



# The Roadrunner

URL: [www.ckrr.us](http://www.ckrr.us)

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## Running for Roses at the Kentucky Derby Marathon and Mini Marathon

Finisher: 4304 Time: 2:19:58 By Karen Bush

### Upcoming Races

June 4, June 11, June 18,  
June 25, July 2, July 9,  
July 16, July 23  
(Awards)

Coyote Kids

Time: 6:30PM

Location: Jackson Mor-  
row

June 6

Trojan Trot 5k Run/  
Walk

Time: 8 AM

Location: Sharpsville, IN  
Lisa Jones 765-480-  
2621

June 13

Norris Insurance 5 Mile  
Run/ 5K Walk

Time: 8 AM

Location: Greentown, IN

June 19-20

Relay for Life

Location: Kokomo High  
School

June 27

Haynes-Apperson 4 Mile  
Run/3 Mile Walk

Time: 8 AM

Location: Memorial  
Gym, Kokomo



After living away from our home state of Indiana for several years, my husband and I moved back to Indiana 6 years ago. Since we have been back, I have run in the KY Derby Mini Marathon every year. Each race day has provided me with wonderful memories and as some races go, a few painful moments. No matter my finishing time, the weather, or who accompanies my journey, I always find myself registering for next year's race.

I usually run a mini in spring and occasionally one in the fall. I opt to run this race over the Indianapolis Mini Marathon. (Gasp!) There are several specific reasons why I find myself wanting to repeat my journey to the Bluegrass State instead of staying "Back Home Again in Indiana." These include the number of participants, the race route, the KY Derby Festival events, the spirit that accompa-

nies the weekend prior to the Derby, and finally, the city of Louisville and the people who live there.

This year's race was capped at 12,000 runners. While running I never felt like I was going to be trampled. I also never felt claustrophobic, which is very important to me since I loath waiting in lines and feeling like I cannot get to where I want to go.

The mini marathon race route begins south of downtown and runs north, towards downtown.

The route takes you through various Louisville neighborhoods, Iroquois Park, Churchill Downs, and finishes in downtown. Iroquois Park features several hills that keep the route interesting, but not challenging enough to think, "why am I doing this?" My personal favorite part of the route is running through the infield of Churchill Downs. As you enter the track you can feel the excitement of the derby. You see horses warming up, VIP tents, and the well-known spires that top the race pavilion. You can even smell the aroma of the stables. For several moments you are a part of the history where the greatest two minutes in sports takes place. When you exit Churchill Downs, you only have a few miles to go until the finish. Since I have not ran the full marathon route, I cannot comment much about the latter 13.1 miles, but I can tell you that the route crosses the Ohio River, into Jeffersonville, IN and returns to downtown.

The city of Louisville is friendly and easy to get around. It prides itself on hospitality, and at this time of year, the Kentucky Derby Festival. This festival begins several weeks prior to the derby. Several highlights include Thunder Over Louisville, a parade, the marathon and mini marathon, concerts, and a hot air balloon glow and race. Depending on the wind direction, you may even see several hot air balloons while running. Unfortunately, I didn't see any this year because of windy conditions.

This year's race was unusually warm. It was 71 degrees at 5:00 am. Since I did all of my training in cold weather gear it was a challenging 13.1 miles, so my time was a little slower than anticipated. Overall, it was a good run in a well-organized event and I got another chance to visit Louisville.

To sum up: here are my "Top Ten Reasons to Run the KY Derby Mini Marathon."

10. Triple Crown potential: KY Derby Mini, Indianapolis Mini, Geist Mini.

9. Free school bus ride to the start line.

8. Pre-Derby festival events.

7. Louisville: easy to get to, easy to get around.

6. Race capped at 12,000 runners.

5. Running Elvi passing out

(Continued on page 5)

# From the President

By Gina Sheets



**Gina's crew in Wisconsin**

Greetings CKRR members and friends –

Finally warmer weather appears to be here to stay. I was beginning to think summer would arrive before spring. Your CKRR website lists all the summer races that are club points races, be sure and check out the website and become involved in one of the local races. Volunteers are always needed but remember in order to get your volunteer points you must work at a Club race. The Haynes race is the next Club race and I could use your help, we need traffic control volunteers, refreshment volunteers and finish line volunteers. Send me an email if you can help, [sheets.gina@yahoo.com](mailto:sheets.gina@yahoo.com)

Coyote Kids has started up and I know the Tetrault's could use some hard working folks to come out and help with that. Please be engaged in your Club.

Once again the Club had a nice showing at the Indy Mini, great job to all of you who participated. For those who waited a couple of weeks and did the Geist half, great job to you.

While I did not make it to the Mini I managed to do a marathon in May and

ran it faster than I did Boston. Ray Tetrault has said that for some runners a rolling course is easier than a flat course, I think I am one of those "some" runners. The Journeys Marathon in Eagle River Wisconsin was hilly. We started with the snow falling and half way up a hill. We ran the hills until about mile 13 the course was flat for a few miles, then another hill and finished very flat. If you like small marathons in nice small communities this one is for you; just be sure to train on hills. I was the 9<sup>th</sup> overall female finisher with a time of 3:45:56, I finished 3<sup>rd</sup> in my age group because the first female finisher was in my age group, I had a very competitive age group.

I know we are all very busy training, parenting, working, volunteering and I hope making a positive difference in the community. One of the things I have noticed while working on the Haynes and getting permission to have the event, to block off roads, to use the gym and the field, is that your Club Kokomo Road Runners has an upstanding reputation in the Howard County community – remember I am from Clinton County, so I am not involved in the daily business in Howard County. All the people I have spoken with

from the Traffic Commission to the school corporation have been very kind and when they learn I am calling on behalf of CKRR they are very quick to say they know the Club will do a great job. Thanks to all of you who have done a great job on behalf of the Club your service makes it easier for all of us.

