

The Roadrunner

Girls Night Out: Mind, Body, Soul

by **Rebekah Monroe**

(CKRR Club President)

The Fifth Annual All Female 5K Run/Walk and Little Lady Bug Loop is rapidly approaching! Early registration ends September 6, so hurry, hurry, hurry, and sign up today. :) As always we try to make this about more than just competing in a run/walk event. We want to make it about the body, the mind and the soul. We

want to encourage women to see beyond the physical silhouette their bodies cast. We want to encourage women to ignore the stringent demands and vast pressures society constantly taunts us to portray about our body image. We want to encourage women that they can be measured by something more profound than a size zero skinny jean! We want to encourage women to embrace who they are, focus on being healthy in both body and mind, and see deeper into what is truly driving our existence and spiritual well-being. We want to encourage women to see their bodies as a vehicle, a single source of a greater phenomenon, not the sole purpose to exist. We want to encourage women to think of their physical image as a portion of their lives and not allow it to consume them entirely and to let the mirror be a reflection of their inner beauty. Don't miss out on this year's event... it is set to be more than just a race.

This year's course is yet again different than last year... I guess I am totally fulfilling the "women can't make up their

mind" scenario. Yeah, I don't really have a good defense, just trying to keep it interesting. :) The course, however, will mostly be on the Walk of Excellence, both starting and finishing in Foster Park. The 5K is open to all ages, but we also have a Little Lady Bug Loop for girls eight years old and under.

And YES the **High Heel Hustle** is alive and kicking, so bring your heels (guys and gals) and be ready to click click click down the straight a way. Come early so not to miss the pre-race events.

We are still in need of volunteers for the course and registration area. If interested, please contact me ASAP rebekah.a.monroe@gmail.com.



IN THIS ISSUE:

PAGE 2

**DID YOU RUN TODAY?
FROM A CRISIS COMES A
RECORD**

PAGE 5

AUGUST MTG MINUTES

PAGE 6

RACE RESULTS

PAGE 10

CKRR POINTS STANDING

Next Club Meeting:

Monday, September 10

Social - 5 pm, Business - 6

NEW LOCATION

**Martino's Italian Villa
1929 N. Washington**

Did You Run Today?

At this year's Club Kokomo Awards Banquet the President's Award recognized two amazing examples of endurance, fortitude, fortune and perseverance. Rick Kerr went for a run on July 30, 1995. He hasn't missed a day of running since! Even more amazing and inspiring is the streak of Dana Neer that came to an end in 2011. Dana has established a new streak and daughter Waverly is now a sophomore after setting more records as a Freshman All American running cross country and track for Columbia University. **Enjoy the following story, reprinted with permission from Running Times and perhaps you too will be motivated to get out and start your own streak!**

From a Crisis Comes a Record

Indiana's Waverly Neer sets new H.S. 5,000 m mark

By Marc Bloom

As featured in the Web Only issue of Running Times Magazine Last Friday in New York, as the girls' 5,000m took shape on the opening day of the [New Balance Indoor Nationals](#) high school championships, Waverly Neer of Indiana settled into the pack following the frontrunner, Gabrielle Anzalone of Michigan. Anzalone had

flown out to 36-second first 200 and was still running at breakneck speed after five laps. Her 1K split was 3:08, 15:40 pace.

The national record was considered within reach, but it was over a minute slower at 16:43.02. While Neer tried to be patient, her 2-mile time was still a little heady at 10:27 as Anzalone continued in front, her lead slipping away. Neer's coach at Culver Academies, Michael Chastain, was a little concerned as he watched with Waverly's father, Dana, from the sidelines at the Armory Track & Field Center.

Dana, a runner, former Baptist minister and the Culver Wellness Director, felt lucky to be there,

Waverly at Haynes-Apperson race, 2012



UPCOMING EVENTS:

Sept 15 at 5 pm

Girls' Night Out
Foster Park Pavilion
Downtown Kokomo

Sept 22 at 8 am

Bee Bumble 5K and 10K
Burnettsville, IN

October 6 at 9 am

Cole Porter 15K Run
5K Run/Walk
Circus Building
Peru, IN

October 13 at 9 am

St Joseph Foundation's
Runnin' the Shores 5K
Champaign Shores,
Kokomo, IN

Other Area Races:

Sept 8 at 8 am

Hanneken Mem. Race
Wabash, IN

Sept 8 at 7:45 am

Reynolds Ranger Run
Reynolds, IN

lucky to be able to watch his daughter attempt a record-breaking performance. Only a month earlier, Waverly, 18, had helped nurse her father back to health after his face had been crushed in an automobile accident on a snowy rural road in Indiana. When Dana could not open his wired mouth to eat after surgery, Waverly fed him Jell-O. When he couldn't fall asleep, Waverly stayed up with him. They talked about running, about life. For both, the two were seamlessly connected.

While hanging onto doctors' promises that her father "would look the same again, eventually," Waverly renewed her focus on nationals and the 5,000. Chastain had trained her to run 16:40. In a 3200 the week before nationals at Purdue University, she'd clicked off 200 splits in 40 seconds with a few laps a little faster and slower for surging work, to run 10:36. Chastain called that a "tempo" effort. "Waverly showed me she could run at least five more laps at that pace," said Chastain.

