

DESI LINDEN WINS THE 122ND BOSTON MARATHON!

Desi Linden became the first American woman to win the Boston marathon on April 16, 2018. A day of cold temperatures, strong winds, and rain caused many of the race favorites to struggle, but Ms. Linden and fellow American women had a strong showing, taking seven of the top eight spots. Senior ESPN writer Bonnie D. Ford caught up with Ms. Linden. Below is an abbreviated transcript of their discussion. The full interview can be read on espn.com



ESPN: How did you feel the day after?

Desiree Linden: Surprisingly good. I just kept thinking that it was because we actually ran fairly slow, so if you didn't totally crater -- maybe that's why I felt a little bit better. Although I think if it went poorly, it was the opposite end of the spectrum.

ESPN: I did see video of you drinking champagne out of a shoe.

DL: Yeah, that was unfortunate [laughs]. That was supposed to be under wraps. It was very well into the evening.

ESPN: Was it a Brooks shoe, and was it a clean shoe?

DL: It was a Brooks Birds of Paradise, and it was lightly worn -- with socks.

ESPN: I'm sure that imparted an interesting bouquet to the champagne. What was the first thing you ate after you were able to?

DL: I think I grabbed a hot dog at Fenway, at the Sam Adams after-party for the masses. That was the first time I had real food.

ESPN: How did your feet emerge from this?

DL: They've never been better. Which is super weird. There were huge puddles, and when we went through them, I felt like my shoes were getting really loose. I felt like I was going to have to stop and put my shoe back on and tighten it up. I don't know if I was just losing feeling. For a long time, it felt like I didn't have shorts on.

ESPN: That sounds like an anxiety dream.

DL: It's like, "I hope the shorts are still there, because it feels like I'm wearing nothing." [Laughs]

ESPN: When you crossed the finish line, you put your hands over your mouth.

DL: Just disbelief: "That really happened. I can't believe this." It was also really cold fingers. That's the hand motion for all the feels.

ESPN: What did [your husband] Ryan [Linden] and [your agent] Josh [Cox] say to you in those first moments?

DL: It was me just screaming, "I can't believe that just happened," and them just laughing and saying they were really proud. I'm pretty sure that's what happened.

ESPN: Joan [Benoit Samuelson, the 1984 Olympic marathon gold medalist] got to you even before they did.

DL: She's so funny. Later, she came up and said, "I'm so sorry about that, I stepped in front, I

Congratulations to local runners who survived Boston this year! Club members, don't forget to send your race results to the editor to be included in the Points of Interest and to be counted in the club points! Send to: editorckrr@gmail.com



COYOTE KIDS 2018

We are excited to begin our 15th year of Coyote Kids! We NEED YOU to volunteer! We have a handy way for you to sign up at Get Me Registered just for volunteers! If you commit to help with Coyote Kids and you sign up through GMR you will be on our list and we will give you an assignment. You will also receive a free T-SHIRT for helping. Please be available as many weeks as you can! Keith Hill will be in charge of Volunteers for us.

Online registration will open the first week of May. We are offering T-shirts for purchase on the registration form for all kids that sign up before Coyote Kids starts. We are shooting for May 1st to launch the online registration. Just go to getmeregistered.com and choose Coyote Kids for the event. There should also be a place for volunteers to sign up. This is our first year using the volunteer option so please be patient with us.

Coyote Kids will also utilize the "[REMIND](#)" app to notify folks of cancellations. It was very successful last year. Ashley Shanks will be in charge of that once again so be sure you are on her list!

We have amazing sponsors once again this year to who continue to allow us to offer a free program for all children! Be sure to thank our sponsors and utilize their services!

Once again we cannot thank you enough for your support and spreading the word about Coyote Kids. Our first night is June 7th and we will need lots of volunteers as the T-Shirts will be passed out that night. We pray the weather will be better than last year! Our dates are June 7th, 14, 21st, and 28th then July 5th and 12th. Awards will be July 19th. We ARE RUNNING 4th of July week and no rain week built in. The school year has overlapped too much of our summer so we had to make cuts to allow families vacation time.

We hope to see you out there this year! Thank you again!

