

*"Let me tell you the secret that has led me to my goal.  
My strength lies solely in my tenacity"*

*-Louis Pasteur*

January 2014

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

## The Kalamazoo Area Runners

# Rundown

### Extreme Winter Breeds Mental Tenacity



Photo by Bonnie Sexton

**By Bonnie Sexton**

On April 21, 2014, 36,000 runners will toe the starting line of the 118<sup>th</sup> Boston Marathon, myself and many other runners from greater Kalamazoo included. This will be my fourth Boston and although this is my twelfth Michigan winter of training, it has emerged as the most challenging by far. For those of us training through the extreme conditions, it has forced us to search for alternative ways to accomplish our running goals. Whether we are training for the Winter Blast Half Marathon & 5k in March, the Boston Marathon in April, or the Kalamazoo Marathon/Borgess Run for the Health of It in May, we are all



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facing the same weather obstacles together, trying to encourage one another and find alternatives to enable us to meet our winter and spring training goals.

The breakdown of the polar vortex earlier this month made outdoor exercise difficult if not impossible, and the subsequent extreme winter chill has prolonged the extreme conditions. In the decade I have been involved in the organization, I can never remember KAR cancelling so many winter activities. Our cancellations are based on a variety of NWS Warnings and Advisories, as well as residual conditions arising as a result of them. It was the residual conditions that resulted in the cancellation of the Beyond this past weekend, although a little over an hour after we made the call, the NWS extended the Winter Storm Warning until 4:00 that afternoon. Safety for our members and participants is one of our top priorities, and if conditions present excessive risk to our runners' well-being, we will err on the side of caution and cancel.

Those who have served on the KAR Board or an event or program planning committees with me know that it is my practice to begin a new term or planning year with a short team building activity. Recently at work I facilitated a post climate survey employee focus group. To prepare the group for open dialogue, as is my usual practice, I led them through an exercise to break the ice. The first part of the exercise, they had to describe something bad that happened to a partner, and the second part of the exercise, they had to describe the positives that came out of the negative situation to the same partner. The goal of the exercise was to learn to let go of negative thoughts, and turn them into positive ones.

As I stepped outside my front door today for a five mile run, I found myself mentally going through the same exercise; all of us have logged far more miles on treadmills, indoor tracks and through snow, ice and extremely frigid temperatures and wind chills than we thought we would this winter. Locally, we have had almost 70 inches of snow. No matter which solutions we have all embraced during these difficult weeks, none of them are ideal, and we can all relate to the challenge this winter has presented.

This makes it far more difficult to embrace the joy of running we are so accustomed to. The sheer delight of running through fresh snow on a calm winter day with friends has eluded us more

## KAR Discount Sponsors

Unless otherwise indicated, please use the 2013 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](http://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](mailto: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.



frequently this winter. Instead, we are faced with the solitude of the treadmill, or the repetition of the indoor track.

After pondering the negatives of this extreme winter; the huge blister I earned from my 12 miles on the treadmill the day before, the three layers of clothing required for my five mile outdoor adventure, and the forecast single digit temperatures of the week ahead, I turned my thoughts to the positives, and the good things that could come out of the challenges we were experiencing.

The first thought that came to mind was mental tenacity. As runners, it is an attribute essential to all of us in order to push ourselves to our greatest potential and loftiest goals. It is training in a different sense; we all know the importance of the physiological training, but don't always practice the mental training needed to propel ourselves forward, and persevere. It takes mental toughness and determination to push through a long run on a treadmill or indoor track, or to head out for a run bundled in layers to ward off negative wind chills. We learn to make adjustments, persevere and push through the obstacles before us. Pushing through headwinds with negative wind chills requires the same mental tenacity as ascending Heartbreak Hill in Boston, the final hills on the Kalamazoo Marathon/Borgess Run for the Health of It Course, or the last half mile of a 5k or 10k, when blood lactate levels are painfully high. Logging long runs on the treadmill or indoor track requires the perseverance and patience required of endurance events.

As a secondary benefit, the weather conditions presented the opportunity to revisit some old, as well as experience some new cross training activities. I broke up the miles logged in chilly outdoor weather conditions, on the treadmill and track with strength training and Zumba classes. Why not use this as an opportunity to try indoor group cycling, swimming, water running or any variety of exercise classes? Participating in these activities also provided the opportunity to share with others I would not have otherwise come in contact, about the sport of running.

