

The Roadrunner

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New Year's Eve 5k

By Charlie Skoog

February 2008

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Awards Banquet

February 23, 2008

2:00 PM

Senior Citizens Center in
Foster Park

Make sure to put this on your calendar and note that it is on a Saturday this year instead of the usual Sunday.

Be sure to bring a dessert and if you plan to be in the chili cook-off send me an email at the above address and I'll get the information to Will or Gina.



Club Kokomo ended 2007 on a high note as a record number of 160 runners and walkers finished the New Year's Eve 5K raising over \$1,500 for Coyote Kids. Special thanks go to The Running Company which donated gift certificates and technical shirts for awards and prizes. Don't forget that CK members get a 15% discount at all Running Company locations. If you belong to Club Fitness 24, Body Unlimited, The

Sportscenter, or YMCA please thank management for the donated memberships as we partner to promote fitness in our local community.

Thanks also to the many volunteers who made soups and brought snacks and desserts to supplement Charlie's Famous Lentil Soup and Annie O's home made rolls. With the gift exchange, prize drawings, and soup buffet I think we have created a unique event that folks enjoy and many look forward to returning each year.

Thanks to Mark and Gary for setting up online registration with www.active.com. If you

read down the list of finishers you will see many names that are completely unfamiliar and the comments we received from these newcomers were very positive.

To all the runners, walkers, and awesome volunteers who contributed throughout the year we have a lot of achievements to celebrate and be thankful for as we look ahead in 2008.

I have many goals and dreams to chase as we enter the new year and I'm sure you do as well. I plan to enjoy the journey as we work our way to the finish line. See ya on the roads and trails!



Top Row left to right: Race winner Scott Colford, Jaime and Aubry Jackson, and Ernie Strawn.

Bottom Row left to right: Gary Jewell, Brian Allen, Chris James, and Greg Townsend (I had to include a picture of Greg just so you could see those tights!)





From the President

By William Irvin



On January 9th a handful of CKRR members converged at Grace Fellowship church to make the selection of the Year End Awards banquet award winners. Ray and Robin Tetrault volunteered to make pizzas for everyone's dinner (even the crust was made by hand!). Thanks to everyone that attended, I appreciate your help in getting this completed on time. And thanks to Ray and Robin for providing the facility and making a spectacular dinner. As a reminder, the Year End Awards banquet will be **Saturday** February 23 at the Senior Center located at Foster Park. The third annual CKRR Chili Cook off will take place for our pitch in dinner. I encourage those of you

who can cook your famous chili to contact me at W1225@insightbb.com, we will be giving out gift cards to the top three voted chili's again.

As the New Year begins, let me say first of all Happy New Years to everyone! The bitter cold Indiana weather is on its way. It is once again time to begin planning out your training for the New Year, right when the temperature will begin to get into single digits! Since we had very mild weather all the way up to the end of 2007, we can all predict the Indiana weather. Those of us who have been in Indiana most or all of our lives have come accustomed to training in the bitter cold weather and some have gone straight to the treadmills. Make sure that you start out easy if you have taken time off, it is tempting to start off where we left off. It is difficult being sidelined for the first few weeks (or months) by adding too much too soon and then having to watching everyone else train for the MINI marathon. We would like to see all of you at the races and not on the sideline.

For those of you who attended the New Years Eve 5K you were treated to great weather and even better fellowship. Congratulations to Charlie Skoog for directing a successful New Years Eve 5K. We had a tremendous turn out and a superb lunch afterwards and the weather could not have been better. Thanks to all the volunteers and to those who helped with the food. For the first time we used Active.com, an online registration company, to help promote our race to pull in other runners from other

areas who would not have known about our race. I spoke with a handful of runners from other areas outside of Kokomo who found our race on line and decided to join us. They could not stop talking about how much fun CKRR seems to have and what a family environment that we have. With these comments, all you can do is smile and be thankful that we have such an amazing club that others from outside see how much fun we have together. Thanks to everyone for what you bring to the CKRR atmosphere.

With a new year brings change. Bill Barnett has successfully retired from both Delphi and from directing the Haynes Appearance 4 miler for 2008. Everyone appreciates Bill and his dedication over the many years that he has either directed or been apart of helping with the Haynes. As of November we did not have a replacement for the race director position and there was discussion as to whether we should cancel the race all together. Since this is CKRR's signature event I could not stomach the thought of another organization taking over the race. With this said, Gina Sheets and I have decided to take over the race with the guidance of previous race director committee members and also other club members. We hope that we are as successful at directing the race as Bill and the others (Tom Miklik, Dave White, Mike Deirdorf, Steve Wand, John Wiles, and Lorene Sandifur). We have very big shoes to fill and a lot to learn from these members and hope that we can kick off a great new Haynes race for 2008.

Birthday List

2/4 Dennis Ball
2/6 Scott Pagington
2/6 Emily Christenson
2/7 Andrew Rodgers
2/9 Amber Longwith
2/9 Russell Fox
2/11 Ryan Jones
2/14 Stephen Batey



2/16 Roxane Burrous
2/16 Mike Daugherty
2/16 Keith Hill
2/19 Steve Currens
2/19 Cory Jackson
2/19 John Norris
2/20 Stella Rood
2/21 Shannon Reinagle

2/22 Mike Williams
2/23 Sally Freeman
2/23 Kaylee Perkins
2/24 Dan Lutes
2/24 Julia Birkhimer
2/28 Shelby Revils

Happy Birthday from CKRR!



The Ghost Town 38.5 after....

By Gina Sheets



The HUFF

Trav and I had a great time with Charlie, Robin, Greg, Gale and George as we carpooled up to meet the challenge of the 2007 HUFF. The course was everything expected, muddy, slick, cold (it got colder during the day), and a blast. It was a mud fest. Of course the best part about finishing that 50k was taking the time to enjoy a good meal with friends and rehash the rough parts. The first time I did the HUFF I only did two loops. I was glad to finish it this year and I finished second in my age group. Trav did a great by completing all three loops when his longest training run was 11 miles with a lunch break half way in between.

The Siberian

A week following the HUFF Trav and I, along with Robin, Charlie and Greg headed over to do the Siberian. More mud and more wind and more freezing temps - certainly the name lives up to itself. This 7.65 mile course (as measured by my Garmin) was fun if you like the mud, it was thick and everywhere. Plus the water on the course was easily knee deep in places, making standing around after the race not enjoyable. What was enjoyable after the race - the party at Spanky's. The race was fun and I was able to pass some ladies at the end to get a t-shirt as one of the first 25 female finishers. Just what I needed.

