



The Roadrunner

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April 2008

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Warmth or Pancakes?

By Brian Reinhardt



Ryan "PR" Bagwell brings it home into a nasty headwind.

You had two choices on Saturday morning, March 8th. One, you could just stay in out of the 15 degree weather and zero degree wind chill and miss out on the delicious pancakes after the John Norris Amboy 5k. Two, you could show up and run in brutal conditions and then eat the pancakes of those that made choice number one. Which did you choose?

Well, I chose number two. How could anyone in their right

mind not belly up to those amazing pancakes after getting the chance to run into a nice stiff headwind and icy conditions? I normally have about 3 or 4 pancakes, but I doubled that this year to make up for whoever it was that chose number one. Oh, and "thanks" by the way. Pancakes 6 and 7 were just as good as pancakes 3 and 4.

This had to be the smallest turnout for this race that I can remember, but in all seriousness it was pretty brutal out there. High winds and icy roads don't make for a fast course and I'd bet that most of those that attended would attest to that (although Ryan Bagwell PR'd in those conditions!). Even so, 86 runners and walkers braved the elements and enjoyed their just reward.

Scott Colford led all runners with an impressive 17:10 the week after completing a marathon. I don't know how he does it, but I'll subscribe to the fact that most of us are human, but perhaps not all. Yeah, Scott seldom runs over 17 minutes for a 5k, but Scott also seldom runs in conditions like that!

The walking race was too close to call as Jerry Lambert and Mary Miller finished together in 35:02. I suspect that they paired up so that everyone could be accounted for and nobody was left behind as a tumbleweed that would most likely be two thirds of the way to Florida by now.

Thanks for putting on another nice race John and Carolyn. We appreciate what you do for us and we especially appreciate the manner in which you do it.



New club member Michelle Clendenning was the first club finisher in the women's race.

Large Turnout for Old Ben 5k

By Brian Reinhardt

A week later the Old Ben 5k was blessed with great Spring weather (even though it was technically still Winter). Near 40 degree weather and only a light breeze greeted the large turnout of runners and walkers and of the 186 participants, 101 of them were Club Kokomo Roadrunners. THAT is great support of our community!

The Old Ben 5k always informally kicks off the running season in Kokomo and it was great to see such a large turnout this year. It was only a couple of years ago that this race had to be moved to a different date due to a flooded Highland Park. To experience good weather and great support were great to see. (continued on page 3)



Amanda Pena, Robin Michael and Steve Inman compete in the 5k

Next Races:

April 5
Ultimate Challenge
9:00 AM
Logansport, IN

April 19
Race for the Cure
9:00 AM
Indianapolis, IN





From the President

By William Irvin



Club President William Irvin (right) runs beside fellow club member Jeff Kuczera at the recent John Norris 5k in Amboy.

Race For the Cure-

April 19th is the date for this years Race For the Cure, one of the greatest events that you will have the opportunity to witness. It is also one of the greatest events that you will have the privilege of contributing to. Hundreds of thousands of women have been diagnosed and will be diagnosed with breast cancer and this is an opportunity to help raise money to fight this ugly disease. One of those women diagnosed with breast cancer this year or in the future could be you or any female that is a family member or friend that you hold dear to your heart. Please join Club Kokomo and our team that make the annual trip to Indy for this awesome event. To see the so many women at this event who have beat the disease and so many who run or walk in memory for a loved one is quite an experience.

If you had not registered by March 21st John Wiles will not be able to pick up your packet for the race to hand deliver to you. However, it does not mean that you cannot register on the Club Kokomo Team, you will just have to arrive a bit early to pick your packet up. John Wiles is the Team captain (Captain Jack), please see Johnnie O's article for more detail and for caravan details for the trip down the morning of the 19th.

CK Ultimate Challenge-

Looking for a good tune up race before the MINI or any other half marathon that you have scheduled for the late spring early summer? Or just looking for a challenge altogether? The Ultimate Challenge is April 5th and is perfect for just that reason. The race is located in Logansport (a short drive from Kokomo) and the course is very scenic and a little challenging. The beautiful

scenery makes up for the challenge as the course runs along the Wabash River in the rural parts of Logansport. Traffic is not a problem at all with last years car count at roughly 5 (counting the EMA cars on the course!).

If you would like more information regarding either one of the races please go out to the Club Website at www.ckrr.us or send one of the Club officers an email with your questions or concerns. (Our emails are on the website)

VO2 MAX

Club Fitness 24 has new equipment for VO2 MAX testing. They will be providing this service for a fee (please contact Chad or Kim Coy at Club Fitness for pricing) and on a appointment basis only.

Exercise physiologist define VO2 MAX is your maximal rate of oxygen consumption. It is a measure of your capacity to generate energy required for endurance activities and is one of the most important factors determining your ability to exercise for longer than 4 to 5 minutes. Improving your VO2 max by 10 percent without changing any other performance factors can take more than a minute off your 5k time, and is an essential factor in races from 800 meters to the marathon. Your sedentary VO2 max values are genetically determined. However, all individuals can make drastic im-

provements in VO2 max with the right training stimulus. Thus, to attain your best possible performances, VO2 max improvement is one aspect of your training that should not be ignored.

