



Club Kokomo Roadrunners

The Roadrunner

April 2010

Email address: ckrr.newseditor@att.net

Ultimate Challenge Saturday Run With the Eagles!

Charlie Skoog



The first Ultimate was run on April 11, 1999. The race was born in the mind of Kenny Bennett who had joined me and other Logan area runners for a marathon training run the previous fall. As we headed west out of Logan, following the Wabash past the State Hospital the scenery and topography on the South River Road dramatically changed. That morning we saw more deer than cars. Despite the paucity of cars there was lots of

roadkill and scores of turkey vultures soared overhead as we continued our journey along this historic river trail. Kenny, taken in by the serenity, beauty and challenge of the hills spoke what I too was thinking, "Somebody ought to have a race out here!"

If you have never raced outside of Indiana this will no doubt be the hilliest and most challenging road course you have ever done. The first and last miles are pancake flat, which is what us prairie folks are used to, the interim segments, our very own Ultimate Challenge! If you've never been there Gary has a map link on our race calendar at www.ckrr.us or follow the directions on the race flyer. If you happen to get lost on race morning and several have, my cell is (765) 437-6268.

Race headquarters are the Tierney Warehouse. Make sure you find and thank Tom for opening up his place of business so we can do our thing! Thanks also to Scott Colford who has measured and repainted the mile marks each year. Your reward for completing the Ultimate will include some of the best homemade cookies ever eaten, from the kitchen of race director Rhenda Acton, so make sure you thank her as well!

Oh yes, the eagles! This past winter, local photographer Brian Cossell counted more than 50 eagles on both sides of the Wabash along the course. Some were passing through but several now stay year round. Just a reminder to run strong as our national bird will be watching you and expects no less!

Race for the Cure

Team members, who want to caravan to Indy on race day, should meet in the north east section of Lowe's parking lot at 5 a.m. The team will leave for Indy at 5:15 a.m. Arriving early gets you good parking and time to browse the various booths. There is race day registration from 7 a.m. to 8:30 a.m. Participants in the Pink Parade begin lining up at 7:15 a.m. CK's team members are asked to be at IUPUI's Library steps on New York Street at 7 a.m. for a team picture.

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Next Club Meeting

April 12th, 2010
5:30 social hour - 6:30pm
meeting start

New Location
Olive Garden

Next races:

April 3rd

CKRR Ultimate 10 Mile Run & 5
Mile Run/ Walk
Time: 9 AM
Location: Logansport, IN

Race for the Cure
April 17
9:00 A.M.
Downtown Indy



From the President

By Gina Sheets



The end of March first week of April weather finally resembles running weather. Of course to Kim Coy and other fair weather runners the ground is probably still too cold and mid May will constitute really running weather. For the rest of us these sunny days beckon us to get outside and get in a few miles before the sun sets. Just remember to proceed with caution before you begin logging in the miles pay attention to your body; you know yourself better than anyone so an ounce of prevention will get you through the summer season.

I am so thankful to be a member of CKRR, you all know how membership has changed Trav's life and mine. I want to give a special shout out to CKRR member Darrell York. My husband is better prepared for his first triathlon with an official racing bike thanks to Darrell. Darrell responded to a part trade part sale and we are very grateful. This summer I am sure Darrell will be cooking some delicious Highland burgers out on his grill and Trav will be racing around our "neighborhood".

Saturday was the Sam Costa race and

what a treat I had working with other club members at aid station number two. It was so much fun to see our own CKRR folks burning up the course. Even though it was a cold start I loved the camaraderie we shared as we poured water and Gatorade for the soon to arrive masses. Our very own CKRR member Terry Townsend directs the Sam Costa so it is only a natural fit the CKRR not only races but volunteers to help make the Sam Costa a success. Great job Terry, you ordered a perfect day for a race and the turnout was nice.

Races are successful not because a large amount of people show up at the start line and in some fashion finish. Races are successful because of the volunteers working for the benefit of those participating. CKRR has many events that are successful quite honestly because the same people continue to show up and work hard. If you enjoy running a race I hope you realize that you are expected to contribute back and volunteer to work a race. Oh, yeah, you get points if it is a CKRR event (which I am going to propose that change; my feeling if the event is a qualifying points event and you decide to volunteer than you should get your points but that will be a discussion for a future Club meeting that I will be able to attend) but IT IS MORE IMPORTANT THAN JUST THE POINTS!!!! Be a giver not a taker and volunteer before being asked, your work is always needed just look around you! That goes for more than just the Club you know that right?

While on the lecture series of volunteering I want to announce the Long Term Capital Expenditure committee members: Nicole Peel, Adriene Riggle, Chris James, Mark Shorter and Charlie Skoog. The committee is charged to present their findings (of basically what the heck are we doing with CRKK funds and what do we hope to do in the future) to the Constitu-

tion and By-Laws committee in August or sometime before the September 13th board meeting. Again, the purpose for this step is if amendments must be made based upon findings the Constitution and By-Laws committee are prepared. At the September 13th board meeting the Long Term Capital Expenditure Committee will present their findings and recommendations. The findings and recommendations will be printed in the October newsletter. Final discussion will take place at the October 11th board meeting.

