

"Running is a thing worth doing not because of the future rewards it bestows, but because of how it feeds our bodies and minds and souls in the present."

-Kevin Nelson

July 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

Discovering Your Running Potential Through Multi-Speed Training

By Bonnie Sexton



Fast Track Speed Work Session prepare participants to maximize their potential at the 5k and 10k distance

Visit Western Michigan University's Kanley Track on a Tuesday morning or evening during the summer, and you will find the 400 meter rubberized surface overflowing with activity generated by KAR training programs and other groups within our community. Runners hit the track as early as 5:00am, running intervals at a variety of distances and paces. Whether training for a half or full marathon through the Safari Half and Full Marathon Training Program, or the 5k or 10k distance through the Safari Program, runners are maximizing their potential through multi-speed or variable speed training.



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July Local Race Results

A question posed numerous times over the last few months by runners is whether or not it matters which track sessions (Fast Track or Safari) they attend to prepare for a half or full marathon. Although any track workouts will serve as an enhancement to easy and long runs, there is a science behind which workouts produce the best results for a given distance, whether 5k, 10k, half marathon or marathon.

Each race distance, whether the 5k, 10k, Half Marathon or Marathon has its own unique physiological requirements and places a different set of stresses on the body. When training to excel at a goal race, it is important to structure a training program to contain the proper mix of workouts for the chosen distance....hence the principal, "specificity of training."

For example, for the 5k, the most important training intensity is VO2 max (5k race pace), followed by lactate threshold, endurance and then speed. This doesn't mean that lactate threshold, endurance and speed should be ignored; they all need to be part of the training program. It just means that for best possible performance in the 5k, there needs to be a mix of all of these variables with an emphasis on VO2 max training. For the 10k, VO2 max and lactate threshold training are equally important, and the same multi-speed training mix used for the 5k, works well for the 10k, with increased mileage and some hill training to build strength. As a result, the Fast Track program focuses on VO2 Max, and then alternates those with speed workouts. Lactate Threshold runs are integrated later in the week, alternating every other week.

For the half marathon the training emphasis shifts to lactate threshold with endurance being second. For the marathon, endurance and lactate threshold training intensities are both emphasized while VO2 max and speed are of lesser importance. The track workouts for the Safari Half and Full Marathon Training Program focus on lactate threshold workouts, which includes tempo runs, tempo intervals and cruise intervals.

Each of the four types of workouts in the variable speed work mix mentioned above, and their benefits are explained below. A fifth type of workout, the Pace Run, is often used in half and full marathon training programs to practice race pace.

Endurance/Easy and Long Easy Runs (E)

Purpose: Building Aerobic Conditioning, Train the Body to Conserve Fuel

Aerobic conditioning can be any distance runs (or run/walk) of 20 minutes to three hours in duration. Depending on your goal time, fitness level, experience and race distance, the distance of your aerobic conditioning runs will vary quite significantly. These runs are done at about 45 –1:30 min/mile slower than marathon race pace, 1:00 – 2:00 slower than half marathon race pace or 1:30 – 2:30 slower than 5k race pace. This should correlate to 65 – 80 percent of your maximum heart rate.

KAR Discount Sponsors

Unless otherwise indicated, please use the 2014 KAR discount code when purchasing merchandise or services from discount sponsors.

Gazelle Sports

Exclusive membership into the MyGazelle rewards program. Register in-store or [click here](#).



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, and 15% off kinesio tape. Contact Daryl at praterd@aol.com for more information.



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.



Regardless of what distance you are training for, aerobic conditioning represents the majority of your training program.

Endurance long & easy runs will:

1. Increase the number of capillaries that can bring oxygen-rich blood to your muscles
2. Increase the amount of oxidative enzymes within the muscle cells that help to use oxygen more efficiently
3. Train the body to conserve valuable muscle glycogen supplies and use fat as fuel
4. Strengthen the tendons and connective tissues
5. Improve pulmonary capacity

Tempo (T) and Lactate Threshold (LT) Runs

Purpose: Build Stamina by Raising your Lactate Threshold

Lactate threshold and tempo runs train the body to tolerate moderate levels of lactic acid in the blood while running at significantly faster pace than aerobic, “easy” conditioning (where there is very little lactic acid production). Lactic acid is the by-product of “oxygen debt” when we try to run fast for any length of time.

Stamina (or speed over distance) has become synonymous with the term lactate threshold training. Your lactate “threshold” is the speed just below the point at which lactic acid is being produced at a faster rate than it can be removed from the bloodstream. Threshold pace is at your 10-mile race pace, 25 – 30 seconds/mile slower than 5k race pace, 10 – 15 seconds/mile slower than 10k race pace or 20 – 30 seconds faster than marathon race pace. This correlates with an effort of about 85 – 90 percent of maximum heart rate. It is very important that lactate threshold runs are done exactly at or right below lactate threshold pace. If you train too fast, the desired improvements will not occur and it will make it difficult to complete the entire workout at lactate threshold pace.

Lactate threshold running can be performed as either:

1. Continuous “Tempo” runs of 15 to 45 minutes, or
2. Long, “Lactate Threshold” intervals of 3 to 15 minutes with very short jog breaks in between.

Lactate Threshold/Tempo runs will:

1. Enable you to run further at or near your lactate threshold running speed
2. Improve the speed at which your lactate threshold occurs
3. Run more comfortably at the same pace
4. Improve your running efficiency at all race distances of 5k or longer
5. Help prevent overtraining

continued...

AGILITY PHYSICAL THERAPY

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

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



IN THE ZONE

Stephanie Walbridge of In the Zone offers 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, or call or email Stephanie at (269) 207-4988 or swal-bri2000@tds.net.



PEDAL BICYCLE

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



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 \$65 for KAR members).

15% off Down Dog Yoga Center merchandise. For more information visit

VO₂ Max Runs (VO₂)

Purpose: Increase the amount of oxygen-rich blood your heart can pump to your muscles and the amount of oxygen that can be used by your working muscles

Your VO₂ max is the maximum amount of oxygen that you can take in, process and use to provide the energy you need to run. The upper limit of your VO₂ max (also known as aerobic capacity) is in large part genetically predetermined. However, most runners have not “maxed” out their functional aerobic capacities. Fortunately, well-designed training can have a significant impact on improving your VO₂ max.

VO₂ Max workouts are medium length intervals of 600 – 2000 meters at current 5k race pace and eventually, as improvements occur, at realistic 5k goal pace. In between each interval jog 50 – 90 % of the time it takes to run the repeat.

These workouts will increase your aerobic capacity to its upper functional limit. Anywhere from 2 ½ to 5 miles worth of intervals should be part of every VO₂ max session (for example 5 x 800 meters) At this running speed, your heart rate will generally be at 95 – 100% of maximum.

Like lactate threshold training, it is very important that the intervals are run at the proper intensity and that the recovery time is within the time range. Too long a recovery will cause the heart rate to drop too low to stimulate the best possible improvement in VO₂ max. Running the repeats too fast will stimulate the anaerobic system more than the aerobic, and will make it difficult to finish the workout.

