

*"I always loved running...it was something you could do by yourself under your own power. You could go in any direction, fast or slow you wanted, fighting the wind if you felt like it, strength of your feet and the courage of your lungs. -Jesse Owens*

December 2012

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

# The Kalamazoo Area Runners Rundown

**HAPPY NEW YEAR!!!**

## Exploring Greater Kalamazoo Together



Beyond Group Heads Down Angling Road in Portage

**By Bonnie Sexton**

Zach Baker has run with the Safari Half and Full Marathon Training Program for 4 summers, and 2013 marks his fourth winter training with the Beyond Training Program. The formal training programs have no doubt prepared him to go the marathon distance and do it exceptionally well. Zach established a new personal record (PR) of 2:57:50 at the 2012 Detroit Freepress International Marathon, the 48<sup>th</sup> male to cross the finish line. In spring of 2013, he will be preparing for the Kalamazoo Marathon, as well as the Kal-Haven Ultra through the Beyond. Not only has Zach enjoyed his own personal



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Winter Blast Half Marathon & 5k February 17  
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TJ Snyder of NV Salon Offers Stone Massage for \$30 to KAR Members

In the Zone Offers Metabolic Testing at 20% discount to KAR Members in 2013

Inaugural Ground Hog Day Half Marathon offers KAR members a \$5 discount

Bronson Athletic Club offers \$199 initiation fee and first year primary membership free to KAR members

Kalamazoo Area Runners Fanwear Store

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Featured Member – Beth St. John

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running success, but also shares his experience and expertise with others, serving as a track coach for the 2011 & 2012 Safari, and as a pace leader and committee member for the 2012 and 2013 Beyond.

What is it about greater Kalamazoo's three organized training programs (KAR Beyond, Borgess Run Camp and the SHufflers) that draw more than 1000 runners every winter to participate and volunteer their time?

"I'm strongly motivated by both a sense of competition and the sense of personal accomplishment that you get from training for and running these kinds of distances," shares Zach. "I get involved in training programs first and foremost for the structure: There's no other reason I'd ever haul my behind out of bed on a 2° morning to run 20 miles by myself, but those runs are some of the most fun and satisfying. It's also a great chance to talk shop with your friends. Nobody at work cares about the heel-to-toe offset on my shoes, but on Saturday mornings, I'm surrounded by people who do!"

Deb Kloosterman first joined Borgess Run Camp for the Half Marathon Training Program three years ago, and trained with the Kalamazoo Area Runners Fast Track 5k Training Program this summer. Like Zach, Deb enjoys the structure and support offered by the organized training programs, as well as the friendships developed through the shared experience. Deb lends her insight as to why she returns, year after year, to organized training programs.

"Having mostly been a sporadic, low mileage runner, I felt that I needed a specific running goal. The half-marathon suddenly didn't seem so long with the addition of the full-marathon. I was so in awe of how the training and half-marathon enriched my life that I participated again this year, and also in Fast Track II this past summer Summer. This Winter I will again train for the Borgess half-marathon with Borgess Run Camp."

"I have gained so much by training with a structured group. I appreciate the clinics with valuable information and the special friendships that form as bonds develop. There is something really neat about collectively meeting individual goals and together pushing through various weather elements, doubts, concerns, PR's and triumphs. I believe that I'm able to better meet my goals when training with others. Training programs make me feel pampered with support, information, friendships,

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2011 please use the KAR discount code when purchasing merchandise or services from discount sponsors.

### Gazelle Sports

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



### Healing Moments Massage

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



### Prater Chiropractic

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



### BORGESS HEALTH AND FITNESS CENTER

The Borgess Health and Fitness Center is offering KAR members their corporate discount rate of \$99 initiation fees (50% off) for new members (\$50 each additional associate). Monthly membership dues are \$53 for the primary member, \$26 for the first associate, and \$20 for each additional associate. Monthly dues rates are valid as of October 2011. Subject to change with future facility rate increases. For more information, call 552.2348.

courses, maps, aid stations, leaders, foods...all I have to do is show up and move!”

For those new to the greater Kalamazoo/Battle Creek area, the organized training programs provide an ideal venue to meet people and become familiar with the community. Carl Shubitowski had always trained on his own before moving to Kalamazoo in 2011.

“Once I was settled in here, I didn’t know anyone and was looking to get out and meet people, so I joined the Kalamazoo Area Runners Beyond training program in December of 2011. Little did I know, with that little email, how my group of friends would grow, how much my running would improve and how much I would enjoy volunteering and participating in Kalamazoo’s vibrant running community.”

“The Beyond winter program helped me commit and provided the desire to stay active all winter and I actually trained to run the Kalamazoo marathon. My first marathon since 1990 when I swore I would never run another one!”

“I also met some great people. This led to Wednesday and Thursday evening group runs that I have been doing more or less since the spring. These are different than the Beyond pace groups in that they are closer groups, closer friends, and have become a part of my week that I really look forward to.”

“I joined the Safari training group over the summer but had a hard time participating in a lot of runs because of other summertime commitments. The best thing about that program was the organized track workouts that really improved my pace. This group also propelled me to my 3rd marathon of the year where I broke 4 hours for the first time in my life. Without the training and support of all these groups, I doubt I could have accomplished that in my own.”

“This winter I again joined the Beyond program and am signed up for the Kalamazoo Half Marathon and then Grandma’s Marathon at the end of June.”

“I treasure the friendships that develop during the long runs and it makes them so much easier when running with a group instead of trying to do them on your own. I can’t wait for Beyond to start!”

continued...

