

*The block of granite which was an obstacle in the pathway of the weak became a stepping stone in the pathway of the strong. – Thomas Carlyle*

May 18, 2009

[www.kalamazooarearunners.com](http://www.kalamazooarearunners.com)

## The Kalamazoo Area Runners

# Rundown



### *Peggy celebrates Boston*

This article may sound familiar as it is a revision of a piece written several years ago, but one worth revisiting from time to time. Whether through Borgess Run Camp, the SHufflers or the KAR Beyond it is hard to believe our winter training adventures are now behind us. What a wild winter it was indeed slipping, sliding, and sloshing through snow, ice and sub-zero wind chills. What an exhilarating experience it was to finish your first marathon, half marathon or even 5k...the elation felt as you crossed the finish line for the first time. Or perhaps your goal was to race a series of shorter races with certain goals in mind. You have been on a long journey, and enjoyed a tremendous accomplishment whether you have achieved the precise goals you set before yourself or not.

As the journey comes to a culmination, and finally a close, you ask yourself, "now what?" I have shared this sentiment before, but I often draw the



### Contents

**Introduction** Page 1

**Hot Club News and Events** Page 3

Run to Climax 7k  
Steve's Raider Stomp 5k and 10k  
YMCA Healthy Kids Day Run  
Next KAR Board Meeting  
Join the Kalamazoo Area Runners Relay for Life Team  
VP Development Appointed  
Kalamazoo Area Runners Connection  
Spring 2009 Footnotes Magazine.

**Latest Running Community News** Page 6

First Time Marathoner Study  
Strides for Life One Hundred Mile Run  
LifeRUN 5k

**Regional Event Discounts** Page 7

Detroit FreePress Marathon and Half Marathon  
Chicago Distance Classic is now the Rock n' Roll Chicago Half Marathon  
Spirit of Columbus Half Marathon  
Grand Rapids Half and Full Marathon

**Group Runs & Training Programs** Page 7

Gazelle Safari Marathon Training Program  
Post-Beyond Runs  
Wednesday Night Runs from Borgess Health and Fitness  
Wednesday Night Runs from Portage YMCA

**Club Member Corner** Page 9

Marathon News  
Borgess Run Corrections  
Notes of Encouragement  
Volunteer News

analogy of preparing, running and recovering from the marathon or any event that requires dedicated training to childbirth. Like a mother-to-be expecting a new baby, there are months of preparation leading up to the “event” itself. Then there is the culmination; the birth of a child; crossing the finish line of your goal race....and tremendous joy, and sense of accomplishment. Finally, there is the recovery...from the physical rigors of childbirth and pregnancy, and the “event” and its preparation. The child is born, the marathon or racing season is over....life changes drastically as the “big event” no longer looms ahead. Like childbirth, it is common to say “never again” after the first one, only to come back a year or two later, fresh and ready to go....to give birth to another child, another marathon, another half marathon, another racing season.

Like the many weeks of training and tapering leading up to it, the post marathon period in particular is an important part of your training...it is the final meso-cycle known as recovery. The first week after the marathon, take some time off. During this period, your risk of injury is unusually high due to the reduced resiliency of your muscles and connective tissues after the marathon. Even some of the best runners in the world take time off after a marathon. Not running now will enable you to return to running fresh and inspired when your body is ready to go again. Instead of running, try to do some light cross training such as walking, swimming, water running, or cycling. These activities will aid your recovery by increasing blood flow without subjecting them to further pounding. If you just have to run, keep it short and easy, with your heart rate below 75% of maximal heart rate. You are also at an increased risk, especially the first 48 hours, of catching a post marathon cold. Your immune system resistance is down and it is important to try and avoid illness as much as possible.

Psychologically, the post marathon period, like the post partum period often lends itself to a phenomenon known as the “post marathon blues.” This is especially common after a first marathon. After the many weeks of preparation and the elation of the event itself, all the hype and anticipation is over and the goal no longer in sight. It is not uncommon to feel a little depressed or a bit blue. Relax...this will soon pass as you set your sights on new goals and new challenges! After the first week, ease back into running again over the next 4 weeks, but keep the pressure off and explore the fun, social dimension of running!!! Get some of those household tasks done that you weren’t able to attend to during the rigors of hard training. As we enter the summer months, there is smorgasbord of local races, including our very own Kalamazoo Klassic, that help you to stay connected with your running friends, get your family involved and even offer the opportunity to give back to the community! Many of these can be found listed at [www.greatlakeschampionship.com](http://www.greatlakeschampionship.com) or [www.classicrace.com](http://www.classicrace.com).

