



My First Race

By Gina Sheets



I turned 40 today (June 23rd) and one of the first things I decided to ponder upon was my interest in running. We all start running for different reasons. I was a sprinter in high school and I thought the 200 was extremely far. I even purposely false started a couple of times so I would get a dq, because honestly I was just too tired to

think I took a nap that day to rest.

That fall I had a business trip to Chicago so I took the train up a day early. I told my husband it was so I could get settled before my work started. Actually I had secretly planned to run my first half marathon. After my 35th birthday I "trained" (to be used in general terms) the rest of the summer and was ready for the half marathon in September. I purchased some "running" shoes at a discount shoe warehouse and did have the sense to purchase some "running" shorts at a decent store. Socks did not matter nor did the shirt or so I thought. The morning of the race, I walked about two miles to the where the expo hotel was located from my hotel and rode the bus to start line. I cannot remember much about that day other than it was hot and cotton t-shirts were not the running shirt to wear. I remember how crowded the start was, elbow to elbow, runner to runner. I remember how much time I looked around the course and thinking at mile five the front runners are heading back to finish. What really stands out is getting back to my hotel and calling Trav

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run a 200 meter sprint. After high school I dabbled a bit with running and three miles was my long run. Then I turned 35. For some reason that day I decided to run ten miles and the rest so they say is history. I loved telling my family how far I ran and that it took me 97 minutes to run that far – almost forever. I

Race for Grace

By Brian Reinhardt

Well, the 11th version of the Race for Grace was just as good as the first 10—perhaps even better when you looked at the goodies afterward! I wish we'd had more time to enjoy them, but we had to leave right after the race, darn it.

Logansport's own Matt Blume dominated the race as usual, but Club Kokomo took places 3 through 6 with Scott Colford leading the way with a clocking of 16:57.

The race was run as a memorial to our fallen friend Sam Williamson this year and Chris was the official starter of the race. Before she started the race she said something that I thought profound that Sam always said, "I may not win the race, but I'll beat 100% of the people who don't show up." I may not



Scott Colford glides down the final hill to the finish.

have gotten the quote exactly right, but just being out there is half the battle. Sam Jr. finished 5th overall in his dad's honor.

For those of you who have never run or walked this race it has it's challenges, but is a very nice course. It starts on a gentle down slope but you quickly find yourself on a steep uphill and then back down the other side. The remainder of the course is constant up or down grades, so subtle that only your pace lets you know. Then it's back up that hill and down the other side before the uphill slope to the finish.

Since there is no walk division I noticed that a few of our club walkers decided to run the race and had some pretty good times! In fact, Rick

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Next Races:

July 5
Haynes Apperson
4-Mile Run/3-Mile Walk
8 AM
Kokomo, IN

July 12
Ironhorse 4-Miler
8 AM
Logansport, IN

July 19
Panther Prowl 5k
8 AM
Western High School

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From the President

By William Irvin



Being an active volunteer is a tough job let's just get that out in the open. It takes a lot of time, it takes a big commitment and it also takes a lot of passion for what you are volunteering for.

However, it is

what gives a not for profit organization a pulse. If the many people who did not volunteer for our club events and what we do in the community where would most of us race? Indianapolis? Not with today's gas prices! What would the organizations do without our financial donations (Nesting Doves, etc)? As Club Kokomo begins to grow in numbers with our new additions each month keep in mind that the Club begins with each and everyone of us. Take the opportunity to see where you would like to volunteer within the Club. Volunteer at a race for your volunteer points, help direct a race and see what it takes to put on a race, represent the Club at the many city or county meetings that help guide our community to a healthier lifestyle, contact Charlie Skoog to help work on the Nickel Plate Trail that will connect the entire state of Indiana from the use of old rail ways, or come and volunteer at the Haynes Apperson race.

Dana Neer and I would like to see more club members volunteering for our biggest day of the year. Dana is directing the kid's

track meet that is right after the 4 mile run/3 mile walk and could use help corralling the little ones trying to figure out this running gig. I could also use people to help pass out water, help clean up, help pass out trophies, etc. Being apart of Club Kokomo is more than being a runner or a walker and running races, it is also being apart of the bigger picture. Hope to see everyone at the Haynes race this year whether you are running or volunteering.

For those of you who are not familiar with the work that many do for the Haynes Apperson 4 mile run/3 mile walk I would personally give you all a task to go up and say 'thank you' to the group that has taken this race on for around 10 to 15 years. However, I will say that the group that has helped with this race have a smooth operation that seems very smooth. I have greater respect for the group that has tackled the Haynes Apperson race in the past. You guys/gals have created a smooth operation from past Haynes races and have kept those working relationships with people in the community. I would like to thank Bill Barnett, Steve Wand, Mike Deardorff, Tom Miklik, Dave White, Mark Shorter, Charlie Skoog, and John Wiles for their guidance and support during the last few months. Without them this race may not go as well as I think or plan. A lot of the contacts that these guys have made have been crucial to the support of the race.

Thank you guys-I really appreciate it!

Kokomo Sprint Triathlon

For those of you interested in getting your feet wet in the sport of triathlon, Kokomo will have its first triathlon Saturday July 26th at Oakbrook church! This is a sprint triathlon, which in a nut shell means that it is very short! It is a distance that is very manageable for almost anyone in the community, especially those in the running club who usually train everyday and are in shape (hint-hint). Triathlons are a great way to cross train and remove the daily pounding of the pavement for those of us who run everyday. Just ask the handful of triathletes in the Club, which includes Rebekah Kinney, Kathleen Bagwell, Ron Moore, and Sue Gibson.

Swimming is a total body workout and is also a non impact sport (a plus when cross training!). Cycling is a non impact sport as well. Both disciplines are beneficial to runners as it decreases the joint pounding, maintains the cardiovascular intensity that we need as runners, and also helps build your overall aerobic fitness.

If you are interested in the triathlon please contact me at wi225@comcast.net for details on the event or for questions regarding triathlon training speak to any of the people listed above or myself.