Captain and Mrs. Coyote (Ray & Robin Tetrault) and our support staff, Keith Hill, Ashley Shanks, Tiffany Massey, and Mat Snyder



3rd Annual Walker Picnic

Saturday June 30, 2018

Anita & Fred Dillman's House (directions to follow)

Noon-???

Meat and beverages provided.

Please bring a covered dish to share.

Bring a lawn chair. If you would like to fish please bring a fishing pole. (Catch and release only!)

All walkers and a spouse or guest are invited.

This will be a time to get to know everyone better and have a great picnic as well.

Questions? Contact Anita Dillman or Sherry Kestle

Please RSVP, so we will have enough food.

Points of Interest:

Bethany Kirkwood completed the Circular Logic 8 hour Endurance race on 4/7/18. She completed 31.2 miles in 7:18:9.2. Awesome job Bethany!!

Run a non-club race lately? Don't forget to share the results to get your points! Send all results to:
editorckrr@gmail.com

The Triple Crown is Back!

For the second year, the Club Kokomo Road Runner's Summer Running Series Triple Crown will take place. There will be 3 runs, first is a Predict-A-Mile (PAM) on Wednesday June 20, second will be Haynes Apperson 5k on Saturday July 7, and the third run will be a downtown Kokomo 6 mile run on August 11. Be on the look out for more information in the newsletter and on the CKRR Facebook page!

CLUB MEETING

MONDAY, MAY 14 @ 6 P.M. @ PIZZA JUNKIEZ

2930 S WASHINGTON ST., KOKOMO, (ACROSS FROM RURAL KING)

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

Member Profile: Johnathan McQuaide

Welcome to the 2nd edition of the Member profile section of the newsletter. The hope is that this will help members get to know each other better. Each month we will highlight and profile a different club member, be on the lookout for an email asking you to submit a profile!

NAME: Johnathan McQuaide

HOW LONG HAVE YOU BEEN RUNNING/WALKING?

6.5 years

WHAT MADE YOU START RUNNING/WALKING?

Dani McQuaide (wife) and to lose weight.

BEST ATHLETIC ACCOMPLISHMENT AND WHY?

Completing the Purdue Boilerman Olympic distance triathlon.

IF YOU LIKE TO RACE, WHAT IS YOUR FAVORITE RACE DISTANCE? WHY?

I prefer the 10K distance. It's long enough to be a challenge, something you actually have to train for, but short enough that I don't get bored. Running long distances sometimes bores me. I have completed a few triathlons and really enjoy multi-sport races.

FAVORITE LOCAL RUNNING ROUTE?

I like running on the Nickel Plate trail for long runs. I tend to get lost in music or audiobooks and the out/back works great for that.

FAVORITE CLUB RACE? WHY? (Note: This question can be taken as club sponsored race or just a race on the club schedule)

Running the Shore. The trails are scenic and it is nice to get off the pavement every now and again.

FAVORITE POST RUN/WALK TREAT?

Burger and a beer.



FAVORITE NON-CLUB RACE? WHY?

Oak Barrel Half Marathon. This race take place in Lynchburg, Tn in early April. Southern Tennessee is beautiful that time of year and Lynchburg is a cool old town.

WHAT IS YOUR FAVORITE PIECE OF RUNNING/WALKING GEAR?

My Garmin 920XT watch for tracking all my running, cycling and swimming activities.

WHY DID YOU JOING CKRR?

I was running many of the races anyway and getting to know new people, so I though I should become a member. Also, Dani signed me up.

ANYTHING ELSE YOU'D LIKE THE CKRR MEMBERS TO KNOW ABOUT YOU?

I have completed 15 states on my goal to run a half marathon in all 50 states, with 2 more states already planned for this summer. I also hope to complete a half Ironman in the near future.

2018 CKRR Race Schedule

Underlined—new for 2018, V—volunteer opportunities for club members.

