

"Out on the roads there is fitness and self-discovery
and the person we were destined to be."

-Dr. George Sheehan

August 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

Discovering Spiritual Wellness through Running

"We who run (marathons) are different from those who merely study us. We are out there experiencing what they are trying to put into words. We know what they are merely trying to know. They are seeking belief, while we already believe. Our difficulty is in expressing the whole truth of that experience, that knowledge, that belief." - Dr. George Sheehan



Solo running – a time for spiritual reflection. Pictured here – Phil Goodwin

By Bonnie Sexton

The introductory quote above, by the late Dr. George Sheehan, transcends the physical and social aspects of running that lure most of us to the sport. Dr. Sheehan was a cardiologist and author whose literary works often delved into the depths of the



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philosophical and spiritual dimensions of running, especially as he approached the sunset years of his life.

The majority of us begin a running program for physical reasons such as improving fitness and/or social reasons such as meeting new people and building friendships with others who share a common passion. Within both the physical, as well as the social dimensions of running, one can undergo a transformation, maturing from one level to the next. For example, a beginning runner may initially seek to progress from walking to running, then improve times or increase distance, and finally perhaps compete for age group and overall awards or qualify for Boston.

As a cardiologist, Dr. Sheehan focused on the physical aspects of running, but also transcended into the philosophical and spiritual realm. This is evident in the nine books he authored and their progression over the years.

- Dr. Sheehan on Running (1975)
- Dr. Sheehan's Medical Advice for Runners (1978)
- Running & Being: The Total Experience (1978)
- This Running Life (1980)
- How to Feel Great Twenty Four Hours a Day (1983)
- Dr. Sheehan on Fitness (1983)
- Personal Best: The Foremost Philosopher of Fitness Share Techniques and Tactics for Success and Self-Liberation (1989)
- Dr. George Sheehan on Running to Win: How to Achieve the Physical, Mental & Spiritual Victories of Running (1992)
- Going the Distance: One Man's Journey to the End of His Life (1996)

Spiritual wellness is the culmination of the running experience, a self-actualization of sorts. Along with spiritual wellness comes tremendous peace and acceptance with oneself, the world around us, and the concept of life and its existence within all of eternity. It enables one to dig deep within the depths of their soul as they contemplate the meaning of life; it is a time for self-discovery and an evaluation of your own humanity.

"The music of a marathon is a powerful strain, one of those tunes of glory. It asks us to forsake pleasures, to discipline the body, to find courage, to renew faith and to become one's own person, utterly and completely." - Dr. George Sheehan

KAR Discount Sponsors

Unless otherwise indicated, please use the 2013 KAR discount code when purchasing merchandise or services from discount sponsors.

Gazelle Sports

10% off non-sale shoes. Please supply sales person with KAR membership number prior to check out.



Healing Moments Massage

Massage bodywork with Joyce Hare located in KVO's building on Turwill Lane. Discounts apply per session or multiple sessions. KAR Member price for one hour is \$50.00. Phone: 269-327-5824 or 269-217-7563



Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics: eSoles www.esoles.com which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position. For more information contact Daryl Prater at praterd@aol.com



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.



As Dr. Sheehan implies in the quote above, the marathon not only taxes the body physically, but also mentally and spiritually as one rises above the physical pain and discomfort, drawing from a deeper source; a belief and faith in accomplishing an astonishing goal.

The Kalamazoo Area Runners mission is the promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community. The physical and social aspects of our mission have always been fairly straight-forward and easy to understand, as well as the multiple dimensions of how we enhance the quality of life in the community through the sport of running. The spiritual aspects of our mission have always been more elusive, and harder to define. One's spirituality is individual, personal and varies from person to person. It can exist as a vital component of our running, or as a power external to our running. It is faith and belief; in oneself, in a higher power.



Solo running – a time for meditation. Pictured here – Kevin Rabineau

The spiritual wellness achieved through the sport of running isn't necessarily defined as a denominational faith. Kalamazoo Area Runners isn't a faith-based organization, nor does it endorse any one specific religious belief. One's personal faith, however, can easily become integrated into the running experience, as it lends

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

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



PEDAL BICYCLE

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



itself to serve as a time of reflection, prayer and meditation. In my own personal faith, I find my solo runs to be the perfect opportunity to spend time contemplating that which is spiritual and my relationship with my creator. In my case, it serves as a time to evaluate my own humanity with its many imperfections, and how it is possible through a higher power and faith to rise above those imperfections to do what you were truly placed on this earth to accomplish. We were placed on this earth for a purpose. Within the challenges and the joys each day brings, the run is one of the few times that delivers the solitude needed to ponder my spirituality and dive into the depths of the soul.

I recently had lunch with Ken Holtyn, the President of Holtyn & Associates, a local corporate wellness firm. Ken and his late wife were both avid runners, and to this day, Ken continues to include running as part of his lifestyle. His reasons behind embracing the sport have changed over the years. Ken shared, “at one time I used to enjoy running with groups and the social aspects were important.” In recent years, he has overcome many obstacles, his running has matured and he now runs primarily for spiritual reasons. Ken stated, “Although I occasionally invite friends to join me, I often run the old cross country trails at WMU solo, using it as a time for reflection and meditation.”

Running is the purest and simplest of sports, and as such, it frees the spirit, cleansing all negativity and purging the stresses of daily living. In the Holy Bible, running is often referenced as a metaphor for the Christian life, and that which is Godly and good. Isaiah 40:31 is one of my favorites and states “But they that wait up the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run, and not be weary; and they shall walk, and not faint.”

The Biblical perspective is but one example that draws an analogy between the physical act of running, and that which is spiritual in nature. Running often serves as more than an analogy, and provides a mechanism that offers us the opportunity to reflect upon our spirituality. There is a freedom in being able, particularly during the solo run, to transcend beyond the physical and social benefits of running, to a sense of spiritual well-being. During those days when the running plans don't allow the opportunity for meeting up with friends, take the time to reflect on the run upon that which is soul-searching, and in addition to the physical endorphins, you may discover a tremendous peace that surpasses all understanding.

continued...

BRONSON ATHLETIC CLUB

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



DRINK 2 YOUR HEALTH

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



TJ SNYDER MASSAGE OF NV SALON

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





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 professional for a Kalamazoo non-profit organization. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine.

