



The Roadrunner

Club Kokomo Roadrunners

December 2009



CK Goodfellows report to Meijer's at 5:30 p.m.

Club Kokomo Goodfellows should report about 5:30 p.m. Dec. 13 and 14 at the Goodfellows' table near the north east doors at Meijer's. Just tell the people at the Goodfellows table that you are with Club Kokomo and they will direct you to the volunteer area. There will be Meijer-provided snacks and soft drinks, so volunteers will not miss dinner.

This year, parents

will redeem their Goodfellows vouchers at Meijer's 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. Normally, shopping is completed by 9 p.m.

At CK's November Charity Run, 21 club members signed to help Dec. 13 (Sunday) and 20 signed for Dec. 14 (Monday). Johnny 'O will be at Meijer's both days. If you signed up but cannot help, if you forgot what day you

By John Wiles

signed up, or if you did not sign up but want to help, contact Johnny 'O by cell (765) 438-9545; work, 765-454-7926; or email at john_wiles_150@comcast.net

Applications for Goodfellows' assistance will be taken from 9 a.m. to 3 p.m. Dec. 1 to Dec. 5 at 1401 N. Washington St. (the former Marsh store). If you can help with registration even for a few hours, contact Connie at the Center Township Trustee office (452-8259). Local restaurants are donating lunch for volunteers.



Next and last race of the Year

December 31

New Years Eve 5k Run/
Walk

Time: 2 PM

Contact Joni McCracken
Phone 210-2281.

Location: UAW Local 292



Joni at the Mounds Race

The year is winding down and there is no better way to say goodbye to 2009 than to spend time with friends and family at the New Year's Eve 5K Run/Walk. For

New Years Eve— Last Race for the Year

By Joni McCracken

all the newcomers, this is a race that is held annually on the afternoon of December 31st. The race begins at 2:00 p.m. so you will have plenty of time to attend your evening celebrations. The course is the same as the Charity run, so if you had the opportunity to participate in that event, you know your way! The race starts at the Local 292 UAW, winds through the neighborhood of Liberty Manor, heads south

on Webster where you will enter Jackson Morrow Park at the southeast corner. After one loop around Jackson Morrow, exit north on Webster and return through Liberty Manor finishing at the UAW parking lot. Following the race we will again be blessed with great food compliments of the many wonderful chefs from the club including Charlie's

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From the President

By Gina Sheets



The holiday season is here. Thanksgiving has been shared and eaten, Christmas decorations are going up and those familiar tunes are being sung. Our fall marathons and half's have been

completed and some CKRR members have been bit with the running/walking bug that will motivate them to train for the next event. At our November board meeting we discussed the 2010 calendar and we made a couple of changes in race dates, please be sure to note them if you have already made the entries on your calendar, we do not want you to overbook. We also discussed the 2009 Awards Committee. We will meet on January 9th, Saturday, 4:00pm at our home. We will provide supper. I am looking for about

9 more people; walkers and runners who are willing to contribute their input on who they think should be selected. Some of the categories we may use are:

Walker of the year, Runner of the year-Youth, Runner, Master, Senior Master, Contributor of the year, Rookie of the year, most improved, Outstanding Volunteer, Most Outstanding Performance. Again, not all of these categories have to be used. If you want some one to get the recognized in one of these categories you believe they have earned, be sure to come to the meeting that will be held at our home: 2282 East County Road 250 North, Frankfort IN, 46041 (Directions: take State Road 26 to State Road 29, turn left on State Road 29, heading south. At the flashing yellow light in Michigantown, turn right, heading west on Michigantown Blacktop. The road goes over a small bridge, when you come out of the bridge and curve you will see another curve, County Road 250 North is between the fourth and fifth curve signs. Slow down to make the turn to the right and head west on 250 north for 2.8 miles. You will make a sharp curve

to the right; you will see our gray barns on top of the hill on the left. Cross the creek, head up the hill and turn in the barn lot on the left to park. Our home is across the road on the right hand or north side of the road. Phone number is 765-490-2821.)

For many of us this month can become overcrowded with parties, last minute gift buying, trying to schedule in training time, and the stress of being over budget, out of cash and out of time. Please take time to find the peace that Christ brings to you, to all of us, all of the time. As Christians we know better to than to search for the perfect gift to give. That has been done for us. The greatest gift came 2000 plus years ago in the birth of child, the gift of salvation is perfect in size, in color and lasts forever. Our opportunity comes to share the word, the true meaning of this season to those around us – Go and give the good news to all of those around; share the gospel and make an eternal difference.

Be careful out there –

Gina

Happy Birthday to all from CKRR

12/1 Amanda Pena
12/1 Andrew Swinehart
12/2 Rick Maughmer
12/02 Robert Cupp
12/2 Richard H. Elliott
12/2 Alexandra Merritt
12/5 Quinn Reinhardt
12/6 Mike Sadler
12/8 Carla Yerkes
12/8 Laura Rosenstengel
12/9 Al Hochgesang
12/9 Gary Callahan

12/11 Diana Deyoe
12/11 Cassie Bauson
12/12 Heather Weber
12/14 Quirsten Tweed
12/15 Mark Eads
12/15 Allison Irvin
12/16 Darrell Frazier
12/17 Barry Donovan
12/18 Michael Graham
12/18 Cathy Weidler
12/19 Dr. Walter C. Brown II
12/21 Jerry Meiring

12/21 Michelle Tetrault
12/22 Timothy J. Chew
12/23 Miranda Rood
12/24 Jim Burrous
12/25 Karl Stoneking
12/26 Charles Pennington
12/27 Gary Jewell
12/28 Roberta Hite
12/28 Robyn Pagington
12/29 Rhenda Acton
12/29 James Longwith
12/30 Charlie Skoog



On the Trails — 25th Anniversary CKRR Charity Run

By Charlie Skoog



Charlie finishes strong at the Mounds

This years Charity Run was special in several ways as a record turnout of 125 runners and walkers raised \$2,370 for the Gilead House and Magic and Care Closets. The change from a Sunday afternoon

lunch in early December to a morning brunch in mid November was also a big hit. Thanks to all who ran, walked, donated, cooked and volunteered for this special event. Those who stayed for brunch were blessed by the witness of Director Reba Harris and the personal testimony of several women being served by Gilead House. KHS counselor Andrea Harris did a great job explaining the mission of the closets and the impact they have on student's lives. There are so many ways we can positively impact lives and this was readily apparent at this years Charity Run.

