

*"Running has taught me, perhaps more than anything else, that there's no reason to fear starting lines...or other new beginnings."*

*-Amby Burfoot*

July 2015

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

## The Kalamazoo Area Runners Rundown

### Greater Kalamazoo – A Cool Place to Run in the Summer

By Bonnie Sexton



2015 Summer Safari Run Along Austin Lake – Photo by Shayna Phillips Photography

During the summer months, my Tuesday morning routine is to arrive at WMU Kanley Track by 5:30am for the Summer Safari Track Workouts. This week was no exception, and as I pulled into the parking lot adjacent to the track, in the early morning darkness I noticed Waldo Stadium was illuminated in blue lighting. The colors proceeded to go through a rainbow of changes and as dawn approached, early arrivals enjoyed a morning light show for a few minutes as we waited for the rest of the group to arrive. Where else but a southwest Michigan college town would you enjoy a similar prelude to an early morning workout.



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Named an RRCA Runner Friendly Community in 2013, there is a lot to appreciate about living and running in Kalamazoo County and Southwest Michigan in general. With four distinctly unique seasons, a wide variety of runner-friendly venues, and training programs and running groups galore, there are so many opportunities to become involved. This past winter, training programs such as Borgess Run Camp, The Kalamazoo Area Runners (KAR) Beyond and the Shufflers training programs attracting more than 1,500 runners, with other groups such as Run With Endurance adding more.

During the summer months, many runners travel frequently or participate in other sports such as triathlons and cycling. As a result, the summer training programs have always been smaller than their winter counter parts. For the Summer Safari program, which is organized in partnership by Gazelle Sports and Kalamazoo Area Runners (KAR), we provide the opportunity to drop in for \$10, or to purchase a punch card for five runs for \$40 to accommodate those who may have more limited weekend availability.

While summer program participation is lower than the combined winter programs, it is by far my favorite time to train. There is a freedom from the many layers and accessories needed during winter training; the hats, gloves, gators, Yak Trax and hand warmers. Roads, trails and tracks are free of snow and ice, providing safer conditions and freedom from treadmill and indoor track intervals, and days are longer, providing daylight opportunities to run late in the evening or early in the morning.

More and more runners are discovering the benefits of running with the summer training programs. The Summer Safari Half and Full Marathon Training Program is near record participation with more than 260 participants, and the Fast Track (Kalamazoo) 5k & 10k Training Program, has grown from 107 participants in 2014 to 153 in 2015, an increase of 43%.

Summer Safari enjoys a wide variety of scenic routes throughout greater Kalamazoo on Saturday mornings, with the runs beginning at 7:00am before the heat of the day sets in. This past Saturday, we enjoyed a new route from Bronson Gilmore Center, following the new section of the KRVT heading out towards Comstock. The week before, was a beautiful run along the shores of Austin Lake. I learned my way around greater Kalamazoo not by driving it, but by running it through the training programs.

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2015 Summer Safari Run Along Austin Lake – Photo by Shayna Phillips Photography

On Tuesday evenings, WMU Kanley Track is buzzing with runners of all abilities from the Summer Safari and Fast Track Programs, and is an amazing sight to behold. One evening, a couple of walkers from the general public stopped me and asked if there was a track meet in progress. I told them about the Fast Track program and invited them to join.

During the spring and fall months, Fast Track Battle Creek is in full swing, growing the running community in our easternmost corridor.

Sunday mornings offer the opportunity to experience tranquility and nature on the trails of Al Sabo Preserve in Texas Township. The Dirty Herd is a free run hosted by Gazelle Sports at 8:00am on Sunday mornings, and runners cover anywhere from three to ten miles. Along with the Tuesday Track Workouts, and the Saturday Safari Runs, the Sunday morning runs at Al Sabo have been integrated into my weekly routine. A few of us meet early at 7:30am to squeeze in some extra miles, and then join the rest of the group at 8:00am. It is not uncommon to encounter wildlife, a deer gazing at us completely void of fear, wild turkeys, rabbits, or in the case of this morning, we were surprised by a beehive in one of the trees along a side trail. Fortunately, the swarm ignored us as we quickly passed by.

Throughout the week, there are many other free runs hosted by Kalamazoo Area Runners (KAR), Gazelle Sports, and other

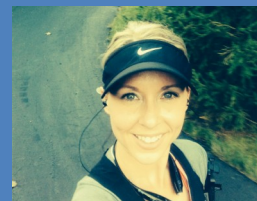
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groups in Kalamazoo, Richland, Portage and Battle Creek.

For a full listing of all the opportunities, visit [Training Programs and Group Runs](#) and discover the many treasures that make greater Kalamazoo a cool place to run in the summer.



*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.*

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## **Executive Director Report—Introducing KAR's New Member Management System, RunSignUp**

**By Joy Mills**

I am excited to announce that effective August 1, 2015, Kalamazoo Area Runners will be implementing a comprehensive Club Management System through RunSignUp. This will include member management, race registrations, volunteer management, donations, club calendar and several other new features. RunSignUp will replace SignMeUp as our membership and event registration system. We will continue to use Constant Contact as our email marketing and communications system.



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Over the past few weeks I have been working with RunSignUp to transfer our current membership records from the Excel files that have been diligently maintained by our outgoing Membership Director Christine Huff to the RunSignUp cloud based system. All members as of 8:00am on Friday, July 31st should now have accounts residing on the RunSignUp platform. ***There is just one step left in order to complete the transition process, and it requires just a few quick moments of your time. We now need for everyone to claim their account.***

### **Watch for the "Claim Your Account" Email**

Emails from RunSignUp were sent out on Friday, July 31st asking you as a KAR members to claim your account. Please click on the button in the email and follow the simple instructions to claim your KAR membership account. You will need to complete this step once for each individual associated with your account.

You will be presented with three options when you go in to claim your account. Please be aware of the following possibilities:

- 1. Create a New Account** - if you have never used RunSignUp before as a race registration tool, you will need to create a new account.
- 2. Merge With An Existing Account** - if you have registered for a past event that utilized RunSignUp (there are several in our local area including the 2015 Kal-Haven Trail Run and the 2015 Kalamazoo Klassic), chances are you have already set up a RunSignUp account. That account will need to be merged with the account that has been created for you as part of the club membership portion of KAR's account.
- 3. Add As Secondary User of Existing Account** - This option should primarily be used for Household Memberships where the secondary user is a child or someone that typically does not take care of their own registration. For example, my husband Matt has his own account, but our children Gabe and Maggie are secondary users of my account.

