

The Roadrunner

Club Kokomo Roadrunners

Age Graded Race Passes

By Gary Jewell

Club Kokomo's Age Graded Race passed away on August 13th after a 14-year struggle for relevancy.

The "AGR" was born on November 8, 1998 the result of an idea first concocted by Dave Bruce. While most age graded races simply incorporate an age grading system to adjust the finishing times, the AGR adjusted the starting times based on age and gender using standardized age grading tables. The result was a race that was a combination of "fox and hounds" and "hunter versus hunted". While it was a challenge to run it was equally entertaining to watch.

To win the AGR required a little luck, some skill, and lot of patience. Hopefully, mother nature imbued you with some running talent and the right birthday.

The AGR's demise follows the passing of other local races includ-

ing the Pork Festival 10K, the Bunker Hill 5 Mile, and the Burlington Fall Festival 10K.

While the AGR leaves no children, it leaves many orphans.

Now that I have your attention . . .

There comes a time when reality smacks you in the face. That reality hit me in late July when it became apparent that I was burning way too many candles at both ends.

In the 4 weeks leading up to the 2011 AGR I had already directed one other road race - The Panther Prowl, worked a servant event with the youth at my church in which I spent the entire week documenting the week's activities, completed 3 projects for my regular job all the while holding cross country practice 3 days a week. Add to that the fact that cross country

practice started two weeks earlier lead me to the conclusion it was time to let it go.

Since 2001 Mark Shorter and I have co-directed the AGR. While I've thoroughly enjoyed bringing my own little twist in the direction of the AGR I think it's time has come and gone. It was our hope that we'd get larger numbers than we did. However, due in part to its second week in August timing, there were other events that were more appealing to many of our members.

Our concept, I think, made it one of the more exciting races in the mid-west both in terms of participating as well as observing. I don't think I will ever see a more exciting race than the 2002 AGR which featured two 64-year-olds, Joe Liechty and John Norris, battling it out for nearly 3 miles. I had a front row seat to most of the battle

(Continued on page 3)

September 2011

Email: editor@ckrr.us

Upcoming Races

September 17
4th GNO
Time: 5:00 p.m.

September 24
Bee Bumble 5K & 10K
Time: 8:00 a.m.

October 01
Cole Porter 15K Run/ 5K Run/
Walk
Time: 9:00 AM

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Barefoot running!!!...huh?! When I first heard about it, I thought it was crazy...probably like most of you are thinking right now. Won't

Kick Off Your Shoes!!

By Dan Lutes

it hurt my feet? What if I step on glass? Don't I need my well cushioned, motion-controlled, high \$\$ trainers to prevent injury? Will I look like some homeless person running down the street? What will my running buddies think? Will I still be able to run

high mileage or even a marathon if I switch over to bare feet?

Well, let me tell you. I recently switched over to barefoot running and I couldn't be happier. I'm more excited about run-

(Continued on page 4)

From the President

By Rebekah Monroe



This year's Girls Night Out is finally off and running...it was a slow start getting the race in motion but just like the law of inertia, once set in motion it will remain in motion. GNO is taking on the K.I.S.S. theme this year by "keeping it sweetly simple" to limit costs in order for us to donate the most race day proceeds to a local charity that caters to low income families in the community. But don't fret because all those registered by September 8th will receive a traditional cute and trendy GNO t-shirt and a great

race day tote with some sweet treats peppered throughout :-). We will have trophies and a sweet gift for the overall run and walk finishers plus awards to top three in each age group as well. This year we will continue with the little girls fun run aka "Little Sweetie Sprint" which will begin @ 4:45 pm. The Zumba after party will be the highlight of the evening which will be graciously hosted by the YMCA beginning at 6:30 in the gym. This year's Girls Night Out will be held Saturday, September 17th with registration from 3-4:30pm located inside the newly renovated YMCA, Downtown Kokomo, 200 N. Union Street. Also we have revamped the course to include the newly added portion of the walk of excellence creating a more scenic and challenging route. Don't wait get registered today!

2011 YMCA Jack-o-lantern jog will be held Saturday October 29th beginning at 9am from the YMCA located in Downtown Kokomo. The YMCA will also be offering a training program beginning September 12th in conjunction with the 5K. The program will cater to all fitness

levels and provided training tips, training schedule, weekly groups walk/runs and cross training options with complete access to the YMCA facility. Come in the Y today and get signed up and further details on the program.

TEAM METZ!!! In its inaugural year "Team Metz" raised over \$150,000 for Riley's Children's Hospital. But not only a fundraiser, "Team Metz" recruited over 60 individuals cloaked in the traditional lime green team t-shirt that participated in the 2010 Monumental Marathon and 1/2 Marathon in Indianapolis. Team Metz is at it again this year wanting to focus more on recruiting as many as possible to participate in the Indianapolis Monumental Marathon and 1/2 Marathon. Signing up with "Team Metz" will get you a complimentary classic lime green t-shirt and \$10 off the cost of the race if registered by Oct 31. If you are interested in becoming part of t"Team Metz" please contact me at rebekah.a.monroe@gmail.com and put "Team Metz" in the subject line.

Inspirational Thought of the Month From your club chaplain

Do you have a GPS device in your car? Has it ever sent you to a road that doesn't exist or the wrong place? Does it ever lose its signal just when you need it the most?

