



# The Rundown



WWW.KALAMAZOOAREARUNNERS.ORG JULY/AUGUST 2017

*“The obsession with running is really an obsession with the potential for more and more life.” – George Sheehan*

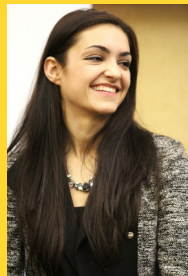
## Officers



**Bonnie Sexton**  
*President*



**Chelsea Dilla**  
*Vice President*



**Kirstin Simons**  
*Treasurer*



**Shannon Kelly**  
*Secretary*

## Running is Complicated!



*2017 Summer Safari on the Bicentennial Trail*

### By Bonnie Sexton

Few sports are as pure, simple and free as the act of running. Essential equipment consists of a pair of shoes, running apparel and hydration. Workouts can be done just about anywhere; the roads, track, trails or a treadmill.

Runners can add bells and whistles such as GPS devices, fueling products and individualized coaching services, however, these aren't essential to enjoyment of the sport. They are tools available to improve performance and achieve important milestones.

Runners can add bells and whistles such as GPS devices, fueling products and individualized coaching services, however, these aren't essential to enjoyment of the sport. They are tools available to improve performance and achieve important milestones.

Most runners become involved in running club leadership because they love and wish to further the sport. It provides a fantastic opportunity to impact the lives of others and create a sense of well being and connection for those who participate in training programs, group runs and events.

For a sport as pure and simple as running, the complexity of operating a non-profit running club can also come as a surprise. Requirements are not dissimilar to those of other non-profit organizations. There are By-laws, budgets, financial statements, 990's, insurance and liability, partnership and sponsor agreements, cloud-based

### Contents

- Running is Complicated –1
- Featured Member—Kerri Langdon –4
- Just Another Runners Perspective - 7
- Member Welcome—9
- Volunteer Directors—10
- Upcoming KAR Events and Programs — 11
- Race Discounts—12
- Service Provider/Merchant Discounts—13

## Board Members At Large



**Tiffany Andrus**



**Michael Hutchinson**



**Fred Keister**



**Amanda Knapp**



**Kerri Langdon**

systems, volunteer management, marketing, event management, program development and delivery, and the list goes on. How does the simplicity of running lead to finance, risk management, human resources, marketing, law, information technology, fund development, strategic planning and more?

The answer lies in the existence of the high quality events and programs we love and enjoy—they inspire us, motivate us, support us and connect us. They provide a means to achieve our goals, and a goal to justify our means. They provide the opportunity to challenge ourselves. It would be hard to envision a world without the Boston, Chicago or New York Marathons.

Large scale events and programs are also complex entities, requiring organizers to magically align thousands of details; some of them within their control, some outside their control (weather). For those factors outside their control, race directors practice scenario management, coming up with a plan A, B and even C to identify adjustments that might need to be made. For example, if it snows the night before Winter Blast, the City of Portage has to be ready with plows prioritized to clear the course, and Portage Public Schools has to do the same to clear the lot. There are many costs, requiring budgets, sponsors and registration fees. Costs include fees to municipalities for closing streets and providing public safety coverage, facilities rentals, participant and volunteer shirts, awards and timing to name a few. Organizations hosting events have to have general liability insurance, not only to cover their own organizations, but those involved in co-organizing and providing venues. They require hundreds, sometimes thousands, of volunteers.

In order to help manage some of the complexity involved in a large running club, Kalamazoo Area Runners hired a full-time Executive Director in 2013. She was employed by KAR for more than 3 years. After her departure in March of this year, the board made the decision to hold off on filling the position and re-evaluate needs. Our labor intensive accounting function was outsourced to Goodwill Administrative Services, and the board temporarily absorbed the remaining functions.

We also began exploring strategic partnerships designed to continue our large events and programs, while keeping the volume of work realistic for volunteer leadership. We contracted with Kalamazoo Experiential Learning Center to organize several of our large scale events, as well as absorb a couple of other labor intensive functions within some of our events and programs.

