

The RoadRunner

Club Kokomo Road Runners

Introducing the CK Almost Free Race *By Mark Shorter*

Club Kokomo will be hosting a new race on Saturday May 25, 2013, in Highland Park. The Kokomo Symphony decided to not have their race which has been held the last few years on the Saturday of Memorial Day weekend. So, it was decided at the last meeting to host our own race on that day. The race will be different. For Club Kokomo members it is FREE! But there is a catch. To enter the race for FREE, Club Kokomo members must pre-register on or before May 11, 2013. After May 11 entry fee is \$5. For non-CK members entry fee is \$5 at all times. All finishers will receive a medal. There will not be any t-shirts and no age group awards. We will have refreshments after the race thanks to our Vice President Mike Anderson and Sunspot Natural Foods.

Let me answer a big question. "WHAT if I as a Club Kokomo member send my registration and it does not arrive until after May 11. Do I have to pay \$5?" YES

"What if the postmark is before May 11 and it doesn't arrive until after May 11?" You owe \$5. "WHY?" It was not received on or before May 11.

HINT---be sure your entry arrives before May 11. Do not give it to someone else to send it to me. They may forget or it may get lost. I would like all Club Kokomo members who are going to participate to pre-register for FREE.

The race is a 5K. Runners can run or walk. Walkers MUST walk the entire course. Race day registration is from 6:30AM to 7:30AM at Rodgers Pavilion. The race begins at 8AM. Any questions call me 765-455-2283 or email me mshorter13@comcast.net.

By the way, we will need volunteers to help with registration, timing, course management, and at the finish line. You can get 20 points for volunteering, if you do not participate in the race. To volunteer, Call Charlie Skoog at 765-437-6268.

You can get an entry by downloading the form from the club web site or call me and I will email you a form or pick one up at a race.

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Looking forward from the President *By Patricia Weitzel*

Spring is finally upon us. I am enjoying the beautiful sunshine and the promise of warmer weather. I hope you are as excited as I am about the upcoming point's events for the club. There is a great variety this year. Please take time to read through the entire newsletter and see the proposed change to the club's constitution. If you are not in favor of the change, please contact a club officer to discuss the change and make sure you attend our monthly meeting, where we will discuss the change and then vote on the change during the May meeting.

The club has been asked to be involved with a program for newbies by both St. Joseph Hospital and the YMCA. If you have time to volunteer to such projects, please contact me by phone 453-0714 or by email Patricia@PatriciaWeitzel.com

And, for those you who are like me and you are looking to increase your speed, I had a friend tell me, "If you want to run faster, you have to run faster." At first I thought it was just silly advice, but the more I thought about it, I realized that what he told me is true. I needed to add some sprints into my workouts. I had to get my body used to going faster, even if it is in short spurts. So, if you are working on your speed, try some sprints. I found an outline that I like. I like to say it is the worst 4 minutes of your day, but also the best. The outline is for Tabata Sprints. You go all out, as fast as you can for only 20 seconds. You follow that by a much slower pace for 10 seconds. You repeat that for 8 cycles, or 4 minutes. When you are done you will be totally worn out, providing you gave it your all during your sprints. Try it and let me know how it helps you. Wishing you all a beautiful month of April and I hope to see many of you at the next meeting and at the Run, Rock and Roll on April 20.

highlighted names indicate CKRR member and points recorded. If I missed your time please call or email me – It is always fixable

Norris Insurance 5K

Amboy, IN

March 2, 2013

Temp 28 north breeze

5k run

1. Kory Kennedy 16:40
2. Parker Jones 17:31
3. Matt York 17:42
4. Don Baker 18:21
5. Jerry Williams, Jr. 18:49
6. Michael Kaltenmark 19:11
7. James Norris 19:21
8. Jeremy Breedlove 19:49
9. Todd Horner 20:21
10. Scott Riggle 21:23
11. Jordan Fivecoate 21:33
12. Mark Spitzer 21:49
13. Shane Hillman 22:04
14. Jeremy Garner 22:05
15. Gary Callahan 22:08
16. Adam Hovermale 22:09
17. Jim Sisco 22:10
18. Brent Munro 23:00
19. Phil Rozzi 23:04
20. Jady Whitehead 23:08
21. Zac Holmes 23:11
22. Steve Hendricks 23:11
23. Jordan Sisco 23:32
24. Shanann Newhouse 23:39 1st woman
25. Paul Sanders 24:01
26. Ken Swinehart 24:11
27. Connie Gamble 24:18
28. Angela Morrow 24:25
29. Tami Moore 24:34
30. Matt Lingo 24:40
31. Micah Hocksema 25:12
32. Mark Shorter 25:14
33. Braden York 25:15
34. Dan Lutes 25:17
35. Ted Highley 25:18
36. Alisha Sweet 25:22
37. Billy Stanton 25:25
38. Bethany Kirkwood 25:45
39. Brian Dill 25:44
40. Jennifer Van Horn 25:45
41. Cindy Stone 25:47
42. Heather McCallim 25:48
43. Mike Shinrod 26:16
44. Warren Tierney 26:27
45. Anna Rangel 26:40
46. Al Mitchel 26:41
47. Annie Brooker 26:42
48. Adriene Riggle 26:55
49. Kerri Mitchener 27:21
50. John Peters 27:25
51. Scott Hocksema 27:38
52. Lana Deford 27:50
53. Nathan Hovermale 28:07

