

"I love running cross country. On a track I feel like a hamster."
—Robin Williams

August 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Evolving From Our Humble Beginnings

By Bonnie Sexton



The 2014 Jack-O'-Lantern 10k will highlight the Bishops Bogs Preserve pictured above

For 36 years the Kalamazoo Klassic has existed as a professionally managed road race, organized in its early years by the Kalamazoo Track Club, then in 1999 forming a partnership with MRC Industries, Inc. to co-host the event. In 2002, Gazelle Sports and Kalamazoo Area Runners (KAR) formed a partnership to co-host the Safari Marathon Training Program (the half marathon training component was added later), with KAR hosting the Tuesday track sessions, and coordinating aid stations once a month, and Gazelle managing all other program aspects.



Contents

Board President's Letter –Page 1

Executive Director Letter – Page 3

Just Another Runner's Perspective –
Page 8

Featured Member – Page 10

Hot Club News and Events - Page 14

Kalamazoo Area Runners in Battle Creek Fall
Fast Track

Jack-O'-Lantern 5k & 10k Trail Run

KAR Membership Race Discounts

Turkey Trot Time Prediction Run

Volunteer Leadership Opportunities

KAR Apparel Line

KAR Facebook Group

Kalamazoo Area Runners Board Meeting

Bronson HealthCare Midwest Sports Medi-
cine Sports Injury Walk-in Clinic

Club Championship Series – Page 21

Running Community News – Page 21

Group Runs/Training - Page 23
Group Runs

Club Member Corner - Page 25

New Member Welcome

August Local Race Results

Over the last decade, KAR has been slowly transforming its runs from small grass roots gatherings to professionally managed events and programs, retaining history while at the same time moving forward. Kalamazoo Area Runners track workouts at WMU have existed for decades, and during the early years consisted of a small group of hard core runners. The integration of the track workouts into Safari, and then several years later the introduction of the Fast Track program, turned these informal workouts into structured programs geared towards runners of all ability levels.

As Kalamazoo Area Runners grew from 200 members in 2004 to more than 1350 members in 2014, one by one, during the same time period, other club runs began to make a transition. The Annual Turkey Trot Time Prediction 5k Run was a small gathering of less than 100 runners, timed using popsicle sticks or pull tags. The event was eventually moved to Portage West Middle School, professional timing was hired, and now the event attracts up to 900 runners, many who have made it an annual holiday tradition. The Run Through the Lights, a partnership between Kalamazoo Area Runners (KAR) and Gazelle Sports, made a similar transition and in its early years consisted of an informal gathering of less than 100 runners. The event now attracts approximately 1200 runners, and is a 3-way partnership with Gazelle, KAR and Kalamazoo Loaves and Fishes. The event serves as a fundraiser for Kalamazoo Loaves and Fishes. The roots of the Beyond Program were established in 2004, with a small, informal group of KAR members who met to train for the Boston Marathon. The two years following, KAR partnered with other groups, and then in 2007, launched the Beyond Program we know today. The Children's Easter Egg Hunt Run, which attracted 600 children this year, emerged out of the Easter Hash Run, an informal event originally geared towards adults. We later added a children's event, which enjoyed steady growth while the adult participation declined. As a result, the event was changed from a Hash Run to a children's event.

One of the last of the grass roots events to be transformed was the Halloween Hash Run and Children's Trick or Treat Run. Like the Easter Hash Run, numbers in the adult run were small, with the kids run attracting larger participation. Earlier this year we conducted a membership survey to gain feedback on runner preferences for a Halloween themed run, and received valuable insights. The vast majority preferred to keep the adult run; most preferred a fun event with costumes and were supportive of a trail race. The Kalamazoo Nature Center ranked as the top venue choice among our members and we approached their leadership team regarding a possible partnership, which is currently in exploratory stages for 2015.

KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

Chiropractic Sports Physician, **Daryl Prater**, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at praterd@aol.com for more information.



BORGESS HEALTH AND FITNESS CENTER

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



In the interim, the City of Portage graciously granted permission to host the event in their southern parks and trail system, and the 2014 Jack-O'-Lantern 5k & 10k Trail Run and Kids' Pumpkin Patch Run was born. This newest Kalamazoo Area Runners (KAR) event will showcase the Eliaison Nature Reserve and Bishops Bog Preserve, Schrier Park and South Westnedge Park. Eliaison is scheduled for improvement in 2015, and pending approval, the plan is to co-host the event in partnership with Kalamazoo Nature Center after this year.

In the mean-time, we hope you will join us for this unique one-time Kalamazoo Area Runners (KAR) event as we explore several of the hidden jewels in the Portage Trail Way system. More information can be found at www.karjackolanterntrailrun.wordpress.com.



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

I recently logged into my Facebook account to see one of those inspirational running pictures that stated "You know you're a runner when your Saturday mornings are earlier than your Mondays!" I know that is certainly the case for the many wonderful volunteers that have been serving as Pace Group Leaders in the Summer Safari Marathon and Half Marathon Training Program since early June, as well as for the Safari Track Coaches who make it out to the Kanley Track even earlier on Tuesday mornings. Zach Baker, Aimee Garrison and Andrea Nixon are among those dedicated individuals that have given of their time this

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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 www.pedalbicycle.com. Provide the 2013 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 \$65 for KAR members).

15% off Down Dog Yoga Center merchandise. For more information visit

www.downdog yogacenter.com. Provide the 2014 discount code to receive discounts.



summer to help make the Safari program a success. Please join me in thanking Zach, Aimee, Andrea and all of the Safari leaders for the service that they have provided to the Kalamazoo Area Runners along with all those who volunteer every day.

Zach Baker—Safari Track Coach, Beyond (Map & Course Logistics) and Director, Marketing Promotions



A former high school track and cross country guy, Zach fell out of running in 1999 and fell back into it in 2009. He used to think people who ran 10Ks were crazy for running so far. Now Zach kind of thinks they're crazy for not going farther.