As a KAR member our transition to RunSignUp should provide you with a number of time saving benefits that we haven't been able to offer in the past. You will have access to your membership information and can easily go in and make changes to your personal information as needed. Race discounts to KAR events will be automatically applied without the need for a code. This will also be the case for Club Series events and Regional Race discounts for events utilizing RunSignUp. Runners in our events will have access to tracking

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Director, Kalamazoo Klassic (KAR) (with  
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through the RaceJoy app. These are just a few of the advantages that we'll now have thanks to RunSignUp.

Please let me know if you have any questions regarding claiming your account or RunSignUp and I will be happy to assist you. Thank you for your patience as we go through the transition process!



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 is ran her first marathon, the Cellcom Green Bay Marathon in May and is currently training for the Walt Disney World Goofy Challenge in January 2016.

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## Another Runner's Perspective—Priming your Brain

*"You don't have to wait for a drug to appear on the horizon. There seem to be lifestyle benefits that can help."*  
---Dr. Paul Williams

The health benefits of running have long been well documented. Running has been shown to raise good cholesterol levels, keep blood pressure in check and retain the elasticity of the body's arteries making it a perfect activity for a healthy heart and cardiovascular system. Those who have implemented a consistent running routine have gone on to lose and maintain weight making it a great antidote for diabetes and other health issues associated with obesity. Studies have shown that women who run can reduce their risk of breast cancer significantly. Other bi-products of running include a natural boost to one's immune system and a decreased risk of osteoporosis. The benefits of running are not all physical however. After only a few minutes of running the brain will begin to secrete hormones, boosting one's mood, fighting off depression and lifting one's spirit. A new wave of research shows us that running can do as much for our brain as it does for our heart giving hope to those suffering from Alzheimer's Disease and those with a family history or an increased risk of developing this destructive condition.

According to the Alzheimer's Association website, Alzheimer's is a form of dementia, a term for memory loss. Those who suffer

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from Alzheimer's make up 60% to 80% of individuals in the dementia spectrum. This unforgiving condition begins with individuals struggling to remember new information. As it progresses through the brain other symptoms arise including confusion, disorientation and severe swings in mood and behavior. As we age our brains develop deposits of protein called plaques and tangles. Those with Alzheimer's develop more of these protein deposits than the average person. Scientists believe that these deposits block the paths of communication between nerve cells. The good news for all of us is research is gaining showing that adding specific foods to our diets and implementing an exercise program such as running can reduce the risk of developing Alzheimer's as well as slowing the progression of this disease for those who already have it.

A recent study published by the Journal of Alzheimer's Disease gives us a glimpse of what running can do for our brains. This study indicates that a minimum of 15 miles of running a week is a target that we should aim for. This study included 153,000 participants with those running at least 15.3 miles a week demonstrating a 40% reduction in Alzheimer's mortality. Those who ran 4.5 to 7.7 miles a week demonstrated a 6% reduction. It has been known for some time that those who are intellectually active can delay the onset of Alzheimer's. We can exercise our brains with tasks such as reading, analyzing information and reflecting on experiences. It appears the same is true for those who are physically more active. As indicated earlier as we age the brain develops protein deposits which impact the communication lines of the brain cells. Running can delay the production of these protein deposits, extending our short and long term memory.

Research of medications that reduce the risks and slow down memory loss is in its infancy stages compared to other diseases. Dr. Paul Williams of the Lawrence Berkley National Laboratory says that Alzheimer's remains a mysterious disease waiting for modern medicine to break its code. We don't necessarily have to wait for a drug to fight off this disease, however. It seems that implementing an active lifestyle can offer as much as any drug. Although 15 miles a week has its benefits it seems that 30 miles a week is the sweet spot. According to the Dr. Williams there is almost nothing we can do that is more productive in preventing disease than exercise.

For child development experts this research should come as no surprise. For years exercise has been an important part of the school day for young children. This has primarily come in the form of a block of time each week with a physical education teacher adhering to a specific curriculum related to physical activity. Beyond this elementary teachers provide two to three recess breaks for students each day. The theory has always been that these young active bodies needed time shake their wiggles out so that they could come back inside and be able to

## KAR Discount Sponsors

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

### Gazelle Sports

Information coming soon!



### 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 has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto: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.



learn. Research indicates that the benefits of recess extend beyond children releasing the energy trapped inside their restless bodies.

A 2012 report by Dr. Mercola supports the benefits of having young children be active throughout the day to facilitate learning. Exercise has been shown to impact cognition, boosting brain power. Physical activity can cause chemical changes in the brain encouraging it to work to its optimum capacity. Physical activity can cause nerve and brain cells to multiply and strengthen. Exercise also increases blood flow to all parts of the body including the brain, in essence priming it for learning. Movement has the added benefit of increasing endorphin levels, reducing stress which can also interfere with brain function.

Although many educators of past generations have provided recess breaks in their daily lesson plans without really understanding the power that it provided, there are those who have known the connection between movement and brain function all along. In recent years there has been a push in the education community to implement multiple short movement breaks throughout the school day to supplement curriculum and teaching. Walk into any elementary classroom and chances are you will see kids dancing and moving to music in short two to three minute bursts. Known by many educators as brain breaks, they are the exact opposite of just a resting period for the brain. They provide a natural transition from one activity to the next while at the same time boosting the connections in the brain.

If you look at what physical activity does for the developing brains of young children it should be obvious what it can do for adults and the elderly as memory loss becomes an issue. As we age muscles, bones and other organs of the body, begin to experience deterioration. This is just a natural part of the aging process. People have always used running as a way to slow deterioration of the specific parts of the body but now it seems like they can apply the brakes to this process in the brain as well.

