

Club Kokomo Road Runners

CKRR CONSTITUTION CHANGE — DISCUSSION AND 2ND VOTE

During discussions at the January club meeting a new proposal was presented and accepted during the meeting. A 2nd vote along with discussion will held at the February club meeting on Feb. 13th.

January proposal:

7. Volunteers at Club Kokomo organized and owed races

(1) Club Kokomo members shall receive points instead of running the race (i.e. A member cannot receive volunteer points and participating points at the same race; if a member participates in the races, they will not receive volunteer points.)

(a) The race director of a Club Kokomo organized and owed race shall receive 30 points.

(b) Other volunteers at the Club Kokomo organized and owed race shall receive 20 points.

(c) No points shall be given for fun runs or kids track meets such as Club Kokomo/Haynes Apperson Kids Track meet and the Club Kokomo Coyote Kids running program.

(2) Club Kokomo members who serve as a Race Director at a Club Kokomo organized and owed race can receive "race director volunteer points" once in a points year.

(3) Club Kokomo members, not serving as a race director, can receive volunteer points **twice** in a points year.

(4) The "volunteer race" shall count towards the number of races needed for the point awards. However a volunteer race is not required for point awards or any award given by Club Kokomo.

(5) The race director must submit a list of his volunteers immediately after the race to the editor.

Updated proposal:

Drop (2) If a member wishes to be race director at 1, 2, or 3 CK owned races, why not let them?

Change (3) to (2) Club Kokomo members can receive volunteer points **three** times in a points year.

Change (4) to (3)

Change (5) to (4)

So Someone could be—

1. race director 3 times = 90 points
2. race director 2 times + 1 other volunteer = 80 points
3. race director 1 times + 2 other volunteer = 70 points
4. 3 volunteers = 60 points
5. race director + 1 other volunteer = 50 points
6. 2 volunteers = 40 points
7. 1 race director = 30 points
8. 1 volunteer = 20 points

CKRR annual awards banquet

Saturday, February 25th from 1p.m. to 3p.m. Set up at Noon

Brookside Free Methodist Church Gymnasium— 190 E 400 S, Kokomo
Church is on highway 26 across from Crossroads Church. Gym is located around back.

Chili Cook off—prizes awarded for the top three dishes 50/50 tickets will also be available.

Please bring a dish to share or if you make a mean pot of chili bring it. You could walk away as one of the winners. If you plan to bring chili, please RSVP to Linda Kendall 765-860-4564

THE ROADRUNNER

IN MEMORY— RHENDA ACTON

BY LORENE SANDIFUR

“Running is life” - the trite quote adorning the front of many a high school cross country runner’s shirt is not a quote that would remotely define the life of Rhenda Acton.....while running was a great part of her life, Rhenda was so much more than just a runner. She was a woman of substance, courage and faith. So this tribute to Rhenda will not be about her many talents as a quilter, tool and die maker, baker, seamstress, etc., but rather about a woman who left an enduring impact on the lives of four women through the gift of running. The 5 gals (as we coined ourselves) - Rhenda Acton, Joyce Pennycoff, Sue Gibson, Karen Irwin and myself - didn’t need to go to Vegas to make our pact.....that which we shared on the roads, stayed on the roads. Running was the **pavement-bound** vessel enabling us to share our lives. For that I will be forever indebted to distance running...the sport which CK’ers hold so dear.

The gals birthed themselves starting in the early ‘80’s. Initially, Rhenda and I were amongst a few women participating in local road races. Ricke Stucker, the longtime president of CK, directed races on some very challenging courses draped around Howard County. Oftentimes, Rhenda and I would battle for position in those races. We had some good competitions out near where what is now called Howard Haven and the Kingston Green Apartments as well as other far corners of the city! Rhenda on her best day could beat me on my best day, so we always pushed each other to be at our best. Rhenda posted a 6:22 mile when she was close to 40 years old.....not bad my friend!! In time Joyce started competing and then Karen and Sue. As running has a way of doing, the 5 of us became more than just race-day acquaintances as we gravitated towards each other as training partners. In time, the training became secondary to the friendship, and lasting bonds were formed. For many years, we dug ourselves out of bed pre-dawn to put in our early morning miles in order to have the rest of the day

for our families. All of us were committed to family, and so many of our conversations centered around that theme.

