

Boston 2009

By Dan Lutes

URL: www.ckrr.us

May 16

Norris Insurance 4M Run/
3M Walk

Time: 8 AM

Location: Jackson Morrow
Park

Coyote Kids

June 4, June 11, June 18,

Time: 6:30PM

Location: Jackson Morrow

June 6

Trojan Trot 5k Run/Walk

Time: 8 AM

Location: Sharpsville, IN

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Left to right Dan and his buddies Mike and Jim.

"Wow, what a run." I've said it over and over this past week, and it still feels good. On so many levels, this Boston was one of the most special of the 14 I've done. I stayed with my buddy Mike from Westfield. Mike was out for his first Boston ever, which made it special for us both. We also spent a lot of time with my buddy Jim from Grand Rapids who I met at last year's Boston and was back for his second. The day before the race, I flew in and quickly attended the expo before meeting up with Mike and Jim at Uno Pizza on Boylston for lunch. The three of us then walked through Boston Commons to attend church services at historic Park Street Church, an annual tradition, made extra special this year since it was Park Street's Bicentennial Celebration. We then toured through old cemetery next door, viewing the graves of John Hancock, Samuel Adams, and other famous Bostonians before further gorging ourselves at the annual pasta dinner.

Race morning brought perfect weather in the mid 40's with a light headwind. Mike and I had the same basic plan of running around 3:20, although I wasn't really sure I had a fast one in me this year since the last few haven't gone so well. We knew we couldn't run together since he was in the 7000 corral and got to the starting line in about 4 minutes. While still in the first wave, I was back in the 11,000 corral and didn't get to the line until more than 7 minutes after the gun. The race was very congested for the first couple miles, but after struggling with an 8:08 first mile, I settled into a fairly comfortable 7:30 or so pace. Knowing what was coming later in the day, I stayed content with the early pace and saved myself for the hills to come from miles 16 to 21. The headwind did pick up to around 23 MPH by the end but I always found it refreshing since I really don't like to be warm while running. The hills absolutely flew by this year as I employed my new Chi-Running technique of leaning

into the hill from the ankles and letting gravity pull me up the hill. I passed people in the hills like never before and still felt energized coming out of the hills. I continued passing those runners who had been cooked by the notorious hills of Boston. I thoroughly enjoyed my "victory march" down Boylston to a 3:18:29 finish (my fastest Boston in the last 8 and my best overall marathon time in more than 5 years.)

I enjoyed it even more when Charlie Skoog and Rhino called me after the finish to congratulate me and let me know I had run the first half in 1:38 and the second half in 1:39 which about as close as I've ever come to a negative split at Boston. People always ask me why I come back each year and I always say "I've run many Bostons, but I keep coming back to try to run a GOOD Boston." Now I may have to change my answer. Even though this was only my 4th fastest Boston, I think it may have been my best run race of them all.

Mike and I then met up after the finish at the massage area and he told me he ran a 3:18:27 and we couldn't believe it. We had run within 2 seconds of each other while physically separated by over 4000 people on the race course and over 3 minutes on the race clock! Another amazing part of an amazing day! Once cleaned up, we went out for some celebratory brews near the finish line. We then wound down the day with a nice dinner at Bokx 109 restaurant at our Newton hotel and then attended the post race party at Fanneiul Hall in downtown Boston. We tried meeting up with the Kokomo



From the President

By Gina Sheets



Nicole, Gina & Bill in Boston

Greetings Club Kokomo Roadrunners –

I hope this edition of your newsletter finds you getting out and enjoying the good sunshine. I am glad that warmer weather is making an appearance. The running season is now in full gear with the Sam Costa behind us and Mini just around the corner, this time of the year is always exciting. Exciting is not enough of a word to describe running my first Boston Marathon, it was AWESOME and your Club Kokomo Roadrunners had great representation with four runners, Nicole Peel, Bill Barnett, Dan Lutes, and I all qualifying again for next year and what fun next year will be as more CKRR folks will be out there.

Have you attended a Club meeting lately? You should especially if you have concerns, suggestions and ideas to improve the Club. At the April meeting I appointed a walkers committee. I look forward to the ideas and suggestions that the committee will formulate and bring back to a meeting at some future point. Steve Inman is the committee chair and I appreciate his willingness to help

the Club improve.

We also approved an equipment use policy for the Club. The short of it is we are NOT looking to become a timing business but we understand sometimes there is a need for other organizations to use our running equipment. The process to use the equipment by Club members only is to complete the form, come to a club meeting three months before the event to request the use of the equipment, make a donation of \$200.00, check out the equipment and return the equipment in the same operating state. If the equipment is lost, broken or damaged the Club member is agreeing to pay for any and all replacement and or repairs, this is above the \$200.00 donation. Not all of the equipment will be made available for use and only under certain conditions. There will also be times, like during Coyotes kids that the use of the equipment will be denied. If you would like a copy of the form please contact me.

The Mini tent was sponsored this year by Weber Speakers. The tent serves as a safe place to leave your belongings, no gear check needed, to have your chairs and refreshments ready for after the race and a place to meet your friends and family. My

family always heads to the tent so they can relax and wait for me to finish and avoid all the crowds. Heather and T.A. Weber are CRKK members who not only cover the cost of the tent we have at the Mini but they are Coyote Kids sponsors, please, please be sure to thank them for their generosity when you see them, if you see them, Heather is a flash of a runner and T.A. is running well.

We need your help to put on the biggest running event that your Club hosts, the Haynes Apperson 4 mile Run and 3 mile Walk. If you would like to help out in any capacity please contact me –

sheets.gina@yahoo.com and I will surely put you to work. We have changed the course this year so your input afterwards will be valuable. We are using the Walk of Excellence to take you from Union over to Apperson and then again on the way to the finish you will be back on the Walk of Excellence and yes some cross country to the finish.

The Haynes is a well respected event for our Club and we want to keep it that way, we need your help to do that, please volunteer.

Are you missing your Club Award sweatshirt? I am carrying a few around. I would like to have my trunk space back so please be sure to claim your award. I plan to attend the Mini and cheer you all on and I will haul them down there, look for me at the tent.

A club marathon trip is being planned to celebrate Tom Miklik's birthday and get another State marked off for those marathon in every State folks (like me). This marathon will be a blast, given its location it should be entertaining. On December 6th a group of us plan to run the Rock'n'Roll Las Vegas marathon and they have a ½. The marathon course stays open for 7 hours and the ½ stays open for 4 hours which encourages walkers. If you want more information about the race you can go to www.rnrvegas.com. Let me know if you are interested. Trav and I have never been to Vegas so that in itself should be "interesting"?

Enjoy the warmer weather and be safe out there –

Gina



On the Roads Great day for running, celebrating

By Johnnie 'O



April 18 was a great day for celebrating, running, and walking, and Club Kokomo's Race for the Cure Team certainly did that as they joined more than 40,000 participants in the 18th annual Susan B. Komen 5K in Indianapolis.

CK did not set records for "numbers" this year, but team members did cause the laugh meter to surge near the breaking point on several occasions. Johnnie 'O even registered a personal race first: he got a high five from a black and white cow!

