

March 2015

# The RoadRunner

Club Kokomo Road Runners

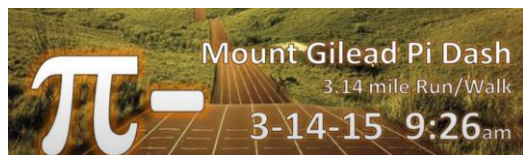
## *SPECIAL NOTE - LOCATION CHANGE*

### **DON PANCHO'S**

1914 E MARKLAND AVE  
(IN FRONT OF WALMART)

## **NEXT CLUB MEETING - MONDAY, MARCH 9TH**

6 P.M. AT RESTURANT  
SOCIAL HOUR AT 5 P.M.



Interested in a one and done race!  
Visit theirfacebook 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**

**ALL DONATIONS WILL BE  
SENT AT THE END OF JULY.**

### **Individual Highlights:**

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### **Notable Happenings**

- **Scott Riggle** finished 27<sup>th</sup> overall with a time of 8:17:11 in the Jackson County 50k Ultra on December 6, 14.
- **Warren Tierney** placed 93<sup>rd</sup> with a time of 25:49 in the Santa Hustle 5k in Indy during December 2014.
- **Noel Shafer** finished the Florida Keys Ragner running the Ultra. His team finished the 196 mile race in 30:09:32 going from Miami to Key West. I ended up running 36.44 miles in a span of 24 hours and 20 minutes. It was my first Ultra. It is a 12 person team relay, and I ran runner one and two to qualify for the Ultra. My runs were 10.44, 14.07 and 11.93
- **Waverly Neer** has been appointed the team captain for the University of Oregon Women's Track and Field Team. The Ducks are the top ranked track team in the United States

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

## Wednesday Night Race Results

### Jackie Sanders Miracle Mile Wednesday, Feb 4, 2015 Highland Park Walk/Bike Path

1. Steve McDorman 7:37
2. Christian High 7:37
3. Charlie Skoog 9:17

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

1. Christian High 22:55
2. Steve McDorman 22:55
3. Charlie Skoog 29:07

### Jackie Sanders Miracle Mile Wednesday, Feb 11, 2015 Highland Park Walk/Bike Path

1. Tom Abney 7:13
2. Christian High 7:13
3. Bronwyn Getts 8:18
4. Charlie Skoog 9:13
5. Melissa Jones 10:09

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

1. Kory Kennedy 17:50
2. Tom Abney 21:04

3. Christian High 21:29
4. Parker Jones 21:51
5. Steve McDorman 21:51
6. Gwen Grimes 21:57
7. KarlySprouse 24:03
8. Hannah High 24:03
9. Bronwyn Getts 25:17
10. Ann Hubbard 28:26

### Jackie Sanders Miracle Mile Wednesday, February 25, 2015

- #### Highland Park Walk/Bike Path
1. Steve McDorman 7:45

2. Parker Jones 7:45
3. Gwin Grimes 8:36
4. Charlie Skoog 9:29
5. Melissa Jones 10:05

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

1. Parker Jones 19:35
2. Steve McDorman 19:36
3. Charlie Skoog 29:51
4. Robin Tetrault 35:55

Join us each  
Wednesday evening  
for our Run/Walk in  
Highland Park, it's  
free, great training,  
fun and fellowship!  
Joe Kidd Rangel 5K  
starts at **5 PM** and  
the Jackie Sanders  
Miracle Mile is at  
**5:45 PM**



Interested in a logoed CKRR  
jacket! See the attached  
flyer for details. Deadline is  
March 20<sup>th</sup>.

