March 2012

The Roadrunner



Inside this issue:

Club Kokomo Roadrunners-Mike Cowan Scholarship

For the past several years Club Kokomo has awarded a scholarship to recognize a high school senior or an undergraduate college student who has enriched his/her life through running. The money is to be applied to post-secondary expenses. What are the qualifications?

1. A senior in high school

1. A senior in high school who plans to continue his/her post -secondary education or presently enrolled in college pursuing an undergraduate degree.

2. A member of Club Kokomo Roadrunners prior to January 1 of the application year and/or have renewed for the current year. What does this mean? If you apply for this scholarship which is due May 1, you needed to be a member last year.

3. An active participant on at least one of the following: High school cross county team as a senior in high

school, as a collegiate runner

or CK points award age group qualifier during the previous year. What does this mean? You had to run cross country this past fall or you qualified in your Club Kokomo age group for year end awards.

 A good citizen within his/ her school and community.
 Must have volunteered at a Club Kokomo sponsored event during the previous year.

What does this mean? During the year 2011 you must have volunteered at a Club Kokomo sponsored race such as the Club Kokomo Ultimate race in April, the Haynes-Apperson race in July, the Club Kokomo Age Graded race in August, the Girls Night Out race in September, the CK Trail run in October, the CK Charity run in November, the CK Cares run on Thanksgiving Day, or the CK New Year's Eve day race in December. When

you volunteered, you did not run in the event. You were assigned a task such as traffic control, etc. by the race director. How does the committee know? When you volunteered, the race director then informed the CK newsletter editor. The Editor placed the letter V beside your point total that is published each month in the newsletter. When making a decision, the

committee considers the above 5 items with emphasis on Club Kokomo participation (items 2,3, and 5). Sometimes these decisions are very easy if you have been a very active Club Kokomo member.

If you wish to apply, the application form may be downloaded from the Club Kokomo web site.

Mark Shorter

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Next Races:

March 03 Norris Insurance 5K Run/ Walk

March 10 Old Ben 5K Run/ Walk

April 07 CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk

Miracle Mile Time Change

Starting on March 14 the CKRR Wednesday 5k run will move to 5:30pm. The Miracle mile will move to 6:00pm.

The drawings for the \$10.00 gift certificates for those who participate in these runs will also start on March 14. See It Pay\$ to Run article on page 2 for more details.

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Inspirational Tip of the Month

From your Club Chaplin

Getting It

A phrase that I seem to be hearing a lot of lately is "getting it". Whether speaking of politics, spiritual matters or whatever, whenever two different opinions clash, the "other" just "doesn't get it". I've said it and maybe you have too. I wonder what God's word has to say about "it"?

Proverbs 3:5

New International Version (NIV)

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

Psalm 111:10

New International Version (NIV)

¹⁰ The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

Human knowledge and wisdom can only get us so far-they certainly aren't enough to show us the way to God. We're to lean on God's infinite wisdom, not on our own limited abilities.

It Pay\$ to Run

Okay, by now everyone knows the numerous benefits fitness has on the physical, mental and social aspects of life. Well CKRR felt we needed to broaden that horizon a bit more by including the financial side...hmmm...got your attention? As a new incentive to encourage club members and the community "to get out, get active and get involved", the CKRR will host a weekly drawing for gift certificates to well known running and fitness apparel shops like the Blue Mile and Runners Forum. It is super easy to enter and all it requires is a little bit of "physical" effort on your part. Beginning Wednesday, March 14th, anyone who signs-up (it's free!) and participates in the Miracle Mile or 5K evening fun run/walk in the Highland Park will be entered into the drawing. FYI, name can only be entered once even if you participate in both events, sorry no double

dipping this time and you are only eligible to win one time per month. At the conclusion of both events, the drawing will take place and two winners will be selected and presented with the gift certificates that evening. The "It Pay\$ to Run" incentive will run for 16 weeks leading up the Haynes Apperson 4mile run 3 mile walk Event.

