



# The Roadrunner

*Club Kokomo Roadrunners*

October 2009

Email:  
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## Several Opportunities for Food and Fun

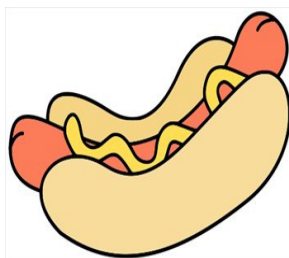
### Picnic at Ray & Robin Tetraults

October 7<sup>th</sup> after our CKRR Wednesday evening Highland Park running there will be a picnic at Ray and Robin Tetraults' house. The food should be ready to eat by 6:30 p.m. (or so).

Ray was in New York recently (along with CKRR members Scott Colford, Amy Black, and Missy Polk) and purchased Hoffman franks and coney's. This is what we call real hot dogs in New York.

You can help by bringing yourself, either a dish to

pass or something to drink. We are looking forward to having our favorite club to our house.



For those of you who have complained that you have not been able to try the New

York dogs and coney's, this is your opportunity!

The Tetrault's live in the large brick home behind the maintenance garage in Highland Park. Their official address is 1404 W. Deffenbaugh. If you need further directions call Ray or Robin at 854-1393

The parking lot IS able to be used at the Parks Department, but DO NOT block any garage doors.

### Inside this issue:

From the President	2
On the Trails	3
Return to Sender	4
USAF Marathon	5
Race Results	6
Birthdays	8
Point Standings	10

### Nickel Plate 8!

Mark your calendars for Sunday October 18th to come and join us on the Nickel Plate Trail for the 3rd Annual Nickel Plate 8! This year's race will be a club event and will be scored as a points race for the second time. For a cost of \$4 for club members and \$5 for non club members you can't beat it for an afternoon on a beautiful trail.

On top of that we'll be throwing some burgers and dogs on the grill and asking each of you to bring your favorite dish and beverage choice for a good old fashioned face-stuffin'! It's been lots of fun the past two years as we all sat around swapping stories and wiled the afternoon away.

We'll also need plenty of volunteers so if you haven't gotten your volunteer points yet this year this will be a good time to do so. Let me know if you want to volunteer by emailing me at [brian.reinhardt@grissom.af.mil](mailto:brian.reinhardt@grissom.af.mil) or calling me at 765-473-4749.

If you've never been on the trail be sure to take the opportunity to do so. I suspect that you'll make return trips on a regular basis.

For the walkers the event will be a 3-mile walk, the only one on the race calendar besides the Haynes Apperson. Be prepared to go after those club records as well because this is a fast course!

For those that run the

Cole Porter 15k you'll get to see a portion of the course, but this race will take you further up the trail.

The race will start at the trail head on Riverside just south of Peru, but feel free to park at our house (2522 S. Wallick Road) - just 3/4 of a mile south of the trailhead and a nice warm-up away from the start. We've got a big yard and plenty of places to park and the parking at the trailhead is limited, especially on a Sunday afternoon when trail usage is high.

So bring your shoes, some grub, and a big appetite to the third annual Nickel Plate 8!

By Brian Reinhardt

### Next Races:

October 2  
2<sup>nd</sup> Annual Ladies  
Night Out 5K  
Non-Points Event

October 3  
Cole Porter 5k-15K  
Run/5k Walk

October 18  
Club Kokomo 8k  
Run/3 Mile Walk  
Time: 2 PM  
Location: Nickel Plate  
Trail, Peru

November 1  
Run the Mounds 5m  
Run/Walk  
Time: 2 PM  
Location: Anderson

# From the President

By Gina Sheets



Running makes strange bedfellows or actually my husband would say smelly bedfellows. As you will read later a group of CKRR folks went over to the Wright Patterson Air Force base and ran the half marathon or full and had a beautiful day and a blast. I was a part of the crazy group. Speaking of crazy many of you know by the time you get this newsletter I will have completed or will be in the process of completing my first 24 hour run. A key to running ultra's is not about training and running really far but more importantly running/walking when you are tired – getting time on your feet. So I came home from the marathon at Wright Pat and had a nice evening with Trav, took another shower (the Y in Englewood Ohio was wonderful) and went to bed until 1:00am. I set my alarm for 1:00am so I would wake up and go out for another 10 mile run – this served

not to justify I was crazy but, get time on my feet, run when I am tired and run in the middle of the night. Away I ran on our farm trail, around and around I ran. Completed my 10 – two hours later and headed for the house. I immediately noticed how cool it was outside, I was not really sweating that much and I also noticed how hungry I was (the Cracker Barrel did not stay with me). So I had some grapes and chocolate milk and put on my jimmies – yep no shower, I was serious in my thinking that I did not sweat as my running clothes were “pretty dry”. I hopped into bed at 3:15am and dozed until 7:00am. On the way to church that morning I asked Trav “did I wake you when I got up to run.” “Nope” he said with a hint of unhappiness, “I was sound asleep until you got back into bed and you smelled so bad you woke me up, you smelled like a locker room”. So when you get up in the middle of the night remember out of kindness to your spouse to shower before climbing back into bed – who would think?

This is my favorite time of year. I really appreciate the fall season. I spent some time on the job touring a couple of wineries in Southern Indiana and it was nice to learn from Jeanette Merritt about the particulars of the wine industry. Jeanette is a CKRR member and the Director of the Indiana Wine Grape Council, she knows wine and probably whine as she is a marathoner. This season of harvest reminds us there is so

much to thankful for as we literally see our food and the food that feeds what we eat, being taken from the soil and eventually into our homes. Please be careful out there walking and running and for that matter driving, down the smaller country roads. The big farm machines take up more room than you think and are very slow moving. Be considerate to the driver.

The harvest season also brings about a busy running/walking fall calendar. If you are doing an event outside of the CKRR calendar send Scott a blurp so he can get it in the newsletter, we want to hear about your adventures. The CKRR calendar is filled with CKRR points races, remember you need to get in 10 races to be considered for a points award.

Your Club Kokomo meeting is always the second Monday of the month, 5:30 to socialize and 6:30 for the meeting at the Half Moon Brew Pub, in the family room. We need you there. We have a need for some new volunteers to oversee some events next year, like the scholarship committee, the Thanksgiving Run, The Race for a Cure and of course the Haynes needs many people. This is your Club and I am always grateful for those of you who email me your ideas and suggestions, please get involved.

Be careful out there and take a shower -

## Other October Races

**10/10/2009 Vasque DINO Trail Run-Southwestway Park 5K and 15K** Indianapolis IN Brian Holzhausen 317-336-7553 317-336-7552 [www.DINOseries.com](http://www.DINOseries.com) [Brian09@DINOseries.com](mailto:Brian09@DINOseries.com)

**10/24/2009 Monster Mash Dash 5 Mile Run and 5K Walk** Eagle Creek Park Indiana Don Carr

317-733-3300 317-873-5803 <http://www.tuxbro.com> [tuxbro@indy.rr.com](mailto:tuxbro@indy.rr.com) The Monster Mash Dash is a scary 5 Mile run, 5K walk open to people of all ages and abilities. In addition there is also a Trick or Treat fun run for children ages 2 to 10 that's free! Proceeds from this event will bene-

fit Indiana Association for Child Care Resources & Referral.