Saturday May 5

Finish Line 500 Festival 5K Run/Walk

7am
Downtown, Indy 601 W. Washington St. Indianapolis
\$40
www.indymini.com/p/5k

Saturday May 12

Norris Kokomo 3M Walk/ 4M Run

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

Saturday May 19

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 May 1st
Cathy Stover

Saturday June 2

Gene Parks 5K Run/ walk

10am
Dr. Sylvester's Office, Corner of 26 & Liberty Russiaville, In
\$15 pre-registration/ \$20 day of/ \$45 family discount
Rhiannon Thompson, RD

Saturday June 9

Norris Greentown 5K Run/ walk

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

Saturday June 16

Flora Hog Jog 10K

8:15am
Flora Community Park, Flora, In
\$20 before June 9/ \$25 day of
www.hogjog.com

Wednesday 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

Saturday July 7

CK Haynes Apperson 5K Run/ Walk—V

8am
Kokomo Municipal Stadium 400 S. Union St. Kokomo
\$13 club & \$15 non club before June 23/ \$20 late or day of
Michael Anderson, RD

Saturday July 14

Race for Grace 5K Run/ Walk

8am
Calvary Presbyterian Church, 7th and Spencer St. Logansport
\$12 early then \$15

Saturday July 21

Panther Prowl 5K Run/ Walk

8am
Russiaville, In
\$20 Pre-registration/ \$23 late registration
Gary Jewell, RD

Saturday July 28

Jerome Active Water

8am
Jerome Christian Church, 9535 County Rd E 100 S, Greentown
Ryan Horner, RD

Saturday August 4

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 11

Forget Me Not 5K

8am
Kokomo, In

Saturday August 18

Running the Shores 5K Run/ Walk

8am
Champaign Shores, Co Rd 440 W & Lakeshore Dr, Kokomo
\$20 early registration
Todd Moser, RD

Saturday September 1

Steps to Recovery 5K Run/ Walk

8am
Gilead House, 406 E Sycamore St. Kokomo
\$20 early then \$25
Carol Savage, RD

Monday September 3

Blueberry Stomp 5K/ 15K

9am
Plymouth, In

Saturday September 8

HESP 5K Run/ Walk

8am
Kokomo High School, 2501 S Berkley Rd Kokomo
\$12 early then \$20

Saturday September 15

Amboy Volunteer Fire Co 5K

Amboy, In

Saturday September 22

Bee Bumble 5K/ 10K

8am
Burnettsville, In
Monticello Chamber of Commerce, RD

Saturday September 29

Saints on the Run 5K Run/ Walk

8am
St. Joan of Arc, 3155 Co Rd S 200 W. Kokomo
Heather Weber, RD

Saturday October 6

Cole Porter 5K/ 15K

9am
Circus Building, Broadway & 7th Peru
\$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
East Point Bible Church 1540 Paw Paw Pike, Peru, In
\$15 with shirt, \$25 with a shift
Jamie Laycock

2018 CKRR Race Schedule

Underlined-new for 2018, V—volunteer opportunities for club members.

Sunday November 4

Run the Mounds
Anderson, In

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

RACE RESULTS

Rhenda Acton Ultimate Challenge

5 mile/ 10 mile

Saturday, April 7, 2018

10 Mile Runners

1. Taryn Thor 1:02:06
2. Parker Jones 1:02:58 1st Male
3. Scott Colford 1:08:47
4. **Dana Neer 1:09:02**
5. Corey Dea 1:09:45
6. Pablo Morales 1:11:19
7. Chad Barver 1:11:53
8. Steve McDorman 1:12:09
9. Drew Finley 1:14:21
10. **Paul Sanders 1:14:31**
11. Kyle Clifton 1:14:41
12. Curtis Wilson 1:15:01
13. **Haley Salinas 1:15:48**
14. **Ryan Small 1:23:29**
15. Kailin Bauyman 1:23:51
16. Lisa Gellingler 1:23:52
17. Bill Bauman 1:24:08
18. **Anna Rangel 1:39:34**
19. Gwen Grimes 1:39:44
20. **Keith McAndrews 1:42:56**
21. Amy Densborn 1:45:38
22. **Max Elmore 1:45:54**
23. Duane Ullom 1:48:28
24. Pam Steinberger 1:48:45
25. Sarah Schorder 1:49:45
26. Larry Johnson 2:03:04
27. **Fred Chew 2:07:55**
28. **David Hughes 2:30:47**

