

"Have You Ever Felt Worse After a Run."

-Dr. George Sheehan

January & February 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Reflections of the Past and Visions of the Future



Start of the inaugural Winter Blast Half Marathon February 17, 2013

Photo courtesy of Kevin Bos of Fast Photo Pro

By Bonnie Sexton

I have never been one to make New Year's resolutions, often finding that a foundation may be poured one year, and the rest of a work in progress accomplished the following. When we built our house, we selected our property and poured the foundation in the fall of 1998, but the rest of the house, the framework, roof, drywall, interiors, flooring, etc., were finished spring of 1999. We moved in May of that year, just two months after our third child was born. I find that most of my major



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Congratulations to our Winter Blast Half Marathon & 5k Finishers
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commitments and projects tend to cross multiple years, and tend to set aside the annual ritual of establishing resolutions. For others, the month of January is accompanied by an opportunity to set new goals and begin new projects for the coming year. The month of January brings with it the promise of the year to come, a clean slate upon which author the pages of a new story.

As we look ahead to 2013, Kalamazoo Area Runners (KAR) has a full agenda, built upon the successes and foundations of our past, and the vision of our future. Last Sunday, February 17, 2013 the inaugural Winter Blast Half Marathon and 5k, came to reality after more than a year of planning by Kalamazoo Area Runners and the City of Portage. Winter Blast kicked off the City's 50th anniversary celebration, with proceeds supporting the Winter Blast Half Marathon & 5k and Kalamazoo Area Runners. The Half Marathon also served as the Road Runners Club of America (RRCA) State Half Marathon Championship.

A little under a month from now, on March 23, 2013 the Kal-Haven Trail Run will attract hundreds of runners for the 33.5 mile solo-ultra event, the two person team relay and the three – six person team relay. Benefitting Greater Kalamazoo Girls on the Run Girls on Track Program, the Kal-Haven Trail Run has spanned the decades. The ultra will serve as the RRCA State Ultra Championship.

A day later, on March 24, 2013, the Children's Easter Egg Hunt Run will take place at a new venue, Portage West Middle School, continuing to expand our event and program presence and outreach in the City of Portage.

On June 14th and 15th, we will celebrate the 35th anniversary of the Kalamazoo Klassic, a community tradition that continues to flourish after 3 ½ decades. The Kalamazoo Klassic is organized in partnership by Kalamazoo Area Runners and MRC Industries, Inc. and serves as a fundraiser for MRC. In 2013, we will welcome back the mysterious Turtle that has reappeared sporadically throughout the years. Both the Kalamazoo Klassic 10k and 5k will serve as RRCA State Championship events, and we hope to attract 2,000 participants for this year's commemorative event.

Other 2013 events include our free quarterly member reception runs, The YMCA Healthy Kids Day Run (a YMCA event) on May 17, 2013, the Halloween Hash Run and Children's Trick or Treat

KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2011 please use the KAR discount code when purchasing merchandise or services from discount sponsors.

Gazelle Sports

10% off non-sale shoes. Please supply sales person with KAR membership number prior to check out.



Healing Moments Massage

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



Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics: eSoles www.esoles.com which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position. For more information contact Daryl Prater at praterd@aol.com



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.



Run on October 27, 2013, the Turkey Trot Time Prediction 5k Run and the Run Through the Lights on December 5, 2013. Both the Turkey Trot and Run Through the Lights have grown exponentially the past few years, with Run Through the Lights breaking 1000 participants in 2012, and Turkey Trot drawing ever closer, with 900 registered participants in 2012.

The Turkey Trot serves as a fundraiser for Kalamazoo Area Runners, and collects donations in kind for the Kalamazoo Gospel Mission and Portage Community Center. Run Through the Lights serves as a fundraiser for Kalamazoo Loaves and Fishes and is a partnership between Kalamazoo Area Runners and Gazelle Sports.

On the programmatic side, we are looking forward to continued growth in our training programs and broad based programming. Plans are underway to roll out the Fast Track 5k Training Program in Battle Creek this spring, in an effort to continue our outreach to our easternmost corridor. The Beyond Half and Full Marathon Training Program is thriving, with participation numbers up slightly from last year to 231, and plans are already underway for the Safari Half and Full Marathon Training Program, a partnership with Gazelle Sports. Last, we plan on adding a 10k component to the Kalamazoo Fast Track Training Program in an effort to accommodate a broader range of running goals and objectives.

We continue to offer the indoor track workouts at WMU Read Fieldhouse through early March, as well as seven midweek group runs throughout greater Kalamazoo, Portage and Battle Creek. We have been working hard to expand our service provider and merchant discount program, as well as our race discount and club championship series programs to offer more benefits to our 1,000 members.

Last, we organize fundraising teams for the Susan G. Komen Race for the Cure, the American Cancer Society Relay for Life, and the Arthritis Foundation Jingle Bell Run.

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BRONSON ATHLETIC CLUB

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



DRINK 2 YOUR HEALTH

If you're interested in maintaining an active and healthy lifestyle with a nutritious fruit juice blend, check out MonaVie™ Active. Used by top professional athletes, Monavie combines 19-body beneficial fruits, including the Acai berry superfood, with plant-derived glucosamine that promotes healthy joints. Two ounces in the morning and two ounces at night provide the antioxidant capacity of 13 servings of fruits and vegetables. Visit <http://drink2yourhealth.net> and click on "19 Fruits" then "MonaVie Original and Active" for more information. Choose the "Preferred Customer" page to place an online order and receive distributor pricing (up to a 34% discount). For more information, contact Madhu or Amisha Mahadevan (734-740-2840).



TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



The many events and programs are not without hard work and dedication. Kalamazoo has nearly 100 leadership team members, serving as Board members, functional directors, event, program and group run directors, team captains and committee members to make it all happen. We have filled most of our open director positions, with most of the upcoming board vacancies still available. We encourage you to get involved in helping to lead the largest running club in the state of Michigan.

Hot Club News and Events

“We run this town”

Kal-Haven Trail Run Set for March 23, 2013



The Kal-Haven Trail Run, directed by **Julie Wojtaszek** and **Terry Hutchins**, is the premiere ultra-event in Southwest Michigan. Runners complete the 33.5 mile distance from Kalamazoo to South Haven either on their own or as part of teams of between 2 to 6 runners. The event is organized by the Kalamazoo Area Runners and all race proceeds benefit the Greater Kalamazoo Girls on the Run (GOTR) Girls on Track program, whose mission is one of educating and preparing girls for a lifetime of self-respect and healthy living. The Ultra serves as the RRCA State Championship.

The 2013 event will be held on March 23, 2013.
Solo Event – RRCA State Ultra Championship – 8:00am start

continued...

AGILITY PHYSICAL THERAPY

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

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

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



IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit www.inthefitness.com, or call or email Stephanie at (269) 207-4988 or swalbri2000@tds.net.



PEDAL BICYCLE

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



- Two Person Relay Team – 8:30am start
- Three – Six Person Relay Team – 9:00am start

See the following for a summary of our 2012 event: [2012 Kal-Haven Trail Run](#)

Sunday March 24, 2013 at 2:00pm
Registration (1:30 – 2:00pm)
Portage West Middle School
7145 Moorsbridge Rd Portage, MI



New Venue!!! The 2013 Children's Easter Egg Hunt and Fun Run will be held March 24th, 2013 (at 2:00pm) at Portage West Middle School. This is a free event open to the community. Kids will hunt for Easter eggs in 2 groups: 5 years old and younger (with distances between ¼ and ½ mile), and 6 to 12 years (1 mile run). Kids need to bring their own Easter basket. Refreshments and door prizes provided after the run!

Online registration will be coming soon. Event Day registration and check-in will be in the School Cafeteria between 1:30 and 2:00pm, Sunday 24th March.

Once again we are taking this opportunity to help out Kalamazoo Loaves and Fishes. There will be a bin at registration where you can drop off any non-perishable or canned food item you wish to donate. Monetary donations may be made directly to Kalamazoo Loaves & Fishes at the event, or online at <http://www.kzoolf.org/>

We have several volunteer opportunities available for the event:

- Registration and Check-In (1:00 - 2:00pm) - 2 volunteers
- Set up Course - (12:15 - 1:30pm) - 2 volunteers

Board of Directors

Bonnie Sexton

President

Bonnie.sexton@kalamazooarearunners.org

Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org

Robin Carpenter

Treasurer

Robin.carpenter@kalamazooarearunners.org

Vicky Ondraka

Vice President Special Events

Vicky.ondrak@kalamazooarearunners.org

OPEN

Vice President Marketing and Communications

Robin Carpenter

Secretary

Robin.carpenter@kalamazooarearunners.org

Jane Rolfe

Vice President, Development

runjanerun@comcast.com

Troy Root

Vice President, Technology

Troy.root@kalamazooarearunners.org

- Course Marshalls/Leaders for the Kids Runs (1:30 - 2:30pm) - 4 volunteers
- Refreshments/Door Prizes - (1:30 - 3:00pm) - 2 volunteers
- Tear Down - (3:00 - 3:30pm) - 2 volunteers.

Please contact Teri Olbrot at teri.olbrot@kalamazooarearunners.org and Marie Billen marie.billen@kalamazooarearunners.org if you would like to volunteer. Club members earn 10 KAR volunteer points!

Kalamazoo Area Runners Annual Membership Banquet Thursday, March 28, 2013

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



Guest Speaker, Neely Spence

About the Event

The 2013 Annual Banquet and Membership Meeting will be held Thursday, March 28, 2013 at 6:30pm at Bernhard Center at WMU (registration and check in 6:15 - 6:30pm). The evening's events will be presented in two parts. Part I will begin with dinner provided by Bernhard Catering at 6:30pm

Event and Program Directors

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

Angela Batten
Director, Indoor Track Workouts
Angela.batten@kalamazooarearunners.org

Terry Hutchins
Director, Kal-Haven Trail Run
Sherrie.mann@kalamazooarearunners.org

Julie Wojtaszek
Director, Kal-Haven Trail Run
Director, Online Registration
Julie.wojtaszek@kalamazooarearunners.org

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

Bonnie Sexton
Director, Fast Track Training
Director, Portage Winter Blast Half Marathon & 5k
Director, Thursday Night Run at Portage YMCA
Team Captain, Race for the Cure
Director, Turkey Trot
Bonnie.sexton@kalamazooarearunners.org

Troy Root
Director, Children's Easter Egg Hunt Dash
Team Captain, Jingle Bell Run
Troy.root@kalamazooarearunners.org

Michelle Fakler
Team Co-Captain, Relay for Life
Oak_14@hotmail.com

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

Bob Smola
Director, Kalamazoo Marathon Pace Teams
Bob.smola@kalamazooarearunners.org

Gale Fischer
Another Runner's Perspective
Gale.fischer@kalamazooarearunners.org

Amanda Losch
Director, External Email Marketing
Amanda.losch@kalamazooarearunners.org

and a presentation by our special guest speaker, Neely Spence, NCAA D-II star for Shippensburg University and daughter of Steve Spence, the 1991 IAAF World Championships Marathon bronze medalist.

