

"Only those who will risk going too far can possibly find out how far one can go."

- T.S. Eliot

April 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Taking Back Boston

By Bonnie Sexton



The Boston Strong theme prevailed throughout the City of Boston

The metrics and history surrounding the 2014 Boston Marathon are impressive. According to the Boston Athletic Association (BAA), 32,456 runners started the 118th Boston Marathon. More than 98% (31,931) finished the 26.2 point to point course from Hopkinton to Boston proper. Adding to the inspiration were the number of individuals participating and finishing with physical limitations. Out of 54 push-rim wheelchair athletes starting, 53 finished; out of 51 visually impaired individuals, 48 finished, and out of 48 mobility impaired athletics, 44 finished.



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There were 80 countries, and all 50 states and six U.S. territories were represented. Meb Keflezighi of the United States became the first American man to win the Boston Marathon since Greg Meyer in 1983, and the first American to win the open division since Lisa Larsen-Weidenbach in 1985. Rita Jeptoo of Kenya established a new women's course record of 2:18:57, shattering Margaret Okayo's record set in 2002. Push rim wheelchair champions Ernst Van Dyk and Tatyanna McFadden, captured the men's and women's 2014 Boston-London Wheelchair Challenge competition. Finally, two-time Boston Marathon Champion Joan Samuelson emerged as the fastest 56 year old women in history with her finishing time of 2:52:11. 1968 Boston Marathon champion Amby Burfoot finished in 4:42:48 and 1990 champion Gelindo Bordin finished in 4:10:37.

The 2014 Boston Marathon changed history, no doubt through the statistics and achievements above, but even more so through the community spirit of all those involved in this year of healing and victory. It is hard to describe in words the atmosphere, spirit and dedication surrounding the 118th Boston Marathon held on Monday, April 21. The City of Boston has always reached out and embraced the marathon runners, and the crowd support has been among the best in the world. When marathoners descend upon the city, Boston welcomes them with open arms. No matter where you travelled from, you feel like you are home. After experiencing three Boston marathons in 2005, 2007 and 2009, this year was by far the most powerful of them all. The Boston Strong theme, tributes and memorials could be found everywhere. Businesses, places of worship, race organizers, volunteers, the media, the airport and residents all warmly welcomed the runners with banners, signs, Boston Strong t-shirts, tokens and expressions of gratitude for returning to Boston. Old South Church on Boylston Street was the home of the Marathon Scarf Project. Thousands of handmade knit scarves were sent from all over the nation to the church, where volunteers distributed them to runners the days leading up to the marathon along with a blessing for our protection. Churches blessed the runners at the end of their Easter Sunday services.



Emily Bolthouse receiving a scarf and blessing at Old South Church on Easter Sunday

KAR Discount Sponsors

Unless otherwise indicated, please use the 2014 KAR discount code when purchasing merchandise or services from discount sponsors.

Gazelle Sports

Exclusive membership into the MyGazelle rewards program. Register in-store or [click here](#).



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, and 15% off kinesio tape. Contact Daryl at praterd@aol.com for more information.



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.



Security could be found everywhere in the City of Boston, at Logan Airport, along the course, in the starting line area in Hopkinton and even in the skies as helicopters hovered over the start and finish line areas. Although it was unfortunate such drastic measures were necessary, it also served as a source of comfort to the runners, volunteers and spectators.



The start of wave 3 of the 2014 Boston Marathon

The second largest Boston Marathon since the 100th anniversary (the centennial year allowed for 40,000 registered runners), the 2014 event went off as planned and in its typical organized fashion. Many runners from Kalamazoo met in Boston Common, and were able to board the buses fairly quickly for the trip to the starting line in Hopkinton.

Upon arrival in Hopkinton, we were dropped off at Athletes Village. We walked through the village and proceeded to the Kalamazoo House, where we were warmly welcomed by the Tracey family. We stayed there until it was time to walk the two blocks to the starting corrals.

The four waves of the 118th Boston Marathon were sent off without a hitch, and runners were treated to 26.2 miles of cheering fans. Orange slices and other amenities could be found in abundance on the course, in addition to the well-spaced aid stations. Children, some of them toddlers reached out their hands to give high fives to the runners as they went by. There were the traditional shrieks of the Wellesley students, and in comparison to some of the earlier hills, the ironically tame crest of Heartbreak Hill.

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 for locations and contact information.



IN THE ZONE

Stephanie Walbridge of In the Zone offers 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.inthefitness.com, or call or email Stephanie at (269) 207-4988 or swal-bri2000@tds.net.

IN THE **Z**ONE

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. Provide the 2013 KAR discount code to receive the discount.





Cresting the final of the Newton Hills, Heartbreak Hill

There was the famous Citgo sign, which runners see for several miles while approaching Boston proper, finally running under the viaduct with 1k to go. As I emerged from up under the viaduct, I was running with a gentleman and he said to me "We are taking Boston Back." A few minutes later, we were on the home-stretch on Boylston Street, finish line in sight. The final approach was a time of reflection in honor and memory of those who lost their lives or were injured the year before, and a time of healing.

There were thousands of military and public safety officials providing security and protection to all involved, allowing for an army of more than 32,000 athletes who ultimately "Took Boston Back," as they ran 26.2 miles and crossed the finish line on Boylston Street in victory. The war was won.

Below is the list of Boston Marathon finishers from the greater Kalamazoo/Battle Creek Area. Congratulations to all our local champions – we are "Boston Strong."

Thomas Allred, Battle Creek - 3:07:17
 Lisa Altman, St. Joseph - 3:17:14
 Kevin Anderson, Schoolcraft - 3:06:13
 Tracy Argo, (KAR) Portage - 3:24:52
 Zachary T. Baker, (KAR) Portage - 2:58:22
 Mary Benting, Hastings - 3:59:37
 Eric Blackwell, Kalamazoo - 2:59:02
 Heather J. Boersma, Kalamazoo - 3:30:35
 Carole L. Bolthouse, (KAR) Bellevue - 4:03:07
 Emily J. Bolthouse, Bellevue - 3:45:41
 Carolyn V. Chase, Kalamazoo - 3:16:47

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BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a new member initiation fee of \$199, a deep discount off the regular initiation fee of \$395. New members may also choose from one of the following promotional items:

- 2 hours personal training (\$130 value)
 - 2 hours of Pilate's reformer (\$120 value)
 - 4000 loyalty points (\$80 value)
 - 10 free guest passes (\$100 value)
- One month of free primary dues (\$103 value)

For more information on joining, contact membership at 544-3200 or stop by and mention KAR. 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.



NEW PERKS! 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 and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2014 events. Discounts range from \$7.50 for the Laughing Gull Half Marathon, \$10 for adult triathlon relays, \$5 for adult individual triathlons, and \$2.50 for the remaining running events, open water swims and kids triathlons. Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2014 events, using the 2014 KAR discount code.



