



# The Roadrunner

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

## Next Races

March 03  
 Norris Insurance  
 5K Run/ Walk  
 Time: 9 AM  
 Location: Community  
 Building,  
 Amboy, IN  
 Website: [http://  
 norrisinsurance.com/](http://norrisinsurance.com/)

March 10  
 Old Ben 5K Run/  
 Walk  
 Time: 9 AM  
 Location: Highland  
 Park, Kokomo, IN

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## Not Living Typical, Made to be Exceptional

By Travis Sheets

Clinton County Councilman, Travis Sheets will not be seeking a third term this up-coming election. He says, "Gina and I will pursue interests pertinent to the spread of the gospel to the world". Sheets says, "We are all commissioned to serve, but we are all influenced differently in how we serve to better our world. Our faith leads us not to be typical, but rather to strive to be exceptional." Travis and his wife, Gina, realize that not everyone is called to dramatically change their lives and move across seas, but some are. "Gina and I have been presented an opportunity which puts our faith into motion. It's about being involved in something that is much larger than us- it's much larger than life." To say the least, we are scared to death, but we know there is a greater plan in place."

Several months ago the Sheets' were approached by a representative of the Republic of Congo who brought them a message from President Denis Sassou Nguesso, who invited them to help develop the Country. "I was amazed about

how much they knew about us, our interests, and our talents" Sheets said. Ambassador Vital Balla traveled to the U.S. to meet with the Sheets, State and Local Officials, Purdue University, and several Indiana businesses last month on the President's behalf.

The Sheets' say that they will be involved in creating a learning center to teach many skills to help empower the local people and ultimately the country. "The Republic of Congo is a post-war country that has experienced a "generational skip", if you will." During the war, the rural people left the country side and moved to the cities. Now the people with the knowledge and know-how of farming practices are gone, and agriculture, and livestock rearing has gone by the wayside. Currently 90% of all food is imported into the country which makes the price very high. Most of an individual's income is used for food. Sheets says by teaching the people of the Congo how to farm and produce enough food to create trade within the country, the result would be

lower food prices and would help stimulate the economy.

"The plan is to create a faith based, Christ-centered "Learning Center" that we would use to teach not only farming, but also technical skills that would give individuals a better chance for employment", Sheets said. The center would be equipped to accommodate mission groups and student interns for long and short stays.

"We will need involvement from our faith based community here in Frankfort to make all this a success." If you are interested in knowing more and being involved, contact Travis Sheets at: 765 659-5310.

Travis wishes to thank all who have supported him in the position of County Councilman and appreciates the opportunity to have served Clinton County.

Travis and Gina and their three dogs will be relocating in January 2013.

## Inspirational thought of the month

From your club chaplain

As you know, February 14<sup>th</sup> is Valentine's Day. It's a day when we make an awkward attempt at expressing our love for our spouse, girlfriend or boyfriend. Some of us men rush out at the last minute to buy some flowers or candy and or make dinner reservations for the evening. I think that we mostly do this because we are shamed into it by all the hype that surrounds the occasion through advertisements and card companies. God's scripture tells us about what true love should be.

### 1 Corinthians 13:4-7

New Living Translation (NLT)

<sup>4</sup> Love is patient and kind. Love is not jealous or boastful or proud <sup>5</sup> or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. <sup>6</sup> It does not rejoice about injustice but rejoices whenever the truth wins out. <sup>7</sup> Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Let us consider these words carefully every day, not just one day in the month of February.

Steve

## OTHER AREARACES

**March 26**

**Sam Costa 1/4 & 1/2 Marathon**

**Time: 9 AM**

**Location: Carmel, IN**

**<http://www.samcosta.com>**



## CHILI COOK OFF



Once again we will have a Chili Cook off at the CKRR Awards luncheon. Prizes will be awarded for the top three Chili dishes. Have a great "chili" dish you wish to share with CKRR, now is your chance. On February 26 at 2:00pm at the Nazarine Church (2734 S Washington St, Kokomo) will be the CKRR Awards luncheon. Please bring a dish to share or if you make a mean pot of chili please bring it, who knows you could win. Please email me if you can bring a pot of chili [ckrr.newseditor@att.net](mailto:ckrr.newseditor@att.net)

## F r o m   t h e   P r e s i d e n t

By Rebekah Monroe

## Awards Luncheon and Upcoming Races

The Club Kokomo Roadrunners annual awards luncheon for the 2011 running season will be held on Sunday, February the 26<sup>th</sup> from 2-4pm at the 1<sup>st</sup> Church of the Nazarene located on the corner of Lincoln and Lafountain. During the luncheon the club will recognize the age group and specialty award winners from last season as well as share in some great food, fellowship and participate in the famous chili cook-off. Everyone is invited to bring their favorite side dish or dessert to share and those of you with a killer chili recipe feel free to enter the chili cook-off competition. If entering, please send an email to

[rebekah.a.monroe@gmail.com](mailto:rebekah.a.monroe@gmail.com) with your name and type of chili you will be bringing to the luncheon. Prizes will be awarded to the top three chili picks....remember your fellow attendees will be the judges!