There is a charge (\$15 KAR Members (Adult)/\$25 KAR Non-members (Adult) \$5 (Children under 12) for dinner and the presentation.

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

Pre-registration is required and closes at 1:00pm, Tuesday, March 19, 2013.

[Register Online via SignMeUp](#)

Agenda

Below is the evening's itinerary:

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

Volunteers Needed

Assist with this event and earn 10 KAR volunteer points for 2011.

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

Email **Vicky Ondraka** at vmergen@yahoo.com with questions or to volunteer.

Patrick Johnson Memorial Volunteer Recognition Program Moves to a Self-Reporting Platform for 2013

Effective January 1, 2013, the Patrick Johnson Memorial Volunteer Recognition Program will move to a self-reporting platform and KAR members will enter their volunteer service

Event and Program Directors continued.....

Stephanie Sabin
Director, Run Through the Lights (with Dana Schmitt from Gazelle)
Stephanie.sabin@kalamazooarearunners.org

Scott Taylor
Director, Turkey Trot Time Prediction Run
Director, Beyond Training Program
Scott.taylor@kalamazooarearunners.org

Sherri Enlow (along with Pat Enlow and Teresa Redmond)
Director, Wed Night Portage YMCA Runs
Sherri.enlow@kalamazooarearunners.org

Teresa Redmond (along with Pat and Sherri Enlow)
Director, Wed Night Portage YMCA Runs
Teresa.redmond@kalamazooarearunners.org

Laura Ferrara
Director, Wednesday Night Runs Maple Street Magnet School
Laura.ferrara@kalamazooarearunners.org

Teri Olbrot (along with Bonnie Sexton, Laura Sandahl)
Co-Director, Thursday Evening Runs
Director, Children's Easter Egg Hunt Run
teri.olbrot@kalamazooarearunners.org

Dave Walch
Director, Halloween Hash
David.walch@pfizer.com

Katie Connor
Director Fast Track
Katie.conor@kalamazooarearunners.org

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

Andrea Gooch
Director, Expo Marketing
Andrea.gooch@kalamazooarearunners.org

Vicky Ondraka
Director, Educational Clinics
Vicky.ondraka@kalamazooarearunners.org

Cindi Macdonald
Co-Director, Safari Training Program
Cindi.macdonald@kalamazooarearunners.org

hours into a simple form in order to receive credit. With the growing number of events and programs qualifying for the volunteer program, as well as the retirement of our Director, Database Management, Joe Hulsebus, it was necessary for us to implement this change in order to continue to offer the program.

In order to report your volunteer points, please visit [Patrick Johnson Memorial Volunteer Points Validation](#). Event and Program Directors, Committee Members, Training Program Coaches and Team Leaders, and Team Captains should enter their points at the conclusion of the event or program commitment. Functional Directors and Group Run Directors should enter their points at the end of each year. All others should report immediately following the volunteer activity. Qualifying events and programs, as well as operations, are hard-coded into the drop down menu.

Thank you for your service to Kalamazoo Area Runners, past, present and future, and we look forward to 2013.

Kalamazoo Area Runners Leadership Appointments, Retirements and Opportunities

Many hands make light work and Kalamazoo Area Runners has several volunteer leadership opportunities due to several newly created positions as well as upcoming retirements and relocations. Sincere thanks to those who have served in the past, and we look forward to welcoming new team members in the coming months.

Volunteer to become involved in our vibrant running community. Share your time, talent and passion for running by serving on the KAR Board or in another leadership capacity. Please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org for more information on the available opportunities below.

New Appointments and Letters of Intent

Director, Patrick Johnson Memorial Volunteer Recognition Program

Event and Program Directors continued.....

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

Stephanie Demarest
Director, Thursday Night Runs in Battle Creek
smdemarest@gmail.com

Beth St. John
Director, Thursday Night Runs in Battle Creek
Director, Beyond Training Program
Beth.stjohn@kalamazooarearunners.org

Renee Mercer
Director, Tuesday Morning Runs in Battle Creek
anreelca@gmail.com

Brett Hall
Director, Sunday Afternoon Runs in Battle Creek
anosmic.runner@gmail.com

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

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

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

Judah Gesmundo
Chair, Battle Creek Subcommittee

Lynn Scherer
Chair, Battle Creek Subcommittee

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

Beryl Siegel
Director, Online Registration
beryl_jwang@yahoo.com

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



Leslie Scheffers in the final stretch of the 2012 Peacock Strut 5k

Leslie Scheffers has been appointed by the President as Director of the Patrick Johnson Memorial Volunteer Recognition Program. Leslie will be managing all data entered into our web-based reporting platform and maintaining the volunteer points section of the Kalamazoo Area Runners Website. Sincere thanks to Leslie for stepping into this important volunteer position.

