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Next Races:

December 2
CKRR Charity
Run/Walk 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

I Am an Ironman

By Ron Moore



After year of transforming myself from a short distance running to an ultra long distance athlete I can finally call myself an Ironman. Two years ago I ran the race for cure in 25:06 and told my wife Geana there must be something wrong with me; I just can't run fast anymore. I went to the doctor for a basic check up and I weighed 184 pounds and my cholesterol was 237. I couldn't believe it! How could I let myself get out of shape like that? So I began to run again and bike a little to lose the weight and lower the cholesterol.

In 2006 I had it checked again. Now I was 174 pounds and my cholesterol was 188, and I continued to run. I ran the race for cure this time in 21:26. Wow! It was amazing what losing some weight and a little running and biking could do. I also ran the Mini Marathon which was something I didn't think I would run again; it was just too darn far. In August I did the 100 mile ride with the local club and I hadn't ridden that far in 6 years. I wanted to try a triathlon and

Cicero was right around the corner. I joined the YMCA and started to swim. This was very hard at first as I could only go 200 yards at a time for a while. I did Cicero after only 2 weeks of swimming and did very well and it got me excited about triathlons. I did one more race that year at Mississenewa and finished 2nd in my age group. It was then I decided to try to complete the ultimate distance test, the Ironman. The Ironman is more than just a lot of running, swimming and biking - the best way to describe it is sacrifice. My wife and daughter are the ones that really suffered. There were nights I wouldn't see my daughter and days I would hardly see my wife and while I know they didn't like it I also know that they wanted me to succeed as much as I did. There is also a sacrifice of other activities, like golf, going to the gym to workout with weights, or weekends with friends. The Ironman takes ALL of your extra time. Then there is pain - knees, thighs, feet, blisters, shoulders, something is always sore or hurting, but you just keep going. In fact I can't remember the last time I felt fresh and ready to do a race not worn down. The third thing about the Ironman is the mental strain it puts on you, most people go through a range of emotions from anger to crying for no reason. I would have to say I have had a good 2007 physically, I have done 5k's to the mini marathon, sprint tri's to ½ Ironman's and my current weight is now 157 pounds and my cholesterol is 158. On a side note - I never really changed my diet. It was all from training.

The big day, I arrived in Florida on Wednesday morning after

driving all night and I developed an upset stomach - probably from eating on the road.

Wednesday I took it easy, set up my bike, tuned it up, and road it for a short 15 mile ride over the run course.

Thursday I swam in the ocean for the first time. I loved it! The water was clear and it wasn't too cold and Gatorade was there and gave us water bottles and drinks.

Friday I had to turn in my bike and special needs bags.

Saturday, race day, I woke up at 3:45 AM, ate, got dressed, and with Geana, brother, and friend Shawn Mayfield headed down to the race site. My stomach was still upset as I had to use the restroom 3 times that morning. All 2200 athletes lined up on the beach as the sun begin to rise and it was beautiful - no wind, no clouds, and the gulf was crystal clear. I lined up on the inside about half way back, the cannon went off, and everyone rushed into the water. It was crazy! There were times I had to stop swimming because both hands were (continued on page 5)



From the President

By William Irvin



F. I. R. R. S. T.

This month I would like to introduce Rebekah Kinney who is our F. I. R. R. S. T. women's running program director. Rebekah joined Club Kokomo in 2006 and she came into Club Kokomo under the radar and unnoticed until this year. At the first of the year, Club Kokomo sponsored Rebekah to take part in an educational seminar for coaches on women's running. After she returned from the seminar Rebekah presented the women's F. I. R. R. S. T. training program to the Club and from what I saw on Wednesday nights she formulated a very successful program.

The F. I. R. R. S. T. training program was introduced to educate women in the Club to both the health benefits and health risks of running. The training program also introduces the concepts of speed work, long slow distance, and competing. Rebekah took each woman through weekly speed work sessions on Wednesday nights where she provided a breakdown of each participant's splits and a goal time for 400 meter and 800 meter intervals. On the weekend's she scheduled long runs for the women who were able to get together.

On top of heading up the F. I. R. R. S. T. training program Rebekah also works at the Kokomo-Sports Center and YMCA as an instructor for various classes. I am also finishing my bachelors in

Accounting at IUK. She is also the mother of a six year old son Ethan and the wife to Joseph Kinney.

Q: How long has your career spanned in the Physical Fitness arena?

A: I have been a fitness instructor for the last 5 to 6 years. But have always been active throughout school and adulthood in physical fitness.

Q: What is your educational background for health club instructor?

A: I currently hold the following certifications: Certified Group Fitness Instructor, Certified Personal Trainer, Certified Indoor Cycling Instructor, RRCA Running Coach Certifications. I was also the conditioning coach for KHS Girls softball team for a couple of years.

Q: How long have you been running? What is your longest race and what is the longest race that you would like to complete?

A: I am actually somewhat new to running. I started "seriously" running about three years ago after my grandmother passed away. After our loss the need to fill my time with something became a must and then the determination set in. Running, for me, is a constant self gratifying experience. It is an adventure with every run I take and every race I compete. Running has opened my world up with a whole new vision and the awesome people I encounter on the way help me see it more clearly. My longest race is a half marathon and or a sprint triathlon. I am in the process of training for the club marathon next May in Fargo, North Dakota. I definitely will compete in a marathon and possibly something longer. I love "new" challenges so any distance is a real possibility with me.

Q: As a health club instructor you are apparently educated in many aspects of physical fitness and know both the health benefits and risks of physical activity. How much new information did you get out of the women's running seminar that you took part of for Club Kokomo?

A: The seminar really focused on safe training programs. The greatest knowledge I gained was how to

fundamentally devise a safe, efficient and effective running program and how to tailor it to a specific individual with specific needs. They had several program building theories that were very simplistic in nature but really focused on the areas most runners avoid most--base building, gradual mileage increases and pace times set to a given distance. But most importantly the focus was on "when" to incorporate the various training techniques into a program and "how" to safely progress them. There is science to incorporating the various aspects of training into a running program. The also took you through what actually happens within the body during physical exertion regarding the different systems of the body and how to recover them.

Q: After the seminar it seemed as if less than a week had passed before you presented the F. I. R. R. S. T. program to the Club members. Was this a program that you already had in mind prior to the seminar or did this come about after?

A: Actually Charlie Skoog was the master mind behind getting the women's running program started. He saw a need to help promote females in running and he supported and lobbied for the opportunity for me to attend the RRCA certification. The idea of a women's program came along side the need for



From the President (continued)

the certification.

Q: I noticed that you had a good sized crowd of women on Wednesday nights at Highland Park. Did you have as many or more women then you anticipated?

A: I had more than I had anticipated. I had hoped for around eight or nine and then came out to 18. It was truly wonderful to see the interest the women had in the program.

Q: From some of the women that I talked to that took part in the program it seemed like you had a successful first year for the women's program this summer. What are some of your goals for next year?

