



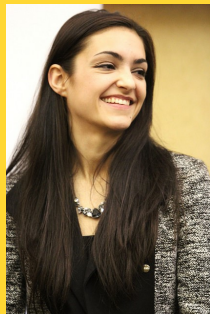
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JAN/FEB 2018

"I run because it's so symbolic of life. You have to drive yourself to overcome the obstacles. You might feel that you can't. But then you find your inner strength, and realize you're capable of so much more than you thought." - Arthur Blank

The Physical Health Benefits of Running

By Bonnie Sexton



KAR member Terry Hutchins has outlived 3 generations of men on his father side of the family.

"If you could put the effects (of running) into a pill, it would be a multi-billion-dollar pharmaceutical company" - David Raichlen, Ph.D. (Judd, Wes, p. 70)

Whether it is physical, mental, social, or spiritual, well-being is one of the primary reasons human beings run.

Over the next couple of months, we will be examining the benefits of each of these dimensions of well-being and how the sport has impacted the lives of local runners within the Kalamazoo Area Runners (KAR) membership.

This month we will focus on the physical health benefits of running and the impact it has on the human body. Studies have shown that running can increase lifespan as well as prevent obesity, type 2 diabetes, heart disease, high blood pressure, some cancers and a host of other unpleasant conditions (Van Allen, Jennifer).

1. *Studies have shown running can years to your life span.*

"My cardiologist is convinced that I am still alive because of the running." says KAR member Terry Hutchins (69). "I have outlived 3 generations of men on my dad's side of the family that have all died of heart attacks.

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Board Members At Large



Michael Hutchinson



Amanda Knapp



Kerri Langdon



Kristen Mansfield

(My) Grandfather died at 48, my father survived a heart attack at 52 (triple by-pass) and died at 61 with a second attack), my younger brother was married to a cardiac nurse that made him get a full physical every year. He passed a stress test in April and then died 6 months later of a heart attack at age 57.”

“My cardiologist Dr Keller did a cardiac catheterization 10 years ago and found that 25% of my left ventricle artery was blocked; but he said he had never seen a left ventricle so large - he attributed this to my years of running,” says Hutchins.

According to a *New York Times* article, Duck-chul Lee, a professor of kinesiology at Iowa State University, and his colleagues led a study to reanalyze data obtained through a prior Cooper Institute study. What they discovered, is that statistically, each hour spent running increases life expectancy by 7 hours. Over the course of 40 years, this leads to a total increase of 3.2 years, and a net increase of 2.8 years. (Reynolds, Gretchen).



KAR member Doug Chapel attributes his good health to running

2. Running helps you maintain physical fitness and lose weight

“My overall physical health has improved significantly over the past 5 years since I began running. I have lost nearly 30 pounds, my blood pressure has improved significantly,” says KAR member Michael Hutchinson (54)

KAR member Doug Chapel (30) adds, “I was severely out of shape in the first few years out of college. Fortunately, I had already lost some weight through

diet and other exercise in the months before I started running, but running helped accelerate and consolidate those gains. Beyond weight, I’ve also brought my blood pressure to almost perfect levels (previously, I had the initial signs of hypertension, which runs in my family), and I’ve got a great resting heart rate.”

Running burns a significant number of calories and it generates an afterburn that continues after you stop. This happens when you’re exercising at an intensity that’s about 70 percent of VO2 Max (*Van Allen, Jennifer*).

3. Running can reduce your risk of cancer and improve the quality of life for those undergoing treatment

There is scientific evidence that running can reduce your risk of certain types of cancers and it can improve the quality of life for those going through chemotherapy. (*Van Allen, Jennifer*).

Board Members At Large



Carrie Mortlock



Scott Struck



Elizabeth Vandenheede

According to *The Journal of Nutrition*, although most research has focused on the efficacy of physical activity in cancer prevention, evidence is increasing that exercise also influences other aspects of the cancer experience, including cancer detection, coping, rehabilitation and survival after diagnosis (*Friedenreich, Christine M. and Orenstein, Marla R.*)

Running has been an important part of coping with cancer and rehabilitation for KAR member Lisa Schreiner, and her experience supports the evidence identified research.

“When I was told I would need to be treated for breast cancer with 12 weeks of chemotherapy and six weeks of daily radiation, one of my first thoughts was how the treatment would impact my running. What I didn’t realize was how running would positively impact my treatment and recovery,” says Schreiner.

“My first chemo treatment was on August 8th, my 52nd birthday. Two days after my first treatment, I went for a five mile lunch run and felt fine, I ran a couple more times before my next treatment. The following week I ran the day after my chemo treatment and felt fine as well. I quickly learned that I could keep running during chemo, as the weeks progressed my endurance was challenged and I ended up taking a lot of walk breaks during my six mile runs, we called the new pace, “Lisa speed”.”