Members of the By Laws and Constitution Review include Chris James, Nikki Frazier, Mark Shorter and me. The committee is charged to review how other clubs are organized. Speak with past club officers and current members for input. Exchange email questions by April 18th. Share answers to those questions by May 1st. Share input and recommendations by July 20th. Meet with the long term capital expenditure committee by August. At the September 13th Board meeting the committee will propose any amendments. These proposals must pass by majority of the vote at the meeting. Then the proposals will be printed in the October newsletter. At the October 11th meeting the proposals as originally presented, must have a majority vote to pass. If passed the amendments go into effect immediately.

It is never too late to get involved if either committee interests you please contact me: sheets.gina@yahoo.com. Remember what Plato said "Your silence gives consent." Gina Sheets says, "your complaining but not getting involved is disappointing. Get involved."

Be careful out there -

Gina

FREE Race Entry

A free entry to the Journeys Marathon in Eagle River Wisconsin, Saturday, May 8th, 2010.

<http://www.eagleriver.org/journeys.asp>

This is a beautiful course and I ran it last year 10 days after running Boston and improved my Boston time by two minutes. I will be honest the course has some hills in the beginning, I am a strong hill runner and do better with hills than a flat course. For the marathon you are bused to the start line and there is a nice lodge where you can wait indoors, use the restroom and meet the other runners. There is also a half marathon that does not start with the marathon but finishes with it. The scenery is beautiful and the aid stations are ample and are well placed along the course. Eagle River Wisconsin is a lovely place to visit. We stayed at the post race party hotel, Eagle River Inn and Resort, it was great; on site restaurant, hot tub, swimming pool and the rooms are huge. Eagle River is a tourist town there are plenty of shops for your family to visit as you run. This is a small race, which I like. I picked this race because I was pretty sure I would place in my age group and I did. I actually thought I would win my age group but two other ladies went with that same thought in mind. Never get the big head.

Anyways Trav won a free entry and I would go back but I am not running so well. If you want the entry contact me quickly, sheets.gina@yahoo.com

Old Ben

By Cathy Valcke

The Old Ben 5K Run celebrated it's silver anniversary on March 13. This year's event, presented by Howard Regional Health System, was a wonderful success with a record 243 registrants. Despite the cold and rain, we had 228 runners and walkers brave the elements to finish the race. Congratulations to Mark Massengill, the overall winner of the Old Ben!

The Old Ben has grown tremendously over the past 25 years. The race began with a group of students at IU Kokomo who were interested in running, Club Kokomo's Gary Jewell among them, and has been held annually since. IU Kokomo's Office of Student Activities coordinated the race up until 2004, when they handed the reins over to the IU Kokomo Alumni Association (IUKAA). The race has grown to the point where we regularly have more than 200 runners and walkers from across north central Indiana participate. We have also been very fortunate to have exceptional support during the past 25 years from the community in the form of sponsorships: Howard Regional Health System, Kokomo Parks and Recreation, the Kokomo Tribune, Kokomo New Car Dealers, Blondies Cookies, Coca-Cola, Kroger Northwest Plaza, and Young's Culligan, and of course, Club Kokomo Roadrunners.

Without these generous sponsors, the Old Ben would not be nearly as successful as it is. The Old Ben has grown to the point where the IUKAA has been able to use the net proceeds from the race over the past seven years to fund our Student Scholarship Endowment. The IUKAA is now able to provide at least one \$500 scholarship to an IU Kokomo student every year.

up the course and timing the race, the Old Ben 5K would not happen. We are extremely grateful to Rebekah Monroe, Charlie Skoog, Mark Shorter and all of the Club members for helping us hold this event every year. Whether you are among the volunteers who help set up the course and/or time the race, or if your contribution is made by participating in the Old Ben every year, please know that you have the thanks and gratitude of not only the IUKAA, but also of those students who benefit from the financial assistance we are able to provide.



Vicki Boles heads to the finish line

Without the Club's assistance with setting



Medals 4 Mettle



Medals4Mettle (M4M) is a non-profit organization founded in Indianapolis, Indiana, in 2005. Its mission is to celebrate and reward the individual and collective courage of all human beings by facilitating the

gifting of marathon finisher's medals from marathoners to people who have demonstrated similar mettle, or courage. The recipients can be any age and might have exhibited such mettle by dealing with disease, handicaps or any similar challenge. Marathon runners around the world, and others who have won medals, give their medals to Medals4Mettle. Then our nationwide network of physicians and others award these medals to those who might not be able to run a marathon, but are in their own marathon to continue to live their life. As marathoners run through the streets, large crowds cheer the runners for their effort. Medals4Mettle lets these runners, healthy enough to compete in such an event, to return the cheers to those who have supported them.

They are looking for volunteers to come down to the Mini on May 8th and help collect medals for M4M? They would love to have you join them for the day.

