

“We would accomplish many more things if we did not think of them as impossible.”

-Vince Lombardi

April 2015

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Kalamazoo Area Runners (KAR) Selected as a Governor's Fitness Awards Finalist

By Bonnie Sexton



Events such as the Winter Blast Half Marathon & 5k and the Kalamazoo Klassic 5k and 10k & Kids' Klassic contributed towards KAR's selection as a Governor's Fitness Award finalist – photos by Fast Photo Pro

In February, we were pleased to learn Kalamazoo Area Runners (KAR) was selected as a finalist for the 2015 Governor's Fitness Awards Extraordinary Event category. This award honors events or organizations that provide physical fitness opportunities for the general public in an exceptional way. Award finalists were recognized on April 23, 2015 at a morning legislative celebration at the state capitol in Lansing and at a gala event at Ford Field in Detroit that evening, where the winners were announced. Photos of the legislative reception can be found via the link below.

[Click here for photos of the legislative reception](#)



Contents

Board President's Letter –Page 1

Executive Director Letter – Page 4

Just Another Runner's Perspective – Page 6

Featured Member, Katie Thill—Page 10

Hot Club News and Events - Page 13

KAR Facebook Group
Volunteer Leadership Opportunities
Kalamazoo Klassic Team Challenge
KAR in BC: Calhoun County Trailway Alliance Grand Opening Fun Run
KAR Membership Race Discounts
KAR Apparel Line
Kalamazoo Area Runners Board Meeting
Bronson HealthCare Midwest Sports Medicine Sports Injury Walk-in Clinic

Club Championship Series—Page 20

Group Runs/Training - Page 21
Group Runs

Club Member Corner - Page 22
New Member Welcome

Local Race Results—Page 3
Kal-Haven Trail Run Solo Event
OEC Eco Trail Race 4k & 8k
B.C. Spring Into Action

In order to be considered for a Governor's Fitness Award, a nomination was submitted on behalf of the KAR Executive Board. The nomination included the number of individuals impacted, how we used our community's infrastructure and other important information supporting our efforts to provide an innovative, safe and fun physical activity within our community and served to encourage others to engage in physical activity. We referenced the seven signature events we organize or co-organize -

- Winter Blast Half Marathon & 5k (in partnership with the City of Portage)
- Children's Easter Egg Hunt Run
- Kal-Haven Trail Run (in partnership with Greater Kalamazoo Girls on the Run)
- Kalamazoo Klassic 5k, 10k & Kids' Klassic (in partnership with MRC Industries, Inc.)
- Jack-O'-Lantern 5k and 10k Trail Run
- Turkey Trot 5k Time Prediction Run
- Run Through the Lights (in partnership with Gazelle Sports and Kalamazoo Loaves and Fishes)

Kristen Maxwell (KAR VP Marketing) and I had the privilege of representing KAR at both the Legislative Reception and the Gala at Ford Field on April 23. When we arrived, our local legislative representatives greeted us, escorted us to the Senate, and presented us with a Special Tribute from the State of Michigan.

We later moved to the Capitol Rotunda, where KAR and all the other finalists were individually recognized at a special ceremony and given a plaque. After the ceremony, we were able to observe the Senate in session, and Margaret O'Brien recognized the organizations (including Kalamazoo Area Runners) and individuals in the Twentieth District who had been named finalists. Finally, the entire group of finalists was escorted into the House, where additional photos were taken.

We had travelled with Dale Shugars and Becky Argue, and after the legislative reception stayed in Lansing for lunch, toured the Fitness Foundation, and then proceeded on to Ford Field. We had the opportunity to go down to Ford Field for several activities and then attended the VIP Reception, and the dinner, where the final award winners were announced.

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At the dinner, all the finalists, including the four in the Extraordinary Event category (30 Days to Lost It, Gazelle Girl Half Marathon, DALMAC, and Kalamazoo Area Runners (KAR) were recognized via video. The DALMAC (Dick Allen Lansing to MACKinaw) Bicycle Tour was selected as the final winner of the Extraordinary Event Category.

KAR members also had the opportunity to vote for the Peoples' Choice Award, and the winner was Andrew Chapin, a Health, Psychology and Physical Education Teacher from Mason High School. We had the opportunity to meet and talk with Andrew, who is an avid runner and marathoner, and passionate about physical fitness in his school, and community.

[Click here to view the Governor's Fitness Award Winners](#)

Finally, we wish to thank our members for supporting KAR events and programs through your participation, volunteerism and sponsorship support. It is through our collective efforts that this honor was made possible through the seven signature events we organize or co-organize.

I recently attended a conference which included a panel of several leaders in our local community. In response to one of the questions, one CEO shared that when he is asked how he built a successful company, he tells them it is not due to his efforts, but the efforts of the people within his organization. The same is true of Kalamazoo Area Runners (KAR) and this honor is shared among all those who have become involved over the years

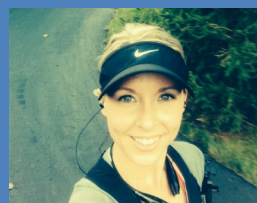
Board of Directors continued



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through participation, volunteerism and sponsorship support, and more recently staff as we transition from an all-volunteer to a partially staff supported organization as well.

