

The Roadrunner

May 2011



An Ultimate Challenge

By Ron Moore

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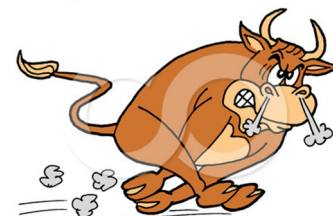


My first Ultimate race will be one that I never forget. I had planned on doing the 5

mile race since my longest run hasn't been longer than 8 miles, but friends persuaded me to do the 10 miler. Tony White and I decided to stay together and make this a training run. As we were running by the 5 mile turn around my lungs wanted to turn but my will said keep going. About a mile later I noticed the cattle on both sides of the road running toward the road. A donkey was running in front fairly fast and it looked like they wanted to cheer on the runners or just watch the action. After

a couple of runners passed, one bull was going too fast and jumps the fence. This happened about 30 yards in front of us, I had never seen anything like it, he cleared the fence with his front feet and then kicked his back feet up and over never touching the fence. I was just amazed that an animal that large could jump that high and land on the road with hooves and not fall. While standing in the road he turned and stared at the runners. The closest runner which was about 10 yards away turned and ran back, we decided to slow to see what the bull was going to do. The runner that turned around decided to go behind another runner who was stopping, this brave soul ran past the bull, the second guy got near the bull and it snorted and he

turned around and ran back toward us. I wasn't sure what to do; we became a pack of about 5 guys and noticed the bull was relieving his self, so we decide this was the best time to run by him. He just stared at us and had drool dripping out of



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his mouth down to the ground. We made it and figured that the lead runners will have a little surprise when they return. The hills keep hitting me hard and slowed my pace, but my return encounter with the bull was still on my mind. At mile 7 there he was, off the road but still out in the yard, a farmer and the animal control officer just arrived so I felt a little better about passing by him. I finished the run making it my longest of the year and most eventful. I really enjoyed the course, it reminded me of Atlanta, Georgia when I used to live there and train. I'm glad Matt York signed me up for the 10 miler instead of the 5, because now I have something I will never forget.

Upcoming Races:

May 7 Mini Marathon

May 14 Norris Insurance 4 Mile Run/ 3 Mile Walk

June 2-- July 14
Coyote Kids

June 04
3rd Trojan Trot 5K/ Walk



Congratulations to Heather Weber for setting the Sam Costa Quarter Marathon Women's record at 43:24 and a fifth place over all finish!

It Happened In the First Half Mile

By Gina Sheets



It has been terribly long since Trav and I have seen most of you and we miss our running family. We are "living like no one else so later we can live like no else", quoted by Dave Ramsey. I have been a Dave Ramsey fan for two years and just recently we started Financial Peace University. If you have not been through FPU what are you waiting for? Go online right now to www.davesramsey.com and find a local course near you – you can thank me later!

I have been running, getting in long lonely runs by myself, one Sunday I logged 20 miles on the treadmill, all to run a 50k today at Lake Winona Indiana. It is 1:09am Sunday morning. I have been up since 6:15am Saturday morning. This insomnia is due to three things; 1) I have just had more sugar and more caffeine in the past however many hours than I have had in one month. 2) The start time of the 50k was at 2:35pm, lovely nice Saturday afternoon start time. 3) I am a "touch" sore and hungry but nothing sounds good and the kitchen is at least 20 steps from my chair.

This afternoon at 2:20 runners getting ready for three different distances gathered at the start finish line to sing the National Anthem. At 2:30 the 10 milers (one loop) took off. At 2:35 the 50K (three loops) took off and at 2:40 the 50 milers went – yes for 5 loops. When the "go" command was given for the 50k group I went somewhat unprepared for what I was encountering. You see while ample notice was given that we would be running after the mountain bike races were finished it never occurred to me to seriously consider exactly what a mountain bike course would entail – many tiny mountains and many more switchbacks on roots, rocks, wooden bridges and wooden arches. My work often takes me to Warsaw and on up into Goshen so I have been through that area and even into the small burg of Lake Winona, I have never seen such mountains up there and yet there they were in the first half mile. Actually while sitting in the car watching the MOUNTAIN bike

riders ride within twenty yards from me, the riders went through 3 switchbacks. 3! I did not even bring my trail shoes – yes it was posted as a trail but I had been in the "area" and really could not imagine the need for trail shoes – very wrong!

So the "go" command has been given and I am through the switchbacks and headed downhill. I have no clue what sent me careening down hill, with 100 spectators behind me all I needed was a panel of judges to give what I believe was a 9.2 downhill somersault splat and a 2 second bounce back to my feet. When I called Trav after the race to tell him what happened I said I was humiliated but actually mortified best defines that moment. The people behind me had to be thinking "oh know, she can't run trails", we had just started and we were single file headed for more ups, downs and switchbacks. That "somersault spill" kept me moving that first lap. I was very sore but had to prove I could stay on my feet – until mile 20.

