

Bare Foot Blog – Dan Lutz – Friday, May 30, 2014

Hello Barefooters,

That has always kind of been my concern with this goal is that 3 of the 5 States I had left were higher altitude (CO, WY and NM) which, coupled with the slower pace of barefooting, might have put this goal just out of reach. But through much prayer and soul searching, the distance and speed did come back. I am enjoying running more now than I have in years! I tell people that barefoot running is a COMPLETELY new and different sport. You basically have to re-teach yourself to run...and that includes starting all over as far as speed AND mileage. But it DOES come back if you stick with it.

The day of the Colfax Marathon we had near



perfect weather, with a low of 46 and a 6am start which meant I was done by 10am with the temp still below or about 70. The course is beautiful and starts on the grounds of the Zoo and goes through Mile High Stadium twice, once at 6 miles and again at 20 miles. The entire course is basically flat but of course a mile high, and much of it is run along Colfax which is the longest street in Denver. When we weren't on a city street we were running along bike paths and a trail around Sloan's Lake. Surprisingly the roads were pretty smooth but there were a fair amount of pebbles and road debris which made concentrating on my path critical. This was made difficult in the early miles (as I learned in the Indy marathon) when many people wanted to run alongside and talk about barefoot running. Either they "knew someone who..." or "always wanted to try..." or wondered if I had "ever heard of those Five-Finger shoes" or you name it. Its crazy how many people made comments or wanted to talk about it. But I made a concentrated effort to maintain my form and pace during those distractions and sort of got used to it after a while.



My goal was to keep the early miles just below a 9 minute pace and see how I felt at the half way point. The plan worked pretty well as I kept all miles in the first half between 7:55 and 9:03 with most being right around 8:45. The second half was definitely slower although not significantly. The last 6 miles were all above 9:00 but the last one was above 10:00. This is actually

pretty abnormal for me as I usually "crank it down" in the last mile but this one was a 10:15 mile. This was definitely due to the horrible pavement as we re-entered the Zoo grounds. There were pebbles (Gravel) everywhere and in spots it was like broken up cold patch across the entire road. This would have probably been ok in the early miles but after 25 miles on barefeet, I wasn't really "into" this last rough mile. Luckily I knew I had about 4 minutes in the bank to still make the 4 hour goal. At the end my goal became to get both the chip time and the gun time under 4 hours, which I did. The gun time was 3:59:45ish and the official chip time was 3:56:17. So a new Barefoot PR by an hour and twelve minutes! My biggest PR improvement ever at any distance!

While I've been basking in my accomplishment these past two weeks, I have been fighting a bit of a groin pull on the left side. The day after the marathon I ran 2 miles easy and both the left and right side was REALLY tight. As it loosened up over the next couple of days it seemed the left side was much worse. Then on Thursday, I overdid it and really tweaked it...pulled it the rest of the way...whatever...it hurt. So I cut the miles way back and took an extra day off. This week I started slow but increased the miles toward the end of the week. My goal for the week was to get my full 38 miles in (Avg. needed for my "other" goal of 2000 miles for the year). Due to the quick taper before the race and the medium to higher mileage after the race I have been able to keep the 38 mile avg. goal for the month. Still have 170 miles or so to make up from the disastrously cold winter. The nice thing about taking some time off at the end of last week was that I went ahead and signed up for the next one! That's right, I'm now signed up to run the Jackson Hole Marathon on August 30. This will be one of the 4 remaining states needed for the 50Sub4 goal. Linda and I are planning to make a mini-vacation out of it which will be much more fun than the IN and OUT that I did for the CO marathon.

Happy Barefooting Out There...enjoy your Summer!

Barefoot Dan
May Mileage = 187 miles

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50<4

50 States. 26.2 Miles.
Under 4 Hours.

Life is Short. Run Fast.
50 sub 4 MARATHON CLUB

Individual Highlights:

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**4th Annual Bona Vista
Run, Rock & Roll 5K
June 7, 2014
UAW Local 292 & Jackson
Morrow Park
5K Run**

