The Roadrunner

<u>On the roads</u> Easy to become a Goodfellow

By Johnny O'

Goodfellows has contributed thousands of dollars to Club Kokomo's Coyote Kids program, and for several years CK members have returned the favor by becoming Goodfellows and assisting the allvolunteer group in bringing smiles to needy children's faces during the Christmas season.

Center Township Trustee office, Club Kokomo, Kokomo Firefighters, Kokomo Tribune,

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Next Club Meeting:

Monday, November 12 Social - 5 pm, Business - 6 *NEW LOCATION* Martino's Italian Villa 1929 N. Washington and the Marine Corps League helped Goodfellows during registration and shopping last year. Johnny O' asks Club Kokomo members to spend three hours helping Goodfellow recipients shop this year at Meijer Dec. 16 (Sunday) and Dec. 18 (Tuesday). The dates are designated as Club Kokomo volunteer dates.

It is easy to become a Goodfellow. Just contact Johnny O' at (765) 438-9545, or email john_wiles_150@comcast.net You also can email Charlie Skoog at <u>runckrr@aol.com</u> or call Dave White at 765-437-8576.

Last year, Goodfellows, including 33 CK volunteers, provided clothing to more than 1,800 children in Howard County at a cost of more than \$100,000. Goodfellows is the only organization that can say that all the money it receives from We Care is used at Christmas to purchase clothing for needy children in Howard County.

Goodfellows also receives individual and corporate donations. Money from these sources not spent on the Christmas program is used for scholarships and other youth programs. As it has for several years, Goodfellows donated \$2,500 to Club Kokomo's Coyote Kids this year.

At 102 years old, Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program now is a not-for-profit organization that is directed by a communitybased volunteer board of directors. There are no paid staff positions.

Jean Lushin, Center Township Trustee, has been the Goodfellows' unpaid volunteer director for 32 years. Johnny O' has been associated with Goodfellows for 42 years. He is president of its board of directors.

Johnny O' is proud that fellow CK member Dave White joined him on the board in 2005, and that CK's Charlie Skoog received Goodfellows' 2008 Volunteer of the Year Award.

Charlie and Dave have led the charge the last seven years in recruiting CK members for Goodfellows. CK Goodfellows

help register families in November and bag recipient clothes or use hand-held scanners to total dollar amounts before applicants go through the cash register lines at Meijer's in December.

Registration will be Nov. 26 – Nov. 30 (Monday through Friday) from 9 a.m. to 3 p.m. at 1401 N. Washington St. (former Marsh store). To receive assistance, families must meet Goodfellows eligibility requirements, which include gross income of the entire household not to exceed 150 percent of the Federal Poverty guideline. Applicants are interviewed by volunteers when they sign-up for assistance and their applications are investigated to insure that only the truly needy receive help.

If you can help with registration, even for an hour, contact Connie at the Center Township Trustee office (452-8259). Local restaurants are donating lunch for volunteers.

Approved families receive vouchers for clothing. Parents will redeem the vouchers at Meijers from 6 p.m. to 9 p.m. Dec. 16-21. Recipients are assigned a specific day to shop with the number of shoppers each session based on the total number approved for assistance. Last year, about 200 families shopped each night.

YMCA's Jack-o-Lantern Jog







UPCOMING EVENTS:

Nov 10 at 9 am

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

Nov 22 at 8 am

Club Kokomo Cares 5K Run/Walk 20 pts for each finisher Highland Park Kokomo, IN

Dec 31 at 2 pm CKRR New Year's Eve 5K Run/Walk UAW Local 292 Kokomo, IN

Other Area Races: Nov 22 at 8 am I 6th Annual Turkey Trot 4 mile Run/Walk Cass County YMCA Logansport, IN

Indy Monumental Marathon... Barefoot! By Dan Lutes



Freezing cold, but with my girls (Sarah, Rachel, and Megan).

I'm basking in the glow of my first ever barefoot marathon while nursing my sore feet from today's Indianapolis Monumental Marathon. I started off the day early with a couple big plates of French Toast and bacon, knowing I would need lots of energy for the 4+ hour marathon (much slower than my shod pace)...and little did I know, it would be slower than that!

The day started off cold but dry although I knew by the radar that the rain would definitely be moving in later. I just kept praying that I could at least get the first half in dry, since wet pavement is a definite "no-no" for us barefoot runners.

The gun went off and I purposely held back, opting to stay in the warm lobby of the parking garage a few extra minutes. That is the joy of having chip timing: you can determine your own "start" time and mine happened to be 9 minutes after the gun went off. (By the way, the chips were in the bib number which made my special purchase of a Velcro ankle band chip holder completely worthless, which I bought thinking I wouldn't have any shoelaces to tie my chip to!) Anyway, the 9-minute delayed start allowed me to slowly get my feet under me and concentrate on a relaxed running form which is so critical to proper barefoot running. I also allowed space between runners to allow me to see the pavement directly ahead. I really enjoyed these early miles and passed many people even though I was only moving at about a 10-11 minute pace. The amazing thing was all the comments people made about my bare feet! I knew from my training that a lot of people would comment, but it was almost over the top...everything from "@#%! You've got to be kidding" to "Ouch, does that hurt" to "Forget your shoes?" (the classic) to "Hey are your feet cold?" For the most part I responded back, and talked about barefoot running and even asked them if they knew some of these Indy streets were actually warm?...it felt really good to run by one of those infamous "steaming manhole covers" because the pavement was actually warm, sometimes hot! But after the first couple miles I started cutting the conversations short or just giving a quick thumbs up when the comments keep coming. Otherwise I was not going to be able to concentrate on my form. At mile 8 we turned onto 38th street which I knew would be a "bear" due to the slotted concrete. I was able to jump up onto the slightly smoother concrete median to get a little relief...trouble was, there were broken beer bottles and other debris to avoid. Pretty bad when your only choice of running surfaces is sharp slotted concrete or broken glass...oh what to choose, what to choose!

