

The Roadrunner

Elections & Girls Night Out Recap

by **Rebekah Monroe**

(CKRR Club President)

Every two years Club Kokomo Roadrunners holds officer elections, which offers those who qualify a wonderful opportunity to become an integral part of the club. A new officer can bring dedication, fresh ideas, and varying leadership which promotes growth and the ability to advance our mission in new, creative ways. Being an officer is a great way to step into a

decision-making role, which gives you a greater voice that can heighten and extend the club's boundaries. New thoughts, fresh ideas, motivation, and dedication are key to creating longevity for CKRR. The following offices in the club are elected: President, Vice President, Editor, Treasurer, and Chaplain. Term length for officers is 2 years. Members may nominate themselves or someone else (as long as they have the other person's permission). Nominees must be adults. If interested or know of someone that would be an asset to the club, please contact me at Rebekah.a.monroe@gmail.com. Ballots will be mailed at the beginning of December and are due later that month. The new officers will take over in January 2013.

Yet again, the **Girls Night Out** has come and gone for its 5th

High Heel Hustle



year in a row, and it was nothing short of what the committee always hopes it will be... an opportunity to inspire, motivate and encourage woman and young girls to be more. Teaming up with BLUSH seemed to magnify the focus on being a balanced person and to emphasize the spiritual side.

Melissa Smith, mother of seven from Logansport, ran alongside her 13-year-old daughter, Allee, pushing her on with words of strength as she crossed the finish line. The daughter, exhausted and gasping for air, had a slight smile on her face as her mother explained her story of how this was her daughter's first 5K ever. Melissa, hugging her daughter, just kept saying how proud she was of her for attempting something she never had attempted before.

Moments like this were peppered throughout the event, proving the pink power of positive

persuasion was in full force.

Lisa Beck has participated in the Girls Night Out for the last four years. She and a group of four to six ladies travel about two hours from Bluffton, IN every year just to race GNO! Lisa had nothing but great things to say about GNO and that she loved and was so inspired by our race that she created her own version of a "Girls

IN THIS ISSUE:

PAGE 2
SEPT MTG MINUTES

PAGE 4
IN MEMORY OF JOE RANGEL

PAGE 5
**ON THE TRAILS
RACE RESULTS**

PAGE 8
WED NIGHT RESULTS

PAGE 10
CKRR POINTS STANDING

Next Club Meeting:

Monday, October 8

Social - 5 pm, Business - 6

NEW LOCATION
Martino's Italian Villa
1929 N. Washington

Night Out" event in Bluffton. Her event is set in the evening, beginning with a two-mile completion run, dinner, and an inspirational guest speaker. Copying is the greatest form of flattery and to see literally see our event paying it forward is amazing.

The little ladies were not without their place at GNO this year. We had 30 to 40 little lady bug loopers sprinting it out down the Walk of Excellence in Foster Park. The little ladies event continues to grow bigger each year. What is even more inspiring were the dads, boyfriends, grandparents, friends and relatives that came out to cheer all the girls on.

A ton of work goes into GNO and it would not have been possible to put this event on without the generosity from our donors or the numerous volunteers from the Club (especially the guys), GNO Committee, and community! I also want to thank BLUSH for

teaming up with us and providing goodies for the bags, water stop volunteers and a deeper focus on our spiritual mission. Also would like to thank Michael Anderson of Sunspot Natural Foods and CKRR club member for his contributions to the post-race snack. Also, thanks go out to Angie Myers Designs for the beautiful necklaces she custom made for the overall winners. Also special thanks to Heartland Financial Credit Union, Indiana American Water Company-Mike Ward, State Farm Insurance-Nick Pate, The Wyman Group, Sam's Club, Target, Wal-mart, City of Kokomo, Kokomo Parks & Recreation Department, Emergency Management of Kokomo, Expressions, and Humphrey's Printing.

September Meeting Minutes

Club Kokomo meeting
September 10, 2012
Began at 6PM

1. Brief Treasurer's report
2. Minutes from August meeting approved.
3. Steps to Recovery 5k--Charlie Skoog reported that the race was successful and the rain held off till later.
4. Girls Night Out 5K is Sat. Sept 15. Tent set up will be 2PM.
5. Running the Shores 5K is Oct 13. The race date may change to Spring in 2013.



Girls Night Out 2012

Heather Weber and daughters

UPCOMING EVENTS:

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

October 27 at 8 am

YMCA's Jack-o-Lantern
Jog 5K Run/Walk
YMCA
Downtown Kokomo, IN

Nov 10 at 9 am

CKRR Charity 5K Run/
Walk
UAW 292, Alto and Park
Kokomo, IN

Other Area Races:

October 20 at 9 am

Run to the Cross 5K
Tipton Park
Tipton, IN
www.runtothecross.us

6. Since 2012 is a Club Kokomo Election year, President Rebekah Monroe called for nominations for officers.

Members may nominate themselves or other (please have the other person's permission). Positions are President, Vice President, Editor, Treasurer, and Chaplain. Current Treasurer Mark Shorter announced he would be running for Treasurer.

7. Club Kokomo has received a request to time the Kokomo Schools Education Foundation 5K. The race will be held Friday evening Oct 5, 2012 at 5PM prior to the dedication of the new KHS football facilities and the KHS Football Homecoming Game. Check has been received. Vicki Boles and Charlie Skoog will represent Club Kokomo. Charlie Skoog moved and Vicki Boles seconded "Approve rental of Club Kokomo equipment and if it is returned undamaged, the check will be returned." Passed.