CK members did register good finishes in the competitive division. Out of 1,156 "timed" participants, Matt York was 17th overall in 18 minutes and 40 seconds; Brian Riggle was 27th in 19:29; and Joe Rangel, despite making a wrong turn on the course, was 31st in 19:41. Jacob Rhyner, 25, Indianapolis, won the race in 15:41; Rachel Kinsman, 35, Archbold, OH, was 11th overall and the first woman in 17:45.

Johnnie 'O's birthday normally falls near the Race for the Cure date. In past years, club members had lunch at a Mexican restaurant following the race. Lorene Sandifur would notify the waitresses that it was Johnnie 'O's birthday, and Johnnie 'O would have to stand embarrassingly wearing a sombrero in front of his comrades while they sang Happy Birthday.

Johnnie 'O's birthday was the day of this year's Komen Race, so to avoid the sombrero, he moved the after race lunch to Brockway Irish Pub in Carmel. Instead of a sombrero, Johnnie 'O held a free shot of Jameson while his "friends" sang Happy Birthday.

Running in the Komen race and sharing laughs with friends on his 61st birthday was one of the best birthday presents Johnnie 'O has ever received. Thanks to all who joined the team. You are making a difference in this world. Keep up your good work.



Race for Cure

Top left

Cathy Weidler (left) in Pink Parade of survivors.

Top Right

Pat Robertson (L-R), Jerry Lambert, and Mary Miller

Left

CKRR Team



Running, Racing and Friendships Sam Costa 2009

By Darcie And Matt York



Darcie is ready to go.

Why? This is the question that we are asked most often. Why do you run? Why did you start? Why do you think a long run on the weekend is "enjoyable"? We have all been asked these questions many times, yet the answer is different for each of us. Most people assume that we run to stay in shape or lose those love handles, however, the answer to this question is different for every person. Each individual has taken on the name "runner" for their own personal reasons. Anybody that knows us realizes that our reasons for running are very different. While Matt's goals often include trying to run a PR, I run for a variety of different reasons. This was

evident as we take a look back at our own personal reasons for running the 2009 Sam Costa ½ and ¾ Marathon.

My husband Matt decided early on that he was going to sign up for the Sam Costa ½ Marathon. We signed him up for the race, and I was going to be there to cheer him on as he ran. The thought of running a ½ marathon two times in two months did not appeal to me (Mini in May). I was happy to be there to support my husband as he raced, but a week before the race I was asked to help support a friend as she ran. Vicki Boles and I ran together one day after work. We talked about the Sam Costa race and how she was signed up, and I told her that I was going to be there with Matt. Vicki asked me if I would like to run with her (bandit style) and help her along in the race. I needed to do a longer run for the weekend anyway so I said I would. Race day came, and I was a lot more relaxed than usual because I did not have to worry about what my time was at the end of the race. I was just there to help a friend along. It was a great run, and I felt wonderful that I was able to help Vicki run a better time than last year.

One thing that I have come to understand over the past two years is that you can gain some quality friendships through running. The longer runs provide enough time to talk about life and to learn about friends. I do not like running alone that much, I would much rather have a friend beside me to pass the time with. I am slowly getting to the enjoyment part of running. I do it more for the weight loss/management aspect. I cannot tell you a good solid reason why I run, but I do know that I am growing as a person through my running and gaining amazing friendships along the way. A week after the Sam Costa I saw Vicki in the hallway at work and I just said ten please?!? I was referring to the 10 Mile Ultimate Challenge Race. I did not want to tackle this race alone. Much to my surprise she agreed, and we ran the challenging race together. The roles were reversed this time as it was Vicki and Matt that pulled me

through the last 1.5 miles of the race as my knee was hurting. I am not a great runner nor will I ever be, but I do know that I have great friends to help me along my running journey.

For me, however, this was just another Saturday long run. I had never run the Sam Costa before, and wanted to do well, but I realized that the ultimate goal was to do well in the mini. I considered this to be a good tune-up before the big race in May. I knew that many of my friends and race buddies (Ron, Brian, Will, Chris, Heather, and good old Joe!) would be there, so I knew I would have someone to run with. To my knowledge, none of the crew had planned on setting a PR, so I knew I could just go out and have a good hard run. I knew if I stayed with the pack, that they'd push me through to a respectable time.

It was a brisk day, and I was able to

(Continued on page 8)



Matt finishes strong.



CK Ultimate 10 mile run

By Ken Swinehart

I always look forward to the Ultimate 10-mile run in April as a tune-up for the Indianapolis Mini Marathon the first Saturday in May. Conventional wisdom says, "If you can run 10 miles on hills, you can do a flat thirteen miles." Once again this year, I hope this is true.

I started out at a conservative pace since I am still getting into shape. I have an idea of what I can do at a 5k race, but I don't get enough long runs in so I never know how to translate a short race pace into a longer race. After the first mile, it was becoming clear that I was going to be running by myself. A small pack of runners had passed me up early and seemed to be slowly pulling away with each mile. After the first couple of hills, I noticed that I felt more comfortable running downhill than did Nicole Peel who was one of the runners who had passed me earlier. I would catch up a bit downhill and lose position on the uphills. Around four miles was the second strategic downhill section and I caught her. I asked her what pace she was running and she told me that she was just under 8:00 per mile. I decided to try to run with her even though I wasn't sure what my capabilities were. At least she could pull me along for a while. The road to the five-mile mark features a couple of uphills, and Nicole left me again. As luck would have it, she decided to peel off her long-sleeved shirt and dump it in the water truck at the turn-around. That's what I needed to catch back up to her.

The most interesting part of running to the finish with Nicole was me trying to figure out how she knew her pace no matter where we were on the course. She told me the story of her watch not being charged up and that Earl Strong let her borrow his \$200 GPS watch. Nicole was training for Boston and Earl was suffering from hamstring issues, so she needed the watch more than he did. It was nice getting regular feedback to keep my spirits high. Another nice surprise was the absence of the manure smell at the three- and seven-mile marks.

On the way out, I noticed that the first (up)hill was around 1.5 miles. That means that on the way back, I could use that last (down)hill as a final push toward the finish. It certainly is nice to be able to run a ways without any hills. Made me homesick for Kokomo...



Shelly & Paul Wyman finish the ten mile

CK Ultimate 5 mile run/walk

By Raye Jean Swinehart

It may seem strange, but I always enjoy the Ultimate Race in Logansport, and this year was no different. I see it as a great stepping stone in preparing for the Mini, and I really don't mind those hills. The weather seemed a little cool that morning with a slight breeze, and I wanted to wear my nylon shell pants. After visiting with some friends in the sun before the race, I decided against it. That turned out to be a great decision.

Jane Inman, Jayne Hiatt and I started out together joking that we didn't need to push too hard on this day. But, our competitive spirits kicked in when we realized Barb and Mel Hobbs were gaining on us during the first mile. Barb has really been working hard and it shows! Jane and I picked up the pace as we approached the first hill and were able to stay strong for the rest of the race. Jane is always able to pour it on during the last leg of the race, and announced her departure from me at the quarter-mile mark. She was able to pass a couple of walkers who were just ahead of us during the entire race. I can never keep up with her during that final sprint, but I gave it what I had and was able to catch one of those walkers myself, coming in right along beside her at the finish line. In the spirit of training for the Mini, we enjoyed another two miles after the race with fellow Club Kokomo walkers. A beautiful day, great exercise, and wonderful friends. By the way, I always enjoy the Monster cookies the most! Thanks, Rhenda!