Just Another Runner’s Perspective Just Like Counting Sheep

By Gale Fischer

***“I counted 22 hills on my run around Gull Lake” ---
Jane Rolfe***

One of the positive benefits that many of us take advantage of as runners is the much needed distraction that it offers from the stress, fast paced routine or the mundane nature of life’s peaks and valleys. One’s frame of mind can be transformed for a brief period of time each day during a solitary half hour jaunt along a winding country road. Ending the day with a panoramic view of the bright orange glow of the sun as it disappears into the earth’s surface during an evening run can propel the mind into wind down mode, preparing the body for a good night’s sleep. A nagging conflict can be forgotten or solved because of the endorphin rush and emotional release created from the raise in heart rate, sensation of sweat on the skin and other physical characteristics that are common from cardio activity. The outward sensory experience of the physical world around us or the in body stimulus of each inhaled and exhaled breath has a way of releasing all thoughts of the past and future while centering our focus on the present. Whether it is a run along a wooded river path, a busy city street or a lonely stretch of a rural highway, the opportunity to lose ourselves in the moment can be a very positive distraction, allowing us the opportunity to center ourselves, physically, mentally and emotionally.

Board of Directors

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Even with all of the opportunities of tuning our mind in on the present sensory reprieve that running can offer, there are those times when our brain seems to work overtime to tune out the immediate physical stimulus of the run. I have often heard the saying that a bad run is better than no run at all. I wholeheartedly agree with this line of thought but there are those instances when the best part of a run is when it has ended, with the destination, not the journey becoming the reward. It is these workouts in which runners perfect the art of freeing themselves from the workout mentally by tuning out the run itself and focusing on anything else just to reach the end of the weary traveled road. Running into a frigid wind on a harsh January afternoon can encourage the runner to focus his or her thought process on anything but the run. Hanging in there to finish a tempo workout with a nagging blister on one's pinky toe can challenge the mind to distract the body from each and every footfall. Perhaps for me the workout which leaves me tuning in the most on things other than the run is the long run. I can vividly remember a twenty mile run I completed several years ago with the help of my running partner, Jim Lawrence. Jim agreed to alternate running and biking the distance with me with the stipulation of completing it on his favorite two mile loop. With each two miles as we approached the corner of Capitol Avenue and Beckley Road on Battle Creek's south side, the scent of fresh donuts from Sweetwater's Donut Mill filtered through my nostrils breathing new life into my exhausted body. After a few loops my focus which had been centered on pace, distance and running form left me dreaming about my reward of donuts and a serving of ice cold milk after completing my twenty mile workout. The sweet aroma filling the sky surrounding Sweetwater's every two miles distracted me from the physical symptoms of fatigue I was experiencing as I bargained with my body to give me ten loops in exchange for a donut. Unfortunately I had no cash and at the time and Sweetwater's did not accept debit cards. Although a wave of frustration shuttered through my psyche and a look of dejection plastered my face as I walked out of the door of Sweetwater's empty handed, I did hold up my end of the pledge with my body as I drove to another nearby bakery for a treat. My friend Jim now refers to this loop as the "Donut Loop".

Simply running for the joy it can offer is what makes it such a pure uncomplicated sport but goals, training plans and will power can at times force us to focus on something other than the run. Completing a marathon can be just as much a mental challenge as physical. Rarely does running 26.2 miles occur

Board Members Continued

Eric Burnson
Vice President, Technology



Steve Rice
Vice President, Development



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Phil Goodwin
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Bonnie Sexton
Director, Fast Track Training
Director, Portage Winter Blast Half Marathon & 5k
Director Kalamazoo Klassic (MRC)
Team Captain, Race for the Cure
Director, Turkey Trot Time Prediction 5k Run
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without some degree of discomfort or pain. This cerebral challenge is not restricted to just the marathon distance however. For those training for and completing their first 5K, the ability to push through physical barriers of discomfort can be crucial in the completion of some workouts. Tuning out one's surroundings and battling through the struggle for each and every breath can push the miler through physical barriers to the finish line. For runners of all distances agony is often considered a fair trade off for the thrill of the finale. A strong mental resolve and the ability to divert one's senses from the discomfort and physical exhaustion can carry an individual through the folds agony.

How do we as runners create this distraction? For a run of two or more hours I might focus in on a reward of completing the run much like I did while running ten loops on the "Donut Loop". This reward might be a sweet treat, a cold beverage or a much deserved nap on the couch in front of the fireplace on a cold January day following a run. Some of us may internally repeat a mantra or a phrase as a way to drag the mind away from the run. Many of us turn to music as a way to tune out the miles that remain. Breaking the run into increments and focusing on each part by itself is a common strategy used by others. Just as counting sheep may shift our focus allowing us to fall asleep so might counting landmarks on a run distract one's psyche, allowing them to finish the run. My friend Jane Rolfe did this on one of KAR's famous running routes around Gull Lake by counting the hills. Many of you have run this course known for its hills numerous times and just in case you never thought of counting the hills, Jane tells me there are twenty two of them. Perhaps for me the best way to distract myself from the not so pleasant elements of a run is conversation during a group run.

For most in the running community running is a joyful activity. It can help us live in the moment and distract us from our individual responsibilities as we embrace the internal and external stimulus in the moment throughout the run. There are those times however in which the moments of a run may not be so pleasant. During these times we naturally find ways to distract ourselves from this stimulus to get us to the finish. Much like any activity that is worth pursuing, running involves a mixture of immersing ourselves into the positive elements while finding a way to muddle through the not so pleasant elements.

KEEP RUNNING!!

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

Event and Program Directors continued.....

Maggie Austin
Director, Fast Track Battle Creek

Stephanie Sabin
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Scott Taylor
*Director, Turkey Trot Time
Prediction Run*
Director, Beyond Training Program
Scott.taylor@kalamazooarearunners.org

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Teresa Redmond (along with Scott Everett)
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Teri Olbrot (along with Brandon Van Dusen, Laura Sandahl)
*Co-Director, Thursday Evening Runs
Director, Children's Easter Egg Hunt
Run*
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Cindi Macdonald
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Program*
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Brandon Van Dusen
*Director, Thursday Night Group
Runs Portage YMCA*
Brandon.vandusen@kalamazooarearunners.org



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.

Hot Club News & Events

Registration Coming in September! 2013 Thanksgiving Day Turkey Trot Time Prediction Run

Presented by Kalamazoo Area Runners
November 28, 2013, @ 9:00 am
(Check in and Late Registration 5:30 – 6:00 pm)
Portage West Middle School
7145 Mooresbridge Road
Portage, MI 49024



Ready for something entirely NEW!!! Join us for a Thanksgiving Day Turkey Trot Time Prediction 5k Run transformation!!! Kalamazoo Area Runners is injecting extreme energy and excitement to create a holiday experience you won't forget. The 2013 Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held on the cross country course at Portage West Middle School (7145 Moorsbridge Rd, Portage, MI 49024) at

Event and Program Directors continued.....