Eventually, it WILL be time to set new goals and begin training again! For 2009, Gazelle Sports and Kalamazoo Area Runners will once again be hosting the Gazelle Safari Half and Full Marathon Training Program. The

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 please use the KAR discount code when purchasing merchandise or services from discount sponsors.

### Gazelle Sports

10% off non-sale shoes. Please supply sales person with KAR membership number prior to check out.

### The Studio

A Personal Fitness Experience. If you’re fighting an injury or just want overall better health check out The Studio (269-352-5518). Discounts apply per session or multiple sessions.

### Healing Moments Massage

Massage bodywork with Joyce Hare located in KVO’s building on Turwill Lane. Discounts apply per session or multiple sessions. KAR Member price for one hour is \$50.00. Phone: 269-327-5824 or 269-217-7563)

### Options 4 Your Health

KAR Members receive a 10% discount on nutraceutical products (nutritional supplements). 269-217-2146 or [nestlady@aol.com](mailto:nestlady@aol.com)

### Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics. 2 different methods are available: eSoles [www.esoles.com](http://www.esoles.com) which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position and Footmaxx which is a force plate that helps break down the biomechanical movements of the foot for runners. For more information contact Daryl Prater at [praterd@aol.com](mailto:praterd@aol.com)

Marathon Training Program runs 19 weeks from June 13 through October 10. The Half Marathon Training Program runs June 13 through September 19. There will be a free orientation on June 3, 2009 at 6:00 pm at the LEC auditorium. A registration form can be found at [Safari Marathon Training Registration](#).

No matter what path your journey takes you down, keep up the great running....and we hope to see you at Safari 2009, and hopefully many times before!

*Pfitzinger, P., and S. Douglas. 2001. Advanced Marathoning. Champaign, IL: Human Kinetics.*

## Hot Club News and Events

### Run to Climax 7k May 29th!

It's a race of a different distance! The Run to Climax 7k is our next Club Championship Series Event! Proceeds benefit the Space Mountain Society. The race is scheduled for Memorial Day, May 25, 2009 at 8:15 am at the Climax United Methodist Church. For more information visit [Run to Climax 7k. Club Championship Series Event](#)

### Steve's Raider Stomp 5k and 10k June 6<sup>th</sup>



**Bob Smola Announces awards**

Another Club Championship Series Event, the Raider Stomp is one well organized race you won't want to miss. Directed by KAR's very own **Bob Smola**, in typical **Bob Smola** style this event is first class from the USATF certified courses to the post race spread. The event is June 6<sup>th</sup>, 2009 at 8:00

## KAR Discount Sponsors continued...

### Universal Formulas

Universal Formulas offers KAR Members a 10% discount. Since 1984, Universal Formulas has been developing formulations and providing clients with supplements that employ the highest degree of natural products. Products are formulated at optimal potency and ratios. This distinguishes Universal Formulas from the vast market of other health supplement suppliers. The optimal potency and combination standard ensures that each ingredient is at the proper strength, source, and ratio needed to achieve exceptional results. Visit Universal Formulas at <http://www.universalformulas.com/aar> for more information. Use the unique promotional code to order products online.



am at Decatur High School. For more information visit [Steve's Raider Stomp](#).

*Club Championship Series Event*

*Race Discount Program Event*

## **YMCA Healthy Kids Day Run**

It's far more than a race; it's an evening of family fun! Kalamazoo Area Runners is a sponsor and member of the organizing committee of the YMCA Healthy Kids Day run scheduled Friday, May 29, 2009 at the Portage YMCA. Children ages three and under will participate in a short tot run while children ages four through twelve participate in a one mile fun run. For more detail and registration information visit [YMCA Healthy Kids Day Run](#). Festivities will include an obstacle course, face painting, t-shirts, post-run refreshments and more.



