



# Coyote Kids 2019



We are excited to begin our 16<sup>th</sup> 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. We are not ordering shirts this year. Please wear your shirts from previous years. We also have a few left over if you are a new volunteer. Please be available as many weeks as you can! Keith Hill will be in charge of Volunteers for us.

Online registration opened May 1<sup>st</sup> and will go until June 1<sup>st</sup> at midnight. Just go to [getmeregistered.com](http://getmeregistered.com) and choose Coyote Kids Kokomo for the event. There should also be a place for volunteers to sign up. We had a very successful year with pre registration being online so encourage people to do that!

Coyote Kids will also utilize the "REMIND" program 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 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 6<sup>th</sup> and we will need many volunteers to keep things running smooth! We pray the weather will be better than last year! J Our dates are June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>st</sup>, and 27<sup>th</sup> then NO JULY 4<sup>th</sup>. July 11<sup>th</sup>, and July 18<sup>th</sup>. Awards will be July 25th at the Connection again this year. We ARE NOT RUNNING 4<sup>th</sup> of July week and we don't have time for a rain make up week with school starting so soon in August. 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, Mat Snyder, and Jennifer Van Horn

## Running Injury Series

This is the 2nd article in the series about common running injuries. It will cover the symptoms, what causes them, how to treat the injury and how to prevent the injury from coming back. (Editor's Note: I am not a doctor and the information is taken from Runner's World Run Less Run Faster by Bill Pierce, Scott Mur and Ray Moss and from speaking with trained experts in the fields of physical therapy and athletic training. If you are injured it is recommended that you seek help from a medical professional)

### SHIN SPLINTS

Shin splints happen when the connective tissue, tendons, and ligaments of the lower leg become inflamed. This condition usually affects beginning runners. Factors that can lead to shin splints are hard running surfaces, worn-out shoes, uneven running surfaces, flat feet and excessive hill running. All of these can contribute to microtears in the connective tissue that develop into inflammation because of inadequate recovery from excessive stress.

#### Signs & Symptoms:

Shin splint pain usually starts seemingly minor and the pain usually covers the length of the shin bone on either the inside or outside of the bone. The pain usually starts at roughly the same distance into every run. The pain usually goes away several minutes to hours after the run is over. If left untreated the pain can increase over time and become constant and triggered even by slow walking. If you can point to a particular point on the lower leg where the pain is triggered by touch, he or she may have a stress fracture, and should seek treatment from a doctor immediately.

#### Treatment:

Shin splints are primarily a overuse injury, the best course of treatment is rest from running, ice massage, nonsteroidal anti-inflammatories and stretching the lower leg muscles. Shin splints can be caused by pronation, which is where your foot rotates inward as you run. In this case going to a running shoe store and having them check your running is a good idea. They can see if you are pronating and recommend the best shoes and/or tell you if you need orthotics. If you don't feel comfortable going to a shoe store you can ask a doctor or physical therapist/athletic trainer to check you. If you find you are pronating when you run it is important to make sure you have a mid foot strike when running. This means when your foot hits the ground it should hit in the middle of your foot. Not on your toes or the ball of your foot and not on the heel. Weak muscles fatigue quickly, so the stronger your leg muscles are the better chance you have of avoiding shin splints.

#### Strengthening Exercises:

**Plyometric lunges**— Lunge forward with your right foot and left arm until the shin of your back leg is parallel to the floor and your knee almost touches the ground. Push up off the ground in an explosive manner, and switch your legs in midair so you land in a lunge with your left leg forward. Left and right lunges count as one rep. Start with 3 sets of 15 and increase as you progress.

**Straight Leg Calf Raise**- Stand on the edge of a step. Cross your left foot behind your right ankle. Balance on the ball of your right foot. Lift your right heel and pause; then lower. Add dumbbells to increase the difficulty. Start with 3 sets of 15 and increase as you progress.

**Bent-Knee Calf Raises**- Follow the straight-leg calf raise instructions, but bend the knee of your balancing leg and keep it bent as you raise and lower your body. Start with 3 sets of 15 and increase as you progress.