A: We are getting ready to head up our "mini" marathon training series being in January/February. This will be a little different format than what the girls are used to. The programs will incorporate two to three group runs each week consisting of a long run, temp run and/or speed work session. I am currently looking into indoor options for some of our training during the really cold and snowy weeks. I would like to open these sessions up to the entire Club Kokomo Group in order to expand ourselves socially but also to gain more diversity among paces. I want to eventually have the FIRRSTS with the backing of the rest of club Kokomo to host an all female 5K race. Also, I would like to form a committee of about two to three women from the group to help with setting up different run times and locations. The more options we can offer the women in the way of runs during the week the more productive and successful our group can be and the closer we will become. I would like start a F. I. R. S. T.'s at IUK to encourage the women to begin a healthier lifestyle. Also the idea of promoting a charity running event to raise funds for a "women's" cause like domestic abuse or breast cancer is a idea for the future.

Q: As the director of the women's program was there anything that did not go as planned? Are there any changes that you would like to make for next year?

A: As with most novice projects you are

going to have things not go as planned or those that deviate from the plan, for one reason or another the FIRRST program was not different. Last year was a learning experience for me and looking back there were a few obvious things I would change but a lot little things that I would like to implement just to make communication and resources more apparent. This year I want to focus on having more structure to the program regarding weekly runs, providing supplementary training information, and providing more interesting and fun run outings.

Q: I noticed that you took part in a couple of triathlons this summer. Any future in putting together a women's only triathlon training series?

A: Heck yeah!!! Like I said, I am all about a challenge and trying something new, but what is better than that, for me, is to get someone else to expand their horizons by try something new and daring as well. To those women interested in beginning to train for their first 1 mile fun in Highland Park or for those who are getting ready to run their first MINI marathon it looks like Rebekah has the training plan ready for you. If there is any club members who have a female friend who would like to get into running, but are really unsure, have them see Rebekah.

New Vice President of CKRR

CKRR has a new Vice President. At the November 5 Club meeting, members voted in Gina Sheets as the acting Vice President. Gina has an amazing background that compliments our mission in the community. She brings a great set of skills that will help CKRR become a better club. Gina has stated that she has many ideas for the future direction of the Club and would like to see them take place in the next year. Let's welcome Gina to her new position.

End of Year Awards Banquet

The End of Year Awards Banquet has been scheduled for **Saturday February 23, 2008 at the Foster Park Senior Center**. I at least wanted to get that information out a couple of months ahead of time for everyone to make plans on attending. The Third Annual CKRR Chili Cook-off will take place again for the pitch in lunch. This has proved to be a fun yet competitive event with some great chili served

up. If you would like to plan on making some blue ribbon chili please let us know ahead of time so that we do not have too much! If you would like to make a dessert or bring in another dish instead of chili please do.

Ironman Florida

Congratulations to Ron Moore for 'running' and completing this years Ironman Florida. Ron and I trained very hard together this past winter, spring, and summer to compete at two different Ironman events. Please read Ron's article on Ironman Florida to learn more on his adventure.

2007 Mounds Trail Race

Many CKRR members made the drive to Anderson, IN to run the Mounds 5 mile trail race. This is the first time that I have run this race in quite a few years and I had forgotten how tough this 5 miler is. The weather was perfect for a trail race with sunny skies and temps in the 50's. There was a decent wind whipping around, which made it very nice to be protected by the trees on the trail.



On the Roads

By Johnnie 'O



Thanksgiving morning's spitting snow and cloudy skies did not stop 65 running and walking friends from enjoying Annie 'O's 5K Fun Run/Walk and Competitive Mile in Highland Park.

Although Annie 'O's Pie 5K is a fun run/walk, there are always some runners and walkers who want to put in a good workout before their Thanksgiving feast. This year's run was no exception as Western High School Junior and cross country runner Corey Scott finished ahead of Dana Neer in 17 minutes and 53 seconds. Perhaps Corey ran hard because he also was an Annie 'O Pie winner.

The 12th CK Thanksgiving run/walk also always attracts out-of-state holiday visitors. This year's participants came from North and South Carolina, Ohio, and Alabama.

Annie 'O worked until midnight Thanksgiving Eve making 14 mincemeat, apple and pumpkin pies. Johnnie 'O had suggested baking the pies over several evenings, but Annie said, "People want fresh pies."

The lucky 14 pie winners were: Paige Antcliff, Skyler Bagwell, Erin Bennett, Michelle Clendenning, David Hughes, Michael Ladd, Mary Miller, Tyler Padgett, Karl Stoneking, Corey Scott, Ray Tetrault, Steve Wand, Dave White, and Shelly Wyman.

James Truman won \$42 in the 50-50 drawing. The drawing benefits CK's youth scholarship program. James also picked up \$4 on the course, and turned the money into Johnnie 'O. If the money is not claimed,



Johnnie 'O promises he will not use it to buy a Guinness. He will give the money to the youth scholarship fund.

GOODFELLOWS

Club Kokomo Goodfellows will meet Dec. 11 between 5 and 5:30 p.m. inside the east entrance of Meijer's. We will work from 6 p.m. to 9 p.m. helping Goodfellow clients. For more information, contact Johnnie 'O at 452-6706 or jwiles9890@aol.com.

Christmas Born Again

By Bill Bennett

With a tear in her eye she ran to her Papa and asked,
 "Why must Jesus be born again, just to die?"
 He put the paper down and pleaded,
 "Ask again, please?"
 Quietly sobbing, she tried,
 "Every year again and again,
 we celebrate His birthday; then his suffering and death again.
 Why must Jesus be born again and again;
 just to die again and again?"
 "Oh sweet child, Jesus doesn't die again and again...."
 "then..." she interrupted, "why don't we celebrate His
 birthday
 at Easter, if He doesn't die again?"
 He dried her tears
 and drew her near,
 "God created everything, including you and me;
 and only one time lived like us thru' His Son, Jesus;
 to die for you and me;

then Jesus was brought back to life again,
 to be with his Father, where we all long to be."
 "Why can't we see Jesus now," she asked,
 "just like it used to be?"
 He smiled now with a tear in his eye and spoke,
 "Jesus couldn't stay, but had to leave,
 and be with His Father, so the 'Spirit of His Love'
 could return to be born again in you and me."
 The girl smiled and quickly ran off to play,
 while he fell on his knees to weep and pray,
 "Thank you Father, Son,
 and Spirit, all in one,
 for the child I see and long to be,
 with Your Spirit revived,
 living again, again and again in me."

Amen. Amen.

