

The Roadrunner

Being Boston

by Rebekah Monroe

Whether you are a participant at Boston or among the 500,000 plus spectators, be sure, EVERYONE will get their 26.2 miles in. I think I got most of mine in on the first day... walking from Chinatown to Fenway Park back through Copley Park and in and out of all the major "must sees" that drench the streets of Boston. I was worn out but definitely worth it. ;)

Qualifying for Boston is common talk among runners

and enduring the actual event is becoming an annual excursion among our club runners with several repeat offenders. But this year was a first for one of my dearest friends which is what upped my curiosity and sparked my 15 hour road trip which Jim and I survived...

lol...in order to see her literally check a major item from her bucket list. One of the greatest things I have realized from being a runner, a race director and a volunteer is the value, encouragement, and inspiration that a crowd of people yelling your name from the sidelines can ignite in you. While I stood just past the 25 mile marker at Boston, I saw the week, weary, elite, strong, and struggling. EMT's were on over time with the heat being so ridiculously hot and out of character for this time of year. I can't but hope that when I began yelling "keep going" "stay strong" "just a mile to go" and giving hi-fives to those passing by that it somehow created a spark and helped to push them to go a little further or a little faster.

So the next race you run or the next running event held think

about creating an opportunity to take the time to encourage those still pushing through ...

"It is time for us all to stand and cheer for the doer, the achiever - the one who recognizes the challenges and does something about it." ~ Vince Lombardi

VOLUNTEERS NEEDED:

The Haynes Apperson Annual 4 mile run/ 3 mile walk is looking for volunteers for the following areas:

-Fun Run Mile Crew, Day of Registration, Pre-registration, T-shirt Station, Course Set-up & Tear Down, Refreshment Set-up and Distribution, Awards Set-up...etc

Remember there are areas that those participating in the event can contribute as well. If interested, please shoot me an email...

Rebekah.a.monroe@gmail.com

Thanks!

THANKS

Thank you Club Kokomo for all the love, support, cards, visits and taking over the Ultimate Challenge for me.

Love, Rhenda & family

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Next Club Meeting

Monday, May 7 at 6 pm

Kokomo YMCA's
Conference Room

Race for the Cure

By Jean Heflin

My daughter, Laura and I are in our second year as members of CKRR. Each 5K we participate in helps some organization; high school sporting teams, medical issues, young children fostering their love of running . . .

Unfortunately, we were unable to attend the Race for the Cure last year so we made every effort to be able to participate this year.

We arrived in Indy a little after 7:00 a.m. A little too late to find the Law Library and participate in the CKRR photo, we set out to explore the pre-race expo booths. The park was already filled with people even though the race did not start until 9:00 a.m. While chilly the mood was very lively.

We checked out all the booths gathering all kinds of freebies; breast cancer ribbons, Warriors in Pink scarf, Star Bucks pumpkin bread, ink pens, pink hand clappers and thunder sticks to be used during the parade.

The survivor's parade was very emotional for me. I have not had anyone close to me go through breast cancer but my family has been touched by other cancers. Watching the breast cancer survivors march by, proud of their fight against this devastating disease was inspirational. With tears in my eyes, I applauded and clapped for almost an hour as these courageous people marched past.

After the 5K Laura and I had our picture taken in front of the pink balloon archway. The photograph will serve as a physical reminder of our day, but the time we spent together supporting a worthy cause will be a memory for life.

Participating in CKRR events has been and continues to be a time for Laura and I spend a few hours together, get some exercise, visit with friends and help those in need. Thank you CKRR for giving us these wonderful opportunities.

UPCOMING EVENTS:

MAY 12 at 8 am

Norris Insurance 4 mile run/3 mile walk

Jackson Morrow Park
Kokomo, IN

May 26 at 8 am

Composer Classic 5K & Melodic Mile Run/Walk
Rogers Pavillion
Highland Park
Kokomo, IN

Other Area Races:

June 2 at 8 am

Kokomo 1/2 Marathon
Celebrations at Sycamore Sports
3437 W Sycamore St
Kokomo, IN



Costa 2012: Club Kokomo takes two top awards!

by Terry Townsend, Sam Costa Race Director

On an overcast day with the starting temperature in the low 50's, the coolest day of the week by far, two of Club Kokomo's celebrated athletes ran away with an overall victory for the women and a masters win for the men.

Heather Weber, not content with having been the Quarter Marathon champ last year, returned to the



Half and came home with the top spot in 1:29:05 - but it was by no means easy. The "43rd Costa" saw a spirited duel between Heather and Stephanie Lavin-Zeller of Prairie Village, Kansas. At the 7-mile mark, Stephanie led by over 25 seconds. But as the race

crested the highest point in Carmel near mile 8, then wound its way through the neighborhoods on the way back to Northview Church, Heather stepped on the gas. Passing Stephanie with several miles to go, her 6:49 inbound pace was easily the class of the women's field. Lavin-Zeller, 25, held on to finish nearly 90 seconds back. Emily Jackson, 27, from Indianapolis, was 3rd at 1:32:02. Special note: Heather joins Thom Burleson, men's "Costa Half" race record holder, as the only two to have won both the "Costa Half" and the "Costa Quarter". Major kudos to you, Heather!

