

CLUB KOKOMO ROADRUNNERS

The Roadrunner



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MAY 2008

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THE ULTIMATE CHALLENGE

By Mark Shorter



The day dawned in Logansport shrouded in fog. By the 9AM race time the sun had

risen and a bright, sunny day was with us. The Race course began at Tierney Warehouse and went west along Cliff Dr. beside the mighty Wabash River.

In the 10 mile race over 7 major hills, Scott Colford of Logansport pulled away and by mid-race was leading by over a minute. He beat Chris White of Granger by over 4 minutes. Heather Weber of Kokomo was the 1st woman in the 10 miler. She finished 7th overall over 13 minutes ahead of her next female competitor.

In the 5 mile run, Byron Bunisher by 2 and one half mindrent of Kokomo finished first with a over Teresa Musselman of time of 32:54, over 2 minutes ahead Logansport.

In the 10 mile race over 7 major of his nearest competitor (Kenny Bice of Logansport). First woman finisher was Tammy Smith (5th overall) of Logansport with a time of 39:36.

In the 5 mile walk, Steve Inman of Kokomo bested Ed Kingery of Logansport by 2 seconds. Anna Dollens (3rd overall) of Kokomo was the first woman finisher by 2 and one half minutes over Teresa Musselman of Logansport.







Above: 10 mile ran winners Scott Colford and Heather Weber. Cookie Master Chef and runner Rhenda Acton. Below: Joyce Pennycoff and Vicki Boles, Dale Sullivan and Stan Shuey.





Next races:

May 17 Norris Insurance 4-Mile Run/5k Walk Jackson Morrow 8 AM

May 24 Composer Classic 5k Highland Park 8 AM

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From the President

By William Irvin



A WAY OF LIFE As most of you know, when I began running in 2000 it was a way to loose weight. At 230 pounds I was in a struggle with to gain back my youthfulness at a mere 27 years old. I

began struggling a few times a week to muster up any motivation to get back into shape by getting outside to run. As time went on and Big Chuck Skoog kept working at raising my motivational spirit I began to see results on the outside. The weight that had crept up on me over the handful of years while not watching what I ate was finally beginning to remove itself.

As my outside self began to take shape I found myself getting outside to run more often. It seemed easier to run once I had lifted the weight off of my knees. It was also easier to take my shirt off to run through Highland Park and not be too embarrassed. Getting my daily run in became a habit before long. I soon found my inner self transforming to a runner and my outer self had become a runner. I had once again become a slimmer (lanky) runner as I was in high school.

Eight years later, I look back and find that what had started as a way to loose

weight has become a lifestyle. Running has become not only a way to stay in shape and ward off an ever increasing struggle to stay young, but it has become a necessity. It has become a daily stress reliever, a time set aside for me to reflect on the day and have my personal discussion with God.

Most of you who are reading this can look back at your life and relate to every word my physical self I have said above. For some reason or another most of you began running and have kept with it. Whether it is a form of stress relief or a personal commitment that you have made with yourself to run everyday of your life, running has become a lifestyle.

> For those of you who are new to the Club or are new to running, you have made a commitment that you are not yet aware of. Whether it is to loose weight or to get back into shape or become competitive, running will soon be so much apart of your life that it will be a daily need. You will have to have your daily run or else. You do not know it yet, MINI marathon at the tent sponsored by but there will be a day when you wake up and realize that you did not get your run in yester- you see T.A and Heather with their finisher day and you can feel it.

> I say this because so often as runners, most of us are approached by individuals who We appreciate your support in helping us are intrigued at how one becomes a runner. Not that they just happen to be curious, but they would like to understand so that they too can use what we have in our daily life to get back their youthfulness or loose that extra fellowship and friendship as well as to swap baggage. It is difficult to explain to those 'other people' why we do what we do and how we make time to do it. It is not difficult to explain to them how to start or how to stay

motivated, the difficult part is explaining to them what we feel when we are running, or I should say when we are done! However, once they start for the most part they understand.

This spring and summer make it a point to encourage those around you to keep on running/walking or to begin running/ walking for whatever reason that you can think of. We all have something that many others would like to have in their life whether it is the friendship/fellowship that we all have in common or the fit and trim bodies. Let's help those who would like to have what we have.

BTW-Thanks Charlie, I owe you one and then some......

THE MINI IS HERE!

The MINI marathon is here already! I hope to see everyone who is running the WEBER SPEAKERS. Make sure that when medals that you extend to them a big THANK YOU for sponsoring us once again. fund the tent T.A., THANK YOU! Don't forget to sign in and place your finish time on the sign in sheet and relax with some refreshments at the tent. It is a good time for 'war' stories from the 13.1 miles that was put in.

Hope to see you all there!

TWO CLUB KOKOMO MEMBERS FINISH STRONG



The CKRR Family lost two members recently and it will be impossible to replace their indomitable spirits. Sara Miller and Sam Williamson took their journey home recently and both will be missed. Ray summed it up best when he said that they have run their races and have finished strong and deserve a standing ovation from each of us as they cross that finish line. Enjoy your new and perfect bodies Sara and Sam. Wherever you are, whatever you're doing take a moment to reflect and remember what Sara and Sam meant to you. I believe we were truly blessed to have known them both.



ON THE TRAILS

By Charlie Skoog



Earth Day recently passed but I wanted to extend this invitation to all of you to join myself and several fellow club

members in a year round effort to keep the parks, trails, and even some of the city streets we love to run and ride on, clean and clear of trash and debris. Several Saturday's ago we cleaned the Western approach to Highland Park and that effort is described in the letter below that was published in the Tribune.

Yesterday while doing maintenance on that section of road I had an epiphany of sorts. I decided to ask the three businesses on that stretch to financially support our efforts. I walked in with my trash bag and made my pitch. Duke Energy, H & H Trucking, and Bergstom Home Improvement all indicated they would write checks as soon as I send them a formal request. As I continued running around the Continental Main Plant site which may someday be a park, I decided, with your help, the Guardians and Club Kokomo could adopt that too.

The first place I stopped was the Renegades Bar on the corner of Park and Markland. Initially the owner was not interested but when I explained the marketing value of partnering with us and being a good community citizen he began to change his thinking. Next I will go to Syndicate Sales and the Ambulance business on Leeds. I will be very surprised if they do not write checks and I hope they decide to get their employees involved. Just another day celebrating Earth Day every Day!