I Am an Ironman (continued)

hitting bodies and I wasn't even touching water - just laying on top of bodies. It never calmed down until about the 2 mile mark. I saw some jelly fish below me and no, I didn't see any sharks. You feel like a rock star in the water, helicopters over the top of you, a crowd of over 15,000 people yelling from ½ mile out, then you come to shore with a roar and TV camera's. It was cool! I came out of the water in 1 hour and 18 minutes and it was about what I expected - middle of the pack. It took me about 2 minutes to get to my bag to put on my biking gear, then I ran to the volunteers who were putting on the sun block. From there I went to my bike and walked it too the start. The bike went well and I seemed to be passing people left and right. I had planned to keep my breathing to the point that I could still talk and if it got heavier than that I would slow down. At the 50 mile mark I stopped to get my special needs bag; I had packed my bike shorts in there and some nutrition. It was a relief to put the bike shorts on. I felt like a new man! At this point my average was 20.3 mph - above what I had figured, but I still felt fresh. At mile 70 the road got rough and the wind picked up and it slowed me a little but I was still biking well and at mile 99 I turned straight into the wind. It was blowing about 20 mph at this point and it slowed me down some more but I was close to home now. Finally back to the transition area, I had passed almost 600 people on the bike and finished in 5 hours

and 48 minutes - much better than I had thought. I got into transition and sat down to change for the run. I took my time but my stomach did not feel good so I went to the restroom again and headed out on the run. I saw my family all cheering and that gave me a big boost. About a ¼ mile into the run I started getting stomach cramps and knew I needed to get to the restroom at mile 1. I went again and



Ron got to share the experience with his wife, Geana, and other family and friends.

every time I started to run I got cramps and had to rush to the restroom. I stopped at miles 3, 4, 6, 9 and as I was walking with another person that had stomach issues, I told him I'm stopping at the halfway point - I just could not continue with the pain for another 13.1 miles. I thought I would try again at mile 12 to go to the restroom. There can't be much left

anymore can there? I can out and felt better and I started to run. My brother and Geana were at the 12.5 mile mark worried about me and I told them about my stomach problems and kept running - I just didn't want to stop. I wasn't sure how long I could go before the cramps came back. Wow! An 8:41 mile, with my family going crazy yelling "You can do this!" I couldn't stop. Mile 14- 9:05. I continued to run just past the 18 mile mark and the cramps showed up again. I was angry, not tired, so from there I walked averaging 15-16 minutes a mile. As long as I walked only the cramps occurred, but the diarrhea seem to be gone. I finally could see the lights and people at the finish and I couldn't believe I was going to make it! I was so sure I was going to quit 3 hours ago. I ran down the 200 yard finishing chute, threw my glow necklace to my niece, and saw my family screaming "You did it! You did it!" I heard the announcer say "Here comes Ron Moore from Russiaville, Indiana - a first timer - YOU are an Ironman!" At that moment a tear came from my eye. I was so relieved, happy, and amazed that I had accomplished such a feat. It will be an experience I'll never forget.

Swim: 1:18:37

Bike: 5:48:41

Run: 6:39:23 I actually ran the second ½ 37 minutes faster.

Bathroom breaks 30+ minutes

Total: 14:10:13

Hall of Fame Nominations

By Milt Brown



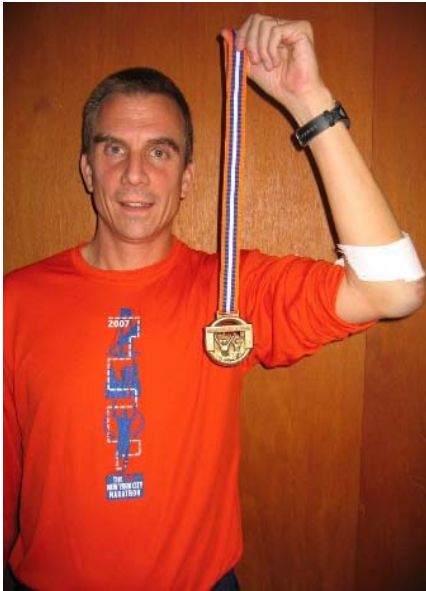
Each year Club Kokomo has a Hall of Fame committee that meets to accept

nominations from members and vote on a member or members to be elected to the Club Kokomo Hall of Fame. In the past there have been years when no one was elected and other years when more than one person was elected. This year for the first time the Hall of Fame committee is made of ONLY Hall of Fame members. In the past there were four at-large members of Club Kokomo elected to also serve on the committee. Since there are now 10 members of the Hall of Fame it was decided that there are a sufficient number of people to do the work of the committee. So the Constitution was amended to make that change. We have been rotating the

chairmanship of the committee among the local Hall of Fame members, so I am the chairman this year. Mark Shorter is compiling a list of eligible members for this year who are age 55 or more and have been members for at least 10 years. A list of Club Kokomo Age-Group record holders appeared in the February- Club Kokomo newsletter and is available online if anyone needs a copy. Nominations and reasons for election to the Hall of Fame should be forwarded to me or another committee member so we can share that information with the members of the committee. Future chairman are: 2008-Bill

Road Rash in the Big Apple

By Dan Lutes



New York City annually hosts one of the premier marathon events in the world and 2007 was no exception. The event features a very challenging course from Staten Island to Manhattan and incorporates all 5 boroughs of the city. This year's event was to be extra special since the US Olympic Trials were held the day before the NYC Marathon. The Olympic Trials are run completely within Central Park with the runners making multiple loops over the hilly terrain, competing to win a place on the US Olympic Team. However, this year's event was marred by tragedy, as elite distance runner Ryan Shay collapsed on the first loop of the course and suffered a fatal cardiac arrest. Many Indiana runners knew Ryan, as he was Notre Dame running sensation. Ryan had been diagnosed with an enlarged heart and his father was quoted as saying that what made him such a great runner was probably also what ultimately took his life. This was a great loss in the distance running community and the tragedy weighed heavily on everyone involved in both the Trials and the preparation for the Marathon the next day.

I flew into LaGuardia on Saturday the 3rd and got a great birds-eye view of the entire course from the Verrazano Narrows Bridge start, through Brooklyn, Queens, and the Bronx, to the Central Park finish. I

had flown out with some friends from Broadripple, Kevin and Sandra, who just happened to be going out to the city to celebrate Sandra's 30th birthday. After wishing them well at the baggage claim, I made my way to the runner expo at the Javits Center to pick up the race number and see the displays. I found the subway and bus system easy to use and my \$10 metro card came in quite handy over the weekend. After the expo, I rode the shuttle up to Central Park to walk the finish line and enjoy the pre-race atmosphere. Then it was off to Tavern-on-the-Green for the pre-race pasta dinner. The dinner was excellent and I met folks from Colorado and Minnesota while carbo loading. The talk soon turned to the sad news earlier that morning and everyone was simply mortified that an athlete could be struck down in his prime. After dinner I took the subway back to my Brooklyn hotel to settle in for the night, knowing I could set the clock back and get an extra hour of sleep thanks to day light savings.

The next morning after enjoying breakfast at the hotel, I took the subway over to South Ferry in Manhattan for the free ferry ride over to Staten Island. On the ride over, we were treated to an up close view of the Statue of Liberty, welcoming us with near perfect weather conditions for the day. After disembarking the ferry, I set out on my 1.5 mile walk to the base of the bridge. I had decided at the expo the day before that it wasn't worth the \$20 bus ride fee for only 1.5 miles, even if it was an extra walk on race day morning. On the hike I met up with Jason and Josh, both formerly from San Diego, who were also opting for the "shoe leather express" to the start. As we watched the crowded buses going by we continued to feel we made the right choice on skipping the bus ride. Upon reaching the police barricades we were asked to show our race numbers which I did quickly and moved on in. As I looked back, I saw Jason and Josh frantically digging through their bags to retrieve their numbers. "Rookies!!" I screamed. Since this was their first marathon, I took the opportunity to razz them both and explained that most of the nervous runners around them had actually pinned their numbers on their shirts the night before!

