



The Roadrunner

December 2010

Club Kokomo
Roadrunners

New Years Eve 5k

By Joni McCracken

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“Cheers to a new year and another chance for us to get it right.” ~Oprah

Ah Yes! What a great feeling that a new year brings. We are so very fortunate that the celebration of New Years allows us time to reflect on the accomplishments of the past year and look ahead to starting anew – another chance for us to get it right. What better way to start getting it right than to invite a friend and come join us in the New Year’s Eve 5K Walk/Run. On December 31st at 2:00 p.m., we will say goodbye to

2010 by walking/running from the Local 292 UAW building through the neighborhood of Liberty Manor and Jackson Morrow Park and back again.

Following the race we will again be blessed with great food, compliments of the many wonderful chefs from the club including Charlie’s famous Lentil soup and 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! It is called an award exchange! Bring a fitness related gift (\$5 - \$10) and receive one during the random order drawing. Valuable gym memberships will be given away after the race too, thanks to the YMCA,

Club 24 Fitness, and the Kokomo Sports Center.

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. Registration information is available online at www.ckrr.us. You can also register online at www.active.com. If you have any questions, email me at joni.renee@att.net or call 765-210-2281. I am always looking for volunteers, 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!

Next Race

- New Years Eve 5k



From the President



“It’s the most wonderful time of the year. There is black ice for slipping and headbands are dripping with sweat pouring out of your head.

There is a glove that is missing and Earl is dishing about his warm Hawaii marathon. Yep, it’s the most wonderful time of the year!”

This is my last official article as your Club president, there is some bitter sweetness to that and some second guessing. Did I respond timely to concerns that were raised? Did everyone feel welcomed to share their thoughts at a board meeting? Did I keep the Club on track (pun intended) and prepare for the future?

I missed my share of deadlines for the newsletter – thanks Scott for always giving me the gentle push. I did not get anywhere with a long term planning committee, bummer there, but the Club moves forward, albeit without goals. The By-Laws committee did a great job and thanks to Mark for keeping us prepared with mark ups, mark

outs, and amends. I think the committee was well supported at the board meeting and much input was given. The board meetings were probably a little too parliamentary for most but if I am anything I am a policy person.

I am very grateful for those of you who give so much to the Club. You know who you are; you are there helping on Wednesday night, you attend the board meetings, you email me your suggestions, you support other Club members, you work before, during and after a race, you are the foundation for the success of the Club, we all thank you.

December brings for Earl Strong his last state for completing a marathon in every state and how sweet it is to be in Hawaii! Way to go Earl! You have joined Dan Lutes and perhaps others from CKRR in the elite 50 Staters. I look forward to Earl’s recovery and rest so he can push me in my running again.

December also brings for some CKRR girls the annual girls’ marathon trip, this time to Kiawah Island in South Carolina. “We” picked this marathon because like Nevada was supposed to

be last year, South Carolina is supposed to be warmer than Indiana this time of the year. It does not appear like it will be. I am looking forward to girl talk, laughter and fellowship with three women I admire for their professional, athletic and spiritual abilities and gifts. This is a time I treasure and I know it will be great. The Club has provided many special friendships to Travis and me. We are very grateful for all of you.

Remember this Christmas is not just a season to be brought out of storage, displayed, lit up, and then put away for a year. This time of the year should be a humbling reminder of how blest we are, always, and fortunate we are, to be called, saved and redeemed by Christ. Give the best gift you have to give. Give yourself, GOD made you uniquely wonderful in HIS imagine not to be stored away but to be given away to make a positive difference and a light to others.

Go out there, make a positive difference and share your light.

With much honor in serving you these past two years

Gina

Inspirational Thought for the Month

From Steve Wand

Pure Thinking

Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy—think about such things.

On the roads



CK Goodfellows report 5:45 p.m. at Meijer's

By Johnny 'O

Club Kokomo Goodfellows should report about 5:45 p.m. Dec. 12 and/or 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 food and soft drinks, so volunteers will not miss dinner.

Parents will redeem their Goodfellows' vouchers at Meijer's from

6 p.m. to 9 p.m. Dec. 12-16. 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.

Just before Thanksgiving, 25 club members had volunteered to help Dec. 12 (Sunday) and 18 signed up for Dec. 14 (Tuesday).

Sunday volunteers include Theresa Barlow, Vicki Boles, Laura Cook, Evelyn Davies, Anna Dollens, Lisa Drotleff, Maria Foye, Steve Kilkline, Chris James, Kegan James, Jerry Lambert, Mary Miller, Tim Miller, Joe Rangel, Jane Reid, Phil Rozzi, Jennifer Sinka, Stan Shuey, Charlie Skoog, Shantel Sullivan, Robin Tetrault, Greg Townsend, Jeannie Townsend, John Wiles, and Joe Yeagle.

Tuesday volunteers include Bill Barnett, Kathie Barnett, Diana Brown, Vicki Boles, Holly Chen, Monique Cook, Dan Coughlin, Evelyn Davies, Maria Foye, Kory Kennedy, Cara McKellar, Tom Miklik, Diane Noll, Jane Reid, Charlie Skoog, Steve Wand, Anne Wiles, and Joe Yeagle.

