



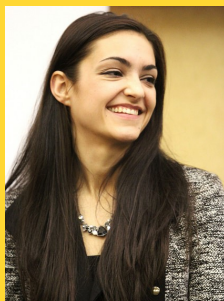
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*"Then where does the power come from, to see the race to its end? From within."
-Chariots of Fire*

The Spiritual Benefits of Running

By Bonnie Sexton with except by Chris Crowell



The spiritual benefits of running are by far the most profound, yet most personalized to each individual. This makes it more abstract and challenging to dissect than the physical, mental and social aspects of running. When several KAR members were asked to describe the spiritual benefits of running, the answers each came from very different perspectives.

The run can serve as a time for reflection upon ones own spirituality and beliefs. A solo run, removed from the distractions of every day life, can serve as a time of prayer, meditation and soul-searching.

KAR Member and Gazelle Sports Co-owner Chris Crowell embraces the spiritual benefits of running.

KAR Member Gale Fischer shares how running impacts his being and the world around him, providing a time to give thought to spiritual matters.

"The miles and miles of running alone over the years has given me hours of time to think about different things, including how spirituality fits into our world as a whole and my world individually. Running outside, in varied settings, during the variety that comes with each season, at different hours of the day and night provides a unique opportunity to connect with the spiritual world," shares Gale.

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For some, the run can become a spiritual experience in and of itself, connecting us with our inner being. KAR Member and Gazelle Sports Co-owner Chris Crowell shares this perspective in his article, *The Power of Movement*.

The Power of Movement By Chris Crowell

"The real power of exercise begins and is complete in our soul. We may first find the path through a physical competition, a mental challenge, a social connection, or an emotional release, however, the energy that motivates and renews us at the core is spiritual.

Yes, there are times that we move methodically through a workout with little sense of true self. And at times, find our minds over analyzing our performance or future goals without finding the inner voice that provides purpose. And at times, we stay totally in the ego, competing or achieving while forgetting to reflect on life's meaningful spiritual connection to our body.

But it is in the times we find the real connection between physical, mental, emotional, social, and spiritual that define our journey of movement and introduce the passionate inner guide that motivates us to reach for exercise and physical discomfort again.

The time we spend asking our bodies to stretch, move, push, and drive beyond what we thought possible may exhaust the body for a short time but it enlivens our soul. As we change our body through movement, our mind accepts new possibilities, and our emotional energy reflects an empowered sense of self. As we move consistently, we change our physiology and biochemistry producing not just health but happiness.

The soul does not need to find a physical outlet to connect to life's energy, but the experience of moving beyond physical comfort through exercise can deepen and strengthen our spirit. As with all pursuits, we must practice and we are never perfect, but we will find a remarkable opportunity to find joy as we move.

There are many components of health and happiness and many paths that power the soul, however, on this earth, in these physical bodies, we can use the gift of movement to connect to the energy of our entire being. The path is open for all and not limited to the physically gifted for we are all athletes on the journey of life."

Keep Moving,

Chris

Running can serve as a metaphor for ones' spiritual journey, and this is prevalent in The Bible where the sport of running is referenced several times, drawing an analogy between the sport of running and faith.

KAR Member Jon Mathieson shares this perspective, drawing an analogy between his running journey and his spiritual journey.

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Linda Vaughan

“My journey of faith is very much like my running journey. I grew up in a wonderful family and church but walked away for a bit. I found an amazing church in Chicago and that rekindled my faith and is also where I met my wife! Faith is all about a relationship and running is no different. It can be my own personal relationship with God or my relationships with others.” says Jon.



KAR Member Jon Mathieson draws an analogy between his running and spiritual journey.

The various dimensions of the spiritual side of running are very much a matter of one's own personal perspective, however, it is safe to say, time on the run affords the opportunity for spiritual growth and reflection. One's running journey can serve as a metaphor for one's spiritual journey as we persevere through the marathon we call life.

Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is a Human Resources and Community Relations Director for a Kalamazoo non-profit organization. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine, Texas Township Living, Gull Lake Living and Heart of Texas Township. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers' Bureau of the United Way of the Battle Creek and Kalamazoo Region. She has conducted presentations at a number of local and national organizations including the RRCA National Convention, Kiwanis and Rotaract.



Just Another Runner's Story: Kevin Rabineau

Never Give Up on Running

By Gale Fischer



Kevin Rabineau

There are many ways in which running can provide for its participants. For some, competing at a high level can serve as a form of self-confidence that can spill into other areas of life. Others gain some of the most positive friendships they have ever had through running. Many latch on to the physical, mental and emotional health benefits of running. Whatever one's motives for running, it can be easy to take for granted the opportunity to participate for weeks, months and years at a time without interruption. One of Battle Creek's most recognized runners, Kevin Rabineau, has been blessed as a runner for more than forty years, reaping the rewards that have come with it. He had been fortunate enough to run without an extended layoff for much of his lifetime. Thoughts of his passion being ripped away from him never entered his psyche. Not only did he identify himself as a runner but family members, friends, acquaintances and colleagues have also labeled him as such for the last four decades. It's not that Kevin conveyed an attitude that nothing could take running away from him, but there was never a sense of urgency for him to savor every run as though it might be his last run. This would change however a few years ago. A medical diagnosis and an impending surgery quickly placed Kevin in a precarious position, one he had never experienced. In one brief conversation with his doctor, Kevin was knocked from a feeling of being invincible that had been deeply rooted into his soul for years, to a feeling of vulnerability. Not only was Kevin fearful of losing his go to activity, he also worried that the network of friendships he had created through running was at risk as well.