8. Discussion of the Club Kokomo points race calendar for 2013.

The following races will be CK Point races for 2013:

Sat Jan 12 Night Flight 5K/10K
 Sat Mar 2 Norris Ins at Amboy 5K
 Sat Mar 9 Old Ben at Kokomo 5K
 Sat Mar 30 CK Ultimate race 5m, 10M at Logansport
 Sat Apr 20 Bona Vista 5K at Kokomo
 Sat May 11 Norris Ins Kokomo 3m walk, 4m run
 Sat May 25 Composer Classic 5K at Kokomo
 Sat Jun 1 Trojan Trot 5k at Sharpsville
 Sat Jun 8 Norris Ins Greentown 3 m walk, 5m run
 Sat July 6 CK Haynes-Apperson 3m walk, 4m run
 Sat July 13 Race for Grace at Logansport 5K run
 Sat July 20 Western Panther Prowl 5K Run / Walk Russiaville
 Sat Aug 3 Norris Ins at Converse 5K
 Sat Aug 17 Cam Race for Shelter 5K Kokomo
 Sat Sept 7 Fourth Annual Steps to Recovery 5K Kokomo
 Sat Sept 14 6th Annual CK Girls Night Out 5K (women's only)

Sat Sept 21 14th Bee Bumble 5K, 10K at Burnettsville

Sat Sept 28 H.E.S.P. 5K at Kokomo

Sat Oct 5 Cole Porter 5K, 15K at Peru

Sat Oct 12 Runnin' the Shores 5K

Sat Oct 26 Kokomo Y 5K at Kokomo

Sat Nov 9 CK Charity Run 5K

Thurs Nov 28 CK Cares 5K at Kokomo

Tues Dec 31 CK New Years Eve 5K

Also Non Points event Coyote Kids will be in June and July on Thursdays . Exact dates to be determined.

Please note these dates are approximate. Race dates can change.

The Kokomo Y 5K may be a half or full marathon and 5K on the new bypass. If this happens the 5K will not be a points event. Runnin the Shores as previously mentioned may be changing to the Spring.

The schedule was approved.

9. Chris and Nikki Frazier discussed the Night Flight 5K to held on Saturday night January 12 that they will sponsor. The race will be held at Oakbrook Valley. There is parking for 500 cars. Entry fee will be approximately \$25 or \$30. Each participant must provide their own head lamp since it be dark. The race will be held at night, no matter the weather. For walkers there will be a 5k; for runners there will be a 5k or 10K. More details later.

10. Vicki Boles asked that Club Kokomo donate \$100 to H.E.S.P. for 2012 to help with their event expenses. Kathy Murdoch moved and Bruce Savage seconded "Club Kokomo give \$100 to H.E.S.P." Passed.

11. Oct meeting will be at Martino's.

12. Meeting adjourned.

Those present included Chris and Nikki Frazier, Stan Shuey, Robin Tetrault, Joe Yeagle, Bruce and Carol Savage, Vicki Boles, Theresa Barlow, Kathy Murdoch, Charlie Skoog, Rebekah Monroe, TA and Heather Weber and kids, Scott Riggle, and Mark Shorter.

In Loving Memory of Joe "Kidd" Rangel

6/24/1949 - 9/24/2012

by Tim Taflinger II

I remember meeting Joe at Coach Stucker's track camp in 2008. My son Justin and I were running, and each time we passed Joe, he kept telling Justin he was coming for him. At the time it was funny but meant nothing. It wasn't until 9 months



later in 2009 that I was training at Highland Park and so was Joe. We exchanged phone numbers, and that's when we developed an incredible friendship. That summer we ran quite often and challenged each

other during those Miracle Miles at Highland Park. Joe at the age of 60 ran a 5:32, and I ran a 5:28 mile that summer. It was also during this time that I spent time watching football and just hanging out with Joe. I enjoyed his life experiences and running stories. This is also when I learned of Joe's competitiveness. He showed me books from "back in the day" that he had kept... courses, times, what he wore, how he felt, etc. If there was someone lucky enough to beat him in his age group, Joe would scout where they usually ran and go race against them. We shared running stories such as Joe's Boston Marathon run and his state championship in high school. I am going to train to run Boston and the Crim as those were two races Joe always wanted me to do with him. I am going to achieve OUR goals and he will be right there with me.

Joe also had a love for Jim Ryan as he talked about him frequently. He also started calling me Banister after, of course, Roger Banister since we discussed the mile so often. My family was able to share many great times the last few years with Joe and Anna, but the friendship I had with Joe Kidd Rangel will be missed.

Joe will always be remembered for his encouragement, competitiveness and kindness to all those he touched in the Club Kokomo Community. How can we forget the smile and the laugh that brightened up our day? Joe inspired all ages and had a love for kids. He would always talk about the youngsters as well as the teens and would tell them, "You can do it because I know you can." Joe had a way of believing in us even if we didn't believe in ourselves. How can we forget the old man that could run? We were all amazed at his effort and how he competed in just about every distance we ran. The camera as it was a staple with Joe. He loved taking pictures and sharing those moments with each one of us.

Through the last couple of years we painfully watched as cancer took Joe's abilities, but it was unable to take away his spirit. He started race walking just to keep doing what he loved. No matter what, Joe was going to keep going. His "Never Give Up Mentality" was as true to running as it was with life. He never gave up hope, and we never gave up on him. I don't see Joe as a cancer victim; I see him as a winner. He fought hard and lived longer than expected, doing what he wanted to. His spirit will be carried in each one of us and his story told by us, too. We will share the life of a well-respected man and runner, and hopefully his story will inspire others as well. His racing days are done, and he has now crossed that finish line. You know, he is cheering us along until we cross it, too. One day we will see his smile and hear his laugh, and we'll finally be able to say we did it, too. Just the way he did.

