

CLUB KOKOMO
ROADRUNNERS

IMPORTANT
2009 CALENDER
UPDATES

Changes to
Thanksgiving Run

For the past many years, Club Kokomo has had a Thanksgiving Day fun run (also known as Annie's Pie Run thanks to Anne Wiles who made several pies for the run each year) directed by John Wiles in Highland Park. Plans for 2009 included moving the Charity Run to November 14 and beginning a "We Care" run on Dec 6. However since a location could not be found on Dec 6, Club Kokomo decided to combine the annual Thanksgiving Run and the new Club Kokomo Cares event to be held on Thanksgiving Day effective this year. The event will be a 5K Run and 5K Walk. The overall Male and Female winners in the Run and the Walk will receive pies. All finishers will receive a medal. There will be pies to raffle before the start.

Entry fee for individuals is \$10. For a family (immediate only) cost is \$25. Registration will be at Rodgers Pavilion from 6:30 AM to 7:30 AM. Start time is 8AM. The profits from the event will go to We Care. Ray Tetrault promises a different course from the usual Highland Park course that is used frequently.

For all of you members that are interested in points. All members that finish this event will be given 20 points.

There will be no race on Dec 6. See Gina's article "From the President" for more detail. — By Mark Shorter

The Roadrunner



NOVEMBER 2009 EMAIL: CKRR.NEWSEDITOR@ATT.NET

2009 Bee Bumble

By Darrell York

5 AM is way too early to go racing, but this past Saturday, Susann and I got up, picked up Matt, Darcie, the grandkids, and Michelle and John and made our second annual trip to Burnettsville for the Bee Bumble. If there was ever a race that caters to the runners, this is one of the best. From a humble beginning 10 years ago that attracted some 40 runners to Saturday where over 400 runners and walkers were there. They do an excellent job in all the goodies you receive and I love the small town atmosphere. There were several people from Club Kokomo and the area and I could start naming them, but I would forget someone. Thank you for supporting this race. The Bee Bumble has a significant meaning to me as last year was one of my first competitive runs in almost 25 years. As some of you old-timers might recall I was one of those dedicated runners that put in 50-60 miles a week and nothing got in the way of my running and my times would give Matt a run for his money. I went into business for myself and gradually got away from running altogether. Running is a sport I have always enjoyed as I was not a football or basketball player and it was always me against the clock. I was driven to be the best. As the years went by and several pounds were added on I wanted to get back into running, but could always find some excuse not to. I thank God each day for my family as they encouraged me to start walking and gradually running

again. Matt, Darcie, and Michelle were turning some decent times and sometime last spring I decided to get fit again. I joined Powerhouse and did some light lifting and running on the treadmill. I needed a goal so I decided to run a 10K race (6.2 miles) in less than 62 minutes before my 62nd birthday, which was this past January, and the Bee Bumble seemed like a good fit. I finished the race without stopping in less than my goal of 62 minutes. My running has been sporadic the past year, but I wanted to give the Bee Bumble another try. I did finish without stopping in something like 56 minutes, but I am most proud of my kids (Matt and Michelle) as well as Darcie and now my grandson Brayden is running and his average for the 5K Bee Bumble was around 9:45 pace and how could I forget Lilly who ran with her mom in the Little Stinger race and see the

smile on her face when she crossed the finish line. If you can't tell, my grandkids are the joy of my life as well as Susann. I am thankful for a wife who has stood by me for forty years of marriage and never gave up on me. God is good all the time, and all the time God is good. Christ has given me new meaning to life and now I have something to live for. My relationship with Christ is the most important thing in my life, then my family, my job, and running. Ephesians 2:10 says "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." I have not always had that picture of myself, but I know now that Christ is alive in me and I have a purpose in living. I pray that God blesses each one of you.



Great buffet awaits all at the Bee Bumble

From the President — Never Say Never



Ready for the 24 hour race to begin

Never say never; many of you are running or have ran your first half or full marathon this fall, or maybe did your first 80 mile run. What ever the distance or pace it is possible that at some point your head took over and said to yourself – “self, we are never, never gonna’ do this again.” Let me just tell you it is possible that while your head said “self we are dying out here, this was crazy and we won’t do this again”, your heart has been hooked. It might take four hours or 24 hours or even a couple of weeks but speaking from experience let me tell you, never say never. You may have to eat those words, as good friends are the first to say, “I thought you said you would never do that again” as you are gearing up for your next “never” event.

With that in mind I greatly appreciate all the support I received from CKRR members as I ran my first 24 hour run. I am on my way to Vietnam because of your support.

I want to say a special word of thanks to all of you who are making the effort to attend the Board meetings. Thank you so much for the time you are giving to the Club, thanks for making a difference. The October meeting covered a lot of ground and we really had

some great discussion on several items. We also made some important changes to our POINTS CALENDAR THIS YEAR and to the calendar next year. Please take notice – While Ray tried really, really hard to find a place to hold the We Care run that was to take place on December 6th, we could not find a good location. Mark came up with an excellent idea that we will implement this year. The December

6th, We Care run has been removed from the CALENDAR THIS YEAR. It has been replaced with the Club Kokomo Roadrunners Cares Run on THANKSGIVING. We always do a Thanksgiving Day run, 8:00am, Highland Park, it has been a non points run. Now we have made changes effective THIS YEAR. The Thanksgiving Day run will be called the Club Kokomo Roadrunners Cares Run, starting at 8:00am, Highland Park, it will be a 5k and Ray is working on the course. Annie O will be making pies with a drawing before hand and then the First Male and Female Walkers and Runners will also win a pie. The net profits from this event will go to WE CARE. This will be a POINTS RACE to all participants effective this year. 20 points for all who race.

I understand some of you take your points very seriously and are concerned because you have already made plans to be out of town and will miss this race. I am sorry about that, I too have already made plans and I too will miss this race, and miss the points. This is a good change and I look forward to starting a new tradition.

On November 14th Charlie Skoog is directing the Charity Run and you know we support two really great

charities. Please, please contact Charlie to bring a brunch item to share and more importantly bring your gently used and clean and washed clothing items for the Kokomo Schools Clothes Closet. I want to take this last remaining space to discuss some race etiquette. The Tour D’Esprit 24 hour run that I did early in October reminded me that sometimes we are so excited to be doing an event with our friends and family that we forget some folks take the event very serious. There were teams that took the 24 hour run very serious (the winning team did 207 miles) and even though there were signs posted that read slower runners stay to the left, slow folks did not stay to the left. Imagine how frustrating it was after 20 hours of moving that I would have to say “excuse me”, so I could pass a group of five people, who apparently could not read and were taking up the entire lane. We all go to the start line with different agendas, for some it is to set a p.r. (personal record), for some it is to catch up with friends on the latest news, for some it is to run the entire way and not walk, for some it is to just be out there. Please be considerate, if you have a stroller or a dog do not get at the front of the start line and at the start, do not get in the middle of the road, try and stay to sidelines as to not trip other participants. Please be considerate if you are out on a stroll with your friends just to chat and get some exercise, do not start at the front and do not take up the entire lane, leave room for others to get around you. You know your pace better than others, if you intend to be slow look around you, if you are at the front of start line be considerate and move to where you think your pace group may be.

One more word of wisdom; this is a late harvest season so the big farm equipment is still out on the roads, be mindful of them and be careful, do not assume they can see you. Be safe out there – Gina



On the roads Easy to become a Goodfellow

By Johnny 'O

Last year, 40 Club Kokomo members once again became Goodfellows and helped record 2,180 needy children receive clothes during the Christmas season.

Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program now is a not-for-profit organization that is directed by a community-based volunteer board of directors. There are no paid staff positions.

Jean Lushin, Center Township Trustee, has been the Goodfellows' unpaid volunteer director for 29 years. Johnny 'O has been associated with Goodfellows for 39 years. He is president of its board of directors.

Johnny 'O is proud that fellow CK member Dave White joined him on the board in 2005, and that CK's Charlie Skoog received Goodfellows' Volunteer of the Year Award earlier this year.