I want to remind the following folks that I have their CKRR awards/sweatshirts/hats so please find me at Highland Park on Wednesday nights or at a CKRR event:

Mike Deardorff, Katie Hollingsworth, Lisa Jones, Ken Swinehart, Jane Inman, Justine Eads, Jerry Meiring, Ernie Hurst, Ray Jean Swinehart, Steve Inman, Mark Eads, Jason Rush, and Jillian Weaver.

Remember our next board meeting is June 8<sup>th</sup> and the agenda is in this newsletter.

Be careful out there –

Gina

<b>H</b>	6/1	Kelly Swinehart
<b>T</b>	6/2	Melvin W. Hobbs III
<b>R</b>	6/2	Jamie Jackson
<b>A</b>	6/4	Christine Williamson
<b>N</b>	6/7	Ray Tetrault
<b>E</b>	6/8	Dave White
<b>M</b>	6/9	Keagan James
<b>I</b>	6/10	Kim Anderson
<b>S</b>	6/10	Katie Hollingsworth
<b>R</b>	6/10	Ken Swinehart
<b>O</b>	6/10	Sharon Whelan
<b>C</b>	6/11	Lee Ann Smith
<b>K</b>	6/15	Vernon Graves
<b>O</b>	6/18	Lillian Elliott
<b>R</b>	6/18	Bruce Savage
<b>N</b>	6/19	Dick Summerton
<b>I</b>	6/21	Erika James



## On the Roads

# Katie repeats as scholarship winner

By Johnnie 'O



**Katie takes first at Norris 4-Mile race**

Club Kokomo Roadrunners Mike Cowan Memorial Scholarship Committee members Gary Jewell, Gina Sheets, Mark Shorter, and John Wiles are proud to announce that the 2009 recipient is Katie Hollingsworth. Katie also received the scholarship in 2008.

Katie is the daughter of Darin and Michelle Hollingsworth, Kokomo. The 2008 Western High School graduate completed her freshman year at Indiana University Kokomo in May with a spring semester grade point average of 3.7 on a 4-point scale. Katie's first road race was the 2006 Haynes Apperson. She typically runs four to five miles daily. She was first in the 2008 club points' standing for females 13-19. She was the first female finisher at the Norris Insurance 4-Mile Race at Jackson Morrow Park in May, and was the second female finisher at the Old Ben 5K in March.

"Running has always been a way for me to focus, relieve stress, and clear my mind," Katie wrote in her scholarship application. "I feel that on days when I

run, I am more alert and focused. Not only that, I enjoy running because it allows me to connect with other runners."

Katie wrote that she has met many people she values a great deal through Club Kokomo and road races. She expressed thanks for CK and its events, especially Coyote Kids in which she has been a volunteer.

"Although I will always love running, currently my main concern is my education. I work hard to obtain good grades, so I will eventually be able to graduate and become a nurse. I have not decided exactly what type of nursing I plan on doing, but I am leaning towards pediatrics.

"Higher education only makes it easier to advocate running in the community, which I fully intend to do by leading through example, sharing my knowledge of the benefits of running, and attending all running events possible."

Katie has convinced two classmates to begin running.

"They still say that running is not their favorite activity, but they agree that it is a great way to beat stress and stay in shape."

### GREAT JOB CK

In this the 11<sup>th</sup> year for the Club Kokomo Mike Cowan Memorial Scholarship program, CK has awarded 51 scholarships worth \$11,580 to 26 students.

Encouraging youth to run was one of Lorene Sandifur's goals when she became president of Club Kokomo in 1998. CK sponsored the first Mike Cowan Youth Races that year. Five years ago, the one-day Cowan races were expanded into CK's six-week Coyote Kids Program.

With \$2,000 raised by the late David Kasey from Kokomo businesses, CK established the Mike Cowan Memorial Scholarship in 1999 in memory of Mike, a Kokomo high school runner who died of leukemia. Receiving \$250 each that year

were Seth Daugherty, Jill Pennycoff, and Elizabeth Shockey.

Other scholarship recipients over the years include Christian Bahler, Grace, Laura, and Sarah Bauson, Ben Bruce, Cameron Cunningham, Josh Daugherty, Melia Harrison, Katie Hollingsworth, Ryan Hurlock, William Irvin, Sarah Lee, Amber Longwith, Vanessa Lorenz, Tim McBee, Mason McGovern, Stephanie Miller, Zach Newman, Nikki Parry, Bryan Phillips, Matthew Robertson, and Melissa and Megan Tetrault.

Today, the scholarship is funded by 50-50 drawings at CK races, and CK's Age-graded Race in August, which is directed by Club Treasurer Mark Shorter and past Club president Gary Jewell.

The amount of the scholarship depends on the money available and the number of recipients. The 2009 scholarship recipient will receive \$300.

### RACE FOR CURE

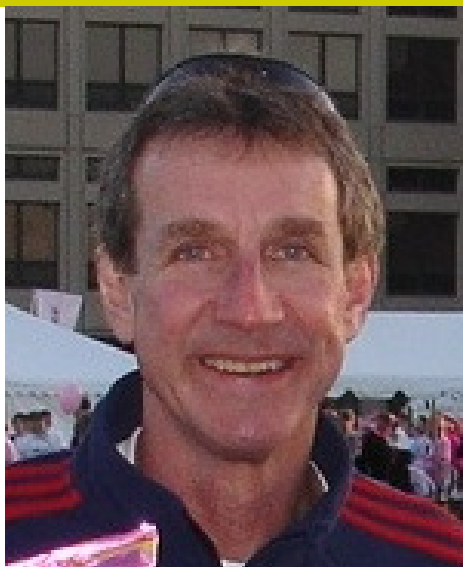
Indianapolis Komen emailed thanks to participants for making the 2009 Indianapolis Race for the Cure one of the most successful ever. The sunny day brought out more than 42,000 men, women, and children, including a 51-person CK team, to honor a loved one who lost their battle with breast cancer or celebrate a survivor! More than 2,400 breast cancer survivors, more than ever before, paraded through the pink balloon arches to the applause of thousands, and \$2.2 million was raised to fund research, education, screening, and survivor support services.

