

*Believe in yourself, know yourself, deny yourself
and be humble.*

*- John Treacy's four principles of training prior to
Los Angeles 1984*

July 12, 2009

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



Runners start down the Kal-Haven Trail

One of the great beauties of running in South West Michigan is the wide variety of venues from which to choose. No matter what your preference, you are sure to find a setting to satisfy your running pleasure. There are trails galore, ranging from rail trail, to paved bike path to technical single track nature trails for those looking for the ultimate wilderness adventure. There are scenic courses meandering around lakes and rolling hills surrounded by natural beauty. Then there is Western Michigan University's Read Fieldhouse and Kanley Track; venues that come alive with runners during their respective seasons.

One of the most notable West Michigan attractions, The Kal-Haven Trail begins at 10th street in Kalamazoo and runs 33.5 miles west to South Haven. The trail head on both ends features plentiful parking and outhouses. Outhouse facilities and occasional water pumps are scattered along the trail. The surface is crushed limestone slag, and is a favorite



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among runners, hikers, cyclists, and during the winter months, snowmobiles. There is a \$3 daily fee (\$7 family) or \$15 annual fee (\$35 family). Passes can be picked up across a variety of locations. For more information visit www.kalhaventrail.org.

If you begin at the 10th street parking lot and head east, you are welcomed by the brand new Kalamazoo River Valley Trail (KRVT). The paved asphalt trail is free of charge, and is open to all non-motorized activities. The trail extends 4.8 miles from 10th street to Westnedge Avenue. For more information including construction updates, click on [Kalamazoo River Valley Trail](#). Construction is currently underway on the section of trail that will connect the Jack Coombs trail with Mosel Road. This section is expected to be completed in late summer of this year.

A favorite among runners, The Bicentennial Trail Park in Portage boasts over 4 miles of paved trail including the popular 3.5 mile section that connects from Kilgore Road to the Portage Library. It is not uncommon to encounter seemingly domesticated deer as you wind along the path. There is parking at Kilgore Road, Milham Road, Celery Flats Interpretive Center, and the Portage Library/City Center and restrooms and water fountains can be found at Kilgore and Celery Flats. The trail is kept open during the winter months. Currently, the section from Kilgore Road to Milham has been closed due to construction on the I-94 overpass and will be rerouted for the next 3 years to the trails along Lover's Lane. For more information click on [Portage Parks](#).

For those who reside in Battle Creek, the Linear Park is a scenic paved trail that travels through the City of Battle Creek, and covers more than 22 miles. For more information, visit www.bcparks.org.

The goal is that with adequate funding, the trail systems will eventually link to the Linear Trail in Battle Creek, and the Portage Bicentennial Trail. The result would be 130 miles of interconnected trails from Battle Creek to South Haven.

If you enjoy the more technical single track wilderness trails, check out Al Sabo Preserve. Al Sabo can be accessed from KVCC near the advanced Technology Center, or from Texas Drive. There is a small parking area just east of the entrance to Rota-Kiwan boyscout camp. Altogether the tranquil preserve has a network of 24 miles of trails, the most popular being the well-marked 5.9 mile mountain bike loop. The single track trail travels through a mix of terrain including open plains of tall grass, shaded clusters of deciduous trees and brush, and a shaded pine forest. The terrain offers a mix of flats and hills. If you explore some of the side trails, you'll stumble upon trails connected by boardwalks, many of which have been maintained by past KAR President Dave Walch. More information can be found by clicking [Al Sabo Preserve](#).

In the Battle Creek Area, Fort Custer Recreation Area offers 25 miles of well marked trails, many of them single track through challenging terrain. More information can be found at [Fort Custer Recreation Area](#).

Is road running more your style? Southwest Michigan offers a myriad of scenic courses throughout the greater Kalamazoo/Battle Creek Area. The Run Around Gull Lake is a scenic excursion of rolling hills just under 12 miles. Kalamazoo Area Runners offers an organized run around the lake the first Saturday of November, December and January, and is included as one of the courses in the Safari and Beyond Marathon Training programs.

