

Running Injury Series

This is the 5th 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)

Chronic Calf Tears

An injury common among many runners is chronic calf muscle tears. These tears result in knots in the calf and scar tissue develops.

Signs & Symptoms:

While the knots probably develop over time, they tend to appear suddenly to the runner when a sharp tightness occurs in the calf. This tightness can stop the runner in his/her tracks. Runners often describe this onset as viselike pressure in the calf.

Treatment:

Cross friction massage must be applied to the knots to stretch the damaged fibers and to relieve the pressure exerted on the muscle. Stretching both the soleus and the gastrocnemius must be done regularly. These stretches are recommended before and after running. It is important to begin all workouts with 10 to 15 minutes of easy running, gradually increasing the pace before any intensive running.

Stretches & Strengthening:

Standing Calf Stretch— Stand on the top of a step or curb. Slide your right foot back so that the ball of your foot remains on the step. Keep your right knee straight, shift your body weight to your right leg, and drop your right heel toward the ground. Keep your upper body upright. Use a handrail or wall to help maintain your balance. Keep your right knee straight to maximize the stretch of your calf. Hold the stretch for 30 seconds. Now, bend the right knee to feel a stretch in the back of your calf and Achilles tendon. Hold the stretch for 30 seconds. Repeat with your left leg.

For more information on cross friction massage, stretching and strengthening exercises check out this YouTube video:

Do This One Thing Right & Your Calf Pain/Strain/Tear Will Heal Fast— See New Product at End of Video by Physical Therapists Bob Schrupp and Brad Heineck.

—Tiffany Massey

CLUB MEETING

MONDAY AUGUST 12, 2019 @ 6 P.M. @ **CROSS AMERICA**
N REED ROAD., KOKOMO, (ACROSS FROM GFS & MENARDS)
SOCIAL HOUR @ 5P.M. SOFT DRINKS WILL BE PROVIDED

THOMAS SATTERFIELD'S STORY

There was a young boy that ran this year and he was last in the half mile run. As we watched him come in he seemed to have a limp or some kind of "catch in his step". As his mom stood next to us at the finish line ready to congratulate him when he came in she told us that he has braces on both legs and last year he was in a wheelchair! Here is Thomas' story as told by his parents. Thomas is a fighter, a warrior, an overcomer, a CHAMPION that ran Coyote Kids this summer and he is NOT done fighting! He has a goal to run a 5K race someday.

Thomas Jerald Satterfield has been through an awful lot in his eight short years of life.

He was born on June 8th 2011 in Ft. Wayne after just 24 weeks gestation. That is 4 months early! **He was only 1 pound 2 oz. at birth.** Thomas was the same size at birth as.....a pack of 4 sticks of butter, a foot-

ball and a size 9 shoe, it is also **less** than.....a pineapple (2 pounds), a two-slice toaster (3 pounds) and an adult human brain (3 pounds). When he was first born, he was not breathing and had no pulse. It took 17 minutes of intubation to get him to take his first breath. That was just the beginning of many procedures and surgeries in his short time he has been on this earth.

When his mother and I first met him at just over two years old, he was just so tiny. He was not walking or talking yet. We fell in love immediately! We started working on sign language at first but soon realized that it was not needed, as he started repeating words and was telling us what he wanted very quickly. It took a little longer to get him walking.

Due to Cerebral Palsy, he walked on his tiptoes for a long time, his calves were so tight that he wasn't able to get his heel to touch the ground when he stepped, which really affected his balance and made him have to work harder and caused him to tire so much quicker. Imagine walking on your tiptoes throughout the entire day. He has had physical therapy twice a week since he was 2 and half years old. He had Botox injections in his calves numerous times and in the summer of 2017, he had surgery to lengthen his Achilles Tendon on both legs, he had casts on both legs for the entire summer vacation and started 1st grade in a wheelchair. To make things even tougher he also had eye surgery on both eyes that summer.

Thomas is a warrior! Fast forward to the summer of 2018 and he runs/walks a half mile with Coyote kids every week. He may come in last every week and only run about half of the time during the race but his mother and I could not be prouder of him. If he can go from not walking until he was 3 years old to walking on his toes for 4 years to surgery and a summer in a wheelchair and now running/walking a half-mile every week, just imagine what he will be doing next year.

Thomas has overcome so much, and the overwhelming amount of spirit he has carried throughout all of it brightens the hearts of so many. He is an outstanding example of what it means to smile through the best and worst of times, and is already an amazing young man.

—Ray Tetrault



Member Profile

Name: Greg Wall

How long have you been running/walking?

I've been walking since I was a toddler! I've only been competing for the past 8 or 9 years.

What made you start running/walking?

I started walking because at age 9 months I was able to hang on to the shirt of a friend who was 1 1/2 years old, who was already walking. I started competing because my wife, Jan, was already walking in some of the CKRR races and she said I should try it out. See Jerry Lambert compete made me want to try to walk competitively.

