

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."
-John Bingham

December 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Engaging Our Community in the Sport of Running



By Bonnie Sexton

As of the end of November 2014, we are pleased to announce Kalamazoo Area Runners (KAR) membership shattered the 1,400 ceiling for the first time with 1,402 individual members. Our running family has enjoyed sustained growth since 2004, when we had approximately 200 members. This continued growth is due to a number of factors, with our most significant year of change between 2010 and 2011. During this period of time, our monthly year to year increase in membership spiked as high as 46.9% (March 2010 to March 2011). April and May comparisons between those same years (both 41.9%) were equally impressive.

A major stimulus for KAR, and the community as a whole during the time period above was the announcement and introduction of the Kalamazoo Marathon. In the spring of 2010, a



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press conference was held at the Radisson, announcing the inaugural Kalamazoo Marathon to be held spring of 2011. This announcement stimulated not only interest in the marathon distance and the Borgess Run for the Health of It, but ignited a community wide fire that inspired existing and new runners alike. The local running community exploded.

Nearly five years later, the Kalamazoo Marathon/Borgess Run for the Health of It continues to seek ways to engage the community and enhance the participant experience. Kalamazoo Area Runners is a proud supporter, pace team organizer and member of the Advisory Council for the Kalamazoo Marathon/Borgess Run for the Health of It and would appreciate your valuable feedback through our Member Engagement Survey. This survey is for all KAR members regardless of whether you have participated recently. We seek feedback not only from those who participate, but also those that aren't participating.

The purpose of the survey is to assess engagement, areas of excellence as well as areas of opportunity. Survey results and/or highlights will be shared with organizers and council members, as well as the KAR membership.

[Click here to begin survey](#)

In 2014, 523 members of Kalamazoo Area Runners (KAR) participated in the marathon (85), half marathon (270), 10k Run (88) or 5k Run (80), and many others volunteered and/or participated in the Friday events, making it our largest event in terms of participation. The local event with the 2nd highest participation among KAR membership was the Kalamazoo Klassic 10k and 5k with 296 participant finishes (note some participated in both events).

Thank you for your exceptional engagement in our community's largest running event, as well as your valuable insight through our survey. We look forward to receiving your feedback as we work together to deliver an exceptional community experience, and continue to grow the sport of running in our community.



KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

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



BORGESS HEALTH AND FITNESS CENTER

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



Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is married with three children, an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is an HR and Community Relations Director for a Kalamazoo non-profit organization. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine.

Executive Director Report— Featured Volunteers—Going the Extra Mile

By Joy Mills

The beginning of a new year leads many people to take stock of their lives and resolve to make improvements in the year to come. For 2015, I would like to encourage members of the Kalamazoo Area Runners that haven't had a chance to volunteer for the organization yet to make that one of your New Year's Resolutions. Volunteering has been linked with increased happiness and decreased depression. It can help people to feel better mentally, physically and emotionally, and volunteering helps to create and support healthy communities. The Kalamazoo Area Runners has both short and long term volunteer opportunities available throughout the year, so please watch your email, The Rundown, Facebook and the [volunteer page of our website](#) for upcoming opportunities. You'll meet some amazing people and have a great time giving back to the running community.

One of the volunteers that I had the opportunity to work closely with during 2014 is Autumn Shroyer as part of the Turkey Trot Time Prediction 5k Run committee. Autumn did a fantastic job recruiting and organizing the many volunteers needed to stage the annual event and I'd like to thank her for the time and energy that she devoted to Turkey Trot. Please join me in thanking Autumn along with all those who volunteer to serve on Kalamazoo Area Runners event committees.

Autumn Shroyer—Turkey Trot Time Prediction 5k Run Volunteer Coordinator

Autumn Shroyer works for an area nonprofit and also for the new Costco in Kalamazoo. Autumn started running 2 years ago and is grateful for the sense of purpose it gives her when training for the next big race. She enjoys the friendships she has made & conversations held while running across the miles.

