

THE ROADRUNNER CLUB KOKOMO ROADRUNNERS



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November 2008

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Next Race:
November 15
 McKinley School
 4-Mile Run and 5k Walk
 9:00 AM

Hot in the City!

By T.A. Weber



After several years of watching others (including my wife, Heather) attempt, complete, discuss, and have that joy of marking off that accomplishment in their 'to do' column, I decided to sign up for my first marathon. After discussing this idea with Heather, we decided to run the Chicago Marathon. It was close to home, a fun city and it would be nice and cool in October. Right? Surely last year's heat was a fluke, a rarity, could never happen again.... I think the biggest concern that Heather had was that after she filled out the online registration, I hit the 'submit' button, so I couldn't walk around with that "Help me. My wife makes me run" T-shirt for 4 months. If you aren't aware of the shirt, I have worn it since my first mini marathon, going on 9 yrs now.

Training began around July sometime. We are blessed to have several fellow runners/friends who were also training for their own Marathons, or at least willing to run with us at various times, (Chris James, Will Irvin, Allison Irvin, Earl the Pearl, Nicole Peele, Ryan Pownall, Aurelian Mozipo, etc..), we thank you ! Heather and I were both running this race, so we had to coordinate our schedules accordingly so someone would be home with the 3 little uture runners. Heather, thankfully, was the one hitting the road at 4.45am, 5am on most of her runs. Then, she would get home and I would take off. We set up one day a week to be our long runs and the other person would not typically schedule a run that day. My long day was Wednesday.

The ups and downs of training came and went over those weeks. I had blocks of days where I didn't want to go out, didn't want to think about running, but I did. Don't get me wrong, I missed days as well. I mean, I'm the guy who ran a total of 9 miles between 2 Indy Mini-Marathons once. I paid dearly for it and have never wanted to repeat that horror. So, I knew I had to train. I knew I had to run further than my longest run to that date, 13.1 miles. It was such a rush each time I would come home knowing that I had run 15, 17, etc.. and that being the longest I had ever gone. The amazing aspect to me was that we do this, then we go to work! We do not sit around and celebrate those long runs, there isn't any tent at the end with Charlie Skoog handing you a beer and a hand shake.. just a long run, shower and on with life. I have never felt so good about running, never had more respect for run-

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Nickel Plate 8k Run and 3 Mile Walk

By Brian Reinhardt

For those of you who went for a run yesterday and were cussing the wind, you should have shown up for the 2nd Annual Nickel Plate Races! Nothing like a trail through the woods to block any kind of wind. It couldn't have been a more beautiful fall day to run this race and it sure seemed like everyone who did attend sure had fun!

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From the President

By William Irvin



The Club elections are coming up and Mark Shorter will be sending out ballots for all of you to send in with your selection for all but the Treasurers position. My 4 year term (2 year VP and 2 year Pres) is coming up and Gina Sheets is going to run (unopposed?) for the president's spot. I have heard that there are two Club members interested in running for the VP spot so keep your eye out on the ballot and send that in as soon as you receive it.

Fall Marathon Season

What a fall marathon season CKRR has had! WOW! Heather Weber and TA Weber ventured up to the Chicago and battled the heat to finish Chicago Marathon. This was TA's first marathon and from what I hear he finished with a smile on his face! There is a lot to be said about having the energy and to not be in a lot of pain to finish with a smile on your face! Congratulation TA! Heather is a seasoned veteran in the marathon and finished in time to qualify for Boston. After talking with Heather, it appears that she had a tough time in the middle of the marathon and cannot remember too much for about a 10 to 15 minute time period was a little dehydrated and was even asking for a stretcher at one point, but she regained her composure and finished. I have been running with Heather for a couple of years and there is one thing for sure and that is she is one tough girl. Congratulations Heather!

CK members Bill Barnett, Todd Moser, Joe Hubbs, and Don Rogers ventured to Indianapolis to Fort Benjamin Harrison to run the Indianapolis Marathon. With a time of 3:55 and a third place finish in his age group, Bill qualified for the Boston Marathon. Congratulations Bill! Todd completed his first marathon in a time of 4:08. Congratulations on your first marathon finish Todd.

Matt and Darcie York, Allison, Nicole Peel, Gina Sheets, Dan Lutes, Earle Strong, and I traveled to Washington, DC to run the Marine Corps Marathon. What was looking to be a wet cold marathon in the days leading up to the run turned out to be a perfect day for a marathon. Morning temperatures were around mid 40's and it topped off around 65 with sun and not a cloud in the sky all day. What a day to tour the nation's capital and to run a marathon all at once.

Matt and I ran the entire race with the 3:10 pace group with no problems at all, either that or neither one of us was going to admit it. This was the first time that I had run with a pace group and I am not sure that I enjoyed it all that much. It seemed as if there were single file runners in front of us and also behind us, but the 3:10 pace group was elbow to elbow for about 18 miles and there were roughly 30 of us packed together pretty tightly. I tried to stay outside of the pace group to avoid the elbow jostling and to avoid the mass chaos at the water stops, but it was like a vacuum; once you were in you were in. With water tables on both sides of the street the pace group runners ping ponged from one side of the street to the other in an attempt to grab their cup of water/Powerade. All was well with Matt and I and our pace until at mile 24.5 I had a cramp in my right leg that hindered my pace just enough to slow me down beyond the pace needed to finish around 3:08. Since Matt is under 35 his Boston Qualifying time is 3:10, 5 minutes faster than my BQ time of 3:15. Matt and I agreed going into the marathon that it was 3:10 or not and me slowing down with the cramp instantly put his BQ time in jeopardy if we stayed together. As I grunted with concern from the cramp and the thought of having to slow down, I waved Matt to go on and save his BQ time since the pace group had only banked about 2-3 minutes. A short stop to stretch out the cramp and then on my way to the finish line just behind Matt. Matt and I both had an excellent marathon time and qualified for Boston. This was Matt's first attempt at the marathon distance and it appears that he had good success. Congratulations Matt, I look forward to our trip to Boston in 2010.

Darcie had quite a day herself running from this point on the course to that point on the course to see Matt running and to cheer him on. I am not sure who was more nervous, Matt or Darcie! Not sure who enjoyed the finish more either as Darcie cheered on Matt and began to tear up as he approached the

From the President (continued)

finish line.

Allison started her day off with the 4:00 pace group with the idea that she would try to go under 4:00 as much as possible. She stayed with the pace group for the first four miles and thought that they were going a bit slow for her, so she sped up and gained a couple of minutes on them during the marathon. Running by herself and enjoying her tunes and the buildings and monuments of DC she easily cruised to an under four hour finish.

Watching her finish and talking to her at the end you would have never known that she had just finished running 26.2 miles or that she was on her way to finishing.

I will have to say that since the marathon was in a city where you have to see a few places while you are there the temptation to see a lot can over ride your marathon common sense. Needless to say Allison and I ended up walking for half the day on Saturday-in the pouring rain. Allison's brother lives in DC so we jumped on a Metro (subway) and went over to visit

him and his three boys. We then made our way back to Arlington National Cemetery to see the Tomb of the Unknown Soldier and the changing of the guards, J. F. K.'s eternal flame. I will have to day that Arlington National Cemetery is a humongous place and not one that you want to visit the day before a marathon.

