

***“That’s the thing about running: Your greatest runs are rarely measured by racing success. They are moments in time when running allows you to see how wonderful your life is.”***  
**-Kara Goucher**

February 2015

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

# The Kalamazoo Area Runners Rundown

## A New Term Begins By Bonnie Sexton



On March 25, 2015, we host our Annual Banquet and Membership Meeting at the Fetzer Center. It is the one time a year we gather together as a membership body for dinner and enjoy a special guest speaker (this year Luke Humprey from the Hanson’s Coaching Services). We also honor and recognize the achievements and inspirational stories of fellow members, and, for about ten minutes, conduct our business meeting. This includes a brief presentation of our accomplishments and finances for 2014, ratification of changes to the By-Laws by our membership, as well as the election of officers.

As Board President, this also means saying farewell to members of an Executive Leadership that worked intimately together to provide leadership to Kalamazoo Area Runners (KAR) during rewarding times, challenging times and transformational times.



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New Member Welcome

Change management is never easy, and this team was able to execute it successfully. The past two years were a tremendous period of transformation for our organization, as we for the first time ever hired an Executive Director (Joy Mills), began working on a one year transition plan that evolved to a three year transition plan, and completed the strategic planning process. Concurrently, we also launched the Winter Blast Half Marathon & 5k, the Jack-O'-Lantern 5k & 10k Trail Run, and expanded our presence in Battle Creek. I would like to take a moment to recognize the outgoing officers that were a part of this amazing team, a team that facilitated and supported an incredible transition for Kalamazoo Area Runners (KAR) over the last few years.

Christine (Chris) Huff served as Vice President of Membership from 2012 – 2015. Initially she began as Membership Director, was appointed as interim Vice President Membership mid-term in 2012, and in 2013 was elected to the position by the membership. When Chris first joined the Board in 2012, membership was just approaching the magical 1,000 mark. Since then membership has grown to more than 1,400, an incredible number to manage as a volunteer. She also started working on increasing member benefits (this was eventually turned over to Joy), particularly the number of race discounts, and served on the Fast Track Coaching Team Summer of 2014. Chris will continue to assist with the membership function in a Membership Director capacity, as well as manage Fast Track Registration data on behalf of KAR.

Karen Christensen served as Treasurer from 2013 – 2015, and assumed responsibility for managing our Association finances, also during a period of high revenue and expense growth as we added new events and programs. Her expertise was invaluable during a time of change. We eventually started shifting some of the accounting functions to the Executive Director position. Karen also serves as a member of the Turkey Trot Time Prediction 5k Run Planning Committee, Co-Directs the Member Reception Runs, and serves as a Fast Track Committee Member and Coach. She will continue to serve in a leadership capacity, assisting with these events and programs.

Andrea Nixon served as Board Secretary from 2013 – 2015, documenting minutes from all Board and Subcommittee Meetings. Andrea demonstrated incredible dedication to her position and Kalamazoo Area Runners through her service, raising the bar to new standards of excellence. In addition, she served

## KAR Discount Sponsors

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

### Gazelle Sports

Information coming soon!



### 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 has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto: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.

on the Easter Egg Hunt Run Committee, Co-Directed Run Through the Lights and served as a Safari Team Leader. We have fond memories of Andrea serving as the Easter Bunny for the Children's Easter Egg Hunt Run, and she assisted as part of a team to lead that event to record growth.

We sincerely thank Chris, Karen and Andrea for their dedication and volunteerism on behalf of Kalamazoo Area Runners (KAR), and during such a pivotal point in our Association's history. It took a very special team to make this happen.

We also wish to introduce the Board candidates for the 2015 – 2017 term (or 2015 – 2016 term for those positions with a one year short term). Seeking re-election are Bonnie Sexton, Amy Clark, Steve Rice (as Board Secretary), Kristen Maxwell (currently interim) and Pablo Cecere (currently interim). New candidates are Chelsea Fay, Ferdinand Hintz and Carrie Hoch-Morlock. At this time, we do not have a candidate for President-elect.