Race season will shortly be upon us starting with the Amboy Pancake Run on March 3rd. The club will be assisting in timing this event again and are looking for volunteers to help in this area. If you are interested in helping at the finish line please

contact me ASAP. Also, we are beginning to form race committees and gather volunteers for the Haynes Apperson, Girls Night Out, Jack Jog and New Years Eve events for 2012. If you would like to get more involved in any or all of the above mentioned events please contact me as soon as possible.

I'm looking forward to an awesome race season this year...and my goal this year is to run the majority of races instead of pulling tags and tracking times at the finish line ;-). We will see how that works out...lol. Thank you for your continued support for the club, running and the encouragement of others!

*"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - [Steve Prefontaine](#)*

Health and blessings,  
Rebekah

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**Awards Banquet**

**February 26, 2007**

**2:00 PM**

**Church of Nazarine**

**2734 S Washington St**

## Other Races Results

### **Bop to the Top**

#### **36 Floor Stair Climb**

#### **790 Steps - 500ft**

January 22, 2012

1: Justin Stewart 3:39

4: Scott Colford 4:13

44: Scott Riggle 5:22

225: Roxane Burrous 7:06

281: Samuel Parr 7:28

410: Adriene Riggle 8:14

441: Alexandra Parr 8:25

497: Madison Parr 8:41

Total Finishers

### **Walt Disney World ½ Marathon**

(Saturday January 7, 2012) 22,421 Finishers

1. Jose De Morais 1:10:12

22333. Tiffany Parr 4:07:03

22334. Samuel Parr 4:07:03

### **Walt Disney World Marathon**

(Sunday January 8, 2012) 13,478 Finishers

1. Fredison Costa 2:19:02

9441. Samuel Parr 5:43:02

### **Planet Adventure**

Night Trail Race 6 pm start

Race Quarter, Half and Full Marathon

January 28, 2012

#### **Quarter Results 6.55mi**

1: Robb Awe 46:55

104: Nikki Fraizer 1:16:20

105: Adriene Riggle 1:16:20

Total Finishers 220

#### **Half Results 13.1mi**

1: Andrew Fritz 1:32:17

7: Matt York 1:47:58

9: Chris James 1:48:39

10: Tony White 1:49:33

13: Bob Atkins 1:51:33

33: Parker Jones 2:00:51

134: Dave Emry 2:34:02

138: Tammy Moore 2:35:28

184: Terry Jones 3:00:36

Total Finishers 228

### **Check out Dan Lutes barefoot running blog**

Frostbite – A Barefooter's Nightmare

<http://www.barefootdan.blogspot.com>



## Trophies Needed

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

Please join us at our next meeting at the Y at 6:00 p.m. I will be there to pick up all trophies too!

Thank you!

## Miracle Mile Results

### Jackie Sanders Miracle Mile Wednesday, January 4, 2012 Highland Park Walk/Bike Path

1. Parker Jones 6:06
2. Sam Grant 6:42
3. Paul Sanders 7:04
4. Eric Mathew 7:26
5. Charlie Skoog 8:09
6. Ray Tetrault 8:10
7. Laura Cook 9:01
8. Robin Tetrault 9:35
9. Joe Yeagle 13:38
10. Chelsea Hubbard 16:51
11. Kelsie Cook 16:51
12. Josiah Johnson 16:51
13. Sarah Kate 18:24
14. Conner Uhrin 18:28
15. Diana Brown 18:58
16. Dan Coughlin 18:58

### Jackie Sanders Miracle Mile Wednesday, January 11, 2012 Highland Park Walk/Bike Path

1. Constantine Alexander 7:19
2. Parker Jones 7:20
3. Charlie Skoog 8:06
4. Kevin Campbell 9:52
5. Ken Huston 10:36
6. Tori Gingerich 12:20
7. Lisa Birkhimer 12:21
8. Milo Hearn 13:26

### Jackie Sanders Miracle Mile Wednesday, January 18, 2012 Highland Park Walk/Bike Path

1. Eric Mathew 7:18
2. Paul Sanders 7:23
3. Charlie Skoog 8:02
4. Vicki Smith 9:16

5. Kevin Campbell 9:34
6. Sharon Whelan 9:41
7. Ken Huston 10:09
8. Terri Hellmann 12:46
9. Joe Yeagle 13:34

### Jackie Sanders Miracle Mile Wednesday, January 25, 2012 Highland Park Walk/Bike Path

1. Barefoot Dan Lutes 7:05
2. Paul Sanders 7:19
3. Charlie Skoog 8:00
4. Terry Jones 8:02
5. Kevin Campbell 10:16
6. Ken Huston 10:46
7. Steve Hearn 13:01
8. Milo Hearn 13:02
9. Lisa Birkhimer 13:16
10. Jerry Leach 14:06