Charlie and Dave have led the charge the last four years in recruiting CK members for Goodfellows. CK Goodfellows helped register families in November and then used hand-held

scanners to total dollar amounts before the applicant went through the cash register lines at Meijer's in December.

Last year, Goodfellows provided clothing to 991 families in Howard County at a cost of nearly \$132,000. The number of people helped and the dollars expended were records. Unfortunately, we expect the records to be broken this year, because of the economy.

Goodfellows is the only organization that can say that all the money it receives from We Care is used at Christmas to purchase clothing for needy children in Howard County. Goodfellows also receives individual and corporate donations. Money not spent on the Christmas program is used for scholarships and other youth programs. Goodfellows donated \$3,500 to Club Kokomo for events such as Coyote Kids this year.

Regular registration will be Nov. 30 - Dec. 4 from 9 a.m. to 3 p.m. at 1401 N. Washington St. (former Marsh store). To receive assistance, families must meet Goodfellows eligibility requirements, which include gross income of the entire household

not to exceed 150 percent of the Federal Poverty Guideline. Applicants are interviewed by volunteers when they sign-up for assistance and their applications are investigated to insure that only the truly needy receive help.

Approved families receive vouchers for clothing. Parents will redeem the vouchers at Meijers from 6 p.m. to 9 p.m. Dec. 13-17. Recipients are assigned a specific day to shop with the number of shoppers each session based on the total number approved for assistance. Last year, about 200 families shopped each night.

Club Kokomo, Kokomo Firefighters, the Kokomo Tribune, and the Marine Corps League helped during registration and shopping last year. Johnny 'O asks Club Kokomo to again help take applications and help recipients shop. Dec. 13 (Sunday) and Dec. 14 (Monday) are designated Club Kokomo volunteer dates for helping shoppers; however, you can help on any date.

It is easy to become a Goodfellow: just contact Johnny 'O at home (765) 438-9545; work, 765-454-7926; or email at john_wiles_150@comcast.net



This is only part of the crew that volunteered at last years event

On the Trails — CKRR Charity Run

By Charlie Skoog



Charity Run 2009
Saturday, November 14, 9:00 AM
New Date - Same Great Event!

The first Charity Run was held December 15, 1985, as a 10K race on Old Sycamore that began and ended at the home of Bill and Sue Heck. The goal was to help a needy family for Christmas and 17 runners collected \$90 to do just that. Those of you who are good at math may note that this years race will be the 25th anniversary of an event that has now raised a total of \$42,821. Over the years we have changed the location and distance of the race several times. Now we are changing the date but several things have always remained the same. The Charity Run promotes fitness and fellowship as most Club Kokomo events do but it also allows us to directly help and impact the less fortunate in our community.

This years event will remain a 5K run and walk beginning Saturday morning, 9:00 am, at the UAW Local 292 Fellowship Hall, 1201 W. Alto Rd. There is no race fee for the Charity Run and all club participants and volunteers will receive 20 points. Everyone is asked to make a free will donation which will be distributed to the Magic and Care Closes and Gilead House. KHS counselor Andrea Harris and Gilead House Director, Reba Harris will join us and share information about the lives impacted by our giving as well as the ongoing need.

Since we are moving from Sunday afternoon to Saturday morning, the traditional Sloppy Joe's lunch will be replaced by a midmorning pitch-in brunch. One of our great cooks has already volunteered to make sausage gravy so if you like to make biscuits bring them on or perhaps another favorite food to share! Please plan on spending Saturday morning, November 14, with Club Kokomo and we encourage you to invite family, friends, and coworkers to join in supporting this special event. If you or a family member does not want to run or walk we can always use volunteers inside and out. For more information call 457-2607 or email runckrr@aol.com.

Welcome New CKRR Members

Gary Callahan

Patricia Callahan

Brooke Gillem

Brittiana Gillem

Patrick Tweed

Regina Tweed

Quirsten Tweed

Darrell Frazier

Anita Frazier

In addition to a free will donation please bring gently used washed and cleaned clothes to be donated at the Charity Run

Be sure to wish Happy Birthday to our November B-Days

11/2 Frederick Greene

11/7 Tom Miklik

11/18 Cynthia A. Sanders

11/28 Sylvia Burgin

11/2 Kaylie Forgrave

11/7 Scott Colford

11/18 Stan Shuey

11/28 R Crosley-Greene

11/3 David Eades

11/7 Darcie York

11/19 Bruce Cook

11/28 Vanessa Lorenz

11/3 Susan Robertson

11/10 Brian Allen

11/21 Matthew Robertson

11/28 Sherry Stoneking

11/3 Mike Schoenrad

11/10 Ann Bradshaw

11/21 Diana Brown

11/29 Doris Griffith

11/3 Rich Bradshaw

11/11 Riley Case

11/24 Travis Sheets

11/29 Reis Coy

11/6 Robin Hehr

11/12 Amy Revils

11/25 Bill Barnett

11/30 Sophia Wyman

11/6 Doug Mankell

11/15 Andrew Robertson

11/25 Justine Eads

Happy Birthday from
CKRR!!

11/7 Derick Brooks

11/16 Stephanie Miller

11/26 Ed Oliphant

A GOOD BOOK ABOUT RUNNING AND WRITING

By Milt Brown

WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING by Haruki Murakami is a memoir with this very intriguing title. It is a training log, travelogue and reminiscence written in Japanese and translated into English and several other languages. I checked out this book from the Kokomo Howard County Public library. Haruki has been running practically every day since 1982 and is a long distance runner. He has written notes about most of his races and has referred to them while writing this book. He has completed dozens of

races and triathlons in Japan and the United States including a 26-mile solo run from Athens to Marathon in Greece. A detailed account of his preparations for the New York Marathon one year is interesting. Haruki is an experienced writer and has written 12 books of fiction and one nonfiction book in addition to this memoir. He writes about his experiences as a runner and his writing experiences. The most important quality for a novelist is obviously literary talent, he says. But the two very important disciplines of

focus and endurance can be sharpened through training for running. If you can focus effectively you can compensate for erratic talent or even lack of talent. He says that most of what he knows about writing he's learned from running every day. If running every day helps me accomplish the writing of novels, then I'm very grateful for running, he goes on to say. In answering the question about why people run, he thinks most people run not because they want to live longer, but because they want to live life to the fullest.

Shingles, Kidney Stones, Pneumonia, Tooth Extraction & Old Age

By Bill Heck

The first four conditions in this list have one thing in common - you eventually get over them in time. Old age is just an on going process. I have had all of these conditions starting in January of this year and they could be part of the reason I have had such a hard time running. My last 5K time was about 7 minutes slower than last years time. The toll that the usual aging process takes is enough without the help of health issues.

January 1st we were headed to Florida and I started having abdominal pain. I thought I might have to have surgery so we headed back to Kokomo. I was diagnosed with shingles. Anyone 50 years and over that has had chicken pox has the virus in their system. Much pain and usually a rash accompany shingles. It was almost a month before the pain subsided. Symptoms and after affects can last up to a year.

After this bout with shingles, I passed a kidney stone at home. I have had kidney stones several times earlier in my life.

About 2 months ago I was not feeling very good. I had no energy and just not feeling well. Finally, I went to the doctor and found out I had 102 temperature and was diagnosed with pneumonia and was put on medication.

In September I had to have an infected tooth extracted. I was put on medication for this and a week later I realized I was having a reaction to the medicine. Some of the symptoms included: sudden gain in weight (12 lbs. in 7 days), swollen ankles and lower legs, rash, and shortness of breath. I should not have run (or attempted to run) the Bee Bumble.

I am hoping when my body eliminates

all of these problems I will return to more respectable times. This year I feel like I have been contending with much more than the normal aging process.

As a runner, it is interesting to watch your 5K times start to decline as you age. When I was 50 years old, my 5K time was 17:47; at 55 - 18:52; at 60 - 20:12; and at 65 -22:00; at 70 - 25:33. This is a natural trend when you reach these ages. Last year my time for the Bee Bumble was 28:54. This year it was 35:47. This was almost a 7 minutes decline in one year. This is not natural, I hope.

