

## CLUB KOKOMO RUNS

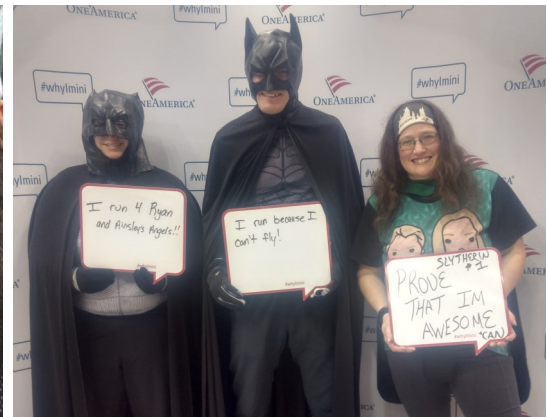
### THE MINI HALF & 5K

#### Half Marathon

Valerie Snyder	1:52:18
Mat Snyder	1:52:18
Kathy Snyder	2:58:33
Chari Deyoe	3:29:43
Scott Deyoe	2:09:01
David Hughes	2:57:11
Mary Miller	2:26:50
Felicia Tierney	3:32:17
Warren Tierney	3:32:18
Phil Rozzi	2:12:04
Anna Rangel	2:06:54
Justin Kline	3:03:30
Laura Heflin	3:03:30
Amy Shafer	1:47:18
Noel Shafer	1:29:34
Brittiani Gillem	4:03:36
Kory Kennedy	1:31:06
Cara McKellar	3:12:22
Ronnie Greene	

#### 5K

Ethan Snyder	23:18
Vern Keller	40:32
Sue Keller	52:52
Katrina Wise	52:51
Stephen Wilson	43:00
Marianne Wilson	43:07
Tiffany Massey	40:45
Noel Shafer	19:19



# Running Injury Series

This is the 3rd 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)

## Plantar Fasciitis

Plantar Fasciitis is one of the most common running injuries. The plantar fascia is a bundle of connective tissue in the sole of the foot, and attaches to the heel bone. Plantar fasciitis is when this connective tissue becomes inflamed and causes heel or arch pain.

Repeated stresses during footstrike result in plantar fascia strain. This strain is exaggerated by running fast and up hills which causes the fascia to stretch. Running on soft sand can also inflame the fascia. If your training volume is too great, particularly, the type of training described above, then the connective tissue may not be able to recuperate and a cycle of plantar fasciitis may begin

### Signs & Symptoms:

Sharp heel and arch pain with the first few steps in the morning are the main symptoms. The plantar fascia contracts during the night's rest, and the first few steps begin the painful process of stretching the plantar fascia. Sitting for long periods during the day may result in the same pain in the arch.

The pain of plantar fasciitis may get better during a warmup for a training session and may remain at a reduced level throughout the session. As the runner begins cooling down, the pain begins to increase and may be quite severe over the next few hours.

### Treatment:

It is important to begin treatment at the first sign of symptoms. The best treatments are rest and icing. An ice massage can be helpful after exercise. Fill a small Styrofoam cup with water and freezing, once frozen remove the Styrofoam and place on the floor. Roll your arch and heel over the ice placing light pressure. You can also use stretching, heels pads, store-bought orthotics, and nonsteroidal anti-inflammatories. Early treatment should resolve the inflammation for most runners. If the pain does not go away with the treatments recommended above you should see a doctor who might recommend steroid injections, custom orthotics, night splints, and physical therapy.

### Stretches:

**Calf Stretches**— Stand an arm's length from a wall. Place your right foot behind you left. Slowly and gently bend your left leg forward. Keep your right knee straight and your right heel on the ground. Hold the stretch for 30 seconds and release. Repeat 3 times. Reverse the position of your legs and repeat.

### Seated Plantar fascia stretches

1. Rolling stretch— While seated, roll your foot back and forth over a frozen water bottle, ice-cold can, or foam roller. Do this for 1 minute and switch to the other foot.
2. Big toe stretch— While seated cross one leg over the other. Grab your big toe, pull it gently toward you, and hold for 15-30 seconds. Do this 3 times, then reverse and do the same on the other foot.
3. Towel Stretch— Fold a towel length wise to make an exercise strap. Sit down, and place the folded towel under the arch of one foot pulling your knee toward your chest. Grab the ends of the towel with both hands, and gently pull the top of your foot toward you. Hold for 15-30 seconds and repeat 3 times. Then switch and do the other foot.