As Anzalone, a Grand Blanc senior, let go and fell back Kathryn Fleuhr of Florida took over the lead, with Waverly in close pursuit. But who was this girl from Indiana, as some officials would ask after the race? Her name had never been talked about as a nationals' threat, let alone a record-breaker. Neer was also entered in Sunday's mile and placed in the slowest of the three heats. Even the sharp-eyed fans at the Armory knew little about Neer. While she'd been the Indiana state cross-country winner last fall and then 14th at the Foot Locker nationals, earning all-American status, there were still 13 girls ahead of her, all with more formidable track credentials.

As Neer started her winter campaign after a two-week break from cross-country, she seemed to have it all. With her father at Culver, Waverly was attending the prestigious private school noted for his academic excellence and lush grounds and now, as a senior, looked ahead. She'd achieved high grades and signed with Columbia University, a short jog from the Armory itself. She and Dana

would go for runs on campus together talking about college and feeling a spiritual kinship. Even if Waverly stepped it up, her Dad could keep pace. At 47, Dana, a former collegiate half-miler, could run in the 16:50s for 5K.

In January, as the indoor season began, Neer's 5,000 m goal for nationals was 17-flat. When her training improved, the goal dropped to 16:50. On one-hour runs, she would go medium-hard for 20 minutes, then belt out tempo race of 5:30 to 5:40 a mile for 20 minutes, then finish with another medium-hard 20. Before long, she and Chastain — and Dana — were thinking that a national record was possible.

As they circled the Armory lap after lap, Fleuhr and Neer looked like a pair of opposites. Fleuhr (whose twin Erika was farther back in the field and moving up) was all skin and bones with a pressing style, her face in a grimace. Neer, bigger and broader, was more upright, lifting off her forefeet.

"She's pretty stoic. She holds a lot in," Chastain said of Waverly, in reference to how she'd handled her father's crash, which had thrown the family into crisis. But Chastain may as well have been speaking about Waverly's racing style. She gave nothing away in her countenance while plotting the precise moment to make a move.

With five laps to go Neer was right on Fleuhr's shoulder. The Fleuhr sisters also attended a private school, Community of Naples, and were also going on to the Ivy League, at Princeton. Neer measured Fleuhr's posture and the subtleties of her stride. She saw the pace waver just a touch.

"I told myself, if I want to win this race I've got to go," she said. "If I let her get away with slowing, she'll know I'm hurting too. In the last 800, I went for her."

Neer's move came with four-and-a-half-laps left. Fleuhr could not respond. Neer felt she had the win. Now she went after the record, which had

been set in 2004 by a 7th-grader, Brianna Jackucewicz of New Jersey. Middle school kids were allowed in many high school events and Jackucewicz (now at Harvard) had been an age-group star often racing twice a weekend. While it seemed odd that a 7th-grader could hold a high school record, the state police had accepted the mark, and so it stood.

With four laps to go, then three, Neer's face showed distress. While she was ahead of record pace, Neer was now in unknown territory—she'd never sustained a pace so fast for so long — and knew there was a fine line between holding form and falling apart. "I heard the announcer," she said. "It was exciting to know I had some room to toy with. But I also knew how much I was hurting."

Waverly was prepared for the pain. She had, she said, tried to "take some of the pain" from her father, who all along thought first of Waverly and her two younger brothers and whether they would hold up to their father's horrific condition.

The accident had occurred on January 27. Dana Neer was making the one-hour drive home from Culver in his Jeep Wrangler when a car going 55 mph in the opposite direction fish-tailed in the snow, crossed the lane divider and hit him head-on. Neer's car was thrown into a field and in the wreckage his face was smashed. He remembers saying, "God help me ..." before falling unconscious.

When the EMTs arrived 25 minutes later and Neer was revived, his first thoughts were, "As a provider and protector, I don't want my children to see me like this," and, "I don't think I'm going to be able to run."

Neer had a 34-year running streak going. His minimum was two miles. He typically trained about 50 miles a week and said he "craved those reflective 10-milers" when he could sort out problems, find peace and feel empowered by fitness. Six weeks earlier in December, after

returning from San Diego where Waverly had run Foot Locker, there had been a celebration at Culver on the occasion of Dana's 75,000th lifetime mile. Kids from the cross country team, faculty members, and of course Waverly, joined him in the commemorative run.

The night of the accident, at a hospital in Fort Wayne, Neer underwent an operation to re-attach his lower lip, which had been torn off. Waverly was in her Culver dorm room when a relative had called her with the news. Then she spoke with her mom, Marilee. "That was a tough night," she said. "Very scary."

Waverly's fright grew when she saw her bandaged father the next day when he came home, the day his running streak came to an end. "Mom warned us," she said. "It was the first time I'd ever seen my Dad vulnerable."

Four days later, Dana returned to the hospital for his major repair job, a seven-and-a-half hour surgery. "I had to have my head opened up ear to ear and my face pulled down and my nose reconstructed," he explained. "I had many bones broken in my cheeks. They had to put plates in my eyes and wire my mouth shut because of a broken jaw."

It would have been natural for the ordeal to drain the energy out of Waverly and upset her running focus, as she tended to her father in the aftermath. But the opposite happened. "My prayer," said Dana, "was not to be a whiner but come out of this a stronger person." Waverly said she never once heard her father complain or take pity on himself. "That taught me a huge lesson," she said. "I think that carried me through my training. It was a great metaphor for the indoor season — hurt now but get better."

With two laps to go, Waverly called upon all her reserves. "I could see the desire on her face," said Dana, who began a new running streak in late February. His daughter worked her arms for all they were worth and raced the last 200 in 34

seconds to finish well within the record. She triumphed by 50 meters in 16:35.15.