Marine Corps Marathon
 October 26, 2008
 Washington, DC
 1. Andrew Dumm 2:22:44
 1w. Cate Fenster 2:48:55
 291. Matt York 3:08:42
 344. William Irvin 3:10:19
 1255. Dan Lutes 3:30:46
 1810. Nicole Peel 3:39:03
 2033. Gina Sheets 3:42:00
 2226. Earl Strong 3:44:22
 3892. Allison Irvin 3:58:56
 18260 Finishers



Which way do I go? Allison, Will, and Matt before the start of the Marine Corp Marathon.

Due to the overwhelming response of enthusiasm from my students, I desperately need all the trophies you might like to get rid of. I did get a great number of donations from our runners but it will not meet the need of our entire elementary. I presented our first group of trophies at the elementary program yesterday and the kids were SO excited. They begin their run at 3 minutes and gradually reach the 10 minute run. The parents were impressed also at your generosity of donating trophies. I can use any trophy. We pull the front metal part off and replace it with a label that looks perfect for our little runners. This is a great transition activity that will lead into the Coyote Kid summer running program. If you would like to donate your trophies, please drop them off at Maple Crest School or bring them to the Wednesday night run at 5:30 p.m. Let me know about the Wednesday drop off so I can be there to pick them up. If you need to contact me give me a call at 765-437-4318. Thank you! Vicki Boles

New Members

Jamie Dunlap

Sheryl Merkel

*Welcome to
 Club Kokomo!*

Send any nominations for officer positions by November 15 to:

Mark Shorter
 c/o Club Kokomo Roadrunners
 2936 Congress Drive
 Kokomo IN 46902

Be sure to check with the individual before nominating them for a position. Self-nominations accepted.

The club is looking for individuals who might be interested in taking photos at club events. If you have an interest in photography contact Brian at the email address on the front of the newsletter to find out what this might entail and to gather more details. Multiple photographers would be more than welcome. Photos at club events give all members the chance to be recognized for their accomplishments.

On the Roads

By Johnnie 'O



Johnnie 'O, Charlie seeking Goodfellows

Last year, 28 Club Kokomo Roadrunners became Goodfellows and helped 1,866 needy children get clothes during the Christmas season. Johnnie 'O asks CK to step forward again this year and lend helping hands to Goodfellows.

Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program is a not-for-profit organization that is directed by a community-based volunteer board of directors. There are no paid staff positions. Jean Lushin, Center Township Trustee, has been the Goodfellows unpaid volunteer director for 28 years. Johnnie 'O is proud to say he has been associated with Goodfellows for 38 years and is president of its board of directors. He also is proud that fellow CK member Dave White joined him on the board in 2005.

Last year, Goodfellows provided clothing to 833 families in Howard County at a cost of \$111,862.86. Goodfellows is the only organization that can say that all the money it receives from We Care is used at Christmas to purchase clothing for needy children in Howard County. Goodfellows also receives individual and corporate donations. Money not spent on the

Christmas program is used for scholarships and other youth programs. Goodfellows donated \$3,500 to Club Kokomo's Coyote Kids this year.

Howard County families will apply for Goodfellows assistance on Nov. 5 and 6, and Dec. 1-5. To receive assistance, families must meet Goodfellows eligibility requirements, which include gross income of the entire household not to exceed 150 percent of the Federal Poverty Guideline. Applicants are interviewed by volunteers when they sign-up for assistance and their applications are investigated to insure that only the truly needy receive help. Of the 936 applications filed last year, 113 were denied or not re-deemed for a variety of reasons.

Applications will be taken from 6 p.m. to 8 p.m. on Nov. 5 and 6, and from 9 a.m. to 3 p.m. Dec. 1 to Dec. 5 at 1401 N. Washington St. (the former Marsh store).

Approved families receive vouchers for clothing. This year, parents will redeem the vouchers at Meijers from 6 p.m. to 9 p.m. Dec. 14-18. Recipients are assigned a specific day to shop with the number of shoppers each session based

on the total number approved for assistance. Last year, about 166 families shopped each night.

During a shopping session, the applicant picks out clothes from the children's section in Meijers. Store personnel do an excellent job of keeping the shelves stocked and assisting the applicants.

The typical Goodfellows recipient is a



Diana Brown and Stan Shuey check prices of items selected.

single, teen mother. She is not used to spending an average per household of \$135 on children's clothes. This is where volunteers are needed on the shopping nights. They use handheld scanners to total dollar amounts before the applicant goes through the cash register lines. More times than not, the applicant is surprised that she still has money to spend.

For Johnnie 'O, helping young mothers buy clothing for their children is the best present he receives at Christmas. Having Club Kokomo friends helping him the last few years in this worthy effort has made that present even better.

Last year, Club Kokomo, Kokomo Firefighters, the Kokomo Tribune, and the Marine Corps League helped during registration and shopping. Johnnie 'O asks Club Kokomo to again help take applications and help recipients shop. During the shopping, Club Kokomo's night will be Dec. 16 (Tuesday). Volunteers start at 6 and normally finish by 9. Meijers provides snacks and soft drinks, so a volunteer does not miss dinner.



On the Roads (continued)



The Allen family is very active in club activities.

If you can help, contact Johnny 'O at home (765) 452-6706; work, 765-454-7926; or email at jwiles9890@aol.com.

If you volunteer, you will bring smiles to children. You also will bring a warm feeling to your heart.

THANKSGIVING

The Annie 'O Pie 5K Fun Run/Walk will be Nov. 27 (Thanksgiving) in Highland Park.

The Thanksgiving Fun Run/Walk was started 13 years ago when, following a very tough Wednesday night training run in mid-November, Club Kokomo Hall of Fame member Bill Bennett suggested the group meet Thanksgiving morning for a non-race, fun run/walk with friends. Johnny 'O put a note in the newspaper, and Thanksgiving morning more than 50 people showed up to run and walk.

Bill has since moved to Georgia, but Johnny 'O and Club Treasurer Mark Shorter have continued the tradition of

the 5K Fun Run/Walk in the park on Thanksgiving morning. For most of those years, Annie 'O has baked pies that are given away in drawings prior to the run/walk. Three years ago, at Charlie Skoog's suggestion, the annual event was given the moniker, Annie 'O's Pie 5K Fun Run/Walk.

This year Mark and Johnny 'O will be at the open-air shelter near the park's flagpole on Nov. 27. The run/walk will start at 8 a.m. There is no entry fee, but come before 8 a.m. and sign up for Annie 'O's free pie drawings. You also can buy a 50-50 ticket for \$1 from Mark. Proceeds from the 50-50 drawing benefit CK's youth scholarship program. The pie drawings are free and benefit the winners' taste buds.

All drawings will be about 7:50 a.m., because tradition dictates that the lucky winners must lead the start of the fun run/walk.

Hot in the City! (continued)

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ners like Heather.

