

# The Roadrunner

## Myths and My Two Cents

by Rebekah Monroe

(CKRR Club President)

I was looking at various running and fitness websites and came across a list of running myths we all have heard one time or another. So below are the 14 running myths that I decided to add my "two cents" to. Remember you can always add your two cents by submitting an article to the CKRR newsletter ;-)

**Myth: Running in the rain or cold will make you sick.**

**Busted:** You're more likely to catch a cold when you spend more time inside, where germs are spread. Some reports suggest

cold temperatures may reduce the effectiveness of your immune system, but you'd still have to be exposed to the virus to get sick.

**My two cents:** I'm gonna have to agree with this one...all research I have done regarding cold/flu and pneumonia says the same thing...sickness is caused by bacteria, virus, chemicals, etc. I always run year round even in the single digits...skin protection is my main concern.

**Myth: You're too slow to be a runner.**

**Busted:** Running is a free-form activity. We alone determine how fast, how far, and how long we run. The empowerment in running is open to anyone at any speed. Your definition of "slow" may change as you grow fitter and will change again as you grow older.

**My two cents:** So true...true, true, true. I have a car sticker that reads sarcastically "*this is my race pace*"...lol...I love that so much. We focus so much on how "fast" we run and it drives me nuts. I don't care if your mile is 4:35 or 14:35 as long as you continue to challenge yourself, push your limits, and strive to improve your abilities. Then you're fast enough for YOU.

**Myth: You're too old to run a marathon**

**Busted:** With the right ratio of run/walk segments, almost anyone can finish a marathon without pain. Every year I meet runners in their 60s, 70s, and 80s

who are training for—or have finished—their first 26.2.

**My two cents:** I'm not touching this one because the majority of our club membership is over 40 years old, and some of our most diligent marathoners are in their 50's and 60's. Ray and Robin Tetrault bounce around state to state doing back-to-back marathons. Not to mention that several of our 60 and older members can still bust out 6-minute miles, which is a far cry from what this 32 year can do...lol. Joe Rangel was a fierce competitor at the 1 Mile Fun Run, smoking a lot of the 20 something's. Earl Strong just completed his 50-state marathon quest and runs in the 55-59 age group. Riley Case, who races in the 75-79 age group, clocks eight minute miles. Enough said. ☺

**Myth: Entering a race always demands long-term planning.**

**Busted:** While you often do need to plan, you can hop in a race as a training run, to tour somewhere new, or just to get a rush. If you have a base, you can safely crash a race from 4 weeks out by notching one long run, one quality run, and two or three easy runs a week.

**My two cents:** Girls Night Out (coming up on September 15) is probably one of the best examples of being able to enter a race as more of a social event than an Olympic trial. It is geared for every level and set to encourage fitness and fun. Don't be intimidated by the sponsor-

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Next Club Meeting:

Monday, Aug 13

Social - 5 pm, Business - 6

\*NEW LOCATION\*

Martino's Italian Villa  
1929 N. Washington



Girls Night Out 2011

crested participants pushing their way to the front of the starting line. Four weeks to a fitness challenge is doable.

**Myth: A few days off from vigorous activity will hurt your fitness.**

**Busted:** You can stop running for as long as 5 days with no significant loss of conditioning. Simply ease back into your routine once you start running again—take a few more walk breaks and scale back on the run. You'll regain your fitness within a week or so

**My two cents:** So true and know from firsthand experience...the old "riding a bike" theory can be applied here ☺

**Myth: You can do long runs too slowly.**

**Busted:** In fact, you can't run long and slow enough! Running slow and taking frequent walk breaks will help minimize fatigue and hasten your recovery. Simply scale your pace back to the point at which you can easily hold a conversation without huffing and puffing.

**My two cents:** This was a major point stressed when I received my Running Coach certification through Roadrunners of America. They constantly stressed the fact that the majority of marathon runners do long runs too fast. A quick rule of thumb is 90 sec plus

your race pace or like they said above, at a conversational speed.

**Myth: Kids shouldn't enter races.**

**Busted:** Children over the age of 7 who have been running at least once a week for 3 or 4 months may be perfectly capable of running or walking a 5-K. It's all up to the child—he or she should be excited about entering an event, enjoy the experience of running, and feel no pressure to compete.

**My two cents:** I agree with the above statement... just check out our Coyote Kids program! It is fun and helps promote fitness as part of healthy lifestyle. But getting into longer distances at a young age gives me a bit of pause. My son wants to do the Indy Mini next year at age 11, and I am VERY hesitant about putting allowing him to put that kind stress on his body with the training he will need to do for the event. So research I am doing....

**Myth: You must always stick with your buddy in a race.**

**Busted:** It's truly up to you—and your buddy, of course. Before the event, decide if you will run together or not. Regardless, if one of you feels great, it's acceptable to wish the other luck and run ahead. That said, if you're doing an easy run, it's rude to leave your partner behind unless he's okay with it.

## UPCOMING EVENTS:

**Aug 18 at 8 am**  
CAM Run for Shelter  
5K Run and Walk  
Oakbrook Valley  
Russiaville, IN

**Sept 1 at 9 am**  
Steps to Recovery  
3M Run and Walk  
Senior Center, Foster  
Park  
Contact: Charlie Skoog  
(765 437-6268,  
[runckrr@aol.com](mailto:runckrr@aol.com))

**Sept 15 at 5 pm**  
Girls' Night Out  
Foster Park Pavilion  
Downtown Kokomo

## Other Area Races:

**USAT Triathlon:**  
**Aug 11 at 8:00 am**  
Swim, Bike, Run at  
Lake Maxinkuckee  
Culver, IN  
([www.culver.org](http://www.culver.org))

**Sept 8 at 8 am**  
Hanneken Mem. Race  
Wabash, IN

**Sept 8 at 7:45 am**  
Reynolds Ranger Run  
Reynolds, IN

**My two cents:** Again, I totally agree...have a game plan before hand. If your goal is to do your best, then do it. If you were meeting up for a social, non-competitive run with your friend, then don't leave them feeling like Wile E. Coyote in the old Roadrunner cartoons.