We can think of the Bible as our unfaltering EPS. That's Eternal Positioning System. God has "programmed" it perfectly reliable. Its signal strength never fades, but we must consult it. Those who pridefully trust in their own understanding will find themselves spiritually lost and, perhaps, not willing to admit to that fact.

Proverbs 3:5

New International Version (NIV)

**⁵ Trust in the LORD with all your heart
and lean not on your own understanding;**

2 Timothy 3:16

New International Version (NIV)

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness;

AGR continued

as I was rapidly gaining on both of the leaders. Unfortunately, I ran out of time as Joe claimed a 06 win - the second closest in the 14 year history of the AGR.

I think my favorite AGR, though, was this year. About a week prior to the race I texted Brittianni Gillem and told her I thought her grandfather, Gary Callahan, was going to win. True to form Gary C. closed out AGR history with a win. A couple hours later I received a text from Brit: "My grandpa rocks!"

I do have some regrets about the passing of the AGR because I think it has some potential. A couple years ago Terry Townsend suggested promoting it as a "state masters championship". That's an intriguing idea considering that 31 years ago we had a state 10K championship here - the Wendy's Hot & Juicy 10K.

Simply put, I can't do it any more. I just don't have the time.

A couple AGR facts:

Course Record: Joe Rangel, 2009, 28:10

Oldest Winner: Joe Liechty, Age 66

Youngest Winner: Jarred Hall, Age 12

Oldest Runner-up: Joe Liechty, Age 69

Youngest Runner-up: Matt Grider, Age 10

Closest Margin of Victory: 1998, Kyle Cartheaser over Chad Salinas, 0:05

Widest Margin of Victory: 2009, Joe Rangel over Waverly Neer, 2:29

Most Wins:

Joe Rangel - 3

Kevin Foregrave - 2

Gary Jewell - 2

Joe Liechty - 2

Year		Age	Time	Split	Margin
1998	1. Kyle Cartheaser	17	30:14	21:59	:05
	2. Chad Salinas	16	30:19	22:19	
1999	1. Kevin Forgrave	32	29:11	20:26	2:06
	2. Jeremy Schmidt	24	31:17	21:17	
2000	1. Gary Jewell	38	30:40	21:55	:57
	2. Scott Colford	30	31:37	21:37	
2001	1. Kevin Forgrave	33	29:14	20:44	:37
	2. Margaret Drew	47	29:51	27:36	
2002	1. Joe Liechty	64	29:36	27:21	:06
	2. Gary Jewell	40	29:42	22:12	
2003	1. Jarred Hall	12	30:01	24:16	:11
	2. Jimmy Jackson	17	30:12	21:57	
2004	1. Joe Liechty	66	28:59	27:14	:20
	2. Carla Yerkes	44	29:19	26:19	
2005	1. Gary Jewell	43	29:53	22:53	:20
	2. Carla Yerkes	45	30:13	27:28	
2006	1. Heather Weber	35	29:06	23:51	:42
	2. Matt Grider	10	29:48	25:48	
2007	1. Doug Balogh	55	28:34	24:04	:32
	2. Joe Liechty	69	29:06	28:06	
2008	1. Joe Rangel	59	28:15	24:45	:32
	2. Byron Bundrent	48	29:58	23:58	
2009	1. Joe Rangel	60	28:10	24:55	2:29
	2. Waverly Neer	17	30:39	24:39	
2010	1. Joe Rangel	61	29:01	26:01	1:13
	2. Gary Callahan	62	30:14	27:29	
2011	1. Gary Callahan	63	29:38	27:08	1:32
	2. Byron Bundrent	51	31:10	25:40	

Trophies Needed

By Vicki Boles

Dear Runners and Walkers!

A new school year has begun and so has our running club. The enthusiasm is still high when the kids know they will receive a medal or trophy for running! You have all been very gracious and giving but I'm asking you to dig deep and look through all those boxes and shelves in your house for trophies or medals. Ask yourself who ben-

efits more from those awards, a child whose smile lights up the room when he receives that trophy or medal, or your shelf in the house? If you can give one or more of your awards for this special program, please drop them off at Maple Crest Middle School, bring them to the fun mile run on Wednesday, or look for me at one of the Saturday runs! Also, I only need trophies that do not have the year on the trophy or medals that do not have engravings on the

back. I will peel the label off the front and put their name on the trophy. If anyone has sponsored a race or activity that used trophies and medals and would like to donate the leftovers, please let me know!

Thank you for your continued support!

Vicki Boles

Barefoot Running continued

ning right now than I've been in a very long time. And yet, I'm still only running about 3 miles a week and then only at an 11 min/mile pace. That's right it's a very SLOW transition. Doesn't sound too appealing yet, huh? I had tried adopted the Chi Running technique a couple of years ago, which in some ways is similar, so barefoot seemed like the next logical step. And now, my feet and legs feel great and my chronic hip/hamstring/sciatica thing finally cleared up as well. I finally feel like I'm running the way my body was designed to run. And really, I'm not trying to convince you to do it, but rather just tell you about my experience.