**Eccentric Calf Raises**- Stand on a step with your heels hanging off the edge. Push yourself up on your toes. Then very slowly (to a count of 10) drop your heels below the level of the step. Start with 3 sets of 15 and increase as you progress.

**Toe Walk**- Hold heavy dumbbells at your sides. Rise up on your toes and walk forward for 60 seconds. If you feel that you could've gone longer than 60 seconds, increase the weight. Do three sets.

**ABC's**— while sitting extend one leg out straight while pointing your toe. Use your toe to draw in the air the letters of the alphabet start with lower case letters and as you progress do both lower and upper case. Repeat on the other leg. Do 3 times a day.

—Tiffany Massey

## Member Profile

**Name:** Ray Tetrault

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

March 2019 will mark 50 years

**What made you start running/walking?**

I went with a group of friends on a scavenger hunt. It was a cold night and someone suggested racing back to the house. I ended up beating everyone back to the house. One of them was talking about it with the Junior High Cross Country and Track coach. And he coerced me into running.

**Best athletic accomplishment and why?**

After 50 years of running I don't think I can reduce it down to one best accomplishment. The only record I have left is with the Syracuse Chargers when, as an 8th grader, I ran a 2:15.0 880 yards on a 160 board track. One of the most rewarding accomplishments was starting Coyote Kids 16 years ago. Literally thousands of kids began running through this program. In 1977 I started a 24 hour relay which still raises thousands of dollars for foreign missions.

**If you like to race, what's your favorite race distance?**

**Why?**

My favorite race is any distance between 1 mile and 10 kilometers. Those distances produced my best times. The mile is a favorite because it was a focus race for me in the late 1970's. I had a measure of success at that event which always makes it more fun! I loved running and racing at Van Cortland Park in NYC.

**Favorite local running route?**

The Thanksgiving Day "We Care" race that loops in and out of Highland Park. There used to be a chain blocking the park between the concession stand and the bridge. When Robin and I took over the Thanksgiving Day run we mapped out the course we still currently run. It is always fun to hear runners complain about the "hills" on the course.

**Favorite club race? Why?**

How can anyone have a favorite race? The ones where I performed well is always my favorite until the next year when it isn't a good day.

**Favorite non-club race? Why?**

I used to plan marathon trips with the club and I enjoyed doing those out of the normal races just because it was awesome to spend 3-4 days with other club members. Top of Utah and Mount Desert Island were great memories for me.

**Favorite post run/walk treat?**

After a long race I like a big old cheeseburger. This is not coaching advice I would give anyone, but it still remains my favorite. After shorter races I prefer fruit and water.



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

Hello- shoes!! I don't have the Dan Lutes love for barefoot running at all. After shoes is my Garmin watch.

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

I am an avid reader. My running library includes over 70 running books. My favorites are biographical ones. Off the top of my head, First Ladies of Running by Amby Burfoot; Pre by Tom Jordan, Bowerman and the Men of Oregon by Kenny Moore; The Boston Marathon, a Century of Blood, Sweat, and Cheers by Tom Derderian; Enduring Wisdom by Derek and Gwen Leininger; A Long Time Coming by Jacqueline Hansen; Today We Die A Little: the Story of Emil Zatopek by Richard Askwith; and Marathon Man by Bill Rodgers.

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

Nope, if I was prepared to run there was no need to receive some form of good luck and bad luck is just the result of not planning and not trusting God.

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

I have run with so many really wonderful people over the decades. They all contributed something to my life; both as a runner and as a person. But as a married man the right answer is my wife Robin. Is this a trick question?

**Why did you join CKRR?**

One of my long time friends who moved to Kokomo the same year I did invited me to join the club. He was at Fazoli's to get some sponsorship or something. My daughter told him I was a runner and Charlie Skoog showed up at my house to sign up the entire family. I didn't know it then, but it was the beginning of a beautiful friendship that will never end.

