

February 2009



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Next Race:  
John Norris 5k  
Location: Amboy, IN  
Date: March 7  
Time: 9 AM

CLUB KOKOMO ROADRUNNERS

# The Roadrunner

# Time for a Change

By Brian Reinhardt



An adventure that started just over four years ago is coming to an end with this newsletter. At the time I really didn't have any idea what I was getting myself in to and I honestly don't think anyone else did either with the exception of Mark Shorter. While the challenges have been many, the rewards have made those challenges seem insignificant.

Each month I've tried to provide you with the best newsletter that I possibly could, realizing of course that my ability to do so was hampered by my lack of experience in anything related to journalism or photography. I never pretended to know what I was doing, but I did do my best. I hope that was good enough.

In the past 49 newsletters there have been a lot of stories and I felt honored to get to read each of them first (and sometimes add my two cents). There really have been some amazing accomplishments and for the most part we've been able to capture them here.

There's David Hughes and his numerous ultra marathons, most of which were at least 100 miles and most of which he was able to complete. Sometimes those came back to back and sometimes back to back to back, but however they came it was amazing to me.

There's Dan (with 49 states) and Earl (with close to 40 if not 40) who have run a marathon in nearly every state. I know that Dan will complete number fifty in June in Hawaii and I'm sure Earl has plans for his as well. They've both inspired a number of us to do the same as Ray and Robin and Patti and I are on our own quest for 50. Not only that, I've witnessed more and more club members take on the distance, regardless of whether or not they plan to do all 50 states.

There have been all-state performances—Waverly Neer comes to mind in both cross country and track and she still has two more years to go after this school year.

There have been tons of records broken, especially in the age group categories. In 2007, Lorene Sandifur broke nearly every existing record in the 50-54 age group and this past year Joe Rangel did the same in the 55-59! They're not alone as records have continued to fall. It seems like someone breaks a record every race!

We've seen beloved members pass on and new club members be born. We've witnessed others get sick and fight through it and others that are just too tough to worry about injury and illness. We've watched walkers turn into runners and runners turn into walkers and those who never did either are now pursuing a fitness lifestyle.

Our club is an ever evolving one, but one thing has remained constant throughout the entire time that I've  
*(Continued on page 2)*

Just a reminder to get your dues in to Mark Shorter, our treasurer, for 2009. It's hard to get more bang for your buck than with an active lifestyle in a friendly running club.

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# From the President

By Gina Sheets

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Happy February CKRR Friends!

I am writing this excited because I know spring will arrive some day and this cold bitter wind will be a memory in the warm breeze. Until then I hope you are getting in your training miles bundled up outside or in comfort on the treadmill. While I am not sure how comforting a treadmill can really be as

boredom and "necessary" interruptions can occur.

As I have turned 40 so much about me has changed; a noticeable running change is the need to not wear clothes by mile two. We were on a 12 mile training run and it was 2 degrees, by mile two the clothes were off and stayed off for the remainder of the run. Running outside in this weather can be beautiful and dangerous if you do not know yourself well especially your core temperature and dressing appropriately. Be sure to dress in layers and caution not to over dress and then be tempted to shed those clothes and become chilled. By now many of you are saying, boredom or not, the treadmill is my course for the

winter.

One of the best things about Club Kokomo Road Runners is our feeling of family. I encourage you to come out to the award banquet this month. Sunday, February 22<sup>nd</sup> at 2:00pm will be our annual awards banquet. The location is the Christ Lutheran Church (corner of Zartman and Dixon in Kokomo). The best thing about this running and walking club is our unity. So many of us are united by our work, by our vacation plans, by our training, by our injury discussions, by our worship, and by eating, all because we have met somewhere at a CKRR event. This awards banquet is a great way to meet new folks and EAT. We are asking that you bring a side dish of salad, veggies, fruit, and desserts **and for those of you up to the challenge your best pot of chili**. Yes this is the annual chili cook off. Do you know your away around a chili pot? Do you have what it takes to win? The chili is voted on by all attendees and we need chili! Please bring your best batch of chili. Beverages and service ware will be provided.

Please remember your input is needed at our next club meeting. February 9<sup>th</sup>, at the Half Moon Brew Pub meeting room. 5:30pm to eat and socialize and 6:30pm meeting time. Come one come all and learn about the Club.

Be safe out there –  
Gina

*(Continued from page 1)*

been a member. Our club is made up of a lot of very good people who care a great deal about each other and the community. That won't change.

I did a lot of praying about whether or not I wanted to step down at the end of the year and in the end the answer was always the same—it was time. Those prayers included someone who could take over the responsibilities and those prayers were answered as well in the form of Scott Riggle. I know he'll do a fabulous job as your new newsletter editor and I know you'll each give him the same support that you've given me.

I'm looking forward to spending the extra hours each month that I spent on club business with my family. They deserve more of my time and to the best of my ability I'll give it to them.

If this kind of sounds like goodbye it's certainly not as I'll still be at races (hopefully with Patti and Quinn) and I'll do what I can to help Scott get acclimated to the position as well.

I also have a ton of people to thank because this job isn't done alone by any means. I'm not going to list them in any particular order of importance, but there are a number of folks that I want to thank by name.

Thank you to Charlie Skoog for doing so much leg work for all of us. Without you, Charlie, we wouldn't be nearly as efficient.

Thank you Mark Shorter for being the race day guru and providing results, 50-50, etc. at nearly every race.

Thank you Gary Jewell for providing the web service so that we can get the newsletter out to everyone electronically.

Thank you Ray and Robin Tetrault for providing our kids an avenue to

learn about fitness and just have plain ole fun.

Thank you Jack and Cindy Sanders for your hugs at every race that my family and I attend. Showing up for a race wouldn't be the same without them.

Thank you Will Irvin for taking on both the presidency and the Haynes Apperson, making all of our running and walking lives easier.

Thank you Scott Riggle for taking over as newsletter editor. I know you'll do a fine job.

Thanks to a number of you who have provided photos for the newsletter over the years. You know who you are.

But mostly thank my wife, Patti, who's love and patience with me was so appreciated. I spent a lot of time accomplishing the newsletter each month and she gave up that time without complaint. I love you honey.

# Meeting Minutes

# Meeting Agenda



Club Kokomo Roadrunners Meeting  
January 12, 2008 6:30 PM

Members Present: Gina Sheets, Mark Shorter, Brian Reinhardt, Travis Sheets, Charlie Skoog, Diana Brown, Robin Cole, Doug Mankell, Ray Tetrault, Mindy Tetrault, Sylvia Burgin, Earl Strong, Steve Currens, Nicole Peel

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

## REPORTS

Financial Report given by Mark Shorter – General Fund \$427.80, Cowan Fund \$1,197.05, Coyote Kids Fund \$5,566.64.

## RACE DIRECTOR REPORTS

### Charity Run

Raised approximately \$2,100 for club charities

Rental \$100

### New Years Race

Raised approximately \$1,500 for Coyote Kids

Rental cost not yet determined

## OLD BUSINESS

### Policy for use of club equipment

Tabled until an inventory can be accomplished

### Awards Banquet

Need volunteers to make chili for the chili cook-off

Everyone bring a dessert

## NEW BUSINESS

### Results of club elections

President – Gina Sheets

Vice President – Rebekah Moore

Treasurer – Mark Shorter

Newsletter Editor – Scott Riggle

Chaplain – Steve Wand

### Haynes Apperson

Ron Moore and Matt York are interested in directing race

### Sam Costa

Will celebrate it's 40<sup>th</sup> anniversary this year

Points race for the first time

Ironhorse has been canceled and Race For Grace will move to that weekend (July 11)

Sunrise Rotary Club will sponsor a race on April 11

Will not be a club race this year, but will be discussed in the future.

### Charity Run

Charlie motioned that the Charity Run move to Saturday, November 14 next year so it doesn't compete with the We Care events. Voted unanimously in favor of.

### McKinley Race

Gina motioned that the McKinley Race become the We Care Race and move to Sunday, December 6. Voted unanimously in favor of.

Possible change of course.

Meeting adjourned at 7:19.

Next meeting scheduled for February 9, 2009 at the Half Moon at 6:30 P.M.  
Social Hour begins at 5:30 P.M.

