



The Roadrunner

February 2010

Email: ckrr.newseditor@att.net

Club Kokomo Roadrunners

Register for the Race for the Cure

Next Events

- February 28

Club Kokomo Awards
Banquet

Time: 2 PM

- March 06

Norris Insurance 5K Run/
Walk

Time: 9 AM

- March 13

Old Ben 5K Run/ Walk

Time: 9 AM

- March 27

Sam Costa 1/4 & 1/2
Marathon

Time: 9 AM

It's time to sign up for Club Kokomo's Race for the Cure Team. John is stepping away as team captain and Adriene, Rebekah and Joni are teaming up this year to coordinate Club Kokomo's Team. Please register for Club Kokomo's team and help us support the Race for the Cure.

Online registration is open for the 2010 Susan G. Komen Race for the Cure Indianapolis on Saturday, April 17. There are no changes in entry fees. Team member registration closes March 22, so go online and join Club Kokomo's Race for the Cure team.

www.komenindy.org. If you registered online last year, you can log in using your username and password. If you don't remember your username and/or password, follow the instructions and Komen will email them to you. If you did not register online last year, select "Join a Team." Our team's name is Club Kokomo Roadrunners and Adriene Riggle is the team captain. To be on Club Kokomo's Team, you have to register online. If there are members who do not have a computer, please contact Adriene Riggle at (765) 452-1502.

Once again, you will be able to register additional members at

the same time as you register yourself. You will fill in the boxes labeled additional family members. However, the additional person does not have to be a "family" member for you to use this feature.

NEW FEATURE: This year when you register online, your packets (including your t-shirt) will be mailed to your home at no additional charge.

Team registration closes March 22, so go online and help Club Kokomo and Komen Indy set records again this year!!

Thank you to all those that have already registered!

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Some of the Club Kokomo Team from 2009

From the President — Do you really believe



Do you really believe that what you believe is really real? Do you? Have you thought about it? My friend, our CKRR Chaplain, Steve Wand, and his lovely wife, Barbara, opened their home to several folks this past fall (six Club members) to ponder that question framing our faith. Trav has already left for Vietnam and Charlie, Dan and I leave on Sunday. I am sure the March newsletter will be full of our experiences. I would not be making this trip if it were not for those Club members who supported my 24 hour run, thank you. Club Kokomo has brought wonderful people into my life each blessing my life with their unique gifts – thank you.

Speaking of gifts – I am looking for a few good members who are gifted with thought, vision, willing to research, willing to seek out best practices, and willing to give of their time. What do I need? I am organizing two committees; one to review our Constitution and By Laws and one Long Term Capital Ex-

penditure Committee. Are we doing what we are suppose be doing – yes / no and why / why not? Are we planning for the future, are we working on behalf of the object of CKRR, “... to encourage people to recognize the healthful benefits of running and walking and to promote recreational competitive running and walking.”

The Constitution and By Laws committee will be encouraged to review how other clubs are organized. This committee will speak with past club officers and current members for input. At the September 13th Board meeting the committee will propose any amendments. These proposals must pass by majority of the vote at the meeting. Then the proposals will be printed in the October newsletter. At the October 11th meeting the proposals as originally presented, must have a majority vote to pass. If passed the amendments go into effect immediately. I would like to have five people on this committee – if you are interested please let me know by February 15th.

The Long Term Capital Expenditure Committee will serve to understand the club's assets and led visionary planning for the Club. Now if you attended the January Board meeting my timing was different then what I am presenting here, the reason is the current way we must make amendments to the By-Laws. If this committee wants to make any By-Law changes they should work in conjunction with the Constitution and By-Laws committee. The Long Term Capital Expenditure Committee will present their findings to the Constitution and By-Laws committee in August or sometime before the September 13th board meeting. Again, the purpose for this step is if amendments must be made based upon findings the Constitu-

tion and By-Laws committee are prepared. At the September 13th board meeting the Long Term Capital Expenditure Committee will present their findings and recommendations. The findings and recommendations will be printed in the October newsletter. Final discussion will take place at the October 11th board meeting. I would like to have five people on this committee and I need your commitment by February 15th. I type this all the time and I will type it again; this is your club if you want to see improvements you need to be involved and serving on one of these committees and attending board meetings is a great way to be involved.

The annual luncheon is coming up on Sunday, February 28th, 2:00pm at the First Church of the Nazarene, 2734 S. Washington, Kokomo. This is a pitch in luncheon, you are asked to bring your best pot of chili, or a side dish to share. Remember last year we ran out of chili so please plan accordingly. I want to thank the Advisory committee who gave of their time to give input on what Club members should be recognized for their walking and running 2009 season. Nikki Frazier, Pat Robertson, Charlie Skoog, Robin Tetrault, Mary Miller, Scott Riggle and Travis Sheets worked well together suggesting, nominating and approving award winners – be sure to thank these folks.