Thank you for building Kalamazoo Area Runners (KAR) into the great organization it is.



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—Featured Volunteers—Going the Extra Mile

By Joy Mills

Over the past year the focus of the Rundown' Executive Director report has been to highlight a few of KAR's many generous and talented volunteers from throughout the organization. This has at times included members of our Board of Directors that serve in other capacities in addition to their leadership duties. In March, we elected new members to the Board of Directors including Pablo Cecere, Chelsea Fay, Ferdi Hintze, Carrie Hoch-Mortlock and Kristen Maxwell. Board membership represents a generous offering of one's time and talent and emphasizes one's commitment to the Kalamazoo Area Runners organization. I am looking forward to highlighting them as volunteers over the next couple of months. Please join me in thanking all of the members of the Kalamazoo Area Runners Board of Directors for their service to our organization.

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Pablo Cecere – Vice President Technology



When asked why he volunteers for KAR, Pablo says ***“I moved to Michigan 2 years ago, and when winter came, I decided that I needed to do some outdoor activity. I was primarily an all-year round soccer player. I found support and guidance in becoming a runner in this group, and was able to complete 3 marathons. I want to give back a small part of what I got.”***

Pablo describes his role on the Board of Directors as follows: ***“I am the VP of Technology, and basically provide insights to the Board for making IT decisions: storage, websites, analytics, races registration, etc.”***

When asked what advice he would give to others interested in volunteering for KAR, Pablo ***says “It takes some time, but it's something manageable. We all have other jobs, we all run many miles a week, and we can still make it. We can always use a couple of extra hands!”***

Carrie Hoch-Mortlock, Vice President Development



Carrie shares that ***“I believe a person's life can be enriched through health and fitness. KAR provides a great opportunity to do what I personally love while helping others take that first step.”***

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Director, Kalamazoo Klassic (KAR) (with
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When asked to describe her primary duties on the board, Carrie states that ***“I am the Vice President of Development. My role is to strengthen and build relationships in the community that enhance the organization’s ability to provide valuable programs and events, which help us achieve our mission. My goal while in office is to continue to build an awareness of KAR and its benefits to individuals as well as the community.”***

Carrie’s advice to others interested in volunteering on behalf of KAR? ***“We are all KAR members because of our love of running. What better way to share this passion with others than to volunteer. There are many programs and events, choose one that ignites your passion and go for it! It will be fun and you will develop new friendships along the way.”***



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 in KAR Club Series Championship events with her son and daughter. Joy is currently training with the Beyond program for her first marathon, the Cellcom Green Bay Marathon in May.

Another Runner’s Perspective - Elevating Your Run

"Accept what life offers you and try to drink from every cup. All wines should be tasted; some should only be sipped, but others, drink the whole bottle."
---Paula Coelho, *Brida*

Variety is said to be the spice of life. Consistency and routine are important facets in our daily existence but breaking up these routines and branching out into uncharted waters periodically can freshen our outlook. We should all employ diversity in what we do in our place of work, within our family, and in what we do in our free time. This model of routine with intervals of variance works in the world of running as well. Running at different times of the day, changing the terrain that we log our miles on, implementing runs of varying lengths and intensity and taking in different scenery when running are things that we should consider while balancing a consistent running routine with

Event and Program Directors continued

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divergence. This model can be followed within the confines of the community and even the region that we reside in but traveling outside of one's time zone can provide opportunity to expand an individual's running horizons to an even greater level.

My family and I recently spent a few days of our spring vacation in Arizona. As a runner this was my first opportunity exploring desert and mountain landforms. We were on a hectic schedule arriving in Phoenix late Saturday evening and flying out for our return to Michigan early Wednesday morning. Sunday was spent visiting with relatives as we celebrated the Easter holiday. Our Monday and Tuesday schedules were packed with sightseeing adventures from sun up to sundown. Although we were on vacation there was not much time for relaxing and slowing the pace of our lives. A dilemma of sorts brewed in my mind with the question played over and over again in my head. Should I try to squeeze in a daily run between the hours spent driving from one point of interest to another? In reality I never really questioned whether or not I would somehow find a chunk of time to run. I had expected going in that without a doubt I would find a space in each day to get in my exercise routine. Although this was a family vacation I wanted to carve a slice of daily time for myself to get in my daily fix. Not knowing when or if I would ever find myself in the midst of the grandeur of the desert and mountains again, the notion of seizing this opportunity to explore it while on a run was a no brainer.