Schreiner continued to run throughout her chemotherapy treatments, and built up her longest run each week to align with her treatment week number. When she reached week 12 of her chemotherapy treatments, with help from friends, she completed a 12 mile run.

“During chemo I was never “sick”, I continued to work not missing a day. There were days when I felt a little more tired than normal and just didn’t feel like myself but I was not going to give in to the side effects of chemo. I feel like if I let cancer win, I would curl on the couch and sleep but instead, it felt good to push myself and run,” shares Schreiner.

With chemotherapy now behind her, Schreiner faced the next round of treatment, six weeks of daily radiation. Despite the known side effects of radiation, she was determined to continue running.

“When I started radiation in November I was told how tired radiation was going to make me feel. The Dr. told me this, the nurse told me this and I read over and over from others that had received radiation treatments how tired this made them. I had a three week break between the end of chemo and the start of radiation treatments and during that short time I already started to feel better during runs.”

“ After a couple of weeks of radiation I was still feeling good, not feeling any more tired that I could tell. I completed the run around Gull Lake and when I saw my Radiation Oncologist the following week I told him I think the radiation beam is supercharging me as I am not feeling any more tired and just ran 11+ miles that Saturday. The Dr. told me that day how the exercise that I am getting is helping me with treatments and will also help with my recovery. By keeping the blood cells moving, this is also helping my skin to tolerate the burning effects of the radiation. I recently had a follow up visit with my Oncologist and he also encouraged me to keep doing what I’m doing as I have went through all of the treatments very well.”

The research surrounding the impact running has not only on cancer prevention, but also cancer treatment and recovery, can help to redefine the way we approach cancer treatment. Even during the rigors of chemotherapy and radiation, quality of life can be maintained through staying active.

4. Running can strengthen the immune system

Regular running is linked to a strong immune system and there are several theories behind this:

- Physical Activity may help flush bacteria out of the lungs and airways. This may reduce your chances of getting a cold, flu or other illness
- Exercise causes changes in antibodies and white blood cells (WBC).
- The brief rise in body temperature during and right after exercise may prevent bacteria from growing.
- Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness (*Exercise and Immunity*)

5. Running reduces the risk of Cardiovascular Disease

In a study of more than 55,000 men and women between the ages of 18 and 100, regardless of how old you are, where you are male or female, how much you drink or whether you have exercised before, regular running reduces the risk of cardiovascular related death by 45–70 percent. (Judd, Wes, p71)

“I lost my father when I was 17 due to a massive heart attack,” shares KAR member Gale Fischer.

“Although I can't predict what my physical health would be like today without all of those years of running, I would like to think that my heart is in great shape today and I am much more fit than I would have been without running.”



KAR Member Brittany Hagen

6. Running Strengthens your joints and bones

As runners, many of us have been told that “running is bad for your knees” or “running is going to wear out your joints,” when in reality, the opposite is true. Studies have actually shown that running can improve knee health. In addition, running increases bone mass.

KAR member Brittany Hagen (25), credits running with improving her muscular-skeletal system after a back injury.

“I hurt my back a couple of years ago and I didn't think long distances would be an option. But running has actually helped me tremendously with all the stretching and strengthening,” says Hagen.

While there may be no magic pill to cure all ailments or fountain of youth to create agelessness, running may come close. There are few remedies that can deliver a benefits package as comprehensive as a prescription for the sport of running.

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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 Human Resources and Community Relations Director for a Kalamazoo non-profit organization. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine, Texas Township Living, Gull Lake Living and Heart of Texas Township. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers' Bureau of the United Way of the Battle Creek and Kalamazoo Region. She has conducted presentations at a number of local and national organizations including the RRCA National Convention, Kiwanis and Rotaract.



Next KAR Board Meeting is February 5, 2018

The next KAR Board Meeting is February 5, 2018 at 6:30pm at the Maple YMCA. As always, members are always welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Just Another Member's Story: Aimee Garrison

Rethinking Your Priorities

By Gale Fischer



Like many things that are considered to be a cornerstone of life, running can be that rock that many embrace as a steady presence to survive the storms that one must often endure. Although its importance is undeniable, there are those misfortunes in which individuals are faced with which help to put things into proper perspective. It is these circumstances which shift priorities, providing a much needed reminder that although running is an undeniable pedestal, it pales in comparison to family, friends and the vulnerability of life. Although running may seem a life line to many who bask in its blessings, there are times when it must be put on hold to focus on more urgent matters. Ultimately running will still be there when the dust settles and normalcy returns but ultimately, it is rarely the most important thing on one's list of priorities. For this month's featured runner, Aimee Garrison, running had become a very important part of her life but a medical emergency left her and family uncertain about her future. Running was put on the back

"Sometimes when you are overwhelmed by a situation, when you are in the darkest of darkness, that's when your priorities are reordered."

burner but was there for her to reconnect with after surviving and recovering from her medical condition. With what she was facing it probably wasn't difficult for Aimee to forget about running for a period of time, but when she was able to continue it provided her with the steady comfort of knowing that normalcy had returned to her life.

