



Club Honors Outstanding Performers

By Brian Reinhardt



2007 Club Kokomo Runners of the Year Michelle Hollingsworth and Scott Colford.

Will was pretty nervous about hosting the awards banquet this year as a number of emailed and called to make sure that we had everything accomplished that needed to be done. He didn't need to be. He did an excellent job and the awards banquet was once again a fun, rewarding, and uplifting event.

I wish I'd taken along a tape recorder because when he gave the Presidents Award to a much deserving Sara Miller his words were inspiring, gracious, heartfelt, accurate, and most importantly full of love for a woman that we're all so fortunate to have as a representative of our club. I suspect he'll expound further on this in his "From the President" but I'll give myself at least a little liberty to do so myself.

God has a plan for each of us and sometimes those plans make absolutely no sense to us. I experience that regularly by learning to trust Him more and more because not so shockingly He's quite a bit smarter than I am and He's able to see the big picture with a clarity that I can only dream of.

But sometimes those plans do make sense and His plans for the folks in that senior citizens center on Saturday came together in an explicit, 100% lucid, transparent manner.

I had mixed emotions about the day because Patti couldn't be there and that made me sad, but I was excited about the opportunity to see everybody and to witness the "surprise" awards for those that had earned those well-deserved honors.

There are always a few of those surprises and they are always emotional and are met with heartfelt gratitude by both recipients and their peers.

That was, of course, the case on Saturday as a number of our members were either taken aback by their selection or slowed by a nagging injury as they worked their way to the front of the room—hard to tell which, but both must perpetuate a smile.

But as wonderful and exciting as those things are it just wasn't meant to be the reason why we were all there that day. We were there to better understand why God places each of us on this earth and specifically put each of us in a small run-



2007 President's Award winner Sara Miller.

ning club in central Indiana.

We don't have to understand why Johnny 'O decided to make a call to Becky Sage (the race director for the Komen Race for the Cure in Indy) or why she graciously agreed to be there without question and tell her inspiring story (see On the Roads on page 4). We don't have to try to understand why Will was so eloquently able to put together a description of Sara that had each of us in tears. We especially don't have to try to understand how Sara could go through so much and be so strong and faithful through it all.

But what we do have to try to understand is how us being there that day will impact us in the future. None of us can walk away from an encounter like that without wondering what difference it'll make in our lives. Our little running club makes a difference because of each of you. What will you take with your from Saturday?

Thanks to all that provided so much help in putting together another great banquet. Without the dedication of so many volunteers things like this just couldn't be accomplished.

For a complete list of award winners see below (age group winners were in the February newsletter):

- Walkers of the Year
 - Overall Female – Mary Miller
 - Overall Male – Rick Spencer
 - Running
 - Female Runners of the Year
 - Youth – Sarah Lee
 - 20-39 – Allison Irvin
- (continued on page 6)

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NEXT RACES

**MARCH 8
JOHN NORRIS 5K
9:00 AM
AMOBY IN**

**MARCH 15
OLD BEN 5K
9:00 AM
HIGHLAND PARK**



From the President

By William Irvin



President William Irvin, the 20-39 Male Runner of the Year with his wife, Allison, the 20-39 Female Runner of the Year.

Congratulations to all for your accomplishments of 2007 and congratulations to the award winners during the CKRR Luncheon and your efforts to make CKRR even better! It is one of the great pleasures of being the Club President and that is hand-

ing out all the awards and seeing the look of surprise on each and every one of your faces. It is difficult to not give them out to each and everyone of you as everyone in the Club deserves to be recognized. Again, congratulations to all of you and good luck for the coming year.

It would not be as great of a lunch with all of the great chili's that were made if Annie O' had not provided her world famous homemade rolls. Annie O' from all of us we thank you for providing those great rolls and making enough so that some of us can have more to take home with us! I would also

like to say thank you to all of you who helped set up the Senior Center before and helped clean up afterwards you make my job even easier. I would also like to thank Johnnie O' for requesting Mrs. Sage from Indianapolis Race for the Cure and having her speak at our

luncheon. It was a great addition to have her speak for us.

The 2008 race season begins this weekend March 9th at Amboy with John Norris's 5K run with a free pancake breakfast afterward. This one is definitely one that you will not want to miss. It starts the spring off right with a great 5K, fill up on pancakes and coffee, and then sit around and talk about what you have not been doing all winter. Hope to see you there!

