

*"I learned to run until I was tired, then run even more than that."
-Muhammad Ali*

July 2016

www.kalamazooarearunners.org

The Kalamazoo Area Runners **Rundown**

Zeroing In on Safety; Group Run and Training Program Guidelines By Bonnie Sexton



2016 Beyond Half and Full Marathon Training Program - Photo by Arya Jayatilaka

The cycling tragedy in June reminded us just how vulnerable we are out on the roads. Whether we are on bike or foot, we are exposed and at risk when we share space with vehicles. The cycling accident was a painful reminder we don't have control over every situation we may encounter while running. A distracted driver, icy roads, a medical emergency or substance abuse can send a vehicle off the road and create a dangerous situation for non-motorized transportation – and without warning.

This doesn't mean we need to live paralyzed in fear and avoid the roads, but exercising good safety practices can minimize risk and increase your odds of accident-free running



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Board of Directors

experiences for you and your running friends.

Most RRCA clubs, including Kalamazoo Area Runners (KAR) host regular, organized group runs and training programs throughout the year. Group runs accomplish many goals for a club or training program; they bring people together, both seasoned and newer runners. They create a social atmosphere for the group that supports a runner's training needs, and more.

Organizing and leading a group run or training program is an important responsibility. To help ensure group runs and training programs are well organized and safe, the RRCA has issued guidelines for group runs to follow. Some guidelines focus on leading a group or training program that has 15 or more people, however most of their advice still applies for smaller group runs of less than 15 people.

The Kalamazoo Area Runners Board of Directors has had in depth discussion regarding the RRCA Guidelines, and has adopted many of those recommended as policy. In addition, we have added several guidelines relating to the participation of minors, strollers, dogs and wheeled non-motorized transportation.

Insurance

Risk management is an important part of managing a running club, and RRCA clubs like Kalamazoo Area Runners hold a comprehensive general liability insurance policy that provides coverage for club members, volunteers, program participants, event participants and spectators. This policy includes accidental medical and property damage coverages. In addition, we often have to cover our co-promoters, municipalities and facility owners or lessees as additional insureds under our insurance policy. As part of the insurance program, we are required to collect waivers for all club members, event and program participants and guests.

Guidelines for Groups and Training Programs of 15 or More

For group runs and training programs of 15 participants or more, Kalamazoo Area Runners has a number of guidelines leaders must follow, some of them recommended by RRCA.

- The group run/training program director or a designated individual participating in the group run should have current CPR and First Aid certifications.
- The group run/training program director or a designated individual participating in the group run should keep a club owned general first aid kit in their car for use onsite or on the course via sag support.



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- If a group run is very large and/or it is run on a multi-use trail or road where a permit may be required, check with your local authorities before promoting the run. If permits are required, consider altering the course or staggering start times for the run by pace or distance groups. This may eliminate the need for a permit.
- The group run/training program director or designated person should outline pace groups and recruit pace leaders. The run leader should also identify water stops on the route and recruit volunteers to deliver water or man water stops if none is readily available on the route. For group runs where water is not provided, it should be clearly communicated that runners must supply their own hydration.

Guidelines for All Groups and Training Programs

The majority of our guidelines apply to all group runs and training programs. Some of these apply to the group run and training program directors, and others apply to both run leaders and participants.

- The group run/training program director or designated individual should plan out the route(s). This may be done using a GPS or mapping tool and course maps should be provided for complex routes.
- The group run/training program director or designated individual should clearly outline the distance(s) for the run. If your group is doing a 20 miler, can the run be broken down into a 5-miler, a 10-miler, etc for people that want to join the group but not go the full distance?
Track Etiquette should be explained for group runs and training programs held at a track facility.

- The group run/training program director or designated individual should recruit a back of the pack runner or sweeper who carries a cell phone (be sure it is fully charged up). Cell phones with cameras are beneficial in the case of confrontations or emergencies. You can call the police, take a picture of a vehicle, and make certain someone knows where you are at a moment's notice. Larger groups may provide bicycle or vehicle sag support.

The group run/training program director or designated individual should identify new members and/or guests and ensure they have signed a waiver and release before the run begins. If they can't remember whether or not they have signed a waiver, have them fill one out. You can have a waiver printed at the top of a page and have all runners sign the page. **DO NOT** let anyone run with the group if they refuse to sign a waiver or follow the rules of the group run. The sign-in sheet should also ask for an emergency contact name and number for you to have handy just in case something happens. This information may be collected and maintained electronically provided the group run/training program director or designated individuals has access to emergency contact information in the event of an emergency



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- The group run/training program director or designated individual should provide clear instructions as to the route, the various paces for the group, the turn-around point, the terrain, the hydration support (is water provided or should participants bring their own?), etc.
- Strollers participate at their own risk and a separate waiver must be signed for the minor child.
- Dogs participate at their own risk and may be permitted if they are on a leash and do not present a safety risk. If properties on the route do not allow dogs, the rules of the property super-seede Association Policy.
- Minors under age 18 must be accompanied by a parent, legal guardian or other adult with written authorization by the parent or legal guardian. The authorized adult cannot be the group run director. Minors under age 18 must have a separate waiver signed by the parent or legal guardian.
- Bicycles, roller blades, scooters and other similar wheeled transportation are not permitted in group runs or training programs, except for volunteer support activities such as sag or lead cyclist.

The group run/training program director or designated individual should provide the “rules of the run.” For Kalamazoo Area Runners (KAR) hosted runs, these rules should include, but are not limited to:

- o Stick to the designated route
- o No headphones allowed on open traffic roads
- o Do not run more than two abreast especially on busy roads, sidewalks, or multi-use trails. The goal is to share the roads/trails.
- o Be mindful of your language and conversation content. Adult conversation does happen on group runs, but it should not go so far as to create an uncomfortable atmosphere for the group. Everyone in the group should wear reflective clothing if running in the dark or if it will get dark during the run. Encourage people to wear flashing or light accessories if running in the dark.
- o The group should follow the “ranger rules”, which means leave no one behind for any reason (bathroom breaks, “need to walk”, twisted ankle, etc).
- o Everyone in the group should obey all traffic signs. The group run/training program director and pace leaders should NEVER run the group against a light or through a stop sign. Mid-sections of a group tend to ignore traffic signals while following the front of the pack. This has been the number one reason why people get hit by cars on group runs. Work with your runners to stress the importance of paying attention to their surroundings. Use sidewalks and trails for group runs as much as possible, if you need to lead your group run on a road, face traffic and run no more than two abreast. This will allow oncoming motorist to see the group as opposed to driving upon the back of the pack. If



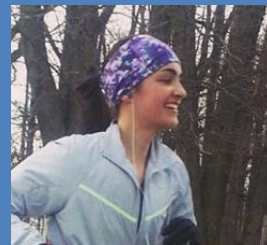
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there is a confrontation with a driver, follow the path of least violence. It's better to lose an argument than to lose a life. Use a cell phone camera to document a confrontational driver.

o

The group run/training program director or a designated individual (ie. Sag support) should be the last one to leave post-run. Most health related problems such as heat stroke or heart attacks tend to occur in the down time immediately following a long group run.

While following these guidelines can't prevent every situation, the directors of your group runs and training programs and participants are asked to follow these guidelines to promote as safe an environment as possible out on the roads, track and trail. Run Smart Run Safe.

Reference:

<http://www.rrca.org/education-advocacy/guidelines-for-leading-a-group-run/>



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 Volunteer

By Joy Mills

This past June the KAR Board of Directors welcomed a new member to the team, Kirstin Simons. Kirstin joined KAR in 2012 to train for her first marathon through the Beyond Training Program. Since then she has completed a variety of different distances and races, many put on by KAR and in the Kalamazoo area. Kirstin is an accountant for a local non-profit and in her off time enjoys coaching Girls on the Run and Hart and Sole to inspire the next generation of runners. While in college Kirstin founded a multicultural volunteering organization, and is very

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excited to continue that passion through her board position with the Kalamazoo Area Runners. Kirstin also serves on the Kids' Bunny Hop Fun Run Committee as Course Director. Please join me in thanking Kirstin and all of the members of the Kalamazoo Area Runners Board of Directors for their service to our organization.