With all the physical problems I have had this year, none were life threatening. However, with all of these problems I am considered very healthy by my doctor. I hope this was just a very unusual year and that I can continue to do some running as I continue through the aging process.

Girls' Night Out 2009

By Robin Tetrault



Shelly Wyman, Robin Tetrault, Rebekah Monroe, Joni McCracken & Darcie York

Girls' Night Out 2009 was an exciting evening that began with the "High Heel Hustle" on Main Street! The participants had to run 20 yds. We had a field of women, a young girl, and two guys, Casey Cline, and Travis Taflinger from Bridges Outreach. The guys were great sports! The winner of the high heel hustle, was Michelle Clendenning. She had to run to the start just to be in the race. I thought she was fast then. She was really fast during the race! I don't have a time, but I'm sure she would've beat me in running shoes! It was a great way to start the night out.

We wanted to raise money for an organization in our community this year, and we chose Bridges Outreach. They are an organization that works with "at risk youth" in our community. It is a growing organization that reaches kids of all ages in Howard County with after school activities, homework help, and mentoring. They teach life lessons and the importance of doing well in school.

Our race was sponsored this year by National City-PNC and the Kokomo Tribune. Erica and Ashley from the bank and their staff manned the pre registration tables and served the food after the race to the participants. Brian Cheek from the Tribune was also very valuable as he pitched in to do whatever was needed, from getting chairs, delivering food, and getting donations to passing out chocolate in a tuxedo to women crossing the finish line. These sponsors "dug in and got dirty" right along with the committee from the club. Now THAT is what we called AWESOME SPONSORS! We can't thank them enough for helping to make our race a success.

We were thrilled to have 312 women pre register for only the second year of our "ladies only" race. Our intention with the race was to make it a special night for women with as many "special feminine touches" as we could. Each pre registered runner or walker received a pink t-shirt or white ladies' cut t-shirt with pink cap sleeves, and a

"pink goodie bag" stuffed with goodies from businesses in our community. We registered about 50 women the night of the race and gave out shirts and bags until we ran out.

Our headquarters for the night was the old "L Shop" building which was generously donated by Star Financial Bank. The weather was cool and threatening to rain, so it was nice to have a building for registration, pre registration pick up, after race refreshments and vendor booths. The vendors were very happy to share their products and receive contact with over 300 women that evening.

The race began at 6:15 PM, well, as close to that as we could. We had a LOT of women to get through the bathroom line. We all know how long the "ladies' line" can get before a race. The race began on Main Street and crossed Superior next to the downtown fire station. The race followed the "Walk of Excellence" to UCT Park and back.

The City of Kokomo and the Parks and Recreation folks helped make the race a success as we shared Foster Park with the concert in the park. The ladies enjoyed the music as they raced through the park. That was a lot of people to have on the "Walk of Excellence" at one time but the ladies listened to all of the wonderful volunteers as they directed them through the park. We had 320 women complete the race that night. This was the first time that many of the women participated in an organized 5K race. We are hoping it has changed their habits to incorporate walking or running in a regular routine in their lives. One woman shared with me her granddaughter was so thrilled to receive an award that it has rekindled her desire to run again. That is what this is all

(Continued on page 7)

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about. I am sure she isn't the only one, as over a dozen women came out for the training runs to prepare to run or walk the race. For several of them it was their first 5K race.

Papa Johns was on hand to sell pizza to the families waiting for mom to finish the race. We also received a portion of their sales as a donation to our race. After the race Windmill Grill provided a wonderful "high in protein, low in fat" soup, apples, and chicken salad wraps. We are so appreciative of their generous donations to feed the runners after the race. McDonalds donated cookies to satisfy that sweet tooth after a good meal. We then passed out a **LOT** of wonderful door prizes donated from businesses in our community while Joni McCracken and Ray Tetrault did a wonderful job tabulating the race results with their efficient team!

The overall winner for the runners was Club Kokomo's own Katie Hollingsworth with a time of 21:24. Carol Aders was our first walker in with a time of 33:48. Awards were given three deep in the age groups for walkers and runners. For complete results you can go to the CKRR website posting.

After the race, door prizes, awards, and food we had "Zumba on the Square"

that over 100 women participated in. The team of Zumba experts did an awesome job keeping the group moving in the cold.

It was no small feat to put on a race of this size and have it run so smoothly. We had a committee of women with a vision, spearheaded by the never-tiring Rebekah Monroe. The committee from Club Kokomo worked hard for many months to put this race together. They were a pleasure to work with. The women were Darcie York, Joni McCracken, Kathy Bagwell, Shelly Wyman, Vickie Boles, and I. The wonderful men who also worked joyfully on this "pink" committee were John Wiles, offering great input as the Downtown Association spokesman and Charlie Skoog who laid out the course and helped in many capacities as always. Mark Shorter took in ALL of those pre-registered entries and kept track of the money and entry information to help our preregistration of 312 women run smoothly.

We are spreading the word that Club Kokomo Roadrunners want women **and** men to get in shape and stay in shape. You never know whose life you might touch with that message as you get involved and actively participate in our club. Happy running whether you are fast or slow! Just keep moving!!



Start of GNO 5K

Volunteers needed for the New Years Eve Race

Anyone interested in
volunteering for the
New Year's Eve run
contact Joni at 210-
2281.

This is the last race of
the year to get your
volunteer points.

**Next Club
Meeting
is on
November 9
At Half Moon
Brew Pub
Social Hour
5:30
Meeting Starts
at 6:30
Everyone is
Welcome**

Nickel Plate Trail Run/Walk

By Adriene Riggle

After a week of cold wet weather God blessed us with a beautiful day to run, as well as beautiful scenery. This portion of the trail is completely enclosed by woods and it is the perfect time of year with the leaves all turning. It is a great opportunity for those who have never been to the trail to get a taste of what it has to offer.

After the race, we headed over to Brian and Patti Reinhardt's for a cookout. They have a beautiful place along the trail, perfect for a gathering of people. It was also perfect for gathering a large pile of leaves so that a certain 6 year old could swing into them (with the help of Ms. Patti). It is always a nice time gathering together with our fellow club members over a meal. It gives us a chance to get to

know each other better, which I believe makes membership that much more valuable.

I want to make a special shout out to Milt Brown who came to my rescue at the race. I had forgotten to bring my wallet to the race. Scott and I only had 6 out of the 8 dollars that we needed to register. We were shaking in our running shoes thinking about the chastising that we would receive from our treasurer for our failure to pay the full amount. We had nothing to worry about, because Milt Brown gave us the remaining two dollars. Thanks Milt!!

Congratulations to over all race winners Nich Lipari in the run and Mary Miller in the walk.

We hope to see you on the trail.



Top Tom Miklik & below Gary at CP



Dave White & Gary Willis enjoy the picnic



Left-Right Chris Frazier, Adriene, Joe Rangel, Anna Dollens & Nikki Frazier

Nov Meeting Agenda

CLUB KOKOMO ROADRUNNERS AGENDA

November 9th, 2009, Monday

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

LOCATION – Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

Charity Run – any updates

CKRR CARES Run – any updates

Old Business:

Generator purchase

Storage Building

Time Clock

New Business:

Appointment of the Advisory Committee

Hall of Fame committee meeting

Confirmation of Banquet location and time.

2009 Awards Committee meeting – at the home of Travis and Gina Sheets, Saturday, January 9th, 4:00pm working supper. RSVP to sheets.gina@yahoo.com, meal will be provide, please show up to discuss 2009 Award recipients and awards to be presented.

October Meeting Minutes

CKRR Meeting Minutes from Oct 12, 2009

Members Present

Diana Brown, Sylvia Burgin, Gina Sheets, Travis Sheets, John Wiles, Joyce Pennycoff, Robin Cole, Robin Tetrault, Adriene Riggle, Scott Riggle, Vicki Boles, Anna Dollens, Milt Brown and Ray Tetrault

Financial Report:

General Fund \$2876.43

Cowan Fund \$2225.51

Coyote Kids \$10,020.58

Race Director Reports:

A: Charity Run: Still Needs Volunteers. Will have a carry in brunch

B: We Care Run: Could not find a location for the Dec 6th date. This race will be moved to Thanks Giving day and there will be no race on Dec 6th.

