

The Roadrunner

August 2011

"I am not obese!"

"I am not obese!"

That refrain echoed in my thoughts as my doctor lectured me on the health complications I would face if I didn't get my weight under control. Already struggling with several obesity-related issues, my doctor's warning rang loud in my ears. At age 25, I still held onto the memories of playing junior high soccer, and I envisioned myself as that athlete rather than the underactive overeater I had become. Now, literally stripped down to my bare self in my doctor's office, I had to face the facts — I was 181 pounds and clinically obese, suffering from sleep apnea and unable to face the physical challenges of life as I once had. Beyond that, I was stuck in an emotional hole of depression.

My weight loss began that day in 2005, but it wasn't until several months later that I took on a project that changed the direction of my life. As the sports editor for a local newspaper, I began writing a regular column to give readers some honest insight into an overweight adult's battle to become fit. I decided to focus my efforts in the one area of fitness where I had always struggled

— running. Even at the peak of my athleticism in soccer, I was a terrible runner. In practices, I was the last one to finish the mile warm-up and full-field speed drills left me doubled over, heaving for breath. Running had always beaten me, but in late 2005, I decided not to let it beat me anymore.

After cross-training for several months to lose some excess pounds, I initiated an 8-week run-training program with my sites on the Iron Horse 4 Mile Run in Logansport. The columns I penned kept me honest and allowed readers to follow along, with the hope that I might inspire a few to join me.

Initially, my only goal was to get to that finish line, declare that running would no longer beat me and then quit. The first few weeks of run-training reinforced that thought. In my column during week two of the program, I used a metaphor to describe my discomfort while running: "I liken myself more to a lame cow — pained and cumbersome." Yet, as the miles piled up, a strange thing happened; this activity that had been my nemesis for nearly my whole life slowly turned into a welcomed

By Carla Knapp

friend. I began looking forward to my morning runs, and I felt great pride each time I overcame a new challenge.

I finished that first race in 50 minutes and 29 seconds; and while I would now consider that to be a seriously bad day, I was pleased at the time to have finished at all. Now 2,100 miles down the road, I am nearly 60 pounds lighter and, on a good day, more than five minutes faster per mile than when I started. After six years of steady work, I am finally competitive with other "real" runners, something I never considered possible when I began. Yet, having started my fitness journey where I did — at the bottom both physically and mentally — it has been the small victories that have motivated me to get to this point; and they are what I remind myself and others to look for on their journeys. I can't help who else shows up on race day, and even if I do my best, I still might not win. Heck, even if I do my best, I might come in last. But if I did my best, that's all that matters.

Inside this issue:

Inspirational Message	2
Birthdays	
Coyote Kids 2011	3
July Meeting Minutes	
Race Results	4
New Members	6
Other Race Results	7
Points Standings	8
2011 Race Calendar	9

Upcoming Races

August 06
Norris Insurance 5K Run/ Walk
Location: Converse, IN
Contact: John Norris

August 13
CKRR Age-Graded
4 Mile Run & 5K Walk -
Location: Highland Park, Kokomo
Contact: Mark Shorter

August 20
CAM Run for Shelter
5K Run and Walk
Time: 8 AM
Location: Oakbrook Valley, Russiaville, IN

RUN FOR SHELTER (Assisting Families in need of Shelter)

By Dana Neer

Racing at Oakbrook Valley is an exhilarating experience! Without a doubt, the combination of gentle rolling hills, woods, creek and trails makes this course one of Club Kokomo's finest gems. Racing on the roads makes for faster times, but competing at Oakbrook allows us to experience trail running at its finest.

Equally important, fellow runners team up with CAM (Coordinated

Assistance Ministries) staff for a great cause on the morning of August 20 in the effort to raise funds for homeless shelters and transitional housing needs in north central Indiana. Come experience the joy of assisting others in the pursuit of one of life's basic needs- shelter. At the conclusion of the walk/run, we will hear a first-hand testimony how money raised from this annual race helped change one person's life.



Dana at the 2010 Run for Shelter



Inspirational Thought of the Month

From your club chaplain

Matthew 28:18-21

New International Version (NIV)

The Great Commission

¹⁸ Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

"Christians are like manure: spread them out and they help everything grow better, but keep them in one big pile and they stink horribly."

— [Francis Chan](#)

August Birthdays

8-1 Chari Deyoe	8-12 Phil Rozzi	8-22 Chris Smith
8-2 Christina Deyoe	8-13 Jase Forgrave	8-23 Danya Long
8-4 Doug Hollingsworth	8-15 Susan Gerhart	8-25 Jerry Leach
8-6 Jan Wall	8-16 Taylor Frey	8-25 Cathy Longwith
8-7 Blake Bowman	8-18 Jean Heflin	8-25 Shirley Wilson
8-7 Kobi Moore	8-18 Bob Longwith	8-27 Parker Jones
8-8 Mary Cameron	8-19 Doris Campbell	8-28 Chris James
8-9 Anita Upchurch	8-19 Karlie Reinagle	8-28 Lauren Weber
8-11 Adriene Riggle	8-21 Lisa Emry	8-29 Patty Callahan
	8-21 David Reinagle	



Coyote Kids 2011

It was another great year for our Coyote Kids summer running program. I stress "OUR" because without all of the volunteers and support from Club Kokomo Roadrunners we couldn't run such an extensive program. We had a beautiful 6 weeks of running with sunshine and minimal heat. After only having 4 weeks out of 7 weeks allotted of running last year, we were very pleased. Our numbers were down a little this year but we still had 760 kids register for Coyote Kids. You never know who is going to get "bit by the running bug" as a result of our program.

Our program ended with another wonderful evening at The Connection on Friday, July 22nd. We had

plenty of hot dogs and soda for all! We had 151 perfect attendance recipients and 263 participation awards (4 or 5 weeks in attendance) were given out. There were miles of smiles at the awards and each week at Coyote Kids. One of my favorite parts of our program is seeing the families come out and enjoy an evening together.

