



The Roadrunner

C L U B K O K O M O R O A D R U N N E R S

Next Races

March 05
 Norris Insurance
 5K Run/ Walk
 Time: 9 AM
 Location: Community Building, Amboy, IN
 Website: <http://norrisinsurance.com/>

March 12
 Old Ben 5K Run/ Walk
 Time: 9 AM
 Location: Highland Park, Kokomo, IN

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Ironman or Bust

What is an Ironman? Well, it's a very long triathlon consisting of a 2.4 mile swim, 112 mile bike race, and a 26.2 mile run. It's an all in one event and takes place in one day. I have been a runner for 6 years and have seen my miles soar- running ultra-distances as much as 42 miles in length. It all started as my wife, Gina, began running 7 years ago. I was always amazed that she ran so long and effortlessly, I could never do that. My excuses consisted with the usual excuses, you know, we have all heard them. Then I made up my mind that since I like to eat and approaching middle age, I had better do something to stay fit. I began walking and eyeing a sign ahead and making myself run 'til I met the sign. In a matter of days, I was running more than I was walking- and it all began.

We joined Club Kokomo Roadrunners where we have developed dear and life-long friends and we all have the passion for fitness in common. Our club consists of many true athletes, athletes that were/ are doing amazing things and they are the picture of "fit".

That's what I want to be healthy and fit.

Last year I did some bartering and now own my own road bicycle; one of those cool racing type. I also found myself spending time at our local YMCA swimming laps. It gave me a new lease on my running life. Suddenly I could train with new enthusiasm. My running improved because of cross training and my skinny body began to gradually morph into a more muscular version of my former self. Last July I completed the Muncie Endurance with is a half ironman (1.2 mile swim, 66 mile bike race, 13.2 mile run) and I did alright. I could finally call myself "a triathlete" and it gave me an indescribable inner sense of achievement. Yes, there were swimmers who swam faster, cyclists who cycled better and runners who ran swifter, but for my maiden event, I kept up with many of the veterans.

Now I knew what to expect, so why not go "whole hog", yep a full Ironman. I saved up my money and enrolled in the Louisville Ironman scheduled

By Travis Sheets

for August 2011. I realized that by making the commitment , paying the entry fee, and telling everyone that I am going to do the race, well, I am now obligated. I guess it is my way of making myself "stay fit". There is no way one can train for one of these races and not be in tip-top shape, it's impossible. Yes, there are those that think it's a bit overboard- even some of my own family, but they are coming around.

As with any commitment to exercise, and especially with a sport such as a triathlon, it is important to find training partners. Training partners with similar abilities work best. Training partners help you get out of bed on cold mornings and they motivate and help with accountability. Training serves two purposes. First, it conditions the body to accept a higher workload, increases cardiovascular function, and with correct rest, strengthens the body. The second positive effect is a mental one. Training builds confidence. The more you train, the more you believe in your ability to per-

(Continued on page 5)

Other Area Races

Polar Bear

3M & 5M

February 19

Indianapolis City Market

222 E. Market St.

Indianapolis, IN

<http://www.kenlongassoc.com/events/pbear11.php>

Fishers High School Tiger Trot

5K Run/Walk

9:00am

2/26/2011

<http://www.fisherstigertrot.com/index.html>

The Challenge

5k run/walk

April 9 @ 8:30 am

W. Lafayette, IN

www.thepurduechallenge.com

Jaycee Spaghetti Run

5k run/walk and 10k Run

April 9 @ 9:00 am

www.jcspaghettrun.com

OTHER RACE RESULTS

Bop to the Top	225: Brittiani Gillem
January 22, 2011	6:54:5
	345: Samuel Parr 7:35
1: Marty Wilke 3:55:2	548: Alexandra Parr 8:36
4: Scott Colford 4:07:7	618: Madison Parr 8:59
30: Parker Jones 4:56:5	Total Finishers 1211
59: Charlie Skoog 5:37:4	



CHILI COOK OFF



Once again we will have a Chili Cook off at the CKRR Awards luncheon. Prizes will be awarded for the top three Chili dishes. Have a great "chili" dish you wish to share with CKRR, now is your chance. On February 27 at 2:00pm at the Nazarine Church (2734 S Washington St, Kokomo) will be the CKRR Awards luncheon. Please bring a dish to share or if you make a mean pot of chili please bring it, who knows you could win. Please email me if you can bring a pot of chili ckrr.newseditor@att.net

O n t h e T r a i l s

By Charlie Skoog

It's starting to snow, the great blizzard of 2011 has officially begun and I'm wondering what else 2011 has in store for all of us in Club Kokomo! As I look back at 2010 I'm thankful for old and new friends who have enriched my life in so many ways and it just keeps getting better. I have always loved to run and I have always been a fan of running. When I meet others who share or have just discovered that same passion it rocks my boat and that never gets old. In 2005 I penned an article entitled "Looking Forward" and the words still ring true.