## BRONSON ATHLETIC CLUB

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



## DRINK 2 YOUR HEALTH

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



## TJ SNYDER MASSAGE OF NV SALON

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



Mark Kanouse has trained with the Borgess Run Camp for the last 3 years, two years as a team leader. Mark follows an alternative training methodology (Run Less, Run Faster) which combines quality runs with cross training, and taps into multiple resources to meet his training needs. During the summer, he runs with the Blizzard Rats (the longest running organic group in the area). Mark does much of his weekly speed work on a treadmill, supplements running with cycling and swimming, and would like to incorporate the indoor track workouts offered by KAR at Western Michigan University.

What is Mark's primary motivation for running, and participating in training programs?

"Staying healthy is my primary reason for running. I run with the groups and utilize training programs for the discipline, accountability and availability of support (trainers, more experienced runners, doctors, etc.)"

Lauren MacVicar has run with the Safari and Beyond in the past and is participating with Beyond this winter to prepare for the 2013 Boston Marathon, and the Bayshore Half Marathon. This past fall, Lauren set a new PR of 3:09 at the Detroit Freepress Marathon, finishing 10<sup>th</sup> place overall female, 5<sup>th</sup> in her age division.

Lauren sums it up well, "I run for many reasons: to stay healthy and fit, for enjoyment, for setting and achieving goals, the camaraderie I feel with my running friends and community, etc. All of the reasons for why I run are met through group training programs. I have met amazing friends through my participation in training programs. The community of runners you meet have similar goals and interests. Because you share this bond, you have support and encouragement that helps you achieve greatness in your running whether you are running for pure enjoyment or to attain a certain goal."

"Every training cycle is a journey, there are ups and downs along the way, but when you have a community that shares similar goals and supports and pushes you along the way, it makes the journey that much more fun, memorable, and worthwhile."

### ***How does one get involved?***

Looking to find others to run with? The opportunities are plentiful and it is remarkably easy to get involved.

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.



## IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit [www.inthezonefitness.com](http://www.inthezonefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbri2000@tds.net](mailto:swalbri2000@tds.net).



The Beyond Half and Full Marathon Training Program is a 17 week program targeting the Boston Marathon, and the Kalamazoo Marathon/Borgess Run for the Health of It Half. The program begins next Saturday, January 5, 2013 at Portage West Middle School. More information is available at [www.karbeyond.wordpress.com](http://www.karbeyond.wordpress.com).

Embracing a brand new theme, “A World of Good” Borgess Run Camp offers a 20 week marathon training program (started December 8, 2012) and the 13 week half marathon and 5k program (starts February 2, 2013). The 20 week program offered the option for half marathoners to join the marathon training camp and start early. More information can be found at [www.borgessruncamp.com](http://www.borgessruncamp.com).

For those who prefer the run/walk method of training, The Kalamazoo SHufflers embrace Jeff Galloway’s training program and offer Phase 1 (started December 1) and Phase 2 (starts February 23). Phase 1 targets the Portage Winter Blast Half Marathon and Kalamazoo Marathon. Phase 2 continues training for the Kalamazoo Marathon, and prepares runners for the Borgess Run for the Health of Half. More information can be found at <http://www.s-heights.org/shufflers.shtml>.

Last, Kalamazoo Area Runners hosts seven midweek group runs throughout greater Kalamazoo/Battle Creek/Portage, and Gazelle Sports organizes two (The Dirty Herd at Al Sabo Preserve at Texas Township and the Urban Herd Downtown Kalamazoo). All Kalamazoo Area Runners and Gazelle Sports group runs offer a variety of distances, and welcome all paces. More information on these options can be found down below in the group run section of The Rundown.

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## Hot Club News and Events

*“We run this town”*

### **Patrick Johnson Memorial Volunteer Recognition Program Moves to a Self-Reporting Platform for 2013**

Effective January 1, 2013, the Patrick Johnson Memorial Volunteer Recognition Program will move to a self-reporting platform and KAR members will enter their volunteer service hours into a simple form in order to receive credit. With the

## Board of Directors

Bonnie Sexton

*President*

[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Chris Huff

*Vice President*

[Christine.huff@kalamazooarearunners.org](mailto:Christine.huff@kalamazooarearunners.org)

Robin Carpenter

*Treasurer*

[Robin.carpenter@kalamazooarearunners.org](mailto:Robin.carpenter@kalamazooarearunners.org)

Vicky Ondraka

*Vice President Special Events*

[Vicky.ondrak@kalamazooarearunners.org](mailto:Vicky.ondrak@kalamazooarearunners.org)

OPEN

*Vice President Marketing and Communications*

Robin Carpenter

*Secretary*

[Robin.carpenter@kalamazooarearunners.org](mailto:Robin.carpenter@kalamazooarearunners.org)

Jane Rolfe

*Vice President, Development*

[runjanerun@comcast.com](mailto:runjanerun@comcast.com)

Troy Root

*Vice President, Technology*

[Troy.root@kalamazooarearunners.org](mailto:Troy.root@kalamazooarearunners.org)

growing number of events and programs qualifying for the volunteer program, as well as the retirement of our Director, Database Management, Joe Hulsebus, it was necessary for us to implement this change in order to continue to offer the program.

In order to report your volunteer points, please visit [Patrick Johnson Memorial Volunteer Points Validation](#). Event and Program Directors, Committee Members, Training Program Coaches and Team Leaders, and Team Captains should enter their points at the conclusion of the event or program commitment. Functional Directors and Group Run Directors should enter their points at the end of each year. All others should report immediately following the volunteer activity. Qualifying events and programs, as well as operations, are hard-coded into the drop down menu.

Thank you for your service to Kalamazoo Area Runners, past, present and future, and we look forward to 2013.

## **Kalamazoo Area Runners Leadership Appointments, Retirements and Opportunities**

Many hands make light work and Kalamazoo Area Runners has several volunteer leadership opportunities due to several newly created positions as well as upcoming retirements and relocations. Sincere thanks to those who have served in the past, and we look forward to welcoming new team members in the coming months.