Still all was going well when the light rain started. It stayed light at first but was a warning of things to come. I cranked my mile pace to ~9:50 between miles 9-12 and passed the half marathon point in 2:15, but then things started going downhill. Between 13 and 14, we passed through a VERY rough section of Broadripple and my mile pace slipped back above 10 min/mile. The pavement got a little better but was still pretty rough until we jumped back onto Meridian just past mile 14. This 2 mile section was nice and smooth but did also have a pretty good incline and the mile pace slipped into the 11s. The tour

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through Butler University was scenic but again, rough pavement! At mile 18 we entered the grounds of the Indianapolis Museum of Art to a downpour mixed with sleet. The official photographers on the IMA wooden bridge told me I was the only barefooter they had seen today (although one lady had told me that there was a "Barefoot Mark" here today. The pavement at the IMA was smooth but short-lived and soon we were back on the rough Indy streets in a total downpour. This continued until we rejoined Meridian with "slightly" smoother pavement at Mile 23 and the rain subsided. Linda and the girls just missed seeing me finish (my time was 5:08) but we did meet up later at the baggage tent. It felt soooooooo good to get my warm DRY shoes on and I was surprised that I didn't have huge blisters.

I do have a fairly good blood blister on the ball of the left foot but the right foot (blister wise) is fine. I do have some significant inside ankle and TOFP (Top of Foot Pain) on the right foot, so I'll be on some major Ibuprofen for the next couple of days.

After snapping a few photos, we went to Subway for lunch and I felt much better inside the WARM restaurant...although I still couldn't stop shaking the whole time we were in there.

I must say, I am very pleased overall, since I had many doubts that I would ever be able to do this distance (and some of those doubts were about Noon today!) It is truly amazing what the human body is capable of. If you haven't already done so, I urge you to take the time to appreciate the design of our human bodies and the painstaking thoroughness that our creator took in knitting us together.

I told Linda afterward that I did more praying today than during any other marathon, ever. I seemed to constantly be asking for calm nerves, avoiding injury and strength to get through the "next mile." Most were "breath prayers" like Phil 4:13 – I can do all things through Christ who give me strength. And He definitely provided today...I could not have done this without Him. God is Good! All the time!

I hope everyone out there gets the chance to experience a barefoot marathon at least once in their life!

With Feet Propped Up, Barefoot Dan

28th Annual Charity Run/Walk

Saturday, November 10, 9:00 am

Twenty-eight years ago on December 15, 1985, seventeen runners gathered at Bill and Sue Heck's home, ran out Old Sycamore, and then shared some food and fellowship. The purpose of the run was to help a needy family for Christmas. \$90 was raised and the Charity Run was born! The location, distance, date and time have shifted many times over the years, but the Charity Run continues the tradition of Club Kokomo promoting fitness, fellowship, and giving to meet special needs in our community.

This year's event returns to the UAW Local 292 Fellowship Hall on the corner of Park & Alto Road. There is no pre-registration form or set entry fee, just a free will donation which will benefit the Magic and Care Closets and Gilead House. The post-race brunch will again feature sausage gravy and Annie O's home made biscuits, plus many club members bring a favorite dish to share. Please invite family, friends and co-workers to join us. We need runners, walkers, cooks, and volunteers, both inside and out, including clean-up, so there is something we all can do to continue the tradition of the Charity Run. For more information contact 437-6268 or runckrr@aol.com.

Race Results

United States Air Force 5K Dayton, OH Sept 14, 2012

1 Kory Kennedy 15:49

13th annual Bee Bumble Burnettsville, IN September 22, 2012

1 Kory Kennedy 16:00.0 (new course record; old course record set 12 yrs ago) 4 Ron Moore 20:14.5 10 Heath Spence 21:03.6 14 Gary Callahan 21:21.7 42 Ken Swinehart 23:40.4 43 Keith McAndrews 23:43.6 51 Earl Strong 24:11.5 53 Mark Shorter 24:24.5 60 Nikole Frazier 24:41.9 67 Sherrie Alexander 25:19.0 71 Scott Deyoe 25:43.9 72 Roxane Burrous 25:50.8 73 Micheal Graham 25:59.4 77 John Peters 26:12.3 104 Cara McKellar 27:51.7 111 Kelsey Kennedy 28:17.7 112 Ricke Stucker 28:22.7 125 Laura Cook 29:09.6 129 Mike Deardorff 29:29.5 139 Stevie Jones 30:01.5 141 Dale Sullivan 30:07.9 155 Ken Huston 31:27.3 156 Vicki Boles 31:28.7 164 Hannah Moore 31:46.3 172 Kevin Campbell 32:31.4 173 Doug Mankell 32:33.9 181 Jillian Ladow 32:55.6 194 Lisa Metz 34:03.8 207 Anita Frazier 34:30.7 222 Geana Moore 37:44.0 227 Laura Heflin 37:57.9 238 Nichole Hardy 40:49.4 245 Aidan Frazier 42:51.1 249 Sophie Frazier 44:06.6 253 Doris Campbell 45:15.5

10K Run

11 Chris Lasley 41:23.6 15 Chris Frazier 43:16.2 22 Paul Sanders 45:21.0 28 Phil Rozzi 46:18.5 37 Ron Metz 49:33.0 41 Cindy Stone 51:06.7 47 Dana Culp 52:32.6 62 Mark Rodgers 54:26.7 73 Kim Anderson 57:39.2 79 Jeff Ladow 1:00:29.2 83 Terry Jones 1:02:12.9 85 David Hughes 1:02:25.8 97 Tracy Brown 1:09:46.5 100 Robin Cole 1:11:41.7 101 Laura Sheets 1:12:30.0 102 Kris Bewley 1:12:30.3 104 Jessica Sheets 1:12:39.2 114 Janna Webber 1:24:20.1

5K Walk

1 Vince Lorenz 28:49.4 2 Mary Miller 31:46.9 1st woman 5 Rick Spencer 34:25.8 8 Greg Wall 37:26.7 15 Toney Lorenz 39:32.1 16 Jerry Lambert 39:45.9 18 Jane Inman 40:08.1 20 Raye Jean Swinehart 40:12.7 35 Chari Devoe 42:16.3 36 Robin Michael 42:27.4 37 Jan Wall 42:27.8 38 Carrie Williams 43:03.9 42 Anita Dillman 43:23.3 45 Jean Heflin 43:53.5 48 Angela Lorenz 44:15.1 104 Mary Lou Rutherford 53:07.8 112 Dan Coughlin 56:15.7 113 Diana Brown 56:22.2