The Ghost Town 38.5

The Ghost Town 38.5 miler was held

on the 20th of January in Hillsboro New Mexico, population 26 and that may be counting a Javelina or two. The community is charming, the mountains will eat you a live, and the altitude will spit out what was not eaten. In .2 of a mile there is 300 foot plus ascent at an elevation of just under 7,000 feet. This was not for flatlanders. Trav and I went out early to visit my parents in Mesa Arizona. Because of the HUFF and the Siberian I think I dislocated my hip. I could not walk or put any weight on my right leg. I thought that having a weekend to "rest" would be just the trick - ha. As I type this report I am still numb. The numbness started when the race took off it was 12 degrees in New Mexico at 6:00am. I stayed numb the rest of the day. Because of my inconvenient injury I had to walk the entire 38.5 miles, never again. I do not know how you all walk that far and that fast. The course was beautiful and most of it was runnable (like that word) if a person could run. Walking I used muscles that I did not know were in my bottom, my shins hurt from my foot striking a new way and I chafed under my arms for trying to look like I was propelling forward on the course. I was so cold; I dressed to run not walk and not in 12 degrees. I was so thankful to see the sun coming up behind us. When the sun was out and I was in it the temp was up in the 40's and it felt great for awhile. Then I would climb around the mountain and be in the shade and get chilled. I learned a new trick. It was so cold my Gatorade froze and my cap was frozen shut. I learned to carry the bottle upside down and that kept the liquid moving making it more difficult to freeze. The course was pretty much an out and back. The first 6.5 miles (that seemed like the last 100 miles at the end) was on a highway with tight switch backs, 9 foot wide bridges, and cattle guards - definitely a hazardous place, in the dark and in the light. We got off the road and hit a dirt, rock trail for about 8 miles. We went into the forest to begin our first ascent. Once we climbed up 6,800 feet the view was incredible it was a great excuse to rest and try to breathe. Going down I was cautious

because a misstep could kill ya. I was back on a dirt road, still climbing until mile 16, and then it was into the forest for awhile. I emerged out onto a cliff and the view was stunning. It was a Kodak moment and me with no camera. The climb around this cliff, up and down took me 1.2 hours in and 1 hour out (faster with experience I guess) all to go a total of eight miles (four one way). The turn around was almost heart-breaking because you knew the mountain was waiting and the ascent up to 7,000 feet again. To entertain myself, no iPod, I would often find myself singing, talking to GOD or the cows, who ever responded first, but certainly being thankful for the experience.

I walked the entire 38.5 miles in 10 hours and thirty three minutes. I did not come in last but the last five I bet. It was a beautiful course; there were 47 runners who started, not sure how many finished. If you are looking for your first ultra this should be on your list. The race will cap at 60 and next year it will cap. I may just repeat this one (I usually do not do repeat States this was 15). The race director, her family and most of the community (including the javelina's) volunteer for the race. The race director knew that some of us were in town on Friday night she invited us into her home and fed us well. The pasta dinner on Saturday night was very fun and there were door prizes for almost everyone. That is support!

A side note, when you travel the Ultra circles all across the United States, someone knows David Hughes. I spent the first hour on the course talking about David with a fellow runner; David is well respected in the Ultra community. Of course David has helped me a lot and I do respect his Ultra accomplishments.

This course was so remote I saw Trav when I started and at the finish. He had no opportunity to give me a plain hamburger or any other support while running or I mean walking. We have three more months to race and then we are done until October because we will start the Farmers Market again. I hope I can keep myself together. Maybe duct tape would help.



On the Roads

By Johnnie 'O



Race is on to set Race for the Cure records

The Susan G. Komen Race for the Cure Indianapolis set records with more than 39,000 entrants and \$2.3 million in donations at its 16th race last year.

Club Kokomo also set records last year with 80 team members and \$1,601 in donations.

Komen Indy's goals for this year's April 19 race are 40,000 participants and \$3 million in donations. Capt. Jack., one of CK's team

leaders, is shooting for 100 members and \$2,000 in donations.

Of the dollars raised last year, 75 percent stayed in Central Indiana in the form of grants to 21 organizations that provided educational programs to 35,000 people, and 13,200 free breast exams and 4,125 free mammograms to women who could not pay for the exams.

The other 25 percent raised by Indy went to the national Komen Foundation, which used the money for research. Six Indiana organizations received researched dollars from Komen.

Because of a promise 26 years ago between Nancy Brinker and her sister Susan Komen, who died of breast cancer, "We now live in an era of historic rates of screening and early diagnosis, declining mortality rates, improved treatment methods, and groundbreaking research," Dana Curish, Komen Indianapolis executive director, said at an Indy Race for the Cure Team Captains' meeting in January. "Because of Komen's tireless efforts, the five-year survival rate when breast cancer is discovered early has risen from 74 percent in 1982 to 98 percent now."

This is wonderful news for most people, but the future is not as bright for others.

"Today, one in eight women will be diagnosed with breast cancer and one in every 33 will die from the disease," Curish said. "African American women have the highest death rate from breast cancer, 36 percent higher than Caucasian women. Hispanic women are much more likely to be diagnosed at a later stage. Young women under age 40 aren't screened as often and

when diagnosed, they are likely to have a more aggressive cancer with a less promising prognosis. And, most disturbing of all, uninsured women are 40 percent more likely to die of breast cancer than those with insurance coverage."

Two CK members had a lot to do with breaking our one-year Race for the Cure records last year. One was Sara Miller, who shared the story of her courageous fight against breast cancer. The other is Charlie Skoog, who asked anyone within ear shot, "Hey, why don't you join our Race for the Cure team?"

And, to echo Charlie, "Why don't you join our Race for the Cure team?"

Online registration is now open. There are no changes in entry fees again this year. The base entry types include: team participant, \$23; sleep in for the Cure (entrant does not have to be present on race day, but will receive a race shirt), \$23; team survivor (a breast cancer survivor who will receive a race shirt and survivor package that includes a pink survivor shirt, hat, and bib number), \$23; and team child (8 years of age or younger entrant will not receive a race shirt but will be counted as team member), free.

In addition to one of the base entry types, a participant may select any combination of the additional entry items that include: In the Pink (entrant receives special gift for making an extra donation; gift can be viewed at www.komenindy.org), \$50;



Last Year's Runners and Walkers got together for a photo on the steps of the IUPUI library.



On the Roads (continued)

and competitive (entrant will receive a commemorative timing chip to keep and a special bib number, and their time will be posted), \$29.

Registering is quite simple. Go to www.komenindy.org. If you registered online last year, you can log in using your username and password. If you don't remember your username and/or password, follow the instructions and Komen will email them to you. If you did not register online last year, select "Join a Team." Our team's name is Club Kokomo Roadrunners and Capt. Jack is the team captain.