**Myth: For speed work, you should stick to a track.**

**Busted:** You don't have to endlessly circle a high school oval to reap the benefits of faster running. You can do speed training on the road or trails, on the treadmill, and even on a bike.

**My two cents:** Nothing can steer me further away from speed work than looking down the long side of the old oval track...yuck! It is a struggle to do speed work as it is; you don't have to make it unbearable if you're not the race track kind of person. Use visual landmarks like telephone poles or park benches to mark your intervals or a good old stop watch while out on a run.

**Myth: Everyone will be able to tell this is your first race.**

**Busted:** Here's the thing. No one cares! And we mean that in the best possible way. Runners are a supportive group. They just want to help other runners and share their joy of running. And you won't be alone; there will likely be other first timers lined up with you. You'll likely meet several new friends.

**My two cents:** This is probably the truest of true statements especially in our great group of Club Kokomo Roadrunners. There is nothing I love and touches my heart more than to see first timers embarking on their inaugural race. All runners know what that feels like and truly can relate. Be proud you're a newby....ask questions and get in with the people at the event. Most veteran runners will have valuable tips that could help ease your pre-race jitters.

**Myth: Occasionally you should run as fast as you can.**

**Busted:** Running at top speed can dramatically increase your risk of injury. This is especially true if you attempt to run all-out at the end of your workout when you're tired. Fatigue causes your running form to deteriorate, which increases the likelihood of an injury-inducing misstep.

**My two cents:** I've heard too many pulled hamstring stories to not agree with this one. Unless you're getting chased by a dog...stick to interval/speed work.

**Myth: It's okay to skip rest days.**

**Busted:** Enjoy your downtime—you earned it! It's when you're not running that your body rebuilds and gets stronger. Some runners exchange rest days for short, slow runs, but after a while these "junk miles" can compromise recovery and lead to injuries.

**My two cents:** Let me speak to this from years of over training. You need rest days...one more time, YOU need rest days. After having my son, I became a full-time fitness instructor, easily logging two hours a day of teaching classes, and then added more time per day training for running events and triathlons on top of that over many, many years. Believe me, it tears down your body and hurts performance. If you don't take rest days, then you will never know the feeling of running stronger by being rested. You will perform better on rested legs than fatigued ones. I promise. It only took me 11 years to figure that one out. ;-)

**Myth: You should time every run.**

**Busted:** Many runners don't keep track of the time and distance of every run, preferring instead to go by feel or mood. However, if a timing device helps you pace yourself, keeps you from overdoing it, or allows you to better track your run/walk segments, then go ahead and use one.

**My two cents:** Just make sure that every run isn't about the digits on your arm. Take time to go out on relaxation runs so that you don't stop enjoying running for more than what it is.

**Myth: A 20-minute run isn't worth your time.**

**Busted:** Even though your day is busy, taking 20 minutes to hit the road is better than nothing. A quick run keeps your muscles accustomed to the act of running, and after just 5 to 10 minutes, you start tapping into stored fat.

**My two cents:** We can also call this 20 minutes of therapy! Never mind the fitness aspect of "only running for 20 minutes." Those 20 minutes could mean the difference between a complete psychotic meltdown and maintaining your sanity. Your family and co-workers will thank you.

*Myths were taken from <http://fitbie.msn.com/>.*



Girls Night Out  
2011



# July Meeting Minutes

Club Kokomo Meeting  
July 9, 2012, at Martino's

1. Meeting began at 6:07 PM, presided by Vice President Charlie Skoog.
2. Brief financial report by Treasurer Mark Shorter
3. Vicki Boles reported that the Bona Vista Rock-n-Roll 5K may change dates to the next to last Saturday in April. More details later.
4. 2013 Club Kokomo points race schedule will be discussed at the August meeting.
5. Robin Tetrault reported that the last two Thursdays have been very hot and thus attendance at Coyote Kids dropped to around 300 each night after an opening day of near 600.
6. **Girls Night Out will be September 15 at 5:00 PM.** Stan Shuey has already measured a new course. **Start and finish will be at Foster Park. (Please note that since the meeting the entry forms have been completed and are available; also registration is available at [www.active.com](http://www.active.com))**
7. Charlie Skoog reported that he would like to find someone to take over the race directorship of the Charity Run.
8. Brief discussion about the Haynes-Apperson race. More details including financial at next meeting. Charlie Skoog volunteered to be Haynes-Apperson race director for 2013.
9. There was a reminder of future races.

Meeting adjourned at 6:43PM  
Submitted by Treasurer Mark Shorter

Those present were Kathy Murdoch, Charlie Skoog, Ray and Robin Tetrault, Joe and Anna Rangel, Vicki Boles, Stan Shuey, Rodney Beaukamp, Diane Brown, Bruce and Carol Savage, Dan Coughlin, Robin Cole, Richard Kerkof, Gregory Townsend, and Mark Shorter.

## On the Trails

By Charlie Skoog

If you live in North Central Indiana, particularly Howard County and the City of Kokomo, it's getting much easier to find a trail to run, hike, bike and even commute on. There's rarely a day goes by that I don't visit the Nickel Plate Trail, Walk of Excellence or Industrial Heritage Trail. Living in the Willowridge subdivision I can run or bike east on Carter St. along a signed bike route which takes me to the current western terminus/trail head of the

Walk of Excellence. Crossing a set of tracks which will soon be another multi-use trail, I encounter a lovely wooded, shaded, and wind-protected section of trail that descends into UCT Park and then continues east along the Wildcat through Foster Park to Downtown Kokomo. If you have yet to visit or been away for awhile, you're missing something special as the trail has truly become worthy of the name, Wildcat Creek Walk of Excellence.