While Heather was besting the women's field, Logansport's favorite son, and 2010 "Costa"

winner, Scott Colford was busy putting the men's masters division far behind him. Easily leading the



masters group the entire way, Scott was 9th overall at the 7 mile mark. But in a manner similar to Heather, he turned in a scorching 5:43 pace over the last 6.1 miles, 4th best average of the day, to not only take the master's crown but also finish 6th overall. Scott's 1:14:34 was over 7 minutes faster than Don Baker and John Schmitz, both perennial masters' front-runners.

As a former champ, and runner-up too many times to remember, it's always great to see Scott at the "Costa". It just wouldn't be the same without him.

While Heather and Scott were the headliners for Club Kokomo, nearly 60 other members and residents of Kokomo and the surrounding area made the trip to Carmel. In the Quarter, terrific efforts were made by Carly Jones, 3rd overall in 49:50, Billy Jones, Kelsey Kennedy, Cara McKellar, Anna Dollens-Rangel, Mary Lou Rutherford, Jim Burrous, John Peters, and Jerry Lambert. In the Half it was Parker Jones, Matt York, Bob Atkins, Becky Davis, Scott Riggle, Jay Priest, and Vernie Criswell with some fantastic runs.

To these folks, and all who came to the 2012 Sam Costa Half and Quarter Marathon, I say "congratulations and job well done!" You can see all the results at "onlineraceresults.com". And if anyone has a comment or question, don't hesitate to write me at: racedirector40@yahoo.com.

Until "Costa 44" comes around next March 23rd, all the best to all of you in your training!

"Costa" Water Stop #2: A Club Kokomo Tradition

While many of their friends are running through the northeast side of Carmel, members of Club Kokomo continue the tradition of service by taking care of business at the critical Water Stop #2, or "WS2" as we call it. For nearly a decade Club Kokomo volunteers have made managed WS2, located at a point on the "Costa" course where participants from both the Half and the Quarter pass two times. That confluence of geography and course design provides two hours of non-stop action for which the faint of heart need not apply.

There are many pieces which comprise the puzzle of making a great race. The most important is



dedicated, experienced volunteers. Club Kokomo has provided that for the "Costa" and made the oldest race in Indiana all the better because of it.

I wish to personally thank all of the WS2 team, this year and all the previous years, who have contributed so much to the success of the "Costa". I can't imagine this



race without the imprint that Club Kokomo makes on it. You have my deepest appreciation and respect. ~ Terry Townsend

The Adventures of Barefoot Dan and John

By Charlie Skoog

If you read Runner's World or follow running at all you know what started as a spark with the book *Born to Run* and other anecdotal information on minimalist and barefoot running has become a full-fledged revolution. It's all about the feet, how God designed them, and how man subsequently adorned them. I've been blessed to meet, get to know, and pound the roads and trails with Dan Lutes and John Anderson since the since the latter years of the 20th century. Dan is an engineer and John is a mason by trade. They both know and respect their bodies and that information has served them well. I knew Dan was carefully experimenting with minimalist running and I was already enjoying www.barefootdan.blogspot.com when he showed up in person and ran a 7:05 barefoot Miracle Mile on January 25 in 1 inch of freshly fallen snow. That was impressive, unfortunately he encountered a bump in the road a few weeks later, which I hope you decide to read in Dan's blog. On April 11 Barefoot Dan was back at the Miracle Mile for a test run and clocked a 7:52. Also running that day was John Anderson who ran a 6:25. I did not realize that John had also been doing some barefoot training, and Dan apparently inspired him some because the following week on April 18 John ran a Miracle Mile barefoot record 6:23! If you're interested in going minimalist, Patty Weitzel has been running and walking in Vibrams for several years. I also love the barefoot "feel" of Vibrams and how they have helped my well-worn feet become stronger. I invite all who are interested to follow the adventurous footsteps of Dan, John and Patty!

Coyote Kids

It is time to start gearing up for Coyote Kids 2012. It is hard to believe we are starting our 9th year in just a few short weeks. Our first week is June 14th through July 26th this year. We have built in an extra week again this year in case of a rain week. We will be doing awards on **FRIDAY**, August 3rd at Morningstar Church's Connection building on Markland Blvd.

We are starting the 25/50 yard kids at 6:15 PM and the other races will begin at 6:30 PM. As always, WE NEED YOU to make 2012 another successful year. We are excited to have awesome, new bracelets for each age group this year. No more nametags, so that will make us more efficient in registration and the finish line.

If you signed the volunteer sheet at the awards dinner, I already have you on our list. If you didn't sign up yet, we will need a folks for registration, finish line, timing, set up, parking, the 25/50 yd runs, team leaders for the different age groups, runners with the kids, and help passing out popsicles and ribbons. If you have helped in the past, please email me of your interest so we can make our team complete again this year. Please email Ray and me at



Captain and Mrs. Coyote

rayrobin@email.com to tell us where you would like to fit in. We MUST get our plans in focus as June 14th is just around the corner! Mark your calendars because you don't want to miss a single week of COYOTE KIDS!