On the west side of town, R Avenue and the surrounding roads running perpendicular and parallel offer challenging courses with more scenic tranquility. Dubbed as one of America's Natural Beauty Roads, R Avenue will take you on a roller coaster adventure to the Van Buren/Kalamazoo county line. Kalamazoo Area Runners has several measured courses that begin at KVCC Texas Township and take you through this beautiful region. Course maps for Gull Lake, KVCC and many other starting locations in southwest Michigan can be found on the Kalamazoo Area Runners website at [Great Kalamazoo Area Course Maps](#)

During the summer months, the WMU Kanley Track comes alive with runners of all abilities as structured summer sessions embark at 5:45 am and 6:00 pm. Read Fieldhouse serves as a warm reprieve during the winter months, with runners circling the indoor track early Tuesday and Sunday mornings.

Hot Club News and Events

Join the Kalamazoo Area Runners Facebook Group

It's finally here! Kalamazoo Area Runners now has an "official" Facebook Group. Get yourself added and get connected with your fellow club members and friends. Click on [Kalamazoo Area Runners Facebook Group](#) to get started. Please note there is an "unofficial" Facebook "friend" account created by rebel KAR Member Brian Malony as well. If you are a friend of the fictitious KAR friend, please make sure you join the "official group."

Safari Participant Birthdates Needed for the Club Championship Series!

Thanks to the efforts of Director of Technology Support Joe Hulsebus, new KAR members through the Safari Marathon Training Program have been added to the Club Championship Series. Results can be viewed at <http://kalamazoorearunners.com/2009ClubStandings.html>

In order to place our new members in the correct age division, we need your birth dates. Currently our new KAR members from Safari are listed

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

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

in the standings at the bottom in the "unknown" groupings. Birthday information will be used internally, and will not be shared. If you are a new member through Safari, or another member showing in the "unknown" grouping, please email your birth date to VP Membership Julie Wojtaszek at membership_KAR@yahoo.com.

Plainwell Education Foundation Island City Festival 5k July 25, 2009

Please note date correction. Here is another great opportunity to earn Club Championship Series points! The Plainwell Education Foundation Island City Festival 5k is Saturday, July 25, 2009 (not July 18) at 8:00 am. More Information and Registration can be found at www.plainwelleducationfoundation.com.

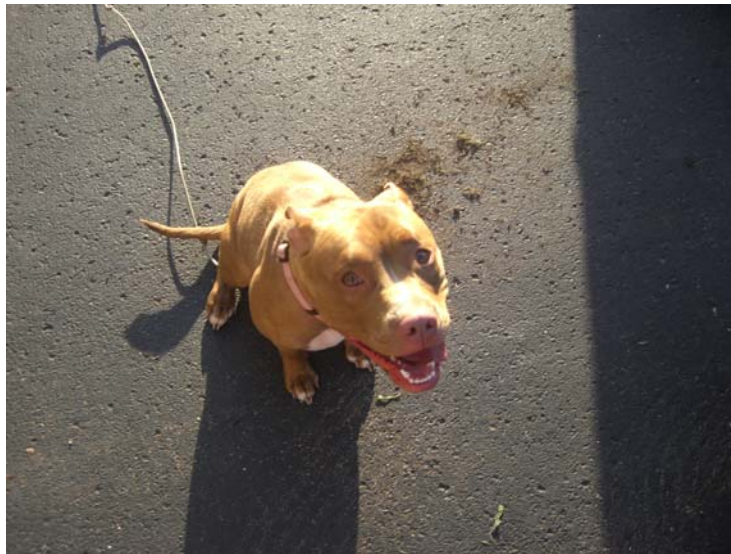
Club Championship Series Event

Otsego Ready or Not 5k August 1, 2009

The Otsego Ready or Not 5k, organized by KAR member Steve Long, offers a fast, flat course along with a terrific opportunity to earn more KAR Club Championship points. A downloadable registration form can be found at www.runotsego.com. Registration Forms must be mailed in and KAR members should adjust the registration amount by \$2 and provide the 4 digit code in the space provided on the bottom of the entry form. Registrations must be mailed by 7/28/2009. Early Registration is \$17 (\$15 KAR members) or Race Day \$20 (\$18 KAR members)

Club Championship Series Event

Dog Days of Summer Member Reception 5k Fun Run at Maple YMCA August 3, 2009!



