

From the Ironman

By William Irvin

In August I decided to keep on training through some injuries and complete the Ironman that I had been training for since November of last year. I had taken a few weeks off at the end of July and jumped right back into the training schedule that Ron Moore and I had been following. The time off actually worked to my benefit giving me a short resting period to put in

quality hours of training. Of course it was not my decision alone to make Allison had the final say. After a few days of discussing the issue with Allison and her questioning the stability of my injuries I was able to gain her confidence and get back on the road.

On October 16th, Allison and I began our drive to Clermont, FL, a 14.5 hour drive from Kokomo, the host city of the Great Floridian Ironman distance triathlon. We had looked into flying, but it was going to be about \$300 more to fly my bike round trip. I also had a lot of gear that needed to go with us and it is a scenic drive that would allow Allison and I to enjoy quiet quality time together.

Once we got to our destination we checked into the house that we had rented for the week and then went to the race site at Lake Minneola. Three days before the event and there were already triathletes riding their bikes around the course and swimming in the lake. The reality had set in on me and I realized that race day was upon me. The heat and humidity (95 degrees and 80% humidity) of the day were



Will poses by his bike the day after his first Ironman completion.

not helping me calm down at all.

Thursday evening athletes began checking in and pick up there packets. It was also the pasta dinner for the athletes and their families. Many of the athletes at the pasta dinner had finisher t-shirts from previous Ironman events from all over the United States and by the looks on their faces this one was just another notch in their Ironman portfolio. However, for me and a few others you could see the 'first timers look' in our faces and in our eyes. You could almost look through the crowd and pick the

first timers out and I am sure I had the same look as we were getting ready to tackle the 2.4 mile swim, 112 mile bike, and the 26.2 mile run.

The packet that I received had many large draw string bags included in it. Each bag had my race number and a description on the front of it. One bag for my bike gear, one for my run gear, one for bike special needs, and one for run special needs. I had to place all of my gear in the respective bags and hope that I did not forget anything in the process of filling the bags. I had a great process going; I would lay my gear out in front of each corresponding

bag and then place everything in the bag. An hour later, I would ask myself if I had placed a particular item into one of the bags and then I would question all the other bags. I would then proceed to empty the bags and go back through my gear checklist. This occurred 4 to 5 times on Friday until I ran out of time and had to take all my gear, even my bike, to the race site and hand it over to the transition area volunteers.

Saturday at 3:30AM came very quickly. The race did not start until 7:30 A.M., but I got up early to get a good 1,200 calorie (continued on page 2)

Inside this issue:

On the Trails	3
On the Roads	4
Humboldt Redwoods Marathon	5
Two Marathons	6
Bunker "Hills"	7
Whistlestop Marathon	8
Live Long, Live Better	10
Birthday List	10
Monster Mash Dash	11
New Members	11
Points Standings	12
Directions to the Mounds	13
Race Results	14
Race Calendar	15

Next race:

**McKinley School 4-Mile Run
and 5k walk
November 10, 2007
9:00 AM
Kokomo, IN**

From the Ironman (continued)

breakfast in me and let it settle. Allison and I arrived at the race site early and to my astonishment so did the other triathletes. I stood in line for body marking and to get weighed in for what seemed like an eternity. Knowing that I had to go through last minute checks on my bike and put my wetsuit on, as well as hit the port-o-potty multiple times I did not want to do all of this at the last minute and miss the start. The air temperature was very comfortable 70-75 degrees compared to what it was the days leading up to race day. A half hour before the start it began to rain and actually cooled things off even more, which to me and the other triathletes was a blessing.

At 7:30 A.M. the gun went off and I ran down the beach and into the water with 600 other triathletes to what looked like a washing machine. The swim did not go as I had expected, but I did not practice swimming with 600 other people in the pool at the Y or even at Emerald Lake so this was all new to me. There was a hard wind coming out of the west that created a nice chop in the water. That along with the rain did not make sighting of the buoys and swimming in a straight line very easy. The guy next to me trying to swim at an angle did not help matters either.

The swim went pretty good all considered. It was not the fastest swim time, but I got through it in one piece. I exited the water and ran, OK walked, up the beach to a group of volunteers handing out bags that contained my bike gear and then went to the changing tent. Putting on the cycling gear and thinking of the 112 miles ahead of me I ran out of the tent and forgot to put on the sun block that was sitting on the tables along with the Gatorade and food. I would pay for that mistake on Sunday.

The bike course was very scenic going through the Florida country side, but for Florida it was very hilly especially for the first 40 miles. One hill called Sugar Loaf Mountain in particular was a 12% grade that lasted for ¼ mile. Sugar Loaf Mountain was steep enough and long enough that as I got midway into the climb in 'granny' gear standing up on the pedals people were walking their bikes beside me. After 6 hours and 25 minutes on the bike my butt and I were ready to get out of the saddle and begin the run.

The run transition took a little longer as I changed into dry running clothes and took a minute to get the feeling back into the rear end that I had been setting on for 6 ½ hours. The run course was 2.5 miles out and back and then onto a 7 mile loop around Lake Minneola three times. During the first few miles my quads began to cramp due to sitting on the bike for as long as I did. After taking in salt tablets and water through the first couple of aid stations I began to loosen up and get into a groove with no cramping. I settled into an 8:30 pace through the last 21 miles of the marathon stopping and walking through every aid station situated roughly at every mile.

By the third loop of the marathon (miles 18-26) the sun had began to set and the sky began to turn a purple/red/orange color that reflected off of the lake to create an awesome landscape to run in. The scenery did not do much for the pain, but for a moment I realized that God has created a beautiful earth for us all to

enjoy and even though I hurt as much as I had to give thanks to Him for giving me the ability and the will to even think of entering this race. As night approached I did not realize how many street lights Clermont did not have. The only lights were those of some of the people who had red blinking lights attached to their shorts and then the lights of the aid stations. Luckily I only had to run in the sheer darkness for about 15-20 minutes.

As I ran by the 25 mile marker I began to reflect upon my experience. The year I had spent training with Ron, the bitter cold early mornings in December at the pool, the long hours spent on the bike every weekend, the support that I received from many of the Club members, my rear end that still hurt, everyone that I had ran with along the marathon, and then the finish line that I was getting ready to cross. Wow what a tremendous journey, experience, and what an accomplishment. As I approached the finish line it was hard not to be overcome with so many emotions as this journey was about to be over and the pain would stop. I ended the day with a 1:24 swim, a 6:25 bike, and a 4:15 marathon with a finishing time of 12 hours and 28 minutes for 140.6 miles.

After an hour of watching other triathletes go through the finish line and consuming copious amounts of food and fluids we decided to pack it up and head back to the rental house. While walking back to the transition area I began talking to a guy from Nova Scotia discussing our race day experience. After finding out that this was my first Ironman experience he began to tell me that this was his 16th Ironman race. He proceeded to ask me if I had enjoyed the experience and whether or not I would compete in another Ironman. Any other time after a hard race most of us would say no way in \$^#& would I ever do this again, but I enjoyed everything about the journey and the day and I would be signing up for another one. He looked right at me and laughed and said 'welcome to the Ironman addiction'.

