

*"Challenges are what make life interesting;  
overcoming them is what makes life meaningful."*

*-Joshua J. Marine*

June 2013

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

## The Kalamazoo Area Runners

# Rundown

### A Test of Stamina – Embracing the 10k



2013 Bolder Boulder 10k

**By Bonnie Sexton**

On June 14<sup>th</sup> & 15<sup>th</sup>, 2013, the Kalamazoo Klassic celebrated its 35<sup>th</sup> anniversary with more than 1,500 registered participants in the weekend's events, which included the 10k distance. At a local level, the Klassic and its notorious Maple Hill yields one of the largest 10k fields in the area. On a national level, the Bolder, Boulder 10k in Colorado, which ironically also just celebrated its



### Contents

**A Test of Stamina – Embracing the 10k** Page 1

**Just Another Runner's Perspective – Running with Mom** Page 5

**Hot Club News and Events** Page 9

Leadership Team Updates

Leadership Team Opportunities

Kalamazoo Area Runners Fanwear Store

Regional Race Discount Program

Kalamazoo Area Runners Facebook

Next KAR Board Meeting is July 8, 2013

**July and Early August Club Series Events – Page 13**

Kindleberger 5k July 13, 2013

Wildcat 5k August 3, 2013

Otsego Ready or Not August 3, 2013

**Running Community News Page 17**

Zombie Dash August 10, 2013

Xtreme Obstacle Challenge Coming to Battle Creek

Good Form Running

**Group Runs/Training Page 21**

Group Runs

Battle Creek Fast Track 5k Training

Fast Track Kalamazoo 5k & 10k Training

Safari Half and Full Marathon Training

**Club Member Corner Page 30**

Local Race Results

Bayshore Half and Full Marathon

35<sup>th</sup> anniversary, is an organizational phenomenon with participation levels rivaling the world's largest marathons. According to the *Denver Post*, the 2013 event, held on Memorial Day, attracted 48,741 participants. This massive field was down slightly from the more than 50,000 registered entries the year prior, its numbers believed to have been impacted by the Boston Marathon bombings in April (numbers were on track to exceed prior year before the attacks). None the less, the level of participation generated by this internationally recognized 10k race is nothing less than extraordinary.

Dubbed America's All-time Best 10k, the event takes place on the streets of Boulder, finishing on Folsom Field at the University of Colorado. In 2013, the Bolder Boulder consisted of 91 "waves," the first 31 waves requiring a qualifying time. The first of these, Wave A, started at 7:00am and required a qualifying time under 38:00 minutes. The final wave, WB, started almost 2 1/2 hours later at 9:26:30am and consisted of walkers. The event also attracts an elite field of athletes, which is scored separately from the "Citizen's Race."

At face value, the 10k distance (or 10,000 meters as it is called in track and field) seems as though it should serve as a natural progression from the 5k, as runners establish new goals, and advance to the next distance. While conventional logic would support this, many runners set their focus on the half marathon distance, and then will often return to the 10k. The rise in popularity of the half marathon distance on a national level, as well as the local availability of training programs and events, no doubt influences this trend. According to *Running USA*, over the last decade the half marathon has become America's most popular distance, by almost any metric. Last year, U.S. half marathons had an estimated 1.85 million finishers, a new high. This represented a 14.9% increase over 2011 (1,610,000 to 1,850,000).

My own personal experience as a runner reflected that of many others. Although I had competed in track and cross country in high school, and ran track for Liberty University in college, my post collegiate running career started in 2002 with a year of participating in local 5k races. Tired of training by myself, winter of 2003, I signed up for Borgess Run Camp and trained for the Borgess Run Half Marathon. The week after finishing my first half marathon, I participated in my first 10k, the Triple Creek Dash in Three Rivers.

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 please use the KAR discount code when purchasing merchandise or services from discount sponsors.

### Gazelle Sports

10% off non-sale shoes. Please supply sales person with KAR membership number prior to check out.



### Healing Moments Massage

Massage bodywork with Joyce Hare located in KVO's building on Turwill Lane. Discounts apply per session or multiple sessions. KAR Member price for one hour is \$50.00. Phone: 269-327-5824 or 269-217-7563)



### Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics. 2 different methods are available: eSoles [www.esoles.com](http://www.esoles.com) which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position and Footmaxx which is a force plate that helps break down the biomechanical movements of the foot for runners. For more information contact Daryl Prater at [praterd@aol.com](mailto:praterd@aol.com)



### Options 4 Your Health

KAR Members receive a 10% discount on nutraceutical products (nutritional supplements). 269-217-2146 or [nestlady@aol.com](mailto:nestlady@aol.com)

Aside from the usual 2-3 annual marathons and sporadic 5ks, one of my personal running goals this year has been to run more 10k's. I have participated in three of them over the last two months; the Oaklawn Hospitality Classic 10k in Marshall, the Cereal City Classic 10k in Battle Creek and the Pace for Poverty 10k in Richland, and find the distance slowly becoming one of preference. As one of the Race Directors of the Kalamazoo Klassic, I am no longer able to participate as a runner, but enjoy creating a unique 10k experience for the local running community. A few years ago we had polled runners about the possibility of changing the course and removing Maple Hill. The result of the survey was overwhelming against making a change, with most runners voting keep the hill, and the Kalamazoo Klassic's claim to 10k fame.

While the 5k distance has always been popular and accessible (locally can be found almost any weekend in the spring, summer or fall) in Southwest Michigan, the availability of 10k races is more limited. Several spring events, including Consumers Sunburst, and the Plainwell Education Foundation Racin' the Island, added a 10k to their already existing 5k distance this year. Altogether, the Kalamazoo Area Runners Club Championship Series has ten 10k races in its 2013 line-up, the most ever. Although there would be logistical considerations, there has also been buzz among local runners about adding the distance to the Borgess Run for the Health of It line-up and Borgess Run Camp.

Could we experience a revival in the popularity of the 10k? There are certainly benefits to training for and racing the distance. From a physiological standpoint, the 10k is challenging and places a unique stress on the body. It fits into an undefined zone when it comes to training for and racing the event at a maximum performance level. Raced slightly slower than the VO<sub>2</sub> Max pace of the 5k, (95-100% of maximum heart rate), and slightly faster than the lactate threshold pace of the 10 mile distance (85 – 90% of Maximum Heart Rate), determining the appropriate mix of training elements to reach top 10k performance is more challenging. Successfully mastering the 10k and reaching full potential requires a mix of aerobic capacity, strength, speed and stamina. This means building a strong distance base, as well as integrating lactate threshold and VO<sub>2</sub> max training to cover the multiple demands placed on the body. During a 10k, blood lactate levels increase slightly faster than the body's ability to eliminate it, making the 6.2 mile distance very uncomfortable when raced at full capacity. It not only requires a unique mix of training elements, but mental

continued...

## BRONSON ATHLETIC CLUB

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



## DRINK 2 YOUR HEALTH

If you're interested in maintaining an active and healthy lifestyle with a nutritious fruit juice blend, check out MonaVie™ Active. Used by top professional athletes, Monavie combines 19-body beneficial fruits, including the Acai berry superfood, with plant-derived glucosamine that promotes healthy joints. Two ounces in the morning and two ounces at night provide the antioxidant capacity of 13 servings of fruits and vegetables. Visit <http://drink2yourhealth.net> and click on "19 Fruits" then "MonaVie Original and Active" for more information. Choose the "Preferred Customer" page to place an online order and receive distributor pricing (up to a 34% discount). For more information, contact Madhu or Amisha Mahadevan (734-740-2840).



## TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



toughness to maintain speed over distance (or stamina). Early in the training cycle, hill training is often incorporated to build strength, with lactate threshold training and VO2 max training coming in a later cycle.

Aside from serving as a competitive distance in its own right, where the 10k can add tremendous value to almost any runner, is as a strength builder for shorter distances, as a tune up race for longer distances, and as an interim step for the new runner looking to transition to the next level from the 5k distance. For the competitive 5k runner, incorporating a 10k into the training cycle can boost strength, mental toughness and stamina, making the 5k experience feel relatively easier. For a newer runner who has successfully mastered the 5k, and wants to progress in terms of distance, the 10k provides a natural transition to higher mileage. For the experienced long distance runner, the 10k serves as an excellent tune up race for the half marathon distance, or even marathon. The faster pace makes goal half or full marathon pace seem more comfortable, and prepares one mentally for the discomfort experienced late in a half or full marathon. It also serves as a relatively accurate predictor of race and training paces, and is the distance used by Jack Daniel's VDOT charts. If you run a 10k four or five weeks out from your goal race at best effort, it can provide a good indicator of how you should pace yourself for an upcoming half or even full marathon (keeping in mind a 10k run in the midst of a training cycle would be slightly slower than one run after a taper).