Best athletic accomplishment and why?

The fact that at 69 I'm still competing (sounds crazy) is as great an accomplishment that I would never have guessed when I was younger.

If you like to race, what is your favorite race distance?

Why?

I like the 5K's because I like to go all out when I'm competing. Then when it's over, I get a rush out of being with my fellow walkers knowing we have done our best.

Favorite local running route?

I like preparing for the Indy Mini by leaving our house and using the industrial trail to reach US 931. That's a 10 mile round trip.

Favorite club race? Why?

I have to say that the Haynes has been my favorite, especially now that we finish in the stadium.

Favorite non-club race? Why?

The Bee Bumble is fun because of all of the Burnettesville community activity.

Favorite post run/walk treat?

Any kind of homemade cookies, except chocolate (I'm allergic).

What is your favorite piece of running/walking gear?

Without my water bottle, I doubt I could make it!

Favorite running/walking related book or movie?

"Unbroken"

Do you have a running/walking superstition?

I always want to start near Mary Miller and Vince Lorenz.



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

I most enjoy walking with my wife, Jan. For racing, it is Mary Miller.

Why did you join CKRR?

Many people told me and it has been confirmed that CKRR is welcoming to race walkers. There three kinds of walkers, competitive walkers, aerobic or fast walkers, and casual walkers. All have a place in the club and all are valued.

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

I have been blessed to be a part of a family of walkers, who support and encourage each other. Great friends like Mary Miller, Vince Lorenz, Toney and Angela Lorenz, Vern and Sue Keller, Steve and Maryanne Wilson, Bob McBride, Debby Stillwell, Anita Dillman, and yes, even crazy Sherry Kestle! There are many more that I could name, but one in particular needs a special call out. My wife Jan is my greatest supporter and training mate. She keeps me grounded (deflating any big head I might get) and helps me through injuries and long training walks. Yes, I'm truly blessed!



Coyote Kids 2019

We had a wonderful turnout for Coyote Kids' 16th year! We registered 892 boys and girls this year! That is the most we have had in several years! We were able to award 164 perfect attendance trophies. If it hadn't been SO warm the last night I know that number would've been higher! We also gave out 264 participation trophies to kids that ran 3 or 4 of the 5 weeks. We were glad we only had ONE rain cancellation this year.

The pizza party was a wonderful success with families coming to honor their kids that won awards! Thank you to Keith Hill and Ashley Shanks for the AWESOME photo booth for pictures of the kids for all of the families! Keith also made the wonderful colored flags to help with the chaos of the "crowd of kids" at the starting line this year!

I also want to thank Tiffany Massey for the GREAT photos she took during Coyote Kids and at the awards! It is so wonderful to see Coyote Kids in ACTION! Also, Tiffany was a great help getting the weekly results on the club website under the Coyote Kids' tab!

Another BIG THANK you to the Western Cross Country ladies and some others that lead the way and followed behind all of the runners. It's great to have the older kids as role models for the younger ones!

A very SPECIAL thank you to "Batman" for "saving the day" for many as he ran with the kids and encouraged them all of the way! He was even able to make it to the awards open house for "photo ops" with the kids!

A BIG thank you to the Jackrabbits organization, too! They were able to give a ticket to a game to any child that completed 5 races! We plan on partnering with them again next year! Maybe Coyote Kids can fill the stadium in 2020!

There were SO many of you that volunteered your time for 5 weeks to bring smiles to the faces of hundreds of kids each Thursday night! Ray, myself, Keith, Ashley, Tiffany, and Jennifer cannot thank you enough! WE COULD NEVER DO THIS AMAZING PROGRAM WITHOUT YOU AND THE INCREDIBLE SPONSORS!

Year 16 is in the books! We will be looking for you again to volunteer for this ABSOLUTELY FREE, FANTASTIC program again in 2020! We want you to know we heard many AMAZING praises for this program and kids are EXCITED to run each summer! One little boy was so excited he had been running all year and when they pulled into the parking lot for the first night he said to his dad, "I've been waiting my whole life for this!!" He is TRULY ALL ABOUT Coyote Kids and he isn't the only one out there! Thanks again for Club Kokomo Roadrunners' OUTSTANDING support! Anyone still needing to pick-up your trophy contact Robin at coyotekids@gmail.com for more information

—Mr. and Mrs. Coyote



Triple Crown

This years Club Kokomo Roadrunners Triple Crown finished Saturday July 27 at Foster Park with the ~ 6 mile event. Overall Triple Crown winners were, Under-20- Brody Brack, Open-Emilie Hubbard, Masters- Bruce Savage and John Brack tied. I am getting another award made for Bruce as he let John take the original on Saturday, and Walker-Sue Keller. This was the 3rd year that we had this Triple Crown series. The three events were the P.A.M. (predict-a-mile) the Haynes Apperson 5k race, and the 6 mile event. Thank you everyone that participated. —David Bruce



HAYNES APPERSON RACE DIRECTOR

Mike Anderson has resigned as race director of the Haynes Apperson. The club is looking for people who are interested in helping to run the event. Contact Dani McQuaide @ d.dencklau@gmail.com if you are interested in helping organize the Haynes Apperson. If no one volunteers to help we will discontinue the race!

