

CLUB KOKOMO ROADRUNNERS

The Roadrunner



JANUARY 2009

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Learning to Marathon

By Chris James



I have put this race (now races) report off as long as Brian will allow. I had originally promised him an article for the newsletter upon completing my first marathon in May....hoping to join the ranks of our club members that had successfully run a qualifying time for the famed Boston Marathon. (I am in the 35-39 age-group, and need a 3:15:59 or better to make the BQ.) Now, I write more about the races themselves and a work still in progress.

The Sunburst Marathon was May 31 in South Bend. As I went into the process (we all know a marathon is more of process than a single event); I was a bit uncertain of how things would go. I had not attempted the distance, but I felt like my training had gone well. Sunburst was a small marathon, with 466 individuals completing the marathon and

another 984 completing the half. There was also a concurrent 5k and 10k, which creates a chaotic ending. The expo was uneventful, but easy at the College Football Hall of Fame, which itself is cool. The race started at 6:00 AM. Mother Nature did not cooperate, as the starting line temperature was 72 F and 90% humidity. The course is a bit quirky in that you do an out and back loop from downtown South Bend and then do another one in the opposite direction. (Kind of like a bow tie.....) The ending was really moving as you finish leading out of the tunnel of Notre Dame Stadium with the fight song playing and your name being announced over the PA system to a finish on the 50 yard line. Talk about a Rudy moment..... The heat got me in the end and my finish time of 3:24 was a decent debut, but not my overall goal. Moreover, I had not really learned how to really run a good marathon. I had merely survived one.

So I regrouped, recovered and set my sights on fall marathon. The Monumental Marathon was November 1. This was the inaugural running of this event, so most of the participants did not really know what to expect. The race was a little larger, as 1114 runners completed the marathon and 1731 completed the half. (There

were several familiar faces from Club Kokomo that also competed in one of the races.) Packet pick up was very anti-climactic in the atrium of the State Capitol. Mother Nature set a good day out for everyone, with a race time temperature of 48 F at the start. The course for the event was a nice representation of Indianapolis as we wove through downtown, the north-side neighborhoods, Butler's campus, the Art's Garden and back to downtown. I felt really good during the first 18 miles and was on pace to....smack head first into the WALL at mile 20 or so. Oops, too much confidence in myself, and I did not pay attention to the hydration and pacing in the first 20 miles. Needless to say, the end time of 3:22 looks good, but really is another survival story. The race was well attended by the volunteers and the spectators, while scarce were very vocal. I think this will grow into a larger race as an alternative to other mid-west races.

At this point I was really confused. Was the training bad or the racing, or both? How close could I really run two marathons? I read that people run marathons close together, but could I do it and

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Awards Banquet
February 22, 2009
2:00-4:00 PM
Christ Lutheran Church
(corner of Zartman and
Dixon in Kokomo)

From the President

by Gina Sheets



Greetings to you all from your new President of CKRR! I thought I should share a little bit about me although I have contributed often in the past to the newsletter so there is not much to add. I am married to my best friend Travis, a man who GOD gave me as my second gift in life, the first as you know is the gift of salvation. We have many jobs; my paying job is that of Clinton County Economic Development Director/CEO of the Clinton County Chamber of Commerce. We live on a small organic/natural farm, raising and selling beef, poultry, trout, eggs and produce. We do this farming business to help support Trav's work as a full time missionary with World Mission Builders. We are both Clinton Countians born and raised, graduated from Frankfort Sr. High. I went to college in California; he went to Vincennes and then Purdue. I moved back to Indiana because of him and my mother; we have been married since 1993. We do not have children, but do not tell our animals they are not human. We also host foreign exchange students every other year, we need a year to recover and stock up our pantry. This year we have two gems, Mikkell from Denmark and Mauricio from Brazil. Trav has just started running

the past two years and he makes me sick. He can just run naturally, he does not have to work so much like I do. Trav did not play a single sport in high school, this running thing started so he could have more refreshments on Wednesday night. I ran track in high school but was a sprinter. When I turned 35, five years ago, I felt the urge to run 10 miles, thought it was a marathon and I have been running since. My preferred distance is 50k, and then 50 miles. My running goal in 2009 is make it through Boston not sure if I want to work as hard as Nicole will make me to try and qualify for Boston at Boston. I have also been invited to serve as a pacer for a friend whose friend is doing Leadville in the fall. I am so excited for that. I am very intrigued by our Club's king of ultra's David Hughes, who is known all over the country. I cannot go to an ultra without someone asking about David when they learn I am with CKRR. Leadville is a premiere 100 mile course. I am also thinking about doing my first 24 hour race.

Maybe many of you are thinking about doing your first marathon this year, first ultra, first 5k or moving from running to walking or walking to running. What ever your fitness goal is be sure to write it down or better yet recruit someone else to share in that goal or for you to be accountable to keep your goal. When I decided I was going to work to qualify for Boston at first I told no one other than my friend Nicole and eventually my husband. Then I realized I needed to be accountable so I told everyone, including those who ask "now how far is that Boston Marathon?"

For those of you looking to do your first marathon or for those of you who have your marathon calendar mapped out, please share it with me, sheets.gina@yahoo.com. Trav and I enjoy being a part of the Club Marathon trips and I would like to plan one out for 2009 and perhaps even 2010 for those of us who have to do some saving in advance.

Thinking about running in the New Year makes me think about finding a new run-

ning log. It is that time to get out the new running log or perhaps you use a calendar, what ever your system of tracking your miles, weather, health and activity, I encourage you to do so. Keeping a training log will provide you entertainment and motivation when you cannot run and should not run due to injury recover time. While you are healing up you can look back over previous years to see if this injury is new or just a recurring pain in the hip. You can also look back and see how much you have improved, or how you use to love running in 15 degree weather.