54. Michael Graham 28:31
55. Stacy Henderson 28:45
56. Robin Newhouse 28:49
57. Emilie Hubbard 29:01
58. Brandon Hewitt 29:07
59. Jessica Martin 29:11
60. Darrell York 29:11
61. Debra Strong 29:29
62. Russ Hovermale 29:35
63. Kelsey Kennedy 29:39
64. Douglas Hays 29:39
65. Ricke Stucker 29:45
66. Sam Bettegnies 29:50
67. Jerry Meiring 29:55
68. Stacy Bettegnies 29:59
69. Walter Evans 30:08
70. Cara McKellar 30:21
71. Ann Morris 30:21
72. Barb Scrogam 30:26
73. Rachel Waffle 30:45
74. Dalton Atchison 30:46
75. Sally Highley 30:52
76. Chris Matthys 30:57
77. Christina Kochanek 31:17
78. Marianne Wilson 31:46
79. Kameron Graham 31:50
80. David Hughes 31:52
81. Megan Lutes 32:03
82. Krysta Graham 32:09
83. Mary Nall 32:44
84. Gayle Wagner 32:44
85. Jenna Clark 32:56
86. Riley Case 33:11
87. Teneal Gardner 33:18
88. Kahlia Hewitt 33:19
89. Dixie Demes 34:16
90. Sharon Whelan 34:17
91. Stephanie Martin 34:24
92. John McPherson 34:58
93. Greg Townsend 35:24
94. Billi Menges 35:32
95. Kevin Campbell 36:19
96. Rose Clem 36:43
97. Ann Hubbard 36:46
98. Jessica Evans 37:21
99. Dana Budd 37:27
100. Jeannie Townsend 38:35
109. Steve Kilcline 40:50

5K Walk

1. Vince Lorenz 29:04
2. Vernon Keller 32:41
3. Linda Miller 36:48 1st woman
4. Greg A. Wall 38:50
5. Jerry Lambert 39:11
6. Raye Jean Swinehart 39:42
7. Rick Spencer 40:40
8. Tony Lorenz 40:43

9. Jane Inman 41:50
9. Steve Wilson 41:50
11. Jan Wall 42:42
12. Robin Michael 43:05
13. John Mohr 45:42
14. Jean Heflin 47:32
15. Cathy Snyder 47:32
16. Mary Lou Rutherford 48:41
17. Angela Lorenz 48:59
18. Dick Summerton 49:35
19. Mike Rohrbach 51:13

Kids Fun Run

1. Hope Mygrant 3:16
2. Lexie Newhouse 3:17
3. Emily Riggle 3:25
4. Lily York 4:06
5. Gretchen Riggle 4:51
6. Grant Hovermale 5:30

Old Ben 5k Benefits IUK Alumni Association

March 9, 2013

Highland Park

Kokomo, IN

5K Run

1. Kory Kennedy 16:23
2. Parker Jones 17:09
3. Scott Colford 17:11
4. Matt York 17:20
5. Sam Tragesser 18:44
6. John Hughes 18:55
7. Chris Lasley 19:23
8. Christian High 19:53
9. Scott Riggle 20:02
10. Ron Moore 20:04
11. Tim Riedel 20:19
12. Pablo Morales 20:35
13. Robert McFebbe 20:41
14. Troy Avergonzando 20:43
15. Jerry Long 20:50
16. Jordan Ousley 21:19
17. Max McHaney 21:30
18. John Anderson 21:46
19. Gary Callahan 22:04
20. Cami Hanson 22:10 1st woman
21. Zach Whiteman 22:33
22. Jodi Lake 22:46
23. Phil Rozzi 22:51
24. Brian Rexroth 22:52
25. Michael Anderson 22:56
26. Holly Ward 23:10
27. Cecilio Martinez 23:12
28. Kenneth Swinehart 23:16
29. Robert Lechner 23:26

