

On the roads

Thanks to 41CKR Goodfellows By Johnny 'O

During Goodfellows' 104th year, the all-volunteer organization helped parents purchase clothing for 1,000 children this Christmas season.

Johnny 'O sends a big thank you to Charlie Skoog, who helped recruit 41 CKR Goodfellows, and the following Club Kokomo Roadrunners, who, in most cases, once again became Goodfellows Dec. 14 and 16 during client shopping at Meijer.

Some volunteers worked both nights. Volunteers included: Rhenda Acton, Theresa Barlow, Dave Barnes, Bill and Kathie Barnett, Vicki Boles, Diana Brown, Laura Cook, Dan Coughlin, George Devine, Lisa Drotleff, David Hughes, Vern and Sue Keller, Gale Keppel, Dan, Linda, Sarah, Megan and Rachel Lutes, Tom and Linda Miklik, Diane Noll, Brian and Betsy Reinhardt, Carol Savage, Ariana, Clayton, Ashley and Rob Shanks, Charlie and Jana Skoog, Greg and Jeannie Townsend, Jenny Tuder, Bea and Mackenzie Wiles, John and Anne Wiles, Joseph Yeagle, and Lindsey Ziliak.

Goodfellows was founded 1911 in Kokomo. Jean Lushin, former Center Township Trustee, has served as the volunteer director for 35 years. John Wiles is past president and member of the board of directors.

Goodfellows spends about \$100,000 each year on clothing for children. We Care provided \$105,000 this year to Goodfellows. Goodfellows also receive corporate and individual donations, which help fund Goodfellows' scholarships and donations to CK's Coyote Kids.



Top – Dave Barnes & Lindsey Ziliak

Middle – David Hughes and Joe Yeagle

Bottom – Jeannie and Greg Townsend



Left – Mackenzie and Bea Wiles help bag cloths

Right – Vicki Boles and Rhenda Acton

CLUB MEETING – MONDAY, JAN. 12TH 6 P.M. AT MARTINO'S ITALIAN VILLA

1929 N Washington, Kokomo,
Social Hour @ 5 p.m. soft drinks will be provided!!!

Race Results

CKRR New Year's Eve Day 5K
Dec 31, 2014
Local UAW 292 & Jackson-
Morrow Park

5K Run

1. **Adrian Glover 16:38**
2. **Scott Colford 18:26**
3. **Parker Jones 19:45**
4. Steve McDorman 19:48
5. **Heather Weber 20:06 1st woman**
6. **Dana Neer 20:36**
7. **Noel Shafer 20:51**
8. **Tom Abney 20:55**
9. Christopher Nunan 20:58
10. Justin Tafflinger 21:10
11. Corey Dea 21:40
12. **Jordan Ousley 22:04**
13. Doug Nunan 22:14
14. Jeff Hemmeger 22:15
15. Purtee Hunter 22:16
16. Paul Sanders 22:18
17. Joshua Huston 22:25
18. **Ella Kantz 22:27**
19. Jack Johnson 23:19
20. Ron Gaskins 23:30
21. Jacob Riley 23:41
22. **Don Andrews 23:48**

23. Jaqueline Berkshive 24:16
24. **Natalie Nicholson 24:31**
25. **Christian High 24:35**
26. **Hannah High 24:39**
27. Aaron Dea 24:50
28. **Anne Kantz 24:57**
29. Emma Markley 25:58
30. **Gwen Grimes 26:04**
31. Jason Hampshire 26:07
32. **Shelly Wyman 26:12**
33. **Anna Rangel 26:14**
34. **Ashley Shanks 26:36**
35. **Mark Shorter 26:44**
36. Keith Vautaw 26:54
37. **RJ Kerr 27:04**
38. Bethany Kirkwood 27:18
39. Shane Hillman 27:19
40. Natalie Combs 27:28
41. **Warren Tierney 27:30**
42. Zoe Irvin 27:31
43. **Mike Deardorff 27:32**
44. Faith Mooney 27:39
45. Lauren Longshore 27:49
46. **Scott Deyoe 28:10**
47. **Charlie Skoog 28:19**
48. **Jacob Van Horn 28:24**
49. **Jennifer Van Horn 28:32**
50. Scott Curry 28:41
51. Michael Davis 28:41