Next month I will be writing about the new VO2 MAX testing that will be performed at Club Fitness 24, which is owned by Kim and Chad Coy. Their test facility will be on a schedule only basis taking place only on Saturdays. The closest facility in the area to perform VO2 MAX testing is Ball State in Muncie, IN and the National Institute of Fitness in Indianapolis with prices ranging from \$300-\$500. VO2 MAX testing is the perfect training tool for those wanting to set a PR or to just increase their overall ability to run better or faster.



Clockwise from upper left: Women's 49 and under walkers age group winners Mary Miller, Amanda Pena and Debbie Riffe. Men's 50 and over walkers age group winners Jerry Lambert, Rick Spencer, Keith McAndrews, Rocky Smith, and Robin Michael.



Women's 35-39 Age Group winners Lisa Jones and Heather Weber. Men's 30-34 Age group Winners Will Irvin, Matt York, Ryan Bagwell, and Chris James.



On the Trails

By Charlie Skoog



Charlie, with his fellow 55-59 Award Recipients, Ricke Stucker and Joe Rangel.

Progress continues on a much needed Howard County wide master plan for alternative transportation. On February 9th a visioning meeting was attended by over 50 local elected officials, advocates, and concerned citizens. Ray Irvin from INDOT and Ron Carter from the Greenway Foundation gave an excellent overview of the state vision and benefits of trails and greenways. City engineer, Carey Stranahan's PowerPoint and animated Google presentation got participants excited about local opportunities and maps were provided to collect and prioritize ideas, routes, and locations for a county wide trail system.

One major initiative that is set to occur in the coming months is to negotiate the use of inactive railroad rights-of-way for trails, including the Kokomo to Frankfort line, which passes through Russiaville, and the Nickel Plate line between Tipton and Cassville. A portion of these lines, primarily on the North side of Kokomo, will be engaged in the forthcoming US31 upgrade. Many of you live in close

proximity to these potential future trails and recognize the benefit they will provide. It is our job to continue to support this plan and educate the public and our elected officials on it's importance.

If you are interested in building trails the Friends of the Nickel Plate need your help. This spring we will be building bridges over Little Deer Creek in Cassville and Pipe Creek just north of Bunker Hill. Help is also needed constructing the fence that will line the newly paved section at Bunker Hill Drag Strip and clearing sections of trail in Howard County that will be paved in 2008. We will be working at various times on weekdays as well as weekends. If you would like to be added to the Nickel Plate Trail Volunteer Action Team please give me a call at 457-2607 or runckrr@aol.com.

More Volunteer Opportunities

Racing season is upon us and as most of you know, if there were no volunteers there would be no races. Often times it is the quality of the volunteers that make an event fun, enjoyable, and a memorable experience from start to finish on thru the post race festivities. Volunteers are also needed to help promote the club and it's activities so please consider these upcoming opportunities.

March 27, **Maplecrest Health Information Night**, 6 - 7:30 PM - Volunteers needed to promote all CK programs and sign kids up for Coyote Kids, call 457-2607

March 29, **Sam Costa Half & Quarter Marathon**, 8:30 - 11:30 AM - Volunteers needed for major water stop for both races. Includes T-shirt, refreshments, prize drawings, and a chance to cheer and support your friends and family members running this race! Call Charlie.

April 5, **CK Ultimate**, Logansport, 8 - 11 AM - Volunteers for CK sponsored races get 20 points. Contact myself or Mark Shorter, 455-2283, ASAP, to volunteer.

Today thru Mid July, **Coyote Kids Summer Running Program** - Ray and Robin need your commitment to help now for this signature community event. The Tetrault kids are growing up and out, leaving town and even the country (Mike is headed for a Peace Core assignment in Madagascar!) so some of you are needed to pick up the slack. Call 854-1393 or email ray-robin@email.com so with everyone's help, they can effectively plan and manage this awesome program.

New Members

- | | | | |
|----------------------|-----------------|-----------------|--------------------|
| Jessica Austin | Lisa Hobbs | Bob Longwith | Graysen Neer |
| Kinzie Austin | Andy Hobbs | Cathy Longwith | Joe Orr |
| Katherine Austin | Emily Hobbs | Andrew Maibaum | Diana Padgett |
| Veronica Austin | Erik Hobbs | Joni McCracken | Tyler Padgett |
| Sona Camp | Sara Hovermale | Brian Moore | Taylor Padgett |
| Kayla Chilcutt | Erika James | Sophia Moore | Laura Rosenstengel |
| Michelle Clendenning | Keagan James | Isabel Moore | Jason Rush |
| Barry Donovan | Maya James | Aurelien Mozipo | Lee Ann Smith |
| Linda Donovan | Suzanne Johnson | Gaby Mozipo | Tara Steele |
| Roberta Hite | Nich Lipari | Lily Mozipo | Ashley Taflinger |

**Welcome
To
Club
Kokomo!**



On the Roads

By Johnny 'O



Terrance got into a fight at school. His grandmother, the 11-year-old's guardian, was asked to meet with the school's principal. When the grandmother arrived for the meeting, her tired and worried

look told Becky Sage, the Indianapolis school's registrar, that something was wrong. The grandmother then asked if the meeting could be short, because she had a scheduled treatment for breast cancer.