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

Whatever you do, you must remember that at my age I have a ton of history that was called current events in my life. I am committed to following Jesus and there is nothing more meaningful than to be a part of sharing life with Him and His creation. I don't know how many days I have left on this earth, but I know Him and desire to serve Him forever.

## CKRR Jacket Order



Women's Style Full Zip



Men's Style 1/4 Zip

The editor will be taking orders for anyone who would like to purchase one of the jackets given out at the awards banquet.

There must be a minimum of 6 to be able to order. Anyone who is interested needs to email [editorckrr@gmail.com](mailto:editorckrr@gmail.com) or call Tiffany Massey 765-432-6863 with the size and style the want. Deadline is May 31, 2019. Payment must be received before order will be placed!

### PRICING:

Min 6: \$39 per jacket

7-12: \$33 per jacket

13-24: \$30 per jacket

## Points of Interest:

Run a non-club race lately? Don't forget to share so everyone can see the cool races you've done! Send all info and pics to: [editorckrr@gmail.com](mailto:editorckrr@gmail.com). **REMINDER: to receive club points the info must be turned in within 14 days of completing the race.**

Michelle Ludlow completed the Circular Logic Marathon on 4/6/19 in Seymour, In. Her time was 4:20:14. Awesome job Michelle!!!

Noel and Amy Shafer ran the Glass City Marathon on Sunday 4/28/19! Noel ran it in 3:00:25 to win Grand Master. And Amy finished in 3:45:28. Noel also ran the Zionsville Half Marathon on 5/14/19, he completed it in 1:32:17! Congrats on your races!!



### 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

Check Club Kokomo Roadrunners Facebook page for announcements.

## CLUB MEETING

MONDAY MAY 13, 2019 @ 6 P.M. @ CROSS AMERICA

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

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

## 2019 CKRR Race Schedule

V—volunteer opportunities for club members. Changes in Red

### 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)

### Saturday June 29—V

#### Be Fierce 5K

5pm  
Kokomo YMCA  
\$20 through June 14, \$25 after  
Ashely Shanks, Dani McQuaide,  
Tiffany Massey, & Jennifer Van Horn, RD

### 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

### 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](mailto: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 Run/ Walk & 10K Run

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)

**2019 CKRR Race Schedule (cont.)**

V—volunteer opportunities for club members. Changes in Red

**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 &amp; 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

**May Birthdays**

If you see them wish them a

Happy Birthday!!

5/2 Judy Smith

5/9 Ray Fairchild

5/12Jo Dee McClish

5/15Byron Bundrent

5/17 Mike Deardorff

5/17Jim Gross

5/17Keith McAndrews

5/21Sue Keller

5/25Fred Chew

5/28Mia Van Horn

**Pending  
Constitution  
Amendment:**

To receive credit for breaking a club record, the race must be a club points race, and the results must be reported within 30 days for half, marathon and ultra marathon races.