While few of us will likely travel to Colorado to experience the Boulder Boulder 10k and the thrill and excitement of tens of thousands of participants, there are local opportunities to enhance your running experience by embracing the 10k distance, regardless of your goals. There are three upcoming 10k races on the Club Series agenda. Steve's Raider Stomp 10k on August 10 includes a scenic journey of lake views and country roads with post-race amenities making it well worth the drive to Decatur. On September 14, the Peacock Strut 10k on the Portage Bicentennial Trail is a local favorite, and affords the opportunity for ambitious runners to run both the 10k and 5k. The timing of this event, as well as the Sherman Lake TNT 10k on September 22, serve as excellent tune up races for a mid – late October half or full marathon.

Although it is not part of the Club Championship Series, Steve's Run, held in Dowagiac on July 27, is a unique 10k and 5k experience well attended by runners in both Michigan and Indiana. The 10k is a road and trail event traversing through a

continued...

## AGILITY PHYSICAL THERAPY

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

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

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



## IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit [www.inthefitness.com](http://www.inthefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbri2000@tds.net](mailto:swalbri2000@tds.net).



## PEDAL BICYCLE

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



Golf Course, Cemetery and trails, complete with a stone wall and hay bales.

Last, Kalamazoo Area Runners offers the perfect opportunity to navigate the physiological demands and prepare for a fall 10k through the Fast Track 5k and 10k training program. Whether a newer runner training for your first 10k or an experienced competitor seeking to maximize your performance, Fast Track is designed to deliver a training program geared specifically towards the distance.

Regardless of whether the 10k is a goal within itself, or serves as part of your training plan for another distance event, embrace the distance and reap the rewards of increased stamina and renewed mental toughness.



*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 professional for a Kalamazoo non-profit organization. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine.*

---

## Just Another Runner's Perspective Running With Mom

*There are no good-byes, where ever you'll be, you'll be in my heart.*

*--- Ghandi*

**By Gale Fischer**

Life is full of stages and transitions that occur more rapidly than we sometimes realize. Some of these life phases are for the most part uniform for most of us in our society. Between the ages of one and two years the ability to walk occurs. The ability to communicate with language begins to explode between the ages of two and three. Between the fifth and sixth year formal

## Board of Directors

Bonnie Sexton

*President*

[Bonnie.sexton@kalamazoorearunners.org](mailto:Bonnie.sexton@kalamazoorearunners.org)



Chris Huff

*Vice President*

[Christine.huff@kalamazoorearunners.org](mailto:Christine.huff@kalamazoorearunners.org)



Karen Christensen

*Treasurer*

[Karen.christensen@kalamazoorearunners.org](mailto:Karen.christensen@kalamazoorearunners.org)



Andrea Nixon

*Secretary*

[Andrea.nixon@kalamazoorearunners.org](mailto:Andrea.nixon@kalamazoorearunners.org)



Amy Clark

*Vice President, Special Events*

[Amy.clark@kalamazoorearunners.org](mailto:Amy.clark@kalamazoorearunners.org)



schooling begins. The period of puberty as it extends into adulthood spans the ages of ten to seventeen. There are also those stages that most go through that are not necessarily tied as much to common ages including college education, marriage and parenthood. Personal and career milestones can also transition us into different stages of life. Traumatic events such as experiencing the death of a friend or a loved one are also often common triggers for propelling individuals into new phases of life. Many phases of life, good or bad, can be at times a challenge to manage. Finding a positive way to cope with these changes can often ease the burden of the transition.

A little over a month ago I traveled from Michigan to Iowa City for unexpected reasons. It was Mother's Day weekend and ironically enough it would be the first time that I had spent this special day with Mom in more than two decades. She had recently had a liver transplant and although the surgery went well and the initial outlook was positive, things had taken a turn for the worse in recent days. Although I wasn't aware of the scope of what I was about to face, I was aware that things were serious as I anticipated what was to come during the five hour drive. When I arrived at the hospital and found my way to the ICU the look on my dad's face and the tone in his voice told the story of what was to come. As he and the doctor's spoke to my brother and me about my mom's fragile state and the dire odds of her recovering to live a normal healthy life, the decision was made to take Mom off of life support. My father would travel back home that afternoon that take care of some things and arrive back in Iowa City the next day when we would pull her from life support. The team of doctors anticipated that she would survive only a few hours after the breathing tube was taken away.

An uncle and two aunts would arrive a few hours later to spend the weekend with my brother and me. As children my brother and I had seen our extended family regularly but because of where we had settled down as adults the distance made it difficult to keep in touch. We had only seen our uncle and two aunts a few times in the last two decades. Although Mother's Day would bring us both to a new stage in our lives with a difficult transition, it was nice to spend the time reminiscing about childhood memories with relatives. With the long drive and the emotional highs and lows of the day I was exhausted by the time I arrived at the hotel room that night. After a good night's sleep I awoke with the sunrise for a run.

## Board Members Continued

Eric Burnson  
*Vice President, Technology*



## Event and Program Directors

Phil Goodwin  
*Director, Graphic and Web Design*  
[Phil.goodwin@kalamazooarearunners.org](mailto:Phil.goodwin@kalamazooarearunners.org)

Angela Batten  
*Director, Indoor Track Workouts*  
[Angela.batten@kalamazooarearunners.org](mailto:Angela.batten@kalamazooarearunners.org)

Terry Hutchins  
*Director, Kal-Haven Trail Run*  
[Sherrie.mann@kalamazooarearunners.org](mailto:Sherrie.mann@kalamazooarearunners.org)

Julie Wojtaszek  
*Director, Kal-Haven Trail Run*  
[Julie.wojtaszek@kalamazooarearunners.org](mailto:Julie.wojtaszek@kalamazooarearunners.org)

Carole Bolthouse  
*Director, Kalamazoo Klassic (KAR)*  
[Carole.bolthouse@kalamazooarearunners.org](mailto:Carole.bolthouse@kalamazooarearunners.org)

Bonnie Sexton  
*Director, Fast Track Training*  
*Director, Portage Winter Blast Half Marathon & 5k*  
*Director Kalamazoo Klassic (MRC)*  
*Team Captain, Race for the Cure*  
*Director, Turkey Trot Time Prediction 5k Run*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Marie Billen  
*Director, Children's Easter Egg Hunt Dash*

Ferdi Hintz and Pam Boner  
*Team Co-Captains, Relay for Life*

Brandon Van Dusen  
*Director, Thursday Night Group Runs*  
*Portage YMCA*  
[Brandon.vandusen@kalamazooarearunners.org](mailto:Brandon.vandusen@kalamazooarearunners.org)

Although the time of conversation and group support the previous day had helped tremendously, the hour run provided some much needed isolation for me to reflect on the past and think about how my life would be different following my mother's passing. The rhythm of my heart beat, the sound of each footfall and the sensation of sweat between my skin and clothes seemed to awaken my senses. The time of conversation with relatives just a few hours ago had offered its own therapy but my running ritual was offering me my own private therapy session. Like all forms of exercise, running can provide a host of physical benefits but running can also provide a variety of mental stimulants depending on your frame of mind. It can arouse the mind with the sights, smells, sounds and stimulus of the surrounding environment, but it can also allow the opposite to occur. An individual can tune out the external environment and tune in to one's internal stimulus while running. As I ran the streets of Iowa City this Mother's Day Morning skies were sunny and temperatures were mild, providing the perfect back drop for me to explore an unfamiliar setting on the campus of the University of Iowa, but this day would not be a day of exploring a new setting for me. This run would help me to tune out the external environment and focus in on saying goodbye to my mom as I thought about this new stage in my life without her. Although I hated the thought of losing my mom on Mother's Day, I realized that her last day on earth being Mother's Day was the perfect tribute for such dedicated and passionate mom.

Over the next few days plans were made for a memorial service. Ironically enough this service was scheduled for Father's Day. With a month to wait there was more than enough time to prepare but also there was what seemed like an overabundance of time to cope with things as I anticipated my mom's funeral. Again my running routine helped me through this time. Some of these runs helped to distract me from what was on my mind while others tuned me in to my own emotions from positive memories to the sadness of losing a loved one. I looked forward to the weekend of the Memorial Service with it bringing the positive benefit of a family gathering as I would be reunited with relatives I had not seen in over two decades. At times I dreaded the weekend as well. Running seemed to help me sort through these mixed feelings not necessarily acting as a magic cure but instead providing some moments of respite.