When asked why he volunteers for KAR, Zach shares that ***“When I volunteer at events, I like the interaction and energy. I've helped out with several kids' runs, and the energy is infectious. When I do more behind-the-scenes things, I get to flex my nerd muscle: I spend a lot of time reading about and thinking about running, so it's fun to apply that information to do things like develop training schedules. It's a combination of being able to scratch that itch, and also watch people benefit from the results ”***

Zach describes his volunteer role as follows:

“I wear a lot of hats, actually: most folks know that I help out as a track coach with Safari, and that I develop the maps and training plans for Beyond. However, I also design a lot of the postcards and brochures that you see on KARs display rack at

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BRONSON ATHLETIC CLUB

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

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

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



NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2014 KAR discount code to receive reduced rate.



SPIRIT RACING

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



expos and wellness fairs. When I can, I also pop out to volunteer at events - it's always fun to be a pace rabbit at the Healthy Kids Day run. “

When asked what advice he would give to others interested in volunteering for KAR, Zach says ***“Get involved! Talk to somebody! We're friendly, and nobody bites. There are all kinds of jobs for all kinds of interests and commitment levels, from spending a couple hours at a packet pickup to helping plan an entire event. All it takes is to start a conversation, or to reply to an e-mail request. ”***

Aimee Garrison – Safari Track Coach



Aimee Garrison was a runner in middle school through high school. After that she would run here and there, but nothing serious. About 8 years ago Aimee coached Girls on the Run for the first time and was SO inspired she decided to become a Sole-Mate and train for a half marathon (she thought she would never be able to do it!!) After completing her first 13.1 Aimee had the running bug! She had met great people in the Summer Safari summer training and couldn't wait to sign up for run camp. The following winter Aimee started running with Beyond and has met some amazing people! Aimee advises ***“Trust me, when you train for a marathon you get to know people very well on all those looong runs!! Running with Beyond has been so great, I completed all of the 2013 training while pregnant, and this past winter got back into running and completed my first Beyond training post baby (yay!!)”***

Aimee shares ***“I love being a part of KAR, so volunteering in different ways allows me to give back to an organization that I truly enjoy. The rewards are meeting other like minded people and connecting with others in KAR that I may not run with on a weekly basis.”***

Board of Directors

Bonnie Sexton

President

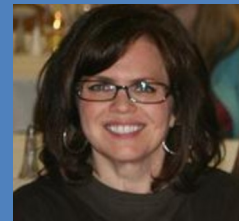
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Aimee summarizes her volunteer duties as follows:

“My primary duties definitely change depending on what I have volunteered for. Mainly being up beat, outgoing, listen to directions, give directions, and working hard covers all the different volunteer opportunities.”

When asked what advice she would give to others interested in volunteering on behalf of KAR, ***Aimee says “Volunteering your time is the best way to give back to an organization that you believe in and that you are a part of. There are so many opportunities (big and small) to help out and be a part of something. Volunteer opportunities are well organized and run smoothly. Make time and give back!!”***

Andrea Nixon —Safari Pace Group Leader, KAR Board Secretary, Run Through The Lights Co-Director



Andrea is a paralegal by trade but currently is a devoted stay at home mom and student. Andrea volunteers as the Kalamazoo Area Runners Board Secretary and serves on the Finance Committee. In 2013 and 2014 Andrea was part of the Easter Egg Hunt Committee and the Easter Bunny for the event. Andrea was part of the 2013 Run Thru the Lights planning committee and is serving as the 2014 Run Thru the Light Co-director. This summer Andrea is also a Co-Team Leader for the Safari Run Group at the 11:30-12:00 pace.

Andrea shares that she volunteers for KAR because ***“I love having the ability to give back to an organization that has become the hub of the running community. By volunteering I am able to give a positive experience to other runners in the various running activities. For me this is the opportunity to give to others. I am co-***

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directing the Run Thru the Lights event. In this particular event I am part of a team where we are able to give back to the community and especially to Kalamazoo Loaves and Fishes. I love being able to say that I helped raise funds to help feed our hungry in the community through helping to support KLF's mission and vision statement.

For me The reward is knowing that I am helping other runners have an enjoyable experience and also knowing that I am participating events within the community that support good organizations. By Volunteering I also get the opportunity to meet like minded runners and gain more run buddies, which I absolutely adore.

In describing her volunteer responsibilities, Andrea states that **"I have volunteered for multiple events, some I have volunteered at the leadership level, whereas others I have just gone in and volunteered for the day. My prior duties have been varied for the various events. At the 2014 Kalamazoo Klassic I was the Turtle. At the 2014 Easter Egg Hunt Run I was part of the planning committee and also was the Easter Bunny, the 2014 Run Thru the Lights I was part of the planning committee and standing on a table yelling and telling people where to go for the raffle, I participated in the Winterblast for the day. I co lead Safari Run camp 11:30-12:00 and am also the Kalamazoo Area Runners Board Secretary."**

Andrea has the following advice to offer to others interested in volunteering on behalf of KAR. **"Get involved. It is a wonderful organization and it is an awesome learning experience as far as you get a glimpse of all the elements of an event. KAR is an organization of the volunteers. Each volunteer contributes to the positive experience of the event. You can donate anywhere from 2 hours to 40 hours depending on the event. Come out and get involved."**



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.

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Another Runner's Perspective - The Fall Classic

"Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

---Fred Lebow

November 11, 2010: Indianapolis Indiana

A bolt of energy penetrated my soul as I surveyed my family along the side of the racecourse just a few tenths of a mile ahead of me. This shot of adrenaline was followed by a sense of relief as one of the greatest sights in a marathon, mile marker twenty-six, loomed on the horizon not far beyond where my wife and kids stood cheering me on. As they clapped and cheered me on, I gave them a thumbs up as I raced past them. Their on-course support was just what I needed to overcome my state of exhaustion during this final stretch. This, my twenty third marathon, perhaps had been one of my greatest performances at this distance as I had fought through intestinal issues on the course to realize that now with a little over two tenths of a mile to go I would apparently reach my goal for the day. I had completed several marathons the last five years, eclipsing the three hour barrier seven times. I had become a model of consistency at this distance with my times in those seven races ranging from 2:56 to 2:59. My life outside of work and family had been consumed with training over that time frame and a faith in my ability began to circulate inside of my soul as I became confident in my capacity to run a little over twenty six miles in under three hours. I had made a long term goal for myself to total ten marathons in less than three hours.