VO₂ Max Runs will:

1. Increase the amount of oxygen-rich blood your heart can pump to your muscles by increasing stroke volume
2. Increase the amount of oxygen your muscles can extract from the blood

Speed Workouts (S)

Purpose: Increase leg turnover, improve running mechanics and form, buffer lactic acid

Speed workouts are done at significantly faster than threshold pace and therefore the accumulation of lactic acid is expected. Your anaerobic capacity is your body’s ability to buffer and tolerate this inevitable build-up of lactic acid in the bloodstream. Anaerobic running occurs when the intensity of your running does not allow you to produce energy through the intake of oxygen alone, therefore forcing the body to derive increasing amounts of energy from the breakdown of muscle glycogen. A high anaerobic capacity represents a high tolerance of lactic acid buildup. Being able to continue to run while lactic acid is building up is critical to racing well.

continued...

www.downdoggyogacenter.com. Provide the 2014 discount code to receive discounts.



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 2014 KAR discount code to receive reduced rate.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2014 events. Discounts range from \$7.50 for the Laughing Gull Half Marathon, \$10 for adult triathlon relays, \$5 for adult individual triathlons, and \$2.50 for the remaining running events, open water swims and kids triathlons. Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2014 events, using the 2014 KAR discount code.



Speed workouts are repeats of 400 meters or less that are done at about 15 to 20 seconds faster than 5k pace (it is important to remember these are not all-out sprints). Rest periods are longer and are often determined by how long it will take you to be able to perform the next repetition at your target time.

Speed workouts will:

1. Benefit the anaerobic system so your body becomes more efficient at converting fuel to energy in the absence of adequate oxygen.
2. Improve running mechanics and form to become more efficient
3. Buffer lactic acid causing your body to get used to performing with high levels of blood-lactate.
4. Improve leg turnover
5. Improve finishing “kick”

Pace Runs (P)

Purpose: Building Aerobic Conditioning and Train the Body to Run at Goal Marathon/Half Marathon Pace

Pace runs are shorter runs at goal marathon or half marathon pace. For the marathon, they are run at approximately 20 – 30 seconds slower than lactate threshold pace or .45 – 1:30 faster than endurance/easy runs.

For the half marathon, they are run about 1:00 – 2:00 faster than your endurance/easy runs or just slightly slower than lactate threshold pace.

Pace runs will:

1. Share many of the same benefits of long, easy runs
2. Train your body to run at goal marathon or half marathon pace

Pace (P) runs are used to train the body to run at goal race pace for the marathon and sometimes the half marathon. Pace runs are not differentiated for shorter distances as the race pace for distances below the half marathon is usually at or below lactate threshold, and is at VO2 max for the 5k.

This philosophy is the foundation for Kalamazoo Area Runners (KAR) Training Programs, whether the Safari Half and Full Marathon Training Program (in partnership with Gazelle Sports), Fast Track 5k & 10k Training Program and the Beyond Half and Full Marathon Training Program. As you follow the training schedules, you automatically will be exposed to the ingredients of a successful variable speed training program. See you at the track!

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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 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.

Executive Director Report— Featured Volunteers—Going the Extra Mile

By Joy Mills

The Kalamazoo Klassic in June was not only a special day for the runners of our community that took part in the scheduled events, but it also provided a great opportunity for people that wanted to give back to volunteer to help with the Kids’ Klassic on Friday as well as with the 5k and 10k on Saturday morning. Rachel Konieczka, Dan Miller and Tracie Staepert were among those hardworking individuals that gave of their time to help make the Klassic a success. Please join me in thanking Rachel, Dan and Tracie for their dedicated service to the Kalamazoo Area Runners along with all those who volunteer every day.

Rachel Konieczka—Safari Pace Group Leader and frequent volunteer at KAR events



Board of Directors continued

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When asked why she volunteers for KAR, Rachel shares that **“As much as I want to run every race that comes along, it gets expensive real quick so volunteering allows me to still be involved in the running community and plus sometimes you get free t-shirts and food!”**

Lisa describes her volunteer role as follows:

“Have fun and make sure everyone else is having fun while being safe.”

When asked what advice she would give to others interested in volunteering for KAR, Lisa says **“If you are afraid of volunteering because you might get bored, bring a friend and ask to be put together. It is a good way of meeting new people and who knows, you might just find a new running partner.”**

Dan Miller – Frequent volunteer at KAR events



Dan is a reformed smoker who started running in the winter of 2012. He is trying to get his endurance up to longer distances but is enjoying all the experiences along the way. Dan joined KAR and started volunteering to be a part of the community knowing that it would help him reach his running goals along the way. Dan is an analyst for PNC Bank.

Dan shares that the rewards of volunteering for KAR include **“Meeting new people, being part of and giving back to the running community, and the feeling you get when you know that you made a difference and enriched someone’s running/competitive experience. It’s also a lot of fun to see/help the kids run.”**

Dan summarizes his volunteer duties at events such as the Kalamazoo Klassic as follows:

“I am usually a course marshal but I’ve also handed out water, assisted with the KAR information table,

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Event, Program and Functional Directors

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Ferdi Hintz and Pam Boner

Team Co-Captains, Relay for Life

Matt Santner

Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)

and helped with the setup/takedown of events.”

When asked what advice he would give to others interested in volunteering on behalf of KAR, Dan says ***“Just do it! It’s a lot of fun and a great experience.”***

Tracie Stapert—Frequent volunteer at KAR events



Tracie lives in Mattawan and has been employed by Summit Polymers for over 25 years. She is currently the Manager—Global Process Coordination. Tracie is married to John, and has two super stepchildren (Bryan and Chelsea). In addition to volunteering for KAR, Tracie volunteers at Miller Auditorium as an usher.

Tracie started running when she overheard a friend telling someone that she was a runner and would help them get started. Tracie asked if she could “crash her party” and joined them at Celery Flats. She has been running ever since. Tracie says ***“It was not easy then and it’s not easy now, but I’m so glad I gave it a try. I seriously hated track and distance running in high school, but may have felt differently if someone had taken the time and energy to “show me the way”. As it was, I didn’t experience the excitement of finishing my first 5K until I was in my forties. While I still don’t feel like attempting a marathon, the half-marathons continue to challenge me and I love being part of the KAR running community. While I will never run like a “Gazelle”, I can now run a race and I credit that to the support and encouragement of other runners.”***

Tracie shares that she volunteers for KAR events because ***“The members of KAR inspire me - to run, to volunteer, to give back... Anyone that’s participated in a race has been impacted by the support of the volunteers - and I try and return that support by volunteering when I can. Everyone should be able to enjoy the race, the cheers and the smiling faces (whether you’re participating in the race or volunteering). Rewards are quite simple - watching people finish their first 5K, a runner who obtains a new PR, or sharing a runner’s joy experienced by crossing the finish line.”***

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Carole Bolthouse

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Bonnie Sexton

Director, Fast Track Training

Director, Portage Winter Blast Half Marathon & 5k

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Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Lisa Piper-English)

Stephanie Klumpp

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Kenzie Pridgeon

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

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In describing her volunteer responsibilities at different events, Tracie states that she does **“whatever needs to be done...KAR information table, registration, t-shirt distribution, volunteer check-in, course marshal, etc.”**

Tracie has the following advice to offer to others interested in volunteering on behalf of KAR. ***“Many people say they don't have time to volunteer - but it can be as simple as a one-time 2-hour shift. There are races I would have participated in, but volunteered instead - because volunteers were needed. While it may not be running, volunteers are still participating in an event (just in a different capacity). I've never regretted the time spent volunteering at any event and have met some terrific people. Any time spent encouraging others to run is beneficial to everyone in our community - so share the love! “***



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 in KAR Club Series Championship events with her son and daughter. Joy plans to train for her first marathon in 2015.

