

CLUB KOKOMO ROADRUNNERS

The Roadrunner



JANUARY 2010

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Awards Banquet

February 28, 2010

2:00 PM

First Church of The Nazarene

2734 S Washington St, Kokomo

Boston Bound—From Tragedy to Triumph

By Lorene Sandifur



Gary and Lorene

The journey I have traveled over the last several years to qualify for Boston reaches far beyond the finish line. It has impacted my life in ways I never would have imagined....all for the good. The greatest Blessing the journey has provided..... it has drawn me closer to the One who is so full of grace, love and compassion.

So let's begin the journey. As a child, my home was nestled on 60 acres of woods in New Hampshire. Those woods were where my love for running was birthed. I loved to run in the purest sense of running where there was no finish line.....just

running for the joy of it.... with my dogs by my side. My father flew out of Logan International Airport as a pilot for Eastern Airlines so he also maintained an apartment in Boston. While my dad struggled as a husband and in many ways as a father, he is the one who gave me my love for the outdoors and a distaste for anything that resembled laziness. On occasion I would share special times with my dad as we hiked the boundaries of our property. I was usually running to keep up with him. On one occasion when my dad took me to Boston there was a lot of hype about the Boston Marathon...it must have been near race time. I would like to say that it was on that trip to Boston with my dad that running Boston became a personal goal, but that would be far from the truth..... women were not even allowed to run Boston in those days. It was just an awareness that running Boston was special.

A very painful divorce brought my family minus my dad and dogs to Kokomo.

My mom had 5 kids, four still at home to raise alone....we had a father who disappeared from our lives physically and financially. Sadly, he was killed on a cross country bike ride just a few miles short of his destination after we were all grown. My mom was in my eyes the perfect mom.....she always gave so much unconditional love. She put full confidence in her kids to do the right thing and so on most occasions we all tried to live up to that confidence because we didn't want to disappoint her or add to her challenges. She passed away

(Continued on page 6)



Lorene at The Monumental Marathon

From the President

by Gina Sheets



Begin with the end mind, for we move towards that which we think about. Think the best, expect the best, be your best, and the best you will be your outcome. It is the power of positive thinking. As you are reading this thinking about the year ahead of you

think about all the new opportunities waiting for your reach. The ultimate most important opportunity is your relationship with Jesus, nothing else matters. Think about it; when you are wildly in love with someone, it changes everything. GOD is wildly in love with you, HE loves you, not your address, not your career, not your "cool" clothes or your newest hair style – just you. When I think about that and I think about the times that I don't love myself so much and I think that GOD loves me just as I am, I find myself weeping. That happened just today, December 27, 2009, I was out running in the falling snow and as I began to praise the LORD for his goodness I began to cry. I was not crying out of sadness but from pure joy. I thought about much but my thoughts quickly turned to Jack Sanders and Kathy Allen. I could only imagine the

home coming in heaven; the celebration was on first for Brother Jack resting in the arms of Christ and then Sister Kathy finding her peace. Out of my selfish loss I cried but as I turned my eyes toward GOD and faith, I knew they had been called to a great peace and restoration, what joy to fill their soul and what comfort their families find knowing their loved ones are home. Jack and Kathy gave us so much – they gave smiles, thumbs up, and a source for motivation. Jack and Kathy gave us their best – in 2010 give your best – you have been hand crafted with a unique talent, not to store away but to share wildly with others just as HE has done for you.

Be careful out there –
Gina

GNO Committee Meeting

January 19 at 6:30 pm

Location: Half Moon

Contact: Rebekah Monroe for more information.

Phone: (765) 461-8387

Email: rebekah.a.monroe@gmail.com

2009 Awards Committee Meeting

We will meet on January 9th, Saturday, 4:00pm at the home of Travis and Gina (directions in Dec Newsletter). They will provide supper. We are looking for a few more walkers and runners to contribute their input on who they think should be selected for awards.

PLEASE email Gina at sheets.gina@yahoo.com to let them know if you are coming so they have enough food on hand.

Birthday List

1/2	Breeze Gunter	1/11	Chad Coy	1/21	Josh Revils
1/2	Patti Reinhardt	1/11	Trudy Pierce	1/22	Sondra Summerton
1/3	Andrew Maibaum	1/13	Jeff Cardwell	1/24	Dawn Greene
1/3	Darrell York	1/16	Edwina Foust	1/27	Kayla Reinagle
1/5	T.A. Weber	1/17	Jeff LaDow	1/28	Todd Moser
1/8	Robin Michael	1/17	Milt Brown	1/30	Brent Noll
1/8	Noah Pownall	1/18	Lisa Jones		
1/9	Kim Coy	1/18	Jennifer Sinka		



On The Trails – Milestones

by Charlie Skoog

The third season of Club Kokomo's Wednesday Night Fun Mile wrapped up on December 30th in a special way and with a new name, The Jackie Sanders Miracle Mile. Jack's last Fun Mile was November 11. Jack was recovering from recent hernia surgery and was looking forward to getting back to racing soon but God had a different plan. Jack had a massive stroke on the morning of December 23 and peacefully crossed the ultimate finish line that evening with his family at his side. Jack was an inspiration to all who knew him and his story and witness will continue to inspire. He was not perfect, none of us are, but Jack intimately knew the One who came to fix all our imperfections. Not being able to speak Jack was still a great communicator. He did so expressing the Love of his Creator with a welcome smile, sparkling blue eyes, a perpetual thumbs up and endless hugs. As I remember Jackie Sanders I will never forget that actions speak louder than words. Rest in perfect peace my friend.

