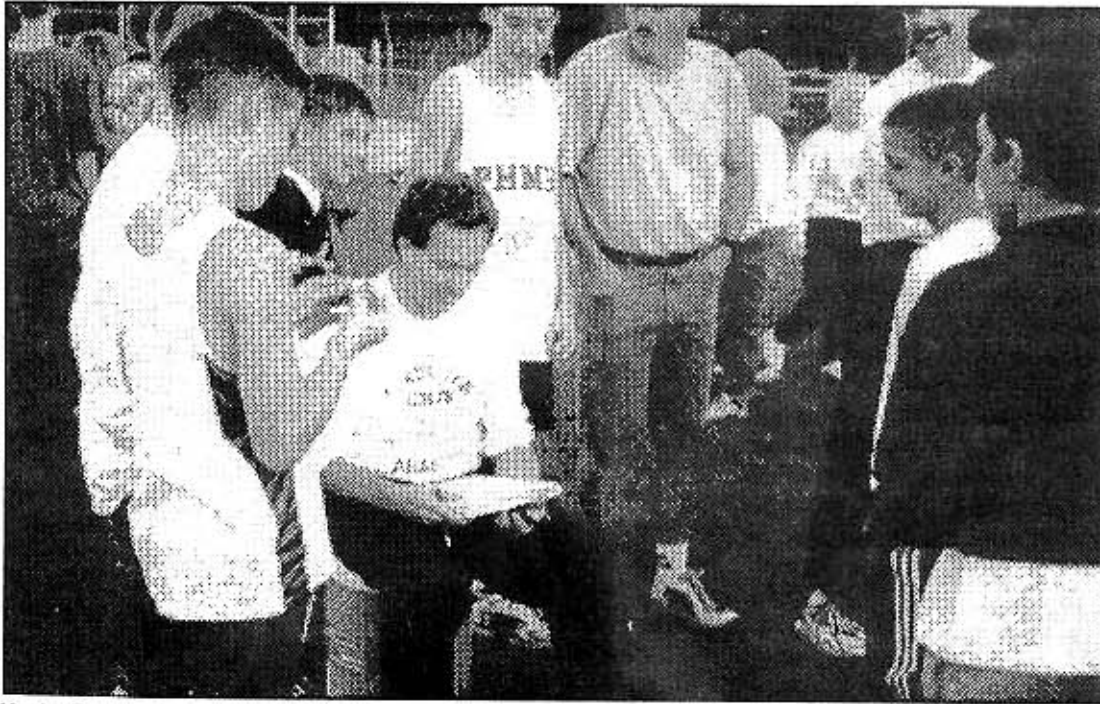


Pound the Pavement 5K

Run/Walk to Honor Kevin Carey



Kevin Carey (sitting), most always had a stopwatch in his hand to keep track of the times of his young runners. Some of the Pendleton Heights Middle School students pictured continued their running on the Pendleton Heights High School cross country and track teams.

By Erin Blair-Fleming

People want to be remembered. They do various things to make this happen. Some rely on their financial bequests, while others focus on good works within the community.

Coach Kevin Carey, Pendleton Heights Middle School (PHMS) boys' track and cross country coach, ensured his legacy by fulfilling one duty—being Coach Carey.

Motivated, energetic and dedicated, Carey affected the lives of many area runners. Encouraging and embracing the highs and lows of athletes' lives allowed Carey the opportunity to prove himself, not only as a coach, but also as a person. For many local students, parents and residents, Carey's coaching did not end when the running stopped. His coaching continued to guide them through their lives.

"There are only a select number of people that impact your life forever; Kevin Carey fits that description. As a coach, Kevin had a way of always bringing out the best in you," said Kyle Williamson, one of many athletes that Carey coached during his career. Williamson went on to explain how Carey influenced his life through his passion for running. "Not a day goes by that I don't think of him. Before every race I pray that God will bless me and protect me, but also that Kevin will be with me, and that I will run with the passion that he had. He made me a college athlete. If it weren't for him, I would not be anywhere close to where I am today."

