

## On the roads

### **Volunteers still needed for Goodfellows**

#### **By Johnny 'O**

Johnny 'O and Charlie Skoog are still in need of volunteers for Goodfellows on Dec. 14 (Sunday) and 16 (Tuesday) at Meijer. If you can help on one or both of those dates, please contact Johnny 'O at (765) 438-9545 or john\_wiles\_150@comcast.net or Charlie at runckrr@aol.com

Club Kokomo Dec. 14 and 16 Goodfellows should meet at 5:45 p.m. at Meijer. Go through the north-east door. You will see the Goodfellows' volunteer rendezvous to your right. Drinks and snacks will be available.

Goodfellows registered families Dec. 1-5. Approved families receive vouchers for clothing. Parents will redeem the vouchers at Meijer from 6 p.m. to 9 p.m. Dec. 14-19. Recipients are assigned a specific day to shop with the number of shoppers each session based on the total number approved for assistance. Last year, about 100 families shopped each night.

CK Goodfellows normally worked in teams of two. The teams bag recipient clothes or use hand-held scanners and calculators to total dollar amounts before applicants go through Meijer's cash register lines.

Goodfellows total purchases at the request of recipients. Goodfellows wants recipients to use all the money available on the voucher. Once recipients go through the cash register lanes, they are not allowed to receive the voucher back even if they have not used all the allowable money.

Goodfellows has contributed thousands of dollars to Club Kokomo's Coyote Kids program, and for several years CK members have returned the favor by becoming Goodfellows and assisting the all-volunteer group in bringing smiles to needy children's faces during the Christmas season.

So far, CK volunteers for Dec. 14 (Sunday) include Dave and Mary Barnes, Bill and Kathy Barnett, George Devine, David Hughes, Gale Keppel, Tom and Linda Miklik, Greg and Jeannie Townsend, TA and Heather Weber and family, and John and Anne Wiles.

CK volunteers for Dec. 16 (Tuesday) include Theresa Barlow, Vicki Boles, Diana Brown, Robin Cole, Dan Coughlin, George Devine, Gale Keppel, Richard Kerkhof, Carol Savage, Charlie Skoog, Robin Tetrault, Greg and Jeannie Townsend, and Anne Wiles.

Last year, Goodfellows, including 40 CK volunteers, provided clothing to more than 1,500 children in Howard County at a cost of nearly \$100,000. Goodfellows is the only organization that can say that all the money it receives from We Care is used at Christmas to purchase clothing for needy children in Howard County.

Goodfellows also receives individual and corporate donations. Money from these sources not spent on the Christmas program is used for scholarships and other youth programs. As it has for several years, Goodfellows donated \$2,500 to Club Kokomo's Coyote Kids this year.

At 104 years old, Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program now is a not-for-profit organization that is directed by a community-based volunteer board of directors. There are no paid staff positions. Jean Lushin, Center Township Trustee, has been the Goodfellows' unpaid volunteer director for 35 years. Johnny 'O has been associated with Goodfellows for 42 years. He is a member and past president of its board of directors.

Johnny 'O is proud that CK's Charlie Skoog received Goodfellows' 2008 Volunteer of the Year Award.

**CLUB MEETING—MONDAY, DEC. 8<sup>TH</sup> 6 P.M.**

**AT MARTINO'S ITALIAN VILLA**

1929 N Washington, Kokomo,

**Social Hour @ 5 p.m. soft drinks will be provided!!!**

### 30th Annual CKRR Charity Run November 8, 2014 Local UAW 292 & Jackson-Morrow Park 5K Run

1 Parker Jones 17:26  
2 Dana Neer 18:38  
3 Christian High 18:51  
4 Jordan Ousley 19:12  
5 Byron Bundrent 19:47  
6 Braden Timmons 20:02  
7 Weston Gingerich 20:16  
8 Tom Tokarcik 20:17  
9 Corey Dea 20:30  
10 Noel Shafer 21:16  
11 Paul Sanders 21:31  
12 Nigel Lenoir 22:29  
13 Tommy "Charley" Werst 22:47  
14 Dan Gibbon 22:53  
15 John Anderson 23:00  
16 Kayla Bullock 23:57 1st woman  
17 Michael Anderson 24:47  
18 Bronwyn Getts 24:54  
19 Aaron Craig 25:11  
20 Cara McKeller 25:15  
21 Anna Rangel 25:16  
22 Michael Graham 25:22  
23 Mark Shorter 25:47  
24 Ty Gingerich 25:50  
25 Joseph Packard 25:50  
26 Carol Aders 25:58  
27 Hannah Moore 26:09  
28 Rosellen Connolly 26:35  
29 Mike Deardorff 26:38  
30 Warren Tierney 26:48  
31 Jana Skoog 27:07  
32 Charlie Skoog 27:09  
33 Corey Moore 27:19  
34 Max Garro 27:20  
35 Tami Moore 27:22  
36 Anna Bullock 27:36  
37 Max Elmore 27:45  
38 Alex Anderson 27:47  
39 Nancy Anderson 27:53  
40 Mike Daugherty 28:12  
41 Scott Deyoe 28:13  
42 Ann Hubbard 28:15  
43 John Peters 28:28  
44 Terri Jackson 29:17  
45 Paul Getts 29:37  
46 Jerry Meiring 29:47  
47 Laurie Ousley 29:56  
48 Joni McCracken 30:08  
49 JoAnn Quinnette 30:08  
50 Tom Miklik 31:16  
51 Eboni Lenoir 31:27  
52 Anthony Lenoir 31:28  
53 Alex Studebaker 31:41  
54 Robin Tetrault 31:42  
55 Myles Lenoir 31:51  
56 Ron Moore 31:52  
57 David Hughes 32:00  
58 Amanda Jones 34:33  
59 Ava Peoples 34:40  
60 Kelly Studebaker 36:02  
61 Robin Cole 36:46  
62 Jonah Hughes 37:30  
63 Mary Barnes 38:07