I am looking forward to Club Kokomo Road Runners and the 2009 New Year. I know we will have some changes to our race calendar but we hope to get that ironed out at our January 12th board meeting which will be at the Half Moon brew club. Some of us meet at 5:30pm for supper and the Club meeting will start at 6:30pm. The meeting room is off to the right when you walk in the doors. I would encourage you to consider coming out early to eat as this will help us secure our meeting room location and brings business to the Half Moon. You will notice that we have changed from the first Monday to the second Monday of the month that allows us to post the upcoming meeting agenda in the new letter and get your input at each meeting. I look forward to seeing you at our January meeting.

Also consider being a part of the awards committee meeting on January 9th, Friday, at 6:00pm at the home of Ray and Robin Tetrault. Ray is making his famous pizza. Please email me or call me 765-659-5310 so Ray knows how much to fix. If you are new to the club this is a great opportunity to meet some folks learn and learn about how to be an award winner next year. The committee will also decide on what type of award will be presented. Please come out and be a part of the Club activities.

Be careful out there –
Gina

On the Trails

By Charlie Skoog



2008 Charity Run

The 24th Annual Charity Run is traditionally held on the first Sunday afternoon in December. The day's weather, featuring snow, wind, ice and slush, was not conducive to running or walking but the spirit of friendly competition combined with food, fellowship, sharing and giving, ruled the day. Thanks to all who volunteered or participated in any way as we raised \$2,181 for the Magic and Care Closets, Nesting Doves and

Gilead House. Nine women from Gilead House, including Executive Director Reba Harris participated and are very much looking forward to partnering with us again in 2009. Special thanks to Rhenda Acton, Jeannie Clark, Diana Brown, and Robin Cole who provided this years Sloppy Joe's and everyone else who pitched in with great desserts and side dishes.

2009 Charity Run???

Many of you have questioned why we have the Charity Run on a date and time that competes with the close of the nationally recognized We Care Auction. Many of you actively participate in We Care and the community at large is confused that both special caring events are on the same day competing with one another for our time and dollars. At the December business meeting I proposed moving the Charity Run to Saturday, November 14, and shifting the McKinley School race and date to the first weekend in December. Nicole Peel, at the same meeting, suggested that the December race could then be a fundraiser for We Care itself. I think both of these ideas have tremendous merit and potential and we will further discuss them at upcoming club meetings. If you have an opinion on this matter please share it with one another and the club officers and I encourage each of you to attend a club meeting and get more involved in fulfilling the mission of Club Kokomo.

2008 New Year's Eve 5K

As December 31, 2008 approached, Mark Shorter and I were both wondering why there were only 35 pre-registrants for an event that had attracted a record turnout of 160 the previous year. Looking at the weather forecasting a high of 26 with brisk winds did not leave us very optimistic but amazingly we recorded a record number of 100 registrants on race day. I guess everyone just wanted to wait and donate an extra \$4

since all proceeds of this race support Coyote Kids!

Although we did not experience the snow and ice of the Charity Run the wind-chill was still brutal for the 129 finishers of the walk and run. Youth was served as Logansport HS standout, Kyle Overway outsprinted Western's Austin Young to win with a fine time of 16:50. Wabash's course record holder (16:12), BJ Needler finished third with a time of 17:12 and Dana Neer was the first Master in 18:17. The women's race was won by Lafayette's Petrana Petkova in 19:05 followed by Master runner, Sherry Robertson's, 21:23 and CK's own Kelly Wright in 22:25. The walk was won by Crawfordsville's Damon Clements in a time of 27:21. In case you're wondering Damon is one of the top race walkers in Indiana. CK's injured trail runner, John Sites showed pretty good walking form, finishing second in 34:39. Mary Miller topped John and the women's field with a time of 34:23, followed by Amanda Pena, 36:05 and Anna Dolens, 37:18.

I would like to thank The Running Company for there generous donation of over \$600 in gift certificates and technical shirts for our awards and prize drawings. In addition the YMCA, Club Fitness 24, and Sportcenter donated valuable gym memberships and the Half Moon provided a \$50 gift certificate for prize drawings. Once again the NYE 5K offered a soup buffet featuring Charlie's (famous in his own mind!) lentil, Gale Keppel-Devine's vegetable, Diane Noll's cheese, a white chili from the kitchen of Scott and Adrienne Riggle, and the truly famous home made rolls from the kitchen of Anne Wiles.

In terms of volunteer participation, from course set up to building cleanup, this was the best NYE race yet and we thank all who helped in so many ways. If you think it was cold running or walking the race you should have been standing out on the course or working the finish line so special thanks to Gino and Josh from Community Service, Kevin Breedlove from Grace House, and Darrel York who provided the mile split and course sweep. Finish line workers with frozen fingers and toes were Ricke Stucker, George Devine, Lisa Jones, Lisa Frank and John Wiles. Inside, tabulating the results and helping in the kitchen were Gale Keppel, Diane Noll, Sally McAndrews, Anne Wiles and Diana Brown. This years results were recorded in record time so as soon as the Weber Family completed the gift exchange drawing we were able to go straight to the awards and prizes.

In closing I would like to thank my Brother in Christ, Walter Logan from Grace house who offered up the opening prayer and then ran and walked his first ever road race. Earlier in the day Walt, who was pre-registered tried to back out because of the wind chill and his lack of conditioning. That was until I shared that I would like him to lead us in prayer to start the race. The opportunity to share and serve the Lord easily overcame Walter's physical concerns about running the race. My wish and prayer for 2009 is that our priorities and actions be ordered much the same as Walter's were on New Year's Eve.

On the Roads

By Johnnie 'O



CK Goodfellows bring smiles to children

Goodfellows needed more help in December and Club Kokomo answered the call with a record 40 volunteers. Their

efforts brought smiles to more than 2,000 children, who received clothes as Christmas presents.