*Healthy Kids Day Run Volunteers from KAR*

We still have some “funtastic” volunteer opportunities for course marshalls. Contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com).

*KAR Volunteer Program Event*

## **Next KAR Board Meeting**

The next KAR Board Meeting is Monday, June 1, 2009 at 6:30 pm at the Maple Street YMCA Chapel. As always, members are welcome to attend. Please contact Bonnie Sexton at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) with questions.

## **Join the Kalamazoo Area Runners Relay for Life Team**

## **Board of Directors**

Bonnie Sexton

*President*

[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Julie Wojtaszek

*Vice President Membership*

[Membership\\_KAR@yahoo.com](mailto:Membership_KAR@yahoo.com)

Cristi DeDoes

*Treasurer*

[Dedoesc@yahoo.com](mailto:Dedoesc@yahoo.com)

Scott Taylor

*Secretary*

[Sctaylor75@verizon.net](mailto:Sctaylor75@verizon.net)

Brian Abbott

*Vice President Marketing and Communications*

[bripat@wmis.net](mailto:bripat@wmis.net)

Phil Goodwin

*Vice President Technology*

[philgoodwinmsh@gmail.com](mailto:philgoodwinmsh@gmail.com)

Giti Henrie

*Vice President Special Events*

[ghenrie@charter.net](mailto:ghenrie@charter.net)

It's hard to believe that Relay for Life is only a little over a month away! I hope everyone out there will contribute to our team in some way. There are many ways to help. You can sign up to be a team member, buy luminaria, donate to other walkers, donate bake goods for our on-site fundraiser, or ask cancer survivors to participate in the survivor lap. Let me give you some details of this year's event:

Date: May 30-31, 2009

Time: noon to noon

Place: Kalamazoo County Fairgrounds

How to Join the Team or Donate: Join on-line at the [Kalamazoo Area Runners Team Home Page](#)

Please feel free to contact me to purchase luminaria bags, get luminaria bags to sell to others, contribute to the bake sale, or ask questions. **First 20 to sign up receive KAR Team t-shirts.** Shirts have already been pre-ordered and sizes will be distributed first come, first serve.

Peggy Zeeb  
(269) 503-2139  
pzeeb2000@yahoo.com

## VP Development Appointed!



*Welcome to the KAR Team Darrell*

We are pleased to announce **Darrell Harden** has been appointed by the KAR Board effective May 4, 2009 as Vice President of Development. Darrell will be filling this position on an interim basis until next term and will be responsible for building and managing our fundraising efforts

## Event and Program Directors

Joe Hulsebus  
*Director Technology Support  
Club Series and Volunteer Tracking*  
[Kar.bcurr@gmail.com](mailto:Kar.bcurr@gmail.com)

Steve Brown  
*Director, Member Reception Runs*  
[b.steve69@yahoo.com](mailto:b.steve69@yahoo.com)

Sherrie Mann  
*Director, Indoor Track Workouts*  
[slmann@sbcglobal.net](mailto:slmann@sbcglobal.net)

Terry Hutchins  
*Director, Kal-Haven Trail Run*  
[tkhutchins@chartermi.net](mailto:tkhutchins@chartermi.net)

Cindi MacDonald  
*Co-Director, Kalamazoo Klassic (KAR)*  
[cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com)

Jami Tran  
*Co-Director, Kalamazoo Klassic (KAR)*  
[jtran1322@aol.com](mailto:jtran1322@aol.com)

Marty Buffenbarger  
*Director, Safari Training*  
[k9cid1@gmail.com](mailto:k9cid1@gmail.com)

Bonnie Sexton  
*Director, Beyond Training*  
[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Peggy Zeeb  
*Director, Easter Hash  
Team Captain, Relay for Life*  
[pzeeb2000@yahoo.com](mailto:pzeeb2000@yahoo.com)

Dave Walch  
*Director, Halloween Hash*  
[david.walch@pfizer.com](mailto:david.walch@pfizer.com)

Andrew Vidor  
*Wed Night Portage YMCA Runs*  
[ajvidor@mtu.edu](mailto:ajvidor@mtu.edu)

Cindi MacDonald  
*Wed Night Borgess Health and Fitness  
Center Runs*  
[cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com)

including sponsorships, donations and grants Thank you Darrell for stepping into this important new role and welcome!