Another Runner's Perspective - Talking On The Run

“Tone is often the most important part of a conversation and listening is so much more important than what you say.”

--- Hoda Kotb

Through the years running has often been thought of as a solitary sport and continues to function in this manner for many runners today. Although I am sure the individual aspect of running will always thrive, the social aspect of running continues to grow. I have witnessed the rapid growth of group and partner running since I began back in 1997. There has been a steady increase in the number of races, group training programs, running clubs and runners participating in these races and groups as members of the running community since the turn of the century. I'm sure that there are many factors that can claim responsibility for the shift of the sport of running from purely solo to social including social media and other changes in the daily operation of our lives since the devastating terrorist attacks of September 11, 2001. Many variables have played a role in this shift but ultimately what it comes down to is there has been a growth in the interest of individuals with a desire to run. This influx of numbers in the running community shows no signs of slowing down any time soon. I am sure that the image of an individual runner winding his or her way on a lonely stretch of highway will accurately represent our sport for years to come but the spike in social running will continue.

My first year as a runner was spent entirely mile after mile running solo. A year and a half into my new active habit, I was introduced to the Battle Creek Roadrunners and social running at its finest. Since then I would estimate that 75% of my running still involves pounding the pavement with my iPod as my sole running partner. I don't mind running alone and there are times when the peace and tranquility of running alone serves a vital role, allowing me to lose myself in my own thoughts. Although I do not often seek out a group or a partner for a run except for the occasional run of more than an hour, I will gladly join a group when the opportunity arises.

Social running provides many advantages. If you are a slower runner in the group running with a faster group can push you to improving your speed. A faster runner running with a slower group can be can tone the pace and get in a recovery run. Running with a group during a long run can provide just enough distraction to get through some of the rough patches. Perhaps what I enjoy the most about a group run is the conversation component. Although a degree in a particular field is not required, you can fill the role of any given profession while on a group run. Runners have been known to act as therapists offering advice from experience or just providing a listening ear for their running partner in the middle of a five miler. Your running partner could potentially serve as a travel agent as they describe every last detail from their most recent vacation destination. Perhaps you might fill the role of technology consultant as you describe to your running partner the steps of working through a computer or cell phone issue. Any given run might provide you or another individual in your running group the opportunity to give advice as a financial consultant, child development specialist, chef or auto mechanic. My point is that you never know where the conversation may go over the course of a run. I have certain friends that I enjoy running with specifically because of the entertainment factor that they provide with jokes that they provide punch lines for or stories that they tell. Although fatigue and muscle aches may seem difficult to ignore a good conversation can leave me hanging on every word of my running partner with thoughts of muscle cramps and toe blisters drifting away.

Although the tone of a running conversation can vary from advice to entertainment often the format takes a serious tone as we feel safe enough to open up to others in a way we would never consider in another scenario. Often times runners feel comfort in sharing regrets in their lives, moments of emotional turmoil from year's past or dreams and aspirations that would seem foolish talking about in other contexts. We tend to share our deepest concerns and wishes as runners and to most the unwritten but assumed rule is that there are some discussions on a run that stay on the run.

Throughout the years I have come to know fellow runners as if they had been the best of friends all my life. Early in my running days I was looking for someone to join me for a long run. I put out an email to the Battle Creek Roadrunners group asking for running partner. I received one response from a runner I will refer to as Bob. I had met Bob a few times but did not really know him. Over the course of a thirteen miles, Bob shared the deepest darkest story of what had been his life up to this point. He had suffered through years of drug addiction, dragging himself, his friends and his family through the gauntlet of emotions. He had been a runner before his addiction and running was one constant in his life through his time of despair. When he finally came clean, his running routine became an important cog in his wheel of recovery. On that day that he poured out his story on a Saturday afternoon run he had been drug free for more than a decade. He indicated that although drugs were not a part of his life each day he had to make that decision to not use. Running helped him live up to that decision each day. A friendship and bond blossomed between Bob and me that day as we shared many miles together over the next five years. It was his training and guidance that played a huge role in helping me figure out the marathon distance. Although Bob and I had run together many miles after that initial thirteen mile run, it is that first run that I will always remember. Although I did not condone his behavior as an addict I have always admired and respected Bob for having the strength and determination to make such a huge change in his life.

Another running partner, who I will refer to as Mike, that I met through Bob, began a running partnership that began a few years after Bob and I made that initial thirteen mile run. We would hook up for workouts on an inconsistent basis, sometimes going for two to three months at a time without running together. We always seemed to pick up where we left off with our primary running discussions centering on Mike's kids. Although I had only met his kids a few times I felt like I knew them well. I enjoyed hearing about their milestones and accomplishments through their dad's words and always looked forward to hearing updates when we would get together for another run.

Another verbal interaction with a runner occurred just a few weeks ago while running with a student on the cross country team that I am coaching. I will refer to this runner as Luke. I was asking Luke, a senior to be, about his plans for post high school as we circled the school district campus at a leisurely pace. Luke wasn't exactly sure of his future goals but was hoping to land a scholarship through writing an essay. Of course being a writer this peaked my interest as I asked him what he would write about. He informed me that he was in the middle of writing a novel that he began in middle school. He would use a sample from his novel for this particular scholarship. He talked at length about the storyline of his novel and how he had gone about writing his it over the years. I finally asked him if he planned on studying journalism after high school but he seemed concerned about paying for an education for a four year degree. I encouraged him to consider journalism especially if writing was something he truly enjoyed. Hopefully our conversation will help him in his decision making for his field of study in college. Whether or not he studies a field related to writing, I hope he continues to practice writing.

These three are just few examples of how running has initiated conversation for myself with others. These conversations have provided insight, inspiration and entertainment for me and I hope that Bob, Mike and Luke have been beneficiaries of the positive aspects of these conversations as well. These are discussions that would not have occurred if it were not for running. Although there are many platforms for positive conversation running is a unique venue for individuals to open up and talk with assurance of what they say on a run, staying on a run.

