

## 60 and Still Bit by the “Running Bug” by Robin Tetrault

In the running community, I was a “late bloomer”. I am not fast, but I have had some really good races for me. I have run tough races that I NEVER dreamed I would be running in my 50’s. I turn 60 in March and I was asked to share my story of running to encourage others that may try running later in life.

I was a tomboy growing up in the 60’s. All of my neighbors were boys. I loved playing baseball, football, and other neighborhood games like blacksmith and hide and seek. When I entered high school there was still a dress code. I know. It’s hard to believe, but girls did not wear pants. Girls were not involved in sports much at all except cheerleading. I graduated in 1972 from high school. Title IX became law in 1972 providing equal opportunity for women to participate in sports. I was oblivious to this fact. It didn’t matter because I didn’t like to sweat.

I became a “girlie-girl” in high school and, yes, I became a cheerleader my junior year. Ray and I attended the same high school but I was much older than him and did not know who he was. I didn’t even know what cross country was. I had no idea he was such an incredible runner. I didn’t run. I didn’t like to sweat and get that sick feeling from overexerting in gym class. Nope! I was NOT an athlete. Fast forward many

years and 6 kids later. I was in my 40’s and I decided it was time to start exercising. Ray was patient with me, and by now I realized what an amazing runner he was back in our high school. He taught me the basics of running....move your feet, lift your knees, and keep your thumbs at your hips. (Girls tend to run with their hands up at chest level). Relax and run loose. Poor Ray. I was a “project”! I would jog with him and always stop at ½ mile. He never told me how far we were. I just stopped because it was harder to run. One day down in Highland Park I was jogging while the kids rode their bikes. I thought if I can just make myself go past that bridge on the way back, I know it would be at least more than ½ mile. That day, at the age of 45, I did just that. I kept going even though I was tired. Guess what? I felt revived and felt like I could keep going! I had passed through the tough ½ mile block in my head. I ran one complete mile that day. I wasn’t fast but I didn’t quit and I didn’t walk until I had reached the mile mark! What a HUGE accomplishment for me. Thankfully our daughter Melissa decided she wanted to go out for a sport so she tried running too. We were about the same speed at first so that helped the monotony. You see we ran 1 mile for a long time. Then we added a mile and I was up to two miles. I did not enjoy running. I kept running, though. We ran our first 5K race, which I didn’t think I could possibly complete! It was the Norris, Converse race and it was awesome! My time was 33 minutes and I won 3<sup>rd</sup> place in my age group (out of three, I think). But it didn’t matter, because I completed it and I got a trophy! “This is cool”, I thought. I continued running the club races and watched my times improve just by doing regular slow runs on my own and with Missy. I must tell you, though, I did not like running. I did it, to do it, because it was good for me. It was at least a year before I enjoyed running. I was not as fast as the people in my age group or most of the people that came out on the Wednesday night

runs, and that was discouraging. I kept running to encourage others that were slower to run and not give up because you couldn’t run a 7 minute mile or less! I needed to find others to run with! There were others that were fast, but they ran with me to encourage me, like Anne Wiles and others. That helped me, so I wanted to encourage others, too. In a running club it could be about being the fastest, but in Club Kokomo, we want you to compete with yourself and others that may at the same pace you are.

People were talking about the Indy Mini each year and I thought it was amazing. I watched my husband finish a couple of times and I waited impatiently for Missy to finish her first mini, so afraid she wouldn’t be able to finish. She was in high school and it seemed like such a LONG race! But she did finish it and did well. She looked great when she finished. I said that was great for her, but I would NEVER run a mini. It seemed SO LONG! IMPOSSIBLE actually! I can’t remember why I decided to run the Indy Mini but I had gotten bitten by the “running bug” and thought this would be very cool! I ran it with Missy during the 25<sup>th</sup> running of the mini. It was an adventure. I loved it! I decided that I COULD do this.