April Meeting Minutes

Club Kokomo Meeting
Monday April 9, 2012

Attendance: Mark Shorter, Rebekah Monroe, Richard Kirkhoff, Robin Cole, Pattie Weitzel, Joe Yeagle; Scott Riggle & Robin Tetrault

1. Financial report by Mark Shorter.
2. Pattie Weitzel is coordinating Relay for Life.
3. Pattie Weitzel is coordinating Race for Cure.
4. There will be a local race to support Cancer Society on April 21.

- Charlie and representatives for the Cancer Society will be at Highland Park.

- Freewill donations, no awards or T shirts but race will be timed.

5. Charlie motioned to use club clock at the Cancer Society race. Scott R. seconded. Vote passed on the condition that Charlie fills out an equipment request form.

6. Charlie motioned to buy a new megaphone (no more than \$200) and a water heater (for coffee and hot chocolate) to be used at CKRR events. Robin T. seconded and vote passed.

7. The age groups for the Haynes race will be left as they have been.

8. May 19 is the Prison Breakout race.

- Charlie motioned to use timer and clock at the request of Anna Hubbard. Robin Cole seconded. Vote passed with 1 opposed on the condition that Charlie fills out an equipment request form.

9. Relay for Life half marathon is on June 2.

- They want to use the clock & timer.

- Charlie is going to have them come to the next mtg.

10. Charlie motioned to remove the password from the current newsletter on the website. Scott Riggle seconded. Vote passed.

Meeting was adjourned at 7:15.

Race Results

Club Kokomo Ultimate Race

April 7, 2012

Logansport, IN

On Cliff Drive

Hilly course along the banks of the Wabash River

Sunny

10 Mile Run

1. Scott Colford 56:44
2. Cole Jackson 58:39
3. Parker Jones 59:42
4. Dana Neer 1:02:51
5. Todd Horner 1:08:58
6. Brian Reinhardt 1:11:03
7. Chris Frazier 1:12:19
8. Jon Johnson 1:13:29
9. Jerry Long 1:14:49
10. David Wesche 1:15:48
11. Paul Sanders 1:16:37
12. Jeff Scott 1:19:07
13. Phil Rozzi 1:21:05
14. Michelle Larson 1:24:04 1st woman
15. Rosellen Connolly 1:25:29
16. Dana Culp 1:27:01
17. Lacey Viney 1:27:04
18. Dave Emry 1:27:27
19. Mark Shorter 1:27:42
20. Tami Moore 1:28:22
21. Nikki Frazier 1:29:25
22. Mary Pomasl 1:29:57
23. Shelly Crozier 1:30:14
24. Terry Jones 1:30:47
25. Jeff Saylor 1:31:23
26. Monte Babb 1:32:45
27. Ken Swinehart 1:32:51
28. Carla Knapp 1:35:24
29. Michelle Boyd 1:35:31
30. Pam Steinberger 1:37:58
31. David Hughes 1:39:15
32. Bobby Mendoza 1:44:25
33. Laura Cook 1:44:53
34. Robin Tetrault 1:51:08
35. Shawn Knapp 1:57:28
36. Timothy Templin 2:04:52

5 Mile Run

1. Neno Bellinotti 25:52
2. Kory Kennedy 27:00
3. Matt York 29:30
4. Tony White 32:02
5. Bob Atkins 32:11
6. Byron Bundrent 33:11
7. Jay Priest 33:20
8. Andrew Achey 34:24
9. Ron Moore 34:33
10. Carly Jones 38:51 1st woman
11. Isaiah Scott 41:06

12. Charlie Skoog 42:49
13. Jaydyn Scott 43:01
14. Dan Phillips 43:21
15. John Peters 44:01
16. Rocky Ellis 44:20
17. Joshua Scott 44:30
18. Cara McKellar 44:33
19. Jerry Meiring 45:08
20. Anna Rangel 45:14
21. Michael Graham 45:21
22. James Jakus 45:46
23. Ray Tetrault 47:09
24. Darcie York 47:27
25. Joe Stetz 47:44
26. Jennifer Philips 47:55
27. Russ Hovermale 48:04
28. Karly Sprouse 49:06
29. Ricke Stucker 49:20
30. Patti Reinhardt 54:52
31. Kelsey Kennedy 55:08
32. Tracy Brown 55:39
33. Robin Cole 56:15
34. Brayden York 56:44
35. Jenna Clark 59:10
36. Laura Heflin 59:30
37. Sue Keller 1:15:07

5 Mile Walk

1. Vince Lorenz 49:37
2. Mary Miller 52:42 1st woman
3. Jerry Lambert 59:36
4. Linda Miller 1:01:27
5. Jim Gross 1:03:12
6. Steve Inman 1:04:16
7. Raye Jean Swinehart 1:05:37
8. Jane Inman 1:06:21
9. Joe Rangel 1:06:32
10. Robin Michael 1:20:29
11. Rick Spencer 1:20:29
12. Mary Lou Rutherford 1:25:31
13. Stephanie Mason 1:29:22
14. Jessica Mason 1:29:23