There are two ways to take VO2 max to its highest possible levels; increased volume and increased intensity. Studies show that sedentary people can improve VO2 max by over twenty percent when they begin a running program of 25 miles per week. By increasing mileage to 50 miles per week, VO2 max is improved a further ten percent. Unfortunately there are diminishing returns of VO2 max increases with increased mileage, so drastic improvements will not occur indefinitely. Based on the available research, it seems that maximal VO2 max gains are achieved with a weekly running volume of 60 to 90 miles. Although increases in weekly mileage have shown to be particularly effective at increasing VO2 max, it is important to remember that mileage should be increased gradually, with careful attention towards preventing over-training and injury. Also, VO2 max improvements only occur if you are keeping running intensity the same as you increase your mileage. If you increase your mileage, but slow down your daily running pace, little improvement will occur in VO2 max.

This brings us to the topic of intensity, the second method of enhancing VO2 max. Intensity has actually been proven to be more potent enhancer of VO2 max than volume. For VO2 max improvement to occur, training runs should be conducted at an intensity of at least 70 percent of VO2 max. Seventy percent of VO2 max corresponds to a pace that will bring your heart rate to 75-80 percent of maximum. Running at intensities close to 100 percent VO2 max is the best thing you can do to elevate your VO2 max. This corresponds to about two mile race pace, so unfortunately this intensity cannot be maintained for very long, and training this hard every day would quickly lead to over-training and/or injury. The best way to complete a signifi-



Large Turnout for Old Ben 5k (continued)

Club Kokomo also always assists Indiana University Kokomo in putting on this event so give yourselves a big pat on the back.

Scott Colford ran away with the Old Ben race just like he did with the Amboy race with a winning time of 16:45.

Heather Weber wins women's races when she's not busy giving birth to young ladies and won this one handily with a time of 18:46. Heather was the fourth finisher overall.

The walking races were also won by club members Jerry Lambert (33:32) and Mary Miller (33:58). Great job to those four as well as all of our club members.

The next club event is the Ultimate Challenge along the banks of the Wabash River in Logansport. You have a choice between tough 5 or 10 mile courses.



New club members Brian Moore and Laura Rosenstengel finish the Old Ben 5k.

See Ya At the Club Kokomo Mini Tent! - We hope everyone's training is going well for Indiana's most prestigious road race. Thanks to Weber Speakers for joining again with Club Kokomo in sponsoring our tent at the Mini. You are welcome to invite family and friends to meet before and after at the tent which is located in the Southwest corner of Military Park. The CK Mini-Tent is the perfect place to store your gear bag, dry clothes, and enjoy a favorite post race beverage and/or snack with all your Club Kokomo friends.

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.

From the President (continued)

cant volume of (continued on page 3) running at 100 percent of VO2 max is to use intervals of three to five minutes at 3k to 5k race pace with about equal recovery between each interval. By dividing your workload into intervals, you can run for more total minutes at 100 percent of VO2 max than if you attempted a continuous run. One interesting note is that running faster than 100 percent of VO2 max will not improve it more than running at 100 percent of VO2 max, and is likely to leave you more fatigued and unable to complete a high volume of work. Faster running is necessary to enhance other performance factors which

won't go into here, but when your focus in on enhancing VO2 max, a higher then 100 percent intensity should not be used.

If you are looking to set a PR this year and would like to setup a training schedule to provide structure to your training, identifying your VO2 MAX is the first step in obtaining your PR. Contact Kim or Chad at Club Fitness 24 for more information on their new VO2 MAX testing.

Hampson, David (1997). VO2 MAX: What is it, Why is it so important, and how do you improve it? Taken from the Internet March 26, 2008. <http://www.coolrunning.com/major/97/>

[training/hampson.html](http://www.coolrunning.com/major/97/training/hampson.html)

WARM WEATHER!

With the warm weather upon us (Thank you Lord!) it is easy to get caught up in the urge to get out and stay out on the road after being cooped up all winter. Make sure and gradually increase your mileage to your particular training schedule and make sure that you pay attention to the little pains and twinges that you are feeling as they can grow to major issues FAST! Your speed and endurance will catch up with you soon enough.



On the Roads

By Johnny 'O



Johnny 'O lifts his shillelagh high in salute to the 82 people who set a Club Kokomo Roadrunners personal record for members on its Komen Indianapolis Race for the Cure team.

Answering the call this year by the March 21 deadline were: Rhenda Acton, Bill, Kathie, Andy and Amanda Barnett, Larry Bales, Vicki Boles, Diana Brown, Milt and Helen Brown, Byron Bundrent, Sylvia Burgin, Michelle Clendenning, Robin Cole, Mike Deardorff, Barry and Linda Donovan, Karmen Glaspy, Michael Graham, Jayne Hiatt, David Hughes, Holly Hurlbut, Jessica Irvin, Cory, Jaime and Aubry Jackson, Nicole Jackson, Lisa Jones, Jerry Lambert, Vanessa Lorenz, Eric and Monica Matthew, Alexandra, Jeanette and Lauryn Merritt, and Tom and Linda Miklik.