**10/31/2009 Tri-County YMCA Monster Mash 5k run and walk.** 9:00 am  
**Tri-County YMCA** 802 E. 10th St., Ferdinand, IN . [patrick.miller](mailto:patrick.miller@ymca.org)  
812-367-1970

# On the Trails

By Charlie Skoog



Fall in Indiana is the perfect time to visit a local trail or perhaps take a trip to a more distant trailhead. This Friday evening, October 2, something very special is going to happen on our local downtown trail, The Wildcat Walk of Excellence. We are expecting well over 300 female walkers and runners for the Second Annual Girls Night Out 5K Race and Zumba Party. Last years race had 200 participants and the energy and excitement was incredible. This year will be even more so! The race was born in the creative imagination of our club VP, Rebekah Monroe, who surrounded herself with a talented and energetic race committee, resulting in what is truly a signature event. Our club and community should collectively thank Rebekah, Robin Tetrault, Kathy Bagwell, Shelly Wyman, Darcie York, Joni McCracken, Vicki Boles along with sponsors, National City Bank (Ashley Winger & Erica Belt) and the Kokomo Tribune (Brian Cheek). Thanks also to Stan Shuey who designed the course, Mark Shorter who is handling registration and results, and John Wiles for logistical support. If you miss this event, either volunteering or participating, you will be missing something really special!

The very next day, Saturday, October 3, we hope you plan to visit and support the Nickel Plate Trail by participating in the Cole Porter Classic 5K and 15K races, which begin and end at the Circus Building in Downtown Peru. All proceeds from this event will benefit the maintenance and continuing construction of this destination trail. For more information please visit our recently updated website at [www.nickelplatetrail.org](http://www.nickelplatetrail.org).

While many of us are running on the north end of the paved trail, that same morning a local Boy Scout, Ty McClish, will be installing mile posts, at half mile intervals, beginning in Cassville and working his way north. Hopefully Ty's project, funded in part by CK, will be completed by October 18, when we return to the Nickel Plate for a Sunday afternoon, 2:00 PM, 8K Run/5K Walk and picnic hosted by Brian and Patti Reinhardt. The Reinhardt's live trailside at 2422 S. Wallick Road. Parking will be available at their home or at the Wallick Road Trailhead. For more information call (765) 473-4749 or email [brian.reinhardt@comcast.net](mailto:brian.reinhardt@comcast.net).

On September 19 I was privileged to do something I had not done in several years and recently thought I would never do again. I was able to join several of my Club Kokomo friends in running (and walking!) the Air Force Marathon held on the grounds of Wright Patterson AFB in Dayton, Ohio. This event reminded and taught me several things. I was reminded how much fun it is to travel and share the marathon experience with friends and family. I learned that doing a marathon at 10 minute pace can be just as difficult, challenging, but also satisfying and rewarding, as doing a marathon at 7 minute pace. I was reminded that having the God given freedom, health, and strength to cross the finish line and receive a medal placed round my neck by a member of our Armed Services was truly an honor and privilege. I hope I never forget that!

Getting back to trails the AF Marathon course provided a perfect example of why trails and greenways are so beneficial. The race started at sunrise with temps in the low 60's. There was lots of shade early on provided by buildings and some tree lined streets. As temps eventually rose to the mid 70's I was looking for shade where ever I could find it. At about mile 18 we ran almost 2 miles on a long exposed run-way. Things really started to heat up then! We then exited onto a road that provided some shade but a little later entered a path that was shaded on both sides and was probably an old rail spur that was now a wonderful shaded green-way. It wasn't as cool as running along

the Avenue of the Giants in the Humboldt Redwoods marathon but it did allow my body a chance to cool before slugging out the last 3-4 miles which included some significant hills. This is a race I would definitely recommend and includes a 1/2 marathon and 5K.

Many of you know the Mounds 5 Mile Run/5K Walk is one of my favorite club races. That's because it is a trail race with some challenging hills in and out of the White River Valley. **Please note that the date listed in earlier newsletters was wrong.** This years race is on Sunday afternoon, November 1, at 2:00 PM.

If you like trails as I do, a good tune-up for the Mounds Race will be the Knobstone Trail Races on October 24. That is, unless you plan to join me in doing the 1/2 marathon race which in the Yellowwood State Forest is the equivalent of 15 miles at Mounds! Knobstone also offers 10 mile, 10 and 5K distances. Proceeds benefit the Hoosier Hikers Council which is actively helping build and mark the rugged Tecumseh Trail eventually stretching 150 miles. The Knobstone Trail Mini Marathon is also the first 1/2 of, thus a training run for the Tecumseh Trail Marathon which will be held on Saturday, December 5. Tecumseh is limited to 700 runners and is now over 1/2 full. It will sell out, so if you would like to experience the thrill of climbing 3,500 vertical feet over 26 miles as opposed to climbing 30 feet over 13 miles in the Indy Mini, please visit <http://www.dinoseries.com/marathon.html> and get signed up!

Closing reminders: This years Charity Run will once again be held at UAW Local 292 but on a new date and time which is Saturday, November 14, 9:00 am. This year proceeds will benefit the Magic and Care Closets and Gilead House. There is no race fee to do the Charity Run, just a free will donation but I encourage you to get pledge support from family, friends and coworkers. The free, Fun Mile Run & Walk continues every Wednesday evening, 5:30 PM, in Highland Park. Congratulations to Britani Gillem who recently set a new women's course record of 6:16 breaking the 6:19 she ran in September of 2008.



# Return to Sender (Trample the Weak, Hurdle the Dead)

By Brian Reinhardt



**Patti, Quinn, and Brian in the home where Elvis was born.**

The Tupelo Marathon counts as state number 22 in our quest for 50. It's hard to believe that we've made it that far, but Patti and I just keep plugging along and we're nearing that "can't turn back now" half way point. Of course, another 3 marathons will take months to plan and complete, but I'm always a step ahead of myself. I guess we don't want to be faced with the question, "So why did you stop there?" so we just keep on going. Neither of us are Dan Lutes or Earl Strong (uh.....that could be a good thing) but we'll get there some day, hopefully before Dan completes round #2!

I couldn't help but play on the Elvis theme and since this was an out and back course we ended up right back where we started so "Return to Sender" definitely applied. This was no marathon for sissies and when we mentioned to Earl that we had signed up for it a few weeks ago he just started laughing. What do you say when someone just starts laughing? We just laughed too, in ignorance I suppose, but up until that point we knew very little about the marathon. His laughing prompted us to do a bit more research and other than the course being hilly and the expected high temperature of 90\* we were expecting nothing too difficult – as if that weren't enough.

The motto of the marathon was "Trample the Weak, Hurdle the Dead" which seemed appropriate since you saw everyone coming back that was ahead of you and everyone heading out that was behind you. There was only one way to get around them if they collapsed!

The marathon starts at 5:00 AM so there is no real concern about the sun beating down on you for the first couple of hours. Of course, it was 69\* and 95% humidity at the start (we were in Mississippi) but without the sun that seemed reasonably comfortable. Patti and I had already planned to run it together with a run/walk strategy with no real goal other than to get in under the 6 hour cut-off. We decided on a run 4/10 of a mile and walk 1/10, repeat as necessary, which as it turned out was about 52 times! The strategy worked out very well and was a great way to get a state completed without the extended recovery that most marathons take.

It was a lot of fun starting out in the dark and we sure saw a large variety of headlamps and reflective gear as well as some that had none at all. Patti and I had purchased some very light headlamps that just had a watch battery for less than \$5 each. Had they actually shined onto the road it'd have been great, but instead the angle of our hats caused them to shine up into the air. No big deal since we could just follow the bobbing reflectors and lights in front of us. Besides, if you can't see the hill in front of you is it really there?

We made it through the dark part unscathed and as the sun snuck over the horizon we were well under 20 miles left to go. Patti had started a game of how many we pass and how

many pass us at about the 4-mile mark and shared the results with me when we were somewhere around 8 or 9 miles I suppose and at that point we were up by 4 runners. Eat our red Mississippi dust. She knows that I'm a numbers guy so this gave my feeble mind something to do between "Okay baby's" – my official notice that it's time to start running or walking again. I must have kept pretty accurate count since every time I checked with Patti we came up with the same numbers.

