

"I want to run every race with a big heart."

-Ryan Hall

April 2016

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

A Reflection of the Year Behind Us, and the Foundation for the Year Ahead



By Bonnie Sexton

On March 23, we were inspired by the keynote presentation by Daren Wendell of Life Water, honored our fellow Kalamazoo Area Runners (KAR) members, reflected on the past year's successes, voted upon changes in our By-laws and elected the board members entrusted with defining our club's future. For those who were unable to attend the ceremonies, I wanted to take a few minutes to summarize the year 2015, and communicate the changes that were approved at the annual membership meeting part of the meeting.

In 2015, Kalamazoo Area Runners (KAR) began visionary work in order to more clearly define our future. We conducted two membership surveys at the end of the year; one to measure the importance of member benefits, events and programs, and the



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Board of Directors

menu of member benefits. You also valued community collaboration and asked for more diversity in membership and leadership. Some of the proposed changes to the By-laws emerged out of findings from the survey results.

We also continued our transition to a partially staffed organizing, moving directorship or co-directorship of events to our Executive Director. Programs and group runs remained with board members and volunteer leadership.

After a period of concerted growth and a focus on running events, we shifted some of our energy back to growing our training programs, both in terms of participation and the number of programs offered. In 2015, the Fast Track 5k and 10k training program established new participation records in Kalamazoo and Battle Creek. At the end of 2015, we added the indoor winter session of Fast Track, which attracted 83 participants. In the mean-time, our Executive Director's focused efforts on our signature events, which resulted in new participation records in the 2015 Jack-O'-Lantern 5k and 10k Trail Run, and the Turkey Trot Time Prediction 5k Run.

Finally, KAR successfully executed a financial turn-around. In 2014, KAR sustained a loss in the amount of \$23,491.66. In 2015, we finished the year by adding \$11,126.38 to our reserve, building towards our future. This was accomplished by higher event and program revenue. We also conducted a membership campaign fourth quarter, which drove our membership up over 1500, generating record membership levels. We added the indoor winter session of Fast Track, and finally a large sponsorship that was expected to be received by the end of 2014, was received in 2015. Financially, Kalamazoo Area Runners is a very health organization.

The change in strategy to direct more human and financial resources towards training programs and membership growth was effective, decreasing our reliance upon special events in a competitive event environment, and most importantly, providing new opportunities for runners to find support, encouragement and connection through our organization with the ultimate goal to fulfil our mission to promote the sport of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community.



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Revisions to By-Laws

At the Annual Banquet, the membership approved the proposed By-laws revisions below. The full revised By-laws can be found via the link at the bottom of this section.

1. Kalamazoo Area Runners will increase its Board of Directors from 10 to 15 positions, including nine Board Members at Large. The President, President-Elect, Trustee, Vice President, Treasurer and Secretary will serve as Officers of the Association.
2. The words, "Chief Operating Officer" will be removed from the Board President's Responsibilities.
3. The word "Appropriations" was changed to "funds", the requirement to maintain membership records was removed and the responsibility to file tax returns and returns was changed to "ensure appropriate tax returns are filed as required."
4. The Vice President of Communication and Marketing, Vice President of Technology, Vice President of Development and Vice President of Special Events Board Positions are being removed from the By-Laws.
5. Addition of the Duties of the At-Large Board positions.
6. Kalamazoo Area Runners will increase its Board of Directors from 10 to 15 positions, including nine Board Members at Large. The President, President-Elect, Trustee, Vice President, Treasurer and Secretary will serve as Officers of the Association.
7. The Vice President of Communication and Marketing, Vice President of Technology, Vice President of Development and Vice President of Special Events Board Positions are being removed from the By-Laws.
8. Duties were added to the At-Large Board positions.
9. Duties were added to All Board Members.
10. Clarification that all Board Members (not just Officers) may be elected to succeed themselves and must be a member of the Association for a minimum of 30 days prior to the election.
11. The creation of a special one year short-term for four of the Board Member At Large Positions to ensure alternate year elections.
12. Clarification in the succession plan that if there is no President-Elect, the Vice President assumes the duties of the President.
13. Revisions to the election cycle for Board positions; Group 1: President, President-Elect, Trustee, Treasurer and Four Board Members at Large are elected odd-numbered years. Group 2: Secretary, Vice President and Five Board Members at Large are elected even-numbered years.
14. Expansion of the means by which By-laws revisions can be communicated to the membership.
15. Change the word "club" to Association in Section VII:C

[Click here to view the Kalamazoo Area Runners By-laws as of March 2016.](#)



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Shelbi Cummings

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Fred Keister

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Carrie Hoch-Mortlek

Carrie.hochmortlock@kalamazooarearunners.org

Election of the Board of Directors



The Annual Membership Meeting also serves as the election for our Board of Directors and I would like to thank our current board of directors, most of whom returned to seek re-election under the newly created structure. I would also like to recognize our one outgoing officer who was a part of this amazing team and one that continued to facilitate change.

Pablo Cecere, our Vice President of Technology, did not seek re-election to another term. Pablo served since March 2015 as Vice President of Technology. This is one of the positions replaced by an at-large board position. During his tenure, Pablo researched various cloud-based platforms, providing a recommendation to continue with Google Drive as our cloud based system. We wish to thank Pablo for his service to Kalamazoo Area Runners, and he will continue to serve in a non-board leadership capacity by managing Google Drive permissions.

We also wish to thank our four new Board Members at Large: Shelbi Cummings, Fred Keister, Jim Pollack and Scott Struck for volunteering to serve.

Still available are the President-elect position, as well as two at-large positions.

Below I am pleased to introduce our Board of Directors for the 2016 – 2017 year (some positions extend to 2018) as elected by the membership.



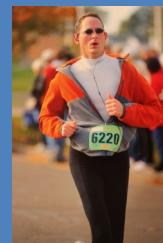
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James Pollock

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Scott Struck

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Staff



Joy Mills

Executive Director

Joy.mills@kalamazooarearunners.org

Board President

Bonnie Sexton (Returning Board Member – Term Expires 2017)

Treasurer

Ferdinand Hintz (Returning Board Member – Term Expires 2017)

Vice President (Two Year Term)

Chelsea Fay (Returning Board Member)

Secretary (Two Year Term)

Heather Woodbury (Returning Board Member)

Board Member at Large (Two Year Term)

Carrie Hoch-Mortlock (Returning Board Member)

Board Member at Large (One Year Term)

Amy Clark (Returning Board Member)

Board Member at Large (Two Year Term)

Kristen Maxwell (Returning Board Member)

Board Member at Large (Two Year Term)

Scott Struck (New Board Member)

Board Member at Large (Two Year Term)

Fred Keister (New Board Member)

Board Member at Large (One Year Term)

Shelbi Cummings (New Board Member)

Board Member at Large (One Year Term)

Jim Pollack (New Board Member)

Currently Vacant:

President Elect (one year of a two-year term remains)

Board Member at Large (One Year Term)

Board Member at Large (Two Year Term)

Trustee (Past President)

N/A

Event, Program and Functional Directors

Eric Campbell

Director, Sunday Morning Battle Creek Run (with Matthew Santner)

Eric.campbell@kalamazooarearunners.org

Karen Christensen

Director, Member Reception Runs

Karen.christensen@kalamazooarearunners.org

Michael Couey

Director, Tuesday Night Battle Creek Run

Michael.couey@kalamazooarearunners.org

Nikki Elder

Chair, Battle Creek Subcommittee

Nikki.elder@kalamazooarearunners.org

Scott Everett

Director, Wednesday Night Portage YMCA Runs (with Brad Hollister)

Scott.everett@kalamazooarearunners.org

Ferdi Hintz and Pam Boner

Team Co-Captains, Relay for Life

fhintze2000@yahoo.com

Andy Hirzel

Director, Beyond Training Program

Andrew.hirzel@kalamazooarearunners.org

Maggie Honaker

Director, Beyond Battle Creek Training Program

Maggie.Honaker@kalamazooarearunners.org

Brian Hunt

Director, Graphic and Web Design

Phil.goodwin@kalamazooarearunners.org

Brad Hollister

Director, Wednesday Night Portage YMCA Runs (with Scott Everett)

Brad.hollister@kalamazooarearunners.org

Michael Hutchinson

Director, Thursday Night Richland Library Runs (with Cindy Schnotala)

Michael.hutchinson@kalamazooarearunners.org

Joy Mills

Director, Indoor Track Workouts

Director, Winter Blast Half Marathon, 10k and 5k

Director, Kids' Easter Egg Hunt & Fun Run

Director, Jack-O'-Lantern 5k & 10k Run

Director, Kalamazoo Klassic (KAR) (with Bonnie Sexton)

Director, Kal-Haven Trail Run

Director, Turkey Trot Time Prediction 5k Run (with Scott Taylor)

Director, Run Through The Lights (KAR) (with Katie Broekema, Gazelle Sports)

Joy.Mills@kalamazooarearunners.org



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.