In near perfect conditions, CK's Dana Neer cruised to victory in a time of 18:14. The women were paced by KHS senior Kellie Miles in a time of 22:29. I had the pleasure

of coaching Kellie in track and cross country at Maplecrest Middle School and it's always neat to see a former protege crossing the finish line. A hard working Vince Lorenz won the walk with a fine time of 30:44 followed by Amanda Pena in 35:59.

Special thanks go to UAW Local 292 Financial Secretary, Sharon Geiselman, who facilitated Club Kokomo's use of the Assembly Hall and kitchen for the race. We will return to this wonderful facility for our final race of the year, the New Year's Eve 5K, which will be held on Thursday, December 31 at 2:00 PM. We have a new race director for this years race who is doing an outstanding job. Please see Joni McCracken's article and plan ahead to run, walk or volunteer. See ya on the roads and trails!

Welcome our New Members

Amanda Fernandes

Mark Fernandes

Kaylyane Fernandes

Joe Yeagle

Jim Grose

Jordan Ousley

Laurie Ousley

Tom Ousley



Reba Harris from the Gilead House



Andrea Harris from Kokomo High School



Chickamauga Battlefield Marathon

By Bill Bauson



There we were, lined up at 7:30AM on November 14, 2009 for the Chickamauga Battlefield Marathon and Half Marathon at Ft. Oglethorpe, GA. The temperature was a chilly 40 degrees. The sky was clear blue, with hardly a cloud in sight. As we contended with our pre-race jitters, the entire crowd suddenly jumped when a Civil War cannon fired a shot to signal the start of the race.

So began my first marathon.

For years, Cassie and I had talked about doing a marathon together. To me, it seemed an unreachable goal. A half marathon was OK, but I couldn't imagine finishing 13.1 miles, only to start all over again! But this year, I finally broke two hours at the Indianapolis Mini-marathon, so I decided it was time to give a full marathon a try.

With all the weeks of temporary layoffs from my job at Delphi, I had plenty of time to run. Probably the last time Cassie and I had spent so much time together was when we were in college. Training for the marathon gave us plenty of quality time.

The first time we exceeded 13.1 miles in training, I was excited. Every step meant that I was running farther than I had ever run before. We got as far as 18 miles in our training. I felt good after that run, but I also thought, "I'll still have to run 8 more miles in the marathon. I hope I can do it." The next weekend, we rode our bikes in the Hilly Hundred, and then started tapering.

The marathon course runs right through the Chickamauga Battlefield, where the Union and Confederate armies clashed in 1863. Cannons and monuments dot the landscape all along the course. At one section, we ran with Union cannons pointing at us from the left side, followed by Confederate cannons pointing at us from the right side. Placards along the course described the various companies,



battalions, and brigades that fought in the battle. The scenery was gorgeous, with rolling hills, woods, fall colors, and meadows. We ran on paved roads most of the time.

Our daughter, Laura, who lives in Knoxville, ran the half. The course is a 13 mile loop, give or take, so Laura ran the first part (well ahead of us), and Cassie and I repeated the course to finish the 26.2 miles. My big goal was the 18 mile mark. When we hit that point, every step afterwards was farther than I had ever run before. This time, I surprised myself by thinking, "Wow! Only 8 more miles to go!"

The race was very well organized, with plenty of volunteers along the course. Nearly 500 ran in the marathon and over 700 ran in the half. During the race, we heard the cannon boom as the half marathon and marathon winners crossed the finish line. When Cassie and I finished, someone met me with a framed duplicate of my bib with "FIRST

MARATHON" and my name printed on the backdrop.



Times: Laura - 1:54:51; Cassie & Bill- 5:12:03

The best part of the whole thing was the great family time we had. We got to visit with Laura, and Cassie and I got to run the whole race together. And yes, I'd do it again.

Vicki Boles needs all the trophies you might like to get rid of for the kids elementary program. Kids begin their run at 3 minutes and gradually reach the 10 minute run. She can use any trophy. They pull the front metal part off and replace it with a label that looks perfect for our little runners. This is a great transition activity that will lead into the Coyote Kid summer running program. If you would like to donate your trophies, please drop them off at Maple Crest School or the Wednesday night run at 5:30 p.m. Let me know about the Wednesday drop off so I can be there to pick them up. If you need to contact her give her a call at 765-437-4318. Thank you!



ANCIENT HISTORY

By Milt Brown



At the Charity Run/Walk Gina Sheets and I walked together and talked. I told her about a mile race that I was in many years ago and that I have a picture of the very close finish. She suggested that I send in the picture for the Club Kokomo newsletter. It was the 1949 Little State Track and Field Meet at Ball State Teachers College. The winning time of 4:22.9 was the fastest time ever run on the old Ball State cinder track. A Butler runner was the winner, I was second and Bill Stairs, my close friend also of Ball State was third all within a few tenths of a second.

(Continued from page 1) NYE race continued

famous Lentil soup and don't forget Annie O's rolls! Along with food and fellowship there will be some great awards and giveaways. The top male and female runners and walkers will receive a gift certificate from The Running Company. There will be many more awards too – ones that you bring! Yep – an award exchange. Bring a fitness related

Coach Stucker honored

By Bill Heck



Ricke at the 2009 Converse Race

Congratulations are in order for fellow Club Kokomo runner Coach Ricke Stucker. Ricke was recently named to coach the boys and girls x-country teams in the Mid-east x-country championships. The meet was run Saturday, November 27th, near Dayton, Ohio. Indiana's boys team won their event and the girls took second place in their race.

The runners for this race were selected after each state held their state x-country meet. The first twelve seniors in the boys and girls race made up each state's team. The teams were from Ohio, Illinois, Michigan, and Indiana.

Ricke has coached x-country at Kokomo High School for 41 years. He has been active in the coaches association for years and they bestowed this honor on him.

gift (\$5 - \$10) and receive one during the random order drawing. Valuable gym memberships will be given away after the race too! Proceeds from this race will go to support our summer Coyote Kids program. If you know anyone whose children participate in the program, encourage them to join in the run/walk too. How about all those people you know whose new year's resolution is fitness related? Be sure to let them know about the run and encourage them to get a jump start on their resolution.

Registration information is available online at www.ckrr.us. You can also register online at www.active.com. If you have any questions, email Joni at jeni.renee@att.net or call 765-210-2281. Volunteers are always needed so if you still need volunteer points (or even if you don't) be sure to contact me soon.

So... bring a friend, bring a side dish/dessert to share, and if you are interested in participating in the awards exchange bring a fitness related "award"! Hope to see all of you on New Year's Eve!