64 Marsha Daugherty 40:25  
65 Bruce Savage 40:55  
66 Bella VanNatter 44:46  
67 Geana Moore 45:12  
68 Stan Shuey 46:26  
69 Sue Keller 47:37  
70 Shirley Bugher 55:49

### 5K Walk

1 Vince Lorenz 26:38  
2 Mary Miller 33:25 1st woman  
3 Vernon Keller 37:31  
4 Greg Wall 37:31  
5 Jan Wall 39:18  
6 Toney Lorenz 39:18  
7 Bob McBride 41:12  
8 Sherry Kestleage 41:28  
9 Lisa Price 42:59  
10 Jenny Tudor 43:32  
11 Anita Dillman 43:37  
12 Kevin Whitted 44:29  
13 Erica Huffman 47:15  
14 John Mohr 47:26  
15 Robin Michael 47:27  
16 Robert Cupp 50:49  
17 Jeff Freeman 50:50

### Club Kokomo Cares 5K November 27, 2014 Highland Park

5k Run  
1. Lewis Duke 16:10  
2. Jeremy Breedlove 16:16  
3. Riley Worl 16:35  
4. Parker Jones 17:43  
5. Ethan Sharp 17:52  
6. Carl Christenson 17:53  
7. Dana Neer 19:11  
8. Christian High 19:43  
9. Steve McDorman 19:45  
10. Colton Pearce 20:11  
11. Tom Tokarcik 20:12  
12. Chris Lasley 21:20  
13. Tommy "Charley" Werst 21:31  
14. Doug Numan 22:09  
15. Max White 22:19  
16. Ella Kantz 22:35 1st woman  
17. Gwen Grimes 22:37  
18. Seth Vautaw 22:42  
19. Hunter Purtee 22:48  
20. Jeff Hemmeger 22:57  
21. Jay Priest 23:17  
22. Tony White 23:18  
23. Scott Riggle 23:19  
24. Karly Sprouse 23:26  
25. Hannah Ault 23:28  
26. Lora Campbell 23:36  
27. Phil Rozzi 23:38  
28. Jacqueline Berkshire 23:39  
29. Matt Bolinger 23:49  
30. Ty Corn 24:00  
31. Reagan Ritchie 24:03  
32. Jordan Ousley 24:05  
33. Keith Hill 24:05  
34. Ron Gaskins 24:06  
35. Christopher Campbell 24:15  
36. Ron Greene 24:22  
37. Teresa Worl 24:24

38. Todd Shuey 24:27  
39. Gregg Moore 24:29  
40. Kelly Wright 24:30  
41. Tyler Peterson 24:37  
42. Kelly Barker 24:45  
43. Michael Graham 24:46  
44. Anne Kantz 25:00  
45. Hannah High 25:07  
46. Anna Rangel 25:14  
47. Melissa Shuey 25:22  
48. Dustin Wolf 25:48  
49. Erin Knepley 25:49  
50. Mallory Davis 25:50  
51. MacKenzie Wiles 25:51  
52. Monica Graves 26:06  
53. Cara McKeller 26:09  
54. Mark Shorter 26:23  
55. Ethan Akers 26:29  
56. Warren Tierney 26:30  
57. Rosellen Connolly 26:34  
58. Jodi Lake 26:44  
59. Paula Keeney 26:49  
60. Nikki Frazier 26:50  
61. Rachel Sargent 26:51  
62. Kimberly Pierce 26:53  
63. Jana Skoog 27:07  
64. R.J. Kerr 27:09  
65. Richard Roelke 27:20  
66. Scott Deyoe 27:24  
67. Blake Reed 27:30  
68. Charlie Skoog 27:38  
69. Ann Hubbard 27:53  
70. Keith Vautaw 27:54  
71. Max Elmore 28:11  
72. Hannah Moore 28:18  
73. Ron Moore 28:20  
74. Corey Moore 28:28  
75. Tami Moore 28:29  
76. Marie Pooser 28:31  
77. Allison McMinn 28:31  
78. Mary White 28:32  
79. Brielle Williams 28:33  
80. Jama Claxton 28:33  
81. Taylor Nunan 28:33  
82. Paul Getts 28:52  
83. Maurice Wright 29:04  
84. Dylan Collins 29:18  
85. Jacob Van Horn 29:19  
86. Jennifer Van Horn 29:23  
87. Rudy Suryantoro 29:35  
88. Breann Donson 29:41  
89. Tanner Reed 29:41  
90. Greg Townsend 29:43  
91. Kasey Wall 29:48  
92. Melissa McBee 29:59  
93. Beth Wittenbach 29:59  
94. Beth Kuhlman 30:00  
95. John Reeder 30:00  
96. Mary Stidham 30:06  
97. Mark Reel 30:16  
98. Damon Reel 30:17  
99. Bradley Breedlove 30:19  
100. Karla Heflin 30:25  
101. Erin Whiteford 30:28  
102. Heidi Vint 30:29  
103. Laurie Ousley 30:32  
104. Nathan Gollner 30:33  
105. Rebekah Monroe 30:37  
106. David Hughes 31:44  
107. Scott McMinn 32:12  
108. Christine McMinn 32:12  
109. Shiela Bailey 32:15  
110. Tom Miklik 32:30  
111. Sarah Dollens 32:32  
112. Kathran McKinney 33:10  
113. Brent McKinney 33:10  
114. Brittany Christenson 33:31  
115. Christina Deyoe 33:31  
116. Renee Robertson 33:38  
117. Karen Cross 33:38  
118. Riley Case 34:04  
119. Jacob Wall 34:05  
120. Noah Hughes 34:07  
121. Jackie Wiles 34:43  
122. Brandi Knepley 34:47  
123. Tyler Knepley 34:50  
124. Alex Studebaker 35:11  
125. Danelle Breedlove 35:12  
126. Kelly Studebaker 35:13  
127. Rebekah Reeder 35:13  
128. Andrea Reeder 35:17  
129. Amanda Shepard 35:18  
130. Greg Kuhlman 35:18  
131. Sherrie Alexander 35:20  
132. John Peters 36:06  
133. Jennifer Cox 36:09  
134. Nicole Cothorn 36:29  
135. Rebecca Sundquist 37:23  
136. Kristin Boor 37:31  
137. Bea Wiles 37:51  
138. Mary Barnes 38:29  
139. Ann Hingst 38:38  
140. Amit Vyas 38:38  
141. Robin Cole 38:41  
142. Jonah Hughes 38:44  
143. Kathryn Wall 39:11  
144. Parks Ortman 39:33  
145. Jenni Ortman 39:34  
146. Geanna Moore 39:50  
147. Kelton Serra 39:56  
148. Tarin Serra 39:57  
149. Tonya Glenn 40:10  
150. Jack Glenn 40:11  
151. Brad Pearce 40:21  
152. Maria Cline 41:11  
153. Bruce Savage 41:24  
154. Kerry Williams 41:35  
155. Lisa Brady 41:36  
156. Hannah Pier 43:35  
157. Darin Claxton 43:36  
158. Emily Akers 44:14  
159. Debbie Beachy 45:32  
160. Veronica Pratt 45:55  
161. Jeff Freeman 45:58  
162. Cynthia Smith 46:12  
163. Monica Zavala 46:12  
164. Trina Evans 46:13  
165. Sue Keller 49:05  
167. Doris Campbell 52:30  
167. Kevin Campbell 53:26  
168. Brett Bowman 54:52  
169. Laura Heflin 56:53

