



CLUB KOKOMO ROADRUNNERS



URL: WWW.CKRR.US

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EMAIL: CKRR.NEWSEDITOR@ATT.NET



WILL THAT BE ONE PANCAKE OR TWO?

By Scott Riggle

What a perfect day to start the race season at the Norris Insurance 5K in Amboy. Instead of snow we had a nice spring-like day. There was a bit of wind but at least it was at your back as you made the turn for the finish. I myself had high hopes for the start of the season. This is the first year I trained completely through the winter, so this first race was going to be the gauge of where I was at. My best 5K to date had been a 20:20 and my goal was to get into the 19's. The push from the wind definitely helped with the last mile as I was able to post a 19:48 for a new PR, so it was a good day. Then, of course there were pancakes waiting for everybody after the race. I'm not sure why but these tasted a lot better than the ones at home. It's ok to say this because I am the one that makes them. As far as answering the question



Anna has Stan in her sight.

one pancake or two, let's just say it was at least two and leave it at that.

The usual suspects started the year where they had left off last year. Mary Miller, Rick Spencer and Heather Weber each won their divisions while Scott Colford paced the field with a time of 16:45. I hope everyone had a great start to the 2009 race season.

24th Annual Old Ben 5K Run/Walk

By Adriene Riggle



The race is on!

What a difference a week can make when it comes to weather in Indiana. Our hopes escalated, at least mine were, that spring had finally sprung the previous week in Amboy only to be dashed by cooler temperatures the Saturday morning of the Old Ben 5k in Highland Park. Even with the lower temperatures the event was a huge success. Club Kokomo was well represented with 100 out of 207 total participants. The total numbers were up from 186 last year.

Big kudos go to the IUK Alumni Association

(Continued on page 6)

Next races:

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

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FROM THE PRESIDENT

By Gina Sheets



Fun in the Florida sun!

Greetings CKRR –

The race season is once again in full swing and I hope you are getting into the pace. The Old Ben run had a great turn out - thanks to the hard working folks at IUK who put on a nice event. By the time many of you read this the Ultimate has taken place, and my hat is off to Rhenda for her tremendous organizational skills and all the up front work she did to ensure a successful day, if the weather is nice for the race I will give her credit for that too.

Rhenda is doing what more of us need to do – VOLUNTEER. I just finished reading the latest edition of *Marathon and Beyond* and long time runner, speaker, coach, and author Joe Henderson wrote his contributing piece on volunteering. In his final paragraph's he stated that race directors should "not be afraid or too shy or proud to ask that most flattering of questions 'Can you help me?' People love to be asked, love to feel needed, and love feeling afterward that they gained more than they gave..... My message today to you runners is: hold up your volunteering hand even before

being asked. Don't miss your chance,," CKRR needs you, we need your friends and family that do not run but they are along side you at every event. We are known for the success of the upcoming Haynes race which is in late June (this year the race is one weekend earlier) and we need your help, so if Rebekah and I ask please say yes! Of course it pays points to volunteer, 20 of them but remember only at a CKRR race and the Haynes is one of them. When you see me heading your way and ready to ask for your help beat me to the cause and just say yes!

A funny thing happened on the way to the 25k race site, yep, with less than thirty days out to my first Boston, after walking a part of Dave and Bob's Manasota Track Club 25k fun run and 50k race we (Trav and I) went back to the van and called Dave. The conversation went like this; "Dave this is Gina Sheets from Indiana and I am doing the 25k tomorrow. After walking part of the course I was wondering if I could move up to the 50k and my husband could have my spot in the 25k, I know your entry is limited to 60 so if you are full I understand." The response was; "Gina this is Dave, what the heck are you thinking, that we had mountains in south Florida? Let me get your husband's information and you both will be ready to go tomorrow morning." (I was thinking that I cannot stand to run in sand very long, it kills my hips.) That was it, it was done, with exactly four weeks and one day before Boston I did a terrible thing, or at least my coach and my motivator Nicole would think that, I swore not to tell her. Note to potential ultra runners who put their passion on hold to run Boston, do NOT go near temptation or at least take the time and check out the entire course.

Race morning comes quickly and we leave two snoring sons and head out for a fun day in the Florida sun. The plan was after Trav finished the 25k he would head back to our hotel, two minutes from

Oscar Shearer State Park, get cleaned up, check out and with the guys head back around the time I am finishing, 12:30.

As Dave was getting ready to start us off he said due to the recent spotting of an eagle's nest in the park the course had to be altered and the 50k's went one way to do a mile out and back and the 25k's went directly to a figure eight looped course. The 50k's were told in the beginning we would run 7 loops. At 7:30am we were off and running. I ran with a guy whom by mile 15 I learned his name was Mike. He was good company and he was with me when I encountered what I dreaded most – sand! The good thing was it did not last long and came in sections but after the second loop it got a lot deeper and longer and hotter. Soon the loop became active as runners were spreading out and campers were waking up and going out for hikes. After completing my first loop I did some calculations in my head and thought there is NO way we can do 7 of these not unless this is a 40 mile run and sure enough Dave had misspoke at the start and we only had 6 loops, but the 25k folks were not so lucky. Trav ended up doing 18 miles. He looked good for having to do the extra distance and did not mind, he was all smiles at the finish. Somewhere in me there is a competitive side and as the runners started to find their paces around the third loop I began to take notice of the front female runners. Humm I thought I could finish in the top three today if I am not stupid. Mike wanted to finish 4:30 and I said I did not have that in me and wished him well at mile 21. I told Trav I would finish around 12:30 and I decided I would keep that pace. I finished around 4:47 and ended up being the first female master – it is good to be old! This has been my fastest 50k. After the race the sad feeling of betrayal crept in and I sent a text to Nicole ad-

(Continued on page 10)



CK QUARTET TACKLING BOSTON

By Johnny 'O

Two first-timers and two veterans will carry Club Kokomo colors April 20 at the 113th Boston Marathon, one of the world's most prestigious road-running events. The Boston-bound CK runners are first-timers Gina Sheets and Bill Barnett and veterans Nicole Peel and Dan Lutes.

