

**“Health is the thing that makes you feel like now is the best time of the year.”**

**-Franklin Pierce Adams**

August 2015

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

## The Kalamazoo Area Runners

# Rundown

### Examining the Proliferation of Running Events

By Bonnie Sexton



Each spring *Michigan Runner* magazine publishes an event calendar of running events across the state and over the years, this section has gradually grown thicker. When I received the Mar/April 2015 edition, I wasn't surprised to discover the event calendar section was 29 pages in length, and listed more than 1500 running events across our state. This phenomenon mirrored the growth of races in our local running community, as well as across the nation.

From the runners' perspective, we have never had more choices in running experiences as organizers jumped on the bandwagon fueled by the Third Running Boom. A local 5k race (or two or more) can be found almost every weekend in cities across the country, there are trail runs, Color runs, Zombie Runs, Superhero Runs, mud runs, relays, half marathons,



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## Board of Directors

marathons, and the list goes on. Many of these events, such as Color Runs, serve as a fun and entertaining way to introduce new runners to the sport, while others continue to attract runners of all abilities in droves.

Although there are some for-profit event companies (i.e. the Competitor Group), many races raise funds for local non-profit charities, helping to support valuable services within the community. Charity runners across the nation participate with groups such as the *Leukemia & Lymphoma's Team In Training* and raise additional funds through races for important causes.

Anything that raises funds for charity, gets people moving and motivates them to embrace a healthy lifestyle is a positive – right?

*Running Times* recently published an article by Matt McCue, “The Crowded Field of Road Races; As races proliferate, supply is starting to outpace demand.” (August 10, 2015).

According to the article, city officials in Denver placed a one year cap on new events for 2015 due to the strain races place on streets, parks and traffic. The City Council in Raleigh, North Carolina made a similar decision for 2015, voting to cap the number of races allowed to close streets to 95.

In the City of Denver, there are 250 races held annually and in Raleigh, the number of races grew from 45 to 95 in 2015.

The *Running Times* article also referenced a report from Running USA; in 2009 there were approximately 17,000 races across the country and by 2013, the number climbed to 28,200.

In addition to the reasons provided by the City of Denver to cap the number of races, there are other implications. When supply begins to outpace demand, not only does participation become diluted and race directors find their participation numbers begin to fall, but volunteer and sponsorship resources in the community are spread thin as well.

Locally and across the nation, race directors are scrambling to find volunteers. As a race director myself, I learned early on it can take more than 1,000 relationships to staff an event with 200 volunteers.

There is a limit to the amount of discretionary dollars and time available for runners to participate in races. In Running USA's



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2015 National Runner Survey, the subjects report finishing seven races in the last 12 months.

There is also a limit to the number of races volunteer groups can staff, and the number of dollars businesses budget for sponsorships. Organizing an event also requires a dedicated committee, many of which are also staffed with volunteers.

As participation in races declines, races begin to fold, and we are starting to see this phenomenon. There are at least three in the local community that discontinued events for 2015, with many other local races experiencing a decline in participation and re-evaluating sustainability. Race budgets are comprised of a combination of fixed costs, such as city fees and permits, age group awards, facilities rental as well as variable costs such as timing, t-shirts, refreshments and finisher awards. When participation declines significantly, it is no longer financially possible to host the event. The same holds true for low sponsorship support, and lack of available human resources needed to host a high quality event.

The good news for runners is that a competitive market forces race organizers to offer high quality events. Those that have the support of their local municipalities, are unique, and offer a high quality experience for participants will continue to grow and thrive. Consider the Boston Marathon, which is now entering its 120<sup>th</sup> year.

As an organizer or co-organizer of seven local events, the Kalamazoo Area Runners (KAR) leadership team has been making changes over the last year to adapt to a more competitive market, revisiting our areas of focus, and boosting our marketing strategies.

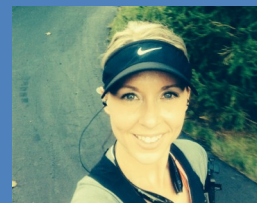
This fall, we will be surveying our membership, to learn what is important to you, both now, and well into the future. Part of this survey process will cover our running events, and their level of importance to our organization relative to others, as we strive to further our mission, and create the best experience possible for our members. We look forward to your feedback as we work together to establish our collective vision for the future of Kalamazoo Area Runners (KAR).