Kirstin Simons—Interim Board Member At Large



When asked why she volunteers for KAR, Kirstin says ***“I originally joined KAR my sophomore year of college and I instantly felt more connected to the community in Kalamazoo and the city itself. I am passionate about health, fitness and volunteerism. KAR encompasses all three of those. I am happy to help keep the organization growing so that it can be around for years to come.”***

When asked what she is looking forward to during her term in office, Kirstin states that ***“I am an Interim Board Member at Large. I am looking forward to using my accounting knowledge and expertise to help advise the organization and be a valuable member of the finance community.”***

Kirstin's advice to others interested in volunteering on behalf of KAR is to ***“Volunteer for any event you can. It will be a great experience and you will meet so many people. Each KAR event is fun and fulfilling to help with.”***



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Director, Winter Blast Half Marathon,
10k and 5k
Director, Kids' Easter Egg Hunt & Fun
Run
Director, Jack-O'-Lantern 5k & 10k Run
Director, Kalamazoo Klassic (KAR) (with
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Director, Kal-Haven Trail Run
Director, Turkey Trot Time Prediction 5k
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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 watching her son and daughter participate in Otsego Middle School cross country meets. Joy recently completed the Goofy Challenge at Walt Disney World, and is looking forward to running the Borgess 10k, Ragnar Michigan and the Route 66 Half Marathon in 2016.

Another Runner's Perspective— Sportsmanship On Display

*"It is your response to winning and losing that makes you a winner or a loser."
---Harry Sheehy*

June 4, 2016: Packed in with a house full of spectators in the bleachers surrounding the track of Zeeland's football stadium, I soaked up the rays. This spring's track season had been dominated by meets and practices with temperatures in the forties and fifties accompanied by cool breezes. These conditions had been ideal for athletes as they ran their events, but for coaches, spectators and runners awaiting races, the unusually cold spring had made for some long evenings on the quarter mile ovals surrounding west Michigan. As I sat with two of my coaching comrades from Pennfield High School enjoying the spectacle of the Division 2 Michigan Lower Peninsula State Track meet this first Saturday in June, perspiration clung to the back of my shirt and shorts and my pale skin burned as it transformed to a shade of bright red. Periodically a breeze would provide some relief and a cloud overhead would hide the glare of the sun on my eyes. Sure I was a bit uncomfortable but I could negotiate this much easier than most of the season's competitions with chattering teeth as I piled on layers through each and every hour. I was ready for summer and I couldn't think of another place I would rather be at this moment.

All Championship high school sporting activities are filled with excitement and drama. Perhaps what makes track and field unique is multiple titles are crowned on a single day with an array of events on display. Dreams are realized and hearts broken with each and every competition making for a highlight reel of lasting moments. This day was no different.

Personally for my two coaching partners, and myself watching our lone state qualifier, Arabia Bacon, run in three different events provided a personal connection. As a sophomore, Arabia is blessed with natural raw talent. She qualified for the state meet in 2015, her freshman year, placing top two for the 300 hurdles at the Regional meet, but was unable to run after tripping over a hurdle ten days prior to the state meet and sustaining a concussion. Not missing a beat she qualified for three

DISCOUNT SPONSORS

Unless otherwise indicated, please use the 2016 KAR discount code when purchasing merchandise or services from discount sponsors.



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.



ATHLETIC MENTORS

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

- Run Coaching: \$30 discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$175 and includes a 30 minute consultation (\$140 KAR price). Repeat tests are regularly priced at \$120 and include a report but not a consultation (KAR price \$96).

For more information visit the [Athletic Mentors website](http://AthleticMentors.com) or call 664-6912. Please use the standard KAR discount code when booking services.

events this year at the regional meet finishing first in the 100 hurdles and the 300 hurdles while claiming a second place finish in the 200-yard dash. When the season began we expected Arabia would be there on the medal stand for at least the 300 hurdles. Nailing down a fifth place finish in the 100 hurdles was not completely unexpected but it helped to add to the satisfaction. Arabia's season was scattered with many highs and some frustrations. Bringing home medals in two events with PRs in both was a great ending. Although we were there to support Arabia there were also many other magical moments to embrace as well.

Zeeland East athlete, Madison Junior, stole the show early on. After finishing the long jump she caught the attention of everyone, grabbing the microphone and singing the National Anthem prior to the start of the final's heats. Just minutes after wowing the crowd with her flawless musical performance she took the podium, claiming all state honors in the long jump. This talented teenager had a day for the ages.

Two of the most inspiring event occurred in the 3200 race. In the boy's race, Noah Jacobs of Corunna went out early with a blistering pace. As the race began one of my coaching partners had mentioned that at this level in the state meet the possibility of any boy being lapped was unlikely. Noah made him eat his words. With each lap, Noah lengthened his lead on his challengers and down the straightaway of his second to last lap he closed in on the back of the pack and lapped three different runners. We were shocked to say the least. The only question that remained was, "Could he break nine minute?" He crossed the tape in eight minutes, fifty five seconds with Shuaib Ajabaly of Coldwater claiming second place a full thirty seconds later with a time of nine minutes, twenty five seconds. Noah broke the previous Division 2 state meet record of nine minutes, one second set in 2006 with his dominating performance. With the pace that Noah set early on we kept waiting for him to fade but the crash never came.

With all of these shining moments on display in Zeeland there was one unexpected show of humility that defines what athletics are all about at all levels. The boy's 3200 race was a show of individual dominance while the girl's race turned into a classic duel early on. Kayla Windemuler of Holland Christian and Christina Sawyer of Tecumseh took the reins a lap in as they began separating from the pack. Although the gap they created was not as wide as the one created by Noah in the boys race, it was comfortable enough to create a classic duel showdown. For much of the race Christina tucked in a stride behind Kayla. Kayla was setting the pace and it seemed as if Christina's strategy was to try to keep within striking distance for as long as possible before making her move. That move appeared to come down the straightaway of the second to last lap.

AZO | RECOVERY
FASCIAL STRETCH THERAPY

AZO Recovery

AZO Recovery would like to offer members of the Kalamazoo Area Runners the following discount opportunity:

\$10 off any service 30+ minutes session.
Unique package discounts are also available to KAR members:

1. 3 session package for \$180 (\$45 savings)
2. 5 session package for \$300 (\$75 savings)

For more information and to schedule a session contact Sean Clark at AZORecovery@gmail.com.



BORGESS HEALTH AND FITNESS CENTER

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



BRONSON ATHLETIC CLUB

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

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership not required)
- Free Pilates Reformer Class

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

Christiana surged, taking the outside lane. The two competitors must have tangled feet. As Christiana claimed the pole position Kayla tumbled to the ground. Christiana was ten yards in the lead as Kayla rolled out of her fall. The race was now hers to win. Christiana suddenly realized that Kayla was no longer beside her. She stopped, turned around and walked towards Kayla. I'm not sure if she wanted to help her up or if she just wanted to make sure she was not hurt but whatever her motivation may have been, she decided that if she was going to claim the state title it wasn't going to happen with her competition laying on the track.

As Christiana turned to go back to Kayla it seemed like they locked eyes and shook their heads as if to say "Let's battle it out one more lap." This is exactly what they did for the last 450 meters. Kayla reclaimed the lead with Christina giving it all she had to keep up but it wasn't quite enough. Kayla broke the tape in ten minutes, fifty nine seconds with Christina just a stride behind in eleven minutes flat.

A wave of emotion flooded through my body as I witnessed this display of sportsmanship. Christina had the win wrapped up had she not wasted the three or four precious seconds to check on her competitor. Her example is what athletic competition is all about. Wins, championships and undefeated season are great. These accomplishments are what fill the pages of the record books and they should certainly not be diminished. As important as winning is, sportsmanship should always hold the upper hand.

As I went online to research for this story, I found a few articles that chronicled Christina and Kayla's battle, but I couldn't find any confirmation of the humanity that Christina demonstrated. I was a bit disappointed that this act of sportsmanship had not been captured in writing. Not wanting to mislead my readers I finally made a phone call to the Athletic Director of Christina's school just to make sure that it was Christina, the girl who stopped and gave up an almost guaranteed victory to do the right thing. It was indeed she.

