

**"I tell our runners to divide the race into thirds.
Run the first part with your head, the middle
part with your personality and the last part with
your heart." -Mike Fanelli**

October 30, 2011

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

From the President



Overcoming obstacles....and moving on...

As I crossed the finish line of the Grand Rapids Marathon on October 16, 2011, it was a day of celebration. It wasn't because I



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had achieved the lofty goal of a personal record, age division, or masters' win; it was simply the accomplishment of crossing the finish line. My time of 3:36:50 was far removed from my 3:15:10 PR set at Boston 2005, but after an almost year-long battle with uncontrolled Gastroesophageal Reflux Disease (GERD), my goals had to be adapted. The disease caused me to struggle through marathon training all last winter, only to culminate in the disappointment of a DNF at the Kalamazoo Marathon at mile 19.

When most people think of GERD, heartburn comes to mind, but the disease can present itself through a number of different symptoms. Mine mimicked those of classic heart attack signs in women; pain in the left arm and shoulder, dizziness, nausea and abdominal pain. Ironically, my first encounter with the disease was in my early 20's. At that time the doctors were unable to diagnose the condition. The symptoms eventually disappeared, only to resurface in my thirties. Thinking it might be the culprit, I had my gallbladder removed in 2006, but symptoms once again surfaced, becoming severe over the last twelve months. In July, I finally went to my physician, who was able to pinpoint a suspected diagnosis immediately. She prescribed a medication to control the disease and it quickly started to bring relief. It wasn't until late September that my body was able to regulate and heal from the inflammation caused by the GERD, but on October 16, I walked to the finish line of the Grand Rapids Marathon almost symptom free. I had acquired a bad case of plantar faciitis after some rigorous trail running at Dances with Dirt, but it was nothing in comparison to the debilitating symptoms experienced earlier. I was determined not to let the pain in my feet get in the way of finishing a fall marathon. No way was this going to be a repeat performance of the Kalamazoo Marathon last spring. I started out with the 3:29 pace group, running comfortably until about mile 8, when the pain in my feet began to escalate. I backed down and starting shifting muscle groups, taking extra caution to prevent the painful cramping that can sometimes accompany plantar faciitis. Although had I missed my final 20 mile training run, I never did encounter the infamous wall; ironically, my injury forced me to slow down enough to preserve my glycogen stores, delaying depletion.

As I approached the final stretch of the marathon, I could see the finish line banner ahead. The crowds were cheering and I knew I had overcome the obstacles of the months before; the battle was won. It was my 22nd marathon completion, yet I

KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2011 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 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



Options 4 Your Health

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

experienced the exhilaration of my first; it was a new beginning, a return to good health and a foundation upon which to once again build and train upon as I look to the future.

My story is just one of many of personal accomplishment; of overcoming obstacles to emerge victorious this fall. The achievements of the last two months have been many, and it isn't just limited to the marathon distance. New KAR member and Fast Track participant **Rozlyn Ross** finished her first 5k at the Peacock Strut in September. Fast Track coach **Sara Holden** broadened her horizons by finishing her first half marathon at Grand Rapids, and Safari Participant **Teddy Foote** his first marathon in under 4 hours, also at Grand Rapids. **Ben Siems**, who shared a fate similar to mine at Kalamazoo, finished the Grand Rapids Marathon with an outstanding time of 3:41:11.

At the other side of the spectrum, KAR and Epic Crew members **Scott VanLoo, Ralph Meyer, Ryan Geers, Michael Reygaert, Jonathan Marsh** and **Brett Beier** completed a marathon "trifecta," running the Chicago Marathon October 8, Indianapolis October 15 and then Grand Rapids the following day, October 16, earning Marathon Maniac Ruthenium Level bragging rights. One of the criteria to attain this honor is to run 3 marathons in 3 states within 10 days.

Nicole Clement generated our top women's marathon time this fall, finishing second overall female with an amazing PR of 3:01:03 at Grand Rapids. Four members, **Brandon Wise** (2:59:46), **Jeff Layne** (2:54:50), **Ryan Geers** (2:56:13) and **Jonathan Marsh** (2:58:51) shattered the coveted 3 hour mark in Chicago.



Board of Directors

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Altogether, 62 members of the Kalamazoo Area Runners finished the Grand Rapids Marathon, 56 the Grand Rapids half marathon, 48 the Chicago Marathon, 16 the Detroit Marathon and 15 the Detroit Half Marathon. Many others other full or half marathons. Full marathon results for Chicago, Detroit and Grand Rapids, as well as half marathon results for Detroit and Grand Rapids can be found below in the *Club Member Corner* section.

You are done with your fall half or full marathon, 10k or 5k, now what? You have entered the cycle of training called recovery; it is time to refresh and you prepare to begin building a base for your winter training season. Enjoy the many fun and festive holiday themed events and support local charities. November 13, 2011 is the Arthritis Foundation Jingle Bell Run at Bicentennial Trail Celery Flats. Kalamazoo Area Runners is organizing a team for the event and we encourage you to participate with us as we defend last year's title as the team with the largest number of participants and dollars raised.

November 24, 2011 is the Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run. Held on the Portage West Middle School Cross Country course, participants compete to run the closest actual to predicted time. There are awards for the overall male and female finishers as well, in the form of "consolation prizes." New this year, the event will feature chip timing by Great Lakes Championship. As always, there will be tons of holiday and running themed door prizes. Proceeds from entry fees go to Kalamazoo Area Runners and the Turkey Trot event, with cash donations and donations in kind going to the Kalamazoo Gospel Mission and a local charity benefitting Portage area residents in need. Participants should bring mens', womens' and childrens' underwear for the Gospel Mission, and shampoo, conditioner, toothpaste, toothbrushes and/or a small toy for a child for our Portage charity.

A week later, on Thursday, December 1, 2011 share your holiday spirit through the Run Through the Lights. This fun run is free of charge, but registration is required and participants are asked to bring a nonperishable food item for Kalamazoo Loaves and Fishes. Participants may also make online or race day cash donations to Kalamazoo Loaves and Fishes. Saturday, December 3, 2011 is the Santa Run 5k in Paw Paw, offering another opportunity to spread holiday cheer.