### 5K Walk

1. Vince Lorenz 26 52  
2. Mary Miller 33:25 1st woman  
3. Greg Wall 35:58  
4. Vernon Keller 36:49

## Race Results Continued

5. Toney Lorenz 39:39
6. Jan Wall 39:52
7. Lori Akers 44:15
8. Elissa Hughes 44:16
9. Stan Shuey 46:11
10. Anita Dillman 47:08
11. Carrie Williams 47:09
12. Bob McBride 47:09
13. Felicia Hollingshead 47:17
14. Lorraine Armstrong 47:17
15. Justin Hollingshead 47:24
16. Jayne Stucker 47:42
17. Lynn Graves 48:03
18. Charles Graves 48:04
19. Kim Brewster 48:42
20. Mark Brewster 49:07
21. Jenny Tudor 49:08
22. Lizzie Vautaw 49:10
23. Erica Huffman 50:12
24. Stephen Wilson 50:44
25. Elizabeth Wilson 50:49
26. Kevin Akers 51:01
27. Carol Torrents 51:23
28. Rob Wilson 52:29
29. Angie Bowman 53:27
30. Blake Bowman 54:48
31. Jean Heflin 54:52
32. Carol Savage 57:11

## Optimal Nutrition

by Jana Skoog, MS, RD, LD

Season's Greetings! For many of us, the racing season is now behind, and nothing is looming on the immediate horizon. So even amidst holiday merrymaking, this may be the perfect time to assess how things went for you over the past year. Did you have adequate energy to train the way you intended to? Did you have peak performance more often than not during the races? How was your recovery time?

Optimal nutrition plays an important role in all of the above. Careful dietary planning can help you reach your full potential, no matter what your age, ability, or athletic goals might be. There are no shortcuts or quick fixes when it comes to proper training, as we all know. Even if you only run/walk for fitness and not for competition, eating well can help improve your health and decrease your risk of chronic disease, illness or injury. Striving to eat a balanced diet and making better food choices every day are key.

Over the next 12 months, we will cover the basics of building a strong nutritional base to help meet your goals. We will discuss the macronutrients (carbohydrate, fat, and protein), select micronutrients, phytochemicals, smart snacking, fiber, and fluids. We will also discuss nutrient timing: not only what to consume, but when to consume it, to yield the best possible results. And we will talk about body weight management.

Spend a little time this month taking stock of your usual diet and what your daily eating habits are. You can use a food journal for a few days if need be. It's all about balance, variety, and moderation. Balance means choosing nutrient-dense foods from all 5 food groups. Are you including fruits and vegetables, whole grains, lean protein, healthy fats, and dairy products/alternatives? Vital nutrients can be obtained from other food sources if you are limiting/avoiding certain groups. How much variety are you getting each day; for example are bananas the only fruit you eat? There are ways to branch out! Are you overeating less-healthy foods? You can keep your favorites by enjoying them in moderation. Don't forget to note your beverage intake as part of your diet plan. Receiving adequate hydration is important, but some beverages are better choices than others. How often are you eating? Fueling your body by eating every 2-4 hours can help keep your energy up and cravings down. Are you eating out at restaurants or fast food often? How much convenience/highly-processed foods do you eat? It is important not to just look at one particular food or one meal in your assessment, but get the bigger picture of how you eat on a regular basis. Awareness is the first step toward change!

Next up: Creating a Healthful Eating Plan.