Becky, an 11 1/2-year breast cancer survivor, took the grandmother directly to the principal's office. After the meeting, Becky put her arms around Terrance and told him not to worry because his grandmother would be all right. It wasn't to be the case. The grandmother died. Her diagnosis and treatment were too late.

In Terrance's short life, he was abandoned by his mother, never met his father, and then lost the only person who had given him stability and care, his grandmother. Now, he is in a juvenile detention center.

Mrs. Sage shared her story of Terrance and his grandmother at Club Kokomo's annual Awards Luncheon. She believes early diagnosis would have saved the grandmother's life and Terrance from the juvenile detention center.

African American women have the highest death rate from breast cancer, 36 percent higher than Caucasian women, and uninsured women are 40 percent more likely to die of breast cancer than those with insurance coverage.

"The grandmother did not have to die," Becky said, "but she did because she was among the under served."

To help women who cannot afford early diagnosis, Becky urged CKers to join the Club's Race for the Cure Team and

raise money for Indy Komen. Of the more than \$2 million raised by Komen Indy 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 went to the national Komen Foundation, which used the money for research. Six Indiana organizations received Komen researched dollars last year.

The 16th Susan G. Komen Race for the Cure Indianapolis is April 19. Komen Indy's goal is to set records of 40,000 participants and \$3 million in donations. Capt. Jack., one of CK's team leaders, is shooting for club records of 100 members and \$2,000 in donations.

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; 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. To be on Club Kokomo's Team, you have to register online. If you do not have a computer, contact John Wiles at (765) 452-6706.

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.

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

FLOWER PLANTING TIME

For the last three years, Club Kokomo members have helped the Kokomo Downtown Association and City of Kokomo plant flower cuttings in baskets that hang from light posts on West Sycamore Street from St. Joseph Hospital to Union Street and from light posts in the downtown area.

This year volunteers can plant flowers either 9 a.m. to noon March 28 (Friday) or 9 a.m. until noon March 29 (Saturday) inside a greenhouse. The 340 baskets will remain in the greenhouse until May when City of Kokomo employees hang them on the light posts.

We have an assembly line process that makes the work fast and easy. Last year, we had more than 80 volunteers help during the two days of planting.

Volunteers should call John Wiles at 438-9545 or email him at johnwiles@downtownkokomo.org

Volunteers will plant the baskets at Mark and Julie Hilligoss' greenhouse (765-438-2549). The best way to get to the greenhouse is to go one mile south of Ind. 26 on Dixon Road. At the first cross road (Howard-Tipton County line), turn right and drive west for one mile to the first stop sign. Continue west one-half mile and the greenhouse is on the right.

Club Kokomo members also have helped with the outdoor plantings. The outdoor planting date is May 17.

FINAL THOUGHT

Happy St. Patrick's Day!



Becky Sage tells her story at the awards banquet.



Black Warrior 25k and 50k

By Gina Sheets

Trav and I drove down to Moulton Alabama to run the Black Warrior 25k for him and 50k for me.

We were very excited as we headed south and the temperature on the car headed up to 61 degrees.

This was a very low key, not real well organized race, the local runners were not friendly (which is unusual), and not prepared. The folks working the aid stations the next day were nice but for some reason the packet pick up people and the folks at the supper were not friendly, and actually ignored us. The spaghetti supper was hamburgers, chips and a brownie; hey it was included in the registration cost so okay.

We camped at the finish line and not too far from the start line. Also camping were coyotes, well maybe not camping but they were certainly around all night, and one dude started snoring so loud the coyotes could not howl over him. With "nothing to do" once it was good and dark and cold, maybe 38 degrees, I headed for my sleeping bag got about 10 hours of sleep before the 7:00am start. I slept okay until about 5:30am when the snoring got to me. Trav did not sleep much at all and woke up not feeling so good. That not so good feeling lasted until after his 25k and then he became sick.