Nerves and an upset stomach had forced me to take three bathroom stops this late autumn morning in Indianapolis washing away my conservative game plan. Instead of hitting cruise control with a steady 6:50 per mile clip for the duration I was constantly pushing the pace beyond my comfort zone to make up valuable seconds lost during those bathroom stops. I kept doing the math in my head and as I approached mile twenty six I had thought I had time to spare. Surviving on auto pilot and natural reaction at this point I glanced down at my watch as I passed the mile twenty six sign. My watch read 2:58:53. I felt a wave of desperation shudder through me as I realized I had not made up as much time as I had anticipated. Although my mental focus was limited by this time I quickly concluded that if I were to run the last two tenths of a mile in less than sixty seven seconds I had better put on the after burners. Covering that much ground in such a limited amount of time would be work enough for me on fresh legs but to do it after just running twenty six miles seemed like throwing a Hail Mary pass in the final seconds of a football game. Never the less I pumped my arms and legs as

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hard as I could. My window of opportunity to finish three more marathons under three hours was slowly closing for me at the age of 42 and to let this opportunity slip away as close as I was would be a huge letdown. I ran as if my life depended on it for that last two tenths, but as I crossed the finish line my heart sunk as I focused on my watch and read the numbers 3:00:04. Indeed close, but not close enough.

I had been proud of my effort but it was difficult for me to escape my shadow of disappointment over the next few days having come short of my goal by just a few seconds. Before a week had gone by however, I put my feelings of despair behind me and began thinking about what spring marathon I would train for to get me one marathon closer to my goal of ten marathons in less than three hours. Things would get worse however before they would get better and ultimately my short and long term goals in running would have to be tinkered with. As the late stages of winter approached I experienced my first major setback as a runner, falling hard on Battle Creek's paved linear trail while on a training run in late February. As I collided with the asphalt, a jolt of pain ripped through my body. X-rays confirmed a fractured rib. The next few weeks were painful but I was able to resume running a few weeks later with several more than a month before I could run at a pace to prepare me for my spring marathon goal. I reevaluated and decided to train and pace a friend for her first marathon in the inaugural Kalamazoo Marathon, using it as a training run and coming back a month later to race the Sunburst Marathon in South Bend, Indiana.

A week after completing the Kalamazoo Marathon, I experienced a twinge in my left hamstring. I tried to work through it over the next few weeks and felt that it had healed as I toed the starting line in South Bend, but just a few miles in the hamstring pain returned. Dropping out would have been the sensible thing to do but I carried on hobbling to the finish line some four hours later. Scaling back my running and seeking help from a physical therapist I had finally worked through my hamstring injury eight weeks later. It was the first part of September and I now felt like I had ample time to train for my target race the first of November, in my attempt to return to Indianapolis and redeem myself.

Less than a week later I began experiencing hip pain that became severe enough for me to put running on the shelf. This began a long road of confirming a diagnosis for the hip pain, two surgeries and rehab. I missed nearly a year of running and was able to begin again the fall of 2012. With a gradual build up in miles I signed on as an official pacer for the Kalamazoo Marathon in May of 2013. I was able to successfully lead my pace group but the hip pain lingered on. Three months later I had my second hip surgery and again began a gradual build up in miles beginning November of 2013.

As my running has gotten back to near normal conditions since last November I have been preparing to run my first competitive marathon since that day in Indianapolis back in 2010. I have signed up for the 2014 Grand Rapids marathon and although age, time off from running and months of rehab have left me out of contention for a sub three hour race I am still ready to compete, reaching my goal of re-qualifying for the Boston Marathon. Although I have not scratched the possibility of another three hour marathon from my list, it is not on my radar at this time. I hope to finish in under three hours and twenty five minutes in my quest to call myself a Boston qualifier but if I fall short of this goal I will dwell on it for a few days and get over it. Right now I am just excited and grateful to compete again as a marathon runner.

As a competitive runner I enjoy racing a variety of distances but over the years the marathon has become my calling. The atmosphere on the course of a marathon is something that has always provided a thrill for me dating back to 1997 when I watched my friend Clay run the Chicago Marathon. The electricity that is generated on marathon day is something to behold. Dreams are realized, life lessons are learned and memories are made on marathon courses throughout the world.

Professional athletes have their Super Bowls and World Series baseball games. Masses of runners who are average individuals can experience their own Super Bowls and World Series on the marathon stage. Running is unique in this way. As a golfer you are not going to play 18 rounds of golf in the same tournament with Tiger Woods but as runners we can share the same stage as some of the best in our sport on marathon courses found in Chicago, New York and Boston. Simply put there is nothing like the marathon experience.

As I sit here at my computer writing in the wee hours of this August morning we are still experiencing the dog days of summer. There have been signs in the air however that we are on the horizon of transitioning to a new season. Last week I awoke to a temperature of forty two degrees for my morning run. A jolt of adrenaline shot through my body as I breathed in the chilly early morning air, a rare treat in August.

A breathtaking sunrise, light breeze and a temperature of forty two degrees provided a preview of what I always hope for on the morning of a marathon. Although marathons are held year around, I like to think of autumn as marathon season. For those of you training for a marathon this fall, you are now in the midst of your peak training schedule. The miles that you will put in over the next few months will not always be easy. Your motivation may not always be there but keep your nose to the grindstone and think about the electricity that you will experience on the marathon stage this fall. As the summer makes way for fall the next month and I experience all that I enjoy about autumn while running, my excitement for October 19 will continue to brew inside of me as I become a part of the marathon stage again. Good luck to all of you.