If you signed up but cannot help, 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

There will be three main jobs for volunteers. Using provided scanners and calculators, volunteers will work in teams of two to give clients a dollar total of their purchases before the clients go through the cash register line. Goodfellows' goal is for clients to use all the voucher money they receive. Once clients cash out, they cannot return to use unspent voucher money. Other volunteer jobs include bagging clothing at the cash register line or picking up and re-hanging clothes in the shopping area.

Applications for Goodfellows' assistance will be taken from 9 a.m. to 3 p.m. Nov. 29 to Dec. 3 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.

Johnny 'O thanks all CK Goodfellows, who will bring smiles to 2,000 children this holiday season.

Merry Christmas and happy New Year.

December Birthdays

12-1 Lacy Hunt
12-1 Amanda Pena
12-1 Andrew Swinehart
12-2 Robert Cupp
12-2 Alexandria Merritt
12-3 Chase Moser
12-5 Donna M. Andrews-w
12-5 Quinn Reinhardt
12-6 Mike Sadler
12-7 Reece Wright
12-8 Laura Rosenstengel
12-8 Carla Yerkes
12-9 Gary Callahan
12-9 Al Hochgesang

12-11 Cassie Bauson
12-11 Diana Deyoe
12-11 Evan LaDow
12-12 Heather Weber
12-14 Quirsten Tweed
12-15 Hayden Bewley
12-15 Mark Eads
12-15 Allison Irvin
12-16 Eric Doyka
12-16 Darrell Frazier
12-17 Megan McCord
12-17 Barry Donovan
12-18 Michael Graham
12-21 Jerry Meiring

12-21 Jill Pursifull
12-21 Michelle Tetrault
12-21 Macaiah White
12-22 T.J. Chew
12-22 Anneliese Weitzel
12-24 Jim Burrous
12-25 Karl Stoneking
12-26 Charles Pennington
12-26 Patricia Weitzel
12-27 Gary Jewell
12-28 Robyn Pagington
12-29 Rhenda Acton
12-29 James Longwith
12-30 Charlie Skoog

Race Results

Jackie Sanders Miracle Mile Wednesday, November 3 Highland Park

1. Kory Kennedy 4:42!
2. Waylon Coulter 5:29
3. Max McHaney 6:24
4. Brittiani Gillem 6:57
5. Derick Brooks 7:17
6. Charlie Skoog 7:34
7. Samuel Parr 7:37
8. Brendyn Rogers 7:42
9. Bowe Brooks 7:43
10. Joe Yeagle 8:16
11. Rosellen Connolly 8:27
12. Brody Brooks 8:32
13. Vince Lorenz 8:40
14. Cara McKellar 8:59
15. Tennis Guyer 9:03
16. Gradyn Rogers 9:18
17. Kelsey Metz 9:23
18. Ron Metz 9:24
19. Greg Kegler 9:29
20. Amber Longwith 9:38
21. Bob Longwith 9:47
22. Bruce Savage 9:48
23. Kaylyane Fernandes 10:37
24. Amanda Fernandes 10:38
25. Lisa Metz 11:00
26. Jerry Leach 13:08
27. Joyce Pennycoff 14:58
28. Vicki Boles 14:59
29. Kathy Longwith 15:35

Run the Mounds November 7, 2010 5 Mile Run

- 1 Mark Courtad 28:55
- 19 Heather Herrmann 34:18
- 23 Scott Riggle 34:58
- 32 Joe Kidd Rangel 35:53
- 57 Al Hochgesang 39:21
- 61 Eric Mathew 40:07
- 71 Phil Rozzi 40:41
- 88 Charlie Skoog 42:16
- 89 John Sites 42:35
- 111 Roxane Burrous 44:39
- 127 Tami Moore 46:41
- 131 Gregory Townsend 47:02
- 136 Joseph Yeagle 47:39

- 143 Samuel Parr 49:03
- 149 Ricke Stucker 50:17
- 150 Anna Dollens 50:18
- 178 Aidan Frazier 56:22
- 186 Kyle Pitt 56:59
- 187 Stan Shuey 57:00
- 191 Robin Cole 58:23
- 201 Jeannie Townsend 1:01:46

3 Mile Walk

- 1 Vince Lorenz 31:15
- 2 Mary Miller 34:28
- 4 Jerry Lambert 39:25
- 5 Toney Lorenz 39:55
- 6 Jim Gross 40:34
- 7 Jim Burrous 40:45
- 11 Adriene Riggle 41:58
- 15 Billy Cox 44:03
- 16 Kathryn Wall 44:05
- 23 Angela Lorenz 47:00
- 24 Jayne Stucker 48:05
- 28 Robin Michael 50:57

