

AFTER FIFTY, IT IS ALL DOWNHILL

By Riley Case

I have been doing road runs for 40 years. There is nothing unusual about that except that I did not start until I was age 45, in 1978. I was feeling flabby and heard that road running was a new craze so I went out and ran around the block. Later I heard there was a road run in Winchester, IN, probably the first one in Randolph County, where I was living at the time, so I entered. All I had to run in were my 30-year old high school basketball shoes. I had little idea how far a 10K run was so I took off at my college track 440 pace. Then I walked. And walked. I still finished the race in 44:50, 3rd of 25 total runners. I didn't know there were awards until someone handed me a six-pack of Coke.

I moved shortly after that, to Hobart. I discovered there were running shoes so I got serious and bought some. In the Region road running had caught on big time and one could enter a road run just about any given Saturday. I did two runs in 1980, seven in 1981, and nine in 1982. I ran my best 5K time in 19:19, just shy of my 50th birthday. My best 4-mile was 25:35 and my best 10K was 41:20. In September, 1981, 1,100 runners entered the Valparaiso Popcorn 5.

I ran a respectable 33:02 for the 5 mile but still was only 5th in my age group. There were some really good runners in the area and I hardly ever won my age category. But I didn't care. I was enjoying running. I discovered that my 6:00 AM run was an ideal time to have devotions and work on Scripture memory work.

I moved to Marion in 1983. My first road run while at Marion was a very hot July 4 four-miler where I passed two water stations and then collapsed. The paramedics asked me if I could give my phone number. I had moved so recently I had no idea what the number was so they rushed me to the hospital. My first thought was, "Oh no, they just raised the deductible on my insurance." I lived. At age 55 I still could run a 5-K in 20:07.

In June 1989 we moved to Kokomo where I was delighted to discover the Club Kokomo Roadrunners which meant I began entering more races. The Hayes Apperson was a favorite. In 1991 I ran it in 29:15 and still was out of the money at 4th in my age group. I liked the graded races because at my age I got a big head start on everyone, until one year I discovered if you are leading everyone you are supposed to know the course and when I started running up steps I figured I made a wrong turn someplace.

When I retired from pastoring St. Luke's United Methodist Church in 1999 I kept running but began to discover: 1) I was going slower: 2) guys my age were dropping out. In my early morning runs I was no longer doing 7 miles or even 5 but more like 3 or 4. But the Lord put some common sense in me: at age 75 you are not supposed to run the way you did at age 50. Pretty soon I rejoiced simply that I could finish the race. Here are the times for the 5K: age 49--19:18; age 54--20:07; age 64--22:31; age 68--25:17; age 78--30:10; age 81--31:54; age 84 (this year) at the Running the Shores 5K--33:23. The average loss per year from age 49 to 84 on a 5K is about 41 seconds per year with most of the loss coming after age 75.

On the 4 mile the times were: age 48--25:35; age 61--29:24; age 71--34:45; age 78--38:22; age 84--48:03. In this case the loss is about 38 seconds a year. On all of my races anymore I have a new strategy: walk 50 strides and then run 80 strides. How long can this go on? Every year I think I should quit but then, why quit; I am now winning my age category every time out.



RUNNING NEWS!!!- 2 Records, 1 Day

New marathon world record set by Eliud Kipchoge!

On Sunday September 16, 2018, Kenya's 33-year-old Eliud Kipchoge set a new world record for the marathon, beating the previous record by 1 minute and 20 seconds. That record was set by Dennis Kimetto in Berlin in 2014.

"I lack words to describe this day. I am really grateful, happy to smash the world record." Said Kipchoge. "It was hard. I ran my own race, I trusted my trainers, my programme, and my coach. That's what pushed me in the last kilometers." he said.



New world record set in the Men's Decathlon!

Leading from the onset, France's Kevin Mayer set a new world record with 9,126 points at the Decastar event in Talence, France. He beat the previous record (9,045 points) set by America's Ashton Eaton set in 2015.

"I've been waiting for this moment for a long time," said Mayer, 26, the world champion and an Olympic silver medalist in the discipline.

Taken from BBC Sports website. <https://www.bbc.com/sport/athletics/45539546>



Points of Interest:

Brittiani Gillem completed the Noblesville Half Marathon on Saturday September 22, 2018. She ran pushing an Ainsley Angel on and off for the whole race. She said "It was tough but I finished it"



Anna Rangel and Phil Rozzi ran the Donut Judge Me 5K on September 22, 2018 finishing in 27:01 and 24:15 respectively. Looks like a delicious finish!!



Run a non-club race lately? Don't forget to share so everyone can see the cool races you've done! Must be submitted 25th of the month to be included in this section. Send all info and pics to: editorckrr@gmail.com.



CKRR Fun Run in the Park

Every Wednesday

Free to all!!

Run any distance you want!!