Our member reception runs have a brand new venue thanks to the Maple YMCA. Runners will meet before the run in the East Room (lower level)

KAR Discount Sponsors continued...

Universal Formulas

Universal Formulas offers KAR Members a 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> for more information. Use the unique promotional code provided in the members only edition of the Rundown to order products online.



of the Maple YMCA. After a brief instruction, at 6:00pm runners will walk to the top of Maple Hill, and then run the Kalamazoo Klassic 5k course. Instead of ending in the field, the course will finish part way up the hill in front of the YMCA. Afterwards enjoy great summer themed refreshments and door prizes. For more information, contact Steve Brown at b.steve69@yahoo.com

Next KAR Board Meeting Set for Monday, August 3, 2009.

The next KAR Board Meeting is scheduled for Monday, August 3 at 7:00 pm at the Maple YMCA immediately following the Dog Days of Summer 5k Member Reception Run. As always, all members are welcome to attend. For questions contact Bonnie Sexton at besrun2003@yahoo.com.

Home Run Camp Summer Fun Run and Kalamazoo Kings Game August 11, 2009

Running and Baseball come together! On August 11, National City, Kalamazoo Kings, Gazelle and Kalamazoo Area Runners are sponsoring a "Home Run Camp," which includes a mid-summer run and tickets to a Kalamazoo Kings baseball game available to all runners in the Kalamazoo area. All participants of the Home Run Camp will receive free tickets to the game for themselves and their families.

This experience is open to the entire running community. While everyone who registers will receive tickets, only the first 100 tickets are available for the reserved right field party deck.

Unlike most runs, the run part of this experience will not have a specific start time, but will feature a specific finish time. We have a 6:15 finish scheduled. (See web site for details and course map). Finish line hydration will be provided between 6:15 and 6:30. The idea being that you can head out at any time on this 'out-and-back' run (and the run is optional in case you don't want to get sweaty before the game or don't have a way to find a shower).

While the run and the game are free, Home Run Camp is benefiting the Boys & Girls Clubs of Greater Kalamazoo, and a \$5 contribution is being suggested for participants, but is not required.

For all this same information and more, and to register, head to www.homeruncamp.com and tell your friends to do the same. It's a wonderful psych-up for the running community.

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

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Community Events

YMCA Kid's Triathlon Volunteers Needed July 24, 2009

Find out just how much fun volunteering at a YMCA Kid's event can be! Volunteers are needed for the YMCA Kid's Triathlon scheduled for Friday, July 24, 2009 at 5:30 pm. If you can help out please contact **Kara Buismier** at knuis89@gmail.com or **David Mitchell** at President@trikats.org. Have little ones that would like to swim/bike/run? Visit [YMCA Kid's Triathlon](#)

Shermanator 5k and Triathlon August 1st

The Shermanator 5K and Triathlon is coming up on Saturday, August 1st. The 5K starts right off with an incline coming up from the waterfront area and then a couple small grade changes on the balance of the course. Well supported and lots of fun. Great fund raiser for the Sherman Lake YMCA and Outdoor Center. For more information, visit www.sherminatortri.org.

Unleash Your Warrior Support August 15th

Join friends, family & neighbors to loop around Gull Lake in support and prayerful recognition of Robert Vandermolen and Family. The event is scheduled Saturday, August 15, 2009 at 7:00 am at the Full Lake Country Club Parking Lot and will loop Gull Lake. Bring the entire family as you walk, run, bike, skate, kayak, reflect. Organizers are currently working on recruiting businesses and individuals to provide support along the route.

Robert VanderMolen suffered a serious accident on Gull Lake, August 15, 2008 that resulted in a severe spinal cord injury. He has inspired and touched the hearts of thousands in this community and beyond, with his faith, hard work, determination, and WARRIOR spirit. Please pump up your bike tires, dust off those tennis shoes, think BIG and join us to show your support for this remarkable young man.