Contact:

Sally

M4M Coordinator for Indianapolis

slp3045@yahoo.com



Getting ready for the first race of the year, Amboy 5k



**New members
Bethany &
Brittany Neeley
race at Amboy**

Two months after having a baby Heather competes for the race win with eventual winner Scott Colford



Birthday List

4-2 Darin Hollingsworth	4-10 Monica Brooks	4-18 Kate Neher
4-5 Brian Reinhardt	4-10 Steve Wand	4-18 Tim Taflinger
4-5 Renita Taflinger	4-12 Sarah Bauson	4-18 John Wiles
4-6 Laura Cook	4-13 Mark Rodgers	4-22 Angela Lorenz
4-6 Kevin Starich	4-13 Don Rogers	4-22 Jeanette Merritt
4-7 Bill Bauson	4-15 Grace Bauson	4-24 Roger Sprouse
4-7 Meghan Kataria	4-16 Tami Moore	4-25 Lorene Sandifur
4-8 Emily Hobbs	4-17 Charles Johnson	4-25 John Sites
4-8 Jillian Weaver	4-18 Brody Brooks	4-26 Michelle Clendenning

4-26 Brittiana Gillem
4-26 Brooke Gillem
4-26 Megan Tetrault
4-27 Jerry Land
4-27 Scott Stucker
4-27 Greg Townsend
4-28 Tim Revils
4-30 Trevor Sprouse





What else is there to do on a rainy day?



Dave & Ray brave the cold wet day at Old Ben



Everybody was out for Old Ben

*Right—
Tim Taflinger gives
thumbs up at Amboy*



New Members

Patricia Weitzel	Don Hurd	Kate Neher
Virgil Weitsel	Bethany Neeley	Henry Neher
Anneliese Weitzel	Brittany Neeley	Kathy Neher
Benjamine Weitzel	Jill Pursifull	Kyle Pitt
Scott Carden	Linda Pursifull	Kathy Touloukian
Kelly Carden	A.J. Neher	Elloit Touloukian
Cole Carden	Wendy Neher	Sam Touloukian
Hunter Carden	Charlie Neher	
Ally Carden	Kinsey Neher	

*Welcome to
Club Kokomo!*



Race Results

Amboy

3-6-10

5k Run

1. Scott Colford 17:04
2. Don Baker 17:40
3. Matt York 17:44
4. Jared Turner 17:48
5. Chris James 17:51
6. Jerry Williams 18:18
7. Ray Gehlhausen 19:08
8. Curtis Wilson 19:19
9. Mike Manning 19:27
10. Scott Riggle 19:38
11. Mark Hauptert 19:39
12. Mitchell Mattingly 19:46
13. Joe Rangel 19:52
14. James Boyer 20:10
15. Brian VanSoest 20:20
16. Waylon Coulter 20:26
17. Brent Munro 20:28
18. Heather Weber 20:31
19. Shawn Shaver 20:32
20. Mark Spitzer 20:39
21. Cody Young 20:51
22. Al Hochgesang 21:24
23. Steve Hendricks 21:32
24. John Sites 21:52
25. Eric Seward 22:08
26. Gary Willis 22:15
27. David Horner 22:30
28. Colton Johnson 22:42
29. Tin Taylor 22:53
30. Michael Graham 22:59
31. Paul Wyman 23:04
32. Ken Austin 23:07
33. Michelle Clendenning 23:12
34. Mark Shorter 23:26
35. T.A. Weber 23:26
36. Brittany Neeley 23:28
37. Bethany Neeley 23:28
38. Jennifer Sinka 23:34
39. Mike Schoenrad 23:56
40. Josh Shaffer 23:57
41. Eric Mathew 24:04
42. Derick Brooks 24:11
43. Charlie Skoog 24:15
44. Shannan Newhouse 24:19
45. Ken Swinehart 24:29
46. Bill Barnett 24:43
47. Brian Dawson 24:57
48. Paul Sanders 24:57
49. Hope Spitzer 24:59
50. Shelly Wyman 25:05
51. Scott DeVoe 25:07
52. Mike Deardorff 25:17
53. Keith Dinn 25:18

