

**“Tough times don’t last, but tough people do.”**

**-A.C. Bailey**

May 29, 2011

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

## The Kalamazoo Area Runners

# Rundown

### From the President



### ***Having a blast at the Summer Safari Marathon Training Program***

The inaugural Kalamazoo Marathon and the accompanying Borgess Run for the Health of It events were the focus for many of us over the past 6 months. Just under 1200 participants finished the marathon, 2066 the half and 1959 the 5k. Of these 248 marathoners, 119 half marathoners and 51 5k participants were from Kalamazoo Area Runners, representing nearly half our membership. Many others volunteered.

What an incredible experience it is to finish your first marathon, half marathon or 5k ...the elation felt as you cross the finish line for the first time. You have been on a long journey, and enjoyed



### Contents

<b>From the President</b>	<b>Page 1</b>
<b>Hot Club News and Events</b>	<b>Page 3</b>
Yes, There Really is a Kalamazoo Area Runners Facebook Group.	
Striding for Prevention and Quick Eight Clinic	
Kalamazoo Area Runners Relay for Life Team	
2011 Kalamazoo Klassic June 17 & 18, 2011	
Next Board Meeting is June 6, 2011	
Sponsorship Opportunities	
<b>Club Series Events</b>	<b>Page 8</b>
Cereal City Klassic June 11, 2011	
Binder Park Zoo 5k June 25, 2011	
<b>Community Events</b>	<b>Page 9</b>
Internal Student Exchange and Runners	
<b>Group Runs/Training</b>	<b>Page 9</b>
Safari Half/Full Marathon Training Registration	
Fast Track 5k Training Registration	
Informal Group Runs	
<b>Club Member Corner</b>	<b>Page 11</b>
New Member Welcome	
Strides for Life	
YMCA Healthy Kids Day Run	
Volunteer Acknowledgements	
Borgess Run/Kalamazoo Marathon Results	
Vicksburg Hearty Hustle Results	
Susan G. Komen Race for the Cure and Fundraising Results	
Oaklawn Hospitality Classic Results	
Howard Hill Hustle Results	

a tremendous accomplishment whether you have achieved the precise goals you set before yourself or not. Some (myself included), may not have been able to accomplish our original goal due to circumstances outside our control, whether injury, illness, personal or work responsibilities or other obstacles. This is a normal part of the experience, and we will recover and bounce back. Whether we achieved our goals or not, as the journey comes to a culmination, and finally a close, you ask yourself, “now what?”

I often draw the analogy of preparing, running and recovering from the marathon, or really any significant running milestone 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 a marathon, or a first half or 5k....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 event is over....life changes drastically as the “big event” no longer looms ahead. Like childbirth, it is common to say “never again” in particular after the first marathon, only to come back a year or two later, fresh and ready to go....to give birth to another child, another marathon!

Like the many weeks of training and tapering leading up to it, the post marathon period is an important part of your training...it is the final meso-cycle known as recovery. It takes nearly a month to fully recover. 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.

Many runners have taken advantage of the conditioning built during winter training programs to participate in local races and garner Club Series points. In 2011, the Kalamazoo Area Runners has 20 participating events representing 28 racing opportunities (some offer multiple events – 5k and 10k, etc) and can be found at [Kalamazoo Area Runners Club Championship page](#). These present a fun opportunity to stay connected with and support the local running community. While participating in these, keep in

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2010 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.



### 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)



### 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)



### Options 4 Your Health

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

mind, especially during the first four weeks post marathon, you are still in recovery, and racing at best effort can prolong recovery and increases risk of experiencing symptoms of over racing (similar to overtraining).



***Fast Track participant in our competitive 5k program***

Planning on running a fall marathon, half marathon or 5k? Train with one of our summer training programs. The Gazelle Safari, organized in partnership by Gazelle Sports and Kalamazoo Area Runners, prepares runners for a fall half or full marathon. Program begins June 11, with orientation June 2, 2011 at 6:00pm at the Radisson Plaza Hotel (Prairies Room). Registration and more information can be found via the [Gazelle Safari Blogsite](#). Interested in training for a 5k? The Kalamazoo Area Runners Fast Track 5k Training Program offers three levels to prepare participants for a fall 5k. Whether a beginner just learning to run, new to speed work or competitive speed work, Fast Track offers something for everyone. Program begins July 12, with orientation June 28 at 6:30pm at Gazelle Sports. More information and registration can be found via the [Fast track blog site](#).

## Hot Club News and Events

### Yes, there really is a Kalamazoo Area Runners Facebook Group

continued...

## DRINK 2 YOUR HEALTH

If you're interested in maintaining an active and healthy lifestyle with a nutritious fruit juice blend, check out MonaVie™ Active. Used by top professional athletes, Monavie combines 19-body beneficial fruits, including the Acai berry superfood, with plant-derived glucosamine that promotes healthy joints. Two ounces in the morning and two ounces at night provide the antioxidant capacity of 13 servings of fruits and vegetables. Visit <http://drink2yourhealth.net> and click on "19 Fruits" then "MonaVie Original and Active" for more information. Choose the "Preferred Customer" page to place an online order and receive distributor pricing (up to a 34% discount). For more information, contact Madhu or Amisha Mahadevan (734-740-2840).



## 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.



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has 334 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

## **Striding for Prevention and the “Quick 8” Functional Exercises June 7, 2011**

***Presented by Agility Physical Therapy and  
Kalamazoo Area Runners***



Start off on the right foot as you begin your summer training program! “Striding for Prevention” is a comprehensive discussion on the key areas that every runner should address in order to optimize their performance and prevent injuries. Topics will include: Common running injuries; Proper strength, muscle control and flexibility exercises; Pain management techniques; Footwear & orthotic considerations; Training considerations; and instruction/demonstration in the “Quick 8” functional exercises for runners to address strength, flexibility and motor control.

Clinic is scheduled June 7 at 6:00 pm and presented by Teri Abnet, BS, PTA, Agility Physical Therapy, 6016 Lovers Lane, Ste. 3 (Corner of Milham and Lover’s Lane), Portage, MI Refreshments will be served. Registration is required via [Striding for Prevention and Quick Eight Online Registration](#). The 4-digit KAR membership discount code will be requested upon registration and participants must be members of the

## **Board of Directors**

Bonnie Sexton  
*President*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Leslie Scheffers  
*Vice President*  
[Leslie.scheffers@kalamazooarearunners.org](mailto:Leslie.scheffers@kalamazooarearunners.org)

Robin Carpenter  
*Treasurer*  
[Robin.carpenter@kalamazooarearunners.org](mailto:Robin.carpenter@kalamazooarearunners.org)

Scott Taylor  
*Secretary*  
[Scott.taylor@kalamazooarearunners.org](mailto:Scott.taylor@kalamazooarearunners.org)

Natalie Dale  
*Vice President, Development*  
[Natalie.dale@kalamazooarearunners.org](mailto:Natalie.dale@kalamazooarearunners.org)

Kalamazoo Area Runners. Space is limited to 30 and registration will close upon reaching the cap. Arrive dressed for light exercise. RSVP. For questions contact Teri Abnet at [teri.abnet@agilityhealth.com](mailto:teri.abnet@agilityhealth.com).

## 2011 Relay For Life Join the Kalamazoo Area Runners Team!

**When: 10 AM, Saturday, June 11 Through 10 AM, Sunday, June 12**

**Where: Kalamazoo County Fairgrounds and Expo Center**



**Relay For Life** is the American Cancer Society's signature fundraising event. Money raised goes toward the following:

- Promoting cancer awareness.
- Supporting cancer patients through their treatments
- Funding research to find a cure.