The next chance to both race and experience this beauty will be the **Steps to Recovery 3 Mile Run/Walk, on Saturday, September 1, 9:00 a.m.** This event benefits Gilead House and will begin and end at the Senior Center on the west side of Foster Park. Two weeks later we will return to the Foster Park Art Pavilion on **Saturday evening, September 15, for the 5th Annual Girls Night Out All Female Run/Walk 5K.** This promises to be a very special event as "...we celebrate, encourage and inspire women of all ages to see the beauty within" and of course we will need some of you guys to volunteer, cheer the ladies on and don't forget, guys are eligible to race the \$Free High Heeled Hustle with the caveat that you must provide your own high heels!

Summer is coming to an end, the cooling days of fall are just around the corner which can only mean it's Cross Country season! Many area scholastic runners first raced on grass at Coyote Kids. When we started Coyote Kids nine years ago, Waverly Neer was a ten-year-old bundle of energy with lots of potential. Wave's now a state champion, multiple state record holder and a rising sophomore at Columbia University with national and Olympic aspirations. Also running freely and seemingly effortlessly that first year of Coyote Kids was a Western second grader named Matt Grider. Matt is a top-ranked sophomore in the state and recently blitzed the field with a 15:47 5K at Converse. Several other Coyote Kids girl alums are running for the Eastern Lady Comets with a preseason #12 Ranking at [www.indianarunner.com](http://www.indianarunner.com). Good luck to all area CK harriers and we look forward to cheering each of you on this coming season and beyond!

For those of you who think cross country is similar to road racing, you have a wonderful opportunity on **Saturday, August 18 to find out what it's really like by participating in the CAM Run for Shelter 5K at Oakbrook Valley.** This beautiful layout is one of the best high school X/C courses in the Midwest. It also serves as Western's home course, hosting both the Western Invitational on

August 25 and the MIC Conference Championship on October 2, so come out and experience both the beauty and difficulty of a top notch X/C layout!

Congratulation to Chris Frazier and his stellar volunteer team for creating and executing the highly successful inaugural Mud Battle 5K also held at Oakbrook Valley on July 28. Adventure racing is really catching on, so kudos to Chris and crew for providing a local opportunity with more in the planning stage-- [www.wildkatadventureseries.com](http://www.wildkatadventureseries.com). For those of you who weren't around Club Kokomo before 2000, I will share that the *first* Mud Battle Adventure Race at Oakbrook Valley actually occurred on February 14, 1999 on an accurately measured, two loop, 6K Trail Run. The course was designed by David Bruce and inspired by Kennekuk's Wild Wilderness/Siberian layout. Dave's crew bushwhacked some new trails which are now part of the Western X/C course but we also included some very steep climbs and descents that were "almost" runnable until it rained for one week solid prior to the race. Needless to say, there were some very unhappy campers with ruined clothing and road racing shoes, even more frustrated by their inability to win an unadvertised battle that happened "before it's time"...fortunately no one died or was hospitalized...by the way, all of us Kennekuk folks loved it!

Many of you bike and are taking advantage of our expanding trails and bike lanes. Bicycling is great cross training and can be a fun family activity if we have safe, designated places to ride while making sure we know and adhere to the rules of the roads and proper trail etiquette. What

a joy it is to see more and more riders of all age and abilities venturing out of their neighborhoods and discovering the Nickel Plate Trail, Walk of Excellence and IHT. **Something new you will be hearing more and more about is Pedal and Park.** The next opportunity to Pedal and Park locally will be at this year's Taste of Kokomo on Saturday evening, August 18, held once again in downtown Kokomo. If you live close enough and feel comfortable riding in, you will be able to park in a free, secured parking area provided by Victory Bicycle Shop, VIP parking right where all the action is! On September 15, same morning as GNO, we are planning an active transportation-themed day for the Kokomo Farmer's Market. There will be a secured bicycle parking corral at the Market from 9 am until 1 pm.

The Kokomo Howard County Friends of Trails are not yet formally meeting, but there is much planning going on behind the scenes as we strive to get connected! Much more information to come in the September newsletter, meanwhile, hope to see you soon on the roads and trails! To find out more I can be reached at [runckrr@aol.com](mailto:runckrr@aol.com) or 765 437-6268.

## Race Results

**15th Annual Race for Grace  
July 14, 2012  
Logansport, IN  
temp 75 humid**

### 5K Run/walk

1. Kory Kennedy 16:23
2. Scott Colford 17:07
3. Parker Jones 17:19

4. Joshua Hughes 17:40
5. Chad Carver 18:10
6. Dana Neer 18:34
7. Kody Snyder 18:47
8. Byron Bundrent 19:00
9. Sam Williamson 19:38
10. Todd Horner 19:39
11. Pablo Morales 20:15
12. Roger Steffen 20:28
13. Braden Tankersley 20:38
14. Vern Criswell 20:51
15. Jeff Scott 20:55
16. Benjamin Rayle 21:07
17. Tasha Mitchell 21:18 -- 1st woman
18. Curtis Wilson 21:59
19. Phil Rozzi 22:13
20. Matt Williams 22:16
21. Dirk Radarstorf 22:18
22. Joshua Tankersley 22:32
23. Megan Martin 22:40
24. Andrew Achey 22:40
25. Terry Engle 22:47
26. Steve Sims 22:48
27. Alanna Echols 22:48
28. Julie Rausch 22:51
29. Zachary Smith 22:53
30. Tony Campbell 22:57
31. Ashley Baber 23:17
32. Shelby Hulka 23:17
33. Steve Carney 23:37
34. Madison Zartman 23:58
35. Kara Smith 24:00
36. Cecilio Martinez 24:00
37. Donald Straughen 24:05
38. Matt Shaeffer 24:10
39. Bryan Hillis 24:16
40. Kylie Harder 24:18
41. Ken Swinehart 24:18
42. Mike Deardorff 24:24
43. Earl Strong 24:31
44. Mark Shorter 24:31
45. Josh Meadows 24:35
46. Brady Truman 24:35
47. Lexi Musselman 24:43
48. Emily Pomasi 24:44
49. Elvia Rodriguez 24:45
50. Elizabeth Sasso 24:46
51. Mary Pomasi 24:46
52. Ty Hoover 24:59
53. Cindy Stone 25:01
54. Joni McCracken 25:03
55. Leeann Murray 25:07
56. Doug Watson 25:09
57. Matthew Downham 25:25
58. Evan Roe 25:32
59. Charlie Skoog 25:36
60. Nackeia Scanlon 25:36
61. Trevor Klotz 25:44
62. Cara McKellar 25:48
63. Mike Scheonrad 25:49
64. Mark Smith 25:51