Fredrick Colbert, (KAR) Kalamazoo - 4:30:07
 Pamela J Condlyffe, Battle Creek - 4:04:10
 Barbara Cooper, Portage - 4:39:20
 Katie Deatherage, Kalamazoo - 3:47:40
 Gretchen Dettloff, (KAR) Kalamazoo - 4:02:05
 Diane B. Ebaugh, Hastings - 4:40:26
 Christina S. Ellis, (KAR) Kalamazoo - 4:34:17
 Patrick J. Farrell, Battle Creek - 3:22:43
 Jim Frey (KAR) Kalamazoo - 4:17:14
 Sandra L Fritz, Kalamazoo - 3:53:02
 Michelle L. Grevenstuk, (KAR) Otsego - 2:54:12
 Kathryn S. Griffin, Three Rivers - 3:47:08
 Bridget A. Griffioen, Three Rivers - 3:42:44
 Kimberly K. Houtkooper, Battle Creek - 3:50:08
 Paul M. Johnson, St. Joseph - 2:53:30
 Ed Kenny, (KAR) Kalamazoo - 3:12:15
 Irvin A. Kontowsky, Coldwater - 4:10:04
 Diana Ladio, (KAR) Kalamazoo - 3:47:14
 Laura Lam, (KAR) Kalamazoo - 3:41:21
 Dean MacVicar, (KAR) Kalamazoo - 4:04:14
 Lauren Macvicar, (KAR) Kalamazoo - 3:15:18
 Jenna M. Matthews, Otsego - 3:10:25
 Kyle Mena, Portage - 2:41:03
 Don O. Morris, (KAR) Kalamazoo - 4:38:01
 Benjamin Munoz, Bangor - 4:08:50
 Alison K. Nesbitt, St. Joseph - 3:36:56
 Jonathon Opel, Delton - 2:53:25
 Kevin Patmore, Plainwell - 3:38:47
 Laura A. Portis, Kalamazoo - 2:38:48
 Corey M. Rogers, Quincy - 4:26:30
 Kevin D. Rook, (KAR) Hickory Corners - 2:58:44
 Kevin Schmidtendorf, Three Rivers - 4:40:48
 Susan Schmidtendorff, Three Rivers - 4:40:49
 Bonnie E. Sexton, (KAR) Mattawan - 4:19:15
 Angela Sikkila, (KAR) Kalamazoo - 4:03:45
 Karen E Slack, Battle Creek - 4:04:13
 Brenda Stoddard, (KAR) Schoolcraft - 4:03:58
 Hannah L. Stone, St Joseph - 3:22:47
 Renee Stratton, Three Rivers - 3:49:27
 Bill Strine, St. Joseph - 3:44:09
 Scott C. Taylor, (KAR) Schoolcraft - 4:36:18
 Sherri L. Taylor, (KAR) Portage - 3:59:36
 Joel Vanderkooi, (KAR) Kalamazoo - 3:19:21
 Mike Waterman, (KAR) Marcellus - 3:13:39
 Zachery J. Wegner, Kalamazoo - 2:54:32

Board of Directors

Bonnie Sexton

President

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Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org



Karen Christensen

Treasurer

Karen.christensen@kalamazooarearunners.org



Andrea Nixon

Secretary

Andrea.nixon@kalamazooarearunners.org



Robert Wierzba, (KAR) Lawrence - 4:20:42
Keith S. Williams, (KAR) Mattawan - 4:03:44
Nancy Yager, (KAR) Coldwater - 3:44:15
Peggy A. Zeeb, (KAR) Colon - 3:44:08
Aaron J. Zeigler, Mattawan - 4:47:15

1. *Boston Marathon statistics and history provided by the Boston Athletic Association (BAA)*
2. *Local runner results provided by MLive/Kalamazoo Gazette*



Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is married with three children, an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is an HR and Community Relations Director for a Kalamazoo non-profit organization. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine.

Executive Director Report

By Joy Mills

Kalamazoo Area Runners was privileged to have Dr. Ed Kozloff as keynote speaker for the 2014 Annual Banquet held Thursday, March 20, 2014. Ed Kozloff has served as president of the Motor City Striders since 1975, leading the club to national recognition and promoting running in Michigan. Having directed over 1,000 races including the Motor City Marathon and the Detroit Free Press International Marathon, he may be considered the “father of modern distance running” in Michigan. Contributions to charities from the Motor Cities Striders events total over \$25,000,000. Ed’s collection of running memorabilia may be unmatched. His writing and collaboration can be found in many magazines and books.

Board of Directors continued

Amy Clark
Vice President, Special Events
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Amanda Losche
Vice President Marketing and Communications
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Steve Rice
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Scott VanLoo
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Staff

Joy Mills
Executive Director
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Dr. Ed Kozloff presents
at the 2014 Kalamazoo
Area Runners Annual
Banquet

Photograph by Peggy
Zeeb

In addition to our keynote speaker, the Annual Banquet featured our Runner Recognition and Volunteer Program Awards, as well as the Annual Business Meeting. Recipients of the 2013 Runner Recognition awards were:

2013 Female Open Runner of the Year

Michelle Grevenstuk

2013 Male Open Runner of the Year

Zachary Baker

2013 Female Masters Runner of the Year

Peggy Zeeb

2013 Male Masters Runner of the Year

Mike Waterman

2013 Female Grand Masters Runner of the Year

Julie Hoffman

2013 Male Grand Masters Runner of the Year

Kevin Rabineau

2013 Female Youth Runner of the Year

Aliza Garcia

2013 Male Youth Runner of the Year

Max Rathburn

Event, Program and Functional Directors

Steve Rice

Director, Wed Night Borgess Health and Fitness Center Runs

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Stephanie Demarest

Director, Fast Track Battle Creek

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Jill DeLong

Director, Sunday Afternoon Runs in Battle Creek (with Matt Santner)

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Nikki Gates

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Karen Christensen

Director, Member Reception Runs

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John Olbrot

Director, Database Administration

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Judah Gesmundo

Chair, Battle Creek Subcommittee

Leslie Scheffers

Director, Information Technology Security

Leslie.scheffers@kalamazooarearunners.org

Marie Billen

Director, Easter Egg Hunt Run

Marie.billen@kalamazooarearunners.org

Ferdi Hintz and Pam Boner

Team Co-Captains, Relay for Life

Matt Santner

Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)

Matt.Santner@kalamazooarearunners.org

2013 Mega-Marathoner of the Year

Scott VanLoo

2013 Mega-Racer of the Year

Frank Maston

2013 Mega-Trail Racer of the Year

Scott VanLoo

2013 Most Improved Runner of the Year

Sherri Taylor

2013 Perseverance Award

Greta Munger

Pam Davis

2013 Rookie Runner of the Year

Sharon Manski

Kristen Maxwell

2013 Social Runner of the Year

Steve Rice

2013 Spirit of Running Award

Maggie Austin

2013 Story Contributor of the Year

Gale Fischer

2013 Reynold Oas Volunteer of the Year Award

Andrew Hirzel

In addition, awards were granted to the top three winners of the Patrick Johnson Memorial Volunteer Program. **Bonnie Sexton** established a new record with 480 points, followed by **Charlene Orwin** with 430 points, and **Steve Rice** with 310 points. Sincere thanks to Gazelle Sports for sponsoring the Volunteer Program by providing a gift certificate for shoes for the top three, and ten technical shirts for the volunteer drawing.

Last was the annual election and business meeting. Congratulations and gratitude to the following officers elected to the Board for the 2013 – 2015 term:

Bonnie Sexton

President

Event and Program Directors continued

Phil Goodwin

Director, Graphic and Web Design

Phil.goodwin@kalamazooarearunners.org

Terry Hutchins

Director, Kal-Haven Trail Run

Carole Bolthouse

Director, Kalamazoo Klassic (KAR)

Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton

Director, Fast Track Training

Director, Portage Winter Blast Half Marathon & 5k

Director Kalamazoo Klassic (MRC) (with Carole Bolthouse)

Team Captain, Race for the Cure

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Kaycie Ohmart

Director, Expo Marketing

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Amanda Losch

Director, E-mail Marketing

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Lisa Piper-English

Director, Tuesday Night Runs in Battle Creek (with Michele Babcock)

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Michele Babcock

Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Lisa Piper-English)

Stephanie Klumpp

Team Captain, American Heart Association Heart Walk-Run

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Kenzie Pridgeon

Director, Turkey Trot Time Prediction 5k Run (with Scott Taylor)

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Chris Huff
Vice President

Karen Christensen
Treasurer

Andrea Nixon
Secretary

Amy Clark
Vice President, Special Events

Amanda Losch
Vice President, Marketing & Communications

Steve Rice
Vice President, Development

For more information on the above please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Board Approved Revisions to By-Laws

The Membership voted to approve the following By-Laws amendments at the March 20, 2014 Board Meeting. A summary of the changes is as follows:

Proposed language is highlighted in red.