Barefoot running requires much more than simply kicking off your shoes (as the title would suggest). It involves completely changing your running style which, depending on your current form, could be very drastic indeed. Most of us are heel strikers and over-striders when running shod (in shoes). When one switches to barefoot, you "automatically" begin landing on the ball of your foot first...and why, you ask...because it hurts like #@% to land on your heel when you're barefoot! By running in shoes for years, our heels (and feet) have been allowed to run sloppy without "feeling" the ground as we run. This causes us to over-stride which leads to all kinds of other problems and injuries to our knees, tendons, hips, backs, you name it. About two-thirds of all runners will be injured each year due to poor running form which, conventional wisdom leads us to believe, is simply an over-use injury to our already injury-prone musculoskeletal system. WRONG, when we pound the pavement, because we can, in overly padded shoes, we run with bad form and wind up hurting ourselves without knowing it, until it is too late. We need to learn to run more gently.

With all that said, my transition to

barefoot running has been anything but smooth. I started off slowly enough (I thought)



Vibram 5-Fingers

back in early May with some Vibram 5-Fingers (toe shoes) and very gradually alternated between Vibrams, barefoot, and regular trainers. But I quickly ended up learning two of the most important acronyms of barefoot-ing: TMTS (Too Much Too Soon) and TOFP (Top Of Foot Pain). I went limping into my doctor's office, and one expensive MRI later, I had a diagnosis of "Stress Response" in the 2nd metatarsal and was told no running for 6 weeks and walking only in "very stiff soled shoes." I was dangerously close to believing that my initial gut reaction had been right...barefoot running is crazy and dangerous... but then, I did some research. Duh...maybe I should have done that BEFORE I injured myself. With my foot propped in the chair, I began to read "Born To Run" by Chris McDougall, and it changed my life. Needless to say, this was not only a great story, but it was a real eye-opener and led me to three other books and many great websites on barefoot running.

Q: So what was my big mistake?

A: I wasn't running barefoot!

I was running with bad form, and too far, in shoes which offered minimal or no support, and at the same time insulated my feet from feeling the ground. This lack of feeling, allowed me to run almost completely up on the balls of my feet, without allowing my heel to gently "kiss" the ground before lift-off. The only

right way to do this transition is by truly going barefoot...that's right, NOTHING on your feet. If you run in Vibrams, or Nike Frees, or running sandals, then you are not, by definition, barefoot. This is known as minimalist running, which is fine (for some), but you first need to develop your form in just your bare feet. Then, and only then, if necessary, due to weather or other conditions, should you use the minimalist shoes. The soles of your feet are the two best coaches you could have and they will "talk" to you. They will hold you back and limit you from doing the wrong thing, if you "listen" to them. And lastly, you must ramp VERY, VERY slowly. Run only every other day in the beginning, and start with only a hundred yards or so.

I don't have the space to lay out a training schedule here, but suffice it to say, you will significantly reduce your mileage and slow your speed in the beginning. And slow is an understatement...you must first learn to stand (on gravel and other surfaces), and then walk, and then run. My first week or so was spent standing in my gravel driveway before I even started walking. But honestly, I'm happy with my one mile a day, three times a week, at my 11 minute pace. All my time/pace/race goals are out the window right now, but I believe I will eventually meet and even surpass my previous fitness level. But for now, no goals...I'm just enjoying running like a kid again! And so, if you decide to give this a try, PLEASE don't let this be the only article you read on barefoot running. There are several great books and websites out there (email me at dlutes1@irf.com if you want more info).

In the end, there is something really cool, and cathartic, about starting all over. And running...simply...the way God designed us to run...barefoot.

Seeking Newsletter Editor for 2012

Due to increasing demand on my time from several different areas, it is becoming more and more difficult to complete the newsletter on time. The newsletter is put together using Microsoft Publisher or similar software. If you have interest in this area and would like to know more about what it takes to complete the newsletter each month please email me ckrr.newseditor@att.net

Club Kokomo Meeting

Aug 8, 2011
6PM atYMCA

1. Welcome by President Rebekah Monroe
2. Opening prayer
3. Brief financial report by Treasurer Mark Shorter
4. Race Director reports
 - a. Age Graded- only 33 have registered for Saturday's race. Mark announced that due to several factors especially lack of growth of the race, this year's 14th Age graded will be the last. Since this race raised money for the the scholarship fund, Mark suggested that perhaps the monies raised from the New Year's Eve race be split between the Scholarship fund and Coyote Kids. Also discussed was better promotion of the Club Kokomo's Scholarships.
 - b. Cam Race for Shelter Race is Aug 20 Dana Neer is race director.
 - c. Girls Night Out Sept 17 -The board approved that 50% of the profit be given to Strong Kids Campaign of YMCA. Chairperson Rebekah Monroe suggested we use the YMCA for registration, awards area, etc. It was also suggested that we use the Jack-o-Lantern jog course. Rebekah will check on these items. She hoped to have the entry form within the week.
5. Old Business-Check from Kokomo Symphony has not been received.
6. Request for use of equipment
 - a. Gilead House Sept 3 at 9Am Charlie Skoog would be Club Member in charge of equipment. Form and Check was received. Use of equipment was approved.
 - b. Cole Porter Oct 1 at 9AM Charlie Skoog will be Club Member in Cahrge of Equipment. Form has been received and check will be mailed to Club Treasurer. Use of Equipment was approved.
7. Jack-o-Lantern Jog Oct 29 Rebekah Monroe spoke briefly about needing volunteers and may need to use the club's equipment.
8. Patty Weitzel volunteered to be the Club Kokomo Facebook administrator.