The trail was not the most technical trail that I have run; actually it was really pretty runnable but it has been a long while since I have been on any sort of trail or extreme ups and downs. The day was lovely and after the 10 milers were done the trail opened up more. The sad thing about this course is it brought out the cheaters. There were enough switchbacks that by the second lap you could see how to cut a course and unfortunately some people did just that. By the fourth time I passed these two ladies I knew it was impossible for them to be ahead of me. As I was passing them, again, I am sure my face said it all – CHEATERS – they laughed and said "somehow we just got off course", I said, "You are clearly doing well now". It took me over 40 minutes to get from where I last saw them to where they were. I was not happy because I suspected they were in my age group, now a race was on for me. By the final lap I was ready for the last 10 miles to go by with no somersaults, no cheaters and I needed some sugar. I take my GU

(espresso love) by the half; I cannot stomach an entire packet at once. So far for the day my calorie intake was probably at 800 calories. I am not the "bestest" eater before a race. So by mile 20 I was hungry for something sweet. The only offerings I had were one peppermint and a half of my final (second packet) GU. In went the peppermint, in went the GU and down went the Heed – yes I had succumbed to drinking Heed. (I have been to the bathroom three times since 10:30pm, Heed and I have issues). Then 30 seconds later, I went down, at least this time it was a face plant no fancy flips. Of course I was talking to the guy in front of me and thus took my concentration off the trail. After that we ran in silence for about another mile then he must have had confidence in me so we started chatting again. I was glad for his company but wanted to pass him to see if the CHEATERS were going to be up head. I was embarrassed to pass for fear I would start slowing down and he would have to pass me back, so I stayed with him for about two miles. Finally he stopped at an aid station and I continued forward. I crossed the finish line in 5 hours 11 minutes, my fastest 50k yet for a second female finisher (the winner was a mere 24 years old, just a baby!) and 5th place finisher overall. And those CHEATERS did not beat me.

The event was low key and nice, exactly what I like in a race. I saw several ultra-friends and I always try and wear CKRR gear and sure enough someone recognized my shirt and asked about David Hughes – the guy is known all over the nation.

My lonely drive home was uneventful which was a blessing and really that is why I run ultras (anything farther than a marathon). It is a chance for me to thank the LORD for all the blessings in my life. We have so much to be thankful for and for me today it was eating a little humble pie. Hope to see you all soon.

Be careful out there –

Gina

Next Club Meeting

May 9, 2011

5:30 pm social hour

6:30pm meeting start

Location

Pastariffic

On the Trails

By Charlie Skoog

This years edition of the 13th Annual, Ultimate Challenge River Road Hill Races certainly lived up to it's name. The first challenge to overcome was longtime race director, Rhenda Acton, being out of town for a special family gathering. We not only had to replace Rhenda, we also had to somehow replace the dozens of homemade gourmet cookies she bakes! Special thanks to everyone that answered the cookie call, they were fantastic and we had a special group of volunteers who picked up every bit of slack in Rhenda and Kent's absence. As I was setting up the course and aid stations early that Saturday morning, my concern about cookies instantly disappeared when I encountered a large pack of wild dogs just before the 10 mile turnaround. This problem was addressed by calling the Sheriff who dispatched the County Animal Control officer. If you ever decide to direct a race my best advice to you is to prepare as best you can but always expect the unexpected. Since we had a new timing and finish line crew I decided to switch from the 10 to 5 mile race, just in case the unexpected happened like several years ago at the NYE5K when the timing device failed to start. As luck would have it the timing device did work

properly and the weather was better than expected as the race started and we all headed west.

In the 5 mile, promising 7th grade runner, Carly Jones was looking strong early in her first 5 miler. As I headed up the hill to the 5 mile turnaround, I noticed Carly had run by that cone but somehow realized her mistake and was now headed back for home having lost maybe 15 seconds. As I too made the turn for home I saw veteran runner Phil Rozzi and newcomer, Sam Grant in hot pursuit. I knew those younger legs spelled trouble for me and I soon had a good vantage point to watch the race up front. Sam and Phil caught up to Carly and Sam took the lead. As I ran my own race I wondered what Sam and Carly were thinking. Was that the last hill or is there one more? As it turned out Sam won the race in 38:30 and 13 year old Carly finished 17 seconds later. It was Sam's first win and quite a thrill, I'm sure. Carly got to lead a challenging race for over three miles and hung tough. Carly is going to get much quicker and Sam may too but Father Time probably has the advantage on Phil and Charlie, yet we thrill at still

being in the race.

Last years winner of the Ultimate 5 mile run was then junior, Waverly Neer. Wave went on to win the Indiana State High School Cross County Championship in the fall. Over the winter she set a national scholastic record in the Girls Indoor 5K and she recently competed in the prestigious Penn Relays running 9:22 for 3K, which ranks 18th all-time for high school girls. Waverly used to follow in our footsteps and now we are following in hers. I'm excited to see where Carly's young legs will take her as she follows in many more of those same footsteps.

For those who committed to run the 10 mile race the ultimate challenge unexpectedly changed into the ultimate adventure. Next years race may very aptly be named the Run with the Bull 10 Miler or perhaps the No Bull Ten will get more respondents! Please enjoy reading Ron Moore's exciting account of his very first Ultimate, one he will never forget. See ya on the roads and trails!



Sam Grant—
Ultimate 5 mile winner

Inspirational Thought for the Month

From Your club chaplain

Psalm 23 (King James Version)

Psalm 23

- ¹The LORD is my shepherd; I shall not want.
- ²He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- ³He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- ⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- ⁵Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
- ⁶Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.



BJ Needler —
Run, Rock & Roll winner

Other Upcoming Races

Relay for Life Half Marathon

May 21, 2011 8:00am
Kokomo, IN 46901
www.KokomoMarathon.com

Prison Breakout

5K Fun Run/Walk
May 21, 2011 8:00
Location: Pipe Creek Fire Dept.
Bunker Hill
Contact:
Ann Hubbard 765 689-8920

Walton Independence Day 5K run/walk

Will be held at the Walton American Legion on Monday July 4, 2011. It will be a 5K run or a 1 mile walk. All proceeds will go to the Wounded

Warrior Project, a charity that helps wounded veterans after coming home from war. Prices are \$15 for the run and \$10 for the walk. Entry forms may be picked up at the Logansport YMCA or the Walton Library or you may register online at www.active.com, just search for Walton Independence Day 5K.