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*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.*

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## **Executive Director Report—Featured Volunteer—Going The Extra Mile**

**By Joy Mills**

The Summer Safari program provides not only an opportunity for runners training for fall half and full marathons to get out and enjoy supported long runs and varied courses, but also the invaluable benefit of caring and supportive pace group leaders. These volunteers put in countless hours to make sure that their team members have a memorable and successful training season as they prepare for their fall goal races. Rachel Hoffman is one such dedicated Safari volunteer.

Introducing herself Rachel says ***“My name is Rachel Hoffman, and I am a Quality Assurance Analyst at PNC Bank in Oshtemo. I am originally from the Detroit area, played soccer at Kenyon (Ohio) College, and started running once I graduated in 2009. To date, I have run 8 half marathons, 5 full marathons, and two 25k races. I started off with running 5k's and ran my first half marathon in 2012. I am a pace group leader for a marathon team at Summer Safari. I am currently training for the Detroit Marathon in October and would love to qualify for Boston in the near future!”***

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When asked why she is inspired to volunteer for KAR, Rachel shares that **“Throughout my running career, I have had so many individuals (past team leaders, complete strangers who I have met at races) provide me with the encouragement and guidance necessary to train for a marathon. I have been so incredibly inspired to pass that positivity on to other runners. I remember what it is like to be training for my first half/full marathon and how overwhelming it seemed at first. The running community embraced me with open arms and gave me such positive reinforcement, no matter**

**how slow I was going or what kind of day I was having. I really want to be that source of guidance and positive energy to other runners as a team leader. No matter what we look like, we are all runners and deserve to be encouraged and cheered-- regardless of pace or distance. The rewards are endless. I love seeing my runners conquer new distances for the first time and gain the confidence. Watching someone go from "I'm not sure if I can" to "I did that!" is incredible. My group is an incredible, inspiring bunch and many are first time marathoners. They have created fantastic camaraderie and are very close. Watching them conquer the distances and nerves and evolve into confident runners is the most rewarding thing I could imagine doing with my time...there is nowhere else I would rather be on Saturday mornings. I have met such positive, strong, phenomenal human beings who all have turned into my "running family".**

Rachel describes her volunteer role with Safari as follows: **“As a marathon Team Leader for Summer Safari, I have a team of 16 individuals who I am responsible for. On a weekly basis, I communicate via e-mail regarding important information for that upcoming week's run (safety, course information, parking) as well as giving encouragement and recognition. I work to coordinate group runs during the week, and when camp meets on Saturday, Team Leaders come early to go over SAG information and the course itself. During the Saturday runs, I check on every runner in my group and make sure that everybody is running safely**

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Run  
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Director, Kalamazoo Klassic (KAR) (with  
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**and with somebody. During the longer runs (13+) my primary focus areas are encouragement and safety, especially in the heat! I want to make sure that everyone in the group is accounted for and is comfortable with the distance.”**

When asked what advice she would give to others interested in volunteering for KAR, Rachel says **“You don't have to be a runner to get involved! Your positive, upbeat personality is enough!!!! There are so many areas for you to contribute to, and we welcome everyone.”**

Please join me in thanking Rachel 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.



Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running in KAR Club Series Championship events with her son and daughter. Joy is ran her first marathon, the Cellcom Green Bay Marathon in May and is currently training for the Walt Disney World Goofy Challenge in January 2016.

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## **Another Runner's Perspective - Let the Season Begin**

Words of gratitude, excitement and anticipation from a coach to his athletes.