"Thanks to all of you, thousands in our community will be able to access life saving early detection services. Thanks to all of you, scientists will be able to continue their work to find a cure!"

Mark April 17 on your calendars for the 2010 Race for the Cure.

## On the Trails

By Charlie Skoog



[www.circuscitycyclists.org](http://www.circuscitycyclists.org).

If you have never visited a water trail let me recommend the canoe rides at the Celebrate the Wildcat Festival happening the same day near Cutler, IN., 11am to 5pm. This is the 5th annual event held at the historic Adams Mill grounds, the Fish & Wildlife fishing access and the 70 acre Oxbow area, acquired last June by the Wildcat Creek Foundation with support from the Wildcat Guardians. Recreation for the entire family will include tours of the Mill, free canoe rides, nature hikes along the new Oxbow grass trail as well as creekside near the covered bridge. The day will be an opportunity for learning about the Creek corridor and how to keep it beautiful and natural. Conservation and environmental groups will be on hand with displays that enhance the concept of preserving a little something for tomorrow. Artists and musicians are expected to dot the area sharing their skills. A food concession will be available. Adams Mill is located between State Rd. 18 and State Rd. 26, just off State Rd. 75, about a mile east of Cutler, IN or take the scenic route, following the Wildcat downstream by bike, boat, or car, from Kokomo, west thru Burlington and on to the Mill and

Valley.

Volunteers continue to work almost every day, Monday thru Friday, on the Nickel Plate Trail bridge over the Eel River in Denver. By the time you read this note the 312 foot span will be about 3/4 completed. The signature bridge will feature a 40 foot covered section with 2 foot step outs on each side. Most of the culvert work has been completed between Lover's Lane and SR16 in Denver so this 7 mile section should be ready for paving my mid summer. The price of asphalt in May continued to drop and was just under 1/2 of the September 2008 high but the current low bid of \$63,000 per mile is still the highest we have had to pay. Hopefully the price will continue to drop as we prepare sections north of Denver for paving. Negotiations continue on several out of service rail corridors in Howard County and a plan is in place to acquire them for future trail use and ultimately connect to the NPT. If you have some extra time this summer and would like to be a volunteer trail builder we can always use another helping hand. Please call (765) 457-2607 or email [runckrr@aol.com](mailto:runckrr@aol.com) for more information.

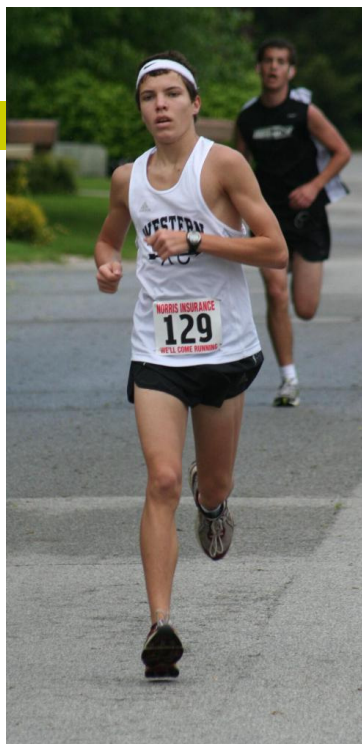
June 6th is "National Trails Day" so I encourage each of you to celebrate, visit, and/or support a favorite trail. Many CK members will start the day by running or walking the Trojan Trot. If you visit the Nickel Plate Trail later that day you will see hundreds of trail enthusiast including many colorful cyclists participating in the 2009 Circus City Metric Century. For more information on that event check out

## Norris 4 Mile Run and 3 mile Walk

By Scott Riggle

Unfortunately due to a cramping calf muscle while swimming the day before I was unable to attend. I'm told by my roving reporters that despite some water on the east side of Jackson Morrow that the race went very well. It was definitely a nice morning to run.

There was 95 total finishers. Club Kokomo was again well represented with 10 of the top 13 finishers and some great times. The top 13 were under a 7 minute pace. For a full run down of the results go to page 10.



*Left Ben Bradsahw wins the 13-19 division.*

*Top Sylvia Burgin, Emily Allen and Kathy Allen*



## My First 500 Festival Mini Marathon

By Adriene Riggle



**Left to Right: Scott, our Nephew Derek McCormick and Adriene Riggle. Really, he is our nephew !**

The last time I attempted to run my first half marathon I came down with a high fever the day before. I was hoping that that half marathon would be my practice run before the Mini. Since that did not work out the way I had hoped, I was a little nervous about how I would handle myself. I have only been running for less than a year, and I am not quite confident with my long runs. Aside from the nervousness, I was really looking forward to experiencing my first Mini Marathon with my husband, Scott. He has participated in this race several other times and during those times I never thought that I would be out there with him or should I say an hour behind him. When we originally signed up, Scott asked me if I had a goal in running the Mini. I said, "Yes, one to finish in two and a half hours and the other is to not puke." Usually, "not puking" is my number one goal during a race. I am

going to have to expand my goals.

The day started out great. I woke up raring to go. Scott and I got ready and headed to drop off our gym bag at the CKRR tent. Along the way we saw our nephew, Derek. This was his first Mini, too. He did all of his training during his first year at Purdue. His finish time was 1:53:14. Scott and I are so proud of him!

The hardest part of the race was waiting to start in the corral. I did not get seated, so based on my estimated finish time I was back in corral S. I do not know how the rest of you feel, but slowly moving to the start line with all of these people surrounding me, made me feel a bit like cattle headed to slaughter. Fortunately, the rest of the race went well. There were a few highlights along the way. I did get to see Al Unser, Jr. at the race track. We made eye contact and waved at each other. That was pretty cool! It was also pretty neat to see all of these people standing outside of their homes waving and rooting us on. They made me feel like a rock star.

