

## AWARDS BANQUET AND CHILI COOK-OFF



**SUNDAY FEBRUARY 24, 2019**

**1-3PM (Set-up 12:30p)**

**BROOKSIDE FREE METHODIST CHURCH**

**190 E 400 South, Kokomo, IN 46902**

Come celebrate another fun year of running and fellowship with your CKRR family. Please bring a dish to share or if you make a mean pot of chili bring it. You could walk away a winner!!! If you plan to bring chili please RSVP to Tiffany Massey [editorckrr@gmail.com](mailto:editorckrr@gmail.com) or call/text (765) 432-6863. Paper products, utensils, water and lemonade provided.



### *CKRR Fun Run in the Park*

Every Wednesday

Free to all!!

Run any distance you want!!

Highland Park @ 5PM

Registration located at concession stand

Check Club Kokomo Roadrunners Facebook page for Announcements.

## **CLUB MEETING**

**MONDAY FEBRUARY 11, 2019 @ 6 P.M. @ CROSS AMERICA**

**N REED ROAD., KOKOMO, (ACROSS FROM GFS & MENARDS)**

**SOCIAL HOUR @ 5P.M. SOFT DRINKS WILL BE PROVIDED**

Dear CKRR members,

I will be working on updating the CKRR running and walking records. It has been several years since they were last updated. If you see any of these records that have been broken, please let me know. You can email or text them to me. You must provide the person's name, the date and title of the race they set the record in and the record time. Records are only valid if the person was an active paid member at the time they set the record. Any and all help would be greatly appreciated.

Thank you,

Don Andrews

(765)453-5569

[andrewsgto@comcast.net](mailto:andrewsgto@comcast.net)

## Walking Records

### 1 Mile

Women

45-49	Mary Miller	10:03
50-54	Mary Miller	9:44
55-59	Pat Robison	28:43

Men

20-24	Vincent Lorenz	9:22
25-29	Vincent Lorenz	8:32
40-44	Vincent Lorenz	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	Mary Miller	25:14
60-64	Pat Robertson	38:02
65-59	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	Pat Robertson	42:43
65-69	Jerry Lambert	26:30	70+	Pat Robertson	48:50

### 3 Mile

Women

0-12	Emily Allen	40:54
13-19	Nicole Parry	34:48
20-24	Katie wall	40:31
30-34	Amy Irick	45:28
35-39	Rave Jean Swinehart	42:33
40-44	Mary Miller	32:08
45-49	Mary Miller	30:22
50-54	Mary Miller	30:38
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	26:45
25-29	Vincent Lorenz	26:49
30-34	Billy Cox	42:00
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 Frasier	37:01
35-39	Mary Miller	33:07
40-44	Mary Miller	33:03
45-49	Mary Miller	31:27
50-54	Mary Miller	31:16
55-59	Sue Smock	32:25
60-64	Sylvia Burgin	41:00

Men

0-12	Nicholas Allen	39:43
20-24	Vincent Lorenz	32:12
25-29	Vincent Lorenz	26:15
30-34	Billy Cox	44:56
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	Mary Miller	51:55
55-59	JJ Schmidt	1:04:42
60-64	Pat Robertson	1:10:23
65-69	Pat Robertson	1:14:09

## Men

25-29	Vince Lorenz	46:52
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
65-69	Jim Burrous	1:10:13

**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	Sue Smock	???????
55-59	Sue Smock	2:49:16
60-64	Pat Robertson	3:09:52
65-69	Pat Robertson	3:18:58

## Men

25-29	Vince Lorenz	2:10:55
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	5:15:56
50-54	Keith McAndrews	6:00:08
55-59	Melvin Hobbs III	6:09:17

**Running Records****1 Mile**

## Women

0-12	Kailee Taflinger	7:07
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	Loren 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