1. Kory Kennedy 16:38
2. Scott Colford 17:17
3. Braden Timmons 18:00
4. Tallis Bowers 18:22
5. Dana Neer 18:35
6. Christian High 18:40
7. Jordan Ousley 19:06
8. Heather Weber 19:32 1st woman
9. Noel Shafer 20:04
10. Ron Moore 20:32
11. Aaron Craig 20:51
12. Chris Lasley 20:51
13. Kerry Logsdon 21:17
14. Gary Callahan 21:53
15. Phil Rozzi 22:07
16. Ron Greene 22:47
17. Ella Kantz 23:09
18. Keith Hill 23:52
19. Billy Stanton 24:40
20. Anne Kantz 24:52
21. RJ Kerr 25:27
22. Janette Clem 25:35
23. Jana Skoog 25:37
24. Mark Shorter 25:45
25. Dave Mobley 25:49
26. Anna Rangel 26:09
27. Charlie Skoog 26:43
28. Cara McKellar 26:55
29. Rudy Suryantoro 27:22
30. Brandon Walters 27:34
31. Melissa Goad 27:28
32. Warren Tierney 27:35
33. Zach Barnes 27:47
34. Greg Sipe 27:54
35. Rosellen Connolly 27:55
36. Mike Daugherty 28:05
37. John Peters 28:06
38. Andy Kirby 28:29
39. Brad Carney 28:33
40. Alice Bowers 28:34
41. Gregory Townsend 28:37
42. Ryley Working 28:42
43. David Hughes 28:43
44. Robin Tetrault 28:46
45. Ashley Shanks 28:48
46. Kaity Kirby 28:55
47. Laurie Ousley 29:00

48. Matt Truesdell 29:05
49. Cole Wise 29:18
50. Mike Salyers 29:21
51. Mike Wise 29:22
52. Emilie Hubbard 29:24
53. Heather McCallum 29:28
54. Brian Pier 29:39
55. Michael Graham 29:44
56. Ray Tetrault 29:50
57. Ann Hubbard 29:55
58. Paul Getts 30:11
59. Ariel Stanley 30:28
60. Jacob Van Horn 30:28
61. Jennifer Van Horn 30:30
62. Harlan Knudson 30:33
63. Constance Trobaugh 30:44
64. Hannah Moore 30:51
65. Libby Working 31:25
66. Nikki Logsdon 31:31
67. Marianne Wilson 31:50
68. Laura Cook 31:57
69. Kelsey Kennedy 32:30
70. Bethany Thomas 32:55
71. Amanda Tran 33:07
72. Lyndsay Truesdell 33:41
73. Marietta Miles 34:08
74. Lisa Kingseed 34:11
75. Mary Barnes 34:52
76. Linda Wachs 35:00
77. Cheryl McBee 35:06
78. Todd Trobaugh 35:37
79. Krystyne Wilson 35:50
80. Stephanie Pratt 35:51
81. Deb Taylor 36:13
82. Allison Henderson 36:26
83. Dave Henderson 36:27
84. Elizabeth Bevington 36:27
85. Molly Hedrick 36:41
86. Kathryn Wall 36:49
87. Stacy Hogwood 37:21
88. Alex Studebaker 37:35
89. Lauren Weber 37:37
90. TA Weber 37:39
91. Julie Rhew 37:40
92. Stan Shuey 38:02
93. Abbie Fruen 38:04
94. Ciera Jakus 38:05
95. Ashley Cone 38:19
96. Sarah Kleinknight 38:30
97. Kelly Studebaker 38:40
98. Bruce Savage 39:08
99. Hannah Sexton 40:14
100. Amy Cone 40:56
101. Tasha McColl 41:10

102. Jeff Freeman 44:06
103. Sue Keller 44:14
104. Pam Freeman 44:50
105. Brianna Trent 45:03
106. Randy McBee 45:11
107. Roberta Miller 52:06
108. Dawn McKinney 52:07
109. Shirley Bugher 53:21
110. Danna Bonfiglio 53:36
111. Jenna Hendricks 57:34
112. Kim Hendricks 58:15
113. Ashley Kostrewa 58:16

