

The RoadRunner

Club Kokomo Road Runners



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RUN@WORK Day and RUN@School Day Posters Available

On September 20, 2013 the Road Runners Club of America will promote the 8th Annual RUN@WORK Day and the 2nd Annual RUN@School Day, nationwide fitness efforts.

Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches parents, and individuals nationwide are encouraged to plan 30-minute fun runs and walks around the country with their employers or at local schools.

To help you plan your RUN@WORK Day or RUN@School Day, the RRCA has created the [RUN@WORK Day and RUN@School Day Planning Kit](#), [fact sheets](#), [promotional items](#), and [free promotional posters](#). Visit the RRCA.org website to download this information.

Club Kokomo Roadrunners Meeting - Aug 12,2013

1. Opening prayer by RickeStucker
2. Ray Tetrault is recovering from his illness
3. Brief Treasurer's report by Mark Shorter
4. Race Priority Committee Reported that they felt CK races should be in the following priority

CKRR Haynes-Apperson	CKRR Girls Night Out	CKRR New Year's Eve
CKRR Ultimate	CKRR Charity Run	CKRR Almost Free Run

 CK Cares run (Thanksgiving Day)
- They also stated that all of the above races and their committees should report frequently to the Club about their activities. It was noted that Girls Night Out committee has not done this lately. Also discussed was the Haynes-Apperson race committee and those that have volunteered for next year. Registration/entries-Mark Shorter and Stan Shuey, Awards-RickeStucker (and Chuck Finster of Red Dot Trophy), Timing/results-Ray and Robin Tetrault, Advertising (promotions)-Jayne Stucker, Traffic Control-Haynes-Apperson Committee Course Management, Water, Permits-Charlie Skoog
5. Highway Half/5K report by Terry Townsend. As of the meeting 340 total registered (202 for Half; 138 for 5K)
6. Steps to Recovery 5K-Charlie Skoog reported that awards will be given this year.
7. Girls Night Out-no report
8. HESP-Vicki Boles reported that the race will be held entirely on the grounds of Kokomo High School.
9. Bona Vista Run, Rock and Roll 5K-reported by Vicki Boles that their date for 2014 will be changed to eliminate the possibility of rain that has occurred the past 2 years. For 2014 the race will be June 7, 2014.
10. Charlie Skoog moved and Terry Townsend seconded "That Charlie be allowed to complete an emergency CK equipment request for the Gilead House Steps to Recovery 5K and give check to Treasurer." Passed

Meeting adjourned with those present - Patty Weitzel, Vicki Boles, Millt Brown, Charlie Skoog, Scott Deyoe, Ricke and Jayne Stucker, Ron Greene, Greg Townsend, Mike and John Anderson, Terry Townsend, and Mark Shorter.

**NEXT CLUB MEETING - MONDAY, SEPTEMBER 9TH
AT 6 P.M. AT MARTINO'S RESTURANT
SOCIAL HOUR AT 5 P.M.**

Remaining 2013 Point Races

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
GetMeRegistered.org

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&RobinTetrault& 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

UP COMING EVENTS

Glo-Run – October 26th @ 8:30 pm

It begins at the Round Barn Golf Course in Rochester
Indiana. It is a fun night time run with glow sticks and crazy
glowing outfits! Registration is \$20 and proceeds benefit
Ignite the Fire, a youth missions group at The Cross church
in Rochester. The contact number at the church is [574-223-3107](tel:574-223-3107) or tisha@thecross.org

The “One and Done” Offers a “One and Only” Price Cut

By Rebekah Monroe-Boley



The Highway Half “One and
Done” event will offer a “One and
Only” opportunity to turn back the
financial clock and allow
participants to pay the *early*
registration price! Starting
Monday, September 9th and
extending through Saturday,
September 14th the registration
fees for the half marathon and 5K
will fall back to \$50 and \$20

respectively. There are a few details you must adhere to in order to
get this great deal. This discount will only apply to those who
personally bring their completed entry form with payment into the
Kokomo YMCA during regular business hours September 9th thru
September 14th. This offer will not apply to mail-in or online
registrations. If you can't personally make it in than phone a friend
and have them drop it off for you☺. And to close out this great deal,
The Highway Half Committee will be accepting registrations on
Saturday evening September 14th at the Girls Night Out All Female 5K
Event in Downtown Kokomo starting at Grace United Church (corner
or Buckeye & Mulberry). The Highway Half committee has set out to
reach a goal of 500 individuals registered in each event to reach a
total of 1000 participants. This event represents more than a typical
race it is a one-time opportunity to provide a community wide health
and wellness activity to Kokomo and raise funds for the United Way
and YMCA Capital Building Project. If you haven't signed up yet then
this is the perfect reason to. Please feel free to email me with any
questions or if interested in volunteering at
Rebekah.a.monroe@gmail.com or log onto www.highwayhalf.org
for further information and event details.

WELCOME - New Members

Just Embry
Gabriela Embry
Sofia Embry



DONATIONS NEEDED!

Please take time to go through your t-shirts, shorts, and old tennis
shoes. If you would like to donate them to Maple Crest Middle
School, we will use them in our physical education classes.
Students come to school without the appropriate attire for class and
we would like to have a closet filled with needed items.
You can drop them off at Maple Crest or call me to meet you at a
designated site. Thank you! Vicki Boles 455-8085 ext. 332

**Jackie Sanders Miracle Mile
Wednesday, August 7, 2013
Highland Park Walk/Bike Path**

1. Jordan Fivecoate 5:21
2. Michael Anderson 6:24
3. John Anderson 6:26
4. Haley Martin 7:01
5. Cinnamon Andrews 7:20
6. Andy Curtis 7:22
7. Phil Rozzi 7:28
8. Ari Leger 7:39
9. Jeremy Breedlove 7:40
10. Kristina Moreland 7:40
11. Adrienne Shepherd 7:41
12. Joel Schmidt 7:57
13. Kayla Bullock 8:18
14. Rosellen Connolly 8:26
15. Anna Bullock 8:23
16. Mike Graham 8:34
17. Dorian Gray 8:35
18. Tausha Shackelford 8:44
19. Chad Shackelford 8:46
20. Jeff LaDow 8:46
21. Alex Anderson 9:03
22. Luke Leger 9:22
23. Charlie Skoog 9:24
24. Abby O'Keefe 9:47
25. Kathryn Lupacchino 10:07
26. Kevin Campbell 10:09
27. Bruce Savage 10:12
28. Jennifer Miller 10:18
29. AbbieO'keefe 10:40
30. Mike Thrasher 11:23
31. Vickie Bennett Thomas 11:48
32. Thomas Anderson 13:10
33. Molly O'Keefe 13:11
34. Theresa Barlow 13:29
35. Jerry Leach 13:30