BOSTON ROOKIES

Training for Boston is just one of the "many hats" Gina wears these days. She is Clinton County Chamber of Commerce CEO, and director of Clinton County Economic Development, Economic Advancement Foundation, and Frankfort Urban Enterprise Zone, and a farmer.

Although CK's president has only been a club member for four years, she has been running since high school. She was a sprinter then.

"When I turned 35, I ran 10 miles and was near death," Gina said. "That was five years ago. Since then, I have run eight marathons and 12 ultra marathons. I really like the ultras."



Nicole and Gina in 2005

Gina set her marathon personal record of three hours and 42 minutes and qualified for Boston in October at the Marine Corps Marathon in Washington, D.C.

Gina decided to qualify for Boston because "Nicole made me. Nicole loves going to Boston, and so I am headed there to see if I think it is great. I hope not, because I really am not fond of this hard training."

Gina and Nicole are running six days a week. "One day is a long run sometimes on hills with the last four miles at 8:15 marathon pace, which is not 'my' marathon pace. One day is speed work, which I rather enjoy. One day is tempo, which is 10-11 miles at 8:10 pace, which I hate. One day is usually 7 to 8 miles 'easy' with hill repeats, and two days are easy runs any where from 7 to 9 miles. This program is different than what I did for D.C. because it is harder with a faster pace and longer workouts. It has been done during the winter with ice, snow, hail, rain, and wind as wonderful running partners."

Gina's Boston goal is 3:50, which will qualify her for 2010 and "get the hard work out of the way."

"I will be happy with a 3:45. Nicole is reading this right now saying 'no way,' we are training for a 3:35. I just do not feel in sync yet with my training. To qualify, I took my training more serious. Plus, the level of stress I was under in late fall, even with Travis (her husband) being so sick, is not near like it has been for me the last three months. My work is really crazy busy right now."

Gina is looking forward to April 21 (day after Boston) when she will take time off from the six-day, fast-paced training and get back on trails and on "nice long runs."

"I miss the ultra scene. I guess once trail running is in your blood it is



Bill & Kathy at the Mini in 2008

hard to let it go. I have been sneaking in some trail running on my hill repeat days so I am getting a small fix, but I miss spending hours out with the rocks, roots, and mud."

The quartet's "old man" is 64-year-old Bill Barnett. The retired Delphi logistics manager now is a consultant for an Indianapolis warehouse service company. A club member for 15 years, Bill started exercising at age 48 (16 years ago) and has completed four marathons – Columbus, Bar Harbor Maine, Chicago, and Indianapolis.

He ran his marathon PR of 3:55 and qualified for Boston at the Indianapolis Marathon in October.

"I retired from Delphi in January 2008 and I wanted to see if I could make a lifelong dream come true," Bill said "For the first time, I trained properly and much more seriously. With so many people in the Club offering support, it is so difficult not to succeed once you state your goal."

(Continued on page 5)



ON THE ROADS

By Johnny 'O



Irish fare after Komen race

Johnny 'O invites all Club Kokomo Komen Indianapolis Race for the Cure team members and friends to join him for a post race lunch 11

a.m. April 18 at Brockaway (Irish) Pub, 12525 Old Meridian St., just off U.S. 31 in Carmel.

To get to Brockaway (317-669-8080), go north on U.S. 31 from I-465, turn right on West Carmel Drive, and left one block on Old Meridian (second street from U.S. 31). Brockaway is on the northeast corner of Old Meridian and Cranston Avenue.

If you plan to have lunch at the Pub, email Johnny 'o at jwiles9890@aol.com or call 438-9545 by April 17, so he can give a number to Pub owner Lainie Paul.

Johnny 'O lifts his shillelagh high in salute to the 51 people who signed up for Club Kokomo's team. Answering the call by the March 20 deadline were: Vicki Boles, Diana Brown, Milt and Helen Brown, Sylvia Burgin, Karen Bush, Robin Cole, Anna Dolens, Barry and Linda Donovan, Andrea Eckelbarger, Michael Graham, Jayne Hiatt, David Hughes, Jerry Lambert, Alexandra, Jeanette and Lauryn Merritt, Mary Miller, Hannah and Ron Moore, Amanda and Kylee

Pena, Joyce Pennycoff, Joe Rangel, Brian and Patti Reinhardt, Debbie Riffe, Adriene and Scott Riggle, Pat Robertson, Jackie and Cynthia Sanders, Lorene Sandifur, Mark Shorter, Stan and Pat Shuey, Charlie Skoog, Amy Smith, Rocky and Judy Smith, Ricke Stucker, Tim Taflinger, Steve and Barb Wand, Catherine Weidler, Dave White, John and Anne Wiles, Gary Willis, and Shirley Wilson.