## Race Results

### Sweetheart 5K Foster Park Feb 14, 2015 5K Run

1. Parker Jones 17:51
2. Steve McDorman 19:59
3. Tom Abney 20:11
4. Noel Shafer 21:10
5. Jeff Hemmeger 21:31
6. Christian High 21:56
7. Kenny Bennett 22:34
8. Gwen Grimes 22:57 1st woman
9. Jason Cline 23:21
10. Braden Timmons 23:39
11. Travis Marley 24:09
12. Lauren Slagter 24:28
13. Keith Hill 24:39
14. Phil Rozzi 25:05
15. Bronwyn Getts 25:29
16. Charlie Skoog 26:26
17. Michael Graham 26:34
18. Hannah High 26:59
19. KarlySprouse 27:00
20. Scott Deyoe 27:03
21. Anna Rangel 27:11
22. Keith McAndrews 27:28
23. Marty Slagter 27:51

24. Jana Skoog 27:51
25. Corey Moore 27:56
26. Warren Tierney 27:58
27. Tami Moore 28:09
28. Emilie Hubbard 28:42
29. Ann Hubbard 29:02
30. Denise Pearson 29:14
31. David Reinagle 29:36
32. Max Elmore 29:48
33. Greg Townsend 30:06
34. Lisa Hemmeger 30:24
35. Jacob Van Horn 31:02
36. Jennifer Van Horn 31:03
37. Paul Getts 32:43
38. Robin Tetrault 33:47
39. Katie Durrwachter 33:52
40. Rachel Smith 33:53
41. Rhenda Acton 35:47
42. Alex Studebaker 36:03
43. Kelly Studebaker 36:06
44. David Hughes 36:18
45. John Peters 37:00
46. Jenny Tudor 38:30
47. Alicia Kubly 38:34
48. Kallie Sowell 41:01
49. Marla Walters 41:06
50. Molly McBride 41:08
51. Jeannie Townsend 41:40

52. Debbie Beachy 45:56
53. Veronica Pratt 46:11
54. Jerry Meiring 46:42
55. Monica Zavala 58:22
56. Trina Evans 58:22

### 5K Walk

1. Vince Lorenz 27:03
2. Mary Miller 34:06 1st woman
3. Sherry Kestle 40:51
4. Bob McBride 41:00
5. Jim Gross 41:11
6. Robin Michael 42:55
7. Jeff Freeman 43:40
8. Toney Lorenz 44:08
9. Anita Dillman 44:11
10. Carrie Williams 44:11
11. Kevin Whitted 44:17
12. Cole Kucholick 45:43
13. Paula Kucholick 45:43
14. Pam Meiring 46:42
15. Stan Shuey 47:16
16. Chari Deyoe 48:24
17. Mary Lou Rutherford 52:05
18. Kathy Evans 58:23

## The Savage Scroll

I hope you all are staying warm and safe. I know you die hards are still out there running and riding your bikes, but for Bruce and I it has to be quite a bit warmer to get us out for any length of time. It was great to see many of you at the first Sweetheart Race. It was cold and windy for the race but luckily the snow and white-outs held off until after it was finished.

I am looking forward to Spring with warmer temperatures, green grass, flowers and sunshine and being able to get outside to walk, garden and ride my TerraTrike! But before we get there we have the time of Lent. Lent has always been a cleansing for me to reflect on the sacrifices and pain that Christ endured for me; for each one of us.

I am in a small group at church studying the book "Scouting the Divine, Searching for God in Wine, Wool and Wild Honey." This book takes a look at the time of Christ and being able to understand his time while learning to relate it to ours today.

Christ is our Shepherd and he knows each one of us by name. He counts each of us just as a shepherd counts his sheep and is there to rescue us when we wander away from His path. He is there with waiting arms to welcome us home.

*I am the good shepherd, and I know My own and My own know Me, even as the Father knows Me and I know the Father; and I lay down My life for the sheep.*

*John 10: 14-15*

I know many of you struggle with problems, health issues or other challenges. Please remember that you have a Shepherd there watching over you and that you are never alone.

When the next newsletter comes out, Spring will be right around the corner. Stay safe and active and hope to see you at the races.