Kalamazoo Experiential Learning Center (KELC) will be organizing the following events in 2018, with Kalamazoo Area Runners acting in an advisory capacity:



**Kristen Mansfield**

- 2018 Winter Blast Half Marathon, 10k and 5k
- 2018 Bunny Hop Run
- 2018 Kal-Haven Trail Run

KELC will also be assisting with specific labor intensive functions for the following events and programs remaining in-house:

- 2017 Turkey Trot Time Prediction Run—Sponsorship Solicitation
- 2018 Beyond Training Program—Facilities Procurement (scheduling, rental agreements, insurance).

Contracting with both Goodwill Administrative Services and Kalamazoo Experiential Learning Center is enabling Kalamazoo Area Runners (KAR) to continue to operate and deliver most of our quality events and programs...without staff.

As we look towards the future, KAR leadership has many big questions. Outside of functions we contract out, should we remain a volunteer organization? If we hire staff, what does that look like? How do we best engage our members? How about non-member runners? What events and programs should we be offering?

Every three to four years Kalamazoo Area Runners (KAR) goes through the strategic planning process and the Executive Committee is currently evaluating consultants to facilitate our next session. Our goal is to be able to assess our current state and determine our direction during an era of dynamic change. Stay tuned as we ask the big questions and engage you, our membership and key stakeholders, in the process.

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



**Carrie Mortlock**



**Scott Struck**



**Elizabeth Vandenheede**



## Just Another Member's Story: Kerri Langdon

### Chasing the Dream



*"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body." ---George S. Patton*

The reasons why many have joined the running bandwagon can vary from individual to individual with many common themes intertwined amongst most of us. Some carry on as adults after enjoying the sport as a competitive athlete in high school. Others are looking for some sort of outlet to deal with the day to day responsibilities that they grow into in their mid twenties and beyond. In my years as a runner and interviewing my peers for the monthly featured runner articles I have heard most of the common triggers that have launched many into running. Some take on running as a challenge in an attempt see how far they can push their mental and physical limits. Although not many claim this to be responsible for launching their running careers, the allure of raising the ceiling on what one is capable of cannot be denied. Commitment and determination are the key to excelling at anything in life but there are some things that we may never be able to accomplish in our lives no matter how bad we want it or how hard we work to reach for it. Running is not one of those things. Although fewer than 1% of our population has completed a marathon, it is something that

many can accomplish if they want it bad enough and work for it hard enough. It is never easy but it can be done. This month's featured runner, Kerri Langdon was pushed into the running craze after watching a friend run the Chicago Marathon.

"I played golf in high school and continue to play golf. In 2007 a co-worker of mine was training for the Chicago Marathon. A group of ours from work decided to go and watch her run."

Although Kerri had spent many years on the golf course, she was in no shape to go out and run twenty six miles, let alone a half mile. Her inexperience as a runner and in being acquainted with those who ran was undeniable. This naïveté did not prevent the running seed from being planted however. "It was inspiring to watch her and others run such a distance. I really never knew anyone who was a runner up to this point so this was my first experience. The energy associated with the marathon was neat and it is something that I will always remember."

Most in Kerri 's position have aspirations of completing that first 5K race. Kerri would have to start with this distance but she had visions of a much greater challenge sometime in her future. " I remember thinking that I would like to try this someday. I never acted on this wish but sat on it until 2013."

Although Kerri didn't jump right into running she kept it on her radar as she took on a more energetic approach to her life.

" I started to become more active and joined weight watchers in 2011 shedding some pounds. I joined a gym and started walking on a treadmill. I walked my first 5K that year."

## Chasing the Dream

Walking gave her the stamina to finally bite the bullet and give running a try.

"In February 2013 I finally decided to train and run for a 5K. Up until then I had no motivation other than cheering on my friend at the Chicago Marathon but no one pushed me after this. I signed up for the 5K February and this became my motivation."

Kerri gave herself more than a month to prepare for her first step to the summit of her marathon dream.

"The race was 6 weeks later. I was able to run the whole thing. "

Kerri 's initial training method was similar to that of many lacing up their running shoes for the first time as she alternated between running and walking gradually building her endurance.

"I trained on a treadmill and started running for a few minutes, gradually building up. When I was able to run for a mile straight a few weeks later that became my first major milestone."