"As we begin a new year I do so with the knowledge that we are truly blessed to have Club Kokomo as part of our lives. Many of us know that CK is about a lot more than running and walking. The relationships we have developed with one another and the greater community are what define us, and as a group we have much to celebrate. If you are new or on the fringe, I encourage you to get involved in some of our club events and activities. If you are a veteran please take a little time to welcome the new faces that appear. If you are not an active part of the growing Club Kokomo family you are missing out on a lot so plan on joining us soon."

With that reminder I look forward to joining with you in sharing and striving to reach our fitness goals for 2011. I have already been inspired by Travis Sheets plan to become an Ironman, which is shared in this newsletter. I am excited that Jerry Leach is showing up every week for the Miracle Mile with his own special marathon goal in mind. I anxiously await to see who will join me at the Amboy Pancake 5K

on March 5. Last year at this race I met Bethany and Brittany Neeley, they joined Club Kokomo, and have become special friends who inspire us with their passion in striving to be the best they can be. This year, Ken Huston, one of my oldest running friends from Club Kokomo has a goal to finish the Amboy 5K. Ken has been away from Club Kokomo for several years but had major back surgery in August and just got the OK to start running again at age 73! I look forward to joining Ken in starting and finishing this race and we all thank John Norris Insurance for the gloves and pancakes that commemorate this annual rite of early spring or late winter as the case may be!

After Amboy the local racing season will be in full bloom. Some will be training for their first 5K or maybe a first Mini, Tri or full marathon. Some, myself included, will be ramping up with a goal to run that elusive Boston qualifying time while others like Dan Lutes, Nicole Peel, Cheryl Marner and Jay Priest will be tuning up for an annual return trip to Boston on April 18. Wherever you're at in your training we look forward to hearing about and sharing your journey. See ya on the roads and trails!

More good trail news! Construction of the Nickel Plate Trail trestle over the Wabash River is scheduled to begin in March and be completed this summer. In Howard County a plan has been approved that will secure right of way to bring the trail as far south as Gano. This plan is complicated by the US31 Corridor construction but that appears to be working in our favor as INDOT has agreed to accommodate

the trail in the new construction.

The City of Kokomo has won several state and national awards for beautification and the Downtown revitalization efforts which have come in tough economic times. Downtown is now much more bicycle and pedestrian friendly and Mayor Goodnight is committed to make our entire city that way, but do so in a cost effective manner. In 2011 you will be seeing some signed bike routes that actually make sense. You will also see more designated and delineated bike lanes wherever feasible with the goal to safely connect people on foot and bikes, to desired destinations. The City will use it's own resources to pave two new trails. The best and most practical will connect Mehling Park (our first dog park) on West Carter, with UCT Park. The second will involve the removing of one set of the tracks between Markland and Defenbaugh and paving a trail that will hopefully continue from Markland to Downtown by the end of 2102. I recently met and spoke with the new CEO of Kokomo Opalescent Glass and he too is excited that in a few years a visitor to Downtown Kokomo could walk or ride a bike to visit this local treasure. It looks rough now but these opportunities are truly diamonds in the rough waiting to be discovered and explored.

I hope you join me and our community's leaders in supporting these efforts that are and will continue to be so important to our quality of life and future economic development. If you have questions, comments, or ideas I would love to hear from you at (765) 457-2607 or runckrr@aol.com

Awards Banquet

February 27, 2007

2:00 PM

Church of Nazarine

2734 S Washington St

Inspirational thought of the month

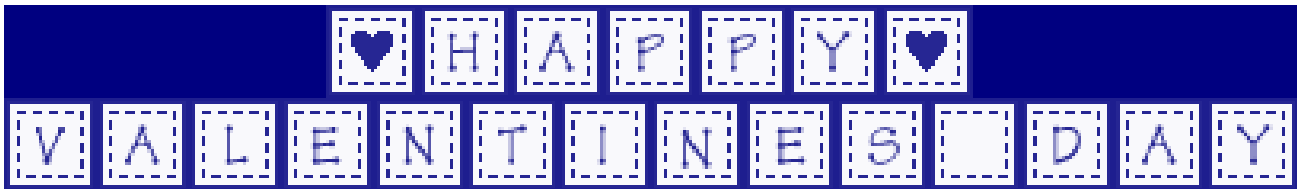
- What *IS* truth?
- What is your *source* of truth?

"You are a king, then!" said Pilate.

Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me."