One great training run was in San Diego on Coronado Island. We were there for a friends wedding. Heather and I don't typically run together, but we were able to get a nice 12 mile run in on the island. I have learned that vacation runs are a great way to see the area where you are staying. For those of you who do not know, I have had some health issues over the past few years and as a result poor eyesight at times. Morning (darkness) runs were a bit intimidating. Thankfully, I had Allison Irvin to run with in the darkness and on most of the long runs. I think after 150+ miles together, she only let me fall once on Webster Street! Another memorable training run, with Allison again, was a scheduled 18 miler. We were about 5 miles in and 'GI Joe' crept up on me. I looked at Allison and said something like "Uh oh.. we need to get back to my house quickly".. We didn't get the rest of those miles in that day. Allison and I did get a 22.2 mile training run in that I believe

helped me get through Chicago more than anything else.

After many hard months of making time to train, it was time to get in the car and head to Chicago. I think the term "ignorance is bliss" applies to so many things, including marathons. I really don't think I was too nervous, I didn't have a true handle of what was coming my way that next day. The morning of the race, Heather and I made our way to the start corrals. She dropped me off at "D" and then made her way to the Elite corral. The crowd started moving and we were off. I cannot remember the individual mile markers and what I was thinking at most of those early miles. I do know that I felt great, I was going my comfortable pace. I had the "3.50" pace guy in my sights for the first 17 or so miles. I remember thinking to myself "I will get a 2nd wind and pass him at the end". Uh.. that didn't happen. Wow, do things change after 20+ miles. It was very hot, I was looking for shadows to run under just to get out of the sun. The first thing that I told Heather, the first thing that came to my mind at the

end was "I think I was bored", it is just entirely too long to be running. Maybe it would be different if I had someone (like Allison) to run the whole thing with, but I don't know.. Around 20+, I started grabbing 2 waters, walking through those stops, fast walk, jog, run a bit, repeat.. I kept thinking, ok this is just a run to the Country Club and back.. you can do this in your sleep. I finally made it to 26 and made it up the bridge to the turn. Seeing the finish line of your first Marathon is such a wonderful sight and feeling for many reasons. I wanted to run 4 hours or less but ended up at 4.05. I am happy with my time. I am more happy with whole experience that led to that day. I might have to retire that "Help me" shirt. By the way, Heather ran a 3.36 and qualified for Boston. Not too bad for having a miserable race, seeing black and nearly fainting at 17. She was glad to have finished on foot and not on a stretcher. I think we should be both be proud of ourselves considering it was "Hot in the City" that day!

Two Marathons in One Week

By Robin Tetrault



We highly recommend vacations with your marathons! Ray and I flew into Hartford CT and rented a car to drive to our first marathon destination, Bristol NH. The colors began to unfold as we headed north. The New England states are so beautiful with the mountains, streams, hills, and lakes. We drove through 4 states in 3 hours on Friday, and that was NOT counting Indiana!

Ray had asked the people from New Hampshire if it was a hilly race. They told him, "There are about 6 major hills." They lied! Just driving around told us we were in for a challenging marathon.

We arrived at the Inn and set out to find the packet pickup. One problem...I forgot the sheet I had printed the night before with that information on it. Fortunately, some fit looking neighbors at the Inn had the information. Now we just had to find the middle school on the main road. We found the middle school with the help of a local policeman. We got our packets and information for the morning race and were concerned as there was only one road into this small town where the race start was marked. They said not to worry. They were shutting the road down for two miles on Saturday morning and we would have the whole road for the first two miles. Unbelievable! And they did! We ran the UPHILL 2 miles right past our Inn. The course was difficult, but one of the most beautiful courses of natural beauty that we have run yet! The streams, waterfalls, dams, the lake, gor-

geous colored trees, the HILLS! We had to work hard to manage the hills in the first half of the marathon. The good news was the first 2 miles would be our downhill 2 mile finish. The course ran out to the lake, started around the lake, ran out a 3 mile stretch or so and back to finish around the other side of the lake. The brisk morning temperature was 39 degrees, but a promise of sun and no rain. It really was perfect running weather. I just prefer the 70's. The second half began to take its toll, but we met up with some other people on the return leg and we talked, ran, and walked with them making the time not drag. Hills, as any of you know that have done a marathon with Ray, are his favorite and he kept me going. The last few miles he was feeling good and I was struggling to maintain any kind of pace. I was glad he went on, so I wouldn't be holding him back. My calves were screaming the last two miles from running on the side of the road, the hills, and the sandy shoulder I spent some time on. I cried when I finished because our time was so good for such a difficult course. Ray's time was: 5 hrs 21 minutes and my time was: 5 hrs 25 minutes. They offered free massages after the race and covered you in a wool blanket. You needed it as the temperature was a cool 50 degrees, cloudy, and windy.

The highlight for us both was the Bridgewater Inn. The accommodations were warm and homey. The food at the Inn was the BEST we had on our whole trip in N.H and Cape Cod. If you still have to do New Hampshire we highly recommend the Bristol Marathon, and we will go back with you!

On Sunday, we had breakfast in the little diner downtown and I bought a bottle of REAL maple syrup. MMMMMM I did-

n't think about having to put that in my suitcase. We started out for Cape Cod after breakfast and enjoyed a beautiful fall day. We drove through Boston and out to the Cape. We were moving slowly, but excited about our vacation! The weather was beautiful all week and we did a lot of sightseeing and eating seafood and steak. We visited lighthouses, walked the beach, took a boat tour of Hyannis Port, and visited the shops. On the day we were heading to Boston, we took a detour to Plymouth Plantation and the Mayflower II. We never made it to Boston. We did a lot of walking, swimming, sitting in the whirlpool, and one day we ran and walked on a trail near our hotel.

Friday we left the Cape and drove to Simsbury, a suburb of Hartford, Conn. where one of my best friends from college lived. We spent the night with Linda and



Rob. We went to the expo/packet pick up and met them at their home. We had a great dinner at "5 Guys and Fries". It was a GREAT burger and a bag of fries. Perfect pre-race food....Anyway, Ray had asked the Connecticut race organizers if it was a hilly course. Knowing it was going to be our second in a week, we were a little concerned. They said it was pretty flat and fast. "A great Boston qualifier!" Guess what? They lied, too! WE wouldn't call it flat. Apparently these people have

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Nickel Plate 8k Run and 3 Mile Walk (continued)

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We had a number of folks who had never run or walked on the Nickel Plate Trail and I'm sure they'll be back.

Scott Colford dominated the men's race with a 27:54 winning time and Lisa Jones easily won the women's race with a 40:53. Rick Spencer (31:26) and Mary Miller (33:04) respectively, won the walking event. There were a number of club records set in the race as well as Scott Colford and Lisa Jones (35-39), Byron Bundrent (45-49), Joe Rangel (55-59), Ernie Strawn (65-69), and Bill Heck (70+) all set club records.

