

February 2014

The RoadRunner

Club Kokomo Road Runners

CKRR Awards Banquet!!

February 8th from 12 noon – 2 p.m.

*At Brookside Free Methodist Church Gymnasium
3717 E 300 S, Kokomo*

Once again we will have a Chili Cook off at our awards luncheon. Prizes will be awarded for the top three Chili dishes. Have a great 'chili' dish you wish to share, bring it on.

*50/50 tickets will also be available as well as
Please bring a dish to share or if you make a mean pot of chili bring it.
Who knows you could win.*

*If you plan to bring Chili, please RSVP to Linda Kendall at 765-860-4564
or CKRR.newseditor@att.net*

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President's Pen

Greetings fellow runners. What a winter we are having! Personally, I love the snow. I love to sit inside and watch the beautiful snow fall. I do not enjoy running outside in the winter so this weather has kept me the treadmill. Soon, spring will be upon us and we will all be meeting for the first club race of the year. I'm looking forward to seeing everyone again. In the meantime, I hope you will join us for our awards dinner that is coming up very soon. For those of you who place in the top three in your age group, and met the requirements for an award, you will be receiving either a plaque or a very nice jacket.

Even if you didn't win, you can still purchase some club apparel at the dinner. Robin Tetrault will be taking orders for a jogging suit that will be embroidered with the club logo. If you are interested in this but cannot attend the dinner please contact Robin for more information.

Our club is constantly changing and growing. There will be opportunities this year for you to help grow the club. I hope you will take these opportunities seriously and do all you can to invite friends, both runners and walkers, to join us for recreation and fellowship.

Monthly meetings for our club are held the second Monday of each month at Martino's Italian restaurant. We have supper and a time of friendship at 5 p.m. and the meeting begins promptly at 6 p.m. I'd love to see more of you come out for our meetings.

Patty

**NEXT CLUB MEETING – MONDAY, FEB. 10TH AT 6
P.M. AT MARTINO'S RESTURANT
SOCIAL HOUR AT 5 P.M.**

Club Kokomo Roadrunner Warm Ups Order Form-<http://www.outletshirts.com/673-5-in-1-performance-full-zip-warm-up-jacket.html>-MEN'S SIZES – One order per page

Please note that orders will be taken up through the Awards banquet.



NAME _____

ADDRESS _____

PHONE # _____

Jacket size: _____

Pant size: _____

COLOR-from the choices below on the bottom of the page: _____

Sizes Available-(You can mix & match top & pants sizes)

MALE– xsm/ small/ med/ lg/ xlg/2xlg

OR FEMALE – xsm/ sm/ med/ lg/ xlg/ 2xlg CIRCLE ONE PLEASE jacket sizes

PRICE: \$55.00 per set made payable to CKRR. Send forms & check to Robin Tetrault 1404 W Defenbaugh Kokomo, IN 46902

<http://www.outletshirts.com/889-ladies-5-in-1-performance-full-zip-warm-up-jacket.html>
(LADIES' SIZES WEBSITE)



Black & Red in men's only



(black/red) (black) (dk green) (maroon) (navy) (red) (royal blue)

All trimmed in white

Wednesday Night Race Results

Jackie Sanders Miracle Mile Wednesday, January 1, 2014 Highland Park Walk/Bike Path

1. Dylan Disinger 7:15
2. Matt Polk 10:40
3. Michael Sadler 12:29
4. Doris Campbell 12:51
5. Kevin Campbell 12:51
6. Vicki Boles 14:08
7. Theresa Barlow 14:09
8. Jerry Leach 14:09
9. Shirley Bugher 14:42
10. Josh Beachy 17:06
11. Damien Sadler 17:51
12. Sharon Whelan 17:51

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

1. Austin Stewart 17:25
2. Soloman Hefferman 17:40
3. Charley Werst 21:51
4. Chris Lasley 22:30
5. Tom Abney 24:08
6. Lauren Bright 24:13
7. Rachel Sargent 25:35
8. Paula Keeney 25:35
9. Rick Kerr 27:07
10. Austin Disinger 28:13
11. Paul Olsen 28:20
12. Joyce Pennycoff 32:29
13. Marianne Wilson 33:02
14. Vern Keller 34:14
15. Elizabeth Mathews 40:36
16. Stephanie Polk 40:37
17. Vicki Boles 42:00
18. Theresa Barlow 42:00
19. Jennsen Sheets 43:09
20. Seth Waldron 43:09
21. Sue Keller 44:57
22. Linda ficht 45:33
23. Debbie Beachy 47:14
24. Heidi Sebastian 47:17

Jackie Sanders Miracle Mile Wednesday, January 15, 2014 Highland Park Walk/Bike Path