GUIDELINES FOR A GREAT RACE

Greg Wall has volunteered to write up Guidelines for a Great Race to be posted on the website for race directors to use. If you have any idea or thoughts please email him at gawall2907@att.net.

HAYNES APPERSON T-SHIRT ORDER

Anyone interested in purchasing one to the Club Shirts from the Haynes Apperson contact Dani McQuaide @ d.dencklau@gmail.com Shirts are \$12. Deadline is Thursday 8/15!

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. **REMINDER: to receive club points the info must be turned in within 14 days of completing the race.**

On Saturday 7-27-19 John Peters ran the Junior Achievement Funfest 5K in North Manchester, Indiana. John finished 67 of 119 finishers, his time was 29:31 for a pace of 9:30 per mile. His age group was 60+ which is hard to compete in when you are 78 but he got second place in that age group. He also got an award of a large beach towel with the funfest logo on it and a coupon for a large pizza at Pizza Hut for being the oldest runner to finish the race.

On July 4th Steve Kilcline ran the Red, White , and Boom 5K in Cape Coral, Fl. he finished in 30:33 and was 3rd in 65-69.

2019 CKRR Race Schedule

V—volunteer opportunities for club members. Changes in Red

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
Jessica Wiles, 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
\$30 early then \$35 after 8/12

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

\$30

<https://runsignup.com/Race/IN/Amboy/FueledbyFire5K>

Saturday September 28

Bee Bumble 5K/ 10K

8am

Burnettsville, In
\$20 early registration/ \$30 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



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.

Walton Independence Day 5K**7/5/19****1. Kory Kennedy 17:56**

2. Chad Caver 18:05
3. Bailey Scott 18:25
4. Parker Jones 19:02
- 5. Byron Bundrent 19:07**
6. Scott Colford 19:40
7. Noe Ortiz 19:49
8. Cole Jackson 20:01
9. Andrew Solowey 20:08
10. Hansen Martin 20:28
11. Julynne Spidell 20:40
12. Edison Byrum 20:53
13. Ashton Hackman 20:58
14. Joe Mercier 21:01
15. Pablo Morales 21:01
16. Brian Vansoest 21:34
17. Tom Smith 22:07
18. Paul Sanders 22:08
19. Gerald Miller 22:09
20. Alfred Oscar Foss 22:11
21. Enoch Hines 22:27
- 22. Haley Salinas 22:34**
23. Cecilio Martinez 22:47
24. Kailin Bauman 22:48
25. Leslie Guy 22:49
26. Mandy Hall 22:52
27. Chuck Ladow 23:01
28. Colin Feazel 23:06
29. Jackson Baker 23:12
30. Ian Snoeberger 23:13
31. Angie Brown 23:15
32. Bill Bauman 23:16
33. Bjorn Tore Foss 23:18
34. Ryan Buck 23:28
35. Jacob Mabrey 23:39
36. Robert Mohrland 23:42
- 37. Leah Mitchell 23:45**
38. Emily Tigler 24:15
- 39. Ronnie Greene 24:16**
- 40. John Brack 24:17**
41. Heath Spence MD 24:28
42. Liberty Scott 24:43
- 43. Phil Rozzi 24:47**
44. Kevin Graf 24:52
45. Michelle Skinner 24:56
46. Jess McCarty 25:11
47. Crystal Erikson 25:21
- 48. Michelle Ludlow 25:43**
49. Caden Mohrland 25:51
50. Brooke Deister 25:55
51. Ashlynn Runyon 26:03
52. Braxton Armstrong 26:04
53. Cole McClosey 26:08
54. Traci Hotka 26:08
55. Kyla Mennen 26:13
- 56. Max Elmore 26:20**
57. Tanner Goltz 26:30