KEEP RUNNING!!

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



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

Featured Member – Chris Lampen-Crowell
Running Community's Ambassador

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead."

---Nelson Mandela



As a member of the running community, I feel blessed to be a participant of this sport. The fitness level it helps me maintain, the mental and emotional clarity it adds to my life, the health benefits that it provides for my body and the social outlet that it has created for me are some of the examples of the opportunities that running has bestowed upon me through the years. Running consumes a portion of my being but it is just one facet of my life. Although running is an important component in my life, my family and career come first. The things that I experience each and every day as a teacher bring joy to my life, but there are times when I dream of what it might be like to have a career that is centered around running, one of my passions. Through the years I have been fortunate enough to share my time with the running community as a volunteer coach for my daughter's track and cross country teams and as a monthly columnist for the Kalamazoo Area Runners. Although I enjoy giving my time for these efforts I sometimes wonder if coaching or writing about running for a living would be a dream job or if would simply take the joy out of doing it. This month's featured member, Chris Crowell, is lucky enough to earn a living doing what he loves, in his job as owner of a Gazelle Sports, a successful running store in Southwest Michigan. I am sure that there are days when he must wish that his career had nothing to do with running, but if you have ever met Chris, you probably understand that for the most part, he is happy having a job in which he is an ambassador for our sport.

Chris' connection with running began early on in his life. ***"I have run almost all my life. I began running in Elementary School. I attended Winchell Elementary and would run home for lunch. I would time myself to see how fast I could make it home. I ran competitively at Oakwood Jr. High. I won every race in 9th grade so when I entered Loy Norrix High School I decided to focus on running. I ran varsity cross country and track & field all three years at Norrix. I still hold the two mile (3200 meter) record."***

The physical, mental, emotional and spiritual benefits of running all share in some of what Chris likes most about running. ***“I love running for mental clarity, spiritual connection and physical challenge. The time I have spent running has been some of the best in my life. I clear out the stress and find a flow of creative thoughts. I talk to God and strengthen my faith. I push myself at times and that makes me feel alive (and sore too).”***

Like many runners, Chris has experienced injuries which have impacted his running, claiming responsibility for what he likes least about running. ***“I have had an ongoing on and off calf injury so that being consistent is the biggest issue making running difficult. I have incorporated core strength with a personal trainer, Carrie Bennett, and that has made a significant difference in my overall health. At 54, I am happy to be running but also happy to balance that with other active fitness.”***

Don Lukens, Chris’ high school coach, has remained one of his most influential mentors over the years. ***“My mentor was Don Lukens, my High School coach. He followed Arthur Lydiard, the famous coach from New Zealand. We ran the Lydiard method throughout high school. Coach Lukens became friends with Coach Lydiard, and he visited our team and Kalamazoo several times. There are many aspects of Lydiard’s methods that are still at the root of training today.”***

Chris sounds like a coach himself when he talks about who inspires him as a runner. ***“My inspiration is the person that has never run, and is facing health or life challenges and finds running. Embarrassed at first and full of self doubt, they take small steps to run a block or two. With determination, and hopefully some support along the way (like KAR, Borgess Run Camp or many other groups) they find their way to run their first 5K. They begin to believe in themselves, find a new positive peer group, and make healthy changes in their life and family. This is never easy and I am always in awe as people find the courage to begin!”***

Perhaps what inspires Chris most about those taking those initial steps as a runner is that it paints a picture of what he experienced when he first found running. As runners most of us have been there taking small steps as we build our endurance. Witnessing others do the same brings us back to those initial days of being challenged by obstacles only to overcome them one day at a time.

Chris’ experiences as a runner have no doubt shaped his influence as a husband and father. ***“I have been married for 27 years to Mary. We have three kids, Shane, Brooke and Stuart. Stu is a college senior running at George Mason. I am looking forward to traveling to see him run several times this fall and next spring! My most memorable moment with running was when Stuart won the 1600 at the Michigan Division III State Meet. As a runner, coach, and parent, it was one of the most moving experiences of joy in my life.”*** As a parent of a runner myself, I can relate to the pride that Chris has experienced. There is no greater joy as a passionate runner than seeing your child enjoy the sport as well, whether it is as a casual, recreational runner or as a competitive athlete.

The impact that Chris has had on the running community in Southwest Michigan has played a huge role in the growth we have seen in runners, training groups and races in this area. This phase as an ambassador of our sport began back in 1985. ***“I began Gazelle Sports in 1985. I had never studied business, but had worked at a running shop while I was a junior and senior at WMU. I loved running and Kalamazoo so I decided to delay further schooling after I graduated from Western and tried to purchase the store where I was working. That deal fell through so my original partner, Bruce Johnson, and I decided to open our own store and Gazelle Sports was born. Like most small businesses, we could***

not have done it without friends and family. They not only helped us financially get going, but many helped us open our doors literally working with us to prepare our shop in Downtown Kalamazoo. Our goal then as it is now is to provide the World's Best Customer Service and assist in creating a healthy community. I am blessed to have been part of the growth in running throughout our area!"

Gazelle Sports provides a top notch running specialty store for our area with a knowledgeable staff who are experienced runners themselves. The merchandise that they provide and the service that comes with it is of the highest quality, but what Chris and Gazelle Sports provides for our community in terms of promoting running and a healthy active lifestyle goes beyond sales and service. Partnerships with Kalamazoo Area Runners and Borgess Hospital are just two examples of the many partnerships that Chris has made in conjunction with Gazelle Sports to make our area a healthier and more active place to live. Gazelle Sports functions as business with a product to sell but this is just the tip of the iceberg in terms of the impact Chris and his employees have on Kalamazoo and it's surrounding area.