30. Kelly Wright 23:27
31. Janette Clem 23:31
32. Nathan Coulter 23:37
33. Kelsey Holser 23:57
34. Tiffany Sedri 24:04
35. Lindsay Timm 24:34
36. Dustin Wolf 24:38
37. Ella Kantz 24:40
38. Mark Shorter 24:41
39. Tara Rodriguez 24:42
40. Brayden York 24:44
41. Tami Moore 24:45
42. Jack Reed 25:05
43. Amy McCauley 25:06
44. Tarin Serra 25:07
45. Andy Smith 25:10
46. Lauren Longshore 25:12
47. Billy Stanton 25:14
48. Scott Deyoe 25:18
49. Anne Kantz 25:19
50. Charlie Skoog 25:22
51. Stephen Tebbe 25:23
52. Madison Clever 25:24
53. Jennifer Van Horn 25:24
54. Tony Steele 25:25
55. Maurice Wright 25:39
56. Thomas Shade 25:55
57. Shelley Wyman 25:58
58. Paul Wyman 26:00
59. Tim Voss 26:01
60. Curt Hufty 26:01
61. Mike Deardorff 26:05
62. Adri Freeman 26:16
63. Anna Rangel 26:28
64. Alan Kinney 26:34
65. Jason Lake 26:36
66. Carson Lake 26:42
67. Kristina Appelhans 26:45
68. Adriene Riggle 26:49
69. Luke Camery 27:11
70. Haran 27:22
71. Gary Frederick 27:23
72. Jensen Freeman 27:25
73. James McNeany 27:33
74. Roxane Burrous 27:36
75. Breann Falkenberg 27:37
76. Charlene Powell 27:38
77. JoAnn Quinette 27:47
78. Ray Tetrault 28:05
79. Michael Graham 28:10
80. Cara McKellar 28:18
81. Sarah Gibson 28:35
82. Laurie Ousley 28:47
83. Melissa Goad 28:55
84. Kelsey Kennedy 28:56
85. David Reinagle 28:59
86. Robin Tetrault 29:07
87. Russ Hovermale 29:09
88. Jason Moore 29:12
89. Moriah Fisher 29:13

90. Emilie Hubbard 29:13
 91. Kathleen Reynolds 29:17
 92. Carrie Gruel 29:25
 93. Briar Frederick 29:30
 94. Amanda Fernandes 29:45
 95. Rommel Malimar 29:48
 96. Ricke Stucker 29:49
 97. Paula Kucholick 29:50
 98. Jamie Gallegos 29:52
 99. Lindsay Kilty 29:54
 100. Amanda Cosby 30:09
 101. Suzanne Jones 30:11
 102. Anna Naegeli 30:46
 103. Laura Cook 30:55
 104. Marianne Wilson 30:56
 105. Greg Powell 31:08
 106. Trisha Gordon 31:25
 107. Max Garro 31:31
 108. Joyce Pennycoff 31:40
 109. Jenna Clark 32:07
 110. Kevin Roark 32:23
 111. Rick Swigart 32:29
 112. David Hughes 32:30
 113. Vickie Bennet Thomas 32:34
 114. Gloria Preece 32:48
 115. Maria Cline 32:59
 116. Rhenda Acton 33:00
 117. Stan Shuey 33:01
 118. Michael Bratton 33:33
 119. Missy Sutton 33:48
 120. Doug Mankell 34:19
 121. Walter Brown 34:22
 122. Tracy Dotson 34:37
 123. Cara Vohe 34:45
 124. Paige Walker 34:55
 125. Corey Moore 34:57
 126. John Paul Wyman 35:08
 127. Sidney Camery 35:08
 128. Luke Leger 35:15
 129. Casey Ray 35:23
 130. Sharon Whelan 35:28
 131. Kathryn Wall 35:30
 132. Laura Sheets 36:08
 133. Tracy Purtee 36:37
 134. Jessica Sheets 36:38
 135. Janae Fisher 36:39
 136. Mindy Oakes 36:50
 137. Laura Miller 36:54
 138. Pam Fisher 37:18
 139. Dave Rayle 37:32
 140. Valerie Leger 37:39
 141. Dorian Gray 37:40
 142. Kim McHaney 37:53
 143. Adriane Freeman 38:12
 144. Kayla Holajter 38:54
 145. Brooke Horner 39:41
 146. Angela Anderson 39:54
 147. Brad Horner 40:46
 148. Susan Gerhart 41:37
 149. Chastity Roark 41:50
 150. Amanda Shepard 42:42
 151. Misti Sukle 45:05

152. Patricia Weitzel 45:14
 153. Sue Keller 45:19
 154. Linda Ficht 45:47
 155. Tayler Gillem 46:01
 156. Kobi Moore 46:15
 157. Sophia Wyman 46:20
 158. Gloyd Johnson 46:24
 159. Lauren Sukle 47:45
 160. Manda Rayle 47:54
 161. Mary Page 48:39
 162. Connie Gish 50:52
 163. Ashley Vogel 56:14

5K Walk

1. Vince Lorenz 28:42
 2. Vern Keller 31:55
 3. Mary Miller 31:59 1st woman
 4. Sarah Clouse 35:50
 5. Linda Miller 36:56
 6. Greg Wall 37:42
 7. Jerry Lambert 38:01
 8. Jim Gross 38:22
 9. Raye Jean Swinehart 38:37
 10. Steve Inman 38:44
 11. Rick Spencer 39:52
 12. Toney Lorenz 39:52
 13. Kathy Snyder 40:33
 14. Gena Wilhitis 40:59
 15. Robin Michael 41:04
 15. Bob McBride 42:14
 16. Janet Wall 42:53
 17. Jane Inman 42:58
 18. John Mohr 43:17
 19. Angela Heckman 43:47
 20. Barbara Hobbs 44:01
 21. Walker disqualified
 22. Judy Trobaugh 45:52
 23. Scott Miller 45:59
 24. Melvin Hobbs III 46:13
 25. Jean Heflin 46:23
 26. Morgan Whiteman 46:26
 27. Heidi Sebastian 46:34
 28. Doug Heckman 46:55
 29. Linda Allen 47:03
 30. Shannon Armstrong 47:05
 31. Kim Wright 47:24
 32. Nancy Gibson 47:44
 33. Mary Rutherford 48:09
 34. Misty Haigh 48:38
 35. Debbie Whitney 49:14
 36. Connie Higginbottom 50:51
 37. Cindy Wilson 50:54
 38. Trudy Pierce 51:02
 39. Angela Lorenz 51:07
 40. Kira Naegeli 51:14
 41. Markus Naegeli 51:18
 42. Dick Summerton 51:19
 43. Stephen Wilson 52:15
 44. Karen Walck 52:17
 45. Terri Brown 52:22
 46. JoAnn Minor 53:12
 47. Karen Miller 53:20