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

1. Parker Jones 17:39
2. Jeremy Breedlove 18:05
3. Zack Duranto 18:25
4. Jeremy Gilman 20:14
5. Jady Whitehead 20:23
6. Charley Werst 22:54
7. Phil Rozzi 23:03
8. Cinnamon Andrews 25:43
9. Adrienne Shepherd 25:45
10. Tausha Shackelford 27:54
11. Jeff LaDow 29:39
12. Elise Glover 32:11
13. Vern Keller 33:13
14. Emilie Hubbard 35:37
15. Elizabeth Curtis 36:49
16. Andy Curtis 36:50
17. Ann Hubbard 37:35
18. Jane Inman 42:53
19. Sue Keller 44:52
23. Shirley Bugher 45:34

**Jackie Sanders Miracle Mile
Wednesday, August 14, 2013
Highland Park Walk/Bike Path**

1. Charley Werst 6:20

2. Andy Curtis 6:25
3. Cinnamon Andrews 6:33
4. Paul Sanders 6:48
5. Parker Jones 6:48
6. Ari Leger 7:22
7. Phil Rozzi 7:28
8. Shomay Sarver 7:30
9. Greg Townsend 7:34
10. Kayla Bullock 7:43
11. Anna Bullock 8:12
12. Phil Rozzi 8:15
13. Alex Anderson 8:25
14. Jeff LaDow 8:33
15. Elizabeth Curtis 8:34
16. Madelina Ryals 8:35
17. Chad Shackelford 8:59
18. Abbie O'Keefe 9:05
19. Hannah Reecer 9:07
20. Kevin Campbell 9:24
21. Jennifer Miller 9:42
22. Vern Keller 9:49
23. Bruce Savage 10:05
24. Mike Thrasher 10:23
25. Audrey Miller 11:04
26. Vickie Bennett Thomas 11:22
27. Sharon Whelan 11:46
28. Mary Barnes 12:06
29. Thomas Anderson 12:34
30. Michael Anderson 12:35
31. John Anderson 12:35
32. Shirley Bugher 13:11
33. Theresa Barlow 13:22
34. Jerry Leach 13:22
35. Sheree Bullock 14:39
36. Joyce Pennycoff 15:00
37. Vicki Boles 15:00
38. Doris Campbell 15:21
39. Emilie Leger 15:23
40. Valerie Leger 15:23
41. Carol Savage 16:48

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

1. Javier Vasquez 17:45
2. Parker Jones 17:52
3. Charley Werst 22:00
4. John Anderson 22:06
5. Paul Sanders 22:16
6. Andy Curtis 22:58
7. Molly O'Keefe 24:05
8. Shomay Sarver 24:11
9. Haley Martin 24:45
10. John Cleaver 28:34
11. Emilie Hubbard 28:56
12. Jeff LaDow 29:09
13. Kayla Bullock 32:06
14. Becky Werst 32:07
15. Robin Tetrault 32:11
16. Anna Bullock 32:56
17. Vern Keller 32:58
18. Gwen Grimes 33:19
19. Theresa Barlow 33:19
20. Zoe Hubbard 35:29
21. Ann Hubbard 35:29
22. Mary Barnes 37:42
23. Sharon Whelan 38:46
24. Shirley Bugher 43:17

25. Sue Keller 43:29
26. Sheree Bullock 43:57

**Jackie Sanders Miracle Mile
Wednesday, August 21, 2013
Highland Park Walk/Bike Path**

1. Parker Jones 5:50
2. Greg Townsend 7:36
3. Shane Fields 7:42
4. Kayla Bullock 8:15
5. Keith Vautaw 8:28
6. Chad Shackelford 9:16
7. Kevin Campbell 9:29
8. Bruce Savage 9:55
9. Dorian Gray 10:10
10. Charlie Skoog 10:10
11. Gwen Grimes 10:26
12. Audrey Miller 10:27
13. Mary Barnes 11:30
14. Vickie Bennett Thomas 11:58
15. Jerry Leach 13:06
16. Doris Campbell 13:21
17. Thomas Anderson 14:08
18. Alex Anderson 14:08
19. Michael Anderson 14:09
20. John Anderson 14:10
21. Allison Hatcher 14:39
22. Carol Savage 16:43

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

1. Parker Jones 18:27
2. Gerald Griffiths 19:40
3. Phil Rozzi 24:06
4. Keith Vautaw 27:38
5. Charlie Skoog 31:48
6. Kayla Bullock 32:24
7. Dorian Gray 32:25
8. Anna Bullock 32:29
9. Vern Keller 34:03
10. Rebekah Werst 36:39
11. Gwen Grimes 37:35
12. Shirley Bugher 45:04
13. Sue Keller 45:13
14. Issac Werst 47:12

**Jackie Sanders Miracle Mile
Wednesday, August 28, 2013
Highland Park Walk/Bike Path**

1. Gerald Griffiths 6:04
2. Parker Jones 6:08
3. Tyler Lechner 6:37
4. Payton Lechner 6:48
5. Phil Rozzi 7:03
6. Paul Sanders 7:04
7. Greg Townsend 7:44
8. Luke Lechner 8:23
9. Tausha Shackelford 8:34
10. Keith Vautaw 8:36
11. Kourtney Lechner 8:44
12. Karly Lechner 8:52
13. Chad Shackelford 8:54
14. Jeff LaDow 9:16
15. Bruce Savage 9:48
16. Amy Lechner 9:49
17. Shawn Lechner 10:58
18. Vickie Bennett Thomas 12:19

19. Shirley Bugher 12:52
20. Gena Wilimitis 13:03
21. Theresa Barlow 13:23
22. Jerry Leach 13:23
23. Alyssa Hatcher 13:41
24. Ewan Brothers 13:41
25. Melissa Jones 13:54
26. Gwen Grimes 14:43
27. David Brothers 15:38
28. Mya Brothers 15:40

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

1. Parker Jones 19:14
2. Gerald Griffiths 19:34
3. Charley Werst 22:28
4. Phil Rozzi 22:40
5. Paul Sanders 23:40
6. Keith Vautaw 26:48
7. John Cleaver 26:56
8. Tausha Shackelford 27:29
9. Jeff LaDow 29:20
10. Gena Wilimitis 41:08
11. Vern Keller 36:40
12. Shirley Bugher 44:39
13. Sue Keller 49:13

