

April 2015

The RoadRunner

Club Kokomo Road Runners

Missing Jerry By Charlie Skoog

Club Kokomo recently lost a dear friend as Jerry Leach, husband of Kathy, was unexpectedly called home at 12:05 a.m. Wednesday, March 25. It was a shock to all of us who knew and loved him. Jerry was



74 years young at his passing, 10 years older than me, but I always considered him a

contemporary. Jerry was young at heart, always smiling, never critical, always encouraging. Jerry was a regular on Wednesday nights at the Miracle Mile. He was also a regular at the Sportscenter and over the years invited many to join his Club Kokomo friends. Several years ago, perhaps at age 70, Jerry decided to run his first marathon and he did, on 26 consecutive Wednesday nights, running a little extra on week 26 so he could proudly display the 26.2 sticker on his vehicle! That sticker gave Jerry a cool way to invite an unsuspecting runner or walker to join us at Highland Park. Jerry also had a servant's heart volunteering at countless Club events, usually working the finish line. Jerry's service, mentoring and friendship to others went far beyond that. Jerry's last Miracle Mile was October 22 of last year. He would usually take the cold months off and then start back up in March but this year God had a different plan. As I type this report, its Good



Friday and the best news, which we celebrate on Easter Sunday is we can see Jerry again and that's a finish we should all look forward to!

The Savage Scroll

by Carol Savage

Sadly we lost a club member this week, Jerry Leach. I have to admit that I did not know Jerry well at all, I did talk to him occasionally at races or at the Jackie Sanders Miracle Mile where it always seemed I was chasing him down each week. He was always friendly and had a smile on his face. His friends and family are in my prayers.

One memory I do have of Jerry is when walking the Cole Porter 5k a few years ago, he was behind me talking to a friend for most of the race, when we got close to the finish they kicked it up and passed me. He was definitely a competitor!

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us. Hebrews 12:1

For those of you that know me, you know that I am not highly competitive; I just wasn't born with that gene. I am not athletic at all and I never participated in organized sports when growing up. I do enjoy most sports; I've been a Pacers fan for most of my life (we were born in the same year).

I try to stay active though to stay healthy. My mother had many health problems so I am hoping if I can stay active and try to get my weight under control I can avoid having those same health conditions affect my quality of life as it did hers.

I love Club Kokomo RoadRunners because while we have many competitors that are always striving to win or beat their personal best we also have many that are just trying to be active and do what they can and enjoy the fellowship we share. My prayer always is that we encourage one another and help others find a more active lifestyle by either running or walking.

Happy Spring and I wish each of you a Blessed Easter!

CLUB MEETING-MONDAY, APR. 13TH 6 P.M. AT DON PANCHO'S

1914 E Markland Ave, Kokomo, (in front of Walmart)

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

Race Results

30th Annual Old Ben 5K Run and 5K Walk Sat March 7, 2015 Highland Park Kokomo, IN 5K Run

1 Parker Jones 17:31.9
 2 Matt York 17:37.3
 3 Javier Vasquez 17:53.5
4 Kory Kennedy 18:11.1
 5 Scott Colford 18:17.9
 6 Mitchell Thomas 18:23.8
7 Dana Neer 18:53.0
 8 Dustyn Shrock 18:55.1
9 Steven McDorman 19:07.0
 10 Taryn Thor 19:35.8 1st woman
11 Noel Shafer 19:53.3
 12 Stephanie Runyon-Thomas 20:44.3
13 Jeff Hemmegger 21:11.8
 14 Paul Cook 21:15.6
 15 Brad Tomlison 21:21.5
16 Chris Lasley 21:21.9
17 Gwen Grimes 21:43.6
 18 Nicole Peel 21:55.4
19 Ella Kantz 22:01.6
 20 Rick Schwartz 22:15.8
21 Jason Cline 22:18.6
 22 Paul Sanders 22:19.2
 23 Tyler Lucas 22:20.0
 24 Kyle McKee 22:21.4
 25 Karly Sprouse 22:31.1
 26 Jack Johnson 22:44.4
 27 John Anderson 23:00.5
 28 Amy McCauley 23:20.5
 29 Bryan Elston 23:26.9
 30 Lindsay Timm 23:32.8
31 Braden Timmons 23:36.8
 32 Kevin O'Keefe 23:37.1
 33 Ben Willis 23:47.7
 34 Brooke Ronyon 23:48.4
35 Lauren Slagter 23:52.4
 36 Alex Witman 23:52.7
 37 Keith Hin 24:25.2
38 Phil Rozzi 24:26.9
39 Ronnie Greene 24:31.8
40 Anne Kantz 24:38.5
 41 Jeff Bennington 24:48.2
 42 Hannah High 25:03.4
 43 Charles Perkins 25:06.7
 44 Heather Delon 25:12.5
 45 Dustin Delons 25:28.
 46 Donald Smith 26:00.5
 47 Gabby VanAlstine 26:05.8
48 Miichael Anderson 26:15.4
 49 Claudia Euds 26:16.7
50 Mark Shorter 26:20.5
51 Anna Rangle 26:23.2
52 Rosellen Connolly 26:25.5
53 Scott Deyoe 26:33.3
 54 Cora Johson 26:35.6
 55 Allysha Brown 26:36.0
56 Warren Tierney 26:43.4