Father's Day Run 4 Trails

Sunday June 19, 2011 at Metea County Park on the north side of Fort Wayne 8:30 AM url: <http://VeepRaces.com>

Waterfall 5K Trail Run

Kokiewanee Nature Preserve at the Salamonie Dams Tailwaters

Lagro, Indiana on the Wabash/Huntington county line
Sunday June 26, 2011 8:30 AM
<http://VeepRaces.com>

Galloping Gobbler Thanksgiving Day Run

University of St Francis - Hutzell Athletic Center
Fort Wayne IN
Thanksgiving Day, November 24, 2011 8:30 AM <http://VeepRaces.com>

The HUFF 50K Trail Run and Relay

Saturday December 17, 2011 8:00 AM
Chain O' Lakes State Park
Albion, Indiana



5-1 Ben Bradshaw
5-3 Tommy Weir
5-4 Russ Hovermale
5-7 Matt Tetrault
5-10 Michael Campbell
5-10 Eric Mathew
5-12 William Irvin
5-13 Chad Sr. Gaddis
5-13 Joni McCracken
5-13 Dana Neer
5-13 Mindy Tetrault
5-14 Linda Pursifull
5-14 William Pasquale
5-15 Byron Bundrent

Birthday List

5-17 Mike Deardorff
5-17 Jim Gross
5-17 Keith McAndrews
5-19 David Emry
5-19 Pat Robertson
5-20 Sarah Swinehart
5-21 Sue Keller
5-21 Kathryn Wall
5-22 Noreen Forgrave
5-22 Griffin Irvin
5-23 Tina Davis
5-23 Karter Fernandes
5-23 Alexandria Parr
5-24 Adrian Glover

5-24 Joyce Pennycoff
5-25 Fred Chew
5-25 Jane Inman
5-26 BJ Needler
5-28 Jessica Sheets
5-29 Lien Koztecki
6-2 Melvin Hobbs III
6-4 Kendall Pagington
6-4 Christine Williamson
6-5 Jacob Bradshaw
6-5 Laura Powers
6-7 Ray Tetrault



Start of Run, Rock and Roll race

Mini Marathon Tent

Weber Speakers has once again sponsored a CKRR club tent. Please thank Heather and T.A when you see them. We look forward to seeing everyone after the Mini in the CKRR tent in Military Park. Our tent will be part of the Running Club Village located on the West side of Military Park (opposite side from the entry point for runners finishing the Race). The location of the tent will be close to last years location.

Feel free to leave gear bags, coolers and family there before the Mini. When you finish be sure to stop back to share your Mini experience with the other club members. One change from previous years is that Charlie usually brings some refreshments but this year he has decided to join everyone in the race. Please plan to bring your own this year and maybe a little extra to share with a friend.

Other Race Results

Aruba International Half Marathon

March 20th, 2011

Roxane Burrous 2:21

Jim Burrous 3:15

Both were 3rd in their age Divisions

Lake Winona 50k

5th Gina Sheets 5:11:00

Meeting Minutes from April 2011

Due to the absence of President Rebekah Monroe, Vice President Charlie Skoog presided.

1. Charlie announced that Dana Neer is the contact for the Race for the Shelter race and Mary Rowe is the contact for the Symphony Run. He said he would be contact Lisa Jones about the Trojan Trot in Sharpsville. Patty Weitzel is the contact for Relay for Life.
2. The Charity Run will be held on November 5.
3. Brief financial report by Treasurer Mark Shorter
4. Mark gave all the Indy Mini-Marathon info to Scott Riggle.
5. Recap of the Ultimate race.
6. Those present were reminded about the Race for the Cure on April 16.
7. Constitution amendment to change the walk age groups for year end points categories to be the same as the runners age categories. Passed. Since this was the 2nd reading this is now in effect. Thus the walk and run age categories are the same 0-12, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+; also the 0-12, 13-19, 70-74, 75-79, 80+ categories require only 5 races to qualify instead of 10 as in every other group.
8. Haynes-Apperson race: Charlie reported the Dana Neer indicated that the Kokomo-Center school Corp may waive the Memorial Gym fee.
9. Meeting adjourned.



Left—Kathy Murdoch
Right—Mary Lou Rutherford



Sam Costa Quarter Marathon

1: Stephen Lisgo 5:35
 5: Heather Weber 43:24
 15: Ron Moore 47:16
 16: Billy Jones 47:19
 72: Carly Jones 55:45
 79: Joe Kidd Rangel 56:18
 86: Laura Powers 56:49
 91: T.A. Weber 57:01
 93: Samuel Parr 57:09
 98: Michael Graham 57:40
 136: Jerry Meiring 1:00:34
 155: Vicki Boles 1:02:26
 160: Anna Dollens 1:03:43
 163: Kevin Campbell 1:04:00
 164: Kenneth Swinehart 1:04:01
 170: Vince Lorenz 1:05:10
 194: Robin Cole 1:09:48
 195: Terry Jones 1:10:08
 204: Rhenda Acton 1:11:05
 213: Joyce Pennycoff 1:13:07
 219: Jeannie Townsend 1:13:48
 221: Mary Miller 1:13:55
 232: Jennifer Sinka 1:15:40
 240: Amanda Pena 1:19:54
 252: Jerry Lambert 1:22:29
 254: Jim Gross 1:22:44
 259: Stephen Inman 1:23:17
 261: Don Hurd 1:23:48
 271: Raye Jean Swinehart 1:26:50
 274: Jane Inman 1:27:10
 277: Toney Lorenz 1:28:34
 289: Brian Allen 1:32:28
 290: Emily Allen 1:32:29
 306: Mary Lou Rutherford 1:41:08
 309: Debbie Riffe 1:43:57
 Total Finishers