As we persevere together through the challenges of this extraordinary winter, may we gain the mental tenacity to successfully tackle the goals we have ahead of us, and the opportunity to experience something new. As I climb heartbreak hill on April 21, I will reflect upon the mental strength gained over the months before.

continued...

## AGILITY PHYSICAL THERAPY

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

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

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



## 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.inthezonefitness.com](http://www.inthezonefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbri2000@tds.net](mailto: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](http://www.pedalbicycle.com). Provide the 2013 KAR discount code to receive the discount.





*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.*

## Sharing Your Passion for Running



Photo by Bonnie Sexton

By Joy Mills

continued...

## BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a new member initiation fee of \$199, a deep discount off the regular initiation fee of \$395. New members may also choose from one of the following promotional items:

- 2 hours personal training (\$130 value)
- 2 hours of Pilate's reformer (\$120 value)
- 4000 loyalty points (\$80 value)
- 10 free guest passes (\$100 value)
- One month of free primary dues (\$103 value)

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

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



## NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



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In last month's issue of The Rundown I cited a statistic from Runner's World that while 45% of Americans make New Year's Resolutions, only about 8% will actually keep them. This month I found another statistic that said that of the people that make resolutions, 36% have abandoned them by the end of January.

How many people do you know that made a resolution this year to start (or return) to running and improve their health? How are they doing? Have you taken the time to check in on them, and provide them with some morale or other kind of support?

Shortly after I finished my first half marathon in 2012 (the result of a New Year's resolution), I made the decision to train for a Run Disney event. I mentioned my intention on Facebook, and soon I had a number of college friends that indicated they would be interested in joining me. We were spread out around the country, but several of these ladies took up or returned to running and while not everyone was actually able to make it to Walt Disney World, with us in February 2013, three of us finished the Princess Half Marathon, and another one took on the Tinkerbell Half Marathon at Disneyland just this past month.

Throughout the time that has passed I have made it a point to check in with and encourage these ladies, and I'm so excited that they have kept up with running and continue to participate in different events throughout the year – one will even be joining me at a Muderella event in Chicago in May and this fall at the Detroit International Half Marathon. And another Disney event may be on the horizon in 2015...

Sharing my love of running and encouraging new runners is incredibly rewarding, and can make a world of difference to someone trying to achieve their goals, and that is why I appreciate the mission of the Kalamazoo Area Runners as we strive to promote running as a source of physical, spiritual, and social wellness while enhancing the quality of life in the community. Have you shared information about the Kalamazoo Area Runners with those friends and acquaintances that have resolved to make running a part of their life? If not, please consider inviting them to one of the following upcoming events.

On Monday, February 3<sup>rd</sup> and Monday, April 1<sup>st</sup> KAR will be sponsoring member reception runs. These free casual fun runs and social events include a 5k, refreshments and door prizes and are open to prospective and current members. Invite a friend new to running so that they can learn more about the Kalamazoo Area Runners and how the organization can benefit their

running journey. Registration for the February 3<sup>rd</sup> event is open now – [just click here!](#)

If someone you know that is new to running is involved in the Borgess Run Camp, please encourage them to stop by our annual Run Camp Social on Saturday, February 22<sup>nd</sup> following their run. This is a great opportunity to for friends to drop in, learn more about the Kalamazoo Area Runners, have any questions answered, and enjoy some refreshments and door prizes.

And don't forget to encourage our weekly group runs! Check out the schedule of KAR sponsored group runs that take place throughout the Battle Creek and Kalamazoo area and encourage a new runner to come and join you! The schedule can be found at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/> - all paces are welcome!



*Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.*

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## Another Runner's Perspective – Join the Club

*I think in terms of the day's resolutions, not the year's.*

*--Henry Moore*

**By Gale Fischer**

Recent trends have shown that running is an activity that seems to be holding more individuals accountable as they join an active lifestyle. Many join the running community in an attempt to shed a few pounds, lower cholesterol or reduce stress but the friendships and social connections that are made become a by-product that helps to turn those good intentions into long term active lifestyle changes. It could be that there are still just as

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many individuals giving up on running after a few months as there always have been but if this is the case, then there must be many more that are at least giving it a try. As a runner in Southwest Michigan for more than a decade, I have been witness to the transformation to our local running community. The groups of runners, individual runners and participants that I see at local races have offered glimpses to the steady growth in the popularity of our sport over the last decade. Whether it be the impact of the World Trade Center bombings, the advent and growth of social media or one of many other influences, the number of runners has mushroomed over the first thirteen years of the new century.