****Hey Ron, tear it up in Panama City at Ironman Florida on November 3, I will be cheering for you.**

Club Meeting November 5, 2007

New Business:

Club officers and Club members who attend the Club meeting on November 5 will be able to voice their opinion and cast a vote for Gina Sheets the VP candidate.

Editors note: I renamed "From the President" to "From the Ironman" this month. Will would have been far too humble to come up with that title on his own, but I felt it more than appropriate. It's hard for me to even imagine the amount of sacrifice that has to be made by both the competitor and his family for something like this to happen and I am dually impressed. As hard as it was I'm certain that you're already trying to determine which one will be next and which one of us suckers.....uh.....friends besides Ron will fall prey to the calling to join you. Congrats my friend.

On the Trails

By Charlie Skoog



Support Alternative Transportation Planning

If you have attended recent club meetings you know that CK club member Tom Miklik and myself are serving on an advisory committee that is drafting a much

needed master plan for alternative transportation in Kokomo and Howard County. As runners, walkers, and cyclists we recognize the need and desire for safer bicycle and pedestrian accommodation which will create a more livable, healthier, and user friendly community. On October 16 our committee met with Ron Carter who serves on the City Council in Carmel and is Executive Director of the Greenways Foundation. Ron was instrumental in developing the Monon Trail and now advocates for trails and greenways planning throughout Indiana. Ron was successful in implementing a plan for Hamilton County by getting buyin from a wide range of community leaders who eventually became supporters and champions of a better quality of life. As we move forward there are several questions that need to be answered. Who will be the champions in Kokomo and Howard County? What is the vision for our community and where are we headed? What will Kokomo be like in 20 years and what will we be known for? As Election Day approaches do Rick Hamilton or Greg Goodnight have a vision that will lead to a better tomorrow? Will our City Council, County Council and Commissioners be able provide the leadership that will not only create jobs but also plan and develop a community where people want to live as well? Where are we headed and how are we going to get there? I encourage each of you to let the candidates know where you stand on these issues.

Nickel Plate Update

The Nickel Plate Trail is coming your way! By the time you read this report the paving of 3.6 miles of trail will be completed from SR218 in Bunker Hill, through the community

of Miami, to 1100S in Miami County. At the present time the Friends of the Nickel Plate with volunteer help have paved 7 miles of beautiful trail using two \$150K IDNR Recreational Trail Grants that were each matched with \$30K of matching funds and donated material and labor. Doing the math this works out to \$50K per mile of paved trail including six bridges which is an incredible feat.

The paved NPT is now only 3 miles from Howard County and 6 miles from Kokomo. The latest completed section of trail runs immediately west of the Bunker Hill Drag Strip. We have known for some time that fencing will be needed to segregate trail users from the drag strip. 3,000 feet of fencing does not come cheap, cost estimates came in at over \$20,000, but by a stroke of luck that much fence suddenly became available when the Friends of the Nickel Plate were offered first chance at the fencing that has surrounded the Continental Steel Superfund sight. The only caveat was that we had to remove it ourselves and had just 5 days to do so before the contractors would come to salvage it. As I type this report with very sore hands and fingers we have successfully taken down over 4,000 feet of fence. Special thanks to club members Greg Townsend and Ray Tetrault who assisted on this project along with several members Breakaway Bicycle Club, Bob Bergman Concrete Construction, the Wildcat Guardians, and some awesome Community Service volunteers provided by Ray's Transition office. More help will be needed when we put the fence in place as well as finish the 220 foot bridge over Pipe Creek and a smaller bridge over the South Fork of Deer Creek in Cassville. Club Kokomo and Breakaway have provided significant financial support for the Nickel Plate Trail but as volunteers we can contribute even more. Please consider answering the call on future trail building projects.

Fun Mile Report

Please note that the Fun Mile Run & Walk will continue each Wednesday in Highland Park at both Noon and 6:00 p.m. On the first Wednesday of each month club members can run for age group records. The races have been very popular with many families participating and several joining Club Kokomo. On

October 24 the Freeman family of 7 joined CK and five Freeman's ran their first Fun Mile!

Run the Mounds!

The 26th Annual Mounds races will be held this coming Sunday, November 4, 2:00 p.m. at the beautiful Mounds State Park. For event details and a map to the park visit www.andersonroadrunners.org. This race features a low \$5 entry for scholastic runners, great competition, awards and food, and best of all a challenging well maintained trail course in a natural setting. Anyone wishing to carpool from Kokomo can call (765) 457-2607 or email runckrr@aol.com.

23rd Annual Charity Run & Walk

Club Kokomo's very own version of We Care will be held on Sunday, December 2, 2:00 p.m. at the UAW Local 292 Assembly Hall located on the corner of Park and Alto roads. For those of you new to Club Kokomo, the Charity Run can be considered a 5K race but since each club member gets 20 points for participating or volunteering, it has become a family fun run for many of you.

There is no entry fee for the event but participants are encouraged to give what they can and many seek additional contributions from friends, relatives, and coworkers. Another way to contribute is to ask others to participate and sponsor themselves. Once again proceeds from the Charity Run will be divided among Nesting Doves, a Christian home nurturing unwed mothers through and beyond their pregnancies, and the Magic and Care Closets, which provide special needs to students throughout Howard County. Last years Charity Run total of \$1,743 was equally divided among the three organizations. Club Kokomo's twenty-two year total of giving back to the community now stands at \$38,775.71.

Following the run/walk we will have the traditional dinner of Sloppy Joe's and cooks are still needed. If you would like to bring veggies, dessert, or side dish to share, that will add to the festivities. Club Kokomo will provide table service, buns, lemonade, and hot chocolate. If you are not up to running or walking, volunteers will be needed to monitor the course, time the race, and assist with food service. For more information call (765) 457-2607 or runckrr@aol.com.

On the Roads

By Johnnie 'O



Johnnie 'O, Charlie seeking Goodfellows

GOODFELLOWS

Last year, 18 Club Kokomo Roadrunners joined Johnnie 'O in helping Goodfellows bring smiles

to the faces of needy children. With the help of Charlie Skoog, Johnnie 'O is asking for help again this year.

Goodfellows is the oldest Christmas gift program in Howard County. It was started by Kokomo Tribune employees in 1911. The program is a not-for-profit organization that is directed by a community-based volunteer board of directors. There are no paid staff positions. Jean Lushin, Center Township Trustee, has been the Goodfellows unpaid volunteer director for 27 years. Johnnie 'O is proud to say he has been associated with Goodfellows for 37 years and is president of its board of directors. He also is proud that fellow CK member Dave White joined him on the board in 2005.

Last year, Goodfellows provided clothing to 1,800 children in 806 Howard County households at a cost of \$109,381.68. Goodfellows is the only organization that can say that all the money it receives from We Care (\$100,000) is used at Christmas to purchase clothing for the needy. Goodfellows also receives individual and corporate dona-

tions. Money not spent on the Christmas program is used for scholarships and other youth programs. Goodfellows donated \$3,500 to Club Kokomo's Coyote Kids this year.

Howard County families will apply for Goodfellows assistance on Nov. 8 and 9, and Nov. 26-30. To receive assistance, families must meet Goodfellows eligibility requirements, which include gross income of the entire household not to exceed 150 percent of the Federal Poverty Guideline. Applicants are interviewed by volunteers when they sign-up for assistance and their applications are investigated to insure that only the truly needy receive help. Of the 938 applications filed last year, 132 were denied or not redeemed for a variety of reasons.