Local runner Sheri Sherban has become a passionate advocate for the importance of an active lifestyle as a path to reducing and eliminating Alzheimer's and it's gripping side effects. She is the leader of a local organization known as Miles for Memories. Miles for Memories was created in 2013 to raise awareness and funds for Alzheimer's Disease. Money is raised each year through sponsorships and community events to gather funds to create local programming for both the patient and the caregiver. Along with local efforts Miles for Memories also sends 20% of the funds to Alzheimer's research. A committee of seventy plus volunteers keeps this organization up and running but they are always looking for more to get involved. Their mission statement is as follows: *To change the face of Alzheimer's Disease in Calhoun County through movement, programming and research.*

## continued...

### AGILITY PHYSICAL THERAPY

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

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



### 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 <http://pedalbicycle.com/>. Provide the 2015 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 \$70 for KAR members).

15% off Down Dog Yoga Center merchandise.

For more information visit

[www.downdoggyogacenter.com](http://www.downdoggyogacenter.com). Provide the 2015 discount code to receive discounts.





This year's Miles for Memory event takes place September 19, with a timed 5K walk and run and a half mile community stroll. The course begins and ends near McCamly Plaza Hotel in downtown Battle Creek. If you have no plans for this day please consider coming on out to participate in this event.

It has been common knowledge for years that running has the potential of expanding and extending how long we live while at the same time preserving the quality of life. There is no magic pill to stall aging in its tracks. The average 25 year old will always have a healthier mind and body than the average 65 year old but this does not mean that we can slow down the impacts of aging on the human mind and body. Modern medicine is a wonderful thing but physical activities such as running can preserve the human body and mind as well as any magic pill.

The funds raised through Miles for Memories are just a drop in the bucket for what is needed for the research to eliminate Alzheimer's and support for those who have to deal with this debilitating disease day after day but every little bit helps. Perhaps more importantly what Miles for Memories does is promote and model the example of living an active, healthy lifestyle. This is prescription that all of us can and should follow.

#### 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.*

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### Featured Member: Pat, Emma and Maggie Farrell

*My dear father; my dear friend; the best and wisest man I ever knew, who taught me many lessons and showed me many things as we went together along the country by-ways."*  
--- Unknown

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continued...

#### BRONSON ATHLETIC CLUB

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

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

One month of free primary dues (\$103 value)

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



#### NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage, T.J. offers a 1-hour professional massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.



#### SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining running events and kids triathlons.

Visit [www.spirittracing.us](http://www.spirittracing.us) to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.





We all have similar stories about our introduction to running. Some of us began because of a need to challenge our minds and bodies to new heights. Other's have been advised by doctors to make a lifestyle change to address health concerns. A desire to regain body shape and size of earlier years is the difference for some. Feeding a competitive drive, navigating through a mid life crisis or searching for the meaning of life are all common reasons why individuals decide to start running. This month's featured runner Pat Farrell began running for quite a unique reason. Pat and his family's home had been taken control of by Toby, their young one year old Australian Shepherd with an active demeanor and for lack of a better word naughty personality. Something had to be done to tame their dog's wild disposition. Pat took the plunge and decided that he and Toby would begin an exercise routine involving running that would hopefully help to calm his canine energy and keep his behaviors in check. Pat had run cross country as a high school athlete but had no desire to continue with running after graduation. Over twenty years later at the age of 43 Pat would be re-introduced to the sport in an attempt to calm Toby and bring a bit more peace to his house. Over the course of the next seven years, Toby would be responsible for jumpstarting a family passion creating bonds and memories between two teen sisters and their father that would last a lifetime.

Pat's oldest daughter, Emma, took notice of the kinship that materialized between her dad and Toby and decided she wanted a piece of the action. Although her father and family pet had

**Continued...**

### **KALAMAZOO ATHLETIC WELLNESS**

Kalamazoo Athletic Wellness is a sports specific massage and personal training facility. Kalamazoo Athletic Wellness specializes in sports massage, one-on-one strength training, and injury prevention/recovery. They offer a full postural and gait analysis as part of your initial consultation for no additional cost. You can use their convenient online scheduling at [www.kzooathleticwellness.com](http://www.kzooathleticwellness.com) or call 269-459-6469 to schedule. KAR members receive \$10 of any services of an hour or longer. Can not be combined with other discount offers.



### **BATTLE CREEK YMCA**

The Battle Creek YMCA 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](http://YMCA Battle Creek) to learn more membership and use the 2015 KAR discount code when registering.



### **OUTDOOR EDUCATION CENTER, A DIVISION OF BATTLE CREEK PUBLIC SCHOOLS**

The Outdoor Education Center (OEC), a division of the Battle Creek Public Schools, offers yoga classes on select Sunday's. Instructor Jessica McCrumb will take participants through an hour of yoga moves geared to every level. Cost is \$5.00, payable by cash or check. Pay Jessica when you arrive. No reservations required. Spring dates include April 19th and 26th, and May 3rd, 17th and 31st. For more information about the OEC [visit their website!](#)



created the spark, her competitive drive fanned the flames of her newfound interest. *"I began running with my dad in 5th grade, joining the cross country team a year later. I also ran track enjoying the team aspect of both sports, but what I liked best about my new sport was beating my competition, girls and boys alike."*

Maggie, Emma's younger sister of two years watched her dad and sister from the sidelines and decided she wanted to wanted to run. She began with the Girls On The Run team that her mom coached and moved on to middle and high school track and cross country from there. Like her sister, Maggie drew on her competitive edge as well with her desire to finish first among her classmates of both genders on the playground and in gym class.

As the older sister, Emma started out faster than her sister, fueling a friendly sibling rivalry. Injury eventually ended Emma's dominance over Maggie leaving her in a vulnerable position. The spring of her 9th grade year her hip began bothering her. She started Physical Therapy to address her injury. After a year of PT she finally had surgery to repair her hip. Five months later she began running again but only sporadically not putting in the miles or hitting the pace that she was accustomed to. She was one of the top seven runners for her team her freshman and sophomore year of cross country but never was at that level again after surgery. The pain still exists but is not nearly as significant as it was before surgery. *"Although initially it was difficult when Maggie began chipping away at her times and eventually becoming the faster sister, I soon got over this feeling. I must say that it has been great to see my little sister shine as a runner. I thought I would get mad when Maggie first beat me but now I am excited to see her do so well. I couldn't be prouder of her."*

The rivalry that exists in this running family goes beyond sister versus sister. Pat has claimed the title of the family's fastest runner year after year but has recently passed the baton to Maggie. *"Maggie has gotten to the point where she has beaten me in a 5K race. Emma and I ran the same pace for the 5K distance before her injury."* It's not as if Pat has slowed over the years. Maggie has been focused and caught her dad even as he has improved. Pat has never held back and although he has looked over his shoulder the last year, in an all out attempt to hold off his youngest daughter, the pride that he has for Maggie taking over the reigns could not be hidden.