## Wednesday Night Race Results

### Jackie Sanders Miracle Mile Wednesday, Nov 5, 2014 Highland Park Walk/Bike Path

1. Paul Sanders 6:25
2. Christian High 6:52
3. Michelle Nicholson 6:59
4. Jacob VanHorn 8:02
5. Natalie Nicholson 8:11
6. Stu Nicholson 8:11
7. John Peters 8:38
8. Charlie Skoog 8:43
9. Jennifer Miller 9:20
10. Jenny Tudor 9:21
11. Rebekah Monroe-Boley 9:39
12. Kathleen McKinney 9:39
13. Melissa Jones 9:54
14. Audrey Miller 10:08
15. Sean Day 10:16
16. Brice Gambill 12:33
17. Bruce Savage 12:41
18. Reeves Gambill 16:20
19. Carol Savage 17:21
20. Shirley Bugher 17:23

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

1. Christian High 22:34
2. Charley Werst 22:38
3. Kayla Bullock 23:23
4. Michelle Nicholson 23:59
5. Natalie Nicholson 24:11
6. Parker Jones 25:37
7. Gwen Grimes 25:38
8. Charlie Skoog 27:49
9. Mike Daugherty 28:24
10. John Peters 29:16
11. John Schelbert 34:26
12. Jennifer Miller 35:55
13. Audrey Miller 35:56

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

1. Christian High 6:47
2. Paul Sanders 6:56
3. Sean Day 10:06
4. Jenny Tudor 11:25
5. Tosha Fording 13:25
6. Tammy Shoffner 14:25
7. Shirley Bugher 17:36

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

1. Parker Jones 20:21
2. Steve McDorman 20:21
3. Christian High 21:37
4. Charley Werst 21:52
5. Paul Sanders 22:01
6. David Hoshaw 22:31
7. Rob Hoshaw 22:31
8. Tanika Forestal 28:04
9. Mari Dean 29:55

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

1. Steve McDorman 5:59
2. Ashley Shanks 8:10
3. Christian High 8:17
4. Hannah High 8:19
5. Charlie Skoog 9:10
6. Jenny Tudor 10:11
7. Sean Day 10:16

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

1. Christian High 22:33

2. Charley Werst 22:33
3. Parker Jones 24:47
4. Gwen Grimes 24:53
5. Ashley Shanks 28:13
6. Steve McDorman 28:14
7. Max Elmore 29:24

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

1. Christian High 7:26
2. Gwen Grimes 8:21
3. Ashley Shanks 8:27
4. Steve McDorman 8:28
5. Charlie Skoog 9:22
6. Sean Day 10:03
7. Shirley Bugher 17:51

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

1. Christian High 21:53
2. Parker Jones 21:54
3. Steve McDorman 27:51
4. Ashley Shanks 28:04
5. Charlie Skoog 29:45

**The Race for Grace**

By Charlie Skoog

The Psalmist sings (vs. 118:24) "This is the day the Lord has made; We will be glad and rejoice in it." That verse is on my coffee mug but is that you today? If not, would you care to join me? How you might ask, can one rejoice daily in a world full of trials, temptation and tribulation? We can't but the Apostle Paul gives us the same encouragement in chapter four of Philippians, "Rejoice in the Lord always. Again I say rejoice!" For it is the Lord we rejoice in and not the things of this world. Have you acknowledged that the Lord is at hand? Have you chosen to surrender your will to His? Please think about that as we enter into Christmas Season 2014. Who and what do we celebrate and give thanks to as we close another year? Friends, the Lord IS at hand, the race for grace has begun and the clock is ticking. So in the hustle and bustle of this holiday season may you daily choose to be anxious for nothing, but in everything by prayer and petition, with thanksgiving, let your requests be made known to God, and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus. How awesome to know the God of peace is with us and we can do all things through Christ who strengthens us! Race on keeping your eye on the prize and I hope to see you at the finish line!

**2014 Club Point Races**

**December 31**  
 CKRR New Year's Eve 5K Run/ Walk  
 Time: 2 PM  
 Location: UAW Local 292  
 Contact: Joni McCracken

**Jackie Sanders Miracle Mile – 5:45 p.m.**  
**Joe Kidd Rangel 5K – 5 p.m.**

Free to ALL – at Highland Park  
 Registration located at concession stand

**Jan Newsletter Deadline**

Do you have something for our January newsletter? Please forward it to me by Dec. 30<sup>th</sup> for publication.

**Call for articles**

You will notice a new column to our newsletter – Optimal Nutrition by our own Jana Skoog. I hope you find this column informative and useful to your personal health as well as share with your family. Do **YOU** have something to share with our members? I am always looking for those who would like to share their encouraging story or uplifting result with our members. Please email me at [JBM1100@gmail.com](mailto:JBM1100@gmail.com)

**Thanksgiving Day-Kokomo Cares Run**

It was a chilly Thanksgiving morning as the run began. We had a good turnout with 200 runners/walkers finishing the 5k course in Highland Park and the surrounding neighborhood. We had an extra special bonus of snowfall AND the Christmas lights were already turned on in the park.



First place was Lewis Duke with a time of 16:10 and Jeremy Breedlove right behind him at 16:16! That was quite a fast pace before the snow



really began to come down and make the course slippery. The first woman runner in was Ella Kantz at 22:35! Vince Lorenz was the first male walker with a time of 26:52. Mary Miller was the first female walker with a time of 33:25. All first place competitors received a free pie from Moore Pies to take home for Thanksgiving dinner. Each participant received a nice

medal for finishing the 5k course to take home and show off at the family dinner table.

There were lots of smiles and a lot of families out for a fun family tradition on Thanksgiving morning. There were also 8 pies given away from Moore's in a random drawing.

Grace Fellowship, Ray and Robin's church, provided lots of cookies for after race snacks.

A big thank you to all of the community service volunteers and club volunteers for making this race another successful event raising money for We Care in Kokomo. See you all next Thanksgiving!

