

August 2013

The RoadRunner

Club Kokomo Road Runners

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From the President's Pen

By Patricia Weitzel

The dog days of summer are upon us. As I write this, there is only one more session of Coyote Kids. Thanks to everyone who has helped make this year such a wonderful success. It is my vision that we can somehow encourage all of the Coyote Kid's families into Club Kokomo Road Runner families. I'm working on a few ideas, but if you have other ideas, please do not hesitate to contact me and share your

ideas. Speaking of sharing ideas, our monthly club meetings are a great place to share your ideas. We meet at 5 p.m. for a social hour and then the business meeting begins at 6 p.m. We would love to have you join us for these meetings. We discuss the upcoming races..... need to change for the next year. We also discuss changes to make our club

even better. Right now we have a finance committee, a race priority and an equipment rental committee working on special issues. Your help is needed with future projects. We need your expertise to make our club the best it can be.

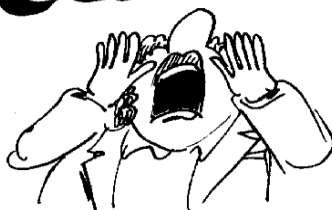
For now, stay hydrated and be safe.

NEXT CLUB MEETING - MONDAY, AUGUST 12TH
AT 6 P.M. AT MARTINO'S RESTURANT
SOCIAL HOUR AT 5 P.M.

Come socialize and help forge the direction of our club.

Calling for

Volunteers!



Volunteers are needed for the upcoming races. Contact the race director for the race if you would like to volunteer for. Also you will be awarded 20 points for volunteering once.

Haynes-Apperson Saturday, July 6, 2013 Kokomo, IN

4 mile Run

1. Matt Grider 20:22
2. Austin Young 20:40
3. Riley Worl 22:03
4. Scott Colford 22:13
5. **Jeremy Breedlove 23:05**
6. Riley Carter 23:11
7. **Austin Elliott 23:27**
8. Joshua Hughes 23:55
9. **Dana Neer 24:16**
10. Clifford Lane 24:29
11. **Jordan Fivecoate 25:06**
12. Joshua Everetts 25:08
13. **Chris Lasley 25:09**
14. **Christian High 25:14**
15. **Landrum Neer 25:17**
16. **Byron Bundrent 25:24**
17. **Jay Priest 25:28**
18. **Heather Weber 25:40 1st woman**
19. Josh Scott 26:18
20. **Aaron Craig 26:23**
21. Grant Harbaugh 27:04
22. **Jerry Long 27:12**
23. David Lechner 27:13
24. Leo Harris 27:26
25. Mark Beals 27:38
26. Paula Keeney 27:42
27. Calvin Pohl 27:55
28. Brittiani Gillem 27:56
29. Colten Pierce 28:07
30. **John Anderson 28:10**
31. **Phil Rozzi 28:23**
32. **Gary Callahan 28:25**
33. Minh Pham 28:35
34. Paul Pease 28:53
35. Jeffrey Rush 29:16
36. **Michael Anderson 29:19**
37. Kevin Spangler 29:33
38. Jessie Hoffman 29:34
39. **Paul Sanders 29:50**
40. Emilie Hobbs 29:54
41. **Tara Rodriguez 30:07**
42. **Kelly Wright 30:08**
43. Corey Menning 30:12
44. Robert Lechner 30:13
45. Rachel Sargent 30:14
46. **Carly Jones 30:15**
47. Nathan Nicholson 30:27
48. Michelle Nicholson 30:30
49. Kristi Reprogle 30:33

50. Jodi Lake 30:46
51. Chris Campbell 30:48
52. **Paul Wyman 30:52**
53. Lisa Hobbs 30:56
54. Jacob Riley 30:57
55. **Jack Reed 30:58**
56. Nicole Peel 31:07
57. Bill Goulet 31:35
58. Zachary Whiteman 31:42
59. **Gregory Townsend 31:48**
60. Paul Weaver 32:02
61. Jason Lake 32:03
62. Jackie Bershire 32:06
63. **Rebekah Monroe 32:07**
64. Teresa Worl 32:09
65. Roger Worl 32:09
66. **Jana Curry 32:17**
67. Janette Clem 32:18
68. **Ron Greene 32:30**
69. **Mark Shorter 32:31**
70. Richard Thomas 32:47
71. Brandon Podgorski 32:47
72. Ethan McMinn 33:01
73. Michelle Castillo 33:09
74. Warren Tierney 33:12
75. Andrew Christie 33:13
76. Kevin Kruger 33:14
77. Bernadette Lane 33:220
78. Natalie Nicholson 33:20
79. Shain Wells 33:25
80. Earl Strong 33:28
81. Taylor Young 33:46
82. Tim Voss 33:55
83. **Anna Rangel 33:59**
84. Keith Kruger 34:04
85. Jon Davis 34:14
86. **Nikki Frazier 34:21**
87. **David Reinagle 34:02**
88. **Mike Deardorff 34:30**
89. Katherine Aitchison 34:33
90. Rosellen Connolly 34:46
91. Laura Misinec 34:51
92. Marcus Misinec 34:52
93. Stephen Lawler 34:52
94. Andy Smith 34:52
95. Elizabeth Sasso 34:53
96. **Jennifer Van Horn 34:58**
97. Lizzy Hubenthal 35:05
98. Joanna Davis 35:12
99. Hunter Purtee 35:20
100. **TA Weber 35:21**
101. Katelyn Dowden 35:37
102. **Russ Hovermale 35:42**
103. Carl Williams 35:48
104. Kathy Williams 35:49
105. Maurice Wright 36:03