Aimee was introduced to running like many, as a teenager competing for her high school. "I ran cross country and track in middle school and high school." Although her competitive days as a high school athlete were finished, Aimee decided to stick with running after graduation. "I continued running for exercise in college. In 2007 I became a Girl's on the Run coach." It was at this time that Aimee transitioned into longer distances. "At this time I learned about Soul Mate's and decided to run the Kalamazoo Half in 2008 to raise money for Girls on the Run through Sole Mate's. Up until then I had really run nothing longer than five miles. After running the Borgess Half Marathon I decided to run the Kalamazoo Marathon the following spring and then the Monumental Marathon the next fall."

As an adolescent Aimee was exposed to the competitive side of running, setting in stone a daily routine that she brought with her to college. Perhaps what kept her in the game after graduating as a high school runner, was the positive feeling that running provides for her mentally, emotionally and physically. "I just like how I feel when I run."

Running does not always come easy and like many there are specific aspects of the sport that Aimee could do without. The heat and humidity that come with the dog days of summer in Michigan make this time of year Aimee's least favorite to run in.

Rethinking Your Priorities

When Aimee decided to make the leap from five miles or less to half-marathon and beyond, she signed up for Safari, a local training program that targets the half and full marathon distances. This transition to longer distances introduced her to one of the most appealing aspects of the running world today, the running community. "After signing up for Safari in 2007 I made a network of friends through running and really came to enjoy this part of running."

Aimee continued to embrace all that running gave to her over the next seven years, but in the fall of 2015, her future as a runner became uncertain. "I was twenty-five weeks pregnant and was still running and going to the gym. I started having pain in my right shoulder. I went to my primary, OBGYN and chiropractor. Everyone thought it was a pinched nerve. I was given a muscle relaxer and stretches."



Although the pain continued it seemed like Aimee had a routine diagnosis that would have minimal impact on her future. The pain would not go away with her prescribed treatment however, and became so intense that Aimee was forced to check into the ER. "Nothing touched the pain. Finally I went to the ER. I was told that there was nothing they could do and was sent home. I went to the ER again a few days later and an intern said that I should have an MRI even though it was dangerous because of the pregnancy."

The MRI would finally give Aimee a diagnosis. "I was diagnosed with intramedullary Grade 2 ependymoma in my spine between the C3 to C7 vertebrae. This is basically a non cancerous tumor which develops in young children. They thought that it was benign but that wouldn't be confirmed until it was extracted."

This tumor had most likely been inside of Aimee for most of her life. "My doctors think that I developed this as a kid and that it had grown slowly and now was big enough that it was putting pressure on my spine. At this point they wanted me to have a C section and then have the surgery."

Although the situation seemed urgent Aimee and her husband agreed to step back and slow things down just a bit. "My husband and I decided to get a second opinion. We talked to a doctor in Dallas and Arizona. The next day I went to University of Michigan to manage the pain. I spoke with a neurosurgeon, Dr. Orringer, who recommended, dealing with the pain, going full term and then have the surgery to remove the tumor after the baby was born." Although Aimee was becoming overwhelmed with the pain, she and her husband were much more comfortable with going full term with the baby.

"It would be another twelve weeks before Sloane was born. I was on a high dose of fentanyl. This was risky for me and the baby, but it was the only way to control the pain and it also created nausea. I threw up a lot and was put back in the hospital."

With Aimee being restricted to bed rest, her family really stepped up to the plate to help with things. "My step mom, in laws, friends and husband helped a lot because I was on bed rest or at the hospital. My oldest, Vivienne was two at the time. Sloane was born December 22, 2015."

Now that Sloan was born, they could breathe a sigh of relief but they were still not out of the woods. "I went to have the tumor removed January 7. After twelve hours the surgeon closed my up with 25% of the tumor still intact because the monitor showed a loss of motor function."

Rethinking Your Priorities

Of course Aimee was under anesthesia and was not aware of what was going on but the risk of motor loss was a scary thought for her family. Going from marathon runner to not being able to walk was not something that anyone wanted to think about. " The medical team did some more testing which confirmed that there was not a loss of motor functioning. The next day the surgeon removed the rest of the tumor. I was in the ICU for about four days. After three days they got me up to try to walk. It was grueling."

For a runner, trying to manage the most basic of independent movement became a major task. Running again may have been a long term goal for Aimee but for now she had more important tasks to accomplish. The trauma from spinal surgery put her body back at step one. " I took a few steps around the room. The next day I got up again to sit in a chair. I walked down the hall January 11. I went to Mary Free Bed Rehab January 14 for four weeks. My daily schedule was filled with OT and PT. I basically had to start all over. I had to work up to getting out of bed myself, dressing myself and showering."