KEEP RUNNING!!

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



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

Featured Member – Anne Flynn All Paces Welcome

“Talent is God given. Be humble. Fame is man-given. Be grateful.”

---John Wooden



When you look at the running community and ability levels that make it up, we are quite diverse. For non elite status the spectrum for say a 5K race can be those running as fast as a five minute per mile pace to those running as slow as a thirteen minute mile pace. This diversity is part of what makes our sport so unique. Running allows all of us to compete on the same course on any given day despite our differences in speed. The running community is not exclusive and is open to all who want to join. Even though some may experience running near the front of the pack while others take up the rear, we all share a basic understanding and passion for the sport of running. Although there may be some circles of runners who would turn their noses to those not at their level, for the most part we are all one group and welcome each other with open arms. This month’s featured member, Anne Flynn is the perfect example of one of us sharing our time, talents and advice with runners of all abilities.

When Anne and her family moved to the Battle Creek area from Iowa back in 2000, many of us had no idea of her past accolades as a runner. Months before her family made the move, she sought out the Battle Creek Roadrunners via email. It is protocol to seek out neighborhoods for home purchases and schools for our children before a cross country move. For runners it is often common procedure to find a group to run with in their new town as well.

Anne did her homework and communicated with our running club frequently before her move. Many of us thought we knew her well before we even met her. When Anne finally arrived on the scene in Battle Creek, it did not take us long to figure out that she was no ordinary runner. Anne was a world class athlete who competed for state championships as a high school student in New York, was a part of a team for the University of Iowa that claimed a Big Ten cross country championship and later became a factor at the marathon distance on her way to qualifying for two Olympic trials at the twenty six mile distance.

When I realized Anne's status as a runner, my first reaction was that of intimidation but this quickly faded as she demonstrated her true spirit as a runner. Although her accomplishments could have afforded her a hint of arrogance this was not at all a part of her demeanor. Modesty was obviously one of her strongest personality traits. She would show up religiously for our Sunday morning group runs and slow her pace to align with whoever would join us. She was a frequent participant in our club social functions and was a host for many of them as well. Her presence and coaching advice personally propelled me from a four hour marathon runner to a member of the sub three hour group. I have always felt that for any runner to become faster having a rabbit to chase is a huge asset. Over the course of five years, Anne was one of my rabbits. At first many of us were star struck by her presence but her humility and warm personality quickly faded those feelings. Anne was a part of the elite athlete group but more importantly she was a member of our local running community with her being no more or less important than of the rest of us.

Anne began her running career back in high school. *"I started running the spring of my freshman year in high school, when I went out for the track team. I had never been very athletic, but my friends were joining the team, so I did too. I gravitated towards the distance group, since I didn't think I was that fast. I ended up running a 5:28 mile that first season, so I guess I did OK!"* Anne may have thought of her 5:28 mile as ok but this was simply a stepping stone for things to come. Her experiences in general and success as a high school, Division I collegiate athlete and elite marathon runner make it difficult for Anne to define one moment as her most memorable in her time thus far as a runner.

"I have had so many great experiences. I'll give you my top four:

My senior year in high school, I was the New York State champion in the 3000m indoors (NY has an indoor track season for high school). A big deal for a high school kid!

I was part of the Big Ten Championship team in Cross Country in 1982, my sophomore college season. It was so exciting and so much fun with my teammates and the friendships we created.

My best marathon race was at Chicago in 2002. I ran negative splits, feeling great just about the whole way, finishing with my lifetime PR of 2:44:56, the 18th woman, and qualifying for my second US Olympic Trials marathon. A PR at age 39 was very satisfying!

Running in two US Olympic Trials marathons, 2000 (Columbia, SC) and 2004 (St. Louis, MO) was an obvious highlight. I did not have the best races at either (2:58 for 88th at Columbia and a DNF due to illness at St. Louis) but the experience of being part of both of those events was so very special."

Two of Anne's most memorable experiences occurred while she was a member of the Battle Creek area runners. As her friend and at the time one of her running partners it was thrilling sharing in

these experiences with her. I was also at Chicago in 2002 when she set her PR. I also set a PR that day although almost an hour off of her time. When she went to St. Louis a few years later for the Olympic Trials Marathon a group of us from Battle Creek traveled there to watch her. As mentioned above, Anne was unable to finish because of an ear infection. I'm sure that she was full of pride just to be on that stage but at the same time I can imagine that there had to be a bit of devastation as she made the decision to pull out of the race. As a runner I have pulled out of a marathon as well and understand that mental anguish of making such a decision but if there was any feeling sorry for her-self Anne masked this well. I will never forget Anne's first words to the group of us from Battle Creek who had followed her to St. Louis as she met us having just pulling out halfway through the marathon. She apologized to us for not finishing. She felt guilty that we had traveled all the way to St. Louis and that somehow she had let us down. I don't know that she will ever fully understand how fortunate we had felt for letting us share in her experience. Watching a true friend of ours compete on that stage was a thrill regardless of her finishing or not finishing.

What Anne appreciates most and least about running are similar to what other runners like and dislike about running. *"I love the way being in good running shape makes you feel about yourself. Feeling fit, healthy and toned help me feel confident and happy. I love the running community and how runners support each other at so many levels across the spectrum. As a coach, I love to see a young athlete discover the sport, watching them grow in confidence, strength, and stamina as they develop."* Running is not always fun and games however. *"It's tough getting back in shape when you have been away from it for a while. I also hate loose, scary dogs and ice on the roads."*

Now as a coach, Anne has come full circle in her role in the running community. *"I don't know that I really have a mentor now, but I was greatly affected by my cross country and track coaches in high school (Lancaster, NY) and college (University of Iowa). In my competitive road racing days, my training partners in Iowa City and Battle Creek had quite an influence on me and helped me design my training programs."*

Anne draws on a college teammate for inspiration. *"Jenny Spangler was a former teammate of mine while running at the University of Iowa and remains a good friend. Jenny is the most down-to-earth, humble person I know, yet was a national champion and Olympian in the marathon. Her big upset win in the 1996 US Marathon Olympic Trials was such an inspiration for me."*

Although Anne once dominated at the marathon distance her focus is now on the 5K to half marathon distance. She injured her ankle several years ago which left her unable to run for many years. It is good to see her back at it. She is a science teacher at Gull Lake High school as well as a track coach for their distance runners and a cross country coach. Her athletes are very fortunate to have her experience to help guide them as individuals, students and athletes.

Although we are quite diverse as a running community the presence of each of us is important. Whether we run a thirteen minute mile or a five minute mile we all have the potential to mentor, guide, teach, inspire and push one another to be better runners and more importantly better human beings. Thanks Anne for presence in our running community and being a positive influence for all paces and abilities.