Director, Online Registration

We are pleased to announce **Beryl Siegel** has been appointed by the President as Director, Online Registration. Beryl is working with Julie Wojtaszek to learn our SignMeUp online registration system, and will be responsible for setting up online registration forms for all KAR events and programs. Sincere thanks to Beryl for stepping into this position.

Directors, Easter Egg Hunt Run

Marie Billen and **Teri Olbrot** have been appointed by the President as co-directors of the Children's Easter Egg Hunt Run scheduled for March 24, 2013. Marie and Teri have been joined by **Deb Kloosterman** and **Andrea Nixon**, establishing a four person organizing committee. Sincere thanks to Marie, Teri, Deb and Andrea for volunteering to organize this growing children's event.

Board Treasurer Candidate

We are pleased to announce **Karen Christensen** has submitted intent to run for Board Treasurer at our Annual Banquet on March 28. Karen also Co-directs the member reception runs with Nikki Gates. Sincere thanks to Karen for offering to serve in this important leadership team position.

Retirements

John Donaldson has announced he will not be seeking re-election to the Kalamazoo Area Runners Executive Board as Secretary for the term beginning March 2013. Sincere thanks to John for his service to Kalamazoo Area Runners over the last year. This not only included his board position, but also preparation of our tax filing (990's) and charitable solicitation licensure. We are pleased to announce John will continue to serve KAR by assisting with our government filings.

Leadership Opportunities

Team Captain, Kalamazoo Area Runners Half Marathon and 5k Teams at the Borgess Run for the Health of It!

Kalamazoo Area Runners is seeking a Team Captain to organize the Half Marathon and 5k Teams for the Borgess Run for the Health of It SouthWest Michigan First team competition. This involves compiling the team roster, coordinating team activities and submitting the roster to organizers. For more information on the team competition, visit <http://borgessrun.com/team-competition/>.

Borgess Health and Fitness Center, Group Run Director (Double Digit)

We are seeking to expand the Wednesday Night Runs from Borgess Health and Fitness Center by recruiting a double digit **Group Run Director** to partner with Steve Rice and run with newer runners and or those training for shorter distances. Both directors would work together on communications, encouraging runners, planning routes, hydration, socials and providing coverage for the run. A job description is available upon request.

BOARD POSITIONS

Vice President of Marketing (Term Beginning March 2013)

Following Karen Townsend's relocation to Chicago, we have a Board opening for a **Vice President of Marketing**. The position requires regular attendance at KAR Board Meetings (held the first Monday of the month at 7:30pm) and oversight of our marketing function. A full job description with more information is available upon request.

Treasurer (Term Beginning March 2013)

With Robin Carpenter's departure, we are seeking a candidate to run for the Board position of Treasurer. This position manages Association finances and requires regular attendance at KAR Board Meetings. A full job description with more information is available upon request. ***Karen Christensen has submitted intent to run for Board Treasurer***

Vice President, Special Events (Term Beginning March 2013)

With Vicky Ondraka's departure, we are seeking a candidate to run for the Board position of Vice President Special Events beginning with the March 2013 term. This position organizes the Annual Banquet and Club Series Celebrations, as well as two other event/program committees each year. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

Vice President, Technology (Term Beginning March 2013)

With Troy Root's departure, we are seeking a candidate to run for the Board position of Vice President, Technology with the March 2013 term. This position manages Association Information Technology initiatives. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

Vice President, Technology (Term Beginning March 2013)

With Troy Root's departure, we are seeking a candidate to run for the Board position of Vice President, Technology with the March 2013 term. This position manages Association Information Technology initiatives. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

Secretary (Term Beginning March 2013)

With John Donaldson's departure, we are seeking a candidate to run for the Board position of Secretary with the March 2013 term. This position is responsible for taking minutes at Board Meetings, and related duties. Regular attendance at Board Meetings is required. A full job description with more information is available upon request.

To learn more or express an interest in any of the above leadership opportunities, please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org

Board Approved Revisions to By-Laws: Required Notice to the Membership

The Executive Board voted to approve the following By-Laws amendments at the February 4, 2013 Board Meeting. Revisions to the By-laws are not effective until they are ratified by the membership at the Annual Meeting, scheduled March 28, 2013. This serves as official notification to the membership of the proposed amendments. A summary of the changes is as follows:

- Increase delegated responsibilities to include independent professionals to align more closely with Road Runners Clubs of America (RRCA By-laws) and expand our options to include outsourcing functions where professional expertise beyond our capacity is required.
- Allow for full delegation of tasks performed by the Treasurer, provided the Treasurer provides oversight, and the delegation is approved by the Board of Directors to ensure appropriate checks and balances
- Extend term of office from one year to two years to provide leadership continuity in our transition to a staffed organization
- Removal of term limits for the Board President position to provide leadership continuity in our transition to a staffed organization
- Revise language on the removal of a Board member to align more closely with RRCA By-laws.
- Update the name of the YMCA of Greater Kalamazoo

Proposed language is highlighted in red.