Ray and Missy were planning marathons now and they had decided to do one in every state to give them something to do together and something to take her mind off her intense studies. It was a superb idea. I could go along for the ride. I was support for them and I got to be part of the “adventure”. After their first one together I saw how sore they were and we had to drive 7 hours home! I thought to myself, “NEVER doing a marathon”! I accompanied them on each trip and decided to do half marathons with them while they did the full marathons. Megan also started running with us and she did some halves too. It made for very interesting family vacations with a purpose! In fact, Jon, our son-in-law  
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**NEXT CLUB MEETING – MONDAY, MAR. 10TH  
AT 6 P.M. AT MARTINO’S RESTURANT  
SOCIAL HOUR AT 5 P.M.**

## Wednesday Night Race Results

### Jackie Sanders Miracle Mile Wednesday, February 12, 2014 Highland Park Walk/Bike Path

1. Charley Werst 7:52
2. Jana Skoog 8:48
3. Charlie Skoog 9:36
4. Shirley Bugher 16:27

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

1. Charley Werst 30:55
2. Jana Skoog 30:56

### Jackie Sanders Miracle Mile Wednesday, February 19, 2014 Highland Park Walk/Bike Path

1. Kory Kennedy 5:57
2. Riley Jones 8:22
3. Gwen Grimes 8:22
4. Parker Jones 8:22
5. John Anderson 8:31
6. Alex Anderson 9:12
7. Ray Tetrault 9:47
8. Charlie Skoog 10:15

9. Robin Tetrault 10:45
10. Melissa Jones 11:43
11. Thomas Anderson 11:51
12. Michael Anderson 11:52
13. Ken Huston 11:59
14. Bruce Savage 12:15
15. Jerry Leach 14:16
16. Shirley Bugher 16:01
17. Carol Savage 17:03

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

1. Kory Kennedy 19:02
2. Corey Menning 22:51
3. David Lechner 23:11
4. John Anderson 23:20
5. Riley Jones 24:15
6. Parker Jones 24:15
7. Gwen Grimes 24:16
8. Keith Hiatt 26:04
9. Rick Kerr 27:09
10. Warren Tierney 28:09

11. Vern Keller 34:15
12. Robin Tetrault 36:22
13. Sue Keller 48:37
14. Linda Kendall 50:49

### Jackie Sanders Miracle Mile Wednesday, February 26, 2014 Highland Park Walk/Bike Path

1. Charlie Skoog 9:41
2. Kevin Campbell 11:04

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

1. Parker Jones 26:09
2. Gwen Grimes 26:10
3. Kevin Campbell 36:00

## Bit by the "Running Bug" continued

started running because of Missy and her crazy family. He was a baseball and basketball junkie. Ray said he could marry Missy if he beat him in a marathon. We all went to Alabama to run the ½ and full marathon one December. Ray beat Jon, but he finished, and so did Missy. We let them get married too! ☺ Jon now coaches the W Lafayette Middle School Cross Country team. He got bit by the "bug" too! Now he inspires young runners!

It was wonderful to be a support to Missy and Ray on the marathon trips. I knew I would NEVER run one! When it came time for the marathon in Indiana Missy had a horrible head cold. I was running regularly by now, so I met her past the halfway point so Ray could go on and I would jog along with her to encourage her. We talked, listened to music, jogged, walked, and just kept each other company. I ran for about 6 miles with her. She got through that very difficult marathon, but I also thought, "Well, at this pace, maybe I COULD do a marathon". Everything is not blazing speed for everyone. For some it is important, easy, and fun. But for a 50 year old, non-athlete, speed was NOT my joy. Exercising, having fun, meeting people, setting goals, running in the sunny weather, and getting faster just by doing the work. THAT was joy for me.

We planned a club marathon trip to Utah. It was called the "Top of Utah". THAT was not inviting, except this marathon didn't have a half. Ray said I'd have to do the full if I went on the trip. I said "OK!" What? Yup, I was bit by the "bug". I wasn't sure I could complete it but Missy and I were going

to run it together and we had 6 hours to finish it. Besides it was down the mountain the first 13 miles! I got this! Yikes, what had I gotten myself into? An awesome marathon trip with a lot of club friends! You see, if you get involved in the club you meet people, make friends, and it makes running a lot more fun! Well, that day was eventful as poor Ray was so sick with a head cold and I was a nervous wreck. The temperatures were hotter than expected and many of us got dehydrated. But Missy and I finished in 6 hours! I cried and put my legs in the mountain stream! At dinner we shared our experiences. Ray said, "So, do you want to do another marathon?" He was fully expecting, "are you kidding? NO!" I surprised him with a smiling, "YES!" I was bit by the "marathon bug"!

