

## TWENTY PLUS YEARS

By Steve Wand



**Steve competes at this year's Charity Run.**

Hello to all my good running friends. Ten years ago I wrote an article in this newsletter telling all about my first ten years of running. Reading back on that, I sure was long winded. I did say that maybe in another ten years I would write another article about the next ten years. Instead, I thought you might enjoy seeing the results from my first race which was a 3-miler on October 10, 1987. It was sponsored and began at the UAW Local 292 Union Hall. Yesterday (December 2, 2007) there I was again running the Charity Run at the same loca-

tion that I ran the UAW race back in the olden days of 1987.

Take a look at the list of participants. I'm sure many of you will recognize names of those who are still in the game. It's interesting to me to think that when I ran that particular race I only knew a handful of those people, and for most of them it wasn't from running but from working with them or our children being in events together. I had met Lorene Sandifur through our boys playing YMCA basketball together and I remember telling her that this was my first race. She told me that I would never forget my first race. Lorene was absolutely correct.

The name in the results after mine is my very good friend Bob Baker with whom I played many sets of tennis and repaired many radios at Delco before I took up running. I talked him into doing this race with me. It was my first and it was his first AND last.

Mike Graham, how old were you when you did that race? Were you even shaving yet? What about Gerald Jewell? Stan Shuey running sub 7-minute miles! Earl Strong and Mark Shorter just over 6-minute miles.

I remember my friend Bob noticing the wild, extremely color-

ful tights that Mike Slaubaugh had on and saying, "He had better win this race to get by with wearing an outfit like that!" He did.

When Bob and I finished that race we both laid down on the grass gasping for air, looked up at the sky, and felt like we must have run a marathon. I was planning to run in a 5-mile race with my sister, Connie, in a couple of weeks called the POW-MIA Race in Kokomo. I didn't see any way I could ever run that distance after how I felt after the UAW race.

A lot of those names there on the results list are of people who are no longer running, but I could tell you good stories about many of them that I had the privilege of knowing.

I think more people ran faster then. I just noticed that Athena Glass, who came in last place in the 1987 race, ran faster than I did at this year's Charity Run. Dang.....that's humbling!

Anyway, thanks to all of you who have contributed to my trip down nostalgia lane, and to those who I look forward to adding to the trip of the future.

P.S. I'm not making any promises about writing another article in ten years. (Results on page 7)

### Inside this issue:

From the President	2
New Members	2
On the Trails	3
First Things "FIRSST's"	3
On the Roads	4
Birthday List	4
Jacksonville Marathon	6
Charity Run	8
Race Results	9
Other Race Results	9
Points Standings	10
RaceCalendar	11
Other Races	11

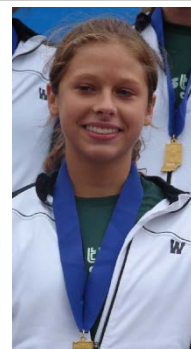
## JACK "THUMBS UP" SANDERS

By Waverly Neer

Lance Armstrong once said, "There is no proper way to estimate somebody's chance, and we shouldn't try because odds don't take into account the unfathomable, and we can never be entirely right. It deprives people of hope, the only antidote to fear." My inspiration, Jack Sanders is not a Hall of Fame coach or a pro athlete that holds the highest point average in history. Jack is rather a small town man with a huge

heart. His enthusiasm and humble spirit, shown by his knack for shopping at Goodwill, completes him as my hero.

In December of 1996, Jack suffered a stroke sending him into intensive care for three weeks. Many people including his wife didn't know what to expect, at that point Jack could have lived or died. Remarkably, Jack recovered, but not fully. He had to relearn (continued on page 5)



**Make sure to mark your calendars now for the Annual Awards Banquet to be held at the Senior Citizens Center in Foster Park on Saturday, February 23, 2008 at 2:00 PM.**

**Note that this is a change from the usual Sunday awards banquet because the center is no longer available on Sundays.**

## FROM THE PRESIDENT



By William Irvin



*President's daughter: Zoe Irvin braved the heavy rains to run the Charity Run.*

#### Year End Awards Committee

If you are interested in being on the Year End Awards Committee and want to participate in nominating runners and walkers for end of year awards, please contact me by email at [WI225@insightbb.com](mailto:WI225@insightbb.com). We will have a meeting on Wednesday January 9 at Grace Fellowship Church at 6:30 P.M. (after the Wednesday night run). I will need to know as soon as possible so that I know I will not have too many for the committee.

#### Multisport Symposium

While in Florida for the Great Floridian Ironman distance race, I was able to meet many people from the Midwest as well as many from the Indianapolis area. There were actually somewhere in the neighborhood of 20 of us from the Indianapolis and the surrounding areas that competed at the GFT. One of the guys I met was Doug Robinson who works for the Jordan YMCA and was heading up a Multisport Symposium in November. Doug provided me with the information and what the symposium was all about. Coming off the Ironman race and knowing that I want to compete in another one, I

saw this as an opportunity to add to my knowledge of the sport and become better.

In November, fellow Ironman triathlete Ron Moore and I went down to Indianapolis for the first annual Jordan YMCA Multisport Symposium. This conference covered all aspects of swimming, running, cycling, and nutrition. We were fortunate enough to take part in this conference to learn more about effective training for all three disciplines.