106. Joann Quinnette 36:06
107. Marty Boike 36:13
108. Logan McFarlane 36:22
109. Daniel Wilcox 36:28
110. **Jeff LaDow 36:47**
111. **John Peters 36:48**
112. **Kasey High 36:50**
113. Nida Zia 37:01
114. Daniel Voorhis 37:05
115. **Laurie Ousley 37:10**
116. Ray Fairchild 37:11
117. **David Hughes 37:13**
118. Todd Nolder 37:21
119. **Emilie Hubbard 37:35**
120. Keith Lang 37:39
121. Michael Hobaugh 37:18
122. Paula Kucholick 38:25
123. **Adriene Riggie 38:40**
124. **Nancy Anderson 39:07**
125. **Joyce Pennycoff 39:15**
126. Cindy McClure 39:16
127. Merrill Hobaugh 39:17
128. Megan Hobaugh 39:21
129. Tim Fennell 39:43
130. Megan Wilcox 39:44
131. **Ricke Stucker 40:05**
132. **Laura Cook 40:08**
133. Riley Case 40:34
134. Matt Dowden 40:42
135. **Marianne Wilson 40:44**
136. Lisa Finch 41:05
137. Casey Arqawi 41:06
138. Andie Arnett 41:06
139. **Noah Hughes 41:07**
140. Meriah Green-Wright 41:18
141. **Shelly Wyman 41:18**
142. Austin Middleton 41:42
143. David Stout 41:47
144. Shelby Rooze 41:52
145. Irma Pratt 42:14
146. Kane Roush 42:18
147. Kelsie Cook 42:19
148. Carrie Gruel 42:32
149. Jodi Maddox 42:42
150. Carrie White 42:42
151. **Jillian LaDow 44:28**
152. Tyler Rackling 44:42
153. Diane Rackley 45:05
154. Noah Gallaher 45:09
155. **JP Wyman 45:33**
156. Max Garro 45:34
157. **Bruce Savage 45:38**
158. Maria Cline 45:51
159. **Bill Menges 45:57**
160. Hannah Reed 45:58

161. **Robin Cole 46:00**
162. **Ann Hubbard 46:07**
163. Rita Brett 46:23
164. Hannah Sexton 47:09
165. **Luke Leger 47:15**
166. **Jeannie Townsend 47:22**
167. Tracy Dotson 48:55
168. **Valerie Leger 49:37**
169. **Kevin Campbell 49:58**
170. Tracy Purtee 52:01
171. Suzanne Johnson 53:35
172. **Jonah Hughes 54:34**
173. **Angela Anderson 55:17**
174. Kendra Dunford 56:26
175. **Sue Keller 57:54**
176. Shirley Bugher 57:54
177. Laura Upchurch 1:01:32
178. Anita Upchurch 1:01:33

3 Mile Walk

1. **Vince Lorenz 25:342**
2. **Mary Miller 30:15 1st woman**
3. **Vern Keller 31:23**
4. James Canning 32:32
5. Rick Spencer 32:34
6. Stephen Wilson 35:14
7. **Greg Wall 35:51**
8. **Debra Perkins 36:42**
9. Kathy Snyder 37:04
10. **Toney Lorenz 37:29**
11. **Jim Gross 37:33**
12. Donnie Haworth 38:07
13. **Robin Michael 38:20**
14. David Whiteman 39:53
15. Jim Brett 40:09
16. Lisa Price 40:10
17. **Jan Wall 40:12**
18. **Anita Dillman 41:35**
19. Charles Sovern 42:02
20. Bev Stout 42:02
21. Sherry Van Matre 42:02
22. Lindsay Poole 42:52
23. Elisha Hughes 43:09
24. Lori Akers 43:09
25. Beth Green 43:09
26. **Carrie Williams 43:25**
27. **Angela Lorenz 44:16**
28. **John Mohr 44:22**
29. **Jayne Stucker 44:32**
30. James Knolinski 44:55
31. **Robert Cupp 45:45**
32. Tanner Tatman 46:44
33. Andrea Thompson 46:45
34. Laura McClelland 46:48

35. Carlyn McClelland 46:52
36. Debbie Tatman 46:59
37. **Mary Lou Rutherford 47:20**
38. Tina Kenyon 47:43
39. Lisa Sheets 47:43
40. Tina Robinson 48:45
41. Jia Hardimon-Eddington 48:45
42. Kristina Upchurch 48:49
43. Pamela Durham 48:50
44. **Carol Savage 48:57**
45. Kathy Harbaugh 49:10
46. John Harbaugh 49:11
47. Edwin Krull 49:13
48. Carol Ives 49:30
49. **Anh Lee 49:30**
50. Trish Walker 49:57
51. Terry Scott Hall 50:09
52. Rachel Pitner 51:52
53. Jacob Pitner 51:52
54. Katie Voorhis 51:56

1 Mile Fun Run

1. Kailey Kidwell 6:28
2. Ethan McMinn 6:45 1st male
3. Rob McMinn 6:50
4. Casey Lechner 7:01
5. Austin McMinn 7:22
6. Madeline McKinney 7:23
7. Erik Olsen 7:59
8. Caden Lechner 8:11
9. Emma McKinney 8:20
10. Noah Gallaher 8:37
11. Alex Anderson 8:50
12. Molly Dowden 8:56
13. Grace Bagwell 8:59
14. Lauryn Hicks 10:01
15. Aidan Howard 10:04
16. Javin Phelps 10:24
17. Jason Rush 10:25
18. Breann Gallaher 11:38
19. Olivia Hicks 11:45
20. Bret Shorter 11:54
21. Emily Riggie 12:05
22. Morgan McFarlane 12:34
23. Madison Shorter 12:35
24. Gretchen Riggie 12:47
25. Allison Shorter 12:58
26. William Cleary 13:58
27. Graham Bagwell 14:28
28. Landon McKinney 14:30