Jackie Sanders Miracle Mile Wednesday, November 10 Highland Park

1. Parker Jones 5:38
2. Brittiani Gillem 6:31
3. Byron Bundrent 7:03
4. Charlie Skoog 7:03
5. Brendyn Rogers 7:16
6. Samuel Parr 7:38
7. Aidan Frazier 7:59
8. Rosellen Connolly 8:26
9. Steve Wand 7:50
10. Joe Yeagle 8:06
11. Vince Lorenz 8:32
12. Kenny Bennett 8:39
13. Jordan Bradley 8:58
14. Denise Bradley 8:58
15. Gradyn Rogers 9:05
16. Tennis Guyer 9:07
17. Amber Longwith 9:33
18. Robin Cole 9:48
19. Bruce Savage 9:59
20. Bob Longwith 10:04
21. Kelsey Metz 10:23
22. Ron Metz 10:24
23. Rebekah Monroe 10:25
24. Amanda Pena 10:51

25. Sophie Frazier 10:59
26. Lauren Bradley 13:34
27. Jerry Leach 13:35
28. Carol Savage 13:36
29. Jan Wall 13:48

Club Kokomo Charity 5k Run/Walk Nov 13, 2010

5k Run

- 1: BJ Needler 15:51
- 2: Kory Kennedy 16:47
- 3: Chris Love 17:43
- 4: Austin Elliott 18:13
- 5: Brent Noll 18:23
- 6: Dana Neer 18:25
- 7: Eric Doyka 19:21
- 8: Kyle DuBois 19:52
- 9: David Wesche 20:16
- 10: Jordan Ousley 20:34
- 11: Tim Taflinger II 20:49
- 12: Joe Rangel 21:11
- 13: Gary Callahan 21:16
- 14: Kenny Bennett 21:28
- 15: John Duncan 21:41
- 16: Gary Jewell 22:04
- 17: Josh Hall 22:16
- 18: Brittiani Gillem 22:30 1st Female
- 19: Phil Rozzi 22:36
- 20: Doug Hollingsworth 23:07
- 21: Jerry Long 23:13
- 22: Jim Needler 23:21
- 23: Justin Taflinger 23:23
- 24: Scot Hamilton 23:27
- 25: Mike Daugherty 23:32
- 26: Mark Shorter 23:37
- 27: Chad Gaddis 23:38
- 28: Charlie Skoog 23:41
- 29: Sam Grant 23:43
- 30: Chris James 23:44
- 31: Keagan James 23:45
- 32: Taryn Thor 23:45
- 33: Michael Graham 24:37
- 34: Tony White 25:05
- 35: Jay Priest 25:06
- 36: Mike Deardorff 25:10
- 37: Brian Pulsipher 25:27
- 38: Ken Swinehart 25:39
- 39: Jerry Meiring 25:40
- 40: Rosellen Connolly 25:50
- 41: Larry Duncan 25:56
- 42: Gregory Townsend 26:06
- 43: Melissa Goad 26:19
- 44: Sam Parr 26:33
- 45: David Reinagle 26:38
- 46: Bradyn Rogers 27:10
- 47: Tami Moore 27:17
- 48: Teresa Long 27:29
- 49: Anna Dollens 27:42
- 50: Ricke Stucker 27:50
- 51: Maya James 27:59
- 52: Heather Weber 29:02
- 53: TA Weber 29:03
- 54: Tom Miklik 29:07
- 55: Joe Yeagle 29:16
- 56: Brayden York 29:23
- 57: Matt York 29:24
- 58: Laurie Ousley 29:26
- 59: Greg Sullivann 29:41
- 60: Aiden Frazier 29:43
- 61: Chris Frazier 29:45
- 62: Nikki Frazier 29:46
- 63: Erika James 29:47
- 64: Doug Mankell 30:23
- 65: Christopher Campbell 30:50
- 66: Kevin Campbell 30:51
- 67: Joyce Pennycoff 31:00
- 68: Vicki Boles 31:01
- 69: Laura Cook 31:03
- 70: Robin Cole 31:35
- 71: Cara McKellar 32:00
- 72: Steve Kilcline 32:15
- 73: Bruce Savage 32:23
- 74: Lauren Ward 32:55
- 75: Stan Shuey 32:58
- 76: Bill Barnett 32:59
- 77: Dave White 32:59
- 78: Chantel Sullivan 33:10
- 79: Hannah Moore 33:23
- 80: Ron Moore 33:24
- 81: Lindsey Cole 33:44
- 82: Jeannie Townsend 34:12
- 83: Andrea Eckelbarger 34:13
- 84: Gradyn Rogers 34:26
- 85: Carla Knapp 34:28
- 86: Teresa Thor 34:39
- 87: Vicky Smith 34:45
- 88: Jennie Campbell 35:43
- 89: Kathryn Wall 36:15
- 90: Jennifer Sinka 36:36
- 91: John Paul Wyman 38:49
- 92: Paul Wyman 38:50
- 93: Stella Rood 38:51
- 94: Natalie Jones 38:52
- 95: Robert Cupp 39:01
- 96: Sophia Wyman 41:04
- 97: Shelly Wyman 41:04
- 98: Geana Moore 41:33
- 99: Haley Jones 41:47