We'd reached somewhere mile 10 when the lead runner passed us going the other direction. Very shortly thereafter, the 2<sup>nd</sup> runner passed us and it was also the lead woman. They'd managed 16 miles and looked strong and it began the fun of having folks passing for the next 6 miles or so. We waved, cheered, and encouraged them as they passed whether ahead of us or behind and those 6 miles went by very quickly. We did notice that many of them wouldn't be joining us on the return trip as they had pink bibs, the color of the sissies who were running the 14.2 miler also scheduled for that day. They'd have very little opportunity to trample or hurdle anybody! More on that later.

Well, I think it goes without saying that the inbound is always harder than the outbound and this day was no exception. The sun was out in full force, the temperature had gone up at least 10\* and the hills had all grown considerably. But we had a plan and we were sticking to it and continued to plug along. We watched the mile markers tick away and with the exception of two very big hills at miles 19 and 22 we ran when we were supposed to and walked when we were supposed to. Apparently others noticed the more difficult conditions even more than we did because we continued to pass people. There

*(Continued on page 8)*

# Air Force Marathon

By Robin Tetrault



**Gina, Erin, Kim , Robin & Nicole proudly showing off their medals**

Air Force Marathon, September 19, 2009 was amazing! It was well organized and Club Kokomo Roadrunners were well represented at this Dayton, Ohio marathon on Wright-Patterson, Air Force Base. We saw Charlie Skoog, Dave White, and Dan Lutes. I (the laughing one) traveled with Gina Sheets (our tireless driver), Kim Coy (our comfy, Suburban owner), Nicole Peel (our coach that tries to coach us), and Erin Shultz (our creative columnist). We left sunny Kokomo Friday morning after a carb loading breakfast at IHOP. We knew we needed carbs because some of us didn't train very well for this one... sorry, Nicole. We needed all the help we could get. We arrived early in the afternoon to the wonderful Expo full of goodies for us ladies to buy! We then ate more food and drink and a short nap for some. We went to Gina's sister, Lorri and Kevin's home for a wonderful

spaghetti supper. Now THAT was a GREAT pasta pre race dinner! Gina and Nicole spent the night there. It was about a 45 minute drive to their home and I didn't pay any attention as to how we got there. I was just a passenger enjoying the break. After dinner and a little dessert we decided we would need our beauty rest. It was then that I realized Kim, myself, and Erin would have to find our way back without our driver and navigator. (OH NO...all THREE of us admit to being directionally challenged.)

Kevin gave us wonderful written directions, we had GPS in Kim's car, AND On star. "What could possibly go wrong?" We used ALL THREE! I will save you the details or the blame, but on the run in the marathon the water stops had themes. Our 45 minute trip back to the hotel at night on roads we didn't know reminded us more of one of those water stops... Gilligan's Island and the "three hour tour". We arrived at our hotel at 11:00 PM and got in bed as soon as we could for the 4:45 AM wakeup call.

We all jumped out of bed and got ready for our races. Gina and Nicole were brought to our hotel by Kevin. WE didn't want to get lost on our 7 mile ride to the start of the marathon. There are some wonderful features of this race as there were 2 skydivers with an American flag and POW flag, a flyover by 2 jets, and a huge boom of a cannon start. (yes, kids, I did scream.... in Kim's ear...sorry Kim)

There was a LOT of support at the water stops and aid stations. It even felt like we were in a parade when the course took us down a "Main Street" atmosphere lined with people cheering and LOTS of red, white, and blue balloons and streamers.

Gina and Nicole ran together, Kim and I ran together, and Erin ran the half all by herself. The weather was a chilly, breezy 51 degrees but sunny. Once we all warmed up the weather did too. It was a lovely sunny day so we took in plenty of fluid at the festive, multitudes of water/Gatorade stations. We all had very enjoyable races without any incidents. Nicole did actually stop during the race, which I found hard to believe, but it was because of the dogs she saw that she loved. She had to stop and kiss them. Maybe if you train with Nicole you should have dogs planted along the course for rest breaks!

There was one other problem we encountered after running 26.2 miles in the heat of a summer day. Our hotel did not have late check out. We were able to find a WONDERFUL YMCA that accommodated all 5 of us to wonderful showers. Thank goodness or that would've been a LONG ride home. After showers we found a Cracker Barrel Restaurant to fill our tummies. It was wonderful. We all arrived home safely and thanking God for friends, runs, troubles, and solutions! YOU MUST take a group trip. There is nothing like getting connected! See you on the roads!

**Next Club Meeting  
is on  
October 12  
At Half Moon Brew Pub  
Social Hour 5:30  
Meeting Starts at 6:30**

**On the agenda is 2010 Race Calendar.  
See you there!**



**USAF or bust!**

## Race results

### Club Kokomo Weekly Fun Mile September 2, 2009 Highland Park

1. Chris Frazier 5:35
2. Tim Taflinger 5:43
3. Mike Williams 6:09
4. Scott Stucker 6:23
5. Brittani Gillem 6:40
6. Paul Sanders 6:51
7. Justin Taflinger 6:53
8. Charlie Skoog 6:54
9. Jeff Johnson 6:55
10. Tahnee Azure 7:07
11. Kailee Taflinger 8:22
12. Pat Tweed 8:22
13. Quirsten Tweed 8:22
14. Amber Longwith 8:58
15. Sam Tweed 9:26
16. Bob Longwith 9:30
17. Andrea Eckelbarger 10:59
18. Aidan Frazier 15:09
19. Sophie Frazier 15:13
20. Cathy Longwith 15:35
21. Diana Brown 16:15
22. Jackie Sanders 16:29
23. Cindy Sanders 16:39

### Club Kokomo Weekly Fun Mile September 9, 2009 Highland Park

1. Joe Rangel 6:04
2. Scott Stucker 6:20
3. Brittani Gillem 6:39
4. Justin Taflinger 7:06
5. Tahnee Azure 7:09
6. Charlie Skoog 7:15
7. Pat Tweed 7:41
8. Storm Johnson 7:48
9. Jeff Johnson 7:48
10. Amber Longwith 8:53
11. Kailee Taflinger 8:59
12. Bob Longwith 9:38
13. Vince Lorenz 10:29
17. Andrea Eckelbarger 10:37
18. Cathy Longwith 14:55
19. Diana Brown 17:00

### Club Kokomo Weekly Fun Mile September 16, 2009 Highland Park

1. Joe Rangel 5:55
2. Brittani Gillem 6:23
3. Paul Sanders 6:43
4. Dan Lutes 6:57
5. Tahnee Azure 7:10
6. Jeff Johnson 7:33

7. Pat Tweed 7:39
8. Quirsten Tweed 8:04
9. Amber Longwith 8:47
10. Riley Case 8:58
11. Barry Switzen 9:18
12. Charlie Skoog 9:18
13. Bob Longwith 10:02
14. Vince Lorenz 10:12
15. Jackie Sanders 16:36

### Club Kokomo Weekly Fun Mile September 23, 2009 Highland Park

1. Joe Rangel 5:51
2. Brittani Gillem 6:16 **New Womens Course record**
3. Justin Taflinger 6:27
4. Paul Sanders 6:48
5. Jensen Freeman 7:05
6. Charlie Skoog 7:16
7. Dan Lutes 7:24
8. Pat Tweed 7:34
9. Amber Longwith 8:39
10. Sam Tweed 9:18
11. Bob Longwith 9:32
12. Vince Lorenz 10:26
13. Adriane Freeman 10:53
14. Katee Pena 11:20
15. Amanda Pena 11:28
16. Jackie Sanders 16:24
17. Steve Wand 16:26