John 18:37

From your club chaplain



Miracle Mile Results

Jackie Sanders Miracle Mile
Wednesday, January 5, 2010
Highland Park Walk/Bike Path

1. Parker Jones 5:29
2. Jordan Ousley 5:55
3. Paul Sanders 6:36
4. Jeff Hemmeger 6:53
5. Charlie Skoog 7:03
6. Kevin Campbell 8:09
7. Anna Dollens 8:56
8. Joe Rangel 8:56
9. Lisa Hemmeger 9:15
10. Terry Jones 9:42
11. Jerry Leach 12:41
12. Indii Jones 13:29
13. Melissa Jones 16:07

Jackie Sanders Miracle Mile
Wednesday, January 12, 2010
Highland Park Walk/Bike Path

1. Parker Jones 6:04
2. Dan Lutes 6:59
3. Brittiani Gillem 7:19
4. Byron Bundrent 8:26
5. Charlie Skoog 9:22
6. Lisa Hemmeger 10:19
7. Jonathon Rossiter 10:31
8. Charity Rossiter 10:32
9. Indii Jones 12:51
10. Jerry Leach 13:37
11. Ken Huston 15:23

Jackie Sanders Miracle Mile
Wednesday, January 19, 2010
Highland Park Walk/Bike Path

1. Parker Jones 5:34
2. Jeff Hauswald 6:39
3. Brittiani Gillem 6:44
4. Charlie Skoog 7:54

5. Joe Yeagle 8:55
6. Terry Jones 10:28
7. Jerry Leach 12:41
8. Ken Huston 14:31

Jackie Sanders Miracle Mile
Wednesday, January 26, 2010
Highland Park Walk/Bike Path

1. Parker Jones 5:42
2. Brittiani Gillem 7:17
3. Charlie Skoog 7:57
4. Byron Bundrent 8:12
5. Steve Wand 8:57
6. Lisa Hemmeger 9:02
7. Joe Yeagle 9:07
8. Terry Jones 9:57
9. Jerry Leach 12:43
10. Teresa Barlow 12:44

Trophies Needed

Vicki Boles is in need of all trophies you would like to donate to her running club! The response is overwhelming for students who will work hard to earn a trophy. We are currently running our ten minute runs and past students have completed their mile run. If you would like to donate your trophies, you can drop them off at Maple Crest Middle School or I can pick them up.

Please join us at our next meeting at Pastarrific at 6:30 p.m. I will be there to pick up all trophies too!

Thank you!



Left— Coyote Kids 2010



Right — Cynthia Sanders at Amboy



Left— Monster Cookies after the Ultimate

Ironman continued

form well during your event. So your mental attitude is as important as the effort itself.

Long hours are spent on our country roads and my biggest pet peeve is irresponsible pet owners. I have often heard a shouting dog owner while running or cycling, that “he’s friendly, he won’t bite”. Biting is not the main concern of runner or bicyclist, it’s being tripped or wrecked. On the bicycle, I reach speeds of over 30 miles an hour and while running the “zone” factor kicks

in. A friendly dog can cause serious injury.

I would encourage anyone to consider “doing something”. Exercise and healthy eating is truly a life change. Being healthy takes a conscious effort, but it is worth it. Early in my training I’ll spend 3 hours a day training and later, closer to the event 6 and 8 hours in training on certain days. I’ll follow a nutrition plan that maximizes my training schedule that consists of carbohydrates, proteins, and healthy

fats. Again, discipline is the key.

The human body amazes me. I find it fascinating how vigorous exercise is such a mind game. I find myself in conflict- my body telling me that I can’t take one more step, or exert any more effort. That’s when I have to get tough, get a grip on myself and begin the positive self-talk (it usually includes a prayer too). If training becomes tedious, boring, and regimented, failure becomes more likely, so I encourage a

training regime that inspires, energizes and motivates you- you know, keep it interesting. Remember, don’t set lofty goals that you’re unlikely to achieve; you’ll be disappointed and demotivated. By setting realistic training, fitness, or even weight loss goals, you’ll be counting your successes and that will inspire you.

If we meet on the road, honk, waive, and give me plenty of room. If we meet at the Y, give me a shout and let’s be encouraged!