Walk

- 1: Vincente Lorenz 27:20
- 2: Mary Miller 34:21 1st Female
- 3: Jill Babcock 42:46
- 4: Peggy Obermyer 42:47

Race Results continued

5: Ann Taylor 42:48
 6: Jerry Lambert 44:12
 7: Toney Lorenz 44:32
 8: Jan Wall 44:41
 9: Billy Cox 44:56
 10: Jane Inman 45:13
 11: Tim Taflinger 45:29
 12: Angela Lorenz 45:30
 13: Abby VanArsdell 45:32
 14: Jayne Stucker 45:52
 15: Steve Inman 45:53
 16: Tom St. Clair 47:43
 17: Gloria St. Clair 47:44
 18: Terri Hellman 47:47
 19: Terry Hall 48:40
 20: Robin Michael 50:15
 21: Debbie Riffe 50:15
 22: Amanda Pena 50:16
 23: Diane Brown 50:33
 24: Amy Irick 51:08
 25: Doris Campbell 54:14
 26: Milt Brown 54:15

Jackie Sanders Miracle Mile Wednesday, November 17 Highland Park

1. Cory Kennedy 4:50
 2. Parker Jones 5:17
 3. Eric Doyka 5:59
 4. Paul Sanders 6:18
 5. Brittiani Gillem 6:38
 6. Brendyn Rogers 7:21
 7. David Reinagle 7:23
 8. Byron Bundrent 7:50
 9. Chris Frazier 7:52
 10. Charlie Skoog 7:52
 11. Aidan Frazier 7:54
 12. Taylor Frey 7:58
 13. Michael Frey 8:05
 14. Joe Yeagle 8:16
 15. Samuel Parr 8:17
 16. Maya James 8:20
 17. Chris James 8:21
 18. Ray Tetrault 8:44
 19. Grady Rogers 9:04
 20. Sharon Whelan 9:25
 21. Bruce Savage 9:29
 22. Robin Cole 10:05
 23. Jerry Leach 12:57
 24. Austin Frey 16:28
 25. Monique Cook 17:02
 26. Deb Frey 17:33

27. Linda Munro 17:45
 28. Ken Munro 17:45

Club Kokomo Cares Run 5K November 25, 2010 Kokomo, Kokomo, IN Run

1: Kory Kennedy 16:57
 2: Parker Jones 17:38
 3: Dana Neer 18:36
 4: Austin Elliott 18:41
 5: Quinn Reinhardt 19:47
 6: David Wesche 20:14
 7: Brittany Neeley 20:27 1st Female
 8: Waylon Coulter 20:39
 9: Chris Frazier 20:45
 10: Jonathan Polk 21:00
 11: Joe Rangel 21:10
 12: Byron Bundrent 21:21
 13: Lauren Hamilton 21:23
 14: Timothy Hamilton 21:25
 15: Chad Gaddis Jr. 21:40
 16: Gary Callahan 21:42
 17: Eric Doyka 21:48
 18: Andrew Walker 22:02
 19: Paul Sanders 22:13
 20: Corianne Myer 22:18
 21: Jordan Ousley 22:18
 22: Eric Mathew 22:25
 23: Josh Hall 22:54
 24: Brittiani Gillem 22:57
 25: Ken Austin 22:58
 26: John Anderson 22:59
 27: Diana Jones 23:08
 28: Al Hochgesang 23:31
 29: Merlin Fights 23:39
 30: Scot Hamilton 23:53
 31: Michael Graham 24:07
 32: Doug Hollingsworth 24:08
 33: Mark Shorter 24:14
 34: Sam Grant 24:16
 35: Steven Kady 24:52
 36: Elizabeth Kady 24:53
 37: Gregory Townsend 24:58
 38: Karly Sprouse 25:09
 39: Bruce Rood 25:13
 40: Mike Shuey 25:34
 41: Chad Gaddis Sr. 25:38
 42: Jay Priest 25:48
 43: Ron Moore 25:49
 44: Allison Irvin 25:54

45: William Irvin 25:54
 46: Tony White 25:55
 47: Emily Wilcox 26:01
 48: Tami Moore 26:02
 49: Ari Rinaldo 26:15
 50: Bailey Pressey 26:15
 51: Rosellen Connolly 26:22
 52: Nikki McCracken 26:26
 53: Joni McCracken 26:26
 54: Ricke Stucker 26:51
 55: Michael Tetrault 27:15
 56: Teresa Long 27:34
 57: Michelle Boyd 27:47
 58: Brendyn Rogers 27:51
 59: David Emry 27:54
 60: Nikki Frazier 27:56
 61: Nathan Freemyer 28:03
 62: Brian Pulsipher 28:18
 63: Stan Shuey 28:20
 64: Tracy Shidler 28:20
 65: Sid Culp 28:26
 66: Dana Culp 28:27
 67: Daniel Freemyer 28:43
 68: Amy Dollens 28:43
 69: Dwight Elliott 28:54
 70: Greg Sullivan 28:57
 71: Roy Sprinkle 28:58
 72: Alexandra Parr 29:04
 73: Laurie Ousley 30:01
 74: Alisha Barker 30:13
 75: Dustin DeLong 30:20
 76: Amy Killingbeck 30:38
 77: Laura Bianco 30:38
 78: Madison Parr 30:47
 79: Samuel Parr 30:47
 80: Sharon Whelan 31:01
 81: Dave White 31:10
 82: Breann Donson 31:15
 83: Sarah Wagner 31:16
 84: Bethany Neeley 31:16
 85: Kelsey Nicholson 31:31
 86: Wesley King 31:39
 87: Cara McKeller 31:45
 88: Steve Kilcline 31:58
 89: Katie Nicholson 31:59
 90: Laura Cook 32:00
 91: Laura Rakow 32:07
 92: Teresa Konopa 32:15
 93: Mackenzie Foye 32:32
 94: Marty Foye 32:36
 95: David Hughes 32:38
 96: Savannah Rees 32:43
 97: Quinlyn Hochstedler 32:44

