



Club Kokomo Roadrunners



The Roadrunner

2008 Awards Banquet

By Scott Riggle

The 2008 awards banquet was held on Sunday, February 22. If you were not able to attend you missed an afternoon of good food and fellowship. The purpose of the banquet is to recognize the achievements of our club members from the previous year, and of course celebrate those achievements over a good bowl of chili. Gina Sheets, our current club president, read off the names of those receiving awards and Will Irvin, our previous club president, handed out the awards (either a blue-hooded sweatshirt or a plaque). Charlie Skoog introduced Mark Shorter as the newest inductee into the club's Hall of Fame. This is well deserved as Mark is not only the club's treasurer, but is a long-time member and one of the most active supporters of the club. The final award of the afternoon was given by out-going president, Will Irvin. He presented Charlie Skoog with the President's Award to recognize Charlie's unwavering commitment to the mission of the club and his constant encouragement to current and future runners.



Charlie receives the 2008 Presidents award

Throughout the banquet I was reminded that even during difficult times, it is encouraging to see the friendships that have been formed through membership in the club. Both Mark and Charlie encourage us all to make the most of our membership and take a more active role in the club. Attend the club meetings, volunteer at the races, and/or participate in the Wednesday group run. I am sure you will find the camaraderie with the other members rewarding.

The age group awards were in the January newsletter. All other awards follow below.

Walking

Overall Female – Anna Dollens

Overall Male – Jerry Lambert



Mark is inducted in to the Hall of Fame

(Continued on page 9)

March 2009

Web address:
www.ckrr.us

Email address:
ckrr.newseditor@att.net

Inside this issue:

From the President	2
Nutrition for Performance	3
On the Roads	4
Birthday List	5
From Trails to Roads	6
40 th Sam Costa	7
Fun Mile & Sam Costa	9
Meeting Minutes	10
Race Calendar	11

Next Races:

March 4
Fun Mile
5:30pm
Location: Highland Park

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 1/4 and 1/2
Marathon
Time: 9 AM
Location: Carmel, IN



From the President

By Gina Sheets



The G-I Janes after Dances with Dirt

Greetings Friends -

In January I finished reading Bart Yasso's new book, "My Life On The Run". The book was a Christmas gift from Trav that I purchased at the Marine Corp Marathon and had signed by Bart. I do not usually buy my own gifts but I wanted this book and to have it signed was even better. If you are not a Runner's World magazine reader or if you are new to the running scene you may not know about Bart. He has ran some crazy races, he has ran every where in the world, he does short, long and ultra's, the Yasso 800's were logged and promoted by him, he has faced addiction and won with running as his drug of choice. To quote his own introduction to the book, "As a breed, runners are a pretty gutsy bunch. We constantly push ourselves to discover limitations, then push past them. We want to know how fast we can go, how much pain we can endure, and how far our bodies can carry us before collapsing in exhaustion." (Page xiv). The first two months of 2009 have passed and I

hope you are on track with where you want to be in your walking or running program, perhaps training for the Indy Mini or getting out to your first race, remember you never have to be out the roads alone, be sure to put the Wednesday night group run on your calendar. There are folks who meet at Highland Park down by the concession stand at 5:00pm and run a three mile route. The fun mile run takes place at 5:30pm or join a group that goes out for another three or four miles. After the hard work there are several folks hang around and pick a local restaurant where we meet for good food and conversation. I enjoy the good food and conversation so much as I learn about other Club members, their families, their experience in walking and running, this is the time when I grow as a runner and as a person. Please bring the family, walkers or runners not, and spend some time building new friendships and networks.

I just want to remind you of some Club Stuff, which I should have

done in the beginning.

I am excited about our new Club Officers. Remember several of us are new to our positions and we are learning the history of the Club, we are learning what to do and what not to do. I can thank many folks already for their guidance, certainly Mark Shorter and Gary Jewell, two solid Club Officers who are dedicated to running and the existence of CRKK, should be thanked often for the work that they do.