**Kalamazoo Area Runners** is organizing a fundraising team and would like to invite you to join us in supporting the fight against cancer. The first twenty members that sign up will receive a "Team Kalamazoo Area Runners" T-shirt. Your relay entry fee counts towards our team total.

The relay will start at 10 AM on Saturday, June 11 and run until 10 AM on Sunday June 12. We will try to keep a team member walking or running laps the whole twenty-four hours.

**Joining the KAR Team** is an easy process:

1. Email **Ferdi Hintze** at [fhintze2000@yahoo.com](mailto:fhintze2000@yahoo.com) with your t-shirt size and what time you would like to walk or run.

## Event and Program Directors

Joe Hulsebus  
*Director Technology Support  
Club Series and Volunteer Tracking*  
[Joe.hulsebus@kalamazooarearunners.org](mailto:Joe.hulsebus@kalamazooarearunners.org)

Phil Goodwin  
*Director, Graphic and Web Design*  
[Phil.goodwin@kalamazooarearunners.org](mailto:Phil.goodwin@kalamazooarearunners.org)

Sherrie Mann  
*Director, Indoor Track Workouts*  
[Sherrie.mann@kalamazooarearunners.org](mailto:Sherrie.mann@kalamazooarearunners.org)

Terry Hutchins  
*Co-Director, Kal-Haven Trail Run*  
[Sherrie.mann@kalamazooarearunners.org](mailto:Sherrie.mann@kalamazooarearunners.org)

Julie Wojtaszek  
*Co-Director, Kal-Haven Trail Run  
Director, Online Registration*  
[Julie.wojtaszek@kalamazooarearunners.org](mailto:Julie.wojtaszek@kalamazooarearunners.org)

Wendy Sosville  
*Co-Director Shadow, Kalamazoo  
Klassic (KAR)*  
[Wendy.sosville@kalamazooarearunners.org](mailto:Wendy.sosville@kalamazooarearunners.org)

Bonnie Sexton  
*KAR Director, Safari Training  
Director, Fast Track Training  
Director, Beyond Marathon Training*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Eric and Peggy Zeeb  
*Co-Directors, Easter Hash*  
[Peggy.zeeb@kalamazooarearunners.org](mailto:Peggy.zeeb@kalamazooarearunners.org)

Michelle Fakler  
*Team Co-Captain, Relay for Life*  
[Oak\\_14@hotmail.com](mailto:Oak_14@hotmail.com)

Ferdi Hintz and Pam Boner  
*Team Co-Captains, Relay for Life*

Bob Smola  
*Director, Kalamazoo Marathon Pace  
Teams*  
[Bob.smola@kalamazooarearunners.org](mailto:Bob.smola@kalamazooarearunners.org)

Gale Fischer  
*Another Runner's Perspective*  
[Gale.fischer@kalamazooarearunners.org](mailto:Gale.fischer@kalamazooarearunners.org)

2. [Register Online By Clicking Here Then Clicking "Join Our Team"](#)
3. Begin fundraising!

It is important to note that you do NOT have to stay for the entire relay. **Participate** at any level you like. ANY support you give to the relay and the fight against cancer is greatly appreciated.

If you are unable to participate in the relay but would like to help, please click the registration link above then click "Donate to Our Team."

If you have any questions, please contact **Ferdi Hintze** at [fhintze2000@yahoo.com](mailto:fhintze2000@yahoo.com) or 269-388-3433.

## Calling all Runners and Volunteers! Join us for the 2011 Kids' Klassic and Kalamazoo Klassic 10 and 5k June 17 & 18



**Start of the 2010 Kalamazoo Klassic 10k**

Join us for a community tradition! Registration for the 33rd Annual Kalamazoo Klassic is now OPEN! Join us for the Kids' Klassic and Pump n' Run lift Friday, June 17, 2011, and the 5k and 10k events on Saturday June 18, 2011. KAR members receive a \$5 discount (use discount code 7333) and have the opportunity to earn Club Series points for participating in one or both events. The 10k run serves as the RRCA Regional 10k Championship and the 5k run the RRCA State 5k Championship. For more information and registration, visit [www.kalamazooklassic.org](http://www.kalamazooklassic.org).

## Event and Program Directors continued

Stephanie Sabin  
Co-Director, Run Through the Lights  
[Stephanie.sabin@kalamazooarearunners.org](mailto:Stephanie.sabin@kalamazooarearunners.org)

Scott Taylor  
Director, Turkey Trot Time  
Prediction Run  
[Scott.taylor@kalamazooarearunners.org](mailto:Scott.taylor@kalamazooarearunners.org)

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

Steve Rice  
Director, Wed Night Borgess Health  
and Fitness Center Runs  
[gostever@gmail.com](mailto:gostever@gmail.com)

Darrell Harden  
Director, Wednesday Night Runs  
[Darrell.harden@gmail.com](mailto:Darrell.harden@gmail.com)

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

Katie Conor  
Co-Director Fast Track  
[Katie.conor@kalamazooarearunners.org](mailto:Katie.conor@kalamazooarearunners.org)

Bonnie Sexton  
Race for the Cure Team Captain  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Troy Root  
Jingle Bell Run Team Captain

180 VOLUNTEERS NEEDED! We need to fill more than 180 volunteer positions to make the Kalamazoo Klassic a success and so far we have filled 90, the majority from organizations outside Kalamazoo Area Runners. We still need about 90 more, and we need a lot more volunteer involvement from within Kalamazoo Area Runners. There are many opportunities available Friday night which will still allow members to run Saturday. We also still have several special volunteer opportunities designated specifically to Kalamazoo Area Runners:

- Friday, June 18 at 3:30pm Volunteers to help put up the finish line banner (need 1 more)
- Saturday, June 18 from 7:00 am - 9:15am Volunteer to ride in the pace car and distribute the split taker stop watches (1)
- Saturday, June 18 from 7:00 am - 9:15am Volunteer to assist with and monitor the timing mats at the starting line (2)
- Saturday, June 18 from 7:00 am - 7:30 am Volunteer to bike the course and make sure the cones at Maple and Whites are in the correct locations (1)
- Saturday, June 18 from 7:30 am - last runner Volunteers to call splits at 1 & 4 miles (1)

Please email **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) if you can help out with one of the above.

In addition, we have many more volunteer opportunities open to the Kalamazoo Area Runners and the general community. Invite your family, friends, colleagues to participate in the excitement by volunteering. Check out the many opportunities for Friday evening and Saturday morning, and sign-up online at [Kalamazoo Klassic Volunteer Registration](#)

The Kalamazoo Klassic is organized in partnership by Kalamazoo Area Runners and MRC Industries, Inc. Proceeds benefit MRC, a local non-profit organization whose mission is to provide support and encouragement to individuals living with a disability to achieve their fullest potential through employment, skill building and active community involvement.

**A Club Championship Series Event**

**A Race Discount Program Event**

**A Volunteer Program Event**

**Next KAR Board Meeting is June 6**, The next KAR Board Meeting is June 6, 2011 at 6:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

## **Sponsorship Opportunities**

Kalamazoo Area Runners is seeking sponsorships for several events and programs (listed below). In addition we welcome for consideration general club and discount sponsors. If you know of an individual, business or other organization interested in sponsoring any of the following please contact **Natalie Dale** at [Natalie.dale@kalamazooarearunners.org](mailto:Natalie.dale@kalamazooarearunners.org).