Both girls agree that Dad does not have the same kick and all out sprint that they have, but they admit that his endurance exceeds theirs. Maggie feels a sense of relief to surpass her father but knows that she could not outlast him beyond the 5K distance. *"When we would go on Sunday runs we would race each*

## Continued...

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 at the [Centering Yoga website](#) and use the standard four digit KAR code to receive the member discount.





*other sometimes. I have a bigger kick than my dad but he has more endurance."*

The family union that running has given to these three runners has taught them life lessons about what it means to be a good sibling, daughter and father, but running has also educated them in areas outside of the realm of family. Setting and achieving goals has kept Pat motivated since he laced up his shoes for his first run seven years ago. *"Running has taught me about setting goals and working for them. Goals motivate me more than running for fun."* For Maggie running has taught her the importance of being confident in all areas of life. *"Running has taught me how to build confidence. When I began running I became nervous before races but it has taught me to be confident in all facets of life."* Emma's experience with her hip injury, surgery and rehab has shown her that she can deal with pain. *"Running has taught me how to build confidence. When I began running I became nervous before races but it has taught me to be confident in all facets of life."*

Although rivalry has been a part of the running dynamics of the Farrell family, there is much more to the passion that they share than who is the fastest. As I sat at the Farrell's dining room table interviewing all three together for this article the respect, admiration and love that these two teenagers have for their father could not be more obvious. Emma sees her dad as father of the year first and foremost but he has also played the role as her personal coach. *"It is great getting running advice from my dad."* Maggie enjoys the shared passion that running has granted to her, her sister and her father. *"I enjoy just being together and being able to do something you enjoy so much with a family member who enjoys it equally as well. It is nice to be able to talk about a shared passion with a loved one."* Pat couldn't be happier about what running has done for the relationship that he has with his daughters. *"It has been the best of times. We can go out for a run anytime. It is a great platform to talk and communicate to a family member. Some things that are discussed on a run are not touched on anyplace else."*

Maggie will always relish in running with her father and sister, but her recent success with running has created an opportunity for her to develop a special friendship with one of her teammates. Her father describes her and her teammate Logan as being joined together at the hip this summer as they prepare for this fall's cross country season. They train together, pushing each other and helping each other through rough patches in their running. One of Maggie's fondest memories as a runner comes from a training run that she and Logan ran earlier this summer. *"I was able to help Logan get through a rough moment in a run. It has been great to find my best friend and new running partner."* If all goes well Maggie and Logan should be two of the top runners in the city of Battle Creek this coming cross country season.

"Emma's most memorable moment came after regaining some normalcy in her running post surgery. *"My first 5K race post surgery when I ran good and felt good the whole time and to get back to where I used to be running seemed to put me back in my element."*

Pat's most memorable moment as a runner is probably similar to that of many runners, having participated in the Boston Marathon the year after the deadly bombings. *"Running the Boston Marathon the year after the bombings was unforgettable. The experience of the whole weekend was something that I will always remember."*

Although both Maggie and Emma have competed as high school athletes running is much more than this for the two of them. They both encourage other runners to step away from the competitive side of running now and then. Emma's experience with her injury has given her reason to enjoy each and every run. *"Don't take running for granted. Just enjoy it."* Although Maggie is in her

prime as a high school athlete, and works hard she does step back now and then and looks at running in its purist form. *"Just enjoy running and not make it a chore. Don't be too hard on yourself."*

It should come as no surprise that both Emma and Maggie consider their father to be their running mentor. Both girls have looked to him for advice as runners during their high school careers. Maggie finds herself passing on this advice to her teammates. *"I'm sure my friends get tired of my saying that this is what my dad says."* Maggie's running inspiration comes from her teammate Logan and Emma finds inspiration from her father. Pat's inspiration as a runner on the other hand goes back to the family dog, his first real training partner.

Running has long been and still is considered an individual sport by many. The image of a solo runner out on a long stretch of road defines our sport but its image is not restricted to just this picture. There is a social component to running that has grown over the years. Friendships are made and strengthened out on the roads that are as strong as any. When this sport that many of us are so passionate about is shared amongst family members the ties that are made, the memories that are formed and the conversations that are shared are truly priceless. The Farrell family has been fortunate enough to have been blessed with this gift for the last seven years. Pat does not look forward to the day when both of his girls have moved out and the miles that they are able to share now will not be as abundant. Although his concern is a legitimate one I get the sense that this bond will be shared for years to come even if for only a few miles here and there. I don't think Pat could have predicted what an active naughty one year old dog could have done for he and his two girls.

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

I am sad to report that after writing this article Farrell family dog Toby has passed away. May he live on forever with Pat in each and every mile he runs.

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## Volunteer Opportunities

We have rewarding opportunities to join the excitement of organizing KAR's signature events by serving on one of our planning committees. We currently have openings on several of our teams for events coming up in early 2016. All positions require regular attendance at 4-6 planning meetings, typically held on weeknights and availability the day(s) of the event).

Current committee openings include:

### ***Winter Blast Half Marathon & 5k (February 28, 2016)***

Aid Station Coordinator

### ***Kids' Easter Egg Hunt & Fun Run (March 19, 2016)***

Volunteer Coordinator

Assistant Course Director

Activities Coordinator

### ***Kal-Haven Trail Run (April 9, 2016)***

Awards Coordinator

Solo Runner Coordinator

Finish Line Refreshments Coordinator

For more information or to volunteer for any of the following positions, please contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

## Hot News and Club Events

### Follow the Kalamazoo Area Runners on Social Media!



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.

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### 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.

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### Next KAR Board Meeting is August 3, 2015

The next KAR Board Meeting is August 3, 2015 at 7:30pm at Borgess Health & Fitness Center following the Summer Sizzler Member Reception Run. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).