Volunteer to become involved in our vibrant running community. Share your time, talent and passion for running by serving on the KAR Board or in another leadership capacity.

Please contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) for more information on the available opportunities below.

### **Retirements**

Several KAR leadership team members have announced their retirement in the coming months.

### ***Joe Hulsebus, Director of Database Administration***

## **Event and Program Directors**

Phil Goodwin  
*Director, Graphic and Web Design*  
[Phil.goodwin@kalamazooarearunners.org](mailto:Phil.goodwin@kalamazooarearunners.org)

Angela Batten  
*Director, Indoor Track Workouts*  
[Angela.batten@kalamazooarearunners.org](mailto:Angela.batten@kalamazooarearunners.org)

Terry Hutchins  
*Director, Kal-Haven Trail Run*  
[Sherrie.mann@kalamazooarearunners.org](mailto:Sherrie.mann@kalamazooarearunners.org)

Julie Wojtaszek  
*Director, Kal-Haven Trail Run*  
*Director, Online Registration*  
[Julie.wojtaszek@kalamazooarearunners.org](mailto:Julie.wojtaszek@kalamazooarearunners.org)

Carole Bolthouse  
*Director, Kalamazoo Classic (KAR)*  
[Carole.bolthouse@kalamazooarearunners.org](mailto:Carole.bolthouse@kalamazooarearunners.org)

Bonnie Sexton  
*Director, Fast Track Training*  
*Director, Portage Winter Blast Half Marathon*  
*Director, Thursday Night Run at Portage YMCA*  
*Team Captain, Race for the Cure*  
*Director, Turkey Trot*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Troy Root  
*Director, Children's Easter Egg Hunt Dash*  
*Team Captain, Jingle Bell Run*  
[Troy.root@kalamazooarearunners.org](mailto:Troy.root@kalamazooarearunners.org)

Michelle Fakler  
*Team Co-Captain, Relay for Life*  
[Oak\\_14@hotmail.com](mailto:Oak_14@hotmail.com)

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

Bob Smola  
*Director, Kalamazoo Marathon Pace Teams*  
[Bob.smola@kalamazooarearunners.org](mailto:Bob.smola@kalamazooarearunners.org)

Gale Fischer  
*Another Runner's Perspective*  
[Gale.fischer@kalamazooarearunners.org](mailto:Gale.fischer@kalamazooarearunners.org)

Amanda Losch  
*Director, External Email Marketing*  
[Amanda.losch@kalamazooarearunners.org](mailto:Amanda.losch@kalamazooarearunners.org)



Joe Hulsebus goes over Club Series Statistics at the 2012 Awards Ceremony

After six years of dedicated service as the Director, Database Administration for Kalamazoo Area Runners, Joe Hulsebus will be retiring from his position as of the end of the year. Joe managed all of the race results for the Club Championship Series, half and full marathon results and volunteer points for the Patrick Johnson Memorial Volunteer Program. Joe, and his wife Lana, have future plans to spend their summers up north and as a result, Joe will be retiring from managing Kalamazoo Area Runners data. We wish Joe and Lana the very best, and sincerely thank Joe for his many years of commitment to Kalamazoo Area Runners.

***Robin Carpenter, Treasurer***



Robin Carpenter at One One Run

After three years of dedicated service, Robin Carpenter has announced she will be retiring as Board Treasurer as of the end of the 2012 – 2013 term, and will not be seeking re-election.

**Event and Program Directors  
continued.....**

Stephanie Sabin  
*Director, Run Through the Lights (with  
Dana Schmitt from Gazelle)*  
[Stephanie.sabin@kalamazooarearunners.org](mailto:Stephanie.sabin@kalamazooarearunners.org)

Scott Taylor  
*Director, Turkey Trot Time  
Prediction Run  
Director, Beyond Training Program*  
[Scott.taylor@kalamazooarearunners.org](mailto:Scott.taylor@kalamazooarearunners.org)

Sherri Enlow (along with Pat Enlow  
and Teresa Redmond)  
*Director, Wed Night Portage YMCA  
Runs*  
[Sherri.enlow@kalamazooarearunners.org](mailto:Sherri.enlow@kalamazooarearunners.org)

Teresa Redmond (along with Pat and  
Sherri Enlow)  
*Director, Wed Night Portage YMCA  
Runs*  
[Teresa.redmond@kalamazooarearunners.org](mailto:Teresa.redmond@kalamazooarearunners.org)

Laura Ferrara  
*Director, Wednesday Night Runs  
Maple Street Magnet School*  
[Laura.ferrara@kalamazooarearunners.org](mailto:Laura.ferrara@kalamazooarearunners.org)

Teri Olbrot (along with Bonnie Sexton,  
Laura Sandahl)  
*Co-Director, Thursday Evening Runs*  
[teri.olbrot@sbcglobal.net](mailto:teri.olbrot@sbcglobal.net)

Dave Walch  
*Director, Halloween Hash*  
[David.walch@pfizer.com](mailto:David.walch@pfizer.com)

Katie Conor  
*Director Fast Track*  
[Katie.conor@kalamazooarearunners.org](mailto:Katie.conor@kalamazooarearunners.org)

Zachary Baker  
*Director, Marketing Promotions*  
[Zach.baker@kalamazooarearunners.org](mailto:Zach.baker@kalamazooarearunners.org)

Andrea Gooch  
*Director, Expo Marketing*  
[Andrea.gooch@kalamazooarearunners.org](mailto:Andrea.gooch@kalamazooarearunners.org)

Vicky Ondraka  
*Director, Educational Clinics*  
[Vicky.ondraka@kalamazooarearunners.org](mailto:Vicky.ondraka@kalamazooarearunners.org)

Cindi Macdonald  
*Co-Director, Safari Training Program*  
[Cindi.macdonald@kalamazooarearunners.org](mailto:Cindi.macdonald@kalamazooarearunners.org)

Sincere thanks to Robin for serving in this very important leadership position with Kalamazoo Area Runners. Robin managed our financials during a period of extremely rapid growth, and her efforts have been very much appreciated.