According to the Running USA, <http://www.runningusa.org/statistics>, there has been a steady growth in running as shown through running event finishers since 1990. The year 1990 saw 4,797,000 finishers. Skipping ahead a few years, the year 2000 had 8,618,000 individuals finishing running events. The jump has been even greater in recent years with 2010 coming in at 13,000,000 finishers and 2012 at 15,534,000 finishers. It appears that females have contributed to this trend at a greater rate than males. The percentage of these finishers being women steadily increased each year from 25% in 1990, 32% in 1995, 42% in 2000, 48% in 2005, 53% in 2010 and 56% in 2012. If you have been running over the last fifteen years you to have probably noticed the increase in the number of female runners at local races and through local running programs.

The growth in running has not been lost on the local scene here in Southwest Michigan. The Kalamazoo Area Runners has shown explosive growth in the last decade becoming the largest running club in the state of Michigan. This should be a source of pride for all of us in the local running community considering the large number of runners in large metropolitans such as Detroit and Grand Rapids as well as those in the large college towns of Lansing and Ann Arbor. Numbers for KAR membership go back to 2009. We had 609 members in 2009, 826 in 2010, 937 in 2011, 1011 in 2012 and 1264 this past year. What has been responsible for this growth?

Certainly the national trends with individuals creating bucket lists, going through what has been referred to as mid-life crisis and an overall attitude about creating healthy life changes has fueled this growth locally. I would be interested to see the demographics of the ages of our members. I know that we are a

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diverse group but it seems we are seeing a large influx of those in their 30s and 40s if you look at race results. To me the influx of runners in these age brackets solidifies the trend for becoming healthier. The growth in our local running community goes beyond the national trends of incorporating positive lifestyle trends into our daily routines. Long time KAR president, Bonnie Sexton, has worked tirelessly over the years to make our running club what it is. Her effort has trickled down into the unheralded time and efforts put in by committee members, race and group run volunteers, group run leaders and training coaches all of who volunteer their time for the love of running. There is not enough that can be said of KAR's large pool of volunteers but it also goes beyond this. Partnerships have been made over the years with many businesses and organizations such as Gazelle Sports and Borgess Hospital.

Bonnie has been the leader that has made KAR what it is today. Her leadership along with the work of many others has propelled our running community into what it is now and what it will become in the future. The thanks and appreciation for all organizations and individuals who have been a part of this ride cannot be offered enough.

As we begin a new year many of us will make a list of goals including races we want to run and times we would like to run them in as well as healthy habits that we want to begin or continue. As an organization KAR will also have its own set of goals including races to be organized, group runs to be added and social events to host. As you sit down to create your goals for 2014 think about what you can add to the running community as you pass it on in 2014.

**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*

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*Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.*

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## Hot Club News and Events

### KAR Membership Discount Codes

KAR Members are eligible for many local and regional events. Please contact our new Executive Director, **Joy Mills**, at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount:

#### **[Winter Blast Half Marathon and 5k](#) – Portage, MI (Organized by Kalamazoo Area Runners (KAR) and the City of Portage)**

March 2, 2014  
\$10 discount half marathon registration  
\$5 discount 5k registration

#### **[Ground Hog Day Marathon](#) - Grand Rapids, MI February 2, 2014**

\$5 discount on half or full marathon registration

#### **[Rock CF Rivers Half Marathon](#) – Grosse Ile, MI March 30, 2014**

\$5 discount on registration

#### **[Ann Arbor Marathon](#) – Ann Arbor, MI March 30, 2014**

15% off marathon or half marathon

#### **[Kal-Haven Trail Run](#) – Kalamazoo, MI (Organized by Kalamazoo Area Runners) April 5, 2014**

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

#### **[Hurt The Dirt](#) – Rockford, MI April 26, 2014**

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

#### **[Great Lakes Bay Marathon](#) – Midland, MI May 18, 2014**

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

#### **[Kalamazoo Mud Run](#) – Kalamazoo, MI June 7, 2014**

\$5 discount on registration

**[Charlevoix Marathon](#) – Charlevoix, MI**

**June 21, 2014**

\$10 discount on half or full marathon registration

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

**July 5, 2014**

\$10 discount on half marathon or 5k

**[Old Farts Marathon](#) – Lowell, MI**

**August 16, 2014**

\$5 discount on half or full marathon registration

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

**August 24, 2014**

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

**[Run For Your Heart \(Half Marathon, 10K, 5K\)](#) – Saginaw, MI**

**September 6, 2014**

\$2 discount on race fee

**[The Hungerford Games](#) – Big Rapids, MI**

**September 27, 2014**

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

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## 2014 Halloween Run Survey Results