During her rehab, Aimee was expending more energy each day than what would be required for running a marathon. Perhaps the years of running and the physical condition her body was in prior to surgery were paying dividends now. " I was exhausted at the end of each day because it was basically eight hours a day. There was nerve damage from the surgery. Most of it will come back but . My legs still feel tingly and may always feel this way. I came home mid February and had in home OT and PT three days a week for a month. After this I was released to going outpatient PT and OT two days a week for 6 months. I continued with private PT a few days a week. I started running four months after surgery. I had been walking on the treadmill every day and then started jogging. I have run a half marathon since the surgery. I am back now to normal running three or four days a week.

Aimee's story is truly one of inspiration for runners and non-runner's alike. It can provide a reminder of what things are most important in life. Aimee finds this same source of inspiration that she provides to others in her peers. " Every single person who is out there inspires me. Everyone is working hard for something."

Aimee's advice for other runners can be applied to running and also circumstances in life similar to what she has gone through herself. " Keep pushing forward. If you have goals try to meet them. If you have a bad run you are still out there so enjoy it."

Aimee had become an accomplished runner with many memorable experiences before surgery but her most memorable moment as a runner comes after returning to running. " I did the Peacock Strut 10K with a few friends post surgery. I had never felt so accomplished." Aimee will continue to create her own memories out on the roads and trails but for now she is not locking into any goals. She just wants to enjoy being able to run.

It is truly amazing what the combination of gifted surgeons and modern medical technology can do. Spinal surgery can be a life saving procedure but it does not come without a price. In Aimee's case the pain relief from the removal of the tumor was a huge comfort to her. Who knows what could have happened if the tumor had continued to grow and put pressure on the spine. Still the procedure created a great deal of trauma to her body. Before surgery, running had been a huge influence in Aimee's life but suddenly it did not seem so important. Being able to walk and move again as a normal functioning adult became a priority. Running is again a huge part of Aimee's life now that she has recovered but I'm sure that her perspective on the things that are more important than running has changed. Everyone has a story. Stay tuned next month for another runner's story.

Gale Fischer has been running since 1997, is married with two children and is a long time member of Kalamazoo Area Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, coach, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.



Just Another Runners Perspective

Racing with Mother Nature

By Gale Fischer

October 15, 2017, 7:55 a.m.: Race time weather forecasts had remained inconsistent all week with precipitation predictions going back and forth daily. The last minute weather check before leaving my house two hours earlier called for a chance of rain from eight to nine AM with clouds the remainder of the day. The seventy minute drive to Grand Rapids was foggy but dry with little moisture falling from the sky. The last ten minutes standing, while waiting at the starting line, gave hopes of Mother Nature gifting us with rain free conditions. As the five minute warning approached a light mist began to spiral downward from the sky. Within a matter of thirty seconds ominous clouds invaded the atmosphere with a vengeance, turning the mist into a downpour. Four minutes later as the gun sounded, my shirt took on a little extra weight as it plastered itself to my chest.

Although the impact of nature's elements didn't necessarily boost or bolster my performance, it did make things uncomfortable. A concoction of sweat and rainwater stung my eyes. The drawstring on my shorts required an extra tight knot within the first mile to keep the excess weight created by the water from constantly pulling them down. All runners attempted to dodge the puddles for the first few miles but soon realized that running around them really didn't make a difference. Within the first half mile water was squishing out of my socks and shoes with every step. Chafing in vulnerable areas of the body would take place early but the burn would not be felt until later in the afternoon when the hot water from a much needed shower resembled the sensation of salt being sprinkled over a fresh wound.

"We have had twelve years with no rain on race day. I guess we had this coming"

---Don Kern

As runners we can take precautions and implement specific procedures in preparation for race day. Unlike indoor sports such as basketball, we can't create an environment with temperatures near seventy degrees, zero precipitation and nonexistent wind gusts for every competition. All we can do is hope for the best. Head winds, heavy snow showers and sweltering humidity and heat can throw months of scripted and dedicated training out the window. When signing up for a race months before toeing the starting line, one can only roll the dice and wait to see what happens race day.

There are some among the running community who claim the title of fair weather runner. These individuals are portrayed to hit the treadmill or simply skip a run when temperatures rise above seventy five degrees or dip below fifty five. Although I'm sure that these runners do exist, they are few and far between. Most of us have run in extreme conditions.

Who among us hasn't finished a frigid January run with ice cycles hanging from our eye lashes? There may be a level of peace and tranquility that comes with running on a fresh blanket of snow on a calm winter afternoon but Mother Nature can change her attitude on a dime unleashing her wrath dishing out punishing wind chills with the mercury falling south of zero and blinding snow, creating a battle of wills with the most dedicated and die hard runners. A non running spouse may give his or her partner the evil eye as they head out the door when meteorologists discourage the public from leaving the confines of their warm and cozy homes. Non runners just don't understand.