52. John Williams 28:53
53. Cora Johnson 29:05
54. Taylor Nunan 29:05
55. Jama Claxton 29:06
56. **Emilie Hubbard 29:28**
57. **Ann Hubbard 29:35**
58. **Greg Townsend 29:36**
59. Christina Christenson 29:48
60. Carl Christenson 29:49
61. Timothy Templin 29:56
62. Lisa Grady 30:02
63. Rachel Budde 30:16
64. Max Elmore 30:26
65. Brent Taylor 30:33
66. **Laurie Ousley 32:15**
67. Regina Hogge 33:00
68. **David Hughes 33:15**
69. Janna Armstrong 33:45
70. **Riley Case 34:04**
71. **Lauren Weber 34:44**
72. **TA Weber 34:46**
73. Trina Evans 35:15
74. **Noah Hughes 35:43**
75. **Alex Studebaker 36:12**
76. **Kelly Studebaker 36:15**
77. **Jonah Hughes 36:29**
78. Bruce Anderson 36:32
79. Jennie Conrad 36:39
80. **Sophia Wyman 37:59**

81. **Paul Wyman 38:00**
82. Brad Pearce 38:07
83. Devonne Anderson 38:40
84. **Jeannie Townsend 43:00**
85. **Jeff Freeman 44:41**
86. **Sue Keller 48:43**
87. Peggy Faulkner 52:13
88. Frank Faulkner 52:17
89. **Shirley Bugher 63:52**

5K Walk

1. **Vince Lorenz 26:27**
2. Damon Clements 30:10
3. **Mary Miller 33:30 1st woman**
4. **Greg Wall 37:16**
5. **Jan Wall 39:56**
6. **Vernon Keller 40:12**
7. Sherry Kestle 40:50
8. **Jim Gross 40:52**
9. **Jenny Tudor 43:05**
10. **Bob McBride 44:30**
11. **Carrie Williams 44:43**
12. **Toney Lorenz 44:49**
13. **John Mohr 46:19**
14. Doris Campbell 48:23
15. Kevin Campbell 48:27

CKRR Awards Banquet!!

February 8th from 2 pm – 4 p.m.

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

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

50/50 tickets will also be available

Please bring a dish to share or if you make a mean pot of chili bring it. Who knows you could win.

If you plan to bring Chili, please RSVP to Linda Kendall at 765-860-4564 or jbm1100@gmail.com

Wednesday Night Race Results

Jackie Sanders Miracle Mile Wednesday, December 3, 2014 Highland Park Walk/Bike Path

1. Christian High 6:36
2. Charley Werst 6:36
3. Paul Sanders 6:49
4. Gwen Grimes 7:40
3. Ashley Shanks 8:27
5. Charlie Skoog 9:14
6. Shirley Bugher 17:50

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

1. Steve McDorman 19:29
2. Corey Dea 19:51
3. Tom Abney 20:02
4. Paul Sanders 21:48
5. Christian High 22:21
6. Charley Werst 22:23
7. Parker Jones 23:45
8. Gwen Grimes 23:51
9. David Hoshaw 23:54
10. Rob Hoshaw 23:54
11. Max Elmore 27:19

12. Charlie Skoog 28:18
13. Ann Bradshaw 29:14
14. Jenny Tudor 40:55
15. JoDee McClish 40:56

Jackie Sanders Miracle Mile Wednesday, December 10, 2014 Highland Park Walk/Bike Path

1. Steve McDorman 6:46
2. Tom Abney 6:46
3. Cheryl Marner 7:28
4. Ashley Shanks 7:35
5. Charlie Skoog 8:48
6. Melissa Jones 9:49
7. Sean Day 11:22
8. Shirley Bugher 18:12

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

1. Tom Abney 20:39
2. Christian High 20:39
3. Parker Jones 20:40
5. Cheryl Marner 24:09
6. Ashley Shanks 25:53
7. Adam Pickard 35:21

Jackie Sanders Miracle Mile Wednesday, December 17, 2014 Highland Park Walk/Bike Path

1. Parker Jones 6:42
2. Steve McDorman 6:42
3. Paul Sanders 7:03
4. Gwen Grimes 7:37
5. Sean Day 9:49

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

1. Steve McDorman 20:57
2. Parker Jones 20:57
3. Paul Sanders 21:41
4. Christian High 22:45
5. Charley Werst 22:45
6. Gwen Grimes 25:30
7. Ann Hubbard 28:44