Thank you to each of the individuals below for volunteering to serve, as we continue to lead KAR to the next level of excellence. We will see you on March 25<sup>th</sup>!

### ***Candidates for Election***

#### **Board President (Two Year Term)**

Bonnie Sexton (Returning Board Member)

#### **President Elect (Two Year Term - pending membership approval of position)**

(Open)

#### **Vice President (One Year Term)**

Chelsea Fay (New Candidate)

#### **Treasurer (Two Year Term)**

Ferdinand Hintz (New Candidate)

#### **Secretary (One Year Term)**

Steve Rice (Returning Board Member, Different Position)

#### **Vice President, Marketing and Communications (One Year Term)**

Kristen Maxwell (Returning Board Member)

### **continued...**

#### **AGILITY PHYSICAL THERAPY**

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

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

Visit [www.agilitysportsmedicine.com](http://www.agilitysportsmedicine.com) for locations and contact information.



#### **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 <http://pedalbicycle.com/>. Provide the 2015 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 \$70 for KAR members).

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

[www.downdogvogacenter.com](http://www.downdogvogacenter.com).

Provide the 2015 discount code to receive discounts.



**Vice President, Technology (Two Year Term)**

Pablo Cecere (Returning Board Member)

**Vice President, Special Events (One Year Term)**

Amy Clark (Returning Board Member)

**Vice President, Development (One Year Term)**

Carrie Hoch-Mortlock (New Candidate)

**Trustee (Past President)**

N/A



*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.*

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**Executive Director Report— Featured Volunteers—Going the Extra Mile**

**By Joy Mills**

The Kalamazoo Area Runners is an organization built on the hard work and commitment of volunteers. I have always been particularly impressed by those people that dedicate several months of Saturday mornings to serve as pace group leaders for our distance training programs such as Beyond and Safari. In the past year I have had the pleasure of running on a pace team with one such volunteer, Sherri DeFouw. Sherri is joined in pace team leading by her husband Larry, and for the month of February I wanted to share their story and thoughts about volunteerism.

continued...

**BRONSON ATHLETIC CLUB**

2015 Information coming soon!

**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 massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.

**SPIRIT RACING**

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$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](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.







Larry and Sherri met at a Saturday morning run that Francine Bangs invited Sherri to attend with her. Larry and Sherri were running about the same pace and talking and he invited her to another run they were going to do from Maggie's on campus. That was 18 years ago. They have done many runs together since then, including 6 marathons. The DeFouw's celebrated their 10th anniversary by running BIG SUR, that was one of their favorites. Larry and Sherri do the Great Turtle Run quite regularly because it is a nice Fall getaway. Running has kept the couple active, and they have met so many young people who keep us wanting to run. The DeFouw's wish to say ***"Thank You"*** to this wonderful running community.

One last wonderful piece—the DeFouw's now have four young grandchildren who love to run in the kids races.

When asked why they volunteer for KAR, Sherri shares that ***"Larry volunteered first for Safari and really enjoyed it. He made some new connections and many new friends, so I decided to follow. We are running close to the same pace, but not always, so I felt the opportunity to also expand myself and be a volunteer. There have been many rewards mostly the connections with new friends who also love to run! It makes for a built in motivational system when people are waiting for***

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***you on a Saturday long run, or for track, or any of the other in-between runs.”***

Larry adds ***“There are also the shirts, the discounts on joining Safari or Beyond, and last year our entry into the GR half-marathon was paid for. So there are financial rewards also.”***

Sherri describes her volunteer role as follows:

***“When we are pace leaders, we aim to keep our group together within the pace specified. We help to motivate and keep the group informed.”***

Larry continues ***“We send out emails and make sure we are committing to the running schedule and will be there on Saturdays or track days as much as possible. We want to encourage new runners and help them make connections with people the feel comfortable running with.”***

When asked what advice they would give to others interested in volunteering for KAR, their response is ***“Go for it! It is such a rewarding experience, doing what you love with people who love running also. We have met so many good friends during our running careers. It is so much easier to run when your running buddy is your husband or wife. You have that built in motivational person waiting for you to run. We have become a running family and can work vacations around a run.”***



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 with the Beyond program for her first marathon, the Cellcom Green Bay Marathon in May.