Soon the snow will melt, the wind will pick up and it will be time to eat pancakes at Amboy, oh, first you must run/walk and then eat pancakes at Amboy. Our first race is March 6th at Amboy – are you getting ready? Wise training prevents injuries and set backs, believe me I know.

Be careful out there –

Gina

Happy Birthday

2/1 Aidan Frazier	2/16 Kathleen Bagwell	2/20 Stella Rood
2/5 Gretchen Riggle	2/16 Roxane Burrous	2/21 Shannon Reinagle
2/6 Scott Pagington	2/16 Keith Hill	2/23 Kaylee Perkins
2/6 Terry Townsend	2/18 Jamie Dunlap	2/23 Brayden York
2/9 Amber Longwith	2/19 Steve Currens	2/24 Dan Lutes
2/12 Barb Millsbaugh	2/19 Cory Jackson	2/28 Jayne Hiatt
2/14 Maxx Coy	2/19 John Norris	2/28 Shelby Revils
		2/29 Alexandra Deyoe

Walking Club Records

1 Mile

Women

35-39	Raye Jean Swinehart	49:02
40-44	Jane Inman	24:53
45-49	Mary Miller	10:03
50-54	Amanda Pena	11:15
55-59	Angie Lorenz	18:15
60-64	Pat Robertson	28:43

Men

20-24	Vincent Lorenz	9:22
40-44	Steve Inman	22:10
45-49	Tim Taflinger	23:16
55-59	Barry Donovan	24:57
60-64	Jerry Lambert	20:42

2 Mile

Women

35-39	Mary Miller	25:22
40-44	Mary Miller	24:18
45-49	Barb Coles	33:01
50-54	Donna Gentry	27:51
55-59	JJ Schmidt	27:12
60-64	Pat Robertson	27:25
70+	Helen Brown	35:25

Men

0-12	Wesley White	21:59
40-44	Steve Inman	23:17
45-49	Rick Spencer	20:01
50-54	Tim Taflinger	22:18
60-64	Jerry Lambert	17:30

4k

Women

25-29	Geana Mosson	34:08
40-44	Mary Miller	32:11
45-49	Mary Miller	27:41
50-54	Barb Wand	42:59
60-64	Pat Robertson	38:02
65-69	Pat Robertson	40:04

Men

40-44	Steve Inman	31:01
45-49	Keith McAndrews	26:26
50-54	Rick Spencer	25:46
60-64	John McGinty	32:05
65-69	Jerry Lambert	26:30

3 Mile

Women

0-12	Emily Allen	40:54
13-19	Nicole Parry	34:48
35-39	Raye Jean Swinehart	42:43
40-44	Mary Miller	32:08
45-49	Mary Miller	30:22

50-54	Amanda Pena	34:45
55-59	Sue Smock	32:08
60-64	Pat Robertson	40:10
65-69	Pat Robertson	42:20
70+	Helen Brown	50:08

Men

0-12	Nicholas Allen	40:49
20-24	Vincent Lorenz	31:38
35-39	Brian Allen	35:42
40-44	Steve Inman	33:29
45-49	Rick Spencer	27:17
50-54	Tim Taflinger	27:09
55-59	Steve Mount	32:28
60-64	Jerry Lambert	26:36
65-69	Jerry Lambert	26:45
70+	Jerry Lambert	30:49

5k

Women

0-12	Emily Allen	39:34
13-19	Karly Irwin	43:32
20-24	Cara Lee	40:28
25-29	Geana Mosson	35:51
30-34	Penny Frazier	37:01
35-39	Mary Miller	33:07
40-44	Mary Miller	33:03
45-49	Mary Miller	31:27
50-54	Amanda Pena	35:08
55-59	Sue Smock	32:25
60-64	Sylvia Burgin	41:00
65-69	Pat Robertson	42:43
70+	Pat Robertson	48:50

Men

0-12	Nicholas Allen	39:43
20-24	Vincent Lorenz	32:12
35-39	Brian Allen	36:57
40-44	Steve Inman	33:24
45-49	Rick Spencer	28:06
50-54	Tim Taflinger	28:38
55-59	Jerry Lambert	27:15
60-64	Jerry Lambert	27:29
65-69	Jerry Lambert	27:41
70+	Jerry Lambert	30:39

4 Mile

Women

0-12	Emily Allen	53:42
20-24	Kerry Miklik	1:00:18
25-29	Michelle Crocket	53:37
30-34	Penny Frazier	48:01
35-39	Roberta Myers	46:27
40-44	Diane Shockey	50:38
45-49	Mary Miller	43:05
50-54	Anna Dollens	48:13
55-59	Julia Donahue	50:13
60-64	Pat Robertson	55:12
65-69	Pat Robertson	59:52
70+	Helen Brown	1:07:50

Men

0-12	Nicholas Allen	53:14
35-39	Brian Allen	45:36
45-49	Tim Taflinger	39:36
50-54	Rick Spencer	40:58
55-59	Jerry Lambert	37:11
60-64	Jerry Lambert	38:21
65-69	Jerry Lambert	41:25
70+	Jerry Lambert	40:45