I arrived at home five days before the Memorial Service. This time provided everything that I had expected as I reconnected with relatives filtering in over the next few days. My dad's

## Event and Program Directors continued.....

Maggie Austin  
*Director, Fast Track Battle Creek*

Stephanie Sabin  
*Director, Run Through the Lights  
(with Dana Schmitt from Gazelle)*  
[Stephanie.sabin@kalamazoorearunners.org](mailto:Stephanie.sabin@kalamazoorearunners.org)

Scott Taylor  
*Director, Turkey Trot Time  
Prediction Run  
Director, Beyond Training Program*  
[Scott.taylor@kalamazoorearunners.org](mailto:Scott.taylor@kalamazoorearunners.org)

Scott Everett (along with Teresa Redmond)  
*Director, Wed Night Portage YMCA Runs*  
[Scott.evenett@kalamazoorearunners.org](mailto:Scott.evenett@kalamazoorearunners.org)

Teresa Redmond (along with Scott Everett)  
*Director, Wed Night Portage YMCA Runs*  
[Teresa.redmond@kalamazoorearunners.org](mailto:Teresa.redmond@kalamazoorearunners.org)

Laura Ferrara  
*Director, Wednesday Night Runs  
Maple Street Magnet School*  
[Laura.ferrara@kalamazoorearunners.org](mailto:Laura.ferrara@kalamazoorearunners.org)

Teri Olbrot (along with Brandon Van Dusen, Laura Sandahl)  
*Co-Director, Thursday Evening Runs  
Director, Children's Easter Egg Hunt Run*  
[teri.olbrot@kalamazoorearunners.org](mailto:teri.olbrot@kalamazoorearunners.org)

Dave Walch  
*Director, Halloween Hash*  
[David.walch@pfizer.com](mailto:David.walch@pfizer.com)

Zachary Baker  
*Director, Marketing Promotions*  
[Zach.baker@kalamazoorearunners.org](mailto:Zach.baker@kalamazoorearunners.org)

Leslie Scheffers  
*Director, Volunteer Program*  
[Leslie.scheffers@kalamazoorearunners.org](mailto:Leslie.scheffers@kalamazoorearunners.org)

Cindi Macdonald  
*Co-Director, Safari Training Program*  
[Cindi.macdonald@kalamazoorearunners.org](mailto:Cindi.macdonald@kalamazoorearunners.org)

intentions were to make this a time of celebration of my mom's life with his wish coming true. Over the course of the long weekend there were some tears that were shed but for the most part it was a time of smiles, laughter and celebration. The night before the Memorial Service a large crowd of family and friends gathered at the house. The only thing that could have made it any more perfect would have been if my mom were there enjoying it with us.

Similar to the experience in Iowa City a few weeks earlier, I awoke with the sun rise for a run after a day of reuniting with family. The support and conversation with family and friends the past few days had been amazing but I had decided that some alone time the morning of the Memorial Service was something that I needed as well. A two and a half hour run provided this for me. I wasn't alone however. As I ran by the cemetery that my mom's ashes would be buried in my mom ran with me. As I ran by the farm house that she and my dad had lived in before retirement and the ground that they had farmed, Mom ran with me. As I ran by the signs that my mom and dad had made for local businesses during their years as owners' of a sign shop, my mom ran with me. For two and half hours my mom ran with me.

Although I am doing well with my mom's passing, I am sure that there will be moments of sadness. I am sure the first holiday season will bring moments of grief for me. What will be most difficult is not being able to call her on the phone to tell her of accomplishments and milestones of my own kids. She always loved hearing about her grandchildren and I enjoyed sharing these moments with her as well. Although I may have told Mom good bye on Mother's Day I know that it is not good bye forever. If there are days when I want tell her about something that I know she would want to hear about or moments when I just want to spend some time with her alone I can just go for a run with her.

**KEEP RUNNING!!**

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

## Event and Program Directors continued.....

Steve Rice  
*Director, Wed Night Borgess Health  
and Fitness Center Runs*  
*Director, Beyond Training Program*  
[Steve.rice@kalamazoorearunners.org](mailto:Steve.rice@kalamazoorearunners.org)

Stephanie Demarest  
*Director, Thursday Night Runs in  
Battle Creek*  
*Director, Fast Track Battle Creek*  
[Stephanie.demarest@kalamazoorearunners.org](mailto:Stephanie.demarest@kalamazoorearunners.org)

Renee Mercer  
*Director, Tuesday Morning Runs in  
Battle Creek*  
[anreelca@gmail.com](mailto:anreelca@gmail.com)

Brett Hall  
*Director, Sunday Afternoon Runs in  
Battle Creek*  
[amosmic.runner@gmail.com](mailto:amosmic.runner@gmail.com)

Nikki Gates  
*Director, Member Reception Runs*  
[Nikki.gates@kalamazoorearunners.org](mailto:Nikki.gates@kalamazoorearunners.org)

Karen Christensen  
*Director, Member Reception Runs*  
[Karen.christensen@kalamazoorearunners.org](mailto:Karen.christensen@kalamazoorearunners.org)

John Olbrot  
*Director, Database Administration*  
[John.olbrot@kalamazoorearunners.org](mailto:John.olbrot@kalamazoorearunners.org)

Judah Gesmundo  
*Chair, Battle Creek Subcommittee*

Lynn Scherer  
*Chair, Battle Creek Subcommittee*

Beryl Siegel  
*Director, Online Registration*  
[beryl\\_jwang@yahoo.com](mailto:beryl_jwang@yahoo.com)

Marie Billen  
*Director, Easter Egg Hunt Run*  
[Marie.billen@kalamazoorearunners.org](mailto:Marie.billen@kalamazoorearunners.org)



*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.*

---

## Hot Club News and Events

*“We run this town”*

### Leadership Team Updates

Kalamazoo Area Runners is pleased to announce the following leadership team appointments.

**Jill DeLong, Kaycie Ohmart & Gale Fischer** have all been appointed by the President as Directors of the Sunday morning runs in Battle Creek, replacing **Brett Hall** and **Beth St. John**. Thanks to Jill, Kaycie and Gale for stepping into this important position, and to Brett and Beth for their past leadership.

**Kaycie Ohmart** has been appointed by the President as KAR’s new Director, Expo Marketing. Kaycie will be coordinating KAR’s attendance at Event and Wellness Expos across our footprint. Sincere thanks to Kaycie for volunteering her time and talent to promote Kalamazoo Area Runners events, programs and membership.

### Executive Director Search Update

The search for Kalamazoo Area Runners first Executive Director is still underway and the Executive Board will be interviewing next week. For those new to Kalamazoo Area Runners, the position was initially posted internally to the membership. If it is not filled from within, the position will be posted again both

## Event and Program Directors continued.....

Bob Smola  
*Director, Kalamazoo Marathon  
Pace Teams*  
[Bob.smola@kalamazooarearunners.org](mailto:Bob.smola@kalamazooarearunners.org)

Gale Fischer  
*Another Runner’s Perspective  
Director, Sunday Morning Runs in  
Battle Creek*  
[Gale.fischer@kalamazooarearunners.org](mailto:Gale.fischer@kalamazooarearunners.org)

Amanda Losch  
*Director, External Email Marketing*  
[Amanda.losch@kalamazooarearunners.org](mailto:Amanda.losch@kalamazooarearunners.org)

Kaycie Ohmart  
*Director, Sunday Morning Runs in  
Battle Creek  
Director, Expo Marketing*  
[Amanda.losch@kalamazooarearunners.org](mailto:Amanda.losch@kalamazooarearunners.org)

Jill DeLong  
*Director, Sunday Morning Runs in  
Battle Creek*  
[Jill.delong@kalamazooarearunners.org](mailto:Jill.delong@kalamazooarearunners.org)

internally and externally. We will continue to keep the membership informed as to the status.

---

## Leadership Team Opportunities

### ***BOARD POSITIONS***

#### ***Vice President Marketing and Communications***

The Vice President Marketing and Communications serves on the Executive Board and assists Event and Program directors and Board Members with promoting their events and programs and membership, marketing strategy and content management. Regular attendance at Board Meetings is required (7:30 pm the first Monday of most months (July and Sept are second Monday). For more information and a job description, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

#### ***Vice President of Development***

The Vice President Development serves on the Executive Board and assists Event and Program directors with sponsorship solicitation, sponsor structure development and sponsor acknowledgements. Regular attendance at Board Meetings is required (7:30 pm the first Monday of most months (July and Sept are second Monday). For more information and a job description, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

### ***COMMITTEES***

#### **Turkey Trot Time Prediction 5k Run (Event Date: Thanksgiving morning, November 28, 2013)**

The Turkey Trot Time Prediction 5k Run, Directed by **Bonnie Sexton** and **Scott Taylor** is seeking committee member(s) for the following positions. Position requires attendance at 2-3 planning committee meetings, background coordination of duties and availability race morning from 5:00am – 11:00am.