54. Gregory Townsend 25:22
55. Tonya Newhouse 25:23
56. Elaine Sweet 25:25
57. Al Mitchel 25:25
58. Mike Duke 25:30
59. Doug Hohenberger 25:31
60. Mick Eberle 25:40
61. Ann Morris 25:45
62. Paige Truman 25:46
63. Sylvia O'Brien 25:47
64. Mike Truman 25:57
65. John Peters 25:59
66. David Hughes 26:03
67. Joseph Meiring 26:26
68. Jerry Meiring 26:27
69. Keagan James 26:28
70. Russ Hovermale 26:29
71. Nikki Frazer 26:32
72. Rudy Suryantoro 26:38
73. Ray Tetrault 26:54
74. BoweBrooks 26:59:00
75. Darcie York 27:21
76. Jake Iseminger 27:47
77. Andy Melton 27:53
78. Dana Culp 27:53
79. Sid Culp 27:54
80. Tom Miklik 27:56
81. Robin Tetrault 28:04
82. Jeff Lowry 28:08
83. Don Overman 28:37
84. Stacy Dorothy 28:38
85. Aidan Frazier 28:45
86. Kyle Pitt 28:46
87. Stacy Henderson 29:26
88. Rhenda Acton 29:26
89. Jillian Weaver 29:31
90. Jane Cline 29:37
91. Patrick Tweed 29:46
92. Anna Dollens 29:55
93. Mike Cline 30:04
94. Brady Brooks 30:05
95. Monica Brooks 30:10
96. Shelly Leary 30:10
97. Alexandria Parr 30:11
98. Bill Richter 30:18
99. Ricke Stucker 30:20
100. Doug Mankell 30:20
101. Maya Brooks 30:21
102. Stan Shuey 30:39
103. Samuel Parr 30:54
104. Adriene Riggle 31:02
105. Bill Heck 31:44
106. Robin Cole 32:22
107. Laura Cook 32:32
108. Dean Eshelman 33:06
109. Reg Johnson 35:59

110. Jeanie Townsend 36:09
111. Emily Allen 36:22
112. Christina Turner 37:48
113. Kimila Lowry 38:13
114. Lindsay Rice 38:21
115. Leon Agullana 40:19
116. Luci Spittnogle 41:51
117. Brandon Sutton 43:32
118. Dick Summerton 43:33
119. Vernon Keller 51:35
120. Sue Keller 51:36
121. Debra Weaver 56:00

5k Walk-Men

1. Vincent Lorenz 28:47
2. Don Hurd 35:17
3. Jerry Lambert 35:42
4. Rick Spencer 36:28
5. Robin Hehr 37:43
6. Steve Inman 38:56
7. Brian Allen 40:22
8. Tim Taflinger 41:34
9. Tony Hinkle 42:12
10. Scott Carden 46:25
11. Richard Mobley 49:09
12. Jim Wells 54:57

5k Walk-women

1. Mary Miller 32:02
2. Amanda Pena 36:29
3. Raye Jean Swinehart 40:04
4. Jane Inman 40:05
5. Ann Baker 42:24
6. Kelly Carden 42:41
7. Jayne Stucker 43:49
8. Debbie Riffe 44:00
9. Janice Clemons 44:11
10. Teresa Kunkle 44:11
11. Pam Batey 46:16
12. Diane Conner 46:51
13. Tonia Richards 46:51
14. Melanie Butts 46:51
15. Cindy Sanders 47:08
16. Angela Lorenz 47:08
17. Diana Brown 49:16
18. Monica Mathew 50:10
19. Sophie Frazier 54:56
20. Liz Huneycut 55:20
21. Christine Wells 56:20

Jackie Sanders Miracle Mile
Wednesday, March 10, 2010
Highland Park Walk/Bike Path

1. Kory Kennedy 5:29
2. Cody Young 5:32

3. Luke Kimmel 5:44
4. Jordan Ousley 5:51
5. Travis Marley 6:19
6. Joe Rangel 6:30
7. Justin Taflinger 5:53
8. Tim Taflinger II 6:54
9. Eric Mathew 6:59
10. Charlie Skoog 7:00
11. Jensen Freeman 7:23
12. Steve Wand 7:28
13. David Russell 7:34
14. Jerry Warner 8:02
15. Pat Tweed 8:16
16. Karen Bush 8:31
17. Joe Yeagle 8:39
18. Robin Tetrault 8:45
19. Anna Dollens 8:49
20. Amber Longwith 8:50
21. Vince Lorenz 9:18
22. Cara McKeller 9:22
23. Joel Anthony 10:11
24. David Anthony 10:12
25. Mary Miller 10:13
26. Larry Sullivan 10:17
27. Adriane Freeman 10:31
28. Andrea Eckelbarger 10:53
29. Sam Tweed 10:54
30. Jerry Lambert 10:56
31. Amanda Pena 11:20
32. Kailey Kidwell 11:30
33. Marina Swaggerty 12:54
34. Ethan Kinney 12:55
35. Emily Riggle 13:27
36. Adriene Riggle 13:28
37. Gretchen Riggle 13:28
38. Regina Tweed 13:28
39. Debbie Riffe 13:29
40. Grace Bagwell 13:58
41. Ryan Bagwell 14:19
42. Jordyn Anthony 14:40
43. Sarah Tweed 14:44
44. Cathy Longwith 16:12
45. Cindy Raines 18:13
46. Lisa Swaggerty 19:10
47. Cathie Tweed 19:40
48. Graham Bagwell 22:37
49. Rebekah Monroe 22:53
50. Kathleen Bagwell 22:55

