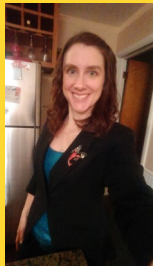




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FEBRUARY 2017

"I often hear someone say I'm not a real runner. We are all runners, some just run faster than others. I never met a fake runner." - Bart Yasso

Baby Boomers Running Strong Through the Decades

The Baby Boomers witnessed Kathrine Switzer's famous Boston Marathon finish, Frank Shorter's Olympic Win in Munich and the running boom of the 1970's.



KAR Member and Baby Boomer Sherri Taylor

In 1972, Frank Shorter won the gold medal in the Olympic Marathon in Munich, a victory that fueled the running boom of the 70's. Shorter was born October 31, 1947 and is on the leading edge of the generation we know as the Baby Boomers.

His extraordinary accomplishments ignited the sport of running in a very different way than the most recent boom, which was driven by the recreational runner. Referred to as "The Father of the Modern Running Boom," Shorter led his generation, and the sport of running, to new heights.

According to fact tank Pew Research Center, the Baby Boomers were born between 1946 and 1964. (*Fry, Millennials*

Overtake Baby Boomers as American's Largest Generation).

Contents

- Baby Boomers Running Strong -1
- Featured Member—Rachel Hoffman - 7
- Just Another Runners Perspective - 9
- Member Welcome—12
- Volunteer Directors—13
- Upcoming KAR Events and Programs —14
- Race Discounts and KAR Apparel—15
- Service Provider and Merchant Discounts—16

Board Members At Large



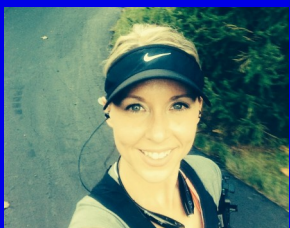
Amy Clark



Shelbi Cummings



Fred Keister



Kristen Mansfield



Carrie Mortlock

Baby Boomers continued

In 2017, Baby Boomers range in age from 53 to 71, with the leading edge entering their retirement years. This generation was born during the post-World War II era. They grew up with Elvis Presley, Woodstock and Vietnam. Baby Boomer celebrities include George Clooney, Meryl Streep and Christie Brinkley. In the running world, they are represented by legendary athletics Bill Rodgers, Kathrine Switzer and Frank Shorter.



Baby Boomer Doug Kurtis is the World Record Holder for the most sub-2:20 marathons

One of the most influential runners of all time came from this generation, the great Steve "Pre" Prefontaine. More than four decades after his untimely death, Pre's legacy continues to live on through all generations.

Baby Boomers may have entered their late career and retirement years and may have had to make adjustments in their training, but they contin-

ue to run strong well into their 50's and 60's. Their reasons for running aren't all that different from those of Generation X and the Millennials.

Sherri Taylor (58), an oncology nurse, is a Boston Marathoner and has been a strong runner throughout her 50's. She has a Bachelor's Degree in Dietetics and health and fitness are important to her.

"I am a few months from turning 59 years old. Next year, I turn 60 years old (YIKES!!) on a Saturday April 28th, so you can bet your bottom dollar that I will be running a marathon somewhere!" says Taylor.

"I run because I believe that exercise plays a big role in gaining and maintaining a healthy lifestyle. When I am stressed, I lace up my sneakers and head out the door; it is my favorite decompression tool! Long runs with all of the fun run-camp folks are my favorite."

"I have been running since 2006. I was an avid walker, but wanted an activity to do with my adult son, so I started working some run time into my walks. That year, my son did the half marathon and I did the 5k. Neither one of us had ran a race before, and it was very exciting! I was hooked after that. I have now run many half and full marathons, because well, basically I am addicted!"

While Taylor has met most of her running partners through the running community, she tries to encourage her non-running friends to pick up the sport."



Jim Pollock



Kirstin Simons



Scott Struck



Elizabeth Vandenheede

Baby Boomers continued

“Any Baby Boomer racing partners I know, I have met in the running community. I have many non-runner friends who think that I am quite crazy! I have to coax them to join me, but they mostly state that they are too old to start such a sport. I have even bought some friends Jeff Galloway books for beginner runners!”

Taylor also recognizes the importance of volunteerism, and set an excellent example with her prescribed formula for volunteering for races.

“I try to volunteer for one event for each race that I do. It is a huge commitment for volunteers who support my runs, so I would just not feel right to not contribute for others. I volunteer for local events, but also have volunteered for the Grand Rapid marathon. I have been 'grandfathered' into a yearly role for the Kalamazoo Marathon (for as long as my arms and back can take the heavy lifting.)”

She also loves Kalamazoo Area Runners and the local running community.

“I absolutely love my KAR run group. I first joined the Beyond program in 2006 and have participated every year since. I also love Gazelle Sports and their Summer Safari program (which KAR supports.) Both run camps have encouraged and guided me for all of my running events AND have contributed to my love for the sport of running!”