48. Nick Bailey 54:29
 49. Gabrielle Hardoin 56:15
 50. Taiana Marie Hardoin 57:01
 51. Quinlyn Copeland 1:06:17
 52. Tessa Rowe 1:06:20

CKRR Ultimate 10 Mile Run & 5 Mile Run/Walk

March 30
 Logansport

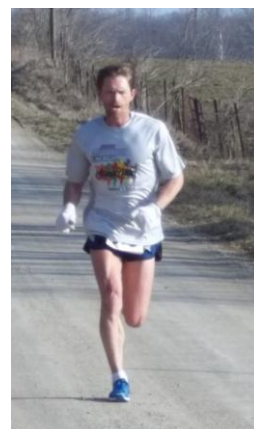
10 Mile

1. Scott Colford 57:49
 2. Parker Jones 59:47
 3. Mike Haschel 1:01:16
 4. Matt York 1:03:11
 5. Kyle Collins 1:04:53
 6. Chris James 1:04:55
 7. Glenn Bailey 1:06:43
 8. Todd Horner 1:08:44
 9. Jay Priest 1:09:48
 10. Heather Weber 1:10:10 (first woman)
 11. Pable Morales 1:12:58
 12. Curtis Wilson 1:14:26
 13. Jeff Scott 1:18:12
 14. Cecilio Martinez 1:19:13
 15. Kelly Wright 1:23:43
 16. Paul Sanders 1:23:45
 17. Tarrin Serra 1:24:09
 18. Connie Gamble 1:24:32
 19. Phil Rozzi 1:25:47
 20. Jack Reed 1:26:07
 21. Tami Moore 1:26:54
 22. Ken Swinehart 1:28:05
 23. Elizabeth Sasso 1:28:40
 24. Allison Evanich 1:33:54
 25. Nikki McCracken 1:34:47
 26. Joni McCracken 1:34:48
 27. Robert Sylvester 1:35:37
 28. Paul Wyman 1:35:41
 29. Roxane Burrous 1:36:43
 30. Pam Steinberger 1:42:46
 31. Jeff Saylor 1:42:47
 32. Mick Eerble 1:44:22
 33. Amanda Cosby 1:54:53
 34. Timothy Templin 1:56:00
 35. Rhenda Acton 1:57:35

5 Mile Run

1. Kory Kennedy 28:31
 2. Gary Davidson 38:42
 3. Elvia Rodriguez 42:03 (first woman)
 4. Billy Stanton 42:42
 5. Brayden York 43:13
 6. Mike Deardorff 44:29
 7. Jana Curry 45:05

8. James McNeary 46:11
 9. Jennifer Sylvester 46:51
 10. Shelly Wyman 46:51
 11. Greg Townsend 47:08
 12. Emilie Hubbard 48:03
 13. Kelsey Kennedy 48:29
 14. Ray Tetrault 48:38
 15. Joshua Scott 48:46
 16. Cara McKellar 49:16
 17. David Reinagle 49:35
 18. Charlotte Scott 49:58
 19. Isaiah Scott 50:35
 20. Mike Graham 55:01
 21. Jenna Clark 56:26
 22. Robin Cole 57:28
 23. Stan Shuey 58:26
 24. Sharon Whelan 58:56
 25. Ricke Stucker 1:01:04
 26. Sue Keller 1:14:46
 27. William Daehler 1:17:16



5 Mile Walk

1. Vince Lorenz 48:17
 2. Mary Miller 52:13
 3. Vern Keller 53:47
 4. Raye Jean Swinehart 1:04:11
 5. Jane Inman 1:08:39
 6. Anita Dillman 1:18:13
 7. Tony Lorenz 1:18:38
 8. Rick Spencer 1:18:39
 9. Warren Tierney 1:27:25
 10. Filicia Tierney 1:27:49

1 Mile Fun Run

1. Noah McNeary 8:57
 2. Hannah Scott 9:12
 3. Jaden Scott 9:44
 4. McKayla Scott 9:46
 5. Cecially Martinez 14:01
 6. Anneliese Weitzel 12:48
 7. Kalani Martinez 14:01
 8. Diana Waddups 18:42
 9. Suzanne Plasteren 18:43

Mike Cowan/Club Kokomo Roadrunners Scholarship

The purpose is to recognize a senior in high school or an undergraduate college student who has enriched his/her life through running. The scholarship is to be applied to post-secondary expenses. The scholarship is named after Mike Cowan, a Club Kokomo member, who lost his life battling leukemia during his sophomore year at Kokomo High School. Mike believed in battling to the end, never giving up. Criteria for the scholarship are:

- A senior in high school who plans to continue his/her post-secondary education or present enrollee in college pursuing an undergraduate degree;
- A member of Club Kokomo Roadrunners last year and have renewed for this year;
- An active participant on at least one of the following: high school cross country team as a senior in high school, collegiate runner, or Club Kokomo points award age group qualifier in the previous year;
- Applicant must have volunteered at a Club Kokomo sponsored event during the previous year;
- A good citizen within his/her school and community.