58. Morgan Minnick 26:32
59. McKenna Moore 26:43
60. Rusty Logan 26:49
61. Elivia Morales 26:50
62. Angela Downhour 26:52
63. Annaleigh Hedrick 27:01
64. Austin Cunningham 27:03
65. Amanda Hedrick 27:04
66. Vernie Criswell 27:08
67. Chloe Strong 27:13
- 68. Keith McAndrews 27:17**
69. Denise Rush 27:18
70. Weston Deister 27:18
71. Jay Vandeburg 27:23
72. Ryan Hintz 27:33
73. Shannon Spencer 27:37
- 74. Anna Rangel 27:38**
75. Cecially Martinez 27:42
76. Macee Baker 27:45
77. Caroline Weaver 27:54
78. Valerie Young 27:57
79. Olivia Schroder 27:58
80. Andrew Strong 27:59
81. Michael Porter 27:59
- 82. Mark Shorter 28:13**
83. Brent Weaver 28:19
84. Esther Flores 28:34
- 85. Bethany Kirkwood 28:36**
- 86. Mike Deardorff 28:47**
87. Laura Hughes 28:53
88. Garrett Meador 28:57
89. Aiden Snoeberger 29:07
90. Cory Ward 29:09
91. Kyndal Silcox 29:14
92. Josh Vandeburg 29:15
93. Joey Deister 29:19
- 94. Brittiani Gillem 29:24**
95. Kevin Kruger 29:25
96. Jayden Ramer 29:37
97. Cailyn Colford 29:56
98. Matt Colford 29:56
99. Mark Scott 30:04
100. Michael Graham 30:05
101. Kyah Preston 30:06
102. Tara Grigsby 30:07
103. Amy Scott 30:08
104. Emma Nelson 30:16
105. Gwen Grimes 30:17
106. Susan Mohrland 30:22
107. Julie Garland 30:22
108. Jennifer Deeter 30:24
109. Brooke Graham 30:24
110. Sarah Schroder 30:31
111. Caris Mohrland 30:32
112. Elvia Rodriguez 30:35
113. Mackenzie Dockery 30:37
114. Brian Dockery 30:39
115. Jacob Deister 30:59
116. Isabella Woolever 31:06

117. Jasmine Schlick 31:09
118. Alex Nicoll 31:15
119. Tori Wagoner 31:17
120. Kaitlyn Benner 31:41
121. Kaitlyn Bault 31:46
122. Brooke Gillem 31:49
123. Amanda Haney 32:13
124. Olivia Packard 32:20
125. Riley Meador 32:29
126. Jeff Lowry 32:30
127. Christina Elpers 32:31
128. Julia Deister 32:33
129. Adriana Cervantes 32:55
- 130. David Hughes 32:36**
131. Jovita Flores 32:57
132. Denny Sipe 33:15
133. Aly Rouch 33:16
134. Keith Kruger 33:21
135. Pam Graf 33:26
136. Haley Ramer 34:11
137. Chloe Morning 34:20
138. Dillan Schroeter 34:21
139. Jayla Brown 34:29
140. Kristin Wilson 34:30
141. Jenna Roeske 34:30
142. Indy Morning 34:31
143. Dan Wertz 34:34
144. Kinsey Weaver 34:36
145. Timothy Tempin 34:39
146. Katie Bright 34:41
- 147. Cara McKellar 35:09**
- 148. Norm Snyder 35:17**
149. Dan Minnick 35:26
150. Will Deister 35:54
151. Lynette Baber 36:05
- 152. Kathy Snyder 36:28**
153. Brenda Warner 36:33
- 154. Bruce Savage 36:33**
155. Matt Minnick 36:35
156. Bonnie Barnhill 36:59
157. Macy Paleno 37:14
158. Adriane Deeter Paleno 37:35
159. Lindsey Leedy 37:37
160. Grace Armstrong 37:55
161. Patrick Barber 38:04
162. Brody Mercier 38:08
163. Ashley Moore 38:18
164. Elly Logan 38:26
165. Lindy Deeter 38:45
166. Emma Logan 39:04
167. Claire Buck 39:14
168. Bailey Young 39:48
169. Nathan Hughes 40:03
170. Brandy Hughes 40:04
171. Beth Justice 41:07
172. Kristi Brenner 41:40
- 173. Ricke Stucker 41:42**
174. Angel Woolever 41:43
175. Mia Hall 41:56

Walton (cont)

176. Andrea Foreman 41:58
 177. Garrett Pullen 43:13
 178. Aubrey Young 43:13
 179. Laura Austen 43:20
 180. Clinton Armstrong 44:15
 181. Sam Simons 44:21
182. Kelly Studebaker 45:44
 183. Makayla Merrill 48:39
 184. Paul Bauer 48:58
185. Alex Studebaker 52:23

Walkers

- 1. Vince Lorenz 31:34**
2. Mary Miller 34:46
3. Greg Wall 37:16
4. Stephen Wilson 38:49
5. Marianne Wilson 40:02
6. Vern Keller 40:10
7. Debby Stillwell 44:20
8. Bob McBride 44:41
9. Jan Wall 44:58
 10. Veronica Sheets 45:24
 11. Prisciliano Rodriquez 46:10
 12. Erica Huffman 46:20
 13. Joan Davis 46:28
 14. Marlene Remley 46:29
 15. Kelly Downs 46:34
 16. Anjanette Downs 47:10
 17. Rob Salinas 47:12
 18. Christy Robertson 47:21
 19. Christopher Downs 47:31
 20. Sally Young 49:09
 21. Sally Markham 49:09
 22. Melanie Karmel 49:15
23. Carol Savage 55:44
24. Katrina Leger 55:53
25. Sue Keller 55:53