The following websites will provide you with information on the triathlon.

<http://www.cityofkokomo.org/departments/division.asp?fDD=13-50>

http://www.cityofkokomo.org/egov/docs/1211479753_999969.pdf

My First Race (continued)

(Continued from page 1)

so I could tell him I just finished running a half marathon. I called everyone I knew. Of course no one knew just how far that was but every one was just as excited as they thought, I thought, they should be for me.

Here I am five years later and today my good friend "Sarge" Nicole Peel has me on a strict, "real", training program so I will qualify for Boston in October. I ran seven miles today at an 8:31 pace, it was an "easy" run and I had a nice time running over my lunch hour reflecting on the past five years and how running has taken us places we would never have been to and introduced us to people we would have never met.

In five years I have ran seven marathons, seven 50k's, seven 50-milers and one 12 hour race. I am not so sure about the shorter

races but I have participated in a few of those.

We have run in beautiful, awesome, only opportunity to run on closed courses and lovely places to running in muck and very cold and very hot places. Wherever we go we have formed new friendships, but none have been so endearing to us as our friends from Club Kokomo. To finding a trainer to work us harder, to running trails and getting off the road, to growing in Christian fellowship, to experiencing a life change that took Trav into mission field, being a part of Club Kokomo has changed our lives tremendously these past five years. So today I celebrate being 40 years wiser and being so blest with wonderful running/walking friends, I wanted to say thank you to many of you who have shared your lives with us running and walking down many a road, trail and highway, sometimes pushing us sometimes pulling us but always beside us.

Thank you, thank you Club Kokomo, we love you!



On the Trails

By Charlie Skoog



Have you recently visited a significant trail to run, hike, or bike? If your answer is yes and you live in Howard County that means you recently took a trip outside of Howard County. Every time I visit France Park in Cass County, Indy's Eagle Creek Park, or my home town Kickapoo and Kennekuk Parks, I dream of what we are missing out on locally. I used to have similar dreams when I would travel to the Cardinal Greenway or Monon Trail but now those

visionary, multi-use trails are coming closer to a local reality with the Nickel Plate Trail. If your body hungers and thirsts for trails I invite you to plant some seeds by taking part in a survey that will be used to update the Kokomo Parks Master Plan. The survey can be found on the Parks Dept. link at www.cityofkokomo.org or call Kokomo Parks at 456-7275 to participate. A recent public forum on our local parks was well attended with another to be scheduled in July.

On May 10th, 35 volunteers, including many CK members, participated in a Nickel Plate Trail work day centered in Bunker Hill. We picked up a large dumpster load of trash and debris and cleared the north and south approaches to the 200 foot trestle bridge over Pipe Creek. Those who came out saw a bridge under construction. That bridge is now completed as is the 60 foot bridge that spans Little Deer Creek on the north edge of Howard County. Contracts have been awarded to pave the 6.5 miles of trail that will connect these beautiful bridges to the 7 miles of existing paved trail. By early fall you will be able to run a full marathon on a paved out-and-back course between Cassville and the Wabash River! What a great place to do your marathon training. Who among you is going to be the first to run the Nickel Plate Marathon?

The construction of the Nickel Plate Trail is an amazing story as are the volunteers who are building the trail. My thanks go out to each of them. Larry Barnhart has documented the recent progress on the Kokomo Cycling & Fitness website. Visit www.kokomoschwinn.com for a first hand look and more information on how you can help.

On Saturday, July 12, 11:00 am, we will dedicate the Pipe Creek bridge in Bunker Hill. Along with Governor Daniels and other state dignitaries, the public will be invited to run, walk, or bike across this special bridge. There will be a ribbon cutting and refreshments. I invite each of you to join the celebration following the Iron Horse Race earlier that day. If you have worked on the bridges or trail there will be a pool party and cookout following the ceremony. That includes several CK members so please let me know if you plan to attend that gathering. For more information call (765)457-2607 or runckrr@aol.com. Thanks to all who have contributed and hope to see you on the trail soon!



What started out as a railroad tress became this beautiful bridge in a matter of weeks. It was done 100% with volunteer labor. Everyone is invited to the dedication ceremony to be held on July 12th as mentioned in the article.



On the Roads



By Johnny 'O



Re-examining scholarship criteria

In this the 10th year for the Club Kokomo Mike Cowan Memorial Scholarship program, the club has given 50 scholarships worth \$11,280 to 26 students. The criteria

for awarding the scholarship have changed little over the years. Should it be tweaked now? The scholarship committee would like your input.

With \$2,000 raised by the late David Kasey, CK established its scholarship program in 1999. The scholarship was named in memory of Mike Cowan, a Kokomo High School runner, who died of leukemia his sophomore year.

Today, the scholarship is funded by 50-50 drawings at CK races, and CK's Age-graded Race in August, which is directed by Club Treasurer Mark Shorter and past Club president Gary Jewell.

The amount of the scholarship depends on the money available and the number of recipients. CK awarded eight \$200 scholarships this year.

The purpose of the scholarship is to recognize a senior in high school or an undergraduate college student who has enriched

his or her life through running. The scholarship is to be applied to post-secondary expenses.

The committee considers the following criteria.

The applicant shall be a(n):

1. Senior in high school who plans to continue his or her post-secondary education or is enrolled in college pursuing an undergraduate degree.
2. Member of Club Kokomo Roadrunners prior to Jan. 1 of application year and/or has renewed for the current year.
3. Active participant in at least one of the following: high school cross country team as a senior in high school, collegiate runner, or CK points award age group qualifier in the previous year.
4. Good citizen within his or her school and community.

Applicants also are asked to explain why they should be considered as a recipient of the scholarship. They also must include a copy of their most recent grade report, which includes the student's GPA.

For several years, the committee has pondered limiting recipients to a one-time award. Now, a student can receive a scholarship each year he or she is in post-secondary education.