Mary Miller, Sharon Miller, Brian Moore, Geana, Hannah and Ron Moore, Corey, Kobi and Tami Moore, Rosie Mossholder, Amanda Pena, Joyce Pennycoff, Patti Reinhardt, Debbie Rife, Pat Robertson, Jolene Rule, Joyce Russell, Jackie and Cynthia Sanders, Lorene Sandifur, Gina Sheets, Mark Shorter, Stan and Pat Shuey, Charlie Skoog, Rocky and Judy Smith, Steven and Amy Smith, Ricke Stucker, Tim Taflinger, Greg Townsend, T.A., Heather, Kelsey, Lauren and Natalie Weber, David White, John and Anne Wiles, Shirley Wilson, and Brayden, Darcie, Lillian and Matt York.

Johnny 'O is very familiar with most of the 82 team members, because they answer his call for the Komen Indianapolis Race for the Cure each year. Actually, most of these people respond all the time to Johnny 'O's calls for help no matter the cause or event.

Johnny 'O is truly blessed to have such friends. So, once again, he thanks these people, who have joined CK's

Race for the Cure team, and the people who made additional donations to Komen totaling \$1,330. Among the donors are Steve and Barb Wand, team members for many years. Steve and Barb cannot make this year's race, so, instead, they made a donation.

Although team registration has closed, people can still register online, by mail, or on race day April 19 for the race and our CK team. Last year at the close of team registration, we had 70 members. By race day, we had picked up 10 more for a total of 80 members.

However, the post March 21 registrants will have to pick up their packets on race day at the registration tent on IUPUI Library's lawn since packets will not be available for our team distribution on April 16.

Capt. Jack will pick up the team's race packets on April 14. He will be out of town on April 16, so Anne 'O, with



You'll see some familiar faces every year at the Race for the Cure.

the help of friends, will distribute packets 5 p.m. that day at the outdoor shelter near the flag pole in Highland Park. Anne 'O will be participating in CK's Wednesday night training run, so she will be in the park until 6 p.m.

Capt. Jack also will have race packets 5 a.m. race day (April 19) at Lowe's on U.S. 31 South.

Team members, who want to caravan to Indy on race day, should meet in the north east section of Lowe's parking lot at 5 a.m. The team will leave for Indy at 5:15 a.m.

Arriving at the race site near Indy's Military Park at 6:30 a.m. is early for a 9

a.m. start, but race organizers expect 40,000 participants and parking is a problem for people who arrive late.

One of the best routes to race site parking is south on Meridian Street to Michigan Street, west on Michigan to parking lots between West and Blackford streets. The lots on the north side of Michigan are easier to get out of after the race.

By arriving early, you can browse the Health Fair Expo, Kids for the Cure, and merchandise tent, and have a free breakfast courtesy of the many vendor booths.

There is race day registration from 7 a.m. to 8:30 a.m. Participants in the Pink Parade begin lining up at 7:15 a.m., so CK's team members are asked to be at IUPUI's Library steps on New York Street at 7 a.m. for a team picture.

After the race, team members can join Capt. Jack at 11 a.m. for lunch at Don Pablo's, which is on the west side of U.S. 31 in Carmel.

If team members need to make other arrangements to receive their race packets, telephone Capt. Jack at (765) 452-6706 or email jwiles9890@aol.com

FLOWER POWER

Club Kokomo certainly has been well represented among groups that have helped beautify downtown Kokomo by planting flowers in hanging baskets and around trees and the City Building.

CK members joined other groups and individuals in March and planted flowers in 300 hanging baskets. The baskets will be in greenhouses until May when they will be hung on light posts along West Sycamore Street and throughout downtown Kokomo.

May 17 (Saturday), volunteers will plant flowers in a downtown city parking lot and in Alleyscape, and around the Gazebo and City Building.

The May 17 volunteers will meet at 8 a.m. for coffee and muffins at Sycamore Market Place, 115 E. Sycamore St. We will plant until noon. If you can help, call or email Johnny 'O at 454-7926 or jwiles9890@aol.com.



Snickers Marathon

By Robin Tetrault

Another marathon under our belts! March 1st was our marathon in Albany, Ga. It was the Snicker's Marathon. Anything with candy in the title HAS to be good! And it was! It was a VERY well organized race and this is only its second year!

Our little party: Ray, myself, our daughter, Melissa, Scott Colford and Amy Black headed out from our house bright and early Thursday morning. We were right on schedule. The drive wasn't bad until Scott slowed us down in snail-paced traffic in Atlanta. You shouldn't travel through Atlanta ANY time during the day! We did get to travel in the "car-pool" lane because there were more than 2 of us in the vehicle. THAT was cool. It didn't help much once we got to the other side of Atlanta where everyone was going home.

We arrived in Albany, GA and found our way to our hotel. The staff was awesome at the hotel. They went out of their way to make the marathoners stay a pleasant one! We had all day Friday to see the sights, rest, eat, and go to packet pickup. The expo was the only disappointment for us. It was well

organized. There just weren't many vendors. In fact, I think, there was only one, and they only had a few items.

Scott and Amy enjoyed the Flint River Aquarium, while we read and napped. It seems Melissa was coming down with a doozy of a cold. We had a lovely pasta dinner at an Italian restaurant that evening, then returned to our rooms to prepare for race day.

Race day was overcast, but there was a promise of sunshine and warmth. It was a bit chilly to start and the clouds

hung around too long for me. When the sun came out it warmed up quickly, unfortunately it was 4 hours into the race before the sun started shining.