Haynes Apperson 5K 7/6/19**Runners**

1. Josh Everetts 16:05
 2. John Poray 16:10
 3. Bobby Thompson 17:23
 4. Adam Rood 17:46
5. Kory Kennedy 17:54
 6. Pete Bradshaw 18:20
 7. Robert Duke 18:23
 8. Taryn Thor 18:27
9. Brody Brack 18:48
10. Byron Bundrent 18:50
11. Noel Shafer 19:49
 12. Isiah Wittenberg 19:51
 13. Braydon Richmond 20:02
 14. Jerry Williams Jr. 20:02
 15. Julynne Spidell 20:44
 16. Drew Finley 20:44
 17. Paul Sanders 22:02
 18. Karly Lucas 22:20
 19. Colin Feazel 22:22
20. Ethan Snyder 22:26

21. Gerald Miller 22:31
 22. Ella Kantz 22:36
 23. Tyler Lucas 22:42
 24. Kenneth Hahn 23:03
 25. Cooper Prather 23:24
26. Amy Shafer 23:45
 27. Roger Sprouse 23:48
 28. Jeremy Mullins 23:53
 29. Katy Dascoli 24:12
 30. Ann Kantz 24:18
31. John Brack 24:23
32. Leah Mitchell 24:29
 33. Ron Thompson 24:30
 34. David Lechner 24:34
 35. Diana Jones 24:37
 36. John Anderson 24:48
37. Ronnie Greene 25:06
 38. Joe Dascoli 25:07
39. Valerie Snyder 25:15
 40. Rudy Suryantoro 25:29
41. Michelle Ludlow 25:41
 42. Isaac Everson 25:46
 43. John Myers 25:49
 44. Gary Callahan 26:02
45. Tami Greene 26:21
 46. Ava Kantz 26:30
 47. Paige Schueren 26:35
48. Max Elmore 26:37
 49. Ezekiel Zimmerman 26:42
 50. Len Barker 26:43
 51. Payton Gross 26:51
 52. Amanda Alexander 26:51
53. Kelsey Weber 27:04
54. Heather Weber 27:05
55. Keith McAndrews 27:16
56. Bethany Kirkwood 27:20
 57. Tim Childers 27:53
 58. Madison Dotlich 28:19
 59. Linda Abney 28:21
60. Mike Deardorff 28:37
 61. John King 28:54
62. Mark Shorter 29:24
 63. Jessica Naquin 29:26
 64. Joann Quinette 29:33
 65. Paul Olsen 30:09
 66. Joellen Feazel 30:17
 67. Braxton Schieffer 30:17
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73. David Hughes 32:38
 74. Regan Gross 33:07
 75. Ashtyn Gross 33:09
 76. Charlotte Dascoli 33:12
 77. Ashley Dascoli 33:13
 78. Emily Boyle 33:25
 79. Allyson Goodnight 33:56
 80. Bryan Beachy 33:57

81. Scott Brandenburg 33:59
 82. Cindy McClure 34:06
 83. Lavia O'Donnell 34:16
 84. William Cleary 34:48
85. Cara McKellar 34:48
 86. Emma Fernell 35:03
 87. Sam Simons 35:08
 88. Hannah Wilson 35:30
 89. Peter Stephan 35:32
 90. Dena Lukasik 35:33
 91. Angie Myers 35:38
 92. Beira Beta Jones 35:52
 93. Jennifer Adams 36:05
 94. Nicole Ancil 36:08
95. Bruce Savage 36:48
 96. Lynn Everson 37:06
 97. Kristin Wilson 37:19
 98. Sara Greene 37:19
99. Natalie Weber 37:26
 100. Aubrey Evilsizer 37:27
 101. Nancy Anderson 38:37
102. Johnathan McQuaide 39:31
103. Danielle McQuaide 40:19
 104. Edith Lerma 40:40
 105. Beth Justice 42:18
106. Jeanine Elmore 43:33
107. Jenny Tudor 44:13
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 109. Julie Childers 50:49
110. Emilie Hubbard 50:51
111. Ann Hubbard 50:51
 112. Zoie Schieffer 54:56
 113. Payton Head 54:57
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 24. Peter Thompson 47:55
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 39. Andrea Eckelbarger 57:04
 40. Alice Carney 57:10
 41. Anita Upchurch 57:12
 42. Cynthia Hendricks 57:12
 43. Vonda Hughes 57:41
44. Betty Yard 59:11
 45. Daniel Southerland 1:05:17
 46. Virgil McCool 1:05:17