If you have ever had a chance to speak to Chris or hang out at the start and finish area of the Borgess Run, it is easy to understand how Chris feels about Kalamazoo, Michigan. His enthusiasm as official MC for the Kalamazoo Marathon is contagious as he calls out runners' names throughout the day as they cross the finish line. He feels lucky and is proud to call Kalamazoo his home and as city that strives to provide a healthy active options for its citizens, Kalamazoo should feel lucky to have Chris not just an ambassador of running but as an ambassador for our city.

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

Hot Club News



On Sunday, August 3rd KAR's Board of Directors and Executive Director participated in a Strategic Planning session with Larry Hermen of Centerpointe Associates. We would like to thank our friends at Bronson HealthCare Midwest Sports Medicine for arranging for our meeting to take place at the Bronson Gilmore Center in downtown Kalamazoo.



Kalamazoo Area Runners in Battle Creek (KAR in BC) Fall Fast Track

Kalamazoo Area Runners in Battle Creek (KAR in BC) is pleased to announce we are continuing the Fast Track Training Program for Fall 2014! This program is designed to meet both 5K and 10K training goals, whether you are a beginner, intermediate, or experienced runner. This program targets the 12th Annual Road Hawg Classic 5K and 10K Race at the Battle Creek Air National Guard Base, scheduled for November 8, 2014.

Update for 2014!!! in response to your survey feedback, we've simplified the run groups for our Fall 2014 Fast Track session. We will be offering 3 general levels of workouts – Beginners, Milers, and Speed Workers – each group serves to build and support community among runners. Fast Track will continue to be led by experienced KAR coaches and will include training schedules, individual guidance, relevant clinics, and structured Tuesday track workouts.

Fast Track Beginners – Geared towards transitioning newer runners from walking to running as well as interval walk/run for those who prefer it. Beginners will be focused on learning the basics and building a running base.

Fast Track Milers – Geared towards intermediate level runners who want to improve their overall running skills. Milers will be focused on building base and increasing endurance. Improving pace is a secondary motivation for this group.

Fast Track Speed Workers – Geared towards intermediate and performance level runners who want to improve performance and increase pace. Speed work coaches will work with participants to identify individual race goals and refer the Speed Worker to a mid-week schedule that supports those goals.

Sessions are conducted at 5:45pm Tuesday nights at Riverside Park and run 10 weeks from August 26/September 2, 2014 to November 4, 2014. Week #1 sessions will be held on both August 26 and September 2 to help accommodate runners with vacation and/or back-to-school scheduling challenges.

Track sessions are held at Riverside Park, adjacent to Riverside Elementary (650 Riverside Dr. Battle Creek, MI 49015) on Tuesday nights. All Fast Track participants will meet at the grey pavilion at the south entrance to the park (gravel/dirt parking lot). NOTE: The Battle Creek program will utilize the loops around the Riverside Park soccer fields rather than a traditional track. While we know this will be a bit different than a traditional track workout, we have found that it offers some advantages, including scenery, some shade, inviting atmosphere, and available use of the “track” during the week and after the program ends.

Program Orientation will be held Tuesday, August 19, 2014 from 6:00 - 7:00pm at the W.K. Kellogg Foundation in downtown Battle Creek for those who are new to Fast Track.

A drawing will be held for all Fast Track participants who register by August 19 for a free race entry to the targeted fall race, the 12th Annual Road Hawg Classic 5K or 10K Race at the Battle Creek Air National Guard Base.

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

[Register for KAR in BC Fall Fast Track here!](#)



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:

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

September 6, 2014

\$2 discount on race fee

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

October 19, 2014

\$7 discount on marathon or half marathon

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

September 27, 2014

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



Registration is now OPEN!!! Kalamazoo Area Runners (KAR) is pleased to present the 2014 Jack-O'-Lantern 5k and 10k Trail Run. Discover a unique and challenging varied terrain trail running experience where nature's attributes combine with holiday-themed costume fun.

Event Information

The 2014 Kalamazoo Area Runners (KAR) Jack-O'-Lantern 5k and 10k Trail Run and Kids' Pumpkin Patch Trick-or-Treat 1/2 mile and 1 mile Fun Run (children 12 and under) is an exclusive one-time showcase of the Bishops Bog Preserve and Eliason Nature Reserve in Portage Michigan. Proceeds support the Jack-O'-Lantern 5k and 10k Trail Run and Kalamazoo Area Runners' mission to promote the sport of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community.

All events will be held Saturday, October 25, 2014 at South Westnedge Park, 9010 S Westnedge Ave, Portage, Michigan. The Kids' Pumpkin Patch Trick-or-Treat Run starts at 3:30pm in the upper athletic fields. The 10k Run starts at 4:00pm and the 5k Run starts at 5:30pm. Runners may participate in the 5k, 10k or both. Both the 5k and 10k are capped at 300 participants each. Runners must be at least 16 to participate in the 10k.

The event participates in the Greater Kalamazoo Fall Trail Run Series with the Impact Trail Run on November 8, 2014 and the Kalamazoo Area Runners (KAR) Turkey Trot Time Prediction 5k Run on November 27, 2014.

Volunteers

More than 100 volunteers are needed for the Jack-O'-Lantern 5k and 10k Trail Run. Both individual and group opportunities are available.

Sponsorships

Is your employer, business or organization interested in making a contribution towards a high quality local running event? The Jack-O'-Lantern 5k and 10k Trail Run is now seeking both financial and in-kind sponsorship support.

Contact Information

For registration and more information on participation, volunteering or sponsorships, visit www.karjackolanterntrailrun.wordpress.com or contact Bonnie Sexton, Race Director, at bonnie.sexton@kalamazooarearunners.org



**Registration is now OPEN for the
2014 Thanksgiving Day
Turkey Trot Time Prediction Run**

**Presented by Kalamazoo Area Runners
November 27, 2014, @ 9:00 am
(Check in and Late Registration 5:30 – 6:00 pm)
Portage West Middle School
7145 Mooresbridge Road
Portage, MI 49024**

The 2014 Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held on the cross country course at Portage West Middle School (7145 Mooresbridge Rd, Portage, MI 49024) at 9:00am on Thanksgiving Day, Thursday, November 27, 2014. There will be pre- and post-race entertainment in the cafeteria and auditorium starting at 8:00am.