Johnny 'O is truly blessed to have such friends. So, once again, he thanks these people, who have joined the fight against breast cancer, and also the team members who made additional donations to Komen totaling \$510. Extra donors were David Hughes, Stan Shuey, Charlie Skoog, Judy Smith, Rocky Smith, and Ricke Stucker.

Although team registration has closed, people can still register online, by mail, or on race day April 18 for the race and our CK team. However, the post March 20 registrants will have to pick up their packets on race day at the registration tent on IUPUI Library's lawn since their packets will not be available for our team distribution April 15.

Capt. Jack will distribute packets 5 p.m. April 15 at the outdoor shelter near the flag pole in Highland Park. Capt. Jack also will have race packets 5 a.m. race day (April 18) at Lowe's on U.S. 31 South.

Team members, who want to caravan to Indy on race day, should meet in the north east section of Lowe's parking lot at 5 a.m. The team will leave for Indy at 5:15 a.m.

One of the best routes to race site parking is south on Meridian Street to Michigan Street, west on Michigan to parking lots between West and Blackford streets. The lots on the north side of Michigan are easier to get out of after the race.

By arriving early, you can browse the Health Fair Expo, Kids for the Cure, and merchandise tent, and have a free breakfast courtesy of the many vendor booths.

There is race day registration from a.m. to 8:30 a.m. Participants in the Pink Parade begin lining up at 7:15 a.m., so CK's team members are asked to be at IUPUI's Library steps on New York Street at 7 a.m. for a team picture.

If team members need to make other arrangements to receive their race packets, telephone Capt. Jack at (765) 438-9545 or email jwiles9890@aol.com

FLOWER POWER

Club Kokomo certainly has been well represented among groups in past years that have helped beautify downtown Kokomo by planting



From L-R Mark Shorter, Mike Deardorff, Tom Miklik, and Greg Townsend

(Continued on page 6)



(Continued from page 3)

CK QUARTET TACKLING BOSTON

Bill wrote that Dave White rode his "Bar Beater" bicycle for 12 miles one Saturday; Cheryl Marner, who completed the 2006 Boston, gave him her "Special Training Program;" Ricke Stucker offered to run some longs runs with him, and Nicole and Gina ran the last 12 miles of the Indianapolis Marathon with him.

"They said they had a 12-miler scheduled that day, but I highly suspect they made a special effort to make sure they did everything possible to help get the Ol' Man to Boston."

For Indianapolis, Bill used Cheryl's training program ("She paid for it"). After six weeks, he blended her package with a *Runners' World* program. The combination helped him accomplish his goal.

For Boston, Bill has been using the *Runners' World* program with modifications suggested by Nicole. "If her suggestions don't kill me, they should make me more prepared for the hills at Boston."

The Kokomo native said Ricke advised him a few years back that if he really wanted to run a successful marathon than he needed to increase his mileage "significantly." Bill has done that. He runs between 45 and 60 miles per week with one day of hill work in Highland Park and one day of speed work at Maple Crest School track. He always takes two rest days each week.

"I also do everything possible to make sure that I follow the suggested miles per day by *Runners' World*. In the past, if I could not get the scheduled miles completed during normal exercising hours, then I simply would not do them. Now that I am attempting to be more dedicated to a cause, I am completing the miles in the dark, or on a treadmill in inclement weather."

Bill also does strength training with Bob Cameron twice a week in the evening after he already has run between 8 and 10 miles. "I normally sleep very well at the completion of those days."

While training for Indianapolis, Bill's wife Kathie frequently rode her bike with him, providing fluids and snacks. "This was the only reason that I was prepared to run a marathon. Now that the weather does not permit her to ride with me, it is 10 times more difficult to stay motivated, log the miles, and stay properly fueled."

Bill has been thinking about running Boston for a few months now and he is nervous. "I knew that I wanted to see if I could qualify, but I wasn't real sure about running the race. Now that I am well into race preparation, I am getting pumped up. Plus, I get a chance to buy the most famous T-shirts a grandfather can buy his grandsons, 'My grandpa ran Boston and all I got -----shirt.'"

BOSTON VETERANS

I accompanied CK qualifiers and friends to the 2006 Boston Marathon, and I cheered for Nicole Peel as she completed her first Boston and Dan Lutes as he finished his 11th Boston in a row.

Nicole's finish time was 3:45.47, which qualified her by 12 seconds for another Boston, but she did not make the trek east again until 2008. She was injured that year and struggled to a 3:55 finish.

Nicole, 38, is director of sales, personal trainer, and RRCA certified coach at Powerhouse Gym. She trained and qualified with Gina in October at the Marine Corps Marathon, where she ran a personal marathon best of 3:39.

"I have several goals for this year's race," Nicole said. "Super goal, if weather and all cooperate nicely, would be 3:35 or anything better than Marine Corps. If all is not perfect, I'll take anything that qualifies me again so I can re-



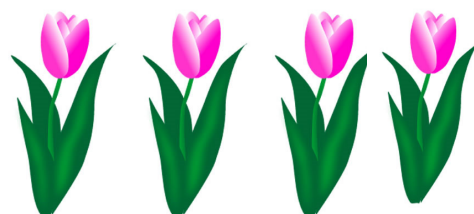
Dan at Big Ben in 2006

turn to the greatest running event in the world in 2010."