It was Joyce and Rhenda who became the best of friends on and off the roads. I know for Joyce the loss of Rhenda is the most difficult. I asked Joyce to provide a special memory with CK’ers and she shared the following: “I was recalling this morning the time in 1988 when Rhenda, Tony Hinkle, my husband (Darrell) and I went to the Indianapolis Mini Half Marathon. Rhenda was so excited. She had written on her palm the times she wanted to achieve at various points in the race. She started the race with Maggie Kuhlman. Afterwards, Rhenda was so disappointed with her time that she cried all the way home. I was just happy to finish the race. As most of you know, Rhenda always pursued excellence.”

Through the gift of running and its countless miles life is often shared with reckless abandon. The joy and the sorrow that define life expose themselves on the road. Running brings about a freedom, vulnerability, and a seldom-opened path to the soul that for many can only be shared on the roads. The roads are the safe haven for exposing that which is most dear to the heart. We rejoiced when



one of our kids had reason to celebrate; we grieved when it was time to bury a parent and in time a husband. We shared the mixed feelings of becoming empty nesters, and watching our most prized possessions go off to college and marry. For many years, we made our annual trip to the Mini Marathon for a weekend girls getaway to Indy. We celebrated birthdays with some very special cards whose content will also stay on the roads! So in time, we shared in that which is life....the joy, sorrow, mistakes, trials and always back to the joy.

Each of us was as alike as we were different, but this tribute is about Rhenda, so there my focus will lie.

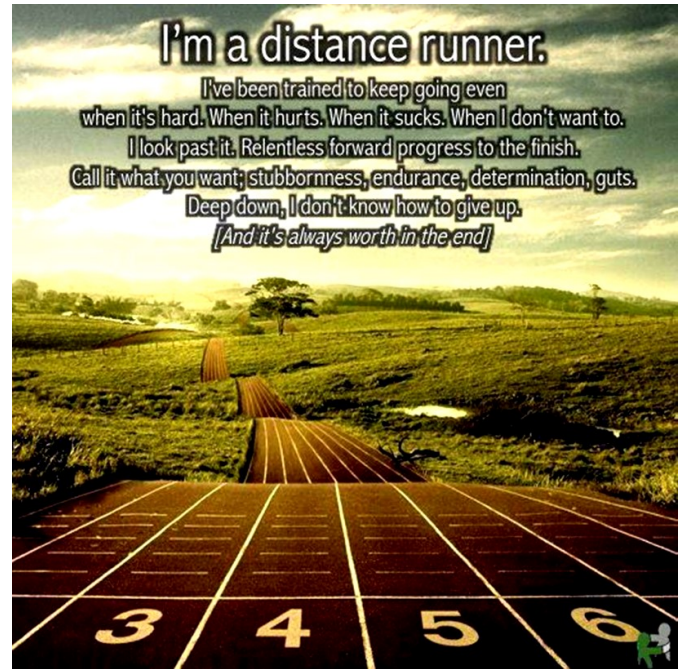
Rhenda was our philosopher, vessel of wisdom and deep thinker. Rhenda exemplified grace and compassion; she never failed to be a calm in the storm. She was authentic.....never pretentious. Rhenda was extremely well-read and liked to engage in enlightening and challenging conversations. She had a unique wit about her and a laugh that was beyond contagious. She made the miles pass effortlessly. With Rhenda moving to Logan, Joyce to Michigan, Karen to Noblesville and myself to Indy, the “gals” running excursions dwindled to an occasion-



IN MEMORY -CONTINUED

Each of us was as alike as we were different, but this tribute is about Rhenda, so there my focus will lie. Rhenda was our philosopher, vessel of wisdom and deep thinker. Rhenda exemplified grace and compassion; she never failed to be a calm in the storm. She was authentic.....never pretentious. Rhenda was extremely well-read and liked to engage in enlightening and challenging conversations. She had a unique wit about her and a laugh that was beyond contagious. She made the miles pass effortlessly. With Rhenda moving to Logan, Joyce to Michigan, Karen to Noblesville and myself to Indy, the “gals” running excursions dwindled to an occasional get together on the Monon or a Christmas time gift exchange.....But the miles we journeyed together far outnumber the miles that now separate us. What was shared on the roads will forever be a part of all of us, and it won't stay on the roads because it has found its way to our hearts.

CKRR was like a second family that has had such a lasting impact on my life in the many years I was privileged to call Kokomo home.....not only because it fueled my passion for running.....but because it provided me with valued friendships such as Rhenda. As I drove home after saying



goodbye to Rhenda the day before she passed away, I traveled the many miles of memories that we had shared, and I knew I had been Blessed by a great woman of faith.