98: Laura Rood 32:58
 99: Bruce Savage 33:24
 100: Susan Hamilton 33:40
 101: Laura Heflin 34:12
 102: Lisa Price 34:16
 103: Jeannie Townsend 34:19
 104: Christine Konopa 34:36
 105: Chris Lasley 34:42
 106: Melissa Good 34:43
 107: Ken Nicholson 34:44
 108: Rod Ford 34:53
 109: Brock Ford 34:53
 110: Elizabeth Wagner 35:11
 111: Kathryn Wall 35:59
 112: Grant Ford 36:22
 113: Jennifer Sinka 36:32
 114: Cara King 37:19
 115: Anita Frazier 37:27
 116: Robert Cupp 37:33
 117: Grady Rogers 38:39
 118: Steve Wagner 38:59
 119: Parker Sullivan 40:01
 120: Chantel Sullivan 40:01
 121: Aidan Frazier 40:46
 122: Sara Cavazos 41:20
 123: Emily King 41:50
 124: Patricia Weitzel 41:59
 125: Carol Savage 44:59
 126: Garrett Rakow 45:21

5k Walk

1: Vincente Lorenz 28:18
 2: Mary Miller 33:30 1st Female
 3: Jerry Lambert 42:52
 4: Toney Lorenz 42:53
 5: Jane Inman 43:02
 6: Steve Inman 43:03
 7: Jean Heflin 43:35
 8: Brian Allen 44:47
 9: William Cox 44:53
 10: Terry Hall 45:26
 11: Debbie Riffe 46:26
 12: Amanda Pena 46:28
 13: Jayne Stucker 47:16
 14: Angela Lorenz 47:17
 15: Lori Akers 48:01
 16: Angie Bowman 48:02
 17: Brett Bowman 48:08
 18: Amy Irick 52:33
 19: Linda Donovan 60:32
 20: Nanette Walker 60:34

(Continued on page 6)

December Meeting Agenda

CLUB KOKOMO ROADRUNNERS
AGENDA

December 13th, 2010

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

LOCATION – Olive Garden

Welcome

Minutes

Financial Report

Race Director Reports:

Charity Run

Thanksgiving Run

News Year Eve Run

Old Business:

New Business:

Induction of 2011/2012 officers

Awards Committee – looking for volunteers

November Meeting Minutes

CLUB KOKOMO ROADRUNNERS

Minutes from November 9th, 2010

Attendance: Joyce Pennycoff, Scott Riggie, Mark Shorter, Vicki Boles, Phil Rozzi, Diana Brown, Robin Cole, Joe Yeagle, Charlie Skoog, Ann Wiles, John Wile

Mark Shorter gave a brief financial report.

Race Director Reports

Charity Run—Breakfast Items

CKRR Cares Run—Everything is ready

New Years Eve Race-

Registration is available online. at active.com

New Business

1: Tent for Mini Marathon

Mark motioned to get tent again. Charlie seconded. Motion passed all in favor.

2: John Wiles motioned to add the Shamrock Shuffle to the 2011 calendar. Charlie seconded. Vote was all in favor. Motion passed.

Discussion about CKRR working together with fitness clubs and hospitals to partner on a Mini Marathon training program.

Race Results Continued

21: Barry Donovan 60:35
22: Stasha Ford 61:22
23: Stephanie Freemyer 64:13

Jackie Sanders Miracle Mile Wednesday, December 1 Highland Park

1. Parker Jones 6:05
2. Max McHaney 7:11
3. Brendyn Rogers 7:39
4. Charlie Skoog 8:30
5. Kevin Campbell 8:32
6. Gradyn Rogers 9:03
7. Beth Wittenbach 12:03
8. Laura Roberts 12:03
9. Jerry Leach 13:17



Dave White, Stan Shuey & Bill at the Charity run

2010 Race Calendar

December 31

CKRR New Year's Eve 5K

Time: 2 PM

Location: UAW Local 292, Alto Road & Park Road

2010 Points Standings

Races scored include the JN Amboy, Old Ben, Sam Costa, Ultimate, Race for Cure, Norris 3M/4M, Trojan Trot, Relay for Life, Greentown, Haynes, Grace, Prowl, Converse, AGR, CAM, GNO, B Bumble, Cole Porter, NPT 8, Mounds, Charity, CKRR Cares and any one marathon, half-marathon or volunteer. Legend C=Race for Cure, R=Relay for Life, V=Volunteer, M=marathon, H=Half Marathon

