

“When you have the enthusiasm and the passion, you end up figuring out how to excel.”

-Deena Kastor

February 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown



Photo Courtesy of Daniel Busby – 2014 Winter Blast Half Marathon

The Essence of Community, Membership and Notice of Changes to the By-Laws

By Bonnie Sexton

What an incredible reward it was to witness so many of our Kalamazoo Area Runners members participate in and/or volunteer for the 2014 Winter Blast Half Marathon and 5k this past weekend, and we express our sincerest gratitude. The event was an incredible testimony of community spirit and collaboration. It all started with a non-profit association and a municipality formally partnering to host a major running event within the City of Portage, and then branching outside our own boundaries to engage the community around us. It takes an



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New Member Welcome

entire community, and in the case of Winter Blast, several communities to successfully deliver a large scale event. In addition to the City of Portage and Kalamazoo Area Runners, the effort required considerable coordination on behalf of Portage Public Schools, ranging from use of their facilities at Portage Central High School to plowing the many parking lots and the start and finish line area used for the event. Seven community groups; Otsego Boys and Girls Cross Country teams, the Otsego Running Club, Cub Scout Pack 256, Mattawan Track and Field, Your Turn and the Kalamazoo Mud Run all hosted aid stations. There were volunteers from the International Student Exchange and the WMU Move student group. The Portage Rotary sent a group race day to assist. There were many individual volunteers, with phenomenal support from within the Kalamazoo Area Runners membership, and the greater community. In addition to our volunteers, we express gratitude to our thirty sponsors and corporate supporters and our vendors, who made significant contributions to the event's success. Finally, there were our many participants, who brought incredible energy, enthusiasm and appreciation as the planning team strived to create this memorable running experience. Through the combined efforts of all of the above individuals and organizations, we were able to successfully build and deliver a quality large scale event. We received many positive emails from participants, but this one stands out in particular as it captures the essence and sense of community created through the Winter Blast Half Marathon & 5k that makes the Kalamazoo running community so unique and special.

My name is Gregg Gerber, from Fremont, Ohio. Yesterday I participated in the Portage Winter Blast Half Marathon. Before you ask, why would an Ohioan come to Michigan in the dead of winter to run 13.1 miles, let me state that I am presently training for the 2014 Boston Marathon and this race fit into my training schedule.

Knowing that weather might be an issue in Michigan this time of year, you can only imagine my thoughts as I awoke to 3 - 4 inches of new snow early Sunday morning! My spirits were low and my expectations for the event even lower - snow, cold, and poor running conditions. However, after arriving at Portage Central High School everything changed! The building was warm - both with temperature and the smiles of the high spirited and helpful volunteers. The event went off on time, volunteers were at their assignments out on the course,

KAR Discount Sponsors

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

Gazelle Sports

10% off 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, 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.



the roads were as good as they could be given the conditions and the Police support on the course was outstanding. Also amazing was the fact that there were many onlookers on the course, cheering and encouraging the 500 plus participants!

After finishing my run, and once again back inside the beautiful school, the refreshments and entertainment brought back warmth and feeling to fingers and feet! I want to say thank you to the city, the school system, the volunteers, and especially the Kalamazoo Runners Club. As I left Portage I was truly impressed with how your community came together and worked together to provide a class event. Please express my thanks to all involved - city government/departments, Police/Medical Response, the school administration, the runners club, and those responsible for organizing the volunteers. Once again, thanks to you, the runners club, and the City of Portage for a great event.

As Board President, one of my major responsibilities is to provide guidance and direction to our organization, and at times this direction manifests itself through our events and programs. An event like Winter Blast would not exist without the engagement of the greater community, nor would it exist without the efforts of KAR and our membership.

What does this all of the above do with our Notice to Changes to the By-laws? On March 20, 2014 the Kalamazoo Area Runners will host our Annual Banquet and General Membership Meeting at the Fetzer Center. It will be an evening dedicated to a celebration of the history of the sport of running as Dr. Ed Kozloff takes us back in time. We will also celebrate the successes of our fellow runners through the Runner Recognition Awards, and the Patrick Johnson Memorial Volunteer Program.

The business meeting is by far the shortest component of the evening nonetheless it is an important one. The membership entrusts the Board of Directors to manage the Association according to its By-laws, and changes to the By-Laws of the organization must be communicated to and approved by the membership. In addition, we also will distribute the 2013 Financials, and Membership Report.

The most significant revision to our By-Laws provides clarification on KAR's activities; that they may be carried out on behalf of our membership, and/or the greater community. This

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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 2012 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.



isn't a change in philosophy as enhancing the quality of life in the community has been embedded in our mission for years, but it provides further definition. KAR offers benefits that are exclusive to members such as race, service provider and merchant discounts, participation in the Club Series and low cost training programs. Like many membership associations, we also come together as a membership body, and community, to organize fundraising activities (i.e. participate in fundraising teams), and host or sponsor events that are open to the general community, regardless of membership status. These may serve as fundraisers for KAR or conducted in partnership with and serve as fundraisers for other community organizations.

This doesn't necessarily mean we are able to fulfil every request presented, but we may, within our capacity, scope, available resources and through our internal processes take part in activities that reach out to and enhance the quality of life in the community through the sport of running. When we extended to the greater community for assistance with Winter Blast, there were many groups (some of them regular supporters) unable to assist with the event. This was not for lack of desire to help, but due to timing, other commitments and limitations on available resources and capacity. For some of them, the timing works better to assist with other KAR events and we referred them to other opportunities. There were others that were able to partner with us on the event. Whether we are reaching out to the community to give assistance or alternatively, to request it, it is important for Kalamazoo Area Runners to engage the greater community around us as we spread our passion for running.

As Kalamazoo Area Runners (KAR) evolves in its' transition to a staffed organization, we will continue to review our By-laws and organizational structure on an ongoing basis. This year we are still in the midst of change, and given the gradual nature of our transition plan, the board is still managing some of the day to day operations (albeit a lessor volume), and is still considered a "working" board. As a result, revisions to the By-laws are minimal for the 2014 – 2015 year.

As our new Executive Director completes her first year and completes her assumption of duties previously performed by the Board and other volunteer leadership team members, we will examine other governance models for membership associations, and explore the possibility of restructuring and increasing the size of the Board in 2015.

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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.



IN THE ZONE

Stephanie Walbridge of In the Zone offers 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.inthefitness.com, or call or email Stephanie at (269) 207-4988 or swalbri2000@tds.net.



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.





Photo by Lana Hulsebus – 2013 Annual Banquet

KAR has experienced a growth trend that has spanned a decade, growing from 200 members in 2004 to more than 1,300 in 2014, and the trajectory shows no signs of slowing down as we enter our second decade of continued growth. As this continues, we need to prepare our organization from a capacity and sustainability standpoint. In addition to our evaluation of Board Structure, this will also involve the leadership team and key stakeholders going through a strategic planning process in the coming year.