The keynote speaker for the event was retired professional Triathlete Scott Tinley, a multiple Hawaii Ironman world champion winner and multiple national triathlon champion winner. Tinley gave a great speech on the sport of Triathlon that covered racing, training, the history of the sport, and where the sport is going. Also in attendance were Mike Smith- an accomplished Indianapolis triathlete, runner and coach, Bob Kennedy- NCAA Cross Country Champion and Olympic 5K competitor, Cheryl Hart- accomplished Triathlete and coach, Heather Hedrick- NIFS Nutritionist and Ironman triathlete, Kris Houchens- Ball State Collegiate swimmer, Olympic Swim coach, and National Masters Swim coach of the year 2007, and Ashley Johnson- NCAA All-American Track and Field and Cross Country runner as well as a sub-four-minute miler, as well as many more knowledgeable people.

Ron and I were able to attend 5-1 hour sessions to learn from the best in the Midwest on topics such as lactate threshold training by Bob Kennedy, training/racing and recovery methods by Greg Mueller, freestyle swim technique by Kris Houchens, proper bicycle fit, heart rate training and threshold training by Vern Lamere, muscle imbalance and injury prevention through proper dry land training techniques by Robb Rogers. This is just a handful of seminars that were available from some

of the top athletes in the Midwest.

All sessions were very informative and were very helpful in planning for the 2008 training and racing season for both running and triathlons. There was an excellent expo for this event as well that included POLAR heart rate monitors, ZIPP wheels, Runners Forum, Swim Fit just to name a few. The climax of the day was at the end where they gave away close to \$3,500 dollars worth of equipment such as POLAR heart rate monitors (5 of them), massages, running shoes, BGI Bike mechanic classes, and a set of ZIPP racing wheels.

If any of you are interested in learning how to become a better more efficient runner, swimmer, cyclist or triathlete this will be an annual event in Indianapolis. You can go to their website at <http://endurancesymposium.com> for more information. I will also be advertising this event in our newsletter next fall.

#### Year End Awards Banquet

The Year End Awards banquet will take place on **Saturday February 23, 2008** at the Foster Park Senior Citizens Center. The third annual CKRR Chili Cook off will take place with the top three voted chili's winning gift certificates for Chili's. If you would like to participate please contact me or one of the Club officers so that we do not have 20-30 Crock Pots full of Chili! There will also be a need of desserts and chips, etc for the carry. Those of who have completed the requirements to be the top three in your age group will be contacted as to whether or not you would like a plaque or credit towards Club gear.

## NEW MEMBERS

Joseph Hubbs  
Brad Tomlinson

*Welcome to Club Kokomo!*





## ON THE TRAILS

By Charlie Skoog and Greg Townsend



Siberian Express at beautiful Kickapoo State Park. Every finisher in this 7.45 mile trail adventure receives a special "I survived the Siberian" award. Visit [www.kennekuk.com](http://www.kennekuk.com) for more information and give me a call if you would like to carpool with us.

Thanks to everyone who braved a driving rainstorm and missed a Colt's game to participate in the 23rd Annual Charity Run on December 2. Despite the weather we had a great turnout but the best part was raising \$1,865 for Nesting Doves and the Magic and Care Closets, pushing the Charity Run's total giving over the \$40,000 mark.

A few days later I was joined by CK members Robin Cole and Paul Wyman at the Greenway's Foundation Luncheon where Governor Daniel's presented a dynamic vision to develop trails and greenways throughout Indiana. We were excited to hear the Nickel Plate Trail was at the top of the priority list receiving a \$250,000 Lily Endowment grant which will be used to finish paving of the trail into Howard County.

As we move into 2008 work continues on developing a plan for trails, greenways, and other forms of alternative transportation throughout Kokomo and Howard County. This is a grass roots effort and we need your help to support ideas that will provide safer opportunities to run, bike, and walk our community. We know this will improve our quality of life, home values, and contribute to economic development. I encourage each of you to keep talking to elected officials and policy makers and if you have a moment of inspiration write a letter or call a radio station. Below is a letter

from CK member, Greg Townsend, that appeared in the Kokomo Tribune on Christmas Day. We all have much to be thankful for and Greg's letter reminded me how lucky we are to be surrounded by special people that care about our community in an active way.

### City, County Should Have Walking Trails

A couple of months ago, I had the privilege of working with the Friends of the Nickel Plate Trail, taking down the fence around the Continental Steel site.

As we worked we were contemplating what the new park and recreation area would look like. We were hoping there would be plenty of trails for walkers, runners, and bicyclists.

Now that there are funds available to pave the NPT all the way south to Cassville and into Howard County, I am hoping that the leaders of Howard County and Kokomo can come together and bring this trail into Kokomo and eventually connect these trails to our parks.

I can't think of any better way to start improving the quality of life in our community than to have a trail system that encourages people to get out and start running, walking, and biking.

Greg and I look forward to seeing all of you on the roads and trails next year. If you are interested in trail building and would like to join our taskforce please contact me at (765)457-2607 or [runcrr@aol.com](mailto:runcrr@aol.com) and I will add your name to our distribution list for volunteer opportunities. Collectively we can and will make a difference!

As I type this report I do so with an eye on the weather report since I will be joining several club members, hitting the trails at the HUFF50K and 10.8 mile Fun Run on December 29. This will be my last "race" of the year but I'm sure ultramarathon legend David Hughes will have no trouble bouncing back from that adventure to toe the line at our own New Year's Eve 5K as he does every year. Look for a report on those two great events in next months newsletter.