57 Tim Vost 26:51.3
58 Michael Graham 26:58.6
59 David Reingale 27:01.9
 60 Mark Bradford 27:10.0
 61 Thomas White 27:12.0
62 Tami Moore 27:13.0
63 Corey Moore 27:15.5
 64 Curt Huffty 27:16.1
65 Jana Skoog 27:25.2
 66 Jeff Butts 27:31.1
 67 Max Garro 27:59.6
 68 Randy Reel 28:03.8
 69 Jeffery Eftman 28:05.8
70 Cara McKellar 28:19.7
 71 Nathan Johnson 28:20.6
 72 Alex Woolslare 28:30.3
 73 Carlos Angle 28:32.6
74 Emilie Hubbard 28:46.1
75 Jacob Vanhorn 28:51.5
76 Ann Hubbard 29:03.2
 77 Amy Million 29:03.6
78 Gregory Townsend 29:12.8
 79 Jeff Nelson 29:16.2
 80 Brian Morrow 29:19.7
 81 Charlene Powell 29:25.0
82 Max Elmore 29:39.8
 83 Ryan Reel 29:41.3
 84 Nancy Anderson 29:45.2
 85 Connie Higginbottom 29:46.0
 86 Marcus Fuller 29:55.6
 87 Grace Atkins 29:55.7
88 Bill Barnett 30:05.8
89 Tom Miklik 30:06.1
 90 Steve Delon 30:09.5
 91 Karen Smith 30:27.2
 92 C A McClure 30:49.7
 93 Alex Anderson 31:04.3
 94 Greyson Bolding 31:19.1
 95 Kevin Roe 31:19.2
 96 Marci Whitesell 31:36.3
97 Anita Upchurch 31:39.8
98 John Peters 31:43.6
 99 Luke Leger 31:58.5
 100 Molly O'Keefe 32:31.9
 101 Darren Brown 32:39.9
 102 Bradley Breedlove 32:40.8
 103 Laura Powers 32:49.1
 104 Greg Powers 32:49.3
 105 Fred Chew 33:07.3
106 Rhenda Action 33:22.7
107 Charlie Skoog 33:25.4
 108 Trent Atkisson 33:36.4
 109 Erik Atkisson 33:36.6
 110 Heather Bonds 33:39.3
 111 Abigail O'Keefe 34:01.1
112 Lauren Weber 34:02.6
113 TA Weber 34:04.6
114 Kelly Studebaker 34:20.6
 115 Krista Sarver 34:23.7
 116 Beth Green 34:24.9
 117 Mary Brown 35:11.0
 118 Krista Catt 35:11.1

119 Jaime Bonds 35:38.8
120 Steve Kilcline 35:49.9
 121 Mike Atkisson 36:05.1
 122 Ethen Atkisson 36:05.2
 123 Terri Hellmann 36:05.8
 124 Kasie Hellmann 36:05.9
 125 Alice Kelley 36:06.2
 126 Ross Rexing 36:06.5
127 Jenny Tudor 36:55.5
128 Bill Menges 37:18.4
 129 Julie Rhew 37:21.7
 130 Jeff Sexton 37:24.8
 131 Valerie Leger 37:32.8
 132 Jan Halperin 37:37.6
 133 Annita Griswold 37:40.7
 134 Dianne Roden 37:46.6
 135 Sarah Kleinknight 40:17.0
136 Alex Studebaker 40:21.4
137 Molly McBride 40:22.0
 138 Sarah Shearer 41:09.4
139 Angela Anderson 41:31.5
 140 Kaleigh Hunt 41:59.3
 141 Ricque Roberts 44:47.3
142 David Hughes 45:39.3
 143 Susan Gerhart 46:13.1
 144 Kathy Reel 46:24.3
 145 Autumn Togue 48:31.5
 146 Heather Meissnest 52:25.1
 147 John Roberson 52:26.5
 148 Julie Kennedy 52:28.0
149 Shirley Bougher 1:01:20.0

