

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

- Fred Lebow, New York City Marathon co-founder

April 28, 2013

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

## The Kalamazoo Area Runners

# Rundown

### Honoring Those Impacted at the 2013 Boston Marathon



**By Bonnie Sexton**

No other time in history as demanded resiliency on the part of the running community than the last six months. Just as the east coast was recovering from the devastating aftermath of hurricane Sandy, and the resulting cancellation of the ING New York Marathon, the events that unfolded at the 117<sup>th</sup> Boston Marathon on April 17, 2013 once again rocked not only the running community, but the entire world. Two of our nations' largest and most prestigious marathons were marked by tragedy. When our local runners travelled to Boston this year, it was to celebrate their running achievements by experiencing one of the



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world's most prestigious and oldest running events. The pinnacle of road racing, qualifying for the Boston Marathon is a lifetime achievement most runners can only dream of. The City of Boston embraces the marathon, which coincides with Patriots Day. From Hopkinton to Boston proper, the crowds line the streets, many of them children counting the number of high fives they can elicit from the runners.



2013 Boston Marathoners (from left) Bill Greer, Lauren MacVicar and Mark Sigfrids all finished before the explosions

I have run the Boston Marathon and crossed the famous finish line on Boylston Street 3 times, in 2005, 2007 and 2009, and each time the experience and sense of exhilaration as I approached the finish line was beyond comparison. It is place of celebration, of great achievement, and for many, self-actualization.

This year, thirty-eight local runners from the greater Kalamazoo/Portage/Battle Creek area were registered to run the Boston Marathon (plus KAR member Aaron Stanley, who recently relocated out of state to Indiana). With Aaron, 17 of our local participants were KAR members. It was determined five of the registered entries ended up not running, 32 crossed before the explosions, and 2, KAR member Dean MacVicar and Diane Ebaugh, were rerouted.

Once the local running community became aware of the explosions, social media became the fast way to obtain updates on the status of our local participants. Runners and media

## 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: eSoles [www.esoles.com](http://www.esoles.com) which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position. For more information contact Daryl Prater at [praterd@aol.com](mailto:praterd@aol.com)



### BORGESS HEALTH AND FITNESS CENTER

The Borgess Health and Fitness Center is offering KAR members their corporate discount rate of \$99 initiation fees (50% off) for new members (\$50 each additional associate). Subject to change with future facility rate increases. For more information, call 552.2348.



worked together and by the evening we were able to confirm all the local runners were safe. They were safe, but yet even for those not directly impacted, things weren't and never would be the same. The usual post-Boston Marathon banter surrounding finish times and PR's was replaced by a time of healing, reflection and how those directly impacted could be honored and supported. Some vowed they would never run a big city marathon again; others were more determined than ever to go to Boston next year, and not allow the attack to gain victory through instilling fear.



2013 Boston Marathon, Dean MacVicar (2<sup>nd</sup> from left) was less than 1/2 mile from the finish line when the explosions occurred and was among those who were rerouted.

The Tuesday immediately following the Boston Marathon bombing, KAR member Brett Beier posted an informal Solidarity Run run to the Kalamazoo Area Runners Facebook page, and more than 200 runners converged at Celery Flats to run the Bicentennial Trail to honor all those impacted. Less than a week later, running stores across the country (including our own Gazelle Sports) hosted a Boston Charity Run to benefit the victims and their families, with proceeds going to One Fund Boston.

Massachusetts Governor Deval Patrick and Boston Mayor Menino announced the formation of The One Fund Boston as a formal charity to benefit those most impacted by the Boston Marathon tragedy. More information on the announcement and the opportunity to give (if you haven't already done so through the Boston Charity Run) can be found at [One Fund Boston](#).

continued...

## AGILITY PHYSICAL THERAPY

KAR members receive \$10 off specialty services at Agility Physical Therapy and Sports Performance including:

- Gait Analysis
- Lactate threshold testing for heart rate monitor training
- Biomechanical evaluation for orthotic recommendations
- Lower quarter screen for proper posture and bike fit
- Comprehensive musculoskeletal assessment and sport specific training program
- S2P.E.A.K plyometric jump training program for performance enhancement and knee injury prevention

Visit [www.agilitysportsmedicine.com](http://www.agilitysportsmedicine.com) for locations and contact information.



## IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit [www.inthezonefitness.com](http://www.inthezonefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbr2000@tds.net](mailto:swalbr2000@tds.net).



## PEDAL BICYCLE

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit [www.pedalbicycle.com](http://www.pedalbicycle.com). Provide the 2013 KAR discount code to receive the discount.



While we first and foremost are thankful our local Boston Marathoners and their families are safe, may we also honor our local heroes during a time of healing and in celebration of their achievements.

### 2013 Greater Kalamazoo/Battle Creek/Portage Boston Marathoners

Altman, Lisa	Saint Joseph	3:20:30
Benoit, Kaitlyn M.	St. Joseph	3:49:46
Benting, Mary J	Hastings	3:39:54
Blackwell, Eric	Kalamazoo	USA
Boersma, Heather J.	Kalamazoo	3:49:17
Bryant, John A.	Kalamazoo	3:49:01
Bunt, Rachel A.	Mattawan	3:28:55
Chopp, Calvin C	Allegan	2:55:33
Clary, Amy E.	Portage	N/A
Coleman, Liz	Galesburg	3:44:07
Condlyffe, Pamela J.	Battle Creek	3:58:29
Cook, Christie (KAR)	Kalamazoo	3:45:29
Dettloff, Gretchen (KAR)	Kalamazoo	3:48:03
Drake, Caroline A. (KAR)	Kalamazoo	3:48:39
Ebaugh, Diane	Hastings	Rerouted
Fritz, Sandra L.	Kalamazoo	3:59:01
Gephart, William J. (KAR)	Kalamazoo	3:52:14
Goodwin-Kelly, Mary Kate (KAR)	Kalamazoo	N/A
Greer, Bill (KAR)	Kalamazoo	3:11:51
Kenny, Ed (KAR)	Kalamazoo	3:11:05
Krzan, Noah	Kalamazoo	3:11:11
Kuchta, Hugh	Kalamazoo	4:23:51
Macvicar, Dean (KAR)	Kalamazoo	Rerouted
Macvicar, Lauren (KAR)	Kalamazoo	3:28:32
Miller, Merlin	White Pigeon	2:57:38
Novotny, Mark J. (KAR)	Kalamazoo	N/A
O'Hearn, Michael	Saint Joseph	4:00:32
Opel, Jonathon	Delton	N/A
Randolph, Sara A.	Sturgis	3:48:40
Reames, Nicole E	Richland	3:33:52
Reynolds, Lesa M	Marshall	N/A
Scheffers, Leslie (KAR)	Portage	3:12:14
Sigfrids, Mark L (KAR)	Kalamazoo	3:47:02
Slack, Karen E.	Battle Creek	3:54:33

continued...

### BRONSON ATHLETIC CLUB

Beginning January 1, 2013, KAR members may join Bronson Athletic Club for a \$199 initiation fee, a deep discount off the regular initiation fee of \$395, and receive the first month primary membership dues free. For more information on joining, contact membership at 544-3200 or stop by and mention KAR.



