, as I came to the last aid station, thinking I was well past the 24 mile point, they said "Welcome to mile 22!" (I found out after the race that the aid station worker claiming to be at the 20 mile point should have been saying ~17 miles). That three mile difference is huge in a race like this...the error and it's realization totally took the wind out of my sails. The last 4 miles became a true death march although my pace stayed around an 11 minute mile. I was passed by the first female in the last 1.5 miles, but had nothing left to try and stay with her. I came out of the final wooded path into the meadow clearing and saw the finish at the top of the hill. It was a beautiful site to behold and I felt fortunate to finish in 5th place, since I had been calculating that I was in 8th place.

For all our hard work, Stumpy handed us a laminated rock at the end of the course. That's right, no medals here, you get a rock when you cross the finish line and record your own time in the log book! Believe it or not, they actually had a massage therapist at the finish...her husband runs every year so she comes and gives free massages. I was her first customer and boy did it feel good. I cheered Earl in at the finish and marveled as he held off a close competitor less than a minute behind. We stood around afterwards comparing war stories and basking in the glow of the accomplishment of having finished one the toughest marathons out there. Stumpy even provided meatball sandwiches, chips,

Meeting Minutes

Members present: William Irvin, Mark Shorter, Brian Reinhardt, Ray Tetrault, Robin Cole, Milt Brown, Diana Brown, Sylvia Burgin, Charlie Skoog.

Meeting was opened at 6:10 P.M. by William Irvin.

Financial Report given by Mark Shorter.

Old Business

Fun Mile

Club Records

Charlie proposed that the first Wednesday of every month be eligible for club records. Brian seconded. Passed 9-0.

Printing newsletter

Continued discussion of printing newsletter ourselves

Will receives a 20% discount from Hewlett Packard

Brian checked on prices and HP offered best deals on printers and cartridges

Brian will develop comprehensive list of items needed and total cost to bring to next meeting.

New Business

Perils and Pitfalls of Building Trails

Workshop at old Peru Fire Station – November 8, 2007

Charlie proposed that CKRR pay \$70 for 2 members to attend all day workshop. Brian seconded.

Voted 8-1 in favor of.

Race schedule

Mounds in Anderson deleted for poor attendance.

Discussion of adding CAM Run for Shelter

Charlie will discuss price and awards issues with race

director

Discussion of adding Kim Adair 5k

Robin Cole will discuss price and awards issues with

Joyce Pennycoff

Discussion to change Nickel Plate Trail 5-Mile Run/3-Mile

Walk to a points race

Added for October 26, 2007 at 2:00 P.M.

Club Sponsorship

Commitments made by May 1 for Club and by June 1 for

Coyote Kids

Motion to adjourn by Sylvia Burgin, seconded by Diana Brown.

Meeting adjourned at 7:52 P.M. Next meeting will be October 1, 2007, 6:00 PM at Grace Fellowship Church.

Stumpy's Marathon (continued)

beer and drinks. Afterward, we hobbled to the van for a two (continued on page 9) hour drive down to Earl's buddy Ronal's house down near Washington, DC. Ronal's wife Martha fixed us a great meal and we continued sharing our war stories until Martha's eyes started glazing over and we hit the hay. Ronal and Martha's hospitality was definitely appreciated since they had just hosted a party at their house the day before with over 50 guests. It was a testament to Earl and Ronal's friendship that they didn't just turn off the lights and pretend they weren't home as we drove up! We arose the next morning and got an early start for the 11 hour drive back to Indiana...planning out our East Coast return next month to capture New Jersey at the Oct. 14th Atlantic City Marathon. (btw...this was #38 for Earl and #44 for me in our 50 State Quest)

Hey folks, for the price of admission, this marathon cannot be topped. I highly recommend it to all you 50 Staters and trail hounds out there (and I know you're out there...)

