



Joe Rangel Takes Age-graded Title

By Gary Jewell

Usually, the overall title for Club Kokomo's annual Age Graded Race, or AGR is it's commonly called, isn't decided until the closing stages of the race when the faster and younger runners overtake their "seasoned" counterparts. For most of the race, however, the "old pro's" stage epic battles at the front. The 2002 race featured one of the more memorable duels as CKRR's John Norris went toe-to-toe with Joe Liechty for nearly 3 miles before Liechty was able to break free over the last mile. In 2005, your's truly caught Carla Yerkes with less than 400 meters to go. Last year, Doug Balogh overtook Liechty with a ½ mile to go to claim the top prize.

This year, however, all of the racing was for 2nd place as CKRR mile ace, Joe Rangel, caught early leader Kathy Murdoch less than 1 ½ miles into the race. Rangel's record time of 28:15 easily out-paced run-

ner-up Byron Bundrent (29:58). Rangel's split of 24:45 was good enough for 6th fastest of the day. The honor for fastest split of the day went to Western High School's,



Joe Rangel passes early leader Kathy Murdoch on his way to the age-graded title.

(Continued on page 11)

Howl at the Moon

By Brian Reinhardt



Patti and I didn't know Scott Hathaway very well, but we decided to sign up and run the Howl at the Moon because a number of people that we care for a great deal did know him well. It turned out to be a good decision on our part because we got to know Scott quite a bit better that day. Perhaps it was a lesson learned in taking more time to get to know

those around us while we have that opportunity. But getting to know someone through others can be rewarding on it's own. I learned a number of things about

Scott that day – how he spent a lot of time helping those that are less fortunate, how he was quietly confident, how good of a friend he was to others – and that he loved to run trails. Well, Scott would have enjoyed this day on the trails of Kennekuk Cove County Park, a perfectly cool, overcast August day with 236 runners of all shapes and sizes doing what he loved to do.

You may think a memorial run would be somber, but if so you just don't know Kennekuk. They celebrate EVERYTHING and this was no exception! There'd be some tears this day as memories came flooding back, but those same tears turned to smiles in a celebration of this run especially for Scott.

After a moment of silence the horn sounded and we hit our watches and looked at each other and yawned, then we were

(Continued on page 6)

Next Races:

September 6
Kim Adair 5k
8 AM
Sharpsville, IN

September 27
BeeBumble 5k/10k
8 AM
Burnetsville, IN

Inside this issue:

From the President	2
Run for Shelter	2
Birthday List	2
On the Trails	3
New Members	3
Converse 5k	3
On the Roads	4
Crater Lake Marathon	5
Race Results	7
Points Standings	8
Meeting Minutes	10
In Passing—Steve Moon	10
Race Calendar	11
Other Races	11



From the President

By William Irvin



2009 Race Calendar

To begin with, Thank you to those of you who came out and supported the Club in its decision making we had an excellent turnout for the monthly Club meeting. There were roughly 20 members (See meeting minutes at the end to see who all was there) who showed up and really debated the items that were on the table for discussion.

For the 2009 race calendar we are looking to possibly add at least one race, the Sam Costa Half Marathon. Terry Thompson, race director for the Sam Costa and Club member, was gracious enough to attend the meeting and request that the 40th running of the Sam Costa be added to our race calendar as a point's race. In recent years many Club members have run the Costa and prior to moving to Saturday many of the Club members supported a water stop during the race. Our biggest debate right now is that the Club constitution states that if a

Club member runs 'a half marathon', then they receive 20 points. If we add the Sam Costa, we are looking to either add it as a points race (1st, 2nd, 3rd place points), a 10 point race only (if you complete the race you get 10 points), or we make it the usual 20 points race for a half marathon. There was a big leaning towards making the race a 10 point extra race for a half marathon and then if you run another half marathon you get your usual 20 points.

The races that have been requested to be added were the Turkey Trot in Logansport, the Blue Berry Stomp in Plymouth, the Ground Hog Run in Zionsville, and the Mounds in Anderson. The races that have been requested to be removed and races that have been canceled are the Symphony 5k (canceled), the Ultimate Challenge (cancelled-no race director), and Race For Grace (No walker divisions). There maybe others that people would like to add or remove, if you have an opinion and would like your voice to be heard regarding the 2009 race schedule and the Sam Costa points discussion, please attend next months Club meeting at the Half Moon on Monday September 8th.

CKRR Dominates Cicero TRI

Club Kokomo had a large contingency of athletes participate in the 25th anniversary of the Cicero Triathlon. With the cool down in weather that has taken place for the month of August the temperature was perfect for the 400 yard swim, 9.5 mile bike, and 5k run that took place at Morse Lake.

The next triathlon is Mississinewa on September 13th, if you are interested you need to sign up as soon as possible, the Mighty Mississinewa is limited on the number of entries that they are accepting!

1. David Forsee 46:42
9. William Irvin 51:42
14. Matt York 52:51
29. Julie Vandembark 55:34 (1st woman)
40. Ron Moore 56:10
97. Tony Kirgis 1:00:59
129. Allison Irvin 1:03:54
143. Paul Wyman 1:04:58
184. Tom Miklik 1:07:54
208. Dale Sullivan 1:09:42
289. Lisa Jones 1:18:23
300. Jennifer Mayfield 1:20:17
- 360 Finishers

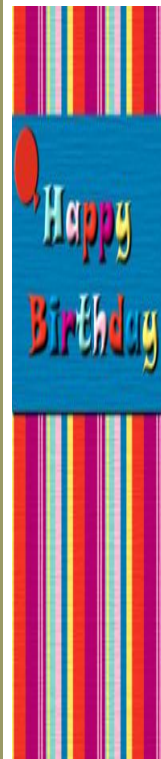
CAM Run for Shelter

By Charlie Skoog

The third annual Run For Shelter was by far the best in terms of organization, number of participants, and funds raised to help the homeless and undeserved in our community. The 5K cross county course designed by Gary Jewell at beautiful Oakbrook Valley also serves as Western High School's home course. It is a favorite to many and a challenge to all. Special thanks go to Gary, Doug Mygrant and the Oakbrook Community Church staff for creating and maintaining one of the best XC courses in Indiana.

This years run was won by Dana Neer in a time of 18:37 followed by Chris Sinnett and Matt York. In the women's race Matt's sister, Michelle Clendenning, scored her first career win with a time of 24:49. I'm sure Dad and longtime CK member, Darrell York, is proud that both are following his footsteps and doing so well. In the walk Jerry Lambert edged out his buddy Rick Spencer with a time of 34:47 and the women's race was won by Amanda Pena in 37:42. Director of CAM, Ruth Lawson, would like to thank all who participated in and supported this years race and we are all looking forward to an even bigger and better race in 2009.