Event and Program Directors

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Gale Fischer
Another Runner's Perspective
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Maintain endurance during the off season by joining us for the Run Around Gull Lake. An annual Kalamazoo Area Runners/Battle Creek Road Runners tradition organized by Mark Sigfrids. This is a free, supported 11.5 mile training run held the first Saturday of November and December at 8:00am. New this year, thanks to KAR member Don Morris, we will be starting from the Gull Lake Country Club.



In mid-December, it will be time to start training again, and runners have lots of options to choose from. The Kalamazoo Area Runners Beyond Training program has been expanded to not only include our traditional three marathon training levels, but a semi-elite marathon training program, and three half marathon training levels to cater to those seeking to training for 13.1. In addition to the program expansion, we have added several new, more spacious venues to accommodate our participants, as well as new clinics. Runs for all programs begin December 17, 2011.

Another local favorite, Borgess Run Camp begins its marathon training program December 10, 2011, and its half marathon and 5k basic camp on February 4, 2012. The title of this years' camp is Changes.

Prefer the Galloway method of half and full marathon training? The Kalamazoo SHufflers training program also begins in December, and features the run/walk method of training.

Contact information and links for all the local winter training programs and group runs can be found via our [Greater Kalamazoo Group Run List](#). Greater Kalamazoo has something for everyone and we encourage you to connect with one of the many options available.

Event and Program Directors continued

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Jingle Bell Run Team Captain

Hot Club News and Events

Bronson Athletic Club Offers KAR Members Deep Discount on Initiation Fees



The Bronson Athletic Club (BAC) is offering KAR members a deep discount on initiation fees for those who join October and November 2011. KAR members may join Bronson Athletic Club for a \$99 initiation fee, \$296 off the regular price of \$395. December 2011 through December 2012, members will receive a discounted initiation fee of \$225. For more information on joining, contact membership at 544-3200 or stop by and mention KAR (use the 4-digit discount code).

KAR Leadership Team Changes and Upcoming Opportunities

VP Development

Jane Rolfe has been elected by the Executive Board to fill the position of VP Development (vacated earlier by Natalie Dale) on an interim basis. Jane previously served as a KAR Board Member and as Director of Sponsor Development. In the short time she has served as a director, Jane has already generated several new event sponsor relationships. Please join us in welcoming her as she acclimates to her new Board position, and thank her for volunteering to serve.

Director, Marketing Promotions

We are excited to announce Zachary Baker has been appointed by the President to fill a newly created position, Director, Marketing Promotions. Zachary not only demonstrates a passion for running, but also promotional material layout and design. In his new position, he will be responsible for designing and producing copy for brochures and other club related material. We sincerely thank Zachary for stepping into this new position.

Co-Director, Beyond Training

Beyond Training committee member and pace leader Steve Rice has been appointed by the President, and will be joining Bonnie Sexton as Co-Director of the Beyond Training Program. In his new position, Steve will be in charge of course logistics and hydration coordination. Please join us in welcoming Steve to his new position.

The Kalamazoo Area Runners has the following leadership opportunities:

VP Marketing and Communications

Susan Baker has stepped down from the position of VP Marketing to focus on her growing consulting business. We thank Susan for her service, and wish her the best of success in her endeavors. The Vice President of Marketing and Communications Board Position is now open, and we are seeking a marketing professional willing to donate their time and talent to promoting the largest running organization in the state of Michigan. A job description is available upon request.

VP, Technology

The VP Technology Board Position has been vacant for two terms and we are seeking an experienced IT professional to fill this critical position as we continue to further our use of technology. We thank Phil Goodwin for his dedicated service in fulfilling most of the responsibilities of this position in a director capacity, but with multiple technology priorities on our strategic plan, it is important this position is filled. A job description is available upon request.

Director, Expo Marketing

A newly created position to support the VP of Marketing and Communications, a Director, Expo Marketing is needed to organize KAR's attendance at event and corporate wellness expos. KAR's attendance is required at the One One Expo, Kalamazoo Marathon Expo, Kalamazoo Classic Expo and YMCA Healthy Kids Day Run,. Coordinating occasional attendance at corporate wellness fairs is also a part of this position. A job description is available upon request.

Director, Membership

A newly created position to support the VP of Membership, the Director of Membership maintains the KAR membership roster and sends notifications to expiring members. Position requires proficiency and access to Excel and learning and following the guidelines of our privacy policy. This position also serves to prepare the incumbent to serve as Vice President. More information is available upon request.

Director, Children's Easter Egg Hunt Dash

Peggy and Eric Zeeb will be stepping down as Directors of the Easter Hash Run and Children's Egg Hunt Run, and we sincerely thank them for their years of dedicated service. The Executive Board voted to make this event a childrens' only event after analyzing participation trends for the last three years. We are seeking a director or co-directors to organize the new Children's Easter Egg Hunt Dash, usually held the weekend before Easter at KVCC Texas Township. Details are available upon request.

Director, Member Reception Runs

We are seeking a Director or co-directors to organize our fun-themed Member Reception Run held the first Monday of February, May and August. A job description is available upon request.

Director, Educational Clinics and Workshops

We are seeking a director to organize 3-4 educational clinics and workshops done in partnership with Agility Physical Therapy (Quick 8 and Functional Exercises, Running Head to Toe) and Bronson Athletic Club (Runners' Night). Details are available upon request.

Kalamazoo Klassic Committee Members

We are seeking several individuals to serve on the Kalamazoo Klassic Committee. Meetings are generally held once a month late fall - June, and each member is assigned oversight of a specific area of responsibility (awards, goody bags, etc). More information is available upon request.

The following Executive Board positions will be vacating as of March 2012 and we are seeking candidates interested in learning and running for the following positions:

President

The Board President position will be vacating due to term limits. We would like to begin identifying and developing candidates interested in and able to serve in leading the largest running organization in the state of Michigan. A job description is available upon request.