Left to Right—Raye Jean, Jeannie Clark & Wrong Way Joe

ANNOUNCEMENTS

Coyote Kids 2009

By Ray and Robin Tetrault

Yes, Folks, we are getting ready to start up Coyote Kids 2009! We are in need of volunteers to make this wonderful programming a success. Please email us @ ray-robin@email.com and let us know if you would like to volunteer. I would like to have my same registration staff. You gals were awesome last year. So please don't just think "they know I want to volunteer" just send us a quick email or call us and leave a message at 854-1393

We have a MAJOR TIME change this year. We are going to start the races at 6:30 instead of 6:00 PM. This should help those

trying to get off work to come. Also we have added a week so we will have a rain week available.

Coyote Kids starts June 4th at 6:30 PM and continues for the next 6 weeks. We have kept July 16th for the 7th week in case we have to cancel a week because of weather. Also the awards will be July 23rd at 6:30 PM, probably at the Kokomo Events Center (Johanning Civic Center) again.

Please mark your calendars now and check out the updated website at coyotekids.org. Mindy has put all of the current information there. We will have the regis-

tration forms up for downloading soon.

This year is a challenging year for raising the funds needed to run the program. If you or someone you know may be able to help us with raising the necessary money to make Coyote Kids successful, please let us know. I have a letter you can simply hand to someone you know and tell them about the program.

Again, thank you for your time and attention in supporting Coyote Kids for 2009!

With much appreciation,

Ray and Robin Tetrault

Relay for Life

Club Kokomo Roadrunners has for the past several years had a team at the Relay For Life. This year Jackie and I look forward to another opportunity to share with others in our community in this effort to fight cancer. The event begins on Friday June 19th at 3pm till Saturday at 3pm June 20th. People may register with the CKRR team at www.relayforlife.org/howardcountyin You may make your donations on line if you choose or give me the donation. Participants are to sign up to walk or run for an hour and it is for the entire 24 hours. We need at least 2 people on the track at all times. A sign up sheet will be at the Wednesday evening runs at Highland Park, at the Mini Marathon, and at Jackson Morrow Park on May 16th. If you have questions you may email me at csanders@cityofkokomo.org Thanks to all, Jackie & Cindy Sanders



Waverly Neer at 2008 Haynes Race

Nike Indoor High School National Championships

Congratulations to Waverly Neer on a great National meet in Boston. She posted a 5:02:89 time for 12th in the nation in the 1600 meters and 17:54 in the 5K for 7th in the nation.

Good luck in the up coming outdoor season

Please Welcome New Members

Amanda Blancato
Chris Frazier
Nikki Frazier
Sophie Frazier
Arden Frazier
Sandy Ginter

Dana Ginter
Hannah Ginter
Mary Kelly
Rick Maughmer
Vicki Maughmer
Tim Taflinger II

Hollie Taflinger
Justin Taflinger
Kallee Taflinger
Cathy Weidler
Sharon Whalen
Mike Sadler

Welcome to Club Kokomo



Up. Down. Up. Down. Up. Down.

By Brian Reinhardt



All those hills and still smiling.

Months ago Patti had this idea to run a marathon on our way to Spring Break in Panama City Beach so she began to look around for a marathon on the first weekend in April. She found the Hogeeye Marathon in Fayetteville, Arkansas and asked me what I thought about doing in on the way. I thought it sounded very doable without doing any real checking so we got signed up and began to plan our trip.

Jump forward about 2 months and we're about a month out from heading to Florida via Arkansas and we decided to go on-line and figure out the best routes to take, etc.. Imagine our surprise when Fayetteville was in the very northwest corner of Arkansas, 20 miles from Oklahoma! Well, "on the way" turned into "as well as" pretty quickly as it was about 10 miles further from Fayetteville to Panama City Beach as it was from home to Panama City Beach! We'd originally planned, what we thought would be about 600 miles, to drive from Fayetteville to PCB right after the marathon was over and we were cleaned up. That plan changed immediately once we found out that we had an additional 200+ miles to go

so we made a decision to stop about half way, which happened to be Tupelo, MS.

Anyway, back to the marathon. The Hogeeye Marathon boasts that it's one of the 10 toughest road marathon in the United States so we did manage to do quite a bit of hill work leading up to it. It was apparent from the profile that it'd be either necessary or we'd pay the price on race day, perhaps both. After about 630 or so miles of driving (which included a stop in St Louis at the arch) we arrived in Fayetteville to glorious 77* weather, sunshine, and a light breeze – perfect for seeing a little bit of the very hilly town. We noticed right away that there wasn't a single flat road once we arrived in town all the way to the hotel. Maybe the race director wasn't kidding. Didn't matter. We were in for the haul no matter what.

We got everything unpacked at the hotel (which happened to be right at the start finish) and then Patti, Quinn, and I grabbed our race packets and headed into town on foot to both check out the first mile or two of the course and see a bit of the town. Up. Down. Up. Down. Up. Down. Everywhere you went it was either up or down. We probably walked about 5 miles or so sight-seeing downtown and the University of Arkansas' campus and enjoyed every minute of it. It may have not been the brightest idea in the world, but we decided a long time ago that if we were going to try to run a marathon in every state that we'd enjoy it along the way. If it meant showing up at the start with tired legs then so be it! A little pasta at the Hoghaus (a play on the Arkansas Razorbacks I'm sure) and we were off to bed for some sleep.

"Sleep" is a relative term apparently because there was some serious partying going on that night. We got woke up about every hour to whooping, hollering, and slamming doors from who we could only hope were non-marathoners! No worries,

most marathoners will tell you that you never get much sleep the night before anyway.

Up the next morning to 41* with a 32* wind chill for the race. Uh.....hello. Isn't this Arkansas or did we make a wrong turn and end up in Alaska? Oh, and don't forget to throw in some gusts of wind up to 25 mph! We were in for a real treat! It was nice that our hotel was right at the start/finish though as we were able to just hang out until almost time for the race to start. Quinn snapped our photo, we headed UP to the start and we were off!

It was tough folks. Patti and I ran every step together and I couldn't have celebrated my 46th birthday in any way that I could have enjoyed more than to run beside my bride for 26.2 miles tough miles. We ran up. We ran down. We struggled and got a second wind. We started out very conservative and passed more than 30 runners after the 10 mile mark and didn't have a one pass us. We chatted with some of the runners we passed and demoralized others with our lightning speed. We even gave directions to the obviously impaired or delirious runners, but we did each of these things together – every step, the whole way. Before we knew it we saw Quinn less than a half mile from the finish on one of the biggest hills on the course (Yeah, thanks for that). Up to the top we went, around the downtown square and into the finish chute at 4:45:51 – state number 20 complete. It was nice to squeeze each other and our son for a minute and then off to the room to shower up so we could quickly celebrate at the Hoghaus before heading off on the 425 mile trek to Tu-

(Continued on page 14)



Patti Kissing the Hog



CK Runners Invade Panama City Beach!