65. Scott Deyoe 25:53
66. Kelley Platt 25:56
67. Denise Rush 26:01
68. Kyle Bramlage 26:01
69. Kirstin Dolick 26:09
70. Kellie Shidler 26:09
71. Roxane Burrous 26:13
72. Rex Piercy 26:17
73. Michael Graham 26:19
74. Ryan Edge 26:40
75. Erika Mullins 26:42
76. Melanee Howard 26:45
77. Christi Grossnickle 26:53
78. John Peters 27:06
79. Kiersten Achey 27:16
80. Shawn Mclochin 27:19
81. Ray Tetrault 27:32
82. Riley Roe 27:35
83. Anna Rangel 27:39
84. Joe Stetz 27:40
85. Matthew Treskon 27:42
86. Teal Anderson 27:46
87. Todd Kauffman 27:58
88. Lori Kimbrell 28:02
89. Timothy Templin 28:06
90. Russ Hovermale 28:10
91. Kelsey Kennedy 28:18
92. Jenna Hulka 28:27
93. Robin Tetrault 28:39
94. Stephanie Lewellen 28:40
95. Swayzee Skelton 28:43
96. Kourtney True 28:46
97. Michelle Bryan 28:53
98. Kayla Brandt 29:10
99. David A. Hughes 29:27
100. Clayton Teyner 29:30
101. Alan Biggs 29:37
102. Rhenda Acton 29:42
103. Emilie Hubbard 29:44
104. Valerie Dircks 29:49
105. Johnny Richie 29:50
106. Andy Wright 29:56
107. Devon Lee Krause 30:00
108. Helen Ervin 30:11
109. Jim Truman 30:25
110. Darlene Daily 30:54
111. Katie Loman 31:20
112. Jane Ervin 31:23
113. Jennifer Deeter 31:33
114. April Million 31:36
115. Mike Munson 31:40
116. Mandy Hull 31:42
117. Amanda Cosby 31:43
118. Ricke Stucker 31:48
119. Brenda Graham 31:53
120. Charlie Ervin 32:05
121. Maria Cline 32:05
122. Amy Glasson 32:15
123. Courtney Glasson 32:15
124. Lisa Raderstorf 32:28
125. Rachel Osborn 32:29
126. Vince Lorenz 32:36
127. Ann Hubbard 32:36
128. Dale Sullivan 32:36
129. Nancy Musselman 32:38
130. Jillian LaDow 32:42
131. Kelly Sears 32:48
132. Mary Miller 32:59
133. Julie Robins 33:15
134. Robin Cole 33:30
135. Steve Colford 33:50
136. Latona McIntyre 33:57
137. Nina Colford 34:01
138. Sharon Whelan 34:04
139. Kim McLochlin 34:32
140. Rachle Anders 34:40
141. Beth Kinsey 34:43
142. Alyssa Samuels 34:43
143. Chris Williamson 34:47
144. Rose Clem 34:59
145. Chris Schnurpel 35:15
146. Ashlyn Brown 35:43
147. Sherrie Williams 35:48
148. Savannah Forgey 36:01
149. Linda Scott 36:14
150. Teresa Kauffman 36:22
151. Dave Bramlage 36:24
152. Pam Roe 36:29
153. Linda Miller 36:29
154. Ed Campbell 36:34
155. Leo Burns 36:52
156. Connie Hulka 37:21
157. Jim Gross 37:22
158. Lois Stevens 37:53
159. Joe Kidd Rangel 37:59
160. Lynn Saylor 38:02
161. Carissa Mongosa 38:19
162. Jerry Fullen 38:22
163. Melanie Giek 38:23
164. Reed Nethercutt 38:57
165. Natalie Baber 39:08
166. Mykayla Scott 39:10
167. Robert Cupp 39:30
168. Lynette Baber 39:54
169. Roger Baber 39:55
170. Molly DeWitt 40:01
171. Hunter McMIndes 40:07
172. Lindsey Dolick 40:07
173. Elle Stephan 40:21
174. Becky Crowe 40:52
175. Lucy Burns 41:00
176. Kimberly Johns 41:09
177. Monica Compton 41:56
178. Brianna Rude 42:01
179. Brooklyn Rude 42:09
180. Marsy Klein 42:16
181. Jane Inman 42:34
182. Raye Jean Swinehart 42:38
183. Janna Webber 42:43
184. Jenny Grandstaff 42:57
185. Toney Lorenz 43:28
186. Richard Kerkof 43:33
187. Janet Duval 43:59
188. Bob McBride 44:04
189. Charlie Slavens 44:26
190. Emy Bridge 44:33
191. Kim Baker 44:33
192. Katie Galbreath 44:48
193. Ann Sims 45:08
194. Holly Norzinskay 45:33
195. Dick Sims 45:34
196. Anita Dillman 45:53
197. Carrie Williams 45:57
198. Shirley Bishop 46:04
199. Tim Minnick 46:47
200. Doug Bentzler 47:12
201. Dottie Hill 47:14
202. Holly Knight 47:18
203. Camie Teyner 47:19
204. Laura Franscovick 47:31
205. Beth Johns 47:40
206. Jeanie Andrews 48:05
207. Michele Rush 48:05
208. Kim Bowen 48:26
209. Adrian Cunningham 48:33
210. Melissa Biggs 48:38
211. Gary Kinsey 48:44
212. Helen Gray 48:48
213. Carol Kinsey 48:48
214. Jennifer Schnurpel 50:05
215. Kim Cramer 50:06
216. Sydney Moon 50:40
217. Beth Moon 50:40
218. Sara Kirkwood 50:46
219. Maulyn Kahl 50:51
220. Bill Bergstom 50:54
221. Linda Bergstom 50:58
222. Jim Hall 51:35
223. Darcey Metcalfe 51:35
224. Elise Gzarate 51:48
225. Kris Compton 51:48
226. Charles Baar 52:04
227. Kyle Hall 52:06
228. Angie Reynoso 52:47
229. Carol Felker 52:55
230. Kim Lytle 52:57
231. Dan Riehle 52:58
232. Ike Eikelberner 52:58
233. Lisa Renaud 53:09
234. Theresa McIntosh 53:14
235. Nancy Baker 53:17
236. Sarah Wright 54:21
237. Jenea Yeke 54:23
238. Jean Cloud 54:27
239. Bruce Fultz 54:42
240. Dawn Metzger 54:46
241. Sue Babb 55:04
242. Julie Williams 55:22
243. Addison Nethercutt 59:14
244. Paula Abbott 59:45
245. Gina Nethercutt 60:33
246. Pam Taulman 60:36
247. Betty Hardy 60:53
248. Lora Eikelberner 60:53



