

The ROADRUNNER

Club Kokomo Road Runners

April 2017

RUNNING FOR A CAUSE

BY: BETH KIRKWOOD

In March 2016, I flew over Haiti and was completely overcome with God's presence. I felt He was directing me to go to Haiti, but I didn't know what for. For months, I tried to find various mission trips to go on; but the doors were constantly closed or nonexistent. After a while of not finding a way to get to Haiti, I settled that I would raise money by running a marathon and send that money to an organization. As I looked for an organization to donate to, God intervened and introduced me to a couple of new friends from Ohio who were involved with an organization called, Team Tassy.



To make a long story short, when I found out about Team Tassy and this ultra-marathon they were doing in Haiti—there was less than 1 week left in the application process. Instantly, I felt in my heart this was what God wanted me to do; but as with most things that would push one out of their comfort zone, I was scared! I mean, this was November, and the 230-mile Ultra Marathon in Haiti was in February! I had never even run an ultra-marathon at this point... could I even complete 1 day of this race?

After a lot of prayer and discussion with family and friends, I committed and made the team the day before Thanksgiving 2016. The training came and went by so fast, and I never missed a workout thanks to my training partner Michelle Ludlow. She was instrumental in keeping me on track to prepare myself mentally and physically for this event! Before I knew it, I was in Haiti and lacing up my Brooks to prepare myself for the biggest race of my life!

Less than 30 minutes before the event started, I received notice that my grandpa had passed away. This hit me like a ton of bricks, but instead of being sorrowful I decided that I wanted to run the race in his honor with a joyful heart! The other runners and myself let Haiti wash over us. We ran coast to coast from Cap Haitien to Jacmel, with the last day being a 58ish mile run. 21 runners set out on this journey, and I'm grateful to say that I was one of the 10 that finished the entire thing.



Through the grace of God I remained safe, healthy, injury and blister free for the entire event. This was a TOUGH run. I ran alongside professional athletes who were unable to finish for various reasons. My first run when I returned home I cramped up, and just a couple of days later I fell flat on my face in my laundry room merely just walking through my house. I share all of this, because I am not a professional athlete. There is no reason I should've been one of the few to finish this race! However, through the grace and protection of God and listening to his guidance and instruction I was able to finish the race and raise over \$5,000 for Team Tassy.

Team Tassy works in 2 villages in Haiti called Menelas and Molea. The fundraising went towards helping to keep families together through education and good, dignified jobs. Also, the organization hired a few family members to work for the event. To find out more, go to : <http://teamtassy.org/> ! If you're interested in running this next year, get a hold of me! Thank you to all of the Club Kokomo Runners that volunteered and supported me in various ways! You are helping make a difference, and I am forever grateful!

Team Tassy teamtassy.org

Geline. Geline suffered from multiple tumors. Now that she's healthy, Team Tassy is working to get her family back on their feet and on their way out of poverty.



Club Meeting—Monday April 13th @ 6 P.M. @ Pizza Junkiez

2930 S Washington St., Kokomo, (Across from Rural King)

Social hour @ 5 P.M. Soft drinks will be provided

2017 CLUB RACE SCHEDULE

22-Apr Follow-Me Neil's Run

5K Run Walk
Time: 9 a.m.
Location: McKinley School
Contact: Teri Rose

13-May Norris – Kokomo

3 M Walk / 4 M Run
Time: 8:30 a.m.
Jackson-Morrow Park
Contact: John Norris

20-May MCF Prison Breakout

5M Run / 3M Walk
Time: 8 a.m.
Bunker Hill
Contact: Anne Hubbard

10-Jun Norris – Greentown

5K Run/Walk
Time: 8 a.m.
Greentown
Contact: John Norris

1-Jul Haynes 5K (V)

5K Run/Walk
Time: 8 a.m.
Kokomo Municipal Stadium
Contact: Mike Anderson

8-Jul Race for Grace

5K Run
Time: 8 a.m.