Kerri 's patience got her through that initial phase, as she realized that like many things in life, growth does not occur overnight. With time and commitment one will soon delight in the fruits of their labor. She recognizes the mental and physical barriers that beginning runners must break through to not only keep the fire stoked but to see it transformed into an inferno deep inside one's soul. " I see beginning runners post on the Borgess Run Camp Facebook page about how hard it is to run a distance. If you can run two minutes now you can get there. You have to start somewhere and your body will adapt. It is very inspiring to see these posts. When I first began running it was a goal and it was something that I needed to do for myself. I didn't particularly enjoy it but now I do enjoy it. I feel better after I run."

Initially all that running was for Kerri was a chore. At times it may still be a chore but now it has also turned into a part of her life that she would have a difficult time doing without. She enjoys both the individual components as well as the social outlet that running provides.

"I like the escape from the everyday. The deadlines, stressors and trials of life don't exist while you are running. They will be there when you get back but for an hour they are gone. It is just you, your shoes and the pavement. I do enjoy running with others but I also enjoy the alone time of my solo runs. It gives me time to decompress and gain a little clarity."

Kerri has learned to accept the good with the bad when it comes to running.

"There are naturally physical aches and pains that come from it. I am not exempt from this. I could do without the soreness. There is always a risk of injury."

Kerri has found an abundance of guidance, support and inspiration from others who are members of the local running community.

" I don't have one specific running mentor but many of the runners from KAR and Borgess Run camp provide mentorship along with support and encouragement. There are days in which I struggle and there is always someone there to say, "You've got this." The running community as a whole is an inspiration. Everyone has their own unique story that is encouraging."

Kerri 's advice for other runners is a simple approach that involves an attitude of the glass being half full rather than half empty.

"You can do it. You have to keep going. Don't give up. You will have roadblocks and bad runs. Don't stop because your next run might be better. Getting past these hard runs is part of the process."

## Chasing the Dream

Completing her first 5K with no walking breaks is Kerri 's most memorable moment at this point in her running tenure. It gave her the inspiration and confidence to set her sights on longer distances.

"I remember finishing and thinking that I wanted to do this again but increase the distance. I signed up for a 10K after this."

Kerri had aspirations of joining the marathon club as she watched her friend complete the Chicago Marathon back in 2007. Although it took nearly a decade for her to go after her dream she will knock it off of her bucket list in a few short weeks when she runs her first marathon in Kalamazoo. Somewhere in the future she would also like to attempt an iron man triathlon, but for now she is signed up for a special race this coming fall that will no doubt be an emotional one for her.

"I am signed up to run the Chicago Marathon for October of 2017. This will be ten years since I watched my friend run the Chicago Marathon. This is what inspired me to become a runner. I grew up in the Chicago area so completing this marathon holds a special place in my heart."

Kerri provides for all of us the perfect example that sometimes going after a goal requires a great amount of time, sometimes as long as ten years. Many have knocked the marathon off of their bucket list in a much shorter amount of time but the focus that Kerri has maintained since that day in Chicago back in 2007 in never losing sight of her dream cannot be denied.

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

Follow Up (Kerri was able to accomplish her marathon goal by completing her first marathon, the Kalamazoo Marathon back in May)

*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.*



# Just Another Runners Perspective

## A Change of Plans

By Gale Fischer

*"So often we become so focused on the finish line that we fail to enjoy the journey" ---Deiter F. Uchtdorf*

July 23, 2017: Awaking from a solid eight hours of sleep I turned my head to the left and glanced at the clock that sat on my nightstand. It was just a few minutes before seven a.m. and thoughts of closing my eyes and going back to sleep played tug of war with the notion of getting dressed and beginning my planned fifteen mile run. I had not been following a specific training plan but had carried around aspirations of attempting a fall marathon for the last few months. I had slogged through a thirteen miler a week earlier, attempting to work through a tight hamstring and some discomfort in my lower back. Because of the nagging injuries, I had recently reduced my running schedule from four days a week to three.

A decade earlier I had gone through a period of running three or four marathons a year, savoring every moment of this magical distance. Now it had been well over a year since my last marathon and I was determined that I would try again in October.