And now, for the rest of the story. -Dan

"Earl's Section"

For those of you that don't know any better there are at least two things in life to be aware of 1) FREE marathon and 2) Dan Lutes making a suggestion about a FREE marathon. Nothing's free; what you don't pay monetarily, you pay physically and or mentally! I have just recovered from the three falls that I had on the course (all were from a loss of focus).

Running trails takes a different approach compared to running in places that are paved! Since, I'm a slow learner it took the first half (or there about) to figure out a few things. Rule number one is not to get in a hurry and take an easy pace sooner rather than later. Dan actually lead the event (it's not a race) for a few miles. I should know better than to follow Dan but I did anyway. Since the course had no mile markers, I used 10 minutes as an estimate for each mile. That worked for only a short while as you needed full attention to the constantly changing trail. The trail width varies from about 8 inches (through the meadows) to about 6 feet (through the horse trails). Note: the horse trails did have room for passing but watch out for the other obstacles!

Trees that had fallen across the path were left in place but a section was removed that

covered the path for easy passage. That was the first part of the course, in the latter part of the course you had to either hurdle or step over some good sized stumps. The obstacles did make you pay attention to your surrounding so that was good. The number of people on bikes were not so good. For some reason the bikers expected or at wanted the runners to move out of their way and this would mean yet another stop. I did find that taking shorter strides (I means steps) was helpful. There were short mounds of dips only about 2 feet change in elevation that were harder than they looked.

Other things of note are as follows: We must have had better than 50 bridge crossings, most of which you could cross actually running. The woods were much cooler than the meadows and provided lots of shade and cover. However, I'm glad that we chose to stop at a McDonald's before we got to the start line.

When we went to my friend's house in DC, he insisted that we leave our shoes outside (or least not bring them into their house.) I have since tossed mine.

The last word is to be careful if Dan approaches you with a marathon idea. -Earl

Race Results

Club Kokomo Fun Mile
Wednesday, September 5

12:00 Noon Race

1. Charlie Skoog 7:00
2. Cory Jackson 7:08
3. Jaime Jackson 8:54
7. Jackie Sanders 15:42

6:00 PM Race

1. Adrian Blackwell 6:15
2. Quinn Reinhardt 7:40
3. Greg Sumpter 7:42
5. Vanessa Lorenz 7:55
6. Kathy Murdock 8:09
7. Jerry Lambert 9:41 (first walker)
8. Tim Taffinger 9:56
9. Mary Miller 9:59
11. Aubry Jackson 11:20
12. Jaime Jackson 11:20
13. Cory Jackson 11:21
16. Bob Longwith 13:27
19. Cathy Longwith 15:24

Club Kokomo Fun Mile
Wednesday, September 12

12:00 Noon Race

1. Chris Wilson 6:13
4. Jackie Sanders 15:35

6:00 PM Race

1. Matt York 5:36
4. Greg Sumpter 7:34
5. Cory Jackson 7:39
7. Vanessa Lorenz 8:07
8. Kathy Murdock 8:12
9. Nicole Jackson 8:30
10. Robin Tetrault 8:31
11. Geana Moore 9:02
13. Jerry Lambert 9:19 (first walker)
14. Tim Taffinger 10:07
15. Mary Miller 10:08
17. Aubry Jackson 11:45
18. Jaime Jackson 11:46
19. Sylvia Burgin 12:22
21. Bob Longwith 12:56
23. Cathy Longwith 15:02

Nickel Plate Trail Run
September 16, 2007
Peru, IN

5 Mile Run

1. Michelle Hollingsworth 37:05
2. Darin Hollinsworth 38:11
4. Roxane Burrous 39:39
5. Stan Shuey 41:29
6. David Hughes 42:51
7. Kathy Murdoch 42:54
8. Lisa Jones 43:28
9. Charlie Skoog 45:56
11. Kathy Bagwell 47:51
12. Ryan Bagwell 47:51
13. Robin Cole 49:25
14. Sam Williamson 52:55
17. Mike Daugherty 55:57
18. Nicole Jackson 57:47
19. Vanessa Lorenz 57:49
20. Michaelene Anderson 58:07
22. Marsha Daugherty 1:05:17
23. Christine Williamson 1:05:17
- 23 Finishers