If Scott hadn't run so fast he could've enjoyed the sun while he ran, too, but he finished in a FANTASTIC 2 hours 33 min 31 sec!!! THAT IS ...WOW! 5:52 per mile,



The marathoners BEFORE and AFTER clean-up.



people!! He placed 4th out of 370 full marathon participants. He was beat by a world class runner and 2 Kenyans. Not bad, Scott! There was a purse, money, moolah, \$\$\$, dollars, for the first 3 places....so Scott got 4th! He said if he won he would buy us all the water we could drink! Well, we were on our own. It's a good thing they gave us water for free after the race!

Ray, Missy, and I ran together for the first 13 miles. Poor Melissa woke up with such a bad cold, she couldn't breathe.

She could not take deep breaths and the cold morning air hurt her throat. Her throat was raw by the ½ way point. Ray and I felt so bad for her. We told her not to talk and we walked the hills with her. It was impossible for her to get a deep breath. At the halfway point Ray got ahead of us as we made a potty stop.

We trudged along together talking and enjoying our music in our ears, while the miles clicked off rather quickly. The warmer weather made such a difference, after training in 0 degree weather. I stayed with Melissa until the 20 mile mark. She kept telling me to go ahead, but I didn't want to leave her when she felt so bad. I felt pretty good at 20 miles so on I went. I ended up catching Ray, as he had to slow down because of his knee. He needed to walk more to take the pounding off of it. I went on to finish in 5:52! Ray finished in 5:55, right behind me, and Melissa came in at 6:11. Fortunately, this marathon allowed 7 hours to finish. It counted for all of us! It was #13 for me, #14 for Melissa, and #15 for Ray. Scott isn't counting states. He just runs when he's ready, and boy, does he run!

We had to be back for church on Sunday, so we had to leave after we finished the race. It was a much quieter and quicker trip back. Melissa completely lost her voice, and Ray drove through Atlanta this time! We got home about 4:30 AM! Home, sweet, home! We will do it again! In May we will head out to North Dakota for our club marathon trip. Scott, Missy and I ran that race last year while Ray was recovering from knee surgery. It is a very well run race. There is a LOT of crowd support as you run through the neighborhoods, and a FABULOUS Expo! You could join us! For more information, read Ray's article.



Tybee Island Marathon

By Stan Shuey



No, I did not torture myself with something I'm not up to. My older son, Scott, 43, has been training for 6 months for this marathon, so he could qualify for Boston. He talked me into going along and doing the 5K, which is run at the same time, but in the opposite direction! (Also dad gets to pay for the beautiful condo we rented for \$715 for the week that "just happened" to be right across street from the start-finish line!) As it turns out, Scott had injured himself about 3 weeks prior, and finally got a diagnosis 1 week before the event that he had a stress fracture of his pelvis where groin tendons attach (very unusual occurrence). So, it ended up that I ran the 5K, and all the rest of family (Scott, his wife Kim, daughters Lauren (13) and Catherine (10), 2 friends of daughters (13 & 12), and my wife Pat) walked the 5K.

There is a cap of 3000 total runners allowed. This year 2991 signed up. The marathon had 318 finishers, 1/2 marathon 1054, and 5K had 1185. (There were only a few DNFs, but more DNSs.) There were more than 20 runners from Scott's club in Anderson, SC, most of whom ran the full marathon, several qualifying for Boston. The Anderson group made this a charity benefit for

their local cancer association, as many in his group are medical professionals. They raised about \$20,000 in donations this year. The Tybee event is put on and sponsored by the Savannah Striders for their Memorial Hospital.

It was a gorgeous day for marathon-ing: 42 deg F at start and sunny. This course is perfect: elevation about 6 feet above sea level, and maybe a 2 feet change during. The marathon is folded onto Tybee Island (1 1/2 mi long) into 4 sections on the south end (about 8 miles) and a winding loop thru the north end around the famous lighthouse and old fort area (another 5 miles). The 1/2 marathons are done at this point, but the full marathoners continue to do another identical loop of whole course. Marathoners get to see each other many times! The 5K is a shortened version of the north loop. It is unique to see runners going in both directions from the start (5Kers start going north, all others south.) And I was done in plenty of time to double back to walk with family, and later cheer on the other Anderson runners, as they passed the 8, 13, 21 and 26 mile points.

If anyone wants to qualify for Boston, this is THE place to do it! All mile marks were easy to see and traffic control was super. I counted 11 cop cars at the start line area alone before the race. The runners get the 2 outer lanes on main road, and cars get the middle 2. The turns were painted boldly on road, red for marathon, green for 5K. Timing is by Champion Chip with an "anti-cheat" spot at about the 5 & 18-mile points. 1/2 marathon finish medals have a raised clam on them, while the marathoners get one with a sand dollar; very ornate. Local motel rooms go for about \$70 per night in winter off-season. Tybee Island is 15 miles southeast of Savannah, GA, by the

mouth of the Savannah River, on the Atlantic coast, and the beach is fabulous! We liked it better than Myrtle Beach by far.

The day before the race, we all climbed the 187 steps of the lighthouse for a beautiful panoramic view of the island and beach area. The effects of that climb did not hit us until 2 days later, when we all had achy leg muscles. Savannah is rich in history and beauty. If you go, do an extensive tour. We visited Savannah 3 times during our week there on Tybee.