Meeting adjourned at 7:02 PM

Those attending were Patty Weitzel, Dan Coughlin, Diana Brown, Rebekah Monroe, Vicki Boles, Charlie Skoog, Earl Strong, and Mark Shorter.

Howl at the Moon Results

21st Annual

Howl at The Moon 8 Hour Ultra

August 13th, 2011

Scott Colford (Overall Winner)	56.93mi.
Phil Rozzi	41.98
Roxane Burrous	35.40
Kim Anderson	34.90
David Hughes	33.90
Jim Burrous	27.82
Jeanie Townsend	23.03
Gregory Townsend	20.24



Carla Knapp at AGR



Gary Callahan — AGR Overall winner

Race Results

2011 Norris Insurance 5K Saturday, August 06, 2011 Converse, IN

1: BJ Needler 15:47
2: Josh Neideck 16:33
3: Mark Massengill 16:52
4: Scott Colford 16:56
5: Kory Kennedy 17:19
6: Joshua Hughes 17:30
7: Parker Jones 17:46
8: Austin Elliott 18:09
9: Christian Daugherty 18:58
10: Byron Bundrent 19:14
11: Jordan Ousley 19:18
12: Waylon Coulter 19:22
13: Ryan Horner 19:26
14: Chris Lasley 19:42
15: Heather Weber 19:52 1st Female
16: Thomas Slaughter 20:15
17: Ben Norton 20:17
18: Kenny Slaughter 20:39
19: Nash Flanagan 20:48
20: Jace Martin 20:53
21: Caleb Derby 20:56
22: Gary Callahan 20:56
23: Madeline Cramer 21:14
24: Kenny Bennett 21:17
25: Jerry Long 21:27
26: Riley Carter 21:39
27: Jacob Evans 21:43
28: Kevin Roorbach 21:51
29: Phil Rozzi 21:59
30: Nate Linna 22:01
31: Grant Harbaugh 22:14
32: Carly Jones 22:15
33: Riley Orrell 22:17
34: Rinn Evans 22:17
35: Adam Lyons 22:28
36: Jon Hullinger 22:28
37: Eric Mathew 22:31
38: Reagan Ritchie 23:33
39: Cara Love 22:39
40: Andy Billheimer 22:39
41: Gerriff Taylor 22:40
42: John Kirkmeyer 22:45
43: Caleb Young 22:45
44: Kurtis Rangel 22:47
45: Abram Rodrigues 22:50
46: Justin Jones 22:52
47: Tristan Babbitt 22:52
48: Gina Jakubowicz 22:55
49: Bruce Shanks 23:06
50: Larry Emmons 23:18
51: Josh Edgington 23:21
52: Jeremiah Munsell 23:24
53: Danny Nalley 23:24
54: Andrew Tucci 23:31
55: Joel Garverick 23:33
56: Gavin Jones 23:34
57: Kristi Repragle 23:34
58: Tabitha Vermillion 23:37
59: Ethan Cramer 23:38
60: Jacob Hochestetler 24:00
61: Brittiani Gillem 24:00
62: Chris Edgington 24:04
63: Mark Shorter 24:11
64: Derek Gibson 24:23
65: Shanann Nenhonse 24:47

66: TA Weber 24:27
67: Austin Daugherty 24:28
68: Brennan Butche 24:32
69: Landon Morris 24:37
70: Thomas Linna 24:39
71: Earl Strong 24:39
72: David Miller 24:44
73: Mike Daugherty 24:46
74: Alisha Sweet 24:47
75: Ben Puffer 24:59
76: Hannah King 25:00
77: Connie Gamble 25:01
78: Mike Deardorff 25:05
79: Bill Barnett 25:05
80: Kim Lee 25:15
81: Ken Swinehart 25:18
82: Ryan Purvis 25:30
83: Mike Schoenradt 25:31
84: Brittany Berry 25:32
85: Levi Graff 25:33
86: Michael Graham 25:36
87: Brandon Pace 25:38
88: John Peters 25:39
89: Codie Volland 25:45
90: Jordan Edgington 25:47
91: David Ridenour 25:51
92: Terry Jones 25:55
93: Stacy Bettegnies 26:01
94: Melissa Goad 26:08
95: Cindy Stone 26:15
96: Katelyn Singer 26:20
97: Anna Dollens-Rangel 26:27
98: Joe Rangel 26:32
99: Chris Butche 26:33
100: Jeff Cramer 26:39
101: Cara McKellar 26:42
102: Samuel Bettegnies 26:48
103: Linsie Middleshorm 26:59
104: Jami Maynus 27:08
105: Tonya Newhouse 27:08
106: Vernon Keller 27:24
107: David Hughes 27:24
108: Steve Williams 27:30
109: Billy Stanton 27:46
110: Mark Eads 28:03
111: Aaron Travis 28:05
112: Greg Sullivan 28:06
113: Trish Miller 28:23
114: Stan Shuey 28:31
115: Preston Abbott 28:36
116: Scott Deyoe 28:40
117: Russ Hovermale 29:04
118: Josh Downing 29:20
119: Austin Anderson 29:26
120: Nick Herrera 29:34
121: Cavan Williams 29:45
122: Brendyn Rogers 29:49
123: Stan Riblen 29:50
124: Christina Deyoe 29:55
125: Doug Mankell 29:59
126: Rhenda Acton 30:02
127: Stacy Henderson 30:08
128: Vickie Boles 30:26
129: Terry Watson 30:30
130: Mark Hovermale 30:34
131: Christina Konopa 30:52
132: Faith Mooney 30:52
133: Emily Duquaine 30:52
134: Robin Cole 30:58
135: Joyce Pennycoff 31:07