A new feature this year is registering additional members at the same time as you register yourself. You will fill in the boxes labeled additional family members. However, the additional person does not have to be a "family" member for you to use this feature. As in past years, Capt. Jack will pick up the team member race packets and distribute them April 16 prior to CK's training run in Highland Park.

Until cures are discovered and delivered, Komen Indy promises to spend the money it raises on "making sure everyone in central Indiana, especially the most vulnerable in our community, has access to education and early screening and detection services, giving them the best chance for survival.

"Together, our staff and board, our 21 grantees, our 650 volunteers, our 2,000 breast cancer survivors, and our 39,000 race participants promise to do everything we can to raise even more awareness and more funds until we have a world without breast cancer," Curish said.

Team registration closes March 21, so go online and help Club Kokomo and Komen Indy set records again this year.

Guest Speaker

"I'm here to kick butt and take numbers."

That's how Komen Indy volunteer and 10-year breast cancer survivor Becky Sage began her talk at the Race for Cure Team Captains' meeting in January. The feisty Warren School registrar will speak at CK's Award Luncheon on Feb. 23. Come by at 1 p.m. and hear what she has to say.

Meeting Minutes

Club Kokomo Road Runners Meeting

January 7, 2008 6:30 PM

Members Present: William Irvin, Gina Sheets, Mark Shorter, Brian Reinhardt, Patti Reinhardt, Charlie Skoog, Ray Tetrault, Robin Tetrault, Sylvia Burgin, Dana Neer, Travis Sheets, Robin Cole

William Irvin opened the meeting at 6:10 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

New scholarship application criteria

Must be member of CK prior to Jan 1 of application year

Must have been an age group qualifier in any previous year unless a member of a high school or college cross country team.

Ray motioned that we accept the changed and Robin T seconded.

Voted unanimously in favor of.

Club Kokomo supporter shirts (long sleeve, high tech material)

Charlie is looking to purchase from Running Company

Will include club logo, Coyote Kids logo and a statement about support of Club Kokomo and Coyote Kids

Purchase price for individuals will be approximately \$15

New Years Eve 5k

Raised approximately \$1500 for Coyote Kids

NEW BUSINESS

Peyton Manning Payback Foundation

Must state in what ways money will be used

Dana will look into timing devices – chips, clocks, etc..

Gina will write grant before Feb 1

Walker age groups

Discussion of adding or changing age groups

Number of walkers does not merit adding age groups

Tabled until walkers are present to discuss changes

Brian motioned to adjourn at 8:00 PM. William seconded. Meeting adjourned.

Next meeting scheduled for February 4, 2008 at Grace Fellowship Church at 6:30 P.M.



Ryan Bagwell holds off a fast approaching Cassie Bauson during the recent New Years Day 5k.



Best Run Times for 2007

1 Mile		55-59 Joyce Pennycoff	35:13	25-29 Matt Yarosz	1:04:57
		60-64 Kathy Murdoch	35:48	30-34 William Irvin	1:01:11
Women				35-39 Scott Colford	50:58
0-12 Jensen Freeman	7:27	Men		40-44 Brian Reinhardt	57:17
13-19 Heidi Freeman	6:28	0-12 Waylon Coulter	30:18	45-49 Phil Rozzi	1:12:49
25-29 Allison Irvin	6:35	13-19 Brandon Sheline	23:32	55-59 Ricke Stucker	1:11:40
30-34 Geana Moore	9:05	20-24 Bryan Phillips	20:54	60-64 David Hughes	1:20:55
35-39 Gina Sheets	7:19	25-29 Matt Yarosz	24:20		
40-44 Patti Reinhardt	7:56	30-34 William Irvin	24:04	10 Mile	
45-49 Roxane Burrous	6:59	35-39 Scott Colford	21:15	Women	
50-54 Robin Tetrault	8:00	40-44 Dana Neer	23:28	25-29 Allison Irvin	1:29:21
55-59 Joyce Pennycoff	7:37	45-49 Al Hochgesang	26:28	30-34 Amy Piazza	1:26:33
60-64 Kathy Murdoch	7:52	50-54 Earl Strong	28:35	35-39 Heather Weber	1:17:22
		55-59 Joe Rangel	25:00	40-44 Patti Reinhardt	1:32:04
Men		60-64 David Hughes	31:39	45-49 Cassie Bauson	1:34:02
0-12 Waylon Coulter	6:11	65-69 Stan Shuey	31:17	50-54 Lorene Sandifur	1:27:39
13-19 Sam Freeman	5:09	70+ Riley Case	35:53		
25-29 Cory Jackson	6:57			Men	
30-34 Matt York	5:31	5 Mile		13-19 Sam Williamson, Jr.	1:18:45
35-39 Scott Colford	4:51			30-34 William Irvin	1:06:07
40-44 Brian Reinhardt	5:23	Women		35-39 Scott Colford	58:40
45-49 Greg Sumpter	7:03	13-19 Nicole Parry	35:57	40-44 Dana Neer	1:01:11
55-59 Joe Rangel	5:48	20-24 Sarah Bauson	39:31	45-49 Eric Mathew	1:14:04
60-64 Doug Mankell	8:30	25-29 Rebekah Kinney	41:41	50-54 Don Gifford	1:19:20
65-69 Stan Shuey	6:55	30-34 Robyn Pagington	34:47	55-59 Tom Miklik	1:31:58
70+ Bill Heck	8:19	35-39 Lisa Jones	42:16	65-69 John Norris	1:27:50
		40-44 Michelle Hollingsworth	37:22		
5k		45-49 Roxane Burrous	39:37	Half Marathon	
Women		50-54 Lorene Sandifur	40:23	Women	
0-12 Aubry Jackson	41:59	55-59 Rhenda Action	46:12	0-12 Victoria Christenson	2:58:41
13-19 Waverly Neer	18:06	Men		13-19 Kaitlin Christenson	1:52:33
20-24 Sarah Bauson	24:00	12 Josh Revils	40:05	20-24 Sarah Bauson	1:55:59
25-29 Allison Irvin	22:19	13-19 Mason McGovern	31:27	25-29 Allison Irvin	1:51:00
30-34 Robyn Pagington	20:14	25-29 Nathan Hovermale	33:29	30-34 Amy Piazza	2:02:44
35-39 Heather Weber	19:56	30-34 Chris James	32:23	35-39 Heather Weber	1:39:53
40-44 Michelle Hollingsworth	22:17	35-39 Scott Colford	27:13	40-44 Michelle Hollingsworth	1:57:26
45-49 Roxane Burrous	23:39	40-44 Brian Reinhardt	31:57	45-49 Carla Yerkes	1:38:17
50-54 Lorene Sandifur	24:08	45-49 Byron Bundrent	29:12	50-54 Lorene Sandifur	1:53:04
55-59 Joyce Pennycoff	26:43	50-54 Mark Shorter	37:32	55-59 Rhenda Acton	2:17:38
60-64 Kathy Murdoch	26:58	55-59 Joe Rangel	32:19		
Men		60-64 David Hughes	40:17	Men	
0-12 Waylon Coulter	22:04	65-69 Stan Shuey	42:29	13-19 Jesse Bauson	1:32:36
13-19 Brandon Sheline	17:59			25-29 Mark Eads	2:13:51
20-24 Bryan Phillips	15:34	10k		30-34 William Irvin	1:28:30
25-29 Seth Daugherty	17:36	Women		35-39 Scott Colford	1:12:27
30-34 William Irvin	18:24	13-19 Vanessa Lorenz	1:03:39	40-44 Dana Neer	1:18:27
35-39 Scott Colford	16:07	40-44 Michelle Hollingsworth	48:31	45-49 Eric Mathew	1:39:20
40-44 Dana Neer	17:18	50-54 Lorene Sandifur	51:30	50-54 Earl Strong	1:44:54
45-49 Byron Bundrent	17:33	60-64 Doris Griffith	1:03:47	55-59 Ricke Stucker	1:48:38
50-54 Earl Strong	21:37	Men		60-64 Doug Mankell	2:50:21
55-59 Joe Rangel	19:26	30-34 William Irvin	39:07	65-69 John Norris	1:58:28
60-64 David Hughes	23:48	35-39 Scott Colford	34:18	Marathon	
65-69 Stan Shuey	24:10	40-44 Brian Reinhardt	38:57	Women	
70+ Riley Case	28:02	45-49 Phil Rozzi	47:27	13-19 Laura Bauson	5:02:26
		50-54 Don Gifford	48:46	40-44 Patti Reinhardt	4:31:06
4 Mile				45-49 Roxane Burrous	4:48:57
Women		15k		50-54 Robin Tetrault	5:22:42
13-19 Waverly Neer	24:22	Women			
20-24 Sarah Bauson	31:09	25-29 Allison Irvin	1:12:39	Men	
25-29 Allison Irvin	29:15	35-39 Teresa Long	1:27:54	13-19 Jesse Bauson	4:31:23
30-34 Robyn Pagington	26:11	40-44 Patti Reinhardt	1:27:53	35-39 Scott Colford	2:33:57
35-39 Kavita Kataria	34:23	50-54 Lorene Sandifur	1:20:23	40-44 Brian Reinhardt	3:01:57
40-44 Michelle Hollingsworth	28:35			45-49 Eric Mathew	4:01:14
45-49 Carla Yerkes	27:39			50-54 Earl Strong	4:12:45
50-54 Lorene Sandifur	31:46	Men			