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

Hot Club News



Kalamazoo Area Runners in Battle Creek (KAR in BC) Fall Fast Track

Kalamazoo Area Runners in Battle Creek (KAR in BC) is pleased to announce we are continuing the Fast Track Training Program for Fall 2014! This program is designed to meet both 5K and 10K training goals, whether you are a beginner, intermediate, or experienced runner. This program targets the 12th Annual Road Hawg Classic 5K and 10K Race at the Battle Creek Air National Guard Base, scheduled for November 8, 2014.

Update for 2014!!! in response to your survey feedback, we've simplified the run groups for our Fall 2014 Fast Track session. We will be offering 3 general levels of workouts – Beginners, Milers, and Speed Workers – each group serves to build and support community among runners. Fast Track will continue to be led by experienced KAR coaches and will include training schedules, individual guidance, relevant clinics, and structured Tuesday track workouts.

Fast Track Beginners – Geared towards transitioning newer runners from walking to running as well as interval walk/run for those who prefer it. Beginners will be focused on learning the basics and building a running base.

Fast Track Milers – Geared towards intermediate level runners who want to improve their overall running skills. Milers will be focused on building base and increasing endurance. Improving pace is a secondary motivation for this group.

Fast Track Speed Workers – Geared towards intermediate and performance level runners who want to improve performance and increase pace. Speed work coaches will work with participants to identify individual race goals and refer the Speed Worker to a mid-week schedule that supports those goals.

Sessions are conducted at 5:45pm Tuesday nights at Riverside Park and run 10 weeks from August 26/September 2, 2014 to November 4, 2014. Week #1 sessions will be held on both August 26 and September 2 to help accommodate runners with vacation and/or back-to-school scheduling challenges.

Track sessions are held at Riverside Park, adjacent to Riverside Elementary (650 Riverside Dr. Battle Creek, MI 49015) on Tuesday nights. All Fast Track participants will meet at the grey pavilion at the south entrance to the park (gravel/dirt parking lot). NOTE: The Battle Creek program will utilize the loops around the Riverside Park soccer fields rather than a traditional track. While we know this will be a bit different than a traditional track workout, we have found that it offers some advantages, including scenery, some shade, inviting atmosphere, and available use of the “track” during the week and after the program ends.

Program Orientation will be held Tuesday, August 19, 2014 from 6:00 - 7:00pm at the W.K. Kellogg Foundation in downtown Battle Creek for those who are new to Fast Track.

A drawing will be held for all Fast Track participants who register by August 19 for a free race entry to the targeted fall race, the 12th Annual Road Hawg Classic 5K or 10K Race at the Battle Creek Air National Guard Base.

Program is \$25 to Members of KAR. Participants must join (new members) or may renew (existing members) their annual KAR membership upon registration. Current members receive a \$5 discount upon renewing their membership and entering the 4-digit KAR discount code.

[Register for KAR in BC Fall Fast Track here!](#)



KAR Membership Race Discounts

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

[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

\$10 discount on half marathon

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

September 6, 2014

\$2 discount on race fee

[Laughing Gull Half Marathon](#) – Hickory Corners, MI

September 13, 2014

\$7.50 discount on half marathon

The Hungerford Games – Big Rapids, MI

September 27, 2014

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

Park2Park (Half Marathon, 5k) – Holland, MI

September 27, 2014

\$5 discount on half marathon \$3 discount on 5k. Discounts expire August 31st.

Grand Rapids Marathon (Marathon, Half Marathon) – Grand Rapids, MI

October 19, 2014

\$7 discount on marathon or half marathon

Volunteer Leadership Opportunities

DIRECTOR AND COMMITTEE OPPORTUNITIES

Turkey Trot Thanksgiving Day Time Prediction Run (Event Date: November 27, 2014)

The Turkey Trot Thanksgiving Day Time Prediction Run committee, directed by Joy Mills, Kenzie Pridgeon and Scott Taylor, is seeking additional committee members to help plan the 2014 event. Current areas of need include (but are not limited to) registration. Positions require attendance at 2 planning meetings, background coordination of duties and availability on race day. For more information contact Joy Mills at joy.mills@kalamazooarearunners.org.

Winter Blast Half Marathon & 5k (Event Date: March 1, 2015)

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2015). For more information contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Kalamazoo Area Runners Fanwear Store – Check Out Our 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.

Yes, there really is a Kalamazoo Area Runners Facebook Group



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1860 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

Next KAR Board Meeting is August 4, 2014

The next KAR Board Meeting is August 4, 2014 at 7:30pm at the Borgess Health and Fitness Center.. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Championship Series Events



The 2014 Kalamazoo Area Runners Club Championship Series kicked off March 22, 2014 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Mattawan Road & Trail](#) 5k, August 2, 2014

[Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014

[Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014

[Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014

[Grape Lake](#) 5k (preregistration only), September 6, 2014

[Peacock Strut](#) 5k & 10k, September 13, 2014

[Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014

[Run for the Son](#) 5k, September 27, 2014

Points for each race will be determined as follows: Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series Awards Celebration in November 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: Time points = winner time/runner time * 100.

Running Community News

SPCA DOGGIE DASH - 5K FUN RUN

SATURDAY, SEPT. 13, 10AM

Run for prizes or walk for pleasure!
Whether you enjoy the course, collect pledges, or just come out
to cheer on your 2 and 4 legged friends... Join us at beautiful
Spring Valley Park!



Having so much fun can do so much good!

Register online at www.SPcAswMich.org

All proceeds support SPCA SWMI, No-Kill Animal Rescue & Adoption Center



Alpha Sigma Phi K to benefit Homes for Our Troops on September 27, 2014

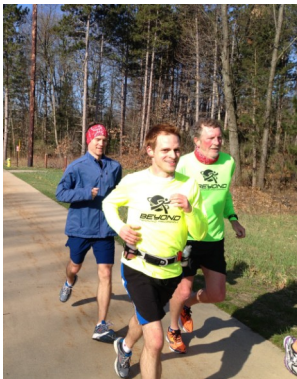


Alpha Sigma Phi at Western Michigan University is hosting **Alpha Sigma Phi K**, which is a 5K run/walk benefiting **Homes for Our Troops** (www.hfotusa.org). They help our nation's most severely injured veterans by providing to them, mortgage-free, specially adapted homes where they can enjoy maximum freedom of movement, security and independence while rebuilding their lives. HFOT does not receive any government assistance so it is important for community fundraisers such as this 5K so they can continue their important work.

Online registration is now open at www.asp5k.com and will cost **\$25**. Additional donations can be made using the "**Donate**" link throughout the website. Registrants can also choose to pay on-site for \$30. Check-in and on-site registration will begin at 8:00am on September 27, 2014. There will be a joint service color guard, national anthem, and guest speaker prior to the start of the race. The start of the race will be signaled by "Boomer the Cannon." Runners will navigate the scenic and hilly campus of Western Michigan University. There will be refreshments after the race where participants can recover, courtesy of our sponsors in Kalamazoo. Join us in support of our nation's heroes -- all ages are welcome!!