Kevin's journey into running began at the age of fifteen while sitting in front of his television watching Frank Shorter win the marathon at the 1972 Munich Olympic Games. "This is what hooked me. The next day I went and ran around our big block in Sault Ste. Marie." This big block was only a half mile and by the time Kevin finished this loop he was out of breath and red in the face. Kevin would build his endurance with a slow methodical approach. "I kept doing this until it became comfortable and then I would run twice around." Kevin kept building from there, increasing his endurance and speed as he went.

Although Kevin was inspired by watching Frank Shorter win gold in the Olympic Marathon, Kevin would try a distance of greater length before honing in on twenty six miles. "In 1976 a friend of mine and I ran from Sault Ste. Marie to Newberry, a total of sixty seven miles, as a fundraiser for MS. We had a support team in a pick-truck."

Although racing a distance of 26.2 miles would seem like a no-brainer after completing sixty plus miles, Kevin would wait another five years before competing at this coveted distance. "In 1981 I ran my first official marathon in Detroit, with a finishing time of two hours and forty six minutes." Although the marathon distance had become popular at this time, the landscape of running was not what it is today. The number of runners for Kevin's first marathon in Detroit was south of two thousand. Not only were the numbers small but the competition was much more stiff back then. "In 1987 at age of thirty I ran a 2:43 at the Columbus marathon, good enough for only a twelfth place finish in my age group."

Kevin ran his first Boston Marathon in 1998 with 6,758 registered runners, a far cry from today's standard with thousands of runners competing for one of 30,000 entries. Part of this growth in field size of the world's most historic marathon is due to the greater number of individuals running marathons today as compared to the 1980s but adding age graded qualifying standards through the years has played a part as well

Never Give Up on Running continued...

Early on as a runner Kevin self educated himself on the physiology and training methods of running by reading issues of Runner's World and Running Times from cover to cover. Access to information on running or any subject for that matter was not available on a computer screen or phone as it is today. Even with the time that Kevin devoted to reading about how to improve his craft, much of his growth as a runner came from trial and error. "In the first years of my running I would run a little faster in every race that I ran because I learned from mistakes in each of these races. From 1983 to 1987 I was consistently running in the 16s for a 5K". Kevin coached himself, learning from his successes and mistakes alike.

"Good things come to those who believe, better things come to those who are patient and the best things come to those who never give up."

The landscape of running back in the 1970s and 1980s when Kevin was running some of his best times, looked different today not just in terms of the number of races, numbers of runners in these races, social connections of runners and the availability of information related to the methodology of running. Options for running shoes and gear were limited thirty to forty years ago in comparison to today. "In 1972 when I started I was running in Converse All Stars because there were not many running shoes on the market. These made things very slippery while running in the UP in the dead of winter."

Kevin would use a little creativity to try to solve this issue of traction on ice and snow covered roads. "I found soccer shoes with studs to help with running in slippery conditions. Around 1977 and 1979 running shoes were becoming more varied and there were more options. At that time, however, you couldn't order shoes online. Buying running shoes and running gear was much different back then. I put in many miles in the UP in the winter with cotton clothing."

Like many competitive runners, the aging process can be hard to deal with. One realizes that the speed of young legs will decrease through the years but accepting this is not always easy. "When I was forty years old I still felt like I had some speed. I could run in the low 17s for a 5K. When I turned fifty I was happy to run in the low 18s, and sometimes I could run under 18. When I turned sixty I realized the 17s were gone." Although slowing down has been an unavoidable process, the endurance has not faded. "Seeing speed decline has been difficult but I do feel that I can run as far now as I ever have. At a certain point I realized I had to be satisfied at my ability to compete with others in my age group and to be the best I can be at any given time and not be competitive with younger people. Life is a marathon not a sprint."

As Kevin began to experience success as a runner, his thirst for knowledge about how to perform at the highest level introduced him to a major transition in his life. He and his family packed up and moved from Michigan's Upper Peninsula to student housing in Mount Pleasant. "In 1984 my interest in running and exercise led me to Central Michigan University to obtain a degree in Exercise Science. My wife Karen and I had been married six years. We had two young children. We packed our bags and moved to Mount Pleasant. I finished my BA in 1985. I then got a position at CMU as a graduate assistant in the health education department and continued my education to get my Masters in Public Health." Kevin spent the next thirty three years working at the collegiate level as an administrator and coach. "I coached men's cross country at Lake Superior State in 1986 and 1987. Later I spent 12 years coaching cross country and five years coaching track at Olivet."