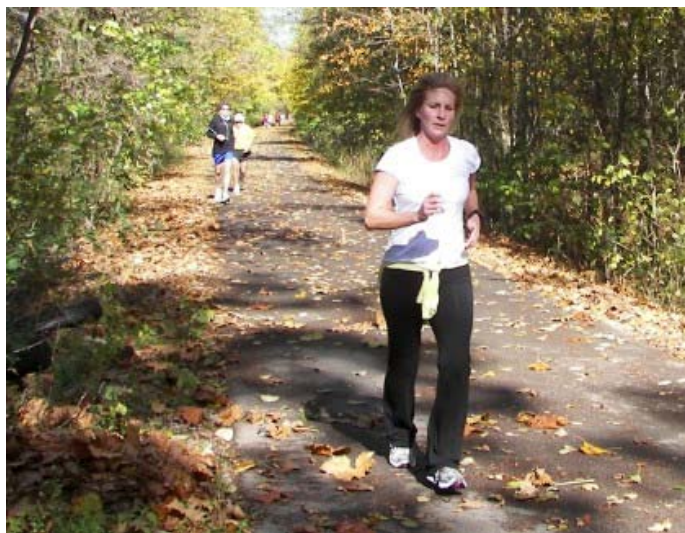
Thank you so much to the volunteers who made this race possible, especially Patti who prepared our house for the post race festivities. Nobody seemed to mind their duty along the trail and each of them walked back to the house when the race was over to enjoy the trail themselves. We threw some burgers and dogs on the grill, built a fire in the pit and just kicked back. Down in our little valley it wasn't even that windy so we just soaked up some sun and enjoyed each others' company.

The race grew from 23 Finishers last year to 53 finishers this year and many of the same competitors returned. It was also nice to see some new faces at this event because I think it will continue to grow just from word of mouth as more and more people witness the beauty of the trail.

Thanks again to each of you who helped put on this event! It went off without a hitch!



Above: Nich Lipari gets off to a fast start. Scott Colford would take control moments later. **Below left:** Ray Tetrault and Mike Daugherty followed closely by Bill and Peter Bauson. **Below right:** Barb Millspaugh nears the turnaround with Dave Reinagle and Stan Shuey just behind.



Two Marathons in One Week (continued)

(Continued from page 6)

never been to the Midwest where FLAT means FLAT!

I really struggled physically and emotionally to stay with Ray. He had that wonderful "clock in his head" figuring we had to be at 16 miles by a certain time to make it in by the 6-SIX HOUR time limit! YIKES! We thought we'd have 7 hours. Six made me a little nervous....what if I just

poop out?? Well, it took me about 14 miles to finally feel loose~but Ray was great to just keep me going. We made it to the 16 mile mark in plenty of time to spare so we could "coast" in. Yeah, right! THAT's where the tough hills were! After we made that mark, we walked and ran until by the last 2 miles we just walked. Ray's knees had had it! He said he just wanted to finish with me. I felt the same way. So we walked hand in hand those

last two miles, rounding the curve and running to the finish line. YEAH!! We ran two marathons in a week. I NEVER thought I'd do THAT!! NEVER say "never" runners. I keep eating my words.

Don't be afraid to set goals and try new things. You don't have to be fast and set records. Just run and enjoy the beautiful world God has created and the people He has put along your path. We are SO glad we have! Our lives are richer for it!!

Triple Lakes Race

By Brian Reinhardt



I'd been looking forward to this trip more than any other marathon trip that we've been on and it had nothing to do with the marathon at all. Yeah, I was looking forward to running some rugged trails, but much more than that I was looking forward to spending some quality time with my best friend of 34 years and his family. It didn't disappoint.

Patti, Quinn, and I got off to an early start on Thursday morning and were on the road before 6 AM. We figured that'd get us in about 4:30 in Greensboro, NC and we were right on time – arriving at 4:25 to hugs and smiles all around. It's nice to be wanted. Vern's wife Deana knew that we'd be tired and hungry so she'd "pre-prepared" some goodies for us – cheese, crackers, humus dip, fruit, homemade salsa, etc. and put Vern to work grilling some chicken wings and sausage on the grill. That'll work! Welcome to North Carolina! We nibbled and caught up and it was if minutes had passed instead of years and it's that way every time we get together. We spent the rest of the evening just sitting and talking wondering what those terrific smells were coming from the kitchen. Deana had prepared a delicious lasagna and salad as well thinking that the marathon was the next day! It was wonderful and she even let me say the prayer before we ate.

Vern and Deana have a beautiful home and they set up base camp for us in a suite in their walk-out basement. You'll not get accommodations like this

in a hotel! Spoiled? Uh..... yeah! We got a very good night of sleep and then got up for an easy 3 mile jog around the neighborhood to loosen things up a bit for Saturday. After that we picked up our packets at a local running store and then checked out the course and where Vern could meet up with us for photos, etc.. We then headed back to the house for a nice lunch of leftovers from the night before. From there it was off to a local science museum/

zoo all wrapped up in one and Vern paid our way in and wouldn't take a penny! Thanks! It was a great place and the kids loved it and so did we. We'd never been to a zoo where the animals were so active. First time we'd ever seen live tiger love! We even "petted" some tortoises who loved the attention! What? Anyway, a great time! From there it was back to the house for a supper of roasted pork, potatoes, corn, beans, rolls, salad, etc.. Wow! Deana can cook! After that we were all tired and ready to rest so we lounged around and visited some more.

Up the next morning for the marathon and it was 48* and so calm you could spit in any direction with no worries! We got our gear around and had no concerns about having to get there early or any-

thing because it was such a small event. We followed Vern to the park (he had to have his own wheels to get around and to bring Quinn back later) and arrived at about 20-25 minutes before the start. You gotta love that! We hit the restrooms, got our Garmin's tuned in, took a couple of pre-race photos, lined up and we were off – just like that!

The course was about 1.5 miles on a paved trail, 23 miles on single-track rooty hilly trails, and then a short stretch on paved trail again before finishing on grass. So, for the most part, it was a pretty rugged course. I had no real goal to be honest but I imagined that I could finish under 4 hours if things worked out well. I got off to a good start with that in mind, but perhaps too good of a start. It was just so fun to run those trails – dodging, hopping, skipping, jumping, etc. that I just got lost in the momentum of the race and was knocking out some 8:15-8:30 miles on what could only be considered difficult terrain. It wasn't yet too awfully hilly, but rolling and twisting for sure with never a section of more than 3-4 feet without a root! I loved it! I ran the first almost 12 miles with 3 other guys before two of them turned off for the 40 miler and one of them hung at the aid station while I continued on. I hated to see them go because it was fun running and chatting, but it was just as nice being alone in the



Quinn was there to encourage both of us and Vern took photos at numerous locations.

Meeting Minutes

Club Kokomo Road Runners Meeting
October 6, 2008 6:30 PM

Members Present: Will Irvin, Gina Sheets, Mark Shorter, Brian Reinhardt, Quinn Reinhardt, John Wiles, Greg Townsend, Sylvia Burgin, Scott Riggle, Bill Barnett, Milt Brown, and Tammy Pressey (visitor).

Will opened the meeting at 6:35 P.M.

REPORTS

Financial Report given by Mark Shorter

OLD BUSINESS

Policy for use of club equipment
Gina suggested having a sponsorship fee for use of the equipment for races other than club races.