5K Walk

1 Vince Lorenz 26:29.3
2 Mary Miller 32:36.9 1st woman
 3 Sarah Clouse 34:39.6
4 Greg Wall 37:27.6
5 Jan Wall 39:50.2
6 Jim Gross 40:26.2
 7 Jeanne DeAngulo 40:41.2
8 Bob McBride 40:49.7
 9 Lisa Sheets 41:17.4
 10 Joni Lively 42:27.4
 11 Amanda Frey 42:27.5
12 Kevin Whitted 42:53.5
13 Jeff Freeman 42:54.7
14 Robin Michael 43:26.2
 15 Karen Waisner 43:26.9
 16 Hollie Spall 44:09.9
17 Anita Dillman 44:22.8
 18 Michelle Nichols 44:34.8
 19 Chris Stevens 45:29.5
20 John Mohr 45:38.5
 21 Daralea Kailey 46:16.1
22 Shuey Stan 46:56.3
 23 Amy Smith 47:21.4
 24 Clayton Shearer 47:25.1
 25 Aliya Barends 47:33.3
 26 Ryan Norwood 47:36.6
 27 Raistlin Coppernol 47:37.0
 28 Kelsey Crabtree 47:42.3
 29 Ellie Fettig 47:42.5

30 Becky Barends 48:13.0
 31 Sheila Haynes 48:44.3
 32 Karalee Haynes 48:44.6
 33 Brandy Gamblin 48:59.8
34 Jerry Lambert 49:12.7
 35 Lorinda Fuller 49:25.2
 36 Melody Scalf 49:26.1
 37 Debbie Whitney 52:35.2
 38 Larry Nelson 52:36.8
 39 Chastity Roark 54:41.4
 40 Elizabeth Clark 54:41.7
41 Carol Savage 57:08.7
 42 Melody Phillips 57:29.2

Norris Insurance 5K-Amboy March 21, 2015

5K Run

1 Parker Jones 17:31
 2 Steve Shulze 18:12
 3 Luke Miller 18:47
4 Steve McDorman 19:03
 5 Jerry Williams, Jr. 19:12
 6 Stephen Davis 19:53
7 Noel Shafer 20:00
 8 Pablo Morales 20:03
9 Jeff Hemmegger 20:55
 10 Justin Havens 21:25
 11 Brent Munro 21:33
12 Jason Cline 21:52
 13 Perry Hovermale 22:00
14 Gwen Grimes 22:13 1st woman
 15 Jim Sisco 22:18
 16 Greg Cochran 22:19
 17 Christopher Campbell 23:36
 18 Gary Williams 23:42
19 Keith Hill 23:55
 20 Shane Kirkpatrick 24:02
 21 Kristen Chester 24:18
 22 Mollie Gamble 24:28
 23 Craig Ferguson 24:46
 24 Brian Dill 25:09
 25 Cole Hasty 25:28
 26 Zachary Nelson 25:31
 27 Larry Emmons 25:38
 28 Connie Gamble 25:46
 29 Elva Rodriguez 25:57
 30 Aric Gamble 25:54
 31 Doug Berry 26:01
32 Mark Shorter 26:03
33 Ron Moore 26:16
34 Hannah Moore 26:17
35 Warren Tierney 26:34
 36 Clint Tumbleson 26:37
 37 Emily Tumbleson 26:37
 38 Andy Smith 26:38
 39 Don Overman 26:39
 40 Jenna Hasty 26:41
 41 Doug Hohenberger 26:54
42 Emilie Hubbard 26:55
 43 Taylor Westgate 26:56
44 Michael Graham 27:04