Runners

Women

0-12

Alexandra Parr 7-140
Hannah Moore 5-85CV
Maya James 2-35
Kelsey Weber 2-30RV
Lauren Weber 2-30RV
Maggie Weber 2-30RV
Natalie Weber 2-30RV
Madison Parr 1-20
Sophia Wyman 1-20
Emily Riggle 1-10R
Gretchen Riggle 1-10R

13-19

Brittiani Gillem 21-371HCR
Emily Allen 9-124HR
Bethany Neeley 6-107
Brittany Neeley 6-100
Sophie Frazier 6-68V
Karly Sprouse 3-45
Emily Hobbs 2-35
Maya Brooks 2-27
Christina Deyoe 2-24
Jillian LaDow 2-23
Waverly Neer 1-20
Katee Pena 1-20H
Kayla Reinagle 1-20
Brook Gillem 1-10R
Lacy Hunt 1-10

20-24

Amber Longwith 6-95R
Sarah Lee 5-82HR
Megan Tetrault 4-80HV
Sarah Bauson 3-60H
Sarah Swinehart 1-20

25-29

Melissa Goad 10-195
Allison Simpson 2-40H
Holly Hurlburt 1-20
Jillian Weaver 1-20

30-34

Adriene Riggle 12-186HCR
Darcie York 9-160HRV
Geana Moore 5-75CV
Allison Irvin 3-60H

Rebekah Monroe 3-60V
Michelle Clendenning 2-40V
Cassie Hauswald 2-40
Sharon Whelan 2-40
Kathleen Bagwell 2-35V
Karen Bush 2-35H
Justine Eads 2-35H
Ashlee Shoaff 2-35H
Kelly Wright 2-35H
Monica Brooks 2-32
Amanda Fernandes 1-20H
Brianna Boruff 1-10

35-39

Nikki Frazier 21-343MHCRV
Heather Weber 14-270MHR
Jennifer Sinka 11-160
Nicole Peel 8-140MHV
Michelle Boyd 8-128MHV
Patricia Weitzel 6-79V
Erika James 5-68
Amy Henderson 5-56H
Barb Millspaugh 3-55MH

40-44

Shelly Wyman 14-257HV
Tami Moore 10-185HR
Dana Culp 5-90MH
Joni McCracken 4-80HV
Carol Savage 5-76H
Michelle Larson 4-75M
Gina Sheets 3-60MV
Lisa Hobbs 3-52
Lisa Birkhimer 3-50HC
Kavita Kataria 3-50HC
Christine McDonough 2-35H
Kim Anderson 2-32H
Jerelyn Bradway 1-20H
Tammy Sprouse 1-20H
Regina Tweed 1-20H

45-49

Cara McKellar 12-230H
Laura Cook 10-190V
Roxane Burrous 9-180MH
Lisa Owens 4-67
Patti Reinhardt 3-60MHV
Kathy Touloukian 1-20
Lisa Metz 1-12

50-54

Anna Dollens 20-370HCR
Laurie Ousley 12-202H
Cassie Bauson 3-60H
Carla Yerkes 1-20H

55-59

Vicki Boles 17-310CRV
Robin Cole 18-262
Rhenda Acton 13-196HCRV
Joyce Pennycoff 11-172HCRV
Robin Tetrault 8-160MHV
Anita Frazier 11-148HC
Theresa Barlow 4-62CV
Lorene Sandifur 1-20M

60-64

Jeanie Townsend 17-300RV
Kathy Murdoch 11-215
Barbie Casler 1-12

65-69

Kathleen Leach 4-70HC
Susan Gerhart 3-50HC
Sylvia Burgin 3-45HC

70+

Pat Shuey 1-10C

MEN

0-12

Aidan Frazier 15-237RV
Justin Taflinger 10-200
Brayden York 9-126RV
Jacob Gillem 4-75
Keagan James 4-67
John Paul Wyman 1-20
Bowe Brooks 1-15
Brody Brooks 1-10

13-19

Brent Noll 10-180H
Kyle Starich 5-90
Cody Young 5-73H
Waylon Coulter 5-65
Quinn Reinhardt 3-60V
Eric Doyka 3-55
Jacob Bradshaw 3-38H
Nich Lipari 3-33
Peter Bauson 2-32H
Ben Bradshaw 2-32
Mitch Padfield 2-30

Austin Young 1-20
Elliot Touloukian 2-18
Jordan Lee 1-7
Landrum Neer 1-4

20-24

Kory Kennedy 13-260
Parker Jones 12-220V
Jordan Ousley 10-161HV
Jesse Bauson 1-20H
Michael Tetrault 1-20
Brett Sanders 1-10R