5K Walk

1. Mary Miller 32:34
2. Vernon Keller 33:23 1st Male
3. Greg Wall 35:42
4. Jan Wall 39:10
5. Toney Lorenz 39:35
6. Bob McBride 40:38
7. Lisa Price 40:50
8. Stephen Wilson 41:59
9. Kevin Whitted 42:31
10. Robin Michael 43:04
11. Anita Dillman 43:11
12. Carrie Williams 43:11
13. Barbara Hobbs 43:16
14. Aaron Smith 43:29
15. Jerry Lambert 43:57
16. John Mohr 44:32
17. Jenny Tudor 44:50
18. Cathy Hoang 45:48
19. Erica Huffman 47:13
20. Jennifer Coomer 47:59
21. Joy Balentine 48:00
22. Amy Adcock 48:02
23. Mary Lou Rutherford 49:06
24. Melvin Hobbs 49:27
25. Sandra Dance 51:52
26. Carol Savage 52:01
27. Carrie Mims 52:04
28. Cindy Suryantoro 52:09
29. Amber Stevenson 52:28
30. Jessica Sheets 53:19
31. Jean Heflin 53:20
32. Rebecca Cecil 57:10
33. Kristy Cantrell 57:33
34. Katherine Coleman 60:10
35. Tacy Kline 60:11
36. Trina Stuller 60:13
37. Mary Ann Russell 61:25
38. Lisa Carney 61:38
39. Tara Eytchesun 61:40
40. Carrie Kuhns 61:41

1 mile Fun Run

1. Ava Kantz 12:13
2. Abigail Bowers 15:10
3. Vagan Barnes 15:36
4. Josh Brown 15:58
5. Ryland Barnes 17:40
6. Ruby Sharp 20:40
7. Kyra Foster 20:41

Norris Insurance

**5 mile run, 5K walk
Saturday June 14, 2014
5m Run**

1. Kory Kennedy 27:34
2. Braden Timmons 30:11
3. Nathan Young 31:42
4. Noel Shafer 33:33
5. Steve McDorman 34:14
6. Aaron Craig 35:23
7. Gary Callahan 35:52
8. Jeremy Beachy 35:53
9. Brooke Hasty 36:34 1st woman
10. Nathan Nicholson 37:05
11. Parker Jones 37:06
12. Michelle Nicholson 37:23
13. Gwen Grimes 37:25
14. Stu Nicholson 37:42
15. Michelle Larson 38:50
16. Natalie Nicholson 39:04
17. Keith Hill 39:20
18. Shane Deford 41:08
19. Larry Emmons 41:15
20. Tami Moore 41:18
21. Jana Skoog 41:19
22. Connie Gamble 41:20
23. Jennifer Van Horn 41:38
24. Jill Clark 41:41
25. Julie Hertzog 41:45
26. Charlie Skoog 42:11
27. Mark Shorter 42:28
28. Lorraine Gamble 43:03
29. Steven Thompson 43:04
30. Jackie Hasty 43:04
31. Bethany Kirkland 43:53
32. Bronwyn Getts 44:37
33. Ashley Shanks 44:04
34. Stephanie Young 44:50
35. Warren Tierney 45:01
36. Cara McKellar 45:02
37. Jane Hoover 45:23
38. Sarah Gibson 45:46

39. John Peters 45:55
40. Wendy Edwards 47:03
41. Greg Baldwin 47:22
42. Michael Graham 47:30
43. Dave Getts 47:41
44. Amanda Eviston 47:49
45. Trisha Baldwin 47:49
46. Scott Deyoe 48:19
47. David Hughes 48:51
48. Ray Tetrault 49:56
49. Shawnda Roussey 50:16
50. Robin Tetrault 50:16
51. Austin Beachy 50:59
52. Noah Hughes 51:12
53. Rebekah Beachy 51:13
54. Bethany Thomas 51:39
55. Marriane Wilson 51:42
56. Laura Cook 52:13
57. Ann Morris 54:40
58. Susan Mack 56:59
59. Kelly Evans 56:59
60. Robin Cole 58:09
61. Maria Cline 1:06:32
62. Jonah Hughes 1:07:14
63. Sue Keller 1:15:55
64. Shirley Bugher 1:29:20

5K Walk

1. Mary Miller 31:45
2. Vernon Keller 32:45 1st male
3. Greg Wall 34:27
4. Jan Wall 38:37
5. Bob McBride 39:33
6. Kevin Whitted 40:38
7. Barb Hobbs 40:56
8. Anita Dillman 41:16
9. Robin Michael 41:28
10. Chari Deyoe 42:15
11. John Mohr 42:34
12. Carrie Williams 42:35
13. Mary Lou Rutherford 46:11
14. Linda Allen 46:45
15. Melvin Hobbs 48:49
16. Andrea Thompson 49:21
17. Deb Tatman 49:21
18. Brandy Beachy 54:00
19. Jessica Beachy 54:00
20. Martha Sipe 55:32

Chaplain's Chatter

4th of July, fireworks, Foster Park concerts, and CK Hall of Famer Bill Heck's birthday. Coyote Kids, Kokomo Summer Distance Camp, and CK's Wednesday evening runs continue. Haynes-Apperson Festival and 4 Miler. Race for Grace and Panther Prowl 5K's. Howard County 4-H Fair. Cross Country Camp and the Brickyard 400. What a fun month!