When in the midst of a training cycle for a spring race it is hard to reason with a runner who insists on getting the weekly long run in come hell or high water. Running with a partner or a group only reinforces the rationalization that there is no wind chill too extreme to call off the workout. If I am the only one running in excessive conditions I might be crazy but if there are others out there with me it must not be all that abnormal. Truth be told there are many weather extremes that will keep the most faithful runner from skipping many chores, but the run must go on as planned.

Just Another Runners Perspective

Racing with Mother Nature continued...

Weather extremes in the Midwest are not just restricted to bone chilling temperatures, blinding wind gusts and monstrous sized snow drifts. Mother Nature can unleash her power with relentless heat and humidity, driving rain and damaging wind storms. Most runners residing in Michigan have logged many miles in the face of these brutal conditions. As much as many of us despise winter, the peace and solace of each soft footfall on a fresh blanket of white powder can carry with it the power of revitalizing the sensory experience. As pristine as this type of experience may seem when December rolls around, the anticipation of trading in gloves, hats and running pants for shorts and one layer on top begins to tease the runner's soul mid February. The signs of life around us that come with spring refresh the runner's palate through mid May. Soon after this however thoughts of long days and short nights provide a trade off of sorts with more hours of daylight to run with the anticipation of summer. As the page on the calendar is flipped from July to August the dog days of summer honeymoon wears off as thoughts of logging miles with the colors of autumn painting the sky begin to emerge. As beautiful as the red, orange and yellow hues are to the eyes, runners soon long for the bright white blanket that comes with a light snowfall. From here the cycle begins again.

It is hard to deny that we all enjoy running in the most ideal conditions that Mother Nature can bestow upon us with every season, but in truth what the weather forecast looks like day to day is secondary. We lavish in the conditions that fair weather runners embrace but there are few scenarios with the weather that will force many to skip their daily run.

The reality of logging miles throughout the year in less than optimal conditions is something most runners have come to accept. The most difficult part when Mother Nature decides to test us is simply getting out the door. Although the bulk of the workout may seem uncomfortable, once in motion it is easy to keep going. The feeling of satisfaction that comes when completing a run may be even greater when the weather tests the will of a runner.

It is one thing to face these harsh conditions when out on a training run but when it comes to race day, for me, it is mentally more difficult to accept. I have participated in races with bitter spring winds, sultry summer temperatures and driving rainstorms, but for the majority of races that I have competed in, the gamble of signing up days, weeks and months early has paid off with ideal conditions for race day.

The training run is like the brown bag lunch. We crave it, we need it but it doesn't have to be lavish. For these every day runs, the purpose is to simply satisfy our running appetite. Nourishing these running hunger pains is certainly part of the race day experience but the atmosphere on the race course can provide something a bit more extravagant than the brown bag lunch. Mother Nature can add to or take away from the colossal atmosphere of a race.

I was fortunate enough to finish my twenty eighth marathon this past October in Grand Rapids. After twenty eight marathons, this was my first in a downpour. I guess I had it coming. It certainly wasn't my most positive marathon experience and it also wasn't my most negative, but it will surely be one of my most memorable. Mother Nature made sure of that

KEEP RUNNING!!

Until next time, this has been just another runner's perspective.

November New and Renewing Members

Please join us in extending a warm welcome to our new members, as well as a thank you to our renewing members for your continued involvement as part of the Kalamazoo Area Runners (KAR) family.

Ruth Anson
Scott Ashford
CJ Ashley
Bruce Blanchard
Andy Boris
Todd Buchanan
Chris Button
Megan Button
Robert Byers
Lynn Chio
Gail Davis
Christina Ellis
Chelsie Fall
Kristen Fillar
Patrick Fillar
Sydney Fillar
Taylor Fillar
Megan Finley
Morgan Gardner
Katherine Heywood
Cindy Huntington
Angela John Baptiste
Amy Kavanaugh
Monica Kavanaugh
Eva Kays
Timothy Forrest Kays
Jonathan Kirkwood
Michael Klein
Andrew Klien
Becky Klien
Emma Klien
Ethan Klien
Keri Knoeferl

Beth Koperdak
Jody Lemmer
Jack Lewis
Jim Lewis
Melissa Lewis
Amy Marr
Jeremy Marr
Julia McKee
Mike Megyesi
Nikhil Mishra
Lorena Moras Trainor
Kathy Neal
Carrie Nicholson
Hannah Norton
Kaytlin Perry
Leander Rabe
David Ruimveld
Ginny Ruimveld
Jocelyn Sammons
Christopher Sebok
Gayla Sibley
Michelle Spiegla
Heather Strefling
Christina Thomas
Brian Trainor
Isabella Trainor
Kyle Trainor
Vijay Turlapati
Zachary Wilson
Masako Winchester
Jason Winters

December New and Renewing Members

Please join us in extending a warm welcome to our new members, as well as a thank you to our renewing members for your continued involvement as part of the Kalamazoo Area Runners (KAR) family.