25th Annual Old Ben 5K
Highland Park
Kokomo, IN
March 13, 2010
Rain 45 degrees



Race Results Continued

5k Run

1. Mark Massengill 17:59
2. Matt York 18:00
3. Kory Kennedy 18:54
4. Jay Priest 19:04
5. Chris Frazier 19:34
6. Scott Riggle 19:57
7. Eric Doyka 19:59
8. Joshua Evans 20:00
9. Jordan Ousley 20:06
10. Heather Weber 20:07 **1st**

woman

11. Ron Moore 20:11
12. Matt Ryan 20:25
13. Joe Rangel 20:28
14. Cody Young 20:39
15. Jim Rayl Jr. 21:04
16. Gary Callahan 21:22
17. Travis Marley 21:32
18. Drew Wilson 21:43
19. Al Hochgesang 21:45
20. Gary Willis 22:35
21. Joseph Williams 22:36
22. Josh Hall 22:51
23. Diana Jones 22:54
24. Matt Darnell 22:59
25. Justin Taflinger 23:17
26. Ken Austin 23:17
27. Clayton Duncan 23:22
28. Michael Graham 23:30
29. Michael Newell 23:37
30. Mark Shorter 23:49
31. TA Weber 23:59
32. Zachary Barnes 24:00
33. Eric Mathew 24:11
34. Ken Swinehart 24:25
35. Derick Brooks 24:27
36. Bill Barnett 24:32
37. Charlie Skoog 24:40
38. Tami Moore 24:51
39. Brian Bailey 24:55
40. Shelly Wyman 24:58
41. Merlin Fights 24:59
42. Dustin Delong 25:01
43. Dave Mobley 25:07
44. Mike Duke 25:14
45. Jensen Freeman 25:20
46. Sara Bauson 25:21
47. Mike Deardorf 25:30
48. Michael Lake 25:33
49. David Reinagle 25:34
50. Kenny Erwin 25:55
51. Ray Tetrault 25:57
52. Taryn Thor 26:00
53. Paula Kocholik 26:04
54. Rachel Wilson 26:17

55. Melissa Goad 26:26
56. Jerry Meiring 26:27
57. Sean Verlee 26:32
58. Nikki Frazier 26:34
59. Cameron Cothorn 26:39
60. Monica Brooks 26:39
61. David Hughes 26:40
62. Brandon Yard 26:43
63. Bill Bauson 26:52
64. Joseph Meiring 26:53
65. Tim Voss 26:56
66. Phil Leininger 27:12
67. Kurt Meissnest 27:25
68. Curt Hufty 27:26
69. Kim Lee 27:27
70. David Emry 27:28
71. Rudy Suryantoro 27:31
72. Bruce Rood 27:33
73. Tom Miklik 27:44
74. Elliott Touloukin 27:45
75. Allison Sears 27:46
76. Don Overman 27:47
77. Andy Cage 27:49
78. Michelle Boyd 27:55
79. Amber Pluckebaum 28:13
80. Kirsten Leisure 28:14
81. Karen Bush 28:15
82. Bill Wilson 28:18
83. Tom Diesman 28:19
84. Tennille Darnell 28:30
85. Dave Britton 28:31
86. Chad Monize 28:36
87. Dave Sears 28:57
88. Alexandra Parr 29:04
89. Aidan Frazier 29:13
90. Crystal Purvis 29:21
91. Robin Tetrault 29:23
92. Stan Shuey 29:27
93. Ashlee Shoaf 29:31
94. Charlene Powell 29:35
95. Lora Felker 29:37
96. Ricke Stucker 29:41
97. Tyler Cottingham 29:44
98. Cassie Bauson 29:48
99. Joe Yeagle 30:02
100. Pat Tweed 30:03
101. Vicki Boles 30:13
102. Kayla Reinagle 30:15
103. Rich Boruff 30:16
104. Carson Ray 30:20
105. Zoe Eddy 30:20
106. Jamie Diesman 30:39
107. Adriene Riggle 30:40
108. Teresa Long 30:41
109. Laurie Ousley 30:44
110. Samuel Parr 30:50

111. Thomas McMahan 30:55
112. Cindy Kerker 30:58
113. Alison Duncan 30:58
114. Doug Mankell 31:01
115. Karen Denton 31:21
116. Cartos Diaz 31:27
117. Greg Rhees 31:32
118. Maya Brooks 31:44
119. Vern Graves 32:13
120. Robin Cole 32:21
121. Heather Mehring 33:28
122. Amy Young 33:39
123. Brian Marley 34:11
124. Jennie Rhees 34:12
125. Hannah Ellis 34:13
126. Bill Persinger 34:15
127. Carla Knapp 34:19
128. Elizabeth Marcus 34:27
129. Brianne Boruff 34:27
130. Ryan Hanlon 34:34
131. Nicole Jackson 34:37
132. Amy Henderson 35:03
133. Cara McKellar 35:04
134. Emily Allen 35:11
135. Lacy Hunt 35:14
136. Amy Clifford 35:39
137. Dawn Doyle 36:30
138. Lovanne Guilford 36:36
139. Sheryl Merkel 36:59
140. Chad Coy 37:03
141. Neil Marcus 37:20
142. Carolyn Konopa 37:26
143. Brett Walker 37:30
144. Adriane Freeman 37:40
145. Nicole Cothorn 38:25
146. Amanda Foster 39:10
147. Amy Morgan 39:21
148. Emma Bailey 39:36
149. Nicole Crocket 39:59
150. Laura Heflin 40:13
151. Amanda Powlen 40:31
152. Christi Ratcliff 40:36
153. Laura Redding 40:43
154. Amy Lee 40:48
155. Jennifer Boston 40:55
156. Susan Weaver 41:13
157. Aaron Brown 41:29
158. Susan Gerhart 41:31
159. Emily Martin 42:00
160. Luci Spitznogle 42:53
161. Barbara Casler 43:02
162. Teresa Kunkle 43:09
163. Pam Cline 43:17
164. Sheila Bailey 43:25
165. Sylvia Burgin 43:50
166. Vicki Clifford 44:13