A man raced off to a closing-out sale to buy a TV. He ran so fast that if he had been competing at the Olympics he would have broken a world record. Yet, for all his effort and amazing speed, he did not receive a gold medal or a lucrative sponsorship – nor was his name listed in the record books. His trophy was a half-price TV that he would soon put out for trash collection.

Are we running the wrong race? Are we using our innate energy to gain something of limited value? Why run after material gain or fame when death invariably takes it away? How does attaining personal riches and glory help us beyond the grave? "Naked I came from my mother's womb, and naked shall I return." (Job 1:21)

Nothing that we acquire on earth can buy our way into heaven. Only by accepting God's gift of salvation through believing in Jesus can we be saved. Once saved, we are at the starting blocks. From that point, every day is an opportunity to run our race before God. If our life is run in His direction, we not only prevail on earth but become eternal winners with perpetual rewards and trophies complete with a guarantee of everlasting satisfaction/eternal life. (Hebrews 12:1)

Always thanking God for His gift of grace, Ricke

Points Standings

(V= volunteer, H=half marathon, M=marathon)

Runner 0-12

Female

Natalie Nicholson 55-3
Hannah Moore 47-3
Ella Kantz 40-2
Esther Gollner 15-1
Lauren Weber 12-1

Male

Alex Studebaker 67-4
Jonah Hughes 55-3
Jacob Van Horn 50-3
Nathan Gollner 20-1
Corey Moore 20-1
Jake Cleaver 15-1

Runner 13-19

Female

Bronwyn Getts 60-3 H
Valerie Merrick 35-2
Anna Bullock 40-2 V
Madison Cleaver 20-1
Carly Jones 20-1
Jillian Ladow 20-1 H
Sarah Gollner 20-1 V
Kayla Bullock 12-1
Hannah Gollner 10-1

Male

Braden Timmons 180-9
MH
Noah Hughes 42-3
Samuel Bettegnies 15-1
Nathan Nicholson 15-1

Runner 20-24

Female

Emilie Hubbard 120-7
Gwen Grimes 104-6
Kelsey Kennedy 42-3
Nikki McCracken 35-2 H
Natalie Hoch 20-1

Male

Kory Kennedy 160-8
Billy Jones 12-1

Runner 25-29

Female

Kathryn Wall 100-5
Laura Heflin 30-2
Meghan Tetrault 20-1 H

Male

Parker Jones 115-6 H
Jordan Ousley 90-5 H

Walker 25-29

Male

Vince Lorenz 140-7 H

Runner 30-34

Female

Melissa Goad 120-6 H
Ashley Shanks 65-4
Valerie Leger 15-1
Angela Anderson 12-1

Male

Michael Anderson 60-3 H

Runner 35-39

Female

Jennifer Van Horn 170-9
H
Kelly Wright 40-2 H
Angie Gollner 35-2
Geana Moore 27-2

Male

Chris Lasley 100-5 H
Maurice Wright 35-2 H

Walker 35-39

Female

Jenny Tudor 60-3
Erica Huffman 15-1

Runner 40-44

Female

Heather Weber 100-5
MH
Michele Nicholson 60-3
Dana Culp 32-2 H
Anne Kantz 30-2
Stacey Bettegnies 27-2
Lora Felker 20-1 H
Sheree Bullock 20-1 V
Brooke Cleaver 10-1

Male

Christian High 135-7
MHH

Aaron Craig 102-6 H
Keith Hill 96-7 H
Brad Tomlinson 95-5 HH
David Reinagle 32-2 H

Aaron Kirk 20-1 H
Scott Riggle 20-1
Steve Gollner 20-1 V
Stu Nicholson 15-1
TA Weber 10-1

Runner 45-49

Female

Tami Moore 115-6 MH
Joni McCracken 80-4 H
Laura Cook 62-4
Suzie Snow 15-1
Carrie Gruel 10-1
Bea Wiles 9-1