Birthday List



9/1	Christian Pownall	9/17	Corey Moore
9/1	Stephanie Bolinger	9/18	Lisa Hobbs
9/1	Graysen Neer	9/18	Barbara Hobbs
9/1	Joseph Holtson	9/19	Kaitlin Christenson
9/1	Skip Wells	9/20	Bowe Brooks
9/3	Deborah Cardwell	9/20	Tim Miller
9/4	Ron Moore	9/20	Gaby Mozipo
9/4	Graysen Neer	9/22	Tara Steele
9/6	Anna Dollens	9/24	Glenn Artis
9/6	Don Gifford	9/24	Ian Holtson
9/8	Michelle Larson	9/25	Sam Williamson Jr.
9/8	Michael Tetrault	9/26	Teresa Barlow
9/8	Lillian York	9/26	Josh Daugherty
9/9	Kerrigan Forgrave	9/26	Mason McGovern
9/10	Kevin Forgrave	9/26	Holly Hurlburt
9/10	Nancy White	9/28	Anne Elliott
9/13	Michaelene Anderson	9/28	Scot Hamilton
9/13	Earl Strong	9/29	Mike Anderson
9/14	Linda Donovan	9/29	Heidi Freeman
9/14	Larry Sullivan	9/30	Carrie Lee
9/16	Bill Bennett	9/30	Ernie Strawn
9/16	Emily Riggle		
9/17	Steve Kilcline		
9/17	Sandy Knowland		

Happy birthday from Club Kokomo!

On the Trails

By Charlie Skoog



Monday, August 25, was a major milestone for the Nickel Plate Trail as paving between Cassville in Howard County and the Wabash River was

Carey's blog on the City of Kokomo website at www.detis.blogspot.com. I want to personally and publicly thank Carey for his dedication and work to improve our community. I encourage each of you to do the same for one of our finest public servants. Below is the latest posting from Carey's blog following a weekend family visit to the trail.

<http://detis.blogspot.com/2008/08/nickel-plate-update.html>

I made my way up to Miami County over the weekend and was excited to see more blacktop on the Nickel Plate. The trail has at least one layer from Cassville all the way to Peru. I have been told it is a total of 12.65 miles end to end. A view along the trail may not be what people think of typical Miami County. The majority of the trail is wooded, and there is a surprising amount of terrain. While there are hills, they are all gradual, as you would expect from a converted rail corridor. The trail crosses several creeks, including Pipe Creek, which is cleared by a 200 foot

long, 40 foot tall bridge. Little Pipe Creek crisscrosses the trail from 500 South to Wallick Road, which makes for some of the most gorgeous picture points around.

I encourage everyone to take a ride along the trail. Now that it is officially into Howard County, it really is incumbent upon us as residents to work toward continuing the extension south. It is one of the most asked questions I get, "When is the Nickel Plate going to get into Kokomo?" The City, in conjunction with the Kokomo-Howard County Governmental Coordinating Council, are continuing to negotiate with INDOT on what can be done at the northern connection to the new US31 freeway. We also anticipate working with Central Railroad once INDOT has finalized the design.

Something should be working up within the next month or so with INDOT, or at least we've been told. Whenever a deal gets worked out, I'll be posting about it. Until then, enjoy the great work of the Friends of the Nickel Plate!

completed. The trail is already enjoying heavy usage but much work remains to be done as parking areas need to be installed as well as permanent signage. Work also continues north of Peru and we hope to have another 6 mile section of the trail connecting Peru and Denver ready for paving before the snow flies. Volunteers are always needed and can call 457-2607 or runckrr@aol for more details.

To the South the number one question for Howard County residents is how and when we connect and expand this incredible linear park concept to our local communities. A key player in this development is Kokomo City Engineer Carey Stranahan. I encourage all of you to visit

New Members

Scot Hamilton

Paula Kucholick

Welcome to Club Kokomo!

Do you have any extra running trophies that are just collecting dust and you'd like to find a new home for them? Vicki Boles recycles them and gives them out to kids who compete in the running program at Maple Crest Elementary and Middle School. You can drop them off at either school in the front office and Vicki will pick them up there to recycle them. You can also drop them off at the Wednesday evening fun mile in Highland Park. Thank you!

John Norris Converse 5k

By Mark Shorter



Once again on the first Saturday of August runners and walkers travelled to Converse, IN, to take part in the annual Norris Insurance 5K run and 5K walk. As usual it was sunny and humid (it rained once several

years ago on race day). After the fun run was over and the 5 youth runners finished, John Norris started the runners and walkers on their way. The course was the

same as we had used for the past several years which means that just after the first mile we must make a circuit around the outside of the harness race track. We are also in the sun since the shade provided by trees ended at 3/4 of the first mile. After passing the 2nd mile marker and going over the railroad ties (being careful not to trip), we get a little shade for about 1/4 mile. Rounding the last turn at the 3 mile mark, you sprint the last of the race. Because as usual there are drinks and watermelon for after race refreshments.

The top runner was 2008 Haynes-Apperson champion and former Kokomo High School runner Bryan Phillips in 16:24,

followed by fellow CK member Scott Colford in 16:50. Top female runner was former Western High School runner Annina Gruber in 21:13 followed by Heidi Freeman in 22:51.

The walkers were led by Jerry Lambert in 31:53 followed by Rick Spencer in 32:27. Mary Miller was the top female walker in 34:45 followed by Anna Dollens in 36:02. See the results for more details.

Once again runners and walkers wish to thank John Norris and the employees of John Norris Insurance for sponsoring and hosting their yearly series of races (Amboy, Kokomo, Greentown and Converse.)



On the Roads

By Johnny 'O



Take this course and avoid jail time

You are running with a friend on a trail recommended by Charlie Skoog in the hills of Brown County. Your blonde friend shouts: Hey!

Watch this! She then attempts to leap a fallen tree, but a branch catches her foot. She falls and hits her head. For obvious reasons, there was more damage to the tree than her head, but her ankle is broken and she cannot walk. She also was carrying the only cell phone and it broke in the fall.

What do you do?

- A. Act like you did not see her fall and keep running.
- B. Leave her in the care of a two-tooth creep who was fishing nearby.
- C. Apply first aid

You and your blonde kid are on the banks of the Wildcat. You show the kid how to put a worm on a hook and how to cast the line to a designate spot in the creek. The kid takes the fishing rod, swings it back and then forward. You feel a sharp pain and tug in your shoulder where the hook now is lodged.

What do you do?

- A. Beat the hell out of the kid?
- B. Toss the kid in the creek so that he will never have children?
- C. Tell the kid not to worry as you take the hook out?