Ironman FL 2009

Ron Moore



Ron Moore is an Ironman

Howard County was well represented at the Florida Ironman this year. We had 8 current or former members of the county doing this year's race. The Ironman consist of a 2.4 mile swim, 112 mile bike, and a 26.2 mile run. I think everyone has a reason for putting themselves through such a grinding task. I know for myself it was one of redemption from 2007 where I suffered through GI problems to finish in 14 hours. For Tony White, Ryan Newell, Matt York, and Randy Moore all first timers it was a chance to test what they are made of and to experience the ultimate test of endurance for triathletes. For Will Irvin, Jay Priest, Don Rogers, it was a chance to become Ironmen once again and to push their bodies as far as they will go. Most of us have been training for over a year for this event and all have a goal of finishing under 12 hours. Don Rogers finished the World Champion-

ships in Hawaii only 4 weeks prior to Florida and was just hoping his body could hold up for 2 Ironman's in a month.

Ironman Florida starts on the beach with 2880 people lined up ready to run into the water. If you think the sprint wave starts are bad with 35-60 people try 2880 in the ocean. The cannon sounds and the mass move in, for the first 900 yards I think I only had about 10 normal strokes; I was mostly head out of the water looking for room and buoys. I got hit several times but stayed calm, Will took a shot into the eye that would later turn into a shiner. The water was a little rough and there were several jelly fish floating around, one in which I took right on the nose. They kind of feel like a bee sting for about 3 seconds in case you are wondering. We all made it to the beach and all of us had great times ranging from the speedy Matt York's 1:07 to an impressive 1:24 from Ryan Newell.

Now the bike starts the temperature was around 55 degrees and there was about a 15mph wind out of the east. I came out of the water in 888 place and started passing people immediately. I averaged 21.8 mph for

the first hour of riding, the next 30 miles were straight into the wind and there were some rollers on this part of the course which made the next hour and half tough. I never saw any of the Kokomo guys on the bike until mile 70 I saw Matt York on a little out and back stretch. He was about 4 miles ahead of me and moving well. It's kind of lonely on the bike, in fact the whole race can be, and I think I only said maybe a few words the whole day. I started to feel leg cramps in my groin area and calf's and I noticed that my arms and legs were sheet white with salt not a good sign. I starting taking Endurolyte tablets and drinking more Gatorade Endurance formula. I wasn't sweating at all, I think while riding into the wind the air was evaporating my sweat, so I never noticed it, lesson learned. I keep my pace manageable while downing the sodium need to continue. At mile 103 I feel a slap on my backside and it was Don Rogers

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Will Irvin, Ron Moore, Jay Priest and Matt York



Indianapolis Monumental Marathon

By Robin Tetrault

The Indianapolis Monumental Marathon was my 19th marathon. I guess it took me a while to get to an Indiana marathon. I enjoyed the trip with Scott and Adriene Riggle early Saturday morning. It was wonderful to not have to worry about parking or driving. It was going to be Scott's FIRST marathon so he was a little apprehensive. It was a beautiful, cool, sunny day. There was excitement in the air as we awaited the start of the 2nd annual Monumental Marathon. We met up with some other CKRR friends and wished them all good luck. When it was time for the start of the race we were all in different places. I hung out in the back, as usual looking for the 5 to 6 hour pace signs. I was hoping to finish in 5 and ½ hours. I had just run the Air Force Marathon a month before and was hoping to match that time. I would be running alone today, however, as Ray and Missy already had Indiana. I don't push myself very hard and I was a little nervous that I would "slack off" after the 13.1 mile mark. That's where I "hit the wall", knowing I have to do that many miles all over again.

I really enjoyed the fast, flat course. It was truly that. My last three marathons had some serious hill challenges and I was relieved this one was not hilly. I ran along enjoying the city and the sunshine. The miles seemed to pass rather quickly and that really surprised me. I really didn't know where I was going. I just followed the other runners.

The traffic control was amazing for a city the size of Indianapolis. We did run past some unhappy people waiting in very long lines of cars waiting for the 5000 (half and full marathoners) runners to get out of the way. I was running along by the fairgrounds where traffic was stopped for a long ways while we crossed the road. People were standing and talking outside of

their cars. I thought, "how nice that they are enjoying the day and chatting with one another".... So I shouted "thanks for waiting for us to cross". I was greeted with a man yelling about how he was unemployed and he wasn't very happy to be waiting.....yadda, yadda, yadda..."Oh, sorry, have a nice day!" The police man said, "don't worry, he doesn't like me either!" That made me feel better. Oh well, maybe he needs to take up running!

I knew when we came in Meridian we were coming back into the city to finish. I looked at my watch and realized I was making very good time. Much better than I anticipated I would. I called Adriene at mile 20 so she would know I was ahead of schedule. She was amazed, too! Six more miles to go? Wow! I am going to have a great day! I finished in 5 hours 14 minutes. I was SHOCKED! That is my 2nd fastest marathon yet! I guess it was those morning 4 mile runs with the girls and Ray! My longest run after the Air Force Marathon was the 5 mile

Mounds Race. I guess that tough course was great speed work and hill training all in one. (I don't recommend my program for marathon training!) It was a great day for many as Lorene Sandifer qualified for Boston! Scott Colford finished 8th overall after being sick all week with the flu! I highly recommend this marathon for CKRR members next year for your half or full marathon qualification, as it was very well done and a lot of fun!

As Robin said this was my first marathon so I had no idea what to expect. My goal was to finish in under 4 hours and I managed to do that with 12 seconds to spare. I actually ran with the 3:30 pace group through 18 miles and then watched them slowly get smaller. The last six miles were some of the toughest I have ever ran or walked. When I finished I said it would be my last one, but I'm pretty sure I will be doing another next year. This time with a few more long training runs.