257 Trish Williams 54:39.5	262 Terry Kimberlin 56:15.3	267 Jaimie Leeper 59:12.5	272 Gina Nethercutt 1:02:54.5	276 Boone Sumatri 1:10:50.6
258 Clark Miller 54:39.9	263 Susan Cameron 56:24.4	268 Andrew Wright 1:01:42.9	273 Dawn Hiatt 1:02:55.7	277 Keith Hiatt 1:17:50.4
259 Deb Miller 54:40.3	264 Charlie Slavens 56:53.8	269 Sarah Wright 1:01:44.1	274 Addison Nethercutt	
260 Sue Babb 54:58.6	265 Barbara Reed 57:08.2	270 Gary Kinsey 1:01:57.7	1:02:58.9	
261 Norma Kimberlin 56:14.3	266 Christian Leeper 58:11.3	271 Susan Forker 1:02:04.3	275 Jacob Hiatt 1:03:00.8	

Panther Prowl 5K Russiaville, IN Saturday, July 20th, 2013

5K Run

1. Matt Grider 15:49
2. Kory Kennedy 16:35
3. Riley Worl 16:46
4. Parker Jones 17:11
5. Riley Carter 17:24
6. Matt York 17:55
7. Jordan Fivecoate 17:59
8. Jeremy Breedlove 18:13
9. Auston Davenport 18:18
10. Mark Boss 18:49
11. Josh Everetts 19:03
12. Ethan Sharp 19:05
13. Byron Bundrent 19:17
14. Braden Timmons 19:22
15. Jordan Ousley 19:50
16. Grant Harbaugh 20:22
17. Josh Scott 20:38
18. Jadyn Whitehead 21:02
19. Noel Shafer 21:27
20. Kyle Copenhaver 21:37

21. Cami Hansen 21:38 1st woman
22. Gary Callahan 21:39
23. Paul Paese 21:42
24. Mike Wilson 21:47
25. Adam Lyons 21:48
26. Phil Rozzi 21:59
27. Scott Riggie 22:18
28. Reagan Ritchie 22:24
29. Carly Jones 22:53
30. Tara Rodriguez 23:08
31. Michelle Nicholson 23:21
32. Paul Wyman 23:33
33. Aaron Bahney 23:39
34. Ella Kantz 23:57
35. Roger Worl 23:59
36. Nathan Nicholson 24:13
37. Logan Buck 24:17
38. Greg Townsend 24:21
39. Teresa Worl 24:28
40. Hulka Shelby 24:41
41. Ron Greene 24:52
42. Natalie Nicholson 24:56
43. Mark Shorter 25:01
44. Amy McKittrick 25:15
45. Jana Curry 25:17
46. Taylor Nunan 25:26

47. Shelly Wyman 25:35
48. Keith McAndrews 25:39
49. Anne Kantz 25:45
50. Brayden York 25:53
51. Anna Rangel 26:14
52. Andy Smith 26:21
53. Lisa Rhine 26:30
54. Scott Deyoe 26:32
55. Whitney Worl 26:34
56. Elizabeth Sasso 26:54
57. Gwen Grimes 27:00
58. Russ Hovermale 27:13
59. Kristina Appelhans 27:48
60. Ethan Akers 27:53
61. Adriene Riggie 28:04
62. Jeff LaDow 28:19
63. Laurie Ousley 28:24
64. Krista Vrooman 28:28
65. Hunter Purtee 28:32
66. Charlie Skoog 28:32
67. Joyce Pennycoff 28:48
68. David Hughes 28:50
69. Missy Sutton 28:51
70. Austin Middleton 29:42
71. Aaron Craig 29:43
72. Robin Tetrault 29:52
73. Michael Graham 29:54

74. Laura Cook 30:25
75. Andie Arnett 30:39
76. Ricke Stucker 31:27
77. Faith Mooney 31:36
78. Carrie Gruel 31:48
79. Lori White 31:54
80. Mary Sully 31:54
81. Megan Hampshire 32:02
82. Hulka Jenna 32:45
83. Cara McKellar 33:22
84. Kelsie Cook 34:32
85. Doug Mankell 34:46
86. Debra Perkins 35:21
87. Jeff Perkins 35:41
88. Maria Cline 36:19
89. Max Garro 37:01
90. Karen McCoy 37:29
91. Vickie Bennett-Thomas 37:41
92. Jeannie Townsend 37:42
93. J.P. Wyman 39:09
94. Tracy Purtee 40:56
95. Riley Case 40:57
96. Kaye Simmons 41:04
97. Sue Keller 47:27

5K Walk

1. Mary Miller 31:23
2. Carol Aders 32:28
3. Vernon Keller 33:24 1st man
4. Greg Wall 37:35
5. Kathy Snyder 38:49
6. Jan Wall 42:37
7. Jane Inman 43:04
8. Robin Michael 45:08
9. Jane Stucker 48:33
10. John Harbaugh 48:33
11. Mary Lou Rutherford 49:10
12. Debbie Tatman 49:55
13. Andrea Wesner 49:56
14. Nancy Silvey 51:59
15. Andy Wesner 57:17

1 Mile Fun Run

1. Neo Klein-Shafer 10:12
2. Emily Riggie 10:16
3. Ethan Sizelove 12:43
4. Gretchen Riggie 14:02
5. Ava Kantz No Time

Touching Testament of Our Member

As the fairly new member of CKRR and now as the editor of the newsletter, I am amazed with our club membership and their desire to share their love of physical activity and their fellowship one to another. Recently I have seen this once again as our member Ray Tetrault, who openly shares his time and talents with the club opened up to share this new 'chapter' in his life. With his permission, I share the two following posts from Ray as I share 'from his own words.' Please continue to keep Ray, Robin and their family in your thoughts.