- Aid Station Coordinator

For more information, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

#### **Kal-Haven Trail Relay and Solo Ultra Run (Event Date Late March/Early April TBD)**

The Kal-Haven Trail Relay and Solo Ultra, directed by **Terry Hutchins** and **Eric Burnson** is establishing its first planning committee and is seeking member(s) for the following positions. Positions require attendance at 4-6 planning committee meetings, background coordination of duties and availability race day (registration also requires day before)

- Awards
- Registrations (includes coordinating t-shirts and packet pick-up)
- Aid Stations/Spirit Stations
- Transportation

- Refreshments
- Start/Finish Line

For more information, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

### **GROUP RUN DIRECTORS**

#### **Co-Director, Thursday Evening Runs – Battle Creek**

We are seeking 1-2 individuals to partner with Stephanie Demarest in leading the weekly Thursday evening group runs in Battle Creek at 6:00pm beginning in August (runs are currently on hiatus) Runs varied in location, but were meeting at Riverside Elementary and running in Riverside Park (same location as Battle Creek Fast Track). For more information and a job description, contact **Judah Gesmundo** at [JIG@wkkf.org](mailto:JIG@wkkf.org)

### **COACHES**

#### **Fast Track 10k and 5k Coaches**

We are still seeking a few coaches for the Kalamazoo Fast Track 5k and 10k Training Program:

Two coaches for Intro to Speed work and Competitive Speed work for the paces below, based on the following VDOT bands and lactate threshold pace range (you can obtain your lactate threshold pace range by plugging a recent race time into the McMillan Running Calculator ([www.mcmillanrunning.com](http://www.mcmillanrunning.com))). Use the tempo interval pace range generated.

<u>Group</u>	<u>VDOT</u>	<u>Lactate Threshold Pace Range</u>
A	<31	> 10 min miles
B	32 - 35	9:00 - 10:00 min miles

Program runs July 9 – September 10, 2013 and targets the Peacock Strut. Contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) for more information and a job description.

## **Kalamazoo Area Runners Fanwear Store**

Check out our complete line of KAR and Beyond Training Program apparel via the Kalamazoo Area Runners Fanwear Store at Gazelle Sports.



- Kalamazoo Area Runners Asics Interval Singlet

- Kalamazoo Area Runners Asics Short Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond Asics Long Sleeve Circuit 7 Warm Up Technical Shirt
- Kalamazoo Area Runners & Beyond Asics Caldera Jacket
- Fast Track Asics Interval Singlet
- Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

All orders will be delivered to the downtown Kalamazoo Gazelle Sports location. The \$6.95 shipping fee will be deducted from the order when it is fulfilled (there is no shipping charge for store delivery). Customers will be notified via email when the order is ready for pick up. Allow 5-7 additional business days for orders that include an embroidered item. Unembellished sample of the apparel are available to try on in the store.

---

## Regional Race Discount Program

Vice President **Chris Huff** has been hard at work expanding our membership benefits menu by reaching out to regional race directors to secure discounts for club members. For more information or the discount code on any of these events, contact Chris at [christine.huff@kalamazooarearunners.org](mailto:christine.huff@kalamazooarearunners.org).

<i>Event</i>	<i>Date</i>	<i>Discount</i>	<i>Restrictions</i>
Zombie Dash 5k	8/10/2013	10% off	Online
Run for Your Heart Half Marathon	9/7/2013	\$2	Online
Capital City River Run Half	9/14/2013	\$5 off	200 KAR members
Park to Park Half Marathon	9/28/2013	\$5 off	Online
Park to Park 5k	9/28/2013	\$3 off	Online
Brooksie Way Half Marathon, 10k, 5k	9/29/2013	\$12 off	Online
Laughing Gull Half Marathon	10/5/2013	\$5 off	Online
Wildlife Marathon and Half	10/13/2013		Pooled mail in only
Lighthouse Half Marathon	10/13/2013	\$5 off	Online
Grand Rapids Half & Full Marathon	10/20/2013	\$7	Online

---

**Yes, there really is a Kalamazoo Area Runners Facebook Group**



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has 446 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

---

## Next KAR Board Meeting is July 8, 2013

The next KAR Board Meeting is Monday, July 8, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

---

## Club Series Events

### Upcoming Club Championship Series Events



2013 Oaklawn Hospitality 5k – Photo by Bonnie Sexton

Kalamazoo Area Runners is pleased to introduce the line-up for the 2013 Club Championship Series. Events participating in the Race Discount Program offer a \$2 discount to KAR members (Borgess Run for the Health of It is grandfathered) and are automatically included in the Club Championship Series. New this year, we welcome the B.C. Spring into Action 5k & 10k, Mattawan Wildcat Road & Trail 5k, Zoo City Mile and Sherman Lake TNT 5k & 10k. The Club Championship Series is now capped at 40 individual races.

To receive the race discount, members of Kalamazoo Area Runners should enter the 4-digit discount code upon registration. Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series awards celebration in November 2013. Time points are added for each runner's best 9 races.  $\text{Time points} = \text{winner time} / \text{runner time} \times 100$ .

For more information on the Club Championship Series, visit [Club Championship Series](#)

### 2013 Upcoming Club Championship Series & Race Discount Program

- [Kindleberger](#) 5k, July 13, 2013
- [Mattawan Road & Trail](#) 5k, August 3, 2013
- [Otsego Ready or Not](#) 5k (\$5 online until noon July 13, \$2 after), August 3, 2013
- [Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 10, 2013
- [Zoo City Mile](#) 1mi (preregistration only), August 15, 2013
- [Allegan Strides for Health](#) 5k (preregistration only), August 17, 2013
- [Grape Lake](#) 5k (preregistration only), September 7, 2013
- [Peacock Strut](#) 5k & 10k, September 14, 2013
- [Sherman Lake TNT](#) 5k & 10k (preregistration only), September 22, 2013
- [Run for the Son](#) 5k, September 28, 2013

---

### Kindleberger 5k Run, Kids' Half Mile Run and 3k Stroller Walk July 13, 2013



The 5K Run, 3K Stroller Stroll and 1/2 Mile Kids Fun Run (11 and under) course winds through the tree-lined streets of the City of Parchment, bringing runners and walkers back to the finish line in lovely Kindleberger Park where participants can enjoy more of the Festival Day activities!

Now available! [Register online](#) or [download a printable registration form \(PDF\)](#).

Have any questions? Contact Parchment City Hall at 349-3785.

---

#### **Location**

Kindleberger Park, Parchment, MI

#### **Packet Pick Up**

Friday, July 12th from 4-7 pm @ Gazelle Sports.

Saturday, July 13th at the Park (east end) from 7-8:15am.

#### **Starting Times**

Kids Fun Run – 8 AM

5K Run – 8:30 AM

3K Stroller Stroll – 8:40 AM

**Entry Fees**

5Krun (18+): \$25

5K run (17 and under): \$20

3K Stroller Stroll: \$15

Kids 1/2 mile fun run: FREE

**Awards**

Awards will be given to overall male and female and the top three finishers in the age group categories for the 5K RUN ONLY.

*ALL participants* will receive a 2013 t-shirt (Late registration - subject to availability)

**Timing**

Both Run and Walk participants will be electronically timed. Results will be posted for both runners and walkers.

---

**Wildcat Road and Trail 5k August 3, 2013 in Mattawan**



**Event Location**

Mattawan High School, Mattawan, MI 49071

**About This Event**

The event starts and finishes at the Mattawan High School track. The first leg of the race is on paved road leading around to the high school. Once near the front of the high school, the run enters a wooded area for about a half mile. After exiting the woods, the run continues through the Mattawan grounds on paved surfaces, back to the road and around to the finish line on the track. Food and beverages will be available after the race. Dogs are not allowed on the course. All walkers and participants with strollers will be required to wait until all runners have crossed the start line. A link

to the race results will be posted online at [Mac's Sports Timing](#) and on the [Wildcat Facebook](#) page. In the event of inclement weather, the race may be delayed or cancelled. No refunds will be given.