I hope that I do not give you the impression that sportsmanship is something that is lacking in the world of sports. Personally I believe that sportsmanship exists more than what we realize. The difficulty lies in the perception that it is lacking because it is not always on display. The very nature of sportsmanship is an athlete doing the right thing because it is the right thing to do and not because he or she wants to draw attention to themselves. As a coach, a parent of two athletes and an athlete myself I have been witness to enough examples of sportsmanship to trust that it does exist more than most of us see it. It was nice to be reassured of this belief on a stage such as the state track meet. Thanks Christina for reminding us how important sportsmanship is and that it does exist. You are a true role model for all athletes.



CENTERING YOGA

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes at the [Centering Yoga website](#) and use the standard four digit KAR code to receive the member discount.



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2016 events. Visit the [Cereal City Athletics website](#) to learn more about Cereal City Athletics and to register for their 2016 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2016 Events include:

Paddles and Picnic, May 14 (\$3 off)
Ice Cream Century Ride, June 4 (\$5 off)
Battle Creek Half Marathon & 5k, July 2 (\$3 off 5k, \$5 off half marathon)
Cereal City Triathlon, August 14
Cereal City KIDS Triathlon, August 27
Tinsel Toes 5k, December 10

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

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— Lew Troutner Unconditional Friendship



"The ultimate lesson all of us have to learn is unconditional love which includes not only others, but ourselves."

--- Elisabeth Kubler Ross

When one thinks of unconditional love or friendship a few examples come to mind. Man's best friend, a dog is often associated with bestowing its owner with unconditional love, with his loyalty and friendship never wavering whatever may happen. The same is often said for the love a parent has for a child. Although running does not present the physical, mental, or emotional characteristics of a human being or animal, the unconditional support that it can provide for those who enjoy its blessings can present itself as a metaphor for friendship. Whether having



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.downdogyogacenter.com. Provide the 2016 discount code to receive discounts.



GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, will be offering three My Gazelle Rewards double points days exclusively for members of the Kalamazoo Area Runners. Plan to shop on June 18th, September 10th and December 3rd to take advantage of this special offer! For more information about the My Gazelle Rewards program visit <http://gazellesports.com/wp/mygazelle/>.



KALAMAZOO ATHLETIC WELLNESS

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

a good day, a bad day or something in between, running will be there waiting, providing each participant with the support to navigate through life. In essence running can be your friend for as long as you choose to have it be your friend. You can draw from it every day or just a few days a week. You can leave it for a week, a month, a year or more and it will still be there waiting for you when you decide you are ready for it again. This month's featured runner, Lew Troutner has used this unconditional friendship for more than thirty years to maneuver through the bumps, curves and straight-aways of his life.

Lew's long term running journey did not hit full stride until the early 1980s but perhaps without him realizing it, running provided a guiding hand while serving our country in Vietnam long before he considered running to be a rock in his foundation. ***"I started running back in the military in 1968. While stationed in Vietnam some of the guys in my outfit would run and I decided to join them. I came back a year later and just dabbled in it some, but nothing too serious. In 1982 I really made a commitment to running. At that time my neighbor was a runner. He kind of sparked my interest. Before I knew it I was becoming a student of running as I began researching it through magazines and other runners. This commitment consisted of five days a week of running sometimes six days. I have continued since then and not wavered from my consistent routine. An ankle injury sidelined me for a short period but failed to keep me out of the game. I ran socially with a few buddies for about five years but for the most part running has been a time for me to be lost in my own thoughts."***

This alone time each day provides a utopia of sorts for Lew and is part of what he enjoys the most about this sport. ***"I like being able to clear my mind. No matter what is going on I can get out there and re-focus. It is the perfect chance for me to get my thoughts together."***

Lew is the ultimate ambassador for our sport. When asked what he disliked most about running he seemed at a loss of words. When pressed he was able to come up with one negative however. ***"Every now and then my feet will give me aches and pains."***

Over the years, running has provided the ultimate "me" time for Lew, leaving him with few mentors. His neighbor who got him into running back in the early 1980's provided a source of initial mentorship that gave him a jump start. ***"My neighbor who got me back into running in 1982 was a running mentor. He pushed me with pace and distance."***



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 2016 KAR discount code to receive the discount.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2016 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2016 events, using the 2016 KAR discount code.

TROY HUGGETT FITNESS PROS

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

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

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

Lew is not and has never been much into the competitive nature of running. He has not been one to participate in many races, leaving any desires of personal records or age group awards off of his radar. His one and only goal involves being able to run as long as his body allows. ***"I am sixty-nine years old and I would like to run and stay active as long as possible. Running has helped me with keeping a healthy body even through some of the aches and pains that it causes."*** His body has been good to him so far and allowed him to be a model of consistency. He has kept a steady routine over the years without much variety in his daily routine. Some would grow stale of a running diet involving similar routes and distance each and every day. Lew on the other hand has thrived on his steady daily dose of running. ***"I normally run 8 miles a day. Sometimes I will run a little longer. I have ventured into longer runs of 11 to 12 miles now and then but for the most part I rely on 8 miles a day, five or six times a week"***

Like his steady routine of running, his life seemed to follow a similar path. After serving in Vietnam he came home to serve as an ordained minister for most of his working years, following it up with a decade as a licensed contractor before retiring. During that time his wife and he raised a family. When his white two story house and picket fence life came to a sudden halt without warning, his constant companion running, was there to pull him up by his boot straps. ***"Six years ago I went through a rough divorce. It felt like the bottom was dropping out. My life stopped on a dime and it seemed like I had hit rock bottom. One day shortly into my life's greatest turmoil I knew I needed to run. I didn't know how long or how far. I just needed to run. I headed out the door and twenty miles later I was done. Twenty miles of tears and reflection lifted me from the depths of despair. It was therapeutic. It was a great emotional stabilizer and really became a turning point for me. Running was my saving grace through my divorce."***

Lew was able to get beyond his divorce, eventually finding love again and remarrying. His wife, Renee, a former high school cross country runner, enjoys power walking now. Lew still enjoys his alone time with running but has found a partner in life to be active with. He spends his days off from running now power walking with Renee.

Lew has experienced life as a soldier serving our country, a wife and father, a devastated husband whose world was rocked through a divorce and now as a husband with a loving wife again. Through it all his one unconditional friend has been running. The smile on his face as he sat in his dining room sharing his story told it all.

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



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 to learn more membership and use the 2016 KAR discount code when registering.

Hot Club News and Events

KAR Teams Represent in the Kalamazoo Klassic Team Challenge!

Six teams of Kalamazoo Area Runners members participated in the Kalamazoo Klassic Team Challenge on Saturday, June 18th and had a great time running and representing our organization!

Sponsored by Rose Street Advisors, the Team Challenge allowed for teams of 3 to 5 runners to compete for awards in both the 5k and 10k Klassic events. The top three teams in the open division were eligible for prizes based on age division place of the top three finishing runners on each team. The lowest total score won, with the 4th place serving as a tie-breaker. Teams could be all male, all female or co-ed; scoring was based on age group finish place. KAR Teams were open on a volunteer basis to all members.

In the 5k division, KAR Team Knights (Bonnie Sexton, David Rozelle, Chris D'Hulster, Hannah Pankratz and Seth Harris) came in second while KAR Team Huskies (Kristy Prahin, Dan Damaska, Linda Vaughan, Carla Verbrugge and Kate Gibbons) placed fourth. The KAR Pace Cadets (Joyce Lew, Kathy Roschek, Gwen Reidenbach, Mary Haskamp and Deb Hamilton) came in 6th.

In the 10k division, KAR Team Blue (Kristen Fillar, Marie Billen, Lisa Schreiner, Sarah Yetter and Laura Lam) took first place, KAR Team Gold (Shelly Fink, John, Brady, Joseph Hohler III, Derek Haroldson and Karen Conner-Beck) took second, and KAR Team Pink (Patrick Fillar, Bill Gephart and Don Payerle) took third.