**Troy Root, Vice President, Technology, Director Childrens' Easter Egg Hunt, Team Captain, Jingle Bell Run**



Trot Root (right front) leads team Orange Crush during a Beyond Training Run

Troy Root will not be able to seek re-election to his Board position as Vice President of Technology for the 2013-2014 term or continue to serve as Director of the Easter Egg Hunt Run and Jingle Bell Run Team Captain due to family and work commitments. During his time on the Board, Troy has introduced the use of website analytics, and has been working hard to build a cloud based file structure for KAR. We sincerely appreciate Troy's dedicated service, and his contributions to Kalamazoo Area Runners over the past year as a Board Member, and past two years as an event director and team captain.

**Vicky Ondraka, Vice President of Special Events**

## Event and Program Directors continued.....

Steve Rice  
*Director, Wed Night Borgess Health and Fitness Center Runs*  
*Director, Beyond Training Program*  
[Steve.rice@kalamazooarearunners.org](mailto:Steve.rice@kalamazooarearunners.org)

Stephanie Demarest  
*Director, Thursday Night Runs in Battle Creek*  
[smdemarest@gmail.com](mailto:smdemarest@gmail.com)

Beth St. John  
*Director, Thursday Night Runs in Battle Creek*  
*Director, Beyond Training Program*  
[Beth.stjohn@kalamazooarearunners.org](mailto:Beth.stjohn@kalamazooarearunners.org)

Renee Mercer  
*Director, Tuesday Morning Runs in Battle Creek*  
[anreelca@gmail.com](mailto:anreelca@gmail.com)

Brett Hall  
*Director, Sunday Afternoon Runs in Battle Creek*  
[anosmic.runner@gmail.com](mailto:anosmic.runner@gmail.com)

Nikki Gates  
*Director, Member Reception Runs*  
[Nikki.gates@kalamazooarearunners.org](mailto:Nikki.gates@kalamazooarearunners.org)

Karen Christensen  
*Director, Member Reception Runs*  
[Karen.christensen@kalamazooarearunners.org](mailto:Karen.christensen@kalamazooarearunners.org)

John Olbrot  
*Director, Database Administration*  
[John.olbrot@kalamazooarearunners.org](mailto:John.olbrot@kalamazooarearunners.org)

Judah Gesmundo  
*Chair, Battle Creek Subcommittee*

Lynn Scherer  
*Chair, Battle Creek Subcommittee*





Vicky Ondraka gives a high five enroute

Vicky Ondraka has plans to relocate out of the greater Kalamazoo area in the coming year, and has announced she will not be able to seek re-election for the 2013 – 2014 term. Vicky has served on and off the Executive Board for several terms, the first time as Vice President of Marketing, and most recently as Vice President of Special Events. She also serves as a Team Leader for the Beyond program. Sincere thanks to Vicky for her dedicated service to Kalamazoo Area Runners.

***Julie Wojtaszek, Director, Online Registration, Kal-Haven Trail Run***



Julie Wojtaszek runs with her brother (The Turkey) during the Turkey Trot Time Prediction Run

Julie Wojtaszek relocated to North Carolina the middle of last year, but graciously continued to manage our online registrations and serve as Co-Director of the Kal-Haven Trail Relay with Terry Hutchins. Julie was a recipient of the 2011 Reynold Oas Volunteer of the Year Award, and in addition to the above positions, served as Vice President of Membership for two years. She also served the running community through the Girls On The Run Council, and as a member of the Hot Chocolate 5k Committee.

### **New Appointments**

#### ***Director, Database Administration***

John Olbrot has been appointed by the President as Director of Database Administration, and will be assuming responsibility for the Club Championship Series and Race Results. We sincerely appreciate John's willingness to assume responsibility for this important volunteer position on behalf of Kalamazoo Area Runners.

#### ***Director, Email Marketing***

Amanda Losch has been appointed the President as Director of Email Marketing, and will be assuming responsibility for our Contact Contact general distribution and external marketing email communications. Sincere thanks to Amanda for volunteering to serve in this newly created position.

#### ***Co-director, Member Reception Runs (with Nikki Gates)***



Karen Christensen running the Borgess Run for the Health of It! Half Marathon

We are pleased to announce **Karen Christensen** has been appointed by the President as Co-Director, Member Reception Runs. Sincere thanks to Karen for stepping into this leadership position with Kalamazoo Area Runners.

### **Available Opportunities**

### ***Director, Online Registration***

With Julie Wojtaszek's relocation and need to transition duties, we are seeking a tech-savvy individual to learn SignMeUp, our online registration system. This position is responsible for serving as a liaison to our vendor, and setting up and modifying forms for event and program registrations. A job description will be developed and available shortly, and additional information is available upon request.

### ***Director, Patrick Johnson Memorial Volunteer Recognition Program***

As Kalamazoo Area Runners continues to grow, we are continuing to break down responsibilities into more specialized roles and would like to recruit an individual to fill this newly created opportunity to manage our volunteer points program. Tracking has been moved to a web-based self-reporting platform through Survey Monkey beginning January 2013, and we are seeking an individual comfortable with web-based systems and Microsoft Excel to download, manage and report volunteer points for our members. More information is available upon request.

### ***Director, Children's Easter Egg Hunt Run***

With Troy Root's retirement, we have an opening for a Director, Children's Easter Egg Hunt Run beginning with the 2013 event. This position is responsible for organizing all aspects of this growing children's event, and is an excellent low complexity opportunity to learn how to direct an event. More information and a job description are available upon request.