### **Early Registration Deadlines**

July 19, 2013 Deadline for registration by mail & July 31, 2013 (5:00 pm) Deadline for online registration

### **Race Fees (Pre-Registered)**

Individual \$20, Family (limit 5 people) \$55, Team (limit 5 people) \$55

### **Race Fees (Friday and Day Of)**

Individual \$25, Family (limit 5 people) \$60, Team (limit 5 people) \$60

### **Early Packet Pickup**

Friday, August 2, 2013 - 5:30–7:30 p.m. Packet pick-up and registration. Packet pick-up, on-site registration and race start and finish will take place at the Mattawan High School stadium/track.

### **Race Day Schedule**

Saturday, August 3, 2013 - 6:30–7:30 a.m. Packet pick-up and registration, 8 a.m. 5K Race, 9:30 a.m. Awards

### **Course Map**

View a map of the course from the [Facebook page](#)

### **Awards**

Top overall male and female finishers, top 3 male and top 3 female finishers in each age division, top master male and female (over 40), and top team.

### **Age Divisions**

11 and under \* 12–14 \* 15–19 \* 20–24 \* 25–29 \* 30–34 \* 35–39 \* 40–44 \* 45–49 \* 50–54 \* 55–59 \* 60+ \* Team/Family

### **TShirts**

All participants who register by mail or online by July 19 will receive a race t-shirt. (There is no guarantee of receiving a t-shirt for participants who register after July 19. Mailed-in registrations must be received by July 19.)

### **Thank You From MPEF**

All profits from the race will be donated to the Mattawan Public Education Foundation (MPEF) to fund Creative Instruction Awards (CIAs) in all Mattawan schools designed to help students be brain strong! CIA funds enable teachers to develop and provide innovative classroom programs to help our students learn and grow. In fact, many CIA programs have proven so effective they are now part of the curriculum!

---

## **Otsego Ready or Not 5k August 3, 2013**

### **Otsego Running Club**

Ready Or Not 5k - Avid runners and recreational runners alike are invited to participate in this 11th annual event. This year's events include a 5k run/walk and a 1k fun run for the kids. The course is a fast, flat loop through the outskirts of Otsego, MI. We will be providing chip timing, post race refreshments and loads of prizes for our participants!

### **Race Time**

5K Run/Walk - 8:00 a.m. (1K Fun Run - 7:45 a.m.)

### **Same Day Registration**

Participants may register the day of the event - 6:30 am to 7:45 am. Participants will be charged \$25.00 the day of the event.

### **Registration Fees**

Online registration \$20.00. Mail In Registration \$20.00. Same Day Registration \$25.00. 1K Fun Run is Free!!

### **Age Classifications & Awards**

Medals will be given to the top three runners in each age division. Divisions include: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over.

### **Course Record Holders**

Female: Kristin Walstad '05 17:58 & Male: Tommy Brinn '11 15:09

### **Timing and Results**

This years' race will be Chip/Tag timed. Results will be posted at [www.macssportstiming.com](http://www.macssportstiming.com) soon after completion of the race.

---

## **Running Community News**

**Ready for a Night Race? Zombie Dash 5k is Coming to Spring Valley Park August 10, 2013!**



Do you have a friend who needs a fun race to get off the couch and start running? 200 hungry zombies will motivate them! The Zombie Dash is a terrifyingly fun 5K night race at Spring Valley Park in Kalamazoo on August 10. Sponsored by Gazelle Sports, the event offers 10% off for Kalamazoo Area Runners. Use the discount code provided on KAR communications. At least 20% of profits go to help save the lives of lymphoma and leukemia patients through the Be the Match Registry supported by MI Blood. For more information visit [www.TheZombieDash.com](http://www.TheZombieDash.com).

---

## **Xtreme New Brand of Obstacle Racing Launches Clear of Mud – Coming to Battle Creek August 24, 2013**

### **Established Race Director Sommer Sports Creates Outrageous Challenges**

Sommer Sports, a triathlon and running race company just outside of Orlando, FL, is launching the <http://www.xtremeobstaclechallenge.com/Home.aspx> Xtreme Obstacle Challenge, an urban obstacle challenge with more than 25 obstacles including some super fun, larger than life creations. They are bringing the event to Battle Creek August 24<sup>th</sup>

**CLERMONT, Fla. (May 22, 2013)** – Sommer Sports revolutionizes the obstacle industry with the Xtreme Obstacle Challenge, an urban race designed to challenge competitors with tough but fun obstacles. Xtreme urges racers to wipe off the mud and take on their more than 25 high-energy obstacles with featured larger than life challenges throughout course. The inaugural event takes place Saturday, June 29, 2013, at Sun 'n Fun in Lakeland, FL, with events in Michigan and Alabama announced for later this year.

“We’re most excited about our iconic Dizzy Lizzy challenge,” chuckled Fred Sommer, founder and president of Sommer Sports. “If racers make it to end of what may be the world’s longest treadmill, they face Dizzy Lizzy’s large, quickly rotating, slanted spiral turntable. The race will no doubt be won or lost on this challenge, and it’s guaranteed to produce some laughs.”

Other crazy obstacles include Cubic Conundrum, Matrix, Barrel Roll, and more that lead to a dynamic, elevated fight to the finish line.

The course is designed to test physical and mental toughness that can’t be conquered with strength alone. To add to the entertainment, Xtreme always welcomes spectators free of charge.

Competitive waves are eligible to win the \$2,500 purse and age group awards. Participants are encouraged to tackle the challenge in teams and race in costume for the chance to win prizes.

In addition to Xtreme race support, all participants receive an event T-shirt, chip timing and an Xtreme finisher’s medal. The race touts a memorable post-race party with plenty of food and drink coupons, live entertainment and a healthy exchange of bragging rights.

Founded in 1984, Sommer Sports is involved in more than 40 participatory athletic events annually in Clermont and beyond. More information about the Xtreme Obstacle Challenge can be found at [XtremeObstacleChallenge.com](http://XtremeObstacleChallenge.com).

For more information, or to schedule an Xtreme interview, contact Ashley Stephens at 352-394-1320 or Ashley@SommerSports.com.

---

## Good Form Running



Good Form Running is an opportunity to decrease the likelihood of running related injuries. Four simple steps can keep you on the road, helping you run longer, faster and more comfortable. This FREE weekly clinic presented by Gazelle Sports is a great tool for runners of all abilities. Have you checked in with your form today? Sign up at [www.GazelleSports.com/goodformrunning.php](http://www.GazelleSports.com/goodformrunning.php)

---

## Training Programs and Group Runs

### The Kalamazoo Area Runners Group Run and Training Program Page Now Has a New Look!

Connect with other runners through local group runs and training programs! The Kalamazoo Area Runners Group Run and Training Program List has a new look and enhanced versatility thanks to KAR website guru **Phil Goodwin!!!** This comprehensive 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 Phil Goodwin at [phil.goodwin@kalamazoorearunners.org](mailto:phil.goodwin@kalamazoorearunners.org). Check it out at <http://kalamazoorearunners.org/events-and-programs/training/group-runs/>

Kalamazoo Area Runners hosts seven organized group runs throughout Greater Kalamazoo, Portage and Battle Creek, with Gazelle Sports offering an additional two. These runs are all free of charge. Runners interested in attending KAR group runs should email the designated contact(s) to request to be added to the distribution. The provision of hydration, distances and meeting locations sometimes vary and more detailed information is provided via the individual distributions.

---

### *Kalamazoo/Portage*

### **Wednesday Night Runs at Borgess Health and Fitness Center**

Wednesday evenings at 6:00pm at Borgess Health and Fitness Center for runs of various distances. Contact **Steve Rice** at [steve.rice@kalamazoorearunners.org](mailto:steve.rice@kalamazoorearunners.org) for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

---

### **Wednesday Night Runs at Portage YMCA**

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

---

### **Wednesday Night Runs – Maple Street Magnet School**

Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at [laura.ferrara@kalamazoorearunners.org](mailto:laura.ferrara@kalamazoorearunners.org) for more information and to be added to the distribution. All paces are welcome.

