

*If we all did the things we were capable of, we
would astound ourselves*

-Thomas Edison

May 31, 2009

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



The start of the Kalamazoo Klassic

Lace up your running shoes and get ready to RACE! With a Club Championship Series event nearly every weekend, the months of June and July boast ample opportunity to rack up points towards age group awards. Winners will be honored and presented with awards at a special year end celebration to be held November 10, 2009 at the Borgess LEC Auditorium. Kicking off the month of June on the 6th is [Steve's Raider Stomp](#). Directed by KAR member **Bob Smola**, the Raider Stomp 5k and 10k event raises money towards a track in Decatur. Are you super fast? This event also offers prize money for being the first to break specified time standards.

The following weekend, June 13, is the [Kellogg Cereal City Classic](#). A flat, fast scenic course that has become a favorite of many runners, all events begin at the Battle Creek YMCA at 8:00 am. Winners of the 10k and 5k receive a special handcrafted "empty bowl" award while age group award winners receive special handcrafted medals.



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June 19 and 20th is our very own [Kalamazoo Klassic 10k and 5k](#) which in addition to the runs includes the Kid's Klassic on Friday night, a 5k walk and well as a new pump and run event for those who enjoy the added challenge of lifting weights. Now in its 31st year, the Klassic provides an opportunity to earn double Club Championship Series points. The Kalamazoo Klassic 5k has once again been named RRCA State Championship, and the 10k RRCA Regional Championship. In addition to **Kim Klein** of MRC Industries, co-directing the Klassic are KAR's **Cindi MacDonald** and **Jamie Tran**. The Klassic serves as a fundraiser for MRC Industries.

For a truly unique venue, June 27 is the [Binder Park Zoo 5k](#) in Battle Creek. In addition to the zoo exhibits, runners encounter a variety of surfaces including asphalt, brick, boardwalk, crushed rock and grass. Your 5k entry fee includes one day free admission to Binder Park Zoo, as well as a t-shirt and tote bag. Don't forget to bring the little ones to the Lemur lap. They receive free zoo admission as well with their entry.

Celebrate the 4th of July with a bang at the [Schoolcraft Firecracker 5-miler](#). Directed by KAR member **Brenda Stoddard**, event proceeds go to Schoolcraft High School Cross Country and the Schoolcraft 4th of July committee. New this year, runners who register early for the 5 mile run receive a technical training shirt. Festivities after the event include a pancake breakfast, parade, helicopter and fire truck rides, car show and tours of the historical underground Railway.

July 11th is the [The Kindeberger Summer Festival 5k](#) which features a fast course and one BIG hill. No, it isn't an oxymoron; like the Kalamazoo Klassic 10k, the course has a net decline despite the hill. Directed in the past by KAR member **Dale Turton**, his stellar efforts have served to stimulate this event's popularity and participation over the past few years. **Dale** is now turning over the event leadership to a well-known new director. Stay tuned for details. Registration for Kindeberger will be available online at www.greatlakeschampionchip.com.

July 18th is the Plainwell Education Foundation 5k Run which features a fast course and a great cause. More information will be forthcoming at www.greatlakeschampionchip.com.

By participating in these events, you not only tally Club Championship points, but many raise funds for terrific causes in our community and they ALL provide KAR members a discount. Lace up your running shoes and get ready for a spectacular summer of racing.

Hot Club News and Events

Steve's Raider Stomp 5k and 10k June 6th

KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 please use the KAR discount code (Run Like the Wind) 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

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 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

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 provided to KAR members to order products online.



Bob Smola Announces awards at Steve's Raider Stomp

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 6th, 2009 at 8:00 am at Decatur High School. For more information visit [Steve's Raider Stomp](#).

Club Championship Series Event
Race Discount Program Event

Cereal City Classic 5k and 10k June 13th

The Kellogg Cereal City Classic 5k and 10k are Saturday, June 13th. Events begin at the Battle Creek YMCA. Visit www.greatlakeschampionchip.com for more information and registration

Club Championship Series Event
Race Discount Program Event

Kalamazoo Klassic 5k and 10k June 19th & 20th





A community tradition, new this year the Kalamazoo Klassic features a Pump and Run event. Lift on Friday, run the 5k on Saturday for a great new twist to our 31 year old event. Tackle Maple Hill by running the 10k, ramp up your speed on one of the fastest certified 5k courses around, or go to the extreme and do both events for the ultimate challenge. The 5k serves as the RRCA state championship and the 10k serves as the RRCA regional championship. For more information visit www.kalamazooklassic.org.

Club Championship Series Event

Race Discount Program Event

Binder Park Zoo 5k June 27th

The Binder Park Zoo 5k is June 27th at, you guessed it, Binder Park Zoo! Come out to this unique event which includes free admission to the zoo for all 5k registrants. Visit [Binder Park Zoo 5k](#) for more information and registration.