## Optimal Nutrition

Jana Skoog, MS, RD, LD

There's quite a bit of confusion today about carbohydrates; are they good, bad, fattening, unhealthy, or good fuel? *(First of all, if you are pre-diabetic or diabetic, please follow the advice of your healthcare provider for specifics on carbohydrate intake for you personally.)*

Carbohydrates can be categorized as simple or complex. The simple carbs are single- and double-unit sugar molecules. Sugars can be found naturally in fruits and vegetables (fructose), and in dairy products (lactose). Sugars have also been added to many of the processed food products we buy, such as peanut butter, salad dressings, cereal, and yogurt. Some products have a lot of added sugar as you know: soda, candy, desserts, etc. The complex carbs are starches, which are sugars linked together into long chains. Starches are commonly found in grains and their products, potatoes, peas and corn, winter squash, and legumes.

All carbohydrate is converted in the body to glucose and used as fuel to produce energy, or stored for future use. Glucose is the only fuel that the brain and central nervous system can use. For very active people, carbs should make up the bulk of the diet (generally 55-65%) in order to optimize your training, performance, and health. But try to choose the healthier forms of carbohydrates; at least half your grains should come from whole grains, choose more fruits, vegetables, legumes; and limit products with lots of added sugars. (Hint: Be a label-reader! Look at the Ingredient List on the back of the package for sugar in all its many forms). We store extra glucose mostly in the form of glycogen in the muscle and liver.

When you do low-level exercise such as walking, the muscles burn primarily fat for energy. However, as aerobic exercise increases such as when jogging, about half your fuel is coming from fat. Under intense exercise, your body relies on your glycogen stores. The stores contain about 1800 calories, so that can be depleted pretty quickly for runners. So on a daily basis, remember to keep carbohydrate as the foundation of each meal, with adequate protein and some healthy fat.

One myth is that carbs are fattening and cause weight gain. However, it is excess calories which are the culprits and that will be stored as body fat. Carbs contain only 4 calories per gram, as compared to fat's 9 calories per gram, so it's easier to exceed calorie needs with a higher intake of fat than with carbs.

The "All-American" breakfast of bacon/eggs/sausage gravy and biscuits is high in calories due to the high fat content. So here's my plug for the lowly oat! Oatmeal contains healthy carbohydrate from a whole grain (with many vitamins and minerals) as well as soluble fiber which can help lower blood cholesterol and is protective against heart disease. Oatmeal comes in a variety of forms from steel-cut (less processed) to "old-fashioned," "quick," and the microwave packets so there are lots of options depending on your preference. Top with fruit and a little milk (almond, soy, or dairy) and you're good to go! I've been adding blackberries to my steel-cut oats and I'm addicted. Its not just for winter any more! Have a good month, and think Spring!

## CKRR Awards Banquet

Once again, Brookside Free Methodist Church was the host for our 2014 CKRR Awards Banquet on February 8, 2015. Following an open prayer by Carol Savage the 76 CKRR members in attendance enjoyed fellowship and 8 different pots of chili.

- Just Chili
- Only Chili
- Turkey Chili Mole'
- Halfway between water hose and call the fire department
- Bahama-mama
- Veggie Quinoa Chocolate Chili
- Smoky Venison Chili
- White Chicken Chili

We had a three way tie for the 'BEST' chili won by Anita Dillman, Jan Wall and Katie Wall.

## Veggie Quinoa Chocolate Chili

½ C quinoa, thoroughly rinsed	1 C water*
1 small onion, chopped	2 bell peppers
½ lg butternut squash, chopped into ½ - chunks (about 3 cups)	1 lg zucchini, chopped
15 oz. can black beans, rinsed & drained	3-15oz can tomato sauce
15 oz. can red kidney beans, rinsed & drained	1 T olive oil
3-4 cloves garlic, minced	1 ½ T ground cumin
2-3 T Chili powder, to taste	1 jalapeno pepper, diced
1-2 T unsweetened cocoa powder or 3-4 sm squares unsweetened bakers chocolate, to taste	Salt & pepper to taste

### Directions –

**Stove Top** - In a medium sauce pan, combine the quinoa and water. Cook over medium heat until water is absorbed (15-20 minutes) and set aside. In a large pot, heat the olive oil over medium heat. Add the butternut squash, cooking for 5 minutes. Next, add the onion and bell pepper and cook another 5 minutes. Stir in garlic, jalapeno and zucchini. Cook 5 minutes more (~15 minutes total) until vegetables are tender. Add the black beans, kidney beans, tomatoes, and tomato sauce. Stir in the cooked quinoa. Season with chili powder, cumin, cocoa powder/bakers chocolate, salt, and pepper. Heat through and reduce to a simmer for about 30 minutes, stirring occasionally. Freeze leftovers for a quick, healthy & delicious meal on a busy night.