Walking Club Records

1 Mile			55-59	Sue Smock	32:08	70+	Helen Brown	1:07:50
Women			60-64	Pat Robertson	40:10			
0-12	Kailee Taflinger	7:07	65-69	Pat Robertson	42:20	Men		
13-19	Brittiani Gillem	6:12	70+	Helen Brown	50:08	0-12	Nicholas Allen	53:14
35-39	Raye Jean Swinehart	49:02	Men			35-39	Brian Allen	45:36
40-44	Jane Inman	24:53	0-12	Nicholas Allen	40:49	45-49	Tim Taflinger	39:36
45-49	Mary Miller	10:03	20-24	Vincent Lorenz	26:45	50-54	Rick Spencer	40:58
50-54	Amanda Pena	11:15	25-29	Vincent Lorenz	26:49	55-59	Jerry Lambert	37:11
55-59	Angie Lorenz	18:15	30-34	Billy Cox	42:00	60-64	Jerry Lambert	38:21
60-64	Pat Robertson	28:43	35-39	Brian Allen	35:42	65-69	Jerry Lambert	41:25
Men			40-44	Steve Inman	33:29	70+	Jerry Lambert	40:45
20-24	Vincent Lorenz	9:22	45-49	Rick Spencer	27:17	5 Mile		
40-44	Steve Inman	22:10	50-54	Tim Taflinger	27:09	Women		
45-49	Tim Taflinger	23:16	55-59	Steve Mount	32:28	0-12	Emily Allen	1:11:43
55-59	Barry Donovan	24:57	60-64	Jerry Lambert	26:36	35-39	Mary Miller	1:09:00
60-64	Jerry Lambert	20:42	65-69	Jerry Lambert	26:45	40-44	Mary Miller	55:15
2 Mile			70+	Jerry Lambert	30:49	45-49	Mary Miller	53:00
Women			5k			50-54	Mary Miller	51:55
35-39	Mary Miller	25:22	Women			55-59	JJ Schmidt	1:04:42
40-44	Mary Miller	24:18	0-12	Emily Allen	39:34	60-64	Pat Robertson	1:10:23
45-49	Barb Coles	33:01	13-19	Karly Irwin	43:32	65-69	Pat Robertson	1:14:09
50-54	Donna Gentry	27:51	20-24	Cara Lee	40:28	70+		
55-59	JJ Schmidt	27:12	25-29	Geana Mosson	35:51	Men		
60-64	Pat Robertson	27:25	30-34	Penny Frazier	37:01	25-29	Vince Lorenz	46:52
70+	Helen Brown	35:25	35-39	Mary Miller	33:07	35-39	Brian Allen	1:16:26
Men			40-44	Mary Miller	33:03	40-44	Steve Inman	56:56
0-12	Wesley White	21:59	45-49	Mary Miller	31:27	45-49	Rick Spencer	47:45
40-44	Steve Inman	23:17	50-54	Mary Miller	31:16	50-54	Rick Spencer	52:58
45-49	Rick Spencer	20:01	55-59	Sue Smock	32:25	55-59	Tom Gebeau	59:34
50-54	Tim Taflinger	22:18	60-64	Sylvia Burgin	41:00	60-64		
60-64	Jerry Lambert	17:30	65-69	Pat Robertson	42:43	Jerry Lambert	46:58	
4k			70+	Pat Robertson	48:50	65-69	Jim Burrous	1:10:13
Women			Men			Half Marathon		
25-29	Geana Mosson	34:08	0-12	Nicholas Allen	39:43	Women		
40-44	Mary Miller	32:11	20-24	Vincent Lorenz	32:12	20-24	Cara Lee	3:22:09
45-49	Mary Miller	27:41	25-29	Vince Lorenz	27:20	35-39	Sharon Miller	2:56:22
50-54	Barb Wand	42:59	30-34	Billy Cox	44:56	40-44	Mary Miller	2:27:31
60-64	Pat Robertson	38:02	35-39	Brian Allen	36:57	45-49	Mary Miller	2:18:11
65-69	Pat Robertson	40:04	40-44	Steve Inman	33:24	50-54	Anna Dollens	2:27:32
Men			45-49	Rick Spencer	28:06	55-59	Sue Smock	2:49:16
40-44	Steve Inman	31:01	50-54	Tim Taflinger	28:38	60-64	Pat Robertson	3:09:52
45-49	Keith McAndrews	26:26	55-59	Jerry Lambert	27:15	65-69	Pat Robertson	3:18:58
50-54	Rick Spencer	25:46	60-64	Jerry Lambert	27:29	Men		
60-64	John McGinty	32:05	65-69	Jerry Lambert	27:41	25-29	Vince Lorenz	2:10:55
65-69	Jerry Lambert	26:30	70+	Jerry Lambert	30:39	35-39	Tim Revils	3:15:21
3 Mile			4 Mile			40-44	Brian Allen	2:47:51
Women			Women			45-49	Rick Spencer	2:12:55
0-12	Emily Allen	40:54	0-12	Emily Allen	53:42	50-54	Rick Spencer	2:05:30
13-19	Nicole Parry	34:48	20-24	Kerry Miklik	1:00:18	55-59	Robin Michae	2:22:11
20-24	Katie Wall	40:31	25-29	Michelle Crocket	53:37	60-64	Jerry Lambert	2:31:53
30-34	Amy Irick	45:28	30-34	Penny Frazier	48:01	65-69	Jerry Lambert	2:25:21
35-39	Raye Jean Swinehart	42:43	35-39	Roberta Myers	46:27	70+	Jerry Lambert	2:43:32
40-44	Mary Miller	32:08	40-44	Diane Shockey	50:38	Marathon		
45-49	Mary Miller	30:22	45-49	Mary Miller	43:05	Men		
50-54	Mary Miller	30:38	50-54	Anna Dollens	48:13	45-49	Keith McAndrews	5:14:56
			55-59	Julia Donahue	50:13	50-54	Keith McAndrews	6:00:08
			60-64	Pat Robertson	55:12	55-59	Melvin Hobbs III	6:09:17
			65-69	Pat Robertson	59:52			