3 Mile Walk

1. Jim Burrous 43:43
2. Sylvia Burgin 44:29
3. Diana Brown 44:31
4. Jack Sanders 47:55
5. Cindy Sanders 48:06
10. Aubrey Jackson 54:05
11. Darlene Jackson 54:22
- 12 Finishers

Club Kokomo Fun Mile
Wednesday, September 18

12:00 Noon Race

1. Chris Wilson 5:59
3. Charlie Skoog 8:01
7. Jackie Sanders 15:45

6:00 PM Race

1. Tyler Padgett 7:43
2. Quinn Reinhardt 7:49
3. Kathy Murdock 8:11
4. Jerry Lambert 9:18
6. Mary Miller 10:05
7. Aubry Jackson 10:45
8. Cory Jackson 10:45
9. Bob Longwith 11:14
13. Kate Mayfield 13:15
14. Grant Mayfield 13:16
15. Jennifer Mayfield 13:16
16. Cathy Longwith 15:05

BeeBumble

September 22, 2007
Burnettsville, IN

10k Run

1. Scott Colford 34:18
2. Brian Reinhardt 38:57
3. William Irvin 39:07
17. Phil Rozzi 47:27
19. Michelle Hollingsworth 48:31
26. David Hughes 54:26
29. Patti Reinhardt 55:02
30. Mark Rodgers 55:55
33. Robin Tetrault 59:40
34. Ray Tetrault 1:01:05
40. Vanessa Lorenz 1:03:39
41. Robin Cole 1:04:06
43. Nicole Jackson 1:08:35
- 43 Finishers

5K Run

1. Taylor Holmes 17:03
2. Seth Daugherty 17:57
6. Joe Rangel 19:38
15. Michael Graham 22:17
16. Darin Hollingsworth 22:49
18. Ricke Stucker 22:56
19. Mark Shorter 23:04
24. Josh Revils 23:49
26. Kim Lee 23:58
41. Mike Daugherty 25:35
44. Maureen Prentice 25:53
48. Jillian Weaver 26:13
50. Quinn Reinhardt 26:14
54. Steve Wand 26:22
58. Dale Sullivan 26:52
61. Cory Jackson 27:07
69. Sam Williamson 28:08
77. Bill Heck 29:11
95. Marsha Daugherty 31:58
97. Christine Williamson 33:21
109. Holly Hurlburt 39:11
112. Aubry Jackson 41:59
113. Jaime Jackson 41:59
- 118 Finishers

5k Walk

1. Damon Clements 26:58
2. Rick Spencer 30:39
3. Jerry Lambert 30:51
4. Keith McAndrews 32:27
5. Mary Miller 32:29
6. Tim Taffinger 33:05

12. Robin Michael 38:00

14. Anna Dollens 38:12
15. Rocky Smith 38:43
16. Brian Allen 39:17
18. Nicholas Allen 41:25
19. Debbie Riffe 41:36
20. Amanda Pena 41:37
26. Judy Smith 43:00
30. Sylvia Burgin 43:50
41. Diana Brown 45:28
43. Kathy Allen 46:43
44. Emily Allen 46:43
56. Pat Robertson 49:05
57. Jackie Sanders 49:33
58. Cynthia Sanders 50:11
60. Darlene Jackson 52:08
- 67 Finishers