1. Under section I change “The name of the association will be “Kalamazoo Area Runners, Incorporated” (KAR), hereafter referred to as this association” or “this organization” to **“The name of the Association will be “Kalamazoo Area Runners, Incorporated” (KAR), hereafter referred to as “the Association.”**
2. Under section II(B) change the language to read, “In furtherance of Objective A, the Association may facilitate, promote, and/or conduct races, training programs and group runs on the road, track **or trail**, lectures, fun runs, educational activities, demonstrations, clinics, and social events. The Association may print/publish books, magazines, and newsletters; present awards; and do other things as may be conducive to the encouragement of running **on behalf of the membership, and/or the community.**”
3. Under section IV (A) change the language to read “Individuals who wish to participate in the **membership** activities of the association shall submit dues and an application for membership.”
4. Under section V (A) (1) change “a Vice President for Membership” to **“a Vice President.”**

Under section V (B) (5)(c) addition of the language “To coordinate with the VP of Technology or assigned staff **or authorized persons** to ensure timely posting of current information on the association’s web site.”

5. Under section V (B) (5)(c) addition of the language “To coordinate with the VP of Technology or assigned staff **or authorized persons** to ensure timely posting of current information on the association’s web site.”
6. Under section V (B) (8) (b) addition of the language “To coordinate with the VP Communications, **Executive Director** and President to promote special events.”
7. Under section V (H) (2) addition of the language, “In the event of a vacancy on the Board, including by resignation, the remaining Board Members shall appoint a replacement for the vacated position. The appointee shall hold this position for the unexpired term of office, **subject to election by the membership at the Annual Membership Meeting, provided such meeting occurs prior to the end of the term.**”



For the complete By-laws, visit [Click here for the full Kalamazoo Area Runners By-Laws](#)

Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.

Another Runner's Perspective - Evolving as a Runner

*“Life is what we make it, always has been, always will be.”
---Grandma Moses*

My legs were throbbing from the endless pounding of each stride on the pavement of this, the fourth time as I finished my four mile loop for the fourth time. “Just four more miles” I repeated in my head, in an attempt to tune out the signals my body was sending to my brain. There was no endorphin rush or thoughts of pleasure as I began the last 1/5 of my first ever twenty mile run. The bulk of my training the last nine months had been completed on this same route as I weaved through the country roads surrounding my house every other day. I could be attempting a four mile run, an eight mile run or the dreaded twenty plus mile death march, but the distance did not matter. Each run was completed alone without the luxury a running partner or running group and included the same familiar landmarks, stride for stride whether I was completing one loop or six loops. The only pleasure I gained from that first year of running was the physical and emotional relief that came with the end of each run and the sense of accomplishment provided by each and every milestone run. I had heard of the runner’s high consisting of a state of bliss after an hour or so on the road, but I had yet to experience this euphoria. What drove me to keep putting in mile after mile was the inspiration that I had experienced while watching my friend run the Chicago Marathon only nine months prior. As my wife and I drove to Chicago that October weekend in 1997 the thought of anyone completing a marathon seemed ridiculous and impossible. Seeing individuals representing all body types, age groups and genders push through mile after mile, gave me a sense that the journey, although not an easy proposition, was a possibility and that the moment of crossing the finish line was worth the effort. With each preplanned area on the course that we met Clay to cheer him on, came an increased level of fever to experience the joy of completing a marathon myself. As I began mile seventeen of my first twenty mile run that hot and muggy August

morning of 1998, it felt as if with each stride my quadriceps were being poked with a baseball bat. The insides of my thighs were on fire with skin rubbed raw from the constant rubbing of my legs together over the last three hours. I longed for that endorphin rush and state of euphoria that I had read and heard about, but for now the thought of crossing that finish line in Toronto in a few months was the only thing that kept me moving.

Thoughts of a one marathon and done approach to running quickly faded as I crossed the finish line and the days that followed. The notion of running multiple marathons had more than likely rooted itself deep in my soul over the last nine months of training, but crossing the finish line and erasing the title of marathon rookie solidified the anticipation of when and where I would run marathon number two. I took a week to recover physically and began running again. I was confident that I wanted to run another marathon but was also positive that somehow things needed to change to make my training less of a mental challenge and rewarding for this goal to come to fruition.

I trained lightly as winter approached. The marathon in Toronto had beaten my body to a pulp and I decided a spring marathon was unlikely. I would pick up my training in summer in preparation for my next big race in the fall of 1999. Signs of winter began to appear and although I had no plans of not running through the snow, ice and cold temperatures, I still dreaded the thought of going out in the elements for the next five months. The answer to what I was seeking came as I met a friend while running on an indoor track just after the holiday season. She told me about a local group of runners (Battle Creek Roadrunners) who met every Sunday morning in downtown Battle Creek. Her invitation to join the group the next Sunday was accepted. As Sunday drew closer my level of excitement increased. This excitement faded as I awoke Sunday morning to blizzard like conditions. I was confident that the weather would leave the others sleeping in and skipping their weekly group run. I was very much surprised when I arrived to the sight of three other runners. Thus began a critical phase of my running, social running.

The Sunday morning outing became me weekly routine as I enjoyed the experience of sharing my running experience with others. Over the next few years I would receive valuable encouragement and coaching from local running veterans, Wayne Young, Anne Flynn, Keith Roberts and Steve Ferguson. I found refuge with my first true running partner, Jeff Fales, sharing common running goals and pacing. My times began to increase and over the next five years I would learn how to train properly for all distances, but most importantly I had come to figure out how to tackle the marathon distance.

As leadership roles began to shift in the Battle Creek running community a few years later, I entered another phase of my running life and was elected president of the Battle Creek Roadrunners. A few years later we joined forces with the Kalamazoo Area Runners, vaulting me into another phase of my running instantly with the larger network of runners. My running times that had increased that first year as a member of the Battle Creek Roadrunners had hit a plateau but with the introduction of an increased pool of runners following the merger of the two running clubs, my times made a sharp increase again. I had always made personal pacing goals for myself but up until this time I had never been competitive as a runner in comparison to my peers. I began challenging for my age group at local races, winning some of those races and entered the marathon runners most sought out club as I qualified for the Boston Marathon. Qualifying for the Boston Marathon was something that had never been on my radar for my first five years as a runner but now here I was in 2006 lining up at the starting line of one of the most prestigious and historical road races in the world.

Somewhere in the middle of all of these phases my role as student shifted to that of mentor and coach. I started out coaching and pacing individual friends in their quest for PRs and racing goals. I found this aspect of running to be a very gratifying. What I found was a victory for those I mentored also felt like a victory for me. More importantly just sharing the joy of running with those that I mentored was the greatest reward. This role as mentor has also transferred to the race course

as official pacer for a few marathons and a 25K race; helping individuals whom I had never met reach their race goals. Serving in the role of mentor and coach is often referred to as giving back to the sport but in reality what can be gained in experience as a mentor or coach brings away more of a sense of receiving than giving.