Ray & Robin Tetrault



(Photos taken by Erica Huffman and Robin Tetrault)

## Points Standings

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

### Runner 0-12

#### Female

Moore,Hannah 122-7  
Nicholson,Natalie 95-5  
Weber,Lauren 74-5V  
Wyman,Sophia 72-5  
Kantz,Ella 60-3  
Shanks,Arianna 50-3  
Weber,Natalie 21-2  
Gollner,Esther 15-1  
Wiles,Jackie 12-1  
Felker,Elizabeth 10-1

#### Male

Studebaker,Alex 199-12  
Van Horn,Jacob 100-6  
Hughes,Jonah 96-6  
Moore,Corey 80-4  
Wyman,JP 57-4V  
Shanks,Clayton 40-2  
Gollner,Nathan 32-2  
Boruff,Hayden 20-1V  
Cleaver,Jake 15-1

### Runner 13-19

#### Female

Getts,Bronwyn 110-6H  
Bullock,Kayla 102-6  
Bullock,Anna 94-6V  
High,Hannah 40-2  
Merrick,Valerie 35-2  
Abney,Allison 20-1  
Cleaver,Madison 20-1  
Gollner,Sarah 20-1V  
Jones,Carly 20-1  
Ladow,Jillian 20-1H  
Wiles,MacKenzie 15-1  
Gollner,Hannah 10-1

#### Male

Timmons,Braden 360-18MHH  
Hughes,Noah 72-5  
Nicholson,Nathan 50-3  
Anderson,Alex 42-3  
Breedlove,Jeremy 40-2  
Bettegnies,Samuel 15-1  
Elliott,Austin 15-1  
Moser,Chase 12-1

### Runner 20-24

#### Female

Grimes,Gwen 204-11V  
Hubbard,Emilie 180-10V  
Kennedy,Kelsey 62-4  
Longwith,Amber 35-2  
McCracken,Nikki 35-2H  
High,Kasey 20-1  
Hoch,Natalie 20-1

#### Male

Kennedy,Kory 300-15  
Jones,Billy 12-1

### Runner 25-29

#### Female

Wall,Kathryn 220-11  
Heflin,Laura 45-3  
Tetrault,Megan 40-2HH

#### Male

Jones,Parker 195-10H  
Ousley,Jordan 175-10HV

### Walker 25-29

#### Male

Lorenz,Vince 360-18HV

### Runner 30-34

#### Female

Shanks,Ashley 225-12HHV  
Goad,Melissa 140-7H  
Leger,Valerie 35-2V  
Monroe-Boley,Rebekah 35-2  
Anderson,Angela 32-2V

#### Male

Anderson,Michael 120-6HV  
Leger,Luke 20-1V

### Runner 35-39

#### Female

Van Horn,Jennifer 300-16MH  
Wright,Kelly 80-4H  
Moore,Geana 79-5  
Gollner,Angie 35-2

#### Male

Lasley,Chris 220-11MH  
Wright,Maurice 70-4H

### Walker 35-39

#### Female

Tudor,Jenny 220-11  
Huffman,Erica 130-8

### Runner 40-44

#### Female

Weber,Heather 200-10MHV  
Nicholson,Michele 75-4  
Culp,Dana 67-4H  
Kantz,Anne 50-3  
Felker,Lora 32-2H  
Bettegnies,Stacey 27-2  
Weitzel,Patty 20-1V  
Stidham,Mary 15-1  
Cleaver,Brooke 10-1

#### Male

Craig,Aaron 302-17MHV  
High,Christian 255-13MHH  
Hill,Keith 212-15MHH  
Tomlinson,Brad 95-5HH  
Reinagle,David 72-4HH  
Riggle,Scott 75-4MH  
Nicholson,Stu 42-3  
Weber,TA 25-2  
Gollner,Steve 20-1V  
Kirk,Aaron 20-1H

### Walker 40-44

#### Female

Bullock,Sheree 60-3V

### Runner 45-49

#### Female

Moore,Tami 195-10MH  
Cook,Laura 152-9  
Wyman,Shelly 135-7MHV  
McCracken,Joni 92-5H  
Wiles,Bea 24-2  
Anderson,Kim 20-1  
Jackson,Terri 15-1  
Snow,Suzie 15-1  
Gruel,Carrie 10-1  
Kestleage,Sherry 10-1

#### Male

Shafer,Noel 365-19MHH  
Graham,Michael 242-18V  
Priest,Jay 130-7MHH  
Moore,Ron 108-8  
Getts,Paul 83-7H  
Wyman,Paul 79-5V  
Werst,Tommy 55-3H  
Weitzel,Virgil 49-3H  
Abney,Tom 40-2  
Lutes,Daniel 20-1M  
Merrik,Steve 9-1

### Walker 45-49

#### Female

Savage,Carol 205-11V  
Price,Lisa 100-5

### Runner 50-54

#### Female

McKellar,Cara 415-21UV  
Hubbard,Ann 249-18  
Ousley,Laurie 203-14H  
Studebaker,Kelly 176-15HH  
Wilson,Marianne 116-10  
Anderson,Nancy 37-3  
Freeman,Pam 37-3H

#### Male

Tierney,Warren 305-21HHV  
Rozzi,Phil 259-15UHHV  
Neer,Dana 280-14HV  
Deyoe,Scott 240-16MHHV  
Anderson,John 39-3  
Olsen,Paul 30-2H  
Tokarcik,Tom 30-2  
Cleaver,Tom 9-1

### Walker 50-54

#### Female

Miller,Mary 380-19H  
Deyoe,Chari 95-6H  
Heflin,Jean 47-3

#### Male

Whitted,Kevin 240-12

### Runner 55-59

#### Female

Skoog,Jana 345-18MHH  
Rangel,Anna 330-17UHH  
Tetrault,Robin 218-14MHHV  
Barnes,Mary 113-9H  
Upchurch,Anita 110-8H  
Barlow,Theresa 20-1V  
Boles,Vicki 20-1V