We waited in the runner's village a little while and then dropped the bags at the baggage vans and made our way to the "green" start area. You could tell it was truly an international event as the instructions over the loudspeakers were repeated in about 6 different languages. We said our good luck and good byes as we lined up in separate corrals in groups of 1000. After a tribute to Ryan, and the national anthem, the cannon "boomed" and we were off...well sort of...we stood and waited and then walked to the start, with a 5½ minute gun-to-chip differential. Our green corrals allowed us to run on the bottom deck of the bridge, so we stayed in the shade for the first couple miles of the race. The 38,000 runners filed out of the village and orderly across the 3 different start lines. The three different routes did not actually merge back together until after mile 6 in Brooklyn. At this point things were going great and I was right on (or a little under) my Nike pace band 3:30 goal pace. I continued enjoying the scenery and the crowds as we crossed into Queens and then across the Queensboro bridge into Manhattan. As we entered the Bronx, I began to realize I wasn't going to be able to hold the pace and somewhere between 19 and 20, I decided to "just make it to 20" and then I would ease off on the pace. Coming through the Bronx I had noticed the drastic change in pavement surface, which was now wavy with potholes and recessed manhole covers. Then at mile 20.5, lost in my thoughts of pace bands and missed BQs, tragedy struck.

I caught my toe on one of those manhole covers and did a flying fall taking about eight steps trying to catch myself before I finally went down. It was an ugly slow motion fall, which ended up with me landing hard on my left elbow, hip and knee and skidding to a stop on my back! I lay there like a rock in the stream as a guy jumped in from the sideline and picked me up by the armpits. He was bound and determined to get me back up on my feet, although all I wanted to do was just lay there. Next came my second angel!



Hall of Fame Nominations (continued)

Heck, (continued on page 7)
-Charlie Skoog, 2010-John Norris, 2011-
Ricke Stucker, and 2012-John Wiles. I can
be contacted at:

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Kokomo IN 46902
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Club Kokomo Hall of Fame Qualifications

Being elected to the Hall of Fame is the
highest honor that Club Kokomo can
bestow upon a member. Only the years as
a member of Club Kokomo can be
considered.

Qualifications for nominee:

1. Must be age 55 or older (unless there
are extenuating circumstances)
2. Must be a current Club Kokomo
member and have been a member for 10
years

To be elected to the Club Kokomo Hall of
Fame a nominee should fulfill ONE OR
MORE of the following qualifications:

1. Must be of state renown while a Club
Kokomo member
2. Must be a PAST OR PRESENT Club

2009 Kokomo age group record holder
3. Must have made a significant contribution
to the growth of Club Kokomo while a member

Members of Hall of Fame
(The 2007 Committee)

Nominees must be approved by a vote of 75%
of the Hall of Fame Committee (8 of the 10
members this year) Bill Heck, John Norris, Milt
Brown, Ricke Stucker, Jim Schneider, Bill
Bennett, Shirley Wilson, Lien Koztecki, John
Wiles, or Charlie Skoog.

As of Dec 1, 2007 members who are eligible to
be nominated into the hall of fame.

Rhenda Acton 56 and 25 years
Glenn Artis 80 and 12 years
Bill Barnett 62 and 15 years
Helen Brown 80 and 13 years
Riley Case 73 and 14 years
Bill Cox 56 and 24 years
Robert Cupp 71 and 28 years
Steve Currens 61 and 10 years
Mike Daugherty 55 and 10 years
Susan Gerhart 63 and 10 years
Melvin W. Hobbs III 57 and 12 years
David Hughes 61 and 15 years
Steve Kilcline 57 and 19 years
Jerry Lambert 70 and 12 years
Doug Mankell 63 and 12 years
John McGinty 69 and 10 years

Don Middleton 73 and 28 years
Tom Miklik 57 and 16 years
Ed Oliphant 61 and 22 years
Betty Ann Oliphant 59 and 22 years
Darrell Pennycoff 65 and 24 years
Joyce Pennycoff 55 and 21 years
Pat Robertson 69 and 25 years
Stan Shuey 66 and 21 years
Dale Sullivan 65 and 14 years
Larry D. Sullivan 60 and 26 years
Dick Summerton 70 and 23 years
Tim Taflinger 55 and 11 years
Steve Wand 56 and 20 years
Anne Wiles 58 and 21 years

**The Charity Run
and Walk raised
\$1,875 this year!
Thank everyone
who does
everything they
can to make a
difference in our
community!**

Road Rash in the Big Apple (continued)

runner from the Bronx, who checked my wounds and helped
me "walk it off." I must of looked pretty pathetic, as Monica
played "triage nurse" and asked me 20 questions to make sure I
was coherent...where do you live?...is this your first
marathon?...and on and on. Monica assured me that since she
was running bandit (no number), she didn't care about her time
and would walk with me until I felt like running again. I
thanked her profusely, but soon realized that she meant it...she
wasn't going to leave me alone until I started running again!
We started back up slowly and I began to feel better, especially
since I was now running 10 minute miles instead of my previous
7:55's. As we split up, I thanked her again and wished her luck
as she ran...ahead...my death march was on big time. The last 5
miles were just a struggle to keep moving forward and not
walk. The main motivation was to just keep moving so that I
didn't stop and get cold. I told myself I would rest at the
finish...in the medical tent! I kept saying quick "God gives me

strength" breath prayers and tried my best to feed off the crowds
and the Central Park scenery to get to the famed finish.

Afterward, as I entered the medical tent, my presence was
announced with, "Got another bleeder here!", by the check-in
volunteer. I sat down and met up with an older guy named Dallas
(from Tennessee of course) who had also tripped but much earlier at
mile 9. We swapped war stories and talked of other marathons and
better days. Afterward, I made my way to subway uptown, then to
the M60 bus to LaGuardia, which was now diverted deep into Harlem
due to race day traffic. I thought, cool, I get to see even more of
New York City, but this time from a bus seat. I got cleaned up at the
airport, checked in for my 6:45pm flight, and found a great place to
re-hydrate (Sam Adams style) and watch the Colts-Patriots game...
although this was also not a great outcome!
Oh well...another one for the story book. 46 states down and 4 to
go...including Fargo, ND in May...it's a club run...come on, go along!

Owen Putnam 50/50

By Gina Sheets



Travis and Gina pose on either side of former race director Norm Carlson.

Trav and I enjoy doing the OPSF which is always the first Saturday in November down in Spencer Indiana. We believe this is the most difficult trail race in the Midwest even though several races will make that claim this course is single track trail, always muddy, rocky and rooty and shared with horses.

I ran the 50k and we started at 7:00am with headlamps at 37 degrees. We go out and do an out and back five mile loop which has a very sharp climb and descent, running through the forest with my headlamp was great practice for the 50 mile I was doing in two weeks. Speaking of two weeks, it was two weeks earlier that I ran the Redwoods Marathon and I felt really prepared for this 50k (which is really 34 miles). I was given advice to take it easy from an outstanding ultra runner, Brian Kuhn. He knew I was doing this run as my last long run. I should have listened...