Again Ray and I want to thank so many club members and friends for supporting our program by volunteering! The young people and high school runners that came out to "lead" and assist in the races are priceless! They not only encourage the kids, but they also serve as role models and set an awesome example. Thank you for taking time out of

By Robin Tetrault

your busy schedules to be a part! The people parking hundreds of cars, the timers, the finish line, the registration team, popsicle and ribbon team, and course volunteers we want to thank you from the bottom of our hearts as you sacrifice to be there each Thursday night! YOU are making a difference in the lives of young people in our community. We pray God's richest blessing on all of you.

If you or someone you know has a "how Coyote Kids has encouraged me to run or changed my life" story, please email it to me at coyotekids@gmail.com. I would love to share these stories to encourage others!



July Meeting Minutes

CKRR meeting
Monday July 11, 2011
YMCA 6PM

1. Called to order by President Rebekah Monroe.
2. Prayer by Charlie Skoog
3. Brief financial report by Treasurer Mark Shorter
4. Old Business
 - a. Relay For Life-Chairperson Patty Weitzel reported that only one hour had not been covered by a club member on the original schedule.
 - b. The YMCA will be the permanent meeting location for CKRR business meeting.
5. Race Director reports
 - a. Panther Prowl is Saturday July 16 at Russiaville
 - b. Coyote Kids-Robin Tetrault reported that awards night is Friday July 22 at the Connection behind Morningstar Church beginning at 5:30 PM. We can set up at 4:30PM. There were a total of 760 kids participating this year. As of week 5 168 had perfect attendance and 291 had qualified for participation awards. This year the awards will be trophies.
 - c. Age Graded Race Aug 13. Co-race director Mark Shorter reported that he only had a couple of entries so far. Awards have been ordered. Charlie Skoog volunteered to bring the water jugs and mix Gatorade for the race. Rebekah Monroe volunteered to bring either granola bars or bananas.
 - d. CAM Run for Shelter Aug 20 race director is Dana Neer.
 - e. Girls Night Out Sept 17. Rebekah Monroe reported that the flier will be completed by the end of next week and distribution will begin the week of the 25th. Race day registration will be from 3PM to 4:30PM with races beginning at 5PM. It was recommended that one style of t-shirt be used to eliminate ordering problems.
 - f. Symphony Run of May 28. \$200 check has not been received for our assistance in timing the event.
6. New Business
 - a. Discussion concerning Haynes-Apperson race fees. It was noted that the entry fees had not changed for several years. Those present decided to change the 3mile walk/4 mile run fees to \$13 for Pre-registered Club Kokomo members, \$15 for pre-registered non-Club Kokomo members, and \$20 for those registering after the pre-registration deadline and race day. It was also decided to change the 1 mile fun run entry fee. It will be \$3 for pre-registration and \$5 for those registering after the pre-registration deadline and on race day.
 - b. Discussion about the YMCA JackoLantern Jog 5K course. It was recommended that the part of the course that was in the alley that is one half of a block from the start and finish be eliminated. Rebekah will check with the YMCA.
 - c. Cole Porter race Oct 1 in Peru. Charlie Skoog stated that due to the high cost of timing by End Result who has timed the Cole Porter races for many years, he volunteered to do the timing using CKRR equipment. He was reminded that the proper form and \$200 be given to CKRR at the next meeting. Charlie also noted that there are several events that day in Peru including the opening of the Nickel Plate trail bridge crossing the river.

Meeting adjourned at 6:57 PM

Those present were Rebekah Monroe, Patty Weitzel, Charlie Skoog, Robin Cole, Anna and Joe Rangel, Stan Shuey, Robin Tetrault, and Mark Shorter.

Respectfully submitted
Mark Shorter Treasurer



Race Results



Mayor Greg Goodnight Starts the Haynes Race

Haynes-Apperson 3 Mile Walk

Saturday, July 02, 2011

2011 HAYNES-APPERSON 3 MILE WALK

1. Vincente Lorenz 26:23
2. Mary Miller 30:09 1st Female
3. Carol Aders 30:25
4. Mike Yovanoff 33:03
5. Chris Sullivan 33:19
6. Don Hurd 34:20
7. Janelle Zabst 34:41
8. Amanda Pena 35:09
9. Jerry Lambert 35:21
10. Bret Shorter 35:26
11. Linda Miller 35:31
12. Carol Zabst 35:39
13. Toney Lorenz 36:04
14. Nida Zia 36:28
15. Jim Gross 36:32
16. Kathy Snyder 37:03
17. Kathy Neher 37:25
18. Rick Spencer 37:50
19. Kelly Smith 37:56
20. Becky Hamiton 38:16
21. Jill Babcock 39:07
22. Richard Kerkhof 39:09
23. Morgan Whiteman 40:10
24. Brian Allen 40:20
25. Marsha Daugherty 40:22
26. John Mohr 40:30
27. Gary Quinnette 40:39
28. Robin Michael 41:46
29. Mary Lou Rutherford 42:04
30. Sean Coffey 42:24
31. Terri Hellman 42:27
32. Peggy Obermeyer 42:31
33. Sheila Bailey 42:35
34. Nancy Summers 42:38
35. Angela Lorenz 42:49