Sam Costa Half Marathon

1: Danny Fisher 1:11:49
 4: Scott Colford 1:16:45
 10: Chris James 1:22:19
 23: Parker Jones 1:26:52
 24: Kory Kennedy 1:27:26
 37: Jay Priest 1:30:43
 136: Paul Sanders 1:43:08
 165: Eric Mathew 1:45:19
 174: Charlie Skoog 1:45:40
 220: Kelsey Kennedy 1:50:55
 257: Mike Deardorff 1:54:18
 267: Greg Townsend 1:55:16
 270: Tami Moore 1:55:31
 272: Phil Rozzi 1:55:58
 333: Shelly Wyman 2:02:48
 334: Paul Wyman 2:02:49
 350: David Emry 2:05:35
 354: Nikki Frazier 2:06:21
 393: Michelle Boyd 2:13:24
 408: Tom Miklik 2:16:50
 466: Sharon Whelan 2:36:50
 471: Raymond Tetrault 2:39:31
 479: Total Finishers

CKRR Ultimate 10 Mile Run Saturday, April 02, 2011

Tierny Warehouse, Logansport, IN

1. Scott Colford 57:50
 2. Parker Jones 1:01:59
 3. Matt York 1:02:42
 4. Chris James 1:03:26
 5. Tim Day 1:07:44
 6. Curtis Wilson 1:11:32
 7. Mitchell Mattingly 1:12:30
 8. Jon Johnson 1:13:06
 9. Mark Spitzer 1:14:16
 10. Sam Kincaid 1:14:54
 11. Paul Sanders 1:16:26
 12. Tony White 1:16:30
 13. Ron Moore 1:16:31
 14. Jeff Scott 1:17:01
 15. Tony Campbell 1:17:56
 16. Eric Mathew 1:20:14
 17. Leslie Carden 1:20:33 1st Female
 18. Keith McAndrews 1:21:41
 19. Jerry Reinke 1:22:02
 20. Adam Collins 1:22:58
 21. Kevin Tankersley 1:22:58
 22. Andrew Achey 1:25:15
 23. Mark Shorter 1:26:58
 24. Lisa Birkhimer 1:28:36
 25. Gregory A. Townsend 1:28:38
 26. Jeff Saylor 1:28:44
 27. Brittiani Gillem 1:29:38
 28. David Reinagle 1:29:48
 29. Duane Ullom 1:30:12
 30. Amy Densborn 1:30:14
 31. Shelly Crozier 1:30:52
 32. Mary Pomasl 1:31:00
 33. Rosellen Connolly 1:31:17
 34. Michael Graham 1:31:25
 35. Ken Swinehart 1:31:28
 36. Todd Hostetler 1:33:40
 37. Melissa Kelley 1:34:31
 38. Mike Deardorff 1:35:41
 39. Pam Steinberger 1:40:35
 40. Carla Knapp 1:42:36
 41. Michelle Boyd 1:42:45
 42. Amy Clem 1:42:51
 43. Bobbi Henderson 1:42:55
 44. Katie Hopper 1:44:59
 45. Timothy Templin 1:48:23
 46. Fred Chew 1:53:40
 47. Jennifer Sinka 2:02:13
 48. Jessica Crook 2:46:21

CKRR Ultimate 5 Mile Run

1. Sam Grant 38:30
 2. Carly Jones 38:47 1st Female
 3. Phil Rozzi 38:55
 4. Charlie Skoog 39:10
 5. Joe Rangel 41:40
 6. Samuel J. Parr 43:37
 7. Keagan James 44:54
 8. Ricke Stucker 47:23

Race Results

9. Joe Stetz 47:30
 10. Larry Johnson 48:39
 11. Ray Tetrault 49:23
 12. Cindy Stone 50:42
 13. Terry Jones 50:53
 14. Stan Shuey 51:29
 15. Steve Colford 52:15
 16. Robin Cole 52:31
 17. Doug Mankell 52:50
 18. David Downham 55:39

CKRR Ultimate 5 Mile Walk

1. Vince Lorenz 48:15
 2. Mary Miller 54:13 1st Female
 3. Toney K. Lorenz 1:01:28
 4. Steve Inman 1:01:54
 5. Don Hurd 1:02:51
 6. Raye Jean Swinehart 1:06:43
 7. Jane Inman 1:06:44
 8. Bob McBride 1:13:19

Run, Walk, & Roll for Bona Vista

Saturday, April 23, 2011 Highland Park, Kokomo, IN 5K Run

1. BJ Needler 16:09
 2. Parker Jones 17:09
 3. Scott Colford 17:11
 4. Kory Kennedy 17:40
 5. Tallis Bowers 18:27
 6. Jay Priest 19:16
 7. Jordan Ousley 19:31
 8. Heather Weber 19:37 1st Female
 9. Ron Moore 20:17
 10. Gary Callahan 21:10
 11. Paul Sanders 21:27
 12. Blake Brookshire 21:28
 13. Sam Grant 21:29
 14. Karly Sprouse 21:34
 15. Chris Lasley 21:39
 16. Jerry Long 21:49
 17. Francis Lord 21:55
 18. Eric Mathew 22:13
 19. Diana Jones 22:25
 20. John Anderson 22:26
 21. Carly Jones 22:29
 22. Phil Rozzi 22:36
 23. Glen Otto 22:50
 24. Paul Wyman 22:54
 25. Greg Sipe 22:54
 26. Brittiani Gillem 23:12
 27. Shari Bowers 23:22
 28. Charlie Skoog 23:26
 29. Molly Kallio 23:29
 30. Al Hochgesang 23:33
 31. Mark Shorter 23:36
 32. Jacob Gillem 23:41
 33. Chad Gaddis Jr. 23:48
 34. Chad Gaddis 23:48
 35. Josh Hall 23:58
 36. Brian Lord 24:02
 37. Derick Brooks 24:04
 38. Laura Powers 24:05
 39. Tami Moore 24:08
 40. Michael Hanaway 24:22