### DRINK 2 YOUR HEALTH

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



### TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



Sochor, Timothy R. (KAR)	Kalamazoo	3:52:01
Waterman, Mike (KAR)	Marcellus	3:37:34
Wegner, Zachery (KAR)	Kalamazoo	2:58:27
Yetter, Sarah (KAR)	Kalamazoo	3:51:24

## Hot Club News and Events

*“We run this town”*

### Attention Early Risers! Kalamazoo Area Runners is Evaluating the Possibility of hosting an Early Morning Group Run



Is your busy schedule interfering with attending our midweek evening group runs? Kalamazoo Area Runners is exploring the possibility of organizing an early morning group run from either the Portage YMCA or Maple YMCA (possibility of shower facilities for those who work during the day) and need your feedback!!! If you are interested in participating in or leading/co-leading an early morning group run, please take our brief survey. The Board of Directors will review your feedback and make a decision based on membership and group run director interest.

[Click here to begin survey](#)

### Leadership Team Appointments and Changes

Kalamazoo Area Runners is pleased to announce the following leadership team appointments.

We are pleased to announce **Eric Burnson** has been appointed to the KAR Executive Board to serve as interim Vice President,

## Board of Directors

Bonnie Sexton

*President*

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



Chris Huff

*Vice President*

[Christine.huff@kalamazooarearunners.org](mailto:Christine.huff@kalamazooarearunners.org)



Karen Christensen

*Treasurer*

[Karen.christensen@kalamazooarearunners.org](mailto:Karen.christensen@kalamazooarearunners.org)



Andrea Nixon

*Secretary*

[Andrea.nixon@kalamazooarearunners.org](mailto:Andrea.nixon@kalamazooarearunners.org)



Amy Clark

*Vice President, Special Events*

[Amy.clark@kalamazooarearunners.org](mailto:Amy.clark@kalamazooarearunners.org)



Technology. Officers submitting intent midterm are appointed by board vote on an interim basis. Sincere thanks to Eric for volunteering for this leadership position with the Kalamazoo Area Runners.



Brandon Van Dusen has been appointed as single digit group leader for the Thursday Evening Portage YMCA Runs

**Brandon Van Dusen** has been appointed by the President as a Group Run Director for the Thursday Evening Runs from the Portage YMCA, replacing **Bonnie Sexton**. Brandon, who will be leading the single digit (10:00 min and faster) runners, will be partnering with double digit (10:00 min and slower) group leaders Teri Olbrot and Laura Sandahl. Sincere thanks to Brandon for stepping into this leadership position.

Brandon previously served as a half marathon team leader for the Beyond Half and Full Marathon training program, and also filled in occasionally as Thursday Night Group Run Director. Bonnie will be focusing time and energy on responsibilities as Board President, as well as growing existing/additional group runs, directing the Fast Track 5k & 10k Training Program, The Kalamazoo Klassic (with Carole Bolthouse), The Turkey Trot

## Board Members Continued

*Eric Burnson*  
*Vice President, Technology*

## Event and Program Directors

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

Angela Batten  
*Director, Indoor Track Workouts*  
[Angela.batten@kalamazooarearunners.org](mailto:Angela.batten@kalamazooarearunners.org)

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

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

Carole Bolthouse  
*Director, Kalamazoo Klassic (KAR)*  
[Carole.bolthouse@kalamazooarearunners.org](mailto:Carole.bolthouse@kalamazooarearunners.org)

Bonnie Sexton  
*Director, Fast Track Training*  
*Director, Portage Winter Blast Half Marathon & 5k*  
*Director Kalamazoo Klassic (MRC)*  
*Director, Thursday Night Run at Portage YMCA*  
*Team Captain, Race for the Cure*  
*Director, Turkey Trot Time Prediction 5k Run*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Marie Billen  
*Director, Children's Easter Egg Hunt Dash*

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

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

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

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

Amanda Losch  
*Director, External Email Marketing*  
[Amanda.losch@kalamazooarearunners.org](mailto:Amanda.losch@kalamazooarearunners.org)

Time Prediction 5k Run and the Winter Blast Half Marathon & 5k.

We wish **Beth St. John** a fond farewell and wish her the very best in her relocation to Lansing. Beth served on the Battle Creek Subcommittee, The Beyond Committee (as communications coordinator), Group Run Co-Director for The Thursday night runs in Battle Creek (with Stephanie Demarest) and filled in as director for the Sunday afternoon group runs in Battle Creek. Beth was also instrumental in the launch of the Battle Creek Fast Track program and served as a coach for the Kalamazoo Fast Track Program. Sincere thanks to Beth for her contributions to both the Battle Creek and Kalamazoo/Portage Running communities. She will be deeply missed, and made a huge impact on Kalamazoo Area Runners and the running community during her short time in Southwest Michigan.



Beth St. John in the NYC Marathon

## Event and Program Directors continued.....

Maggie Austin  
*Director, Fast Track Battle Creek*

Stephanie Sabin  
*Director, Run Through the Lights  
(with Dana Schmitt from Gazelle)*  
[Stephanie.sabin@kalamazooarearunners.org](mailto:Stephanie.sabin@kalamazooarearunners.org)

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

Sherri Enlow (along with Pat Enlow  
and Teresa Redmond)  
*Director, Wed Night Portage YMCA  
Runs*  
[Sherri.enlow@kalamazooarearunners.org](mailto:Sherri.enlow@kalamazooarearunners.org)

Teresa Redmond (along with Pat and  
Sherri Enlow)  
*Director, Wed Night Portage YMCA  
Runs*  
[Teresa.redmond@kalamazooarearunners.org](mailto:Teresa.redmond@kalamazooarearunners.org)

Laura Ferrara  
*Director, Wednesday Night Runs  
Maple Street Magnet School*  
[Laura.ferrara@kalamazooarearunners.org](mailto:Laura.ferrara@kalamazooarearunners.org)

Teri Olbrot (along with Bonnie Sexton,  
Laura Sandahl)  
*Co-Director, Thursday Evening Runs*  
*Director, Children's Easter Egg Hunt  
Run*  
[teri.olbrot@kalamazooarearunners.org](mailto:teri.olbrot@kalamazooarearunners.org)

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

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

Zachary Baker  
*Director, Marketing Promotions*  
[Zach.baker@kalamazooarearunners.org](mailto:Zach.baker@kalamazooarearunners.org)

Leslie Scheffers  
*Director, Volunteer Program*  
[Leslie.scheffers@kalamazooarearunners.org](mailto:Leslie.scheffers@kalamazooarearunners.org)

Cindi Macdonald  
*Co-Director, Safari Training Program*  
[Cindi.macdonald@kalamazooarearunners.org](mailto:Cindi.macdonald@kalamazooarearunners.org)

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## Leadership Team Opportunities

### **BOARD POSITIONS**

#### ***Vice President Marketing and Communications***

The Vice President Marketing and Communications serves on the Executive Board and assists Event and Program directors and Board Members with promoting their events and programs and membership, marketing strategy and content management. Regular attendance at Board Meetings is required (7:30 pm the first Monday of most months (July and Sept are second Monday). For more information and a job description, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

#### ***Vice President of Development***

The Vice President Development serves on the Executive Board and assists Event and Program directors with sponsorship solicitation, sponsor structure development and sponsor acknowledgements. Regular attendance at Board Meetings is required (7:30 pm the first Monday of most months (July and Sept are second Monday). For more information and a job description, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