28th Annual Howl at the Moon 8 Hour Run & Walk

Scott Colford, 1st Overall Winner 59.22 miles Charlie Skoog, 1st Senior Male 39.98 Roxane Burrous, 5th Grandmaster Female 38.19 Kim Anderson, 4th Master Female 37.69 Phil Rozzi, Grandmaster Male 36.19 David Hughes, 33.4 miles

Cole Porter Festival Races Saturday, October 06, 2012 Peru, IN

15K Run 1 Scott Colford 53:06 2 Parker Jones 54:01 3 Matt York 54:43 4 Gerald Griffitts 58:11 5 Clifford Lane 1:00:21 6 Heather Weber 1:02:26 1st Female 7 Jeffrey Creage 1:03:08 8 Vernie Criswell 1:06:05 9 Mark Beals 1:07:24 10 Jed Pearson 1:07:57 11 Paul Sanders 1:08:40 12 Jeff Cardwell 1:09:26 13 Nick Butts 1:09:43 14 Holly Ward 1:12:22 15 Jeff Rush 1:12:58 16 Kevin Spangler 1:12:58 17 Nic Bewley 1:13:49 18 TA Weber 1:14:16 19 Dustin Heath 1:14:36 20 Jeff Butts 1:15:17 21 Jeffrey Sinkovics 1:16:14 22 Rob Schwartz 1:17:14 23 Cindy Stone 1:17:17 24 Jack Reed 1:17:40

25 Chuck Clark 1:17:43 26 Kenneth Swinehart 1:17:43 27 Zac See 1:17:56 28 Nikole Frazier 1:18:49 29 Jodi Lake 1:19:13 30 Jay Fawver 1:19:13 31 Richard Keller 1:19:34 32 Robert Wise 1:19:52 33 Becky Wade 1:20:07 34 Mike Deardorff 1:20:22 35 Emily Wells 1:20:28 36 Randall Thompson 1:20:53 37 Earl Strong 1:20:54 38 Dennis Sipe 1:22:11 39 Kasey Potts 1:22:25 40 Bill Thompson 1:22:36 41 Jenny Draper 1:23:22 42 Wendy Pfeiffer 1:23:28 43 Shane Deford 1:23:28 44 Lana Deford 1:24:38 45 Tyra Walker 1:24:46 46 Dustin Wolf 1:26:14 47 Kim Anderson 1:26:41 48 Chad Barden 1:26:43 49 Kelly Mize 1:26:51 50 Ron Metz 1:29:04 51 Judi Adams 1:29:29 52 Oscar Wells 1:29:30 53 Timothy Potts 1:30:09 54 Melissa Willits 1:30:11 55 Freeman Hershberger 1:31:32 56 Ricke Stucker 1:32:17 57 Samel Bettegnies 1:32:18 58 Stacey Bettegnies 1:33:09 59 Sue Gibson 1:33:40 60 Wendy Edwards 1:33:41 61 Robert Edwards 1:34:12 62 Rosellen Connolly 1:35:44 63 Stepen Williams 1:35:45 64 Ruth Tarwacki 1:36:03 65 David Hughes 1:36:30 66 Mary Scully 1:38:24 67 Rhenda Acton 1:39:30 68 Amy Scott 1:39:57 69 Maria Cline 1:40:13 70 Joyce Pennycoff 1:40:30 71 Terry Jones 1:44:01 72 Sarah Spitler 1:46:19 73 Laura Sheets 1:49:02 74 Kris Bewley 1:49:51 75 Michael Clark 1:58:00 76 Andrea Clark 1:58:01 77 Sharon Geishman 1:58:01 78 Diane Watson 1:59:07

5K Run

1 Kory Kennedy 16:59 2 Chad Carver 17:47 3 Michael Foster 17:41 4 Cail Brown 19:53 5 Pablo Morales 20:29 6 Ron Moore 20:45 7 Gary Callahan 21:25 8 Byron Bundrent 21:49 9 Jordan Edgington 21:51 10 Phil Rozzi 21:55 11 Skip Stinson 22:04 12 Ben Barnett 22:13

13 Logan Primerano 22:22 14 Andrew Loshnowsky 22:25 15 Jason Worley 22:41 16 Nathan Hovermale 22:57 17 Samantha Houston 23:03 **1st Female** 18 Lori Working 23:11 19 Chris Percival 23:43 20 Charles McCord 23:48 21 Erika Mullins 23:49 22 Isabelle Crain 23:49 23 Elvia Rodriguez 23:57 24 John Conner 25:56 25 Cecilio Martinez 24:09 26 Jamie Laycock 24:43 27 Mark Shorter 25:06 28 Mike Tart 25:12 29 Scott Deyoe 25:19 30 Dayne Hill 25:22 31 Jeron Laycock 25:33 32 Colt Baxter 25:56 33 Chris Eddington 26:15 34 Suzette Kintner 26:27 35 Korbin Connelley 26:36 36 Rex Piercy 26:47 37 Mike Graham 26:50 38 Bernadette Lane 26:51 39 Samantha Schanlaub 26:54 40 Cara McKellar 26:58 41 Kelly Sisk 27:03 42 Jana Curry 27:09 43 Kyle Armstrong 27:16 44 Anna Rangel 27:20 45 Amber Wolfe 27:21 46 John Peters 27:21 47 Tim Boggs 28:12:00 48 Kameron Graham 28:13 49 Brayden York 29:15 50 Jazzyan Bayless 28:17 51 Kelsey Kennedy 28:28 52 Grace Pfeiffer 28:30 53 Kari Abbott 28:36 54 Edelmier Rodriguez 28:36 55 Sharon Donaldson 28:39 56 Russ Hovermale 28:42 57 Emilio Hubbard 28:43 58 Christi Grosswickle 28:48 59 James Ellington 28:48 60 Mike Schoenradt 28:53 61 Michelle Werhert 28:58 62 George Mullen 29:16 63 Kristi Shaffer 29:28 64 Vernon Keller 29:32 65 Dawn Richardson 29:39 66 unknown runner 29:48 67 unknown runner 29:50 68 Jason Schmacher 30:33 69 Ethan Kinney 30:58 70 Joe Kinney 30:59 71 Jason Washburn 31:36 72 Emily Ashbrook 32:05 73 Deborah Bikckel 32:20 74 Casey Hill 32:25 75 Kevin Campbell 32:30 76 Jonah Loshnowsky 32:58 77 Nancy Kirk 32:39 78 Jeff Loshnowsky 32:40 79 Krysta Graham 32:47