For forty some years, running had been a huge part of Kevin's life. It had been his go to activity, giving him a sense of belonging to a community of those who shared his passion. It gave him success and confidence as an athlete. His healthy disposition came because of running. Running even helped to shape his career in the area of exercise physiology.

He had dealt with minor issues through the years but had never gone for more than a month without running. Kevin's resolve and identity as a runner would be shaken late in 2016. "I had been feeling some low back pain in late 2016. My medical doctor started doing adjustments and spinal manipulations. After every adjustment it would feel better."

Never Give Up on Running continued...

Kevin's back pain would take on a new level later that autumn. " In the fall of 2016 I took a fall while running, breaking a rib on my right side and landing hard on my hip. I feel that this was the final straw for my back. After this I started having buzzing in my leg that went down to my foot while running. I was having some hamstring pain and lower back pain."

The new symptoms that Kevin was experiencing were too much to ignore. " I want back to my doctor. He prescribed an Electro Myo gram thinking that there was a nerve issue. I started having pain enough that it was hard to walk. My left foot kept dropping when I walked."

Kevin's pain became so intense that he could not walk. "One night I had serious enough pain that I could not walk. I had to crawl to the car and my wife, Karen, took me to the hospital." An MRI was scheduled immediately and after looking at it his DO wanted to meet with Kevin as soon as possible. "When I walked in the room he had a look of shock on his face. When he showed me the digital view of my lower back it looked like a log house had fallen down".

The MRI showed that Kevin's L5 had collapsed onto his sacrum. The disk between the L5 and sacrum had been destroyed. " My DO was amazed that I was still able to stand. He told me that I needed surgery and initially I wanted to deny it."

"I found a surgeon at Bronson Kalamazoo, recommended by my DO. He had trained at the Mayo Clinic. He had worked on athletes. He had performed this procedure hundreds of times. When I met with the surgeon I was told that I needed spinal fusion. Immediately I thought my running days were gone."

The success that Kevin had gained as a runner over the years had always made him feel as though he could handle anything that was thrown his way. This feeling of invincibility would quickly change to vulnerability. " I remember praying, Jesus give me three miles a day three days a week so I don't go insane."

Kevin's future as a runner was not guaranteed, but it was not as bleak as he had initially thought. " The orthopedic doctor interviewed me before the procedure. He said that there was a possibility that I could run again, but it depended on what he saw when we went in and what my recovery was like."

Kevin's surgeon did not want to close the door on running for Kevin but he wanted him to live without pain as well. " He asked me what I wanted out of the surgery. I told him that I just wanted to be healthy. I wanted to run again even if it meant my racing days were over. I told him that I was not going to do what he recommend I not do."

Although the door to running was not shut tight, it was not wide open either. "This was a scary proposition. Over three quarters of my life had been as a runner. I realized that this might end but could accept it if I had to."

Surgery had gone well and Kevin realized that the waiting game had now begun. He had to remain patient. "At three months post surgery I had to have an image of my back done and again at six months. At three months he said that I was at least a month ahead of schedule."

Like a child asking for the coveted birthday gift, Kevin wanted desperately to ask the question that he had longed for an answer to, but he would wait, afraid of what the answer might be. "At this time I wanted to ask if I would be able to run but I was scared to ask."

Kevin had been keeping in shape while following doctor's orders and for now this worked for him" "In talking to my physician before surgery I realized I needed to follow his orders during recovery in order to get back to the sport I loved. My sports medicine background helped me with this."

Never Give Up on Running continued...

Kevin had never imagined being in this situation but here he was. "Never in my wildest dreams did I think that I would have to take six months off from running. My recovery was focused one day at a time and what I needed to do to get back to running. I had dealt with a fractured ribs, broken toes, hernia surgery and heart arrhythmia but had not been off for running for more than month."

Kevin steadily fell into his new routine, making the best of his situation. "I had been keeping fit with walking and using the elliptical and felt this was good enough for now. When I was first cleared to start walking and using the elliptical, I went twelve minutes on the elliptical. I was exhausted but would add three minutes each day. Once I was up to an hour I began increasing the resistance."

Kevin's new routine was not as satisfying as running, but it was filling the void. "It wasn't the same as running but it was satisfying because I was making progress. A turning point for me occurred two months into recovery. I volunteered at the Battle Creek Half Marathon. I initially thought this would be difficult. All my running acquaintances were asking how are you doing without asking if I would run again. It was very satisfying. It was so inspiring to watch everyone out there running. It was a very spiritual and empowering to be around all of these positive people."

Kevin was happy to be back amongst the running community and he knew his time to be an active member would soon come. "At my 6 month appointment my surgeon and I were looking at the pictures of my spine on the screen. He said that this looks great. I had to ask him if he thought I would be able to run again at all. He looked at me with a puzzled look and said sure you can go out and do what you did before. Do what your comfortable with. Your body will tell you when you are doing what you shouldn't do."