“KAR, Gazelle sports, and Borgess Run Camp have really lit a fire for the sport of running for folks in the Kalamazoo area! They are supportive, informative, and offer many events year-round. Most importantly, they offer support for runners of all fitness levels, from beginners to elite. Now THAT is community encouragement at it's best!” says Taylor.

Arya Jayatilaka, a scientist with a pharmaceutical company, has been running on and off for 20 years and has completed 10 marathons, 50 half marathons, about 50 5k and 10k races and the Fred Relay.

“(I run) For the physical and mental health benefits, and to deal with stress, challenges in life, etc.,” says Jayatilaka.

“I know some baby boomers who are hard-core runners. But most of them are recreational runners, just like me.”

Jayatilaka volunteers as much as he can. He serves on the planning committee of the Winter Blast Half Marathon, 10k and 5k and as a coach for Summer Safari and Fast Track.

He has also served as a pace leader for several half marathons (Winter Blast, Borgess, Toledo, Indianapolis and Battle Creek) and serves as Kalamazoo Area Runners' Club Photographer.



"I try to volunteer for one event for each race that I do. It is a huge commitment for volunteers who support my runs, so I would just not feel right to not contribute for others."

-Sherri Taylor (58)

Baby Boomers continued

"KAR offers good educational and training programs for all skill levels. My kids and I enjoy these events. We are blessed with an active running community and several major events (running, cycling, hiking, etc.) in this area. Most of these events are organized and supported by volunteers. I want to volunteer, so these programs/events will continue for the benefit for all," says Jayatilaka.

"KAR is a friendly, welcoming and supportive group. It also offers training and educational programs for all skill levels."

Teri Olbrot (63) is an occupational therapist and started running the year she turned 50.

"I love the rhythm and simplicity of running -- one foot in front of the other, moving in a forward direction, with your breath in sync with your feet -- I find it very calming and centering. I love being outdoors, and I really enjoy running with my friends. I also run to stay strong and healthy," shares Olbrot.

The year she started running, her husband John ran the Bayshore Marathon and she ran the 10K.

"He (John) encouraged me to keep running so I adopted my dog, Zena to be my running buddy and signed up for Borgess Run Camp. I removed any pressure for speed and distance and ran for time alone, embracing the Galloway walk-run method. I began to really look forward to running and got better at it. Eventually, I trained for my first half marathon, then ran the first two Kalamazoo Marathons. I'm training for a half marathon now," shares Olbrot.

"I have several friends in my age group that run and my husband, John, is a very avid runner. Of course, our numbers are on the smaller end of the bell curve, but it's not unusual at all to see people of my generation running. We are represented in the Beyond training program and Fast Track, and I always scan the crowd at running events for grey hair, to check out the competition!"

Like Taylor and Jayatilaka, Olbrot believes it is important to volunteer.

"I enjoy volunteering for KAR and other organizations, as I have the time. I've served as a course marshal, an event organizer, and a team leader. KAR activities are important to me and I want to do my part to make sure they are a success. I also enjoy meeting new people and encouraging other runners, when I can."

"I greatly appreciate the support and friendship of other runners and I am especially grateful to have running friends of all ages and abilities. The excitement and sense of community at running events is inspiring to me. I also appreciate the KAR website for its excellent information on training and connections with the running community."



“KAR is a friendly, welcoming and supportive group. It also offers training and educational programs for all skill levels.”

-Arya Jayatilaka



“I love the rhythm and simplicity of running -- one foot in front of the other, moving in a forward direction, with your breath in sync with your feet -- I find it very calming and centering.”

-Teri Olbrot (63)

Baby Boomers continued

When asked what KAR could do to better engage baby boomers and keep them running, Olbrot offers sound advice.

“Running in your fifties, sixties and beyond takes an extra measure of determination and self-care. The resources available to all KAR members -- training plans, workshops, in-services, and networking with the medical and training communities -- are all excellent resources for baby boomers. We may need a little more recovery time than younger runners and eventually, reluctantly, even slow down. But if you love to run, the right support can help you stay on the road. Adding a new strengthening routine, making a change in your diet, getting expert advice on your gait or shoes, or changing up your training plan, could make the difference. KAR can help connect similarly paced runners and Galloway (walk-run) groups, and connect us with the knowledge and expertise we need to stay on the road.”

Scott Taylor (59) is a retired school teacher and taught science and Biology at Galesburg-Augusta for 32 years. He continues to coach JV football and Varsity boys golf at Portage Central High School and has been coaching there for 39 years. Taylor has been running regularly for about 30 years. He started competing in 10k's and marathons in the late 80's and early 90's. His first marathon was in 1993 at Detroit.

“It is always fun to run into former students and athletes at the KAR events. At the end of this summer I hit a new age bracket, 60-64. Yea, 10 more minutes to qualify for Boston,” shares Taylor.

Taylor's reason for running are similar to those of his peers, as well as other generations.