### Bee Bumble Sept 26, 2009

- #### 10K Run
- 1 Scott Colford 34:18
  - 2 Matt York 38:09
  - 3 Jay Priest 39:20
  - 4 Joe Kidd Rangel 39:44
  - 5 Mark Wyant 39:54
  - 6 Tom Thompson 40:03
  - 7 Arthur Reifel 40:29
  - 8 Scott Groves 40:38
  - 9 Kevin Mills 40:58
  - 10 David Banks 40:59
  - 11 Vernie Criswell 41:01
  - 12 Josh Gregory 41:50
  - 13 Ron Moore 41:58
  - 14 Nathaniel Saylor 42:16
  - 15 Andy Crow 42:50
  - 16 Chuck Shackelford 43:04
  - 17 Chris Frazier 43:12
  - 18 Paul Cardwell 43:35
  - 19 William Lague 43:42
  - 20 Madeline Lilly 43:48
  - 1st woman (11 yrs old)**
  - 21 Sean Justice 44:29
  - 22 Curtis Wilson 44:42
  - 23 Joseph Hubbs 44:45
  - 24 Shawn Shaver 44:50
  - 25 Jeff Cardwell 45:14
  - 26 Jon Lilly 45:31
  - 27 Creighton Prather 45:40

- 28 Byron Bundrent 45:44
- 29 Gary Willis 45:52
- 30 Greg Lester 46:08
- 31 Greg Steele 46:16
- 32 Stephen Sauer 46:27
- 33 Jim McCarthy 46:38
- 34 Mark Hall 46:46
- 35 Nicole Peel 46:53
- 36 Amber Marquardt 47:04
- 37 Juan Martinez 47:17
- 38 Amanda Hedrick 47:38
- 39 Jerry Prather 48:41
- 40 Kenneth Swinehart 48:45
- 41 Ralph Zarse 48:52
- 42 Kyle Price 49:04
- 43 Tim Bastian 49:12
- 44 Lori Nolte 49:57
- 45 Phoebe Plunkett 50:18
- 46 Keith McAndrews 50:35
- 47 Sharon Lewis 50:39
- 48 Gregory W. Cook 51:15
- 49 Rachel Louks 51:50
- 50 Dale Cross 51:56
- 51 Michelle Clendenning 52:02
- 52 Max Rubesch 52:46
- 53 Nikki Frazier 52:53
- 54 Kelly Mills 52:57
- 55 Denis Hoffman 53:20
- 56 Mick Eberle 53:28
- 57 David Hughes 53:29
- 58 Jim Steinbriger 53:44
- 59 Elliot Hartje 53:54
- 60 Kim Anderson 55:02
- 61 Judith Adams 56:05
- 62 Darrell York 56:08
- 63 Melody Burns 56:28
- 64 Jim Markstone 56:29
- 65 Jerry Meiring 56:42
- 66 Shantel Cuppy 56:46
- 67 Elizabeth Lopper 56:54
- 68 Shelly Wyman 57:21
- 69 Paul Wyman 57:22
- 70 Lindsey Kovac 57:32
- 71 Lauren Kovac 57:33
- 72 Nancy Barbee 58:46
- 73 Pam Steinberger 59:38
- 74 Cara McKellar 59:43
- 75 Jeff Ladow 1:00:04
- 76 Abby Michael 1:00:52
- 77 Cassie Bauson 1:01:28
- 78 Bill Bauson 1:01:28
- 79 Ashley Saylor 1:01:40
- 80 Timothy Templin 1:01:54
- 81 James Truman 1:01:57
- 82 Karin Ulerick 1:02:22
- 83 Kelly Clark 1:02:49
- 84 Rene Goutierrez 1:03:05
- 85 Rhenda Acton 1:06:40
- 86 Rick Wasson 1:10:10
- 87 Carla Knapp 1:10:38

#### 5K Run

- 1 Landry Williams 16:34
- 2 Kory Kennedy 16:55
- 3 Monty Ream 18:21

- 4 Denny Priest 18:43
- 5 Travis Palmer 19:04
- 6 Scott Williams 19:06
- 7 Lynn Marsh 19:12
- 1st woman**
- 8 Miles Stucky 19:32
- 9 Jacob Graf 19:49
- 10 Ron Wilkinson 20:10
- 11 Brian Fultz 20:18
- 12 Tony Graf 20:51
- 13 Micheal Graham 20:56
- 14 Gary Williams 20:58
- 15 Patrick Rentschler 21:02
- 16 David McCarty 21:03
- 17 Al Hochgesang 21:11
- 18 Andrew Sullivan 21:13
- 19 Ray Fiscus 21:14
- 20 Maggie Roegner 21:21
- 21 Tommy Thompson 21:37
- 22 Stephen Sims 21:38
- 23 Sara Compton 21:40
- 24 Hope Scanlon-Lewellen 21:40
- 25 Corey Smaltz 21:45
- 26 Jill Henady 21:46
- 27 Ken Pangle 21:59
- 28 Jeff Scott 22:09
- 29 Deven Lee 22:10
- 30 Carl Davis 22:35
- 31 Justin Taflinger 22:36
- 32 Dan Sturgell 23:04
- 33 Mark Shorter 23:13
- 34 Meghn Collins 23:16
- 35 Linda Murkve 23:17
- 36 Sam Manion 23:18
- 37 Ben Dragoo 23:19
- 38 Patty Rose 23:22
- 39 Steven Knecht 23:27
- 40 Barry Goodrich 23:38
- 41 Emily Truett 23:42
- 42 Kim Lee 23:45
- 43 Nolan Pugh 23:46
- 44 James Bolen 23:49
- 45 Julie Rausch 23:51
- 46 Michael Trueblood 23:52
- 47 Charlie Skoog 23:54
- 48 Bill Bauman 24:01
- 49 Annie Mounce 24:06
- 50 Carl Scott 24:08
- 51 Will Novack 24:09
- 52 Mike Daugherty 24:10
- 53 Denise Parcel 24:11
- 54 Scot Hamilton 24:12
- 55 Richard Campbell Iii 24:13
- 56 Bob Mulvey 24:21
- 57 Angie Tursman 24:26
- 58 Herb Bruss 24:30
- 59 Kim Heiny 24:36
- 60 Devon Lilly 24:37
- 61 Madeline Fogelsong 24:37
- 62 Patrick Shafer 24:48
- 63 Kevin Callaghan 24:57
- 64 Kelly Young 25:01
- 65 Becky Hill 25:06



66 Russ Hovermale 25:10  
 67 Karen Frank 25:11  
 68 Braxton Baker 25:13  
 69 Braxton Curtis 25:14  
 70 Cody Keebler 25:15  
 71 Kara Harmeson 25:23  
 72 Ryan Lewellen 25:31  
 73 Ken Liechty 25:33  
 74 Ray Tetrault 25:35  
 75 Stephanie Long 25:39  
 76 Tammy Lewellen 25:43  
 77 Matt Smith 25:45  
 78 Mary Pomasl 25:45  
 79 Jon Guenin 25:48  
 80 Lisa Rhine 25:56  
 81 Robert Edwards 26:01  
 82 Paula Kucholick 26:02  
 83 Kacey Hopper 26:04  
 84 Joe Stetz 26:14  
 85 Kelly Gaumer 26:15  
 86 Angela Scanlon-Lewellen 26:20  
 87 Dennis Figueroa 26:26  
 88 Anna Dollens 26:27  
 89 Blake Montgomery 26:29  
 90 Kevin Mast 26:39  
 91 Siany Molina 26:43  
 92 Dave White 26:48  
 93 Steve Wand 26:49  
 94 Sarah Dragoo 26:51  
 95 Jack Mellinger 26:53  
 96 Robin Tetrault 26:54  
 97 Kim Dillon 26:56  
 98 Seth Kauffman 27:09  
 99 Megan Tetrault 27:17  
 100 Allyson Salesman 27:17  
 101 Kelly Denham 27:18  
 102 Ricke Stucker 27:20  
 103 Peyton Jones 27:28  
 104 Coby Mims 27:30  
 105 Tina Dixon 27:36  
 106 Chris Jones 27:47  
 107 Tylan Jones 27:50  
 108 Michelle Hayden 27:53  
 109 Chris Whitehead 27:57  
 110 Doug Mankell 28:13  
 111 Jean Gaumer 28:17  
 112 Randy Griswold 28:22  
 113 Darrell Frazier 28:33  
 114 Lou Griswold 28:36  
 115 Drake Michael 28:3  
 116 Ezra Lewellen 28:47  
 117 Katie Hopper 28:50  
 118 Nicole Braun 28:52  
 119 Nancy Musselman 28:55  
 120 Michael Keebler 29:05  
 121 Emily Hallar 29:12  
 122 Tom Curtis 29:13  
 123 Jenny Hanes 29:18  
 124 Kailee Tafflinger 29:24  
 125 Cy Schimmel 29:25  
 126 Erin Panici 29:41  
 127 Elizabeth Propes 29:45  
 128 Katie Galbreath 29:46  
 129 Holly Tibbett 29:47  
 130 Megan NUEST 29:49