—Tiffany Massey

## Member Profile

**Name:** Brody Brack

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

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

**Best athletic accomplishment and why?**  
1:22 in the half, it was a day where I really didn't have a goal and I ended getting a PR by 4 minutes on an injured foot.

**If you like to race, what is your favorite race distance? Why?**  
Half marathon, I love just sitting in on a pace and trying to run it for as long as you can.

**Favorite local running route?**  
The Nickel Plate and the new trail added to the Walk of Excellence.

**Favorite club race? Why?**  
Haynes Apperson or Panther Prowl, because of the courses and the amount of people.

**Favorite non-club race? Why?**  
Monumental half, I love getting up that early and getting ready with the number of people, it makes me feel like a professional.

**Favorite post run/walk treat?**  
Chocolate milk or chocolate milkshake.

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

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

**Do you have a running/walking superstition?**  
Eating popcorn the night before a race

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

**Why did you join CKRR?**  
The great group of people and the extra motivation

**Anything else you'd like the CKRR members to know about you?**  
I love this running club, it has brought so much for me as a youth runner!




## Triple Crown

**Join us on Wednesday June 19 at 6 p.m. in Highland Park for the first leg of the Club Kokomo Roadrunners 2019 Triple Crown! The first leg will be the Predict-a-Mile. You predict how fast or slow you'll run/walk when you sign in, run/walk the mile with no technology (no watch, GPS or otherwise!), and the person closest to their predicted time wins! Prizes for 1st, 2nd and 3rd place. Remember, you don't have to be fast to win! Like last year, we also plan to have a carry-in picnic for the participants after the Predict-A-Mile! We'll provide hot dogs and hamburgers, if you are willing to bring something let us know on the Predict-a-Mile Facebook event page (find through the Club Kokomo Facebook page).**

**The second event will be the Haynes Apperson 5k on Saturday July 6, and the third run will be a downtown Kokomo 6 mile run on Saturday July 27 Be on the look out for more information in upcoming newsletters and on the CKRR Facebook page!**

## June Birthdays

If you see them wish them a  
Happy Birthday!!



## The Be Fierce 5K needs volunteers!

If you are interested in volunteering you can email [be-fierce5k@gmail.com](mailto:be-fierce5k@gmail.com) or register at [getmeregistered.com](http://getmeregistered.com) search Be Fierce 5k!

6/6 Jonah Hughes  
6/7 James Canning  
6/7 Ray Tetrault  
6/8 Leah Snyder  
6/13 Floyd Stinchcomb  
6/14 Hannah Ihms  
6/18 Chad Salinas  
6/18 Bruce Savage  
6/22 Carol Savage  
6/25 Stephen Wilson  
6/27 Tammy Mohr  
6/27 Mark Shorter  
6/28 Tami Greene  
6/29 Jacob Van Horn

## 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.**

Byron Bundrent ran the Flying Pig Half Marathon in Cincinnati, Ohio on Sunday 5/5/19. He finished with a time of 1:32:53 for 2nd place in the 55-59 age group. Way to go Byron!!!



Keith McAndrews ran his 12th Geist Half Marathon on 5/18/19 finishing with a time of 2:20.01. (Keith pictured with all 12 of his finisher medals!) Great job Keith!