Congratulations to the Recipients of the 2015 Kalamazoo Area Runners Runner Recognition Awards



Every year in January the Board of Directors of the Kalamazoo Area Runners accept nominations for our annual Runner Recognition Awards. This is an opportunity for members to nominate other members that have been a source of inspiration to them during the previous year, or to highlight the achievements of those that have made an exceptional comeback overcome obstacles, shown incredible improvement or demonstrated competitive excellence or volunteerism. In 2016 the Board of Directors reviewed the nominations at their March meeting, and presented the following awards at the Annual Banquet on March 23rd:

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

Kathy Roscheck
Co-Director, Member Reception Runs
karoscheck@gmail.com

Matthew Santner
Director, Sunday Afternoon Runs in Battle Creek
Matt.Santner@kalamazooarearunners.org

Leslie Scheffers
Director, Information Technology Security
Leslie.scheffers@kalamazooarearunners.org

Sherii Sherban
Co-Director, Battle Creek Fast Track
Sherii.sherban@kalamazooarearunners.org

Cindy Schnotala
Director, Thursday Night Richland Library Runs (with Michael Hutchinson)
Cindy.schnotala@kalamazooarearunners.org

Bonnie Sexton
Director, Fast Track Training
Director Kalamazoo Klassic (MRC) (with Joy Mills)
Team Captain, Race for the Cure
Bonnie.sexton@kalamazooarearunners.org

Mark Sigfrids
Director, Wed Night Borgess Health and Fitness Center Runs (with Brent Yager)
msigfrids@kvc.edu

Scott Taylor
Director, Turkey Trot Time Prediction Run (with Joy Mills)
Scott.taylor@kalamazooarearunners.org

Brent Yager
Director, Wed Night Borgess Health and Fitness Center Runs (with Mark Sigfrids)
Brent.yager@kalamazooarearunners.org

2015 Female Open Runner of the Year

Lauren MacVicar

2015 Male Open Runner of the Year

Brendan Molony

2015 Female Masters Runner of the Year

Megan James

2015 Male Masters Runner of the Year

Joel VanderKooi

2015 Female Grand Masters Runner of the Year

Leslie Scheffers

2015 Male Grand Masters Runner of the Year

Arya Jayatilaka

2015 Female Youth Runner of the Year

Claire Goodwin-Kelly

2015 Male Youth Runner of the Year

Thenuka Jayatilaka

2015 Mega-Marathoner of the Year

Scott VanLoo

2015 Mega-Racer of the Year

Frank Maston

2015 Mega-Trail Racer of the Year

Scott VanLoo

2015 Comeback Runner of the Year

Lisa Jasiak

2015 Most Improved Runner of the Year

Marie Billen

2015 Perseverance Award

Amy Clark

2015 Rookie Runner of the Year

Audrey Hayes

DISCOUNT SPONSORS

Unless otherwise indicated, please use the 2016 KAR discount code when purchasing merchandise or services from discount sponsors.



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.



ATHLETIC MENTORS

Athletic Mentors, located in Richland, is offering KAR members the following coaching and metabolic testing discounts:

- Run Coaching: \$30 discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$175 and includes a 30 minute consultation (\$140 KAR price). Repeat tests are regularly priced at \$120 and include a report but not a consultation (KAR price \$96).

For more information visit the [Athletic Mentors website](http://AthleticMentors.com) or call 664-6912. Please use the standard KAR discount code when booking services.

2015 Social Runner of the Year

Lora Hutchinson

2015 Spirit of Running Award

Ron Reid

Rebecca Strauss

2015 Story Contributor of the Year

Gale Fischer

2015 Reynold Oas Volunteer of the Year Award

Fred Keister

Congratulations to all of our 2015 Runner Recognition Award recipients for your outstanding contributions to the sport of running in the local community.

As we continue through the current year, please keep in mind those people that serve as an inspiration to you in your running, and consider nominating them for an award for 2016. Nominations will open January 1st.

For more information about the Runner Recognition Awards and to see past recipients, please visit <http://kalamazooarearunners.org/events-and-programs/runner-recognition-program>.



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 watching her son and daughter participate in Otsego Middle School cross country meets. Joy recently completed the Goofy Challenge at Walt Disney World, and is looking forward to running the Borgess 10k, Ragnar Michigan and the Route 66 Half Marathon in 2016.



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.



BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a the following:

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership not required)
- Free Pilates Reformer Class

For more information on joining, contact membership at 544-3200 or stop by and mention KAR and the member discount code.



CENTERING YOGA

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes at the [Centering Yoga website](#) and use the standard four digit KAR code to receive the member discount.

Another Runner's Perspective—We Are Resilient

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

---Gandhi

Although the good in our world far outweighs the evil, one must not dig too deep to find the malice that exists. Headlines in our newspapers, stories that dominate current local and national television newscasts and posts in social media seem to paint a picture of doom. Events over the past two decades are proof that these acts of senseless violence are not tied to the here and now but they do seem to be more and more prominent in recent years. Memories of these acts began for me back in 1995 when Timothy MkVeigh and Terry Nichols parked a moving van full of explosives in front of the Federal Center in Oklahoma City, killing 168 innocent victims while injuring another 680. Our nation and Oklahoma were shaken but we seemed to pick up the pieces and move on.

Six years later the home of the free and brave was jolted into a sense of numbness when al-Qaeda, an extremist terrorists group, hijacked four commercial jets carrying out suicide attacks on New York City's World Trade Center and our capitol's Pentagon. Over 3,000 civilians were killed and another 400 brave police and rescue workers perished while trying to save the lives of those trapped in burning buildings. Our world as we know it took a direct hit that day and things changed but in time we found normalcy again and on some levels the USA was stronger than prior to 9/11/2001.

Attacks by gunmen in a movie theater in Denver, a high school in Columbine, Colorado and an elementary School in Newtown, Connecticut, although not claiming as many lives as the 911 attacks have certainly chinked the armor of our nation. As with the other catastrophic events the wounds were deeply rooted but again we moved on.

Just a few short weeks ago, this recent wave of unexplained violence hit in our own backyard as a gunman shot eight individuals in the greater Kalamazoo area in three different locations, killing six while seriously injuring two others. These three separate crime scenes had an immediate impact on residents of Kalamazoo. Many of us have felt the senseless acts of violence that have occurred over the years within the borders of our nation through the media. We may have not have been touched personally through the bombings in Oklahoma City, the devastation of 911 or the many other evil random acts but they have all made us a bit more vulnerable as citizens of the free world. The



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2016 events. Visit the [Cereal City Athletics](http://CerealCityAthletics.com) website to learn more about Cereal City Athletics and to register for their 2016 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2016 Events include:

Paddles and Picnic, May 14 (\$3 off)
Ice Cream Century Ride, June 4 (\$5 off)
Battle Creek Half Marathon & 5k, July 2 (\$3 off 5k, \$5 off half marathon)
Cereal City Triathlon, August 14
Cereal City KIDS Triathlon, August 27
Tinsel Toes 5k, December 10

Cereal City Athletics also has an [online store](#) featuring TYR's multi sports apparel line. KAR members are eligible for a 10% discount when shopping! Please use the standard KAR discount code at checkout to receive your 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.downdogyogacenter.com. Provide the 2016 discount code to receive discounts.

shootings in Kalamazoo a few weeks ago are different however. Those who live and work in Kalamazoo have gone about their daily business over the years with few worries of terror. Similar to cities and towns such as Columbine, NYC and Newtown, Kalamazoo has taken a punch in the gut, but like all communities faced with such dire circumstances, Kalamazoo will recover and become stronger and more unified.