# Walking Club Records

## Walking Records

### 1 Mile

#### Women

35-39	Raye Jean Swinehart	49:02
40-44	Jane Inman	24:53
45-49	Mary Miller	10:03
50-54	Mary Miller	9:44
55-59	Angie Lorenz	18:15
60-64	Pat Robertson	28:43

#### Men

20-24	Vincent Lorenz	9:22
40-44	Steve Inman	22:10
45-49	Tim Taflinger	23:16
55-59	Barry Donovan	24:57
60-64	Jerry Lambert	20:42

### 2 Mile

#### Women

35-39	Mary Miller	25:22
40-44	Mary Miller	24:18
45-49	Barb Coles	33:01
50-54	Donna Gentry	27:51
55-59	JJ Schmidt	27:12
60-64	Pat Robertson	27:25
70+	Helen Brown	35:25

#### Men

0-12	Wesley White	21:59
40-44	Steve Inman	23:17
45-49	Rick Spencer	20:01
50-54	Tim Taflinger	22:18
60-64	Jerry Lambert	17:30

### 4k

#### Women

25-29	Geana Mosson	34:08
40-44	Mary Miller	32:11
45-49	Mary Miller	27:41
50-54	Mary Miller	25:14
60-64	Pat Robertson	38:02
65-69	Pat Robertson	40:04

#### Men

40-44	Steve Inman	31:01
45-49	Keith McAndrews	26:26
50-54	Rick Spencer	25:46
60-64	John McGinty	32:05
65-69	Jerry Lambert	26:30

### 3 Mile

#### Women

0-12	Emily Allen	40:54
13-19	Nicole Parry	34:48
20-24	Katie Wall	40:31
30-34	Amy Irick	45:28
35-39	R. Swinehart	42:43
40-44	Mary Miller	32:08
45-49	Mary Miller	30:22
50-54	Mary Miller	30:38
55-59	Sue Smock	32:08
60-64	Pat Robertson	40:10

65-69	Pat Robertson	42:20
70+	Helen Brown	50:08

#### Men

0-12	Nicholas Allen	40:49
20-24	Vincent Lorenz	26:45
25-29	Vincent Lorenz	26:49
30-34	Billy Cox	42:00
35-39	Brian Allen	35:42
40-44	Steve Inman	33:29
45-49	Rick Spencer	27:17
50-54	Tim Taflinger	27:09
55-59	Steve Mount	32:28
60-64	Jerry Lambert	26:36
65-69	Jerry Lambert	26:45
70+	Jerry Lambert	30:49

### 5k

#### Women

0-12	Emily Allen	39:34
13-19	Karly Irwin	43:32
20-24	Cara Lee	40:28
25-29	Geana Mosson	35:51
30-34	Penny Frazier	37:01
35-39	Mary Miller	33:07
40-44	Mary Miller	33:03
45-49	Mary Miller	31:27
50-54	Mary Miller	31:16
55-59	Sue Smock	32:25
60-64	Sylvia Burgin	41:00
65-69	Pat Robertson	42:43
70+	Pat Robertson	48:50

#### Men

0-12	Nicholas Allen	39:43
20-24	Vincent Lorenz	32:12
25-29	Vince Lorenz	27:20
30-34	Billy Cox	44:56
35-39	Brian Allen	36:57
40-44	Steve Inman	33:24
45-49	Rick Spencer	28:06
50-54	Tim Taflinger	28:38
55-59	Jerry Lambert	27:15
60-64	Jerry Lambert	27:29
65-69	Jerry Lambert	27:41
70+	Jerry Lambert	30:39

### 4 Mile

#### Women

0-12	Emily Allen	53:42
20-24	Kerry Miklik	1:00:18
25-29	Michelle Crockett	53:37
30-34	Penny Frazier	48:01
35-39	Roberta Myers	46:27
40-44	Diane Shockey	50:38
45-49	Mary Miller	43:05
50-54	Anna Dollens	48:13
55-59	Julia Donahue	50:13
60-64	Pat Robertson	55:12
65-69	Pat Robertson	59:52
70+	Helen Brown	1:07:50

### Men

0-12	Nicholas Allen	53:14
35-39	Brian Allen	45:36
45-49	Tim Taflinger	39:36
50-54	Rick Spencer	40:58
55-59	Jerry Lambert	37:11
60-64	Jerry Lambert	38:21
65-69	Jerry Lambert	41:25
70+	Jerry Lambert	40:45

### 5 Mile

#### Women

0-12	Emily Allen	1:11:43
35-39	Mary Miller	1:09:00
40-44	Mary Miller	55:15
45-49	Mary Miller	53:00
50-54	Mary Miller	51:55
55-59	JJ Schmidt	1:04:42
60-64	Pat Robertson	1:10:23
65-69	Pat Robertson	1:14:09
70+		