Rebekah Monroe is the vice president and she will be your point of contact for the organization of the Club races, she is the contact for the race directors if they have questions or needs about their event. Scott Riggle is our newsletter editor and boy he has a very big job. Please feel free to do a write up of your participation in any race, perhaps you took a vacation and found the "locals" were holding a race and you signed up on the spot, we want to hear about your experience. Or maybe you are excited to share your training experience or first steps experience, put your fingers to the keyboard and submit your articles to Scott. Steve Wand is your Chaplain and will be offering prayer before the Club runs when he can attend; otherwise I am sure he will work to find a substitute. He will also be adding his inspirational and motivational words from time to time to the newsletter. Steve is a great prayer warrior so please feel comfortable to share with him any prayer needs or requests that you may have.

Every month your club holds its board meetings on the second Monday of the month, at the Half Moon Brew Pub, 5:30pm to socialize and 6:30pm the meeting starts. The draft agenda is included in this newsletter and if you see an item of interest please make it a point to attend, this is your Club and your input makes a difference.

Be careful out there – Happy Day –
Gina



Nutrition for Performance

By Nicole Peel, NASM CPT, PES, RRCA Certified

C'mon! You heard it 1,000 times when you were a little kid. It went something like this, "You are what you eat! So clean up your plate". Well, that might've worked when you were five years old but, I'm guessing at whatever age you might be now, if you don't care for brussell sprouts, you probably just aren't going to eat them. Ever. (I know it's been a few years since I whipped up a big pot of those nasty little green things!) So....is there really any truth to that legendary line that good old mom tossed at you all the time? Maybe!

I have been doing personal training for Powerhouse Gym for almost four years now. I think if we had to pick the one single factor that affected the success of our training clients more than anything else, we would all agree that factor would be their nutrition habits. While the majority of those training clients probably have vastly different goals than what you as a runner or walker in Club Kokomo might have, some of the same principles still apply.

Basically the whole "game" boils down to figuring out two things. #1) how much should I eat for my activity level and #2) what should I eat at various times of the day. While that seems very simple, it causes many people much frustration.

Probably the most common comment I hear at the gym from clients is this: "I bet you can just eat anything you want since you run ALL the time!" NOT! If that were the case, man would I be having fun. Just ask anyone who knows me well....I love to eat! I love to go out to eat at good restaurants, I love to cook for other people and just plain and simple, I love to eat! However, coming

from someone who has struggled to keep her weight in check since my early teens, I definitely cannot eat anything I want. So, that misconception leads to one nutrition problem: eating too much/carrying too much weight to perform well. The following formula will help you to identify how many calories per day you should be consuming for your own body weight, height and age.

Base Metabolic Rate:

$$655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Now, that we have figured out how many calories to consume (and half of you are depressed & getting ready to burn the newsletter), let's tackle the second question at hand. What should I eat at various times of the day for optimum performance?

Glad you asked! Basically, if you take those allotted calories and split them up; the average active person (i.e. runner) should take in about 40% of their daily calories from carbohydrates, 40% from protein and 20% from fat. Couple of problems regarding this little formula: I have found that the majority of people have absolutely NO clue what percentage of their food falls into any particular category, how to calculate the calories or even what foods have lots of protein, carbs or whatever. Most of us can figure out that potato chips and McDonalds fries probably have a lot of fat in them but after that we are CLUELESS!

So putting those numbers into say a daily intake allowance of 2000 calories, 800 calories per day should come from carbs, 800 calories from protein and only 400 calories from fat. Doesn't

sound too bad, huh? Nope, not until you realize most people are probably getting something like 200 calories from protein, 800 calories from fat and 1000 calories from carbohydrates! Oops.

Before you even think it, I know what you are getting ready to think and/or say: "But, I'm a RUNNER, I've read in Runner's World that I need a lot of carbohydrates for energy!?" True that carbs give you energy to run but, unless you are clocking the same mileage as Paula Radcliffe or Brian Sell, your body has no use for 1000+ calories from carbs every single day of the week.