*"The strength of the team is each individual member. The strength of each member is the team."*

*---Phil Jackson*

Sweat spirals in a downward pathway from your hair, stinging your eyes, taking a detour around your nose, and dripping from your chin before collecting on you torso and limbs. Your shirt and shorts cling to your body with the weight of perspiration and your socks and shoes squish with each stride as your salty bodily fluids make the journey from head to toe. You couldn't be any more soaked if you had jumped in a swimming pool. Each breath requires a more labored effort as your mind negotiates with your legs, bargaining every last footfall forward as the end of the day's workout looms in the distance. Thoughts of ice cold water,

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quenching your thirst as each drop trickles down your tongue and a curb to plop down on to signify the end of the day's run, seem to distract you from your bodies constant urging to stop. The heat and humidity of the dog days of August are a common theme for many of these early season practices, but in just a matter of a few weeks, crisp evenings and mornings, shorter days with longer nights and a transformation from deep dark greens to rich vibrant shades of red and yellow will adorn the skies and earth's surface as the seasonal shift occurs ushering in autumn, the best time of year to run.

As I commence my second year of coaching cross country, I find it difficult to contain my excitement. Prior to last season I had experienced what I thought was everything the running community could offer over the course of sixteen years as a runner. Living here in Michigan I have always felt blessed to be able to run in diverse climate and landscape changes common with the seasons of the Midwest. Winter, spring, summer and fall each offer something unique in terms of running, but in my years as a runner, autumn has always created an extra buzz for me. As a marathon runner, October has always been my Super Bowl with the electricity surrounding the twenty six miles of any marathon course, providing an opportunity each year for that one defining moment as a new dream is realized. Race day had always been an amazing experience whether it had been my first marathon or marathon number twenty six, with the frenzy created on the marathon stage spilling over into the weeks of training leading up to the race. Over the course of more than sixteen October marathons dating back to 1998, I could not have imagined a greater fall running extravaganza that is until I began coaching cross country. Last year opened my eyes to a new world of running, one that I had not come to know before as a runner.

This year has the makings for a very special season for our cross country team. Our numbers are certainly up compared to recent years with our boys team jumping from five athletes to thirteen and our girls team going from seven to eight runners. We are returning six boys and four girls. A freshman joins our girls team with the God given talent and work ethic to make it to state in this her first year of high school. An athlete possessing such talent as hers does not come along often. We have five solid boy runners who have us thinking cautiously about qualifying for state as a team should they continue with a high level of effort each practice and competition and if we are blessed with a little good luck.

As an experienced runner I have personally been bestowed with a great deal of success not necessarily because of talent but more so because of my work ethic over the years. The running bug did not bite me until I was in my late twenties and early thirties. I have witnessed the majesty of the Boston Marathon as a runner, and won a marathon outright while coming in the top two for two other twenty six mile races. On seven different occasions I have eclipsed the elusive three hour

## KAR Discount Sponsors

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

### Gazelle Sports

Information coming soon!



### Healing Moments Massage

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



### Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto: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.

barrier for the marathon distance. I have claimed victories for a handful of local 5K and 10K races while winning my age group in many others. For a runner of forty sum years, I have been on top of the running world, but with all my experiences I have never been graced with the same opportunity that each of you, as high school athletes, will have this season. You will have the chance to compete for points at each and every cross country meet you participate in, make some noise in our conference, show what you are made of at the regional level and possibly compete with the best our state has to offer at the state meet. Most importantly you will be a part of cohesive group of strong teenagers, creating memories and friendships that will live with you for many years to come. I, as your over the hill coach, will cling to my glory for as long as I possibly am able to but for now I will be riding your coat tails as I am graced with the opportunity to immerse myself in much of what you will be experiencing not as a athlete but as your coach. You will bring me to new heights I have not seen previously as a runner.

Over the next few months you will be hit with the gamut of emotions. You will lose track of the times that your body lungs and legs will scream at you in agony to stop, but you will keep going. You will find a raw ability to dig deep inside of your soul to push through perceived physical, mental and emotional limits as you surge ahead to catch a competitor or teammate during a race, hold off another on your heels or stay dead even with another you have matched pace and stride with. At other times the motivation provided by other runners to keep pace will have no significance on your effort as you find the will within yourself to chase after yet another PR. There will be days when nothing has gone your way and you cannot wait for school to end so that you can run and forget everything for an hour. There will be other days when the last thing you feel like doing is going for a run, but you will perform your scheduled workout despite this. There will be those races and training runs in which you will be disappointed in your performance but rest assured there will also be those races and workouts in which you surprise yourself and run faster and stronger than you could have ever imagined. You will raise the bar as you hit new milestones in terms of how far you can run. This season we have a ten mile training run scheduled, pushing you into the land of double digit miles. What each of you accomplishes this year individually is not exactly known at this point, but make no mistake, you will achieve great things that you, your parents and your coaches will all be proud of. Perhaps what may be more important than any team or individual accolades that you may receive are the memories that you will create as teammates and friends through the blood, sweat and tears that you will work for now through the end of October. Hopefully the memories you create in the hallways of school, on the track during speed sessions, through the miles on the trails, with the cheers for each other at every finish line and on the bus rides to and from each competition will be ones that you cherish for a lifetime.