On the Trails

By Charlie Skoog

As I type these words on Tuesday afternoon, October 2nd, there's a cool, light rain outside, but I'm anxiously looking forward to my next run. The MIC Conference meet is this afternoon at Oakbrook Valley, and I plan to run the course and then cheer on the middle and high schoolers, many of whom I've watched grow up and discover the runner within that God created them to be.

As I do so my thoughts and prayers will be directed to some special members of our Club Kokomo family who have moved on to a higher calling, just as we all are destined to one day. The month of September witnessed the passing of Jack Mellinger, Traci Gillem, and Joe Kidd Rangel. Jack was a mountain of a man who loved to run when his health permitted it. Traci was not a runner but as the daughter of Gary Callahan, she passed the gift on to her kids Brittiani, Brooke and Jacob, and she loved watching them exercise that gift. And Joe Kidd, what a gift he had to not only run but to motivate and put smiles on faces, starting with wife Anna but extending to so many others.

Most of you don't know this, but all of the above are connected by our Wednesday Night Fun Mile which began on April 11, 2007 and became the Jackie Sanders Miracle Mile on December 30, 2009, the week of Jackie's passing. Jackie's first

Fun Mile was August 1, 2007. Two weeks later Joe showed up and ran a 5:57 mile. Back in those days we ran the Fun Mile at both 11:00 am and 6:00 pm. Once Jackie and Joe started showing up, they were regulars, no matter the weather, Jackie with his trademark thumb's up and sparkling blue eyes, and Joe with his zany one-liners. Their common denominator... when the race started, beat the clock!! A year later on Sept. 10, 2008, big Jack Mellinger showed and ran 8:11 in the morning run and was motivated to come back in the evening as Joe would often do and ran a 7:57. That same evening Brittiani ran a then women's course record of 6:19. For the next several months Joe, Jackie, Jack, Brittiani and occasionally Brooke and Jacob shared many Fun Miles.

When the Miracle Mile started back up in March of 2010, Joe was motivated to start lowering the 60 and over club mile record and was running in the 6:teens. On March 31 grandpa Gary Callahan showed up and in Joe's absence ran a record 6:06. Not to be denied, Joe returned on April 28 and ran 6:04 closely followed by his mentee's, Tim Taflinger in 6:07 and son Justin in 6:22. Joe would not run the Miracle Mile that fast again. I believe the cancer that took his life was already at work and affecting his breathing but that did not stop him from trying.

Saturday, September 29, was a day for the Club Kokomo family to mourn the passing and burial of Tracy Gillem and Joe Kidd Rangel, but it was also a day to celebrate God's Amazing Grace. I was blessed to attend

both services. As I recall the words of love and hope fulfilled that were shared that day, I know I will never forget Robin Tetrault singing for Joe Kidd's family about that special place, *Where Joy and Sorrow Meet*. Then a few hours later at Traci's service, the song that touched my heart was, *Give Me Jesus*. What a comfort to know that joy truly can come in the morning for those that know Christ Jesus, just give me Jesus...In the morning when I rise, give me Jesus...You can have all this world, give me Jesus...When I come to die, give me Jesus. I hope to see you all again on the roads and trails and especially at the Miracle Mile, but if that's not meant to be, my simple prayer for both you and me...just give me Jesus.

Race Results

2012 Gilead House Steps to Recovery 5K
Saturday, September 1, 2012
Foster Park, Kokomo, IN

1. Kory Kennedy 16:58
2. Parker Jones 17:25
3. Gerald Griffiths 18:09
4. Chad Carver 18:38
5. Chris Lasley 20:45
6. Pablo Morales 21:23
7. Gary Callahan 21:43
8. Paul Parse 21:49
9. Luke Miller 22:19
10. Jackie Combs 24:26 1st
- Female
11. Kenneth Swinehart 24:32
12. Elvia Rodriguez 24:46
13. Earl Strong 25:06
14. Mark Shorter 25:17
15. Mike Deardorff 25:43
16. Cara McKellar 26:38
17. Charlie Skoog 26:53
18. Tarin Serra 27:02
19. Anna Rangel 27:09
20. Scot Hamilton 27:09
21. Nicki Piel 27:25

22. Michael Graham 27:26
 23. Russ Hovermale 27:29
 24. John Peters 27:36
 25. Jennifer Van Horn 28:29
 26. David Hughes 29:05
 27. Laurie Ousley 29:19
 28. Kelsey Kennedy 30:15
 29. Laura Cook 30:22
 30. Anita Upchurch 30:51
 31. Stan Shuey 32:19
 32. Terry Jones 32:48
 33. Robin Cole 34:13
 34. Vickie Thomas 34:15
 35. India Piel 35:30
 36. Molly Gilbert 35:56
 37. Bill Menges 35:57
 38. Dorian Gray 36:14
 39. Lisa Metz 36:55
 40. Rita Tattersall 36:59
 41. Diane Watson 37:10
 42. Laura Heflin 39:21
 43. Robert Cupp 40:20
 44. Will Daehler 49:37
 45. Doug Mankell 50:50
 46. Shirley Bugher 52:52

5K Walk

1. Vince Lorenz 30:05
 2. Mary Miller 32:47 1st Female
 3. Linda Miller 38:00
 4. Greg Wall 38:08
 5. Richard Kerkhof 40:09
 6. Toney Lorenz 40:37
 7. Raye Jean Swinehart 40:40
 8. Jane Inman 40:45
 9. Joe Rangel 40:53
 10. Patricia Mack 42:15
 11. Robin Michael 43:08
 12. Jan Wall 43:42
 13. Jean Heflin 46:36
 14. Michael Smith 49:31
 15. Kathy Eagle 50:22
 16. Gale Keppel 50:44
 17. George Devine 50:45
 18. Angela Lorenz 52:44
 19. Connie Gish 52:45
 20. Carol Savage 53:33
 21. Elizabeth Chase 54:35
 22. Sonia Johnson 56:32
 23. Sam York 56:33