Marcel Alkemade	Dorothy Griswold	Tim Meeker	Bryce Shaffer
Julie Apker	Eric Griswold	Alisha Mendham	Debbie Shaffer-Lodovisi
Alexandra Baker	Christopher Hale	Lindsi Metzger	Joe Shepherd
Heidi Baker	Claire Hall	Vickie Mingus	Missy Shepherd
Simon Baker	Joey Hall	Ken Mohny	Dale Shugars
Zachary Baker	Karen Hall	Brandon Munson	Debbie Shugars
Caroline Barkman	Tom Hall	Jackson Munson	Maggie Sikkema
Jason Bibb	Kelley Hampton	Kate Munson	Brett Simmering
Shannon Birkhold	Nick Hampton	Zoey Munson	Chandler Simmering
Thresa Brady	Claudia Hansen	Amy Murphy	Eli Simmering
Lisa Brink-Hansen	Conrad Hansen	Sean Murphy	Ethan Simmering
Emily Bruno	Whitney Hansen	Donald Nedervelt	Gabe Simmering
Jakki Bungart-Bibb	Matthew Harmelink	Lesley Nedervelt	Mary Anne Simmering
Brian Campbell	Denise Hartsough	Derek Noid	Noah Simmering
Lauren Carpp	Kelly Hinga	Cheryl O'Neill	Kim Solvik
Katherine Clark	Kim Houtkooper	Michael O'Neill	Traci Spada
John Clark	Charlene Howland	Hetal Oostveen	Carly Statler
Dawn Couch	Joe Hulsebus	Don Payerle	Kristin Statler
Bruce Dewey	Lana Hulsebus	Donna Payerle	Bailey Steely
Nick Doane	Valerie Hyndman	Eric Payerle	Denise Steely
Carter Durlach	Amy James	Ryan Payerle	Kara Steely
Thomas Durlach	Gary Jessel	Elizabeth Pearce	Kevin Steely
Tonya Durlach	Shelley Klotz	Maya Pearce	Dennis Stelzer
Amy Eckert	Rachel Konieczka	Molly Pearce	Patty Stelzer
Gale Fischer	Carla Koretsky	Thomas Pearce	Dan Stevens
Micah Flanagan	Shari LaBrenz	Eliza Phares	David Thierjung
Natalie Flanagan	Thomas LaBrenz	Margaret Phares	Deidre Thompson
Peyton Flanagan	Kimberly Larson	Rod Phares	Jeremy Thompson
Sarah Flanagan	Jenna LeRoy	Richard Phillips	Christine Valenzuela
Jennifer Foote	Kelsey LeRoy	Kristen Potts	Angela Van Poppel
Joshua Foote	Stephen Lewis	Lance Pride	Catherine VanDyk
Angela Franks	Aly Lipari	Dan Reisner	Carla Verbrugge
Brad Franks	Jerry Lodovisi	Collette Rice	Becca Ward
Joseph Franks	Rachel Lopez	Arin Riggins	Annie Waterman
Kevin Franks	Jason Malocha	Tom Robbert	Mike Waterman
Zachary Franks	Jon Mathiesen	Dave Roberts	Spencer Waterman
Jim Frey	Kimm Mayer	Dawn Roberts	Adrienne Wiltzer
Sandi Fritz	Carmen Mayer	Juan Salazar	Christi Wolgamood
Kate Gibbons	Lauren McNeill	Ana Sanchez	Amelia Wolter
Eric Greene		Rob Schermerhorn	
Teresa Greener			

Meet Our Volunteer Directors & Board Liaisons



Meet
Linda
Vaughan

Amanda Burdette

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Doug Chapel

Co-Director, Sunday afternoon runs in BC
Co-Director, Battle Creek Beyond
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Co-Director, Spring Fast Track

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Co-Director, BC Beyond Training Program
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Board, Liaison, Bunny Hop Run
Bronson Walk-in Clinics
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Lisa Patel

Co-Director, Wednesday Night Portage YMCA Run

Ann Pierluissi

Co-Director, Wednesday Night Portage YMCA Run

Matthew Santner

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Kirstin Simons-Valenzuela

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Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)
Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
Director, Kalamazoo Klassic (MRC)
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Director, Club Series Outreach
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Jessica Simpson

Co-Director, Wednesday Night Portage YMCA Run

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Scott Taylor

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Nicole Thiel

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Board Liaison, Kal-Haven Trail Run
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Linda Vaughan

Director, Indoor Track Workouts
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Upcoming Kalamazoo Area Runners Events and Programs

Check out Kalamazoo Area Runners winter and spring events and programs! Keep track of the important dates that you need to know and learn more by visiting the links below.

[Beyond Half and Full Marathon Training Program](#)

January 6 – April 2, 2018

Registration is OPEN through January 31st!