Club Kokomo Roadrunners Agenda  
February 9th, 2009

5:30 social hour - 6:30pm meeting start

LOCATION – Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

Upcoming

Discussion on Old Ben Run/Walk  
Haynes Apperson

Sam Costa ¼ and ½ marathon will  
celebrate its 40th anniversary  
March 28th

Discussion on the request from  
Sunrise Rotary Club

Discussion on the October Cancer  
Awareness Run – John Wiles RD

Old Business

Preparation for the Awards Banquet – Feb. 22nd, Christ Lutheran Church, 3401 S. Dixon Road

Kokomo, IN

2:00pm start

Chili Cook Off

ON THE TABLE

USE OF CLUB EQUIPMENT/INVENTORY

New Business:

DATE OF NEXT MEETING – March 9th, 2009



# On the Roads

By Johnny '0



**'We race because we can!'**

Why run or walk in the 18<sup>th</sup> Susan G. Komen Race for the Cure Indianapolis on April 18?

On the Komen Indy Web site ([www.komenindy.org](http://www.komenindy.org)), Dana Curish, executive director of Komen Indianapolis, answers that question:

"Someone recently asked me why we continue to Race. It didn't take me long to reply, as I reflected on the fact that we have hundreds of thousands of personal reasons, each one touched by the tragedy that is breast cancer.

"We Race because one in every 33 of our sisters, mothers and loved ones still dies from breast cancer. We Race because inspirational people like our Honorary Survivor, Cindy Day, depend on researchers to find new treatments to continue to live with metastatic disease. We Race to honor our loved ones who courageously lost their battle and to celebrate with our 2,000 survivor sisters in the Pink Parade. We Race in the hope that one day we won't have to add any new names to our "In Memory Of" signs.

We Race to try and protect our children and grandchildren from the fears we faced with breast cancer. We Race because we haven't reached our Finish Line yet - a cure.

"Most importantly, WE RACE BECAUSE WE CAN! Each and every one of us can make a difference and save lives by raising awareness and important dollars to fund research, education, screening, and treatment. And we will continue to Race until we realize our dream of a world without the threat of breast cancer. In the end, it will be the greatest race we've ever won."

To help women, who cannot afford early diagnosis, CKers are once again asked to join Club Kokomo's Race for the Cure Team and raise money for Indy Komen grants.

Of the more than \$2.6 million raised by Komen Indy last year, 75 percent stayed in Central Indiana in the form of grants to 21 organizations, who provided educational programs, free breast exams, and free mammograms to women who could not pay for the exams. The other 25 percent went to the national Komen Foundation, which used the money for research.

Komen Indy's set records last year with 44,050 participants and \$2.6 million in donations. Club Kokomo

also set records with 84 team members and \$1,680 in donations. Capt. Jack., one of CK's team leaders, is shooting for 100 members and \$2,000 in donations this year.

Online registration is now open. There are no changes in entry fees. The base entry types include: team participant, \$23; sleep in for the Cure (entrant does not have to be present on race day, but will receive a race shirt), \$23; team survivor (a breast cancer survivor who will receive a race shirt and survivor package that includes a pink survivor shirt, hat, and bib number), \$23; and team child (8 years of age or younger entrant will not receive a race shirt but will be counted as team member), free.

In addition to one of the base entry types, a participant may select any combination of the additional entry items that include: In the Pink (entrant receives special gift for making an extra donation; gift can be viewed at [www.komenindy.org](http://www.komenindy.org)), \$50; and competitive (entrant will receive a commemorative timing chip to keep and a special bib number, and their time will be posted), \$29.

Registering is simple. Go to [www.komenindy.org](http://www.komenindy.org). If you registered online last year, you can log in using your username and password. If you don't remember your username

and/or password, follow the instructions and Komen will email them to you. If you did not register online last year, select "Join a Team." Our team's name is Club Kokomo Roadrunners and Capt. Jack is the team captain. To be on Club Kokomo's Team, you have to register online. If you do not have a computer, contact John Wiles at (765) 438-9545.

Once again, you will be able to register additional



**A Sea of Pink—Cancer Survivors abound at the Race for the Cure.**

# On the Roads (continued)



members at the same time as you register yourself. You will fill in the boxes labeled additional family members. However, the additional person does not have to be a "family" member for you to use this feature.

As in past years, Capt. Jack will pick up the team member race packets and distribute them April 15 prior to CK's training run in Highland Park.

Team registration closes March 20, so go online and help Club Kokomo and Komen Indy set records again this year.

## Volunteer sign-up process

Indy Komen also is recruiting volunteers to assist in preparing for and facilitating the 2009 race on April 18. Early Bird sign-up at the Komen Office will be the first opportunity to register for both pre-event shifts and on-site race shifts. Early Bird sign-up will be Feb. 14 (Saturday), 10 a.m. – 1 p.m., Landmark Center, Komen Affiliate Office, 1099 North Meridian St., First Floor. All jobs listed will be open to the public, and each job will be filled on a first-come-first-served basis.



*Part of the Race for the Cure Group from last year.*

Starting Feb. 18 (Wednesday), Indy Komen will have all volunteer shifts listed on its website. This site will allow you to sign up, fill out your volunteer waiver, and request a shirt size. You do not need to come in to the office until race training. Visit [www.komenindy.org](http://www.komenindy.org) on Feb. 18 for

more details.

If you have any questions, please contact Volunteer Registration Coordinator, Meghan Lyons (317.423.3590 / [lyons.meghan@yahoo.com](mailto:lyons.meghan@yahoo.com)), or contact the Susan G. Komen for the Cure Affiliate (317.638.CURE or [www.komenindy.org](http://www.komenindy.org)).

## Birthday List

|      |                   |      |                  |
|------|-------------------|------|------------------|
| 2/4  | Dennis Ball       | 2/16 | Roxane Burrous   |
| 2/5  | Donny Betzner     | 2/16 | Mike Daugherty   |
| 2/5  | Gretchen Riggie   | 2/16 | Keith Hill       |
| 2/6  | Scott Pagington   | 2/18 | Jamie Dunlap     |
| 2/6  | Emily Christenson | 2/19 | Steve Currens    |
| 2/6  | Terry Townsend    | 2/19 | Cory Jackson     |
| 2/9  | Amber Longwith    | 2/19 | John Norris      |
| 2/12 | Barb Millspaugh   | 2/20 | Stella Rood      |
| 2/14 | Stephen Batey     | 2/21 | Shannon Reinagle |
| 2/15 | Tyler Padgett     | 2/22 | Mike Williams    |



|      |                |
|------|----------------|
| 2/23 | Sally Freeman  |
| 2/23 | Kaylee Perkins |
| 2/23 | Brayden York   |
| 2/24 | Dan Lutes      |
| 2/28 | Jayne Hiatt    |
| 2/28 | Shelby Revils  |

*Happy birthday from Club Kokomo!*



# Running Club Records

1 Mile

Women

|       |                  |       |
|-------|------------------|-------|
| 0-12  | Aubrey Jackson   | 9:32  |
| 13-19 | Stephanie Miller | 5:45  |
| 20-24 | Megan Tetrault   | 7:08  |
| 25-29 | Allison Irvin    | 6:35  |
| 30-34 | Darci York       | 7:56  |
| 35-39 | Roxane Osborn    | 6:25  |
| 40-44 | Lorene Sandifur  | 6:51  |
| 45-49 | Roxane Burrous   | 7:14  |
| 50-54 | Robin Tetrault   | 8:00  |
| 55-59 | Joyce Pennycoff  | 7:49  |
| 60-64 | Kathy Murdoch    | 7:48  |
| 65-69 | Sylvia Burgin    | 11:53 |
| 70+   |                  |       |

Men

|       |                |      |
|-------|----------------|------|
| 0-12  | Waylon Coulter | 5:50 |
| 13-19 | Jeremy Grams   | 4:54 |
| 20-24 | Bryan Phillips | 4:36 |
| 25-29 | Kevin Forgrave | 4:52 |
| 30-34 | Kenny Bennett  | 4:56 |
| 35-39 | Byron Bundrent | 4:50 |
| 40-44 | Earl Strong    | 5:19 |
| 45-49 | Dana Neer      | 5:07 |
| 50-54 | Jeff Cardwell  | 5:55 |
| 55-59 | Joe Rangel     | 5:38 |
| 60-64 | Bill Heck      | 6:18 |
| 65-69 | Stan Shuey     | 6:55 |
| 70+   | Bill Heck      | 7:39 |