Kids Fun Run

1. Brook Anderson 13:20 1st Female
 2. Tiffany Eagle 19:05
 3. Bill Meiring 19:06
 4. Patricia Anderson 19:45
 5. Launzetta Newsome 19:50
 6. Chad Lewis 19:51
 7. Angenetta White 26:44

Girls Night Out 5K Run/Walk Saturday, Sept 15, 2012 Kokomo, IN

1 Heather Weber 19:57
 2 Kristi Reprogie 22:44
 3 Diana Jones 22:46
 4 Brittiani Gillem 22:58
 5 Amanda Hedrick 23:18
 6 Lori Working 23:31
 7 Shelby Hulka 23:51
 8 Audrey Eaker 24:03
 9 Madison Cleaver 24:10
 10 Amanda Hueston 24:25
 11 Melissa Lewis 24:31
 12 Shelly Crozier 24:42
 13 Elvia Rodriguez 24:48
 14 Amy McKittrick 25:02
 15 Cindy Stone 25:17
 16 Dana Culp 25:19
 17 Tami Moore 25:28
 18 Adriene Riggle 25:31
 19 Manoy Hall 25:33
 20 Allysha Brown 25:47
 21 Dakota Brown 25:48
 22 Sherrie Alexander 25:53
 23 Pam Wolfe 26:03
 24 Amy Lytle 26:06
 25 Anne Kantz 26:30
 26 Tarin Serra 27:18
 27 Rebecca Sundquist 27:18
 28 Anne Berendsen 27:33
 29 Beth Burgett 27:36
 30 Samantha Schanlaub 27:37
 31 Mary White 27:38
 32 Katelyn Dowden 27:38
 33 Jenna Hulka 27:50
 34 Jennifer Van 27:55
 35 Anna Dollens 27:56
 36 Rachel Sargent 27:58
 37 Amanda Federspill 28:13
 38 Cassie McKillip 28:15
 39 Kathleen McKinnen 28:17
 40 Heather McCallum 28:19
 41 Nicki Piel 28:23
 42 Tausha Shackelford 28:24
 43 Kathy Murdoch 28:28
 44 Amy McCauley 28:36
 45 Angie Wisler 28:37
 46 Linda Herr 28:44
 47 Cindy McClure 28:46
 48 Staci Rinehart 28:57
 49 Kelsey Kennedy 28:58
 50 Laurie Ousley 29:07
 51 Becky Hamilton 29:33
 52 Stephanie Bolinger 29:55
 53 Laura Cook 30:00
 54 Chennel Lindsay 30:12
 55 Jazzmyan Bayless 30:14
 56 Trish McCarty 30:20
 57 Melissa Demello 30:22
 58 Shelly Nelson 30:28

59 Shannon Dowden 30:33
 60 Anita Upchurch 30:41
 61 Mara Lipinski 30:42
 62 Wendy Cage 30:45
 63 Nicole Zeider 31:01
 64 Jennifer Deeter 21:12
 65 Marianne Wilson 31:15
 66 Ashley Shank 31:22
 67 India Piel 31:24
 68 Mona Shoffner 31:26
 69 Sara Hoshaw 31:30
 70 Emilie Hubbard 31:35
 71 Nancy Anderson 31:54
 72 Brittany Davis 31:57
 73 Kylie Betzner 31:58
 74 Tracy Brown 31:59
 75 Sarah Spitter 32:00
 76 Angela Jarrett 32:15
 77 Marti Sholty 32:47
 78 Sally Young 32:57
 79 Amy Glasson 33:02
 80 Lee Lavengood 33:07
 81 Laura Roberts 33:12
 82 Andrea Collins 33:26
 83 Martha Hoshaw 33:33
 84 Robin Cole 33:41
 85 Sarah Montgomery 33:47
 86 Zoe Welch 33:48
 87 Johnna Welch 33:48
 88 Beth Wittenbach 34:02
 89 Sadie Wisle 34:03
 90 Amber Garrison 34:12
 91 Rae Graham 34:28
 92 Dionica Brooks 34:44
 93 Carmen Larson 35:10
 94 Ann Hubbard 35:22
 95 Lana DeFord 35:22
 96 Krista Graham 35:29
 97 Jessica Sheets 35:34
 98 Maria Cline 35:35
 99 Laura Sheets 35:36
 100 Kris Bewley 35:37
 101 Dawn Dunn 35:40
 102 Ashley Brockus 35:40
 103 Sarah Joy 35:47
 104 Laura McGraw 35:52
 105 Melissa Smith 35:52
 106 Allee Nethercutt 36:20
 107 Anita Frazier 36:35
 108 Lindy Deeter 36:36
 109 Connie Hulka 36:48
 110 Sophie Wyman 38:05
 111 Nicole White 38:19
 112 Ann Bradshaw 38:31
 113 Missy Conner 38:33
 114 Madyson Baxter 38:34
 115 Margaret White 38:56
 116 Lauren Weber 38:59
 117 Brianne Boles 38:59
 118 Nicole Freeman 39:03
 119 Cheryl Miller 39:07
 120 Drina Beety 39:14