80 Dorian Grav 32:50 81 Ann Hubbard 32:56 82 Brittany Smith 33:34 83 Christina Dauscher 33:40 84 Abigail Jones 33:55 85 Doug Mankell 33:58 86 Kathryn Wall 34:09 87 Christa Wood 34:15 88 Paige Walker 34:54 89 Sharon Whelan 35:05 90 Laurie Latchaw 35:10 91 Joyce Kays 35:12 92 Allie Bickle 35:38 93 Sarah Kotterman 36:06 94 Bruce Savage 36:08 95 Tawna Sands 36:12 96 Linda Scott 36:14 97 Brad Stephenson 36:23 98 Cinthia Webb 36:24 99 Rose Clem 36:27 100 Melissa Jones 36:43 101 Sue Wycoff 37:17 102 Jessica Coffing 37:22 103 Ed Kays 37:37 104 John Bowman 37:49 105 Angela Davenport 38:15 106 Sherry Loshnowsky 38:15 107 Cynthia Laycock 39:02 108 Mike Steele 39:43 109 Robert Cupp 40:54 110 Sue Keller 43:43 111 Wally Woodhams 45:16 112 Judy Beard 49:51

5K Walk

1 Vince Lorenz 29:06 2 Alan Kitson 29:33 3 Mary Miller 31:51 1st Female 4 Hayley Donaldson 33:21 5 Sandy Miller 35:37 6 Rick Spencer 35:54 7 Linda Miller 36:10 8 Greg Wall 37:15 9 Macee Strycker 38:05 10 Steve Strycker 38:06 11 Kurt Krauskopf 38:09 12 Lisa Wolfgang 38:26 13 Kathy Huntzinger 39:22 14 Meredith Wagner 39:30 15 Raye Jean Swinehart 39:33 16 Toney Lorenz 39:42 17 Ingrid Kuepper 39:46 18 Carissa Mongosa 40:09 19 Melanie Giek 40:11 20 Jammie Jones 40:30 21 Carla Ashbrook 40:39 22 Sharron Petty 40:44 23 Jane Inman 40:53 24 Bob McBride 41:26 25 Kathy Kranz 41:42 26 Carrie Strycker 41:43 27 Jan Wall 41:55 28 Maria Ponce 42:19 29 Angel York 42:20 30 Diana Harmon 42:20 31 Nancy Miller 42:22 32 Chari Deyoe 42:33 33 Deb West 42:57

34 Robin Michael 43:32 35 Melanie Butts 43:39 36 Linda McCoy 43:46 37 Juanita Wiles 44:06 38 Carrie Williams 44:07 39 Anita Dillman 44:08 40 Risa krauskopf 44:13 41 Jason Birchmeier 44:35 42 Kevin Whitted 45:25 43 Angela Lorenz 45:38 44 Linda Allen 46:12 45 Jeff Price 46:15 46 Janet Warder 46:24 47 Rita Clingaman 48:02 48 Cathy Primerano 49:50 49 Jean Cloud 50:44 50 Carol Savage 50:44 51 Lisa Reibly 51:15 52 Angela Storch 51:41 53 Ian Collis 51:46 54 Brandy Buser 51:49 55 Sue Clark 51:52 56 Donna Babb 53:58 57 Martha Sipe 54:01 58 Frieda Collis 54:32 59 Kendra Cline 58:39 60 Kenny Cline 58:42 61 Jody Micheal 59:44

Fun Walk

1 Nicole Schwartz 44:03 2 Alisa Galbraith 46:08 3 Bret 46:14 4 Charles Wagner 46:15 5 Penny Wise 48:03 6 Vanessa Smith 48:21 7 Jessie Ewing 48:22 8 Rhonda Blackburn 49:25 9 Roger Blackburn 49:26 10 Craig Langley 49:27 11 Brooke Langley 49:27 12 Debbie Huff 51:16 13 Betty Sleeper 51:42 14 Melanie Miller 51:51 15 Brenda Nutt 51:51 16 Janet Donoho 52:08 17 Teresa Click 54:03 18 Jim Winkler 59:04 19 Ruth Ellen Winkler 59:04 20 Jason Cary 1:24:03

Runnin' the Shores 5K Run/Walk Saturday, Oct 13, 2012 Kokomo, IN

5K Run

1 Kory Kennedy 16:23 2 Parker Jones 17:07 3 Scott Riggle 19:50 4 Jacob Heredos 20:12 5 Pablo Morales 20:19 6 Denise Bradley 20:30 1st Female 7 Ron Moore 20:43

8 Byron Bundrent 20:52 9 John Anderson 21:21 10 Heath Spence 21:33 11 Gary Callahan 21:33 12 Ben Barnett 22:24 13 Carl Cook 22:27 14 Paul Wyman 22:37 15 David Lechner 22:44 16 Michale Anderson 22:47 17 Cory Menning 22:53 18 TJ Rethlake 22:56 19 Bob Lechner 23:12 20 Brittiani Gillem 23:17 21 Kenneth Swinehart 23:28 22 Cavan Williams 23:49 23 Earl Strong 24:22 24 Stephen Lawler 24:25 25 Cindy Stone 24:25 26 Dan Lewis 24:26 27 Melissa Lewis 24:29 28 Samuel Bettegnies 24:37 29 Amy McKitrick 24:47 30 Elvia Rodriguez 24:54 31 Mark Shorter 25:06 32 Dave Moblen 25:15 33 Casey Lechner 25:19 34 Dylan Miller 25:24 35 Tami Moore 25:25 36 Tarin Serra 25:34 37 Jon Serra 25:35 38 Michael Deardorff 25:42 39 Sherrie Alexander 25:47 40 Lexie Clark 26:04 41 Paulisha Rink 26:19 42 Beth Burgett 26:20 43 Richard Clarke 26:28 44 Clara Brashwell 26:29 45 Sofia Taskey 26:30 46 John Peters 26:32 47 Patrick Bath 26:39 48 Rachen Haran 26:39 49 Joe Kinney 26:40 50 Roxanne Burrous 26:41 51 TA Weber 26:50 52 Michael Graham 26:54 53 Heather McCallum 26:56 54 Mari Dean 27:18 55 Stacey Bettegnies 27:21 56 Kaitlen Trine 27:31 57 Cara McKellar 27:37 58 Anna Rangel 27:48 59 Karen Skurmer 28:11 60 Kelsey Kennedy 28:18 61 Jim Lorts 28:20 62 Wendell Kellett 28:20 63 Terry Jones 28:30 64 Dr. Haran 28:53 65 Jeremy McKitrick 29:03 66 Unknown Runner 67 Kylie Betzner 29:16 68 Grace Fingerle 29:18 69 Cindy McClure 29:19