3 Mile

Women

|       |                 |       |
|-------|-----------------|-------|
| 13-19 | Sarah Bauson    | 23:21 |
| 20-24 | Grace Bauson    | 23:50 |
| 30-34 | Tami Moore      | 25:23 |
| 35-39 | Gina Sheets     | 23:47 |
| 40-44 | Patti Reinhardt | 24:17 |
| 45-49 | Cassie Bauson   | 24:20 |
| 50-54 | Joyce Pennycoff | 24:32 |

Men

|       |                   |       |
|-------|-------------------|-------|
| 0-12  | Brandon Sheline   | 20:55 |
| 13-19 | Matthew Robertson | 18:20 |
| 25-29 | William Irvin     | 19:00 |
| 30-34 | Scott Colford     | 16:05 |
| 35-39 | Tony Campbell     | 20:23 |
| 40-44 | Gary Jewell       | 16:51 |
| 45-49 | Ray Tetrault      | 21:59 |
| 50-54 | Charlie Skoog     | 20:47 |
| 55-59 | Tom Miklik        | 23:09 |
| 60-64 | Stan Shuey        | 24:54 |
| 65-69 | John Norris       | 23:44 |
| 70+   | Milt Brown        | 34:21 |

5k

Women

|       |                  |       |
|-------|------------------|-------|
| 0-12  | Waverly Neer     | 19:25 |
| 13-19 | Waverly Neer     | 17:58 |
| 20-24 | Christan Bahler  | 18:15 |
| 25-29 | Robyn Pasington  | 19:18 |
| 30-34 | Karlene Herrell  | 18:15 |
| 35-39 | Heather Weber    | 18:22 |
| 40-44 | Angie Minnefield | 21:34 |
| 45-49 | Lien Koztecki    | 21:11 |
| 50-54 | Lorene Sandifur  | 23:04 |
| 55-59 | Joyce Pennycoff  | 26:43 |
| 60-64 | Kathy Murdoch    | 26:58 |

Men

|       |                |       |
|-------|----------------|-------|
| 0-12  | Jarred Hall    | 18:27 |
| 13-19 | Bryan Phillips | 15:15 |
| 20-24 | Bryan Phillips | 15:34 |
| 25-29 | Kevin Forgrave | 15:51 |
| 30-34 | Kevin Forgrave | 15:36 |
| 35-39 | David Gardner  | 15:55 |
| 40-44 | David Gardner  | 15:50 |
| 45-49 | Byron Bundrent | 17:18 |
| 50-54 | Chuck Masters  | 18:01 |
| 55-59 | Joe Rangel     | 18:47 |
| 60-64 | John Norris    | 20:24 |
| 65-69 | Bill Heck      | 22:00 |
| 70+   | Bill Heck      | 25:33 |

6k

Women

|       |                 |       |
|-------|-----------------|-------|
| 0-12  | Missy Tetrault  | 36:12 |
| 13-19 | Christan Bahler | 26:00 |
| 20-24 | Jill Pennycoff  | 39:48 |
| 25-29 | Lisa Stucker    | 39:34 |
| 30-34 | Tami Moore      | 32:45 |
| 35-39 | Sue Gibson      | 37:28 |
| 40-44 | Roxane Osborn   | 29:57 |
| 45-49 | Robin Tetrault  | 36:50 |
| 50-54 | Lien Koztecki   | 34:47 |

Men

|       |               |       |
|-------|---------------|-------|
| 0-12  | Jarred Hall   | 27:04 |
| 13-19 | Dickie Bishop | 22:35 |
| 20-24 | Daniel McGill | 23:06 |
| 25-29 | Scott Colford | 22:59 |
| 30-34 | Scott Colford | 22:39 |
| 35-39 | Gary Jewell   | 22:17 |
| 40-44 | Ken Swinehart | 27:15 |
| 45-49 | Charlie Skoog | 27:35 |
| 50-54 | Charlie Skoog | 26:09 |
| 55-59 | Jim Burrous   | 32:38 |
| 60-64 | Ken Huston    | 42:02 |
| 65-69 | Bob Cupp      | 39:31 |

4 Mile

Women

|       |                 |       |
|-------|-----------------|-------|
| 0-12  | Waverly Neer    | 26:34 |
| 13-19 | Leslie Carden   | 23:40 |
| 20-24 | Christan Bahler | 25:00 |
| 25-29 | Robyn Pasington | 24:09 |

|       |                 |       |
|-------|-----------------|-------|
| 30-34 | Karlene Herrell | 22:53 |
| 35-39 | Heather Weber   | 23:51 |
| 40-44 | Carla Yerkes    | 26:04 |
| 45-49 | Carla Yerkes    | 27:39 |
| 50-54 | Lorene Sandifur | 31:15 |
| 55-59 | Doris Griffith  | 33:11 |
| 60-64 | Kathy Murdoch   | 34:25 |

Men

|       |                |       |
|-------|----------------|-------|
| 0-12  | Jarred Hall    | 24:16 |
| 13-19 | Jeremy Grams   | 20:30 |
| 20-24 | Luke Baker     | 20:50 |
| 25-29 | Kevin Forgrave | 20:48 |
| 30-34 | Kevin Forgrave | 20:26 |
| 35-39 | David Gardner  | 20:53 |
| 40-44 | Gary Romesser  | 20:01 |
| 45-49 | Byron Bundrent | 22:52 |
| 50-54 | Chuck Masters  | 23:49 |
| 55-59 | Joe Rangel     | 24:03 |
| 60-64 | John Norris    | 26:26 |
| 65-69 | Bill Heck      | 29:07 |
| 70+   | Bill Heck      | 34:32 |

8k

Women

|       |                 |       |
|-------|-----------------|-------|
| 13-19 | Tonya Buffum    | 33:35 |
| 20-24 | Allison Traver  | 40:04 |
| 25-29 | Allison Irvin   | 51:43 |
| 30-34 | Heather Weber   | 33:44 |
| 35-39 | Lisa Jones      | 40:53 |
| 40-44 | Lorene Sandifur | 39:51 |
| 45-49 | Lien Koztecki   | 37:04 |
| 50-54 | Rhenda Acton    | 43:48 |
| 55-59 | Lien Koztecki   | 45:42 |

Men

|       |                 |       |
|-------|-----------------|-------|
| 13-19 | Jeff Dwiggin    | 29:53 |
| 20-24 | Seth Daugherty  | 29:33 |
| 25-29 | Howard Harrell  | 28:52 |
| 30-34 | Brian Reinhardt | 30:29 |
| 35-39 | Scott Colford   | 27:54 |
| 40-44 | Gary Jewell     | 29:54 |
| 45-49 | Byron Bundrent  | 28:39 |
| 50-54 | Chuck Masters   | 34:57 |
| 55-59 | Joe Rangel      | 32:25 |
| 60-64 | Bill Heck       | 37:28 |
| 65-69 | Ernie Strawn    | 40:18 |
| 70+   | Bill Heck       | 51:23 |

5 Mile

Women

|       |                        |       |
|-------|------------------------|-------|
| 0-12  | Kayla Reinagle         | 49:22 |
| 13-19 | Tonya Buffum           | 31:37 |
| 20-24 | Christan Bahler        | 32:24 |
| 25-29 | Kelly Wright           | 34:32 |
| 30-34 | Maggie Kuhlman         | 33:17 |
| 35-39 | Heather Weber          | 30:27 |
| 40-44 | Michelle Hollingsworth | 37:22 |

# Running Club Records (continued)



45-49 Lien Koztecki 35:41  
 50-54 Lorene Sandifur 40:23  
 55-59 Lien Koztecki 45:13  
 60-64 Kathy Murdoch 44:50

Men  
 0-12 Brandon Sheline 32:22  
 13-19 David Graves 25:42  
 20-24 Josh Daugherty 27:35  
 25-29 Scott Colford 26:56  
 30-34 Scott Colford 26:07  
 35-39 Kenny Bennett 26:30  
 40-44 Gary Jewell 28:17  
 45-49 Byron Bundrent 29:12  
 50-54 Chuck Masters 30:07  
 55-59 Joe Rangel 31:00  
 60-64 Bill Heck 35:05  
 65-69 Bill Heck 37:49  
 70+ Bill Heck 43:25