Old Business:

1: Banquet to be held on Feb 28 at 2:00pm. Location to be confirmed at Nov. meeting

2: Change date of Ultimate to 4/10/2010

3: Remove Sunrisers Rotary race (5/22) from 2010 calendar

New Business:

1: Vicki Boles motioned to remove the Dec 6th "We Care Race" from calendar. Change the name to CKRR Cares Race and hold the event on Thanksgiving Day starting this year with profits going to We Care. Robin Tetrault Seconded. Unanimous vote was passed.

2: Milt Brown motioned to make the CKRR Cares race a points event. 20 points to each participant. Sylvia Burgin seconded. Unanimous vote was passed.

3: Vicki Boles motioned to accept 2010 calendar. Robin Tetrault seconded. Unanimous vote was passed.

4: John Wiles made a motion that Ray Tetrault buy a generator for the trailer. Joyce Pennycoff seconded. Unanimous vote was passed.

5: Vicki Boles motioned that Ray buy a shed (maximum of \$2,000) to store club equipment instead of using the trailer for storage. Charlie seconded. Unanimous vote was passed.

6: Charlie motioned that Ray buy a finish line clock. Milt Brown seconded. Unanimous vote was passed.

Next Meeting is

November 9th, 2009, Monday

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

LOCATION – Half Moon Brew Pub



Running the trail

Race results

Club Kokomo Fun Mile Wednesday, Sept 30, 2009 Highland Park

1. J. Truman 5:16
2. Gary Willis 6:25
3. Brittani Gillem 6:35
4. Paul Sanders 6:53
5. Tahnee Azure 7:00
6. Mike Daugherty 7:01
7. Charlie Skoog 7:03
8. Jensen Freeman 7:07
9. Pat Tweed 7:49
10. Ninj Rangel 8:06
11. Joe Rangel 8:07
12. Sam Tweed 8:48
13. Doug Mankell 9:01
14. Bob Longwith 9:07
15. Amber Longwith 9:25
16. Vince Lorenz 10:03
17. Adriane Freeman 10:35
18. Andrea Eckelbarger 10:51
19. Katee Pena 10:55
20. Debbie Rife 13:50
21. Dan Lawson 17:17
22. Rex Cable 17:18
23. Connie Cole 17:46
24. Grace Lawson 17:47

2nd Annual Club Kokomo's Girls Night Out 5K Run and 5K Walk Friday Oct 2, 2009 6:15 PM Kokomo, IN Women's Only Run and Walk

5K Run

1. Katie Hollingsworth 21:24
2. Denise Bradley 21:59
3. Leslie Raab 22:05
4. Brittani Gillem 22:09
5. Amanda Hedrick 23:22
6. Patty Rose 23:22
7. Barb Millspaugh 23:25
8. Andrea Harris 23:38
9. Dana Culp 24:26:00
10. Diana Jones 24:26:00
11. Tiffany Cline 24:30:00
12. Jenny Quillen 24:30:00
13. Amy Kretz 24:31:00
14. Michelle Clendenning 24:35:00
15. Michelle Hollingsworth 24:53:00
16. Melissa Goad 25:06:00
17. Annie Mounce 25:11:00
18. Tanika Forestal 25:22:00
19. Jensen Freeman 25:25:00
20. Amanda Federspill 25:36:00

21. Lauren Bailey 25:44:00
22. Taryn Thor 25:52:00
23. Betsy Dieter 26:02:00
24. Lisa Jones 26:13:00
25. Amy Piazza 26:21:00
26. Lisa Frank 26:32:00
27. Kathleen Bagwell 26:35:00
28. Connie Whitney 26:37:00
29. Lisa Birkhimer 26:42:00
30. Roxane Burrous 26:58:00
31. Michelle Hayes 26:58:00
32. Brooke Gillem 27:01:00
33. Stefanie Kebrdle 27:11:00
34. Kavita Kataria 27:23:00
35. Nicole Mawbey 27:25:00
36. Mary Cameron 27:38:00
37. Abbee Summers 27:38:00
38. Mandy Hall 27:52:00
39. Laura Eib 27:57:00
40. Anna Dollens 28:03:00
41. Kari Wilde 28:04:00
42. Esther Graber 28:08:00
43. Lissa Stranahan 28:23:00
44. Kristy Kanable 28:29:00
45. Theresa Barlow 28:30:00
46. Stella Rood 28:37:00
47. Hannah Newell 28:38:00
48. Nicole Peel 28:40:00
49. Marti Sholty 28:41:00
50. Abby Micheal 28:44:00
51. Chantel Sullivan 28:45:00
52. Lisa Taflinger 28:57:00
53. Brooke Taflinger 28:58:00
54. Mary White 28:59:00
55. Sue Gibson 29:03:00
56. Vicki Boles 29:04:00
57. Wendy Cage 29:11:00
58. Casey Lechner 29:15:00
59. Nancy Anderson 29:19:00
60. Joyce Pennycoff 29:30:00
61. Kristin Peters 29:32:00
62. Wendy Wise 29:33:00
63. Melissa Lewis 29:34:00
64. Laura Cook 30:05:00
65. Kari Thomas 30:07:00
66. Jennifer Berryman 30:12:00
67. Betsy Wenz 30:14:00
68. Sheri Murdock 30:17:00
69. Briar Frederick 30:19:00
70. Shelby Rooze 30:46:00
71. Jodi Schoolman 30:50:00
72. Sandy McNulty 30:52:00
73. Linzi Newman 30:53:00
74. Julie Robins 30:54:00
75. Shelly Wood 30:59:00
76. Terri Burke 31:04:00
77. Mindy Dean 31:04:00
78. Nicole Bumgardner

- 31:05:00
79. Tarin Serra 31:05:00
80. Stephanie Bolinger 31:06:00
81. Rachel Anthony 31:07:00
82. Robin Cole 31:07:00
83. Julie Pownall 31:13:00
84. Lora Felker 31:21:00
85. Michelle Jackson 31:34:00
86. Stephanie Mathews 31:43:00
87. Jennifer Habig 31:44:00
88. Marybeth Pecina 31:49:00
89. Ashlee Shoaff 31:55:00
90. Simone Bruce 32:02:00
91. Jennifer Collins 32:06:00
92. Sara Hoshaw 32:16:00
93. Lori Martin 32:25:00
94. Diana Mitchell 32:42:00
95. Martha Hoshaw 32:46:00
96. Carla Knapp 32:46:00
97. Amber Longwith 33:04:00
98. Tosha Ferron 33:13:00
99. Mallory Beaty 33:22:00
100. Karen Williams 33:26:00
101. Amy Henderson 33:30:00
102. Jennifer Ogle 33:30:00
103. Stephanie Brutus 33:35:00
104. Laura Amos 33:37:00
105. Laurie Ousley 33:39:00
106. Molly Kallio 33:39:00
107. Daniell Hughes 33:41:00
108. Lisa Owens 33:44:00
109. Karen Stout 33:45:00
110. Andrea Wyrick 33:51:00
111. Erin Enright 34:07:00
112. Julie Bates 34:16:00
113. Cindy Kerker 34:19:00
114. Beth Gunute 34:41:00
115. Jennifer Artrip 34:42:00
116. Alison Duncan 34:42:00
117. Christy Badger 34:53:00
118. Mandy Oaks 34:53:00
119. Andrea Eckelbarger 35:01:00
120. Cynthia Bricknell 35:05:00
121. Lindy Deeter 35:27:00
122. Karalee Graves 35:32:00
123. Andrea Collins 35:45:00
124. Lynn Guinn 36:08:00
125. Staci Brack 36:12:00
126. Lisa Emry 36:15:00
127. Anita Frazier 36:30:00
128. Katrina Wray 36:36:00
129. Cindi Milligan 36:43:00
130. Lindsay Christian 36:48:00
131. Lily Badger 36:55:00
132. Adriane Freeman 36:59:00
133. Shirl Robertson 37:34:00
134. Dana Olivarez 38:21:00
135. Michelle Glassburn 38:35:00