Packet Pick-up and late registration will be held at the following times and locations:

- Portage YMCA A-frame building Wednesday, November 26, 2014 from 5:00 – 7:00pm
- Thursday, November 27, 2014 in the Portage West Middle School gym from 7:00-8:30am

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 24 (\$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 19, 2014. Cash and checks made out to Kalamazoo Area Runners only. No credit/debit cards race day. No Transfers or Refunds.

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.

Volunteer Leadership Opportunities

DIRECTOR AND COMMITTEE OPPORTUNITIES

Run Through The Lights (Event Date: December 4, 2014)

The Run Through The Lights committee, co-directed by Andrea Nixon on behalf of the Kalamazoo Area Runners, is seeking additional committee members to help plan the 2014 event. Current areas of need include (but are not limited to) Food & Refreshments. Positions require attendance at five planning meetings, background coordination of duties and availability on race day. For more information contact Andrea Nixon at andrea.nixon@kalamazooarearunners.org.

Winter Blast Half Marathon & 5k (Event Date: March 1, 2015)

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2015). For more information contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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

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



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

[Click here to begin shopping](#)

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

Yes, there really is a Kalamazoo Area Runners Facebook Group



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1945 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 8, 2014

The next KAR Board Meeting is September 8, 2014 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 2014 Kalamazoo Area Runners Club Championship Series kicked off March 22, 2014 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Grape Lake](#) 5k (preregistration only), September 6, 2014

[Peacock Strut](#) 5k & 10k, September 13, 2014

[Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014

[Run for the Son](#) 5k, September 27, 2014

Points for each race will be determined as follows: Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series Awards Celebration in November 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: $\text{Time points} = \text{winner time} / \text{runner time} * 100$.

Running Community News



Christian Neighbors Celebration 5k

Family Fun Run/Walk

Saturday September 6, 2014 @ 9am

Race will begin and end at the Otsego United Methodist Church

223 East Allegan St, Otsego MI 49078

REGISTRATION FEE: Includes t-shirt (while supplies last)

Individual ~ \$20

Teams of 10 or more participants will receive a \$2 per person discount!!

Register Online at: www.signmeup.com/site/online-event-registration/102420

SPCA DOGGIE DASH - 5K FUN RUN SATURDAY, SEPT. 13, 10AM



RunGR would like to invite members of the Kalamazoo Area Runners to join us for the LMCU Bridge Run on Sunday, September 14th in Grand Rapids MI. KAR members are eligible for a \$5 discount on either the 10 Miler or the 5k.

For more information or to register please visit <http://www.thebridgerun.com/>.



Alpha Sigma Phi K to benefit Homes for Our Troops on September 27, 2014

Alpha Sigma Phi at Western Michigan University is hosting **Alpha Sigma Phi K**, which is a 5K run/walk benefiting **Homes for Our Troops** (www.hfotusa.org). They help our nation's most severely injured veterans by providing to them, mortgage-free, specially adapted homes where they can enjoy maximum freedom of movement, security and independence while rebuilding their lives. HFOT does not receive any government assistance so it is important for community fundraisers such as this 5K so they can continue their important work.

Online registration is now open at www.asp5k.com and will cost **\$25**. Additional donations can be made using the **"Donate"** link throughout the website. Registrants can also choose to pay on-site for \$30. Check-in and on-site registration will begin at 8:00am on September 27, 2014. There will be a joint service color guard, national anthem, and guest speaker prior to the start of the race. The start of the race will be signaled by "Boomer the Cannon." Runners will navigate the scenic and hilly campus of Western Michigan University. There will be refreshments after the race where participants can recover, courtesy of our sponsors in Kalamazoo. Join us in support of our nation's heroes -- all ages are welcome!!



On October 4th, 2014, the Portage Invite is proud to once again present the Glory Days XC 5K. Starting at 8:15am at Portage West Middle School, this unique community event is designed to give back to Portage Invite athletes by attracting cross county enthusiasts and former cross country athletes as participants. It is an opportunity to be a part of one of the largest cross country invitational in the Midwest where over 6,000 middle and high school athletes compete. A new addition for 2014 is the team division where groups of three individuals can now compete in the Co-Ed, All Male, All Female, or Portage Public Schools divisions. For more information and a link to register online, please go to <http://www.portageinvite.com/glorydays5k/>.



The Running Rams Fall Stampede is a 100% trail run held on Saturday, October 12th. No roads needed for the inaugural running of the rams through our beautiful, wooded course. This 5k run/walk will test your endurance as the trails wind there way through the hills and valley's in Augusta, MI. Registration is open now at www.signmeup.com/100139 for only \$25 (which includes a race shirt and free breakfast at Andrea's café in Galesburg following the race. A discounted team rate is available to local HS teams by calling Dan Savage at 269-303-0958. Slots are filling up fast, so register now!

Kalamazoo Area Runners Group Runs and Training Programs



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

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

Kalamazoo/Portage

Kalamazoo Area Runners (KAR) Wednesday Night Runs at Borgess Health and Fitness Center

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

Kalamazoo Area Runners (KAR) Wednesday Night Runs at Portage YMCA

Wednesday evenings at 6:00 pm at the Portage YMCA for runs of a variety of distances. Please park and meet by the A-frame building. Contact **Scott Everett** at scott.everett@kalamazooarearunners.org to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Kalamazoo Area Runners (KAR) Thursday Night Runs - Portage YMCA

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Mandee Kerns** at Mandee.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.

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

*****CURRENTLY ON HIATUS FOR THE SUMMER*****

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

The Sunday group runs in Battle Creek meet at 8:00am at Cutiepie Café (1504 Capital Ave NE, Battle Creek, MI 49017) . Meet at Golden Avenue parking lot. Please bring your own hydration.

For more information or to be added to the distribution, contact **Jill DeLong** at

jill.delong@kalamazooarearunners.org or Matt Santer at

matt.santer@kalamazooarearunners.org.

Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park

*****CURRENTLY ON HIATUS THROUGH NOVEMBER 4, 2014*****

Tuesday evening runs from Riverside Elementary, 650 Riverside Drive, 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.

Club Member Corner

New Member Welcome

As of the end of August, the Kalamazoo Area Runners attained another new membership record, reaching 1357 members. This represents 12% growth since August 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Kerrie	Berends
Megan	Childers
Amanda	Cook
Chris	Hunt
Maggie	Jones
Mike	Kimble
Nicole	Laubenthal
Pamela	Meyer
Todd	Meyer
Michal	Obrzut
Mike	Reimer
Maria	Salinas
Eric	Schiedel
Cindy	Schnotala
Ray	Signorello

Local Race Results

*** Race results show runners who were active members as of June 1. New members joining in June for the first time and Safari participants are not yet reflected. New members will be retroactively pulled into prior Club Championship Series events once added to the database.

Mattawan Wildcat Road and Trail 5k, August 2, 2014

Forty-two members of the Kalamazoo Area Runners participated in the Mattawan Wildcat Road and Trail 5k held at Mattawan High School on Saturday, August 2nd, an event co-directed by KAR member Scott VanLoo.. Leslie Scheffers was the Female Masters Winner with a time of 21:05. Age group winners included Tracy Argo (1st), Tracy Balkema (3rd), Thomas Bennett (1st), John Brady (1st), Karen Cheng (1st), Daniel Gavlas (1st), Brett Howland (2nd), Tim Scheffers (2nd), Heather Williams (3rd) and Rob Williams (3rd). Congratulations to all our Mattawan Wildcat Road and Trail 5k finishers!

Brian Argo	0:23:58	
Tracy Argo	0:20:24	1st
Tracy Balkema	0:22:46	3rd
Collin Bennett	0:25:34	
Jalayne Bennett	0:31:12	
Thomas Bennett	0:31:12	1st
Matt Bouche	0:26:38	
John Brady	0:20:31	1st
Sophia Browe	0:42:11	
Rachel Chandler	0:29:50	
Karen Cheng	0:22:25	1st
David Clark	0:29:08	
Melissa Dipert	0:42:12	
Julie Eilenberg	0:24:56	
Penny Ellis	0:27:39	
Lori Fraker	0:32:38	
Bryan Garfoot	0:22:00	
Daniel Gavlas	0:21:21	1st
Brett Howland	0:17:52	2nd
Amanda Losch	0:29:24	
Addie Maston	0:32:50	
Frank Maston	0:42:45	

Kristen Maxwell	0:26:46	
Shawn Maxwell	0:24:35	
Randy Middaugh	0:23:40	
Kristen Noble	0:35:50	
Lisa Noble	0:32:37	
Jenn Omo	0:28:25	
Steve Ott	0:23:15	
Emily Potratz	0:25:09	
Nina Poznanski	0:47:16	
Leslie Scheffers	0:21:05	Female MASTERS WINNER!
Tim Scheffers	0:21:23	2nd
Tammi Smith	0:42:51	
Scott Taylor	0:24:56	
Laura Thomas	0:52:50	
Ben VanLoo	0:53:52	
Sam VanLoo	0:37:16	
Scott VanLoo	0:36:32	
Susan VanLoo	0:53:51	
Heather Wellman	0:23:59	3rd
Rob Williams	0:29:13	3rd

Otsego Ready or Not 5k, August 2, 2014

Forty-five members of the Kalamazoo Area Runners participated in the Otsego Ready or Not 5k directed by KAR member Steve Long on August 2, 2014. Finishing in the age group winners circle were Eric Campbell (2nd), Karen Darby (3rd), Amber Edson (3rd), Mike Foster (2nd), Aliza Garcia (2nd), Andrea Gearhart (2nd), Celia Geark (3rd), Lyle Gurd (1st), Andrew Hirzel (1st), Melissa Hodgson (1st), Joe Hulsebus (2nd), Deb Kloosterman (3rd), Michael Kloosterman (2nd), Matthew Long (1st), Michael Loudon (3rd), Max Rathburn (2nd), Rusty Rathburn (2nd), Brian Reynolds (1st), Joe Shaler (2nd), Mark Sikkila (3rd), Jacob Starr (1st), Gena VanderMeulen (1st). Congratulations to all our Otsego Ready or Not 5k finishers!

Eric Campbell	0:21:25	2nd
Cindy Comer	0:31:15	
Cindy Cramer	0:35:23	
Erin Cramer	0:36:25	

Karen Darby	0:24:02	3rd
Michael Dutton	0:30:09	
Sherri Dutton	0:24:44	
Amber Edson	0:28:50	3rd
Kim Foghino	0:25:52	
Mike Foster	0:33:35	2nd
Aliza Garcia	0:22:41	2nd
Andrea Gearhart	0:18:52	2nd
Celia Geark	0:29:47	3rd
Lyle Gurd	0:28:05	1st
Andrew Hirzel	0:18:43	1st
Tamara Hirzel	0:24:23	
Melissa Hodgson	0:23:27	1st
Joe Hulsebus	0:19:39	2nd
Lana Hulsebus	0:28:28	
Susan Kallewaard	0:32:29	
Danielle Kean	0:20:51	
Deb Kloosterman	0:27:54	3rd
Michael Kloosterman	0:27:06	2nd
Carrie Long	0:43:14	
Matthew Long	0:24:22	1st
Ryan Long	0:43:13	
Steve Long	0:43:14	
Michael Louden	0:20:39	3rd
Gabe Mills	0:34:16	
Joy Mills	0:30:00	
Brayden Odell	0:37:48	
Brian Odell	0:37:47	
Tatum Odell	0:37:48	
Lisa Pitman	0:31:31	
Gabe Rathburn	0:21:45	
Max Rathburn	0:18:24	2nd
Rusty Rathburn	0:25:00	2nd
Brian Reynolds	0:15:46	1st
Dan Sarkipato	0:23:24	