167. Kalyn Smith 44:17
168. Kelly McMahan 46:04
169. Joyce Webber 46:38
170. Carol Savage 47:09
171. Lynn Waddell 48:36
172. Lori Britton 48:58
173. Timothy Mitchell 52:05
174. Emily Smith 53:39
175. Trina Phillips-Nelson 55:08
176. Kari Lawrence 55:25
177. Michelle Monize 1:00:34

5k Walk

1. Vince Lorenz 28:39
2. Mary Miller 32:30 **1st woman**
3. Jerry Lambert 35:55
4. Sarah Clouser 36:05
5. Amanda Pena 36:14
6. Janelle Zabst 37:36
7. Robin Hehr 39:22
8. Jim Gross 40:08
9. Toney Lorenz 40:24
10. Raye Jean Swinehart 40:25
11. Jane Inman 40:40
12. Brian Allen 40:41
13. Rich Johnson 42:36
14. Tim Taflinger 43:02
15. Janice Clemons 43:09
16. Robin Michael 43:26
17. Alan Wilson 43:30
18. Keith Luzader 43:49
19. Jayne Stucker 44:56
20. Karon Johnson 45:16
21. Amber Lange 45:32
22. Angela Lorenz 46:04
23. Debbie Whitney 46:19
24. Connie Higginbottom 46:29
25. Elizabeth Heflin 46:30
26. Rebecca Hampton 46:53
27. Cynthia Sanders 47:02
28. Amy Irick 47:09
29. Peggy Bliss 47:10
30. Donna Russell 47:45
31. Jennifer Ogle 47:49
32. Trudy Pierce 47:50
33. Debbie Riffe 49:05
34. Monica Mathew 49:05
35. Lauren Ward 50:47
36. Tannah Thor 51:05
37. Rachel Szymchack 51:26
38. Jason Luzader 51:27
39. Barb Beck 51:43
40. Dana Morehead 52:05
41. Kim Doak 52:35
42. Jill Conaway 54:15



Race Results Continued

43. Diana Brown 54:15
 44. Vickie McGuire 54:23
 45. Kerrie Marley 54:46
 46. Shelly Brafford 57:03
 47. Gale Sears 58:04
 48. Karen Walck 58:05
 49. Cindy Wilson 1:00:34
 50. Mark Henderson 1:05:02
 51. Sandra Henderson 1:05:04

Jackie Sanders Miracle Mile
 Wednesday, March 17, 2010
 Highland Park Walk/Bike Path

1. Matt York 5:20
 2. Nich Lipari 5:23
 3. Cody Young 5:36
 4. Jordan Ousley 5:47
 5. Tim Taflinger 6:38
 6. John Anderson 6:40
 7. Paul Sanders 7:03
 8. Eric Mathews 7:15
 9. Jerry Warner 7:51
 10. Pat Tweed 7:52
 11. Jensen Freeman 8:00
 12. S. N. Rangel 8:34
 13. Joe Rangel 8:35
 14. Joe Yeagle 8:42
 15. Robin Tetrault 8:45
 16. Cara McKellar 9:04
 17. Vince Lorenz 9:11
 18. Rich Crow 9:19
 19. Alexander Parr 9:31
 20. Samuel Parr 9:32
 21. Madison Parr 9:32
 22. Jennifer Sinka 9:43
 23. Mandy Oaks 9:56
 24. Alex Anderson 9:59
 25. Mary Miller 10:02
 26. Brayden York 10:09
 27. Bob Longwith 10:15
 28. Bill Heck 10:19
 29. Hannah Moore 10:36
 30. Ron Moore 10:36
 31. Adriene Freeman 10:51
 32. Emily Riggle 11:09
 33. Scott Riggle 11:09
 34. Jerry Lambert 11:21
 35. Amanda Pena 11:59
 36. Ethan Kinney 12:07
 37. Rebekah Kinney 12:08
 38. Sylvia Burgin 12:47

39. Geana Moore 13:43
 40. Debbie Riffe 14:05
 41. Amber Longwith 14:56
 42. Grace Bagwell 14:59
 43. Destiny Roe 14:59
 44. Kathleen Bagwell 15:00
 45. Cathy Longwith 15:04
 46. Tiffany Parr 16:09
 47. Ken Munro 18:18
 48. Linda Munro 18:18

Jackie Sanders Miracle Mile
 Wednesday, March 24, 2010
 Highland Park Walk/Bike Path