36. Jan Wall 42:50
37. Jean Heflin 42:52
38. Amy Howard 43:19
39. Anne Trobaugh 43:24
40. Andria Eddington 43:58
41. Jania Eddington 44:09
42. Pam Porter 44:09
43. Kevin Porter 44:12
44. Brittany Deyoe 45:19
45. Chari Deyoe 45:30
46. Jayne Stucker 46:08
47. Alice Carney 46:14
48. Jia Hardimoneddingtay 46:23
49. Cathy Howell 47:52
50. Nancy Anderson 47:56
51. Suzi Anderson 47:56
52. Carri Yovanoff 47:58
53. Ashley Yovanoff 47:59
54. Debbie Whitney 48:03
55. Gayle Long 48:13
56. Kathy Harbaugh 49:54
57. John Harbaugh 50:48
58. Cara Keating 52:21
59. Carrie Lee 52:22
60. Janette Burnette 52:23
61. Gail Bowers 52:24
62. Diane Brown 52:39
63. Dan Coughlin 52:45
64. Alice Bowers 52:55
65. Donna Burnette 52:56
66. Tara Kinnaman 52:56
67. Karalee Graves 53:28
68. Tracey Conyers 53:39
69. Milt Brown 56:12
70. Sherry Degler 56:27
19. Chris Frazier 26:11
20. Jordan Ousley 26:14
21. Nathan Gonzalez 26:16
22. Minh Pham 26:23
23. Scott Glover 26:53
24. Charlie Neher 26:55
25. Michael Brimer 26:56
26. Brandon Mink 26:57
27. Ethen Atkisson 27:09
28. Mark Beals 27:22
29. Landrum Neer 27:42
30. Gary Callahan 27:46
31. Kyle Collins 27:55
32. Kenny Bennett 28:11
33. Jeremy Breedlove 28:22
34. Mauricia Gonzalez 28:24
35. Tim Taflinger II 28:31
36. Jerry Long 28:42
37. Doug Hollingsworth 28:49
38. Paul Sanders 28:50
39. Eric Mathew 28:59
40. Diana Jones 29:00
41. Grant Harbaugh 29:18
42. Phil Rozzi 29:24
43. Leo Harris 29:30
44. Paul Wyman 29:40
45. John Anderson 29:42
46. Jon Hullinger 29:43
47. Brittiani Gillem 29:48
48. Andrecus Eddington 29:19
49. Justin Taflinger 29:32
50. Mike Kirkmeyer 30:13
51. Carly Jones 30:20
52. Taryn Thor 30:21
53. Avery Ewing 30:25
54. Art Lauer 30:37
55. Marty Foye 30:45
56. Al Hochgesang 30:49
57. Kristi Reprogle 30:53
58. John T. Kirkmeyer 30:59
59. Leslie Carden 31:09
60. Lindsey Thompson 31:10
61. Zachary Smith 31:13
62. Mark Shorter 31:15
63. Earl Strong 31:19
64. Karly Sprouse 31:20
65. Cardwell 31:24
66. Zachary Whiteman 31:25
67. Colten Pearce 31:38
68. Kyle Hartman 31:39
69. Allysha Brown 31:45
70. Stacy Hare 31:48
71. Lindsay Timm 31:57
72. Shari Bowers 32:02
73. Shanann Newhouse 32:03
74. Kenneth Swinehart 32:07
75. BJ McClean 32:09
115. Dave Leonard 35:11
116. Mike Leonard 35:11
117. David Reinagle 35:14
118. Vanessa Aders 35:15
119. Jeff LaDow 35:21
120. Traci Elliott 35:30
121. Joann Quinnette 35:32
122. Kara Smith 35:33
123. Scott Curry 35:34
124. Karl Stoneking 35:36
125. Ana Dollens-Rangel 35:00
126. Lora Felker 35:59
127. Mark Smith 36:00
128. Jensen Freeman 36:05
129. Tonya Newhouse 36:06
130. Carla Knapp 36:11
131. Erik Hartman 36:14
132. Jerry Meiring 36:18
133. Robb Rood 36:20
134. Keith Lang 36:26
135. Ty Corn 36:29
136. John Kerker 36:38
137. TJ Taylor 36:39
138. Kathy Murdoch 36:44
139. Jeremy McKittrick 36:49
140. Billy Jones 36:54
141. Cindy Stone 36:59
142. Steve Wand 37:03
143. Tom Miklik 37:13
144. Brendyn Rogers 37:25
145. Scott Deyoe 37:38
146. Brett Sanders 37:50
147. Vanessa Lorenz 37:53
148. Rob Alwine 37:54
149. Monica Brooks 38:04
150. Charlene Powell 38:07
151. Anita Upchurch 38:11
152. Jennifer Pitner 38:17
153. Jim Gunlite 38:24
154. Paul Weaver 38:29