Although this horrific shooting spree took place on Kalamazoo's turf, Battle Creek experienced a direct hit as well with four of the victim's whose lives were lost resided in Battle Creek with another victim, a young seventh grade student having survived a brutal gunshot wound to the head. The strength of this 7th grade angel shows the resiliency of the human spirit. During the hours preceding the shooting, thoughts of recovery seemed futile as talks of donating her organs became a reality but this little fighter had different plans. When all hope seemed lost she squeezed her mother's hand. Her ability to recover from a gunshot wound to the head turned from the unknown to high hopes in matter of a few weeks. She regained consciousness, began to talk again, walked and was released from the hospital to a rehabilitation facility. Whether she makes a full recovery is still somewhat of an unknown but her fight so far illustrates that the human spirit is far stronger than any evil that exists in our world. She is truly a source of hope and inspiration.

As members of the running community we had been able to avoid this "punch to the gut" that is until April of 2013. Although these unimaginable events of the last few decades have left wounds in those who have felt the wrath personally, all of us have been touched by the impact as the safety of our day to day lives takes a hit with each ambush. With Patriot's Day and the Boston Marathon almost here, thoughts of what happened near the corner of Hereford and Boylston Streets in downtown Boston three years ago brings back reminders of an assault on what many of us embrace. Although the Boston Marathon bombings may have not been meant as a direct hit on the running community the events of Patriot's Day 2013 come as a personal invasion on all of us as runners. This unthinkable assault may not have been on act of terrorism in our hometowns but it is nonetheless a bit more personal for those who are share a passion for running. As runners many of us felt a pit deep inside our souls when we initially heard the news and during the initial days and hours after the event. The number of runners who took part in the traditional Patriot's Day race a year later yet again demonstrated that how human nature allows us to fight through the agony and pain and get back to business as usual.

Although running a marathon is nothing in comparison to what many deal with personally and the impacts on our society in general after each of these brutal attacks there are parallels. Although the notion of living each day as if it is your last, taking nothing for granted is an approach that should not be



KALAMAZOO ATHLETIC WELLNESS

Kalamazoo Athletic Wellness is a sports specific massage and personal training facility. Kalamazoo Athletic Wellness specializes in sports massage, one-on-one strength training, and injury prevention/recovery. They offer a full postural and gait analysis as part of your initial consultation for no additional cost. You can use their convenient online scheduling at www.kzooathleticwellness.com or call 269-459-6469 to schedule. KAR members receive \$10 of any services of an hour or longer. Cannot be combined with other discount offers.



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 2016 KAR discount code to receive the discount.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2016 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2016 events, using the 2016 KAR discount code.

underestimated, life is just as much of a marathon as it is a sprint. There are many highs and lows mentally and physically that individuals go through in the miles of a marathon. Experienced and non experienced marathoners alike hope to avoid the rough patches and in may in fact avoid these circumstances. In reality however, whether you are a first timer or a veteran, chances are you will have moments when you will take a hit but if you are to finish the race you have no choice but to take the hit and move on. Perhaps finishing a marathon can on some level teach us lessons in life.

As individuals and as a society we have been running a marathon the past two decades with these random acts of violence that have become all too common. The severity of these hits that marathon runners take on in a race can be reduced with calculated precautions. Fueling, not going out too fast and preparing the body physically and mentally are examples of how we can minimize the rough patches, but there are always variables that are we cannot control. So what can we do then as a society to minimize these senseless acts or better yet stop them completely to get through life's marathon?

Lawmakers, scientists and mental health professionals are always trying to find solutions. I suppose that laws aimed at screening who can or cannot purchase guns, policies to screen and treat those with mental illness and long lines at airports to scan individuals before they board an airplane have helped to eliminate many threats. In reality however, although we can stop many attacks before they happen there will always be those that we cannot predict or stop. This shouldn't mean that we stop running our marathon and pull ourselves out of the race of a daily routine.

We can't lock ourselves in our houses or stay away from car dealerships and Cracker Barrel Restaurants because of fear. Driving cross country rather than booking flight because of what happened in NYC in 2001 is not a scenario that we should necessarily consider. Home schooling our children because of the assault that happened on an elementary school in Newtown a few years ago is not the answer. We must not live our lives in a bubble.

Let our lawmakers, our mental health professionals and intelligence agents do what they can to make our schools and communities safer. In the meantime all we can do is just keep running. If something tragic happens then we do our best to deal with it. The little 7th grade spit fire whose strength has helped her so far in her recovery process illustrates what we are made of as human beings. All of the runners who returned to run the Boston Marathon in 2014 exemplifies that we are greater than evil. We can hope and pray that bad things don't happen to good people but if they do rest assured we are all resilient. We must go on. Is there really any other choice?



BATTLE CREEK YMCA

The Battle Creek YMCA is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2016 KAR discount code when registering.

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—Sandi Fritz Running Without Fear

*"If you're trying to defeat the human spirit, marathon runners are the wrong group to target."
-David and Kelvin Bright*



As mature grown adults we often assume that we have grown out of that stage of feeling invincible that we shared with many of our peers as teenagers. We often examine the reckless behavior of our teen children wondering when they will exit this phase of their lives in which they feel they can do no wrong and that nothing can harm them. If we look in the mirror however many of us still live in this box as we look at the world with blinders ignoring the potential consequences of our behaviors. Sure we have replaced some of the rash behaviors from our youthful years with more mature and responsible ways of living our lives, but if we look closely at our actions each and every day it is easy to see that we still flirt with disaster more often than what we like to admit.

As runners we place ourselves in situations each and every time we head out the door. Running in the dark, not getting over far enough on the shoulder of the road when traffic approaches and being

unaware of our surroundings as we find ourselves lost in our playlist and the beat of our hearts with each stride are all examples of how we as runners live with this attitude of invincibility. I'm not suggesting that we change our routine and the way in which we live our lives by locking ourselves inside of a bubble. What all of us must do from time to time is examine our actions, raise our awareness of the environment that surrounds us and think about ways to make ourselves not quite so vulnerable while at the same time trying not to cast judgment on those we perceive to be living as if their protective armor cannot be chinked.

As members of the running community it is critical that we find this fine line of enjoying our sport without worrying over those things which we cannot control while at the same time examining what we can do to minimize the odds of putting ourselves in harm's way. This month's featured runner, Sandi Fritz has experienced firsthand perhaps running's most catastrophic event which has no doubt strengthened her passion as a runner while also raising her awareness of increasing her safety on the roads.

Sandi began her running journey eight years ago, giving it a try for the first time in 2008. She embraces some of the same characteristics of our sport that many appreciate. *"It is a great stress relief, and it is great time to clear your mind and think about nothing. All the great running friends I have met throughout the years is a bonus as well."* Like many who reside in Michigan, winter's harsh conditions are Sandi's least favorite thing about running.

Sandi's running mentor is a good friend of hers who has been involved with running for a quarter of a century. *"Peg Flannery, a good friend who has been running for over 25 years, is my running mentor. She has taught me so much about running, helped me qualify for Boston and taught me how to train for Boston. She taught me how to train smart and run hard. Through her I realized that I can gut anything out for 5 miles!"* Ryan Hall is Sandi's greatest running inspiration. *"I love his heart and passion for running."*

Sandi's advice to other runners is a perfect metaphor for anything in life. *"Enjoy it !!! It's not always about training for the next race. It's about enjoying today's run."*

Sandi's most memorable moment as a runner came while running her second Boston Marathon. *"Running Boston the 2nd time and getting my picture taken with Meb was such a cool experience!"*

Sandi's favorite distance to run is 10 miles but she has covered distances from 5 kilometers all the way up to 33 miles. Here short term goal is to run the Big Sur Marathon while long term she wants to still be running when she is 80 plus years old.

Sandi has had many great experiences as a runner but perhaps the defining moment of her running journey occurred in April of 2013.

"Qualifying for Boston is a dream for many runners. I was fortunate enough to qualify in 2012 and would be running the Boston Marathon in 2013!! I was so excited!"

"As I stepped up to the starting line on Monday April 15th, 2013, the thought crossed my mind, Could I run a Boston qualifier at Boston?" I felt great, the issues I was having with my knee and IT band had totally disappeared and I had been sleeping well, so with that thought I set my sights on running the course under 4 hours. I will tell you I have no idea where that thought came from, and I would only later know the importance of my decision."

"I ran amazingly strong, kept my pace the entire course, and crossed the finish line running 3:59:01, a sub 4 hour at Boston, and yes, at my age that is a Boston Qualifier."

"I did it!"

Although exhausted and battered physically, Sandi had just turned in the performance of her life, having eclipsed the four hour barrier. Emotionally she was on top of the world but this would change in a matter of minutes.