Joe Shaler	0:30:59	2nd
Mark Sikkila	0:19:16	3rd
Anna Starr	0:27:08	
Jacob Starr	0:17:10	1st
Gena VanderMeulen	0:23:29	1st
Amanda Wehner	0:26:01	

Steve Athey Memorial 5k and 10k, August 9, 2014

Steve's Raider Stomp 5k and 10k, directed by KAR member Bob Smola, was held on Saturday, August 9, 2014 at Decatur High School. Twenty-four members of Kalamazoo Area Runners participated in the 5k, while sixteen participated in the 10k. Scott Evans emerged as the Overall 1st Place Male Winner with a time of 16:26, while Anne Mejeur was the Overall 3rd Place Female Winner with a time of 21:41. Gena VanderMeulen took the Female Masters Winner title with a time of 23:27. Finishing in the 5k age group winner's circle were Jalayne Bennett (3rd), Thomas Bennett (1st), Caleb Billings (3rd) Cindy Cramer (2nd), Sheila Cutshall (1st), Angela Elhammer (1st), Mike Foster (2nd), Bryan Garfoot (2nd), Seth Harris (1st), Brad Hollister (2nd), Holly James (1st), Fred Keister (2nd), Michael Louden (1st), Kristen Maxwell (2nd), Kenzi Pridgeon (1st), Bonnie Sexton (2nd), Brian Stears (3rd) and Robert Williams (3rd). Congratulations to all our Steve's Raider Stomp 5k finishers!

Jalayne Bennett	0:30:22	3rd
Thomas Bennett	0:30:22	1st
Caleb Billings	0:21:58	3rd
Cindy Cramer	0:34:31	2nd
Erin Cramer	0:34:08	
Sheila Cutshall	0:24:58	1st
Angela Elhammer	0:26:44	1st
Scott Evans	0:16:26	Overall 1 st Place Male Winner!
Randy Fielder	0:28:53	
Mike Foster	0:33:51	2nd
Bryan Garfoot	0:21:39	2nd
Seth Harris	0:20:19	1st
Brad Hollister	0:25:02	2nd
Holly James	0:24:02	1st
Fred Keister	0:25:51	2nd
Michael Louden	0:20:25	1st
Kristen Maxwell	0:25:48	2nd

Anne Mejeur	0:21:41	Overall 3rd Place Female Winner!
Kenzi Pridgeon	0:27:09	1st
Bonnie Sexton	0:25:43	2nd
Brian Stears	0:25:33	3rd
Gena VanderMeulen	0:23:27	Female Masters Winner!
Alec Williams	0:35:15	
Robert Williams	0:29:16	3rd

Tracy Balkema emerged as the Overall 3rd Place Female Winner of the Steve's Raider Stomp 10k with a time of 47:25. Age group winners in the 10k included Kathy Alizo (2nd), Collin Bennet (1st), John Brady (1st), Fred Colbert (1st), Annie Jost (1st), Matt Longjohn (2nd), Frank Maston (2nd), Tim Sochor (1st), Marc Webber (3rd), Rober Wierzba (1st) and Allyson Williams (2nd). Congratulations to all of KAR's Steve's Raider Stomp 10k finishers!

Kathy Alizo	1:02:27	2nd
Tracy Balkema	0:47:25	Overall 3 rd Place Female
Collin Bennett	0:53:52	1st
John Brady	0:43:39	1st
Fred Colbert	0:49:14	1st
Tim Holden	1:03:50	
Annie Jost	0:59:40	1st
Matt Longjohn	0:45:19	2nd
Frank Maston	1:27:48	2nd
Shawn Maxwell	0:51:22	
Randy Middaugh	0:51:50	
Katie Nelson	1:06:15	
Tim Sochor	0:44:43	1st
Marc Webber	0:47:03	3rd
Robert Wierzba	0:54:57	1st
Allyson Williams	0:50:24	2nd

Allegan Strides for Health 5k, August 16, 2014

Thirty members of the Kalamazoo Area Runners took part in the Allegan Strides for Health 5k at Allegan General Hospital on Saturday, August 16th. Age group winners included John Brady (2nd), Diane Bussema (1st), Scott Evans (1st), Randy Fielder (3rd), Mike Foster (1st), Bryan Garfoot (3rd), Joe Hulsebus (1st), Peter Livingstone-McNelis (1st), Michael Louden (2nd), Kristen Maxwell (2nd), Cole Muenzer (3rd), Doug Muenzer (1st), Vance Muenzer (2nd), Jerome Post (3rd), Kevin Rook (1st), and Gena Vandermeulen (1st). Congratulations to all of KAR's Allegan Strides for Health 5k finishers!

Kathy Alizo	0:30:11	
John Brady	0:20:23	2nd
Todd Buchanan	0:27:22	
Kim Burnson	0:33:09	
Diane Bussema	0:31:54	1st
Cindy Cramer	0:34:39	
Erin Cramer	0:33:37	
Scott Evans	0:16:58	1st
Randy Fielder	0:28:50	3rd
Mike Foster	0:33:23	1st
Bryan Garfoot	0:21:13	3rd
Lyle Gurd	0:31:08	
Aaron Hart	0:25:25	
Joe Hulsebus	0:19:44	1st
Peter Livingstone-McNelis	0:21:33	1st
Michael Loudon	0:20:47	2nd
Addie Maston	0:32:32	
Frank Maston	0:44:03	
Kristen Maxwell	0:25:38	2nd
Shawn Maxwell	0:24:34	
Cole Muenzer	0:26:01	3rd
Doug Muenzer	0:19:35	1st
Vance Muenzer	0:25:55	2nd
Lisa Pitman	0:35:20	
Jerome Post	0:23:29	3rd
Kevin Rook	0:16:51	1st
Gena VanderMeulen	0:23:14	1st
Alec Williams	0:28:55	
Andrew Williams	0:30:09	
Rob Williams	0:29:17	

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