---

### **Thursday Night Runs - Portage YMCA**

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Brandon VanDusen** at [Brandon.vandusen@kalamazoorearunners.org](mailto:Brandon.vandusen@kalamazoorearunners.org) or **Teri Olbrot** at [teri.olbrot@kalamazoorearunners.org](mailto:teri.olbrot@kalamazoorearunners.org) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

---

### **The Urban Herd**

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

---

### **The Dirty Herd**

FREE trail runs on Sunday afternoons at 4:00pm at Al Sabo Preserve. 2-8mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at [tmartin@gazellesports.com](mailto:tmartin@gazellesports.com)

---

### ***Battle Creek***

#### **Battle Creek Sunday Runs – Variety of Locations**

**\*\*\*NOTE TIME CHANGE\*\*\*** The Sunday group runs in Battle Creek now meets at 7:30 am at a variety of locations throughout Battle Creek. For more information or to be added to the distribution, contact **Jill DeLong** at [jill.delong@kalamazooarearunners.org](mailto:jill.delong@kalamazooarearunners.org), **Kaycie Ohmart** at [kaycie.ohmart@kalamazooarearunners.org](mailto:kaycie.ohmart@kalamazooarearunners.org) or **Gale Fisher** at [gale.fischer@kalamazooarearunners.org](mailto:gale.fischer@kalamazooarearunners.org)

---

### **Tuesday Morning Runs from Battle Creek YMCA**

Tuesday morning runs from Battle Creek YMCA at 9:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at [anreelca@gmail.com](mailto:anreelca@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

---

### **\*\*\*ON HIATUS THROUGH THE SUMMER\*\*\* Thursday Nights at Riverside Elementary School/Various locations**

**\*\*\*Change in Location\*\*\*** Thursday evenings at 6 p.m. leaving from Riverside Elementary School, 650 Riverside Drive Battle Creek, MI 49015. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at [stephanie.demarest@kalamazooarearunners.org](mailto:stephanie.demarest@kalamazooarearunners.org).

---

## **2<sup>nd</sup> Battle Creek Fast Track 5k Training Program Set to Launch: Orientation Scheduled for July 16, 2013 from 6:00 – 7:00.**



We are pleased to announce that after an extremely successful first-ever Battle Creek Fast Track program held this spring, we will be offering a second session of Fast Track in Battle Creek starting in just a few weeks!

### ***What exactly is Fast Track you ask?***

Good question! Battle Creek Fast Track will offer three levels of track workouts designed to meet your 5k goals whether you are a beginner or experienced runner. Led by experienced KAR coaches, the program targets the Dig 'Em Dash, scheduled on September 28, 2013. The Fast Track Training Program includes training schedules, individualized clinics and assessments and structured Tuesday track workouts.

**Where will the program meet? Is it really on a track?**

Sessions are held at Riverside Elementary (650 Riverside Dr. Battle Creek, MI 49015) on Tuesday nights. We will meet at the blue pavilion off the Riverside Drive, near the soccer fields.

One thing that should be noted that will differ from the Kalamazoo program, our program will utilize the loops around the Riverside Elementary/Park soccer fields rather than a high school track. While we know this will be a bit different that using an actual track, we believe it will also offer some advantages, including continued training opportunities throughout the week and after the program ends for community members. We received many positive comments from our first Fast Tack Session that was held here!

**What time is it held? How long does it last?**

Pre-Run Discussion starts at 5:45 pm and Workouts start at 6:00 pm. Workouts each week will vary depending on how long your workout takes, water breaks, etc. You could probably plan an hour to hour and a half at most. The time depends on how long it takes you to complete your workout and will vary slightly per person. The program runs Tuesday, July 23, 2013 through Tuesday, September 24, 2013.

**Will there be an orientation?**

Yes! We will hold an Orientation and Apparel Clinic on Tuesday, July 16<sup>th</sup>, 2013 from 6:00 – 7:00 pm, locations is yet to be determined. On-site registration will still be available at that time as well as the first few weeks of the program. All questions regarding the program will be answered during orientation and coaches will be on hand for participants to meet. This orientation is not mandatory, but is strongly recommended to answer any and all questions and to help you better understand how things will work.

**So how much does this program cost?**

The program is only \$25 for those who are already members of Kalamazoo Area Runners (KAR). Non-member friends must join KAR upon registration for an additional \$20/Individual or \$30/Family. So, that means its only \$45 for a 10 week program, AND you get a year-long KAR membership! To find out more about the benefits of being a KAR member, you can visit: <http://kalamazooarearunners.org/get-involved/become-a-member/>.

**You've Peaked My Interest....NOW WHAT?!?**

GREAT QUESTION!! We are in the final stages of getting our online registration set-up (hopefully in the next few week or so). In the meantime, we wanted to get this information out to you so you knew it would be coming. Keep your eye on the following website for more sign-up information: <http://bckarfasttrack.wordpress.com/>.

In the meantime, please feel free to contact Stephanie Demarest at [Stephanie.demarest@kalamazooarearunners.org](mailto:Stephanie.demarest@kalamazooarearunners.org) with any questions.

---

**Kalamazoo Fast Track 5k & 10k Training Program Starts July 9, 2013 at WMU Kanley Track!**



There is still time to register! The 2013 Fast Track 5k and 10k Training Program starts Tuesday, July 9, 2013 at WMU Kanley Track. Late Registration and check-in will be from 6:00 – 6:30pm, with discussion beginning at 6:30. New for 2013, Kalamazoo Area Runners is pleased to announce we are adding a 10k training program to Kalamazoo Fast Track, including a 5k to 10k transitional level. The Fast Track 5k and 10K training programs each offer three levels of track workouts designed to meet your goals whether beginner or experienced runner. Led by experienced KAR coaches, the program targets the Peacock Strut 5k & 10k scheduled for September 14, 2013 and includes training schedules, individual guidance, clinics and structured Tuesday track workouts. Sessions are conducted 6:30 pm Tuesday nights at WMU Kanley Track and run 10 weeks from July 9, 2013 to September 10, 2013.

**Online registration for Fast Track 5k & 10k Training is open at [www.karfasttrack.wordpress.com](http://www.karfasttrack.wordpress.com).**

- Fast Track I (Beginner Walk to Run) – Fast Track to running – Geared towards transitioning the new runner from walking to running and their first 5k.
- Fast Track II (5k Introduction to Speedwork) – Fast track to speed work. Geared towards transitioning a runner who has some 5k running experience, but is new to track workouts and is looking for a lower mileage program (under 20 miles/week).
- Fast Track III (5k Competitive Speedwork) – Fast Track to maximum performance - Geared towards competitive runners with 5k racing and track workout experience who are seeking optimal performance and/or a higher mileage program (20 + miles week).
- Fast Track IV (5k to 10k Step Up Program) – Fast Track 5k to 10k transition is our own custom designed program incorporating light fartlek (speed-play) and a gradual mileage build-up. Geared towards runners who have mastered the 5k distance, and are ready to go the next level and run their first 10k. (under 20 miles/week)
- Fast Track V (10k Introduction to Speedwork) Fast track to speed work. Geared towards transitioning a runner who has some 5k running experience but is new to track workouts and/or seeking a lower mileage program. Similar to 5k Level II but with mileage geared towards the 10k distance (20 – 30 miles/week)
- Fast Track VI (10k Competitive Speedwork) Fast Track to maximum performance. Geared toward competitive runners with 10k racing and track workout experience who are seeking optimal performance and/or seeking a higher mileage program. Similar to 5k Level III but with mileage geared towards the 10k distance (more than 30 miles/week).

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

Please contact **Bonnie Sexton** at [Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org) or visit [www.karfasttrack.wordpress.com](http://www.karfasttrack.wordpress.com) for more information.

---

## Summer Safari Marathon and Half Marathon Training Program Underway: Drop Ins and Punch Cards Available



The 2013 Summer Safari Marathon and Half Marathon Training Program is now underway. For more information visit <http://gazellesafari.wordpress.com/>. The program consists of 18 weeks starting on June 22<sup>nd</sup> and ending on October 12<sup>th</sup> targeting Grand Rapids marathon and half marathon. Training schedules are designed in three levels to meet your goals and objectives.

New this year! If you are unable to join Safari but would like to get some supported long runs in, we are offering a \$40 5 time punch card. Drop-in anytime with this punch card! Drop-in rates will continue at the rate of \$10 per visit if you choose to not buy a punch card.

Summer Safari offers many benefits to participants including: a year membership with KAR, supported Saturday long runs with post-run food, Tuesday track workouts, experienced team leaders for pace groups of 30-second increments, educational clinics, 10% discount to Gazelle Sports for the duration of the program, a tech shirt, presence of athletic trainers or physical therapists at the majority of runs, and much more! The Summer Safari program is perfect for beginners as well as runners looking to set a personal best.

For more information visit <http://gazellesafari.wordpress.com/>, stop by Gazelle Sports, or contact Carrie Drake at [Cdrake@GazelleSports.com](mailto:Cdrake@GazelleSports.com).