**HAPPY
BIRTHDAY!**

- 9-1 Valerie Merrick
- 9-4 Graysen Neer
- 9-4 Ron Moore
- 9-5 Bella Wright
- 9-5 Tausha Shackelford
- 9-6 Anna Dollens-Rangel
- 9-6 Anna Rangel
- 9-8 Amy Irick
- 9-8 Lilly York
- 9-8 Stacey Bettagnies
- 9-9 Anna Kantz
- 9-9 Vernon Keller
- 9-13 Earl Strong
- 9-14 Linda Donovan
- 9-16 Bill Bennett
- 9-16 Emily Riggie
- 9-16 Parks Ortmann
- 9-17 Corey Moore
- 9-17 Sandy Knowland
- 9-17 Steve Kilcline
- 9-18 Barbara Hobbs
- 9-20 Kelsey Weber
- 9-20 Nikki McCracken
- 9-21 Lara Felker
- 9-21 Sophie Frazier
- 9-22 Donald Andrews
- 9-26 Grace Bagwell
- 9-26 Theresa Barlow
- 9-27 Carly Jones
- 9-28 Devin Shackelford
- 9-28 Jenni Ortmann
- 9-28 Scot Hamilton
- 9-30 Carrie Lee
- 9-30 Jeff Hauswald

**Norris Insurance 5K run
& 5K walk
Aug 3, 2013
Converse, IN**

5K Run

1. Matt Grider 15:21
- 2. Kory Kennedy 16:30**
- 3. Jeremy Breedlove 15:42**
4. Scott Colford 16:42
5. Riley Carter 17:00
- 6. Parker Jones 17:18**
7. Matthew Hayes 17:30
8. Austin Davenport 17:41
9. James Boyer 17:51
10. Ethan Sharp 18:21
11. Bradon Timmons 18:32
- 12. Jordan Fivecoate 18:53**
13. Josh Scott 19:00
14. Grant Harbaugh 19:08
15. Colten Pearce 19:11
16. Jady Whitcomb 19:11
- 17. Byron Bundrent 19:21**
- 18. Chris Lasley 19:28**
19. Robert Krevda 19:49
20. Pablo Morales 20:14
21. Derek Reiff 20:14
22. Adam Lyons 20:52
23. Noel Shafer 20:57
24. Kristen Rider 20:59 1st woman
25. Lauren Roth 21:09
26. Matt McKinney 21:15
- 27. Gary Callahan 21:18**
28. Shea Wilson 21:31
29. Jacob Hanaway 21:36
30. Alex White 21:41
31. Jordan Morrow 21:49
32. Alex Rostron 22:16
33. Adam Hovermale 22:18
- 34. Paul Sanders 22:30**
- 35. Tara Rodriguez 22:31**
36. Lily Addison 22:36
37. Kaylie Forgrave 22:45
38. Stan Virkler 22:53
39. Kate White 23:05
40. Krish Reprogie 23:07
41. Cavan Williams 23:10
42. Michael Mize 23:11
43. Terry Engle 23:17
44. Steven Wagner 23:19
45. Ken Austin 23:20
46. Josh Weesner 23:29
47. Jeff Butts 23:45
48. Lori Working 23:53
49. Natalie Hoch 23:55
50. Trevor Smith 23:56
51. David Frazier 23:58
52. Adelyn Shinn 24:10
53. Haley Wimmer 24:10
- 54. Greg Townsend 24:17**
55. Vanessa Frazier 24:19
56. Charlie Hubler 24:20
- 57. Billy Stanton 24:21**
- 58. Jack Reed 24:23**
59. Amy Wooten 24:25
60. Ben Barnett 24:26
61. Elvia Rodriguez 24:27

62. Sam Bettegnies 24:27

63. Mike Schoenrad 24:38
64. Scott Shinn 24:40
- 65. Ron Green 24:44**
- 66. Mark Shorter 24:46**
67. Amanda Shinn 24:51
68. Stacy Henderson 24:52
69. Nathan Lyons 24:59
70. Bethany Kirkwood 25:01
71. Lauren Holcum 25:03
72. Elizabeth Sasso 25:13
- 73. Warren Tierney 25:17**
- 74. Keith McAndrews 25:16**
75. Jocelyn Rickett 25:16
76. Anna Boyer 25:16
- 77. Anna Rangle 25:20**
- 78. Scott DeVoe 25:26**
79. Kristi Carmicheal 25:27
80. Joy Elzinga 25:27
81. Bekah Shinn 26:11
82. Margo Hoenecke 26:14
83. Mollie Gamble 26:22
- 84. Russ Hovermale 26:36**
85. Alexis Mathias 26:36
86. Caitlyn Frazier 26:39
87. Greg Baldwin 26:54
88. Trisha Baldwin 26:54
- 89. Jennifer VanHorn 27:07**
90. Claire Boyer 27:12
91. Lorraine Gamble 27:14
92. Bob Burnsworth 27:16
- 93. Charlie Skoog 27:22**
94. Gwen Grimes 27:24
95. Andrea Womack 27:24
96. Karen Lesko 27:34
- 97. Emilie Hubbard 27:43**
98. Sally Highey 27:43
- 99. Earl Strong 27:44**
100. Trish Miller 27:46
101. Jennifer Boyer 27:57
102. Steve Williams 28:04
103. Emery Gamble 28:12
104. Douglass Berry 28:19
105. Victoria Huizinga 28:21
106. Daniel Wyant 28:22
107. Audrey Leak 28:27
- 108. Michael Graham 28:36**
109. Melissa Smith 28:37
110. Brittany Berry 28:41
- 111. Jerry Meiring 28:42**
112. Joel Schmidt 28:45
113. Kristi Shaffer 28:49
- 114. David Hughes 28:49**
- 115. Joyce Pennycoff 28:54**
116. Whitney Shaffer 28:57
117. Andie Arnett 29:02
118. Boo Addison 29:06
119. Brenda Holcom 29:06
120. Shane Martin 29:33
121. Megan Comerford 29:40
122. Kathryn Lupacchino 29:41
123. Amanda Cosby 29:47
- 124. Scott Hamilton 30:12**
- 125. RickeStucker 30:14**
126. Alex Leckron 30:15
- 127. Laura Cox 30:17**
128. Kyle Holt 30:18
129. Kevin Holt 30:18