Congratulations to all of our Kalamazoo Klassic Teams!



Summer Sizzler Member Reception 5k Fun Run

Presented by Kalamazoo Area Runners



August 1, 2016

**6:00 pm at Borgess Health and Fitness Center
3025 Gull Rd., Kalamazoo, MI 49048**

(Check in and Late Registration 5:30 – 6:00 pm)

Cost: Free of Charge

Attention prospective members, new members and long time members: Join us for an evening of summer fun to run with and meet other members. The Kalamazoo Area Runners Summer Sizzler Member Reception 5k Fun Run is Monday, August 1, 2016 at 6:00pm at the Borgess Health and Fitness Center. This is a casual fun run and will follow the Borgess Run 5k course. Refreshments and door prizes immediately following inside Borgess Health and Fitness Center.

[REGISTER HERE!!](#)

Next KAR Board Meeting is August 1, 2016

The next KAR Board Meeting is August 1, 2016 at 7:30pm at the Borgess Health & Fitness Center in Kalamazoo. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Kalamazoo Area Runners supports Project Sole

Kalamazoo Area Runners is proud to support Project Sole. Project Sole is a humanitarian organization that unites shoes and compassion to relieve suffering, care for the poor, and enhance the quality of life in communities around the world. Through recycling excess inventory from the footwear industry, we reduce our carbon footprint and provide a basic necessity to others in need.

Kalamazoo Area Runners is supporting this humanitarian effort through collection of running shoes from our members by providing a collection box at our member events. For each pair of running shoes, we collect and ship, Project Sole donates \$2.00. The shipping of the shoes is free. The proceeds Kalamazoo Area Runners receives will be given to community programs that enhance physical, spiritual and social wellness: Girls on the Run and Let Me Run.

We are reaching out to our membership for your kind shoe donations. If you want to learn more about Project Sole, visit their website: www.projectssole.org.

Collection boxes for shoe donations will be available at the following six Kalamazoo Area Runners events:

- Summer Sizzler Member Reception Run (August 1, 2016)
- Run around Gull Lake (November 5, 2016)
- Club Champion Series Awards Reception (November 15, 2016)
- Feel Good February Member Reception Run (February 6, 2017)
- Spring Fling Member Reception Run (April 3, 2017)
- Annual Member Banquet (March 2017)

For more information about this program, please contact Board Member At Large, Carrie Hoch-Mortlock at Carrie.Hoch-Mortlock@KalamazooAreaRunners.org.

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.

Kalamazoo Area Runners Fanwear Store – Check Out Our Updated Apparel Line!

Have you checked out the updated Kalamazoo Area Runners Fanwear from Gazelle Sports? Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the [Team Gazelle site!](#)



A couple of notes to help you navigate the new Fanwear site:



1. When you click on the link above, you will be taken to a page that says “Gazelle Sports Soccer” at the top. You are in the right place! Just choose the team name “KAR Fanwear” and continue.
2. The next step is to choose the player name “K Runners.”
3. Finally, check the box at the bottom of the terms page, and continue on to check out the new Nike options.

We hope that you will enjoy the new options, and look forward to seeing new KAR Fanwear at area events. Thank you to Leslie Scheffers for spearheading these changes!



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.

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

Below are upcoming events and programs offering KAR members a discount:

[LMCU Bridge Run](#) – Grand Rapids, MI

September 18, 2016

\$5 discount off either the 5k or the 10 mile run

[Park 2 Park Half Marathon & 5k](#) – Holland, MI

September 24, 2016

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

[Grand Rapids Half and Full Marathon](#)—Grand Rapids, MI

October 23, 2016

\$10 discount on either event

Club Championship Series Events

The 2016 Kalamazoo Area Runners Club Championship Series kicks off February 15, 2016 and below are upcoming participating events. Member discounts will be automatically applied for races that utilize the RunSignUp registration platform. The remaining events use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

Discount is \$2 unless otherwise noted.

[Winter Blast Half Marathon, 10k & 5k](#) (\$10 half discount, \$5 5k, 10k discount), February 28, 2016

[The Shamrock 5k](#) (\$5 discount), March 19, 2016

[Kal-Haven Trail Run](#) (Solo Ultramarathon Only—\$10 discount), April 9, 2016

[Borgess Run for the Health of It Marathon, Half Marathon, 10k and 5k](#) (No discount), May 8, 2016

[Vicksburg Hearty Hustle 5k](#) (pre registration only), May 14, 2016

[Komen Race for the Cure 5k](#) (\$5 discount), May 14, 2016

[Oaklawn Hospitality Classic 5k & 10k](#), May 21, 2016

[K5K \(Kalamazoo 5k\)](#) (pre registration only—\$5 discount), May 21, 2016

[Run to Climax 7k](#), May 30, 2016

[Otsego Road Runner 5k](#) (\$5 discount), June 4, 2016

[Cereal City Classic 5k & 10k](#) (\$5 discount), June 11, 2016

Plainwell Education Foundation Island 5k & 10k (pre registration only), June 16, 2016

[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 18, 2016

[Binder Park Zoo Cheetah Chase 5k](#) (preregistration only), June 25, 2016

[Schoolcraft Firecracker 5 Mile](#) (\$5 discount), July 4, 2016

[In Stride 5k & 10k \(formerly Pace for Poverty\)](#), July 4, 2016

[Kindleberger Superhero 5k](#) (\$4 discount), July 9, 2016

[Steve Athey Memorial \(Raider Stomp\) 5k & 10k](#) (preregistration only), July 9, 2016

[Mattawan Road & Trail 5k & 10k](#), August 4, 2016

[Otsego Ready or Not 5k](#) (\$5 online until noon, July 22, \$2 after), August 4, 2016

Road Hawg 5k & 10k (\$5 discount), August 20, 2016

[Allegan Strides for Health 5k](#) (preregistration only), August 20, 2016

[Grape Lake 5k](#) (preregistration only) (\$3 discount), September 10, 2016

Run for the Son 5k, September 10, 2016

[Peacock Strut 5k & 10k](#), September 17, 2016

[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 25, 2016



Community Events



Networkingout: Kalamazoo is back for the third season. The purpose of Networkingout: Kalamazoo is to create and strengthen a community of professionals committed to living a healthier, more active lifestyle. Simply put, Networkingout is networking through fitness and fitness through networking. At Networkingout: Kalamazoo you will meet a host of interesting professionals while you simultaneously better your personal health.

Who: Persons interested in living a healthier, more active lifestyle.

When: Starting May 2nd thru September 19th, 2016
Every Monday from 6:00 – 7:30 pm

Where: Mayors' River Front Park (Meet at Pavilion)
251 Mills Street
Kalamazoo, MI 49048

Cost: No cost, just pay us in sweat!

Dirt in the Skirt 5K – September 17 at 9am

This 5K run/walk event will put you smack in the middle of nature as you run the rows and climb the hills around our orchards. You'll be dodging through our apple rows, side-stepping through our strawberry fields & dashing along our corn rows. As you push yourself through our 3.1 mile course, you'll also be raising money & awareness for childhood cancer research. Last year, we raised over \$2,000 for CureSearch who's funding goes directly to finding a cure for children's cancer. We're hoping to double the donated amount in 2016! 75% of all registration fees will go to support CureSearch, a childhood cancer research organization. Every day, 43 children are diagnosed with cancer. 12% do not survive. We want to do our part to change this and give our kids a chance at life!



We're going to have some fun too! We're challenging all runners to flaunt a tutu or skirt during the run! For every person that wears a tutu or skirt, Stokes Homestead Farm Market will donate an extra \$1 per person to CureSearch. There will be an after-party once you've completed the race with food & drinks & music! Our 5K is not a timed, competitive event. We will have a clock running so you may gauge your time. However, we will not be using chip timing

The event website is: <http://www.stokeshomestead.com/dirt-in-the-skirt-5k.html>

Volunteers Needed for the Hard Cider Run August 13

The Hard Cider Run that will be held at Sietsema Orchards on August 13, 2016, and we're currently searching for volunteers for this event! All volunteers are given three options in return for their services:

- 1) \$15 donated to the charity of their choice
- 2) A free registration for next year's event
- 3) A free registration for this year's event (provided that their running wave time does not interfere with their volunteer shift)

We would love to have your group come out and spend the day with us! We have lots of fun tasks to choose from. For example, volunteers will be needed to hand out medals at the finish line, help with packet pickup and registration, man the water station, or course marshaling!