## Men

0-12	Justin Taflinger	5:49
13-19	Adrian Glover	4:24.36 <sup>(2012)</sup>
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	Byron Bundrent	5:23
55-59	Joe Rangel	5:38
60-64	Joe Rangel	6:04
65-69	Stan Shuey	6:55
70-74	Stan Shuey	7:37
75-79	Riley Case	8:59

**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	16:5
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
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	Heather Weber	19:12
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
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## Men

0-12	Jarred Hall	18:27
13-19	Bryan Phillips	15:15
20-24	Bryan Phillips	15:34
25-29	Kevin Forgave	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	29:47
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	Heather Weber	25:17
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			25-29	Scott Colford	26:56	40-44	Heather Weber	1:02:05
0-12	Jarred Hall	24:16	30-34	Scott Colford	26:07	45-49	Lien Koztecki	1:10:29
13-19	Jeremy Grams	20:30	35-39	Kenny Bennett	26:30	50-54	Lorene Sandifur	1:18:50
20-24	Luke Baker	20:50	40-44	Scott Colford	28:00			
25-29	Kevin Forgrave	20:48	45-49	Byron Bundrent	29:12	Men		
30-34	Kevin Forgrave	20:26	50-54	Chuck Masters	30:07	0-12	Brandon Sheline	1:04:43
35-39	David Gardner	20:53	55-59	Joe Rangel	31:00	13-19	Pat Pollard	54:10
40-44	Gary Romesser	20:01	60-64	Joe Rangel	32:55	20-24	Seth Daugherty	55:48
45-49	Byron Bundrent	22:52	65-69	Bill Heck	37:49	25-29	Scott Colford	50:45
50-54	Chuck Masters	23:49	70+	Bill Heck	43:25	30-34	Kevin Forgrave	50:29
55-59	Joe Rangel	24:03				35-39	David Gardner	50:26
60-64	Joe Rangel	25:34				40-44	Scott Colford	54:27
65-69	Bill Heck	29:07				45-49	Rick Stucker	1:01:15
70+	John Peters	33:55				50-54	Charlie Skoog	1:05:08

**10K**

## Women

13-19	Michelle Faulkner	41:28	55-59	John Norris/Joe Rangel	1:00:35
20-24	Allison Traver	52:58	60-64	Dick Sims	1:06:03
25-29	Michelle Clendenning	49:01	65-69	John Norris	1:18:58
30-34	Karlene Herrell	37:12			
35-39	Heather Weber	38:14			
40-44	Heather Weber	41:24			
45-49	Lien Koztecki	45:00			
50-54	Lorene Sandifur	50:36			
55-59	Rhenda Acton	1:06:40			

**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	Scott Colford	57:50
45-49	Brian Reinhardt	1:03:57
50-54	Chuck Masters	1:07:17
55-59	Joe Rangel	1:05:00
60-64	Joe Rangel	1:09:33
65-69	Bill Heck	1:20:02
70+	John Norris	1:42:04

**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	Heather Weber	1:28:59
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	

**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	Justin Taflinger	36:38
13-19	Jeff Dwiggin	29:53
20-24	Parker Jones	28:29
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 Master	34:57
55-59	Joe Rangel	31:46
60-64	Joe Rangel	33:29
65-69	Ernie Strawn	40:18
70+	Bill Heck	51:23

**5 Mile**

## Women

0-12	Kayla Reinagle	49:22
13-19	Waverly Neer	30:44
20-24	Christan Bahler	32:24
25-29	Kelly Wright	34:32
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

## 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	Tony Buffum	1:00:18
25-29	Kelly Wright	1:09:09
30-34	Karlene Herrell	57:56
35-39	Heather Weber	59:03

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	Heather Weber	3:13:26
40-44	Heather Weber	3:13:25
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	Brian Reinhardt	3:07:31
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

**2019 CKRR Race Schedule**

V—volunteer opportunities for club members.