- Kal-Haven Trail Run
- Easter Hash
- Runner Recognition Program (\$500 exclusive presenting sponsor to cover awards)
- Club Championship Series (Sponsor to cover awards)
- YMCA Healthy Kids Day Run
- Kalamazoo Klassic
- Thanksgiving Day Turkey Trot
- Halloween Hash
- Discount Sponsors
- General Club Sponsors

## 2011 Club Championship Series and Race Discount Programs

### Cereal City Classic 5k and 10k June 11, 2011

BATTLE CREEK, MI The Cereal City Classic 5k and 10k is scheduled for June 11, 2011 at 8:15am. All events begin at the Battle Creek YMCA. This annual event uses the Linear Path. Leaving the YMCA and traveling east on VanBuren, the 5K will make a turn and return on the Linear Path, the 10K will join the Linear Path and proceed to Bailey Park, turn around and return on the Linear Path. The course is shady, scenic, flat and fast. Participants can pick up their race packets and/or register for all races on Friday, June 10, 5-7 pm or on Saturday, June 11, 6:30-7:30 am at the YMCA, Multi Sports Complex. All races (5K, 10K and 5K Fun Walk) begin at 8:15 am and leave the YMCA from the corner of Clay Street and Penn Street. Overall winners of the 5K Run and 10K Run will receive a specially handcrafted “Empty Bowl Award”. These bowls are made by local artists, and are sold to benefit the Food Bank of South Central Michigan. Age bracket winners will receive a Cereal City Classic award (5K Fun Walkers are not eligible for awards). Awards will be presented in the Multi-Sports Complex of the Battle Creek Family YMCA at 10:00 am. **The KAR discount applies only to pre-registration.** For more information and registration visit [Cereal City Classic Web Page](#)  
**A Club Championship Series Event**  
**A Race Discount Program Event**

### Binder Park Zoo 5k June 25, 2011

BATTLE CREEK, MI The Binder Park Zoo Cheetah Chase 5K is Saturday, June 25, 2011 at 8:00am. The course has a variety of surfaces including asphalt, brick, boardwalk, crushed rock, and grass. There is a combination of up hills, down hills, tight turns and flat stretches throughout the course. Native Michigan woodlands are in abundance along with a wide variety of zoo animals to catch your eye. Highlights also include panoramic views of the African savannah with herds of giraffe, zebra, antelope, and more. This is a truly unique venue for a 5K event. [Pre-register online](#) or complete the [mail-in registration form \(pdf\)](#) to enter the Binder Park Zoo Cheetah Chase event of your choice. Online registration will close at 5:00pm EST on Thursday, June 23, 2011. Mail-in registrations must be postmarked no later than June 20, 2011. Day of event registrations will be accepted for an additional \$5 fee. All participants in the Gazelle Gallop



and Sloth Walk will receive a free day-of admission pass to Binder Park Zoo, an earth friendly t-shirt, and a reusable tote bag.

**A Club Championship Series Event**

**A Race Discount Program Event**

## Community Events & Programs

### International Student Exchange (ISE) Seeking Host Families for Runners

International Student Exchange (ISE) is one of the largest and most personal exchange programs in the USA. Students from ISE are great ambassadors of their home countries and are excited to bring their cultures to our community. ISE students speak English, have their own spending money and their own health insurance. They also have monthly contact with their local area representative and are from over 40 different countries.

The following students are runners and need host families:

Deborah is a 16-year-old girl from Brazil who is gentle, intelligent and adventurous. She is a B student that is very motivated in her studies and she is popular among her classmates. Deborah enjoys playing volleyball, tennis, running and going to the gym. She loves photography, music, reading and watching movies.

Mischa is a 16-year-old boy from Netherlands who is quiet and enjoys life. He has a good sense of humor and an advanced level of English. Mischa enjoys running, jumping hurdles and doing the high jump. He likes sailing and would like to try American football while in the program. He likes to play card games and board games and spend time with his dog.

Mario is a 17-year-old boy from Mexico who is mature, kind and friendly and is an A student. Mario loves sports, especially swimming and running and he goes to the gym 4-5 times a week to stay healthy. He has a positive attitude towards his academic tasks.

If you are interested in hosting either of these students or want to learn more about hosting a student, please contact Sara Green at 372.0969 or [thegreenso3@gmail.com](mailto:thegreenso3@gmail.com)

## Training Programs and Group Runs

**Registration for the Gazelle Safari Half and Full Marathon Training is now OPEN! Orientation is Tuesday,**



Come join Gazelle Sports and Kalamazoo Area Runners (KAR) to train for a marathon or half-marathon. Learn more about Kalamazoo's diverse habitats and the fascinating ecology of our running community. The marathon savannah is a land of diversity and contrasts, which perfectly describes our training group and conveniently relates with Gazelle Sports. Train in a fun & supportive environment with training schedules, coaches, and supported training runs! *(You must be able to run 4 miles at the program start).*



Kick-off – June 2, 6pm

Radisson, Prairies Room, Downtown Kalamazoo

Learn all about the Summer Safari Marathon and Half- Marathon training program and have your questions answered! 18 week marathon and half-marathon training program, starting June 11

Training Days: Group trains 7:00 am, Saturdays.

- Special focus on beginners!
- Low participant to coach ratio
- Gazelle Sports wicking shirt
- Samples of race food
- Training schedule & resource notebook
- Educational clinics
- One year Kalamazoo Area Runners (KAR) membership
- Gazelle Sports 10% discount

[Click here to register!](#)

## **Registration for the Kalamazoo Area Runners Fast Track 5k Training Program is now OPEN!**



Is your goal to run a first 5k? How about to incorporate speed work, improve times or optimize performance? Kalamazoo Area Runners (KAR) is pleased to introduce the Fast Track 5k training program offering three levels of track workouts designed to meet your 5k goals whether beginner or experienced runner. Led by experienced KAR coaches, the program targets the Peacock Strut 5k scheduled September 17, 2011 and includes training schedules, individual guidance and structured Tuesday track workouts. Sessions are held at the WMU Kanley Track at 6:30 pm Tuesday nights and run 10 weeks from July 12 – September 13, 2011. **Join us for a Fast Track Orientation and Apparel Clinic June 28, 2011 from 6:30 – 7:30pm at Kalamazoo Gazelle Sports**

- Fast Track I (Beginner Walk to Run) – Fast Track to running – Geared towards transitioning the new runner from walking to running.
- Fast Track II (Introduction to Speed work) – Fast track to speed work. Geared towards transitioning a runner who has some 5k/running experience, but is new to track workouts and is looking for a lower mileage program (under 20 miles/week).
- Fast Track III (Competitive Speed work) – Fast Track to maximum performance - Geared towards competitive runners with 5k racing and track workout experience who are seeking optimal performance and a higher mileage program (20 + miles week).

Registration is now OPEN at [Fast Track Registration](#). Program is \$25 to Members of the KAR. Participants may join or renew their KAR membership upon registration. Current members receive a \$5 discount upon renewing their membership and entering the 4-digit KAR discount code. For questions please contact Katie Conor at [Katie.conor@kalamazooarearunners.org](mailto:Katie.conor@kalamazooarearunners.org) or Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

## Greater Kalamazoo Group Run and Training Program List

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

## Wednesday Night Runs at Borgess Health and Fitness Center

The Wednesday night runs from Borgess Health and Fitness Center are now back in session. Stay tuned for details. Contact **Steve Rice** at [gostever@gmail.com](mailto:gostever@gmail.com) for more information.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

## 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. (7:30 – 8:30 Pace) Contact **Andrew Vidor** at [ajvidor@mtu.edu](mailto:ajvidor@mtu.edu) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

## Wednesday Night Runs – Varied Locations

Wed Nights at 6:00 pm from varied locations. (9:30 – 10:30 pace) Email **Darrell Harden** at [darrell.harden@gmail.com](mailto:darrell.harden@gmail.com) for location.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

## Club Member Corner

**New Member Welcome....**

Wow, Kalamazoo Area Runners continues to grow and is now at more than 900 members. Please join us in extending a warm welcome to our latest new members...