I forced myself out of bed, dressed my stiff body and shuffled to the kitchen for a banana and cold glass of water. As I peeked at the thermometer in the window I couldn't help but notice a light layer of fog floating over our backyard, a sign of sticky thick air. The numbers on the thermometer read seventy five degrees. Thoughts of going out for two plus hours in this early morning heat and humidity drained my already battered spirit. Begrudgingly I stepped outside, locked my watch into a satellite and began. As I eased into the first few miles, sweat rolled off my skin but I still felt good. Tackling my first major hill just after mile three the effort intensified and my confidence in completing the distance I had set out for, began to waiver. As I reached the crest a short downhill provided some relief with another incline increasing my heart rate and breathing. When I approached three and a half miles, just over a mile from my five mile water stop the bargaining began.

My mind didn't want to give up on fifteen miles, but my body began negotiating. Perhaps ten miles would be enough for today. The battle between my mind and body continued for a few more minutes with my mind finally giving in and accepting the plea that ten miles would be sufficient. A few moments later as I stopped for hydration, my body threw out yet another counter offer. My mind quickly sealed the deal this time and suddenly eight miles became the destination for today's route. I toiled through the next three miles with mixed emotions, feeling disappointed with myself for cutting my workout short while also eagerly anticipating a cold glass of water, a shower and a nap on my couch.

As I lay on the couch a few hours later, my lower back aching, I concluded that it might be a good time for some time away from running. There was still time to prepare for a fall marathon but today's run reassured me that if this goal were not met that all would be ok. I decided I would put my fall running goal on the shelf and re-evaluate in a few weeks.

Father Time and adjustments in priorities can change the landscape of one's life. In my middle and late thirties, I consumed running with a ravaging appetite. Sure there was family and work, but a huge part of my time was committed to my sport. Emotionally and mentally it drove me and at the time my body responded. I had spent the first half decade of my running life content on becoming familiar with distances ranging from half marathon to full marathon with pace becoming a non-factor. With five or six years under my belt, running shifted from recreation to all out competition. My pace became faster and with this came more intense workouts, followed by increased pace. Muscle memory became a common theme with pace and distance and now recovery time from a marathon became almost an afterthought.

## A Change of Plans continued....

My body was familiar with the distance and able to go out and tackle it three or four times each year. It seemed my emotional, mental and physical tenacity were all working in unison, feeding off one another.

As I approached my forties, my first major injury began to alter my focus. Two hip surgeries in the course of three years resulted in too many months without running. This setback beat me up emotionally and mentally. As I recovered from surgery anticipating running again I convinced myself that I didn't need to compete at a high level as a runner. All I really longed for was to enjoy the purity of our sport. I suppose in some ways I was fooling myself and deep within my soul I still longed for a return to fast times, high mileage weeks and intense workouts. When I returned to running I began making goals again for myself to race like I had prior to surgery. There were flashes of the past in some of my daily runs and races but I found that my body had a different agenda and was not holding up like it once had. I began racing less and targeting specific workouts became a thing of the past. In the back of my mind I still craved what I once had, but I was also beginning to accept this chapter of my running book.

My kids were now at an age in which they were participating in more organized sports and extra-curricular activities at school. I still found time to run five or six days a week and fit in longer runs but planning around races and the travel time associated with them became more difficult. Watching my kids participate in sports and becoming friends with the parents of their teammates seemed to fill the void of racing at a high level. I could still run but I did not need to race as much to enjoy my sport.

I still participated in a few local 5k races, while seeking a marathon yearly or every few years. This was enough to keep me in the game at a reduced level. There were still running goals but they were fewer and I was ok with re-evaluating these goals if sore muscles became an issue or if there was an activity that came up on my kids' schedules that interfered with my target race.

Soon I began coaching cross country and track. Suddenly my goals as a runner became secondary and the joy that I experienced as a competitive runner a decade earlier transformed to watching my athletes compete. I also become more involved as a pacer for races, finding peace with helping others achieve their own goals. Running was still an important part of my life but it was becoming meaningful to me in other ways.

So as I sit here almost two weeks from my last run I must admit that yes it is hard for me to wait out this most recent setback but the Gale Fischer ten years ago would have had a much more difficult time dealing with it than today's Gale Fischer. I still have a goal of running a fall marathon but if this does not pan out I will adjust this goal to a spring marathon or wait until the fall of 2018.