#### ***Director of Expo Marketing***

Andrea Gooch is stepping down from her position as Director, Expo Marketing due to school and work commitments. Sincere thanks to Andrea for her efforts coordinating our attendance at Expos. This position is now available and serves to coordinate our KAR Expo Table at the Kalamazoo Marathon, YMCA Healthy Kids Day Run, Kalamazoo Klassic, and One One Run Expos, as well as corporate wellness fairs. For more information and a job description, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org/](mailto:bonnie.sexton@kalamazooarearunners.org/)

#### ***Co-Director, Thursday Evening Runs – Battle Creek***

We are seeking 1-2 individuals to partner with Stephanie Demarest in leading the weekly Thursday evening group runs in Battle Creek at 6:00pm. Runs vary in location, but are currently meeting at Riverside Elementary and running in Riverside Park (same location as Battle Creek Fast Track). For more information and a job description, contact **Judah Gesmundo** at [JIG@wkkf.org](mailto:JIG@wkkf.org)

## Event and Program Directors continued.....

Steve Rice  
*Director, Wed Night Borgess Health and Fitness Center Runs*  
*Director, Beyond Training Program*  
[Steve.rice@kalamazooarearunners.org](mailto:Steve.rice@kalamazooarearunners.org)

Stephanie Demarest  
*Director, Thursday Night Runs in Battle Creek*  
*Director, Fast Track Battle Creek*  
[Stephanie.demarest@kalamazooarearunners.org](mailto:Stephanie.demarest@kalamazooarearunners.org)

Beth St. John  
*Director, Thursday Night Runs in Battle Creek*  
*Director, Beyond Training Program*  
[Beth.stjohn@kalamazooarearunners.org](mailto:Beth.stjohn@kalamazooarearunners.org)

Renee Mercer  
*Director, Tuesday Morning Runs in Battle Creek*  
[anreelca@gmail.com](mailto:anreelca@gmail.com)

Brett Hall  
*Director, Sunday Afternoon Runs in Battle Creek*  
[anosmic.runner@gmail.com](mailto:anosmic.runner@gmail.com)

Nikki Gates  
*Director, Member Reception Runs*  
[Nikki.gates@kalamazooarearunners.org](mailto:Nikki.gates@kalamazooarearunners.org)

Karen Christensen  
*Director, Member Reception Runs*  
[Karen.christensen@kalamazooarearunners.org](mailto:Karen.christensen@kalamazooarearunners.org)

John Olbrot  
*Director, Database Administration*  
[John.olbrot@kalamazooarearunners.org](mailto:John.olbrot@kalamazooarearunners.org)

Judah Gesmundo  
*Chair, Battle Creek Subcommittee*

Lynn Scherer  
*Chair, Battle Creek Subcommittee*

Leslie Scheffers  
*Director, Volunteer Program*  
[Leslie.scheffers@kalamazooarearunners.org](mailto:Leslie.scheffers@kalamazooarearunners.org)

Beryl Siegel  
*Director, Online Registration*  
[beryl\\_jwang@yahoo.com](mailto:beryl_jwang@yahoo.com)

Marie Billen  
*Director, Easter Egg Hunt Run*  
[Marie.billen@kalamazooarearunners.org](mailto:Marie.billen@kalamazooarearunners.org)



**Co-Director, Sunday Afternoon Runs – Battle Creek**

We are seeking 1-2 individuals to partner with Matt Santner and Gale Fisher in leading the weekly Sunday afternoon runs in Battle Creek at 2:00pm. Runs vary in location. For more information and a job description contact **Judah Gesmundo** at [JIG@wkkf.org](mailto:JIG@wkkf.org)

**Fast Track 10k and 5k Coaches**

We are seeking coaches for the Fast Track 5k/10k Intro to Speedwork and Competitive Speedwork for a variety of paces, based on the following VDOT bands and lactate threshold pace range (you can get your lactate threshold pace range by plugging a recent race time into the McMillan Running Calculator ([www.mcmillanrunning.com](http://www.mcmillanrunning.com))). Use the tempo interval pace range generated.

<u>Group</u>	<u>VDOT</u>	<u>Lactate Threshold Pace Range</u>
A	<31	> 10 min miles
B	32 - 35	9:00 - 10:00 min miles
C	36 - 38	8:30 - 9:00 min miles
D	39 - 41	8:00 - 8:30 min miles
E	42 - 44	7:30 - 8:00 min miles
F	45 - 48	7:00 - 7:30 min miles
G	49 +	< 7:00 min miles

We also need coaches for the following pace ranges for the new 5k to 10k Step-Up Transitional Program:

- 8:00 and faster
- 8:00 – 9:00
- 9:00 – 10:00
- 10:00 – 11:00
- 11:00 – 12:00
- 12:00 and slower

Program runs July 9 – September 10, 2013 and targets the Peacock Strut. Contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) for more information and a job description.

**Join us for our 35<sup>th</sup> Anniversary! 2013 Kalamazoo Klassic Registration Now Open!**



The Thrill, The Will and The Hill! Registration for the 2013 Kalamazoo Klassic is now OPEN!!! MRC Industries, Inc. and the Kalamazoo Area Runners are proud to present the 35th Annual Kids' Klassic,

Kalamazoo Klassic 5k, 10k and Pump n' Run June 14<sup>th</sup> and 15<sup>th</sup> 2013. The purpose of the Kalamazoo Klassic is to promote diversity, community and overall health and well-being while raising funds that benefit individuals with disabilities. Both the 10k and 5k events serve as the RRCA state championship events. Members of Kalamazoo Area Runners receive a \$5 discount by entering the four digit discount code. Participants can run the 5k, 10k or both.

Nearly 200 volunteers are needed Friday afternoon & evening and Saturday morning. For more information on participating or volunteering, visit [www.kalamazooklassic.org](http://www.kalamazooklassic.org).

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## 2013 YMCA Healthy Kids Day Run

Friday, May 17, 2013  
Check in and late registration 4:30 – 5:30pm  
Running events begin at 6:00pm  
Portage West Middle School  
7145 Moorsbridge Road, Portage

Click [here](#) for more information and registration.

It's far more than a race; it's an evening of family fun! Kalamazoo Area Runners is a proud sponsor and member of the organizing committee of the YMCA Healthy Kids Day run scheduled **Friday, May 17, 2013 @6:00 pm at Portage West Middle School**. Preschool age children age 4 and under will participate in a in a short tot run while children ages four through twelve participate in a one mile fun run. Festivities will include an obstacle course and other family fun activities, t-shirts, post-run refreshments and more. Cost is \$10 for the one mile run/\$5 for the tot run (no shirt). **Must register by May 13 to guarantee t-shirt**. Participants can register by mail, phone (269.324.9622), online or in person at the Portage YMCA branch. Race day registration is \$15.

[Click here for more information and registration](#)

For questions regarding the event, contact **Don Seibert** at [daseib@kzooyymca.org](mailto:daseib@kzooyymca.org).