45 Ann Hubbard 27:15

46 Lisa Hunt 27:29
 47 Bill Barnett 27:33
 48 Stacy Herring 27:34
 49 Tonya Newhouse 27:46

50 Greg Townsend 27:49

51 Cara McKellar 28:01
 52 Mark Hasty 28:03
 53 Al Mitchel 28:15
 54 Summer Sisco 28:30
 55 Mike Daugherty 28:33

56 Max Elmore 28:58

57 Rachel Budde 29:00
 58 Alex Nelson 29:05
 59 Kahla Hewitt 29:08
 60 Sharon Hasty 29:15

61 Tom Miklik 29:27

62 Noah Hughes 30:01
 63 Madison Ramos 30:04
 64 Devon Dill 30:10

65 Brandon Howell 30:16
 66 Tim Templin 30:58
 67 Jackie Hasty 31:13
 68 Lucas Hasty 31:19

69 Michael Judson 31:29
 70 Zach Smith 32:02

71 Mat Snyder 32:07

72 Steve Kilcine 32:07

73 Krista Sarver 32:22

74 David Hughes 32:23

75 Teresa Shelley 32:35

76 Peter LaFaucia 32:47

77 Bronwyn Getts 32:49

78 Paul Getts 32:49

79 Carrie Gruel 33:04

80 Ricke Stucker 33:12

81 Matthew Bartrum 33:21

82 Jennie Conrad 33:21

83 Ann Morris 34:17

84 Geana Moore 34:28

85 Rita Gamble 34:31

86 Alex Studebaker 34:34**87 Kelly Studebaker 34:36****88 Jonah Hughes 35:02****89 Bill Menges 35:10**

90 Michael Fruth 35:41

91 DeDe Grau 36:06

92 Holly Hurlburt 36:17

93 Teaneal Gardner 36:30

94 Lisa Herring 37:04

95 John McPherson 37:39

96 Amy Nelson 37:53

97 Kevin Campbell 38:01

98 Pat LaFaucia 38:16

99 Tim Pawlak 38:29

100 Molly McBride 38:34

101 Freda Collis 39:27

102 Maryann Wilson 39:56

103 Curt Grau 40:23

104 Jordon Lafaucia 40:28

105 Ethan Snyder 42:50

106 Leon Aywlana 46:13

107 John Smith 50:27

108 Jeremy Gardner 51:35

109 Shirley Bugher 62:13**5K Walk****1 Greg Wall 35:55**

2 Linda Miller 37:58 1st woman

3 Stephen Wilson 38:44**4 Sherry Kestle 38:45****5 Jan Wall 39:05****6 Bob Mc Bride 39:57****7 Rick Spencer 40:47****8 Kevin Whitted 42:20****9 Carrie Williams 42:40****10 Anita Dillman 42:52**

11 Kathy Snyder 43:46

12 Robin Michael 43:48**13 John Mohr 43:53****14 Ariana Getts 46:30**

15 Valerie Snyder 47:37

16 Isaac Judson 47:38

17 Lorinda Fuller 49:42

18 Melody Scale 49:46

19 Stephanie Parsons 50:08

20 Eric Lafaucia 50:26

21 Jolie Dionne 51:36

22 Mary Lou Rutherford 52:23

23 Kim Dionne 52:24

24 Abrie Smith 55:30

25 Ian Collis 55:57

26 Angela Smith 56:23

27 Sue LaFaucia 56:42

28 Diane Current 61:13

Fun Run

1 Claire Gamble

2 Stella Tumbleson

3 Stephanie Fruth

(Information only – Non pointsrace)**Mount Gilead Pi Dash****3.14 Mile Run/Walk**

March 14, 2015 9:26 AM

Race began at 9:26:53

(Pi=3.141592623...)