136. Vickie Jeslis 39:04:00
137. Sabrina Cagle 39:54:00
138. Vanessa Scott 39:59:00
139. Cathy Simms 40:05:00
140. Sylvia Burgin 40:06:00
141. Mandy Lechner 41:33:00
142. Elena Tansy 41:52:00
143. Katee Pena 42:01:00
144. Linda Ficht 42:48:00
145. Nancy Barth 44:57:00
146. Amy Cunningham 46:10:00
147. Maria Christensen 46:29:00
148. Emily Allen 46:46:00
149. Nicole Drumm 46:57:00
150. Bonna Vore 47:03:00
151. Angie Catt 49:38:00
152. Laurie Bridge 52:52:00
153. Dawn Harvey 52:57:00
154. Megan Bisher 52:58:00
155. Laurie Rayl 52:59:00
156. April Montgomery 53:01:00
157. Angie Butcher 56:14:00
158. Nicole Irwin 56:38:00

5K: Walk

1. Carol Aders 33:48:00
2. Jo Ann Quinnette 33:50:00
3. Janica Farley 38:02:00
4. Courtney Cardwell 38:35:00
5. Carol Glassburn 38:39:00
6. Carla Bronson 38:50:00
7. Tracie DeVore 39:04:00
8. Penny Frazier 39:43:00
9. Brandy McClain 40:50:00
10. Julie McCann 41:12:00
11. Kathi Blume 41:31:00
12. Renee Westbrook 41:34:00
13. Ginger Ennis 41:41:00
14. Vicky Martin 41:53:00
15. Julia Donahue 42:21:00
16. Sona Camp 42:37:00
17. Roberta Myers 42:42:00
18. Jill Dunn 43:17:00
19. Tracy Zachary 43:34:00
20. Kathleen Wert 44:12:00
21. Kristin Trueblood 44:13:00
22. Sue Kistler 44:28:00
23. Gloria St. Clair 44:29:00
24. Susan Marks 44:31:00
25. Cindy Sanders 44:43:00
26. Ellen Bland 44:50:00
27. Debbie Riffe 45:05:00
28. Amanda Pena 45:11:00
29. Vicky Cook 45:12:00
30. Becky Hamilton 45:33:00
31. Dee Colescott 45:36:00
32. Susan Garner 45:41:00

Race Results Continued

33: Brittany Shiflet-Mote 45:42:00	90: Sally Bullick 49:43:00	142: Michelle Musgrave 54:59:00	31 JEFF SAYLOR 1:22:41
34: Deb Bushee 45:50:00	91: Joyce Nudge 49:43:00	143: Shannon Burnette 55:00:00	32 KIM ANDERSON 1:22:42
35: Katy Jakman 45:52:00	92: Cheryl Briscoe 49:46:00	144: Dalena Bradley 55:10:00	33 MIKE DEARDORFF 1:25:00
36: Mary Blalock 45:53:00	93: Deb Andrews 49:47:00	145: Sara Cavatos 55:11:00	34 LAURA JOHNSON 1:25:21
37: Lindsay Cecil 45:53:00	94: Irene Brantley 49:47:00	146: Connie Stewart 55:35:00	35 LAUREN KOVAC 1:25:36
38: Andrea Cline 45:54:00	95: Carol Savage 49:55:00	147: Melanie Stewart 56:13:00	36 LINDSEY KOVAC 1:26:30
39: Micah Bruner 45:55:00	96: Amanda Yazdani 49:56:00	148: Myra Sanburn 56:39:00	37 WENDY PFEIFFER 1:26:32
40: Darcy Bennett 45:56:00	97: Amy Irick 50:03:00	149: Judy Schulte 56:53:00	38 SARAH DAULTON 1:26:35
41: Hallie Davis 45:58:00	98: Holly Roswog 50:03:00	150: Geana Moore 57:08:00	39 REBEKAH MONROE 1:27:44
42: Lisa Beck 46:00:00	99: Caitlin Shotwell 50:12:00	151: Becky Matthews 57:09:00	40 TOM MIKLIK 1:29:06
43: Jo nn Davis 46:00:00	100: Christy Hagen 50:17:00	152: Meaghan Munson 57:10:00	41 CRYSTAL STEG 1:43:56
44: Becky Hinkle 46:02:00	101: Maddie Matlock 50:17:00	153: Jill Munson 57:11:00	42 ANGELA KELLEY 1:43:57
45: Kandyce Hardie 46:10:00	102: Angie Reinhardt 50:33:00	154: Cindy Joyce 57:12:00	
46: Angela Pickens 46:11:00	103: Pam Fisher 50:39:00	155: Melinda Showalter 57:13:00	5K RUN
47: Dawn Pullen 46:23:00	104: Nadine Cook 50:52:00	156: Susann York 57:37:00	1 TRAVIS PALMER 19:26
48: Debby Reynolds 46:30:00	105: Whitney Dillman 51:20:00	157: Kristin McCauley 58:04:00	2 RON WILKINSON 19:39
49: Nichole Perkins 46:40:00	106: Lesley Echelbarger 51:36:00	158: Paula Jones 61:03:00	3 ZAC LEFFEL 19:54
50: Renda Donovan 46:40:00	107: Amber Crites 51:54:00	159: Natalie Gillespie 61:04:00	4 JAMES GORDON 20:45
51: Debbie Simon 46:43:00	108: Diana Brown 51:55:00	160: Alyssa Lewis 64:28:00	5 JEFF CARDWELL 20:50
52: Kathy Allen 46:44:00	109: Veronica Johnson 52:05:00	161: LaCreshia Taylor 72:32:00	6 MICHAEL GRAHAM 21:08
53: Ashley Winger 46:47:00	110: Stefanie Remsen 52:27:00	162: Tracy Perkins 72:33:00	7 TYLER STOUDE 21:32
54: Jessica Burns 46:53:00	111: Lennie Russell 52:30:00		8 GEORGE MARKOU 22:11
55: Nancy Hardie 46:55:00	112: Teresa Long 52:40:00		9 JESSICA HOFFMAN 22:38
56: Glenda Linkenhelt 46:56:00	113: Phyllis Cox 52:41:00		10 DARYL BOLLHOEFER 22:44
57: Julie Ballay 47:04:00	114: Linda White 52:47:00		11 KENNETH SWINEHART 23:04
58: Melissa Bear 47:07:00	115: Sharmaine Ellison 52:47:00		12 MARK SHORTER 23:07
59: Chelsea McKay 47:08:00			13 SCOTT GABRIEL 23:10
60: Rhonda Myers 47:15:00			14 CHRISTINE HENDRICK-SON 23:25
61: Michell Arnett 47:21:00			15 CARL SCOTT 23:39
62: Pam Cline 47:22:00			16 DEWAIN COBBS 23:40
63: Mitzi Geesaman 48:36:00			17 MIKE DAUGHARTY 23:57
64: Jennifer Deeter 48:37:00			18 KEVIN CALLAGHAN 24:15:00
65: Ashley Ausbrook 48:48:00			19 JOSHUA EDGING-TON 24:23:00
66: Haley Ramer 48:48:00			20 JEREMIAH STOFFEL 24:33:00
67: Dianna DeGrow 48:51:00			21 NOAH ROBERTS 24:34:00
68: Terry Heckman 48:51:00			22 JORDAN EDGING-TON 24:39:00
69: Debra Cave 48:55:00			23 SUZETTE KINTNER 24:42:00
70: Whitney Hale 48:56:00			24 JARYD STOFFEL 24:48:00
71: Beverly Bishop 49:00:00			25 DOUG POWNALL 24:51:00
72: Debbie Crockett 49:00:00			26 RUSSELL HOVERMALE 24:55:00
73: Lynelle Brown 49:04:00			27 CHRIS EDGINGTON 25:00:00
74: Diana Flamino 49:05:00			28 PETER BAUSON 25:27:00
75: Margi Moore 49:05:00			29 SARAH BAUSON 25:29:00
76: Erin Stickrod 49:06:00			30 MYLES GILSINGER 25:44:00
77: Sandy Sheroan 49:11:00			31 MARK EADS 25:48:00
78: Shelly Hahn 49:13:00			32 JENNY KLING 25:52:00
79: Joyce Fortune 49:14:00			33 KIMBERLY LAHRMAN 25:52:00
80: Tiffany McBee 49:14:00			34 BILL BAUSON 26:06:00
81: Lucille Layton 49:15:00			35 DARCIE YORK 26:22:00
82: Robyn Schmidt 49:16:00			36 ROBERT BIDLE 26:49:00
83: Addie Fisher 49:16:00			37 RICKE STUCKER 26:52:00
84: Debbie Whitney 49:17:00			38 PETE ROBERTS 27:15:00
85: Tricia Harrison 49:17:00			39 EMILY STOUDE 27:21:00
86: Mary-Ann Cullison 49:28:00			
87: Carri Yovanoff 49:28:00			
88: Beverly Mickelson 49:33:00			
89: Aron Spencer 49:33:00			