Although tempting, A and B answers can result in a prison term. So can answer C, unless you know what you are doing, which many of us do not. However, we have a chance to learn.

The Kokomo Parks and Recreation Department is offering a unique opportunity to learn emergency treatment for people who are injured more than one hour from definitive medical care.

With the ever-increasing popularity of trail running, mountain biking, and backcountry hiking, being one hour from medical care is not as unusual as it may sound.

“Besides, this course is just as beneficial to a parent at home as it is to someone in the woods,” John Martino, Kokomo Parks and Recreation superintendent and a graduate of the course, said.

Titled “Wilderness First Aid,” the course will be held 9 a.m. to 6 p.m. Sept. 13 and 14 at the Kirkendall Outdoor Education Center in Jackson Morrow Park, 4200 S. Park Road.

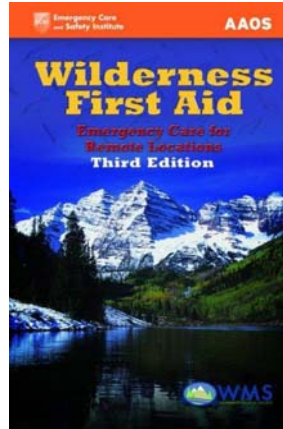
“The instructor is the best in the country,” Martino said, “and we are lucky to get him.”

Topics include: legal aspects of care; broken bones, sprains, and strains; wound care; venomous and noxious animals; fishhook removal;

diabetic emergencies; heart attack; stroke; lightning strike safety and treatment; heat and cold emergencies; improvised splints; and first aid kit construction.

The course is open to anyone 14 years of age or older. A person under age 18 requires parental consent and waiver. Upon successful completion of the course, a person will receive WFA certification valid for three years.

Cost is \$125 per person, which includes



textbook and certification card. Class size is limited and pre-registration is required. For more information or to register, call (317) 417-0132.

New Criteria

Members at CK’s August meeting voted unanimously to add “volunteering for CK events” to the criteria for the Mike Cowan Memorial Scholarship.

In the July newsletter, I asked members to offer opinions on the criteria and suggested additions, because, after awarding 50 scholarships worth \$11,280 to 26 students in 10 years, the scholarship committee believed it was time for a review.

During the July 7 Club meeting, Ray Tetrault (Capt. Coyote) noted that the club needed to establish more scholarship criteria in order for the selection committee to make just and fair decisions, because Coyote Kids’ continued success could result in many more applicants than the eight or so we have been receiving each year.

Requiring an applicant to volunteer for a minimum of one club activity during the year prior to applying for the scholarship is now part of the criteria.

Volunteer opportunities include club races Haynes Apperson, Charity, New Year’s Eve, McKinley School, or Coyote Kids. An applicant, who volunteered for two events, could win out over applicants with only one volunteer effort.

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.



Crater Lake Marathon

By Dan Lutes and Earl Strong

From Dan: Crater Lake Oregon is a beautiful place to visit, but is it a good place to run a marathon?!? The lake is in the center of an ancient volcanic crater and is surrounded by a two lane ribbon of asphalt know as Rim Road. Sounds easy, right? The road around any lake must be pretty flat, right? The thing about this road is that it is around 1,000 feet above the waters edge and varies wildly in altitude from 5900ft to 7800ft. I suppose if you're already living at altitude and run hills all the time, this would not be a problem. But for us Indiana flatlanders who don't take the time to acclimate, we could have some difficulty. I say could, because I just know Earl is going to whine about how hard it was... and really, it wasn't that bad!

The race started at the overlook to Wizard Island and it was COLD at the start, about 42 degrees with a stiff west wind. You know it's cold when you're still seeing leftover snow in August, but once the gun went off and the sun got up higher, it warmed up quickly and was actually pretty comfortable racing temperature reaching ~70 by the end of the race. The first half mile was uphill followed by a nice 1.5 mile downhill. The early pace was slow, as everyone figured out how to hold themselves back for this low oxygen event. I got into a pretty good rhythm early, running with Christy from Boston who was doing the half. I said about 1 word for every 20 of hers, but the chat took my mind off the altitude and lack of oxygen in the early going and helped us maintain a pretty decent pace. As we dropped off the half marathoners, we lonely marathoners continued our climb up to "Cloud Cap," appropriately named as it was the high point of the marathon, and then started a very nice downhill stretch at 14.5 miles. I immediately regretted passing the port-o-lets earlier and the constant downhill pounding finally forced me off the road at mile 17 for a quick "nature break." I was happy to find a "tree" to hide behind and actually, no runners came by, so I didn't gross anybody out in the minute and a half

was "off road." I was, however, a little disappointed to find that the trees at this altitude don't have very big leaves!! But nevertheless, I was back on the road and feeling much bet-



Dan and Earl with beautiful Crater Lake in the background.

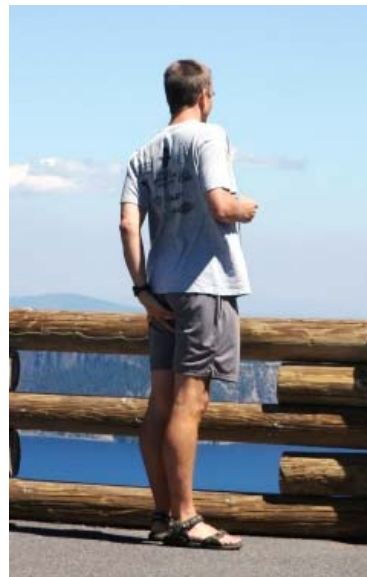
ter. I shortened my stride, increased my cadence and took advantage of the downhill to pass 4 runners by the time we reached the campground checkpoint at mile 22.

We then started the next section which was a rather torturous uphill "out-and-back" on a logging road. From mile 22 to 24 I slowed considerably as the runners came flying down the hill at me, but soon I also got to "enjoy" the steep downhill back to the finish line. I struggled to get back into my previous downhill form, but did manage to fend off 3 others in my age group who were close behind me at the turnaround. I felt very fortunate to finish 17th overall and 3rd in my age group. The awards and shirts were handed out immediately as the runners crossed the line. The awards were simple ribbons, but did go 5 deep in each category so many folks got to enjoy a "feel good" award at the end of their tiring run.

Soon after I finished, the announcement came that the first of only two buses was

about to leave the campground to take finishers back to the parking lot, over 8 miles away. The second bus would not be leaving until the last finisher arrived, so we were all "highly encouraged" to take the first bus if we could. But where was Earl?? I couldn't just leave him behind, but maybe I could take the first bus back and then drive back in the car to get him...no, I better wait...he won't know where I went. I finally decided to just sit down and wait...I was very tired, so that part was easy. Luckily, the bus departure was so disorganized that it took them over an hour to take off, so as soon as Earl crossed the line, I ran out to the road and "held up the bus," until he made it on. He was still panting as we made it onto the first bus and luckily we didn't have to wait around since we had dinner plans with Dan and Gail and the kids back in Portland at an Ethiopian restaurant.