She will draft a letter and bring it to the next club meeting for review.

NEW BUSINESS

Possible collaboration with YMCA?
How does it benefit the YMCA and Club Kokomo?
Possible involvement in Coyote Kids?
Possible club involvement in a race sponsored by the YMCA?

Purchase of port-a-pot for Nickel Plate Trail

Brian proposed that the club spend \$100 to help the Friends of the Nickel Plate purchase a port-a-pot for the NPT. Gina seconded.

Voted 10-0 in favor of. 1 abstain.

Elections of officers.

Send nominations to Mark Shorter by November 15.

End of Year Awards Committee

Interest in committee to determine awards contact William Irvin before the end of November.

Club Photographer

If interested contact Brian at the email address on the front of the newsletter.

Gina motioned to adjourn at 7:52 PM. Brian seconded. Meeting adjourned.

Next meeting scheduled for November 3, 2008 at the Half Moon at 6:30 P.M.

Triple Lakes Race (continued)

woods. One of the guys who was running the 40 was a first-timer and I figured he'd really crash and burn by running so fast, but he ended up finishing 2nd in the 40 and his average pace was about 30 seconds per mile faster than mine! He was a machine! He didn't look like an athlete at all, but he sure was! Anyway, the next trail was similar to the first three and I ran with a guy for a bit in there and he warned me about the Nat Green and Owls Roost trails. He said he ran these trails every weekend and that the real race hadn't yet started. Uh oh. I reached mile 15 or so in pretty good shape, but starting to tire for sure. I passed Quinn and Vern at the beginning of the Nat Green Trail and wasn't on it long before the guys words reverberated in my head as I climbed a brutal hill. It wouldn't be the last. In fact, it wouldn't ever stop for the next 9-10 miles! Those two trails were really tough and I had to walk many of the uphill because my hammys had no power left in them! I was okay with that and had no real reason to compete so I just settled in to a slower pace and chugged along – up, down, up, down, turn, repeat. I went by a few and a few went by me, including the guy who I ran the first 11-12 miles with (he was running very well. I just encouraged them and let them go and before I knew it I was coming out of the woods onto the short paved section of trail and there were Vern

and Quinn. Quinn didn't even say hi, but instead said, "If you work hard you can beat 4 hours!". Man, I love that kid. Apparently I worked hard enough because I came across at 3:57:14 and got second in my age group!

Vern, Quinn, and I hung out and enjoyed the atmosphere and watched others finish the races. I actually passed a number of half marathoners who'd started a half hour later and turned ahead of us part way through. 3.5+ hours is a long time for a half! We watched as guys I'd either run with or seen on the trail came across the line and we encouraged each of them. I filled out a card with my fleece jacket size (the award for finishing 2nd in my age group) and they'll send that to me in the coming weeks. It's a very nice looking full zip jacket. Eventually we walked up the trail into the woods and here came Patti! She did so well with her hamstring issues and seemed to really enjoy the marathon, regardless of how tough it was. The four of us talked about the race and just enjoyed being in that moment. I even got to put Patti's finisher medal around her neck and the announcer even announced that it was Patti's 18th state in her quest for 50! Great stuff!

Once we made it back and got cleaned up we found a refrigerator magnet for Patti, grabbed some greasy cheeseburgers (our food of choice after a marathon) and

then headed for Vern's property in the country so he could show it off a bit. He's got 30 acres of wooded prime hunting land and he knew that I'd appreciate it. It was just what the doctor ordered to move around like that on our tired legs and we just sipped beer and enjoyed the woods some more. Vern and Clay are even building a tree house to hunt from that we got to see and we talked hunting, etc. and Patti and the boys just listened to us ramble.

We got back to the house and Deana had prepared some more burgers and fixin's so we pigged out again. Vern and I then got out the shovels and dug up some worms for the boys to use while fishing while the girls enjoyed talking. Both boys had some success, Quinn with Bluegill and Clay with Bullnose Catfish, and everything just seemed right. While the boys fished Vern and I fired up the fire pit and parked it and the girls eventually made it down as well. Sitting around a fire by the lake with your family and best friends after completing a marathon – could it get any better than that?

We eventually made it off to bed and up the next morning for the return trip home. Just like the trip down, it was uneventful and went smooth as silk. Life is good folks. Life is better when you have friends and family to share it with. Life is best when God blesses us so abundantly.

Race Results

CKRR Weekly Fun Mile
Wednesday, October 1,
2008

11:00 AM Race

1. Jack Mellinger 8:05
4. Cathy Longwith 15:09
5. Jackie Sanders 16:55
6. Cindy Sanders 16:59

5:30 PM Race

1. Ryan Kwiek 6:14
6. Greg Sumpter 6:57
7. Cory Jackson 7:07
9. Laura Rosenstengel 7:33
10. Ernie Hurst 7:33
12. Jack Mellinger 7:41
13. Jeremy Sumpter 7:53
23. Aubry Jackson 10:02
24. Jamie Jackson 10:02
25. Christian Cox 10:17
26. Bob Longwith 10:21
31. Diana Brown 14:51
32. Cathy Longwith 15:13

22nd Annual Cole Porter
Classic
October 4, 2008
Peru, IN

15k Run

1. Scott Colford 51:09
3. William Irvin 58:39
4. Matt York 58:47
5. Joe Rangel 1:00:35
6. Heather Weber 1:00:59
- 1st Woman
8. Scott Riggle 1:06:18
9. Kelly Wright 1:09:20
10. Earl Strong 1:11:01
11. RJ Kerr 1:12:14
12. TA Weber 1:12:41
13. Ryan Pownall 1:12:42
14. Allison Irvin 1:13:11
15. Jeff Cardwell 1:13:18
17. Greg Townsend 1:17:09
18. Mike Rood 1:17:18
22. Mike Deardorff 1:21:49
24. Kim Anderson 1:25:35
- 30 Finishers

5k Run

1. Byron Bundrent 18:05

2. Ron Moore 20:11
3. Wylon Coulter 20:23
4. Michael Graham 22:00
6. Mark Shorter 23:06
7. Lisa Hobbs 23:21
9. Keith McAndrews 23:54
10. Ken Swinehart 24:22
11. Ricke Stucker 24:29
13. Stan Shuey 24:44
14. Shelly Wyman 24:51
19. Charlie Skoog 25:47
20. Cory Jackson 25:59
29. Dale Sullivan 27:53
32. Julie Pownall 28:11
39. Bill Heck 29:09
40. Brian Allen 29:44
56. Robert Cupp 33:42
- 71 Finishers

5k Walk

1. Rick Spencer 29:43
2. Jerry Lambert 30:39
4. Tim Taflinger 35:05
5. Amanda Pena 35:17 1st woman
6. Steve Inman 35:51
7. Mary Miller 35:53
8. Anna Dollens 36:04
9. Robin Michael 38:31
11. David Mygrant 39:11
15. Raye Jean Swinehart 39:53
19. Jeannie Clark 40:26
22. Emily Allen 41:44
25. Debbie Riffe 42:58
34. Diana Brown 47:30
- 42 Finishers