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AGILITY PHYSICAL THERAPY

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

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

Visit www.agilitysportsmedicine.com for locations and contact information.



PEDAL BICYCLE

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit www.pedalbicycle.com. Provide the 2013 KAR discount code to receive the discount.



DOWN DOG YOGA CENTER

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

One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).

\$5 off a 5 Class Pack (normally \$75 - only \$65 for KAR members).

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

www.downdogyogacenter.com. Provide the 2014 discount code to receive discounts.



When asked why she volunteered for KAR's Turkey Trot committee, Autumn shared that ***"Someone asked me if I'd be interested in taking over duties as Volunteer Coordinator and it seemed like something I could handle. Rewards are meeting new people who want to help others, enjoying seeing families have a fun and healthy activity together before getting on with their Thanksgiving day, and giving back to Kalamazoo's running community."***

Autumn describes her volunteer role as follows: ***"Wrangling up volunteers and designating what stations/tasks they'll do for the race. It's an easy job when as many people volunteered as they did this year! That's inspiring to see so many people give up their time to help others have a great race experience."***

When asked what advice she would give to others interested in volunteering for KAR, Autumn says ***"Go for it-even if you're short on time, there are still opportunities that aren't as time or energy intensive; there are lots of needs to be filled, and you will enjoy the process and be appreciated."***

Think you would be interested in serving as a Volunteer Coordinator for a 2015 KAR event? That position is currently open for both the Kids' Easter Egg Hunt and Fun Run (March 28th) and the Run Through The Lights (December 3rd). Please send me an email at joy.mills@kalamazooarearunners.org if you would be interested!



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 currently training for her first marathon with KAR's Beyond program, and looks forward to crossing the finish line at the Cellcom Green Bay Marathon on May 17th!

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BRONSON ATHLETIC CLUB

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

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

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



NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



SPIRIT RACING

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



Another Runner's Perspective - A Father's Christmas Gift

12/13/14, 5:15 PM: The last hint of daylight clung to the sky as the transition from dusk to evening was nearly complete. Runners took over the intersection of Hamblin and Capitol Avenue

and the surrounding area as they made their way to the starting line of the second annual Tinsel Toe 5K run. This was no ordinary weekend race, however. Runners were decorated in shades of green and red with bright shiny lights clipped to their garments. Many had a Santa hat planted firmly on top of their head. Others were gift wrapped in holiday themed sweaters. In fact, pre-run festivities included a contest with winners adorning the "ugliest" Christmas sweater. A sea of nearly 400 runners waited for the signal while standing in the starting corral located in the parking lot of Full Blast in downtown Battle Creek. Holiday music could be heard above the chatter of eager runners in anticipation of this annual Christmas party covering 3 miles of holiday cheer.

The Tinsel Toe 5K is the brain child of local Girls on the Run (GOTR) coach, Nikki Elder. Nikki, a Spanish teacher at Wattles Park Elementary School, was the poster child for a non-runner just three years prior. She loathed the sport, finding it difficult to comprehend what could motivate anyone to put their mind and body through such torture. Her attitude about our sport began to waiver, however, during the spring of 2012. A chapter of GOTR arrived at Wattles Park that spring transforming not only Nikki's perception of running but also her life. Witnessing the excitement of this group of girls as they began and completed their journey of preparing for their first 5K run peeked Nikki's interest. Her enthusiasm began as a small spark and quickly grew into a flame as she completed her first 5K that May and moved on from there to the half marathon distance. Finishing thirteen miles created a lasting impression on Nikki that catapulted her from rookie runner to an ambassador for the local running community.