Male

Noel Shafer 175-9 MH
Jay Priest 115-6 MHH
Michael Graham 101-8
Ron Moore 69-5
Virgil Weitzel 49-3 H
Paul Getts 40-3 H
Daniel Lutes 20-1 M
Tommy Werst 20-1 H
Steve Merrik 9-1

Walker 45-49

Female

Carol Savage 70-4
Lisa Price 40-2

Runner 50-54

Female

Cara McKellar 155-8 V
Laurie Ousley 105-6 H
Ann Hubbard 78-6
Marianne Wilson 45-4
Kelly Studebaker 42-4
Pam Freeman 8-1

Male

Dana Neer 120-6 H
Scott Deyoe 114-7 HH
Phil Rozzi 105-6 H
Warren Tierney 94-7
Paul Olsen 20-1 H
Tom Cleaver 9-1

Walker 50-54

Female

Mary Miller 140-7
Chari Deyoe 50-3 H
Jean Heflin 35-2

Male

Kevin Whitted 80-4

Runner 55-59

Female

Jana Skoog 200-10 HH
Robin Tetrault 119-8 H
Mary Barnes 69-5 H
Anna Rangel 65-4 H
Anita Upchurch 20-1 H

Male

Mike Deardorff 132-7 HH
Ray Tetrault 119-8
RJ Kerr 65-4

Bruce Savage 41-4

Greg Townsend 35-2 V

Jeff Freeman 27-3

Jeff Ladow 20-1 H

Keith McAndrews 20-1

Mark Rodgers 20-1 H

Jerry Meiring 12-1

Walker 55-59

Female

Jayne Stucker 60-3 V
Jane Inman 20-1 H

Male

Damon Clements 60-3
UM

Steve Inman 20-1 H

Runner 60-64

Female

Sue Keller 165-9 H
Shirley Bugher 96-7
Robin Cole 60-3

Male

Charlie Skoog 164-10 HH
Ron Greene 160-8 HH
Mark Shorter 116-8 H
Billy Menges 22-2
Steve Kilcline 20-1 V
Steve Kilcline 20-1 V
Tom Miklik 20-1 H
Rick Spencer 20-1 V

Walker 60-64

Female

Jan Wall 140-7 H
Carrie Williams 107-7
Barbara Hobbs 67-4 HH

Male

Vernon Keller 160-8 H

Toney Lorenz 115-8 H

Greg Wall 110-7 H

Melvin Hobbs 41-3 H

Stephen Wilson 32-3

Runner 65-69

Male

David Hughes 137-8

Phil Leininger 40-2 V

Ricke Stucker 35-2 V

Walker 65-69

Female

Anita Dillman 160-8
Mary Lou Rutherford 95
-6 H

Diane Brown 20-1 V

Male

Bob McBride 115-6

Robin Michael 100-6

Runner 70-74

Female

Sarah KleinKnight 40-2

Male

Billy Stanton 100-5

John Peters 65-4

Stan Shuey 32-2

Walker 70-74

Male

John Mohr 140-8 H

Jim Gross 100-5

Dan Coughlin 20-1 V

Walker 75-79

Male

Jerry Lambert 100-5 H

Walker 80+

Male

Riley Case 60-3

**NEXT CLUB MEETING – MONDAY, JULY 14TH AT 6 P.M. AT
MARTINO'S RESTURANT
SOCIAL HOUR AT 5 P.M.**

Wednesday Night Race Results

Jackie Sanders Miracle Mile

Wednesday, June 4, 2014
Highland Park Walk/Bike Path

1. Max McHaney 6:24
2. Parker Jones 6:31
3. Gwen Grimes 6:32
4. Clayton Shanks 7:25
5. Kayla Bullock 7:45
6. Jacob VanHorn 7:51
7. Charlie Skoog 8:17
8. Jennifer Miller 8:21
9. Anna Bullock 9:00
10. Audrey Miller 9:06
11. Ashley Shanks 9:16
12. Lee Lavengood 9:20
13. Jana Skoog 9:40
14. Melissa Jones 10:53
15. Mary Barnes 10:57
16. Bruce Savage 11:29
17. Jeff Freeman 12:08
18. Jerry Leach 14:16
19. Shirley Bugher 16:43
20. Carol Savage 16:54