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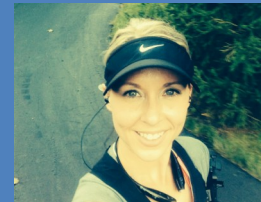
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## Another Runner's Perspective - Running the Numbers

*"Don't ask me why I run. Ask yourself why you don't."*

---Anonymous

Under most circumstances, running can be the simplest of sports. At the bare minimum all that is required is a pair of running shoes, socks and attire to fit the season and weather conditions. Runners can enjoy the serenity of the outdoors while running through sensory stimulation but if this is not enough to get the most out of a workout technology can provide us with MP3 players that run the gamut, allowing individuals to pass the time on a run with a favorite playlist. Many choose to run as a way to exercise the body and soothe the soul without a care in the world while others crave the knowledge of each and every numerical detail of a workout, gathering information from tools as simple as a basic stopwatch to some of the more complex satellite tracking devices. This data can be stored in a simple notebook with pen and paper or plotted and analyzed in one many online training logs. In fact many personal trainers recommend tracking exercise through a log to help keep athletes motivated to keep up with an exercise routine.

For a number of years I have documented my mileage with an online log offered through Runner's World. During this juncture there have been periods of time when I have scrutinized this information, keeping a close eye on miles run per week and stages in which I could have cared less about the data. As I sat down to record a run the Saturday evening approaching New Years Eve, just four days shy of turning our calendars to 2015 a few months ago, I had the urge to look at my total miles for the year. Having not glanced at the accumulated 2014 totals at all during the previous twelve months, I was not exactly sure what to expect, but at the same time I felt I had a handle on what range my accumulated miles fell into. If I would have been asked what my total mileage was, 361 days into 2014, my prediction would have been in the range of 1500 - 2000 miles. As the calendar turned to January, twelve months prior I had not made a goal of total miles for the year. As I sifted through the data, the number 1939.5 appeared on the screen. Although I had not set a target for 2014, with less than a week remaining until January 1, the thought of finishing with 60.5 miles to push me to 2000 miles suddenly provided me with not only a four day mission but also a late season goal for the year.

As I sat with my wife and kids in our family room the remainder of the evening a battle of sorts was taking place in my mind. Part of me scoffed at the notion of letting my run log dictate the next four days. This side of me felt content to ride out the last

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half of this festive season with a sensible schedule of fifteen to twenty miles, but the realization of grinding out four high mileage days to crack 2000 miles for the year kept nagging at me. I glanced over at my fifteen year old daughter as I brought the screen on my Ipad into view, showing her how close, yet how far away I was from 2000 miles. Instantly the words came from her mouth, "Are you going to go for it Dad?" I responded with a resounding, "No it is too late for that."

As I lay in bed that night I could not however get beyond the numbers that were toying with my mind. Before I awoke the next morning the decision had been made. As a teacher I was in the middle of my Christmas break so I had more than enough time the next four days to put in 60.5 miles with nothing to worry about beyond running except for eating and sleeping. The lack of distraction and time commitment of going into work seemed to help justify my late season running extravaganza.

As I sat in church the following morning, I was present physically, but mentally my mind was in planning mode. I decided that I would get a jump on things and run twenty miles later on in the afternoon. There is a running group that meets at 3 pm every Sunday, which gave me some reassurance of an getting in at least part of the run with the help and encouragement of some of my fellow runners. As it turned out I would not have to run any of the twenty miles alone, providing some much needed conversation to get me through. When I finally finished there was a sense of relief that I was almost 1/3 finished after one of four days complete. Despite this feeling of relief, I was physically exhausted.