121 Christy Badger 39:19
 122 Leslie Dunn 39:30
 123 Melissa Eggers 39:44
 124 Geana Moore 39:49
 125 Laura Heflin 40:04
 126 Nancy Grobengieser 40:15
 127 Amber Longwith 41:18
 128 Valerie Leger 41:21
 129 Alta Blake 42:00
 130 Heidi Vint 42:34
 131 Lily Badger 43:29
 132 Violet Badger 43:40
 133 Angela Anderson 44:07
 134 Lisa Beck 44:15
 135 Sarah Johnson 44:32
 136 Julie Mullens 44:45
 137 Andrea Harris 45:12
 138 Brandy Rodabaugh 46:33
 139 Christine Devine 46:41
 140 Amy Baxter 46:47
 141 Anifa Zapata 47:35
 142 Penny Cole 47:41
 143 Elizabeth Felker 48:18
 144 Molly Mavrick 48:18
 145 Lora Felker 48:21
 146 Robin Rozzi 49:11
 147 Michelle Dollens 53:35
 148 Abbie O'Keefe 53:47
 149 Molly O'Keefe 54:37
 150 Kelly Carden 54:56
 151 Valerie Young 55:00
 152 Linda Smith 1:02:09
 153 Briar Frederick 1:08:31

5K Walk

1 Debbie Clark 38:05
 2 Shelly Wyman 38:25
 3 Linda Miller 38:32
 4 Raye Jean Swinehart 39:41
 5 Jane Inman 40:35
 6 Lindsay Cecil 41:28
 7 Brook Cleaver 41:32
 8 Sharon Hancock 41:34
 9 Mary Blalock 41:50
 10 Melissa Stewart 42:00
 11 Alexandra Marguerita 42:36
 12 Marley O'Keefe 43:29
 13 Barbara Hobbs 43:55
 14 Elissa Hughes 44:15
 15 Scottie McCowan 44:31
 16 Anita Dillman 45:12
 17 Carrie Williams 45:52
 18 Stella Rood 45:53
 19 Christine Kline 45:54
 20 Carla Starich 46:22
 21 Jean Heflin 46:38
 22 Linda Allen 46:40
 23 Cassie Salinas 46:40
 24 Lindsey Ousley 46:42
 25 Karen McCoy 46:42
 26 Liz Newell 46:45
 27 Kim McLochlin 46:57

28 Kathryn Kirk 47:50
 29 Robin Roush 47:56
 30 Mary Anna 47:57
 31 Paige Eads 47:57
 32 Jodi Perry 48:08
 33 Erin Stickrod 48:16
 34 April Montgomery 48:26
 35 Molly Dowden 48:29
 36 Joslyn Geisner 48:56
 37 Carrie White 48:57
 38 Emily Smith 48:59
 39 Angela Shaffer 49:04
 40 Jolene Geisner 49:17
 41 Diane Kinzer 49:27
 42 Lori Akers 49:57
 43 Shannon Armstrong 49:58
 44 Angie Bowman 50:08
 45 Hannah Walls 50:27
 46 Misti Sukle 50:44
 47 Michelle Steward 50:44
 48 Stefani Closson 51:13
 49 Lauren Sukle 51:16
 50 Mary Page 51:17
 51 Manda Rayle 51:17
 52 Deb Tatman 51:49
 53 Jeanne Walls 52:01
 54 Mary Lou 51:01
 55 Angela Lorenz 52:24
 56 Kristen Thomason 52:24
 57 Michelle Shelton 52:24
 58 Mary Alice 53:10
 59 Denise Siblisk 53:15
 60 Laura Roberts 53:16
 61 Shelby Roberts 53:17
 62 Tonya Rudolph 53:26
 63 Melissa Goad 53:26
 64 Vicky Martin 53:33
 65 Andrea Taylor 53:37
 66 Christy Hartman 53:42
 67 Sandy Cooper 53:44
 68 Beth Green 53:45
 69 Lee Ann 53:46
 70 Vicki Dennis 53:48
 71 Brenda Tina 53:48
 72 Jean Waldron 54:04
 73 Harlee Reel 54:14
 74 Terri Jackson 54:15
 75 Megan Reel 54:23
 76 Tina Renz 54:37
 77 Tara Einterz 54:55
 78 Karin Pinto 55:01
 79 Danna Bonfiglio 55:03
 80 Dawn Coop 55:03
 81 Nhi Arslain 55:43
 82 Amy Walls 56:31
 83 Natalie Hoch 56:32
 84 Julie Hoch 57:04
 85 Tonya Goodier 57:06
 86 Kacy Greene 57:47
 87 Janet Dallman 58:18
 88 Rebecca Smith 58:18

89 Kathryn Little 59:45
 90 Lorna Harbaugh 1:00:06
 91 Sandra Hendricks 1:01:53
 92 Linda Nunnally 1:01:55
 93 Connie Schwierman 1:01:56
 94 Sandy Sheroan 1:02:07
 95 Janelle Shallenberger 1:02:08
 96 Krista Melcher 1:02:25
 97 Becky Ricketts 1:02:25
 98 Amy Dockerty 1:03:22
 99 Brandi McCormick 1:03:52
 100 Joetta Geiger 1:04:16
 101 Ashley Renea 1:04:16
 102 Elaine Taylor 1:08:05
 103 Alissa Frederick 1:08:05

Lady Bug Run

1 Hannah Montgomery
 2 Anna Hoshaw
 3 Hannah Moore
 4 Elaina Montgomery
 5 Emily Riggle
 6 Avarie Hinton
 7 Jada Freeman
 8 Anna Roush
 9 Mia Federspill
 10 Tenley Melcher
 11 Sydney Ousley
 12 Natalie Weber
 13 Lilly York
 14 Gretchen Riggle
 15 Anna Leigh Hedrick
 16 Anna Pinto
 17 Clara Dunn
 18 Kelsey Weber
 19 Hannah Larimore
 20 Marissa Roush
 21 Emilie Leger
 22 Hadassah Welch
 23 Lilli Dennis
 24 Alissa Frederick
 25 Piper Anderson
 26 Alexia Shackelford
 27 Darci Dunn
 28 Mia Van Horn
 29 Isabella Sargent
 30 Ava Federspill
 31 Maggie Weber

GNO 2012 Lady Bug Run "And they're off!"