For many athletes, being goal oriented seems only natural. These goals can help to fuel one's fire, create a plan of attack and maintain a focus. As runner's we must be careful not to restrict ourselves with blinders as we look to the end goal. Just as a mountain climber needs to keep his focus on the summit to get beyond mental and physical barriers, a runner should envision the finish line to get through the rough patches of training and race day. The mountain climber should still take in the beauty of the climb as this can provide equal the satisfaction as the destination. The finish line may be our goal as runners, but shifting our attention away from this at times may be just what the doctor ordered. Breathe in the cool morning air during an October run on a winding country road. Slow the pace and enjoy the conversation with a running partner for a weekly run. Now and then skip a specified planned workout and just go out and lose yourself in your run. At times injury may change your course and goals may need to be adjusted or put on the shelf. Use this time to relish in running for what it is. The destination may be the coveted prize but it is nothing without the memories created by the journey.

**KEEP RUNNING!!**

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



## July New and Renewing Members

Daniel Austin	Sarah Flanagan	Kristi Karel	Joseph Oram	Sean Sharkey
Caroline Barkman	David Flickinger	Jeanette Kennedy	Stephanie Oram	Anna Shutes
Alison Barnett	Michele Flietstra	Jill Kirshman	Laura Osborne	Steve Simons
Christopher Barnett	Kim Foghino	Cory Kneller	Gloria Padilla-Carlson	Rhonda Simpson
Debbie Barnett	Teresa Fulcomer	Jane Ko	Jane Parikh	Stephanie Stambek
Michael Barnett	Erin Garnaat	Kevin Kwiatkowski	Lisa Patel	Jason Strongin
Polly Barrett	Joseph Garnaat	Leighton Kwiatkowski	Rene Perrin	Abigail Stull
Melissa Beach	Bill Gephart	Lynlee Kwiatkowski	Jim Petersen	Art Sturdevant
Jeff Beak	Mary Gephart	Paige Kyle	Lisa Pitman	Shannon Suarez
Amelia Billen	Alisha Gibson	Molly Lacy	Brendon Pollard	Vas Subramanian
Denis Billen	Bobby Goldstein	Neil Larson	Emily Potratz	Anandhi Sudhagaran
Leo Billen	Gordon Greenland	Christina Little	Lanny Potts	Nancy Sundberg
Marie Billen	Carlee Gruizinga	Josh Lotto	Kenzi Pridgeon	Lisa Szeles
Eric Bird	Angela Haan	Charles Louisell	Wendy Pursley	Sherri Taylor
Jim Bodine	Dean Haan	Dean MacVicar	Dhiviya Ramaraj	Anna Tuttle
Sam Bodine	Danni Hamilton	Lauren MacVicar	Donn Raseman	Carin Unangst
Kalleigh Bowman	Deborah Hamilton	Nicole Manche	Teresa Redmond	Nikki VanderKolk-Rine
Monica Brands	Lisa Hansen	Angi Marek	Kathryn Roche	Matt Vemich
Shana Brown	Derek Haroldson	Laura Marlatt	Nancy Roon	Mohanapriya Venkatesh
Alesha Burnash	Charles Henderson	Jill Maschke	Natalie Rowe	Christine Vlietstra
Lori Burrell	Haley Henderson	Susan Mastenbrook	Maggie Rucker	Kellie Wallen
Josie Campbell	Zachary Henderson	Stephanie Mattox	Brittany Russell	Grace Walter
Joseph Cardenas	Michelle Hill	Marissa McCorry	Marie Salvato	Brent Wedding
Joseph Cardenas	Kitty Hjelmroth	Andrea Messer	Pedro Sanchez	Jeff Wettig
Jacque Carlson	Brad Hollister	Tammy Mills	Leslie Scheffers	Jason Wilhelmi
Lauran Carpp	Kylie Hollister	Emma Mitchell	Tim Scheffers	Rob Williams
Thomas Carrier	Maggie Honaker	Todd Mora	Betsy Schiedel	Tracy Williams
William Carrier	Sarah Hook	Melanie Morello	Eric Schiedel	Laura Wilson
Becky Charon	Rachel Hopkins	Caelinn Morris	Jennie Schippers	Susan Wilson
Becky Charon	Gary Howell	Chris Moser	Lisa Schreiner	Ashley Witt
Cathy Cook	Becky Hughes	Tom Mulhern	Kathy Schultz	Melyssa Woods
Cathy Cook	Patrick Huot	Cate Nelson	Andrea Scott	Andrew Wright
Adriene Davis	Michael Hutchinson	Kourtne Nelson	Kathy Schultz	Jocelyn Wright Newman
Adriene Davis	Kristi Karel	Dana Nichol	Andrea Scott	Lily Yee
Carrie Drake	Jeanette Kennedy	Sharin Noall	Kyle See	Catherine Zamarron
Carrie Drake	Jill Kirshman	Tom Noall	Brett Selleck	
Crystal Dunne	Cory Kneller	Lizzie Oosterbaan		
Eric Dye	Jane Ko			
Eric Dye				
Sonia Eden				
Sonia Eden				
Amber Edson				
Amber Edson				
Penny Ellis				
Penny Ellis				
Jennifer Fechter				
Jennifer Fechter				
Mary Fillmore				
Mary Fillmore				
Craig Findlay				
Craig Findlay				
John Fiore				
John Fiore				
Kristin Fiore				