I have been on this adventure since September 2004. As of May 2013 Ray and I completed 25 of the 50 states. Some of the trips have been with the club, with our family, with just the two of us, or with some close friends. It has been an awesome way to see our beautiful country! It has also been a wonderful way to build our relationship as husband and wife. We haven't always been able to run together, but the common goals, trips, and "projects", like Coyote Kids and directing races have made a lasting love even stronger. We can run together now that Ray is slower. He still encourages me, though, to push a little harder. He still is my favorite coach! I still don't like to sweat, but I've been bit by the "running bug" and fortunately it is terminal!

## RUNNING TIPS

**MAKE RUNNING FUN** – first and foremost, running should be fun.

**EMPHASIZE GOOD TECHNIQUE** – eliminate bad habits such as excessive arm movement, twisting of the upper body, or over striding

**FOCUS ON PARTICIPATION AND SELF-IMPROVEMENT** – running for participation and developing a healthy lifestyle.

- do you have a tip, please share. All of us learn and grow from each other. Please email your tips to me at – [editor@ckrr.us](mailto:editor@ckrr.us) or [ibm1100@hotmail.com](mailto:ibm1100@hotmail.com)

## March Birthdays

- 3-12 Michael Anderson
- 3-7 Cinnamon Andrews
- 3-11 Robin Cole
- 3-7 Bryce Glover
- 3-27 Stacey Jones
- 3-17 RJ Kerr
- 3-15 Jillian LaDow
- 3-14 Kim LaFollette
- 3-20 Toney K. Lorenz
- 3-16 Jack Lotzgeselle
- 3-11 Steve Merrick
- 3-29 Brett Merrick
- 3-1 Drew Moser
- 3-5 Carolyn Norris
- 3-21 Betty Ann Oliphant
- 3-27 Tara N. Rodriguez
- 3-5 Dale L. Sullivan
- 3-17 Robin Tetrault
- 3-1 Felicia Tierney
- 3-26 Sarah Tierney
- 3-23 Tom Tokarcik
- 3-11 Virgil Weitzel
- 3-11 Joe Wiles
- 3-26 John Paul "JP" Wyman
- 3-23 Joseph Yeagle

## 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 & 1 mile fun run  
Time: 9 am  
Location: Tierney Warehouse  
1401 W. Cliff Dr, Logansport  
Contact: Ricke & Jayne Stucker

### 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 -*  
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  
Location: 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

## 2014 – 44<sup>th</sup> Annual Kokomo Summer Distance Camp – (KSDC)

5 camp sessions (track meets) with distance coaches available as well as informative/instructional handouts, meeting 5 Tuesdays: June 17, June 24, July 8, July 15 and July 22. Meet starts at 6pm and gates open at 5pm at KHS-Walter Cross Field. \$30, or \$8 per session with checks payable to Ricke Stucker. Session ribbons for top 3 places (male & female) in 4 age groups. T-shirt for pre-paid \$30. Plaques for top 3 in age group male and female, at conclusion of camp (must attend 3 of 5 sessions). Age groups 10 & under, 11-13, 14-19 and Open.

Please see Ricke Stucker if interested, or email me for a registration form.