The application is available to download from the club web site www.ckrr.us

Applications must be postmarked by May 1, 2013.

UPCOMING EVENTS:

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



WORTHY NOTES

Ron Moore finished 22nd in the Circular Logic Marathon in West Lafayette on 3/23/13 with a finish time of 3:40:06

Mike Deardorff finished the Sam Costa half-marathon with a time of 2:11:42



March Mtg Minutes

1. Called to order by Patricia Weitzel
2. Following correction of Vicki Boles and Jayne Stucker the minutes were approved.
3. Mark Shorter gave the treasure's report.
4. A few additional members are needed for the equipment committee. The finance committee is formed.
5. Linda Kendall made a motion to give a donation to Brookside for the use of their facility. A recommendation of \$200 was suggested. Motion was seconded by Milt Brown and approved by all in attendance.
6. Highway Half update given. Sign up and web-site not yet up because of conflicts with the black out period.
7. Mark Short makes a motion to replace the Composer Classic with 1st Annual CK Memorial Weekend Race 5K Run/Walk at Highland Park. Free to members if preregistered by May 11th. Award medals to all finishers. Diana Brown second and vote passed. Mike Anderson will take care of refreshments; Charlie Skoog will set up course and volunteers for registration. Patricia Weitzel with check on pavilion use.
8. Ultimate Update – Already received registrations from Culver and Muncie runners. Mark Shorter will order additional medals needed. Linda Kendall will send out a mass email as a reminder for registration and volunteers.
9. Ricke Stucker gave a brief explanation on the Family Fun Fitness night. Program is still in development and more details will follow.
10. Photo directory – the club has been asked by members to produce a membership directory. Linda Kendall will begin pulling phone numbers, address, email address and photos of those who wish to be included.
11. League of Women Voters will be hosting a 'Robert's Rules Seminar' on May 4th. Cost is \$25 for anyone who wishes to attend. Please see Patricia Weitzel for sign up
12. Mark Short makes a motion to change the points awarding in the constitution where a member could complete two ½ marathon races. Seconded by Joe Yeagle. This will be discussed as the April meeting and voted on in May.

Currently:

6. Twenty (20) points will be given to CK members who finish one half-marathon and/or marathon and/or ultramarathon (distance 30 miles or more) during the race year other than any club designated points race. Ten (10) points will be given for finishing the Race For the Cure in Indianapolis. [This means a person could get 20 points for ½ marathon plus 1 marathon and 1 ultramarathon other than a CK designated point race such as Sam Costa ½ marathon.]. No points for 5K at Indy Mini.

Change to:

6. Twenty (20) points will be given to CK members who finish one or two half-marathon(s) (20 points each) and/or one marathon and/or one ultra-marathon (distance 30 miles or more) during the race year other than any Club Kokomo designated points race. [This means a member could get 20 points each for 2 half-marathons plus 20 points for one marathon plus 20 points for one ultra-marathon of 30 miles or more.] No points for 5K at Indianapolis 500 Festival.

13. Ricke Stucker would like to see inspectors on the race courses to teach and give warning when violations occur. There are inspectors during the Haynes Apperson.

14. Ann Hubbard would like to use the equipment for the Miami Prison Run. Charlie Skoog will be working with Ann and he seconded the motion. Motion passed. Mark Shorter collected form and the fee.

Those present were: Milt Brown, Joe Yeagle, Rhenda Acton, Charlie Skoog, Robin Tetrault, Scott Deyoe, Charlie Deyoe, Patricia Weitzel, Linda Kendall, Scott Riggle, Ricke Stucker, Mark Shorter, Diana Brown, Dan Coughen, Adrienne Rigggle

Remaining 2013 Point Races

April 20

UAW 292 RUN, WALK, and ROLL for Bona Vista – 5K starts at 8:30 am and 1 mile at 8:40 am. Registration 6:30-8 am
See Bona Vista website for more details
Race Director – Vicki Boles

May 11

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

May 18

MCF Prison Breakout 5K at Bunker Hill
At Fire station in Bunker Hill
Race Director Ann Hubbard

June 1

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

June 8

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

July 6

CKRR Haynes Apperson 3m Walk/ 4m Run
Time: 8 am at 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
Race Director - Doug Mankell

July 20

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

August 3

Norris Insurance 5K Run/ Walk
Time: 8 am at 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 at Oakbrook Valley, Russiaville, IN
Contact: Oakbrook Community Church
Phone: (765) 252-7030
Race Director – Ruth Lawson

September 7

4th Annual Steps to Recovery 5K, Kokomo Foster Park Senior Center
Race Director - Charlie Skoog