Kalamazoo Area Runners Group Runs and Training Programs



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

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 for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

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

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

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

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 [Bran-don.vandusen@kalamazooarearunners.org](mailto:Brandon.vandusen@kalamazooarearunners.org), or **Laura Sandahl** at llsandahl@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.

The Urban Herd

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

The Dirty Herd

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

Battle Creek

*****CURRENTLY ON HIATUS FOR THE SUMMER*****

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

The Sunday group runs in Battle Creek meet at 8:00am at Cutiepie Café (1504 Capital Ave NE, Battle Creek, MI 49017) . 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 or Matt Santer at matt.santer@kalamazooarearunners.org.

Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park

Tuesday evening runs from Riverside Elementary, 650 Riverside Drive, Battle Creek, MI 49015. Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of July, the Kalamazoo Area Runners attained another new membership record, reaching 1473 members. This represents 21.5% growth since July 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Zachart	Agnone
Lauren	Agnone
Teagan	Allison
Mindy	Allwardt
Therese	Armstead
Jamie	Ascherman
Laura	Asher
Nancy	Ausema
Taylor	Bailey-Carman
Holly	Barra
Cathy	Bilek
Sara	Blechinger
Jim	Bodine
Jeanna	Bolkcom
Karla	Bolkcom
Sandy	Boothby
Heidi	Bremer
Leah	Brown
Christine	Browning
Kelly	Burdgick
Jennifer	Burhans
John	Burhans
Emily	Burhans
Rebekah	Canfield
Joe	Chapman
Andrea	Charlton
Becky	Charon
Kathleen	Chrisman
Shelly	Cichy
Kristen	Ciokajlo
Erin	Clark
Cyndee	Clemann
Sarah	Cohen
Allison	Cooney

Linda	Corliss
Bryan	Craddock
Donna	Cratsenburg-Scott
Angie	Crouch
Shelbi	Cummings
Tammy	Dando
Colleen	Debruin
Angela	DeVries
Ben	Dilla
Melisa	Ellis Beeson
Layne	Endres
Jack	Endres
Chelsea	Fay
Brooke	Feltner-Beebe
Christina	Feneley
Megan	Finley
Michele	Frey
Amy	German
Katie	Gilbert
Sarah	Gillette
Sarah	Gillig
Diane	Gilligan
Jaymi	Gonzalez
Andrea	Gooch
Paul	Graham Jr.
John	Greenbank
Beth	Grode
Deborah	Hamilton
Heather	Hanley
Amanda	Holzwarth
Marty	Hoover
Lisa	Hoover
Cara	Hoover
Andrew	Hoover
Marty	Hoover
Emily	Hughes
Allison	Hultquist
Lora	Hutchinson
Anne	Ingold
Sarah	Jacobsma
Holly	James
Pam	Kaeppelein

Nicole	Kalmbach
Melissa	Kann
Jillian	Karbowski
Angela	Keyes
Amanda	Knapp
Kim	Labadie
Kevin	Labadie
Julie	Lawrence
Joyce	Lew
Keri	Lyon
Wendy	Martin
Joseph	Martin
Laura	Masztal
Megan	McFadden
Tom	Melgar
Andrea	Messer
Todd	Mora
Ann	Mora
Spenser	Mora
Dillon	Mora
Cole	Mossman
Emily	Mott
Johanna	Nabozny
Connie	Nelson
Michelle	Newton Blair
Laurie	Oleska
Michelle	Olsen
Jenn	Olson
Laura	Osborne
Deborah	Ouding
Jennifer	Pant
Christie	Pearce
Aaron	Pearce
Aaron	Pearce
Amy	Philion
Cheryl	Pickett
David	Powers
Todd	Raab
Sally	Raasch
Michael	Reynolds
Rachel	Ringle
Donald	Roberts
Sue	Root

Jennifer	Scalpone
Angeline	Schwartz
Gail	Secord
Jennifer	Shanley
Adelle	Shearer
Sarah	Simmons
Laurie	Simmons
Kristine	Simpson
Marie	Slater
Kirsten	Smith
Kirsten	Smith
Kristen	Smith
Bobbie	Smith
Christine	Solberg
Jennifer	Spruill
Jennifer	Stull
Abigail	Stull
Maxwell	Stull
Ethan	Stull
Maria	Suszynski
Sue	Thorogood
Lori	Tiller
Karen	Tindall
Joe	Trupp
Eric	Valliere
Jamie	Vandervliet
Catherine	Velten
Kellie	Wallen
Ken	Watts
Jen	Weiss
Julie	Wheaton
Cheryl	White
Collier	Wiese
Amanda	Williams
Jessica	Wilson
Sarah	Windsor
Mary Ellen	Yealin

Muskegon Lake Michigan Half Marathon—Race Review

By John Marucci



Sometime in May (2014), I decided to look for a final race before the summer heat and fall training kicked in. I knew the Kalamazoo Classic was in mid-June, so the desire was to find a race during the final weekend of June to cap off the first half of the year. After looking at races in Michigan, I discovered that there was a relatively new half marathon in Muskegon on Saturday, June 28th. The cost was only \$35 (+\$15 for a tech shirt), and being only 90 minutes away, and on a Saturday morning, it seemed like a good idea. So having talked a fellow KAR member to join me, we booked the Holiday Inn Harbor for the night of the 27th and decided to make a go of it.

Location

The start and finish of the race are near the harbor area in downtown Muskegon on Western avenue. The semi-industrial and semi water-front area made for a unique setting and it worked well from a space perspective. There seemed to be plenty of parking, although we chose to walk the 3/4 mile from the hotel to the start on the nicely paved trail next to Lakeshore Drive. Walking in from the hotel relieved the whole parking stress at-a-new-unknown-event issue and also helped in loosening up the nerves and body before the start.

The Course

I really can't say enough about the mixed variety of terrain. The course has two challenging hills, one of which is very early on (think Howard Hill Hustle but not as steep or long) and one at mile 9, which is not very steep but is longer. Yet there are a dozen other moderate undulations that really add spice to the course. It leaves one with the sense that the course isn't flat, yet is at the same time. In this regard, it wasn't taxing from a hill perspective, noticeable, but not taxing.

The variety of scenery and the long stretch along the shoreline was perhaps the best of any race in the area. This isn't the short stint into Holland State Park as in the Park2Park half, this is a mile or two along the beautiful shoreline and water, and breezes! What a treat. The variety of scenery was also noteworthy. From semi-industrial, to small commercial, to residential, to shoreline and even long country lanes, mixed to make a plethora of enjoyable distraction. The last two miles comes back along the shore near the harbor area for more water and breeze.

<http://seawayrun.com/files/LMHM-map-2014%20rev%206-16-2014.pdf>

The Heat

I love the 70's, not the decade, but the temperature, but not to run in. The start-time temp was just north of 70 degrees, which is great when standing in line for a final bio break before the start, but not good after about 10 minutes of running! There is a reason why most marathons and half marathons are scheduled when it is chilly in the mornings.