If you're looking for a challenge to start the new year, I invite you to join us Saturday, January 5, for the 24th Annual

## FIRST THINGS "FIRSS'T'S"

By Rebekkah Kinney

We want to welcome every runner back for the upcoming running season, whether you are training for an event or just running for personal reasons we would like to help be apart of your journey. The FIRRS'T'S all female running group will kickoff the 2008 running season on **Wednesday, January 30<sup>th</sup> at 5:30 PM at the Highland Park** (by Old Ben, top of the hill). Our main focus will be our Mini Marathon Training Program; however, we welcome all runners on that day. We will be taking registrations for new members and current members will have the opportunity for consultation to list their running goals as Shannon and I can prepare programs accordingly. We will also be taking orders for our personalized "Mini Marathon" long-sleeve shirts. We will have a preliminary design available mid January and the shirts will also be available to all Club Kokomo Runners to purchase. We want to repre-

sent this year down in Indy! We will conclude our kickoff with the 1 mile Fun Run @ 6 PM.

Since our first meeting last June we have seen many members accomplish a spectrum of goals. These milestones included several of our members beginning to run for the first time, others increased confidence after struggling with injuries and rehabilitation, some mastered distances and achieved much sought after PR (personal records) and still others enjoyed merely participating in the club races. All of these are the type of achievements we will continue to encourage and promote in 2008. Thanks again for all the support our group has been given. If you would like additional information regarding FIRRS'T'S please contact Rebekkah Kinney, [rakinney@insightbb.com](mailto:rakinney@insightbb.com) or Shannon Reinagle, [reinagle@yahoo.com](mailto:reinagle@yahoo.com).



# ON THE ROADS

By Johnny 'O



### CK Goodfellows bring smiles to children

Once again, Club Kokomo Goodfellows answered the call this year. Their efforts brought smiles to 2,300 children who received clothes as Christmas presents. Since 1911, the Kokomo/Howard County Goodfellows organization has been helping the less fortunate buy clothes for their children. Johnny 'O has been a member of Goodfellows for more than 30 years. Fellow CK member Dave White also is a member of the board. This is the third year that Club Kokomo took one of five Goodfellows shopping nights at

Meijer. Volunteers helped parents figure out if they were above or below their voucher limit before going through the check out line, and others put the purchased clothes in shopping bags.

Charlie Skoog led the charge in recruiting volunteers. As it turned out, we had more than enough help. Besides Charlie, this year's Goodfellows included Mike and Marsha Daugherty, Stan Shuey, Diana Brown, Steve Wand, Jack and Cindy Sanders, Robin Tetrault and daughters Michelle and Missy, Keith McAndrews, Steve Kilcline, Dan Lutes, Tim and Mary Miller, Robin Cole, Eric and Monica Mathew, Brian, Nicholas, Emily, and Kathy Allen, Debbie Riffe, Amanda Pena, Sylvia Burgin, Joyce Pennycoff and Leonora Hulet. Dave White could not help on the designated Club night, so he worked another shopping night.

Providing clothing for children each year is the best present Johnny 'O receives at Christmas. Working on the project with friends makes Johnny 'O's Christmas even more special.

Thank you and happy New Year!

*Top: Diane Brown and Stan Shuey checking prices of items.  
Middle: The Allen family (from left) Emily, Kathy, Nick, and Brian fold clothes after a purchase.  
Bottom: The whole Club Kokomo "Goodfellows Crew" pose for a photo.*



## BIRTHDAY LIST



- |      |                  |      |                   |
|------|------------------|------|-------------------|
| 1/2  | Patti Reinhardt  | 1/18 | Annina Gruber     |
| 1/2  | Keith Kubicek    | 1/18 | Lisa Jones        |
| 1/3  | Marsha Daugherty | 1/21 | Josh Revils       |
| 1/5  | T.A. Weber       | 1/22 | Sondra Summerton  |
| 1/8  | Robin Michael    | 1/25 | Genna Rodgers     |
| 1/11 | Trudy Pierce     | 1/27 | Kayla Reinagle    |
| 1/12 | Brooke Jones     | 1/30 | Jennifer Mayfield |
| 1/16 | Edwina Foust     | 1/31 | Angela Minnefield |
| 1/17 | Milt Brown       |      |                   |



# JACK "THUMBS UP" SANDERS (CONTINUED)



everyday tasks such as tying his shoes with one hand because of the limited usage of his right side. Despite the odds stacked against him, Jack and his secondhand New Balance trainers from Goodwill make it to almost every Club Kokomo Road Runner's Race, held in area parks and courses. This is where I first met Jack. Although Jack my bring "up the rear" he is still an encouragement to me without being a phenomenal athlete. Most people may not understand how hard it really his for Jack. As an ex-

ample, two years ago in the Haynes Apperson road race, train tracks run across the road. To an average person it would be no problem to cross right over, but since Jack drags his right side, his foot would catch on the raised tracks and cause him to fall. By the end of the race Jack had bloody knees and hands, but it never stopped him from finishing the race. That's the kind of willpower I truly admire.

In order to conduct this interview it was necessary for me to converse with both Jack and his wife, Cindy, due to his impaired language because of his stroke. When I asked why he enjoys coming to the club races, I found the answers none to surprising, Jack simply LOVES seeing the people and competing with himself. He won't settle for being mediocre. If he did he would have been just another survivor statistic. However, road racing isn't the only mountain of a challenge Jack has climbed. He has read the Bible over forty times, and is quick to point out that God is most responsible for his recovery. He loves animals and has several collections of coins and puzzles. Although these feats may seem enough, Jack, in 2001 had to drive Cindy every two weeks to Indianapolis for cancer treatment, earning himself the title "My Knight in Shining Armor" from his wife. At that Jack smiles and nods his head at the implied label.

Several people have taken notice to Jack's noble acts, including Kokomo's mayor who recently awarded him with the Key to the City of Kokomo, which Jack proudly points at as he studies it behind its glass casing. Jack's enthusiastic outlook on life has rubbed off on people he has come in contact with. "People know Jack at the grocery store and local restaurants and often give him a high-five and know exactly what he want" says Cindy. His famous thumbs up has become a decorum for people involved with the road racing club.