131 Cory Applegate 29:50  
 132 Amy Werner 29:57  
 133 Stephanie Rambo 29:59  
 134 Karla Fultz 30:01  
 135 Darcie York 30:07  
 136 Brayden York 30:07  
 137 Kari Hamilton 30:11  
 138 Maureen Prentice 30:16  
 139 Terri Riley 30:17  
 140 Lindsey Prather 30:19  
 141 Justin Harmeson 30:20  
 142 Dale Sullivan 30:25  
 143 Barb Roads 30:26  
 144 Bob Maclejewski 30:32  
 145 Sean Callaghan 30:34  
 146 Jillian Weaver 30:36  
 147 Shelley Tyre 30:40  
 148 Melissa Lewis 30:42  
 149 Sheri Murdock 30:44  
 150 Sarah Stuernzberger 30:52  
 151 Marsha Daugherty 30:57  
 152 Erin Allen 30:59  
 153 Stephen Deardurff 31:00  
 154 Dena Kuhn 31:04  
 155 Nicole Gregory 31:05  
 156 Natalie Bryan 31:15  
 157 Michelle Bryan 31:16  
 158 Julie Robins 31:19  
 159 Brandi Rozzi 31:20  
 160 Kristen Erny 31:21  
 161 Heidi Lucy 31:24  
 162 Jillian Ladow 31:35  
 163 Logan Harmeson 31:36  
 164 Aidan Frazier 31:50  
 165 Elaine Griswold 31:55  
 166 Dallas Griswold 31:55  
 167 Nicole Erny 32:01  
 168 Breeze Gunter 32:12  
 169 Ted Harris 32:19  
 170 Kellie Shideler 32:23  
 171 Lisa Kimbrough 32:32  
 172 Jessica Jamison 32:44  
 173 Kevin Lucy 32:45  
 174 Art Dragoo 32:48  
 175 Janice Dupre 33:08  
 176 Mandy Hall 33:12  
 177 Susan Black 33:13  
 178 Emily Brandstatter 33:14  
 179 Hillery Taylor 33:20  
 180 Christina Elpers 33:24  
 181 Steven Lytle 33:25  
 182 Jerry Hogue 33:26  
 183 Scot Price 33:26  
 184 Chris Pherson 33:29  
 185 Susan Northquist 33:36  
 186 Teresa Montgomery 33:37  
 187 Nina Colford 33:39  
 188 Andrea Eckelbarger 33:59  
 189 Addai Lewellen 34:00  
 190 Tawna Leffel 34:11  
 191 Natalie Leslie 34:13  
 192 Lori Martin 34:39  
 193 Cyndi Bricknell 35:08

194 Lisa Owens 35:11  
 195 Lynsey Byrd 35:13  
 196 Chrissy Jones 35:21  
 197 Lindy Deeter 35:28  
 198 John Wiles 35:29  
 199 Ashley Homburg 35:31  
 200 Heide Sims 35:46  
 201 Ange McCarty 35:47  
 202 William Heck 35:50  
 203 Charles Slavens 35:54  
 204 Stephanie Lewellen 35:59  
 205 Victoria Cross 36:02  
 206 Lisa Wilder 36:04  
 207 Anita Frazier 36:11  
 208 Carol Smith 36:26  
 209 Shirl Robertson 36:27  
 210 Megan Liechty 36:38  
 211 Bj Tyre 36:39  
 212 Jeffrey Bracht 37:31  
 213 Sarah Slusser 37:42  
 214 Wendy Sabatini 37:44  
 215 Janet Erny 37:48  
 216 Cookie Maclejewski 37:49  
 217 Melinda Rogers 37:50  
 218 Nicholas Rogers 37:51  
 219 James Hoffman 38:37  
 220 Janet Graham 38:37  
 221 Gabriola Duffey 38:51  
 222 Courtney Lytle 39:05  
 223 Cole Schimmel 39:06  
 224 Carson Duffey 39:31  
 225 Mary Dillman 39:50  
 226 Allison Young 39:51  
 227 Tabatha Griffin 40:17  
 228 Lindsey Hagerty 40:20  
 229 Holly Knight 40:21  
 230 Beth Kinsey 40:22  
 231 Olivia Duffey 40:48  
 232 Michael Duffey 40:58  
 233 Sylvia Burgin 41:08  
 234 Denin Shackelford 42:05  
 235 Mary Kiersma 43:36  
 236 Christine King 43:51  
 237 Sara Bork 44:15  
 238 Heather Erny 44:21  
 239 Michael Erny 44:41  
 240 Brooke Rentschler 45:24  
 241 Linda Weybright 46:48

#### 5k Walk

1 Rick Spencer 30:52  
 2 Mary Miller 32:21  
**1st woman**  
 3 Vince Lorenz 32:40  
 4 Lea Wolseky 34:23  
 5 Tim Tafflinger 35:04  
 6 Jerry Lambert 35:06  
 7 Kathy Holcomb 35:18  
 8 Christopher Sullivan 35:34  
 9 Lindsey Park 35:43  
 10 Steve Inman 35:46  
 11 Amanda Pena 35:56  
 12 Jill Eberle 36:45  
 13 Toney Lorenz 37:35

14 Beth Moon 37:55  
 15 Heather Burns 38:21  
 16 Sydney Young 38:34  
 17 Vicki Criswell 38:41  
 18 Kim Baker 38:43  
 19 Brenda Goodrich 38:55  
 20 Megan Veach 39:03  
 21 J. T. Veach 39:09  
 22 Robin Michael 39:17  
 23 Michelle Mills 39:22  
 24 Kelly Gates 39:55  
 25 Eli Kistler 39:57  
 26 Penny Frazier 39:57  
 27 Rochelle Rehm 40:00  
 28 Malita Knebel 40:01  
 29 Patricia Cox 40:05  
 30 Heather Wells 40:22  
 31 Jamie Rozzi 40:23  
 32 Renda Harvey 40:50  
 33 Chelly Landis 40:51  
 34 Jane Inman 40:54  
 35 Cindy Prather 40:54  
 36 Raye Jean Swinehart 40:57  
 37 Cassi Bates 41:07  
 38 Cassidy Young 41:07  
 39 Charlene Meeker 41:31  
 40 Jared Sterrett 41:36  
 41 Becky Crowe 41:41  
 42 Angie Sterrett 41:42  
 43 Jason Birchmeier 41:58  
 44 Richard Campbell Jr. 42:02  
 45 Cindy Cook 42:10  
 46 Jenny Grandstaff 42:14  
 47 Jayne Hiatt 42:32:00  
 48 Kim Rehm 42:33  
 49 Cherilyn Shook 42:36  
 50 Thomas Shook 42:37  
 51 Kelly Bierrum 42:45  
 52 Tina Scott 42:53  
 53 Joan Kiersma 42:55  
 54 Cindy Sullivan 43:03  
 55 Blaine Lilly 43:37  
 56 Debbie Riffe 43:43  
 57 Sue Kistler 43:53  
 58 Kristin Trueblood 43:53  
 59 Greg Wall 44:10  
 60 Jan Wall 44:10  
 61 Martin Craw 44:42  
 62 Katherine Mayo 44:44  
 63 Kathy Logan 44:46  
 64 Quierra Woods 45:02  
 65 Deb Shidler 45:04  
 66 Sharon Lantz 45:16  
 67 Kathi Jordan 45:43  
 68 Steve Colford 45:55  
 69 Anica Richardson 46:23  
 70 Linda Klinck 46:25  
 71 Amy Bates 46:44  
 72 Hailey Campbell 46:52  
 73 Melissa Campbell 46:54  
 74 Meg Shaffer 47:00  
 75 Ty Barnes 47:01  
 76 Robert Bates 47:11