Although Scott was disappointed and will have to try to qualify again later this year, I upheld the family goals with a 1st in my old-age group.



Stan's wife Pat, daughter-in-law Kim, and son Scott make their way to the start of the 5k.

Marathon

1. Jeff Kosiorek 2:41:26
 8. Kristina Yanosek-Ty (w) 3:03:15
- 318 finishers

1/2 Marathon

1. Scott Mindel 1:12:13
 13. Michelle Lafleur (w) 1:17:38
- 1054 finishers

5K

1. Leo Foley 16:41
 6. Lauren Grant (w) 19:30
 132. Stan Shuey 24:46 1st 65-69M
- 1186 finishers



Meeting Minutes

Club Kokomo Road Runners Meeting
March 3, 2008 6:30 PM

Members Present: William Irvin, Gina Sheets, Mark Shorter, Brian Reinhardt, Charlie Skoog, Sylvia Burgin, Jerry Lambert, Mary Miller, Pat Robertson

William Irvin opened the meeting at 6:35 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

- Shirts from Running Company
On hold for now
- Ultimate Challenge
Warehouse is available
Flyer in newsletter

NEW BUSINESS

- Walker age groups
Discussion of changing age groups from 49 and under and 50 and over
Number of walkers does not merit adding age groups
Will use this years races to determine if changing or adding age groups is warranted.
- Haynes Apperson
City now requires 60 day notice of closures.

Brian motioned to adjourn at 7:10 PM.
Pat seconded. Meeting adjourned.

Next meeting scheduled for April 7, 2008
at Grace Fellowship Church at 6:30 P.M.

New Members

Monica Brooks

Derick Brooks

Maya Brooks

Bowe Brooks

Brody Brooks

Charlie Eltringham

Shawn Fain

Kevin Forgrave

Noreen Forgrave

Austin Forgrave

Kerrigan Forgrave

Kaylie Forgrave

Jase Forgrave

Jessica Irvin

Kobi Moore

Adriene Riggle

Emily Riggle

Gretchen Riggle

Peyton Yeung

Henry Yu

**Welcome to
Club Kokomo!**

Birthday List

4/2 Darin Hollinsworth
4/3 Brad Tomlinson
4/4 Mark Webster
4/5 Brian Reinhardt
4/5 Renita Taflinger
4/6 Kevin Starich
4/7 Bill Bauson
4/8 Emily Hobbs
4/8 Jillian Weaver
4/10 Monica Brooks
4/10 Dan Freeman
4/10 Steve Wand
4/12 Sarah Bauson
4/13 Mark Rodgers
4/13 Don Rogers
4/15 Grace Bauson
4/16 Tami Moore
4/18 Brody Brooks
4/18 Tim Taflinger
4/18 John Wiles
4/19 Charles Johnson
4/21 Cheryl Marner
4/22 Angela Lorenz
4/22 Jeanette Merritt
4/22 Greg Sumpter
4/24 Kinzie Austin
4/25 Lorene Sandifur
4/25 Laurie Kruger
4/26 Sona Camp
4/26 Michelle Clendenning
4/26 Karen Jewell
4/26 Jason Rush
4/26 Megan Tetrault
4/27 Jerry Land
4/27 Scott Stucker
4/27 Greg Townsend
4/27 Matt Yarosz
4/27 Lisa Robertson
4/27 Stephanie Drake-Holtson
4/28 Joseph Hubbs
4/28 Tim Revils



In Memory of John Boyle

By Milt Brown

In February of 2007, John and Connie Boyle told Helen and me some very bad news. John had had an MRI and was diagnosed as having a brain tumor. The disease progressed much more rapidly than expected and John passed away in July of 2007 at the age of 78. He was a long time member of Club Kokomo. John and I ran against one another for many years while we were in the age groups for 50's and 60's and 70's, taking turns beating one another. He continued to walk in races after his running days were over and competed in many Haynes Apperson races. He and Connie continued to be Mall walkers for several years. More importantly he was a fine person and good friend of Helen and me. We miss him a great deal and we're sure that his many Club Kokomo friends do, too.



Race Results

CK Weekly Fun Mile
Wednesday, March 5, 2008

11:00 AM Race

1. Joe Rangel 7:08
2. Charlie Skoog 7:39
3. Sylvia Burgin 12:47
4. Jackie Sanders 16:49
6. Cindy Sanders 18:38
- 9 Finishers

5:30 PM Race

1. Brian Reinhardt 6:22
2. Joe Rangel 6:26
3. Charlie Skoog 7:03
4. Greg Sumpter 7:22
6. Cory Jackson 7:48
7. Patti Reinhardt 8:23
8. Joyce Pennycoff 8:25
9. Vicki Boles 8:33
10. Ray Tetrault 8:38
11. Kathy Bagwell 8:40
12. Rebekah Kinney 8:40
13. Laura Rosenstengel 9:44
14. Robin Tetrault 9:55
15. Teresa Barlow 9:55
20. Barry Donovan 11:48
21. Sylvia Burgin 11:54
22. Aubry Jackson 12:07
23. Jaime Jackson 12:07
- 25 Finishers