Running Club Records

1 Mile			13-19	Waverly Neer	17:58	25-29	Robyn Pagington	24:09
Women			20-24	Christan Bahler	18:15	30-34	Karlene Herrell	22:53
0-12	Aubrey Jackson	9:32	25-29	Robyn Pagington	19:18	35-39	Heather Weber	23:51
13-19	Stephanie Miller	5:45	30-34	Karlene Herrell	18:15	40-44	Carla Yerkes	26:04
20-24	Megan Tetrault	7:08	35-39	Heather Weber	18:22	45-49	Carla Yerkes	27:39
25-29	Allison Irvin	6:35	40-44	Angie Minnefield	21:34	50-54	Anna Dollens	30:36
30-34	Darci York	7:56	45-49	Lien Koztecki	21:11	55-59	Doris Griffith	33:11
35-39	Roxane Osborn	6:25	50-54	Lorene Sandifur	23:04	60-64	Kathy Murdoch	34:25
40-44	Lorene Sandifur	6:51	55-59	Joyce Pennycoff	26:43	65-69	Kathlene Leach	43:40
45-49	Roxane Burrous	7:14	60-64	Kathy Murdoch	26:58	Men		
50-54	Anna Dollens	7:38	65-69	Susan Gerhart	41:16	0-12	Jarred Hall	24:16
55-59	Joyce Pennycoff	7:49	Men			13-19	Jeremy Grams	20:30
60-64	Kathy Murdoch	7:48	0-12	Jarred Hall	18:27	20-24	Luke Baker	20:50
65-69	Sylvia Burgin	11:53	13-19	Bryan Phillips	15:15	25-29	Kevin Forgrave	20:48
70+			20-24	Bryan Phillips	15:34	30-34	Kevin Forgrave	20:26
Men			25-29	Kevin Forgrave	15:51	35-39	David Gardner	20:53
0-12	Waylon Coulter	5:50	30-34	Kevin Forgrave	15:36	40-44	Gary Romesser	20:01
13-19	Jeremy Grams	4:54	35-39	David Gardner	15:55	45-49	Byron Bundrent	22:52
20-24	Bryan Phillips	4:36	40-44	David Gardner	15:50	50-54	Chuck Masters	23:49
25-29	Kevin Forgrave	4:52	45-49	Byron Bundrent	17:18	55-59	Joe Rangel	24:03
30-34	Kenny Bennett	4:56	50-54	Chuck Masters	18:01	60-64	Joe Rangel	25:34
35-39	Byron Bundrent	4:50	55-59	Joe Rangel	18:47	65-69	Bill Heck	29:07
40-44	Earl Strong	5:19	60-64	John Norris	20:24	70+	Bill Heck	34:32
45-49	Dana Neer	5:07	65-69	Bill Heck	22:00	8k		
50-54	Jeff Cardwell	5:55	70+	Bill Heck	25:33	Women		
55-59	Joe Rangel	5:38	6k			13-19	Tonya Buffum	33:35
60-64	Bill Heck	6:18	Women			20-24	Allison Traver	40:04
65-69	Stan Shuey	6:55	0-12	Missy Tetrault	36:12	25-29	Allison Irvin	51:43
70+	Bill Heck	7:39	13-19	Christan Bahler	26:00	30-34	Heather Weber	33:44
3 Mile			20-24	Jill Pennycoff	39:48	35-39	Lisa Jones	40:53
Women			25-29	Lisa Stucker	39:34	40-44	Lorene Sandifur	39:51
13-19	Sarah Bauson	23:21	30-34	Tami Moore	32:45	45-49	Lien Koztecki	37:04
20-24	Grace Bauson	23:50	35-39	Sue Gibson	37:28	50-54	Rhenda Acton	43:48
30-34	Tami Moore	25:23	40-44	Roxane Osborn	29:57	55-59	Lien Koztecki	45:42
35-39	Gina Sheets	23:47	45-49	Robin Tetrault	36:50	Men		
40-44	Patti Reinhardt	24:17	50-54	Lien Koztecki	34:47	0-12	Justin Taflinger	36:38
45-49	Cassie Bauson	24:20	Men			13-19	Jeff Dwiggins	29:53
50-54	Joyce Pennycoff	24:32	0-12	Jarred Hall	27:04	20-24	Parker Jones	28:29
Men			13-19	Dickie Bishop	22:35	25-29	Howard Harrell	28:52
0-12	Brandon Sheline	20:55	20-24	Daniel McGill	23:06	30-34	Brian Reinhardt	30:29
13-19	Matt Robertson	18:20	25-29	Scott Colford	22:59	35-39	Scott Colford	27:54
25-29	William Irvin	19:00	30-34	Scott Colford	22:39	40-44	Gary Jewell	29:54
30-34	Scott Colford	16:05	35-39	Gary Jewell	22:17	45-49	Byron Bundrent	28:39
35-39	Tony Campbell	20:23	40-44	Ken Swinehart	27:15	50-54	Chuck Masters	34:57
40-44	Gary Jewell	16:51	45-49	Charlie Skoog	27:35	55-59	Joe Rangel	31:46
45-49	Ray Tetrault	21:59	50-54	Charlie Skoog	26:09	60-64	Joe Rangel	33:29
50-54	Charlie Skoog	20:47	55-59	Jim Burrous	32:38	65-69	Ernie Strawn	40:18
55-59	Tom Miklik	23:09	60-64	Ken Huston	42:02	70+	Bill Heck	51:23
60-64	Stan Shuey	24:54	65-69	Bob Cupp	39:31	5 Mile		
65-69	John Norris	23:44	4 Mile			Women		
70+	Milt Brown	34:21	Women			0-12	Kayla Reinagle	49:22
5k			0-12	Waverly Neer	26:34	13-19	Waverly Neer	30:44
Women			13-19	Leslie Carden	23:40	20-24	Christan Bahler	32:24
0-12	Waverly Neer	19:25	20-24	Christan Bahler	25:00	25-29	Kelly Wright	34:32