### **Kalamazoo Area Runners Connection**

Are you seeking training partners or looking for others to share carpool or hotel expenses with? Email your request and we will be happy to publish your request (in good taste of course) in the *Rundown*. Email **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) and we will include it in the following edition! Here is a great opportunity to get connected.

### **Spring 2009 RRCA Footnotes Magazine**

The Spring 2009 edition of RRCA Footnotes Magazine is now available [here](#). Check it out for some more great articles!

## **Latest Running Community News and Events**

### **Have You Completed Your First Marathon Within the Past Year?**

If yes, tell me about your experience! I am an Exercise and Sport Psychology Ph.D. student at Temple University, in Philadelphia, and also a marathon runner. For my dissertation, I have decided to look at first time marathon runners (newbies), their motivations for completing a marathon, and their intent to run another marathon. If you have completed your first marathon within the past year, I would love to hear about your marathon experience! Listed below is the link for the online survey. The survey will take about 10-15 minutes to complete.

[http://www.surveymonkey.com/s.aspx?sm=fm\\_2bP\\_2bo4AD38v5x3SVTtOtA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=fm_2bP_2bo4AD38v5x3SVTtOtA_3d_3d). If you know of any other first time marathon runners, who ran their debut marathon within the past year, please pass along the survey information. In advance, thank you for your insight and happy running!

Elizabeth Loughren  
[eloughren@temple.edu](mailto:eloughren@temple.edu)

### **Strides for Life One Hundred Mile Run**

**Gale Fischer** and **Ralph Meyer** will both be participating in the thirty-first annual Strides for Life on June 18-21. This is a four day, one hundred mile run and a fundraiser for the American Cancer Society. If you want to

## **Volunteer Opportunities**

We need your help for the following KAR sponsored events and programs: Earn Volunteer Points, and have fun at the same time!

### **YMCA Healthy Kids Day Run**

Another FUN opportunity! Volunteers are needed for the YMCA Healthy Kids Day Run to be held Friday evening May 29, 2009 at the Portage YMCA. Contact Bonnie Sexton at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) if you can help out with the following:

Course Marshalls – 5 Volunteers

Earn 10 KAR Volunteer Points

donate money to the American Cancer Society you can send a check made out to the American Cancer Society to either:

**Gale Fischer**

9643 Bellevue Road

Battle Creek, Michigan 49014

You can also donate online at <http://www.active.com/donate/stridez9/gdf>

**Or**

**Ralph Meyer**

6971 Orchard Meadow Ct

Portage, MI 49024

Donate online at [www.active.com/donate/stridez9/2009ralph](http://www.active.com/donate/stridez9/2009ralph)

For more information on this event visit [www.stridesforlife.com](http://www.stridesforlife.com).

### **LifeRUN 5k Trail Run**

Here's your opportunity to run cross country on the famous Portage Invitational Course. The LifeRUN 5k trail run is Saturday, May 30, 2009 at 9:00 am at Portage West Middle School. Proceeds benefit the operating expenses of Alternatives Pregnancy Care Center. Chip timed. Register online at [www.greatlakeschampionchip.com](http://www.greatlakeschampionchip.com).

## **Regional Event Discounts**

### **Detroit Free Press Half and Full Marathon is now a Kalamazoo Area Runners Discount Event**

We are pleased to announce the Detroit Free Press Half and Full Marathon is now a Kalamazoo Area Runners discount event. Club Members receive a 10% discount via online registration. Use coupon code. For more information or to register visit [www.detroitfreepressmarathon.com](http://www.detroitfreepressmarathon.com)

### **The Chicago Distance Classic is now the Rock n' Roll Chicago Half Marathon**

Starting this summer we have the opportunity to participate in a Rock n' Roll half marathon close to home. The Chicago Distance Classic has spiced it up to become the inaugural Rock n' Roll Chicago Half Marathon. To top it off, KAR members receive a \$10 discount for the August 2, 2009 event. All you need to do is use coupon code when registering online. For more information or to register, visit [www.rnrchicago.com](http://www.rnrchicago.com)

### **Spirit of Columbus Half Marathon**

The 2009 Spirit of Columbus Half Marathon and 2 Person Relay scheduled August 30th, 2009 is offering KAR Members a \$10 discount. Members can save \$10 off the entry fee by using the unique coupon code. Visit [www.spiritofcolumbushalf.com](http://www.spiritofcolumbushalf.com).