Scott Riggle



Mel Hobbs, Scott Riggle, Scott Colford & Robin Tetrault



Race results

Run the Mounds

Nov 1, 2009

5 mile Run

- 1) 27:42 Thomas Ian
- 13) 33:48 Rangel Joe
- 28) 35:19 Frazier Chris
- 39) 37:03 Reinhardt Quinn
- 58) 40:06 Willis Gary
- 70) 41:02 Skoog Charlie
- 84) 42:35 McCracken Joni
- 106) 45:04 Frazier Nikki
- 107) 45:07 Burrous Roxane
- 120) 46:30 Bausen Bill
- 136) 47:52 White David
- 140) 47:59 Bauson Grace
- 141) 47:59 Bauson Peter
- 146) 48:26 Tetrault Robin
- 156) 49:13 Bauson Cassie
- 173) 51:36 Frazier Aidan
- 174) 51:48 Dollens Anna
- 182) 53:03 Tetrault Ray
- 192) 56:07 Bauson Keith
- 194) 56:25 Riggle Adriene
- 203) 58:24 Cole Robin
- 205) 58:54 Gunter Breeze
- 219) 1:05:3 Frazier Anita

Run the Mounds

5K Walk

- 1) 34:53 Miller Mary
- 2) 35:32 Spencer Rick
- 6) 37:38 Sullivan Christopher
- 7) 38:25 Pena Amanda
- 14) 41:11 Hehr Robin
- 17) 41:57 Burrous Jim
- 18) 42:48 Michael Robin
- 20) 45:01 Riffe Debbie
- 22) 45:59 Summerton Dick

Club Kokomo Fun Mile

Wednesday, November 4, 2009

Highland Park

1. Joe Rangel 6:09
2. Brittani Gillem 6:38
3. Pat Tweed 7:10
4. Charlie Skoog 7:10
5. Brooke Gillem 7:33
6. Brody Brooks 7:39
7. Bowe Brooks 7:47
8. Derick Brooks 7:47
9. Maya Brooks 8:27
10. Ray Tetrault 8:37
11. Sam Tweed 8:47

12. Amber Longwith 9:07
13. Robin Tetrault 9:20
14. Vince Lorenz 9:32
15. Bob Longwith 9:45
16. Kaylynne Fernandez 9:53
17. Amanda Fernandez 9:54
18. Mary Miller 10:25
19. Andrea Eckelbarger 10:46
20. Amanda Pena 11:22
21. Debbie Riffe 12:59
22. Diana Brown 16:17
23. Jackie Sanders 16:41
24. Cindy Sanders 16:50
25. Larry Jones 17:04
26. Buddy Jones 17:04
27. Anne Wiles 19:10
28. John Wiles 19:10
29. Barry Donovan 19:10

Club Kokomo Fun Mile

Wednesday, November 11, 2009

Highland Park

1. Nich Lapari 5:31
2. Cody Young 5:38
3. Chris Frazier 5:40
4. Ryan Butcher 6:58
5. Pat Tweed 6:59
6. Charlie Skoog 7:07
7. Brody Brooks 7:34
8. Derick Brooks 7:35
9. Lisa Frank 7:47
10. Bowe Brooks 7:56
11. Melissa Shaw 8:07
12. Ray Tetrault 8:15
13. Aidan Frazier 8:17
14. Maya Brooks 8:32
15. Monica Brooks 8:36
16. Sam Tweed 8:44
17. Amber Longwith 8:54
18. David Emry 9:16
19. Bob Longwith 9:25
20. Vince Lorenz 9:30
21. Lisa Emry 10:41
22. Katee Pena 10:51
23. Amanda Pena 11:15
24. Debbie Riffe 13:20
25. Cathy Longwith 15:13
26. Jackie Sanders 16:44
27. Cindy Sanders 16:49
28. Cathie Tweed 20:33
29. Z. Tweed 20:33
30. Regina Tweed 20:34

25th Annual Club Kokomo Charity

Run

November 14, 2009

5kRun

1. Dana Neer 18:14
2. Chris Frazier 19:51
3. Joe Rangel 19:53
4. Jordan Ousley 20:13
5. Don Andrews 21:08
6. Michael Graham 21:25
7. Ron Moore 21:45
8. Gary Willis 22:21
9. John Anderson 22:21
10. Kellie Miles 22:29
11. Ken Swinehart 22:34
12. Mark Shorter 23:23
13. Diana Jones 24:13
14. Earl Strong 24:14
15. Mike Daugherty 24:14
16. Scot Hamilton 24:59
17. Keith McAndrews 25:09
18. Dave Britton 25:15
19. M. Clendenning 25:24
20. Andrea Harris 25:26
21. Gregory Townsend 25:33
22. TA Weber 25:39
23. Lisa Frank 25:48
24. Russ Hovermale 25:51
25. Nikki Frazier 25:53
26. Melissa Goad 26:00
27. Roxane Burrous 26:07
28. Scott Stucker 26:30
29. Ray Tetrault 26:37
30. Ricke Stucker 27:01
31. Jerry Meiring 27:12
32. Melissa Shaw 27:15
33. Bill Wilson 27:16
34. Tom Miklik 27:24
35. Mike Deardorff 27:30
36. Lorene Sandifur 27:31
37. Steve Wand 27:51
38. Michelle Boyd 28:05
39. Aidan Frazier 28:06
40. Anna Dollens 28:10
41. Quirsten Tweed 28:53
42. Patrick Tweed 28:54
43. Joe Yeagle 29:43
44. Stan Shuey 29:56
45. Nancy Anderson 30:05
46. Adriene Riggle 30:06
47. Scott Riggle 30:06
48. Joyce Pennycoff 30:15

49. Robin Tetrault 30:18
50. Doug Mankell 30:21
51. Michael Lake 30:30
52. Bill Barnett 30:33
53. Dave White 30:35
54. David Emry 30:36
55. Ryan Butcher 30:37
56. John Brack 30:40
57. Steve Kilcline 30:41
58. Laura Cook 30:41
59. Joyce Strong 30:59
60. Matthew Harrison 31:03
61. Dave Harrison 31:04
62. Chad Gaddis 31:08
63. Chad Gaddis Jr. 31:19
64. Patti Reinhardt 31:23
65. Brian Reinhardt 31:23
66. Staci Brack 31:28
67. Mandy Oaks 31:40
68. Robin Cole 31:52
69. Braydon York 31:56
70. Matt York 31:56
71. Darcie York 31:56
72. Laurie Ousley 32:06
73. J.C. Barnett 32:28
74. Kathleen Leach 32:31
75. Emily Allen 32:46
76. Brian Allen 32:47
77. Carla Knapp 33:34
78. Tawna Leffel 33:44
79. Andrea Eckelbarger 33:54
80. Bill Heck 33:57
81. Steven Larson 35:26
82. Jeannie Townsend 37:35
83. Robert Cupp 37:36
84. Jennifer Sinka 38:33
85. Anne Wiles 38:42
86. John Wiles 38:43
87. Katee Pena 38:52
88. David Hughes 40:24
89. Moriah Fisher 41:15
90. Nicole Peel 46:32
91. Teresa Long 46:32
92. Gina Sheets 51:58
93. Justine Eads 52:40
94. Mark Eads 52:41