### **Volunteers Still Needed!**

Volunteers for the 2013 YMCA Healthy Kids Day Run receive a volunteer t-shirt, earn 10 KAR points and have fun at the same time. Contact **Robin Carpenter** at [robin.carpenter@kalamazooarearunners.org](mailto:robin.carpenter@kalamazooarearunners.org) if you can assist with the following opportunities:

- Expo table (including set-up & tear down) 4:00 – 7:30 (2 - volunteers)
- Aid Station Volunteers (including set up & tear down 5:00 – 7:00pm (2 – 4 volunteers)
- Finish Line Ribbon Distribution and Triage (cheering, encouraging, greeting and guiding runners through the finish) 6:00 – 7:00 pm (4 – 8 volunteers)
- Tear down start/finish line – immediately following event until about 7:30 pm (2-4 Volunteers)

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## Kalamazoo Area Runners Fanwear Store

Check out our complete line of KAR and Beyond Training Program apparel via the Kalamazoo Area Runners Fanwear Store at Gazelle Sports.



- Kalamazoo Area Runners Asics Interval Singlet
- Kalamazoo Area Runners Asics Short Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond Asics Long Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond 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. Unembellished sample of the apparel are available to try on in the store.

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## Regional Race Discount Program

Vice President **Chris Huff** has been hard at work expanding our membership benefits menu by reaching out to regional race directors to secure discounts for club members. For more information or the discount code on any of these events, contact Chris at [christine.huff@kalamazoorearunners.org](mailto:christine.huff@kalamazoorearunners.org).

<i>Event</i>	<i>Date</i>	<i>Discount</i>	<i>Restrictions</i>
Kalamazoo Mud Run	6/8/2013	\$5 off adult	
Charlevoix Marathon and Half	6/22/2013	\$7	
Duo at the Ledge Half	7/4/2013	\$35/\$15/\$40	Through 5/30/13
Run for Your Heart Half Marathon	9/7/2013	\$2	
Capital City River Run Half	9/14/2013	\$5 off	200 KAR members
Wildlife Marathon and Half	10/13/2013		Pooled mail in only
Grand Rapids Half & Full Marathon	10/2/2013	\$7	

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## 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 446 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.

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### Next KAR Board Meeting is June 3, 2013

The next KAR Board Meeting is Monday, June 3, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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## Club Series Events

### Kalamazoo Area Runners Introduces the Club Championship Series Line-up for 2013.



2012 Peacock Strut 5k

Kalamazoo Area Runners is pleased to introduce the line-up for the 2013 Club Championship Series. Events participating in the Race Discount Program offer a \$2 discount to KAR members (Borgess

Run for the Health of It is grandfathered) and are automatically included in the Club Championship Series. New this year, we welcome the B.C. Spring into Action 5k & 10k, Mattawan Wildcat Road & Trail 5k, Zoo City Mile and Sherman Lake TNT 5k & 10k. The Club Championship Series is now capped at 40 individual races.

To receive the race discount, members of Kalamazoo Area Runners should enter the 4-digit discount code upon registration. Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series awards celebration in November 2013. Time points are added for each runner's best 9 races. Time points = winner time/runner time x 100.

For more information on the Club Championship Series, visit [Club Championship Series](#)

### **2013 Club Championship Series & Race Discount Program**

- [The Shamrock](#) 5k (\$5 discount), March 23, 2013
- [OEC Eco Trail Race](#) 4k & 8k (10% discount), April 20, 2013
- [Consumers Sunburst](#) 5k & 10k (\$5 discount), April 20, 2013
- [B.C. Spring Into Action](#) 5k & 10k, April 27, 2013
- [Vicksburg Hearty Hustle](#) 5k (preregistration only), May 11, 2013
- [Oaklawn Hospitality Classic](#) 5k & 10k, May 18, 2013
- [Howard Hill Hustle](#) 5k (\$5 discount), May 18, 2013
- [Komen Race for the Cure](#) 5k (\$4 online by Apr 1/\$3 online by May 16/\$2 race day), May 19, 2013
  
- [K5K \(Kalamazoo 5K\)](#) 5k (preregistration only), May 25, 2013
- [Run to Climax](#) 7k, May 27, 2013
- [Cereal City Classic](#) 5k & 10k (online only), June 8, 2013
- [Plainwell Education Foundation Racin' the Island](#) 5k & 10k (preregistration only), June 13, 2013
- [Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 15, 2013
- [Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 22, 2013
- [Schoolcraft Firecracker](#) 5 Mile, July 4, 2013
- [Pace for Poverty](#) 5k & 10k, July 4, 2013
- [Kindleberger](#) 5k, July 13, 2013
- [Mattawan Road & Trail](#) 5k, August 3, 2013
- [Otsego Ready or Not](#) 5k (\$5 online until noon July 13, \$2 after), August 3, 2013
- [Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 10, 2013
- [Zoo City Mile](#) 1mi (preregistration only), August 15, 2013
- [Allegan Strides for Health](#) 5k (preregistration only), August 17, 2013
- [Grape Lake](#) 5k (preregistration only), September 7, 2013
- [Peacock Strut](#) 5k & 10k, September 14, 2013
- [Sherman Lake TNT](#) 5k & 10k (preregistration only), September 22, 2013
- [Run for the Son](#) 5k, September 28, 2013

### **2013 Club Championship Series Only (no discount)**

- [Borgess Run for the Health of It!](#) 5k, Half Marathon, & Kalamazoo Marathon, May 5, 2013
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## Vicksburg Hearty Hustle 5k May 11, 2013



The 26<sup>th</sup> Annual Vicksburg Hearty Hustle 5k Run and Walk is scheduled for Saturday, May 11, 2013: The race starts at Vicksburg Stadium, 501 E. Highway (High School) and KAR members earn Club Championship Series points and receive a \$2 discount (preregistration only).

Pre-registration Friday night at Sunset Lake Elementary 4:30-7:00 pm or register Saturday morning 7:30-8:30 am (additional fee) at the VHS Stadium, 5K Run and Walk 9:00 am, Fun Walk 9:02, Baby Bolt 10:00, Awards 10:15. Any questions, call 321-1022.

You can also go directly to [www.signmeup.com/91307](http://www.signmeup.com/91307) to register online.

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## Oaklawn Hospitality Classic 10k & 5k May 18, 2013

Join us for the 31st Annual Event! Oaklawn Hospital's Hospitality Classic is an example of Oaklawn's dedication to keeping the community healthy by encouraging individuals and families to foster healthy lifestyles. By hosting the Hospitality Classic, Oaklawn Hospital hopes to promote fun and fitness and enjoyment of running or walking for all ages.

Rates listed are for early registration and are available through May 15th. The pre-registration maximum rate for immediate family members (maximum 5 registering together) is \$60.00 when received by May 13. To take advantage of this rate call 269-789-8134 for a mail-in registration form, or go to [www.oaklawnhospital.org/about-the-hospitality-classic](http://www.oaklawnhospital.org/about-the-hospitality-classic) to download the registration form.

On-site registration for family maximum is \$70. Registration fee includes commemorative short-sleeve cotton T-shirt for youth medium and large, and short-sleeve performance shirt for adult sizes small through 2XL. Shirts are guaranteed to the first 1,200 registrants.

USAT&F Certified courses begin in downtown Marshall, follows city streets into the country, back through historic residential district and back to the staging area with a fast downhill finish at the Honolulu House and Fountain Circle.

10K, 7:30am; 5K, 9:00am; May Walk 5K, 9:00am; (All ages are welcome in this noncompetitive 5K walk); Mile Fun Run, 10:00am. Each child will be awarded a commemorative medallion from Oaklawn Hospital, and a certificate from McDonald's.