5 Mile

Women

0-12	Emily Allen	1:11:43
35-39	Mary Miller	1:09:00
40-44	Mary Miller	55:15
45-49	Mary Miller	53:00
50-54	Anna Dollens	59:55
55-59	JJ Schmidt	1:04:42
60-64	Pat Robertson	1:10:23
65-69	Pat Robertson	1:14:09
70+		

Men

35-39	Brian Allen	1:16:26
40-44	Steve Inman	56:56
45-49	Rick Spencer	47:45
50-54	Rick Spencer	52:58
55-59	Tom Gebeau	59:34
60-64	Jerry Lambert	46:58

Half Marathon

Women

20-24	Cara Lee	3:22:09
35-39	Sharon Miller	2:56:22
40-44	Mary Miller	2:27:31
45-49	Mary Miller	2:18:11
50-54	Anna Dollens	2:27:32
55-59	Sue Smock	2:49:16
60-64	Pat Robertson	3:09:52
65-69	Pat Robertson	3:18:58

Men

35-39	Tim Revils	3:15:21
40-44	Brian Allen	2:47:51
45-49	Rick Spencer	2:12:55
50-54	Rick Spencer	2:05:30
55-59	Robin Michael	2:22:11
60-64	Jerry Lambert	2:31:53
65-69	Jerry Lambert	2:25:21
70+	Jerry Lambert	2:43:32

Marathon

Men

45-49	Keith McAndrews	5:14:56
50-54	Keith McAndrews	6:00:08
55-59	Melvin Hobbs III	6:09:17

Running Club Records

1 Mile

Women

0-12	Aubrey Jackson	9:32
13-19	Stephanie Miller	5:45
20-24	Megan Tetrault	7:08
25-29	Allison Irvin	6:35
30-34	Darci York	7:56
35-39	Roxane Osborn	6:25
40-44	Lorene Sandifur	6:51
45-49	Roxane Burrous	7:14
50-54	Anna Dollens	7:38
55-59	Joyce Pennycoff	7:49
60-64	Kathy Murdoch	7:48
65-69	Sylvia Burgin	11:53
70+		

Men

0-12	Waylon Coulter	5:50
13-19	Jeremy Grams	4:54
20-24	Bryan Phillips	4:36
25-29	Kevin Forgrave	4:52
30-34	Kenny Bennett	4:56
35-39	Byron Bundrent	4:50
40-44	Earl Strong	5:19
45-49	Dana Neer	5:07
50-54	Jeff Cardwell	5:55
55-59	Joe Rangel	5:38
60-64	Bill Heck	6:18
65-69	Stan Shuey	6:55
70+	Bill Heck	7:39

3 Mile

Women

13-19	Sarah Bauson	23:21
20-24	Grace Bauson	23:50
30-34	Tami Moore	25:23
35-39	Gina Sheets	23:47
40-44	Patti Reinhardt	24:17
45-49	Cassie Bauson	24:20
50-54	Joyce Pennycoff	24:32

Men

0-12	Brandon Sheline	20:55
13-19	Matt Robertson	18:20
25-29	William Irvin	19:00
30-34	Scott Colford	16:05
35-39	Tony Campbell	20:23
40-44	Gary Jewell	16:51
45-49	Ray Tetrault	21:59
50-54	Charlie Skoog	20:47
55-59	Tom Miklik	23:09
60-64	Stan Shuey	24:54
65-69	John Norris	23:44
70+	Milt Brown	34:21

5k

Women

0-12	Waverly Neer	19:25
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13-19	Waverly Neer	17:58
20-24	Christan Bahler	18:15
25-29	Robyn Pagington	19:18
30-34	Karlene Herrell	18:15
35-39	Heather Weber	18:22
40-44	Angie Minnefield	21:34
45-49	Lien Koztecki	21:11
50-54	Lorene Sandifur	23:04
55-59	Joyce Pennycoff	26:43
60-64	Kathy Murdoch	26:58
65-69	Susan Gerhart	41:16

Men

0-12	Jarred Hall	18:27
13-19	Bryan Phillips	15:15
20-24	Bryan Phillips	15:34
25-29	Kevin Forgrave	15:51
30-34	Kevin Forgrave	15:36
35-39	David Gardner	15:55
40-44	David Gardner	15:50
45-49	Byron Bundrent	17:18
50-54	Chuck Masters	18:01
55-59	Joe Rangel	18:47
60-64	John Norris	20:24
65-69	Bill Heck	22:00
70+	Bill Heck	25:33

6k

Women

0-12	Missy Tetrault	36:12
13-19	Christan Bahler	26:00
20-24	Jill Pennycoff	39:48
25-29	Lisa Stucker	39:34
30-34	Tami Moore	32:45
35-39	Sue Gibson	37:28
40-44	Roxane Osborn	29:57
45-49	Robin Tetrault	36:50
50-54	Lien Koztecki	34:47