Now this is my request to each of you. If you would like to join in this informal program here is how it will work. I have trash bags and gloves and will purchase more with the business sponsor checks. Anyone that wants to take a little time to pick us litter while they are running and walking on their favorite trail, street, or park can contact me for supplies. This effort does not have to be limited to the

Highland, Continental, Foster Park area. It could be anywhere you want to make a differ- all of those hours. We will be working all ence. Passersby's will see you and many will thank you. You can call 457-2607 for supplies or email runckrr@aol.com. Below is the recent KT letter. I want to again thank club members Greg, Ken, and George for helping me get the ball rolling.

"The Wildcat Guardians and Club Kokomo Roadrunners would like to thank the Kokomo Tribune for it's recent editorial in support of the Great American Cleanup campaign. This is a concept each of us can and should actively support. This past Saturday a few hardy club members braved cold, rain, and wind to clean the western approach to Highland Park. In a quarter mile open and wooded stretch of W. Defenbaugh from Kokomo Creek to Park Avenue we filled a full sized pickup truck with assorted debris. Sadly most of the items so carelessly discarded could have easily been recycled. Studies have shown that clean and pristine areas tend to remain that way while littered and blighted areas only become more so. I want to thank Ken Munro, Greg Townsend, George Devine, and Paul Bryant for volunteering this past Saturday to make a visible, cost free, improvement to our community and I pledge that the western approach to my favorite City Park will remain litter free as long as God gives me the breath and strength to honor that commitment. We encourage and invite others to join and partner with municipal workers and

civic organizations in similar efforts. Earth Day will be observed April 22 but groups like the Wildcat Guardians and Club Kokomo Roadrunners support a better quality of life every day of the year. We are making a difference and you can too."

Nickel Plate Trail Work Day

Volunteers are working on the Nickel Plate Trail almost every day now,. Much of this work is being done on weekdays but many of you can only work weekends so we are scheduling a Trail Day on Saturday, May 10, from 9

AM until 3 PM. Volunteers can work any or along a 10 mile stretch of trail from 500S in Miami County all the way to Cassville. Volunteers will pick up litter and trash and use chainsaws and loppers to create a wide enough footprint so that the trail can be easily mowed and trimmed after paving which will occur later this year. For more specific job descriptions and locations please call or email me.

If you are able to work on weekdays below is an email that describes the ongoing bridge building effort that is currently in progress. Last week your newsletter editor, Brian Reinhardt took two personal days to work on the trail. It is dedication and commitment like that which is turning a vision into a world class linear park. Thanks Brian!

Friends of the Nickel Plate Trail,

Below are pictures of the first 50 foot section of the 200 foot span bridge that was designed by Harry Denham and approved by INDOT. Since INDOT allowed us to remove this bridge from the TE grant we are able to do the work ourselves which saves big bucks and we no longer have to wait, wait, wait, wait on INDOT. The cost of materials for this bridge will be \$11-12,000 and a sizable amount of that funding came from Breakaway Bicycle Club so the Friends of the NPT thank many of you all for that.

(continued on page 5)



Led by Harry Denham, members of the Friends of the Nickel Plate (and Club Kokomo) work on the first 50 foot section of the bridge over Pipe Creek.



ON THE ROADS

By Johnny 'O



Jolene keeps her promise

When Jolene Rule walked in this year's 17th annual Indianapolis Komen Race for the Cure Pink Parade on April 19, Johnny 'O wiped tears from his eyes as his long time friend had kept her promise.

Jolene has a storied history as a community activist. The environment is close to her heart and at the core of her many involvements. She is one of the founders of the Wildcat Guardians, whose members have been paddling and cleaning Howard County's main waterway for years. She also was one of the founders of the Breakaway Bicycle Club, whose members have been cycling Indiana roads and working hard to create pedestrian/cycling trails for years..

Last year, Jolene was diagnosed with breast cancer. During her treatment, Johnny 'O told her that he would wear her name on his back during the Race for the Cure, but only if she promised to be at the race in 2008. She promised, Johnny 'O wore her name on an "In Celebration" card during the 2007 race, and Jolene, wearing a pink shirt, hat, and boa, marched in this year's awe-inspiring Pink Parade. She even convinced her daughter, Kendra Swisher, and long-time friend, Rita Green, to join our team this year.



Rita Green, Kendra Swisher, and Jolene Rule enjoy the annual post race meal at Don Pablos.

Speaking of this year's team, we again set records for numbers and donations. We broke last year's record of 80 team members with at least 84. This number should increase, because some club members registered on race day.

Team members also broke last year's record donation of \$1,601 by raising more than \$1,680 this year. The total includes a \$100 race day donation by friends of Stan Shuey, but the total is not the final amount because other team

members also made race day donations. Team members who made donations in addition to their entry fees included Rhenda Acton, Helen Brown, Karmen Glaspy, Rita Green, Jessica Irvin, Nicole Jackson, Ron Moore, Patti Reinhardt, Debbie Riffe, Jolene Rule, Charlie Skoog, Rocky and Judy Smith, Stan Shuey, and Steve and Barb Wand.

Following the race, more than 30 members continued the tradition of gathering at Don Pablo's restaurant in Carmel where they shared good food, hilarious stories, and robust laughter.

Johnny 'O thanks all the people who participated and helped, and asks that club members mark their 2009 calendars for April 18, so we can again set records for membership and donations for this worthy cause.



About half of the 84 team members pose for an annual group phot on the steps of the IUPUI Library.



You can't easily tell from this photo, but the survivors formed the pink breast cancer awareness ribbon before the race.

ON THE TRAILS (CONTINUED)

Last Tuesday in Harry's workshop a team of 4 volunteers led by Harry, fabricated 15 of the floor joists which will support the side rails as well as the concrete floor of the bridge. On Wednesday we trucked the assemblies to the South end of the bridge and after removing the cross member ties (great workout!) we attached them to the bridge. On Thursday work continued on the siderails and floor.

Harry's plan is to construct the bridge in four sections. Next we will fabricate the North 50 foot section. That work will begin tomorrow, back in Harry's workshop. After we complete the North section we will

pour the South section and then the North section. When we are done with the North section we will then be able to drive out on the South section to access and assemble the South center section, and finally the North center section.

At the present time all of this work is being done on weekdays during the day 9-3 PM because that fits Harry's schedule. If you, or you know of someone that can work during these times and is physically able, please give me a call or email. This is a great project that we are all proud to be part of.