It was as Kevin had been reunited with a long lost friend. "I came home and was as nervous as I had been for any race. I started running from my house with little choppy old man strides probably going slower than I could speed walk but it felt great. My muscles were obviously sore because I had not run in over six months. After a few weeks of running I was finally able to open my stride a little bit. I have gradually built up and have continued to increase distance and pace."

Kevin has learned to adjust his approach to running after going through back surgery and recovery. "I must admit that before my surgery I was fearless as a runner but now I am more sensible about my approach to many things. Now I am thinking more about longevity as a runner and in being active."

Initially Kevin just enjoyed running for what it was, but as his body adjusted to the pounding again he began to think about new goals. He recently achieved one of those goals, running the 2018 Battle Creek Half Marathon with a finishing time of 1:42, crossing the finish line as the thirteenth overall runner. He accomplished this on a record hot day with the heat index approaching one hundred degrees by the end of the race. Not bad for a sixty one year old coming off a back fusion surgery.

Kevin's story is one of celebration and gratitude after being stuck in a period of uncertainty. Kevin, I'm sure, feels grateful that through patience and persistence on his part along with the grace of God and the healing hands of a gifted surgeon, is able to enjoy his passion of running again. The local running community is lucky as well to once again be blessed with Kevin's expertise and infectious positive spirit. Kevin's story can show us that in a sense we are all vulnerable but at the same time we should not give up on what we are passionate about without a fight. When faced with a looming injury that looks as if it might end your running, educate yourself, work with a surgeon who has the same goals for you that you have for yourself and most importantly never give up on running until you explore every possible option to keep you in the game.

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

Just Another Runners Perspective

Never Give In

By Gale Fischer



2018 Kalamazoo Marathon Finishers—Gale, Luke, Bonnie, Dave and Mark

May 6, 2018, 7:55 AM: Bright rays of sunlight peeked from the sky casting shadows through the tunnel of trees lining the driveway leading to the Nazareth College Campus. Temperatures hovered in the low 50s as a sea of runners packed in like sardines awaited the start of the 2018 Kalamazoo Marathon. Plans had been hashed out back in early March for a group of three of us to toe the starting line in Kalamazoo and run side by side for 26.2 miles, with hopes of finishing together four and a half hours later. This four and a half goal would be adjusted during our last long run and it was decided that if all went well four hours and twenty minutes would become the new coveted target. Mark, Dave and I had logged double digit training runs together throughout the winter each weekend in preparation culminating with a twenty three miler through the trails of Ott Preserve leading into our taper two weeks prior. We were prepared and excited for the twenty-six mile party on the streets of Kalamazoo that awaited us. This would be the first marathon for Dave and Mark and another one of many for me. Mark, a veteran himself, wanted to run a marathon to honor his son Josh, who had lost his life seven years prior as a soldier while fighting for our freedom. Dave and I wanted to be there to help Mark prepare for and complete a marathon. I couldn't wait to share the experience of a first time marathon with Mark and Dave and today would prove to be one of the most memorable of my thirty-two marathons.

A few weeks earlier, Mark's son-in-law, Luke signed on and would tag along in our jaunt through the streets of Kalamazoo. While talking with local running guru and long time friend Bonnie Sexton at the race expo the day before, the seed was planted for her to join us as well, rounding out our team of five for race day.

Although the weather seemed ideal for an early May morning we anticipated that things could be a bit uncomfortable. We had never encountered temperatures higher than forty degrees for any of our longer training runs and now we were beginning our longest with the mercury more than ten degrees warmer than this. Although I was holding up well I could feel the effects of the extra warmth early on by the amount of sweat that was soaking through my clothes. Like any marathon a contradiction in time perception occurred. There were stretches in which the miles seemed to fly by but with all the tiny moments packed into a surreal experience of a marathon there were also stretches when time seemed to stand still. The conversation amongst the five of us kept us grounded with a mixture of humor, serious tones and pure silence all blended together to keep us focused when we needed to be and distracted when our minds and bodies welcomed it.

Our game plan had been to start out at a pace of ten minutes per mile and if all went well to pick it up later on. The excitement generated at the start coupled with the decline heading down Gull Road the first few miles put us at a 9:49 pace early on. As unofficial pacer for the group I questioned our quicker than planned for splits early on but all of us felt comfortable with the pace. Soon enough we agreed that we would be forced into a slower gait through the hills of Western Michigan University for miles five and six. A quick bathroom break brought with it a 10:14 mile but we fell back into form for mile six with a 9:29 mile and then a 9:43 split for mile seven. My concerns with the fast start making a negative split unlikely were unfounded as mile seven would be our slowest mile the remainder of the race with the exception of another pit stop at mile fifteen.

Never Give In continued...

