

THE ROADRUNNER

CLUB KOKOMO ROADRUNNERS

Introduction and Vision of Our New President



My name is Patricia Weitzel; feel free to call me Patty. I am a stay at home wife and mother. My husband, Virgil, and I have two children. Anneliese is 10 and Benjamin is six. I have been part of CKRR for a little over 3 years.

I started running when a friend of mine asked me to do the Kokomo Triathlon with her. I started with the Couch to 5k program and really enjoyed it. Four miles is still the longest race I have done. You see, I'm not what most people would think of when they hear "road runners club" member, let alone president. The idea of a running club was very intimidating to me at first. I'm not fast. I never will be. But, I do enjoy running and I enjoy helping other people get up off the couch and get started towards a healthier lifestyle.

Last year I organized a Couch to 5k program that drew in over 60 individuals. I didn't advertise, other than word of mouth and friends on Facebook. This proved to me that there are many people in our community who have a desire to become more active.

One of my main visions for the club is to increase membership. I would like to see new members from all walks of life. We have so many parents and grandparents who bring their kids out to Coyote kids in the summer, but never participate in any activity programs themselves. I'd like to see us reach out to more of them.

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The CKRR goals are: to encourage people to recognize the healthful benefits of running and walking AND to promote recreational and competitive running and walking.

I'd love your help. Please feel free to call me, email me or talk to me if you see me out. I'd love to hear your ideas. Also, feel free to join us for the club meeting on the 2nd Monday of every month at Martino's. We social at 5:00 p.m. and the business meeting begins at 6:00 p.m.

If you wish to be appointed to an ad hoc committee to discuss either club funds OR rental of timing equipment, please contact Patricia Weitzel (email Patricia@PatriciaWeitzel.com). Each of these issues will have their own committee which will form a recommendation to bring before the body at an upcoming board meeting, in the form of a motion.

An Introduction From Michael Anderson - Vice President

I was born into a family of runners. My father John Anderson and my mother Nancy Anderson have been members of the club for years and had always encouraged me to run. It rubbed off on my sister Diana Jones who is an avid runner. I ran 6th and 7th grade cross country but never really cared for it. In fact my parents had my sister and I run the four mile route in the Haynes Apperson race every year from the time we were ten years old until we were teenagers. It wasn't that I couldn't run well but I just really didn't enjoy it. It wasn't until the summer of 2009 when my wife and I decided it might be fun to have our then two year old daughter run in the Coyote Kids, that I started running. As a side note I think that the Coyote Kids is the absolutely best program anyone in the city has ever instituted. When I see the number of kids that are out there running and their parents are cheering them on it really moves me. My daughter, my son, nephews, niece and brother run every year and I just can't get enough of it. But when you have kids something changes and you want to be a good role model and instill health among all of the other things that you teach them. So I started running and haven't looked back.

My wife, my kids and the rest of my family have become runners to some degree. My main goal is to get the rest of my family to the point where they enjoy running as much

as I do. My secondary goal is to finally beat my Dad in a race. I have always looked up to my Dad in every aspect of my life. He taught me how to be a good husband, father and man. He is also one of the best runners and athletes that I have ever known. He motivates me to keep running and to keep improving. I think if those types of dynamics existed within other families then we would have a lot more people getting out there and running or walking.

As a small business owner, I co-own The Sunspot Natural Market, I feel that I can bring a business sense to the club that maybe hasn't been as strong in the past. Not that we're not currently doing a good job of advertising the amazing product that is the Club Kokomo Road Runners, but I think that there are so many folks that aren't being reached because they're intimidated at the thoughts of joining a running club. I am a testimonial as to what can happen. When I ran my first club race in March I ran a 28 min 5k. In November, at the charity 5K, I ran a 22 min. 5k. We can do amazing things with this club and we should have thousands of members, but we just need to let people know what they're capable of and how we can be a part of it.

I will always hold events like the Haynes Apperson dear to me. They give me such good memories with my family both when I was a kid running with my parents and my sister and now with my kids my wife my parents and my nieces and nephews. The Sunspot and I will always be more than happy to donate food and help out at the events in any way possible. I look forward to being able to be more a part of the club events and to see the club grow.

It's Awards and Chili Time! February 24, 2:00 to 4:00 PM

This year's Awards Luncheon will be at a new location – Brookside Free Methodist Church (190 E. 400 S. Kokomo), but we're sure the great food, fun and fellowship will remain the same as we recognize and share the many accomplishments of 2012. Mark your calendars as once again the luncheon will include, a now historic Chili Cook-Off with prizes awarded to the top three Chili dishes! If you plan to bring a Chili please RSVP to Linda Kendall at 765-860-4564 or CKRR.newseditor@att.net If chili isn't your thing please bring a side dish or dessert to share. We look forward to seeing many old and new Club Kokomo family member and friends on Sunday afternoon, February 24!



**First Annual Night Flight
Wildkat Adventure Series
5K run/walk & 10k Run
1-12-2013 at 6:00 PM
Conditions: 53 degrees & rainy
Location: Oakbrook Valley**

5K Run Results:

- 1: Ryan Miller 21:28
- 2: Riley Jones 22:52
- 3: Scott Riggle 22:54
- 4: Ron Moore 23:01
- 5: Tom Abney 25:28
- 6: Phil Rozzi 25:31
- 7: Pablo Morales 25:31
- 8: CeciliMartinez 25:32
- 9: Casan Williams 25:32
- 10: Keagan James 25:33
- 11: Lamar Woods 25:34
- 12: Matt McDonald 26:02
- 13: Cary Stranahan 26:03
- 14: Ayden Collier 26:04
- 15: Janette Clem 28:05 First Female
- 16: Sam Tragesser 28:06
- 17: Cheryl Parrett 28:07
- 18: Jodi Lake 28:08
- 19: Keith McAndrews 28:10
- 20: Charlie Skoog 28:15
- 21: Maya James 28:17
- 22: Roxanne Burrows 28:29
- 23: Anna Rangel 28:52
- 24: Elise Glover 29:01
- 25: Scott Glover 30:15
- 26: Anna Berendsen 30:17
- 27: Evan Heintz 30:21
- 28: Josh Hedrick 30:22
- 29: Russell Fernald 31:27
- 30: Tami Moore 31:30
- 31: Amanda Hedrick 31:32