COLE PORTER CLASSIC

October 3, 2009

Peru, In

15K RUN

1 SCOTT COLFORD 51:55:00	15K RUN
2 CHARLIE FOX 52:34:00	
3 MATT YORK 57:56:00	
4 CHRIS JAMES 58:03:00	
5 JOE RANGEL 1:02:24	
6 JAMES BOYER 1:03:23	
7 VERNIE CRISWELL 1:03:28	
8 CHRIS NORRIS 1:03:39	
9 SCOTT RIGGLE 1:04:06	
10 RON MOORE 1:04:15	
11 JEFF CREAGER 1:06:21	
12 MATT SCOTT 1:07:17	
13 CHRIS FRAZIER 1:08:31	
14 STEFAN WATKINS 1:10:53	
15 MICHAEL GASTINEAN 1:11:00	
16 GARY WILLIS 1:11:03	
17 JOHN LUYSTER 1:14:51	
18 BEN BARNETT 1:15:18	
19 TA WEBER 1:15:30	
20 LISA HOBBS 1:15:59	
21 ZAC SEE 1:16:01	
22 PAT CLARY 1:16:33	
23 GREGTOWNSEND 1:16:57	
24 CHARLES SKOOG 1:17:09	
25 RUTH DIVINE 1:17:24	
26 PAUL SANDERS 1:19:03	
27 NIKKI FRAZIER 1:19:12	
28 JILL SCHROER 1:21:22	
29 DALE CROSS 1:21:26	
30 DARIN BEEKER 1:22:11	

Race results Continued

40 GRETCHEN BECKER 27:26:00
 41 RUDY SURYANTORO 27:32:00
 42 ANDREW SMITH 27:38:00
 43 JASON BECKER 27:56:00
 44 ZACH BLACK 28:08:00
 45 DUSTIN HEATH 28:09:00
 46 SEAN CALLAGHAN 28:16:00
 47 ZOE EDDY 28:18:00
 48 ANNA DOLLENS 28:24:00
 49 MICHAEL KUEPPER 28:43:00
 50 BREEZE GUNTER 28:46:00
 51 AMBER KINZIE 29:27:00
 52 AMY DENISTON 29:32:00
 53 JEFF LADOW 29:38:00
 54 TERESA FOX 29:41:00
 55 ELIZABETH RESLER 29:51:00
 56 JENNIFER BOYER 30:18:00
 57 DALE SULLIVAN 30:45:00
 58 ALEX KUHN 30:57:00
 59 CHRISTINA ELPERS 31:17:00
 60 ROBIN COLE 31:33:00
 61 QUIRSTEN TWEED 31:48:00
 62 PATRICK TWEED 31:48:00
 63 JENNIFER MAYFIELD 32:16:00
 64 TAMMY DIVINE 32:26:00
 65 LINDA SCOTT 32:30:00
 66 KEITH BAUSON 33:16:00
 67 BRAYDEN YORK 33:47:00
 68 TAWNA LEFFEL 34:03:00
 69 ANTHONY SPAHR 34:56:00
 70 KIMBERLY FISHER 35:39:00
 71 VICTORIA CROSS 36:02:00
 72 ROBERT CUPP 36:51:00
 73 JUDI POWNALL 36:54:00
 74 EMILY COLE 37:28:00
 75 SAMANTHA CALDWELL 37:49:00
 76 WALLY WOODHAM 40:31:00
 77 MARY BETZNER 42:29:00
 78 DEBBIE HUFF 44:12:00
 79 MARK DAMITIO 49:00:00
 80 MIYUKI DAMITIO 49:01:00

5K WALK

1 RICK SPENCER 30:09:00
 2 VINCE LORENZ 31:31:00
 3 MARY MILLER 31:38:00
 4 JOHN SITES 32:11:00
 5 MATT BARNETT 33:32:00
 6 DON HURD 34:12:00
 7 CHRISTOPHER SULLIVAN 34:37:00
 8 TIM TAFLINGER 36:54:00
 9 STEVE INMAN 36:56:00

10 AMANDA PENA 37:05:00
 11 KURT KRAUSKOPF 38:35:00
 12 TONEY LORENZ 39:07:00
 13 JIM CALLAGHAN 39:19:00
 14 JANE INMAN 39:27:00
 15 RAYE JEAN SWINEHART 39:37:00
 16 SUE MILLION 39:41:00
 17 ROBIN MICHAEL 39:51:00
 18 MEREDITH WAGNER 39:52:00
 19 DIANA HARMON 40:18:00
 20 STEVE CURRENS 41:57:00
 21 TINA SCOTT 42:01:00
 22 JAYNE HIATT 42:18:00
 23 J STOUDEUR 42:23:00
 24 RITA CLINGAMAN 42:28:00



Michelle dances across the finish

25 KIM LOWRY 42:33:00
 26 KRISTI EDDY 42:37:00
 27 JASON BIRCHMEIER 42:37:10
 28 CASSY TAYLOR 42:50:00
 29 KAY MCINNIS 42:51:00
 30 CRYSTAL COBLENTZ 42:51:00
 31 TONIA RICHARDS 43:04:00
 32 JAMMIE JONES 43:04:00
 33 INGRID KUEPPER 43:04:00
 34 BRUCE EMBREY 43:25:00
 35 MELANIE BUTTS 43:28:00
 36 TERESA FRENCH 43:58:00
 37 LISA REIBLY 44:04:00
 38 SUE KELLER 44:28:00
 39 VERNON KELLER 44:28:00
 40 RISA KRAUSKOPF 44:39:00
 41 MICHELLE ISLEY 44:54:00

42 ERIC HUNERYAGER 45:11:00
 43 ANGIE ISLEY 45:11:00
 44 PATRICK ROBERTS 45:18:00
 45 NATASHA MCKINLEY 45:45:00
 46 DEBBIE RIFFE 45:50:00
 47 DICK SUMMERTON 46:17:00
 48 SUE STONEKING 46:33:00
 49 DIANE BROWN 50:00:00
 50 JAMES WELLS 50:01:00

Club Kokomo Fun Mile Wednesday, Oct 7, 2009 Highland Park

1. Scott Colford 5:14
 2. Dave Scott 5:17
 3. Brittani Gillem 6:16
 4. Ken Swinehart 6:24
 5. Connor Wood 6:37
 6. Paul Sanders 6:46
 7. Charlie Skoog 6:49
 8. Tahnee Azure 7:00
 9. Mike Daugherty 7:09
 10. Pat Tweed 7:34
 11. Ninj Rangel 7:48
 12. Joe Rangel 7:48
 13. Mike Wood 8:20
 14. Tami Moore 8:23
 15. Madison Wood 8:45
 16. Shelly Wood 8:48
 17. Brayden York 8:53
 18. Matt York 8:54
 19. Amber Longwith 8:58
 20. Bob Longwith 9:09
 21. Adiene Riggle 9:26
 22. Vince Lorenz 10:03
 23. Katee Pena 11:00
 24. Noah Cardwell 11:42
 25. Jeff Cardwell 11:45
 26. Lilly York 11:55
 27. Darcie York 11:56
 28. John Paul Wyman 12:09
 29. Amanda Pena 12:12
 30. Milt Brown 13:33
 31. Dave White 13:34
 32. Debbie Rife 14:03
 33. Sophia Wyman 15:08
 34. Shelly Wyman 15:09
 35. Jackie Sanders 16:36