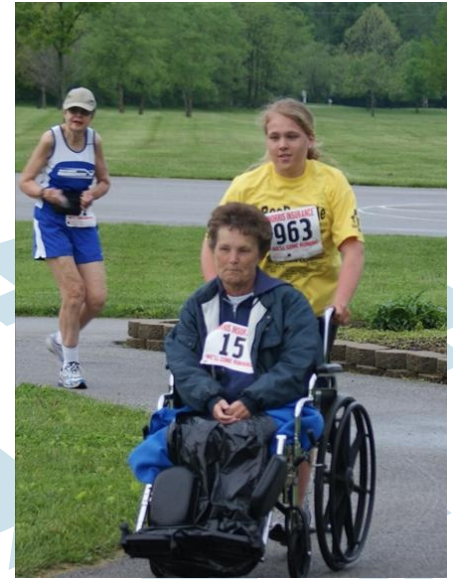
The Fun Mile will be on vacation for the month's of January and February resuming on Wednesday, March 3, with a new starting time. Mark your calendars and plan on joining us at 6:00 PM for the weekly Jackie Sanders Memorial Mile!

As I was sitting at the keyboard composing this story I received an email that another member of our Club Kokomo family, Kathy Allen, was called home on Christmas Day. How thankful I am right now that in 2003 I joined together with the Allen and Sanders families, baptized as a joint heir in the family of God! Kathy's passing took me back to the Charity Run on December 3, 2006. A month earlier I was involved in a serious bicycle accident, badly breaking six ribs and lacerating my lung. As I lay broken, I remember thanking Jesus that I could wiggle my fingers and toes but since I could not move or breathe, I asked Him to take me now or restore my breathing. A month later I was restored enough to think I could run the Charity Run. It was bitterly cold that day with gusty winds and near zero wind chill heading into the wind around J-M Park. My slow jog was quickly reduced to a painful walk. Runners streamed by me and then the walkers including Kathy being pushed in a wheelchair by granddaughter Emily and then Jackie. As I struggled with my own physical burden I thought of Jesus on the Cross, then I witnessed Emily and Kathy sharing a special burden, and then Jack. We all pressed on and now my goal was to just keep Jack in sight, find the next breath and make it to the finish line. I thought there were others behind me but they had all turned back much earlier. I

did not plan to finish last that day but was thankful and blessed to share the experience with Kathy, Emily, Jack, and many of you. Jackie gave me several big hugs that day. I am going to miss Jack's hugs but look forward to passing them forward!

As we remember Kathy and Jack and keep their families in our thoughts and prayers we also would like to welcome some new arrivals to the Club Kokomo family. As I was reading a recent Sunday

edition of the KT, I was blown away to read that Maurice and Kelly Wright and Mark and Justine Eads welcomed sons Maurice Jr. and Austin Tyler into the world on December 7. Amazingly



Kathy & Emily at Jackson Morrow Park

they were both born at St. Joe Hospital with Austin beating Little Mo to the finish line by 1:41 which is just under 8 minute pace for the mini marathon! Not to be out done in sharing birthdays, Heather and TA Weber welcomed daughter #4, Maggie, into the world on December 30 which also happens to be my birthday! I am especially honored!!

In closing I would like to thank each of you for whatever part you play in the Club Kokomo family. Whether new member or old I encourage you to attend the annual awards banquet in February and join us in celebrating all that is Club Kokomo. If you plan to do the mini in May the time to start or resume your training is now! Look forward to seeing everyone soon in the gym or better yet on the roads and trails and remember always that Kathy and Jack are among the great cloud of witnesses and will be looking out for us!



Jackie & Cindy at last years awards banquet

On the Roads

CK Goodfellows help 2,535 children

By Johnnie 'O



The economic crisis resulted in 1,014 Howard County households, representing 2,535 children, receiving Goodfellows' assistance. Once again, Club Kokomo answered the call as 40 members helped Goodfellows, an all-volunteer organization, provide clothing to children in need during the Christmas season.

It was the fifth year that Club Kokomo provided help. For the second time, CK took two (Dec. 14 and 15) of the five Goodfellows shopping nights at Meijer. Volunteers helped parents figure out if they were above or below their voucher limit before they went through the checkout lines, re-hung clothes, and put the purchased clothes in shopping bags. Some of the volunteers worked both nights.

Once again, Charlie Skoog, who was named Goodfellows Volunteer of the Year in 2008, led the charge in recruiting volunteers. Besides Charlie,

this year's CK Goodfellows included: Brian and Emily Allen, Theresa Barlow, Bill and Kathie Barnett, Cassie Bauson, Vicki Boles, Diana Brown, Sona Camp, Michelle Clendenning, Robin Cole, Anna Dollens, Nikki and Aiden Frazier, Travis and Gina Sheets, Leonura Hulet, Ahrona James, Chris James, Steve Kilcline, Jerry Lambert, Dan and Rachel Lutes, Keith and Sally McAndrews, Tim and Mary Miller, Amanda Pena, Joyce Pennycoff, Debbie Rife, Robin Tetrault, Jennifer Sinka, Chris Sullivan, Steve Wand, Dave and Nancy White, John Wiles, Joe Yeagle, and Darrell York.

Since 1911, the Kokomo/Howard County Goodfellows organization has been bringing smiles to less fortunate children during the Christmas season. Club members Wiles and White are members of the Goodfellows board. All individual and We Care donations are used to pay the \$130,000 children's clothing bill. Corporate donations support Goodfellows scholarships and Coyote Kids.



Rachel & Dan Lutes total it up



Brian and Emily Allen bag cloths



Kathie Barnett (center) and Nancy White (right) help a client



Chris James (center) and Steve Kilcline help a client

Club Kokomo Cares Race

By Robin Tetrault

Thanksgiving morning was cold but the rain held off as the runners and walkers signed up for the first annual Club Kokomo Cares Race. We were hoping for 75 folks to come. We were overwhelmed when we had 162 participants sign up!

Ray forged a new 5K run in Highland Park and the surrounding neighborhoods. It was a little more challenging

but most people enjoyed the new course. The course wasn't too hard to follow as six volunteers went to Foster Park to help with the race leaving us short of volunteers on the course, but no one got lost or confused. Kyle Walsh was the first male runner in with a time of 16:31 followed by Cory Scott. The first female was Lauren Hamilton with a time of 20:20.