130. Tatym Hunt 30:20
131. Ann Morris 30:25
- 132. Virgil Weitzel 30:25**
133. Lisa Metz 30:30
- 134. Ron Metz 30:30**
- 135. Marianne Wilson 30:33**
136. Kelsie Cook 30:44
137. Michelle Leak 30:45
138. Missy Howell 30:51
139. Diana Gardner 30:51
140. Carrie Gruel 30:51
141. Katie Wyant 31:01
142. Rachel Smith 31:03
143. Jim Womack 31:15
144. Gabe Rice 31:24
- 145. Rhenda Acton 31:27**
146. Nancy Frazier 31:33
147. Beth Wilson 31:39
- 148. Christina DeVoe 32:57**
149. Allison Francher 33:14
150. Stephanie Martin 33:30
151. Laura McGraw 33:31
152. Hannah McPherson 33:31
- 153. Cara McKellar 33:54**
- 154. Ann Hubbard 33:57**
155. Ty Queen 34:02
- 156. Bruce Savage 34:03**
157. Marcus Fuller 34:06
158. Grace Atkins 34:07
159. Teneal Gardner 34:43
160. Rose Clem 35:07
161. Amy Million 35:17
162. Michelle Million 35:19
163. John McPherson 35:22
- 164. Robin Cole 35:52**
165. Karen McCoy 35:57
- 166. Bill Menges 36:00**
167. Amanda Pincure 36:14
- 168. Jeannie Townsend 36:25**
169. Maggie Austin 36:27
- 170. Kevin Campbell 36:29**
171. James Baultch 37:34
172. Rich Baultch 37:35
173. Sirrah Harris 38:23
174. Suzie Wesner 38:34
175. Alyssa Carmichael 38:37
176. Leon Agullana 39:26
177. Courtney Huizinga 40:18
178. Mike Higgins 40:29
- 179. Shirley Bugher 42:07**
180. Renae Miller 42:50
- 181. Sue Keller 43:37**
182. Doris Campbell 46:16
183. Kerry Highley 47:07
184. Lisa Cress 48:41
185. Tyler Rackey 50:41
186. Diane Rackey 50:46
187. Emily Hanawalt 59:16
188. Kerrie Hannigan 1:00:46

5K Walk

- 1. Vince Lorenz 29:09**
- 2. Mary Miller 31:22 1st woman**
- 3. Vern Keller 32:38**
- 4. Rick Spencer 35:50**
- 5. Greg Wall 36:20**

- 6. Stephen Wilson 37:02**
- 7. Toney Lorenz 38:29**
- 8. Jim Gross 38:29**
9. Kathy Snyder 38:57
- 10. Jan Wall 41:12**
- 11. Carrie Williams 41:17**
- 12. Robin Micheal 42:06**
- 13. Anita Dillman 42:08**
- 14. Judy Trobaugh 42:40**
- 15. John Mohr 42:40**
16. RisaKransnopf 45:29
17. Kurt Kransnoff 45:29
- 18. Mary Lou Rutherford 45:45**
- 19. Angela Lorenz 46:43**
- 20. Jayne Stucker 47:10**
- 21. Robert Cupp 47:15**
22. Erin Whitaker 48:41
23. Carol Miller 48:45
24. Dale Tetric 48:59
25. Mark Jones 48:59
- 26. Carl Savage 51:12**
27. Jennifer Ramsey 54:53
28. Rhonda Price 1:00:21
29. Julie Hock 1:00:21

Fun Run

1. Lauren Boyer
2. Grant Elzinga 1st male
3. Hayden Highley
4. Ian Martin
5. Wyatt Horner
6. Eli Gardner



**CAM RUN FOR
SHELTER 5K RUN
August 17, 2013
Oakbrook Valley
Kokomo, IN
Well-marked Trail Run**

5K Run

- 1. Jeremy Breedlove 16:42**
2. Javier Vasquez 16:54
- 3. Kory Kennedy 17:03**
4. Jon Flory 17:41
- 5. Jordan Fivecoate 17:57**
- 6. Parker Jones 18:10**
7. Cody Phelps 18:36
8. Cody Young 19:06
9. Braden Timmons 19:34
10. Jeremy Gilman 19:45
- 11. Jordan Ousley 19:53**
12. Garrett Hill 20:25
13. Abraham Weinberg 20:50
- 14. Heather Weber 20:58 1st**

woman

15. Sam Williamson 21:08
16. Brad Jakes 21:23
17. Mitch Padfield 21:29
18. Noel Shafer 21:30
- 19. Aaron Craig 22:05**
20. Amy McCauley 23:09
21. Jason Vanalstine 23:12
22. Nathan Courter 23:18
- 23. Michael Anderson 23:23**
- 24. Tara Rodriguez 23:38**
25. Alisha Hobbs 23:48
26. Molly O'Keefe 24:35
- 27. Jack Reed 25:03**
- 28. Ron Greene 25:26**
29. Breanne Robertson 25:28
- 30. Al Hochgesang 25:31**
- 31. Mark Shorter 25:31**
32. Jocelyn Rickett 25:49
- 33. Gregory Townsend 26:16**
- 34. Madison Cleaver 26:30**
35. Amy McKittrick 27:15
- 36. Anna Rangel 27:44**
37. Sean Lytle 28:42
38. P. Haran 28:48
- 39. Charlie Skoog 29:08**
- 40. Emilie Hubbard 29:35**
41. Austin Middleton 29:49
42. Kelsey Kennedy 29:59
43. Julia Walters 30:08
- 44. Michael E. Graham 30:18**
- 45. Laurie Ousley 30:43**
- 46. Tom Miklik 31:11**
- 47. Joyce Pennycoff 31:30**
- 48. Melissa Goad 31:31**
- 49. Cara McKellar 31:40**
50. Makayla Sargent 31:44
51. Liz White 31:54
- 52. Marianne Wilson 32:15**
- 53. David Hughes 32:22**
54. Jayden Braun 33:07
- 55. RickeStucker 34:18**
- 56. Stan Shuey 35:31**
- 57. Ann M. Hubbard 37:14**
58. Hope Braun 37:31
- 59. Jeannie Townsend 38:19**
- 60. Robin Cole 38:55**
61. Jenny Lytle 42:18
- 62. Angela Anderson 43:58**

5K WALK

- 1. Vince Lorenz 29:58**
- 2. Mary Miller 32:24 1st woman**
- 3. Stephen Wilson 37:11**
- 4. Greg A. Wall 37:37**
5. Linda D. Miller 39:43
- 6. Toney K. Lorenz 40:39**
- 7. Bob McBride 41:41**
- 8. Robin Michael 44:25**
9. Mary Ingle 46:43
10. Tami Carter 46:54
11. Karen Miller 47:01
- 12. Angela Lorenz 48:06**
- 13. Jayne Stucker 48:56**