Oh, did I mention Dan and Gail? Of course, that's Dan and Gail Nelson, formerly of Club Kokomo Roadrunner fame!! Dan and Gail moved from Kokomo to Portland 9 years ago and started their family. They now have two beautiful sons, "handfuls," Nathaniel, 6 and Quinton, 3, along with a



Okay. Earl sent me this picture of Dan. I don't know why Dan is.....uh.....well.....so I'll let he or Earl explain it!

"great big yella dog," Solomon. Earl and I stayed with them the first and last nights in Oregon and had fun catching up with them and getting to know the kids. Dan and Gail say "Hi" to all their former Club Kokomo running buddies. Next up, Earl and I tackle the Marine Corps Marathon in Wash. DC along with a large contingent from the club in October...one state left...oh yeah!

From Earl: There are two things that one must be aware of when running a marathon with Dan Lutes. 1) He will give a very good write up and 2) The experience will provide a challenge. Since I am writing

(Continued on page 9)



Howl at the Moon (continued)

(Continued from page 1)

off. Now, when I say “off” I really mean “nobody has any desire to take the lead off” so I made sure that I lead for at least the first few hundred yards because it’d be the only time on that day that I’d be anywhere near Scott Colford (except when he was lapping me). The course is a 3.29 mile loop so he lapped me 3 times! I won’t go into the count of how many times he lapped the other 234 runners and walkers, but as you can see in the results below nobody lapped him. Even so, I was pleased enough to go over 50 miles for the first time!

I thought so you could kind of live this with those of us who ran it I’d give you a description of the course - 3.29 mile loop - smooth grass section for about 1/3 mile, gravel lane for about 1/2 mile, short smooth grass section for about 1/10 mile, pavement for 1/10 mile, rough and rutty grass section for about 1/2 mile, pavement for about 1/10 mile (aid station), gravel lane with some roll for 3/4 mile, pavement with steep hill for 1/2 mile, rough and rutty grass section for 1/4 mile, smooth grass section for 1/4 mile - all approximate of course). I digress.

Anyway, the loop course idea is a good one as you get to run through two aid stations, one at the start and one at the half way point. You also, within a couple of laps, start to lap others and encourage them as well as be encouraged. It’s very nice to be around “someone” all of the time as you don’t feel like your out there all alone. I started out at what I felt like was a conservative pace, but by the end of loop one Quinn told me I was in 16th place. Maybe not conservative enough? We’ll see. I just continued on at an easy pace and knocked out one lap after another as I watched the clock crawl along. Eight hours is a LONG time!

I don’t know about any of you, but I

am a huge numbers geek! I could have told you at any point during the race how many miles I’d have in 8 hours based on my current average pace, what percentage of my goal I’d currently reached, at what point I could walk the remainder and still make 50 miles, and how soon it’d be before Scott passed me again! I’m not kidding. Sometimes it’s torture to actually think like I do so I wrap myself up in other thoughts as much as possible and pray for everyone that I’ve ever known. If I know you, I prayed for you on August 9th, especially those of you who were out there with me! You got at least 2 or 3 prayers and Patti and the kids got 10 or more! Yeah, I play favorites.

I won’t lie - at some point you no longer have the ability to organize cognitive thoughts so even praying becomes difficult. I hope I’m not alone in that because I was trying to imagine that there were people hurting more than me and

that they were still going. Heck, if I didn’t keep going then I was just a big sissy! Somehow or another I did keep going and here or there I would pass one of those elusive runners who started out ahead of me AND get lapped by Scott again. Fortunately for me one out of every hundred people I passed was some I hadn’t passed before so it moved me up in the overall.

The hours, then minutes, then seconds ticked by and “before I knew it” the race was over. I’d made my goal with much encouragement, especially from Patti and Quinn, as well as the whole Logansport crowd. At that point ALL I wanted to do was sit so sit I did. Charlie brought me a beer and I sat. Patti went to get cleaned up and I sat. Quinn brought me some water and I sat. Guys that I’d run with came by to congratulate me and I sat. Quinn brought me my clothes and gear and I sat. Patti got back

from cleaning up and I sat. Finally, my legs felt like they could make it to the bathroom so I “sprinted” over to get in line. I got cleaned up and then I sat.

We sat and enjoyed the awards - a number of CKRR members received them - and eventually started towards home. Charlie drove us both directions and it was much appreciated. All in all, after it was over, it was a very treasured memory that will stick with me for a very long time. I won’t say that I’ll be signing up for an ultra event every month, but I sure won’t say that I’ll never do one again either. Who’s planning to join me?

Howl at the Moon 8 Hour Ultra
August 9, 2008
Danville, IL

1. Scott Colford 60.72 miles
- 1w. Christine Crawford 58.43
10. Brian Reinhardt 50.85
40. Roxane Burrous 42.48
47. David Hughes 41.48
87. Kim Anderson 37.19
114. Patti Reinhardt 34.9
141. Rex Piercy 31.61
193. Charlie Skoog 26.32
220. Barry Donovan 21.24
- 236 Competitors



Scott Colford just kept going and going and going to win the Howl at the Moon once again.



From left: Roxane Burrous and Kim Anderson.

Race Results

CKRR Weekly Fun Mile Wednesday, July 30, 2008

11:00 AM Race

1. Joe Rangel 6:01
2. Waylon Coulter 6:07
5. Doug Mankell 8:45
6. Jackie Sanders 16:47
7. Cindy Sanders 16:51

5:30 PM Race

1. Waylon Coulter 5:54
2. Joe Rangel 6:06
4. Gina Sheets 7:13
5. Greg Townsend 7:18
7. Steve Wand 7:43
8. Laura Rosenstengel 7:44
9. Ron Moore 7:48
10. Darrell York 7:49
11. Matt York 7:50
12. Tammy Moore 8:06
14. Aubry Jackson 9:31
15. Cory Jackson 9:32
16. Jaime Jackson 9:33
17. Sylvia Burgin 12:14

2008 Norris Insurance 5K Saturday, August 02, 2008 Converse, IN

1. Brian Phillips 16:24
2. Scott Colford 16:50
4. Dana Neer 17:43
6. William Irvin 18:05
7. Byron Bundrent 18:23
8. Sam Freeman 18:25
9. Matt York 18:46
11. Joe Rangel 19:13
19. Nick Lipari 20:18
23. Scott Riggle 20:50
24. Annina Gruber 21:13 1st