July 24, 2013 'Tomorrow morning I get to begin a new chapter in life, one I didn't see coming. I begin treatment for bladder cancer with a less than desirable surgery tomorrow. July 2013 will remain the most memorable one of my life. I lost my dad to cancer suddenly July 3, came home to go right out to D.C. for the NADCP conference, and home to the diagnosis. My approach is the same one I used for decades of run...ning. Get going at the start, maintain a winning pace and finish strong and well. I recognize God has more to do with the outcome than I do and am glad to put my life and family in His hands. For all of you who love me and have called me-thank you- it would truly be impossible to have a better family or better friends. And to everyone at my Grace family- you know you are making me a better pastor and person day by day as we walk together. And to all those who consider me one of their coaches or running pals- thanks for the support, the miles, the goals, the tears, and all the other components of the wacky world of running. And to that special group of Western girls- if you could just somehow stop being so awesome I might be able to quit coaching. Thanks Joni for the privilege and opportunity to be with the team. I still have no idea why you asked me to be a part, but I am so thankful you did! To the starting line I go...'

July 30, 2013 'I appreciate all the calls and desire to know what is going on with me. Although I feel much better having the cancer out, I am still weak and have recovery because my bladder and prostate had tissue removed. The best way to describe the pain is it is raw. And underwater raw tissue doesn't heal all that fast. Here is the diagnosis: The cancer was an invasive, aggressive kind of cancer. This means ...that even though the cancer mass is gone I will be treated to kill off the cancer cells still lurking around. The treatment choice is to insert BCG, which is a tuberculosis vaccine, into my bladder starting in about 4 weeks. This treatment will be done one time a week for 6 weeks. If this is deemed successful than I will be checked every few months for a few years. If it is not successful my bladder will be removed and I will have a "collection" bag for the years I have left. This will leave other treatment options still in the toolbox in case the cancer comes back at a later date.

I am still grateful to have been given life by God and given time to have a family and have friends, to forgive, to love, to enjoy life, to go through dark days clinging to each other and rejoice through great moments. I was asked if this shakes my faith and the answer is, "Not at all!" It would be meaningless faith to bless and thank God when all is well. God is good, always has been and always will be. Nothing changes His character. I love the definition of faith which says, "Faith is believing God has good intentions for me even when the outward circumstances didn't indicate it was so." God has good intentions for everyone! If you do not belong to Him, you are missing out on the greatest life possible! Thank you again for loving me in profound ways everyone!'

Remaining 2013 Point Races

August 3

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

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 – Dana Neer

NOTICE – DATE CHANGE

August 24

St. Joseph Foundation's
Runnin' the Shores 5K Run/Walk
Time: 8 am
Location: Champaign Shores
Contact: Todd Moser
Phone: 456-5406

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: Grace U.M.C.
Race Director - Rebecca Monroe

September 21 - CHANGED

H.E.S.P. 5K Kokomo
Kokomo High School
Door 13
Time: 8 am
Race Director - Vicky Boles
Phone: 765-437-4318

September 28 - CHANGED

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

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

8-1 Chari Deyoe
8-1 Marianne Wilson
8-2 Christina Deyoe
8-2 Kylie Betzner
8-6 Erin Knepley
8-6 Jan Wall
8-6 Mary White
8-7 Kobi Moore
8-9 Anita Upchurch
8-10 Ann Hubbard
8-10 Sarah Hughes
8-11 Adriene Riggie
8-12 Phil Rozzi
8-15 Alanna Echols
8-15 Susan Gerhart
8-18 Aaron Craig
8-18 Bob Longwith
8-18 Jean Heffin
8-21 David Reinagle
8-22 Kevin M. Whitted
8-25 Cathy Longwith
8-25 Jerry Leach
8-26 Jana Curry
8-27 Parker Jones
8-28 Billy Stanton
8-28 Chris James
8-28 Lauren Weber
8-30 John Anderson

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Train, don't strain -

copied from the RRCA website

You do not have to work "all out" to benefit from running. In fact, doing may bring your running to a quick end. Getting in shape is not effortless, but it shouldn't be exhausting either. Here's how you can train, not strain:

- Take the "talk test". Runners should be able to talk (but not sing or whistle) while running at training pace. When running faster, such as during a race or a speed session, talking should be an effort but you should not totally winded.
- Walk when needed. Many beginners feel that walking is "giving up". Not so! Remind them that the key is to keep moving, even if you walk 90% of the time at first. Consistency is much, much more important than intensity.
- Take water breaks. Especially in the summer, but all year long, it's vital to stay hydrated before, during and after running workouts.
- Take a day off when needed. Beginners should NOT run every day. Every other day (three or four runs a week) is plenty. A day off gives muscles a chance to rest, and encourages runners to try other activities to keep their program varied and interesting.
- Don't give up.

WORTHY NOTES

Tami Moore ran the Planet Adventure Half with a time of 2:34 and the Indy 500 with a time of 1:56

Jenni Ortman ran the Manitou 5K and won her age group.

Wednesday Night Results

Jackie Sanders Miracle Mile Wednesday, July 3, 2013 Highland Park Walk/Bike Path

1. Parker Jones 5:04
2. Joshua Hughes 5:10
3. Michael Anderson 6:32
4. Kailey Kidwell 7:10
5. Phil Rozzi 7:12
6. David Baltazar 7:45
7. Ron Greene 7:53
8. Jacob VanHorn 8:27
9. Greg Townsend 8:29
10. Kayla Bullock 8:35
11. Tausha Shackelford 8:42
12. Hannah Moore 8:43
13. Isaac Baltazar 8:55
14. Anna Bullock 8:57
15. Dorian Gray 8:57
16. Jeff LaDow 9:03
17. Chad Shackelford 9:05
18. Sheree Bullock 9:06
19. Kristin Kidwell 9:09
20. Alex Anderson 9:25
21. Bruce Savage 9:48
22. Kevin Campbell 10:41
23. Chris Campbell 10:41
24. Vicki Bennett-Thomas 10:49
25. Thomas Anderson 11:15
26. John Anderson 11:16
27. Geana Moore 11:29
28. Ann Hubbard 11:50
29. Jerry Leach 13:12
30. Theresa Barlow 13:12
31. Piper Anderson 14:20
32. Angela Anderson 14:21
33. Joe Yeagle 14:25
34. Carol Savage 15:51
35. Kendra Tyler 22:24
36. Melissa Hill 22:24
37. Teresa Tyler 22:24