70 Unknown Runner 71 Campbell 29:26 72 Jeff Cardwell 29:26 73 Ashtyn Hughes 29:45 74 Morgan Mobley 29:56 75 David Hughes 30:03 76 Stan Shuev 30:10 77 Scot Ortman 30:15 78 Desiree Hughes 30:16 79 Melissa Meck 30:31 80 Dan Bellus 30:31 81 Joyce Pennycoff 30:34 82 Emily Jones 30:42 83 JenniferVan Horn 30:44 84 Keith Hill 30:45 85 Laura Cook 31:09 86 Abby Heredos 31:20 87 Mark Heredos 31:20 88 Bill Menaes 31:21 89 Marianne Wilson 31:22 90 Logan Pitner 31:40 91 Ethan Kinny 31:54 92 Dave Jones 31:58 93 Rebekah Monroe 31:59 94 Rhiannon Thompson 32:46 95 Betsy Cook 33:03 96 Vickie Bennett-Thomas 33:14 97 Kristen Bryan 33:53 98 Teresa Long 33:54 99 Cindy Ropes 33:55 100 Kevin Campbell 34:01 101 Sharon Whelan 34:16 102 Jeremy Clark 34:21 103 Riley Case 34:38 104 Sarah Spitler 34:55 105 Laura Sheets 34:58 106 Kristin Candelaria 34:59 107 Will Baxter 35:32 108 Max Garro 35:33 109 Sondra Stewart 33:41 110 Jonathan McQuaide 35:47 111 Michelle Kirby 36:09 112 Sophia Wyman 36:42 113 Madyson Baxter 36:45 114 John Paul Wyman 36:49 115 Patti Host 37:15 116 Crystal Gibson 38:47 117 Robert Cupp 40:01 118 Danielle McQuaide 40:05 119 Max Keyburn 40:30 120 Jennifer Younce 40:54 121 George Wainscott 42:12 122 Angela Anderson 42:22 123 Courtney Cardwell 44:22 124 Carol Raines 46:38 125 Sophia Frazier 47:56 126 Rebecca Sundquist 49:03 127 Heather Bartrum 53:41 128 Kerrigan Bartrum 54:01 129 Vern Graves 54:05 130 Karmen Glaspy 56:07

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5K Walk 1 Vincente Lorenz 29:39: 2 Mary Miller 32:03 1st Female 3 Zaiden Harris 36:15 4 Ryan Wilson 38:28 5 Toney Lorenz 39:14 6 Jim Gross 39:15 7 Kelly Karickhoff 41:12 8 Robin Rudd 42:55 9 Billy Doss 45:28 10 Dale Tetrick 43:29 11 Elizabeth Bath 43:53 12 Debbie Cardwell 43:55 13 Elissa Hughes 44:03 14 Lori Akers 44:05 15 Jean Heflin 45:01 16 Penny Estese 46:22 17 Keenan Estese 46:22 18 Kathev Berndt 46:39 19 Sherrie Martin 47:20 20 Pam Walkep 47:21 21 Amy Baxter 47:22 22 Stephen Kiley 47:23 23 Dodie Richardson 47:40 24 Melissa Jarrell 47:54 25 Bev Connor 48:24 26 Tony Smith 48:29 27 Seema Sood 48:43 28 Karen Bellus 49:00 29 Angie Bowman 49:56 30 Paige Eads 49:59 31 Jodi Perry 50:15 32 Deanna Holloway 50:16 33 Elena Word 51:44 34 Cameron Holloway 51:45 35 Julie Diesman 51:46 36 Brenda Green 52:10 37 Sara Frasier 53:01 38 Colin Frasier 53:02 39 Char Warner 53:15 40 Terry Holcomb 53:41 41 Kelly Heredos 54:03 42 Shirlev Graves 54:03 43 Aggie Powell 54:06 44 Megan Powell 55:24 45 Tommy Harris 56:06 46 Lisa Price 57:31 47 Grant Nelson 57:32 48 Beth Chaney 57:41 49 Kelly Fisher 57:41 50 Elizabeth Fuller 57:42 51 Kristen Challis 58:23 52 Scott Simmons 58:25 53 Cindy Simmons 59:40 54 Diana Brown 59:42 55 Dan Coughlin 59:45 56 Aidan Frasier 59:47 57 Ryan Frasier 1:00:00

CK Wednesday Night Run/Walks

Miracle Mile Starting Time Falls Back!!!

Beginning Wednesday, Nov 28, and throughout the winter season, starting times for the Joe Kidd Rangel 5K and Jackie Sanders Miracle Mile will "fall back" to 5:00 and 5:30 PM respectively. Each year on the day after Thanksgiving, Kokomo Parks barricades the roads through Highland Park for the Annual Christmas Lights Display. The barriers are removed each evening at 6:00 PM for the drivethrough display. Parking will still be available on the east side of the Concession Stand Shelter to register for the Wednesday evening races. Because Christmas falls on a Tuesday this year, Santa will be resting and will not attend the Miracle Mile on December 26, but he strongly encourages all good boys and girls to try out their new running gear on that day! For more information on the Wednesday evening runs contact 437-6268 or runckrr@aol.com.