**continued...**

**AGILITY PHYSICAL THERAPY**

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

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

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



**PEDAL BICYCLE**

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit <http://pedalbicycle.com/>. Provide the 2015 KAR discount code to receive the discount.



**DOWN DOG YOGA CENTER**

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

- One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).
  - \$5 off a 5 Class Pack (normally \$75 - only \$70 for KAR members).
  - 15% off Down Dog Yoga Center merchandise.
- For more information visit [www.downdoggyogacenter.com](http://www.downdoggyogacenter.com). Provide the 2015 discount code to receive discounts.





Whatever your reasons are for joining the group that the rest of your classmates think of as the crazy ones, we are elated to have you on our team. May your journey with running help you in some way with your path in school and in life. Find that balance of competing as a runner and enjoying the sport as well. If you compete at a high level but don't take the time to savor running for what it is you are doing yourself an injustice. If you give your best effort each practice and competition and take pleasure in running and being a member of such a special team your season will surely be a success. I only hope that you are able to learn as much from me as I have and will continue to learn from each 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: Shayne Elwell  
Learning To Love Running**

*"From Chemo to a half marathon"  
---from a sign found near the finish line of a half marathon*



continued...

**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 MAS-SAGE OF NV SALON**

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.



**SPIRIT RACING**

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining running events and kids triathlons. Visit [www.spiritracing.us](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.



Running is not an activity that is meant for everyone. Some try it and are hooked instantly. Others begin as the result of a recommendation of a doctor or from seeing the joy that running gives to a friend or a family member. Many of us are familiar with the emotions common to new runners. We want so badly to do it but initially it gives us agony instead of joy. Some may even hate it with a passion in those first few months. The lungs struggle with each breath, the legs scream with every stride and the eyes sting with each drop of sweat but after a few days, weeks or months something mysterious happens. Feelings of dislike turn into tolerance. Tolerance soon shifts to enjoyment. Eventually our bodies begin to crave it. For many, running is truly one of those activities in which time is required to fully embrace it. The body, mind and soul often times commands a transition period to experience the joy and thrill that come with our sport. This month's featured runner, Shayne Elwell is one such example of giving running time to mix into the fold.

Shayne's roots to running can be traced back to two years before cancer entered the life of her and her family. Shayne, a teacher at Sonoma Elementary School, volunteered to coach her school's Girls on the Run (GOTR) team the spring of 2011 but not as a runner. She saw the benefits of what GOTR did in promoting self-confidence and decision making skills in the lives of pre teen girls, but she was not about to sign on as a runner. Cancer and her husband Jason would ultimately be responsible for transforming her from couch potato to athlete two years later.

Shayne did not begin running on her own terms. She was dealt a card that no one would want to be dealt but ultimately in many ways it has shaped her into the person that she is today. Shayne was diagnosed with breast cancer February of 2012. She began two months of aggressive chemo shortly after, experiencing many of the common side effects of this medicine that would ultimately kill her cancer cells while at the same time beating her body to a pulp. After chemo her doctor recommended that she begin an exercise routine to reduce her odds of the cancer returning. This is when her husband, Jason, a tri athlete took charge, throwing her into running without taking no for an answer. ***"My husband, Jason had been a tri athlete as long as I had known him. He encouraged me to take up running. I was very resistant at first. I hated it and wanted nothing to do with it. I began walking and then Jason finally got me started running. I had never run and to make matters worse my body was still feeling the effects of chemo so we would run walk. After about 3 weeks I could run a mile without walking."*** Shayne gradually warmed up to running but it would take a solid four months for her to do it without Jason pushing her out the door. ***"My only running was with Jason until August. At that time a co-worker, Niki Elder, talked me into training for my first 5K. At this***

Continued...