Charlie hard at work getting the course volunteers to their places

Race Results Continued

- | | | | | |
|---|---|--|--|--|
| 155. Nicholas Weed 38:33
156. Natalie Sanders 38:38
157. Arlen Hartman 38:45
158. Greg Sullivan 38:54
159. Laurie Ousley 38:56
160. Christina Sheroan 39:06
161. Rhenda Acton 39:10
162. Jennifer Van Horn 39:13
163. Riley Case 39:32
164. Bill Harmon 39:37
165. Steve Morton 39:48
166. Courtney Wisher 39:48
167. Daniel Silver 39:03
168. Cara McKellar 39:54
169. Cavan Williams 39:55
170. Steve Williams 40:03
171. Billy Persinger 40:06
172. Laura Cook 40:11
173. Meghan Baldwin 40:11
174. Richard Thomas 40:29
175. Summer Harsh 40:30
176. Jennifer Berryman 40:41
177. Doug Mankell 40:43
178. Kristin Newman 41:44
179. Lexie Clark 41:50
180. Shelly Wyman 41:56
181. Kailee Taflinger 42:09
182. Troy Jeffries 42:11
183. Robin Cole 42:17
184. Paige Smith 42:25
185. Bruce Savage 42:26
186. Aubrey Maddox 42:38
187. Dan Laxen 42:40
188. Luke Leger 42:44
189. Hannah Ellis 42:45
190. Marti Sholtz 42:51
191. Molly O'Keefe 42:53
192. Kevin O'Keefe 42:54
193. Michael Anderson 42:59
194. Breanna Ridgeway 43:05
195. Norm Harruff 43:13 | 196. Hannah Hartman 43:31
197. Ben Barnett 43:35
198. Matt Barnett 43:35
199. Bill Menges 44:17
200. Sarah Lee 44:48
201. Cindy Harmon 45:02
202. Kevin Campbell 45:03
203. Laura Heflin 46:00
204. Annette Duncan 46:08
205. Andrea Eckelbarger 46:44
206. Jillian LaDow 46:51
207. Caprice Cook 46:59
208. Jeannie Townsend 47:02
209. Amber Longwith 47:30
210. Cari Shorter 47:30
211. Stephen Bolinger 47:55
212. Anita Frazier 47:58
213. Darrell Frazier 47:59
214. Audrey Ridlen 48:00
215. Trung Phan 48:02
216. Danielle Silvey 48:14
217. Trent Atkisson 48:15
218. Hannah Sexton 48:23
219. Tammi Delph 48:26
220. Adam Moats 48:27
221. Valerie Leger 48:28
222. Mary Jane Hill 49:22
223. Dan Silvey 49:32
224. Gradyn Rogers 49:32
225. Joy Avergonzado 50:49
226. Chery Yard 52:24
227. Amanda Carver 53:42
228. Chantel Sullivan 53:47
229. Unknown Runner 54:40
230. Amy Porter 57:00
231. Christina Deyoe 57:09
232. Aidan Frazier 57:26
233. Sara Green 57:49
234. Emily Allen 58:10
235. Carol Savage 58:19
236. Doris Campbell 1:04:00
237. Sue Keller 1:04:01 | 2011 HAYNES-APPERSON 1 MILE FUN RUN
1. Andrecus Eddington 6:18
2. Reagan Ritchie 6:22 1st Female
3. Lana Pham 7:16
4. Caleb Hutchison 7:20
5. Corey Menning 7:21
6. Cinnamon Andrews 7:22
7. Casey Lechner 7:34
8. Katelyn Dowden 7:35
9. Griffin Hare 7:37
10. William Shuck 7:47
11. Eric Smith 7:48
12. Pete Bradshaw 7:51
13. Logan Pitner 7:59
14. Kiley Yovanoff 8:00
15. Ethan Smith 8:07
16. Mackenzie Foye 8:12
17. Nigel Lenoir 8:34
18. Austin Huskey 8:49
19. Shayla Allen 9:03
20. Alex Anderson 9:19
21. Clair Moore 9:30
22. Jacob Moore 9:38
23. Jake Quinn 9:41
24. Rande Smith 9:42
25. Cameron Julbert 9:48
26. Ashley Yovanoff 10:04
27. Anthony Lenoir 10:08
28. JC Barnett 10:08
29. Jaxin Phelps 10:15
30. Chase Hutchison 10:18
31. Tiffany Griffin 10:35
32. Myles Lenoir 10:43
33. Audrey Koetter 10:44
34. Kurt Koetter 10:45
35. Eboni Lenoir 10:47
36. Ashley Stevens 11:24
37. Erica Schieffer 11:24 | 38. Liam Eaker 11:26
39. Mark Eaker 11:27
40. Emma Moore 11:41
41. Ann Moore 11:42
42. Emily Riggles 11:54
43. Halie Koetter 12:12
44. Amanda Koetter 12:13
45. Maddox Crowell 12:29
46. Jalea Madding 12:33
47. Dalton Pitner 12:54
48. Preston DeWitt 13:13
49. Nick Dobbs 13:13
50. Austin Main 13:21
51. Chase DeWitt 13:21
52. Walter Wolff 13:22
53. Madison Shorter 14:18
54. Allison Shorter 14:38
55. Andrea Shorter 16:40
56. Alexis Hutchison 18:59 | 33. Jaydyn Scott 23:43
34. Carly Jones 23:51
35. John Braun 23:54
36. Mark Shorter 23:57
37. Ken Swinehart 23:58
38. Tasha Mitchell 24:00
39. Cecilio Martinez 24:05
40. David Morris 24:10
41. Julie Rausch 24:14
42. Todd Kauffman 24:14
43. Leeann Murray 24:37
44. Bill Barnett 24:38
45. Mike Daugherty 24:45
46. Vernon Keller 24:58
47. Kim Lee 24:58
48. Chad Roe 24:59
49. Madysen Krintz 25:04
50. David Hughes 25:12
51. Ryan Lewellen 25:20
52. Tony Carroll 25:40
53. Mike Deavordorff 25:41
54. Michael Graham 25:47
55. Chuck LaDow 25:52
56. Viola Reichert 25:52 |
|---|---|--|--|--|
- Race for Grace 5K Run**
Saturday, July 09, 2011
Logansport, IN



The Haynes 1 mile fun runners are off

1. Scott Colford 16:59
2. Kory Kennedy 17:20
3. Parker Jones 17:58
4. Brent Noll 18:55
5. Joshua Hughes 19:15
6. Curtis Wilson 19:34
7. Todd Horner 19:55
8. Audie Kaufman 20:10
9. Vernie Criswell 20:52
10. Jeff Scott 21:02
11. Joey Cortez 21:03
12. Zachary Smith 21:16
13. Sam Williamson 21:17
14. Matt Scharenbroch 21:23
15. Brian VanSoest 21:31
16. Jerry Long 21:40
17. Phil Rozzi 21:49
18. Jon Hullinger 21:54
19. Nacketa Scanlon 22:13 1st Female
20. Matthew Shaeffer 22:23
21. Terry Engle 22:33
22. Patrick Rentschler 22:39
23. Michael Kistler 22:46
24. Alex Calisto 22:49
25. Mason Moyer 22:58
26. Dirk Raderstorf 23:03
27. Ashley Baber 23:08
28. Steve Carney 23:16
29. Zane Gottschalk 23:19
30. Jeremiah Provo 23:35
31. Earl Strong 23:41
32. Jake Ladan 23:42
33. Gabe Welch 26:04
34. Mark Smith 26:07
35. Denise Rush 26:10
36. Ray Tetrault 26:23
37. Joe Stetz 26:35
38. Anna Rangel 26:39
39. John Peters 26:46
40. Charlotte Scott 26:55
41. Cindy Stone 27:00
42. Melanee Howard 27:03
43. Kylie Swisher 27:03
44. Mike Schoenradt 27:21
45. Tom Miklik 27:23
46. Cara McKeller 27:24
47. Brenda Grahah 27:27
48. Carla Knapp 27:34
49. Madison Von Toble 27:38
50. Wendy Sabatini 27:39
51. Ryan Edge 27:53
52. Michelle Bryan 27:56
53. Jeff Marshall 28:05
54. Jeff Saylor 28:06
55. Terry Jones 28:08
56. Michael Cox 28:21
57. Susan Von Toble 28:39
58. Lindsey Dolick 28:42
59. Myah Krintz 28:47
60. Timothy Templin 28:50
61. Kirstin Dolick 28:58
62. Robin Tetrault 29:03
63. Dan Harder 29:31
64. Rhenda Acton 29:46
65. Nancy Musselman 29:48