CKRR Weekly Fun Mile
Wednesday, October 8,
2008

11:00 AM Race

1. Jack Mellinger 8:01
2. Jack Sanders 17:57
3. Cindy Sanders 18:01

5:30 PM Race

1. Dan Saunders 5:55
2. Dan Lutes 6:08
4. Maya Brooks 6:43
7. Greg Sumpter 6:55
8. Ernie Hurst 7:15
9. Bowe Brooks 7:28
10. Laura Rosenstengel 7:32

11. Monica Brooks 7:33
12. Barb Millspaugh 7:34
13. Jack Mellinger 7:45
14. Jeremy Sumpter 8:26
15. Brian Allen 8:30
16. Christina Cox 8:55
17. Brody Brooks 9:00
18. Derick Brooks 9:01
19. Noah Cardwell 9:04
20. Jeff Cardwell 9:05
21. Aubry Jackson 9:07
22. Cory Jackson 9:08
23. Bob Longwith 10:36
24. Diana Brown 15:12

CKRR Weekly Fun Mile
Wednesday, October 15,
2008

11:00 AM Race

1. Lisa Jones 7:35
2. Jack Mellinger 7:43
3. Pat Heck 7:53
4. Bill Heck 8:44

5:30 PM Race

1. Brittani Gillem 6:27
2. Greg Sumpter 7:01
4. Jack Mellinger 7:39
5. Laura Rosenstengel 7:43
7. Brian Allen 8:43

CKRR Weekly Fun Mile
Wednesday, October 22,
2008

11:00 AM Race

1. Bill Heck 7:39
2. Ernie Strawn 7:39
3. Pat Heck 8:32

5:30 PM Race

1. Nick Lipari 5:45
4. Maya Brooks 6:59
5. Derick Brooks 7:06
6. Ernie Hurst 7:16
7. David Reinagle 7:20
8. Cory Jackson 7:23
9. Laura Rosenstengel 7:27
10. Lisa Jones 7:29
11. Jack Mellinger 7:29
12. Mike Daugherty 7:32
13. Barb Millspaugh 7:33
14. Bowe Brooks 7:40

15. Brian Allen 8:17
16. Brody Brooks 9:02
17. Monica Brooks 9:03
18. Christian Cox 9:26
19. Bob Longwith 10:18
20. Hannah Moore 18:00

Nickel Plate 8k
October 26, 2008
Peru, IN

1. Scott Colford 27:54
2. Byron Bundrent 28:39
7. Kevin Forgrave 31:33
8. Nich Lipari 32:22
9. Joe Rangel 32:25
10. Al Hochgesang 35:16
11. Jeff Cardwell 37:45
12. Greg Townsend 38:35
13. Ernie Strawn 40:18
16. Lisa Jones 40:53
18. Jason Rush 41:11
19. Ricke Stucker 41:32
21. Mike Daugherty 42:44
22. Barb Millspaugh 42:49
23. Ray Tetrault 42:52
24. Dave Reinagle 43:00
25. Bill Bauson 43:47
26. Peter Bauson 43:48
27. Stan Shuey 44:08
29. Chris Sullivan 47:33
31. Dale Sullivan 49:03
32. Robin Cole 49:39
33. Cassie Bauson 50:14
36. Vicki Boles 51:04
37. Bill Heck 51:23
38. Joyce Pennycoff 53:21
- 40 Finishers

Nickel Plate 3 Mile Walk
October 26, 2008
Peru, IN

1. Rick Spencer 31:26
2. Jerry Lambert 32:32
3. Mary Miller 33:04
4. Steve Inman 35:08
5. Anna Dollens 35:41
6. Robin Michaels 37:15
7. Jane Inman 39:55
8. Jayne Hiatt 40:18
9. Cindy Sullivan 42:26
10. Jeannie Clark 48:37
11. Diana Brown 48:39
12. Jack Sanders 1:03:03
13. Cindy Sanders 1:03:05
- 13 Finishers

CKRR Weekly Fun Mile
October 29, 2008

5:30 PM Race

1. Dan Lutes 6:23
3. Earl Strong 6:44
5. Maya Brooks 7:02
6. Greg Sumpter 7:02
8. Bowe Brooks 7:19
9. Laura Rosenstengel 7:20
11. Jack Mellinger 7:33
12. Monica Brooks 7:41
13. Barb Millspaugh 7:46
14. Brody Brooks 8:34
15. Derrick Brooks 8:35
16. Aubry Jackson 9:18
17. Cory Jackson 9:22
18. Diana Brown 15:24

Other Race Results

5th River Bluff 5k Run
October 11, 2008
Logansport, IN

1. Scott Colford 16:31
- Logansport
5. Shanna Barnell 20:27
- 1st woman
17. Mark Shorter 22:24
42. Kim Anderson 26:14
52. Dale Sullivan 27:41
59. Laura Cook 28:53
- 81 Finishers

Indianapolis Marathon
October 18, 2008
Lawrence, IN

1. Chuck Engle 2:37:16
- 1w. Cassie Peller 3:06:17
414. Bill Barnett 3:55:25
569. Todd Moser 4:08:14
573. Joe Hubbs 4:08:35
777. Don Rogers 4:31:02
- 1129 Finishers

BeeBumble Shatters Attendance Record

By Keith and Sally McAndrews

The 9th annual BeeBumble was held in Burnettsville on September 27th. The day started out cool, but conditions were great for running or walking. It was the best turnout ever with 62 runners in the 10K, 159 participating in the 5K run and 79 who came out for the 5K walk. This was an increase of 100 new participants over last year.

As usual, Don Herd and Jeff Saylor did an outstanding job of putting the event together. The goodie bags were outstanding with \$45 worth of merchandise included besides the t-shirt. Music greeted the participants prior to the race to get everyone in the mood to warm up.

The little stingers started the day off with the young ones running 500 m. They were all excited to be there and had great big smiles on their faces as they crossed the finish line and received their own goodie bag.

Then it was time for the "main events". Fortunately the race got off to a great start with no extra "participants" riding along (ask Mary Miller if you don't know what we're talking about). The course for both the 5K and 10K were the same as before. The 5K course was nice and fairly flat, which made for an enjoyable race. The 10K course is not anything you would want to try to set your personal best on with the hills you en-

counter at the far end.

The 10K run was once again dominated by Scott Colford, beating out his closest competitor by over 4 minutes. Second place was Heather Weber, who annihilated the previous woman's record. Great job Heather! The top 6 places in the 10K went to Club Kokomo members.

In the 5K run, it was a close race all the way between Taylor Holmes and Landry Williams. Landry led most of the way with Taylor passing him in the last 15 seconds of the race. Great job by all Club Kokomo runners in the 5K.

The 5K walk crowned new winners this year with Rick Spencer and Amanda Pena taking the top prizes. Club Kokomo members took 8 out of the top 10 spots. And again, good job to all the club members in the 5K.

All the race participants enjoyed all they could eat at the hospitality "tent", which was moved into the Bee Hive this year because the event has gotten so big. If you went away hungry, it was your own fault.

Next year will be the 10th running of the event. Can't wait to see what Don and Jeff have in store! Hope to see you all there and don't forget to invite your friends to come along!