Taking this whole daily food planning one step further, you need to plan your food intake so that you are consuming a good serving of carbs shortly before your daily run (60-90 minutes) and replenishing your used up carbs immediately after your run. However, past those two meals of the day, most of us don't need a huge amount of carbs during the remainder of the day. We just said carbs gives us the energy to go out and run so, do we really need to eat a huge plate of pasta & three breadsticks in order to walk to the family room and lay on the couch watching TV all night? Probably not!

So, in conclusion, I have barely touched the topic of nutrition and how much we should eat each day. This is a topic that we have just scratched the surface of. We can also talk about the effects of people who don't eat enough, how to track your food intake/logging your nutrition, getting enough protein, resistance training and much more! If there are other topics you would like to read info on in future newsletters, please email me at runboston2006@aol.com.

Mini Packet Pick-up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packet for you be sure to get the back page of your pamphlet to her by Wednesday, April 29, in Highland Park. The earlier you get the page to her the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park since she runs with the Wednesday night group at 5:30. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 1 on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park.



On the Roads

By Johnny 'O

No swaying on this bridge crossing



The first time Johnny and Annie 'O ran across a bridge over Cooper River and Town Creek in Charleston, S.C.,

we felt like we were on a ship in rough seas as the structure swayed back and forth. There was no swaying on a second trip, just a long climb and a beautiful view of Charleston Harbor and the Atlantic Ocean.

In 2004, Johnny and Annie 'O joined 30,000 other people for Charleston's 27th annual Cooper River Bridge Run. About 2.5 miles of the 10K were on a bridge built in the mid '60s. The run was fun and exciting with the swaying.

A new structure - The Arthur Ravenel Jr. Bridge - opened in 2005, because the old bridge had a 4 rating on a 10-point scale. The rating may explain the swaying Anne and I experienced during our first trip.

The Ravenel Jr. Bridge is 2.5 miles long and 200 feet high (about 30 feet higher than the old bridges). There are two diamond-shaped towers near the center. They are 550 feet tall, about the height of the Washington Monument. The bridge is the longest cable strung structure in the Western Hemisphere. The roadway consists of eight 12-foot lanes, four in each direction.

A pedestrian/bicycle lane runs along the south edge of the bridge overlooking Charleston Harbor and the Atlantic Ocean. Markings split the path in half with pedestrians on the ocean side and cyclists on the traffic side.

We had crossed the new bridge several times in a car, but it wasn't until a February visit this year to our daughter Jamie and her family that we decided to run back and forth across it.

The bicycle and pedestrian lane is 2.7 miles long from Patriot's Point Road (Mount Pleasant, S.C.) to East Bay Street (Charleston). The path on the bridge structure is 2.4 miles long. The bicycle/pedestrian lane has observation sites with benches.

We drove from our daughter's house in Charleston to Mount Pleasant, S.C., the north side of the bridge, and parked in a designated area on Patriot's Point Road near the start of the path.

It wasn't long into the uphill run that we discovered the Bridge's Web site was not kidding when it stated the Mount Pleasant side of the bridge included a 5.6 % slope three tenths of a mile long. When we reached the bridge's center, we had a long run down to Charleston on a 1.8% slope. At the Charleston side, we turned around and retraced our steps. Although we chop stepped our way back

on the long slope, we stretched and quickened our stride down the steep descent to Mount Pleasant.

The path was well used on this February Sunday morning. There were runners and walkers in front and back of us during our five-mile run. There also were three groups of cyclists using the bike lane for hill work.

Charleston is part of South Carolina's "Low Country," and my son-in-law Josh explained that the Ravenel Jr. Bridge is the only place in the city where runners and cyclists can do hill training.

Another reason for people working out on the bridge is because South Carolinians view the annual Cooper River Bridge Run much like Hoosiers do the Indy Mini Marathon. The races are a rite of spring and provide incentive to be on the roads during the winter. Similar to the Mini, Charleston has training programs and weekly tips in its newspaper for people planning to run the 32nd Cooper River Bridge 10K, which is April 4.