3.14 m Run

1 Parker Jones 17:34

2 Collin Wesco 19:05

3 Nathan Young 20:46

4 Charley Werst 20:47

5 Zach WAtterson 21:09

6 Gwen Grimes 21:49 1st woman

7 Katie Salsberry 22:48

8 Marijean Sanders 24:13

9 Austin Lowe 24:46

10 Nathaniel Monticue 26:01

11 Kayla Cunningham 26:26

12 Scott Deyoe 26:26

13 Morgan Bitner 26:31

14 Mark Shorter 26:53

15 Jana Skoog 27:00

16 Charlie Skoog 27:09

17 Ann Marie Hubbard 27:56

18 Emilie Hubbard 28:04

19 Jerry Meiring 28:32

20 Gregory Townsend 28:38

21 Nathan Gollner 28:50

22 Jeremy Singleton 28:50

23 Joseph Hurlocker 28:55

24 Daniel Parker 29:42

25 Joel Monticue 29:43

26 Max Elmore 30:26

27 Angie Gollner 31:11

28 Ethan Snyder 31:41

29 Matthew Snyder 31:46

30 Bethany Thomas 31:51

31 Krystyne Wilson 31:56

32 Riley Case 32:21

33 Ella Salsberry 32:33

34 David Hughes 32:35

35 Noah Gollner 32:41

36 Hannah Gollner 32:49

37 Tim Fennell 32:52

38 Megan Wilcox 32:53

39 Hannah Sanders 34:40

40 Christen Sanders 34:52

41 Phoebe Godfrey 35:17

42 Virgil Weitzel 37:03

43 Esther Gollner 39:14

44 Joseph Januzkiewicz 40:38

45 Becky Werst 40:38

46 Ian Blankenberger 40:41

47 Samijo Blankenberger 40:44

48 Jeannie Townsend 41:24

49 Tenille Angle 45:13

50 Patti Weitzel 50:43

3.14 Walk

1 Kathy Snyder 40:49

2 Robin Sanders 42:45

3 Chari Deyoe 43:51

4 Stan Shuey 44:34

5 Jack Monticue 47:24

6 Steve Combs 47:31

7 Eric Angle 47:54

8 Debbie Monticue 50:45

4-4 Elizabeth Felker

4-5 Brian Reinhardt

4-8 Dana Culp

4-10 William Cox

4-13 Mark Rodgers

4-16 Pam Meiring

4-16 Tami Moore

4-18 Nicole Hampshire

4-18 Charley Werst

4-18 John Wiles

4-19 Esther Gollner

4-20 Carrie Williams

4-21 Travis Marley

4-22 Angela D. Lorenz

4-25 Ella Kantz

4-25 Lorene Sandifur

4-27 Greg A. Townsend

4-29 Sarah Gollner

4-30 Sheree Bullock

Packet Pick Up Available

For those of you who would like Robin Cole to pick up your Mini-marathon packets for you be sure to get your email confirmation to her by Wednesday April 29th.

The earlier you get the back page to her, the easier it is for her so don't wait until the last minute. Robin is available most Wednesday nights in Highland Park.

Please include your phone number on the page in case she needs to contact you.

You can pick up your packet any time on Friday, May 1st on the Tetrault's front porch. The Tetrault's live in the large brick home behind the maintenance garage in Highland Park. Robin's phone number is 765-437-2156

CKRR March 2015 Newsletter

Wednesday Night Race Results

Jackie Sanders Miracle Mile Wed, March 4, 2015 Highland Park Walk/Bike Path

1. Parker Jones 8:15
2. Steve McDorman 8:15
3. Gwen Grimes 8:16
4. Hannah High 8:16
5. Melissa Jones 10:50
6. Shirley Bugher 19:59

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

1. Christian High 22:41
2. Steve McDorman 22:41
3. Parker Jones 24:35
4. Gwen Grimes 24:41
5. Hannah High 27:11
6. Ann Hubbard 31:03
7. Max Elmore 31:17

Jackie Sanders Miracle Mile Wed, March 11, 2015 Highland Park Walk/Bike Path

1. Parker Jones 5:23
2. Steve McDorman 5:46
3. Stephen Davis 6:09
4. Tom Abney 6:10
5. Paul Sanders 6:38
6. Kayla Bullock 6:57
7. Jacob VanHorn 7:30
8. Taryn Thor 7:39
9. Matt Snyder 8:54
10. Ari Leger 9:08
11. Charlie Skoog 9:24
12. Ethan Snyder 9:48
13. Jenny Tudor 9:52
14. Anne Berendsen 10:15
15. Luke Leger 10:26
16. Christopher Campbell 11:53

17. Kevin Campbell 11:53
18. Bruce Savage 13:01
19. Kathy Snyder 13:04
20. Joe Yeagle 14:41
21. Owen Snyder 16:31
22. Leah Snyder 17:10
23. Valerie Snyder 17:19
24. Carol Savage 18:11
25. Shirley Bugher 19:19
26. Alan Hawkins 20:11
27. Jim Hunter 20:11

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

1. Taryn Thor 19:24
2. Steve McDorman 20:00
3. Christian High 20:01
4. Stephen Davis 20:05
5. Tom Abney 21:00
6. Paul Sanders 21:33
7. Parker Jones 23:07
8. Gwen Grimes 23:12
9. Christopher Campbell 24:52
10. Hannah High 25:26
11. Anna Bullock 28:17
12. Ann Hubbard 29:18
13. Max Elmore 29:54
14. Mark Schelbert 33:41
15. JoDee McClish 35:06
16. Dorian Gray 37:03
17. Vern Keller 41:04
18. Sue Keller 51:36

Jackie Sanders Miracle Mile Wed, March 18, 2015 Highland Park Walk/Bike Path

1. Parker Jones 5:27
2. Stephen Davis 6:09
3. Wayne Curella 7:25

4. Jacob VanHorn 7:54
5. Jon Sanders 8:57
6. Graysen Neer 8:58
7. Dana Neer 8:59
8. Charlie Skoog 9:01
9. Melissa Jones 9:50
10. Ethan Snyder 10:06
11. Valerie Snyder 12:12
12. Bruce Savage 12:44
13. Valerie Miller 13:26
14. Owen Snyder 14:22
15. Matt Snyder 14:23

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

1. Stephen Davis 21:34
2. Steve McDorman 21:36
3. Christian High 21:37
4. Parker Jones 23:51
5. Kayla Bullock 24:06
6. Gwen Grimes 24:12
7. Anna Bullock 27:43
8. Charlie Skoog 28:32
9. Jon Sanders 29:48
10. Robin Tetrault 34:34
11. Alex Studebaker 36:05
12. Kelly Studebaker 36:18
13. Audrey Miller 36:33
14. Vern Keller 39:30
15. Sue Keller 50:18