There was no hoopla. Waverly accepted her plaudits with grace and humility. While the track community still wondered about the girl from Indiana, her father's prayers had been answered.

Copyright © 2011 [Running Times Magazine](#) - All Rights Reserved.

August Meeting Minutes

Club Kokomo Roadrunners
August 13, 2012
Meet at Martino's

Called to order at 6:09 by
President Rebekah Monroe

1. Brief Treasurer's report by Treasurer Mark Shorter.
2. Charlie Skoog reminded everyone that he will be the race director of the 2013 Haynes-Apperson race but will not be the race director of the 2013 Charity Run. Therefore, the club will need a race director for the 2013 Charity Run.
3. Treasurer Mark Shorter presented the final financial report of the Haynes-Apperson Race.
4. Charlie Skoog will submit a request to use the club's equipment for timing for the Gilead House Steps to Recovery Run on Sept 1.

Kathy Murdock moved and Vicki Boles seconded "to waive the fee for the Jerome run held in July and apply that money to the Steps to Recovery Run." Passed.

Vicki Boles moved and Milt Brown seconded "to allow the Steps to Recovery Run and the Cole Porter run to use Club Kokomo Equipment." Passed.

5. Todd Moser requested the use of the Club's timing equipment for the Running the Shores Race. Paperwork has been received by the Treasurer. Club will provide the timing equipment.

6. Nikki Frazier spoke about the Mud race held in July at Oakbrook Valley. She reported that she and her husband Chris plan to sponsor 6 to 8 races throughout the year as a series. She said their first of the year would be Saturday, January 12, 2013 at Oakbrook Valley in the evening. Participants would be required to purchase a headlamp to wear so they could see their way in the dark. Length of the race would be a 5K and 10K.

Nikki asked that this race be added to the club schedule as a points race for 2013. Concern was expressed about the weather, especially snow. More

details about the race next month.

7. Treasurer Mark Shorter presented copies of the proposed Club Kokomo Point Race schedule for 2013. Discussion and voting will be in September.

8. A Committee for Year-End Special Awards will be formed and they will need to look for possible award recipients.

9. This is an election year for the Club. Officers will serve during the years 2013 and 2014. Elected officers are President, Vice President, Editor, Treasurer, and Chaplain. Meeting adjourned.

Submitted by Treasurer Mark Shorter

Those attending were Dan Coughlin, Diana Brown, Richard Kerkof, Robin Cole, Kathy Murdoch, Vicki Boles, Milt Brown, Rebekah Monroe, Patty Weitzel, Joe Yeagle, Nikki Frazier, Robin Tetrault, Charlie Skoog, Carol and Bruce Savage, Stan Shuey, Linda Kendall, and Mark Shorter.

Matt Grider, Converse winner 2012



Race Results

2012 Norris Insurance 5K Saturday, August 04, 2012 Converse, IN

1. Matt Grider 15:49
2. BJ Needler 15:57
3. Kory Kennedy 16:31
4. Riley Worl 17:00
5. Scott Colford 17:07
6. Parker Jones 17:50
7. Chad Carver 17:50
8. Jacob Bradshaw 18:14
9. Jamey Boyer 18:14
10. Austin Elliott 18:22
11. Nick Lipari 18:37
12. Sophie Seward 18:43 ^{1st}

Female

13. Collinn Brown 19:09
14. Byron Bundrent 19:10
15. Carl Christianson 19:11
16. Andrew Norris 19:24
17. Chris Lasley 19:28
18. Jeremy Breedlove 19:47
19. Riley Carter 19:49
20. Pablo Morales 20:34
21. Jon Mauk 21:07
22. Gary Callahan 21:14
23. Jordan Fivecoate 21:43
24. Mark Flanagan 21:47
25. Kegan Anderson 22:00
26. Brooke Keen 22:01
27. Paul Danders 22:02
28. Kurtis Rangel 22:07
29. Nash Flanagan 22:08
30. Jay McHenry 22:12
31. Tabitha Vermillion 22:22
32. Matt McDivitt 22:24
33. Ben Barnett 22:25
34. Adam Lyons 22:28
35. Josh Scott 22:32
36. Rich Bautch 22:32
37. Nate Linna 22:40
38. Matt McKinney 22:45
39. Veronica Weimer 22:45
40. Grant Harbaugh 22:47
41. Randall Katter 22:47
42. Kate Crowley 22:57
43. Steve Carrey 22:58
44. Shane Hillman 23:00
45. Robert Lechner 23:09
46. John Kirkmeyer 23:10
47. Adam Hovermale 23:14
48. Kristi Reprogle 23:33
49. Lori Working 23:41
50. Jake Althouse 23:49
51. Lucas Nieto 23:50
52. Michael Perea 23:55