29. Timothy Templin 2:32:09

30. **Joni Neer 1:37:50**

5 Mile Runners

1. Callaway Bird 30:54
2. Shane Pursch 30:54
3. Noe Ortiz 32:07
4. Li Richard 34:22
5. Andrew Setzer 34:33
6. Jacob Bird 36:45
7. Hannah Fody 37:03 1st Female
8. Jacob Cross 37:08
9. Caroline Perea 37:52
10. Anne Bonner 37:56
11. Jonah Cross 38:54
12. Jordan Ousley 39:04
13. Marissa Rivera 39:07
14. Lillian Gregorash 39:37
15. Regina Herrero 39:49
16. Jozie Gregg 39:53
17. Isabelle Landy 42:17
18. Chloe Strong 45:00
19. Ashton Bieri 49:20
20. Emily Clark 50:06
21. **Tiffany Massey 50:41**
22. Peyton Zehner 51:12
23. Arin Shaver 53:55
24. **Lorene Sandifur 55:32**
25. Joyce Pennycoft 55:33
26. **Danielle McQuaide 59:06**
27. **Jonathan McQuaide 59:08**
28. **Robin Tetrault 1:03:22**
29. **Robin Cole 1:04:26**
30. Matthew Bartrum 1:04:28
31. **Vicki Boles 1:06:34**

32. **Deb Taylor 1:12:47**

33. **Jenny Tudor 1:15:01**

34. John Luyster 1:27:03

5 Mile Walkers

1. **Vince Lorenz 45:55**
2. **Mary Miller 1:00:25**
3. **Toney Lorenz 1:11:08**
4. **Kevin Whitted 1:11:08**
5. **Robin Michael 1:16:19**
6. **Anita Dillman 1:24:16**
7. **Bob McBride 1:24:17**
8. **Betty Yard 1:38:57**

May Birthday's

- 5-2 Judy Smith
- 5-4 Ashley Meyers
- 5-10 Alexander Small
- 5-12 Jo Dee McClish
- 5-13 Dana Neer
- 5-13 Joni Neer
- 5-17 Mike Deardorff
- 5-17 Jim Gross
- 5-18 Benjamin Weitzel
- 5-21 Sue Keller
- 5-25 Fred Chew
- 5-27 Anna Bullock
- 5-27 Bob McBride
- 5-28 Mia Van Horn

Jackie Sanders Miracle Mile & Joe Kidd Rangel Races

Free to all

Highland Park @ 5:30PM

Registration located at concession stand



2018 POINTS STANDING

Runner 0-12**Female**

Riggle, Gretchen 20-1
Hughes, Sarah 15-1

Male

Snyder, Ethan 40-2

Runner 13-19**Female**

Smith, Elizabeth 20-1
Salinas, Haley 20-1
Ramsell, Maddie 15-1

Male

Studebaker, Alex 70-4 V
Brack, Brody 20-1
Hughes, Jonah 20-1

Runner 25-29**Female**

Kirkwood, Bethany 60-3 UM
Koon, Kelsey 15-1

Male

Kennedy, Kory 20-1

Runner 30-34**Female**

Massey, Tiffany 60-3
Heflin, Laura 35-2 V
Hudson, Kayla 12-1

Walker 30-34**Male**

Lorenz, Vince 40-2

Runner 35-39**Female**

McQuaide, Danielle 80-4
Tudor, Jenny 60-4

Male

McQuaide, Johnathan 70-4
Snyder, Mat 40-2

Runner 40-44**Female**

Shafer, Amy 100-5 MHH
Van Horn, Jennifer 20-1 H

Walker 40-44**Female**

Wise, Katrina 20-1

Runner 45-49**Male**

Small, Ryan 60-3 M
Riggle, Scott 15-1

Runner 50-54**Female**

Neer, Joni 40-2
Kestle, Sherry 20-1 H
Savage, Carol 20-1

Male

Shafer, Noel 100-5 MHH
Neer, Dana 35-2
Graham, Michael 20-1 V

Walker 50-54**Female**

Tierney Felicia 60-3 HV
Savage, Carol 20-1

Runner 55-59**Female**

Studebaker, Kelly 72-4 V
Berkshire, Debby 20-1 H
Hubbard, Anne 20-1
Snyder, Kathy 15-1