## 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](mailto:joy.mills@kalamazooarearunners.org) if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount:

### **Kids Get Active Triathlon**—Portage, MI

August 8, 2015

\$5 discount

### **Michigan Wine Trail Half Marathon**—Baroda, MI

August 16, 2015

\$10 discount

### **Wings of Mercy Runway 5k**—Holland, MI

August 22, 2015

10% discount

### **Run For Your Heart**—Saginaw, MI

September 12, 2015

\$2 off the 5k or 10k

### **Holland Haven Marathon & Half Marathon**—Holland, MI

September 12, 2015

\$12 discount

### **Miles For Memories**—Battle Creek, MI

September 19, 2015

\$5 discount

### **The Hungerford Games (50 Miler, Marathon, Half Marathon)** - Big Rapids, MI

September 26, 2015

10% discount on any event

### **Park 2 Park Half Marathon & 5k**—Holland, MI

September 26, 2015

\$8 discount off half marathon, \$5 discount off 5k

### **The Brooksie Way**—Rochester, MI

September 27, 2015

\$15 discount on any event (through 9/20)

### **Falling Waters Trail Half Marathon**—Concord, MI

October 4, 2015

5% discount

### **Grand Rapids Marathon & Half Marathon**—Grand Rapids, MI

October 18, 2015

\$7 discount on half or full marathon

# FREE

## SPORTS INJURY WALK-IN CLINIC

### KALAMAZOO AREA RUNNERS (KAR)

#### Meet Our Athletic Trainers



**Jeff Willson, MS, ATC**  
Michigan Licensed. Certified  
Athletic Trainer since 1978.



**Heather Sjoquist, MS, ATC**  
Michigan Licensed. Certified  
Athletic Trainer and Certified  
Strength and Conditioning  
Specialist since 2006.

Do you have an injury from running, exercising, or training for an upcoming race? We can help.

#### Visit Us on:

- Thursday, October 30, 2014
- Thursday, November 20, 2014
- Thursday, December 18, 2014

**And, in 2015, the walk-in clinic will be held on the third Thursday of each month.**

Time: 4:00 p.m. to 6:00 p.m.

Open to KAR members

#### Location:

#### Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



#### On-Site Services:

- Athletes seen on a walk-in basis
- Evaluation of a sport or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals

#### Questions?

Call **(269) 330-2747** or **(269) 808-0041**.

[bronsonhealth.com/sportsinjuryclinics](http://bronsonhealth.com/sportsinjuryclinics)



## Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 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.

[Winter Blast Half Marathon & 5k](#) (\$10 discount half, \$5 discount 5k), March 1, 2015  
[The Shamrock 5k](#) (\$5 discount), March 21, 2015  
[Kal-Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 11, 2015  
[Battle Creek Eco Race 4k & 8k](#) (10 discount), April 18, 2015  
[BC Spring into Action 5k & 10k](#), April 25, 2015  
[Borgess Run for the Health of it Marathon, Half Marathon, 10k, and 5k](#) (No discount), May 3, 2015  
[Vicksburg Hearty Hustle 5k](#), May 9, 2015  
[Oaklawn Hospitality Classic 5k & 10k](#), May 16, 2015  
[Komen Race for the Cure 5k](#) (\$5 discount), May 17, 2015  
[K5K \(Kalamazoo 5k\)](#), May 23, 2015  
[Run to Climax 7k](#), May 25, 2015  
[Plainwell Education Foundation Island City 5k & 10k](#), June 11, 2015  
[Cereal City Classic 5k & 10k](#) (\$5 discount), June 13, 2015  
[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 20, 2015  
[Binder Park Zoo/Cheetah Chase](#), June 27, 2015  
[Schoolcraft Firecracker 5 Miler](#) (\$5 discount), July 4, 2015  
[Pace for Poverty 5k & 10k](#), July 4, 2015  
[Kindleberger Super Hero 5k](#) (\$3 discount), July 11, 2015  
[Steve Athey Memorial 5k & 10k \(Steve's Raider Stomp\)](#) (pre-registration only), July 11, 2015  
[Mattawan Wildcat Road & Trail 5k](#), August 1, 2015  
[Otsego Ready or Not 5k](#) (\$5 till noon 7/11, \$2 thereafter), August 1, 2015  
[Allegan Strides for Health 5k](#), August 15, 2015  
[Grape Lake 5k](#) (\$3 discount), September 12, 2015  
[Peacock Strut 5k & 10k](#), September 12, 2015  
[Run for the Son 5k](#), September 26, 2015  
[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 27, 2015



# 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](mailto:joy.mills@kalamazooarearunners.org). Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>.

Kalamazoo Area Runners (KAR) hosts six 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 **Brent Yager** at [brent.yager@kalamazooarearunners.org](mailto:brent.yager@kalamazooarearunners.org) for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

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

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

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

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

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### **Thursday Evening Runs – Richland Community Library (8951 Park Street, Richland).**

Thursday evenings at 6:00 pm at the Richland Community Library for a variety of distances. Contact Michael Hutchinson at [michael.hutchinson@kalamazooarearunners.org](mailto:michael.hutchinson@kalamazooarearunners.org) or Cindy Schnotala at [cindy.schnotala@kalamazooarearunners.org](mailto:cindy.schnotala@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Please bring your own hydration.

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### **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](mailto:tmartin@gazellesports.com).

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### **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](mailto:tmartin@gazellesports.com).

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### **Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park**

Tuesday evening runs from the Pavilion on the south side of Riverside Park, Battle Creek, MI. Meet at 5:45 pm; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Michael Couey** at [michael.couey@kalamazooarearunners.org](mailto:michael.couey@kalamazooarearunners.org).

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### **Battle Creek Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Battle Creek YMCA**

The Sunday group runs in Battle Creek meet at 7:30am in the Battle Creek YMCA lobby. Distance is approximately 6 miles, all paces welcome. Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org) or Eric Campbell at [eric.campbell@kalamazooarearunners.org](mailto:eric.campbell@kalamazooarearunners.org).

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## **Club Member Corner**

### **New Member Welcome**

As of the end of June, the Kalamazoo Area Runners had 1485 members. This represents 9.4% 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.