**Saturday February 2  
Groundhog 7M Zionsville**

1pm  
Zionsville High School, 1000 Mulberry St., Zionsville, In  
Cost is one or more canned or non-perishable food item  
Registration online: [www.indyrunners.org](http://www.indyrunners.org)  
Indy Runners

**Saturday March 16  
Norris Amboy 5K Run/Walk**

9am  
Community Building, Amboy  
\$8 advance/ \$10 day of  
John Norris, RD

**Saturday March 23  
Sam Costa 1/4 marathon**

9am  
Northview Church, 12900 Hazel Dell Parkway, Caramel  
[www.samcosta.com](http://www.samcosta.com)  
Indy Runners

**Saturday April 6  
CKRR Rhenda Action Ultimate 5M Run/Walk & 10 M Run—V**

9am  
Tierney Warehouse, 1401 W. Cliff Dr. Logansport  
\$4 members/ \$5 non-members  
Vern Keller, RD

Carl Koontz Memorial 5k  
8am  
EMA Building, 627 S Berkley Rd, Kokomo, IN 46901  
\$\$\$  
Robin Tetrault, RD

**Saturday May 4  
Finish Line 500 Festival 5K Run/Walk**

7am  
Downtown, Indy 601 W. Washington St. Indianapolis  
\$40  
[www.indymini.com/p/5k](http://www.indymini.com/p/5k)

**Saturday May 11  
Norris Kokomo 3M Walk/ 4M Run**

8:30am  
Jackson Morrow Park, Kokomo  
\$8 advance/ \$10 day of  
John Norris, RD

**Saturday May 18  
MCF Prison Breakout 5K**

8am  
Pipe Creek Fire Dept. 339 Pearl St Bunker Hill, In  
\$12 MCF staff and family/ \$15 all other/ \$18 after  
Cathy Stover, RD

**Saturday June 8  
Norris Greentown 5K Run/ walk**

8am  
Rear of Eastern Elementary School Greentown  
\$8 advance/ \$10 day of  
John Norris, RD

**Saturday June 15  
Flora Hog Jog 10K**

8:15am  
Flora Community Park, Flora, In  
\$20 advanced / \$25 day of  
[www.hogjog.com](http://www.hogjog.com)

**Thursday July 4  
Walton Independence Day 5K**

8am  
Walton American Legion 111 S. Depot St. Walton, In  
\$20 through June 25/ \$30 through day of race  
Walton Independence Day 5k Facebook page

**February Birthdays**

If you see them wish them a Happy Birthday!!

2/2	Bethany Kirkwood
2/2	Kory Kennedy
2/3	Deb Taylor
2/5	Simone Bruce
2/6	Greg Wall
2/8	Ethan Snyder
2/10	Kayla Hudson
2/16	Keith Hill
2/19	John Norris
2/22	August Salinas
2/28	Jayne Stucker



**2019 CKRR Race Schedule (cont.)****Saturday July 6****CK Haynes Apperson 5K Run/ Walk—V**

8am

Kokomo Municipal Stadium 400 S. Union St. Kokomo  
\$13 club & \$15 non club before / \$20 late or day of  
Michael Anderson, RD

**Saturday July 13****Race for Grace 5K Run/ Walk**

8am

Calvary Presbyterian Church, 7th and Spencer St. Logansport  
\$12 early then \$15  
(574)753-0505

**Saturday July 20****Panther Prowl 5K Run/ Walk**

8am

Russiaville, In  
\$20 Pre-registration/ \$23 late registration  
Gary Jewell, RD

**Saturday August 3****Norris Converse 5K Run/ Walk**

8am

Front of First Farmer's Bank, downtown Converse, In  
\$8 advance/ \$10 day of  
John Norris, RD

**Saturday August 10****Forget Me Not 5K**

8am

Waterford Place Health Campus 800 St. Joseph Dr. Kokomo, In  
\$20 advance, \$25 late  
Joanna Bailey, RD

**Saturday August 24****Running the Shores 5K Run/ Walk**

8am

Champaign Shores, Co Rd 440 W & Lakeshore Dr, Kokomo  
\$20 early registration  
Todd Moser, RD