Club Kokomo Fun Mile
Wednesday, September 26

12:00 Noon Race

1. Charlie Skoog 7:58
2. Kathy Murdock 8:09
3. Jackie Sanders 15:34
- 6:00 PM Race
1. Tanner Guyer 7:02
4. Ray Tetrault 8:15
5. Jaime Jackson 8:15
6. Kathy Murdock 8:17
7. Greg Landrum 8:33
8. Doug Mankell 8:33
11. Mary Miller 10:25
12. Aubry Jackson 10:50
13. Cory Jackson 10:51
15. Sylvia Burgin 12:19
17. Kate Mayfield 13:17
18. Jennifer Mayfield 13:18
19. Darlene Jackson 16:08

Cole Porter Classic - 2007
September 29, 2007
Peru, IN

15k Run

1. Scott Colford 50:58
3. Brian Reinhardt 57:17
4. William Irvin 1:01:11
10. Matt York 1:04:30
11. Matt Yarosz 1:04:57
13. Ron Moore 1:08:22
16. Ricke Stucker 1:11:40
17. Allison Irvin 1:12:39
18. Phil Rozzi 1:12:49
22. T.A. Weber 1:15:52

25. David Hughes 1:20:55

26. Charlie Skoog 1:21:17
31. Mark Rodgers 1:22:55
33. Robin Tetrault 1:27:29
34. Patti Reinhardt 1:27:53
35. Teresa Long 1:27:54
37. Ray Tetrault 1:29:18
39. Kathy Bagwell 1:32:20
40. Rebekah Kinney 1:32:21
- 45 Finishers

5k Run

1. Bryan Phillips 15:34
6. Earl Strong 21:45
9. Michael Graham 22:10
11. Mark Shorter 22:35
16. Joshua Revils 23:47
20. Cory Jackson 25:08
21. Quinn Reinhardt 25:17
23. James Longwith 25:54
28. Dale Sullivan 26:58
29. Ryan Bagwell 27:25
32. Sam Williamson 27:35
35. Joyce Pennycoff 28:12
36. Doug Mankell 28:19
40. Bill Heck 29:44
42. Christine Williamson 30:12
43. Robin Cole 30:13
44. Amber Longwith 30:34
49. Jeanette Merritt 32:10
55. Holly Hurlburt 39:51
- 56 Finishers

5k Walk

1. Rick Spencer 30:06
2. Jerry Lambert 31:33
3. Keith McAndrews 32:20
4. Mary Miller 32:35
5. Tim Taffiner 35:25
6. Rocky Smith 36:27
7. Amanda Pena 36:49
9. Robin Michael 38:17
11. Bryan Allen 39:25
12. Debbie Riffe 40:40
18. Judy Smith 43:19
21. Sylvia Burgin 43:27
22. Jim Burrous 43:29
28. Diana Brown 46:29
29. Emily Allen 47:40
30. Kathy Allen 47:41
31. Jackie Sanders 48:38
- 35 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, BeeBumble, Cole Porter, and any one marathon, half-marathon or volunteer.