**2012 Panther Prowl  
5K Run/Walk  
Sat, July 21, 2012  
Russiaville, IN**

**5K RUN**

1 Matt Grider 16:21  
2 Riley Worl 17:10  
3 Joshua Hughes 17:43  
4 Chad Carver 17:53  
5 Austin Elliott 18:14  
6 Jacob Bradshaw 19:25  
7 Byron Bundrent 19:37  
8 Heather Weber 19:48  
9 Mark Boss 20:05  
10 Riley Carter 20:08  
11 Shay Harden 20:58  
12 Cesar Terron 21:21  
13 Gary Callahan 21:28  
14 Paul Paese 21:53  
15 Josh Scott 22:07  
16 Carly Jones 22:20  
17 Jordan Ousley 22:46  
18 Erin Knepley 22:46  
19 Noah Connolly 23:09  
20 Kyle Copenhaver 23:35  
21 Roger Worl 24:00  
22 Mark Shorter 24:26  
23 Earl Strong 24:39  
24 Matthew Downham 24:40  
25 Jessica Love 24:50  
26 Mike Deardorff 24:53  
27 Nathan Nicholson 24:57  
28 Michelle Nicholson 24:57  
29 Pam Wolfe 25:10  
30 Ken Swinehart 25:11  
31 Natalie Nicholson 25:13  
32 Scott Deyoe 25:32  
33 Monte Babb 25:32  
34 Teresa Worl 25:36  
35 Elyssa DeAngulo 25:45  
36 Robert Clark 25:48  
37 Sophie Page 25:51  
38 Whitney Worl 26:00  
39 Charlie Skoog 26:00  
40 Chris Hedges 26:04  
41 Christopher Sullivan 26:06  
42 Jennifer Elliott 26:58  
43 Monica Graves 27:03  
44 Michael Graham 27:04  
45 Logan Buck 27:34  
46 Anna Dollens 27:42  
47 Ray Tetrault 27:48  
48 Jeff LaDow 27:51  
49 Russ Hovermale 28:08  
50 Megan Hedges 28:10  
51 Madeline Shepherd 28:11  
52 Robin Tetrault 28:32  
53 Laurie Ousley 28:56  
54 Riley Case 30:18  
55 Joyce Pennycoff 30:57  
56 Ricke Stucker 31:32

57 Laura Cook 32:08  
58 Maria Cline 33:26  
59 Jillian LaDow 33:40  
60 Robin Cole 33:51  
61 Doug Mankell 34:00  
62 Sharon Whelan 34:20  
63 Stan Shuey 39:13  
64 Laura Heflin 41:32

**5K WALK**

1 Vince Lorenz 30:25  
2 Mary Miller 31:37  
3 Joe Kidd 37:16  
4 Richard Kerkhof 38:08  
5 Fredrick Taylor 39:03  
6 Greg Wall 39:09  
7 Raye Jean Swinehart 39:26  
8 Jane Inman 40:17  
9 John Mohr 41:34  
10 Toney Lorenz 41:49  
11 Robin Michael 42:23  
12 Jan Wall 43:17  
13 Daralea Kailey 44:29  
14 Amy Thompson 44:31  
15 Jean Heflin 45:40

**1 Mile Fun Run**

1 Pete Bradshaw 8:38



**2012 Coyote  
Kids Awards  
Night**



## August Birthdays

8-1 Chari Deyoe  
8-1 Marianne Wilson  
8-2 Christina Deyoe  
8-6 Austin Larson  
8-6 Jan Wall  
8-6 Mary White  
8-7 Blake Bowman  
8-7 Kobi Moore  
8-9 Anita Upchurch  
8-11 Adriene Riggle  
8-12 Phil Rozzi  
8-13 Jase Forgrave  
8-15 Susan Gerhart  
8-18 Jean Heflin  
8-18 Bob Longwith  
8-18 Jessica Radtke  
8-19 Doris Campbell  
8-19 Karlie Reinagle  
8-21 Lisa Emry  
8-21 Lisa Newman  
8-21 David Reinagle  
8-23 Colten Pearce  
8-24 David Radtke  
8-25 Jerry Leach  
8-25 Cathy Longwith  
8-27 Parker Jones  
8-28 Chris James  
8-28 Billy Stanton  
8-28 Lauren Weber  
8-29 Patty Callahan

## CK Wednesday Night Run/Walks

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

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

1. Parker Jones 5:28
2. Cody Young 6:17
3. Michael Anderson 6:45
4. Shelby Hulka 7:01
5. Constantine Alexander 7:18
6. Jenna Hulka 7:58
7. Charlie Skoog 8:11
8. Rajon Sellers 8:16
9. Follie Bogan 9:15
10. Sandy Beech 9:32
11. Jenna Dillman 11:24
12. Melissa Jones 13:55
13. Dorian Gray 15:05