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

1. Max McHaney 19:50
2. Charley Werst 21:51
3. Tim Taflinger 21:54
4. Rilee Jones 23:50
5. Gwen Grimes 23:50
6. Charlie Skoog 26:17
7. John Cleaver 26:32
8. Jana Skoog 26:47
9. Kayla Bullock 27:47
10. Jennifer Miller 29:03
11. Kristyn Kidwell 29:21
12. Anna Bullock 29:41
13. Melissa Kidwell 29:48
14. Lee Lavengood 30:21
15. Ashley Shanks 32:28
16. Ari Shanks 33:14
17. David Lavengood 33:21
18. Dorian Gray 33:30
19. Vern Keller 33:40
20. Ken Huston 34:17
21. Mary Barnes 36:28
22. Jeff Freeman 39:01
23. Rob Shanks 43:09
24. Doris Campbell 45:04
25. Kevin Campbell 45:05
26. Sue Keller 47:16

Jackie Sanders Miracle Mile

Wednesday, June 11, 2014
Highland Park Walk/Bike Path

1. Clayton Shanks 7:35
2. Alex Anderson 7:35
3. Jacob VanHorn 8:29
4. Anna Bullock 8:30
5. Ashley Shanks 8:49
6. Derek Lawhead 9:10

7. Gwen Grimes 9:10
8. Abbie O'Keefe 9:23
9. Kevin O'Keefe 9:25
10. Thomas Anderson 10:44
11. Michael Anderson 10:45
12. John Anderson 10:45
13. Melissa Jones 11:02
14. Jeff Freeman 12:11
15. Bruce Savage 12:49
16. Jerry Leach 14:35
17. Mia VanHorn 15:35
18. Jennifer VanHorn 15:36
19. Carol Savage 16:59

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

1. Parker Jones 18:59
2. Max McHaney 21:59
3. Charley Werst 22:13
4. Charlie Skoog 26:48
5. John Cleaver 27:07
6. Ashley Shanks 29:08
7. Clayton Shanks 29:49
8. Anna Bullock 31:12
9. Audrey Miller 33:27
10. Vern Keller 34:24
11. Dorian Gray 34:47
12. Jennifer Miller 36:54
13. Doris Campbell 46:25
14. Kevin Campbell 46:25
15. Sue Keller 49:21
16. Shirley Bugher 55:35

Jackie Sanders Miracle Mile Wednesday, June 18, 2014 Highland Park Walk/Bike Path

1. Tom Abney 6:07
2. Jennifer Vanhorn 7:20
3. Phil Rozzi 7:34
4. Jacob V anhorn 7:54
5. Ari Leger 8:05
6. Kevin O'Keefe 8:06
7. Ashley Shank 8:30
8. Randy Miller 9:55
9. Anna Bullock 9:51
10. Audrey Miller 9:54
11. Vern Keller 10:01
12. Melissa Jones 11:06
13. Bruce Savage 12:51
14. Theresa Barlow 14:18
15. Jerry Leach 14:18
16. Shirley Bugher 16:56
17. Carol Savage 17:00
18. Valene Miller 17:48

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

1. Tom Abney 21:15
2. Charlie Werst 22:36
3. Phil Rozzi 23:30
4. Parker Jones 26:31
5. Gwen Grimes 26:52

6. Ashley Shanks 27:46
7. John Cleaver 29:10
8. Anna Bullock 31:17
9. Jennifer Miller 32:17
10. Sue Keller 46:06

Jackie Sanders Miracle Mile Wednesday, June 25, 2014 Highland Park Walk/Bike Path

1. Jeremy Breedlove 5:34
2. Steve Russell 5:52
3. Parker Jones 6:57
4. Gwen Grimes 6:59
5. Alli Abney 7:23
6. Clayton Shanks 7:27
7. Tom Abney 7:34
8. Derek Lawhead 8:33
9. Ashley Shanks 8:35
10. Ray Tetrault 9:08
11. Mike Thrasher 9:18
12. Dorian Gray 9:19
13. Lisa Hopkins 9:23
14. Russ Hopkins 9:31
15. Jennifer Miller 9:38
16. Anna Bullock 10:00
17. Ryan Bagwell 10:15
18. Audrey Miller 10:33
19. Melissa Jones 10:52
20. Josh Camp 12:42
21. Lydia Camp 12:42
22. Leah Camp 12:43
23. Bruce Savage 12:51
24. Ron Word 13:26
25. Theresa Barlow 14:08
26. Jerry Leach 14:08
27. Savannah Bowers 15:09
28. Shirley Bugher 16:43
29. Carol Savage 17:16
30. MiKaylin Bowers 19:15
31. Melissa Bowers 19:16
32. Liam Jones 21:59
33. Katie Jones 22:00
34. Terry Jones 22:01