### **Grand Rapids Half and Full Marathon**

This year's Grand Rapids Half and Full Marathon is October 18, 2009 and KAR members receive a \$5.00 discount. Save by using the coupon code in the online registration page. For more information visit [www.grandrapidsmarathon.com](http://www.grandrapidsmarathon.com).

## **Group Runs that Rock**

For a comprehensive list of all group runs and training programs, visit [Running Groups](#)

## **Gazelle Safari Training Registration is now OPEN!**



Training for a fall full or half marathon? There is no better way than through the Gazelle Safari Training Program presented by Gazelle Sports and Kalamazoo Area Runners. Registration is now open for the [2009 Safari Full and Half Marathon Training Program](#). Full Marathon Training Program runs June 13 – October 10 and Half Marathon Training Program runs June 13 – September 19. Orientation will be held June 3, 2009 at 6:00 pm at the Borgess LEC Auditorium. Cost is \$100 for the half marathon training program and \$125 for the full marathon training program. Please note KAR members who sign up for Safari automatically renew their membership. Twelve months are added to your expiration date. This applies to individual memberships through Safari only. Family members can be added for \$5 using [Paper Registration](#).

***KAR Volunteer Program Applies***

### ***Free to the Community* Post-Beyond Training Runs are Underway!**

Finished the Beyond or Borgess Run Camp and looking to continue group training runs? Kalamazoo Area Runners is hosting informal post-Beyond training runs on Saturday mornings at 7:00 am beginning April 18 and running through the end of May. Contact **Natalie Dale** at [ndale16@gmail.com](mailto:ndale16@gmail.com) for more information or to donate and drop hydration for a run. The schedule and meeting locations are as follows:

**May 23** – Maple Street YMCA – 8 to 10 miles

**May 30** – Portage YMCA on Centre St – 8 to 9 miles

### **Wednesday Night Runs at Borgess Health and Fitness Center**

Wednesday night runs from Borgess Health and Fitness Center begin at 6:00 pm. Contact person is Cindi Macdonald at [cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com). Please bring your own hydration/

### **Wednesday Night Runs at Portage YMCA**



Wed Nights at 6:00 pm at the Portage YMCA for a mid-week 2<sup>nd</sup> long run. Please park in the lot and meet by the A-frame building. Contact Andrew Vidor at [ajvidor@mtu.edu](mailto:ajvidor@mtu.edu) for more information. Please bring your own hydration.

## Club Member Corner

Please share your running news with us! We extract and publish KAR results for *Club Championship Series Races* and a few other well attended events such as the Chicago, Detroit, Grand Rapids, Bayshore and Boston Marathons. Most other events, however, we need to rely on your inside tips. Please email **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) if you have a newsworthy story to share whether it is the completion of your first marathon, a 10k PR, the birth of a new KAR member, or a unique running experience.

The KAR Board is pleased to extend a warm welcome to the following new members: **Claire Argoudelis, Morgan Argoudelis, Mike Argoudelis, Ryan Geers, Brian Hudson, Betsey Hudson, Alison Satkoski, Chuck Commeret, Rhonda Newhouse, Nicole Newhouse, Sandra Shaw, Tom Noall** and **Sharin Noall**

Kalamazoo Area Runners has gained statewide media attention in recent months. **Julie Hoffmann** has once again gained celebrity status and was featured in an article, “Why We Run,” in the April 2009 *Outdoor Athlete Magazine*. **Darla Brown’s** picture can be found in the May/June issue of *Michigan Runner* as she approaches the finish of the Town Crier 5k. **Bonnie Sexton** was interviewed and published in the May 9 edition of the *Detroit Free Press* in a News2Use article “Get Ready to Walk, Run for Fund-Raisers.” **Joanna Boyd** and **Ralph Meyer** both found themselves in the Riverbank Run [Grand Rapids Press Photos](#).