The advantage of a one-time award would be the recipient would receive a lar-

ger amount. The disadvantage would be the club could lose contact with runners in college and universities, as repeat award winners remain club members and they update club members on their educational and running progress each year when they apply for the scholarship. CK Newsletter Editor Brian Reinhardt also pointed out that the dollar total in a one-time award program probably would match the dollar total for a four-year recipient.

Requiring club involvement beyond just being a CK member is another suggestion. Should the scholarship applicant be required to volunteer for Coyote Kids, Haynes, age-graded, Christmas, or New Year's Eve races?

Although most CK scholarship winners perform well in the classroom, the scholarship criteria do not include a minimum grade point average. Should there be? If so, what should be the minimum GPA?

Most scholarship recipients ran cross country in high school. It is not a requirement. Should it be?

Also, most scholarship recipients are active in school and community extracurricular activities. Should such involvement be a requirement?

Please email your thoughts to jwiles9890@aol.com, or telephone (765) 452-6706.

I will report your reactions and suggestions in August On The Roads.

John Norris Greentown

By Brian Reinhardt

One thing is for certain, the John Norris Greentown race will be very hot or very rainy. Okay, okay, at least until this year! We had beautiful mid June weather and I think it may have surprised us, but I sure didn't hear any complaints.

Although the course is a bit tough in the second half I always seem to have a good run there. I certainly don't run negative splits, but seem to be able to hang on just enough to not embarrass myself. Of course, when you've got the likes of Dana Neer and Byron Budrent in your age group it shrinks the trophy a bit, but I can live with that.

When you have as many races through the years as John does you have to be creative with shirt color and this year we got a

fluorescent lime green number that everyone seemed to like quite a bit. If nothing else you can run in it at night without a reflective vest! Anyway, I digress.

None of the four winners of these races will surprise you as Scott Colford (27:23) and Heather Weber (30:27) won the 5-mile events and Jerry Lambert and Mary Miller came across together (33:11) for the win in the walk. Heather's time of 30:27 shattered the old 35-39 age group record by almost 4 minutes and there was also an age-group record set by Joe Rangel in the 55-59 age group with a blistering fast time of 31:00. Records are falling all over the place the past couple of years! Dana missed Byron's 45-49 age group record by a mere 3 seconds with a 29:15 clock-



Cheryl Manner, Mike Deardorff, and Tom Miklik begin the JN Greentown 5-miler.

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Run With the Herd

By Roxane Burrous



With a beautiful sunny chilly morning it looked to be a great day. The temperature was 44 degrees. Perfect marathon temps for most, but really chilly for me. It was combined with 20-30 mph winds and gust of 100mph. (O.k., I am not sure what the gust were but it was WINDY!)

It was a scenic course on a paved trail mostly along the river. This is a small marathon, not over 300 runners between the half and the full. Jim received a really nice fleece vest as an award for 3rd in his division in the half. I received a really nice size hospital bill due to experiencing almost a carbon copy of Ray's marathon. Yep, I

crossed the line alright and things were a blur for awhile. They got a little clearer in the ambulance. I do have to say that all of the staff at the Casper hospital along with the EMT's were as friendly as they get. I would recommend this one if you prefer small races and scenic courses.

I received this and wanted to share it. It was passed on to me by a friend: I know there are many others out there who, like me, run in memory of lost loved ones. Most of us do it silently with the hope of finding resolution in the loss. In my experience, I never feel closer to my lost loved one than when I don my running shoes and hit the pavement and run... and run... and run... searching for the resolution I probably won't find in this lifetime. However, when I am running, I, somehow, feel just a glimpse of the freedom my lost loved one must be experiencing now- and that, in itself, is comforting to me. So, to all of you who, also, are still searching for your answers to a loss- just know- your loved ones' are as free as the wind, and when you are running- imagine them right beside you cheering you on and encouraging you to embrace these moments of feeling "free", because, that's probably exactly what they are doing...



Birthday List

7/1	Steve Inman	7/11	Maya Brooks	7/18	Wesley White
7/2	Levi Parks	7/12	Waverly Neer	7/19	Jackie Sanders
7/4	Phil Leininger	7/14	Jerry Lambert	7/19	James Schneider
7/5	Bill Heck	7/14	Debra Perkins	7/21	Kim Lee
7/7	Kathie Barnett	7/14	Shelly Wyman	7/21	Tosha Rogers
7/8	Jordan Lee	7/14	Paul Wyman	7/22	Darrell Pennycoff
7/9	Lacey Easton	7/16	Helen Brown	7/23	Nicholas Allen
7/10	John McGinty	7/17	Vincente Lorenz	7/23	Kaleb Hollingsworth



7/23	Joseph Holtson
7/24	Nicole Peel
7/24	Mike Rood
7/25	Michelle Hollingsworth
7/25	Kelly Wright
7/29	Tammy King
7/29	Don Middleton

John Norris Greentown (continued)

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ing.

I think we begin to take for granted the Norris races each year, but I want to make sure that we always remember to thank John and Carolyn for giving us these opportunities to do what we love. These simple events give us a chance to run, see new and old friends, and share a common bond. Thank you John and Carolyn for humbly doing everything you do for us!

Dana Neer (first photo), Mark Shorter and TA Weber (second photo) near the finish at the JN Greentown 5-miler.





Grandma's Marathon

By Robin Tetrault and Brian Reinhardt



The smiles are always bigger when we're done.

From Robin:

It seems like just a month ago we ran a marathon, well, a half marathon for me. That's because we just did! Brian, Patti, Quinn, Ray, myself, and our daughter, Melissa all signed up to run Duluth, Minnesota's famous Grandma's Marathon. We weren't disappointed! It was GREAT! You can tell they have been doing this for 32 years! It was VERY well organized. They seemed to think of everything on this marathon. They had water well marked, then lemonade Ultima well marked, ICE CUBES! Ahhhhhh and even sponges in the 2nd half of the marathon! They had first aid stations well marked with Red Cross balloons and plenty of Vaseline. The sun shone brightly, which was my FAVORITE kind of weather, but not Ray's. We ran along beautiful Lake Superior on a two lane road that was completely closed to traffic. What more could a marathoner ask for? Oh yeah, our headphones and music! There was a strict enforcement of "no music in your ears".