Dan's first Boston was 1996 and he finished in 3:26. His best Boston came a year later when he ran 3:09. His marathon PR of 3:08 was at Detroit. He qualified for his 14th Boston in row with a 3:29 on a CK trip to the Fargo (N.D.) Marathon.

Dan's Boston goal is a sub 3:30, which will qualify him for his 15th Boston in a row. The 45-year-old will complete his 50th state marathon at the Kona Marathon in Hawaii on June 28.

"This (Hawaii) will be a two-week Lutes' family vacation, hitting two islands and doing our best to 'stimulate the economy,'" the field quality engineer at International Rectifier Corp., Kokomo, said. "I'll be waiting for my bailout after that."





(Old Ben Continued from page 1)

for organizing the event and to all the sponsors for their support and donations. You can not beat an event where you can gather with friends and family, elevate your heart rate, and celebrate afterwards with refreshments & door prizes. The peanuts in the shells were the best, although I found that it is impossible for a five year old to keep the shells on the table no matter what you do.

Congratulations to Mary Miller, Heather Weber, Rick Spencer and Scott Colford for the over all wins in their respective divisions. Complete results are on page 8. On a personal note, I was pretty excited to post a PR for this race. It has been fun to see my times slowly (and I do mean slowly) improve, especially since I am a newbie runner this year.

(Komen continued from page 4)

flowers in hanging baskets and around trees and the City Building.

April 14 (Tuesday), volunteers will meet at Mark and Julie Hilligoss' greenhouse, and work two, three-hour shifts preparing more than 300 flower baskets for the downtown area. The first shift is 9 a.m. to noon; the second is 4 p.m. to 7 p.m. There will be donuts for the morning shift volunteers and pizza for the afternoon helpers. The best way to get to the Hilligoss greenhouse is to go one mile south of Ind. 26 on Dixon Road. At the

first cross road (Howard-Tipton County line), turn right and drive west one mile to the first stop sign. Continue west one-half mile and the greenhouse is on the right.

May 9 (Saturday), volunteers will plant flowers in a downtown city parking lot and in Alley-scape, and around the Gazebo and City Building. The May 9 volunteers will meet at 8 a.m. for donuts at the Gazebo across from the City Building on Union Street. We will plant until noon.

If you can help on one or both days, call or email Johnny 'O at 454-7926 or jwiles9890@aol.com

Race Pictures

- Top Left:
John Wiles at Amboy
- Top Right:
Adriene Riggle & Rick Spencer at Amboy
- Bottom Left:
Amboy Awards
- Bottom Right:
Earl Strong & Greg Townsend at Old Ben





AGENDA

BIRTHDAYS

MEETING MINUTES

Club Kokomo Road Runners
April 14th 2009

5: 30 Social Hour—
6:30pm meeting Start

Location— Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

Old Ben 5K
CK Ultimate 10 mile
Race for Cure

Upcoming

Haynes Race

Discussion on the October
Cancer Awareness Run—
John Wiles RD

Old Business:

Use of Club Equipment

New Business:

Date of Next Meeting
May 11, 2009

Everyone is invited to the club
meetings. It is a great place to get
to know other club members and
also give your input. Please attend
if you can !!

4/2 Darin Hollingsworth

4/5 Brian Reinhardt

4/5 Renita Taflinger

4/6 Laura Cook

4/6 Kevin Starich

4/7 Alexa Coy

4/7 Bill Bauson

4/8 Emily Hobbs

4/8 Jillian Weaver

4/10 Monica Brooks

4/10 Steve Wand

4/12 Sarah Bauson

4/13 Mark Rodgers

4/13 Don Rogers

4/15 Grace Bauson

4/16 Tami Moore

4/18 Brody Brooks

4/18 Tim Taflinger

4/18 John Wiles

4/19 Charles Johnson

4/21 Cheryl Marner

4/22 Angela Lorenz

4/22 Jeanette Merritt

4/23 Aaron McQuiston

4/24 Kinzie Austin

4/25 Lorene Sandifur

4/26 Michelle Clendenning

4/26 Karen Jewell

4/26 Megan Tetrault

4/27 Jerry Land

4/27 Greg Townsend

4/27 Lisa Robertson

4/28 Tim Revils

4/29 Michelle Clendenning

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Club Kokomo Roadrunners Meeting
March 9, 2009

Members Present: Rebekah Monroe,
Milt Brown, Gina Sheets, Travis
Sheets, Mark Shorter, Charlie Skoog,
Stan Shuey, Rhenda Acton, Kent Ac-
ton, Diana Brown and Slyvia Burgen

Reports:

Financial Report given by Mark
Shorter.

General Fund \$207.85

Cowan Fund \$1257.05

Coyote Kids Fund \$7171.64

Race Director Reports

Ultimate 10 Mile

RD Rhenda Acton.

Needs 8 more volunteers. Rhenda
had list of items for Charlie to sup-
ply.

Old Ben 5K

Rebekah reported. Volunteers are
set, but need help with the tag
board. Milt Brown will run the timer
and Ray to bring sound system.

Haynes Apperson

Gina and Rebekah will be race direc-
tors.

Gina motioned to give \$200 to Christ
Lutheran Church for the use of build-
ing for the awards banquet. Charlie
seconded. Unanimous vote.

Old Business:

Gina had typed a proposal for equip-
ment use policy.