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



#### BATTLE CREEK YMCA

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



#### OUTDOOR EDUCATION CENTER, A DIVISION OF BATTLE CREEK PUBLIC SCHOOLS

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



***point I began running on my own. I still ran with my husband and still do at times, but I had finally graduated to running on my terms"*** Shayne's transition from using running primarily as a tool to reduce her risks of cancer to running for the pure pleasure of it had begun.

Shayne was forced to take 2012 off as GOTR coach because of the cancer. Despite her not being there, Shayne was in the thoughts and prayers of the girls. ***"The year that I could not coach, the girls tailored their community event around my cause . They did a fund raiser, making blankets, candles and other crafts. I knew that they were doing this community event but had no idea that they were doing it in my honor."*** The money that was raised was donated to the Komen Foundation in Shayne's name. The effort of these girls was a touching demonstration of them supporting their coach and also a school supporting one of their teachers during one of life's most difficult times. Shayne was able to return as a coach for GOTR during the spring of 2013 as a runner.

For Shayne one of the most difficult things about running is just getting started each and every run. ***"I hate the idea of getting started for every run. I doubt myself and it always seems to take five or ten minutes to get over this feeling. It is easier when I am running with someone. I push myself harder when running with someone. I run with the group called Mother's Run this Town. They keep me honest and help me stay committed."***

The companionship and sense of accomplishment are what appeals to Shayne as a runner. ***"The feeling of accomplishment and success when finishing a run is great. It is like an endorphin rush. I also love the connections made from running with other people."***

Running has become a common family theme for Shayne and Jason and their young family. They are the proud parents of an eight year old and a six year old. Both children enjoy running and recently completed their first triathlon.

Shayne has come a long way since the days of her husband forcing her out the door for a run. She has connected with the running community and with co-workers who share a common interest in running. Her friend and co-worker, Christine Valenzuela, helped her train for her first half-marathon which she completed a year after finishing her aggressive chemo treatments. ***"I have run a lot with co-worker Christine Valenzuela. She helped me train for my first half-marathon. My husband is also my mentor. Both he***

Continued...

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



**and Christine have pushed me. Both Jason and Christine ran with me every step of the way during my first half-marathon. It meant the world to me to have them at my side from start to finish."**

Shayne's most memorable moment also comes from her first half marathon. As she turned the corner leading into the final stretch her mom was there on the sidelines with a sense of relief that her daughter's finish of a half marathon provided proof that she had conquered cancer. **"When I ran my first half marathon I came around the corner and my mom had a big sign that read "From chemo to a half marathon. Go Shayne! Go!" This was a year after just completing chemo." We had lost my grandmother to breast cancer a few months before I was diagnosed. My diagnosis was devastating for my mom. She had just lost her mom and now her daughter had been diagnosed with the same disease. Witnessing me finish a half-marathon was as reassuring for my mom as it was for me."**

Shayne's advice for those who are thinking about starting a running routine centers around sticking with it through the road bumps in the beginning. **"I would encourage those who want to start running to stick with it even when it gets hard. Find someone to keep you going. If you stick with it you will develop a love for it."**

Just when Shayne was beginning to experience the satisfaction of a weekly running routine she was advised to stop. She had developed cysts on her ovaries and her doctor feared that they would burst from the demands of running. Running and breast cancer had taught her patience to prepare her for this setback as well. In time the cysts were likely to disappear on their own. She was forced to take the entire winter off last year and has set goals to have running be a part of her life long term. **"Long term I would like to stick with it to stay healthy and to enjoy it. Short term I want to build back my endurance I had lost from taking a whole winter off from running.. I had developed cysts last October and had to stop running for the whole winter to allow the cysts to disappear."**