“In the beginning of my running career it was a way to deal with the stress of a divorce. It gave me a focus and I created some goals to get me out of an apartment. I have been involved in athletics my whole life. As a kid we played sandlot ball all of the time, and while in high school I played basketball and golf. Now, running keeps me thinking like an athlete, not a former athlete. Maybe a final reason to run this much is that I like chocolate chip cookies too much. I still enjoy setting marathon goals; I always target a Boston Qualifying time as a goal. But at this point in the game I don't get too upset if it does not work out. I still see any finish in a marathon as a win,” says Taylor.

“The Baby Boomers that I have met and run with are all through KAR. Sometimes Mark Sigfrids will slow down and run with me, and here lately John Olbrot and I have been at about the same pace this Beyond season. I ran a lot of Beyond miles with Don Morris too before he moved to North Carolina. Other than that my high school and college peers have not been able to continue running for various health reasons. For that, I am thankful that I am still running.”

“



"I still see any finish in a marathon as a win."

- Scott Taylor (59)



"There's a connection between my spirit, my body, and the earth; a holy trinity, that for me is the "runner's high." The fact that I've also met the most amazing people through running is the double icing on the cake."

-Steve Rice (58)

Baby Boomers continued

Taylor has a long history of volunteerism with the Kalamazoo Area Runners, served on the Board of Directors for nearly a decade, and continues to serve on several planning committees.

"I have been involved with KAR since it was the Kalamazoo Track Club. I have worked as Secretary for the board. I held that position for 8-10 years. Currently, I am one of the directors of the Turkey Trot at West Middle School on Thanksgiving, and I am the Hydration Coordinator for the Beyond program. We may meet three or four times a week to knock out a run. Where else will one spend hours slogging through slushy roads and talk the entire time out there."

"The Kalamazoo area is great for runners of all ages. There is so much more out there than 20 years ago. For those Boomers who are out there and physically could run the opportunities are here. I encourage anyone who can to join us. Unfortunately, my age group tends to get injured a little easier and take longer to heal."

Steve Rice (58) is a store manager and has been running for 14 years as an adult, and 3 years from high school through college.

The spiritual and social aspects of running are important to Rice.

"There's a connection between my spirit, my body, and the earth; a holy trinity, that for me is the "runner's high". The fact that I've also met the most amazing people through running is the double icing on the cake."

Like Taylor, most of the Baby Boomers Rice has met are through KAR.

"All of the baby boomers that I know who run I've met through KAR. I can count on one hand the contemporaries who run that I've met outside of KAR. I think I'm at an age when very few people take up running. The people that I know who are in their fifties and sixties, have all started in their forties or younger. This is also an age when the participation rate (as observed by age group race results) starts to drop dramatically, presumably due to the onset of physical problems with running."

Rice enjoys encouraging others to reach their goals and has volunteered for KAR and the running community.

"I've volunteered in many capacities for KAR and the greater running community. Once we became empty nesters, the time available increased considerably. I've enjoyed giving to the sport, and encouraging others to reach their goals," shares Rice.

Baby Boomers continued

When asked what he enjoys most about KAR and the running community, Rice shares, “The opportunity for like-minded people to organize “ events and programs. The running community is a place where people are equal, as people from all walks of life enjoy running together and building support networks and friendships.

What could KAR and the running community do to better engage Baby Boomers in the sport of running AND keep them running?

“This is a tough one, given the fact that Father Time eventually catches up with us all. In some respects, I think age groups are a double-edged sword. They're certainly a way for baby boomers to continue to compete, long past the time when PR's are possible. But that competition could also contribute to over training and injury, long past the time when our bodies are capable of handling the stress load. Not that KAR can really do anything about that.”

While Baby Boomers may be in their late career years and transitioning into retirement, running has remained a constant in their lives and they are still going strong.

Works Cited:

Fry, Richard, “Millennials Overtake Baby Boomers as America’s Largest Generation.” Pew Research Center. April 25, 2016. <http://www.pewresearch.org/fact-tank/2016/04/25/millennials-overtake-baby-boomers/>. Accessed January 29, 2017.



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. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers' Bureau of the United Way of the Battle Creek and Kalamazoo Region.

Just Another Member's Story: Rachel Hoffman

Be Yourself

By Gale Fisher



Running tends to bring out the best of its participants. The running world is known for the support that its members provide one another in the midst of competition. This support can be found in the form of encouragement with faster runners heading back out onto the race course after finishing their race to go back out and cheer on others or run in with them. This support also makes appearances on roads and trails everywhere in the form of mentorship with runners providing advice and hours of running side by side with other runners to assist in the growth of the sport and the individual. As runners we easily discover a boost in our confidence with the sense of accomplishment. The growth that each of us receives in self-esteem from the collective guidance of the running community is often frosting on the cake. With all the positive vibes that the running community is associat-

ed with, there is also the risk of peer pressure. This pressure does not necessarily come from the outside but often from within. Sure modeling our goals and daily schedule on that of our peers can be a powerful guiding force, but we must be careful not to get caught up in this too much. At the end of the day our running must be dictated mentally and emotionally by our own desires and physically by how our body responds to each and every run. In her short tenure as a runner, this month's featured runner, Rachel Hoffman has learned the importance of drawing off the support of the local running community while also staying true to herself.