Since 1911, the Kokomo/Howard County Goodfellows organization has been helping the less fortunate buy clothes for their children. Johnny 'O has been a member of Goodfellows for more than 35 years. Fellow CK member Dave White also is a member of the board.

The economic crisis resulted in more than 1,100 people filing applications for Goodfellows' assistance in 2008, about a 30 percent increase over 2007's total.

This is the fourth year that Club Kokomo provided help. For the first time, CK took two (Dec. 15 and 16) of the five Goodfellows shopping nights at Meijer. Volunteers helped parents figure out if they were above or below their voucher limit before they went through the check out line, re-hung clothes, and clothes in shopping bags. Some of the volunteers worked both nights.

Once again, Charlie Skoog led the charge in recruiting volunteers. Besides Charlie, this year's CK Goodfellows included Brian, Kathy, and Emily Allen, Diana Brown, Sylvia Burgen, Dave and Nancy White, Ahrona James, Laura Rosenstengel, Jeannie Clark, Greg Townsend, George Devine, Gale Keppel, John and Anne Wiles, Keith and Sally McAndrews, Amanda Pena, Debbie Riffe, Leonora Hulet, Joyce Pennycoff, Kaitlyn Cole, Kelcey Ackinson, Vickie Boles, Robin Cole, Dan and Rachel Lutes, Robin Tetrault, Tim, Zach, and Mary Miller, Bill and Kathie Barnett, Diana Noll, Theresa Barlow, Steve Kilcline, Stan Shuey, Spencer Hayes, and Jamey Boruff.

The applicants were not the only people suffering from the economic crisis. Some CK volunteers had lost their jobs; others were on lay off. Johnny 'O cannot thank them enough for putting their problems aside and helping others. He wishes all a better 2009.



December 15th volunteer team above, December 16th volunteer team middle. Dan and Rachel Lutes check clothing prices below.



Bill and Kathie Barnett total purchases.

More Double Double

by David Hughes



First a definition of a double-double for this event: doing a 100 miler on Saturday, doing a double crossing of the Grand Canyon (also called a rim-to-rim-to-rim or double dip) during the week after followed by another 100 miler the next Saturday.

Starting off on Thursday, Nov 6, 2008, right after work, I managed to run over a good sized deer looking kind of dead in the passing lane somewhere in Illinois. I should have known something was up when I found my car doing the speed limit while passing trucks in the right lane. The car went up and over nicely enough and maintained a good straight line. Just up ahead I saw a SUV off on the left, probably the one which had just hit the deer. Usually the trucks do a fine job of flattening road kill, but this one was just too fresh. After inspecting the car for leaks, I duct taped the fog light back into place and did the same to some of the plastic undercarriage and continued on my way. Had I thought of it, I could have gotten a trooper to give me a pass to put the thing into my trunk for later good eating.

Once having arrived at the race hotel for the Mother Road 100 I went to the gate to Fort Reno where the bus would pick us up for a ride to the start line and bedded down for the night. I was only awoken once by a sheriff to ensure I wasn't planning on a break in of the fort's museum. the web site only showed the fort's chapel which I supposed was just inside the iron gate. To my

surprise in the morning when I followed the curator into the fort, we drove about a mile and a half to get to the first set of buildings. He had me park on the grass and let me into the museum. As it turned out the museum is only a part of a 15K or so acre site filled with old restored or partially restored buildings of an old Indian fort. On one wall was a map of Oklahoma all split up to various Indian Tribes. That was the plan—to relocate the so-called "savages" in a civilized way to happier hunting grounds. But guess what? We, the so-called "civilized", just about stole it all back!

At 0630 we all climbed aboard the bus that took us to the start, not a regular bus but a party bus with two rows of seats along each side facing each other. The runners with drop bags finally stuffed their bags into the below the compartment and somehow managed to all sit down in relative comfort. One would be amazed to see just how many and how big are the drop bags of some runners. As for mine just contains a flashlight and extra TP. Once at the start area we all had more to eat and access to porta-potties. The race director started us off at 0900 and we began the long shuffle off through the day and into the night, the night which got down below freezing. The aid was particularly sparse and anywhere from 6 to 11 miles apart, but the goodie bag was great with a sawn off section of the Mother Road itself. I sustained myself mostly on cookies and sports drink. Running all night with some alternate walks on some hills but mostly slow running and then on to the morning, now very sore and weaker, I had to stop periodically to message my poor feet and legs on the shoulder of the road. Now it was mostly shuffling 20 paces and walking an equal number. One runner told me it was just 6 miles from an intersection we had passed. So far the math was good—just enough time to finish at 3 mph. Soon others were passing me and drifting out of site. A man in a truck told me how many more miles to go. Better push harder but I can't. A while later he tells me again, but this time it's further. What? He volunteers to drive to the start once I tell him I'm "on the bubble" and to drive back with the correct distance...3.1 miles, still doable. Now it's all concentration.. As I look ahead the road turns off to the right, a long looking way, but as I approach the was the gate with a sign just inside: 1.5 miles to go!. Then another sign up ahead, but just an encouragement sign, then several more. All I longed for were

countdown signs showing maybe quarter miles. Hey, I was desperate, the clock coming upon the 30 hour cutoff. Soon there was the last sign with the finish line just around the corner, so it's the last 20 yard run to show spectators that we're real runners after all, and on to a chair. And there was Dale Perry who announced he was disappointed I got to be the last finisher rather than he. The ordeal ended in 29:52:35 after it started.