RACE RESULTS

**CK Weekly Fun Mile
March 4, 2009**

1. Nich Lipari 5:42
2. Dan Lutes 6:16
3. Mike Schoenradt 7:15
4. Tahnee Azure 7:26
5. Ernie Hurst 7:28
6. Charlie Skoog 7:43
7. Laura Rosenstengel 7:50
8. Ray Tetrault 8:09
9. Lisa Jones 8:13
10. Karen Bush 8:35
11. Robin Tetrault 9:04
12. Bob Longwith 11:24
13. Brayden York 11:56
14. Lilly York 11:59
15. Matt York 12:00
16. Hannah Moore 12:44
17. Ron Moore 12:45

**Norris Insurance Race
Amboy 5K Run
March 7, 2009**

- 1 Scott Colford 16:45
- 2 Dana Neer 18:09
- 3 Jerry Williams 18:20
- 4 Kevin Forgrave 18:24
- 5 Jared Turner 18:27
- 6 Chris James 18:35
- 7 William Irvin 18:38
- 8 Nick Lapari 18:42
- 9 Matt York 18:45
- 10 Ryan Perry 18:52
- 11 Jay Prichard 18:59
- 12 Heather Weber 19:06
- 1st Woman
- 13 Brent Munro 19:16
- 14 Joe Rangel 19:37
- 15 Dan Lutes 19:41
- 16 Mark Hauptert 19:43
- 17 Todd Horner 19:47
- 18 Scott Riggle 19:48
- 19 Dave Harrison 20:07
- 20 Chip Mattingly 20:13
- 21 Tim Day 20:20
- 22 Brian Martin 20:27
- 23 Christen Knight 20:29
- 24 Don Andrews 20:37
- 25 Mark Spitzer 20:49
- 26 Jed Pearson 20:52
- 27 Daryl Bollhoffer 21:03
- 28 D Atchinson 21:05
- 29 Waylon Coulter 21:11
- 30 S. Kirkpatrick 21:12
- 31 Al Hochgesang 21:31
- 32 S. Williamson 22:00
- 33 Ken Swinehart 22:07
- 34 Braden Melton 22:39
- 35 Curtis Wilson 22:47
- 36 Shawn Shaver 22:53
- 37 Vincent Scott 23:01
- 38 Charley Werst 23:05
- 39 Jeff Cardwell 23:06
- 40 Mark Shorter 23:11
- 41 Scott Hamilton 23:18
- 42 R. Marstahler 23:32
- 43 Allison Irvin 23:32
- 44 Michael Graham 23:33
- 45 Jim Melton 23:33
- 46 S. Newhouse 23:34
- 47 Josh Shaffer 23:43
- 48 T.A. Weber 23:45
- 49 Bill Went 23:55
- 50 Brian Dawson 23:59
- 51 Hope Spitzer 24:03
- 52 Ken Austin 24:05
- 53 Aletheia Burritt 24:25
- 54 Josh Revils 24:25
- 55 Greg Townsend 24:28
- 56 Michelle Clendenning 24:30
- 57 Mike Shinrod 24:34
- 58 Derick Brooks 24:39
- 59 Michael Vareilho 24:44
- 60 Connie Gamble 24:46
- 61 Al Mitchel 24:54
- 62 John Peters 25:00
- 63 David Ridenhour 25:01
- 64 David Hughes 25:02
- 65 T. Newhouse 25:09
- 66 Jerry Meiring 25:15
- 67 Elaine Sweet 25:15
- 68 Barb Millspaugh 25:18
- 69 Mike Deardorff 25:21
- 70 Ernie Hurst 25:22
- 71 Ray Tetrault 25:23
- 72 Melissa Goad 25:30
- 73 Charlie Skoog 25:37
- 74 Colton Johnson 26:14
- 75 Lisa Jones 26:17
- 76 Stephen Batey 26:22
- 77 Maya Brooks 26:23
- 78 Dave White 26:52
- 79 Ann Morris 26:54
- 80 Aaron McQuiston 26:56
- 81 Riche Stucker 27:09
- 82 Zachary Richardson 27:11
- 83 Ben Books 27:26
- 84 Patti Reinhardt 27:30
- 85 Vicki Boles 27:33
- 86 Julie Pownall 27:47
- 87 Ryan Pownall 27:48
- 88 Anna Dollens 28:09
- 89 Stan Shuey 28:10
- 90 Robin Tetrault 28:17
- 91 Breeze Gunter 28:25
- 92 Vanessa Lorenz 28:37
- 93 Don Overman 28:42

- 94 Doug Mankell 28:46
- 95 Valerie Travis 28:58
- 96 Jeff Lowry 29:11
- 97 Ann Wiles 30:18
- 98 Sara Brookshire 30:23
- 99 Robin Cole 31:52
- 100 Adriene Riggle 31:53
- 101 Stacy Henderson 32:02
- 102 Billy Sedam 32:40
- 103 Sue Ridenour 33:18
- 104 Dawn Melton 33:26
- 105 John Wiles 33:46
- 106 Steve Mount 33:54
- 107 Amber Longwith 34:42
- 108 Thomas Werst 35:18
- 109 Reg Johnson 37:13
- 110 Christine Williamson 37:28
- 111 Doyt Grossman 38:02
- 112 Sylvia Burgin 42:37