Jack has been a figure of persistence and purpose to me. I often say to myself when I'm running "if Jack can do it, so can I." When I think of Jack Sanders one word pops into my mind, conquer, because he truly beat the medical odds and toppled the unfathomable. Jack lives everyday to its fullest, not missing a single beat. I consider myself truly blessed to know such a moving "sole."

Addendum from Dana:

## Westfield Girls Cross Country Team Places 15th in the Nation

Waverly enjoyed a fun and productive Cross Country season

at Westfield High School. I also enjoyed coaching at Westfield. We both adapted well, although we certainly missed the boys and girls teams at Western.

The 34 girls on the Shamrocks team trained hard and were able to run their best race of the year at the state meet where they were crowned the 2007 IHSAA State Champions. Waverly's individual accomplishments were: All Conference, All Sectional, All Regional, All Semi State, and All State honors by placing 23rd at the state championship meet. The top 25 girls in the state are named all state athletes.

After winning the 2007 IHSAA Girls Cross Country championship this fall, the Westfield girls competed in the NIKE Midwest Regional meet. The top teams from Michigan, Ohio, Illinois, and Wisconsin competed in the 5K distance as the top two teams advance to the NIKE Team National meet in Portland, Oregon. Top teams from 11 other regions also advance to field the final 22 teams in the nation. This is the only High School sporting event in the nation where a true national champion is crowned. Nike covered all expenses for all athletes and coaches, including a boys and girls team from Kenya.

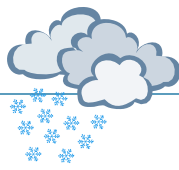
Westfield placed 15th in the nation at the Nike Team National Race on a very wet, snowy and challenging course with over 10,000 fans enjoying the race. The competition will be aired on ESPN later this month.

**Right: Waverly competes for Westfield in the Indiana State Cross Country Championship.**



**Below: Waverly (first row—third from left) celebrates with her teammates following Westfield's third consecutive cross country state championship.**





## JACKSONVILLE MARATHON

By Jim and Roxane Burrous



From Roxane:

As you Indiana snow birds were enjoying the ice, snow and wind, Jim and I ventured to Jacksonville, Florida for our first cruise. Back in June some friends of ours announced they were going along with another couple so we decided to join them. In June you don't think a whole lot about being gone for 9 days at the Holiday Season. Needless to say it makes Christmas come really quick.

It worked out well that we went with the other couples as they have been on a cruise before so that helped us very much with all that we needed and needed to know.

We cruised from Jacksonville to Key West and Nassau, Bahamas. The weather was very nice. 70 to 80 degrees. Perfect for the running of our marathon on the Sunday of our return to Jacksonville on Saturday! (Perfect for me at least.)

Sunday morning at 4:30 a.m. as the alarm went off an Jim looked out the window I asked him how it looked. "I am not even going to tell you"" he said. I knew. RAIN! If any of you know me at all, I am a whiney weather weenie, no two cents about it. I HATE RAIN! It was pouring.

After some thought I decided we

may as well at least take the bus to the start. The first return bus was at 8:20 so we could ride back then. We only had one pair of closed toed shoes and we were thinking about soggy shoes to catch the plane home after the marathon and putting our wet feet in all of the snow everyone was getting back home. Brrrrr!

We caught the last bus to the start. It started at a school and finished on the track. Guess what? By the time we arrived at the start it had quit raining. Darn it! That meant I had to run. Jim had signed up to walk the 1/2. We figured we would get done close to the same time. Both races started at 7:00. We had just enough time to use the restroom and the gun went off.

The temperature at the start of the race was 68 degrees and I am sure the humidity was 200 percent. (O.K. At least 100.) I had a good start running with the 1/2 marathoners. They turned around at approximately mile 7. It was pretty sparse after that. The course was very flat (Unlike Ray's version of flat), very shaded and very residential. I bonked early. Mile 10. After that I did not want to finish. The temp dropped as they predicted. The wind picked up and I was COLD! I was so soggy from the humidity that the cooler temperatures and wind really made me chilly. I was even offered a ride at mile 19. I turned it down. Can you believe that??? Am I crazy or what? I don't really know what made me continue to run. Maybe just thinking that if I quit, that would be easy. You can't quit everything in life because of an obstacle. You must push on and be strong. So I did. And you know even though I almost had a PW, my greatest achievement was to keep going when the going got tough. I was very pleased to have accomplished that.

Jim did very well in his half so he had to wait quite awhile for me on the track, but they had it well set up and plenty to eat. The sun did finally come out and it ended up being a great day.

All in all I would recommend the marathon to anyone. It is smaller. About 2000 participants between both races. It is flat and shaded. The average temperature for that time of year is 55 degrees.

From Jim:

A great way to finish a cruise vacation is to do a half marathon in the warmth of Jacksonville, Fl. I actually thought of all of you in the cold and snow for about 5 seconds and then on to the warmth of the present. The alarm woke us at 4:30 a.m. to a peek outside to find a lot of rain as I told Roxane, you do not want to know ( I knew she hated rain) what it is doing. "I am not running" was her first words that morning as she looked outside and said "it is pouring", but it was a warm 68 degrees.

No wake up calls that morning but everyone responded to the fire alarm going off at 5:00 a.m. only to find someone falsely set it off, a good thing to get everyone ready to run! The 10 minute ride to the start was enough to let it quit raining, and ready all 2073 runners and walkers (me) for the journey ahead 26.2 or 13.1 fun miles!!