From time to time we hear from long time club members who have relocated from the area. We are passing along this hello from **Rich Bean**, one of our long time Battle Creek Road Runners and KAR Members.

I enjoy keeping up with the club news and hope to get back your way for a run this summer. I did the Flying Pig Half-Marathon in Cincinnati a couple weeks ago as I ran with a friend and he was able to finish without walking. It was a nice training run for me to help him along. My son Ryan and I ran a local 5K in Northville today to benefit the Michigan Parkinson Foundation. It was quite hilly and windy as Ryan took 13th overall and 3rd in his age group and I was 2nd overall (17 year old was 1st) and Master's winner in 19:44. There were around 115 runners in the road race and many more walkers as part of the benefit walk and run. These smaller races seem to be common on the East side of the State and are well organized. This was handled by the Brooks-Hanson Project with their Hanson Race Management system. Keep up the great work with KAR...I miss the club but will continue to stay in touch.

And another note on the Flying Pig half marathon from **Cindy Comer....**

I ran the Flying Pig Half Marathon in Cincinnati on Sunday, May 3, for the first time. I didn't see any other Kalamazoo runners there, but I think there may have been a few who ran the marathon. My time was 2 hrs, 21 minutes—a little slower than I hoped for—but there were quite a few challenging hills mid-course that I had to overcome. My calves are still in recovery mode! We ran over two bridges into Kentucky over the Ohio River and the view was great. Supposedly there are some flying pigs on a building somewhere downtown, but I couldn't find them. The medal is great! On one side the pig is flying at you; on the other side the pig is flying away from you!

And another omission....

**John Steeby** was among the runners completing the Nashville 1/2 Marathon in the sweltering heat. His official chip finish time was 1:51:28.

## Marathon News

This news came in from **Joe Reitz**....

Just thought I'd let you know the results of my 2nd marathon. Last year I ran it in 3:54 this year a little bit faster (see results). Later Joe Reitz. Just how fast did Joe run his marathon? He set a new PR and qualified for Boston with an amazing 3:07:50. Congratulations Joe!

## 30<sup>th</sup> Annual Borgess Run for the Health of It Corrections!

We confess we once again erred in our ways due to misspellings, alternative spellings and the like and have a been notified of a number of error and omissions from the Borgess Run for the Health of It! **Kailey Shaffer** ran a fast 1:46:05 National City Half Marathon finishing first in her age division. The Jr. at the end of his name was the reason **Jim Raseman** dropped off the chart, even though he ran a fast 1:54:41: **Jim** doubled a week later as an elite runner at the Girls on the Run No Sweat Event. **Lisa Schreiner** broke 2:00 hours with a 1:59:18, while **Phil Goodwin** broke his hand and ran the half with a cast in 2:05:16. For those who love social media you'll find a picture out on Facebook to prove it. In the 5k, we missed **Susan Baker** due to a misspelling; she ended up finishing in 27:08.

## Riverbank Run Results?

Where are they? We tried, we really, truly did! Unfortunately the formatting now used for the race results through [www.active.com](http://www.active.com) makes it an extremely time intensive task to download results for large events. Only 100 participants can be pulled at once. Although we can sort events by state, the Riverbank 25k alone had 4600 Michiganders participating. We even tried to obtain a raw data file to make the job more manageable, but unfortunately need special permission from organizers. That leaves us without Riverbank Run results. Many, Many of you ran in the 25k, 10k or 5k, and congratulate each of our KAR finishers. Those who ran the 25k are still recovering from the hills.