41. Gregory Townsend 24:27
 42. Kenneth Swinehart 24:31
 43. Mike Daugherty 24:39
 44. Carlos Del Angel 24:49
 45. TA Weber 24:50
 46. Ben Reed 24:52
 47. Lindsay Thompson 24:54
 48. Michael Graham 24:57
 49. Melissa Goad 25:16
 50. Liam Page 25:22
 51. Colby Mims 25:44
 52. Kurt Meissnet 25:49
 53. Wayne Otto 25:49
 54. Brad Richmond 25:51
 55. Rosellen Connolly 25:52
 56. Vernon Keller 25:54
 57. David Hughes 25:56
 58. Monte Babb 26:13
 59. Alexandra Parr 26:15
 60. Samuel Parr 26:17
 61. Erica Jensen 26:19
 62. Vinh Lee 26:21
 63. Shelly Wyman 26:34
 64. Melissa Lewis 26:58
 65. Tina Dixon 27:06
 66. Scott Deyoe 27:33
 67. Jeff LaDow 27:37
 68. Kathy Murdoch 27:53
 69. Mitch Mosson 28:15
 70. Terry Jones 28:19
 71. Ray Tetrault 28:26
 72. Mary Cameron 28:26
 73. Kelley Land 28:29
 74. Christina Deyoe 28:30
 75. Anna Dollens 28:44
 76. Monica Brooks 28:46
 77. Andy Cage 28:48
 78. Laurie Ousley 28:54
 79. Ricke Stucker 28:57
 80. Chee Lee 29:03
 81. Amanda Federspill 29:08
 82. Brandi Knepley 29:17
 83. Robin Tetrault 29:42
 84. Rhenda Acton 29:51
 85. Sophie Page 29:54
 86. Vern Graves 29:55
 87. Kevin Campbell 30:00
 88. Dan Metz 30:22
 89. Macaiah White 30:30
 90. Israel White 30:32
 91. Hannah Myers 30:34
 92. Marti Sholty 30:39
 93. Meghan Baldwin 30:46
 94. Greg Moberg 30:54
 95. Joyce Pennycoff 30:56
 96. Tamara Shepard 31:10
 97. Robin Cole 31:30
 98. Amy Baron 31:41
 99. Amanda Haynes 31:56
 100. Cara McKeller 32:08
 101. Adriene Riggle 32:20
 102. Kristen Welker 32:28
 103. Nicole Cothorn 32:29
 104. Brittany Berry 32:34
 105. Cara Fultz 32:34
 106. Grant Ford 32:52
 107. Lynn Stiffler 32:54

108. Marianne Wilson 32:54
 109. Madison Parr 32:56
 110. Avery Hayes 33:06
 111. Chase Hayes 33:20
 112. Brian Pier 33:21
 113. Michelle Hayes 33:23
 114. Brooklyn Hayes 33:24
 115. Danielle Pate 33:27
 116. Brian Hayes 33:30
 117. Gayle Wagner 33:32
 118. Michelle Leak 33:33
 119. Amy Young 33:34
 120. Robert Hines 33:35
 121. Andrea Eckelbarger 33:36
 122. Jada Quillen 33:46
 123. Ella Biggs 33:47
 124. Jenny Quillen 33:47
 125. Tally Biggs 33:47
 126. Kathryn Wall 33:48
 127. Lisa Metz 34:34
 128. Jennifer Cecil 34:44
 129. Noah Zunick 34:55
 130. Laura Hefflin 35:02
 131. Bruce Savage 35:06
 132. Kay Kunkle 35:21
 133. Kelsey Metz 35:33
 134. Katie Metz 35:35
 135. Hannah Sexton 35:41
 136. Vicki Smith 36:36
 137. Jillian Ladow 36:40
 138. Robert Cupp 36:49
 139. Amber Longwith 37:11
 140. Karen Gale 37:15
 141. Brittnee Burton 37:22
 142. Katy Kincaid 37:32
 143. Susan Meissnest 37:41
 144. Justin Miller 37:47
 145. Rich Boruff 38:58
 146. Elizabeth Bogue 39:34
 147. Billy Cox 39:46
 148. Anh Lee 39:56
 149. Cynthia Burch 41:01
 150. Amanda Flick 41:12
 151. Sue O. Keller 41:13
 152. Emily Allen 42:09
 153. Anna Zunick 42:27
 154. Lynelle Brown 43:56
 155. Carol Savage 44:44
 156. Melissa Maverick 44:45
 157. Molly Hedrick 46:07
 158. Bailey Paxton 46:15
 159. Kim Key 48:15
 160. Karin Pinto 49:17
 161. Amy Dockerty 49:39
 162. Theresa Garhart 51:21
 163. Buffy Hedrick 54:13
 164. Walt Kosiak 54:57
 165. Amy Irick 57:12