Sincere thanks to all members who completed our 2014 Halloween Run Survey!!! The results are in and we received some fantastic feedback along with a few unexpected surprises. In total, one hundred, thirty-three members participated in the survey; below are some of the highlights:

- There were no significant leaders when it came to course venue and run style. The most popular, ahead by only 1.5%, was a Natural Trail Fun Run with 48.1% of respondents interested in participating. Following closely behind was a Timed Road Race (46.6%), a Timed Combination Road and Trail (45.1%) and a Timed Natural Trail Race (42.9%).
- Traditional distances emerged as the favorites. The most popular distance was 5k, with a total of 79.7% interested in participating, followed by the 10k, with 50.4%.
- Respondents preferred funtastic over spooktacular by a significant margin. 72.2% of respondents indicated they would participate in a costume themed run with an emphasis on fun factor, 33.1% in a children's costumed trick or treat run and 30.1% in a haunted run with an emphasis on scare factor.
- Dusk emerged as the preferred time of day for a Halloween Hash Run with 56.4% of respondents indicating they would participate Friday at dusk, and 55.6% indicating they would participate Saturday at dusk.
- An overwhelming majority prefer to keep the adult run, with 95.5% indicating the event should not be converted to a children's only event.
- The favorite venue was the Kalamazoo Nature Center, with 54.9% of respondents indicating they would participate, followed by Al Sabo Preserve at Texas Drive (51.1%), the Portage Trailway System North (49.6%), Al Sabo Preserve at KVCC (47.4%) and Kal-Haven Trail (45.9%).
- Nine members indicated they would be willing to serve on a planning committee, with 18 willing to volunteer for the event.

Click on the link below to view the complete survey results.

[Click here to view the 2014 Halloween Run Survey Results](#)

What are the next steps? The Board President will develop recommendations and these as well as the survey results will be reviewed by the entire board of directors. The survey results, the viability of potential partners and other factors will all be considered. Once the recommendations for the new/revamped event have been approved by the Board, potential municipalities and/or partners will be contacted to obtain necessary approvals.

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## **Feel Good Member Reception 5k Run – February 3, 2014**



Attention prospective members, new members and long-time members! Kalamazoo Area Runners is pleased to host the Feel Good February 5k Fun Run on Monday, February 3, 2014 at 6:00pm at the Gazelle Sports (Late registration and check in from 5:30 – 6:00 pm). This is a casual fun run and social event sponsored by the Kalamazoo Area Runners and will follow a course throughout downtown Kalamazoo. Refreshments and door prizes immediately following at Gazelle Sports. Participants are welcome to stay for the KAR Board Meeting beginning at 7:30 pm. Registration is required. For more information contact Nikki Gates at [nikki.gates@kalamazoorearunners.org](mailto:nikki.gates@kalamazoorearunners.org) or Karen Christensen at [karen.christensen@kalamazoorearunners.org](mailto:karen.christensen@kalamazoorearunners.org).

**February 3, 2014**  
**6:00 pm at Gazelle Sports**  
**214 South Kalamazoo Mall, Kalamazoo, MI 49007**  
**(Check in and Late Registration 5:30 – 6:00 pm)**  
**Free of Charge**

**[Click Here for Online Registration!](#)**

**[Feel Good February 5k Fun Run Flyer 2014](#)**

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

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**Half Marathon Spots Still Remain! Prices Increase February 1, 2014. Register for the 2<sup>nd</sup> Annual Winter Blast Half Marathon & 5k!**



Kalamazoo Area Runners (KAR) and the City of Portage are pleased to announce the field limit for the 2<sup>nd</sup> Annual Winter Blast Half Marathon has been increased to 1,500. With two months to go, we have filled a little more than a third of available half marathon spots. If you haven't signed up already, we invite you to join us in this extraordinary community celebration of health and wellness. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, March 2, 2014. 5k start is at 8:00 am and the half marathon start is 8:10 am.