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 Director, Wed Night Borgess Health and Fitness Center Runs
 Director, Beyond Training Program
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 Director, Fast Track Battle Creek
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Lynn Scherer
 Chair, Battle Creek Subcommittee

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

9:00am on Thanksgiving Day, Thursday, November 28, 2013. Packet Pick-up and late registration will be held at the Portage YMCA A-frame building Wednesday, November 27, 2013 and Thursday, November 28, 2013 in the middle school gym from 7:00-8:30am. There will be pre- and post-race entertainment in the cafeteria and auditorium starting at 8:00am.

No watches or other timing devices, bicycles, roller blades, dogs or strollers are permitted in this unique event. Cut off finish time to be included in official results is 40 minutes. More than 100 fun holiday themed and running related door prizes will be distributed by our holiday entertainers to participants in the cafeteria and auditorium at 10:00am sharp. Must be present to win.....and enjoy the full experience.

Event is \$15 (no shirt) for those who pre-register by Monday, November 25 (\$15 individual/\$50 family cap) and \$20 (no shirt) for late/race day registration (\$80 family cap). Long sleeve technical shirts may be purchased for an additional \$20 for those who pre-register by November 20, 2013.

Once again we will be suggesting donations for local charities serving individuals in need through the Kalamazoo Gospel Mission and the Portage Community Center. We will be collecting men's, women's and children's socks for the Kalamazoo Gospel Mission, or toothpaste, toothbrushes, shampoo or a small toy for the child for the Portage Community Center. Participant with the largest donation will receive a special prize. Proceeds from registrations and additional online donations will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day donations may be designated directly to your choice of the 3 benefiting organizations.

More information, registration and volunteer opportunities can be found at www.karturkeytrot.wordpress.com.

2nd Annual Winter Blast Half Marathon & 5k Date Set for March 2, 2014 - Registration Opens October 1, 2013.



Mark your calendar! Registration opens October 1, 2013! Join us in this extraordinary community celebration of health and wellness as Kalamazoo Area Runners and the City of Portage present the 2nd Annual Portage Winter Blast Half Marathon and 5k. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat

paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, March 2, 2014. 5k start is at 8:00 am and the half marathon start is 8:10 am.

Current Members of the Kalamazoo Area Runners will receive a \$10 discount on the half marathon, and a \$5 discount on the 5k. A discount code unique to the half marathon and 5k events will be emailed to all active members upon registration open.

The half marathon will close registration once it attains its cap. The cap will be raised and will be announced by registration open. Cutoff time to be included in half marathon results is 3 hours, 45 minutes. Roads will be re-opened at 12:00 noon.

Sponsor expo, packet pick-up and late registration will be held from 2:00pm – 5:00pm on Saturday, March 1, 2014 at Portage Central High School in the Commons area. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, March 2, 2014 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available.

Awards to first place overall open, masters, grand masters, senior masters and five year age division awards three deep in both the Half Marathon and 5k. Finisher medals to all half marathoners finishing within the time limit. All proceeds will support the Portage Winter Blast Half Marathon and 5k and the Kalamazoo Area Runners.

For more information, visit www.portagewinterblast.wordpress.com.

Leadership Team Updates

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

Executive Director Search Update

After a five month selection process, the Board of Directors is excited to announce we have concluded the search for Kalamazoo Area Runners first Executive Director. After a thorough selection process, we have made the decision to hire Joy Mills and she will be starting with Kalamazoo Area Runners effective September 16, 2013. Joy will report to the Board of Directors and will be working out of her home in Otsego. She holds a Masters' Degree in Accountancy from Western Michigan University, and a Bachelor of Arts Degree in History from Albion College. Joy has a diverse background which includes eight years of public accounting experience, small business ownership and previous experience in event planning and volunteer management. She is a runner, a member of the Kalamazoo Area Runners, has served as an assistant coach for Girls on the Run, and has participated in a number of our events and programs.

The Board of Directors is in the process of developing a one year transition plan, allowing Joy to gradually absorb operational duties from the Board of Directors, as well as the Executive Director responsibilities fulfilled on an interim basis by the Board President.

Please join us in extending a warm welcome to Joy as she joins the Kalamazoo Area Runners leadership team. We plan on introducing her to the membership at one of our upcoming fall events.

Vice President of Development

We are pleased to announce **Steve Rice** has been appointed to the Executive Board as interim Vice President of Development. The Vice President of Development provides oversight to our sponsorship relationship and process management, charitable donations and grants. Board Members filling vacancies mid-term are appointed by the Executive Board via majority vote of a quorum. Otherwise, officers are elected by the membership at the Annual Meeting.

Director, Beyond Half and Full Marathon Training Program

We are thrilled to announce **Andy Hirzel** has been appointed by the President as Director of the Beyond Half and Full Marathon Training Program. Sincere thanks to Andy for assuming responsibility for Kalamazoo Area Runners signature marathon training program. Serving with Andy on the planning committee are **Don Morris, Scott Taylor, Steve Rice, Brian Dobbie, Zachary Baker** and new this year, **Nancy Yager**.

Volunteer Leadership Team Opportunities

BOARD POSITIONS

Vice President Marketing and Communications

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

COMMITTEES

Winter Blast Half Marathon & 5k (Event Date: March 2, 2014)

The Winter Blast Half Marathon & 5k, directed by **Bonnie Sexton** still has one committee position remaining. Position requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend. Current areas of need include but are not limited to:

- Saturday Expo

Thanks to all those committee members who have returned, as well as new member **Kathy Alizo-Williams**, who will be coordinating aid stations for the 2014 event. For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Kal-Haven Trail Relay and Solo Ultra Run (Event Date: Saturday Morning April 4, 2014)

The Kal-Haven Trail Relay and Solo Ultra, directed by **Terry Hutchins** and **Eric Burnson** is establishing its first planning committee and is seeking member(s) for the following positions. Positions require attendance at 4-6 planning committee meetings, background coordination of duties and availability race day (registration also requires day before)

- Awards
- Registrations (includes coordinating t-shirts and packet pick-up)
- Aid Stations/Spirit Stations
- Transportation
- Refreshments
- Start/Finish Line

Thank you to **Karen Cheng** for volunteering to join the committee. We still need at least five more members. For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

TEAM CAPTAINS

Jingle Bell Run Team Captain

A team captain is needed to organize the Kalamazoo Area Runners Team for the Arthritis Foundation Jingle Bell Run 5k Sunday, November 17, 2013.

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

GROUP RUN DIRECTORS

Co-Director, Thursday Evening Runs – Battle Creek

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

Kalamazoo Area Runners Fanwear Store

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.