10k  
 Women  
 13-19 Michelle Faulkner 41:28  
 20-24 Allison Traver 52:58  
 25-29 Michelle Clendenning 49:01  
 30-34 Karlene Herrell 37:12  
 35-39 Heather Weber 38:14  
 40-44 Michelle Hollingsworth 48:31  
 45-49 Lien Koztecki 45:00  
 50-54 Lorene Sandifur 50:36

Men  
 0-12 Brandon Sheline 45:25  
 13-19 David Graves 32:43  
 20-24 Eric Jun 48:32  
 25-29 Scott Colford 32:52  
 30-34 Kevin Forgrave 32:30  
 35-39 Kenny Bennett 33:27  
 40-44 David Gardner 34:33  
 45-49 Charlie Skoog 40:05  
 50-54 Bill Bennett 42:22  
 55-59 Joe Rangel 39:35  
 60-64 John Norris 42:25  
 65-69 Ed Krull 53:52

7 Mile  
 Women  
 25-29 Justine Eads 1:07:16  
 35-39 Gina Sheets 57:19  
 40-44 Patti Reinhardt 1:03:06  
 45-49 Roxane Burrouss 57:49  
 50-54 Lorene Sandifur 58:25  
 Men  
 25-29 Mark Eads 1:06:01  
 30-34 Will Irvin 47:57

45-49 Eric Mathew 50:34  
 50-54 Mike Deardorff 58:48  
 55-59 Charlie Skoog 52:07  
 60-64 Jim Burrouss 1:08:30  
 65-69 Stan Shuey 1:00:49

15k  
 Women  
 13-19 Tonya Buffum 1:00:18  
 25-29 Kelly Wright 1:09:09  
 30-34 Karlene Herrell 57:56  
 35-39 Heather Weber 59:03  
 40-44 Roxane Burrouss 1:17:20  
 45-49 Lien Koztecki 1:10:29  
 50-54 Lorene Sandifur 1:18:50

Men  
 0-12 Brandon Sheline 1:04:43  
 13-19 Pat Pollard 54:10  
 20-24 Seth Daugherty 55:48  
 25-29 Scott Colford 50:45  
 30-34 Kevin Forgrave 50:29  
 35-39 David Gardner 50:26  
 40-44 Brian Reinhardt 57:17  
 45-49 Rick Stucker 1:01:15  
 50-54 Charlie Skoog 1:05:08  
 55-59 John Norris/Joe Rangel 1:00:35  
 60-64 Dick Sims 1:06:03  
 65-69 John Norris 1:18:58

10 Mile  
 Women  
 13-19 Leslie Carden 1:05:48  
 20-24 Jill Pennycoff 1:28:42  
 25-29 Kelly Wright 1:15:09  
 30-34 Heather Weber 1:08:01  
 35-39 Heather Weber 1:06:48  
 40-44 Roxane Osborn 1:19:27  
 45-49 Lien Koztecki 1:16:11  
 50-54 Shirley Wilson 1:25:10  
 55-59 Lien Koztecki 1:32:25

Men  
 0-12 Brandon Sheline 1:16:50  
 13-19 Josh Daugherty 1:02:03  
 20-24 Scott Stucker 1:14:02  
 25-29 Scott Colford 55:54  
 30-34 Scott Colford 56:21  
 35-39 Scott Colford 55:24  
 40-44 Gary Romesser 58:21  
 45-49 Brian Reinhardt 1:03:57  
 50-54 Chuck Masters 1:07:17  
 55-59 Joe Rangel 1:07:15  
 60-64 John Norris 1:12:07  
 65-69 Bill Heck 1:20:02

Half Marathon  
 Women  
 0-12 Victoria Christenson 2:43:52  
 13-19 Michelle Faulkner 1:45:59  
 20-24 Jill Pennycoff 1:42:41  
 25-29 Robyn Pagington 1:30:22  
 30-34 Karlene Herrell 1:19:04  
 35-39 Karlene Herrell 1:23:25  
 40-44 Carla Yerkes 1:30:43  
 45-49 Carla Yerkes 1:32:47  
 50-54 Lorene Sandifur 1:50:22  
 55-59 Shirley Wilson 2:06:49  
 60-64 Doris Griffith 2:11:05

Men  
 0-12 Jesse Bauson 2:08:23  
 13-19 John Ely 1:15:02  
 20-24 Seth Daugherty 1:22:05  
 25-29 Scott Colford 1:12:57  
 30-34 Kenny Bennett 1:12:21  
 35-39 Scott Colford 1:12:27  
 40-44 Gary Romesser 1:10:04  
 45-49 Byron Bundrent 1:19:33  
 50-54 Chuck Masters 1:26:01  
 55-59 Joe Rangel 1:28:51  
 60-64 John Norris 1:37:51  
 65-69 Bill Heck 1:48:57  
 70+ Glenn Artis 2:54:27

Marathon  
 Women  
 13-19 Missy Tetrault 5:07:55  
 20-24 Jill Pennycoff 3:55:22  
 25-29 Robyn Pagington 3:08:03  
 30-34 Karlene Herrell 2:56:58  
 35-39 Roxane Osborn 3:24:00  
 40-44 Roxane Osborn 3:24:55  
 45-49 Carla Yerkes 3:31:41  
 50-54 Shirley Wilson 4:13:20  
 55-59 Sue Smock 5:23:41

Men  
 13-19 David Yoder 3:46:24  
 25-29 Scott Colford 2:31:06  
 30-34 Scott Colford 2:29:53  
 35-39 Scott Colford 2:33:31  
 40-44 Terry Fletcher 2:48:19  
 45-49 Rex Piercy 3:10:04  
 50-54 Chuck Masters 3:13:40  
 55-59 James Schneider 3:36:00  
 60-64 James Schneider 3:34:13  
 65-69 John Norris 3:56:54



# Historical Running Club Records

Prior to January 1, 1994, our age group records were based on ten year increments. In January 1994 Club Kokomo decided to change to 5 year age groups, add some age groups, and not to convert the previous records to the new groups with the exception of the 0-19 age group which did not change at that time. The previous records were designated to be maintained as part of our historical documents.