Who: CKRR invites everyone to participate (members and community)

What: CKRR's Miracle Mile and 5K Fun Run/Walk

When: Every Wednesday at 5:30 PM beginning March 14th thru June 27th

Where: Highland Park, main entrance pavilion

Why: "It Pay\$ to Run" Incentive, Participates will be entered to win gift certificate (two winners per week)



2011 Runner of the Year Kory Kennedy

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From the President — Thank you!!!

What a great turnout at the Awards Luncheon last Sunday! At the luncheon a few different members (long time and newbies) made it a point to comment on what a great organization CKRR and how our club is different than so many others in a positive ways. Of course that got me thinking and I realized that we are different in that we have created relationships beyond the running. We have a spirit of fellowship and a genuine concern for those that trampled the pavement with us. I was truly grateful for those comments and it made me think about when I am standing up front

announcing winners and have the opportunity to look out over the crowd. I didn't see the records that members held or the number of events they participated in as much as I saw their story and that was truly a humbling sight. When I looked out into the crowd I saw the battles with cancer and heart disease, I saw the time constraints with work, I saw the emotional struggles and financial burdens, I saw disabilities become lifetime opportunities, I saw new beginnings and transformations, but hands down what I saw the most was a room full of people dedicated to perse-

Rebekah Monroe

vering beyond their own tragedies and obstacles on their way to achieving their goals and willing to encourage others along the way. It truly is a privilege that I have had the opportunity to see most of you beyond a bib number or a finishing time. Okay that is my smooshy article for the year...lol... But seriously thanks to everyone...l'm inspired!

"Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget
you. Love me and I may be forced to
love you." --William Arthur Ward

2012 Awards Winners

The following awards were presented.

Youth Runner of the Year

Female: Carly Jones Male: Justin Taflinger

20-39 Runner of the Year

Female: Brittiani Gillem Male: Parker Jones

Master Runner of the Year

Female: Cindy Stone Male: Scott Colford

Senior Master Runner of the

Year

Female: Anna Rangel Male: Gary Callahan

Runner of the Year

Female: Heather Weber Male: Kory Kennedy

Walker of the Year Female: Mary Miller Male: Toney Lorenz

Contributor of the Year

Vicki Boles

Rookie of the Year

Female: Carla Knapp Male: John Peters

Most Improved

Female: Adriene Riggle Male: Terry Jones

Outstanding Volunteer

Theresa Barlow

Most Outstanding Performances – Super TRI Guy

Jay Priest Matt York

President's Award
Inspirational Running Streak

Dana Neer Rick Kerr



2011 Most Improved Adriene Riggle and

Terry Jones

March Birthdays

- 3-1 Mary Lou Rutherford
- 3-4 Kris Bewley
- 3-4 Tanner Boley
- 3-4 Rick King
- 3-6 Michelle Boyd
- 3-6 Carolyn Norris
- 3-6 Dale L. Sullivan
- 3-7 Teng Lee
- 3-7 Devin White
- 3-8 Bryce Glover

- 3-9 Samuel Parr
- 3-10 David Mygrant
- 3-12 Robin Cole
- 3-12 Virgil Weitzel
- 3-16 Jillian LaDow
- 3-17 Jack Lotzgeselle
- 3-18 RJ Kerr
- 3-18 Robin Tetrault
- 3-20 Brian Bledsoe
- 3-20 Nikki Frazier

- 3-20 Chris Frazier
- 3-21 Waylon Coulter
- 3-21 Toney K. Lorenz-w
- 3-22 Betty Ann Oliphant
- 3-24 Addie Wright
- 3-25 Randy Maurer
- 3-26 Brett Bowman
- 3-27 John Paul Wyman
- 3-28 Stacey Jones

January Meeting Minutes

January 9, 2012

Called to order by VP Charlie Skoog

1: New Years Eve Race

264 participants this was 7 from record

2: Sports Touism Committee

Marathon on US 31 bypass

Preliminary approval from INDOT Race will be fall of 2013

Convention & Vistor Bureau putting togeather committee

3: Coyote Kids

First week moved to June 14. The awards will be on Aug 2

4: Put scholarship Information in up coming newsletter

Meeting adjourned.