With a jet lag from four and a half hours in an airplane and the adjustment of going to bed and waking up in a time zone of three hours difference, the thought of sleeping in Sunday morning became a very real temptation. As I glanced at the weather forecast before retiring for the evening and seeing a high of 88 degrees for Easter Day, I conceded that a run first thing in the morning seemed to be my best option. Awaking with the sunrise and slipping out the door at seven AM, I was greeted with sunny skies, a temperature of 63 degrees and an atmosphere with little humidity. I soon realized that this was the optimal time of day for running in Phoenix as I encountered several other runners out on the roads. As I approached the exit to my aunt's neighborhood I hung a right on to a main road. Not really knowing the lay of the land I decided I would go out four miles, turn around and come back in. An out and back seemed an easy option in unfamiliar territory to diminish the odds of getting lost. I enjoyed the architecture of the area as I passed house after house designed in the Pueblo Revival style. Directly ahead of me a foothill kept calling for me. It was difficult to estimate how far it was but a mile into my run I came upon another major intersection. The foothill with rocks, sand and cacti continued to seduce me while the lazy component of my personality dreaded the uphill stretch. My lazy bone won as I turned to the right to avoid the hill. I soon realized less than a half mile later that I was headed straight for another foothill. Unless I wanted to circle through some of the local neighborhoods and focus more on

KAR Discount Sponsors

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

Gazelle Sports

Information coming soon!



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 has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer 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.

not getting lost than taking in the beauty surrounding me there was no avoiding the foothills that decorated Phoenix inside and out.

My third mile took my up a good sized incline dividing to bigger hills. I was in awe of the desert terrain and slowed my pace to ease the steady climbing effort. A half mile later I crested the hill and was treated to a winding descent through a breathtaking valley. The rapid breathing, dripping sweat, steady heartbeat and other stimuli normally associated with running was lost as I marveled at the visual treat surrounding me. At four miles I made an about face and made my way back to my aunt's house. The combination of the sun waking the surroundings, the comfortable temperature and the picture perfect scenery rejuvenated me from my exhausted state from the previous day's travels, awakening my senses. I was ready to take on the next few days.

The remainder of Easter Day was spent with family eating, playing yard games and enjoying each other's conversation. As the afternoon began to wind down and the house began to empty my aunt, dad, my wife and I began to plan out the next two days. The four of us along with my two children would make the drive from Phoenix to the Grand Canyon the following morning stopping to see two landmarks on the way. As a ten year old I had been to the Grand Canyon but now I was looking forward to seeing it again with my family. After our two tourist stops and a break for lunch we arrived at the Grand Canyon National Park entrance around 3:30 PM. We spent a little more than an hour stopping at three different scenic lookouts before arriving at the main tourist hub of the south rim, the Village. A park map revealed a thirteen mile path hugging the south rim. We parked the car and I grabbed my bag to change into my running clothes. I felt a twinge of guilt for taking an hour for myself to explore the area, but I justified my selfishness to myself and my wife with the question, "When will I have another opportunity like this to run along the rim of the Grand Canyon?" In my mind three and a half miles out and three and a half miles back seemed like an easy hour run, but at 7000 feet above sea level I soon realized that my normal pace would have to slow and that hour time frame would need to be adjusted for this run to be easy. Although the altitude took my breath away the majestic views of layered jagged red rock towering over the Colorado River Valley with each twist and turn was breathtaking as well. The late afternoon sun created a patchwork of shadows on the walls of the canyon that were indescribable. Cool temperatures, strong winds and thin air made for a labored effort but it was worth it to explore one of our earth's greatest wonders as a runner. I met my family back at the Village at about 6PM giving us a little more than an hour to watch the sun set on the canyon together as a family.

The six of us, tired and hungry, piled into the car shortly after sunset. We drove forty miles south to Williams, Arizona to share

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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.



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 <http://pedalbicycle.com/>. Provide the 2015 KAR discount code to receive the discount.



DOWN DOG YOGA CENTER

Down Dog Yoga, conveniently located in downtown Kalamazoo, is now offering members of KAR the following benefits:

One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).

\$5 off a 5 Class Pack (normally \$75 - only \$70 for KAR members).

15% off Down Dog Yoga Center merchandise.

For more information visit

www.downdoggyogacenter.com. Provide the 2015 discount code to receive discounts.



a late dinner and check into our hotel rooms. Finally we were able to climb wearily into bed just before ten. In an attempt to savor another new area on foot, I awoke Tuesday morning at seven for an eight mile run. The wind was still strong and the elevation was still 7000 feet above sea level but I wouldn't have had it any other way. Although not nearly as hypnotic as the Grand Canyon, the view of the snow capped Humphrey's Peak, nearly thirty miles to the east created another epic running experience for me. With this my final run in Arizona under my belt, I was now able to enjoy the experience of driving back to Phoenix through the windy mountain roads that stretch through the red rocks near Sedona, Arizona. With weary legs the view from the passenger seat was better than expected.

As a resident of the Michigan, a state with its own version of nature's beauty, it was refreshing to explore the mountains and desert of Arizona as a tourist and as a runner. I feel blessed to have the opportunity to run year around in Michigan, but it was a treat to experience a contrasting type of nature if only for a few days. The variety in routine was refreshing but it was also nice to get back home to Michigan.