|                              |                              |                                 |  |
|------------------------------|------------------------------|---------------------------------|--|
| 1 Mile                       | 30-39 Maggie Kuhlman 25:43   | Men                             |  |
|                              | 40+ Lien Koztecki 25:51      | 0-19 David Graves 32:43         |  |
| Women                        |                              | 20-29 Mike Slaubaugh 31:58      |  |
| 0-19 Jill Pennycoff 7:02     | Men                          | 30-39 Kenny Bennett 33:26       |  |
| 30-39 Lorene Sandifur 6:54   | 0-19 Gary Jewell 20:37       | 40-49 John Pacourek 34:26       |  |
| 40+ Rhenda Matchett 6:39     | 20-29 Mark Bilodeau 19:42    | 50+ Bill Heck 36:18             |  |
|                              | 30-39 David Gardner 20:19    |                                 |  |
| Men                          | 40-49 John Pacourek 20:12    | 7 Mile                          |  |
| 0-19 Casey Cline 6:07        | 50+ John Norris 22:24        |                                 |  |
| 20-29 Michael Graham 6:11    |                              | Men                             |  |
| 30-39 David Gardner 5:04     | 8k                           | 0-19 Pat Pollard 44:56          |  |
| 40-49 Mark Shorter 5:38      |                              | 30-39 David Smiley 40:05        |  |
| 50+ Bill Heck 6:02           | Women                        | 40-49 George Miller 52:52       |  |
|                              | 0-19 Tonya Buffum 33:35      |                                 |  |
| 3 Mile                       | 20-29 Maggie Kuhlman 33:35   | 15k                             |  |
|                              | 30-39 Maggie Kuhlman 33:42   |                                 |  |
| Women                        | 40+ Shirley Wilson 33:38     | Women                           |  |
| 20-29 Julia Spane 22:30      |                              | 0-19 Tonya Buffum 1:00:18       |  |
| 30-39 Betty Oliphant 21:29   | Men                          | 20-29 Karlene Herrell 57:05     |  |
|                              | 0-19 Jeff Dwiggins 29:53     | 30-39 Tina Root 59:56           |  |
| Men                          | 20-29 Mike Slaubaugh 26:08   | 40+ Lien Koztecki 1:04:22       |  |
| 0-19 Travis Sandifur 22:21   | 30-39 Kenny Bennett 27:10    |                                 |  |
| 20-29 Mike Slaubaugh 15:00   | 40-49 John Pacourek 27:33    | Men                             |  |
| 30-39 Greg Townsend 16:42    | 50+ Bill Heck 29:47          | 0-19 Pat Pollard 54:10          |  |
| 40-49 George Devine 17:34    |                              | 20-29 Kenny Bennett 49:19       |  |
| 50+ Don Middleton 22:22      | 5 Mile                       | 30-39 Kenny Bennett 50:27       |  |
|                              |                              | 40-49 John Pacourek 53:57       |  |
| 5k                           | Women                        | 50+ Bill Heck 57:27             |  |
|                              | 0-19 Tonya Buffum 31:37      |                                 |  |
| Women                        | 20-29 Karlene Erickson 29:34 | 16k                             |  |
| 0-19 Sarah Wiehe 20:05       | 30-39 Shirley Wilson 33:53   |                                 |  |
| 20-29 Karlene Herrell 17:31  | 40+ Lien Koztecki 34:30      | Women                           |  |
| 30-39 Maggie Kuhlman 19:51   |                              | 30-39 Rhenda Matchett 1:20:26   |  |
| 40+ Shirley Wilson 20:28     | Men                          | 40+ Lien Koztecki 1:13:50       |  |
|                              | 0-19 David Graves 25:42      |                                 |  |
| Men                          | 20-29 Mark Bilodeau 25:20    | Men                             |  |
| 0-19 John Ely 16:19          | 30-39 Kenny Bennett 26:37    | 0-19 Richard Vandervort 1:08:07 |  |
| 20-29 Mark Bilodeau 15:29    | 40-49 John Pacourek 27:28    | 20-29 Kenny Bennett 55:58       |  |
| 30-39 Kenny Bennett 15:51    | 50+ Bill Heck 28:51          | 30-39 Kenny Bennett 56:38       |  |
| 40-49 John Pacourek 16:33    |                              | 40-49 Ricke Stucker 1:02:08     |  |
| 50+ Bill Heck 17:47          | 10k                          | 50+ Bill Heck 1:04:53           |  |
|                              |                              |                                 |  |
| 4 Mile                       | Women                        | 10 Mile                         |  |
|                              | 0-19 Michelle Faulkner 41:28 |                                 |  |
| Women                        | 20-29 Karlene Herrell 36:33  | Women                           |  |
| 0-19 Michelle Faulkner 24:19 | 30-39 Tina Root 38:16        | 30-39 Jennie Roundtree 1:14:27  |  |
| 20-29 Karlene Herrell 21:39  | 40+ Shirley Wilson 43:23     | 40+ Lien Koztecki 1:16:22       |  |

# Historical Records (continued)



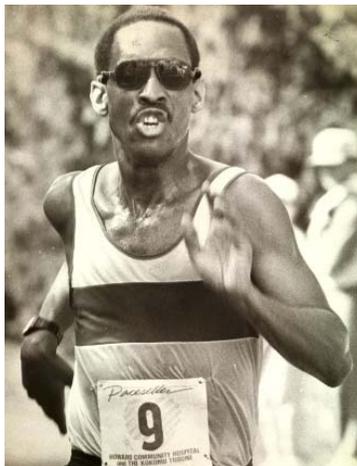
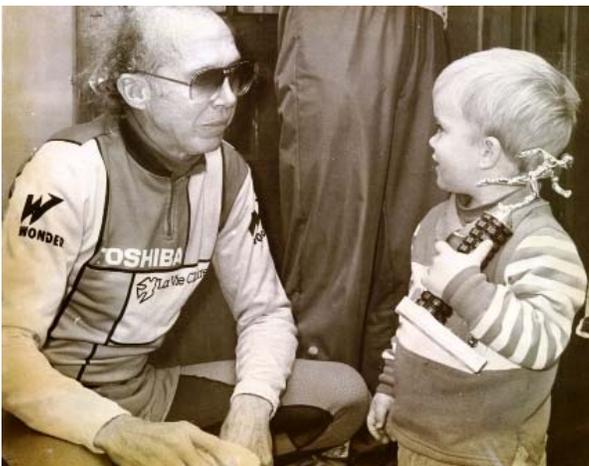
|               |                |         |       |                   |         |          |                  |         |
|---------------|----------------|---------|-------|-------------------|---------|----------|------------------|---------|
| Men           |                |         | Women |                   |         | 30-39    | Ricke Stucker    | 1:41:45 |
| 0-19          | Matt Carter    | 1:16:46 | 0-19  | Michelle Faulkner | 1:45:59 | 40-49    | Jim Schneider    | 1:52:56 |
| 20-29         | Mark Bilodeau  | 53:51   | 20-29 | Karlene Herrell   | 1:19:17 |          |                  |         |
| 30-39         | Terry Fletcher | 55:15   | 30-39 | Tina Root         | 1:26:55 | Marathon |                  |         |
| 40-49         | Ricke Stucker  | 1:04:05 | 40+   | Lien Koztecki     | 1:35:39 |          |                  |         |
| 50+           | John Norris    | 1:07:44 |       |                   |         | Women    |                  |         |
| 20k           |                |         | Men   |                   |         | 0-19     | Nancy Blackowiak | 5:14:30 |
|               |                |         | 0-19  | John Ely          | 1:15:02 | 20-29    | Shannon Flannery | 3:06:00 |
| Men           |                |         | 20-29 | Mike Slaubaugh    | 1:09:34 | 30-39    | Tina Root        | 2:59:30 |
| 0-19          | John Ely       | 1:12:38 | 30-39 | Kenny Bennett     | 1:12:48 | 40+      | Lien Koztecki    | 3:29:07 |
| 20-29         | David Smiley   | 1:15:32 | 40-49 | Bill Heck         | 1:20:10 |          |                  |         |
| 30-39         | Ricke Stucker  | 1:20:08 | 50+   | Bill Heck         | 1:22:12 | Men      |                  |         |
| 40-49         | Bill Heck      | 1:18:52 | 25k   |                   |         | 20-29    | Kenny Bennett    | 2:40:19 |
| Half Marathon |                |         | Men   |                   |         | 30-39    | David Smiley     | 2:40:57 |
|               |                |         | 20-29 | Greg Townsend     | 1:45:21 | 40-49    | Gary Romesser    | 2:34:34 |
|               |                |         |       |                   |         | 50+      | John Norris      | 3:03:50 |

Club Fitness 24 by Powerhouse Gym is offering a Indianapolis Mini-marathon training program that will start on Saturday, January 31st, at 8:00 AM. You need not attend the first training meeting and can join anytime. Membership at Club Fitness 24 is not necessary to join the training group. For more information contact Nicole Peel at 765.860.5983 or email her at runboston2006@aol.com.