Men

0-12	Jarred Hall	27:04
13-19	Dickie Bishop	22:35
20-24	Daniel McGill	23:06
25-29	Scott Colford	22:59
30-34	Scott Colford	22:39
35-39	Gary Jewell	22:17
40-44	Ken Swinehart	27:15
45-49	Charlie Skoog	27:35
50-54	Charlie Skoog	26:09
55-59	Jim Burrous	32:38
60-64	Ken Huston	42:02
65-69	Bob Cupp	39:31

4 Mile

Women

0-12	Waverly Neer	26:34
13-19	Leslie Carden	23:40
20-24	Christan Bahler	25:00

25-29	Robyn Pagington	24:09
30-34	Karlene Herrell	22:53
35-39	Heather Weber	23:51
40-44	Carla Yerkes	26:04
45-49	Carla Yerkes	27:39
50-54	Anna Dollens	30:36
55-59	Doris Griffith	33:11
60-64	Kathy Murdoch	34:25
65-69	Kathlene Leach	43:40

Men

0-12	Jarred Hall	24:16
13-19	Jeremy Grams	20:30
20-24	Luke Baker	20:50
25-29	Kevin Forgrave	20:48
30-34	Kevin Forgrave	20:26
35-39	David Gardner	20:53
40-44	Gary Romesser	20:01
45-49	Byron Bundrent	22:52
50-54	Chuck Masters	23:49
55-59	Joe Rangel	24:03
60-64	John Norris	26:26
65-69	Bill Heck	29:07
70+	Bill Heck	34:32

8k

Women

13-19	Tonya Buffum	33:35
20-24	Allison Traver	40:04
25-29	Allison Irvin	51:43
30-34	Heather Weber	33:44
35-39	Lisa Jones	40:53
40-44	Lorene Sandifur	39:51
45-49	Lien Koztecki	37:04
50-54	Rhenda Acton	43:48
55-59	Lien Koztecki	45:42

Men

0-12	Aidan Frazier	52:52
13-19	Jeff Dwiggins	29:53
20-24	Seth Daugherty	29:33
25-29	Howard Harrell	28:52
30-34	Brian Reinhardt	30:29
35-39	Scott Colford	27:54
40-44	Gary Jewell	29:54
45-49	Byron Bundrent	28:39
50-54	Chuck Masters	34:57
55-59	Joe Rangel	31:46
60-64	Bill Heck	37:28
65-69	Ernie Strawn	40:18
70+	Bill Heck	51:23

5 Mile

Women

0-12	Kayla Reinagle	49:22
13-19	Tonya Buffum	31:37
20-24	Christan Bahler	32:24
25-29	Kelly Wright	34:32

Running Club Records (continued)

30-34 Maggie Kuhlman 33:17
 35-39 Heather Weber 30:27
 40-44 Gina Sheets 36:36
 45-49 Lien Koztecki 35:41
 50-54 Lorene Sandifur 40:23
 55-59 Lien Koztecki 45:13
 60-64 Kathy Murdoch 44:50

Men

0-12 Brandon Sheline 32:22
 13-19 David Graves 25:42
 20-24 Josh Daugherty 27:35
 25-29 Scott Colford 26:56
 30-34 Scott Colford 26:07
 35-39 Kenny Bennett 26:30
 40-44 Gary Jewell 28:17
 45-49 Byron Bundrent 29:12
 50-54 Chuck Masters 30:07
 55-59 Joe Rangel 31:00
 60-64 Bill Heck 35:05
 65-69 Bill Heck 37:49
 70+ Bill Heck 43:25

10k

Women

13-19 Michelle Faulkner 41:28
 20-24 Allison Traver 52:58
 25-29 Michelle Clendenning 49:01
 30-34 Karlene Herrell 37:12
 35-39 Heather Weber 38:14
 40-44 Michelle Hollingsworth 48:31
 45-49 Lien Koztecki 45:00
 50-54 Lorene Sandifur 50:36
 55-59 Rhenda Acton 1:06:40

Men

0-12 Brandon Sheline 45:25
 13-19 David Graves 32:43
 20-24 Eric Jun 48:32
 25-29 Scott Colford 32:52
 30-34 Kevin Forgrave 32:30
 35-39 Kenny Bennett 33:27
 40-44 David Gardner 34:33
 45-49 Charlie Skoog 40:05
 50-54 Bill Bennett 42:22
 55-59 Joe Rangel 39:35
 60-64 John Norris 42:25
 65-69 Ed Krull 53:52

7 Mile

Women

25-29 Justine Eads 1:07:16
 35-39 Gina Sheets 57:19
 40-44 Patti Reinhardt 1:03:06
 45-49 Roxane Burrous 57:49

50-54 Lorene Sandifur 58:25
 Men
 25-29 Mark Eads 1:06:01
 30-34 Will Irvin 47:57
 45-49 Eric Mathew 50:34
 50-54 Mike Deardorff 58:48
 55-59 Charlie Skoog 52:07
 60-64 Jim Burrous 1:08:30
 65-69 Stan Shuey 1:00:49