Jinny	Ahrens
Andrea	Allman
Delanie	Allman
Henrick	Allman
Alivia	Allman
Daniel	Austin
Kim	Baiers
Karen	Baiers
Emily	Baiers
Sarah	Barton
Genevieve	Bastos
Jeff	Beak
Marty	Bielby
Marisa	Boston
Bonny	Bowen
Shannon	Bowers
Rick	Boyer
Corinne	Bradley
Emily	Bruno
Kimberly	Bussema
Rudy	Callen
Fawn	Callen
Jen	Camacho
Craig	Campbell
Katelyn	Charbeneau
Katherine	Clark
Dawn	Cleaver
Palmer	Cleaver
Chad	Cole
Anna	Conard
Elyse	Connors
Tracy	Cropsey
Sara	Dean
Matt	Dean
Mike	DeBlecourt
Holly	DeKilder
Nikki	Deming
Shilohe	Deming
Alexandria	Donnally
Bill	Elliott
Tania	Fagan



Eric	Feucht
Molly	Fisher
Kristen	Flores
Travis	Followell
Teddy	Foote
Amy	Forester
Tony	Fuller
Noreen	Garrido
Michelle	Gates
Gordon	Greenland
Meghann	Gullo
Karen	Hall
Tom	Hall
Joseph	Hall
Claire	Hall
Lea	Hammond
Lisa	Hansen
Chip	Hansen
Jack	Hansen
Kelsey	Harness
Marci	Harter
Jodi	Havera
Audrey	Hayes
Amie	Heasley
Alan	Heasley
Annie	Hecht
Jeri	Herrera
Julie	Higgs
Matt	Higgs
Lauren	Higgs
Adeline	Higgs
John	Hobson
Rosalind	Hobson
Frederick	Hobson
Arthur	Hobson
Carrie	Hoch-Mortlock
Rachel Katherine	Hoffman
Brian	Horvitz
Rebecca	Howe
Melissa	Hughes
Marcy	Hutchinson
Kaitlin	Ingold
Jennifer	Jang
Mark	Joy

Eric	Kane
Chris	Karaptian
Jillian	Karbowski
Karen	Keeder
Jon	Krum
Amanda	Kurth
Jeff	Kurth
Mira	Kurth
Carston	Kurth
Sarah	Landis
Evan	Landis
Taylor	Lee
Alanna	Lindau
Desiree	Link
Lisa	Litchfield
Daun	Lutes
Jori	Marr
Jeremiah	Marriott
Sheri	Marvin
Shannon	Maybee
Kimm	Mayer
Nicole	McCarthy
Marissa	McCorry
Samuel	McGuire
Kristin	McKinney
shawn	messenger
casey	metzger
Kelley	Miller
Jenny	Miner
Heather	Mitchell
Erin	Morrison
derick	myers
Jennifer	Myers
Maria	Nelson
Margaret	Nichols
Alison	Nuismer
Kara	Nuismer
Mary-Frances	Oliphant
Michael	Oliphant
Laura	Oliver
Megan	Oliver
Joseph	Oram
Nikki	Pavlack
Barbara	Potts

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DAWN	PUTNAM
Anne	Quinn-Diment
Luke	Rathburn
Lori	Reed
Eric	Rinehart
Melissa	Robbins
Kimberly	Robinson
Kwame	Robinson
John	Salvato
Annie	Sanders
Tracee	Scheffers
Cindy	Schnotala
Angie	Scholten
Kacey	Schreiber
Kylie	Schultz
Karen	Schwab
Jessica	Schwartz
Kasey	Schwartz
Sam	Scogin
Gayla	Sibley
Josie	Sibley
Steve	Sibley
Jacklynn	Sibley
Krista	Simmons
kimberly	sinke
Jennifer	Slayton
Abby	Smith
Tamara	Smith
Kelly	Snow
Amy	Sours
Anna	Stegink
Erin	Storm
Amy	Suloff
Ashlyn	Suloff
Isabella	Suloff
lisa	szeles
Libby	Thompson
Christine	Valenzuela
Elizabeth	VandenHeede
Patrick	Vanderbush
Glenda	Vandusen
Karen	VanMeekeren
Kathleen	VanVaerenbergh

Rosana	VanVleet
Marti	Veld
Katy	Velten
Scott	Voigt
Michael	Voiles
Elsisa (Dodi)	Watkins
Sharon	Weaver
Megan	Willsea
Thomas	Willsea
Carolyn	Wise
Robert	Wise
Mary	Wisswell
Christi	Wolgamood
Jocelyn	Wright Newman
Bridget	Yager
Kristen	Yarger
Deborah	Yeager
Tracy	Zarei

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## Local Race Results

\*\*\*Race results show runners who were active members as of July 1, 2015. New members joining in July for the first time and Safari participants are not yet reflected. New members will be retroactively pulled in to prior Club Championship Series events once added to the database.

## Pace for Poverty 5k & 10k, July 4, 2015

Forty-eight members of the Kalamazoo Area Runners took part in the Pace for Poverty 5k & 10k in Richland on Saturday, July 4th. Andrew Hirzel was the Male Master's Winner in the 5k with a time of 19:00. Other 5k age group winners included Sherri Dutton (3rd) Randy Fielder (2nd), Julie Hoffman (1st), Megan James (1st), Michael Kloosterman (2nd), Nate Krawczyk (2nd), Michael Loudon (1st), John Olbrot (1st), Teri Olbrot (2nd), Anita Ollila (1st), Tony Pedrolini (3rd), Dave Roberts (1st), Kyle See (3rd), Sean Sharkey (3rd), Dan Stratton (3rd), Gena VanderMeulen (1st), and Michael Wagner (1st).

Joseph Hohler III took the Overall Male Winner title in the 10k with a time of 40:07. Other 10k age group winners included Todd Buchanan (2nd), Eileen Chiang (1st), Teddy Foote (2nd) Gay Marie Fournier (1st), Judah Gesmundo (3rd), Kim Gjeltrema (2nd), Samanta Lamorandier (1st), Tom Noall (1st), Kathy Roschek (1st), John Salvato (1st), Cindy Schnotala (3rd), Candace Thurston (2nd) and Zachary Wilson (1st).

Congratulations to all of KAR's Pace for Poverty 5k and 10k finishers!