Although Shayne is cancer free and doing everything in her power to stay this way, the six month follow up appointments that she must go through to make sure that the cancer has not returned fill her with anxiety. Running has helped her to cope with this. **"I get stressed about appointments every 6 months. I worry about these appointments. I go to Chicago for the results and if they are bad I will have to start chemo immediately. This is very stressful. Running helps me deal with this. It is my time for prayer. I have always been a Christian. I got away from the church but when I was diagnosed my Christianity became strong again."**

Shayne's experience with cancer and running go hand in hand. Life is not always easy and things don't always go as planned. We can do our best to navigate through life but ultimately the only thing we have complete control over in our lives is our attitude. Hard work and wise decision making are the blue print for life but the rewards that come with this are not always immediate. Everything that we do in life requires some degree of patience.

A quote that Shayne shared with me from Molly Barker of GOTR sums up perfectly what Shayne has gone through. **"We tell the girls they can hop, skip, jump, walk or run. We just want them moving forward as in life."** Thanks Shayne for showing this example of patience while moving forward in your life as a runner and more importantly in your life as a cancer survivor.

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

## Community Events



Momentum is building for the annual Bronson Children's Hospital 5K Run & Walk in downtown Kalamazoo! The competitive 5k Run begins at 1:00 p.m. on Sunday, September 27. The start/finish line is located at the corner of John and Lovell streets, on the Bronson Methodist Hospital Campus. This is a great opportunity for runners to not only challenge themselves to reach their 5k race goal, but to also support the only children's hospital in southwest Michigan.

By taking part in the event, runners will be helping provide specialized services for ill or injured children in our community. Participants are encouraged to register as individuals, or make it a family or team event. A 5k walk and 1 mile course are also available. KAR members receive a \$5 discount on 5k registration.

Top overall male and female winners will each receive a medal and an Ipod Touch. Medals will also be awarded for the top three finishers in each age category. For more information visit [bronsonhealth.com/runwalk](http://bronsonhealth.com/runwalk) or go directly to the registration page [here](#).

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## Volunteer Opportunities

We have rewarding opportunities to join the excitement of organizing KAR's signature events by serving on one of our planning committees. We currently have openings on several of our teams for events coming up in early 2016. All positions require regular attendance at 4-6 planning meetings, typically held on weeknights and availability the day(s) of the event).

Current committee openings include:

***Winter Blast Half Marathon & 5k (February 28, 2016)***

Aid Station Coordinator

***Kids' Easter Egg Hunt & Fun Run (March 19, 2016)***

Volunteer Coordinator

Assistant Course Director

Activities Coordinator

***Kal-Haven Trail Run (April 9, 2016)***

Solo Runner Coordinator

Finish Line Refreshments Coordinator

For more information or to volunteer for any of the following positions, please contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

## Hot News and Club Events

### Follow the Kalamazoo Area Runners on Social Media!



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.

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## 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.

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## Next KAR Board Meeting is September 14, 2015

The next KAR Board Meeting is September 14, 2015 at 7:30pm at the Maple Street YMCA in Kalamazoo. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

## **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](mailto: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:

### **[Holland Haven Marathon & Half Marathon](#)—Holland, MI**

September 12, 2015

\$12 discount

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

September 19, 2015

\$5 discount

### **[Game Day Chase](#)—South Bend, IN**

September 19, 2015

\$2 discount

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

September 26, 2015

10% discount on any event

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

September 26, 2015

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

### **[The Brooksie Way](#)—Rochester, MI**

September 27, 2015

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

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

October 4, 2015

5% discount

### **[Impact Trail Run](#)—Kalamazoo, MI**

October 17, 2015

\$3 discount

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

October 18, 2015

\$7 discount on half or full marathon

### **[Jack-O'-Lantern 5k & 10k Trail Run & Kids' Pumpkin Patch Trick-or-Treat Run—a KAR Event!](#)**

October 31, 2015

\$5 discount on individual registrations

### **[Turkey Trot Time Prediction 5k Run –a KAR Event!](#) - Portage, MI**

November 26, 2015

\$5 discount off individual or family registration

# 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](http://bronsonhealth.com/sportsinjuryclinics)





## Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Kalamazoo Area Runners Group Runs and Training Programs



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

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

## ***Kalamazoo/Portage***

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

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

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### **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](mailto: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.