Highland Park @ 5:30PM

Registration located at concession stand

A LETTER FROM THE CHAPLAIN

I feel like it's been a long time since I've written anything for the newsletter! I hope you all have had a great year and are ready for our busy Fall racing season to come.

I wanted to write about a couple of things. I've really been thinking and praying about all the business and "stuff" in my life a lot lately. I feel that God is really putting it on my heart to cut out so much "busy-ness" and take more time to spend with Him and just to enjoy the simple moments more. He's also convincing me to try to cure myself of my "pack-rat" ways that I have inherited from my parents!

With all this simplifying in my life, I wanted to let you know that I will not be "running" for CKRR Chaplin this year and I am also giving up being the Race Director for the Steps to Recovery 5k that benefits The Gilead House. I'm sure we will find someone more qualified and able to dedicate the time to being Chaplin than I have been able to in the last few years. For the Steps to Recovery race if you are interested in taking over and helping them with the race next year please let me know and I can set up a meeting to introduce you to the amazing Reba Harris who heads up this unfortunately much needed ministry in our community. You can email me at csavage2004@comcast.net or catch me at a race and I can discuss more details on taking over as race director for Steps to Recovery for 2019.

I will still be an active member of CKRR and volunteer at races and attend our monthly meetings when I can. I want to encourage you to be involved in the club, attend our meetings and make your suggestions and make this YOUR club. So many of us that have been around for many years don't always think of new races or ways of doing things because we get so comfortable with doing it "the same old way". Please consider coming to a meeting and making suggestions and getting involved, remember it's YOUR club, MY club and OUR club and together we can have fun and make this club enjoyable for all of us.

Thank you for your friendship and I'll see you at the races!
—Carol Savage

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. Hebrews 12:1-2

Charity 5K Run 2019

November 10, 2018 @ 9am

33 years ago on December 15, 1985 seventeen runners gathered at Bill and Sue Heck's home and ran out Old Sycamore road and then shared some food and fellowship. The purpose of the run was to help a needy family for Christmas, \$90 was raised and the Charity Run was born! The location, distance, date and time have shifted many times over the years, but the Charity Run continues the tradition of Club Kokomo promoting fitness, fellowship and giving to special needs in our community. This years event returns to McKinley School. There is no set entry fee, just a free will donation which benefits the Magic (9th –12th grade) and Cares (K-8th grade) Closets for Kokomo Center Schools and the Student Assistance fund. Please bring a dish to share if you can. A recent article in the Tribune stated Indiana was rated 20th for worst overall rate of food hardship in the nation at 15.8%. Things are no better in Howard County, where another organization, Feeding America, found that 14.8% of the county population is food insecure. More troubling is the 19.6% rate of food insecurity for local children. When you realize these statistics you know the need is great, if homes are having a hard time putting food on the table, how are they clothing the children, providing the necessary school supplies, personal care products? Please come out for this race it is so important to this community! Make your free will donation, bring an item for the collection box! I am looking forward to seeing you all! I still need volunteers, remember its 20 points whether you run, walk or volunteer!

Thank you !

Jeannie Townsend 765-437-2076

Member Profile**Name:** Carol Savage**How long have you been running/walking?**

15 - 16 years

What made you start running/walking?

Bruce and I would walk together on the Indianapolis Downtown Canal when we were dating and then to lose weight when we got engaged.

Best athletic accomplishment and why?

Completing the Indianapolis Mini Marathon SIX times! I was never fast and didn't finish faster than 3:39 but I did it with Bruce and we had fun, except the last time we did it. No one in my family has ever done anything like walking/running 13.1 miles, I know my mom would have been so proud of me for finishing one, let alone six of them!

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

I really like a 5k, I feel like no matter how lazy I've been, I am active enough that I should always be able to walk/run 3.1 miles any time I want. Of course the most important part of any race for me is the fellowship of our CKRR friends.

Favorite local running route?

I love Highland Park, the trees and all the activity going on there.

Favorite club race? Why?

Thanksgiving, I love getting up and being active and the fellowship with our friends before spending the holiday with family.

Favorite non-club race? Why?

Colts 5k - so many people and a lot of fun!

Favorite post run/walk treat?

Banana!

What is your favorite piece of running/walking gear?

Fitbit

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

Forrest Gump - RUN Forest, RUN!

Do you have a running/walking related superstition?

Kissing Bruce before the start of the race.

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

My husband, the Brucester of course!

Why did you join CKRR?

LOL....originally we joined when we were doing our first Mini in 2006, we liked that they had someone (thank you Robin Cole!) to go down to Indy to pick up the race packets.

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

I think you know that I am not competitive, I just love the fellowship of the club members, being active and enjoying the outdoors!

CLUB MEETING

MONDAY, OCTOBER 8 @ 6 P.M. @ CROSS AMERICA

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

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

2018 CKRR Race Schedule

Changes since last newsletter,

V—volunteer opportunities for club members.