- 32: Michael Gilbody 31:38
- 33: Hattie Hynes 31:43
- 34: William Hynes 31:50
- 35: Steve Williams 31:50
- 36: Megan Lutes 32:25
- 37: Dan Lutes 32:28
- 38: Andrea Heintz 32:29
- 39: Adriene Riggle 33:13
- 40: Mary White 33:13
- 41: Angie Smitherman 33:18
- 42: Troy Frazier 33:21
- 43: Kelsey Kennedy 33:21
- 44: Chris Whitehead 33:26
- 45: Craig Miller 33:28
- 46: Cara McKellar 35:29
- 47: Brad Lawson 35:32
- 48: Lisa Hemmeger 35:50
- 49: Lavra Cook 35:54
- 50: Ray Tetrault 35:56
- 51: Terry Jones 35:58
- 52: Jaedyn Zavala 41:05
- 53: Anita Frazier 44:18
- 54: Darrell Frazier 44:35
- 55: Skyler Zavala 45:23
- 56: Tracey Dotson 45:25
- 57: Garrett Evans 46:54

5K Walk

- 1: Mary Miller 33:14
- 2: Vince Lorenz 35:57
- 3: Jayne Stucker 47:14
- 4: Jim Gross 59:19
- 5: Robin Michael 59:20

10K Run

- 1: Parker Jones 43:29
- 2: Chris James 44:55
- 3: Tony White 47:51
- 4: Shad Jakes 49:14
- 5: Taryn Thor 49:15 First Female
- 6: Christian High 49:19
- 7: Adam Collins 50:25
- 8: Damon Clements 52:58
- 9: Emma Nixon 53:51
- 10: Nicole Hampshire 53:52
- 11: Scott Tate 54:53
- 12: Scott Hemmeger 1:01:54
- 13: Samuel Grant 1:02:34
- 14: Brayden York 1:03:30
- 15: Matt York 1:03:31
- 16: Shelly Wyman 1:07:51
- 17: Paul Wyman 1:07:54
- 18: Laurie Ousley 1:12:38
- 19: Jamie Maddox 1:28:06
- 20: Jodi Maddox 1:28:08
- 21: Jeff Ladow 1:28:10
- 22: Kim McMunn 1:41:26
- 23: Kim Pohle 1:41:58

Have you submitted your membership due yet?? Newsletter mailing list will be updated next month following membership updates. – Don't miss out!!



Highway Half – One and Done!

Attention all runners and walkers, one of the coolest, most unique and perhaps a once in a life time event be right here in good old Kokomo, IN. With support of our local community leaders and approval from INDOT, a half marathon and 5K will be hosted on the newly constructed bypass before its grand opening in late fall! The Highway Half event committee has been diligently planning for this event over the last four months. So on Saturday, October 12, 2013, starting at 8:00 a.m., the “one and done” event will be underway. Starting from the Morning Star Church/The Connection, the racers will head east on US 22 up the on ramp and begin the out and back journey on the new highway. With refueling stations and entertaining diversions peppered throughout the entire course, this event is sure to be nothing short of amazing. All event participants will receive a one and only tech t-shirt and tote bag, all half marathon finishers will receive a custom finishers medal after crossing the finish line. Overall, age group and master awards will be given in both events. The uniqueness of this event isn't solely due to the course but also the huge impact it will have on our community.

The community aspect is one that the committee is diligently planning for. This event is going to be huge for Kokomo because it could and should appeal to runners and walkers across the Midwest region which could lead to approximately 1000 participants! The committee is currently meeting weekly to continue to pull this event together. If anyone has interest in helping plan, lead training runs or volunteer in the days leading up to the event or that day, please contact Charlie Skoog or Rebekah Monroe. Registration forms should be out by late February so **MARK YOUR CALENDARS NOW 10/12/2013....Be a great fall half/5K to add to your list.**

NEXT CLUB MEETING – MONDAY, FEBRUARY 11TH AT 6 P.M. AT MARTINO'S RESTURANT SOCIAL HOUR AT 5 P.M.

AGENDA –

Review of minutes of previous meeting

Treasure's Report

Old Business –

- Formation of a committee to discuss CKRR Financial situation

- Formation of a committee to form a Policy regarding timing equipment usage

- Awards banquet

- Highway Half

New Business –

- Composer Classic

REMAINING 2013 CLUB POINT RACES

March 2

Norris Insurance 5K Run/Walk
Time: 9 am
Location: Community Bldg,
Amboy, IN
Contact: John Norris
Phone: (765) 395-7761
Website: norrisinsurance.com

March 9

Old Ben 5K Run/Walk
Time: 9 am
Location: Rogers Pavillion
Highland Park, Kokomo

March 30

CKRR Ultimate 10-Mile Run &
5-Mile Run/Walk
Time: 9 am
Location: Tierney Warehouse
1401 W. Cliff Dr, Logansport

April 20

Bona Vista 5K at Kokomo

May 11

Norris Insurance 3m Walk/ 4m
Run
Time: 8 am
Location: Jackson Morrow Park,
Kokomo, IN
Contact: John Norris
Website: norrisinsurance.com

May 18

MCF Prison Breakout 5K at
Bunker Hill

May 25

Composer Classroom 5K at
Kokomo



June 1

Trojan Trot 5K Run/Walk
Time: 8 am
Location: Sharpsville, IN
Contact: Lisa Jones
Phone: (765) 480-2621

June 8

Norris Insurance 5m Run/ 3m
Walk
Time: 8 am
Location: Greentown, IN
Contact: John Norris
Phone: (765) 395-7761
Website: norrisinsurance.com

July 6

CKRR Haynes Apperson 3m
Walk/ 4m Run
Time: 8 am
Location: Memorial Gym,
Central Middle School, Kokomo,
IN
Contact: Charlie Skoog
Phone: (765) 457-2607
Email: runckrr@aol.com