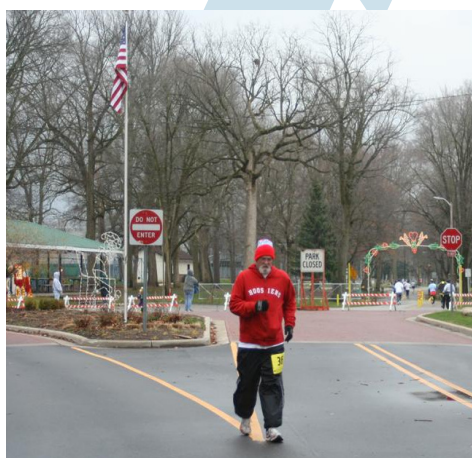
The first male walker was Vincente Lorenz with a time of 30:35 and the first female walker was Mary Miller with a time of 32:20.

Anne Wiles made her delicious pies for the pie drawing and the first male and female runners. We also gave away some gift cards from Walmart, Meijer, and Sam's Club. Each participant received a medal at the finish line and home made cookies were prepared by our wonderful congregation at Grace Fellowship Church.

We were thrilled to raise over \$1400 to



Diana Brown has a mile to go



Tim Taflinger is working hard

give to We Care. Ray and I will gladly direct this race each Thanksgiving morning! So tell all your family and friends to make the Club Kokomo Cares Run a new family tradition on Thanksgiving morning and support a great cause at the same time. Next year we are going for 200 plus runners/walkers.



Chili Cook Off



The Chili Cook off will once again be a highlight of the CKRR Awards luncheon. Prizes will be awarded for the top Chili dishes. Have a great "chili" dish you wish to share with CKRR, now is your chance. On February 28th at 2:00pm at the Nazarine Church (2734 S Washington St, Kokomo) will be the CKRR Awards luncheon. Please bring a dish to share and if you make a mean pot of chili please bring it, who knows you could win. Last year we ran out of chili and it could happen again so please plan to bring your best pot of chili. Please email me if you can bring a pot of chili ckrr.newseditor@att.net

Other Races

1/2/2010
Run to the NEW YEAR
5K Run/Walk 9:30am
Cool Creek Park, Westfield, IN
Contact: Don or Kathy tuxbro@indy.rr.com
Phone: 317-733-3300
ONLINE ENTRY: <http://www.tuxbro.com>

1/9/2010
Northview 5K Winter XC Series 9:00am
Northview Church
5535 East 131st Street, Carmel, IN
Contact: Mark Crull 317-846-2884
Email: mark.crull@nvcl.org

1/23/2010
Bop to the Top
36 floor stairclimb 9:00am
ONLINE ENTRY: <http://www.tuxbro.com>
Contact: Don Carr or Heather Ladd
317-733-3300 email: tuxbro@indy.rr.com

a few months after Gary from emphysema. She had been a smoker and had quit 30 years prior to her death, but it took a toll on her lungs.

I was given much freedom growing up so in the summer months I lived at the local swimming pool....the Seashore. Often times I would swim laps between the two piers. In time I came to be a lifeguard there and swam laps on most breaks. I continued swimming laps in the winter months lifeguarding at the YMCA. I enjoyed working out before it became fashionable!

My sophomore year at Ball State I took a conditioning class to fulfill 3 of the hours I needed towards a 6 hour PE requirement. Looking back, it is the most valuable class I ever took. We had to run a mile and a half in 12 minutes to get an "A" in the class. I was motivated by "A's" so my running against the clock was launched. We would run through Christy Woods which I found so peaceful...it took me back to my fond memories of New Hampshire with my dad. I fell back in love with running. A few years later...1981, Bill Heck, my assistant principal at Sycamore encouraged me to join Club Kokomo and start running road racesI got hooked!!!

My story can not be chronological.....when you think about it....life isn't really chronological. Pieces from the future fit into the past and pieces from the past have already been placed in the future....sometimes we try to force pieces in time slots in our lives where they don't belong.

Gary entered my life at the young age of 15. I fell madly in love with him and we went on to marry after my first year of college. We have two sons Trent and Travis who are the most wonderful sons

a mom could hope for. While like most couples, Gary and I traveled through hills and valleys in our marriage, it was the valleys that made our marriage and love stronger. We truly were the best of friends. Neither of us enjoyed social gatherings....our preference was to hang out with each other..... his golfing and my running aside!! Gary always supported my running and encouraged me along the way. He was going to return to a healthy life style which involved lifting weights when he could quit the smoking habit. Most of you know the rest of that story so I will not elaborate.

There is no way to pen into words the pain and loss that I experienced when Gary passed away nor can I put into words the abundant blessings I have received since his passing. My boys have been such a great source of guidance and joy. They married two beautiful young women who have become as daughters to me. Gary's mom is a blessing for all of us. She is a prayer warrior and awesome woman of God. And then the grandbabies....words can not capture how richly they have blessed my life. Beyond my family though, the Lord put people in my life that would stand beside me and hold me up in many ways. First and foremost are my pastor and his wife Don and Diane Gifford. They have guided me spiritually, emotionally and beyond. Mike Deardorff and I made many trips to Indy to visit Don and Diane when they moved. We especially enjoy running at Eagle Creek Park and making fishing trips to Florida. The four of us have forged a special friendship that has witnessed the joys and trials that life brings. Ricke Stucker made many trips with Mike and me to Indy. Ricke "coached" me beyond running in terms of keeping my focus on the future. And then there is long time friends John Wiles and wife Annio. John and I served as CK officers for 4 years and really enjoyed giving each other a rough way to go (dead squirrels, frozen squirrels, cooking adventures, etc.!!!). John

would give me credit for ideas for which he deserved the credit....he would plant seeds to spur ideas....the mark of a true leader. John has done more for the club behind the scenes than most will ever realize. If you notice ALL the names above.....they are CK members....it is my running friends who have run with me down life's path. I was blessed with dear friends beyond my CK family. Gary's best friend, Clint Wray and wife Pauletta stood by our side throughout Gary's illness and beyond. Harold Canady was always there for me at work when I needed someone to talk to. Russena Comer was a sister in Christ and a prayer partner each Friday morning.