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

1. Charley Werst 22:18
2. Parker Jones 18:59
3. Gwen Grimes 22:30
4. Jeremy Breedlove 22:46
5. Alli Abney 22:57
6. Tom Abney 22:53
7. Ashley Shanks 27:14
8. John Cleaver 27:15
9. Lisa Hopkins 29:07
10. Anna Bullock 30:38
11. Russ Hopkins 30:50
12. Jennifer Miller 32:28
13. Jenny Tudor 37:44
14. Dorian Gray 37:58
15. Mary Barnes 40:21
16. Jeff Freeman 42:22
17. Sue Keller 47:38

CHEERS! From Bona Vista

By Britnee Burton

Cheers to everyone that helped make the 4th Annual Run, Walk & Roll a success! The Run, Walk & Roll raised well over \$13,000 for children and adults at Bona Vista Programs. Thank you to the 170 runners that participated, to the volunteers that helped throughout the event, and to Vicki Boles for organizing this wonderful event. We would like to thank our major sponsors for the 2014 Run, Walk & Roll. Our "King Sponsors" were Advanced Medical Imaging, Sycamore Financial Group and Maple Crest Middle School. Our "Doo Wop" sponsors were: AndyMark, Indiana Heartland, Federal Credit Union, KHS Men's Basketball Team, Indiana American Water, Community First Bank, In Honor of Quinly and Reagan Fife, Button Dodge, McGonigal's, St. Joseph Hospital, GenerationOn, Cardwell Built Construction, Professional Firefighters of Kokomo Local 396, and Russiaville United Methodist Church. We would like to thank our Media Sponsors – Z92FIVE, Rock 98.5 and WIOU. 28 local businesses donated to Bona Vista as a t-shirt sponsor for this event: Chrysler – Indiana Transmission Plant II, Kokomo Police Department, Community Howard Regional Health, Freedom Financial, Charles Myers, Atty, Indiana Pest Control, Thomas L. Prather, DDS, Rite Quality Office Supplies, Inc., Kurt Kingseed, DDS, Jansen Asphalt Sealing and Tax Service, White's Meat Market, Williams Mowing, Inc., Gaffney Insurance, Ray Christine, DDS, Regions Insurance, CFD Investments, Edward Jones, Robert Bour, DDS, In Honor of Drew Kingseed, C.W. Bartholomew, DDS, Solidarity Community Federal Credit Union, Thomas J. Hilligross Atty at Law, Comfort Home Health, Merrell Brothers, Golden Corral, First Farmers Bank & Trust, First Congregational Church, Allied Benefits and Shiloh United Methodist Church. We would also like thank everyone that donated items and their time to this event. Thank you to our Run, Walk & Roll Committee and all the volunteers. Thank you to Moore's Pies, Comfort Inn, Little Caesars, Cracker Barrel, Bona Vista, Wildtree, Jamie's Soda Fountain, Barker's B&K, Gingerbread House, Starbucks, Freedom Financial, Coca-Cola, Community Howard Regional Health, St. Vincent Hospital, Kokomo Sports Center, Bob Evans, Best Buy, Indianapolis Colts, HH Gregg, Culver's, McDonald's, Cone Palace, Golden Corral, Lowe's, Speedstack, Martino's, Ray's Drive Inn, Walmart, YMCA, Fort Wayne Zoo, Jim's Pizza, Kokomo Beach, MC Sports, Anthem, and Texas Road House. On behalf of Bona Vista Programs, "Cheers" to everyone who participated in the Run, Walk & Roll!

Aug Newsletter Deadline

Do you have something for our Aug newsletter? Please forward it to me by July 30th for publication.