"Your reason for running is different than other runners' reasons for running."

-Rachel Hoffman

Rachel became an official member of the running community after graduating from college although she was forced to run as a high school and college athlete. "I played soccer in college so we had to run for conditioning. At the time I viewed it as punishment."

Ultimately Rachel's father, a long time runner himself, helped her to change her attitude about running. "Two years after graduating college I began running 5ks. My dad had been a runner as I was growing up and he was still running after I graduated from college. He talked me into starting with 5Ks in 2011."

It didn't take long for Rachel to up the ante and jump from 5ks to longer distances. "After running a year I decided to sign up for the Borgess Half. My dad really supported me during training for this."

Rachel's world would be changed forever immediately after finishing her first half marathon. Emotions went from sky high to fear, confusion and sadness almost immediately after crossing the finish line. Her dad was there to support her and immediately she sought him out so that they could celebrate together her accomplishment. She did not see him in the course and could not immediately find him after finishing, "After finishing the race I finally found my dad. He was leaning up against a tree not looking well at all. I took him to Urgent Care. They sent us to the ER immediately. He had developed a blood clot that had traveled up to his lungs. Not long after going to the ER he passed out. We made the decision to take him off life support the next day."

The surprising and shocking death of her father hours after her biggest accomplishment as a runner helped to fuel Rachel's passion for the sport. Running became a coping mechanism for Rachel as she sorted through the emotions of losing her father. "The death of my father catapulted me into running and a few weeks after his death I signed up for my first marathon. Dad had always wanted to run a full but never had the chance."



As a runner, Rachel found mentorship early on. Although her father is now gone his mentorship is still alive. He has not only provided mentorship for her but has been a great source of inspiration.

Rachel has embraced the local running community and found mentorship from individuals she has met as a runner. "There are many father figures and mother figures as part of KAR who look out for me. Rob Lillie has been a great mentor. Ron Reid who has been a team leader for Beyond and Safari, has been a mentor. He reminds me of my dad."

The sudden death of her father sparked Rachel's desire to run. Running became the center piece of her world. Although running played a huge role in helping her cope, she has learned a valuable lesson in keeping her life balanced. "This past September I was diagnosed with ulcerative colitis. I began having symptoms with stomach discomfort during the summer but ignored it. It finally got so bad I had to go to the hospital. I had been born with this but it had been dormant. My high mileage was responsible for having it flare up. I had to stop running. I had signed up for the

Detroit Marathon and not been able to run for six weeks but was able to show up and run/walk Detroit. I feel that I can start running more regularly but will need to listen to my body."

Although running still remains a huge part of Rachel's life she has learned a valuable lesson. One must know when to kick it in and when to back off. Perhaps more importantly she has learned to continue to immerse herself in the running community but not to let the goals and workouts of others suck her into a regimen that her body is not equipped to handle and her heart is not into. Rachel's words of advice are centered around these lessons that she has learned. "Listen to your body. Never forget why you are out there and have fun. Your reason for running is different than other runner's reasons for running."

Rachel's likes and dislikes of running have been shaped by her experiences with her father and also her time off from running after being diagnosed with ulcerative colitis. "What I like about running is the fact that it's just me against myself. I don't compare myself to other people. I love the feeling of accomplishment knowing that I can run 26 miles. When I have bad days knowing what I have accomplished as a runner helps me through bad days. The discipline that running teaches helps me stay disciplined at work, at home and in relationships. Sometimes when running with a group there can be peer pressure. I have been caught up in this before and run more than what I should because of this and signed up for races that I wasn't necessarily motivated to run. You must learn to listen to your body."

Rachel has run in and completed seven marathons to date but her first marathon remains her most memorable. "Completing my first marathon was huge. The emotions had been raw after the recent passing of my father. When I finished my first marathon I felt that I could get through anything."

Rachel is taking on a new role in running this winter as a pacer for the half marathon distance. "My short term goals center around pacing. I served as a pacer for the Wintetrblast Half Marathon for the 3 hour pace group. My goal is to learn and succeed in the pacing role. Long term I have signed up to run the Chicago Marathon with the Crohn's Colitis Foundation. I need to raise \$1500."