We simply ask that volunteers are 16 years old or older, have the ability to stand throughout their entire shift, and are able to stay the entire time.

The location for this event is:
Sietsema Orchards
8540 2 Mile Rd.
Ada, MI 49301

To register to volunteer please visit <https://runsignup.com/Race/Volunteer/MI/Ada/TheHardCiderRunGrandRapids>.



**AUG
14**



Coaches Training 5:00pm - 8:30pm

Bring Let Me Run to your school! Let Me Run is a program for boys in 4th through 8th grade. Designed to inspire boys through the power of running to be themselves, to build healthy relationships, and to live an active lifestyle. Attend the FREE coaches training on Sunday, August 14th, 5-8:30pm at the People's Church in Kalamazoo. Go to www.letmerun.org/coaches/training for more information.

MANDY@LETMERUN.ORG



Take The Challenge!!!

The Michigan Fitness Foundation along with the [United Dairy Industry of Michigan \(UDIM\)](#) are encouraging Michiganders to engage in events promoting physical activity, health and wellness.

To participate in the Pure Michigan FITness Series Challenge, you must:

1. Sign up for the challenge using [RunSignUp](#)
2. Provide name, mailing address, email address and shirt size

This Event Endorsed by



You will receive a FIT point for every Pure Michigan FITness Series event you participate in, or volunteer for, over the course of 2016.

- **5 Points:** You're eligible for a trip up the Mackinac Bridge Tower (values at \$4500)
- **10 Points:** Receive a Pure Michigan FITness Series water bottle
- **15 Points:** Receive a Pure Michigan FITness Series medal
- **20 Points:** Receive a Pure Michigan FITness Series hoodie

The Pure Michigan FITness Series Challenge will send you an email quarterly with instructions to report your participation in the endorsed events.

Several KAR events are participating in the Pure Michigan FITness Challenge, including Winter Blast and the Kalamazoo Klassic. [For a complete listing of 2016 series participants, see the full event schedule!](#)

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/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 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—On Hiatus

Thursday evening runs from the Portage YMCA are on hiatus until further notice. Contact **Mandee Kerns** at Mandee.Kerns@kalamazooarearunners.org, or **Laura Sandahl** at Laura.Sandahl@kalamazooarearunners.org. to be added to the email distribution and/or for more information.

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 or Cindy Schnotala at cindy.schnotala@kalamazooarearunners.org to be added to the email distribution and/or for more information. Please bring your own hydration.

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 Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park

Tuesday evening runs from the pavilion on the north 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.

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

The Sunday group runs in Battle Creek meets at 7:30am from May to September, and at 3:00pm from October to April 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 or Eric Campbell at eric.campbell@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

As of the end of June, the Kalamazoo Area Runners had 1587 members. This represents 12% growth since June 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Matt	Anderson	Suzanne	Grix	Audrey	Meine
Amanda	Babin	Jennifer	Gruel	Faith	Miller
Charles	Barnes	Christine	Gwinn	Mary	Miller
Jeff	Becker	Mindy	Hare	Leah	Molter
Molly	Boehme	Paul	Hare	Shawn	Newcomb
Tim	Bourgeois	Tracy	Harrison	Hannah	Norton
Zac	Boyd	Carol	Harvey	Katie	Ort
Tiffany	Brower	Joshua	Harvey	Bruce	Parmelee
Vanessa	Brower	Tim	Harvey	Katy	Pauly
Amy	Brown	Allison	Havera	Lauren	Petroff
Meghan	Burt	Alice	Henderson	Erica	Pincomb
Amy	Callahan	Ian	Hesketh	Kaitlin	Ragotzy
Sarah	Carr	Mike	Hossack	Kristin	Ray
Ashley	Carroll	Christine	Huot	Joe	Reitz
Jackie	Charbeneau	Sarah	Jacobsma	Simone	Richardson
Erin	Clark	Holly	James	Sarah	Schieber
Laurel	Clark	Chelsey	Jones	Becky	Schmitt
Adam	Cortright	Andreas	Kaepplein	Nick	Simonds
Marye	Cretsinger	Pamela	Kaepplein	Kimberly	Sinke
Christine	Croy	Brooke	Keene	Dan	Smittendorf
Carol	Cruz	Dianna	Keesee	Samantha	Stewart
Allen	Dittenber	Ed	Kelley	Brian	Storm
Paige	Dittenber	Michelle	King	Lauren	Strongin
Allen	Dittenber JR.	Heather	LeDuc	Cyndi	Trobeck
Christina	Feneley	Abby	Loewenstein	Megan	VanderWoude
Kevin	Ferguson	Sarah	Lohman	Erica	Waito
David	Flickinger	Kim	Loiselle	Matt	Wittenberg
Melanie	Gan	Cameron	Lozeau	Laura	Zalewski
Diane	Gilligan	Mindy	MacInnis		
Teresa	Greener	Julie	McKee		

Local Race Results

Oaklawn Hospitality Classic 5k & 10k—May 21, 2016

Twenty KAR members participated in the Oaklawn Hospitality Classic 5k on May 21st. Twenty-four members ran in the 10k event. Congratulations to all of our KAR rock stars finishing in the age division winners circle and the amazing finishers circle as listed below.

5k

Rick Boyer	0:22:35	3rd
Fred Colbert	0:24:36	
Stacy Craft	0:52:59	
Steve Darrell	0:25:05	2nd
Aaron Decker	0:20:22	2nd
Mike Green	0:26:01	
Gordon Hare	0:44:12	3rd
Seth Harris	0:20:21	2nd
Kelly Hinga	0:30:29	
Joseph Hohler III	0:21:28	2nd
Bill Lewis	0:31:53	
Danielle Marsh	0:21:45	1st
Patrick McMillan	0:26:41	
Shawn Parshall	0:23:47	
Raechel Scholz	0:35:40	
Karen Schwab	0:29:09	1st
Emma Sehy	0:45:40	
JoDell Walker	0:25:58	2nd
Heather Woodbury	0:23:54	2nd
Teresa Xaundria-Sehy	0:45:40	

10k

Francine Bangs	1:01:47	1st
Craig Bays	0:59:17	
Mardie Bays	0:59:17	
Jessica Coakes	0:54:26	1st
Fred Colbert	0:49:51	3rd
Pamela Cole	0:56:13	3rd

Stacy Craft	1:26:53	
Mary Faber	0:44:27	1st
Joan Hanna Darrell	1:07:01	3rd
Gordon Hare	1:17:28	2nd
Kelly Hinga	0:58:45	
Joseph Hohler III	0:42:30	1st
Arya Jayatilaka	0:46:46	1st
Thenuka Jayatilaka	0:45:43	1st
Bill Lewis	1:01:28	
Patrick McMillan	0:51:31	
DAWN PUTNAM	1:13:07	
Rebecca Reeves	0:58:03	
Raechel Scholz	1:11:04	
Karen Schwab	0:53:08	2nd
Tim Sochor	0:43:58	2nd
Christina Thomas	1:11:16	
Adam Timm	0:49:02	
JoDell Walker	0:52:43	1st

K5K—May 21, 2016

Fifty members of the Kalamazoo Area Runners participated in the K5K presented by KAR member Jim Mishler's Spirit Racing LLC on May 21, 2016. KAR members performed extremely well with Scott Evans emerging as the overall male winner with a time of 17:31 and Tracy Argo as the overall female winner with a time of 21:09. Jeff Layne was the Male Masters winner with a time of 18:11 while Sherri Dutton was the Female Grand Masters winner with a time of 26:25. Age group leaders included Paul Bushnell (1st), Chris Chopp (2nd), Chris DHulster (1st), Erik Eldred (1st), Ray Hendriksma (1st), Julie Hoffman (1st), Christine Huff (2nd), James Johnson (2nd), Deborah Kloosterman (1st), Robert Kloosterman (1st), Nate Krawczyk (3rd), Michael Louden (2nd), Addie Maston (3rd), Lindsay Meulman (3rd), Mike Powell (1st), Brett Simmering (3rd), Cris Smith (2nd), Joel VanderKooi (1st), Kristy Vandermolen (2nd) and Tom Vandermolen (2nd). Congratulations to all of KAR's K5K finishers!