September 14

Annual CK Girls Night Out 5K
Time: 5:00 pm
Location: Downtown Kokomo
Race Director – Rebekah Monroe

September 21

14th Bee Bumble 5K/10K
Time: 8:00 am
Burnettsville, IN
Race Director - Don Hurd

September 28

H.E.S.P. 5K Kokomo UAW 685
Race Director - Vicki Boles

October 5

Cole Porter 5K Run/Walk, 15K Run
Time: 9:00 AM
Location: Circus Bldg, Peru, IN
Race Director - Jim Yates

October 12

YMCA Highway Half & 5K
Time: 8am

November 9

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

November 28

Club Kokomo Cares 5K Run/ Walk Points 20 For Each Finisher
Time: 8 AM at Rogers Pavillion Highland Park
Race Directors: Ray & Robin Tetrault & Mark Shorter
Phone: (765) 854-1393

December 31 (Tuesday)

CKRR New Year's Eve 5K Run/ Walk
Time: 2 PM
Location: UAW Local 292
Race Director – Joni McCracken

Chaplin's Chatter

Happy Easter! It has come and gone. I hope that you were able to celebrate it with your family and that you enjoyed an inspirational sermon from your pastor. Jayne and I celebrated at Pastarrific with my mom, Phyllis, and my son, Scott, and his children, Shaylie and Trevor. Pastor Mark Malin presented another outstanding message at Oakbrook Community Church, beforehand.

Our prayer list has increased to 8 and I have had the opportunity to visit CK members' family in local hospitals/rehab centers 6 times. Please keep Bill Heck's son, Tim, in your thoughts and prayers.

Have you ever fallen backwards into old sinful ways? I certainly have. Have you been strong enough to overcome these transgressions and return to God's path? I hope that you won't ever give in to the temptation to go back to old sinful ways – both for your sake and the sake of those whose lives you may harm.

But there is a deeper reason not to go down the wrong road. God loves you, and has a better life in store for you. God knows all about you; after all HE made you and put you in this world, and HE doesn't want you to waste your life or misuse it to harm others.

Instead, God wants to come into your life and give you a new reason for living. And HE will, as you open your heart and life to Jesus Christ. More than that, HE will give you a new power to do what is right, as you seek HIS help. Turn to God today, and ask Christ to come into your life.

Then turn your back on those who might lead you astray. Instead, seek out a church where Christ is preached, and you can find people who will encourage and help you.

Always thank God for his gift of grace.

Ricke

Packet Pick Up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packets for you be sure to get the back page of your pamphlet to her by Wednesday May 1st. The earlier you get the back page to her, the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park. Please include your phone number on the page in case she needs to contact you. You can pick up your packet any time on Friday, May 3rd, on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park. If you want to mail your back page to Robin's address is – Robin Cole 7071 W 500 S, Russiaville, IN 46979

Points Standing

Night Flight, Amboy, Old Ben and Ultimate. U=Ultra, H=Half, M=Marathon, V=Volunteer

Runners 0-12

Female

Maya James 1-20
Ella Kantz 1-20
Anna Weitzel 1-20V
Madison Clever 1-15
Sophia Wyman 1-12

Male

Brayden York 4-80
Corey Moore 1-15
John Paul Wyman 1-12
Kobi Moore 1-10

Runners 13-19

Female

Emilie Hubbard 3-55
Elise Glover 1-20
Nicole Hampshire 1-20
Tara Rodriguez 1-20

Male

Dorian Gray 1-20
Keagan James 1-20
Jeremy Breedlove 1-20
Jordan Fivecoate 1-15
Samuel Bettegnies 1-12

Runners 20-24

Female

Kelsey Kennedy 4-80
Nikki McCracken 1-20
Jessica Sheets 1-15
Mindy Oakes 1-12

Male

Parker Jones 4-70
Kory Kennedy 3-60

Runners 25-29

Female

Jenna Clark 3-60
Kathryn Wall 1-15
Connie Gish 1-12

Male

Jordan Ousley 1-20

Runners 30-34

Female

Amanda Fernandes 1-20

Angela Anderson 1-15

Male

Michael Anderson 1-20

Runners 35-39

Female

Adriene Riggle 3-45
Sharon Whelan 3-41
Tarin Serra 2-35
Jennifer Van Horn 2-32
Kelly Wright 1-20
Anna Kantz 1-15

Male

Matt York 4-80
Carey Stranahan 1-20
Chris Lasley 1-15

Runners 40-44

Female

Shelly Wyman 3-60
Patricia Weitzel 2-35V
Heather Weber 1-20
Mary White 1-20

Male

Chris James 3-55H
Scott Riggle 3-52
Scott Colford 2-40
Paul Wyman 3-34
David Reinagle 2-29
Christian High 1-15
Tony White 1-15
Steve Williams 1-15

Runners 45-49

Female

Tami Moore 4-80
Laura Cook 2-30
Linda Kendall 1-20V
Joni McCracken 1-15
Laura Sheets 1-12

Male

Ron Moore 3-60M
Michael Graham 3-50
Dan Lutes 2-32
Jay Priest 1-20
Scott Glover 1-15
Terry Jones 1-10