Saturday October 6

Cole Porter 5K/ 15K

9am

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

\$20 early/ \$25 day of

Jim Yates, RD

Saturday October 13

Red Gold Run to Crush Hunger 10K/ 5K

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

St. Joseph Center 1306 South A Street, Elwood, In
10K before 10/10/18 \$40 after \$45/ 5K \$30 before
\$35 after 10/10/18 Also have Group Rates

<http://www.redgold5krun.com>

Saturday October 27

Chili Chase 5K/ 10K

10am

EastPoint Bible Church 1540 Paw Paw Pike, Peru, In
\$15 with shirt, \$25 with a shift

Jamie Laycock

Sunday November 4

Run the Mounds

2pm

4306 Mounds Road, Anderson, In 46017

\$20 before 10/20, Students \$5

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

Saturday November 10

CK Charity Run 5K— V

9am

McKinley School, 1217 W Carter St. Kokomo

Free Will Donation

Jeannie Townsend, RD

Thursday November 22

CK Cares 5K Run/ Walk

8am

Rogers Pavilion Highland Park, Kokomo

\$10

Ray & Robin Tetrault; Mark Shorter, RD

Saturday December 1

Rudolph 5K Run/ Walk

8am

Kokomo Public Library, 220 N Union St Kokomo

\$20 early/ \$25 late, family discounts available

Monday December 31

CK NY Eve 5K Run/ Walk— V

2pm

Rogers Pavilion, Highland Park, Kokomo

\$5 member/ \$8 non-members

Ashley Shanks, RD

If you continuously compete with others you become— BITTER

But if you continuously compete with yourself you become— BETTER

RACE RESULTS

Steps To Recovery

8/1/18

5K Runners

1. Kory Kennedy 18:18
2. Don Andrews 22:36
3. Jeff Cardwell 24:17
4. Kelly Wright 25:06 1st Female
5. Shane Nye 26:32
6. Kevin Marsh 26:51
7. Tiffany Massey 26:57 DQ
8. Brent Wright 27:17
9. Rachel Wright 27:36
10. Mark Shorter 28:17
11. Ezekiel Zimmerman 28:50
12. Anna Rangel 29:07
13. Brittiani Gillem 29:29
14. Jerry Fennell 29:57
15. Lynne Herr 30:01
16. Max Elmore 30:19
17. Della Glassburn 30:42
18. Crystal Riley 32:13
19. Michael Lake 32:41
20. Cara McKellar 33:16
21. Michael Graham 33:54
22. Laura Heflin 34:04
23. David Hughes 34:25
24. Jennifer Campbell 36:34
25. Anita Upchurch 37:20
26. Beth Justice 37:43
27. Robin Cole 39:50
28. Jenny Tudor 40:54
29. Laurie Keeler 41:27
30. Rachael Dooley 42:54
31. Alex Studebaker 47:08
32. Kelly Studebaker 47:30
33. Lacy Evans 53:10
34. Johnny Bass 53:10
35. Ralph Cory 54:02
36. Ron Buell 54:03
37. Arlene Buell 57:19
38. Melissa Kingsolver 57:42
39. Angie Gritten 1:05:23
40. Ryleigh Bass 1:05:24
41. Alyxandria Olivarez 1:05:25
42. Chantel Marlyffie 1:08:43
43. Brooklyn Wheeler 1:08:44
44. Taliah Wright 1:10:23

5K Walkers

1. Mary Miller 33:51
2. Stephen Wilson 36:34 1st Male
3. Floyd Stinchcomb 38:54
4. Vernon Keller 39:47
5. Marianne Wilson 39:52
6. Toney Lorenz 41:03
7. Jim Gross 41:43
8. Bob McBride 43:14
9. Pam Walters 43:19

10. Debby Berkshire 43:41

11. Buffy Lewis 44:57
12. Amanda Shepard 45:18
13. Steve Currens 47:13
14. Robin Michael 47:52
15. Mindy Doyle 48:17
16. Anita Dillman 48:17
17. Leiana Rangel 48:19
18. Jean Heflin 50:46
19. Beth Juliot 50:53
20. Phyllis Cox 50:53
21. Amanda Juliot 50:57
22. Connie Erny 51:10
23. Janet Kelly 51:10
24. Anna Naegezi 52:13
25. Katherine McCallin 52:14
26. Deb Hayden 52:38
27. Sue Keller 54:19
28. Katrina Wise 54:20
29. Calthyn Horton 54:49
30. Kate Hunter 54:49
31. Anya Swarez 55:21
32. Megan Toy 55:50
33. Kelsey Toy 55:51
34. Stephanie Oden 56:55
35. Patricia Anderson 56:56
36. Calle Sygart 1:00:04
37. Barb Schoeppner 1:00:33
38. Ashlyn Allgood 1:00:35
39. Betty Sabiuski 1:02:53
40. Drake Evans 1:03:23
41. Marlana Busard 1:03:26
42. Nicole Skaggs 1:02:28
43. Kelly Foster 1:03:34
44. Nash Phelps 1:03:37
45. Sandra Walter 1:04:30
46. Lorna Harbaugh 1:04:31
47. Jaylee Collen 1:04:53
48. Patricia Brown 1:04:56
49. Karen Hall Glenn 1:06:27
50. Mandie Willoughby 1:10:48
51. Andrew Griffin 1:10:48
52. Kenetta Sheeck 1:1:04
53. Stephanie Gordon 1:13:34
54. Shelby Gordon 1:13:40