## New Members

Gary Willis

*Welcome to Club Kokomo!*



*Apparently, if you look at the times listed on these two pages, these folks were pretty speedy back in the day. From top left: Bill Heck and grandson, Jason. Earl Strong. John Norris. Lien Koztecki and Shirley Wilson. Greg Townsend and RJ Kerr.*



# Walking Club Records

1 Mile

Women

|       |                     |       |
|-------|---------------------|-------|
| 35-39 | Raye Jean Swinehart | 49:02 |
| 40-44 | Jane Inman          | 24:53 |
| 45-49 | Barb Coles          | 49:01 |
| 50-54 | Janita Beall        | 27:20 |
| 55-59 | JJ Schmidt          | 24:51 |
| 60-64 | Pat Robertson       | 28:43 |

Men

|       |               |       |
|-------|---------------|-------|
| 40-44 | Steve Inman   | 22:10 |
| 45-49 | Tim Taflinger | 23:16 |
| 55-59 | Barry Donovan | 24:57 |
| 60-64 | Jerry Lambert | 20:42 |

2 Mile

Women

|       |               |       |
|-------|---------------|-------|
| 35-39 | Mary Miller   | 25:22 |
| 40-44 | Mary Miller   | 24:18 |
| 45-49 | Barb Coles    | 33:01 |
| 50-54 | Donna Gentry  | 27:51 |
| 55-59 | JJ Schmidt    | 27:12 |
| 60-64 | Pat Robertson | 27:25 |
| 70+   | Helen Brown   | 35:25 |

Men

|       |               |       |
|-------|---------------|-------|
| 0-12  | Wesley White  | 21:59 |
| 40-44 | Steve Inman   | 23:17 |
| 45-49 | Rick Spencer  | 20:01 |
| 50-54 | Tim Taflinger | 22:18 |
| 60-64 | Jerry Lambert | 17:30 |

4k

Women

|       |               |       |
|-------|---------------|-------|
| 25-29 | Geana Mosson  | 34:08 |
| 40-44 | Mary Miller   | 32:11 |
| 45-49 | Mary Miller   | 27:41 |
| 50-54 | Barb Wand     | 42:59 |
| 60-64 | Pat Robertson | 38:02 |
| 65-69 | Pat Robertson | 40:04 |

Men

|       |                 |       |
|-------|-----------------|-------|
| 40-44 | Steve Inman     | 31:01 |
| 45-49 | Keith McAndrews | 26:26 |
| 50-54 | Rick Spencer    | 25:46 |
| 60-64 | John McGinty    | 32:05 |
| 65-69 | Jerry Lambert   | 26:30 |

3 Mile

Women

|       |                     |       |
|-------|---------------------|-------|
| 0-12  | Emily Allen         | 40:54 |
| 35-39 | Raye Jean Swinehart | 42:43 |
| 40-44 | Mary Miller         | 32:08 |
| 45-49 | Mary Miller         | 31:26 |
| 50-54 | Diane Gifford       | 35:15 |

|       |               |       |
|-------|---------------|-------|
| 55-59 | Sue Smock     | 32:08 |
| 60-64 | Pat Robertson | 40:10 |
| 65-69 | Pat Robertson | 42:20 |
| 70+   | Helen Brown   | 50:08 |

Men

|       |                |       |
|-------|----------------|-------|
| 0-12  | Nicholas Allen | 40:49 |
| 35-39 | Brian Allen    | 35:42 |
| 40-44 | Steve Inman    | 33:29 |
| 45-49 | Rick Spencer   | 27:17 |
| 50-54 | Tim Taflinger  | 27:09 |
| 55-59 | Steve Mount    | 32:28 |
| 60-64 | Jerry Lambert  | 26:36 |
| 65-69 | Jerry Lambert  | 26:45 |
| 70+   | Jerry Lambert  | 30:49 |

5k

Women

|       |               |       |
|-------|---------------|-------|
| 0-12  | Emily Allen   | 39:34 |
| 13-19 | Karly Irwin   | 43:32 |
| 20-24 | Cara Lee      | 40:28 |
| 25-29 | Geana Mosson  | 35:51 |
| 30-34 | Penny Frazier | 37:01 |
| 35-39 | Mary Miller   | 33:07 |
| 40-44 | Mary Miller   | 33:03 |
| 45-49 | Mary Miller   | 32:17 |
| 50-54 | Anna Dollens  | 35:50 |
| 55-59 | Sue Smock     | 32:25 |
| 60-64 | Sylvia Burgin | 41:00 |
| 65-69 | Pat Robertson | 42:43 |
| 70+   | Helen Brown   | 51:11 |

Men

|       |                |       |
|-------|----------------|-------|
| 0-12  | Nicholas Allen | 39:43 |
| 20-24 | Jack Sanders   | 43:25 |
| 35-39 | Brian Allen    | 36:57 |
| 40-44 | Steve Inman    | 33:24 |
| 45-49 | Rick Spencer   | 28:06 |
| 50-54 | Tim Taflinger  | 28:38 |
| 55-59 | Jerry Lambert  | 27:15 |
| 60-64 | Jerry Lambert  | 27:29 |
| 65-69 | Jerry Lambert  | 27:41 |
| 70+   | Jerry Lambert  | 30:39 |

4 Mile

Women

|       |                  |         |
|-------|------------------|---------|
| 0-12  | Emily Allen      | 53:42   |
| 20-24 | Kerry Miklik     | 1:00:18 |
| 25-29 | Michelle Crocket | 53:37   |
| 30-34 | Penny Frazier    | 48:01   |
| 35-39 | Roberta Myers    | 46:27   |
| 40-44 | Diane Shockey    | 50:38   |
| 45-49 | Mary Miller      | 43:05   |
| 50-54 | Anna Dollens     | 48:13   |
| 55-59 | Julia Donahue    | 50:13   |
| 60-64 | Pat Robertson    | 55:12   |
| 65-69 | Pat Robertson    | 59:52   |
| 70+   | Helen Brown      | 1:07:50 |

Men

|       |                |       |
|-------|----------------|-------|
| 0-12  | Nicholas Allen | 53:14 |
| 35-39 | Brian Allen    | 45:36 |
| 45-49 | Tim Taflinger  | 39:36 |
| 50-54 | Rick Spencer   | 40:58 |
| 55-59 | Jerry Lambert  | 37:11 |
| 60-64 | Jerry Lambert  | 38:21 |
| 65-69 | Jerry Lambert  | 41:25 |
| 70+   | Jerry Lambert  | 40:45 |

5 Mile

Women

|       |               |         |
|-------|---------------|---------|
| 0-12  | Emily Allen   | 1:11:43 |
| 35-39 | Mary Miller   | 1:09:00 |
| 40-44 | Mary Miller   | 55:15   |
| 45-49 | Mary Miller   | 55:02   |
| 50-54 | Anna Dollens  | 59:55   |
| 55-59 | JJ Schmidt    | 1:04:42 |
| 60-64 | Pat Robertson | 1:10:23 |
| 65-69 | Pat Robertson | 1:14:09 |
| 70+   |               |         |

Men

|       |               |         |
|-------|---------------|---------|
| 35-39 | Brian Allen   | 1:16:26 |
| 40-44 | Steve Inman   | 56:56   |
| 45-49 | Rick Spencer  | 47:45   |
| 50-54 | Barry Donovan | 49:12   |
| 55-59 | Tom Gebeau    | 59:34   |
| 60-64 | Jerry Lambert | 46:58   |

Half Marathon

Women

|       |               |         |
|-------|---------------|---------|
| 20-24 | Cara Lee      | 3:22:09 |
| 35-39 | Sharon Miller | 2:56:22 |
| 40-44 | Mary Miller   | 2:27:31 |
| 45-49 | Mary Miller   | 2:29:36 |
| 50-54 | Anna Dollens  | 2:27:32 |
| 55-59 | Sue Smock     | 2:49:16 |
| 60-64 | Pat Robertson | 3:09:52 |
| 65-69 | Pat Robertson | 3:18:58 |

Men

|       |               |         |
|-------|---------------|---------|
| 35-39 | Tim Revils    | 3:15:21 |
| 40-44 | Brian Allen   | 2:47:51 |
| 45-49 | Rick Spencer  | 2:12:55 |
| 50-54 | Rick Spencer  | 2:05:30 |
| 55-59 | Robin Michael | 2:22:11 |
| 60-64 | Jerry Lambert | 2:31:53 |
| 65-69 | Jerry Lambert | 2:25:21 |
| 70+   | Jerry Lambert | 2:43:32 |

Marathon

Men

|       |                  |         |
|-------|------------------|---------|
| 45-49 | Keith McAndrews  | 5:14:56 |
| 50-54 | Keith McAndrews  | 6:00:08 |
| 55-59 | Melvin Hobbs III | 6:09:17 |