The day started out windy, but warm. The good news is it didn't get much warmer. The whole city embraces the marathon and makes it an event. I don't know how many volunteers it took to run this race, but it was a lot! We all highly recommend this marathon, but wear sunscreen if you burn easily and the sun is shining. It beats on your left side as you run along Lake Superior! PERFECT

for sun worshippers like me. We finished up Coyote Kids on Thursday PM the 19th and started out to get past Chicago before we found a place to spend the night. The trip was pretty uneventful, except Ray left his suitcase at the hotel outside of Chicago waiting for the van to get unlocked. He didn't realize it until an hour down the road. He got chilled from the air conditioning and went to grab his jacket. OOPS! Well, with the price of gas and the distance traveled, we decided to buy clothes at the Expo and

Target. We had his running shoes! So it did work out fine except the expo was packed and Ray hates to shop and he hates crowds. He survived and the shorts he bought were great! He didn't chaff at all! If you are a

veteran runner you know you never, NEVER wear a NEW item for a marathon. Ray had new socks, shorts, and tank top. Thankfully, he didn't have any issues! Ray, Missy, and I ran the first half together enjoying the view and the time together. Each mile had helium balloons swaying in the breeze so you could see them way ahead of time. We did the walk/run method. We ran 9 tenths of a mile then walked 1 tenth.

We were moving along nicely. At the ½ marathon mark Missy knew she couldn't keep up with us, but she felt fine. She just needed to find her pace in order to finish. She told us to go on ahead. I stayed with Ray even though I struggled some at 15-18. I knew I just needed to "hang with him". Spectators lined the course and had hoses run from their yards. It was awesome. It was "party time" all along the route. Families came out to cheer us on.

Once I got to mile 20 I knew I was going to make it in good shape. I really wasn't paying attention to my watch. I just wanted to be in before 5:30 and I thought with the nice weather that maybe I could beat my

best time. I thought my best time was 5:20, it was 5:22. I am not very good about remembering my times. Well, Ray was figuring and he told me I could PR if I just kept up the pace we were running. REALLY?? He told me after, that he wasn't completely honest with me, but he wanted me to be able to beat my time and he knows I can't tell how fast I am really going. Thanks, Ray! Well, it worked! I was on my way at 20 miles and as the miles clicked off I started checking my watch more closely...at mile 23 he told me to go on ahead. He needed to make a stop. Well, the last 3 are only a 5K! A run in Highland Park! What a wonderful feeling to PR! I beat my best time by 10 minutes! My time was 5:12:45! WOW! After I collected my t-shirt and medal I went to the drop off spot to pick up my jacket. On my way there it hit me how well I had done and I started to tear up. What a FEELING! It was the sunshine and the company! - My daughter, my husband and our best friends. It was a well organized race, lots of people cheering, and rolling hills (they really are easier on your legs). What more do you need on a Saturday in June??? Never say you'll NEVER do a marathon....I said that and I just finished #14!

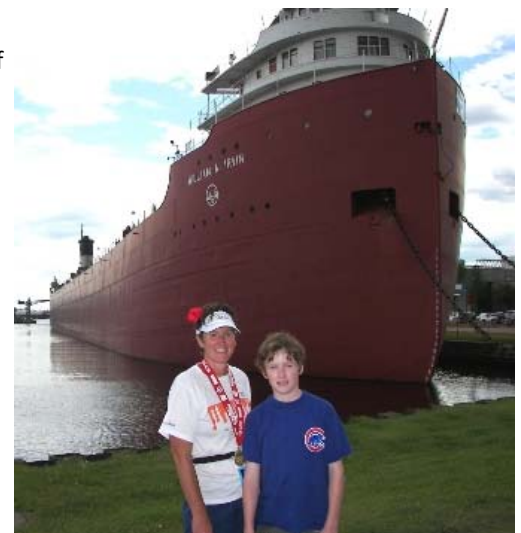
From Brian:

Like Robin mentioned, this is a must do marathon! They thought of everything and it made for a nice time the entire way (or at

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When a town has a permanent "marathon registration" sign you know they're serious about their marathon!



The 5k event that is run on the same weekend is named after the freighter "William A. Irvin". Is that you Willie?



Grandma's Marathon (continued)

(Continued from page 6)

least as nice as you can have when you're running 26 miles!).

These trips are always special for me because it's time I get to spend with my wife, family, and good friends. Every trip is very different when you travel to all of these



Poor Grandma. Just leave her alone!

places—some with big groups, some with small, but all with lots of energy and enthusiasm for having fun! This one was no exception as we hit the ground running and never stopped for the entire 3 days.

If you've never been to Duluth, it's not the biggest of cities to be hosting an event that boasts over 13,000 runners between the full marathon, half marathon, and 5k. If you decide you'd like to do this one you better call soon for housing or you'll spend about 40-50 hour trying to find one like I did! It worked out for the best, but we sure didn't know that for a couple of months!

After much deliberation we decided that "Grandma" was a "madam" and this marathon was all about "satisfying the boys" as they like to say in Duluth. Whatever Grandma was she sure did put on a good marathon!

The course was beautiful the entire way along Lake Superior, but the weather was a bit TOO beautiful and it got pretty warm and windy from the get-go. I'd intended to run a sub 3:00 marathon if I could, but I could tell pretty early on that the heat and wind would make it difficult at best. I reeled it in at the half way point and decided to live through it instead of killing myself and ended up with a 3:11 for the day. I also managed to find out that I might be getting a bit thin on top as the top of my head was very

sunburned!