Applications will be taken from 5 p.m. to 7 p.m. on Nov. 8 and 9, from 9 a.m. to 3 p.m. on Nov. 26 to Nov. 30, and 6 p.m. to 8 p.m. on Nov. 29 at 1401 N. Washington St. (the former Marsh store).

Approved families receive vouchers for clothing. This year, parents, mostly single females, will redeem the vouchers at Meijers from 6 p.m. to 9:30 p.m. Dec. 9-13. Recipients are assigned a specific day to shop with the number of shoppers each session based on the total number approved for assistance. Last year, about 161 families shopped each night.

During a shopping session, the applicant picks out clothes from the children's section in Meijers. Store personnel do an ex-

cellent job in keeping the shelves stocked and assisting the applicants.

The typical Goodfellows recipient is a single, teen mother. She is not used to spending an average per household of \$136.10 on children's clothes. This is where volunteers are needed on the shopping nights. They use handheld scanners to total dollar amounts before the applicant goes through the cash register lines. More times than



Above: Nancy, Kylie, and Wesley White help a young mother determine how much she has left to spend.

Below: Mike and Marsha Daugherty volunteer every year like many others. It's a very rewarding experience.



not, the applicant is surprised that she still has money to spend.

For Johnnie 'O, helping young mothers buy clothing for their children is the best present he receives at Christmas. Having Club Kokomo friends helping him the last few years in this worthy effort has made that present even better.

Last year, Club Kokomo, Kokomo Firefighters, the Kokomo Tribune, and the Marine Corps League helped during registration and shopping. Johnnie 'O asks Club Kokomo to again help take applications and help recipients shop. During the shopping, Club Kokomo's night will be Dec. 11 (Tuesday). Volunteers start at 6 and nor-



The 2006 "Goodfellows Group" consisted primarily of Club Kokomo members.

On the Roads (continued)

mally finish by 9. Meijers provides snacks and soft drinks, so a volunteer does not miss dinner.

Charlie has been passing around a Good-fellows volunteer sign-up sheet. If you can help, contact Charlie at 457-2607 or email him at runckrr@aol.com, or contact Johnny 'O at home (765) 452-6706; work, 765-454-7926; or email at jwiles9890@aol.com

If you volunteer, you will bring smiles to children. You also will bring a warm feeling to your heart.

THANKSGIVING

The Annie 'O Pie 5K Fun Run/Walk will be Nov. 22 (Thanksgiving) in Highland Park.

The Thanksgiving Fun Run/Walk was started 12 years ago when, following a very tough Wednesday night training run in mid-November, Club Kokomo Hall of Fame member Bill Bennett suggested the group meet Thanksgiving morning for a non-race, fun run/walk with friends. Johnny 'O put a note in the newspaper, and Thanksgiving morning more than 50 people showed up to run and walk.

Bill has since moved to Georgia, but Johnny 'O and Club Treasurer Mark Shorter have continued the tradition of the 5K Fun Run/Walk in the park on Thanksgiving morning. For most of those years, Annie 'O has baked pies that are given away in drawings prior to the run/walk. Two years ago,

at Charlie Skoog's suggestion, the annual event was given the moniker, Annie 'O's Pie 5K Fun Run/Walk.

This year Mark and Johnny 'O will be at the open-air shelter near the park's flagpole on Nov. 22. The run/walk will start at 8 a.m. There is no entry fee, but come before 8 a.m. and sign up for Annie 'O's free pie drawings. You also can buy a 50-50 ticket for \$1 from Mark. Proceeds from the 50-50 drawing benefit CK's youth scholarship program. The pie drawings are free and benefit the winners' taste buds.

All drawings will be about 7:50 a.m., because tradition dictates that the lucky winners must lead the start of the fun run/walk.

Humboldt Redwoods Marathon

By Gina Sheets



Gina (second from left) with fellow B.A.T. Team Members Nicole Peel, Tosha Rogers, and Stephanie Bolinger.

I ran my second fastest time ever, 4:10, which earned me a third place age award. The course was beautiful. How awesome it was to run through the mighty redwoods seeing GOD's spectacular handy work and listening to great Christian music on the iPod.

I started the race with an upset tummy but my mind was set for a training run with people for a change. I am working towards a 50k November 3rd and a 50 miler November 17th, so I was out for the sights and companionship. I was going for 4:20. At 19.5 in the race I felt so blest, the turn around point to head back to the finish was absolutely breath taking. The course was rolling on the second half and

the pavement was not in good shape but I put my head down on the uphill (a secret I learned in trail running on the big climbs, never look up) and took the time to rejoice in being in the moment.

Spending time with the group was great, everyone was so kind. Nicole even arranged for a tour of the Kokomo winery on our way from San Fran to Eureka. It was my first time to see a winery in the start up mode, if you like wine be sure to try the Kokomo wines, support local men working hard in the California wine industry.

Humboldt Redwoods Marathon/Half-Marathon
October 21, 2007
Humboldt Redwoods State Park, CA

Marathon

1. Billy Morris 2:42:09
- 1w. Tanja Tamguney 3:16:53
80. Gina Sheets 4:10:31
132. Don Rogers 4:51:34
- 175 Finishers

Half-marathon

1. Patrick Boivin 1:07:15
- 1w. Allison Kerr 1:20:46
447. Tosha Rogers
- 551 Finishers

Story of Two Marathons

By Earl Strong

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness," it was the East, it was the West, it was a low level place, it was an elevated place, it was a time to overcome, it was a overwhelming time, it was a time with companionship, it was a solitary time, it was the season of Light, it was the season of Dreariness--in short, what a difference a change in scenery can make!

This is the story about two marathons in two weeks with two very different paths



I'm not sure how an article about Earl running two marathon ended up with a picture of Dan "foot clapping" but I only report the news—I don't create it! - Brian

to one goal (running a marathon in all 50 states of course.)

I ran my 39th state marathon on 7 October 2007 that finished in Hill City, South Dakota, it was the worst of times. Don't get me wrong, I am very glad to have done this marathon. The problem is so many things went wrong, there was no hope for a good race experience. It started with me booking a 7 PM Saturday flight rather than a 7 AM flight. Thus, I could not pick up my race packet and number. It was questionable if I could get my number on race day! Needless to say I got in late and this race had an early start (5:00 AM) to be bussed

to the start line. I signed up for the Mount Rushmore Marathon but little did I know that the course was about to change. I checked my registration and behold I was signed up for the Crazy Horse Marathon!

But wait more change was on the way. The race director was unable to get permission to use either name for the marathon so a new course was quickly put together and called the Monumental Challenge Marathon.

My hotel was in Rapid City so I had a 30 minute drive to get to Hill City, so I left at about 4:30 AM (local time) to the finish line. It was a misty chilly 41 degree day as I got on the second bus which left 20 minutes late and arrived an hour later to the start line at 6:37 with 23 minutes to spare. However, there was another delay (15 minutes) because the other bus was also late. It was on the way to the start line that I overheard some one talking about the trail. Fear struck me, as I still had fresh memories of Stumpy's Trail Marathon. I think that's when I lost my drive to

do well! The course elevation profile showed a long downhill 5500 feet to 4900 feet at mile 12, a long uphill to 5250 feet at mile 16 with about 4 miles that were flat then ending with a long downhill to 5020 feet. The path was wide enough for three or four runners with no water crossings and all of the bridges were solid. Everybody got muddy shoes because it was not a paved path and it did rain. The finish line was at the 1880 Train Stop, a site popular with tourists.