Norris Insurance Race
Amboy, IN
March 8, 2008

5K Run

1. Scott Colford 17:10
6. William Irvin 20:01
7. Jeff Kuczera 20:02
8. Matt York 20:09
9. Brian Reinhardt 20:29
11. Joe Rangel 20:49
14. Nich Lapari 21:16
15. Al Hochgesang 21:24
18. Brian Moore 22:04
19. Ron Moore 22:08
20. Micheal Graham 22:25
21. Mark Shorter 22:57
23. Charlie Skoog 23:25
25. Ricke Stucker 24:22
26. Phil Rozzi 24:38
27. Angela Cates 24:39 1st Woman
28. Michelle Clendenning 24:57
29. Greg Townsend 25:21
30. Jillian Weaver 25:26

31. Steve Wand 25:32
32. Kathleen Bagwell 25:44
34. Mike Rood 25:50
35. Keith McAndrews 25:59
36. Waylon Coulter 26:05
37. Ryan Bagwell 26:09
38. Jerry Meiring 26:10
42. Mike Deardorff 26:31
43. Russ Hovermale 27:01
45. Ken Swinehart 27:24
46. David Hughes 27:28
47. Joshua Revils 27:34
48. Greg Sumpter 27:40
52. Ray Tetrault 27:48
54. Grace Bauson 27:54
55. Peter Bauson 27:55
56. Stan Shuey 28:11
57. Tami Moore 28:22
58. Cassie Bauson 28:25
59. Patti Reinhardt 28:40
60. Cory Jackson 28:50
61. Darcie York 28:55
62. Robin Tetrault 29:02
63. Phil Leininger 31:09
66. John Wiles 35:32
72. Sylvia Burgin 41:32
- 72 Finishers



New club member Nich Lipari wasn't afraid of a little cold, wind, and ice.

5K Walk

1. Jerry Lambert 35:02
2. Mary Miller 35:02 1st woman
3. Rick Spencer 37:52
4. Tim Taflinger 38:01
5. Anna Dollens 38:13
7. Jayne Hiatt 41:52
8. Raye Jean Swinehart 41:58
11. Debbie Riffe 46:43
12. Amanda Pena 46:43
13. Jackie Sanders 50:27

14. Tim Revils 54:38
- 14 Finishers

CK Weekly Fun Mile
Wednesday, March 12, 2008

11:00 AM Race

1. Joe Rangel 6:13
2. Charlie Skoog 7:31
3. John Wiles 9:58
4. Sylvia Burgin 11:47
6. Jackie Sanders 15:56
7. Cindy Sanders 16:16
- 8 Finishers

5:30 PM Race

1. Dan Lutes 5:54
2. Todd Hollingsworth 6:15
3. Steve Wand 6:54
4. Allison Irvin 7:00
5. Michelle Clendenning 7:03
6. Henry Yu 7:05
8. Greg Sumpter 7:28
9. Greg Townsend 7:34
10. Cory Jackson 7:47
12. Ray Tetrault 8:11
13. Joyce Pennycoff 8:35
14. Peyton Yeung 8:53
15. James Longwith 8:56
16. Diana Padgett 8:58
17. Amber Longwith 9:26
18. Laura Rosenstengel 10:04
19. Robin Tetrault 10:05
20. Sophia Moore 10:08
21. Shawn Fain 10:09
22. Brian Moore 10:10
23. Barry Donovan 11:32
24. Sylvia Burgin 11:43
25. Jaime Jackson 11:59
26. Aubry Jackson 12:12
27. Bob Longwith 12:14
- 27 Finishers

23rd Annual Old Ben 5K
March 15, 2008
Kokomo, IN

5k run

1. Scott Colford 16:45
3. William Irvin 18:39
4. Heather Weber 18:46 1st woman
5. Chris James 18:49
6. Matt York 18:51
8. Brian Reinhardt 19:29
9. Aurelien Mozipo 19:39

10. Dan Lutes 19:42
11. Zach Miller 19:45
12. Joe Rangel 20:20
15. Katie Hollingsworth 20:50
16. Ron Moore 20:51
17. Al Hochgesang 20:55
18. Brian Moore 21:05
23. Michael Graham 21:29
25. Earl Strong 22:23
26. Joseph Hubbs 22:25
27. Mark Shorter 22:43
32. Don Rogers 22:58
33. Allison Irvin 23:00
34. Eric Matthew 23:03
39. Michelle Clendenning 23:36
40. Waylon Coulter 23:40
41. Ricke Stucker 23:41
46. Ken Swinehart 24:11
47. Phil Rozzi 24:12
48. Dennis Ball 24:15
49. Jillian Weaver 24:17
50. Charles Skoog 24:18
51. Henry Yu 24:27
52. Keith McAndrews 24:36
53. Steve Wand 24:39
54. Mike Deardorff 24:40
55. Monica Brooks 24:56
57. Ryan Bagwell 25:02
59. Jason Rush 25:09
60. Greg Townsend 25:16
62. Charley Eltringham 25:32
63. Kathy Bagwell 25:37
65. David Hughes 25:40
67. Jerry Meiring 25:59
69. Ray Tetrault 26:01
70. Amy Piazza 26:02
71. Maya Brooks 26:05
72. Derick Brooks 26:14
73. Donny Smith 26:18
77. Mark Eads 26:31
78. Tom Miklik 26:37
79. Stan Shuey 27:05
81. John Norris 27:21
82. Tami Moore 27:25
83. Kim Lee 27:34
84. Vern Graves 27:38
85. Cory Jackson 27:42
87. Robin Tetrault 27:48
88. Phil Leininger 27:54
90. Vicki Boles 28:04
93. Joyce Pennycoff 28:12
94. Chris Smith 28:12
96. Doug Mankell 28:29
98. Darcie York 28:40
101. Fred Chew 29:02