I was very excited when I came back in at 54 minutes for

the five mile loop that was done in the dark. I dropped off my headlamp and gave Trav a kiss as he had not started the 13.2 (which was really a 14 miler) yet. I calculated when I would be passed by Trav and sure enough at his mile five I heard some one behind me and it was Trav. I was thrilled for him because no one had passed me so he was leading the race! He looked great (of course) took a drink from my bottle and off he trotted. It was not much longer when the second and third place runners followed behind him. I wondered about tripping to see if it would slow them down or going off track and seeing if they would follow but I allowed them to pass. I came back to the start finish to learn that I should have done something as they both over took Trav at the end of the race. I grabbed some food and trotted out for the final loop. I love the OPSF run, it is tough, it is beautiful and we see and meet so many friends there. Once again I was using Trav's IPOD singing my praise songs and it occurred to me that I had a chance to better my PR on this course. This year I trained on trail and I was running all the down hills and as many up hills as was possible so when I came off the trail and could see the time clock I gave it my all and came in a 6:50 taking one hour and 12 minutes off my best time. Plus, I was the first female finisher, so I did not take it easy, I twisted my left ankle something fierce and paid for that as I will report in the JFK article.

From Travis -

I was really worried about the OPSF. You see, I had been in the Philippines previously and had not properly trained. Jet lag was also an issue. For some reason this time I had a hard time getting over it. But anyway, as Gina mentioned, I must have been refreshed mentally, physically and spiritually, because everything worked pretty well. Only during the last mile when I lost ground to two other runners did my legs begin to spasm- I had never experienced having spasms in my quads before. Never the less, I actually came in third over all...yep, I was surprised too. If you would like to try a challenging trail run, give this one a shot. You'll meet many super people and have a good time.

JFK 50-Miler

By Gina Sheets

The JFK 50 Mile is the country's oldest (45th year) and largest ultra. The event was inspired by John F. Kennedy while he served as President. 1,500 runners started the race and 1,079 finished. This registration starts July 1st and if you get in early enough and you are approved you can elect an early start time of 5:00am and this allows up to 14 hours to finish. I was concerned about running on the

Appalachian Trail and took the 5:00am start.

Trav and I journeyed out to Maryland and after some great visits to Gettysburg, Harpers Ferry, Antietam Battlefield, the Catocins (could not find Camp David) and small villages I was ready to see the Appalachian Trail. What a mistake. The rocks on the AT were huge and frequent, with the race starting at 5:00am I would be running over two hours in the dark on that trail. What was I thinking in July?

We attended the Legends Dinner on Friday night and man oh mighty the room was filled with great ultra runners from all over the United States, what a joy to hear stories from humble people.

I turned in early after getting everything out and ready to go for my 3:00am wake up alarm. It was 33 degrees when Trav and I left the hotel for a fifteen minute ride to the (continued on page 9)

JFk 50-Miler (continued)

mandatory meeting site that started at 4:20am. After the pep talk we had about a quarter mile walk to the start line in down town Boonsboro. The highway was closed for the 4.5 mile up hill course that took us to the AT trail head. I did not use my head light during this time as running on the highway seemed safe and allowed me to focus on the tough course I had ahead of me. The almost 16 miles of AT trail would take me to the C&O Canal but the C&O would not open until 8:30am so if you went too fast you would have to stand around and wait until 8:30am, I had something to think about when I ran because my Garmin, once again, conked out on me, piece of junk, good only when it wants to work watch. I found myself switching on my head lamp and stepping on the Appalachian Trail having no clue of my pace. Not too long on the trail my twisted ankle from two weeks before reared its ugly head and screamed hey notice me and slow down or better yet quit. So my first and fatal mistake took place, I became my own worst enemy of a free wheeling ibuprofen pill popping trail runner. By the time I got off the trail I had popped 12 and at mile 18 I knew it. My ankle pain gave way to I really want to sleep, I cannot move forward, my head was not really attached and a record total of 8 port a pot stops. Lesson learned – deal with some pain.

My ten seconds of fame came when I got off the trail the crowd starting going crazy yelling and screaming at me, you are the first female off the trail, you rock, you



go. Trav was there cheering for me telling me how great I was doing. Until I had to ask the spectators where is the trail? That was the second time for a total of three that day I got off the trail. I was suspect of my ankle and I told Trav I would take a lot of time on the very flat and more very flat C&O part of the course, that would be my painful slow part and it was here I would take my time (I know I am strange) I planned to run this race in 12 hours. I was use to trail running, not so use to flat running and I became very slow due to pain (I started eating a lot to try and absorb my stupidity, which put me in every port a pot on

the course). The fans were great here, there were many volunteers and how cool it was when I was half way done with my race and the elite females began to pass me – I had an early start.

I saw Trav at mile 38 and I was so glad to see him, it is nice to have your own fan even though everyone would call out your number and say such nice things as you look great and I would think really all right then and I would make sure to run pass them before stopping to hobble along. I got some more food and a kiss and was off for the long last 12 miles.

When it seemed like forever many folks around me started perking up and some began yelling. I thought what is going on here? We were approaching Dam #4 which was the marker to get off the C&O and then..... you have got to be kidding me almost 9 miles of country road running on the edge of the road and weird sick ultra runners were cheering about this? I was actually thinking how nice the AT was and why I preferred ultras and trails to road races. After 9 miles of great fan fare and painful steps we were coming into Williamsport and the finish line. I finished in 11:42, a head of my scheduled arrival.

Trav was there and then he gave me the bad news we had about a two mile walk to the car. Trav laughed which confirmed to me who the sick one is in our family. In my quest for 50 states I have completed number 13 (7 ultras and 6 marathons).

Birthday List

12/1 Amanda Pena
12/1 Andrew Swinehart
12/2 Robert Cupp
12/2 Richard H. Elliott
12/2 Nicole Jackson
12/2 Alexandra Merritt
12/3 Carmen Malin
12/5 Quinn Reinhardt
12/7 Shawn Mayfield
12/8 Carla Yerkes

12/8 Mitch Reeves
12/9 Al Hochgesang
12/11 Cassie Bauson
12/12 Heather Weber
12/13 Cara Lee
12/14 Jonathon Malin
12/15 Mark Eads
12/15 Allison Irvin
12/16 Tom Sheridan
12/18 Kevin Callaghan



12/18 Michael Graham
12/18 Kismet Morrison
12/19 Dr. Walter C. Brown II
12/21 Jerry Meiring
12/21 Michelle Tetrault
12/21 Heather McKillip
12/22 Timothy J. Chew
12/24 Brianne Boles
12/24 Jim Burrous
12/25 Karl Stoneking

12/26 Charles Pennington
12/27 Alec Digard
12/27 Gary Jewell
12/28 Robyn Pagington
12/29 Rhenda Acton
12/29 James Longwith
12/30 Sue Allen
12/30 Charlie Skoog

On the Trails

By Charlie Skoog



segment that parallels the Bunker Hill Drag Strip. The use of volunteer labor and the donated fencing on these two projects will result in a cost saving of over \$100,000 as the legend of the NPT continues to grow. Many said it could not be done, at least not in our lifetime but sometimes dreams do turn into reality. At the Friends meeting, Cory and I heard some startling news! We were told that the Indiana DNR and Governor Daniel's would be announcing soon a \$250,000 grant with no match required, which will be used to finish paving 4 more miles of the NPT trail into Howard County. I know the official announcement of this grant should and will make headlines in the local media. On Tuesday, December 4, several local trail planners and community leaders will be attending a luncheon sponsored by the Greenways Foundation in which Governor Daniel's will present the State's vision for trails and greenways and it is satisfying to know that we have a local trail that is being heralded as one Indiana's finest opportunities. I want to thank the many of you who have assisted this project so far and ask all of you to continue that support in whatever way you are able.