Runners	Stella Rood 1-20 Gina Sheets 1-20M	Kaleb Hollingsworth 4-55 Peter Bauson 4-54H	Shawn Mayfield 1-20H Don Rogers 1-9	70+ Bill Heck 9-175V Robert Cupp 11-167 Riley Case 3-60
Women	Shelly Wyman 1-15 Jennifer Mayfield 1-10	Tony Robinette 2-32 Kyle Starich 2-22 Keith Bauson 2-20	45-49 Al Hochgesang 9-160 Kim Lee 11-160H Ken Swinehart 11-143HV Eric Mathew 9-131MH Phil Rozzi 7-125M Mark Rodgers 7-99H Ray Tetrault 4-64HV Byron Bundrent 3-60 Bill Bauson 3-37H Mike Jones 2-32H Gary Jewell 1-20V Brent Mamer 1-20H Greg Sumpster 1-20M	Walkers 49- Mary Miller 16-300H Amanda Pena 16-237V Debbie Riffe 16-172V Jane Inman 13-170HV Raye Jean Swinehart 11-132HV Emily Allen 11-91 Cara Lee 4-45H Becky Christenson 2-32H Karen Jewell 1-20V Darlene Jackson 2-16 Carol Savage 1-6
0-12	40-44 Michelle Hollingsworth 13-250H Patti Reinhardt 13-215MHV Kim Anderson 1-20H	Andrew Swinehart 1-20H Sam Williamson, Jr. 1-20 Matthew Robertson 2-19 Ben Bradshaw 1-10	50-54 Earl Strong 14-270MH Mark Shorter 17-269H Mike Deardorff 13-164HV Jerry Meiring 9-98 Greg Townsend 7-94MV Russ Hovermale 6-69 Don Gifford 3-55H Dave White 3-50HV Michael Campbell 2-40MH Tom Sheridan 2-17	50+ Sylvy Bledsoe 11-220HV Sylvia Burgin 16-217H Judy Smith 13-196HV Pat Robertson 13-146HV Diana Brown 9-101 Kathy Allen 10-95 Cynthia Sanders 9-87V Anna Dollens 3-60 Angela Lorenz 4-36 Diane Gifford 1-20
Victoria Christenson 1-20H Aubrey Jackson 1-20	45-49 Roxane Burrous 6-120MH Cassie Bauson 5-95H Maureen Prentice 4-67H Sandy Knowland 3-50H Cheryl Marner 3-45H Carla Yerkes 2-40H	20-24 Bryan Phillips 3-60 Justin Ashcraft 2-40 Kevin Callaghan 1-20H Zach Overman 1-20H Brett Sanders 1-10	55-59 Ricke Stucker 17-265 Joe Rangel 11-220 Charlie Skoog 12-151V Tom Miklik 8-112HV Phil Leininger 6-80H Steve Wand 5-74HV Fred Chew 3-50H John Wiles 3-50HV Steve Kildine 3-41V Chris Smith 1-10 Bill Cox 1-9	49- Brian Allen 15-240HV Steve Inman 12-240HV Nicholas Allen 5-71 Tim Revils 3-37 Bruce Savage 1-10
13-19	50-54 Robin Tetrault 13-215MHV Lorene Sandifur 11-200HV Robin Cole 12-157 Vicki Boles 5-95H Christine Williamson 6-94 Jill Parry 4-67V Debra Perkins 2-32H Marsha Daugherty 2-30	25-29 Mark Eads 6-110H Seth Daugherty 2-40 Matt Yarosz 2-40 Nathan Hovermale 2-35 Cory Jackson 2-30	55-59 David Reinagle 4-50H Ryan Hanlon 2-17	50+ Rick Spencer 14-270H Keith McAndrews 14-216MH Tim Taflinger 17-215H Jerry Lambert 14-175HV Rocky Smith 12-139HV Jackie Sanders 15-126V Robin Michael 10-111MH Milt Brown 7-69V Russell Fox 2-35H Toney Lorenz 4-32 John McGinty 3-25 Melvin Hobbs III 1-20H Jim Burrous 3-18 John Robertson 2-15
Sarah Lee 12-172H Vanessa Lorenz 8-103V Amber Longwith 8-102 Katie Hollingsworth 5-77 Laura Bauson 4-70 Annina Gruber 4-67 Nicole Parry 4-57 Nicole Jackson 3-44V Waverly Neer 2-40 Katie Christenson 1-20H Emily Christenson 1-20H Mindy Tetrault 1-20V	55-59 Joyce Pennycoff 15-290HV Rhenda Acton 12-190HV Kathie Barnett 2-30V Barb Wand 2-30V Anne Wiles 2-30V Shirley Wilson 1-10	30-34 Matt York 12-205H Ryan Bagwell 12-161 William Irvin 9-155H Keith Hill 9-125H Christopher James 7-120H	60-64 David Hughes 10-185M Doug Mankell 7-120H Sam Williamson, Sr. 6-102 Bill Barnett 3-50V Walter Brown 2-30	
20-24	60-64 Kathy Murdoch 4-80 Doris Griffith 3-55V Susan Gerhart 2-40H Trudy Pierce 1-20H	30-34 Scott Colford 12-230MH T.A. Weber 11-145H Scott Riggle 7-117H Jeff Kuczera 6-105 Vernon Graves 8-104H Michael Lake 8-91H Donny Smith 6-79H Mitch Reeves 1-20H Travis Sheets 1-20H Dennis Ball 2-19 Michael Rood 1-15	65-69 Stan Shuey 12-215 Dale Sullivan 10-156 John Norris 8-145H Charles Johnson 1-20H Darrell Pennycoff 1-12	
Holly Hurlburt 5-87 Sarah Bauson 4-80H Grace Bauson 3-50H Megan Green 1-20 Jamie Jackson 1-20 Stephanie Overman 1-20H	Men	40-44 Brian Reinhardt 15-265MHV Michael Graham 17-247HV Dana Neer 9-170HV Darin Hollingsworth 13-155H Ron Moore 7-107H Dan Lutes 3-60MH Brandon Mink 3-40 Mark Webster 2-30H Mike Williams 2-30H		
25-29	0-12 Joshua Revils 9-170 James Longwith 8-124 Quinn Reinhardt 7-110V Waylon Coulter 2-40 Nicholas Webster 1-20H			
Kathleen Bagwell 13-222H Allison Irvin 11-190H Jillian Weaver 9-118 Rebekah Kinney 8-116H Justine Eads 6-81H Karen Bush 5-67H Kelly Wright 2-40HV Shannon Reinagle 2-30H Brianna Boles 2-28H Michelle Tetrault 1-20V				
30-34				
Darcie York 9-155H Jeanette Merritt 9-137H Geana Moore 5-70 Amy Piazza-Graves 4-70H Robyn Pagington 3-60 Lisa Stucker 1-12 Dona Smith 1-10				
35-39				
Heather Weber 9-160HV Lisa Jones 9-157H Teresa Long 3-60H Lisa Birkhimer 2-30H Tami Moore 1-20H				