Jackie Sanders Miracle Mile Wed, March 25, 2015 Highland Park Walk/Bike Path

1. Parker Jones 5:18
2. Coy Brandon 5:28

3. Corey Dea 5:37
4. Steve McDorman 6:06
5. Cinnamon Andrews 6:34
6. Paul Sanders 6:42
7. Kayla Bullock 7:06
8. Anna Bullock 8:29
9. Jon Sanders 8:54
10. Charlie Skoog 9:24
11. Melissa Jones 9:29
12. Randy Miller 9:55
13. Jenny White 10:19
14. Kevin Campbell 10:28
15. Kelly Studebaker 11:04
16. Bruce Savage 12:46
17. Carol Savage 17:14

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

1. Parker Jones 19:45
2. Steve McDorman 19:49
3. Paul Sanders 21:34
4. Gwen Grimes 22:39
5. Kayla Bullock 24:07
6. Jenny White 25:46
7. Hannah High 25:49
8. Anna Bullock 27:34
9. Emilie Hubbard 28:17
10. Ann Hubbard 28:27
11. Charlie Skoog 28:36
12. Jon Sanders 29:39
13. Max Elmore 30:01
14. Jennifer Miller 30:57
15. Audrey Miller 35:20
16. Alex Studebaker 36:43
17. Kelly Studebaker 36:47

**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**

Notable Highlights:

- * Warren Tierney ran the Holy Half Marathon on the Notre Dame campus with a time of 2:19:09
- * During the FT. Myers Festival of Lights 5K on Feb.21, Robin Cole finished with a time of 35:44, Kathy Murdock clocked a 31:56, and Jeannie Townsend completed with a time of 42:58.
- * Warren Tierney completed the Mounds 15K trail run with a time of 1:46:48.9 finishing 70 overall.
- * Several club members ran in the Sam Costa Half Marathon on 3/21/15 – following are some of the times I am aware of-

Charlie Skoog	1:59:18	Jana Skoog	2:03:50	Scott Deyoe	2:22:02
Mike Deardorff	2:05:43	Christian High	1:21:34	Hanna High	1:53:19
		Travis Marley	1:49:55		

- * We also had club members who completed in the quarter half Sam Costa on 3/21/15 and here are their results

Anna Rangel	58:53	Ron Greene	54:46	Emma Marey	59:31
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RRCA - Congratulations to the Indiana state half marathon champions: Thomas Frazer and Lucie Mays-Sulewski (open), **Christian High** and Julie Wankowski (masters), Michael "Smitty" Smith and Jackie Hartwick (grand masters), and Max Williams and Patty Villars (senior grand masters).

Points Standings

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

Runner 0-12

Female

Weber, Lauren 35-2V
Kantz, Ella 20-1
Moore, Hannah 20-1
Weber, Kelsey 20-1V
Weber, Natalie 20-1V

Male

Studebaker, Alex 44-3
Moore, Corey 40-2
Van Horn, Jacob 30-2
Hughes, Jonah 15-1

Runner 13-19

Female

Getts, Bronwyn 40-2
High, Hanna 20-1H

Male

Hughes, Noah 20-1

Walker 13-19

Female

Getts, Ariana 20-1

Runner 20-24

Female

Grimes, Gwen 60-3
Hubbard, Emilie 45-3

Male

Timmons, Braden 40-2
Marley, Travis 35-2H

Runner 25-29

Female

Stagler, Lauren 20-1

Male

Jones, Parker 60-3
Kennedy, Kory 15-1

Runner 30-34

Female

Anderson, Angela 20-1

Male

Anderson, Michael 20-1

Walker 30-34

Male

Lorenz, Vince 40-2

Runner 35-39

Female

Tudor, Jenny 35-2
Moore, Geana 20-1
Van Horn, Jennifer 20-1

Male

Cline, Jason 55-3
Lasley, Chris 20-1

Runner 40-44

Female

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

Male

Hill, Keith 40-2
Reinagle, David 35-2
High, Christian 20-1H
Weber, TA 15-1

Runner 45-49

Female

McBride, Molly 50-3
Moore, Tami 40-2
Kestleage, Sherry 35-2

Male

Shafer, Noel 62-4H
McDorman, Steve 60-3
Graham, Michael 32-3
Getts, Paul 18-2
Abney, Tom 15-1
Moore, Ron 12-1

Walker 45-49

Female

Savage, Carol 40-2V

Runner 50-54

Female

Studebaker, Kelly 59-4H
Hubbard, Ann 55-3
Connolly, Rosellen 20-1
McKellar, Cara 15-1