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, September 5, 2012 Highland Park Walk/Bike Path

1. Max McHaney 6:09
2. John Anderson 6:21
3. Michael Anderson 6:23
4. Paul Sanders 6:57
5. Ken Swinehart 7:21
6. Kory Kennedy 8:02
7. Phil Rozzi 8:24
8. Kayla Bullock 8:33
9. Scott Deyoe 8:35
10. Lisa Grady 8:40
11. Charlie Skoog 8:48
12. Cara McKellar 8:57
13. Sheree Bullock 8:59
14. Nick Manden 9:04
15. Jenna Hulka 9:15
16. Ari Leger 9:25
17. Alex Anderson 9:26
18. Kevin Campbell 9:58
19. Tracy Brown 10:03
20. Jackie Brown 10:03
21. Brian Rexroth 10:07
22. Kim McHaney 10:07
23. Ryke Langevin 10:09
24. Dorian Gray 10:15
25. Alyssa Crites 11:29
26. Bart Langevin 11:47
27. Valerie Leger 11:50
28. Raye Jean Swinehart 12:34
29. Jane Inman 12:40
30. Bruce Savage 12:52
31. Joe Yeagle 13:50
32. Joyce Pennycoff 14:06
33. Vicki Boles 14:07
34. Carol Savage 16:24

CK Wednesday 5K September 5, 2012 Old Ben/Highland 5K Course

1. Parker Jones 18:40
2. Gerald Griffiths 18:41
3. Kory Kennedy 21:50
4. Paul Sanders 21:55
5. Phil Rozzi 23:22
6. Ken Swinehart 24:36
7. Scott Deyoe 27:05
8. Cara McKellar 28:49
9. Jenna Hulka 30:59

10. Nick Manden 31:52
11. Ryke Langevin 31:57
12. Dorian Gray 33:49
13. Terry Jones 35:15
14. Bart Langevin 35:31
15. Vern Keller 35:33
16. Connie Hulka 38:58
17. Sue Keller 48:52

Jackie Sanders Miracle Mile Wednesday, September 12, 2012 Highland Park Walk/Bike Path

1. Parker Jones 5:10
2. Michael Anderson 6:27
3. Ken Swinehart 7:31
4. Cara McKellar 7:42
5. Phil Rozzi 7:42
6. Charlie Skoog 7:56
7. Kayla Bullock 7:56
8. Alex Anderson 8:01
9. Brayden Williams 8:09
10. Tausha Shackelford 8:18
11. Sheree Bullock 8:47
12. Lisa Grady 8:56
13. Anthony Rocchio 9:36
14. Ari Leger 9:57
15. Kim McHaney 10:20
16. Tracy Brown 10:38
17. Dorian Gray 11:46
18. Valerie Leger 11:56
19. Stevie Jones 12:19
20. Bruce Savage 12:20
21. Angela Anderson 12:23
22. Raye Jean Swinehart 12:24
23. Jane Inman 12:35
24. Joe Yeagle 13:03
25. Katie Schelbert 13:08
26. Trelaine Schelbert 13:31
27. Jerry Leach 13:52
28. Theresa Barlow 13:53
29. Melissa Jones 14:10
30. Declan Schelbert 14:59
31. Donna Laughner 15:39
32. Mike Laughner 15:39
33. Emily Leger 17:52
34. Luke Leger 17:53
35. Thomas Anderson 19:00
36. John Anerson 19:02
37. Piper Anderson 20:50

CK Wednesday 5K September 12, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:52
2. Shelby Hulka 24:06
3. Ken Swinehart 26:44
4. Anne Berendsen 27:47
5. Rebekah Monroe 28:01
6. Lisa Grady 29:49

7. Jenna Hulka 30:30
8. Terry Jones 31:02
9. Mark Schelbert 31:04
10. Ken Huston 31:48
11. Tracy Brown 31:57
12. Dorian Gray 32:47
13. Bart Langevin 33:00
14. Connie Hulka 37:12
15. Kevin Campbell 38:51
16. Doris Campbell 44:55

Jackie Sanders Miracle Mile Wednesday, September 19, 2012 Highland Park Walk/Bike Path

1. Parker Jones 5:05
2. Adam Renshaw 6:08
3. Paul Sanders 6:09
4. John Anderson 6:14
5. Michael Anderson 6:21
6. Ken Swinehart 7:28
7. Carl Bullock 7:44
8. Kayla Bullock 7:52
9. Charlie Skoog 7:54
10. Rajon Sellers 8:09
11. Scott Deyoe 8:16
12. Alex Anderson 8:31
13. Joel Schmidt 8:54
14. Kathy Murdoch 8:57
15. Kim McHaney 9:56
16. Shawn Fording 10:50
17. Dorian Gray 11:05
18. Tracy Brown 11:08
19. Jackie Brown 11:08
20. Raye Jean Swinehart 12:10
21. Jane Inman 12:17
22. Hailey Dowler 12:26
23. Joe Yeagle 12:40
24. Tim Fording 13:34
25. Lukas Brown 13:45
26. Jerry Leach 13:45
27. Theresa Barlow 13:46
28. Tausha Shackelford 15:02
29. Lexi Shackelford 15:02
30. Zach Shackelford 15:04
31. Mary Beam 16:41

CK Wednesday 5K September 19, 2012 Old Ben/Highland 5K Course

1. Parker Jones 17:18
2. Phil Rozzi 24:05
3. Sandra Beech 24:58
4. Ken Swinehart 25:27
5. Scott Deyoe 27:16
6. Ryke Langevin 27:31
7. Stevie Jones 31:54
8. Dorian Gray 31:07
9. Vern Keller 32:04
10. Bart Langevin 32:10