Current Members of the Kalamazoo Area Runners will receive a \$10 discount on the half marathon, and a \$5 discount on the 5k. A discount code unique to the half marathon and 5k events will be emailed to all active members upon registration open.

**The half marathon will close registration once it attains its cap. The cap will be raised and will be announced by registration open.** Cutoff time to be included in half marathon results is 3 hours, 45 minutes. Roads will be re-opened at 12:00 noon.

Sponsor expo, packet pick-up and late registration will be held from 2:00pm – 5:00pm on Saturday, March 1, 2014 at Portage Central High School in the Commons area. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, March 2, 2014 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available.

Awards to first place overall open, masters, grand masters, senior masters and five year age division awards three deep in both the Half Marathon and 5k. Finisher medals to all half marathoners finishing within the time limit. All proceeds will support the Portage Winter Blast Half Marathon and 5k and the Kalamazoo Area Runners.

For more information, registration or volunteer or sponsorship opportunities, visit [www.portagewinterblast.wordpress.com](http://www.portagewinterblast.wordpress.com).

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## **Kalamazoo Area Runners Annual Banquet**

**Thursday, March 20, 2014**

**6:30 PM at the Fetzer Center, WMU**

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



### **Guest Speaker, Ed Kozloff**

#### **About the Event**

The 2014 Annual Banquet and Membership Meeting will be held Thursday, March 20, 2014 at 6:30pm at Fetzer Center at WMU (registration and check in 6:15 – 6:30pm). The evening’s events will be presented in two parts. Part I will begin with dinner provided by Fetzer Center Catering at 6:30pm and a presentation by our special guest speaker Ed Kozloff entitled “The History of Running, Nationally and in Michigan.” Ed Kozloff has served as president of the Motor City Striders since 1975, leading the club to national recognition and promoting running in Michigan. Having directed over 1,000 races including the Motor City Marathon and the Detroit Free Press International Marathon, he may be considered the “father of modern distance running” in Michigan. Contributions to charities from the Motor Cities Striders events total over \$25,000,000. Ed’s collection of running memorabilia may be unmatched. His writing and collaboration can be found in many magazines and books.

There is a charge (\$20 Adult Member/\$25 Adult Non-Member/\$10 Children under 12) for dinner and the presentation.

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

Pre-registration is required and closes at 5:00pm, Friday, March 14, 2014.

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

#### **Agenda**

Below is the evening's itinerary:

6:15 – 6:30 Guest Arrival and Check in

6:30 – 7:30 Part I: Dinner and Special Guest Speaker

7:30-7:40 10 minute break, Part II arrivals

7:40 – 8:40 Part II: Awards, Business Meeting and Election, Door Prizes

### **Volunteers Needed**

5:30 – 6:00 2-4 Volunteers Needed for Set Up

6:00 – Event start 2-3 Volunteers Needed for Check in

6:00 – 7:30 2 Volunteers to Staff Memorabilia Table

7:30 – 9:00 2 Volunteers to Staff Memorabilia Table

Beginning at 8:45 2-4 Volunteers Needed for Tear Down

Email Amy Clark at [amy.clark@kalamazooarearunners.org](mailto:amy.clark@kalamazooarearunners.org) with questions or to volunteer

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## **Registration is Now Open for the 2014 Kal-Haven Trail Run**



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

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

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

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

The 2014 event will be held on April 5, 2014.

Solo Event –8:00am start

Two Person Relay Team – 8:30am start

Three – Six Person Relay Team – 9:00am start

## **Volunteering and Sponsorship**

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

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

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## **Volunteer Leadership Announcements**

### ***Vice President Marketing and Communications***

We are pleased to announce **Amanda Losch** has been voted to the Executive Board to serve interim Vice President Marketing and Communications. Board Members joining in between terms are appointed by the Board and considered interim until elected by the membership at the next Annual Membership meeting. The position serves on the Executive Board and assists Board Members, Executive Director and Event and Program directors with promoting their events and programs and membership, marketing strategy and content management. Thank you Amanda for volunteering to serve in this important leadership position. Amanda currently serves as KAR's Director of Email Marketing.

**Stephanie Demarest** has announced her resignation as Co-Director of the Tuesday evening runs in Battle Creek, and **Teresa Redmond** as Co-Director of the Wednesday evening runs from Portage. Sincere thanks to both **Stephanie** and **Teresa** for their leadership. **Teresa** will be working on her clinical assignments as she finishes her nursing degree, and **Stephanie** will continue to serve on the Battle Creek Subcommittee, as well as one of the Co-directors of the Fast Track Battle Creek Program.