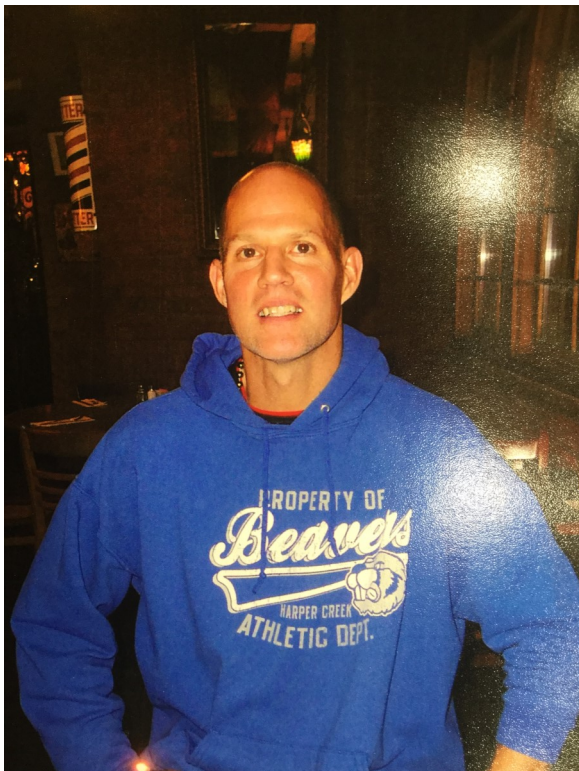
Running can bestow a host of mental and physical benefits on its participants. For many such as Rachel it has provided the perfect coping mechanism for getting through a traumatic experience such as the loss of a loved one. Running can also provide the perfect platform for learning valuable life lessons. Rachel's words of advice about running for your own reasons are words that can be applied to many facets of our own lives. Her own experiences have taught her that guidance and inspiration that come from others is valuable but one must also go about life in a way that fits them directly as an individual. Everyone has a story. Stay tuned next month for another runner's story.

Just Another Runners Perspective

Just Like a Kid

By Gale Fisher

"We not only need to have a deep respect for children; but also a deep respect for the child in everyone."
— C. JoyBell C.



One can make the argument that running can slow the aging process. Running does indeed provide prosperous benefits for its participants in terms of overall physical health. Sometimes this also filters through to the perceived age of an individual. All of us have seen examples of this. I have a good friend, a longtime runner, who just recently hit the 60 year milestone but he looks as if he is in his mid forties at the most. Another acquaintance who attends my church has run five days a week for most of his adult life. Although chronologically he is known as an eighty three year old he undeniably looks as if he is hanging in the late sixties age bracket.

"Confidence can be a catalyst for an individual in terms of performance, attitude and work ethic."

Sometimes that confidence can sprout as the result of a single event."

Genetics and other factors help to make an individual look much younger than what their birthday indicates but I would like to think that being involved in an activity such as running can contribute to this as well. Local runner Dave Berry recently celebrated his 55th birthday, although he looks ten years younger. As a runner out on the roads, however, he looks even younger, resembling a teenager.

If you happen to see him running the streets of Battle Creek, from afar it would be difficult to not assume that he is a high school athlete out for a run. I can't count the number of times that I have been driving in my car, seen Dave running with his effortless gait, and thinking to myself "I wonder what school this kid runs for," only to realize a few moments later that it is Dave. His body style and his running stride truly resemble that of a teenager.

Dave began running early on and life and has never really looked back. "I was in seventh grade (1975) when I started on the track team at Delton Middle School. A friend of mine asked me to come out. We would run together but at the time I didn't like it."

Dave's negative opinion for the sport did not last long however. As he began to experience some success his attitude changed "Next year in 8th grade when I began to experience some success I grew to like it more. I ran the quarter mile relay. In 8th grade I was the anchor of the mile relay."

Confidence can be a catalyst for an individual in terms of performance, attitude and work ethic. Sometimes that confidence can sprout as the result of a single event. "We were in one track meet when I passed another runner to win the race. It also gave us the points to win the meet."

This one race seemed to fuel Dave's competitive spirit, spurring on success as a high school runner. "I ran track in high school. I played football in 8th, 9th and 10th grade and began running cross country my junior year. I was a small guy and thought I would have more success in cross country than football. My sophomore year in track I began running the mile and half mile. My PR for the mile was 4:36. My half mile PR was 2:05."

Just Another Runners Perspective continued

Dave put in hours of work during the off season between his senior track and cross country season, but this may have been responsible for him missing out on his last season of competitive running for his high school career.

"I trained all winter for my track season my senior year and developed mono and was unable to compete my senior year. I was never able to compete in track at the state level. I was able to go to state in cross country my senior year. My PR was 15:59. I didn't do as well as I would have liked at the state meet but enjoyed the experience."

Dave's success and experiences as a high school runner became a permanent component of his personality and would settle in as regular part of his lifestyle beyond graduation. "After graduating from high school I continued to run but not competitively until a few years later when I began entering local road races"

Dave has been fortunate enjoy his passion throughout the years with minimal injuries "I developed tendonitis in my knee once but ran through it. More recently I have been dealing with a tight Achilles but have been able to manage it. During that period of time the most I have gone without running is a few months."

For an individual to have participated in an activity such as running for more than forty years there must be many things that he or she enjoys about the sport. For Dave one of the greatest pleasures that running provides goes back to his days as a high school runner.

"The competitive part of running is what I cherish the most because it gives you a goal and makes you work for something. It makes you compete against others and yourself. I also like the camaraderie with the other runners. Seeing other runners in their seventies and eighties gives me incentive to keep at it."

"The competitive part of running is what I cherish the most because it gives you a goal and makes you work for something. It makes you compete against others and yourself. I also like the camaraderie with the other runners. Seeing other runners in their seventies and eighties gives me incentive to keep at it."