What better way to stay in a groove but avoid any ruts as a runner than traveling to another region, awakening another portion of my running palate. The sensory input at 7000 feet elevation heightened my senses. Creating variety in my running is never really an issue living in Michigan, but getting away for a few days was a great way to elevate my running.

KEEP RUNNING!!



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.

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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 massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining running events and kids triathlons.

Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.



Featured Member— Katie Thill A Faithful Companion

"Running is always there for me."
-- Katie Thill



Friendships are an important component in our lives. These connections help to guide and dictate our internal emotional state. Depending on circumstances there are those times when friendships can leave us feeling angry, sad or lonely. For any relationship to last however the positive side of the emotional spectrum must be more dominating than the negative side. More times than not a friendship will leave us feeling happy, excited and content. The length of a friendship can last anywhere from a few months to a lifetime depending on where one is in their season of life. Although a true friend is there for us to share in the good times and the bad, there are times when a friend might let us down. I suppose that this is part of human nature. Forgiveness is the key to getting beyond these moments. There are those metaphorical kinships that can offer some of the same sort of qualities as a human connection. Although these examples do not offer the tangible back and forth communication qualities of a human companion they are there for you in a pinch at your beckon call. Running is this sort of friend. When

Continued...

KALAMAZOO ATHLETIC WELLNESS
Kalamazoo Athletic Wellness is a sports specific massage and personal training facility. Kalamazoo Athletic Wellness specializes in sports massage, one-on-one strength training, and injury prevention/recovery. They offer a full postural and gait analysis as part of your initial consultation for no additional cost. You can use their convenient online scheduling at www.kzooathleticwellness.com or call 269-459-6469 to schedule. KAR members receive \$10 of any services of an hour or longer. Cannot be combined with other discount offers.



BATTLE CREEK YMCA

The Battle Creek YMCA is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2015 KAR discount code when registering.



OUTDOOR EDUCATION CENTER, A DIVISION OF BATTLE CREEK PUBLIC SCHOOLS

The Outdoor Education Center (OEC), a division of the Battle Creek Public Schools, offers yoga classes on select Sunday's. Instructor Jessica McCrumb will take participants through an hour of yoga moves geared to every level. Cost is \$5.00, payable by cash or check. Pay Jessica when you arrive. No reservations required. Spring dates include April 19th and 26th, and May 3rd, 17th and 31st. For more information about the OEC visit their website!



you need that time to share in a joy or a trial, a run can help you to sort through it and make sense of it all. As long as you are able to avoid injury, running can be as loyal of a friend as you will find. This month's featured runner, Katie Thill has reaped the benefits of her faithful companion, running, since she was in the seventh grade.

In response to the question "What do you like most about running?" Katie's answer resonated with me in a profound way. ***"This is a loaded question. To be honest, running is always there for me. When I am running, it is the only time I truly use all my senses and feel everything. I can feel pain and my chest expanding, I can taste sweat and salt, I can smell people's laundry while running by their house, I can hear the wind and birds, and I know all the cracks in the pavement on my road. Depending on the type of run I am doing, it has always been a way to escape, clear my head, regroup, or just relax. Lastly, I love the feeling of being able to push myself and be proud of what my body can handle and do for me."*** Katie's response reaffirms the notion that running can help you tune into your inner being while at the same enable you to take notice of the sensory stimulation of your external surroundings. It can help you understand yourself and the world around you like no other activity.

Running can strengthen us mentally, emotionally, physically and spiritually but we must be careful to not let it take over and get in the way of all other things in our lives. This balancing act of reaping the benefits of running while not letting it take over is something that Katie tries to follow. ***"Despite how much I love to run, and the friendships and knowledge I have gained from running, I understand that it is a selfish activity. When training for marathons or distance races, it takes a lot of time, and especially time away from family."*** Katie brings up a good point with this. As runners we must be careful to not let our sport consume us and chip away at other aspects of our lives that are important to us.

Katie took an interest in running early on with the influence of her seventh grade science teacher. ***"My running story begins back in 7th grade when I was first introduced to Cross Country. My 7th grade science teacher, Mr. Beutel, was the coach of the girls team and convinced me to come out and try it.. Since an early age I have always loved sports, and I figured cross country would be a good way to stay in shape for soccer and basketball. At the first practice, I fell in love. Growing up in a small town, running was scenic and safe due to the country roads, trees, and trails and it was so different***

Continued...

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes at the [Centering Yoga website](#) and use the standard four digit KAR code to receive the member discount.



to me compared to a gymnasium and team sport. I knew I had found something I could enjoy for a lifetime."