Our hopes of the five of us finishing together as one in our goal time would be dashed however. I wanted us to stick together but anticipated that with five of us and especially with two rookies marathon runners our bodies would respond differently and separation could occur. It was not one of our first time marathoners who experienced the first rough patch however. Bonnie fell off pace initially. Nursing a hip issue running the marathon at all would become a race day decision for Bonnie. She held together in strong fashion through the halfway mark when stomach cramps began to cause a minor tailspin. She hung tough however and was back with the pack after the pit stop at mile fifteen. Her stomach cramps settled down but her hip pain was another story. She hung on for another three miles but had to slow down and run her own race from there. Being the most experienced marathon runner among us, I was confident that Bonnie would find her own way to finish the race without causing more damage to her hip. Looking back and seeing her separate from us was disappointing but I was happy that she had been able to run with us for the first eighteen miles.

Soon after it became apparent that Dave was beginning to struggle. He was still able to hang with us for another few miles but his normal jovial dialogue with the group became non-existent. Although Dave was the most experienced runner among the five of us running distances mostly in the five to ten kilometer range for the past forty years, this was his first experience at the marathon distance. His body and mind had known running for most of his life but now he was swimming in uncharted waters trying his best to stay afloat. A half mile before we reached the infamous Kindleberger Hill at mile twenty-two, Dave was still in sight but he was nearly a football field behind us. Luke went back to try to give him a pep talk but his body was winning the battle with his mind. Luke quickly caught Mark and I as we crested Kindleberger.

My heart began to tug at my conscious. Mark had conquered the most challenging hill of the race and was gaining strength with each mile. I desperately wanted to be there to experience the last four miles with Mark for his first marathon but also was sorting through the guilt of leaving Dave behind for his first marathon. I knew that Dave would have wanted us to run in with Mark so I blocked out the guilt as much as I could.

It seemed apparent by his lack of conversation that Mark was feeling fatigued through the last four miles or perhaps he was just zoning in to the final stretch. The last four miles were the fastest segment of the race with every split south of a 9:30 pace. Luke's continual words to Mark for this last stretch pushed Mark's pace to the end. We crossed the finish line just shy of four hours and eleven minutes, nine minutes faster than Mark's goal of four hours and twenty minutes. It was electrifying being a part of this final surge with Mark but this charge would last only a few moments.

As race volunteers placed medals over our heads and handed us bottles of chocolate milk, my thoughts immediately went out to Dave. I knew that there was only one thing now for me to do. I snuck through the gate on the other side of the finish line and began running backwards on the course in search of Dave. A quarter mile later I spotted Bonnie making her way to the last turn. I spoke with her briefly and asked if she had seen Dave. She had seen him about a half mile back. I was excited to see that Bonnie had overcome her hip pain to finish less than ten minutes behind us but then I never really doubted that she would find her own way to the finish line. I kept running and finally saw Dave a half mile or so later. His gait was labored and slow but he kept moving. When I reached him I turned and ran in with him. A sense of relief calmed me as I realized that I would be able to finish this journey with Dave also.

Never Give In continued...

As I talked with Dave at the post race festivities and on the drive home it was obvious that he was doing all that he could to not be too down on himself for hitting the wall so hard for his first marathon. Mind over matter is a common phrase but sometimes your mind cannot make you move faster than what your legs will allow you to. Mark's performance the last four miles was incredible but Dave's effort the last six miles was equally as admirable. Dave and Mark had both prepared for their first marathon but for whatever reason, Dave's body let him down at the end. In the face of physical and mental anguish he found a way to make it to the finish line without the support of his crew. Rest assured Dave you are not the first nor will you be the last to have such a rough experience during the later stages of a marathon.

In running there are times when each of us has hit what seems to be rock bottom physically and mentally. Hitting the wall with six plus miles to go can make for a miserable experience. From the lens of a non-runner it would seem that giving in and quitting would be the easy choice. To the runner however choosing to fight through the misery to make it to the end is the only choice. Finishing a marathon strong, hitting a PR and nailing a negative split for twenty six miles has its merit but finding one's way to finish when the body throws jab after jab at one's spirit is equally impressive. Whatever drama plays out, to finish a marathon is always a feat to be proud of.

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, coach, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.



May New and Renewing Members

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

Jacob Evans
Kim Evans
Mike Evans
Thomas Evans
Carie Faul
Joseph Hohler III
Susan Kallewaard
Chris Kloosterman
Deborah Kloosterman
Michael Kloosterman
Robert Kloosterman
Steven Kloosterman
Brandi Levy
Robert Levy
Randy Middaugh
Marie Rogers
Robert Sheppard
Bob Smola

Don Theis
Emily Theis
Jen Theis
Katherine Theis
Kirsten Smith
Tim Titus
Natalie Tice
Jerry Altman
Aiden Clark
LeeAnn Mercer
Laura Modic
Walker Modic
Megan Holthof
Hannah Pankratz
Kelly Mox
Nicholas Mox
Jessica Scott
Lani Hensel