Regional Race Discount Program

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

<i>Event</i>	<i>Date</i>	<i>Discount</i>	<i>Restrictions</i>
Run for Your Heart Half Marathon	9/7/2013	\$2	Online
Capital City River Run Half	9/14/2013	\$5 off	200 KAR members
Park to Park Half Marathon	9/28/2013	\$5 off	Online
Park to Park 5k	9/28/2013	\$3 off	Online
Brooksie Way Half Marathon, 10k, 5k	9/29/2013	\$12 off	Online
Laughing Gull Half Marathon	10/5/2013	\$5 off	Online
Wildlife Marathon and Half	10/13/2013		Pooled mail in only
Lighthouse Half Marathon	10/13/2013	\$5 off	Online
Grand Rapids Half & Full Marathon	10/20/2013	\$7	Online

Yes, there really is a Kalamazoo Area Runners Facebook Group

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

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has nearly 1200 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

Next KAR Board Meeting is September 9, 2013

The next KAR Board Meeting is Monday, September 9, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Series Events

Upcoming Club Championship Series Events – Five More Opportunities Remaining



2013 Oaklawn Hospitality 5k – Photo by Bonnie Sexton

Kalamazoo Area Runners is pleased to introduce the line-up for the 2013 Club Championship Series. Events participating in the Race Discount Program offer a \$2 discount to KAR members (Borgess Run for the Health of It is grandfathered) and are automatically included in the Club Championship

Series. New this year, we welcome the B.C. Spring into Action 5k & 10k, Mattawan Wildcat Road & Trail 5k, Zoo City Mile and Sherman Lake TNT 5k & 10k. The Club Championship Series is now capped at 40 individual races.

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

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

2013 Upcoming Club Championship Series & Race Discount Program

- [Grape Lake](#) 5k (preregistration only), September 7, 2013
- [Peacock Strut](#) 5k & 10k, September 14, 2013
- *****Note Date Change***** [Zoo City Mile](#) 1mi (preregistration only), September 19, 2013
- [Sherman Lake TNT](#) 5k & 10k (preregistration only), September 22, 2013
- [Run for the Son](#) 5k, September 28, 2013

Grape Lake 5k September 7, 2013

The 24th Annual Grape Lake 5k Walk/Run will be held Saturday, September 7, 2013 at 8:00am, Bronson Lakeview Hospital. Mark your calendars for this fast, flat USATF-certified 5k course around Maple Lake. Our race has been endorsed by the Governor's Council on Physical Fitness, Health and Sports and is also part of the 7th Annual Challenge Fitness - Michigan Fruit Belt Series.

Bronson LakeView Hospital is proud to offer the Grape Lake 5k Run/Walk as part of our commitment to maintaining and improving the health of the people we serve and as a fun wellness activity during the Paw Paw Wine and Harvest Festival. Any proceeds the event may raise will go back into health and wellness initiatives in our community.

[Click here for registration information](#)

Peacock Strut 5k and 10k September 14, 2013



Location

Celery Flats/Historical Area
Portage, MI

About This Event

Fun, Fitness, Support Your Community! Proceeds from the event help to support PCC, a private non-profit community center providing human services to Portage residents.

Location

All events take place at the Celery Flats/Historical Area located on Garden Lane (between S. Westnedge & Lovers Lane). All entrants, as well as Friday late registrations, check in at the Grain Elevator

Awards & Age Divisions

Awards will be presented three deep in each five-year age category from ages 15 through 80. Separate categories will be presented for "14 & under" and "80 and over". 10K Run, 5K Run/Walk participants will be eligible for awards. Kid's Fitness Caper participants (family members welcome) will receive a participation ribbon with special ribbons to the top 10 finishers

Packet Pick Up and Late Registration

Friday, September 13th Located at the Celery Flats 5:00-7:00pm. Late Registration Packet Pick-up September 14th, 7:00am Race Morning. After September 7th, entry fees are \$27 - except for the Kid's Fitness Caper.

Course

10K starts on Kingston just north of Drury Lane. 5K starts on Kingston 2 houses north of Ludgate. Both 10K & 5K start approximately 1/2 mile from the Grain Elevator. Parking: After 7:45am enter from Lovers Lane or park in the City Center area.

SPECIAL ATTRACTIONS

Splits Each Mile, Scenic Course, Great Traffic Control, Door Prizes, Large Clock at Finish, Great Post Race Refreshments.

PORTAGE COMMUNITY CENTER

Youth Programs targeting youth "at risk": Emergency Assistance Programs: Hosting of County-wide Services: Affordable Housing Program: Volunteer Opportunities: Meeting Space:

VOLUNTEERS

Portage Community Center is seeking assistance with setting cones out on the trails Friday evening. This is a terrific opportunity to volunteer and still run the race Saturday morning. For more information, contact Diane Schrock at diane@portagecommunitycenter.net.

For more information or to register, visit www.portagecommunitycenter.org.

Zoo City Mile Thursday, September 19, 2013



The inaugural Zoo City Mile is Thursday, September 19, 2013 at 6:30pm in downtown Kalamazoo. One mile. One. What can you do with it? Spirit Racing LLC is proud to be a part of the movement to bring back the focus on the mile.

This may be unlike any other running event you have done before. Early evening start. Flat urban course. Closed to traffic. Three right hand turns.

Go.

For more information and registration, visit www.zoocitymile.com

Sherman Lake TNT 5k & 10k September 22, 2013

The Sherman Lake TNT 5k & 10k is scheduled for September 22, 2013. For more information, visit www.shermanlakeymca.org.

Run for the Son 5k September 28, 2013

New Starting Location and Course this Year! The course has been changed to help participants realize the important work that is funded through this event. To bring warmth and comfort to people in need in our community. With that goal in mind, the run is moving to the heart of the community that is served by the Kalamazoo Deacons Conference KDC. We will begin and finish at VerSluis/Dickinson Park. We will still have the fabulous music, fellowship, awards ceremony and food table that people know to expect at Run for the Son. Everyone who is registered by September 23 is guaranteed a t-shirt with an all new graphic.

There will be numerous additional volunteers on hand to make sure the course is obvious and well-marked. The run will utilize city streets as well as portions of the Kal-Haven trail. For more information and registration, visit [2013 Run for the Son Registration and Information](#)

Running Community News

Boston Marathon Registration Opens September 9 for 36,000 runners



PATRIOTS' DAY • MONDAY, APRIL 21, 2014

WORLD MARATHON MAJORS
TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK



BOSTON -- Registration for the 2014 Boston Marathon will open on Monday, September 9, 2013 at 10:00 a.m. ET. The B.A.A. will use the same process to register qualified runners as it used in the 2012 and 2013 Marathons, allowing the fastest qualifiers to register first.

Registration will be held entirely online at www.baa.org. The qualification window for the 2014 Boston Marathon began last year on September 22, 2012.