#### Male

Deardorff,Mike 234-13HH  
Kerr,RJ 220-12V  
Tetrault,Ray 186-11HV  
Freeman,Jeff 140-11HHV  
Savage,Bruce 120-10  
Townsend,Greg 92-6V  
Strong,Earl 60-3H  
Meiring,Jerry 42-3  
Rodgers,Mark 40-2H  
McAndrews,Keith 35-2  
Ladow,Jeff 20-1H

### Walker 55-59

#### Female

Stucker,Jayne 200-10V  
Inman,Jane 20-1H

#### Male

Clements,Damon 80-4UM  
Inman,Steve 20-1H

### Runner 60-64

#### Female

Cole,Robin 260-13  
Keller,Sue 354-21HH  
Bugher,Shirley 233-18  
Townsend,Jeannie 47-3V  
Acton,Rhenda 30-2

#### Male

Greene,Ron 360-18MHHV  
Shorter,Mark 298-19HV  
Skoog,Charlie 256-16HHV  
Mikliik,Tom 66-5H  
Menges,Billy 96-5HH  
Kilcline,Steve 20-1V  
Spencer,Rick 20-1V

### Walker 60-64

#### Female

Wall,Jan 360-18HH  
Williams,Carrie 267-17  
Hobbs,Barbara 94-6HH  
Lorenz,Angela 12-1

#### Male

Keller,Vernon 390-20HH  
Wall,Greg 315-19HHV  
Lorenz,Toney 259-19HV  
Wilson,Stephen 113-10V  
Hobbs,Melvin 83-6HH

### Runner 65-69

#### Male

Hughes,David 377-20HV  
Stucker,Ricke 65-4V  
Leininger,Phil 40-2V  
Barnett,Bill 20-1

### Walker 65-69

#### Female

Dillman,Anita 360-18  
Rutherford,Mary Lou 145-9H  
Brown,Diane 20-1V

#### Male

McBride,Bob 330-17  
Michael,Robin 240-15

### Runner 70-74

#### Female

KleinKnight,Sarah 60-3  
Gerhart,Susan 20-1H

#### Male

Peters,John 220-12V  
Stanton,Billy 160-8  
Shuey,Stan 122-7V  
Sullivan,Dale 30-2

### Walker 70-74

#### Male

Mohr,John 255-14H  
Gross,Jim 140-7  
Coughlin,Dan 20-1V

### Runner 75-79

#### Male

Cupp,Robert 20-1

### Walker 75-79

#### Male

Lambert,Jerry 140-7H

### Runner 80+

#### Male

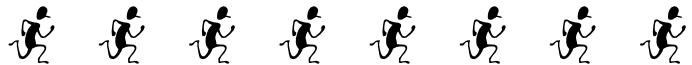
Case,Riley 120-6

## 2015 CKRR Race Calendar

- 14-Feb CK Sweethart Race 5K (V)**  
 14-Mar Old Ben5K-Kokomo  
 21-Mar Norris-Amboy 5K 9AM  
**4-Apr CK Ultimate10m, 5m Logansport (V)**  
 9-May Norris-Kokomo 8:30AM  
 16-May MCF Prison Breakout 5K Bunker Hill  
 13-Jun Norris-Greentown 5m 8AM  
 20-Jun Bona Vista 5K Kokomo  
**4-Jul Haynes-Apperson 4m,3m,1m Kokomo (V)**  
 11-Jul Race for Grace 5K Logansport  
 18-Jul Panther Prowl 5K Russiaville  
 25-Jul Jerome Active Water 5K  
 1-Aug Norris-Converse 5K 8AM  
 15-Aug Cam Race for Shelter 5K Kokomo  
 22-Aug Runnin the Shores 5K Kokomo  
 5-Sep Steps to Recovery Kokomo  
**12-Sep CK GNO 5K 5PM Kokomo (V)**  
 26-Sep Bee Bumble 10k, 5K Burnettsville  
 3-Oct Cole Porter 15K, 5K Peru  
 17-Oct Saints on the Run 5K  
**14-Nov CK Charity Run 5K Kokomo (V)**  
**26-Nov CK CARES 5K Kokomo (V)**  
**31-Dec CK NY Eve 5K2PM Kokomo (V)**

## Notable Highlights!

- Anna Rangel ran the Monumental Half Marathon with a time of 1:58:08
- Phil Rozzi completed the Monumental Half Marathon with a time of 1:50:00
- Bill Menges completed the Mill Race Half Marathon in Columbus on 9/27/14 with a time of 2:44:25.
- Warren Tierney completed the Indy Monumental Half Marathon with a time of 2:10:32
- Scott Deyoe, Greg Wall and Jan Wall also received points for a marathon by completing the Monumental Marathon
- Jana Skoog completed her first marathon at the Indy Monumental Marathon and Charlie added another half marathon to his completed races..
- Keith Hill and Jennifer Van Horn completed their first marathon with a time of 4:47:52 at the Monumental Marathon
- Ray Tetrault ran the Potato Creek Half Marathon on 8/9/14
- Scott Riggle completed the Monumental Marathon with a time of 4:11:14.
- With a time of 3:56:14, Chris Lasley added points for himself for the Monumental Marathon.
- Bill Menges completed the Indy Monumental Half with a time of 2:23:59
- Dan Lutes completed the Jackson Hole Marathon on 8/30/14 finishing 25<sup>th</sup> of 179 overall and 5<sup>th</sup> of 30 in age M50-59 with a time of 3:50:48.
- Noel Shafer completed the Indianapolis Marathon on 10/18/14 finishing 3:49:02 (8:45 pace)...this was 21:12 below his previous PR. Also he completed the Indianapolis Monumental Marathon on 11/1/14 finishing in 3:48:08 (8:43 pace)
- Aaron Craig ran the IMM on Nov 1<sup>st</sup> with a time of 4:28:29.
- Tami Moore ran the St. Louis Rock n Roll marathon on Oct 19 with a time of 4:15:25 and the Monumental Marathon on November 1<sup>st</sup> in 4:13 flat



## Remain Active in Winter

by Dana Neer – fitness columnist and CKRR member

We exercise for various reasons, but all of us would agree that having ample energy for work, play, social engagements, civic and community service and chores around the home are important.