The aging process does bring with it some difficult aspects of running. Dave has noticed a difference in what he is able to accomplish physically with the sport compared to what he was able to do when he was younger. "I don't enjoy the recovery time now. It never was an issue when I was younger."

Dave credits one of his peers, a former high school teammate who persuaded him to give running a try, as his mentor. The impact that this individual had on Dave really illustrates that a peer or teammate can provide as much influence as a coach. "John Foss was the number one runner on our cross country team when he was a senior. He was a good Christian kid. He talked me into coming out for cross country. He coached me and always gave me good advice. He put in endless miles each summer. I really looked up to him then and he still has a great influence on me today."

John is one of several individuals who has inspired Dave in his life as a runner. "John Foss was my inspiration. I used to watch Eamon Coghlan and Alberto Salazar run on television and drew on their inspiration also. My brother Doug was also an inspiration. He was four years older than me and made it to state in the 440."

Dave has spent the majority of his years focusing on the 5K distance although he has ventured to longer distances on occasion having competed in 10k races, a few half marathons and the 25K distance, but never anything longer than this. Dave attributes the lower miles as the key to his longevity with running with few injuries. He also advises other runners to listen to what their bodies are telling them and to back off when needed.

Just Another Runners Perspective continued

Dave had great success as a high school runner and has claimed victories at local road races at the 5K distance but his most memorable event as a runner comes at the 10K distance. "In 1989 I won the Cereal City Classic 10K with a time of 33:15, my 10K PR, in 1989."

Dave did the bulk of running at a time when many in the sport put in miles on their own. Most of the miles that Dave has logged as an adult have been solo. In the last few years he has participated in some group runs but still runs mostly on his own. "Through the years I have done most of my running alone. I didn't know many runners and just got into a routine of running by myself. In the past seven years I have done some running with guys like Kevin Rabineau and Gale Fischer."

Dave's approach to goals for his sport are unique in terms of what I have heard from other runners. His philosophy however is a good one that can really be applied to life in general. "I have a workout goal every day and just go day by day. I enjoy the fact that I am able to run and thank God every day that I have the health to do it. It is too easy to take for granted."

Dave has had a long go of it, enjoying running for most of his life. His approach to the sport resembles the image that he portrays while out on a run. He looks more like a sixteen year old than he does a fifty five year old when he is bounding down the road. His attitude about the sport is much like that of a child as well as he tries not to worry too much about his distance or pace for future runs. Obviously he wants to run for years to come but he prefers to take it one day at a time and just enjoy the moment of each run.

Although as adults we must think about the future with the responsibilities that we have, but taking on Dave's philosophy when it comes to running and trying to throw it in the mix from time to time in our daily lives would be wise as well.

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.



January New and Renewing Members

Steve Abbott	Andrew Garza	Elijah Lake
Stephanie Allen	Gus Garza	Michael Lawrence
Aaron Aulgur	Matthew Garza	Andra Longcore
Maria Barajas	Melissa Garza	Michael Louden
Keegan Bierema	Dan Gavlas	Cameron Lozeau
Michael Bierema	Judah Gesmundo	Sarah Lozeau
Sarah Bierema	Maxwell Glynn	Nina Lozon
Eugene BREURING	Bill Greer	Jim Luginbill
Peter Burrill	Nancy Greer	Julie Luginbill
Amy Chopp	Amy Gronda	Lindsey Luginbill
Chris Chopp	Christine Hadden	Daniel MacArthur
Kyle Christianson	Heather Harger	Michelle Marvin
Heather Christy	Amber Harkness	Keith McCaffery
Jack Christy	Donna Harmon	Bjorn Nelson
Nick Christy	Brenna Hendrix	Tor Nelson
Tess Christy	Erica Hicks	Jenn Olson
Kendall Colquitt	Becky Hill	Jim Praeger
Jesus Cortez	Jessica Hoag	Steve Randolph
Donald Dangler	Julie Hoffmann	Steve Rice
Courtney Davis	Gretchen Hooker	Rhianna Russell
Jeff Eckert	John Howley	Laura Sandahl
Erik Eldred	Chris Hunt	Leslie Stork
Evan Eldred	Monica Hurley	Claire Tabiaddon
Mandy Eldred	Todd Hurley	Ethan Tabiaddon
Zach Eldred	Alicia Hutson	Mike Tabiaddon
Anne Engh	Amber Hutson	Paul Teini
Jenna Everts	Chad Hutson	Roni Thebo-Park
Megan Fabiilli	Daryl Hutson	Omobola Thomas
Alan Farnquist	Greg Huyck	John Wagner
Randy Fielder	Greg Johnston	Mike Weston
Marie Findlay	Steve Kahl	Jeremy Wilson
Gale Fischer	Derek Kanwischer	Jody Wilson
David Florida	Dave Karnes	C.J. Wyman
Anne Flynn	Jaime Kiessling	Kara Wyman
	Lesly Krawczyk	Eric Yonkers
	Marc Krawczyk	Greg Zummach
	Nate Krawczyk	Linda Zummach

Kalamazoo Area Runners (KAR) Club Championship Series

The Kalamazoo Area Runners (KAR) Club Championship Series consists of local events offering a discount to KAR members (except as noted) and runners earn points for participating. Time points are added for each runner's best 9 races. Points are determined as follows: Time points = winner time/runner time x 100.