Katie's initial introduction to running gave her, her first running mentor, but along the way several have provided this mentorship. ***"I would say I have had multiple running mentors' over time. They range from my cross country coaches in middle and high school (Mr. Beutel, Mr. Balow, and Mr. Lantis) to college roommates who I ran with while at U of M, and now to friends and moms I have made since moving to Battle Creek. To me a mentor does not have to be someone who is a better runner, it is someone who can balance their family, their job, their life, and running all at the same time and still be a good person. I'm lucky to have a few friends who do a phenomenal job at this."***

Katie's biggest inspiration as a runner comes from her father. ***"The person who has inspired me the most is my dad. He started running to improve his health when I was a freshman in high school and was a great supporter throughout my high school running years. I always trusted his input and advice because I knew he knew what running felt like, what pain felt like, and how to push yourself. He ran his first Boston Marathon when I was a senior in high school, and that became one of my lifelong runner goals."***

Katie's father has influenced her in making her own running goals. ***"Well, I just completed the only long term goal I had as of right now - running and finishing the Boston Marathon. So I would have to say in the future, I would hope to eventually do a race with my own kids, just like I was able to do with my dad. In the short term, I would like to try a triathlon, do some running with friends for fun (not just training!) and rest my legs from the marathon distance so I can walk when I'm 30. I have some runner friends who want me to do some ultra runs, but I'm not that crazy. Maybe some relay or trail runs in the near future."***

It seems Katie's father has not only been her biggest influence and guided her in setting her goals but he has also influenced her in her most memorable moment as a runner as well. ***"My most recent memorable moment as a runner is finishing the Boston Marathon. Training and qualifying for the Boston takes tremendous effort from strict training, staying injury free, to sacrificing time with friends and family, and it felt like such a relief when I qualified after running the Grand Rapids Marathon. I knew if I had the opportunity to run in Boston, I would enjoy the training and live in the moment while running it. From seeing my Dad finished multiple Bostons, seeing the bombing from two years ago, and knowing that it is the most prestige marathon in the world - I have dreamed of running it. I was choked up and happy crying the entire race because I was so grateful for the experience and just taking it all in."*** Katie's dad must be proud of her running accomplishments, how running has shaped her life and her philosophies on running.

I love the advice that Katie offers to other runners. ***"Running should mean something to you. It will change you in so many ways from physically, emotionally, and socially, and can lead to unforgettable experiences. Respect what your body is able to do for you, be kind to your feet, and no regrets!"***

Katie is an Elementary Spanish teacher in Battle Creek. She has no doubt had a positive influence on her students because of her running. She has been a Girls on the Run coach at her school for the past 5 years and is now GOTR program coordinator for Calhoun County.

Digesting Katie's words about running and thinking about how running has shaped her life is a great reminder of why I love this sport. Running can be a gateway to friendship in more way than one. For many, running has provided a social network, creating lasting relationships with those who share the same passion. Running provides connections with others while at the same time being a metaphor for friendship itself. Katie's words sum it up well. *"Running is always there for me."* It can tune you into your body and the world around you at the same time providing guidance and support to help you through life and all its twists and turns.

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

Hot News and Club Events

Follow the Kalamazoo Area Runners on Social Media!



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 2203 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.

The Kalamazoo Area Runners can also be found on Twitter at @KARunners. Please join with us as we increase our presence on social media!

Volunteer Leadership Opportunities

COMMITTEE OPPORTUNITIES

Interested in serving as part of a dynamic and successful planning team, and have marketing experience? The Kalamazoo Area Runners would like to add a Marketing Director position to several of our signature event planning committees, including the Winter Blast Half Marathon & 5k, the Kal-Haven Trail Run, the Jack-O'-Lantern 5k & 10k Trail Run and the Turkey Trot Time Prediction 5k Run. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend. For more information, contact Joy Mills at joy.mills@kalamazooarearunners.org.

KALAMAZOO KLASSIC 2015



A COMMUNITY TRADITION

Kalamazoo Area Runners are needed to join Team KAR for the Kalamazoo Klassic Team Challenge!

NEW this year, Rose Street Advisors is pleased to sponsor the Team Challenge. Teams of 3 - 5 runners register and compete for awards in the 5k and the 10k Runs. Top three teams in corporate and open divisions win prizes based on age division place of the top three finishing runners on each team. Lowest total score wins, and 4th place will serve as tie-breaker. Teams may be all male, all female or co-ed; scoring is based on age group finish place.

KAR would like to put together a total of four teams (two 5k and two 10k) to participate in the open division of the new Kalamazoo Klassic Team Challenge. Team members would be responsible for their own registration fees and will receive a Kalamazoo Area Runners technical shirt to wear on event day.

Please indicate as well whether or not you would be willing to serve as one of our four Team Captains. Team captains will set up the team upon registration, and provide team members with login information to register individually under their respective team name.