25-29

Mark Eads 1-20H
Mark Fernandes 1-20H

30-34

Matt York 12-230MHRV
Israel White 4-80H
Kyle Pitt 2-35

35-39

Chris Frazier 14-255MHR
Chris James 11-220MV
T.A. Weber 12-195MHRV
Tim Taflinger II 8-139
Samuel Parr 8-109
David Reinagle 5-69HC
William Irvin 2-40V
Vern Graves 4-38
Derick Brooks 3-34
Rich Boruff 2-29
Keith Hill 1-20H
Jeff Hauswald 1-10

40-44

Jay Priest 17-330MHRV
Michael Graham 20-306HCRV
Scott Riggle 15-250HCRV
Ron Moore 13-214MHCRV
David Emry 16-210HCRV
Paul Wyman 10-128V
Gary Willis 6-90HC
Patrick Tweed 7-85HC
Travis Sheets 3-60MHV
Todd Moser 3-42H
Sid Culp 1-20
Kevin Forgrave 1-15

(Continued on page 9)

CKRR 2011 Race Calendar

- February 06
39th Ground Hog 7
Time: 1 PM
Location: Zionsville H.S., 1000 Mulberry Street, Zionsville, IN
Website: <http://www.indyrunners.org/view-content.cfm?sectionID=17>
- March 05
Norris Insurance 5K Run/ Walk
Time: 9 AM
Location: Community Building, Amboy, IN
Contact: John Norris
Phone: (765) 395-7761
Website: <http://norrisinsurance.com/>
- March 12
Old Ben 5K Run/ Walk
Time: 9 AM
Location: Rogers Pavillion Highland Park, Kokomo, IN
- March 26
Sam Costa 1/4 & 1/2 Marathon
Time: 9 AM
Location: Carmel, IN
<http://www.samcosta.com/40/>
- April 02
CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk
Time: 9 AM
Location: Tierney Warehouse, 1401 W. Cliff Drive, Logansport, IN
- April 16
Race for the Cure 5K Run/ Walk 10 points for each finisher
Time: 9 AM
Location: Military Park, Indianapolis, I
Tuxedo Brothers,
Phone: (317) 733-3300
Email: Tuxedo Brothers
- April 23
Bona Vista 5K
Time: TBA
Location: TBA
Contact: TBA
Phone: TBA
- May 14
Norris Insurance 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Jackson Morrow Park, Kokomo, IN
Contact: John Norris
Website: <http://norrisinsurance.com/>
- May 28
17th Composer Classic 5K & Melodic Mile Run/ Walk Time: 8 AM
Location: Rogers Pavillion Highland Park, Kokomo, IN
Contact: Mary Rowe
Phone: (765) 480-0818
- June 04
3rdTrojan Trot 5K/ Walk
Time: 8 AM
Location: Sharpsville, IN
Contact: Lisa Jones
Phone: (765) 480-2621
- June 11
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Greentown, IN
Contact: John Norris
Phone: (765) 395-7761
Website: <http://norrisinsurance.com/>
- June 17-18
Relay for Life
Location: Walter Cross Field, Kokomo High School, Kokomo, IN
- July 02
Haynes-Apperson
4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Memorial Gymnasium, Central Middle School, Kokomo, IN
Contact: Mark Shorter
Email: Mark@ckrr.us
- July 9
Race for Grace
Time: 8 AM
Location: Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN
Phone: (574) 753-0505
- July 16
Panther Prowl 5K Mile Run/Walk -
Time: 8 AM
Location: Russiaville, IN
- August 06
Norris Insurance 5K Run/ Walk
Time: 8 AM
Location: Converse, IN
Contact: John Norris
Website: <http://norrisinsurance.com/>
- August 13
CKRR Age-Graded
4 Mile Run & 5K Walk -
Time: 8 AM
Location: Highland Park, Kokomo, IN
Contact: Mark Shorter
Phone: (765) 455-2283
Email: mshorter13@comcast.net
- August 20
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 17
4th GNO
Time: 5:00 p.m.
Location: Downtown Kokomo, IN
- September 24
Bee Bumble 5K & 10K
Time: 8:00 a.m.
Location: Burnettsville, IN
- October 01
Cole Porter 15K Run/ 5K Run/Walk
Time: 9:00 AM
Location: Circus Building, Peru, IN
- October 08
Champaign Shores 5K
Location: Champaign Shores Kokomo, IN
- October 23
Club Kokomo Nickel Plate Trail
8K /3 Mile Walk
Time: 2 PM
Location: Nickel Plate Trail Head, Peru, IN
- November TBA
CKRR Charity 5K Run/ Walk
Time: 9 AM
Location: UAW 292 Union Hall, Alto & Park Roads, Kokomo, IN
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: Rogers Pavillion Highland Park
Contact: Ray Tetrault
Phone: (765) 854-1393
- December 31
CKRR New Year's Eve
5K Run/ Walk
Time: 2 PM
Location: UAW Local 292