By Dave White



Left to Right Dave White, Patti & Brian, Ron Moore and Tom Miklik

CKRR runners have a long history of spring break running in PCB. This was my 10th year, and there were others making the trek long before myself. Sue Gibson, Tom Miklik, Joyce Pennycoff, Ron, and Karen Irwin, just to name a few. The group has changed over the years, but Tom, Brian and Patti Reinhardt, Teresa Long, Ron Moore, and myself have been the staples as of late. We always meet for a 10 miler on Wednesday of our week, and this year was no exception. Rhino found a charity run for a young girl, that is a burn victim, that was smack in the new Simon brothers super shopping complex, that has about a hundred open air shops, every eating joint known to man, and a Margaritaville on the corner. How could we resist!

So Friday, I took off on my fold up 20 inch bike to go sign up. On the map, it looked like a 12 mile round tripper. Not bad for a day off of my feet. Wrong! A deputy sheriff I flagged down sent me through neighborhoods even I hadn't been in in my ten years there. 24 miles round trip! Thank goodness for a tailwind on the way back.

Saturday morning dawned cloudy, with a few sprinkles, but otherwise, great. The race organizers, who own Freedom Sports, a local running store, were the sponsors. They were looking for 150-200 entrants max. 450 plus toed the line for the run, and walk! But they actually got it off pretty close on time! Brian and Ron blasted out with the leaders, and I was just hoping to hang close to Patti, given that she was still weary from the past weekends marathon. It was a double loop, flat, fast, and a little short! They must have measured it with a car!

We went our separate ways afterward, and I took the car back to Nancy for some shopping, and rode back down the two miles to see the awards. I got side tracked by oatmeal and coffee, at Starbuck's, and was sitting on my bike when I heard my name called

for an age group award. I was shocked to say the least! Not many fast guys in my age group! Unlike CK! So after checking, I saw that all of us had placed in our age groups! They still haven't posted the results on their web site. I think they were overwhelmed with the turn out.

Brian and Patti later returned to Freedom Sports, and picked us up some really cool dry fit shirts, with the Freedom Sports logo, "Why do I run?" on the front, and their store logo on the back. Some lady even stopped us in the parking lot after the race, and gave us \$2.00 to donate to the run! Living proof that goodness has no boundaries! We are always proud to represent CK, wherever we go, and spending quality time with my friends, is always the best!



Ron checks the clock!

(Continued from page 4) Sam Cost 2009

settle into a comfortable pace once I weaved through the slower traffic. I found myself with Brian, but didn't know where the others were. After a couple of miles, Brian and Joe surged ahead, and I was running my usual spot, alone. This gives me time to just think. Will, Heather, and Chris had settled in just behind me. The miles just clicked by, and I felt good. My pace continued to increase as I entered the final three miles of twists and turns through the neighborhoods. I was able to catch up to Brian and Joe, and with a mile or so left, I saw my buddy Will out of the corner of my eye. I knew that he had broken away from the pack, and he was after me. I picked up the pace for the last mile because I knew that I would never hear the end of it if I let him beat me. Will is really

big about finishing strong, so I knew I had to do him proud. How'd I do, Will? I ended up running a few seconds under the 1:27 mark, so I was really happy with my performance. The entire crew came across the line within seconds of me. I was even able to follow in my wife's footsteps and go back to encourage Ron to finish strong. Way to go, Ron! We all had a solid day. That's quite a group of runners! I consider it a blessing to run with such a talented group. I know that each of us push each other, and although we are all super competitive (although most wouldn't admit it) we are quick to congratulate each other on a job well done. Each is happy for what the other has accomplished even if it meant that you were left in the dust in the process.

Why do I run? I couldn't give you just one answer. I have always looked up to runners and their overall dedication to their

sport. Running hurts, running takes time, and can be expensive, but running has become my identity. It's just part of my day. Ultimately, life is about relationships, and running has provided my wife and me with a plethora of great friends that we know we can count on. There's something special about running buddies. We've been through the pain and agony of 5k's and endured those 20 milers in preparation for the upcoming marathon together. We understand each other, encourage each other, and push each other to be the best we can be. Although we'd love to set PR's in each race, we realize that at the end of the day, the real race is one that we won't finish here on this earth. To all of those friends that we've made over the past two year, thank you for helping become who we are today. We couldn't do it without you. Hebrews 12:1

God Bless,
Matt and Darcie York



Agenda

CLUB KOKOMO RADRUNNERS Agenda

May 11th 2009, Monday

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

LOCATION— Half Moon Brew Pub

Welcome

Minutes

Financial Report:

Race Director Reports:

Race for Cure

Coyote Kids

Haynes Race

Old Business:

Contribution for match the rails to trails project in Kokomo

New Business:

Date of Next Meeting— June 8th, 2009

Meeting Minutes

Club Kokomo Roadrunners Meeting

April 13, 2009

Members Present: Bill Barnett, Ray & Robin Tetrault, Diana Brown, Robin Cole, Charlie Skoog, Jane Inman, Steve Inman, Robin Hehr, Mary Miller, Gina Sheets, Nicole Peel and Mark Shorter

Reports:

Financial Report given by Mark Shorter.

General Fund \$1096.35

Cowan Fund \$1407.05

Coyote Kids Fund \$7171.64

Race Director Reports

Haynes:

Charlie & S. Inman— Course Mgmt

End of course will use Walk of Excellence.

B. Reinhardt going to test new timing database on the 16th race.

Michelle Boyd will do the data entry

Cancer Awareness Run— Will not happen due to ACS already having an event.

Old Business:

Use of Club Inventory form: Mark motioned to approve. Ray seconded. Unanimous vote.

New Business:

Gina motioned to use club equipment to time Oh Baby Run event. S. Inman seconded. Vote 13 Yes & 1 No.

Steve Inman discussed the need to have a policy for Race Walking Rules.

Charlie discussed the possibility of the club supporting the railroad abandonment purchase.

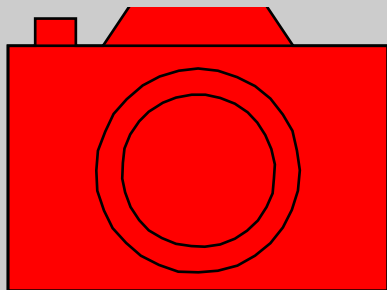
Birthday List

5/2	Judy Smith	5/10	Eric Mathew	5/19	Pat Robertson
5/4	Russ Hovermale	5/12	Pamela Batey	5/20	Sarah Swinehart
5/5	John Boyle	5/12	William Irvin	5/20	Matt York
5/5	Matt King	5/13	Joni McCracken	5/22	Noreen Forgrave
5/5	Ty King	5/13	Dana Neer	5/22	Griffin Irvin
5/5	Jill Parry	5/13	Mindy Tetrault	5/22	Kathleen Leach
5/5	Nicole Parry	5/14	Billy Pasquale	5/24	Joyce Pennycoff
5/7	Bryan Phillips	5/15	Byron Bundrent	5/24	Daniel Riffe
5/7	Matt Tetrault	5/17	Mike Deardorff	5/25	Fred Chew
5/10	Michael Campbell	5/17	Keith McAndrews	5/25	Jane Inman



5/28 Keith Bauson

5/29 Lien Koztecki



Thank you to Amy Black and Chris Sullivan for taking great race photos. This is a huge help to me.