(Continued on page 8)



## October Birthdays



10/1 Jeffery Breckenridge  
10/2 Sheryl Merkel  
10/5 Jeff Perkins  
10/5 Natalie Weber  
10/6 Ashley Taflinger  
10/8 Mary Miller  
10/9 Rick Spencer  
10/11 Tim Taflinger II  
10/12 David A. Hughes

10/13 Austin Forgrave  
10/13 John Robertson  
10/15 Sarah Lee  
10/16 Kyla King  
10/17 Landrum Neer  
10/17 Julie Pownall  
10/19 Jack Mellinger  
10/21 Anne Wiles  
10/23 Peter Bauson

10/23 Ricke Stucker  
10/23 Rebekah Monroe  
10/26 Jeannie Clark  
10/28 Zach Miller  
10/30 Vicki Boles  
10/30 Maya James  
10/31 Alexander Bolinger  
10/31 Geana Moore  
10/31 Scott Riggle

(Continued from page 7) \ Bee Results

77 Sally McAndrews 47:17  
78 Cloretta Rausch 47:36  
79 Larry Rausch 47:38  
80 Alex Jones 47:39  
81 Amanda Popejoy 47:40  
82 Emily Galbreath 47:48  
83 Jaime Saylor 47:48  
84 Roxie Foerman 48:11  
85 Levi Pritts 48:29  
86 Brandon Ruff 48:31  
87 Doug Shaffer 48:48  
88 John Flynn 48:56  
89 Carrie Groves 49:55  
90 Stacey Pedigo 49:55  
91 Aaron Pedigo 50:15  
92 Judy Rogers 50:28  
93 Arin Shaver 50:29  
94 Peggy Dillon 50:29  
95 Rosann Plunkett 50:30  
96 Janet Coffing 50:31  
97 Lindsey Thompson 50:31  
98 Amy Irick 50:31  
99 Mati Dewitt 52:01  
100 Mason Dewitt 52:02  
101 Jackie Sanders 52:42  
102 Cindy Sanders 52:45  
103 Meredith Vandever 53:51  
104 Pam Simons 53:52  
105 Sharon Reinhold 55:38  
106 Mary Flynn 55:39  
107 Janelle Fritz 58:45  
108 Cherie Goble 58:45  
109 Cathy Fritz 1:00:38  
110 Jayme Fritz 1:00:39  
111 Ginger Smith 1:01:10  
112 Bette Smith 1:02:03  
113 Patrick Lewis 1:02:03

(Continued from page 4) return to Sender

were only 258 finishers so there weren't many to pass but that 4 grew to 13 by the time we finished the race. And finish we did in 5:15:32 with a smiling Quinn snapping photos as Patti and I ran in hand in hand.

We got out medals, cut off our chips, and headed over for a cold bottle of water and some grub. Cold McDonalds hamburgers never tasted so good and they had tons of them! I ate my fill and Patti not quite so much but we were both very hungry. We enjoyed sitting in the shade and watching additional runners come in as the clock drew ever closer to 6 hours. At exactly 6 hours they began taking down the finish line and there were folks rounding the bend at 26 miles! We were warned ahead of time of the strict cut-off, but could you imagine running that far and not getting your medal? I suspect they were kind and gave them out anyway, but I don't know that I would have wanted to start a marathon that had a cut-off time that I couldn't meet. The 14.2 milers didn't have that issue, but they did get only a partial medal along with their pink bib. They actually took the medals that we received and lopped off about 45% of them and gave them out as medals! The entire left side of the medals was gone! What a great idea!

After the race festivities were complete and we were cleaned up we took advantage of free McDonalds grub before heading to tour Elvis' birthplace. That was very neat and a good place to move around some to keep from getting too stiff. We saw the

museum, the house where he was born and grew up, the chapel that he first sang in, and a few other things. Patti was even able to obtain the coveted state refrigerator magnet to add to her collection. Mission complete nice and easy. I won't even get into the attempt to find a magnet when Dan, Robin, Patti and I run Huntsville in Alabama!

From there we found a nice Italian diner to grab some real grub – place called Vanelli's. We ate way more than should have been humanly possible UNLESS you'd just run a marathon. One the way out we were stopped by an interesting gentleman who had lots of questions about our medals, where we were from, etc. Turns out he was the son of the original founder and owner and was the current owner. He really thanked us for choosing his place and made us feel very welcome and it was just a very nice experience. Nice folks do still exist.

We did a bit more sightseeing around town, but as you can imagine after getting up at 3:15 AM and running a marathon we were pretty pooped so we headed back to the room and were crashed by 8:30 PM (Patti may have dozed before that LOL). We enjoyed a nice full breakfast at the hotel and then took the Natchez Trace Parkway all the way to Nashville before hitting the interstate. What a gorgeous road to drive and absolute proof that only a glorious God could have created such perfect scenery.

Next up – Probably the North Central Trail Marathon just north of Baltimore in Maryland. It's a mostly flat crushed limestone rail trail with some of the fastest average times of any marathon in the country and it's on the long Thanksgiving weekend. Lord willing, we'll be there ready to pick 'em up and put 'em down. We figure we're used to running on the gradients of a rail trail so why not?



## CLUB KOKOMO AGENDA

For Oct 12 ,2009, Monday

5:30 social hour—6:30pm meeting start

LOCATION—Half Moon Brew Pub

WELCOME

Minutes

Financial Report

Race Director Reports:

GNO -

Nickel Plate Run -

Charity Run—Confirm Location/needs

WE CARE Run—Confirm location/  
volunteers

New Years Eve—Location has been con-  
firmed/door prizes being gath-  
ered—anyother needs

Old Business:

2010 Race Calendar discussion

See Page 11 for tentative schedule

New Business:

Need RD's for:

The Race for a Cure

The Thanksgiving Race

Also need a person on the youth scholarship  
Committee

Date of Next Meeting—November 9th, 2009

## Remaining 2009 Race Calendar

October 2  
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)

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

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 1  
**Corrected Date**  
Run the Mounds  
5M Run/5k Walk

Time: 2 PM

Location: Anderson, IN

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

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: TBD  
(20 pts each finisher)