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

1. Parker Jones 17:58
2. Cody Young 20:29
3. Sandra Beech 27:24
4. Derek Lawhead 28:17
5. Tausha Shackelford 32:46
6. Vickie Bennett Thomas 35:50
7. Ken Huston 36:26

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

1. Parker Jones 5:22
2. Jordan Ousley 6:05
3. Emma Nixon 6:07
4. John Anderson 6:26
5. Michael Anderson 6:41
6. Kailey Kidwell 7:07
7. Phil Rozzi 7:13
8. Austin Butcher 7:25
9. Rosellen Connolly 7:34
10. Kristyn Kidwell 7:39
11. Cara McKellar 7:43
12. Charlie Skoog 7:49
13. Anna Rangel 8:06
14. Mike Schoenrad 8:13
15. Tausha Shackelford 8:30
16. Rajon Sellers 8:47

17. Kathy Murdoch 8:48
18. Jessica Young 8:59
19. William Cox 9:01
20. Aidan Kyle 9:09
21. Dianne Kyle 9:09
22. Javian Sellers 9:13
23. Derek Lawhead 9:15
24. Follie Bogan 9:15
25. Bruce Savage 9:43
26. Mackenzie Willman 10:13
27. Alex Anderson 10:14
28. Cindy Coulter 10:32
29. Mark Schelbert 10:46
30. Carson Kyle 10:57
31. Steve Hearn 11:16
32. Lisa Birkhimer 11:18
33. Milo Hearn 11:19
34. Dorian Gray 11:21
35. Tata Hill 11:29
36. Jenna Dillman 11:32
37. Joe Kidd Rangel 11:58
38. Melissa Jones 12:06
39. Raye Jean Swinehart 12:43
40. Jane Inman 12:56
41. Evan Butcher 13:01
42. Declan Schelbert 13:14
43. T. Dickey 13:45
44. Janita Sellers 13:47
45. Katie Schelbert 13:52
46. Trelaine Schelbert 14:05
47. Dawn Coop 14:23
48. Sarita White 14:51

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

1. Parker Jones 17:40
2. Taryn Thor 21:52
3. Shad Jakes 22:03
4. Phil Rozzi 23:41
5. Sandra Beech 25:40
6. Derek Lawhead 25:55
7. Lauren Ward 30:52
8. Vickie Bennett Thomas 33:01
9. Melissa Kidwell 33:21
10. Mark Schelbert 34:32
11. Cindy Coulter 35:12
12. Andrea Graham 36:52
13. Dorian Gray 43:49
14. Dawn Coop 47:47

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

1. Sandy Beech 7:19
2. Charlie Skoog 8:15
3. Ali Beech 12:03

4. Gretchen Riggle 12:10
5. Adriene Riggle 12:12
6. Scott Riggle 12:12

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

1. Parker Jones 17:55
2. Paul Sanders 23:01
3. Phil Rozzi 24:50
4. Melissa Kidwell 29:49
5. Vickie Bennett Thomas 32:38
6. Ken Huston 34:35
7. Vern Keller 38:08
8. Dorian Gray 39:13
9. Sue Keller 50:34

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

1. Parker Jones 5:33
2. Michael Anderson 6:43
3. Sandy Beech 7:41
4. Charlie Skoog 7:50
5. Ray Tetrault 8:02
6. Luke Tragesser 8:11
7. Rajon Sellers 8:49
8. Latavian Hill 9:06
9. Mike Schoenrad 9:09
10. Bruce Savage 9:32
11. Bart Langevin 9:39
12. Cindy Coulter 10:02
13. Vickie Bennett Thomas 10:19
14. Follie Bogan 10:25
15. Emma Tragesser 11:23
16. Joel Tragesser 11:23
17. Melissa Jones 14:40

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

1. Parker Jones 18:01
2. Phil Rozzi 24:52
3. Mike Schoenrad 28:14
4. Amanda Hueston 29:38
5. Rachel Sargent 35:36
6. Vern Keller 37:42
7. Ken Huston 38:18
8. Sue Keller 48:16
9. Dorian Gray 49:45



# Coyote Kids

## 2012

It is hard to believe another year of Coyote Kids is over! We had a very successful year despite the difficult weather conditions. We had two weeks with over 100-degree temperatures, two weeks of rain, and rain threatened the last week, but God blessed us with a perfect night of running that last night! We had a total of 806 young people register for the 2012 season. Every night we ran, we had new kids register to give it a try! The first week we had about 600 runners participate, but the heat drove many away for the rest of the weeks.

We had the awards “picnic” at The Connection on Friday night, August 3, and it was very well attended. We cooked up and handed out about 400 hotdogs, drinks, and popsicles. We had 128 perfect attendance winners and 267 participation award winners that ran 3 or 4 of the five weeks. Those are great numbers for the conditions of this year’s weather.

Coyote Kids continues to get rave reviews from parents, kids, and sponsors. Speaking of sponsors, we want to thank the

sponsors of 2012 for their AWESOME support for our 9<sup>th</sup> year! Some of our sponsors have been with us from the beginning! This year’s sponsors are: Goodfellows of Kokomo, Cub Fitness 24 by Powerhouse Gym (they also supplied us with warm up instructors when it wasn’t too hot), Norris Insurance, Grace Fellowship Church, Mark Dabrowski Law, Howard Regional Health Systems & N Central Pediatrics, Red Dot Trophies (who did a wonderful job in a short amount of time to create our trophies), Kiwanis Club of Metropolitan Kokomo, Brent Dechert of Dechert Law Firm, The Wyman Group, Ortman Drilling, and Kindermusik with Raye Jean! THANK YOU for helping us continue to offer a FREE, quality, 7-week running program for children.