2012 Franciscan St. Francis Health Polar Bear Polar Bear 3 mile 2012

322: Mel Hobbs III 41:26
Total Finishers 396

27th Annual Old Ben 5K Sponsored by IUK Alumni Association March 10, 2012 Temp 25 sunny, wind chill 19

5K Run

1. Kory Kennedy 16:25
2. Scott Colford 17:19

3. Parker Jones 17:24
4. Matt York 17:42
5. Tony White 18:54
6. Jay Priest 19:18
7. Byron Bundrent 19:53
8. Heather Weber 19:58 1st woman
9. Ron Moore 20:10
10. Jordon Ousley 20:29
11. Jerry Long 21:14
12. Brad Kallio 21:20
13. Gary Callahan 21:21
14. Tim Taflinger II 21:34
15. John Anderson 21:40
16. Chris Lasley 21:45
17. Mike Duke 21:54
18. Brad Richmond 22:03
19. Spence Heath 22:17
20. Carly Jones 22:18
21. Phil Rozzi 22:25
22. Diana Jones 22:28
23. Dustin DeLong 22:28
24. Kelly Norton 22:32
25. Thomas Shade 22:47
26. Eric Mathew 22:47
27. Justin Taflinger 23:35
28. Ryan Dollens 24:01
29. Ketih McAndrews 24:06
30. Gerald Radel 24:14
31. Ashley Paulson 24:15
32. David Lechner 24:21
33. Kathy Smart 24:26
34. Bob Lechner 24:27
35. Carol Sheridan 24:28
36. Mark Shorter 24:31
37. Monte Bubb 24:35
38. Kenneth Swinehart 24:42
39. Philedmon Yebai 24:43
40. Mike Deardorff 24:48
41. Mike Schoenratt 25:04
42. Lindsay Timm 25:13
43. Sam Bettegnies 25:14
44. Roxane Burrous 25:17
45. Alan Kinney 25:18
46. Jen Atkins 25:20
47. Mitch Mossom 25:23
48. Michael Graham 25:26
49. Nikki Frazier 25:28
50. Scott Deyoe 25:35
51. Andy Smith 25:37
52. Kelly Wright 25:50
53. Tami Moore 25:55
54. Josh Hall 26:04
55. Blake White 26:06
56. Mike Daugherty 26:12
57. Zoe Eddy 26:13
58. Tim Voss 26:15
59. Sherrie Alexander 26:16
60. Vinh Lee 26:28
61. Stacy Bettegnier 26:44
62. Adriene Riggle 26:48
63. David Emry 26:50
64. Donny Smith 26:51

65. Cindy Stone 26:54
 66. Ray Tetrault 26:55
 67. Daniel Phillips 27:02
 68. Chris Radel 27:06
 69. Carson Ray 27:14
 70. Lisa Birkhimer 27:18
 71. Chee Lee 27:23
 72. Christopher Sullivan 27:30
 73. Carla Knapp 27:34
 74. Lindsey Thompson 27:55
 75. Anna Dollens-Rangel 27:57
 76. Cara McKellar 28:00
 77. Jerry Meiring 28:16
 78. Greg Rhees 28:29
 79. David A. Hughes 28:32
 80. Everette Mitchen 28:34
 81. Laurie Ousley 28:34
 82. Britney Parsley 28:36
 83. Russ Hovermale 28:47
 84. Janette Clem 28:49
 85. Jason Hahn 28:53
 86. Paula Kucholick 28:53
 87. Tom Miklik 28:54
 88. Jennifer Phillips 29:00
 89. Rhenda Acton 29:03
 90. Daniel Herrera (older) 29:09
 91. Daniel Herrera (younger) 29:10
 92. Robin Tetrault 29:13
 93. Nancy Anderson 29:30
 94. Brayden York 29:21
 95. Michael Anderson 29:23
 96. Charlene Powell 29:30
 97. Jennie Rhees 29:33
 98. Elizabeth Marcus 29:46
 99. Greg Sullivan 29:59
 100. Connie Higginbottom 30:06
 101. Hannah Myers 30:18
 102. Phil Leininger 30:22
 103. Julee Anderson 30:28
 104. Jordan Sheena 30:28
 105. Bill Menges 30:35
 106. Desiree Hughes 30:53
 107. Riley Case 30:58
 108. Joyce Pennycoff 31:00
 109. Carrie Gruel 31:01
 110. Kelsey Kennedy 31:08
 111. Kaitlyn Kennedy 31:08
 112. Carlos Delangel 31:16
 113. Marianne Wilson 31:20
 114. Stan Shuey 31:32
 115. Ricke Stucker 31:43
 116. Shelly Nelson 31:58
 117. Anna Boyer 32:37
 118. Tracy Brown 32:44
 119. Marsha Daugherty 32:53
 120. Mandy Oakes 32:53
 121. Terry Jones 33:11
 122. Vicki Bennett Thomas 33:12
 123. Wes Balser 33:26
 124. Robin Cole 33:31
 125. Marti Sholty 33:40
 126. Amanda Flick 33:43