Both the Crazy Horse and Mount Rushmore monuments were close by so I elected not to go back to the hotel before I

saw them. These two monuments were worth the trip. My return trip was to have me back in Indy by 12:46 PM on Monday. I got back at 6:00 PM because of two delays and one missed connection.

The following weekend, I ran my 40th state marathon as Dan Lutes ran his 45th on 14 October 2007 in Atlantic City, New Jersey, it was the best of times. The drive went well arriving in Atlantic City about 5:20 PM Saturday nearly 12 hours after I picked up Dan. We took some pictures on the beach and Dan dipped in toes in the Atlantic ocean (this after dipping his toes in the Pacific ocean earlier that week.)

The race packet included an all you can eat buffet (normally this is \$30) as we stuffed ourselves and headed off to the hotel. The timing chips were not passed out until race day! The marathon had a 8:30 start time which made it nice for sleeping in but it also means a warmer day. The course had four switch backs. It allowed you to see the leaders as well as change from the boardwalk surface to the asphalt. Dan and I both took a conservative approach to the course starting easy. I think when Dan started seeing the leaders come back to him, he picked it up a bit. I was happy with shaving nearly 35 minutes off the last marathon time.

It was a great day for a run, there was no shade on the boardwalk so sun screen was in order for the day. As the day went on more and more people were out on the boardwalk and runners were on their own to get through them. We showered and headed back to Indiana. By 3:10 AM I was back on the computer planning the next marathon.

Dan's Take on "Joisey"...

Not much to add to Earl's story but I will say this: Atlantic City puts on a good marathon and I recommend it for 50 Staters looking to check off New Jersey. It is flat as a pancake and gives a nice change in surface every 6 miles or so, switching back and forth between the famous boardwalk and the asphalt of Atlantic Avenue. Two negatives were: no unlocked (continued on page 7)

Bunker "Hills"

By Brian Reinhardt



Matt Yarosz leads Earl Strong in the last mile of the race.

Since the vast majority of our club members live in our around Kokomo and are used to running on flat roads it always gives me a chuckle to see the faces of those finishing this race.

It is a tough one and rolls continually throughout, or at least the last 4 miles after a completely downhill first mile. I'm definitely used to it as I live close by and get to run these same hills on a semi-regular basis, albeit not typically at race pace.

This years race brought an absolutely perfect fall morning for racing. The temperature was just below 50*, the sky was a bit overcast, and the wind was nearly calm. I'd not have batted an eye at turning

around and running the course again!

Scott Colford ran away with the race from the very beginning and was never challenged. That was also true in the women's race as Robyn Pagington dominated from the outset. Rick Spencer and hometown girl Mary Miller walked away with the walk in the men's and women's races.

I didn't get to stick around for the awards as I had to get back to my reserve duty (thanks boss for allowing me to run) but I understand that there was some confusion about whether or not Patti is a man or a



Walk race winners Mary Miller and Rick Spencer.



New club member Cory Jackson had a strong finish in his first try at the Bunker "Hills".

woman or something along those lines. I won't ask.

Oh, and before I forget, thanks to John for providing a very impressive potty stop just past the 1 mile mark. While it might be easier for the volunteers to keep the toilet paper on the rolls, I'm sure having it hang from the trees over the road is much quicker and easier on the go for the runners and walkers! You think of everything, John! Seriously, thank you for always taking good care of us. We really appreciate you, Carolyn, and the rest of your family and friends. And, as usual, thanks to Amy Black for the photos.

Story of Two Marathons (continued)

restrooms along the boardwalk, and no crowd control on the boardwalk which made the last few miles a little challenging. But hey, it's definitely in a great venue, everyone was friendly, and they had a great pre-race buffet at the Showboat Casino. Also, I was fortunate enough playing blackjack at the casino to win back my en-

try fee and turnpike tolls for the drive out. Earl and I had a great time on our second east coast swing in 5 weeks and I'm looking forward to flying (instead of driving) out to New York in 3 weeks for the New York City Marathon. After that, only 4 states left!!

...Oh, and since Earl didn't tell the em-

barrassing story about me stopping up the toilet at the hotel, I won't tell the embarrassing story about him dumping his french fries at the restaurant and then not being able to bend down and pick them up...oops, did I say that out loud?!...I guess I did tell, sorry Earl!...Fuggedaboutit!!

Whistlestop Marathon

From Robin:

The Whistlestop Marathon in Wisconsin was a wonderful experience. Brian, Patti, Quinn, Ray, Missy, myself, and our friend, Wendy from Kentucky all loaded our stuff in the van and we were off with snacks: Patti's "wraps", cookies, and trail mix, drinks and Missy's cookies! We left on Thursday morning nice and early to get to our destination while there was still light. The cabin we were staying in was out in the middle of nowhere and it would've been very difficult to find in the dark. The house was on a small lake. It was a lovely setting. The trees were beginning to change. It

was located on a dirt road. There were a lot of dirt roads in that part of Wisconsin.

It was a very well run marathon. It was their 10th anniversary. We didn't have any complaints except for all of the "downhill" in the pictures, there was an awful lot of slow uphill on the trail! It was a lovely rail trail all the way except the first mile and the last mile.

Friday we slept in, had a brisk morning walk/run on the dirt roads around the lake, did a little sightseeing, and went to the Expo/Packet Pick up. We stayed for the fish boil/pasta supper which was included in your entry fee. Patti liked the fish, but I'm not sure anyone else did. I tried it, but the bones discouraged me from eating any more.

Saturday morning was cool and cloudy. It was 38 at the start with frost on the ground. We wore gloves and long sleeves. I ran with Ray and Missy. We enjoyed our family time together keeping our pace close for the first half. That was remarkable considering Ray was still recovering

from the knee surgery. He did very well! He stayed with Missy and I as long as he could. At mile 20 he finally had to walk more. At mile 23 Missy's legs were tightening up so she needed to slow down and

stretch. I kept going to finish my marathon tying my best marathon time at 5:22! I was thrilled! Actually, I didn't know what my best time was for sure until I got home and checked. I knew it would be close. Missy finished in 5:31 and Ray finished in 5:47 with walking the last 4 MILES! His knee just couldn't take any more pounding. He was hoping to be under 6 hours. We were all thrilled he was able to be UNDER 6 hours!

Brian and Wendy won awards for their age group! They received wooden train

whistles that were very cool! This was only Wendy's second marathon. She wanted to know where our next marathon stop was! "Welcome aboard, Wendy."

We went out to eat after the awards and came home for a relaxing evening and good night's sleep. We were on the road by 8 AM Sunday morning. We all said what a relaxing trip it was. We read, napped, listened to headsets, drove and got home at 9:30 PM.

Thankfully, the trip was free of vehicle breakdowns... except for one small thing.... when the key was left on after the marathon while we were attending the awards presentation. We had to request a jump start before the tent emptied of marathon participants. A kind gentleman offered to jump our van. It turns out he was the

mayor of Ashland! That was so nice. He was so pleased we had come all the way from Indiana to attend THEIR marathon in Wisconsin.