July 13

Race for Grace 5K Run
Time: 8 am
Location: Calvary Presby, 7th &
Spencer Strs, Logansport
Phone: (574) 753-0505

July 20

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

August 3

Norris Insurance 5K Run/ Walk
Time: 8 am
Location: Converse, IN
Contact: John Norris
Website: norrisinsurance.com

NOTICE – DATE CHANGE

August 10

St. Joseph Foundation's
Runnin' the Shores 5K
Run/Walk
Location: Champaign Shores
Contact: Todd Moser
Phone: 456-5406

August 17

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

September 7

4th Annual Steps to Recovery
5K, Kokomo

September 14

Annual CK Girls Night Out 5K
Time: 5:00 pm
Location: Downtown Kokomo

September 21

14th Bee Bumble 5K/10K
Time: 8:00 am
Burnettsville, IN

September 28

H.E.S.P. 5K Kokomo

October 5

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

October 26

YMCA Jack-o-lantern Jog
5K Run/Walk
Time: 8am
Location: YMCA, Kokomo

November 9

CKRR Charity 5K Run/ Walk
Time: 9 AM
Location: UAW 292 Union Hall,
Alto & Park Roads, Kokomo, IN

November 28

Club Kokomo Cares 5K Run/
Walk Points 20 For Each
Finisher
Time: 8 AM
Location: Rogers Pavillion
Highland Park
Contact: Ray Tetrault
Phone: (765) 854-1393

December 31 (Tuesday)

CKRR New Year's Eve
5K Run/ Walk
Time: 2 PM
Location: UAW Local 292

UPCOMING EVENTS:

11th Annual Huntington Baptist 5K Run & Walk –

Sat., Mar 23, 2013 @ 9a.m. No
registration fee. First 50 to pre-register
receive free t-shirts. Awards to top 2
finishers in each age group and many door
prizes. Online registration
www.hungingtonbaptist.org

Run To The Cross 5K –

Sat., June 29, 2013 @ 8a.m. Tipton
Park, Tipton, IN. presented by Rock Prairie
Baptist Church to benefit church camp for
youth. Open to all. Gifts to all pre-
registered. Registration begins March 1st.
Contact David Frazier @
dpnafrazier@yahoo.com

Walking Records**1 Mile****Women**

45-49 Mary Miller 10:03
50-54 Mary Miller 9:44
55-59 Angie Lorenz 18:15
60-64 Pat Robertson 28:43

Men

20-24 Vincent Lorenz 9:22
25-29 Vincent Lorenz 8:32
40-44 Steve Inman 22:10
45-49 Tim Taflinger 23:16
55-59 Barry Donovan 24:57
60-64 Jerry Lambert 20:42

2 Mile**Women**

35-39 Mary Miller 25:22
40-44 Mary Miller 24:18
45-49 Barb Coles 33:01
50-54 Donna Gentry 27:51
55-59 JJ Schmidt 27:12
60-64 Pat Robertson 27:25
70+ Helen Brown 35:25

Men

0-12 Wesley White 21:59
40-44 Steve Inman 23:17
45-49 Rick Spencer 20:01
50-54 Tim Taflinger 22:18
60-64 Jerry Lambert 17:30

4k**Women**

25-29 Geana Mosson 34:08
40-44 Mary Miller 32:11
45-49 Mary Miller 27:41
50-54 Mary Miller 25:14
60-64 Pat Robertson 38:02
65-69 Pat Robertson 40:04

Men

40-44 Steve Inman 31:01
45-49 Keith McAndrews 26:26
50-54 Rick Spencer 25:46
60-64 John McGinty 32:05
65-69 Jerry Lambert 26:30

3 Mile**Women**

0-12 Emily Allen 40:54
13-19 Nicole Parry 34:48
20-24 Katie Wall 40:31
30-34 Amy Irick 45:28
35-39 Raye Jean Swinehart 42:43
40-44 Mary Miller 32:08
45-49 Mary Miller 30:22
50-54 Mary Miller 30:38
55-59 Sue Smock 32:08
60-64 Pat Robertson 40:10
65-69 Pat Robertson 42:20

70+ Helen Brown 50:08

Men

0-12 Nicholas Allen 40:49
20-24 Vincent Lorenz 26:45
25-29 Vincent Lorenz 26:49
30-34 Billy Cox 42:00
35-39 Brian Allen 35:42
40-44 Steve Inman 33:29
45-49 Rick Spencer 27:17
50-54 Tim Taflinger 27:09
55-59 Steve Mount 32:28
60-64 Jerry Lambert 26:36
65-69 Jerry Lambert 26:45
70+ Jerry Lambert 30:49

5k**Women**

0-12 Emily Allen 39:34
13-19 Karly Irwin 43:32
20-24 Cara Lee 40:28
25-29 Geana Mosson 35:51
30-34 Penny Frazier 37:01
35-39 Mary Miller 33:07
40-44 Mary Miller 33:03
45-49 Mary Miller 31:27
50-54 Mary Miller 31:16
55-59 Sue Smock 32:25
60-64 Sylvia Burgin 41:00
65-69 Pat Robertson 42:43
70+ Pat Robertson 48:50

Men

0-12 Nicholas Allen 39:43
20-24 Vincent Lorenz 32:12
25-29 Vince Lorenz 26:15
30-34 Billy Cox 44:56
35-39 Brian Allen 36:57
40-44 Steve Inman 33:24
45-49 Rick Spencer 28:06
50-54 Tim Taflinger 28:38
55-59 Jerry Lambert 27:15
60-64 Jerry Lambert 27:29
65-69 Jerry Lambert 27:41
70+ Jerry Lambert 30:39

4 Mile**Women**

0-12 Emily Allen 53:42
20-24 Kerry Miklik 1:00:18
25-29 Michelle Crocket 53:37
30-34 Penny Frazier 48:01
35-39 Roberta Myers 46:27
40-44 Diane Shockey 50:38
45-49 Mary Miller 43:05
50-54 Anna Dollens 48:13
55-59 Julia Donahue 50:13
60-64 Pat Robertson 55:12
65-69 Pat Robertson 59:52
70+ Helen Brown 1:07:50