We are planning a trail workday on Saturday, May 10, from 9-3 PM for those who can't work on weekdays but would like to get involved. There is much trail clearing that remains to be done, trash to be picked up, etc., to get ready for paving which will occur later this year. Please share this email invitation with like-minded friends and ac-

If you are not already on my contact list to get volunteer opportunity emails but would like to be added please respond. I can be reached at 457-2607 or email runckrr@aol.com. Thanks all and hope to see ya on the trail!

WHAT'S IN A NAME

By Dan Lutes



"What's in a name?" I wondered as I signed up for the Bataan Memorial Death March Marathon. I was sure there were easier (flatter) marathons in New Mexico, but oh, what the heck, it couldn't be that hard...it sounded like fun! It actually turned out one of my most memorable marathon experiences ever. Although this was not due so much to the course, but all the ceremony surrounding this fascinating celebration of the "Battling Bastards of Bataan", the WWII POWs who survived the 90+ mile march up the Bataan peninsula while being viciously attacked and tortured by their Japanese captors. It was truly an honor to be able to shake the hands of these brave men both before and after the marathon, knowing that my struggle could never compare with what they had endured.

Race day started with a 30 minute

opening ceremony under a huge American flag whipping in the 20-30 mile per hour winds as the sun came up against the beautiful Organ Mountains of the New Mexico desert. Several speakers described the struggles (sometimes sharply) to the old homestead of POWs and their fighting will to survive in the prison camp. Raucous cheers went up as an Air Force Stealth Fighter buzzed the crowd giving a wing wave salute. Additional last minute instructions were given to the different military and civilian divisions. But I only half listened to this part since I was in the "Civilian Light" division. This meant I had it easy, running in only running shoes, shorts and a singlet, while other divisions all the way an uphill grade of ankle deep volleyball sand up to "Military Heavy" ran with full gear, BDUs, boots, and a minimum 35lbs in their packs. I also didn't need to worry either about starting in the very last division, since timing chips were used, and it took our corral over 6 minutes to reach the starting line. I humbly shook the hands of 5 or 6 POWs, then waved goodbye to Linda with a look of "who knows how long this is gonna take" on my face and set off on my desert trail marathon.

The first mile or so snaked through the HQ area of the White Sands Missile Range and passed by the Missile Garden display of dozens of tested missiles, before jumping onto the packed coarse sand trail headed north. Actually, only about 2 or 3 miles (total) tary sun hat and sunglasses so that might was on pavement which made it easier (supposedly) on the knees and ankles. The first real challenge came at about mile 10 where the "15 milers" peeled away and the

marathoners head up from ~4000 ft to ~5100 ft to the high point at Mineral Hill which was just after the 13 mile point. From there it was back down hill of the U.S. Marshall credited with shooting Billy the Kid and then back across the highway to rejoin the 15-miler folks. At that point, the marathoners were a full 11 miles ahead of the crowd we were passing and you could definitely tell they were struggling under the weight of their gear, flags and packs. But then, we ALL got to struggle as we hit the "Sand Pit" at mile 20 which was which slowed everyone to a crawl. I was happy to almost keep a 13 minute per mile pace through this section. Trouble was, I couldn't pick it back up very much after leaving the Sand Pit...so I just continued my own little Death March...how fitting! My prayers were finally answered when I turned the last corner and saw a gal sitting on top of the wall who said, "Just run to the flag and you're done!" It was truly a beautiful finish area, lined with military and civilians alike. Linda actually missed me running in since I was a full 25 minutes ahead of my predicted finishing window...plus she's not used to seeing me running in a floppy milihave thrown her off too.

I was fortunate to finish in 4:05 which put me in 32nd place of the 756 Civilian Light participants. (continued on page 6)



"WHAT'S IN A NAME" (CONTINUED)

There were a record 4200+ overall participants in this year's event. The post race

meal was excellent and we sat under a shade tree, listened to the DJ's music and watched everyone limping around the grounds in the glow of their accomplishments. This was definitely one of those "you just gotta do it" marathons because the race itself became inconsequential when sandwiched between all of the other inspiring events of the weekend. We not



Dan meets survivors of the "death only shook hands with march" before the race begins.

the surviving POWs, but got to see a movie on -day weekend included a trip to the UFO

the different aspects of the war explaining the circumstances leading up to the apparent abandonment felt by the Bataan survivors toward the end of the war. I have worked closely with the military in my career over the like no other, left me with an unfathomable women who serve in our military. Our country is in good hands.

Other highlights for Linda and I on this little 5

the history of Bataan and attend a seminar on museum in Roswell, a tour of the Space History Museum in Alamogordo, a visit to a local pistachio farm, a drive and hike through the dunes of White Sands National Monument and a quick visit to Las Cruces on western edge of the base. On our drive back to our hotel, we also enjoyed a quick call from Patti and Brian describing their conquest of the ING Marathon in Atlanta that same day (I'm sure you'll read about that one as well somewhere in this newsletyears, but this weekend, ter!) On our last day, we limbered up with a short walking tour of El Paso, had a Mexican lunch in the downtown area and took a drivrespect for the men and ing tour of the "El Paso Mission Trail" before flying back to Indiana. All in all, a pretty awesome weekend...now if I can just get these legs working again in time for Boston in 3 weeks...

ING GEORGIA MARATHON

By Brian and Patti Reinhardt



Patti: State #15 conquered! It was a quickie. We headed out at 5:00 AM and drove to Atlanta, GA. I had gotten Brian a new toy - a Garmin GPS for the vehicle. All we had to do was put in the address of where we wanted to go to and GyPSy told us the direction to go, how many miles it would be, what time we would get there, etc. We wanted to stop for Fazoli's for lunch, so all we had to do when we were ready to find a Fazoli's was punch in the word Fazoli's and she told us where all of them were that were close and how many miles it was to get to it. We were hungry at about 10:50 AM because we got up so

early, so we found a Fazoli's and piled out only to find that the door was locked. We looked at the sign with the hours on it and it said they opened at 10:30 AM, so we thought what's the problem? They had their phone number on the sign as well, so Brian called them and asked what time they open and she we started back to the hotel only to take said 10:30 AM. Since it was 10:50 AM, Brian said "What time do you have right now?" She make it, albeit a bit damp from the steady said 10 til....10. They were on central time zone there, so unfortunately we had to drive another 70 miles, and it's a good thing we had Patti: We ate a nice pasta dinner in our ho-GyPSy to lead the way!