Club Championship Series Event

Race Discount Program Event

Schoolcraft Firecracker 5 Miler July 4th

A great way to start celebrating the 4th of July is to sign up for the "Schoolcraft Firecracker 5 Miler." This is a fast, flat and fun race!!!! It will take place on Saturday July 4, 2009 at Schoolcraft High school.

Register online log via www.firecracker5.com or www.greatlakeschampionchip.com. For more information contact

Brenda Stoddard at Brenda.stoddard@firecracker5.com

Club Championship Series Event

Race Discount Program Event

Kalamazoo Area Runners Connection

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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 and we will include it in the following edition! Here is a great opportunity to get connected.

Latest Running Community News and Events

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 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

For more information on this event visit www.stridesforlife.com.

Regional Event Discounts

Detroit Free Press Half and Full Marathon Offers KAR Race Discount

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 the coupon code available to club members. For more information or to register visit 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

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Wed Night Portage YMCA Runs

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Cindi MacDonald

Wed Night Borgess Health and Fitness Center Runs

cindim@eckert-wordell.com

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 the coupon code available to members when registering online. For more information or to register, visit 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 available to members. Visit 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 available to members in the online registration page. For more information visit www.grandrapidsmarathon.com.

Group Runs that Rock

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

Gazelle Safari Training Orientation is June 3 at Borgess LEC Auditorium



Cheers Jeff!

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

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. 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 2nd long run. Please park in the lot and meet by the A-frame building. Contact Andrew Vidor at 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 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.

Race for the Cure Results

May and June is the season for fundraising on the run with events galore, including those geared towards cancer research, education and treatment. With over \$250,000 in proceeds and 2,500 runners and walkers, the 2009 Susan G. Komen Foundation Southwest Race for the Cure set new fundraising and participation records. Up to 75% of the proceeds from the event stay in South West Michigan and are used to fund local breast cancer education, screening and treatment projects. The other 25% is applied directly to grants funding national breast cancer research studies and fellowship grants.



Patti and Amal at Race for the Cure

Each year the Kalamazoo Area Runners organizes a Race for the Cure team to support the cause. This year, we are pleased to announce we more than doubled our participation with 20 team members and more than tripled last year's contributions with \$1371 raised. Serving as Team Captain was KAR President **Bonnie Sexton**. Team members were survivor **Amal Mansour, Marianne Mick, Jennifer Lindsay, Carol Heinecke, Brenda Stoddard, Sherri Dutton, Frank Maston, Addie Maston, Laurie Swaney, Lisa Schreiner, Joe Grupszynski, Cheryl O'Neill, Terri Olbrot, Rick Motter, Patti Montilla, Cheri Swope, Sherri Watts, Alison Moon, and Elizabeth Lipscomb.**



The Race for the Cure also served as one of our Club Championship Series events, and 42 KAR members, including those on the team participated with many bringing home winnings in the form of Gazelle Sports gift certificates.

Gale Fischer and **Bonnie Sexton** won overall male and female masters. Finishing in the *age group winners circle* were: **Susan Baker (3rd), Darla Brown (1st), Roger Bush (3rd), Sherri Dutton (3rd), Carol Heinecke (2nd), Julie Hoffman (1st), Chaz Hook (3rd), George Jones (2nd), Carla Koretsky (2nd), Dan Launt (2nd), Steve Leland (2nd), Erin Lumbard (1st), Rick Motter (2nd), Jane Rolfe (1st), Rick Sedlak (1st), Brenda Stoddard (2nd) and Wayne Young (2nd)**

Congratulations to all our **Race for the Cure** finishers:

Name	Time	AgeGroup
Susan Baker	0:26:49	3rd
Don Browe	0:26:01	
Darla Brown	0:23:07	1st
Roger Bush	0:21:11	3rd
Sherri Dutton	0:24:54	3rd
Gale Fischer	0:17:29	male masters winner
Phyllis Florian	0:31:25	
Dayle Hadden	0:30:59	

Carol Heinicke	0:23:17	2nd
Julie Hoffmann	0:26:51	1st
Chaz Hook	0:23:06	3rd
Karen Hook	0:24:39	
George Jones	0:23:41	2nd
Carla Koretsky	0:22:11	2nd
Dan Korte	0:21:56	
Sue Kovats-Bell	0:41:26	
Dan Launt	0:21:48	2nd
Steve Leland	0:19:40	2nd
Jennifer Lindsay	0:29:07	
Erin Lombard	0:20:13	1st
Amal Mansour	0:25:38	
Addie Maston	0:36:22	
Frank Maston	0:36:26	
Sarah Matyczyn	0:30:55	
Patricia Montilla	0:29:47	
Alison Moon	0:28:56	
Rick Motter	0:29:59	2nd
Teri Olbrot	0:31:44	
Julie Peterson	0:29:02	
Jane Rolfe	0:38:47	1st
Lisa Schreiner	0:26:18	
Rick Sedlak	0:22:20	1st
Bonnie Sexton	0:21:54	female masters winner
Amy Shaffer	0:28:01	
Rebecca Standish	0:26:55	
Lisbeth Steinberg	0:36:48	
Brenda Stoddard	0:22:37	2nd
Charie Swope	0:29:59	
Sherri Watts	0:27:12	
Myra Willis	0:30:05	
Wayne Young	0:20:11	2nd
Eric Zeeb	0:24:29	