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## Volunteer Leadership Opportunities

### *DIRECTOR AND COMMITTEE OPPORTUNITIES*

#### **Kal-Haven Trail Relay and Solo Ultra Run (Event Date: Saturday Morning April 4, 2014)**

The Kal-Haven Trail Relay and Solo Ultra, directed by **Terry Hutchins** and **Eric Burnson** is establishing its first planning committee and is still seeking a few more member(s). Positions require attendance at 4-6 planning committee meetings, background coordination of duties and availability race day (registration also requires day before) (April 4, 2014)

For more information on available positions, contact **Terry Hutchins** at [kalhaven@gmail.com](mailto:kalhaven@gmail.com).

#### **Winter Blast Half Marathon & 5k (Event Date: Sunday, March 2, 2014)**

The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking a couple of additional committee members. Positions require attendance at 4-6 planning meetings (3 remaining for this year), background coordination of duties and availability race weekend (March 1 & 2, 2014)

For more information, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

#### **Kalamazoo Klassic 5k and 10k Planning Committee (Event Date: Friday and Saturday June 13 and 14, 2014)**

The Kalamazoo Klassic 10k & 5k, directed by **Bonnie Sexton** and **Carole Bolthouse** has an opportunity at this time for a committee member to serve as volunteer coordinator. Position requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend (June 13 & 14, 2013).

For more information contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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

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

For more information, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

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## **Kalamazoo Area Runners Fanwear Store – Check Out Our Winter Apparel Line!**

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



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

[Click here to begin shopping](#)

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

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## Yes, there really is a Kalamazoo Area Runners Facebook Group

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1250 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

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## Next KAR Board Meeting is February 3, 2014

The next KAR Board Meeting is February 3, 2014 at 7:30pm at Gazelle Sports, immediately following the Feel Good Member Reception Run. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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## Running Community News

## EZ5k Memorial Run April 19, 2014

**EZ5K MEMORIAL RUN**



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

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## Training Programs and Group Runs

**The Beyond Half and Full Marathon Training; Drop Ins Welcome**



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program presented by Kalamazoo Area Runners (KAR). The Beyond is directed by Andy Hirzel, and whether you are a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner, Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

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

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

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



# *Run Indoors With KAR*

Are you tired of running outside in the cold and/or snow and ice? YES!  
Then come run with the Kalamazoo Area Runners (KAR) on the indoor track at  
Western Michigan University's Read Fieldhouse.

## **2014 Schedule**

<b>Date</b>	<b>Time</b>	<b>Day of the Week</b>
January 12	6-10am	Sunday
January 14	5-7am	Tuesday
January 21	5-7am	Tuesday
January 28	5-7am	Tuesday
February 2	6-10am	Sunday
February 4	5-7am	Tuesday
February 11	5-7am	Tuesday
February 16	6-10am	Sunday
February 18	5-7am	Tuesday
February 25	5-7am	Tuesday

**These runs will be FREE to all club members and \$5 for non-members.**

Volunteers are also needed to open and close each session. Please contact Joy Mills at (269) 929-4954 or at [Joy.Mills@kalamazooarearunners.org](mailto:Joy.Mills@kalamazooarearunners.org) to help or for additional information.

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**Kalamazoo Area Runners Group Runs and Training Programs**



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

Kalamazoo Area Runners (KAR) hosts five organized group runs throughout Greater Kalamazoo, Portage and Battle Creek, with Gazelle Sports offering an additional two. These runs are all free of charge. Runners interested in attending KAR group runs should email the designated contact(s) to request to be added to the distribution. The provision of hydration, distances and meeting locations sometimes vary and more detailed information is provided via the individual distributions.