Although I had not formulated an official plan, I figured that if I could complete fourteen miles on Monday, followed by another fourteen on Tuesday I would be left with less than thirteen miles on New Year's Eve. The next three days however, I decided the miles would be split up. Not wasting any time I changed into my running clothes after waking up, Monday morning and was out the door. Not knowing how far I would go initially, a few miles in, I decided nine miles sounded good for the morning session. After having completed twenty miles fourteen hours prior, I was pleasantly surprised at how fresh my legs felt. Slowing the pace however, became a necessity. Finishing at around 9:30 am, I had five and a half hours to recover for my next five miles of the day. My daughter and one of her cross country coaches provided company for this segment and helped me to keep the pace comfortable. I miscalculated our route by a slim margin turning our five mile run into five and a half miles. This was a bonus knowing that I had a half mile less to run the next two days.

I felt fatigued two days in and thirty-four and a half miles under my belt but a feeling of arrogance must have taken over sending me into phase two of my plan. If I was going to finish the year in a flurry why not bite off a bit more with fourteen extra miles and

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ending 2014 with 2014 miles. . I played the numbers in my head. Twenty-five miles on Tuesday would leave me one mile shy of 2000. I figured that I would then plan on 15 miles Wednesday to hit the 2014 mile jackpot, but if my body had taken all its toll I could at least get a mile in to reach my initial goal of 2000.

Tuesday's work would take place in three separate, solo increments. I awoke to cold temps and ran my first segment of eight and a half miles. My body was craving calories but I did not want to fill my gut with anything that would sit in bottom of my stomach. I guzzled a glass of chocolate milk and after a thirty minute power nap I was out on the road again to get in another eight miles. My legs were holding up but my normal pace was slowing considerably. This was fine with me. After lounging the next six hours I decided to get in from the cold and do my last segment of the day inside on a treadmill, putting in another eight and a half miles at the YMCA. Sitting at home on the couch that night in front of the comfort of a fire in our fire stove I felt great about being only fifteen miles short of 2014 miles but was dreading day four with predictions of temps in the single digits. I did not want to brave the cold alone, especially after completing high mileage that day by myself and yet I did not want to run all my final day miles on a treadmill. After posting a request on Face book I was able to find two co-workers meeting for six miles, Wednesday morning.

We braved the cold and kept the pace very comfortable as we navigated the trails at Ott Preserve in Battle Creek for six miles early New Year's Eve morning. Their company was much appreciated. Being back in the woods helped to protect us from the cold winds and less than a mile in the movement of running took the nip away, warming me just enough. Circling back to our vehicles, our Garmin's read six miles. I ran another one and a half on my own, and headed to my classroom to work for a few hours before conquering the last seven and a half mile segment.

I decided I would leave the winter elements again and head to the YMCA to run on the treadmill. Setting the controls to an easy pace I went through the motions for an hour run while reflecting on the past four days. As I sipped from my water bottle while catching my breath when my run was done, an overwhelming feeling of satisfaction rushed through me. My legs were tired but not sore. I was exhausted and figured I should go home and take a nap so that I could stay awake later this New Year's Eve, until midnight. Mission accomplished.

As human beings, we are always setting goals for ourselves. Some are short term and some long term. There are those that are a part of one's bucket list while others don't necessarily carry the same weight. Was my seventy five miles in four days worth the effort? For me it was. A few days later I suffered through

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three days with a head cold. The physical effort I put my body through more than likely had something to do with this but I am content that that the four day effort gave me 2014 miles for the year 2014. Will I do it again in 2015? I will not plan my miles today or over the next eight months to land exactly on 2015 but may look more into it in November to see if hitting the bulls eye of 2015 miles is something within range at that time and something to plan my running schedule around for the last two months of the year. Until then I will just run.