The gun sounded and away they went (Roxane leading the way) to do what they had trained for (except Roxane). Being that I am a sightseer there was a lot for me to take in and enjoy the warm and humid air. The course which I enjoyed took us through some very nice residential areas as we were along the St. Johns river. I was walking and dreaming of which home I would like to retire to. I had to pick up the pace occasionally to keep up with some of the participants.

The finish was windy as a cold front came in with cooler and drier air. I changed to a dry shirt and found a spectator seat in the bleachers of the football stadium where we finished on the track. There I enjoyed the clearing skies of sunshine for the finish of Roxane's marathon. Thinking she is doing double what I had done. Wow!

Here she came blazing on the track only to finish nip and tuck with another marathoner.

It is great to know you did what you put your mind to do. Everyone needs to pat themselves on the back for any accomplishments they do no matter what it is.

Happy Holidays from the Burrous's.

# TWENTY PLUS YEARS (CONTINUED)



UAW LOCAL #292

DATE) 10/10/87  
WEATHER) CLOUDY  
DISTANCE) 3 MILES

KOKOMO, IN  
TEMPERATURE) 50

STARTING TIME) 8:30 AM

## RACING RESULTS BY ACTION STATS, INC.

PL.	DIV.	PL	NAME	Overall male	TIME	PACE/MI	PL.	DIV.	PL	NAME	TIME	P
1		1	MIKE SLAUBAUGH		0:15:00.45	5:00.1	41	1		JOYCE PENNYCOFF	0:22:31.67	7
2	2	2	KENNY BENNETT		0:15:05.18	5:01.7	42	4		BOB CUPP	0:22:32.31	7
3	3	3	GERALD JEWELL		0:15:21.25	5:07.1	43	5		NORM HARRUFF	0:22:35.19	7
4	4	4	DAVID GARDNER		0:16:13.93	5:24.6	44	2		JUDITH WEBER	0:22:38.71	7
5	5	5	TRENT SINNETT		0:16:37.66	5:32.6	45	12		BOB ELWELL	0:22:39.19	7
6	1	1	GREGORY TOWNSEND		0:16:42.64	5:34.2	46	2		LORENE SANDIFUR	0:22:45.20	7
7	2	2	RJ KERR		0:17:22.00	5:47.3	47	13		STEVEN GROVES	0:22:50.05	7
8	1	1	GEORGE DEVINE		0:17:34.81	5:51.6	48	3		MICHAEL SCHAEFER	0:22:52.78	7
9	6	6	BYRON BUNDRENT		0:17:41.47	5:53.8	49	3		BARBARA MOELLER	0:22:56.41	7
10	7	7	MIKE GRAHAM		0:17:44.35	5:54.8	50	2		JAMES STAMPER	0:23:16.34	7
11	2	2	GARY MEEKS		0:17:52.07	5:57.4	51	14		STEVEN WAND	0:23:16.79	7
12	3	3	TONY HINKLE		0:17:57.23	5:59.1	52	15		ROBERT BAKER	0:23:17.45	7
13	4	4	BILL BENNETT		0:18:04.42	6:01.5	53	3		CINDY MILLER	0:23:21.74	7
14	3	3	MARK SHORTER		0:18:14.20	6:04.8	54	3		CHARLIE BOOTH	0:23:26.77	7
15	4	4	STEVE KILCLINE		0:18:19.65	6:06.6	55	12		MIKE HEILMAN	0:23:37.75	7
16	5	5	EARL STRONG		0:18:42.83	6:14.3	56	6		DICK SUMMERTON	0:23:44.65	7
17	5	5	DARRELL PENNYCOFF		0:19:02.14	6:20.7	57	4		MARSHALL TALBERT	0:23:53.31	7
18	8	8	GEOFF TAYLOR		0:19:18.17	6:26.1	58	7		JOHN BOYLE	0:24:42.60	8
19	6	6	RON SPANE		0:19:19.01	6:26.3	59	2		RUTH MOORE	0:25:07.05	8
20	7	7	FRED VOLLNER		0:19:19.91	6:26.6	60	13		AARON OSMUN	0:25:15.59	8
21	8	8	ED OLIPHANT		0:19:37.19	6:32.4	61	16		JEFF COOTE	0:25:16.15	8
22	9	9	BILL SCHAEFER		0:19:40.72	6:36.2	62	14		THOMAS SCHDENRADT	0:25:30.25	8
23	1	1	GENE MOORE		0:19:51.05	6:37.0	63	11		JIM BUTLER	0:25:54.21	8
24	9	9	MIKE SCHDENRADT		0:20:19.29	6:46.4	64	4		JAN ELLIS	0:26:00.13	8
25	2	2	HARRY EATON		0:20:31.83	6:50.6	65	1		ATHENA GLASS	0:26:30.51	8
26	10	10	STAN SHUEY		0:20:36.68	6:52.2						
27	10	10	KEN SURWITZ		0:21:00.95	7:00.3						
28	6	6	COY RILEY		0:21:09.93	7:03.3						
29	11	11	DAVE FLUCK		0:21:24.36	7:08.1						
30	7	7	MICHAEL TRAGESSE		0:21:25.96	7:08.7						
31	1	1	STEVEN MIDDLETON		0:21:28.10	7:09.4						
32	1	1	BETTY OLIPHANT	Overall female	0:21:28.86	7:09.6						
33	8	8	BRIAN DARROW		0:21:30.90	7:10.3						
34	9	9	KEITH HAYDEN		0:21:48.20	7:16.1						
35	1	1	MIKE HENRY		0:21:50.56	7:19.5						
36	10	10	KEVIN MARSH		0:22:01.72	7:20.6						
37	11	11	RICHARD CAMPBELL		0:22:12.74	7:24.2						
38	2	2	TRAVIE SANDIFUR		0:22:21.21	7:27.1						
39	3	3	DON MIDDLETON		0:22:21.59	7:27.2						
40	1	1	JULIA SPANE		0:22:29.97	7:30.0						



# CHARITY RUN

By Brian Reinhardt

I know exactly how many of you turned out for the Charity Run this year (I happen to have the list of runners, walkers, and volunteers) and it amazed me considering the horrific weather.