[Fast Track 5k and 10k Training Program \(Spring Session - Kalamazoo\)](#)

March 4, 2018–April 29, 2019

Registration is OPEN!

[Fast Track 5k and 10k Training Program](#)

(Spring Session—Battle Creek)

Registration coming SOON!

[Beyond Half Marathon Training Program](#)

(Spring Session—Battle Creek)

Registration Coming SOON!

[Winter Blast Half Marathon, 10k and 5k](#)

February 25, 2018

Registration is OPEN!

Kalamazoo Area Runners (KAR) Annual Banquet

March 21, 2018

Registration coming SOON!

Children's Bunny Hop Run

March 24, 2018

Registration coming SOON!

[Kal-Haven Trail Run Solo Ultra and Relay](#)

April 14, 2018

Registration is OPEN!

[Kalamazoo Klassic 5k, 10k and Kids' Klassic](#)

June 15 and 16, 2018

Registration opens April 1st!

Group Runs

Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Liz VandenHeede at liz.vandenheede@kalamazooarearunners.org

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

NEW! Wednesday Evening Runs from Portage YMCA

Starting February 7, 2018, Kalamazoo Area Runners (KAR) is pleased to introduce FREE Wednesday evening runs from the Portage YMCA. Runs will begin at 6:00pm from the YMCA A-Frame Building. There is no registration, but runners will be asked to sign a waiver the first time they participate. The runs will cover a variety of distances and all pace ranges are welcome. Since thanks to group run directors Lisa Patel, Ann Pierluissi, Sean Sharkey, Jessica Simpson, Nicole Thiel and Jeff Wettig.

For more information and/or to be added to the distribution, contact Sean Sharkey at Sean.sharkey@kalamazooarearunners.org

Indoor Track Workouts

Tired of running outside in the snow and ice? Put on some shorts and come join Kalamazoo Area Runners for Indoor Track Workouts at Western Michigan University's Read Fieldhouse. Workouts are from 5-7 a.m. on Tuesdays and 6-9:30 a.m. on select Sundays from January 9 through March 27, 2018. Indoor Track Workouts are free to members of Kalamazoo Area Runners and \$5 for non-members. The full schedule is available via the link below. For additional information, please contact Linda Vaughan at linda.vaughan@kalamazooarearunners.org.

[2018 Indoor Track Workouts Flyer](#)

Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons-Valenzuela at kirstin.simons@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

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

[Groundhog Marathon and Half](#) – Grand Rapids, MI

February 2&3, 2018
10% discount

[Super 5k](#) – Novi, MI

February 4, 2018
10% discount

[Polar Bear 5k](#) – Kalamazoo, MI

February 17, 2018
\$3 discount

[St. Paddy's Leprechaun Chase](#) – Holland, MI

March 15, 2018
10% discount

[Rock CF Rivers Half and 5k](#) – Grosse Ile, MI

March 25, 2018
\$5 discount

[Martian Invasion of Races \(Full, Half, 10k, 5k\)](#) – Dearborn, MI

April 28, 2018
10% discount (through Feb 28th)

[Community Music School 5k Zombie Run](#) – Battle Creek, MI

April 14, 2018
\$5 discount

[Wisconsin Marathon \(Full, Half\)](#) – Kenosha, WI

May 5, 2018
10% discount

[Indy Mini \(Half, 3 Challenges\)](#) – Indianapolis, IN

May 5, 2018
\$10 discount (through April 1st)

[5/3 River Bank Run \(25k, 10k, 5k\)](#) – Grand Rapids, MI

May 12, 2018
\$5 discount

[Karner Blue Butterfly Family Fun Run & 5k](#) – Grand Rapids, MI

May 20, 2018
\$10 discount

[Ann Arbor Marathon \(Full, Half, 10k, 5k\)](#) – Ann Arbor, MI

May 20, 2018
10% discount

[North Mitten \(Half, 10k, 5k\)](#) – Thompsonville, MI

May 27, 2018
\$10 discount (through May 24th)

[HopCat Extra Time 5k](#) – Grand Rapids, MI

May 27, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Sunburst Races \(Half, 10k, 5k\)](#) – South Bend, IN

June 2, 2018
10% discount

[Dexter – Ann Arbor Run \(Half, 10k, 5k\)](#) – Ann Arbor, MI

June 3, 2018
\$5 discount

[Monarch March Family Fun Run & 5k](#) – Kalamazoo, MI

June 9, 2018
\$10 discount

[Duo at the Ledge \(Half, 10k, 5k\)](#) – Grand Ledge, MI

June 9, 2018
20% discount

[Rattlesnake Run Family Fun Run & 5k](#) – Rochester, MI

June 20, 2018
\$10 discount

[Charlevoix Marathon \(Full, Half, 10k, 5k\)](#) – Charlevoix, MI

June 23, 2018
\$10 discount

[Waugoshance Trail Marathon \(Full, Half, Relay\)](#) – Emmet County, MI

July 7, 2018
\$10 discount

[Sturgeon Sprint Family Fun Run & 5k](#) – Detroit, MI

August 12, 2018
\$10 discount

[Running Between the Vines \(Half, 5 Miler, 5k\)](#) – Jackson, MI

August 18, 2018
10% discount

[Michigan 13.Wine Half Marathon & 5k](#) – Baroda, MI

August 19, 2018
\$10 half discount, \$5 5k discount

Race Discounts continued...