Male

Tierney, Warren 52-3 HV
Sanders, Paul 35-2
Rozzi, Phil 27-2
Andrews, Don 20-1
Bruce, David 20-1

Savage, Bruce 20-1

Deyoe, Scott 10-1

Walker 55-59**Female**

Miller, Mary 60-3
Heflin, Jean 32-2 V
Wilson, Marianne 15-1

Male

Whitted, Keith 40-2

Runner 60-64**Female**

Rangel, Anna 80-4
Tetrault, Robin 30-2
Taylor, Deb 22-2
Sandifur, Lorene 20-1
Boles, Vicki 12-1

Male

Deardorff, Mike 60-3 H
Elmore, Max 30-2
McAndrews, Keith 20-1
Tetrault, Ray 20-1 V
Townsend, Greg 20-1 V
Snyder, Norm 15-1

Walker 60-64**Female**

Yard, Betty 40-2

Runner 65-69**Female**

Cole, Robin 20-1
Townsend, Jeannie 20-1 V

Male

Shorter, Mark 40-2 V
Chew, Fred 20-1

Walker 65-69**Female**

Keller, Sue 45-2 RD

Wall, Jan 20-1

Male

Keller, Vern 42-2 RD
Lorenz, Toney 30-2
Michael, Robin 30-2
Wall, Greg 20-1
Wilson, Stephen 15-1

Runner 70-74**Male**

Hughes, David 35-2
Stucker, Ricke 20-1

Walker 70-74**Female**

Dillman, Anita 40-2 H
Brown, Diana 20-1 V

Male

McBride, Bob 20-1
Stinchcomb, Floyd 20-1

Runner 75-79**Male**

Peters, John 40-2

Walker 75-79**Male**

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

Runner 80+**Male**

Case, Riley 20-1

Don't forget to turn in Half Marathons, marathons, etc. to get your points! Send to: editorckrr@gmail.com

AS SEEN ON MY RUN

Want to contribute to the newsletter, but don't have time to write an article? Submit a picture when you come across something fun, unique, or downright bizarre while out on a run or walk! Photos and a description can be submitted to: editorckrr@gmail.com

The picture at left was submitted by Tiffany Massey: "As I was running I notice this cute little chipmunk! I couldn't believe he held still long enough for me to take this picture!"

DID YOU KNOW?

Xu Zhenjun of China set the world record in backwards running. He ran the entire 2004 Beijing International marathon backwards! He completed it with a time of 3:43:39. That's an approx. 8 and half minute per mile pace!



CKRR CLUB MEETING APRIL 9, 2018

On April 9, 2018 meeting called to order at 6pm by Vice President Vern Keller

1. Prayer by
2. Jeannie Townsend motioned to suspend reading of the minutes, Diana Brown 2nd, motion carried.
3. Treasurer's Report given by Mark Shorter.
4. Old Business
 - a. The advertising video for Coyote Kids has been released.
 - b. Robin Cole will again be picking up 500 mini packets this year.
 - c. Ray Tetrault is still looking into a new timing system.
5. New Business
 - a. There were 75 entrants for the Rhenda Action 5M/10M race.
 - b. Sue Keller made a motion to give Cass County EMA a \$100 for their time and effort . Dani McQuaide 2nd the motion. Motion carried.
 - c. It was mentioned that we should do more advertising in Logansport for the Rhenda Action Ultimate to get more people who may have known her to come out.
 - d. Everyone is to think of alternative meeting location ideas and bring to the next meeting.

Meeting Adjourned.

Those present were: Diana Brown, Robin Tetrault, Jenny Tudor, Mark Shorter, Vern and Sue Keller, Jeannie Townsend, Vicki Boles, Greg Townsend, Joe Yeagel, Tiffany Massey, and Dani McQuaide.



CLUB KOKOMO ROAD RUNNERS

2936 Congress Drive, Kokomo, IN 46902

We're on the WEB—
www.ClubKokomoRoadRunners.com
 Facebook—Club Kokomo Roadrunner
 Contact the editor— editorckrr@gmail.com