Men

0-12 Nicholas Allen 53:14
35-39 Brian Allen 45:36
45-49 Tim Taflinger 39:36

50-54 Rick Spencer 40:58
55-59 Jerry Lambert 37:11
60-64 Jerry Lambert 38:21
65-69 Jerry Lambert 41:25
70+ Jerry Lambert 40:45

5 Mile**Women**

0-12 Emily Allen 1:11:43
35-39 Mary Miller 1:09:00
40-44 Mary Miller 55:15
45-49 Mary Miller 53:00
50-54 Mary Miller 51:55
55-59 JJ Schmidt 1:04:42
60-64 Pat Robertson 1:10:23
65-69 Pat Robertson 1:14:09
70+

Men

25-29 Vince Lorenz 46:52
35-39 Brian Allen 1:16:26
40-44 Steve Inman 56:56
45-49 Rick Spencer 47:45
50-54 Rick Spencer 52:58
55-59 Tom Gebeau 59:34
60-64 Jerry Lambert 46:58
65-69 Jim Burrous 1:10:13

Half Marathon**Women**

20-24 Cara Lee 3:22:09
35-39 Sharon Miller 2:56:22
40-44 Mary Miller 2:27:31
45-49 Mary Miller 2:18:11
50-54 Sue Smock ???
55-59 Sue Smock 2:49:16
60-64 Pat Robertson 3:09:52
65-69 Pat Robertson 3:18:58

Men

25-29 Vince Lorenz 2:10:55
35-39 Tim Revils 3:15:21
40-44 Brian Allen 2:47:51
45-49 Rick Spencer 2:12:55
50-54 Rick Spencer 2:05:30
55-59 Robin Michae 2:22:11
60-64 Jerry Lambert 2:31:53
65-69 Jerry Lambert 2:25:21
70+ Jerry Lambert 2:43:32

Marathon**Men**

45-49 Keith McAndrews 5:14:56
50-54 Keith McAndrews 6:00:08
55-59 Melvin Hobbs III 6:09:17

Running Records**1 Mile****Women**

0-12 Kailee Taflinger 7:07
13-19 Stephanie Miller 5:45
20-24 Megan Tetrault 7:08

25-29 Allison Irvin 6:35
30-34 Darci York 7:56
35-39 Roxane Osborn 6:25
40-44 Lorene Sandifur 6:51
45-49 Roxane Burrous 7:14
50-54 Anna Dollens 7:38
55-59 Joyce Pennycoff 7:49
60-64 Kathy Murdoch 7:48
65-69 Sylvia Burgin 11:53
70+

Men

0-12 Justin Taflinger 5:49
13-19 Adrian Glover 4:24:36
(2012)
20-24 Bryan Phillips 4:36
25-29 Kevin Forgrave 4:52
30-34 Kenny Bennett 4:56
35-39 Byron Bundrent 4:50
40-44 Earl Strong 5:19
45-49 Dana Neer 5:07
50-54 Byron Bundrent 5:23
55-59 Joe Rangel 5:38
60-64 Joe Rangel 6:04
65-69 Stan Shuey 6:55
70-74 Stan Shuey 7:37
75-79 Riley Case 8:59

3 Mile**Women**

13-19 Sarah Bauson 23:21
20-24 Grace Bauson 23:50
30-34 Tami Moore 25:23
35-39 Gina Sheets 23:47
40-44 Patti Reinhardt 24:17
45-49 Cassie Bauson 24:20
50-54 Joyce Pennycoff 24:32

Men

0-12 Brandon Sheline 20:55
13-19 Matt Robertson 18:20
25-29 William Irvin 19:00
30-34 Scott Colford 16:05
35-39 Tony Campbell 20:23
40-44 Gary Jewell 16:51
45-49 Ray Tetrault 21:59
50-54 Charlie Skoog 20:47
55-59 Tom Miklik 23:09
60-64 Stan Shuey 24:54
65-69 John Norris 23:44
70+ Milt Brown 34:21

5k**Women**

0-12 Waverly Neer 19:25
13-19 Waverly Neer 17:58
20-24 Christian Bahler 18:15
25-29 Robyn Pasington 19:18
30-34 Karlene Herrell 18:15
35-39 Heather Weber 18:22
40-44 Heather Weber 19:12
45-49 Lien Koztecki 21:11
50-54 Lorene Sandifur 23:04
55-59 Joyce Pennycoff 26:43

60-64 Kathy Murdoch 26:58
65-69 Susan Gerhart 41:16

Men

0-12 Jarred Hall 18:27
13-19 Bryan Phillips 15:15
20-24 Bryan Phillips 15:34
25-29 Kevin Forgrave 15:51
30-34 Kevin Forgrave 15:36
35-39 David Gardner 15:55
40-44 David Gardner 15:50
45-49 Byron Bundrent 17:18
50-54 Chuck Masters 18:01
55-59 Joe Rangel 18:47
60-64 John Norris 20:24
65-69 Bill Heck 22:00
70+ Bill Heck 25:33

6k**Women**

0-12 Missy Tetrault 36:12
13-19 Christan Bahler 26:00
20-24 Jill Pennycoff 39:48
25-29 Lisa Stucker 39:34
30-34 Tami Moore 32:45
35-39 Sue Gibson 37:28
40-44 Roxane Osborn 29:57
45-49 Robin Tetrault 36:50
50-54 Lien Koztecki 34:47

Men

0-12 Jarred Hall 27:04
13-19 Dickie Bishop 22:35
20-24 Daniel McGill 23:06
25-29 Scott Colford 22:59
30-34 Scott Colford 22:39
35-39 Gary Jewell 22:17
40-44 Ken Swinehart 27:15
45-49 Charlie Skoog 27:35
50-54 Charlie Skoog 26:09
55-59 Jim Burrous 32:38
60-64 Ken Huston 42:02
65-69 Bob Cupp 39:31