Now if I could just learn who everyone is.

If anybody takes race pictures please send them to me it is very much appreciated.

Other Races

T.H.E. 5k for Colon Cancer
May 9th, 2009
Fort Benjamin State Park
Email:
the5kforcoloncancer@yahoo.com

Won-By-One 5K Run/Walk
Saturday May 23, 2009
Westview Wesleyan Church
Jonesboro, IN 46938
www.westviewwesleyan.com

Prime Time 5K Walk/Run
May, 23 2009
Plainfield Aquatic & Recreation Center
Plainfield, Indiana
9:00am
Contact:
Sharon Severy 317-745-4304

Run for Red 5k/10K
May 30th, 2009 8:30am
Indiana Veterans Home
W. Lafayette, In
Online Entry:
<http://www.kentsrun.com>

Did you say COOKIES?



If you didn't make it to the Ultimate Race in Logansport last month you missed some awesome homemade cookies.

Great Job Rhenda!

Community Benefit Breakfast



Haynes-Apperson Race Day
Saturday, June 27, 2009
8:00 am - 11:30 am

Grace United Methodist Church
Fellowship Hall
219 W. Mulberry St.
Corner of Mulberry and Washington

Freewill Offering
Raising Money for Local Charities



Top Left Joni McCracken



Top Right Ray Tetrault



Bottom Left Charlie



Bottom Center Dale Sullivan



Bottom Right
Jane Inman



Race Results

Sam Costa
Quarter Marathon
March 28, 2009
13. Scott Riggle 44:58:00
56. Mark Shorter 52:44:00
66. Keith McAndrews
54:00:00
113. Ricke Stucker 1:00:43
122. Dave White 1:03:02
127. Vicki Boles 1:03:37
134. Anna Dollens 1:04:27
152. Joyce Pennycoff
1:07:18
161. Shirley Wilson
1:09:32
163. Anne Wiles 1:09:34
181. Mary Miller 1:13:17
183. John Wiles 1:13:42
195. Rick Spencer 1:17:13
203. Stephen Inman
1:19:53
212. Jerry Lambert
1:27:17
213. Tim Taflinger 1:27:24
216. Robin Michael
1:28:30
218. Raye Jean Swinehart
1:29:35
221. Sylvia Burgin 1:30:07
222. Jayne Hiatt 1:31:51

Sam Costa
Half Marathon
March 28, 2009
2 Scott Colford 1:13:15
23. Matt York 1:26:52
25. William Irvin 1:27:15
26. Brian Reinhardt
1:27:23
29. Heather Weber
1:27:51
30. Chris James 1:27:51
32. Joe Rangel 1:28:53
40. Dan Lutes 1:30:3.3
73. Ron Moore 1:35:37
123. Jeff Cardwell 1:42:08
143. Nicole Peel 1:45:23

144. Gina Sheets 1:45:24
167. Gary Willis 1:47:29
196. T.A. Weber 1:51:02
209. Kenneth Swinehart
1:52:54
249. Barb Millspaugh
1:57:15
270. Gregory Townsend
1:59:24
295. Kathleen Bagwell
2:04:16
303. Patti Reinhardt
2:05:35
323. Steve Wand 2:09:33
324. Tom Miklik 2:09:47
350. Michael Campbell
2:17:02
358. Raymond Tetrault
2:18:38
361. Robin Tetrault
2:19:46
363. Fred Chew 2:21:05
369. Bruce Cook 2:24:18

Club Kokomo
Weekly Fun Mile
Wednesday, April 1, 2009
Highland Park
1. Waylon Coulter 5:44
2. Joe Rangel 6:00
3. Chris Frazier 6:03
4. Gary Willis 6:28
5. Charlie Skoog 7:10
6. Jack Mellinger 7:43
7. Laura Rosenstengel
7:49
8. Ray Tetrault 7:54
9. Anna Dollens 8:29
10. Robin Tetrault 9:02
11. Aubry Jackson 10:03
12. Aidan Frazier 10:10
13. Jaime Jackson 10:19
14. Brayden York 10:45
15. Matt York 10:46
16. Bob Longwith 11:03
17. Jennifer Sinka 11:56
18. Sylvia Burgin 12:00
19. Hannah Moore 12:18
20. Ron Moore 12:19

Ultimate 10 mile
April 4, 2009
1. Matt Blume (M) 53:22
2. Scott Colford 56:26
3. Steve Shulze 1:03:19
4. Monty Ream 1:03:45
5. Ryan Bice 1:03:47
6. Joe Rangel 1:05:00
7. Heather Weber (1st F)
1:06:20
8. William Irwin 1:06:21
9. Todd Horner 1:06:48
10. Matt York 1:07:19
11. Jay Priest 1:07:59
12. Chip Mattingly 1:08:47
13. Scott Riggle 1:09:52
14. Kathlene Maughmer
1:09:55
15. Dave Harrison 1:12:00
16. Mark Spitzer 1:14:24
17. Leslie Raab 1:15:27
18. Becky Crain 1:16:23
19. Gary Davidson 1:16:45
20. Kenneth Swinehart
1:17:37
21. James McCarthy
1:18:33
22. Nicole Peel 1:18:36
23. Steven Smith 1:19:07
24. Edelmiro Rodrigues
1:20:56
25. Rick Maughmer
1:21:06
26. Allison Irwin 1:21:43
27. Michelle Clendenning
1:21:47
28. T. A. Weber 1:21:52
29. Chuck LaDow 1:22:02
30. John Luyster 1:23:17
31. Tony Campbell

1:25:30
32. Connie Gamble
1:26:47
33. Earl Strong 1:27:21
34. Roxane Burrous
1:27:24
35. Michael Graham
1:27:52
36. Phil Rozzi 1:28:57
37. Larry Johnson 1:29:41
38. Joni McCracken
1:29:58
39. Shelly Wyman 1:30:09
40. Paul Wyman 1:30:11
41. Greg Townsend 1:30:
42. John Norris 1:31:34
43. Kim Anderson 1:31:42
44. Nicole Mawbey
1:31:44
45. Melanee Howard
1:33:56
46. Jerry Meiring 1:34:00
47. Mick Eberle 1:34:32
48. Don Bixby 1:36:01
49. Greg Sullivan 1:39:27
50. Vicki Boles 1:41:09
51. Darcie York 1:41:10
52. Michelle Boyd 1:42:22
53. Pam Steinberger
1:42:26
54. Laura Cook 1:43:57

5-mile run

1. Sam Williamson (M)
37:05
2. Jazzmin Humphrey (F)
39:51
3. Charlie Skoog 41:33
4. J.B. Winkle 41:44
5. Michael Cox 43:31