5K Walk

1. Russell Fox 32:02
2. Rick Spencer 32:11
3. Mary Miller 32:29
- 1st Woman
4. Vincente Lorenz 34:15
5. Amanda Pena 35:41
6. Tim Taflinger 35:33
7. Steve Inman 36:04
8. Jerry Lambert 37:27
9. Chris Sullivan 37:42
10. Robin Hehr 37:56
11. Robin Michael 37:29
12. Jane Inman 38:32
13. Raye Jean Swinehart 38:42
14. Jane Hiatt 40:21
15. Barb Hobbs 41:56
16. Melvin Hobbs 41:57
17. Matthew Calfee 42:37
18. Debbie Riffe 43:17
19. Michelle Hite 44:25
20. Cindy Sullivan 45:12
21. Vern Keller 47:13
22. Sue Keller 47:13
23. Diana Brown 49:05
24. Timothy Revils 49:55
25. Toney Lorenz 49:59
26. Angela Lorenz 49:59
27. Pat Robertson 50:41
28. Jim Wells 50:44
29. Jackie Sanders 1:04:22
30. Cindy Sanders 1:04:25

**CK Weekly Fun Mile
March 11, 2009**

1. Tahnee Azure 7:37
2. Laura Rosen-

- stengel 7:57
3. Andrea Eckelbarger 12:48
4. Diana Brown 16:02
5. Charlie Skoog 17:08
6. Cathy Weidler 17:50
7. Amanda Blancato 17:51
8. Baxter Weidler 17:51

**24th Annual Old Ben 5K
March 14, 2009
Kokomo, IN**

- 5k Run
1. Scott Colford 16:45
2. Michael Boulter 18:08
3. Matt York 18:32
4. Heather Weber 18:49
- 1st Woman
5. Jay Priest 18:35
6. Chris James 19:08
7. Brian Reinhardt 19:11
8. Matt Ullmer 19:15
9. Joe Rangel 19:45
10. Ron Moore 20:53
11. Jordan Lee 21:05
12. Al Hochgesang 21:07
13. Joshua Evans 21:12
14. Katie Hollingsworth 21:17
15. Tom Grider 21:19
16. Waylon Colter 21:26
17. Matt Grider 21:36
18. Drew Wilson 21:40
19. Ken Swinehart 21:49
20. Jeff Cardwell 22:20
21. John Luyster 22:24
22. Gina Sheets 22:27
23. Dave Mobley 22:33
24. Nicole Peel 22:38
25. Heidi Freeman 22:39
26. Michael Graham 22:41
27. Gary Willis 22:49
28. Earl Strong 22:49
29. Kyle Condon 22:52
30. Allison Irvin 22:57
31. Jordan Ousley 23:03
32. Mark Shorter 23:06
33. Paul Wyman 23:08
34. Edelmiro Rodriguez 23:15
35. TA Weber 23:25
36. Joshua Revils 23:34
37. Scott Hamilton 24:02
38. Joni McCracken 24:12
39. Keith McAndrews 24:12
40. Mike Schoenradt 24:14
41. Justin Taflinger 24:15
42. Derick Brooks 24:16
43. Shelly Wyman 24:25
44. Gregory Townsend 24:33
45. Brian Bailey 24:58
46. Melissa Goad 24:59
47. Connie Whitney 24:59
48. Barb Millspaugh 25:00
49. Rachel Wilson 25:05
50. Cheryl Marner 25:05
51. Ernie Hurst 25:07
52. Jerry Meiring 25:10
53. Tahnee Azure 25:10
54. David Reinagle 25:11
55. Kurt Meissnest 25:13
56. Bill Bauson 25:13
57. Mike Deardorff 25:23
58. Charlie Skoog 25:36
59. Maya Brooks 25:46
60. Monica Brooks 25:49
61. David Hughes 25:54
62. Kim Lee 26:01
63. Brent Marner 26:03
64. Patti Reinhardt 26:11
65. Tim Voss 26:12
66. Beth Nowak 26:23
67. Riudy Suryantoro 26:26
68. Jensen Freeman 26:29
69. Ricke Stucker 26:31
70. Laura Rosenstengel 26:36
71. Mark Eads 26:44
72. Jody Cline 26:45
73. William Wilson 26:49
74. Jack Mellinger 26:50
75. Ray Tetrault 26:55
76. Dave White 26:55
77. Phillip bledsoe 26:57
78. Darcie York 27:00
79. Robin Tetrault 27:13
80. Anna Dollens 27:14
81. Aaron McQuiston 27:16
82. Lisa James 27:22
83. Sean Verlee 27:24
84. Mindy Dean 27:27
85. Andy Cage 27:31
86. Jason Hahn 27:33
87. Angela Marshall 27:43
88. Ted Hinkle 27:46
89. Julie Pownall 27:52
90. Donald Overman 27:55
91. Lake Cameron 28:13
92. Mary Cameron 28:20
93. Jim Truman 28:21
94. Tyson Schoolman 28:26
95. Phil Leininger 28:30
96. Cassie Bauson 28:33
97. Tray Frazier 28:38
98. Michelle Boyd 28:41
99. Breeze Gunter 28:47
100. Greg Sullivan 28:53
101. Amanda Ullmer 28:59
102. Doug Mankell 29:02



Mini Marathon Information

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.

Unused Entries??

If anybody knows of a mini entry that is not going to be used, please let me know at ckrr.newseditor@att.net. I have had several request for available entries. The deadline to transfer an entry is April 10 and the cost to transfer is \$20.