Runnin' the Shores 5K
August 24, 2013
Kokomo, IN
Trail Run
5K Run

1. **Kory Kennedy 16:49.5**
2. Scott Colford 17:54.9
3. Braden Timmons 20:04.7
4. **Christian High 20:43.8**
5. **Aaron Craig 20:47.3**
6. Noel Shafer 21:56.9
7. **John Anderson 22:02.6**
8. **Phil Rozzi 22:10.4**
9. **Gary Callahan 22:18.5**
10. Jacob Riley 22:20.5
11. **Michael Anderson 22:21.1**
12. Scott Hemmeger 23:07.9
13. **Kelly Wright 23:27.2 1st woman**
14. Lori Working 24:22.3
15. **Tarin Serra 24:28.2**
16. Jon Serra 24:28.4
17. **Jack Reed 24:49.7**
18. Tristan Working 24:54.2
19. Charles Lazzelle 25:16.8
20. Jose Vazquez 25:16.8
21. Amy McKitrick 25:22.5
22. **Ron Greene 25:25.2**
23. **Mark Shorter 25:45.7**
24. **Gregory Townsend 25:51.7**
25. Stephen Lawler 26:04.5
26. Brandon George 26:20.6
27. Clara Braswell 26:30.2
28. Dr. Harry Haran 26:41.2
29. **Jana Curry 26:53.1**
30. **Anna Rangel 27:06.3**
31. Maurice Wright 27:47.2
32. **Corey Moore 27:48.6**
33. **Tami Moore 27:49.4**
34. Raghan Haran 27:50.6
35. **Jennifer Van Horn 27:53.7**
36. Patrick Bath 27:57.3
37. Sofia Taskey 28:06.9
38. Mike Wise 28:06.9
39. Jeremy McKitrick 28:19.4
40. Mackenzie Wiles 28:40.8
41. Karen SkurnerLesko 28:42.3
42. Haley Davidson 29:23.3
43. Austin Middleton 29:24.4
44. **Charlie Skoog 29:24.5**
45. **Laurie Ousley 29:33.6**
46. Dan Richardson 29:38.6
47. Cindy McClure 29:42.3
48. Jimmy Ball 29:51.8
49. Claudia Eads 29:52.2
50. **Joyce Pennycoff 29:58.4**
51. **RickeStucker 30:30.6**
52. Marla O'Dell 30:33.2
53. Gavin George 30:42.2
54. **Cara McKellan 30:54.8**
55. Brooklyn Smith 31:25.1
56. **Nancy Anderson 31:29.4**
57. **David Hughes 31:33.4**
58. Sondra Stewart 31:42.8

59. Wendy Wise 31:43.8
 60. **Marianne Wilson 31:50.3**
 61. **Michael Graham 31:55.6**
 62. Shiloh Ball 31:57.4
 63. Erin Deichman 32:27.2
 64. Clay Nelson 32:29.6
 65. Shelly Nelson 32:41.2
 66. Kierston Durbin 32:50.1
 67. Diane Taylor 33:08.4
 68. Chase Reynolds 33:17.1
 69. Thillia Reynolds 33:17.2
 70. Abby Herodos 33:18.8
 71. Mark Herodos 33:18.8
 72. Rachel Smith 34:07.4
 73. Kristi Ball 34:14.8
 74. Pranav Haran 34:31.5
 75. Angie Roe 34:56.9
 76. **Bill Menges 35:12.8**
 77. JohnathanMcQuaide 35:16.1
 78. **Bruce Savage 35:30.4**
 79. **Ann Hubbard 35:39.8**
 80. AnirvdhRamchandran 36:22.3
 81. Dee Young 37:24.1
 82. **Luke Leger 37:26.8**
 83. **Jeannie Townsend 37:51.6**
 84. **Robin Cole 37:55.3**
 85. **Kathryn Wall 37:57.5**
 86. **Valerie Leger 39:14.3**
 87. Courtney Cardwell 39:15.6
 88. Kim LaFollette 39:34.8
 89. **Vickie Bennett Thomas 40:32.3**
 90. **John Paul Wyman 41:40.7**
 91. Robert Leskon 41:41.1
 92. Becky Richardson 42:09.7
 93. Bea Wiles 42:11.5
 94. Danielle McQuaide 42:34.8
 95. **Angela Anderson 45:30.2**
 96. **Theresa Barlow 45:40.3**
 97. **Jerry Leach 45:40.6**
 98. **Sue Keller 46:35.9**
 99. Victor Atwell 46:50.4
 100. Willie Oliver 46:51.3
 101. **Lauren Weber 47:14.1**
 102. **Sophia Wyman 47:16.8**
 103. Laurie Martin 48:27.7
 104. Madi Martin 48:28.5
 105. Kelly Brogoitti 55:51.3
 106. Ginger Jefferis 55:51.6
 107. Jordan Bradley 1:06:09.5
- 5K Walk**
1. **Vince Lorenz 29:32.2**
 2. **Mary Miller 32:12.9 1st woman**
 3. Carol Aders 33:27.3
 4. **Vernon Keller 34:21.6**
 5. **Rick Spencer 35:20.2**
 6. **Greg Wall 38:18.1**

7. Salena Catron 38:49.2
8. **Toney Lorenz 41:12.2**
9. GenaWilimitis 42:02.5
10. Brad Shrock 43:09.8
11. Christine Watson 43:11.3
12. Lisa Price 43:19.5
13. **Bob McBride 43:19.5**
14. **Jan Wall 43:33.6**
15. Jeff Marrah 43:34.5
16. Jan Marrah 43:36.8
17. Carrie Williams 43:59.1
18. Anita Dillman 43:59.1
19. **Stephen Wilson 44:24.2**
20. **Robin Michael 44:24.3**
21. **Robert Cupp 46:24.1**
22. **Jayne Stucker 47:21.5**
23. Mitchell Gauge 47:57.1
24. Beth Chaney 47:57.1
25. Lindsay Ousley 48:02.3
26. Cassie Salinas 48:02.8
27. **Teng Lee 48:23.3**
28. Miriam Thomas 48:28.7
29. **Mary Lou Rutherford 48:56.4**
30. Kelly Herodos 48:56.6
31. AditiSood 49:56.9
32. SeemaSood 49:58.1
33. Clint Erickson 51:06.2
34. Cyndy Erickson 51:06.2
35. Marcia Worland 51:37.1
36. **Jean Heflin 51:40.1**
37. Jim Sturgeon 52:55.5
38. Jean Heaton 53:00.1
39. Alexis Roegner 53:16.4
40. Faith Weesner 53:25.6
41. Mitch Weesner 53:25.7
42. **Anh Lee 54:51.7**
43. Carol Ives 54:52.1
44. **Carol Savage 54:54.1**
45. Brad Reed 55:29.6
46. Melissa Reed 55:29.8
47. Kelly Petrey 55:45.6
48. Kim Ford 55:45.9
49. Monica Broadlick 55:52.6
50. Melinda Snyder 55:52.6
51. Linda Stegall 55:53.1
52. Audrey Marrah 55:54.9
53. Kelly Silvers 58:19.4
54. Savannah Silvers 58:20.4
55. Beth Fitzgerald 59:04.6
56. Sloane Riddle 59:04.9
57. Pam Heflin 59:06.3
58. Ed Norris 1:00:37.3
59. Austin Dishon 1:04:19.6
60. Danielle Luckey 1:04:19.8
61. Angela Roegner 1:05:54.2
62. Katie Roegner 1:05:55.8

HAITIAN ENVIRONMENTAL SUPPORT PROGRAM

The 26th annual H.E.S.P. walk-a-thon is set for September 21st. A new addition this year is the 5K run/walk and one mile fun run for kids 5 – 12 years old. All fun run participants will receive a medal and goody bag. This special event to support Haitian children will begin with pre-registration/registration at 6:00 a.m. at Kokomo High School at Door 13.