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

1. Joshus Hughes 18:17
2. Tyrone Edens 21:18
3. Adrienne Shepherd 21:23
4. Chris Campbell 22:13
5. Charley Werst 22:19
6. John Anderson 22:37
7. Phil Rozzi 23:20
8. Carly Jones 23:52
9. Natalie Nicholson 25:08
10. Michelle Nicholson 25:09
11. Greg Townsend 25:28
12. Ron Greene 25:30
13. Tausha Shackelford 27:03
14. Melissa Kidwell 28:55
15. Jeff LaDow 29:14
16. Parker Jones 29:55
17. Gwen Grimes 30:07
18. Ann Hubbard 36:44
19. Shirley Bugher 46:05

Jackie Sanders Miracle Mile Wednesday, July 10, 2013 Highland Park Walk/Bike Path

1. Joshua Hughes 5:39
2. John Anderson 6:34
3. Phil Rozzi 7:20
4. Ari Leger 7:58
5. Joel Schmidt 8:08
6. Tausha Shackelford 8:20
7. Ray Tetrault 8:34
8. Alex Anderson 8:35
9. Greg Townsend 8:50
10. Chad Shackelford 8:58
11. Kevin Campbell 9:42
12. Charlie Skoog 9:54
13. Luke Leger 10:21
14. Bruce Savage 10:26
15. Valerie Leger 10:47
16. Robin Tetrault 10:53
17. Samuel Jones 10:55
18. Vicki Bennett-Thomas 11:19
19. Mike Thrasher 11:31
20. Thomas Anderson 12:08
21. Michael Anderson 12:09
22. Jennifer Miller 12:13
23. Mary Barnes 13:11
24. Jerry Leach 13:19
25. Theresa Barlow 13:20
26. Emily Leger 13:50
27. Piper Anderson 13:57
28. Angela Anderson 13:57
29. Jonah Jones 14:13
30. Diana Jones 14:13
31. Audrey Miller 16:01
32. Randy Miller 16:12
33. Lawanna Waggoner 16:22
34. Peggy Faulkner 16:22
35. Carol Savage 16:34

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

1. Parker Jones 17:35
2. Tyrone Edens 22:07
3. Phil Rozzi 24:09
4. Jady Whitehead 25:21
5. Natalie Nicholson 26:26
6. Michelle Nicholson 26:26
7. Tausha Shackelford 27:01
8. Greg Townsend 27:19
9. Emma Marley 27:21
10. Logan Boyer 27:23
11. Emilie Hubbard 29:05
12. Jeff LaDow 29:30
13. Vern Keller 33:53
14. Ann Hubbard 37:04
15. Mary Barnes 41:49
16. Shirley Bugher 46:42
17. Peggy Faulkner 50:34

Jackie Sanders Miracle Mile Wednesday, July 17, 2013

Highland Park Walk/Bike Path

1. Corey Moore 7:27
2. Charley Werst 7:27
3. Christian High 7:28
4. Michelle Nicholson 7:46
5. Parker Jones 8:05
6. Gwen Grimes 8:10
7. Joel Schmidt 8:12
8. John Cleaver 8:57
9. Jeff LaDow 9:14
10. Alex Anderson 9:14
11. Owen Gwinn 9:41
12. Cara McKellar 9:36
13. Greg Townsend 9:44
14. Charlie Skoog 9:52
15. Kevin Campbell 10:20
16. Austin McCartney 10:33
17. Mike Thrasher 10:36
18. Mackenzie Foye 10:49
19. Kobi Moore 11:35
20. Tami Moore 11:36
21. Melissa Jones 12:57
22. Jerry Leach 13:03
23. Vicki Bennett Thomas 13:03
24. Thomas Anderson 13:12
25. Michael Anderson 13:13
26. John Anderson 13:14
27. Shirley Bugher 14:13

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

1. Parker Jones 17:59
2. Phil Rozzi 22:57
3. Christian High 23:16
4. Charley Werst 23:16
5. John Cleaver 26:35
6. Michelle Nicholson 26:46
7. Greg Townsend 26:54
8. Logan Boyer 27:46
9. Ron Greene 27:48
10. Nathan Nicholson 28:06
11. Jeff LaDow 29:09
12. Natalie Nicholson 31:49

Jackie Sanders Miracle Mile Wednesday, July 31, 2013 Highland Park Walk/Bike Path

1. Jeremy Breedlove 5:12
2. Parker Jones 5:29
3. Jady Whitehead 5:41

4. Lily Addison 6:59
5. Charley Werst 7:07
6. Phil Rozzi 7:31
7. Kayla Bullock 7:40
8. Shomay Sarver 7:41
9. Maria Miller 7:50
10. Kara Miller 8:00
11. Anna Bullock 8:13
12. Chad Shackelford 8:41
13. Shane Jackson 8:42
14. Greg Townsend 8:50
15. Melissa Kidwell 9:18
16. Charlie Skoog 9:27
17. Luke Miller 10:10
18. Julie Miller 10:10
19. Meagan Miller 10:17
20. Andy Miller 10:18
21. Audrey Miller 10:30
22. Bruce Savage 10:54
23. Vicki Bennett Thomas 11:04
24. Mackenzie Foye 11:17
25. Melissa Jones 12:02
26. Mary Barnes 12:13
27. Theresa Barlow 12:53
28. Jerry Leach 12:53
29. Carol Savage 16:12

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

1. Parker Jones 17:44
2. Jady Whitehead 19:56
3. Andy Miller 19:56
4. Julianne Miller 21:45
5. Charley Werst 22:11
6. Tyler Martin 22:33
7. Christian High 22:36
8. Phil Rozzi 22:39
9. Shomay Sarver 24:14
10. Lily Addison 24:22
11. Travis Addison 24:40
12. Greg Townsend 25:53
13. Molly O'Keefe 25:31
14. Jeremy Breedlove 25:31
15. Emma Marley 27:50
16. Logan Boyer 28:56
17. Kristyn Kidwell 28:57
18. Gwen Grimes 29:48
19. Boo Addison 32:02
20. Dorian Gray 32:22
21. Mary Barnes 40:11
22. Jane Inman 42:32
23. Shirley Bugher 45:09

Points Standing

Night Flight, Amboy, Old Ben, Ultimate, Bona Vista, Norris Ins, MCF Prison Breakout, Almost Free Race, Haynes Apperson, Race for Grace, Panther Prowl, M-Marathon, H-Half-Marathon or V-Volunteer.