1. Kory Kennedy 5:18
 2. Cody Young 5:42
 3. Joe Rangel 6:09
 4. Dan Lutes 6:16
 5. Charlie Skoog 6:55
 6. Paul Sanders 7:02
 7. Nicole Peel 7:05
 8. David Reinagle 7:05
 9. Britiani Gillem 7:09
 10. Pat Tweed 7:31
 11. Tim Taflinger 7:44
 12. Kailee Taflinger 7:48
 13. Alexandra Parr 8:03
 14. Aiden Frazier 8:13
 15. Cara McKellar 8:56
 16. Karen Bush 8:57
 17. Amber Longwith 9:00
 18. Vince Lorenz 9:10
 19. Rick Crow 9:11
 20. Madison Parr 9:18
 21. Samuel Parr 9:19
 22. Anna Dollens 9:21
 23. Mary Miller 10:00
 24. Jennifer Sinka 10:09
 25. Brayden York 10:10
 26. Maya James 10:19
 27. Bob Longwith 10:20
 28. Adriene Riggle 10:30
 29. Joel Anthony 11:02
 30. Amanda Pena 11:11
 31. Jerry Lambert 11:12
 32. Erica James 11:18
 33. Ken Huston 11:20
 34. Emily Riggle 11:22
 35. Gretchen Riggle 11:23
 36. Scott Riggle 11:23

37. John Alberts 11:45
 38. Nick Alberts 11:46
 39. J. P. Wyman 12:04
 40. Jim Gross 12:11
 41. Sylvia Burgin 12:47
 42. Patty Weitzel 13:06
 43. Jordan Anthony 13:36
 44. Dave Anthony 13:37
 45. Regina Tweed 13:43
 46. Sophia Wyman 14:22

47. Debbie Riffe 14:23
 48. Shelly Wyman 14:24
 49. Cindy Sanders 14:37
 50. Violet Frazier 14:40
 51. Sandra Lushin 14:56
 52. Cathy Longwith 15:08
 53. Linda Munro 17:03
 54. Ken Munro 17:04
 55. Lisa Swaggerty 18:53
 56. Cathie Tweed 18:54



What is better than Pancakes and awards?

Living Lean Clean & Green

2010 Retreat

Saturday, April 24th
9:00 am - 1:30 pm
Grace United Methodist Church
219 W. Mulberry St.

✦ Zumba ✦ Low Impact Exercise
 ✦ Recycling ✦ Gardening Green
 ✦ Natural Home Cleaners
 ✦ Composting ✦ Healthy Cooking

\$12.00/person
Includes light breakfast and lunch
Contact Jan Wall @ 459-9255
to register

► Childcare available upon request



2010 Points Standings

Races scored include the JN Amboy, Old Ben, and any one marathon, half-marathon or volunteer.