Club Series age group awards will be presented to the top three in each age division at the Club Series Awards Celebration scheduled for November 14, 2017.

[Click here for more information and a list of 2017 Club Championship Series Races](#)

Meet Our Volunteer Directors



**Meet Arya
Jayatilaka!**

Staff

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

Joy.mills@kalamazooarearunners.org

Amanda Burdette

Co-Director, Battle Creek Fast Track
Amanda.burdette@kalamazooarearunners.org

Doug Chapel

Co-Director, Sunday afternoon runs in Battle Creek
Doug.chapel@kalamazooarearunners.org

Michael Couey

Director, Tuesday Night Battle Creek Run
Co-Director, Battle Creek Fast Track
Co-Director, Battle Creek Beyond Training Program
Michael.couey@kalamazooarearunners.org

Shelbi Cummings

Director, Expo Marketing
Winter Blast Shadow Director
Shelbi.cummings@kalamazooarearunners.org

Chelsea Dilla

Membership Director
Co-Director, Kalamazoo Klassic (KAR)
Chelsea.dilla@kalamazooarearunners.org

Nikki Elder

Chair, Battle Creek Leadership Committee
Nikki.elder@kalamazooarearunners.org

Gale Fischer

Featured Runner and Another Runner's Perspective Author.
Gale.fischer@kalamazooarearunners.org

Maggie Honaker

Co-Director, Battle Creek Beyond Training Program
Maggie.Honaker@kalamazooarearunners.org

Marty Hoover

Director, Club Series Administration
Marty.Hoover@kalamazooarearunners.org

Brian Hunt

Director, Graphic and Web Design
brian.hunt@kalamazooarearunners.org

Michael Hutchinson

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

Arya Jayatilaka

Club Photographer
runarya@yahoo.com

Fred Keister

Co-Director, Kal-Haven Trail Run (with Liz VandenHeede)
Co-Director, Indoor Fast Track (with Jay Wardell)
Fred.Keister@kalamazooarearunners.org

Carrie Mortlock

Director, Project Sole
Co-Director, Bunny Hop Run
Carrie.Hoch-Mortlock@kalamazooarearunners.org

Jim Pollock

Co-Director, Bunny Hop Run
Jim.Pollock@kalamazooarearunners.org

Matthew Santner

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

Leslie Scheffers

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

Cindy Schnotala

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

Kirstin Simons

Co-Director, Member Reception Runs
Director, Race Discount and Service Provider Program

Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)
Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
Director, Kalamazoo Klassic (MRC)
Co-Director, Turkey Trot Time Prediction Run (beginning in 2017) (with Scott Taylor)
Director, Club Series Outreach
Team Captain, Race for the Cure
Bonnie.sexton@kalamazooarearunners.org

Scott Taylor

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

Liz Vandenheede

Co-Director, Kal-Haven Trail Run
Liz.vandenheede@kalamazooarearunners.org

Jay Wardell

Co-Director, Indoor Fast Track (Kalamazoo) (with Fred Keister)
Jay.wardell@kalamazooarearunners.org

Heather Woodbury

Co-Director, Member Reception Runs
Heather.woodbury@kalamazooarearunners.org

Upcoming Kalamazoo Area Runners Events and Programs

Spring is in the air which means it is time to get registered for your favorite Kalamazoo Area Runners events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

[Kalamazoo Area Runners \(KAR\) Annual Banquet](#) (March 22, 2017—Registration Open Now!)

[Kids' Bunny Hop Run](#)
(March 25, 2017—Registration Open Now!)

[Kal-Haven Trail Run](#) (April 8—Registration Open Now!)

Next KAR Board Meeting is March 6, 2017

The next KAR Board Meeting is March 6, 2017 at 7:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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.

facebook®

Group Runs

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 Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org.

[Click here for a community group run list.](#)

BRONSON Sports Medicine

Injury Assessment Clinics Through Bronson Sports Medicine

The Kalamazoo Area Runners are pleased to partner with Bronson Sports Medicine to present a FREE monthly sports injury walk-in clinic!

Do you have an injury from running, exercising or training? Athletic Trainers from Bronson Sports Medicine can help. Injury Assessment Clinics are held the third Wednesday of each month from 4:00—6:00pm for KAR Members. Please call 269-341-8280 with your name and phone so that proper clinic staffing can be arranged. Clinics are held at Bronson Athletic Club, 6789 Elm Valley Drive, Kalamazoo.

Questions? Call 269-330-2747 or 269-808-0041 or visit [Bronson Sports Medicine Injury Clinics](#)

Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons at kirstin.simons@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 Kirstin Simons at the email address above.