Once finished I found Quinn (or rather he found me) and we hung out and waited for the rest of the group to come in. We were so excited to see Patti and were even able to get some photos of her in the finishing stretch! We had a hard time finding her after she finished, though, and eventually she had to find us. Heck, I wasn't going to ask for directions! ;-)

Before long the Tetrault gang came along one at a time until we'd all completed another marathon. It really doesn't seem like we've been doing it all that long but we're a third of the way there. We're no Dan or Earl (thank God :p) but we're getting there. We'll travel to North Carolina in October to visit with a very good friend from my childhood days and knock out a marathon while we're there. It'll be a trail marathon this time so it could get ugly, but I suspect that somehow we'll make it through! Greensboro here we come! Of course, we'll take a detour to Illinois for the Howl at the Moon in August before we head east.

We sure have fun doing this folks so it's time to get on board and give marathoning a try. I suspect most of you'd love it! If nothing else it gives you a chance to witness just how awesome of an earth that God created for us, one state at a time! Who knows, we may decide to try other countries when we finish!



We were all smiles until we found out what Grandma was! After that we were all laughs!

Race for Grace (continued)

(Continued from page 1)

Spencer ran a 25:05 to finish 51st overall and Anna Dollens ran a 29:22 to finish 86th overall. Two more runners in the making perhaps? Whatever the reason, great job!

The Race for Grace is always the last weekend in June so put it on your calendar for next year. You'll be glad you did!



**From left to right:
Al
Hochgesang,
Quinn
Reinhardt,
Greg
Townsend,
and
Kathy
Murdoch.**



Race Results

Club Kokomo Fun Mile
June 4, 2008
Highland Park

11:00 AM Race

1. Joe Rangel 5:58
2. Charlie Skoog 5:58
4. Michelle Clendenning 15:05

5:30 PM Race

1. Clint Maclin 5:44
2. Joe Rangel 5:47 (new age group record 55-59)
4. Earl Strong 6:39
5. Nicole Peel 6:53
6. Gina Sheets 6:56
7. Greg Sumpter 7:06
8. Cheryl Marner 7:39
9. Ray Tetrault 7:51
11. Ernie Hurst 7:59
14. Laura Rosenstengel 8:15
15. Greg Townsend 8:18
16. Anna Dollens 8:20
17. Brian Allen 8:23
18. Mary Miller 8:37
19. Amber Longwith 9:16
20. Emily Allen 10:10
21. Bob Longwith 10:25
22. Sylvia Burgin 12:01
24. Cathy Longwith 14:38

3rd annual Trojan Trot
June 7, 2008
Sharpsville, IN

5K Run

1. Austin Young 17:14
2. Scott Colford 17:35
3. Matt York 18:55
5. Heather Weber 19:08 1st woman
6. Gary Jewell 19:24
8. Sam Williamson 20:45
10. Robyn Pagington 21:32
13. Michael Graham 21:57
14. Earl Strong 22:11
15. Kelly Wright 22:13
21. Mark Shorter 23:17
23. Scott Riggle 23:28
24. T.A. Weber 23:37
25. Allison Irvin 24:22
26. Charlie Skoog 24:25
27. Michelle Clendenning 24:34
29. Maya Brooks 24:42
30. Derick Brooks 24:43
31. Jason Rush 24:50
32. Ricke Stucker 25:03
33. Monica Brooks 25:16
35. Keith McAndrews 25:40
36. Stan Shuey 25:57
40. Mark Eads 26:27

41. Bill Bauson 26:28
42. Peter Bauson 26:29
43. Ernie Hurst 27:07
45. Jerry Meiring 27:12
46. Darcie York 27:14
48. James Longwith 28:15
49. Doug Mankell 28:48
50. Vicki Boles 28:54
51. Karen Bush 29:03
53. Cassie Bauson 29:16
55. Joyce Pennycoff 29:47
58. Bill Heck 30:33
59. Brian Allen 30:34
60. Justine Eads 30:41
61. Robin Cole 31:25
63. Chris Sullivan 32:23
64. Joe Rangel 32:49
65. Tara Steele 33:14
66. Amber Longwith 35:04
67. Robert Cupp 35:05
68. Nicole Jackson 35:09
69. Chris Williamson 38:21
70. Sylvia Burgin 38:54
71. Greg Townsend 38:59
75. Roberta Hite 46:25
75 Finishers

5K Walk

1. Jerry Lambert 33:13
2. Rick Spencer 34:11
3. Mary Miller 34:12 1st woman
4. Tim Talfinger 35:42
5. Amanda Pena 35:58
6. Robin Michael 36:04
9. Jayne Hiatt 41:17
10. Cindy Sullivan 43:49
11. Debbie Riffe 45:29
12. Emily Allen 45:26
13. Diana Brown 47:22
14. Anna Dollens 47:37
15. Pat Robertson 48:03
15 Finishers

Club Kokomo Fun Mile
June 11, 2008
Highland Park

11:00 AM Race

1. Joe Rangel 7:11
2. Bill Heck 8:37

5:30 PM Race

1. Michael Boulter 5:10
2. Clint Maclin 5:50
3. Joe Rangel 5:57
4. Waylon Coulter 6:09
6. Kim Lee 7:00
9. Nicole Peel 7:27
10. Gina Sheets 7:29
12. Allison Irvin 7:34
13. Ernie Hurst 7:37
14. Barb Millspaugh 7:54

15. Brian Allen 7:57
16. Cory Jackson 8:05
17. Karen Bush 8:08
19. Anna Dollens 8:18
20. Joyce Pennycoff 8:19
21. Kathy Murdoch 8:20
22. Vicki Boles 9:12
23. Amber Longwith 9:50
25. Emily Allen 10:03
26. Bob Longwith 10:45
29. Diana Brown 14:45
30. Cathy Longwith 14:46