If you are visiting Charleston and want to get acquainted with other runners/walkers, the Charleston Running Club invites walkers, beginners, and runners to cross the bridge 6 a.m. every Wednesday. Club members meet at a gas station on the Mount Pleasant side of the bridge. The free parking along Patriot's Point Road is

(Continued on page 5)



Photo courtesy of Sparky Witte



On the Roads (continued)

across from the service station. There also is a port-o-john near the bridge.

Path users also do not have to worry about the bridge collapsing with them on it. The bridge superstructure is designed to withstand shipping accidents and the natural disasters that have plagued Charleston's history. The span is designed to endure wind gusts in excess of 300 mph, far stronger than winds during the worst storm in Charleston's history - Hurricane Hugo in 1989.

Engineers also were mindful of the 1886 earthquake that nearly leveled Charleston. The Ravenel Bridge is designed to withstand an earthquake of 7.4 on the Richter scale. The earthquake that collapsed the San Francisco-Oakland Bay Bridge in 1989 registered 7.1.

To protect the bridge from uncontrolled ships, the towers are flanked by one-acre rock islands. A ship will run aground on the islands before it can collide with the towers.

The bridge is named after a former congressman from Charleston, who was instrumental in obtaining money for the bridge construction. The diamond towers at the center of the Ravenel Bridge

are named the John P. Grace Tower and the Silas N. Pearman Tower to remember the men and the bridges that served Charleston. The Pearman and Grace bridges were dismantled after the Ravenel Bridge opened.

The bridge has been featured on the TV show *Extreme Engineering*.

The original design of the new bridge did not include a path for pedestrians and cyclists. However, letters, testimonies, and a local bumper sticker campaign influenced the final decision to add the pedestrian/bicycle component to the bridge, so take heart, Charlie, and we'll continue fighting for trails in our community.

RACE FOR THE CURE

Online registration is open for the 18th Susan G. Komen Race for the Cure Indianapolis on April 18. There are no changes in entry fees. Team member registration closes March 20, so go online and join Club Kokomo's Race for the Cure team.

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 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.

FINAL THOUGHT

Happy St. Patrick's Day!

Birthday List

3/2	Noah Cardwell	3/13	Aubrey Jackson	3/21	Waylon Coulter
3/2	Julia Green	3/13	Diana Padgett	3/21	Toney Lorenz
3/4	Rick King	3/13	Amy Piazza	3/22	Betty Ann Oliphant
3/5	Andy Hobbs	3/15	Donny Smith	3/27	John Paul Wyman
3/6	Michelle Boyd	3/16	Laura Bauson	3/28	Christian Cox
3/6	Becky Christenson	3/16	Karen Bush	3/28	Kelly Mavrick
3/6	Dale L. Sullivan	3/17	Rebecca Elliott	3/28	Allyson Wells
3/8	Britany Deyoe	3/17	Jack Lotzgeselle	3/31	Bill Cox
3/10	David Mygrant	3/18	Erik Hobbs	3/31	Linda Munro
3/11	Jessica Austin	3/18	R.J. Kerr		
3/12	Robin Cole	3/18	Robin Tetrault		
3/12	Amanda Reeves	3/19	Emily Allen		
3/13	Jesse Bauson	3/19	Ken Munro		

Happy Birthday!



From Trails to Roads

By Charlie Skoog



.Astute readers of this column will note that I have changed the title to include roads. Whether you run, walk, or bike, for recreation or transportation purposes, there are both needs and opportunities to improve our roads as well as trails and greenways. For the past two years a committee has been working on an alternative transportation master plan for Kokomo and Howard County. This plan has identified several types of opportunities including multi-use trails, out of service rail corridors, signed bike routes, bike lanes, side-paths and side-walk connectors. Last month a subcommittee from Breakaway Bicycle Club made recommendations to our local planners for some primary designated bike routes through our community. As we looked at maps trying to determine the safest and most practical routes to connect people with destinations we often commented "Wouldn't it be nice if we could use those seemingly abandoned rail corridors and have a Monon like-trail going right through Kokomo?"