What a wonderful weekend with friends! I think we'll do this again soon! We always have room for more runners!! It is a wonderful way to get to know your fellow runners in the club in a relaxed atmosphere.

From Patti:

The Whistlestop marathon in Ashland, WI was my 15th marathon and my 14th state. The area was beautiful with the display of fall colors. We had a cabin (house) in the woods on a peaceful lake. Ray even took the kayak out on the lake.

The weather was perfect for us marathoners. The trail that we ran on was beautiful. About 2 miles in I saw 2 deer run very fast across the trail right through a pretty big pack of people since it hadn't thinned out

yet. I was very surprised and thankful that the deer didn't hit a single person.

The marathon was uneventful from that point the miles clicked off pretty well. I did the 9/10's running and the 1/10 walking, which helped me to get through it. I told Brian and Quinn that I should come in at around 4:30, so they had better be there at the finish line for me. When I came in at 4:31:41, I saw Brian cheering me in, but no Quinn. He chose that moment to go to the rest-

room. Darn him.

It was a great weekend being with family and friends in a very relaxing and peaceful setting.



Whistlestop Marathon (continued)



From Brian:

Well, I worked my butt off for the past few months in an attempt to go below 3 hours for the first time in a marathon. Patti bought me a book called "Daniels Running Formula Part 2" for Father's Day and I ate up the information and tried to apply it to my training. I got more fit than I've been since I was a very young man so I know the

training will work. Even so, I suspect I might have been a bit too focused and if so I certainly apologize to my family. I decided that if I put in the work I could get it done and as it turned out I was wrong. That's okay, though. I made a promise to the Lord that I'd praise Him either way and I fully intend to keep my promise. He kept me healthy the entire time and I trained better than I ever trained before. Even though I missed my primary goal, I did manage to set a personal best by almost 5 minutes so I have nothing to complain about. Heck, I even got third in my age group. There's always next time! Maybe I'll choose a little better surface than the crushed rock surface of the Whistlestop and have better success. We'll see.

Really these trips have a lot more to do with spending quality time with family and friends than they do with having success at a marathon anyway. Sometimes we train hard and sometimes we don't, but we always get to enjoy the time with those that we love the most. It's so exciting to see new places and meet new people while spending so much time with our loved ones.

This particular marathon offered so much more than just a run and we took full advantage. I don't think I've ever been to a more friendly place and we all commented on that a number of times. The volunteers even took Quinn under their wings and put him to work while we ran the race. He had a great time and we knew he was safe and sound and had no worries when we boarded the buses for the point to point

course. When I arrived at the finish he was right there to greet me and it was so nice to see that smiling face and to hear his ever positive insight on how I had a personal best marathon even if I didn't break 3 hours. What a great kid!

It was even more fun to see Patti come in and realize just how lucky I am to have a wife that runs and wants to do these crazy events as well. In fact, it's her idea that we go to all of these places to run! You gotta love that! Hopefully some day we'll make it to every state so we can be like Dan and Earl! Did I just say that?



The cabin we stayed in on beautiful Siskiwit Lake.



Ray and Robin Tetrault, Wendy Allan, Melissa Polk, Patti and Brian Reinhardt show off their Whistlestop medals.

If you're looking to have a wonderful time then plan to come along with us next time. It really doesn't matter too much where we go because the fun is in the people and the idea of just doing it! Don't be a slave to that running schedule—get out there and see other parts of the US and join us next time. The more the merrier!

Anyway, we'll be planning a trip again next year and right now we're thinking about the Fargo, ND Marathon in May. Give it some thought. It gets rave reviews and some of our club have already been there and really liked it. I admit I thought to myself, "North Dakota?" but it really does seem to be a popular race. Just get signed up so I don't have to call you all a bunch of sissies.

Take care and God bless.—Brian

Live Long, Live Better

By Ray Tetrault



I have joined the swelling ranks of the AARP. How did I arrive at this place in life? By living for 50 years. At this point in my life, I am mathematically in the 3rd trimester of life. (This means I am in the last one third of my life, provided I live the average age of 75). This is the age when thinking about slowing down is the norm. Read newspapers, get some magazine subscriptions, find a church pew to sleep in on Sunday mornings, and keep one hand on the

remote at all times.

My problem is I can't! How can someone spend his life alone or being alone? What a slow way to slide into leaving this world. One of the best known ways to live longer and better isn't found in retirement or slowing down. It's found in getting out and being with people. Being lonely takes a toll on the body that accelerates with age. There are currently 20 large-scale epidemiologic studies being done and they all show that the more socially integrated you are, the longer you live. University of Chicago researchers, reported in August's *Current Directions in Psychological Science*, that loneliness had little effect on the health of those in twenties. Those who were in their 30's and higher, as a result of not being involved with other people in activities had higher blood pressure, lower levels of good cholesterol, and higher levels of the "fight or flight" hormone epinephrine. The evidence is overwhelming. Social isolation leads to problems dealing with stress, poor sleep, weak immunity, heart disease, Alzheimer's, and suicide.

What does this have to do with Club Kokomo? If you are involved in CKRR and you have a healthy dose of friendships that are vital to your life, then you have a responsibility to tell others about the many

benefits of being a part of CKRR. Create a network of people to train with. Let others know when you would run and invite others to run with you.

If you are a CKRR member and you are not participating on a regular basis, for whatever reason, determine today that you are going to be involved. It isn't enough to be a member of CKRR if you aren't involved with others in the club in a significant way. Injured? Can't run? Then volunteer to help at the races and continue creating vital relationships. Or find a couple of walkers in the club and become connected to them.

CKRR is really only as good as its members. I have been associated with churches with 3000 plus members and regular attendance of 200 or so. The church was handcuffed in their mission by 2800 people not being involved. My encouragement to you is to become involved with people making them better and you healthier! Oh, and if you have stopped being involved because someone upset you- go and make it right- resolve that people are more important than problems. There is no problem in the world that is worth losing a relationship over.

See you on the roads, trails, and races, slow or fast, walking or running, always glad to count you as friends.

Birthday List

11/2	Kathy Murdoch	11/14	Brandon Kruger	11/25	Bill Barnett
11/3	Susan Robertson	11/15	Andrew Robertson	11/25	Justine Eads
11/3	Allison Kruger	11/16	Stephanie Miller	11/26	Ed Oliphant
11/5	Darlene Jackson	11/18	Cynthia A. Sanders	11/28	Sylvia Burgin
11/6	Doug Mankell	11/18	Stan Shuey	11/28	Vanessa R. Lorenz
11/7	Tom Miklik	11/19	Victoria Christenson	11/28	Sherry Stoneking
11/7	Scott Colford	11/21	Matthew Robertson	11/29	Doris Griffith
11/10	Brian Allen	11/21	Diana Brown	11/30	Mackenzie Reeves
11/10	Lisa Birkhimer	11/24	Doris Carden	11/30	Sophia Wyman
11/11	Riley Case	11/24	Travis Sheets		
11/12	Amy Revils	11/24	Cameron Cunningham		



Monster Mash Dash

By Michelle Hollingsworth



I can always be persuaded to do a run in the fall. Fall is my favorite time of year and a run through Eagle Creek Park sounded delightful. I might mention I also love Halloween, candy, trick-or-treating and all those fun doings associated with Halloween. Darin and I decided to drive down to Eagle Creek Park in Indianapolis to run the Monster Mash Dash on Saturday afternoon at Eagle Creek Park for the 4:30 5-mile run. I found the run on the internet and because it said "haunted" and long-sleeved shirts awarded—I was in the car before Darin had his shoes tied.