If you are interested in representing KAR on one of our four teams, please contact Joy Mills at joy.mills@kalamazooarearunners.org. ***Team members will be assigned on a first come, first serve basis (up to 5 members per team).***





**Calhoun County Trailway Alliance Grand Opening
Fun Run
Presented by Kalamazoo Area Runners in Battle Creek**



June 6th, 2015

**2:00 pm at Kimball Pines County Park
1150 E. Michigan Ave, Battle Creek, MI
(Check in and Late Registration 1:30-2:00 pm)**

Free of Charge

KAR in BC is joining with the Calhoun County Trailway Alliance to celebrate the Grand Opening of their newest trailway. Join us for a beautiful and fun out and back run that highlights the beauty of the new trail system during the opening events. The event will begin and end at Kimball Pines County Park, located at 1150 E. Michigan Avenue, Battle Creek, MI. 49015. Due to the nature of this run, participants will be able to choose their desired distance up to 5 miles. We will have several different pace and distance leaders taking you out to explore the trail. This event is a part of the grand opening ceremonies for the trailway. The opening ceremonies for the Grand Opening event will begin at 1pm. The fun run will start at 2pm. Other family friendly events that day will include kid's games, bounce house, bike rides, disc golf demos, nature walks and more! For more information on the Grand Opening events visit www.facebook.com/calhouncountytwayalliance. Registration is required. For more information contact Nikki Elder at nikki.elder@kalamazooarearunners.org or Matt Santner at matt.santner@kalamazooarearunners.org

[REGISTER HERE!](#)

VOLUNTEERS NEEDED: We need a few volunteers for various jobs including manning a water station, helping with set-up and registration, and leading run groups. Please contact Nikki Elder at nikki.elder@kalamazooarearunners.org if you can help out.

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 17, 2015

\$5 discount available for marathon or half marathon, \$20 for relay team.

[Double Time Triathlon/Duathlon/Aquabike/Relay](#)—Vicksburg, MI

May 30, 2015

\$5 individual discount, \$10 adult tri relay

[Dexter-Ann Arbor Run](#)—Dexter, MI

May 31, 2015

\$5 discount on any event

[Sunburst Marathon & Half Marathon](#)—South Bend, IN

June 6, 2015

\$5 discount on marathon or half marathon

[Kids at Custer Triathlon](#)—Augusta, MI

June 27, 2015

\$5 discount

[Kalamazoo Mud Run](#)—Kalamazoo, MI

June 13, 2015

\$5 discount

[Glen Arbor Solstice Half Marathon & 5k](#)—Glen Arbor, MI

June 20, 2015

10% discount on any event

[Gull Lake Triathlon/Duathlon/Aquabike/Relay](#)—Hickory Corners

June 27, 2015

\$5 individual discount, \$10 adult tri relay

[Charlevoix Marathon \(Marathon, Half Marathon\)](#) - Charlevoix, MI

June 27, 2015

\$10 discount on marathon or half marathon

[Lake Michigan Half Marathon](#)—Muskegon, MI (Registration opens January 12)

June 27, 2015

\$5 discount available through June 15th

[Duo At The Ledge](#)—Grand Ledge, MI

July 4, 2015

\$10 discount

[Shermanator](#)—Augusta, MI

August 1, 2015

\$5 discount off solo events, \$10 off relay events

[Kids Get Active Triathlon](#)—Portage, MI

August 8, 2015

\$5 discount

[Moonlight Bootlegger 5k](#)—Ionia, MI

August 14, 2015

15% discount

[Running Between The Vines Half Marathon](#)—Jackson, MI

August 15, 2015

\$5 discount during the month of April

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

August 16, 2015

\$10 discount

[Run For Your Heart](#)—Saginaw, MI

September 12, 2015

\$2 off the 5k or 10k

[Miles For Memories](#)—Battle Creek, MI

September 19, 2015

\$5 discount

[The Hungerford Games \(50 Miler, Marathon, Half Marathon\)](#) - Big Rapids, MI

September 26, 2015

10% discount on any event

[Park 2 Park Half Marathon & 5k](#)—Holland, MI

September 26, 2015

\$8 discount off half marathon, \$5 discount off 5k

[The Brooksie Way](#)—Rochester, MI

September 27, 2015

\$15 discount on any event (through 9/20)

[Falling Waters Trail Half Marathon](#)—Concord, MI

October 4, 2015

5% discount

[Grand Rapids Marathon & Half Marathon](#)—Grand Rapids, MI

October 18, 2015

\$7 discount on half or full marathon

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.

Next KAR Board Meeting is June 1, 2015

The next KAR Board Meeting is June 1, 2015 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

FREE

SPORTS INJURY WALK-IN CLINIC

KALAMAZOO AREA RUNNERS (KAR)

Meet Our Athletic Trainers



Jeff Willson, MS, ATC
Michigan Licensed. Certified
Athletic Trainer since 1978.



Heather Sjoquist, MS, ATC
Michigan Licensed. Certified
Athletic Trainer and Certified
Strength and Conditioning
Specialist since 2006.

Do you have an injury from running, exercising, or training for an upcoming race? We can help.

Visit Us on:

- Thursday, October 30, 2014
- Thursday, November 20, 2014
- Thursday, December 18, 2014

And, in 2015, the walk-in clinic will be held on the third Thursday of each month.

Time: 4:00 p.m. to 6:00 p.m.

Open to KAR members

Location:

Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



On-Site Services:

- Athletes seen on a walk-in basis
- Evaluation of a sport or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals

Questions?

Call **(269) 330-2747** or **(269) 808-0041**.

bronsonhealth.com/sportsinjuryclinics



Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 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.