136: Camden Jones 31:28
137: Travis Barnes 31:32
138: Bruce Savage 31:37
139: Justine Eads 31:55
140: Bill Menges 32:20
141: Dawn Gordon 32:40
142: Jeff Gordon 32:40
143: Michelle Leak 33:11
144: Danielle Glass 34:15
145: Ricke Stucker 34:16
146: Rose Clem 34:27
147: Tracy Brown 34:31
148: Grady Rogers 34:55
149: Charlie Skoog 35:05
150: Luke Leckron 35:15
151: Lisa Nilson 35:46
152: Randi Jones 35:50
153: Cindy Coulter 36:03
154: Ken Huston 36:08
155: Laura McGrain 36:13
156: Bob Cupp 36:26
157: Michelle Maddix 36:52
158: Melinda Conway 38:39
159: Allie Conway 38:39
160: Garry Conway 38:39
161: Nate Williams 40:42
162: Leslie Lynn 42:55
163: Sue Keller 43:05
164: Dennis Marlow 44:57
165: Carol Savage 45:17

5K Walk

1: Vincente Lorenz 27:20
2: Mary Miller 31:40 1st Female
3: Olina Miller 35:46
4: Tony Lorenz 37:13
5: Jim Gross 37:54
6: Rick Spencer 39:03
7: Kathy Snyder 39:10
8: Richard Kerkhof 39:17
9: Ray Jean Swinehart 39:25
10: Lisa Wolfgang 40:11
11: Marsha Daugherty 41:38
12: Robin Michael 42:25
13: Jayne Stucker 44:09
14: Jean Heflin 44:11
15: Mary Lou Rutherford 44:38
16: Janice Clemons 44:42
17: David Linna 44:57
18: Tammi Linna 45:47
19: Mark Linna 45:49
20: John Harbaugh 45:50
21: Angela Lorenz 47:14
22: Faith Madison 47:19
23: Connie Studebaker 51:01
24: Ron Conway 51:43
25: Mary Agnes 51:43
26: Susan Miller 52:08
27: Bethany Miller 1:00:40
28: Amber Cart 1:00:40
29: Makala Jackson 1:02:45
30: Christina Miller 1:06:37
31: Triteny Washington 1:06:44
32: Amalia Miller 1:06:45
33: Lisa Cart 1:06:46

Kids Fun Run

1: Brendyn Rogers 4:52
2: Tyshon Gregory 5:07
3: Joshua Repragle 5:20

4: Abby Strange 5:27 1st Female
5: Mathew Strange 5:29
6: Danny Nally 5:41
7: Grandyn Rogers 5:45
8: Thomas Nalky 5:47
9: Alex Leckron 9:41

Run for Shelter 5K Saturday, August 20, 2011 Oakbrook Valley, Russiaville

1: Kory Kennedy 17:42
2: Scott Colford 18:14
3: Parker Jones 18:20
4: Joshua Hughes 19:03
5: Ben Norton 20:54
6: Heather Weber 21:25
7: Gary Callahan 22:03
8: Minh Pham 22:15
9: Jon Hullinger 23:16
10: Jordan Edgington 24:40
11: Lori Warking 25:33
12: Kelly Wright 25:44
13: Carlos Delangel 25:52
14: Kim Lee 25:54
15: Earl Strong 25:55
16: Mike Daugherty 25:58
17: Michael Graham 26:18
18: Carly Jones 26:33
19: Ken Swinehart 27:11
20: Cindy Stone 27:26
21: Unknown Runner 27:34
22: Thom Pemberton 27:35
23: Unknown Runner 27:49
24: Joseph Rangel 27:52
25: David Emry 28:05
26: Terry Jones 28:06
27: T.A. Weber 28:15
28: Brendyn Rogers 28:16
29: Anna Rangel 28:22
30: Unknown Runner 28:24
31: Erin Knepley 28:30
32: Cara McKellar 28:37
33: Michelle Clendenning 28:49
34: Nikki Frazier 28:53
35: Ryan Butcher 28:58
36: Katie Lawson 29:03
37: John Peters 29:09
38: Daniel Phillips 29:14
39: Stan Shuey 29:45
40: Jerry Meiring 29:53
41: Carla Knapp 29:57
42: Jeff Ladow 30:06
43: Melissa Carroll 31:19
44: Alice Bowers 31:37
45: Birdette Gaskin 31:40
46: Ray Tetrault 31:53
47: Allyson Jewell 32:18
48: Kristen Pate 32:21
49: Robin Tetrault 32:41
50: Marti Sholy 32:56
51: Unknown Runner 33:23
52: Unknown Runner 33:23
53: Robin Cole 33:47
54: Vern Graves 33:49
55: Heidi Vint 34:12
56: Doug Mankell 34:17
57: Megan West 34:42
58: Tammi Delph 34:53
59: Sabrina Gilbert 35:01