Race Results Continued



Jacob Bradshaw 14th overall
Haynes finisher

123. Marsha Daugherty 37:28
 124. Erika Minnick 37:38
 125. Derek Aaron 37:58
 126. Sarah Lee 37:58
 127. Jennifer True 38:09
 128. Terry True 38:10
 129. Natalie Baber 38:11
 130. Liz Newell 38:36
 131. Tim Newell 38:38
 132. Beth Kinsey 38:47
 133. Kristi Stetz 38:47
 134. Lois Stevens 39:13
 135. Robin Price 39:25
 136. Raye Jean Swinehart 39:34
 137. Allison Stetz 39:44
 138. Sarah Cox 40:08
 139. Kourtney True 40:08
 140. Steve Gottschalk 40:10
 141. Jane Inman 40:11
 142. Lisa Wolfgang 40:25
 143. Toney Lorenz 40:53
 144. Jerry Lambert 40:53
 145. Evan Roe 40:57
 146. Morgan Stetz 41:22
 147. Elle Stephan 41:29
 148. April Million 41:29
 149. Becky Crowe 41:30
 150. Mary Babb 41:35
 151. Janet Fawley 41:47
 152. Lucy Burns 41:49
 153. Leo Burns 41:49
 154. Doris Campbell 41:54
 155. Rachel Calisto 42:46
 156. David Calisto 42:47
 157. Jenny Grandstaff 43:07
 158. Andrew Wright 43:17
 159. Kim Moyer 43:25
 160. Holly Knight 43:56
 161. Josh Knight 43:56
 162. Jill Babcock 43:56
 163. Peggy Obermeyer 43:57
 164. Angie Williams 44:12
 165. Charlie Slavens 44:14
 166. Carrie Williams 44:57
 167. Beth Moon 44:58
 168. Anita Dillman 45:04
 169. Mary Lou Rutherford 45:22
 170. Abby Van Arsdell 45:22
 171. Ricke Stucker 45:46
 172. Emilee Albright 46:24
 173. Ann Sims 46:38
 174. Dick Sims 46:39
 175. Bob McBride 47:11
 176. Angela Lorenz 47:19
 177. Jayne Stucker 47:37
 178. Rick Spencer 48:06
 179. Don Hurd 48:06
 180. Molly DeWitt 48:24
 181. Chris Williamson 48:29
 182. Carol Kinsey 49:24
 183. Elaine Crump 49:24
 184. Carolyn Cassidy 49:27
 185. Michelle Roeske 49:27
 186. Lori Kimbrell 51:03
 187. Addison Nethercutt 51:03
 188. Kris Compton 51:52
 189. Janae Weidner 51:57
 190. Jeff Boyer 51:58
 191. Kathy DeWitt 52:07
 192. Jessica Peck 52:08
 193. Jean E. Cloud 52:29
 194. Brenna Gottschalk 52:44
 195. Regina Gottschalk 52:44
 196. Kayla Byers 52:45
 197. Becky Cosgray 53:35
 198. Kate T 53:37
 199. Lonnie T 53:37
 200. Dawn Metzger 53:43
 201. Lori Wooten 53:43
 202. Mary Fox 53:54
 203. Gary Fox 53:54
 204. Jeanie Andrews 54:37
 205. Michele Dolick 54:38
 206. Theresa McIntosh 55:46
 207. Nancy Baker 55:46
 208. Sarah Wright 58:18
 209. Reed Nethercutt 1:00:06
 210. Sharon Smith 1:02:25
 211. Rhonda Trapp 1:04:36
 212. Cindy Perez 1:04:36
 213. Payton Cosgray 1:05:19
 214. Gina Nethercutt 1:05:19
 215. Mal Bainbridge 1:33:43
 216. Bud Baar 1:33:43
 217. Elizabeth Ferguson 1:33:43
2011 Panther Prowl
Run/5K Walk
Saturday, July 16, 2011
Russiaville, IN
 1: Blake Mills 16:11.9
 2: Matt Grider 16:14.9
 3: Mark Massengill 16:49.6
 4: Kory Kennedy 16:54.9
 5: Joshua Hughes 17:51.1
 6: Parker Jones 17:59.5
 7: Chris James 18:18.0
 8: Jacob Bradshaw 18:26.1
 9: Austin Elliott 18:32.3
 10: Brent Noll 19:11.8
 11: Ben Bradshaw 19:34.5
 12: Heather Weber 19:43.8
 13: Jordan Ousley 19:53.0
 14: Minh Pham 20:22.8
 15: Byron Bundrent 20:36.8
 16: Ron Moore 20:38.2
 17: Auston Davenport 20:45.2
 18: Kyle Starich 20:49.0
 19: Eric Doyka 20:58.6
 20: Kenny Bennett 21:07.3
 21: Gary Callahan 21:07.7
 22: Riley Carter 21:17.2
 23: Tim Taflinger 21:20.9
 24: Grant Harbaugh 21:34.7
 25: Paul Sanders 21:55.9
 26: Phil Rozzi 22:02.1
 27: Jerry Long 22:21.6
 28: Carly Jones 22:54.8
 29: Reagan Ritchie 23:07.6
 30: Chad Gaddis Sr. 23:12.3
 31: Jeff Cardwell 23:20.7
 32: Chad Gaddis Jr. 23:28.0
 33: Krissy Durr 23:29.5
 34: Cara Love 23:55.4
 35: Adam Lyons 24:00.4
 36: Mark Shorter 24:04.1
 37: Aaron Kirk 24:08.0
 38: Kenneth Swinehart 24:20.2
 39: TA Weber 24:23.6
 40: Keagan James 24:31.8
 41: Earl Strong 24:38.1
 42: Nathan Nicholson 24:44.1
 43: Charlie Skoog 24:44.4
 44: Shannon Williams 24:55.3
 45: Michelle Micholson 25:08.7
 46: Mike Daugherty 25:14.1
 47: Bill Barnett 25:24.3
 48: Mike Deardorff 25:24.7
 49: Kim Lee 25:27.4
 50: Michael Graham 25:27.8
 51: Anna Dollens-Rangel 26:14.6
 52: Vernon Keller 26:30.4
 53: Paula Kucholick 26:32.3
 54: John Peters 26:50.4
 55: Katelyn Singer 27:12.5
 56: Jenn Pitner 27:37.6
 57: Cara McKellar 27:44.5
 58: Brendyn Rogers 27:48.1
 59: Maya James 27:53.4
 60: Kathy Murdoch 27:54.0
 61: Greg Sullivan 28:00.6
 62: Tom Miklik 28:29.5
 63: Cami Griffith 28:34.7
 64: Robin Tetrault 28:43.2
 65: Laurie Ousley 29:04.7
 66: Rhiannon Thompson 29:26.9
 67: Erika James 29:45.2
 68: Riley Case 30:10.5
 69: Marianne Wilson 30:18.6
 70: Terry Jones 31:08.2
 71: Faith Mooney 31:09.4
 5K Walk
 1: Vince Lorenz 28:19.1
 2: Mary Miller 32:01.6
 3: Jerry Lambert 36:28.4
 4: Amanda Pena 37:04.9
 5: Toney Lorenz 37:28.3
 6: Jim Gross 37:55.5
 7: Kathy Snyder 39:33.0
 8: Richard Kerkhoff 40:10.5
 9: Raye Jean Swinehart 40:34.1
 10: Jane Inman 41:01.5
 11: Robin Michael 42:17.5
 12: Mary Lou Rutherford 43:13.5
 13: Jan Wall 43:31.4
 14: Jean Heflin 44:15.6
 15: Angela Lorenz 45:12.1
 16: Stacey Jones 45:35.6
 17: Kathy Harbaugh 49:30.0
 18: John Harbaugh 49:31.5
 1 Mile Fun Run
 1: Brendyn Rogers 7:12
 2: Natalie Nicholson 7:38
 3: Pete Bradshaw 7:55
 4: Logan Pitner 8:33
 5: Gradyn Rogers 9:12
 6: Marlie Chaffee 9:32
 7: Cameron Julbert 9:46
 8: Emma Marley 10:40
 9: Macie Chaffee 10:49
 10: Dalton Pitner 11:43