In the meantime, below is formal notice and communication of proposed changes to the Kalamazoo Area Runners By-Laws. These were approved by the Executive Board at the February 3, 2014 Board Meeting, and will be presented for approval by the membership at the annual membership meeting on March 20, 2014. The language of the By-laws is in italics, with changes to the language boldfaced. Each section is prefaced by an explanation of the change.

Notice of Changes to the By-Laws

1. The word “Association” was capitalized throughout the By-laws
2. Section IIB was expanded to incorporate “trails” in hosting association activities, and clarification was added that association activities may be on behalf of the membership, or the community. This changes the language as indicated below in bold:

IIB. In furtherance of Objective A, the Association may facilitate, promote, and/or conduct races, training

Board of Directors

Bonnie Sexton
President

Bonnie.sexton@kalamazooarearunners.org



Chris Huff
Vice President

Christine.huff@kalamazooarearunners.org



Karen Christensen
Treasurer

Karen.christensen@kalamazooarearunners.org



Andrea Nixon
Secretary

Andrea.nixon@kalamazooarearunners.org



Amy Clark
Vice President, Special Events

Amy.clark@kalamazooarearunners.org



Amanda Losche
Vice President Marketing and
Communications
Amanda.losche@kalamazooarearunners.org



Steve Rice
Vice President, Development
Steve.rice@kalamazooarearunners.org



OPEN

Vice President, Technology

Staff

Joy Mills
Executive Director
Joy.mills@kalamazooarearunners.org



*programs and group runs on the road, track or **trail**, lectures, fun runs, educational activities, demonstrations, clinics, and social events. The Association may print/publish books, magazines, and newsletters; present awards; and do other things as may be conducive to the encouragement of running **on behalf of the membership, and/or the community.***

- 3. Section IVA provides clarification that individuals who wish to participate in the “membership” activities of the Association must submit dues and an application for membership.

***IVA.** Individuals who wish to participate in the **membership** activities of the Association shall submit dues and an application for membership.*

- 4. Section V5 broadens individuals authorized to maintain content on the Association website. This can include other staff or a third party administrator.

V5. Vice President of Communication and Marketing

a) To identify new event marketing opportunities and strategies

The following duties may be delegated to an Executive Director or other staff or volunteer in accordance with job descriptions or independent professional.

b) To organize, solicit information and produce Association communications and event/membership marketing materials

*c) To coordinate with the VP of Technology or assigned staff or **authorized persons** to ensure timely posting of current information on the Association’s web site*

- 5. Section V8 adds the Executive Director to the coordination of Special Events.

V8. Vice President of Special Events

a) To serve as the contact person for assigned events and programs

Event, Program and Functional Directors

*b) To coordinate with the VP Communications, **Executive Director** and President to Promote Special Events*

The membership will vote on the above changes to the By-laws at the 2014 Annual Banquet and Membership Meeting. In addition, the membership will have the opportunity to formally elect interim Vice President Development, Steve Rice, and interim Vice President of Marketing and Communications Amanda Losche, who both joined us mid-term. We look forward to connecting with you all there on March 20, as we gather as a membership body to celebrate our successes and provide leadership and direction to our organization.



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.

Volunteer Program Change



Photo by Bonnie Sexton

Steve Rice
Director, Wed Night Borgess Health and Fitness Center Runs
Steve.rice@kalamazooarearunners.org

Stephanie Demarest
Director, Fast Track Battle Creek
Stephanie.demarest@kalamazooarearunners.org

Jill Delong
Director, Sunday Afternoon Runs in Battle Creek (with Matt Santner)
Jill.delong@kalamazooarearunners.org

Nikki Gates
Director, Member Reception Runs
Nikki.gates@kalamazooarearunners.org

Karen Christensen
Director, Member Reception Runs
Karen.christensen@kalamazooarearunners.org

John Olbrot
Director, Database Administration
John.olbrot@kalamazooarearunners.org

Judah Gesmundo
Chair, Battle Creek Subcommittee

Lynn Scherer
Chair, Battle Creek Subcommittee

Leslie Scheffers
Director, Volunteer Program
Leslie.scheffers@kalamazooarearunners.org

Marie Billen
Director, Easter Egg Hunt Run
Marie.billen@kalamazooarearunners.org

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

Matt Santner
Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)
Matt.Santner@kalamazooarearunners.org

By Joy Mills & Leslie Scheffers

The Kalamazoo Area Runners leadership team is pleased to announce changes to the Volunteer Recognition Program, effective January 1, 2014.

These changes were undertaken following a membership survey that was conducted in September 2013. In general, the survey showed that people are not looking for recognition but rather to give back to the club, share the passion of running with others, to meet other club members and to help the organizations that benefit from our events and programs. Less than 10% of respondents were interested in receiving points as a result of their volunteer efforts. Why do our members volunteer for KAR events?

The Kalamazoo Area Runners would not exist without the efforts of countless volunteers who have given some portion of their time to the organization over the years. While receiving recognition may not have been their motivation, we feel that it is important for our volunteers to know that they are making a significant impact on both the organization and within the communities in which we live. While you will no longer see a point system, please be on the lookout for the following as we adjust our program to both encourage volunteerism and reward those members that give of their time to strengthen the organization:

- “Best Practices Guidelines” will be developed for use by KAR’s program and event coordinators to help ensure volunteer efforts are consistently recognized at the event level. The goal of these best practices will be to create a positive and rewarding experience for volunteers from within the KAR membership, as well as within the greater community.
- The Reynold Oas Volunteer of the Year Award will be expanded to include five individuals. These individuals will be nominated by the KAR leadership team and selected by the Board of Directors.
- Volunteer opportunities will be promoted through an increased presence on the Kalamazoo Area Runners website at <http://kalamazooarearunners.org/get-involved/volunteer-opportunities/current-volunteer-opportunities/>.
- “Going the Extra Mile” will debut as a new article in the e-newsletter The Rundown to highlight the efforts of various volunteers within the KAR organization.

Event and Program Directors continued.....

Maggie Austin
Director, Fast Track Battle Creek

Scott Taylor
*Director, Turkey Trot Time
Prediction Run (with Bonnie Sexton)*
Scott.taylor@kalamazooarearunners.org

Scott Everett
*Director, Wed Night Portage YMCA
Runs (with Brad Hollister)*
Scott.evenett@kalamazooarearunners.org

Brad Hollister (along with Scott Everett)
*Director, Wed Night Portage YMCA
Runs*
Brad.hollister@kalamazooarearunners.org

Teri Olbrot (along with Brandon Van Dusen, Laura Sandahl)
*Co-Director, Thursday Evening Runs
Director, Children’s Easter Egg Hunt
Run*
teri.olbrot@kalamazooarearunners.org

Open
Director, Halloween Hash

Zachary Baker
Director, Marketing Promotions
Zach.baker@kalamazooarearunners.org

Brandon Van Dusen
*Director, Thursday Night Group Runs
Portage YMCA (with Laura Sandahl
and Teri Olbrot)*
Brandon.vandusen@kalamazooarearunners.org

- In order to continue to recognize the achievements and contributions of Patrick Johnson, one of the Runner Recognition awards has been renamed “The Patrick Johnson Grand Masters Runner of the Year Award.”