Due to the extremely large number of runners in the 2018 Blueberry Stomp 5K and 10K race, results will not be listed here in the newsletter. They can be found: club website <http://www.clubkokomoroadrunners.com/> or the club Facebook page.

RACE RESULTSAmboy Fueled By Fire 5K

9/15/18

Runners

1. **Kory Kennedy – 16:12**
2. Calvin Otto – 22:20
3. Andrew Cange – 22:21
4. Jeff Sinkovics – 22:27
5. Shane Nye – 23:21
6. Tami Greene – 23:39 1st Female
7. **Tiffany Massy – 24:05**
8. Gerald Miller – 24:16
9. Elvin Peachy – 24:19
10. **Max Elmore – 24:45**
11. **Brittani Gillem – 26:15**
12. Frank Greene – 26:33
13. Barbara Wagler – 26:50
14. Zoie Laber – 28:36
15. Lilly Hunt – 29:03
16. **Cara McKellar – 29:12**
17. Beth Silence – 29:18
18. **Laura Heflin – 29:41**
19. Tracy Laber – 29:58
20. **David Hughes – 30:09**
21. Bart Cameron – 30:21
22. Kirstyn Sommers – 32:06
23. Savanna Hunt – 32:25
24. Sommer Hunt – 32:28
25. Sara Greene – 32:42
26. Marilyn Miller – 33:48
27. Mitch Sommers – 34:12
28. Rachel Herschberger – 34:15
29. **Robin Cole – 35:18**
30. Lindsey Clemons – 35:23
31. Tori Cange – 35:25
32. **Jenny Tudor – 37:21**
33. Marleen Gingerich – 40:47
34. Zachery Diedrichs – 42:56
35. Melissa Diedrichs – 43:02
36. **Dani McQuaide – 43:19**
37. Peter Diedrichs – 43:38

Walkers

1. **Mary Miller – 33:25**
2. **Stephan Wilson – 34:20** 1st Male
3. **Marianne Wilson – 35:28**
4. **Vern Keller – 35:53**
5. **Toney Lorenz – 37:43**
6. **Bob McBride – 38:52**
7. Tara Carter – 39:16
8. **Robin Michael – 42:53**
9. Mike Cruea – 43:55
10. **Jean Heflin – 45:28**
11. Mollie McBride – 46:35
12. Holly Hurlburt – 4:35
13. **Katrina Wise – 48:34**
14. **Sue Keller – 48:37**
15. Norma Jess – 49:31
16. Mackinze Pitman – 4:32
17. Shelby Thompson – 4:33
18. Arelia Miller 49:39
19. Mary Agness – 49:40

2018 Bee Bumble

9/22/18

10K Run

1. Scott Colford 40:57
2. Andrew Burns 42:02
3. Paul Bickel 43:07
4. Kirk Robinson 46:22
5. Betty Funkhouser 47:56 1st Female
6. Kyle Castor 49:16
7. Julie Rausch 49:35
8. K.C. Simms 50:46
9. Jerry Prather 51:51
10. Lisa Rhine 53:44
11. Noah Kelley 53:55
12. Brett Hall 54:06
13. Anthony Johnson 54:09
14. Tammy Wellen 54:28
15. Gregg Nydegger 54:41
16. Vernie Criswell 55:51
17. Cathy Raderstorf 1:00:21
18. Sarah Stuerzenberger 1:02:28
19. **Scott Deyoe 1:02:29**
20. Patty Sommers 1:03:21
21. **David Hughes 1:11:35**
22. Beth Justice 1:20:27
23. Lori Kimbrell 1:20:38
24. Rachel Moore 1:20:47
25. Sheena Kuyper 1:20:50
26. Laurie Keeler 1:28:24