After eating an omelet and catching a nap I headed west, overnights near Erick OK, and drove on the next day, Monday, to Lupton AZ where I bedded down again. Earlier I tried to remove a blistered nail, but gave up because it looked so gross. That night my right leg totally froze up, the outer ligaments of my knee too sore to move. So the next day when I visited Walnut Canyon where cliff dwellers lived, I took the steps down with the right leg leading all the way and holding onto the railing to ease the pain. The knee loosened up somewhat, so I was able to hike up a volcano, quite dormant now, in the Sunset Crater National Park north of flagstaff. As it turns out all the mountains around, about 300 or so of them, are actually old volcanoes. You can still see the old lave flows. Afterward I visited the Wupatki National Park and made the Grand Canyon by night fall where I bedded down on the Arizona Trail.

Since I gave a rather detailed and laborious report on my double crossing in Nov 2002, this'll be mercifully short. The main difference I did the first one well rested whereas this one was part of a limits tester. I didn't know whether I'd even be able to get down to the first switchback with a badly blistered toe and bum knee, but since there were several hikers behind me, I knew I had to do something, so off I went with my flashlight down, ever down, to the Indian Garden with its water and rest rooms and on down to the bridge across the blue-green Colorado River where I took my first time hack. I then followed the trail through the Phantom Ranch for more water and past Cottonwood campground where there is no water this time of year and made my way along the Roaring Springs River to Roaring Springs for the last water before climbing the switchbacks to

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More Double Double (continued)

(Continued from page 5)

the north rim. After taking a short break at the stones at the trailhead I headed back down observing the spooky beauty of the canyon in the sun's waning rays and then in the other-worldly moonlight. Hey, who needs a flashlight now? After the bridge I began my ascent. I was so paranoid of not being able to get out on my own, not that I had much of a choice unless I became a corpse, I rested on each switch back. Later on higher up I'd look back on each section to get the reassurance that I was actually making progress. I could see the lights on the rim of the Bright Angel Trail Lodge from the bottom so very far away, then periodically during the ascent. They gave me hope that there is an end if one just "endeavors to persevere" (the Indian in The Outlaw Jose Wales). But it took a lot of time to persevere, 22:36:10, to be exact (3:37:39 to the middle of the bridge, 6:48:24 to the north rim, 5:32:41 back to the bridge, and 6:37:25 back to the south rim). I did see a small elk on my drive to the trail head. I should have paid more attention to this. PS—I ate two Little Debbie's on the way to the Bright Angel trail head and ten more during the crossings.

After four hours of sound sleep I drove

to Yavapai Point and washed up in a rest room along with other hikers and campers, washed some clothes, dried them on the car, and recorded some of the adventure. Two parts down and one to go. That day, Thursday, I visited the Yavapai museum and heard a lecture on the Canyon's formation and another on poetic responses to seeing the Canyon itself. I bedded down again along the Arizona Trail and got up early for the last challenge. Or so I thought. I was cautiously driving along at about 40mph on the look-out for animals when I noticed lights coming up on me. Being the courteous driver I'd like to believe I am, I looked for a good place to pull over to let the driver around, when what to my wondering eyes should appear was an enormous cow elk doing a quick-step into my path!.. Whomp, into the windshield with legs carried around into the driver's side smashing the window, denting the fender (again), and caving in the door and knocking off the side mirror. The car immediately stopped, I had not a scratch, and the driver turned out to be a ranger. Skipping some details, now what was running through my mind upon the instant of the crash? Well you're all dedicated runners, so you already know it's "just how do I get to my race now?" So it's off to Flagstaff peering through the undamaged part of the windshield so as to drive safely, not that this

trip contains any evidence of safe driving, and on to a gas station where a nice stranger draws me a map to the nearest body shop. Such nice people, they link me up with a rental car and dedicate themselves to getting my car drivable by Monday afternoon. The race is saved; now all I need to do is do it.

But I couldn't do it. I checked into the Javelina 100m at McDowell Mountain Park NE of Phoenix with hopes but little else. My poorly conditioned legs were all swollen like sausages. Within a few hours of the race on Saturday, my legs would just shut down, not with cramps, but just no energy and fatigue. I'd then walk a little to get them going again. The down-hills seemed to be okay, but there was no real go left. The first two tests had tested me out. Not being able to do better than 5:46 on the third 15.3 mile loop, and fighting leg and other problems, I bagged it at 45.3 miles. I regret not going another six hours for another loop to gain a 100k buckle, but it was not to be. If one looks fleetingly at the 100k buckle the untrained eye might mistake it for a 100 mile buckle, but the pain of my DNF wouldn't be assuaged by such trickery.

Learning to Marathon (continued)

(Continued from page 1)

perform well? So another regroup and re-up the training immediately for third marathon because I am, well, slow at learning this marathon thing.

I went down to Huntsville, AL to run the Rocket City Marathon on December 13. I had heard from several sources that this is race that caters to the running experience, and that it is a marathon only event. The expo was small, but nice. There were several local running/triathlon stores at the expo with deep discounts on apparel. The race packet pick up was very straight-forward. Race time temperature was a "balmy" 30-32 F. This was a challenge for the hands and feet, but better cold than hot. I found the course to roll throughout the race, but there were no major hills up or down. The volunteers were excellent. The support stations were well placed and stocked. The race itself went much better for me as I was able to run the first half conservatively and negative split the race. I ran 3:16

and change for a 6 minute PR. Never-the-less, I am still shy of my beloved BQ by 45 seconds!!!! It's maddening, but encouraging at the same time. I have now learned the racing itself. Now, I just have to put it all together. More to come....

I do wish to thank Heather Weber for getting up for all of the early morning training runs. Without her help, life would be quite a bit less fun along the path to this goal. Thanks to the other club members that I have trained with over the past year as well. (Robyn Padgington, Aurelian Mozipo, Will Irvin, Matt York) I also thank Brian Reinhardt for the advice on how to properly recover for two competitive marathons 6 weeks apart. Without that advice, I am sure the third marathon would have been a survival as well, rather than a race I am proud of.