Mark Shorter is our registration chairperson. Please let him know if you would like to help! Theresa Barlow is our finish line director. Stan Shuey and Parker Jones is our logistics/course directors. I will need assistance with the pre-registration bags (assembling and distributing that day) and people to stand on the course and direct runners. I will need finish line taggers too! Please know that you can volunteer and still run/walk.

You may pick up your pre-registration packets in the gym. For those who pre-register by September 8th, you will receive a guaranteed t-shirt and a goody bag with coupons and fun stuff! We will also have great door prizes! We will also have apples/bananas from Sunspot (Michael Anderson-Vice President), tea from McAlisters, drink products from Coca-Cola, bagels from Meijers, Starbucks coffee, bottled water from Cashland, and other yummy treats. (too early to list everything while I'm writing this article) Indiana American Water will be on hand to provide water during the race.

Your donation (registration fee) helps support Haitian children. All the money raised by our board goes directly to the Haitian children. Maple Crest Student Honor Council is hosting the 5K this year. All proceeds will go directly to our children in Haiti. If you would like more information about how to support our children go to www.hespchildren.org. The money raised will help repair the school our children attend and will build a cafeteria so they can all eat together.

The race will begin at 8:00 a.m. promptly. You will run on a grassy area like the CAM run at Oakbrook with some sidewalks around Boulevard school.

The awards will include the top 3 overall male/female for walkers/runners. We will also recognize the top 3 in each age group. Award presentations will begin in the gym upon completion of all finishers.

If you have a church, school, or business that would like to participate in the walk-a-thon, please go to the www.hespchildren.org website. You can download the form to get pledges and raise money. This will be from 8:30 – 11:00 a.m.

Special thanks to our major sponsors which include: Morning Star Church, Rite Quality Supplies, Freedom Financial Group, Maple Crest Student Honor Council, Chrysler Corporation, F.D. Reese Academy, Indiana Heartland Bank, Kohl's, Kokomo Auto World, Mid-American Beverage, Inc., Alpha Kappa Alpha, Bucheri, McCarty & Metz LLP, Button Dodge, City of Kokomo, Community First Bank, Cone Palace, Crume Evans Insurance, Dr. Ray Christine, Kokomo Area Lions Club, McGonigals, Rick Weed & Family, Sandy Janitorial, White's Meat Market, Dr. Alexander Fondak, Dr. Lance Washington, Dr. Michael Wild, Kokomo H.O.G.S. Club, and Quinny & Reagan Fife.

As you can see, we are working very hard to help our Haitian children. I look forward to seeing you at the HESP event. Please bring lots of friends and family! Thank you to all who support our run/walk events! I love my running family!

Thank you! Vicki Boles (455-8085 ext. 332)
 vboles@kokomo.k12.in.us

Calling All Ladies! The 6th Annual Girls Night Out is Here... Where Are You? By Rebekah Monroe-Boley



Come on ladies...get those registration forms signed, sealed and delivered!!! Saturday September 14th is almost here and the Open Arms Shelter for Women and Children need as many participants as possible to raise financial support and awareness. As of now our pre-registration numbers are well below years past so get your girls and get registered for a great event to support such a worthy cause! You don't wanna miss out because this year's event is offering up some really cool swag. A long sleeve full color "Rosie the Riveter" iconic GNO t-shirt, customized GNO lunch totes with sweet treats inside and Rosie red bandanas. Not to mention a gift package including a customized "Rosie the Riveter" necklace to the overall runner and walker winner courtesy of Angie Meyers Design and a half hour massage courtesy of Margie Leah; awards to top three in each age group and several giveaways announced throughout the evening. There will also be a photo opt available, as well as yoga and zumba for participants to enjoy after they cross the finish line. Don't forget about the Rosebud Run designed as a fun run for girls eight and under. Our Rosebuds will receive the customized lunch tote, sweet treat and the Rosie red bandana. Without the support of the club, the generous sponsors, volunteers and participants this event would not be possible. Please help us continue to keep Girls Night Out a thriving event, participation is the greatest show of support and appreciation! Below is a list of

the sponsors which the GNO committee would like to give an enormous "thank you" to:

OUR FINANCIAL SPONSORS:

SNAVELY MACHINE & MTG. Co. - Peru, IN
FAMILIES OF JIM & SUE SNAVELY/ CHRIS & ANDY STEFANATOS
S & K LOGISTICS
INDIANA AMERICAN WATER COMPANY
THE WYMAN GROUP

IN-KIND SPONSORS:

ANGIE MEYERS DESIGN - SPECTRUM PHOTOGRAPHY - MARGIE LEAH MASSAGE
TARGET - SWEAT PRETTY BANDS

SPECIAL THANK YOU TO:

CLUB KOKOMO ROADRUNNERS! - GRACE UNITED METHODIST CHURCH - CITY OF KOKOMO
EMERGENCY MANAGEMENT OF KOKOMO - KOKOMO PARKS DEPARTMENT
TO ALL THE VOLUNTEERS!!!! - TO ALL THE PARTICIPANTS!!!!!!

Feel free to email me with any questions or to volunteer at Rebekah.a.monroe@gmail.com.

Like us on Facebook page for Girls Night Out.



Notable Notes

The following completed the Indy Mini marathon

Mary Miller with a time of 2:18:52	Vince Lorenz completing at 4:09:17
Rick Spencer had a time of 2:32:50	Jerry Lambert finished at 3:34:27
Toney Lorenz received a time of 3:08:32	Connie Gish ended at 4:09:22
Mary Lou Rutherford had a time of 3:54:23	David Reinagle finished at 2:05:14

Heather Weber, Jordan Ousley and Lora Felker also finished the Indy Mini Marathon

The following completed the Howl at the Moon Aug 10th in Danville, IL

Greg Townsend, David Hughes, Phil Rozzi and Tami Moore completed the Ultra
While Jeannie Townsend, Jana Curry and Charlie Skoog finished the Marathon

Tami Moore also ran in the Flotilla 8 Miler on July 4th in Syracuse, IN and won her AG.