Nikki's apprenticeship into running diplomat began when she organized a local chapter of "Mom's Run this Town" (MRTT), an organization with goals similar to those of GOTR. MRTT creates a platform for empowering woman through the sport of running. To date there are more than 300 members in the Battle Creek, Michigan chapter. Heading up this group of women in the world of running was just the beginning for Nikki. She felt the need to give back to the organization that pushed her into her running journey. She saw the need to organize a fund raiser for the GOTR program of Calhoun County. The cost for each girl who is a part of GOTR is \$125. Many families are able to cover this cost out of their own pocket but some families are not able to foot the bill. GOTR has a policy of not turning down any girl because cost. Last year's Tinsel Toe 5K brought in \$7000 giving a huge

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financial boost to GOTR of Calhoun County. This year's event raised nearly \$9000.

The intent of the Tinsel Toe 5K is obviously to provide financial support for GOTR but there is a bi-product of this event. The time of year, the hour of the day and the atmosphere of this

event provides a family friendly holiday celebration that encourages an active lifestyle. The course showcases downtown Battle Creek's International Festival of lights with a long stretch going through the Michigan Avenue corridor, the heart of downtown Battle Creek. Running alongside others wearing holiday decorated clothing, enjoying the sounds of Christmas music playing on the speakers lining Michigan Avenue, tuning into the rhythm of jingling bells tied to running shoes and taking in the light show illuminating the dark skies provides the perfect backdrop for a holiday extravaganza.

This year's event offered more than just a Christmas party for me. Last year I ran alongside my then 14 year old daughter, Torey on a course blanketed with 5 plus inches of snow while my wife Kathy and 11 year old son, Logan walked the course. This year both Torey and Logan wanted to run. We decided that Torey would go at it alone while Logan and I would run side by

During the weeks leading up to 12/13/14, I couldn't help but feel the excitement build as I anticipated running alongside Logan for this his first 5K. I had experienced this thrill with Torey on many occasions and now it was time for a unique opportunity for father and son to bond for 3.1 miles. Logan shot out of the gate but after a few blocks we fell back into a steady rhythm. A few tenths of a mile in Torey pulled alongside of us and surged ahead of us. Not to be out done, Logan quickened his pace and we were able to keep Torey in our sights. For the next 3/4 of a mile Logan and I closed the gap. For Torey and Logan this may have been a race, a form of a sibling rivalry, but for me it went beyond that. I refrained from encouraging Logan to catch up with his sister. This motivation came from within himself. Shortly after the mile mark we pulled beside Torey. For the next mile and a quarter the three of us ran together stride for stride. As a runner I was in my element. As a father I was experiencing one of those memoires that I will surely cherish for a lifetime. There was little to no conversation. For me it was a friendly conversational pace but for Logan and Torey the pace was beyond conversation. Both were extending their cardio effort and their focus was more on breathing than it was making talk with their dad. Now and then Logan would enquire, "How much farther dad?" Other than that I enjoyed the moment for what it was, a time to be in rhythm with my 12 year old and 15 year old.

As we approached the finish line, Logan began his final kick. I let him go, finishing just a few strides behind him, not willing to put in the effort for a final 100 meter sprint. Both Torey and

Logan made their way to a curb after crossing the finish line, taking a seat for a few brief moments to catch their breath. This moment did not last long however. We had to rush back to the car and get Logan back to the high school for a basketball game in hopes of getting some playing time for the second half.

He had already played two and a half games before the run and was going to miss the second half of game three and first half of game four of this planned basketball tournament. The tournament was a last minute decision made by his coach and had we known before we probably would have not signed Logan up for the race. I feel fortunate that we were able to commit to the run before we knew about the basketball tournament. It made for a busy Saturday but for me it was worth it.

I began running a year before Torey was born. My kids have known me as a runner all of their lives. There have been many moments that we have shared as a family revolving around running. They have been there for me at many races that I have run over the years. I have run alongside both of them for a few kid's one mile fun runs organized with marathons that I have raced. There have been many miles with both Torey and Logan alone with me in the single jogging stroller and with the three of us while pushing both of them in the double jogging stroller. Will there be other running moments like this with the three of us or with myself and just one of them? I'm sure there will be but if not I will always have this memory.