6. Ray Tetrault 44:39
7. Nancy Musselman
46:20
8. Robin Tetrault 46:37
9. Anna Dollens 46:58
10. Ernie Hurst 47:37
11. Ricke Stucker 47:40
12. Adriene Riggle 50:39
13. Dale Sullivan 52:12
14. Robin Cole 53:42
15. John Wiles 54:50
16. Jim Parrott 1:14:30

5-mile walk

1. Rick Spencer 52:58
2. Mary Miller 53:00
3. Steve Inman 58:01
4. Barbara Schlie 1:00:41
5. Jim Schlie 1:00:41
6. Robin Hehr 1:02:42
7. Jane Inman 1:05:04
8. Jeannie Clark 1:05:15
9. Andrea Eckelbarger
1:05:20
10. Raye Jean Swinehart
1:05:21
11. Barbara Hobbs
1:07:39
12. Melvin W. Hobbs III
1:07:40
13. Jayne Hiatt 1:08:36
14. Sue Keller 1:17:16
15. Vernon Keller 1:17:18

Club Kokomo
Weekly Fun Mile
Wednesday, April 8, 2009
Highland Park
1. Chris Frazier 5:49

(Continued on page 12)



Race Results (continued)

(Continued from page 11)

2. Waylon Coulter 5:59
3. Gary Willis 6:28
4. Tahnee Azure 7:06
5. Charlie Skoog 7:14
6. Spencer Traylor 7:38
7. Jack Mellinger 7:41
8. Jeff Cardwell 7:43
9. Barb Millsbaugh 7:44
10. Lisa Jones 8:06
11. Karen Bush 8:09
12. Steve Wand 8:38
13. Andy Brown 9:32
14. Mike Schoenrad 9:32
15. Aubry Jackson 9:42
16. Aidan Frazier 9:48
17. Bob Longwith 10:47
18. Emily Riggle 13:55
19. Gretchen Riggle 13:56
20. Scott Riggle 13:56
21. Cathy Weidler 16:45
22. Barry Donovan 16:50
23. Linda Donovan 16:50
24. John Wiles 16:52

Club Kokomo
Weekly Fun Mile
Wednesday, April 15,
2009

Highland Park
1. Chris Frazier 5:50
2. Joe Rangel 6:04
3. Jeff Cardwell 6:28
4. Charlie Skoog 7:03
5. Jack Mellinger 7:24
6. Barb Millsbaugh 7:35
7. Ray Tetrault 7:36
8. Mike Schoenrad 7:53
9. Karen Bush 8:02
10. Rachel Sargent 8:48
11. Amanda Hueston 8:48
12. Doug Mankell 8:53
13. Aidan Frazier 9:24
14. Andy Brown 9:41
15. Aubry Jackson 9:43
16. Sophie Frazier 11:52
17. Sylvia Burgin 12:18
18. Diana Brown 16:24
19. Cathy Weidler 16:27
20. Heather Harp 19:13
21. Sam Tweed 19:13

Club Kokomo
Weekly Fun Mile
Wednesday, April 22,
2009
1. Jordan Ousley 6:14
2. Joe Rangel 6:15
3. Dan Lutes 6:41
4. Mike Schoenrad 7:01
5. Charlie Skoog 7:04
6. Tahnee Azure 7:10
7. Steve Wand 7:17
8. Jack Mellinger 7:43
9. Laura Rosenstengel
7:43
10. Anna Dollens 8:13
11. Karen Bush 8:25
12. Adrienne Riggle 9:55
13. Judy Rowley 14:27
14. Andy Brown 16:48
15. Emily Riggle 16:50
16. Gretchen Riggle 16:50
17. Scott Riggle 16:50

Club Kokomo
Weekly Fun Mile
Wednesday, April 29,
2009
1. Brian Reinhardt 6:02
2. Jordan Ousley 6:28
3. Gretchen Catron 6:50
4. Charlie Skoog 7:17
5. Tami Moore 7:21
6. Barb Millsbaugh 7:25
7. Jack Mellinger 7:48
8. Brian Allen 8:02
9. Aidan Frazier 10:47
10. Sophie Frazier 10:53
11. Hannah Moore 11:15
12. Ron Moore 11:15
13. Brenda Catron 12:07
14. Diana Brown 17:33

Hogeye Marathon
April 5, 2009
Fayetteville, AR
1. Chuck Engle 2:43:34
1w. Beth Fahey 3:43:19
97. Patti Reinhardt 4:45:51
98. Brian Reinhardt 4:45:51
130 Finishers

Run For Reina
Panama City Beach
April 11, 2009
7. Brian Reinhardt 18:28
8. Ron Moore 18:44
80. Patti Reinhardt 32:30
81. Dave White 32:36
304 Finishers

Race To End Polio Now
Hosted by The Rotary Club of
Kokomo-Early Risers
April 11, 2009
Highland Park
Kokomo, IN
5K Run
1. Joe Rangel 19:38
2. Chris Frazier 21:05
3. Ken Swinehart 21:30
4. Mark Shorter 23:20
5. Kesley Griffen 23:36 1st
woman
6. Derick Brooks 24:19
7. Tyson Schoolman 24:41
8. Nicole Mawbey 24:43
9. Scott Hamilton 24:55
10. Tyler Moore 24:56
11. Melissa Good 25:02
12. Kim Lee 25:11
13. Sean VerLee 25:11
14. Ernie Hurst 25:30
15. Aaron McQuiston 25:35
16. Frank Smaedo 26:06
17. Laura Rosenstengel 26:29
18. Anna Dollens 26:59
19. Robin Tetrault 27:10
20. Tina Kelley 27:16
21. Rick Young 27:47
22. Hannah McDermot 28:18
23. Nikole Frazier 28:31
24. Rhenda Acton 29:13

Other Race Results

25. Megan Tetrault 29:39
26. Doug Mankell 29:49
27. Robin Cole 32:18
28. Robert Cupp 35:04

5K Walk
1. Rick Spencer 32:13
2. Mary Miller 32:22 1st
Woman
3. Vincente Lorenz 33:36
4. Steve Inman 34:48
5. Jerry Lambert 36:48
6. Robin Hehr 37:15
7. Mike Koloszar 39:14
8. Toney Lorenz 40:43
9. Jane Inman 40:50
10. Raye Jean Swinehart
40:59
11. Wamunyima Chinqumbe
42:14
12. Clayton Nix 43:26
13. Paul Chapotarongo
43:47,
14. Angela Lorenz 45:08
15. Lynne Kurtz 45:30
16. Cathy McDermot 46:40
17. Brenda Catron 46:40
18. Hannah Martin 48:10
19. Diana Brown 48:48
20. Douglas Kataengo 49:17
21. Mwelwa Phiri 50:50
22. Nancy Nadru 50:51
23. Diane Shupperd 52:57
24. Heather Marcum 52:58
25. Sandi Nix 52:58
26. Mike Tweed 53:02
27. Craig Tanner 53:03
28. Susan Swales 53:04
29. Emma Swales 53:04
30. Terri Tweed 56:11
31. Mike Tweed 56:12
32. Bill Rowe 56:13
33. Jackie Sanders 60:20
34. Cindy Sanders 60:24