4 Mile**Women**

0-12 Waverly Neer 26:34
13-19 Leslie Carden 23:40
20-24 Christan Bahler 25:00
25-29 Robyn Pagington 24:09
30-34 Karlene Herrell 22:53
35-39 Heather Weber 23:51
40-44 Heather Weber 25:17
45-49 Carla Yerkes 27:39
50-54 Anna Dollens 30:36
55-59 Doris Griffith 33:11
60-64 Kathy Murdoch 34:25
65-69 Kathlene Leach 43:40

Men

0-12 Jarred Hall 24:16
13-19 Jeremy Grams 20:30
20-24 Luke Baker 20:50
25-29 Kevin Forgrave 20:48
30-34 Kevin Forgrave 20:26

35-39 David Gardner 20:53
40-44 Gary Romesser 20:01
45-49 Byron Bundrent 22:52
50-54 Chuck Masters 23:49
55-59 Joe Rangel 24:03
60-64 Joe Rangel 25:34
65-69 Bill Heck 29:07
70+ John Peters 33:55

8k**Women**

13-19 Tonya Buffum 33:35
20-24 Allison Traver 40:04
25-29 Allison Irvin 51:43
30-34 Heather Weber 33:44
35-39 Lisa Jones 40:53
40-44 Lorene Sandifur 39:51
45-49 Lien Koztecki 37:04
50-54 Rhenda Acton 43:48
55-59 Lien Koztecki 45:42

Men

0-12 Justin Taflinger 36:38
13-19 Jeff Diggins 29:53
20-24 Parker Jones 28:29
25-29 Howard Harrell 28:52
30-34 Brian Reinhardt 30:29
35-39 Scott Colford 27:54
40-44 Gary Jewell 29:54
45-49 Byron Bundrent 28:39
50-54 Chuck Masters 34:57
55-59 Joe Rangel 31:46
60-64 Joe Rangel 33:29
65-69 Ernie Strawn 40:18
70+ Bill Heck 51:23

5 Mile**Women**

0-12 Kayla Reinagle 49:22
13-19 Waverly Neer 30:44
20-24 Christan Bahler 32:24
25-29 Kelly Wright 34:32
30-34 Maggie Kuhlman 33:17
35-39 Heather Weber 30:27
40-44 Gina Sheets 36:36
45-49 Lien Koztecki 35:41
50-54 Lorene Sandifur 40:23
55-59 Lien Koztecki 45:13
60-64 Kathy Murdoch 44:50

Men

0-12 Brandon Sheline 32:22
13-19 David Graves 25:42
20-24 Josh Daugherty 27:35
25-29 Scott Colford 26:56
30-34 Scott Colford 26:07
35-39 Kenny Bennett 26:30
40-44 Scott Colford 28:00
45-49 Byron Bundrent 29:12
50-54 Chuck Masters 30:07
55-59 Joe Rangel 31:00
60-64 Joe Rangel 32:55
65-69 Bill Heck 37:49
70+ Bill Heck 43:25

10k**Women**

13-19 Michelle Faulkner 41:28
20-24 Allison Traver 52:58
25-29 Michelle Clendenning 49:01
30-34 Karlene Herrell 37:12
35-39 Heather Weber 38:14
40-44 Heather Weber 41:24
45-49 Lien Koztecki 45:00
50-54 Lorene Sandifur 50:36
55-59 Rhenda Acton 1:06:40

Men

0-12 Brandon Sheline 45:25
13-19 David Graves 32:43
20-24 Eric Jun 48:32
25-29 Scott Colford 32:52
30-34 Kevin Forgrave 32:30
35-39 Kenny Bennett 33:27
40-44 David Gardner 34:33
45-49 Charlie Skoog 40:05
50-54 Bill Bennett 42:22
55-59 Joe Rangel 39:35
60-64 John Norris 42:25
65-69 Ed Krull 53:52

7 Mile**Women**

25-29 Justine Eads 1:07:16
35-39 Gina Sheets 57:19
40-44 Patti Reinhardt 1:03:06
45-49 Roxane Burrous 57:49
50-54 Lorene Sandifur 58:25

Men

25-29 Mark Eads 1:06:01
30-34 Will Irvin 47:57
45-49 Eric Mathew 50:34
50-54 Mike Deardorff 58:48
55-59 Charlie Skoog 52:07
60-64 Jim Burrous 1:08:30
65-69 Stan Shuey 1:00:49

15k**Women**

13-19 Tonya Buffum 1:00:18
25-29 Kelly Wright 1:09:09
30-34 Karlene Herrell 57:56
35-39 Heather Weber 59:03
40-44 Heather Weber 1:02:05
45-49 Lien Koztecki 1:10:29
50-54 Lorene Sandifur 1:18:50

Men

0-12 Brandon Sheline 1:04:43
13-19 Pat Pollard 54:10
20-24 Seth Daugherty 55:48
25-29 Scott Colford 50:45
30-34 Kevin Forgrave 50:29
35-39 David Gardner 50:26
40-44 Scott Colford 54:27
45-49 Rick Stucker 1:01:15
50-54 Charlie Skoog 1:05:08

55-59 John Norris/Joe Rangel 1:00:35

60-64 Dick Sims 1:06:03
65-69 John Norris 1:18:58

10 Mile**Women**

13-19 Leslie Carden 1:05:48
20-24 Michelle Clendenning 1:21:47
25-29 Kelly Wright 1:15:09
30-34 Heather Weber 1:08:01
35-39 Heather Weber 1:06:20
40-44 Roxane Osborn 1:19:27
45-49 Lien Koztecki 1:16:11
50-54 Shirley Wilson 1:25:10
55-59 Lien Koztecki 1:32:25

Men

0-12 Brandon Sheline 1:16:50
13-19 Josh Daugherty 1:02:03
20-24 Scott Stucker 1:14:02
25-29 Scott Colford 55:54
30-34 Scott Colford 56:21
35-39 Scott Colford 55:24
40-44 Scott Colford 57:50
45-49 Brian Reinhardt 1:03:57
50-54 Chuck Masters 1:07:17
55-59 Joe Rangel 1:05:00
60-64 Joe Rangel 1:09:33
65-69 Bill Heck 1:20:02
70+ John Norris 1:42:04