Last week that wish became a potential reality as Central Railroad of Indianapolis (CERA) announced they would soon officially abandon and put up for sale 2 of 3 local corridors described on the enclosed map (See Fig 1 Page 8). The third corridor which both connects with the Nickel Plate Trail and

crosses the footprint of the new US31 Corridor will be abandoned in the near future but CERA is negotiating with IN-DOT on that. IN-DOT only needs a small portion of that corridor so it is likely we will have the opportunity to railbank and purchase all 3 corridors. Although the map shows the North corridor abandonment would end at Milepost 55.66 we have been told it can actually be extended to downtown Kokomo. We have a strong committee working on this negotiation, including CK's Carey Stranahan, Tom Miklik, Paul Wyman, and Kevin Heber from the Greenways Foundation www.greenwaysfoundation.org who is an expert on railbanking. The big questions are how much is it going to cost, how will we pay for it, and who will be the official negotiating entity.

What can you do? As these negotiations proceed and become public there will be much discussion as to the need and value of acquiring these corridors. As users challenged by our current infrastructure we are counting on you to participate in the ensuing public forums, write letters and call and email elected officials and board members in support of this opportunity. I will have more information at the club meeting and I can always be reached at 457-2607 or runcrr@aol.com.

Nickel Plate Trail Update

If you haven't discovered this beautiful linear park you are missing something special! Last year volunteers finished constructing bridges over Deer Creek in Cassville, and Pipe Creek in Bunker Hill. We also created gravel parking lots in Cassville, Bennett Switch, and Bunker Hill. As soon as the weather breaks we will be adding portable toilets. Those wanting to go on a scenic and serene 26 mile run on a paved trail can park at the Cassville Trailhead, head North until you hit the Wabash River, turn around and head back. If you've ever Googled the

Nickel Plate Trail you know that our website at www.nickelplatetrail is atrocious. That situation is about to change! Holli Smith has created an awesome site loaded with pictures, mapping & trail-head information, creative links, and very importantly information on volunteering and donations. Until Holli gets control of the domain name please visit www.indianatrails.org for detailed information on every significant trail in Indiana. In early January volunteers fabricated 79 trusses that will be used to pave and finish a 312 foot gateway bridge over the Eel River leading into Denver. Volunteers have now cleared and will soon have almost 7 more miles from SR24 North to Denver ready for paving. This work will begin in early spring.

In December Breakaway Bicycle Club donated \$2,000 to further our area trails and greenways. \$500 will be used to build a bench on the new part of the Walk of Excellence, \$500 will pay for a bench at the Cassville Trailhead, and \$1,000 will fund the NPT portable toilets and other maintenance items.

Support the Greenways Foundation

The Greenways Foundation is a charitable trust working to promote the growth, enhancement and use of Indiana greenways. Our goal is to assist communities throughout the state in realizing the economic, social and health benefits of linear parks. On March 24 we will host the second annual *Securing The Future Of Indiana's Greenways* luncheon at The Westin Indianapolis. Last year Governor Daniels was our keynote speaker. This year we have Keith Laughlin, President of the Rails-to-Trails Conservancy. If you would like to support the mission of the Greenways foundation and Rails-to-Trails please visit www.greenwaysfoundation.org for more information.



40th Anniversary “Sam Costa” Something worth caring about!

By Terry Townsend Race Director 2009 Sam Costa

Not a day goes by that we don't get another dose of economic bad news. For those of us emotionally or financially connected to Kokomo, these are especially difficult times with each day an exercise in “stress management”. Our 401K's have cratered, layoffs are routine, and retirement benefits have vaporized. We could be forgiven if all of us just stopped caring and put our heads in the ground. Who would fault us for disappearing into our own increasingly insular existence and saying, “Enough, leave me alone!”

For good and bad, the outside world knows this city by three defining characteristics – stoplights, Delphi, and Chrysler. We are living under the spectre that two of these may disappear completely, and neither are the one we'd like to see leave. If Chrysler and Delphi implode, there will be tumbleweeds blowing across US31 when the bypass is completed in two years. You'll be able to lie down at noon in the middle of the Lincoln Road intersection and not worry about getting hit.