The WARRIOR gathering is a grassroots, low key, non-competitive event open to anyone. There is no registration, no fee, no tee-shirt, no rules, no waivers, no signs. Loop the lake (clockwise for bikers & counterclockwise for runners) approximately 12 mile loop. Relay, solo, with your family or your neighbors or new friends along the way. For many this will be a first. For many, a very large effort. For all it will be a time of heartfelt gratitude for Robert's life.

Wear your blue WARRIOR band, &/or pick up a new one at the gathering. Bring water, nourishment, helmets if biking or skating, and an open heart. Put a [blue balloon and/or blue ribbon on your mail box](#) on the morning of The WARRIOR gathering. Let us all come together this day to remind Robert and his family that no one has forgotten his battle. There will be a WARRIOR guestbook at the Gull Lake Country Club for people to sign

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and write to Robert afterwards. Please feel free to share your thoughts and feelings about the gathering and his one year of hard work at rehab.

In close, many have asked about spinal cord research and where we are with treatments and cures for spinal cord injury. Please join the team in helping to cure paralysis! Donations can be made at <http://www.christopherreeve.org/site/c.ddJFKRNoFiG/b.4048063/k.BDDDB/Home.htm>.

Other helpful donations can be made to the Caring Bridge website that we all have appreciated over this last year in keeping us informed of Robert's progress and providing us an effective way to send him our words of love and support. www.caringbridge.org.

Regional Event Discounts

Detroit Free Press Half and Full Marathon Offers KAR Race Discount

Running the Detroit Half or Full Marathon? Club Members receive a 10% discount via online registration. Use coupon code. 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 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

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.

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.

Volunteer Opportunities

Safari Marathon Training Program

Aid Station Volunteers

Thanks to all those who have already volunteered to staff Safari aid stations this summer. Kalamazoo Area Runners still needs volunteers to staff aid stations during the September 26, 2009 point-to-point run at Kal-Haven. *Earn 20 volunteer points.*

Drivers

Twenty-five drivers are needed for the September 26, 2009 Kal-Haven Trail point-to-point run. Rest assured, Safari participants who volunteer to drive will still be able to participate. Volunteers will meet early to drop off their vehicles in Bloomingdale. Several of the drivers will shuttle the rest of the drivers back to the start before the run begins. At the conclusion of the run, drivers who dropped their vehicles in Bloomingdale will transport the runners back to the trail head in Kalamazoo.

Earn 10 volunteer points.

If you are able to help with aid stations or with driving, please contact **Brian Abbott** at bripat@wmis.net.

Volunteer Program Event

Group Runs that Rock

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

Gazelle Safari Training is Underway!

The Gazelle Safari Marathon Training Program kicked off June 13 with over 160 participants. The half marathon training program runs June 13 – September 19 and the full marathon training program runs June 13 – October 10. Check out the [Saturday Run Schedule](#). Runners not participating in the full program may join runs under 20 miles for \$5, runs 20 miles or over for \$10. The next three Saturday morning run dates, locations and distances are:

July 18	Portage YMCA	7, 8, 9, 10, 11 Miles
July 25	KVCC Texas Township	10, 12, 13, 14, 16
August 1	Plainwell Coffee Mill	8, 11, 13, 14, 15, 18

WMU Track Workouts meet at 5:45 am and 6:00pm on Tuesdays



Tuesday Track Workouts are underway at WMU Kanley Track and run 12 weeks through September 1. Sessions begin at 5:45 am and 6:00 pm with a focus on lactate threshold training, and beginning August 11, Yasso 800's for the high intensity PR groups. Participants should bring their personal [McMillan Running Calculator](#) printout for proper pacing and grouping. Check out the [Full Marathon Track Workouts Schedule](#) and the [Half Marathon Training Schedule](#) for each week's regiment. For more information, contact Bonnie Sexton at besrun2003@yahoo.com.