Welcome
New Members
Krissy Durr
&
John Peters

2011 Muncie Ironman 70.3 Results

Name	OVERALL	SWIM	RATE	RANK	T1	BIKE	RATE	RANK	T2	RUN	RATE	RANK	TIME
Ben Hoffman	1	26:08	1:22	4	1:14	2:01:11	27.7	2	1:11	1:18:32	6:00	5	3:48:14
M. Rollison	21	30:10	1:34	42	1:18	2:16:47	24.6	41	1:14	1:19:19	6:04	8	4:08:48
Matt York	98	35:47	1:52	197	1:53	2:29:18	22.5	185	1:39	1:36:47	7:24	100	4:45:22
Jay Priest	245	40:34	2:07	490	2:44	2:35:37	21.6	319	2:56	1:46:24	8:08	219	5:08:14
Chris Frazier	410	40:31	2:06	486	2:05	2:45:09	20.3	624	4:01	1:53:47	8:42	353	5:25:30
S. Hemmeger	502	46:46	2:26	970	2:11	2:30:58	22.3	214	3:12	2:10:17	9:57	730	5:33:21
Ron Moore	508	42:10	2:12	605	3:01	2:40:39	20.9	481	3:36	2:04:30	9:31	589	5:33:54
Tony White	540	43:40	2:16	734	2:13	2:43:27	20.6	567	2:33	2:04:53	9:32	604	5:36:44
Paul Wyman	1043	47:28	2:28	1027	2:44	2:51:27	19.6	852	2:47	2:36:55	11:59	1196	6:21:19
Scott Riggle	1140	46:46	2:26	969	3:25	2:54:03	19.3	929	3:22	2:44:06	12:32	1280	6:31:40
Tosha Rogers	1299	47:54	2:29	1055	8:29	2:58:35	18.8	1050	5:43	2:53:03	13:13	1372	6:53:42
Donald Rogers	1362	54:29	2:50	1372	5:48	2:50:56	19.7	825	4:58	3:07:31	14:19	1442	7:03:41