Jackie Sanders Miracle Mile Wednesday, December 24, 2014 Highland Park Walk/Bike Path

1. Ashley Shanks 8:01
2. Steve McDorman 8:02
3. Shirley Bugher 18:02

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

1. Paul Sanders 21:55
2. Parker Jones 24:57
3. Gwen Grimes 25:02
4. Steve McDorman 28:57
5. Ashley Shanks 28:59
6. Alex Studebaker 35:56
7. Kelly Studebaker 37:12

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

Optimal Nutrition Jana Skoog, MS, RD, LD

Now that we are wrapping up 2014, I hope you've had a chance to look back and reflect on your usual eating habits, for better or worse! As we go forward into the New Year, setting short-term and long-term goals for walking/running, this is the perfect time to build a food plan that will fuel your body appropriately to support these goals.

So what makes up a healthy food plan? First of all, it should contain mostly wholesome foods in their natural state; in other words, less-processed. If the bulk of your diet is from packaged convenience foods, fast food, or junk food, it's time to get real! Get started by cooking some simple, fresh dishes yourself, such as a stir-fry.

Next, consume a variety of nutrient-dense foods by choosing from all five basic food groups: fruits, vegetables, grains, protein, and cow/soy/almond milk. The "old school" MyPyramid has been replaced by the ChooseMyPlate model, and it is a good reminder to include more of these nutrient-dense foundation foods, and to limit the "extras" such as foods high in saturated/trans fat or added sugar (think sodas, chips, bacon, candy, etc.). See www.ChooseMyPlate.gov SuperTracker for more on food amounts based on estimated calorie needs.

Select meals that are carbohydrate-rich, moderate in protein, and low in fat. A performance plate should include the following:

Whole grains for energy: Look for 100% whole grains in products such as bread, cereal, bagels, English muffins, crackers, and tortillas. Oatmeal is a great whole-grain breakfast food, or enjoy as a snack food! Also, choose brown rice over refined white rice and whole wheat pasta over refined white. There are many other grains available to give variety; try quinoa, amaranth, millet, or barley for example.

Fruits and vegetables are packed with vitamins/minerals, fiber, and antioxidants to boost immunity. Look for more color: dark green, orange/yellow, red, purple and blue for the most bang for your nutrition buck. Vegetables can be broken down into two main groups: Starchy and non-starchy. Starchy vegetable intake can be increased during heavier training periods, to provide extra carbohydrate for fuel. Examples are white potatoes, sweet potatoes, yams, corn, peas, and winter squash. Non-starchy vegetables are great any time, and should be included in most meals/snacks.

Lean protein will help with repairing/building muscles, and can add satiety to a meal/snack. If you consume meat, choose the leanest possible such as chicken, fish, turkey and loin/round cuts of red meat (pork and beef). Keep it lean by grilling, baking, broiling, or roasting and not frying. Also consider mixing it up by using more legumes (dried beans, peas, and lentils), egg whites, low-fat yogurt, low-fat cheese, and tofu. (Low-fat dairy is considered to be 1% or less fat).

A little healthy fat is necessary in our diets, and the omega-3 fatty acids can help fight inflammation. The heart-healthy fats are poly- and mono-unsaturated fats and are found in fatty fish such as salmon/tuna/sardines, nuts and nut butters, seeds (flax, chia, pumpkin, sunflower, sesame, etc.), olives, avocado, as well as liquid oils such as olive, sesame, and canola oil. A little goes a long way!

Include plenty of fluids for adequate hydration. Reach for water or any other unsweetened beverage. One good option is unsweetened green tea for antioxidant benefits. Have cow/soy/almond milk and 100% fruit juice as part of your meals. Hydrating for training/racing/recovery might also include sports drinks (more about this in the future).

Finally, choose to eat often, every 3-4 hours. Eating frequently will help sustain your energy throughout the day, and also help prevent overeating when getting too hungry, or being tempted by the wrong foods.