**Slow Cooker** – In a large pot, heat the olive oil over medium heat. Add the butternut squash, cooking for 5 minutes. Next, add the onion and bell pepper and cook another 5 minutes. Stir in garlic, jalapeno and zucchini. Cook 5 more minutes. Add all your ingredients to the crockpot: stir-fried veggies, quinoa, \*1/2 C water, black beans, kidney beans, tomatoes, tomato sauce, chili powder, cumin, cocoa powder/bakers chocolate, salt and pepper. Stir and mix then cover and cook for 4 to 6 hours on low setting

## 2014 Award Winners

### Female 0-12

1. Hannah Moore
2. Natalie Nicholson
3. Lauren Weber

### Male 0-12

1. Alex Studebaker
2. Jacob Van Horn
3. Jonah Hughes

### Female 13-19

1. Bronwyn Getts
2. Kayla Bullock
3. Anna Bullock

### Male 13-19

1. Braden Timmons
2. Noah Hughes

### Female 20-24

1. Gwen Grimes
2. Emilie Hubbard

### Male 20-24

1. Kory Kennedy

### Female 25-29

1. Kathryn Wall

### Male 25-29

1. Parker Jones
2. Jordan Ousley

### Male Walker 25-29

1. Vince Lorenz

### Female 30-34

1. Ashley Shanks

### Female 35-39

1. Jennifer Van Horn

### Male 35-39

1. Chris Lasley

### Female Walker 35-39

1. Jenny Tudor

### Female 40-44

1. Heather Weber

### Male 40-44

1. Aaron Craig
2. Christian High
3. Keith Hill

### Female 45-49

1. Tami Moore

### Male 45-49

1. Noel Shafer
2. Michael Graham

### Female Walker 45-49

1. Carol Savage

### Female 50-54

1. Cara Mc Kellar
2. Ann Hubbard
3. Laura Ousley

### Male 50-54

1. Warren Tierney
2. Dana Neer
3. Phil Rozzi

### Female Walker 50-54

1. Mary Miller

### Male Walker 50-54

1. Kevin Whitted

### Female 55-59

1. Anna Rangel
2. Jana Skoog
3. Robin Tetrault

### Male 55-59

1. Mike Deardorff
2. RJ Kerr
3. Ray Tetrault

### Female Walker 55-59

1. Jayne Stucker

### Female 60-64

1. Sue Keller
2. Robin Cole
3. Shirley Bugher

### Male 60-64

1. Ron Green
2. Mark Shorter
3. Charlie Skoog

### Female Walker 60-64

1. Jan Wall
2. Carrie Williams

### Male Walker 60-64

1. Vernon Keller
2. Greg Wall
3. Toney Lorenz

### Female Walker 65-69

1. Anita Dillman

### Male Walker 65-69

1. Bob McBride
2. Robin Michael

### Male Walker 70-74

1. John Mohr
2. Jim Gross

### Male 80+

1. Riley Case

### Special Awards

**20 Year Member** - Greg Townsend

**Male Runner of the Year** - Kory Kennedy

**Youth Male Runner of the Year** - Braden Timmons

**Master Runner of the Year** - Noel Shafer

**Senior Master Male Runner of the Year** - Ron Greene

**Male Walker of the Year** - Vince Lorenz

**30 Year Member** - Dick Summerton, John Wiles

**Female Runner of the Year** - Heather Weber

**Youth female Runner of the Year** - Bronwyn Getts

**Master Female Runner of the Year** - Cara McKellar

**Senior Master Female Runner of the Year** - Jana Skoog

**Female Walker of the Year** - Mary Miller

## MARCH BIRTHDAYS

3-1 Mary Lou Rutherford

3-3 Jason Hampshire

3-4 Steve Gollner

3-6 Carolyn Norris

3-6 Dale L. Sullivan