On this December evening however in the midst of a three mile Christmas party, a memory for the ages that supersedes all running experiences with my kids occurred while running side by side with both for a holiday themed run. I hope that ten years from now both Torey and Logan are back home for Christmas and during casual conversation they say, Hey, remember the time when we ran that holiday run with dad?"

As the holiday season comes and goes for another year I hope all of you were able to share memories with friends and family that will be etched in your minds for years to come. As a favorite Christmas song reminds us "It's the most wonderful time of the year!"

I would like to express my gratitude to Nikki and her committee for organizing this special event for GOTR and for also providing a family friendly Christmas party on the streets of downtown Battle Creek. For this father it was an early Christmas present.

KEEP RUNNING!!

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

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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—Natalie Dale **The Thrill of the Game**

*"I love the winning, I can take the losing, but most of all I love to play."
--- Boris Becker*



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Like anything in life, running is what you make of it. It can be a solitary activity, a time set aside for yourself in which you can just shut out the rest of the world and tune in to the pulse of your mental, emotional, spiritual and physical being in rhythm with one another. Some run because by nature they are pure competitors seeking to better themselves while also finishing ahead of those they run against. Still others enjoy the social aspect of it including the bonds built with other runners and the electrically charged atmosphere found on many race courses. Most enjoy all aspects of our sport in one fashion or another. This month's featured member Natalie Dale embodies the spirit of today's runner as she thrives on the internal motivations that seep from within while at the same time taking in the inspiration from others involved in the sport of running.

Natalie's running roots can be traced back to her middle school years. ***"Aside from the occasional game of kiss tag in Elementary School, I officially started running track in Middle School. I continued to run track throughout high school and even gave cross country a try for a year."***

Natalie's competitive drive pulled her into running but ultimately drew her into another sport early on. ***"Since I was never fast, I decided that running collegiately was not in the cards for me. That was okay because I found a different sport which I turned out to be rather good at; Ultimate Frisbee. I played Ultimate for a number of years, some of which were at the National level."***

Ultimately it was Kalamazoo's lack of Ultimate Frisbee support that drew Natalie back to running. ***"Then I moved to Kalamazoo were there wasn't an Ultimate team. I began to look for something to do. My friend Sarah said to me at the bar one Friday night, "Hey why don't you run the Borgess Half Marathon tomorrow?" Hmm. I was never one to shy away from a challenge, so I said sure why not?" So I ran the Borgess Half-Marathon, never having officially run more than 4 or 5 consecutive miles."***

Her lack of experience for running longer distances did not hinder her in this initial half marathon. Perhaps it was her competitive side coming through, Maybe it was a bit of raw talent. More likely, Natalie was just built to run longer distances. ***"I finished in just over 2 hours, beating my friend Sarah by a solid 15 minutes. She was pissed and wanted redemption. So she asked me to run the River Bank run with her a couple of weeks later. Again I said "sure why not?" While we were in the registration line for Riverbank, our Director from work happened to walk by and said to us that we should run the Chicago Marathon for her favorite charity. How does one say no to their boss's boss's boss? And so my marathoning story began. In case you were wondering, I did beat Sarah at the Riverbank Run...and later at the Chicago Marathon."***

By human nature we tend to take things for granted never realizing how lucky we are. Sometimes we just don't know what we have until it's gone. Natalie's time away from running helped her to understand what she likes most about our sport changes throughout the seasons of life. ***"Well, I believe that the answer has changed over the years. Initially I liked running because it meant the I could eat what I wanted and still fit into size 2 pants. After I finished my first marathon, however, and decided to give up running, I realized about a year later that I missed the social aspect and camaraderie associated with running. Years later, after I had my son and wasn't able to run for a number of months, I found that I missed the me time."***