New Years Eve 5K

Monday, December 31, 2:00 PM

Last year we tried a new and unique awards format where everyone who brought a gift to exchange would automatically qualify to "win" an award. This proved to be popular so we will try it again. Check out the flyer in this month's newsletter and plan on joining us as we run and walk the year away. Top performers in both races will win gift certificates from one of our great sponsors, The Running Company, and don't forget that any Club Kokomo member gets a 15% discount on all purchases at any Running Company location. We will have some great door prizes including family gym memberships to give away and don't miss the opportunity to sample Charlie and Annie O's famous lentil soup and homemade rolls. Taste for yourself and decide if any of our great club cooks can challenge Charlie for soup supremacy. Proceeds from the New Year's Eve 5K will benefit Coyote Kids and CK's community fitness programs. I hope all of you can join us in celebrating another

year of fitness related fellowship as we build support for an even better year in 2008. As we enter this special season please join me in remembering and celebrating all our friendships and the blessings of those relationships. Stay safe and I hope to see you soon on the roads and trails!

Fun Mile Update

Please make note that the Fun Mile **IS** continuing through the winter season. Additionally, the first Fun Mile of each month is designated a Run for Club Age Group Records event. Please note that starting in December, **The new times for the Fun Mile will be 11:00 a.m and 5:30 p.m.** each and every Wednesday.



Debbie Riffe finishes the McKinley 5k Walk.

The Nickel Plate Trail is coming your way sooner than later if you live in Howard County! On Wednesday, November 28, Cory Jackson and I attended the Friends of NPT business meeting. We were there to present a check for \$2,000 on behalf of Breakaway Bicycle Club which will be used to complete the Pipe Creek Bridge on the North side of Bunker Hill. We found out that several other sizable donations had come in which means The Friend's now have the \$15,000 needed to fund the material cost. The bridge will be built with all volunteer labor during the spring time frame. If carpentry or cement finishing is not your strong suit then volunteers will also be needed to assist in erecting 3,000 feet of fencing on the trail

New Members

Jayne Hiatt

Welcome to Club
Kokomo!

McKinley School Run/Walk

By Brian Reinhardt

It was a pretty enough day at the McKinley Run this year that I thought I'd just show you in pictures. We don't get too many days that sunny and nice this time of year, but we were blessed with perfect November weather. It seems like some thought it too cold, but you can always dress for that.

Ray always puts on a good "cookie run" and the Ladies of Grace as well as others provide some awesome treats!

Our very own president, William Irvin, was able to come away with the win for the 4-mile run and Michelle Hollingsworth captured the womens race by holding off a hard charging Allison Irvin. I guess they were trying to keep it in the family!

The walks were won by Jerry Lambert and Amanda Pena. Great job you two!

As you'll see in the photos below it was sunny enough to create some shadows, but

they're a bit hard to see because some of these guys and gals were going too fast!

If anybody asks Will and I will deny leading all of the runners and walkers the wrong way through Foster Park. Not that it'd matter since it's the same distance regardless of the direction you go, but there's just no way that we went the wrong way around the park. Of course, neither of us ever look at the course map because we're not used to leading a race!



From left to right and top to bottom: Joe Rangel, Matt York, Chris James, Michael Graham, Waylon Coulter, Kathy Bagwell, Kavita Kataria, and Raye Jean Swinehart.

Meeting Minutes

October

Club Kokomo Road Runners Meeting
October 1, 2007 6:00 PM

Members Present: Will Irvin, Mark Shorter, Brian Reinhardt, Charlie Skoog, Ray Tetrault, Robin Tetrault, Sylvia Burgin, Joyce Pennycoff, John Wiles, Matt Lange (guest)

Treasurer Mark Shorter opened the meeting at 6:10 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

Team Kim 5k

Determine walking awards

Add to 2008 Race Calendar?

Voted 8-0 in favor of with 1 abstain.

Date will be September 6, 2008, 8 AM at Tri- Central HS

5k run and walk

CAM Run for Shelter

Willing to meet award and refreshment demands

Add to 2008 Race Calendar?

Voted 8-0 in favor of with 1 abstain.

Date will be August 23, 2008 8 AM at Oakbrook Valley Park

Printer information

Brian provided information about cost of printing newsletter versus having it printed.

Cost is approximately \$875 a year for first two years

Cost to have it printed is approximately \$2000 a year

Concerns were raised about workload on newsletter editor

Charlie motioned that we purchase a printer and use it for a 2 year trial period. John seconded.

Voted 4-2 in favor of with 2 abstains.

Charlie and Brian will purchase printer locally and get information to Mark.

NEW BUSINESS

Charity Run and New Years 5k

UAW 292 hall reserved for both

Cost is \$100 each time

Active.com on-line registration for races

How do active.com and RRCA work the waiver situation (insurance)

Charlie will research

Brian motioned to adjourn at 7:47 PM. Joyce seconded. Meeting adjourned.

Next meeting scheduled for November 5, 2007 at Grace Fellowship Church at 6:30 P.M.

Club Kokomo Road Runners Meeting
November 5, 2007 6:00 PM

Members Present: Will Irvin, Mark Shorter, Brian Reinhardt, Charlie Skoog, Ray Tetrault, Sylvia Burgin, Milt Brown, John Wiles, Chris James

November

Club Kokomo Road Runners Meeting
November 5, 2007 6:00 PM

Members Present: Will Irvin, Mark Shorter, Brian Reinhardt, Charlie Skoog, Ray Tetrault, Sylvia Burgin, Milt Brown, John Wiles, Chris James

President Will Irvin opened the meeting at 6:30 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

On-line Race Registration

Charlie researched active.com

Used by RRCA

Waiver has never been tested in court

Ray checked with local judge and determined that waiver would almost certainly hold up in court

Use a number of upcoming races to test

New Years Eve Race

Same format

Gift exchange

Soup buffet

Charity Run

Volunteers needed for sloppy joes

NEW BUSINESS

Goodfellows

December 11, 2007 from 6-9 PM at Meijers

Gina Sheets has volunteered to be Vice President

John Wiles motioned that we vote on her self-nomination. Milt seconded.

Voted unanimous in favor of.

Awards banquet

Feb 23, 2008 2:00 PM at the Senior Citizens Center

John will reserve center

Brian motioned to adjourn at 7:11 PM. John seconded. Meeting adjourned.

Next meeting scheduled for December 3, 2007 at Grace Fellowship Church at 6:30 P.M.



Jim and Roxane Burrous enjoy a post race walk following the McKinley Race.