"I made my way down a few steps to get my medal, and as the young man was putting the medal on me, I saw & heard the first explosion. We both looked at each other and within seconds, we heard the second explosion. I immediately said to the young man, "That is not supposed to happen", and he replied that I was correct."

As is normal for the world we live in today Sandi had experienced terrorism over the last two decades through social media, newspaper headlines and safety policies and procedures that are now common in airports and other venues. Perhaps like many of us she had become desensitized to attacks such as these. Now she was personally caught in the middle of what instantly became a major historical event, giving her a whole new perspective.

"The officials began to quickly move us down Boylston Street away from the finish line. The fear was overwhelming, and I had no idea where my husband Mike was. His plan was to ride the subway out to Heart Break Hill (around Mile 21), in hopes of seeing me on the course to cheer me on, which he did,, then, to take the subway back to Boylston Street, in hopes of seeing me cross the finish line."

Like Sandi, Mike to must have been in panic mode. Time stood still as husband and wife hoped for the best of what condition their spouse was in but feared the worst. This scenario was played out by thousands of friends and family members on scene in downtown Boston that day.

"The plan was to meet at the family meeting zones if we did not see each other at the finish line, so I hurried to see if he was there. He was not. Our plan B was to meet at the hotel if we did not find each other within 30 minutes of me finishing, so I went to the hotel. Still, no Mike."

"I asked many folks to use their phone in hopes of getting a call to Mike and my family. Everyone was very kind and willing to let me, but calls were not getting out."

"What I did not know, was that at the time of the explosion, the subway stopped and everyone was taken off the subway and diverted. Mike, my family, friends, and my office family at J M Wilson, had been tracking my time. They all knew that I was at the finish line at the time of the explosion".

"Almost 2 hours passed before Mike and I were able to find each other."

"As I stood in the lobby of our hotel with so many others, I attempted to text Mike one more time – just as he walked through the hotel doors. To see Mike was an answer to prayer. As you might guess, we hugged, cried and hugged some more".

"I know God gave me the strength to run strong that day and put it in my heart to run under 4 hours, because that was never in my plan."

"The Boston Marathon was filled with many emotions for me, and many asked me: "Will you run it again?" To that I replied: YES!!!"

Together with many of her comrades who had experienced the terror in Boston in 2014, Sandi was there with thousands from the running community to take back the power of runner. Runners throughout the world displayed the strength of their community.

To Sandi and her fellow runners part of the draw to the sport of running is the innocence that it portrays. The simplicity has an appeal that can bring us back to our childhood. Like many things that we are involved with in life we must find that fine line between a sense of invincibility and going out and enjoying life without the worries of what we have no control over. The 25,000 runners who joined Sandi on the journey from Hopkinton to Boston, Patriots Day of 2013 are well aware of finding this balance. The innocence of running may have taken a hit that day but it has only strengthened the appeal.

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

Hot Club News and Events

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® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.

Next KAR Board Meeting is May 2, 2016

The next KAR Board Meeting is May 2, 2016 at 7:30pm at the Maple Street YMCA in Kalamazoo. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

VOLUNTEER LEADERSHIP OPPORTUNITIES

COMMITTEE OPPORTUNITIES

It may be hard to believe, but it is time for KAR to start looking forward to organizing our fall events! We have rewarding opportunities to join the excitement of organizing one of KAR's signature holiday events, the Turkey Trot Time Prediction 5k Run held on Thanksgiving morning. Please consider joining our committee for the opportunity to meet new people, learn more about what goes on behind the scenes at KAR events, and have a great time giving back to the local running community!

We are currently recruiting for the following positions:

Turkey Trot Time Prediction 5k Run (Thursday, November 24th)

- Volunteer Coordinator
- Awards & Door Prizes Coordinator

Both positions require the following:

- Regular attendance at 2-3 planning meetings, typically held on weeknights (July, September, November)
- Availability on Thanksgiving morning

For more information or to volunteer for any of the following positions, please contact Joy Mills at joy.mills@kalamazooarearunners.org.

Kalamazoo Area Runners Fanwear Store – Check Out Our Updated Apparel Line!

Have you checked out the updated Kalamazoo Area Runners Fanwear from Gazelle Sports? Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the [Team Gazelle site!](#)



A couple of notes to help you navigate the new Fanwear site:



1. When you click on the link above, you will be taken to a page that says "Gazelle Sports Soccer" at the top. You are in the right place! Just choose the team name "KAR Fanwear" and continue.
2. The next step is to choose the player name "K Runners."
3. Finally, check the box at the bottom of the terms page, and continue on to check out the new Nike options.

We hope that you will enjoy the new options, and look forward to seeing new KAR Fanwear at area events. Thank you to Leslie Scheffers for spearheading these changes!



Winter Blast Half Marathon, 10k & 5k

Sunny skies and record breaking race day temperatures accompanied the 4th annual Winter Blast Half Marathon, 10k and 5k held February 28, 2016, with 410 of 450 registered runners finishing the half marathon, 230 of 255 registered runners finishing the 10k, and 176 of 197 registered runners finishing the 5k event. The annual event was presented in partnership by the Kalamazoo Area Runners and the City of Portage and showcased the Portage Trailway system.

Gannon Foley won the overall men's title in the 5k with a time of 16:51, and Aliza Garcia the overall women's title in a time of 22:43. Gary Sexton and Kathy Farrow won the men's and women's master's titles with times of 19:34 and 25:01, Tim Farrow and Donna Hill the men's and women's grand masters titles with times of 21:27 and 27:06, and Mike Connelly and Anita Ollila the men's and women's senior grand masters titles with times of 23:02 and 31:33 respectively.



It was the inaugural year for the 10k event and the overall men's title was taken by Julian Borst with a time of 36:16, while Margaret Payne took the overall female title with a time of 43:15. Robert Cook and Danielle Parmelee won the men's and women's master's titles with times of 41:46 and 51:26, Brian Stanfill and Cathy Cheron the men's and women's grand masters titles with times of 45:36 and 55:18, and Mike St. Clair and Gay Marie Fournier the men's and women's senior grand masters titles with times of 55:23 and 1:07:49 respectively.

The Winter Blast Half Marathon once again served as the Road Runners Club of America (RRCA) State Half Marathon Championship. Brian Stubelt won the overall men's RRCA Championship title with a time of 1:20:06 and Laura Lam won the overall women's RRCA State Championship title with a time of 1:33:55. Scot Ursum and Amy Nerneth won the master's titles with times of 1:22:04 and 1:34:54, Rich Bean and Peggy Zeeb the grand master's titles with times of 1:34:41 and 1:40:49, and Mark Sigfrids and Karen Slack the senior grand masters titles with times of 1:39:30 and 2:03:08 respectively.



Congratulations to all our Winter Blast Half Marathon, 10k and 5k participants.

[Click here for the 2016 Winter Blast Half Marathon, 10k & 5k Results](#)

Sincere thanks to all the planning committee members, Kalamazoo Area Runners, the City of Portage, Portage Public Schools, Community Spirit Challenge participants, volunteers, sponsors, community supporters for making the 2016 Winter Blast Half Marathon, 10k and 5k possible. Portage Mayor Pete Strazdas served as official starter, Jim McKinney of AM590-FM96.5 WKZO as finish line announcers.

Sponsors included half marathon presenting sponsor AT&T, Drift Buster Sponsors Adams Outdoor Advertising, Agility Physical Therapy, Biggby Coffee, Bronson Sports Medicine, Gazelle Sports, Homewood Suites by Hilton, Moe's Southwest Grill, Pride Care Ambulance, Rathco Safety Supply Inc., Zeigler Motorsports, Media Partners AM590-FM96.5 WKZO, WLLA TV 64, Snow Squalls Sponsors Borgess, DoughChicks, Imperial Beverage, Kalamazoo Athletic Wellness, Western Michigan University, Snow Flurries Sponsors Breakout Band, Earth Fare, RRCA State Championship Sponsor Gatorade, Gordon Water Systems, Snow Flakes Sponsors Advocare Independent Distributor James Kasznia, Best Way Disposal, The Canopeum, Heather Boersma, Lovers Lane Storage, Schupan & Sons, Inc., Snow Balls Sponsor Berkshire Hathaway Home Services, Other Supporters Costco-Portage and Sweetwaters Donuts.