With all that weighing on our minds, is it possible to have a positive outlook on anything? In our community of running athletes, is there a rope we can grab, an anchor to hold us firm, a source of inspiration, or, at the very least, a source of comfort and familiarity to blunt the jolt of each new economic shock wave? Yes there is, and we need look no further than a few miles down the road.

It was 1970 when a handful of



Scott Colford leads eventual winner Calon Naragon and a large group at Mile 3 in the 2008 Sam Costa Half Marathon

guys got together on the westside of Indy, sketched a course of country roads on the back of an envelope, started a watch, tossed it in the weeds, took off on a 13.1 mile journey, and let the first guy back time everyone else in. They called it the “Central Indiana Striders Half Marathon”. These pioneers were the genesis of a legacy that stretches to this very day. Chuck Koepen, Tim Switzer, Jim Kisling, and yes, a man from Chicago by the name of Sam Costa, were among this group. Before Frank Shorter “invented” running in the US with his victory in the Marathon at the '72 Olympics in Munich, nearly a decade before the “500 Festival” realized they could support their various “princess” and social activities by holding a foot race, and long before the “professional” managers took over the sport, these guys laid the foundation for all that was to follow.

But why would a police detective from Illinois travel 200 miles to central Indiana and run with a handful of like-

minded souls? The answer is simple – where else was there to go? It sounds ridiculous in 2009 with races tripping over each other every weekend, but the opportunities to compete with and against your friends just didn't exist. If you cared, and these dedicated few certainly did, it was just part of your world.

It's a tragedy that world ended very early for Sam. Stricken with cancer, he passed away in the early '70's. Chuck and company moved the race to Carmel and renamed it in his honor. They continued to manage the event until handing over the reins to the newly formed Indy Runners club in 1979. It's been the hallmark race of Indy Runners ever since.

There are objects in our life that have worth and meaning far beyond any objective measure. We care about them not for any intrinsic value but because they are part of us, a piece of our heritage, our history. It's the pictures of our parents when they were young and full of dreams. It's the videos we have of our kids at Christmas, in Little League, and at their birthday parties. It's that first car you ever bought – yes, you've still got it in your uncle's barn. You're going to restore it this summer, or maybe next summer, well, whenever, but you've still got it and that's what really matters! It's the friends we made in high school who know more about us than anyone should. They are still here too, still connected to our lives.

And so is the “Costa”. Forty years in the making, born before anyone knew what road racing was, an unbroken

(Continued on page 8)



(Sam Costa Continued)

chain that links pre-running history to the present day glut of events. Why should we care about the “Costa”? We care because the “Costa” is part of us.

It has been my privilege to be involved with the “Costa” for over twenty years. During much of that time the “Costa” and Club Kokomo have had a close, symbiotic relationship. Hundreds of CKRR members have run and volunteered at the “Costa”. The “40th Anniversary Sam Costa Half Marathon” will be no different. With a large group again taking charge of a prime aid station, and many others taking advantage of the “Costa’s” status as a CKRR points race, I look forward to a distinctly CKRR flavor for “Costa 40”.

Yes, times are bad – and they may get much worse. Like many of you I lose sleep at night wondering where the country, and the world, is heading. I worry about whether I’m doing enough to be a good citizen, a good father, a good man. But when I think about the “Costa”, I realize that it has, in its own way, taken care of me. It is, and will continue to be, something we can count on. It is our bridge from the past to the future, a future we all hope will be much better than the present.

On March 28th at 9:00am, “Costa 40” will hit the streets of Carmel. I’m sure Sam will be watching. How could he not? From where he is it’s so much easier than a 200 mile drive.

I’ll be looking for you too. It’s been forty years in the making – and worth the wait. You don’t want to miss it!