My finish time was 2:31:29. That was not quite my goal, but had I not taken two bathroom stops, I know I would have made it at two and half hours. I think that the best part of the race was getting to run on the same track that people such as AJ Foyt, Mario Andretti, and Bobby Rahal have run on with their race cars. The month of May has always been special to me. I have always enjoyed the nostalgia surrounding the Indy 500. Getting to run the Mini Marathon has allowed me to become a part of the great tradition of the month of May. Now, if only Tony George will allow me to borrow a race car, I will be all set. Cheers to all of you who participated! It was definitely a great time.

(Continued from page 1) Kentucky Derby

doughnuts.

4. Iroquois Park Hills: shaded and challenging, but not killer.
3. Friendly locals.
2. Free infield tour of Churchill Downs
1. Mint Juleps Anyone?

If you have any questions, comments or want to know more contact me at [kruse-bush@hotmail.com](mailto:kruse-bush@hotmail.com) or check out <http://www.derbyfestivalmarathon.com/> Go Baby go!



**Bill , Brian and Charlie relax in the CKRR tent after the mini**

## Need Wings to Fly

By Rebekah Monroe



This little piggy went to market, this little piggy stayed home, this little piggy had roast beef, this little piggy had none and this little piggy trained for three months at the crack of dawn in the cold, wind and rain just to wake-up at 4 am to run 26.2 miles of relentlessly hilly terrain to wearily cross the finish “swine” and wee wee all the way home with a super cute “flying pig” medal.

Arriving Saturday evening in Cincinnati we three little pigs, a nickname a dear friend gave Denise Bradley, Kathy Bagwell and I, headed for the expo to pick up our packets and browse the multitude of vendor provided running

paraphernalia. Next, we were off to dinner. We wanted to promote the local economy so we made our way to a little family owned Italian eatery which sounded ideal. However, what was conveyed to be a 20 minute wait ...well lets just say three hours later we finally ate mediocre spaghetti and meatballs while receiving much of our table service from other customers. It became a comical crazy chaos which by the end of the evening mirrored an episode of “Totally Hidden Video”. But an experience nonetheless that added a little flavor to what would be a very memorable weekend. FYI, make sure to secure reservations ahead of time or to opt for pizza delivery in the comfy confines of your hotel room either way plan ahead!

Having run the Air force Marathon in Ohio last September I felt I had a nice handle on what is considered a “hilly” marathon. I quickly realized that I had underestimated the elevation map. The faint whispers began echoing in my head as I recalled the reaction I received

from others when told of the marathon’s location... “Cincinnati! Wow, that is hilly!” I just chuckled to myself as I tackled each hill which remained constant and substantial along the entire 26.2 “plus” course that included a noticeable climb extending from mile five to mile eight. Oh, did I forget to mention that the course had been stretched an extra quarter of a mile due to a wreck.

The physical challenge of the race was complimented nicely by the well organized and aesthetically pleasing route that was littered with both water and Gatorade stops by the mile and sweet treats sprinkled throughout! Be aware GU guzzlers that mile 18 is the only provider of this substance so plan to pack your own. The only thing the course did not provide was a pair of wings but they would have certainly been appreciated especially heading up mile 25. Great event, great city, and great challenge... although probably not ideal for those that dread hill work!

## Other Upcoming Races or Events

### Tiger Trot 5k

On July 25, 2009 the Peru High School cross country team will be hosting the Tiger Trot 5k race at South Peru Elementary School in Peru. It will be run on pavement going through Maconaquah Park. This is a fundraiser for the team and any additional donations will be greatly appreciated. The race is \$12 to enter before-hand and \$15 if registration is done day of (make checks payable to Peru High School). Race will begin at 9:00am and registration begins at 7:30am. If you are interested and would like a race form please email Nich Lipari at [master5krun@yahoo.com](mailto:master5krun@yahoo.com) and I will mail you an entry form, or if I see you at an upcoming CKRR race (I plan on attending the Norris Greentown race, Haynes Apperson, Run the Rock, and Panther Prowl) I will be more than happy to give you an entry form.

Thanks for all your help and I hope to see you there on race-day

Nich Lipari and the Peru Cross Country team

### Kokomo Parks Sprint Triathlon

Location: Emerald Lake at Oakbrook Church

Registrations: May 25 - July 10

Date: July 25, 2009

Time: 8 a.m.

Packet pick-up: July 25 (race day) 6 a.m. - 7:30 a.m.

Fee: \$40 - Individuals; \$60 - Teams.

Ages: 15 and up

Timing and Scoring: River City Race Management will be using chip timing system.

Triathlon features: A 0.25 mile swim, 10.5 mile bike and 3.1

mile run. More information at [http://](http://www.cityofkokomo.org/departments/division.asp?fDD=13-50)

[www.cityofkokomo.org/departments/division.asp?fDD=13-50](http://www.cityofkokomo.org/departments/division.asp?fDD=13-50)

You may also register at [active.com](http://active.com)

## Agenda for June Meeting

### CLUB KOKOMO ROADRUNNERS

#### AGENDA

June 8<sup>th</sup>, 2009, Monday

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

LOCATION – Half Moon Brew Pub

Welcome

Minutes

Financial Report

#### Race Director Reports:

Relay for Life

Coyote Kids

Haynes Race

Symphony Race

Age Graded

GNO

Club Kokomo 8K

#### Old Business:

Tabled until further notice: Contribution for match for the rails to trails project in Kokomo

#### New Business:

Request by Ron Moore to use equipment for Kokomo Sprint Tri and waive fee.