1. Under section V (B) (1) change "The following duties may be delegated by the President to an Executive Director or other staff or authorized persons in accordance with job descriptions" to **"The following duties may be delegated by the President to an Executive Director or other staff of volunteer in accordance with job descriptions or independent professional."**
2. Under section V (B) (2) change "The following duties may be delegated by the Vice President to an Executive Director or other staff or authorized persons in accordance with job

descriptions” to “The following duties may be delegated by the Vice President to an Executive Director or other staff of volunteer in accordance with job descriptions or independent professional.”

3. Under section V (B) (3) removal of “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions, “ and addition of “h) Tax Filings and other reporting and i) Any of all of the above duties may be delegated to staff, volunteers or independent professionals as approved by the Board, provided, however, that the Treasurer remains responsible for oversight of these tasks.”
4. Under section V (B) (5) change “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “The following duties may be delegated to an Executive Director or other staff or volunteer in accordance with job descriptions or independent professional.”
5. Under section V (B) (7) change “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “The following duties may be delegated to an Executive Director or other staff of volunteer in accordance with job descriptions or independent professional.”
6. Under section V (D) (1) change “The term of office shall be approximately one year” to “The term of office shall be approximately two years.”
7. Under section V (D) (3) removal of “The President shall not serve more than three consecutive one year terms in the President position. In the event no candidate can be found for a vacant position, the Board of Directors may override term limits for appointment of a sitting Board member to the vacant position.”
8. Under section V (K) addition of the language, The Board of Directors may remove any association member or Board Member for conduct contrary to the mission and objectives of the association “including but not limited to illegal (unlawful) activity or (c) not fulfilling the duties of the position.”
9. In section VIII, change the name of the “Kalamazoo County YMCA” to the “YMCA of Greater Kalamazoo.”

For the complete By-laws, visit [Click here for the full Kalamazoo Area Runners By-Laws](#)

Pedal Bicycles Offers Discount to Members of Kalamazoo Area Runners



Kalamazoo Area Runners is pleased to announce a new discount sponsor partnership for all our members who cross train by cycling!!!

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo now offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit www.pedalbicycle.com. Provide the 2013 KAR 4-digit code to receive the discount

Kalamazoo Area Runners Fanwear Store

Check out our complete line of KAR and Beyond Training Program apparel via the Kalamazoo Area Runners Fanwear Store at Gazelle Sports.



- Kalamazoo Area Runners Asics Interval Singlet
- Kalamazoo Area Runners Asics Short Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond Asics Long Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond Asics Caldera Jacket
- Fast Track Asics Interval Singlet
- Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

All orders will be delivered to the downtown Kalamazoo Gazelle Sports location. The \$6.95 shipping fee will be deducted from the order when it is fulfilled (there is no shipping charge for store delivery). Customers will be notified via email when the order is ready for pick up. Allow 5-7 additional business days for orders that include an embroidered item. Unembellished sample of the apparel are available to try on in the store.

Regional Race Discount Program

Vice President **Chris Huff** has been hard at work expanding our membership benefits menu by reaching out to regional race directors to secure discounts for club members. For more information or the discount code on any of these events, contact Chris at christine.huff@kalamazooarearunners.org.

Event	Event Date	Discount	Restrictions
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Rock CF Half Marathon and 5K	3/23/2013	\$5	1-20-13 through 3-20-13
Lansing Half Marathon	4/21/2013	\$10	
Let's Move Festival of Races	4/27/2013	\$5	First 100 KAR members
Kalamazoo Mud Run	6/8/2013	\$5 off adult	
Charlevoix Marathon and Half	6/22/2013	\$7	
Duo at the Ledge Half	7/4/2013	\$35/\$15/\$40	Through 5/30/13
Run for Your Heart Half Marathon	9/7/2013	\$2	
Capital City River Run Half	9/14/2013	\$5 off	200 KAR members
Sleeping Bear Half and Full	10/6/2013	10-19, \$5 off half or full. 20-29, \$8 off either race. 30+, \$10 off either race. Mail in registration and one check only. Discount good off current pricing and only until the end of February.	Offer ends Feb 28
Wildlife Marathon and Half	10/13/2013	Pooled mail in only	
Metro Health Grand Rapids Marathon and Half Marathon	10/2/2013	\$7	

Yes, there really is a Kalamazoo Area Runners Facebook Group



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo

Area Runners has 446 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

Next KAR Board Meeting is March 4, 2013

The next KAR Board Meeting is March 4, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Running Community News

Good Form Running



Good Form Running is an opportunity to decrease the likelihood of running related injuries. Four simple steps can keep you on the road, helping you run longer, faster and more comfortable. This FREE weekly clinic presented by Gazelle Sports is a great tool for runners of all abilities. Have you checked in with your form today? Sign up at www.GazelleSports.com/goodformrunning.php

Training Programs and Group Runs

Beyond Marathon Training Program is Underway!





Beyonders enjoying an early spring run in preparation for the Boston and Kalamazoo Marathons

The Beyond Training Program is underway and registration is now closed. Drop-ins are welcome for a cost of \$5 for KAR members/\$10 for non-member friends. Beyond is a 17 week winter training program geared to get you ready for the Boston, Kalamazoo, or other spring marathon or half marathon. Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a training program tailored to fit your needs. Visit www.karbyond.wordpress.com for more information and registration. Contact Steve Rice at steve.rice@kalamazoorearunners.org for questions.