Male

Tierney, Warren 67-4H
Deyoe, Scott 55-3H

Neer, Dana 20-1

Sanders, Jon 20-1V

Walker 50-54

Female

Deyoe, Chari 20-1

Male

Whitted, Kevin 60-3

Runner 55-59

Female

Skoog, Jana 50-3H
Rangel, Anna 40-2
Upchurch, Anita 12-1

Male

Hemmeger, Jeff 60-3
Townsend, Greg 36-3
Rozzi, Phil 27-2
Deardorff, Mike 20-1H
Bennett, Kenny 15-1
Campbell, Kevin 12-1
McAndrews, Keith 10-1
Meiring, Jerry 8-1

Walker 55-59

Female

Miller, Mary 40-2
Meiring, Pam 15-1

Male

Freeman, Jeff 40-2

Runner 60-64

Female

Acton, Rhenda 35-2
Tetraut, Robin 20-1
Wilson, Marianne 20-1

Male

Shorter, Mark 60-3V
Skoog, Charlie 52-3H
Elmore, Max 44-3
Menges, Bill 22-2
Yeagel, Joe 20-1V
Spencer, Rick 10-1

Walker 60-64

Female

Wall, Jan 40-2
Williams, Carrie 35-2

Male

Wilson, Stephen 20-1

Runner 65-69

Female

Bugher, Shirley 40-2
Townsend, Jeannie 20-1

Male

Hughes, David 42-3
Greene, Ron 40-2V
Miklik, Tom 35-2
Kilcline, Steve 27-2
Stucker, Ricke 10-1

Walker 65-69

Female

Dillman, Anita 60-3

Male

Michael, Robin 50-3
Wall, Greg 40-2
Lorenz, Toney 15-1

Runner 70-74

Male

Peters, John 35-2
Barnett, Bill 20-1

Walker 70-74

Female

Rutherford, Mary Lou 40-2

Male

McBride, Bob 60-3
Mohr, John 30-2
Shuey, Stan 27-2

Walker 75-79

Male

Gross, Jim 40-2
Lambert, Jerry 15-1

CMIS and Bridges Outreach of Kokomo are sponsoring our 3rd annual 5K to benefit Hoosier veterans. It is open for all students in KCS, as well as the Kokomo community.

- The registration flyer is attached
- The 5K is April 30, 2015 at Foster Park at 5:00

I am asking early, that if there is not a meet that night, that you would please allow your students on the track team to participate if they are interested. As a coach and parent, I know practice is important. I would ask that you consider them to miss or have a shortened practice and come and run in this event.

Thank you for your support
John Hubbert

2015 Club Point Schedule

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

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: Bunker Hill
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 Haner

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: 434-0687 – Ruth Lawson

22-Aug Runnin the Shores 5K Kokomo

Time: Champaign Shores
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 Run/Walk
Time: **CANCELLED**
Location: Burnettsville
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

10-Oct Saints on the Run 5K

5K Run/Walk and Fun Run
Time: 8:40 am fun run / 9:00 am 5K
Location: St Joan of Arc 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



Report your races to earn your points

Optimal Nutrition Jana Skoog, MS, RD, LD

In the past, many athletes followed low-fat diets, believing it would help them lose body fat. However, this can actually impair athletic performance, as well as weaken the immune system. Fats do many important things, including aiding in the digestion, absorption, and transport of the fat-soluble vitamins E, A, K, and D. Fats are a component of our cell membranes. The essential fatty acids -- Omega 3 and Omega 6 -- are the precursors for many regulatory compounds within the body, including the inflammatory process. Fat helps maintain intramuscular triglyceride stores which serve as a fuel source during prolonged exercise. Fats also add flavor and enjoyment to our diet. Some fats are heart-healthy (mono- and polyunsaturated), while other fats increase the risk of heart disease, heart attack, and stroke among other things (saturated and trans fats). The fats to choose first are the monounsaturated and Omega-3 fatty acids, then other polyunsaturated fats; these are health-promoting. This should be followed by a very limited intake of saturated fats due to their ability to raise LDL cholesterol with increased risk of heart disease; finally, trans fats should be avoided altogether as they increase LDL while lowering HDL cholesterol. (Trans fats are mainly engineered by our food industry, isn't that lovely).