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### ***Kalamazoo/Portage***

#### **Kalamazoo Area Runners (KAR) Wednesday Night Runs at Borgess Health and Fitness Center**

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

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#### **Kalamazoo Area Runners (KAR) Wednesday Night Runs at Portage YMCA**

Wednesday evenings at 6:00 pm at the Portage YMCA for runs of a variety of distances. Please park and meet by the A-frame building. Contact **Scott Everett** at [scott.everett@kalamazooarearunners.org](mailto:scott.everett@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

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#### **Kalamazoo Area Runners (KAR) Thursday Night Runs - Portage YMCA**

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Brandon VanDusen** at [Brandon.vandusen@kalamazooarearunners.org](mailto:Brandon.vandusen@kalamazooarearunners.org), **Teri Olbrot** at [teri.olbrot@kalamazooarearunners.org](mailto:teri.olbrot@kalamazooarearunners.org) or **Laura Sandahl** at [lsandahl@gmail.com](mailto:lsandahl@gmail.com) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

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### **The Urban Herd**

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

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### **The Dirty Herd**

**\*\*\*NOTE TIME CHANGE\*\*\*** FREE trail runs on Sunday afternoons at 8:00am at Al Sabo Preserve. 2-8mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at [tmartin@gazellesports.com](mailto:tmartin@gazellesports.com)

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### **Battle Creek**

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

**\*\*\*NOTE TIME CHANGE\*\*\*** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at [jill.delong@kalamazooarearunners.org](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org).

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#### **\*\*\*NOTE NEW LOCATION\*\*\* Kalamazoo Area Runners (KAR) Tuesday Nights from Panera Bread**

Tuesday evening runs from Panera Bread, 2810 Capital Ave SW (Run leaves at 6:00pm.) Please bring your own hydration. For more information contact **Lisa Piper-English** at [lisa.piperenglish@kalamazooarearunners.org](mailto:lisa.piperenglish@kalamazooarearunners.org).

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## **Club Member Corner**

### **New Member Welcome**

New members for January will be welcomed in the February edition of *The Rundown!*

### **Featured Member – Pam Davis**

## Making the Best of the Worst

*“You've got to be willing to forgive and say, 'God, get something good out of something bad.' And if you'll make that choice... God will do it.”*

*---Don Young*

**By Gale Fischer**



**Pam Davis**

All of us are faced with setbacks in our lives that mix our emotional cooking pot with feelings of anxiety, anger, doubt, sadness and self-pity. This is only part of being human. It doesn't matter how lucky, blessed or privileged we are, life will throw us a curve ball now and then. Even those of us who are graced with the highest level of positive attitude are faced with those dark lonely moments that leave us feeling sorry for ourselves. The key to climbing out of the pit of emotional lows is searching for some kind of positive that might come from a negative situation. Things happen that may alter our comfortable and stable routines in life but being able to invent new habits, let go of the past and move on to what our future holds for us is the most healthy way of weaving through life's twists and turns. You do not have to look too far to find an example of an individual who possesses qualities in life that you yourself desire. The opposite holds true as well for there are those who are dealt circumstances far worse than what you might ever encounter or want to encounter. Simply put some have it better and some have it worse. I firmly believe that deep inside of all of us we are equipped with the strength to deal with whatever life circumstances come our way while living life with the positive attitude of a champion. You would be hard pressed to find a better example of making the most of a horrific situation than this month's featured member, Pam Davis.

I suspect that prior to January 1, 2008, Pam's life was what many of us would define as average, but life can roll along pleasantly and then out of nowhere turn directions on a dime. Pam was given the news that no one wants to hear just days before New Year's Day, 2008. She was diagnosed with cancer. ***“I was told days before January 1, 2008. I went to Mayo Clinic and they confirmed it. The fourteenth of February I checked in and the next day, I was an amputee.”*** I don't know that Pam could sum up the experience of being diagnosed with cancer



and losing a leg all in the course of six weeks any simpler **“Horrible experience.”** But she offers even more powerful words of how to begin the process of trying to normalize one’s life after such an experience. **“What doesn't kill you makes you stronger.”**

I met Pam last summer while at a horse show that my daughter was participating in. This particular show was a Memorial Show in honoring a long time 4H leader in Calhoun County who had lost her battle with cancer. Pam was one of many cancer survivors there riding her horse. I spoke to Pam for only a few minutes that day but even though the conversation was brief her story truly struck a chord with me. I’m sure that Pam still rides the emotional roller coaster some days, but her words are a testimony to the human spirit. **“The people involved explain what is going to happen physically but not what you are going to experience mentally. After 6 weeks of severe depression I was fitted for my first leg. I put it on and never took it off, never looking back. Some days are good, some bad, but always better than no leg. I had to prove to myself that nothing was going to stop me and I would not be dependent. Three days after receiving my first leg I was on the tennis court, the next day I was on my bike and shortly after that I started to jog. The next year I did my first 5k, the Borgess Run. I broke my artificial leg just before the big day so I ran on a prototype that was just in the fitting stage and it worked great. I have continued to run. I was riding days after the amputation and doing all my own chores in the barn. I was also playing travel team tennis and teaching water aerobics at the Y. When the bombings occurred in Boston at the marathon my heart went out to those people and what they were in for. No one tells you how freakish you feel, or how hard it is to put a shoe on, or God forgive a boot. However I have met and talked to a lot of great people. I hope that I can inspire and help others with their journey.”** There is no doubt that Pam’s story and words can help inspire all of us. Her attitude and refusal to let her experience halt her life will help propel her to a normal life and beyond.