[Winter Blast Half Marathon & 5k](#) (\$10 discount half, \$5 discount 5k), March 1, 2015

[The Shamrock 5k](#) (\$5 discount), March 21, 2015

[Kal-Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 11, 2015

[Battle Creek Eco Race 4k & 8k](#) (10 discount), April 18, 2015

[BC Spring into Action 5k & 10k](#), April 25, 2015

[Borgess Run for the Health of it Marathon, Half Marathon, 10k, and 5k](#) (No discount), May 3, 2015

[Vicksburg Hearty Hustle 5k](#), May 9, 2015

[Oaklawn Hospitality Classic 5k & 10k](#), May 16, 2015

[Komen Race for the Cure 5k](#) (\$5 discount), May 17, 2015

[K5K \(Kalamazoo 5k\)](#), May 23, 2015

[Run to Climax 7k](#), May 25, 2015

[Plainwell Education Foundation Island City 5k & 10k](#), June 11, 2015

[Cereal City Classic 5k & 10k](#) (\$5 discount), June 13, 2015

[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 20, 2015

[Binder Park Zoo/Cheetah Chase](#), June 27, 2015

[Schoolcraft Firecracker 5 Miler](#) (\$5 discount), July 4, 2015

[Pace for Poverty 5k & 10k](#), July 4, 2015

[Kindleberger Super Hero 5k](#) (\$3 discount), July 11, 2015

[Steve Athey Memorial 5k & 10k \(Steve's Raider Stomp\)](#) (pre-registration only), July 11, 2015

[Mattawan Wildcat Road & Trail 5k](#), August 1, 2015

[Otsego Ready or Not 5k](#) (\$5 till noon 7/11, \$2 thereafter), August 1, 2015

[Allegan Strides for Health 5k](#), August 15, 2015

[Grape Lake 5k](#) (\$3 discount), September 12, 2015

[Peacock Strut 5k & 10k](#), September 12, 2015

[Run for the Son 5k](#), September 26, 2015

[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 27, 2015

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 **Brent Yager** at brent.yager@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 **Mandee Kerns** at Man-dee.Kerns@kalamazooarearunners.org, or **Laura Sandahl** at Laura.Sandahl@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.

Thursday Evening Runs – Richland Community Library (8951 Park Street, Richland).

Thursday evenings at 6:00 pm at the Richland Community Library for a variety of distances. Contact Michael Hutchinson at michael.hutchinson@kalamazooarearunners.org or April VanDerSlik at april.vanderslik@kalamazooarearunners.com to be added to the email distribution and/or for more information. Please bring your own hydration.

The Urban Herd

FREE runs on Wednesday nights, 6pm 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

FREE trail runs on Sunday mornings at 8:00am at Al Sabo Preserve. 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.

Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark's Lutheran Church

Tuesday evening runs from St. Mark's Lutheran Church, 114 E Minges Rd, Battle Creek, MI 49015 . Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

Battle Creek Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Battle Creek YMCA

The Sunday group runs in Battle Creek meet at 7:30am in the Battle Creek YMCA lobby. Distance is approximately 6 miles, all paces welcome. Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at matt.santner@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of April, the Kalamazoo Area Runners had 1425 members. This represents 5.6% growth since April 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Ryan	Bickel
Susan	Bickel
Andrew	Bickel
Benjamin	Bickel
Sally	Burch
Jessica	Cloud
Jim	Conklin
Amy	Cote
Kate	DeGraaf
Heather	Dittenber
Christie	Gates
Stan	Hargus
Ryan	Heidenfeld
Toni	Ilkka
Mindi	Jenkins
Lindsey	Johnson
Derek	Kanwischer
Derek	Kanwischer
Michelle	Kline
Holly	McKee
Renee	Mielke
Wanda	Miller
Danielle	Nettles
Kathy	Pace
Karri	Porco
Kjersten	Priddy
Bryce	Rinkenberger
Amy	Sams
Tracy	Smith
Gary	Spiker
Mark	Throckmorton
Morgan	Timiney
Kevin	Vail
Tiffany	Weitzel

Kal-Haven Trail Run Solo Event, April 11, 2015

The Kal-Haven Trail Run saw a record 133 registered solo participants on April 11th, including 31 KAR members that went the 33.5 (and some change) distance. Rich Bean was the Male Masters winner with a time of 4:48:34, while Leslie Scheffers was the Female Masters Winner with a time of

4:36:34. Grand Masters winners included Jeff Landon with a time of 5:04:15, and Teresa Fulcomer with a time of 5:54:42. William Snell took the Male Senior Grand Masters title with a time of 6:27:49, Age group winners included Marie Billen (1st), Laura Ferrara (1st), Todd Gardner (1st), Daniel Gavlas (1st), Kim Gjeltema (2nd), Jenn Houghton (2nd), Brian Hunt (3rd), Autumn Osborne (3rd), Michelle Peterson (1st), Ryan Phillip (2nd), and Lisa Schreiner (1st). Congratulations to aoo of our Kal-Haven Trail Run Solo Event finishers!