Charity 5k Walk

1. Vince Lorenz 30:44
2. Amanda Pena 35:59 1st Woman
3. Chris Sullivan 35:59
4. Jerry Lambert 37:08
5. Jim Gross 37:40



Race results continued

6. Toney Lorenz 39:00
7.. Tim Taflinger 40:23
8. Jane Inman 41:21
9. Raye Jean Swinehart 41:21
10. Addie Fisher 41:22
11. Sona Camp 42:10
12. Jayne Hiatt 42:57
13. Debbie Riffe 43:03
14. Deb Andrews 44:27
15. Robin Micheal 44:48e
16. Dick Summerton 46:46
17. Denise Griggs 47:30
18. Pam fisher 48:50
19. Deana Sobel 49:23
20. Justin Dawson 49:24
21. Melissa Hancock 50:02
22. Janae Fisher 50:18
23. Gregory Fisher 50:57
24. Diana Brown 51:17
25. Milt Brown 51:57
26. Yvette Coleman 52:11
27. Pat Robertson 52:50
28. Kathy Knight 57:10
29. Denitha Campbell 57:11
30. Ursula Reeves 57:15
31. Reba Harris 57:19

**Club Kokomo Fun Mile
Wednesday, November 18,
2009
Highland Park**

1. Cody Young 5:39
2. Dan Lutes 6:18
3. Joe Rangel 6:36
4. Ninj Rangel 6:36
5. Chad Gaddis 6:57
6. Charlie Skoog 7:03
7. Brody Brooks 7:24
8. Bowe Brooks 7:26
9. Derick Brooks 7:30
10. Aidan Frazier 7:59
11. Anna Dollens 8:02
12. Maya Brooks 8:29
13. Monica Brooks 8:31
14. Joe Yeagle 8:33
15. Harold Sumner 8:52
16. Robin Tetrault 9:20
17. Vince Lorenz 9:37
18. Sam Tweed 9:43
19. Andrea Eckelbarger 9:47
20. Mary Miller 10:03
21. Regina Tweed 14:39

22. Pat Tweed 14:39

**Club Kokomo Fun Mile
Wednesday, November 25,
2009
Highland Park**

1. Kyle Walsh 4:41
2. Cody Young 5:38
3. Luke Kummel 6:06
4. Ninja Rangel 6:39
5. Joe Rangel 6:40
6. Charlie Skoog 7:15
7. Bowe Brooks 7:49
8. Monica Brooks 8:08
9. Derick Brooks 8:13
10. Anna Dollens 8:25
11. Joe Yeagle 8:40
12. Brody Brooks 8:43
13. Bob Longwith 9:34
14. Vince Lorenz 9:37
15. Sam Tweed 10:08
16. Vanessa Lorenz 13:49

**Club Kokomo Cares Run
Thanksgiving Day
November 26, 2009
Highland Park
Kokomo, IN**

5K Run
1 Kyle Walsh 16:31
2 Cory Scott 17:26
3 Dana Neer 18:08
4 Christopher Nunan 18:44
5 Ben Bradshaw 18:55
6 Chris Fink 19:33
7 Riley Worl 19:48
8 Scott Riggie 20:03
9 Chris Frazier 20:09
10 Lauren Hamilton 20:20
11 Cody Young 20:52
12 Waylon Coulter 20:56
13 Bethany Neeley 20:57
14 Gary Callahan 21:15
15 Jay Priest 21:29
16 Michael Graham 21:33
17 Ron Moore 21:48
18 Doug Nunan 22:16
19 Dave Harrison 22:17
20 Ken Swinehart 22:34
21 Dalton Davis 22:52
22 Mark Shorter 23:29
23 Nathan Wagner 23:38
24 Jeff Cardwell 23:39

25 Gary Willis 23:39
26 Chris Haynes 23:43
27 Nicole Peel 23:53
28 Steven Kady 23:55
29 Brittany Neeley 24:06:00
30 Sarah Wagner 24:16:00
31 Mike Shuey 24:19:00
32 Roger Worl 24:21:00
33 Michelle Clendenning 24:24
34 TA Weber 24:25:00
35 Dustin Delong 24:31:00
36 William Hamilton 24:39
37 Brittiani Gillem 24:41:00
38 Elizabeth Baltes 24:44:00
39 Chad Gaddis Sr. 24:51:00
40 Earl Strong 25:21:00
41 Ron Thompson 25:23:00
42 Justin Taflinger 25:30:00
43 Greg Townsend 25:31:00
44 Patrick Tweed 25:34:00
45 Melissa Goad 25:36:00
46 Ed Bronson 25:37:00
47 Jodi Lake 25:45:00
48 Luke Cameron 25:47:00
49 Andrew Walker 25:56:00
50 Emily Thompson 26:00:00
51 Teresa Worl 26:08:00
52 Tim Hamilton 26:21:00
53 Joe Bledsoe 26:32:00
54 Jessica Sprinkles 26:43:00
55 Dan Lewis 26:44:00
56. Chrissie Thompson-Fink 26:46
57 Kathy Bagwell 26:48:00
58 Michael Lake 26:48:00
59 Rosellen Connolly 26:51
60 Nikki McCracken 26:55:00
61 Joni McCracken 26:56:00
62 David Hughes 27:08:00
63 Jim Lorts 27:38:00
64 Rudy Suryantoro 28:05:00
65 Aidan Frazier 28:09:00
66 Michelle Boyd 28:16:00
67 Noah Cameron 28:17:00
68 Keith Hill 28:18:00
69 Ricke Stucker 28:20:00
70 Amanda Federspill 28:22
71 Mary Cameron 28:25:00
72 James Truman 28:33:00
73 Marc Wensley 28:37:00
74 Stan Shuey 28:59:00
75 Steve Wand 29:00:00
76 Ryan Butcher 29:11:00
77 David Emry 29:12:00
78 Joe Yeagle 29:29:00