Race Results

Club Kokomo Weekly Fun Mile Wednesday, October 31

12:00 Noon Race

1. Joe Rangel 5:56
3. Charlie Skoog 7:10
4. Greg Landrum 7:48
5. Bill Heck 8:19
6. Cathy Longwith 14:48
7. Jackie Sanders 15:24

6:00 PM Race

1. Joe Rangel 6:04
2. Greg Sumpter 7:03
3. Ray Tetrault 7:46
4. Robin Tetrault 8:03
5. Jerry Lambert 9:23
6. Mary Miller 10:02

Club Kokomo Weekly Fun Mile Wednesday, November 7

12:00 Noon Race

1. Joe Rangel 6:01
3. Charlie Skoog 6:53
4. Steve Wand 7:31
5. Greg Landrum 7:58
6. Sylvia Burgin 12:19
7. Cathy Longwith 14:56
8. Jackie Sanders 15:31

6:00 PM Race

1. Ricke Stucker 6:41
3. Cory Jackson 7:16
4. Greg Sumpter 7:21
5. Robin Tetrault 8:00
6. Karen Bush 8:30
7. Sylvia Burgin 12:56

Club Kokomo 4-Miler November 10, 2007 McKinley School, Kokomo, IN

1. William Irvin 24:36
2. Brian Reinhardt 24:47
3. Joe Rangel 25:00
4. Matt York 25:22
5. Chris James 25:48
7. Ron Moore 27:40
8. Mike Graham 28:00
9. Phil Rozzi 29:08
10. Eric Mathew 29:18
11. Mark Shorter 29:22
12. Earl Strong 29:37

13. Darin Hollingsworth 29:39

14. Ricke Stucker 29:40
15. Michelle Hollingsworth 29:45 1st Female
16. Allison Irvin 29:46
17. Waylon Coulter 30:15
19. Charlie Skoog 30:32
20. Mike Deardorff 31:09
23. Kathy Bagwell 31:53
24. Roxane Burrous 32:07
25. Lorene Sandifur 32:36
26. Stan Shuey 33:27
27. Karl Stoneking 33:39
28. Josh Revils 33:57
29. David Hughes 34:08
30. Cassie Bauson 34:15
31. Peter Bauson 34:15
32. Kavita Kataria 34:23
33. Lisa Jones 34:39
34. Robin Tetrault 34:55
36. Patti Reinhardt 36:06
37. Ryan Bagwell 36:08
38. Rebekah Kinney 36:30
39. Cory Jackson 37:16
40. Dale Sullivan 37:26
41. Bill Heck 37:42
42. Steve Kilcline 38:21
43. Robin Cole 38:48
44. Amber Longwith 40:37
45. Vanessa Lorenz 40:59
47. Nicole Jackson 41:56
48. Ken Swinehart 47:00

Club Kokomo 3 Mile Walk

1. Jerry Lambert 34:36
2. Rick Spencer 36:01
3. Amanda Pena 36:29 1st Female
4. Robin Micheal 37:15
5. Anna Dollens 37:31
6. Brian Allen 37:32
7. Raye Jean Swinehart 41:13
8. Debbie Riffe 42:09
9. Jim Burrous 43:02
11. Milt Brown 43:50
12. Jackie Sanders 48:00
13. Cynthia Sanders 48:15
14. Sylvia Burgin 49:00

14 Finishers

Club Kokomo Weekly Fun Mile

Wednesday, November 14

12:00 Noon Race

1. Joe Rangel 5:49
3. Charlie Skoog 6:47
4. Steve Wand 7:12
5. Greg Landrum 7:54
6. Doug Mankell 8:30
7. Sylvia Burgin 12:28 (1st female)
8. Cathy Longwith 14:55
9. Jackie Sanders 15:24

5:30 PM Race

1. Joe Rangel 5:51
2. Ricke Stucker 6:41
4. Greg Sumpter 7:10
5. Jensen Freeman 7:27 (1st female)
6. Lisa Jones 7:56
7. Mark Jones 8:15
8. Anna Dollens 9:07
10. Tim Taflinger 10:03
11. Mary Miller 10:10
12. Brianna Jones 10:15
13. Adriane Freeman 10:25
14. Adri Freeman 10:50
15. Bob Longwith 11:19
16. Sally Freeman 12:36
17. Dan Freeman 12:37
18. Cathy Longwith 14:50

Club Kokomo Weekly Fun Mile Wednesday, November 21

12:00 Noon Race

1. Charlie Skoog 6:56
2. Greg Landrum 8:01
3. Jackie Sanders 15:32

6:00 PM Race

1. William Irvin 5:53
2. Ricke Stucker 6:51

Club Kokomo Weekly Fun Mile Wednesday, November 28

12:00 Noon Race

1. Joe Rangel 5:49
3. Charlie Skoog 6:37
9. Jackie Sanders 15:31

5:30 PM Race

1. Joe Rangel 5:52
3. Gina Sheets 7:19
4. Cory Jackson 7:54
5. Ray Tetrault 8:12
6. Karen Bush 8:20
8. Jerry Lambert 9:36
9. Mary Miller 10:35
10. Bob Longwith 11:07



Vanessa Lorenz and Nicole Jackson enjoy the sunny weather and compete in the McKinley Run.

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, JN Bunker Hill, Mounds, McKinley, and any one marathon, half-marathon or volunteer.