In closing, we would like to thank everyone for their amazing spirit of volunteerism and willingness to support and give back to the Kalamazoo Area Runners organization. Your generosity with your time and talent are an integral part of why Kalamazoo has been declared a “Runner Friendly Community.” If you have questions about the Volunteer Program of the Kalamazoo Area Runners, please feel free to contact us.

Joy Mills, Executive Director
Joy.mills@kalamazooarearunners.org

Leslie Scheffers, Director, Volunteer Program
<mailto:leslie.scheffers@kalamazooarearunners.org>



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 with her daughter and classmates as an Assistant Coach for Girls on the Run.

Another Runner’s Perspective – Show them the Way

“This is crazy Dad. I can’t see anything.”
--- Torey Fischer

By Gale Fischer

Recently I read an advertisement in the paper about a new drug that would eradicate obesity. Scientists predict that this magic pill could bring obesity to extinction in America by the year 2018.

Event and Program Directors continued

Phil Goodwin
 Director, Graphic and Web Design
Phil.goodwin@kalamazooarearunners.org

Terry Hutchins
 Director, Kal-Haven Trail Run

Carole Bolthouse
 Director, Kalamazoo Klassic (KAR)
Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton
 Director, Fast Track Training
 Director, Portage Winter Blast Half Marathon & 5k
 Director Kalamazoo Klassic (MRC) (with Carole Bolthouse)
 Team Captain, Race for the Cure
 Director, Turkey Trot Time Prediction 5k Run (with Scott Taylor)
Bonnie.sexton@kalamazooarearunners.org

Kaycie Ohmart
 Director, Expo Marketing
Kaycie.ohmart@kalamazooarearunners.org

Amanda Losch
 Director, E-mail Marketing
Amanda.losch@kalamazooarearunners.org

Lisa Piper-English
 Director, Tuesday Night Runs in Battle Creek (with Michele Babcock)
Lisa.piperenglish@kalamazooarearunners.org

Michele Babcock
 Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Lisa Piper-English)

Stephanie Klumpp
 Team Captain, American Heart Association Heart Walk-Run
Stephanie.klumpp@kalamazooarearunners.org

This cutting-edge medication is known as Garcinia Cambogia. Amazingly enough this new drug is made from ingredients found in pumpkin seeds, but not seeds from just any pumpkin. These one of a kind pumpkins must be grown in certain regions under specific conditions. Scientists that are researching Garcinia Cambogia claim that doctors and dietitians will be without jobs as soon as it hits the pharmacy shelves. Scientists explain that it inhibits Citrate Lyase, an enzyme in the human anatomy, preventing fat from being absorbed as well breaking up the fat already stored by the body and eliminating it. It also suppresses appetite, builds muscle tone as well as reducing cholesterol. This may sound like a hoax but regardless don't throw away those pumpkin seeds. Pumpkin seeds are known for many health benefits including antioxidant properties, which reduce the risk of cancer and act as an anti-inflammatory.

As I read this advertisement I was a bit skeptical. I just couldn't wrap my brain around the concept that by simply taking a pill one could eliminate obesity and the many health risks that accompany it. I suppose that if there were such a potion it would be of great benefit to our society. With jobs, family and other commitments dominating the schedules of so many people, trying to carve out a chunk of time each day to practice a healthy active lifestyle can be mind-boggling. Adding one more pill to our daily intake might potentially eliminate the hassle of trying to find the time each day to work out. Things are not all that cut and dry however. Although an active lifestyle helps to reduce obesity and promote physical health there are other benefits that exercise is associated with that Garcinia Cambogia cannot provide for the human species. The mental, emotional and spiritual boost that a daily exercise regimen can provide could be lost if traded for the potential power of a daily pill to eliminate and prevent obesity. Running has given me a network of acquaintances and connections to people with many interests similar to mine, creating friendships and supplying me with opportunities that would have never otherwise been possible. Taking up hobbies such as running, biking, swimming or yoga can medicate the mind and soul unlike any drug or pill.

As adults and members of the running community we have a wonderful opportunity to model physical activity to our younger generation showing them that such a lifestyle can prevent obesity and the health risks that come with it while at the same time fueling the mind and soul with a continual dose of energy. As a running club we sponsor and participate in events that promote running and physical activity for our youth. The Easter Egg Hunt Run and the Halloween Hash Run are a few examples of events that the Kalamazoo Area Runners (KAR) supports and participates in, in its mission to promote running and exercise for young and old alike. Many KAR members volunteer for or participate in Girls on the Run, an event that fosters positive social development and decision making for young girls with running being the catalyst. For many years KAR has also been a part of the Kal Haven Trail Relay, a race that now is a major fundraiser for Girls on Track, a program for teenage girls with a structure similar to that of Girls on the Run. These races and events are formal examples of how we teach our youth and support them to be physically active now and in their future but more importantly by simply employing a daily exercise routine in our own lives we lead by example as we demonstrate to our younger generation the importance of physical activity.

As an elementary teacher, my primary responsibility involves guiding and supporting students who are struggling academically as I teach them strategies for success in reading, writing and solving math problems. When I chose teaching as a profession however, my commitment to our younger generation went beyond academics. I have the opportunity each and every day to model to all of our student body the characteristics and traits required from adults in our society. Although I am sure

that there are times when I miss the mark, I do strive to be an appropriate role model for our young learners. As a runner I have the unique opportunity to lead by example in showing our student body that being active is not only important because of its physical health implications but that it can also be an enjoyable component of one's daily routine, enhancing one's mental and emotional well-being.

I began my first year at Wattles Park Elementary (WPE) in 2001. Paul Cotts, our gym teacher began the same year. Throughout my years at WPE I have witnessed a transformation placed on the importance of health not only for our students, but also our staff. Mr. Cotts hit the gate running in 2001, his first year out of college, creating his version of a student PE homework program, implementing the FAST (Fit, Active, Strong, Together). The FAST program is not a requirement but does encourage and promote students to be active at home. FAST implements what I consider to be a crucial component of an exercise program for many individuals as students bring home log sheets to track their minutes of exercise. Having a concrete form to track progress has been proven to be an important way to hold individuals accountable in their exercise routine. Although not for everyone an exercise log can be a valuable tool for some people. Students are encouraged to log any form of exercising on their FAST sheets, which can range from, a bike ride to tossing a football around with a parent to walking the dog. Mr. Cotts also began his annual PE and school wide fundraiser, Jump rope for Heart, an event in which students raise money for the American Heart Association as they exercise. Participation and money raised has increased each year, making it a major event and fundraiser at WPE. Mr. Cotts also weaves running into his curriculum with the WPE's annual fall classic, the Great a Pumpkin Run. First place girls and boys from each grade level of this one mile race are awarded a pumpkin. Students also fine-tune their running and endurance as they work their way through the school year to the 25 minute challenge. Each class begins the year running 3 minutes and progressively works up to 25- minutes as the year goes on. To officially complete the challenge students must continue running for the entire time. The completion rate of this challenge is always hovering near 100%. Mr. Cotts runs each and every minute with every class with some classroom teachers running along side their students as well. Like running or any goal in life the 25-minute challenge reinforces to kids the concept that completion of many goals requires commitment and work over a long period of time. There are no short cuts in completing any goals worth obtaining in life.