Then I got thinking (dangerous I know) and I had to change my position on the subject. I wasn't amazed at all. I expected it because without exception this group comes through no matter the occa-

If you weren't out there running or walking in the rain and wind you were out there directing traffic or in Chris James' case, trying to take pictures for the newsletter. I had to laugh when I considered him doing so because there was no way that there could have possibly been a decent picture in the lot, but he found a way somehow to prove me wrong. Yeah, every picture is dark, but of course they were—it was very dark outside in the middle

of the day! Thank you so much, Chris! Oh, and thank you for bringing your daughter along—I had a wonderful time talking to her after the race—what a hoot! He wasn't the only one out there making a difference because every single person there had their hand in changing lives in our community. A hearty pat on the back is warranted for everyone there.

As I reported in a quick snippet in last month's newsletter, we raised approximately \$1,875 for Nesting Doves and the Care Closets and that doesn't go unnoticed by those that really need the help. You truly are a wonderful group of people!



**Josh Revils, Ricke Stucker, and club chaplain Mike Deardorff fight through the final yards of the Charity Run.**

sion. There may be a few different faces from time to time, but the bottom line is that the members of this club line up and get it done every time.

the Care Closets and that doesn't go unnoticed by those that really need the help. You truly are a wonderful group of people!



**Above: Former club president Gary Jewell is back on the roads.**

**Below: Al Hochgesang was smart enough to wear a hat to keep the rain off of his face.**



**Left: Charlie Skoog leads Travis Sheets and club treasurer Mark Shorter to the finish.**





# RACE RESULTS

- Club Kokomo Charity Run 5K  
Sunday, December 02, 2007  
UAW 292, Kokomo, Kokomo, IN
1. Jeff Hemmeger 19:07
  3. Matt York 19:23
  4. Joe Rangel 19:27
  6. Kyle Starich 20:16
  7. Sam Williamson Jr. 20:29
  8. Brian Reinhardt 20:31
  9. Gary Jewell 21:17
  10. Al Hochgesang 21:26
  11. Heather Weber 21:32 1st Female
  12. Mike Graham 21:57
  14. Eric Mathew 22:41
  15. Charlie Skoog 22:56
  16. Travis Sheets 23:01
  17. Mark Shorter 23:06
  18. Phil Rozzi 23:32
  19. Darin Hollingsworth 23:38
  20. Kaleb Hollingsworth 23:46
  21. Michelle Hollingsworth 23:46
  22. Josh Revils 24:02
  23. Ricke Stucker 24:04
  24. Mike Deardorf 24:14
  25. Gregory Townsend 24:40
  26. Lorene Sandifur 24:53
  28. T.A. Weber 25:15
  30. Kathy Bagwell 25:35
  31. Stan Shuey 25:50
  33. Kevin Starich 26:15
  34. Steve Wand 26:38
  37. Mark Rodgers 27:09
  38. Ryan Bagwell 27:26
  39. Lisa Jones 27:49
  39. Cory Jackson 28:02
  40. Dale Sullivan 28:09
  41. Doug Mankell 28:16
  42. Mike Daugherty 28:43
  43. Cassie Bauson 28:43
  44. Peter Bauson 28:43
  45. Vicki Boles 28:55
  46. Tom Miklik 29:06
  47. Robin Tetrault 29:09
  50. Rhenda Acton 30:03
  51. Zoe Irvin 30:33
  52. Allison Irvin 30:33
  53. Griffin Irvin 30:33
  54. Will Irvin 30:33
  55. Vanessa Lorenz 30:49
  56. Robin Cole 31:04
  57. Keith Bauson 31:37
  58. Darcie York 31:44
  59. Sam Williamson Sr. 31:59
  60. Amber Longwith 33:02
  61. Christine Williamson 33:09
  62. Bill Heck 33:09
  63. John Wiles 34:07
  66. Sylvia Burgin 40:24
  68. Robert Cupp 41:54

- 68 Finishers
- Club Kokomo 3 Mile Walk
1. Mary Miller 39:08 1st Female
  1. Anna Dollens 39:08
  3. Milt Brown 40:30
  6. Jerry Lambert 43:30
  7. Tim Taflinger 43:30
  8. Brian Allen 43:43
  9. Keith McAndrews 44:04
  10. Nicholas Allen 45:11
  11. James Longwith 45:28
  12. Bob Longwith 45:32
  13. Emily Allen 47:42
  14. Kathy Allen 47:42
  15. Carolyn Norris 47:51
  16. John Norris 47:51
  17. Amanda Pena 48:23
  18. Debbie Riffe 48:23
  19. Diana Brown 48:47
  20. Jackie Sanders 50:14
  21. Cynthia Sanders 50:20
  - 21 Finishers

- Club Kokomo Weekly Fun Mile  
Wednesday, December 5, 2007
- 5:30 PM Race
1. Steve Wand 7:32
  2. Charlie Skoog 7:48

- Club Kokomo Weekly Fun Mile  
Wednesday, December 12, 2007
- 11:00 AM Race
1. Charlie Skoog 7:10
  2. Jackie Sanders 15:46