The race started at some time after 7:00am, it was nice to wear shorts, I soon discovered that my long sleeve shirt, vest and gloves would be too much during the day, the gloves were off at mile two



This picture of Travis showed both the beauty and depth of the trail.

(Nicole is chuckling because she knows I over dress). The vest was wrapped around my waist by mile 12. Trav was dressed "warmly", long pants and shirt but he was not out there much longer than the fog. The fog was very thick, it was rather serene.

The first 1.5 mile was up hill, a very long climb on a forest road before hitting the trail – horse trail. Thank goodness this City girl has turned farmer because I am alright with running in poop for 28 miles and calling it pleasant. The 25k and 50k split after 8 miles. We had to cross a river (okay a stream that was

deep) and the 25k folks just followed the bend back to the finish. Little did I know how tough and poopy those last 8 miles around the bend would be.

Trav and I were a pair. Of course I am still injured and Trav had sore feet. The trail was typical root, rocks and mud aka poop. Besides being muddy there were several water crossings. The multiple trail intersections made the course a little difficult to navigate, several folks got lost, one girl ran about 50 miles, she was in 20th place until she got lost more than once. There was also a fire hazard or controlled burn that was taking place. At one point, on the final 8 miles Trav came up to yellow "caution control burn area" do not enter tape stretched across the trail which made him think he was lost so he stopped to wait for some other runners and they all decided to cross under the tape, as you could see the trail but the burn was right up to it on both sides. By the time I got there the tape had been moved so I had to literally climb over a burning, smoldering, tree which had burned down across the trail.

Trav finished in 3hours and one minute, he finished at 10:00am and apparently the horses were sleeping in late as he did not have any poop to wade through. Trav was 26th out of 60.

I finished in 7hours 32minutes, not last but in the bottom 10 or so. Alabama was my 16th state - we won't go back to the Black Warrior.

Birthday List

3/2 Julia Green
 3/5 Andy Hobbs
 3/6 Dale L. Sullivan
 3/6 Becky Christenson
 3/10 David Mygrant
 3/11 Jessica Austin
 3/12 Robin Cole
 3/12 Amanda Reeves
 3/13 Jesse Bauson
 3/13 Aubrey Jackson



3/13 Diana Padgett	3/19 Emily Allen
3/13 Amy Piazza	3/21 Waylon Coulter
3/15 Donny Smith	3/21 Toney Lorenz
3/16 Laura Bauson	3/22 Betty Ann Oliphant
3/16 Karen Bush	3/28 Kelly Mavrick
3/17 Rebecca Elliott	3/31 Bill Cox
3/17 Jack Lotzgeselle	
3/18 Erik Hobbs	Happy birthday from
3/18 R.J. Kerr	Club Kokomo!
3/18 Robin Tetrault	



Club Honors Award Winners (continued)

Masters – Lorene Sandifur
 Senior Masters – Joyce Pennycoff
 Rookie – Kathy Bagwell
 Most Improved – Allison Irvin
 Overall – Michelle Hollingsworth

Male Runners of the Year
 Youth – Joshua Revils
 20-39 - William Irvin
 Masters - Brian Reinhardt
 Senior Masters – Joe Rangel
 Rookie – Matt York
 Most Improved – Michael Graham
 Overall – Scott Colford

Outstanding Performance – Waverly Neer
 (winning Haynes Apperson with broken foot)
 Contributor – Rebekah Kinney (FIRSST’s Program)
 Volunteer – Robin Cole
 Presidents Award – Sara Miller



From Left to right and top to bottom: Walkers of the Year—Rick Spencer and Mary Miller, Rookies of the Year Kathy Bagwell and Matt York, Most Improved Mike Graham and Allison Irvin, Masters Runners of the Year Brian Reinhardt and Lorene Sandifur, Senior Masters Runners of the Year Joe Rangel and Joyce Pennycoff, Contributor of the Year Rebekah Kinney, Volunteer of the Year Robin Cole, Female Age Group 12 and Under winner Aubry Jackson, and Club Magician Ray Tetrault.