Race for Grace

7/13/19

1. Jacob Kissling 16:59
2. **Kory Kennedy 17:37**
3. Christian Dawson 19:04
4. **Byron Bundrent 19:31**
5. Scott Colford 19:40
6. Dana Neer 20:07
7. Noe Ortiz 20:22
8. Michael McMahan 20:22
9. Pablo Morales 20:34
10. Brian VanSoest 21:14
11. Carmen Peterson 22:01
12. Ian Snoeberger 22:04
13. Grant Wells 22:06
14. Adria Higgins 22:16
15. **Ethan Snyder 22:19**
16. Cecilio Martinez 22:28
17. Mandy Hall 22:51
18. Todd Horner 22:55
19. Leslie Guy 23:06
20. Kylie Schmaltz 23:13
21. **Ronnie Greene 24:01**
22. Avery Hettinger 24:05
23. Robby Kissling 24:07
24. Brian Gluth 24:09
25. K.C. Simms 24:09
26. Derek Bergstedt 24:21
27. Scott Imler 24:27
28. **Phil Rozzi 24:32**
29. Charity Musselman 24:39
30. Terry Engle 24:48
31. Traci Hotka 24:58
32. Micah Rogers 25:55
33. Doug Watson 25:58
34. **Max Elmore 26:02**
35. Sarah Maloy 26:17
36. Ashlynn Runyon 26:23
37. Andrea Baker 26:38
38. Elvia Rodriguez 26:45
39. **Keith McAndrews 26:57**
40. Jake Hotka 27:11
41. **Bethany Kirkwood 27:25**
42. Jake Bryan 27:35
43. **Mike Deardorff 27:42**
44. Aiden Snoeberger 27:47
45. **Anna Rangel 28:07**
46. Austin Cunningham 28:38
47. **Mark Shorter 28:56**
48. Joe Stetz 29:50
49. Michael Cox 30:14
50. **Norma Hawes 30:17**
51. Julie Garland 30:20
52. Tom Howell 30:25
53. Matt Gluth 30:26
54. Sarah Miller 30:27
55. Susana VonTobel 30:39
56. **John Peters 30:44**
57. Rebecca Gray 30:51
58. Lynn Anderson 31:17
59. Claire Buck 31:23

60. **David Hughes 31:54**
61. Jimmy Hackett 32:16
62. **Nicole McDorman 33:26**
63. **Cara McKellar 33:43**
64. **Mat Snyder 33:45**
65. **Owen Snyder 33:46**
66. Michelle Bryan 34:25
67. Lynette Baber 35:23
68. Molly Kissling 35:43
69. Heather Gluth 36:05
70. **Michael Graham 36:17**
71. **Tiffany Massey 37:09**
72. **Johnathan McQuaide 37:27**
73. Madison Prifogle 38:23
74. Tonya McIntyre 38:29
75. Veronika Malott 38:31
76. **Danielle McQuaide 39:29**
77. **Robin Cole 39:45**
78. Mark Small 40:46
79. **Jenny Tudor 41:03**
80. Cooper Prifogle 43:00
81. **Emilie Hubbard 43:27**
82. **Ann Hubbard 43:31**
83. **Jeanine Elmore 43:49**
84. **Dale Sullivan 45:15**
85. **Alex Studebaker 45:58**
86. **Kelly Studebaker 47:53**
87. **Rob Salinas 48:56**
88. Zabrina Cunningham

Walkers

1. **Mary Miller 34:40**
2. **Toney Lorez 40:56**
3. Will Franklin Wright 42:59
4. **Kayla Hudson 43:08**
5. **Elizabeth Smith 43:08**
6. **Bob McBride 43:56**
7. **Jeannie Townsend 44:30**
8. Deanna Keller 45:21
9. **Debby Stillwell 46:00**
10. Deanna Hammons 46:05
11. Scott Sarver 47:16
12. **Robin Michael 47:46**
13. Greg Abbott 48:58
14. **Anita Dillman 49:37**
15. **Sherry Kestle 49:38**
16. **Jan Wall 50:11**
17. Cassie Looker 52:43
18. Helen Gray 54:05
19. Janet DeLawter 54:07
20. Seamus Wright 54:22
21. Dick Sims 56:11
22. Chris Williamson 56:11
23. Natalie Hackett 56:11
24. Linda Reeser 56:50
25. Rebecca Bowman 56:51
26. **Greg Wall 57:11**
27. Nancy Baker 59:10
28. Lindsay Prifogle 59:10
29. Cathy McCroskey 59:39
30. **Betty Yard 59:41**