**2019 Points Standings****RUNNERS****FEMALE****0-12**

Hughes, Sarah 20-1

**13-19**

Elizabeth Smith 20-1

**20-24**

Emilie Hubbard 40-2

**25-29**

Bethany Kirkwood 20-1

**30-34**

Laura Heflin 60-3

Tiffany Massey 20-1V

**35-39**

Hudson, Kayla 20-1

Snyder, Valerie 20-1

Shanks, Ashley 20-1 V

McQuaide, Dani 15-1

**40-44**

Tudor, Jenny 72-4

Ludlow, Michelle 35-2 M

Shafer, Amy 20-1

Van Horn, Jennifer 20-1

Hawes, Norma 15-1

**55-59**

Studebaker, Kelly 42-3

Cara McKellar 40-2

Ann Hubbard 35-2

**60-64**

Rangel, Anna 60-3

Snyder, Kathy 50-3

Deb Taylor 44-3

Tetrault, Robin 15-1

Elmore, Jeanine 10-1

**MALE****0-12**

Snyder, Ethan 20-1

**13-19**

Alex Studebaker 55-3

Hughes, Jonah 20-1

**25-29**

Kennedy, Kory 20-1

**35-39**

McQuaide, Johnathan 20-1

**45-49**

Craig, Aaron 20-1

Hill, Keith 20-1 V

**50-54**

Noel Shafer 40-2

**55-59**

Scott Deyoe 75-4 H

Tierney, Warren 35-2 V

Bundrent, Byron 20-1

Rozzi Phil 15-1

**60-64**

Elmore, Max 70-4

Andrews, Don 40-2

Mike Deardorff 40-3

McAndrews, Keith 32-2 V

Townsend, Greg 20-1 V

Savage, Bruce 12-1

**65-69**

Greene, Ronnie 60-3 M

Shorter, Mark 35-2 V

**70-74**

Stinchcomb, Floyd 40-2

Stucker, Ricke 15-1

**75-79**

John Peters 40-2

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

Wise, Katrina 40-2 V

**50-54**

Tierney, Felicia 40-2 V

Savage, Carol 15-1

**55-59**

Miller, Mary 60-3

Wilson, Marianne 35-2 V

Heflin, Jean 30-2 V

Deyoe, Chari 27-2

**60-64**

Yard, Betty 20-1

Stillwell, Debbie 20-1 V

**65-69**

Keller, Sue 55-2 RD

Lorenz, Angela 20-1 V

Townsend, Jeannie 20-1 V

**70-74**

Brown, Diana 20-1 V

**MALE****30-34**

Lorenz, Vince 40-2

**65-69**

Lorenz, Toney 50-3

Wilson, Stephen 40-2

Keller, Vern 35-1 RD

**70-74**

Michael, Robin 20-1

**75-79**

Gross, Jim 60-3

Coughlin, Dan 20-1 V

**REMINDER!!! All half's, marathons and ultras must be reported to the editor within 14 days of completing the race to receive club points!**

# CKRR CLUB MEETING APRIL 8, 2019

On April 8, 2019 the meeting was called to order at 6pm by President Dani McQuaide

1. Prayer by Ray Tetrault
2. Vern Keller made a motion to suspend the reading of the minutes. Stan Shuey 2nd the motion. Motion carried.
3. Sue Keller made a motion to accept the minutes with the amendment: to receive credit for breaking a club record, the race must be a club points race and the results must be reported within 30 days of completing the race for half, marathon and ultra marathons. Diana Brown 2nd the Motion. Motion carried.
4. Treasurer's report given by Mark Shorter
5. Old Business
  - a. CASA thanked the club for letting them use are equipment. Sue Keller made a motion to return their \$200 deposit. Vern Keller 2nd. Motion carried.
  - b. Constitutional amendment: to receive credit for breaking a club record, the race must be a club points race and results must be reported within 30 days of completing the race for half, marathon and ultra marathons.
  - c. Vern Keller thanks all the volunteers and participants for the Rhenda Acton Ultimate. Participation this year was low.
  - d. Mark Shorter said that he has still not received the equipment rental form from MCF Prison race but still has their check.
  - e. Dani McQuaide thanked Tiffany Massey for getting the new website up and running so quickly.
6. New Business
  - a. David Bruce would like to get the club emblem put on the side of the club trailer. It would include the club website. Ray Tetrault mentioned that the trailer roof is leaking and needs repaired.
  - b. Don Andrews mentioned the John Norris needs help with his upcoming Norris races. Anyone interested in helping contact John Norris.
6. Meeting Adjourned.

Those present were: Tiffany Massey, Bruce & Carol Savage, Dani & Johnathan McQuaide, Diana Brown, Jenny Tudor, Simone & David Bruce, Don Andrews, Ronnie Greene, Stand Shuey, Robin Cole, Ray & Robin Tetrault, Vern & Sue Keller, Ashley Shanks, 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)  
 Facebook—Club Kokomo Roadrunner  
 Contact the editor— [editorckrr@gmail.com](mailto:editorckrr@gmail.com)