Vice President

Leslie Scheffers has served as Vice President for the last two years, and we sincerely thank her for her dedicated efforts to manage our 900+ memberships, as well as track trends and member statistics. Leslie will not be returning for the 2012 - 2013, and we are seeking to identify and develop candidates interested in running for and serving in this position. A job description is available upon request. The Director, Membership position listed above would be ideal for transitioning to the Vice President Board position.

We ask that members thoughtfully consider and volunteer to fill these positions as we try to continue to evaluate our organizational structure and sustain until we are able to transition from a volunteer to a staffed organization. Our current Board members, directors and team captains are all volunteers with jobs, families and other commitments, and we need your leadership, time and talents to continue to move our organization forward, while maintaining a balance for all those who serve. We sincerely thank all those currently serving in KAR leadership roles for your dedication and commitment and for those who are not currently serving, we need your time and talents and would love to have you join our team.

Please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org for more information or to express an interest in any of the above positions.

Run Around Gull Lake November 5 and December 3, 2011



FREE TO THE RUNNING COMMUNITY: Join us for an annual Kalamazoo Area Runners/Battle Creek Road Runners Tradition. The Run Around Gull Lake has a brand new starting venue thanks to KAR member **Don Morris**. The 11.5 mile run (those doing shorter distances can opt to do an out and back) will start from the Gull Lake Country Club, 9725 West Gull Lake Drive, Richland, MI at 8:00 am and follow the same scenic course as in the past. Runners should park and meet in the Golf Course parking lot (across from the lake). We will have access to the men's and women's locker rooms in the building adjacent beginning at 7:30 am. Hydration will be provided. Interested in assisting with aid stations? Contact **Mark Sigfrids** at msigfrids@kvcc.edu for more information or to volunteer. [Click here for directions](#)

Club Championship Series Awards Ceremony and Dessert Party Tuesday November 8, 2011 at 6:30 pm

**Borgess LEC Auditorium
1521 Gull Road
Kalamazoo, MI 49048**



Joe Hulsebus, the face behind the Club Championship Series, hands off an award to one of our youngest age division winners

FREE TO KAR MEMBERS (\$10 nonmember friends and family or join KAR at the door)! The Kalamazoo Area Runners Club Championship Series Awards Ceremony and Dessert Party is Tuesday, November 8, 2011 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2011 racing season highlights and honor the top three Club Championship winners in each age division. This special event features dessert, coffee, refreshments, tons of great door prizes and an opportunity to mingle with your fellow KAR members. Award winners will be receiving a personal invitation and award notification. All KAR members, regardless of whether an award winner, are invited to attend and celebrate the close of the 2011 racing season. RSVP's are required.

[Click here to RSVP for the 2011 Club Championship Series](#) by October 31, 2011.

For more information contact **Karen Townsend** at Karen.townsend@kalamazooarearunners.org

2011 Arthritis Foundation Jingle Bell 5k Run Join the Kalamazoo Area Runners Team!

**Sunday, November 13, 2011 at 2:00pm
Portage Celery Flats**



The Arthritis Foundation Jingle Bell 5k Run is back in Southwest Michigan! Scheduled for Sunday, November 13 at 2:00pm, the 2011 event will be held at Celery Flats in Portage.

Kalamazoo Area Runners is organizing a fundraising team and would like to invite you to join us in supporting the Arthritis Foundation. Members that participate as a KAR Jingle Bell Run Team member will receive a "Team KAR" shirt. Your race entry fee counts towards our team total.

Joining the KAR Team is an easy process:

1. Email **Troy Root** at smelph@hotmail.com with your t-shirt size
2. Register online via the [Kalamazoo Area Runners Jingle Bell 5k Run Home Page](#)
3. Begin fundraising!

The Arthritis Foundation is the leading health organization addressing the needs of some 46 million Americans living with arthritis, one of the nation's leading causes of disability.

Founded in 1948 and headquartered in Atlanta, GA, the Arthritis Foundation has multiple service points located throughout the country. The mission of the Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

We're the largest private, not-for-profit contributor to arthritis research in the world, funding more than \$380 million in research grants since 1948. Together, volunteers and staff have helped individuals take control of arthritis by:

- providing public health education
- pursuing public policy and legislation
- and conducting evidence-based programs to improve the quality of life for those living with arthritis

Information about arthritis and the Arthritis Foundation is available at www.arthritis.org.

2nd Annual Running Head-to-Toe Workshop Saturday, November 19, 2011



BORGESS HEALTH

**9:30am — 1:00pm
Borgess LEC Auditorium
1521 Gull Road
Kalamazoo, Michigan**

**Register Online below via Survey Monkey
Registration will close once 100 participant cap is attained**

[Click here to register](#)

FREE TO KAR MEMBERS! Attention Kalamazoo Area Runners... it is time to celebrate all your accomplishments in 2011, recharge your batteries and prepare for 2012. Join us again for the 2nd Annual Running Head-to-Toe workshop to educate you, as a runner, on various performance enhancement and injury prevention topics. This will be an informative and interactive workshop discussing the "latest topics" in the running world. We have assembled a panel of experts in their respective fields from our community to discuss topics on: advanced form running, Yoga for runners, Pilates for runners, running-induced asthma, the "diabetic runner," heart rate monitor training and more. Our goal is to empower you with the knowledge needed to exceed your expectations!

This event is **FREE** to members of the Kalamazoo Area Runners. All activities will be held at Borgess LEC Auditorium, 1521 Gull Road, Kalamazoo, MI beginning at 9:30am. Light breakfast and lunch will be provided.