**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.*

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## **Featured Member—Heather Dittenber Coming Out Of Your Shell**

*"You don't drown by falling in the water. You drown by staying there."*

*--- Unknown source*



Depression, like any disease can be cured or managed with a variety of treatment options. If you search online for remedies for depression you will find a variety of treatment options including prescription medications, natural supplements and therapy. What works best for one individual to treat depression does not necessarily resonate with everyone. Factors such as age, emotional support or lack of from family and friends and genetic predisposition can determine whether one option works better than another. For some, the initiation of and adherence to an exercise routine could be the answer to climbing out of the pit of depression. The endorphin rush, the stable, predictable routine and the self confidence boost that being active can provide are all possible explanations for the impact of exercise on depression. This month's featured runner, Heather Dittenber, has experienced firsthand the positive impact of exercise through running, in salvaging her life and rescuing her from the dark prison of depression while catapulting her into freedom through the world of running.

Heather first shared her story with me a few years ago. Our discussion lasted for all of ten minutes but I realized immediately that her story was one that needed to be written. She reminisced about how her life as an overweight wife and mom had stripped her of all self-confidence and plagued her with a feeling of uselessness. Her mental frame of mind changed almost immediately however when she went out for her first run. The pride that seeped from the smile on her face and the tone in her voice as she spoke of how running had transformed her life could not be denied. The physical change that she had undergone as illustrated through the before and after pictures on her cell phone that she shared with me, was truly amazing. It was as if the present day Heather had been locked up in a 300 pound body and was now free 100 pounds later.

Heather began running at the suggestion of her sister-in-law to train for and run the Fifth Third River Bank Run 5K race. Although the weight loss did not come immediately after she began running, the running did manage to pull her from her desperate, lonely world. ***"I began running in 2009. My sister-in-law asked me to run in the 5th Third Bank 5K. I said yes that I would do it. I topped the scales at 300 pounds at that time. The first time I went out I made it a half mile. I made it through my first 5K with the run walk method, but despised the walking component."*** The training and racing method made popular by Jeff Galloway involves intervals of running and walking as way of completing a specified distance. Although this approach is quite common and works for many, it was not what Heather preferred. It was simply a necessity early on because of a combination of the weight she carried and the shape that she was in.

Although her first 5K was what she considered a snail's pace, her ability to finish the distance on a 300 pound frame goes to show the physical and mental endurance that Heather embodies. ***"I trained for six months for my first 5K. My time was 48 minutes. Three miles at that time was exhausting to me. I was running 16 minute miles."***

Heather's body may have been giving her signals of physical exhaustion, but her mental and emotional reserves were overflowing with positive energy. ***"I loved how it made me feel and the feeling of accomplishment. I love now driving from place to place and thinking that I have run that distance. I would run from my house to the fountain in Marshall which was 9 miles and my husband would pick me up. I would then cover this distance in my car and marvel at the notion that I could run this far."*** As a distance runner I can relate to this sense of accomplishment that Heather feels with each and every run. I

have experienced first-hand the feeling of self-confidence that comes from being able to cover a long distance on foot. When I began training for my first marathon I couldn't help but feel that I was taking on the impossible. Breaking down the barrier of that first mental and physical roadblock when I completed my first double digit run left me buzzing. Although a double digit run has been in my weekly repertoire for years I still marvel at the fact that I can cover a distance of 10 plus miles on foot. I understand whole heartedly the sense of accomplishment that Heather is referring to. This rise in one's self-confidence is a phenomenon that I have observed in many runners new to the sport.

Running is the ultimate individual sport and for many of us countless miles are run in solitude. This time spent with one's own thoughts cannot be underestimated. Although Heather appreciates this time spent on the roads alone she also understands as well as any runner the importance of the running community and the support created by spectators at many races. Although the drive and passion for running must come from within there are a plethora of opportunities for support and inspiration for runners ***"The feeling of finishing my first 5K was overwhelming emotionally. I realized how supportive the running community was. I was hooked. My sister law and I agreed to run the Riverbank 5K every year. I have now done it 7 times."***