15k

Women

13-19 Tonya Buffum 1:00:18
 25-29 Kelly Wright 1:09:09
 30-34 Karlene Herrell 57:56
 35-39 Heather Weber 59:03
 40-44 Roxane Burrous 1:17:20
 45-49 Lien Koztecki 1:10:29
 50-54 Lorene Sandifur 1:18:50

Men

0-12 Brandon Sheline 1:04:43
 13-19 Pat Pollard 54:10
 20-24 Seth Daugherty 55:48
 25-29 Scott Colford 50:45
 30-34 Kevin Forgrave 50:29
 35-39 David Gardner 50:26
 40-44 Brian Reinhardt 57:17
 45-49 Rick Stucker 1:01:15
 50-54 Charlie Skoog 1:05:08
 55-59 John Norris/Joe Rangel 1:00:35
 60-64 Dick Sims 1:06:03
 65-69 John Norris 1:18:58

10 Mile

Women

13-19 Leslie Carden 1:05:48
 20-24 Michelle Clendenning 1:21:47
 25-29 Kelly Wright 1:15:09
 30-34 Heather Weber 1:08:01
 35-39 Heather Weber 1:06:20
 40-44 Roxane Osborn 1:19:27
 45-49 Lien Koztecki 1:16:11
 50-54 Shirley Wilson 1:25:10
 55-59 Lien Koztecki 1:32:25

Men

0-12 Brandon Sheline 1:16:50
 13-19 Josh Daugherty 1:02:03
 20-24 Scott Stucker 1:14:02
 25-29 Scott Colford 55:54
 30-34 Scott Colford 56:21
 35-39 Scott Colford 55:24
 40-44 Gary Romesser 58:21
 45-49 Brian Reinhardt 1:03:57

50-54 Chuck Masters 1:07:17
 55-59 Joe Rangel 1:05:00
 60-64 John Norris 1:12:07
 65-69 Bill Heck 1:20:02

Half Marathon

Women

0-12 Victoria Christenson 2:43:52
 13-19 Michelle Faulkner 1:45:59
 20-24 Jill Pennycoff 1:42:41
 25-29 Robyn Pagington 1:30:22
 30-34 Karlene Herrell 1:19:04
 35-39 Karlene Herrell 1:23:25
 40-44 Carla Yerkes 1:30:43
 45-49 Carla Yerkes 1:32:47
 50-54 Lorene Sandifur 1:50:22
 55-59 Shirley Wilson 2:06:49
 60-64 Doris Griffith 2:11:05

Men

0-12 Jesse Bauson 2:08:23
 13-19 John Ely 1:15:02
 20-24 Seth Daugherty 1:22:05
 25-29 Scott Colford 1:12:57
 30-34 Kenny Bennett 1:12:21
 35-39 Scott Colford 1:12:27
 40-44 Gary Romesser 1:10:04
 45-49 Byron Bundrent 1:19:33
 50-54 Chuck Masters 1:26:01
 55-59 Joe Rangel 1:28:51
 60-64 John Norris 1:37:51
 65-69 Bill Heck 1:48:57
 70+ Glenn Artis 2:54:27

Marathon

Women

13-19 Brittiani Gillem 4:39:07
 20-24 Jill Pennycoff 3:55:22
 25-29 Robyn Pagington 3:08:03
 30-34 Karlene Herrell 2:56:58
 35-39 Roxane Osborn 3:24:00
 40-44 Roxane Osborn 3:24:55
 45-49 Carla Yerkes 3:31:41
 50-54 Lorene Sandifur 4:12:07
 55-59 Sue Smock 5:23:41

Men

13-19 David Yoder 3:46:24
 25-29 Scott Colford 2:31:06
 30-34 Scott Colford 2:29:53
 35-39 Scott Colford 2:33:31
 40-44 Terry Fletcher 2:48:19
 45-49 Rex Piercy 3:10:04
 50-54 Chuck Masters 3:13:40
 55-59 James Schneider 3:36:00
 60-64 James Schneider 3:34:13
 65-69 John Norris 3:56:54

Historical Running Club Records

Prior to January 1, 1994, our age group records were based on ten year increments. In January 1994 Club Kokomo decided to change to 5 year age groups, add some age groups, and not to convert the previous records to the new groups with the exception of the 0-19 age group which did not change at that time.