## Kalamazoo Area Runners (KAR) Club Championship Series

The Kalamazoo Area Runners (KAR) Club Championship Series consists of local events offering a discount to KAR members (except as noted) and runners earn points for participating. Time points are added for each runner's best 9 races. Points are determined as follows: Time points = winner time/runner time x 100.

Club Series age group awards will be presented to the top three in each age division at the Club Series Awards Celebration scheduled for November 14, 2017.

[Click here for more information and a list of 2017 Club Championship Series Races](#)

## Meet Our Volunteer Directors & Board Liaisons



Meet  
Sarah Gillig

### **Tiffany Andrus**

Director, Race and Service Provider/Merchant Discounts  
Board Liaison, Kal-Haven Trail Run  
[Tiffany.andrus@kalamazooarearunners.org](mailto:Tiffany.andrus@kalamazooarearunners.org)

### **Amanda Burdette**

Co-Director, BC Fast Track (Spring/Fall)  
[Amanda.burdette@kalamazooarearunners.org](mailto:Amanda.burdette@kalamazooarearunners.org)

### **Doug Chapel**

Co-Director, Sunday afternoon runs in BC  
[Doug.chapel@kalamazooarearunners.org](mailto:Doug.chapel@kalamazooarearunners.org)

### **Michael Couey**

Co-Director, BC Fast Track (Fall)  
Co-Director, BC Beyond Training Program  
[Michael.couey@kalamazooarearunners.org](mailto:Michael.couey@kalamazooarearunners.org)

### **Chelsea Dilla**

Membership Director  
Co-Director, Kalamazoo Klassic (KAR)  
[Chelsea.dilla@kalamazooarearunners.org](mailto:Chelsea.dilla@kalamazooarearunners.org)

### **Gale Fischer**

Featured Runner and Another Runner's Perspective Author.  
[Gale.fischer@kalamazooarearunners.org](mailto:Gale.fischer@kalamazooarearunners.org)

### **Sarah Gillig**

Run Through the Lights Co-Director (with Gazelle Sports and Kalamazoo Loaves and Fishes)

### **Maggie Honaker**

Chair, Battle Creek Subcommittee  
Co-Director, BC Beyond Training Program  
[Maggie.Honaker@kalamazooarearunners.org](mailto:Maggie.Honaker@kalamazooarearunners.org)

### **Marty Hoover**

Director, Club Series Administration  
[Marty.Hoover@kalamazooarearunners.org](mailto:Marty.Hoover@kalamazooarearunners.org)

### **Brian Hunt**

Director, Graphic and Web Design  
[brian.hunt@kalamazooarearunners.org](mailto:brian.hunt@kalamazooarearunners.org)

### **Michael Hutchinson**

Director, Thursday Night Richland Library Runs (with Cindy Schnotala)  
[Michael.hutchinson@kalamazooarearunners.org](mailto:Michael.hutchinson@kalamazooarearunners.org)