Paul Wyman competed in an Ironman on August 25, 2013

Jenni Ortman completed the North Country Half Marathon with a time of 2:42 which was her fist trail race with SERIOUSLY intense HILLS!

Kathleen McKinney ran the Sam Costa earlier this summer

Chaplain's Chatter

Cross country season is underway, NASCAR's Chase is about to start, and the NFL begins. Western's boys' cc team and Eastern's girls' squad look like early leaders in local team competition. Club Kokomo members Jeremy Breedlove and Jordan Fivecoate are off to good starts on the boys' side, while Carly Jones and Nicole Hampshire are leading their teams. Good luck!

Accept yourself, flaws and all! Spiritual gifts, Hearth, Abilities, Personality, and Experiences are the five things that make you, you. Rick Warren calls them your SHAPE.

Accepting your SHAPE, the unique way that God made you that brings glory to Him, means to believe that God knows best. It all comes down to the matter of trust. Do you believe that God made a mistake when He made you or do you trust Him, knowing that He has a plan for your life? Do you believe His life plan for you?

When you say, "God, there are things I don't like about myself. I wish that I had different hair or a different color of skin. I wish that I were taller, shorter, or skinnier. I wish that I had more talent. I wish that I could do this or that. I wish that I looked like him/her. I wish that I had his/her smarts, and on and on. This kind of thinking is basically telling God, "You blew it! Everybody else is OK, but you goofed up big time when you made me."

When you reject yourself, you are in essence rejecting God, because He's your creator. When you don't accept yourself, it's rebellion against God. You're saying, "God, I know better than you. You should have made me different, with a different set of strengths and a different set of weaknesses."

But God says, "No, I made you exactly to be you because I want you to be you, with your strengths and your weaknesses. Both of them can give me glory, if you'll just start doing what I made you to do instead of trying to be like someone else."

It's actually quite arrogant to reject yourself. The Bible says in Romans 9:20, "My friend, I ask, 'Who do you think you are to question God? Does the clay have the right to ask the potter why he shaped it the way he did?'" (CEV)

Whenever we doubt God's love and wisdom, we always get into trouble. The root behind all of our problems is that we don't trust God. We don't believe that God really loves us. We don't believe that He really has our best interest at heart. We wish that He had made us something different. As a result, there's a spirit of bitterness in us that keeps us frustrated and that keeps us from being all the man/woman God meant for us to be.

Job 10:10 says, "You have guided my conception and formed me in the womb." (NLT)

God wanted you, and He loves you. Believe it, and then trust it!

Think it over: Do you believe that God really loves you? How does that change the way you view yourself? What is it about yourself that you've always wanted to change? How might God have intended to use that very trait to bring glory to Him?

Always thank God for His gift of grace!

Ricke

Start with the Run/Walk Method

Is there an upcoming 5k race that you might want to run by yourself or with friends/family? Running a 5k is a great goal for a new runner. You should plan to build up your running for 10-15 weeks before running the 5k. Remember, you want to give yourself enough time to build a base of miles so that you don't risk injury. [Find an event](#). If you have not been running it is discouraged to go "from couch to marathon". Instead be realistic and build up from "couch to 5K" then progress to a 10 K or 10 mile event followed by a half marathon then determine if you are ready to tackle the marathon distance. By building up to the marathon distance over the course of a year or more will help ensure a more positive experience, reduce your chance of injury, and will help establish running as a lifestyle as opposed to being a one-off goal.

The best way to build your base if you are not in the best of shape or have not incorporated any running into your life in a while is to use the run/walk method. If you have not run in years, start with walking and continue the activity until you can walk for ten to twenty minutes consistently. Then switch between running and walking. This method allows you to run for a bit and then walk for a bit and then repeat. You might only get in a few minutes of running the first few times, but don't let that get you down. It takes time to build up.

You should not run more than three to four days per week (including a long run, which may only be one mile at first) when you first start out. You should not be working out everyday since your body needs at least one to two days to recover. Building up to be able to run a 5k or more is a journey not an immediate activity.

When you structure your workout, you need to include your warm-up, which might include walking a bit just to loosen up. However, as your running progresses you'll probably just start off by running a bit slower than your normal pace to make sure you don't injure yourself by going too hard too soon. Your warm-up will be followed by your run. When you finish your run, remember you still need to cool down and stretch before you can call it a day. Cooling down should consist of slowing your run to an eventual walk so that you can get your heart rate back down to below 100 bpm. You don't want to just stop running and sit down because your body needs to be eased out of an exercise state.

Runner 0-12

Female

Ella Kantz 3-60
 Madison Clever 2-35
 Lauren Weber 2-35
 Sophia Wyman 2-27
 Anna Weitzel 1-20 V
 Maya James 1-20

Male

Brayden York 8-160
 Corey Moore 4-57
 John Paul Wyman 4-57
 Jonah Hughes 2-24
 Austin Elliott 1-20
 Isaac Maurer 1-20
 Nathan Gollner 1-15
 Vinh Lee 1-15
 Kobi Moore 1-10

Runner 13-19

Female

Emilie Hubbard 12-197
 Tara Rodriguez 6-115
 Carly Jones 2-35
 Jillian LaDow 2-29
 Alanna Echols 1-20
 Elise Glover 1-20
 Nicole Hampshire 1-20
 Kate Steiner 1-20
 Hannah Gollner 1-15
 Emma Nixon 1-15
 Christina Deyoe 1-12
 Kasey High 1-12

Male

Jeremy Breedlove 8-155
 Jordan Fivecoate 6-95
 Noah Hughes 3-45
 Samuel Bettegnies 3-44 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 2-40

Runner 20-24

Female

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

Male

Kory Kennedy 12-240
 Parker Jones 12-195

Runner 25-29

Female

Kathryn Wall 5-95
 Jenna Clark 4-80

Connie Gish 2-32 H
 Laura Heflin 2-30

Male

Jordan Ousley 7-140 H

Walker 25-29

Male

Vince Lorenz 13-260 H

Runner 30-34

Female

Melissa Goad 4-80
 Angela Anderson 6-79
 Valerie Leger 5-74
 Kathleen McKinney 3-55
 HH