Run to Climax 7k Results



David and Angela race to the finish

34 members of KAR celebrated the dawn of Memorial Day at the Run to Climax 7k. Winning overall female was **Peggy Zeeb** with a 29:53. Finishing in the age group winners circle were: **Andrea Burke (1st)**, **Sheila Clothier (2nd)**, **Brian Dobbie (2nd)**, **Sherri Dutton (1st)**, **Ryan Geers (2nd)**, **Carla Koretsky (2nd)**, **Gayle Majeske (3rd)**, **Rick Motter (2nd)**, **Colleen Orwin (3rd)**, **Jim Raseman (2nd)**, **Joe Reitz (2nd)**, **Jane Rolfe (2nd)**, **Sandra Shaw (3rd)**, **Michael Sherrard (1st)**, **Mark Sigfrids (3rd)**, **Carole Stevens (3rd)** and **Brenda Stoddard (1st)**.

Congratulations to all our Run to Climax 7k finishers:

Name	Time	AgeGroup
Charlie Broberg	0:42:47	
Don Browe	0:37:53	
Andrea Burke	0:35:33	1st
Sheila Clothier	0:35:18	2nd
Cindy Comer	0:38:35	
Brian Dobbie	0:29:28	2nd
Sherri Dutton	0:35:01	1st
Ryan Geers	0:26:26	2nd
Darrell Harden	0:35:26	
Arya Jayatilaka	0:32:13	
Carla Koretsky	0:33:04	2nd
Gayle Majeske	0:39:37	3rd
Frank Maston	0:51:11	

Rick Motter	0:31:04	2nd
Chris Nelson	0:38:29	
Rhonda Newhouse	0:35:59	
Colleen Orwin	0:43:33	3rd
Michael Orwin	0:31:34	
Dick Phillips	0:48:39	
Peter Post	0:31:00	
Jim Raseman	0:30:44	2nd
Joe Reitz	0:25:50	2nd
Jane Rolfe	1:00:57	2nd
Sandra Shaw	0:35:56	3rd
Michael Sherrard	0:27:09	1st
Mark Sigfrids	0:29:45	3rd
Carole Stevens	0:37:11	3rd
Brenda Stoddard	0:32:22	1st
Charie Swope	0:42:45	
David Thierjung	0:36:11	
Nancy Vendeville	0:39:44	
Rochelle Young	0:38:40	
Eric Zeeb	0:34:31	
Peggy Zeeb	0:29:53	overall female winner

Bayshore Marathon, Half Marathon and 10k Results

Perfect weather ushered in the Bayshore Marathon and accompanying races with KAR well represented in Traverse City. In the Marathon, **Francine Bangs**, **Erin Lumbar** and **Rick Motter** all emerged as age division winners while **Ralph Meyer** finished 4th in his age group. In the Half Marathon, **Ken Brooks** took 1st place in his age division with an extremely fast 1:18:12. **Andrew** squared (**Vidor** and **Boris**) both set new half marathon PR's with a 1:31:17 and a 1:34:12 respectively. Congratulations to our 36 Bayshore finishers listed below:

Bayshore Marathon

Name	Time	AgeGroup
Francine Bangs	4:35:10	1st
Dennis Brooks	3:44:27	
Roger Bush	3:37:27	
Casie Dussia	4:10:34	

Bill Gephart	4:17:01	
Dan Hill	3:39:26	
Lauren Hollis	4:06:37	
Sheila Jeske	4:06:09	
Amelia Katanski	4:38:34	
Rachel Konieczka	5:21:56	
Terri Kunkel	4:11:39	
Dan Launt	4:08:01	
Rob Lillie	3:22:37	
Erin Lombard	3:12:36	1st
Cindi MacDonald	4:35:09	
Steve MacDonald	4:32:32	
Pam McBride	3:55:59	
Ralph Meyer	3:25:15	4th
Rick Motter	3:34:01	1st
Heather Parker	3:50:35	
Joel Pennington	3:42:48	
Jim Praeger	3:31:05	
Mike Salvaggio	4:03:29	
Lisa Schreiner	3:53:57	
John Shubnell	3:59:47	
Myra Willis	5:10:19	
Sarah Yetter	3:54:31	
Wayne Young	3:35:24	