Brian: One good thing about not having a clue what time it was is that by the time we finally ate our lunch we only had less than 200 miles to go because we were nearly in Georgia already! The rest of the trip was uneventful (except for some serious rain at times) and we arrived in Atlanta with plenty of time to spare so making it to the expo wouldn't be a problem, or would it? We got settled into our hotel, splashed some water in with a lot of praying and Brian by my side our faces and headed TOWARD the Georgia Dome for the expo. Well, maybe, just maybe, I headed us not quite the right direction so it took us nearly an hour to get there after asking around a bit. At least we knew that get-

ting back from there wouldn't be an issue. The expo was very big and had tons of venders and goodies, but surprisingly, not that many good deals. We picked up some small things, but the big stuff was retail price so we moved right on by. We'd had enough so "the long way" again! We eventually did rain for the last 10 minutes of the walk.

tel and then got ready for bed. The next morning we woke and got ready to walk a short distance to the start. Then before we knew it, we were off and running. My shins had started bothering me a couple days before the marathon and with all the walking (about 4 miles) the night before getting to and from the expos, my shins were throbbing and I was concerned at how I would do in the marathon. It was even to the point that I wasn't sure I could complete it, but the whole way, I was able to run it. The elevation chart was not on the website, so we had no idea that we were in for a very hilly run. I don't mind hills, and I kinda like rolling hills, but I got (continued on page 7)

ING GEORGIA MARATHON (CONTINUED)

very tired of the non-stop hills throughout the whole marathon. Towards the end of the marathon I didn't even want to go down a hill because I knew we would be going right back up another hill.

Brian: Yeah, no elevation chart should have given us some indication of what we were in for, but ignorance is bliss I guess. Even walking to the start (which we walked

once we started it became quite apparent that we'd be going up or down the entire way. It was fun to run with Patti and we chatted and joked the whole way and the hills actually became a subject of our humor because every time we turned a corner there was another one there. One of the suburbs we ran through was called Druid Hills and when we left there was a sign that read "Now you know why they call it Druid 'Hills' ". Yeah, no kidding. That begs the ques-

tion why the others weren't called Decatur Hills and Atlanta Hills, etc.. Hilly or not it was a lot of fun and we found plenty of hands to slap (I even went off course to slap hands with a Methodist Minister since I figured it sure couldn't hurt :p). We even managed to pass tons of folks in the last few miles as we continued consistently along as others struggled from the hills. Patti is as tough as they come, sore shins or not!

Patti: It was a nice day to run, although we kept our gloves on the whole way, it really wasn't cold. It was a bit windy, but since we had the hills, we might as well have the wind too. We finished in 4:42:23, which wasn't too bad all things considering. The course was really nice with beautiful neighborhoods to run through. Right be-

fore the finish, we were corralled off the road there! We ate our burger and drank our onto a sidewalk with temporary fences on either side and it turned a few corners before we actually crossed the finish line. It was kinda weird and would not be a very fast finish for someone wanting to finish with a good time. We got a real nice medal that was a spinning peach. Very cool. We got our picture taken then sat on a park bench and ate a few goodies, stretched and relaxed for a bit straight to I might add) it was a bit hilly, but before walking back to our hotel. I love my

husband.



ter which direction we turned the wind was in one foot in front of the other as long as He'll our face so we were very ready to get back to our room. We showered up, checked out, and headed downtown to find a place to eat. We decided on Johnny Rocket's for a nice

juicy burger since it was right beside a "Whaling Wall" painted by Wyland - something of an interest for Patti since she met him in Hawaii in the early 90's. This one was a bit old and faded, but still showcased his amazing talent. The real fun in getting there, though, as GyPSy had a hard time with the buildings and got so confused that Patti was convinced that she got excited when she finally led us

(root)beer and got ready to head home.

Patti: GyPSy did get excited - I could tell it in her voice. We needed to head home right after lunch, so we would be home to get the boys off to school the next day. GyPSy came in handy again in Kentucky as we came to a complete stop because of a big huge traffic jam. We asked GyPSy to find us a detour, and she did. We kept going parallel to I 69 and all we could see was red brake lights, this went on for about 10 miles. Then we followed a semi truck back honey! Dang, how do onto I 69 as we were sure that he would know when it was clear from his CB. It was, so we were back on the road again. We made it home safely about 1:00 AM with another state under our belts and wonder-

Brian: For any of you looking to challenge yourselves in the future think about running a marathon and if you really want to enjoy it then run it with your spouse. Patti brings so much joy to me every day and the fact that she's just crazy enough to run with me just makes it even better. We've got about 15 states done towards our goal of all 50 and while we look forward to someday accomplishing our goal the real fun is in spending this time together admiring this beautiful country that God has blessed us with. We could on tired legs. It don't take for granted our health and will do our best to glorify His name while putting let us. In fact, we'll do so in a couple of weeks in Fargo, ND, and 5 weeks after that in Duluth, MN.





CK Weekly Fun Mile Wednesday, April 2, 2008

11:00 AM Race

- 1. Joe Rangel 6:16
- 2. Charlie Skoog 6:45
- 3. Steve Wand 7:14
- 4. Sylvia Burgin 11:28
- 6. Roberta Hite 13:49
- 7. Cathy Longwith 14:53
- 8. Diana Brown 15:33
- 9. Jackie Sanders 15:46
- 10. Cindy Sanders 15:50
- 11. Linda Munro 16:57
- 12. Ken Munro 16:57
- 12 Finishers

5:30 PM Race

- 1. Nich Lipari 6:03
- 2. Joe Rangel 6:13
- 3. Earl Strong 6:37
- 4. Henry Yu 6:43
- 5. Byron Bundrent 6:43
- 6. Robin Tetrault 8:10
- 7. Joyce Pennycoff 8:15
- 8. Mary Miller 8:17
- 9. Peyton Yeung 8:18
- 10. Dan Lutes 8:27
- 11. Vicki Boles 8:35
- 12. Diana Padgett 8:53
- 13. Jerry Lambert 9:04
- 14. Laura Rosenstengel 9:11
- 15. Jaime Jackson 9:20
- 18. Bob Longwith 10:38
- 19. Aubry Jackson 10:44
- 20. Cory Jackson 10:47
- 21. Jack Jackson 10:47
- 22. Barry Donovan 10:59
- 23. Tim Taflinger 11:18
- 24. Sylvia Burgin 11:30
- 27. Cathy Longwith 14:44
- 28. Diana Brown 15:57
- 28 Finishers