#### Men

25-29	Vince Lorenz	46:52
35-39	Brian Allen	1:16:26
40-44	Steve Inman	56:56
45-49	Rick Spencer	47:45
50-54	Rick Spencer	52:58
55-59	Tom Gebeau	59:34

60-64	Jerry Lambert	46:58
65-69	Jim Burrous	1:10:13

### Half Marathon

#### Women

20-24	Cara Lee	3:22:09
35-39	Sharon Miller	2:56:22
40-44	Mary Miller	2:27:31
45-49	Mary Miller	2:18:11
50-54	Sue Smock ???	
55-59	Sue Smock	2:49:16
60-64	Pat Robertson	3:09:52
65-69	Pat Robertson	3:18:58

#### Men

25-29	Vince Lorenz	2:10:55
35-39	Tim Revils	3:15:21
40-44	Brian Allen	2:47:51
45-49	Rick Spencer	2:12:55
50-54	Rick Spencer	2:05:30
55-59	Robin Michae	2:22:11
60-64	Jerry Lambert	2:31:53
65-69	Jerry Lambert	2:25:21
70+	Jerry Lambert	2:43:32

### Marathon

#### Men

45-49	Keith McAndrews	5:14:56
50-54	Keith McAndrews	6:00:08
55-59	Melvin Hobbs III	6:09:17

# Running Club Records

**Running Records**

**1 Mile**

**Women**

0-12	Kailee Taflinger	7:07
13-19	Stephanie Miller	5:45
20-24	Megan Tetrault	7:08
25-29	Allison Irvin	6:35
30-34	Darci York	7:56
35-39	Roxane Osborn	6:25
40-44	Lorene Sandifur	6:51
45-49	Roxane Burrous	7:14
50-54	Anna Dollens	7:38
55-59	Joyce Pennycoff	7:49
60-64	Kathy Murdoch	7:48
65-69	Sylvia Burgin	11:53
70+		

**Men**

0-12	Justin Taflinger	5:49
13-19	Jeremy Grams	4:54
20-24	Bryan Phillips	4:36
25-29	Kevin Forgrave	4:52
30-34	Kenny Bennett	4:56
35-39	Byron Bundrent	4:50
40-44	Earl Strong	5:19
45-49	Dana Neer	5:07
50-54	Byron Bundrent	5:23
55-59	Joe Rangel	5:38
60-64	Joe Rangel	6:04
65-69	Stan Shuey	6:55
70-74	Stan Shuey	7:37
75+	Riley Case	9:03

**3 Mile**

**Women**

13-19	Sarah Bauson	23:21
20-24	Grace Bauson	23:50
30-34	Tami Moore	25:23
35-39	Gina Sheets	23:47
40-44	Patti Reinhardt	24:17
45-49	Cassie Bauson	24:20
50-54	Joyce Pennycoff	24:32

**Men**

0-12	Brandon Sheline	20:55
13-19	Matt Robertson	18:20
25-29	William Irvin	19:00
30-34	Scott Colford	16:05
35-39	Tony Campbell	20:23
40-44	Gary Jewell	16:51
45-49	Ray Tetrault	21:59
50-54	Charlie Skoog	20:47
55-59	Tom Miklik	23:09
60-64	Stan Shuey	24:54
65-69	John Norris	23:44
70+	Milt Brown	34:21

**5k**

**Women**

0-12	Waverly Neer	19:25
13-19	Waverly Neer	17:58
20-24	Christan Bahler	18:15
25-29	Robyn Pagington	19:18
30-34	Karlene Herrell	18:15
35-39	Heather Weber	18:22
40-44	Angie Minnefield	21:34
45-49	Lien Koztecki	21:11
50-54	Lorene Sandifur	23:04
55-59	Joyce Pennycoff	26:43
60-64	Kathy Murdoch	26:58
65-69	Susan Gerhart	41:16

**Men**

0-12	Jarred Hall	18:27
13-19	Bryan Phillips	15:15
20-24	Bryan Phillips	15:34
25-29	Kevin Forgrave	15:51
30-34	Kevin Forgrave	15:36
35-39	David Gardner	15:55
40-44	David Gardner	15:50
45-49	Byron Bundrent	17:18
50-54	Chuck Masters	18:01
55-59	Joe Rangel	18:47
60-64	John Norris	20:24
65-69	Bill Heck	22:00
70+	Bill Heck	25:33

**6k**

**Women**

0-12	Missy Tetrault	36:12
13-19	Christan Bahler	26:00
20-24	Jill Pennycoff	39:48
25-29	Lisa Stucker	39:34
30-34	Tami Moore	32:45
35-39	Sue Gibson	37:28
40-44	Roxane Osborn	29:57
45-49	Robin Tetrault	36:50
50-54	Lien Koztecki	34:47