Attendance: Charlie Skoog, Earl Strong, Scott Riggle, Diana Brown, Dan Coughlin, Ray & Robin Tetrault

February Meeting Minutes

Feb 12, 2012 meeting Called to order by President Rebekah Monroe

- Brief financial report by Treasurer
 Mark Shorter
- 2. Several members have stated they will participate in the Chili contest at our Awards day.
- 3. Cowan scholarship—article will be written and in newsletter from the committee.
- 4. Gift Certificates will be awarded at the weekly Wed night runs. Any member or non-member present may win. this will start March 14
 5. Reminder from Vicki Boles that the Bona Vista 5k run/walk will be April 28 at UAW 292 on Alto rd.

Meeting adjourned.

Those present were Rebekah Monroe, Charlie Skoog, Dan Coughlin, Diana Brown, Vicki Boles, and Mark Shorter.



John Peters Age Group 2nd Place Age Group 70-74



Carly Jones Youth Runner of the Year & 1st Place Age Group 13-19

Other Area Races

Shamrock Run & Walk

3-17-2012 10:00am

4 Mile

Contact: Tuxedo Brothers

Race Website

http://www.indystpats.com/runwalk/runwalk.html

43rd Sam Costa Half Marathon and 7th Sam Costa Quarter Marathon

3-24-2012

Location Northview Church, Carmel Indiana

Distances: Half & Quarter Marathon
Contact Terry Townsend 317-697-3054
Race Website: http://www.samcosta.com/

Spring Fever 5K

3-31-2012 9:00am

Location: Immanuel Luthern School

Distance 5k

Website: http://www.crossroadsofindiana.com/index.html



Walkers — Jim Gross, Jerry Lambert, Robin Michael and Toney Lorenz, Male Walker of the Year



First place Robin Tetrault
Second Place Jan Wall
Third Place Raye Jean Swinhart



Age Group 60-64 Charlie Skoog, Gary Callahan and Joe Rangel



Age Group 0 –12 Madison and Alexandra Parr

2012 Age Group Winners

Runners Women 0-12

Alexandra Parr 8-150V Madison Parr 9-144V Maya James 5-100

13-19

Carly Jones 20-372CR Emily Allen 10-150HCR Jillian LaDow 5-67

20-24

Laura Heflin 16-264RV Brittiani Gillem 10-200H Kathryn Wall 11-177HCR

30-34

Carla Knapp 12-225H Adriene Riggle 13-217HRV Melissa Goad 10-185H

35-39

Nikki Frazier 16-320HV

40-44

Heather Weber 17-340HV Tami Moore 12-202MH Carol Savage 10-147HRV

45-49

Cara McKellar 22-400H Cindy Stone 12-240H Laura Cook 13-195V

50-54

Laurie Ousley 14-265HV

55-59

Anna Rangel 27-520MHCRV Robin Cole 20-281C Robin Tetrault 17-264MHRV

60-64

Rhenda Acton 11-205H Jeanie Townsend 11-187HRV

Men 0-12

Justin Taflinger 8-150R Keagan James 7-117 Brayden York 7-114

13-19

Chad Jr. Gaddis 8-142V Jacob Bradshaw 7-124H Billy Jones 7-98CR

20-24

Kory Kennedy 23-450HV Parker Jones 23-395HCV

35-39

T.A. Weber 18-270MHRV Matt York 12-229MH Chris James 11-205M

40-44

Scott Colford 16-320UM Terry Jones 21-291HC Jay Priest 13-235MHV

45-49

Michael Graham 25-419HCRV Scott Deyoe 17-240HCRV Paul Sanders 10-190H

50-54

Ken Swinehart 25-296HRV Phil Rozzi 19-286UHV Eric Mathew 16-227H

60-64

Gary Callahan 17-340 Charlie Skoog 20-296HCRV Joe Rangel 16-259HCRV Ricke Stucker 21-259CRV