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](mailto:fdkjohn@dbcglobal.net) and phone # is [219 805 6526](tel:2198056526)



**2013 Age Group Winners**

**Female - Runners**

**Runner 0-12-Female**  
Madison Cleaver 110-6  
Ella Kantz 100-5  
Sophia Wyman 77-6 V

**Runner 13-19-Female**  
Emilie Hubbard 269-16  
Tara Rodriquez 255-13

**Runner 20-24-Female**  
Kelsey Kennedy 280-14

**Runner 25-29-Female**  
Kathryn Wall 190-10

**Runner 30-34-Female**  
Melissa Goad 200-10  
Valerie Leger 151-10  
Angela Anderson 125-10

**Runner 35-39-Female**  
Sharon Whelan 231-14 HV  
Jennifer Van Horn 223-13 HH

**Runner 40-4-Female**  
Shelly Wyman 190-10 MHHV

**Runner 45-49-Female**  
Tami Moore 250-13 UMHHV  
Laura Cook 226-14 H

**Runner 50-54-Female**  
Cara McKellar 280-17  
Laurie Ousley 259-14 H  
Ann Hubbard 205-16 V

**Runner 55-59-Female**  
Anna Rangel 360-20 UHH  
Jana Skoog 335-17 MHH  
Robin Tetrault 195-13 MHV

**Runner 60-64-Female**  
Joyce Pennycoff 340-17 HH  
Jeanie Townsend 262-17 MHV  
Sue Keller 249-18 HV



**Male - Runners**

**Runner 0-12-Male**  
Brayden York 220-11  
Corey Moore 115-7  
John Paul Wyman 94-6 V

**Runner 13-19-Male**  
Jeremy Breedlove 215-11 V  
Jordan Fivecoate 112-7 V  
Dorian Gray 92-5 HV

**Runner 20-24-Male**  
Kory Kennedy 400-20 HV  
Parker Jones 255-20

**Runner 25-29-Male**  
Jordan Ousley 200-10 H

**Runner 30-34-Male**  
Michael Anderson 200-10 H

**Runner 35-39-Male**  
Matt York 260-13 MHH  
Aaron Craig 240-13 H  
Chris Lasley 185-10 HH

**Runner 40-44-Male**  
Paul Wyman 164-10 MHHV

**Runner 45-49-Male**  
Jack Reed 354-20 HHV  
Michael Graham 319-20 V  
Ron Moore 190-10 MHV

**Runner 50-54-Male**  
Phil Rozzi 355-20 UHHV  
Scott Deyoe 240-17 MHHV  
Paul Sanders 181-11 H

**Runner 55-59-Male**  
Greg Townsend 406-22 UHV  
Mike Deardorff 217-13 H  
Keith McAndrews 185-10 V

**Runner 60-64-Male**  
Mark Shorter 415-23 HV  
Ron Greene 287-15 MHV  
Charlie Skoog 221-15 MV

**Runner 65-69-Male**  
David Hughes 367-23 UHV  
Gary Callahan 340-17  
Ricke Stucker 329-22 V

**Runner 70-74-Male**  
Billy Stanton 200-10  
John Peters 185-10 V  
Stan Shuey 132-8 V

**Runner 75-79-Male**  
Riley Case 100-5



**Female - Walkers**

**Walker 45-49-Female**  
Carol Savage 215-11V

**Walker 50-54-Female**  
Mary Miller 460-23 HH  
Jayne Stucker 279-19 V  
Jane Inman 169-11 H

**Walker 60-64-Female**  
Jan Wall 435-23 HH  
Carrie Williams 205-13 H  
Angela Lorenz 152-11 H

**Walker 65-69-Female**  
Mary Lou Rutherford 330-19 HV  
Anita Dillman 320-13 H

**Male - Walkers**

**Walker 25-29-Male**  
Vince Lorenz 420-21 HHV

**Walker 55-59-Male**  
Rick Spencer 300-15 HH

**Walker 60-64-Male**  
Greg Wall 383-24 HHV  
Vern Keller 380-19 HV  
Toney Lorenz 258-19 HHV

**Walker 65-69-Male**  
Bob McBride 200-10

**Walker 70-74-Male**  
John Mohr 250-14 H  
Jim Gross 180-9 H

**Walker 75-79-Male**  
Jerry Lambert 200-10 HV  
Robert Cupp 95-5



**Youth Runner of the Year**

Female – Madison Cleaver  
Male – Corey Moore

**13-19 Runner of the Year**

Female – Emily Hubbard  
Male – Jordan Fivecoate

**Master Runner of the Year**

Female – Laurie Ousley  
Male – Phil Rozzi

**Senior Master Runner of the Year**

Female – p e n d I n g  
Male – Greg Townsend

**Runner of the Year**

Female – Joyce Pennycoff  
Male – Jeremy Breedlove

**Walker of the Year**

Female – Jayne Stucker  
Male – John Mohr

**Contributor of the Year**

Anderson Family

**Rookie of the Year**

Female – Jana Skoog  
Male – Ron Greene

**Outstanding Volunteer**

Stan Shuey

**Most Outstanding Performances**

Christian High

**President's Awards**

Mark Shorter