Tom Miklik was there to Run the Rocket City Marathon as well.

Might as Well Marathon Too

by Brian Reinhardt



I heard Patti talking on the phone to her mom a few months ago about possibly spending Christmas in Panama City Beach, Florida at her home there. We'd never done anything like that in the past and we wanted to run in by my family as well, but within a few days we had it set to head to the warmth of Florida for Christmas. We thought of flying in

Alec from Camas, Washington as well and Patti's mom graciously volunteered to pay for his airfare so that he could spend Christmas with us as well.

We were very excited about the entire idea but why not run a marathon while we were in Florida as well. We still needed the state in our quest for all 50 and the Jacksonville Marathon was scheduled for December 21st—just four days before Christmas AND about the time we'd planned to head that way anyway. It must have been intended because the date of the marathon was moved from the 14th for some local logistics or we'd never have been able to run it.

Sooooo, sometime in mid Autumn we decided that there'd be a marathon involved in the trip as well (of course). Who needs months to train to run a marathon anyway?

Anytime you're a 50 state marathoner there are going to be a number of them that you just don't have the time to train for properly, especially when the race is in the winter. This marathon definitely fell into that category, but Patti or I neither one really cared. It was simply an opportunity to go somewhere we'd never been before and run a marathon in warm weather on a very flat and scenic course.

You learn as you run these marathons that there are things you come to expect from the organizers and the host hotel and many times every expectation is met and many times they're not. This one happened to fall into the latter we found out when the host hotel refused late check-out for the runners staying there, including us. We didn't like it, but we also didn't want to pay an additional \$80 for a "day room" to shower in after the marathon so we checked out early knowing that the race offered showers after the marathon was over. Yeah, an inconvenience, but at least we'd be clean for our 5 hour drive to Panama City Beach right after. More on that later.

Once checked out of the hotel we walked out into the morning air and it registered 66* at 6:00 AM. Uh oh. No real big deal since we had no real time goal in mind, but it'd have been nice to see the 54* that was forecast! Oh well, it could have been in single digits like it was in Indiana at the time!

We lined up for the start just as the daylight broke and we were off with a few thousand marathoners and half-marathoners (we found out in 6 miles that most of them were running the half). We ran when we wanted and walked some as well and just enjoyed the nice weather. If you don't work too hard the weather isn't as much of a factor so we made sure to not work too hard. All marathons don't have to be to qualify for Boston or run a PR and we made sure that we enjoyed ourselves in this one.

About 5 hours later we made it home in one piece to see a smiling Quinn high fiving us as we finished on the local high school track. He made his way across the grass and managed to get some finishing photos as well. It's always so wonderful to see him waiting for us when we finish. We don't always get to take him along, but it's a treat when we do.

Well, we were done and all we needed now was some grub and a hot shower. The grub was almost non-existent and the shower was definitely non-existent. I asked the race director about it and he informed me that security refused to open the



Say hello to our "Snowman".

locker rooms at the school and if I really wanted to clean up there was a hose "right over there". I was polite and didn't inform him that Patti probably wasn't inclined to take a hose shower before driving for 5 hours so I simply thanked him and headed back to break the news to Patti. There were many others waiting to shower as well so I'm certain that'll be a thorn in the RD's side.

No worries as we found the nicest YMCA we'd ever seen and they were gracious enough to let us clean up without payment of any kind. Squeaky clean and a greasy burger at Wendy's and we were off to PCB!

It was so nice to spend our recovery time with Patti's mom and dad and to get to spend the time with Alec as well. On top of that we got to enjoy each other with barefoot walks on the beach and easy runs and walks as well. I can't say that I'd recommend the marathon with anymore than two stars, but spending a warm Christmas with family was definitely a wonderful thing. Our family has been blessed over and over and we do our best to not take it for granted. God bless each of you in the upcoming year and may it be a year of improved fitness for each of you.

New Members

Bruce Cook

Brent Noll

Welcome to Club Kokomo!

Race Results

24th Annual Charity Run
December 7, 2008
Kokomo, IN

5k Run

1. Dana Neer 20:21
2. Joe Rangel 20:48
3. Scott Riggle 22:42
4. Al Hochgesang 23:07
5. Jeff Cardwell 23:14
6. Travis Sheets 23:22
7. Michael Graham 23:39
9. Waylon Coulter 24:11
11. Heather Weber 24:39 1st woman
13. Earl Strong 25:01
14. Mark Shorter 25:19
15. Kelly Wright 25:30
16. Gregory Townsend 25:45
19. T.A. Weber 26:10
21. Joni McCracken 26:23
22. Keith McAndrews 27:06
23. Sarah Bauson 27:10
24. Brent Noll 27:11
25. Barb Millspaugh 27:12
26. Bill Bauson 27:13
27. John Norris 27:32
28. Lisa Jones 27:47
29. Ricke Stucker 27:55
32. Josh Revils 28:32
34. Ray Tetrault 29:37
36. Mark Eads 30:50
37. Bruce Cook 30:52
38. Laura Rosenstengel 31:35
39. Doug Mankell 31:49
40. Cassie Bauson 31:52
41. David Hughes 31:54
42. Stan Shuey 32:17

43. Robin Tetrault 32:21
44. Justine Eads 32:37
45. Laura Cook 33:00
46. Bill Heck 33:15
47. Dave White 33:16
48. Robin Cole 34:08
49. Vicki Boles 35:08
50. Adrienne Riggle 35:42
51. Brian Allen 36:39
52. Joyce Pennycoff 37:04
53. Emily Allen 37:33
54. James Longwith 39:19
55. Bob Longwith 39:43
56. Roxane Burrous 46:01
57. Sylvia Burgin 47:00
58. Gary Jewell 47:24
- 58 Finishers