5K Walk

1. Vince Lorenz 29:06
 2. Mary Miller 31:36 1st Female
 3. Jerry Lambert 36:45
 4. Meredith Platt 36:54
 5. Toney Lorenz 38:38
 6. Kathy Touloukian 38:40

Race Results Continued

7. Jim Gross 38:42
 8. Mendy Reeves 39:15
 9. Amy Coar 39:16
 10. Lisa Wolfgang 39:53
 11. Jane Inman 40:49
 12. Raye Jean Swinehart 40:49
 13. John Mohr 41:26
 14. Kathy Snyder 41:31
 15. Jill Babcock 42:07
 16. Peggy Obermeyer 42:08
 17. Shawn Spitler 43:28
 18. Sarah Spitler 43:28
 19. Jean Heflin 43:34
 20. Jan Wall 44:38
 21. Lindsay Winstrom 45:18
 22. Ashley Walters 45:20
 23. Mary Lou Rutherford 45:20
 24. DeAnna Holloway 45:26
 25. Jayne Stucker 46:30
 26. Angela Lorenz 46:30
 27. Terry Hall 47:05
 28. Kelly Hillman 47:37
 29. Angie Bowman 47:37
 30. Geralynn Smalling 47:43
 31. Brian Allen 48:07
 32. Scottie D. McCowan 48:18
 33. Elissa Hughes 48:19
 34. Beth Green 48:19
 35. Karlle Name 48:20
 36. Sally Young 48:26
 37. Melanie Karmel 48:28

38. Rosalie Prifogle 49:15
 39. Amanda Pena 49:42
 40. Debbie Riffe 49:42
 41. Judith Addington 49:45
 42. Diana Brown 49:47
 43. Kaitlin Master 50:08
 44. Regina Poe 50:09
 45. Penny Meurer 50:10
 46. Megan McCord 50:29
 47. Pat Preston 50:38
 48. Cindi Hudson 50:39
 49. Amanda Hudson 50:40
 50. Donna Babb 50:59
 51. Brooklyn Wagner 52:06
 52. Julie Green 52:15
 53. Gary Green 52:16
 54. Melinda Rust 52:23
 55. Chris Rust 52:24
 56. Dan Coughlin 53:26
 57. Katie Barlow 53:35
 58. Crystal Barlow 53:37
 59. Coustance Kosiak 54:57
 60. Diane Driver 55:04
 61. Caleb Driver 55:05
 62. Emily Coffman 55:06
 63. Melinda Showalter 55:12
 64. Meghan McCauley 55:13
 65. Alice Bowers 55:14
 66. Gail Bowers 55:14
 67. Robin Boyd 55:16
 68. Jordana Nance 55:16
 69. Wendy Cunningham 55:17

70. Jeanette Burnett 55:20
 71. Tiffany Parr 55:22
 72. Josh Name 57:10
 73. Linda Sardin 57:38
 74. Jana Miller 61:07

1 Mile Fun Run, Walk, & Roll

1. Alex Brown 8:20
 2. Kameron Graham 8:24
 3. Audrey Leak 8:41 1st Female
 4. Dylan Clark 10:01
 5. Michele Clark 10:15
 6. Devin Shackelford 10:30
 7. Aurora Parslow 10:47
 8. Sophia Wyman 11:23
 9. Butch Whitacre 11:56
 10. Victoria Petty 12:07
 11. Lanie Brown 12:19
 12. Laurie Rubesha 12:20
 13. Rhea Petty 13:35
 14. Dawson Moore 15:28
 15. Stacia Giles 15:29
 16. Kendra Young 16:33
 17. Brighton Wells 16:44
 18. Roger Walker 16:47
 19. Jeff Lee 16:50
 20. Jody Lee 16:51
 21. Katie Jones 17:01
 22. Christopher Sutton 17:13
 23. Jacquelyn Milner 17:17

24. Unknown 17:31
 25. Cole Kucholick 17:34
 26. John Kucholick 17:35
 27. Lana Deford 17:53
 28. Krysta Graham 17:54
 29. Dave Kitchell 17:56
 30. Linda Kitchell 17:57
 31. Matt Smith 18:06
 32. Julie Powell 18:12
 33. Tammy McKinney 18:16
 34. Britney Schneider 18:19
 35. Amber Jordan 18:23
 36. Haley Jones 18:26
 37. April Richardson 18:27
 38. Angelique Richardson 18:31
 39. Melissa Jones 18:35
 40. Clona Stone 19:15
 41. Beth Newby 19:15
 42. Brianna Newby 19:17
 43. Alex Acosta 19:17
 44. Jerred Fain 19:51
 45. Blair Fife 20:27
 46. Brandy McKinney 22:37
 47. Alex McKinney 22:39
 48. Taylor Padgett 23:43
 49. Taylor White 23:43
 50. Sherry Riley 23:45
 51. Tammy Bailey 24:19
 52. Andrea Mosier 24:38
 53. Kristina Matson 25:33

54. Cindy Rash 25:48
 55. JR Otto 25:56
 56. Larry Anders 26:06
 57. Amber Bell 26:07
 58. Paul Morris 26:16
 59. Starr R. Burton 26:20
 60. Michelle Kanable 26:21
 61. Allison Hillis 26:34
 62. Eric Hillis 26:36
 63. Harold Myers 26:54
 64. Paul Runyon 27:00
 65. Paul Engle 27:01
 66. Kim Lewellen 28:44
 67. Stephanie Floyd 28:45



Don Hurd—
Ultimate 5 mile walk

Miracle Mile Results

Jackie Sanders Miracle Mile Wednesday, April 6, 2011 Highland Park Walk/Bike Path