Alexander Argo	0:31:41	
Brian Argo	0:29:54	
Evelyn Argo	0:35:29	
Tracy Argo	0:21:09	Top Female Finisher – Open!
Jalayne Bennett-Conway	0:35:12	
Caleb Billings	0:20:52	
Katie Bridges	0:31:14	

Paul Bushnell	0:23:49	1st
Chris Chopp	0:25:28	2nd
Chris DHulster	0:19:48	1st
Sherri Dutton	0:26:25	Top Female Finisher – Grand Masters!
Erik Eldred	0:21:24	1st
Scott Evans	0:17:31	Top Male Finisher – Open!
Randy Fielder	0:29:08	
Craig Findlay	0:30:56	
Micah Flanagan	0:26:33	
Gary Gray	0:33:10	
Ray Hendriksma	0:26:50	1st
Frederick Hobson	0:31:43	
Frederick Hobson	0:24:53	
Rosalind Hobson	0:31:51	
Julie Hoffmann	0:29:26	1st
Tim Holden	0:33:35	
Kay Hubbard	0:37:21	
Christine Huff	0:28:46	2nd
James Johnson	0:23:43	2nd
Jody Johnson	0:49:06	
Fred Keister	0:29:50	
Deborah Kloosterman	0:26:27	1st
Michael Kloosterman	0:24:32	
Robert Kloosterman	0:21:33	1st
Nate Krawczyk	0:19:48	3rd
Jeff Layne	0:18:11	Top Male Finisher – Masters!
Michael Louden	0:20:51	2nd
Addie Maston	0:29:13	3rd
Frank Maston	0:44:20	
Lindsay Meulman	0:30:46	3rd
Steve Ott	0:43:25	
Mike Powell	0:22:53	1st
Brett Simmering	0:26:47	3rd
Eli Simmering	0:26:36	
Ethan Simmering	0:25:16	
Mary Anne Simmering	0:28:31	

Cris Smith	0:19:46	2nd
Joel VanderKooi	0:20:07	1st
Kristy Vandermolen	0:29:00	2nd
Tom Vandermolen	0:28:25	2nd
Sam VanLoo	0:30:37	
Scott VanLoo	0:30:50	
Max Zigterman	0:31:43	

Run to Climax 7k—May 30, 2016

Forty-nine KAR members participated in the 2016 Run to Climax held on Memorial Day. Scott Evans took the Overall Male title with a time of 24:32 and Laura Lam took the Overall Female title with a time of 29:10. Jeff Layne emerged as the Male Master's winner with a time of 26:02 while Mary Faber took the Female Master's title with a time of 29:54. Other age group winners included Tracy Argo (1st), Zachary Baker (2nd), Andrea Burke (3rd), Fred Colbert (3rd), Daniel Damaska (2nd), Kim Foghino (2nd), Travis Followell (2nd), Judah Gesmundo (2nd), Tom Hall (1st), Ray Hendriksma (2nd), Susan Hubert (3rd), Arya Jayatilaka (2nd), Thenuka Jayatilaka (3rd), James Johnson (3rd), Rocque Lefaive (3rd), Michael Louden (1st), John Olbrot (1st), Teri Olbrot (3rd), Mike Powell (1st), Steve Pride (1st), Kenzi Pridgeon (3rd), Steve Randolph (2nd), Kyle See (1st), Bonnie Sexton (1st), Cris Smith (2nd), Joel Vanderkooi (1st), Linda Vaughan (3rd), and Peggy Zeeb (1st). Congratulations to all of our Run to Climax 7k finishers!

Brian Argo	0:41:34	
Tracy Argo	0:30:24	1st
Zachary Baker	0:26:59	2nd
Andrea Burke	0:37:08	3rd
Fred Colbert	0:34:27	3rd
Daniel Damaska	0:28:12	2nd
Scott Evans	0:24:32	Overall Men's Winner!
Don Ewert	0:54:22	
Mary Faber	0:29:54	Female Master's Winner!
Randy Fielder	0:45:25	
Sharon Fielder	1:15:36	
Kim Foghino	0:41:06	2nd
Travis Followell	0:31:30	2nd
Judah Gesmundo	0:51:02	2nd
Tom Hall	0:25:37	1st
Sarah Hamric	0:49:51	
Ray Hendriksma	0:38:12	2nd
Susan Hubert	0:44:22	3rd

Arya Jayatilaka	0:33:47	2nd
Thenuka Jayatilaka	0:31:49	3rd
James Johnson	0:32:41	3rd
Laura Lam	0:29:10	Overall Female Winner!
Jeff Layne	0:26:02	Male Master's Winner!
Rocque Lefaive	0:32:40	3rd
Michael Louden	0:30:30	1st
Gayle Majeske	0:44:10	
Addie Maston	0:45:09	
Frank Maston	0:59:24	
Brian Meyers	0:37:38	
Melina Moore	0:46:12	
Matthew Norko	0:51:43	
John Olbrot	0:34:44	1st
Teri Olbrot	0:54:34	3rd
Mike Powell	0:33:19	1st
Nina Poznanski	1:20:00	
Steve Pride	0:27:56	1st
Kenzi Pridgeon	0:43:58	3rd
Steve Randolph	0:32:21	2nd
Kyle See	0:50:18	1st
Bonnie Sexton	0:35:38	1st
Laurie Simmons	0:58:30	
Cris Smith	0:28:19	2nd
Jim Teeter	0:34:56	
Joel VanderKooi	0:27:48	1st
Linda Vaughan	0:59:25	3rd
Amy Wright	0:48:51	
Teresa Xaundria-Sehy	0:47:44	
Eric Zeeb	0:43:52	
Peggy Zeeb	0:31:15	1st

Otsego Rotary Road Runner 5k — June 4, 2016

Seventeen KAR members took part in the Otsego Rotary Road Runner 5k, one of the new Club Championship Series events that took place on June 4th. Age group winners included Madi Dendel

(3rd), Sherri Dutton (1st), Joseph Hohler III (2nd), Susan Hubert (3rd), Christine Huff (2nd), James Johnson (3rd), Fred Keister (3rd), Michael Louden (1st), Gabe Mills (3rd), Joy Mills (3rd), Matt Petersen (3rd), Gabriel Porter (2nd), Gayle Porter (2nd) and Steve Pride (1st). Congratulations to all of our Otsego Rotary Roadrunner 5k finishers!

Jim Dendel	0:33:45	
Kelley Dendel	0:58:28	
Madi Dendel	0:32:59	3rd
Sherri Dutton	0:26:56	1st
Ray Hendriksma	0:26:06	
Joseph Hohler III	0:19:51	2nd
Susan Hubert	0:30:20	3rd
Christine Huff	0:28:14	2nd
James Johnson	0:22:34	3rd
Fred Keister	0:25:59	3rd
Michael Louden	0:20:38	1st
Gabe Mills	0:27:08	3rd
Joy Mills	0:35:00	3rd
Matt Petersen	0:23:26	3rd
Gabriel Porter	0:36:27	2nd
Gayle Porter	0:34:02	2nd
Steve Pride	0:19:47	1st

Cereal City Classic 5k & 10 k—June 11, 2016

The Cereal City Classic took place on Saturday, June 11th. Nineteen members of KAR participated in the 5k, and 45 took part in the 10k. Several members took age group awards in the 5k, including Lois Howard (3rd), Reita Isobe (1st), Jeff Layne (1st), Lorena Moras Trainor (2nd), Bonnie Sexton (1st) and Peggy Zeeb (1st). KAR member Ed Kenny emerged as the Male Overall Winner in the 10k with a time of 40:07. Other 10k age group winners included Andy Boris (1st), Douglas Chapel (1st), Jessica Coakes (3rd), Fred Colbert (1st), Mary Faber (1st), Randy Fielder (3rd), Scott Frank (2nd), Kelly Sue Fritz (2nd), Ann Garlock (1st), Joseph Hohler III (1st), Kjersten Priddy (1st), Karen Schwab (2nd), Steve Simons (2nd), and Michelle Spiegla (3rd). Congratulations to all of KAR's Cereal City Classic finishers!