Total Finishers 1531

Miracle Mile Results

Jackie Sanders Miracle Mile Wednesday, July 6, 2011 Highland Park Walk Path	1. Parker Jones 5:19 2. Jordan Ousley 5:27 3. Paul Sanders 6:02 4. Andrecus Eddington 6:10 5. Reagan Ritchie 6:48 6. Brendyn Rogers 6:52 7. Brian Bailey 6:59 8. Charlie Skoog 7:49 9. Jackson Hale 7:50 10. Luke Tragesser 7:51 11. Cara McKellar 8:00 12. Terry Jones 8:00 13. Grady Rogers 8:06 14. Max White 8:07 15. Devin White 8:08 16. Brayden York 8:12 17. Kathy Murdoch 8:18 18. Byron Bundrent 8:19 19. Mackenzie Foye 8:41 20. Darrell Frazier 8:43 21. Sheila Bailey 8:58 22. Bruce Savage 9:13 23. Lexi Hale 9:20	24. Kris Hale 9:20 25. Amber Longwith 9:25 26. Marianne Wilson 9:43 27. Kelsey Kennedy 9:47 28. Bob Longwith 9:49 29. Ken Huston 10:05 30. Andria Eddington 10:13 31. Robin Cole 10:19 32. Anita Frazier 10:51 33. Olivia Hale 10:59 34. Nick Alberts 11:03 35. Amy Heck 11:31 36. Pat Heck 11:31 37. Hannah Moore 11:43 38. Roxy Moore 11:46 39. Ron Moore 11:46 40. Jia Hardimon-Eddington 12:31 41. Jania Eddington 12:31 42. John Alberts 13:02 43. Robin Mitzelfelt 13:48 44. Emma Tragesser 14:01 45. Joel Tragesser 14:01 46. Nancy Helton 14:24 47. Kathy Longwith 15:30 48. Gene DeLeon 16:23 49. Jake DeLeon 16:24 50. Lisa DeLeon 16:29	Jackie Sanders Mile Wednesday, July 13, 2011 Highland Park Walk Path	1. Jordan Ousley 5:24 2. Parker Jones 5:25 3. Byron Bundrent 5:51 4. Paul Sanders 6:05 5. Kory Kennedy 6:20 6. Cara McKellar 7:53 7. Rosellen Connolly 7:57 8. Terry Jones 8:07 9. Kathy Murdoch 8:13 10. Lisa Hopkins 8:14 11. Charlie Skoog 8:20 12. Joe Yeagle 8:32 13. Amber Longwith 9:15 14. Bruce Savage 9:17 15. Marianne Wilson 9:34 16. Bob Longwith 9:47 17. Robin Cole 9:52 18. Mackenzie Foye 10:04 19. Marty Foye 10:05 20. Nick Alberts 10:20 21. Greg Alberts 10:26 22. Deani Purvis 10:33 23. Amy Heck 11:20	Jackie Sanders Miracle Mile Wednesday, July 20, 2011 Highland Park Walk Path	1. Kory Kennedy 4:52 2. Parker Jones 5:16 3. Byron Bundrent 5:54 4. Paul Sanders 6:05 5. Lana Pham 7:23 6. Terry Jones 8:05 7. Charlie Skoog 8:07 8. Troy Frazier 8:17 9. Cara McKellar 8:36 10. Amber Longwith 9:45 11. Robin Cole 10:00 12. Bob Longwith 10:08 13. Kelsey Kennedy 10:13 14. Robin Tetrault 9:18 15. Bob Longwith 10:08 16. Kelsey Kennedy 10:13 17. Jessica Sanders 10:25 18. Lisa Swaggerty 12:00 19. Jerry Leach 12:38 20. Tom McKinley 12:46 21. Sheila Harrigan 16:39
--	--	--	---	---	---	---



Races included are JN Amboy, Old Ben, Sam Costa, Ultimate, Race for Cure, Rock & Roll, Norris JMP 4, Symphony, Trojan Trot, Greentown, Haynes, Race for Grace, Panther Prowl and any one Ultra, Marathon, Half-Marathon or Volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life.