11. Vicki Bennett Thomas 32:22
12. Ken Huston 32:50
13. Tracy Brown 34:08
14. Kevin Campbell 35:14
15. Doris Campbell 44:07
16. Sue Keller 45:35

Jackie Sanders Miracle Mile
Wednesday, September 26,
2012
Highland Park Walk/Bike Path

1. Parker Jones 5:14
2. Chris Frazier 5:47
3. Gerald Griffiths 6:02
4. Paul Sanders 6:08
5. John Anderson 6:16
6. Michael Anderson 6:26
7. Justin Taflinger 6:48
8. Tim Taflinger 6:49
9. Ken Swinehart 7:12
10. Brayden York 7:31
11. Matt York 7:31
12. Charlie Skoog 7:35
13. Carl Bullock 7:59
14. Kayla Bullock 8:00-
15. Alex Anderson 8:17
16. Vickie Bennett Thomas 9:51
17. Aidan Frazier 10:24
18. Samuel Jones 11:08
19. Diana Jones 11:09
20. Sophie Frazier 11:16
21. Bruce Savage 11:23
22. Lexi Shackelford 12:10
23. Tausha Shackelford 12:11
24. Raye Jean Swinehart 12:33
25. Jane Inman 12:44
26. Joe Yeagle 13:02
27. Jerry Leach 13:44
28. Vicki Boles 14:36
29. Joyce Pennycoff 14:36
30. Lukas Beam 14:45
31. Carol Savage 16:50
32. Anne Wiles 16:53
33. John Wiles 16:54

CK Wednesday 5K
September 26, 2012
Old Ben/Highland 5K Course

1. Parker Jones 17:41
2. Gerald Griffiths 18:40
3. Ken Swinehart 24:52
4. Ryke Langevin 30:09
5. Ken Huston 31:20
6. Lexi Shackelford 32:15
7. Tausha Shackelford 32:16
8. Bart Langevin 33:51
9. Dorian Gray 34:01
10. Kevin Campbell 36:31

October Birthdays

- 10-3 Andrea Larson
- 10-4 Coby Mims
- 10-5 Linda Kendall
- 10-5 Natalie Weber
- 10-8 Mary Miller
- 10-9 Rick Spencer
- 10-10 Amy Gaddis
- 10-11 Sid Culp
- 10-11 Tim Taflinger II
- 10-12 David Hughes
- 10-12 Joshua Sheets
- 10-13 Mark Fernandes
- 10-13 Austin Forgrave
- 10-15 Chris Lasley
- 10-16 Kyla King
- 10-17 Landrum Neer

- 10-17 Jordan Ousley
- 10-18 Jennifer Pitner
- 10-19 Jack Mellingner
- 10-20 Jordan Fivecoate
- 10-20 Chad Jr. Gaddis
- 10-21 Anne Wiles
- 10-22 Jennifer VanHorn
- 10-23 Kelsey Kennedy
- 10-23 Rebekah Monroe
- 10-23 Ricke Stucker
- 10-26 Rogers
- 10-26 Jeannie Townsend
- 10-27 Jim Boley
- 10-28 Amanda Fernandes
- 10-29 Brian Sheets
- 10-30 Kenny Bennett
- 10-30 Vicki Boles
- 10-30 Maya James
- 10-31 Scott Glover
- 10-31 Geana Moore
- 10-31 Scott Riggle

Girls Night Out 2012 - Finish Chute



GNO 2012

Lady Bug Run (below)



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, Run for Shelter, Gilead House, GNO 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 4-60RV
Sophia Wyman 2-35
Elizabeth Felker 2-32
Maggie Weber 2-30RV
Natalie Weber 2-30RV
Maya James 1-20
Ella Kantz 1-20
Kelsey Metz 1-20
Kelsey Weber 1-20V

13-19

Kelsey Kennedy 16-270HC
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

Brittiani Gillem 2-40
Kathryn Wall 3-40CR
Nikki McCracken 2-30HC
Jessica Sheets 1-15
Amber Longwith 1-12

25-29

Laura Heflin 13-204HCR
Amanda Flick 7-130R
Jenna Clark 7-120HC
Michelle Milam 3-40CR
Lindsey Thompson 1-20

30-34

Jennifer Van Horn 6-105
Rebekah Monroe 4-75V
Jen Atkins 4-70HR
Adriene Riggle 3-52H
Geana Moore 3-50HV
Desiree Hughes 3-40C
Elizabeth Chase 2-30
Amanda Fernandes 1-20
Carla Knapp 1-20
Kelly Wright 1-15
Tausha Shackelford 1-12
Angela Anderson 1-9

35-39

Nikki Frazier 6-100HR
Sharon Whelan 5-100
Tarin Serra 4-75
Anna Kantz 3-55H
Darcie York 2-40H
Michelle Boyd 2-27
Erika James 1-20H

Carol Sheridan 1-20
Brandy McKibbin 1-12

40-44

Heather Weber
10-190MHR
Tami Moore 6-99MH
Dana Culp 4-62
Sherrie Alexander 4-57
Lisa Birkhimer 4-55HR
Shelly Wyman 3-40H
Michelle Larson 2-35
Mary White 2-29H
Lora Felker 2-16

45-49

Cara McKellar 16-272HCR
Laura Cook 10-146R
Cindy Stone 6-120
Joni McCracken 3-45HC
Kristine Bewley 2-20
Patti Reinhardt 1-15
Laura Sheets 1-12

50-54

Tracy Brown 10-149
Laurie Ousley 8-145
Roxane Burrous 7-140H
Anita Upchurch 3-45
Lisa Metz 3-36
Marianne Wilson 2-32
Doris Campbell 1-12
Thomas Vicki Bennett 1-12