Mark your calendars and plan to join us for the 5th Winter Blast Half Marathon, 10k and 5k on Sunday, February 26, 2017!

2016 Kids' Easter Egg Hunt and Fun Run

March 19th saw over 635 kids gather at Portage West Middle School for the 2016 Kalamazoo Area Runners Kids Easter Egg Hunt and Fun Run. Various activities were offered to participants from 2:30pm onwards including face painting, a photo booth with our Easter Bunny, and other entertainment at sponsor-specific booths. A dance warm-up was offered by Just Move. To accommodate the growing crowds at this increasingly popular event, we expanded our footprint at Portage West Middle School to include both the cafeteria and the gymnasium.



Temperatures were brisk but the sun was bright and shining when participants started their egg hunt & fun run at 3:30pm. Baby bunnies under two years old scoured the Easter Bunny's "playground" for tiny treasures hidden in colorful eggs, with little bunnies (aged two to five) and bigger bunnies (aged six to twelve) ran part of the cross country course while hunting for the Easter Bunny's eggs. There were close to 4,000 Easter eggs to be found this year!

Participants donated 330 pounds of food and \$270 in monetary to benefit Kalamazoo Loaves and Fishes.

We would like to thank Biggby Coffee, Sylvan Learning, Gazelle Sports, , Just Move Fitness and More, K-Wings, Old Burdick's Bar & Grill, Barnes & Nobles, Wells Fargo Advisors/Nick Yetter, The Fresh Food Fairy, Earth Fare, Ope's, Kalamazoo Nature Center, Kellogg Bird Sanctuary, and New Year's Fest for sponsoring the event this year and thank all our volunteers who donated their time to help make this event such a great time for the kids!



Hope to see you all again next year!

KAR Membership Race Discounts

KAR Members are eligible for many local and regional events. Please contact our Executive Director, **Joy Mills**, at joy.mills@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

Discount codes are no longer required for events presented by the Kalamazoo Area Runners, or in most cases for other events utilizing the RunSignUp registration system. The system will automatically detect current KAR memberships if the RunSignUp account has been properly claimed. For more information and questions about this process, please contact Joy Mills at the email address above.

Below are upcoming events and programs offering KAR members a discount:

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

May 7, 2016
\$5 discount

[37th Annual Run for the Buds](#) - St. Joseph, MI

May 7, 2016
\$3 discount

[Fifth Third River Bank Run](#)—Grand Rapids, MI

May 14, 2016
\$5 off any event (25k, 25k Relay, 10k, 5k Run and 5k Walk)

[Sunburst Races](#)—South Bend, IN

June 4, 2016
\$6 off any event (5k, 10k, Half Marathon, Marathon)

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

June 5, 2016
\$5 off any event (5k, 10k, Half Marathon)

[Charlevoix Marathon & Half Marathon](#)—Charlevoix, MI

June 25, 2016—10th Year!
\$10 discount

[Lake Michigan Half Marathon](#)— Muskegon, MI

June 25, 2016
\$5 discount through June 10, 2016

[Battle Creek Half Marathon and 5k](#)—Battle Creek, MI

July 2, 2016—Inaugural Year!
\$5 discount on half marathon, \$3 discount on 5k (automatically applied by RunSignUp)

[Park 2 Park Half Marathon & 5k](#) – Holland, MI

September 24, 2016
\$8 discount on half marathon, \$5 discount on 5k

Club Championship Series Events

The 2016 Kalamazoo Area Runners Club Championship Series kicks off February 15, 2016 and below are upcoming participating events. Member discounts will be automatically applied for races that utilize the RunSignUp registration platform. The remaining events use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

Discount is \$2 unless otherwise noted.

[Winter Blast Half Marathon, 10k & 5k](#) (\$10 half discount, \$5 5k, 10k discount), February 28, 2016

[The Shamrock 5k](#) (\$5 discount), March 19, 2016

[Kal-Haven Trail Run](#) (Solo Ultramarathon Only—\$10 discount), April 9, 2016

[Borgess Run for the Health of It Marathon, Half Marathon, 10k and 5k](#) (No discount), May 8, 2016

[Vicksburg Hearty Hustle 5k](#) (pre registration only), May 14, 2016

[Komen Race for the Cure 5k](#) (\$5 discount), May 14, 2016

[Oaklawn Hospitality Classic 5k & 10k](#), May 21, 2016

[K5K \(Kalamazoo 5k\)](#) (pre registration only—\$5 discount), May 21, 2016

[Run to Climax 7k](#), May 30, 2016

[Otsego Road Runner 5k](#) (\$5 discount), June 4, 2016

[Cereal City Classic 5k & 10k](#) (\$5 discount), June 11, 2016

Plainwell Education Foundation Island 5k & 10k (pre registration only), June 16, 2016

[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 18, 2016

[Binder Park Zoo Cheetah Chase 5k](#) (preregistration only), June 25, 2016

[Schoolcraft Firecracker 5 Mile](#) (\$5 discount), July 4, 2016

[In Stride 5k & 10k \(formerly Pace for Poverty\)](#), July 4, 2016

[Kindleberger Superhero 5k](#) (\$4 discount), July 9, 2016

[Steve Athey Memorial \(Raider Stomp\) 5k & 10k](#) (preregistration only), July 9, 2016

[Mattawan Road & Trail 5k & 10k](#), August 4, 2016

[Otsego Ready or Not 5k](#) (\$5 online until noon, July 22, \$2 after), August 4, 2016

Road Hawg 5k & 10k (\$5 discount), August 20, 2016

[Allegan Strides for Health 5k](#) (preregistration only), August 20, 2016

[Grape Lake 5k](#) (preregistration only) (\$3 discount), September 10, 2016

Run for the Son 5k, September 10, 2016

[Peacock Strut 5k & 10k](#), September 17, 2016

[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 25, 2016



Community Events



Networkingout: Kalamazoo is back for the third season. The purpose of Networkingout: Kalamazoo is to create and strengthen a community of professionals committed to living a healthier, more active lifestyle. Simply put, Networkingout is networking through fitness and fitness through networking. At Networkingout: Kalamazoo you will meet a host of interesting professionals while you simultaneously better your personal health.

Who: Persons interested in living a healthier, more active lifestyle.

When: Starting May 2nd thru September 19th, 2016
Every Monday from 6:00 – 7:30 pm

Where: Mayors' River Front Park (Meet at Pavilion)
251 Mills Street
Kalamazoo, MI 49048

Cost: No cost, just pay us in sweat!

Dirt in the Skirt 5K – September 17 at 9am

This 5K run/walk event will put you smack in the middle of nature as you run the rows and climb the hills around our orchards. You'll be dodging through our apple rows, side-stepping through our strawberry fields & dashing along our corn rows. As you push yourself through our 3.1 mile course, you'll also be raising money & awareness for childhood cancer research. Last year, we raised over \$2,000 for CureSearch who's funding goes directly to finding a cure for children's cancer. We're hoping to double the donated amount in 2016! 75% of all registration fees will go to support CureSearch, a childhood cancer research organization. Every day, 43 children are diagnosed with cancer. 12% do not survive. We want to do our part to change this and give our kids a chance at life!



We're going to have some fun too! We're challenging all runners to flaunt a tutu or skirt during the run! For every person that wears a tutu or skirt, Stokes Homestead Farm Market will donate an extra \$1 per person to CureSearch. There will be an after-party once you've completed the race with food & drinks & music! Our 5K is not a timed, competitive event. We will have a clock running so you may gauge your time. However, we will not be using chip timing

The event website is: <http://www.stokeshomestead.com/dirt-in-the-skirt-5k.html>

Take The Challenge!!!

The Michigan Fitness Foundation along with the [United Dairy Industry of Michigan \(UDIM\)](#) are encouraging Michiganders to engage in events promoting physical activity, health and wellness.

To participate in the Pure Michigan FITness Series Challenge, you must:

1. Sign up for the challenge using [RunSignUp](#)
2. Provide name, mailing address, email address and shirt size

This Event Endorsed by



You will receive a FIT point for every Pure Michigan FITness Series event you participate in, or volunteer for, over the course of 2016.

- **5 Points:** You're eligible for a trip up the Mackinac Bridge Tower (values at \$4500)
- **10 Points:** Receive a Pure Michigan FITness Series water bottle
- **15 Points:** Receive a Pure Michigan FITness Series medal
- **20 Points:** Receive a Pure Michigan FITness Series hoodie

The Pure Michigan FITness Series Challenge will send you an email quarterly with instructions to report your participation in the endorsed events.