Organized Group Runs

Kalamazoo Area Runners hosts eight 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

Wednesday Night Runs at Borgess Health and Fitness Center

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

Volunteer Program Event – 20 Points to Drop Aid Stations

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 **Sherri Enlow** at senlo38@chartermi.net to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs – Maple Street Magnet School

Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at lferrara@yahoo.com for more information and to be added to the distribution. All paces are welcome.

Volunteer Program Event – 20 Points to Drop Aid Stations

Thursday Night Runs - Portage YMCA

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

The Urban Herd

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

The Dirty Herd

FREE trail runs on Sunday afternoons at 4:00pm at Al Sabo Preserve. 2-8mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at tmartin@gazellesports.com

Battle Creek

*****Time and Location Change*** Sunday Runs from Cutie Pie Café**

The Sunday runs from Cutie Pie Café have changed from 7:30 am to 2:00pm and now meet at a variety of locations. Please bring your own hydration. All paces welcome; distances vary. Contact **Brett Hall** at anosmic.runner@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

Tuesday Morning Runs from Battle Creek YMCA

Tuesday morning runs from Battle Creek YMCA at 8:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at anreelca@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

***** On Hiatus*** Wednesday Evening Runs from Lakeview High School**

Wednesday evening runs from Lakeview High School at 5:45pm are currently on hiatus. Please bring your own hydration. All paces welcome; distances vary. Contact **Chuck Zahn** at crzahn@gmail.com for more information and to be added to the email distribution. Runs begin February 22 and meet weekly.

Thursday Nights at Riverside Elementary School/Various locations

*****Change in Location***** Thursday evenings at 6 p.m. leaving from Riverside Elementary School on the 1st and 3rd week; 2nd and 4th week meets at other locations in town for a change in scenery. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome).

For more information contact Stephanie Demarest at smdemarest@gmail.com or Beth St. John at Beth.StJohn@kalamazoorearunners.org

Greater Kalamazoo Group Run and Training Program List

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

Club Member Corner

New Member Welcome

Please join the Executive Board in extending a warm welcome to individuals joining Kalamazoo Area Runners during the month of January:

Baxter	Nicole
Betts	Anne
Betts	Randy
Betts	Grayson
Betts	Haley
Boynton	Angela
Bradley	Debra
Chandana	Sreenivasa
Cobble	Danielle
Courtney	Jennifer
Cress	James
Fielder	Randy
Fryling	Steven
Garcia	Aliza
Green	Sara
Guthrie	Mary
Hanson	Nathalie
Hopkins	Necole
Horton	Jamie
Hughes	Katie
Jelinek	Sarah
Julian	Brian
Kasubowski	Laura
Krone	Tim
Krone	Amy
Krone	Lily
Krone	Josh
Launt	Nate
Launt	Sarah
Lay	Mark
Leeger	Michael

McWilliams	Kris
Merritt	Nicolette
Munger	Margaret
Nortier	Ronald
Nusbaum	Karen
Olson	Mike
Patton	Libby
Patton	Hank
Patton	Bobby
Patton	Sarah Grace
Praeger	Judy
Pratt	Grayson
Remynse	Mary
Scott	Katie
Sippel	Suzanne
Steinberg	Lisbeth
ThunderEagle	Nathan
Tuinier	Mike
Weber	Angela
Willard	Jon
Willard	Erin
Willard	Sarah
Willard	Nathan
Woznicki	Scott
Wright	Todd
Wright	Elizabeth

Featured Member Article – Introducing Terry Hutchins A Running Streak



“Every winning streak will have to end sometime”

--- Jahangir Kahn

May 14, 2011: Spectators lined the course on this cloudy, rainy day as we rounded the familiar corner heading into John Ball Park. Having run the Riverbank 25K run the past eight years the course was as predictable to me as any race other race course. Each twist and turn especially the corner near mile thirteen with arguably the loudest and thickest stretch of spectators on the 15.5 mile race course greeting each and every runner making their way through John Ball Park provided a sense of nostalgia for me. Today's race seemed to be a different type of experience for me with it being my first time as a pacer. Pacing, coaching and coaxing runners to join the ride to a two hour finish was proving to be just as memorable as zoning in on a PR. As our pack of two hour runners approached John Ball Park I recognized a familiar KAR runner, Terry Hutchins, just a few strides in front of us. As I approached Terry, I encouraged him to follow my lead for a sub two hour finish. Having run under two hours for the last twenty eight years, Terry sent me on my way realizing that his streak would end on the streets of Grand Rapids that very day, just shy of three decades. I am sure that the realization that his twenty eight year milestone was about to end was difficult for Terry to swallow the moments after finishing and for days beyond, but I am also confident that he can look back on it now and celebrate the longevity of his streak. After all it didn't just happen on a whim. Some years were well under two hours while other years official times were too close for comfort. Terry's twenty eight year streak is a great illustration of what one can accomplish over a long period of time with hard work and commitment.