In addition, in cooperation with the Commonwealth of Massachusetts and the eight cities and towns along the Boston Marathon route, the B.A.A. has set the field size for the 2014 Boston Marathon at 36,000 official entrants. The 118th Boston Marathon will be held on Monday, April 21, 2014 and will mark the 29th consecutive year that the event will have John Hancock Financial Services as its principal sponsor.

Registration will occur on a “rolling admission” schedule, beginning with the fastest qualifiers. On Monday, September 9, eligible runners who have met the qualifying standard for their age and gender by 20 minutes or more may register. On Wednesday, September 11 at 10:00 a.m. ET, if space remains, registration will open for those who have met their qualifying standard by 10 minutes or more. If space remains, registration will open on Friday, September 13 at 10:00 a.m. ET for those who have met their qualifying standard by five minutes or more. Registration will close on Saturday, September 14 at 10:00 p.m. ET.

If space remains after the first week of registration (Monday, September 9 through Saturday, September 14), then registration will re-open for all qualifiers from Monday, September 16 at 10:00 a.m. ET through Friday, September 20 at 5:00 p.m. ET. If space remains after this initial period, then on Monday, September 23 registration will re-open to anyone who meets the qualifying standards. Registration will remain open until the maximum field size is reached.

“The B.A.A. is aware of the significantly increased interest in registering for the 2014 Boston Marathon,” said B.A.A. Executive Director Tom Grilk. “The rolling admission schedule will provide runners with the fastest qualifying times in their age and gender group the ability to have their entry accepted in an orderly and systematic manner. We understand many marathoners and qualifiers want to run Boston in 2014, and we appreciate the support and patience that the running community has demonstrated because of the bombings that occurred this past Spring.”

The registration process ensures that the fastest qualifiers will be accepted first. However, achieving one’s qualifying standard does not guarantee entry. Those who are the fastest among the pool of applicants in their age and gender group will be accepted.

The registration fee for the 2014 Boston Marathon for qualifiers is \$175 USD for United States residents and \$225 USD for international residents. For more information, visit www.baa.org.

Bronson Children’s Hospital Walk & 5k Run



Bronson's annual fundraising event, formerly known as the Walk Across Kalamazoo, is picking up speed in 2013 with a 5k run!

The Bronson Children's Hospital Walk & Run will be held Sunday, September 29, 2013 at 1 p.m., followed by fun activities for the whole family.

Bronson Athletic Club Personal Trainer and resident running expert, Sarah Onderlinde will lead an eight-week, Couch to 5k training quest to get aspiring runners off the couch and ready at the starting gate. The program is scheduled to begin August 5, on Mondays and Thursdays, from 6 to 6:30 p.m.

Funds raised at this event, and through donations to the Bronson Health Foundation Children's Hospital Fund, go directly toward making the hospital experience the best it can be for young patients and their families.

As the only children's hospital in southwest Michigan, Bronson provides medical care for thousands of children and families, but help from the community is needed to cover all patients' needs. About 700 people of all ages participated in the Walk Across Kalamazoo event last year, helping to raise more than \$56,000 for pediatric services.

Visit www.bronsonhealth.com/walkrun to register for the Walk & Run or the Couch-To-5K and then [join the event on Facebook](#).

Sayonora 5k Run



Location Information

Mayors Riverfront Park 251 Mills Road, Kalamazoo, MI

What is the Sayonara 5k Run?

Date: September 7, 2013

Time: 3:30pm race start

Location: Mayors Riverfront Park

This fun-packed and family friendly event is designed to raise funds for the Kalamazoo Gospel Mission. This is a great way for walkers and runners to come together, celebrate the close of summer with a party and 5k fun run/walk, while supporting this important organization in fighting poverty within our community.

Join us in the baseball stadium at Mayors Riverfront Park at 2:30pm for a pre-race party including child and adult activities, before we head out at 3:30pm on our flat and scenic 5k course along the Kalamazoo River Valley Trail. Stick around following your race for the after party with live music, more fun contests and a barbecue!

For more information visit www.sayonararun.com

TRICK-R-TROT

5K RUN/WALK

WEAR YOUR BEST COSTUME!

WHEN: Saturday, October 19th, 2013

LOCATION: Race begins just north of the Brooks Memorial Fountain on US Old 27. Marshall, MI

TIME: Check in begins at 9:00am. Race starts at 10:00am

COST (Includes t-shirt): adults-\$25, 12 & under-\$15

Prizes: best costume, top male/female finisher.

Email klongyear04@gmail.com with any questions or visit

<http://trick-or-trot.weebly.com/>

***All proceeds will aid a local family who are in the process of adopting two babies from Ethiopia**

This event will be raising funds to help a family going through the adoption process. Our goal is to make this an annual event to help a different family each year that is going through this expensive process.

The family that will be helped through this event is Sarah (Dominique) and Aaron Walters. They are in the process of adopting two children from Ethiopia. Sarah is a graduate of Marshall High School - Class of 2002.

Sarah and Aaron Walters were married in 2006 and live in Hudsonville, MI. They have been blessed with two biological children: Olivia (5 years old) and Macy (2 years old).

Sarah (Dominique) graduated from Marshall High School in 2002 and GVSU in 2006. She is part-time ballet instructor at Hearts in Step dance school in Grand Rapids. She has three sisters that also grew up in Marshall (Kelly, Kristin, and Ashley).

Aaron graduated from Hamilton High School and GVSU. He has been employed at Spectrum Health in Grand Rapids for the past 9 years.

Why Adopt from Ethiopia

- Ethiopia has over 100,000 orphans in the city of Addis Ababa and more than 5 million in the country, and about 800,000 of them are orphans due to AIDS.
- Children orphaned by HIV/AIDS suffer from greater social isolation, stigma and adjustment.
- Ethiopia's annual health budget is around \$140 million, but what is needed to take care of the orphans is \$115 million a month.
- School attendance rate for orphans is significantly lower than their peers. The situation is worse for girls who are taken out of school to look after household responsibilities.
- The orphans who are not going to school are more vulnerable to abuse, neglect and exploitation.
- Of every 1000 children born alive, 123 die before the age of five.
-- statistics from <http://addiskidanhome.org/Facts.html>

“A Little Dirt Won’t Hurt”: ICC Encourages Runners to Lace Up for Annual *Labou Pou Timoun* (“Mud for Kids”) Run

July 16, 2013 [KALAMAZOO, Mich.] – Calling all runners: International Child Care (ICC) will host its second annual “Labou Pou Timoun” 5k/3.1 mile run on September 21 in connection with the Warrior Dash II mud run in Walker, just north of Grand Rapids. *Labou Pou Timoun* is Creole for “Mud for Kids” and raises money for ICC’s childhood poverty and health initiatives in the Dominican Republic and Haiti.