**Saturday August 31****Steps to Recovery 5K Run/ Walk**

8am

Gilead House, 406 E Sycamore St. Kokomo  
\$20 early then \$25

**Monday September 2****Blueberry Stomp 5K/ 15K**

9am

Centennial Park, Plymouth, In  
\$25 advance, \$30 late  
bluberrystomp@gmail.com

**Saturday September 14****Saints on the Run 5K Run/ Walk**

8am

St. Joan of Arc, 3155 Co Rd S 200 W. Kokomo  
Advance: \$20 adult, \$15 youth, Late: \$25 adult, \$20 youth,  
\$55 Family rate (living in same household)  
Heather Weber, RD

**Saturday September 21****Fueled by Fire, Amboy VFD 5K Run/ Walk**

9am

216 N Main Street, Amboy, In 46911  
\$25

<https://runsignup.com/Race/IN/Amboy/FueledbyFire5K>

**Saturday September 28****Bee Bumble 5K/ 10K**

8am

Burnettsville, In  
\$30 early registration/ \$35 race day registration  
Don Hurd, RD

**Saturday October 5****Cole Porter 5K/ 15K**

9am

Riverview Event Center on Canal Street. (the old  
Homers Bowling Alley). 421 W. Canal St., Peru, IN

**Saturday October 12****Red Gold Run to Crush Hunger**

10 K 9:30 am / 5K 9:45am

St. Joseph Center 1306 South A Street, Elwood, In  
10K advanced: \$40, late: \$45/ 5K advanced: \$30, \$35 late  
Also have Group Rates— "Club Kokomo Road Runners"  
<http://www.redgold5krun.com>

**Saturday October 19****CK Charity Run 5K— V**

9am

McKinley School, 1217 W Carter St. Kokomo  
Free Will Donation  
Jeannie Townsend, RD

**Saturday October 26****Chili Chase 5K/ 10K**

10am

EastPointe Bible Church, 1540 E. Paw Paw Pike, Peru, In  
With shirt: \$25 advance, \$30 late, Without shirt: \$15 advance, \$20  
late  
[Ebc.chili.chase@gmail.com](mailto:Ebc.chili.chase@gmail.com)

**Sunday November 3****Run the Mounds**

2pm

4306 Mounds Road, Anderson, In 46017  
\$20 advance, Students \$5

<http://www.andersonroadrunners.org/>

**Thursday November 28—V****CK Cares 5K Run/ Walk**

8am

Rogers Pavilion Highland Park, Kokomo  
\$10  
Ray & Robin Tetrault; Mark Shorter, RD

**Tuesday December 31****CK NY Eve 5K Run/ Walk— V**

2pm

Rogers Pavilion, Highland Park, Kokomo  
\$5 member/ \$8 non-members  
Ashley Shanks, RD

**Marathon: Why 26.2 miles not 26 miles?\***

It may seem petty—arrogant, even—to point out to the ill-informed that a marathon is not just 26 miles. There's that pesky point-freaking-two—385 yards with inestimable importance. In those final moments, races are won and lost, Boston-qualifying dreams come true (or die). The realization that you did it happens, but you still have .2 to go.

"It hurts everywhere if you've done it right," says Des Linden. "And if you've done it wrong, you're suffering. Either way, it hurts."

In the 1908 London Olympics, the marathon started at Windsor Castle and finished in the White City Stadium, measuring 26 miles. Until that point, the marathon distance was roughly 24 miles, inspired by the ancient rout run by Pheidippides. But the royal family wanted the runners to finish directly in front of their viewing box, which added on 385 yards. For years, the marathon distance varied from 24 to 26.2 miles but in 1921, for no recorded reason, 26.2 miles became official.