Emily	Arndt
Lola	Appelgren
Carly	Braginton
Kathy	Braginton
Jeanne	Church
Sean	Frank
Haniya	Fraye
Hether	Fraye
Jonna	Fraye
Matthew	Fraye
Margaret	Geisler
Eliza	Harris
Nicole	Honsberger
Shari	Johns
Laura	Kelley
Marc	Kelley
Ed	Kenny
Bill	Lewis
kathryn	malburg
Melissa	McCombs
Christopher	Ruohonen
Stacy	Schmittling
Jennifer	Simms
Emily	Steimle
Tim	Wendt

## **KAR Members to participate in Strides for Life**

**Gale Fischer, Ralph Meyer and Bob Smola** will be participating in Strides for Life, a 4 day 100 mile run for the American Cancer Society. This year's event runs June 16-June 19. If you are interested in donating online on behalf of any member web pages please visit [www.stridesforlife.com](http://www.stridesforlife.com). Currently, Neutrogena, a cosmetic company, is matching any donation made to the ACS, but this promotion only goes through May 15. If you are thinking about donating, I encourage you to do it before May 15. If you have any more questions about this event or are interested in getting involved visit [www.stridesforlife.com](http://www.stridesforlife.com) or email **Gale Fischer** at [gdfischer@yahoo.com](mailto:gdfischer@yahoo.com)

## **YMCA Healthy Kids Day Run Attracts 185 Children**

The YMCA Healthy Kids Day Run experienced another year of change as we moved the date up to May 20, reduced the distance from 2500 meters to 1 mile, and switched it back to a fun run after experimenting with a timed children's event the year before. 185 children enjoyed games at the gymnasium at Portage West Middle School, followed by outdoor carnival activities and a warm up.

Children ages 3 and under ran a shorter tot run while those ages 4 – 12 ran a mile on the cross country course.

Thanks to all of our sponsors, volunteers, participants and sponsors for making the 2011 YMCA Healthy Kids Day Run a success. Event sponsors were Sweet Manufacturing, Kalamazoo Area Runners, Huntington Bank, Gazelle Sports, Agility Physical Therapy, Suds and Shiney Bright. Serving on the planning committee were **John Howson, Trish Harrison, Don Seibert, Lauren Apperley** and **Emily Dumas** from the Kalamazoo Family YMCA were committee members and KAR Board Members **Bonnie Sexton** and **Robin Carpenter**. Race Day volunteers were **Natalie Dale, Jim Mishler, Chris Ruohonen, Mark Sigfrids, Chad Moore, Natalie Moore, Amy Clark, Peggy Zeeb, Eric Zeeb, Leslie Scheffers, Tim Scheffers, Heidi Baker, Zachary Baker, Brandy Cole** and **Nancy Jager**.

## Volunteers....

Sincere thanks to all those who have volunteered for Kalamazoo Area Runners events and programs recently – we couldn't do it without your efforts. Thanks to **Elaine Jason** for organizing the Mayfest Member Reception Run, as well as to volunteers **Julie Hoffmann, Jim Fitzgerald** and **Jeremy Reivitt**. The event featured a fun preview of the new Borgess Run 5k course, and was enjoyed by 40 participants.

**Susan Herschel** coordinated the 8 hour Kalamazoo Marathon/Borgess Run Expo Table with help from daughter **Ashleigh**, and KAR members **Frank Hui, Nikki Gates, Brian Dobbie, Natalie Dale, Robin Carpenter, Rollin Richman** and **Christen McCool**. Thanks also to those who staffed the pacer table including **Leslie Scheffers, Bob Smola, Don Morris, Russ Bertch, Ken Brooks, Jeff Layne, Joel Pennington, David Thierjung, Diane Hungerford** and **Kevin Kane**, and **Bonnie Sexton, Don Morris** and **Bob Smola** for presenting the course preview in the Stone Theatre.

**Frank Hui** served as captain of the KAR Tent at the Kalamazoo Marathon , with help from **Nikki Gates, Brian Dobbie** and **Robin Carpenter**. Thanks to all for helping out.

Thanks to those keeping runners hydrated during Wednesday night runs including recent volunteers the **Orwin** family, **Michelle Neel** and **Tim Sochor**.

Congratulations to Kalamazoo Marathon Pace Team Director **Bob Smola** for doing a fabulous job in organizing the automobile themed pace teams for the Kalamazoo Marathon and Borgess Run for the Health of it half marathon. Here are all of our pace team stars.

### Marathon

3:00 Ken Brooks  
3:00 Ben Semeyn

3:15 Jeff Layne  
3:15 Hank Risley

### 1/2 Marathon

1:30 Tim Becker

3:30 Kevin Kane  
3:30 Dave Plambeck

1:45 Jessica Sowles

3:45 Kyle Nelson  
3:45 Andrew Vidor (1st half)  
3:45 Tim Sochor (2nd half)

4:00 Leslie Scheffers  
4:00 Russ Bertch

2:00 Gayle Kuipers

4:15 Don Morris  
4:15 Paul Emenheiser

4:30 Susan Andrews  
4:30 Joel Pennington

2:15 Cathy Hall

4:45 Marie Bartoletti  
4:45 Mike Kazar

5:00 David Thierjung  
5:00 Leonard Adams

2:30 Natalie Dale

5:15 Diane Hungerford

5:30 Bob Smola

2:45 Gary Morgan

## **Borgess Run for the Health of It/Kalamazoo Marathon**

The inaugural Kalamazoo Marathon was ushered in by perfect weather conditions and more than 5000 participants in Sunday's events. 248 KAR Members finished the inaugural Kalamazoo Marathon, with many first timers and age group award winners amidst the accomplishments of the morning. Finishing in the age **group winners circle** were **Francine Bangs (1<sup>st</sup>)**, **Rich Bean (3<sup>rd</sup>)**, **Marty Buffenbarger(1<sup>st</sup>)**, **Nicole Clement (1<sup>st</sup>)**, **Marty Buffenbarger (1<sup>st</sup>)**, **Fred Colbert (3<sup>rd</sup>)**, **Chris Gaudard (2<sup>nd</sup>)**, **Nick Gooch (1<sup>st</sup>)**, **Michelle Grevenstuk (1<sup>st</sup>)**, **Megan James (1<sup>st</sup>)**, **Chelsey Jones (2<sup>nd</sup>)**, **Sherrie Mann (3<sup>rd</sup>)**, **Jonathan Marsh (3<sup>rd</sup>)**, **Christin McCool (1<sup>st</sup>)**, **Ralph Meyer (1<sup>st</sup>)**, **Rick Motter (2<sup>nd</sup>)**, **Joe Reitz (1<sup>st</sup>)** and **Peggy Zeeb (2<sup>nd</sup>)** in the full marathon.

In the half marathon, Kalamazoo Area Runners represented 119 of the finishers with the following landing in the age group winner's circle: **Susan Baker (2<sup>nd</sup>)**, **Sherri Dutton (3<sup>rd</sup>)**, **Karen Hadden (2<sup>nd</sup>)**, **Julie Hoffmann (1<sup>st</sup>)**, **Brendan Molony (3<sup>rd</sup>)**, **Michelle Neel (1<sup>st</sup>)**, **Hannah Norton (1<sup>st</sup>)**, **Jane Rolfe (2<sup>nd</sup>)** and **Marie Vermuelen (3<sup>rd</sup>)**.