DATE OF NEXT MEETING – July 13<sup>th</sup>, 2009

## Meeting Minutes from May

### Club Kokomo Roadrunners Meeting

May 11, 2009

Members Present: Rebakah Monroe, Robin Tetrault, Diana Brown, Robin Cole, Charlie Skoog, Gina & Travis Sheets, Mark Shorter, Gary Willis and Sylvia Burgin.

#### Reports:

Financial Report given by Mark Shorter.

General Fund \$3190.31

Cowan Fund \$1435.05

Coyote Kids Fund \$8804.47

#### Race Director Reports

#### Haynes:

Race Packet—Rebekah

-500 packets from Kokomo visitor Bureau will be ready for week of June 15<sup>th</sup>.

-Packet stuffing party Wed June 24<sup>th</sup> @6:30. Location TBD.

-T-shirts to be stuffed in preregistered bags.

Race Shirts—THE Riggles

Fun Run CMT—Michelle Tetrault

Race Day Chair—John Wiles

Pre and Post Race activity cmt—Dave White

Pre Race—Patti Reinhardt

Pre/Post Race—Theresa Barlow? To be confirmed Tuesday May 12<sup>th</sup>.

Refreshment cmt—Charlie Skoog

Ice—Joni McCracken

Course Mgmt—Bill Barnett, Steve Inman.

Charlie and Stan will set course. Ray will help provide volunteers. Mike will ride in pace vehicle.

Finish Line Coordination Cmt—The Yorks

Timing Cmt—Gina

End Result will do the Timing.

Trophy Cmt—Steve Wand

#### Old Business:

Charlie would like to contribute to the rails to trails project in Kokomo.

#### New Business:

Symphony Race to be Sept 5?

Amy Lucas is in charge.

Accepts the \$200 donation.

GNO needs added to the calendar.

Next Meeting scheduled for June 8.

## 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

## Welcome to Our New Members

**Tahnee Azure**

**Jeffery Breckenridge**

**Frederick Greene**

**Dawn Greene**

**Kandace Greene**

**Jeff Ladow**



## Race Results

Club Kokomo Weekly Fun  
Mile  
Wednesday, May 6, 2009  
Highland Park

1. Greg Sumpter 7:42
2. Brian Allen 8:43
3. Emily Allen 8:43
4. Jackie Sanders 17:59
5. Cindy Sanders 18:01

Club Kokomo Weekly Fun  
Mile  
Wednesday, May 13,  
2009  
Highland Park

1. Chris Frazier 5:47
2. Dan Lutes 6:03
3. Joe Rangel 6:58
4. Greg Sumpter 7:19
5. Laura Rosenstengel 7:28
6. Charlie Skoog 8:26
7. Aidan Frazier 9:06
8. Doug Mankell 9:34
9. Sophie Frazier 17:04
10. Jackie Sanders 18:23
11. Cindy Sanders 18:26

Norris FUN RUN  
May 16,2009

Jackson Morrow  
BOYS:

- 1 Draco Nollenberger 7:59
- 2 Skyler Law 11:15
- 3 Jason Law 11:19

GIRLS:

- 1 Brooke Hasty 8:07
- 2 Aidan Frazier 10:03
- 3 Bryttina Law 10:42
- 4 Kaitlin Hunter 11:18
- 5 Sophie Frazier 11:53

Norris 4mile Run

May 16,2009

- 1 Mark Massengill, Jr 24:12
- 2 Matt York 24:46
- 3 Chris James 24:52
- 4 Ben Bradshaw 25:00
- 5 Brian Reinhardt 25:17
- 6 Joe Rangel 25:30
- 7 Mark Hauptert 25:47
- 8 Ron Moore 25:54
- 9 Don Andrews 27:03
- 10 Chris Frazier 27:12
- 11 Waylon Coulter 27:16
- 12 Katie Hollingsworth 27:55
- 13 Gary Callahan 28:09
- 14 Al Hochgesang 28:10
- 15 Lewis Duke 28:29
- 16 Ken Swinehart 28:47
- 17 Heidi Freeman 28:50
- 18 Jordan Ousley 28:58
- 19 Jeff Cardwell 29:01
- 20 Gary Willis 29:10
- 21 Jeremy Boardman 29:42
- 22 Greg Steele 29:51
- 23 Michael Graham 29:59
- 24 Mark Shorter 30:48
- 25 Gina Sheets 31:03
- 26 Kelly Wright 31:27
- 27 Mark Thompson 32:19
- 28 Mike Daugherty 32:50
- 29 Ray Tetrault 33:01
- 30 Mike Deardorff 33:08
- 31 Greg Townsend 33:18
- 32 Brittiani Gillem 33:27
- 33 Kim Lee 33:37
- 34 Rebekah Monroe 33:38
- 35 Charlie Skoog 33:44
- 36 Ernie Hurst 34:05
- 37 Richard Smith 34:08
- 38 Melissa Goad 34:35
- 39 Dave White 34:48
- 40 Tom Miklik 35:07
- 41 Brooke Gillem 35:12
- 42 Chad Gaddis 35:14
- 43 Jack Mellinger 35:39
- 44 Bill Wilson 35:42
- 45 Anna Dollans 35:49
- 46 Nikole Frazier 35:51
- 47 Brian Allen 36:04

- 48 Jackie Hasty 36:11
- 49 Patti Reinhardt 36:22
- 50 Joe Stetz 36:25
- 51 Darcie York 36:43
- 52 Ricke Stucker 36:45
- 53 Cassie Bauson 37:14
- 54 Vicki Boles 37:19
- 55 Laura Cook 38:47
- 56 Stan Shuey 38:51
- 57 Jensen Freeman 39:12
- 58 Barb Millsbaugh 39:19
- 59 Robin Tetrault 39:28
- 60 Theresa Barlow 39:32
- 61 Rhenda Acton 39:46
- 62 Adriene Riggle 40:05
- 63 Bill Heck 40:36
- 64 Robin Cole 42:14
- 65 Breeze Gunter 43:17
- 66 John Wiles 44:28
- 67 Bob Cupp 45:20
- 68 Bailey Sarver 45:30
- 69 Adriane Freeman 46:21
- 70 Laurie Ousley 46:35
- 71 Andrea Eckelbarger 47:27
- 72 Sylvia Burgin 51:29
- 73 Emily Allen 57:57