Madelyn Hensel
Natalie Hensel
Wesley Hensel
Kjersten Priddy
Kathryn Sellers
Mark Throckmorton
Adam Fiebig
Shannon Kelly
Allison Haan
Linda Vaughan
Dexx Mitchell
Kyra Mitchell
Tammy Mitchell
Dexter Mitchell 2nd
Michelle Yiu
Courtney Gullett
Dennis Lacy
Molly Lacy
Megan Preston

June New and Renewing Members

Alexander Argo
Brian Argo
Evelyn Argo
Tracy Argo
Aaron Decker
Dawn Diggs
Hannah Diggs
Jackson Diggs
Kenneth Diggs
Tom Nehil
Chris DHulster
Lindsay Meulman
Ben VanLoo
Sam VanLoo
Scott VanLoo
Susan VanLoo
Joe Shorb
Andrew Fritz
Elijah Fritz
Kelly Sue Fritz
Levi Fritz
Micah Fritz

Malachi Fritz
Jocelyn Lambe
Ben Siems
Christina Yavarow
Dan Brown
Linda Corliss
Gordon Hare
Dave Roberts
Dawn Roberts
Brooke Feraco
Frank Feraco
Morgan Feraco
Hilary Spala
Jack Versau
Megan Versau
Brad Young
Jenn Young
Caroline Hains
Claire Hains
Decker Hains
Grace Hains
Madeline Hains

Cindy Glazer
Kim Avery
Rebecca Heinold
Caleb Larson
Callie Larson
Conner Larson
Katelyn Larson
Ed Barr
Edward Barr
Sandrena Hall
Jeff Hagen
Adam Strauss
Julia Strauss
Rebecca Strauss
Jill Pearrow
Thomas Bennett
Sara Blechinger
Tiffany Brower
Nicole Kent
Neil Larson
Jennifer Merrick

July New and Renewing Members

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

Dayna Allen
 Alison Barnett
 Christopher Barnett
 Debbie Barnett
 Michael Barnett
 Melissa Beach
 Rudi Betzold
 Amelia Billen
 Denis Billen
 Leo Billen
 Marie Billen
 Leslie Biro
 Colleen Bransley
 John Burcroff
 Melanie Burke
 Cathy Cook
 Jennifer Cooper
 Debra Cronin
 Jim Deters
 Michele Fabi
 Casey Fawley
 Elaine Fleck
 Hannah Flynn
 Amber Frey
 Thomas Fuller
 Bill Gephart
 Mary Gephart
 Dave Goldenberg
 Shelby Gould
 Angela Haan

Dean Haan
 Deborah Hamilton
 Annie Hampel
 Alec Hapman
 David Hapman
 Veronica Hapman
 Mindy Hare
 Kelsey Harness
 Jessica Hay
 Zondra Heckman
 Michelle Hill
 Elizabeth Hoffmaster
 Justin Horn
 Jennifer Hudson
 Lynnette Huffstutter
 John Ihling
 Justin Johnson
 Jason Kelly
 Jill Kirshman
 Juliana Kovacs
 Nicole Kresch
 Amanda LaCava
 Edie Lane
 Jennifer Lentner
 Joy Madden
 Megan Magee
 Megan Malz
 Stephanie Manor
 Jenny Miner
 Sharin Noall
 Tom Noall

Joseph Oram
 Stephanie Oram
 Jenison O'Connor
 Debra Pesamoska
 Alie Porter
 Kenzi Pridgeon
 Kelley Putt
 Teresa Redmond
 Melissa Rink
 Todd Rooze
 Malin Sage
 Mariska Sage
 Melanie Sage
 Micah Sage
 Abby Saura
 Lisa Schreiner
 Kyle See
 Michael Shields
 Emily Sipsma
 Samantha Smith
 Susan Sunday
 Dan Stratton
 Brenda Tiefenthal
 Brandon Tominna
 Kevin Ulrich
 Antoinette Watson
 Mark West
 Jason Wilhelmi
 Matthew Wood
 Valerie Young
 Alyssa Yuill

August New and Renewing Members

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

Laura Asher
Chris Dahl
Larry DeFouw
Sheryl DeFouw
Ben Dilla
Chelsea Dilla
Sara Freeland
Amie Heasley
Ray Hendriksma
Sue Hendriksma
Jody Johnson
Melinda Kiplinger
Cammy Lenning
Samuel McGuire
Kayla Monroe
Naomi Monroe
Michelle Naylor
Laurie Oleksa
Jenn Omo
Kristy Prahin
Steve Pride

Brian Schwartz
Jacoby Schwartz
Jaylen Schwartz
Kailyn Schwartz
Kali Schwartz
Katherine Schwartz
Shannon Schwartz
Kathy Taylor
Scott Taylor
Elizabeth VandenHeede
Scott Zeigler
Leah Halstedt
Logan Halstedt
Emily Miller
Toni Miller
Michelle Nugent
Karen Applebey
Morris Applebey
Robert Wierzba
Tom Noall
Cara Barnes