102. Theresa Barlow 29:13
103. David Reinagle 29:16
104. Jessica Irvin 29:19
106. Vanessa Lorenz 29:21
108. Justine Eads 29:47
110. Laura Rosenstengel 29:57
112. Sarah Lee 30:12
114. Kayla Reinagle 31:00
115. Walter Brown 31:02
119. Rhenda Acton 31:18
120. Robin Cole 31:28
124. James Longwith 32:30
125. Amber Longwith 32:31
134. Rocky Smith 35:28
137. Judy Smith 35:57
140. Shawn Fain 37:07
141. Robert Cupp 37:18
142. Sylvia Burgin 38:13
143. Susan Gerhart 38:49
- 151 Finishers

5k Walk

1. Jerry Lambert 33:32
2. Mary Miller 33:58 1st woman
3. Rick Spencer 36:18
4. Amanda Pena 36:30
5. Steve Inman 36:52
6. Robin Michael 36:52
7. Anna Dollens 37:35
8. Tim Taflinger 38:51
12. Toney Lorenz 40:03
13. Melvin Hobbs 40:51
14. Jayne Hiatt 41:35
15. Jane Inman 41:39
16. Raye Jean Swinehart 43:11
17. Debbie Riffe 43:12
20. Trudy Pierce 45:12
25. Diana Brown 49:30
27. Pat Robertson 50:06
28. Jackie Sanders 50:16
29. Cindy Sanders 51:17
34. Tim Revils 55:05
- 35 Finishers

CK Weekly Fun Mile
Wednesday, March 19, 2008
Highland Park Walk/Bike Path

11:00 AM Race

1. Joe Rangel 6:23
2. Charlie Skoog 7:20
3. Robin Cole 9:32
6. Jackie Sanders 16:01



Points Standings

Races included are JN Amboy, Old Ben, and any one marathon, half-marathon or volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life.

Runners	45-49 Cassie Bauson 1-20	25-29 Cory Jackson 2-30 Joseph Hubbs 1-20 Jason Rush 1-15 Mark Eads 1-12	Ken Swinehart 2-20 Eric Mathew 1-12 Greg Sumpter 1-9 Henry Yu 1-8 Kim Lee 1-7	70-74 Robert Cupp 1-20
Women	50-54 Robin Tetrault 3-60M Vicki Boles 1-15 Theresa Barlow 1-12	30-34 William Irvin 2-40 Matt York 2-30 Ryan Bagwell 2-24	50-54 Ray Tetrault 3-36M Keith McAndrews 2-30 Greg Townsend 2-30 Mike Dearthoff 2-22 Jerry Meiring 2-21 Earl Strong 1-20 Russ Hovermale 1-9	Walkers Women
13-19 Katie Hollingsworth 1-20 Maya Brooks 1-15 Vanessa Lorenz 1-12 Kayla Reinagle 1-10	55-59 Joyce Pennycoff 1-20 Rhenda Acton 1-15 Robin Cole 1-12 Judy Smith 1-10	35-39 Scott Colford 3-60M Travis Sheets 1-20H Chris James 1-15 Aurelien Mozipo 1-15 Dennis Ball 1-12 Jeff Kuczera 1-12 Derick Brooks 1-10 Michael Rood 1-10 Donny Smith 1-9 Vernon Graves 1-8 David Reinagle 1-7 Shawn Fain 1-6	55-59 Joe Rangel 2-40 Mark Shorter 2-30 Charlie Skoog 2-24 Steve Wand 2-20 Phil Leininger 2-17 Tom Miklik 1-9 John Wiles 1-8 Chris Smith 1-7 Fred Chew 1-6 Rocky Smith 1-5	49- Mary Miller 2-40 Jayne Hiatt 2-27 Amanda Pena 2-24 Raye Jean Swinehart 2-21 Debbie Riffe 2-18 Jane Inman 1-10
20-24 Grace Bauson 1-20 Sarah Lee 1-20 Amber Longwith 1-15	60-64 Sylvia Burgin 2-40 Susan Gerhart 1-15	40-44 Brian Reinhardt 2-40 Ron Moore 2-27 Michael Graham 2-22 Dan Lutes 1-15 Don Rogers 1-9	60-64 Ricke Stucker 2-40 David Hughes 2-30 Doug Mankell 1-12 Walter Brown 1-10	50+ Anna Dollens 2-40 Trudy Pierce 1-15 Diana Brown 1-12 Pat Robertson 1-10 Cynthia Sanders 1-9
25-29 Michelle Clendenning 2-35 Jillian Weaver 2-27 Kathleen Bagwell 2-22 Allison Irvin 1-20 Justine Eads 1-9	Men	Runners	Men	Men
30-34 Darcie York 2-32 Monica Brooks 1-20 Amy Piazza 1-15 Jessica Irvin 1-10	0-12 Waylon Coulter 2-40 Joshua Revils 1-15	45-49 Al Hochgesang 2-40 Brian Moore 2-30 Phil Rozzi 2-21	65-69 Stan Shuey 2-40 John Norris 1-15	49- Tim Revils 2-35 Steve Inman 1-20
35-39 Gina Sheets 1-20M Heather Weber 1-20	13-19 Nich Lipari 1-20 James Longwith 1-20 Peter Bauson 1-15			50+ Jerry Lambert 2-40 Rick Spencer 2-30 Tim Taflinger 2-22 Jackie Sanders 2-18 Robin Michael 1-12 Melvin Hobbs III 1-9
40-44 Tami Moore 2-40 Patti Reinhardt 1-15 Laura Rosenstengel 1-15	20-24 Zach Miller 1-20 Charley Eltringham 1-15			