Club Kokomo Fun Mile Wednesday, Oct 14, 2009 Highland Park

1. S. N. Rangel 6:37
 2. Joe Rangel 6:38
 3. Charlie Skoog 6:51
 4. Paul Sanders 6:53
 5. Aidan Frazier 8:20
 6. Byron Bundrent 8:20

7. Robin Tetrault 8:32
 8. Sam Tweed 9:23
 9. Vince Lorenz 9:52
 10. Amanda Pena 11:23
 11. Debbie Rife 13:33
 12. Jeff Cardwell 15:47
 13. Noah Cardwell 16:17
 14. Jackie Sanders 16:37

Nickel Plate 8k Run and 3 Mile Walk October 18, 2009 Peru, IN

8k Run
 1. Nich Lipari 31:24
 2. Joe Rangel 31:46
 3. Scott Riggle 32:15
 4. Brent Noll 33:29
 5. Mike Graham 35:04
 6. Al Hochgesang 35:09
 7. Gary Willis 36:28
 8. Chris Frazier 36:44
 9. Ken Swinehart 37:22
 10. Brittiani Gillem 37:59 **1st woman**
 11. Charlie Skoog 38:10
 12. Jack Sanders 38:49
 13. Scott Hamilton 39:31
 14. Justin Taflinger 40:06
 15. Mike Daugherty 40:14
 16. Dean Schmillap 40:15
 17. Andrea Lehr 40:15
 18. Paul Sanders 40:24
 19. Greg Townsend 40:38
 20. Russ Hovermale 41:03
 21. Kevin Callaghan 41:46
 22. Nikki Frazier 41:51
 23. David Van Deman 41:56
 24. Patrick Tweed 43:49
 25. Dave White 44:21
 26. Ray Tetrault 44:30
 27. Robin Tetrault 44:43
 28. Ricke Stucker 45:03
 29. Abby Michael 46:07
 30. Tony Grandstaff 46:08
 31. Vicki Boles 46:19
 32. Elena Bowser 46:34
 33. Jeff Ladow 46:42
 34. Rhenda Acton 47:50
 35. Joyce Pennycoff 48:56
 36. Adriene Riggle 50:39
 37. Robin Cole 51:39
 38. Aidan Frazier 52:52
 39. Melissa Sharpless 52:53
 40. Raelee Sharpless 53:25
 41. Anita Frazier 59:35
 41. Finishers

3-Mile Walk

Race Results Continued

1. Mary Miller 32:29
2. Rick Spencer 32:39
3. Amanda Pena 33:38
4. Jerry Lambert 35:26
5. Tim Taflinger 36:21
6. Jim Callaghan 37:59
7. Jane Inman 39:04
8. Raye Jean Swinehart 39:07
9. Jayne Hiatt 40:37
10. Marsha Daugherty 42:17
11. Debbie Riffe 42:29
12. Dick Summerton 43:36
13. Aron Spencer 47:07
14. Pat Robertson 49:04
15. Jack Sanders 52:56
16. Andrea Eckelbarger 58:21
17. Karen Lemons 58:22

Club Kokomo Fun Mile Wednesday, Oct 21, 2009 Highland Park

1. Waylon Coulter 5:22
2. Paul Sanders 6:42
3. Joe Rangel 6:42

4. Charlie Skoog 6:57
5. Sam Tweed 8:53
6. Amanda Fernandes 8:59
7. Robin Tetrault 8:59
8. Amber Longwith 9:05
9. Bob Longwith 9:19
10. Vince Lorenz 9:57
11. Jessica Sanders 10:12
12. Jennifer Sinka 10:24
13. Sophia Wyman 11:47
14. John Houlahan 13:02
15. John Paul Wyman 13:04
16. Cathy Longwith 15:23
17. Maggie Houlahan 15:52
18. Charlie Houlahan 16:15
19. Shelly Wyman 16:16
20. Jackie Sanders 16:54
21. Cindy Sanders 17:01

Club Kokomo Fun Mile Wednesday, October 28, 2009 Highland Park

1. Chris Frazier 5:48
2. Joe Rangel 6:05

3. Dan Lutes 6:18
4. Brittani Gillem 6:29
5. Jacob Gillem 6:55
6. Charlie Skoog 6:56
7. Brody Brooks 7:33
8. Derick Brooks 7:34
9. Aidan Frazier 8:24
10. Robin Tetrault 8:36
11. Sam Tweed 9:33
12. Vince Lorenz 9:43
13. Maya Brooks 9:44
14. Katee Pena 10:33
15. Andrea Eckelbarger 10:45
16. John Paul Wyman 11:18
17. Paul Wyman 11:18
18. Amanda Pena 11:23
19. Sophia Wyman 12:03
20. Shelly Wyman 12:04
21. Debbie Riffe 13:18
22. John Houlahan 15:40
23. Maggie Houlahan 15:52
25. Julie Houlahan 23:16
26. Johanna Houlahan 23:21
27. Charlie Houlahan 23:23



Ron Moore heads on to the Nickel Plate trail

By the time you read this there will only be three races left for the year. Many of you are close to the 10 race minimum to qualify for year end awards. Volunteering for a CKRR race also counts towards one of your of races. The remaining races are all club races so contact the race directors about volunteering today.

Other Race Results

6th Annual River Bluff Run Sponsored by Centric HRM Saturday October 10, 2009 Logansport, IN

5K Run

1. Scott Colford 17:11
9. Michael Graham 21:10
11. Shanna Bonnell 21:26 **1st woman**
14. Mark Shorter 23:19
28. Russ Hovermale 25:48
44. Kim Anderson 27:42
53. Doug Mankell 29:19
59. Rhenda Acton 31:31

Ford Ironman World Championship

- Kona, Hawaii • October 10, 09
- 1: Craig Alexander • Australia • 08:20:21
 - 1W: Chrissie Wellington • Great Britain • 8:54:02
 - 1546 Don Rogers 15:12:11 903
 - 1778 Started 1653 Finished

Indianapolis Marathon

- October 17, 2009
- 1: JOSHUA BLAND 2:38:07
 - 1W: KRIS HUFF 3:08:06.7
 - 307 Michelle Clendenning 3:57:19
 - 1007 finishers

Knob Stone Trail Mini

- Oct 24, 2009
- 1: Schramm, Dan 1:36:30
 - 1W: Rivard, Suzi 1:49:13
 - Charlie Skoog 2:14:08
 - Joni McCracken 2:34:33
 - Dave White 2:47:38

Marine Corps Marathon

- October 25, 2009
- 1: John Mentzer 2:21:47
 - 1W: Muliye Gurmu 2:49:48
 - 4913: Gary Willis 4:01:06
 - 5941: TA Weber 4:08:41
 - 21,211 finishers

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, Cole Porter, NPT 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 6-115
Lauren Weber 2-30RV
Kailee Taflinger 1-20
Aubry Jackson 1-15
Kelsey 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
Brittiani Gillem 1-20
Emily Hobbs 1-20
Waverly Neer 1-20

20-24

Sarah Lee 7-130HR
Amber Longwith 7-105R
Sarah Bauson 2-40H
Megan Tetrault 2-40H
Vanessa Lorenz 2-32
Laura Bauson 1-20
Quirsten Tweed 1-15

25-29

M. Clendenning 8-160MH
R. Monroe 6-115MV
Kathleen Bagwell 3-55MH
Michelle Tetrault 2-40HV
Justine Eads 1-20
Jillian Weaver 1-20
Jaime Jackson 1-15

30-34

Adriene Riggle 12-181HCR
Darcie York 8-132HC
Allison Irvin 6-120H
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
B Millspaugh 12-184HC
Nikki Frazier 10-158V
Lisa Jones 2-32H
Stella Rood 1-20H
Jennifer Sinka 1-10