Rhonda Eishen
Monica Hall
Holly McKee
Leah Ortiz
Frederick James
Megan James
Rebecca James
William James
Jenn Omo
Lynette Tuttle
Shawn Premer
Katie Sollman
Janet Fox
Douglas Flanagan
Micah Flanagan
Peyton Flanagan
Sarah Flanagan
John Gossner
Marissa Lenger
Jenn Omo



Meet Our Volunteer Directors & Board Liaisons



**Meet Jeff
Wettig!**

Amanda Burdette

Chair, Battle Creek Subcommittee
Co-Director, BC Fast Track (Spring/Fall)
Amanda.burdette@kalamazooarearunners.org

Doug Chapel

Co-Director, Sunday afternoon runs in BC
Co-Director, Battle Creek Beyond
Doug.chapel@kalamazooarearunners.org

Chelsea Dilla

Co-Director, Kalamazoo Klassic (KAR)
Co-Director, Spring Fast Track
Chelsea.dilla@kalamazooarearunners.org

Gale Fischer

Featured Runner and Another Runner's Perspective Author.
Gale.fischer@kalamazooarearunners.org

Joseph Hohler III

Co-director, Winterblast Half Marathon, 10k & 5k
Joseph.Hohler@kalamazooarearunners.org

Marty Hoover

Director, Club Series Administration
Marty.Hoover@kalamazooarearunners.org

Brian Hunt

Director, Graphic and Web Design
brian.hunt@kalamazooarearunners.org

Michael Hutchinson

Co-Director, Thursday Night Richland Library Run
(with Cindy Schnotala)
Michael.hutchinson@kalamazooarearunners.org

Arya Jayatilaka

Club Photographer
runarya@yahoo.com

Shannon Kelly

Co-Director, Spring Fast Track
Bronson Walk-in Clinics
Shannon.kelly@kalamazooarearunners.org

Amanda Knapp

Board Liaison, Turkey Trot Time Prediction 5k Run
Director, Expo Management
Amanda.knapp@kalamazooarearunners.org

Kerri Langdon

Director, Annual Banquet and Club Series Celebration
Kerri.langdon@kalamazooarearunners.org

Stacey Newton

Co-Director, Battle Creek Beyond
Stacey.newton@kalamazooarearunners.org

Lisa Patel

Co-Director, Wednesday Night Portage YMCA Run

Natalie Rowe

KAR Liaison, Kal-Haven Trail Run
Natalie.rowe@kalamazooarearunners.org

Matthew Santner

Co-director, Sunday Afternoon Runs in Battle Creek
Matt.Santner@kalamazooarearunners.org

Leslie Scheffers

Director, Information Technology Security
Leslie.scheffers@kalamazooarearunners.org

Cindy Schnotala

Co-Director, Thursday Night Richland Library Run
(with Michael Hutchinson)
Cindy.schnotala@kalamazooarearunners.org

Kirstin Simons-Valenzuela

Director, Member Reception Runs
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)
Director, Club Series Outreach
Rundown Editor
Bonnie.sexton@kalamazooarearunners.org

Jessica Simpson

Co-Director, Wednesday Night Portage YMCA Run
Co-Director, Winterblast Half Marathon, 10k & 5k
Jessica.simpson@kalamazooarearunners.org

Scott Struck

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

Nicole Thiel

Co-Director, Wednesday Night Portage YMCA Run

Liz Vandenheede

Director, Website Content Management
KAR Liaison,
Liz.vandenheede@kalamazooarearunners.org

Linda Vaughan

Director, Indoor Track Workouts
Board Liaison, Bunny Hop Run
Linda.Vaughan@kalamazooarearunners.org

Jeff Wettig

Director, Wednesday Night Portage YMCA Run
Jeff.wettig@kalamazooarearunners.org

Upcoming Kalamazoo Area Runners Events and Programs

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

2018 Run Around Gull Lake

Presented by Kalamazoo Area Runners
November 3, 2018 and December 1, 2018
Registration opens October 1st!

2018 Club Championship Series Awards Celebration

Presented by Kalamazoo Area Runners
November 13, 2018
Registration coming soon!

2018 Turkey Trot Time Prediction 5k Run

Presented by Kalamazoo Area Runners
November 22, 2018
Registration is OPEN!

2019 Beyond Half and Full Marathon Training Program

Presented by Kalamazoo Area Runners
January 5, 2019 – April 27, 2019
Registration opens October 1st!

2019 Winterblast Half Marathon, 10k & 5k

Presented by Kalamazoo Area Runners and City of Portage, benefitting Komen Michigan
February 24, 2019
Registration coming soon!