Brock Hagerman, another Carey runner, continued Williamson's sentiments by

reflecting on Carey teaching him about life through the sport. "If there is one thing I ever learned from Coach Carey, it was to never give anything less than your best. I learned at an early age to be a respectful competitor, a gracious winner, and, at times, a loser who would work harder than anyone to get back to the top of the podium."

Hagerman also shared how Carey coached him during his senior year even after Carey was no longer his coach. "I found myself running through the Pendleton Trails and Grovelawn Cemetery on weekends. During the summer, I saw Kevin's gravestone for the very first time while on a run, and, sure enough, there was another one of Kevin's favorite quotes etched in the stone. 'It is through the struggle where we often find the reward,' a quote by Jim Ryun, one of Carey's childhood heroes. Only Kevin Carey could find a way to motivate a young distance runner after his life had ceased. At that point, I knew I was going to find my reward for that final cross country season. Once the end of October rolled around, Coach Carey was no longer being passed by a skinny kid trying to climb his way to the top of the awards podium; he was being lapped by the Indiana Cross Country State Champion."

Pendleton Heights High School senior, Michael Joyce, reflected on his experiences with Carey. "He was an energetic coach that just loved to be out there with the kids because he loved running himself. Even after he left as coach, he would come to meets

to watch the kids run and would always encourage us to be the best we could be."

Rod Hagerman assisted Carey while he was coaching at PHMS. "Kevin would take young kids and mold them into runners. He knew that he had to make running interesting and fun so the runners would want to continue the sport in high school. The success of the current track and cross country teams comes from the fruit of the seeds that Kevin planted."

Kevin Carey passed away in July of 2004, from heart disease. Carey coached PHMS track and cross country for seven years and was a volunteer AAU track and cross country coach for 10 years.

To give proper recognition to a man who devoted his time and life to a community of runners, a race would have to be run.

Pound the Pavement is a 5K run/walk race created by the Coach Carey Foundation as an opportunity for the community to honor this influential man. This race was inspired by Carey's love for the sport of running.

Carey's family wanted to continue Carey's sense of giving. Therefore, the race proceeds will go towards The Coach Carey Endowment Fund. An annual scholarship will be issued by the foundation to a local high school senior runner who displays leadership, scholarship, and sportsmanship throughout his or her high school career.

"He always talked about having this kind of race. He loved Pendleton so much," said Jan Carey, Carey's wife.

"This race is a way to keep

Kevin's spirit alive. The community has been so good to us. The family wanted to

offer the community this race because of their generosity," said Carey as she explained why this race is so important to her family.

"My faith in God, my kids, family, and my community were my sources of strength when I was going through the loss of Kevin. This race is still unifying our faith, family and community after he is gone," she said.

The *Pound the Pavement 5K Run/Walk* will be held Saturday, July 22 at 8 a.m., rain or shine. The race starts and finishes in Falls Park and winds through the trails on the outskirts of the park.

Packet pickup will be from 6:45 a.m.-7:45 a.m. at the Community Building, located at 299 Falls Park Drive.

Registrations, if received by July 8, are \$18 for individuals and \$15 for a family of three or more members from the same immediate family.

Registrations, if received after July 8, are \$20 for individuals and \$17 for a family of three or more members from the same immediate family. All registrants will receive a 2006 *Pound the Pavement* t-shirt.

Awards will be presented to the top three overall male and female finishers and the top three male and female finishers in each age division.

To register for the race, or donate to the fund, visit the Coach Carey Foundation online website at www.poundpavement.com, or mail donations to P. O. Box 85, Pendleton, IN 46064-0085.

Registrations will also be accepted the day of the race.

A post-race, health fair, which includes cholesterol and blood pressure screenings, will be conducted for the community. In addition to the health fair, the Indianapolis

Colts cheerleaders will make an appearance; WEEM Radio will provide music; Delaine Wooden and Daryl Cowan will offer massage therapy, and the Indiana Blood Center will conduct a blood drive.

"Cast all your anxiety on him because he cares for you."

—1 Peter 5:7