Running Club Records (continued)

30-34 Maggie Kuhlman 33:17 35-39 Heather Weber 30:27 40-44 Gina Sheets 36:36 45-49 Lien Koztecki 35:41 50-54 Lorene Sandifur 40:23 55-59 Lien Koztecki 45:13 60-64 Kathy Murdoch 44:50	Men 0-12 Brandon Sheline 32:22 13-19 David Graves 25:42 20-24 Josh Daugherty 27:35 25-29 Scott Colford 26:56 30-34 Scott Colford 26:07 35-39 Kenny Bennett 26:30 40-44 Gary Jewell 28:17 45-49 Byron Bundrent 29:12 50-54 Chuck Masters 30:07 55-59 Joe Rangel 31:00 60-64 Joe Rangel 32:55 65-69 Bill Heck 37:49 70+ Bill Heck 43:25	Men 25-29 Mark Eads 1:06:01 30-34 Will Irvin 47:57 45-49 Eric Mathew 50:34 50-54 Mike Deardorff 58:48 55-59 Charlie Skoog 52:07 60-64 Jim Burrous 1:08:30 65-69 Stan Shuey 1:00:49
10k Women 13-19 M. Faulkner 41:28 20-24 Allison Traver 52:58 25-29 M. Clendenning 49:01 30-34 Karlene Herrell 37:12 35-39 Heather Weber 38:14 40-44 M. Hollingsworth 48:31 45-49 Lien Koztecki 45:00 50-54 Lorene Sandifur 50:36 55-59 Rhenda Acton 1:06:40	15k Women 13-19 Tonya Buffum 1:00:18 25-29 Kelly Wright 1:09:09 30-34 Karlene Herrell 57:56 35-39 Heather Weber 59:03 40-44 Roxane Burrous 1:17:20 45-49 Lien Koztecki 1:10:29 50-54 Lorene Sandifur 1:18:50	55-59 Joe Rangel 1:05:00 60-64 Joe Rangel 1:09:33 65-69 Bill Heck 1:20:02 70+ John Norris 1:42:04
Men 0-12 Brandon Sheline 45:25 13-19 David Graves 32:43 20-24 Eric Jun 48:32 25-29 Scott Colford 32:52 30-34 Kevin Forgrave 32:30 35-39 Kenny Bennett 33:27 40-44 David Gardner 34:33 45-49 Charlie Skoog 40:05 50-54 Bill Bennett 42:22 55-59 Joe Rangel 39:35 60-64 John Norris 42:25 65-69 Ed Krull 53:52	Men 0-12 Brandon Sheline 1:04:43 13-19 Pat Pollard 54:10 20-24 Seth Daugherty 55:48 25-29 Scott Colford 50:45 30-34 Kevin Forgrave 50:29 35-39 David Gardner 50:26 40-44 Brian Reinhardt 57:17 45-49 Rick Stucker 1:01:15 50-54 Charlie Skoog 1:05:08 55-59 John Norris/Joe Rangel 1:00:35 60-64 Dick Sims 1:06:03 65-69 John Norris 1:18:58	Half Marathon Women 0-12 V. Christenson 2:43:52 13-19 M. Faulkner 1:45:59 20-24 Jill Pennycoff 1:42:41 25-29 Robyn Pagington 1:30:22 30-34 Karlene Herrell 1:19:04 35-39 Karlene Herrell 1:23:25 40-44 Carla Yerkes 1:30:43 45-49 Carla Yerkes 1:32:47 50-54 Lorene Sandifur 1:50:22 55-59 Shirley Wilson 2:06:49 60-64 Doris Griffith 2:11:05