1. Parker Jones 5:27
2. Charley Werst 6:54

3. Dean Mueller 6:58
4. Brad Richmond 8:02
5. Heidi Sebastian 14:25
6. Shirley Bugher 14:53

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

1. Charley Werst 23:01
2. Dean Mueller 23:14
3. Brad Richmond 26:17
4. Parker Jones 26:41
5. Gwen Grimes 26:42
6. Rick Kerr 27:10
7. Heidi Sebastian 46:08

Jackie Sanders Miracle Mile Wednesday, January 22, 2014 Highland Park Walk/Bike Path

1. Parker Jones 6:13
2. Gwen Grimes 8:52
3. Charlie Skoog 9:14
4. Melissa Jones 12:02
5. Doris Campbell 13:40
6. Kevin Campbell 13:41

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

1. Gwen Grimes 29:10
2. Parker Jones 29:11

Jackie Sanders Miracle Mile Wednesday, January 29, 2014 Highland Park Walk/Bike Path

1. Parker Jones 8:02
2. Gwen Grimes 8:05
3. Charlie Skoog 9:42
4. Kevin Campbell 10:25
5. Shirley Bugher 17:45

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

1. Parker Jones 28:34
2. Gwen Grimes 28:40
3. Charlie Skoog 29:57

Chaplain's Chatter

Super Bowl. Winter Olympics. IHSAA girls' basketball tourney starts. CK Awards Banquet. Pacers. Big 10 basketball. High school track practice starts. Valentine's Day. Jayne's birthday. Something for everyone. Please keep Rhenda Acton in your prayers, also.

We must nurture faith, for it to grow. How can we get a stronger faith? Is your faith like a roller coaster – up one day and down the next?

This isn't the way that God wants our faith to be. Instead, God wants out faith to be strong and stable, not battered by changing circumstances or shifting emotions.

What is the problem? Think of it this way. Suppose that you decided to stop eating, or at least you decided only to eat junk food with little nutritional value. What would happen to you? The answer is obvious: you'd grow weaker and weaker, and if you didn't change your habits you could end up dying. Not good.

The same is true spiritually. In order to be spiritually strong, we need "food" – the spiritual "food" that God has already provided for us. What is the "food"? First, God has given us the privilege of fellowship with other believers. He's also given us the privilege of prayer. And, He's given us, as well, the privilege of learning about Him and His will for our lives through the Bible, which is God's word.

Fellowship, prayer, the Bible – these are the spiritual "foods" that God has given us. Let's make them part of our lives.

Always thanking God for His gift of grace,
Ricke

If you wish to participate in the Crossroads of Northwest Indiana Marathon Half Marathon on April 27 and would like a discount code, please contact Frank Johnson, for a discount code that will offer ten dollars off the half and twenty off the full. They have Olympian Debbi Sullivan scheduled to be at the expo on Saturday. Frank's email address is fdkjohn@dbcglobal.net and phone # is [219 805 6526](tel:2198056526)



Awards Committee

Looking for individuals who would like to be on the 2014 Awards Committee. This committee determines who wins specials awards that can be given out at our annual meeting. It is useful for the committee to be in place for the entire year so that they can keep track of the rookies and the most improved individuals. If you are interested in volunteering to help, please contact me, Patricia Weitzel at [765-453-0714](tel:7654530714) or by email. Patricia@PatriciaWeitzel.com

February Birthdays

- 2-1 Aidan Frazier
- 2-2 Kory Kennedy
- 2-2 Lisa Metz
- 2-2 Tarin Serra
- 2-5 Gretchen Riggle
- 2-6 Greg Wall
- 2-6 Terry Townsend
- 2-7 Darrian LaDow
- 2-9 Amber Longwith

- 2-9 Bill Menges
- 2-11 Jack Reed
- 2-14 Judy Trobaugh
- 2-16 Kathleen McKinney
- 2-16 Roxane Burrous
- 2-19 John Norris
- 2-20 Tami Maurer
- 2-23 Brayden York

- 2-24 Dan Lutes
- 2-24 Julia Birkhimer
- 2-25 Mary Barnes
- 2-25 Sofia Embry
- 2-25 Tracy Brown
- 2-26 Hannah High
- 2-28 Jayne Stucker
- 2-28 Robin Townsend

2014 Club Point Races

March 8 - ?