| | | | | |
|----------------------------|--------------------------------|-----------------------------|---------------------------|------------------------------|
| Runners | Stella Rood 1-20 | Sam Williamson, Jr. 2-40 | 45-49 | Bill Heck 10-195V |
| Women | Gina Sheets 1-20M | Keith Bauson 3-32 | Al Hochgesang 10-180 | Robert Cupp 11-167 |
| 0-12 | Shelly Wyman 1-15 | Tony Robinette 2-32 | Phil Rozzi 10-180M | Riley Case 3-60 |
| Aubrey Jackson 4-80 | Jennifer Mayfield 1-10 | Kyle Starich 2-22 | Kim Lee 11-160H | Walkers |
| Victoria Christenson 1-20H | 40-44 | Carl Christenson 1-20H | Ken Swinehart 12-155HV | Women |
| 13-19 | Michelle Hollingsworth 15-290H | Andrew Swinehart 1-20H | Eric Mathew 10-146MH | 49- |
| Sarah Lee 12-172H | Patti Reinhardt 15-250MHV | Matthew Robertson 2-19 | Mark Rodgers 7-99H | Mary Miller 19-360HV |
| Amber Longwith 9-122 | Kim Anderson 1-20H | Ben Bradshaw 1-10 | Ray Tetrault 6-96MHV | Amanda Pena 19-287V |
| Vanessa Lorenz 9-118V | 45-49 | 20-24 | Byron Bundrent 3-60 | Debbie Riffe 19-206V |
| Laura Bauson 5-90M | Roxane Burrous 9-180MH | Bryan Phillips 3-60 | Bill Bauson 3-37H | Jane Inman 14-182HV |
| Katie Hollingsworth 5-77 | Cassie Bauson 7-125H | Justin Ashcraft 2-40 | Mike Jones 2-32H | Raye Jean Swinehart 12-147HV |
| Annina Gruber 4-67 | Maureen Prentice 4-67H | Kevin Callaghan 1-20H | Gary Jewell 1-20V | Emily Allen 12-99 |
| Nicole Parry 4-57 | Sandy Knowland 3-50H | Zach Overman 1-20H | Brent Marner 1-20H | Cara Lee 4-45H |
| Nicole Jackson 4-56V | Cheryl Marner 3-45H | Brett Sanders 1-10 | Greg Sumpter 1-20M | Becky Christenson 2-32H |
| Waverly Neer 2-40 | Carla Yerkes 2-40H | 25-29 | 50-54 | Karen Jewell 1-20V |
| Katie Christenson 1-20H | 50-54 | Mark Eads 6-110H | Earl Strong 17-320MH | Darlene Jackson 2-15 |
| Emily Christenson 1-20H | Robin Tetrault 15-245MHV | Cory Jackson 4-65 | Mark Shorter 19-309H | Carol Savage 1-6 |
| Mindy Tetrault 1-20V | Lorene Sandifur 13-240HV | Matt Yarosz 3-60 | Mike Deardorff 14-176HV | 50+ |
| 20-24 | Robin Cole 15-201 | Seth Daugherty 2-40 | Jerry Meiring 10-110 | Sylvia Burgin 17-227H |
| Sarah Bauson 5-100H | Christine Williamson 7-109 | Nathan Hovermale 2-35 | Greg Townsend 8-109MV | Sylvy Bledsoe 11-220HV |
| Holly Hurlburt 5-87 | Vicki Boles 5-95H | 30-34 | Russ Hovermale 6-69 | Judy Smith 13-196HV |
| Grace Bauson 4-65H | Jill Parry 4-67V | Matt York 14-240H | Don Gifford 3-55H | Pat Robertson 13-146HV |
| Megan Green 1-20 | Debra Perkins 2-32H | William Irvin 12-215MH | Michael Campbell 3-52MH | Anna Dollens 6-120 |
| Jamie Jackson 1-20 | Marsha Daugherty 2-30 | Ryan Bagwell 15-201 | Dave White 3-50HV | Diana Brown 10-113 |
| Stephanie Overman 1-20H | 55-59 | Christopher James 8-132H | Tom Sheridan 2-17 | Kathy Allen 11-110 |
| 25-29 | Joyce Pennycoff 16-310HV | Keith Hill 9-125H | Karl Stoneking 1-10 | Cynthia Sanders 11-109V |
| Kathleen Bagwell 16-272H | Rhenda Acton 12-190HV | David Reinagle 4-50H | 55-59 | Angela Lorenz 4-36 |
| Allison Irvin 13-230H | Kathie Barnett 2-30V | Ryan Hanlon 2-17 | Ricke Stucker 19-295 | Diane Gifford 1-20 |
| Rebekah Kinney 9-128H | Barb Wand 2-30V | 35-39 | Joe Rangel 14-280 | Men |
| Jillian Weaver 9-118 | Anne Wiles 2-30V | Scott Colford 14-270MH | Charlie Skoog 15-190V | 49- |
| Justine Eads 6-81H | Shirley Wilson 1-10 | T.A. Weber 11-145H | Tom Miklik 8-112HV | Brian Allen 17-275HV |
| Karen Bush 5-67H | 60-64 | Scott Riggle 7-117H | Phil Leininger 6-80H | Steve Inman 13-260HV |
| Kelly Wright 2-40HV | Kathy Murdoch 4-80 | Jeff Kuczera 6-105 | Steve Wand 5-74HV | Nicholas Allen 6-83 |
| Shannon Reinagle 2-30H | Doris Griffith 3-55V | Vernon Graves 8-104H | Steve Kilcline 4-51V | Tim Revils 3-37 |
| Brianne Boles 2-28H | Susan Gerhart 2-40H | Michael Lake 8-91H | Fred Chew 3-50H | Bruce Savage 1-10 |
| Michelle Tetrault 1-20V | Trudy Pierce 1-20H | Donny Smith 6-79H | John Wiles 3-50HV | 50+ |
| 30-34 | Kathleen Leach 1-20H | Michael Rood 2-30 | Chris Smith 1-10 | Rick Spencer 17-325H |
| Darcie York 9-155H | Men | Mitch Reeves 1-20H | Bill Cox 1-9 | Keith McAndrews 16-251MHV |
| Jeanette Merritt 9-137H | 0-12 | Travis Sheets 1-20H | 60-64 | Tim Taflinger 19-245HV |
| Robyn Pagation 4-80 | Joshua Revils 11-205 | Dennis Ball 2-19 | David Hughes 12-225M | Jerry Lambert 16-210HV |
| Geana Moore 5-70 | James Longwith 9-144V | 40-44 | Sam Williamson, Sr. 8-137 | Rocky Smith 12-139HV |
| Amy Piazza-Graves 4-70H | Quinn Reinhardt 7-110V | Brian Reinhardt 17-305MHV | Doug Mankell 8-132H | Jackie Sanders 17-138V |
| Lisa Stucker 1-12 | Waylon Coulter 3-60 | Michael Graham 19-271HV | Bill Barnett 3-50V | Robin Michael 12-133MH |
| Dona Smith 1-10 | Nicholas Webster 1-20H | Darin Hollingsworth 15-185H | Walter Brown 2-30 | Milt Brown 8-76V |
| 35-39 | 13-19 | Dana Neer 9-170HV | 65-69 | Jim Burrous 6-45 |
| Lisa Jones 12-212H | Mason McGovern 7-125 | Ron Moore 10-157MH | Stan Shuey 14-255 | David Mygrant 4-36 |
| Heather Weber 9-160HV | Brandon Sheline 5-100 | Dan Lutes 3-60MH | Dale Sullivan 11-171 | Russell Fox 2-35H |
| Teresa Long 3-60H | Jordan Lee 6-94H | Brandon Mink 3-40 | John Norris 8-145H | Toney Lorenz 4-30 |
| Lisa Birkhimer 2-30H | Peter Bauson 6-89H | Mark Webster 2-30H | Charles Johnson 1-20H | John McGinty 3-24 |
| Kavita Kataria 1-20 | Jesse Bauson 5-82MH | Mike Williams 2-30H | Darrell Pennycoff 1-12 | Melvin Hobbs III 1-20H |
| Tami Moore 1-20H | Kaleb Hollingsworth 4-55 | Don Rogers 2-29M | Jerry Leach 1-10 | John Robertson 2-14 |
| Tosha Rogers 1-20H | | Shawn Mayfield 1-20H | 70-74 | |

2008 Race Calendar

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 (Tentative)
Cole Porter 15K Run/ 5K Run/Walk
Time: 8:30 AM
Location: Peru, IN

September 27
9th BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnettsville, 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

Remaining 2007 Races

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

The remaining 1 mile fun runs on Wednesday's will be at 11:00 AM and 5:30 PM in Highland Park.

Other Races Ran

Detroit Marathon
October 21, 2007
Detroit, MI
1. Christopher Kiprotich 2:15:15
1w. Anzhelika Averkova 2:34:50
3065. Laura Bauson 5:02:26
3750 finishers