1. Parker Jones 5:27
 2. Billy Jones 5:49
 3. Ethan Martin 5:58
 4. Carly Jones 6:21
 5. Brittiani Gillem 6:31
 6. Pat Heck 6:32
 7. Byron Bundrent 7:25
 8. Charlie Skoog 7:27
 9. Rosellen Connolly 8:25
 10. Joe Rangel 8:26
 11. Anna Dollens 8:33
 12. Terry Jones 8:56
 13. Brayden York 9:00
 14. Vicki Boles 9:32
 15. Joe Yeagle 9:32
 16. Billy Cox 9:41
 17. Robin Cole 9:52
 18. Kathryn Wall 9:59
 19. Bruce Savage 10:08
 20. Bill Heck 10:12
 21. Bob Longwith 10:36
 22. Ken Huston 11:00

23. Hayden Boruff 12:00
 24. Tom McKinley 13:05
 25. Jan Wall 14:02
 26. Jerry Leach 14:08
 27. Melissa Jones 14:47
 28. Butch Whitacre 16:29
 29. Kathy Harbaugh 16:43
 30. John Harbaugh 16:44
 31. Brianne Boruff 17:19
 32. Linda Gaskins 18:05
 33. Greg Kegler 18:06

Jackie Sanders Miracle Mile Wednesday, April 13, 2011 Highland Park Walk/Bike Path

1. Parker Jones 5:28
 2. Trenton Perkins 6:26
 3. Chris Campbell 6:29
 4. Charlie Skoog 7:01
 5. Ray Tetrault 7:46
 6. Tina Dixon 8:19
 7. Kevin Campbell 8:27
 8. Robin Tetrault 9:07
 9. Robin Cole 9:54
 10. Joe Yeagle 9:54

11. Jenny Sinka 9:56
 12. Bruce Savage 9:57
 13. Elisabeth Baumfalk 10:31
 14. Mike Thrasher 10:31
 15. Cynthia Burch 11:14
 16. Riley Case 11:14
 17. Tom McKinley 12:28
 18. Butch Whitacre 12:35
 19. Bridget Baumfalk 13:22
 20. Brian Baumfalk 13:23
 21. Jerry Leach 13:29
 22. Theresa Barlow 13:29
 23. Carol Savage 13:51
 24. Kathy Harbaugh 16:07
 25. Greg Kegler 17:04
 26. Maxwell Kegler 17:04
 27. Brianne Boruff 18:16
 28. Hayden Boruff 18:17
 29. Vicki Boruff 18:17

Jackie Sanders Miracle Mile Wednesday, April 20, 2011 Highland Park Walk/Bike Path

1. Parker Jones 5:18
 2. Mike Williams 6:14

3. Sam Grant 6:16
 4. Chris Campbell 6:45
 5. Greg Sife 7:00
 6. Charlie Skoog 7:10
 7. Kevin Campbell 8:09
 8. Kathy Murdoch 8:31
 9. Terry Jones 8:53
 10. Cassie Williams 9:38
 11. Robin Cole 10:11
 12. Tom McKinley 12:47
 13. Vicki Boles 13:00
 14. Jerry Leach 13:08
 15. Theresa Barlow 13:08
 16. Autumn Williams 14:05
 17. Laura Williams 14:41
 18. Roger Walker 19:02

Jackie Sanders Miracle Mile Wednesday, April 27, 2011 Highland Park Walk/Bike Path

1. Parker Jones 5:29
 2. Mike Williams 6:11
 3. Glen Otto 6:16
 4. Paul Sanders 6:17
 5. Wayne Otto 7:01

6. David Emry 7:37
 7. Tami Moore 7:42
 8. Maya James 7:48
 9. Ray Tetrault 7:55
 10. Terry Jones 8:09
 11. Kathy Murdoch 8:22
 12. Charlie Skoog 8:50
 13. Joe Yeagle 8:52
 14. Riley Case 9:23
 15. Erika James 9:30
 16. Robin Cole 9:40
 17. Bruce Savage 9:45
 18. Autumn Williams 9:59
 19. Cassie Williams 9:59
 20. Ron Bontrager 10:10
 21. K'mia Bontrager 10:15
 22. Rolando Fuentes 10:19
 23. Mike Thrasher 10:22
 24. Cynthia Burch 10:46
 25. Ken Huston 10:47
 26. Jerry Leach 13:04
 27. Theresa Barlow 13:05
 28. Haley Jones 13:21
 29. Carol Savage 13:35
 30. Hanna Schmitt 13:52
 31. Kathy Harbaugh 15:41
 32. John Harbaugh 15:41

Points Standings

Races included are JN Amboy, Old Ben, Sam Costa, Ultimate, Race for Cure, Rock & Roll and any one Ultra, =Mrathon, Half-Marathon or Volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life.