Norris 5K Walk

- May 16,2009
- 1 Rick Spencer 31:36
  - 2 Mary Miller 31:48
  - 3 Vincente Lorenz 33:31
  - 4 Steve Inman 33:52
  - 5 Tim Taflinger 35:06
  - 6 Amanda Pena 35:08
  - 7 Jerry Lambert 36:59
  - 8 Toney Lorenz 37:07
  - 9 Jane Inman 38:53
  - 10 Raye Jean Swinehart 38:57
  - 11 Jeannie Clark 39:48
  - 12 Jayne Hiatt 40:00
  - 13 Robin Michael 40:49
  - 14 Angela Lorenz 44:24
  - 15 Lynne Kurtz 44:27
  - 16 Debbie Riffe 45:01
  - 17 Diana Brown 48:48
  - 18 Pat Robertson 48:50

- 19 Julia Kistler 49:11
- 20 Donna McCarter 49:12
- 21 Kathy Allen 57:58
- 22 Jackie Sanders 60:48

Club Kokomo Weekly Fun  
Mile  
Wednesday, May 20, 2009  
Highland Park

1. Joe Rangel 6:26
2. Mike Daugherty 7:10
3. Charlie Skoog 7:17
4. Barb Millsbaugh 7:31
5. Anna Dollens 8:21
6. Andrea Eckelbarger 11:25
7. Sylvia Burgin 12:19
8. Kathy Oakley 14:18
9. Diana Brown 16:59
10. Jackie Sanders 17:54
11. Cindy Sanders 17:57

Club Kokomo Weekly Fun  
Mile  
Wednesday, May 27, 2009  
Highland Park

1. Jordan Ousley 6:06
2. Gary Willis 6:13
3. Joe Rangel 6:55
4. Tahnee Azure 7:09
5. Greg Sumpter 7:24
6. Dustin Delong 7:29
7. Charlie Skoog 7:36
8. Barb Millsbaugh 7:38
9. Tami Moore 7:48
10. Amber Longwith 9:35
11. Brayden York 9:52
12. Matt York 9:52
13. Bob Longwith 11:23
14. Hannah Moore 11:50
15. Ron Moore 11:51
16. Sylvia Burgin 12:18
17. Justin Willis 19:15
18. Griffin Miller 19:15
19. Karen Willis 19:15



## Other Race Results

Illinois Marathon	259 Brian Reinhardt 1:24:46	7182 Paul Wyman 1:57:01	19756 Ryan Pownall 2:36:39
April 11, 2009 in Cham-	266 Matt York 1:24:57	7293 Keith McAndrews 1:57:15	19758 Julie Pownall 2:36:39
paign/Urbana, IL	301 Heather Weber 1:25:36	7387 Cheryl Marner 1:57:30	20748 Jeanette Merritt
	303 William Irvin 1:25:38	7478 John Norris 1:57:41	2:42:12
1. Jacob Kendagor 2:26:12	311 Joe Rangel 1:25:45	7795 Peter Bauson 1:58:28	20786 Steve Inman 2:42:24
1w. Meghan Kennihan	312 Chris James 1:25:47	7913 Barb Millsbaugh 1:58:43	21429 Keith Bauson 2:46:20
2:55:06	438 Ben Bradshaw 1:27:50	7942 Sarah Bauson 1:58:46	21691 Emily Allen 2:47:54
848. Roxane Burrous	590 Scott Riggle 1:30:09	7945 Bill Bauson 1:58:46	21818 John Wiles 2:48:40
4:13:00	729 Ron Moore 1:31:58	8496 Don Rogers 1:59:58	22834 Christina Deyoe
1144: Kathleene Bagwell	814 Dan Lutes 1:33:00	8500 Matt Bolinger 1:59:59	2:55:26
4:35:13	844 Dave Harrison 1:33:14	8607 Kim Anderson 2:17:00	22869 Scott Deyoe
Total Participants 1620	1538 Jesse Bauson 1:38:04	9773 Steve Wand 2:03:41	0.122002314814815
	2005 Jeff Cardwell 1:40:31	9787 Jerry Meiring 2:03:43	22897 Raye Jean Swinehart
	2104 Jacob Bradshaw	10048 Tom Miklik 2:04:22	2:55:53
Illinois Half Marathon	1:41:07	10097 Patti Reinhardt 2:04:29	23111 Jerry Lambert 2:57:20
1. Jeff Jonaitis 1:11:27	2285 Gary Willis 1:42:04	10497 Joni McCracken 2:05:36	23335 Jane Inman 2:58:43
1W. Bridget Montgomery	2396 Carla Yerkes 1:42:36	11091 Dave White 2:07:31	23817 Jayne Hiatt 3:02:31
1:22:26	2525 Ken Swinehart 1:43:08	11262 David Reinagle 2:07:37	24175 Sarah Lee 3:05:11
3682. Jim Burrous 3:28:20	2940 Mark Shorter 1:44:40	11558 Phil Leininger 2:08:26	24176 Sylvia Burgin 3:05:11
Total Participants 3755	3121 Allison Irvin 1:45:20	11742 Michelle Boyd 2:08:53	24753 Rocky Smith 3:09:27
	3431 T.A. Weber 1:46:27	12033 Anna Dollens 2:09:34	24827 Judy Smith 3:10:04
	3558 Michelle Clendenning	12181 Laura Cook 2:09:58	24862 Melvin Hobbs III
Flying Pig	1:46:51	12405 Brian Allen 2:10:30	3:10:23
May 3, 2009 in Cincinnati,	3636 Eric Mathew 1:47:10	12463 Lisa Jones 2:10:41	24864 Barbara Hobbs 3:10:24
OH	3871 Rick Maughmer 1:47:53	12495 Mike Rood 2:10:46	25021 David Mygrant 3:11:41
	4124 Kelly Wright 1:48:43	12504 Stella Rood 2:10:46	25303 Brittany Deyoe 3:13:49
1. Sergio Reyes 2:20:37	4438 Michelle Larson	12726 Jason Rush 2:11:19	25307 Diana Deyoe 3:13:50
1w. Autumn Ray 2:52:23	1:49:34	13927 Mary Cameron 2:14:37	25322 Chari Deyoe 3:13:54
1731 Earl Strong 4:14:54	4611 Bill Barnett 1:50:04	13928 Walter Brown 2:14:37	26240 Rick Spencer 3:20:53
2220 Rebekah Monroe	5024 Andrew Swinehart	14051 Fred Chew 2:15:02	26241 Robin Michael 3:20:53
4:27:28	1:51:20	14206 Kim Lee 2:15:28	27114 Tim Taflinger 3:27:33
Total Participants 4070	5130 Keith Hill 1:51:36	14678 Stephanie Bolinger	27222 Susan Gerhart 3:28:18
	5347 Don Gifford 1:52:13	2:16:58	27756 Anne Wiles 3:32:21
	5687 Lorene Sandifur	15046 Darcie York 2:17:59	27836 Michael Campbell
One America 500 Festival	1:53:08	15071 Cassie Bauson 2:18:03	3:33:11
Mini Marathon	5699 Tami Moore 1:53:09	15117 Mary Miller 2:18:11	27851 Trudy Pierce 3:33:20
May , 2009	6513 Mike Deardorff 1:55:24	15188 Rhenda Acton 2:18:24	28682 Carol Savage 3:41:33
	6717 Rich Bradshaw 1:55:51	16374 Vicki Boles 2:22:23	28685 Bruce Savage 3:41:34
1 Festus Langat 1:03:55	7034 Michael Graham	17493 Ernie Hurst 2:26:34	29445 Pat Robertson 3:51:24
1w Janet Cherobon 1:12:22	1:56:39	18724 Adriene Riggle 2:31:29	
29 Scott Colford 1:12:21	7179 Shelly Wyman 1:57:01	19340 Doug Mankell 2:34:24	