[Rock Hall Half Marathon](#) – Cleveland, OH
August 19, 2018
\$10 discount

[Moose on the Loose Family Fun Run & 5k](#) – Marquette, MI
August 25, 2018
\$10 discount

[Turtle Trot Family Fun Run & 5k](#) – Ann Arbor, MI
September 16, 2018
\$10 discount

[Bridge Run \(10 Miler, 5k\)](#) – Grand Rapids, MI
September 16, 2018
\$5 discount

[Park 2 Park \(Half & 5k\)](#) – Holland, MI
September 22, 2018
\$8 half discount, \$5 5k discount

[Ragnar Michigan](#) – Muskegon, MI
September 28-29, 2018
\$100 discount per team registration

[Moonlight Bootlegger 5k](#) – Rockford, MI
September 28, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[The Hungerford Games \(50 Miler, Full, Half\)](#) – Big Rapids, MI
September 29, 2018
\$20 discount

[Atwater Brewery Gallop 10 Miler & 5k](#) – Detroit, MI
September 30, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Carpe Diem – Carpe Noctem Half & 5 Miler](#) – White Lake, MI
October 27, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Black Toenail Half & 7.5 Mile Trail Run](#) – Commerce Township, MI
November 23-24, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

Injury Assessment Clinics Through Bronson Sports Medicine

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

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

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



Service Provider and Merchant Discounts

AGILITY PHYSICAL THERAPY

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

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

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



BRONSON ATHLETIC CLUB

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

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership required)
- Free Pilates Reformer Class

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



ATHLETIC MENTORS

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

- Run Coaching: 10% discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$195 and includes a 30 minute consultation (\$156 KAR price).
- New in 2017, the Metabolic Efficiency Class includes an ME Test, and a 2 hour training to teach how to understand your test results as well as how to train and eat to become more metabolically efficient. The class and repeat tests (without consultation) are regularly priced at \$135 (KAR price \$108).

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



CENTERING YOGA

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes via <http://www.centeringyogabc.com/> and

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



BORGESS HEALTH AND FITNESS CENTER

The Borges Health and Fitness Center is offering KAR members their corporate discount rate of \$99 initiation fees (50% off) for new members (\$50 each additional associate). Subject to change with future facility rate increases. For more information call 552.2348.



CEREAL CITY ATHLETICS

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

2017 Events include:

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

Cereal City Athletics also has an online store featuring TYR's multi sports apparel line. KAR members are eligible for a 10% discount when shopping! Please use the standard KAR discount code at checkout to receive your discount.



Service Provider and Merchant Discounts

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's largest provider of therapeutic and sports massage! Their Sports Massage Center offers a full postural and gait analysis as part of your initial consultation. You can use their convenient online scheduling at www.kalamazooathleticwellness.com or call 269-373-1000 to schedule. KAR members receive \$10 off any massage of an hour or longer at the Sports Massage Center location only. Cannot be combined with other discount offers.



DOWN DOG YOGA CENTER

Down Dog Yoga, conveniently located in downtown Kalamazoo, is now offering members of KAR the following benefits:

One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).

\$5 off a 5 Class Pack (normally \$75 - only \$70 for KAR members).

15% off Down Dog Yoga Center merchandise.

For more information visit www.downdogvogacenter.com. Provide the 2016 discount code to receive discounts.



Service Provider and Merchant Discounts

GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, is offering 10% off regular priced footwear purchases year round for all KAR Members!

Visit www.gazellesports.com for more information on footwear available.



Gazelle Sports

CORE

CORE is a tool for athletes of all levels. They help create nutrition plans for training or big events.

CORE is providing the following for KAR members:
50% off the Premium Plan
Single nutrition plan for a race or event
No limit on the the number purchased with the discount

75% off the Unlimited Subscription through May 31st,
50% on and after June 1st
1 year subscription
As many Premium Plans as you would like

Special plans available for Boston & Kalamazoo Marathons.

Visit www.fuelthecore.com for more information. To receive the deal, use the standard four digit KAR discount code upon checkout.

CORE

NUTRITION PLANNING

TROY HUGGETT FITNESS PROS

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

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

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

YMCA OF BATTLE CREEK

The YMCA of Battle Creek is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2017 KAR discount code when registering.





Mission: To promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community

Email: Membership@kalamazooarearunners.org

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