- 5:30 PM Race
1. Joe Rangel 5:52
  2. Dan Lutes 6:11
  4. Steve Wand 7:17
  5. Greg Sumpter 7:39
  6. Ray Tetrault 8:18
  9. Mary Miller 9:32
  11. Sylvia Burgin 12:29

- Club Kokomo Weekly Fun Mile  
Wednesday, December 19, 2007
- 11:00 AM Race
1. Charlie Skoog 7:24
  2. Amber Longwith 9:29
  3. Cathy Longwith 14:53
  4. Jackie Sanders 15:39

- 5:30 PM Race
1. Tyler Padgett 7:52
  3. Mary Miller 9:15

5. Bob Longwith 10:56
  6. Sylvia Burgin 12:43
- Club Kokomo Weekly Fun Mile  
Wednesday, December 26, 2007
- 11:00 AM Race
1. Charlie Skoog 6:44
  2. Greg Sumpter 8:11
  3. James Longwith 8:12
  4. Amber Longwith 9:39
- 5:30 PM Race
1. Steve Wand 7:13
  3. Ernie Strawn 7:37
  4. Mary Miller 8:24
  6. Jerry Lambert 9:13
  7. Sylvia Burgin 12:16



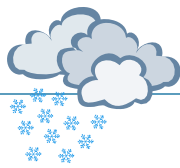
# OTHER RACE RESULTS

- New Las Vegas Marathon  
Dec 2, 2007  
Las Vegas, NV
1. Christopher Cheboiboch 2:16:49
  - 1w. Silvia Skvortsova 2:29:01
  16. Scott Colford 2:33:57
- 4154 Finishers

- First Carolina State Bank Half-Marathon  
Dec 8, 2007  
Rocky Mount, NC
1. Jonathan Wood 1:20:32
  - 1w. Christine O'Rourke 1:32:20
  73. Ricke Stucker 1:48:38
- 244 Finishers

- Jacksonville Marathon  
Dec 16, 2007  
Jacksonville, FL
1. Sammy Nyamongo 2:29:01
  - 1w. Sharon Hathaway 2:55:05
  632. Roxane Burrous 4:48:57
- 801 Finishers

Half-Marathon  
Jim Burrous 2:54:08  
(I couldn't find the results for the overall winners or for the number of 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, JN Bunker Hill, Mounds, McKinley, Charity Run and any one marathon, half-marathon or volunteer.