## Vicksburg Hearty Hustle 5k

At the same time the masses descended upon Grand Rapids for Riverbank, some of our members stayed closer to home by running the Vicksburg Hearty Hustle. **Allison Iott** won female overall with a very fast 18:57, and **Carol Heinicke** emerged as female masters winner with a 23:05. Finishing in the *age group winners circle* were **Ken Brooks** with a fast 17:22 (2<sup>nd</sup>) **Sheila Clothier** (2<sup>nd</sup>), **Cindy Comer** (1<sup>st</sup>), **Brian Dobbie** (1<sup>st</sup>), and **Rochelle Young** (2<sup>nd</sup>). Congratulations to all our Vicksburg Hearty Hustle finishers:

Name	Time	AgeGroup
Kenneth Brooks	0:17:22	2nd
Don Browe	0:26:20	
Sheila Clothier	0:25:17	2nd
Cindy Comer	0:27:47	1st

Brian Dobbie	0:20:33	1st
Carol Heinicke	0:23:05	female master winner
Chrissy Hossack	0:28:18	
Allison Iott	0:18:57	female overall winner
Jeff Johnson	0:25:29	
Colleen Orwin	0:30:57	
Michael Orwin	0:23:49	
Jim Raseman	0:21:09	
Bob Smola	0:25:01	
Nancy Vendeville	0:26:25	
Rochelle Young	0:28:03	2nd
Chuck Zahnw	0:24:54	

### **Race for the Cure Results?**

They will be coming in the next edition, as well as how Team KAR did in reaching its fundraising goals. Stay tuned!

### **Oaklawn Hospitality Classic Results**



*Hannah wins the Oaklawn 10k*

KAR members were found live on the scene at last weekend's Oaklawn Hospitality Classic 5k and 10k. It comes as no surprise that **Hannah Norton** won the 10k in a very fast 39:52. Finishing in the *age group winners circle* in the 10k were: **Ken Brooks (1<sup>st</sup>)**, **Fred Colbert (3<sup>rd</sup>)**, **Cindy Comer (1<sup>st</sup>)**, **Gordon Hare (1<sup>st</sup>)** **Arya Jayatilaka (2<sup>nd</sup>)**, **Jeff Layne (1<sup>st</sup>)**, **Hannah Norton (1<sup>st</sup>)**, **Kevin Rabineau (1<sup>st</sup>)**, **Mark Sigfrids (2<sup>nd</sup>)**, **Brad Vincent (2<sup>nd</sup>)**, **Rochelle Young (2<sup>nd</sup>)**. Congratulations to all our KAR Oaklawn Hospitality 10k finishers:

Name	TIME	AGEGROUP
Dennis Brooks	0:46:55	
Kenneth Brooks	0:35:22	1st
Fred Colbert	0:44:02	3rd
Cindy Comer	0:57:04	1st
Gordon Hare	1:02:07	1st
Arya Jayatilaka	0:47:28	2nd
Jeff Johnson	0:55:38	
Jeff Layne	0:40:55	1st
Hannah Norton	0:39:52	1st
Howard Phillips	0:53:49	
Judy Phillips	1:03:41	
Kevin Rabineau	0:38:44	1st
Mark Sigfrids	0:43:33	2nd
Bob Smola	0:53:20	
Brad Vincent	0:42:29	2nd
Rochelle Young	0:57:07	2nd

**Dennis Brooks, Ken Brooks, Fred Colbert, Jeff Johnson, Gordon Hare, Jeff Layne, Mark Sigfrids, Bob Smola and Brad Vincent** all doubled their fun by running both the 10k and the 5k. Finishing in the *age group finishers circle* were **Ken Brooks (1<sup>st</sup>)**, **Fred Colbert (3<sup>rd</sup>)**, **Gordon Hare (2<sup>nd</sup>)**, **Jeff Layne (1<sup>st</sup>)**, **Allison Noble (1<sup>st</sup>)**, **Mark Sigfrids (2<sup>nd</sup>)**, **Brad Vincent (1<sup>st</sup>)**

Congratulations to all our Oaklawn Hospitality 5k finishers:

Name	TIME	AGEGROUP
Dennis Brooks	0:32:54	
Kenneth Brooks	0:17:38	1st
Fred Colbert	0:21:37	3rd
Gordon Hare	0:30:57	2nd
Jeff Johnson	0:28:46	
Jeff Layne	0:19:39	1st

Chris Nelson	0:26:53	
Allison Noble	0:26:10	1st
Mark Sigfrids	0:21:21	2nd
Bob Smola	0:24:32	
Brad Vincent	0:21:08	1st