My dad teaches me a lesson every time he gets down on the floor to play with his grandkids. At 83 years old, he receives so much joy from playing games, catch and even tag once in a while. His grandchildren love it, too. My 18-year-old son will go deer hunting with him this week, and watching them walk into the woods together is priceless. I want to be like my dad when I grow up. But, I can't expect to be like him later on if I am not willing to stay active and healthy now.

This winter, make sure you keep your positive frame of mind and regularly exercise. You need fresh air and sunshine all year long, not just in the warmer months. As a matter of fact, you probably need it more in the winter. With that in mind, here are a few helpful tips:

**ACCLIMATE** We have enjoyed one of the most pleasant autumns in recent memory, but all Hoosiers know, we probably will pay later on. Gradually introduce cooler air to your body by exercising outside while temperatures wane. Fresh air is vital to your health, even if that air is cold and unfriendly. A burning sensation in your chest when you inhale cold air is totally normal.

"Your body warms outside air quickly — 3 inches down into your neck it is already 98.6 degrees — but even that is not fast enough to prevent the sting," says Daniel Carey, Ph.D., Assistant Professor for the Department of Health and Human Performance at the University of St. Thomas in St. Paul, Minnesota.

The good news is exercising in freezing temperatures has no negative effects on your lungs, according to a study Carey published in the Journal of Strength and Conditioning Research. To make it less annoying, he suggests something that we all know to do, pull a neck warmer up over your mouth to warm the air.

**PREDETERMINE TEMP LIMIT** What is your bottom line temperature for exercising outside? Many people draw the line at 20 degrees, finding solace in knowing the treadmill is nearby if the thermometer dips into the teens. Remember, the sun can be very warm even, on a cold day. Windy, icy days are prime moments for treadmill use.

I would suggest mixing up your training by exercising outside half the session and indoors the other half. Group training can be one of your greatest motivational pieces during the tough months ahead. Knowing others have expectations of you forces the right decision. Even 10-15 minutes outside can do wonders for your heart and soul.

**INDOOR EXERCISE** We live in an age of many electric cardio-vascular machines and large buildings, like the mall, where refuge exists when temperatures spiral downward. During icy conditions, a good workout designed to increase the heart rate is difficult to achieve. Look for resources around you and find a way to accomplish your goal. For example, roads lined with trees may help break the wind. Parks may provide an oasis of shelter and a safe place to park your car, gaining access to your engine's heat any time you may need it.

Our Indiana winters can be harsh at times, but sticking with your fitness plan not only brings physical benefits, but holistic health as well — psychologically, mentally and spiritually. No one ever regrets completing a workout. However, many people wish they had the discipline and dedication to accomplish a daily routine of exercise. As an example, during a normal weekly workout plan, I feel great and motivated two or three days, feel decent a few days and rather blah the rest of the time. Please remember, no one feels good every day. Do not think that you happen to be the unlucky recipient of some "mutant gene" causing you to lack motivation.

We all have to make ourselves exercise. I am a fellow struggler, so let's make it happen this winter!

12-1 Emilie Hubbard  
 12-2 Robert Cupp  
 12-3 Chase Moser  
 12-5 Donna Andrews  
 12-5 Quinn Reinhardt  
 12-6 Ron Greene  
 12-6 Michael Sadler  
 12-7 Reece Wright  
 12-8 Hayden Boruff  
 12-8 Kayla Bullock  
 12-8 Carla Yerkes  
 12-11 Diana Deyoe  
 12-11 Evan LaDow  
 12-12 Heather Weber  
 12-14 Gwen Grimes  
 12-15 Rilee Jones  
 12-15 Mike Manning  
 12-15 Arianna Shanks  
 12-16 Carly Bullock  
 12-18 Michael Graham  
 12-21 Aaron Kirk

12-21 Jerry Meiring  
 12-22 Ava Kantz  
 12-22 Richard Kerkhof  
 12-22 Anneliese Weitzel  
 12-24 Brienne Boruff  
 12-25 Jenie Gambill  
 12-26 Patricia Weitzel  
 12-29 Acton Rhenda  
 12-29 Janice Hughes  
 12-29 James Longwith  
 12-30 Charlie Skoog  
 12-30 Maggie Weber  
 12-31 Noel Shafer

December Birthdays

**Additional Schedule Dates**

**SAVE THE DATE: Saturday, Dec. 6** ~ KHCPL will host its first RUDOLPH FAMILY FUN RUN. The 5K run/walk includes a cool T-shirt, reindeer antlers, Rudolph nose, medal, trophies, door prizes, snacks, and an expert who can help YOU improve your time and train for a mini, marathon, or triathlon. All ages and all abilities welcome as well as pets on leashes. Check out the library's Facebook page and our website regularly for registration and run information.

**WATCH FOR THE DATE!**

**WATCH YOUR EMAIL AND FACE BOOK for notification of the 2014 Awards Banquet. The awards committee is currently meeting and preparing for the awards as the club is currently planning our event. Soon we will have confirmation of our meeting room and will be able to share the date, time and location.** Last year we had a great club turn out as awards were given and plaques were presented all the while we feasted on Chili and fellowship. Once again we will host a Chili Cook OFF! and Linda Kendall will be asking for volunteers to bring their tasty recipes to share and compete. 50/50 raffle will also be available with proceeds go to the Scholarship Fund.