Running it seems had saved Heather from her mental demons, but she ran for three years without it touching the physical issue that put her at risk for many other health concerns. Although she began running, she still indulged herself with fast food and was unable to shed any weight. It is amazing that she was able to run as she did for three years carrying 300 pounds but it worked for her. Even though the running had given her a mental and emotional safety net there were still some things she would need to resolve mentally that would also help Heather make another positive change. ***"For three years I ran on my 300 pound frame. I began to realize that I was avoiding certain situations because of my weight. I refused to have people take pictures of me with my kids because of my weight. I hated the way I looked. It finally hit me that I needed to make a change for not just myself but also my kids. I did not want them to grow up without pictures of them as children with their mom. This with the combination of trying to find clothes that fit me made me realize that I needed to lose weight. I joined the Choose to Lose program at the Battle Creek YMCA."*** This is a 10 week program that separates participants into teams. It is a competition of sorts with team and individual accolades but ultimately any participant that makes lifelong healthy changes is a winner. ***"I lost 61 pounds in the 10 week period of the competition. This jumpstarted me going longer than 3 miles. I started increasing my miles in a hurry going from 3 miles to 6 miles and then from 6 miles to 9 miles. Over the next 7 months I lost another 40 pounds."***

It would appear that over the least three plus years, Heather has come out of her shell and the bumps have disappeared with nothing but a smooth road in front of her. As good as conditions might seem for any of us life happens. Heather may have climbed from the pit of depression but she is human just like any of us and prone to ruts in the road. When the her course becomes difficult to navigate however all she has to do is turn to running. ***"Before running I struggled with depression. Running seemed to relieve this depression. Even seven years later I can find myself in a bad mood but a run will do wonders for this."***

So what does the future hold for Heather? She has run many 5K races and tackled the half-marathon as well. Having spent all those years in Grand Rapids, Mother's Day Weekend, running the Riverbank Run 5K and witnessing the magic of the 25K, her pipe dream is to one day attempt this distance. With all that she has overcome and accomplished this goal it seems is a very realistic one for her to accomplish.



Everyone's story can have an impact on all of us. A few days before I interviewed Heather, I was talking to a friend about what Heather had overcome and that I would be writing her story. This friend's response suggested that those who have managed to toe the straight and narrow line by adhering to a healthy life and maintaining a healthy weight through the years are sometimes slighted. I agree that these individuals deserve much praise as well but I always have a certain admiration for those who make positive changes in their lives. These changes must be difficult. The examples that these individuals illustrate for all who are stuck in a deep unhealthy rut is that although to some extent we will always bear the burdens that we have carried, it is never too late to make a change and that making this change, although difficult is not impossible. Although Heather's example can have a great impact on those who struggle with demons such as depression, weight loss or drug abuse, her example can also offer something for the rest of us as well.

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

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## Hot Club News

### Follow the Kalamazoo Area Runners on Social Media!



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 2203 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!

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## Volunteer Leadership Opportunities

### COMMITTEE OPPORTUNITIES

#### ***Turkey Trot Time Prediction 5k Run (Event Date: November 26, 2015)***

The Turkey Trot Time Prediction 5k Run committee, directed by Scott Taylor and Joy Mills, is seeking a Refreshment Coordinator to help plan the 2015 event. Position requires attendance at 4-6 planning meetings, background coordination of duties and availability on race day. For more information contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

#### ***Member Reception Run Co-Director***

The Member Reception Run Co-Director helps organize 3 quarterly Member Reception Runs a year in conjunction with KAR Board Mtgs (currently February, April and August). Position requires background coordination of duties and availability at the Member Reception Runs. For more information contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

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## 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](mailto: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:

### **[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

### **[Great Lakes Bay Marathon](#)**—Midland, MI

May 17, 2015

\$5 discount available for marathon or half marathon, \$20 for relay team.