The Wednesday night runs will continue into the new year as long as runners and walkers keep showing up.

Please note that until Nov 28 the start of the Joe Kidd Rangel 5K is 5:15 p.m. The Miracle Mile starts at 6:00.

Jackie Sanders Miracle Mile Wednesday, October 3, 2012 Highland Park Walk/Bike Path

- 1. Parker Jones 5:05
- 2. Chris Frazier 5:39
- 3. Paul Sanders 6:06
- 4. John Anderson 6:20
- 5. Michael Anderson 6:22
- 6. Ken Swinehart 7:01
- 7. Phil Rozzi 7:36
- 8. Ryke Langevin 7:44
- 9. Rajon Sellers 8:11
- 10. Alex Anderson 8:12
- 11. Scott Deyoe 8:16

12. Dorian Grav 8:24 13. Charlie Skoog 8:25 14. Stevie Jones 8:42 15. Kylie Betzner 8:44 16. Kristy Lemon 8:53 17. Aidan Frazier 9:31 18. Javian Sellers 10:14 19. Vickie Bennett Thomas 10:02 20. Mark Schelbert 10:15 21. Bruce Savage 10:30 22. Sophie Frazier 10:57 23. Janita Sellers 11:25 24. Melissa Jones 11:38 25. Raye Jean Swinehart 12:19 26. Damari Stacey 12:19 27. Jane Inman 12:35 28. Theresa Barlow 12:47 29. Jerry Leach 12:59 30. Stormy Longwith 15:00 31. Bob Longwith 15:01 32. Carol Savage 15:26

CK Wednesday 5K October 3, 2012 Old Ben/Highland 5K Course

Parker Jones 17:35
Phil Rozzi 24:44
Ken Swinehart 26:13
Scott Deyoe 26:26
Ryke Langevin 27:21
Terry Jones 29:38
Bart Langevin 31:01
Dorian Gray 31:09
Ken Huston 31:36
Tracy Brown 31:47

Jackie Sanders Miracle Mile Wednesday, October 10, 2012 Highland Park Walk/Bike Path

1. Parker Jones 5:19 2. Paul Sanders 6:12 3. Ken Swinehart 6:51 4. Kylie Betzner 8:15 5. Rajon Sellers 8:26 6. Charlie Skoog 8:27 7. Damari Stacey 8:37 8. Kayla Bullock 8:39 9. Kathy Murdoch 8:39 10. Carl Bullock 8:39 11. Joe Yeagle 9:09 12. Dorian Gray 9:13 13. Bart Langevin 9:15 14. Bruce Savage 10:23 15. Rosellen Connolly 11:05 16. Melissa Jones 11:33 17. Raye Jean Swinehart 12:13 18. Jane Inman 12:51 19. Hailey Dowler 13:53 20. Lexi Shackelford 14:14 21. Tausha Shackelford 14:14

- 22. Jerry Leach 14:17
- 23. Zack Goshern 14:21
- 24. Doris Campbell 15:48
- 25. Carol Savage 16:05

CK Wednesday 5K October 10, 2012 Old Ben/Highland 5K Course

- 1. Parker Jones 17:49
- 2. Phil Rozzi 24:35
- 3. Ryke Langevin 26:54
- 4. Charlie Skoog 26:59
- 5. Dorian Gray 31:01
- 6. Ken Huston 31:19
- 7. Bart Langevin 31:35
- 8. Kevin Campbell 34:36
- 9. Ken Swinehart 34:36
- 10. Rosellen Connolly 35:14

Jackie Sanders Miracle Mile Wednesday, October 17, 2012 Highland Park Walk/Bike Path

- 1. Parker Jones 5:21
- 2. Paul Sanders 6:49
- 3. Charlie Skoog 8:52
- 4. Ken Huston 10:11
- 5. Melissa Jones 12:22
- 6. Jerry Leach 13:47
- 7. Lexi Shackelford 14:33
- 8. Tausha Shackelford 14:34
- 9. Zack Goshern 14:39

Joe Kidd Rangel 5K October 17, 2012 Old Ben/Highland 5K Course

- 1. Parker Jones 18:06
- 2. Paul Sanders 21:46
- 3. Charlie Skoog 27:07
- 4. Ken Huston 33:27
- 5. Melissa Jones 43:22

Jackie Sanders Miracle Mile Wednesday, October 24, 2012 Highland Park Walk/Bike Path

- 1. Parker Jones 4:57
- 2. Waylon Coulter 5:11
- 3. John Anderson 6:22
- 4. Ron Moore 6:26
- 5. Ken Swinehart 7:11
- 6. Sam Grant 7:23
- 7. Carl Bullock 7:26
- 8. Kayla Bullock 8:00
- 9. Charlie Skoog 8:12
- 10. Kylie Betzner 8:29
- 11. Alex Anderson 8:38
- 12. Hannah Moore 8:40
- 13. Anna Bullock 8:42
- 14. Sheree Bullock 8:44
- 15. Joe Yeagle 9:13

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16. Cara McKellar 9:22 17. Kevin Campbell 9:46 18. Bruce Savage 10:08 19. Robin Cole 10:45 20. Samuel Jones 11:03 21. Diana Jones 11:03 22. Dorian Grav 11:18 23. Katie Schelbert 13:01 24. Trelaine Schelbert 13:03 25. Declan Schelbert 13:36 26. Richard Kerkhof 12:21 27. Rave Jean Swinehart 12:40 28. Jane Inman 12:41 29. Jerry Leach 13:52 30. Hailey Dowler 15:59 31. Lexi Shackelford 15:59 32. Zach Goshern 16:01 33 Tausha Shackelford 16:02 34. Carol Savage 16:08

Joe Kidd Rangel 5K October 24, 2012 Old Ben/Highland 5K Course

Parker Jones 17:31
Sam Grant 23:37
Phil Rozzi 23:43
Charlie Skoog 25:59
Ken Swinehart 26:02
Scott Deyoe 27:06
Robin Tetrault 29:57
Emilie Hubbard 31:49
Ken Huston 32:29
Mark Schelbert 32:49
Bart Langevin 32:58
Sharon Whelan 33:17
Vern Keller 34:01
Anne Hubbard 36:16
Sue Keller 48:47