Ultimate 10 Mile Run April 5, 2008

Logansport, Indiana

- 1. Scott Colford 55:24
- 3. Dana Neer 1:02:52
- 4. William Irvin 1:06:07
- 5. Matt York 1:06:13
- 7. Heather Weber 1:06:48
- 1st woman
- 8. Joe Rangel 1:07:15
- 13. Brian Moore 1:13:10
- 18. Earl Strong 1:19:29
- 20. Nicole Peel 1:19:40
- 21. Mike Graham 1:20:16
- 23. Allison Irvin 1:21:14
- 24. Mark Shorter 1:22:22
- 28. Michelle Clendening
- 1:24:00
- 29. Carey Stranahan 1:24:20 1. Joe Rangel 6:51

30. T.A. Weber 1:24:52

- 32. Chervl Marner 1:28:43
- 33. Bill Barnett 1:28:44
- 34. Jason Rush 1:29:46 35. Rebekah Kinney
- 1:30:08
- 36. Michelle Larson 1:30:35
- 40. Tom Miklik 1:32:10
- 41. Monica Brooks 1:33:20
- 43. Tami Moore 1:34:04
- 45. Jerry Meiring 1:35:29
- 46. Kathy Bagwell 1:35:30
- 47. Ryan Bagwell 1:35:32 48. Fred Chew 1:36:04
- 49. Robin Tetrault 1:36:34
- 52. Kim Anderson 1:38:21
- 53. Laura Cook 1:39:22
- 54. Steve Wand 1:39:25
- 55. Darcie York 1:39:30
- 58. Ken Swinehart 1:40:48 60. Jessica Irvin 1:41:42
- 64. Doug Mankell
- 1:45:49
- 64 Finishers

Ultimate 5 Mile Run

- 1. Byron Bundrent 32:54
- 3. Charlie Skoog 38:54
- 5. Tammy Smith 39:36
- 1st woman
- 6. Ricke Stucker 39:44
- 7. Keith McAndrews 41:14
- 8. Mike Anderson 42:47
- 9. Kim Lee 43:55
- 10. Ray Tetrault 44:27
- 11. Patti Reinhardt 45:48
- 12. Lisa Jones 46:20
- 14. Dale Sullivan 48:29
- 15. Stan Shuey 48:32 16. Sarah Lee 49:05
- 17. Joyce Pennycoff
- 49:55
- 18. Vicki Boles 49:55
- 19. John Wiles 49:55
- 20. Sylvia Burgin 1:02:20 21 Finishers

5 mile Walk

- 1. Steve Inman 58:52
- 3. Anna Dollens 59:55 1st
- woman 5. Tim Taflinger 1:02:39
- 7. Jane Inman 1:06:24
- 8. Raye Jean Swinehart 1:06:24
- 9. Jayne Hiatt 1:08:21 10 Finishers

CK Weekly Fun Mile Wednesday, April 9, 2008

11:00 AM Race

RACE RESULTS

- 2. Charlie Skoog 7:56
- 3. Jerry Lambert 8:45
- 4. Sylvia Burgin 11:30
- 5. Roberta Hite 13:47 6. Jackie Sanders 15:40
- 7. Cindy Sanders 15:50 8. Linda Munro 16:38
- 9. Ken Munro 16:38
- 9 Finishers
- 5:30 PM Race
- 1. Jeff Cardwell 6:34
- 2. Joe Rangel 6:37
- 3. Henry Yu 6:41 4. Byron Bundrent 6:41
- 5. Greg Sumpter 7:31
- 7. Darcie York 7:56
- 8. Matt York 7:56 9. Diana Padgett 8:42 10. Anna Dollens 9:00



Cheryl Marner and Bill Barnett at the Ultimate Challenge.

11. Jerry Lambert 9:02 13. Laura Rosenstengel

- 9:33 14. Aubry Jackson 10:28
- 15. Cory Jackson 10:29 16. Jaime Jackson 10:29
- 17. Bob Longwith 10:37
- 18. Barry Donovan 11:00 19. Sylvia Burgin 11:29
- 20. Andrea Eckelbarger
- 13:25 25. Jeannie Clark 16:06 26. Diana Brown 16:06

CK Weekly Fun Mile Wednesday, April 16, 2008

11:00 AM Race

26 Finishers

- 1. Charlie Skoog 7:31
- 2. Kathy Murdoch 8:17
- 3. Bill Heck 8:57

4. Jerry Lambert 9:18

- 7. Roberta Hite 13:44
- 8. Jackie Sanders 15:43
- 9. Ken Munro 15:12
- 10. Linda Munro 16:04
- 10 Finishers
- 5:30 PM Race
- 1. Will Irvin 5:22
- 2. Matt York 5:31
- 3. Brian Moore 5:43 4. Paul Wyman 6:16
- 5. Henry Yu 6:23
- 6. Byron Bundrent 6:23 7. Joe Rangel 6:26
- 9. Steve Wand 6:56
- 10. Greg Sumpter 7:07 12. Greg Townsend 7:17
- 13. Quinn Reinhardt 7:25
 - 15. Stan Shuey 7:41 16. Roxane Burrous 7:54
 - 8:07
 - 19. Patti Reinhardt 8:29
 - 20. Brian Reinhardt 8:29 21. Kathy Mur-
 - doch 8:31 22. Diana Padgett 6. Jackie Sanders 15:37
 - 8:32 23. Mary Miller
 - 8:37 24. Brian Allen
 - 8:44
 - 25. Laura Rosenstengel 8:48
 - 26. Peyton Yeung
- 8:51 29. Jerry Lambert 9:21
- 34. Bob Longwith 10:31
- 35. Aubry Jackson 10:33
- 36. Jaime Jackson 10:34 37. Cory Jackson 10:34
- 38. Barry Donovan 11:14
- 39. Emily Allen 12:58
- 40. Kathy Allen 12:59 43. Hannah Moore 13:07
- 44. Ron Moore 13:07
- 45. Zoe Irvin 14:06 46. Griffin Irvin 14:06
- 47. Sophia Wyman 14:06
- 48. John Paul Wyman 14:06 49. Allison Irvin 14:06
- 51. Taliah Wright 14:21
- 52. Kelly Wright 14:21 53. Diana Brown 15:30
- 54. Jackie Sanders 15:58 55. Cindy Sanders 16:03 55 Finishers

- Race for the Cure
- 16. Byron Bundrent
- 18:13.2

- 44. Brian Moore 20:03.7
- 52. Ron Moore 20:17.3
- 24:38.4
- 406. Stan Shuey 26:15.1
- 493. Cory Jackson 27:26.1
- 539. Eric Mathew 27:57.0
- 1224 Finishers
- 18. Robin Tetrault Wednesday, April 23, 2008