### ***Borgess Health and Fitness Center, Group Run Director (Double Digit)***

We are seeking to expand the Wednesday Night Runs from Borgess Health and Fitness Center by recruiting a double digit **Group Run Director** to partner with Steve Rice and run with newer runners and or those training for shorter distances. Both directors would work together on communications, encouraging runners, planning routes, hydration, socials and providing coverage for the run. A job description is available upon request.

## ***BOARD POSITIONS***

### ***Vice President of Marketing (Term Beginning March 2013)***

Following Karen Townsend's relocation to Chicago, we have a Board opening for a **Vice President of Marketing**. The position requires regular attendance at KAR Board Meetings (held the first Monday of the month at 7:30pm) and oversight of our marketing function. A full job description with more information is available upon request. *\*\*\*We have a candidate considering this position for the term beginning in 2013 and will notify the membership in upcoming editions of The Rundown as to those submitting a formal intent to serve.\*\*\**

### ***Treasurer (Term Beginning March 2013)***

With Robin Carpenter's departure, we are seeking a candidate to run for the Board position of Treasurer. This position manages Association finances and requires regular attendance at KAR Board Meetings. A full job description with more information is available upon request. *\*\*\*We have a candidate considering this position for the term beginning in 2013 and will notify the membership in upcoming editions of The Rundown as to those submitting a formal intent to serve.\*\*\**

***Vice President, Special Events (Term Beginning March 2013)***

With Vicky Ondraka's departure, we are seeking a candidate to run for the Board position of Vice President Special Events beginning with the March 2013 term. This position organizes the Annual Banquet and Club Series Celebrations, as well as two other event/program committees each year. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

***Vice President, Technology (Term Beginning March 2013)***

With Troy Root's departure, we are seeking a candidate to run for the Board position of Vice President, Technology with the March 2013 term. This position manages Association Information Technology initiatives. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

To learn more or express an interest in any of the above leadership opportunities, please contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

**Run Through the Lights Sets Record Participation, Collects 1,849 Pounds of Food and Raises over \$9,000 for Kalamazoo Loaves and Fishes**



Record numbers continue to be the tradition at the annual Run Through the Lights event hosted by Gazelle Sports and Kalamazoo Area Runners which attained record participation with 1,152 registered participants – a 20% increase over last year even with the introduction of a new fee structure to help cover the cost of street closures. The evening of Thursday, December 6, with temperatures in the upper 30's and clear streets, created ideal conditions as participants and volunteers gathered at Gazelle Sports for a festive 5K fun run through the holiday lights of Downtown Kalamazoo.

Participants were greeted at the finish with tasty treats and refreshments including hot chocolate while Gazelle Sports offered an evening of discount shopping. To close the festivities, runners gathered in and around the tent behind Gazelle Sports for a door prize drawing and prizes were awarded for the categories of:

- Best Holiday Costume – Elizabeth Heintzkill, Sarah King, Andrea Nixon
- Most Family Members at the Event
- Participant Who Traveled the Farthest

Each year brings about several changes as we strive to make improvements upon past events, and 2012 was no exception. New this year, we introduced a 5K course that was closed to vehicular traffic for the safety of all participants. Due to costly street closures, we implemented a registration fee of \$10 for adults 13+ (preregistration) and children 12 & under were free. Participants overwhelmingly responded to the changes! We were able to collect 1,849 pounds of food for Kalamazoo Loaves & Fishes. In addition, over \$9,000 in combined event proceeds and monetary donations were designated to Kalamazoo Loaves & Fishes.

We wish to thank all of our participants, volunteers and sponsors for making the 2012 Run Through the Lights a huge success. Volunteering for the event were **Brie Bramble, Beverly Byle, Patricia Carlm, Ashleigh Carr, Sydney Conroy, Susie Crum, Spencer Day, Eric Diller, Stephanie Diller, Carie Drake, Steve East, Paul Fults, Karen Anderson-Hadden, Matthew Heusser, Katie Howes, Frank Hui, Abby Jasiak, Becca Jensen, Katie Johnson, Kalamazoo Loaves and Fishes (Jane, Diane, John, Jane, Barb, Mary, Dave, Melinda, Marv, Maggie, Jamie, Casey, Jane, Jim, Mary, Moyra, Dennis and Shannon), Danielle Kean, Sherrie Mann, SueAnn Mater, Scott Minor, Brian Nelson, John Olbrot, Teri Olbrot, Steve Rice, Julie Ringlever, Remington Ringlever, Jane Rolfe, Mallory Rossen, Emma Sabin, Scott Sabin, Mark Sigfrids, Maximilian Sine, Sherri Taylor, Lexie Timpson, Caleb Williams, Keith Williams, Bridgette Wozniak.** We couldn't have done it without each and every one of you!

Finally, thank you to the generous support of our sponsors for helping to make the event possible:

#### Co-Presented by



#### Top Level Sponsors





Event photos by Denis Billen of [DB Family Photography & DJ](#)

### Supporting Sponsors

- Best Way Disposal
- Gordon Food Service
- Harding's Market
- JAC's (Cekola's Pizza)
- Kalamazoo Marathon
- Koffee Klutch
- MacKenzies' Bakery
- National Ski Patrol
- Station 66
- Sam's Club
- Sweetwater's
- The Spirit of Kalamazoo
- The Kalamazoo Mud Run
- Tromblay Salon
- Walmart
- Gun River Conservation Club



*Editor's Note: Sincere thanks to Directors Stephanie Sabin and Dana Schmitt for their many hours of dedicated work in making the 2012 Run Through the Lights possible. In light of the event's growth, we will be forming a committee for the 2013 event. Stay tuned for details.*

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**2013 Portage Winter Blast Half Marathon Registration is Closed; 5k Still Accepting Registrations! Volunteers Needed!**



**Organized in Partnership by the Kalamazoo Area Runners and the City of Portage**



### **Half Marathon Presented by AT&T**

The Half Marathon attained its 500 cap in 27 days, but you can still join us in this extraordinary community celebration of health and wellness by joining us for the 5k or volunteering. The inaugural Winter Blast Half Marathon and 5k is organized in partnership by the Kalamazoo Area Runners and the City of Portage and commemorates the city's 50<sup>th</sup> anniversary. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, February 17, 2013. 5k start is at 8:00am and the half marathon start is 8:15am.