Oaklawn Hospital will present awards to overall Male, Female , Master (over age 40) and top three in each age group in the 5k and 10K events. \* Results will be posted on the race board near the award tent as they become official following the completion of each event. \* Results may also be accessed later in the day at [www.classicrace.com](http://www.classicrace.com) or beginning the Monday following the race at [www.oaklawnhospital.org](http://www.oaklawnhospital.org).

### **Directions**

Marshall is located southwest of the I-94 (exit 110) and I-69 (exit 36) intersection. The start/finish line and registration area are in front of the Honolulu House, one block north of the downtown fountain circle on Old U.S. 27.

For more information and registration, click [here](#)

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## **Howard Hill Hustle 5k May 18, 2013**



The Howard Hill Hustle is a community 5K run/walk event with timing provided by Classic Race Management. There will be a kids 1K fun run following the 5K race. The event starts and finishes at Kalamazoo Christian High School. The first leg of the race is a challenging quarter mile uphill climb of the infamous Howard Street Hill. The remainder of the course takes runners through the scenic

hills and valleys of the Winchell neighborhood. Along the course, there will be live 70's and 80's music played by local musicians. Food and beverages, fabulous door prizes, and fun family activities will be available throughout the event. Members of Kalamazoo Area Runners receive Club Championship Series points and a \$5 discount.

### **Packet Pickup and Late Registration - Both days at the High School**

Friday, May 17th, 3:30pm to 6:30pm, Saturday, May 18, 7:00am to 8:00am

### **Age Groups & Awards**

5 to 7, 8 to 11, 12 to 14, 15 to 19, 20 to 24, then 5 yr increments up to 80 & Over. Awards to the Overall Male & Female finishers, Master Male and Female finishers and 3 deep in each gender and age division.

### **Kids 1K Fun Run**

Kids must be registered for the Fun Run to get a race shirt and participant's ribbon. Kids 12 & Under registered for the 5K are automatically registered for the Fun Run.

### **Race Information**

All participants who register by May 10 will receive a race shirt; no guarantee of shirt or sizes for registrations made after May 10. Food and beverages, giveaways, and family fun activities will be available during the event.

For more information and registration, click [here](#).

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## **Susan G. Komen Race for the Cure 5k**



**Sunday, May 19, 2013**  
**Downtown Kalamazoo Arcadia Creek Festival Place**  
**11:30am – 3:00pm (run/walk events begin at 2:00pm)**

### **Join the Kalamazoo Area Runners Team in the fight against breast cancer!**

Many of us have been touched by breast cancer in some way, whether it be personally, or through a friend or family member. Please consider running the event as part of the Kalamazoo Area Runners team. Kalamazoo Area Runners is excited to once again be a part of the 2013 Susan G. Komen Race for the Cure. This year's event will be held Sunday, May 19 from 11:30am – 3:00pm (run/walk events begin at 2:00) at the Arcadia Creek Festival Place in downtown Kalamazoo. Each year, the Kalamazoo Area Runners organizes a fundraising team to participate in the event and raise support for the Susan G. Komen Foundation. In addition, the event counts towards our 2013 Club Championship Series and participates in our Race Discount Program.



At least 75% of net funds raised by the affiliate through events such as Race for the Cure stay local and are used to fund breast cancer community grants in areas such as education, screening and treatment in the eight counties of Southwest Michigan.. The remaining 25% of net funds goes directly to fund national breast cancer research studies and fellowship grants.

We encourage you to join Team Kalamazoo Area Runners and support this important cause by running, walking or donating with or on behalf of us. Our goal is to raise a minimum \$1500 and recruit a minimum of 25 team members. Team Kalamazoo Area Runners t-shirts will be provided to the first 25 team members.

You can join the team and/or donate via the [Race for the Cure Registration Page](#)

For more information on joining Team KAR Pink, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

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## K5K (Kalamazoo 5k) May 25, 2013



The K5K is included in the [2013 KAR Club Championship Series](#). Have your KAR coupon code ready for online registration. The discount will not be accepted for same day registration. If you are not a member - [go here to connect](#).

[Click here for 2013 K5K online registration](#)

Early Registration

\$27.50 No additional fees are charged to register

May 1 through race morning (if cap is not reached)

\$31.50 event shirt not guaranteed

Race morning registration *may* be allowed depending on whether the race cap is reached in advance. The start line is about 200 yards from registration. Please give yourself enough time to check in or register and be prepared to start on time at 9:00 am.

### **Parking:**

The event tents will be set up by the tennis courts and playground area which is where the finish line is located. Map locations show the proper park entrance to use which is by the water tower along Mt. Olivet.

There is limited parking in the small lot adjoining Mt. Olivet by the water tower. All other parking is curbside along area neighborhood streets. They are all marked clearly. If you have done the Gazelle Sports One One Run you are familiar with the layout and the process. The earlier you arrive, the

shorter the distance you need to cover to arrive at the race HQ area. As with any event, arrive early and save yourself last minute issues. The K5K starts on time. For more information, visit <http://www.k5k.us/>.

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## **2013 Run to Climax 7k May 27, 2013 (Memorial Day)**

*The Space Mountain Society Presents Run to Climax 2013*

A 7K run and 2 mile walk with proceeds to fund a scholarship for Seniors at Climax-Scotts High School.

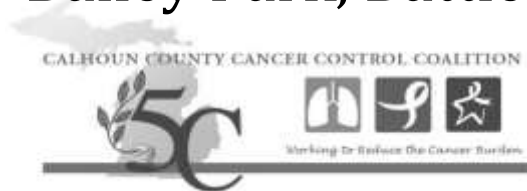
- Date:** May 27, 2013 (Memorial Day and Climax Founder's Day)
- Place:** Climax, Michigan  
Climax is located south of I-94, half-way between Kalamazoo and Battle Creek  
From Kalamazoo take exit 88, go south on 38th street, east on "MN" Avenue, south on 44th street.  
From Battle Creek take exit 92, go southwest on Mercury drive, south on 44th street.  
The main intersection of Climax is 44th Street (Main) and "ON" Avenue (Maple Street).  
[See maps of area](#)
- Time:** Both events start at 8:15 a.m. The walk starts at the church. The run starts approximately 1 block south of church.
- Start:** Climax United Methodist Church at the corner of East Maple and Church Streets  
(1 block east of Main Street [44th Street])
- Course** Run: Arguably the fastest 7K course in Michigan, mostly flat and fast.  
Walk: 2 miles, also flat, out-and-back  
Sanctioned by USA Track + Field
- Registration** \$19 for registrations postmarked by May 20, 2013  
\$22 for registrations postmarked after May 20  
\$25 for race day registration  
(subtract \$5.00 if you do not want a T-shirt)  
Make checks payable to the Space Mountain Society
- Packet Pickup:** May 27, 2013 before race time, in the education building next to the church
- Awards:** Run: To the top Male and Female and to the top 3 finishers in each age group  
Walk: To the top 3 male and female finishers
- Other Events:** Hang around for the parade through the center of town, then mosey up to Hickory Heights (behind the high school, 1/2 mile south of the four-corners) for food, crafts, and more!

For more information and registration, visit  
<https://www.msu.edu/~weessie2/climax/>

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## Running Community News

# GET YOUR COLON ROLLIN' 5K WALK/RUN June 1<sup>st</sup> Bailey Park, Battle Creek



The Calhoun County Cancer Control Coalition (5C) is a group of individuals and organizations working together to reduce the cancer burden in Calhoun County through community collaboration. This year they have decided to host the first Get Your Colon Rollin' 5K walk/run on June 1, 2013 to spread the word about getting screened for colorectal cancer.