Jackie Sanders Miracle Mile Wednesday, October 31, 2012 Highland Park Walk/Bike Path

Parker Jones 5:40
Ken Swinehart 6:52
Phil Rozzi 7:38
Paul Sanders 7:38
Scott Deyoe 7:47
Constantine Alexander 8:36
Charlie "Bumble Bee" Skoog 8:55
Bart Langevin 10:08
Ken "Charlie Brown" Huston 10:27
Raye Jean Swinehart 12:19
Melissa Jones 13:28
Jerry Leach 14:06

October 31, 2012 Old Ben/Highland 5K Course

Parker Jones 17:31
Paul Sanders 25:33
Phil Rozzi 25:33
Scott Deyoe 26:37
Ken Swinehart 26:38
Anna Rangel 28:21
Ray Tetrault 28:46
Cara McKellar 28:54
Kelsey Kennedy 30:48
Robin Tetrault 31:39

November Birthdays

11-1 Carol Sheridan 11-1 Nate Williams 11-2 Rich Bradshaw 11-2 Kaylie Forgrave 11-2 Kathy Murdoch 11-3 Piper Anderson 11-4 Carey Stranahan 11-6 Doug Mankell 11-6 Brayden Williams 11-7 Scott Colford 11-7 Tom Miklik 11-7 Lindsey Thompson 11-8 Jen Atkins 11-8 John Mohr 11-8 Darcie York 11-9 Ann Bradshaw 11-9 Anh Lee 11-9 Monica Mathew 11-9 Marty Menges 11-10 Lisa Birkhimer 11-11 Andrew Barker 11-11 Riley Case 11-11 Dan Metz 11-13 Piper Anderson 11-13 Angle Bowman 11-13 Michael Thrasher 11-13 Max White 11-14 Oliver Hardy 11-14 Terry Jones 11-14 Travis Sheets 11-15 Paul Sanders 11-16 Kevin Campbell 11-16 Randy Rogers 11-17 Rebekah (Becky) Werst 11-18 Stan Shuey 11-19 Alicia Ancil 11-20 John Peters 11-21 Diana Brown 11-23 Sherrie Alexander 11-25 Bill Barnett 11-26 Ed Oliphant 11-27 Erica Jones 11-28 Dan Coughlin 11-28 Vanessa Lorenz 11-28 Sherry Stoneking

11-29 Taylor Atkins 11-30 Sophia Wyman

October Mtg Minutes

Club Kokomo Meeting Oct 8, 2012 at Martino's at 6PM

Vice President Charlie Skoog presided 1. Brief Financial report-Treasurer Mark Shorter 2. Girls Night Out race discussion- good turnout 3. Discussion of 2012 remaining races. (Charity Run Nov 10, Ck Cares Run Nov 22, and New Years Eve Day run Dec 31) 4. Ann Hubbard who is the race director of the Prison Breakout 5K asked if their race could be added to the points race schedule. Kathy Murdoch moved and Diana Brown seconded "To add the Prison Breakout 5K to the 2013 CK Points schedule." Passed. Probable date is May 18. 5. Nominations for officers -Mike Anderson has been nominated for Vice President. Previously Treasurer Mark Shorter announced he would run again. 6. Tentative approval for timing equipment usage for the Y run Oct 27 as long as paperwork and check to Treasurer by Friday Oct 12, 2012. It was also discussed that the Club consider only timing our own races. 7. Discussion of possible uses of club funds in the future.

Adjourned 7:15 PM

Those attending were Robin Cole, Richard Kerkhof, Milt Brown, Kathy Murdoch, Diana Brown, Dan Coughlin, Joe Yeagle, Charlie Skoog, and Mark Shorter. 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, BB, Cole Porter, Shores, Jack-O-Lantern Jog 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 Female 0-12

Lauren Weber 4-60RV Sophia Wyman 3-55 Elizabeth Felker 2-32 Maggie Weber 2-30RV Natalie Weber 2-30RV Maya James 1-20 Ella Kantz 1-20 Kelsey Metz 1-20 Hannah Moore 1-20 Kelsey Weber 1-20V

13-19

Kelsey Kennedy 20-350HC Carly Jones 6-110C Nicole Hampshire 3-60 Sophie Frazier 4-55H Jillian LaDow 4-51 Christina Deyoe 3-39 Stevie Jones 3-37 Kaylie Forgrave 1-15

20-24

Brittiani Gillem 4-80 Kathryn Wall 5-80HCR Jessica Sheets 2-35 Nikki McCracken 2-30HC Amber Longwith 1-12

25-29

Laura Heflin 14-224HCR Amanda Flick 7-130R Jenna Clark 7-120HC Michelle Milam 3-40CR Lindsey Thompson 1-20

30-34

Jennifer Van Horn 8-140H Adriene Riggle 5-92MHV Jen Atkins 5-90MHR Rebekah Monroe 5-87V Geana Moore 4-70HV Desiree Hughes 4-60C Amanda Fernandes 2-40M Elizabeth Chase 2-30 Carla Knapp 1-20 Angela Anderson 2-19 Kelly Wright 1-15 Tausha Shackelford 1-12

35-39

Sharon Whelan 9-175H Nikole Frazier 9-160MHR Tarin Serra 5-95 Anna Kantz 3-55H Darcie York 2-40H Michelle Boyd 2-27 Erika James 1-20H Carol Sheridan 1-20 Nichole Hardy 1-15 Brandy McKibbin 1-12

40-44

Heather Weber 11-210MHR Tami Moore 8-139MH Sherrie Alexander 6-92 Dana Culp 5-82 Lisa Birkhimer 4-55HR Michelle Larson 3-55M Shelly Wyman 3-40H Mary White 2-29H Lora Felker 2-16

45-49

Cara McKellar 20-342HCR Laura Cook 13-185R Cindy Stone 9-180 Kim Anderson 3-55U Laura Sheets 4-49 Joni McCracken 3-45HC Kris Bewley 4-42 Patti Reinhardt 1-15