Birthday List

11/2 Kaylie Forgrave
 11/2 Kathy Murdoch
 11/3 Susan Robertson
 11/3 Allison Kruger
 11/4 Carey Stranahan
 11/5 Darlene Jackson
 11/6 Doug Mankell
 11/7 Derick Brooks
 11/7 Tom Miklik
 11/7 Scott Colford
 11/8 Darcie York



11/10 Brian Allen	11/21 Diana Brown
11/11 Riley Case	11/24 Travis Sheets
11/12 Amy Revils	11/25 Bill Barnett
11/14 Brandon Kruger	11/25 Justine Eads
11/15 Andrew Robertson	11/26 Ed Oliphant
11/16 Stephanie Miller	11/28 Sylvia Burgin
11/17 Suzzanne Johnson	11/28 Vanessa Lorenz
11/18 Cynthia A. Sanders	11/28 Sherry Stoneking
11/18 Stan Shuey	11/29 Doris Griffith
11/19 Victoria Christenson	11/30 Mackenzie Reeves
11/21 Matthew Robertson	11/30 Sophia Wyman

Other Upcoming Races

November 2
 Run The Mounds 5 mile run/5k walk
 2:00 PM
 Mounds State Park
 Anderson, IN
 Greg Smith 765.778.7087

November 28
 "BURN IT OFF" 3 Miles 7 Miles
 8:00 AM
 Shelby County Athletic Club
 Shelbyville, IN
 Gretchen Morgan 317.604.8002

December 13
 Reindeer Run 5K
 10:30 AM
 Botanical Conservatory
 Fort Wayne, IN
 Mitch Harper 260.436.4824

November 8
 Run For Rex 5K
 9:00am
 Franklin, IN
 Jeff Powers 317.413.7741

December 6
 Frostbite 5K Run/Walk
 4:00 PM
 Glen Miller Park, Don's Cabin
 Richmond, IN
 Pat Bowers 765.855.2482

December 27
 The HUFF 50K Trail
 8:00 AM
 Kil-So-Quah Campground
 Huntington, IN

2008 CKRR 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, Race for Kim, BeeBumble, Cole Porter, Nickel Plate Trail, 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				
	Darcie York 12-187HV	55-59	Cory Jackson 11-177	Kim Lee 9-117H
	Monica Brooks 6-112H	Robin Cole 16-269V	Mark Eads 8-132H	Ernie Hurst 10-100
Women	Kelly Wright 4-75H	Joyce Pennycoff 13-235HV	Joseph Hubbs 4-80MH	Phil Rozzi 6-80H
	Jessica Rush 4-52H	Judy Smith 7-92HV	Nathan Hovermale 2-40	Chris Sullivan 8-76
0-12	Karen Bush 3-49H	Rhenda Acton 5-80HV	Matt Yarosz 2-40	Bill Bauson 6-75H
Aubrey Jackson 7-130V	Jeanette Merritt 3-40H	Chris Williamson 4-62V		Gary Jewell 3-45
Victoria Christenson 1-20H	Robyn Pagington 2-40	Anne Wiles 3-50HV	30-34	Eric Mathew 4-42
Lauren Weber 2-20	Julie Pownall 2-40H	Barb Wand 2-30V	Matt York 16-255MH	Henry Yu 3-40H
Natalie Weber 2-20	Geana Moore 2-30V	Kathie Barnett 2-20	William Irvin 12-230MHV	Kismet Morrison 2-30M
Kelsey Weber 2-20	Jessica Austin 1-20H		Ryan Bagwell 7-93H	Matt Bolinger 1-20H
Zoe Irvin 1-10	Amy Piazza 1-15	60-64	Ryan Pownall 2-32H	Greg Sumpter 2-18
Hannah Moore 1-10		Sylvia Burgin 18-310HV	Carey Stranahan 2-32H	
Lillian York 1-10	35-39	Kathy Murdoch 7-140		50-54
	Heather Weber 12-220MH	Susan Gerhart 2-35H	35-39	Greg Townsend 19-244HV
13-19	Lisa Jones 9-144H	Roberta Hite 1-15	Scott Colford 13-260MH	Keith McAndrews 13-203HV
Katie Hollingsworth 6-120H	Nicole Peel 7-110MH	Shirley Wilson 1-10	Chris James 9-160MH	Mike Deardorff 12-166H
Heidi Freeman 4-62	Shelly Wyman 6-99		T.A. Weber 11-158MH	Earl Strong 8-160MH
Maya Brooks 3-47	Barb Millspaugh 6-79	65-69	Scott Riggie 10-141	Jeff Cardwell 8-142H
Nicole Jackson 4-43	Adriane Freeman 4-53	Kathleen Leach 1-20H	Michael Rood 6-71H	Jerry Meiring 11-134H
Vanessa Lorenz 4-41	Gina Sheets 2-30M		Paul Wyman 5-69	Ray Tetrault 10-132MHV
Nicole Parry 2-22	Stella Rood 2-29H	Men	Aurelien Mozipo 4-60H	Scott Hamilton 5-95
Emily Christenson 1-20H	Jennifer Mayfield 1-20H		Jeff Kuczera 3-52H	Russ Hovermale 6-73
Waverly Neer 1-20		0-12	Derick Brooks 4-42	Michael Campbell 2-29H
Mindy Tetrault 1-20V	40-44	Waylon Coulter 9-180	David Reinagle 3-42H	Stephen Batey 1-20H
Katie Christenson 1-15	Patti Reinhardt 7-125MHV	Joshua Revils 4-70V	Donny Smith 2-29H	Mark Rodgers 1-20H
Kayla Reinagle 1-10	Tami Moore 7-120H	Quinn Reinhardt 2-40V	Dennis Ball 2-22	RJ Kerr 1-15
	Laura Rosenstengel 7-117V	Griffin Irvin 1-10	Keith Hill 1-20H	Karl Stoneking 1-12
20-24	Laura Cook 7-102H	Corey Moore 1-10	Mitch Reeves 1-20H	
Sarah Lee 8-150H	Kim Anderson 4-72MH	Kobi Moore 1-10	Travis Sheets 1-20H	
Amber Longwith 6-95	Michelle Larson 3-60H	Brayden York 1-10	Vernon Graves 1-8	55-59
Laura Bauson 3-50M	Joni McCracken 3-50HV		Shawn Fain 1-6	Joe Rangel 19-352H
Megan Tetrault 2-40H	Lisa Hobbs 2-40	13-19		Mark Shorter 19-300H
Grace Bauson 2-30	Paula Lucholick 1-15	Nich Lipari 6-105	40-44	Charlie Skoog 17-247MHV
Sarah Bauson 1-20	Diana Padgett 1-10	Peter Bauson 5-80H	Michael Graham 20-299HV	Steve Wand 10-126HV
Holly Hurlburt 1-10		James Longwith 5-74	Brian Reinhardt 9-175MHV	Tom Miklik 8-104HV
	45-49	Keith Bauson 3-45	Ron Moore 10-167H	John Wiles 6-80HV
25-29	Cassie Bauson 10-180MH	Sam Freeman 2-40	Brian Allen 13-164H	Rocky Smith 6-63H
Michelle Clendenning 13-207HV	Roxane Burrous 6-120MHV	Carl Christenson 2-32H	Dana Neer 7-140HV	Dave White 3-50HV
	Cheryl Marner 3-60	Jesse Bauson 2-30H	Dan Lutes 3-55MH	Phil Leininger 3-37H
Allison Irvin 11-205MH	Stephanie Bolinger 1-20H	Kaleb Hollingsworth 1-20H	Don Rogers 3-49MH	Fred Chew 3-36H
Jillian Weaver 10-151H	Carla Yerkes 1-20H	Andrew Swinehart 1-20H	Kevin Forgrave 2-32	Mike Anderson 2-35H
Justine Eads 8-115H		Mason McGovern 1-15	Jack Lotzgeselle 2-32H	Joe Orr 2-24
Kathleen Bagwell 8-106H	50-54	Peyton Yeung 1-15	Paul Cardwell 1-20H	Steve Kilcline 1-20H
Jaime Jackson 6-79V	Vicki Boles 15-260HV		Shawn Mayfield 1-20H	Chris Smith 1-7
Rebekah Kinney 5-77HV	Robin Tetrault 11-220MHV	20-24	Todd Moser 1-20M	
Tara Steele 4-65H	Theresa Barlow 3-44V	Sam Williamson, Jr. 3-60		60-64
Brianne Boles 1-20H	Michaelene Anderson 1-10	Charley Eltringham 3-55	45-49	Ricke Stucker 21-385H
Crystal Cherry 1-20H	Linda Donovan 1-10	Bryan Phillips 2-40	Byron Bundrent 14-270H	David Hughes 10-170MV
Ashley Taflinger 1-20H	Jill Parry 1-10	Zach Miller 2-35	Ken Swinehart 14-190H	Doug Mankell 9-128H
Michelle Tetrault 1-20H	Debra Perkins 1-10		Al Hochgesang 10-177H	Bill Barnett 6-100MH
	Lorene Sandifur 1-10	25-29	Brian Moore 8-120H	Walter Brown 2-30H
30-34		Jason Rush 10-185H		Barry Donovan 2-30H