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

[Rock CF Rivers Half & 5k](#) –
Detroit, MI
March 26, 2017
\$5 discount

[The Ann Arbor Marathon](#) –
Ann Arbor, MI
March 26, 2017
10% discount

[Wisconsin Marathon & Half Marathon](#) – **Kenosha, WI**
May 6, 2017
\$5 discount

[Fifth Third River Bank Run](#) –
Grand Rapids, MI
May 13, 2017
\$5 discount

[Sunburst Races](#) – **South Bend, IN**
June 3, 2017
\$5 discount

[Duo at the Ledge Half & 5K](#) –
Grand Ledge, MI
June 10, 2017
20% discount

[Charlevoix Marathon](#) –
Charlevoix, MI
June 24, 2017
\$10 discount

[The Legend \(5M, 10M, Half Marathon\)](#) – **Laingsburg, MI**
August 5, 2017
10% Discount

[Running Between the Vines \(Half Marathon, 5M, 5K\)](#) –
Jackson, MI
August 19, 2017
10% Discount

[Rock Hall Half Marathon & Relay](#) – **Cleveland, OH**
August 20, 2017
\$10 Discount

[Rock City 5K & 10K](#) –
Cleveland, OH
August 20, 2017
\$5 Discount

[Holland Haven Marathon \(8K, Half, Full Marathon\)](#) – **Grand Haven, MI**
September 10, 2017
\$10 Discount

[The Hungerford Trail Races \(50M, Half & Full Marathon\)](#) –
Big Rapids, MI
September 30, 2017
\$15 Discount

[Run the Year 2,017 Miles in 2017 Fitness Challenge](#)
\$5 Discount

Kalamazoo Area Runners Fanwear Store – Check Out Our 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!



Service Provider and Merchant Discounts

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.



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 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.



ATHLETIC MENTORS

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

- Run Coaching: 10% 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 \$195 and includes a 30 minute consultation (\$156 KAR price).
- New in 2017, the Metabolic Efficiency Class includes an ME Test, and a 2 hour training to teach how to understand your test results as well as how to train and eat to become more metabolically efficient. The class and repeat tests (without consultation) are regularly priced at \$135 (KAR price \$108).

For more information visit <http://www.athleticmentors.com/> or call 664-6912. Please use the standard KAR discount code when booking services.



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 via <http://www.centeringyogabc.com/> and

Use the standard four digit KAR code to receive the member discount.



BORGESS HEALTH AND FITNESS CENTER

The Borges 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.



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2017 events. Visit <https://www.cerealcityathletics.com/> to learn more about Cereal City Athletics and to register for their 2017 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2017 Events include:

Paddles and Picnic, May 14 (\$3 off)
Ice Cream Century Ride (\$5 off)
Battle Creek Half Marathon & 5k, (\$5 off 5k, \$5 off half marathon)
Cereal City Triathlon,
Cereal City KIDS Triathlon
Tinsel Toes 5k

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.



Service Provider and Merchant Discounts

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's largest provider of therapeutic and sports massage! Their Sports Massage Center offers a full postural and gait analysis as part of your initial consultation. You can use their convenient online scheduling at

www.kalamazooathleticwellness.com or call 269-373-1000 to schedule. KAR members receive \$10 off any massage of an hour or longer at the Sports Massage Center location only. Cannot be combined with other discount offers.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2017 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 2017 events, using the 2017 KAR discount code..

Schedule of events:

- Gull Lake Triathlon-June 24, 2017
- Shermanator—August 5, 2017
- Kids Get Active Triathlon-August 12, 2017

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.



Service Provider and Merchant Discounts

GAZELLE SPORTS

Information is coming soon from Gazelle Sports!



TROY HUGGETT FITNESS PROS

Troy of Troy Huggett Fitness Pros would like to offer members of the Kalamazoo Area Runners a discount on a strength training class that he offers at his training facility in Battle Creek. This class is designed for cross-training of runners who are looking to increase strength, endurance and overall performance while reducing injury risk. It is a 30 minute... Strength and Conditioning class using a variety of modalities including, but not limited to: bodyweight, dumbbells, resistance bands, sandbags, and resistance machines. Each individual session will vary exercises, sets, reps and equipment, while maintaining a focus on safely increasing strength, stamina, and flexibility.

Pricing for the classes is typically \$30 per month (4 sessions) or \$10 per session. Troy would like to offer the class to KAR members for \$20 per month (4 sessions) or \$8 per session.

To learn more and to register visit www.troyhuggett.com.

Troy would also like to toss in a bonus offer of a B.O.G.O monthly Rock Climbing membership. Generally it is \$20/per person for the month - no long term commitment, joining fees, or additional fees of any kind. KAR members can buy one and give the other membership to a friend. This is a great way to train for obstacle course races in addition to just getting some great cross training in

To learn more and to register visit Troy's website at www.troyhuggett.com.

YMCA OF BATTLE CREEK

The YMCA of Battle Creek 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 2017 KAR discount code when registering.





Kalamazoo Area Runners
P.O. Box 393
Portage, MI 49081



Email: Membership@kalamazooarearunners.org

Mission: The promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community.



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