Proposed CERA Abandonment

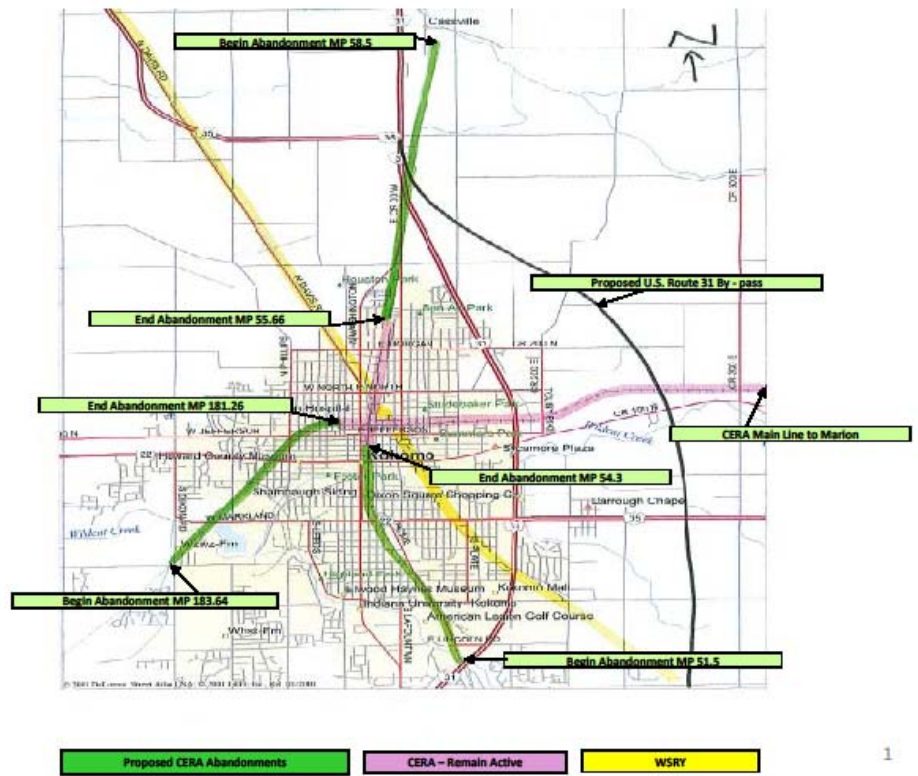


Figure 1 Proposed CERA Abandonment

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.



Overall Winners—Heather Weber & Joe Rangel



Most Improved—Chris James & Matt York



20-39 Scott Colford & Allison Irvin



(Continued from page 1)

Running

Female

Youth – Aubry Jackson

20-39 – Allison Irvin

Masters – Robin Tetrault

Senior Masters – Joyce Pennycoff

Rookie – Michelle Clendenning

Most Improved – Laura Rosenstengel

Overall – Heather Weber

Male

Youth – Waylon Coulter

20-39 – Scott Colford

Masters – Byron Bundrent

Senior Masters – Mark Shorter

Rookie – Jeff Cardwell

Most Improved – Chris James/Matt York

Overall – Joe Rangel

Outstanding Performance – Bryan Phillips (4:36 Mile)

Contributor – Weber’s (support of Coyote Kids and Mini)

Volunteer – Brian Reinhardt

Presidents Award – Charlie Skoog

Hall of Fame Inductee – Mark Shorter

**Volunteer or Race Sam Costa
March 28**

If you want to race Sam Costa and need an entry form visit www.samcosta.com. If you ran or volunteered last year check out the same site as most of the pictures are of Club Kokomo members racing or volunteering at the primary water stop. Volunteering this year will once again earn you a cool t-shirt, refreshments, prize drawings, and a chance to cheer and support your friends and family members running the race! Call (765) 457-2607 for more details.

New Members

Scott Deyoe

Chari Deyoe

Alexandra Deyoe

Britany Deyoe

Christina Deyoe

Diana Deyoe

Todd Marschand

Welcome to Club

Kokomo!

**Club Kokomo Fun Mile Returns
March 4**

Club Kokomo’s race season officially begins in Highland Park on Wednesday, March 4, 5:30 p.m. with the first Fun Mile of 2009. Runners and walkers are all welcome with no price increase from last year, in other words, it’s still free! If you check out the mile club records and the fastest times of 2008 that are all listed in your February newsletter you will see that many records were broken at the Fun Mile last year including Brian Phillips all-time club record 4:36. Who will set the first age group record for 2009. Come to the Fun Mile and find out. Register at the concession stand shelter at 5:15 each Wednesday. New this year, every record setter in the Fun Mile will be rewarded with a Little Debbie Oatmeal Creme Pie in honor of CK ultra-marathon legend, David Hughes.