### **Arya Jayatilaka**

Club Photographer  
[runarya@yahoo.com](mailto:runarya@yahoo.com)

### **Fred Keister**

Board Liaison, Kal-Haven Trail Run  
Co-Director, Indoor Fast Track  
[Fred.Keister@kalamazooarearunners.org](mailto:Fred.Keister@kalamazooarearunners.org)

### **Amanda Knapp**

Co-Director, Turkey Trot Time Prediction 5k Run  
Director, Expo Management  
[Amanda.knapp@kalamazooarearunners.org](mailto:Amanda.knapp@kalamazooarearunners.org)

### **Kerri Langdon**

Director, Annual Banquet and Club Series Celebration  
Board Liaison, Winter Blast Half Marathon, 10k and 5k  
[Kerri.langdon@kalamazooarearunners.org](mailto:Kerri.langdon@kalamazooarearunners.org)

### **Carrie Mortlock**

Director, Project Sole  
Board, Liaison, Bunny Hop Run  
Bronson Walk-in Clinics  
Carrie.Hoch-  
[Mortlock@kalamazooarearunners.org](mailto:Mortlock@kalamazooarearunners.org)

### **Matthew Santner**

Co-director, Sunday Afternoon Runs in Battle Creek  
[Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org)

### **Leslie Scheffers**

Director, Information Technology Security  
[Leslie.scheffers@kalamazooarearunners.org](mailto:Leslie.scheffers@kalamazooarearunners.org)

### **Cindy Schnotala**

Director, Thursday Night Richland Library Runs (with Michael Hutchinson)  
[Cindy.schnotala@kalamazooarearunners.org](mailto:Cindy.schnotala@kalamazooarearunners.org)

### **Kirstin Simons**

Director, Member Reception Runs  
[Kirstin.simons@kalamazooarearunners.org](mailto:Kirstin.simons@kalamazooarearunners.org)

### **Bonnie Sexton**

Director, Beyond Training Program (Kalamazoo)  
Director, Fast Track Training (Kalamazoo-Summer)  
Co-Director, Summer Safari (with Gazelle Sports)  
Director, Kalamazoo Klassic (MRC)  
Board Liaison, Winter Blast Half Marathon, 10k and 5k  
Director, Club Series Outreach  
Team Captain, Race for the Cure  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)  
Rundown Editor

### **Scott Struck**

Director, Team Events (non-fundraising)  
Board Liaison, BC Fast Track & Beyond  
[Scott.Struck@kalamazooarearunners.org](mailto:Scott.Struck@kalamazooarearunners.org)

### **Scott Taylor**

Co-Director, Turkey Trot Time Prediction Run (with Amanda Knapp)  
[Scott.taylor@kalamazooarearunners.org](mailto:Scott.taylor@kalamazooarearunners.org)

### **Liz Vandenheede**

Director, Website Content Management  
Board Liaison, Kal-Haven Trail Run  
[Liz.vandenheede@kalamazooarearunners.org](mailto:Liz.vandenheede@kalamazooarearunners.org)

## Upcoming Kalamazoo Area Runners Events and Programs

Check out Kalamazoo Area Runners summer and fall events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

[Kalamazoo Fast Track 5k and 10k Training Program](#) (July 11–September 12) (Registration is Closed but Drop Ins are Welcome)

[Summer Safari Half and Full Marathon Training Program](#) (June 10– October 7) (Registration is closed by Drop Ins are Welcome)

[Fast Track 5k and 10k Training Program \(Battle Creek\)](#)  
August – November 2017  
Registration is OPEN!

[Kalamazoo Area Runners \(KAR\) Turkey Trot Time Prediction 5k Run](#)  
November 23, 2017  
Registration is OPEN!

### Next KAR Board Meeting is September 11, 2017

The next KAR Board Meeting is September 11, 2017 at 7:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@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.