7 Mile Women 25-29 Justine Eads 1:07:16 35-39 Gina Sheets 57:19 40-44 Patti Reinhardt 1:03:06 45-49 Roxane Burrous 57:49 50-54 Lorene Sandifur 58:25	10 Mile Women 13-19 Leslie Carden 1:05:48 20-24 M. Clendenning 1:21:47 25-29 Kelly Wright 1:15:09 30-34 Heather Weber 1:08:01 35-39 Heather Weber 1:06:20 40-44 Roxane Osborn 1:19:27 45-49 Lien Koztecki 1:16:11 50-54 Shirley Wilson 1:25:10 55-59 Lien Koztecki 1:32:25	Marathon Women 13-19 Brittiani Gillem 4:39:07 20-24 Jill Pennycoff 3:55:22 25-29 Robyn Pagington 3:08:03 30-34 Karlene Herrell 2:56:58 35-39 Roxane Osborn 3:24:00 40-44 Roxane Osborn 3:24:55 45-49 Carla Yerkes 3:31:41 50-54 Lorene Sandifur 4:12:07 55-59 Sue Smock 5:23:41
Men 0-12 Brandon Sheline 1:16:50 13-19 Josh Daugherty 1:02:03 20-24 Scott Stucker 1:14:02 25-29 Scott Colford 55:54 30-34 Scott Colford 56:21 35-39 Scott Colford 55:24 40-44 Gary Romesser 58:21 45-49 Brian Reinhardt 1:03:57 50-54 Chuck Masters 1:07:17	Men 0-12 Brandon Sheline 1:04:43 13-19 John Ely 1:15:02 20-24 Seth Daugherty 1:22:05 25-29 Scott Colford 1:12:57 30-34 Kenny Bennett 1:12:21 35-39 Scott Colford 1:12:27 40-44 Gary Romesser 1:10:04 45-49 Byron Bundrent 1:19:33 50-54 Chuck Masters 1:26:01 55-59 Joe Rangel 1:28:51 60-64 John Norris 1:37:51 65-69 Bill Heck 1:48:57 70+ Glenn Artis 2:54:27	Men 13-19 David Yoder 3:46:24 25-29 Scott Colford 2:31:06 30-34 Scott Colford 2:29:53 35-39 Scott Colford 2:33:31 40-44 Terry Fletcher 2:48:19 45-49 Rex Piercy 3:10:04 50-54 Chuck Masters 3:13:40 55-59 James Schneider 3:36:00 60-64 James Schneider 3:34:13 65-69 John Norris 3:56:54

Historical Running Club Records

Prior to January 1, 1994, our age group records were based on ten year increments. In January 1994 Club Kokomo decided to change to 5 year age groups, add some age groups, and not to convert the previous records to the new groups with the exception of the 0-19 age group which did not change at that time.

1 Mile	0-19	Michelle Faulkner	24:19	0-19	Michelle Faulkner	41:28		
				20-29	Karlene Herrell	36:33		
Women	20-29	Karlene Herrell	21:39	30-39	Tina Root	38:16		
0-19	Jill Pennycoff	7:02	30-39	Maggie Kuhlman	25:43	40+	Shirley Wilson	43:23
30-39	Lorene Sandifur	6:54	40+	Lien Koztecki	25:51			
40+	Rhenda Matchett	6:39						

Men	0-19	Gary Jewell	20:37	0-19	David Graves	32:43		
0-19	Casey Cline	6:07	20-29	Mark Bilodeau	19:42	20-29	Mike Slaubaugh	31:58
20-29	Michael Graham	6:11	30-39	David Gardner	20:19	30-39	Kenny Bennett	33:26
30-39	David Gardner	5:04	40-49	John Pacourek	20:12	40-49	John Pacourek	34:26
40-49	Mark Shorter	5:38	50+	John Norris	22:24	50+	Bill Heck	36:18
50+	Bill Heck	6:02						

3 Mile	8k	7 Mile		
Women	Women	Men		
20-29	0-19	0-19	Pat Pollard	44:56
30-39	20-29	30-39	David Smiley	40:05
	30-39	40-49	George Miller	52:52
	40+			