127. Doug Mankell 34:04
 128. Linda Wachs 34:36
 129. Tennille Darnell 34:51
 130. Lisa Stodgell 34:53
 131. Jenna Clark 35:13
 132. Chris McDonough 35:20
 133. Casey Ray 35:56
 134. Kristianna Upchurch 36:01
 135. Luke Leger 36:05
 136. Ron Beachy 36:05
 137. Laura Heflin 36:22
 138. Tammy Dyer 36:29
 139. Stephanie Koepke 36:53
 140. Deborah Taylor 36:51
 141. Lisa Price 37:14
 142. Jim Boley 37:20
 143. Valerie Leger 37:42
 144. Anh Lee 37:49
 145. Elizabeth Felker 37:50
 146. Lora Felker 38:33
 147. Jessica Balser 39:46
 148. Maria DeCleene 39:47
 149. Lauren Weber 40:33
 150. Maddy Irwin 41:00
 151. Sara Smith 41:10
 152. Susan Gerhart 41:12
 153. Dona Smith 41:39
 154. Sue Keller 41:53
 155. Amy Hicks 43:05
 156. Amanda Koztecki 43:13
 157. Judy Trobaugh 43:23

5K Walk

1. Vince Lorenz 28:28
 2. Mary Miller 31:30 1st woman
 3. Sarah Clouser 35:47
 4. Michelle Boyd 36:07
 5. Linda Miller 37:23
 6. Jim Gross 39:16
 7. Raye Jean Swinehart 40:34
 8. Jane Inman 40:58
 9. Rick Spencer 42:24
 10. Robin Michael 42:49
 11. Geri Smalling 43:05
 12. Jan Wall 43:24
 13. Greg Wall 43:36
 14. Kevin Perry 43:41
 15. SL Wilson 44:14
 16. Angie Bowman 44:15
 17. Kelly Hillman 44:15
 18. Elissa Hughes 44:16
 19. Lori Akers 44:43
 20. Jean Heflin 44:52
 21. Jodi Perry 45:05
 22. Emma Key 45:06
 23. Kim Key 45:08
 24. Angela Lorenz 45:56
 25. ?? Boston 45:57
 26. Kiara Boston 46:23
 27. Jayne Stucker 46:59
 28. Amy Powlen 47:00
 29. Doug Powlen 47:08

30. Kelly Goad 47:08
 31. Lisa Holaday 48:54
 32. Teng Lee 50:25
 33. Debbie Whitney 50:26
 34. Monica Mathew 51:13
 35. Trudy Pierce 51:30
 36. Dick Summerton 51:45
 37. Terry S. Hall 52:47
 38. Diana Brown 53:50
 39. Cindy Wilson 54:01
 40. Karen Walck 54:10
 41. Dan Coughlin 54:15

May Birthdays

5-1 Ben Bradshaw
 5-4 Russ Hovermale
 5-5 Matt King
 5-5 Tyler King
 5-7 Matt Tetrault
 5-10 Eric Mathew
 5-10 Sharon Werst
 5-13 Chad Sr. Gaddis
 5-13 Joni McCracken
 5-13 Dana Neer
 5-14 Jeremy Breedlove
 5-14 Linda Pursifull
 5-15 Byron Bundrent
 5-17 Mike Deardorff
 5-17 Jim Gross
 5-17 Keith McAndrews
 5-17 Brendyn Rogers
 5-18 Lora Campbell
 5-19 David Emry
 5-19 Brad Richmond
 5-20 Mandy Oakes
 5-20 Matt York
 5-21 Sue Keller
 5-21 Kathryn Wall
 5-22 Noreen Forgrave
 5-22 Kathleen Leach
 5-23 Tina Dixon
 5-23 Karter Fernandes
 5-23 Alexandria Parr
 5-24 Adrian Glover
 5-24 Joyce Pennycoff
 5-24 Dalton Pitner
 5-25 Fred Chew
 5-25 Jane Inman
 5-29 Lien Koztecki
 5-29 Isaac Werst

CK Wednesday Night Run/Walks

Sponsored by Runner's Forum

Please note that **the start of the 5K is 5:15 p.m. The Miracle Mile starts at 6:00 p.m.**

