

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 22nd 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 9th, 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 40th 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 18th Susan G. Komen Race for the Cure Indianapolis on April 18?

On the Komen Indy Web site (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), \$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. 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 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), or contact the Susan G. Komen for the Cure Affiliate (317.638.CURE or 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 Burroux 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 Burroux 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 Burroux 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 Dwiggin 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)



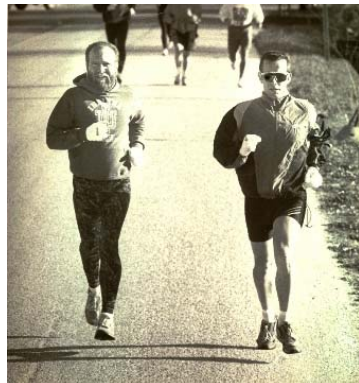
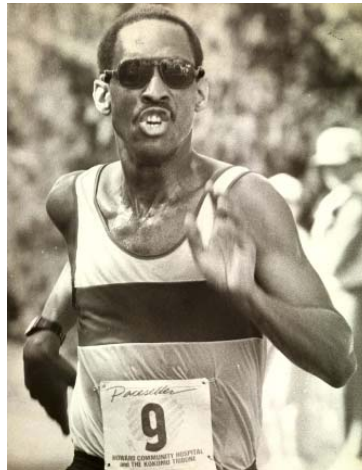
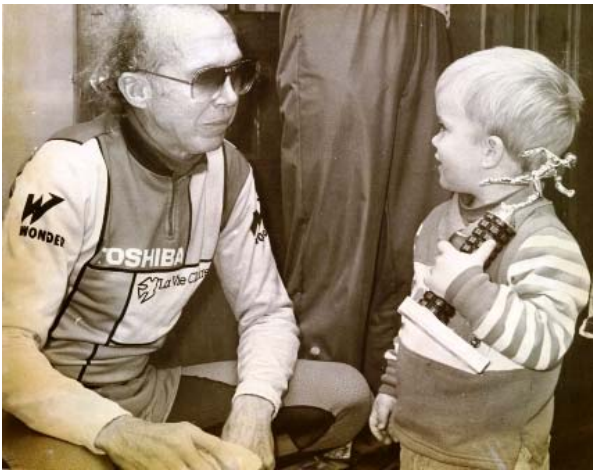
Men			Women			30-39	Ricke Stucker	1:41:45
0-19	Matt Carter	1:16:46	0-19	Michelle Faulkner	1:45:59	40-49	Jim Schneider	1:52:56
20-29	Mark Bilodeau	53:51	20-29	Karlene Herrell	1:19:17			
30-39	Terry Fletcher	55:15	30-39	Tina Root	1:26:55	Marathon		
40-49	Ricke Stucker	1:04:05	40+	Lien Koztecki	1:35:39			
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



Runners	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
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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

Inside this issue:

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