My most recent phase of running began this spring. As my daughter's freshman track season approached, her coach invited me to come in and help with the distance kids. I was honored by his request but must admit a bit intimidated at the same time. Over the last few years I have had numerous experiences coaching adult runners but I was a little scared of working with teenage athletes. Would I be able to relate to today's adolescent? It was one thing to try and understand my own teenage daughter but relating to a large group as a coach seemed more like scaling Mt. Everest than cresting Heart Break Hill. Despite my sense of unease I took the track coach up on his offer. It didn't take long to realize that although in some ways my experience and attitudes as a forty five year old adult were miles apart from that of these young athletes that the common thread of running was able to close this gap. Although I was still the coach and they were still the players, running in many ways made us equals. Each and every athlete on our team has provided that spark and inspiration that has helped to fuel my passion for the sport of running even more. Whether it be the freshman miler who's potential is untapped if only he can recover from an ankle sprain or senior phenom who although not the most talented runner, has experienced success locally and at the state level on her way to running for the University of Michigan next fall. Although this young runner's work ethic and tenacity have formed her into one of the top distance runners in the state of Michigan this tenacity is also partially responsible for a nasty bout of shin splints that have sidelined her for now. The examples of the inspiration that these athletes have provided for me as their coach are limitless but perhaps the greatest joy for me in my experience of helping the local track team is the bond that it has forged between my daughter and me. Seeing her push beyond her perceived boundaries with another girl on her heels down the stretch of the all city two mile race warmed my heart. Her desire to PR but also want for more reminds me of myself. Most importantly however sharing in the joy that she experiences from running fills my heart with pride more than any medal she is awarded or points she earns for her team on the track.

There have been many other phases in my running journey including a year hiatus from the sport because of injury and surgery and sharing my perspective of running with all of you through my monthly column as well as sharing your stories through the Featured Member articles. Some of these phases begin and end while others seem to be continuous. All have been an integral part of my running through the years.

Like many things in life the journey of running brings its participants through different phases. Some phases are short lived; some can go on for years. Some phases are responsible for other phases as they intersect and dissect paths throughout time. There are those phases that are more enjoyable and rewarding and others that are nothing but miserable, but each phase has its place in the journey. Whatever phase you are in as a runner or in life may it be an experience that you can learn and take something positive from.

KEEP RUNNING!!

Until next time, this has been just another runner's perspective.

Gale Fischer has been running since 1997, is married with two children and is a long time member of Kalamazoo Area Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.



Featured Member – Nicole Elder Empowering Women through Running

“Look deeply into the eyes of those who surround you, learn their inner desires, know them AND their story and I guarantee you will never need to look further for inspiration or greatness!”

---Nicole Elder



As simple as it seems on the surface, running can have very complex results. The domino effect of running begins as a tiny spark with the potential of spreading from the individual level and beyond, erupting into a positive inferno for others and our society as a whole. In my experiences with members of the running community over the last decade and a half I have seen running provide individuals with self confidence, provide stability for some of life's most difficult transitions and give the gift of a more suitable substitute for those trying to overcome addiction from cigarettes as well as drugs that come with more dire consequences. Over the years I thought I had witnessed most every possible benefit that running could provide. This month's featured member, Nicole Elder has exposed yet another layer from running's vast array of positive outcomes. After reading through Nicole's responses to the questionnaire that I had her complete it is obvious that running has taken her a step further in her role as mom, wife, teacher and community leader, empowering her as a female in our society. Not only has this philosophy of the power of running seeped through to Nicole's core on a personal level, it has also guided her a step further propelling her to give back and be that same great influence on others through the sport of running.

Nicole has always had feelings for the sport of running beginning with a passion of dread and coming full circle to a passion of euphoria. ***“I began running in the spring of 2012. I had never been a runner, or an athlete for that matter. I failed the mile in gym class, miserably. I hated running with a passion. I had a few of those "crazy runner" friends***

and couldn't imagine how they found enjoyment in running. Then I started. A little runner voice inside my head turned big, I watched the girls at my school become inspired and uplifted through Girls on the Run, I became inspired. I started running in March with a couch to 5k program and ran my first 5k in early May. A year later I completed my first half marathon."

Although running was an activity that Nicole once wanted no part of, something inside of her changed. She became inspired by 3rd and 4th grade students at her school taking on the challenge of a 5K run. Witnessing these young ladies empowering themselves through the process of climbing the 5K mountain sparked her curiosity. This curiosity grew from her first run which consisted of two miles of a walk /run combination. This first experience was comparable to her mile run back in high school with flashes of physical torture. This would not deter her however as she continued with baby steps following the couch to 5K program that she had found online. That curiosity carried her through to her first 5K, a half-marathon a year later and beyond. ***"Thus far my fondest memory with running has been the whole experience of my first half marathon. The start, the people, the weekend, the course, crossing the finish line, seeing my family and friends there to support me. It was something I think will vividly remain in my memory for a long time."*** As Nicole crossed that first hump after finishing her first 5K her excitement for running began to mushroom. As one of her co-workers I was able to witness this transformation. She and I shared a routine each Monday at work, as she checked in with me to share her experience of another milestone long run the previous weekend. I always looked forward to hearing about her progress.

Nicole found it difficult to pick one thing that she loved most about running. ***"There are so many things I love about running. I love the scenery, whether it is big snowflakes falling, a lake or golf course, or the changing trees of the season. I love the freedom: the freedom from technology, the freedom from routine, the freedom from all the responsibilities and daily chores. It provides me with "me time" which is like gold when you juggle the responsibilities of a full time job, 3 young kids, among many other things. I also love the community. Through running I have been connected with some amazing people and companies that continue to inspire, uplift and motivate me."***

The list of those who have inspired Nicole seems to be one that continues to grow on a daily basis. ***"I have so many running inspirations in my life. It is hard to narrow them down."***

"I am inspired by my neighbor who is able to continue to push herself more and constantly reach out and take the next challenges to the next level."

"I am inspired by my running buddy, and friend, who spent countless hours running by my side training with me, and crossing the finish line with me in my first half marathon even though she could have gone faster. She is an amazing athlete and put her competitiveness aside to help me reach my goal."

"I am inspired by my friend who fought cancer and chemo head-on and ALWAYS kept her head held high and spirits up. I am inspired and in awe that after not even a year she is taking life back, became a runner and is being the best she can be! Ironically, "INSPIRED" is what was written on the shirts for the Susan B. Komen run last year; her first 5k after recovery!"

"I am inspired by Fellow Flowers, who are women just like me that came to this realization that every woman has an amazing, unique and inspirational story behind them and have created a unique company based on that premise."

“I am inspired by a woman I have known through many stages of her life, including the loss of an infant son and continues to dedicate her life to him and his smiling spirit (including starting the Angel Cheeks Foundation to help other families with their loss and running a full marathon in his honor) while not missing a beat in showing her undivided love and compassion to her other children. “

“I am inspired by the thousands of women across the country who have joined a community of mothers and runners through Moms Run This Town and have made a commitment to their families, their communities and their health. Starting a local chapter has allowed me to meet many more inspiring women and know their stories and witness their ability to go above and beyond everyday! Over 200 women locally (Battle Creek area) have joined this movement, committed to health and running. “

“When I look at the lives, stories, and accomplishments of these women, there is no need to look beyond for inspiration? Look deeply into the eyes of those who surround you, learn their inner desires, know them AND their story and I guarantee you will never need to look further for inspiration or greatness!”