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

March 15

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

April 5

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

May 10

Norris Insurance 3m Walk/ 4m Run
Time: 8:30 am
Location: Jackson Morrow Park,
Kokomo, IN
Contact: John Norris
Website: norrisinsurance.com

May 17

MCF Prison Breakout 5K
Time:
Location: Bunker Hill
Contact: Anne Hubbard

May 24

CKRR Almost Free 5K
Time: 8 am
Location: Highland Park
Contact: Mark Shorter

June 7

Bona Vista 5K Run/Walk
Time: 8 am ?
Location:
Contact: Vicki Boles

June 14

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

July 5

CKRR Haynes Apperson 4m, 3m and 1m
Time: 8 am
Location: Memorial Gym, Kokomo, IN
Contact: Mike Anderson & family

July 12

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

July 19

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

August 2

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

August 16

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

August 23

Runnin the Shores 5K - maybe
Time:
Location:
Contact: Rebecca Monroe

September 6

5th Annual Steps to Recovery 5K
Time:
Location:
Contact: Reba Harris

September 13

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

September 27

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

October 4

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

October 25

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

November 8

CKRR Charity 5K Run/ Walk
Points 20 for Each Finisher
Time: 9 AM
Location: UAW 292 Union Hall
Contact: Jeannie Townsend

November 27

Club Kokomo Cares 5K Run/Walk
Time: 8 AM
Location: Rogers Pavilion
Highland Park, Kokomo, IN
Highland Park
Contact: Ray & Robin Tetrault, Mark Shorter
Phone: (765) 854-1393

December 31

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



Additional Schedule Dates

Apperson Kids Track & Field

July 5

Location: Memorial Gym Track Field
Kokomo, IN
Contact: Jordan Ousley

Coyote Kids Schedule

Location: Jackson Morrow Park
Kokomo, IN
Contact: Robin & Ray Tetrault
June 5, 12, 19 & 26
July 10, 17, 24 (rain date if necessary)
July 31-Awards

Race Walking – future training

"Race walking combines the endurance of the long distance runner with the attention to technique of a hurdler or shot putter. Producing less impact, this technically demanding event continues to grow in popularity across the younger and older age groups for its fitness and competitive aspects.

Race walking differs from running in that it requires the competitor to maintain contact with the ground at all times and requires the leading leg to be straightened as the foot makes contact with the ground. It must remain straightened until the leg passes under the body."
(Quoted from the USATF website)

Within our club, we have members who are 'certified' USATF Race Walkers and Mary Miller accepted our request to have a Walker's Training.

Given the unpredictable winter weather, it is difficult to put a schedule together at this time. But look forward to future announcements regarding this training.

Club Ambassadors

At a recent club meeting, we were all discussing why we joined CKRR. Everyone at the meeting had a story about someone in the club who had reached out to them in their first meetings with the club. For our newsletter editor, it was Joe Kidd Rangel. For your president, it was Charlie Skoog. Everyone has a story and every story involves a special person. No one came to the club just to win races and receive T-shirts. This being said, I am looking for volunteers to be Club Ambassadors. As a club ambassador, you would be at club events, points races, Wednesday night races, award ceremonies, monthly meetings, etc. You would be in charge of greeting people and being their first point of contact. You could be someone's reason for joining the club. If you are interested in volunteering to help, please contact me, Patricia Weitzel at [765-453-0714](tel:765-453-0714) or by email.

Patricia@PatriciaWeitzel.com

RRCA General Running Safety Tips

- **Don't wear headphones.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
- Run against traffic so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than if it is behind you.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
- Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
- Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.
- Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
- Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
- Run with a partner. Run with a dog.
- Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.
- Practice memorizing license tags or identifying characteristics of strangers.
- Carry a noisemaker. Get training in self-defense.
- When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately

The RRCA encourages our members and the press to reproduce and circulate these tips. Please be sure to acknowledge the RRCA as your source for General Running Safety Tips. – (taken from the RRCA Website)

Club Kokomo Roadrunners Meeting –Jan 13, 2014

1. Prayer by Chaplain Ricke Stucker
 2. Brief Treasurer's report by Mark Shorter. Still waiting for info to submit for Indy 500 festival tent.
 3. NYE Race – Mark Shorter reports that 3 people registered through Active.com. 143 people finished the event and attendance was rather good for a mid-week race. Printer didn't want to print but Charlie Skoog and Mark were able to pull the results. Will need additional volunteers for future events.
 4. Volunteers were discussed and the need for additional support from members during race events. This will be addressed in the new year.
 4. Ryan Bowman from IUK is having the race again in 2014.
 5. Website is currently not updated. Last update was in December.
 6. Mike Anderson and family have begun working on the Haynes Apperson event. They are currently working on donations.
 7. March 29th is the Central Ind Health & Fitness Expo with 5K.
 8. KASH flyer ad for Coyote Kids was discussed by Patty Weitzel. Linda Kendall made a motion for the club to purchase an ad which was seconded by Vicki Boles and passed.
 9. Ricke Stucker tells us that Mary Miller agreed to conduct a walkers training for walkers on the proper technique and rules for race walking.
 10. Reminder of the awards banquet with chili cook off Feb. 8th from noon – 2pm
- Adjourned

Those present include Joe Yeagle, Patty Weitzel, Linda Kendall, Milt Brown, Myrna Tappen, Jeannie Townsend, Greg Townsend, Mark Shorter, Ron Greene, Ricke Stucker, and Vicki Boles



**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