Ray and I would like to also thank all of you that came out whenever you could to help with parking, timing, finish line, registration, course runners and encouragers, popsicles and ribbons, set up, and taking down! Coyote Kids is successful because of all of the smiling helpers. It is truly a group effort that makes each year run better and better! We also saw a streamlined improvement to registration, the finish line, and the awards with the new bracelets made by our daughter, Melissa Polk, “and I helped.” She was the “brains and the seamstress” to the operation. It was truly a success!

I have received



some very nice emails from parents thanking us for our program. They have said over and over again how much their children love it and look forward to it. One story I heard about at the awards night was of a child watching the Olympics on TV and they saw the runners on the track. He said, “Mommy look, the Olympics have Coyote Kids!” Now THAT is special!

We anticipate a special 10<sup>th</sup> year next year. I would like to compile any special experiences you or one of your kids has had with Coyote Kids. I know it sparked a love of running in some of our young people that are now competing in high school and college, but I don’t know your names. I’ve just heard about it second hand. If you could email your story or experience to [coyotekids@gmail.com](mailto:coyotekids@gmail.com), I would love to hear it and share it with others. It is always encouraging to see the effects of a positive program. It gives us the “juice” to do the work another year! So thank you in advance for your stories. Don’t put it off! Write your story today and send it to our Coyote Kids’ email!

**Captain and Mrs Coyote**



# Points Standing

Races included are Amboy, Old Ben, Ultimate, Run/Walk/Roll, JMP 4mi, Symphony, Trojan Trot, Greentown 5mi, Haynes, Race for Grace, Panther Prowl and any one Ultra, Marathon, Half-Marathon or Volunteer. 10 points are awarded for both the Race for the Cure and the Relay for Life.

## Runners

### Women

#### 0-12

Lauren Weber 3-45RV  
Maggie Weber 2-30RV  
Natalie Weber 2-30RV  
Elizabeth Felker 1-20  
Maya James 1-20  
Ella Kantz 1-20  
Kelsey Metz 1-20  
Kelsey Weber 1-20V  
Sophia Wyman 1-15

#### 13-19

Kelsey Kennedy 12-190HC  
Carly Jones 6-110C  
Nicole Hampshire 3-60  
Christina Deyoe 3-39  
Jillian LaDow 3-39  
Stevie Jones 2-22  
Kaylie Forgrave 1-15  
Sophie Frazier 1-10

#### 20-24

Kathryn Wall 3-40CR  
Nikki McCracken 2-30HC  
Brittiani Gillem 1-20

#### 25-29

Laura Heflin 10-144HCR  
Amanda Flick 7-130R  
Jenna Clark 6-100HC  
Michelle Milam 3-40CR  
Lindsey Thompson 1-20

#### 30-34

Jen Atkins 4-70HR  
Jennifer Van Horn 3-55  
Desiree Hughes 3-40C  
Rebekah Monroe 2-35V  
Adriene Riggie 2-32H  
Amanda Fernandes 1-20  
Carla Knapp 1-20  
Elizabeth Chase 1-15  
Kelly Wright 1-15

#### 35-39

Nikki Frazier 6-100HR  
Sharon Whelan 5-100  
Tarin Serra 2-40  
Darcie York 2-40H  
Anna Kantz 2-35H  
Michelle Boyd 2-27  
Erika James 1-20H  
Carol Sheridan 1-20  
Brandy McKibbin 1-12

#### 40-44

Heather Weber 8-150MHR  
Tami Moore 5-87MH  
Lisa Birkhimer 4-55HR  
Dana Culp 3-47  
Michelle Larson 2-35

Shelly Wyman 2-32H  
Sherrie Alexander 2-27  
Mary White 1-20H  
Lora Felker 1-9

#### 45-49

Cara McKellar 13-217HCR  
Laura Cook 6-89R  
Cindy Stone 4-80  
Joni McCracken 3-45HC  
Patti Reinhardt 1-15  
Kristine Bewley 1-10

#### 50-54

Roxane Burrous 7-140H  
Tracy Brown 7-107  
Laurie Ousley 5-85  
Anita Upchurch 1-15  
Doris Campbell 1-12  
Lisa Metz 1-12  
Thomas Vicki Bennett 1-12  
Marianne Wilson 1-12

#### 55-59

Anna Rangel 14-252HCR  
Robin Tetrault  
12-195MHRV  
Robin Cole 9-125  
Sue Keller 8-103H  
Vicki Boles 1-20V  
Lorene Sandifur 1-20H

#### 60-64

Joyce Pennycoff 6-105H  
Rhenda Acton 4-80

#### 65-69

Kathy Murdoch 5-90R  
Susan Gerhart 1-20

## Men

#### 0-12

Justin Taflinger 3-60  
Brayden York 3-47  
Vinh Lee 2-35  
Keagan James 1-20  
Dorian Gray 1-12

#### 13-19

Jordan Fivecoate 3-52  
Bobby Mendoza 3-43  
Samuel Bettegnies 3-38  
Jacob Bradshaw 1-20  
Jeremy Breedlove 1-20  
Adrian Glover 1-20  
Waylon Coulter 1-15  
Landrum Neer 1-15  
Minh Pham 1-12  
Colten Pearce 1-10  
Cavan Williams 1-10

#### 20-24

Kory Kennedy 10-165CR  
Parker Jones 10-159H  
Neno Bellinotti 4-80H  
Jordan Ousley 2-32  
Ryan Dollens 2-30H  
Cody Young 1-10

#### 30-34

Billy Cox 3-50C  
Chad Sr. Gaddis 1-20

#### 35-39

Matt York 6-120MH  
Chris Frazier 3-60HV  
Chris James 3-55  
Chris Lasley 4-54  
Bob Atkins 3-52MH  
T.A. Weber 3-40RV  
Brad Richmond 2-30  
Tony White 2-30  
Jim Boley 2-24  
Maurice Wright 2-22  
Randy Maurer 1-15  
Aaron Kirk 1-12