“Get down and dirty for a good cause,” says ICC U.S. National Director Keith Mumma. “Mud for Kids is a great way for individuals and groups to have ‘good clean fun’ and help children in two of the poorest countries in the Americas. The funds generated from *Labou Pou Timoun*—pronounced LAY-bu pow TIM-own—will help International Child Care continue its important work for kids.” Labou participants must be at least age 14 and prepared to run a 3.1 mile obstacle course that includes hills, man-made obstacles, and lots of mud.

Visit <http://internationalchildcare.org/LPT2013> or call (269) 382-9960 for information on how to register for the race and raise money for ICC (whether you run or not). Participants who raise \$75 will receive a t-shirt to wear the day of the race. Special recognition goes to the person who raises the most funds for Dominican and Haitian children.

“Join ICC on September 21 for 3.1 muddy miles and channel your inner warrior,” says Mumma. “As we like to say: ‘A little dirt won’t hurt!’ In fact, it can do a lot of good for Dominican and Haitian children.”

International Child Care (www.internationalchildcare.org) is a Christian health development nonprofit operating in the Dominican Republic and Haiti, working to change the conditions of poverty that impact health and well-being. The organization has been empowering children and families in Haiti since 1967 and in the Dominican Republic since 1988.

Fit 4 Fall 5K Run/Walk Scheduled for October 5

St. Joseph, Mich.—Registration is now open for the Fit 4 Fall 5K Run/Walk, scheduled for Saturday, October 5, at Riverview Park in St. Joseph. The event will raise funds to support Hospice at Home, the Wounded Warrior Project, and the Sonya Ansari Center for Autism in Southwest Michigan.

This year’s Fit 4 Fall 5K is open to the public. LECO will serve as the presenting sponsor for the event, with additional sponsors helping to off-set costs. The race will begin and end at Woodbine Lodge, taking runners and walkers through Riverview Park’s scenic trails and wooded terrain. Chip timing will be used to determine winners for age divisions, and medals will be awarded to the top three male and female finishers in each age group.

Pre-registration is available online at www.fit4fall5k.com, and registrations will also be accepted the morning of the race. The first 500 registrants will receive Fit 4 Fall 5K shirts and goody bags.

For registration and sponsorship information, visit www.fit4fall5k.com, or contact Maria Hutchins, Event Director, at maria_hutchins@leco.com or (269) 985-5496.

Training Programs and Group Runs

The Kalamazoo Area Runners Group Run and Training Program Page

Connect with other runners through local group runs and training programs! The Kalamazoo Area Runners Group Run and Training Program List has a new look and enhanced versatility thanks to KAR website guru **Phil Goodwin!!!** This comprehensive 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 Phil Goodwin at phil.goodwin@kalamazoorearunners.org. Check it out at <http://kalamazoorearunners.org/events-and-programs/training/group-runs/>

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

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

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

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 **Teresa Redmond** at Teresa.redmond@kalamazoorearunners.org or **Scott Everett** at scott.everett@kalamazoorearunners.org to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Wednesday Night Runs – Maple Street Magnet School

*****ON HIATUS THROUGH OCTOBER***** Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at laura.ferrara@kalamazoorearunners.org for more information and to be added to the distribution. All paces are welcome.

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 or **Teri Olbrot** at teri.olbrot@kalamazooarearunners.org to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

The Urban Herd

FREE runs on Wednesday nights, 6 pm at Gazelle Sports. 2-8 mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at tmartin@gazellesports.com

The Dirty Herd

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

Battle Creek

Battle Creek Sunday Runs – Variety of Locations

*****NOTE TIME CHANGE***** The Sunday group runs in Battle Creek now meet at 7:30 am at a variety of locations throughout Battle Creek. For more information or to be added to the distribution, contact **Jill DeLong** at jill.delong@kalamazooarearunners.org, **Kaycie Ohmart** at kaycie.ohmart@kalamazooarearunners.org or **Gale Fisher** at gale.fischer@kalamazooarearunners.org

Tuesday Morning Runs from Battle Creek YMCA

Tuesday morning runs from Battle Creek YMCA at 9:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at anreelca@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

*****ON HIATUS THROUGH THE SUMMER*** Thursday Nights at Riverside Elementary School/Various locations**

*****Change in Location***** Thursday evenings at 6 p.m. leaving from Riverside Elementary School, 650 Riverside Drive Battle Creek, MI 49015. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at stephanie.demarest@kalamazooarearunners.org.

Summer Safari Marathon and Half Marathon Training Program Underway: Drop Ins and Punch Cards Available



The 2013 Summer Safari Marathon and Half Marathon Training Program is now underway. For more information visit <http://gazellesafari.wordpress.com/>. The program consists of 18 weeks starting on June 22nd and ending on October 12th targeting Grand Rapids marathon and half marathon. Training schedules are designed in three levels to meet your goals and objectives.

New this year! If you were unable to join Safari but would like to get some supported long runs in, we are offering a \$40 5 time punch card. Drop-in anytime with this punch card! Drop-in rates will continue at the rate of \$10 per visit if you choose to not buy a punch card. For more information visit <http://gazellesafari.wordpress.com/>, stop by Gazelle Sports, or contact Carrie Drake at Cdrake@GazelleSports.com.

Winter Training is Around the Corner: Registration for the KAR Beyond Half and Full Marathon Training Program Opens October 2013



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program. Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner, Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

Kalamazoo Area Runners brings an out of this world training program designed to help you achieve your goals! The 2014 Beyond Training Program runs January 4, 2014 through April 26, 2014 and concludes with the Kalamazoo Marathon / Borgess Half Marathon on May 4, 2014. Place the launch date on your calendar. Orientation and Blast Off are Tuesday, December 10, 2013 at 7:00 pm at Borgess LEC Auditorium. Program benefits include:

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- Blast Off party and orientation featuring our famous Yankee Swap door prize drawing.
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

For more information, visit www.karbeyond.wordpress.com

Club Member Corner

New Member Welcome

During the month of August, KAR added 14 new members. Please join the Kalamazoo Area Runners Executive Board in extending a warm welcome to our running family:

Avika	Jayatilaka
Thenuka	Jayatilaka
Akila	Jayatilaka
Samadhi	Jayatilaka
Alison	Moon
Michelle	Yiu
Gretchen	Slenk
Dawn	Calgaro
Scott	Struck
Erin	Regan
Mark	Worden
Chris	McDermott
Kristin	McDermott
Madeline	Goodwin

Just Another Runner's Story A Spouse's Envy – Lorena Moras-Trainor



Lorena Moras-Trainor pictured running the 2013 Kalamazoo Marathon, her first 26.2

Never limit your challenges... instead challenge your limits!!