Our 2011 Experts

9:30-10:00 Guest Arrival, Refreshments and Introduction

- 10:00- **Thomas Goodwin, DO, CAQSM**, Sports Medicine
 10:20 Fellowship Trained and Doctor of Osteopathic Medicine
 (ProMed Family Practice & Kalamazoo Orthopaedic
 Clinic/Borgess Bone & Joint Institute) Special Considerations:
 The Asthmatic and Diabetic Runner
- 10:20- **Rob Lillie**, Manager (Gazelle Sports- Kalamazoo) Advanced
 10:40 F.O.R.M. Getting you to your midfoot with improved efficiency
 and without injury
- 10:40- **Kristin Fiore**, Yoga Instructor, RYT 200 (Live Love Yoga)
 11:00 Yoga for Runners
- 11:00- Lunch Break
 11:30
- 11:30- **Scott Miller, PT, MS, SCS, CSCS**, Board Certified Sports
 11:50 Physical Therapist (Agility Physical Therapy & Sports
 Performance) Heart Rate Monitor Training: If it's good enough
 for Lance...
- 11:50- **Stacy Parent**, Director of Operations/Marketing (Biocorrect
 12:10 Custom Orthotics Laboratory) Custom shoe options when you
 AREN'T running!
- 12:10- **Teri Richman, PTA, BS & Shannon Johnson, PTA**
 12:30 (Agility Physical Therapy & Sports Performance) Pilates for
 Runners: Let's Get your Core on!!!
- 12:30- Q&A session for the panel members
 12:45

Volunteer Opportunities:

We need your assistance! Earn 10 Volunteer Points for helping out with this informative, educational workshop. Thanks to all those who have volunteered already. Email Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org if you can assist with the time slot below:

12:45:1:00 Tear Down (2)

Big Changes in store for the 2011 Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run



NEW! Chip Timing by Great Lakes Championship! The 2011 Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held on the cross country course at Portage West Middle School (7145 Moorsbridge Rd, Portage, MI 49024) at 9:00am on Thanksgiving Day, Thursday, November 24, 2011. Packet Pick-up and Race day registration will be in the middle school cafeteria from 7:30-8:30am. No watches, dogs or strollers are permitted in this unique event. Cut off finish time to be included in official results is 40 minutes. This is no ordinary running event. Dozens of fun holiday themed and running related door prizes will be distributed to participants in the cafeteria at 10:00am sharp. Must be present to win. Awards will be as follows:

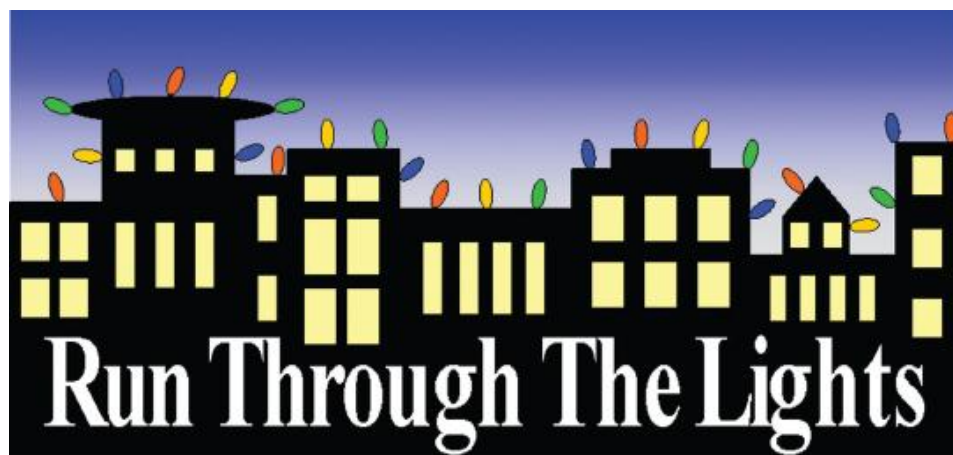
- Top 10 closest actual to predicted time
- Consolation prizes to the overall male and female winners
- “Hamming it Up” price for best costume
- Special award to the individual with the largest in kind donations to our benefitting charities

Event is \$10 (no shirt) for those who preregister by November 21 (\$10 individual/\$40 family cap) and \$15 (no shirt) for late/ race day registration (\$60 family cap). Long sleeve technical shirts may be purchased for an additional \$18 for those who preregister by November 16, 2011.

Suggested donations are underwear (for men, women and children) for the Kalamazoo Gospel Mission and/or toiletries (toothbrush, toothpaste, shampoo) or a small toy for a local charity benefiting Portage area residents in need. Proceeds from registrations and additional online donations will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day monetary donations may be designated directly to any of the 3 benefitting charities.

For more information on the Turkey Trot, visit www.karturkeytrot.wordpress.com or contact Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org or Scott Taylor at scott.taylor@kalamazooarearunners.org.

Join us for Run Through the Lights on December 1, 2011



Join Gazelle Sports and Kalamazoo Area Runners for a festive run through the holiday lights of downtown Kalamazoo. Run Through the Lights is an untimed, non-competitive, fun run and everyone is invited. The event will be held at Gazelle Sports Downtown Kalamazoo at 6:30pm on

Thursday, December 1, 2011. The registration fee is a non-perishable or canned food item(s) which will be donated to the Kalamazoo Loaves & Fishes. Monetary donations will also be accepted online and at the event for Kalamazoo Loaves & Fishes.

Please visit the Gazelle Sports web site (www.gazellesports.com) or KAR web site (www.kalamazooarearunners.org) for additional information on this event. Volunteer opportunities coming soon via the website and the Kalamazoo Area Runners email distribution.

[Click here to register online.](#)

Kalamazoo Area Runners Fanwear Store – Check out our Fall/Winter Line and Order Anytime!

We are pleased to announce the Kalamazoo Area Runners Fan Wear Store is now OPEN through Gazelle Sports! Featured introductory apparel items are:



- Kalamazoo Area Runners Asics Interval Singlet
- Kalamazoo Area Runners Asics Short Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners Asics Long Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners Asics Caldera Jacket
- Fast Track Asics Interval Singlet
- Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

All orders will be delivered to the downtown Kalamazoo Gazelle Sports location. The \$6.95 shipping fee will be deducted from the order when it is fulfilled (there is no shipping charge for store delivery). Customers will be notified via email when the order is ready for pick up. Allow 5-7 additional business days for orders that include an embroidered item.