Amanda Fernandes 3-55

Rebekah Monroe 2-32

Male

Michael Anderson 6-120
 Luke Leger 5-75
 Billy Cox 1-12

Runner 35-39

Female

Jennifer Van Horn 7-108
 Sharon Whelan 7-96
 Kelly Wright 4-80
 Adriene Riggle 5-70
 Tarin Serra 4-65
 Anna Kantz 3-50
 Angie Gollner 2-40
 Stacey Bettegnies 1-20 H
 Nikole Frazier 1-15
 Tausha Shackelford 1-12
 Darcie York 1-9

Male

Matt York 10-200 MH
 Chris Lasley 6-105 H
 Aaron Craig 5-90
 Carey Stranahan 1-20
 Moe Wright 1-12

Runner 40-44

Female

Shelly Wyman 5-95
 Heather Weber 4-80 H
 Patricia Weitzel 4-70 V
 Dana Culp 2-40
 Lora Felker 1-20 H
 Mary White 1-20

Male

Paul Wyman 6-84 M
 David Reinagle 5-81 H
 Scott Riggle 4-72
 Christian High 3-55
 Chris James 3-55 H
 Scott Colford 2-40
 T.A. Weber 2-30
 Steve Williams 2-27

Steve Gollner 1-20
 Virgil Weitzel 1-20
 Randy Maurer 1-15
 Tony White 1-15

Runner 45-49

Female

Tami Moore 10-195 UHH
 Laura Cook 7-104
 Jenni Ortman 3-60 MHH
 Joni McCracken 3-55 H
 Valerie Merrick 2-40
 Nancy Anderson 2-35
 Cindy Stone 2-35 H
 Linda Kendall 1-20 V
 Terri Jackson 1-15
 Laura Sheets 1-12

Male

Michael Graham 14-220 V
 Jack Reed 11-180 H
 Ron Moore 6-120 M
 Dana Neer 2-40 H
 Jay Priest 2-35
 John Anderson 2-32
 Dan Lutes 2-32
 Scott Glover 1-15
 Terry Jones 1-10

Walker 45-49

Female

Carol Savage 6-115
 Anh Lee 2-35

Runner 50-54

Female

Cara McKellar 11-175
 Marianne Wilson 11-158
 Laurie Ousley 8-139
 Ann Hubbard 11-138 V
 Roxane Burrous 6-120
 Theresa Barlow 2-29 V
 Tracy Brown 2-19

Male

Phil Rozzi 14-247 UHH
 Scott Deyoe 10-143 MHH
 Paul Sanders 7-115
 Byron Bundrent 4-80
 Bruce Savage 7-74
 Al Hochgesang 4-62
 Jerry Long 3-55
 Ken Swinehart 3-36
 Kevin Campbell 3-26
 Matt Steiner 1-12
 Ron Metz 1-10

Walker 50-54

Female

Mary Miller 15-300 H
 Jayne Stucker 12-170 V
 Jane Inman 8-119 H
 Jean Heflin 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 13-225
 Jana Curry 10-195 M
 Robin Tetrault 7-98 M
 Debra Perkins 3-32
 Vicki Bennett Thomas 2-21
 Vicki Boles 1-20 V
 Mary Barnes 1-10

Male

Greg Townsend 14-246 U
 Mike Deardorff 9-152 H
 Keith McAndrews 6-105
 Ray Tetrault 7-82
 Russ Hovermale 6-78
 Jeff LaDow 5-68
 Jerry Meiring 4-44
 Earl Strong 2-22
 Terry Townsend 1-20 V
 Jeff Perkins 2-18
 Will Daehler 1-10
 Scott Hamilton 1-8

Walker 55-59

Female

Barbara Hobbs 3-60 HH

Male

Rick Spencer 10-200 H

Runner 60-64

Female

Joyce Pennycoff 11-220 H
 Jeanie Townsend 12-186
 MV

Sue Keller 9-109
 Rhenda Acton 6-95
 Robin Cole 6-83
 Anita Frazier 1-20
 Shirley Bugher 1-9

Male

Mark Shorter 14-255 H
 Charlie Skoog 10-150 MV
 Ron Green 6-115
 Bill Menges 7-86
 Tom Miklik 3-40
 Steve Kilcline 2-30 V
 Joe Yeagle 1-20 V

Walker 60-64

Female

Jan Wall 13-260 H
 Carrie Williams 7-105
 Angela Lorenz 6-81
 Judy Trobaugh 3-39

Male
 Vern Keller 11-220
 Greg Wall 14-216 H
 Toney Lorenz 12-152 H
 Robin Michael 11-123
 Steve Wilson 9-107
 Melvin Hobbs III 3-49 HH
 James Canning 1-15

Runner 65-69

Female
 Susan Gerhart 2-40 H

Male
 Gary Callahan 11-220
 David Hughes 14-210 U
 Ricke Stucker 14-197
 Doug Mankell 6-60
 Jim Burrous 1-20 V

Walker 65-69

Female

Mary Lou Rutherford 12-210
 H
 Anita Dillman 8-160
 Diana Brown 1-20 V
Male
 Bob McBride 6-120
 Richard Kerkhof 1-20 V

Runner 70-74

Male
 Billy Stanton 7-140
 Stan Shuey 6-97 V
 John Peters 5-90
 John Norris 1-20 V
 Dale Sullivan 1-15

Walker 70-74

Male
 Jim Gross 7-140
 John Mohr 8-135 H
 Jerry Leach 2-40 V
 Dan Coughlin 1-20 V

Runner 75-79

Male
 Riley Case 2-40

Walker 75-79

Male
 Jerry Lambert 7-140 H
 Robert Cupp 4-80
 Dick Summerton 2-30

Runner 80+

Male
 Milt Brown 1-20

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

Proposed Agenda for September Meeting

Opening Prayer by Club Chaplain

Presentation of last month's minutes

Financial Report by Treasurer

Old Business

Reports for all upcoming CKRR races

Reports for any other upcoming points races

Financial Committee report

Recommendation from the Club Races Priority Meeting

New Business

Discuss upcoming club events and points races for 2014

Potential RRCA Coaching Training certification program in conjunction with Indy Runners

If there is anything you would like to add to the agenda, please send it to Patricia at Patricia@PatriciaWeitzel.com

From the President's Pen

Fall will soon be here and our race calendars are full to overflowing. September will be a great month for our club. In September we will once again, host Girl's Night Out. This race was Rebekah's vision. She hoped it would get more females out to run, including those who would not normally run an event. She has succeeded in drawing a great crowd each year. This is one event that the whole family can participate in. Gentlemen, you can help with water stops, registration, monitoring the course, etc. Girls and young ladies can participate in the events of the evening. I hope you are all able to make it to the event, and while you are at it, invite someone who wouldn't normally come to a morning 5k.



**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