3-6 Jenny Tudor

3-8 Bryce Glover

3-12 Robin Cole

3-12 Virgil Weitzel

3-12 Joe Wiles

3-17 Jack Lotzgeselle

3-18 RJ Kerr

3-18 Robin Tetrault

3-19 Hannah Gollner

3-19 Lauren Stagter

3-20 Alex Studebaker

3-21 Toney K. Lorenz

3-22 Betty Ann Oliphant

3-24 Tom Tokarcik

3-24 Joseph Yeagle

3-27 John Paul "JP"

Wyman

3-28 Lauren Longshore

### Male Runner 65-69

1. David Hughes

### Male 70-74

1. John Peters
2. Billy Stanton
3. Stan Shuey

### Male Walker 75-79

1. Jerry Lambert

## 2015 Club Points

U = Ultimate, M = Marathon, H = Half Marathon, V = Volunteer

### Runner 0-12

#### Female

Weber, Lauren 20-1V  
Weber, Natalie 20-1V  
Weber, Kelsey 20-1V

#### Male

Van Horn, Jacob 20-1  
Studebaker, Alex 15-1

### Runner 13-19

#### Female

Getts, Bronwyn 20-1

### Runner 20-24

#### Female

Grimes, Gwen 20-1  
Hubbard, Emilie 15-1

#### Male

Timmons, Braden 20-1

### Runner 25-29

#### Male

Jones, Parker 20-1

### Walker 30-34

#### Male

Lorenz, Vince 20-1

### Runner 35-39

#### Female

Van Horn, Jennifer 20-1  
Tudor, Jenny 15-1

#### Male

Cline, Jason 20-1

### Runner 40-44

#### Female

Weber, Heather 20-1V  
Weitzel, Patty 20-1V

#### Male

Hill, Keith 20-1  
Reinagle, David 15-1

### Runner 45-49

#### Female

Moore, Tami 20-1  
McBride, Molly 15-1

#### Male

McDorman, Steve 20-1  
Abney, Tom 15-1  
Shafer, Noel 32-2  
Graham, Michael 10-1  
Getts, Paul 9-1

### Walker 45-49

#### Female

Kestle, Sherry 20-1  
Savage, Carol 20-1V

### Runner 50-54

#### Female

Hubbard, Ann 20-1  
Studebaker, Kelly 35-2

#### Male

Deyoe, Scott 20-1  
Sanders, Jon 20-1V  
Tierney, Warren 15-1

### Walker 50-54

#### Female

Deyoe, Chari 20-1  
Whitted, Kevin 20-1

### Runner 55-59

#### Female

Rangel, Anna 20-1  
Skoog, Jana 15-1

#### Male

Hemmeger, Jeff 20-1  
Bennett, Kenny 15-1  
Rozzi, Phil 12-1  
McAndrews, Keith 10-1  
Townsend, Greg 9-1  
Meiring, Jerry 8-1

### Walker 55-59

#### Female

Miller, Mary 20-1  
Meiring, Pam 15-1

#### Male

Freeman, Jeff 20-1

### Runner 60-64

#### Female

Tetrault, Robin 20-1  
Acton, Rhenda 15-1

#### Male

Shorter, Mark 20-1V  
Skoog, Charlie 20-1  
Yeagel, Joe 20-1V  
Elmore, Max 14-1

### Walker 60-64

#### Female

Williams, Carrie 20-1

### Runner 65-69

#### Female

Townsend, Jeannie 20-1

#### Male

Greene, Ron 20-1V  
Hughes, David 20-1

### Walker 65-69

#### Female

Dillman, Anita 20-1

#### Male

Michael, Robin 20-1  
Lorenz, Toney 15-1

### Runner 70-74

#### Male

Peters, John 20-1

### Walker 70-74

#### Female

Rutherford, Mary Lou 20-1

#### Male

McBride, Bob 20-1  
Shuey, Stan 15-1

### Walker 75-79

#### Male

Gross, Jim 20-1

## ATTENTION ALL RUNNERS – Do you have children who enjoy running?



**WHAT:** NYRO (Northwestern Youth Running Organization)

**WHY:** Running is Fun! It is a great way to get in shape or prepare for a spring or winter sport. You will get to race once a week on Fridays on a true cross country course.