It seems that Natalie has attached herself to the marathon distance having run more than fifty. Her first marathon ranks as her most memorable however. ***"There are lots of memorable moments. I guess my first marathon is probably my most memorable event. I ran the Chicago marathon in 2005. The weather was perfect; it was about 50 degrees at the***

start and about 65 degrees by the end. There were a TON of people. I was almost late getting to the starting line even though I hopped on the first train into Chicago that day. I guess I expected there to be quite a few people, as the packet pick-up expo was huge and bustling the day before but I certainly did not expect the magnitude of people at this event. I went to the Girls On The Run tent prior to going to the starting line, but I had already missed my friend Sarah. So I went and got in line with a sea of about 40,000 runners. I could hardly see the starting line. The horn blew and the cheering began. About 10 minutes later I crossed the starting line and was off. I have never run a race more congested. My goal was to run 10 minute miles until about mile 20 and if I felt good, to pick it up a little for the last 6 miles. Even though I started near the 4:30 marathon pace team, runners were passing me left and right like I was standing still. I really had to focus on not letting those runners entice me into going to fast but I was going slightly faster than I had planned. It wasn't until about mile 6 or 7 when the runners started to thin out a bit, however I was still getting passed a lot. There were lots of people cheering and lots of stuff to see on the Chicago course. Being as this was my longest run ever, I guess that I was not really prepared food-wise. I had gel packets, but didn't really know when to eat them. At around mile twenty, I evaluated my situation and determined that it was time to step it up a notch...and also eat something. By this time there was nobody passing me anymore, and I was the one doing all the passing. Wow that felt great! I felt great, until about mile twenty-five. I think that I had finally hit the end of my fuel reserves and I just didn't want to run anymore. I will not speak for everyone, but for me this point happens in every race. It does not always happen at the same distance or with the same severity. Sometimes I hardly even notice it, but it does happen at least once per race and generally multiple times per race. So again I evaluated my situation and determined that my body was fine and that I needed to simply overcome my emotional roadblock and keep running. Shortly thereafter my boyfriend rejoined me. I will say that there have been a couple of races where I kept going due to cute boy cheering me on. This was one of those times. I finished in 4 hours and 10 minutes."

As an experienced runner I am aware of specific memories from different races. Sometimes there is no rhyme or reason to why we latch on to certain details but this is just how it is. Natalie's recollection from this particular race emphasizes this theme. **"I have run 50 marathons since then and only beaten that time twice. But for this race in particular, I remember the dancing dragons in Chinatown, the twirling dancers in the Mexican area, running through the outskirts of the zoo, and seeing many flamboyantly dressed and loudly cheering individuals around mile six. I also remember hobbling around work the next few days, and having to use the elevator and handicap bathroom. I also lost a toenail a week or so later. Perhaps the thing that I remember most about this race is that I peed all over myself about three steps after I crossed the finish line. I assume that it was my body's way of saying it had had enough and was glad to be done. By that time I really didn't care and it seemed to integrate fine with the various forms of Gatorade that I had spilled on myself throughout the course. It sure was nice to take a shower and put on clean clothes afterwards."**

It comes as no surprise that Natalie's mentor is local running legend, Bob Smola who has run in well over 100 marathons. Will Natalie eclipse this mark as well? I wouldn't bet against it. **"I want to run a marathon in all 50 states. I am halfway along in my quest, and welcome company if anyone wants to join. Since I am not independently wealthy, I try to do a back-to-back (Saturday and Sunday) each quarter. My next set is Texas and Louisiana. I find that running a marathon is a great way to see the area and meet people. I have always been happy when I can spend an extra day or two to go to local**

parks and see what that state/area has to offer."

Natalie enjoys other outdoor activities as well. She competes in snow shoe racing and hopes to qualify for the snow shoe Nationals. We will wish for snow for you Natalie.

Running is one of those activities in which you have to enjoy it for its simplicity of using your own internal motivation one stride at a time. With that being said there are times when it is difficult to go on while relying solely on one's internal drive. The social aspect of running can be a huge component for keeping many of us running. I think that Natalie's joy and enthusiasm for our sport can benefit all of us to keep at it.