53. Riley Johnson 23:58
54. Shanann Newhouse 23:58
55. Wayne Otto 24:00
56. Derrick Randall 24:02
57. Teresa Worl 24:06
58. Chris Percival 24:10
59. Thomas Linna 24:12
60. Elvia Rodriguez 24:16
61. Connie Gamble 24:19
62. Earl Strong 24:29
63. Mark Shorter 24:32
64. Grant Brown 24:34
65. Billy Stanton 24:34
66. Dennis Hoffman 24:35
67. Hannah Seward 24:38
68. Kristi Carmichael 24:39
69. Gary Green 24:40
70. Brighton Mullinis 24:42
71. Alisha Sweet 24:46
72. Zack Daniels 24:48
73. Barb Millspaugh 24:50
74. Bethany Kirkwood 24:56
75. Don Curry 25:02
76. Joy Elzinga 25:03
77. Rick Hasty 25:12
78. Mike Deardorff 25:14
79. Jackie Hasty 25:27
80. Scott Deyoe 25:28
81. Mike Schoenrad 25:31
82. Shawn Smith 25:33
83. Sherrie Alexander 25:42
84. Dustin Wolf 25:47
85. Michael Graham 25:47
86. Mario Rangel 25:48
87. Elaine Sweet 25:53
88. Ken Swinehart 25:59
89. Daniel Wyant 25:32
90. Tonya Newhouse 26:01
91. Shane DeFord 26:09
92. Charlie Skoog 26:09
93. Amanda Byram 26:14
94. Victoria Huizinga 26:21
95. Ruth Ozmun 26:31
96. David Ridenour 26:37
97. Russ Hovermale 26:42
98. Justin Horner 26:55
99. Eli Seward 27:08
100. Nick Smith 27:08
101. Tony Wilson 27:08
102. John Peters 27:12
103. Maurice Wright 27:18
104. Keegan Scott 27:22
105. Joe Weimer 27:22
106. Cara McKellar 27:27
107. Ann Morris 27:28
108. Kathy Canady-Murdoch 27:38
109. Noel Kochanek 27:41
110. Rebekah Monroe 27:50
111. Ron Metz 27:50
112. Lorraine Gamble 27:59
113. Logan Drescher 28:01

114. Jennifer VanHorn 28:03
115. Ray Tetrault 28:04
116. Bud Ozmun 28:16
117. Lana DeFord 28:18
118. Faith Mooney 28:21
119. Thatcher Ferguson 28:22
120. Robin Tetrault 28:35
121. Bill Crane 28:48
122. Anna Rangel 28:49
123. Nick McPike 28:57
124. Angie Smitherman 28:57
125. Jake Gamble 28:57
126. Jennifer Boyer 29:06
127. Dan Herring 29:13
128. Chennel Lindsay 29:23
129. Caleb Livingston 29:32
130. Kelsey Kennedy 29:33
131. Wendy Edwards 29:39
132. David Hughes 29:39
133. Joyce Pennycoff 29:40
134. Julie Perea 29:46
135. Thomas Huizinga 29:57
136. Jake Mullinis 29:57
137. Jordan Guyer 29:59
138. Brady Whitton 29:59
139. Keith Hill 29:59
140. Ricke Stucker 29:59
141. Stacy Henderson 30:01
142. Emilie Hubbard 30:06
143. Colin Harts 30:23
144. Katie Shepherd 30:28
145. Gabriel Rangel 30:34
146. Kathryn Lupacchino 30:37
147. Bruce Savage 30:42
148. Audrey Leak 30:45
149. Marianne Wilson 30:45
150. Mark Siler 30:54
151. Christine Kochanek 30:59
152. Katie Wyant 30:59
153. Christina Kochanek 30:59
154. Laura Cook 31:36
155. Mary Nall 31:38
156. Stan Shuey 31:39
157. Seth Kochanek 31:48
158. Travis Davenport 31:52
159. Joel Durkes 31:53
160. Jessica Mason 31:54
161. Brook Biddle 31:56
162. Olivia Smith 32:46
163. Nancy Frazier 32:49
164. Joel Schmidt 33:22
165. Clayton Macy 33:31
166. Jill Macy 33:31
167. Robin Cole 33:33
168. Randy Albertson 33:37
169. Luke Leckron 33:44
170. Tracy Brown 33:45
171. Bill Freet 33:50
172. Joey Martin 33:53
173. Brad Harts 33:56
174. Doug Mankell 33:59
175. Hannah McPherson 34:02

176. Michelle Maddix 34:11
 177. John McPherson 34:12
 178. Ethan Bowland 34:22
 179. Boone Beckner 34:22
 180. Danny Brane 34:26
 181. Dorian Gray 34:30
 182. Mason Althouse 34:30
 183. Caleb Guiff 34:30
 184. Jagen Millspaugh 34:30
 185. Kim Hare 34:30
 186. Laura McGraw 34:30
 187. B.J. White 34:33
 188. Andres Nieto 34:34
 189. Andrew Wood 34:34
 190. Kade Sheffield 34:49
 191. Bryce Blackmon 34:50
 192. Ann Hubbard 35:28
 193. Rose Clem 36:37
 194. Andrew Tuttle 36:56
 195. Savannah Forgey 37:23
 196. Vicki Boles 37:27
 197. Robert Cupp 37:43
 198. Elizabeth Bevington 37:49
 199. Sue Ridenour 37:59
 200. Jenna Clark 38:09
 201. Alanna Rhonemus 38:21
 202. Anita Hiatt 38:21
 203. Michelle Smith 38:21
 204. Sue Keller 45:08
 205. Theresa Traylor 45:40
 206. Shannon Addison 46:09
 207. Linda Allen 46:09
 208. David Linna 46:58
 209. Brittany Berry 49:32
 210. Mark Berry 49:32
 211. Kayla Bevington 52:00