I recalled the run when we discovered we had a mutual admiration for the works of CS Lewis, which brings me to the most important aspect of the life of Rhenda Acton....a woman of great faith. Sharing C.S. Lewis quotes reveals much more about Rhenda and her faith than I could ever put to words. “Your real new self will not come as long as you are looking for it. It will come when you are looking for Him. Give up yourself, and you will find your real self. Lose your life and you will save it. Keep back nothing. Nothing that you have not given away will be really yours. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.” (C.S. Lewis)

Rhenda lived out this quote in countless ways. Proclaiming herself an atheist at the age of 9, she did find Him at the age of 33, and everything else was more than “thrown in”....it was woven in. She became His servant by living out His great commission. Through Rhenda, one could learn what it truly means to be Christlike. She became His servant as she built so many Christ-like relationships with her running, quilting, reenactments, mission trips, volunteering at Conner Prairie and countless other arenas. .

“We are not necessarily doubting that God will do the best for us; we are wondering how painful the best will turn out to be.” (C.S. Lewis) Rhenda had faith that Christ was doing His best for her....but she also knew that oftentimes that “best” manifested itself in a painful way. Rhenda rose above that pain and used it to ease the burden of others.

My last words to Rhenda were “see ya later....and I WILL see you later.” In the present, there will be a void that I know will be perfectly filled when I join her on the eternal running course that she will have mapped out for the gals. In the interim, Rhenda would want us to fill that void with a giving spirit.

The last quote Rhenda had posted on Facebook and shared with me exemplifies how we should all handle her loss, “Don't cry because it is over, smile because it happened.” I will be forever grateful that Rhenda happened in my life.....and oh how beautifully she did happen.

Yes Rhenda, you trained, when it sucked and when you didn't want to. In your best running years you did grueling speed workouts on the Eastern Track which produced PR's. You were relentless not only in running, but in life. You were stubborn, enduring, determined and gutsy. When life tried to stare you down, you never did give up. It was so worth it in the end.....for you and all those who loved you

2017 CLUB RACE SCHEDULE

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| 18-Mar Norris Amboy 5K
5K Run/Walk
Time: 9 a.m.
Community Bldg, Amboy
Contact: John Norris | 22-Jul Jerome Water 5K
Time: 8 a.m.
Jerome Christian Church
Contact: Ryan Horner | 23-Nov CK Cares 5K (V)
5K Run/Walk
Time: 8 a.m.
Highland Park
Contact: Tetraults & Shorter |
| 1-Apr CK Ultimate (V)
10-Mile Run & 5K Run/Walk
Time: 9 a.m.
Tierney Warehouse,
1401 W Cliff Dr, Logansport
Contact: Rhenda Acton | 5-Aug Norris-Converse
5K Run/Walk
Time: 8 a.m.
Converse, IN
Contact: John Norris | 2-Dec Rudolph 5K
5K Run/Walk
Time: 8 a.m.
Kokomo Public Library
Contact: Ashley Shanks |
| 22-Apr Follow-Me Neil's Run
5K Run Walk
Time:
Location:
Contact: | 19-Aug CAM Race for Shores
5K Run/Walk
CANCELLED RACE | 31-Dec CK NYE 5K
5K Run/Walk
Time: 2 PM
Highland Park
Contact: Vern & Sue Keller |
| 13-May Norris - Kokomo
3 M Walk / 4M Run
Time: 8:30 a.m.
Jackson-Morrow Park
Contact: John Norris | 26-Aug Running the Shores 5K
5K Run/Walk
Time: 8 a.m.
Champaign Shores
Contact: Todd Moser | |
| 20-May MCF Prison Breakout 5K
5M Run / 3M Walk
Time: 8 a.m.
Bunker Hill
Contact: Anne Hubbard | 2-Sep Steps for Recovery
5K Run/Walk
Time: 8 a.m.
Location: Gilead House
Contact: Carol Savage | |
| 10-Jun Norris-Greentown
5K Run/Walk
Time: 8 a.m.
Greentown
Contact: John Norris | 9-Sep HESP
5K Run/Walk
Time: 8 a.m.
Kokomo High School
Contact: Vicki Boles | |
| 1-Jul Haynes 5K
5K Run/Walk
Time: 8 a.m.
Kokomo Municipal Stadium
Contact: Mike Anderson | 23-Sep Bee Bumble
5K / 10K Time:
8 a.m. Burnettsville, IN
Contact: Don Hurd | |
| 8-Jul Race for Grace
5K Run
Time: 8 a.m. | 30-Sep Saints on the Run
5K Run Walk
Time: 8 a.m.
Location
Contact: Heather Weber | |
| 15-Jul Panther Prowl 5K
5K Run/Walk
Time: 8 a.m.
Russiaville, IN
Contact: Gary Jewell | 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 5K (V)
5K Run/Walk
20 Points for each finisher
Time: 9 a.m.
Location: ???
Contact: Jeannie Townsend | |