Generally if you are not pretty chilly before a race, you better have a good hydration strategy for the race, because you will sweat, and sweat we did. As tough as it was, we knew we would need more hydration than provided on the course and at different times, so we both wore a water belt (Nathan), with all the bottles having GU Brew. This proved a good call along with the two Clif Gel shots (Razz) at 45 and 90 minutes (we were targeting a 1:58), we got through okay on hydration (among other things, see below).

One of the very pleasant surprises on the course were the non-volunteer homeowners along the way. Mind you, this is my first summer race, so this may be common place, but we had probably a dozen or so homeowners along the course sitting roadside in chairs with their garden hoses out to spray down runners with cool water. It was a very nice thing to do and actually helped keep the body temperature down. There were also a couple of non-race organization volunteer stations - a lady and two younger daughters with water in front of their house, and the all-time favorite, the small group of people handing out sponges that had been in ice water - wow that felt good!

The Spread

Probably the weakest link of the race was the post-race spread. I think we may all be somewhat spoiled with many of the local races and the amazing spreads. Even so, the organizers could use a bit of counsel on how to best supply a post-race spread. There were nice touches, like pop sickles and yogurt, but simply not enough to outlast the runners finishing. Most of the supplies were gone early, possibly due to the number of kids who had come with family at the food tables. The water wasn't even in the same location as the food, which was hard to understand. When we circled back after a short walk, there was not much left.

Conclusion

Overall, I think the Lake Michigan Half Marathon is a race worth considering if you are looking for an early summer half to cap off your Spring season. The course was full of variety and the time of year makes for a challenging test of race and hydration strategy. It is a nice eight weeks after Borgess, so the timing is fairly ideal. The location isn't too far away from Kalamazoo, and one could drive up early if desired, although staying the night before made for a more comfortable time.

Local Race Results

*** Race results show runners who were active members as of June 1. New members joining in June for the first time and Safari participants are not yet reflected. New members will be retroactively pulled into prior Club Championship Series events once added to the database.

Pace for Poverty 5k & 10k, July 4, 2014

Fifty-two members of the Kalamazoo Area Runners took part in the Pace for Poverty 5k and 10k in Richland on Friday, July 4th in Richland. Gale Fischer was the Male Masters Winner in the 5k with

a finishing time of 18:14, while Gena VanderMeulen was the Female Masters Winner with a time of 23:24. Other 5k age group winners included Martha Boyer (1st), Julie Eilenberg (2nd), Randy Fielder (3rd), Matthew Frayer (1st), Wendy Geerligs (1st), Deb Kloosterman (3rd), Michael Kloosterman (3rd), Michael Louden (1st), Dave Roberts (1st), Kathy Roschek (1st), and Kyle See (2nd). Age group winners in the 10k included Cindy Berg (1st), Dave Butler (3rd), Eric Campbell (2nd), Eileen Chiang (3rd), Sherri Dutton (2nd), Bill Gephart (3rd), Richard Grady (2nd), Nancy Greer (1st), Bobby Klinesteker (1st), Bonnie Sexton (3rd), Keith Williams (3rd), and Zachary Wilson (3rd). Congratulations to all of our Pace for Poverty 5k and 10k finishers!

5k

Martha Boyer	0:33:27	1st
Todd Buchanan	0:27:06	
Julie Eilenberg	0:24:50	2nd
Randy Fielder	0:29:53	3rd
Gale Fischer	0:18:14	Male MASTERS WINNER
Matthew Frayer	0:20:34	1st
Wendy Geerligs	0:23:51	1st
Judah Gesmundo	0:35:30	
Lyle Gurd	0:27:57	
Deb Kloosterman	0:28:00	3rd
Michael Kloosterman	0:24:49	3rd
Eric Laforest	0:23:38	
Michael Leeger	0:24:29	
Michael Louden	0:20:43	1st
Alex Margol	0:23:15	
Gabe Mills	0:28:41	
Maggie Mills	0:28:19	
Teri Olbrot	0:32:26	
Jeffrey Orwin	0:37:19	
Michael Orwin	0:23:33	
Dave Roberts	0:21:37	1st
Bill Roschek	0:41:30	
Kathy Roschek	0:41:26	1st
Kyle See	0:30:47	2nd
Tammi Smith	0:43:07	
Gena VanderMeulen	0:23:24	Female MASTERS WINNER

10k

Julia Bates	1:10:20	
Cindy Berg	1:04:39	1st
Dave Butler	0:49:28	3rd
Eric Campbell	0:48:20	2nd
Jacque Carlson	0:53:48	
Eileen Chiang	0:55:42	3rd
Sherri Dutton	0:53:33	2nd
Bill Gephart	0:51:33	3rd
Kim Gjeltema	0:57:25	
Richard Grady	0:45:31	2nd
Nancy Greer	1:04:36	1st
Jon Hess	0:45:38	
Michael Hutchinson	1:04:58	
Bobby Klinesteker	0:46:57	1st
Samantha Lamorandier	0:56:30	
Todd Lipovsky	0:52:39	
Matt Longjohn	0:47:31	
Tracy Margol	1:03:01	
Lisa Pitman	1:08:06	
Jennifer Poll	1:10:06	
Kristin Ray	1:06:08	
John Salvato	0:50:58	
Bonnie Sexton	0:51:11	3rd
Sean Sharkey	0:49:47	
Keith Williams	0:46:13	3rd
Zachary Wilson	0:49:00	3rd

Schoolcraft Firecracker 5 Miler, July 4, 2014

The Schoolcraft Firecracker 5 Miler was held on Friday, July 4th and ninety-seven members of the Kalamazoo Area Runners were on hand for the event. Mike Waterman ran the event in 30:51 to take the Male Masters Winner title, and Leslie Scheffers took the Female Masters Winner with a 35:20 finishing time. Other age group winners included Tracy Argo (1st), Tracy Balkema (1st), Thomas Bennet (2nd), Carole Bolthouse (2nd), John Brady (1st), Paul Bushnell (2nd), Fred Colbert (3rd), Andrew Darrell (2nd), Cristi DeDoe (3rd), Sheryl DeFouw (2nd), Gretchen Dettloff (3rd), Jayson Doren (2nd), Scott Evans (1st), Kathy Farrow (3rd), Shelly Fink (1st), Raul Garcia (3rd), Ray Hendriksma (3rd), Mark Kanouse (1st), Danielle Kean (1st), Darren Lockwood (1st), Sherri Taylor (2nd), Joel VanderKooi (1st), Scott Voight (3rd), and Peggy Zeeb (1st). Congratulations to all of our Schoolcraft Firecracker 5 Miler finishers!