# Best Times 2008



|                                 |                                |                                  |
|---------------------------------|--------------------------------|----------------------------------|
| <b>Runners</b>                  | 40-44 Dana Neer 17:43          | 60-64 Ricke Stucker 41:32        |
|                                 | 45-49 Byron Bundrent 18:00     | 65-69 Ernie Strawn 40:18         |
| 1 Mile                          | 50-54 Earl Strong 21:25        | 70+ Bill Heck 51:23              |
|                                 | 55-59 Joe Rangel 18:47         |                                  |
| Women                           | 60-64 Ricke Stucker 23:41      | 5 Mile                           |
| 0-12 Aubry Jackson 9:32         | 65-69 Ernie Strawn 25:11       | Women                            |
| 13-19 Maya Brooks 6:57          | 70+ Bill Heck 28:06            | 20-24 Sarah Lee 49:05            |
| 2-024 Megan Tetrault 7:08       |                                | 25-29 Allison Irvin 39:08        |
| 25-29 Michelle Clendenning 6:47 | 4 Mile                         | 30-34 Kelly Wright 36:04         |
| 30-34 Darci York 7:56           | Women                          | 35-39 Heather Weber 30:27        |
| 35-39 Nicole Peel 6:53          | 0-12 Aubry Jackson 46:02       | 40-44 Michelle Larson 40:43      |
| 40-44 Laura Rosenstengel 7:20   | 13-19 Waverly Neer 23:55       | 45-49 Cheryl Marner 41:52        |
| 45-49 Cheryl Marner 7:39        | 20-24 Megan Tetrault 33:04     | 50-54 Robin Tetrault 45:59       |
| 50-54 Robin Tetrault 8:00       | 25-29 Allison Irvin 29:47      | 55-59 Joyce Pennycoff 49:55      |
| 55-59 Joyce Pennycoff 8:19      | 30-34 Robyn Pagington 26:36    | 60-64 Kathy Murdoch 44:50        |
| 60-64 Kathy Murdoch 7:48        | 35-39 Heather Weber 24:00      |                                  |
| Men                             | 40-44 Laura Rosenstengel 34:36 | Men                              |
| 0-12 Waylon Coulter 5:50        | 45-49 Roxane Burrous 31:42     | 0-12 Waylon Coulter 38:21        |
| 13-19 Nich Lipari 6:03          | 50-54 Robin Tetrault 35:09     | 13-19 Nich Lipari 35:07          |
| 20-24 Bryan Phillips 4:36       | 55-59 Joyce Pennycoff 38:03    | 25-29 Jason Rush 40:24           |
| 25-29 Cory Jackson 7:03         | 60-64 Kathy Murdoch 34:25      | 30-34 William Irvin 30:33        |
| 30-34 William Irvin 5:22        |                                | 35-39 Scott Colford 27:23        |
| 35-39 Paul Wyman 6:16           | Men                            | 40-44 Dana Neer 29:15            |
| 40-44 Dana Neer 5:07            | 0-12 Waylon Coulter 29:17      | 45-49 Byron Bundrent 30:17       |
| 45-49 Brian Moore 5:43          | 13-19 Sam Freeman 24:02        | 50-54 Jeff Cardwell 37:29        |
| 50-54 Jeff Cardwell 5:55        | 20-24 Bryan Phillips 21:00     | 55-59 Joe Rangel 31:00           |
| 55-59 Joe Rangel 5:38           | 25-29 Matt Yarosz 24:47        | 60-64 Ricke Stucker 39:34        |
| 60-64 Darrell York 7:44         | 30-34 Matt York 24:19          | 65-69 Dale Sullivan 48:29        |
| 65-69 Ernie Strawn 7:37         | 35-39 Scott Colford 21:43      |                                  |
| 70+ Bill Heck 7:39              | 40-44 Dana Neer 23:36          | 10k                              |
|                                 | 45-49 Byron Bundrent 22:52     | Women                            |
| 5k                              | 50-54 Jeff Cardwell 28:20      | 25-29 Michelle Clendenning 49:01 |
| Women                           | 55-59 Joe Rangel 24:03         | 35-39 Heather Weber 38:14        |
| 0-12 Aubry Jackson 34:08        | 60-64 David Hughes 31:18       | 55-59 Robin Cole 1:06:33         |
| 13-19 Katie Hollingsworth 20:50 | 65-69 Stan Shuey 33:21         |                                  |
| 20-24 Sarah Bauson 25:00        | 70+ Bill Heck 37:40            | Men                              |
| 25-29 Allison Irvin 22:57       |                                | 25-29 Joe Hubbs 46:31            |
| 30-34 Robyn Pagington 21:32     | 8k                             | 30-34 William Irvin 38:29        |
| 35-39 Heather Weber 18:22       | Women                          | 35-39 Scott Colford 33:52        |
| 40-44 Lisa Hobbs 23:21          | 35-39 Lisa Jones 40:53         | 45-49 Ken Swinehart 55:07        |
| 45-49 Roxane Burrous 24:48      | 45-49 Cassie Bauson 50:14      | 50-54 Greg Townsend 51:18        |
| 50-54 Robin Tetrault 26:25      | 50-54 Vicki Boles 51:04        | 55-59 Joe Rangel 39:35           |
| 55-59 Joyce Pennycoff 28:04     | 55-59 Robin Cole 49:39         | 60-64 David Hughes 54:22         |
| 60-64 Kathy Murdoch 26:48       |                                |                                  |
| Men                             | Men                            | 15k                              |
| 0-12 Waylon Coulter 20:23       | 13-19 Nich Lipari 32:22        | Women                            |
| 13-19 Sam Freeman 18:25         | 25-29 Jason Rush 41:11         | 25-29 Allison Irvin 1:13:11      |
| 20-24 Bryan Phillips 16:24      | 35-39 Scott Colford 27:54      | 30-34 Kelly Wright 1:09:20       |
| 25-29 Matt Yarosz 18:33         | 45-49 Byron Bundrent 28:39     | 35-39 Heather Weber 1:00:59      |
| 30-34 William Irvin 18:05       | 50-54 Jeff Cardwell 37:45      |                                  |
| 35-39 Scott Colford 16:45       | 55-59 Joe Rangel 32:25         |                                  |

(Continued on page 12)



# Best Times 2008 (continued)

(Continued from page 11)

|       |               |         |
|-------|---------------|---------|
| Men   |               |         |
| 30-34 | William Irvin | 58:39   |
| 35-39 | Scott Colford | 51:09   |
| 50-54 | Earl Strong   | 1:11:01 |
| 55-59 | Joe Rangel    | 1:00:35 |

### 10 Mile

|       |                 |         |
|-------|-----------------|---------|
| Women |                 |         |
| 25-29 | Allison Irvin   | 1:21:14 |
| 35-39 | Heather Weber   | 1:06:48 |
| 40-44 | Michelle Larson | 1:30:35 |
| 45-49 | Cheryl Marner   | 1:28:43 |
| 50-54 | Robin Tetrault  | 1:36:36 |

|       |               |         |
|-------|---------------|---------|
| Men   |               |         |
| 25-29 | Jason Rush    | 1:29:46 |
| 30-34 | William Irvin | 1:06:07 |
| 35-39 | Scott Colford | 55:24   |
| 40-44 | Dana Neer     | 1:02:52 |
| 45-49 | Ken Swinehart | 1:40:48 |
| 50-54 | Earl Strong   | 1:19:29 |
| 55-59 | Joe Rangel    | 1:07:15 |
| 65-69 | Bill Barnett  | 1:28:44 |

### Half Marathon

|       |                      |         |
|-------|----------------------|---------|
| Women |                      |         |
| 0-12  | Victoria Christenson | 2:43:52 |
| 13-19 | Katie Hollingsworth  | 1:47:33 |
| 20-24 | Sarah Lee            | 2:29:45 |
| 25-29 | Allison Irvin        | 1:46:32 |
| 30-34 | Kelly Wright         | 1:47:23 |
| 35-39 | Heather Weber        | 1:25:15 |
| 40-44 | Michelle Larson      | 1:53:35 |
| 45-49 | Carla Yerkes         | 1:38:23 |
| 50-54 | Robin Tetrault       | 2:30:00 |
| 55-59 | Joyce Pennycoff      | 2:25:39 |
| 60-64 | Sylvia Burgin        | 3:00:51 |

|       |                  |         |
|-------|------------------|---------|
| Men   |                  |         |
| 13-19 | Carl Christenson | 1:35:50 |
| 25-29 | Joe Hubbs        | 1:43:11 |
| 30-34 | William Irvin    | 1:25:32 |
| 35-39 | Scott Colford    | 1:13:44 |
| 40-44 | Dana Neer        | 1:20:13 |
| 45-49 | Byron Budent     | 1:21:50 |
| 50-54 | Don Gifford      | 1:41:44 |
| 55-59 | Joe Rangel       | 1:28:51 |
| 60-64 | Bill Barnett     | 1:49:05 |
| 65-69 | John Norris      | 2:19:55 |