Like anything you pursue in life, there is an array of lessons that can be learned. ***“Running has taught me that I am a competitive person. I would have never described myself that way until recently. I am constantly trying to beat my best, run faster, and so on. It can be quite annoying. Sometimes I have to force myself to step back and revisit the reasons I run. Not to beat anyone, not to be competitive. Goals are great, and improvement is always a goal but it can sometimes suck the fun out of the run if you let it. It sounds so cliché, but a mile is a mile whether it's 7 minutes or 12, you're lapping everyone on the couch. I like this advice because it applies to me. I am not the fastest. I will probably never win a race or even be in the top 20% (unless it's a tuvalu competition). But I run, I enjoy it, and I'm out there giving it my best.***

Nicole and her husband Charles are parents of three children, Carson 4, Peyton 6 and Kaitlyn 8. They are an active family enjoying cycling as well as running. Nicole has become an ambassador for our sport in a very short period of time. She is currently coaching her daughter's Girls on the Run Team giving back to the organization responsible for her start in running. She also took on the challenge of organizing the Tinsel Toe 5K run in Battle Creek last December which in its inaugural year was a rousing success. There were nearly 400 participants with over \$7000 in funds being raised for the local chapter of Girls on the Run.

Until I read through Nicole's responses I had never really thought about the impact of running specifically on the female gender. I have always considered running to have a positive impact on anyone who participates. It is ironic that I chose to write this story as Mother's Day approaches. In my life I have experienced just how important moms are to our world through my own mom and my wife as a mom to our children. Moms play this role first and foremost to their own children but what every woman does in our society can have such a positive influence on all of our children. I really never thought about running helping to solidify the role of moms everywhere but one overlooked benefit of running is its ability to empower women in their roles as moms and community leaders.

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

Featured Volunteers – Going the Extra Mile

By Joy Mills

Kalamazoo Area Runners wouldn't be the incredible organization it is today without the many within our membership, and the greater community, who volunteer their time, talent and treasure to carry out our events and programs, and make them possible. This month's featured program and events are the Kal-Haven Trail Run and the Kids' Easter Egg Hunt and Fun Run. These events would not be possible without the dedicated efforts of our volunteers. The *Going the Extra Mile* feature article is designed to provide some insight into the experiences and the spirit of our volunteers. This month, we are featuring Kid's Easter Egg Hunt and Fun Run Race Co-Director Marie Billen, Kal-Haven Trail Run Race Director Terry Hutchins, and Kalamazoo Fast Track Coach Fred Keister. Join us in thanking Marie, Terry, and Fred for their dedicated service to Kalamazoo Area Runners along with all those who volunteer every day.

Marie Billen – Kids' Easter Egg Hunt & Fun Run – Race Co-Director



Marie Billen has co-directed KAR's Kids' Easter Egg Hunt and Fun Run for the past two years with Teri Olbrot. Her motivation, organization and attention to detail has been critical to helping a small committee navigate through the planning of a community event that has doubled in size each year since the team came together.

Marie shares the motivation behind why she volunteers on behalf of KAR. “

“It's very satisfying to volunteer for the sport you love. I got into long distance running 4 years ago when I joined the Gazelle Safari Program to prepare myself for a half-marathon (a few weeks into the program I then decided to switch to training for a full marathon, the Detroit Free Press which was my first, due to peer pressure : -)” and became a member of the Kalamazoo Area Runners through Gazelle Safari. I was amazed to discover how many runners the community of Kalamazoo had! I really enjoyed making new friends with whom I shared a passion: running. I think the first time I volunteered with KAR was by dropping hydration at one of the organized ‘Beyond’ runs the following winter. It was very rewarding to see how many

runners on the course were thanking me for just doing that, which I thought wasn't very much. It's a great feeling to be part of this awesome running community, and for me this includes both taking part in the runs and training programs, as well as volunteering at some of the club events."

In describing her responsibilities as a Race Co-Director for the Kids' Easter Egg Hunt and Fun Run, Marie states that her primary duty is to ***"most of all make sure that everything goes smoothly on event day, that every kid goes home with some eggs and hopefully makes some fun memories too. We have a great 4-person committee, which makes it so much easier and more fun than it would be to organize this event alone. This year we started planning the 2014 Kids' Easter Egg Hunt & Fun Run about 3 months before event day. We took over the organization of this event 1.5 years ago when the number of participants was at under 100 kids. Last year, we changed the venue and we had 300 children, and this year close to 600, so the event is growing fast and with the growth comes challenges: making sure we have enough stuffed eggs, that every child can find at least 5 eggs, etc. Other duties include renting the venue, recruiting 20+ volunteers to help on the day, set up pre-registration and late registration, plan for refreshments and door prizes, set up 3 (age group divided) 'egg hunting' areas, etc."***

Marie's advice to others interested in volunteering on behalf of KAR is that ***"If you like running, you will enjoy and feel rewarded for volunteering at running events in our community!"***

Terry Hutchins – Kal-Haven Trail Run – Race Director



I had the pleasure of working on the Kal-Haven Trail Run committee with Race Director Terry Hutchins. I admire the commitment that Terry dedicates to both KAR and the Kal-Haven Trail Run's beneficiary organization Girls on the Run. I also appreciate the time and patience that Terry exhibited as he led a small committee of Kal-Haven Trail Run newbie's in the planning of the 2014 event.

Terry shares: ***"What inspires me? I realized years ago when I started participating in running, triathlons and duathlon events that it takes good volunteers to make these events successful. So I have always tried to give back to the racing community by***

volunteering for at least one event per year as I usually participate in 13 -18 events a year. My first time volunteering was for the Kalamazoo Klassic in 1981 as a mile timer. I worked on the Kalamazoo Klassic as a volunteer in a number of roles including race director form the late 80's through the late 90's. My wife Kathy and I were part of the original triathlon club in 1984 (Seahorse Triathlon Club) and were part of a team that created the Seahorse Triathlon. We took responsibility for the bike course and transition area for the first 5 years of the Seahorse Triathlon. I have been the race director or co-race director of the Kal-Haven Trail Run since 1993."

When asked what the duties of serving as a Race Director involved, Terry summed up the responsibilities as follows.

"Ensure that the participants have a safe, well organized event. As organizers we need to make sure the logistics of supporting the runners are in place so the runners only have to worry about their running performance."

What would Terry's advice be to KAR members considering getting involved in volunteering?

"Volunteering can be very rewarding as most participants will thank you for the service you provide them. And you know that you are creating some balance in the universe by giving something back to the activities you enjoy."

Fred Keister – Fast Track Coach and event day volunteer



Fred Keister recently retired from his full-time career, but stays active by dedicating much of his free time and expertise to the running community through his volunteer work. If Fred isn't participating in a KAR event as a runner chances are you will see him serving in a volunteer capacity at an expo or health fair, Member Reception Run, or other KAR sponsored events. Fred also serves as a Fast Track Coach in Kalamazoo.

When asked why he volunteers, Fred shared,

“Kalamazoo Area Runners is a volunteer driven association. If I am going to be part of an organization I am going to contribute to its success. With KAR, this can mean volunteering, running in as many Championship Series races as possible and contributing canned goods and socks for the various charitable organizations supported by KAR. The rewards are many; feeling good about contributing, meeting new people and developing new friendships, as well as helping the community. I am going to be a KAR Fast Track coach again this year. Being part of helping runners achieve their personal running goals is extremely rewarding.”

Fred has served KAR as a race day volunteer at many events. He describes his role in this capacity as follows,

“Most of what I have done is good old customer service. I have had fun helping with event registration (taking your money to let you run your rear end off for 3.1 miles) course marshalling (pointing you in the right direction) and helping setup at events (mostly doing what Bonnie tells you to do). I have worked the KAR informational table at Expo’s on a couple of occasions. I really enjoy meeting people and explaining all that KAR has to offer.”