Yes, there really is a Kalamazoo Area Runners Facebook Group

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

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 415 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.

Next KAR Board Meeting is November 7, 2011

The next KAR Board Meeting is November 7, 2011 at 7:30 pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at 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 **Bonnie Sexton** bonnie.sexton@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

Community Events & Programs

New Community Event: The Hot Chocolate 5k!



Join in and help jump start a brand new community tradition. The Hot Chocolate 5k benefiting Girls on Track is a non-competitive event and everyone is welcome to participate. Walk, run or jog - join us! The event details are as follows:

Date: December 3, 2011 9:30am

Place: Linden Grove Middle School

Entry fees:

Individuals \$25 before November 26/\$30 day of event

Families \$60 before November 26/\$70 day of event

Packet Pick Up: Thursday, December 1 6-9 Kalamazoo Mall Plaza

Online Registration: www.girlsontherunkazoo.org

Training Programs and Group Runs

Beyond Half and Full Marathon Training Program Set to Begin December 17, 2011

Exciting new changes are in store for you as we introduce the 2011 – 2012 Beyond Training Program! Based on your survey results, we will be adding three levels of half marathon and a semi elite marathon regiment to our already existing marathon training program. The 2011 – 2012 Beyond Marathon Training Program is now entering its sixth year since inception and will target the Kalamazoo Marathon, Borgess Run Half Marathon, as well as include schedules targeting Boston. Place the launch date on your calendar. Orientation and Blast Off are Tuesday, December 6 at 7:00pm at Borgess LEC Auditorium.

The Program includes:

- Organized Saturday morning runs at various locations across greater Kalamazoo led by experienced coaches and runners. Our planning team has collective experience organizing and/or coaching The Beyond, The Safari, Fast Track, Borgess Run Camp, Girls on the Run and High School Track and Cross Country.
- Course maps and hydration (water and electrolyte beverages)
- Training Guide containing day-by-day schedules, training materials and more in an electronic or optional hard copy format.
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- KVO gait analysis, core strengthening and stretching clinic
- Blast off party and orientation featuring our famous Yankee Swap door prize giveaway
- A FUN winter experience with shared camaraderie and team spirit.
- Optional educational clinics begin at 7:00am, discussion at 7:45am and runs at 8:00am (Runs begin at 7:30 am starting February).

- 2010 – 2011 Program is \$35 plus Kalamazoo Area Runners membership. Current KAR members receive a \$5 discount on the combined registration fee and membership renewal. Non-member friends may join KAR upon registration.

Program runs December 17, 2011 – April 28, 2012. Build your base mileage now.....

- Half Marathon Training Program participants must be able to run 3 miles comfortably at program start (to enter low intensity program).
- Marathon Training Program participants must be able to run 5 miles comfortably at program start (to enter low intensity program)
- Semi-elite program participants must have a base mileage of at least 50 miles/week at program start, and a goal marathon pace of 3:30 or faster.

For more information please visit www.karbeyond.wordpress.com or contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

A Few Openings Remaining for Beyond Pace Leaders

Enjoy encouraging and motivating others? We have openings for Half and Full Marathon Pace Leaders for the 2011 – 2012 Beyond Marathon Training Program. Half Marathon Pace Leaders will work as a team with our Marathon Pace Leaders to provide leadership to their assigned group members. Available openings are:

Half Marathon (1 position each)

11:30- 12:00

10:30 - 11:00

9:00 – 9:30

7:30 – 8:00

Marathon (1 position)

11:30 – 12:00

Marathon Pace leaders must have completed at least one Marathon and Half Marathon Pace Leaders must have completed one half marathon, be able to commit to 12 of 20 weeks of the program, and meet the requirements in the position description. Pace leaders receive a long sleeve technical shirt courtesy of sponsor Gazelle Sports, 50 KAR Volunteer points, and waiver of the \$35 program fee.

For more information and a position description, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.



Register now for the Kalamazoo Marathon! Cost is currently \$70 and increases to \$85 after November 30, 2011. Register early: The marathon has a 2000 participant cap. Visit www.thekalamazoomarathon.com for more information and online registration.

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

Wednesday night runs from Borgess Health and Fitness Center meet at 6:00pm for midweek long runs of various distances. Contact **Steve Rice** at gostever@gmail.com for more information and to be added to the distribution.

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 2nd long run. Please park and meet by the A-frame building. Contact **Andrew Vidor** at ajvidor@mtu.edu to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in distribution.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs – Varied Locations

Wed Nights at 6:00 pm from Maple Street for a variety of distances. Email **Darrell Harden** at darrell.harden@gmail.com for more information and to be added to the distribution.

Volunteer Program Event – 20 Points to Drop Aid Stations

Club Member Corner

Welcome to Our New KAR Members.....

We are pleased to welcome the following brand new members to the Kalamazoo Area Runners family:

Derek Faase
Jeff Jamison
Christine Jamison
Mike McCallister

**Meet this month's Kalamazoo Area Runners Star:
Introducing Kevin Rabineau**



By Christen McCool

Kevin Rabineau was not always a runner. Although he played intramural basketball in high school, his passion was music. He was a drummer in a rock band through the first years of college, but his fate was sealed when he befriended a group of runners at Lake Superior State College. He had run in the past to stay in shape, but it was at this point that he contracted “distance fever.”

Since being bitten by the running bug, Kevin has racked up quite a few accomplishments as well as over 100,000 miles. In 2006, having just turned 50, he won the Grand Masters Division of the Detroit Turkey Trot with a time of 36:59. He also earned the RRCA National 5K Title for his division in 2007, was the Grand Masters winner of the Detroit Marathon in 2008, and achieved the Master’s RRCA Mid-West Trail Ultra title in 2010 and 2011.

It is the 2007 National Championship that Kevin chooses when pressed to pick a favorite running memory. The temperature was nearly 90 degrees, the course was hilly, and the race was delayed for an hour because of traffic. Despite these obstacles, Kevin felt great with a mile to go and was able to pull away from the Grand Masters runner-up. Even better, his family was there to celebrate the win with him. As Kevin said, “It doesn’t get better than that!”