Best Walk Times for 2007

3 Mile			Men			5 Mile		
Women			13-19	Nicholas Allen	41:06	Women		
13-19	Emily Allen	47:08	40-44	Brian Allen	37:32	45-49	Mary Miller	55:36
35-39	Carol Savage	46:52	45-49	Steve Inman	33:24	50-54	Diane Gifford	1:05:22
45-49	Mary Miller	31:58	50-54	Rick Spencer	30:06	55-59	Judy Smith	1:11:28
50-54	Sylvy Bledsoe	37:41	55-59	Tim Taflinger	33:05	60-64	Sylvia Burgin	1:15:58
55-59	Angie Lorenz	56:09	60-64	David Mygrant	36:20	65-69	Pat Robertson	1:21:05
60-64	Sylvia Burgin	41:51	65-69	John McGinty	40:28	Men		
65-69	Pat Robertson	46:50	70+	Jerry Lambert	30:51	45-49	Steve Inman	58:03
Men			4 Mile			50-54	Rick Spencer	53:23
13-19	Nicholas Allen	40:24	Women			55-59	Tim Taflinger	59:26
40-44	Brian Allen	38:25	13-19	Emily Allen	1:12:38	Half Marathon		
45-49	Steve Iman	34:40	45-49	Mary Miller	43:31	Women		
50-54	Rick Spencer	30:26	50-54	Sylvy Bledsoe	51:57	20-24	Cara Lee	3:22:09
55-59	Tim Taflinger	32:13	60-64	Sylvia Burgin	55:21	45-49	Mary Miller	2:36:44
60-64	David Mygrant	35:54	65-69	Pat Robertson	1:04:46	50-54	Sylvy Bledsoe	3:22:10
65-69	John McGinty	38:11	Men			55-59	Judy Smith	3:25:58
70+	Jerry Lambert	35:16	13-19	Nicholas Allen	56:58	60-64	Sylvia Burgin	3:06:21
5k			45-49	Steve Inman	46:07	65-69	Pat Robertson	3:47:23
Women			50-54	Rick Spencer	41:55	Men		
13-19	Emily Allen	46:28	55-59	Tim Taflinger	43:56	40-44	Brian Allen	2:47:51
20-24	Cara Lee	39:17	60-64	Jim Burrous	1:03:05	45-49	Steve Inman	2:41:20
45-49	Mary Miller	32:17	65-69	John McGinty	52:33	50-54	Russell Fox	2:30:00
50-54	Anna Dollens	37:23	70+	Jerry Lambert	48:56	55-59	Melvin Hobbs	2:57:34
55-59	Judy Smith	41:15	Women			65-69	Charles Johnson	3:09:59
60-64	Sylvia Burgin	41:19	Men			70+	Jerry Lambert	2:59:29
65-69	Pat Robertson	46:56	Women					