Teaching the value of physical routine is not restricted to just the physical Education program at Wattles Park. We will soon begin our third season of Girls on the Run. Many of the teachers and staff encourage the girls but it is the implementation of Girls on the Run, and the commitment from these young girls which has spurred on the movement of our staff taking up running. One of our recess aids and school nurses have also introduced Wattles Outstanding Walkers (WOW) this year, a program in which students log miles during recess on our outdoor track. Students set individual goals but a map on the wall of our school lobby tracks our school wide goals in which Kindergarten through 3rd grade students are tracking their miles to Colorado and 4th grade students are tracking their miles to the Mackinac Bridge.

As teachers or members of the running community we all offer examples to our youth of what being physical active looks like. For many of us with our own children at home, the most important way we can impact our future generation in regards to employing an active lifestyle is offering this model to our own kids. I began running before both of my children were born. They have always known me as a runner and are well aware that this is an important part of my life. Hopefully my views on living

a healthy lifestyle and my actions have rooted these same philosophies deep into their minds. I am active through exercise and chores that I do around the house. My wife Kathy and I do not drink or smoke and we try to eat healthy. We strive to model the components of healthy living to our children, Torey and Logan. Although I have tried not to steer my children in any particular direction in their quest for sports activities both enjoy some of the same activities that I enjoy. Logan and I enjoy shooting hoops, playing catch, swimming and biking together, bonding together as father and son. Torey has become a member of the running community the last year. She and I run together periodically and although I appreciate the healthy benefits that she is receiving from her new found hobby what I enjoy most about it is the time we can spend together, just her and I, when we go out for a run. Just last week, we went out for a few miles in a blinding, bitter, wind and snowstorm. The wind and snow kind of came out of nowhere so we didn't run as far as planned. At one point Torey said, "This is crazy Dad. I can't see anything." Although this particular run lasted all of 20 minutes I am sure it will provide a memory that we can reminisce about for years to come. I am proud as a runner and a father that my habit has filtered through to my children, but perhaps what is even more rewarding to me is the impact that it has had on my wife. Kathy has always been active with horseback riding and working out in the yard and barn but in the last few years has taken on more of an exercise routine. She has shed a few pounds and looks just as attractive as she did nearly 25 years ago when I first met her. More importantly than her physical beauty is that her physical health will benefit from her new healthier lifestyle. I'm not sure if I am fully responsible for Kathy's exercise routine, but I would like to think that my behaviors and attitudes have influenced her through the years.

As adults we have unlimited potential to influence youth everywhere, especially our own offspring. Employing health routines in our lives is one of the most important things we can do not only for ourselves but also for our children. There is certainly a place for medication in our world to treat specific conditions however we should not just rely on magic pills. Diet and exercise are the medication for mental, physical and spiritual health. Let's keep showing our children the way through our own healthy routines.

KEEP RUNNING!!

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



Gale Fischer has been running since 1997, is married with two children and is a long time member of Kalamazoo Area Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.

Featured Member – Rusty Rathburn Follow Your Heart

“My psychiatrist told me I’m going crazy. I told him if you don’t mind I’d like a second opinion. He said alright you’re ugly too!”

---Rodney Dangerfield



The Rathburn Family

By Gale Fischer

Before I began running my choice of exercise was pickup basketball. I had played in high school and at some point it became a sport I enjoyed year around not just during the traditional basketball season. It wasn't like running in that I had to do it every day but if an opportunity presented itself I was ready to hit the hardwood. I joined intramural teams in college and would head over to the athletic center a few times a week with friends for a few hours of exercise. Upon graduation from college my wife and I found ourselves living in Indianapolis, Indiana, considered by many the hub of basketball. Opportunities were plentiful for pickup games during the spring, summer and fall when outdoor courts at local parks were swarming with basketball players in their teens, twenties and

thirties. After living and working in Indianapolis for three years we moved to Battle Creek. I continued to enjoy basketball but after a few years I was introduced to running and suddenly basketball became my second option for exercise. As time went on I played basketball less and less and eventually stopped altogether. It wasn't because I didn't enjoy an intense full court game of hoops but as my love and passion for running increased I became fearful that I might sustain an injury during a silly game of basketball that would prevent me from running for a period of time. I would imagine that a layoff from running due to an injury is a common concern or fear for most passionate runners. This month's featured member, Rusty Rathburn is an example of a runner who has gone through this. Like many of us he too avoided seeing a doctor when he experienced pain from running. ***"I held off going to the Doc because I was confident I would hear the dreaded words "you need to quit running."***

Rusty began running more than twenty five years ago, just after graduating from college. Twenty two years later he began experiencing pain in his left hip. ***"It started with what appeared to be muscle and tendon pain so I blamed it on the shoes and switched shoes. At the time I was running 60 miles per week. My mileage and splits slowly declined. I would get fatigued running slower while putting in fewer miles. There was some pain but the pain did not get too severe because I unknowingly was adjusting my gait to compensate for my issues. It impacted me more physically because I was losing my speed and stamina. I was OK mentally because I was still out running.*** Deep down inside Rusty knew something was not right but he was still able to run and that was all that mattered.

"I ran up until the day before surgery. Essentially in the end I was running with one leg. My good leg would do all the thrusting and my bad leg would follow thru kind of as a stilt, waiting for the next thrust from the good leg. I looked pretty bad in the end! So bad that friends would pull over and ask if I needed a ride. I would say that I had a pretty good idea how bad it was getting the last 6 months. I held off going to the Doc because I was confident I would hear the dreaded "you need to quit running." In the end the MRI showed there was a lot going on. I had a Femoral Acetabular Impingement (FAI), a macerated labrum, a partially torn tendon, foreign bodies floating in my hip socket and severe degenerative hip disease. I conferred with numerous physicians and all said I needed a Hip Replacement, which was followed up with, "your running days are over."