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

Hot Club News

KAR Membership Race Discounts

KAR Members are eligible for many local and regional events. Please contact our Executive Director, **Joy Mills**, at joy.mills@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount:

[Groundhog Marathon](#)—Grand Rapids, MI

February 1, 2015

\$5 discount on any event

[Fort Lauderdale A1A Marathon \(Marathon, Half Marathon\)](#) - Fort Lauderdale, FL

February 15, 2015

\$10 discount on marathon or half marathon

[Portage Winter Blast Half Marathon & 5k](#)—Portage, MI

March 1, 2015

\$10 discount on half marathon, \$5 discount on 5k

[Ann Arbor Marathon \(Marathon, Half Marathon, 10k, 5k\)](#) - Ann Arbor, MI

March 29, 2015

10% discount on any race

[Rock CF Half Marathon](#)—Grosse Ile, MI

March 29, 2015

10% discount on any race

[Kal-Haven Trail Run](#)—Kalamazoo, MI

April 11, 2015

\$10 discount off solo event, \$5 discount off relay team events

[Wisconsin Marathon & Half Marathon](#)—Kenosha, WI

May 2, 2015

\$5 discount on full or half marathon

Fifth Third River Bank Run—Grand Rapids, MI

May 9, 2015

\$5 discount on 25k, 10k, 5k run, 5k walk, 25k Relay and combo events

Discount is limited to 50 people, code expires May 4, 2015

Dexter-Ann Arbor Run—Dexter, MI

May 31, 2015

\$5 discount on any event

Glen Arbor Solstice Half Marathon & 5k—Glen Arbor, MI

June 20, 2015

10% discount on any event

Charlevoix Marathon (Marathon, Half Marathon) - Charlevoix, MI

June 27, 2015

\$10 discount on marathon or half marathon

Lake Michigan Half Marathon—Muskegon, MI (Registration opens January 12)

June 27, 2015

\$5 discount available through June 15th

Michigan Wine Trail Half Marathon—Baroda, MI

August 16, 2015

\$10 discount

The Hungerford Games (50 Miler, Marathon, Half Marathon) - Big Rapids, MI

September 26, 2015

10% discount on any event

Follow the Kalamazoo Area Runners on Social Media!

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark 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 more than 2103 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.



The Kalamazoo Area Runners can also be found on Twitter at @KARunners. Please join with us as we increase our presence on social media!

Volunteer Leadership Opportunities

Kal-Haven Trail Run Planning Committee

Directed by **Terry Hutchins**, the committee for the Kal-Haven Trail run will be expanding this spring and several new committee members will be needed to help plan the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability on race day (Saturday, April 11, 2015). For more information contact **Joy Mills** at joy.mills@kalamazooarearunners.org.

Winter Blast Half Marathon & 5k

Volunteer Registration for the 2015 Winter Blast Half Marathon and 5k, presented by Kalamazoo Area Runners (KAR) and the City of Portage, is now available!!! Nearly 200 volunteers are needed for the 3rd annual event and we have opportunities for individuals and groups on Friday, February 27, Saturday, February 28 and Sunday, March 1, 2015. Race morning will feature a special volunteer hospitality suite with refreshments and other amenities to enhance the volunteer experience. Groups should contact Amy Clark at amy.clark@kalamazooarearunners.org for volunteer opportunities and to learn more about the Community Spirit Challenge below. Individual volunteers should [sign up to volunteer here](#).

Indoor Track Workouts at Read Fieldhouse

We are still negotiating with Western Michigan University to determine what dates will be available for KAR members to use the Read Fieldhouse for Indoor Track Workouts this winter. When the schedule is finalized we will be in need of volunteers to close the track workouts on Sunday mornings (at 10am) and on Tuesday mornings (at 7am). Closing involves collecting the sign-in sheet and any contributions, doing a quick look to determine that personal items have not been left behind, forwarding participant information to KAR's Executive Director and making arrangements to return any money collected to either the Executive Director or a KAR Board member. Interested parties may contact Joy Mills at joy.mills@kalamazooarearunners.org for more information or to volunteer.