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

1. Parker Jones 5:22
2. Scott Glover 6:19
3. Jordan Ousley 6:23
4. Nicole Hampshire 6:34
5. Corey Menning 6:34
6. David Lechner 6:36
7. Brad Richmond 6:41
8. Paul Sanders 6:42
9. Max White 6:58
10. Tony White 6:58
11. Casey Lechner 7:05
12. Ryke Langevin 7:05
13. Constantine Alexander 7:22
14. James Jakus 7:28
15. Charlie Skoog 7:39
16. Nicholas Campbell 7:41
17. Rosellen Connolly 7:41
18. Darcie York 7:44
19. Matt York 7:48
20. Steve Workman 7:56
21. Derek Lawhead 7:56
22. Brayden York 8:05
23. Ethan Kinney 8:08
24. Matt Martin 8:13
25. Troy Frazier 8:15
26. Nikki Frazier 8:22
27. Haley Jones 8:25
28. Laura Cook 9:06
29. Ashleigh Workman 9:15
30. Vanessa Lorenz 9:16
31. Brett Sanders 9:16
32. Bruce Savage 9:17
33. Tasha Shackelford 9:19
34. Mandy Oakes 9:24
35. Adrienne Shepherd 9:24
36. Faith Mooney 9:26
37. Kory Kennedy 9:26
38. Gavin Schmidt 9:30
39. Robin Tetrault 9:34
40. Bart Langevin 9:46
41. Kenneth Huston 9:48
42. Jim Boley 10:06
43. Rebekah Monroe 10:07
44. Amber Longwith 10:15
45. Jerry Lambert 10:36
46. Bob Longwith 11:01

47. Taylor Young 11:04
48. Katie Singer 11:04
49. Melissa Jones 11:42
50. Terry Jones 11:42
51. Dorian Gray 11:45
52. Steve Inman 12:04
53. Roger Sprouls 12:06
54. Raye Jean Swinehart 12:57
55. Jane Inman 12:57
56. Joe Yeagle 13:29
57. Sue Keller 13:57
58. Mary Lou Rethelford 14:22
59. Carol Savage 15:02
60. Cathy Longwith 15:20
61. Veronica Campbell 17:13
62. Zoey Campbell 17:14
63. Pam Campbell 17:52

CK Wednesday 5K April 4, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:26
2. Chris Frazier 20:42
3. Paul Sanders 22:39
4. Tony White 22:45
5. Matt York 22:45
6. Adrienne Shepherd 22:46
7. Nicole Hampshire 24:33
8. Kory Kennedy 24:39
9. James Jakus 27:06
10. Katie Singer 27:24
11. Faith Mooney 27:36
12. Mary White 27:56
13. Cara McKellar 28:00
14. Steve Wand 28:37
15. Laura Cook 29:09
16. Ray Tetrault 29:11
17. Matt Martin 30:33
18. Mandy Oakes 30:34
19. Vickie Bennett Thomas 33:28
20. Tasha Shackelford 33:30
21. Sophie Frazier 35:19

Runner's Forum \$10 Gift
Certificate Winners: Carol Savage
& Rosellen Connolly

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

1. Parker Jones 5:09
2. Sean Olson 6:23
3. John Anderson 6:25
4. Tim Taflinger II 6:38
5. Phil Rozzi 6:53
6. Brad Richmond 6:57
7. Ron Moore 7:03
8. Charlie Skoog 7:26

9. Derek Lawhead 7:28
10. Matt Martin 7:34
11. Terry Jones 7:42
12. Rosellen Connolly 7:44
13. Dan Lutes 7:52
14. Adriene Riggle 7:57
15. Stevie Jones 8:20
16. Mandy Oakes 8:25
17. Kory Kennedy 8:26
18. Tasha Shackelford 8:43
19. Brandy Roesler 8:49
20. Bart Langevin 9:12
21. Bruce Savage 9:15
22. Gavin Schmidt 9:38
23. Alex Anderson 10:18
24. Emily Riggle 10:43
25. Jenna Dillman 12:01
26. Melissa Jones 12:01
27. Jane Inman 12:49
28. Raye Jean Swinehart 12:50
29. Joe Yeagle 13:37
30. Gretchen Riggle 14:19
31. Scott Riggle 14:21
32. Carol Savage 14:48
33. Sue Keller 16:53
34. Joe Rangel 17:45
35. Kailee Taflinger 17:46
36. Colten Pearce 17:46

CK Wednesday 5K April 11, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:18
2. Scott Riggle 19:02
3. Adrienne Shepherd 21:22
4. Tim Taflinger II 21:37
5. Ron Moore 22:03
6. Phil Rozzi 22:58
7. Brad Richmond 23:11
8. Kory Kennedy 23:39
9. Anna Dollens Rangel 28:00
10. Vickie Bennett Thomas 31:08
11. Tasha Shackelford 31:09
12. Sue Keller 45:07

Runner's Forum \$10 Gift
Certificate Winners: Gretchen
Riggle & Derek Lawhead

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

1. Parker Jones 5:21
2. Adrienne Shepherd 6:15
3. John Anderson 6:23 (barefoot runner)
4. Paul Sanders 6:48
5. Phil Rozzi 6:52
6. Ken Swinehart 7:11