 - 1. Joe Rangel 6:16
 - 3. Kathy Murdoch 8:35
 - 4. Jerry Lambert 9:02

 - 8. Ken Munro 16:09

 - 1. Ron Moore 5:43
 - 4. Earl Strong 6:19
 - 6:47
 - 8. Greg Sumpter 6:58
 - 11. Quinn Reinhardt 7:14
 - 13. Greg Townsend 7:34
 - 17. Patti Reinhardt 8:11
 - 18. Brian Reinhardt 8:11
 - 21. Joyce Pennycoff 8:25
 - 26.Jerry Lambert 9:16
 - 33. Tim Taflinger 12:30 35. Kathy Longwith 14:59

- April 19, 2008 Indianapolis, In
- 1. Jake Quagliaroli 16:24.9 1w. Jessica Textoris17:54.0
- 24. Matt York 18:51.1
- 34. Joe Rangel 19:30.9
- 183. Mark Shorter 23:19.5 280. Lorene Sandifur
- 281. David Hughes 24:38.4
- 337. Ricke Stucker 25:25.5
- 820. Anna Dollens 31:17.1 989. Nicole Jackson 34:50.1
- CK Weekly Fun Mile
- 11:00 AM Race
- 2. Doug Mankell 8:19
- 5. Cathy Longwith 14:58
- 7. Linda Munro 16:09
- 8 Finishers
 - 5:30 PM Race
 - 3. Joe Rangel 6:12
 - 6. Michelle Clendenning
 - 7. Matt York 6:47
 - 12. Jerry Meiring 7:15
 - 16. Stella Rood 8:08
 - 20. Brian Allen 8:24
 - 24. Diana Padgett 8:48
 - 30. Bob Longwith 10:20
 - 38. Jeannie Clark 15:42
 - 39. Mark Webster 16:07 39 Finishers

MEETING MINUTES

Club Kokomo Road Runners Meeting April 7, 2008 6:30 PM

Members Present: Gina Sheets, Mark Shorter, Brian Reinhardt, Charlie Skoog, Milt Brown, John Wiles

Gina Sheets opened the meeting at 6:40 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

Haynes Apperson **Sponsors**

> Good fellows will sponsor the club again

UAW 685 will sponsor the club again Midwest Eye Consultants are a new sponsor

NEW BUSINESS

Scholarship Committee

Possibly have additional members besides Lorene and John?

Weekly Fun Mile

Charlie proposed that the fun mile be alloted \$75 each month for refreshments during warm months – April through October. Brian seconded.

Voted 5-0 in favor of. 1 abstain. John proposed that all weekly fun miles be eligible for club records. Milt seconded.

Voted 5-0 in favor of. 1 abstain.

Brian motioned to adjourn at 7:28 PM. John seconded. Meeting adjourned.

Next meeting scheduled for May 5, 2008 at Grace Fellowship Church at 6:30 P.M.

NEW MEMBERS

Jeff Cardwell **Deborah Cardwell Noah Cardwell**

Crystal Cherry

Brandon Cherry

Jeannie Clark

Laura Cook

Michelle Larson

Ken Munro

Linda Munro

Nicole Peel

Carey Stranahan

Elissa Stranahan

Noah Stranahan

Ava Stranahan

Welcome to Club Kokomo!



New club member Carey Stranahan.

BIRTHDAY LIST

5/2 **Judy Smith**

Maycee Johnson 5/3

5/4 Russ Hovermale

5/5 John Boyle

Matt King 5/5

5/5 Ty King

5/5 Jill Parry

5/5 Nicole Parry

5/7 **Bryan Phillips**

5/7

Matt Tetrault

5/10 Michael Campbell

5/10 Eric Mathew

5/11 Blythe Smith

5/12 Pamela Batey

5/12 Kayla Chilcutt

5/12 William Irvin

5/13 Adriane Freeman

5/13 Joni McCracken

5/13 Dana Neer

5/13 Mindy Tetrault

5/14 Isabel Moore

5/14 Billy Pasquale

5/17 Mike Deardorff

5/17 Teresa Long

5/17 Keith McAndrews

5/19 Nathan Hovermale

5/19 Pat Robertson

5/20 Sarah Swinehart

5/22 Noreen Forgrave

5/22 Griffin Irvin

5/22 Kathleen Leach

5/24 Joyce Pennycoff

5/24 Daniel Riffe

5/25 Fred Chew

5/25 Jane Inman

5/26 Crystal Cherry

5/28 Keith Bauson

5/29 Lien Koztecki

5/31 Carl Christenson

TIS THE SEASON FOR RELAY FOR LIFE

When: Friday June 20th 3p.m. to Saturday June 21st 3p.m.

Where: Kokomo High School track

How do I register: you may register online at http://events.cancer.org/rflhowardcoin and click on join a team (Club Kokomo Roadrunners) If you don't have internet access you may get a form from Cindy Sanders. You can also sign up to walk or run for one hour on a sign up sheet that will also be at events. Call Cindy at 765-455-3129 for more information. Before going on the track pick up a wrist band at the tent located to the west when you enter the gate. Also go to our tent site on the northwest side of track to sign in. This list goes to Brian so you get team points.

Suvivors will have their pictures taken between 5p.m. and 5:30p.m. The survivors lap will be at 6p.m. and the luminaria Ceremony at around 9:30p.m.

Every Relay For life has been memorable and Jack and I look forward to seeing all of you as we come together as a community in our quest to eradicate cancer.

Your CKRR Relay for Life Team Captains are Jack and Cindy Sanders.



COYOTE KIDS

By Ray Tetrault



All of the talk has been about the Mini, but a lot of what I am doing has to do with our Covote Kids Running Program. One of my jokes is that I don't have ulcers, I am a carrier of them; People around me get ulcers. This year is a little different. I am developing ulcers waiting for people to step up and volunteer to help with Coyote Kids. I know how easy it is to let Coyote Kids planning slip through the cracks of daily routine. BUT NOW is the time to be thinking of

your part in Coyote Kids. Here are some areas we need help with.

We have some work to do on our trailer building shelves in the front to hold our smaller items. This project should be done by someone with some skills. If you are skilled with wood and can help with this project, give me a call as soon as possible.

This year Grace Fellowship Church is again handing out the ribbons, popsicles, drinks and "way to go" encouragement at the finish line. Coyote Kids needs support people to help with setting up and tearing down the courses each week. Also necessary will be 12

course monitors. I need a team captain and co-captains for each of the races we do. This position requires positive people who are encouragers. Coyote Kids could also use Rabbits to lead the runners on the course and some cabooses to let us know where the last person on the course is. We have numerous other positions helping at the registration tables, the finish line timing, and results. It is also important for us to have a team to help with parking cars.