Rich Bean	4:48:34	Male Masters Winner!
Marie Billen	4:44:35	1st
Pablo Cecere	5:36:58	
Fred Colbert	6:30:13	1st
Aaron Decker	7:12:41	
Laura Ferrara	6:07:06	1st
Teddy Foote	5:18:59	
Teresa Fulcomer	5:54:42	Female Grand Masters Winner!
Todd Gardner	5:11:35	1st
Daniel Gavlas	5:07:39	1st
Kim Gjeltema	6:28:13	2nd
Jenn Houghton	6:27:35	2nd
Brian Hunt	5:10:02	3rd
Derrick Jones	5:15:38	
Bobby Klinesteker	5:32:30	
Michael Krautmann	5:48:35	
Jeff Landon	5:04:15	Male Grand Masters Winner!
Kristen Maxwell	7:48:37	
Tim Meeker	5:37:28	
Randy Middaugh	6:58:42	
Jarod Musser	5:57:56	
Autumn Osborn	5:48:34	3rd
Michelle Peterson	5:13:31	1st
Ryan Philip	5:03:52	2nd
Leslie Scheffers	4:36:34	Female Masters Winner!
Lisa Schreiner	5:33:25	1st
Benjamin Siems	5:20:28	
William Snell	6:27:49	Male Senior Grand Master Winner!
Scott Struck	5:54:35	
Scott VanLoo	6:07:07	
Jason Wilhelmi	5:48:34	

OEC Eco Trail Race 4k and 8k, April 18, 2015

The OEC Eco Trail Race, directed by Kalamazoo Area Runners member Matthew Santner, was held on April 18th and attended by 15 KAR members. Scott Evans enjoyed a double victory by winning both the 4k in 14:24 and the 8k in 29:05. Leslie Scheffers finished top overall female winner in the 4k with a 17:12 and the 8k with a 37:25. Finishers in the age group circle winners for the 4k were Michael Couey (1st), Teresa Fulcomer (2nd), Bill Greer (1st), Joseph Hohler (2nd), Kristen Maxwell (2nd), Tony Pedrolini (3rd), Kevin Rabineau (2nd), Tim Scheffers (3rd), Maximilian Sine (2nd), and Scott Struck (2nd). Age group circle winners in the 8k included Jill DeLong (3rd), Teresa Fulcomer (2nd), Joseph Hohler (2nd), Kristen Maxwell (2nd), Shawn Maxwell (3rd), Jim Robinson (2nd), Tim Scheffers (1st) and Scott Struck (3rd).

5K

Michael Couey	0:18:06	1st
Jill DeLong	0:24:37	
Scott Evans	0:14:24	Overall Male Winner!
Teresa Fulcomer	0:21:41	2nd
Bill Greer	0:15:37	1st
Joseph Hohler	0:15:06	2nd
Kristen Maxwell	0:20:46	2nd
Shawn Maxwell	0:19:57	
Tony Pedrolini	0:18:09	3rd
Kevin Rabineau	0:15:40	2nd
Leslie Scheffers	0:17:12	Overall Female Winner!
Tim Scheffers	0:17:21	3rd
Maximilian Sine	0:27:23	2nd
Scott Struck	0:20:22	2nd

10K

Jill DeLong	0:53:45	3rd
Scott Evans	0:29:05	Overall Male Winner!
Teresa Fulcomer	0:45:54	2nd
Joseph Hohler	0:33:14	2nd
Kristen Maxwell	0:48:49	2nd
Shawn Maxwell	0:48:50	3rd
Tony Pedrolini	0:42:50	
Jim Robinson	0:42:53	2nd
Leslie Scheffers	0:37:25	Overall Female Winner!
Tim Scheffers	0:39:07	1st
Maximilian Sine	0:59:53	
Scott Struck	0:45:50	3rd

B.C. Spring Into Action, April 25, 2015

11 members of the Kalamazoo Area Runners participated in the B.C. Spring Into Action 5k and 10k held at the Lakeview Community School District facilities on Saturday, April 25th. Age group winners in the 5k included Chris DHulster (1st), Mike Foster (1st), Mike Megyesi (1st), Tony Pedrolini (2nd), Ahsley Powell (2nd) and Rhonda Smart (3rd). Matthew Santner was the make open winner in the 10k with a finishing time of 38:17. Age group winners in the 10k included Martha Boyer (1st), Darrin Costell (1st), Jill DeLong (1st), and Jim Robinson (2nd).

5K

Chris DHulster	0:19:47	1st
Mike Foster	0:36:01	1st
Mike Megyesi	0:30:37	1st
Tony Pedrolini	0:23:42	2nd
Ashley Powell	0:37:36	2nd
Rhonda Smart	0:33:13	3rd

10K

Martha Boyer	1:09:55	1st
Darrin Costell	0:40:36	1st
Jill DeLong	1:00:04	1st
Jim Robinson	0:46:12	2nd
Matthew Santner	0:38:17	Male Open Winner!

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