15-Jul Panther Prowl

5K Run/Walk
Time: 8 a.m.

Russiaville, IN
Contact: Gary Jewell

22-Jul Jerome Water

5K Run/Walk
Time 8 a.m.
Jerome Christian Church
Contact: Ryan Horner

5-Aug Norris – Converse

5K Run/Walk
Time: 8 a.m.
Converse, IN
Contact: John Norris

26-Aug Running the Shores

5K Run/Walk
Time: 8 a.m.
Champaign Shores
Contact: Todd Moser

2-Sep Steps for Recovery

5K Run/Walk
Time: 8 a.m.
Gilead House
Contact: Carol Savage

9-Sep HESP

5K Run/Walk
Time: 8 a.m.
Kokomo High School
Contact: Vicki Boles

23-Sep Bee Bumble

5K / 10K
Time: 8 a.m.
Burnettsville, IN
Contact: Don Hurd

30-Sep Saints on the Run

5K Run/Walk
Time: 8 a.m.
Location St Joan Campus
Contact: Heather Weber

7-Oct Cole Porter

5K Run/Walk 15K Run
Time: 9 a.m.
Circus Bldg, Peru, In
Contact: Jim Yates

11-Nov CK Charity Run (V)

5K Run/Walk
20 Points for each finisher
Time: 9 a.m.
Location: _____
Contact: Jeannie Townsend

23- Nov CK Cares (V)

5K Run/Walk
Time: 8 a.m.
Highland Park
Contact: Tetraults & Shorter

2-Dec Rudolph 5K

5K Run/Walk
Time: 8 a.m.
Kokomo Public Library
Contact: Ashley Shanks

31-Dec CK NYE (V)

5K Run/Walk
Time: 2 p.m.
Highland Park
Contact: Vern & Sue Keller

REPORT YOUR RESULTS

Report your results and your accomplishments. Also earn points for half marathons, marathons and ultra races.

Email information to—
jbm1100@gmail.com

Also include pictures and any PR stats.

2017 RRCA convention experience

— — david Bruce

I left for the 2017 RRCA Convention in Detroit on Wednesday afternoon on the 8th of March, so I missed my first Wednesday Night Club run all winter. I stopped in Dearborn Heights, a suburb of Detroit and only about 15 minutes from the Marriot where the convention was being held, to visit my cousin and her dad, my uncle who I haven't seen in 20 years since my Aunt's funeral.

The convention started first thing Thursday morning for those who were taking the coaches cohort. The rest of the conventioners were showing up all through the day and into Friday morning. We, the coaching students had a full day in the classroom. The cohort calls for 16 hours of classroom instruction followed by a 100 question exam to be finished within 30 days and to have CPR/1st aid training with a certificate to be completed within 2 months. I knew this so I got my CPR/1st aid training prior to attending the convention back in February.

Cont- 2017 RRCA convention

As far as the rest of the day for Thursday, the RRCA had a Board of Directors meeting, State Reps and Coaching Cohort lunch, and a State Representatives meeting, followed by a Regional Meet and Great, which the coaches cohort was able to attend because we finished up the day in time. Later that evening they had a Welcome Reception.

Friday morning started with a group 4-mile run along the riverfront at 6:30am. What a beautiful setting! After the run participants received a big ass finisher's medal and a short sleeve tech shirt, both really nice. Then after a Continental Breakfast everyone had a presentation on insurance from Star Insurance. Did you know that the RRCA's insurance provider is based in Ft. Wayne? That's pretty cool. It was back in the class room for the he coaches. The rest of the conventioners had a host of sessions they could attend from music licensing, growing the Urban Running Club, managing the complexities of a major race like the Detroit Marathon. A break for lunch with a keynote speaker Doug Kurtis for everyone. Doug is a fascinating man. He holds the world record for the most sub-2:20 marathon finishes with 76 and has 200 sub-3:00 marathons the last at the age of 61. He's won 40 marathons and 12 of them as a master. 5 time Olympic Trails qualifier: 1980, 1984, 1988, 1992 and 1996. He's a hoot too!