Top Left-Walkers Under 49 Winners Jayne Hiatt, Mary Miller & Amanda Pena. Top right Rookies of the year Michelle Clendenning & Jeff Cardwell. Bottom Left-Jack & Cynthia Sanders. Bottom Right-Overall Walkers of the year Anna Dollens & Jerry Lambert



Meeting Minutes

Club Kokomo Roadrunners Meeting
February 9, 2009 6:30 PM

Members Present: Gina Sheets, Mark Shorter, Travis Sheets, Charlie Skoog, Ray Tetrault, Robin Tetrault, Nicole Peel, Steve Wand, Rhenda Acton, Kent Acton, Rebekah Monroe, Milt Brown & Helen Brown

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

REPORTS

Financial Report given by Mark Shorter – General Fund \$1803.70, Cowan Fund \$1,257.05, Coyote Kids Fund \$7171.64.

Steve gave opening prayer.

RACE DIRECTOR REPORTS

Old Ben –

Rebekah Reported

Need help with setup and timing.

Need to use club equipment.

Sunrise Rotary Club 5k

Gina will attend Rotary Club meeting to see what they need help with.

Ultimate

Rhenda Acton reported

Mark to send flyer with registration to Charlie.

Charlie will print them.

Needs volunteers

Mark to bring numbers

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

There will be awards for Chili winners.

Everyone bring a dessert

NEW BUSINESS

We Care Run Dec. 6 at 2pm.

Charlie motioned that all club participants would get 20 points.

Milt Brown seconded. Voted unanimously in favor of.

Haynes Apperson

Race Director still needed

Second notice for dues renewals have been sent out.

434 members at the end of last year. Current member numbers are at 266.

Meeting adjourned at 7:20.

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

Meeting Agenda

CLUB KOKOMO ROADRUNNERS AGENDA

March 9th, 2009

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

LOCATION – Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

Awards Banquet Report – Motion to donate \$200.00 to Christ Lutheran Church for use of building

Upcoming

Names of Volunteers for Old Ben Run/Walk – Rebekah Monroe

Volunteer spots needed for Ultimate – Rhenda Acton

Race for a Cure Update -- John Wiles

Sunrise Rotary Race volunteer needs --- Gina Sheets

Coyote Kids Information ready to go in April --- Ray Tetrault

Haynes Race Director and Committee Members

Discussion on the October Cancer Awareness Run – John Wiles RD

Old Business:

USE OF CLUB EQUIPMENT/INVENTORY

New Business:

DATE OF NEXT MEETING – April 14, 2009



2009 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 1/4 and 1/2 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: Sharpville, 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

3/15/2009

[Big 10 Hoops 5K](#)

5K Run/Walk 11:00am

[ONLINE ENTRY](#) at [http://](http://www.tuxbro.com/)

www.tuxbro.com/

Downtown Indianapolis, IN

Don Carr 317-733-3300

3/21/2009

[Holliday Park Trail Run](#)

5 Mile Rugged Trail Run 9:00am

[ONLINE ENTRY](#) at [http://](http://www.tuxbro.com/)

www.tuxbro.com/

Holliday Park Indianapolis, IN

Don Carr 317-733-3300

3/21/2009

[Will Power Race for Riley 5K](#)

5K Race 3K Walk 9:00am

[http://www.kenlongassoc.com/events/](http://www.kenlongassoc.com/events/willpower09.html)

[willpower09.html](http://www.kenlongassoc.com/events/willpower09.html)

Warren Central High School

9500 E. 16th Street

Indianapolis, IN

Ken Long 317-884-4001

Inside this issue:

From the President	2
Nutrition for Performance	3
On the Roads	4
Birthday List	5
From Trails to Roads	6
40 th Sam Costa	7
Fun Mile & Sam Costa	9
Meeting Minutes	10
Race Calendar	11