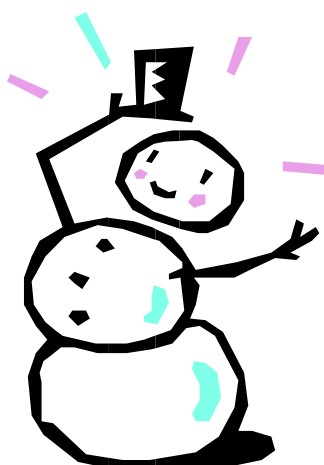
79 Casey Heit 29:33:00
80 Rebekah Monroe 29:45
81 Dave White 29:46:00
82 David Boger 29:48:00
83 Kathy Boger 29:54:00
84 Marti Sholty 30:15:00
85 Laura Cook 30:18:00
86 Ricque Roberts 30:19:00
87 Clint Erickson 30:27:00
88 Shelby Rooze 30:30:00
89 Stephanie Wray 30:37:00
90 Mary White 30:41:00
91 Devon White 30:41:00
92 JC Lee Barnett 30:42:00
93 Rodney Sprinkles 30:44
94 Steve Kilcline 30:46:00
95 Chad Gaddis 30:58:00
96 Kari Thomas 31:02:00
97 Rob Kalnitz 31:33:00
98 Lisa Kimbrough 31:50:00
99 Mackenzie Foye 32:09:00
100 Marty Foye 32:09:00
101 Emily Allen 32:36:00
102 Brian Allen 32:36:00
103 Max White 33:22:00
104 Tony White 33:22:00
105 Amanda Haynes 33:26
106 Jonathan Guse 33:26:00
107 Steven Gaunt 33:27:00
108 Rebecca Kady 34:03:00
109 Mark Kady 34:03:00
110 Christina Sheroan 34:09
111 Andrea Eckelbarger 35:00
112 Lily Lipinski 35:01:00
113 John Lipinski 35:02:00
114 Betsy Bledsoe 35:04:00
115 Debby Donoghue 35:29
116 Carly Donoghue 35:30
117 Traci Azto 36:16:00
118. Mikaela Knight 36:16:00
119 Jennifer Sinka 36:55:00
120 Courtney Carter 37:27
121 Mark Wagner 37:28:00
122 Jeannie Townsend 38:46
123 Jake Kimbrough 38:49:00
124 John Wiles 39:17:00
125 Sylvia Burgin 42:41:00
126 Nikki Frazier 44:31:00
127 Stephanie Gaunt 50:17
128 Ian Sheroan 50:53:00

5k Walk
1 Vincente Lorenz 30:35:00



Race results continued

2 Mary Miller 32:20:00
 3 Chris Sullivan 35:51:00
 4 Jerry Lambert 38:15:00
 5 Laura Miller 38:17:00
 6. Jason Gaunt 39:26:00
 7 Sarina Gaunt 39:28:00
 8 Jerome Miller 40:00:00
 9 Toney Lorenz 40:37:00
 10 Jane Inman 41:36:00
 11 Raye Jean Swinehart 41:36
 12 Angela Lorenz 45:01:00
 13 Vanessa Lorenz 45:02:00
 14 Steve Wagner 46:06:00
 15 Dick Summerton 46:16:00
 16 Jayne Stucker 46:36:00
 17 Debbie Riffe 46:40:00
 18 Amanda Pena 46:41:00
 19 Tim Taflinger 47:42:00
 20 Joe Hoban 48:14:00
 21 Eric Richard 48:15:00
 22 Sandra Hoban 48:17:00
 23 Josh Hoban 48:18:00
 24 Amy Irick 48:36:00
 25 Teresa Long 48:49:00
 26 Robin O'Neil 48:50:00
 27 Vonda Carter 49:26:00
 28 Deborah Kady 49:29:00
 29 Lisa Wagner 49:29:00
 30 Anna Gaunt 50:57:00
 31 Diana Brown 50:57:00
 32 Sophie Frazier 52:26:00
 33 Pat Robertson 52:32:00
 34 Lora Butcher 52:33:00



Ironman Continued

and man was he moving. I was stunned and happy at the same time, I was so glad to see him doing well 4 weeks after an Ironman and he's kill it on the bike. The last 30 miles is never fun on the bike and I was ready to get off my left foot was on fire and my neck was getting tired. I made it in 5:35 which was a 20mph average, I was happy with that time, I wanted to go under 5:30 but with the legs acting up. Don Rogers had the bike time of the day riding in 5:23 just a head of Matt. Everyone made it less than 6 hours and without any mechanical problems.

When I came out of transitions the clock read 7:06 which meant I needed to run a 3:54 marathon to break the 11 hour mark, doable but it's going to hurt. My legs were still tight, but I pressed on, that's what you have to do during an Ironman. I passed Don just before mile 1 and wished him luck and told him how well he was doing. I was running at about an 8:15-8:30 pace and walking through the aid stations. At mile 4.5 I saw Matt and he looked good really running well, then at mile 5.5 Will blew by me, he look as if he was going to try to break 3 hours in the marathon. At the 7 mile mark I saw my average was 9:20 per mile, this is where you either decide to go for it or punt. With my legs cramping a bit around the shins and the fact they were just flat out hurting I decided to punt the sub 11 hours and just make sure I make it under 12. At mile 10 I started to get stomach pains, are you kidding no way is this going to happen again is it? I came prepared this time, I reached into my pill dispenser and took an Imodium and I have to say I had one more cramp during the next mile then no more. I decided to run hard for .9 of a mile then walk the aid station and about a minute after and this worked well as long as I averaged 12 minutes or under I would make my goal of sub 12 hours. At about the turn around Ryan and Tony passed me and so did Jay somewhere, I never saw him but he went by. I was glad everyone was doing so well, I just kept up

the run walk method, running a little farther at times. Mile 23 my left foot was on fire again and I knew I had some blisters, plus my legs just hurt, this is the part of the race you do a lot of talking to yourself. I made it to mile 25 and decided to run it hard the rest of the way, I believe my final mile was sub 8 minutes and I made it to the line without any more issues. It was all worth it to hear Mike Riley say Ron Moore you are an Ironman and the icing on the cake I finished in 11:51 making my goal. Little did I know that my brother was only 43 seconds behind me as he finished in 11:52.

Everyone did so well, Matt York was the first to finish in 10:38 and Will was just behind finishing in 11 hours with a 3:47 marathon wow! Don Rogers finished in a personal best by almost 2 hours all this after doing one 4 weeks prior amazing. All 8 of us set personal best and I'm so proud of everyone. The Ironman is not just a race it's a test of your mental, physical, and spiritual self.