## 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 JUNE 10, 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 June 8

#### Norris Greentown 5K Run/ walk

8am  
Howard County 4 H Fairgrounds  
\$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

### 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

### Monday September 2

#### Blueberry Stomp 5K/ 15K

9am  
Centennial Park, Plymouth, In  
\$25 advance, \$30 late  
bluberrystomp@gmail.com

### Saturday September 7

#### Steps to Recovery 5K Run/ Walk

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

### 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

### 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 & 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

**Norris Kokomo 5K****5/11/19****Runners**

1. Adam Rood 16:50
2. Christian High 18:24
3. **Noel Shafer 18:42**
4. Jerry Williams 18:57
5. Perez Madison 19:11
6. Steve McDorman 19:38
7. Paul Sanders 20:38
8. Pablo Morales 20:43
9. **Don Andrews 21:16**
10. Felix Rippy 21:36
11. **Amy Shafer 22:02** 1<sup>st</sup> Female
12. Skip Stinson 22:03
13. Gary Williams 22:18
14. Paul Wenthold 22:31
15. Jared Treadway 23:01
16. **Kathryn White 23:37**
17. **Ronnie Greene 23:48**
18. Carley Williams 24:42
19. **Valerie Snyder 24:43**
20. **Max Elmore 25:51**
21. **Scott Deyoe 26:01**
22. **Phil Rozzi 26:11**
23. Jane Horner 26:28
24. **Anna Rangel 26:50**
25. **Keith McAndrews 26:54**
26. **Mike Deardorff 27:10**
27. **Jennifer Van Horn 27:40**
28. **Norma Hawes 27:44**
29. Manuel Fairchild 27:51
30. **Brittiani Gillem 29:00**
31. **Michelle Ludlow 29:08**
32. Sam Simons 29:08
33. **Bethany Kirkwood 29:08**
34. **John Peters 29:30**
35. Aaron McQuisten 30:08
36. Gracie Estock 30:25
37. Alison Mossburg 30:42
38. Beth Silence 31:44
39. Brittani Off 31:44
40. **Laura Heflin 32:48**
41. Jennifer Adams 33:09
42. **Justin Kline 33:12**
43. **Cara McKellar 33:36**
44. Justin Horner 33:50
45. Gary Horner 33:58
46. Macey Titus 33:58
47. **Kathy Snyder 34:13**
48. **Michael Graham 34:24**
49. Zachary Cox 34:50
50. **Warren Tierney 35:18**

51. Maria Cline 35:20
52. **David Hughes 36:42**
53. Linda Wachs 38:02
54. **Jenny Tudor 38:28**
55. **Robin Cole 39:23**
56. **Ricke Stucker 39:31**

**Walkers**

1. **Vince Lorenz 28:46**
2. **Mary Miller 33:39** 1<sup>st</sup> Female
3. **Greg Wall 35:12**
4. **Stephen Wilson 36:58**
5. **Vern Keller 38:17**
6. **Marianne Wilson 38:50**
7. **Tony Lorenz 39:10**
8. **Jim Gross 39:40**
9. **Bob McBride 41:54**
10. Lori Akers 42:51
11. Elissa Hughes 42:51
12. **Jan Wall 42:51**
13. **Kayla Hudson 43:15**
14. **Elizabeth Smith 43:26**
15. **Holly Hurlburt 44:30**
16. **Molly McBride 44:30**
17. Mark Neher 44:36
18. **Felicia Tierney 44:46**
19. Kay Slee 46:31
20. Tracy Miller 46:31
21. **Robin Michael 46:42**
22. **Jeanine Elmore 47:06**
23. Manuella Fetterhoff 47:50
24. Michael Fetterhoff 47:50
25. **Anita Dillman 48:15**
26. **Sherry Kestle 48:15**
27. Kevin Whited 48:45
28. **Bob Cupp 48:45**
29. **Jean Heflin 50:00**
30. **Katrina Wise 53:24**
31. **Sue Keller 53:25**
32. **Betty Yard 54:06**
33. **Sarah Napier 59:35**

**MCF Prison 5K****5/18/19****Runners**

1. Matt Grider 15:53
2. **Kory Kennedy 17:59**
3. Brody Brack 18:47
4. **Noel Shafer 18:59**
5. **Byron Bundrant 19:46**
6. Brian DanSout 21:18
7. Paul Sanders 21:50
8. **Amy Shafer 23:10** 1<sup>st</sup> Female