65-69

David Hughes 15-265UCV Doug Mankell 12-204 Bill Barnett 10-200HV

70-74

Stan Shuey 14-250CV John Peters 11-220H Robert Cupp 8—150

Walkers Women

45-49

Jean Heflin 19-365RV

50-54

Mary Miller 25-480HRV Raye Jean Swinehart 22-321HRV Jane Inman 23-307HR

55-59

Jan Wall 11-220V

60-64

Angela Lorenz 19-360RV

65-69

Mary Lou Rutherford 21-390CRV Diana Brown 10-150RV

Men

25-29

Vince Lorenz 19-370HV

40-44

Brian Allen 11-200HCRV

50-54

Steve Inman 11-210

55-59

Rick Spencer 11-210

60-64

Toney Lorenz 22-420RV Robin Michael 13-210H

70-74

Jerry Lambert 21-390HCRV Jim Gross 15-260H Dan Coughlin 8-119



Walker Age Group award recipients

Diana Brown, Mary Lou Rutherford & Angela Lorenz

Waverly Neer Update

Waverly is of course now attending Columbia University where she is continuing to excel both in academics and running.

She broke the school record in the mile at 4:41.2 and qualified for the NCAA championships on March 8-10 in the 3000 meters, posting a time of 9:08 (4:53 mile average for 2 miles). Qualifying standard is a 9:10

The web address below will take you to a 3 minute tour of the Columbia campus with Waverly as the guide.

http://www.flotrack.org/coverage/234883-Flotrack-3-Minute-Tours/video/607028-Columbia-3min-Tour

On the Trails



Most Thursday mornings I head to Highland Park to meet some special friends for a 6 am trail run. This morn-

ing, March 1, I was joined by Nikki, Brad, Lisa, Terry, Parker and got to meet Melissa and Jody. Some regulars were missing including Adriene, Michelle and canine companion Buddy, Dave was sick and TA said too windy. We missed them but they missed another "perfect" run. Anyone needing and desiring a perfect 5.5 mile run is welcome to join us! From the concession stand shelter we head up the bricks toward the Industrial Heritage Trail. The IHT leads us toward downtown. It will eventually be the trail Gateway to Downtown Kokomo

but for now we pick up the bike lane at Main & Markland which leads us to the Wildcat Creek Walk of Excellence. Heading west thru Foster and UCT park we follow the trail to the railroad tracks and then turn right on to Kingston Rd, passing the new Habitat for Humanity house, and back thru UCT, into Foster Park turning right at the pedestrian bridge which points us south to Highland Park. I anticipate a day in the not to distant future when a trail will take us all the way back to Highland, meanwhile I delight in how far we have come in the last year, and the direction our community is headed.

This special run is becoming more so to me each week as it passes an emerging creek-side, community garden/

By Charlie Skoog

greenspace, Youth Workforce Development Project at 305 S. Main St. That was a mouthful so I hope you are still with me! The location is historic and lies at the future intersection of the Nickel Plate Trail and our River Greenway. The project is completely volunteer driven and owned by the Kokomo Crossing, an alternative faith-based high school designed to recover and empower students who have failed to thrive in the traditional classroom. Much has been accomplished but we are just getting started so check us out and join us in prayer and praise for the change that is taking place, not just in property but also in the lives of these at risk students. If you would like to get involved please give me a shout-out at (765) 437-6268 or runckrr@aol.com. See ya on the roads and trails!

There are a lot of opportunities this year to volunteer and help out your club. We will need your help more than ever this year.

Here are a few of your opportunities:

Club meetings 2nd Monday of each month, Relay for Life, Haynes, Girls Night Out and all the Charity races.

Where will you help?



Left Age group 20-24 Winner Laura Heflin

Top Right

Senior Master Runners of the Year: Anna Rangel & Gary Callahan.