Other Race Results

Akron Marathon September 25th

1: Geoffrey Kiprotich 2:19:34

1W: Ludmila Stepanova 2:42:33

843: Dana Culp 4:23:01

844: Michelle Larson 4:23:02

Total Finishers 1523

New York Marathon November 7, 2010

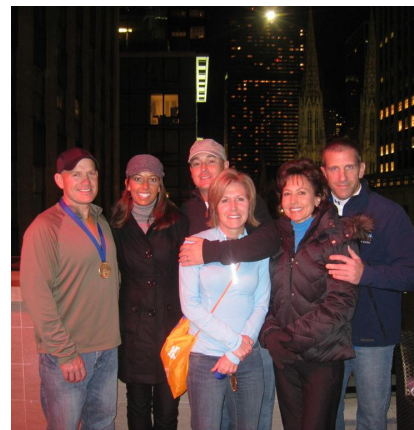
1: Gebre Gebrmariam 2:08:14

1W: Edna Kiplagat 2:28:20

2032: Heather Weber 3:13:26

2401: Jay Priest 3:16:27

10534: Chris frazier 3:49:40



New York Marathon 2010—Left to right—Chris & Nikki Frazier, TA & Heather Weber, Carol Aders & Jay Priest

2010 Points Continued

45-49

Ken Swinehart 18-330HV
Kim Lee 12-176HR
Dana Neer 7-140H
Doug Hollingsworth 6-99
Brian Reinhardt 4-75MH
Dan Lutes 3-60MH
Scott Deyoe 4-45
Darin Hollingsworth 2-40HV
Gary Jewell 2-40V
Paul Sanders 2-40
Rich Bradshaw 1-20H
Byron Bundrent 1-20

50-54

Eric Mathew 16-270HCR
Al Hochgesang 13-247V
Phil Rozzi 15-236MV
Greg Townsend 19-232R
Scott Hamilton 13-186V
Jerry Meiring 15-167H
Earl Strong 10-119M
Russ Hovermale 10-96
Ray Tetrault 5-80MV
Keith McAndrews 6-73H
Ron Metz 5-67V
Jeff LaDow 7-63H
Jim Schlie 3-47H
Jerry Long 2-32
Bill Bauson 2-29H
Mark Rodgers 2-29H
Kevin Starich 1-20V

55-59

Charlie Skoog 22-

374MHCRV

Mark Shorter 21-362HCRV
Mike Deardorff 15-215HV
Joe Yeagle 13-177H
Steve Wand 6-91HV
John Sites 4-75
Dave White 3-60V
Don Gifford 2-40H
Karl Stoneking 2-24
Darrell Frazier 2-22
Michael Campbell 1-20H
Bill Cox 1-20V

60-64

Joe Rangel 24-460HCRV
Ricke Stucker 20-251CR
Gary Callahan 14-225H
Tom Miklik 13-178H
David Hughes 12-176MCV
Phil Leininger 10-128HCV
Steve Kilcline 4-80HV
Fred Chew 2-28H

65-69

Bill Barnett 13-260HV
Stan Shuey 13-212CV
Doug Mankell 11-181H
Jerry Leach 3-50HCV
Dale Sullivan 2-35
Ernie Strawn 1-20H

70+

Robert Cupp 10-185R
Riley Case 2-40
John Norris 2-40H
Dick Summerton 2-30
Bill Heck 1-20

Charles Johnson 1-12

Walkers Women

49 and Under

Raye Jean Swinehart 15-290H
Kathryn Wall 15-202C
Amy Irick 10-149R
Monica Mathew 2-24
Carrie Lee 2-22R
Angie Bowman 1-20
Julie LaDow 1-20
Kelly Carden 1-15
Tiffany Parr 1-12
Vanessa Lorenz 1-10R

50+

Mary Miller 24-450HCR
Amanda Pena 18-280HCRV
Jane Inman 18-258HRV
Jayne Stucker 18-215CRV
Angela Lorenz 19-212CR
Debbie Riffe 15-165CR
Diana Brown 14-137V
Jan Wall 10-94C
Pat Robertson 7-76HCRV
Trudy Pierce 3-37HC
Cynthia Sanders 3-27
Barbara Schlie 2-27
Linda Donovan 1-20
Barbara Hobbs 1-20H
Helen Brown 1-10C
Renita Taflinger 1-10R

Men

49 and under

Vince Lorenz 23-430HCR

Brian Allen 12-195HRV
Billy Cox 12-167C
Fredrick Taylor 4-60
Brett Bowman 1-20
Jean Heflin 1-20
Ray Bradway 1-15

50+

Jerry Lambert 20-334HCR
Toney Lorenz 22-326HCR
Tim Taflinger 21-260HCR
Steve Inman 11-152HRV
Jim Gross 10-130H
Robin Michael 12-125H
Bruce Savage 7-109H
Don Hurd 4-100MH
Rick Spencer 5-77HC
Jim Burrous 6-66H
Robin Hehr 5-64V
Milt Brown 4-60CRV
Melvin Hobbs III 1-20H
David Mygrant 1-20H
Bob Longwith 1-10R
Greg Wall 1-10



Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902

We're on the web.
ckrr.us



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