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### **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](mailto:Mandee.Kerns@kalamazooarearunners.org), or **Laura Sandahl** at [Laura.Sandahl@kalamazooarearunners.org](mailto: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.

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

Thursday evenings at 6:00 pm at the Richland Community Library for a variety of distances. Contact Michael Hutchinson at [michael.hutchinson@kalamazooarearunners.org](mailto:michael.hutchinson@kalamazooarearunners.org) or Cindy Schnotala at [cindy.schnotala@kalamazooarearunners.org](mailto:cindy.schnotala@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Please bring your own hydration.

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### **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](mailto:tmartin@gazellesports.com).

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### **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](mailto:tmartin@gazellesports.com).

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### **Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park**

Tuesday evening runs from the Pavilion on the south side of Riverside Park, Battle Creek, MI. Meet at 5:45 pm; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Michael Couey** at [michael.couey@kalamazooarearunners.org](mailto:michael.couey@kalamazooarearunners.org).

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

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

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## **Club Member Corner**

### **New Member Welcome**

As of the end of July, the Kalamazoo Area Runners had 1400 members. This represents 2.3% growth since August 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

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Ingrid	Ault
Cara	Barnes
Kara	Beer
Donna	Bradshaw
Angela	Elhammer
Kathy	Farrow
Tim	Farrow
Shawna	Gallagher
Haidyn	Garrison
Stephanie	Graham
Sara	Hadaway
Andrea	Hudson
Karen	Knickerbocker
Tim	Knickerbocker
Deb	Koster
Linnea	Lucas
Tracy	Margol
Andrew	Metzger
Lindi	Metzger
Steve	Pride
Billy	Roberts
Cassiday	Roberts
Colleen	Roberts
Rebecca	Roberts
Terry	Roberts
Raechel	Scholz
Brett	Selleck
Matt	Snyder
Darren	Sorgenfrei
Allison	Wendt

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## **Local Race Results**

### **Otsego Ready or Not 5k, August 1, 2015**

Twenty-six members of the Kalamazoo Area Runners participated in the Otsego Ready or Not 5k directed by KAR member Steve Long on August 1, 2015. Brian Reynolds took the Male Overall Winner title with a time of 16:17. Other age group circle winners included Steve Darrell (1st), Sherri Dutton (2nd), Kim Foghino (3rd), Aliza Garcia (1st), Celia Geark (3rd), Ray Hendriksma (1st), Karen Hermann (1st), Deborah Kloosterman (2nd), Michael Kloosterman (3rd), Matthew Long (1st), Steve Long (3rd), Michael Loudon (1st), Dan Minor (2nd), Gabriel Porter (3rd), Gayle Porter (3rd), Joe Shaler (2nd), Lewis Tate (1st), Katherine Theis (1st), and Nancy Yager (1st). Congratulations to all of our Otsego Ready or Not 5k finishers!

Cindy Cramer	0:34:44	
Steve Darrell	0:24:37	1st
Jim Dendel	0:32:35	
Michael Dutton	0:30:49	
Sherri Dutton	0:25:36	2nd
Kim Foghino	0:28:34	3rd
Aliza Garcia	0:21:13	1st
Celia Geark	0:31:27	3rd
Joan Hanna Darrell	0:32:16	
Ray Hendriksma	0:27:15	1st
Karen Hermann	0:24:25	1st
Deborah Kloosterman	0:26:20	2nd
Michael Kloosterman	0:26:14	3rd
Robert Kloosterman	0:24:37	
Matthew Long	0:24:37	1st
Ryan Long	0:39:08	
Steve Long	0:39:07	3rd
Michael Louden	0:21:11	1st
Dan Minor	0:34:27	2nd
Gabriel Porter	0:33:38	3rd
Gayle Porter	0:28:31	3rd
Brian Reynolds	0:16:17	Male Overall Winner!
Joe Shaler	0:30:15	2nd
Lewis Tate	0:16:40	1st
Katherine Theis	0:20:01	1st
Nancy Yager	0:22:01	1st

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## **Mattawan Wildcat Road & Trail 5k, August 1, 2015**