As individuals we need to be our own advocates. For any major medical decision there is nothing more important than getting a second or third medical opinion. Many orthopedic surgeons do not understand how ingrained running is in our livelihood. It is part of who we are. Fortunately there are those physicians whose goal is for their patients to resume their lives as normally as possible. For physicians such as this, if you are a runner they want you to be able to continue running after surgery and rehab. Rusty was persistent and kept searching until he was satisfied with a prognosis he could live with. He made appointments with several orthopedic surgeons in Michigan and was able to find a diagnosis and treatment he was content with while consulting with a third physician. Initially Rusty assumed that his hip could be scoped and cleaned out and life as normal would resume. After consulting with an orthopedic doctor in Ann Arbor however, Rusty learned that his hip was in more serious condition than he had imagined. He required a complete hip replacement but fortunately good news followed. ***"Eventually I found a surgeon that said I could run in as few as 6 weeks after surgery. I had been doing Physical Therapy and continued the PT strength conditioning to aid my recovery. On November 19th I received my new***

Stryker Securfit hip. My recovery went quite smoothly. Within two weeks I was on the exercise bike for 45 minutes per day. I also started walking. Initially I was walking 2 miles and got up to 8 miles. Walking 8 miles really stoked my craving to get back running. On January 6th I was given the OK to run. My first week I ran a total of 15 slow paced miles. My intention is to run 20 miles the second week and start picking up the pace. My new hip feels great. My new hip feels so good that my “natural” hip is starting to show signs of degeneration.

What Rusty likes most about running is the mental clarity that it provides when dealing with issues. This mental clarity must have been severely tested when the bad news hit and Rusty came face to face with the reality that he might never run again.

Rusty spent a few weeks recently in Florida, which helped with his rehab. For any runner living in Michigan this winter, Florida would be a great destination to avoid exactly what Rusty likes least about running. ***“Cold Temps do not bother me, but I hate the ice.”***

Rusty advises runners to not put all their eggs in one basket. ***“Mix in some cross training and run with your family and/or friends when possible. My 5th grader will sometimes get up at 5:30 and run with me and my morning running buddies.”***

When it comes to running, Rusty enjoys the theme of family. His most memorable period of time involving running was shared with his wife and children. ***“During the summer of 2013 my boys and I ran 20 races in 20 straight weekends. We started in April and ended Labor Day weekend. My wife was unable to participate in all the races because she is a physician and has to work some weekends.”*** During a recent conversation on the phone with Rusty, he stressed the importance of getting our youth involved with the running community. There is no better place to start than with your own children.

Although Rusty was blessed with a new hip and the ability to continue to run his goals have gone through a few adjustments. ***“Prior to my hip issues I was running 50 – 60 miles per week. I hope to get up to 40 – 50 miles per week by summer’s end. I used to run marathons. (10+ years ago) Having kids changes the ability to put in the long distances.”*** Although Rusty’s surgeon encouraged him to continue running, he recommended that he stick with races no longer than the half-marathon distance.

As healthy citizens of the USA who are able to enjoy running it is sometimes easy to take things for granted. Many luxuries that we partake in are thought of as rights and not privileges. Taking for granted the luxury of going out for a five mile run on any given day can sometimes skew the lines between rights and privileges. There are many among us who are not able to run because of specific circumstances. It can be argued that being a member of the running community is a privilege not a right granted to us. This is not to say that we should not advocate for ourselves however. If accident or injury leaves you with a physician’s recommendation of no more running do not hesitate to get a second, third or fourth medical opinion. The benefits that you can gain physically and mentally from running are too important to throw in the towel. Rusty was given an initial diagnosis of no running but this did not deter his quest for what he desired. Because of his aggressive mentality Rusty is like a little child again, giddy with excitement in going for a run. I suspect that now however he does not take it for granted as much as he once did.

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

Featured Volunteer - Going the Extra Mile with Event Director, Stephanie Sabin



Stephanie Sabin

By Leslie Scheffers

Stephanie Sabin has served as the Event Director for Run through the Lights over the last 4 years. She became involved with the event when she volunteered to be a course marshal. During Stephanie's leadership tenure, Run through the Lights has experienced tremendous growth where in 2009 there were 300 participants and last year's event attracted over 1200 participants.

Event growth has necessitated the need for more volunteers and structure so Stephanie assembled a planning committee. Back in 2010, planning started three months out for the December event. In 2013, the planning committee started meeting in April. The event planning committee consisted of members from KAR (Stephanie Sabin, Andrea Nixon, and Amy Clark), Gazelle Sports (Maria Swiftfoot), and Kalamazoo Loaves & Fishes (Jennifer Johnson, Marvin King, and Kevin Minor). Planning for the 2014 event has already begun!! The biggest volunteer need for Run through the Lights is course marshals. "2013 was the first year, with the help of our presenting sponsor Maple Hill Auto Group, that we were able to offer a course marshal shuttle service. A shuttle was provided

to drop off/pick up course marshals out on the course. It was very well received and we are hoping to continue the shuttle service in the years to come,” says Stephanie.



Run Through the Lights Volunteers - Photo by DB Family Photography

Stephanie’s volunteer role has provided her with the opportunity to foster relationships that extend beyond the event and have evolved into friendships. Additionally, the benefit to the community is the greatest reward coming out of her volunteer experience. “As an individual I could never come close to giving back to the community in the way the collective effort of the Run through the Lights event has. Knowing that for two consecutive years the proceeds to Kalamazoo Loaves and Fishes has topped \$9,000/year plus the thousands of pounds of non-perishable food donations is simply incredible - I am so grateful and proud,” she says. In fact, Stephanie’s greatest memory of the event was during her first year as the Director in 2010. “Food donations were overflowing the capacity of the shipping & receiving room at Gazelle Sports. Participants lined the alley with bags of non-perishable food items. The outpouring of support by the running community, through Run through the Lights, for our hungry neighbors has been incredible,” she explains.



Having Fun Volunteering - Photo by DB Family Photography

Stephanie's volunteerism has also afforded her the opportunity to gain some unique skills such as the fine science of how to make hot chocolate in 100-cup canisters (a staple for this event!) and how to keep generators from blowing out circuits at Gazelle Sports. "I am well versed in how to fire up a generator!" Stephanie says.

Stephanie offers some great advice for other event directors, "Stay organized; communicate; plan early and for the unexpected; sponsorships are key; keep it simple and organize a core team (3-4 key members max) to help organize the event."

We would like to thank Stephanie Sabin for going the extra mile by dedicating her time and leadership to give back to the community as the Run through the Lights Event Director.

Hot Club News and Events

NEW!!! Spirit Racing Discount Sponsorship



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.spirittracing.us to learn more about Spirit Racing and to register for 2014 events, using the 2014 KAR discount code.