9. **Aaron Craig 23:49**
10. **Valerie Snyder 24:38**
11. Corey Callahan 25:40
12. **Scott Deyoe 25:56**
13. **Max Elmore 26:17**
14. Colin Wise 27:25
15. **Anna Rangel 27:55**
16. **Phil Rozzi 27:55**
17. **Mike Deardorff 28:13**
18. **Steve Kilcline 28:53**
19. Anna Bullock 29:29
20. Val Miller 29:31
21. **Owen Snyder 30:08**
22. **John Peters 30:32**
23. **Warren Tierney 33:06**
24. **David Hughes 33:24**
25. **Nicole McDorman 33:28**
26. **Kathy Snyder 33:57**
27. Beth Silence 34:26
28. Kristin Wilson 34:45
29. **Cara McKellar 34:51**
30. **Norm Snyder 35:17**
31. Jennifer Adams 36:09
32. **Bruce Savage 36:50**
33. **Michael Graham 38:09**
34. **Ricke Stucker 39:37**
35. **Johnathan McQuaide 39:50**
36. **Robin Cole 39:52**
37. **Danielle McQuaide 40:15**
38. **Jenny Tudor 41:21**
39. **Emilie Hubbard 41:32**
40. **Alex Studebaker 41:50**
41. **Kelly Studebaker 44:30**
42. **Jeanine Elmore 45:48**

**Walkers**

1. **Mary Miller 33:58**
2. **Greg Wall 36:28** (First Male)
3. **Stephen Wilson 37:44**
4. **Marianne Wilson 38:43**
5. **Vern Keller 39:09**
6. **Toney Lorenz 40:01**
7. **Jim Gross 40:27**
8. **Kayla Hudson 42:20**
9. **Elizabeth Smith 42:21**
10. **Jan Wall 44:59**
11. **Bob McBride 45:03**
12. **Carol Savage 53:27**
13. **Sue Keller 53:28**
14. **Katrina Wise 53:28**
15. **Betty Yard 54:55**
16. **Sarah Napier 58:28**