Norris Insurance
June 14, 2008
Indiana

5 Mile Run

1. Scott Colford 27:23
3. Dana Neer 29:15
4. Byron Bundrent 30:17
5. Heather Weber 30:27 1st woman
6. William Irvin 30:33
7. Brian Reinhardt 30:37
8. Kevin Forgrave 30:43
9. Joe Rangel 31:00
10. Matt York 31:36
12. Chris James 32:00
17. Nich Lipari 35:07
22. Kelly Wright 36:04
23. Michael Graham 36:20
27. Jeff Cardwell 37:29
28. Mark Shorter 38:05
29. T. A. Weber 38:09
30. Waylon Coulter 38:21
34. Nicole Peel 39:00
35. Allison Irvin 39:28
37. Kathleen Bagwell 40:20
38. Jason Rush 40:24
39. Jillian Weaver 40:25
41. Ricke Stucker 40:40
42. Michelle Larson 40:43
43. Mike Deardorff 41:08
45. Cheryl Marner 41:52
46. Tom Miklik 42:52
47. Ray Tetrault 42:56
48. David Hughes 43:02
49. Ken Swinehart 43:06
51. Jerry Meiring 43:35
52. Tami Moore 43:52
53. Lisa Jones 43:52
55. Ryan Bagwell 44:23
56. Barb Millspaugh 44:40
57. Kathy Murdoch 44:50
58. Darcie York 45:18
60. Robin Tetrault 45:59
64. Greg Townsend 52:10
65 Finishers

5K Walk

1. Jerry Lambert 33:11

2. Mary Miller 33:11 1st woman
3. Steve Inman 34:49
4. Tim Taflinger 35:27
5. Amanda Pena 35:56
6. Robin Michael 36:37
7. Anna Dollens 36:41
8. Jane Inman 40:35
9. Raye Jean Swinehart 40:37
11. Jayne Hiatt 41:51
12. Debbie Riffe 42:09
14. Milt Brown 44:45
17. Pat Robertson 47:04
24 Finishers

Club Kokomo Fun Mile
June 18, 2008
Highland Park

11:00 AM Race

1. Joe Rangel 5:43 (CK 55-59 age group record)
2. Waylon Coulter 6:21
3. Bill Heck 7:51 (CK 70-74 age group record)

5:30 PM Race

1. Clint Maclin 5:47
2. Joe Rangel 5:50
3. Jeff Cardwell 5:55 (CK 50-54 age group record)
6. Greg Sumpter 7:23
7. Barb Millspaugh 7:36
8. Ernie Hurst 7:36
10. Brian Allen 7:58
11. Anna Dollens 8:10
12. Laura Rosenstengel 8:30
14. Amber Longwith 9:08
15. Emily Allen 9:45
16. Bob Longwith 10:11
17. Aubry Jackson 10:54
18. Jaime Jackson 10:54
19. Cory Jackson 10:55
20. Sylvia Burgin 12:05
21. Diana Brown 15:03

Club Kokomo Fun Mile
June 25, 2008
Highland Park

11:00 AM Race

1. Joe Rangel 6:37

5:30 PM Race

1. Gerald Griffiths 5:29
2. Joe Rangel 6:29
4. Gina Sheets 7:12
5. Ernie Hurst 7:38
6. Laura Rosenstengel 8:03
7. Kathy Murdoch 8:05
8. Anna Dollens 8:09

9. Mary Miller 8:11
10. Amber Longwith 8:26
11. Aubry Jackson 10:27 (new age group record 0-12)
12. Cory Jackson 10:28
13. Bob Longwith 10:35
15. Sylvia Burgin 12:20
16. Cathy Longwith 15:17

11th Annual Race For Grace
June 28, 2008
Logansport, IN

5K Run/Walk

1. Matt Blume 15:42
3. Scott Colford 16:57
4. Joe Rangel 19:05
5. Sam Williamson 19:15
6. Brian Reinhardt 19:21
9. Kim Horner 19:53 1st Woman
16. Al Hochgesang 21:05
17. Michael Graham 21:11
22. Phil Rozzi 22:00
26. Scott Riggle 22:31
28. Mark Shorter 22:57
33. Nathan Hovermale 23:41
40. Ricke Stucker 24:29
44. Quinn Reinhardt 24:35
45. David Hughes 24:39
46. Roxane Burrous 24:48
49. Sarah Bauson 25:00
51. Rick Spencer 25:05
52. Mike Deardorff 25:11
58. Jerry Meiring 25:54
62. Mark Eads 25:58
64. Russ Hovermale 26:08
67. Gregory Townsend 27:13
72. Kathy Murdock 27:39
78. Dale Sullivan 28:47
83. Bill Heck 29:11
84. Cassie Bauson 29:13
86. Anna Dollens 29:22
95. Justine Eads 30:04
97. Robin Cole 30:19
98. Tara Steele 30:26
100. Amber Longwith 30:38
103. Vicki Boles 31:08
105. James Longwith 31:59
108. Jerry Lambert 32:20
110. Keith Bauson 32:25
116. Robert Cupp 33:30
151. Chris Williamson 39:15
152. Sylvia Burgin 39:50
161. Charlie Skoog 43:40
162. Jim Burrous 43:43
204 Finishers