HAPPY BIRTHDAY

- 1-4 Maurice Wright
1-5 T.A. Weber
1-8 Robin Michael
1-9 Thomas Hubbard
1-11 Cara Pettit
1-17 Milt Brown
1-20 Isaac Felker
1-22 Sondra Summerton
1-28 Todd Moser
1-30 Damon Clements

Save the date.....2nd annual Walker Picnic, June 3, 2017 more details to follow.

**CLUB MEETING—MONDAY, FEB 13TH @ 6 P.M. @ PIZZA JUNKIEZ
2930 S WASHINGTON ST., KOKOMO, (ACROSS FROM RURAL KING)**

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

**- - - MEETING ALERT—DISCUSSION AND VOTE REGARDING CONSTITUTION CHANGE FOR
VOLUNTEER POINTS. PLEASE LET YOUR VOICE BE HEARD AND YOUR VOTE BE COUNTED.**



CKRR CLUB MEETING JAN 9, 2017

1. President Patty Weitzel called the meeting to order and Carol Savage opened with prayer.
2. Vern Keller made motion to accept Nov minutes which was 2nd by Greg Townsend. Motion passed.
3. Mark Shorter gave a treasurer report and reminded everyone to renew your 2017 membership.
4. Patty Weitzel and Linda Kendall represented the club at the KHCPL Health Fair which had a nice turn out for this inaugural event. They were able to share club membership forms and club information to several individuals.
5. Vern Keller shared he had a great deal of help from the volunteers for the NYE race which saw 96 registered finishers.
6. A date for the 2016 Awards Banquet will be set once the award committee meets.
7. Race cancellation—Old Ben 5K has been cancelled at this time for spring 2017. I
8. Vern Keller is getting quotes for a new sound system. Currently has a quote for \$400 from Sound of Music for a re-chargeable system. He will get additional quotes and will report back with details regarding the quotes. Points were raised that we may need to charge a rental fee that is non-refundable to cover the expense for loss & damage to the sound system as well wear and tear.
9. Discussion regarding the CKRR volunteer constitution changes. Following discussion a new proposal was made. Please see page one to read the detail of the changes that are currently under review. The will be read and voted upon at the February meeting.
10. Neils Next Mission—benefits to Indiana National Guard Relief Fund 5K will be April 22nd. Location is TBD, please watch schedule for updates as well as registration form. Vern Keller makes a motion requesting use of the trailer and timing equipment that was 2nd by Ron Greene. Motion passed. Information regarding pre-registration, race set up and date of race registration cut off time was shared to aid as they continue to grow this race and improve the race experience.
11. Mark Shorter shared the membership numbers from years past—
2016—245; 2015—299; 2014—323; 2013—379; 2012—475; 2011—465; 2010—486
12. RRCA convention is March 9-12. Patty Weitzel would like to attend the convention as topics that will be addressed are social medial engag-ing, race walking, developing new programs and urban programs. Vicki Boles made a motion to cover Patty Weitzel's fees for the conven-tion. Seconded by Sue Keller and motion passed.
13. Locations to hold our monthly meeting are being reviewed. Current suggestions include Hot Boxx, Oscars and Pizza Junkies. For now, we will continue to meet at Pizza Junkies.

Meeting adjourned

Those in attendance: Mark Shorter, Jeff Freeman, Jeannie & Greg Townsend, Scott Deyoe, Terry Rose, Linda Kendall, Robin Tetrault, Patty Weitzel, David Bruce, Ron Greene, Carol and Bruce Savage, Vern and Sue Keller, John Wiles, Jenny Tudor, Stan Shuey, Tom Mansfield and Vicki Boles



CLUB KOKOMO ROAD RUNNERS

2936 Congress Drive, Kokomo, IN 46902

We're on the WEB—

www.ClubKokomoRoadRunners.com

Facebook—Club Kokomo Roadrunners