Kevin also identifies the Kal-Haven Trail Run as a favorite race. He credits race directors, volunteers, and participants for creating an atmosphere which is “competitive yet fun and festive.” Ultra running is what Kevin prefers, although he does generally get “sucked into” a few 5ks each year, despite the fact that he dreads them. (Who doesn’t?)

Kevin has been married to his wife Karen for 33 years, and they have 3 adult children. His day job is the Dean of Art, Sciences, and Regional Education at Kellogg Community College. Kevin is in his

ninth year at KCC and was previously a professor and dean at Olivet College, teaching nutrition and exercise science. He was also a NCAA Division II and III cross country and track coach for 16 seasons. When not running, Kevin enjoys listening to music. He also canoes and spends free time with his family, both here and in the U.P., where he was born and raised.

Running is a central part of Kevin's life. He likes the way that it reduces stress, keeps his mind sharp, and his attitude positive. Good health is very important to him, and running helps him continue to feel young. He loves that every running experience is different: "I get to choose when and where I get my fix. If I want to take it easy, I can. If I want to challenge myself, I can do that too." His favorite workout is a 90 minute hilly run at slightly under 7 minutes/mile, and his preferred location to run is the Fort Custer Recreation Area or around St. Mary's or Gull Lake.

Despite, or perhaps because of, this commitment to the sport, Kevin is very smart about his training. A typical week includes one day of speed or hills and one distance day. He always runs an easy day before each of these runs. The other days are 10K to an hour, with more speed and distance if he has a race coming up. Kevin is careful to avoid overtraining, and this approach has resulted in Kevin's proudest running accomplishment: Running for 40 years with very few injuries. As Kevin says, "It only happens with rest days and good shoes." With this attitude, I am sure that Kevin will attain his ultimate goal of running into his 90s. The shoe comment, by the way, is a reference to the fact that Kevin is a Brooks ID runner. He exclusively wears Brooks and credits them for helping him to perform well and to stay injury-free.

Kevin's next race will probably be the Detroit Turkey Trot. He has now moved into another age division ("Running is one of the few activities in life that has rewards for getting older") and hopes to do well. He will follow his own advice, which is to not "go out too fast in the first 800 meters in short races, or the first mile in longer ones." Kevin provides this great advice as well:

Always have a good time with your running. If you don't hit your mark in a training run or race, re-group and try it again another day. The late-great Walt Stack's advice is always helpful; "start slow and taper off".

Good luck in Detroit, Kevin. We are proud to have such a talented athlete as part of our local running community.

Kudos to our volunteers

Thanks to all those listed below who volunteered to drive for the point to point Safari run and to **Robin Carpenter** for coordinating the efforts.

Kathy Young
Cristi DeDoes,
Sarah Foster
Julie Kendall
Tucker York
Dan Sarkipato
Christine Browning
John Donaldson
Brent and Carolyn Kreiger

Dana Schmitt
Ron Reid
Don Morris

Thanks to our volunteers for the 2011 Halloween Hash Run: Directors **Dave** and **Lorri Walch**, **Katie Walch**, **Britnee**, **Bonnie Sexton**, **Michael Sexton**, **Paige Sexton** and **Randy Middaugh**.

Get involved! We can't do it without you! One hundred-fifty-nine KAR members have volunteered for a club event or program in 2011 and we have more opportunities coming in the next two months. Topping the year-to-date standings for 2011 is **Brian Dobbie** with 230 points, followed by **Steve Rice** with 210 points and **Zachary Baker** with 170 points.

Dobbie,Brian	230
Rice,Steve	210
Baker,Zach	170
Smola,Bob	150
Dale,Natalie	140
Morris,Don	140
Vidor,Andrew	140
Brammer,Mark	110
Orwin,Colleen	110
Orwin,Michael	110
Gates,Nikki	100
Orwin,Charlene	100
Orwin,Jeffrey	100
Shubnell,John	100
Jason,Elaine	90
Kane,Kevin	90
Neel,Michelle	90
Wojtaszek,Julie	90
Batten,Angela	80
MacVicar,Lauren	80
Young,Kathy	80
Zeeb,Peggy	80
Herschel,Susan	70
Rolfe,Jane	70
Spaude,Karen	70
Bertch,Russell	60
Buffenbarger,Marty	60
Ferrara,Laura	60
Fried,Carl	60
Grevenstruk,Michelle	60
Harden,Darrell	60
Johnson,John	60
MacDonald,Cindi	60
Maston,Frank	60
Taylor,Sherri	60

Zeeb, Eric	60
Bolthouse, Carole	50
Boris, Andy	50
Buchanan, Annie	50
Cekola, Joe	50
Cropsey, Tracy	50
Drake, Carrie	50
Durlach, Thomas	50
Goodwin, Phil	50
Hirzel, Andrew	50
Hoffmann, Julie	50
Hulsebus, Joe	50
Hutchins, Terry	50
Jacobs, Katie	50
Keyes, Angela	50
Magill, Cathie	50
Mann, Sherrie	50
Maston, Addie	50
Matyczyn, Sarah	50
Merritt, Dawn	50
Pavlack, Nikki	50
Pickett, Cheryl	50
Poznanski, Bob	50
Reygaert, Mike	50
Stanley, Aaron	50
Stanley, Jody	50
Thierjung, David	50
Thompson, Shane	50
Vogt, Carol	50
Wason, Kim	50
Zahnow, Chuck	50
DeDoes, Cristi	40
Hui, Frank	40
Robinson, Dan	40
Sabin, Stephanie	40
Baker, Heidi	30
Cole, Brandy	30
Cutshall, Shelia	30
Hulsebus, Lana	30
Hungerford, Diane	30
Jayatilaka, Arya	30
Kreiger, Carolyn	30
Middleton, Ginny	30
Richman, Rollin	30
Awadi, Jason	20
Browning, Christine	20
Carlin, Todd	20
Donaldson, John	20