Runners	Gina Sheets 1-20M	Sam Williamson, Jr. 3-60	Eric Mathew 11-166MH	Walkers
Women	Shelly Wyman 1-15	Keith Bauson 4-52	Kim Lee 11-160H	Women
	Jennifer Mayfield 1-10	Kyle Starich 3-42	Ken Swinehart 12-155HV	
0-12	40-44	Tony Robinette 2-32	Mark Rodgers 8-119H	49-
Aubrey Jackson 2-40V	Michelle Hollingsworth 16-310H	Carl Christenson 1-20H	Ray Tetrault 6-96MHV	Mary Miller 20-380HV
Victoria Christenson 1-20H	Patti Reinhardt 15-250MHV	Andrew Swinehart 1-20H	Byron Bundrent 3-60	Amanda Pena 20-307V
Zoe Irvin 1-20	Kim Anderson 1-20H	Matthew Robertson 2-19	Gary Jewell 2-40V	Debbie Riffe 20-226V
13-29	45-49	Ben Bradshaw 1-10	Bill Bauson 3-37H	Jane Inman 14-182HV
Sarah Lee 12-172H	Roxane Burrous 10-200MHV	20-24	Mike Jones 2-32H	Raye Jean Swinehart 12-147HV
Amber Longwith 10-142	Cassie Bauson 8-145H	Bryan Phillips 3-60	Brent Marner 1-20H	Emily Allen 13-119
Vanessa Lorenz 10-138V	Maureen Prentice 4-67H	Justin Ashcraft 2-40	Greg Sumpter 1-20M	Cara Lee 4-45H
Katie Hollingsworth 6-97V	Sandy Knowland 3-50H	Kevin Callaghan 1-20H	50-54	Becky Christenson 2-32H
Laura Bauson 5-90M	Cheryl Marner 3-45H	Zach Overman 1-20H	Mark Shorter 20-329H	Karen Jewell 1-20V
Annina Gruber 4-67	Carla Yerkes 2-40H	Brett Sanders 1-10	Earl Strong 17-320MH	Darlene Jackson 2-15
Nicole Parry 4-57	50-54	25-29	Mike Deardorff 15-196HV	Carol Savage 1-6
Nicole Jackson 4-56V	Robin Tetrault 16-265MHV	Mark Eads 6-110H	Greg Townsend 9-129MV	50+
Waverly Neer 2-40	Lorene Sandifur 14-260HV	Cory Jackson 5-85	Jerry Meiring 10-110	Sylvia Burgin 18-247H
Katie Christenson 1-20H	Robin Cole 16-221	Matt Yarusz 3-60	Russ Hovermale 6-69	Sylvy Bledsoe 11-220HV
Emily Christenson 1-20H	Christine Williamson 8-129	Seth Daugherty 2-40	Don Gifford 3-55H	Judy Smith 14-211HV
Mindy Tetrault 1-20V	Vicki Boles 6-115H	Nathan Hovermale 2-35	Michael Campbell 3-52MH	Pat Robertson 13-146HV
20-24	Jill Parry 4-67V	30-34	Dave White 3-50HV	Anna Dollens 7-140
Sarah Bauson 5-100H	Debra Perkins 2-32H	Matt York 15-260H	Kevin Starich 1-20	Diana Brown 11-133
Holly Hurlburt 5-87	Marsha Daugherty 2-30	William Irvin 13-235MH	Tom Sheridan 2-17	Kathy Allen 12-130
Grace Bauson 4-65H	Michaelene Anderson 1-20V	Ryan Bagwell 16-221	Karl Stoneking 1-10	Cynthia Sanders 12-129V
Jamie Jackson 2-40V	55-59	Chris James 9-152HV	55-59	Angela Lorenz 4-36
Megan Green 1-20	Joyce Pennycoff 16-310HV	Keith Hill 9-125H	Ricke Stucker 21-335H	Diane Gifford 1-20
Stephanie Overman 1-20H	Rhenda Acton 13-210HV	David Reinagle 4-50H	Joe Rangel 15-300	Men
25-29	Kathie Barnett 2-30V	Ryan Hanlon 2-17	Charlie Skoog 16-210V	
Kathleen Bagwell 17-292H	Barb Wand 2-30V	35-39	Tom Miklik 9-132HV	49-
Allison Irvin 14-250H	Anne Wiles 2-30V	Scott Colford 14-270MH	Steve Wand 6-94HV	Brian Allen 18-295HV
Rebekah Kinney 9-128H	Shirley Wilson 1-10	T.A. Weber 12-165H	Phil Leininger 6-80H	Steve Inman 13-260HV
Jillian Weaver 9-118	60-64	Scott Riggle 7-117H	John Wiles 4-70HV	Nicholas Allen 7-103
Justine Eads 6-81H	Kathy Murdoch 4-80	Jeff Kuczera 6-105	Steve Kilcline 4-51V	Tim Revils 3-37
Karen Bush 5-67H	Doris Griffith 3-55V	Vernon Graves 8-104H	Fred Chew 3-50H	Bruce Savage 1-10
Kelly Wright 2-40HV	Susan Gerhart 2-40H	Michael Lake 8-91H	Chris Smith 1-10	50+
Shannon Reinagle 2-30H	Trudy Pierce 1-20H	Donny Smith 6-79H	Bill Cox 1-9	Rick Spencer 17-325H
Brianne Boles 2-28H	Kathleen Leach 1-20H	Travis Sheets 2-40H	David Hughes 13-245M	Keith McAndrews 17-271MHV
Michelle Tetrault 1-20V	Men	Michael Rood 2-30	Sam Williamson, Sr. 9-157	Tim Taflinger 20-265HV
30-34	0-12	Mitch Reeves 1-20H	Doug Mankell 9-152H	Jerry Lambert 17-230HV
Darcie York 10-175H	Joshua Revils 12-225	Dennis Ball 2-19	Bill Barnett 3-50V	Jackie Sanders 18-158V
Jeanette Merritt 9-137H	James Longwith 10-164V	40-44	Walter Brown 2-30	Rocky Smith 12-139HV
Robyn Pagington 4-80	Quinn Reinhardt 7-110V	Brian Reinhardt 18-325MHV	65-69	Robin Michael 12-133MH
Geana Moore 5-70	Waylon Coulter 3-60	Michael Graham 20-291HV	Stan Shuey 15-275	Milt Brown 9-96V
Amy Piazza-Graves 4-70H	Griffin Irvin 1-20	Darin Hollingsworth 16-205H	Dale Sullivan 12-191	Jim Burrous 8-85HV
Lisa Stucker 1-12	Nicholas Webster 1-20H	Dana Neer 9-170HV	John Norris 9-165H	David Mygrant 4-36
Dona Smith 1-10	13-19	Ron Moore 10-157MH	Charles Johnson 1-20H	Russell Fox 2-35H
35-39	Mason McGovern 7-125	Dan Lutes 3-60MH	Darrell Pennycoff 1-12	Toney Lorenz 4-30
Lisa Jones 13-232H	Peter Bauson 7-109H	Brandon Mink 3-40	Jerry Leach 1-10	John McGinty 3-24
Heather Weber 10-180HV	Brandon Sheline 5-100	Mark Webster 2-30H	70-74	Melvin Hobbs III 1-20H
Teresa Long 3-60H	Jordan Lee 6-94H	Mike Williams 2-30H	Bill Heck 11-215V	John Robertson 2-14
Lisa Birkhimer 2-30H	Jesse Bauson 5-82MH	Don Rogers 2-29M	Robert Cupp 12-187	
Kavita Kataria 1-20	Kaleb Hollingsworth 5-75	Shawn Mayfield 1-20H	Riley Case 3-60	
Tami Moore 1-20H		45-49		
Tosha Rogers 1-20H		Al Hochgesang 11-200		
Stella Rood 1-20		Phil Rozzi 11-200M		



## 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

## 2008 OTHER RACES

January 19 and 26  
Runners Forum Winter XC Series 5k  
9 AM  
Northview Christian Life Church  
Carmel, IN  
Marty Day 317-844-1558

January 22  
Indy Mini Training Program 3-Mile Run  
6 PM  
Hinkle Fieldhouse  
Indianapolis, IN  
Brian Cake (317)876-7253

February 3  
Groundhog 7  
1 PM  
Zionsville High School  
Zionsville, IN  
Will Hurias

February 9  
Runners Forum Cupid's Fling 5k  
9 AM  
Northview Christian Life Church  
Carmel, IN  
Marty Day 317-844-1558

March 22  
Spring Fling 15k Run/5k Walk  
8:15 AM  
Plainfield Recreation Center  
Plainfield, IN  
Steven Huckstep

March 29  
Sam Costa Half Marathon/Quarter Marathon  
9 AM  
Northview Christian Life Church  
Carmel, IN  
Terry Townsend