1 Mile			0-19	Michelle Faulkner 24:19		0-19	Michelle Faulkner 41:28	
Women			20-29	Karlene Herrell	21:39	20-29	Karlene Herrell	36:33
0-19	Jill Pennycoff	7:02	30-39	Maggie Kuhlman	25:43	30-39	Tina Root	38:16
30-39	Lorene Sandifur	6:54	40+	Lien Koztecki	25:51	40+	Shirley Wilson	43:23
40+	Rhenda Matchett	6:39				Men		
			Men			0-19	David Graves	32:43
Men			0-19	Gary Jewell	20:37	20-29	Mike Slaubaugh	31:58
0-19	Casey Cline	6:07	20-29	Mark Bilodeau	19:42	30-39	Kenny Bennett	33:26
20-29	Michael Graham	6:11	30-39	David Gardner	20:19	40-49	John Pacourek	34:26
30-39	David Gardner	5:04	40-49	John Pacourek	20:12	50+	Bill Heck	36:18
40-49	Mark Shorter	5:38	50+	John Norris	22:24			
50+	Bill Heck	6:02				7 Mile		
			8k			Men		
3 Mile			Women			0-19	Pat Pollard	44:56
Women			0-19	Tonya Buffum	33:35	30-39	David Smiley	40:05
20-29	Julia Spane	22:30	20-29	Maggie Kuhlman	33:35	40-49	George Miller	52:52
30-39	Betty Oliphant	21:29	30-39	Maggie Kuhlman	33:42			
			40+	Shirley Wilson	33:38	15k		
Men			Men			Women		
0-19	Travis Sandifur	22:21	0-19	Jeff Dwiggins	29:53	0-19	Tonya Buffum	1:00:18
20-29	Mike Slaubaugh	15:00	20-29	Mike Slaubaugh	26:08	20-29	Karlene Herrell	57:05
30-39	Greg Townsend	16:42	30-39	Kenny Bennett	27:10	30-39	Tina Root	59:56
40-49	George Devine	17:34	40-49	John Pacourek	27:33	40+	Lien Koztecki	1:04:22
50+	Don Middleton	22:22	50+	Bill Heck	29:47			
5k			5 Mile			Men		
Women			Women			0-19	Pat Pollard	54:10
0-19	Sarah Wiehe	20:05	0-19	Tonya Buffum	31:37	20-29	Kenny Bennett	49:19
20-29	Karlene Herrell	17:31	20-29	Karlene Erickson	29:34	30-39	Kenny Bennett	50:27
30-39	Maggie Kuhlman	19:51	30-39	Shirley Wilson	33:53	40-49	John Pacourek	53:57
40+	Shirley Wilson	20:28	40+	Lien Koztecki	34:30	50+	Bill Heck	57:27
						16k		
Men			Men			Women		
0-19	John Ely	16:19	0-19	David Graves	25:42	30-39	Rhenda Matchett	1:20:26
20-29	Mark Bilodeau	15:29	20-29	Mark Bilodeau	25:20	40+	Lien Koztecki	1:13:50
30-39	Kenny Bennett	15:51	30-39	Kenny Bennett	26:37			
40-49	John Pacourek	16:33	40-49	John Pacourek	27:28	Men		
50+	Bill Heck	17:47	50+	Bill Heck	28:51	0-19	Richard Vandervort	1:08:07
4 Mile						20-29	Kenny Bennett	55:58
			10k			30-39	Kenny Bennett	56:38
Women			Women			40-49	Ricke Stucker	1:02:08
						50+	Bill Heck	1:04:53

Historical Records (continued)

10 Mile	30-39 Ricke Stucker 1:20:08	
	40-49 Bill Heck 1:18:52	Men
Women		20-29 Greg Townsend 1:45:21
30-39 Jennie Roundtree 1:14:27	Half Marathon	30-39 Ricke Stucker 1:41:45
40+ Lien Koztecki 1:16:22		40-49 Jim Schneider 1:52:56
	Women	
Men	0-19 Michelle Faulkner 1:45:59	Marathon
0-19 Matt Carter 1:16:46	20-29 Karlene Herrell 1:19:17	Women
20-29 Mark Bilodeau 53:51	30-39 Tina Root 1:26:55	0-19 Nancy Blackowiak 5:14:30
30-39 Terry Fletcher 55:15	40+ Lien Koztecki 1:35:39	20-29 Shannon Flannery 3:06:00
40-49 Ricke Stucker 1:04:05		30-39 Tina Root 2:59:30
50+ John Norris 1:07:44	Men	40+ Lien Koztecki 3:29:07
	0-19 John Ely 1:15:02	
20k	20-29 Mike Slaubaugh 1:09:34	Men
	30-39 Kenny Bennett 1:12:48	20-29 Kenny Bennett 2:40:19
Men	40-49 Bill Heck 1:20:10	30-39 David Smiley 2:40:57
0-19 John Ely 1:12:38	50+ Bill Heck 1:22:12	40-49 Gary Romesser 2:34:34
20-29 David Smiley 1:15:32	25k	50+ John Norris 3:03:50

New Years Eve 5k

By Scott Riggle



Joni & Dave call out the names for the gift exchange

There was a great turn out for the final race event of 2009. There were a 166 total finishers this year up from 129 in 2008. The proceeds from the event go to support Coyote Kids and approximately 1899 dollars was raised.

What better way could there be to finish out the year than to get together with your friends and family for one last run. Kyle Walsh set a fast pace and finished 1st with a time of 16:37. Dana Neer was the first club member to finish in 4th place over all with a time of 18:37. Mary Miller and Vincent Lorenz were the first club walkers to finish with times of 32:27 & 30:46. For com-

plete results see the club website or January's newsletter. These were some great times considering the slick conditions in some areas.