December 31  
New Years Eve 5k Run/Walk  
Time: 2 PM  
Location: UAW Local 292

## Other Race results

### Kokomo Symphony 5K

### Run and 5K Walk

Sept 5, 2009

Highland Park

Kokomo IN

5K Run

1. Joe Rangel 19:15 Kokomo

2. Jordan Ousley 20:31

3. Michael Graham 21:05

4. Gary Callahan 21:07

5. Mark Shorter 23:17

6. Charlie Skoog 23:54

7. Brittany Gillum 23:58 1st  
woman

8. Peter Bauson 24:34

9. Sarah Bauson 24:53

10. Melissa Goad 24:55

11. Tanika Forestall 25:00

12. Russell Hovermale 25:00

13. James Hullinger 25:20

14. Bill Bauson 25:32

15. Nikki Frazier 25:37

16. Cary Stranahan 26:10

17. Anna Dollens 26:22

18. Cassie Bauson 26:54

19. Robin Tetrault 27:10

20. Abby Michael 28:19

21. Shelly Wyman 28:48

22. Paul Wyman 28:49

23. Doug Mankell 29:42

24. Jeff LaDow 29:48

25. Robin Cole 30:58

26. Melissa Lewis 31:39

27. Sheri Murdock 31:41

28. Jillian LaDow 31:49

29. Laurie Ousley 31:52

30. Stephanie Mathews 32:25

31. Brian Federick 32:26

32. Becky Maclin 32:42

33. Andrea Eckelbarger 36:20

34. Sylvia Burgin 40:18

35. Amy Irick 55:46

5k Walk

1. Rick Spencer 31:31 Lucerne

2. Vince Lorenz 32:47

3. Jerry Lambert 35:30

4. Tim Taflinger 35:33

5. Christopher Sullivan 36:01

6. Janelle Zabst 37:32 1st  
woman

7. Robin Michael 41:00

8. Milt Brown 45:41

9. Diana Brown 47:16

10. Ann Spencer 47:20

11. Nadine Cook 50:56

12. Pam Fisher 50:57

13. Anne Fitch 50:58

14. Jack Sanders 51:58

15. Cindy Sanders 52:04

16. Lindsay Thompson

55:44

1 Mile Fun Run

1. Janita Soul 10:14

### Tupelo marathon

Sept 6, 2009

Tupelo, Mississippi

1: Justin Radke 2:43:14

1W L. Thorvilson 2:46:10

221 Patti Reinhardt 5:25:32

222 B.Reinhardt 5:25:33

### USAF half & full- marathon

Sept 19, 2009

Dayton Ohio

Half Results

1: Brent Martin 1:08:42

1w: Caoline White 1:22:14

Rocky Smith 3:06:15

Judy Smith 3:06:15

Robin Michael 3:26:46

3838 total finishers

Full Marathon Results

1: Dave Johnston 2:30:41

1W: Kate Papenberg

3:08:53

396: Dann Lutes 3:46:08

412: Nicole Peel 3:47:21

422: Gina Sheets 3:48:14

1035: Charlie Skoog 4:28:55

Dave White 5:10:10

1720: Kim Coy 5:27:13

1721: Robin Tetrault 5:27:13

## 2009 CKRR point standings

Races included are JN Amboy, Old Ben, Sam Costa, Ultimate Challenge, Race for the Cure, JN Jackson Morrow, Trojan Trot, JN Greentown, Haynes Apperson, Race for Grace, Panther Prowl, Converse, Age Graded, CAM, Bee Bumble and any one marathon, half-marathon or volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life. Legend C=Race for Cure, R=Relay for Life, V=Volunteer, M=marathon, H=Half Marathon

### Runners

### Women

#### 0-12

Breeze Gunter 5-95  
Kailee Taflinger 1-20  
Aubry Jackson 1-15  
Kelsey Weber 1-10R  
Lauren Weber 1-10R  
Natalie Weber 1-10R

#### 13-19

Emily Allen 9-150HCRV  
Katie Hollingsworth 2-40  
Maya Brooks 2-35  
Brittany Deyoe 1-20H  
Christina Deyoe 1-20H  
Diana Deyoe 1-20H  
Emily Hobbs 1-20  
Waverly Neer 1-20

#### 20-24

Sarah Lee 7-130HR  
Amber Longwith 7-105R  
Megan Tetrault 2-40H  
Vanessa Lorenz 2-32  
Laura Bauson 1-20  
Sarah Bauson 1-20H

#### 25-29

Michelle Clendenning 7-140H  
Rebekah Monroe 5-95MV  
Kathleen Bagwell 3-55MH  
Michelle Tetrault 2-40HV  
Justine Eads 1-20  
Jillian Weaver 1-20  
Jaime Jackson 1-15

#### 30-34

Adrienne Riggle 11-161HCR  
Allison Irvin 6-120H  
Darcie York 7-112HC  
Karen Bush 4-62HC  
Michelle Boyd 4-60HV  
Kelly Wright 3-55H  
Julie Pownall 3-45H  
Sharon Whelan 3-39

Mary Cameron 2-29H  
Jeanette Merritt 1-20H  
Monica Brooks 1-15

#### 35-39

Nicole Peel 13-230MHRV  
Heather Weber 10-190HR  
Barb Millsbaugh 12-184HC  
Nikki Frazier 7-98  
Lisa Jones 2-32H  
Stella Rood 1-20H  
Jennifer Sinka 1-10

#### 40-44

Gina Sheets 11-210MRV  
Patti Reinhardt 8-135MHCV  
Laura Cook 9-124H  
Joni McCracken 5-90HV  
Kim Anderson 4-67H  
Shelly Wyman 4-62H  
Kim Coy 3-55MH  
Michelle Larson 3-55H  
Laura Rosenstengel 3-39RV  
Tami Moore 2-35H  
Lisa Hobbs 1-20

#### 45-49

Roxane Burrous 4-80M  
Cheryl Marner 4-80H  
Stephanie Bolinger 1-20H  
Chari Deyoe 1-20H  
Carla Yerkes 1-20H  
Carrie Lee 1-10R

#### 50-54

Anna Dollens 15-275HC  
Robin Tetrault 13-212MHRV  
Vicki Boles 10-162HRV  
Cassie Bauson 6-99H  
Theresa Barlow 3-31R  
Lorene Sandifur 2-30HC

#### 55-59

Robin Cole 13-199C  
Joyce Pennycoff 10-180HCRV  
Rhenda Acton 9-170HV  
Judy Smith 3-50HCV

Chris Williamson 3-47V  
Kathie Barnett 2-30RV  
Barb Wand 2-30CV

#### 60-64

Sylvia Burgin 12-215HCR  
Anne Wiles 5-80CRV  
Doris Griffith 1-20V  
Shirley Wilson 1-20

#### 65-69

Susan Gerhart 2-40H  
Kathleen Leach 1-20

### MEN

#### 0-12

Aidan Frazier 2-32  
Keagan James 1-20  
Justin Taflinger 1-20  
Brayden York 1-15

#### 13-19

Waylon Coulter 9-118  
Ben Bradshaw 6-104H  
Jordan Lee 6-100R  
Nich Lipari 5-82  
Jacob Bradshaw 4-54H  
Brent Noll 4-43  
Joshua Revils 3-34  
Peter Bauson 2-27H  
Keith Bauson 2-26H  
Jesse Bauson 1-20H  
James Longwith 1-20V  
Andrew Swinehart 1-20H  
Austin Young 1-20  
Kyle Starich 1-15  
Billy Pasquale 1-7

#### 20-24

Sam Williamson, Jr. 3-60  
Zach Miller 2-30HR  
Bryan Phillips 1-20

#### 25-29

Mark Eads 4-80  
Jason Rush 1-20H  
Cory Jackson 1-15

#### 30-34

Matt York 10-190HC  
Aaron McQuiston 3-50

Ryan Pownall 2-32H  
Ryan Bagwell 1-20H

#### 35-39

Scott Colford 9-180H  
Scott Riggle 11-167HCR  
Chris James 8-145H  
T.A. Weber 10-126HR  
Dave Harrison 6-94HV  
Chris Frazier 6-79  
William Irvin 4-67H  
David Reinagle 2-29H  
Michael Rood 2-28H  
Tim Taflinger II 2-27  
Keith Hill 1-20H  
Travis Sheets 1-20V  
Derick Brooks 2-18

#### 40-44

Gary Willis 15-254HCRV  
Michael Graham 15-226HCRV  
Ron Moore 8-150HC  
Brian Allen 11-138HCRV  
Paul Wyman 6-79H  
Dan Lutes 4-75MH  
Todd Moser 3-45  
Don Rogers 2-35H  
Kevin Forgrave 1-20  
Todd Marschand 1-12