7. Derek Lawhead 7:16
8. Terry Jones 7:18
9. Wendell Kellett 7:26
10. John Rocchio 7:32
11. Rosellen Connolly 7:44
12. John Peters 7:56
13. Adri Freeman 7:58
14. Charlie Skoog 7:58
15. Adriene Riggle 8:05
16. Anne Berendsen 8:11
17. Cara McKellar 8:27
18. Tasha Shackelford 8:27
19. Sarah Connolly 8:33
20. James Jakus 8:41
21. Stevie Lynn Jones 8:49
22. Kathy Murdoch 8:50
23. Anna Dollens Rangel 8:50
24. Bart Langevin 9:04
25. Bruce Savage 9:14
26. Chad Shackelford 9:44
27. Amber Longwith 9:48
28. Alex Anderson 10:12
29. Sharlene Lossing 10:31
30. Kevin Campbell 10:31
31. Robin Cole 10:42
32. Cameron Harris 10:49
33. Andrew Jay 10:50
34. Bob Longwith 10:58
35. Audrey Jay 11:12
36. Emily Riggle 11:50
37. Melissa Jones 11:58
38. Joe Rangel 12:27
39. Dorian Gray 12:52
40. Raye Jean Swinehart 12:52
41. Jane Inman 12:53
42. Doris Campbell 13:29
43. Vickie Bennett Thomas 13:53
44. Jerry Leach 13:53
45. Gretchen Riggle 14:05
46. Sue Keller 14:06
47. Scott Riggle 14:08
48. Sophia Jay 14:42
49. Jessica Brockett 14:51
50. Carol Savage 15:04
51. Tishelle Harris 15:12
52. Cathy Longwith 15:29

CK Wednesday 5K
April 18, 2012
Old Ben/Highland 5K Course

1. Parker Jones 17:13
2. Scott Riggle 19:38
3. Tim Taflinger II 22:12
4. Kory Kennedy 22:46
5. Phil Rozzi 23:23
6. Justin Taflinger 23:56
7. Paul Sanders 26:17
8. John Rocchio 26:38
9. Wendell Kellett 26:51
10. Anne Berendsen 27:03

11. John Peters 27:41
12. Steve Wand 27:43
13. Cara McKellar 29:17
14. Anna Dollens Rangel 29:22
15. Vickie Bennett Thomas 32:58
16. Tasha Shackelford 32:59
17. Gavin Schmidt 34:47
18. Joe Rangel 39:22
19. Sue Keller 44:31

Runner's Forum \$10 Gift
 Certificate Winners: Paul Sanders
 & Cara McKellar

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

1. Parker Jones 5:20
2. John Anderson 6:30
3. Paul Sanders 6:37
4. Ken Swinehart 7:14
5. Derek Lawhead 7:18
6. Maya James 7:22
7. Chris James 7:22
8. Michael Graham 8:30
9. Stevie Jones 8:43
10. Kevin Campbell 8:54
11. Tasha Schackelford 8:58
12. Alex Anderson 10:12
13. Bob Longwith 10:40
14. Dorian Gray 11:47
15. Melissa Jones 11:50
16. Jane Inman 13:43
17. Raye Jean Swinehart 13:44

CK Wednesday 5K
April 25, 2012
Old Ben/Highland 5K Course

1. Parker Jones 17:13
2. Chris James 18:18
3. Scott Riggle 19:45
4. Adrienne Shepherd 21:26
5. Cara McKellar 26:39
6. Michael Graham 27:57
7. Vickie Bennett Thomas 31:50
8. Tasha Shackelford 31:51
9. Gavin Schmidt 34:44

Runner's Forum \$10 Gift
 Certificate Winners: Jane Inman
 & Raye Jean Swinehart

More Costa Pics



Jay Priest, Kokomo



Bob Atkins, Russiaville

Points Standing

Races included are Amboy, Old Ben, Ultimate 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