Points Standings

Races included are JN Amboy, Old Ben, Ultimate Challenge, Race for the Cure, JN Jackson Morrow, Composer Classic, Trojan Trot, JN Greentown, Race for Grace, 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	Gina Sheets 2-30M	Brayden York 1-10	Kevin Forgrave 1-12	70+
Women	Jennifer Mayfield 1-20H	13-19	45-49	Robert Cupp 6-95
0-12	Stella Rood 1-20H	Peter Bauson 4-65H	Brian Moore 8-120H	Bill Heck 5-90V
Aubrey Jackson 2-30V	Lauren Weber 2-20	James Longwith 4-65	Byron Bundrent 6-110H	Charles Johnson 1-20H
Victoria Christenson 1-20H	Natalie Weber 2-20	Nich Lipari 3-60	Al Hochgesang 5-92H	Walkers
Zoe Irvin 1-10	Kelsey Weber 2-20	Jesse Bauson 2-30H	Ken Swinehart 7-89H	Women
Hannah Moore 1-10	Adriane Freeman 1-10	Keith Bauson 2-25	Phil Rozzi 5-65H	49-
Lillian York 1-10	40-44	Carl Christenson 1-20H	Kim Lee 5-60H	Mary Miller 9-160H
13-19	Tami Moore 7-120H	Kaleb Hollingsworth 1-20H	Bill Bauson 4-54H	Amanda Pena 9-124V
Katie Hollingsworth 4-80H	Patti Reinhardt 5-85MH	Andrew Swinehart 1-20H	Eric Mathew 4-42	Jayne Hiatt 9-98
Maya Brooks 3-47	Michelle Larson 3-60H	20-24	Gary Jewell 2-30	Debbie Riffe 9-90V
Nicole Jackson 3-35	Laura Rosenstengel 4-57	Charley Eltringham 3-55	Kismet Morrison 2-30M	Jane Inman 6-86H
Vanessa Lorenz 3-32	Laura Cook 3-45H	Sam Williamson, Jr. 2-40	Henry Yu 2-28H	Raye Jean Swinehart 7-86H
Emily Christenson 1-20H	Kim Anderson 2-32H	Zach Miller 1-20	Ernie Hurst 3-26	Emily Allen 4-33
Heidi Freeman 1-15	Joni McCracken 2-30H	25-29	Matt Bolinger 1-20H	Becky Christenson 1-20H
Kayla Reinagle 1-10	Diana Padgett 1-10	Jason Rush 7-130H	Chris Sullivan 1-10	Carol Savage 1-20H
20-24	45-49	Mark Eads 4-62H	Greg Sumpter 1-9	Adriene Riggle 2-16
Sarah Lee 5-95H	Cassie Bauson 7-120MH	Joseph Hubbs 2-40H	50-54	Cindy Sullivan 1-10
Amber Longwith 4-60	Roxane Burrous 4-80MH	Cory Jackson 3-40	Earl Strong 6-120MH	50+
Laura Bauson 3-50M	Cheryl Marner 3-60	Nathan Hovermale 1-20	Mike Deardorff 8-112H	Anna Dollens 8-145
Grace Bauson 2-30	Stephanie Bolinger 1-20H	Matt Yarosz 1-20	Greg Townsend 9-110H	Pat Robertson 8-101H
Sarah Bauson 1-20	Carla Yerkes 1-20H	30-34	Keith McAndrews 6-97H	Diana Brown 6-84V
Megan Tetrault 1-20H	50-54	Matt York 10-155H	Jerry Meiring 7-93H	Cynthia Sanders 3-39V
Holly Hurlburt 1-10	Vicki Boles 9-150H	William Irvin 7-130H	Ray Tetrault 6-83MH	Trudy Pierce 2-35H
25-29	Robin Tetrault 7-140MH	Ryan Bagwell 6-78H	Jeff Cardwell 4-75H	Pamela Batey 1-20H
Allison Irvin 7-130H	Theresa Barlow 2-24	Carey Stranahan 2-32H	Russ Hovermale 2-21	Helen Brown 2-20
Michelle Clendenning 9-127H	Michaelene Anderson 1-10	Ryan Pownall 1-20H	Stephen Batey 1-20H	Kathy Allen 1-15
Jillian Weaver 6-94H	Linda Donovan 1-10	35-39	Michael Campbell 1-20H	Jenise Clark 1-12
Kathleen Bagwell 6-79H	Jill Parry 1-10	Scott Colford 8-160MH	Mark Rodgers 1-20H	Men
Justine Eads 4-61H	Debra Perkins 1-10	T.A. Weber 7-102H	Bob Longwith 1-10	49-
Rebekah Kinney 4-57H	Lorene Sandifur 1-10	Christopher James 4-65H	55-59	Steve Inman 6-120H
Tara Steele 3-45H	55-59	Scott Riggle 5-62	Joe Rangel 10-182H	Tim Revils 5-85V
Jamie Jackson 2-30V	Joyce Pennycoff 8-140H	Jeff Kuczera 3-52H	Mark Shorter 11-165H	Bruce Savage 1-20H
Brianne Boles 1-20H	Robin Cole 7-104V	Derick Brooks 4-42	Charlie Skoog 10-135H	50+
Crystal Cherry 1-20H	Judy Smith 7-92HV	Aurelien Mozipo 2-35H	Tom Miklik 6-72H	Jerry Lambert 10-180HV
Ashley Taflinger 1-20H	Rhenda Acton 5-80HV	Paul Wyman 2-32	Steve Wand 6-69H	Tim Taflinger 10-131H
Michelle Tetrault 1-20H	Anne Wiles 2-30H	Michael Rood 2-30H	Rocky Smith 6-63H	Robin Michael 7-91H
30-34	Chris Williamson 2-27	Donny Smith 2-29H	John Wiles 5-60H	Rick Spencer 5-80H
Darcie York 9-127H	Kathie Barnett 2-20	David Reinagle 2-27H	Phil Leininger 3-37H	Jackie Sanders 5-54V
Monica Brooks 6-112H	Barb Wand 1-10	Keith Hill 1-20H	Fred Chew 3-36H	Milt Brown 5-46
Kelly Wright 3-55H	Sylvia Burgin 10-165H	Mitch Reeves 1-20H	Mike Anderson 2-35H	Melvin Hobbs III 2-29H
Jessica Irvin 4-52H	60-64	Travis Sheets 1-20H	Dave White 2-30H	Jim Burrous 2-28H
Jeanette Merritt 3-40H	Kathy Murdoch 4-80	Dennis Ball 1-12	Don Gifford 1-20H	David Mygrant 1-10
Karen Bush 2-29H	Susan Gerhart 2-35H	Vernon Graves 1-8	Steve Kilcline 1-20H	Darrell Pennycoff 1-9
Jessica Austin 1-20H	Roberta Hite 1-15	Shawn Fain 1-6	Chris Smith 1-7	
Robyn Pagington 1-20	Shirley Wilson 1-10	40-44	60-64	
Amy Piazza 1-15	Kathleen Leach 1-20H	Michael Graham 11-149H	Ricke Stucker 11-195H	
Geana Moore 1-10	Men	Brian Reinhardt 7-135MH	David Hughes 6-90H	
35-39	0-12	Ron Moore 6-92H	Bill Barnett 5-80H	
Heather Weber 8-140H	Waylon Coulter 4-80	Brian Allen 5-67H	Doug Mankell 5-74H	
Nicole Peel 6-95MH	Joshua Revils 3-55V	Dana Neer 3-60H	Walter Brown 2-30H	
Lisa Jones 6-84H	Quinn Reinhardt 1-20	Dan Lutes 3-55MH	Barry Donovan 1-10	
Barb Millsbaugh 3-34	Griffin Irvin 1-10	Don Rogers 2-29H	65-69	
Shelly Wyman 2-32	Corey Moore 1-10	Paul Cardwell 1-20H	Stan Shuey 6-105	
	Kobi Moore 1-10	Jack Lotzgeselle 1-20H	Dale Sullivan 2-40	
		Shawn Mayfield 1-20H	John Norris 2-35H	