The registration fee is \$25 if registered on or before May 18, 2013, after that registration is \$30 (non-refundable). Registration can be done online at [www.calhouncancer.org](http://www.calhouncancer.org) or call (269) 339-5016 to have a form faxed or mailed to you. Scholarships are available. If you would like to participate but are unable to afford the registration fee, please call (269) 339-5016.

This event will take place at Bailey Park in Battle Creek along the Linear Park Path. Registration starts at 7:00 am and will end promptly at 8:45 am. (This is necessary for an on-time start.) Race starts at 9:00am and award ceremony is at 10:15am. Awards are given for first place overall male and female as well as first, second and third place in each division. T-shirts are guaranteed to everyone that registers by May 18<sup>th</sup>. No-shows will not receive a T-shirt; t-shirts not claimed will be distributed to race day registrants following the race on a first come-first served basis.

Did You Know...

- Anyone can get colorectal cancer.
- Colorectal cancer screening is recommended for everyone at age 50. (Those who have a family history of colorectal cancer should ask their doctor about getting screened earlier than age 50.)
- Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.
- Screening for colorectal cancer helps prevent this disease. Screening can find precancerous polyps (abnormal growths), so they can be removed before they turn into cancer. Screening also finds colorectal cancer early, when treatment works best.

If you have any questions, please contact Jenny Rogers at 269-339-5016 or [jennycoordinator5cs@yahoo.com](mailto:jennycoordinator5cs@yahoo.com).

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## Good Form Running



Good Form Running is an opportunity to decrease the likelihood of running related injuries. Four simple steps can keep you on the road, helping you run longer, faster and more comfortable. This FREE weekly clinic presented by Gazelle Sports is a great tool for runners of all abilities. Have you checked in with your form today? Sign up at [www.GazelleSports.com/goodformrunning.php](http://www.GazelleSports.com/goodformrunning.php)

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## Training Programs and Group Runs

### Battle Creek Fast Track 5k is Underway!



After many successful years in Kalamazoo, we are pleased to announce that Fast Track is officially Branching out to Battle Creek as well this spring! The Fast Track Battle Creek program will offer two levels of track workouts (Fast Track I and II), designed to meet your 5k goals whether you are a beginner or experienced runner. Led by experienced coaches, the program targets the Cheetah Chase 5k, scheduled June 22, 2013. The Fast Track Training Program includes training schedules, individualized clinics and assessments and structured Tuesday track workouts. Sessions will be held

at Riverside Elementary on Tuesday nights from 6-7 p.m. and will utilize the main loop around the Riverside Elementary/Park soccer fields. While we know this will be a bit different than using an actual track, we believe it will also offer some advantages, including continued training opportunities throughout the week and after the program ends. The program runs Tuesday, April 16, 2013 through Tuesday, June 18, 2013. For more information, and to register please visit: <http://bckarfasttrack.wordpress.com/>.

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## **Kalamazoo Fast Track 5k & 10k Training Program Orientation June 25, 2013**



New for 2013!!! Kalamazoo Area Runners is pleased to announce we are adding a 10k training program to Kalamazoo Fast Track, including a 5k to 10k transitional level. The Fast Track 5k and 10K training programs each offer three levels of track workouts designed to meet your goals whether beginner or experienced runner. Led by experienced KAR coaches, the program targets the Peacock Strut 5k & 10k scheduled for September 14, 2013 and includes training schedules, individual guidance, clinics and structured Tuesday track workouts. Sessions are conducted 6:30 pm Tuesday nights at WMU Kanley Track and run 10 weeks from July 9, 2013 to September 10, 2013.

**Program Orientation and an Apparel Clinic will be held Tuesday, June 25, 2013 from 6:30 – 7:30pm at the Downtown Kalamazoo Gazelle Sports.**

**Online registration for Fast Track 5k & 10k Training is coming May 2013.**

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

- Fast Track IV (5k to 10k Step Up Program) – Fast Track 5k to 10k transition is our own custom designed program incorporating light fartlek (speed-play) and a gradual mileage build-up. Geared towards runners who have mastered the 5k distance, and are ready to go the next level and run their first 10k. (under 20 miles/week)
- Fast Track V (10k Introduction to Speedwork) Fast track to speed work. Geared towards transitioning a runner who has some 5k running experience but is new to track workouts and/or seeking a lower mileage program. Similar to 5k Level II but with mileage geared towards the 10k distance (20 – 30 miles/week)
- Fast Track VI (10k Competitive Speedwork) Fast Track to maximum performance. Geared toward competitive runners with 10k racing and track workout experience who are seeking optimal performance and/or seeking a higher mileage program. Similar to 5k Level III but with mileage geared towards the 10k distance (more than 30 miles/week).

Program is \$25 to Members of the KAR. Participants may join (new members) or renew (existing members) their KAR membership upon registration. Current members receive a \$5 discount upon renewing their membership and entering the 4-digit KAR discount code.

Please contact **Bonnie Sexton** at [Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org) or visit [www.karfasttrack.wordpress.com](http://www.karfasttrack.wordpress.com) for more information.

## Organized Group Runs

Kalamazoo Area Runners hosts eight organized group runs throughout Greater Kalamazoo, Portage and Battle Creek, with Gazelle Sports offering an additional two. These runs are all free of charge. Runners interested in attending KAR group runs should email the designated contact(s) to request to be added to the distribution. The provision of hydration, distances and meeting locations sometimes vary, and more detailed information is provided via the individual distributions.

### *Kalamazoo/Portage*

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

Wednesday evenings at 6:00pm at Borgess Health and Fitness Center for runs of various distances. Contact **Steve Rice** at [steve.rice@kalamazooarearunners.org](mailto:steve.rice@kalamazooarearunners.org) for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

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

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

Wednesday evenings at 6:00 pm at the Portage YMCA for runs of a variety of distances. Please park and meet by the A-frame building. Contact **Sherri Enlow** at [senlo38@chartermi.net](mailto:senlo38@chartermi.net) to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

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

#### **Wednesday Night Runs – Maple Street Magnet School**

Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at [lferrara@yahoo.com](mailto:lferrara@yahoo.com) for more information and to be added to the distribution. All paces are welcome.

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

#### **Thursday Night Runs - Portage YMCA**

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Brandon VanDusen** at [Brandon.vandusen@kalamazooarearunners.org](mailto:Brandon.vandusen@kalamazooarearunners.org) or **Teri Olbrot** at [teri.olbrot@kalamazooarearunners.org](mailto:teri.olbrot@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

#### **The Urban Herd**

FREE runs on Wednesday nights, 6 pm at Gazelle Sports. 2-8 mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, visit [www.gazellesports.com](http://www.gazellesports.com).

#### **The Dirty Herd**

FREE trail runs on Sunday afternoons at 4:00pm at Al Sabo Preserve. 2-8mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at [tmartin@gazellesports.com](mailto:tmartin@gazellesports.com)

#### ***Battle Creek***

##### **Battle Creek Sunday Runs – Variety of Locations – 2:00pm**

The Sunday now meet at a variety of locations at 2:00pm. Please bring your own hydration. All paces welcome; distances vary. Contact **Gale Fischer** at [gale.fischer@kalamazooarearunners.org](mailto:gale.fischer@kalamazooarearunners.org) for more information and to be added to the email distribution. Runs meet weekly.