Terry is a well-respected member of the running and tri-athlete community in the Kalamazoo area. He has also served the running community with his leadership and his involvement in the Kal-Haven Trail relay and ultra-race since its inception in 1990. "My friend David Crockett organized the first Kal-Haven Trail run in 1990. His idea for the event was just to introduce people to the trail. The format we still use today was his idea: solo, 2 person and 6 person relays. David and his wife Joanie moved to Colorado so my training partner Bill Blake and I decided to keep the event going. Bill then got transferred to Connecticut in the late 90's and I was doing it solo." Julie Wojtaszek came on board partnering with Terry as co-directors of the relay four years ago. "Julie was like a shot of adrenaline, I had been satisfied keeping it a low key event primarily for the running club, although we always had a few outside the community compete every year. Until Julie came along the annual numbers were 80 to 120 participants and last year we had 582 runners.

Terry began running in high school like many of us. "I ran hurdles and sprints while in high school and 2 years in the Air Force. Later I ran the occasional mile (I thought that was a long run) during the 70's to help me get in shape for tennis tournaments. I started running a bit more when a friend finally convinced me to run a 10K. He had asked me the year before and I told him he was crazy. Why would anyone want to run 6.2 miles?"

Terry's love for running is responsible for his most important love. "I met my wife Kathy on March 29, 1983. We were both running on KL Avenue after work that day. We both ran the world's toughest marathon in July 1989 on Baffin Island, 600 miles from the North Pole. The next year we were part of a coed team from Kalamazoo that ran 505 miles across the state of Washington. Kathy has three children from a previous marriage and we now have 6 grandchildren, the oldest grandchild Garrett has done a number of mountain bike races, 5K's and one triathlon with me." Running has undoubtedly strengthened the bond that Terry and Kathy share as well as the bond that he and his

grandson Garret share from the experiences they have participating in biking and running events together. Terry notes that what he enjoys most about running is the friendships that he and Kathy have made as members of the running and triathlon community.

The day that Terry's twenty eight year Riverbank Run streak ended is an example of what Terry likes least about running. "Racing times get slower as we age. Same heart rate effort, it just takes longer to get to the finish line." Terry's realization of aging and running show his competitive spirit. This competitive spirit is what ultimately introduced him to the world of triathlons.

" I got hooked on triathlons for a couple of reasons. One being I like to try new things and in 1982 triathlons were pretty new and second was by 82 I had been in a number of 10K's and I wasn't competitive (and I am a very competitive person). I was in the 30 - 34 age group and hadn't broken 40 minutes yet for a 10K and a number of guys my age were running 33 minute 10K's. I wasn't sure I could ever get that fast. I had always done a lot of cycling (not racing) and canoeing (3 races). My first multi-sport event was the Borgess TriHealthon that consisted of a 7 mile run, 4 miles of canoeing and a 23 mile biking (all in Spring Valley Park). I finished 2nd in the Open division and I figured I had found my sport, only to be humbled in June of 83 when I did my first swimming triathlon in Traverse City (1 mile swim, 30 mile bike & 7 mile run) and didn't even make the top 50% of my age group. This all came together as I learned I couldn't run the 80 to 100 mile weeks that my competitors/friends were logging. Because of surgery to my knee in 1970 due to a football injury while in the Air Force, I found if I ran more than a few weeks of more than 35 miles per week I started having leg problems. Training for triathlons allowed me to get more hours of training without stressing my legs as much. I credit the triathlon training for helping me become a faster runner, but it took time. I never did get my 10K times down to the 33's but I did run some under 36 in my early 40's."

A seasoned runner such as Terry can offer advice that all of us can take to heart. "Listen to your body and do not try to run through injuries." His longevity in running is evidence that he has listened to his body over the years.

Through all of his years of running triumphs, I'm sure that Terry has a whole host of memories to last a lifetime. His most precious memory deals with going back home. Terry was able to go back home and win his hometown 5K race on three different occasions while in his forties.

Like most competitive athletes, Terry has goals that help to keep him focused. "My short term goal is to keep the running component of triathlons and duathlons my strength event. My long term goal is to reach 100,000 miles of running, biking and swimming. Since 1984 I have currently logged over 83,000 total miles, 38,300 of running, 44,600 biking miles and 530 swimming miles."

Being a tri athlete, Terry runs, swims and bikes a variety of distances. He has compiled quite a list of events over the last thirty years. "This past year I totaled up all the events I have raced since 1980: 120 triathlons, sprint to Iron Man and 32 bicycle races. I have discovered I like X-terra triathlons (age group 5th at X-terra Worlds in 2008 & 2009). This list also includes 211 running events, distances from 5K to a 50 mile trail run. I have run 30 consecutive River Bank runs with the first 28 under 2:00 hours and 5 of them in the 1:38 column. The streak ends this year as I have decided to run the Kalamazoo Marathon. My favorite running distance is the 15K."

Running is a pure sport that should be enjoyed for its simplicity but setting goals and being competitive in pursuit of these goals can be a natural and healthy component of this sport. Like Terry, I am a competitive athlete as well but I did not start out that way as a runner. Since I began running more than a decade ago, running has been the activity that I enjoy the most. I began as a relatively non-competitive participant. My competitive nature did not kick in until I had been an active runner for four or five years. I have found that I am in my element however when I am running whether it be a race, a training run alone or a social run with others at a relaxed pace. I have tried cycling and swimming and currently both of those activities are part of my weekly training routine. Cycling and swimming do not give me the endorphin rush of running but I know that just as being a well-rounded human being is important so is being a well-rounded athlete. Terry is well aware that his running and swimming routine have allowed him to be a competitive runner and are also responsible for his longevity with running. I'm sure that Terry would agree with me that he is blessed to still be enjoying life as a runner after more than thirty years of pounding the pavement. I hope that you are able to enjoy running for another thirty years Terry.