Current Members of the Kalamazoo Area Runners will receive a \$5 discount on the 5k. A discount code unique to the half marathon and 5k events was emailed to all active members on October 1, 2012. Cutoff time to be included in half marathon results is 3 hours, 45 minutes. Roads will be reopened at 12:00 noon.

Sponsor expo, packet pick-up and late 5k registration will be held from 2:00pm – 6:00pm on Saturday, February 16, 2013 at the Portage Community Center. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, February 17, 2013 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available.

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

Nearly 200 volunteers are needed for the inaugural Winter Blast Half Marathon. Many opportunities still allow runners to participate in the event.

For more information or to volunteer, visit [www.portagewinterblast.wordpress.com](http://www.portagewinterblast.wordpress.com).

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## **Agility Physical Therapy Offers KAR Members Discount on Specialty Services**





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.

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## **T.J. Snyder of NV Salon Offers KAR Members One Hour Stone Massage for \$30.**



DISCOUNTED STONE MASSAGE NOW AVAILABLE! Kalamazoo Area Runners is pleased to announce a new discount sponsor partnership with T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.....and enjoy!

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## **In the Zone Offers Metabolic Testing for the Year 2013**



Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit [www.inthezonefitness.com](http://www.inthezonefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbri2000@tds.net](mailto:swalbri2000@tds.net).

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## **Inaugural Ground Hog Half and Full Marathon Offers Members a \$5 Discount**



FEB. 2<sup>ND</sup> - INAUGURAL GROUNDHOG DAY MARATHON

The inaugural Ground Hog Day Half and Full Marathon scheduled for February 2, 2013 in Grand Rapids is offering members of Kalamazoo Area Runners a \$5 discount upon registration. The unique discount code is included in *The Rundown* email or may be requested by contacting Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) or Chris Huff at [christine.huff@kalamazooarearunners.org](mailto:christine.huff@kalamazooarearunners.org).

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## **Bronson Athletic Club Offers Members \$199 Initiation Fee and First Month Primary Dues Free Beginning January 1, 2013**



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.

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## **Kalamazoo Area Runners Fanwear Store**

Check out our complete line of KAR and Beyond 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.

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## Yes, there really is a Kalamazoo Area Runners Facebook Group

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

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has 446 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.

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## Next KAR Board Meeting is January 7, 2013

The next KAR Board Meeting is January 7, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

# Running Community News

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## 2013 One One Run January 1, 2013 at 1:00pm



Kick off the New Year by participating in the 30<sup>th</sup> anniversary of The John Daley Memorial One One Run, Tuesday, January 1, 2012 at 1:00pm. Join in for a **2.2 mile or 4.4 mile walk/run** around Spring Valley Park. Finish in our big tent filled with food, music and fun! We'll give away tons of prizes, and you may even win the coveted grand prize...Charlie Miller's Chainsaw!

Running or walking are great activities that you can do on your own, but they are even more fun when you're joined by family and friends.

Our goal for the One One Run is always the same...get outside and start the year moving with family and friends while raising money for an important organization: **Boys & Girls Clubs of Greater Kalamazoo.**

For more information visit <http://www.gazellesports.com/info/102-OneOneRun.html>

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## Good Form Running



Good Form Running is an opportunity to decrease the likelihood of running related injuries. Four simple steps can keep you on the road, helping you run longer, faster and more comfortable. This

FREE weekly clinic presented by Gazelle Sports is a great tool for runners of all abilities. Have you checked in with your form today? Sign up at [www.GazelleSports.com/goodformrunning.php](http://www.GazelleSports.com/goodformrunning.php)

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## Training Programs and Group Runs

### Beyond Half and Full Marathon Training Program Begins In January 2013; Registration is still OPEN!



Beyonders enjoying an early spring run in preparation for the Boston and Kalamazoo Marathons

Registration for the 2013 KAR Beyond Marathon and Half Marathon Training Program is now OPEN! You've experienced the Safari! You've experienced Fast Track! Now see what lies Beyond...

Beyond is a 17 week winter training program geared to get you ready for the Boston, Kalamazoo, or other spring marathon or half marathon. Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a training program tailored to fit your needs. Several exciting improvements are planned for this winter's edition of Beyond. It's not too early to mark your calendars, as registration will open in early October, the Beyond Blast Off Party is scheduled for Tuesday, December 11th, and the first group run will be Saturday, January 5th. Visit [www.karbeyond.wordpress.com](http://www.karbeyond.wordpress.com) for more information and registration. Contact Steve Rice at [steve.rice@kalamazooarearunners.org](mailto:steve.rice@kalamazooarearunners.org) for questions.

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### Borgess Run Camp Registration is OPEN

Online registration is open for Borgess Run Camp, and this year's theme is "A World of Good." This 20-week or 13-week camp for marathoners, half marathoners and 5K (13-week only) has just enough organization not to spoil the fun. Camp infrastructure includes exposure to expertise (including physicians and physical therapists), plenty of detailed information (including maps, training guides and clinics), ongoing communications, hydration on the training runs, post-run food and ways to meet new people and develop new interests. It's a different world, for sure. Learn more and sign-up at [www.borgessruncamp.com](http://www.borgessruncamp.com).