**Men**

0-12	Jarred Hall	27:04
13-19	Dickie Bishop	22:35
20-24	Daniel McGill	23:06
25-29	Scott Colford	22:59
30-34	Scott Colford	22:39
35-39	Gary Jewell	22:17
40-44	Ken Swinehart	27:15
45-49	Charlie Skoog	27:35
50-54	Charlie Skoog	26:09
55-59	Jim Burrous	32:38
60-64	Ken Huston	42:02
65-69	Bob Cupp	39:31

**4 Mile**

**Women**

0-12	Waverly Neer	26:34
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13-19	Leslie Carden	23:40
20-24	Christan Bahler	25:00
25-29	Robyn Pagington	24:09
30-34	Karlene Herrell	22:53
35-39	Heather Weber	23:51
40-44	Carla Yerkes	26:04
45-49	Carla Yerkes	27:39
50-54	Anna Dollens	30:36
55-59	Doris Griffith	33:11
60-64	Kathy Murdoch	34:25
65-69	Kathlene Leach	43:40

**Men**

0-12	Jarred Hall	24:16
13-19	Jeremy Grams	20:30
20-24	Luke Baker	20:50
25-29	Kevin Forgrave	20:48
30-34	Kevin Forgrave	20:26
35-39	David Gardner	20:53
40-44	Gary Romesser	20:01
45-49	Byron Bundrent	22:52
50-54	Chuck Masters	23:49
55-59	Joe Rangel	24:03
60-64	Joe Rangel	25:34
65-69	Bill Heck	29:07
70+	John Peters	33:55

**8k**

**Women**

13-19	Tonya Buffum	33:35
20-24	Allison Traver	40:04
25-29	Allison Irvin	51:43
30-34	Heather Weber	33:44
35-39	Lisa Jones	40:53
40-44	Lorene Sandifur	39:51
45-49	Lien Koztecki	37:04
50-54	Rhenda Acton	43:48
55-59	Lien Koztecki	45:42

**Men**

0-12	Justin Taflinger	36:38
13-19	Jeff Dwiggin	29:53
20-24	Parker Jones	28:29
25-29	Howard Harrell	28:52
30-34	Brian Reinhardt	30:29
35-39	Scott Colford	27:54
40-44	Gary Jewell	29:54
45-49	Byron Bundrent	28:39
50-54	Chuck Masters	34:57
55-59	Joe Rangel	31:46
60-64	Joe Rangel	33:29
65-69	Ernie Strawn	40:18
70+	Bill Heck	51:23

**5 Mile**

**Women**

0-12	Kayla Reinagle	49:22
13-19	Waverly Neer	30:44
20-24	Christan Bahler	32:24
25-29	Kelly Wright	34:32

## Running Club Records (continued)

30-34 Maggie Kuhlman 33:17  
 35-39 Heather Weber 30:27  
 40-44 Gina Sheets 36:36  
 45-49 Lien Koztecki 35:41  
 50-54 Lorene Sandifur 40:23  
 55-59 Lien Koztecki 45:13  
 60-64 Kathy Murdoch 44:50

## Men

0-12 Brandon Sheline 32:22  
 13-19 David Graves 25:42  
 20-24 Josh Daugherty 27:35  
 25-29 Scott Colford 26:56  
 30-34 Scott Colford 26:07  
 35-39 Kenny Bennett 26:30  
 40-44 Scott Colford 28:00  
 45-49 Byron Bundrent 29:12  
 50-54 Chuck Masters 30:07  
 55-59 Joe Rangel 31:00  
 60-64 Joe Rangel 32:55  
 65-69 Bill Heck 37:49  
 70+ Bill Heck 43:25

## 10k

## Women

13-19 Michelle Faulkner  
 41:28  
 20-24 Allison Traver 52:58  
 25-29 Michelle Clendenning  
 49:01  
 30-34 Karlene Herrell 37:12  
 35-39 Heather Weber 38:14  
 40-44 Michelle Hollingsworth  
 48:31  
 45-49 Lien Koztecki 45:00  
 50-54 Lorene Sandifur 50:36  
 55-59 Rhenda Acton 1:06:40

## Men

0-12 Brandon Sheline 45:25  
 13-19 David Graves 32:43  
 20-24 Eric Jun 48:32  
 25-29 Scott Colford 32:52  
 30-34 Kevin Forgrave 32:30  
 35-39 Kenny Bennett 33:27  
 40-44 David Gardner 34:33  
 45-49 Charlie Skoog 40:05  
 50-54 Bill Bennett 42:22  
 55-59 Joe Rangel 39:35  
 60-64 John Norris 42:25  
 65-69 Ed Krull 53:52

## 7 Mile

## Women

25-29 Justine Eads 1:07:16  
 35-39 Gina Sheets 57:19  
 40-44 Patti Reinhardt 1:03:06  
 45-49 Roxane Burrous 57:49  
 50-54 Lorene Sandifur 58:25