\*Taken from Runner's World online story "Why the Heck is a Marathon Exactly 26.2?"  
<https://www.runnersworld.com/advanced/a25471238/why-the-heck-is-a-marathon-exactly-262/>

## Member Profile

**Name:** Mary Miller

### How long have you been running/walking?

I have been walking in races for about 21 years. First, I started as a casual walker and talker with my other race buddies. After a while, I became curious on how fast I could walk. That is when I took walking to the next level.

### What made you start running/walking?

I have always loved walking and enjoying the outdoors along the way. Wanting to lose some weight that I had carried for several years was motivation to make walking on a regular basis a habit.

### Best athletic accomplishment and why?

Winning the 2013 5K Valparaiso Popcorn Panic race as the Overall Female Walker out of 352 walkers was very exciting. Clocking in at 30:53 on this hilly and scenic route was just about 30 seconds off my PR (on a flat course). I was very happy with my performance and accomplishment.

### If you like to race, what is your favorite race distance? Why?

I like the 5K races. Many 5K races loop around enough so I can see all my racing buddies and cheer them on.

### Favorite local running route?

Highland Park is my favorite training route. There always seems to be someone in the park who is running or walking. The change of the seasons presents an interesting and sometimes energetic atmosphere.

### Favorite club race? Why?

Haynes Apperson is my favorite race still taking place because you just feel the energy and vibe in the air. I have competed and volunteered at this race many times and there is so much hype and energy everywhere. The old Bee Bumble with RDs Jeff Saylor and Don Hurd was a super favorite race as well. Everyone came away with a bag full of goodies (like you just went trick or treating), a nice spread for breakfast, awards that were plentiful for all ages and categories and the town was full of many vendors and garage sales.

### Favorite non-club race? Why?

I like any USATF race that has race walking judges, where I am judged during the race. Sometimes these judges look you up after the race and provide feedback tips.

### Favorite post run/walk treat?

I have such a sweet tooth so I am heading for some cookies as my treat after a race.

### What is your favorite piece of running/walking gear?

My running watch. It is a cheap, no frills Timex watch but I rely on it to show me how I am racing and performing.

### Favorite running/walking related book or movie?

My favorite book is "Race Walk Like a Champion" by Jeff Salvage. My favorite movie is "Prefontaine".



### Do you have a running/walking superstition?

I feel like if I do not eat my Panda Chicken Lo Mein the night before a race, then I will not have a fast race time.

### If you could run/walk with anyone, who would it be?

If it wasn't for the people who got me started in race walking, I would not be here today. Jerry Lambert introduced me to the sport, then Rick Spencer and Tim Taflinger shared more tips and advice so they need to be in my group. Then there is my wonderful, encouraging and supportive training partner and good friend, Vince Lorenz, who must be in my walking group. I would also have to add Greg Wall as we work well encouraging each other during races. This is a tough question because I do not like to leave anyone out. There are many people I love to walk with.

### Why did you join CKRR?

My daughter, Stephanie, joined Club Kokomo when she was in elementary school. I always watched her race and cheered her on. Jerry Lambert approached me and invited me to join Club Kokomo as a walker since I was already at the races with Stephanie. I can't run but I can walk so I thought I would give it a try. Walking was much harder than I thought it would be. In my first race at Delco Park, I was dead last. So last that the timer left the course and went into the club house!

### Anything else you'd like the CKRR members to know about you?

Injuries can be devastating and mess with your mind. I have had minor sports injuries in the past, but when I completely tore my hamstring away from my bone, I thought my race walking days were over. I had to have surgery to reattach my hamstring. The prayers, encouragement and support from my CK friends helped me through the many months of rehabilitation and strength to recover. Club Kokomo is like my 2nd family. I am so thankful that God has connected me to my CK family. God has blessed me with the ability to walk fast and continue to walk with my friends. Through this gift given ability, I hope to let Jesus shine through me and to spread His Word with anyone I meet on and off the road.