Race Results (continued)

6 Finishers	17. Bob Longwith 11:07	6. Roberta Hite 14:47	17. Jill Parry 9:28	25. Sylvia Burgin 11:21
5:30 PM Race	18. Sylvia Burgin 11:19	7. Jackie Sanders 15:41	20. Aubry Jackson 10:29	29. Cathy Longwith 14:53
1. Dan Lutes 5:55	19. Tim Taflinger 11:32	7 Finishers	21. Cory Jackson 10:34	30. Diana Brown 15:18
2. Joe Rangel 6:42	20. Aubry Jackson 11:33	5:30 PM Race	23. Bob Longwith 10:36	31 Finishers
3. Henry Yu 6:54	21. Cory Jackson 11:36	1. Henry Yu 6:48		
4. Ray Tetrault 7:41	22. Isabel Moore 12:32	2. Byron Bundrent 6:48		
5. Peyton Yeung 7:52	23. Brian Moore 12:33	3. Greg Sumpter 7:06		
6. Shannon Reinagle 7:58	25. Cathy Longwith 15:09	4. Greg Townsend 7:12		
7. Joyce Pennycoff 8:27	25 Finishers	5. Steve Wand 7:15		
8. Jerry Lambert 8:50	CK Weekly Fun Mile	6. Ryan Bagwell 7:28		
9. Mary Miller 8:58	Wednesday, March 26, 2008	7. Ray Tetrault 7:51		
10. Robin Tetrault 9:06	11:00 AM Race	8. Robin Tetrault 8:06		
11. Anna Dollens 9:18	1. Joe Rangel 6:27	9. Mary Miller 8:17		
12. Sophia Moore 9:21	2. Charlie Skoog 6:57	10. Diana Padgett 8:43		
13. Laura Rosenstengel 9:41	3. Jerry Lambert 8:59	11. Laura Rosenstengel 8:48		
14. John Wiles 9:56	4. Robin Cole 9:34	12. Jerry Lambert 8:57		
15. Anne Wiles 9:56	5. Sylvia Burgin 11:21	13. Anna Dollens 9:07		
		14. Jaime Jackson 9:07		
		15. Jaime Jackson 9:07		
		16. Joe Rangel 9:08		



Kaleb and Katie Hollingsworth at the Old Ben.



I participated in a meeting with the Rescue Mission as they would like to create a fitness program. We are just developing ideas, but one BIG need is for shoes for these men. I am suggesting that our club members be willing to donate some slightly used shoes for these men as they begin running. We don't want shoes that you are too lazy to throw away because their last use was 2004. I

Coyote Kids

By Ray Tetrault

Is it summer already? Not quite, but it is time to get things ready for our Coyote Kids running program. Captain Coyote will need a lot more help than usual because two of his slaves/children are moving. Mike is moving to Madagascar, which is a real island off the east coast of Africa, and not just a Disney movie. He will be serving with the Peace Corp. Michelle is hoping to move to Florida this sum-

mer meaning she won't be able to be counted on for the whole summer. Mike has taken care of our results and website for these years. Michelle has taken responsibility for the finish line area. Captain Coyote will need help during the week taking care of house-keeping chores to be ready for each week. If you can help call him at home: 854-1393; office: 454-5497; email: ray-robin@email.com.

Rescue Mission Running Program

By Ray Tetrault

am asking you to consider purchasing a new pair of shoes for yourself sooner than normal so these shoes would be available for these men. If you are willing to help in this endeavor, then you can contact me with your shoe style and size. I will put a plastic tub on my porch if you want to drop off your shoes. My house is 1404 W. Defenbaugh. It is the brick house located directly behind the Parks and Recreation Department office building in Highland Park. This will give

us an opportunity to live out our club's mission statement and for some it also gives you an opportunity to live out the Golden Rule! How awesome is that!

If you are willing to help develop a running/fitness program and want to be a part of improving the lives of those who participate, let me know! See you on the trails and roads. May the wind always be at your back and may you never finish one place out of the money!

Images from Old Ben



From left to right: Phil Leininger, Doug Mankell, and Vicki Boles compete in the Old Ben 5k.



2008 Race Calendar

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

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

April 20, 2008
Bricks to Bricks 10 Mile Training Run & Walk
Franklin Central High School
10 Mile Run & Walk 7:30am
www.kenlongassoc.com
317.884.4001

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

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

April 26, 2008
Special Olympics of Tipton County 5k
Tipton High School
10:00 AM
Brian Shortridge
765.675.7431 ext 189
<http://sotiptoncounty.com/forms/sotc5kentry.pdf>