Men	Men	Women		
0-19	0-19	0-19	Tonya Buffum	1:00:18
20-29	20-29	20-29	Karlene Herrell	57:05
30-39	30-39	30-39	Tina Root	59:56
40-49	40-49	40+	Lien Koztecki	1:04:22
50+	50+			

5k	5 Mile	Men		
Women	Women	0-19	Pat Pollard	54:10
0-19	0-19	20-29	Kenny Bennett	49:19
20-29	20-29	30-39	Kenny Bennett	50:27
30-39	30-39	40-49	John Pacourek	53:57
40+	40+	50+	Bill Heck	57:27

Men	Men	Women		
0-19	0-19	30-39	Rhenda Matchett	1:20:26
20-29	20-29	40+	Lien Koztecki	1:13:50
30-39	30-39			
40-49	40-49	Men		
50+	50+	0-19	Richard Vandervort	1:08:07
		20-29	Kenny Bennett	55:58

4 Mile	10k	30-39	Kenny Bennett	56:38
Women	Women	40-49	Ricke Stucker	1:02:08
		50+	Bill Heck	1:04:53

Historical Records (continued)

10 Mile	30-39 Ricke Stucker 1:20:08		
	40-49 Bill Heck 1:18:52	Men	
Women		20-29 Greg Townsend 1:45:21	
30-39 Jennie Roundtree 1:14:27	Half Marathon	30-39 Ricke Stucker 1:41:45	
40+ Lien Koztecki 1:16:22	Women	40-49 Jim Schneider 1:52:56	
Men	0-19 Michelle Faulkner 1:45:59	Marathon	
0-19 Matt Carter 1:16:46	20-29 Karlene Herrell 1:19:17	Women	
20-29 Mark Bilodeau 53:51	30-39 Tina Root 1:26:55	0-19 Nancy Blackowiak 5:14:30	
30-39 Terry Fletcher 55:15	40+ Lien Koztecki 1:35:39	20-29 Shannon Flannery 3:06:00	
40-49 Ricke Stucker 1:04:05	Men	30-39 Tina Root 2:59:30	
50+ John Norris 1:07:44	0-19 John Ely 1:15:02	40+ Lien Koztecki 3:29:07	
20k	20-29 Mike Slaubaugh 1:09:34		
Men	30-39 Kenny Bennett 1:12:48	Men	
0-19 John Ely 1:12:38	40-49 Bill Heck 1:20:10	20-29 Kenny Bennett 2:40:19	
20-29 David Smiley 1:15:32	50+ Bill Heck 1:22:12	30-39 David Smiley 2:40:57	
	25k	40-49 Gary Romesser 2:34:34	
		50+ John Norris 3:03:50	

Note:

**If you broke a record in 2010
and I missed it please let me
know. It is difficult to check
all records for every race.**

FEBRUARY BIRTHDAYS

2-1 Aidan Frazier	2-16 Roxane Burrous
2-2 Kory Kennedy	2-16 Keith Hill
2-5 Gretchen Riggle	2-16 Greg Wall
2-6 Scott Pagington	2-19 Steve Currens
2-6 Sam Touloukian	2-19 John Norris
2-6 Terry Townsend	2-20 Scott Williams
2-7 Dazzian LaDow	2-21 Lisa Metz
2-7 Riley Metz	2-22 Mike Williams
2-9 Amber Longwith	2-23 Brayden York
2-11 Jerry Warner	2-24 Julia Birkhimer
2-12 Barb Millsbaugh	2-24 Dan Lutes
2-12 Rachel White	2-28 Jayne Stucker
2-14 Charlie Neher	2-28 Robin Townsend
2-16 Kathleen Bagwell	2-29 Alexandra Deyoe

**DON'T FORGET TO RENEW
YOUR CLUB MEMBERSHIP**

I will be moving to the 2011 renewal list for the email and mailing list next month.

CKRR 2011 RACE CALENDAR

- 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
Phone: (317) 733-3300
Email: Tuxedo Brothers
- April 23
Run, Rock, Roll
5K Run/Walk
1M Run/Walk/Roll
Start 5k at 8:30, 1M at 9:30
Phone: 765-455-8085 ext. 332
Email: vboles@kokomo.k12.in.us
- May 14
Norris Insurance 4 Mile Run/ 3 Mile
Walk
Time: 8 AM
Location: Jackson Morrow Park, Ko-
komo, 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, Koko-
mo 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, Lo-
gansport, 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
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, Rus-
siaville, 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 Koko-
mo, IN
- October 22
YMCA Jackolantern Jog
5K Run/Walk
Time: 8am
Location: YMCA, Kokomo
- 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

WE'RE ON THE WEB

CKRR.US



**CLUB KOKOMO
ROADRUNNERS**

2936 Congress Drive
Kokomo, Indiana 46902

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