Saturday afternoon set record high temperatures for this time of the year. I believe it was 87 degrees when the race began. I thought I read on the internet that this course was flat. I was starting to question if this was a good idea when I saw the

start line was straight up-hill. Basically, this race was a series of consistent rolling hills. The race sure made you appreciate the down-hills because you know about 10 seconds after you get down—you are going straight back up and so it was—the whole 5 miles. I generally don't think much about hills because around here it's not much of an issue but after about the 10th hill I was beginning to notice. Around the three mile mark I was starting to dream about those wet cloths they handed out at the BeeBumble race. That was a great idea and I was sure hoping they had some to hand out soon. I almost forgot—the internet said "haunted" run so where were the "haunters?" I was hopeful, that someone might jump out and try to scare me or something, but realized I was being "haunted" by this extreme heat and these never ending hills. I never saw any "haunters" so that was kind of disappointing. The park is nice for running paved winding roads with bits of shade here and there. The leaders quickly surfaced and paved the way for the rest of us. I was sure glad when this one was over.

At the end of the race there were bananas, cookies and of course water. There were no wet cloths. There was a costume contest for the kids and adults. This race was chip timed, but after waiting around afterward what seemed like an hour, we were told by the race director that something had malfunctioned and he wasn't able to get a print out of the race results. He said the results would be accurate online tomorrow, but for now he didn't have any information to give awards. He announced

that if you thought you won an award to come up and get it. I thought—No way-- people are going to be scrambling all over each other to get these awards. I have been to a few Indianapolis races and they usually give away nice prizes. Gift Certificates to running stores, restaurants, etc. So, of course I made my way (okay, I ran) to the table fully expecting 20 other females to claim they also won. The nice race director handed me a flashlight and said "congratulations!" I know my mouth fell wide open. Not that a flashlight is bad, but is that a TOOL? Basically, if I can't eat it, spend it, drink it, or wear it—I don't want it. I of course didn't say that, I was very gracious and said "Thank you." Believe it or not—no other females even claimed that they won prizes. I believe they might still be sitting around laughing at me and my flashlight. Darin just sat back and laughed. He now owns my flashlight. I always find a way to make a fool of myself, but at least I can laugh and learn from my mistakes.

Later, as I was looking through my packet, I saw the t-shirts were short-sleeved not long-sleeved like advertised. Also, it might be worth mentioning that the bathrooms were a step above an out-house so if you are planning on doing this race in the future and eating dinner in Indy like we were you will have to leave the park to change clothes and clean up because there are no luxuries here. It did cost \$4 to enter the park by the way.

In general, after the 3rd, 4th or 5th strike I think this race might be off my calendar for next year. I am glad we did it for the experience, but just had too many issues!

New Members

Welcome to
Club Kokomo!

Pamela Batey
Stephen Batey
Adri Freeman

Adriane Freeman
Dan Freeman
Heidi Freeman

Jensen Freeman
Sally Freeman
Sam Freeman

2007 Points Standings

Races scored include the JN Amboy, Ultimate Challenge, Old Ben, Race for the Cure, JN Jackson Morrow, Composer Classic, Trojan Trot, JN Greentown, Relay for Life, Race for Grace, Haynes Apperson, Ironhorse, Panther Prowl, JN converse, Age-graded, BeeBumble, Cole Porter, JN Bunker Hill and any one marathon, half-marathon or volunteer.

Runners	35-39	Kathleen Leach 1-20H	Scott Colford 13-250MH
	Lisa Jones 10-177H		T.A. Weber 11-145H
Women	Heather Weber 9-160HV	Men	Scott Riggle 7-117H
	Teresa Long 3-60H		Jeff Kuczera 6-105
0-12	Lisa Birkhimer 2-30H	0-12	Vernon Graves 8-104H
Victoria Christenson 1-20H	Tami Moore 1-20H	Joshua Revils 10-190	Michael Lake 8-91H
Aubrey Jackson 1-20	Tosha Rogers 1-20H	James Longwith 8-124	Donny Smith 6-79H
	Stella Rood 1-20	Quinn Reinhardt 7-110V	Michael Rood 2-30
13-19	Gina Sheets 1-20M	Waylon Coulter 2-40	Mitch Reeves 1-20H
Sarah Lee 12-172H	Shelly Wyman 1-15	Nicholas Webster 1-20H	Travis Sheets 1-20H
Vanessa Lorenz 8-103V	Jennifer Mayfield 1-10		Dennis Ball 2-19
Amber Longwith 8-102		13-19	
Katie Hollingsworth 5-77	40-44	Mason McGovern 7-125	40-44
Laura Bauson 4-70	Michelle Hollingsworth 13-250H	Brandon Sheline 5-100	Brian Reinhardt 16-285MHV
Annina Gruber 4-67	Patti Reinhardt 14-235MHV	Jordan Lee 6-94H	Michael Graham 18-259HV
Nicole Parry 4-57	Kim Anderson 1-20H	Jesse Bauson 5-82MH	Dana Neer 9-170HV
Nicole Jackson 3-44V		Kaleb Hollingsworth 4-55	Darin Hollingsworth 13-155H
Waverly Neer 2-40	45-49	Peter Bauson 4-54H	Ron Moore 8-122H
Katie Christenson 1-20H	Roxane Burrous 7-140MH	Tony Robinette 2-32	Dan Lutes 3-60MH
Emily Christenson 1-20H	Cassie Bauson 5-95H	Kyle Starich 2-22	Brandon Mink 3-40
Mindy Tetrault 1-20V	Maureen Prentice 4-67H	Keith Bauson 2-20	Mark Webster 2-30H
	Sandy Knowland 3-50H	Carl Christenson 1-20H	Mike Williams 2-30H
20-24	Cheryl Marner 3-45H	Andrew Swinehart 1-20H	Don Rogers 2-29M
Holly Hurlburt 5-87	Carla Yerkes 2-40H	Sam Williamson, Jr. 1-20	Shawn Mayfield 1-20H
Sarah Bauson 4-80H		Matthew Robertson 2-19	
Grace Bauson 3-50H	50-54	Ben Bradshaw 1-10	45-49
Megan Green 1-20	Robin Tetrault 14-230MHV		Al Hochgesang 10-180
Jamie Jackson 1-20	Lorene Sandifur 12-220HV	20-24	Kim Lee 11-160H
Stephanie Overman 1-20H	Robin Cole 13-169	Bryan Phillips 3-60	Ken Swinehart 11-143HV
	Vicki Boles 5-95H	Justin Ashcraft 2-40	Phil Rozzi 8-140M
25-29	Christine Williamson 6-94	Kevin Callaghan 1-20H	Eric Mathew 9-131MH
Kathleen Bagwell 14-242H	Jill Parry 4-67V	Zach Overman 1-20H	Mark Rodgers 7-99H
Allison Irvin 11-190H	Debra Perkins 2-32H	Brett Sanders 1-10	Ray Tetrault 6-96MHV
Jillian Weaver 9-118	Marsha Daugherty 2-30		Byron Bundrent 3-60
Rebekah Kinney 8-116H		25-29	Bill Bauson 3-37H
Justine Eads 6-81H	55-59	Mark Eads 6-110H	Mike Jones 2-32H
Karen Bush 5-67H	Joyce Pennycoff 16-310HV	Matt Yarosz 3-60	Gary Jewell 1-20V
Kelly Wright 2-40HV	Rhenda Acton 12-190HV	Cory Jackson 3-45	Brent Marner 1-20H
Shannon Reinagle 2-30H	Kathie Barnett 2-30V	Seth Daugherty 2-40	Greg Sumpter 1-20M
Brianne Boles 2-28H	Barb Wand 2-30V	Nathan Hovermale 2-35	
Michelle Tetrault 1-20V	Anne Wiles 2-30V		50-54
	Shirley Wilson 1-10	30-34	Mark Shorter 18-289H
30-34		Matt York 13-225H	Earl Strong 15-285MH
Darcie York 9-155H	60-64	Ryan Bagwell 13-176	Mike Deardorff 13-164HV
Jeanette Merritt 9-137H	Kathy Murdoch 4-80	William Irvin 9-155H	Jerry Meiring 10-110
Robyn Pagington 4-80	Doris Griffith 3-55V	Keith Hill 9-125H	Greg Townsend 7-94MV
Geana Moore 5-70	Susan Gerhart 2-40H	Christopher James 7-120H	Russ Hovermale 6-69
Amy Piazza-Graves 4-70H	Trudy Pierce 1-20H	David Reinagle 4-50H	Don Gifford 3-55H
Lisa Stucker 1-12		Ryan Hanlon 2-17	Dave White 3-50HV
Dona Smith 1-10			Michael Campbell 2-40MH
	65-69	35-39	Tom Sheridan 2-17