55-59

Anna Rangel 18-327HCR
Robin Tetrault
13-215MHRV
Robin Cole 12-167
Sue Keller 9-112H
Vicki Boles 2-30V
Lorene Sandifur 1-20H

60-64

Joyce Pennycoff 7-125H
Rhenda Acton 4-80
Anita Frazier 2-40H
Jeanie Townsend 1-20V

65-69

Kathy Murdoch 7-130R
Susan Gerhart 1-20

Men

0-12

Justin Taflinger 3-60
Vinh Lee 3-55
Dorian Gray 3-52
Brayden York 3-47

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
Minh Pham 2-32
Adrian Glover 1-20
Waylon Coulter 1-15
Landrum Neer 1-15
Grant Harbaugh 1-10
Colten Pearce 1-10
Cavan Williams 1-10

20-24

Kory Kennedy 14-245CRV
Parker Jones 13-209HV
Neno Bellinotti 4-80H
Jordan Ousley 2-32
Ryan Dollens 2-30H
Cody Young 2-25

30-34

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

35-39

Matt York 7-140MHV
Chris Lasley 6-94
Chris Frazier 3-60HV
T.A. Weber 4-60RV
Chris James 3-55
Bob Atkins 3-52MH
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 10-168H
Scott Colford 6-120H
Tim Taflinger II 4-65
Paul Wyman 4-62HV
David Reinagle 3-40HR
Scott Riggle 2-40H
Steve Williams 1-15

45-49

Michael Graham
15-200HR
Scott Deyoe 13-169HR
Jay Priest 8-160MHV
David Emry 9-131HR
Ron Moore 7-125MHV
Paul Sanders 5-76H

Dana Neer 3-60
Brian Reinhardt 2-35H
Scott Glover 2-30
Chee Lee Lee 2-18

50-54

Byron Bundrent 13-255
Ken Swinehart 16-202HR
Ray Tetrault 12-155MHRV
Jerry Long 9-140
Phil Rozzi 6-84H
Bruce Savage 7-74HR
Ron Metz 3-41
Eric Mathew 3-30
Kevin Campbell 3-25
Kenny Bennett 1-12
Al Hochgesang 1-10R
Kim Lee 1-8

55-59

Mark Shorter 16-264HCV
Earl Strong 10-177
Mike Deardorff 10-150H
Russ Hovermale 9-105
Jerry Meiring 6-73
Jeff LaDow 4-52H
Greg Townsend 2-30RV
Keith McAndrews 1-20
Dave White 1-20V
Will Daehler 1-9

60-64

Gary Callahan 11-220
Charlie Skoog 13-210RV
Ricke Stucker 15-181CR
Bill Menges 5-71MH
Tom Miklik 5-69H
Vern Keller 3-42H
Phil Leininger 2-22C
Fred Chew 1-12

65-69

David Hughes 15-290URV
Doug Mankell 6-95
Bill Barnett 2-32
Jim Burrous 1-20V

70-74

John Peters 9-165
Stan Shuey 9-146V
Billy Stanton 4-75
Dale Sullivan 1-15

75-79

Robert Cupp 6-110R
Riley Case 4-80
Ken Huston 2-35

(cont. on page 11)

Walkers**Women****30-34**

Amy Irick 1-10R

40-44

Carol Savage 9-145HRV

45-49

Chari Deyoe 5-90HR

Anh Lee 3-60

Angie Bowman 3-55H

50-54

Mary Miller 14-280H

Raye Jean Swinehart 17-253HR

Jane Inman 17-220HR

Jean Heflin 13-136CR

Jayne Stucker 7-66R

Monica Mathew 2-20

55-59

Jan Wall 10-190R

Barbara Hobbs 4-60R

Christine Williamson 1-20

60-64

Angela Lorenz 4-75

Judy Trobaugh 2-35

65-69

Mary Lou Rutherford 11-210HR

Diana Brown 6-90R

Men**13-19**

Teng Lee 2-40

25-29

Vince Lorenz 14-280H

50-54

Steve Inman 7-130HR

55-59

Rick Spencer 10-200H

60-64

Joe Rangel 14-287HCR

Greg Wall 10-157

Robin Michael 11-146

Toney Lorenz 4-54

Melvin Hobbs III 3-30R

Tim Taflinger 1-12

65-69

Richard Kerkhof 8-160

70-74

John Mohr 8-145H

Jim Gross 7-140

Dan Coughlin 6-82R

John McGinty 1-12

75-79

Jerry Lambert 10-190HR

Dick Summerton 5-80

2012 Race Calendar

October 06Cole Porter 15K Run/ 5K Run/
Walk

Time: 9:00 AM

Location: Circus Building, Peru

October 13St. 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 - 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

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



Girls Night Out 2012

Waiting for the
race to begin.



Inspirational Thought of the Month

by Club Chaplain Steve Wand

Many of you “boomer” aged runners probably remember a fictional character by the name of Alfred E. Newman from a silly publication back in the ‘50s and ‘60s called *Mad Magazine*. He was a funny-faced guy with a goofy smile, a front tooth missing, big ears, and one eye lower than the other. A picture of his face was nearly, if not always, on the front cover with the quote “What, me worry?” underneath.

Worry....what good is it? We try not to do it, but it’s hard and we should try to remember the following thoughts.

- Worry never wins. Trusting God never fails!
- Worry wastes life: It never solves problems, and it dissolves energy and time. Again, it never extends life.
- Worry never hurries answers. It falsely gives one a feeling of "doing" something. Yet it never does!
- Trust God more than feelings.
- Every good and perfect gift comes directly from Him! Stop worrying. Instead, start praying and obeying.

Jesus said, "Who of you by worrying can add a single hour to his life?"(Luke 12:25, NIV)



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Kokomo, IN 46902

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