



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 continue to expand its programs and offerings to the community, we would like to invite you to further those footprints through a gift to KAR’s first annual appeal.***



The Kalamazoo Area Runners is providing an Annual Fund Raising opportunity to continue the support of our Mission and impact on our communities. 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.

***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. By offering more programs, we will provide the opportunity to touch entire families. This is very important, helping entire families and entire communities embrace a healthy lifestyle, we are impacting future generations.***

***Due to your generosity we have already raised \$615 towards our campaign goal of \$5,000!*** Thank you! Let us share an amazing story of how a commitment to health through participation in Kalamazoo Area Runner programs has changed an entire family...***meet Deb Kloosterman and her family story!***



*My earliest memories of running are from my childhood in Brazil. My parents began running when I was about 12, and I joined them. There was no pressure to run fast, just encouragement to keep going. My dad was a coordinator for a race in downtown Sao Paulo - my first road race.*

*Later, my parents ran the New York Marathon, and I participated in the local marathon club after school.*

*My family moved to Michigan when I was 15. I stopped running while adjusting to a new culture, then college. I began to run again when mom passed from cancer, to gain a sense of control over my own health. I ran occasional road races with my sisters, dad and future husband. I stopped running during life events like starting a family, but always started again when the time was right.*

*I first participated in organized running in Kalamazoo with the Borgess Run Camp in 2011 to train for my first half marathon. I needed a goal while grieving the sudden loss of my dad. It was amazing to run with so many people of different experiences while working on my own personal goals. I also discovered Kalamazoo Area Runners (KAR) and all that it has to offer. The running community is inclusive, welcoming and supportive.*

*For me, running is a quiet time for reflection and also a time to socialize and connect with others. It has taught me to listen to my body, to pace myself, and be patient with training, injury and with all of life.*

*My whole family participates. My husband has volunteered his musical gifts for several races and has run in others. Our older boys trained as beginners with the 5K Fast Track program for their first race, and another found confidence and empowerment following treatment for bilateral clubfeet. All our boys have participated: running, volunteering and achieving goals. Our family has discovered that running is something we can all do together.*

*Kalamazoo Area Runners brings the community together in shared camaraderie with the love of running. It really is a community. Kalamazoo Area runners is well organized and there is something for everyone- training, fun races, champion series and volunteer opportunities! What has been great for my kids with running is the confidence that comes from the accomplishment. They set goals and finish!*

***Through your generous donation, you can change a life and inspire a whole family.*** This one change makes a difference to the family, children, friends and neighbors as they share their story. One person's ability to make a healthy life choice can influence many others to make the same positive choice.

***You can inspire families to embrace a healthy lifestyle! We ask that you make a commitment to help us continue to offer and grow our programs 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.***

Please join us and 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.***