After lunch it was back to the classroom for the coaches and the rest of the conventioners again had the rest of the afternoon for sessions such as: developing network of sponsors, training with the Hanson's method, project management strategies and the annual membership meeting. All attendees were treated to a Night at the Museum where we had an informal strolling dinner. All throughout the museum they had islands setup with different ethnic foods for you to eat. The museum was the Detroit Historical Museum that had everything Detroit. It was a really neat museum and evening.

Saturday morning began with another group run. This one was 4.5 miles and took us through Greek town, past Comerica Park (new Tiger Stadium), past Ford Field where the Lions play, past Joe Luis Arena home of the Red Wings, past the famous Fox Theater and finished up back down on the water front. Detroit really gets a bad rap in the National news. I know the neighborhoods are in bad shape but down town is Golden! Once again the participants got another big ass medal and a long sleeve hoodie zip up tech shirt, sweet! After another Continental Breakfast and an Insurance FAQ session it was back to the class room for the coaches and the rest of the conventioners had sessions of updating your club bylaws, social media strategy, implementing youth and masters teams, engaging all members in your club, growing trail and ultra events, and event planning: medical, security etc.. Next was a luncheon with keynote speaker Craig Virgin who was the only American male to be on 3 Olympic teams in the 10,000 meters (1976, 1980 and 1984) and the only American male to win IAAF World Cross Country Championships and he did it twice, Paris France in 1980 and Madrid Spain in 1981. Just a country boy from neighboring Illinois. He was truly a joy to listen to.

After lunch it was back to the class room for the coaches and everyone else got to attend sessions on managing club events and finances, implementing race walking programs, starting kids run the nation programs, race scoring: 22 ways to score, managing conflicts of interests and current certified level 1 coaches who want to advance to level II had their in-person session 2 opportunity. At the end of the business day we had the National Running Awards Reception and Dinner. The keynote speaker at the dinner was Desiree Linden the two-time U.S. Olympic Marathoner. She was also inducted into the RRCA's hall of fame. After the dinner and the awards they had an Auction with a bunch of auto-graphed this and that along with destination marathon packages.....followed by the silent auction results. I won two entries to the 2018 Sam Costa Half-Marathon along with all the bling, a couple of hats, 3 shirts, finisher medal for each entry.

All weekend I was meeting and talking with runners from all over the US and even one from India who was there as a coaching student as well. We all had the same desire to advocate running back at home with our clubs. It was a really fun and enjoyable learning experience. Comparing how some clubs were doing things as to how others were doing it.

Next year RRCA 60th Anniversary Convention in Washington, DC is April 5-8, 2018.



CK GROUP LONG RUN—

Each Sunday, David Bruce organizes a run (walkers welcome too) as they are building on the distance.

Schedule for CK Group Long Run up through the Mini.

April 2nd - 6 mile recovery

April 9th - 10 miles

April 16th - 12 miles

April 23rd - 8 mile taper

April 30th - 6 mile taper

May 6th - Indy Mini!

The group meets at **BMO Harris Bank** parking lot at the corner of Jackson and Buckeye at **1 p.m.** for a run that weaves through Foster Park, Highland Park and the downtown Industrial Heritage Trail.

Everyone is invited, walkers and runners alike. They would like everyone to join them and time it so you are finishing up around 2:30 so everyone can partake in the after-run get together at a downtown area restaurant. Good Times!! Run On!!

Please follow our Facebook page for updates and details.