### **[Dexter-Ann Arbor Run](#)**—Dexter, MI

May 31, 2015

\$5 discount on any event

### **[Sunburst Marathon & Half Marathon](#)**—South Bend, IN

June 6, 2015

\$5 discount on marathon or half marathon

### **[Kalamazoo Mud Run](#)**—Kalamazoo, MI

June 13, 2015

\$5 discount

### **[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

**[Duo At The Ledge](#)—Grand Ledge, MI**

July 4, 2015

\$10 discount

**[Shermanator](#)—Augusta, MI**

August 1, 2015

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

**[Moonlight Bootlegger 5k](#)—Ionia, MI**

August 14, 2015

15% discount

**[Michigan Wine Trail Half Marathon](#)—Baroda, MI**

August 16, 2015

\$10 discount

**[Run For Your Heart](#)—Saginaw, MI**

September 12, 2015

\$2 off the 5k or 10k

**[The Hungerford Games \(50 Miler, Marathon, Half Marathon\)](#) - Big Rapids, MI**

September 26, 2015

10% discount on any event

**[The Brooksie Way](#)—Rochester, MI**

September 27, 2015

\$15 discount on any event (through 9/20)

**[Falling Waters Trail Half Marathon](#)—Concord, MI**

October 4, 2015

5% discount

**[Grand Rapids Marathon & Half Marathon](#)—Grand Rapids, MI**

October 18, 2015

\$7 discount on half or full marathon



**Spring Member Reception 5k Fun Run**  
**Monday, April 6, 2015 at 6:00pm**  
**(Check in and Late Registration 5:30 – 6:00 pm)**  
**Bronson Athletic Club**  
**6789 Elm Valley Drive**  
**Kalamazoo, MI 49009**  
**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 6, 2015 at 6:00pm at the Bronson Athletic Club (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. Registration is required. The 5k course will go through the complex of the Bronson Athletic Club surrounding areas. Refreshments and door prizes immediately following at the Bronson Athletic Club. Participants are welcome to stay for the KAR Board Meeting beginning at 7:30 pm. For more information contact Nikki Gates at [nikki.gates@kalamazooarearunners.org](mailto:nikki.gates@kalamazooarearunners.org).

**[Register Here!](#)**

**[Downloadable Registration Form Here](#)**

**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 Karen Christensen at [karen.christensen@kalamazooarearunners.org](mailto:karen.christensen@kalamazooarearunners.org) if you can help out.



## Join the Kalamazoo Area Runners as we support the Southwest Michigan First Catalyst Community Challenge on May 3rd!

***Train Together!  
Succeed Together!  
Celebrate Together!***

That is what the Catalyst Community Challenge sponsored by Southwest Michigan First is all about! If you are planning to participate in the Borgess Run For The Health of It Half Marathon, 10K or 5K on Saturday, May 3rd we would invite you to invite your friends to join with you and form a Kalamazoo Area Runners challenge team!



### **How the Challenge Works**

Teams are made up of three to five people, with the top three finishers on your team scoring. Individual places are based on age and gender divisions. Each finishing place equals 1 point. So for instance, if your top three runners finished 3rd, 5th, and 8th in their respective divisions, the team score would be 16. Low score wins!

### **How to register**

1. There is no additional team charge this year, just individual participant fees.
2. Running team members **MUST** register all at once with a single credit card.
3. To be recognized as a Kalamazoo Area Runners team, your team name must include “KAR” or “Kalamazoo Area Runners” in the title.

***In addition to the awards available through the Catalyst Community Challenge, all members of a KAR team will receive a KAR short sleeved technical shirt to wear on race day. Show your pride as a member of the Kalamazoo Area Runners and fill the ranks of runners in the Half Marathon, 10K and 5K with Team KAR pride!***

To learn more about the Catalyst Community Challenge and register for a team event visit <http://borgessrun.com/team-competition>.