Several KAR events are participating in the Pure Michigan FITness Challenge, including Winter Blast and the Kalamazoo Klassic. [For a complete listing of 2016 series participants, see the full event schedule!](#)

Kalamazoo Area Runners Group Runs and Training Programs



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

Kalamazoo Area Runners (KAR) hosts six 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 **Brent Yager** at brent.yager@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—On Hiatus

Thursday evening runs from the Portage YMCA are on hiatus until further notice. Contact **Mandee Kerns** at Mandee.Kerns@kalamazooarearunners.org, or **Laura Sandahl** at Laura.Sandahl@kalamazooarearunners.org. to be added to the email distribution and/or for more information.

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 or Cindy Schnotala at cindy.schnotala@kalamazooarearunners.org to be added to the email distribution and/or for more information. Please bring your own hydration.

The Urban Herd

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

The Dirty Herd

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

Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park

Tuesday evening runs from St. Mark's Church (corner of Capital SW and Minges), Battle Creek, MI. Meet at 5:45 pm; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Michael Couey** at michael.couey@kalamazooarearunners.org.

Battle Creek Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Battle Creek YMCA

The Sunday group runs in Battle Creek meets at 7:30am from May to September, and at 3:00pm from October to April in the Battle Creek YMCA lobby. Distance is approximately 6 miles, all paces welcome. Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at matt.santner@kalamazooarearunners.org or Eric Campbell at eric.campbell@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of March, the Kalamazoo Area Runners had **1549** members. This represents **8.9%** growth since March 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Robbie	Augustine
Josh	Bartz
Craig	Bays
Mardie	Bays
Brennan	Bennett
Allison	Bennett
Elisabeth	Boelman
Martha	Boyer
Katie	Bridges
Debbie	Burzynski
Paul	Carroll
Amanda	Chapel
Douglas	Chapel
Rebecca	Clark
Jill	Cole
Stacy	Craft
Marty	Dinneweth
Steve	Ellis
Pepper	Fredenburg
Lani	Hensel
Carmen	Heredia-Lopez
Becky	Hill
Linda	Howard
Kay	Hubbard
Chelsea	Hybels
Christine	Jamison
Colin	Jamison
Jeff	Jamison
Zoe	Jamison
Cathy	Jewell
Anita	Klein
Lisa	Knoop
Carmen	Kuchta
Hugh	Kuchta
Martin	Kuchta
Monica	Kuchta
Thomas	Kuchta
Kerri	Langdon
Karen	Lewis
Caleb	Lohman
Thomas	Maihofer
Jen	Marucci
Pam	McWilliams

Shelley	Miller
Vickie	Mingus
Robert	Potter
Rebecca	Reeves
Linda	Rice
Eric	Smith
Lori	Stepp
Arthur	Streano
Katie	Surprenant
La June	Tabron
Theresa	Tassos
Erik	Thompson
Janelle	Thompson
Manawa	Watanabe
Carrie	Webber
Marc	Webber

Local Race Results

KAR's Portage Winter Blast Half Marathon, 10k & 5k Kicks off the 2016 Club Championship Series

The Portage Winter Blast Half Marathon, 10k & 5k held February 28, 2016 kicked off the 2015 Kalamazoo Area Runners Club Championship Series with a total of 354 members participating.

Sixty-one KAR members participated in the 5k including Female Overall Winner Aliza Garcia with a finishing time of 22:43. Other title winners included Kathy Farrow (25:01) as Female Masters Winner, Tim Farrow (21:27) Male Grand Masters Winner, Mike Connelly (23:02) Male Senior Grand Masters Winner and Anita Ollila (31:33) Female Senior Grand Masters Winner. Age Group winners included Laura Asher (2nd), Kim Baiers (3rd), Thomas Bennett (2nd), Diane Bowman (1st), David Clark (3rd), Dawn Couch (1st), Scott Evans (1st), Randy Fielder (2nd), Teddy Foote (2nd), Mike Foster (3rd), Judy Gipper (1st), Cindy Glenn (3rd), Ray Hendriksma (2nd), Terry Hutchins (1st), Gary Jessel (1st), Deborah Kloosterman (2nd), Nate Krawczyk (1st) Melina Moore (3rd), Cole Muenzer (3rd), Vance Muenzer (2nd), Kylie Schultz (1st), Bonnie Sexton (1st), Cris Smith (2nd), David Steves (3rd), Linda Thompson (2nd), Carla Verbrugge (2nd), and Jennifer Young (2nd). Congratulations to all of our 5k finishers!

Jason Allen	0:24:03	
Laura Asher	0:30:48	2nd
Kim Baiers	0:30:14	3rd
Thomas Bennett	0:34:58	2nd
Jalayne Bennett-Conway	0:36:30	
Diane Bowman	0:29:11	1st
David Clark	0:28:28	3rd
Mike Connelly	0:23:02	Male Senior Grand Masters Winner!
Dawn Couch	0:26:14	1st
Scott Evans	0:17:10	1st
Kathy Farrow	0:25:01	Female Masters Winner!
Tim Farrow	0:21:27	Male Grand Masters Winner!
Randy Fielder	0:29:10	2nd
Amy Followell	0:40:48	
Teddy Foote	0:21:46	2nd
Mike Foster	0:36:17	3rd
Lori Fraker	0:38:12	
Aliza Garcia	0:22:43	Female Overall Winner!
Maggie Garcia	0:45:34	
Judy Gipper	0:31:09	1st
Cindy Glenn	0:35:01	3rd
Gordon Hare	0:37:30	
Ray Hendriksma	0:32:00	2nd
Terry Hutchins	0:23:54	1st
Chelsea Hybels	0:38:20	
Anne Ingold	0:47:00	
Eric Jasiak	0:27:11	
Lisa Jasiak	0:30:43	
Gary Jessel	0:26:50	1st
Jody Johnson	0:53:06	
Deborah Kloosterman	0:27:25	2nd
Michael Kloosterman	0:26:03	
Nate Krawczyk	0:20:24	1st
Caleb Lohman	0:23:22	
Matt Longjohn	0:25:05	

Addie Maston	0:32:30	
Shannon Maybee	0:34:47	
Melina Moore	0:33:18	3rd
Kaytlin Mott	0:45:07	
Cole Muenzer	0:25:14	3rd
Vance Muenzer	0:25:12	2nd
Jill Neugebauer	0:36:10	
Kristen Noble	0:38:40	
Lisa Noble	0:38:12	
Anita Ollila	0:31:33	Female Senior Grand Masters Winner!
Dawn Roberts	0:46:09	
Christie Ruesink	0:31:16	
Lloyd Ruesink	0:31:16	
Marie Salvato	0:32:30	
Sheri Schmidt	0:43:45	
Cathie Schorer	0:36:31	
Scott Schorer	0:31:33	
Kylie Schultz	0:22:59	1st
Bonnie Sexton	0:25:38	1st
Cris Smith	0:21:00	2nd
David Steves	0:35:44	3rd
Carolyn Stiles	0:29:22	
Sheri Stricker	0:38:13	
Linda L Thompson	0:51:57	2nd
Carla Verbrugge	0:31:14	2nd
Jennifer Young	0:23:14	2nd

Eighty –four members of the Kalamazoo Area Runners participated in the first Winter Blast 10k event, including Robert Cook (41:45) Male Masters Winner, Cathy Cheron (55:05) Female Grand Masters Winner, and Gay Marie Fournier (1:06:27) Female Senior Grand Masters Winner. Other Age Group winners included Josh Bartz (2nd), Christine Behrens (2nd), Caleb Billings (1st), Isaac Bowman (1st), Joe Cekola (2nd), Lori Cupp (1st), Marty Dinneweth (1st), Erik Eldred (1st), Peter Fernando (1st), Jennifer Foote (1st), Matthew Garza (3rd), Deb Hargus (1st), Derek Haroldson (2nd), Becky Hill (2nd), Joseph Hohler III (2nd), Linda Howard (3rd), Susan Hubert (1st), Thenuka Jayatilaka (2nd), Melinda Kiplinger (1st), Caitlin Klask (2nd), Robert Kloosterman (3rd), Jen Marucci (3rd), Frank Neugebauer (1st), Kally Pasch (2nd), Emily Potratz (3rd), Kathy Roschek (1st), Greg Socha (2nd), Katie Surprenant (1st), Kathleen Taylor (2nd), and Scott Voigt (1st). Congratulations to all of our 10k finishers!