When asked what advice he would give to others interested in volunteering for KAR, Fred encourages others to get involved.

“I believe that the success of an organization such as Kalamazoo Area Runners is predicated on an engaged membership. We all have busy lives, but I think people would be surprised that the amount of time they would contribute is really not that great. It can be as little as two to three hours a few times a year to help make an event successful. Of course, for those that really want to get involved, there are committee and Board positions available that do mean a longer term commitment. Also, I promise they will have tremendous fun, as well!”

Hot Club News

2014 Kids’ Easter Egg Hunt and Fun Run



Photos by Denis Billen



April 13th saw close to 600 kids gather at Portage West Middle School for the 2014 Kalamazoo Area Runners Kids Easter Egg Hunt and Fun Run. Despite high chances of rain, the weather held off. On this surprisingly warm and sunny afternoon, baby & little bunnies under five years old scoured the Easter Bunny's "playground" for tiny treasures hidden in colorful eggs, with bigger bunnies aged six to twelve running part of the cross country course while hunting for the Easter Bunny's eggs. There were close to 3,500 Easter eggs to be found this year!

After the run, the kids enjoyed snacks, water and juice, and some dancing, while countless door prizes were given away. Among the larger prizes were four guest passes from the Kalamazoo Nature Center, a \$50 gift card from Harding's Friendly Markets, three gift certificates from DB Family Photography & DJ, a \$20 gift certificate from the People's Food Co-op, free meal coupons from Noodles Co, and a gift basket & 10 entrance buttons from New Year's Fest.

We would like to thank the Harding's Friendly Markets, Kalamazoo Nature Center, DB Family Photography & DJ, Noodles Co, New Year's Fest and People's Food Co-op for sponsoring the event this year and thank all our great 22 volunteers who donated their time to help make this event such a great time for the kids!.

Hope to see you all again next year!



KAR Membership Race Discounts

KAR Members are eligible for many local and regional events. Please contact our Executive Director, **Joy Mills**, at joy.mills@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount:

[Great Lakes Bay Marathon](#) – Midland, MI

May 18, 2014

\$5 discount on Half Marathon or Marathon, and Marathon Wheeler registration

[Kalamazoo Mud Run](#) – Kalamazoo, MI

June 7, 2014

\$5 discount on registration

[Charlevoix Marathon](#) – Charlevoix, MI

June 21, 2014

\$10 discount on half or full marathon registration

[Duo At The Ledge](#) – Grand Ledge, MI

July 5, 2014

\$10 discount on half marathon or 5k

[Kalamazoo Mile](#) – Kalamazoo, MI

July 24, 2014

\$2.50 discount

[Portland Relay For Life Half Marathon and 5k](#) – Portland, MI

July 27, 2014

\$5 discount on half marathon or 5k. Registrations must be received by mail by July 17th.

[Old Farts Marathon](#) – Lowell, MI

August 16, 2014

\$5 discount on half or full marathon registration

[Michigan Wine Trail Half Marathon](#) – Baroda, MI

August 24, 2014

\$10 discount on half marathon

[Run For Your Heart \(Half Marathon, 10K, 5K\)](#) – Saginaw, MI

September 6, 2014

\$2 discount on race fee

[Laughing Gull Half Marathon](#) – Hickory Corners, MI

September 13, 2014

\$7.50 discount on half marathon

[The Hungerford Games](#) – Big Rapids, MI

September 27, 2014

\$5 discount on half marathon, marathon, or 50 mile ultra marathon

[Park2Park \(Half Marathon, 5k\)](#) – Holland, MI

September 27, 2014

\$5 discount on half marathon \$3 discount on 5k. Discounts expire August 31st.

[Grand Rapids Marathon \(Marathon, Half Marathon\)](#) – Grand Rapids, MI

October 19, 2014

\$7 discount on marathon or half marathon

Registration is Open for the Summer Safari Marathon & Half Marathon Training Program



Train for a Half Marathon or Marathon with Gazelle Sports and Kalamazoo Area Runners

Registration is now OPEN!!! Summer Safari is presented by Gazelle Sports and Kalamazoo Area Runners. With a wealth of experience and knowledge, we've designed this 18 week training program for beginner runners looking to complete their first half marathon or full marathon as well as runners who have already crossed the finish line but would like to run a personal best!

Our training program offers three training schedules catered to the beginner and the experienced, significant support on your long runs by providing experienced coaches, unique and varied routes, and nutrition and hydration stations. This program also offers opportunities for speed training at WMU Kanley Track, educational clinics, and mid-week runs. By signing up for this program you will also receive a one year membership to Kalamazoo Area Runners (KAR)

Note: You must be able to run 4 miles comfortably multiple times a week by the start of this program.

Information Night 6pm | Tuesday, June 10, 2014

Join us on June 10 at 6pm at the Bronson Gilmore Center Auditorium.

Learn more about the Gazelle Sports Summer Safari Half Marathon and Marathon Training Program and have the opportunity to have your questions answered.

18 Week Training Program

Training starts Saturday, June 21, 2014 at 7am

Track Workouts 5:45am and 6pm | Tuesdays

Why run with us? We provide:

- Special focus on beginners
- Low participant to coach ratio
- Gazelle Sports wicking shirt
- Training schedules
- Access to e-notebook for additional resources
- Track workouts for speed training during the week
- Varied and unique pre-planned routes
- Hydration and nutrition stations
- Mile markers on the routes
- Educational clinics
- 10% Gazelle Sports discount
- Samples of race food (gels and more) for long runs
- One year Kalamazoo Area Runners (KAR) membership and optional family membership for an additional \$10 (see details below)

[Click here to register for the 2014 Safari Marathon & Half Marathon Training Program](#)

Registration is Open for the 2014 Kalamazoo Klassic 10k, 5k and Pump n' Run



Join us for the 2014 Kalamazoo Klassic, Kids' Klassic & Pump n' Run! Registration is now open!

The Thrill, The Will, The Hill! Registration for the 2014 Kalamazoo Klassic is now OPEN! MRC Industries, Inc. and the Kalamazoo Area Runners are proud to present the 36th Annual Kids' Klassic, Kalamazoo Klassic 5k, Run/Walk 10k Run and Pump n' Run on Friday and Saturday June 13th and 14th 2014. Join us for a long time community tradition infused with several new twists!

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. The 10k serves as the RRCA regional championship event. Participants can run/walk the 5k, run the 10k or both, or participate in the Pump n' Run or both the 10k and the Pump n' Run for the same low price.

Register by May 31, 2014 for early bird pricing!

Proceeds benefit MRC Industries, Inc. a local non-profit organization with the mission to provide support and encouragement to individuals living with a disability to achieve their fullest potential through employment, skill-building and active community involvement.

More than 200 volunteers are needed Friday afternoon & evening and Saturday morning. For more information on participating, volunteering or serving as a sponsor, visit www.kalamazooklassic.org.

Susan G. Komen Race for the Cure

Saturday, May 17, 2014

**Downtown Kalamazoo Arcadia Creek Festival Place
7:30am – 12:00pm (run/walk events begin at 10:00pm)**



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

New this year, Kalamazoo Area Runners will have an onsite Team Tailgate Tent!!! Many of us have been touched by breast cancer in some way, whether 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 2014 Susan G. Komen Race for the Cure. This year's event will be held Saturday, May 17, 2014 from 7:30am – 12:00 noon (run/walk events begin at 10:00am) 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 2014 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, Southwest Michigan counties include: Allegan, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, and Van Buren. 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 \$1000 and

recruit a minimum of 25 team members. Kalamazoo Area Runners shirts will be provided to the first 25 team members.