RACE RESULTS

Norris Insurance
5K Run and Walk
Amboy, IN
March 18, 2017

Runners

| | |
|-----------------------|-------|
| 1. Kory Kennedy | 17:48 |
| 2. Noel Shafer | 19:12 |
| 3. Byron Bundrent | 20:18 |
| 4. Chris Lasley | 20:31 |
| 5. Tim Taflinger, II | 20:34 |
| 6. Shane Hillman | 21:00 |
| 7. Paul Sander | 21:08 |
| 8. Scott Colford | 21:52 |
| 9. Aaron Craig | 22:04 |
| 10. Brent Munro | 22:14 |
| 11. Ron Moore | 22:17 |
| 12. Brody Brack | 22:27 |
| 13. Hannah Moore | 22:33 |
| 14. Gary Williams | 22:41 |
| 15. Don Andrews | 22:43 |
| 16. Matt Snyder | 23:31 |
| 17. Ron Hershberger | 23:37 |
| 18. Corey Moore | 24:17 |
| 19. Kyle Griffith | 24:10 |
| 20. Nina White | 24:19 |
| 21. Jacob Riley | 24:30 |
| 22. Gary Callahan | 24:36 |
| 23. John Brack | 24:39 |
| 24. Tami Moore | 24:48 |
| 25. Jacob Van Horn | 24:55 |
| 26. Ethan Snyder | 24:56 |
| 27. Phil Rozzi | 25:10 |
| 28. David Bruce | 25:34 |
| 29. Jacob Loftus | 25:55 |
| 30. Jennifer Van Horn | 26:16 |
| 31. Mike Schoenrad | 26:28 |
| 32. Olivia Smith | 26:54 |
| 33. Mark Shorter | 27:14 |
| 34. Anna Rangel | 27:19 |
| 35. Charlie Hastings | 27:28 |
| 36. Kent Stucky | 27:33 |
| 37. Larry Emmons | 27:54 |
| 38. Keith McAndrews | 28:02 |
| 39. Sherry Robertson | 28:14 |
| 40. Mike Deardorff | 28:18 |
| 41. Connie Gamble | 28:22 |
| 42. Cara McKellar | 28:26 |
| 43. Emiline Hunt | 28:35 |

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|------------------------|-------|
| 44. Daniel Hunt | 28:38 |
| 45. Lisa Hunt | 28:38 |
| 46. Johnathan McQuaide | 28:46 |
| 47. Christie Reed | 28:59 |
| 48. Jack Reed | 28:59 |
| 49. Phil Buck | 29:00 |
| 50. Michael Graham | 29:08 |
| 51. Neo Klein-Shaffer | 29:31 |
| 52. Max Elmore | 29:37 |
| 53. John Peters | 30:05 |
| 54. Logan Herning | 30:17 |
| 55. Victoria Herning | 30:17 |
| 56. Staci Brack | 30:33 |
| 57. Sarah Brichford | 30:36 |
| 58. Emilie Hubbard | 31:20 |
| 59. Jacob Riley | 31:30 |
| 60. Gary Sigworth | 31:37 |
| 61. Stephanie Haglund | 31:42 |
| 62. Ann Hubbard | 31:43 |
| 63. Luke Haglund | 31:44 |
| 64. Beth Matteson | 32:16 |
| 65. David Hughes | 33:07 |
| 66. Mylon Logan | 33:19 |
| 67. Scott O'Connell | 33:28 |
| 68. Carol Weigand | 33:29 |
| 69. Katie Tarpein | 33:30 |
| 70. Robin Tetrault | 33:38 |
| 71. Phil Leininger | 34:09 |
| 72. Karen Hershberger | 34:22 |
| 73. Holly Hurlburt | 34:27 |
| 74. Kelsey Koon | 34:35 |
| 75. Kathy Snyder | 34:45 |
| 76. Timothy Templin | 35:23 |
| 77. Christian Reagle | 35:32 |
| 78. Jack Johnson | 35:33 |
| 79. Carla O'Connell | 35:36 |
| 80. Ann Morris | 35:55 |
| 81. Jenny Tudor | 36:15 |
| 82. Kobi Moore | 36:30 |
| 83. Alex Studebaker | 37:27 |
| 84. Amber Kinzie | 37:32 |
| 85. Angel Sparks | 37:35 |
| 86. Jonah Hughes | 37:55 |
| 87. Ray Tetrault | 37:57 |
| 88. Kris Bewley | 38:03 |
| 89. Gretchen Riggle | 38:08 |
| 90. Scott Riggle | 38:08 |
| 91. John McPherson | 38:31 |
| 92. Matthew Bartrum | 38:49 |
| 93. Bethany Kirkwood | 38:49 |