Points Standings

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

Runner 0-12

Female

Moore, Hannah 122-7
Nicholson, Natalie 110-6
Weber, Lauren 86-6V
Wyman, Sophia 82-6
Kantz, Ella 80-4
Shanks, Arianna 50-3V
Weber, Natalie 21-2
Gollner, Esther 15-1
Wiles, Jackie 12-1
Felker, Elizabeth 10-1

Male

Stuebaker, Alex 214-13
Van Horn, Jacob 120-7
Hughes, Jonah 108-7
Moore, Corey 100-5V
Wyman, JP 57-4V
Shanks, Clayton 40-2V
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 60-3
Merrick, Valerie 35-2
Abney, Allison 20-1
Cleaver, Madison 20-1
Gollner, Sarah 20-1V
Jones, Carly 20-1
Ladow, Jillian 20-1H
Glover, Elise 20-1V
Wiles, MacKenzie 15-1
Gollner, Hannah 10-1

Male

Timmons, Braden 360-18MHH
Hughes, Noah 92-6
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 224-12V
Hubbard, Emilie 195-11V
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
Glover, Adrian 20-1
Jones, Billy 12-1

Runner 25-29

Female

Wall, Kathryn 220-11

Heflin, Laura 45-3
Tetrault, Megan 40-2HH

Male

Jones, Parker 215-11H
Ousley, Jordan 190-11HV

Walker 25-29

Male

Lorenz, Vince 380-19HV

Runner 30-34

Female

Shanks, Ashley 245-13HHV
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 320-17MH
Wright, Kelly 80-4M
Moore, Geana 79-5
Gollner, Angie 35-2

Male

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

Walker 35-39

Female

Tudor, Jenny 240-12
Huffman, Erica 130-8

Runner 40-44

Female

Weber, Heather 220-11MHV
Nicholson, Michele 75-4
Culp, Dana 67-4H
Kantz, Anne 65-4
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 275-14MHH
Hill, Keith 212-15MHH
Riggle, Scott 95-5UMH
Tomlinson, Brad 95-5HH
Reinagle, David 72-4HH
Nicholson, Stu 42-3
Weber, TA 40-3
Gollner, Steve 20-1V
Kirk, Aaron 20-1H

Walker 40-44

Female

Bullock, Sheree 60-3V

Runner 45-49

Female

Moore, Tami 215-11MHV
Wyman, Shelly 155-8MMV
Cook, Laura 152-9

McCracken, Joni 112-6HV
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 385-20MHH
Graham, Michael 242-18V
Priest, Jay 130-7MHH
Moore, Ron 108-8
Wyman, Paul 91-6V
Getts, Paul 83-7H
Weitzel, Virgil 69-4MV
Abney, Tom 55-3
Werst, Tommy 55-3M
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 269-19
Ousley, Laurie 218-15H
Stuebaker, Kelly 188-16HH
Wilson, Marianne 116-10
Anderson, Nancy 37-3
Freeman, Pam 37-3H

Male

Tierney, Warren 320-22HHV
Neer, Dana 300-15HV
Rozzi, Phil 259-15UHVV
Deyoe, Scott 252-17MHHV
Anderson, John 39-3
Olsen, Paul 30-2H
Tokarcik, Tom 30-2
Glover, Scott 20-1V
Cleaver, Tom 9-1

Walker 50-54

Female

Miller, Mary 400-20H
Deyoe, Chari 95-6H
Heflin, Jean 47-3

Male

Whitted, Kevin 240-12

Runner 55-59

Female

Rangel, Anna 350-19UHH
Skoog, Jana 345-18MHH
Tetrault, Robin 218-14MHHV
Barnes, Mary 113-9H
Upchurch, Anita 110-8H
Barlow, Theresa 20-1V
Boles, Vicki 20-1V

Male

Deardorff, Mike 246-14HH
Kerr, RJ 235-13V

Tetrault, Ray 186-12HV
Freeman, Jeff 149-12HHV
Savage, Bruce 120-10
Townsend, Greg 102-7V
Strong, Earl 60-3H
Meiring, Jerry 42-3
Rodgers, Mark 40-2H
McAndrews, Keith 35-2
Andrews, Don 20-1
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

Keller, Sue 369-22HH
Cole, Robin 260-13
Bugher, Shirley 245-19V
Townsend, Jeannie 67-4V
Acton, Rhenda 50-3V