2008 Race Calendar

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

Other Races

July 4, 2008
Carmelfest Freedom Run
4 Mile Run/walk
Carmel, Indiana
8 AM
Don or Kathy
317-733-3300

July 26, 2008
Paul Otis Goble Run & Walk
Morristown High School
8K Run 8:30am
8K Fitness Walk 8:40am
www.kenlongassoc.com
317.884.4001

August 2, 2008
ISO Circle the City
Monument Circle
10 K 8am
5K 8:20am
www.kenlongassoc.com
317.884.4001

New Members

Chris Sullivan

Cindy Sullivan

Welcome to Club Kokomo!

Other Races Ran

Casper Marathon
June 8, 2008
Casper, Wyoming
1. Robert Onders 2:44:07
1w. Tracy Thelen 3:07:25
106. Roxane Burrous 4:49:13
167 Finishers

Casper Half Marathon
June 8, 2008
Casper, Wyoming
1. Pat Bragassa 1:18:46
1w. Betty Sondag 1:27:42
97. Jim Burrous 3:14:34
100 Finishers

Grandma's Marathon
June 21, 2008
Duluth, MN
1. Lamech Mokono 2:13:39
1w. Mary Akor 2:38:50
240. Brian Reinhardt 3:11:28
4916. Patti Reinhardt 4:50:49

5754. Robin Tetrault 5:12:45
5890. Ray Tetrault 5:17:43
6876 Finishers

Meeting Minutes

June 2, 2008 6:30 PM

Members Present: William Irvin, Mark Shorter, Brian Reinhardt, Charlie Skoog, John Wiles

Mark Shorter opened the meeting at 6:47 P.M.

REPORTS

Financial Report given by Mark Shorter

Many of the promised sponsors have come through with donations

OLD BUSINESS

Haynes Apperson

Culligan will provide 750 bottles of water

EMS has been contacted and will be available

NEW BUSINESS

Criteria for CKRR Scholarship

One time versus every year?

Greater amount this one time?

Lesser amount multiple times?

Establish new/update criteria?

Possible new meeting place to encourage attendance

Half Moon recommended as a possible location

Charlie will check on first Monday of every month

Separate meeting room on premises

Decided to give it a try for July's meeting

Kokomo Sprint Triathlon

Sponsored by Kokomo Parks and Recreation Department

Would like to borrow club coolers















Brian motioned to adjourn at 7:45 PM. John seconded. Meeting adjourned.

Next meeting scheduled for July 7, 2008 at the Half Moon Restaurant at 6:30 P.M.

CLUB KOKOMO ROADRUNNERS



Get orders back to me by July 18th so I can get the gear ordered, screened and returned to you by the middle of August. Make checks payable to "Brian Reinhardt" and send to 2522 S. Wallick Road, Peru, IN 46970.

Name:						Phone:			
Cost	Royal	Black	Navy	Red	Size		Item Name	Code	Graphic
Unisex									
\$40					S	M	Podium Jacket with CKRR logo embroidered in white (Men's sizing) Also comes in XXL - indicate if desired.	MJ480	
					L	XL			
\$28					S	M	Podium Pant (Men's sizing)	MP480	
					L	XL			
\$20					S	M	Podium Long Sleeve Shirt with CKRR logo screen in white (Men's sizing)	ML716	
					L	XL			
Women's									
\$18					S	M	Sprint Singlet with CKRR logo screen in white	WS687	
					L	XL			
\$20					S	M	Tempo Short (White down legs - 5" inseam - used to be 3.5" inseam)	WR742	
					L	XL			
\$23					S	M	Revelation Pacer (3.5" inseam)	WR510	
					L	XL			
\$20					S	M	Podium Split Short (2.5" inseam) Note: Black and Navy have no white trim	WR590	
					L	XL			
\$18					S	M	Podium Short Sleeve Shirt with CKRR logo screen in white	WS711	
					L	XL			
Men's									
\$18					S	M	Sprint Singlet with CKRR logo screen in white	MS687	
					L	XL			
\$18					S	M	Trainer Crew Sleeveless with CKRR logo screen in white	MS475	
					L	XL			
\$20					S	M	Tempo Short (White down legs - 5" inseam - used to be 3.5" inseam)	MR742	
					L	XL			
\$23					S	M	Revelation Pacer (3.5" inseam)	MR510	
					L	XL			
\$20					S	M	Podium Split Short (2.5" inseam) Note: Black and Navy have no white trim	MR590	
					L	XL			
\$18					S	M	Podium Short Sleeve Shirt with CKRR logo screen in white	MS711	
					L	XL			

Grand total

Cost includes shipping, tax (if any), and logo when applicable. To see the gear a bit closer and to see the retail pricing minus the logo go to <http://brooksrunning.com>. You'll be able to see that we're getting a very good deal. When I use the term "men's sizing" above it means that a men's medium would approximately equal a women's large, etc.. The unisex items are sized in a men's size. Some items have gone up in cost, but are still a great deal compared to retail prices. MVP Short (5" inseam) is no longer available. I do have to have 12 items to be screened before the screener will do them so I have to wait to fill the order completely until I have at least 12. Jackets to be embroidered are not an issue - those can be done one at a time, but it's much easier to have the entire order done at one time.