5k Walk

1. Mary Miller 40:34
2. Rick Spencer 40:35
3. Jeannie Clark 43:50
4. Jayne Hiatt 45:59
5. Debbie Riffe 50:31
6. Amanda Pena 50:34
7. Tim Taflinger 55:50
8. Pat Robertson 55:56
9. Tim Revils 56:38
10. Jackie Sanders 1:24:08
11. Cynthia Sanders 1:24:10
- 11 Finishers

New Year's Eve Day Run/Walk
December 31, 2008
Kokomo, Indiana

5K Run

1. Kyle Overway 16:50

4. Dana Neer 18:17
5. Petrana Petkova 19:05 1st woman
6. Zach Miller 19:14
7. Matt York 19:36
8. Chris James 19:44
9. Joe Rangel 20:24
12. Scott Riggle 21:05
14. Ron Moore 21:56
16. Kelly Wright 22:25
18. Earl Strong 22:43
19. Michael Graham 22:46
23. Jeff Cardwell 23:26
25. Mark Shorter 23:49
27. Gregory Townsend 24:08
30. Terry Townsend 24:31
33. Ernie Strawn 25:11
35. Ken Swinehart 25:22
36. Keith McAndrews 25:31
38. John Norris 25:36
41. Joni McCracken 25:55
42. Barb Millspaugh 26:01
45. Sarah Bauson 26:08
48. David Reinagle 26:30
49. Peter Bauson 26:41
50. Mark Rodgers 26:48
51. Bill Bauson 26:51
52. Mike Deardorff 26:57
53. Steve Wand 26:58
59. Tami Moore 27:41
60. Allison Irvin 27:42
61. Tom Miklik 27:56
62. Bruce Cook 28:06
63. Grace Bauson 28:21
65. Dave White 28:33
66. Laura Bauson 28:35
67. Jerry Meiring 28:39
68. Greg Sumpter 28:40

69. Stan Shuey 28:45
70. Laura Rosenstengel 28:50
71. Mark Eads 29:00
72. Cassie Bauson 29:01
73. Phil Leininger 29:05
74. Steve Kilcline 29:06
78. Dale Sullivan 30:02
79. Riley Case 30:05
80. Justine Eads 30:10
81. Stephanie Bolinger 30:12
82. Brian Allen 30:26
83. Laura Cook 30:36
86. Vicki Boles 30:49
88. Brent Noll 31:13
93. Adriene Riggle 32:58
96. Emily Allen 33:23
98. Amber Longwith 34:01
103. Rhenda Acton 37:57
107. Sylvia Burgin 40:35
- 109 Finishers

5K Walk

1. Damon Clements 27:51
2. Mary Miller 34:23 1st woman
5. Steve Inman 35:42
6. Amanda Pena 36:05
7. Anna Dollens 37:18
8. Robin Michael 40:02
9. Jane Inman 40:22
11. Jeannine Clark 40:25
13. John McGinty 42:48
14. Bob Longwith 43:05
15. Debbie Riffe 43:33
19. Jackie Sanders 61:39
20. Cynthia Sanders 61:41
- 20 Finishers

Birthday List

- | | | | | | |
|-----|------------------|------|----------------|------|-------------------|
| 1/2 | Patti Reinhardt | 1/11 | Trudy Pierce | 1/22 | Sara Hovermale |
| 1/3 | Marsha Daugherty | 1/13 | Jeff Cardwell | 1/22 | Sondra Summerton |
| 1/3 | Andrew Maibaum | 1/16 | Edwina Foust | 1/23 | Brian Moore |
| 1/3 | Darrell York | 1/17 | Milt Brown | 1/27 | Kayla Reinagle |
| 1/5 | T.A. Weber | 1/17 | Lily Mozipo | 1/28 | Todd Moser |
| 1/7 | Noah Stranahan | 1/18 | Lisa Jones | 1/30 | Jennifer Mayfield |
| 1/8 | Robin Michael | 1/19 | Taylor Padgett | 1/30 | Brent Noll |
| 1/8 | Noah Pownall | 1/21 | Josh Revils | | |



