



Interested in a one and done race!
 Visit their facebook page for
 registration information

<https://www.facebook.com/groups/1546402588950259/>

DONATIONS – PLEASE

GENTLY USED ATHLETIC WEAR,
 TENNIS SHOES AND RUNNING
 SHOES WILL BE COLLECTED AT
 FUTURE CKRR EVENTS TO BE
 DONATED TO HIGHGATE, JAMAICA

THE FIRST DONATIONS WILL BE
 COLLECTED SAT 2/14 AT THE
 SWEETHEART RACE

ALL DONATIONS WILL BE
 SENT AT THE END OF JULY.



CKRR Awards Banquet!!

February 8th from 2 pm – 4 p.m.

At Brookside Free Methodist Church
 Gymnasium

190 E 400 S, Kokomo

*Chili Cook off at our awards luncheon with prizes awarded
 for the top three dishes.*

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*

**NEXT CLUB MEETING – MONDAY,
 FEBRUARY 9TH**

**6 P.M. AT MARTINO’S RESTURANT
 SOCIAL HOUR AT 5 P.M.**

Individual Highlights:

- 1 Awards Banquet
- 1 February Club Meeting
- 1 Savage Scroll
- 1 Pi Race
- 1 Donations Accepted
- 2 Wednesday Night Race
Results
- 2 Optimal Nutrition
- 2 Lentil & Butternut Squash
Soup
- 2 Notable Happenings
- 2 February Birthdays
- 3 2015 Club Point Schedule
- 4 Club Minutes
- Additional pages –
Norris Insurance Registration
Ultimate Race Registration

Savage Scroll *Happy February from your new CKRR Chaplin!*

I wanted to introduce myself to those of you who don't know me or my husband Bruce. We have been members of Club Kokomo for about 9 years. We joined the same year we walked our first Indianapolis Mini-Marathon in 2006.

When you walk as slow as I do, you have a lot of time to look around and watch the scenery and people. During that first Mini, when we were walking around the Indianapolis Motor Speedway, I saw a group of people who had the verse Isaiah 30:31 printed on the back of their shirts.

But those that hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

This verse helped give me strength to continue and finish the race, and it continues to inspire me in each race I participate in. My faith in God and His promises give me strength each and every day

I am not a minister or a trained counselor but if you have a prayer request or need someone to pray with, I am here for you. I will gladly pray for you and keep it confidential or notify the club if you wish for more prayer warriors. You may contact me by e-mail at csavage2004@comcast.net or by phone or text at 765-513-7347.

I hope to see many of you at the Sweetheart Race on February 14th....I will be helping with registration and at the finish line so stop and say "Hi" I would love to meet you!

Wednesday Night Race Results

Jackie Sanders Miracle Mile
Wed, January 14, 2015
Highland Park Walk/Bike
Path

1. Gwen Grimes 10:30

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

1. Parker Jones 23:18
 2. Charlie Skoog 31:24

Wed, January 21, 2015
Highland Park Walk/Bike
Path

1. Nathan Faulks 5:59
 2. Steve McDorman 6:07
 3. Hannah Fulks 7:09
 4. Hannah High 8:29
 5. Charlie Skoog 9:00
 6. Max Elmore 9:17

5K
Old Ben/Highland Park 5K
Course

1. Steve McDorman 20:08
 2. Parker Jones 23:34
 3. Gwen Grimes 23:35
 4. Hannah High 26:03
 5. Max Elmore 30:58

Jackie Sanders Miracle Mile
Wed, January 28, 2015
Highland Park Walk/Bike
Path

1. Parker Jones 6:20
 2. Steve McDorman 6:21
 3. Charlie Skoog 8:44
 4. Mellisa Jones 9:51
 5. Robin Tetrault 11:13
 6. Vern Keller 13:01
 7. Sue Keller 15:15

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

1. Steve McDorman 20:17
 2. Max McHaney 20:49
 3. Parker Jones 22:40
 4. Gwen Grimes 22:44
 5. Brian Rexroth 23:48
 6. Hannah High 24:30
 7. Rosellen Connolly 26:52
 8. Charlie Skoog 27:58
 9. Ann Hubbard 29:46
 10. Max Elmore 31:18