5K Run

1. **Kory Kennedy 17:33**
2. Richard Conn 21:13
3. **Don Andrews 21:22**
4. Christian High 21:38
5. James Ghraner 21:47
6. Brian Vansoest 21:51
7. Skip Stinson 22:02
8. Brad Gott 22:54
9. Cecilio Martinez 22:55
10. Byron Rentschler 23:38
11. Michelle Corrigan 24:10 1st Female
12. Shane Nye 25:16
13. Cecially Martinez 25:25
14. Hannah High 25:55
15. CJ Hunt 25:51
16. **Tiffany Massey 25:55**
17. Emily Zagajewski 26:09
18. Greg Laid 26:55
19. **Kirk Kennedy 26:57**
20. Tommy Oilar 27:01
21. Lindsey Brand 27:21
22. Jennifer Walter 27:37
23. Kyle Groninger 27:39
24. Christopher Campbell 27:41
25. Stephen Gott 28:29
26. Mikayla Greiner 28:33
27. Jim Demien 29:13
28. Forrest Hamilton 29:49
29. Steve Kilcline 30:22
30. Lynn Anderson 30:25
31. Kasey Wall 30:29
32. Kelly Dold 30:32

33. Maddi Bates 30:40
34. Jacob Wal 31:02
35. **Laura Heflin 31:03**
36. Lindsay McLeland 31:15
37. Amy Roland 32:38
38. Matthew Tam 33:51
39. Marta Ulrich 34:28
40. Tara Grigsby 35:57
41. Sharlene Hartman 36:00
42. Amanda Saylor 36:47
43. Jeff Saylor 36:47
44. Jessica Carpenter 37:13
45. Matthew Carpenter 37:14
46. Ashley Tinney 38:52
47. Joe Tinney 39:03
48. **Jenny Tudor 39:06**
49. Anita Frazier 39:46
50. **Alex Studebaker 40:00**
51. Lillian McManus 40:30
52. **Kelly Studebaker 40:40**
53. Derrek Himmelpach 46:48
54. Kevin Campbell 46:48
55. Larry Rausch 47:41
56. Chelsey Oilar 47:54
57. Susan Lauro 48:04
58. **Warren Tierney 49:52**
59. Molly McBride 53:44
60. Bri Herrold 55:06

5K Walkers

1. **Vince Lorenz 29:13**
2. **Mary Miller 35:13** 1st Female
3. **Greg Wall 36:50**
4. Karen Jordan 38:17
5. **Vernon Keller 39:32**
6. Caroline Duffey 40:05
7. Myah McCollum 40:05
8. Brenda Goodrich 40:07
9. Diana McGuire 40:07
10. **Toney Lorenz 40:24**
11. Michelle Mills 40:36
12. Kim Rehm 40:42
13. Lyndsi Rogers 40:53
14. Sharron Petty 41:17
15. Tara Carter 41:23
16. **Bob McBride 41:28**
17. Holly Hurlburt 43:25
18. Teresa Click 43:35
19. George Phares 43:45
20. Cassi Bates 43:51
21. **Chari Deyoe 43:56**
22. Susan Day 44:30
23. **Felicia Tierney 44:52**
24. Lora Himmelpach 45:41
25. Sydney Young 45:44
26. Rochelle Pena 45:45
27. Allison Hunt 45:45
28. **Robin Michael 46:28**
29. Kathryn Wall 46:40
30. **Jan Wall 46:41**
31. Cassidy Young 47:37
32. Doris Campbell 47:41
33. Beth Gritz 49:22
34. David Gritz 49:31

35. Jason Birchmeier 49:48
36. **Katrina Wise 49:53**
37. **Sue Keller 49:54**
38. Rhonda Richey 50:04
39. Isla Duffey 50:12
40. Lorie McManus 50:16
41. Cindy Tinney 50:18
42. Robert Sartori 50:19
43. Julie Sartori 50:19
44. Arianna Honaker 50:31
45. Melinda Provo 50:51
46. Eugenia Duhnovski 50:51
47. Janet Vincent 50:51
48. Jerry Sommers 50:52
49. **Jean Heflin 53:09**
50. Pamela Jordan 1:03:59

Saints on the Run

9/29/18

5k Runners

1. **Kory Kennedy 17:15**
2. Christian High 20:28
3. **Don Andrews 20:46**
4. Clayton Griswold 22:33
5. **Kayla Bullock 22:40** 1st Female
6. Brandon Mink 22:41
7. Natalie Carey 23:15
8. Shane Nye 24:30
9. **Kelsey Weber 24:32**
10. **Shelley Wyman 24:50**
11. **Tiffany Massey 25:17**
12. Tami Greene 25:20
13. Lindsay Cecil 25:42
14. **Weber, TA 25:48**
15. Gabriella Mawbey 26:00
16. **Paul Wyman 26:20**
17. Luke Mawbey 26:38
18. Adam Lekso 26:48
19. Dan Stout 26:50
20. Nicole Mawbey 26:54
21. Ben Carey 27:00
22. Andrew Lesko 27:00
23. **Mark Shorter 27:07**
24. **Anna Bullock 27:15**
25. **Brittiani Gillem 28:10**
26. Frank Greene 28:24
27. Rommel Malimas 28:43
28. Jessica Conn 28:50
29. Ray Fairchild 28:53
30. Will Baxter 29:05
31. **Natalie Weber 29:11**
32. Sylvia Samborski 29:19
33. Judy Guerre 29:22
34. Addison Taylor 29:38
35. Jenny Williams 29:38
36. Andie Arnett 29:44
37. Della Glassburn 29:47
38. Karen Skurner Lesko 30:24
39. Joann Quinette 30:28
40. Max Reyburn 30:37
41. **John Peters 30:39**
42. Beth Silence 30:51
43. **Cara McKellar 31:02**
44. **Laura Heflin 31:02**