Bottom Right

Age group 45-49— 1st place Cara McKellar and 3rd place Laura Cook





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Miracle Mile Results

Jackie Sanders Miracle Mile Wednesday, February 1, 2012 Highland Park Walk Path

- 1. Parker Jones 5:39
- 2. Dana Neer 5:49
- 3. Paul Sanders 6:53
- 4. Eric Mathew 7:04
- 5. Avery Ewing 8:13
- 6. Ari Rinaldo 8:13
- 7. Bethany Neeley 8:13
- 8. Brittany Neeley 8:13
- 9. Charlie Skoog 8:27
- 10. Ray Tetrault 8:54
- 11. Ken Huston 10:04
- 12. Brian Bledsoe 11:02
- 13. Kim McHaney 11:33
- 14. Maura Williamson 11:49
- 15. Ava Williamson 11:49
- 16. Lisa Birkhimer 11:55
- 17. Milo Hearn 11:55
- 18. Tori Gingerich 11:58
- 19. Ella Williamson 12:07
- 20. Jill Babcock 12:24
- 21. Rene Jones 13:55
- 22. Mike Thrasher 17:11
- 23. Joe Yeagle 17:11
- 24. Anne Wiles 20:32
- 25. Diana Brown 20:32
- 26. John Wiles 20:35
- 27. Dan Coughlin 20:35

Jackie Sanders Miracle Mile Wednesday, February 8, 2012 Highland Park Walk Path

- 1. Parker Jones 5:33
- 2. Paul Sanders 6:44
- 3. Brad Richmond 7:00
- 4. Jerry Long 7:06
- 5. Terry Jones 7:47
- 6. Ray Tetrault 8:19
- 7. Charlie Skoog 8:56
- 8. Kevin Campbell 8:57
- 9. Robin Tetrault 9:24
- 10. Ken Huston 10:17
- 11. Vicki Smith 12:27
- 12. Tori Gingerich 13:22
- 13. Milo Hearn 13:27
- 14. Lisa Birkhimer 13:27
- 15. Joe Yeagle 13:51
- 16. Abby VanArsdale 14:56
- 17. Vicki Ledbetter 16:49
- 18. Diana Brown 19:02
- 19. Dan Coughlin 19:05
- 20. John Wiles 19:05
- 21. Taran Merriweather 21:14
- 22. Reggie Jakus 21:16
- 23. James Jakus 21:18

Jackie Sanders Miracle Mile Wednesday, February 15, 2012 Highland Park Walk Path

- 1. Parker Jones 5:29
- 2. Paul Sanders 7:24
- 3. Cheryl Marner 7:37
- 4. Charlie Skoog 7:51
- 5. Terry Jones 7:59 6. Tony Steele 8:18

- 7. Ray Tetrault 8:42
- 8. Robin Tetrault 9:24
- 9. Ken Huston 10:09

Jackie Sanders Miracle Mile Wednesday, February 22, 2012 Highland Park Walk Path

- 1. Parker Jones 5:26
- 2. Jerry Long 6:58
- 3. James Jakus 7:28
- 4. Ken Swinehart 7:44
- 5. Charlie Skoog 8:06
- 6. Terry Jones 8:23
- 7. Ray Tetrault 8:35
- 8. Kevin Campbell 9:07
- 9. Vicki Smith 9:36
- 10. Robin Tetrault 9:44
- 11. Mandy Oakes 10:49
- 12. Ava Williamson 11:14
- 13. Lisa Birkhimer 11:14
- 14. Jill Babcock 12:04
- 15. Peggy Obermeyer 12:12
- 16. Tori Gingerich 12:17
- 17. Jane Inman 12:55
- 18. Raye Jean Swinehart 12:55
- 19. Ella Williamson 13:35
- 20. Rene Jones 13:55
- 21. Brian Bledsoe 17:56
- 22. Mike Thrasher 17:57
- 23. Diana Brown 20:01
- 24. Dan Coughlin 20:01
- 25. Kramer Vetter 22:00
- 26. Missy Vetter 22:01

Mini Packet Pick-up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packet for you be sure to get the back page of your pamphlet to her by Wednesday, May 2. The earlier you get the back page to her the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 4th, on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park. If you want to mail your back page to her Robin's address is. Robin Cole 7071w 500s Russiaville In. 46979

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2012 Calendar

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

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 Contact: Lisa Jones Phone: (765) 480-2621

June 9

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

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

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-

siaville, IN

Contact: Oakbrook Community

Church

Phone: (765) 252-7030

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

St. Joseph Foundation's Runnin'

the Shores 5K

Location: Champaign Shores Contact: Todd Moser 456-5406

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

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

March 12 at 6pm

Location:

Kokomo YMCA's

Conference Room

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