5K Walk

1. Vincente Lorenz 30:11
 2. Richard Haynes 31:05
 3. Rick Spencer 35:01
 4. Vernon Keller 35:04
 5. Linda Miller 37:01 **1st Female**
 6. Frederick Taylor 37:14
 7. Don Hurd 37:23
 8. Jim Gross 38:10
 9. Greg Wall 38:49
 10. Joe Rangel 38:59
 11. Jerry Lambert 39:52
 12. Richard Kerkhof 39:54
 13. Raye Jean Swinehart 40:03
 14. Jane Inman 40:16
 15. Toney Lorenz 40:26
 16. John Mohr 40:35
 17. Gary Buckley 43:11
 18. Dale Tetrick 43:47
 19. Steve Wilson 43:47
 20. Kevin Whitted 46:27
 21. Robin Michael 46:27
 22. Mark Linna 48:05
 23. Dick Summerton 50:45
 24. Robert Rupp 52:13

25. Jan Wall 43:43
 26. Mary Lou Rutherford 48:53
 27. Tammi Linna 48:53
 28. Kelley Bautch 50:45
 29. Morgan Fuller 51:59
 30. Carol Savage 52:02
 31. Jean Cloud 52:14

Kids Fun Run

1. Zoe Seward 7:33 **1st Female**
 2. Lucas Hasty 7:52
 3. Grant Elzinga 8:55
 4. Eli Leak 10:00

2012 CAM Run for Shelter 5K Run/Walk Sat, August 18, 2012 Oakbrook Valley

1 Kory Kennedy 17:02
 2 Joshua Hughes 17:46
 3 Cody Phelps 18:10
 4 Cody Young 19:33
 5 Nathan Courter 20:47
 6 Jeremy Gilman 21:00
 7 Pablo Morales Garcia 21:02
 8 Heather Weber 21:02
 9 Minh Pham 21:11
 10 Gary Callahan 21:49
 11 Jason Vanalstine 22:16
 12 Hannah Ault 22:30
 13 Paul Paese 23:01
 14 Ron Metz 23:21
 15 Gary Mumaw 23:28
 16 Paul Lyman 24:17
 17 Sandra Beech 24:22
 18 Loni Working 24:26
 19 Byron Bundrent 24:27
 20 Jim Pressgrove 24:32
 21 Amy McKittrick 24:36
 22 David Emry 25:08
 23 Scott Droscha 25:14
 24 Shane Deford 25:22
 25 Elvia Rodriguez 25:25
 26 Kelsey Hosler 25:37
 27 Scott Deyoe 25:51
 28 Ken Swinehart 25:53
 29 Cindy Stone 26:08
 30 Charlie Skoog 26:10
 31 Monte Babb 26:11
 32 Earl Strong 26:26
 33 Pam Wolfe 26:40
 34 Jodi Lake 26:45
 35 Christopher Sullivan 26:49
 36 T.A. Weber 27:01
 37 Vinh Lee 27:15
 38 Russ Hovermale 27:19
 39 Michael Graham 27:47
 40 Cara McKellar 28:04
 41 John Peters 28:13
 42 Amy McCauley 28:20

43 Anna Dollens-Rangel 28:29
 44 Lana Deford 28:48
 45 Karla Popp 28:48
 46 Dan Heflin 28:49
 47 Melissa Carroll 28:59
 48 Scot Hamilton 29:00
 49 Sean Verlee 29:04
 50 Tyson Schoolman 29:05
 51 Becky Hamilton 29:07
 52 Laurie Ousley 29:10
 53 Jerry Meiring 29:12
 54 Chee Lee 29:22
 55 Rebekah Monroe 29:33
 56 Laura Cook 30:22
 57 Stan Shuey 30:44
 58 Kelsey Kennedy 30:51
 59 Sabrina Gilbert 30:53
 60 David Hughes 31:06
 61 Renee Robertson 31:45
 62 Tammi Delph 31:59
 63 Nancy Phillips 32:11
 64 Ricke Stucker 33:00
 65 Marsha Downing 33:05
 66 Tracy Brown 33:37
 67 Sherry Bell 33:38
 68 Katie Lindsay 35:08
 69 Lauren Carroll 36:21
 70 Katie Metz 37:17
 71 Lisa Metz 39:57
 72 Laura Heflin 40:47
 73 Emily Hays 42:16
 74 Nicole White 43:07
 75 Amy Porter 43:19
 76 Kristin Payne 44:54
 77 Cara Higler 51:27
 78 Owen Munson 51:38
 79 Tearsten Munson 51:39 16:40

5K Walk

1 Vince Lorenz 30:05
 2 Mary Miller 32:45 10:34
 3 Rick Spencer 36:45
 4 Linda Miller 36:48
 5 Michelle Workman 37:59
 6 Lisa Glover 38:00
 7 Raye Jean Swinehart 41:22
 8 Jane Inman 42:13
 9 Robert McBride 43:39
 10 Jean Heflin 46:52
 11 Teng Lee 50:17
 12 Kathy Munson 51:38
 13 Samantha Harden 52:09
 14 Jake Harden 52:09
 15 Connie Gish 53:05
 16 Anh Lee 1:01:02
 17 Carol Ives 1:01:03
 18 Janet E. Dallmann 1:02:20
 19 Donna Bonfiglio 1:02:22
 20 Lorna Harbaugh 1:02:23

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, August 1, 2012 Highland Park Walk/Bike Path