##### **Tuesday Morning Runs from Battle Creek YMCA**

Tuesday morning runs from Battle Creek YMCA at 8:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at [anreelca@gmail.com](mailto:anreelca@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

##### **Thursday Nights at Riverside Elementary School/Various locations**

\*\*\***Change in Location**\*\*\* Thursday evenings at 6 p.m. leaving from Riverside Elementary School on the 1st and 3rd week; 2nd and 4th week meets at other locations in town for a change in scenery. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at [stephanie.demarest@kalamazooarearunners.org](mailto:stephanie.demarest@kalamazooarearunners.org).

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## **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](#)

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## Club Member Corner

### New Member Welcome

Please join the Executive Board in extending a warm welcome to individuals joining Kalamazoo Area Runners during the month of April:

Jennifer	Alexander
Joan	Ambrose
Klary	Asher
Daniel	Austin
Martha	Boyer
Ellen	Braff-Guajardo
Heather	Brock
Dale	Capman
Simon	Caron
Chad	Caswell
Jamie	Clark
Patrick	Clark
David	Clark
Heather	Crail
Michael	Curcuro
Jill	DeLong
Sally	Dull
Karla	Fales
Janice	Flatt
Mary	Frank
Michelle	Germinder
Sara	Grant
Terry	Grant
Hannah	Grant
Grace	Grant
Shawn	Grant
Sonya	Hart
Judy	Hawkins
Kristal	Hoffman
Brad	Hollister
Charmaine	Hostetler
CANDY	INMAN



Lisa	Jones
Brenda	Keith
Kelli	Keith
Michele	Ketelhut
Beth	Kincaid
Kathy	Krecke
Melissa	LaFave
Theresa	Lockhart
Jo	McDaid
Kristin	Mckinney
Carlye	Mercer
Elise	Mercer
Bettina	Muscara
Kaycie	Ohmart
Dan	Osterhart
Tracie	Osterhart
Lisa	Piper-English
Terri	Plotas
Jennifer	Reif
Jim	Robinson
Marie	Rogers
Diane	Rogers
Annie	Sherzer
Rhonda	Smart
Dawn	Smith
Sarah	VanStelle
Don	Williamson
Jillian	Wills
Gina	Zagaroli

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**Just Another Runner's Story**  
**Chris and Amy Chopp - A Marriage on the Run**



*A successful marriage requires falling in love many times, always with the same person.  
-Mignon McLaughlin*

Running can be a metaphor for many things in life. Training for and completing races of any distance requires hard work, sacrifice, planning and commitment. The daily benefits and positive boosts coupled with the joy and elation of reaching a goal or milestone are considered some of the many attractions of running. The union of marriage can be described in a similar fashion with hard work, sacrifice, planning and commitment all required in exchange for daily benefits, positive boosts along with joy and elation with every milestone. There are many examples of married couples in our local community enjoying running together. Chris and Amy Chopp are just one example of a local couple sharing the sport of running as it strengthens them not only as individuals but also as husband and wife.

Amy began running in high school, signing up for cross country as a way to hang out with her friends. Her primary goal was to just have fun with running while not letting the ATV bringing in the last runners on the race, course catch her. Along the way Amy has changed her goals and pace as a runner with her short term and long term goal being to qualify for the Boston Marathon. Chris began running in high school to stay in shape but picked it up again in college when he started dating Amy as a way to spend more time with her.

Although Amy loves running, one of her least favorite things about this sport is getting out the door when it is cold and rainy which presents a mental challenge for her. Once Chris drags her out the door and she gets into the run she always seems to enjoy it. Chris has experienced some injuries

from running making this what he enjoys the least about running. “Not running for a period of time and then running again is really difficult.”

It comes as no surprise that both Amy and Chris consider each other as their running mentor. Chris credits Amy for sparking his initial interest in running but also in keeping that interest alive throughout the years as his mentor. “My running mentor is Amy. Amy is consistent and steady. My motivation is to be as fast or faster than her again. We have trained for and run 3 marathons and many half marathons together. We ran our first marathon (Chicago 2004) when we were engaged to be married and again as newlyweds in 2005. When we lived in NYC, we ran the half marathon grand prix twice (a half marathon in each of the five boroughs), ran a marathon in Oslo, Norway in 2008, and both of us ran the NYC Marathon (different years). The only time I ever got a blister at a marathon that I wasn’t running was when Amy ran the NYC marathon in 2008. I rang my cowbell so long and hard I had a blister on my finger. Amy and I take turns being curb crew for each other or our friends at races. I get a jolt yelling her name as I see her achieve a goal she has worked so hard for. Amy cheered me on as I ran the NYC marathon in 2009. “

Chris is at the top of Amy’s list of running mentors as well. “I have several running mentors. Chris is my running buddy/mentor/coach because we have supported each other through many, many miles over the past 10 years. He has gotten me out the door every cold or snowy run this past winter. When Chris was injured, he would ride his bike beside me while I ran, keeping me hydrated, and he has made the most awesome pre-run breakfasts and post run smoothies and brunches. Most recently since joining KAR , I would consider Mike Waterman to be a running mentor because he is so encouraging and knowledgeable about running. He is always willing to share good advice or a good running story. When I first mentioned that I was considering training to qualify for Boston, he said without hesitation that I could absolutely do it! Every time I have talked or run with him, he has never wavered on his encouragement and confidence in me as a runner.”

Although Chris and Amy have been able to push each other as runners they both receive inspiration from other runners as well. I couldn’t agree more with Amy in her assessment of our local running community here in Southwest Michigan “I’ve never been as inspired to run as I have since joining KAR! Everyone that I have run with during weeknight or Saturday runs is amazing and inspirational in their own way. It’s been great to hear how people started to run, the goals that have been set and accomplished, and to see so many people out and ready to run regardless of freezing temperatures, snow, wind, or ice. I’ve never been a part of such a dedicated, driven, and determined group of runners. It has been awesome to be a part of this group!”

Chris’ passion for running seems to run in the family. “My brother Cal is a source of inspiration. He was an all state cross country runner, and track runner in high school. He has trained consistently ever since. Cal often runs barefoot, and won a 5k while pushing his son in a jogging stroller. He just set a PR at the Boston Marathon this year of 2:55. He is one of the most encouraging runners I know. “

I love Chris’ advice to his fellow runners. ”Plan to run and stick to the plan. I’ve never regretted lacing up my shoes and getting out the door once the run was over.” Amy is a little more modest when it comes to dishing out advice to other runners. “I am not qualified to give running advice. I still have a lot to learn.” Although there is always more for all of us to learn when it comes to running

or anything else in life all of can offer valuable advice to others. It seems in reading through Chris' responses, Amy has taught her husband a lot about running.

As I read through Chris' final response to my questions it was obvious that he and Amy's running has grown because of their marriage and that their marriage has grown because of their running. "Amy and I started running together to spend time together and encourage each other for our big goal of running the Chicago Marathon. We would do long runs together at the same pace and this gave us lots of time to talk and develop our relationship. It always seemed like an analogy for being married; sometimes we would have great runs, or really tough runs, but we persevered and stuck together. This worked because our main goal was being together and running was the setting we chose to spend a good deal of time in.