Female

27. Waylon Coulter 21:36
31. Michael Graham 21:53
35. Heidi Freeman 22:51
36. Scot Hamilton 22:52
39. Mark Shorter 23:24
41. Kim Lee 23:54
42. Lisa Hobbs 24:02
45. Michelle Clendenning 24:17
46. Mike Deardorff 24:27
47. Jerry Meiring 24:32
48. Gregory Townsend 24:39
49. Keith McAndrews 24:46
50. Ernie Hurst 24:52
52. Ricke Stucker 24:53
54. Mark Eads 24:59
55. Michael Rood 25:02
56. Russ Hovermale 25:02
57. Ken Swinehart 25:10
59. Jillian Weaver 25:27
64. Charlie Skoog 26:51
65. Greg Sumpter 27:00
67. Sarah Lee 27:30
68. Darcie York 27:46

75. Justine Eads 28:49
77. Laura Cook 28:54
78. Cassie Bauson 29:25
80. Dale Sullivan 29:56
81. Robin Cole 30:42
82. Brian Allen 30:52
83. Adrienne Freeman 30:58
84. Vicki Boles 31:10
87. Jaime Jackson 33:48
88. Robert Cupp 34:08
91. Aubrey Jackson 35:39
92. Cory Jackson 35:40
95. Sylvia Burgin 39:38
- 100 Finishers

5K Walk

1. Jerry Lambert 31:53
2. Rick Spencer 32:27
3. Tim Taflinger 34:45
4. Mary Miller 34:45 1st

Female

5. Steve Inman 35:54
6. Anna Dollens 36:02
7. Amanda Pena 36:33
8. Dave Mygrant 36:52
9. Robin Michael 38:11
10. Jane Inman 40:22
11. Raye Jean Swinehart 40:31
12. Jayne Hiatt 40:45
13. Debbie Riffe 41:57
15. Emily Allen 45:20
16. Kathy Alen 45:21
23. Jackie Sanders 54:03
- 24 Finishers

CKRR Weekly Fun Mile Wednesday, August 6, 2008

11:00 AM Race

1. Joe Rangel 6:06
2. Jackie Sanders 16:52
3. Cindy Sanders 16:57

5:30 PM Race

1. Dan Lutes 6:17
2. Joe Rangel 6:21
3. Jeff Cardwell 6:22
4. Greg Sumpter 7:09
5. Ernie Hurst 7:16
7. Steve Wand 7:37
8. Laura Rosenstengel 7:40
9. Tami Moore 7:44
10. Darrell York 7:44
11. Matt York 7:45
12. Ron Moore 7:46
13. Barb Millspaugh 7:47
14. Kathy Murdoch 8:00
16. Brian Allen 8:45
17. Paula Kucholich 8:57
18. Amber Longwith 9:21
19. Aubry Jackson 10:02
20. Cory Jackson 10:03
21. Diana Brown 16:20

Age Graded Races Saturday, August 09th, 2008 Highland Park, Kokomo, IN

4 Mile Age Graded Run

Place	Name	Age	Clock	Split
1.	Joe Rangel	59	28:15	24:45
2.	Byron Bundrent	48	29:58	23:58
7.	Chris James	35	32:58	24:43
8.	Aurelien Mozipo	37	33:31	25:31
9.	Corianne Myer	15	33:33	28:48 1st

FEMALE

12.	Mark Shorter	56	34:16	30:01
13.	Kathy Murdoch	61	34:31	34:31
14.	Stan Shuey	67	34:51	33:21
15.	Joe Orr	56	35:12	30:57
16.	Jeff Cardwell	50	35:26	29:41
17.	Scot Hamilton	52	35:49	30:34
18.	Ricke Stucker	60	35:52	32:37
19.	Robin Tetrault	54	35:54	35:09
21.	Michael Graham	42	36:32	29:17
23.	Steve Wand	58	36:37	32:52
25.	Waylon Coulter	13	36:59	30:44
26.	Mike Deardorff	54	37:02	32:17
27.	Keith McAndrews	52	37:12	31:57
28.	Kim Lee	47	37:19	31:04
30.	Katie Hollingsworth	19	37:21	30:51
32.	Gregory Townsend	53	37:42	32:42
33.	Ken Swinehart	48	38:12	32:12
34.	Laura Rosenstengel	42	38:13	34:43
37.	Barb Millspaugh	38	38:49	34:19
38.	Jerry Meiring	51	39:19	33:49
39.	Paula Kucholich	41	39:26	35:41
40.	Vicki Boles	53	39:31	38:31
41.	Ray Tetrault	51	39:57	34:27
42.	Megan Tetrault	21	40:04	33:04
44.	Mike Rood	39	40:09	32:24
45.	Ernie Hurst	45	40:33	33:48
46.	Robin Cole	56	41:33	41:03
47.	Laura Cook	44	41:41	38:41
48.	Sarah Lee	20	42:47	36:02
49.	Karen Bush	31	43:03	36:48
50.	Chris Sullivan	47	44:45	38:30
51.	Cory Jackson	27	45:38	36:08
53.	Aubry Jackson	7	47:32	46:02
54.	Brian Allen	41	48:42	41:27
55.	Tara Steele	25	50:20	42:50
56.	Sylvia Burgin	63	51:07	51:07

5K Walk

- | Place | Name |
|-------|------------------------------|
| 1. | Jerry Lambert 33:36 |
| 2. | Tim Taflinger 35:27 |
| 3. | Amanda Pena 35:31 1st FEMALE |
| 4. | Anna Dollens 35:50 |
| 5. | Robin Michael 37:08 |
| 6. | Raye Jean Swinehart 39:49 |
| 7. | Jayne Hiatt 39:56 |
| 8. | Debbie Riffe 41:26 |
| 9. | Milt Brown 41:32 |
| 10. | Adriene Riggle 41:39 |
| 11. | Cindy Sullivan 41:42 |
| 12. | Stella Rood 42:29 |
| 16. | Diana Brown 48:55 |
| 18. | Jackie Sanders 52:31 |
| 19. | Cindy Sanders 52:38 |
| 19. | Finishers |