	Swim	Bike	Run
Matt York	1:07	5:23	3:56
Total 10:38 Hrs			
Will Irvin	1:15	5:37	3:47
Total 11:00 Hrs			
Jay Priest	1:21	5:44	4:07
Total 11:29 Hrs			
Tony White	1:24	5:38	4:20
Total 11:39 Hrs			
Ryan Newell	1:24	5:39	4:20
Total 11:40 Hrs			
Ron Moore	1:13	5:35	4:45
Total 11:51 Hrs			
Randy Moore	1:19	5:56	4:17
Total 11:52 Hrs			
Don Rogers	1:24	5:23	5:44
Total 12:47Hrs			



Other Race Results	December Meeting Agenda	November Meeting Minutes
<p>2009 OBX HALF-MARATHON Nov 7, 2009 1: Daniel Kipkoech 1:04:24 1W: Hellen Jemutai 1:14:11 1022 Nikki Frazier 2:04:16 Total Finishers 3393</p> <p>Monumental Half Marathon Indianapolis, IN Nov 7, 2009 1: Mark Rode 1:10:55 1W: Crystina Ridenour 1:22:15 340: Brent Noll 1:44:20 343: Gary Willis 1:44:27.3 1499: Tom Miklik 2:10:54 1891: Michelle Boyd 2:21:44 1892: Nicole Peel 2:21:44.8 2644: Mel Hobbs 3:03:57.7 Finishers 2951</p> <p>Monumental Marathon Indianapolis, IN Nov 7, 2009 1: Mathew Chesang 2:21:00.3 8: Scott Colford 2:40:13.0 1W: Molly Brown-Boulay 3:07:28.3 89: Chris James 3:12:58.7 684: Jeff Cardwell 3:56:40.2 745: Scott Riggle 3:59:48.8 1353: Brittiani Gillem 4:39:07.4 1451: Michael Deardorff 4:46:38 1719: Robin Tetrault 5:14:58.9 Finishers 1977</p> <p>Chickamauga Battlefield Marathon Chickamauga, GA USA November 14, 2009 1: Geno Phillips 2:43:05 1w: Emily Anne Vall 2:57:58 405: Bill Bauson 5:12:03 406: Cassie Bauson 5:12:03 Finishers: 460</p> <p>Chickamauga Battlefield Half Marathon Chickamauga, GA USA November 14, 2009 1: Greg Johnson 1:22:45 1W: Emily Cooper 1:33:34 167 Laura Bauson 1:54:51 Finishers 732</p>	<p>CLUB KOKOMO ROADRUNNERS AGENDA December 14, 2009, Monday 5:30 social hour - 6:30pm meeting start LOCATION – Half Moon Brew Pub</p> <p>Welcome Minutes Financial Report</p> <p>Race Director Reports: CKRR CARES Run went well. New Year Eve Run</p> <p>Old Business: Generator purchase Storage Building Time Clock</p> <p>New Business: 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.</p> <p>Need RD's for: 2010 The Race for a Cure 2010 The CKRR CARES Race</p> <p>DATE OF NEXT MEETINGS: Awards Committee meeting - January 9th, 4:00, Home of Travis and Gina Club meeting – January 11th, 5:30pm social 6:30pm meeting start, Half Moon</p>	<p>Club Kokomo Roadrunners minutes From November 9, 2009</p> <p>Members Present: Joe Rangel, Diana Brown, Gina & Travis Sheets, Mark Shorter, Robin & Ray Tetrault, Scott Riggle, Charlie Skoog, Vicki Boles, Robin Cole, Anna Dollens, Joyce Pennycoff, Rebekah Monroe, Chris James, Mary Miller and Milt Brown</p> <p>Charlie motioned to accept Octobers meeting minutes with the correction that he (Charlie Skoog) was present at the October meeting. Vicki Seconded. Vote— All in favor.</p> <p>Financial Report: General Fund: 2378.27 Coyote Kids: 10120.58 Cowan Fund: 2225.51</p> <p>Old Business 2010 Calendar Move the Ultimate from April 10 to the 3rd Move GNO from Oct 1 to Sept 18.</p> <p>Bill Heck will be chairman of Hall of Fame Committee.</p> <p>Charlie talked about the possibility of CKRR hosting a half and full marathon.</p> <p>Saint Joe Foundation considering having a 5k Trail run on Oct 22 or 23.</p>