60: Melissa Kidwell 35:05
61: Angela Butcher 35:12
62: Jennifer Phillips 35:17
63: Brandi Knepley 35:27
64: Ricke Stucker 35:37
65: Grady Rogers 35:38
66: Amy Ripley 36:02
67: Gregory A. Townsend 36:22
68: Erika Pate 36:41
69: Vicki Smith 38:37
70: Elizabeth Brown 38:53
71: Amber Longwith 38:56
72: Kim Strunk 39:07
73: Jeannie Townsend 39:13
74: Lisa Metz 39:40
75: Amanda Flick 40:52
76: Will Baxter 41:02
77: Charles Skoog 41:35
78: Marianne Wilson 41:36
79: Jim Carroll 43:02
80: Lauren Carroll 43:03
81: Amy Porter 44:01
82: J.P. Wyman 45:47
83: Jillian Ladow 45:48
84: Madyson Baxter 48:46
85: Amy Baxter 48:47
86: Sophia Wyman 51:18
87: Shelly Wyman 51:20

5K Walk

1: Vince Lorenz 30:34
2: Mary Miller 33:26
3: Liz Zeng 38:20
4: Nicole Ritchey 38:21
5: Rick Spencer 40:00
6: Jerry Lambert 40:11
7: Toney Lorenz 41:40
8: Raye Jean Swinehart 41:43
9: Lisa Wolfgang 42:16
10: Jane Inman 42:49
11: Jeff Detrick 43:56
12: Peggy Obermeyer 44:23
13: Jill Babcock 44:24
14: Anh Lee 44:26
15: Mary Lou Rutherford 47:01
16: Angela Lorenz 47:18
17: Jayne Stucker 48:00
18: Michelle Kennedy 48:49



Byron Bundrent

2011 Club Kokomo Age Graded Races
Saturday, August 13th, 2011
Highland Park, Kokomo, IN
4 Mile Age Graded Run

Place	Name	Overall	Start	Split
1	Gary Callahan	29:38	2:30	27:08
2	Byron Bundrent	31:10	5:30	25:40
3	Austin Elliott	31:45	7:45	24:00
4	Carla Yerkes	31:59	1:15	30:44
5	Kory Kennedy	32:02	9:30	22:32
6	Kristi Repragle	32:12	1:30	30:42
7	Parker Jones	33:13	10:00	23:13
8	Kenny Bennett	33:23	5:30	27:53
9	Jacob Bradshaw	34:14	8:00	26:14
10	Mark Shorter	34:30	3:30	31:00
11	Eric Mathew	34:35	5:15	29:20
12	John Peters	34:40	0:45	33:55
13	Ben Norton	34:41	8:30	26:11
14	Mark Beals	35:05	6:00	29:05
15	Rosellen Connolly	35:19	2:00	33:19
16	Anna Dollens-Rangel	35:27	0:45	34:42
17	Morgan Humphrey	35:31	5:45	29:46
18	Jeff Cardwell	35:32	5:00	30:32
19	Art Lauer	35:33	3:45	31:48
20	Kathy Murdock	35:47	0:00	35:47
21	Mark Boss	35:47	7:45	28:02
22	Grant Harbaugh	35:59	8:00	27:59
23	Mike Deardorff	36:09	4:00	32:09
24	Kyle Starich	36:16	8:45	27:31
25	Carly Jones	36:26	6:15	30:11
26	Earl Strong	36:57	4:30	32:27
27	Diana Jones	37:03	7:00	30:03
28	Cara McKellar	37:10	1:45	35:25
29	Stan Shuey	37:19	0:45	36:34
30	Aaron Kirk	37:27	8:00	29:27
31	Adam Lyons	37:44	8:00	29:44
32	Robin Tetrault	37:52	0:30	37:22
33	Laurie Ousley	38:35	1:00	37:35
34	Ken Swinehart	39:08	5:30	33:38
35	Paula Kucholick	39:29	3:00	36:29
36	Brad Richmond	39:32	8:00	31:32
37	Vernon Keller	39:46	3:15	36:31
38	Michael Graham	40:09	6:45	33:24
39	Joe Kidd Rangel	40:20	2:45	37:35
40	Vicki Boles	40:52	0:30	40:22
41	Doug Mankell	41:29	1:30	39:59
42	Terry Jones	42:18	7:00	35:18
43	Brendyn Rogers	42:31	4:00	38:31
44	Ray Tetrault	43:17	4:45	38:32
45	Carla Knapp	43:46	6:00	37:46
46	Laura Cook	43:51	2:15	41:36
47	Tracy Brown	45:22	1:45	43:37
48	Ricke Stucker	45:55	2:30	43:25
49	Bob Cupp	48:06	0:00	48:06
50	Joy Avergonzado	48:35	5:00	43:35
51	Charlie Skoog	49:54	3:15	46:39
52	Brian Humphrey	51:29	10:00	41:29
53	Mary Price	53:37	2:15	51:22
54	Sue Keller	58:44	0:15	58:29
55	Patricia Weitzel	63:13	4:00	59:13