Coyote Kids first week is June 12 and will culminate on July 24 with our awards. Coyote Kids meets on Thursdays with the first race starting at 6:00. If you can only help out for only a few weeks or the whole summer, call or email me to fill out our roster. If you are available at 4:30 to help set up the course each week, please contact me as soon as possible.

Registration the first two weeks is always in need of assistance. There isn't any such thing as too many volunteers at the registration table. After the first two weeks the lines are much more manageable. You must call my wife Robin to help with registration. She is almost on desperation mode.

The first several weeks also has a major need for parkers. This isn't back seat stuff! It's being the first contact families will have with our program. How well our parking goes determines the attitude of those we serve in our program. This position needs to be ready by 4:30 the first several weeks.

Now doesn't it make you feel good to know that you spared me from having ulcers?

My email is <u>rayrobin@email.com</u>. My phone number is 854-1393 at home. My office number is 454-5497.







Left to right: Mike Graham seems determined to have a strong finish. Earl Strong runs events other than marathons. Steve Inman and Logansport walker Ed Kingery compete for the overall win in the 5 mile walk. Steve narrowly won.

SMILING FACES

By Earl Strong



At the end of a marathon there's nothing like a smiling face. But before I take you there let me recount my latest marathon adventure (just in time before the next one.) Last December I was looking to do one more marathon before the end of the year to push my state total to 41. The Tucson Marathon was just the ticket! This marathon not only was new, but it also was a chance to visit with an old friend that is living in Phoenix.

After the South Dakota trip, I was "careful" to plan better. I called Greg to make was followed by an uphill shortly afterward. sure he would be in town. Reserved a hotel in Tucson so I could be close on race morning. until about mile 10 where the biosphere site Rented a bargain car with insurance (after all it was cheap.) I arrived in plenty of time to make the drive from Phoenix to Tucson. That's when the adventure began.

The Chevy Cobalt that I rented had power nothing and made me wish I had take the minivan with power everything for just \$5.00 more. The speed limit was posted at 75 MPH and the Chevy was working hard and then came the high crosswind! It was a long trip to the package pickup site. That's when I learned that the actual start was a 10-mile bus ride away from the host hotel. The Tucson address covers a lot of territory as I found out when I headed for my hotel almost 45 minutes away in the opposite direction.

It took an early start to get to the location of where the buses were picking up the runners to transport them to the actual start line. The bus ride took about 30 minutes and I had plenty of time for the pre-race routine. I 2:24:59 and Brandy Erholtz was the female spotted the 3:40 pacer and was ready. After all, it's a mostly downhill course so it was okay to choose a faster pace, right? I took it

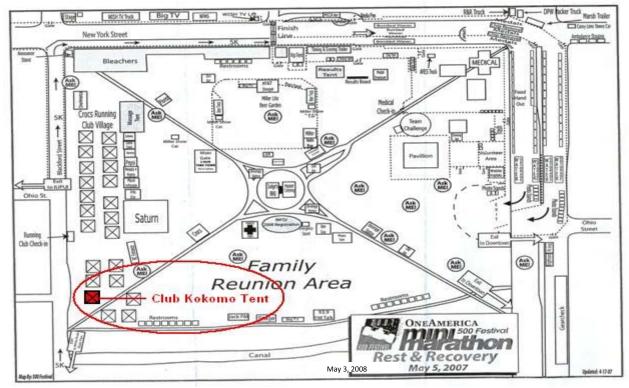
easy on the first steep downhill because it

The race was going well from mile 3 was located. This was when the course went from a downgrade to an up grade! I remember it well; it was a four-mile loop of torture off the main road. I was able to run a steady pace until about mile 19. When all hope of breaking four hours was gone the walking was easy.

It was at the finish line where I was welcomed by a familiar smiling face that had called me by name. That's right Chuck Masters had finished the half-marathon earlier and had seen me as I was running. I could only talk to Chuck briefly since I had a long drive back to the hotel to checkout in time. How did I forget that Chuck and Brenda lived in Arizona????? I've got to get better with my planning. Will, Chuck told me that you have his e-mail address, I guess I'm ready for it now.

Gideon Talam was the male winner winner (7th overall) in 2:49:16. I was 604 out of 1017 finishers with a time of 4:09:25 (my best time of 2007).

INDY MINI MAP OF MILITARY PARK



The club tent is in the far southwest corner of military park. Feel free to leave a gear bag there before the Mini and when you finish be sure to stop by the tent for some refreshments and to share your Mini experience with the other club members. There will be someone there the whole time so your gear will be safe.