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, Cole Porter, NPT, Mounds, Charity & CKRR Cares 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	Julie Pownall 3-45H	Rhenda Acton 10-190HV	25-29	Phil Rozzi 3-42
Breeze Gunter 7-135	Sharon Whelan 3-39	Judy Smith 3-50HCV	Mark Eads 6-120	Byron Bundrent 2-40H
Lauren Weber 2-30RV	Jeanette Merritt 1-20H	Chris Williamson 3-47V	Jason Rush 1-20H	Mike Schoenrad 4-40
Kailee Taflinger 1-20	Monica Brooks 1-15	Anita Frazier 3-40	Jack Sanders 1-20	Matt Bolinger 1-20H
Aubry Jackson 1-15	35-39	Kathie Barnett 2-30RV	Cory Jackson 1-15	Scott Deyoe 1-20H
Kelsey Weber 1-10R	Nicole Peel 15-270MHRV	Barb Wand 2-30CV		Eric Mathew 1-20H
Natalie Weber 1-10R	Nikki Frazier 14-238HV	60-64	30-34	Gary Jewell 1-10R
	Heather Weber 11-210HRV	Sylvia Burgin 14-255HCRV	Matt York 12-230MHC	
	Barb Millspaugh 12-184HC	Anne Wiles 6-100CRV	Aaron McQuiston 3-50	50-54
	Jennifer Sinka 3-50	Doris Griffith 1-20V	Ryan Pownall 2-32H	Jeff Cardwell 16-320MHV
13-19	Lisa Jones 2-32H	Shirley Wilson 1-20	Ryan Bagwell 1-20H	Ray Tetrault 17-248MHRV
Emily Allen 11-190HCRV	Stella Rood 1-20H			Greg Townsend 16-223
Brittiani Gillem 3-60M		65-69	35-39	Earl Strong 10-175MH
Katie Hollingsworth 2-40	40-44	Susan Gerhart 2-40H	Scott Riggle 16-259MHCR	Scott Hamilton 11-173
Maya Brooks 2-35	Gina Sheets 12-230MRV	Kathleen Leach 2-40	Scott Colford 11-220MH	Mike Deardorff 11-140MH
Brittany Deyoe 1-20H	Laura Cook 12-184HV		T.A. Weber 15-215MHRV	Jerry Meiring 11-130H
Christina Deyoe 1-20H	Patti Reinhardt 9-	MEN	Chris James 11-200MHV	Russ Hovermale 9-109
Diana Deyoe 1-20H	155MHCV	0-12	Chris Frazier 11-164	Keith McAndrews 6-95H
Emily Hobbs 1-20	Joni McCracken 7-130HV	Aidan Frazier 9-162V	Dave Harrison 8-134HV	Jeff LaDow 7-64
Waverly Neer 1-20	Kim Anderson 5-82H	Brayden York 4-65R	William Irvin 5-87MH	Michael Campbell 2-40H
	Shelly Wyman 4-62H	Justin Taflinger 3-60	Keith Hill 2-40H	Tim Miller 1-10R
20-24	Kim Coy 3-55MH	Quinn Reinhardt 2-40V	David Reinagle 2-29H	
Sarah Lee 7-130HR	Michelle Larson 3-55H	Keagan James 1-20	Michael Rood 2-28H	55-59
Amber Longwith 7-105R	Lisa Hobbs 2-40		Tim Taflinger II 2-27	Joe Rangel 18-350HC
Vanessa Lorenz 3-52	Laura Rosenstengel 3-39RV	13-19	Travis Sheets 1-20V	Mark Shorter 18-295HCR
Laura Bauson 2-40H	Tami Moore 2-35H	Waylon Coulter 10-138	Derick Brooks 2-18	Dave White 19-259MHCRV
Sarah Bauson 2-40H		Ben Bradshaw 7-124H		Charlie Skoog 17-252MHRV
Megan Tetrault 2-40H	45-49	Nich Lipari 6-102	40-44	Steve Wand 8-132HCV
Quirsten Tweed 2-35	Roxane Burrous 6-120M	Jordan Lee 6-100R	Gary Willis 21-364MHCRV	Tom Miklik 9-131HRV
Grace Bauson 1-20	Cheryl Marner 4-80H	Brent Noll 6-78H	M Graham 19-306HCRV	Steve Kilcline 3-60HV
	Stephanie Bolinger 1-20H	Peter Bauson 4-67H	Ron Moore 12-230MHC	Fred Chew 4-58H
25-29	Chari Deyoe 1-20H	Keith Bauson 4-56H	Brian Allen 13-178HCRV	Rick Maughmer 3-47H
Michelle Clendenning 10-	Carla Yerkes 1-20H	Jacob Bradshaw 4-54H	Paul Wyman 6-79H	Bruce Cook 2-40H
200MH	Carrie Lee 1-10R	Joshua Revils 3-34	Dan Lutes 4-75MH	Rocky Smith 2-40HV
Rebekah Monroe 7-135MV		Jesse Bauson 1-20H	Patrick Tweed 4-67	Jack Mellinger 4-39
Kathleen Bagwell 4-75MH	50-54	James Longwith 1-20V	Don Rogers 3-55MH	Don Gifford 1-20H
Kathleen Bagwell 4-75MH	Anna Dollens 19-347HCV	Andrew Swinehart 1-20H	Todd Moser 3-45	Karl Stoneking 1-15
Justine Eads 2-40	Robin Tetrault 16-	Austin Young 1-20	Kevin Forgrave 1-20	Terry Townsend 0-0
Michelle Tetrault 2-40HV	272MHRV	Kyle Starich 1-15	Todd Marschand 1-12	
Jillian Weaver 1-20	Vicki Boles 11-177HRV	Billy Pasquale 1-7		60-64
Jaime Jackson 1-15	Cassie Bauson 8-134MH	Kaleb Hollingsworth 0-0	45-49	Ricke Stucker 20-337CR
	Lorene Sandifur 3-50HC		Ken Swinehart 18-298HV	David Hughes 11-202CV
30-34	Theresa Barlow 3-31R	20-24	Al Hochgesang 11-185	John Wiles 12-192HCRV
Adriene Riggle 14-221HCR		Sam Williamson, Jr. 3-60	Kim Lee 13-156HR	Darrell York 6-110
Darcie York 9-152HC	55-59	Zach Miller 2-30HR	Brian Reinhardt 8-150MHCV	Bill Barnett 5-90MHRV
Allison Irvin 6-120H	Robin Cole 17-271C	Bryan Phillips 1-20	Dana Neer 7-140	Phil Leininger 2-32H
Michelle Boyd 6-100HV	Joyce Pennycoff 12-	Brett Sanders 1-20	Bill Bauson 7-105MH	Walter Brown 1-20H
Karen Bush 4-62HC	215HCRV		Ernie Hurst 8-96H	
Kelly Wright 3-55H			Rich Bradshaw 3-48H	
Mary Cameron 3-49H				

(Continued on page 13)



CKRR Point Standings Continued

65-69	Trudy Pierce 2-25H
Stan Shuey 10-180C	Helen Brown 1-10R
Doug Mankell 9-162H	Renita Taflinger 1-10R
Dale Sullivan 4-70	Cathy Weidler 1-10C
John Norris 3-60H	Tanna Connor 1-9
Jerry Leach 2-30V	Sherry Stoneking 1-9
70+	MEN
Robert Cupp 10-170R	49-
Bill Heck 7-140V	
Walkers	Vincente Lorenz 13-240R
Women	Chris Sullivan 10-170
49-	Bruce Savage 4-56H
Mary Miller 22-410HCRV	Tim Revils 3-34
Raye Jean Swinehart 16-265HV	50+
Carol Savage 4-56H	Rick Spencer 17-319H
Sophie Frazier 3-49V	Jerry Lambert 20-289HCRV
Cindy Sullivan 4-46	Tim Taflinger 18-265HCR
Nicole Parry 1-15	Steve Inman 13-183HRV
	Robin Michael 15-161H
	Toney Lorenz 14-152R
50+	Dick Summerton 9-97
Amanda Pena 19-350CRV	Jackie Sanders 13-96CR
Jane Inman 19-315HRV	Robin Hehr 7-72
Jayne Hiatt 21-276HCR	Milt Brown 6-69RV
Debbie Riffe 19-218CRV	Jim Burrous 4-62HV
Pat Robertson 13-151HCRV	Melvin Hobbs III 5-49H
Diana Brown 13-140CV	David Mygrant 3-38H
Jeannie Clark 6-69V	Bob Longwith 2-15R
Kathy Allen 7-68RV	John Sites 1-15
Cynthia Sanders 8-64CR	Steve Currrens 1-7
Barbara Hobbs 5-63H	John McGinty 1-5
Angela Lorenz 6-62R	




Amanda Pena finishes at the Mounds State Park

2010 Race Calendar

Date	Race
02/28/2010	2009 Awards Banquet at <u>First Church of The Nazarene</u> 2734 S Washington St, Kokomo, IN. 2:00pm
03/06/2010	Norris Insurance 5K Amboy
03/13/2010	Old Ben 5K Kokomo
03/27/2010	Sam Costa 13.1/6.55 ?
04/3/2010	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 ??
9/18/2010	3rd GNO 6PM
09/25/2010	Bee Bumble 10K, 5K Burnettsville
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

Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902



We're on the Web
ckrr.us

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