Runner 0-12

Female

Ella Kantz 3-60
Maya James 1-20
Anna Weitzel 1-20 V
Madison Clever 1-15
Lauren Weber 1-15
Sophia Wyman 1-12

Male

Brayden York 8-160
John Paul Wyman 3-42
Corey Moore 3-37
Jonah Hughes 2-24
Isaac Maurer 1-20
Nathan Gollner 1-15
Vinh Lee 1-15
Kobi Moore 1-10

Runner 13-19

Female

Emilie Hubbard 10-162
Tara Rodriguez 5-95
Carly Jones 2-35
Alanna Echols 1-20
Elise Glover 1-20
Nicole Hampshire 1-20
Kate Steiner 1-20
Hannah Gollner 1-15
Emma Nixon 1-15
Kasey High 1-12
Jillian LaDow 1-9

Male

Jeremy Breedlove 6-115
Jordan Fivecoate 4-65
Noah Hughes 3-45
Samuel Bettegnyes 2-32 H
Dorian Gray 1-20
Keagan James 1-20
Minh Pham 1-20
Sam Luginbuhl 1-15
Landrum Neer 1-12

Walker 13-19

Male

Teng Lee 1-20

Runner 20-24

Female

Kelsey Kennedy 7-140
Nikki McCracken 3-60 H
Jessica Sheets 1-15
Mindy Oakes 1-12

Male

Kory Kennedy 9-180
Parker Jones 10-165

Runner 25-29

Female

Jenna Clark 4-80
Kathryn Wall 4-75
Laura Hefflin 2-30
Connie Gish 1-12

Male

Jordan Ousley 5-100

Walker 25-29

Male

Vince Lorenz 9-180

Runner 30-34

Female

Amanda Fernandes 3-60
Angela Anderson 4-54
Valerie Leger 3-42
Melissa Goad 2-40
Rebekah Monroe 2-32
Kathleen McKinney 1-15

Male

Michael Anderson 4-80
Luke Leger 3-45
Billy Cox 1-12

Runner 35-39

Female

Sharon Whelan 7-96
Jennifer Van Horn 5-76
Adriene Riggle 5-70
Kelly Wright 3-60
Anna Kantz 3-50
Tarin Serra 3-50
Angie Gollner 2-40
Stacey Bettegnyes 1-20 H
Nikole Frazier 1-15
Tausha Shackelford 1-12
Darcie York 1-9

Male

Matt York 10-200 MH
Chris Lasley 5-85 H
Aaron Craig 3-50
Carey Stranahan 1-20
Moe Wright 1-12

Runner 40-44

Female

Shelly Wyman 5-95
Patricia Weitzel 4-70 V
Dana Culp 2-40
Heather Weber 2-40
Mary White 1-20

Male

Scott Riggle 4-72
Paul Wyman 5-64
David Reinagle 4-61
Chris James 3-55 H
Scott Colford 2-40
Christian High 2-35
T.A. Weber 2-30
Steve Williams 2-27
Steve Gollner 1-20
Randy Maurer 1-15
Tony White 1-15

Runner 45-49

Female

Tami Moore 8-155 HH
Laura Cook 7-104
Joni McCracken 3-55 H
Valerie Merrick 2-40
Jenni Ortman 2-40 MH
Cindy Stone 2-35 H
Nancy Anderson 1-20
Linda Kendall 1-20 V
Terri Jackson 1-15
Laura Sheets 1-12

Male

Michael Graham 11-178 V
Jack Reed 8-125 H
Ron Moore 6-120 M
Dana Neer 2-40 H
Jay Priest 2-35
Dan Lutes 2-32
Scott Glover 1-15
John Anderson 1-12
Terry Jones 1-10

Walker 45-49

Female

Carol Savage 5-95
Anh Lee 2-35

Runner 50-54

Female

Cara McKellar 8-130
Roxane Burrous 6-120
Marianne Wilson 8-114
Ann Hubbard 8-106 V
Laurie Ousley 6-99
Theresa Barlow 1-20 V
Tracy Brown 2-19

Male

Phil Rozzi 12-207 HH
Scott Deyoe 9-131 MH
Paul Sanders 6-100
Byron Bundrent 3-60
Jerry Long 3-55
Bruce Savage 5-50
Al Hochgesang 3-42
Ken Swinehart 3-36
Kevin Campbell 2-18
Matt Steiner 1-12

Walker 50-54

Female

Mary Miller 11-220
Jayne Stucker 9-125 V
Jane Inman 8-119 H
Jean Hefflin 5-69 V
Chari Deyoe 3-55 HH
Raye Jean Swinehart 3-50

Male

Steve Inman 3-60 V
Kevin Whitted 1-20

Runner 55-59

Female

Anna Rangel 10-170
Jana Curry 8-155
Robin Tetrault 7-98 M
Debra Perkins 3-32
Vicki Boles 1-20 V
Mary Barnes 1-10
Thomas Vicki Bennett 1-9

Male

Greg Townsend 10-166
Mike Deardorff 9-147 H
Keith McAndrews 5-87
Ray Tetrault 7-82
Russ Hovermale 5-61
Jeff LaDow 4-46
Ron Green 3-42
Jerry Meiring 3-35
Terry Townsend 1-20 V
Jeff Perkins 2-16
Earl Strong 1-12
Will Daehler 1-10