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|-----------------------|-------|
| 94. Michelle Ludlow | 38:49 |
| 95. Terry Whitted | 39:01 |
| 96. Ricke Stucker | 39:18 |
| 97. Debbie Beachy | 40:21 |
| 98. Kelly Studebaker | 41:03 |
| 99. Katina Dimitro | 42:10 |
| 100. Miranda Piercy | 42:11 |
| 101. Tylanna Jones | 42:23 |
| 102. Alison Mossburg | 42:33 |
| 103. Deb Taylor | 42:39 |
| 104. Molly McBride | 43:38 |
| 105. Peggy Billiard | 47:49 |
| 106. Sarah Hughes | 52:57 |
| 107. Stephanie Hughes | 53:13 |
| 108. Garry Barker | 55:56 |
| 109. Amber Logan | 55:57 |

Walkers

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|----------------------|-------|
| 1. Vince Lorenz | 27:15 |
| 2. Steve Wilson | 36:05 |
| 3. Greg Wall | 36:19 |
| 4. Sherry Kestle | 37:16 |
| 5. Marianne Wilson | 38:33 |
| 6. Debby Berkshire | 40:53 |
| 7. Jim Gross | 41:10 |
| 8. Jan Wall | 41:55 |
| 9. Bob McBride | 42:45 |
| 10. Stacey Brazel | 43:15 |
| 11. Rick Spencer | 44:23 |
| 12. Anita Dillman | 44:23 |
| 13. Dan Ahnert | 44:43 |
| 14. Vernon Keller | 45:03 |
| 15. Kacy Slee | 47:27 |
| 16. John Mohr | 47:37 |
| 17. Tracy Miller | 48:38 |
| 18. Robin Michael | 48:44 |
| 19. Stan Shuey | 49:31 |
| 20. Tracy Bautista | 52:25 |
| 21. Sue Keller | 52:30 |
| 22. Dennis Clevenger | 55:52 |
| 23. Betty Yard | 57:08 |
| 24. Warren Tierney | 57:30 |
| 25. Felicia Tierney | 57:30 |

**POINT SCORING WILL
APPEAR IN NEXT MONTHS
NEWSLETTER**

NEWS & INFO

On March 5, Steve Kilcline ran the Hooters Half Marathon in Ft. Myers, Fl. There were 622 finishers. First overall was Ryan Hopper of Chicago in a time of 1:12:55. First female was Kayla Easterday of North Ft. Myers, Fl. in a chip time of 1:24:24. Steve finished 442 overall and 9th out of 16 in 65-69 with a chip time of 2:22:12. Weather was perfect but the course went up and over one of the largest bridges in town twice, over and back! It was a killer! Miles 7 and 8 to boot. After that bridge it was a real struggle to finish.

Larry Piekarski reported the following - The Indy 6-miler. he finished with a 59.05, then later in the day, he ran in the Shamrock 5K. This was more of a fun race, but having Celiac disease and can't drink beer, he ran it for real with another gluten-free friend. He didn't think there was official timing, but according to his watch, he ran a 29:19, a PR, and that includes :53 where he did a face plant with about 1/2 mile to go. Medical checked him out, stopped the bleeding, and he was fine. Good times! Even ran it with St Patty's day bling.

Warren Tierney ran the Tomahawk 8K trail run in Danville on March 11th.