## 5k



Alison Barnett	0:44:16	
Debbie Barnett	0:41:45	
Karen Christensen	0:35:52	
Sherri Dutton	0:25:15	3rd
Randy Fielder	0:30:59	2nd
Lori Fraker	0:36:54	
Andrew Hirzel	0:19:00	Male Masters Winner!
Julie Hoffmann	0:28:52	1st
Megan James	0:29:11	1st
Deborah Kloosterman	0:27:12	
Michael Kloosterman	0:24:09	2nd
Robert Kloosterman	0:24:35	
Nate Krawczyk	0:19:11	2nd
Michael Louden	0:21:06	1st
Lisa Noble	0:36:55	
John Olbrot	0:23:35	1st
Teri Olbrot	0:31:21	2nd
Anita Ollila	0:31:08	1st
Tony Pedrolini	0:23:29	3rd
Dave Roberts	0:22:02	1st
Kyle See	0:31:26	3rd
Sean Sharkey	0:32:06	3rd
Dan Stratton	0:39:45	3rd
Gena VanderMeulen	0:23:43	1st
Michael Wagner	0:20:08	1st
Jeff Zigterman	0:36:24	
Max Zigterman	0:37:00	

## 10k

Todd Buchanan	0:49:51	2nd
Eileen Chiang	1:00:14	1st
Stephanie Clark	0:55:40	
Karen Conner-Beck	1:03:35	
Teddy Foote	0:44:55	2nd
Sarah Foster	1:21:08	
Gay Marie Fournier	1:03:20	1st

Michelle Germinder	1:02:16	
Judah Gesmundo	1:21:08	3rd
Kim Gjeltema	0:59:21	2nd
Joseph Hohler III	0:40:07	Overall Male Winner!
Michael Hutchinson	1:06:50	
Samantha Lamorandier	0:49:31	1st
Tom Noall	1:07:27	1st
Jill Pearrow	0:53:19	
Kathy Roschek	1:22:21	1st
Mark Rose	0:55:12	
John Salvato	0:51:27	1st
Cindy Schnotala	1:02:57	3rd
Candace Thurston	1:03:55	2nd
Zachary Wilson	0:49:44	1st

### **Schoolcraft Firecracker 5 Miler, July 4, 2015**

The Schoolcraft Firecracker 5 Miler was held on Saturday, July 4th and eighty-five members of the Kalamazoo Area Runners were on hand for the event. Leslie Scheffers ran the event in 35:08 to take the Overall Female Winner title. Other age group winners included Morris Applebey (1st), Tracy Argo (1st), Francine Bangs (1st), Thomas Bennett (3rd), John Brady (3rd), Jacque Carlson (1st), Kathy Farrow (2nd), Shelly Fink (1st), Daniel Gavlas (1st), Kathy Griffin (1st), Ray Hendrik-sma (3rd), Karen Hermann (3rd), Kathy Neal (2nd), Tim Scheffers (3rd), Al Smith (1st), Janet Sten-sland (1st), Joel VanderKooi (3rd), Mike Waterman (1st), Heather Wellman (3rd), and Peggy Zeeb (1st). Congratulations to all of our Firecracker 5 Miler finishers!

Kathy Alizo	0:53:54	
Morris Applebey	0:32:55	1st
Brian Argo	0:45:18	
Tracy Argo	0:35:52	1st
Kim Armitage	0:47:43	
Aaron Aulgur	0:38:13	
Zachary Baker	0:34:32	
Francine Bangs	0:48:41	1st
Jalayne Bennett	0:57:39	
Thomas Bennett	0:54:55	3rd
Kerrie Berends	0:45:39	
Eric Blackford	0:46:16	
John Brady	0:35:07	3rd

Paul Bushnell	0:37:46	
Todd Carlin	0:48:32	
Jacque Carlson	0:43:21	1st
David Clark	0:46:21	
Donna Cratsenburg-Scott	0:45:00	
Steve Darrell	0:41:34	
Larry DeFouw	0:57:49	
Sheryl DeFouw	0:53:32	
Rachael Deneau	0:58:26	
Thomas Durlach	0:41:19	
Tonya Durlach	0:55:07	
Kim Evans	0:47:04	
Kathy Farrow	0:42:49	2nd
Shelly Fink	0:44:06	1st
Kim Foghino	0:48:41	
Todd Gardner	0:37:30	
Joseph Garnaat	0:44:40	
Daniel Gavlas	0:34:46	1st
Celia Geark	0:53:07	
Kathy Griffin	0:37:56	1st
Amy Gronda	0:53:02	
Joan Hanna Darrell	0:57:11	
Ray Hendriksma	0:45:33	3rd
Karen Hermann	0:40:23	3rd
Kelly Hinga	0:47:26	
Kristal Hoffman	1:02:02	
Tim Holden	0:43:25	
Lindsey Johnson	1:03:50	
Greg Johnston	0:39:30	
Susan Kallewaard	1:00:34	
Sandy Koscinski	0:46:35	
Rocque Lefaive	0:33:58	
Randy Middaugh	0:40:12	
Ken Mohny	0:41:40	
Brian Molony	0:55:35	
Kathy Neal	0:49:21	2nd

Christina Oberheim	1:04:28	
Steve Ott	0:42:48	
Barbara Overlander-Afton	0:46:55	
Carlos Rangel	0:36:52	
Dan Reisner	0:50:58	
Steve Rice	0:37:45	
Amy Roberts	0:49:47	
Dan Robinson	0:34:43	
Damian Ruesink	0:39:15	
Leslie Scheffers	0:35:08	Overall Female Winner!
Tim Scheffers	0:36:55	3rd
Mark Sigfrids	0:38:48	
Brett Simmering	0:43:16	
Eli Simmering	0:55:32	
Mary Anne Simmering	0:55:35	
Kirstin Simons	0:42:25	
Al Smith	0:47:08	1st
Bobbie Smith	0:51:57	
Jeff Smith	0:45:38	
Gary Spiker	0:38:23	
Janet Stensland	0:52:53	1st
Colleen Steves	0:50:35	
David Steves	0:52:14	
Eric Suloff	0:43:10	
Joel VanderKooi	0:32:47	3rd
Mandy Vidor	0:56:33	
Christine Vlietstra	0:48:16	
Scott Voigt	0:34:55	
Annie Waterman	0:52:29	
Mike Waterman	0:30:43	1st
Riley Waterman	0:35:07	
Heather Wellman	0:40:14	3rd
Jason Wilhelmi	0:37:55	
Allyson Williams	0:42:13	
Eric Zeeb	0:48:36	
Peggy Zeeb	0:37:31	1st