Please notice – the date has changed for the Cam Race for Shelter 5K in August. Please update your calendar

Optimal Nutrition - Jana L. Skoog, MS, RD, LD

Everyone has habits; they help us get through each day. Otherwise our brains would be overloaded with hundreds of decisions and choices each day; we'd get nothing done! Some habits are good, such as using seat-belts or brushing and flossing before bed. Other habits may not be serving us so well. For example, some people skip breakfast every day, that's been their routine. Or maybe they order dessert automatically after a meal out, just because they always do. How about salting food, before even tasting it? One of the most common habits is mindlessly snacking while watching tv. If you are trying to incorporate better eating habits this year, and maybe even trying to lose those few pounds that you gained over the holidays, awareness is key. Be mindful of your actions. How much do you eat--there is an appropriate portion of any food and it may be less than what you're used to. What are you eating--are you choosing the same foods without much thought on whether they contribute much nutrition or not? When do you eat--are you skipping meals and end-loading your calories into the evening? Why are you eating--to fuel your body or because you are bored, stressed, or lonely. Dieting doesn't work, and can even be dangerous. It's better to make lifestyle changes--yes, new healthy habits--that you can stick with throughout your lifetime. Remember to focus on low-calorie, high-nutrient foods such as fruits, vegetables, whole grains, and lean protein. Here are some good habits to consider as you rid yourself of those sabotaging bad habits:

- Watch portion sizes! Put less on your plate to start with. Don't go back for seconds.
- Eat slowly, chew well. Do self-checks: are you satisfied before finishing and can save some food for later?
- Limit sugary beverages and alcohol. Drink plenty of water throughout the day.
- Spread food intake throughout the day, don't skip meals. Eat breakfast.
- Eat about the same amount of food weekends as on weekdays.
- Be thoughtful before ordering when eating out, choose something healthy. Take some home.
- Avoid temptations, don't bring junk home.
- If you snack, choose something healthy and plan when to have it, so its not endless.
- Find non-food activities to do.
- Exercise regularly, even in off-season.
- Make sleep a priority.
- Weigh yourself at least weekly if weight management is an issue for you.

Establishing new habits doesn't happen overnight, so be patient and persistent. Hook the new habit to something you already do so you can remember to do it. Plan to make it happen, such as buying the right foods. Set reminders so you carry through. Have a good month, more about preparing a healthy breakfast next time!

2-1 David Studebaker	2-10 Allison Abney	Feb Birthdays
2-2 Kory Kennedy	2-16 Rosellen Connolly	
2-3 Deb Taylor	2-16 Keith Hill	
2-5 Grethcen Riggie	2-19 John Norris	
2-6 Greg Wall	2-23 Tom Abney	
2-7 Steve Hearn	2-24 Julia Birkhimer	
2-7 Darrian LaDow	2-24 Dan Lutes	
2-8 Noah Gollner	2-25 Mary Barnes	
2-9 Amber Longwith	2-26 Hannah High	
2-9 Bill Menges	2-27 Mark Bailey	
2-28 Jayne Stucker		

Notable Happenings

- * Kelly Studebaker completed the 2015 Winter Night Half Marathon with a finishing time 3:37:01.8
- * Bill Menges completed the Dopey Challenge during Disney Marathon weekend with a ½ marathon on 1/10 and then marathon on 1/11

Lentil and Butternut Squash Soup

- | | |
|---------------------------|-------------------------------|
| 2 T. olive oil | 4 garlic cloves |
| 3 carrots | 3 large leeks |
| 1 medium butternut squash | 8 cups vegetable stock |
| 1-1/2 C. brown lentils | One bunch rainbow swiss chard |
| 1 tsp. dried thyme | 1 tsp. dried oregano |
| kosher salt | Fresh ground pepper |
| White wine (optional) | |