50-54

Roxane Burrous 10-200UH Tracy Brown 11-169 Laurie Ousley 9-165 Anita Upchurch 4-60 Lisa Metz 4-51 Marianne Wilson 3-47 Doris Campbell 2-24 Vicki Bennett 1-12 Thomas Vicki Bennett 1-12

55-59

Anna Rangel 21-387HCR Robin Tetrault 13-215MHRV Robin Cole 14-199 Sue Keller 10-127H Vicki Boles 3-50V Lorene Sandifur 1-20H Debra Perkins 1-15

60-64

Joyce Pennycoff 10-180H Rhenda Acton 5-100 Anita Frazier 3-60H Jeanie Townsend 1-20V

65-69

Kathy Murdoch 7-130R Susan Gerhart 1-20

Male 0-12

Brayden York 4-67 Dorian Gray 4-64 Justin Taflinger 3-60 Vinh Lee 3-55 Ethan Kinney 2-30 Keagan James 1-20 Logan Pitner 1-20 John Paul Wyman 1-12

13-19

Samuel Bettegnies 5-78 Jordan Fivecoate 4-64 Bobby Mendoza 3-43 Jacob Bradshaw 2-40 Jeremy Breedlove 2-35 Minh Pham 2-32 Aidan Frazier 1-20 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 18-325CRV Parker Jones 17-279MHV Neno Bellinotti 4-80H Jordan Ousley 3-52H Cody Young 3-37 Ryan Dollens 2-30H Christopher Campbell 1-10

30-34

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

35-39

Matt York 8-160MHV T.A. Weber 7-135MHRV Chris Lasley 8-134H Chris Frazier 4-75HV 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 14-224H Scott Colford 8-160UH Paul Wyman 6-92HV Tim Taflinger II 5-85 Scott Riggle 4-80HV David Reinagle 3-40HR Steve Williams 2-30 Vern Graves 1-10

45-49

Michael Graham 20-271HRV Scott Deyoe 17-234HRV Ron Moore 10-185MHV Jay Priest 8-160MHV Paul Sanders 9-156MH David Emry 9-131HR Dana Neer 3-60 Brian Reinhardt 2-35H Scott Glover 2-30 Dan Lutes 1-20M Chee Lee Lee 2-18

50-54

Byron Bundrent 15-295 Ken Swinehart 20-264HR Phil Rozzi 10-159UH Ray Tetrault 12-155MHRV Jerry Long 9-140 Bruce Savage 9-96HR Ron Metz 5-71 Kevin Campbell 7-69 Heath Spence 2-35 Eric Mathew 3-30 Kenny Bennett 1-12 Mark Rodgers 1-12 Al Hochgesang 1-10R Kim Lee 1-8

55-59

Mark Shorter 20-326HCV Earl Strong 15-267M Mike Deardorff 13-192H Russ Hovermale 10-120 Jerry Meiring 6-73 Jeff LaDow 5-72H Keith McAndrews 2-40 Greg Townsend 2-30RV Dave White 1-20V Will Daehler 1-9

60-64

Gary Callahan 15-300 Ricke Stucker 18-231CR Charlie Skoog 14-230URV Bill Menges 6-86MH Tom Miklik 6-81H Vern Keller 4-57H Fred Chew 2-22 Phil Leininger 2-22C

65-69

David Hughes 19-370URV Doug Mankell 8-135 Bill Barnett 2-32 Jim Burrous 1-20V

70-74

John Peters 13-245V Stan Shuey 11-181V Billy Stanton 4-75 Dale Sullivan 2-30

75-79 Robert Cupp 8-145R

Riley Case 5-100 Ken Huston 3-55

Walkers Female

30-34 Amy Irick 1-10R

40-44 Carol Savage 11-185HRV

45-49

Chari Deyoe 7-130HR Angie Bowman 5-95H Anh Lee 3-60

50-54

Mary Miller 18-360H Raye Jean Swinehart 20-295HR Jane Inman 20-259HR Jean Heflin 15-161CR Jayne Stucker 7-66R Monica Mathew 2-20

55-59

Jan Wall 13-250R Barbara Hobbs 4-60R Christine Williamson 1-20

60-64

Angela Lorenz 6-105 Carrie Williams 3-60 Judy Trobaugh 2-35

65-69

Mary Lou Rutherford 12-225HR Diana Brown 8-122R Anita Dillman 3-60

Male

13-19 Teng Lee 2-40

25-29 Vince Lorenz 18-360H

50-54 Steve Inman 7-130HR

55-59 Rick Spencer 13-260H

60-64

Joe Rangel 14-287HCR Greg Wall 13-217 Robin Michael 14-185 Toney Lorenz 7-104 Melvin Hobbs III 3-30R Tim Taflinger 1-12

65-69

Richard Kerkhof 9-180

70-74

Jim Gross 9-180 John Mohr 8-145H Dan Coughlin 8-117R John McGinty 1-12

75-79 Jerry Lambert 11-210HR Dick Summerton 5-80

2012 Race Calendar

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: <u>runckrr@aol.com</u>

November 22

Club Kokomo Cares 5K Run/ Walk 20 points for each finisher Time: 8 AM Location: Rodgers 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

Scott Deyoe at the Volkslauf Mud Run, October 13, 2012, in Bakersfield, CA.



Reminder

If you walk/run a Half Marathon, Full Marathon or an Ultra, **you need to let Scott Riggle know**, preferably by email (<u>editor@ckrr.us</u>), 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



Kokomo Cares Race

We are looking forward to putting on the Kokomo Cares race again on **Thanksgiving** morning at 8:00 am at **Highland Park at Rodger's Pavilion.** There will be medals for each finisher in the 5K run or walk. We will also have the usual Thanksgiving Day pie give-away and pies to the overall winners! There will also be cookies from Grace Fellowship to enjoy. So gather your family together before the big feast and burn a few calories in our run or walk in

the park. Hope to see you there. The race is \$10 per person and **all of the profit goes to We Care**. Please pre register. Pick up your form at the Wednesday PM runs or online on the club website. If you want to volunteer for this race, please email the Tetraults at <u>rayrobin@email.com</u>. You can also call us at home and leave a message if we are not home. Our home number is 878-4457.

Ray and Robin Tetrault



2936 Congress Drive Kokomo, IN 46902

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