## Men

25-29 Mark Eads 1:06:01  
 30-34 Will Irvin 47:57  
 45-49 Eric Mathew 50:34  
 50-54 Mike Deardorff 58:48  
 55-59 Charlie Skoog 52:07  
 60-64 Jim Burrous 1:08:30  
 65-69 Stan Shuey 1:00:49

## 15k

## Women

13-19 Tonya Buffum 1:00:18  
 25-29 Kelly Wright 1:09:09  
 30-34 Karlene Herrell 57:56  
 35-39 Heather Weber 59:03  
 40-44 Roxane Burrous 1:17:20  
 45-49 Lien Koztecki 1:10:29  
 50-54 Lorene Sandifur 1:18:50

## Men

0-12 Brandon Sheline 1:04:43  
 13-19 Pat Pollard 54:10  
 20-24 Seth Daugherty 55:48  
 25-29 Scott Colford 50:45  
 30-34 Kevin Forgrave 50:29  
 35-39 David Gardner 50:26  
 40-44 Scott Colford 54:27  
 45-49 Rick Stucker 1:01:15  
 50-54 Charlie Skoog 1:05:08  
 55-59 John Norris/Joe Rangel  
 1:00:35  
 60-64 Dick Sims 1:06:03  
 65-69 John Norris 1:18:58

## 10 Mile

## Women

13-19 Leslie Carden 1:05:48  
 20-24 Michelle Clendenning  
 1:21:47  
 25-29 Kelly Wright 1:15:09  
 30-34 Heather Weber 1:08:01  
 35-39 Heather Weber 1:06:20  
 40-44 Roxane Osborn 1:19:27  
 45-49 Lien Koztecki 1:16:11  
 50-54 Shirley Wilson 1:25:10  
 55-59 Lien Koztecki 1:32:25

## Men

0-12 Brandon Sheline 1:16:50  
 13-19 Josh Daugherty 1:02:03  
 20-24 Scott Stucker 1:14:02  
 25-29 Scott Colford 55:54  
 30-34 Scott Colford 56:21  
 35-39 Scott Colford 55:24  
 40-44 Scott Colford 57:50  
 45-49 Brian Reinhardt 1:03:57  
 50-54 Chuck Masters 1:07:17

55-59 Joe Rangel 1:05:00  
 60-64 Joe Rangel 1:09:33  
 65-69 Bill Heck 1:20:02  
 70+ John Norris 1:42:04

## Half Marathon

## Women

0-12 Victoria Christenson  
 2:43:52  
 13-19 Michelle Faulkner  
 1:45:59  
 20-24 Jill Pennycoff 1:42:41  
 25-29 Robyn Pagington 1:30:22  
 30-34 Karlene Herrell 1:19:04  
 35-39 Karlene Herrell 1:23:25  
 40-44 Carla Yerkes 1:30:43  
 45-49 Carla Yerkes 1:32:47  
 50-54 Lorene Sandifur 1:50:22  
 55-59 Shirley Wilson 2:06:49  
 60-64 Doris Griffith 2:11:05

## Men

0-12 Jesse Bauson 2:08:23  
 13-19 John Ely 1:15:02  
 20-24 Seth Daugherty 1:22:05  
 25-29 Scott Colford 1:12:57  
 30-34 Kenny Bennett 1:12:21  
 35-39 Scott Colford 1:12:27  
 40-44 Gary Romesser 1:10:04  
 45-49 Byron Bundrent 1:19:33  
 50-54 Chuck Masters 1:26:01  
 55-59 Joe Rangel 1:28:51  
 60-64 John Norris 1:37:51  
 65-69 Bill Heck 1:48:57  
 70+ Glenn Artis 2:54:27

## Marathon

## Women

13-19 Brittiani Gillem 4:39:07  
 20-24 Jill Pennycoff 3:55:22  
 25-29 Robyn Pagington 3:08:03  
 30-34 Karlene Herrell 2:56:58  
 35-39 Heather Weber 3:13:26  
 40-44 Roxane Osborn 3:24:55  
 45-49 Carla Yerkes 3:31:41  
 50-54 Lorene Sandifur 4:12:07  
 55-59 Sue Smock 5:23:41

## Men

13-19 David Yoder 3:46:24  
 25-29 Scott Colford 2:31:06  
 30-34 Scott Colford 2:29:53  
 35-39 Scott Colford 2:33:31  
 40-44 Terry Fletcher 2:48:19  
 45-49 Brian Reinhardt 3:07:31  
 50-54 Chuck Masters 3:13:40  
 55-59 James Schneider 3:36:00  
 60-64 James Schneider 3:34:13  
 65-69 John Norris 3:56:54