**Spirit Award – Certificate**

completed over 20 races during 2013 calendar

Greg Wall  
David Hughes  
Mary Miller  
Mark Shorter  
Jan Wall  
Ricke Stucker  
Greg Townsend  
Vince Lorenz  
Michael Graham  
Kory Kennedy  
Anna Rangel  
Jack Reed  
Phil Rozzi

**30 Year Member**

Kevin Starich

**20 Year Member**

Dale Sullivan  
Kenny Bennett  
Riley Case

**Hall of Fame**

Lorene Sandifur  
Ray Tetrault  
Robin Tetrault

## Awards Banquet Summary -

Once again Brookside Free Methodist Church was the host site for Club Kokomo Road Runners 2013 Award presentations and annual chili cook-off. Club members and their families gathered for a great time of fellowship and food as several members were recognized for their past year of running or walking. We had several competing for the chili cook-off and had several options for people to devour with over 12 different crackpots of chili varieties. The people's choice for the top three vote getters were – Kathy Wall 'White Chicken Chili' received 1<sup>st</sup> place, Carol Savages' 'Mom's Chili Mac' places 2<sup>nd</sup> and rounding out the top three Jana Skoogs' 'Whole Foods Lentil Chili'. A 50/50 drawing was also held, which awarded \$91 to the Ron Greene and 10 others won gift cards.

This year the club also inducted three members into the Hall of Fame – Lorene Sandifur, Ray Tetrault and Robin Tetrault. Also plaques were given the 30 year member – Kevin Starich and 20 year members – Dale Sullivan, Kenny Bennett and Riley Case. These seven people represent a great deal of knowledge, experience and service to our club. Please be sure to congratulate them at the next club event.

The listings for the age bracket winners are listed within the newsletter as well as those who won special awards. But if your name is not listed from last year then don't fret. You have this year to qualify. Qualification for awards is easy – run at least 10 races for adults and 5 races for students or seniors. The more races you run, the better your chances for winning in your age group. Catch the bug and begin your race to next year's awards banquet.

### Carol Savage's Mom's Chili Mac

1-1.5 pounds of ground chuck  
1 medium onion, chopped

Brown ground beef with onion, drain grease.

Add 2 cans Brooks Chili Hot beans  
1 package Brooks Chili seasoning  
Tomato juice, maybe 2-3 cups  
Beef broth, 1-2 cups  
1 cup whole wheat macaroni

Bring everything but macaroni to a boil, add macaroni and cook until macaroni is tender.

### Whole Foods Lentil Chili

This simple vegetarian chili recipe uses lentils instead of beans. Brown lentils work best as they will hold their shape even when tender after cooking. Serve over brown rice or with whole-grain hearth bread. Serves 8.

#### Ingredients:

1 medium yellow onion, chopped  
1 large red bell pepper, chopped  
8 cups low-sodium vegetable broth, divided  
5 cloves garlic, finely chopped  
4 tsp. salt-free chili powder  
1 (16 oz) package brown lentils (about 2 1/4 cups lentils)  
2 (15 oz) cans no-salt-added diced tomatoes  
1/4 cup chopped fresh cilantro

Heat a large pot over medium-high heat. When hot, add onion and bell pepper; cook, stirring frequently, until vegetables brown and begin to stick to the bottom of the pot, about 6 minutes. Stir in 3 T. of broth and continue to cook, stirring, until onion is soft and lightly browned. Stir in garlic and chili powder and cook 1 minute, stirring constantly. Add lentils, tomatoes, and remaining broth. Bring to a boil, reduce heat to medium-low and simmer, partial covered, 30 minutes or until lentils are almost tender. Uncover and cook 10 minutes longer. Stir in cilantro and serve.