## Kindleberger Super Hero 5k, July 11, 2015

Fifty members of the Kalamazoo Area Runners participated in the Kindleberger Superhero 5k on Saturday, July 11th in Parchment. Michelle Grevenstuk was the overall female winner with a time of 17:40. Many KAR members placed as age group winners, including Kathy Farrow (2nd), Aliza Garcia (1st), Ann Garlock (2nd), Joan Goricki Cook (3rd), Joan Hanna Darrell (3rd), George Jones (2nd), Rachel Klepser (3rd), Deborah Kloosterman (2nd), Michael Kloosterman (1st), Robert Kloosterman (2nd), Nate Krawczyk (1st), Kate Murphy (1st), Anita Ollila (2nd), Jennifer Pant (2nd), Leslie Scheffers (1st), Tim Scheffers (2nd), Brett Simmering (3rd), Mary Anne Simmering (2nd), Gary Spiker (3rd), Jack Thom (2nd), Joel VanderKooi (1st) and Peggy Zeeb (1st). Congratulations to all of KAR's Kindleberger Super Hero 5k finishers!

Todd Carlin	0:29:26	
Becky Clark	0:49:21	
Kim Evans	0:27:05	
Kathy Farrow	0:24:43	2nd
Aliza Garcia	0:23:14	1st
Ann Garlock	0:20:47	2nd
Gary Garlock	0:24:14	
Michelle Germinder	0:27:16	
Joan Goricki Cook	0:34:08	3rd
Michelle Grevenstuk	0:17:40	Overall Female Winner!
Cynthia Gustafson	0:29:31	
Joan Hanna Darrell	0:32:51	3rd
Ray Hendriksma	0:27:06	
James Johnson	0:24:30	
George Jones	0:24:19	2nd
Michael Klepser	0:27:04	
Rachel Klepser	0:31:10	3rd
Deborah Kloosterman	0:26:55	2nd
Michael Kloosterman	0:23:33	1st
Robert Kloosterman	0:23:26	2nd
Nate Krawczyk	0:18:33	1st
Laura Marlatt	0:37:12	
Lindsay Meulman	0:29:11	
Kate Murphy	0:26:44	1st
Anita Ollila	0:30:58	2nd
Ron Oman	0:48:31	
Jennifer Pant	0:24:30	2nd



Tony Pedrolini	0:22:02	
Gabriel Porter	0:33:43	
Gayle Porter	0:33:44	
Ashley Powell	0:33:04	
Kathy Roschek	0:39:05	
Leslie Scheffers	0:20:18	1st
Tim Scheffers	0:20:53	2nd
Brett Simmering	0:23:44	3rd
Eli Simmering	0:25:09	1st
Ethan Simmering	0:28:00	
Mary Anne Simmering	0:25:21	2nd
Noah Simmering	0:34:05	
Crystal Smith	0:33:03	
Gary Spiker	0:23:41	3rd
Colleen Steves	0:29:27	
Jack Thom	0:21:33	2nd
Joel VanderKooi	0:18:47	1st
Gina Wesaw	0:39:21	
Teresa West	0:36:28	
Todd Wright	0:37:10	
Eric Zeeb	0:27:02	
Peggy Zeeb	0:21:27	1st
Linda Zummach	0:36:27	

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### **Steve Athey Memorial 5k & 10k (Steve's Raider Stomp), July 11, 2015**

Steve's Raider Stomp 5k and 10k, directed by KAR member Bob Smola, was held on Saturday, July 11, 2015 at Decatur High School. Fourteen members of the Kalamazoo Area Runners participated in the 5k. Andrew Hirzel emerged as the Overall Masters Male Winner with a time of 19:04, while Bonnie Sexton took the Female Masters Winner with a time of 25:39. Finishing in the 5k age group winner's circle were Morris Applebey (1st), Jalayne Bennett (3rd), Thomas Bennett (2nd), Cindy Cramer (1st), Scott Evans (2nd), Amy Fialkoff (2nd), Michael Loudon (1st), Anne Mejeur (3rd), Emily Potratz (1st) and Kenzi Pridgeon (2nd).

Eleven KAR members participated in the 10k distance event, with Morgan Timiney emerging as the Overall Male Winner with a time of 35:13. Other 10k age group winners included Karen Conner-Beck (1st), Wendy Geerligs (1st), Annie Jost (2nd), Susan Kallewaard (1st), Angela Keyes (2nd), Addie Maston (1st), Frank Maston (2nd), Kristen Maxwell (2nd), Shawn Maxwell (1st), and Brian Molony (2nd). Congratulations to all of our Steve's Raider Stomp finishers!

## 5k

Morris Applebey	0:19:07	1st
Jalayne Bennett	0:34:00	3rd
Thomas Bennett	0:35:19	2nd
Cindy Cramer	0:34:22	1st
Scott Evans	0:16:53	2nd
Amy Fialkoff	0:31:06	2nd
Randy Fielder	0:29:59	
Andrew Hirzel	0:19:04	Masters Male Winner!
Fred Keister	0:26:04	
Michael Louden	0:20:41	1st
Anne Mejeur	0:23:28	3rd
Emily Potratz	0:24:33	1st
Kenzi Pridgeon	0:28:19	2nd
Bonnie Sexton	0:25:39	Masters Female Winner!

## 10k

Karen Conner-Beck	1:01:12	1st
Wendy Geerligs	0:55:17	1st
Annie Jost	0:58:36	2nd
Susan Kallewaard	1:15:28	1st
Angela Keyes	1:05:39	2nd
Addie Maston	1:15:03	1st
Frank Maston	1:23:46	2nd
Kristen Maxwell	0:58:18	2nd
Shawn Maxwell	0:53:23	1st
Brian Molony	1:15:12	2nd
Morgan Timiney	0:35:13	Overall Male Winner!

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