Kalamazoo Area Runners had 51 5k finishers, with the following landing in the **age group winner's circle: Christie Cook (3<sup>rd</sup>), Stuart Crowell (1<sup>st</sup>), Andrew Darrell (1<sup>st</sup>), Phil Goodwin (3<sup>rd</sup>), Glenn Goudey (2<sup>nd</sup>), George Jones (1<sup>st</sup>), Sandra Shaw (2<sup>nd</sup>).**

Amidst large numbers and challenging competition, earning age group honors was an amazing feat. The list below represents many additional accomplishments, first time finishes, PR's and more. Congratulations to each of our Marathon, Half Marathon and 5k Finishers:

***Kalamazoo Marathon Finishers***

Marcel Alkemade	4:47:15	
Tempest Allen	4:56:51	
Susan Andrews	4:29:30	
Tim Andrus	6:08:39	
Heidi Baker	5:06:54	
Francine Bangs	4:45:21	1st
Rich Bean	3:19:33	3rd
Missy Behnke	4:21:51	
Brett Beier	4:37:58	
Russell Bertch	3:59:35	
Kate Binder	4:48:43	
Andy Boris	3:28:33	
Josie Boucher	5:19:33	
Renee Brady	4:23:30	
Alyssa Broekema	4:57:33	
Kenneth Brooks	2:59:23	
Marty Buffenbarger	3:14:27	1st
Andrea Burlingham	4:46:04	
Bob Byers	3:50:25	
Brian Campbell	4:32:42	
Chad Carpenter	3:34:28	
Jeff Cavanaugh	3:49:04	
Lisa Cavanaugh	4:20:03	
Joe Cekola	4:35:56	
Rick Chaney	4:58:32	
Amy Clark	4:22:08	
Ryan Clark	3:33:31	
Nicole Clement	3:18:36	1st
Fred Colbert	3:39:22	3rd
Brandy Cole	5:10:48	
Liz Coleman	4:14:36	
Dennis Conley	4:58:06	
Kathy Crepas	5:16:21	
Tracy Cropsey	4:39:22	
Jerry Cross	4:41:55	
Robert Cabbage	4:07:50	
Lori Cupp	3:57:54	
Lindsey Daniels	4:23:03	
Tim Dubois	4:33:58	

Jason Duelge	3:42:39	
Thomas Durlach	3:12:05	
Tonya Durlach	5:10:53	
Kelly Elder	3:54:04	
Paul Emenheiser	4:32:51	
Don Ewert	4:27:25	
Peggy Fehn	5:04:14	
Laura Ferrara	4:38:28	
Jeff Fingas	5:41:28	
Marian Fink	4:26:25	
Gale Fischer	3:48:33	
Artis Freye	4:11:28	
LeAnne Fried	4:00:56	
Teresa Fulcomer	4:24:44	
Raul Garcia	3:38:31	
Chris Gaudard	3:32:09	2nd
Angela Gauthier	4:50:37	
Danielle Gauthier	4:32:12	
Ryan Geers	2:56:41	
Bill Gehman	5:08:59	
Bill Gephart	3:58:44	
Michelle Gigowski	4:16:12	
Shawn Gillham	5:11:51	
Andrea Gooch	4:49:08	
Nick Gooch	2:58:38	1st
Brandy Goodwin	4:56:24	
Pam Gordon	4:23:07	
Michelle Grevenstuk	3:18:40	1st
Chip Hansen	4:10:08	
Jack Hansen	4:58:27	
Lisa Hansen	5:09:53	
Amy Harris	6:12:17	
Emily Harris	4:19:35	
Megan Hass	4:09:59	
Carol Heinicke	3:59:29	
Ian Heinicke	4:21:50	
Mike Hennessey	4:03:37	
Vicki Hessen	4:47:21	
Andrew Hirzel	3:20:13	
Lauren Hollis	4:02:10	
Christy Honsberger	4:47:25	
Meredith Hork	4:12:07	
Brian Horvitz	5:27:09	
Gary Howell	4:41:12	
Lindsay Howes	5:09:13	
Joe Hulsebus	3:41:41	
Patrik Hultberg	3:27:29	
Diane Hungerford	6:02:06	



Megan James	3:30:40	1st
Brandon Jeannot	4:13:38	
Heather Johnston	3:48:11	
Chelsey Jones	3:23:30	2nd
Annie Jost	4:50:37	
Jim Justice	4:27:30	
Kevin Kane	3:42:45	
Marga Keizer	4:09:52	
Angela Keyes	4:57:43	
Carla Koretsky	3:49:37	
George Korr	3:44:40	
Dan Korte	4:24:41	
Brent Kreiger	5:05:07	
Carolyn Kreiger	5:47:31	
Christine Lake	4:18:20	
Eli Lake	4:18:19	
Jeff Layne	3:14:19	
Marianne Leduc-Baker	4:46:11	
Jake Lehman	3:37:10	
Jennifer Lindsay	4:30:02	
Pepper Lounds	4:42:46	
Jim Luginbill	4:29:46	
Kelsey Luginbill	4:29:47	
Steve MacDonald	4:58:44	
Cathie Magill	4:40:40	
Gayle Majeske	5:19:06	
Ranjini Manipala	6:15:42	
Sherrie Mann	3:50:11	3rd
Jonathan Marsh	3:04:25	3rd
Megan Martin	4:36:29	
Jill Maschke	4:11:06	
Frank Maston	5:59:02	
Pam McBride	3:54:56	
Christen McCool	3:25:00	1st
Travis McCulley	3:38:21	
Colleen McGuire	5:38:16	
Renee Mercer	5:08:39	
Dawn Merritt	5:19:07	
Ralph Meyer	3:29:29	1st
Chrissy Mitchell	6:11:08	
David Mitchell	3:58:14	
Natalie Moore	4:39:52	
Don Morris	4:12:06	
Anna Moss	4:22:32	
Rick Motter	3:40:14	2nd
Michael Nasuta	3:20:14	
Jason Newton	4:23:03	
Michelle Nitz	6:09:36	

Michael Nock	4:12:22	
Derek Noid	3:56:25	
Meredith Novak	4:13:16	
Mark Novotny	4:41:36	
John Olbrot	3:46:35	3rd
Teri Olbrot	5:10:05	
Ann Olson	3:43:38	
Katie Opdycke	3:19:12	2nd
Cindy Owen	4:03:24	
Timothy Palmer	3:41:36	
Shelly Parkhurst	5:41:50	
Kevin Patmore	3:30:52	
Tom Pearce	4:44:52	
Joel Pennington	4:29:31	
Lissa Perkins	6:11:08	
Scott Perkins	3:19:08	
Christie Pierce	5:17:26	
Peter Post	3:49:15	
Robert Poznanski	3:35:21	
Jim Praeger	3:45:04	
Karen Raseman	5:00:48	
Mindy Ray	4:11:12	
Laura Reed	5:28:10	
Ronald Reid	5:24:11	
Dan Reisner	3:53:19	
Joe Reitz	3:03:02	1st
Jeremy Reivitt	4:06:35	
Steve Rice	4:19:18	
Terry Roberts	4:47:04	
Dan Robinson	4:03:14	
Jessica Roe	5:29:21	
Troy Root	5:56:06	
Stephanie Sabin	4:39:54	
Corrine Sallaz	5:06:54	
Steward Sandstrom	3:37:31	
Matthew Santner	3:24:53	
Rich Schau	4:17:16	
Leslie Scheffers	3:59:34	
Tim Scheffers	3:50:49	
Rob Schell	3:44:07	
Lisa Schreiner	3:58:16	
Kylie Schultz	4:01:10	
Karen Schwab	4:38:32	
Ailese Scott	4:04:28	
Rick Sedlak	4:05:36	
David Seeley	3:31:30	
Andy Seiser	4:41:57	
Greg Serkaian	4:43:31	