CKRR Weekly Fun Mile Wednesday, August 13, 2008

11:00 AM Race

1. Joe Rangel 6:06
3. Doug Mankell 8:47
4. Charlie Skoog 9:12
5. Jackie Sanders 16:39
6. Brett Sanders 16:40

5:30 PM Race

1. Dana Neer 5:07 (Club Record)
2. Tim Taflinger 5:51
3. Joe Rangel 5:59
4. Kim Lee 6:46
6. Cory Jackson 7:03
7. Megan Tetrault 7:09 (Club Record)
9. Ernie Hurst 7:23
10. Greg Sumpter 7:31
11. Ray Tetrault 7:34
12. Kathy Murdoch 7:48 (Club Record)
13. Chris Sullivan 8:06
14. Barb Millspaugh 8:06
15. Brian Allen 8:10
16. Paula Kucholich 8:11
17. Robin Tetrault 8:13
18. Joyce Pennycoff 8:19
19. Amber Longwith 8:52
20. Vicki Boles 9:31
21. Noah Cardwell 9:39
22. Jeff Cardwell 9:47
23. Aubry Jackson 10:16
24. Jaime Jackson 10:16

CKRR Weekly Fun Mile Wednesday, August 20, 2008

11:00 AM Race

1. Joe Rangel 6:07
2. Doug Mankell 8:30
4. Cathy Longwith 14:48
5. Jackie Sanders 17:12
6. Cindy Sanders 17:19

5:30 PM Race

1. Waylon Coulter 6:11
2. Dan Lutes 6:12
4. Steve Wand 6:57
5. Megan Tetrault 7:08
6. Ernie Hurst 7:17
7. Laura Rosenstengel 7:30
8. Ray Tetrault 7:38
9. Kathy Murdoch 7:51
10. Chris Sullivan 7:52
11. Robin Tetrault 8:12
12. Amber Longwith 8:34
14. Tom Miklik 9:00
15. Vicki Boles 9:15
17. Aubry Jackson 9:32
18. Cory Jackson 9:33
20. Bob Longwith 11:20
21. Jeff Cardwell 11:41
22. Noah Cardwell 12:15
23. Diana Brown 14:40
24. Cathy Longwith 14:52

(Continued on page 8)



Race Results (continued)

(Continued from page 7)

RUN FOR SHELTER 5K
August 23, 2008
Oakbrook Valley

1. Dana Neer 18:37
3. Matt York 19:59
4. Waylon Coulter 22:02
6. Al Hochgesang 22:34
8. Michael Graham 23:10
9. Scot Hamilton 23:31
12. Paul Wyman 24:23
14. Kim Lee 24:29
15. Michelle Clendenning 24:49
17. Henry Yu 25:31
19. Ernie Hurst 25:42
22. Gregory Townsend 26:13
23. Ricke Stucker 26:26
26. Jillian Weaver 26:48

27. Charlie Skoog 27:01
29. Karl Stoneking 27:18
30. Bill Bauson 27:35
31. Shelly Wyman 27:40
32. Cory Jackson 28:12
33. Sarah Lee 28:30
36. Chris Sullivan 29:49
38. Joyce Pennycoff 29:58
40. Keith Bauson 30:12
43. Jason Rush 30:30
45. Cassie Bauson 31:27
46. Vicki Boles 32:01
47. Peyton Yeung 32:35
48. Brian Allen 33:06
49. Robin Cole 33:48
56. Amber Longwith 35:40
62 Finishers

RUN FOR SHELTER 5K WALK
1. Jerry Lambert 34:37

2. Rick Spencer 34:51
3. Tim Taflinger 35:59
4. Amanda Pena 37:42
6. Robin Michael 40:55
7. Timothy Revils 42:02
9. Jayne Hiatt 43:20
10. Debbie Riffe 43:59
12. Cindy Sullivan 44:39
20. Emily Allen 46:24
51. Jackie Sanders 1:04:18
53 Finishers

CKRR Weekly Fun Mile
Wednesday, August 27, 2008

11:00 AM Race
1. Joe Rangel 7:29
2. Doug Mankell 8:42
4. Jackie Sanders 16:59
5. Cindy Sanders 17:04

5:30 PM Race
1. Tim Taflinger 5:45
2. Waylon Coulter 5:56
3. Kim Lee 6:35
5. Cory Jackson 7:03
7. Ernie Hurst 7:13
8. Ray Tetrault 7:18
9. Lisa Jones 7:18
10. Laura Rosenstengel 7:28
11. Greg Townsend 7:30
12. Chris Sullivan 7:35
13. Kathy Murdoch 7:59
14. Cindy Coulter 9:18
15. Aubry Jackson 9:49
16. Anna Dollens 9:52
17. Jaime Jackson 9:52
18. Joe Rangel 9:54
19. Bob Longwith 10:29
23. Sylvia Burgin 11:58

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 (Runners only), Haynes Apperson, Ironhorse, Panther Prowl, JN Converse, Age-graded, Run for Shelter, 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

Jillian Weaver 9-139H
Justine Eads 8-115H
Kathleen Bagwell 8-106H
Rebekah Kinney 5-77HV
Tara Steele 4-65H
Jaime Jackson 5-59V
Brianna Boles 1-20H
Crystal Cherry 1-20H
Ashley Taflinger 1-20H
Michelle Tetrault 1-20H

Kelsey Weber 2-20
40-44
Tami Moore 7-120H
Laura Rosenstengel 7-117V
Patti Reinhardt 6-105MH
Laura Cook 7-102H
Michelle Larson 3-60H
Kim Anderson 3-52MH
Joni McCracken 2-30H
Lisa Hobbs 1-20
Paula Lucholick 1-15
Diana Padgett 1-10

Rhenda Acton 5-80HV
Anne Wiles 3-50HV
Chris Williamson 3-42
Barb Wand 2-30V
Kathie Barnett 2-20

Women

0-12
Aubrey Jackson 6-110V
Victoria Christenson 1-20H
Zoe Irvin 1-10
Hannah Moore 1-10
Lillian York 1-10

60-64
Sylvia Burgin 15-250H
Kathy Murdoch 7-140
Susan Gerhart 2-35H
Roberta Hite 1-15
Shirley Wilson 1-10

13-19
Katie Hollingsworth 6-120H
Heidi Freeman 4-62
Maya Brooks 3-47
Nicole Jackson 4-43
Vanessa Lorenz 4-41
Nicole Parry 2-22
Emily Christenson 1-20H
Waverly Neer 1-20
Katie Christenson 1-15
Kayla Reinagle 1-10

30-34
Darcie York 11-167HV
Monica Brooks 6-112H
Kelly Wright 3-55H
Jessica Irvin 4-52H
Karen Bush 3-49H
Jeanette Merritt 3-40H
Robyn Pasington 2-40
Geana Moore 2-30V
Jessica Austin 1-20H
Amy Piazza 1-15

45-49
Cassie Bauson 9-160MH
Roxane Burrous 5-100MH
Cheryl Marner 3-60
Stephanie Bolinger 1-20H
Carla Yerkes 1-20H

65-69
Kathleen Leach 1-20H

20-24
Sarah Lee 8-150H
Amber Longwith 6-95
Laura Bauson 3-50M
Megan Tetrault 2-40H
Grace Bauson 2-30
Sarah Bauson 1-20
Holly Hurlburt 1-10