Half Marathon**Women**

0-12 Victoria Christenson 2:43:52
13-19 Michelle Faulkner 1:45:59
20-24 Jill Pennycoff 1:42:41
25-29 Robyn Pagington 1:30:22
30-34 Karlene Herrell 1:19:04
35-39 Karlene Herrell 1:23:25
40-44 Heather Weber 1:28:59
45-49 Carla Yerkes 1:32:47
50-54 Lorene Sandifur 1:50:22
55-59 Shirley Wilson 2:06:49
60-64 Doris Griffith 2:11:05

Men

0-12 Jesse Bauson 2:08:23
13-19 John Ely 1:15:02
20-24 Seth Daugherty 1:22:05
25-29 Scott Colford 1:12:57
30-34 Kenny Bennett 1:12:21
35-39 Scott Colford 1:12:27
40-44 Gary Romesser 1:10:04
45-49 Byron Bundrent 1:19:33
50-54 Chuck Masters 1:26:01
55-59 Joe Rangel 1:28:51
60-64 John Norris 1:37:51
65-69 Bill Heck 1:48:57
70+ Glenn Artis 2:54:27

Marathon**Women**

13-19 Brittiani Gillem 4:39:07
 20-24 Jill Pennycoff 3:55:22
 25-29 Robyn Pagington 3:08:03
 30-34 Karlene Herrell 2:56:58
 35-39 Heather Weber 3:13:26
 40-44 Heather Weber 3:13:25
 45-49 Carla Yerkes 3:31:41
 50-54 Lorene Sandifur 4:12:07
 55-59 Sue Smock 5:23:41

Men

13-19 David Yoder 3:46:24
 25-29 Scott Colford 2:31:06
 30-34 Scott Colford 2:29:53
 35-39 Scott Colford 2:33:31
 40-44 Terry Fletcher 2:48:19
 45-49 Brian Reinhardt 3:07:31
 50-54 Chuck Masters 3:13:40
 55-59 James Schneider 3:36:00
 60-64 James Schneider 3:34:13
 65-69 John Norris 3:56:54

February 2013 Birthdays

2-1	Aidan Frazier
2-2	Kory Kennedy
2-2	Lisa Metz
2-2	Tarin Serra
2-5	Gretchen Riggie
2-6	Greg Wall
2-6	Scott Pagington
2-6	Terry Townsend
2-7	Darrian LaDow
2-7	Riley Metz
2-9	Bill Menges
2-9	Amber Longwith
2-10	Allison Abney
2-10	Mara Catey-Williams
2-10	Stevie Lynn Jones
2-14	Judy Trough
2-16	Kathleen Bagwell
2-16	Roxane Burrous
2-17	Ken Huston
2-19	John Norris
2-20	Amy Heck
2-20	Steve Williams
2-20	Tami Maurer
2-22	Mike Williams
2-23	Brayden York
2-23	Kayla Perkins
2-23	Tom Abney
2-24	Dan Lutes
2-24	Julia Birkhimer
2-25	Tracy Brown
2-28	Jayne Stucker
2-28	Robin Townsend

On the Trails By Charlie Skoog

Club Kokomo's 2013 racing season started out with more of a splash than a bang but it was an awesome beginning none the less! The occasion was the inaugural Night Flight 5 & 10K evening trail run at beautiful Oakbrook Valley. Thanks again to Oakbrook Community Church for allowing Chris and Nikki to chase their dreams of adventure racing into reality; and thanks to each volunteer that contributed to this amazing event! I only wish we had more local venues like the Valley to experience the joy of running on natural surfaces. Recently we have been working with NICHES Land Trust (www.nicheslandtrust.org) and Discover Howard Count Trails (find us on Facebook) with the hope that more dreams can become reality.

Are you ready to hit the roads for the spring racing season which begins locally with the Norris Insurance Amboy 5K on March 2? There is no better value in racing as for one low price you get gloves, numerous awards along with all you can eat pancakes! If you're not quite ready a best place to tune-up is the free Wednesday evening runs in Highland Park, 5K race starts at 5:00 pm and the Miracle Mile at 5:45. Showing up will ensure you know the course for the March 9, Old Ben 5K, since that's the exact same course we run each Wed. in memory of Joe Kidd Rangel.

The following week on Saturday, March 16, we locally celebrate Earth Day in March with a community clean-up of the Wildcat Creek, floodplain areas and our local trails. This year we will meet at the Senior Center in Foster Park with registration, refreshments and speakers from 8 - 9 am, then we work at selected sights from 9 am until noon. It's great cross training and also a great way to be an active part of building a better community!

On March 23 many of us will hit the road, heading to Carmel for the 44th Annual Sam Costa 1/2 Marathon; along with a 1/4 marathon for walkers and runners still ramping up for the Mini. This is one of my all-time favorite races to run or volunteer. For more information visit www.samcosta.com and if you or a family member want to be part of our Aid Station #2 volunteer team at Costa, you can click on Volunteer to complete an application, about 2/3 of the way into the process you will be asked for a password which appropriately is CKRR. All volunteers get a special, high quality clothing item along with the joy of making this great race experience possible. For more information call or text 765 437-6268 or runckrr@aol.com.

The Ultimate 10 & 5 on the banks of the Wabash comes early this year on March 30. We are truly blessed with so many opportunities to see each other on the roads and trails!

PLEASE TAKE NOTE – The Symphony has cancelled the Composer Classic for 2013 and it has been removed from our calendar.