RACE RESULTS

Saints on the Run 5K

Cont

- 45. **Gretchen Riggle 31:20**
- 46. Elyse Collins 31:21
- 47. Allison Collins 31:41
- 48. Katie Willis 32:37
- 49. Lee Skiles 33:03
- 50. Kasey Wall 33:19
- 51. **Michael Graham 33:46**
- 52. **David Hughes 34:00**
- 53. Sara Greene 34:34
- 54. Madyson Baxter 35:29
- 55. Leonard Baxter 35:29
- 56. **Sharee Bullock 35:39**
- 57. **Bruce Savage 35:44**
- 58. Lauren Lesko 36:03
- 59. Emma Plonske 36:17
- 60. Layla Hutchins 36:18
- 61. Lori Frederiekson 37:48
- 62. **Jenny Tudor 38:12**
- 63. Aurora Sanders 38:19
- 64. **Paul Sanders 38:20**
- 65. **Robin Cole 38:27**
- 66. **Kelly Studebaker 39:01**
- 67. Brielle Granson 39:15
- 68. Abby Granson 39:15
- 69. **Alex Studebaker 39:21**
- 70. Kendralyn Williams 40:26
- 71. Dalena Bradley 40:38
- 72. Monica Schultz 41:03
- 73. Danielle Schultz 41:05
- 74. Jackson Glentzer 41:20
- 75. Gabby Philapy 49:27
- 76. John Glentzer 51:21
- 77. Jenna Glentzer 54:19

5K Walkers

- 1. **Vincent Lorenz 27:57**
- 2. **Mary Miller 34:26 1st Female**
- 3. **Greg Wall 36:05**
- 4. Mike Kolszar 38:23
- 5. **Sherry Kestle 39:17**
- 6. Terri Hellman 39:27
- 7. Marie Linskoog 39:27
- 8. **Toney Lorenz 39:56**
- 9. **Jim Gross 40:16**
- 10. Tara Carter 41:14
- 11. **Bob McBride 41:19**
- 12. **Debbie Berkshire 41:38**
- 13. Christina Humphrey 42:41
- 14. **Jan Wall 42:45**
- 15. Tim Metz 42:46
- 16. Theresa Click 42:59
- 17. Elissa Hughes 43:13
- 18. Lori Akers 43:14
- 19. Holly Hurlburt 43:50
- 20. Kim Lowry 43:51
- 21. Anna Karmina Hubbs 44:40
- 22. Joseph Hubbs 44:40
- 23. **Robin Michael 45:15**
- 24. **Anita Dillman 45:36**
- 25. Molly McBride 46:04

- 26. Jeff Lowry 46:49
- 27. **Mike Deardorff 47:06**
- 28. **Jean Heflin 48:06**
- 29. Marie Nichols 49:08
- 30. Mylen Philapy 49:27
- 31. Milally Malimas 50:56
- 32. **Betty Yard 51:43**
- 33. Pam Maloney 54:57

DID YOU KNOW???

The 4 Deserts Race covers a total of 1,000 kilometers and leads across four deserts: Atacama, Gobi, Sahara and the icy wastes of Antarctica. Ultra marathon runner Ryan Sandes (South Africa) was the first one to win all four, 250-km extreme races. So far, only two people were able to follow suit: Anne-Marie Flammersfeld (Germany) and Vicente Garcia Beneito(Spain) who also holds the record for the fastest run across one of the four deserts. He crossed the Chinese Gobi desert in 23:12 hours.

OCTOBER BIRTHDAYS

- 10/2 Valerie Snyder
- 10/5 Linda Kendall
- 10/5 Nicolas Small
- 10/5 Natalie Weber
- 10/6 Stacy Kowalski
- 10/8 Mary Miller
- 10/9 Ricke Spencer
- 10/12 David Hughes
- 10/14 Kirk Kennedy
- 10/17 Landrum Neer
- 10/21 Anne Wiles
- 10/21 Sherry Kestle
- 10/22 Jennifer Van Horn
- 10/23 Ricke Stucker
- 10/23 Kelsey Koon
- 10/26 Jeannie Townsend
- 10/28 John Brack
- 10/30 Vicki Boles
- 10/31 Scott Riggle
- 10/31 Geana Moore

TENTATIVE 2019 RACE SCHEDULE:

Below are the changes discussed at the Sept 10 meeting. The schedule will be finalized at the Oct 8th meeting. The meeting will start at 6 p.m. at Cross America (Across from GFS/ Menards). If you cannot make the meeting, contact a club officer to share your thoughts.