2009 Race Calendar

<p>March 7 Norris Insurance 5K Run/Walk Time: 9 AM Location: Amboy, IN</p>	<p>June 6 Trojan Trot 5k Run/Walk Time: 8 AM Location: Sharpsville, IN</p>	<p>August 8 CKRR Age-Graded 4M Run/5K Walk Time: 8 AM Location: Highland Park</p>	<p>December 6 CKRR Charity Run 5K Time: 2 PM Location: UAW Local 292 (20 pts each finisher)</p>
<p>March 14 Old Ben 5K Run/Walk Time: 9 AM Location: Highland Park</p>	<p>June 13 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN</p>	<p>August 22 Run for Shelter 5k Run/Walk Time: 8 AM Location: Oakbrook Valley</p>	<p>December 31 New Years Eve 5k Run/Walk Time: 2 PM Location: UAW Local 292</p>
<p>March 28 Sam Costa ¼ and ½ Marathon Time: 9 AM Location: Carmel, IN</p>	<p>June 19-20 (Tentative) Relay for Life Location: Kokomo High School</p>	<p>September 26 BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN</p>	<h2>Remaining 2008 Race Calendar</h2>
<p>April 4 CK Ultimate 10m run or 5m Run/Walk Time: 9 AM Location: Logansport, IN</p>	<p>June 20 Race for Grace 5K Run Time: 8 AM Location: Logansport, IN</p>	<p>October 3 Cole Porter 5k-15K Run/5k Walk Time: 8:30 AM Location: Peru, IN</p>	
<p>April 18 Race for the Cure 5K Run/Walk Time: 9 AM Location: Indianapolis, IN 10 points for each finisher</p>	<p>June 27 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gym, Kokomo</p>	<p>October 18 Club Kokomo 8k Run/3 Mile Walk Time: 2 PM Location: Nickel Plate Trail, Peru</p>	<p>November 15 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School</p>
<p>May 16 Norris Insurance 4M Run/ 3M Walk Time: 8 AM Location: Jackson Morrow Park</p>	<p>July 11 Iron Horse 4 Mile Run/ 3 Mile Walk Time: 8 AM Location: Logansport, IN</p>	<p>November 8 Run the Mounds 5m Run/Walk Time: 2 PM Location: Anderson, IN</p>	<p>November 27 CKRR Thanksgiving Day Fun Run Time: 8 AM Location: Highland Park (Non Points)</p>
<p>June 4, June 11, June 18, June 25, July 2, July 9, July 16, July 23 (Awards) Coyote Kids Time: 6 PM Location: TBD</p>	<p>July 18 Panther Prowl 4 Mile Run/5k Walk Time: 8 AM Location: Western H.S., Russiaville</p>	<p>November 14 CKRR 4 Mile Run/ 5K Walk Time: 9 AM Location: McKinley School</p>	<p>December 7 CKRR Charity 5k Run/Walk Time: 2 PM Location: UAW 292</p>
	<p>August 1 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN</p>	<p>November 26 CKRR Thanksgiving Day Fun Run Time: 8 AM Location: Highland Park (Non Points)</p>	<p>December 31 CKRR New Years Eve 5k Run/Walk Time: 2 PM Location: UAW 292</p>

Points Standings (Continued)

Darrell York 1-15	Walkers	Cindy Sullivan 8-68	Helen Brown 2-20	Rick Spencer 13-212H
65-69	Women	Adriene Riggle 5-37	Nancy White 1-20V	Robin Michael 17-203H
Stan Shuey 13-240		Carol Savage 2-24H	Barbara Hobbs 1-10	Jackie Sanders 12-116V
Dale Sullivan 8-137	49-	Becky Christenson 1-20H		Milt Brown 10-102V
John Norris 2-35H	Mary Miller 18-319HV	50+	Men	Jim Burrous 5-61HV
Ernie Strawn 1-20	Amanda Pena 18-284V	Anna Dollens 19-355H	49-	David Mygrant 4-39
	Jayne Hiatt 18-198	Diana Brown 11-147V	Steve Inman 12-240H	Melvin Hobbs III 3-33H
	Jane Inman 13-184HV	Pat Robertson 11-146HV	Tim Revils 8-132V	John McGinty 2-17
70+	Debbie Riffe 18-169V	Jeannie Clark 6-87	Bruce Savage 2-35H	Bob Longwith 2-16
Bill Heck 10-190V	Raye Jean Swinehart 14-158H	Cynthia Sanders 7-82V	50+	Toney Lorenz 1-9
Robert Cupp 11-185	Emily Allen 10-83	Kathy Allen 3-45	Jerry Lambert 20-365HV	Darrell Pennycoff 1-9
Charles Johnson 1-20H		Trudy Pierce 2-35H	Tim Taflinger 19-251HV	
		Pamela Batey 1-20H		

Club Kokomo Roadrunners
2936 Congress Avenue
Kokomo, IN 46902



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