5k

Amy Acker	0:29:15
Alison Barnett	0:50:23
Debbie Barnett	0:33:31
Amanda Burdette	0:26:52
Amanda Chapel	0:32:55

Sarah Flanagan	0:32:54	
Brad Hollister	0:28:33	
Lois Howard	0:30:25	3rd
Reita Isobe	0:20:10	1st
Amanda Knapp	0:36:49	
Jeff Layne	0:18:19	1st
Lorena Moras Trainor	0:26:12	2nd
Linda Rice	0:49:12	
Kwame Robinson	0:35:25	
Bonnie Sexton	0:24:43	1st
Cheryl Sigler	0:43:52	
Carla Verbrugge	0:35:00	
Becca Ward	0:25:33	
Peggy Zeeb	0:21:28	1st
10k		
Mary Beth Bass	1:35:12	
Allison Bennett	1:04:27	
Brennan Bennett	1:04:27	
Andy Boris	0:45:19	1st
Katie Bridges	1:10:37	
Douglas Chapel	0:51:48	1st
Jessica Coakes	0:55:15	3rd
Fred Colbert	0:51:13	1st
Angela Deal	1:10:21	
Mary Faber	0:45:21	1st
Randy Fielder	1:05:50	3rd
Teddy Foote	0:50:27	
Scott Frank	0:45:32	2nd
Kelly Sue Fritz	0:51:26	2nd
Ann Garlock	0:51:22	1st
Gary Garlock	0:53:42	
April Hall	1:10:37	
Joseph Hohler III	0:43:18	1st
Kylie Hollister	1:18:25	
Maggie Honaker	1:41:26	

Ed Kenny	0:40:07	Male Overall Winner!
Jaime Kiessling	1:04:47	
Corey LaGro	0:53:21	
Michelle Marvin	1:02:47	
Lindsi Metzger	1:09:54	
Shelley Miller	1:12:50	
Vickie Mingus	1:13:30	
Stacy Neal	1:10:48	
Lesley Nedervelt	1:13:58	
Stacey Newton	1:06:40	
Laurie Oleksa	1:05:24	
Shawn Parshall	0:52:24	
Kjersten Priddy	0:50:26	1st
Rebecca Reeves	1:03:58	
Kimberly Robinson	0:55:39	
Rhianna Russell	1:18:23	
Karen Schwab	0:55:18	2nd
Kathryn Sellers	1:06:17	
Steve Simons	0:56:35	2nd
Kristine Simpson	1:05:54	
Rhonda Smart	1:35:13	
Michelle Spiegla	0:57:21	3rd
Mark Throckmorton	0:53:21	
Kristy Vandermolen	1:11:02	
Tom Vandermolen	1:11:02	

Plainwell Racin' the Island City 5k & 10k —June 16, 2016

The Plainwell Education Foundation Racin' the Island City 5k & 10k took place on Thursday, June 16th. Fourteen KAR members participated in the 5k, and four members participated in the 10k. Age group winners in the 5k included Mike Foster (1st), Kelly Sue Fritz (2nd), Kyle See (2nd), Bonnie Sexton (1st) and Joel Vanderkooi (1st). Age group winners in the 10k included Brian Devries (1st), Scott Evans (1st), Frank Maston (1st) and Kathy Roschek (1st). Congratulations to all of KAR's Racin' the Island City finishers!

5k

Ed Bigelow	0:26:05
Bill Elliott	0:34:58
Randy Fielder	0:29:19

Mike Foster	0:37:29	1st
Sarah Foster	0:34:41	
Kelly Sue Fritz	0:23:41	2nd
Ray Hendriksma	0:25:23	
Dan Launt	0:29:47	
Maria Launt	0:29:49	
Kyle See	0:34:34	2nd
Bonnie Sexton	0:24:51	1st
Renee Tibbitts	0:35:23	
Joel VanderKooi	0:19:09	1st
Amanda Wehner	0:36:27	

10k

Brian Devries	0:46:33	1st
Scott Evans	0:35:51	1st
Frank Maston	1:21:22	1st
Kathy Roschek	1:21:25	1st

Kalamazoo Klassic 5k & 10k —June 18, 2016

The 38th annual Kalamazoo Klassic took place on Saturday, June 18th. One hundred fifty-three members of KAR participated in the 5k, and 132 took part in the 10k.

In the 5k Brendan Molony took the Male Overall title with a time of 16:36. Masters Winners included Jeffy Layne (18:25) and Heather Boersma (20:35) and Grand Masters Winners included Joe Reitz (18:52) and Kathy Farrow (23:45). 5k age group circle winners included Stephanie Allen (3rd), Zach Baker (3rd), Thomas Bennett (2nd), Marie Billen (2nd), Royce Bland (3rd), Ashleigh Carpentier (2nd), Dan Damaska (2nd), Madi Dendel (3rd), Scott Evans (1st), Sandi Fritz (1st), Tom Hall (2nd), Ray Hendriksma (2nd), Julie Hoffman (1st), Joseph Hohler III (3rd), Terry Hutchins (1st), Mark Kanouse (1st), Amy Kavanaugh (3rd), Ed Kenny (1st), Michael Kloosterman (2nd), Michael Louden (3rd), Pam McWilliams (2nd), Kristy Prahin (2nd), David Rozelle (2nd), Bonnie Sexton (2nd), Mark Sigfrids (3rd), Jack Thom (3rd), Elizabeth VandenHeede (1st) and Brandon Vandusen (2nd).

Ed Kenny took the Male Masters Winner title in the 10k with a time of 38:18. Grand Masters Winners included Patrick Fillar (39:23) and Sandi Fritz (46:09), while Senior Grand Masters titles went to Mark Sigfrids (47:49) and Shelly Fink (53:30). Age group circle winners included Morris Applebey (1st), Susan Baker (2nd), Francine Bangs (1st), Marie Billen (2nd), Isaac Bowman (3rd), John Brady (2nd), Paul Bushnell (3rd), Fred Colbert (3rd), Dan Damaska (2nd), Gretchen Dettloff (3rd), Scott Evans (2nd), Kristen Fillar (1st), Bill Gephart (2nd), Christopher Gregory (1st), Doug Gucich (2nd), Tom Hall (2nd), Gordon Hare (2nd), Joseph Hohler III (3rd), James Johnson (3rd), Amy Kavanaugh (3rd), Robert Kloosterman (1st), Dean MacVicar (1st), Lauren MacVicar (1st), Pam McWilliams (2nd), Barbara Overlander-Afton (1st), Steve Randolph (2nd), Joe Reitz (1st), Janet Schauer (3rd), Lisa Schreiner (2nd), Karen Schwab (2nd), Ethan Simmering (3rd), Kirstin Simons

(2nd), Al Smith (1st), Cris Smith (1st), Tim Sochor (3rd), Gary Tenbrink (3rd), Joel VanderKooi (1st), Sarah Yetter (1st), and Max Zigterman (2nd). Congratulations to all of our Kalamazoo Klassic finishers!