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## Organized Group Runs

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

### *Kalamazoo/Portage*

#### **Wednesday Night Runs at Borgess Health and Fitness Center**

Wednesday evenings at 6:00pm at Borgess Health and Fitness Center for runs of various distances. Contact **Steve Rice** at [steve.rice@kalamazooarearunners.org](mailto: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

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **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 **Sherri Enlow** at [senlo38@chartermi.net](mailto:senlo38@chartermi.net) to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **Wednesday Night Runs – Maple Street Magnet School**

Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at [lferrara@yahoo.com](mailto:lferrara@yahoo.com) for more information and to be added to the distribution. All paces are welcome.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **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 **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) or **Teri Olbrot** at [teri.olbrot@kalamazooarearunners.org](mailto:teri.olbrot@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

## **The Urban Herd**

FREE runs on Wednesday nights, 6 pm at Gazelle Sports. 2-8 mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, visit [www.gazellesports.com](http://www.gazellesports.com).

## **The Dirty Herd**

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

## **Battle Creek**

### **\*\*\*Time and Location Change\*\*\* Sunday Runs from Cutie Pie Café**

The Sunday runs from Cutie Pie Café have changed from 7:30 am to 2:00pm and now meet at a variety of locations. Please bring your own hydration. All paces welcome; distances vary. Contact **Brett Hall** at [anosmic.runner@gmail.com](mailto:anosmic.runner@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

### **Tuesday Morning Runs from Battle Creek YMCA**

Tuesday morning runs from Battle Creek YMCA at 8:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at [anreelca@gmail.com](mailto:anreelca@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

### **\*\*\* On Hiatus\*\*\* Wednesday Evening Runs from Lakeview High School**

Wednesday evening runs from Lakeview High School at 5:45pm are currently on hiatus. Please bring your own hydration. All paces welcome; distances vary. Contact **Chuck Zahnow** at [crzahnow@gmail.com](mailto:crzahnow@gmail.com) for more information and to be added to the email distribution. Runs begin February 22 and meet weekly.

### **Thursday Nights at Riverside Elementary School/Variou locations**

**\*\*\*Change in Location\*\*\*** Thursday evenings at 6 p.m. leaving from Riverside Elementary School on the 1st and 3rd week; 2nd and 4th week meets at other locations in town for a change in scenery. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at [smdemarest@gmail.com](mailto:smdemarest@gmail.com) or Beth St. John at [Beth.StJohn@kalamazooarearunners.org](mailto:Beth.StJohn@kalamazooarearunners.org)

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## **Greater Kalamazoo Group Run and Training Program List**

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

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## **Club Member Corner**

### **New Member Welcome**

Please join the Executive Board in extending a warm welcome to individuals joining Kalamazoo Area Runners in the last month:

Mastenbrook	Susan
Roschek	Bill
Sylvester	Alan
Taylor	Kathy
Thorogood-	
Lipovsky	Sue
Lipovsky	Megan
Lipovsky	Chloe
Raynes	Paul
Thompson	Kristen
Struzzieri	Kacy
Duffy	Helen
Cleman	Cyndee
Yager	Brent
Bradfield	Julie
Loftus	Jim
Selvidge	Sarah
Kirstin	Simons
Gil	Fernandez
Amy	Kartch
Chase	Robert
Chase	Kami
Downer	Denise
Hess	Nicole
Hughes	Reese
LaFave	Mae
Mathieu	Russell
Wight	Kristen
Millard	Holly

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## **Featured Member Article – Introducing Beth St. John**

### **The Support of the Running Community**

***”All it takes are a few like-minded passionate runners who share the motivation, desire, and will to keep improving one’s running strength—both physically and mentally.”***

***--- Beth St. John***





The perception of a long distance runner from outside the running community largely remains that of an individual out on a long stretch of road in isolation. Running has always been and continues to be an activity that caters to those seeking to work out on their own, when their schedule dictates without distraction from others. Although I prefer to run with others I will always consider a run alone better than no run at all. In just the last three days I have logged more than twenty four miles by myself on long stretches of snow covered gravel roads in West Central Iowa while spending the holiday season back home. The joy of running for me is always magnified when I have others to share it with, but the thrill that comes with increasing my heart rate, working up a sweat and feeling the sensation of the earth's surface travel from the bottom of my foot all the way through my body with each stride remains constant whether running on my own, beside a partner or in and amongst a large group. For those of us who enjoy the camaraderie and support that comes from the running community, we should feel fortunate to have the Kalamazoo Area Runners, Michigan's largest running club, right here in our back yard in West Michigan. Beth St. John, this month's featured member has experienced this support from the running community as a runner in Chicago, New York City and back home again in Battle Creek, Michigan.

Beth was born and raised in Battle Creek as the youngest of six siblings. She began running as a sophomore in college when her best friend and roommate, a runner, convinced her to run with her. Her running started out and remained a casual activity but picked up steam after graduating from college and moving to Chicago. " In Chicago, I began my marathon career by training for the Chicago Marathon with the AIDS Marathon Training Program. We ran our long runs on Sunday mornings and the lakefront seemed to belong to runners during these early hours. Large running groups would dot the path ahead as we all conquered our weekend mileage goals. Since this is an out and back course, we would see the same groups at least twice and hand clapping, shouts of encouragement, and singing was always par for the course."

Beth finished her first marathon that year in Chicago in about 5 hours and 20 minutes. A year later she stepped up her training and her efforts were rewarded. “The next year, I took what the AIDS training program had taught me and trained for my second Chicago marathon. I finished in 3 hours and 44 minutes—a dramatically different result that solidified my love for endurance running. When I moved to Chicago, I was a recreational runner—I ran 3 to 5 miles 3 times a week to stay in shape. I left Chicago a two-time marathoner who was minutes away from qualifying for Boston. The vibrant Chicago running community fanned my spark of a running interest into a passionate flame and I now called myself a runner.”

