



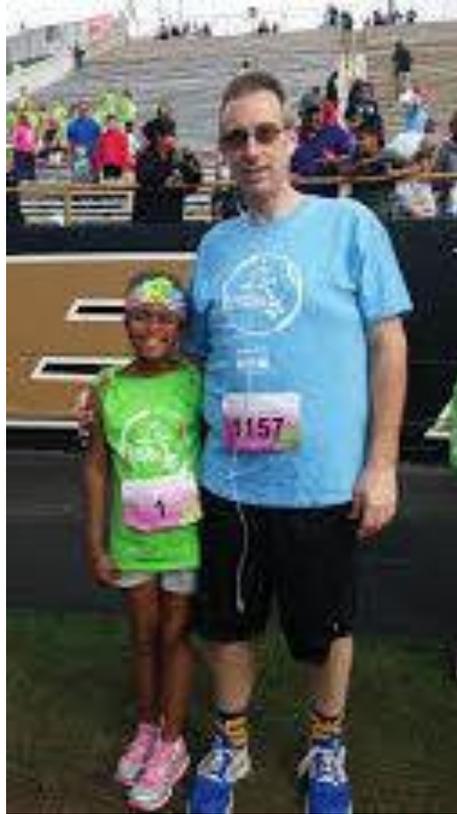
Dear Kalamazoo Area Runner,

With roots dating back to 1967, Kalamazoo Area Runners such as you have been leaving ***“Footprints on the Community.”*** Thanks to you Kalamazoo area individuals and families have found health and wellness while supporting other area non-profit organizations. ***As the Kalamazoo Area Runners continues to expand its programs and offerings to the community, we invite you to further those footprints through a gift to KAR’s first Annual Fund Raising campaign.***



The Mission of the Kalamazoo Area Runners is the promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community. The Kalamazoo Area Runners provides an Annual Fund Raising opportunity to continue the support of our Mission and impact on our communities through a personal donation. Our members tell us our programs with dedicated coaches is the most valuable. Our summer Fast Track program grew to over 150 participants this year.

You can help us grow these programs to touch more families in our community. Here is an amazing story of how a commitment to health can change a life. This is Brian Schwartz’s story showing how making a tough decision can change your life!



I never thought in a million years I would be running and enjoying it. In 2008 I was laid off from my job with the State of Michigan. They paid for me to return to school to study computer technology. While in school I gained almost 100 pounds. In 2012 I accepted a new job and my wife and I were fortunate enough to have great health insurance. During the summer of that year I began thinking about weight loss surgery and explored options. On September 19, 2012 I had the surgery.

After my surgery my doctor told me to work out and possibly start running. I started the work out but still wasn't into running. The first year I saw the doctor about every 3 months and he kept insisting I start. One of the biggest reasons I started running was seeing my son run Cross Country in high school. After watching him run almost every race for 4 years, I thought I would like to do that someday.

At the one year anniversary of my surgery, a friend told me about the Christian Neighbors 5K fun run/walk. This was my very first 5K. I started walking and then began jogging a little bit at a time. I ended up finishing with a time of 51 minutes.

A year ago I injured my ankle and had to take some time off to heal. I really wanted to get back into running so I could run the Borgess Run 5K. I knew I couldn't do it by myself and that is when I joined the running community and Borgess Run Camp. I joined Kalamazoo Area Runners June of 2015 and enrolled in the Fast Track summer program. I didn't want to take the summer off and this prepared me for my first 10K at the Peacock Strut in Portage.

Running has let me enjoy the outdoors and meet new friends. You get together for a fun run and hang out afterwards. I have met a lot of very nice people being a part of our running community. I ran my first 10K recently and plan on training for a Half Marathon in the next year.

In addition to my son running cross country for Otsego High School, my daughter, currently in 6th grade, also runs cross country. My daughter Kali has run with me a couple of times, I ran with her team when she participated in the Girls on the Run program.

Your generous gift provides funding to grow our programs enabling us to continue making a positive and healthy impact on families and the communities in which we live. This wonderful opportunity you are providing us touches entire families. This is very important because we can touch an entire community to embrace a healthy lifestyle, impacting generations.

Please join us and you can inspire families to embrace a healthy lifestyle! We ask that you make a commitment to support our annual appeal by making a donation to help us reach our goal of \$5,000. Contributions can be made online via PayPal on the Kalamazoo Area Runners website. Every donation makes a difference, regardless of size. Change a life today! Thank you for your generous continued support to grow our events and programs. Thank you for making a difference in our community.