Schedule of Events:

- May 24th K5K – Kalamazoo 5k, Kalamazoo, Michigan (Part of the Club Championship Series)
- May 31st Double Time Triathlon/Duathlon/Aquabike, Vicksburg, MI
- June 12th Kids at Custer Triathlon, Augusta, MI
- June 18th 2K Open Water Swim #1, Comstock, MI
- June 24th Short Open Water Swim #1, Portage, MI
- June 28th Gull Lake Triathlon/Duathlon/Aquabike, Hickory Corners, MI
- July 9 2K Open Water Swim #2, Comstock, MI
- July 15th Short Open Water Swim #2, Portage, MI
- July 24th Kalamazoo Mile, Kalamazoo, MI
- August 6th 2K Open Water Swim #3, Comstock, MI
- August 9th Kids Get Active Triathlon, Portage, MI
- September 13th Laughing Gull Half Marathon, Hickory Corners, MI

KAR Membership Race Discounts

KAR Members are eligible for many local and regional events. Please contact our new 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:

Rock CF Rivers Half Marathon – Grosse Ile, MI

March 30, 2014

\$5 discount on registration

Ann Arbor Marathon – Ann Arbor, MI

March 30, 2014

15% off marathon or half marathon

Kal-Haven Trail Run – Kalamazoo, MI

April 5, 2014

\$10 discount for solo runners, \$10 per team discount for relay

Hurt The Dirt – Rockford, MI

April 26, 2014

10% discount on 10k, Half Marathon or Marathon registration

Great Lakes Bay Marathon – Midland, MI

May 18, 2014

\$5 discount on Half Marathon or Marathon, and Marathon Wheeler registration

Kalamazoo Mud Run – Kalamazoo, MI

June 7, 2014

\$5 discount on registration

Charlevoix Marathon – Charlevoix, MI

June 21, 2014

\$10 discount on half or full marathon registration

Duo At The Ledge – Grand Ledge, MI

July 5, 2014

\$10 discount on half marathon or 5k

Portland Relay For Life Half Marathon and 5k – Portland, MI

July 27, 2014

\$5 discount on half marathon or 5k. Registrations must be received by mail by July 17th.

Old Farts Marathon – Lowell, MI

August 16, 2014

\$5 discount on half or full marathon registration

Michigan Wine Trail Half Marathon – Baroda, MI

August 24, 2014

\$20 discount on half marathon through December 31, 2013. \$10 discount on half marathon as of January 1, 2014.

Run For Your Heart (Half Marathon, 10K, 5K) – Saginaw, MI

September 6, 2014

\$2 discount on race fee

The Hungerford Games – Big Rapids, MI

September 27, 2014

\$5 discount on half marathon, marathon, or 50 mile ultramarathon

[Park2Park \(Half Marathon, 5k\)](#) – Holland, MI

September 27, 2014

\$5 discount on half marathon \$3 discount on 5k. Discounts expire August 31st.

[Grand Rapids Marathon \(Marathon, Half Marathon\)](#) – Grand Rapids, MI

October 19, 2014

\$7 discount on marathon or half marathon

Kalamazoo Area Runners Annual Banquet

Thursday, March 20, 2014

6:30 PM at the Fetzer Center, WMU

Guest Arrival and Check in from 6:15-6:30 PM



Guest Speaker, Ed Kozloff

About the Event

The 2014 Annual Banquet and Membership Meeting will be held Thursday, March 20, 2014 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 Ed Kozloff entitled "The History of Running, Nationally and in Michigan." Ed Kozloff has served as president of the Motor City Striders since 1975, leading the club to national recognition and promoting running in Michigan. Having directed over 1,000 races including the Motor City Marathon and the Detroit Free Press International Marathon, he may be considered the "father of modern distance running" in Michigan. Contributions to charities from the Motor Cities Striders events total over \$25,000,000. Ed's collection of running memorabilia may be unmatched. His writing and collaboration can be found in many magazines and books.

There is a charge (\$20 Adult Member/\$25 Adult Non-Member/\$10 Children under 12) 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 14, 2014.

[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

5:30 – 6:00 2-4 Volunteers Needed for Set Up
6:00 – Event start 2-3 Volunteers Needed for Check in
6:00 – 7:30 2 Volunteers to Staff Memorabilia Table
7:30 – 9:00 2 Volunteers to Staff Memorabilia Table
Beginning at 8:45 2-4 Volunteers Needed for Tear Down

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

Spots Remain for the 2014 Kal-Haven Trail Run



Registration for the 2014 Kal-Haven Trail Run on April 5, 2014 is now OPEN! Directed by Terry Hutchins, the Kal-Haven Trail Run is the premiere ultra-event in Southwest Michigan. Runners complete the 33.5 mile distance from Kalamazoo to South Haven either on their own or as part of teams of between 2 to 6 runners. The event is \$45 for solo runners and \$30 for relay team members and includes a long sleeve technical shirt. KAR Members receive a \$10 discount on registration for

the solo event, and \$10 discount per relay team. Please contact Joy Mills at joy.mills@kalamazooarearunners.org for the applicable discount codes.

The solo distance event has been added to the Club Championship Series for 2014

The event is organized by the Kalamazoo Area Runners and all race proceeds benefit the Greater Kalamazoo Girls on the Run (GOTR) Girls on Track program, whose mission is one of educating and preparing girls for a lifetime of self-respect and healthy living.

The 2014 event will be held on April 5, 2014.
Solo Event –8:00am start
Two Person Relay Team – 8:30am start
Three – Six Person Relay Team – 9:00am start

Volunteering and Sponsorship

The Kal-Haven Trail Run wouldn't be possible without the generous support of our sponsors and volunteers. If you, your family, friends, employer or another group you are affiliated with are interested in becoming involved in either volunteering or sponsoring the event, please visit our website below.

For more information on the event, registration and volunteer and/or sponsorship opportunities, visit <http://kalahaventrailrun.wordpress.com/>.



Spring Member Reception 5k Fun Run
Monday, April 7, 2014 at 6:00pm
(Check in and Late Registration 5:30 – 6:00 pm)
Maple Branch YMCA
1001 W. Maple Street
Kalamazoo, MI 49008
Cost: Free of charge



Attention prospective members, new members and long-time members! Kalamazoo Area Runners is pleased to host the Spring Member Reception 5k Fun Run on Monday, April 7, 2014 at 6:00pm at the Maple Branch YMCA (Late registration and check in from 5:30 – 6:00 pm). This is a casual fun run and social event sponsored by the Kalamazoo Area Runners. The 5k course will go through the surrounding areas of the Maple Branch YMCA. Refreshments and door prizes immediately following at the Maple Branch YMCA. Participants are welcome to stay for the KAR Board Meeting beginning at 7:30 pm. Registration is required. For more information contact Nikki Gates at nikki.gates@kalamazooarearunners.org.

[Click Here for Online Registration!](#)

[Downloadable Registration Form](#)

VOLUNTEERS NEEDED: We need a few volunteers for set up and registration from 5:15 – 6:15 pm as well as tear down from 7:15 – 7:30pm. Please contact Nikki Gates at nikki.gates@kalamazooarearunners.org or Karen Christensen at karen.christensen@kalamazooarearunners.org if you can help out.