Runners 50-54

Female

Cara McKellar 4-70
Roxane Burrous 3-60
Ann Hubbard 2-32V
Laurie Ousley 2-32
Marianne Wilson 2-25

Male

Phil Rozzi 4-70

Scott Deyoe 3-50MH

Ken Swinehart 3-36

Paul Sanders 2-35

Jerry Long 1-20

Kevin Campbell 1-10

Runners 55-59

Female

Anna Rangel 3-60
Robin Tetrault 1-15

Male

Mike Deardorff 3-60H
Russ Hovermale 2-32
Ray Tetrault 2-27
Greg Townsend 2-27
Jeff LaDow 1-20
Keith McAndrews 1-20
Jerry Meiring 1-15
Will Daehler 1-10

Runners 60-64

Female

Jeanie Townsend 2-40V
Rhenda Acton 2-35
Sue Keller 2-27
Robin Cole 1-20
Anita Frazier 1-20
Joyce Pennycoff 1-20

Male

Charlie Skoog 3-55V
Vern Keller 3-47
Mark Shorter 2-40
Bill Menges 1-12
Steve Kilcline 1-10

Runners 65-69

Female

FemaleSusan Gerhart 1-20

Male

Ricke Stucker 3-50
Gary Callahan 2-40
David Hughes 2-24
Jim Burrous 1-20V
Doug Mankell 1-10

Runners 70-74

Male

Billy Stanton 3-60
Stan Shuey 2-30
John Norris 1-20V
John Peters 1-15

Runners 75-79

Male

Riley Case 1-20

Walkers 25-29

Male

Vince Lorenz 4-80

Walkers 50-54

Female

Mary Miller 3-60
Raye Jean Swinehart 3-50
Jean Heflin 3-42V
Jane Inman 3-39
Chari Deyoe 1-20H
Jayne Stucker 1-12

Male

Steve Inman 1-20

Walkers 55-59

Female

Barbara Hobbs 1-20

Male

Rick Spencer 3-60

Walkers 60-64

Female

Jan Wall 2-40
Angela Lorenz 2-27
Judy Trobaugh 1-15

Male

Toney Lorenz 3-50
Robin Michael 3-42
Greg Wall 2-40
Steve Wilson 2-21
Melvin Hobbs III 1-10

Walker 65-69

Female

Mary Lou Rutherford 2-40
Anita Dillman 1-20

Male

Richard Kerkhof 1-20V
Bob McBride 1-20

Walker 70-74

Male

Jim Gross 2-40
John Mohr 2-35

Walker 75-79

Male

Jerry Lambert 2-40
Dick Summerton 2-30

Walker 80+

Male

Milt Brown 1-20

Wednesday Night Results

Jackie Sanders Miracle Mile Wednesday, March 6, 2013 Highland Park Walk/Bike Path

1. Parker Jones 6:16
2. Christian High 7:02
3. Jack Reed 8:04
4. Ray Tetrault 8:39
5. Charlie Skoog 8:47
6. Joe Yeagle 10:59
7. John Wiles 12:05
8. Patty Weitzel 12:32
9. Kevin Breedlove 12:36
10. Jerry Leach 14:32
11. Theresa Barlow 14:32
12. Linda Kendall 14:33
13. Dick Summerton 15:27

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

1. Parker Jones 18:25
2. Christian High 21:53
3. Jack Reed 26:53
4. Ken Huston 34:16

Jackie Sanders Miracle Mile Wednesday, March 13, 2013 Highland Park Walk/Bike Path

1. Parker Jones 6:18
2. Josh Hughes 6:18
3. Paul Sanders 7:45
4. Christian High 7:46
5. Charley Werst 7:51
6. Charlie Skoog 8:12
7. Jack Reed 8:16
8. Mandy Oakes 10:40
9. Kevin Breedlove 11:32
10. Melissa Jones 11:53
11. Theresa Barlow 13:59
12. Jerry Leach 13:59
13. Dick Summerton 15:43

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

1. Parker Jones 17:52
2. Josh Hughes 19:57
3. Christian High 23:57
4. Charley Werst 23:58
5. Paul Sanders 24:02
6. Jack Reed 25:27
7. Charlie Skoog 25:55
8. Ken Huston 33:49

Jackie Sanders Miracle Mile Wednesday, March 20, 2013 Highland Park Walk/Bike Path

1. Parker Jones 5:50

2. Joshua Hughes 5:51
3. Brett Boone 7:15
4. Paul Sanders 7:28
5. Madison Parr 7:28
6. Jack Reed 8:01
7. Ray Weight 8:13
8. Alex Parr 8:31
9. Faith Lytle 8:36
10. Sophia Weight 8:42
11. Doug Weight 9:06
12. Sam Parr 9:44
13. Charlie Skoog 10:11
14. Greg Townsend 10:28
15. Melissa Jones 11:44
16. Theresa Barlow 13:47
17. Jerry Leach 13:47
18. Ron Sallee 19:22
19. Charlotte Salee 19:22