Cole Porter Classic XXI

By Brian Reinhardt

For those of you who couldn't make it up this year for the Cole Porter you sure missed a good one. It couldn't have been more perfect weather for a fall race and 135 of us got to enjoy it. For those that ran the 15k the Nickel Plate Trail (NPT) was beautiful and nicely swept (darn walnuts are a nightmare when I'm running in the dark every morning! LOL). Whether running in the sun or the shade it was just amazing the whole way.

The Peru Rotary Club puts on the Cole Porter every year and in most recent years the money raised has gone directly to the improvement of the NPT. Since only 20% of any improvements have to be made to secure either a DNR or INDOT grant the dollars raised goes a long way towards giving us a wonderful place to run, walk, bike, etc.. Plans are to have nearly a third of the 40 miles done by next year and another 3 miles will be paved as early as this month! Good stuff happens because of this race and we

should give everyone involved a very big thank you!

There are all kinds of winners to talk about since there are 3 races. I'll start with the 15k where Scott Colford dominated from the very beginning. He ran away from the crowd with an impressive 50:58 for the flat and fast 15 kilometers. The women's race wasn't won by a club runner and that doesn't seem to happen that often.

In the 5k run club runner Bryan Phillips also dominated with an also impressive 15:34—right at a 5 min per mile pace! Again the women's race was not won by a club runner.

In the 5k walk Rick Spencer (30:06) and Mary Miller (32:35) were the winners. Both times were very good and this nice flat course gives that opportunity every time.