# Club Member Corner

## New Member Welcome

Kalamazoo Area Runners explosive growth continues!!! During the months of May and June, KAR added 87 new members, expanding our running family to an all-time high of 1138 men, women and children. Please join the Kalamazoo Area Runners Executive Board in extending a warm welcome to the following new members:

Amy	Adams
August	Adams-Miller
Isaac	Adams-Miller
Kathy	Alizo
Jerry	Altman
Tiffany	Ankley
Morris	Applebey
Karen	Applebey
Alexander	Argo
Evelyn	Argo
Cassandra	Basore
Bill	Bowser
Julie	Bowser
Billy	Bowser
Jacob	Bowser
Jen	Brown
Karen	Conner-Beck
Brent	Cook
D	Cook
Susan	Dalton-Akers
Robin	DeBlake
Jessica	Dilk
Jason	Dilk
Kelly	Dominique
Penny	Ellis
Christine	Essenmacher
JoAnn	Farnam
Kathy	Farrow
Ashley	Ferguson
Carmen	Foljahn
Mason	Garcia
Rick	Garcia
Kristy	Gunderson

Seth	Harris
Skylar	Harvey
Luke	Howell
Danielle	Howell
Kahlan	Howell
Cathy	Hutchison
Jason	Kniss
Amy	Kniss
Faye	Leerentveld
Denna	Liggett
John	Liggett
Ethan	Liggett
Sharon	Manski
Brett	Manski
Sarah	Manski
Scott	Manski
John	Manski
Jennifer	Markos
Brian	Markos
Brianna	Markos
Ben	Markos
Nathan	Markos
Monique	Mason
Austin	Mifsud
Robert	Morris
Karen	Newland
Lissa	Perkins
David	Perry
Camden	Pickens
Heather	Randall
Rusty	Rathburn
Penny	Rathburn
Max	Rathburn
Gabe	Rathburn
Robby	Robertson
Therese	Rosenberg
Barbara	Slates
Andra	Stackhouse
Mark	Stackhouse
Lisa	Stackhouse
Scott	Taylor
Kathleen	Taylor
Jen	Theisen

Amy Tomlinson  
Raquel Wells  
Robert Williams  
Allyson Williams  
Ashleigh Williams  
Alec Williams  
Andrew Williams  
Melissa Williams  
Carrienne Wilson  
Maggie Wise  
David Worthams

---

## Birth Announcement



It's a girl! Kalamazoo Area Runners has been experiencing some biological growth recently. We are pleased to announce KAR members **Zachary** and **Heidi Baker** gave birth to a baby girl on Thursday, June 27, 2013. Here are the details as per proud father (and our Director of Marketing Promotions) Name: Alexandra Judith Baker, aka Alex, Lex, and A.J. Born June 27, 2013, 7lbs 10oz, 20.5" long. Current PR: 10 dirty diapers in 24 hrs. Likes: eating, Tiger Baseball, Tour de France. Dislikes: diaper changes, sleeping through the night. Baby Alexandra has already been observed wearing infant running shoes.

Have a birth, wedding, engagement or other announcement you would like published in the "Club Member Corner" section of *The Rundown*? Email **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) with the details.

---

## Just Another Runner's Story A Physical Transformation – Stephanie Demarest

*Curiosity will conquer fear even more than bravery will.*  
---James Stephens



**By Gale Fischer**

Through my years of running I have witnessed and experienced first-hand that individually we are capable of much more physically than what we realize. The human body can perform the unexpected with patience, commitment and proper training. Taking on the challenge of running a race of any distance from 5K to marathon can be seemingly impossible task for those who are new to the sport of running. It is difficult for the mind to have confidence in the physical ability of the body, but with steady patient training the body can prove the mind wrong in time. This month's featured member, Stephanie Demarest is one of countless examples of those members of the running community who have gone through this experience of realizing that what they are capable of physically is greater than what they had previously realized.

This past winter Stephanie was a spokesperson for the Borgess Run. She appeared on their billboards and was featured in their television commercials. Her role as Borgess Run spokesperson was fitting considering how her participation in Borgess Run Camp and the excitement it generated for her propelled her from a nervous beginning 5K runner to a half marathoner. Over a decade ago as a high school student, running or any type of physical activity was the last thing on Stephanie's agenda. She loathed gym class and was very creative in avoiding it. She took four years of marching band and finally was able to get this approved as a replacement for physical education class her senior year. Weight had always been an issue for Stephanie and after graduating from college and returning to Battle Creek, she tried several programs in her attempt to lose some of this weight. During the summer of 2011 she joined a popular exercise program known as Boot Camp. "I was looking for a way to jump start my body," she says. She became interested in running at this time as well. Since then she has lost 60 pounds and become an unofficial spokesperson for the being physically active.

Stephanie began running in August of 2011. She had wanted to start running for a while but never knew how to get started. "A friend finally helped me get started. I found someone who could run a slow and steady pace, but was willing to help me get better. The first time we "ran" I could barely run an eighth of a mile without huffing and puffing for a good half a mile. Within a month my friend had me running my first 5k with her. It was an amazing sense of accomplishment."

Since beginning running, Stephanie has come to realize some of the common joys of running. "I love getting out in the fresh air and getting away from the worries of life. Although one of my favorite things to do when I run is to listen to music on my phone, sometimes I love to leave my phone at home. I also like exploring new areas. Battle Creek gets boring to me. I have done Borgess Run Camp for the last two years and love the friendships and fun had amongst friends in the camp...not to mention the different routes we run every week for some different change of scenery."

There are those less desirable aspects of running however. "Believe it or not, I hate running in the heat! I've come to love running in the winter because I can find that happy medium of "just enough" layers to be cool enough but warm enough. When it's so hot out you just can't stay cool. I just don't do well with heat."

Stephanie considers two of her friends to be her mentors. "I have lots of mentors in life. Sally Dull is a running mentor and good friend who helped me first start running. She stuck by my side the first few months as I struggled to be able to run a few hundred feet without needing five times that distance to catch my breath. Nonetheless, she was patient with me and always encouraged me. Jen Graber is another great running mentor. I met Jen through Borgess Run Camp in 2012. Little did I know a short conversation on Facebook and an email a few weeks later would lead us to being traveling buddies that summer and fall for a number of races throughout Michigan. Jen has been a huge motivator for me in both my running and personal life. Her energy and spirit is energizing and contagious. She's kept me focused, motivated, inspired and so much more. Most importantly, she's just plain fun to be around."

Stephanie has a difficult time choosing a specific runner as her inspiration. "I don't have any specific inspirations as a runner, but I've met so many people through run camp that are inspirations themselves. So many people have their own stories about why they are out there at Run Camp learning to run for the first time, or even back for their 5<sup>th</sup> year, etc. Every week I hear new stories, many that'll bring tears to your eyes." I couldn't agree more with Stephanie. Every runner has a story that can provide inspiration.

With Stephanie's history with physical activity her advice is perfect for those who want to start running but are not confident in their abilities. "My advice is mainly for beginner runners – or those who think they cannot run. If anyone can speak to beginner runners, I definitely can do so. Just 7 or 8 years ago I could barely get around cities like Washington, D.C. and Boston where I lived during the summer months without getting winded and exhausted at the end of the day. I would spend an afternoon at the park and see runners wishing I could do that to. Little did I realize, with a little hard work, personal drive, and a motivating friend to keep my going I could do it. My advice is simple: start short and slow. If you're training at home its often nice to run the same path every time, and each time you run make it a goal to run to the next driveway, next fence post, tree, etc. without stopping. And, there is nothing wrong with being a slow runner – you're still doing more than you

were sitting on the couch, Also, finding some buddies to run with, joining a weekly run group, or a running training camp helps you get inspired a bit more by connecting with others in your same pace group. “

Although Stephanie has dabbled mainly in those races at the half marathon distance or less, she aspires for more. “My short term goals are to run my first marathon this October – the Detroit Marathon. I’ve been convinced to do a full marathon but would only do so if it was a big marathon with awesome swag and an awesome venue. This was a great venue because of getting to run across the bridge into Canada and also through the tunnel on the way back to the U.S. My long term running goals are to keep up with running and to increase my pace a bit. I don’t really have any other long-term goal except to keep up with the fact that I have come from “huffing and puffing” to being able to running a few miles without even stopping.”

In just a matter of a few years, Stephanie has turned into one of running’s worst enemies to one of its biggest advocates. She has gone from avoiding physical activity to becoming a running addict. She has brought that passion to the running community as a leader. She has led the Thursday night run group in Battle Creek and was co-director of Battle Creek’s first Fast Track session.