2007 Points Standings (continued)

55-59
 Ricke Stucker 18-280
 Joe Rangel 12-240
 Charlie Skoog 13-163V
 Tom Miklik 8-112HV
 Phil Leininger 6-80H
 Steve Wand 5-74HV
 Fred Chew 3-50H
 John Wiles 3-50HV
 Steve Kilcline 3-41V
 Chris Smith 1-10
 Bill Cox 1-9

60-64
 David Hughes 11-205M
 Doug Mankell 8-132H
 Sam Williamson, Sr. 7-117
 Bill Barnett 3-50V
 Walter Brown 2-30

65-69
 Stan Shuey 12-215
 Dale Sullivan 10-156
 John Norris 8-145H
 Charles Johnson 1-20H
 Darrell Pennycoff 1-12
 Jerry Leach 1-10

70+
 Bill Heck 9-175V
 Robert Cupp 11-167
 Riley Case 3-60

Walkers

Women

49-
 Mary Miller 17-320H
 Amanda Pena 17-252V
 Jane Inman 14-182HV
 Debbie Riffe 17-182V

Raye Jean Swinehart 11-132HV
 Emily Allen 12-99
 Cara Lee 4-45H
 Becky Christenson 2-32H
 Karen Jewell 1-20V
 Darlene Jackson 2-15
 Carol Savage 1-6

50+
 Sylvy Bledsoe 11-220HV
 Sylvia Burgin 16-217H
 Judy Smith 13-196HV
 Pat Robertson 13-146HV
 Diana Brown 10-113
 Kathy Allen 11-110
 Cynthia Sanders 10-97V
 Anna Dollens 4-80
 Angela Lorenz 4-36
 Diane Gifford 1-20

Men

49-

Steve Inman 13-260HV
 Brian Allen 16-255HV
 Nicholas Allen 6-83
 Tim Revils 3-37
 Bruce Savage 1-10

50+
 Rick Spencer 15-290H
 Keith McAndrews 15-231MH
 Tim Taflinger 18-227H
 Jerry Lambert 14-175HV
 Rocky Smith 12-139HV
 Jackie Sanders 16-136V
 Robin Michael 10-111MH
 Milt Brown 7-69V
 Russell Fox 2-35H
 Toney Lorenz 4-32
 Jim Burrous 4-28
 John McGinty 3-25
 Melvin Hobbs III 1-20H
 John Robertson 2-15

Directions to Mounds State Park

From Kokomo take US 31 south to SR 26.

Take SR 26 East (left) until you reach SR 9.

Take SR 9 south (right) until you reach SR 32.

Take SR 32 East (left) for approximately 3 miles until you reach Mounds Road.

Head south (right) on Mounds Road and the entrance to Mounds State Park is on the right between 2-3 miles down.



Race Results

Club Kokomo Fun Mile
Wednesday, October 3

12:00 Noon Race

1. Joe Rangel 5:54
3. Cory Jackson 6:58
4. Charlie Skoog 7:31
5. Jaime Jackson 8:07
6. Kathy Murdoch 8:08
7. Bill Heck 8:19
8. Cathy Longwith 14:50
9. Jackie Sanders 15:37

6:00 PM Race

1. Matt York 5:31
2. Joe Rangel 5:48
6. Cory Jackson 7:16
7. Vanessa Lorenz 7:33
8. Lisa Jones 7:35
9. Greg Sumpter 7:36
10. Mark Jones 7:37
11. Joyce Pennycoff 7:49
12. Nicole Jackson 7:51
13. Kathy Murdoch 7:52
15. Ryan Jones 8:36
19. Jerry Lambert 9:02
20. Riley Jones 10:11
21. Mary Miller 10:12
22. Aubry Jackson 10:42
23. Jaime Jackson 10:42
24. Sylvia Burgin 12:28

Club Kokomo Fun Mile
Wednesday, October 10

12:00 Noon Race

1. Joe Rangel 6:05
2. Greg Landrum 8:03
3. Charlie Skoog 8:04
5. Jackie Sanders 15:39
6. Julia Green 15:39

6:00 PM Race

1. Joe Rangel 6:09
2. Cory Jackson 7:02
5. Greg Sumpter 7:22
6. Steve Wand 7:29
7. Mark Jones 7:30
8. Lisa Jones 7:32
12. Jerry Lambert 9:15
17. Aubry Jackson 11:33
18. Jaime Jackson 11:34
20. Kate Mayfield 13:48
21. Jennifer Mayfield 13:48

Club Kokomo Fun Mile
Wednesday, October 17

12:00 Noon Race

1. Chris Wilson 6:00
2. Joe Rangel 6:03
3. Charlie Skoog 7:25
4. Greg Landrum 7:56
5. Cathy Longwith 15:11
6. Jackie Sanders 15:51

6:00 PM Race

1. Joe Rangel 6:15
2. Mike Williams 6:24
3. Cory Jackson 6:57
5. Greg Sumpter 7:16
6. Mark Jones 7:28
7. Lisa Jones 7:37
10. Quinn Reinhardt 8:02
11. Vicki Boles 8:35
13. Jerry Lambert 9:18
14. Mary Miller 10:08
15. Aubry Jackson 10:50
16. Jaime Jackson 10:50
17. Tim Taflinger 11:03