CHANGES FROM LAST NEWSLETTER

2019	Event
2-Feb	Groundhog 7m Zionsville
16-Mar	Norris-Amboy 5K 9AM
23-Mar	Sam Costa 1/4 Marathon Carmel
6-Apr	CK Ultimate10m, 5m Logansport
27-Aug	Carl Koontz Memorial Race
4-May	Indy Mini Marathon 5K
11-May	Norris-Kokomo 8:30AM
18-May	MCF Prison Breakout 5K Bunker Hill
1-Jun	Gene Parks 5K Russiaville (Removed)
6-Jun	Thursday Coyote Kids #1 Kokomo
8-Jun	Norris-Greentown 5K 8AM
13-Jun	Thursday Coyote Kids #2
15-Jun	Flora Hog Jog 10K
20-Jun	Thursday Coyote Kids #3
27-Jun	Thursday Coyote Kids #4
4-Jul	Thursday Walton Independence Day 5K
4-Jul	Thursday Coyote Kids #5 (TBD)
6-Jul	CK/Haynes-Apperson 5K Kokomo CK/Haynes-Apperson Kids Track Kokomo
6-Jul	
11-Jul	Thursday Coyote Kids #6
13-Jul	Race for Grace 5K Logansport
18-Jul	Thursday Coyote Kids #7 Awards Night
20-Jul	Panther Prowl 5K Russiaville
3-Aug	Norris-Converse 5K 8AM
10-Aug	Forget Me Not 5K 8AM Kokomo
17-Aug	Runnin the Shores 5K, 10K Kokomo
31-Aug	Steps to Recovery Kokomo
2-Sep	Monday Blueberry Stomp 15K,5K Plymouth
14-Sep	Saints on the Run
21-Sep	Amboy Volunteer Fire Co. 5K
28-Sep	Bee Bumble 10k, 5K Burnettsville
5-Oct	Cole Porter 15K, 5K Peru
12-Oct	RedGold RunToCrushHunger Elwood
26-Oct	Chili Chase 10k, 5K Peru Run the Mounds Anderson5m,5K
3-Nov	Sunday runs,5k walk
9-Nov	CK Charity Run 5K Kokomo
28-Nov	Thursday CK CARES 5K Kokomo
7-Dec	Rudolph Run 5K
31-Dec	Tuesday CK NY Eve 5K2PM Kokomo

RUNNERS**FEMALE****0-12**

Riggle, Gretchen 45-3
Kantz, Ava 40-2
Moore, Hannah 40-2
Hughes, Sarah 35-2
Weber, Kelsey 35-2
Wright, Bella 20-1
Wright, Taliah 20-1
Bullock, Anna 15-1
Webber, Natalie 12-1

13-19

Smith, Elizabeth 139-8
Salinas, Haley 75-4
Bullock, Kayla 69-4
Ford, Alivia 45-3
Kantz, Ella 40-2
Spidell, Julynne 35-2 H
Wyman, Sophia 30-2
Shanks, Arianna 20-1 V
Ramsell, Maddie 15-1
Bullock, Anna 15-1

25-29

Gillem, Brittiani 225-12 H
Kirkwood, Bethany 135-7 UMH
Koon, Kelsey 134-7 HH
Davis, Kelly 20-1

30-34

Massey, Tiffany 340-17 H
Heflin, Laura 290-18 HV
Hudson, Kayla 107-8
Snyder, Valerie 20-1 H

35-39

Tudor, Jenny 347-20 HH
McQuaide, Danielle 290-15 HH
Shanks, Ashley 60-3 V

40-44

Shafer, Amy 140-7 MHH
Van Horn, Jennifer 52-3 HH
Wright, Kelly 40-2
Kantz, Anne 30-2

45-49

Wyman, Shelly 80-4
Beachy, Debbie 70-4 H
Bullock, Sheree 47-3
Brack, Staci 15-1

50-54

Moore, Tami 100-5 HH
Savage, Carol 90-5
Neer, Joni 40-2

55-59

McKellar, Cara 295-15 UHV
Studebaker, Kelly 290-19 HV
Hubbard, Anne 215-12 H
Snyder, Kathy 109-7 HH
Stucker, Jayne 20-1 V

60-64

Rangel, Anna 300-15 HH
Tetrault, Robin 130-8
Taylor, Deb 112-7
Sandifur, Lorene 20-1