Oh Baby Run!
April 25, 2009
Logansport, IN
1. Kiel Lester 19:18
2. Shanna Bonnell 20:44 1st
woman

3. Patrick Rentschler 20:46
4. Chuck LaDow 21:02
5. Garrett Redweik 21:11
6. Curtis Wilson 21:12
7. Jeff Scott 21:41
8. Jacob Graf 21:59
9. Joshua Mock 22:12
10. Shawn Shaver 22:23
11. Edelmiro Rodriguez
22:43
12. Samuel Parker 22:56
13. Steve Carney 23:00
14. Tony Campbell 23:02
15. Brian Shockney 23:14
16. Mark Shorter 23:18
17. Mick Schoenrad 23:25
18. Tammy Bice 23:29
19. Lance Gallahan 23:37
20. Bill Baumun 23:42
21. Hope Hayden 23:43
22. Joshua Hedrick 23:44
23. Amanda Hedrick 23:45
24. Mike Schoenrad
23:47
25. Julie Rausch 23:57
26. David Hughes 24:45
27. Denis Hoffman 24:54
28. Kelly Young 25:15
29. Gabby Moore 25:38
30. Jim Ferguson 25:39
31. Paul Rober 25:58
32. Jennifer o'Banion
26:12
33. Kevin Mast 26:20
34. Sean Moore 26:25
35. Maureen Prentice
26:44
36. Kelly Denham 26:48
37. Joe Stetz 26:59
38. Dustin Long 27:36
39. Wendy Sabatini 27:53
40. Jeff Saylor 27:53
41. Michelle Bryant 27:56
42. Nancy Musselman
28:24
43. Allison Gallahan 28:33
44. Christi Grossnickle
29:11
45. Jack Urbin 29:22
46. Carrie Gallahan 29:25
47. Doug Mankell 29:28
48. Sarah Gallahan 29:41
49. Polly Shilling 30:14
50. Audrey Eaker 31:37
51. Angie Wisler 31:37
52. Dennis Artrip 31:41
53. Anna Roe 31:50
54. Elizabeth Hayden
31:54
55. Debbie Rober 31:10

(Continued on page 15)



Points Standings

Races included are Amboy, Old Ben, Sam Costa, Ultimate Challenge, Race for the Cure, and any one marathon, half-marathon or volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life. Let me know of any issues and I'll be glad to correct them.

Runners	Joni McCracken 35-2	20-24	Kim Lee 7-1	Women
Women	Shelly Wyman 27-2	Zach Miller 20-1H		
	Laura Cook 18-2	Sam Williamson, Jr. 20-1	50-54	49-
0-12	Kim Anderson 12-1		Jeff Cardwell 60-3	Mary Miller 90-5C
Breeze Gunter 40-2	Laura Rosenstengel 9-1	25-29	Greg Townsend 56-4	Raye Jean Swinehart 65-4
Aubry Jackson 15-1		Mark Eads 20-1	Ray Tetrault 54-4	
	45-49	Cory Jackson 15-1	Earl Strong 35-2	Cindy Sullivan 24-2
13-19	Roxane Burrous 40-2M		Keith McAndrews 30-2	Emily Allen 10-1C
Maya Brooks 35-2	Cheryl Marner 20-1	30-34	Jerry Meiring 30-3	
Katie Hollingsworth 20-1		Matt York 110-6HC	Scott Hamilton 27-2	50+
Vanessa Lorenz 32-2	50-54	Aaron McQuiston 30-2	Michael Campbell 20-1	Amanda Pena 70-4CV
	Anna Dollens 95-6HC	Ryan Pownall 12-1	Mike Deardorff 16-2	Jayne Hiatt 54-4
20-24	Robin Tetrault 72-4			Barbara Hobbs 51-4H
Amber Longwith 30-2	Vicki Boles 60-3	35-39	55-59	Jane Inman 50-3
Sarah Lee 20-1	Cassie Bauson 12-1	Scott Colford 100-5H	Joe Rangel 110-6HC	Debbie Riffe 47-4CV
	Lorene Sandifur 10-1C	Scott Riggle 72-5HC	Mark Shorter 80-5HC	Jeannie Clark 25-2
25-29		Chris James 70-4H	Dave White 49-4C	Diana Brown 24-3C
M. Clendenning 40-2	55-59	T.A. Weber 70-5H	Charlie Skoog 44-3	Pat Robertson 16-2C
Kathleen Bagwell 20-1	Joyce Pennycoff 70-4CV	William Irvin 67-4H	Rocky Smith 40-2HV	Cynthia Sanders 15-2C
Justine Eads 20-1	Robin Cole 65-4C	Derick Brooks 18-2	Steve Wand 30-2C	Angela Lorenz 14-2
Jaime Jackson 15-1	Judy Smith 40-2HV	Dave Harrison 10-1	Fred Chew 28-2	Trudy Pierce 5-1
	Chris Williamson 35-2V	David Reinagle 9-1	Bruce Cook 20-1	Kathy Weidler 10-1C
30-34	Rhenda Acton 20-1V		Tom Miklik 20-1	
Allison Irvin 100-5H	Barb Wand 10-1C	40-44	Rick Maughmer 15-1	Men
Adriene Riggle 69-5HC		Dan Lutes 75-4MH	Jack Mellinger 10-1	49-
Darcie York 47-3H	60-64	Ron Moore 70-4HC		Vincente Lorenz 40-2
Karen Bush 30-2HC	Sylvia Burgin 65-4C	Michael Graham 57-4C	60-64	Chris Sullivan 30-2
Julie Pownall 25-2	Anne Wiles 50-3C	Gary Willis 42-3C	Ricke Stucker 70-4	Tim Revils 24-2
Michelle Boyd 20-2	Doris Griffith 20-1V	Paul Wyman 25-2	John Wiles 57-4C	
Kelly Wright 20-1H	Shirley Wilson 20-1	Kevin Forgrave 20-1	David Hughes 50-3C	50+
Monica Brooks 15-1		Brian Allen 10-1C	Bill Barnett 40-2MH	Rick Spencer 80-4
Mary Cameron 9-1	65-69		Phil Leininger 12-1	Jerry Lambert 70-5CV
	Susan Gerhart 20-1	45-49	Stan Shuey 45-3C	Steve Inman 62-4
35-39		Brian Reinhardt 90-5MHC	Doug Mankell 35-2	Tim Taflinger 57-4C
Heather Weber 100-5H	Men	Ken Swinehart 64-4	John Norris 20-1	Melvin Hobbs III 43-4H
Nicole Peel 90-5MH		Ernie Hurst 39-3	Dale Sullivan 20-1	Jim Burrous 40-2MV
Barb Millspaugh 47-3	13-19	Al Hochgesang 30-2		Robin Michael 36-3
Jennifer Sinka 10-1	Waylon Coulter 30-2	Dana Neer 20-1	70+	Robin Hehr 29-3
	Joshua Revils 24-2	Phil Rozzi 15-1	Bill Heck 20-1V	Jackie Sanders 15-2C
40-44	Jordan Lee 20-1	Mike Schoenrad 10-1		Toney Lorenz 14-2
P. Reinhardt 100-6MHC	Nich Lipari 20-1	Bill Bauson 8-1	Walkers	John McGinty 5-1
Gina Sheets 60-3M				



(Continued from page 1) Boston 2009

crowd but missed each other at the party.