5k

Doreen Akins	0:30:14	
Stephanie Allen	0:23:24	3rd
Alexander Argo	0:28:36	
Brian Argo	0:28:45	
Evelyn Argo	0:37:13	
Tracy Argo	0:37:14	
Zachary Baker	0:19:08	3rd
Thomas Bennett	0:33:47	2nd
Keegan Bierema	0:36:21	
Ed Bigelow	0:26:11	
Marie Billen	0:21:00	2nd
Jessica Bingham	0:34:31	
Royce Bland	0:36:51	3rd
Bruce Boersma	0:22:38	
Heather Boersma	0:20:35	Female Masters Winner!
Andy Boris	0:24:16	
Diane Bowman	0:28:43	
John Brady	0:21:47	
Kathy Breyfogle	0:27:04	
Emily Bruno	0:44:46	
Jacque Carlson	0:27:52	
Ashleigh Carpentier	0:22:49	2nd
Becky Clark	0:42:35	
David Clark	0:36:01	
Stephanie Clark	0:26:45	
Dawn Cleaver	0:34:18	
Fred Colbert	0:24:14	
Karen Conner-Beck	0:32:50	
Daniel Damaska	0:19:33	2nd
Aaron Decker	0:20:07	
Jim Dendel	0:34:09	

Madi Dendel	0:34:09	3rd
Gretchen Dettloff	0:28:47	
Chris DHulster	0:19:13	
Hannah Diggs	0:47:45	
Sherri Dutton	0:26:52	
Kim Evans	0:30:29	
Mike Evans	0:29:31	
Scott Evans	0:17:17	1st
Kathy Farrow	0:23:45	Female Grand Masters Winner!
Carie Faul	0:31:45	
Peter Fernando	0:31:57	
Randy Fielder	0:28:43	
Kristen Fillar	0:33:14	
Brad Franks	0:20:47	
Artis Freye	0:35:12	
Sandi Fritz	0:23:58	1st
Aimee Garrison	0:42:33	
Bill Gephart	0:26:44	
Christopher Gregory	0:24:50	
Doug Gucich	0:21:16	
Cari Guernsey	0:26:26	
Paul Guernsey	0:26:32	
Rosie Hall	0:30:04	
Tom Hall	0:18:56	2nd
Mary Hannapel	0:24:57	
Kristin Hanson	0:42:34	
Gordon Hare	0:42:18	
Seth Harris	0:20:14	
Mary Haskamp	0:38:47	
Michael Hazard	0:43:13	
Ray Hendriksma	0:25:01	2nd
Brenna Hendrix	0:44:37	
Ferdi Hintze	0:40:53	
Julie Hoffmann	0:28:00	1st
Joseph Hohler III	0:20:53	3rd
Karen Hook	0:26:10	

Susan Hubert	0:28:22	
Christine Huff	0:28:00	
Terry Hutchins	0:23:43	1st
Robert Jackson	0:24:09	
Brandon Jeannot	0:23:38	
Shari Johns	0:34:19	
Mark Kanouse	0:21:29	1st
Amy Kavanaugh	0:25:41	3rd
Danielle Kean	0:30:45	
Fred Keister	0:25:02	
Kara Keller	0:24:53	
Ed Kenny	0:18:32	1st
Angela Keyes	0:28:04	
Melinda Kiplinger	0:28:47	
Deborah Kloosterman	0:28:11	
Michael Kloosterman	0:23:39	2nd
Nate Krawczyk	0:19:11	
Kevin Labadie	0:55:54	
Kim Labadie	0:55:54	
Jeff Layne	0:18:25	Male Masters Winner!
Rocque Lefaive	0:19:01	
Joyce Lew	0:34:57	
Caleb Lohman	0:19:24	
Michael Louden	0:20:24	3rd
Gayle Majeske	0:36:09	
Michelle Marvin	0:28:52	
Frank Maston	0:42:48	
Kris McWilliams	0:22:00	
Pam McWilliams	0:22:59	2nd
Lindsay Meulman	0:28:59	
Ken Mohny	0:27:18	
Brendan Molony	0:16:36	Male Overall Winner!
Melina Moore	0:32:26	
Jennifer Nelsen	0:35:13	
Amy Onderlinde	0:40:02	
Hannah Pankratz	0:25:02	

Shawn Parshall	0:23:36	
Don Payerle	0:22:36	
Sean Pingel	0:32:07	
Lisa Pitman	0:36:10	
Robert Poznanski	0:26:41	
Kristy Prahin	0:23:39	2nd
Kenzi Pridgeon	0:28:08	
Steve Randolph	0:23:15	
Teresa Redmond	0:36:06	
Ronald Reid	0:37:21	
Gwen Reidenbach	0:38:19	
Joe Reitz	0:18:52	Male Grand Masters Winner!
Dave Roberts	0:22:02	
Dawn Roberts	0:44:08	
Kathy Roschek	0:39:48	
Micki Rossio	0:42:44	
David Rozelle	0:34:49	2nd
Cindy Schnotala	0:36:58	
Cathie Schorer	0:40:46	
Scott Schorer	0:26:14	
Lisa Schreiner	0:26:52	
Karen Schwab	0:27:12	
Tom Schwab	0:27:08	
Kyle See	0:33:15	
Bonnie Sexton	0:25:13	2nd
Missy Shepherd	0:31:26	
Robert Sheppard	0:28:48	
Stephanie Shier	0:47:01	
Mark Sigfrids	0:23:26	3rd
Brett Simmering	0:27:59	
Mary Anne Simmering	0:29:56	
Matt Simmons	0:21:28	
Kirstin Simons	0:26:45	
Tim Sochor	0:20:44	
Janet Stensland	0:38:09	
David Steves	0:33:37	

Jeffrey Stull	0:32:10	
Jimbo Teeter	0:25:37	
Gary Tenbrink	0:33:16	
Jack Thom	0:22:56	3rd
Karen Tindall	0:31:40	
Elizabeth VandenHeede	0:20:57	1st
Brandon VanDusen	0:20:17	2nd
Carla Verbrugge	0:32:31	
Christine Walker	0:28:26	
Jason Wilhelmi	0:23:35	
Heidi Williams	0:31:22	
Mary Wisswell	0:26:15	
Janel Wright	0:26:48	
Sarah Yetter	0:26:38	

Binder Park Zoo Cheetah Chase —June 25, 2016

The Binder Park Zoo Cheetah Chase was held on Saturday, June 25th with forty-five members of KAR participating. Ed Kenny took the Male Masters title with a time of 19:14. Other KAR age group circle winners included Morris Applebey (1st), John Brady (3rd), Fred Colbert (1st), Scott Evans (1st), Mike Foster (1st), Scott Frank (3rd), Joseph Hohler III (2nd), Rocque Lefaive (2nd), Kjersten Priddy (2nd), Steve Simons (2nd), and Lori Wallace (1st). Congratulations to all of our Cheetah Chase finishers!

Amy Acker	0:31:32	
Karen Applebey	0:44:57	
Morris Applebey	0:20:15	1st
John Brady	0:22:26	3rd
Fred Colbert	0:24:44	1st
Aaron Decker	0:21:33	
Scott Evans	0:18:06	1st
Mike Foster	0:39:09	1st
Lori Fraker	0:46:08	
BreeAnn Frank	0:26:27	
Scott Frank	0:20:54	3rd
Andrew Fritz	0:31:05	
Kelly Sue Fritz	0:25:24	
Sarah Hamric	0:34:36	
Derek Haroldson	0:34:30	

Ray Hendriksma	0:28:39	
Joseph Hohler III	0:20:44	2nd
Jillian Howland	0:31:48	
Susan Hubert	0:30:39	
James Johnson	0:22:49	
Shannon Kelly	0:32:07	
Ed Kenny	0:19:14	Male Masters Winner!
Emma Klien	0:48:23	
Amanda Knapp	0:38:03	
Rocque Lefaive	0:19:16	2nd
Bill Lewis	0:30:34	
Suzanne Liddell	1:02:12	
Michelle Naylor	0:37:05	
Lisa Noble	0:39:20	
Jane Parikh	0:37:28	
Shawn Parshall	0:52:55	
Kjersten Priddy	0:23:37	2nd
Linda Rice	0:58:04	
Scott Schorer	0:26:38	
Joe Shepherd	0:25:41	
Missy Shepherd	0:32:34	
Cheryl Sigler	0:46:37	
Steve Simons	0:26:53	2nd
Julia Slattery	0:24:02	
Cris Smith	0:20:32	
Bailey Steely	0:38:05	
Carla Verbrugge	0:35:54	
Lori Wallace	0:24:54	1st
Grace Walter	0:29:14	
Becca Ward	0:27:20	

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