Steve Abbott	0:42:00	
Brian Argo	0:40:54	
Tracy Argo	0:34:11	1st
Larrie Austin	0:49:02	
Jeff Baas	0:43:25	
Heidi Baker	0:52:45	
Tracy Balkema	0:37:12	1st
Thomas Bennett	0:56:48	2nd
Carole Bolthouse	0:39:34	2nd
Jaclyn Bormann	0:52:37	
John Brady	0:34:45	1st
Paul Bushnell	0:36:22	2nd
Pablo Cecere	0:37:24	
Jess Ciaravino	0:47:30	
Becky Clark	1:01:04	
Fred Colbert	0:39:28	3rd
Anne Damaska	0:46:17	
Daniel Damaska	0:40:00	
Parker Damaska	0:39:59	
Andrew Darrell	0:33:54	2nd
Joan Hannah Darrell	1:06:21	
Steve Darrell	0:42:19	
Cristi DeDoes	0:38:21	3rd
Larry DeFouw	0:58:22	
Sheryl DeFouw	0:50:23	2nd
Rachael Deneau	1:04:45	
Gretchen Dettloff	0:39:47	3rd
Chris DHulster	0:33:15	
Melissa Dipert	0:48:48	
Jayson Doren	0:33:56	2nd
Kim Evans	1:01:04	
Scott Evans	0:27:29	1st
Michele Fabi	0:47:15	
Kathy Farrow	0:42:38	3rd
Shelly Fink	0:43:22	1st

Mary Frank	0:56:22	
Maggie Garcia	1:11:34	
Raul Garcia	0:35:56	3rd
Todd Gardner	0:39:25	
George Granger	0:39:36	
Stephanie Harshman	0:57:47	
Ray Hendriksma	0:45:50	3rd
Karen Hermann	0:41:29	
Michelle Hill	0:52:34	
Kelly Hinga	0:45:24	
Tim Holden	0:47:47	
Brad Hollister	0:44:55	
Cindy Huver	0:46:38	
Lisa Jasiak	0:46:46	
James Johnson	0:39:36	
Mark Kanouse	0:36:27	1st
Danielle Kean	0:35:52	1st
Fred Keister	0:43:21	
Rachel Konieczka	0:46:30	
Darren Lockwood	0:33:29	1st
Amanda Losch	0:49:46	
Norm Massey	0:38:10	
Addie Maston	0:57:44	
Frank Maston	1:08:32	
Shawn Maxwell	0:41:45	
INGRID MCGUIRE	0:56:51	
Karen Middaugh	1:06:57	
Randy Middaugh	0:40:25	
Brian Molony	1:06:22	
Alison Moon	1:19:07	
Natalie Moore	0:43:02	
Margaret Munger	0:43:01	
Jenison O'Connor	0:53:39	
Steve Ott	0:38:37	
Emily Pearson	0:47:16	

Kenzi Pridgeon	0:46:07	
Dan Robinson	0:35:05	
Christie Ruesink	0:51:14	
Damian Ruesink	0:36:54	
Dan Sarkipato	0:42:03	
Leslie Scheffers	0:35:20	Female MASTERS WINNER!
Dale Shugars	0:53:05	
Heather Siegart	0:57:47	
Eli Simmering	0:46:17	
Mary Anne Simmering	0:46:21	
Maximilian Sine	0:51:55	
Jeff Smith	0:47:13	
Jeff Smith	0:46:09	
Kim Solvik	0:57:47	
Mary Spade	1:06:45	
Janet Stensland	0:59:35	
Colleen Steves	0:47:30	
David Steves	0:47:30	
Sherri Taylor	0:40:26	2nd
Joel VanderKooi	0:32:16	1st
Scott Voigt	0:35:32	3rd
Annie Waterman	0:56:20	
Mike Waterman	0:30:51	Male MASTERS WINNER!
Riley Waterman	0:34:37	
Heather Wellman	0:41:44	
Eric Zeeb	0:48:10	
Peggy Zeeb	0:36:04	1st

Kindleberger Superhero 5k, July 12, 2014

Fifty-one members of the Kalamazoo Area Runners participated in the Kindleberger Superhero 5k on Saturday, July 12th in Parchment. Tracy Argo was the overall female winner with a time of 19:48. Many KAR members placed as age group winners, including Alexander Argo (3rd), Thomas Bennett (2nd), Royce Bland (3rd), Jeff Cavanaugh (1st), Lisa Cavanaugh (3rd), Fred Colbert (2nd), Andrew Darrell (3rd), Steve Darrell (1st), Scott Evans (1st), Randy Fielder (1st), Wendy Geerligs (1st), Robert Guise (1st), Lyle Gurd (3rd), Julie Hoffmann (1st), Annie Jost (3rd), Deb Kloosterman (3rd), Michael Kloosterman (1st), Michael Loudon (2nd), Addie Maston (3rd), Shawn Maxwell (3rd), Allyson Williams (1st), Eric Zeeb (2nd) and Peggy Zeeb (1st). Congratulations to all of our Kindleberger Superhero 5k finishers!

Kathy Alizo	0:32:19	
Alexander Argo	0:30:57	3rd
Brian Argo	0:30:57	
Tracy Argo	0:19:48	Female OVERALL WINNER!
Larrie Austin	0:27:47	
Collin Bennett	0:28:33	
Jalayne Bennett	0:33:00	
Thomas Bennett	0:33:00	2nd
Royce Bland	0:33:31	3rd
Todd Buchanan	0:26:30	
Jeff Cavanaugh	0:19:27	1st
Lisa Cavanaugh	0:23:48	3rd
Fred Colbert	0:23:01	2nd
Andrew Darrell	0:19:24	3rd
Steve Darrell	0:24:26	1st
Julie Eilenberg	0:24:05	
Scott Evans	0:16:02	1st
Randy Fielder	0:29:39	
Mike Foster	0:32:24	1st
Lori Fraker	0:33:05	
Wendy Geerligs	0:23:38	1st
Robert Guise	0:22:17	1st
Lyle Gurd	0:28:49	3rd
Ray Hendriksma	0:26:54	
Julie Hoffmann	0:26:31	1st
James Johnson	0:23:06	
Jody Johnson	0:50:24	
Annie Jost	0:27:32	3rd
Deb Kloosterman	0:27:50	3rd
Michael Kloosterman	0:25:15	1st
Amy Kniss	0:33:51	
Jason Kniss	0:37:57	
Matt Longjohn	0:25:37	
Amanda Losch	0:28:53	
Michael Louden	0:19:51	2nd
Addie Maston	0:36:08	3rd

Frank Maston	0:42:54	
Kristen Maxwell	0:27:39	
Shawn Maxwell	0:24:20	3rd
Chris McDermott	0:42:44	
Tammy Mills	0:26:22	
Brian Molony	0:35:52	
Lisa Noble	0:33:05	
Tammi Smith	0:41:31	
Colleen Steves	0:28:15	
Kyle Wickremasinghe	0:38:16	
Mel Wickremasinghe	0:23:18	
Allyson Williams	0:25:50	1st
Todd Wright	0:26:22	
Eric Zeeb	0:27:19	2nd
Peggy Zeeb	0:20:50	1st

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