POINTS STANDINGS

Races included are JN Amboy, Old Ben, Ultimate Challenge, Race for the Cure, 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	35-39	Joshua Revils 2-35V	Paul Cardwell 1-20H	65-69
	Heather Weber 4-70H	Corey Moore 1-10	Dana Neer 1-20	Stan Shuey 4-65
Women	Lisa Jones 2-30	Kobi Moore 1-10	Don Rogers 1-9	Dale Sullivan 1-20
	Gina Sheets 2-30M	Brayden York 1-10		John Norris 1-15
0-12	Nicole Peel 1-15		45-49	
Aubrey Jackson 2-30V	Lauren Weber 1-10	13-19	Al Hochgesang 3-60H	70+
Hannah Moore 1-10	Natalie Weber 1-10	Nich Lipari 1-20	Brian Moore 4-60	Robert Cupp 1-20
Lillian York 1-10	Kelsey Weber 1-10	James Longwith 1-20	Ken Swinehart 3-35	Bill Heck 1-20V
12.10	40.44	Peter Bauson 1-15	Byron Bundrent 2-30	Malliana
13-19 Vanessa Lorenz 2-22	40-44 Tami Moore 4-65	20-24	Kim Lee 2-22 Eric Mathew 2-22	Walkers
Katie Hollingsworth 1-20	Patti Reinhardt 4-65M	Zach Miller 1-20	Phil Rozzi 2-21	Women
Maya Brooks 1-15	Michelle Larson 1-20	Charley Eltringham 1-15	Kismet Morrison 1-10	women
Nicole Jackson 1-10	Laura Rosenstengel 1-15	Charley Lithingham 1-13	Greg Sumpter 1-9	49-
Kayla Reinagle 1-10	Kim Anderson 1-12	25-29	Henry Yu 1-8	Amanda Pena 4-54V
Rayla Remagie 1-10	Laura Cook 1-10	Cory Jackson 3-40	Helliy Id 1-8	Mary Miller 3-50
20-24	Laura Cook 1 10	Jason Rush 2-35	50-54	Jayne Hiatt 4-49
Sarah Lee 2-40	45-49	Joseph Hubbs 1-20	Ray Tetrault 5-71MH	Debbie Riffe 4-48V
Grace Bauson 1-20	Cassie Bauson 1-20	Mark Eads 1-12	Greg Townsend 4-60H	Raye Jean Swinehart 3-36
Megan Tetrault 1-20H	Cheryl Marner 1-20		Mike Deardorff 4-52H	Jane Inman 2-30
Amber Longwith 1-15	Carla Yerkes 1-20H	30-34	Keith McAndrews 3-50	
Holly Hurlburt 1-10		William Irvin 3-60	Earl Strong 2-40	50+
	50-54	Matt York 4-55	Jerry Meiring 3-36	Anna Dollens 3-60
25-29	Robin Tetrault 5-100MH	Ryan Bagwell 3-34	Russ Hovermale 1-9	Diana Brown 3-42V
Michelle Clendenning 4-	Vicki Boles 3-45	Carey Stranahan 1-12		Pat Robertson 2-20
60	Theresa Barlow 1-12		55-59	Cynthia Sanders 2-19
Allison Irvin 2-40	Linda Donovan 1-10	35-39	Joe Rangel 5-90H	Trudy Pierce 1-15
Kathleen Bagwell 3-32	Lorene Sandifur 1-10	Scott Colford 5-100MH	Charlie Skoog 5-74H	Helen Brown 1-10
Jamie Jackson 2-30V		Christopher James 2-35H	Mark Shorter 4-55	
Jillian Weaver 2-27	55-59	Aurelien Mozipo 2-35H	Steve Wand 4-49H	Men
Michelle Tetrault 1-20H	Joyce Pennycoff 3-50	Jeff Kuczera 2-32H	Rocky Smith 3-35V	40
Rebekah Kinney 1-12	Rhenda Acton 3-45V	T.A. Weber 2-25	Tom Miklik 3-31 John Wiles 3-30	49-
Justine Eads 1-9	Robin Cole 3-42V Judy Smith 3-40V	Travis Sheets 1-20H Dennis Ball 1-12		Tim Revils 3-55V Steve Inman 2-40
30-34	Kathie Barnett 1-10	Derick Brooks 1-10	Phil Leininger 2-17 Fred Chew 2-16	Steve Illillali 2-40
Darcie York 4-57	Anne Wiles 1-10	Michael Rood 1-10	Mike Anderson 1-15	50+
Monica Brooks 2-40	Aille Wiles 1-10	Donny Smith 1-9	Dave White 1-10	Tim Taflinger 4-52
Jeanette Merritt 2-30H	60-64	Vernon Graves 1-8	Chris Smith 1-7	Jerry Lambert 3-50
Jessica Irvin 2-22	Sylvia Burgin 4-70	David Reinagle 1-7	55 5 1 <i>7</i>	Rick Spencer 2-30
Kelly Wright 1-20H	Susan Gerhart 1-15	Shawn Fain 1-6	60-64	Jackie Sanders 3-28
Amy Piazza 1-15	Shirley Wilson 1-10	-	Ricke Stucker 4-70	Robin Michael 1-12
Jessica Irvin 1-10	,	40-44	David Hughes 3-40	Milt Brown 1-10
Geana Moore 1-10	Men	Brian Reinhardt 3-60M	Bill Barnett 2-30	Melvin Hobbs III 1-9
		Michael Graham 4-47	Doug Mankell 2-27	
	0-12	Dan Lutes 2-35M	Walter Brown 1-10	
	Waylon Coulter 2-40	Ron Moore 2-27	Barry Donovan 1-10	

HAYNES APPERSON TRACK MEET

The Haynes Apperson kids track meet is a fantastic event for children ages 2-12. The meet takes place soon after the Haynes Apperson 4 mile race and features 2 events- the long jump and a sprint race. We need enthusiastic volunteers (9th grade-adult) to distribute ribbons, rake and clerk the long jump pit, assist in organizing children into the correct heats, work registration, and time with a stopwatch.

Please call Dana Neer at 765-252-7030 by May 20 if you can help a great bunch of children have a great day!



2008 RACE CALENDAR

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

Troian 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: Burnetsville, 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 RACE RESULTS

39TH Annual Sam Costa Half

Marathon

March 29, 2008 Carmel. Indiana

Calon Naragon 1:13:29
 Scott Colford 1:13:46

34. Heather Weber 1:27:1238. Chris James 1:27:56

49. Aurelien Mozipo 1:30:15

58. Jeff Kuczera 1:33:4962. Joe Rangel 1:34:03

97. Al Hochgesang 1:39:42

113. Carla Yerkes 1:42:11133. Jeff Cardwell 1:45:19

136. Charlie Skoog 1:45:29

191. Mike Deardorf 1:53:24213. Gregory Townsend 1:56:41

232. Kelly Wright 1:59:25 286. Steve Wand 2:10:32

327 Finishers

3rd Annual Sam Costa Quarter

Marathon March 29, 2008

Carmel, Indiana
1. Thom Burleson 39:03
122. Vicky Boles 1:05:04
131. Joyce Pennycoff 1:06:44
148. Rhenda Acton 1:10:02
162. Sylvia Burgin 1:25:36

177 finishers

Kentucky Derby Festival Half

Marathon April 26, 2008 Louisville, KY

1. Wesley Korir 1:05:18

1w. Stephanie Bylander 1:18:43 7327. Jeanette Merritt 2:49:55

9387 Finishers

OTHER RACES

Head for the Cure 5k May 10, 2008

8:00 AM

West Park, Carmel, IN Michael Sapper

msapper@indy.rr.com

Faith 5k May 18, 2008 7:00 AM

Memorial Park, Lebanon, IN

Wendi Louks (765) 894-5134 wlouks@circlecitytickets.com

Greater Lafayette 5k and 10k

May 31, 2008 8:45 AM

Bethel Christian Life Center

West Lafayette, IN klong@kenlongassoc.com

Run "The Rock" 5k June 14, 2008

Rock Hollow Golf Club

Peru, IN Mike Applegate

6:00 PM

mapplegate@peru.k12.in.us

Race for Ray 5k May 31, 2008 9:00 AM

Northview Christian Church

Carmel, IN Christa Newcom 317-841-3613 info@raceforray.org