She soon moved to New York City where seeking out a running community became one of her primary objectives. “I easily found it by joining the Team in Training (TNT) Marathon Training Program. This program raises funds for The Leukemia and Lymphoma Society while training participants for various marathons. TNT is a vibrant running community in and of itself, with training groups in Manhattan that run mostly in Central Park, Brooklyn that run mostly in Prospect Park, and Queens that run mostly in Astoria Park.”

Joining Team in Training seemed to not only reshape her as a runner but also transform her life. “Joining TNT opened up a whole new world of running for me. I had never done speed workouts or strength training before I joined TNT so I had no idea how crucial they are to improving running performance. I soon learned the benefits that such grueling workouts hold as my running pace decreased and my race times continued to drop. With TNT, I trained for and completed the Nike Women’s Marathon in San Francisco, and I cut off about 20 minutes from my previous finishing time—I crossed the finish line in about 3 hours and 23 minutes. Besides the training lessons I learned from TNT, this program also enabled me to become a part of the NYC running community. Through TNT, I became friends with numerous runners, learned about numerous running locations and I learned about the Nike Running Club—which I feel is the most extensive and influential running group in NYC. This vibrant group expanded my running world even further as I gained longstanding running friends and training partners and had the chance to train with up-and-coming world-class runners from Ethiopia who were our weekly pace group leaders. These runners were amazing and challenged me to develop my running skills beyond what I ever thought was possible.”

The support and coaching that Beth received from the NYC running community and her sacrifice and dedication turned her into a top notch marathon runner. “After the Nike Women’s Marathon and my TNT training experience, I trained for and completed my first Boston Marathon with a group of Nike runners. I shaved off another 10 minutes from my marathon PR, finishing in 3 hours and 10 minutes. When I came back from Boston, a new running goal formed in the back of my mind—I wanted to run a marathon in less than 3 hours. I continued to train with Nike and joined the Nike Marathon Training Program that summer to train for the New York City marathon, finishing in 3:08. Slowly but surely I was getting closer to meeting my goal!”

The next fall Beth ran the NYC marathon again, chopping off another 6 minutes, setting another PR and finishing just 2 minutes shy of her 3 hour goal. Next up was one more crack at Boston and another PR just 25 seconds of her 3 hour goal. Another summer of grueling workouts brought her across the finish line in 2:57 the next fall in the NYC marathon.

Beth's experiences in Chicago and NYC without doubt produced life-long memories as a result of her progress at the marathon distance but reaching her three hour goal is only part of why these two running Mecca's turned her into a runner. "The lakeshore path in Chicago and Central Park in NYC are the two most inspiring running venues I have had the pleasure of experiencing in my running career."

What Beth cherishes most about running is what many of us refer to as a runner's high. "The heightened energy, sense of accomplishment, and endorphin rush that I get after a run help me forget any discomfort I experienced during the run."

As a runner Beth is highly motivated but the positive influence of others helps to fuel this motivation. "Every person I get the chance to run with who calls him or herself a runner is an inspiration. Every runner I have ever met has a motivating story about how they got started running and what makes them keep running despite any obstacles that try to derail their running efforts."

The many experiences that Beth has had as a runner have shaped her thoughts about what advice she might give to fellow runners. "To me, mental/psychological fortitude is as, if not more, important than physical strength in endurance running. I make a goal for myself every time I head out for a run and I try my hardest to fulfill that goal unless something outside of my control forces me to abort before my running goal is complete. I firmly believe that ANYONE can be a long distance runner if they have the confidence to believe they can do it. Once you have faith you can do it, I believe the motivation, training, knowledge, and strength you will need to finish your target event will all fall into place." Beth's advice for runners can be applied to any life goal.

Beth has had the fortune to be a part of two of the world's biggest running communities in Chicago and NYC. These experiences propelled her from a 5 plus hour marathoner to a sub 3 hour marathoner. What one accomplishes in life is truly dependent on individual effort and mental strength but the importance of support from others cannot be denied as demonstrated by Beth's progress in the marathon. I'm sure that Beth would agree that although taking more than two hours off of her marathon time has been one of her great pleasures as a runner, the opportunity to train and run in different venues with a melting pot of runners, from Chicago to NYC to Battle Creek, Michigan have been just as much of a joy. I have personally logged many miles with Beth in the last few months. It is obvious from our conversations that she is grateful to have found a group of people to run with back home in West Michigan. The experiences that Beth has brought with her from the big city have been a blessing for the local community with the leadership that she has brought with her. Beth is no different than any of us as members of the running community. What each of us takes from the running community we also give back in the strengths and talents that each of us carry with us.

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

## Volunteer Acknowledgements – Check Your 2012 Results

\*\*\*IMPORTANT\*\*\* With the close of the year, please check your volunteer standings and report any corrections to Joe Hulsebus at [joe.hulsebus@kalamazoorearunners.org](mailto:joe.hulsebus@kalamazoorearunners.org) by January 5, 2013. All results will be considered final after this date.

Volunteerism is alive and well. For the first time ever, the Patrick Johnson Memorial Volunteer Recognition program attained 200 engaged members active in volunteer efforts. **Joe Hulsebus** has been diligently tracking volunteer points, and with the crediting of non-Board leadership team points, the standings have shifted and **Bonnie Sexton** is now in first place with 450 volunteer points. Close behind in 2<sup>nd</sup> place is **Nikki Gates** with 430 points, and in 3<sup>rd</sup> place is **Pat Enlow** with 380 points. Sincere thanks to each and every volunteer. We couldn't do it without your dedicated efforts and sincerely thank the membership for the level of volunteerism demonstrated this year.

[Click here to view the latest Patrick Johnson Memorial Volunteer Points Standings](#)

Visit the individual webpages/sites via [www.kalamazoorearunners.org](http://www.kalamazoorearunners.org) to learn more about how you can volunteer for the above events and programs.

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