It may seem I am straying from the marathon story, but the marathon journey is like a puzzle and each piece needs to fit together in order to complete the journey...much like the time slots I mentioned earlier. It is the Lord who is shaping the puzzle and giving me the resources in family and friends to make the pieces fit.

When Gary was close to the end of his earthly journey and ready to embark on his new heavenly journey he was overcome with sadness at the thought that he would not be sitting next to me on our couch into old age. He emphasized that he didn't want me spending time grieving on that couch...he wanted me to pursue my desire to qualify for the Boston Marathon. I had run one marathon in 1994, but it wasn't to qualify...it was to just see if I could finish!! I had never actually trained to qualify

So the day after his funeral, I began training. I bought 10 pairs of running shoes hoping that by the time they wore out, I would qualify. (It took me two more pairs!!) I knew the marathon

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would not be in my immediate future because of some very time intensive commitments. It would become apparent when the time was right....when that last puzzle piece was ready to be inserted. So I kept training in preparation for the real training. Additionally, I needed to get older so the qualifying time would come back to my limited talent....the times had to decay quicker than I did!!!

I had moved to Indy to be closer to family and brought Gary's mom with me so my focus was on getting settled into my new job and life. This past May after the mini-marathon, Don Gifford said he wanted to try to qualify at the Monumental Marathon since we were in half-marathon shape. I had no true intention of qualifying early on...I was just hoping Don could qualify and thought I would train so when the time was right for me, I would be on my way for a future marathon. His daughter Angel, Dorf and Cheryl Marner ran many of the long runs. I was going through the motions the first few months, but then I started thinking that maybe the time was right. Don was having some awesome runs...I was having a few average ones, but I had one particularly bad one that almost convinced me I did not have what it took to qualify. Dorf, Cheryl and Don gave me a pep talk after that run and said all I needed was one good long run to build confidence and more food prior to a long run to sustain me to the end!! We were not following the typical marathon schedule that most follow. Time didn't allow it. I only had one week where I even hit 40 miles and that was the week I ran a 22 miler!! The most I ran through the week were 4's and on a few occasions a 6 or an 8. It worked for Dorf.....he qualified for Boston with that kind of mileage. I can not run mega miles or my body won't make it to the starting line. So I basically took the advice of many of my running

friends and pulled out the parts that would work for me. The last week Cheryl Marner gave me advice that made the final difference....she told me to eat like a pig.... and I did. I am convinced it physically carried me through the last 4 miles.

My next to last long run was the run that gave me the confidence that Dorf had spoken of. On that day, I finally signed up and knew I was "in". About a month prior to the marathon, Don got really sick and never did recover in time to run the marathon....he did great running the half though. So while in the early training, I didn't even think I would be on that starting line, there I was.....thanks to the people the Lord had put in my life. The peaceful presence I had experienced since I was a child was there with me on the starting line and throughout the entire race.

Now I must go back to the evening before and the morning of the marathon. Gary had passed away at 1:47 AM on May 31st, 2002. For many nights after his passing, I would wake up at that exact time. Some of those times, I would experience the love of Christ and assurance that Gary was in good hands. Other times, I would struggle with the realization that Gary was not by my side.the Lord was always there to pick me up through His Word and His Presence if I would just listen. The night before the marathon, I once again woke up at 1:47 AM. I hadn't done so for a very long period of time so I was surprised when I looked at the clock. The peace the Lord gave me that night was overwhelming. I knew Gary would be cheering me on from afar....his goal for me was to be realized. I was off the couch and about to toe the starting line!

The morning of the marathon I left my house for the 15 minute drive to meet Don and Dorf at Don's house. I turned on my radio to K-Love and half way to my destination the song with the lyrics

"Grace like rain falls down on me" began to play and as it played, the tears flowed. I was overtaken with His grace in that moment. It had been falling down on me from my Heavenly father, my Savior and Lord Jesus Christ filling me with the Holy Spirit ever since Gary had died. My family and friends colored the rainbow after each storm. I knew I was about to complete this final part of my journey.....it was not important that I qualify...it was important that I just complete my journey. Qualifying would just be the icing on the cake. I got my icing with a 4:12.07! When I do run Boston, I am not going to be concerned about my time. I am going to savor each and every moment.

I do not know what the future holds other than loving on my beautiful grandchildren; Addison, Josie, Harper and John Gary (probably more that I haven't met yet!!). Watching my boys Trent and Travis be such awesome daddies brings me so much joy. Moving to Indy to be near my sons and grandkids was the best decision I could have made. Once again, the Lord opened up all the doors for me to walk through to make my move.

Indiana Tobacco Prevention and Cessation recently decided to relaunch Gary's story via commercials and radio spots. If you have loved ones or friends trying to beat their tobacco addiction, you can refer them to quitnowindiana.com. or if you are a facebooker, you can visit quitnowindiana. It is a resource to help Hoosiers to quit smoking and it will also be chronicling my Boston experience. I greatly value my privacy, but telling Gary's story trumps my desire for privacy. I am continuing what he started with the sole purpose of impacting the lives of anyone who will listen to make the decision to be smoke free. The Lord takes us out of our comfort zone

(Continued on page 10)

Race Results

Club Kokomo Fun Mile Wednesday, Dec 2, 2009 Highland Park

1. Luke Kimmel 6:23
2. Chris Haynes 6:28
3. Britiani Gillem 7:01
4. Charlie Skoog 7:29
5. Brett Boone 8:01
6. Joe Yeagle 8:48
7. Sam Tweed 9:58

Club Kokomo Fun Mile Wednesday, Dec 9, 2009 Highland Park

1. Dan Lutes 6:29
2. Chris Haynes 6:38
3. Ninj Rangel 7:21
4. Joe Rangel 7:22
5. Charlie Skoog 7:40
6. Brett Boone 9:02
7. Dave Scott 9:13