Wednesday Night Runs at Borgess Health and Fitness Center

Wednesday night runs from Borgess Health and Fitness Center begin at 6:00 pm. Please bring your own hydration. Contact Tim Bredahl at bredahl@charter.net for more information.

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.

Welcome to all our New Members!

Wow, we are waiting for the final count on renewals from last year's program, but regardless KAR is now well over 600 members with the addition of our new members through Safari. The KAR Board is pleased to welcome all our new Safari KAR inductees: **Greg Andres, Sara Armstrong, Erin Augustine, Rob Augustine, Amy Ayers, Michele Babcock, Zachary Baker, Debashis Bardhan, Sarah Barson, Ruce Barua, Kangana Bhoshan, Eric Blackford, Emily Bonwell, Betsy Bostwick, Megan Bradshaw, Mark Brammer, Lori Bronkema, Sheila Brooks, Annie Buchanan, Emily Bushouse, Jennifer Cain, Caitlin Callahan, Becca Chicoine, Mark Chicoine, Kathy Coblentz, Shanna Cole, Laura Colegio, Dennis Conley, Patrick Conley, Amanda Cooke, Tiffany Costonde, Megan Dietrich, Sarah Eikelberg, Gil Fernandez, Fachel Flachs, Diane Ford, Carolyn Freeman, John David Gardiner, Angela authier, Kim Gjeltema, Shari Glaser, Jeff Glerum, Amber Goodlock, Meghan, Grabemeyer, Jen Graber, Crystal Hale, Karen Hart, Caroline Hatty, Amber Dawn Helsel, Whitney Houchin, Amy Hughes, Diane Hungerford, Tana Jackson, Katie Jacobs, Carla Jasper, Katie Johnson, Annie Jost, Kari Kemp-Vist, Wendy King, Kristine Kling, George Korr, Katie Krueger, Michael Kulik, Loren LaPointe, Evie Linebaugh, Jeff Linn, John Louie, Lauren MacVicar, Stephen Magdzinski, Kim Mannel, Megan Martin, Dawn McLauren, Kenzi McNally, Christina Mulheam, Maria Nelson, Tom Noall, Carrie Nyboer, Carol O'Cruz, Hetal Oostveen, Robert Oostveen, Shelly Parkhurst, Danielle Pamelee, Lissa Perkins, Dana Petsinger, Brian Pittelko, Melissa Powell, Scott Powell, Marcu Reath, Chloe Reeves, Jaclyn Reinhardt, Irene Ripley, Dan Robinson, Stephanie Robinson, Corrine Sallaz, Rich Schau, Kylie Schultz, Joelle Schumaker, Kristy Scott, Alana Shaw, Nicole Sherry, Annie Sherzer, Laura Simet, Matt Simmons, Cherul Smith, Jamie Smith, Maureen Snyder, Greg Socha, Wendy Sosville, Mary Spade, Levi Strickland, LaJune Tabron, Cheryl Tenenbaum, Brian Tindle, Steven Traeger Lisa VanBladeren, Aimee VanHoe, Angie**

Warman, Kim Wason, Ken Watts, Mark Weedon, Sue White, Sarah Willsea, Mike Willy, Brandon Wise, Judy Worden, Aoi Yamanaka, Tucker York, Bryce Buffenbarger, Wendy Geerligs, Matt Mayer, Kevin VarnHagen.

In addition, the Board would like to extend a warm welcome to the following members: **John Ablao, Matthew Anderson, Aaron Aulgur, Heather Hanley, Douglas Lake, Krista Larkin, Rich MacDonald, Peter Militzer, Megan Osterling, Laura Spaid, Alan Sylvester, Charles Thomas, John Mannikko and Teresa Redmond.**

Notes of Encouragement

Please keep **Pat Johnson** in your thoughts and prayers as he continues treatment for his medical condition. We miss you Pat. Keep the following runners in your thoughts and prayers as they recover from injury: **Cristi DeDoes, Phil Goodwin**

Peggy Zeeb Shines at the Michigan Senior Olympics

Peggy Zeeb is once again rewriting the record books! **Peggy Zeeb** set a new Michigan Senior Olympics 10K record for the 50-54 age group running a 44:35 and smashing the old record of 44:43. In the 5k, She ran a 20:43 smashing the prior record of 21:04. **Peggy** also won several of the track events and placed 2nd in the 100 meter dash. Congratulations **Peggy!**

Marathon News

This report came in from **Joel Pennington** who is well on his way to being KAR Mega-Marathoner of the Year.....