Josh Bartz	0:49:15	2nd
Mary Beth Bass	1:09:59	
Bryan Bates	1:08:20	
Julie Bates	1:08:20	
Wendy Bauer	1:21:27	
Christine Behrens	0:59:36	2nd
Caleb Billings	0:46:29	1st
Isaac Bowman	0:46:33	1st
Amanda Burdette	1:02:33	
Joe Cardenas	1:12:44	
Paul Carroll	0:53:06	
Joe Cekola	0:49:05	2nd
Becky Charon	1:07:36	
Cathy Cheron	0:55:05	Female Grand Masters Winner!
Robert Cook	0:41:45	Male Masters Winner!
Allison Cooney	1:04:10	
Lori Cupp	0:57:40	1st
Marty Dinneweth	0:49:17	1st
Erik Eldred	0:45:00	1st
Mandy Eldred	0:57:57	
Peter Fernando	1:06:26	1st
Jennifer Foote	0:46:34	1st
Gay Marie Fournier	1:06:27	Female Senior Grand Masters Winner!
Gary Garlock	0:56:31	
Andrew Garza	1:06:35	
Gus Garza	0:59:13	
Matthew Garza	0:58:54	3rd
Melissa Garza	1:07:20	
Jordan Gonzalez	1:00:38	
Deb Hargus	1:10:44	1st
Derek Haroldson	0:48:05	2nd
Krystal Hawkins	1:06:26	
Becky Hill	0:52:00	2nd
Joseph Hohler III	0:45:46	2nd
Linda Howard	0:59:36	3rd

Kay Hubbard	1:01:40	
Susan Hubert	1:04:16	1st
Tami Idzkowski	1:16:37	
Thenuka Jayatilaka	0:47:44	2nd
James Johnson	0:52:56	
Melinda Kiplinger	0:56:32	1st
Caitlin Klask	0:56:59	2nd
Robert Kloosterman	0:54:09	3rd
Jamie Laymon	1:18:08	
Melissa Lewis	1:08:05	
Thomas Maihofer	0:59:33	
Laura Marlatt	1:24:09	
Jen Marucci	0:58:43	3rd
Frank Maston	1:26:42	
Ernesto Matos	0:53:25	
Stephanie Mattox	1:00:50	
Lindsay Meulman	1:02:42	
Frank Neugebauer	0:47:03	1st
Christina Oberheim	1:19:40	
Jennifer Odza	1:06:05	
Amy Onderlinde	1:22:11	
Kelly Pasch	0:50:38	2nd
Emily Potratz	0:51:34	3rd
Robert Reed	1:00:32	
Cassiday Roberts	1:00:22	
Kathy Roschek	1:21:41	1st
Raechel Scholz	1:02:43	
Brian Schwartz	1:06:14	
Joe Shepherd	0:54:29	
Missy Shepherd	1:08:28	
Kristine Simpson	1:03:09	
Rachel Smith	1:00:25	
Matt Snyder	0:56:11	
Greg Socha	0:53:41	2nd
Colleen Steves	1:15:21	

Spencer Stiles	0:57:23	
Holly Stohrer	1:02:26	
Lisa Stone	1:10:46	
Sierra Streeter	0:57:01	
Katie Surprenant	0:59:27	1st
Kathleen Taylor	1:05:59	2nd
Erik Thompson	1:07:23	
Janelle Thompson	1:07:23	
Jez Vedua-Cardenas	1:12:46	
Alisa Ventrone	1:10:18	
Scott Voigt	0:42:38	1st
Becca Ward	1:21:48	
Blair Williams	1:12:58	
Max Zigterman	1:12:46	

Two hundred and nine KAR members participated in the fourth annual Winter Blast Half Marathon, including Female Overall Winner Laura Lam with a finish time of 1:33:55. Rich Bean (1:34:41) was the Male Grand Masters winner, Peggy Zeeb (1:40:49) was the Female Grand Masters winner and Mark Sigfrids (1:39:25) took the Male Senior Grand Masters title. Other age group award winners included Julie Allen (2nd), Stephanie Allen (3rd), Morris Applebey (1st), Tracy Argo (2nd), Zachary Baker (1st), Francine Bangs (1st), Christine Bartholmey (3rd), Marie Billen (1st), John Brady (2nd), Karen Cheng (2nd), Stephanie Clark (3rd), Fred Colbert (2nd), Jeff Eckert (3rd), Angela Elhammer (1st), Kristen Fillar (3rd), Megan Findlay (3rd), Daniel Gavlas (1st), Bill Gephart (3rd), Kathy Griffin (1st), Tom Hall (1st), Nancy Jager (2nd), Amy Kavanaugh (1st), Ed Kenny (1st), Jeff Layne (2nd), Dean MacVicar (1st), Brett Manski (2nd), Tim Meeker (2nd), Anne Mejeur (2nd), Tom Noall (3rd), Terisa Pollock (3rd), Jim Praeger (3rd), Brian Reynolds (1st), Matthew Santner (2nd), Lisa Schreiner (3rd), Kirstin Simons (2nd), Anna Stegink (1st), Mike Waterman (1st), and Tracy Wilson (3rd). Congratulations to all of KAR's half marathon finishers!

Amy Acker	2:14:12	
Julie Allen	1:52:50	2nd
Stephanie Allen	1:46:09	3rd
Morris Applebey	1:35:56	1st
Brian Argo	2:25:12	
Tracy Argo	1:39:49	2nd
Jeff Baas	2:01:23	
Zachary Baker	1:20:37	1st
Jon Bale	1:51:31	
Francine Bangs	2:20:14	1st
Christine Bartholmey	2:27:45	3rd

Rich Bean	1:34:41	Male Grand Masters Winner!
John Beffel	2:40:42	
Marie Billen	1:35:00	1st
Kate Binder	2:30:08	
Megan Bland	2:03:39	
Andy Boris	1:28:55	
Brian Bowman	1:53:25	
John Brady	1:42:51	2nd
Steve Breisach	1:38:37	
Andrea Burlingham	2:07:51	
Brian Campbell	2:00:32	
Jacque Carlson	2:12:30	
Karen Cheng	1:43:13	2nd
Eileen Chiang	2:26:11	
Stephanie Clark	1:49:39	3rd
Fred Colbert	1:51:20	2nd
Brandy Cole	2:30:07	
Kristen Coonrod	2:03:43	
Daniel Damaska	1:32:46	
Chris Deau	1:58:41	
Kelley Dendel	2:49:24	
Chris DHulster	1:37:53	
Ben Dilla	1:38:37	
David Eagle	1:42:47	
Jeff Eckert	2:03:13	3rd
Angela Elhammer	2:08:24	1st
Steve Ellis	2:28:53	
Don Ewert	2:04:46	
Stephen Ferez	1:57:13	
Laura Ferrara	2:09:06	
Kristen Fillar	1:55:04	3rd
Craig Findlay	1:42:59	
Megan Finley	1:47:14	3rd
Molly Fisher	2:08:10	
Travis Followell	1:48:25	

Joni Ford	2:44:13	
Artis Freye	2:20:00	
Daniel Gavlas	1:39:23	1st
Wendy Geerligs	2:05:00	
Bill Gephart	1:49:04	3rd
Jeremy Germain	1:46:32	
Michelle Germinder	2:06:11	
Diane Gilligan	2:17:56	
Anne Giorio	2:39:29	
Kim Gjeltema	2:26:12	
Bud Glenn	2:12:19	
Aravind Gorthi	2:05:34	
Tim Gottwald	2:04:09	
Eric Greene	1:53:33	
Kathy Griffin	1:47:21	1st
Christopher Hale	2:05:26	
Tom Hall	1:22:22	1st
Mary Hannapel	2:05:51	
Charles Harmon	3:13:26	
Donna Harmon	2:09:01	
Audrey Hayes	2:08:42	
John Hayes	3:00:58	
Amie Heasley	2:12:19	
Jon Hess	1:57:49	
Brad Hollister	2:40:16	
Karen Hook	2:05:51	
Marty Hoover	1:58:36	
Marty Hoover	1:58:36	
Jenn Houghton	2:20:16	
Heather Huber	2:13:35	
Mike Huber	1:59:21	
Heather Hudson	2:35:46	
Valerie Hyndman	2:25:15	
Nancy Jager	2:19:44	2nd
Arya Jayatilaka	1:59:34	