Panther Prowl 5K

7/20/19

- 1 Matt Grider 16:16.1
- 2 Pete Bradshaw 18:15.6
- 3 Joseph Packard 18:28.1
- 4 Parker Jones 19:17.7
- 5 **Byron Bundrent 19:20.7**
- 6 **Brody Brack 19:22.5**
- 7 Taylor Rathbun 19:44.9
- 8 Zac Cline 19:47.5
- 9 Julyanne Spidell 19:53.5
- 10 Isaiah Wittenberg 21:28.4
- 11 DeAndre Moore 23:48.1
- 12 Olivia Lushin 23:50.2
- 13 Hannah Lushin 23:54.1
- 14 **John Brack 24:14.1**
- 15 Flip Miller 24:33.7
- 16 Sean Sonnenberg 24:43.1
- 17 Kourtney Lechner 24:45.4
- 18 **Leah Mitchell 25:11.5**
- 19 **Michelle Ludlow 25:44.3**
- 20 John Myers 25:48.4
- 21 Karly Lechner 25:51.6
- 22 **Max Elmore 26:24.2**
- 23 **Bethany Kirkwood 27:33.9**
- 24 **Scott Deyoe 28:56.0**
- 25 **Mark Shorter 29:01.2**
- 26 **Mike Deardorff 31:12.2**
- 27 **Tiffany Massey 32:49.3**
- 28 **David Hughes 34:09.8**
- 29 Gwen Grimes 34:25.0
- 30 Jennifer Adams 35:10.7
- 31 **Michael Graham 36:01.0**
- 32 **Kathy Snyder 38:31.7**
- 33 **Robin Cole 39:31.9**
- 34 **Riley Case 39:53.8**
- 35 **Jonathan McQuaide 40:11.8**
- 36 Beth Justice 40:22.1
- 37 **Jenny Tudor 42:12.4**
- 38 **Ricke Stucker 43:12.9**
- 39 **Emilie Hubbard 43:29.4**
- 40 **Ann Hubbard 43:29.9**
- 41 **Jeanine Elmore 44:01.4**
- 42 **Warren Tierney 49:07.4**
- 43 **Alex Studebaker 52:59.1**
- 44 **Kelly Studebaker 53:04.7**
- 45 Angie Nutter 56:15.1

WALKERS

- 1 **Mary Miller 35:12**
- 2 Mike Laughner 37:40
- 3 Lori Akers 44:22
- 4 Elissa Hughes 44:22
- 5 **Robin Michael 45:57**
- 6 **Rob Salinas 47:17**
- 7 **Chad Salinas 47:18**
- 8 **Felicia Tierney 49:06**

2019 Points Standings

RUNNERS

FEMALE

0-12

Weber, Kelsey 40-2
Hughes, Sarah 20-1

13-19

Smith, Elizabeth 95-5
Mitchell, Leah 85-5
Salinas, Haley 40-2
Moore, Hannah 20-1
Shanks, Arianna 15-1
Weber, Natalie 12-1

20-24

Hill, Avery 20-1
White, Kate 20-1

25-29

Kirkwood, Bethany 155-8 H
Hubbard, Emilie 154-9
Gillem, Brittiani 105-6 H
Carpenter, Deborah 15-1

30-34

Massey, Tiffany 160-8 HRDVV
Heflin, Laura 100-5 H
McDorman, Nicole 60-3
Hulburt, Holly 15-1

35-39

Snyder, Valerie 135-7 H
Shanks, Ashley 110-5 HRDVV
McQuaide, Dani 92-5 RD
Hudson, Kayla 77-5
Greene, Tami 55-3

40-44

Tudor, Jenny 183-12 H
Shafer, Amy 140-7 MH
Ludlow, Michelle 112-7 M
Van Horn, Jennifer 85-4 RDV
Hawes, Norma 82-5

45-49

Weber, Heather 20-1

55-59

McKellar, Cara 200-10 H
Hubbard, Ann 155-9
Studebaker, Kelly 146-10 V
McBride, Molly 15-1

60-64

Rangel, Anna 200-10 H
Snyder, Kathy 170-10 HV
Elmore, Jeanine 131-9
Taylor, Deb 84-5 H
Tetrault, Robin 35-2 V

65-69

Cole, Robin 100-5

MALE

0-12

Snyder, Ethan 100-5 V
Snyder, Owen 55-3 V

13-19

Studebaker, Alex 175-9 V
Brack, Brody 40-2
Hughes, Jonah 20-1

25-29

Kennedy, Kory 160-8 HV

35-39

McQuaide, Johnathan 115-6 V
Snyder, Mat 60-3 HV
Salinas, Chad 15-1

40-44

Kline, Justin 20-1

45-49

Hill, Keith 100-5 HVVV
Craig, Aaron 80-4 V
Brack, John 60-3

50-54

Noel Shafer 180-9 MH
Graham, Michael 90-5 V
Moore, Ron 15-1

55-59

Scott Deyoe 192-11 HHV
Bundrent, Byron 180-9 HH
Rozzi, Phil 1167-10 HVV
Tierney, Warren 109-7 HVV

60-64

Elmore, Max 265-14 HV
Mike Deardorff 131-10
McAndrews, Keith 124-8 HV
Andrews, Don 80-4 H
Savage, Bruce 73-6 V
Snyder, Norm 42-3
Townsend, Greg 40-2 VV