Walker 55-59

Female

Barbara Hobbs 3-60 HH

Male

Rick Spencer 7-140

Runner 60-64

Female

Joyce Pennycoff 8-160 H
Jeanie Townsend 8-126 V
Sue Keller 7-91
Rhenda Acton 5-80
Robin Cole 3-47
Anita Frazier 1-20

Male

Mark Shorter 11-220 H
Charlie Skoog 6-100 V
Bill Menges 5-69
Steve Kildine 2-30 V
Tom Miklik 2-30
Joe Yeagle 1-20 V

Walker 60-64

Female

Jan Wall 11-220 H
Carrie Williams 6-90
Angela Lorenz 4-51
Judy Trobaugh 2-27

Male

Vern Keller 9-180
Greg Wall 11-171 H
Toney Lorenz 8-98
Robin Michael 8-95
Steve Wilson 6-65
Melvin Hobbs III 3-49 HH
James Canning 1-15

Runner 65-69

Female

Susan Gerhart 2-40 H

Male

Gary Callahan 9-180
Ricke Stucker 11-155
David Hughes 10-143
Doug Mankell 6-60
Jim Burrous 1-20 V

Walker 65-69

Female

Mary Lou Rutherford 9-155
Anita Dillman 7-140
Diana Brown 1-20 V

Male

Bob McBride 4-80
Richard Kerkhof 1-20 V

Runner 70-74

Male

Billy Stanton 6-120
John Peters 5-90
Stan Shuey 5-77 V
John Norris 1-20 V
Dale Sullivan 1-15

Walker 70-74

Male

Jim Gross 6-120
John Mohr 7-120 H
Dan Coughlin 1-20 V
Jerry Leach 1-20 V

Runner 75-79

Male

Riley Case 2-40
Robert Cupp 2-40

Walker 75-79

Male

Jerry Lambert 6-120
Dick Summerton 2-30

Walker 80+

Male

Milt Brown 1-20

Veteran Coach Selected

Veteran Kokomo High School distance coach Ricke Stucker has been selected to serve on the 2013 Indiana All-Star cross country team's coaching staff by the Indiana Association of Track and Cross Country Coaches (IATCCC).

The boys' and girls' all-star teams will be selected at the state finals on November 2nd at Terre Haute. The top 12 senior boys and top 12 senior girls will qualify. The Indiana All-Stars will compete in the Mid-East Meet of Champions on November 16th in Kettering, Ohio. Illinois, Michigan, and Ohio will have teams in this year's meet.

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

Coach Stucker has been an Indiana All-Star coach six times, once in girls' track and 5 times in boys' and girls' cross country. This is his 45th year as KHS's head boys' cross country coach.



Photos from the
Awards Open House
– Aug 1, 13

Coyote Kids 2013 – 10 years and running strong

It is hard to believe we have completed 10 years of Coyote Kids! We had another successful year at Coyote Kids 2013. We had exceptional weather (except for the flood of 2013) and were able to hold all 6 weeks! We had 866 young people register this year. Because it was our 10th year of the running of Coyote Kids we offered a free t-shirt to those that pre-registered or registered the first night.

We had awesome sponsors that supported us so that we could continue to have a quality, FREE program for kids! The sponsors are listed at the bottom of this article. Be sure to use their services and say thanks for making our program a success.

We had a superb turnout at the awards open house. We had a treat of Little Caesar's pizza to serve all of the families that came out from 5 – 7 pm on August 1st. Of the 866 kids that registered this year, we had 282 run 4 or 5 weeks of the 6 and get a participation trophy. That is an awesome number of kids! And for the perfect attendance trophy we had 158 kids! It is very difficult to come all of those weeks as there are many sports, activities, and vacations pulling on families in the summer months. Thank you to all of the families that made that extra effort to support our program. We do this for you. We want to encourage fitness and exercise as a way of life in Club Kokomo Roadrunners.

A HUGE thank you to all of the faithful volunteers that make our program a success! Ray and I could not do this alone. Those of you that volunteered are a blessing to us! A BIG thank you to Joni McCracken for improving my results program to make it a breeze to enter this year! Also a thank you to Ridge Knarr for updating our website each week with results while finishing his college degree! Thank you to those of you that were faithful to help us set up each week in the heat so we were ready for those smiling kids. Thanks to the registration and pre-registration team for making that run smoothly with the awesome bracelets, and to the finish line with results, popsicles, and ribbons. We would also like to thank the Western Cross Country Girls' team for leading and encouraging the runners this year. We will be cheering for you this fall!! You never know what a role model you are to the younger kids. Who knows who will be the next champion in the year 2020?! It may be another Coyote Kid like Waverly Neer, or Bethany and Brittany Neeley!

A special thank you to all of you that stepped up at the end of Coyote Kids when Ray was diagnosed with bladder cancer. He had to have surgery and missed the last 2 weeks of Coyote Kids. It was awesome to see the program go on without a hitch! You all make this program work and we can't thank you enough. Ray is healing and will have continued treatments over the next two months to kill any remaining cancer cells. We continue to ask for prayers for recovery and strength so he can run again soon. We love you all and encourage you to become active in YOUR club! It'll change your life, just like it changed ours!

2013 Sponsors were: Goodfellows of Kokomo, Inc, Mark Dabrowski, Norris Insurance, Grace Fellowship Church, Bagwell Events, Club Fitness 24 by Powerhouse Gym of Kokomo, Community Howard Regional Hospital & Central Pediatrics, Red Dot Trophy, Dr. Syed Hussain, Brent Dechert, The Wyman Group, Judge Bill & Marty Menges, and Little Caesar's Pizza.