Male

Greene, Ron 360-18MHHV
Shorter, Mark 318-20HV
Skoog, Charlie 271-17HHV
Menges, Billy 96-7HH
Miklik, Tom 66-5H
Kilcline, Steve 20-1V
Kilcline, Steve 20-1V
Spencer, Rick 20-1V

Walker 60-64

Female

Wall, Jan 380-19HH
Williams, Carrie 282-18
Hobbs, Barbara 94-6HH
Lorenz, Angela 12-1

Male

Keller, Vernon 425-22HHV
Wall, Greg 335-20HHV
Lorenz, Toney 271-20HV
Wilson, Stephen 113-10V
Hobbs, Melvin 83-6HH

Runner 65-69

Male

Hughes, David 397-21HV
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 350-18
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 270-15H
Gross, Jim 160-8
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 140-7

1-2 Laura Heflin
1-4 Maurice (Mo) Wright
1-5 Brook Cleaver
1-5 Ari Leger
1-5 TA Weber
1-8 Robin Michael
1-15 Terry Gruel
1-17 Milt Brown
1-17 Jeff LaDow
1-20 Isaac Felker
1-21 Samuel Bettegnies
1-22 Julie LaDow
1-22 Sondra Summerton
1-27 Ashleigh Cleaver
1-28 Todd Moser
1-29 Raymond Felker
1-30 Damon Clements

2015 Club Point Schedule

- (V) are events where volunteer points can be earned if you are not participating in the race

14-Feb CK Sweethart Race 5K (V)

5K Run/Walk
Time: 9 am
Location: Foster Park
Senior Center Registration
Contact: Charlie Skoog

7-Mar Old Ben 5K – Kokomo

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

21-Mar Norris-Amboy 5K

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

4-Apr CK Ultimate 10m, 5m- Logansport (V)

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

9-May Norris-Kokomo

3M Walk/4M Run
Time: 8:30 am
Location: Jackson-Morrow Park
Kokomo, IN
Contact: John Norris
Phone: 765-395-7761
Website: norrisinsurance.com

16-May MCF Prison Breakout 5K – Bunker Hill

Time:
Location: Bunker Hill
Contact: Anne Hubbard

13-Jun Norris-Greentown

5M Run/3M Walk
Time: 8 am
Location: Greentown
Contact: John Norris
Phone: 765-395-7761
Website: norrisinsurance.com

20-Jun Bona Vista 5K – Kokomo

5K Run/Walk
Time: 8 am
Location: UAW 292
Contact: Vicki Boles

4-Jul Haynes-Apperson 4m,3m,1m Kokomo (V)

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

11-Jul Race for Grace 5K Logansport

5K Run
Time: 8 am
Location: Calvary Presby, 7th & Spencer Strs,
Logansport
Contact: Charlie Skoog

18-Jul Panther Prowl 5K Russiaville

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

25-Jul Jerome Active Water 5K

Time: 8 am
Location:
Contact:

1-Aug Norris-Converse 5K

5K Run/ Walk
Time: 8 am
Location: Converse, IN
Contact: John Norris
Phone: 765-395-7761
Website: norrisinsurance.com

15-Aug Cam Race for Shelter 5K Kokomo

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

22-Aug Runnin the Shores 5K Kokomo

Time:
Location: Champaign Shores
Contact: Rebecca Monroe

5-Sep Steps to Recovery Kokomo

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

12-Sep CK GNO 5K 5PM Kokomo (V)

5K Run/Walk
Time: 5:00 pm
Location: Downtown Kokomo
Contact: Rebecca Monroe

26-Sep Bee Bumble 10k, 5K Burnettsville

5K/10K
Time: 8:00 am
Location: Burnettsville, IN
Contact: Don Hurd

3-Oct Cole Porter 15K, 5K Peru

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

17-Oct Saints on the Run 5K

5K Run/Walk
Time: 8:00 am
Location: St Patrick Church
Contact: Heather Weber

7-Nov CK Charity Run 5K Kokomo (V)

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

26-Nov CK CARES 5K Kokomo (V)

5K Run/Walk
Time: 8 AM
Location: Rogers Pavilion
Highland Park, Kokomo, IN
Contact: Ray & Robin Tetrault, Mark Shorter
Phone: (765) 878-4457

31-Dec CK NY Eve 5K2PM Kokomo (V)

5K Run/ Walk
Time: 2 PM
Location: UAW Local 292
Contact:

**Club Kokomo Roadrunners Meeting –
Dec 8, 2014**

1. Meeting opened at 6:00 PM by President Patricia Weitzel.
 2. Prayer by Chaplain Charlie Skoog
 3. Treasurer's report by Mark Shorter – Ending balance from General Fund, Cowan Fund and Coyote Kids = \$30,305.62
 4. Motion from Vern Keller and second by Charlie to accept minutes and vote passed.
 5. Thanksgiving Race Report given highlighting the snow which fell at the beginning of race. Also several volunteers were present however volunteers were missing in one turn. For future races, this will be important to watch for.
 6. Charity Run race report had 7 less finishers but took in \$300 more in donations. Since 1985, over \$53,000.00 has been raised and the first race brought in \$90.
 7. Vern Keller has stepped up to run for vice president. Currently a candidate is needed for chaplain.
 8. Old Ben 5K has been moved from March 14th to March 7th. The calendar will be updated.
 9. Vicki Boles informs the club that the Run Walk & Roll race is currently looking into adding color to the race. This would be like other color runs using a corn starch base color. However nothing is decided at this point.
 10. Per the UAW website, the union hall will not be accepting rentals after June 2014. They have not been charging us for the use of the building and our club had cleaned prior to as well as following our events. The group did agree that the club would provide a rental fee to help offset expenses should the space still be available.
 11. Vern Keller made a motion to provide the UAW \$200 x 2 for the use of the building during December. Motion seconded by Linda Kendall and passed.
 12. Sweetheart race will be headed up by Charlie Skoog and Ricke Stucker. The date will be February 14th and Charlie will contact the Parks department to secure use of the park. Patty Weitzel will prepare the registration form as well as look into medals for the event.
 13. Rhenda Action will once again service as Race Coordinator for the Ultimate race in 2015.
 14. The 5K course is changing at Highland Park so that road closures will no longer be required. The Parks Board has been asked to make path improvements. Dana Neer, Michael Anderson and Terry Townsend are currently meeting to discuss possible new race course downtown that would include the new ball diamond/stadium.
- Meeting adjourned –

Attendance –Carol Savage, Robin Cole, Greg and Jeannie Townsend, Ron Greene, Patty Weitzel, Joe Yeagle, Linda Kendall, Rhenda Action, Jeff Freeman, Sue & Vernon Keller, Mark Shorter, Jana & Charlie Skoog,

You can't earn points until you turn in your 2015 membership form



Pictures from NYE Race – taken by Melissa Jones



Individual Highlights:

- 1 Thanks to 41CKR Goodfellows
- 1 Jan Club Meeting
- 2 Race results
- 2 2014 Awards Banquet
- 3 Wednesday Night Race Results
- 3 Optimal Nutrition
- 4 Points Standings
- 4 January Birthdays
- 5 2015 Point Race Calendar
- 6 Club Minutes
- 7 The Race for Grace
- * Club Membership Renewal Form
- * CKRR Feb 14 Sweetheart Race Form





The Race For Grace

by Charlie Skoog

Happy New Year Club Kokomo friends and family! I hope 2014 was a good year, there may have been trials and tribulation but did you finish well? Regardless of your answer to that question the good news is, you are still in the race! Better news is God's promise to all through the prophet Jeremiah (29:11), "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." I pray as the Apostle Paul did that you have hidden this truth in your heart, that we can give thanks, rejoicing "...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;" (Philippians 1:6). That is good, good news my friends, not just today but each day to come. More good news, though I often grow weary, I know the everlasting God, the Lord, the Creator of the ends of the earth, neither faints or grows weary and though the youths shall faint and the young man shall utterly fall (Isaiah 40:31) "those who wait on the Lord shall renew their strength: they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." This year is my 20th year running with Club Kokomo and you may have noticed I am slowing down but I'm good with that because I now run with wings like eagles knowing whenever I am weak, He is strong! Jana and I have already signed up for the Sam Costa Marathon but most importantly we are also registered and running the Race of Faith. Are you with us in the Race of Faith? We pray you are and look forward to seeing you at the finish as we remember another life verse from Hebrews 12, "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith." May we all run and walk with endurance throughout 2015, whether fast or slow, weak or strong, always giving thanks for God's amazing gift of grace.



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