1. Parker Jones 5:18
2. Paul Sanders 6:14
3. John Anderson 6:22
4. Michael Anderson 6:37
5. Wayne Otto 6:40
6. Kailey Kidwell 6:59
7. Phil Rozzi 7:07
8. Kory Kennedy 7:55
9. Austin Butcher 8:03
10. Mike Schoenradt 8:04
11. Sandy Beech 8:05
12. Kathy Murdoch 8:21
13. Monty Querry 9:01
14. Bart Langevin 9:10
15. Bruce Savage 9:11
16. Dorian Gray 9:12
17. Franshen Coughlin 9:14
18. Nathan Coughlin 9:30
19. Mark Schelbert 10:15
20. Alex Anderson 10:36
21. Emily Riggle 10:58
22. Rose Clem 11:55
23. Melissa Jones 13:26
24. Gretchen Riggle 15:37
25. Scott Riggle 15:38
26. Teresa McKinney 15:59
27. Cara McKellar 16:00
28. Carol Savage 16:01
29. Sarita White 16:10

CK Wednesday 5K August 1, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:45
2. Kory Kennedy 22:44
3. Phil Rozzi 23:49
4. Ryan Butcher 24:47
5. Adriene Riggle 26:52
6. Mike Schoenradt 27:12
7. Cara McKellar 28:47
8. Mark Schelbert 31:20
9. Melissa Kidwell 32:30
10. Vickie Bennett Thomas 33:05
11. Ken Huston 34:08
12. Vern Keller 36:25
13. Rose Clem 38:44
14. Sue Keller 46:48

Jackie Sanders Miracle Mile Wednesday, August 8, 2012 Highland Park Walk/Bike Path

1. Joshua Hughes 5:37
2. John Anderson 6:40
3. Keenan Estese 7:00
4. Cara McKellar 8:08
5. Rosellen Connolly 8:29
6. Bart Langevin 9:15
7. Cindy Coulter 9:17
8. Alex Anderson 9:24
9. Hannah Moore 9:26
10. Ron Moore 9:28
11. Stevie Jones 10:03
12. Vickie Bennett Thomas 10:11
13. Felicity Blackwood 11:04
14. Flo Blackwood 11:05
15. Zachary Blackwood 11:05
16. Geana Moore 11:11
17. Catherine Radtke 14:41
18. Jessica Radtke 14:41
19. Cali Roo 14:57
20. Paul Sanders 14:57
21. Ally Beach 20:05
22. Sandy Beech 20:05
23. Alex Beech 20:10

CK Wednesday 5K August 8, 2012 Old Ben/Highland 5K Course

1. Austin Young 16:40
2. Parker Jones 17:51
3. Paul Sanders 22:37
4. Kailey Kidwell 23:27
5. Shelby Hulka 23:49
6. Ryan Butcher 25:19
7. Sandy Beech 26:23
8. Jenna Hulka 28:09
9. Melissa Kidwell 30:02
10. Cameron Radtke 33:31
11. Ken Huston 34:03
12. Vern Keller 36:46
13. Dorian Gray 39:46
14. Connie Hulka 38:16
15. Sue Keller 46:37

Jackie Sanders Miracle Mile Wednesday, August 15, 2012 Highland Park Walk/Bike Path

1. Adrian Glover 4:27:95
(New Course and All-time Club Kokomo Record!)
2. John Anderson 6:20
3. Max Mchaney 6:24
4. Paul Sanders 6:36
5. Michael Anderson 6:38
6. Keenan Estese 6:50
7. Kory Kennedy 7:24

8. Phil Rozzi 7:36
9. Joshua Hughes 7:42
10. Charlie Skoog 8:21
11. Tausha Shackelford 8:33
12. Katie Lindsay 9:00
13. Bart Langevin 9:14
14. Ari Leger 9:31
15. Alex Anderson 9:43
16. Laura Cook 10:05
17. Kim McHaney 11:03
18. Dorian Gray 11:29
19. Evan Butcher 12:04
20. Valerie Leger 12:08
21. Angie Butcher 12:10
22. Emilie Leger 12:18
23. Luke Leger 12:19
24. Raye Jean Swinehart 12:49
25. Jane Inman 12:49
26. Kyle Estese 12:51
27. Vickie Bennett Thomas 13:31
28. Jerry Leach 13:32
29. Kathy Murdoch 14:24
30. Kiana Estese 14:25
31. Penny Estese 14:27
32. Joe Yeagle 14:29

CK Wednesday 5K August 15, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:11
2. Joshua Hughes 20:31
3. Kory Kennedy 22:13
4. Paul Sanders 22:16
5. Kailey Kidwell 23:32
6. Jenn Elliott 25:10
7. Logan Bowser 25:58
8. Austin Butcher 26:49
9. Phil Rozzi 28:08
10. Cara McKellar 28:53
11. Melissa Kidwell 29:31
12. Laura Cook 30:59
13. Vickie Bennett Thomas 33:03
14. Cindy Coulter 33:28
15. Ken Huston 33:38
16. Dorian Gray 36:29
17. Vern Keller 36:54
18. Sue Keller 44:17

Jackie Sanders Miracle Mile Wednesday, August 22, 2012 Highland Park Walk/Bike Path

1. Adrian Glover 4:24:36
(New Course and All-time Club Kokomo Record!)
2. Scott Glover 5:53
3. Kory Kennedy 6:05
4. Paul Sanders 6:26
5. John Anderson 6:30
6. Brian Rexroth 6:34