**Jackie Sanders Miracle
Mile
Wed, Jan 2, 2013
Highland Park Walk/Bike
Path**

1. Christian High 6:50
2. Charley Werst 6:54
3. Ryan Woolever 6:56
4. Charlie Skoog 8:43
5. Joe Yeagle 9:55
6. Kevin Campbell 10:38
7. Melissa Jones 12:23
8. Patty Weitzel 13:24
9. Jerry Leach 14:20
10. Linda Kendall 15:08

**Joe Kidd Rangel 5K
Wed, Jan 2, 2012
Old Ben/Highland Park 5K
Course**

1. Parker Jones 17:40
2. Christian High 22:17
3. Charley Werst 23:00
4. Ryan Woolever 24:13
5. Hannah High 28:23
6. Melissa Kidwell 32:27
7. Christine Konopa 32:51

**Jackie Sanders Miracle
Mile
Wednesday, Jan 9, 2012
Highland Park Walk/Bike
Path**

1. Parker Jones 5:14
2. Christian High 6:49
3. Sam Grant 7:25
4. Charlie Skoog 8:13
5. Hannah High 8:40
6. Jack Reed 8:46
7. Christine Konopa 9:11
8. Joe Yeagle 9:18
9. Kaleb Waites 10:38
10. John Wiles 12:36
11. Raye Jean Swinehart 13:13
12. Jane Inman 13:22
13. Sue Keller 15:35

**Joe Kidd Rangel 5K
Old Ben/Highland Park 5K
Course**

1. Parker Jones 17:44
2. Christian High 20:16
3. Charlie Skoog 26:10
4. Jack Reed 27:16
5. Hannah High 28:01
6. Christine Konopa 28:35
7. Ray Tetrault 29:22
8. Robin Tetrault 30:08
9. Melissa Kidwell 30:38
10. Dorian Gray 33:19
11. Vern Keller 33:34
12. Terry Jones 36:03
13. Rae Graham 36:34
14. Ken Huston 36:46

**Jackie Sanders Miracle
Mile
Wed, Jan 16, 2012
Highland Park Walk/Bike
Path**

1. Austin Stewart 5:12
2. Parker Jones 5:39
3. Austin Disinger 7:03
4. Charley Werst 7:12
5. Janette Clem 7:39
6. Katelyn Mills 7:52
7. Lauren Bright 7:52
8. Jack Reed 8:12
9. Charlie Skoog 8:13
10. Joe Yeagle 9:49
11. Mary Stidham 10:07
12. Christian High 10:07
13. Issac Werst 10:30
14. Kevin Campbell 10:45
15. Melissa Jones 12:07
16. Raye Jean Swinehart 12:57
17. Jane Inman 13:00
18. Judy Weaver 15:01
19. Lisa Birkhimer 15:01
20. Milo Hearn 15:02
21. Kaleb Williams 25:32
22. Maverick Williams 25:32

**Joe Kidd Rangel 5K
Old Ben/Highland Park 5K
Course**

1. Parker Jones 17:08
2. Austin Stewart 17:16
3. Christian High 22:07
4. Charley Werst 22:21
5. Phil Rozzi 24:06
6. Ryan Woolever 24:43
7. Austin Disinger 25:28
8. Katelyn Mills 25:32
9. Lauren Bright 25:32
10. Charlie Skoog 26:30
11. Jack Reed 27:03
12. Anna Dollens 27:34
13. Cara McKellar 29:44
14. Melissa Kidwell 30:13
15. Vern Keller 33:14
16. Issac Werst 35:12
17. Sue Keller 46:37

**Jackie Sanders Miracle
Mile
Wed, Jan 23, 2013
Highland Park Walk/Bike
Path**

1. Parker Jones 5:37
2. Charley Werst 7:03
3. Charlie Skoog 7:48
4. Mary Stidham 10:06
5. Melissa Jones 11:18
6. John Wiles 11:22
7. Jerry Leach 14:11

**Joe Kidd Rangel 5K
Old Ben/Highland Park 5K
Course**

1. Parker Jones 18:04
2. Christian High 22:24
3. Charley Werst 22:38
4. Charlie Skoog 26:39
5. Ken Huston 34:51

**Jackie Sanders Miracle
Mile
Wed, Jan 30, 2013
Highland Park Walk/Bike
Path**

1. Austin Stewart 4:59
2. Parker Jones 5:11
3. Jorday Ousley 5:42
4. Erin Knepley 6:17
5. Charley Werst 6:24
6. Sophie Page 6:29
7. Emma Nixon 6:30
8. Sam Luginbuhl 6:37
9. Charlie Skoog 8:06
10. Issac Werst 9:14
11. Robin Tetrault 9:15
12. Melissa Jones 11:47
13. John Wiles 12:12
14. Jerry Leach 14:02

**Joe Kidd Rangel 5K
Old Ben/Highland Park 5K
Course**

1. Parker Jones 17:40
2. Austin Stewart 19:49
3. Josh Hughes 21:04
4. Charlie Skoog 27:39
5. Ken Huston 34:39

CHAPLAIN'S CHATTER

My objectives are many and varied. I promise to try my best to be of service to you and our club. I will listen, console, grieve with, visit, praise, celebrate with, counsel, and pray with any member that contacts me. I will recruit Club Kokomo veterans as an honor group for special occasions. My cell number is 765-438-4417 and my e-mail address is KHSRUN1@comcast.net. Feel free to contact me about any member's needs or concerns. I will respond quickly.

Have you ever asked God for something and he didn't give you an answer? Did he hear your prayer? God hears every prayer that we offer. Why doesn't God always answer our prayers the way we want? It's been said that God actually answers our prayers in one of three ways: Either "Yes," or "No," or

"Wait." There's a lot of truth in this - because God knows far better than we do what's best for us, and often what we think will be the best thing for us, really isn't. In other words, we see only part of the picture, but God sees the whole, and he knows far better than we do what's best for us and those we love. When God appears to be silent, he may instead be telling us "No" or "Wait."

Sometimes God answers our prayers in ways we didn't expect - not by saying "Yes" or "No" or "Wait," but saying instead, "I have something better for you." Make prayer part of your life every day - not just praying for yourself, but confessing your sins and praising him for his greatness and love.

Always thank God for his gift of grace.