In New York we joined the road runners and would run together sometimes and race at our own pace. At this time I was getting faster, and Amy was slow and steady. We would race the same races and cheer each other on at the end. This took a change in mindset. Running was developing into something we both enjoyed and saw the benefits of, and we could do it at the same time but at our own paces. I had a running injury and took a couple of years off, and Amy continued running and steadily improving. When I started running again I couldn't keep up. This was tough at first. I had always been faster, or I could hold back and run with Amy to spend time with her. Once I swallowed my pride and started encouraging Amy at the thing she was really good at, my outlook on running as a couple shifted, and it was more enjoyable.

There are numerous benefits to running as a couple. We understand the commitment to training, and achieving health, distance, and time goals. We've been able to travel, spend time together, and have made new friends through running. The biggest downside to sharing the same hobby is the volume of performance clothing that needs to be washed and dried on a weekly basis. I assume things might get a little tricky when we decide to have kids. Hopefully we'll have really nice neighbors who love babysitting."

Although it is not crucial to share all of your interests with your spouse having a common interest can be of benefit in maintaining and growing a healthy relationship. Sharing with and supporting a spouse in their passions and interests whether or not those are the same passions and interests that you have can be rewarding to both partners. Chris and Amy are fortunate to share in their joy of running. This common interest was in a way responsible for sparking their relationship initially and more importantly it has been part of what has helped their relationship to grow and develop one step at a time.

Everyone has a story. Stay tuned next month for another runner's story.



*Everyone has a story. Stay tuned next month for another runner's story. As a writer and a writing teacher my philosophy is that everyone has a story. If you know of a KAR member whose experiences would make a good running story please contact me at [gale.fischer@kalamazooarearunners.org](mailto:gale.fischer@kalamazooarearunners.org) with a brief synopsis of their story. Please contact this individual prior to contacting me to make sure that they are fine with me writing an article about them. Also include the individuals contact information.*

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## Local Race Results

### OEC Eco Trail Race 4k and 8k April 20, 2013

The OEC Eco Trail Race, directed by Kalamazoo Area Runners member **Matt Santner**, almost yielded a clean sweep of KAR overall Titles. **Michael Nasuta** enjoyed a double victory by winning both the 4k in 14:54, and the 8k in 30:05. **Peggy Zeeb** finished top overall female winner in the 8k with a 37:02. **Michael Louden** placed 1<sup>st</sup> in his age division in the 8k with a 36:47, and **Eric Zeeb** placed 3<sup>rd</sup> in his age division with a 48:22. Congratulations to all our OEC Eco Trail Race 4k and 8k finishers!

Michael Louden	0:18:22	
Michael Nasuta	0:14:54	Top Male Overall Winner
Michael Louden	0:36:47	1st
Michael Nasuta	0:30:05	Top Male Overall Winner
Eric Zeeb	0:48:22	3rd
Peggy Zeeb	0:37:02	Top Female Overall Winner

### Consumers Sun Burst 5k & 10k April 20, 2013

The Consumer's Sunburst held April 20, 2013 added a 10k to its already existing 5k race with the opportunity to run both events. In the 10k, KAR member **Brandon Van Dusen** won his very first overall race with a 43.43 and KAR member **Marjan Van herck** won overall female with a time of 48:44. Finishing in the *age group winners circle* were: **Frank Maston (1<sup>st</sup>)**, **Brian Meyers (3<sup>rd</sup>)**, **Lisa Talley (1<sup>st</sup>)** and **Debbi Young (3<sup>rd</sup>)**.

In the 5k, finishing in the *age group winners circle* were **Caleb Billings (3<sup>rd</sup>)**, **Kerri Billings (3<sup>rd</sup>)**, **Justin Bunch (2<sup>nd</sup>)**, **Colleen Hoerman (2<sup>nd</sup>)**, **Matt Longjohn (2<sup>nd</sup>)** and **Frank Maston (3<sup>rd</sup>)**. Congratulations to all our Consumers Sunburst 5k and 10k finishers:

### **5k Results**

Caleb Billings	0:27:01	3rd
Kerri Billings	0:29:35	3rd
Justin Bunch	0:19:42	2nd
Cindy Comer	0:30:01	
Chris DHulster	0:20:53	
Colleen Hoerman	0:26:04	2nd
Rachel Konieczka	0:33:13	
Bill Lewis	0:28:18	
Matt Longjohn	0:26:38	2nd
John Marshall	0:28:32	
Frank Maston	0:47:24	3rd
Brian Meyers	0:27:45	
Terry Roberts	0:30:23	
Janice Rumph	0:48:28	
Ashley Slack	0:32:10	
Brandon VanDusen	0:21:39	

### **10k Results**

Bobby Klinesteker	1:06:45	
Bill Lewis	0:54:51	
John Marshall	1:00:03	
Frank Maston	1:18:17	1st
Brian Meyers	0:49:23	3rd
Terry Roberts	0:56:51	
Janice Rumph	1:31:30	
Ashley Slack	0:58:53	
Jeff Smith	0:58:18	
Lisa Talley	1:04:11	1st
Stacey Talley	1:09:06	
Marjan Van herck	0:48:44	Overall Female Winner
Brandon VanDusen	0:43:43	Overall Winner
Debbi Young	1:06:44	3rd

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## **B.C. Spring into Action 5k and 10k April 27, 2013**

The Battle Creek Spring into Action 5k and 10k was new to the KAR Club Championship Series this year and 14 KAR Members made an appearance. It comes as no surprise **Peggy Zeeb** won overall female in the 10k. Finishing in the age group winner's circle in the 5k were **Fred Keister (2<sup>nd</sup>)**,

**Michael Louden (2<sup>nd</sup>) and Abigail Schanzenbaker (1<sup>st</sup>)** Finishing in the *age group winner's circle* in the 10k were **Chris D'Hulster (1<sup>st</sup>), Christine Huff (2<sup>nd</sup>), Bill Lewis (2<sup>nd</sup>), Chris Nelson (3<sup>rd</sup>) and Laurie Oleksa (2<sup>nd</sup>)**. Congratulations to all our finishers.

**5k Results**

Cindy Comer	0:27:54	
Fred Keister	0:26:55	2nd
Michael Louden	0:20:25	2nd
Renee Mercer	0:33:41	
Abigail Schanzenbaker	0:26:32	1st
Eric Zeeb	0:26:25	

**10K Results**

Maggie Austin	0:58:38	
Robert Austin	0:58:38	
Chris DHulster	0:42:16	1st
Christine Huff	0:51:21	2nd
Bill Lewis	0:51:48	2nd
Chris Nelson	1:07:35	3rd
Laurie Oleksa	0:58:57	2nd
Peggy Zeeb	0:44:17	Open Winner, Female

**Volunteer Acknowledgements Through April**



Leslie Scheffers and John Olbrot volunteer at the 2013 Winter Blast Half Marathon

The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

Volunteer points entered through April 2013 have been updated. If you volunteered year to date through March 2013 and your points are not included, please enter them at this time. Points for the month of April, including the members reception run and all those assisting with our group runs have not been added will be reported in the next edition of the Rundown. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

**[Click here to view current 2013 Patrick Johnson Memorial Volunteer Program Results](#)**

Visit the individual webpages/sites via [www.kalamazooarearunners.org](http://www.kalamazooarearunners.org) to learn more about how you can volunteer for the above events and programs.

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