Rebecca Shehorn	5:31:46	
Becky Shingledecker	5:28:09	
John Shubnell	4:46:58	
Mark Sigfrids	3:40:51	
Mark Sikkila	3:58:43	
Frank Silva	4:31:26	
Maximilian Sine	4:49:39	
Dan Smittendorf	4:40:28	
Bob Smola	5:27:31	
William Snell	4:09:25	
Steve Snow	5:18:10	
Greg Socha	4:02:45	
Tim Sochor	3:44:08	
Darren Sorgenfrei	4:31:19	
Piper Spaedt	5:24:56	
Karen Spaude	4:16:42	
Aaron Stanley	3:45:22	
Jody Stanley	4:16:38	
Kristin Statler	3:58:44	
Jon Steeby	4:11:50	
Tim Steinke	3:45:47	
Bini Stephen	4:44:43	
Carole Stevens	4:21:28	
Paul Stevens	4:10:30	
John Stuedemann	4:51:21	
Daniel Sturgeon	3:53:16	
Nancy Sundberg	4:28:04	
Danielle Swift	3:56:53	
Quinn Tabbert	5:12:08	
Rachelle Tavernit	4:34:42	
Scott Taylor	4:07:54	
Jim Teeter	4:41:13	
Kevin Theisen	3:50:20	
David Thierjung	4:59:40	
Christina Thomas	5:30:11	
Shane Thompson	3:35:00	
Shannon Thompson	5:19:17	
Erica Touhill	4:10:18	
Sam Urban	3:51:14	
Scott Vander Beek	4:54:08	
Chad VanDerwall	3:54:24	
Scott VanLoo	3:33:13	
Andrew Vidor	3:46:38	
Bruce Vincent	3:46:35	
Michael Waldmann	4:31:16	
Angie Warman	4:33:55	
Kim Wason	4:52:01	
Lisa Wielenga	6:11:08	

Jason Wilhelmi	5:06:53	
Sarah Willey	4:19:37	
Keith Williams	3:53:29	
Myra Willis	4:57:19	
Mike Willy	4:53:50	
Tracy Wilson	4:22:07	
Brandon Wise	3:45:48	
Derek Wissner	4:21:54	
Beth Wolfe	4:21:51	
Mechelle Woznicki	5:39:57	
Dale Wyatt	4:12:50	
Erin Yanacek	4:08:27	
Sarah Yetter	3:58:27	
Kathy Young	6:11:06	
Chuck Zahnnow	4:24:49	
Peggy Zeeb	3:35:30	2nd
Aaron Zeigler	4:19:39	

**Half  
Marathon**

Gregg Andres	1:55:52	
Aaron Aulgur	1:45:34	
Susan Baker	2:00:36	2nd
Cathy Baldwin	2:36:07	
Richard Barber	2:07:10	
Bruce Barua	2:14:58	
Jordan Bast	1:33:13	
Dawn Bork	2:25:12	
Amy Bradley	1:58:31	
John Brady	1:44:50	
Christine Broda	1:54:13	
Sheila Brooks	2:27:41	
Christine Browning	2:22:35	
Claudia Clark	3:08:25	
Sheila Clothier	2:04:20	
Cindy Comer	2:10:42	
Allison Cooney	2:09:59	
Rebecca Cooney	2:25:34	
Sheila Cutshall	1:52:47	
Natalie Dale	2:29:03	
Cristi DeDoes	1:56:11	
Larry DeFouw	2:32:13	
Sheryl DeFouw	2:12:55	
Betsy Doherty	1:49:34	
Casie Dussia	1:55:26	
Michael Dutton	2:22:54	
Sherri Dutton	1:48:25	3rd
Tonda Ely	3:45:17	
Tessa Emenheiser	2:12:02	
Evan Escamilla	1:37:31	

Peter Fernando	2:24:43	
Michael Frank	2:13:39	
Jim Frey	1:46:02	
John David Gardiner	1:38:17	
Joy Gardner	3:23:24	
Celia Geark	2:28:00	
Judah Gesmundo	2:33:21	
Gary Gibson	2:18:51	
Jen Graber	2:23:36	
George Granger	1:58:54	
Doug Gucich	1:46:27	
Christine Hadden	2:35:12	
Dayle Hadden	2:35:49	
Karen Hadden	3:20:58	2nd
Allison Haley	2:21:17	
Darrell Harden	1:49:32	
Amy Harris	2:29:00	
Stacey Hartman	2:36:22	
Mary Jo Hennessey	2:11:27	
Michelle Hindbaugh	2:24:14	
Julie Hoffmann	2:14:25	1st
Mary Hudson	2:30:34	
Heather Jach	2:30:55	
Sheila Jeske	2:02:22	
Tammy Jewell	1:56:12	
John Johnson	2:03:29	
Michelle Kaminski	2:36:01	
Jamie Kirkendall	2:27:38	
Christian Kloosterman	2:04:58	
Deborah Kloosterman	2:04:59	
Rachel Konieczka	3:06:26	
Heather Koole	2:24:13	
Sue Kovats-Bell	3:00:22	
Avril Leach	2:11:19	
Angela Lipari	3:33:33	
Luke Lori	2:00:13	
Rich MacDonald	1:33:34	
Kelly Maxey	2:37:47	
Michelle Meyer	3:12:41	
Ginny Middleton	2:40:55	
Maureen Miller	2:17:31	
Brendan Molony	1:35:53	3rd
Patricia Montilla	1:56:01	
Todd Mora	1:52:15	
Julie Morris	3:04:52	
Kimberly Moss	2:23:29	
Allison Mowry	2:13:22	
Michelle Neel	1:31:09	1st

Maria Nelson	2:32:22	
Cris Nichols	2:08:43	
Kelly Norman	2:00:58	
Hannah Norton	1:21:14	1st
Megan Ogden	2:20:03	
Anne Marie Olbrot	2:33:42	
Robert Oostveen	2:21:37	
Lisa Pangburn	1:47:30	
Emily Pearson	2:26:38	
Kristin Ray	2:05:13	
Melissa Rhoda	2:17:15	
Stephanie Robinson	2:09:04	
Wendy Rohlwing	2:19:22	
Jane Rolfe	2:40:40	2nd
Christie Ruesink	2:37:04	
Erin Rumery	1:55:58	
Amy Shaffer	2:16:32	
Kailey Shaffer	1:56:58	
Reid Shaffer	2:01:53	
Brittany Shubnell	2:20:21	
Laurie Simmons	3:05:49	
Sarah Simmons	3:05:49	
Jamie Smith	2:26:24	
Jordan Smith	1:32:46	
Kim Solvik	1:52:25	
Wendy Sosville	2:04:04	
Laura Spaid	2:14:05	
Lynne Spencer	2:00:59	
Jennifer Starr-Reivitt	2:13:49	
Lori Stoneburner	2:27:32	
Wendi Sullivan	2:56:31	
Noreena Svoboda	2:05:32	
Amy Tanis	1:57:13	
Joshua Vandeburgh	1:41:27	
Laura Vander Beek	2:35:11	
Nancy Vendeville	2:04:15	
Marie Vermeulen	1:39:20	3rd
Adam Wade	1:58:54	
Charles Webster	3:05:50	
Jennifer Wyatt	2:11:41	
Eric Zeeb	1:50:30	

#### *5k Finishers*

Collin Bennett	0:27:09	
Jalayne Bennett	0:29:47	
Thomas Bennett	0:29:39	
Tiffany Brady	0:28:45	
Regina Britton	0:31:44	
Andrea Burke	0:28:16	
Roger Bush	0:31:20	
Robin Carpenter	0:30:50	
Christie Cook	0:24:52	3rd
Stuart Crowell	0:16:29	1st
Chris Curry	0:26:07	
Jim Curry	0:30:44	
Andrew Darrell	0:17:48	1st
Joan Darrell	0:30:05	
Steve Darrell	0:25:16	
Melissa Dipert	0:30:52	