Runners	Kelly Wright 1-20	Susan Gerhart 1-20	David Emry 7-97HR	60-64
Women			Paul Wyman 6-81H	Charlie Skoog 13-
Alexandra Parr 5-95V	35-39	Men	Ken Austin 3-42	210HCRV
Madison Parr 5-77V	Nikki Frazier 8-160H	0-12	Scott Riggle 3-42RV	Gary Callahan 8-160
Maya James 2-40	Jennifer Sinka 5-85H	Keagan James 5-87	Steve Williams 3-38H	Ricke Stucker 11-129CRV
Kailee Taflinger 2-30R	Tina Dixon 4-62HR	Justin Taflinger 4-70R	Michael Rood 1-20H	Joe Rangel 8-108CRV
Kelsey Weber 2-30RV	Erika James 3-55H	Vinh Lee 2-35	Dwight Elliott 1-10	Tom Miklik 6-87H
Lauren Weber 2-30RV	Michelle Boyd 2-40	Aidan Frazier 2-24	Vern Graves 1-8	Vern Keller 6-86
Maggie Weber 2-30RV	Mary Cameron 2-40H	Colby Mims 1-20		Bill Menges 4-46H
Natalie Weber 2-30RV	Robyn Pagington 1-20H	Cavan Williams 1-15	45-49	Fred Chew 2-40H
Emily Riggle 1-20V			Michael Graham 15-	Steve Wand 3-33
Gretchen Riggle 1-20V	40-44	13-19	242HCRV	Steve Kilcline 2-30H
Sophia Wyman 1-20	Heather Weber 7-140H	Chad Jr. Gaddis 7-122V	Paul Sanders 8-155H	Walter Brown 1-20H
Kelsey Metz 1-12	Tami Moore 6-105MH	Billy Jones 6-89CR	Scott Deyoe 10-128HCR	Bill Cox 1-10R
13-19	Shelly Wyman 6-89H	Jacob Bradshaw 4-72H	Kim Lee 6-92R	
Carly Jones 12-220CR	Patricia Weitzel 5-67CRV	Austin Young 3-60H	Dana Neer 2-40HV	65-69
Emily Allen 10-150HCR	Carol Savage 5-62HR	Ben Bradshaw 1-15	Brian Reinhardt 2-40HV	Bill Barnett 8-160HV
Christina Deyoe 3-47H	Gina Sheets 2-40U	Quinn Reinhardt 1-15	Rich Bradshaw 1-20H	David Hughes 8-130CV
Jillian LaDow 2-27	Kristine Bewley 1-20H	Landrum Neer 1-10	Scott Glover 1-20	Doug Mankell 6-97
Sophie Frazier 1-20V	Lisa Birkhimer 1-20	Kyle Starich 1-10	Chee Lee Lee 1-10	Dale Sullivan 1-12
Kelsey Kennedy 1-20	Dana Culp 1-20	Eric Doyka 1-9		
Bethany Neeley 1-20V	Stella Rood 1-20H		50-54	70-74
Brittany Neeley 1-20V	Laura Sheets 1-20H	20-24	Phil Rozzi 12-166H	Stan Shuey 9-170CV
Krissy Durr 1-15	45-49	Parker Jones 13-220HC	Eric Mathew 9-140H	Ken Huston 2-30
Kayla Reinagle 1-10R	Cara McKellar 10-185H	Kory Kennedy 11-210H	Ken Swinehart 13-137HR	John Peters 1-20
20-24	Cindy Stone 5-100H	Jordan Ousley 5-71H	Ray Tetrault 12-136HRV	
Brittani Gillem 7-140H	Laura Cook 4-54		Jerry Long 7-104	75-79
Laura Heflin 9-129R	Joni McCracken 2-40HV	25-29	Kenny Bennett 5-90	Robert Cupp 5-90R
Kathryn Wall 7-110HCR	Kim Anderson 1-20H	BJ Needler 6-120	Kevin Campbell 8-80H	Riley Case 3-60
Sarah Lee 3-42R	Carrie Lee 2-20R	Michael Tetrault 1-20H	Al Hochgesang 6-70	Bill Heck 1-20V
Amber Longwith 3-29R	Lisa Metz 1-15	30-34	Byron Bundrent 3-60	
Vanessa Lorenz 1-15	50-54	Chad Sr. Gaddis 7-140V	Doug Hollingsworth 4-57H	Walkers
25-29	Laurie Ousley 8-155H	Billy Cox 5-60C	Jerry Meiring 6-55	20-24
Laura Powers 2-40	Anita Upchurch 3-50HC	Mark Fernandes 2-35H	Bruce Savage 6-52HR	Brittany Deyoe 1-20
Lindsay Thompson 2-40	Doris Campbell 2-32	Andrew Jones 1-20H	Ron Metz 3-46HV	
Rhiannon Thompson 2-40H	Roxane Burrous 1-20H	35-39	Jeff Cardwell 4-33	25-29
Jillian Weaver 2-40H	55-59	Chris James 7-135	William Jones 2-32V	Ashley Taflinger 1-20H
Natilee Jones 2-35H	Anna Rangel 15-280HCRV	Samuel Parr 8-119	Scott Hemmeger 1-20H	
Amy Baron 1-15	Robin Tetrault 11-164HRV	T.A. Weber 8-117HRV	Keith McAndrews 1-15	30-34
30-34	Robin Cole 11-143C	Sam Grant 5-92HV	55-59	Amy Irick 2-40
Carla Knapp 6-110H	Joyce Pennycoff 8-124HRV	David Reinagle 6-77HCR	Mark Shorter 14-250HCR	35-39
Melissa Goad 5-95H	Vicki Boles 5-85HRV	Tim Taflinger II 5-77HR	Mike Deardorff 10-140H	Tiffany Parr 4-80V
Adriene Riggle 5-82HR	Sue Keller 5-50	Chris Frazier 3-50H	Greg Townsend 6-84R	
Amanda Fernandes 2-40H	Theresa Barlow 1-20V	Matt York 3-49H	Earl Strong 5-80	40-44
Jennifer Pitner 2-27	60-64	Aaron Kirk 2-27	Jeff LaDow 4-56H	Anh Lee 2-40
Kathleen Bagwell 1-20H	Rhenda Acton 7-125	William Irvin 1-20H	Dave White 2-40HV	
Kelly Barker 1-20H	Kathy Murdoch 6-120	40-44	Russ Hovermale 2-23	45-49
Allison Irvin 1-20H	Jeanie Townsend 5-77R	Scott Colford 9-180	Michael Campbell 1-20H	Jean Heflin 10-190RV
Rebekah Monroe 1-20V		Terry Jones 12-168HC	John Sites 1-20	Angie Bowman 2-35H
Sharon Whelan 1-20	65-69	Jay Priest 7-120H	Joe Yeagle 2-19	Stacey Jones 2-30
		Ron Moore 6-99H	Karl Stoneking 1-10	Chari Deyoe 1-15
			Scott Hamilton 1-9	

(Continued on page 9)

2011 Calendar

August 06 Norris Insurance 5K Run/ Walk Time: 8 AM Location: Converse, IN Contact: John Norris Website: http://norrisinsurance.com/	Location: Downtown Kokomo, IN	8K /3 Mile Walk Time: 2 PM Location: Nickel Plate Trail Head, Peru, IN
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	September 24 Bee Bumble 5K & 10K Time: 8:00 a.m. Location: Burnettsville, IN URL: http://www.beebumble5k.org/	November 12 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
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	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
September 17 4th GNO Time: 5:00 p.m.	October 29 YMCA Jackolantern Jog 5K Run/Walk Time: 8am Location: YMCA, Kokomo	October 23 Club Kokomo Nickel Plate Trail
		November 25 Club Kokomo Cares 5K Run/ Walk Points 20 For Each Finisher Time: 8 AM Location: Rogers Pavilion 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

2011 Points Continued

50-54	65-69	60-64
Mary Miller 14-260HR	Mary Lou Rutherford 12-	Toney Lorenz 13-240R
Amanda Pena 12-	210CR	Robin Michael 6-90
179HCRV	Diana Brown 6-90RV	Melvin Hobbs III 1-10R
Raye Jean Swinehart 12-	Jane Reid 1-20V	
167HRV		
Jane Inman 12-152HR	MEN	65-69
Jayne Stucker 10-106CR	25-29	John Mohr 4-80
Debbie Riffe 5-66RV	Vince Lorenz 10-190H	Jim Burrous 1-20H
Gayle Long 1-10		David Mygrant 1-20H
Kathy Touloudian 1-7	40-44	
	Brian Allen 11-200HCRV	70-74
55-59		Jerry Lambert 14-
Jan Wall 6-120	50-54	250HCR
Barbara Hobbs 1-10R	Steve Inman 6-115	Jim Gross 11-180H
Christine Williamson 1-	Don Hurd 4-65	Dan Coughlin 4-54RV
10		Jerry Leach 1-20V
	55-59	
60-64	Rick Spencer 3-50	80+
Angela Lorenz 10-180R	Tim Taflinger 3-50HR	Milt Brown 2-30R
	Bob Longwith 1-10R	



Thank you
from Joe Rangel for
all the prayers and
to everyone that
helped repair his
fence



Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902



We're on the web
ckrr.us



August Club Meeting

Monday August 8 at 6pm

Location: Kokomo YMCA's
Conference Room