Boles, Vicki 12-1

65-69

Cole, Robin 260-13
Smith, Judy 20-1
Townsend, Jeannie 20-1 V

70-74

Gerhart, Susan 20-1

MALE**0-12**

Snyder, Ethan 120-6 H
Snyder, Owen 20-1
Weitzel, Ben 20-1

13-19

Studebaker, Alex 320-18 V
Brack, Brody 140-7
Hughes, Jonah 40-2

25-29

Kennedy, Kory 300-15 H

30-34

Kennedy, Kirk 220-11 H

35-39

McQuaide, Johnathan 230-12 HH
Snyder, Mat 140-7 H
Anderson, Michael 30-1 RD

40-44

McQuiston, Aaron 60-3

45-49

Brack, John 100-5
Small, Ryan 75-4 H
Wyman, Paul 62-4
Hill, Keith 55-3 V
Weber, T.A. 20-1
Riggle, Scott 15-1
Weitzel, Virgil 10-1

50-54

Shafer, Noel 220-11 MHH
Graham, Michael 199-11 VV
Neer, Dana 70-4 H
Beachy, Tony 50-3 H
Moore, Ron 20-1

55-59

Deyoe, Scott 226-14 MHH
Andrews, Don 160-8 H
Tierney, Warren 142-9 HVV
Sanders, Paul 137-8
Rozzi, Phil 127-8 HH
Savage, Bruce 86-6
Bundrent, Byron 40-2
Bruce, David 20-1

60-64

Elmore, Max 355-19 HH
Deardorff, Mike 170-9 H
McAndrews, Keith 112-7 H
Snyder, Norm 109-8 HH
Hamilton, Scott 24-2
Tetrault, Ray 20-1 V
Townsend, Greg 20-1 V

65-69

Shorter, Mark 210-11 V
Greene, Ronnie 100-5 MH
Chew, Fred 40-2

Smith, Rocky 20-1

Skoog, Charlie 12-1

70-74

Hughes, David 395-20 H
Stucker, Ricke 145-9 V

75-79

Peters, John 160-8
Sullivan, Dale 15-1

80+

Case, Riley 100-5

WALKERS**FEMALE****40-44**

Wise, Katrina 200-10

50-54

Tierney, Felicia 140-7 HVV
Kestle, Sherry 80-4 HH

55-59

Miller, Mary 340-17 H
Wilson, Marianne 225-14
Heflin, Jean 188-15 V
Berkshire, Debby 158-10 MHH
Deyoe, Chari 30-2

60-64

Yard, Betty 240-12

65-69

Wall, Jan 220-11 H
Keller, Sue 210-12 RD

70-74

Dillman, Anita 180-9 HH
Brown, Diana 20-1 V

MALE**30-34**

Lorenz, Vince 240-12 H

55-59

Whitted, Kevin 100-5

65-69

Wilson, Stephen 250-14
Wall, Greg 210-11 H
Lorenz, Tony 192.5-14 H
Keller, Vern 164.5-11 RD
Michaels, Robin 133-12

70-74

McBride, Bob 250-13
Stinchcomb, Floyd 60-3

75-79

Gross, Jim 120-6
Coughlin, Dan 20-1 V
Mohr, John 20-1

80+

Cupp, Bob 80-4

Don't forget to turn in Ultras, Half Marathons, and marathon information to the editor to get your points! Results must be turned in within 14 days of completing the race to receive your points. Send emails to: editorckrr@gmail.com

CKRR CLUB MEETING SEPTEMBER 10, 2018

On September 10, 2018 the meeting was called to order at 6pm by President Patricia Weitzel

1. Prayer by Carol Savage
2. Vern Keller made a motion to accept minutes. Scott Deyoe 2nd, motion carried.
3. Treasurer's report given by Mark Shorter
4. Old Business
 - a. Carol Savage made a motion to get back her \$200 deposit for the Gilead House. Vern 2nd, Motion carried.
 - b. Carol Savage made a motion to give the DQ'd person from the Steps to Recovery race 3rd place points for the club. Dani McQuaide 2nd. Motion denied.
 - c. HESP was cancelled due to decreased preregistration.
 - d. Coyote Kids committee to meet soon to discuss dates for next year.
 - e. CKRR is looking to partner with Kassandra Koontz to host a memorial race in honor of Carl Koontz. Race would be in late April. Money raised will go toward a Memorial Wall for fallen officers at Jackson Morrow Park. More details to come.
 - f. Mark made a motion to refund the \$300 to HESP since they didn't use the equipment. Scott Deyoe 2nd. Motion Carried.
5. New Business
 - a. Carol Savage is stepping down as club Chaplin.
 - b. The 2019 race schedule was discussed. (see info in newsletter)
6. Meeting Adjourned.

Those present were: Tiffany Massey, Jenny Tudor, Patty Weitzel, Scott Deyoe, Don Anderson, Robin Tetrault, Carol and Bruce Savage, Vern and Sue Keller, Mark Shorter, Dani McQuaide.



CLUB KOKOMO ROAD RUNNERS

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