35-39
Heather Weber 9-160H
Nicole Peel 7-110MH
Lisa Jones 7-104H
Barb Millspaugh 5-64
Shelly Wyman 4-64
Adriane Freeman 4-53
Gina Sheets 2-30M
Stella Rood 2-29H
Jennifer Mayfield 1-20H
Lauren Weber 2-20
Natalie Weber 2-20

50-54
Vicki Boles 14-240HV
Robin Tetrault 10-200MHV
Theresa Barlow 3-44V
Michaelene Anderson 1-10
Linda Donovan 1-10
Jill Parry 1-10
Debra Perkins 1-10
Lorene Sandifur 1-10

Men
0-12
Waylon Coulter 8-160
Joshua Revils 4-70V
Quinn Reinhardt 1-20
Griffin Irvin 1-10
Corey Moore 1-10
Kobi Moore 1-10
Brayden York 1-10

25-29
Michelle Clendenning 12-187HV
Allison Irvin 9-170H

55-59
Robin Cole 13-214V
Joyce Pennycoff 11-200HV
Judy Smith 7-92HV

13-19
Nich Lipari 5-85
James Longwith 5-74
Peter Bauson 4-65H
Keith Bauson 3-45
Sam Freeman 2-40

(Continued on page 9)



Points Standings (continued)

(Continued from page 8)

Carl Christenson 2-32H	Dennis Ball 1-12	Michael Campbell 2-29H	Amanda Pena 15-224V
Jesse Bauson 2-30H	Vernon Graves 1-8	Stephen Batey 1-20H	Jayne Hiatt 15-167
Kaleb Hollingsworth 1-20H	Shawn Fain 1-6	Mark Rodgers 1-20H	Debbie Riffe 15-147V
Andrew Swinehart 1-20H	40-44	Karl Stoneking 1-12	Raye Jean Swinehart 11-124H
Mason McGovern 1-15	Michael Graham 17-249HV	55-59	Jane Inman 9-122H
Peyton Yeung 1-15	Brian Reinhardt 8-155MH	Joe Rangel 16-292H	Emily Allen 8-65
20-24	Brian Allen 11-140H	Mark Shorter 16-240H	Cindy Sullivan 5-43
Sam Williamson, Jr. 3-60	Dana Neer 7-140HV	Charlie Skoog 15-217MHV	Adriene Riggle 5-37
Charley Eltringham 3-55	Ron Moore 8-127H	Steve Wand 9-111HV	Carol Savage 2-24H
Bryan Phillips 2-40	Dan Lutes 3-55MH	Tom Miklik 8-104HV	Becky Christenson 1-20H
Zach Miller 2-35	Jack Lotzgeselle 2-32H	John Wiles 6-80HV	50+
25-29	Don Rogers 2-29H	Rocky Smith 6-63H	Anna Dollens 15-275H
Jason Rush 8-145H	Paul Cardwell 1-20H	Dave White 3-50HV	Pat Robertson 9-116H
Mark Eads 8-132H	Shawn Mayfield 1-20H	Phil Leininger 3-37H	Diana Brown 8-111V
Cory Jackson 8-122	Kevin Forgrave 1-12	Fred Chew 3-36H	Cynthia Sanders 5-63V
Nathan Hovermale 2-40	45-49	Mike Anderson 2-35H	Kathy Allen 3-45
Joseph Hubbs 2-40H	Byron Bundrent 10-190H	Joe Orr 2-24	Trudy Pierce 2-35H
Matt Yarosz 2-40	Al Hochgesang 8-147H	Steve Kilcline 1-20H	Janise Clark 2-27
30-34	Ken Swinehart 11-138H	Chris Smith 1-7	Pamela Batey 1-20H
Matt York 14-225H	Brian Moore 8-120H	60-64	Helen Brown 2-20
William Irvin 10-190HV	Kim Lee 9-117H	Ricke Stucker 17-305H	Nancy White 1-20V
Ryan Bagwell 7-93H	Ernie Hurst 9-90	David Hughes 8-130M	Barbara Hobbs 1-10
Carey Stranahan 2-32H	Phil Rozzi 6-80H	Doug Mankell 8-113H	Men
Ryan Pownall 1-20H	Bill Bauson 5-63H	Bill Barnett 5-80H	49-
35-39	Chris Sullivan 5-45	Walter Brown 2-30H	Steve Inman 8-160H
Scott Colford 10-200MH	Eric Mathew 4-42	Barry Donovan 2-30H	Tim Revils 7-117V
Chris James 8-140MH	Henry Yu 3-40H	65-69	Bruce Savage 2-35H
Scott Riggle 8-114	Gary Jewell 2-30	Stan Shuey 9-165	50+
T.A. Weber 8-111H	Kismet Morrison 2-30M	Dale Sullivan 5-95	Jerry Lambert 16-300HV
Michael Rood 5-61H	Matt Bolinger 1-20H	John Norris 2-35H	Tim Taflinger 16-217HV
Aurelien Mozipo 4-60H	Greg Sumpter 2-18	70+	Robin Michael 13-156H
Paul Wyman 4-60	50-54	Robert Cupp 9-150	Rick Spencer 9-140H
Jeff Kuczera 3-52H	Greg Townsend 15-189HV	Bill Heck 7-130V	Milt Brown 9-93V
Derick Brooks 4-42	Mike Deardorff 11-157H	Charles Johnson 1-20H	Jackie Sanders 9-89V
Donny Smith 2-29H	Keith McAndrews 10-143H	Walkers	Jim Burrous 4-41H
David Reinagle 2-27H	Earl Strong 7-140MH	Women	Melvin Hobbs III 3-33H
Keith Hill 1-20H	Jerry Meiring 11-134H	49-	David Mygrant 3-30
Mitch Reeves 1-20H	Jeff Cardwell 6-110H	Mary Miller 13-240H	John McGinty 2-17
Travis Sheets 1-20H	Ray Tetrault 8-110MHV	50+	Bob Longwith 2-16
	Russ Hovermale 5-61		Toney Lorenz 1-9
	Scott Hamilton 3-55		Darrell Pennycoff 1-9

Crater Lake Marathon (continued)

(Continued from page 5)

part two of the Crater Lake marathon you can judge for yourself Dan's writing skills.

I had an almost perfect marathon! I just did not have the perfectly trained body to meet the challenge of this course. It was the most scenic course I have ran to date and one I would consider doing again. It left me breathless and light headed. Wait, that was due to the high altitude and steep grades.