40-44

Gina Sheets 11-210MRCV
Laura Cook 10-144HV
Patti Reinhardt 8-135MHCV
Joni McCracken 5-90HV
Kim Anderson 5-82H
Shelly Wyman 4-62H
Kim Coy 3-55MH
Michelle Larson 3-55H
Lisa Hobbs 2-40
L Rosenstengel 3-39RV
Tami Moore 2-35H

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 17-315HCV
R Tetrault 14-232MHRV
Vicki Boles 11-177HRV
Cassie Bauson 6-99H
Theresa Barlow 3-31R
Lorene Sandifur 2-30HC

55-59

Robin Cole 15-231C
J. Pennycoff 11-195HCRV
Rhenda Acton 10-190HV
Judy Smith 3-50HCV
Chris Williamson 3-47V
Kathie Barnett 2-30RV
Barb Wand 2-30CV
Anita Frazier 2-25

60-64

Sylvia Burgin 13-235HCRV
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 6-107V
Brayden York 3-45R
Justin Taflinger 2-40
Keagan James 1-20
Quinn Reinhardt 1-20V

13-19

Waylon Coulter 9-118
Ben Bradshaw 6-104H
Nich Lipari 6-102
Jordan Lee 6-100R
Brent Noll 5-58
Jacob Bradshaw 4-54H
Peter Bauson 3-47H
Keith Bauson 3-41H
Joshua Revils 3-34
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 5-100
Jason Rush 1-20H
Jack Sanders 1-20
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 10-200H
Scott Riggle 13-199HCR
T.A. Weber 13-175MHRV
Chris James 9-160H
Chris Frazier 8-104

Dave Harrison 6-94HV

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 18-304MHCRCV
M Graham 17-266HCRV
Ron Moore 9-170HC
Brian Allen 11-138HCRV
Paul Wyman 6-79H
Dan Lutes 4-75MH
Todd Moser 3-45
Don Rogers 2-35H
Patrick Tweed 2-27
Kevin Forgrave 1-20
Todd Marschand 1-12

45-49

Ken Swinehart 16-258HV
Al Hochgesang 11-185
Kim Lee 13-156HR
B Reinhardt 7-130MHCV
Dana Neer 5-100
Ernie Hurst 8-96H
Bill Bauson 5-65H
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 13-260H
Ray Tetrault 15-208MHRV
Greg Townsend 14-183
Scott Hamilton 10-153
Earl Strong 8-135MH
Jerry Meiring 10-110H
Mike Deardorff 9-100H
Russ Hovermale 8-89
Keith McAndrews 5-75H
Jeff LaDow 7-64
Michael Campbell 2-40H
Tim Miller 1-10R

55-59

Joe Rangel 16-310HC

Mark Shorter 16-255HCR

Charlie Skoog 16-237MHRV

Dave White 16-207MHCRCV

Tom Miklik 8-111HRV

Steve Wand 6-92HCV

Fred Chew 4-58H

Rick Maughmer 3-47H

Bruce Cook 2-40H

Steve Kilcline 2-40HV

Rocky Smith 2-40HV

Jack Mellinger 4-39

Don Gifford 1-20H

Karl Stoneking 1-15

60-64

Ricke Stucker 18-297CR
David Hughes 9-162CV
John Wiles 10-152HCRV
Darrell York 6-110
Bill Barnett 4-70MHRV
Phil Leininger 2-32H
Walter Brown 1-20H

65-69

Doug Mankell 8-142H
Stan Shuey 8-140C
Dale Sullivan 4-70
John Norris 3-60H
Jerry Leach 1-10

70+

Robert Cupp 9-150R
Bill Heck 6-120V

Walkers**49-**

Mary Miller 19-350HCR
Raye Jean Swinehart 14-225HV
Carol Savage 4-56H
Cindy Sullivan 4-46
Sophie Frazier 2-29V
Nicole Parry 1-15

50+

Amanda Pena 16-290CRV
Jane Inman 17-275HRV
Jayne Hiatt 19-236HCR
Debbie Riffe 16-163CRV
Pat Robertson 11-111HCRV
Diana Brown 11-100CV

(Continued on page 15)

Remaining 2009 Race Calendar

November 1	November 26
Run the Mounds	CKRR Cares Run
5M Run/5k Walk	5k Run/Walk
Time: 2 PM	Proceeds go to We Care
Location: Anderson, IN	Time: 8 AM
andersonroadrunners.org	Location: Highland Park
	Contact: Ray Tetrault
	Email: rayrobin@email.com
	20 points to each finisher
November 14	December 31
Charity Run/Walk 5k	New Years Eve 5k Run/Walk
Time: 9 AM	Time: 2 PM
Charlie Skoog	Contact Joni McCracken
Phone: (765) 457-2607	Phone 210-2281.
Email: runckrr@aol.co	Location: UAW Local 292
Location: UAW Local 292	

Other November Races

Mayflower 5K Run/Walk

10:00am Saturday Nov 7, 2009
 KCH Health & Wellness Center
 1500 Provident Dr, Warsaw, IN
 For more information contact
 574-372-7890 or kpitt@kch.com

Noble County Turkey Trot

5K/2M



November 21 9:00 am

Public Library

Kendallville, IN

<http://www.runindiana.com/TurkeyTrot.pdf>

Thank you!

Thank you to all those that wrote articles as well as Amy Black and Alan Flowers for sending pictures for me to use. Everyone's help is greatly appreciated.

Tentative 2010 Race Calendar

Date	Race
02/28/2010	2009 Awards Banquet at TBD
03/06/2010	Norris Insurance 5K Amboy
03/13/2010	Old Ben 5K Kokomo
03/27/2010	Sam Costa 13.1/6.55 ?
04/10/2010	Ultimate 10,5,5-Logansport
04/17/2010	Race For the Cure Indy
05/15/2010	Norris Insurance 4m Kokomo
05/29/2010	Kokomo Symphony 5K
06/03/2010	Coyote Kids
06/05/2010	Trojan Trot 5K Sharpsville
06/10/2010	Coyote Kids
06/12/2010	Norris Insurance 5m,5k Greentown
06/17/2010	Coyote Kids
Jun 18.19	Relay for Life Kokomo
06/24/2010	Coyote Kids
07/01/2010	Coyote Kids
07/03/2010	Haynes 4,3,1 Kokomo
07/03/2010	Haynes kids Track
07/08/2010	Coyote Kids
07/10/2010	Race for Grace Logansport
07/15/2010	Coyote kids-Rain day
07/17/2010	Panther Prowl
07/22/2010	Coyote Kids Awards
08/07/2010	Norris Insurance 5k Converse
08/14/2010	Age Graded -Kokomo
08/21/2010	Cam Race for Shelter ??
08/28/2010	CAM Race for shelter ??
09/25/2010	Bee Bumble 10K, 5K Burnettsville
10/01/2010	3rd GNO 6PM
10/02/2010	Cole Porter 15K 5k Peru 9AM
10/17/2010	CKRR 8K/3m Nickel Plate Trail Peru 2PM
11/07/2010	Run the Mounds-Anderson
11/13/2010	CKRR Charity Run 9AM
11/25/2010	CKRR We Care Run 8AM
12/31/2009	New Yr Eve 5K 2PM

Jeannie Clark 6-69V		R Michael 13-131H
Kathy Allen 7-68RV	49-	Toney Lorenz 12-112R
Cynthia Sanders 8-64CR	V Lorenz 11-200R	J Sanders 13-96CR
Barbara Hobbs 5-63H	Chris Sullivan 7-110	Robin Hehr 6-57
Angela Lorenz 5-42R	Bruce Savage 4-56H	Dick Summerton 7-57
Trudy Pierce 2-25H	Tim Revils 3-34	Jim Burrous 3-50HV
Helen Brown 1-10R	50+	Milt Brown 5-49RV
Renita Taflinger 1-10R	Rick Spencer 16-299H	M Hobbs III 5-49H
Cathy Weidler 1-10C	Jerry Lambert 18-249HCRV	David Mygrant 3-38H
Tanna Connor 1-9	Tim Taflinger 16-225HCR	Bob Longwith 2-15R
Sherry Stoneking 1-9	Steve Inman 13-183HRV	John Sites 1-15
		Steve Currens 1-7
		John McGinty 1-5

Men

Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902



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