After the race everybody was invited into the UAW hall for food and fellowship. There was plenty of soups, Annie O's rolls and deserts for all. Even seconds and in some cases thirds.

This was the first year Joni directed this race. Be sure to thank her for taking the time to organize a great event.

For those that missed this race in 2009 mark your calendars for 2010. It may be cold outside, but there is plenty of food and coffee to warm you up.

Right—Bill Bauson and Stan Shuey fill there plates after the race

New Members

Dave Emry

Lisa Emry

Lydia Emry

Welcome to CKRR!



Meeting Minutes

CLUB KOKOMO ROADRUNNERS

Minutes from January 11th, 2010

Attendance:

Chris James, Robin Tetrault, Sylvia Burgin, Diana Brown, Ann Wiles, Mark Shorter, John Wiles, Robin Cole, Gina & Travis Sheets, Charlie Skoog, Steve Wand, Rebekah Monroe & Tom Miklik

Financial Report:

General Fund \$3701.73

Cowan Fund \$2264.51

Coyote Kids \$9231.58

Race Director Reports

Race for Cure:

New Directors are Adriene Riggle, Rebekah Monroe & Joni McCracken

Haynes-Apperson

New Race director is Rebekah Monroe

Next Meeting is February 8, 2010

Fund Raiser for Missions

Valentines Day music and live musical entertainment with Robin, Michelle, and Megan Tetrault! All you can eat salad buffet, steak, chicken, choice of potato and vegetable and dessert. Tickets are \$13 per person before February 10th or \$15 at the door. The evening begins at 6:00 February 13th at Grace on the corner of East Jefferson and Union Street.

Call 765-854-1393 to make reservations!

Meeting Agenda

CLUB KOKOMO ROADRUNNERS AGENDA

February 8th, 2010

5:30 social hour - 6:30pm meeting start

LOCATION – Half Moon Brew Pub

Welcome

Minutes

Financial Report

Race Director Reports:

Upcoming

Discussion on Old Ben

Discussion on Race for a Cure

Sam Costa ¼ and ½ marathon

Awards Luncheon

Haynes Apperson

\$300 for use of gym

Old Business:

New Business:

DATE OF NEXT MEETINGS –

March 8th – Committee appointed

April 12th

May 10th

June 14th – Sheets will not be present

July 12th

August 9th

September 13th – nomination of officers, Committee recommendations

October 11th – committee recommendations, ballot to be approved

November 8th

December 13th – Induction of 2011/2012 officers.

Other Races

Trail Marathon Battle Ground, IN At the Historic Tippecanoe Battle- field

- Date: Saturday, April 3, 2010
- Start Time: 10:00 am
- Race Field: Limited to 300 runners (Marathon & Half-Marathon Courses)
- Distances: 5k, 15k, Half & Full Trail Marathon
- www.planetadventurerace.com

Location: Heritage Trail, Battleground
Indiana

1st Annual Shamrock Shuffle

Cass County Family YMCA

Saturday, March 13, 2010

9:00am

Location: Cass County YMCA

Email me if you would like an entry form



Jeff Cardwell ran so fast his gloves came off



Dana makes one more pass as he turns to the finish



Chili Cook Off



The Chili Cook off will once again be a highlight of the CKRR Awards luncheon. Prizes will be awarded for the top Chili dishes. Have a great "chili" dish you wish to share with CKRR, now is your chance. On February 28th at 2:00pm at the Nazarine Church (2734 S Washington St, Kokomo) will be the CKRR Awards luncheon. Please bring a dish to share and if you make a mean pot of chili please bring it, who knows you could win. Last year we ran out of chili and it could happen again so please plan to bring your best pot of chili.

Please email me if you can bring a pot of chili
ckrr.newseditor@att.net

Pictures from 2009



Photographers Wanted

I'm looking for some volunteers to help take pictures at the races this year. If you or a family member can take pictures at any of the events it would help me out tremendously. It is difficult for me to participate in events than take pictures. Some of you probably have family that are at most of the events that may take pictures. Just send them my way. Let me know if you or someone you know is willing to help.

Thank you,

Scott Riggle



Top Left—Cathy Weidler in Pink Parade of survivors

Middle Left: Club Volunteers for the Sam Costa

Bottom Left: Coyote Kids

Above: Scott Colford at the Ultimate

Reminder to get your dues in to Mark Shorter, our treasurer, for 2010.