John Norris
October 20, 2007
Bunker Hill, IN

5-Mile Run

1. Scott Colford 27:42
5. Joe Rangel 32:19
6. Matt York 32:51
7. Brian Reinhardt 33:47
8. Ron Moore 34:22
10. Robyn Pasington 34:47
11. Al Hochgesang 35:08
12. Michael Graham 36:12
13. Phil Rozzi 37:23
14. Mark Shorter 37:32
16. Matt Yarosz 38:33
17. Earl Strong 38:44
18. Ricke Stucker 38:45
19. Roxane Burrous 39:37
20. Josh Revils 40:05
21. Charlie Skoog 40:33
22. Lisa Jones 42:16
23. Jerry Meiring 42:19
25. David Hughes 42:46
26. Lorene Sandifur 42:53
28. Cory Jackson 45:20
30. Ray Tetrault 46:02
32. Michael Rood 47:34
33. Sam Williamson 48:03

34. Joyce Pennycoff 48:12
35. Robin Tetrault 48:16
36. Patti Reinhardt 48:17
37. Ryan Bagwell 48:45
38. Kathy Bagwell 48:46
39. Robin Cole 48:49
41. Doug Mankell 55:38
- 41 Finishers

5k Walk

1. Rick Spencer 31:13
2. Keith McAndrews 32:25
3. Mary Miller 33:06
4. Tim Taflinger 34:50
5. Steve Inman 35:44
6. Amanda Pena 36:44
8. Anna Dollens 37:53
9. Brian Allen 37:54
10. Jane Inman 39:44
12. Debbie Riffe 43:05
13. Jim Burrous 44:07
14. Nicholas Allen 46:12

15. Kathy Allen 46:38
16. Emily Allen 46:39
17. Aubry Jackson 46:42
18. Jamie Jackson 46:43
19. Diana Brown 46:44
20. Jack Sanders 49:54
21. Cindy Sanders 50:12
- 22 Finishers

Club Kokomo Fun Mile
Wednesday, October 24

12:00 Noon Race

1. Joe Rangel 5:59
3. Charlie Skoog 7:56
4. Greg Landrum 8:01
5. Doug Mankell 8:35
6. Jackie Sanders 15:30

6:00 PM Race

1. Sam Freeman 5:09
2. Joe Rangel 6:01

3. Waylon Coulter 6:12
4. Heidi Freeman 6:28
6. Greg Sumpter 7:22
7. Cory Jackson 7:30
9. Lisa Jones 7:41
10. Mark Jones 7:43
11. Jensen Freeman 7:46
12. Vicki Boles 8:40
14. Adriane Freeman 9:50
16. Cindy Coulter 9:58
17. Jerry Lambert 10:07
18. Mary Miller 10:08
19. Aubry Jackson 10:28
20. Jaime Jackson 10:28
21. Adri Freeman 10:30
22. Bob Longwith 11:21
24. Sylvia Burgin 13:06
25. Cathy Longwith 14:54

Other Race Results

Monster Mash Dash

October 6, 2007

Eagle Creek Park, Indianapolis

1. Dustin Smith 30:19
 - 1w. Heather Murdock 32:45
 23. Michelle Hollingsworth 38:05
 29. Darin Hollingsworth 39:27
- 152 participants

Monumental Challenge Marathon

October 7, 2007

Hill City, SD

1. Matt Dewald 2:31:38
 - 1w. Lisa Fligge 3:22:35
 109. Earl Strong 4:48:18
- 160 Finishers

Whistlestop Marathon

October 13, 2007

Ashland, WI

1. Eric Hartmark 2:28:41
 17. Brian Reinhardt 3:01:57
 - 1w. Paula Augustin 3:06:35
 492. Patti Reinhardt 4:31:41
 633. Robin Tetrault 5:22:42
 654. Ray Tetrault 5:47:31
- 667 Finishers

Atlantic City Marathon

October 14, 2007

Atlantic City, NJ

1. Henry Notaro 2:54:38
 - 1w. Nancy Pino 3:32:32
 22. Dan Lutes 3:31:57
 87. Earl Strong 4:12:45
- 216 Finishers

Indianapolis Marathon

October 20, 2007

Lawrence, IN

1. Daniel Bretscher 1:11:53
 - 1w. Jennifer Henk 1:23:18
 871. Mark Rodgers 2:03:36
 1595. Jeanette Merritt 2:40:16
- 2016 Finishers

Race Calendar 2008

March 8
Norris Insurance 5K Run/Walk
Time: 9 AM
Location: Amboy, IN

March 15
Old Ben 5K Run/Walk
Time: 9 AM
Location: Highland Park

April 5
CK Ultimate 10m run or 5m Run/Walk
Time: 9 AM
Location: Logansport, IN

April 19
Race for the Cure 5K Run/Walk
Time: 9 AM
Location: Indianapolis, IN
10 points for each finisher

May 17
Norris Insurance 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Jackson Morrow Park

May 24
Composer Classic 5k
Time: 8 AM
Location: Highland Park

June 7
Trojan Trot 5KRun/ Walk
Time: 8 AM
Location: Sharpsville, IN

June 14
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Greentown, IN

June 20-21
Relay for Life
Location: Kokomo High School
10 points for each finisher

June 28
Race for Grace 5K Run
Time: 8 AM
Location: Logansport, IN

July 5
Haynes-Apperson 4 Mile Run/3 Mile Walk
Time: 8 AM
Location: Memorial Gym, Kokomo, IN

July 12
Iron Horse 4 Mile Run/ 3 Mile Walk
Time: 8 AM
Location: Logansport, IN

July 19
Panther Prowl 4 Mile Run/5k Walk
Time: 8 AM
Location: Western H.S.,
Russiaville, IN

August 2
Norris Insurance 5K Run/ Walk
Time: 8 AM
Location: Converse, IN

August 9
CKRR Age-Graded 4 Mile Run & 5K Walk
Time: 8 AM
Location: Highland Park

August 23
CAM Run for Shelter 5k Run/Walk
Time: TBD
Location: Oakbrook Valley

September 6
Kim Adair 5k Run/Walk
Time: 8 AM
Location: Sharpsville, IN

September 20 (Tentative)
Cole Porter 15K Run/ 5K Run/Walk
Time: 8:30 AM
Location: Peru, IN

September 27
9th BeeBumble 5k-10k Run/5k Walk
Time: 8 AM
Location: Burnetsville, IN

October 18
Norris Insurance 5 Mile Run/ 5K Walk
Time: 8 AM
Location: Bunker Hill, IN

October 26
Club Kokomo 5 Mile Run/3 Mile Walk
Time: 2 PM
Location: Nickel Plate Trail, Peru, IN

November 8
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School

November 27
CKRR Thanksgiving Day Fun Run
Time: 8 AM
Location: Highland Park
(Non Points)

December 7
CKRR Charity 5k Run/Walk
Time: 2 PM
Location: UAW 685

December 31
CKRR New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW 685

Remaining 2007 Races

November 4
Run the Mounds 5m Run/Walk
Time: 2 PM
Location: Anderson, IN

November 10
CKRR 4 Mile Run/ 5K Walk
Time: 9 AM
Location: McKinley School

November 22 (non-points)
CKRR Thanksgiving Day Fun Run
Time: 8 AM
Location: Highland Park

December 2
CKRR Charity Run 5K
Time: 2 PM
Location: UAW Local 292
(20 pts each finisher)

December 31
New Years Eve 5k Run/Walk
Time: 2 PM
Location: UAW Local 292