Club Kokomo Fun Mile Wednesday, Dec 16, 2009 Highland Park

1. Cody Young 5:42
2. Luke Kimmel 5:45
3. Chris Haynes 6:15
4. Charlie Skoog 7:11
5. Brett Boone 7:28
6. Vince Lorenz 9:22
7. Joe Yeagle 9:29

Club Kokomo Fun Mile Wednesday, Dec 23, 2009 Highland Park

1. Cody Young 5:37
2. Luke Kimmel 5:55
3. Ray Tetrault 9:04
4. Charlie Skoog 9:05
5. Robin Tetrault 9:46
6. John Wiles 12:12
7. Dave Scott 12:13

Jackie Sanders Miracle Mile Wednesday, Dec. 30, 2009 Highland Park

1. Cody Young 5:54
2. Luke Kimmel 6:25
3. Gary Willis 7:26
4. Will Irvin 7:26
5. Joni McCracken 7:57
6. Ray Tetrault 8:16
7. Aidan Frazier 8:47
8. Chris Frazier 8:47
9. Joe Yeagle 9:13
10. Vince Lorenz 11:09
11. Reimar Schultz 13:05
12. Ethan Duchateau 14:42
13. Tim Buckalew 14:46
14. Mike Duchateau 14:47

15. Daniel Hurt 15:12
16. Ana Hurt 15:18
17. Diego Hurt 15:18
18. Charlie Skoog 15:19
19. Cindy Sanders 15:50
20. Laurie Lechner 15:50
21. Nancy Hurt 16:43
22. Angie Lorenz 18:50
23. Vanessa Lorenz 18:52
24. Austin Duchateau 19:21
25. Melanie Duchateau 19:25
26. Brett Sanders 19:26

Club Kokomo Roadrunners New Year's Eve Day Race 2PM Thurs Dec 31, 2009 Kokomo, IN 5K Run

1. Kyle Walsh 16:37
2. BJ Needler 17:11
3. Blake Mitts 18:06
4. Dana Neer 18:36
5. Chris James 18:46
6. Jake Fisher 18:48
7. John Strycker 19:21
8. Jordan Ousley 20:20
9. Joe Rangel 20:48
10. James Boyer 20:56
11. Don Andrews 21:07
12. Minh Pham 21:25
13. Christopher Nunan 21:27
14. Chris Frazier 21:33
15. Josh Evans 21:44
16. Michael Myer 21:46
17. Nich Lipari 21:51
18. Waylon Coulter 21:56
19. Zach Gibson 21:59
20. Bethany Neeley 22:03 1st woman
21. Kyle Starich 22:12
22. David Harrison 22:16
23. Doug Nunan 22:20
24. Ben Johnson 22:29
25. Jim Needler 22:54
26. Matt Schalenbroch 22:56
27. Michael Graham 22:58
28. Jeff Cardwell 23:14
29. Matt Darnell 23:19
30. Gary Willis 23:25
31. Ken Swinehart 23:29
32. Brian Raub 24:07
33. Mark Shorter 24:17
34. Charles Bellar 24:22
35. Eric Mathew 24:24
36. Alex Mundell 24:26
37. TA Weber 24:36
38. Brittany Neeley 24:47
39. John Sites 24:49
40. Mike Daugherty 24:54
41. Charlie Skoog 24:57
42. Griffin Longshore 25:11
43. Jesse Bauson 25:16
44. Earl Strong 25:18
45. Scot Hamilton 25:19
46. Kevin Starich 25:25
47. Brittiani Gillem 25:30
48. Keith McAndrews 25:47

49. Justin Taflinger 35:48
50. Jeff Saylor 25:52
51. Clayton Duncan 26:04
52. John Norris 26:07
53. Mike Deardorff 26:35
54. Laura Rosenstengel 26:44
55. Jensen Freeman 26:48
56. Ernie Strawn 26:49
57. Steve Wand 26:49
58. Michael Lake 26:50
59. Bill Bauson 26:51
60. Sarah Bauson 26:59
61. Gregory A. Townsend 27:05
62. Katie Strycker 27:13
63. Karly Sprouse 27:14
64. Roy Munson 27:15
65. Parker Jones 27:17
66. Dana Culp 27:23
67. Lisa Birkhimer 27:27
68. Russ Hovermale 27:28
69. Dave White 27:37
70. David Emry 28:06
71. Taryn Thor 28:08
72. Rosellen Connolly 28:11
73. Nikki Frazier 28:12
74. Kathi Sneed 28:17
75. Pat Tweed 28:18
76. Dan Bilodeau 28:24
77. Tom Miklik 28:28
78. Cybil Nielsen 28:30
79. Sue Gibson 28:32
80. Cassie Bauson 28:33
81. Anna Dollens 28:36
82. John Kerker 28:50
83. Jerry Meiring 28:55
84. Sandy Johnson 29:00
85. Sid Culp 29:01
86. Nikki McCracken 29:04
87. Taylor Maxey 29:05
88. Hayley Yocum 29:05
89. Les Yocum 29:07
90. Jeff LaDaw 29:26
91. Grace Bauson 29:28
92. Greg Sumpter 29:34
93. Chad Gaddis 29:36
94. Joe Yeagle 29:38
95. Debra Retherford 29:41
96. Rolando Fuentes 29:43
97. Stan Shuey 29:47
98. Shelby Rooze 29:49
99. Carson Ray 30:21
100. Riley Case 30:39
101. Laurie Ousley 30:50
102. Jennifer Boyer 31:17
103. Joyce Pennycoff 31:18
104. Jennie Brooks 31:28
105. Mackenzie Fugett 31:33
106. Aidan Frazier 31:40
107. Melissa Sharpless 31:53
108. Robin Cole 31:59
109. Alison Duncan 32:10
110. Cindy Kerker 32:18
111. Tennille Darnell 32:22
112. Theresa Inman 32:28
113. Carla Knapp 32:30
114. Mindy Butcher 32:32