# Historical Running Club Records

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

<p><b>1 Mile</b></p> <p>Women</p> <p>0-19 Jill Pennycoff 7:02</p> <p>30-39 Lorene Sandifur 6:54</p> <p>40+ Rhenda Matchett 6:39</p> <p>Men</p> <p>0-19 Casey Cline 6:07</p> <p>20-29 Michael Graham 6:11</p> <p>30-39 David Gardner 5:04</p> <p>40-49 Mark Shorter 5:38</p> <p>50+ Bill Heck 6:02</p> <p><b>3 Mile</b></p> <p>Women</p> <p>20-29 Julia Spane 22:30</p> <p>30-39 Betty Oliphant 21:29</p> <p>Men</p> <p>0-19 Travis Sandifur 22:21</p> <p>20-29 Mike Slaubaugh 15:00</p> <p>30-39 Greg Townsend 16:42</p> <p>40-49 George Devine 17:34</p> <p>50+ Don Middleton 22:22</p> <p><b>5k</b></p> <p>Women</p> <p>0-19 Sarah Wiehe 20:05</p> <p>20-29 Karlene Herrell 17:31</p> <p>30-39 Maggie Kuhlman 19:51</p> <p>40+ Shirley Wilson 20:28</p> <p>Men</p> <p>0-19 John Ely 16:19</p> <p>20-29 Mark Bilodeau 15:29</p> <p>30-39 Kenny Bennett 15:51</p> <p>40-49 John Pacourek 16:33</p> <p>50+ Bill Heck 17:47</p> <p><b>4 Mile</b></p> <p>Women</p>	<p>0-19 Michelle Faulkner 24:19</p> <p>20-29 Karlene Herrell 21:39</p> <p>30-39 Maggie Kuhlman 25:43</p> <p>40+ Lien Koztecki 25:51</p> <p>Men</p> <p>0-19 Gary Jewell 20:37</p> <p>20-29 Mark Bilodeau 19:42</p> <p>30-39 David Gardner 20:19</p> <p>40-49 John Pacourek 20:12</p> <p>50+ John Norris 22:24</p> <p><b>8k</b></p> <p>Women</p> <p>0-19 Tonya Buffum 33:35</p> <p>20-29 Maggie Kuhlman 33:35</p> <p>30-39 Maggie Kuhlman 33:42</p> <p>40+ Shirley Wilson 33:38</p> <p>Men</p> <p>0-19 Jeff Dwiggin 29:53</p> <p>20-29 Mike Slaubaugh 26:08</p> <p>30-39 Kenny Bennett 27:10</p> <p>40-49 John Pacourek 27:33</p> <p>50+ Bill Heck 29:47</p> <p><b>5 Mile</b></p> <p>Women</p> <p>0-19 Tonya Buffum 31:37</p> <p>20-29 Karlene Erickson 29:34</p> <p>30-39 Shirley Wilson 33:53</p> <p>40+ Lien Koztecki 34:30</p> <p>Men</p> <p>0-19 David Graves 25:42</p> <p>20-29 Mark Bilodeau 25:20</p> <p>30-39 Kenny Bennett 26:37</p> <p>40-49 John Pacourek 27:28</p> <p>50+ Bill Heck 28:51</p> <p><b>10k</b></p> <p>Women</p>	<p>0-19 Michelle Faulkner 41:28</p> <p>20-29 Karlene Herrell 36:33</p> <p>30-39 Tina Root 38:16</p> <p>40+ Shirley Wilson 43:23</p> <p>Men</p> <p>0-19 David Graves 32:43</p> <p>20-29 Mike Slaubaugh 31:58</p> <p>30-39 Kenny Bennett 33:26</p> <p>40-49 John Pacourek 34:26</p> <p>50+ Bill Heck 36:18</p> <p><b>7 Mile</b></p> <p>Men</p> <p>0-19 Pat Pollard 44:56</p> <p>30-39 David Smiley 40:05</p> <p>40-49 George Miller 52:52</p> <p><b>15k</b></p> <p>Women</p> <p>0-19 Tonya Buffum 1:00:18</p> <p>20-29 Karlene Herrell 57:05</p> <p>30-39 Tina Root 59:56</p> <p>40+ Lien Koztecki 1:04:22</p> <p>Men</p> <p>0-19 Pat Pollard 54:10</p> <p>20-29 Kenny Bennett 49:19</p> <p>30-39 Kenny Bennett 50:27</p> <p>40-49 John Pacourek 53:57</p> <p>50+ Bill Heck 57:27</p> <p><b>16k</b></p> <p>Women</p> <p>30-39 Rhenda Matchett 1:20:26</p> <p>40+ Lien Koztecki 1:13:50</p> <p>Men</p> <p>0-19 Richard Vandervort 1:08:07</p> <p>20-29 Kenny Bennett 55:58</p> <p>30-39 Kenny Bennett 56:38</p> <p>40-49 Ricke Stucker 1:02:08</p> <p>50+ Bill Heck 1:04:53</p>
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## Historical Records (continued)

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

### Note:

**If you broke a record in 2011  
and I missed it please let me  
know. It is difficult to check  
all records for every race.**