Bayshore Half Marathon

Name	Time	AgeGroup
Andy Boris	1:34:12	
Kenneth Brooks	1:18:12	1st
Sheila Cutshall	1:58:16	
Jeanette Meyer	2:57:10	
Maureen Miller	2:08:37	
Kim Solvik	2:37:46	
Andrew Vidor	1:31:17	

Bayshore 10k

Name	Time
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Race Review: Madison Marathon

By Natalie Dale

Karen Spaude and I ran the Madison marathon this weekend. I managed to keep up with her for the first 17 miles or so, but got discouraged at the bottom of a rather large hill and asked Karen to press on without me. We both did really well, though. She finished second in her age group with a time of 4:08 and I finished shortly thereafter with a time of 4:12.

The marathon was rather sunny, but there was generally a breeze and it never got as hot as my previous marathon in Toledo. The run through the zoo and the arboretum was absolutely gorgeous. Karen said that she just wanted to do that same loop three times...but if we had, we could not have seen the state capital building at mile 13. It was very pretty. The course had quite a few more hills than I expected, but all in all it was rather well run. There was plenty of water and Gatorade, and they even had GU four or five times throughout the race. My only complaint would be that the expo was not very well marked. I missed the entrance to the expo and found myself in the middle of some horse stables (where I stepped in some kind of manure) and then decided that I had definitely gone too far when I found myself in the middle of a huge bratwurst festival. Fun but slightly frustrating!

Volunteer News



Natalie and Allie have fun volunteering for the YMCA Healthy Kids Day Run

Volunteerism has been alive and well as 51 KAR members in addition to the Board have donated their time and energy to KAR in 2009. Leading the efforts is **Natalie Dale**, already tallying 180 points only 5 months into the year. **Bob Smola** is 2nd with 130 points and **Cindi MacDonald** 3rd with 120.

May was an active month indeed as volunteers made great things happen throughout the month. Sincere gratitude goes to **Andrew Vidor** for sharing his time and expertise to facilitate KAR's Strategic Planning efforts. Andrew also arranged the KAR tent for the Bayshore Marathon. Thanks to Board Members **Giti Henrie** and **Brian Abbott** for assisting **Andrew** with the efforts.

Sincere thanks to all those who volunteered to make last Friday's YMCA Healthy Kids Day Run another tremendous success. Serving on the planning committee and coordinating the start and finish line for the event were Board members **Cristi DeDoes** and **Bonnie Sexton**. Sincere gratitude to volunteers **Peggy Zeeb, Eric Zeeb, Jennifer Lindsay, Bob Smola, Pam Boner, Ferdi Hintz, Allie Rowe, Darrell Harden, Natalie Dale, Teresa Fulcomer, Jeff Layne, Dan Korte, Amy Korte, Steven Sexton** and **Paige Sexton**. We couldn't have done it without you!

Peggy and **Eric Zeeb** once again served as Team Captains for this weekend's Relay for Life, a tremendous commitment in time and organization. We thank them both for their time and leadership which involves team captain meetings, fundraising, coordinating and staffing the tent site, and keeping walkers/runners on the track for 24 hours straight.

Here are the current volunteer standings from **Joe Hulsebus**:

Name	Points
Dale,Natalie	180
Smola,Bob	130
MacDonald,Cindi	120
Vidor,Andrew	110
Bangs,Francine	90
Zeeb,Peggy	80
Emenheiser,Tessa	70
Rice,Steve	70
Richman,Rollin	70
Zeeb,Eric	60
Abbott,Brian	50
Hutchins,Terry	50
Mann,Sherrie	50
Roach,Chris	50
Smith,Daniel	50
Walch,Dave	50

Hoffmann,Julie	40
Boner,Pam	30
Broberg,Charlie	30
Dettlof,Ken	30
Maston,Frank	30
Rowe,Allie	30
Sigfrids,Mark	30
Bertch,Russell	20
Buffenbarger,Marty	20
Harden,Darrell	20
Hintze,Ferdi	20
Johnson,Pat	20
Sabin,Stephanie	20
Coyne,Tom	10
Florian,Phyllis	10
Fulcomer,Teresa	10
Hollis,Lauren	10
Hulsebus,Lana	10
Korte,Amy	10
Korte,Dan	10
Layne,Jeff	10
Lindsay,Jennifer	10
Maston,Addie	10
Mergen,Vicky	10
Morris,Don	10
Naegele,Elaine	10
Sexton,Paige	10
Sexton,Steven	10
Sochor,Tim	10
Stoddard,Brenda	10
Van Heest,Angela	10
Watts,Sherri	10
Webster,Tamara	10
Worden,Andrew	10
Zahnnow,Chuck	10