2011 Club Kokomo Age Graded Races
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Highland Park, Kokomo, IN

Place	Name	Overall
1	Amanda Pena	35:19
2	Jerry Lambert	37:27
3	Kathy Snyder	39:24
4	Rick Spencer	39:52
5	Raye Jean Swinehart	39:52
6	Jane Inman	40:08
7	Robin Michael	42:03
8	Mary Lou Rutherford	43:32
9	Jean Heflin	43:40
10	Jayne Stucker	45:17
11	Dan Coughlin	55:23
12	Diana Brown	55:24

Birthdays

9-2 Jane Reid	9-20 Caleb Bewley
9-3 Deb Cardwell	9-20 Nikki McCracken
9-4 Ron Moore	9-20 Tiffany Parr
9-4 Graysen Neer	9-20 Kelsey Weber
9-6 Anna Dollens	9-21 Sophie Frazier
9-6 Natilee Jones	9-21 Todd Marschand
9-8 Amy Irick	9-22 Donald E. Andrews
9-8 Michael Tetrault	9-22 Scott Hemmeger
9-9 Kerrigan Forgrave	9-24 Austin Frey
9-9 Anna Kantz	9-25 Sam Williamson, Jr.
9-9 Vernon Keller	9-26 Grace Bagwell
9-9 Kallee Taflinger	9-26 Ryan Bagwell
9-10 Kevin Forgrave	9-26 Teresa Barlow
9-13 Earl Strong	9-26 Lydia Emry
9-14 Linda Donovan	9-26 Michael Frey
9-14 Larry Sullivan	9-26 Holly Hurlburt
9-16 Bill Bennett	9-27 Carly Jones
9-16 Emily Riggie	9-27 Brady Thompson
9-17 Steve Kilcline	9-28 Scot Hamilton
9-17 Sandy Knowland	9-28 Devin Shackelford
9-17 Corey Moore	9-30 Jeff Hauswald
9-18 Barbara Hobbs	9-30 Carrie Lee

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, Converse, AGR, CAM 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**Women**

0-12 Alexandra Parr 5-95V Madison Parr 5-77V Maya James 2-40 Sophia Wyman 2-40 Kailee Taflinger 2-30R Kelsey Weber 2-30RV Lauren Weber 2-30RV Maggie Weber 2-30RV Natalie Weber 2-30RV Lana Pham 1-20V Emily Riggle 1-20V Gretchen Riggle 1-20V Kelsey Metz 1-12	Kelly Barker 1-20H Allison Irvin 1-20H Rebekah Monroe 1-20V Sharon Whelan 1-20 Justine Eads 1-15 35-39 Nikki Frazier 9-180H Jennifer Sinka 5-85H Tina Dixon 4-62HR Erika James 3-55H Michelle Boyd 2-40 Mary Cameron 2-40H Robyn Pagington 1-20H 40-44 Heather Weber 9-180H Tami Moore 6-105MH Shelly Wyman 7-104H Carol Savage 7-97HRV Patricia Weitzel 6-87CRV Dana Culp 2-40H Tasha Rogers 2-40MH Gina Sheets 2-40U Kristine Bewley 1-20H Lisa Birkhimer 1-20 Stella Rood 1-20H Laura Sheets 1-20H 45-49 Cara McKellar 13-235H Cindy Stone 7-140H Laura Cook 5-69 Kim Anderson 2-40UH Joni McCracken 2-40HV Lisa Metz 2-27 Carrie Lee 2-20R 50-54 Laurie Ousley 9-170H Anita Upchurch 3-50HC Roxane Burrous 2-40UH Doris Campbell 2-32 Carla Yerkes 1-20 55-59 Anna Rangel 18-340HCRV Robin Tetrault 13-194HRV Robin Cole 13-167C Joyce Pennycoff 9-134HRV Vicki Boles 7-112HRV Sue Keller 7-69 Theresa Barlow 1-20V Rhenda Acton 8-145	60-64 Kathy Murdoch 7-140 Jeanie Townsend 6-97R 65-69 Susan Gerhart 1-20 Men 0-12 Keagan James 5-87 Justin Taflinger 4-70R Brendyn Rogers 3-55 Vinh Lee 2-35 Cavan Williams 2-35 Aidan Frazier 2-24 Colby Mims 1-20 John Paul Wyman 1-15 Grady Rogers 1-12 13-19 Chad Jr. Gaddis 7-122V Jacob Bradshaw 5-92H Billy Jones 6-89CR Austin Young 3-60H Kyle Starich 2-25 Waylon Coulter 1-20 Minh Pham 1-20 Ben Bradshaw 1-15 Quinn Reinhardt 1-15 Nate Williams 1-15 Landrum Neer 1-10 Eric Doyka 1-9 20-24 Kory Kennedy 14-270H Parker Jones 15-250HC Jordan Ousley 6-83H 25-29 BJ Needler 7-140 Michael Tetrault 1-20H 30-34 Chad Sr. Gaddis 7-140V Billy Cox 5-60C Mark Fernandes 2-35H Mark Eads 1-20 Andrew Jones 1-20H 35-39 T.A. Weber 10-157HRV Chris James 7-135	Samuel Parr 8-119 Sam Grant 5-92HV David Reinagle 6-77HCR Tim Taflinger II 5-77HR Chris Frazier 4-70MH Matt York 4-69MH Aaron Kirk 3-47 William Irvin 1-20H 40-44 Scott Colford 12-240U Terry Jones 15-215HC Jay Priest 8-140MH David Emry 8-112HR Paul Wyman 7-101MH Ron Moore 6-99H Scott Riggle 4-62HRV Steve Williams 4-50H Ken Austin 3-42 Don Rogers 2-40MH Michael Rood 1-20H Travis Sheets 1-20M Vern Graves 2-18 Dwight Elliott 1-10 45-49 Michael Graham 18-292HCRV Scott Deyoe 12-160HCRV Paul Sanders 8-155H Kim Lee 8-132R Dana Neer 2-40HV Brian Reinhardt 2-40HV Rich Bradshaw 1-20H Scott Glover 1-20 Chee Lee Lee 1-10 50-54 Phil Rozzi 15-216UH Ken Swinehart 16-169HR Eric Mathew 11-161H Ray Tetrault 14-154HRV Kenny Bennett 7-120 Jerry Long 8-116 Byron Bundrent 5-100 Kevin Campbell 8-80H Bruce Savage 8-79HRV Al Hochgesang 6-70 Jerry Meiring 7-67 Doug Hollingsworth 4-57H Ron Metz 3-46HV Jeff Cardwell 5-43	William Jones 2-32V Scott Hemmeger 1-20H Keith McAndrews 1-15 55-59 Mark Shorter 16-290HCR Mike Deardorff 12-167H Earl Strong 8-127 Greg Townsend 7-96R Jeff LaDow 5-71H Dave White 2-40HV Russ Hovermale 3-33 Michael Campbell 1-20H John Sites 1-20 Joe Yeagle 2-19 Karl Stoneking 1-10 Scott Hamilton 1-9 60-64 Charlie Skoog 16-237HCRV Gary Callahan 11-220 Ricke Stucker 14-160CRV Joe Rangel 11-150CRV Vern Keller 8-113 Tom Miklik 6-87H Bill Menges 5-56H Fred Chew 2-40H Steve Wand 3-33 Steve Kilcline 2-30H Walter Brown 1-20H Bill Cox 1-10R 65-69 Bill Barnett 9-180HV David Hughes 10-165UCV Doug Mankell 9-149 Dale Sullivan 1-12 70-74 Stan Shuey 12-215CV John Peters 4-80 Ken Huston 3-42 75-79 Robert Cupp 7-130R Riley Case 3-60 Bill Heck 1-20V
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2011 Calendar