Registration for the Kids' Easter Egg Hunt and Fun Run is now OPEN!



**Join us for the 2014 Kalamazoo Area Runners
Kids' Easter Egg Hunt & Fun Run
Sunday April 13, 2014 at 2:00 PM
Portage West Middle School**



Photo by DB Family Photography

The **2014 Kids' Easter Egg Hunt and Fun Run** will be held April 13th, 2014 (at 2:00pm) at Portage West Middle School, 7145 Moorsbridge Rd., Portage, MI 49024. This is a free event open to the community, with donations accepted to benefit Kalamazoo Loaves and Fishes.

Your child's enjoyment and success at "hunting" eggs is very important to us. Please select the group most appropriate for your child (ages below provided as guidelines only), so that we can best prepare for the number of children participating in each group.

- **Baby Bunnies** (two-year-olds and under) will scavenge for eggs with direct help from their parent or caregiver in their own area of the Easter Bunny's Playground.
- **Little Bunnies** (ages 3 through 5) will scavenge for eggs with supervision from their parent or caregiver, in the Easter Bunny's Playground.
- **Big Bunnies** (ages 6 through 12) will scavenge for eggs on an approximate one mile cross country course. Parents are welcome to accompany them, and course Marshals will be present
-

Children need to bring their own Easter basket. Refreshments and door prizes provided after the run! Click on the link below to register. Online registration closes April 12th at 12:00 PM. Event Day registration will be in the School Cafeteria between 12:30 and 1:30 PM, Sunday April 13th.

[Click Here to Register Online](#)

Once again, we are accepting donations of non-perishable and canned food items for Kalamazoo Loaves and Fishes. Monetary donations will also be accepted at the Registration table, or online at <http://www.kzoolf.org/> Please see their website for current needs.

We have several volunteer opportunities available for the event. Please contact Andrea Nixon at andrea.nixon@kalamazoorearunners.org to volunteer.

1. Registration and Check-In (12:00 - 2:00pm) – 4 volunteers
2. Set up Course – (12:00 – 2:00 pm) – 4 volunteers
3. Course Marshals/Leaders for the Kids Runs (1:30 – 3:00 pm) – 8 volunteers
4. Refreshments/Door Prizes – (1:30 – 3:00pm) – 4 volunteers
5. Tear Down – (3:00 – 3:30pm) – 4 volunteers

2014 American Heart Association Heart Walk/Run April 26 Join the Kalamazoo Area Runners Team!



This year on April 26 the American Heart Association is hosting their Heart Walk. They have added a 5K run to the event this year. The Kalamazoo Area Runners are putting a team together for this event. The KAR team for the Kalamazoo Heart Run/Walk is looking for team members. If you are interested in joining, or would like more information visit our team page. For more information, contact **Stephanie Klumpp** at Stephanie.Klumpp@kalamazoorearunners.org.

[Click here to join the Kalamazoo Area Runners Team](#)

2014 Relay For Life Join the Kalamazoo Area Runners Team!

When: 10 AM, Saturday, May 31 Through 10 AM, Sunday, June 1
Where: Portage Central High School



Relay For Life is the American Cancer Society's signature fundraising event. Money raised goes toward:

- Promoting cancer awareness.
- Supporting cancer patients through their treatments
- Funding research to find a cure.

Kalamazoo Area Runners is organizing a **running competition** for the event. The competition will involve raising money and running (or walking) as many miles as possible.

The competition will have **2 divisions**:

Most Miles Run – Run as many miles as you can during the event.

Most Funds Raised – Raise as much money as you can for running those miles.

KAR will award following **prizes**:

1. Event donations of \$200 and \$100 respectively in honor of top 2 female "Most Miles Run" finishers.
2. Event donations of \$200 and \$100 respectively in honor of top 2 male "Most Miles Run" finishers.
3. Event donations of \$400, \$200 and \$100 in honor of top 3 "Most Funds Raised" finishers.
4. Event donation of \$1,000 to male or female runner who places first in both divisions. Winning this one would be legendary.

Joining the KAR Team is an easy process:

1. [Register Online By Clicking Here Then Clicking "Join Our Team"](#)
2. Set up your personal fundraising web page. You can send people to this link to sponsor you. Do not hesitate to call me at the number below if you need help with this.
3. Begin fundraising!

If you are unable to participate in the relay but would like to help, please sponsor one of the runners. You can also click the registration link above then click "Donate Now."

If you have any questions, please contact Ferdi Hintze at fhintze2000@yahoo.com or 269-547-0037.

Rules:

1. All miles must be run during the event at Portage Central High School.
2. Miles run should be reported to when you are finished running. Honors system will be used.

3. Funds can be raised over the internet or with cash donations. All cash must be turned in by Wednesday, June 5, 2014.
-

Leadership Team Announcements

We must bid a fond farewell to one of our Board Members. **Eric Burnson** submitted his resignation as Vice President of Technology due to a recent promotion and increased business travel at work. We sincerely thank Eric for his professionalism and service to Kalamazoo Area Runners, and wish him the best of success as he pursues his career goals.

We welcome to KAR our newest leadership team members, **Brad Hollister** and **Stephanie Klumpp**. **Stephanie** has assumed responsibility as Team Captain for our new American Heart Association 5k Run/Walk Team. Please join us in extending a warm welcome to Stephanie, and consider participating as part of the team.

Brad has replaced Teresa Redmond as Director of the KAR Wednesday evening runs from Portage YMCA, and will be working with Scott Everett in providing leadership to the group. We encourage you to come out and join us on a Wednesday evening, and welcome Brad to his new position.

Volunteer Leadership Opportunities

BOARD OPPORTUNITIES

Vice President, Technology

Eric's resignation from the Board of Directors left a vacancy for a Vice President of Technology. The role of the Vice President of Technology is to provide oversight, leadership and guidance relating to technology solutions, strategies and all other matters relating to technology to fellow board members, functional, event and program directors and staff.

For more information, a full job description and or to express an interest, please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

DIRECTOR AND COMMITTEE OPPORTUNITIES

Winter Blast Half Marathon & 5k (Event Date: TBD - 2015)

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2015)

For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Safari Half and Full Marathon Training – KAR Co-Director (June – October 2014)

Kalamazoo Area Runners has a unique leadership opportunity for the Co-Director of the Safari Half and Full Marathon Training Program. Involves 2-3 planning meetings Mar – June, acting as liaison with our partner (Gazelle Sports) providing oversight to the Outdoor Track Workouts including recruiting and scheduling coaches, coordinating aid stations one Saturday a month, communications through KAR channels and other miscellaneous duties as per the partnership agreement.

For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org

Kalamazoo Area Runners Fanwear Store – Check Out Our Winter 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.

Yes, there really is a Kalamazoo Area Runners Facebook Group



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 1250 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.