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

Congratulations to our 2013 Winter Blast Half Marathon & 5k Finishers!!!



Start of the inaugural Winter Blast Half 5k February 17, 2013

Photo courtesy of Kevin Bos of Fast Photo Pro

Single digit temperatures accompanied the inaugural Winter Blast Half Marathon and 5k held February 17, 2013, with 461 of 553 registered runners finishing the half marathon and 214 of nearly 300 registered runners finishing the 5k event. Presented by the Kalamazoo Area Runners and the City of Portage, the event commemorated the city's 50th anniversary celebration.

Michael Nasuta won the overall men's title in the 5k with a time of 17:54, and Katie Sorensen the overall women's title in a time of 23:13. **Dan Higgason** and **Sarah Hamric** won the men's and women's master's titles with times of 20:12 and 25:52, **Ken Miller** and **Kathy Farrow** the men's and women's grand masters titles with times of 21:06 and 26:23, and **Doug Krueger** and **Rita Lareau** the men's and women's senior grand masters titles with times of 25:04 and 33:20 respectively.

The Winter Blast Half Marathon served as the Road Runners Club of America (RRCA) State Half Marathon Championship. **Zachary Baker** won the overall men's RRCA Championship title with a time of 1:24:20, and **Lauren MacVicar** won the overall women's RRCA State Championship title with a time of 1:27:44. **Mike Waterman** and **Leslie Scheffers** won the master's titles with times of 1:26:13 and 1:32:53, **Kevin Steely** and **Pam McBride** the grand master's titles with times of 1:44:56 and 1:54:09, and **Dean MacVicar** and **Sue White-Sutton** the senior grand masters titles with times of 1:54:10 and 2:08:57 respectively.

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

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

The highlight of the morning was the engagement of **Jeff Baas** to **Stacey Lyon**, both of Plainwell. Jeff finished the half marathon in a time of 2:01:16, then waited at the finish line with family and friends for his future fiance' Stacey Lyon, who crossed the finish line in 2:33:34. Upon crossing the finish line, the Jeff surprised Stacey with a traditional wedding proposal, which she happily accepted.

Sincere thanks to all the planning committee members, Kalamazoo Area Runners, the City of Portage, volunteers, sponsors, community supporters for making the 2013 inaugural Winter Blast Half Marathon and 5k possible. Portage Mayor **Pete Strazdas** served as official starter, **Jacob Potter** of WLLA TV 64 and **Jim McKinney** of AM590-FM96.5 WKZO as finish line announcers. Sponsors included half marathon presenting sponsor AT&T, Agility Physical Therapy, Biggy Cofffee, Bronson Orthopedics and Sports Medicine, Doughchicks, Imperial Beverage, Organic Gypsy, Portage Pharmacy, Pride Care Ambulance, Awards Sponsor Blue Cross Blue Shield, Media Partners MLive Media Group, AM590-FM96.5 WKZO, WLLA TV 64, Pace Team Sponsor Gazelle Sports, Pace Vehicle Steensma Lawn and Power Equipment, RRCA State Championship Sponsor Gatorade, Rathco Safety & Supply Co, Break Out Band, Eaton Corporation, Gordon Water, Healing Moments Massage, Migala Carpet One, Portage Community Center, Wightman & Associates, Inc., BASIC, Borgess Sports Medicine and Dunkin' Donuts.



Portage City Mayor Pete Strazdas serves as the official starter of the Winter Blast Half Marathon & 5k
Photo courtesy of Kevin Bos of Fast Photo Pro

We would like to recognize the individuals from Kalamazoo Area Runners and the City of Portage who dedicated many hours of hard work over the last six months to make inaugural Winter Blast Half Marathon & 5k possible were:

Bonnie Sexton

Race Director

Carl Shubitowski

Course Director

Winter Blast Planning Committee

Amy Clark

Brandy Cole

William Deming

Stephanie Diller

Carie Faul

Sarah Foster

Bill Fries
Arya Jayatilaka
Tricia Keala
Danielle Kean
Savina Malinverno
Nikki Martensen
Brian McDaniel
Margaret O'Brien
John Olbrot
Vicky Ondraka
Dana Schmitt
John Shubnell
Denise Steely

Volunteer Acknowledgements Through January 2013



Volunteering at the Inaugural Winter Blast Half Marathon & 5k Registration Table
Photo courtesy of Bonnie Sexton

The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

Volunteer points entered through January 2013 have been updated. If you volunteered during the month of January and your points are not included, please enter them at this time. Points for the

month of February, including the Member Reception Run, Borgess Run Camp Social and the Winter Blast Half Marathon & 5k, will be reported in the next edition of the Rundown. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

[Click here to view current 2013 Patrick Johnson Memorial Volunteer Program Results](#)

Visit the individual webpages/sites via www.kalamazooarearunners.org to learn more about how you can volunteer for the above events and programs.

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