115. Nicole Jackson 32:33
116. Ashlee Shoaff 32:58
117. Rich Ashley 33:35
118. Raelle Puckett-Sharpless
119. Jillian LaDow 33:50
120. Jenny McBride 33:51
121. Kevin Myers 34:17
122. Darrell Frazier 34:33
123. Kathleen Leach 34:34
124. Brian Allen 34:41
125. Emily Allen 34:45
126. Steven Larson 35:06
127. Kimberly O'Reilly 35:09
128. Marsha Daughterty 35:17
129. Kevin O'Reilly 35:42
130. Amy Henderson 36:22
131. Brayden York 36:38
132. Darcie York 36:39
133. Anita Frazier 36:49
137. Adriane Freeman 47:41
139. Kirsten Cardwell 37:58
140. Jeannie Townsend 38:02
141. Andrea Eckelbarger 38:40
142. Sylvia Burgin 42:04
145. Regina Tweed 44:16
147. Bridget O'Reilly 53:45

5K Walk

1. Damon Clements 28:43
2. Vincente Lorenz 30:46
3. Mary Miller 32:27 1st woman
4. Don Hurd 36:37
5. Jerry Lambert 36:45
6. Amanda Pena 37:08
7. Steve Inman 39:23
8. Raye Jean Swinehart 39:31
9. Jane Inman 39:43
10. Toney K. Lorenz 39:43
11. Robin Michael 41:04
12. Brett Sanders 43:51
13. John McGinty 45:24
14. Angie Lorenz 45:54
15. Vanessa Lorenz 47:44
16. Terry S. Hall 47:45
17. Debbie Riffe 47:55
18. Cindy Sanders 50:24
19. Pat Robertson 50:25

Other Race Results

Monumental Marathon Indianapolis, IN

Nov 7, 2009

933 Lorene Sandifur 4:12:07
1038 Barb Millsbaugh 4:18:16
Finishers 1977

St Petersburg Times Turkey Trot

Nov 26, 2009

Anita Frazier 36:49

Final 2009 Points 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, NYE 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 7-135
Lauren Weber 2-30RV
Kailee Taflinger 1-20
Aubry Jackson 1-15
Kelsey Weber 1-10R
Natalie Weber 1-10R

13-19

Emily Allen 11-205HCRV
Brittiani Gillem 4-80M
Katie Hollingsworth 2-40
Maya Brooks 2-35
Brittany Deyoe 1-20H
Christina Deyoe 1-20H
Diana Deyoe 1-20H
Emily Hobbs 1-20
Waverly Neer 1-20

20-24

Sarah Lee 7-130HR
Amber Longwith 7-105R
Sarah Bauson 3-60H
Laura Bauson 2-40H
Megan Tetrault 2-40H
Grace Bauson 2-35
Quirsten Tweed 2-35

25-29

M. Clendenning 10-200MH
Rebekah Monroe 7-135MV
Kathleen Bagwell 5-95MHV
Justine Eads 2-40
Michelle Tetrault 2-40HV
Jillian Weaver 1-20
Jaime Jackson 1-15

30-34

A. Riggle 15-241HCRV
Darcie York 10-172HC
Allison Irvin 6-120H
Michelle Boyd 6-100HV
Karen Bush 4-62HC
Kelly Wright 3-55H
Mary Cameron 3-49H
Julie Pownall 3-45H
Sharon Whelan 3-39
Jeanette Merritt 1-20H
Monica Brooks 1-15

35-39

Nicole Peel 15-270MHRV

Nikki Frazier 15-258HV
Heather Weber 11-210HRV
Barb Millsbaugh 13-204MHC
Jennifer Sinka 3-50
Lisa Jones 2-32H
Stella Rood 1-20H

40-44

Gina Sheets 12-230MRV
Laura Cook 12-184HV
Patti Reinhardt 9-155MHCV
Joni McCracken 7-130HV
Kim Anderson 5-82H
Shelly Wyman 4-62H
Laura Rosenstengel 4-59RV
Kim Coy 3-55MH
Michelle Larson 3-55H
Lisa Hobbs 2-40
Tami Moore 2-35H
Lisa Birkhimer 1-15
Regina Tweed 1-12

45-49

Roxane Burrous 6-120M
Cheryl Marner 4-80H
Stephanie Bolinger 1-20H
Chari Deyoe 1-20H
Carla Yerkes 1-20H
Carrie Lee 1-10R

50-54

Anna Dollens 20-362HCV
Robin Tetrault 16-272MHRV
Vicki Boles 11-177HRV
Cassie Bauson 9-154MH
Lorene Sandifur 4-70MHC
Theresa Barlow 3-31R
Laurie Ousley 1-12

55-59

Robin Cole 18-286C
Joyce Pennycoff 13-235HCRV
Rhenda Acton 10-190HV
Anita Frazier 4-52
Judy Smith 3-50HCV
Chris Williamson 3-47V
Kathie Barnett 2-30RV
Barb Wand 2-30CV

60-64

Sylvia Burgin 15-275HCRV
Anne Wiles 6-100CRV
Doris Griffith 1-20V

Shirley Wilson 1-20
65-69
Kathleen Leach 3-60
Susan Gerhart 2-40H

MEN

0-12

Aidan Frazier 10-182V
Brayden York 5-77R
Justin Taflinger 4-75
Quinn Reinhardt 2-40V
Keagan James 1-20

13-19

Waylon Coulter 11-153
Ben Bradshaw 7-124H
Nich Lipari 7-122
Jordan Lee 6-100R
Peter Bauson 5-87HV
Brent Noll 6-78H
Keith Bauson 5-76HV
Jacob Bradshaw 4-54H
Joshua Revils 3-34
Jesse Bauson 2-30H
Kyle Starich 2-27
James Longwith 1-20V
Andrew Swinehart 1-20H
Austin Young 1-20
Billy Pasquale 1-7