September 17

4th GNO

Time: 5:00 p.m.

Location: Downtown Kokomo, IN

http://www.ckrr.us/forms/GNO_2011.pdf

September 24

Bee Bumble 5K & 10K

Time: 8:00 a.m.

Location: Burnettsville, IN

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

October 01

Cole Porter 15K Run/ 5K Run/Walk

Time: 9:00 AM

Location: Circus Building, Peru, IN

<http://www.nickelplatetrail.org/ColePorterRunEntryform2011.pdf>

October 08

St. Joseph Foundation's Runnin' the Shores 5K

Location: Champaign Shores Kokomo, IN

Contact: Todd Moser

Email: TMoser@stjoseph.stvincent.org

<http://www.stvincent.org/St-Joseph/Ways-to-Give/Foundation-Events.aspx>

October 23

Club Kokomo Nickel Plate Trail

8K /3 Mile Walk

Time: 2 PM

Location: Nickel Plate Trail Head

Peru, IN

October 29

YMCA Jackolantern Jog

5K Run/Walk

Time: 8am

Location:YMCA, Kokomo

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

November 24

Club Kokomo Cares

5K Run/ Walk

Points 20 For Each Finisher

Time: 8 AM

Location: Rogers Pavillion High-land 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

Walkers

Women

20-24

Brittany Deyoe 1-20

25-29

Ashley Taflinger 1-20H

30-34

Amy Irick 2-40

35-39

Tiffany Parr 4-80V

40-44

Anh Lee 3-60

45-49

Jean Heflin 12-230RV

Angie Bowman 2-35H

Stacey Jones 2-30

Chari Deyoe 1-15

50-54

Mary Miller 17-320HRV

Raye Jean Swinehart 15-

212HRV

Amanda Pena 13-

199HCRV

Jane Inman 14-176HR

Jayne Stucker 13-138CR

Debbie Riffe 5-66RV

Gayle Long 1-10

Kathy Touloukian 1-7

55-59

Jan Wall 6-120

Barbara Hobbs 1-10R

Christine Williamson 1-10

60-64

Angela Lorenz 12-220R

65-69

Mary Lou Rutherford 15-

270CR

Diana Brown 7-105RV

Jane Reid 1-20V

Men

25-29

Vince Lorenz 12-230H

40-44

Brian Allen 11-200HCRV

50-54

Steve Inman 6-115

Don Hurd 4-65

55-59

Rick Spencer 6-110

Tim Taflinger 3-50HR

Bob Longwith 1-10R

60-64

Toney Lorenz 15-280R

Robin Michael 8-125

Melvin Hobbs III 1-10R

65-69

John Mohr 4-80

Jim Burrous 2-40UH

David Mygrant 1-20H

70-74

Jerry Lambert 16-

290HCR

Jim Gross 12-200H

Dan Coughlin 5-69R

Jerry Leach 1-20

80+

Milt Brown 2-30R

Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902



We're on the web
ckrr.us



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