Group Runs

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

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

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 13, 2018

[Click here to view the 2018 Club Championship Series Participating Races](#)

Upcoming KAR Board Meetings

Upcoming Kalamazoo Area Runners (KAR) Board Meetings are September 10, October 1 and November 5 at 7:30pm at the Maple YMCA. As always, members are always welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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Race Discounts

KAR Members are eligible for many local and regional events. Please contact Jessica Simpson at jessica.simpson@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

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

[Holland Haven Marathon \(Half, 8k\)](#) – Grand Haven, MI
September 9, 2018
\$10 discount

[School Spirit 5k & Fun Run](#) – Kalamazoo, MI
September 15, 2018
\$5 discount

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

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

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

[Kalamazoo Heroes 6k](#) – Kalamazoo, MI
September 23, 2018
6% Discount

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

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

[KCAN Superhero 5k](#) – Portage, MI
September 29, 2018
\$5 discount

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

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

[Hotcake Hustle 5k](#) – Kalamazoo, MI
October 20, 2018
\$5 discount

[Metro Health Grand Rapids Marathon \(Half & Relay\)](#) – Grand Rapids, MI
October 21, 2018
10% discount

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

[CNO- Indianapolis Monumental Marathon](#) – Indianapolis, IN
November 3, 2018
10% discount

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

Service Provider and Merchant Discounts

AGILITY PHYSICAL THERAPY

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

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

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



BRONSON ATHLETIC CLUB

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

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

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



ATHLETIC MENTORS

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

- Run Coaching: 10% discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$195 and includes a 30 minute consultation (\$156 KAR price).
- 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

BAKER STRENGTH AND CONDITIONING



Baker Strength and Conditioning is owned and operated by Aaron Baker, a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association with a Masters Degree in Coaching from Ohio University. He has been in the Strength and Conditioning profession for approximately 7 years and has owned Baker Strength and Conditioning for 4 years. He has coached at the collegiate level for Louisburg College, Kentucky Christian University, and TCU. He has worked with athletes and runners of all different sports and abilities. He became an All State Track Runner at Constantine High School, an All-Conference Wide Receiver on his college football team, an All-Conference Triple Jumper on the Albion College track team, and has completed one full marathon and several half marathons. His gym is located just south of Schoolcraft right off 131. It is a sessions based gym focusing on functional strength and conditioning. He holds Personal Training sessions, Small Group (Adult) training sessions, and Athletic (MS/HS) Performance Sessions.

Baker Strength and Conditioning is offering KAR Members the initial required Movement/Assessment Session for free (\$40 value) and the first training session, either personal training or small group session, for free (\$15-\$40 value).

Baker Strength and Condition is located at 3952 W XY Ave, Schoolcraft, MI 49087. To schedule a session or receive more information, call or text 269-816-3105. Aaron can also be reached by email at coach-baker83@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.

BORGESS
Health &
Fitness Center

Service Provider and Merchant Discounts

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](#)



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2018 events. Visit the [Cereal City Athletics](#) website to learn more about Cereal City Athletics and to register for their 2018 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2018 Upcoming Events include:

Battle Creek Half Marathon & 5K, June 30
Cereal City Triathlon, July 28
Cereal City KIDS Triathlon (Series Bike Event), August 10
Cereal City KIDS Triathlon, August 25
Chief's Challenge, September 1
Tinsel Toes 5K, December 8

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.



DOWN DOG YOGA CENTER

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

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

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

15% off Down Dog Yoga Center merchandise.

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



Service Provider and Merchant Discounts

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:

25% off the Premium Plan

- Single nutrition plan for a race or event
- No limit on the the number purchased with the discount

25% off the Unlimited Subscription

- 1 year subscription
- As many Premium Plans as you would like

Special plans available for Boston & Kalamazoo Marathons.

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



Dusk 2 Dawn Safety Device

The unique and patented Dusk 2 Dawn Safety device attaches to any clothing or accessory, increasing your visibility up to 1100 feet. The 1 ounce lightweight fluorescent and reflective triangle is powered by a USB rechargeable power supply and includes 6 LED lights lasting more than 30,000 hours. The Dusk2Dawn safety device will become a significant part of your outdoor equipment arsenal. It is a durable safety choice for any activity in the great outdoors.

The retail price for the D2D safety device retails for \$21.95 but can be purchased for \$16.95 using a specific KAR discount code at Dusk2DawnSafety.com.

The Dusk 2 Dawn Safety device is a small investment that can prevent you from becoming a statistic!

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness Sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's #1 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.kzooathleticwellness.com, or call 269-373-1000 to schedule. KAR members receive 20% off the Bronze Wellness Membership (available March 1st). **Cannot be combined with other discount offers.**



Service Provider and Merchant Discounts

GAZELLE SPORTS

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

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



WEST LAKE METAL WORKS



West Lake Metal Works is a home-based steel and diamond plate design company in Portage, MI. They have premade metal designs for sale as well as the ability to create custom made metal designs. Products include medal hangers, bottle openers, wine racks, signs, key holders, and more.

KAR members receive 20% off any medal hangers. Custom orders not included with discount. Check out their inventory by visiting westlakemetalworks.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 2018 KAR discount code when registering.





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

Email: Membership@kalamazooarearunners.org

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