---author unknown

I love hearing stories of fellow runners. Listening to others as they speak of their funniest running moments, most memorable races, milestones as a runner and pushing through perceived limits always has me sitting on the edge of my seat. Perhaps what I enjoy hearing about most in a runner's memoirs is what it was that propelled them into the sport we all love so much. One of the first questions I find myself asking an individual I have just met while on a group run is, "Why did you become a runner?" Many responses are similar and include the themes of making positive lifestyle choices, seeking an arena to unleash one's competitive spirit and being encouraged by a friend to give it a try. I have discovered another category to this list of reasons for choosing to run in the last year while interviewing members of the running community for the Featured Member articles. What I have found is that there are many out there who have seen what running has done for a spouse or loved one thus planting a seed deep inside of their souls to lace up their shoes and head out the door. Although envy may be harsh term when describing an individual's personality traits, I don't see anything devious about a little jealousy peeking one's interest in making a positive life change. What better reason to become a runner? This month's featured member, Lorena Moras-Trainor is another example of a member of the running community seeking the same passion of a spouse in their own curiosity for running.

Having run the marathon distance is amazing in itself but having the confidence to give running a try is what inspires me the most about Lorena considering that her hip is held together with hardware as a result of fracturing her hip in a car accident in 1993. Witnessing what running was doing for her husband was more than enough for her to test her reconstructed hip. "I started running with my husband. He was training for his first half marathon in 2009 with Run Camp and he did not like

running all by himself during the week. I thought I would give it a try. Considering that I have 4 pins on my hip, I never thought I could run long distances, but maybe I could help him train for a couple of miles. I was involved in a major car accident in 1993 and I broke my hip, forcing me to a full body cast for 2 months and walking with crouches for another two. The first mile was awful; I thought I could never finish it. I thought it was not for me. But I kept seeing the fun my hubby was having at Run Camp and how happy he was running outside in subzero temperatures. I wanted to have that fun too, so I signed up for Run Camp in 2010 where I met fantastic running buddies and I had a blast during the training for my first half marathon. I then continued on with Beyond and met some more fantastic running buddies while training for my first marathon.” Lorena indicated that her orthopedic doctor gave her the thumbs up when she initially approached him about running, but to just listen to her body. So far she has run with no pain in her hip. In fact before she started running she would notice pain in her hip with the change of weather but since she has started her exercise regimen she has not experienced this.

With her description of her Run Camp experience it is obvious that Lorena loves the social aspect of running but there are other things that she enjoys about running as well. “I love how it feels to run early in the morning, when the world is slowly waking up, seeing the sunrise on the horizon. I also like the camaraderie among runners, sharing experiences and life stories. Seeing physical and mental barriers fall like domino pieces and challenging myself to do things I never thought I could.” What Lorena hates the most about running is sweating. She also hates getting out of bed early in the morning to run although once she gets into the run she is glad to be out there enjoying it.

Lorena finds inspiration from the running community as a whole. “I find inspiration in all the other runners. Everybody has a story and what they share helps in getting me through my questionable moments. But the first person that introduced me to the joy of running is Brian, my husband. I run every mile for the steps I couldn’t take when I was in my full-body cast.” It seems that her time in recovery from her accident is a great source of motivation for not only others but also herself.

With what she has been through and overcome, Lorena has the experience to offer solid advice for all of us. “Embrace your run. You are capable of doing incredible things, and, mile by mile, you’ll reach your goal. You just have to keep believing in yourself. Persevere, but also listen to your body when it tells you to slow down.”

Lorena’s most memorable moment in running came just this last spring in Kalamazoo when she crossed the finish line of her first marathon. “I met the wall at mile 20 and kicked it, finishing with a big grin on my face. My family and friends were there to celebrate. I still get emotional today when I think about it.” Get used to that feeling of emotion Lorena. I still get emotional when I think about my first marathon almost 15 years ago.

Lorena would like to continue races at the half-marathon and full marathon distance. Long-term she would like to run a marathon in several countries starting with the Venice Marathon in her native land of Italy. So far the marathon is the longest distance that Lorena has run but she has longer races on her radar. It sounds like an ultra marathon may be in her future.

Like many of us, Lorena enjoys music on a run as well. “I run with one ear bud only when I run alone, so I can sing to the tunes. It keeps me company. I don’t when I am running with someone.”

Lorena works as an accountant and business manager for a dental office. She and her husband have two children that cheer them on at races. She was born in Italy and came to the United States at the age of 28.

Lorena's story reinforces the philosophy that although our achievements are partially a result of the inspiration and support of others that ultimately we must find it within ourselves to succeed in our individual endeavors. Lorena would not have enjoyed the success she has experienced as a runner without her husband's initial mentoring and modeling but likewise, much of what she has accomplished is a result of the self-motivation she has gained from the time she spent not able to take steps while in a body cast. One can receive all the guidance and support of a lifetime but ultimately this guidance and support would serve no purpose without the partnership of an internal drive. With a strong belief in our potential, many of your limits can be erased. Everyone has a story. Stay tuned next month for another runner's story.

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

Local Race Results

*** Race results show runners who were active members as of August 1. New members joining in July including many through the Kalamazoo and Battle Creek Fast Track Program and through the Safari Training program for the first time are not yet reflected. New members will be retroactively added to 2013 Club Championship Series events once added to the database.

2013 Mattawan Wildcat 5k

37 Members of the Kalamazoo Area Runners competed in the Mattawan Wildcat 5k with many landing in the **age group winners circle**. **Peggy Zeeb** won women's master's title with a time of 21:28. Below is a listing of all of our 5k rock stars landing in the **amazing finisher's circle**, including age division award winners:

Brian Argo	0:24:17	
Tracy Argo	0:20:24	1st
John Brady	0:20:17	1st
Karen Cheng	0:23:00	2nd
David Clark	0:30:15	
Thomas Durlach	0:23:57	
Angela First	0:52:49	
Charlotte First	0:52:44	
Henry First	0:29:37	
Nick Gooch	0:23:58	
Stephanie Harshman	0:34:44	

Amy Kniss	0:32:22	
Jason Kniss	0:32:31	
Lisa Koenig	0:36:19	
Bill Lewis	0:25:21	
Matt Longjohn	0:21:28	3rd
Amanda Losch	0:30:43	
Kristen Maxwell	0:29:58	
Briana Meeker	0:27:13	
Thomas Meeker	0:17:38	3rd
Tim Meeker	0:22:31	3rd
Tammy Mills	0:26:00	3rd
Jenn Omo	0:28:47	
Steve Ott	0:23:03	3rd
Don Payerle	0:22:16	2nd
Dan Robinson	0:21:26	1st
Bonnie Sexton	0:22:51	1st
Brian Stears	0:25:13	
Brandon VanDusen	0:19:54	2nd
Sam VanLoo	0:35:20	
Scott VanLoo	0:19:38	1st
Susan VanLoo	0:35:28	
Alec Williams	0:28:15	
Allyson Williams	0:26:46	
Andrew Williams	0:32:24	
Jillian Wills	0:24:57	2nd
Peggy Zeeb	0:21:28	Female MASTERS WINNER!