Final 2008 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, McKinley, Charity Run, New Years Eve Race 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	Monica Brooks 7-127H	Judy Smith 7-92HV	30-34	Greg Sumpter 3-30
Women	Jessica Rush 4-52H	Chris Williamson 4-62V	Matt York 19-315MH	Matt Bolinger 1-20H
0-12	Karen Bush 3-49H	Anne Wiles 3-50HV	William Irvin 13-250MHV	50-54
Aubrey Jackson 7-130V	Jeanette Merritt 3-40H	Barb Wand 2-30V	Ryan Bagwell 7-93H	Greg Townsend 22-285HV
Lauren Weber 3-40V	Robyn Pagington 2-40	Kathie Barnett 2-20	Ryan Pownall 2-32H	Keith McAndrews 16-243HV
Natalie Weber 3-40V	Julie Pownall 2-40H	60-64	Carey Stranahan 2-32H	Jeff Cardwell 12-217MH
Kelsey Weber 3-40V	Geana Moore 2-30V	Sylvia Burgin 20-350HV	Joe Kinney 1-15	Earl Strong 11-215MH
Victoria Christenson 1-20H	Jessica Austin 1-20H	Kathy Murdoch 7-140	35-39	Mike Deardorff 13-174H
Zoe Irvin 1-10	Amy Piazza 1-15	Susan Gerhart 2-35H	Scott Colford 13-260MH	Ray Tetrault 11-152MHV
Hannah Moore 1-10	35-39	Roberta Hite 1-15	T.A. Weber 13-198MHV	Jerry Meiring 12-141H
Lillian York 1-10	Heather Weber 14-260MHV	Shirley Wilson 1-10	Scott Riggle 13-196H	Scott Hamilton 6-107
13-19	Lisa Jones 12-199HV	65-69	Chris James 10-180MH	Russ Hovermale 6-73
Katie Hollingsworth 6-120H	Nicole Peel 8-130MHV	Kathleen Leach 1-20H	Michael Rood 6-71H	RJ Kerr 2-35M
Maya Brooks 4-67	Barb Millsbaugh 8-119	Men	Paul Wyman 5-69	Michael Campbell 2-29H
Heidi Freeman 4-62	Shelly Wyman 6-99	0-12	Aurelien Mozipo 4-60H	Mark Rodgers 2-29H
Nicole Jackson 4-43	Adriane Freeman 4-53	Waylon Coulter 10-200	David Reinagle 4-54H	Stephen Batey 1-20H
Vanessa Lorenz 4-41	Gina Sheets 3-50M	Joshua Revils 6-110V	Jeff Kuczera 3-52H	Karl Stoneking 1-12
Nicole Parry 2-22	Stella Rood 2-29H	Quinn Reinhardt 2-40V	Derick Brooks 4-42	55-59
Emily Christenson 1-20H	Jennifer Mayfield 1-20H	Griffin Irvin 1-10	Travis Sheets 2-40H	Joe Rangel 21-392H
Waverly Neer 1-20	40-44	Corey Moore 1-10	Donny Smith 2-29H	Mark Shorter 22-355H
Mindy Tetrault 1-20V	Laura Rosenstengel 10-169V	Kobi Moore 1-10	Dennis Ball 2-22	Charlie Skoog 17-247MHV
Katie Christenson 1-15	Tami Moore 8-135H	Brayden York 1-10	Keith Hill 1-20H	Steve Wand 11-136HV
Kayla Reinagle 1-10	Laura Cook 9-132H	13-19	Mitch Reeves 1-20H	Tom Miklik 10-133MHV
20-24	Patti Reinhardt 7-125MHV	Nich Lipari 7-125	Vernon Graves 1-8	John Wiles 6-80HV
Sarah Lee 8-150H	Joni McCracken 5-90HV	Peter Bauson 7-115H	Shawn Fain 1-6	Dave White 5-77HV
Amber Longwith 7-105	Kim Anderson 4-72MH	James Longwith 6-94	40-44	Rocky Smith 6-63H
Laura Bauson 4-62M	Michelle Larson 3-60H	Keith Bauson 3-45	Michael Graham 23-346HV	Phil Leininger 4-43H
Sarah Bauson 3-60	Lisa Hobbs 2-40	Sam Freeman 2-40	Brian Allen 16-214HV	Fred Chew 3-36H
Grace Bauson 3-45	Paula Lucholick 1-15	Brent Noll 2-35	Brian Reinhardt 10-195MHV	Mike Anderson 2-35H
Megan Tetrault 2-40H	Diana Padgett 1-10	Carl Christenson 2-32H	Ron Moore 11-182H	Bruce Cook 2-28
Holly Hurlburt 1-10	45-49	Jesse Bauson 2-30H	Dana Neer 9-180HV	Steve Kilcline 2-25H
25-29	Cassie Bauson 12-220MH	Kaleb Hollingsworth 1-20H	Dan Lutes 3-55MH	Joe Orr 2-24
Allison Irvin 14-265MHV	Roxane Burrous 7-140MHV	Andrew Swinehart 1-20H	Don Rogers 3-49MH	Terry Townsend 1-12
Michelle Clendenning 13-207HV	Cheryl Marner 3-60	Mason McGovern 1-15	Kevin Forgrave 2-32	Chris Smith 1-7
Jillian Weaver 10-151H	Carla Yerkes 2-40MH	Peyton Yeung 1-15	Jack Lotzgeselle 2-32H	60-64
Justine Eads 10-150H	Stephanie Bolinger 2-35H	20-24	Paul Cardwell 1-20H	Ricke Stucker 24-445HV
Kathleen Bagwell 8-106H	50-54	Sam Williamson, Jr. 3-60	Shawn Mayfield 1-20H	David Hughes 11-190MV
Jaime Jackson 6-79V	Vicki Boles 17-300HV	Charley Eltringham 3-55	Todd Moser 1-20M	Doug Mankell 10-148H
Rebekah Monroe 5-77HV	Robin Tetrault 13-260MHV	Zach Miller 3-55	45-49	Bill Barnett 6-100MH
Tara Steele 4-65H	Theresa Barlow 3-44V	Bryan Phillips 2-40	Byron Bundrent 15-290H	Darrell York 2-35V
Brianne Boles 1-20H	Michaelene Anderson 1-10	25-29	Ken Swinehart 16-225H	Walter Brown 2-30H
Crystal Cherry 1-20H	Linda Donovan 1-10	Jason Rush 10-185H	Al Hochgesang 11-197H	Barry Donovan 2-30H
Ashley Taflinger 1-20H	Jill Parry 1-10	Cory Jackson 11-177	Bill Bauson 9-122H	65-69
Michelle Tetrault 1-20H	Debra Perkins 1-10	Mark Eads 10-172H	Brian Moore 8-120H	Stan Shuey 16-292
30-34	Lorene Sandifur 1-10	Joseph Hubbs 4-80MH	Kim Lee 9-117H	Dale Sullivan 10-162
Darcie York 12-187HV	55-59	Nathan Hovermale 2-40	Ernie Hurst 10-100	John Norris 4-70H
Kelly Wright 8-155MH	Robin Cole 18-309V	Matt Yarosz 2-40	Eric Mathew 6-82MH	Ernie Strawn 2-40
	Joyce Pennycoff 14-255HV		Phil Rozzi 6-80H	70+
	Rhenda Acton 6-100HV		Chris Sullivan 8-76	
			Gary Jewell 4-65	
			Henry Yu 3-40H	
			Kismet Morrison 2-30M	

(Continued on page 10)

Meeting Minutes

Club Kokomo Road Runners Meeting
December 8, 2008 6:30 PM

Members Present: Gina Sheets, Mark Shorter, Brian Reinhardt, Travis Sheets, Charlie Skoog, Scott Riggle, Sylvia Burgin, Steve Currens, Nicole Peel, Andrea Johnson (visitor from the Running Company).