Running Age Group Records

1 Mile			13-19	Matt Robertson	18:20	55-59	John Norris	19:04	Women		
Men			25-29	William Irvin	19:00	60-64	John Norris	20:24	0-12	Missy Tetrault	36:12
0-12	Waylon Coulter	6:14	30-34	Scott Colford	16:05	65-69	Bill Heck	22:00	13-19	Christan Bahler	26:00
13-19	Jeremy Grams	4:54	35-39	Tony Campbell	20:23	70+	Bill Heck	25:33	20-24	Jill Pennycoff	39:48
20-24	Scott Stucker	5:19	40-44	Gary Jewell	16:51	Women			25-29	Lisa Stucker	39:34
25-29	Kevin Forgrave	4:52	45-49	Ray Tetrault	21:59	0-12	Waverly Neer	19:25	30-34	Tami Moore	32:45
30-34	Kenny Bennett	4:56	50-54	Charlie Skoog	20:47	13-19	Waverly Neer	17:58	35-39	Sue Gibson	37:28
35-39	Byron Bundrent	4:50	55-59	Tom Miklik	23:09	20-24	Christan Bahler	18:15	40-44	Roxane Osborn	29:57
40-44	Earl Strong	5:19	60-64	Stan Shuey	24:54	25-29	Robyn Pagington	19:18	45-49	Robin Tetrault	36:50
45-49	Ricke Stucker	5:26	65-69	John Norris	23:44	30-34	Karlene Herrell	18:15	50-54	Lien Koztecki	34:47
50-54	Dale Sullivan	6:02	70+	Milt Brown	34:21	35-39	Heather Weber	18:28	4 Mile		
55-59	Joe Rangel	5:48	Women			40-44	Angela Minnefield	21:34	Men		
60-64	Bill Heck	6:18	13-19	Sarah Bauson	23:21	45-49	Lien Koztecki	21:11	0-12	Jarred Hall	24:16
65-69	Stan Shuey	6:55	20-24	Grace Bauson	23:50	50-54	Lorene Sandifur	23:04	13-19	Jeremy Grams	20:30
70+	Bill Heck	8:19	30-34	Tami Moore	25:23	55-59	Joyce Pennycoff	26:43	20-24	Luke Baker	20:50
Women			35-39	Gina Sheets	23:47	60-64	Kathy Murdoch	26:58	25-29	Kevin Forgrave	20:48
0-12	Aubrey Jackson	10:42	40-44	Patti Reinhardt	24:17	6k			30-34	Kevin Forgrave	20:26
13-19	Stephanie Miller	5:45	45-49	Cassie Bauson	24:20	Men			35-39	David Gardner	20:53
25-29	Karen Bush	8:30	50-54	Joyce Pennycoff	24:32	0-12	Jarred Hall	27:04	40-44	Gary Romesser	20:01
30-34	Geana Moore	9:26	5k			13-19	Dickie Bishop	22:35	45-49	Byron Bundrent	22:58
35-39	Roxane Osborn	6:25	0-12	Jarred Hall	18:27	20-24	Daniel McGill	23:06	50-54	Chuck Masters	23:49
40-44	Lorene Sandifur	6:51	13-19	Bryan Phillips	15:15	25-29	Scott Colford	22:59	55-59	Joe Rangel	25:00
45-49	Roxane Burrous	7:14	20-24	Bryan Phillips	15:34	30-34	Scott Colford	22:39	60-64	John Norris	26:26
50-54	Robin Tetrault	8:00	25-29	Kevin Forgrave	15:51	35-39	Gary Jewell	22:17	65-69	Bill Heck	29:07
55-59	Joyce Pennycoff	7:49	30-34	Kevin Forgrave	15:36	40-44	Ken Swinehart	27:15	70+	Bill Heck	34:32
60-64	Kathy Murdoch	7:52	35-39	David Gardner	15:55	45-49	Charlie Skoog	27:35	Women		
3 Mile			40-44	David Gardner	15:50	50-54	Jim Burrous	32:38	0-12	Waverly Neer	26:34
Men			45-49	Byron Bundrent	17:18	55-59	Ken Huston	42:02	13-19	Leslie Carden	23:40
0-12	Brandon Sheline	20:55	50-54	Chuck Masters	18:01	60-64	Bob Cupp	39:31	20-24	Christan Bahler	25:00
						65-69			25-29	Robyn Pagington	24:09



Running Age Group Records (continued)

30-34 Karlene Herrell 22:53
 35-39 Heather Weber 23:51
 40-44 Carla Yerkes 26:04
 45-49 Carla Yerkes 27:39
 50-54 Lorene Sandifur 31:15
 55-59 Doris Griffith 33:11
 60-64 Kathy Murdoch 35:48

8k

Men
 13-19 Jeff Dwiggins 29:53
 20-24 Seth Daugherty 29:33
 25-29 Howard Harrell 28:52
 30-34 Brian Reinhardt 30:29
 35-39 Dana Neer 32:12
 40-44 Gary Jewell 29:54
 45-49 Ricke Stucker 34:14
 50-54 Chuck Masters 34:57
 55-59 Ricke Stucker 36:19
 60-64 Bill Heck 37:28
 65-69 Milt Brown 43:26

Women

13-19 Tonya Buffum 33:35
 20-24 Allison Traver 40:04
 25-29 Allison Irvin 51:43
 30-34 Heather Weber 33:44
 35-39 Patti Reinhardt 41:32
 40-44 Lorene Sandifur 39:51
 45-49 Lien Koztecki 37:04
 50-54 Rhenda Acton 43:48
 55-59 Lien Koztecki 45:42

5 mile

Men
 0-12 Brandon Sheline 32:22
 13-19 David Graves 25:42
 20-24 Josh Daugherty 27:35
 25-29 Scott Colford 26:56
 30-34 Scott Colford 26:07
 35-39 Kenny Bennett 26:30
 40-44 Gary Jewell 28:17
 45-49 Byron Bundrent 29:12
 50-54 Chuck Masters 30:07
 55-59 Joe Rangel 32:19
 60-64 Bill Heck 35:05
 65-69 Bill Heck 37:49
 70+ Bill Heck 43:25

Women

0-12 Kayla Reinagle 49:22
 13-19 Tonya Buffum 31:37
 20-24 Christan Bahler 32:24
 25-29 Kelly Wright 34:32
 30-34 Maggie Kuhlman 33:17
 35-39 Angela Minnefield 34:08
 40-44 Michelle Hollingsworth 37:22
 45-49 Lien Koztecki 35:41
 50-54 Lorene Sandifur 40:23
 55-59 Lien Koztecki 45:13

10k

Men
 0-12 Brandon Sheline 45:25
 13-19 David Graves 32:43
 20-24 Eric Jun 48:32
 25-29 Scott Colford 32:52
 30-34 Kevin Forgrave 32:30

35-39 Kenny Bennett 33:27
 40-44 David Gardner 34:33
 45-49 Charlie Skoog 40:05
 50-54 Bill Bennett 42:22
 55-59 John Norris 41:12
 60-64 John Norris 42:25
 65-69 Ed Krull 53:52

Women

13-19 Michelle Faulkner 41:28
 20-24 Allison Traver 52:58
 25-29 Lisa Heronemous 58:22
 30-34 Karlene Herrell 37:12
 35-39 Roxane Osborn 45:41
 40-44 Michelle Hollingsworth 48:31
 45-49 Lien Koztecki 45:00
 50-54 Lorene Sandifur 50:36

7 mile

Men

25-29 Mark Eads 1:06:01
 30-34 Will Irvin 47:57
 45-49 Eric Mathew 50:34
 50-54 Mike Deardorff 58:48
 55-59 Charlie Skoog 52:07
 60-64 Jim Burrous 1:08:30
 65-69 Stan Shuey 1:00:49