**3<sup>rd</sup> ANNUAL  
CLUB KOKOMO  
ROADRUNNER'S  
RUN UP TO THE  
MINI**

**12 WEEK GROUP  
TRAINING RUNS  
GEARED AT  
GETTING YOU  
READY FOR THE  
MINI OR ANY  
SPRING HALF-  
MARATHON**

**SEASONED  
RUNNERS OR  
FIRST TIMERS**

**PROGRESSIVE  
RUNS FROM 6 UP  
TO 10 MILES**

**FEB 16, 2019  
RUN UP TO THE MINI  
12 WEEK TRAINING PROGRAM**

**Foster Park, Tennis Courts, Saturday Feb 16<sup>th</sup> @ 11 am**

- You're a seasoned runner and have ran many Half-Marathons.
- You're just starting out and want to try your first one.
- You just want to have fun training with other runners for the upcoming racing season.
- The Run Up to the Mini is here for you!



**CLUB KOKOMO  
ROADRUNNERS**

[HTTP://WWW.CLUBKOKOMOROAD  
RUNNERS.COM/](http://www.clubkokomoroadrunners.com/)

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# CKRR CLUB MEETING JANUARY 14, 2019

On January 14, 2019 the meeting was called to order at 6pm by Vice President Vern Keller

1. Prayer by Carol Savage
2. Dani McQuaide made a motion to suspend the reading of the minutes. Carol Savage 2nd the motion. Motion Carried.
3. Ray Tetrault made a motion to accept the minutes with the addition of Simone Bruce and Ray Tetrault to the attendance list. Mary Miller 2nd the Motion.
4. Treasurer's report given by Mark Shorter
5. Old Business
  - a. Officer election results (54 returned ballots): President: Dani McQuaide, Vice President: Vern Keller, Treasurer: Mark Shorter, Editor: Tiffany Massey, Chaplain: Ray Tetrault.
  - b. The club sponsored bench will be concreted at the intersection of the Industrial and Heritage trail behind Foxes Trail as soon as the construction in the area is finished.
5. New Business
  - a. Awards Banquet will be Sun Feb 24, 2019 from 1-3pm, with set up at 12:30pm at Brookside Free Methodist Church.
  - b. Dani McQuaide presented a letter to send out to non-members who participated in a club race inviting them to join the club.
  - c. Robin Tetrault made a motion to refund the deposit to Heather Weber for Saints on the Run. Sue Keller 2nd. Motion carried.
  - d. Norris Insurance Kokomo race is changing the distance from 4 miles to a 5K.
  - e. Vern Keller made a motion that for the Groundhog race on Sun 2/3 both the 5 mile and 7 mile distances will be able to receive club points. Diana Brown 2nd. Motion carried.
  - f. Vern Keller made a motion to have a tent at the Indy Mini. Jeannie Townsend 2nd. Motion carried.
  - g. Run up to the Mini starts Saturday February 16, 2019 at 11am in Foster Park. Meet at the tennis courts. Need volunteers for pacing.
  - h. The Triple Crown will be back again this year. Predict-a-mile will be Wednesday June 19, 2019 at 6pm in Highland Park. 2nd event will be the Haynes Apperson on Saturday July 6, 2019 and the 3rd will be a 6 mile on Saturday July 27, 2019 8am at Foster Park 8a slow pace, 8:30 fast pace.
  - i. Mary Miller made a Certificate of Appreciation to send to Jeff Saylor previous race director of the Bee Bumble who has inoperable brain tumor. She passed around a card for club members to sign.
6. Meeting Adjourned.

Those present were: Tiffany Massey, Dani McQuaide, David & Simone Bruce, Bruce & Carol Savage, Vern & Sue Keller, Jeannie Townsend, Diana Brown, Don Andrews, John Wiles, Stan Shuey, Mary Miller, Ray & Robin Tetrault, and Mark Shorter.



## CLUB KOKOMO ROAD RUNNERS

2936 Congress Drive, Kokomo, IN 46902

We're on the WEB—  
[www.ClubKokomoRoadRunners.com](http://www.ClubKokomoRoadRunners.com)  
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