Ricke

Possible Changes in Club Kokomo Hall of Fame Committee

By Milt Brown

As a member of the Club Kokomo Hall of Fame since 1997, I have some comments about the present system of choosing members of the CK Hall of Fame. Bill Heck and John Norris were the first two members of the Hall of Fame and I was the third. For many years the Hall of Fame members have functioned as a committee to vote on possible new members suggested by CK members. In the early years when we had only 2 or 3 H of F members, 4 club officers and 4 other club members selected from Club Kokomo served on the committee with the H of F members. In 2007 the H of F members became the H of F committee. First, this seems to be a very unusual system. Do you know of any members of a Hall of Fame who choose their own new members? They are selected by other groups.

Secondly, it presents some problems. Hall of Fame members move away and are not able to be contacted for their votes on new members. Others decide to discontinue their Club Kokomo membership. According to our CK Constitution these people are no longer members of the Club Kokomo Hall of Fame. This should be changed. It is an honorary selection and they should be members for life. After all, it is just a list of honored members. But I agree that obviously these former members cannot be members of the H of F committee. Twelve men and women have been elected to the H of F in past years, but this year three have not joined Club Kokomo or cannot be contacted, leaving only 9 members for the committee. Eight of those live in the immediate area. So, I suggest that we get CK members who are Club officers who are not H of F members and others who are not H of F members to serve on the H of F Committee. Any suggestions from Club Kokomo members are welcome and can be turned in to any club officer or brought up at a future club business meeting.

My Love for Running

By Dana Neer

I started running when I was just a little boy, in part because I was rather fast, coupled with the fact that I was also rather scrawny – two qualities which go hand in hand for aspiring distance runners.

I still love running, most of the time, except on dreadfully cold winter mornings when my cozy bed is more appealing. But, generally speaking, running and I have been friends for many years.

I have narrowed down my love for running to five basic, long-standing reasons, which for me; seem to clarify my journey with this inspirational, yet systematic lifestyle that I have chosen as my guide.

- Friendships. Many of my closest companions come from this wonderful circle of outdoor adventure seekers who share the common mentality that our bodies are meant to move and our geographical boundaries have no limits. When I meet a runner for the first time, an instant kinship is established. We already know important stuff about each other. I have run across America with teammates, spent grueling nights trudging through 24-hour relays, traversed foreign fields and have toed the line at local races with

fellow travelers. We share the pain of hard training, the joys of completing a journey, and the simplicity of a “job well done” hug. Our respect for each other is as deep as the Grand Canyon. We are of the same ilk.

- Exploration. My basic need to explore is accomplished through running. I have experienced thousands of “off the beaten trail” places because my legs take me to areas that vehicles cannot travel. Picturesque Bolivian villages in the Andes Mountains, Coastal towns where shop keepers wave and extend a fresh cup of juice as I pass by, smoking volcanoes, the smell of Haitian slums, bustling major metropolitan cities, fearful disorientation in Bucharest, Romania and the serenity of listening to my cadence on Indiana gravel roads has made an indelible mark on my life. Each experience is carefully recorded in my journal for mental revisits whenever I feel the need to return.
- Fitness. In my opinion, there is no better measure of fitness than aerobic and anaerobic training though running. I love the fact that, without mentally preparing, I can run around Lake Max or

Mississinewa Reservoir if I feel like it. Tempo, lactic threshold, distance, interval, speed play and VO2 Max are all forms of training, reminding me that I need a good old fashion butt-kicking at least once a week to prevent me from getting soft in this increasingly tame and virtual world that I live in.

- Competition. I still love stepping to the start line, feeling the rush of exhilaration, moments before the starter’s pistol launches the crowd into the alien world of racing. Strategies, course routes and competitors still excite my soul. However, the challenge of competing against me remains the most fulfilling aspect of the race.
- Problem-Solving. It seems like I have solved everything from world hunger and immigration laws, to personal issues like being kinds to others and office management skills on long distance runs. Clearing my busy mind with simple movement provides solitude and escape that I need. My most meaningful moments of prayer and meditation occur on runs. When I return home, hopefully I am a better man.

January Mtg Minutes

1. Called to order by Rebekah Moore with introduction of 2013-14 officer
2. Patricia Weitzel took over meeting
3. Approval of Minutes
4. Past race review – Night Flight by Charlie Skoog with awesome event with many family groups running together at this family event. There were 9 registrations and 89 finishers. Only two no-shows.
5. Brief financial report was submitted by Mark Shorter and read by Linda Kendall.
6. Membership due still due and reminder notices were sent out last week.
7. GetMeRegister.com was presented by Terry Townsend and explanation of the app and how this could work for CKRR for both volunteers and runners.
8. Diana Brown and Carol Savage report on the Good Fellows outing at Meijer and how well the evening went.
9. Highway Half – Rebekah Moore and Charlie Skoog gave a report on the US31 run. INDOT confirmation and selection of October 12, 2013 for the event.
10. Charlie Skoog makes a motion for a committee to discuss Capital fund, timing equipment and club improvement committee. Seconded by Rebekah Moore. Motion passed.

Those present were: Rebekah Moore, Patty Weitzel, Robin Tetrault, Milt Brown, Terry Townsend, Linda Kendall, Charlie Skoog, Diana Brown, Dan Coughlin, Carol Savage, Mike Anderson, Ricke Stucker, and Joe Yeagle.

Points Standing

Races included are Amboy, Old Ben, Ultimate, Run/Walk/Roll, JMP 4mi, 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.

Format – Name #Races-Total Points – M (Marathon) H (Half) V (Volunteer)

RUNNERS

Roxane Burrous 1-20
Scott Deyoe -40MH
Elise Glover 1-20
Scott Glover 1-20
Chris James 1-15
Keagan James 1-20
Maya James 1-20
Parker Jones 1-20

Terry Jones 1-15
Scott Riggle 1-20
Charlie Skoog 1-20
Mary White 1-20
Tony White 1-12
Paul Wyman 1-10
Shelly Wyman 1-15

WALKERS

Jim Gross 1-20
Vince Lorenz 1-20
Robin Michael 1-20
Mary Miller 1-20

If I missed your points, please drop me an email or give me a call. Also, please report your Marathon, Half Marathon and volunteer points.



**2936 Congress Drive
Kokomo, IN 46902**



We're on the Web!

www.ckrr.us or like us on
facebook – Club Kokomo
Roadrunners