Women

25-29 Justine Eads 1:07:16
 35-39 Gina Sheets 57:19
 40-44 Patti Reinhardt 1:03:06
 45-49 Roxane Burrous 57:49
 50-54 Lorene Sandifur 58:25

15k

Men

0-12 Brandon Sheline 1:04:43
 13-19 Pat Pollard 54:10
 20-24 Seth Daugherty 55:48
 25-29 Scott Colford 50:45
 30-34 Kevin Forgrave 50:29
 35-39 David Gardner 50:26
 40-44 Brian Reinhardt 57:17
 45-49 Rick Stucker 1:01:15
 50-54 Charlie Skoog 1:05:08
 55-59 John Norris 1:00:35
 60-64 Dick Sims 1:06:03
 65-69 John Norris 1:18:58

Women

13-19 Tonya Buffum 1:00:18
 25-29 Kelly Wright 1:09:09
 30-34 Karlene Herrell 57:56
 35-39 Heather Weber 59:03
 40-44 Roxane Burrous 1:17:20
 45-49 Lien Koztecki 1:10:29
 50-54 Lorene Sandifur 1:18:50

10 Mile

Men

0-12 Brandon Sheline 1:16:50
 13-19 Josh Daugherty 1:02:03
 20-24 Scott Stucker 1:14:02
 25-29 Scott Colford 55:54
 30-34 Scott Colford 56:21
 35-39 David Gardner 55:57
 40-44 Gary Romesser 58:21

45-49 Ricke Stucker 1:06:47
 50-54 Chuck Masters 1:07:17
 55-59 Ricke Stucker 1:11:17
 60-64 John Norris 1:12:07
 65-69 Bill Heck 1:20:02

Women

13-19 Leslie Carden 1:05:48
 20-24 Jill Pennycoff 1:28:42
 25-29 Kelly Wright 1:15:09
 30-34 Heather Weber 1:08:01
 35-39 Heather Weber 1:08:28
 40-44 Roxane Osborn 1:19:27
 45-49 Lien Koztecki 1:16:11
 50-54 Shirley Wilson 1:25:10
 55-59 Lien Koztecki 1:32:25

Half Marathon

Men

0-12 Jesse Bauson 2:08:23
 13-19 John Ely 1:15:02
 20-24 Seth Daugherty 1:22:05
 25-29 Scott Colford 1:12:57
 30-34 Kenny Bennett 1:12:21
 35-39 Scott Colford 1:12:27
 40-44 Gary Romesser 1:10:04
 45-49 Dave Smiley 1:22:50
 50-54 Chuck Masters 1:26:01
 55-59 John Norris 1:29:56
 60-64 John Norris 1:37:51
 65-69 Bill Heck 1:48:57
 70+ Glenn Artis 2:54:27

Women

13-19 Michelle Faulkner 1:45:59
 20-24 Jill Pennycoff 1:42:41
 25-29 Robyn Pagington 1:30:22
 30-34 Karlene Herrell 1:19:04
 35-39 Karlene Herrell 1:23:25
 40-44 Carla Yerkes 1:30:43
 45-49 Lien Koztecki 1:36:47
 50-54 Lorene Sandifur 1:50:22
 55-59 Shirley Wilson 2:06:49
 60-64 Doris Griffith 2:11:05

Marathon

Men

13-19 David Yoder 3:46:24
 25-29 Scott Colford 2:31:06
 30-34 Scott Colford 2:29:53
 35-39 Scott Colford 2:33:57
 40-44 Terry Fletcher 2:48:19
 45-49 Rex Piercy 3:10:04
 50-54 Chuck Masters 3:13:40
 55-59 James Schneider 3:36:00
 60-64 James Schneider 3:34:13
 65-69 John Norris 3:56:54

Women

13-19 Missy Tetrault 5:07:55
 20-24 Jill Pennycoff 3:55:22
 25-29 Robyn Pagington 3:08:03
 30-34 Karlene Herrell 2:56:58
 35-39 Roxane Osborn 3:24:00
 40-44 Roxane Osborn 3:24:55
 45-49 Lien Koztecki 3:34:55
 50-54 Shirley Wilson 4:13:20
 55-59 Sue Smock 5:23:41

Walking Age Group Records

3k

Men		
40-44	Steve Inman	22:10
45-49	Tim Taflinger	23:16
55-59	Barry Donovan	24:57
60-64	Jerry Lambert	20:42

Women

35-39	RJ Swinehart	49:02
40-44	Jane Inman	24:53
45-49	Barb Coles	49:01
50-54	Janita Beall	27:20
55-59	JJ Schmidt	24:51
60-64	Pat Robertson	28:43

2 Mile

Men		
0-12	Wesley White	21:59
40-44	Steve Inman	23:17
45-49	Rick Spencer	20:01
50-54	Tim Taflinger	22:18
60-64	Jerry Lambert	17:30

Women

35-39	Mary Miller	25:22
40-44	Mary Miller	24:18
45-49	Barb Coles	33:01
50-54	Donna Gentry	27:51
55-59	JJ Schmidt	27:12
60-64	Pat Robertson	27:25
70+	Helen Brown	35:25

4k

Men		
40-44	Steve Inman	31:01
45-49	Keith McAndrews	26:26
50-54	Rick Spencer	25:46
60-64	John McGinty	32:05
65-69	Jerry Lambert	26:30

Women

25-29	Geana Mosson	34:08
40-44	Mary Miller	32:11
45-49	Mary Miller	27:41
50-54	Barb Wand	42:59
60-64	Pat Robertson	38:02
65-69	Pat Robertson	40:04

3 Mile

Men		
0-12	Nicholas Allen	40:49
35-39	Brian Allen	35:42
40-44	Steve Inman	33:29
45-49	Rick Spencer	27:17
50-54	Tim Taflinger	27:09
55-59	Steve Mount	32:28
60-64	Jerry Lambert	26:36
65-69	Jerry Lambert	26:45
70+	Milt Brown	38:41

Women

0-12	Emily Allen	40:54
35-39	RJ Swinehart	42:43



Tim Taflinger finishes the New Year's Eve 5k.