## **2019 Points Standings**

### **RUNNERS**

#### **FEMALE**

##### **0-12**

Hughes, Sarah 20-1

##### **13-19**

Smith, Elizabeth 60-3

Moore, Hannah 20-1

##### **20-24**

Hubbard, Emilie 80-4

White, Kate 20-1

##### **25-29**

Kirkwood, Bethany 55-3 H

Napier, Sarah 52-3

Gillem, Brittiani 40-2 H

##### **30-34**

Heflin, Laura 100-5 H

Massey, Tiffany 40-2 V

McDorman, Nicole 20-1

Hulburt, Holly 15-1

##### **35-39**

Snyder, Valerie 100-5 H

Hudson, Kayla 47-3

Shanks, Ashley 40-2 HV

McQuaide, Dani 30-2

##### **40-44**

Tudor, Jenny 116-7 H

Shafer, Amy 100-5 MH

Ludlow, Michelle 45-3 M

Van Horn, Jennifer 35-2

Hawes, Norma 27-2

##### **55-59**

McKellar, Cara 100-5 H

Studebaker, Kelly 72-5

Hubbard, Ann 55-3

McBride, Molly 15-1

##### **60-64**

Rangel, Anna 120-6 H

Snyder, Kathy 100-6 H

Elmore, Jeanine 54-4

Taylor, Deb 44-3

Tetrault, Robin 15-1

##### **65-69**

Cole, Robin 40-2

#### **MALE**

##### **0-12**

Snyder, Ethan 40-2

Snyder, Owen 20-1

##### **13-19**

Alex Studebaker 95-5

Hughes, Jonah 20-1

##### **25-29**

Kennedy, Kory 60-3 H

##### **35-39**

McQuaide, Johnathan 40-2

Snyder, Mat 20-1 H

##### **40-44**

Kline, Justin 20-1

##### **45-49**

Craig, Aaron 40-2

Hill, Keith 40-2 HV

##### **50-54**

Noel Shafer 140-7 MH

Graham, Michael 30-2

Moore, Ron 15-1

##### **55-59**

Scott Deyoe 130-7 HH

Tierney, Warren 77-5 HV

Rozzi, Phil 62-4 H

Bundrent, Byron 60-3

##### **60-64**

Elmore, Max 125-7 H

Andrews, Don 80-4 H

Mike Deardorff 65-5

McAndrews, Keith 64-4 HV

Savage, Bruce 22-2

Townsend, Greg 20-1 V

##### **65-69**

Greene, Ronnie 100-5 MH

Shorter, Mark 35-2 V

Kilcline, Steve 20-1

##### **70-74**

Hughes, David 60-3 H

Stucker, Ricke 45-3

Stinchcomb, Floyd 40-2

##### **75-79**

John Peters 80-4

#### **WALKERS**

##### **FEMALE**

##### **40-44**

Wise, Katrina 100-5 V

##### **50-54**

Tierney, Felicia 80-4 HV

Savage, Carol 35-2

Kestle, Sherry 15-1

##### **55-59**

Miller, Mary 120-6 H

Wilson, Marianne 85-5 V

Deyoe, Chari 47-3 H

Heflin, Jean 42-3 V

##### **60-64**

Yard, Betty 60-3

Stillwell, Debbie 20-1 V

##### **65-69**

Keller, Sue 110-5 RD

Wall, Jan 35-2

Lorenz, Angela 20-1 V

Townsend, Jeannie 20-1 V

##### **70-74**

Brown, Diana 20-1 V

Dillman, Anita 20-1

##### **MALE**

##### **30-34**

Lorenz, Vince 80-4 H

##### **65-69**

Lorenz, Toney 90-6

Wilson, Stephen 85-5

Keller, Vern 79-4 RD

Wall, Greg 40-2

##### **70-74**

McBride, Bob 40-2

Michael, Robin 35-2

##### **75-79**

Gross, Jim 100-5

Coughlin, Dan 20-1 V

# CKRR CLUB MEETING MAY 13, 2019

On May 13, 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. Sue Keller 2nd the motion. Motion carried.
3. Vern Keller made a motion to accept the minutes. Sue Keller 2nd the Motion. Motion carried.
4. Treasurer's report given by Mark Shorter
5. Old Business
  - a. The club trailer needs to have the roof repaired before we get it repainted and the decals put on. Repairs will take 3 days for more and will be done after Coyote Kids is over.
  - b. Don Andrews is still working on club records. Turned in results for the added distance of 1/4 marathon to editor.
  - c. MCF Prison Break 5K turned in their paper work to rent club timing equipment and trailer. Vern Keller made a motion to allow them to use the timing equipment and trailer. Bruce Savage 2nd the motion. Motion carried.
  - d. Coyote Kids have received the ribbons for this year and have 296 pre-registered. Volunteers need to register online.
  - e. Vern Keller made a motion to accept the 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. David Bruce 2nd the motion. Motion carried.
6. New Business
  - a. Madison from Russiaville Summerfest turned in equipment rental form and check, she is requesting to use the big clock and hand held timers. Vern Keller made a motion to rent the big clock and hand held timer to her. Robin Tetrault 2nd the motion. Motion carried.
  - b. Ray Tetrault requested to use the big timing clock at the local sectional girls and boys sectional and regional track meets. Dave Bruce made a motion to all him to use the big timing clock. Sue Keller 2nd the motion. Motion carried.
  - c. Carol Savage announced the Reba Harris from Steps to Recovery is moving the race date to Saturday September 7, 2019 and the new race director is Shannon Spencer.
  - d. 1st Leg of the triple crown The Predict-A-Mile will be Wednesday June 19, 2019. Pitch in Picnic following the run. Please bring a side dish or dessert. Run will start at 6pm. 2nd Leg will be the Haynes Apperson on Saturday July 6, 2019 And the 3rd Leg the 6 mile will be Saturday July 27, 2019.
  - e. The Be Fierce 5K is looking for volunteers for the run on Saturday June 29, 2019 at 5pm. If you are interested in volunteering you can email Befierce5k@gmail.com or sign up at getmeregistered.com search Be Fierce 5K

## 6. Meeting Adjourned.

Those present were: Mark Shorter, Don Andrews, Jenny Tudor, Dani McQuaide, Jan & Greg Wall, Carol & Bruce Savage, Diana Brown, Simone & David Bruce, Tiffany Massey, Anita Dillman, Sherry Kestle, John Wiles, Scott Deyoe, Sue & Vern Keller, Stan Shuey, Ray & Robin Tetrault, and Ashley and Arianna Shanks



### 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)