2010 Race Calendar

February 28

Club Kokomo Awards Banquet

Time: 2 PM

Location: First Church of the Nazarene, 2734 S. Washington, Kokomo, IN

March 06

Norris Insurance 5K Run/ Walk

Time: 9 AM

Location: Community Building, Amboy, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

March 13

Old Ben 5K Run/ Walk

Time: 9 AM

Location: Rogers Pavilion, Highland Park

Contact: Katherine Hightower, Indiana University at Kokomo Alumni Relations Office

Email: chightow@iuk.edu

Phone: (765) 455-9941

March 27

Sam Costa 1/4 & 1/2 Marathon

Time: 9 AM

Location: Carmel, IN

Website: <http://www.samcosta.com/40/>

April 03

CKRR Ultimate 10 Mile Run & 5 Mile Run/ Walk

Time: 9 AM

Location: Tierney Warehouse, 1401 W. Cliff Drive, Logansport, IN

April 17

Race for the Cure 5K Run/ Walk

10 points for each finisher

Time: 9 AM

Location: Military Park, Indianapolis, IN

Contact: tuxbro@indy.rr.com

Phone: (317) 733-3300

May 15

Norris Insurance 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Jackson Morrow Park, Kokomo, IN

Contact: John Norris

Phone: (765) 395-7761 or (765) 395-7730

May 29

14th Kokomo Symphony Composer Classic 5K Run/Walk

Time: 9 AM

Location: Rogers Pavillion, Highland Park,

Contact: Beth Gentry

Phone: (765) 236-0251

Email: kokomosymphony@sbcglobal.net

June 03

Coyote Kids First Day

Location: Jackson Morrow Park

June 05

3rd Trojan Trot 5K/ Walk

Time: 8 AM

Location: Sharpsville, IN

Contact: Lisa Jones

Phone: (765) 480-2621

June 12

Norris Insurance 5 Mile Run/ 5K Walk

Time: 8 AM

Location: Greentown, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

June 18-19

Relay for Life

Location: Walter Cross Field, Kokomo High School,

July 03

Haynes-Apperson 4 Mile Run/ 3 Mile Walk

Time: 8 AM

Location: Memorial Gymnasium, Kokomo, IN

Contact: Mark Shorter, 2936 Congress Dr.,

Kokomo, IN 46902

Phone: (765) 455-2283

Email: Mark@ckrr.us

Haynes-Apperson Day Kids Track Meet

Time: 9:00 AM

Location: Kautz Field, Central Middle School

July 10

Race for Grace , 5K Run -

No Walk Event (10pts to each walker)

Time: 8 AM

Location: Calvary Presbyterian Church, 7th & Spencer Streets, Logansport, IN

Phone: (574) 753-0505

July 17

Panther Prowl 5K Mile Run/Walk -

Time: 8 AM

Location: Western High School, Russiaville, IN

Contact: David Britton

Phone: (765) 883-7360

August 07

Norris Insurance 5K Run/ Walk

Time: 8 AM

Location: Converse, IN

Contact: John Norris,

Phone: (765) 395-7761 or (765) 395-7730

August 14

CKRR Age-Graded 4 Mile Run & 5K Walk

Time: 8 AM

Location: Highland Park, Kokomo, IN

Contact: Mark Shorter, 2936 Congress Drive, Kokomo, IN 46902

Phone: (765) 455-2283

Email: mshorter13@comcast.net

August 14 or 21

CAM Run for Shelter 5K Run and Walk

Time: 8 AM

Location: Oakbrook Valley, Russiaville, IN

Contact: Oakbrook Community Church

Phone: (765) 252-7030

September 18

3rd Annual Ladies Night Out 5K *No-Points*

Time: 6:00 p.m.

Location: Kokomo, IN

Contact: Rebekah Monroe

Phone: (765) 461-8387

Email: rebekah.a.monroe@gmail.com

September 25

Bee Bumble 5K & 10K

Time: 8:00 a.m.

Location: Burnettsville, IN

Website: <http://www.beebumble5k.org/>

October 02

Cole Porter 15K Run/ 5K Run/Walk

Time: 9:00 AM

Location: Circus Building, Peru, IN

October 17

Club Kokomo 8K /3 Mile Walk

Time: 2 PM

Location: Nickel Plate Trail, Peru, IN

November 07

Run The Mounds 5 Mile Run/ Walk

Time: 2 PM

Location: Mounds State Park, Anderson, IN

Website: [http://](http://www.andersonroadrunners.org/)

www.andersonroadrunners.org/

November 13

CKRR Charity 5K Run/ Walk

Time: 9 AM

Location: UAW 292 Union Hall, Alto & Park

Contact: Charlie Skoog

Phone: (765) 457-2607

Email: runcckrr@aol.com

November 25

Club Kokomo Cares 5K Run/ Walk *Points 20 For Each Finisher*

Time: 8 AM

Location: Highland Park, Kokomo, IN

Contact: Ray Tetrault

Phone: (765) 854-1393

December 31

CKRR New Year's Eve 5K Run/ Walk

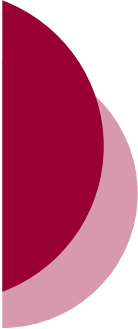
Time: 2 PM

Location: UAW Local 292, Alto Road & Park Road, Kokomo, IN

Contact: Joni McCracken

Phone: (765) 210-2281

Email: joni.renee@att.net



Club Kokomo Roadrunners

2936 Congress Drive
Kokomo, Indiana 46902

WE ARE ON THE WEB

CKRR.US



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