### Marathon

|       |                 |         |
|-------|-----------------|---------|
| Women |                 |         |
| 25-29 | Allison Irvin   | 3:58:56 |
| 30-34 | Kelly Wright    | 4:05:13 |
| 35-39 | Heather Weber   | 3:36:54 |
| 40-44 | Patti Reinhardt | 4:42:23 |
| 45-49 | Carla Yerkes    | 3:31:41 |
| 50-54 | Robin Tetrault  | 5:12:45 |

|       |                 |         |
|-------|-----------------|---------|
| Men   |                 |         |
| 25-29 | Joe Hubbs       | 4:08:35 |
| 30-34 | Matt York       | 3:08:42 |
| 35-39 | Scott Colford   | 2:33:31 |
| 40-44 | Brian Reinhardt | 3:11:28 |
| 45-49 | Eric Mathew     | 3:43:57 |
| 50-54 | Earl Strong     | 3:44:22 |
| 55-59 | Tom Miklik      | 4:36:57 |
| 60-64 | Bill Barnett    | 3:55:25 |

### Walkers

#### 3 Mile

|       |                |       |
|-------|----------------|-------|
| Women |                |       |
| 13-19 | Emily Allen    | 40:05 |
| 30-34 | Adriene Riggle | 43:02 |
| 40-44 | Carol Savage   | 48:02 |
| 45-49 | Mary Miller    | 31:26 |
| 50-54 | Anna Dollens   | 35:41 |
| 55-59 | Jeannie Clark  | 44:15 |
| 60-64 | Diana Brown    | 45:36 |

|       |               |       |
|-------|---------------|-------|
| Men   |               |       |
| 40-44 | Tim Revils    | 50:16 |
| 45-49 | Steve Iman    | 33:53 |
| 50-54 | Rick Spencer  | 31:26 |
| 55-59 | Robin Michael | 35:42 |
| 60-64 | David Mygrant | 36:35 |
| 70+   | Jerry Lambert | 30:49 |

#### 5k

|       |                |       |
|-------|----------------|-------|
| Women |                |       |
| 13-19 | Emily Allen    | 41:44 |
| 30-34 | Adriene Riggle | 41:39 |
| 45-49 | Mary Miller    | 32:49 |
| 50-54 | Anna Dollens   | 35:50 |
| 55-59 | Jeannie Clark  | 40:25 |
| 60-64 | Diana Brown    | 46:50 |
| 65-69 | Trudy Pierce   | 45:12 |
| 70+   | Pat Robertson  | 46:39 |

#### Men

|       |                   |       |
|-------|-------------------|-------|
| 40-44 | Tim Revils        | 42:02 |
| 45-49 | Steve Inman       | 34:49 |
| 50-54 | Rick Spencer      | 29:24 |
| 55-59 | Tim Taflinger     | 34:24 |
| 60-64 | David Mygrant     | 36:52 |
| 65-69 | Darrell Pennycoff | 41:06 |
| 70+   | Jerry Lambert     | 30:39 |

#### 4 Mile

|       |              |       |
|-------|--------------|-------|
| Women |              |       |
| 13-19 | Emily Allen  | 57:59 |
| 45-49 | Mary Miller  | 43:59 |
| 50-54 | Anna Dollens | 48:13 |

#### Men

|       |               |       |
|-------|---------------|-------|
| 50-54 | Rick Spencer  | 40:46 |
| 55-59 | Tim Taflinger | 45:28 |
| 60-64 | Jim Burrous   | 56:37 |
| 70+   | Jerry Lambert | 40:45 |

#### 5 Mile

#### Women

|       |              |         |
|-------|--------------|---------|
| 45-49 | Jane Inman   | 1:06:24 |
| 50-54 | Anna Dollens | 59:55   |

#### Men

|       |               |         |
|-------|---------------|---------|
| 45-49 | Steve Inman   | 58:52   |
| 55-59 | Tim Taflinger | 1:02:39 |

### Half Marathon

#### Women

|       |                |         |
|-------|----------------|---------|
| 30-34 | Jessica Austin | 3:14:15 |
| 40-44 | Carol Savage   | 3:46:39 |
| 45-49 | Mary Miller    | 2:27:02 |
| 50-54 | Anna Dollens   | 2:27:32 |
| 55-59 | Judy Smith     | 2:55:25 |
| 60-64 | Susan Gerhart  | 3:15:45 |
| 65-69 | Kathleen Leach | 3:10:45 |
| 70+   | Pat Robertson  | 3:39:27 |

#### Men

|       |               |         |
|-------|---------------|---------|
| 45-49 | Steve Inman   | 2:42:54 |
| 50-54 | Rick Spencer  | 2:57:43 |
| 55-59 | Robin Michael | 2:40:21 |
| 60-64 | Jim Burrous   | 3:14:02 |
| 70+   | Jerry Lambert | 2:43:32 |

### Marathon

#### Men

|       |                  |         |
|-------|------------------|---------|
| 55-59 | Melvin Hobbs III | 6:09:17 |
|-------|------------------|---------|

# Race Calendar



March 7  
Norris Insurance 5K Run/Walk  
Time: 9 AM  
Location: Amboy, IN

March 14  
Old Ben 5K Run/Walk  
Time: 9 AM  
Location: Highland Park

March 28  
Sam Costa ¼ and ½ Marathon  
Time: 9 AM  
Location: Carmel, IN

April 4  
CK Ultimate 10m run or 5m Run/Walk  
Time: 9 AM  
Location: Logansport, IN

April 18  
Race for the Cure 5K Run/Walk  
Time: 9 AM  
Location: Indianapolis, IN  
10 points for each finisher

May 16  
Norris Insurance 4M Run/ 3M Walk  
Time: 8 AM  
Location: Jackson Morrow Park

June 4, June 11, June 18, June 25, July 2,  
July 9, July 16, July 23 (Awards)  
Coyote Kids  
Time: 6 PM  
Location: TBD

June 6  
Trojan Trot 5k Run/Walk  
Time: 8 AM  
Location: Sharpsville, IN

June 13  
Norris Insurance 5 Mile Run/ 5K Walk  
Time: 8 AM  
Location: Greentown, IN

June 19-20 (Tentative)  
Relay for Life  
Location: Kokomo High School

June 27  
Haynes-Apperson 4 Mile Run/3 Mile  
Walk  
Time: 8 AM  
Location: Memorial Gym, Kokomo

July 11  
Race for Grace 5K Run  
Time: 8 AM  
Location: Logansport, IN

July 18  
Panther Prowl 4 Mile Run/5k Walk  
Time: 8 AM  
Location: Western H.S., Russiaville

August 1  
Norris Insurance 5K Run/ Walk  
Time: 8 AM  
Location: Converse, IN

August 8  
CKRR Age-Graded 4M Run/5K Walk  
Time: 8 AM  
Location: Highland Park

August 22  
Run for Shelter 5k Run/Walk  
Time: 8 AM  
Location: Oakbrook Valley

September 26  
BeeBumble 5k-10k Run/5k Walk  
Time: 8 AM  
Location: Burnettsville, IN

October 3  
Cole Porter 5k-15K Run/5k Walk  
Time: 8:30 AM  
Location: Peru, IN

October 18  
Club Kokomo 8k Run/3 Mile Walk  
Time: 2 PM  
Location: Nickel Plate Trail, Peru

November 8  
Run the Mounds 5m Run/Walk  
Time: 2 PM  
Location: Anderson, IN

November 14  
Charity Run/Walk 5k  
Time: 9 AM  
Location: McKinley School

November 26  
CKRR Thanksgiving Day Fun Run  
Time: 8 AM  
Location: Highland Park  
(Non Points)

December 6  
CKRR We Care 5k Run/Walk  
Time: 2 PM  
Location: Grace Fellowship Church  
(20 pts each finisher)

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

## 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

Club Kokomo Roadrunners  
2936 Congress Drive  
Kokomo, Indiana 46902

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