For complete results go to: <http://results.active.com/events/wildcat-road-and-trail-5k-3/5k-run-age>

2013 Otsego Ready or Not 5k

26 Members of the Kalamazoo Area Runners competed in the Otsego Ready or Not 5k with many landing in the **age group winners circle**. **Michelle Grevenstuk** won the overall women's title with an incredible time of 17:34. Below is a listing of all of our 5k champions landing in the **amazing finisher's circle**, including age division award winners:

Russell Bertch	0:20:50	1st
Justin Bunch	0:17:54	2nd
Kami Chase	0:26:54	3rd
Cindy Comer	0:28:32	2nd
Kelley Dendel	0:39:14	
Chris DHulster	0:19:59	2nd
Michael Dutton	0:50:04	
Sherri Dutton	0:24:59	2nd
Hannah Grant	0:40:11	

Michelle Grevenstuk	0:17:34	Female OVERALL WINNER!
Ray Hendriksma	0:26:30	
Andrew Hirzel	0:18:49	1st
Christine Huff	0:24:11	1st
Jared Jones	0:26:59	
Deborah Kloosterman	0:27:20	2nd
Robert Kloosterman	0:29:14	
Diana Ladio	0:19:07	1st
Carrie Long	0:26:35	2nd
Matthew Long	0:25:50	2nd
Steve Long	0:25:50	
Michael Loudon	0:20:24	2nd
Lisa Pitman	0:32:36	
Jim Raseman	0:20:40	3rd
Karen Raseman	0:28:24	
Mark Sigfrids	0:20:59	1st
Latasha Stinnette	0:42:37	

For complete results go to: <http://results.active.com/events/otsego-ready-or-not-5k-2/5k-run-age>

2013 Steve's Raider Stomp 5k and 10k

43 Members of the Kalamazoo Area Runners competed in the Steve's Raider Stomp 5k and 10k with many landing in the **age group winners circle**. In the 5k, **Lauren MacVicar** won women's overall with a time of 18:20, breaking the prior course record. Joe Hulsebus won men's masters with a time of 19:09. In the 10k, **Michelle Grevenstuk** won the overall women's title with a time of 37:36, also breaking the course record. Leslie Scheffers finished 3rd overall female with a time of 44:49. . Below is a listing of all of our 5k champions landing in the **amazing finisher's circle**, including age division award winners:

5k Race

Name	Time	Age Group
Kathy Alizo	0:31:21	2nd
Aaron Aulgur	0:21:24	
Jalayne Bennett	0:34:32	3rd
Thomas Bennett	0:34:33	2nd
Russell Bertch	0:21:34	1st
Caleb Billings	0:25:18	
Kerri Billings	0:29:27	1st
Royce Bland	0:35:36	3rd
Cindy Comer	0:29:11	3rd
Chris DHulster	0:19:52	1st
Kelly Dominique	0:32:15	
Michael Dutton	0:31:25	
Sherri Dutton	0:25:36	1st

Angela Elhammer	0:25:57	1st
Randy Fielder	0:27:45	3rd
Joe Hulsebus	0:19:09	Male MASTERS WINNER !
Annie Jost	0:27:11	2nd
Fred Keister	0:26:41	2nd
Michael Louden	0:20:48	2nd
Lauren MacVicar	0:18:20	Female OVERALL WINNER!
Frank Maston	0:38:17	
Kristen Maxwell	0:28:33	2nd
Shawn Maxwell	0:26:26	3rd
Kenzi Pridgeon	0:26:38	2nd
Michael Ross	0:26:47	1st
Bonnie Sexton	0:23:24	1st
Latasha Stinnette	0:42:39	
Brandon VanDusen	0:19:35	1st
Scott Wielenga	0:19:53	2nd
Alec Williams	0:31:26	
Andrew Williams	0:34:22	
Ashleigh Williams	0:37:49	
Robert Williams	0:34:23	

For complete results go to: <http://results.active.com/events/steve-s-raider-stomp-8/5k-run-age/expanded>

10k Race

Fred Colbert	0:47:49	2nd
Karen Conner-Beck	0:58:01	1st
Michelle Grevenstuk	0:37:36	Winner
Arya Jayatilaka	0:45:58	1st
Rachel Konieczka	1:05:45	1st
Bill Lewis	0:54:29	3rd
Steve Regner	0:50:03	2nd
Leslie Scheffers	0:44:49	2nd
Bob Sievert	0:44:31	1st
Kevin Theisen	0:43:43	1st

For complete results go to: <http://results.active.com/events/steve-s-raider-stomp-8/10k-run-age/expanded>

2013 Allegan Strides for Health 5k

Nineteen members of the Kalamazoo Area Runners participated in the Allegan Strides for Health 5k, many winning age group honors. Joe Hulsebus won the male masters division with a 19:07.

Congratulations to all our rock stars in the **age group winners circle**, and the **amazing finishers circle**.

Name	Time	Age Group
Kathy Alizo	0:31:01	
Russell Bertch	0:20:50	1st
Caleb Billings	0:24:41	
Kerri Billings	0:27:31	3rd
Eric Burnson	0:25:07	
Fred Colbert	0:23:32	
Cindy Comer	0:28:43	1st
Ray Hendriksma	0:25:47	3rd
Joe Hulsebus	0:19:07	Male Masters Winner!
Arya Jayatilaka	0:21:00	1st
Fred Keister	0:27:52	
Bill Lewis	0:25:29	3rd
Michael Loudon	0:20:02	1st
Frank Maston	0:38:32	
John Olbrot	0:22:43	
Teri Olbrot	0:28:59	1st
Leslie Scheffers	0:21:13	1st
Mark Sigfrids	0:21:18	3rd
Alec Williams	0:30:04	

Complete results can be found at <http://results.active.com/events/strides-for-health/5k>

Volunteer Acknowledgements as of August 2013



Sincere thanks to all our volunteers. We couldn't do it without your efforts. The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

Volunteer points entered through August 2013 have been updated. If you volunteered year to date through August 2013 and your points are not included, please enter them at this time. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

As of August 2013, **Charlene Orwin** is in first place with 430 points, **Bonnie Sexton** is in 2nd with 370 points, and **Brian Dobbie** is in 3rd place with 260 points.

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

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

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