Next KAR Board Meeting is April 7, 2014

The next KAR Board Meeting is April 7, 2014 at 7:30pm at Maple YMCA immediately following the Spring Fling Member Reception Run. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Championship Series Events



Spring is just a few short weeks away, and we are pleased to announce the 2014 Club Championship Series Line-up kicks off March 22, 2014 with The Shamrock 5k. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

- [The Shamrock](#) 5k (\$5 discount), March 22, 2014
- [Kal Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 5, 2014
- [Battle Creek Eco Trail Race](#) 4k & 8k (10% discount), April 19, 2014
- [Consumers Sunburst](#) 5k & 10k (\$5 discount), April 26, 2014
- [B.C. Spring Into Action](#) 5k & 10k, April 26, 2014
- [Vicksburg Hearty Hustle](#) 5k (preregistration only), May 10, 2014
- [Oaklawn Hospitality Classic](#) 5k & 10k, May 17, 2014
- [Howard Hill Hustle](#) 5k (\$5 discount), May 17, 2014
- [Komen Race for the Cure](#) 5k, May 17, 2014
- [K5K \(Kalamazoo 5K\)](#) 5k (preregistration only), May 24, 2014

- [Run to Climax](#) 7k, May 26, 2014
- [Plainwell Education Foundation Island](#) 5k (preregistration only), June 12, 2014
- [Cereal City Classic](#) 5k & 10k, (\$5 discount), June 14, 2014
- [Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 14, 2014
- [Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 21, 2014
- [Schoolcraft Firecracker](#) 5 Mile, July 4, 2014
- [Pace for Poverty](#) 5k & 10k, July 4, 2014
- [Kindleberger Superhero](#) 5k (\$3 discount), July 12, 2014
- [Mattawan Road & Trail](#) 5k, August 2, 2014
- [Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014
- [Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014
- [Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014
- [Grape Lake](#) 5k (preregistration only), September 6, 2014
- [Peacock Strut](#) 5k & 10k, September 13, 2014
- [Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014
- [Run for the Son](#) 5k, September 27, 2014

2014 Club Championship Series Only (no discount)

- [Borgess Run for the Health of It!](#) 5k, Half Marathon, & Kalamazoo Marathon, May 4, 2014

Points for each race will be determined as follows: Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series Awards Celebration in November 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: $\text{Time points} = \text{winner time} / \text{runner time} * 100$.

Running Community News

EZ5k Memorial Run April 19, 2014





Registration is now open for the 2014 EZ5K Memorial Run. This race honors Kalamazoo Public Safety Officer Eric Zapata, who was killed in the line of duty in April 2011. Participation has been growing for this race every year. The Race/Walk will be held at Kalamazoo Valley Community College located at 6767 West “O” Avenue, Kalamazoo. The 5K Run/Walk will begin at 9:00 am. Check-in & same day registration begins at 7:00 am until 8:30 am at Kalamazoo Valley Community College. The race will occur rain or shine. Awards will be given to overall and age division winners. Proceeds from the event go to fund college scholarships for students studying law enforcement, as well as the Below 100 Program, which provides training aimed at reducing police officer fatalities. Each month through April, registrants will be entered to win a digital camera courtesy of Norman Camera. For more details about the race and to register, go to <http://www.ezmemorialrun.com/>

Training Programs and Group Runs

The Beyond Half and Full Marathon Training; Drop Ins Welcome



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program presented by Kalamazoo Area Runners (KAR). The Beyond is directed by Andy Hirzel, and

whether you are a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner, Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

Kalamazoo Area Runners (KAR) brings an out of this world training program designed to help you achieve your goals! The 2014 Beyond Training Program runs January 4, 2014 through April 26, 2014 and concludes with the Kalamazoo Marathon / Borgess Half Marathon on May 4, 2014. Program benefits include:

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

Online registration is now closed, but we are still accepting registrations onsite.

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 Eric Burnson at eric.burson@kalamazooarearunners.org. Check it out at <http://kalamazooarearunners.org/events-and-programs/training/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 **Brandon VanDusen** at Brandon.vandusen@kalamazooarearunners.org, **Teri Olbrot** at teri.olbrot@kalamazooarearunners.org or **Laura Sandahl** at lsandahl@gmail.com 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, contact Tim Martin at tmartin@gazellesports.com

The Dirty Herd

*****NOTE TIME CHANGE***** FREE trail runs on Sunday afternoons at 8:00am 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

Battle Creek

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

*****NOTE TIME CHANGE***** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. 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.

*****NOTE NEW LOCATION*** Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark Lutheran Church**

Tuesday evening runs from St. Mark Lutheran Church, 114 E. Minges Rd. Battle Creek, MI 49015 (corner of Capital Ave. and Minges Rd.) at 6:00pm. Please bring your own hydration. For more information contact **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of February, the Kalamazoo Area Runners attained another new membership record, shattering the 1,300 mark. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Jack	Abate
Cindy	Adams
Heidi	Baker
Bruce	Barua
Julia	Bates
Andrew	Bauman
Susie	Bauman
Audra	Birchmeier
Kimberly	Brady
Ray	Brandon
Ray	Brandon
Amanda	Burdette
pablo	Cecere
Karen	Cleveland
Brian	Connolly
Patrick	Connor
Kathy	Crosthwaite
Hannah	Crosthwaite
Roger	Crosthwaite

Travis	Crosthwaite
Lee	Cummings
Jane	Cummings
Christine	Dage
Gail	Davis
Tera	Demarest
Elizabeth	Doorn
David	Eagle
Anne	Engl
Scott	Evans
Brooke	Feltner-Beece
Lori	Fraker
Maxwell	Glynn
Bill	Greer
Sara	Hagan
Sara	Hagan
Mary	Hannapel
Jill	Harris
Megan	Hass
Nate	Hawthorne
Dean	Hazle
Andrew	Horne
Tiffany	Horne
Gabrielle	Kirchner
Casey	Kitteredge
Casey	Kittredge
Vana	Kokkinos
Judah	Lake
Jeff	Linn
Brian	Molony
Brendan	Molony
Meghan	Molony
Fayth	Moore
Doug	Muenzer
Penelope	Muenzer
Vance	Muenzer
Cole	Muenzer
Kristen	Noble
Allyson	Ostrander
Becky	Patterson
Michelle	Peterson
Mike	Peterson
Emily	Potratz
Jenna	Rensch
Cheryl	Riethman
JoDee	Rolfe
Patrick	Rolfe
Kevin	Rook
Kirk	Russell
Wes	Seeley

Tamara	Shuler
Katie	Soule
Cyndi	Trobeck
Joe	Unwin
Gena	VanderMeulen
Bindu	Vanimisetti
Nick	VanLent
JoDell	Walker
Dianne	Webster
Erin	Williams
Carl	Williams
Keith	Williams
Amy	Wright
Tammy	Wright
Sarah	Yetter

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