Kylie Johnson	2:39:32	
Susan Kallewaard	3:08:52	
Amy Kavanaugh	1:53:01	1st
Fred Keister	2:13:29	
Ed Kenny	1:27:13	1st
Mandee Kerns	1:49:45	
Sandy Koscinski	2:15:05	
Kevin Kwiatkowski	2:22:19	
Lynlee Kwiatkowski	2:22:19	
Kim Labadie	2:55:55	
Laura Lam	1:33:55	Female Overall Winner!
Samantha Lamorandier	1:51:32	
Dan Launt	1:56:11	
Jeff Layne	1:27:41	2nd
Rocque Lefaive	1:28:44	
Sue Lennan	2:14:26	
Cammy Lenning	2:19:16	
Robert Levy	1:56:19	
Jim Lewis	1:43:01	
Andra Longcore	2:08:24	
Michael Louden	1:38:27	
Alexandria Lueth	2:06:38	
Daun Lutes, Jr.	1:44:20	
Dean MacVicar	2:03:13	1st
Brett Manski	3:18:29	2nd
John Manski	2:51:09	
Sharon Manski	2:58:07	
Kristen Maxwell	2:19:16	
Nicole McCarthy	2:03:37	
Tim Meeker	1:46:26	2nd
Anne Mejeur	1:43:14	2nd
Lindsay Metzger	2:21:30	
Brian Meyers	1:59:13	
Ken Mohny	2:13:18	
Lorena Moras Trainor	2:39:45	

Doug Muenzer	1:37:44	
Penelope Muenzer	2:09:46	
Carrie Muessig	2:14:52	
Shelley Muzo	2:39:49	
Jennifer Myers	2:19:53	
Jennifer Myers	2:19:53	
Laura Neer Stuchell	2:19:16	
Lesa Newby	2:18:56	
Stacey Newton	2:21:29	
Margaret Nichols	2:56:23	
Tom Noall	2:32:45	3rd
Derek Noid	1:38:19	
Laurie Oleksa	2:15:21	
Autumn Osborn	2:09:29	
Henry Plachcinski	2:49:41	
Terisa Pollock	1:48:39	3rd
Mike Powell	1:53:07	
Robert Poznanski	1:53:15	
Jim Praeger	1:43:42	3rd
Steve Pride	1:30:33	
Leander Rabe	2:08:10	
Mindy Ray	2:18:56	
Steve Regner	1:50:31	
Ronald Reid	2:27:16	
Mike Reimer	2:01:45	
Dan Reisner	2:09:28	
Brian Reynolds	1:20:44	1st
Dave Roberts	1:52:09	
Kimberly Robinson	1:58:34	
Damian Ruesink	1:50:40	
Corrine Sallaz	2:24:36	
Matthew Santner	1:29:23	2nd
Rich Schau	2:00:33	
Leslie Scheffers	1:59:35	
Tracee Scheffers	2:21:34	
Lisa Schreiner	1:54:49	3rd

Karen Schwab	1:56:02	
Ailese Scott	2:14:07	
Donna Scott	2:56:35	
Kyle See	2:37:49	
Wes Seeley	2:02:01	
Ustina Shives	2:17:58	
Maureen Shubnell	2:29:03	
Benjamin Siems	1:38:34	
Mark Sigfrids	1:39:25	Male Senior Grand Masters Winner!
Mark Sikkila	1:33:02	
Brett Simmering	2:19:17	
Mary Anne Simmering	2:13:31	
Kirstin Simons	1:49:10	2nd
Cara Smith	2:03:37	
Traci Spada	2:02:00	
Piper Spaedt	2:05:56	
Michelle Spiegla	1:55:29	
Gary Spiker	1:51:29	
Anna Stegink	1:49:02	1st
Janet Stensland	2:41:29	
Rebecca Strauss	2:09:47	
Scott Struck	2:39:47	
Jeffrey Stull	1:48:40	
David Talsma	2:11:30	
Scott Taylor	1:49:04	
Jim Teeter	2:09:37	
Carla Thomas	2:20:15	
Candace Thurston	2:56:32	
Brian Trainor	2:39:29	
KEVIN ULRICH	1:43:06	
Brett Vanderwater	2:04:50	
Scott VanLoo	1:38:37	
Tazee Vickery	1:48:08	
Andrew Vidor	2:09:38	
Jason Visser	1:49:18	

Matt Vollmar	1:45:46	
Adam Wade	2:11:00	
Michael Wagner	1:42:47	
JoDell Walker	1:59:13	
Annie Waterman	2:28:20	
Mike Waterman	1:24:36	1st
Josh Wheeler	1:51:21	
Wendy Whittle	2:53:08	
Jason Wilhelmi	1:50:18	
Tracy Wilson	2:07:49	3rd
Zachary Wilson	1:50:32	
Mary Wisswell	2:19:02	
Matt Wittenberg	1:41:37	
Dianne Woloszyk	2:23:26	
Steven Woloszyk	2:14:32	
Brent Yager	2:34:48	
Sarah Yetter	1:48:52	
Yuji Yoshino	2:06:16	
Angela Young	2:19:31	
Peggy Zeeb	1:40:49	Female Grand Masters Winner!
Brandon Zeigler	2:14:08	
Tenneil Zielaskowski	2:21:55	

The Shamrock 5k March 19, 2016

The Shamrock 5k was held on March 19th and attended by 50 KAR members. Scott Evans emerged as the overall male winner with a finishing time of 17:10. Finishers in the age group circle winners were Julie Allen (2nd), Morris Applebey (1st), Tracy Argo (1st), Thomas Bennett (1st), Royce Bland (2nd), Paul Bushnell (3rd), Andrew Darrell (3rd), Bruce Dewey (2nd), Randy Fielder (3rd), Mike Foster (3rd), Aliza Garcia (1st), Mason Garcia (1st), Joan Hanna Darrell (2nd), Ray Hendriksma (1st), Michael Kloosterman (1st), Logan Post (2nd), Steve Pride (1st), Luke Rathburn (3rd), Max Rathburn (1st), Dave Roberts (3rd), Leslie Scheffers (1st), Karen Schwab (1st), Joel VanderKooi (1st), and Lori Wallace (3rd). Congratulations to all our Shamrock 5k finishers!

Julie Allen	0:23:56	2nd
Morris Applebey	0:19:47	1st
Tracy Argo	0:21:46	1st
Thomas Bennett	0:34:30	1st
Jalayne Bennett-Conway	0:38:11	

Royce Bland	0:35:33	2nd
Paul Bushnell	0:23:50	3rd
Jeff Cavanaugh	0:23:53	
Andrew Darrell	0:21:58	3rd
Bruce Dewey	0:27:50	2nd
Scott Evans	0:17:10	Overall Male Winner!
Randy Fielder	0:29:45	3rd
Kim Foghino	0:29:38	
Mike Foster	0:37:07	3rd
Lori Fraker	0:37:34	
Aliza Garcia	0:21:20	1st
Mason Garcia	0:21:00	1st
Raul Garcia	0:23:37	
Anne Giorio	0:31:05	
Joan Hanna Darrell	0:38:20	2nd
Ray Hendriksma	0:29:39	1st
Kelly Hinga	0:28:08	
Jody Johnson	0:52:43	
Michael Kloosterman	0:26:35	1st
Matt Longjohn	0:25:10	
Frank Maston	0:43:34	
Laura McDonald	0:59:36	
Pamela Meyer	0:44:40	
Todd Meyer	0:44:40	
Kristen Noble	0:38:22	
Lisa Noble	0:37:33	
Ken Odza	0:43:27	
ELY POST	0:22:30	
LOGAN POST	0:21:43	2nd
Nina Poznanski	0:54:39	
Robert Poznanski	0:54:38	
Steve Pride	0:19:45	1st
Gabe Rathburn	0:22:09	
Luke Rathburn	0:22:01	3rd
Max Rathburn	0:18:18	1st

Dave Roberts	0:22:58	3rd
Dawn Roberts	0:45:42	
Leslie Scheffers	0:21:39	1st
Cathie Schorer	0:36:58	
Scott Schorer	0:29:00	
Karen Schwab	0:24:45	1st
Joel VanderKooi	0:20:14	1st
Roberta VanZile	0:39:12	
Lori Wallace	0:24:27	3rd
Gina Wesaw	0:40:55	

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