On Saturday I completed the Charleviox Marathon as another one of my training runs. A well run event , with some beautiful scenery, although a little warm to run in. During my run I was able to visit with mega marathoner Don Kern, who was suppose to be in South America running a marathon, but a last minute visa problem stopped his trip. So Don, in true fashion for him, decided to run his third marathon of the month at Charleviox. I briefly talked with Jim Murray, the only other KAR I saw at the marathon, who was targeting this race as a possible BQ. Jim was well prepared, I know because I ran with him on some of his long runs, but fell a little short. I suspect the heat that day slowed a number of runners' times. This is 5 of 12.

Jim Murray finished in 3:54:16 and **Joel Pennington** in 4:49:04.

Natalie's Race Review: 2009 Grandma's Marathon

On Saturday, June 20, I ran Grandma's Marathon in Duluth Minnesota. Grandma's is a point to point marathon that starts in Two Harbors and ends in Duluth. There were 9500 runners signed up for the marathon. All of these runners were bussed to the start line, from about 20 different pick-up locations (which thankfully included my hotel). The bus dropped us off at a Ford dealership which had been cleared of all cars. There were no shelters, but plenty of port-a-johns. I dropped of my bag, stretched a bit, got in line, and started the run around 7:30AM.

For some reason, I have been exceptionally good at picking out the really HOT marathons. I was hoping to run a 4 hour marathon (which would be a PR for me), and was on track up until about mile 18, but I finally let the sun and

heat drag me down. I ran by one bank near the end that said it was 92 degrees out. I would be surprised if it really did get that hot, but it could have been close out there on the black pavement.

The race was really well staffed. There were 5000 volunteers passing out water, Ultima, PowerGel, ice, snacks, sponges, and then more water. Unfortunately there wasn't much shade along the course, and not much of a breeze either. I did manage to finish the race in a respectable time of 4:19. The dip afterwards in Lake Superior was awesome.

I did eat at Grandma's restaurant the night of the race, and managed to put back 5 plates of pizza buffet. Although the food was not anything to write home about, it was a cool place. If you go to Duluth sometime, make sure you get the Lemon Ricotta pancakes at Hells Kitchen. OH MY GOSH....best pancakes ever!

Schoolcraft Firecracker 5 Miler

Directed by KAR Member **Brenda Stoddard**, this year's Schoolcraft Firecracker 5-Miler set a new record of 318 participants. A whopping 74 participants were KAR members and did they ever rack up the overall and age group awards. **Hannah Norton** won overall female and added another trophy to her collection with a superfast 30:40. **Joe Reitz** won Masters Male in 28:52, and **Peggy Zeeb** won Masters Female. Finishing in the age group winners circle were: **Susan Baker (3rd)**, **Francine Bangs (1st)**, **Russell Bertch (2nd)**, **Kenneth Brooks (1st)**, **Huns Brown (3rd)**, **Roger Bush (1st)**, **Fred Colbert (3rd)**, **Joan Darrell (2nd)**, **Brian Dobbie (2nd)**, **Sherri Dutton (3rd)**, **Angela Elhammer (1st)**, **Carol Heinecke (2nd)**, **Julie Hoffman (1st)**, **Jeff Layne (1st)**, **Lauren MacVicar (1st)**, **Rick Motter (1st)**, **Colleen Orwin (3rd)**, **Michael Orwin (3rd)**, **Megan Osterling (1st)**, **Robert Poznanski (2nd)**, **Leslie Scheffers (2nd)**, **Bonnie Sexton (1st)**, **Mark Sigfrids (1st)**, **Cheryl Tenenbaum (1st)**, **Joel Vanderkooi (2nd)** and **Sarah Yetter (3rd)**. Congratulations to all our Schoolcraft finishers listed below:

Name	Time	AgeGroup
Susan Baker	0:44:00	3rd
Zachary Baker	0:32:10	
Francine Bangs	0:46:40	1st
Russell Bertch	0:37:24	2nd
Andy Boris	0:34:06	
Kenneth Brooks	0:27:45	1st
Huns Brown	0:31:03	3rd
Peter Burrill plus buggy	0:34:20	
Roger Bush	0:34:10	1st
Emily Bushouse	0:40:41	
Joe Cekola	0:52:49	
Sheila Clothier	0:41:21	
Fred Colbert	0:35:31	3rd
Sheila Cutshall	0:42:01	
Andrew Darrell	0:32:36	

Joan Darrell	0:47:38	2nd
Steve Darrell	0:41:06	
Larry DeFouw	0:45:32	
Brian Dobbie	0:34:18	2nd
Michael Dutton	0:45:56	
Sherri Dutton	0:40:55	3rd
Angela Elhammer	0:41:45	1st
Michele Fabi	0:44:12	
Phyllis Florian		
Dayle Hadden	0:51:57	
Darrell Harden	0:40:25	
Carol Heinicke	0:39:01	2nd
Ian Heinicke	0:37:13	
Julie Hoffmann	0:42:08	1st
Frank Hui	0:46:56	
Moira Kean	0:41:32	
Alexandra Kern	0:44:56	
Dan Launt	0:36:18	
Jeff Layne	0:30:33	1st
Lauren MacVicar	0:34:57	1st
Amal Mansour	0:41:10	
Kenzi McNally	0:42:58	
Tim Meeker	0:37:54	
Maureen Miller	0:45:06	
Rick Motter	0:34:45	1st
Rhonda Newhouse	0:41:28	
Hannah Norton	0:30:40	overall female winner
Colleen Orwin	0:53:06	3rd
Michael Orwin	0:37:07	3rd
Megan Osterling	0:35:35	1st
Emily Pearson	0:46:36	
Joel Pennington	0:40:25	
Robert Poznanski	0:34:39	2nd
Jim Raseman	0:35:16	
Karen Raseman	0:43:35	

Joe Reitz	0:28:52	masters male winner
Stephanie Sabin	0:38:47	
Leslie Scheffers	0:37:04	2nd
Mary Schinske	0:42:11	
Scott Schinske	0:47:04	
Lisa Schreiner	0:40:27	
Bonnie Sexton	0:35:56	1st
Mark Sigfrids	0:34:06	1st
Maximilian Sine	0:44:37	
Bob Smola	0:39:22	
Tim Sochor	0:34:20	
Laura Spaid	0:46:55	
Laurie Swaney	0:41:25	
Cheryl Tenenbaum	0:44:11	1st
Brian Tindle	0:46:02	
Joel VanderKooi	0:32:09	2nd
Anthony Vanlerberghe	0:36:10	
Nancy Vendeville	0:45:15	
Lisa Wilder	0:47:51	
Sarah Yetter	0:40:27	3rd
Rochelle Young	0:45:03	
Eric Zeeb	0:37:44	
Peggy Zeeb	0:34:17	masters female winner

Kindleberger 5k

Wait a minute....Dale was running the race and Chris was running the show. KAR Member **Dale Turton** passed the Kindleberger torch on to **Chris Crowell**, who took over as Race Director of the 2009 event. Finishing in the *age group winners circle* were KAR Members **Andy Boris (1st with a new PR)**, **Emily Bushouse (2nd)**, **Cindy Comer (1st)**, **Stuart Crowell (1st)**, **Joan Darrell (2nd)**, **Kim Gjeltema (3rd)**, **Carol Heinecke (1st)**, **Joe Hulsebus (2nd)**, **Krista Larkin (3rd)**, **Jeff Layne (1st with a new PR)**, **Addie Maston (1st)**, **Tim Meeker (1st)**, **Brendan Molony (1st)**, **Rick Motter (1st)**, **Megan Osterling (2nd)**, **Heather Parker (1st)**, **Joe Reitz (1st)**, **Jane Rolfe (2nd)**, **Bonnie Sexton (1st)**, **Brenda Stoddard (3rd)**, **Dale Turton (3rd)**, **Joel Vanderkooi (1st)**, and **Rochelle Young (2nd)**.