Jennifer Van Horn - March 11, 2017 Frosty Trails Night Half Marathon 2:12:47 & February 26, 2017 Disney Princess Half Marathon 3:10:59 (lots of character stops :))

Noel Shafer participated in the following half marathons in March - March 11, 2017 - (#17/233) Frosty Trails Half Marathon in Cicero with a time of 1:51:39 and on March 19, 2017 - (#20/236) No Luck Run Half Marathon in Plainfield, 1:29:53 Finished 9th out of 159 runners (2nd in age group 45-49) This was my first sub 1:30 Half

SAM costa results—

- Bruce Savage participated in the Sam Costa Quarter Marathon on Saturday. I finished 10 minutes behind the race winner! Okay, so it was 10 minutes behind the Half Marathon winner and I was running the Quarter, but still I was with the fast crowd. LOL. Actually for the Quarter, I finished 281 out of 374. My time was 1:22:58 which was a 12:40 per mile pace.
- John Peters Wow! I did it...my 7th straight age group First Place in the Sam Costa Quarter Marathon on March 25, 2017 in Carmel, IN...even with plantar Fasciitis. My 6.56 mile Time: 1:11:23 - Pace: 10:54/mile. Bib #876 I was 1 of 3 in Age Group 75 & Up and 231 of 375 Overall. My foot was hurting in the second mile

so for the rest of the race I ran in the grass on the side of the road or walk whenever I could. When I was running on pavement I had to run on just the ball of my left foot...not a normal run!!! The softer grass got me through this race and I had to stop and stretch a couple of times. All in all I did better than I thought I could under the circumstances.

Additional Results

Half marathon

| | |
|-------------------|---------|
| Christian High | 1:24:58 |
| Hannah High | 2:09:30 |
| Michael Deardorff | 2:12:41 |
| Maria Cline | 2:41:44 |

Quarter marathon

| | |
|--------------|---------|
| Ronnie Green | 54:41 |
| Anna Rangel | 1:02:36 |
| Kasey Wal | 1:03:42 |
| Bruce Savage | 1:22:58 |
| Vince Lorenz | 1:01:15 |



MARCH 13, 2017 CLUB KOKOMO MEETING AT PIZZA JUNKIEZ MINUTES

Vice President Vern Keller called the meeting to order at 6PM due to absence of President Patricia Weitzel

1. Opening prayer by Carol Savage
 2. Minutes of previous meeting were approved with the following corrections. #14 it should be Jeannie Townsend not Jenny Tudor. #12 it should be Mark Shorter not Mark Short.
 3. Brief Treasurer's report by Mark Shorter.
 4. CK Awards carry-in was Saturday Feb 25. Approximately 75 attended.
 5. The new CK sound system has been purchased and has arrived. Vern Keller said he will take it to Amboy this week to test it.
 6. With all of our equipment, we need to inventory and label all of our equipment. Sue Keller and David Bruce volunteered to handle this project.
 7. David Bruce spoke of his trip to the RRCA convention in Detroit. He spoke of several ideas presented at the convention. He also spoke about the Sunday long runs he has been hosting.
 8. Follow Me Neil Run April 22. It will start at McKinley School. Treasurer Mark Shorter reported that he had received the equipment use form and check.
 9. Ultimate Race on April 1. Stan Shuey has measured the course, Tierney warehouse, and Cass County EMA have been contacted. Sunspot will provide bananas; Vern Keller reported that Jeannie Townsend had contacted Rhenda's home extension club and they will provide 13 dozen cookies.
 10. Carol Savage moved and Sue Keller seconded to donate \$200 to Brookside Free church for use of their facility for our Awards Carry-in on Feb 25. Motion approved.
 11. Robin Tetrault discussed Coyote Kids. She announced that there will be a video about the program and free online registration.
- meeting adjourned

Those present were Joe Yeagle, Stan Shuey, David Bruce, Scott Deyoe, Bruce and Carol Savage, Jenny Tudor, John Wiles, Vernon and Sue Keller, Robin Tetrault, Vicki Boles, and Mark Shorter.

Respectfully submitted by Mark Shorter, Treasurer



**CLUB KOKOMO
ROADRUNNERS
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