Emenheiser, Tessa	20
Fitzgerald, Jimmy	20
Foster, Sarah	20
Gavlas, Dan	20
Gesmundo, Judah	20
Gilmore, Christine	20
Kreiger, Brent	20
Lake, Christine	20
Lake, Eli	20
Launt, Dan	20
Mitchell, Chrissy	20
Olbro, Teri	20
Perkins, Lissa	20
Reid, Ron	20
Reivitt, Jeremy	20
Root, Troy	20
Ruohonen, Chris	20
Sarkipato, Dan	20
Urban, Sam	20
Vermeulen, Marie	20
Vidor, Mandy	20
Warman, Angie	20
York, Tucker	20
Abbott, Brian	10
Alkemade, Marcel	10
Andrews, Susan	10
Bangs, Francine	10
Betts, Anne	10
Binder, Kate	10
Boner, Pam	10
Boucher, Josie	10
Brooks, Ken	10
Clark, Amy	10
Clark, Ryan	10
Coyne, Tom	10
DeLuca, Rich	10
Emenheiser, Paul	10
Fitzgerald, Taylor	10
Garrison, Aimee	10
Gross, Beth	10
Hanna-Darrell, Joan	10
Hintze, Ferdi	10
Holden, Sara	10
Holden, Tim	10
Hultberg, Patrik	10
Jager, Nancy	10
Jost, Annie	10
Justice, Jim	10

Layne,Jeff	10
Lewis,Deb	10
Lillie,Rob	10
McCool,Christen	10
Meeker,Thomas	10
Middaugh,Randy	10
Mishler,Jim	10
Moore,Chad	10
Moore,Natalie	10
Moss,Anna	10
Motter,Rick	10
Nehil,Tom	10
Pennington,Joel	10
Richman,Teri	10
Sallaz,Corrine	10
Scheffers,Tim	10
Sexton,Michael	10
Sexton,Paige	10
Shehorn,Becky	10
Sigfrids,Mark	10
Simmons,Andrew	10
Snell,Bill	10
Sochor,Tim	10
Sosville,Wendy	10
Stoddard,Brenda	10
Swift,Danielle	10
Turton,Dale	10
Walter,Bella	10
Watts,Sherri	10
Wilhelmi,Jason	10
Yetter,Sarah	10

More than 60 Participants and their Families Participate in the 2011 Kalamazoo Area Runners Halloween Hash Run and Kids- Trick or Treat Hash Run

The 2011 Halloween Hash Run and Kids' Trick or Treat Hash Run, Directed by **Dave and Lorri Walch** provided fun for all ages as more than 60 participants and their families explored the trails of Kalamazoo Valley Community College and Al Sabo Preserve on Saturday, October 22, 2011.



The nineteen participants in the adult hash run explored anywhere from 3 to 4 miles of wildlife, depending on how successful they were at navigating the true and false trails of the mazelike course. Demonstrating strong navigational as well as running skills and finishing first overall male was **Derek Faasse** of Kalamazoo with a time of 27:51:00. Derek was also the winner of the “Lost Glove” award, rescuing Lori Walch’s lost glove from the haunted Al Sabo Forest. Overall female winner was **Kim Courtney**, finishing in 35:40:00.



Forty-two children age twelve and under and their parents participated in the Kids’ Trick or Treat Hash, searching for candy throughout a shorter half mile trail. They followed ghostly markers through the woods. Spiderman, princesses, Captain America, an alligator, parrot, a surgeon, a screamer, a lady bug, a police officer and a trio of ballerinas were just a few of the many characters that could be found in the woods Saturday morning.



Sincere thanks to the many participants and their families, volunteers and businesses for making the 2011 Halloween Hash Run possible. Serving as Race Directors were **David** and **Lori Walch** and volunteering for the event were **Katie Walch** and her friend **Britnee**, **Bonnie Sexton**, **Michael Sexton**, **Paige Sexton** and **Randy Middaugh**.

Refreshments and prizes were thanks to the generosity of **D&W**, **Great Harvest Bread Company**, **Lee's Sporting Goods**, **Meijer**, **Sweetwater's Donut Mill** and **Verhage Orchards**.

[Click here for Adult Halloween Hash Run Results](#)

2011 Grand Rapids Half and Full Marathon Results

Full Marathon

Name	Time
Renee Adleman	5:47:49
Francine Bangs	4:40:38
Brett Beier	4:55:54
Russell Bertch	3:23:17
John Brady	4:13:46
Bob Byers	4:12:45
Jeff Cavanaugh	3:40:47
Lisa Cavanaugh	4:00:58
Nicole Clement	3:01:03
Fred Colbert	3:45:00
Liz Coleman	3:34:27
Robert Cubbage	4:05:02
Daniel Damaska	3:09:39
Gretchen Dettloff	3:28:15
Eric Esman	3:34:33
John Fiore	4:19:24

Kristin Fiore	4:13:15
Teddy Foote	3:58:37
Teresa Fulcomer	4:18:00
Ryan Geers	3:12:47
Amber Gensch	4:11:03
Angela Goodrich	3:48:55
George Granger	4:23:30
Gordon Greenland	3:49:08
Stacey Hartman	5:59:26
Joanna Hathaway	3:30:17
Gary Howell	4:31:53
Patrik Hultberg	3:28:26
Erin Kucera	4:46:39
Jody Lemmer	5:59:20
Tim Lynch	3:46:06
Cindi MacDonald	4:15:50
Steve MacDonald	4:07:18
Dean MacVicar	3:55:05
Dean MacVicar	3:55:05
Lauren MacVicar	3:55:05
Jason Marchal	3:51:42
Jonathan Marsh	3:12:48
Ralph Meyer	3:56:10
Amy Montanye	5:01:27
Derick Myers	3:26:26
Zach Novak	4:39:05
Mark Novotny	3:17:59
Kerri Olsen	3:53:55
Emily Pearson	5:12:18
Joel Pennington	4:11:27
Robert Poznanski	4:06:01
Steve Randolph	3:52:07
Jeremy Rievitt	
Michael Reygaert	4:08:30
Christie Ruesink	5:59:26
Damian Ruesink	4:13:53
Tim Scheffers	4:14:25
Christy Seitz	4:05:11
Bonnie Sexton	3:36:50
Benjamin Siems	3:41:11
Mark Sikkila	3:48:54
Frank Silva	4:13:48