Race Results

Club Kokomo Weekly Fun Mile
Wednesday, January 30, 2008

5:30 PM Race

1. Greg Sumpter 7:28
2. Brian Moore 10:38
3. Sophia Moore 11:06
4. Isabel Moore 13:32

Club Kokomo Weekly Fun Mile
Wednesday, February 6, 2008

11:00 AM Race

1. Charlie Skoog 7:55
2. Robin Cole 10:10
3. Jackie Sanders 15:35

5:30 PM Race

1. Matt York 7:30
2. Brian Reinhardt 7:31
3. Dan Lutes 7:31
4. Travis Sheets 7:32
5. Laura Rosenstengel 10:41

Club Kokomo Weekly Fun Mile
Wednesday, February 13, 2008

11:00 AM Race

1. Charlie Skoog 7:59
2. Robin Cole 10:32
3. Jackie Sanders 15:47
4. Cindy Sanders 15:57

5:30 PM Race

1. Ray Tetrault 8:38
2. Will Irvin 8:39
3. Anne Wiles 9:43
5. Laura Rosenstengel 10:15
6. Robin Tetrault 10:15
8. Barry Donovan 13:48
9. John Wiles 13:48
10. Gina Sheets 13:48
11. Travis Sheets 13:48

Club Kokomo Weekly Fun Mile
Wednesday, February 20, 2008

5:30 PM Race

1. Dan Lutes 6:23
2. Charlie Skoog 6:57

3. Steve Wand 9:02
4. Travis Sheets 9:02
5. John Wiles 10:36
7. Jackie Sanders 16:09
8. Cindy Sanders 16:23

Club Kokomo Weekly Fun Mile
Wednesday, February 27, 2008

11:00 AM Race

1. Charlie Skoog 7:57
2. Robin Cole 9:54
4. Jackie Sanders 15:44
5. Cindy Sanders 15:54

5:30 PM Race

1. Brian Moore 6:30
2. Joe Rangel 6:48
3. Charlie Skoog 7:39
4. John Wiles 10:05
5. Sophia Moore 10:56
6. Laura Rosenstengel 11:00
7. Barry Donovan 11:57
9. Isabel Moore 15:10
11. Diana Brown 15:47

Mini-marathon Packet Pick-up

For those of you who would like Robin Cole to pick up your Mini-marathon packet for you be sure to get the back page of your pamphlet to her by Wednesday, April 30, in Highland Park. The earlier you get the page to her the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park since she volunteers for the Mile Run or runs with the Wednesday night group at 5:30. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 2 on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park.

Meeting Minutes

Members present: Robin Tetrault, Charlie Skoog, Bill Barnett, Will Irvin, Chris James, and Mark Shorter. Also attending was Shannon Reinagle.

1. Financial report by Treasurer Mark Shorter
2. No reports from walkers about possible change in their age groups.
3. Running Company shirts may be at banquet
4. Plaques-shirts-awards have been ordered.
5. Banquet-Chili contest will be held. Gina Sheets is in charge of food. There will be guest speaker from the Indy Race for the Cure.
6. Bill Barnett gave Will Irvin the packet of Haynes-Apperson race materials.

7. Second notice dues renewals have been sent out.
8. Kokomo Symphony director was let go. The race is Sat May 24. Shannon Reinagle asked the club to time the event, provide pylons, and finish line materials. The club decided to do it.
9. Ultimate Challenge—Who is race director?

Meeting adjourned.

Next meeting will be March 3, 2008 at 6:30 PM at the Grace Fellowship Church.



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 1.5K 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

Other Races

March 15,2008
Willpower Run & Walk
Warren Central H.S.
1 Mile Family Walk 9:00am
10K Run 9:30am
5K Family Fitness Run/Walk 9:50am
www.kenlongassoc.com
317.884.4001

March 29, 2008
Sam Costa ½ Marathon and ¼ Marathon
9:00 AM
Northview Christian Life Church
Carmel, Indiana
Terry Townsend
SamCosta@indyrunners.org

March 29.2008
10th Underground Railroad Run
Westfield High School
5K Race 9:00am

3K Fitness Walk 9:05am
www.kenlongassoc.com
317.884.4001

March 29, 2008
Durbin Classic
5K Run, 10K Run, 5K Walk, & 1K Kid's Fun Run
Noblesville, Indiana
<http://geocities.com/k2j2wags/DurbinClassic>

FDIC Courage & Valor 5K
April 4,2008
White River Visitor's Center
5K Run 8:00am
www.kenlongassoc.com
317.884.4001

Bricks to Bricks 10 Mile Training Run & Walk
Franklin Central High School
April 20, 2008
10 Mile Run & Walk 7:30am

www.kenlongassoc.com
317.884.4001

Dental Dash
April 24, 2008
White River Park Visitor's Center
5K Run & Walk 8:00am
www.kenlongassoc.com
317.884.4001

Zionsville Middle School "Z" Run & Walk
April 26, 2008
Zionsville Middle School
5K Run 9:00am
1 Mile Walk 9:15am
www.kenlongassoc.com
317.884.4001