Runners	Stella Rood 1-20H Jennifer Sinka 1-10	Ben Bradshaw 2-40H Joshua Revils 2-24	110MHC Ken Swinehart 6-96H	Dale Sullivan 1-20
Women		Jesse Bauson 1-20H Keith Bauson 1-20H Peter Bauson 1-20H	Ernie Hurst 5-68H Al Hochgesang 4-65 Kim Lee 3-37H	70+ Bill Heck 2-40V Robert Cupp 1-15
0-12	40-44 Patti Reinhardt 7-	Jacob Bradshaw 1-20H	Bill Bauson 2-28H	
Breeze Gunter 3-60	115MHC	Jordan Lee 1-20	Matt Bolinger 1-20H	Walkers
Aubry Jackson 1-15	Gina Sheets 4-80M Joni McCracken 3-55H Laura Cook 4-50H	Nich Lipari 1-20 Andrew Swinehart 1-20H	Rich Bradshaw 1-20H Scott Deyoe 1-20H Eric Mathew 1-20H	Women
13-19	Shelly Wyman 3-47H		Dana Neer 1-20	49-
Katie Hollingsworth 2-40	Kim Anderson 2-32H	20-24	Phil Rozzi 1-15	Mary Miller 7-130HC
Maya Brooks 2-35	Michelle Larson 1-20H	Sam Williamson, Jr. 2-40	Mike Schoenradtt 1-10	Raye Jean Swinehart 6-100H
Brittany Deyoe 1-20H	Tami Moore 1-20H	Zach Miller 1-20H		Emily Allen 3-42HC
Christina Deyoe 1-20H	Laura Rosenstengel 1-9		50-54	Cindy Sullivan 2-24
Diana Deyoe 1-20H	45-49		Jeff Cardwell 5-100H	Carol Savage 1-20H
20-24	Roxane Burrous 2-40M	25-29	Ray Tetrault 6-89H	
Sarah Lee 2-40H	Cheryl Marner 2-40H	Mark Eads 1-20	Earl Strong 4-75MH	50+
Vanessa Lorenz 2-32	Stephanie Bolinger 1-20H	Jason Rush 1-20H	Greg Townsend 5-66	Jane Inman 6-105H
Amber Longwith 2-30	Chari Deyoe 1-20H	Cory Jackson 1-15	Keith McAndrews 3-50H	Jayne Hiatt 7-94HC
Sarah Bauson 1-20H	Carla Yerkes 1-20H	30-34	Jerry Meiring 4-50H	Amanda Pena 5-90CV
Megan Tetrault 1-20H		Matt York 7-130HC	Mike Deardorff 4-48H	Debbie Riffe 5-55CV
25-29	50-54	Ryan Pownall 2-32H	Michael Campbell 2-40H	Barbara Hobbs 4-51H
Michelle Clendenning 3-60H	Anna Dollens 7-115HC	Aaron McQuiston 2-30	Scott Hamilton 2-27	Jeannie Clark 3-37
Rebekah Monroe 3-60M	Robin Tetrault 6-102H	Ryan Bagwell 1-20H		Diana Brown 4-31C
Kathleen Bagwell 2-40MH	Vicki Boles 5-92H		55-59	Trudy Pierce 2-25H
Justine Eads 1-20	Cassie Bauson 3-47H	35-39	Joe Rangel 7-130HC	Angela Lorenz 3-23
Michelle Tetrault 1-20H	Lorene Sandifur 2-30HC	Scott Colford 5-100H	Mark Shorter 6-95HC	Pat Robertson 3-22C
Jaime Jackson 1-15	Theresa Barlow 1-9	Chris James 5-90H	Dave White 6-79HC	Cynthia Sanders 2-15C
30-34	55-59	Scott Riggle 5-72HC	Charlie Skoog 4-56	Kathy Weidler 1-10C
Allison Irvin 5-100H	Robin Cole 5-80C	T.A. Weber 5-70H	Steve Wand 3-50HC	Kathy Allen 1-5
Adriene Riggle 6-81HC	Joyce Pennycoff 4-70CV	William Irvin 4-67H	Tom Miklik 3-49H	49-
Darcie York 4-62H	Rhenda Acton 3-60HV	Dave Harrison 2-30H	Fred Chew 3-48H	Vincente Lorenz 3-60
Julie Pownall 3-45H	Judy Smith 3-50HCV	David Reinagle 2-29H	Bruce Cook 2-40H	Chris Sullivan 2-30
Michelle Boyd 3-40H	Chris Williamson 2-35V	Keith Hill 1-20H	Rocky Smith 2-40HV	Tim Revils 2-24
Kelly Wright 2-40H	Barb Wand 1-10C	Michael Rood 1-20H	Rick Maughmer 2-35H	Bruce Savage 1-20H
Karen Bush 2-30HC	60-64	Derick Brooks 2-18	Don Gifford 1-20H	
Mary Cameron 2-29H	Sylvia Burgin 6-105HC	Chris Frazier 1-15	Jack Mellinger 2-18	50+
Jeanette Merritt 1-20H	Anne Wiles 4-70HC	40-44		Rick Spencer 6-120H
Monica Brooks 1-15	Doris Griffith 1-20V	Ron Moore 5-90HC	60-64	Jerry Lambert 7-100HCV
35-39	Shirley Wilson 1-20	Michael Graham 6-89HC	Ricke Stucker 6-100C	Steve Inman 6-97H
Heather Weber 5-100H	65-69	Gary Willis 5-77HC	John Wiles 6-92HC	Tim Taflinger 6-89HC
Barb Millspaugh 6-92HC	Susan Gerhart 2-40H	Dan Lutes 4-75MH	David Hughes 3-50C	Robin Michael 5-64H
Nicole Peel 5-90MH	Men	Paul Wyman 3-45H	Bill Barnett 2-40MH	Melvin Hobbs III 4-43H
Nikki Frazier 1-20		Brian Allen 3-40HC	Phil Leininger 2-32H	Jim Burrous 2-40HV
Lisa Jones 1-20H	13-19	Kevin Forgrave 1-20	Walter Brown 1-20H	Robin Hehr 3-29
	Waylon Coulter 3-45	Don Rogers 1-20H	65-69	Toney Lorenz 3-23
		45-49	Stan Shuey 4-65C	Jackie Sanders 3-22C
		Brian Reinhardt 6-	Doug Mankell 3-55H	David Mygrant 1-20H
			John Norris 2-40H	John McGinty 1-5