## Group Runs

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

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

## Injury Assessment Clinics Through Bronson Sports Medicine

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

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

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



## Race Discounts

KAR Members are eligible for many local and regional events. Please contact Tiffany Andrus at [tiffany.andrus@kalamazooarearunners.org](mailto:tiffany.andrus@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 Tiffany Andrus at the email address above. Below are upcoming events and programs offering KAR members a discount:

[Kids Moving and Thriving 5K](#) -  
Kalamazoo, MI  
September 4, 2017  
\$10 Discount

[Holland Haven Marathon \(8K, Half, Full Marathon\)](#) – Grand Haven, MI  
September 10, 2017  
\$10 Discount

[Rattlesnake Run Family Fun Run & 5K](#) -  
Rochester, MI  
September 17, 2017  
\$10 Discount

[Holland Hospital Park2Park Half Marathon](#) Holland, MI  
September 23, 2017  
\$8 Discount Half Marathon; \$5 Discount 5k

[Turtle Trot Family Fun Run & 5K](#) - Ann Arbor, MI  
September 24, 2017  
\$10 Discount

[The Hungerford Trail Races \(50M, Half & Full Marathon\)](#) – Big Rapids, MI  
September 30, 2017  
\$15 Discount

[Monarch March Family Fun Run & 5K](#) - Kalamazoo, MI  
October 1, 2017  
\$10 Discount

[Sturgeon Sprint Family Fun Run & 5K](#) - Detroit, MI  
October 8, 2017  
\$10 Discount

[Grand Rapids Half and Full Marathon](#) – Grand Rapids, MI  
October 15, 2017  
\$10 Discount

[CNO Financial Indianapolis Monumental Marathon, Half Marathon and 5k](#) – Indianapolis, IN  
November 4, 2017  
10% Discount

[Ground Hog Marathon, Half Marathon and 1/6 Marathon](#) – Grand Rapids, MI  
February 2 & 3, 2018  
10% Discount

[Run the Year 2,017 Miles in 2017](#) Fitness Challenge  
\$5 Discount



## Service Provider and Merchant Discounts

### AGILITY PHYSICAL THERAPY

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

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

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



### BRONSON ATHLETIC CLUB

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

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

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



### ATHLETIC MENTORS

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

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

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



AthleticMentors

### CENTERING YOGA

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

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



### BORGESS HEALTH AND FITNESS CENTER

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

**BORGESS**  
Health &  
Fitness Center

### CEREAL CITY ATHLETICS

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

2017 Events include:

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

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



# Service Provider and Merchant Discounts

## KALAMAZOO ATHLETIC WELLNESS

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



## SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2017 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](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2017 events, using the 2017 KAR discount code..

Schedule of events:

- Gull Lake Triathlon-June 24, 2017
- Shermanator—August 5, 2017
- Kids Get Active Triathlon-August 12, 2017



## 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](http://www.downdogyogacenter.com). Provide the 2016 discount code to receive discounts.



## NITE BEAMS

Nite Beams is offering KAR members 20% off all products online and in-store! Shop for LED safety products for runners, walkers, bicyclists, and pets at [www.nitebeams.com](http://www.nitebeams.com).

Be sure to use the four digit standard KAR



code to receive the discount.

## Service Provider and Merchant Discounts

### GAZELLE SPORTS

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

Visit [www.gazellesports.com](http://www.gazellesports.com) for more information on footwear available.



**Gazelle Sports**

### CORE

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

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

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

Special plans available for Boston & Kalamazoo Marathons.

Visit [www.fuelthecore.com](http://www.fuelthecore.com) for more information. To receive the deal, use the standard four digit KAR discount code upon checkout.

**CORE**

NUTRITION PLANNING

### TROY HUGGETT FITNESS PROS

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

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

To learn more and to register visit [www.troyhuggett.com](http://www.troyhuggett.com).

Troy would also like to toss in a bonus offer of a B.O.G.O monthly Rock Climbing membership. Generally it is \$20/per person for the month - no long term commitment, joining fees, or additional fees of any kind. KAR members can buy one and give the other membership to a friend. This is a great way to train for obstacle course races in addition to just getting some great cross training in

To learn more and to register visit Troy's website at [www.troyhuggett.com](http://www.troyhuggett.com).

### YMCA OF BATTLE CREEK

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





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

**Email: [Membership@kalamazooarearunners.org](mailto:Membership@kalamazooarearunners.org)**

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