Runners

Women

0-12

Alexandria Parr 2-40

13-19

Maya Brooks 2-27

Emily Allen 2-22

Bethany Neeley 1-20

Brittany Neeley 1-20

Kayla Reinagle 1-20

Lacy Hunt 1-10

20-24

Sarah Bauson 1-20

25-29

Melissa Goad 1-20

Jillian Weaver 1-20

30-34

Monica Brooks 2-32

Adriene Riggle 2-22

Michelle Clendenning 1-20

Karen Bush 1-15

Darcie York 1-15

Brianne Boruff 1-10

35-39

Heather Weber 2-40

Nikki Frazier 2-30

Michelle Boyd 1-12

Jennifer Sinka 1-12

Amy Henderson 1-10

40-44

Shelly Wyman 2-35

Tami Moore 1-20

Carol Savage 1-12

45-49

Laura Cook 1-20

Cara McKellar 1-20

50-54

Cassie Bauson 1-20

Anna Dollens 1-20

Laurie Ousley 1-15

55-59

Robin Tetrault 2-40

Robin Cole 2-24

Rhenda Acton 1-15

Vicki Boles 1-15

60-64

Jeanie Townsend 1-20

65-69

Susan Gerhart 1-20

Sylvia Burgin 1-15

Men

0-12

Aidan Frazier 2-27

Keagan James 1-20

Justin Taflinger 1-20

Bowe Brooks 1-15

Brody Brooks 1-10

13-19

Waylon Coulter 1-20

Cody Young 1-20

Elliot Touloukian 1-15

20-24

Kory Kennedy 1-20

Jordan Ousley 1-15

30-34

Matt York 2-40

Kyle Pitt 1-15

35-39

T.A. Weber 2-30

Derick Brooks 2-24

Chris Frazier 1-20

Chris James 1-20

Samuel Parr 2-18

David Reinagle 1-10

Rich Boruff 1-9

Vern Graves 1-7

40-44

Scott Riggle 2-35

Gary Willis 2-25

Michael Graham 2-21

Jay Priest 1-20

Patrick Tweed 2-16

Ron Moore 1-12

Paul Wyman 1-10

David Emry 1-8

45-49

Ken Swinehart 2-40

Scott Deyoe 1-15

Kim Lee 1-15

50-54

Al Hochgesang 2-40

Eric Mathew 2-30

Jerry Meiring 2-20

Ray Tetrault 2-20

Greg Townsend 1-12

Bill Bauson 1-9

Russ Hovermale 1-9

Mark Shorter 2-35

55-59

Charlie Skoog 2-27

Mike Deardorff 2-22

John Sites 1-20

Joe Yeagle 1-10

60-64

Joe Rangel 2-40

David Hughes 2-27

Tom Miklik 2-21

Ricke Stucker 2-18

Gary Callahan 1-15

Phil Leininger 1-10

65-69

Bill Barnett 2-40

Doug Mankell 2-27

Stan Shuey 2-22

70+

Bill Heck 1-20

Dick Summerton 1-15

Walkers

Women

49-

Raye Jean Swinehart 2-40

Monica Mathew 2-24

Kelly Carden 1-15

Amy Irick 1-15

Sophie Frazier 1-10

50+

Mary Miller 2-40

Amanda Pena 2-30

Jane Inman 2-24

Jayne Stucker 2-20

Angela Lorenz 2-17

Debbie Riffe 2-15

Cynthia Sanders 2-15

Diana Brown 2-11

Trudy Pierce 1-7

Men

49-

Vincente Lorenz 2-40

Brian Allen 2-30

50+

Jerry Lambert 2-35

Jim Gross 2-32H

Robin Hehr 2-25

Don Hurd 1-20

Tim Taflinger 2-17

Rick Spencer 1-12

Toney Lorenz 1-10

Steve Inman 1-9

Robin Michael 1-8



Meeting Minutes

March 8, 2010

Attendance:

Mark Shorter, Scott Riggle, Rebekah Monroe, Rhenda Acton, Diana Brown, Robin Cole, Karen Bush, Charlie Skoog, Milt Brown, Chris James, Bill Barnett & Tom Miklik

Financial Report;

General Fund: \$3,583.57

Coyote Kids: \$10,395.65

Cowan Fund: \$2310.51

Charlie motioned to accept meeting minutes from February. Robin Seconded.

Race Reports:

Ultimate:

Everything is on schedule

Haynes:

Agreed festival would receive \$300 for gym use.
Committees being organized

April meeting will be at Olive Garden at normal time.

Other Race Results

Sunday March 7, 2010

Little Rock Ark Half Marathon

Bib #4119 Jim Gross 3:19:53 finished 2743 rd

Full Marathon 1,549 finished (576 female, 973 male)

Half Marathon 2,908 finished (1650 female 1258 male)

5K 708 finished (437 female, 268 male)

Agenda for April

CLUB KOKOMO ROADRUNNERS AGENDA

April 12th, 2010

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

LOCATION – Olive Garden

Welcome

Minutes

Financial Report

Race Director Reports:

Upcoming

Discussion on Race for a Cure

Haynes needs and discussion

Other races:

Old Business:

Committee appointments have been made.

By Laws Constitution Committee – Mark Shorter,
Chris James, Nikki Frazier, Gina Sheets

Long Term Capital Expenditure Committee –

Nicole Peel, Chris James, Charlie Skoog, Adriene

Riggle, Mark Shorter

New Business:

DATE OF NEXT MEETING –

May 10th

June 14th – Sheets will not be present

July 12th

August 9th

September 13th – nomination of officers, Committee recommendations

October 11th – committee recommendations, ballot to be approved

November 8th

December 13th – Induction of 2011/2012 officers.

Mini Packet Pick-up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packet for you be sure to get the back page of your pamphlet to her by wednesday, May 5th. The earlier you get the back page to her the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 7th, on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park. If you want to mail your back page to her Robin's address is. Robin Cole 7071 W. 500 S. Russiaville In. 46979



2010 Race Calendar

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: Mary Rowe
Phone: (765) 480-0818
Email: maryrowe2@aol.com

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: Rebekah Monroe
Phone: (765) 461-8387
Email: rebekah.a.monroe@gmail.com

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 21

CAM Run for Shelter 5K Run and Walk
Time: 8 AM
Location: Oakbrook Valley, Russiaville, IN
Contact: Oakbrook Community Church
Phone: (765) 252-7030

September 18

3rd Annual Ladies Night Out 5K
Time: Expo & Packet Pick up 1-4:30
Race at 5:00 p.m.
Location: Kokomo, IN
Contact: Rebekah Monroe
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: runcrr@aol.com

November 25

Club Kokomo Cares 5K Run/ Walk 20 points 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

Other Races

Second Annual Spaghetti Run/ Walk

<http://www.jcspaghattirun.com/>
Date: Saturday, April 10th, 2010
Start time: 9 AM
Location: Clinton County Fair Grounds, Frankfort Indiana
1701 S Jackson St, Frankfort IN, 46041

5k Walk/Run

Entry Fees: \$20 Adult or \$15 for 12 and under

Club Kokomo Roadrunners
2936 S. Congress Drive
Kokomo IN 46902

Website: Ckrr.us

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