**Injury-Free Running by Dr. Thomas C Michaud, D.C.**

A 25% discount with free shipping to all of our club members who are interested in Dr. Thomas C. Michaud's new book. Just go to [www.humanlocomotion.org](http://www.humanlocomotion.org) and type 'runningclub' (one word) in the discount code box when you checkout. A temporary priced eVersion of the book at 9.95 on Amazon. Please see Mark Shorter if you would like to view the club copy.

**The 'Barefoot Mindset'**

Hello Barefooters, As the cold weather set in, I'm happy to have my biggest mileage goals of the year already logged. At this point, I'm a little reflective and thankful to have a "Barefoot Mindset" about many things in my life.

The barefoot mindset allows one to sort of take things as they come. Knowing you are not in control of the key elements: temperature, precipitation, road surface, debris and traffic flow. This is the start of patience and of course, prayer. To be able to ask for things completely out of your control, and then WAIT for them to be delivered helps to develop your barefoot mindset.

And waiting doesn't have to mean sitting and doing nothing...

You begin to define patience a little differently too. I like the idea of ACTIVE patience. Each day is a choice. I can simply look at the cold snowy weather outside and skip today's long run OR I can go out and "take what I can get." Maybe go out and run only one mile on snow and slush, into a 14 MPH headwind, knowing that something is better than nothing...it's better to log a "one" than a "zero" for the day! Then, maybe, as I approach the turnaround, I can push it for another quarter mile before turning back, and log a 1.5 miler instead of just a one!

Shorter runs due to bad weather also leave you well rested and ready for a sunny afternoon to run a 14 miler knowing that the next cold front is coming soon. This patience, this waiting for the ebb and flow of the weather, can be applied to the road surfaces as well. The rough stretch is only temporary...the gravel will end soon...the smooth road is just ahead.

Sometimes the rough stuff is actually better. When we think we have a nice smooth stripe to run on, that's often when a hidden rock pops up to say "hello!" In fact, running on a rough road helps prepare us, both mentally and physically, for the next "surprise" rock on our otherwise smooth, cool stretch of pavement.

And just as running on rough pavement builds callouses and improves reaction time, running in cold weather builds mitochondria and an appreciation for the milder temperatures. A cold two miler might produce the same internal body response and fitness as a warm sunny twelve miler. Less is more.

So don't lament your conditions...rejoice in them!

And if you think these words were just about running barefoot, think again...this barefoot mindset can apply to almost everything in this world.

Rocks are just metaphors for the "hard times" in life...

God gave us bodies and minds with amazing abilities for recovery and adaptation. But He didn't stop there...as He tells us in James 4:2 You do not have because you do not ask.

So...ask.



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

1. Meeting opened at 6:00 PM by President Patricia Weitzel.
  2. Prayer by Chaplain Charlie Skoog
  3. Brief Treasurer's report by Mark Shorter
  4. Motion from Jeanne Townsend and second by Toney Lorenz to accept minutes and vote passed.
  5. Jeanne Townsend gave a report on the CKRR Charity 5K Run/Walk held on Nov 8<sup>th</sup>. \$1600 was raised with 3 large bags of hats, gloves, socks and cloths were donated. Cindy Evans – program manager will be purchasing coats as well as outfitting a family for an upcoming funeral service. This year's race had 87 participants which were down from 2013 but the donations were up \$200. Ashley Shanks has volunteered to assist Jeannie Townsend for the 2015 race.
  6. Linda Kendall gave an update for the club web site.
  7. Ashley Shanks gave a report on the upcoming Kokomo Public Library race. Online registration is available at KHCPL.com
  8. Mark Shorter asks that those interested in the CKRR Cares and NYE race to please register early. Also 2015 Club dues are also being accepted.
  9. 2015 Charity Race is currently the same date as the Monumental Race. Linda Kendall made motion to move the race to Nov 14 which was second by Vern Keller and motion passed.
  10. Currently no one is running for vice-president. Anyone who is interested needs to contact Mark Shorter so they can be added to the ballot.
  11. Mark Shorter received a copy for the Club of 'Injury Free Running'. A discount is offered to our members and will be listed in the December newsletter.
  12. Jeannie Townsend registered the Club for a discount rebate at GFS. The discount card will be stored in the storage shed.
- Meeting adjourned –

Attendance – Mark Shorter, Jeannie & Greg Townsend, Jeff Freeman, Joe Yeagle, Phil Rozzi, Anna Rangel, Vicki Boles, Sue & Vernon Keller, Jana & Charlie Skoog, Carol Savage, Jenny Tudor, Sheree Bullock, Ashley Shanks, Ron Greene, Myrna Tappan, Milt Brown, Angie & Toney Lorenz, Patty Weitzel, Robin Tetrault, and Linda Kendall

**Individual Highlights:**

- 1 Volunteers still needed for Goodfellows
- 1 Dec Club Meeting
- 2 Race results
- 2 Race results Continued
- 3 Optimal Nutrition
- 3 Wednesday Night Race Results
- 4 The Race for Grace
- 4 2014 Club Point Races
- 4 Thanksgiving Day – Kokomo Cares Run
- 4 Jan Newsletter Deadline
- 5 Points Standings
- 6 2015 CKRR Race Calendar
- 6 Notable Highlights
- 6 Remain Active in Winter
- 7 December Birthdays
- 7 Injury-free Running
- 7 The 'Barefoot Mindset'
- 8 Club Minutes
- \* Club Membership Renewal Form
- \* New Years Eve 5K Registration Form



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Check our new website  
Currently under development  
[www.clubkokomoroadrunners.com](http://www.clubkokomoroadrunners.com)

Be Sure to like us on  
Facebook – Club Kokomo  
Roadrunners