To join the Kalamazoo Area Runners Team requires two easy steps.

Register for the 2014 Race for the Cure, donate and join the team all in once via the [Kalamazoo Area Runners Race for the Cure Web Page](#)

E-mail bonnie.sexton@kalamazooarearunners.org with your t-shirt size (gender specific) and to be added to the email distribution.

For more information on joining the Kalamazoo Area Runners Team, please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org

2014 Relay For Life Join the Kalamazoo Area Runners Team!

When: 10 AM, Saturday, May 31 Through 10 AM, Sunday, June 1

Where: Portage Central High School



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

Promoting cancer awareness.

Supporting cancer patients through their treatments

Funding research to find a cure.

Kalamazoo Area Runners is organizing a **running competition** for the event. The competition will involve raising money and running (or walking) as many miles as possible.

The competition will have **2 divisions**:

Most Miles Run – Run as many miles as you can during the event.

Most Funds Raised – Raise as much money as you can for running those miles.

KAR will award following **prizes**:

1. Event donations of \$200 and \$100 respectively in honor of top 2 female "Most Miles Run"

2. Event donations of \$200 and \$100 respectively in honor of top 2 male “Most Miles Run” finishers.
3. Event donations of \$400, \$200 and \$100 in honor of top 3 “Most Funds Raised” finishers.
4. Event donation of \$1,000 to male or female runner who places first in both divisions. Winning this one would be legendary.

Joining the KAR Team is an easy process:

[Register Online By Clicking Here Then Clicking "Join Our Team"](#)

Set up your personal fundraising web page. You can send people to this link to sponsor you. Do not hesitate to call me at the number below if you need help with this. Begin fundraising!

If you are unable to participate in the relay but would like to help, please sponsor one of the runners. You can also click the registration link above then click “Donate Now.”

If you have any questions, please contact Ferdi Hintze at fhintze2000@yahoo.com or 269-547-0037.

Rules:

1. All miles must be run during the event at Portage Central High School.
2. Miles run should be reported to when you are finished running. Honors system will be used.
3. Funds can be raised over the internet or with cash donations. All cash must be turned in by Wednesday, June 5, 2014.

Registration for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo) is now OPEN!!!



Are you seeking to run your first 5k or 10k, begin a speed work program or optimize your 5k or 10k performance? Registration is now OPEN for the 2014 Fast Track 5k and 10k Training Program (Kalamazoo). Fast Track runs Tuesday, July 8, 2014 through Tuesday, September 9, 2014 and targets the Peacock Strut 5k & 10k scheduled for Saturday, September 13, 2014. Sessions are conducted 6:30 pm Tuesday evenings (optional clinics at 6:00pm) at WMU Kanley Track.

Learn More!!! Join us for our Fast Track 5k & 10k Training Program Orientation and Apparel Clinic Tuesday, June 24, 2014 from 6:30 – 7:30pm at the Downtown Kalamazoo Gazelle Sports.

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 includes training schedules, individual guidance, clinics and structured Tuesday track workouts.

Online Registration will remain open through July 31, 2014 at 11:00pm.
Program Levels are as follows:

Fast Track I (Beginner Walk to Run) – Fast Track to running – Geared towards transitioning the new runner from walking to running and completion of a 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.

For more information and/or to register for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo), visit www.karfasttrack.wordpress.com.

Opportunities for Fast Track 5k and 10k Coaches

Share your time, talent and passion for running with others through a rewarding experience. Kalamazoo Area Runners has several coaching positions available for the Fast Track 5k and 10k Training Program. The major duties of this position are as follows (a full job description is available upon request). We will provide training. Contact Fast Track Program Director **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org for more information and/or a job description.

Expectations

- Leads Tuesday morning and/or Tuesday evening track sessions 9 - 10 weeks July 8 through September 9, 2014.
 - Attend 2 planning/training meetings and orientation
 - Provides one on one guidance, encouragement and workout specific coaching based on established guidelines and training schedules
 - Explains track work out details to the group
 - Commits to prescribed number of weeks as specified by the program (8 of 10 sessions)
 - Answers questions relating to track workouts, refers Fast Track program questions to the appropriate contact
 - Organizes runners into groups based on training schedule and pacing, and facilitates a cohesive team environment
 - Builds camaraderie and fosters a positive team environment through encouragement and program social events
 - Serves as an advocate for Kalamazoo Area Runners events, programs and group runs.
 - Other miscellaneous duties as needed
- Fast Track Only: Assigned a committee area of responsibility (registration, coach scheduling, clinics, website updates, socials, etc).

Benefits

A rewarding experience encouraging and inspiring others in their running
Free Fast Track Participation
Fast Track Technical Coach Shirt

Fast Track positions currently available are:

Fast Track I - Beginner Walk to Run (2 coaching positions available)
Fast Track II/III & V/VI – Speed work Group G (5k Time Faster than 20:30) (1 position)
Fast Track II/III & V/VI – Speed work Group F (5k Time 20:30 – under 22:00) (1 position)
Fast Track II/III & V/VI - Speed work Group B (5k Time 27:00 – under 30:00) (1 position)
Fast Track IV – 5k to 10k Step Up Program (11:00 – 12:00 miles) (1 position)
Fast Track IV – 5k to 10k Step Up Program (12:00 min miles and slower) (1 position)

Thank you for thoughtfully considering these rewarding leadership positions.

Volunteer Leadership Opportunities

DIRECTOR AND COMMITTEE OPPORTUNITIES

Winter Blast Half Marathon & 5k (Event Date: TBD - 2015)

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background

coordination of duties and availability race weekend (2015)

For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Kalamazoo Area Runners Fanwear Store – Check Out Our Apparel Line!

Check out our complete line of KAR and Fast Track 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.

Yes, there really is a Kalamazoo Area Runners Facebook Group



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 more than 1250 members on our Facebook® group, and as we re-

Next KAR Board Meeting is May5, 2014

The next KAR Board Meeting is May 5, 2014 at 7:30pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Championship Series Events



The 2014 Kalamazoo Area Runners Club Championship Series kicked off March 22, 2014 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Vicksburg Hearty Hustle](#) 5k (preregistration only), May 10, 2014

[Oaklawn Hospitality Classic](#) 5k & 10k, May 17, 2014

[Howard Hill Hustle](#) 5k (\$5 discount), May 17, 2014

[Komen Race for the Cure](#) 5k, May 17, 2014

[K5K \(Kalamazoo 5K\)](#) 5k (preregistration only), May 24, 2014

[Run to Climax](#) 7k, May 26, 2014

[Plainwell Education Foundation Island](#) 5k (preregistration only), June 12, 2014
[Cereal City Classic](#) 5k & 10k, (\$5 discount), June 14, 2014
[Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 14, 2014
[Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 21, 2014
[Schoolcraft Firecracker](#) 5 Mile, July 4, 2014
[Pace for Poverty](#) 5k & 10k, July 4, 2014
[Kindleberger Superhero](#) 5k (\$3 discount), July 12, 2014
[Mattawan Road & Trail](#) 5k, August 2, 2014
[Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014
[Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014
[Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014
[Grape Lake](#) 5k (preregistration only), September 6, 2014
[Peacock Strut](#) 5k & 10k, September 13, 2014
[Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014
[Run for the Son](#) 5k, September 27, 2014

2014 Club Championship Series Only (no discount)

[Borgess Run for the Health of It!](#) 5k, Half Marathon, & Kalamazoo Marathon, May 4, 2014

Points for each race will be determined as follows: 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 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: Time points = winner time/runner time * 100.