**2014 Catalyst Community Challenge  
KAR Team Blue—Half  
Marathon Division Champions!**

## **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 11<sup>th</sup> 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

## 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.

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### Next KAR Board Meeting is April 6, 2015

The next KAR Board Meeting is April 6 2015 at 7:30pm following the Member Reception Run at Bronson Athletic Club. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto: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](http://bronsonhealth.com/sportsinjuryclinics)





## Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Winter Blast Half Marathon & 5k](#) (\$10 discount half, \$5 discount 5k), March 1, 2015  
[The Shamrock 5k](#) (\$5 discount), March 21, 2015  
[Kal-Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 11, 2015  
[Battle Creek Eco Race 4k & 8k](#) (10 discount), April 18, 2015  
[BC Spring into Action 5k & 10k](#), April 25, 2015  
[Borgess Run for the Health of it Marathon, Half Marathon, 10k, and 5k](#) (No discount), May 3, 2015  
[Vicksburg Hearty Hustle 5k](#), May 9, 2015  
Oaklawn Hospitality Classic 5k & 10k, May 16, 2015  
[Komen Race for the Cure 5k](#) (\$5 discount), May 17, 2015  
[K5K \(Kalamazoo 5k\)](#), May 23, 2015  
[Run to Climax 7k](#), May 25, 2015  
Plainwell Education Foundation Island City 5k & 10k, June 11, 2015  
[Cereal City Classic 5k & 10k](#) (\$5 discount), June 13, 2015  
[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 20, 2015  
[Binder Park Zoo/Cheetah Chase](#), June 27, 2015  
[Schoolcraft Firecracker 5 Miler](#) (\$5 discount), July 4, 2015  
[Pace for Poverty 5k & 10k](#), July 4, 2015  
[Kindleberger Super Hero 5k](#) (\$3 discount), July 11, 2015  
[Steve Athey Memorial 5k & 10k \(Steve's Raider Stomp\)](#) (pre-registration only), July 11, 2015  
[Mattawan Wildcat Road & Trail 5k](#), August 1, 2015  
[Otsego Ready or Not 5k](#) (\$5 till noon 7/11, \$2 thereafter), August 1, 2015  
[Allegan Strides for Health 5k](#), August 15, 2015  
[Grape Lake 5k](#) (\$3 discount), September 12, 2015  
Peacock Strut 5k & 10k, September 12, 2015  
[Run for the Son 5k](#), September 26, 2015  
[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 27, 2015

# 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](mailto:joy.mills@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](mailto:steve.rice@kalamazooarearunners.org) for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

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### **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](mailto: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.

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### **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 [Man-dee.Kerns@kalamazooarearunners.org](mailto:Man-dee.Kerns@kalamazooarearunners.org), or **Laura Sandahl** at [Laura.Sandahl@kalamazooarearunners.org](mailto: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.

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### **NEW Effective February 5, 2015!!! Thursday Evening Runs – Richland Community Library (8951 Park Street, Richland).**

Thursday evenings at 6:00 pm at the Richland Community Library for a variety of distances. Contact Michael Hutchinson at [michael.hutchinson@kalamazooarearunners.org](mailto:michael.hutchinson@kalamazooarearunners.org) or April VanDerSlik at [april.vanderslik@kalamazooarearunners.com](mailto:april.vanderslik@kalamazooarearunners.com) to be added to the email distribution and/or for more information. Please bring your own hydration.

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### **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](mailto:tmartin@gazellesports.com).

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### **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](mailto:tmartin@gazellesports.com).

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### **Battle Creek 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

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### **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](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org).

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# Club Member Corner

## New Member Welcome

As of the end of February, the Kalamazoo Area Runners had 1437 members. This represents 9.4% growth since February 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

John	Beffel
Margaret	Bennett
Jessika	Bragg
Ken	Bragg
Stephanie	Clark
Robert	Cook
Darrin	Costello
Sara	Fetke
Molly	Fisher
Gay Marie	Fournier
Bud	Glenn
Cindy	Glenn
Joan	Goricki Cook
Jessica	Green
Kim	Grove
Grace	Guerra
Krystal	Hawkins
Matthew	Hawkins
Bobbie	Hughes
Miranda	Hvinden
Justin	Latulippe
Carmen	Maring
Ron	Oman
Pamela	Perkins
Nicole	Pingel
Sean	Pingel
James	Pollock
Ashley	Powell
Jaclyn	Schmidt
Scott	Shipman
Crystal	Smith
Michelle	Spiegler
Jack	Thom
Gina	Wesaw

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

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