65-69

Greene, Ronnie 160-8 MH
Shorter, Mark 140-8 VV
Kilcline, Steve 20-1

70-74

Hughes, David 200-10 HV
Stucker, Ricke 110-7
Stinchcomb, Floyd 40-2

75-79

John Peters 120-6
Sullivan, Dale 15-1

80+

Case, Riley 60-3 V

WALKERS

FEMALE

25-29

Napier, Sarah 52-3

40-44

Leger, Katrina 180-9 V

50-54

Tierney, Felicia 120-6 HVV
Savage, Carol 105-6
Kestle, Sherry 75-4

55-59

Miller, Mary 240-12 H
Wilson, Marianne 130-8 V
Deyoe, Chari 72-5 H
Heflin, Jean 66-5 V

60-64

Yard, Betty 135-7 H
Stillwell, Debbie 75-4 V
Stucker, Jayne 20-1 V

65-69

Keller, Sue 165-9 RD
Wall, Jan 135-7 H
Townsend, Jeannie 80-4 VVV
Lorenz, Angela 20-1 V

70-74

Dillman, Anita 80-4
Brown, Diana 60-3 VV

MALE

30-34

Lorenz, Vince 140-7 H

65-69

Keller, Vern 138-8 VRD
Lorenz, Toney 135-9 H
Wilson, Stephen 135-8 V
Wall, Greg 135-8 HV

70-74

Michael, Robin 105-6
McBride, Bob 100-5
Salinas, Rob 27-2

75-79

Gross, Jim 120-6
Coughlin, Dan 20-1 V
Mohr, John 15-1

80+

Cupp, Bob 40-2

August Birthdays

If you see them wish them a Happy
Birthday!!

- 8/1 Scott Deyoe
- 8/1 Alyssa Ramsell
- 8/1 Marianne Wilson
- 8/4 Warren Tierney
- 8/6 Jan Wall
- 8/10 Ann Hubbard
- 8/10 Sarah Hughes
- 8/12 Phil Rozzi
- 8/13 Jeanine Elmore
- 8/15 Susan Gerhart
- 8/18 Haley Salinas
- 8/18 Jean Heflin
- 8/18 Aaron Craig
- 8/19 Stephanie Hughes
- 8/21 Rocky Smith
- 8/21 Debby Stilwell
- 8/26 Kathy Snyder
- 8/27 Dylan Carpenter
- 8/28 Johnathan McQuaide
- 8/28 Lauren Weber

CKRR CLUB MEETING JULY 8, 2019

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

1. Prayer by Carol Savage
2. Vern Keller made a motion to suspend the reading of the minutes. Su Keller 2nd the motion. Motion carried.
3. Vern Keller made a motion to accept the minutes with the addition that Sue Keller be added to the list of those who attended. Bruce Savage 2nd the Motion. Motion carried.
4. Treasurer's report given by Mark Shorter
5. Old Business
 - a. Elizabeth Smith was this years winner of the \$400 Cowan Scholarship.
 - b. Received check and equipment rental form from Runnin' The Shores. Robin Tetrault made a motion to rent them the pylons and use of the music equipment. Vern Keller 2nd the motion. Motion carried.
 - c. Anyone interested in purchasing one to the Club Shirts from the Haynes Apperson contact Dani McQuaide. Shirts are \$12. Deadline is Thursday 8/15
 - d. Parks Department charged the Be Fierce 5K \$25 because race was on trails through park. Mark recommends not telling them when races will use the trails.
 - e. Mike Anderson has resigned as race director of the Haynes Apperson. The club is looking for people who are interested in helping to run the event. Contact Dani McQuaide if you are interested in helping organize the Haynes Apperson. If no one volunteers to help we will discontinue the race.
 - f. Carol Savage brought up that the Steps to Recovery race has increased their price to \$30 and their will be no age group awards.
6. New Business
 - a. Greg Wall has volunteered to write up Guidelines for a Great Race to be posted on the website for race directors to use. If you have any idea or thoughts please email him at gawall2907@att.net.
 - b. Ray Tetrault brought up that we have had to replace several pieces of equipment from the club trailer lately because it either came up missing or damaged. Ray made a motion to change the equipment use policy starting January of 2020 so that renters will be charged a flat fee of \$300 and there will be no more deposit. John Wiles 2nd the motion. Motion carried.
 - c. Dani McQuaide has contacted Red Gold about a team discount.
6. Meeting Adjourned.

Those present were: Mary Miller, Dani McQuaide, Keith Hill, Vern and Sue Keller, Diana Brown, Mark Shorter, Don Andrews, David and Simone Bruce, Tiffany Massey, John Wiles, Anita Dillman, Jan and Greg Wall, Sherry Kestle, Bruce and Carol Savage, Robin Cole, Ray & Robin Tetrault and Ashley Shanks.



CLUB KOKOMO ROAD RUNNERS

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 Facebook—Club Kokomo Roadrunner
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