Runners	Carol Savage 1-10	30-34	55-59	50-54
Women		Chad Sr. Gaddis 3-60	Mark Shorter 5-85C	Mary Miller 5-100
0-12	45-49	Mark Fernandes 1-15	Greg Townsend 4-62	Jane Inman 5-72
Alexandra Parr 3-55	Cara McKellar 3-60		Mike Deardorff 3-42	Raye Jean Swinehart 4-59
Madison Parr 3-42	Cindy Stone 1-20	35-39	Russ Hovermale 2-23	Jayne Stucker 4-41C
Maya James 1-20	Laura Cook 1-15	Samuel Parr 5-74	John Sites 1-20	Debbie Riffe 3-36
Kelsey Metz 1-12	Lisa Metz 1-15	Chris James 3-55	Joe Yeagle 2-19	Amanda Pena 3-30
		T.A. Weber 3-45	Jeff LaDow 1-12	Kathy Touloukian 1-7
13-19	50-54	David Reinagle 3-37C	Scott Hamilton 1-9	
Carly Jones 5-90C	Laurie Ousley 2-40	Sam Grant 2-32		55-59
Emily Allen 5-75C	Roxane Burrous 1-20H	Matt York 2-29	60-64	Jan Wall 2-40
Kelsey Kennedy 1-20	Anita Upchurch 1-10C	Tim Taflinger II 1-20	Charlie Skoog 6-100C	
Christina Deyoe 1-15		Chris Frazier 1-15	Joe Rangel 4-57C	60-64
Jillian LaDow 1-12	55-59		Ricke Stucker 5-54C	Angela Lorenz 3-60
	Anna Dollens 5-90C	40-44	Gary Callahan 2-40	
20-24	Robin Cole 6-80C	Scott Colford 4-80	Tom Miklik 2-32	65-59
Laura Heflin 3-47	Joyce Pennycoff 3-47	Jay Priest 4-70	Fred Chew 1-20	Mary Lou Rutherford 4-
Kathryn Wall 3-45C	Robin Tetrault 3-39	Terry Jones 5-67C	Bill Menges 2-17	70C
Brittiani Gillem 2-40	Vicki Boles 2-35	Ron Moore 4-59	Vern Keller 1-15	Diana Brown 2-30
Amber Longwith 1-10	Sue Keller 1-9	Paul Wyman 3-39	Steve Wand 1-9	
		David Emry 2-30		Walkers - Men
25-29	60-64	Ken Austin 1-15	65-69	25-29
Laura Powers 2-40	Rhenda Acton 3-55	Scott Riggle 1-12	David Hughes 4-60C	Vince Lorenz 5-100
Jillian Weaver 1-20	Jeanie Townsend 2-40	Dwight Elliott 1-10	Bill Barnett 2-40	
Amy Baron 1-15	Kathy Murdoch 1-20	Steve Williams 1-9	Doug Mankell 2-32	30-34
		Vern Graves 1-8		Billy Cox 3-50C
30-34	65-69		70-74	
Carla Knapp 2-40	Susan Gerhart 1-20	45-49	Stan Shuey 4-70C	40-44
Adriene Riggle 2-40		Michael Graham 6-100C	Ken Huston 1-15	Brian Allen 6-110CV
Amanda Fernandes 1-20	Men	Paul Sanders 3-60		
Sharon Whelan 1-20	0-12	Scott Deyoe 3-42	75-79	50-54
Melissa Goad 1-15	Keagan James 2-40	Chee Lee Lee 1-10	Riley Case 1-20	Steve Inman 4-75
	Colby Mims 1-20		Robert Cupp 1-20	Bruce Savage 2-40
35-39	Vinh Lee 1-15	50-54		Don Hurd 2-35
Nikki Frazier 3-60	Cavan Williams 1-15	Eric Mathew 5-75	Walkers -Women	
Jennifer Sinka 3-50	Aidan Frazier 1-12	Phil Rozzi 5-70	30-34	60-64
Michelle Boyd 2-40		Ken Swinehart 5-56	Amy Irick 2-40	Toney Lorenz 5-100
Mary Cameron 1-20	13-19	Ray Tetrault 5-55		Robin Michael 1-15
Erika James 1-15	Chad Jr. Gaddis 3-60	Byron Bundrent 2-40	35-39	
	Billy Jones 2-30C	Jerry Long 2-35	Tiffany Parr 3-60	65-69
40-44	20-24	Jerry Meiring 3-33		Jim Burrous 1-20H
Heather Weber 3-60	Parker Jones 6-100C	Kevin Campbell 3-32	40-44	John Mohr 1-20
Tami Moore 3-50	Kory Kennedy 4-75	Al Hochgesang 2-22	Anh Lee 2-40	
Shelly Wyman 3-42	Jordan Ousley 2-24	Kenny Bennett 1-15		70-74
Patricia Weitzel 2-22C		Keith McAndrews 1-15	45-49	Jim Gross 5-90H
Lisa Birkhimer 1-20		William Jones 1-12	Jean Heflin 3-60	Jerry Lambert 5-90C
Dana Culp 1-20	25-29	Jeff Cardwell 1-8	Angie Bowman 1-15	Dan Coughlin 1-12
Gina Sheets 1-20U	BJ Needler 2-40			

2011 Calendar

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

3rd Trojan Trot 5K/ Walk
Time: 8 AM
Location: Sharpsville, IN
Contact: Lisa Jones
Phone: (765) 480-2621

June 2— July 14

Coyote Kids
Location: Jackson Morrow Park
Time 6:15 25 and 50 yard
Time 6:30 1/4 mile races and up begin
URL: <http://coyotekids.ckrr.us/>

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



Part of the CKRR
group at the
Race for Cure

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
Contact: Gary Jewell
Email: funrunr@sbcglobal.net

July 22

Coyote Kids
Awards Night
5-7PM
Location: Morning Star Gymnasium

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, Russiaville, IN
Contact: Dana Neer
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

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

October 01

Cole Porter 15K Run/ 5K Run/Walk
Time: 9:00 AM
Location: Circus Building, Peru, IN

October 08

St. Joseph Foundation's Runnin' the Shores
5K
Location: Champaign Shores Kokomo, IN
Contact: Todd Moser
Email: TMoser@stjoseph.stvincent.org

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 5

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
Contact: Joni McCracken
Email: joni.renee@att.net

Ultimate race
volunteers





2936 Congress Drive
Kokomo, Indiana 46902

We're on the web
ckrr.us

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