40-44	Mary Miller	32:08
45-49	Mary Miller	31:58
50-54	Diane Gifford	35:15
55-59	Sue Smock	32:08
60-64	Pat Robertson	40:10
65-69	Pat Robertson	42:20
70+	Helen Brown	50:08

5k

Men		
0-12	Nicholas Allen	39:43
20-24	Jack Sanders	43:25
35-39	Brian Allen	36:57
40-44	Steve Inman	33:24
45-49	Rick Spencer	28:06
50-54	Tim Taflinger	28:38
55-59	Jerry Lambert	27:15
60-64	Jerry Lambert	27:29
65-69	Jerry Lambert	27:41
70+	Jerry Lambert	31:03

Women

0-12	Emily Allen	39:34
13-19	Karly Irwin	43:32
20-24	Cara Lee	40:28
25-29	Geana Mosson	35:51
30-34	Penny Frazier	37:01
35-39	Mary Miller	33:07
40-44	Mary Miller	33:03
45-49	Mary Miller	32:17
50-54	Diane Gifford	35:58
55-59	Sue Smock	32:25
60-64	Sylvia Burgin	41:00
65-69	Pat Robertson	42:43
70+	Helen Brown	51:11

4 Mile

Men		
0-12	Nicholas Allen	53:14
35-39	Brian Allen	45:36
40-44	Brian Allen	37:32
45-49	Tim Taflinger	39:36

50-54	Rick Spencer	40:58
55-59	Jerry Lambert	37:11
60-64	Jerry Lambert	38:21
65-69	Jerry Lambert	41:25
70+	Chuck Whitney	51:15

Women

0-12	Emily Allen	53:42
20-24	Kerry Miklik	1:00:18
25-29	Michelle Crocket	53:37
30-34	Penny Frazier	48:01
35-39	Roberta Myers	46:27
40-44	Diane Shockey	50:38
45-49	Mary Miller	43:05
50-54	Diane Gifford	48:37
55-59	Julia Donahue	50:13
60-64	Pat Robertson	55:12
65-69	Pat Robertson	59:52
70+	Helen Brown	1:07:50

5 mile

Men		
35-39	Brian Allen	1:16:26
40-44	Steve Inman	56:56
45-49	Rick Spencer	47:45
50-54	Barry Donovan	49:12
55-59	Tom Gebeau	59:34
60-64	Jerry Lambert	46:58

Women

0-12	Emily Allen	1:11:43
35-39	Mary Miller	1:09:00
40-44	Mary Miller	55:15
45-49	Mary Miller	55:02
50-54	Mona Grills	1:05:21
55-59	JJ Schmidt	1:04:42
60-64	Pat Robertson	1:10:23
65-69	Pat Robertson	1:14:09

Half Marathon

Men		
35-39	Tim Revils	3:15:21
40-44	Brian Allen	2:47:51
45-49	Rick Spencer	2:12:55
50-54	Rick Spencer	2:05:30
55-59	Robin Michael	2:22:11
60-64	Jerry Lambert	2:31:53
65-69	Jerry Lambert	2:25:21
70+	Jerry Lambert	2:59:29

Women

20-24	Cara Lee	3:22:09
35-39	Sharon Miller	2:56:22
40-44	Mary Miller	2:27:31
45-49	Mary Miller	2:29:36
50-54	Kathy Neher	3:02:09
55-59	Sue Smock	2:49:16
60-64	Pat Robertson	3:09:52
65-69	Pat Robertson	3:18:58

Marathon

Men		
45-49	Keith McAndrews	5:14:56
50-54	Keith McAndrews	6:00:08



2007 Final 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, New Year's Eve and any one marathon, half-marathon or volunteer.

Runners	Shelly Wyman 1-15 Jennifer Mayfield 1-10	Kaleb Hollingsworth 5-75 Keith Bauson 5-61 Kyle Starich 4-57 Tony Robinette 2-32 Carl Christenson 1-20H Andrew Swinehart 1-20H Matthew Robertson 2-19 Ben Bradshaw 1-10	Al Hochgesang 11-200 Eric Mathew 12-181MH Kim Lee 11-160H Ken Swinehart 12-155HV Mark Rodgers 9-128H Ray Tetrault 6-96MHV Byron Bundrent 3-60 Gary Jewell 3-60V Bill Bauson 4-45H Mike Jones 2-32H Greg Sumpter 2-30M Brent Marner 1-20H	Walkers
Women	40-44 Michelle Hollingsworth 17-330HV Patti Reinhardt 15-250MHV Kim Anderson 1-20H	45-49 Roxane Burrous 11-215MHV Cassie Bauson 9-165H Maureen Prentice 4-67H Sandy Knowland 3-50H Cheryl Marner 3-45H Carla Yerkes 2-40H	20-24 Bryan Phillips 3-60 Justin Ashcraft 2-40 Kevin Callaghan 1-20H Zach Overman 1-20H Brett Sanders 1-10	Women
0-12	Michelle Hollingsworth 17-330HV Patti Reinhardt 15-250MHV Kim Anderson 1-20H	20-24	49-	
Aubrey Jackson 5-100V Victoria Christenson 1-20H Zoe Irvin 1-20	45-49	20-24	Mary Miller 21-400HV Amanda Pena 21-322V Debbie Riffe 21-238V Jane Inman 14-182HV Raye Jean Swinehart 12-147HV Emily Allen 13-119 Cara Lee 4-45H Becky Christenson 2-32H Karen Jewell 1-20V Darlene Jackson 2-15 Jayne Hiatt 1-10 Carol Savage 1-6	
13-19	45-49	20-24	50+	
Sarah Lee 12-172H Amber Longwith 11-152 Vanessa Lorenz 11-150V Laura Bauson 6-110M Katie Hollingsworth 6-97V Annina Gruber 5-82 Nicole Parry 4-57 Nicole Jackson 4-56V Waverly Neer 2-40 Katie Christenson 1-20H Emily Christenson 1-20H Mindy Tetrault 1-20V	45-49	20-24	Sylvia Burgin 18-247H Sylvy Bledsoe 11-220HV Judy Smith 14-211HV Anna Dollens 8-160 Diana Brown 12-148 Pat Robertson 13-146HV Cynthia Sanders 13-141V Kathy Allen 12-130 Angela Lorenz 4-36 Diane Gifford 1-20	
20-24	45-49	20-24	Men	
Holly Hurlburt 6-102 Sarah Bauson 5-100H Grace Bauson 5-85H Jamie Jackson 3-52V Megan Green 1-20 Stephanie Overman 1-20H	45-49	20-24	49-	
25-29	45-49	20-24	Brian Allen 19-315HV Steve Inman 13-260HV Nicholas Allen 7-103 Tim Revils 3-37 Bruce Savage 1-10	
Kathleen Bagwell 18-312HV Allison Irvin 15-270H Rebekah Kinney 10-148HV Jillian Weaver 9-118 Justine Eads 6-81H Karen Bush 5-67H Kelly Wright 3-55HV Shannon Reinagle 2-30H Brianna Boles 2-28H Michelle Tetrault 1-20V	45-49	20-24	50+	
30-34	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Darcie York 11-190H Jeanette Merritt 10-149H Robyn Pagington 4-80 Geana Moore 5-70 Amy Piazza-Graves 4-70H Lisa Stucker 2-32 Dona Smith 1-10	45-49	20-24	50+	
35-39	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Lisa Jones 14-247H Heather Weber 11-200HV Teresa Long 3-60H Gina Sheets 3-55MV Lisa Birkhimer 2-30H Kavita Kataria 1-20 Tami Moore 1-20H Tosha Rogers 1-20H Stella Rood 1-20	45-49	20-24	50+	
40-44	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Brian Reinhardt 19-345MHV Michael Graham 21-303HV Darin Hollingsworth 17-225HV Ron Moore 11-172MH Dana Neer 9-170HV Dan Lutes 3-60MH Mark Webster 3-50HV Brandon Mink 3-40 Mike Williams 2-30H Don Rogers 2-29M Shawn Mayfield 1-20H	45-49	20-24	50+	
45-49	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Phil Rozzi 12-212M	45-49	20-24	50+	
65-69	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Stan Shuey 16-287 Dale Sullivan 13-201 John Norris 10-180H Charles Johnson 1-20H Ernie Strawn 1-20 Darrell Pennycoff 1-12 Jerry Leach 1-10	45-49	20-24	50+	
70-74	45-49	20-24	Rick Spencer 17-325H Keith McAndrews 18-286MHV Tim Taflinger 21-277HV Jerry Lambert 18-250HV Jackie Sanders 19-166V Rocky Smith 12-139HV Robin Michael 12-133MH Milt Brown 9-96V Jim Burrous 9-94HV David Mygrant 4-36 Russell Fox 2-35H John McGinty 4-34 Toney Lorenz 4-30 Melvin Hobbs III 1-20H John Robertson 2-14	
Bill Heck 11-215V Robert Cupp 12-187 Riley Case 3-60	45-49	20-24	50+	