7. Michael Anderson 6:35
8. Brandon White 6:48
9. Max McHaney 7:06
10. Chad Gaddis 7:18
11. Charlie Skoog 7:42
12. Ken Swinehart 7:53
13. Phil Rozzi 8:48
14. Cara McKellar 8:53
15. Cindy Coulter 9:11
16. Dorian Gray 9:22
17. Katie Lindsay 9:26
18. Alex Anderson 9:31
19. Bart Langevin 9:34
20. Vickie Bennett Thomas 9:46
21. Ari Leger 10:06
22. Mark Schelbert 10:08
23. Kim McHaney 10:45
24. Valerie Leger 12:02
25. Raye Jean Swinehart 12:49
26. Jane Inman 12:49
27. Kaitlyn Schelbert 12:53
28. Trelaine Schelbert 13:23
29. Declan Schelbert 13:52
30. Melissa Jones 13:54
31. Joe Yeagle 14:19
32. Emilie Leger 14:46
33. Luke Leger 14:47

CK Wednesday 5K
August 22, 2012
Old Ben/Highland 5K Course

1. Parker Jones 18:06
2. Paul Sanders 21:47
3. Kory Kennedy 23:43
4. Gary Friend 23:58
5. Phil Rozzi 24:10
6. Ken Swinehart 25:28
7. Cara McKellar 28:26
8. Ken Huston 32:26
9. Mark Schelbert 33:39
10. Dorian Gray 36:01
11. Vern Keller 36:22
12. Sue Keller 44:46

Jackie Sanders Miracle Mile
Wednesday, August 29, 2012
Highland Park Walk/Bike Path

1. Parker Jones 5:15
2. Austin Smith 6:06
3. Paul Sanders 6:21
4. Ken Swinehart 7:21
5. Tausha Shackelford 8:30
6. Ethan Kinney 8:46
7. Konner Boley 9:31
8. Adriene Riggie 9:35
9. Emily Riggie 9:36
10. Bart Langevin 9:36
11. Vickie Bennett Thomas 9:54
12. Kory Kennedy 10:21
13. Ryke Langevin 10:51

14. Melissa Jones 11:09
15. Lydia Emry 11:13
16. Dorian Gray 11:31
17. Raye Jean Swinehart 12:50
18. Jane Inman 12:51
19. Declan Schelbert 12:53
20. Mike Thrasher 12:54
21. Jerry Leach 14:01
22. Kaitlyn Schelbert 14:19
23. Trelaine Schelbert 14:24
24. Alyssa Crites 15:59
25. Gretchen Riggie 16:19
26. Lisa Emry 16:20
27. David Emry 16:21
28. Scott Riggie 16:29

CK Wednesday 5K
August 29, 2012
Old Ben/Highland 5K Course

1. Parker Jones 17:51
2. Phil Rozzi 23:49
3. Gary Friend 23:51
4. Ken Swinehart 25:11
5. Mark Schelbert 32:26
6. Dorian Gray 35:31
7. Ryke Langevin 37:52
8. Austin Smith 37:52

September Birthdays

- 9-1 Andrea Abney
 9-4 Ron Moore
 9-4 Graysen Neer

- 9-5 Tausha Shackelford
 9-6 Anna Dollens-Rangel
 9-8 Amy Irick
 9-8 Michelle Larson
 9-8 Lilly York
 9-9 Kerrigan Forgrave
 9-9 Anna Kantz
 9-9 Vernon Keller
 9-9 Kailee Taflinger
 9-10 Kevin Forgrave
 9-13 Earl Strong
 9-14 Linda Donovan
 9-15 Bobby Mendoza
 9-16 Bill Bennett
 9-16 Amanda Flick
 9-16 Emily Riggie
 9-16 Philemon Yebei
 9-17 Tanna R. Connor
 9-17 Steve Kilcline
 9-17 Sandy Knowland
 9-17 Corey Moore
 9-18 Barbara Hobbs
 9-20 Nikki McCracken
 9-20 Eric Metz
 9-20 Tiffany Parr
 9-20 Kelsey Weber
 9-21 Lora Felker
 9-21 Sophie Frazier
 9-26 Grace Bagwell
 9-26 Teresa Barlow
 9-26 Lydia Emry
 9-26 Holly Hurlburt
 9-27 Carly Jones
 9-28 Ethan Kinney
 9-28 Rogers
 9-28 Devin Shackelford
 9-30 Jeff Hauswald
 9-30 Carrie Lee

Veteran Kokomo High School coach Ricke Stucker has been selected to serve on the 2012 Indiana All-Star cross country team's coaching staff by the Indiana Association of Track and Cross Country Coaches(IATCCC).

The boys' and girls' all-star teams will be selected at the state finals on October 27th at Terre Haute. The top 12 senior boys and top 12 senior girls will qualify. The Indiana All-Stars will compete in the Mid-East Meet of Champions on November 17th in Kettering, Ohio. Illinois, Michigan, and Ohio will have teams in this year's meet.

Indiana's coaching staff also will include Jay White of Portage, Rob Abraham of Brown County, Keith Iddings of Crown Point, and Terry Lakes of Marion.

Coach Stucker has been an Indiana all-star coach five times, once in girls' track and 4 times in boys and girls cross country.