### President's Pen

The first race of the year is upon us. I'm hoping for some nice warm weather as we hit the route around Highland Park for the Old Ben 5K.

As we set out on a new year of Club Kokomo races, what are your goals? Do you set goals based on the course? Running the Bee Bumble or Race for Grace is very different than running one of our familiar, flat courses at Highland Park.

Each year brings different challenges for each one of us. I encourage you to set goals for yourself this year; goals that are based on your performances, not the performances of others. Ours is a friendly club with people who encourage each other, no matter how fast, or how far you run.

Let's encourage one another this year. Let's invite our friends to join us for club races. Even if you think your friend would never enjoy going for a run, ask them, they might surprise you.

I never would have joined the club, or entered my first 5k if someone had not asked me and encouraged me. Remember that the Old Ben 5k is offering some events for the kids this year, so bring the kids out for their own event and get their love of running started early

## Chaplain's Chatter

Is the snow over? I hope so, Indoor track meets, the boys' basketball tournament, 'Spring' forward, St. Patrick's Day, The Pacers (Boom Baby!), Old Ben 5k, Amboy Pancake 5k, Spring Breaks begin, and March winds blow.

Is TV's influence hurting kids? Some parents let their children watch anything on television, even if it's full of violence or sex or bad language. Should we say anything or are we just being old-fashioned?

How do young children learn the difference between right and wrong? They should learn this from their parents. This is why the Bible says to parents, "Start children off on the way they should go, and even when they are old they will not turn from it" (Proverbs 22:6).

But all too often, children today are learning not from their parents but from what they see on television and in films. If children grow up on a steady diet of violence and immorality on TV, is it any wonder that they end up so confused about what's right or wrong?

Pray for parents. Pray for children and grandchildren also. Pray most of all that they will put Jesus at the center of their lives. And pray that as parents and grandparents we'll "set an example....in speech, in conduct, in love, in faith, and in purity" (1 Timothy 4:12).

Always thanking God for His gift of grace  
Ricke



**Club Kokomo Roadrunners Meeting –Feb 10, 2014**

1. Prayer by Chaplain Ricke Stucker
2. Brief Treasurer's report by Mark Shorter.
3. Scholarship Committee will be reviewing the submitted applications and there will be scholarships awarded this year.
4. Charlie Skoog requested that the check which he paid for the Gilead House equipment rental be returned. Motion passed with no apposed.
4. IUK race will be March 8<sup>th</sup> but there have been problems with the online registration. Club has not received a hard copy of a registration form.
5. Bona Vista submitted their equipment request along with the check for equipment rental for their June 7<sup>th</sup> race. Linda Kendall made the motion to allow use of equipment which was seconded by Jayne Stucker. Motion passed with no apposed.
6. Home School play bill ad was presented for approval. Following corrections Linda Kendall made motion to accept ad for placement and was seconded by Charlie Skoog. Motion passed with no apposed.
7. Charlie Skoog praised the committee and volunteers who helped to put on the annual awards banquet. Linda Kendall made a motion to give a \$200 donation to Brookside Free Methodist Church as a thank you for use of their church. Seconded by Milt Brown and motion passed with no apposed.
8. Ricke Stucker has accepted the chair position for the 2014 awards committee. Anyone else who would like to participate on this committee should contact Patty Weitzel.
9. Ray Tetrault present on the current discussion the Finance Committee have had as they examine opportunities for the club as they would like to do something big like trails at Jackson Morrow or fitness stations for training. Also they have decided to have a booth at the Howard County 4-H fair reach out to those in our community.

Adjourned

Those present include Ron Greene, Mark Shorter, Patty Weitzel, Linda Kendall, Milt Brown, Myrna Tappen, Ricke Stucker, Jayne Stucker, Charlie Skoog, Jana Skoog, Robin Tetrault and Ray Tetrault.



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