Congratulations to all of our Kindleberger 5k finishers.

Name	Time	AgeGroup
Aaron Aulgur	0:26:39	
Andy Boris	0:19:10	1st
Emily Bushouse	0:24:40	2nd
Cindy Comer	0:27:15	1st
Stuart Crowell	0:16:46	1st
Joan Darrell	0:27:48	2nd
Kim Gjeltema	0:29:28	3rd
Darrell Harden	0:25:22	
Carol Heinicke	0:23:08	1st
Joe Hulsebus	0:19:12	2nd
Krista Larkin	0:25:18	3rd
Jeff Layne	0:18:43	1st
Addie Maston	0:38:51	2nd
Frank Maston	0:38:51	
Tim Meeker	0:22:22	3rd
Brendan Molony	0:17:32	3rd
Brian Molony	0:35:33	
Rick Motter	0:20:29	1st
Megan Osterling	0:21:10	2nd
Heather Parker	0:23:31	1st
Robert Poznanski	0:20:44	
S. Rashid Raza	0:24:57	
Teresa Redmond	0:28:28	
Joe Reitz	0:17:29	1st
Jane Rolfe	0:35:16	2nd
Bonnie Sexton	0:22:01	1st
Michael Sexton	0:23:24	
Amy Shaffer	0:29:19	
Brenda Stoddard	0:22:42	3rd
Dale Turton	0:22:05	3rd
Joel VanderKooi	0:19:21	1st
Lucas Waling	0:20:26	
Rochelle Young	0:27:54	2nd

Kalamazoo Area Runners volunteerism continues to shine. Check out the current standings:

Name	Points
Dale,Natalie	220
MacDonald,Cindi	170
Smola,Bob	140
Zeeb,Peggy	140
Vidor,Andrew	110
Zeeb,Eric	110
Bangs,Francine	90
Emenheiser,Tessa	80
Rice,Steve	70
Richman,Rollin	70
Mann,Sherrie	60
Abbott,Brian	50
Hutchins,Terry	50
Roach,Chris	50
Smith,Daniel	50
Tran,Jamie	50
Walch,Dave	50
Boner,Pam	40
Hoffmann,Julie	40
Sigfrids,Mark	40
Broberg,Charlie	30
Dettlof,Ken	30
Harden,Darrell	30
Hintze,Ferdi	30
Maston,Frank	30
Rowe,Allie	30
Bertch,Russell	20
Buffenbarger,Marty	20
Coyne,Tom	20
Johnson,Pat	20
Mergen,Vicky	20
Sabin,Stephanie	20
Sexton,Michael	20
Sochor,Tim	20

Watts,Sherri	20
Boris,Andy	10
Boyd,Joanna	10
Brammer,Carolyn	10
Cutshall,Shelia	10
Dobbie,Brian	10
Fletcher,Tara	10
Florian,Phyllis	10
Fulcomer,Teresa	10
Hollis,Lauren	10
Hulsebus,Lana	10
Korte,Amy	10
Korte,Dan	10
Kunkel,Terri	10
Land,Lindsay	10
Land,Trevor	10
Layne,Jeff	10
Lindsay,Jennifer	10
Maston,Addie	10
Mishler,Jim	10
Morris,Don	10
Naegele,Elaine	10
Nehil,Tom	10
Olbrot,Teri	10
Scheffers,Leslie	10
Sexton,Paige	10
Sexton,Steven	10
Sherrard,Molly	10
Stoddard,Brenda	10
Swope,Charie	10
Teeter,Jim	10
Turton,Dale	10
Van Heest,Angela	10
Vendeville,Nancy	10
Webster,Tamara	10

Worden,Andrew	10
Wyatt,Dale	10
Young,Kathy	10
Zahnow,Chuck	10