1. Prep the vegetables: mince 4 garlic cloves. Peel and chop 3 carrots into small pieces. For the leeks, chop off the dark green stems of 3 leeks and the bottom root, then slice them in half lengthwise. Place each leek half cut-side down on the cutting board, then chop it into thin slices (resulting in half-moon shapes). There will be dirt in-between each layer of the leeks, so when you've finished chopping, rinse them thoroughly in a colander. Cut the butternut squash in half and scoop out the seeds. Peel the halves with a vegetable peeler, then chop them into small pieces. Wash the rainbow chard, remove the stems, and chop the leaves into bite-sized pieces.
2. In a medium soup pot over medium heat, drizzle 2 T. olive oil in the bottom of the pan; add the leeks and saute until they soften, about 4 minutes. Add carrots, garlic, and 1/2 tsp. kosher salt, and saute for 3-4 minutes, until softened.
3. Add the squash, vegetable broth, lentils, 1 tsp. thyme, 1 tsp. oregano, and bring to a boil. Reduce to low heat and simmer for 30-35 minutes, until the lentils are soft. In the last 2 minutes, add the chopped chard and simmer until tender. Taste, then add additional kosher salt (about 1/2 tsp. or so) and fresh ground pepper to taste. If desired, add a T. or so of white wine to finish. Makes 4-6 servings.

Taken from: <http://www.acouplecooks.com>

2015 Club Point Schedule

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

14-Feb CK Sweetheart 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: David Downham

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: Jerome Christian Church
 Contact: Ryan Horner

1-Aug Norris-Converse 5K

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

**8-Aug Cam Race for Shelter 5K Kokomo
NOTICE – DATE CHANGE!**

5K Run/Walk
 Time: 8 am
 Location: Oakbrook Valley, Russiaville, IN
 Contact: Ruth Lawson
 Phone: (765) 434-0687

22-Aug Runnin the Shores 5K Kokomo

Time: TBD
 Location: Champaign Shores
 Contact: Todd Mosier

5-Sep Steps to Recovery Kokomo

5th Annual Steps to Recovery 5K
 Time: TBD
 Location: TBD
 Contact: Charlie Skoog

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
 Phone: 765-469-5066

17-Oct Saints on the Run 5K

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

14-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: Ashley Shanks



Club Kokomo Roadrunners Meeting –Jan 12, 2015

1. Prayer by Charlie Skoog
2. Brief Treasurer's report by Mark Shorter.
3. Previous minutes were approved and passed.
4. Paul Wyman brings to the club about the request from Brenda Underwood of Faith Church of Christ, for athletic wear, tennis shows and running shoes to be collected at future CKRR events. Donations will be accepted in boxes at the upcoming CKRR races until the July deadline. All collected items will be taken to Highgate, Jamaica by church members to the St Mary's Parrish. These items will be used to minister to children as they draw them in from the streets to play soccer or what they call football. Motion made by Carol Savage, second by Bruce Savage and passed by those present. Collection boxes will be available at the CKRR races between now and July 4th.
- 5 Steve Gollner makes a motion to use timing equipment and second by Charlie Skoog for the Race for Pi by Mount Gilead Church. John Sanders spoke about the race for the community of Hemlock. They are not looking to make money but to draw attention for the community. The motion passed.
6. Awards banquet – we will be able to access the gym 1 hour early for set up.
7. Election ballots – with 55 ballots cast the following club members were elected: Patricia Weitzel-president, Vern Keller-vice president, Mark Shorter-treasure, Carol Savage-chaplin and Linda Kendall-news editor.
8. Robin and Ray Tetrault will not be timing the July 4th Haynes App race, looking for volunteers to help with timing.
9. Sweetheart Race 2/14 – needing volunteers. Carol Savage and John Sanders will work with timing. Refreshments will be served afterwards with heart shaped cookies.
10. Thank you goes out to Kokomo Tribune, Kokomo Harold and Perspective for their recent news briefs about the club and upcoming events.

Meeting adjourned

Those present include Steve Gollner, John Sanders, Mark Shorter, Patty Weitzel, Joe Yeagle, Jeff Freeman, Charlie and Jana Skoog, Linda Kendall, Jeanne and Greg Townsend, Carol and Bruce Savage, Sue and Vern Keller, Ron Greene, Robin Tetrault, Paul Wyman, Travis Marley, Kallie Sorrell, and Sheree Bullock



2936 Congress Drive
Kokomo, IN 46902

We're on the Web!

See us at:

[www.clubkokomoroadrunners](http://www.clubkokomoroadrunners.com)

[.com](http://www.clubkokomoroadrunners.com) or like us on

facebook – Club Kokomo
Roadrunners