2014 Club Point Races

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: Dana Neer
 Phone: (765) 252-7030

August 23

Runnin the Shores 5K -
 Time:
 Location:
 Contact: Todd Mosier

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

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**

Harvest Hustle 5K Walk or Run and Youth 1/2 mile or 400 meter run Adams Mill Covered Bridge Half Marathon Don Franklin, race director

Saturday, July 26, 2014

Saturday, October 4, 2014

Carroll County Community Center, 908 E Columbia St.
 Florida, IN 574-967-4449

www.carrollcountycommunitycenter.com
www.getmeregistered.com

7-1 Caroline Glover	7-12 Waverly Neer
7-1 Steve Inman	7-13 Ryland Barnes
7-3 Scott Deyoe	7-14 Jerry Lambert
7-4 Phil Leininger	7-14 Paul Wyman
7-4 Ashley Shanks	7-14 Shelly Wyman
7-5 Bill Heck	7-15 Mike Kantz
7-6 Sarah KleinKnight	7-16 Eleana Manning
7-7 Kathie Barnett	7-17 Angie Gollner
7-7 Shirley Bugher	7-17 Vincente J. Lorenz
7-7 Pam Freeman	7-21 William Jones
7-8 Anita Dillman	7-21 Myrna Tappan
7-8 Cara McKellar	7-23 Taliah Wright
7-8 Jay Priest	7-24 Ashley Birkhimer
7-8 Kelly Studebaker	7-25 Tiffany Barnes
7-10 John McGinty	7-25 Bronwyn Getts
7-12 Hannah Moore	7-25 Kelly Wright
7-27 Carrie Gruel	

July Birthdays

Notable Happenings

* Jana & Charlie Skoog ran the Newport, Oregon Half Marathon on 5/31/14. Jana Skoog's time was 1:58:17 getting 1st in Division and Charlie Skoog's time was 1:55:46 getting 2nd in Division.

* Dana Neer completed the Indy Mini with a time of 1:24:30

* Barbra Hobbs fulfilled her two half marathons by completing the Indy Mini and the Carmel Half.

* Braden Timmons and Noel Shafer ran the Sunburst marathon in South Bend on 5/31/14 with the following times.

Braden Timmons 45th place in 3:23:19 and Noel Shafer 227th place in 4:10:14/ This was their second marathon in the last 5 weeks (second ever also).

* Mark Shorter ran and finished the 2014 Mini Marathon in Indy. This is his 33rd consecutive year. He missed the first 5 years. Mark also reported we had more people at the tent this year than last year and wanted to thank Vince and Toney Lorenz and Mary Miller for setting up the tables and chairs in the tent.

* Braden Timmon & Noel Shafer completed their first marathon at the Crossroads of Northwest Indiana Marathon. Braden finished 5th & Noel came in 52nd.

* Bronwyn Getts ran the Sam Costa with bib #922 F01-19, 1:00:25

* Waverly Neer raced in the professional/elite collegiate heat of the 5000 meters (3.1 miles) at Stanford University on Friday April 4th, placing ninth (fourth college runner) with a personal best time of 15:37:8 (5:01 per mile pace). Her time is a Columbia University record, and is the fourth best time in the nation among 2014 collegiate runners.



Club Kokomo Roadrunners Meeting –June 9, 2014

1. Prayer by Chaplain Ricke Stucker
 2. Brief Treasurer's report by Mark Shorter. Grand Total - \$31,617.01
General Fund - \$9,492.51 Coyote Kids \$16,423.06 Cowan Fund \$5,701.54
 3. Previous minutes were approved and passed.
 4. Reviews were done of past races – Almost Free Race, Run Walk & Roll – Vicki Boles states went well with lots of help. Donation total will be just a little over \$11K.
 - 5 Motion was made to refund Bona Vista the \$200 equipment fee by Charlie Skoog and seconded by Milt Brown. Motion passed.
 6. Coyote Kids has had a great turn out with over 550 registrations. Need a few additional volunteers for the evenings and runners to run with the children.
 7. Girl Night Out received Traffic Commission permission for use of roads for the event. Grace United has once again offered their facility for use. Open Arms agency has been voted to receive the benefits from the race with a motion from Linda Kendall and seconded from Carol Savage. Registrations forms are expected July 1st. A motion was made by Linda Kendall and seconded by Jayne Stucker for a \$5 1-mile run, \$18 5K pre-registration and \$20 5K day of registration. The motion passed.
 7. Rotary is currently planning a Highland Park 5K race on October 18th.
 8. Race for Grace race forms are currently available.
 9. Following the Haynes, July 5th race, Grace United will be hosting a pancake breakfast.
- Meeting adjourned
- Those present include Mark Shorter, Patty Weitzel, Stan Shuey, Ron Greene, Charlie Skoog, Jayne & Ricke Stucker, Milt Brown, Myrna Tappan, Vern & Sue Keller, Carol Savage, Linda Kendall, Joe Yeagle, Rebecca Monroe, Vicki Boles, and Robin Tetrault



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