Twenty-nine members of the Kalamazoo Area Runners participated in the Mattawan Wildcat Road and Trail 5k held at Mattawan High School on Saturday, August 1st., an event co-directed by KAR member Scott VanLoo. Age group winners included Thomas Bennet (3rd), Marie Billen (1st), John Brady (1st), Meghann Gullo (3rd), Nicole Macdougall (3rd), Thomas Meeker (2nd), Anne Mejeur (2nd), Lisa Noble (2nd), Anita Ollila (1st), Steve Ott (2nd), Don Payerle (1st) Emily Potratz (3rd), Kyle See (3rd) and Nancy Vendeville (1st). Congratulations to all of our Mattawan Wildcat Road and Trail 5k finishers!

Collin Bennett	0:24:06	
Thomas Bennett	0:32:23	3rd
Marie Billen	0:20:35	1st
Eric Blackford	0:26:32	
John Brady	0:21:34	1st
Rachel Chandler	0:46:05	
Becky Charon	0:49:46	
David Clark	0:24:56	
Amy Forester	0:35:49	
Lori Fraker	0:36:19	
Meghann Gullo	0:28:58	3rd
Tim Holden	0:27:30	
Melissa Lewis	0:35:12	
Nicole Macdougall	0:28:45	3rd
Thomas Meeker	0:18:42	2nd
Anne Mejeur	0:21:09	2nd
Randy Middaugh	0:26:33	
Lisa Noble	0:36:19	2nd
Anita Ollila	0:31:32	1st
Laura Osborne	0:54:11	
Steve Ott	0:24:09	2nd
Don Payerle	0:21:22	1st
Emily Potratz	0:24:32	3rd
Kyle See	0:33:58	3rd
Dan Stratton	0:37:08	
Ben VanLoo	0:39:36	
Sam VanLoo	0:39:35	
Susan VanLoo	0:45:43	
Nancy Vendeville	0:27:50	1st

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## **Allegan Strides For Health 5k, August 15, 2015**

Twenty-seven members of the Kalamazoo Area Runners took part in the Allegan Strides for Health 5k at Allegan General Hospital on Saturday, August 15th. Doug Muenzer emerged as the Overall Male Masters winner with a time of 19:48, while Sherri Dutton took the Overall Female Master's winner title with a time of 25:24. Other age group winners included John Brady (3rd), Fred Colbert (2nd), Chris DHulster (1st), Randy Fielder (3rd), Joan Hanna Darrell (2nd), Christine Huff (1st), Thenuka Jayatilaka (2nd), Michael Louden (2nd), Cole Muenzer (1st), Vance Muenzer (3rd), John Olbrot (2nd), Teri Olbrot (1st), Tony Pedrolini (3rd), Gabriel Porter (3rd), Gayle Porter (3rd), Tim Scheffers (2nd) and Michael Wagner (1st). Congratulations to all of KAR's Allegan Strides for Health 5k finishers!

John Brady	0:21:20	3rd
Todd Buchanan	0:23:30	
David Clark	0:27:28	
Fred Colbert	0:24:47	2nd
Cindy Cramer	0:35:21	
Steve Darrell	0:24:33	
Chris DHulster	0:20:09	1st
Sherri Dutton	0:25:24	Overall Female Masters Winner!
Randy Fielder	0:31:02	3rd
Joan Hanna Darrell	0:34:37	2nd
Ray Hendriksma	0:27:25	
Christine Huff	0:26:22	1st
Joel Huff	0:25:12	
Arya Jayatilaka	0:22:57	
Thenuka Jayatilaka	0:22:42	2nd
Michael Louden	0:21:36	2nd
Mike Megyesi	0:31:47	
Cole Muenzer	0:26:56	1st
Doug Muenzer	0:19:48	Overall Male Masters Winner!
Vance Muenzer	0:26:53	3rd
John Olbrot	0:22:58	2nd
Teri Olbrot	0:31:23	1st
Tony Pedrolini	0:23:22	3rd
Gabriel Porter	0:35:25	3rd
Gayle Porter	0:35:10	3rd
Tim Scheffers	0:21:04	2nd
Michael Wagner	0:20:02	1st

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