#### 45-49

Ken Swinehart 14-218HV  
Al Hochgesang 10-170  
Kim Lee 13-156HR  
Brian Reinhardt 6-110MHC  
Dana Neer 5-100  
Ernie Hurst 8-96H  
Bill Bauson 4-50H  
Rich Bradshaw 3-48H  
Phil Rozzi 3-42  
Byron Bundrent 2-40H  
Mike Schoenrad 4-40  
Matt Bolinger 1-20H  
Scott Deyoe 1-20H  
Eric Mathew 1-20H  
Gary Jewell 1-10R

#### 50-54

Jeff Cardwell 12-240H  
Ray Tetrault 14-198MHRV  
Greg Townsend 12-148  
Earl Strong 8-135MH  
Scott Hamilton 9-133

Jerry Meiring 10-110H  
Mike Deardorff 8-85H  
Keith McAndrews 5-75H  
Russ Hovermale 6-62  
Jeff LaDow 5-43  
Michael Campbell 2-40H  
Tim Miller 1-10R

#### 55-59

Joe Rangel 14-270HC  
Mark Shorter 15-235HCR  
Dave White 15-195MHCRV  
Charlie Skoog 13-187MRV  
Tom Miklik 7-99HRV  
Steve Wand 6-92HCV  
Fred Chew 4-58H  
Rick Maughmer 3-47H  
Bruce Cook 2-40H  
Rocky Smith 2-40HV  
Jack Mellinger 4-39  
Don Gifford 1-20H  
Steve Kilcline 1-20H  
Karl Stoneking 1-15

#### 60-64

Ricke Stucker 16-257CR  
John Wiles 10-152HCRV  
David Hughes 8-142C  
Darrell York 5-90  
Bill Barnett 4-70MHRV  
Phil Leininger 2-32H  
Walter Brown 1-20H

#### 65-69

Doug Mankell 8-142H  
Stan Shuey 8-140C  
John Norris 3-60H  
Dale Sullivan 3-50  
Jerry Leach 1-10

#### 70+

Robert Cupp 8-130R  
Bill Heck 6-120V

### Walkers

### Women

#### 49-

Mary Miller 17-310HCR  
Raye Jean Swinehart 12-195HV

(Continued on page 11)

## CKRR Meeting Minutes From Sept 14, 2009

Call to order by Vice President Rebekah Monroe  
Brief financial report by Treasurer Mark Shorter  
Race Reports:

Symphony Race they want to return to Memorial Day Weekend for 2010. Discussed outcome of 2009 race.

Girls Night out Race: 124 currently registered; Rebekah gave an overview of the course and the event.

Charity Run: entry form given to Charlie Skoog; this year's charities are Care Closet, Magic Closet and Gilead House.

We Care run-Ray Tetrault still talking about location

### Old Business:

Boy Scout Ty McClish will be putting posts every half-mile on the Nickel Plate Trail on Oct 3. Club donated \$200 towards this project.

### New Business: Discussion of 2010 race calendar

Voted to add the Early Risers Kiwanis 5K on May 22 as a points race; Steve Currens said he did not need the Club's help for this event.

Voted to add the Kokomo Symphony 5K on May 29 as a points race.

Discussed if anyone would want to take charge of the Race for the Cure Team and/or The Thanksgiving Fun Run as John Wiles will be stepping down from those positions.

Charlie Skoog moved and Robin Tetrault seconded "that in 2010 the Girls Night Out Race be a Club Kokomo Points Race."  
Passed

Race Schedule will be voted on next meeting.

Ray Tetrault announced there would be a Carry-in picnic at their house after the Oct 7 Fun Mile at 6:30 PM. Anyone who is going to be there should bring a dish to share.

Brief discussion concerning if the men 70+ run age group should be divided to be 70-74 and 75+. Since there are so few men in the age group, it was decided that this change was not needed now.

Next meeting Oct 12, 2009 6:30 PM at Half Moon Brew Pub

(Continued from page 10) POINTS

Carol Savage 4-56H  
Cindy Sullivan 4-46  
Nicole Parry 1-15  
Sophie Frazier 1-9

50+

Amanda Pena 14-250CRV  
Jane Inman 15-245HRV  
Jayne Hiatt 17-212HCR  
Debbie Riffe 14-143CRV  
Pat Robertson 10-102HCRV  
Diana Brown 10-91CV

## Tentative 2010 Race Calendar

Date	Race
03/06/2009	Norris Insurance 5K Amboy
03/13/2009	Old Ben 5K Kokomo
03/27/2009	S am Costa 13.1/6.55 ?
04/03/2009	Ultimate 10,5,5-Logansport
04/17/2009	Race For the Cure Indy
05/08/2009	(Mini Indy-for reference only)
05/15/2009	Norris Insurance 4m Kokomo
05/22/2009	Sunrisers Kiwanis 5K
05/29/2009	Kokomo Symphony 5K
06/03/2009	Coyote Kids
06/05/2009	Trojan Trot 5K Sharpsville
06/10/2009	Coyote Kids
06/12/2009	Norris Insurance 5m,5k Greentown
06/17/2009	Coyote Kids
Jun 18.19	Relay for Life Kokomo
06/24/2009	Coyote Kids
07/01/2009	Coyote Kids
07/03/2009	Haynes 4,3,1 Kokomo
07/03/2009	Haynes kids Track
07/08/2009	Coyote Kids
07/10/2009	Race for Grace Logansport
07/15/2009	Coyote kids-Rain day
07/17/2009	Panther Prowl
07/22/2009	Coyote Kids Awards
08/07/2009	Norris Insurance 5k Converse
08/14/2009	Age Graded -Kokomo
08/21/2009	Cam Race for Shleter
08/28/2009	CAM Race for shelter
09/25/2009	Bee Bumble 10K, 5K Burnettsville
10/01/2009	3rd GNO 6PM
10/02/2009	Cole Porter 15K 5k Peru 9AM
10/17/2009	CK 8K/3m 5C Trail Peru 2PM
11/07/2009	Run the Mounds-Anderson
11/13/2009	CK Charity Run 9AM
11/25/2009	CK Tgiving Fun Run
12/05/2009	We Care Run
12/31/2009	New Yr Eve 5K 2PM

Jeannie Clark 6-69V	Tim Revils 3-34
Kathy Allen 7-68RV	
Cynthia Sanders 8-64CR	<b>50+</b>
Barbara Hobbs 5-63H	Rick Spencer 14-259H
Angela Lorenz 5-42R	Jerry Lambert 17-234HCRV
Trudy Pierce 2-25H	Tim Taflinger 14-201HCR
Helen Brown 1-10R	Steve Inman 12-173HRV
Renita Taflinger 1-10R	Robin Michael 12-123H
Cathy Weidler 1-10C	Toney Lorenz 11-103R
Tanna Connor 1-9	Jackie Sanders 12-87CR
Sherry Stoneking 1-9	Robin Hehr 6-57
	Jim Burrous 3-50HV
<b>MEN</b>	Melvin Hobbs III 5-49H
	Dick Summerton 5-41
<b>49-</b>	David Mygrant 3-38H
Vincente Lorenz 10-180R	Milt Brown 4-29R
Chris Sullivan 6-95	Bob Longwith 2-15R
Bruce Savage 4-56H	John McGinty 1-5



# Club Kokomo Roadrunners

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Kokomo, Indiana 46902

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[Ckrr.us](http://Ckrr.us)

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## Inside this issue:

From the President	<b>2</b>
On the Trails	<b>3</b>
Return to Sender	<b>4</b>
USAF Marathon	<b>5</b>
Race Results	<b>6</b>
Birthdays	<b>8</b>
2009 Calendar	<b>9</b>
Other Race Re- sults	9
2009 Points	10
Tentative 2010 Race Calendar	11