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

1. Parker Jones 17:51
2. Joshua Hughes 19:09
3. Charley Werst 23:03
4. Max McHaney 23:28
5. Paul Sanders 23:40
6. Jack Reed 25:49
7. Greg Townsend 31:34
8. Ken Huston 33:04
9. Connie Hulka 36:04

Jackie Sanders Miracle Mile Wednesday, March 27, 2013 Highland Park Walk/Bike Path

1. Austin Stewart 5:13
2. Parker Jones 5:46
3. Joshua Hughes 5:47
4. Allison Abney 6:32
5. Tom Abney 6:33
6. Brett Boone 6:51
7. Christian High 7:13
8. Madison Cleaver 7:14
9. Paul Sanders 7:16
10. Madison Parr 7:49
11. Jack Reed 7:53
12. Ray Weight 8:14
13. Halle Rezo 8:15
14. Sam Parr 8:25
15. Faith Lytle 8:26
16. Alex Parr 8:28
17. Ray Tetrault 8:38
18. Elli Anderson 8:42
19. Hope Braun 8:53
20. Sammie Garber 8:54
21. Sarah Smith 8:55
22. Doug Weight 8:57
23. Greg Townsend 9:14
24. Charlie Skoog 9:15



25. Cora Hawley 9:25
26. Kevin Smith 9:33
27. Brook Cleaver 10:42
28. Melissa Jones 11:14
29. Theresa Barlow 13:51
30. Jerry Leach 13:51
31. Jake Cleaver 16:01
32. Lisa England 16:21
33. Charlotte Sallee 18:57
34. Jewel Sallee 18:58

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

1. Austin Stewart 17:14
2. Parker Jones 17:21
3. Joshua Hughes 19:47
4. Paul Sanders 23:55
5. Charley Werst 24:52
6. Christian High 24:54
7. Jack Reed 25:15
8. Greg Townsend 29:04

JOIN US FOR THIS FREE WEDNESDAY NIGHT 5K OR 1-MILE

Starting time are: 5:00 for the 5K and 5:45 pm for the Miracle Mile. Registration at the concession at Highland Park.

WALK OR RUN IT'S ALL FOR FUN!

- 4-3 Christopher Campbell
- 4-4 Elizabeth Felker
- 4-4 Ron Metz
- 4-4 Travis Barker
- 4-5 Brian Reinhardt
- 4-5 Julianne Bryan
- 4-5 Renita Taflinger
- 4-6 Kevin Starich
- 4-6 Laura Cook
- 4-8 Dana Culp
- 4-9 Kyle Ortman
- 4-10 Billy Cox
- 4-10 Steve Wand
- 4-10 William Cox
- 4-11 Cindy Merrick
- 4-11 Cindy Stone
- 4-13 Don Rogers
- 4-13 Mark Rodgers
- 4-14 Alexandria Maurer
- 4-16 Jeanne DeAngulo
- 4-16 Mary Stidham
- 4-16 Tami Moore
- 4-17 Charles Johnson
- 4-18 John Wiles
- 4-18 Nicole Hampshire
- 4-18 Tim Taflinger
- 4-18 Charlie Werst
- 4-19 Esther Gollner
- 4-19 Konner Boley
- 4-20 Carrie Williams
- 4-20 Kelly Barker
- 4-22 Angela Lorenz
- 4-22 Jacob Sheets
- 4-23 Sydnie Boley
- 4-25 Chad Shackelford
- 4-25 John Sites
- 4-25 Lorene Sandifur
- 4-26 Brittiana Gillem
- 4-26 Brooke Gillem
- 4-26 Jason Rush
- 4-27 Greg Townsend
- 4-29 Sarah Gollner

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43rd Annual Kokomo Summer Distance Camp (KSDC)

Electronic or Snail Mail

If you prefer to receive your newsletter electronically rather than via snail mail, please make sure I have your email address.

I have several addresses that return mail, but I forward to all email addresses I have.

E-MAIL:

editor@ckrr.us

WHAT: 5 camp sessions (track meets), with distance coach available. Informative handouts are available.

WHEN: 5 Tuesdays: June 25, July 9, July 16, July 23, and July 30. Meet starts at 6 PM. Gates open at 5:30 PM.

WHERE: KHS-Walter Cross Field: free parking/restrooms/water.

WHO: KHS Boys'CC and Boys'Track Distance Coach: Ricke Stucker. KHS Boys'CC/Track student - athletes.

COSTS: \$30, or \$8 per session. Make checks payable to: Ricke Stucker.

AWARDS: Session ribbons for top 3 places (male & female) in 4 age groups. T-shirt for pre-paid \$30. Plaques for top 3 in age group, male & female, at conclusion of camp. (Must attend 3 of 5 sessions)

AGE GROUPS: 10 and Under (male/female), 11-13 (male/female), 14-19 (male/female), and Open (male/female)

POINTS: 5-3-1. You may enter 1 - 3 events: 800, 1600, 3200, and 5000.

***Camp will be held regardless of rain/heat/cold/wind/dark clouds.

***Competitors, please bring a parent/adult to **HELP** time/count laps/hand out water.

***Athletes 10 & Under **MUST** have an adult accompanying them.



**2936 Congress Drive
Kokomo, IN 46902**

We're on the Web!

See us at:

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