Ginal opened the meeting at 6:32 P.M.

REPORTS

Financial Report given by Mark Shorter
Policy for use of club equipment

RACE DIRECTOR REPORTS

Previous

Charity Run

Charlie thanked the many volunteers and mentioned that we had a very good turnout for such horrible weather.

Charlie will write a proposal to move the charity run to a date in November so that it doesn't compete with We Care.

Upcoming

New Years

\$200 Fee for rental this year. AS long as we clean up there will be no janitorial fee.

Need volunteers for soup.

Numerous fitness membership gift certificates for door prizes.

OLD BUSINESS

Awards Banquet

Location will be Christ Lutheran Church at the corner of Zartman and Dixon in Kokomo.

Awards – Mark and Gina will check on the price of sweat-shirts for awards this year.

Need to determine date and location of awards committee meeting.

Ballot of officers

Brian motioned to accept the the ballot of officers. Sylvia seconded.

Voted 8-0 in favor of.

NEW BUSINESS

Rotary Club of Kokomo Early Risers proposed to have a race on April 11 and will be in contact with the club about the logistics.

Gina will meet with the race director of the Ironhorse to determine if Ironhorse will happen.

Race director is considering having a race at a different time of year.

Meeting adjourned at 7:57 PM.

Next meeting scheduled for January 12, 2009 at the Half Moon at 6:30 P.M. with a social hour at 5:30 P.M.

Meeting Agenda

January 12th,
5:30 social hour - 6:30pm
meeting start

LOCATION – Half Moon Brew
Pub

Induction on new Club Officers

Minutes

Financial Report

Race Director Reports:

Previous

Charity Run - Charlie Skoog
News Year - Charlie Skoog

Upcoming

Discussion on Old Ben
Run/Walk
Discussion on Sam Costa ¼
and ½ marathon
Discussion on the request
from Sunrise Rotary Club
Discussion on the Iron
Horse Run
Discussion on the October
Cancer Awareness Run
Discussion on reorganizing
McKinley and Charity Run

Old Business:

Hall of Fame Qualifiers Cmt
- Charlie Skoog
Preparation for the Awards
Banquet – Feb. 22nd,
Christ Lutheran Church,
3401 S. Dixon Road
Kokomo, IN
End of the Year Awards
Committee meeting report
ON THE TABLE – USE OF
CLUB EQUIPMENT / IN-
VENTORY

New Business:

DATE OF NEXT MEETING –
February 9th, 2009

Final 2008 Points Standings (continued)

Bill Heck 12-230V
Robert Cupp 11-185
Riley Case 1-20
Charles Johnson 1-20H

Walkers

Women

49-

Mary Miller 21-379HV
Amanda Pena 20-319V
Jayne Hiatt 21-250V
Jane Inman 15-211HV
Debbie Riffe 21-209V
Raye Jean Swinehart 14-158H
Emily Allen 11-103
Cindy Sullivan 8-68
Adriene Riggle 6-57
Carol Savage 2-24H
Becky Christenson 1-20H

50+

Anna Dollens 20-375H
Pat Robertson 12-166HV
Diana Brown 12-162V
Jeannie Clark 9-142
Cynthia Sanders 10-124V
Kathy Allen 3-45
Trudy Pierce 2-35H
Pamela Batey 1-20H
Helen Brown 2-20
Edwina Foust 1-20V
Nancy White 1-20V
Barbara Hobbs 1-10

Men

49-

Steve Inman 13-260H
Tim Revils 10-172V
Bruce Savage 2-35H

50+

Jerry Lambert 21-385HV
Tim Taflinger 21-283HV
Rick Spencer 15-247H
Robin Michael 19-233H
Jackie Sanders 15-158V
Milt Brown 10-102V
Jim Burrous 5-61HV
Melvin Hobbs III 4-53MH
Bob Longwith 4-48
David Mygrant 4-39
John McGinty 3-32
Toney Lorenz 1-9
Darrell Pennycoff 1-9

2009 Race Calendar

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

Other Races

February 1 Groundhog 7 1 PM Zionsville High School Will Huiras weh@d-slaw.com
February 8 Valentine 5k Run/walk 10 AM Valparaiso High School Michael Prow mprow@mail.valpo.k12.in.us 219.548.3694
February 14 Skirt Chasers 5k Run/Walk Shelbyville, Indiana Gretchen Morgan 317.392.0835 gmorgan@shelbyroadrunners.com
February 21 Polar Bear 5 Mile Run/5k Walk 9 AM Indiana War Memorial Ken Long 317.884.4001 klong@kenlongassoc.com

Other Race Results

Monumental Marathon
November 2, 2008
Indianapolis, IN

1. Richard Kandie 2:22:25
- 1w. Zeddy Chepkoech 2:40:28
6. Scott Colford 2:34:10
124. Chris James 3:22:24
199. Carla Yerkes 3:31:41
322. Eric Mathew 3:43:57
347. Jeff Cardwell 3:46:45
545. Kelly Wright 4:05:13
839. RJ Kerr 4:41:46
1090. Melvin Hobbs 6:09:17
- 1109 Finishers

Rocket City Marathon
December 13, 2008
Huntsville, AL

1. Josh Cox 2:21:23
- 1w. Jill Horst 2:48:00
119. Chris James 3:16:43
825. Tom Miklik 4:36:57
- 1127 Finishers

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

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