Top choices for fats: olive oil is a great monounsaturated fat, and can be used for stir-frying and vinaigrettes; look for the extra-virgin first-cold-pressed for the most antioxidants. Avocado is awesome on a sandwich as a spread, or in salad. Peanut butter offers predominately health-protective fat, look for a natural brand without added "junk" i.e. salt, sugar, partially hydrogenated oils (trans fats); stick to 2 T. Walnuts, almonds, filberts, pistachios, cashews and other nuts are a great addition to salads, cooked vegetables, or as snacks; a small handful is a serving size. Ground flaxseed and chia seed both contain Omega-3 FA and can be used to top oatmeal or yogurt, or blended in smoothies. Other seeds to consider are pumpkin seeds, sunflower seeds, and sesame seeds. Fatty fish such as salmon and sardines twice a week provide adequate Omega 3s. Now for the bad guys. Saturated fats are the solid fats found mainly in animal products, so keep your intake low by choosing more fish, chicken, and lean cuts of meat; you can also consider plant protein which doesn't contain much saturated fats. Also, consume low-fat (1%) or fat-free dairy products if you choose to do dairy. There are plenty of dairy alternatives such as soy milk or almond milk that are excellent options. Read the ingredients list of food labels to see if there are any partially hydrogenated oils in your packaged foods such as chips, popcorn, crackers, cookies, frozen meals, etc. and find another alternative if so. Fast food and restaurant foods often contain trans fats, unfortunately.

A good goal is to aim for about 20-35% of the calories in your diet coming from fat, and with only 7% or less coming from saturated fat, and less than 1% trans fat (try for 0). Remember all fats contain 9 calories per gram, so don't go overboard! Have a great month and enjoy Spring! Next up: Protein.

Mustard Dill Salmon

1 lb. fresh salmon fillets
1/4 cup your favorite mustard
2 T. lemon juice or juice from 1/2 lemon
Dill, preferable fresh
Optional: Slivered almonds

1. Cut the salmon into three serving pieces. Place the salmon in a baking dish. Spread each piece with mustard.
2. Squeeze lemon juice over the salmon, and top with fresh dill.
3. Bake at 325F for 20-25 minutes or grill for 3-7 minutes on each side, depending on thickness. Top with slivered almonds if desired. Yield: 3 servings. Taken from Nancy Clark's Sports Nutrition Guidebook

Individual Highlights:

- 1 Missing Jerry
- 1 The Savage Scrool
- 1 April Club Meeting
- 2-3 Race Results
- 3 April Birthdays
- 3 Packet Pick Up Available
- 4 Wednesday Night Race Results
- 4 Notable Highlights
- 5 Point Standings
- 5 5k benefit Hoosier Veterans
- 6 2015 Club Point Schedule
- 7 Optimal Nutrition
- 7 Sam Costa Sweep
- 8 March Club Minutes

John Peters completed a sweep of Sam Costa quarter marathon age group 70-74. First place all five years! Congrats John!!





Club Kokomo Roadrunners Meeting – March 9, 2015

1. Meeting opened at 6:00 PM by President Patty Weitzel and prayer was led by Chaplain Carol Savage.
 2. Treasurer's report by Mark Shorter – Ending balance from General Fund, Cowan Fund and Coyote Kids = \$26,608.43
 3. Sweetheart Race – Wish it had been warmer and something to think about for next year's schedule.
 4. Old Ben Race wrap up – some saying they are not a fan of the new course. One award was given to each age group, not all division were called and they ran out of awards. This race was directed by a new race director. Will look into a info sheet from RRCA on setting up a race.
 5. Ultimate race needing additional volunteers.
 6. Prison Break Out wishing to use equipment and send in a deposit.
 7. Run Roll & Walk adding color addition that will be a timed event. Club members can join at a team discount level when they pre-register at a rate of \$25. First 300 pre-registered by June 1st guaranteed a t-shirt, sunglasses, splash tattoos, color pack and goodie bag. Carol Savage made a motion and second by Vern Keller to let Run Walk & Roll use timing equipment – motion passed.
 8. Haynes Apperson Race will send a request for timing equipment,
 9. A motion was made by Charlie Skoog and second by Bruce Savage to allow Prison Break Out to use timing equipment. Motion passes
 10. Motion to approve minutes as written by Linda Kendall and second by Charlie Skoog. Motion passes
 11. Robin Cole has once again offered to pick up Mini packets. Please see newsletter for details.
 12. Mark Shorter will be ordering additional CKRR jackets, please see Mark if you are interested.
 13. Equipment Rental Agreement discussion regarding changes and policy revisions. Stan Shuey made a motion to revise the fees in the equipment rental agreement to '\$100 non-refundable donation for use of timing equipment and \$50 non-refundable donation for use of tent and a \$200 refundable deposit from this point forward'. Second by Vern Keller and motion passed.
- Meeting adjourned –

Attendance – Patty Weitzel, Charlie Skoog, Joe Yeagle, Pat & Stan Shuey, Mark Shorter, Vicki Boles, Jeff Freeman, Jenny Tudor, Sue & Vernon Keller, Breena Boles, Carol and Bruce Savage, Linda Kendall and Taylor Dicken.



2936 Congress Drive
Kokomo, IN 46902

Check our new website
Currently under development
www.clubkokomoroadrunners.com

Be Sure to like us on
Facebook – Club Kokomo
Roadrunners