The next morning, Mike took off for the airport early since his flight was 2 hours earlier than mine. In a fortunate coincidence he struck up a conversation with two people from Indiana on the subway train...Who turned out to be Gina and Nicole!! So they did get to meet after all, and this reminded me of the similar story 5 years before where I just happened to meet Charlie Skoog and Mark Rowe on the same Green Line train the day before the marathon! Funny how those things happen.

Congratulation to all who participated in this year's fantastic Boston Marathon. The entire Kokomo Road Runners contingent (all 4 of us, Bill, Gina, Nicole and myself) all re-qualified to compete in next year's Boston...and I can't speak for all of us, but I will definitely be back in 2010...will you join us?

(Continued from page 7) Up Down Up Down

pelo.

So, what is Tupelo, MS famous for? Yeah, that was too easy. It's the birthplace of Elvis and it just so happened that his actual birthplace was only about a mile from the hotel we stayed in. After a little hot tub and a good nights rest we were up and at it to a complete breakfast at our Wyndam hotel. Sweeeeet! We all pigged out – me more than them – and then headed out into the 44* and stiff winds for a quick look at Elvis' birthplace. It was actually pretty cool, but we were dressed for Florida so a quick trip around the site and we were on the road. At least Quinn can say that he's been in Mississippi now.

The 400 miles to PCB flew by as we made very good time and we'd finally made our intended destination. Yeah, we arrived a bit more tired than most trips to PCB, but we'd planned to do a lot of resting and relaxing anyway so what better way than to wear ourselves out with a marathon and almost 1500 miles of driving? It wasn't all rest as we did

hook up with some club friends (Dave White, Ron Moore, Tom Miklik, Teresa Long) for both a Wednesday morning run/walk of almost 10 miles as well as a 5k race for a girl who was burned in a house fire the Saturday before we left. Both were a great time, although we did find out a 5k race the weekend after a marathon is tough! More on the race from Dave White as well as a photo or two.

All in all a great trip. We arrived home somewhere in the neighborhood of 2400+ miles logged and I suspect if we throw in the miles on foot we'd easily surpass 2500. Every mile was worth it. The Lord smiled on us every minute as always as we continued to glorify His name in all that we do. Next stop, West Virginia in June with Ray and Robin! I was finally brave enough to look at the course profile for that one. Yikes! Did I see that right? The first 8 miles are all one hill! Looks like fun!

Images from the Race for Cure



Top Left—Tim and Renita Taflinger. Top Right—Dave White, Karen Bush, Ann Wiles, Joyce Pennycoff, Gary Willis, Lorene Sandifur and David Hughes. Bottom Left—CK members at Brockway Pub. Bottom Right—Diana Brown, Andrea Eckelbarger, Joe Rangel, Anna Dolens and Robin Cole at Brockway Pub



2009 Race Calendar

May 16 Norris Insurance 4M Run/ 3M Walk Time: 8 AM Location: Jackson Morrow Park	Time: 8 AM Location: Logansport, IN	October 18 Club Kokomo 8k Run/3 Mile Walk Time: 2 PM Location: Nickel Plate Trail, Peru
June 4, June 11, June 18, June 25, July 2, July 9, July 16, July 23 (Awards) Coyote Kids Time: 6:30PM Location: Jackson Morrow	July 18 Panther Prowl 4 Mile Run/5k Walk Time: 8 AM Location: Western H.S., Russiaville	November 8 Run the Mounds 5m Run/Walk Time: 2 PM Location: Anderson, IN
June 6 Trojan Trot 5k Run/Walk Time: 8 AM Location: Sharpsville, IN	August 1 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN	November 14 Charity Run/Walk 5k Time: 9 AM Location: UAW Local 292
June 13 Norris Insurance 5 Mile Run/ 5K Walk Time: 8 AM Location: Greentown, IN	August 8 CKRR Age-Graded 4M Run/5K Walk Time: 8 AM Location: Highland Park	November 26 CKRR Thanksgiving Day Fun Run Time: 8 AM Location: Highland Park (Non Points)
June 19-20 (Tentative) Relay for Life Location: Kokomo High School	August 22 Run for Shelter 5k Run/Walk Time: 8 AM Location: Oakbrook Valley	December 6 CKRR We Care 5k Run/Walk Time: 2 PM Location: Grace Fellowship Church (20 pts each finisher)
June 27 Haynes-Apperson 4 Mile Run/3 Mile Walk Time: 8 AM Location: Memorial Gym, Kokomo	September 26 BeeBumble 5k-10k Run/5k Walk Time: 8 AM Location: Burnettsville, IN	December 31 New Years Eve 5k Run/Walk Time: 2 PM Location: UAW Local 292
July 11 Race for Grace 5K Run	October 3 Cole Porter 5k-15K Run/5k Walk Time: 8:30 AM Location: Peru, IN	

(Continued from page 12) Other Race Results

56. Lori Myers 32:44	76. Christa Sommers 48:54	6. Lindy Deeter 39:38	28. Mary Miller 49:30	50. Hannah Spencer 53:59
57. Linda Scott 32:52	77. Audrey Melms 49:08	7. Jessica Rentschle 43:25	29. Diana Biscella 50:08	51. Camile Zimpleman
58. KAcY Hopper 33:04	78. Stephanie Maxwell 50:09	8. Jean Urbin 43:25	30. Tara Battle 50:52	54:01
59. Lyndsey Rozzi 33:05	79. Emily VanCuren 50:55	9. Milt Hess 44:08	31. Nikki Smith 50:53	52. Beck Jones 54:03
60. Andrew VanZee 33:37	80. Jeffrey VanCurren 51:05	10. Lisa VanZee 45:06	32. Megan Stephens 50:55	53. Mike Turner 54:04
61. David Downham 33:48	81. Jessica Pullen 51:08	11. Sue Kistler 45:28	33. Mindy Klein 51:04	54. Mindee Turner 55:41
62. Teresa Montgomery 33:58	82. Jennifer Binney 53:24	12. Casey Hill 45:59	34. Rhonda Boller 51:05	55. Josh Sickler 55:42
63. Dawn Conner 35:32	83. Haley Ramer 53:26	13. Jeanna Paschen 46:00	35. Jennifer Sickler 51:21	56. Deb Williamson 57:26
64. Scott Kraud 35:34	84. Gracie Walsh 57:48	14. Jill Strasser 46:01	36. Bruce Kindem 51:49	57. Nancy Zagajewski 57:47
65. Jacob Long 35:57	85. Amy Sarkar 58:27	15. Anicia Richardson 46:12	37. Ed Nies 51:50	58. Amanda Walsh 58:26
66. Mark Long 35:57	86. Emmanuel Martinez 58:31	16. Linda Klinck 46:34	38. Megan Dillman 52:17	59. Lori Parker 58:31
67. Rose Clem 37:36	87. Hannah McVay 58:34	17. Johnny McLain 47:53	39. Dustin Dillman 52:18	60. Dan Layman 58:32
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