20-24

Sam Williamson, Jr. 3-60
Brett Sanders 2-35
Zach Miller 2-30HR
Jordan Ousley 1-20
Bryan Phillips 1-20

25-29

Mark Eads 6-120
Jason Rush 1-20H
Jack Sanders 1-20
Cory Jackson 1-15

30-34

Matt York 12-230MHC
Aaron McQuiston 3-50
Ryan Pownall 2-32H
Ryan. Bagwell 1-20H

35-39

Scott Riggle 17-279MHCRV
T.A. Weber 16-225MHRV
Scott Colford 11-220MH
Chris James 12-220MHV

Chris Frazier 12-179
Dave Harrison 9-146HV
William Irvin 5-87MH
Keith Hill 2-40H
David Reinagle 2-29H
Michael Rood 2-28H
Tim Taflinger II 2-27
Travis Sheets 1-20V
Derick Brooks 2-18

40-44

Gary Willis 22-379MHCRV
M. Graham 20-326HCRV
Ron Moore 12-230MHC
Brian Allen 13-188HCRV
Patrick Tweed 5-79
Paul Wyman 6-79H
Dan Lutes 4-75MH
Don Rogers 3-55MH
Todd Moser 3-45
Kevin Forgrave 1-20
Todd Marschand 1-12

45-49

Ken Swinehart 19-313HV
Al Hochgesang 11-185
Dana Neer 8-160
Kim Lee 13-156HR
B. Reinhardt 8-150MHCV
Bill Bauson 8-115MH
Ernie Hurst 8-96H
Rich Bradshaw 3-48H
Phil Rozzi 3-42
Byron Bundrent 2-40H
Mike Schoenratt 4-40
Eric Mathew 2-32H
Matt Bolinger 1-20H
Scott Deyoe 1-20H
Gary Jewell 1-10R

50-54

Jeff Cardwell 17-340MHV
Ray Tetrault 17-248MHRV
Greg Townsend 17-230
Earl Strong 11-190MH
Scott Hamilton 12-185
Mike Deardorff 12-148MH
Jerry Meiring 12-135H
Russ Hovermale 10-115
Keith McAndrews 7-104H
Jeff LaDow 8-68
Michael Campbell 2-40H
Tim Miller 1-10R
Kevin Starich 1-10

55-59

Joe Rangel 19-370HC
Mark Shorter 19-310HCR
Dave White 20-268MHCRV
C. Skoog 18-264MHRV
Steve Wand 9-142HCV
Tom Miklik 10-139HRV
Steve Kilcline 3-60HV
Fred Chew 4-58H
Rick Maughmer 3-47H
Bruce Cook 2-40H
Rocky Smith 2-40HV
Jack Mellinger 4-39
Don Gifford 1-20H
Karl Stoneking 1-15
Joe Yeagle 1-7
Darrell Frazier 1-6

60-64

Ricke Stucker 21-357CRV
David Hughes 11-202CV
John Wiles 12-192HCRV
Darrell York 6-110
Bill Barnett 5-90MHRV
Phil Leininger 2-32H
Walter Brown 1-20H

65-69

Stan Shuey 11-192C
Doug Mankell 9-162H
John Norris 4-80H
Dale Sullivan 4-70
Jerry Leach 2-30V
Ernie Strawn 1-15

70+

Robert Cupp 10-170R
Bill Heck 7-140V
Riley Case 1-20

Walkers

49-

Mary Miller 23-430HCRV
Raye Jean Swinehart 17-280HV
Vanessa Lorenz 4-64
Carol Savage 4-56H
Sophie Frazier 3-49V
Cindy Sullivan 4-46
Nicole Parry 1-15

50+

Amanda Pena 20-370CRV

(Continued from page 7) Boston Bound Continued
on occasion for His purpose.

Well before Robin Williams trivialized the quote "Carpe Diem" in the movie "Dead Poets Society" I had taken that quote to heart. John Wiles had encouraged/mentored me to write some running-related articles when he was the editor of the KT while I served as CK vice/president....I would usually sign off each article with the words "Carpe Diem". We must "seize the day" because we do not know how many days we will be given nor do we know how many days our loved ones will be given. We should run each run like

it is our last and give thanks each step along the way..... never taking our running for granted. I don't know when I will cross into my final finish line, but I find much comfort knowing that when my earthly journey comes to an end.....the most awesome journey... that I "can only imagine" will begin.

My Boston journey is triumph over tragedy..."His grace like rain falls down on me".

Carpe Diem.

Lorene Sandifur



Anita Frazier at S. Petersburg Turkey Trot

New Member

Kevin Scott

Welcome to Club Kokomo!

Meeting Minutes

Club Kokomo Roadrunners minutes

From December 14, 2009

Members Present:

Mark Shorter, Ray Tetrault, Scott Riggle, Charlie Skoog, Dave White, Rebekah Monroe

Charlie motioned to approve Nov Minutes.

Ray seconded. Vote— All in favor.

Financial Report:

General Fund: 5604.33

Coyote Kids: 9231.58

Cowan Fund: 2264.51

Old Business

1: CKRR Cares Race

162 finishers

Ray and Robin will direct next year

2: Purchase of Time Clock— still quoting

3: Purchase of storage barn — still quoting

New Business

1: GNO Committee meeting

January 19

Location—Half Moon at 6:30

January Agenda

January 11, 2009, Monday

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

LOCATION - Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

New Year Eve Run

Old Business:

Storage Building

Time Clock

New Business:

Awards Luncheon

Haynes Update

Race for a Cure—No one has volunteered to direct so remove it from calendar?