2014 RUN THRU THE LIGHTS RECAP

On The evening of Thursday, December 4th, with temperatures in the low 30's and clear streets, created ideal conditions as participants and volunteers gathered at the Bronson Park for a festive 2.2 mile fun run through the holiday lights of Downtown Kalamazoo.

Participants were greeted at the finish with tasty treats and refreshments including hot chocolate and Minestrone Soup served by Papa's Italian Sausage as well as Bananas from Walmart. To close the festivities, runners gathered amongst the Bronson Park lights for a door prize drawing for the best costumes. Those winners included: Jesse Kooistra (Best Costume), Jessi Overholt and Ruth Cerny (Most Lights) and the Bowman Family (Most family members—9).

The Run Through the Lights participants were asked to bring non-perishable food item(s) as a part of their entry fee. Participants overwhelmingly responded to this request! We were able to collect an astounding 914 pounds of food for Kalamazoo Loaves & Fishes. The event generated \$8,400 dollars in proceeds to benefit Kalamazoo Loaves and Fishes Mission to "Feed Hungry people and engage our community in the fight to end hunger."

We wish to thank all of our participants, volunteers and sponsors for making the 2014 Run Through the Lights a huge success. Without the generous support of our sponsors and volunteers, an event of this magnitude would not be possible.

A Sincere thank you to our generous sponsors, Gazelle Sports, Kalamazoo Area Runners and Brooks.

Andrea Nixon

Run Through The Lights Co-Director (KAR)

**Kalamazoo Area Runners Annual Membership Banquet
Wednesday, March 25, 2015**

**6:30 PM at the Fetzer Center, WMU
Guest Arrival and Check in from 6:15-6:30 PM**

Guest Speaker, Luke Humphrey of Hansons Coaching Services



The 2015 Annual Banquet and Membership Meeting will be held Wednesday, March 25, 2015 at 6:30pm at Fetzer Center at WMU (registration and check in 6:15 - 6:30pm). The evening's events will be presented in two parts. Part I will begin with dinner provided by Fetzer Center Catering at 6:30pm and a presentation by our special guest speaker Luke Humphrey of Hansons Coaching Services.

Luke Humphrey has been a member of the Hansons-Brooks Distance Project since 2004 and currently serves as the owner and head coach of Hansons Coaching Services based in Rochester Hills, Michigan. Humphrey holds a Masters Degree in exercise science, and is a certified Clinical Exercise Physiologist through the American College of Sports Medicine. He is a three-time Olympic Trials marathon qualifier with a personal best marathon of 2:14:39 and half marathon PR of 1:03:58. He has recorded overall finishes of 12th place in the Chicago Marathon, and 11th place in both the New York City and Boston Marathons. Humphrey is co-author of the books Hansons Marathon Method, and Hansons Half Marathon Method.

There is a charge (\$20 KAR Member Adult/\$25 Non-KAR Member Adult/\$10 Children age 3-10) for dinner and the presentation.

Part II will begin at 7:40pm and will include our Runner Recognition Awards, Volunteer Awards, Annual Business Meeting and Election and Door Prize Drawing. Part II attendance only is FREE of charge.

Pre-registration is required and closes at 5:00pm, Friday, March 20, 2015.

[Register Here!](#)

Agenda

Below is the evening's itinerary:

6:15 – 6:30	Guest Arrival and Check in
6:30 – 7:30	Part I: Dinner and Special Guest Speaker
7:30-7:40	10 minute break, Part II arrivals
7:40 – 8:40	Part II: Awards, Business Meeting and Election, Door Prizes

Volunteers Needed

6:00 – Event start	2 Volunteers Needed for Check in
Beginning at 8:45	2 Volunteers Needed for Tear Down

Email **Amy Clark** at amy.clark@kalamazooarearunners.org with questions or to volunteer.