Bob Smola	4:43:18
Aaron Stanley	3:23:46
Brian Unser	5:09:48
Scott VanLoo	3:56:11
Mechelle Woznicki	6:05:36
Kathy Young	5:59:20

Half Marathon

Name	Time
Aaron Aulgur	1:44:01
Bruce Barua	2:15:21
Jordan Bast	1:56:27
Tyanna Beeke	2:12:38
Annie Buchanan	2:19:24
Bryce Buffenbarger	2:37:52
Amy Callahan	2:43:11
Rebecca Christianson	2:30:38
Becky Clark	2:28:07
Brandy Cole	2:08:40
Katie Conor	3:12:58
Lori Cupp	1:48:19
Cristi DeDoes	1:51:21
Sherri Dutton	1:46:29
Rachel Farrell	1:50:16
Laura Ferrara	1:57:16
Joy Gardner	3:00:35
Nikki Gates	2:16:30
Nancy Greer	2:21:50
Michelle Grevenstuk	1:28:46
Sara Holden	2:34:01
Diane Hungerford	2:48:58
Katie Jacobs	2:20:02
Nancy Jager	2:09:04
Chelsey Jones	1:58:00
David Koenig	2:18:44
Rachel Konieczka	3:04:24
Blaine Lam	1:59:51
Edie Lane	1:59:02
Jim Lawrence	2:11:44
Avril Leach	2:08:21
Frank Maston	2:44:27
Sarah Matyczyn	1:58:45
Renee Mercer	2:19:39
Amy Mick	2:30:38
Don Morris	1:43:23
Rick Motter	1:36:05

David Neely	1:53:57
Teri Olbrot	2:25:21
Dick Phillips	3:31:01
Cheryl Pickett	2:01:43
Laura Rusk	2:19:45
Stephanie Sabin	1:50:06
Jeff Saint	1:19:40
Robert Smith	1:54:45
Christine Solberg	2:05:33
Jennifer Starr-Reivitt	2:05:21
Brenda Stoddard	1:46:59
Daniel Sturgeon	1:41:52
Jim Teeter	1:56:05
Laura Vander Beek	2:19:44
Joel VanderKooi	1:26:17
Judy Worden	2:31:12
Dale Wyatt	1:45:48
Jennifer Wyatt	2:14:41
Tylina Zimmerman	2:35:20

2011 Chicago Marathon Results

Awadi	Jason	4:28:57
Beier	Brett	4:37:56
Binder	Kate	4:30:21
Boris	Andy	3:17:00
Brooks	Kenneth	3:11:39
Carroll	Kim	5:05:15
Colbert	Fred	3:46:24
Dehnke	Pamela	5:03:39
Diggs	Christina	5:43:14
Donaldson	John	4:37:00
Durlach	Thomas	3:28:55
Fabi	Anthony	4:37:00
Fabi	Michele	4:59:53
Foster	Rachel	5:10:40
Foster	Sarah	6:13:09
Geers	Ryan	2:56:13
Greer	Bill	3:08:08
Harris	Emily	4:50:18
Hollis	Lauren	3:48:19

Jones	Chelsey	3:31:24
Kane	Kevin	3:33:34
Layne	Jeff	2:54:50
Marsh	Jonathan	2:58:51
Meyer	Ralph	3:44:54
Montilla	Patricia	4:19:36
Moss	Anna	4:29:05
Nelson	Sarah	5:39:40
Newby	Lesa	5:36:50
Norton	Hannah	3:03:35
Oostveen	Robert	6:07:24
Pearce	Tom	4:59:02
Poznanski	Robert	4:16:30
Reitz	Joe	3:19:27
Roberts	David	4:19:46
Roberts	Terry	4:49:18
Scheffers	Leslie	3:16:17
Seiser	Stephen	5:28:43
Shaffer	Amy	5:33:22
Smith	Jordan	5:04:15
Sochor	Tim	3:26:53
Sundberg	Nancy	4:52:40
Tavernit	Rachelle	4:35:46
Karen	Townsend	4:45:32
Vanloo	Scott	3:41:02
Wilkin	Delaina	4:29:21
Wilson	Tracy	4:31:04
Wise	Brandon	2:59:46
Wyatt	Dale	4:07:30
Wyatt	Jennifer	5:08:44

2011 Detroit Free Press Half and Full Marathon Results

Full Marathon

Name	Time
Zachary Baker	3:02:47
Darla Brown	3:33:09
Jennifer Burhans	4:47:36
Heather Byrd	5:19:49
Joe Cekola	4:14:55
Christine Lake	4:07:32
Laura MacLeod	4:03:44

Ginny Middleton	5:54:34
Michelle Neel	3:08:51
Ann Olson	3:36:33
Ronald Reid	5:05:14
Jane Rolfe	5:52:35
Ailese Scott	3:56:32
Tim Wendt	4:21:49
Julie Wojtaszek	3:49:54
Peggy Zeeb	3:33:09

Half Marathon

Name	Time
Jeff Baas	2:25:19
Heidi Baker	1:58:42
Angela Batten	1:58:24
Denise Downer	2:10:33
Supriya Ghorpade	2:37:50
Kristin Hanson	2:31:13
Angela Keyes	2:05:00
Luke Lori	2:12:15
Stacey Lyon	2:25:21
Michael Nasuta	1:17:38
Melissa Powell	2:17:53
Bryan Proper	2:48:05
Corrine Sallaz	2:04:58
Noreena Svoboda	2:18:00
Jason Wilhelmi	2:05:59

Kalamazoo Area Runners does not endorse any specific political or religious viewpoint of partners, sponsors, and benefiting or otherwise listed organizations