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, Converse, 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 13-210HC
Carly Jones 6-110C
Nicole Hampshire 3-60
Christina Deyoe 3-39
Jillian LaDow 3-39
Sophie Frazier 2-30H
Stevie Jones 2-22
Kaylie Forgrave 1-15

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 7-120HC
Michelle Milam 3-40CR
Lindsey Thompson 1-20

30-34

Jen Atkins 4-70HR
Jennifer Van Horn 4-70
Rebekah Monroe 3-55V
Desiree Hughes 3-40C
Adriene Riggle 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
Sherrie Alexander 3-47
Dana Culp 3-47
Michelle Larson 2-35

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

45-49

Cara McKellar 14-237HCR
Laura Cook 7-104R
Cindy Stone 4-80
Joni McCracken 3-45HC
Patti Reinhardt 1-15
Kristine Bewley 1-10

50-54

Roxane Burrous 7-140H
Tracy Brown 8-122
Laurie Ousley 5-85
Marianne Wilson 2-32
Anita Upchurch 1-15
Doris Campbell 1-12
Lisa Metz 1-12
Thomas Vicki Bennett 1-12

55-59

Anna Rangel 15-267HCR
Robin Tetrault
13-215MHRV
Robin Cole 10-137
Sue Keller 9-112H
Vicki Boles 2-30V
Lorene Sandifur 1-20H

60-64

Joyce Pennycoff 7-125H
Rhenda Acton 4-80
Anita Frazier 1-20H
Jeanie Townsend 1-20V

65-69

Kathy Murdoch 6-110R
Susan Gerhart 1-20

Runners, Men

0-12

Justin Taflinger 3-60
Brayden York 3-47
Vinh Lee 2-35
Dorian Gray 2-32
Keagan James 1-20

13-19

Jordan Fivecoate 4-64
Bobby Mendoza 3-43
Jacob Bradshaw 2-40
Samuel Bettegnies 3-38
Jeremy Breedlove 2-35
Adrian Glover 1-20
Waylon Coulter 1-15
Landrum Neer 1-15
Minh Pham 1-12
Grant Harbaugh 1-10
Colten Pearce 1-10
Cavan Williams 1-10

20-24

Kory Kennedy 11-185CR

Parker Jones 11-174H
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 Lasley 5-74
Chris Frazier 3-60HV
Chris James 3-55
Bob Atkins 3-52MH
T.A. Weber 3-40RV
Maurice Wright 3-37
Brad Richmond 2-30
Tony White 2-30
Jim Boley 2-24
Randy Maurer 1-15
Aaron Kirk 1-12

40-44

Terry Jones 9-148H
Scott Colford 6-120H
Tim Taflinger II 4-65
Paul Wyman 3-42H
Scott Riggle 2-40H
David Reinagle 2-20R
Steve Williams 1-15

45-49

Michael Graham
13-168HR
Scott Deyoe 12-154HR
Jay Priest 7-140MH
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 Lee 1-8

50-54

Byron Bundrent 12-240
Ken Swinehart 14-170HR
Ray Tetrault 12-155MHRV
Jerry Long 9-140
Phil Rozzi 6-84H
Bruce Savage 7-74HR
Eric Mathew 3-30
Kevin Campbell 3-25
Ron Metz 2-21
Kenny Bennett 1-12
Al Hochgesang 1-10R
Kim Lee 1-8

55-59

Mark Shorter 14-229HC
Mike Deardorff 9-138H
Earl Strong 8-137

Russ Hovermale 7-80
Jerry Meiring 5-61
Jeff LaDow 4-52H
Greg Townsend 2-30RV
Keith McAndrews 1-20
Dave White 1-20V

60-64

Gary Callahan 9-180
Ricke Stucker 14-169CR
Charlie Skoog 10-160R
Tom Miklik 5-69H
Bill Menges 4-59MH
Vern Keller 3-42H
Phil Leininger 2-22C
Fred Chew 1-12

65-69

David Hughes 11-210R
Doug Mankell 5-80
Bill Barnett 2-32
Jim Burrous 1-20V

70-74

John Peters 7-125
Stan Shuey 6-96
Billy Stanton 4-75
Dale Sullivan 1-15

75-79

Robert Cupp 5-90R
Riley Case 4-80
Ken Huston 2-35

Walkers

30-34

Amy Irlick 1-10R

40-44

Carol Savage 8-125HRV

45-49

Chari Deyoe 5-90HR
Anh Lee 2-40
Angie Bowman 2-35H

50-54

Mary Miller 12-240H
Raye Jean Swinehart
14-203HR
Jane Inman 14-181HR
Jean Heflin 10-104CR
Jayne Stucker 7-66R
Monica Mathew 2-20

55-59

Jan Wall 9-170R
Barbara Hobbs 3-40R
Christine Williamson 1-20

60-64

Angela Lorenz 2-35
Judy Trobaugh 2-35

65-69

Mary Lou Rutherford
9-170R

Diana Brown 6-90R

Men

13-19

Teng Lee 1-20

25-29

Vince Lorenz 11-220

50-54

Steve Inman 7-130HR

55-59

Rick Spencer 8-160

60-64

Joe Rangel 13-275HCR

Greg Wall 9-137

Robin Michael 10-136

Toney Lorenz 3-39

Melvin Hobbs III 3-30R

Tim Taflinger 1-12

65-69

Richard Kerkhof 7-140

70-74

Jim Gross 7-140

John Mohr 7-125

Dan Coughlin 6-82R

John McGinty 1-12

75-79

Jerry Lambert 9-170R

Dick Summerton 5-80

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), to receive 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

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 Running 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 - 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



Converse 2012





Inspirational Thought of the Month

by Club Chaplain Steve Wand

Today's culture questions faith and encourages doubt. Intellectual minded people can be tempted to think they have to be doubters to be intelligent. They may even use their influence to encourage others to doubt. **However, what we need is to build faith.** If we feed our doubts, they'll grow. Starve your doubts by feeding your faith. Knowing the faithfulness of God gives us the reassurance we need.

Matthew 7:7-9

New International Version

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."



2936 Congress Drive
Kokomo, IN 46902

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