Mini Marathon Tent

Weber Speakers has once again sponsored the club tent. Please thank Heather and T.A when you see them. We have not received the exact location of the tent but believe it will be close to last years location. I will send out an email once the location is confirmed. Feel free to leave a gear bag there before the Mini and when you finish be sure to stop by the tent for some refreshments and to share your Mini experience with the other club members.

RACE RESULTS (CONTINUED)

103. Howard Terry 29:12	132. Chris Coffman 34:56	1st Woman	32. Kristen Huffer 46:14	10. Cindy Coulter 9:24
104. Tina Kelley 29:20	133. Aubrey Jackson 35:55	3. Vincente Lorenz 33:49	33. Elissa Hughes 46:15	11. Aubry Jackson 9:52
105. Fred Chew 29:24	134. Cory Jackson 35:56	4. Steve Inman 34:37	34. Scottie McCowan 46:51	12. Bob Longwith 10:57
106. Sarah lee 29:30	135. Jamie Jackson 36:06	5. Tim Taflinger 35:29	35. Bill Menges 47:31	13. Laura Rosenstengel 12:10
107. Chantel Sullivan 29:41	136. Brooke Nice 36:55	6. Amanda Pena 35:43	36. Molly Menges 47:34	14. Dakota Hatfield 14:20
108. Joyce Pennycoff 29:42	137. Shannon Yochum 36:57	7. Jerry Lambert 36:39	37. Debbie whitney 47:36	15. Sammy Hatfield 14:21
109. Laura Cook 29:44	138. Jodi schoolman 36:58	8. Janelle Zabst 37:00	38. Mary Rutherford 47:38	16. Diana Brown 15:40
110. Amber Pluckbaum 29:51	139. Jennie Rhees 36:59	9. Robin Hehr 37:10	39. Diana Brown 47:51	17. Patrick Fewell 17:28
111. Katie Kline 30:23	140. Brooke Robertson 37:42	10. Chris Sullivan 38:05	40. Kay Stough 47:56	18. Cathy Weidler 18:01
112. Dave Britton 30:23	141. Laurie Ousley 37:53	11. Sarah Clouser 38:53	41. Jean Heflin 47:57	19. Amanda Blancato 18:01
113. Rick Eckelbarger 30:31	142. Sandy Chapin 37:53	12. Toney Lorenz 39:27	42. Laura Heflin 47:58	
114. Bill Summerfield 30:32	143. Nicole Coop 37:55	13. Robin Michael 39:45	43. Trudy Pierce 48:49	
115. Adriene Riggle 30:39	144. David Chapin 38:07	14. Jane Inman 40:18	44. Lynne Kurtz 48:54	CK Weekly Fun Mile
116. Lisa Kimbrough 30:42	145. Angela Kelley 38:26	15. Carol Zabst 40:26	45. Timothy Revils 49:48	March 25, 2009
117. Jeff Sexton 30:43	146. Brianne Dale 39:17	16. Raye Jean Swinehart 41:06	46. Tiffany Burns 49:49	1. Dan Lutes 5:55
118. Justine Eads 30:49	147. Jamie Diesman 40:27	17. Jayne Hiatt 41:14	47. Kim Keogh 50:27	2. Joe Rangel 6:14
119. Stan Shuey 30:50	148. Tom Diesman 40:28	18. Jeannie Clark 41:17	48. Karie Name 50:55	3. Chris Frazier 6:19
120. Noah Cline 30:37	149. Suan Gerhart 41:16	19. Gary Day 41:22	49. Marty Menges 55:17	4. Gary Willis 6:27
121. Nicole Cothorn 31:43	150. Sylvia Burgin 41:16	20. Barbara Hobbs 41:23	50. Anne Lyons 55:17	5. Tahnee Azure 7:19
122. Robin Cole 32:06	151. Jennifer Sinka 44:48	21. Melvin Hobbs 42:37		6. Jack Mellinger 7:30
123. Chancey Mussial 32:13	152. Sue Keller 45:11	22. Debbie Riffe 43:09	CK Weekly Fun Mile	7. Laura Rosenstengel 7:32
124. Lauren thurston 32:49	153. Vernon Keller 45:27	23. Cindy Sullivan 43:15	March 18, 2009	8. Charlie Skoog 7:37
125. Sheila Bailey 32:51	154. Mark Wilson 45:28	24. John McGinty 43:19	1. Waylon Coulter 5:59	9. Lisa Jones 8:13
126. Amber Longwith 33:44	155. Dani sexton 47:30	25. Mary Bledsoe 43:57	2. Joe Rangel 6:56	10. Ray Tetrault 8:51
127. Adriane Freeman 33:59	156. Ryan Hall 49:30	26. Tanna Connor 45:10	3. Mike Schoenrad 7:36	11. Anna Dollens 9:25
128. Nicole Jackson 34:11	157. Jacob Barns 55:16	27. Alan Wilson 45:28	4. Jacob Brown 7:58	12. Adriene Riggle 9:59
129. Vanessa Lorenz 34:14	5K Walk	28. Angela Lorenz 45:48	5. Jaiden Brown 8:11	13. Aubry Jackson 10:02
130. Noah Cameron 34:22	1. Rick Spencer 31:42	29. Marsha Coon 45:58	6. Charlie Skoog 8:12	14. Bob Longwith 10:39
131. Alejandra Rosado 34:27	2. Mary Miller 32:14	30. Kathy Condon 46:10	7. Karen Bush 8:15	15. Sylvia Burgin 12:04
		31. Lynn Wilson 46:14	8. Anna Dollens 8:36	16. Alan Flowers 14:38
			9. Jaryn Brown 9:07	17. Diana Brown 16:20



POINTS STANDINGS

Races included are JN Amboy, Old Ben.