There were only two problems of note

and one did not involve me. The lead runner was on such a good pace that he ran past the turnaround point for the final 1.7 miles of the marathon; arriving before the volunteers were in place. When his Garmin was showing that he had run 28 miles he know there was a problem. But at least his Garmin was working! My was showing low battery and only gave me my one mile split. Since I could not tell how fast I was going I decided right then and there it would be easy. Not being the same type of nature loving guy as Dan, I had to make several stops starting at mile 2

(only I was classy.)

One of the highlights of this marathon was reflecting back on the 18 marathons (each in a different state) that Dan and I have ran together. I guess after all those marathons Dan is getting soft. Although he is about to complete the 50 states, we will still do some marathons down the road. I will expect a challenge, and may even train for it. But I can positively said I will look forward to the next time. Oh yeah, thanks for holding the bus.



Meeting Minutes

Club Kokomo Road Runners Meeting
August 4, 2008 6:30 PM

Members Present: Will and Allison Irvin, Travis and Gina Sheets, Mark Shorter, Brian Reinhardt, Charlie Skoog, Milt Brown, John Wiles, Robin Cole, Joyce Pennycoff, Vicki Boles, Greg Townsend, Robin Tetrault, Joe Rangel, Anna Dollens, Joni McCracken, Rebekah Kinney, Michelle Clendenning, Sylvia Burgin, Terry Townsend, Gary Jewell, Dana and Waverly Neer

Will opened the meeting at 6:40 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

Haynes Apperson

Response received from End Result that perhaps we should move on to a new race timer

Other companies have been contacted to get some estimates on timing cost

Charlie suggested that we use our own club members expertise to time races.

Terry Townsend explained how they do their own timing at the Sam Costa

Cost of putting on race was discussed

Suggested that we get together with the Haynes Apperson Sports Festival to determine expenses.

NEW BUSINESS

Rebekah announced an idea of having an all-womens race in downtown Kokomo

Race will be a 5k run and a 2 mile walk and have other events as well

CKRR will provide insurance for the event

Gina proposed that CKRR support the event and Charlie seconded.

Voted 21-0 in favor if with 1 abstain.

Charity Run

Charlie brought up the increased cost of using UAW 292 hall for the run.

Decided that location would remain the same

Discussion of change of charitable organizations that we support

Decided that we'd still support the Nesting Doves and Magic and Care Closets for now.

Discussion of whether or not the organizations that we support should volunteer to help with the Charity Run

Sam Costa (March 28, 2009)

Terry Townsend asked that the Sam Costa become a points event

Mark Shorter mentioned that all CKRR members receive 20 points for any half marathon.

Discussion tabled until membership is notified in the newsletter of Terry's request.

Mike Cowan Scholarship

John proposed that we add volunteering for a club event as a requirement for determining scholarships. Joyce seconded.

Club voted unanimously in favor of

Brian motioned to adjourn at 8:35 PM. Greg seconded. Meeting adjourned.

Next meeting scheduled for September 8, 2008 at the Half Moon at 6:30 P.M.

In Passing—Steve Moon

By Gary Jewell



THE GUYS: Steve Moon, Howard Harrell, Gary Jewell, David Gardner, and Terry Fletcher.

Former Club Kokomo member Steve Moon passed away around 11:00 on the night of Tuesday, August 12th in Colorado

due to complications stemming from cancer that had spread to his liver. A short time earlier Steve had entered hospice care.

Most of our newer members never knew Steve. In 1989 Steve was an IC design engineer at Delco Electronics who was also rapidly ascending the road racing and triathlon rankings. At a stringbean 6'6" Steve was an intimidating presence behind his Oakley's. In reality, Steve was a great guy as well as being a fierce competitor. You always knew that when you went up against Steve at a race you were going to get his best effort.

A couple years later seeking greener pastures and better training weather, Steve left Indiana and headed west.

Last summer David Gardner, Howard, and myself feted Steve at Terry Fletcher's north-side Indy apartment. Steve had recently completed treatment for colorectal cancer and things were looking good. Talk that evening centered on life – in general, running – in particular, and racing – in specific – especially triumphs over each other. As the evening wore on Steve promised that the next time he was in town we'd all get together for a run. Unfortunately, as fate would have it, we never got that chance.

2008 Race Calendar

September 6
Kim Adair 5k Run/Walk
Time: 8 AM (can register at active.com)
Location: Sharpsville, IN

September 27
9th BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnettsville, IN

October 4 **New Date!**
Cole Porter 15K Run/ 5K Run/5k Walk
Time: 9:00 AM
Location: Circus Building, Peru, IN

October 26
Club Kokomo 8k 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 292

December 31
CKRR New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW 292

Other Races

September 1
North Salem Old Fashion Days 10k Run/5k Walk
8 AM
North Salem, IN
317.460.9800

September 7
Hill Fest 5k
9:30 AM
Northview Christian Life Church
Mike Putnam
317.596.0017

September 13
Dick Lugar Run 10k/5k Run and 5k Walk
8 AM
Butler University
Don or Kathy
317.733.3300

September 20
Zionsville Optimists Hit the Bricks 5-Miler
8 AM
Zionsville High School
Bob Sheridan
317.372.1976

October 11
Sheridan Harvest 5k Run/Walk
8:30 AM
Biddle Memorial Park
Sheridan, IN
<http://www.kenlongassoc.com/sheridan08.htm>

HESP (Haitian Environmental Support Program) is sponsoring a walk on October 4th at Highland Park from 7:30 a.m. to noon. HESP would like to invite everyone to help support this program that sponsors 75 orphans in Haiti. Meet at Big Ben and run the loop. Each loop counts as one lap. You can walk or run for as long as you like. The person who walks/runs the most laps will win a nice prize! There is a \$5.00 registration fee. If you donate an additional \$20.00, you will receive an HESP t-shirt. This is tax-deductible. This is a great way to get your walk/run workout and win a prize! If you have any questions, please contact Vicki Boles at vickipe@aol.com.

Joe Rangel Takes Age-graded Title

(Continued from page 1)

Corey Scott, who placed 3rd overall, posted a 4 mile split of 21:35. Gary Callahan placed 4th in 30:37.

Western sophomore, Corianne Myer, was the top female finisher placing 9th overall in 33:33. Murdock was the 2nd female placing 13th overall in 34:31. Robin Tetrault placed 3rd in the category in 35:54 while Lesley Myer claimed the 4th spot in 36:27.



Jerry Lambert was tops in the walking category in 32:07. Tim Taflinger finished 2nd in 35:27. Amanda Pena was the first female walker

placing 3rd overall in 35:31. Anna Dollens placed 2nd in that category and 4th overall in 35:50.

75 runners and walkers completed the field.

On the left: Second place overall finisher Byron Bundrent completes the run.

Above: Overall walk champion Jerry Lambert.