Pam began running seriously and consistently about four years ago. Through all the changes that she was facing in her life it seemed that running along with tennis, horses and her friends offered some much needed moral support for Pam. **“I didn’t start running consistently until after the amputation. I wanted to prove to myself that I was not handicapped, and then I continued for the fitness aspect. Last year my marriage was on the rocks and I ran for an escape and strength. The running helped me get through the divorce, along with the horses and all my great friends. I quit smoking 15+ years ago (4 packs a day). That's when I started playing tennis. I've been on a horse since I was weeks old, and couldn't live without them. I have had the best job in the world. Water aerobics came about because a car accident 30 years ago had shattered my heel. I started in the pool to strengthen my leg and then I started teaching. Being a smoker, running, biking, tennis and aerobics have gotten me in the best shape of my life. Horses are my life but running has become a close second.”**

Pam’s perspective on life is eerily similar to a runner’s mantra. **“No matter what happens I will always move forward (run forward!).”** These are words that all of us can follow in life and in running. As long as we keep going forward we will keep moving on our journey of life.

Like all of us Pam has her reasons for running. ***“I love the feeling of accomplishment and freedom. I like to run outside and also at night because it is peaceful.”*** There are those aspects of running that Pam could do without. ***“Sometimes just getting started, getting dressed and out the door can be challenging.”***

Pam makes a living as a horse trainer. ***“I train and show horses. I’ve been in business for over 30 years and I’ve had state champions, superior pleasure and all around horses.”***

Pam’s advice to runners could apply to anything in life. ***“Do it because you love it. That is my motto in everything I do.”***

Pam’s most memorable moment in running involves her first 5K race. ***“My most memorable moment was crossing the finish line the first time I ran a 5k. Before the race I took off my coat that had my bib on and I forgot to change it to my shirt so when I crossed no one knew who I was. Also my artificial leg did something to the timer so I didn’t get a time either. That was the Borgess Run and when I saw the picture I was shocked at how I looked but proud that I did it.”***

It is only in recent times that we see individuals with prosthetic legs participating in running as well as other sports. I can vividly remember my eighth grade history teacher showing us his generations version of a prosthetic, a simple wooden leg. He was a vet of the Vietnam War and had lost his leg as a result of stepping on a land mine. He walked with a straight rigid gait. Even if he had a desire to run a 5K race it would not have been possible. Advances in medicine and technology have made it possible for those with leg amputations to participate in our sport of running. Doctors know more and prosthetics are made with the technology and materials to allow for more natural movement. Still modern medicine alone is not responsible for Pam’s ability to run, play tennis, teach water aerobics and train and ride horses. Her ability to live a healthy independent life would not be possible without her inner strength to go beyond the trauma that she has dealt with. Modern medicine has provided her with the gift of a second chance, but Pam’s heart and soul are the driving force of what she has and will continue to accomplish. Thanks so much Pam for being such a fine example to all of us. Your pain and perseverance can provide the courage and inspiration for many more to navigate through life’s unexpected turns.

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

## **Volunteer Acknowledgements**

The final results of the Patrick Johnson Memorial Program are in!!! Sincere thanks to all our volunteers, as well as **Leslie Scheffers** for assuming responsibility for managing the data. Thanks again to all those who have volunteered in 2013 for Kalamazoo Area Runners Events and Programs. We couldn’t do it without your efforts. **Bonnie Sexton** finished in 1<sup>st</sup> place with 480 points, **Charlene Orwin** second place with 430 points, and **Steve Rice** finished in 3<sup>rd</sup> place with 310 points. The top three will be honored at the Annual Banquet on March 20, and then the remaining volunteers will have one entry for every 10 points entered into a drawing for prizes.

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

Visit the individual webpages/sites via [www.kalamazooarearunners.org](http://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*