Bree Doster	0:28:52	
Maria Downey	0:26:51	
Mary Frank	0:31:33	
Paul Gartner	0:51:10	
Nathan Gibes	0:25:20	
Nora Gibes	0:31:36	
Phil Goodwin	0:20:34	3rd
Glenn Goudey	0:20:51	2nd
Gordon Hare	0:38:03	
Ray Hendriksma	0:29:29	
Morgan Hennessey	0:21:39	
Sara Holden	0:33:39	
Tim Holden	0:29:57	
Christine Huff	0:30:25	
Joel Huff	0:28:02	
Lana Hulsebus	0:28:05	
Valerie Hyndman	0:35:59	
Elaine Jason	0:33:16	
George Jones	0:24:02	1st
Deb Meeker	0:33:39	
Shawn Messenger	0:22:05	
Ann Mora	0:38:00	
Spenser Mora	0:27:16	
Holly Nibert	0:31:40	
John Nichols	0:25:23	
Robert Norton	0:24:44	
Michael Orwin	0:22:39	
Michael Ross	0:27:29	
Emma Sabin	0:34:29	
Ryan Shaffer	0:25:16	
Sandra Shaw	0:23:51	2nd
Daniel Smith	0:25:21	
Kelly Smith	0:31:39	
Kathryn Stewart	0:34:14	
Jeff White	0:26:52	

## Vicksburg Hearty Hustle 5k May 14, 2011

It may have been Riverbank weekend, but sixteen members of Kalamazoo Area Runners stayed close to home, earning club championship points at the Vicksburg Hearty Hustle. **Joe Reitz** and **Bonnie Sexton** both took master's honors, with **Joe** finishing in 17:59 and **Bonnie** in 22:18. Finishing in the age group winner's circle were **Cindy Comer (1st)**, **Cristi DeDoes (2nd)**, **Jennifer Lindsay (1st)**, **Stephanie Sabin (2nd)** and **Mark Sigfrids (3rd)**. Congratulations to all of our Kalamazoo Area Runners finishers:

Cindy Comer	0:27:26	1st
Cristi DeDoes	0:26:14	2nd
Celia Geark	0:29:56	3rd

Phil Goodwin	0:21:09	
Sara Holden	0:31:31	
Tim Holden	0:29:39	
Jennifer Lindsay	0:23:35	1st
Frank Maston	0:35:43	
Randy Middaugh	0:25:52	
Michael Orwin	0:26:51	
Joe Reitz	0:17:59	male masters winner
Stephanie Sabin	0:23:59	2nd
Bonnie Sexton	0:22:18	female masters winner
Mark Sigfrids	0:21:47	3rd
Kevin Theisen	0:22:26	
Nancy Vendeville	0:27:18	

## Kalamazoo Area Runners Susan G. Komen Foundation Race for the Cure Team Sets New Participation, Fundraising Records



The presentation of the Susan G. Komen Foundation Race for the Cure was the antithesis of the Kalamazoo Marathon/Race for the Cure weekend. High winds, rain and cold temperatures greeted the thousands of runners and walkers who participated in the annual fundraiser. From a charitable standpoint, The Kalamazoo Area Runners team captained by **Bonnie Sexton** set new participation and fundraising records, recruiting 33 members and raising \$2,638 for the Susan G. Komen Foundation. Our top individual fundraiser was **Christie Pierce**, who raised \$1,029. We were honored to have survivor **Jennifer Starr-Reivitt** on our team. Below are the members of the Kalamazoo Area Runners Race for the Cure Fundraising team:

Brett	Beier
-------	-------



Jalayne	Bennett
Collin	Bennett
Christie	Cook
Jim	Curry
Ian	Heinicke
Carol	Heinicke
Sara	Holden
Tim	Holden
Christine	Huff
Jared	Jones
Rachel	Konieczka
George	Korr
Jen	Lindsay
Frank	Maston
Addie	Maston
Todd	Mora
Spenser	Mora
Rick	Motter
Katie	Nelson
Christie	Pierce
Christopher	Pierce
Bryce	Pierce
Drew	Pierce
Stephanie	Sabin
Emma	Sabin
Bonnie	Sexton
Mark	Sikkila
Jennifer	Starr-Reivitt
Brenda	Stoddard
Jared	Swope
Charie	Swope
Kevin	Theisen

The Kalamazoo Area Runners was not only successful in the fundraising aspects of the event; members competed for age group awards and club series points as well. KAR Member **Betsy Doherty** won overall female with a 21:39. Finishing in the ***age group winner's circle*** were **Francine Bangs (1<sup>st</sup>)**, **Russ Bertch (1<sup>st</sup>)**, **Christie Cook (2<sup>nd</sup>)**, **Andrew Darrell (1<sup>st</sup>)**, **Angela Goodrich (1<sup>st</sup>)**, **Karen Hadden (1<sup>st</sup>)**, **Gordon Hare (1<sup>st</sup>)**, **Carol Heinicke (1<sup>st</sup>)**, **Ian Heinicke (2<sup>nd</sup>)**, **Joe Hulsebus (1<sup>st</sup>)**, **Jennifer Lindsay (1<sup>st</sup>)**, **Todd Mora (3<sup>rd</sup>)**, **Rick Motter (1<sup>st</sup>)**, **Kristin Ray (3<sup>rd</sup>)**, **Mary Schinske (1<sup>st</sup>)**, **Bonnie Sexton (1<sup>st</sup>)**, **Mark Sikkila (2<sup>nd</sup>)**, **Kevin Theisen (1<sup>st</sup>)**, **Scott VanLoo (1<sup>st</sup>)** and **Evin Wallus (1<sup>st</sup>)**. Jennifer, Bonnie and

**Kevin** all made it a weekend double by running the Hearty Hustle 5k the day before, and **Scott VanLoo, Brett Beier** and **Angela Gauthier** made Race for the Cure appearances after running the Riverbank Run 25k the Saturday before.

Francine Bangs	0:28:34	1st
Brett Beier	0:23:00	
Collin Bennett	0:29:25	
Jalayne Bennett	0:29:28	
Russell Bertch	0:21:46	1st
Becky Clark	0:28:25	
Christie Cook	0:24:30	2nd
Jim Curry	0:31:10	
Andrew Darrell	0:18:32	1st
Joan Darrell	0:32:20	
Melissa Dipert	0:30:56	
Betsy Doherty	0:21:39	overall female winner
Teresa Fulcomer	0:27:42	
Angela Gauthier	0:25:19	
Angela Goodrich	0:23:44	1st
Dayle Hadden	0:31:49	
Karen Hadden	0:39:06	1st
Darrell Harden	0:31:41	
Gordon Hare	0:35:07	1st
Carol Heinicke	0:24:05	1st
Ian Heinicke	0:21:28	2nd
Sara Holden	0:31:17	
Tim Holden	0:31:37	
Joe Hulsebus	0:20:27	1st
Lana Hulsebus	0:27:45	
Jared Jones	0:36:57	
Jennifer Lindsay	0:23:18	1st
Matt Longjohn	0:23:35	
Frank Maston	0:36:00	
Randy Middaugh	0:26:40	
Ann Mora	0:37:28	
Spenser Mora	0:26:41	
Todd Mora	0:23:40	3rd
Rick Motter	0:21:37	1st
Christie Pierce	0:27:27	
Kristin Ray	0:27:39	3rd
Emma Sabin	0:29:30	
Mary Schinske	0:25:48	1st
Bonnie Sexton	0:23:22	1st
Mark Sikkila	0:21:15	2nd
Kelly Smith	0:31:09	
Jared Swope	0:35:23	