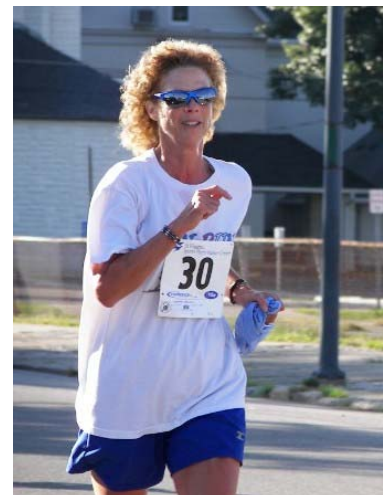
I'd love to see more club runners train for some of these longer events. We don't have too many of them on our race calendar because they aren't as popular, but if more of us

do them I think they'll start to return. At one time the typical distance for a race was a 10k and we hardly even see them anymore. It's great to see more and more folks out there running and walking, but it'd be even more fun to see them out there accepting a challenge to work even harder to improve not only fitness, but endurance as well. Mark this one on your calendar for next year (tentatively scheduled for September 27) and plan to be there to support an awesome event and an awesome trail. Remember, if you train for and run the 15k you'll get to spend almost half of it on the NPT!

I also want to extend an extra special thank you to Amy Black. She takes photos for a lot of our races so I can get out there and run and I really appreciate it. She really seems to enjoy it if the picture count is any indication—516 for the Cole Porter!



*Top row (left to right):
Bryan Phillips, Bill Heck,
and Rick Spencer.*



*Bottom row (left to right):
Rocky Smith, Jeanette
Merritt, Michael Graham,
and Robin Cole.*

2007 Race Calendar (Remaining Races)

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

2008 Race Calendar

All race dates and times and distances are subject to change. This schedule is based on past dates. Several have been confirmed. Please refer to the monthly newsletter each month for correct dates and times.

March 8
Norris Insurance 5K Run/Walk
Time: 9 AM
Location: Amboy, IN

March 15
Old Ben 5K Run/Walk
Time: 9 AM
Location: Highland Park

April 5
CK Ultimate 10m run or 5m Run/Walk
Time: 9 AM
Location: Logansport, IN

April 19
Race for the Cure 5K Run/Walk
Time: 9 AM
Location: Indianapolis, IN
10 points for each finisher

May 17
Norris Insurance 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Jackson Morrow Park

May 24
Composer Classic 5k
Time: 8 AM
Location: Highland Park

June 7
Trojan Trot 5KRun/ Walk
Time: 8 AM
Location: Sharpsville, IN

June 14
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Greentown, IN

June 20-21
Relay for Life
Location: Kokomo High School
10 points for each finisher

June 28
Race for Grace 5K Run
Time: 8 AM
Location: Logansport, IN

July 5
Haynes-Apperson 4 Mile Run/3 Mile Walk
Time: 8 AM
Location: Memorial Gym, Kokomo, IN

July 12
Iron Horse 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Logansport, IN

July 19
Panther Prowl 4 Mile Run/5k Walk
Time: 8 AM
Location: Western H.S.,
Russiaville, IN

August 2
Norris Insurance 5K Run/ Walk
Time: 8 AM
Location: Converse, IN

August 9
CKRR Age-Graded 4 Mile Run & 5K Walk
Time: 8 AM
Location: Highland Park

August 23
CAM Run for Shelter 5k Run/Walk
Time: TBD
Location: Oakbrook Valley

September 6
Kim Adair 5k Run/Walk
Time: 8 AM
Location: Sharpsville, IN

September 20
9th BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnettsville, IN

September 27
Cole Porter 15K Run/ 5K Run/Walk
Time: 8:30 AM
Location: Peru, IN

October 18
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Bunker Hill, IN

October 26
Club Kokomo 5 Mile Run/3 Mile Walk
Time: 2 PM
Location: Nickel Plate Trail, Peru, IN

November 8
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School

November 27
CKRR Thanksgiving Day Fun Run
Time: 8 AM
Location: Highland Park
(Non Points)

December 7
CKRR Charity 5k Run/Walk
Time: 2 PM
Location: UAW 685

December 31
CKRR New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW 685