2008 Race Calendar

<p>March 8 Norris Insurance 5K Run/Walk Time: 9 AM Location: Amboy, IN</p>	<p>July 19 Panther Prowl 4 Mile Run/5k Walk Time: 8 AM Location: Western H.S., Russiaville, IN</p>
<p>March 15 Old Ben 5K Run/Walk Time: 9 AM Location: Highland Park</p>	<p>August 2 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN</p>
<p>April 5 CK Ultimate 10m run or 5m Run/Walk Time: 9 AM Location: Logansport, IN</p>	<p>August 9 CKRR Age-Graded 4 Mile Run & 5K Walk Time: 8 AM Location: Highland Park</p>
<p>April 19 Race for the Cure 5K Run/Walk Time: 9 AM Location: Indianapolis, IN 10 points for each finisher</p>	<p>August 23 CAM Run for Shelter 5k Run/Walk Time: TBD Location: Oakbrook Valley</p>
<p>May 17 Norris Insurance 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Jackson Morrow Park</p>	<p>September 6 Kim Adair 5k Run/Walk Time: 8 AM Location: Sharpsville, IN</p>
<p>May 24 Composer Classic 5k Time: 8 AM Location: Highland Park</p>	<p>September 20 (Tentative) Cole Porter 15K Run/ 5K Run/Walk Time: 8:30 AM Location: Peru, IN</p>
<p>June 7 Trojan Trot 5KRun/ Walk Time: 8 AM Location: Sharpsville, IN</p>	<p>September 27 9th BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN</p>
<p>June 14 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN</p>	<p>October 26 Club Kokomo 5 Mile Run/3 Mile Walk Time: 2 PM Location: Nickel Plate Trail, Peru, IN</p>
<p>June 20-21 Relay for Life Location: Kokomo High School 10 points for each finisher</p>	<p>November 8 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School</p>
<p>June 28 Race for Grace 5K Run Time: 8 AM Location: Logansport, IN</p>	<p>November 27 CKRR Thanksgiving Day Fun Run Time: 8 AM Location: Highland Park (Non Points)</p>
<p>July 5 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gym, Kokomo, IN</p>	<p>December 7 CKRR Charity 5k Run/Walk Time: 2 PM Location: UAW 685</p>
<p>July 12 Iron Horse 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Logansport, IN</p>	<p>December 31 CKRR New Years Eve 5k Run/Walk Time: 2 PM Location: UAW 685</p>

Fun Mile Results

<p>CK Weekly Fun Mile January 9, 2008</p> <p>11:00 AM Race 1. Joe Rangel 6:25 2. Charlie Skoog 7:12 4. Amber Longwirth 9:19 9. Jackie Sanders 15:35</p> <p>5:30 PM Race 1. Joe Rangel 6:05 2. Dan Lutes 6:08 4. Steve Wand 7:11 5. Mary Miller 8:32 6. Amber Longwith 8:49 7. Jerry Lambert 8:56 9. Cory Jackson 9:44 12. Sylvia Burgin 12:29 14. Aubry Jackson 12:37 15. Jaime Jackson 12:38</p> <p>CK Weekly Fun Mile January 16, 2008</p> <p>11:00 AM Race 1. Charlie Skoog 7:06 3. Jackie Sanders 15:47</p>	<p>5:30 PM Race 1. Brian Moore 6:46 2. Charlie Skoog 7:01 3. Steve Wand 7:11 4. Greg Sumpter 7:58 5. Ray Tetrault 8:05 6. Mary Miller 8:29 7. Cory Jackson 9:10 10. Vicki Boles 9:46 12. Robin Tetrault 11:51 14. Sylvia Burgin 12:31 16. Aubry Jackson 14:58 18. Jaime Jackson 15:07</p> <p>CK Weekly Fun Mile January 23, 2008</p> <p>11:00 AM Race 1. Jackie Sanders 15:36</p> <p>5:30 PM Race 1. Greg Sumpter 7:42 2. Vicki Boles 9:33</p>
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Other Race Results

<p>Huff 50k December 29, 2007 Huntington, IN</p> <p>1. Hank Risley 4:04:14 1w. Ellen Erhardt 4:32:05 85. Gina Sheets 6:13:17 89. Travis Sheets 6:16:31 122. Charlie Skoog 7:13:28 124. Greg Townsend 7:25:48 129. David Hughes 7:36:10 152 Finishers</p>
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Other Races

<p>February 9 Runners Forum Cupid's Fling 5k 9 AM Northview Christian Life Church Carmel, IN Marty Day 317-844-1558</p> <p>March 29 Sam Costa Half Marathon/Quarter Marathon 9 AM Northview Christian Life Church Carmel, IN Terry Townsend</p>