DATE OF NEXT MEETINGS:

1: Awards Committee meeting - January 9th

4:00 at the Home of Travis and Gina

2: Club meeting - February 8th, 5:30pm social 6:30pm meeting start, Half Moon

Final 2009 Points Standings (continued)

Jane Inman 20-330HRV
Jayne Hiatt 22-296HCRV
Debbie Riffe 20-228CRV
P. Robertson 14-159HCRV
Diana Brown 13-140CV
Angela Lorenz 7-74R
Cynthia Sanders 9-73CR
Jeannie Clark 6-69V

Kathy Allen 7-68RV
Barbara Hobbs 5-63H
Trudy Pierce 2-25H
Helen Brown 1-10R
Renita Taflinger 1-10R
Cathy Weidler 1-10C
Tanna Connor 1-9
Sherry Stoneking 1-9

Men
49-
Vincente Lorenz 14-260R
Chris Sullivan 10-170
Bruce Savage 4-56H
Tim Revils 3-34
50+
Rick Spencer 17-319H

Jerry Lambert 21-304HCRV
T. Taflinger 19-285HCRV
Steve Inman 14-195HRV
Robin Michael 16-170H
Toney Lorenz 15-162R
Dick Summerton 9-97
Jackie Sanders 13-96CR
Robin Hehr 7-72

Milt Brown 6-69RV
Jim Burrous 4-62HV
Melvin Hobbs III 5-49H
David Mygrant 3-38H
John Sites 2-35
Bob Longwith 2-15R
John McGinty 2-13
Steve Currens 1-7

2010 Race Calendar

February 28

Club Kokomo Awards Banquet

Time: 2 PM

Location: First Church of the Nazarene, 2734 S. Washington, Kokomo, IN

March 06

Norris Insurance 5K Run/ Walk

Time: 9 AM

Location: Community Building, Amboy, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

March 13

Old Ben 5K Run/ Walk

Time: 9 AM

Location: Rogers Pavilion, Highland Park

Contact: Katherine Hightower, Indiana University at Kokomo Alumni Relations Office

Email: chightow@iuk.edu

Phone: (765) 455-9941

March 27

Sam Costa 1/4 & 1/2 Marathon

Time: 9 AM

Location: Carmel, IN

Website: <http://www.samcosta.com/40/>

April 03

CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk

Time: 9 AM

Location: Tierney Warehouse, 1401 W. Cliff Drive, Logansport, IN

April 17

Race for the Cure 5K Run/ Walk

10 points for each finisher

Time: 9 AM

Location: Military Park, Indianapolis, IN

Contact: tuxbro@indy.rr.com

Phone: (317) 733-3300

May 15

Norris Insurance 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Jackson Morrow Park, Kokomo, IN

Contact: John Norris

Phone: (765) 395-7761 or (765) 395-7730

May 29

14th Kokomo Symphony Composer Classic 5K Run/Walk

Time: 9 AM

Location: Rogers Pavillion, Highland Park,

Contact: Beth Gentry

Phone: (765) 236-0251

Email: kokomosymphony@sbcglobal.net

June 03

Coyote Kids First Day

Location: Jackson Morrow Park

June 05

3rd Trojan Trot 5K/ Walk

Time: 8 AM

Location: Sharpsville, IN

Contact: Lisa Jones

Phone: (765) 480-2621

June 12

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Greentown, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

June 18-19

Relay for Life

Location: Walter Cross Field, Kokomo High School,

July 03

Haynes-Apperson 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Memorial Gymnasium, Kokomo, IN

Contact: Mark Shorter, 2936 Congress Dr., Kokomo, IN 46902

Phone: (765) 455-2283

Email: Mark@ckrr.us

Haynes-Apperson Day Kids Track Meet

Time: 9:00 AM

Location: Kautz Field, Central Middle School

July 10

Race for Grace , 5K Run -

No Walk Event (10pts to each walker)

Time: 8 AM

Location: Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN

Phone: (574) 753-0505

July 17

Panther Prowl 5K Mile Run/Walk -

Time: 8 AM

Location: Western High School, Russiaville, IN

Contact: David Britton

Phone: (765) 883-7360

August 07

Norris Insurance 5K Run/ Walk

Time: 8 AM

Location: Converse, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

August 14

CKRR Age-Graded 4 Mile Run & 5K Walk

Time: 8 AM

Location: Highland Park, Kokomo, IN

Contact: Mark Shorter, 2936 Congress Drive, Kokomo, IN 46902

Phone: (765) 455-2283

Email: mshorter13@comcast.net

August 14 or 21

CAM Run for Shelter 5K Run and Walk

Time: 8 AM

Location: Oakbrook Valley, Russiaville, IN

Contact: Oakbrook Community Church, 3409 South 200 West, Kokomo, IN 46902

Phone: (765) 252-7030

September 18

3rd Annual Ladies Night Out 5K No-Points

Time: 6:00 p.m.

Location: Kokomo, IN

Contact: Rebekah Monroe

Phone: (765) 461-8387

Email: rebekah.a.monroe@gmail.com

September 25

Bee Bumble 5K & 10K

Time: 8:00 a.m.

Location: Burnettsville, IN

Website: <http://www.beebumble5k.org/>

October 02

Cole Porter 15K Run/ 5K Run/Walk

Time: 9:00 AM

Location: Circus Building, Peru, IN

October 17

Club Kokomo 8K /3 Mile Walk

Time: 2 PM

Location: Nickel Plate Trail, Peru, IN

November 07

Run The Mounds 5 Mile Run/ Walk

Time: 2 PM

Location: Mounds State Park, Anderson, IN

Website:

<http://www.andersonroadrunners.org/>

November 13

CKRR Charity 5K Run/ Walk

Time: 9 AM

Location: UAW 292 Union Hall, Alto & Park

Contact: Charlie Skoog

Phone: (765) 457-2607

Email: runckrr@aol.com

November 25

Club Kokomo Cares 5K Run/ Walk Points 20 For Each Finisher

Time: 8 AM

Location: Highland Park, Kokomo, IN

Contact: Ray Tetrault

Phone: (765) 854-1393

December 31

CKRR New Year's Eve 5K Run/ Walk

Time: 2 PM

Location: UAW Local 292, Alto Road & Park Road, Kokomo, IN

Contact: Joni McCracken

Phone: (765) 210-2281

Email: joni.renee@att.net

Club Kokomo Roadrunners
2936 Congress Drive
Kokomo IN 46902

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