Elizabeth Felker 1-20

Ella Kantz 1-20

Lauren Weber 1-15

13-19

Carly Jones 4-70C

Kelsey Kennedy 4-55C

Stevie Jones 1-12

Sophie Frazier 1-10

20-24

Kathryn Wall 1-10C

25-29

Jenna Clark 3-50

Amanda Flick 2-40

Laura Heflin 3-39

30-34

Jen Atkins 3-60H

Rebekah Monroe 2-35V

Desiree Hughes 2-20C

Carla Knapp 1-20

Kelly Wright 1-15

Adriene Riggle 1-12

35-39

Nikki Frazier 4-75H

Michelle Boyd 2-27

Carol Sheridan 1-20

Darcie York 1-20

Anna Kantz 1-15

40-44

Heather Weber 3-60MH

Lisa Birkhimer 2-30H

Tami Moore 2-27

Michelle Larson 1-20

Dana Culp 1-15

Sherrie Alexander 1-12

Lora Felker 1-9

45-49

Cara McKellar 4-60C

Cindy Stone 2-40

Laura Cook 2-32

Patti Reinhardt 1-15

Kristine Bewley 1-10

Joni McCracken 1-10C

50-54

Tracy Brown 3-50

Roxane Burrous 1-20

Laurie Ousley 1-15

Marianne Wilson 1-12

55-59

Anna Rangel 4-70C

Robin Tetrault 4-70H

Sue Keller 3-34

Robin Cole 2-27

Lorene Sandifur 1-20H

60-64

Rhenda Acton 1-20

Joyce Pennycoff 1-15

65-69

Susan Gerhart 1-20

Men

0-12

Brayden York 2-32

Justin Taflinger 1-20

Vinh Lee 1-15

13-19

Samuel Bettegnies 2-29

Bobby Mendoza 2-28

Jeremy Breedlove 1-20

Waylon Coulter 1-15

Jordan Fivecoate 1-12

Cavan Williams 1-10

20-24

Parker Jones 4-67H

Kory Kennedy 4-60C

Neno Bellinotti 2-40

Jordan Ousley 1-12

Ryan Dollens 1-10

Cody Young 1-10

30-34

Chad Sr. Gaddis 1-20

Billy Cox 1-10C

35-39

Matt York 4-80MH

Chris Frazier 3-60HV

Bob Atkins 3-52MH

Brad Richmond 2-30

Tony White 2-30

Jim Boley 2-24

Chris Lasley 1-12

40-44

Terry Jones 4-67H

Scott Colford 3-60H

Scott Riggle 1-20H

Tim Taflinger II 1-15

Steve Williams 1-15

45-49

Jay Priest 5-100MH

Ron Moore 4-70MH

David Emry 4-54H

Michael Graham 4-54H

Brian Reinhardt 2-35H

Paul Sanders 2-32H

Scott Deyoe 2-22

Dana Neer 1-20

Chee Lee 1-8

50-54

Byron Bundrent 3-60

Jerry Long 3-50

Ray Tetrault 3-43H

Ken Swinehart 3-31

Phil Rozzi 2-27

Eric Mathew 2-22

55-59

Mark Shorter 4-65C

Russ Hovermale 3-41

Jerry Meiring 3-40

Jeff LaDow 1-20H

Keith McAndrews 1-20

Mike Deardorff 1-12

60-64

Ricke Stucker 4-43C

Gary Callahan 2-40

Charlie Skoog 2-35

Tom Miklik 2-25

Phil Leininger 2-22C

Vern Keller 1-12

Bill Menges 1-10

65-69

David Hughes 3-60

Doug Mankell 2-30

Bill Barnett 1-12

70-74

John Peters 2-35

Stan Shuey 2-32

Billy Stanton 1-20

75-79

Riley Case 2-40

Ken Huston 1-15

Walkers

Women

45-49

Anh Lee 1-20

Angie Bowman 1-15

50-54

Mary Miller 3-60

Raye Jean Swinehart

3-42

Jane Inman 3-39

Jean Heflin 2-20

Jayne Stucker 2-18

Monica Mathew 1-8

55-59

Jan Wall 1-20

60-64

Angela Lorenz 2-35

Judy Trobaugh 2-35

65-69

Diana Brown 1-20

Mary Lou Rutherford

1-20

Men

13-19

Teng Lee 1-20

25-29

Vince Lorenz 3-60

50-54

Steve Inman 1-20

55-59

Rick Spencer 3-60

60-64

Robin Michael 3-55

Joe Rangel 2-30C

Greg Wall 1-15

70-74

Jim Gross 2-40

John Mohr 1-20

Dan Coughlin 1-15

75-79

Jerry Lambert 1-20

Dick Summerton 1-20

2012 Race Calendar

May 12

Norris Insurance 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Jackson Morrow Park, Kokomo, IN
Contact: John Norris
Website: <http://norrisinsurance.com/>

May 26

17th Composer Classic 5K & Melodic Mile Run/ Walk
Time: 8 AM
Location: Rogers Pavilion 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, Kokomo High School, Kokomo, IN

June 21

Coyote Kids day 2

June 23

12 Hour relay—**Non CKRR pts 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

July 14

Race for Grace
Time: 8 AM
Location: Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN
Phone: (574) 753-0505

July 21

Panther Prowl 5K Mile Run/Walk
Time: 8 AM
Location: Russiaville, IN
NOTE: **Please do NOT park in the lot at Waddell's IGA. It is reserved for their customers only.**

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, Russiaville, IN
Contact: Oakbrook Community Church
Phone: (765) 252-7030

September 1

Steps to Recovery
3M Run & Walk

September 15

4th GNO (Girls Night Out)
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 Jack-o-lantern 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



Inspirational Thought of the Month

by Club Chaplain Steve Wand

When I turned 45 years old I had to start wearing glasses to see things better in the distance. I was blessed with perfect vision up until this time (from a physical point of view). Now I wear glasses to see up close also so that I can write this article. I'm fortunate to have these glasses available to help me see clearly. Are there glasses available for my heart? Huh.... my heart you say?

What is the condition of the "eyes of your heart" today? Are they closed, clouded, eyelids squinted with tight resistance? Are they eager to accept light and clear with eyelids wide open, ready to see the blessing God has provided for you today, tomorrow, and into eternity?

Ephesians 1:17-20, NIV
(New International Version)

¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit^[a] of wisdom and revelation, so that you may know him better.

¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms...."



2936 Congress Drive
Kokomo, IN 46902

We're on the web!
www.ckrr.us