**WHO:** Grades 4-6 Northwestern and Howard Elementary Students

**WHEN:** Races are every Friday from 5:00 – 6:00 ranging from 1 mile -2K in length. Ribbons are handed out for 1-3 places and for participation. We also provide snack at each meet. In the future we plan to give out trophies.

**WHERE:** Behind Northwestern Elementary school next to the playground.

**WHAT WE NEED:** We are currently looking to grow our program by inviting a team from another school to compete against each Friday. We want to encourage others to put together a team and come join us. NW would serve as the host course for each meet; however, help with timing and course monitors would be appreciated.

**CONTACT:** Tami Moore [Tmoorerun4@yahoo.com](mailto:Tmoorerun4@yahoo.com) for more information or questions

## CKRR – March 2015



**Pictures from 2014 Awards Banquet – to find additional photos, please visit our Facebook page.**

# 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 Moser

## 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

(765) 878-4457

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

5K Run/ Walk

Time: 2 PM

Location: UAW Local 292

Contact: Joni McCracken



### Club Kokomo Roadrunners Meeting –Feb 9, 2015

1. Prayer by Carol Savage
2. Brief Treasurer's report by Mark Shorter.
3. Previous minutes were approved and passed.
4. A thank you to awards committee for their work for the 2014 awards. Linda Kendall made a motion to give a \$200 donation to Brookside Church for the use of their facility. Second by Milt Brown and passed by the group in attendance.
5. Robin & Ray Tetralt will not be doing the timing for the Haynes Apperson – anyone to find someone to replace them. If you are interested, please see Mike Anderson or Patty Weitzel.
6. The upcoming Sweetheart race looks to be challenging because of the weather. Charlie Skoog tells the group that we will need to do the same facility pick up at the Senior Center like we have done at Brookside Church. Lemonade, hot chocolate and cookies will be served. John Sanders will be doing the timing as training for the 'Running Pi'.
7. Volunteers are needed for the Ultimate Race – please see Renda Acton if you are interested.
8. Saints on the Run has been moved to Oct 10<sup>th</sup>. Please update your calendars.
9. Heather Weber is requesting a refund of the equipment rental for the 2014. Charlie Skoog made the motion and Vern Keller second. The motion passed and a refund will be sent.
10. Robin Tetrault mentions that she will need new Microsoft Office software to complete the Coyote Kids scoring and records. Linda Kendall made a motion to purchase the software and was second by Carol Savage. Motion passed.
11. Discussion regarding the High Park Path – Patty Weitzel will work with Charlie Skoog and officers to meet with Randy Morris regarding the change as well as discuss resolutions to the request. They will also discuss the request from the Parks department regarding parking for Coyote Kids. Mark Shorter made a motion that the club writes a letter to the mayor and Parks Department against the desire to change the 5K course. Second by Bruce Savage and motion passed.
12. Bona Vista Run Walk & Roll – currently looking at a graphic splash race on June 20 at Foster Park. Additional information will be given at next month's meeting.

Meeting adjourned

Those present include Linda Kendall, Mark Shorter, Patty Weitzel, Joe Yeagle, Pat & Stan Shuey, Renda Acton, Charlie and Jana Skoog, Myrna Tappan, Milt Brown, Ron Greene, Sue and Vern Keller, Jenny Tudor, Robin Tetrault, Jeanne and Greg Townsend, Carol and Bruce Savage, Steve McDorman



2936 Congress Drive  
Kokomo, IN 46902

We're on the Web!

See us at:

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

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