Kevin Theisen	0:21:11	1st
Scott VanLoo	0:20:46	1st
Evin Wallus	0:22:48	1st
Myra Willis	0:30:30	

## Oaklawn Hospitality Classic 5k and 10k May 21, 2011



### *KAR Members celebrating a successful morning at the Oaklawn Hospitality Classic*

Kalamazoo Area Runners stole the show at the Oaklawn Hospitality Classic and Saturday, May 21. **Thomas Durlach** and **Hannah Norton** won overall titles with 37:45 and 37:55 respectively (yes, only 10 seconds separated male and female champions). Winning age division honors in the 10k were **Sherri Dutton (2<sup>nd</sup>)**, **Theresa Fulcomer (1<sup>st</sup>)**, **Arya (AJ) Jayatilaka (1<sup>st</sup>)**, **Jennifer Lindsay (2<sup>nd</sup>)**, **Addie Maston (1<sup>st</sup>)**, **Travis McCulley (2<sup>nd</sup>)**, **Bonnie Sexton (1<sup>st</sup>)**, **Jordan Smith (1<sup>st</sup>)** and **Tim Sochor (2<sup>nd</sup>)**.

In the 5k, **Carole Bolthouse** won female masters with a 22:23. Finishing in the age group winners circle were: **Sheila Cutshall (1<sup>st</sup>)**, **Abby Davis (2<sup>nd</sup>)**, **Thomas Durlach (1<sup>st</sup>)**, **Joe Hulsebus (1<sup>st</sup>)**, **Arya Jayatilaka (1<sup>st</sup>)**, **Renee Mercer (3<sup>rd</sup>)**, **Mark Sigfrids (2<sup>nd</sup>)**, **Jordan Smith (1<sup>st</sup>)**, **Tim Sochor (2<sup>nd</sup>)** and **Kevin Thiesen (3<sup>rd</sup>)**. **Addie Maston** earned a special award for emerging as the youngest competitor to ever finish the 10k.

KAR Members earning double Club Championship Series points by running both the 5k and 10k were: **Greg Andres**, **Thomas Durlach**, **Tonya Durlach**, **Don Ewert**, **Peter Fernando**, **Teddy Foote**, **Arya Jayatilaka**, **Frank Maston**, **Travis McCulley**, **Bonnie Sexton**, **Mark Sigfrids**, **Jordan Smith**, **Tim Sochor** and **Kevin Thiesen**.

**10k Finishers**

Gregg Andres	0:51:27	
Fred Colbert	0:44:43	
Thomas Durlach	0:37:45	overall male winner
Tonya Durlach	1:01:55	
Michael Dutton	1:01:55	
Sherri Dutton	0:49:13	2nd
Don Ewert	0:52:09	
Peter Fernando	1:06:17	
Teddy Foote	0:54:19	
Teresa Fulcomer	0:55:06	1st
Arya Jayatilaka	0:44:00	1st
Jennifer Lindsay	0:49:24	2nd
Matt Longjohn	0:49:55	
Addie Maston	1:19:57	1st
Frank Maston	1:21:18	
Travis McCulley	0:46:08	2nd
Hannah Norton	0:37:55	overall female winner
Bonnie Sexton	0:47:12	1st
Mark Sigfrids	0:44:57	
Jordan Smith	0:40:00	1st
Tim Sochor	0:44:14	2nd
Kevin Theisen	0:43:58	

**5k Finishers**

Gregg Andres	0:26:03	
Carole	0:22:23	female masters

Bolthouse		winner
Fred Colbert	0:22:54	
Sheila Cutshall	0:23:12	1st
Abby Davis	0:24:34	2nd
Thomas Durlach	0:18:41	1st
Tonya Durlach	0:33:18	
Don Ewert	0:26:02	
Peter Fernando	0:34:47	
Teddy Foote	0:26:54	
Joe Hulsebus	0:19:57	1st
Lana Hulsebus	0:26:59	
Arya Jayatilaka	0:23:25	2nd
Jeannell Justin	0:30:58	
Frank Maston	0:36:54	
Travis McCulley	0:21:49	
Renee Mercer	0:28:53	3rd
Brandy Mohr	0:36:09	
Tami Port	0:28:55	
Bonnie Sexton	0:23:54	
Mark Sigfrids	0:21:56	2nd
Jordan Smith	0:19:21	1st
Tim Sochor	0:21:29	2nd
Kevin Theisen	0:21:29	3rd

## Howard Hill Hustle 5k May 21

Also taking place on May 21, 35 members of Kalamazoo Area Runners tackled Howard Hill by participating in the 2<sup>nd</sup> annual Howard Hill Hustle 5k. Winner overall was **Jeff Layne** with a very fast 17:39. Finishing in the age group winners circle were: **Susan Baker (1<sup>st</sup>)**, **Zachary Baker (1<sup>st</sup>)**, **Francine Bangs (1<sup>st</sup>)**, **Thomas Bennett (3<sup>rd</sup>)**, **Russell Bertch (1<sup>st</sup>)**, **Joan Darrell (2<sup>nd</sup>)**, **Rachel Foster (2<sup>nd</sup>)**, **Angela Gauthier (3<sup>rd</sup>)**, **Carol Heinecke (1<sup>st</sup>)**, **Chelsey Jones (1<sup>st</sup>)**, **Ed Kenny (2<sup>nd</sup>)**, **Rick Motter (1<sup>st</sup>)**, **Joel Pennington (3<sup>rd</sup>)**, **Steward Sandstrom (2<sup>nd</sup>)**, **Dan Sarkipato (2<sup>nd</sup>)**, **Joel Vanderkooi (1<sup>st</sup>)**, and **Bonnie Zeigler (1<sup>st</sup>)**.

***Congratulations to all our Howard Hill Hustle 5k Finishers:***

Susan Baker	0:24:56	1 <sup>st</sup>
Zachary Baker	0:18:39	1 <sup>st</sup>
Francine Bangs	0:28:23	1 <sup>st</sup>
Brett Beier	0:22:32	
Collin Bennett	0:26:40	
Jalayne Bennett	0:29:38	
Thomas Bennett	0:30:12	3 <sup>rd</sup>

Russell Bertch	0:21:43	1 <sup>st</sup>
Ray Brandon	0:45:02	
Todd Carlin	0:27:46	
Jim Curry	0:30:40	
Joan Darrell	0:30:54	2 <sup>nd</sup>
Rachel Foster	0:23:57	2 <sup>nd</sup>
Angela Gauthier	0:24:52	3 <sup>rd</sup>
Celia Geark	0:29:42	
Phil Goodwin	0:20:39	
Carol Heinicke	0:23:10	1 <sup>st</sup>
Chelsey Jones	0:20:35	1 <sup>st</sup>
Ed Kenny	0:18:50	2 <sup>nd</sup>
Angela Keyes	0:28:11	
Amy Korte	0:29:52	
Dan Korte	0:29:52	
Jeff Layne	0:17:39	overall winner
Karen Martin	0:31:42	
Rick Motter	0:20:55	1 <sup>st</sup>
Joel Pennington	0:23:10	3 <sup>rd</sup>
Jim Raseman	0:21:33	
Colleen Root	0:40:17	
Steward Sandstrom	0:20:53	2 <sup>nd</sup>
Dan Sarkipato	0:22:20	2 <sup>nd</sup>
Laura Spaid	0:27:13	
Noreena Svoboda	0:42:09	
Joel VanderKooi	0:18:48	1 <sup>st</sup>
Aaron Zeigler	0:27:51	
Bonnie Zeigler	0:23:35	1 <sup>st</sup>

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