Runners	40-44	Nich Lipari 1-20	Ernie Hurst 2-19	
Women	Patti Reinhardt 2-30	20-24	Mike Schoenrad 1-10	49-
	Gina Sheets 1-20	Sam Williamson, Jr. 1-20	Bill Bauson 1-8	Mary Miller 2-40
0-12	Joni McCracken 1-15		Kim Lee 1-7	Raye Jean Swinehart 2-30
Breeze Gunter 2-40	Shelly Wyman 1-12	25-29		Cindy Sullivan 2-24
Aubry Jackson 1-15	Laura Rosenstengel 1-9	Mark Eads 1-20	50-54	
	Laura Cook 1-8	Cory Jackson 1-15	Jeff Cardwell 2-40	50+
13-19			Scott Hamilton 2-27	Amanda Pena 2-40
Maya Brooks 2-35	45-49	30-34	Greg Townsend 2-21	Jane Inman 2-30
Katie Hollingsworth 1-20	Cheryl Marner 1-20	Matt York 2-40	Jerry Meiring 2-18	Jayne Hiatt 2-24
		Aaron McQuiston 2-30	Mike Deardorff 2-16	Barbara Hobbs 2-19
20-24	50-54	Ryan Pownall 1-12	Earl Strong 1-15	Debbie Riffe 2-17
Vanessa Lorenz 2-32	Robin Tetrault 2-32		Ray Tetrault 2-14	Diana Brown 2-14
Amber Longwith 2-30	Anna Dollens 2-30	35-39	Keith McAndrews 1-10	Angela Lorenz 2-14
Sarah Lee 1-20	Vicki Boles 1-20	Scott Colford 2-40		Jeannie Clark 1-10
	Cassie Bauson 1-12	Chris James 2-30	55-59	Pat Robertson 1-6
25-29		T.A. Weber 2-21	Joe Rangel 2-40	Trudy Pierce 1-5
Michelle Clendenning 1-20	55-59	Derick Brooks 2-18	Mark Shorter 2-30	Cynthia Sanders 1-5
Justine Eads 1-20	Robin Cole 2-35	William Irvin 1-12	Charlie Skoog 2-24	Men
Jaime Jackson 1-15	Joyce Pennycoff 1-20	Scott Riggle 1-10	Dave White 2-19	
	Chris Williamson 1-15	David Reinagle 1-9	Jack Mellinger 1-10	49-
			Fred Chew 1-8	Vincente Lorenz 2-40
30-34	60-64	40-44		Chris Sullivan 2-30
Allison Irvin 2-40	Sylvia Burgin 2-35	Michael Graham 2-27	60-64	Tim Revils 2-24
Julie Pownall 2-25	Anne Wiles 1-20	Kevin Forgrave 1-20	David Hughes 2-40	
Adriene Riggle 2-19		Ron Moore 1-20	Ricke Stucker 2-30	50+
Monica Brooks 1-15	65-69	Dan Lutes 1-15	Phil Leininger 1-12	Rick Spencer 2-40
Darcie York 1-12	Susan Gerhart 1-20	Gary Willis 1-12	John Wiles 1-12	Steve Inman 2-27
Mary Cameron 1-9		Paul Wyman 1-10		Tim Taflinger 2-27
Michelle Boyd 1-8	Men		65-69	Jerry Lambert 2-20
			Doug Mankell 2-35	Robin Hehr 2-17
35-39		45-49	Stan Shuey 2-35	Robin Michael 2-16
Heather Weber 2-40	13-19	Al Hochgesang 2-30		Toney Lorenz 2-14
Barb Millsbaugh 2-27	Waylon Coulter 2-30	Ken Swinehart 2-24	Walkers	Melvin Hobbs III 2-13
Nicole Peel 1-15	Joshua Revils 2-24	Dana Neer 1-20	Women	John McGinty 1-5
Jennifer Sinka 1-10	Jordan Lee 1-20	Brian Reinhardt 1-20		Jackie Sanders 1-5

From the President (continued)

mitting my guilt, some how she already knew.

The great part about Dave and Bob's race were the volunteers, they were super people who made Trav's and my day so much nicer.

When you do not have a race in you get out there and volunteer, CKRR needs you, so please put your hand up early.

Be careful out there –

Gina

New Club Kokomo Members

Tanna Connor

Lisa Schoenrad

Nathan Schoenrad

David Eades

Hannah Schoenrad

Robin Hehr

Michael Schoenrad

Mike Schoenrad

Jennifer Sinka

Andy Schoenrad





2009 RACE CALENDAR

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



Mary Miller makes the last loop at Old Ben 5K.

OTHER RACES

<p>April 11 The Spring Classic 12K Indiana War Memorial Ken Long 317-884-4001</p>	<p>April 25 Run-Ten-Ten 10 K South Bend visit www.runtenten.org</p>
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Club Kokomo Roadrunners
2936 S. Congress Drive
Kokomo, Indiana 46902



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