2014 Runner Recognition Nominations Are Open!

Is there a KAR member who has been a source of inspiration to you in your running? How about a member who has made an exceptional comeback, overcome obstacles, shown incredible improvement or has demonstrated competitive excellence or volunteerism. These categories and more are all part of the Kalamazoo Area Runners Runner Recognition program. The Runner Recognition Program is your opportunity to recognize those who have inspired you. **Nominations open now and due January 31, 2015.** Both nominees and nominators must be current members of the Kalamazoo Area Runners.

For more information about available award categories and to nominate a fellow member of KAR, visit <http://kalamazooarearunners.org/events-and-programs/runner-recognition-program>.

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.

Next KAR Board Meeting is January 5, 2015

The next KAR Board Meeting is January 5, 2015 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

FREE

SPORTS INJURY WALK-IN CLINIC KALAMAZOO AREA RUNNERS (KAR)

Meet Our Athletic Trainers



Jeff Willson, MS, ATC
Michigan Licensed. Certified
Athletic Trainer since 1978.



Heather Sjoquist, MS, ATC
Michigan Licensed. Certified
Athletic Trainer and Certified
Strength and Conditioning
Specialist since 2006.

Do you have an injury from running, exercising, or training for an upcoming race? We can help.

Visit Us on:

- Thursday, October 30, 2014
- Thursday, November 20, 2014
- Thursday, December 18, 2014

And, in 2015, the walk-in clinic will be held on the third Thursday of each month.

Time: 4:00 p.m. to 6:00 p.m.

Open to KAR members

Location:

Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



On-Site Services:

- Athletes seen on a walk-in basis
- Evaluation of a sport or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals

Questions?

Call **(269) 330-2747** or **(269) 808-0041**.

bronsonhealth.com/sportsinjuryclinics



Kalamazoo Area Runners Group Runs and Training Programs



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

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

Kalamazoo/Portage

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

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

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

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

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

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Mandee Kerns** at Mandee.Kerns@kalamazooarearunners.org, or **Laura Sandahl** at Laura.Sandahl@kalamazooarearunners.org. to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

The Urban Herd

FREE runs on Wednesday nights, 6pm at Gazelle Sports. 2-8 mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at tmartin@gazellesports.com.

The Dirty Herd

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

Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark's Lutheran Church

Tuesday evening runs from St. Mark's Lutheran Church, 114 E Minges Rd, Battle Creek, MI 49015 . Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

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

The Sunday group runs in Battle Creek meet at 3:00pm Riverside Park . Use the entrance off Riverside Park and meet at the shelter Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at jill.delong@kalamazooarearunners.org or **Matt Santner** at matt.santner@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of December, the Kalamazoo Area Runners had 1407 members. This represents 11.3% growth since December 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Michelle Acton
Jennifer Barve
Sarah Bierema

Michael Bierema
Nicole Blowers
Mike Cannon
Charles Castaneda
Richard Claypole
Jenny Craven
Gil Fernandez
Eric Fernandez
Taylor Fillar
Michael Frey
Haley Gleeson
Alberta Griffin
Kathy Griffin
Iva Haines
Alan Hendershot
Pam Hendershot
Katie Johnson
Andrea Kemp
Curtis Kemp
Seth Koches
Scott Lacey
Rocque Lefaive
Derek Lewis
Rita Lin
Doug Lynes
Dave Maroukis
David Neely
Stephanie Parks
John Rachor
Dan Reisner
Diane Ross
Trisha Sellers
Stephanie Smiley
Griffin Stover
Micah Stover
Addyson Stover
Kelli VanSchoick
Greg Vosters
Angela Wight-Garfield
Yuji Yoshino
Angela Young

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