### FEBRUARY BIRTHDAYS

2-1 Aidan Frazier	2-16 Roxane Burrous
2-2 Kory Kennedy	2-17 Ken Huston
2-2 Lisa Metz	2-19 John Norris
2-5 Gretchen Riggle	2-20 Elissa Austin
2-6 Scott Pagington	2-20 Amy Heck
2-6 Sam Touloukian	2-20 Stella Rood
2-6 Terry Townsend	2-20 Steve Williams
2-6 Greg Wall	2-22 Mike Williams
2-7 Darrian LaDow	2-23 Victoria Fuentes
2-7 Riley Metz	2-24 Julia Birkhimer
2-9 Amber Longwith	2-24 Dan Lutes
2-9 Bill Menges	2-28 Jayne Stucker
2-10 Mara Catey-Williams	2-28 Robin Townsend
2-16 Kathleen Bagwell	

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

I will be moving to the 2012 renewal list for the email and mailing list next month.

## CKRR 2012 RACE CALENDAR

- February 26  
CK Awards 2PM  
Church of Nazarine  
2734 S Washington St  
Contact: Lisa Jones  
Phone: (765) 480-2621
- March 03  
Norris Insurance 5K Run/ Walk  
Time: 9 AM  
Location: Community Building,  
Amboy, IN  
Contact: John Norris  
Phone: (765) 395-7761  
Website: <http://norrisinsurance.com/>
- March 10  
Old Ben 5K Run/ Walk  
Time: 9 AM  
Location: Rogers Pavillion  
Highland Park, Kokomo, IN
- April 07  
CKRR Ultimate 10 Mile Run & 5 Mile  
Run/ Walk  
Time: 9 AM  
Location: Tierney Warehouse, 1401 W.  
Cliff Drive, Logansport, IN
- April 21  
Race for the Cure 5K Run/ Walk 10  
points for each finisher  
Time: 9 AM  
Location: Military Park, Indianapolis  
Phone: (317) 733-3300  
Email: Tuxedo Brothers
- April 28  
Run, Rock, Roll  
5K Run/Walk  
1M Run/Walk/Roll  
Start 5k at 8:30, 1M at 9:30  
Phone: 765-455-8085 ext. 332  
Email: [vboles@kokomo.k12.in.us](mailto:vboles@kokomo.k12.in.us)
- May 12  
Norris Insurance 4 Mile Run/ 3 Mile  
Walk  
Time: 8 AM  
Location: Jackson Morrow Park, Ko-  
komo, IN  
Contact: John Norris  
Website: <http://norrisinsurance.com/>
- May 26  
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 02  
Trojan Trot 5K/ Walk  
Time: 8 AM  
Location: Sharpsville, IN
- June 09  
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 14  
Coyote Kids day 1
- June 16  
Relay for Life  
Location: Walter Cross Field, Koko-  
mo High School, Kokomo, IN
- June 21  
Coyote Kids day 2
- June 23  
12 Hour relay—**Non CKRR points race**  
Contact: Ray Tetrault
- June 30  
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](mailto:Mark@ckrr.us)
- July 14  
Race for Grace  
Time: 8 AM  
Location: Calvary Presbyterian  
Church, 7th & Spencer Streets, Lo-  
gansport, IN  
Phone: (574) 753-0505
- July 21  
Panther Prowl 5K Mile Run/Walk -  
Time: 8 AM  
Location: Russiaville, IN
- August 04  
Norris Insurance 5K Run/ Walk  
Time: 8 AM  
Location: Converse, IN  
Contact: John Norris  
Website: <http://norrisinsurance.com/>
- August 18  
CAM Run for Shelter  
5K Run and Walk  
Time: 8 AM  
Location: Oakbrook Valley, Rus-  
siville, IN
- September 1  
Steps to Recovery  
3M Run & Walk
- September 15  
4th GNO  
Time: 5:00 p.m.  
Location: Downtown Kokomo, IN
- September 22  
Bee Bumble 5K & 10K  
Time: 8:00 a.m.  
Location: Burnettsville, IN
- September 29  
HESP race  
Details not currently available  
Contact: Vicki Boles
- October 06  
Cole Porter 15K Run/ 5K Run/  
Walk  
Time: 9:00 AM  
Location: Circus Building, Peru, IN
- October 13  
Champaign Shores 5K  
Location: Champaign Shores Koko-  
mo, IN
- October 27  
YMCA Jackolantern Jog  
5K Run/Walk  
Time: 8am  
Location: YMCA, Kokomo
- November 10  
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](mailto:runckrr@aol.com)
- November 22  
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



**CLUB KOKOMO  
ROADRUNNERS**

2936 Congress Drive  
Kokomo, Indiana 46902

**NEXT  
CLUB MEETING  
FEBRUARY 13  
AT 6 PM  
LOCATION:  
KOKOMO  
YMCA'S  
CONFERENCE  
ROOM**

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