Running Community News



Lake Village Homestead Farm, in partnership with CrossFit AZO, presents the 1st Annual Farm Wellness Day and 5K on May 17th, 2014, in celebration of the connection between the health of our bodies and minds, and the health of the earth and the animals that inhabit it. This event will include a morning warm-up, a 5K rustic trail run/walk, kids' Fun Run/Obstacle Course, plus farm and garden tours, and visits with farm animals and residents. Visitors may also enjoy local and healthy food sourced from our farm and opportunities to chat with wellness professionals.

To learn more and register go to

<https://www.signmeup.com/site/online-event-registration/99057>

Kalamazoo Area Runners Group Runs and Training Programs



Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Joy Mills at joy.mills@kalamazooarearunners.org Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>

Kalamazoo Area Runners (KAR) hosts five 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

Kalamazoo Area Runners (KAR) 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 for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

Kalamazoo Area Runners (KAR) 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 **Scott Everett** at scott.everett@kalamazooarearunners.org to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Kalamazoo Area Runners (KAR) 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, **Teri Olbrot** at teri.olbrot@kalamazooarearunners.org or **Laura Sandahl** at llsandahl@gmail.com 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, contact Tim Martin at tmartin@gazellesports.com

The Dirty Herd

*****NOTE TIME CHANGE***** FREE trail runs on Sunday afternoons at 8:00am 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

Battle Creek

Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Riverside School/Park

The Sunday group runs in Battle Creek meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at jill.delong@kalamazooarearunners.org or **Matt Santner** at Matt.Santner@kalamazooarearunners.org.

*****CURRENTLY ON HIATUS DURING FAST TRACK APRIL 15, 2014 – JUNE 17, 2014*** Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark Lutheran Church**

Tuesday evening runs from St. Mark Lutheran Church, 114 E. Minges Rd. Battle Creek, MI 49015 (corner of Capital Ave. and Minges Rd.) at 6:00pm. Please bring your own hydration. For more information contact **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of April, the Kalamazoo Area Runners attained another new membership record, reaching 1350 members. This represents 26.5% growth since April 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Tracy	Balkema
Kelly	Becker
Elizabeth	Clark
Sonja	Crothers
Carson	Elder
Charles	Elder
Kaitlyn	Elder
Nikki	Elder
Peyton	Elder
Mike	Evans
John	Green
Emma	Hess
Joey	Hess
Mike	Hess
Tommy	Hess
Jacquelin	Killmer
Michael	Krautmann
Eric	Laforest
Laura	Livingstone-McNelis
Peter	Livingstone-McNelis
Vincent	Livingstone-McNelis
Robin	Martin
Alisha	Rowe
Sean	Sharkey
Cheryl	Sigler
Dan	Stratton
Alan	Sylvester
Arran	Tate
Emma	Tate
Finlay	Tate
Kaelin	Tate
Lewis	Tate
Trever	Tate
Michael	Wagner
David	Williams
Justin	Wood
Kimberly	Wood

Kal-Haven Trail Run Solo Event April 5, 2014

This marks the first year for the Solo Event of the Kal-Haven Trail Run's participation in the Club Championship Series, and 30 KAR members participated in the 33.5 mile challenge. Stephanie Schrieber was the female overall winner with a time of 4:53:52. Bill Greer was the Male Masters Winner with a time of 4:45:49, Mark Sigfrids took the Male Grand Masters title with a time of 5:37:26, and William Snell was the Male Grand Masters Winner with a time of 6:29:59. Teresa Fulcomer was the Female Grand Masters Winner with a time of 6:01:49,. Finishing in the age group circle winners were Peter Burrill (1st), Cristi DeDoes (3rd), Ryan Geers (2nd), Kim Gjeltrema (1st), Jon

Hess (3rd), Rocque Lefaive (1st), Margaret Munger (2nd), Alayna Pelfresne (3rd), Benjamin Siems (3rd), Kristin Simons (1st), Aaron Stanley (2nd), Wayne Stoffer (1st) and Carla Thomas (1st). Congratulations to all our Kal-Haven Trail Run Solo Event finishers!

Peter Burrill	5:03:07	1st
Eileen Chiang	7:02:14	3rd
Kyle Christianson	6:18:27	
Lee Cummings	5:54:33	
Cristi DeDoes	6:35:38	3rd
Teresa Fulcomer	6:01:49	Female Grand Masters Winner
Ryan Geers	4:26:07	2nd
Kim Gjeltema	7:02:20	1st
Bill Greer	4:45:49	Male Masters Winner
Jon Hess	5:39:35	3rd
Brian Hunt	5:57:36	
Rocque Lefaive	5:09:32	1st
Derek Lewis	5:04:58	
Tracy Matthews	7:03:48	
Doug Muenzer	5:22:21	
Margaret Munger	6:32:05	2nd
Zach Novak	6:35:40	
Alayna Pelfresne	6:35:31	3rd
Ryan Philip	5:30:25	
Ronald Reid	7:41:22	
Stephanie Schreiber	4:53:52	Female Overall Winner
Benjamin Siems	5:04:48	3rd
Mark Sigfrids	5:37:26	Male Grand Masters Winner
Kirstin Simons	6:39:36	1st
William Snell	6:29:59	Male Senior Grand Masters Winner
Aaron Stanley	5:25:53	2nd
Jody Stanley	7:29:07	
Wayne Stoffer	6:12:12	1st
Kevin Theisen	6:35:33	
Carla Thomas	6:20:17	1st

OEC Eco Trail Race 4k and 8k April 19, 2014

The OEC Eco Trail Race, directed by Kalamazoo Area Runners member Matt Santner was held on April 19th and attended by 16 KAR members. Gale Fischer enjoyed a double victory by winning both the 4k in 15:30, and the 8k in 31:35. Leslie Scheffers finished top overall female winner in the 4k with a 18:56. Finishing in the age group circle winners for the 4k were Collin Bennet (2nd), Russell Bertch (2nd), Chris DHulster (1st), Michael Loudon (1st), Renee Mercer (1st) and Mark Sigfrids (1st). Age group circle winners in the 8k included Paul Bushnel (2nd), Chris DHulster (1st), Kathy Farrow (1st), Bill Greer (1st), Michael Loudon (2nd), Renee Mercer (2nd), Leslie Scheffers (1st), Mark Sigfrids (1st), and Gena VanderMeulen (2nd). Congratulations to all our OEC Eco Trail Race 4k and 8k finishers!

4k		
Collin Bennet	0:22:30	2nd
Jalayne Bennett	0:28:33	
Russell Bertch	0:18:29	2nd
Martha Boyer	0:29:52	2nd
Paul Bushnell	0:19:26	
Chris Dhulster	0:16:43	1st
Gale Fischer	0:15:39	Overall Male Winner
Michael Loudon	0:19:09	1st
Shawn Maxwell	0:23:25	
Renee Mercer	0:22:24	1st
Leslie Scheffers	0:18:56	Overall Female Winner
Mark Sigfrids	0:18:06	1st
Rhonda Smart	0:29:53	

8k		
Russell Bertch	0:38:49	
Paul Bushnell	0:37:32	2nd
Chris Dhulster	0:35:11	1st
Kathy Farrow	0:43:55	1st
Gale Fischer	0:31:36	Overall Male Winner
Bill Greer	0:34:01	1st
Michael Loudon	0:37:35	2nd
Shawn Maxwell	0:48:22	
Renee Mercer	0:46:43	2nd
Leslie Scheffers	0:37:27	1st
Mark Sigfrids	0:36:44	1st
Rhonda Smart	1:03:33	
Gena VanderMeulen	0:39:59	2nd

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