# 2009 Race Calendar

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

June 6

Trojan Trot 5k Run/Walk

Time: 8 AM

Location: Sharpsville, IN

Lisa Jones 765-480-2621

June 13

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Greentown, IN

June 19-20

Relay for Life

Location: Kokomo High School

June 27

Haynes-Apperson 4 Mile Run/3 Mile  
Walk

Time: 8 AM

Location: Memorial Gym, Kokomo

July 11

Race for Grace 5K Run

Time: 8 AM

Location: Logansport, IN

July 18

Panther Prowl 4 Mile Run/5k Walk

Time: 8 AM

Location: Western H.S., Russiaville

August 1

Norris Insurance 5K Run/ Walk

Time: 8 AM

Location: Converse, IN

August 8

CKRR Age-Graded 4M Run/5K Walk

Time: 8 AM

Location: Highland Park

August 22

Run for Shelter 5k Run/Walk

Time: 8 AM

Location: Oakbrook Valley

2<sup>nd</sup> Annual Ladies Night Out 5K

*Non-Points Event*

Time: 6:00 p.m.

Location: Downtown Kokomo

Contact: Rebekah Monroe

Phone: (765) 461-8387

Email: [rebekah.a.monroe@gmail.com](mailto:rebekah.a.monroe@gmail.com)

September 26

BeeBumble 5k-10k Run/5k Walk

Time: 8 AM

Location: Burnettsville, IN

October 3

Cole Porter 5k-15K Run/5k Walk

Time: 8:30 AM

Location: Peru, IN

October 18

Club Kokomo 8k Run/3 Mile Walk

Time: 2 PM

Location: Nickel Plate Trail, Peru

November 8

Run the Mounds 5m Run/Walk

Time: 2 PM

Location: Anderson, IN

November 14

Charity Run/Walk 5k

Time: 9 AM

Location: UAW Local 292

November 26

CKRR Thanksgiving Day Fun Run

Time: 8 AM

Location: Highland Park

(Non Points)

December 6

CKRR We Care 5k Run/Walk

Time: 2 PM

Location: Grace Fellowship Church

(20 pts each finisher)

December 31

New Years Eve 5k Run/Walk

Time: 2 PM

Location: UAW Local 292

## 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](http://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. If you have questions you may email me at [csanders@cityofkokomo.org](mailto:csanders@cityofkokomo.org).

Thanks to all, Jackie & Cindy Sanders.



## Club Kokomo Roadrunner

2936 S. Congess  
Kokomo, IN 46902

### Inside this issue:

From the President	<b>2</b>
On the Roads	<b>3</b>
On the Trails	<b>4</b>
My First Mini	<b>5</b>
Wings to Fly	<b>6</b>
Meeting Minutes	<b>7</b>
Race Results	<b>8</b>
Other Results	<b>9</b>
Points Standings	<b>10</b>
Race Calendar	<b>11</b>