#### 40-44

Terry Jones 9-148H  
Scott Colford 5-100H  
Tim Taflinger II 4-65  
Paul Wyman 3-42H  
Scott Riggie 2-40H  
David Reinagle 2-20R  
Steve Williams 1-15

#### 45-49

Michael Graham  
12-153HR  
Jay Priest 7-140MH  
Scott Deyoe 11-134HR  
David Emry 8-111HR  
Ron Moore 6-105MH  
Paul Sanders 5-76H  
Dana Neer 3-60  
Brian Reinhardt 2-35H  
Scott Glover 2-30  
Chee Lee 1-8

#### 50-54

Byron Bundrent 11-220  
Ken Swinehart 13-155HR  
Ray Tetrault 11-145MHRV  
Jerry Long 9-140  
Phil Rozzi 6-84H  
Bruce Savage 4-35  
Eric Mathew 3-30  
Kevin Campbell 3-25  
Kenny Bennett 1-12  
Al Hochgesang 1-10R  
Ron Metz 1-9  
Kim Lee 1-8

#### 55-59

Mark Shorter 13-214HC  
Mike Deardorff 8-126H  
Earl Strong 7-117  
Russ Hovermale 6-70  
Jerry Meiring 5-61  
Jeff LaDow 4-52H  
Keith McAndrews 1-20  
Dave White 1-20V  
Greg Townsend 1-10R

#### 60-64

Gary Callahan 8-160  
Ricke Stucker 13-157CR  
Charlie Skoog 9-145R  
Tom Miklik 5-69H  
Vern Keller 2-32H  
Phil Leininger 2-22C  
Bill Menges 2-19  
Fred Chew 1-12

#### 65-69

David Hughes 10-190R  
Doug Mankell 4-65  
Bill Barnett 2-32  
Jim Burrous 1-20V

#### 70-74

John Peters 6-110  
Stan Shuey 5-84  
Billy Stanton 3-55  
Dale Sullivan 1-15

#### 75-79

Riley Case 4-80  
Robert Cupp 4-70R  
Ken Huston 2-35

## Walkers

### Women

#### 30-34

Amy Irick 1-10R

#### 40-44

Carol Savage 4-55

#### 45-49

Chari Deyoe 5-90HR  
Anh Lee 2-40  
Angie Bowman 1-15

#### 50-54

Mary Miller 12-240H  
Raye Jean Swinehart  
13-183HR  
Jane Inman 13-166HR  
Jean Heflin 10-104CR  
Jayne Stucker 7-66R  
Monica Mathew 2-20

**55-59**

Jan Wall 8-150R  
Barbara Hobbs 3-40R  
Christine Williamson 1-20

**60-64**

Angela Lorenz 2-35  
Judy Trobaugh 2-35

**65-69**

Mary Lou Rutherford 8-150R  
Diana Brown 6-90R

**Men****13-19**

Teng Lee 1-20

**25-29**

Vince Lorenz 10-200

**50-54**

Steve Inman 7-130HR

**55-59**

Rick Spencer 7-140

**60-64**

Joe Rangel 12-260HCR  
Robin Michael 9-126  
Greg Wall 8-117  
Melvin Hobbs III 3-30R  
Toney Lorenz 2-27  
Tim Taflinger 1-12

**65-69**

Richard Kerkhof 6-120

**70-74**

John Mohr 6-110  
Jim Gross 5-100  
Dan Coughlin 6-82R  
John McGinty 1-12

**75-79**

Jerry Lambert 8-150R  
Dick Summerton 4-65

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## Reminder

If you walk/run a Half Marathon, Full Marathon or an Ultra, **you need to let Scott Riggle know**, preferably by email ([editor@ckrr.us](mailto:editor@ckrr.us)), if you want the points. This includes the Indy Mini-marathon.

If you do not have Internet access, you are welcome to call me at 765-452-1502. If you have not notified me, then you most likely will not have the points.

Thank you. Scott Riggle

# 2012 Race Calendar

**August 18**

CAM Run for Shelter  
5K Run and Walk  
Time: 8 AM  
Location: Oakbrook Valley, Russiaville, IN  
Contact: Oakbrook Church  
Phone: (765) 252-7030

**September 1**

Steps to Recovery  
3M Run & Walk  
Time: 9 am  
Location: Senior Center, Foster Park, Kokomo, IN  
Contact: Charlie Skoog  
Phone: 765-437-6268

**September 15**

5th Girls Night Out (GNO)  
Time: 5:00 p.m.  
Location: Foster Park Arts Pavilion, Downtown Kokomo

**September 22**

Bee Bumble 5K & 10K  
Time: 8:00 a.m.  
Location: Burnettsville, IN

**October 06**

Cole Porter 15K Run/ 5K Run/ Walk  
Time: 9:00 AM  
Location: Circus Building, Peru

**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](mailto:runckrr@aol.com)

**November 22**

Club Kokomo Cares 5K Run/ Walk - 20 points 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

**Girls Night Out 2011 - Check out the CKRR website ([ckrr.us](http://ckrr.us)) for a flyer and registration form or register at [active.com](http://active.com) for this year's race.**







## Inspirational Thought of the Month

by Club Chaplain Steve Wand

In my workshop there is a massive hand crank drill press hanging on the wall. It has a date on it from the mid 1800's. It first belonged to my grandfather, Claude T. Wand, who was a blacksmith and farrier by trade. I think I remember it being in grandpa's workshop, but I mostly remember it being in my dad's garage and me playing with it, boring through scrap wood, chips and shavings flying off my "work." This drill still works. Of course I prefer my electric drill press over that one for speed and accuracy. We

marvel at things that endure like this drill press, strong marriages and ancient buildings. Of how much greater wonder, then, is a kingdom, invisible and powerful, begun nearly 2,000 years ago, which will still endure 10,000 years from now? And it still will be working.

### Daniel 4:34

New International Version

34 ".....*His dominion is an eternal dominion; his kingdom endures from generation to generation.*"



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Kokomo, IN 46902

We're on the web!  
[www.ckrr.us](http://www.ckrr.us)