Captain and Mrs. Coyote (aka-Ray & Robin Tetrault)

Girls Night Out 2013 to benefit Open Arms

Yet again, the Girls Night Out is here for its 6th year in a row but as always it is More than a race, it is an event to celebrate, encourage and inspire women of all ages. “Objects in the Mirror are Stronger than They Appear” is the underlying theme with Rosie the Riveter as our iconic mascot. That’s why we are selecting Open Arms Shelter for Women and Families as our charity this year. We also have established a great partnership with Grace United Methodist Church who will host our registration area and post- race festivities. Also new this year we will be accepting donations on the day of the event. These items will go directly to the women and children of Opens Arms. Suggested items would be: Feminine hygiene products, baby wipes, and boxed non-perishable food items. Grab your girls and get out there for a wonderful cause! Saturday, September 14th. Registration opens at 3PM, 5K Walk/Run begins at 5PM . A Just a few perks participants will receive: a Custom long sleeve race shirt, custom tote bag, door prizes, age group awards, custom jewelry for overall run/walk winner, post- race snack, pre-race yoga, “Rosie” back drop photo opt! Email me if interested in volunteering opportunities. Rebekah.a.monroe@gmail.com



The following is an article titled, *LEAVING MY TOMB, Walking into the Light*, from the February 2013 Kokomo Rescue Mission newsletter. This is Stacy’s story...*Imagine never knowing a moment of joy in your life. Never knowing a moment that was not black, paralyzing pain. You live your life with a protective wall no one can penetrate. Your life is worthless, useless and unlovable. You hate yourself, you hate everyone else and you hate God. That’s what happens when your father molests you for almost 12 years — and he’s a pastor. Yes, that’s what happened to me. I escaped home when I was 15, and I spent the next 17 years on and off the streets, filling my body with marijuana, Valium, Xanax, cocaine, ecstasy, PCP, mescaline, methamphetamines, heroin, crack cocaine and more. Anything to numb the pain, anything to keep me awake so I did not have to sleep and face the nightmares. I was determined to abuse myself to death. By January 2011, my arms were covered with bruises, scars and needle marks. But for some reason, I decided I wanted to live. That’s when I came to Kokomo Rescue Mission’s Open Arms for women like me.*

Love Seeping In: *My father died a week later. His death shook me up. At first, I didn’t know what to feel. But I knew I had to open my life to God and change. One day, I put my face to the ground and said, “God, I cannot do this. I can’t fix my life. It’s time for you to take control.” I suddenly felt a rush of something I’d never experienced before in my life. It was like I could hear God speaking, I could feel him so near. I shouted out loud to the other women, “Oh my gosh, I think I felt God!” I didn’t know it then, but I felt joy. For the first time ever. I’ve been here nine months now. The walls around me are falling and love is seeping in. The Bible says that when Jesus died, they buried him in a dark, black tomb. But on Easter Sunday, He rose again, came out of the tomb, and walked into the light. I believe that story is true, because He’s done the same thing for me.*

Chaplain’s Chatter

Summer vacation is ending and local schools are convening. Fall approaches. High school cross country and football seasons begin. The Colts look to improve their performance. Coyote Kids completed another successful season. Ray Tetrault is recovering. These are promising times. We are blessed!

Have you ever fallen back into old, bad habits? You knew it would happen. Will you ever get free of these habits? Are you concerned about your future? We all should be. God is even more concerned because He loves us and cares what happens to us.

We can turn to Him and seek His help. If God didn’t care about us, or if He were angry and had given up on us, then we’d have no reason to expect His help. But God is not that way. No matter who we are or what we’ve done, God cares what happens to us and wants to help us. The Bible says, “The Spirit (of God) helps us in our weakness.” (Romans 8:26).

Begin a new life today by confessing your sins to God and asking Jesus to come into your life. Then tell Him that you can’t overcome your problems on your own, and that you need His help. From that moment on, you won’t be fighting the battle alone. The Bible’s promise is true: “The Lord is with me; He is my helper; I will look in triumph on my enemies.” (Psalm 118:7)

Always thank God for His gift of grace!
Ricke



July Mtg Minutes

1. Called to order by Patricia Weitzel
2. Approval of January Minutes – Motion by Linda Kendall - seconded by Charlie Skoog – motion carried.
3. Mark Shorter gave the treasures report.
4. No final report on the Haynes Apperson. There were less people this year. There were fewer races in June so the registrations were not out there. Charlie Skoog announces that he will not be serving as race director. Need someone to start thinking about being race director. Also last year we had several community service volunteers to assist with the race. All items to be considered for next year.
5. Jayne Stucker made motion to give \$100 gift card to Dale Howey for his years of service –

seconded by Vicki Boles.

6. Previous race director's binder which Bill Barnett help create was mentioned. Patty Weitzel will inquire about this binder.
7. Patty Weitzel asks for members to join a committee to discuss club events for 2014 – Jayne Stucker, Mark Shorter, Carol Savage, Ricke Stucker and Patty Weitzel volunteer for this group.
8. Terry Townsend gives an update on the early registration for the Highway Half. A total of 203 entries have been received – 116 for the half and 87 for the 5K. The goal is to hit 1,000 registrations.
9. Coyote Kids shirts are paid for. Through the first night, there were 731 registrations with additional registration after first night.
10. Vicky Boyles tells us the map has been drawn for the HESP. She needs volunteers for the event.

Those present were: Milt Brown, Jane Stucker, Ricke Stucker, Vicki Boles, Charlie Skoog, Mark Shorter, Patty Weitzel, Carol Savage, Bruce Savage, Stan Stuey, Terry Townsend, Richard Kerkhof, Robin Cole, Ron Greene, Greg Townsend, and Linda Kendall



**2936 Congress Drive
Kokomo, IN 46902**

DON'T MISS AN ANNOUNCEMENT

I have several members who have submitted their email address, but what I have is wrong. If you do not get emails with future race registrations, electronic version of the newsletter or special announcements, then please send me your email address.

E-MAIL:

editor@ckrr.us