Curiosity and fear can work hand in hand. You may be fearful of something but at the same time intrigued by it. Overcoming these fears to try something new that you are scared of can be very difficult. When I first started running it was because I had one goal in mind, to run a marathon. I had watched a friend run the Chicago Marathon and was very intrigued. At the same time I was terrified at the thought of trying to run twenty six miles. I would imagine this struggle between fear and curiosity when it comes running can be even more difficult for individuals who struggle with weight issues. Making that commitment to start a training program and stick with it involves some courage. Thanks Stephanie for showing that courage and sharing your story with us.

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



*Everyone has a story. Stay tuned next month for another runner’s story. As a writer and a writing teacher my philosophy is that everyone has a story. If you know of a KAR member whose experiences would make a good running story please contact me at [gale.fischer@kalamazooarearunners.org](mailto:gale.fischer@kalamazooarearunners.org) with a brief synopsis of their story. Please contact this individual prior to contacting me to make sure that they are fine with me writing an article about them. Also include the individuals contact information.*

---

## Local Race Results

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

## 2013 Run to Climax 7k

Fifty KAR members participated in the 2013 Run to Climax held on May 27, making a clean sweep of all four overall titles and many of the age divisions. The phenomenal **Peggy Zeeb** won the overall female title with a time of 29:32, and **Zachary Baker** won overall male with a time of 25:20. **Joel Vanderkooi** won the overall masters male title, and **Sarah Hamric** won female masters.

Congratulations to all of our KAR rock stars finishing in the *age division winners circle* and the *amazing finishers circle* as listed below.

Brian Argo	0:36:04	
Tracy Argo	0:29:49	1st
Jeff Baas	0:34:01	
Zachary Baker	0:25:20	Overall Male Winner!
Francine Bangs	0:40:29	1st
Sandy Barry-Loken	0:35:34	2nd
Brett Beier	0:31:56	
Jalayne Bennett	0:43:30	3rd
Andrea Burke	0:36:05	3rd
Amy Clark	0:47:25	
David Clark	0:46:59	3rd
Fred Colbert	0:33:07	3rd
Cindy Comer	0:39:17	2nd
Daniel Damaska	0:27:23	3rd
Andrew Darrell	0:27:04	1st
Joan Darrell	0:42:46	1st
Steve Darrell	0:36:27	
Chris DHulster	0:28:12	3rd
Angela Elhammer	0:37:22	1st
Marty Feilen	0:43:13	
Randy Fielder	0:40:04	
Sarah Foster	0:40:11	
Michelle Germinder	0:36:28	3rd
Sarah Hamric	0:34:56	Master's Division Winner!
Ray Hendriksma	0:38:26	1st
Fred Keister	0:38:32	
Ed Kenny	0:25:58	1st
Bill Lewis	0:35:19	
Michael Louden	0:29:45	1st
Stacey Lyon	0:38:28	3rd
Gayle Majeske	0:38:44	
Brian Markos	0:36:14	
Frank Maston	0:52:21	

Kristen Maxwell	0:44:06	
Shawn Maxwell	0:35:33	
Hillary Moczerad	0:37:29	2nd
Margaret Munger	0:40:36	
Chris Nelson	0:41:32	
Lisa Piper-English	0:37:04	2nd
Kenzi Pridgeon	0:41:37	
Christie Ruesink	0:57:57	
Damian Ruesink	0:30:27	
Lillian Ruesink	0:57:56	
Heather Siegwart	0:45:55	
Tim Sochor	0:29:01	1st
Carole Stevens	0:38:32	2nd
Christina Thomas	0:45:12	
Joel Vanderkooi	0:27:08	Master's Division Winner!
Eric Zeeb	0:37:22	2nd
Peggy Zeeb	0:29:34	Overall Female Winner!

For complete results go to: <https://www.msu.edu/~weessie2/climax/2013-results.htm>

---

## 2013 Cereal City Classic 5k and 10k



Tony the Tiger was live on the scene and Kalamazoo Area Runners was well represented at the Battle Creek Cereal City Classic held June 8, 2013 with forty-nine members participating. Congratulations to all our Kalamazoo Area Runners finishers for their all-star performances, many finishing in the **age division winners circle** and all in the **amazing finishers circle** – they're Grrreat!

### 5k Results

Martha Boyer	0:34:27	
Cindy Comer	0:28:02	1st
Chris DHulster	0:19:37	1st

Carmen Foljahn	0:39:45	
Grace Grant	0:46:04	
Hannah Grant	0:36:11	
Sara Grant	0:40:06	
Sarah Hamric	0:24:10	2nd
Judy Hawkins	0:28:45	
Ray Hendriksma	0:26:21	1st
Christine Huff	0:24:32	1st
Lana Hulsebus	0:27:34	3rd
Jared Jones	0:25:40	
Fred Keister	0:26:11	2nd
Brenda Keith	0:40:42	
Christina Little	0:39:46	
Frank Maston	0:39:10	
Renee Mercer	0:26:39	1st
Jennifer Odza	0:40:44	
Ken Odza	0:57:20	
Kaycie Ohmart	0:37:54	
Tracie Osterhart	0:46:07	
Lisa Piper-English	0:26:18	2nd
Lisa Schreiner	0:31:28	
Latasha Stinnette	0:43:18	
Lynette Tuttle	0:28:37	
Mike Tuttle	0:29:11	
Don Williamson	0:31:23	

For complete 5k results go to: <http://results.active.com/events/cereal-city-classic-2/5k-run-age>

<b>10k Results</b>		
Jessica Coakes	0:58:42	2nd
Daniel Damaska	0:41:22	2nd
Steve Darrell	0:51:39	3rd
Sherri Dutton	0:52:43	1st
Karla Fales	1:19:28	
Brad Hollister	0:58:46	
Katie Lipari	1:35:56	
Matt Longjohn	0:47:45	3rd
Nichol Martensen	0:54:58	
Margaret Munger	0:56:23	3rd
Michael Nasuta	0:35:37	2nd
Chris Nelson	1:00:59	2nd
Jeff Puetz	1:22:44	
Jeremiah Puetz	1:06:47	
Jim Robinson	0:46:08	1st
Bonnie Sexton	0:48:20	1st
Mark Sigfrids	0:45:18	1st
Jennifer Smith	0:53:13	3rd

Christina Thomas	1:04:41	3rd
Joel VanderKooi	0:40:28	1st
Brandon VanDusen	0:40:26	2nd

For complete 10k results go to: <http://results.active.com/events/cereal-city-classic-2>

## 2013 Plainwell Education Foundation Racin' the Island 5k and 10k

Thirty-two members of Kalamazoo Area Runners participated in the Plainwell Education Foundation Racin' the Island 5k and 10k on June 13, 2013. Winning overall male in the 5k was **Michael Nasuta**, with a very fast 16:18.

In the brand new 10k, KAR member and Kalamazoo Marathon winner **Michelle Grevenstuk** achieved a feat we don't witness often. Michelle won overall, not only out of the women, but men and women, finishing almost 3 minutes ahead of the 1<sup>st</sup> place male competitor with an exceptionally fast time of 37:28. Congratulations to all of our Kalamazoo Area Runners Racin' the Island celebrities landing in the *age division winners circle* and the *amazing finishers circle* as listed below.

### 5k Results

Anne Betts	0:23:46	1st
Grayson Betts	0:20:10	
Haley Betts	0:22:08	3rd
Cindy Comer	0:28:52	1st
Michael Dutton	0:32:00	3rd
Sarah Engelmann	0:31:08	
Randy Fielder	0:26:36	3rd
Brad Hollister	0:27:13	
Joel Huff	0:22:59	1st
Fred Keister	0:25:48	2nd
Deborah Kloosterman	0:28:02	
Robert Kloosterman	0:27:54	3rd
Steven Kloosterman	0:42:39	
Rachel Konieczka	0:28:44	
Stacey Lyon	0:26:04	3rd
Robert Miller	0:33:04	
Michael Nasuta	0:16:18	Overall Male Winner!
Kenzi Pridgeon	0:25:36	
Ethan Raseman	0:29:21	
Carla Thomas	0:25:05	2nd
Joel VanderKooi	0:26:19	1st
Brandon VanDusen	0:19:21	3rd
Sue White-Sutton	0:25:34	1st

For complete results go to <http://results.active.com/events/plainwell-education-foundation-racin-the-island-city>

### 10k Results

Jeff Baas	0:49:49	1st
Russell Bertch	0:52:04	2nd
Karen Darby	0:52:11	1st
Michelle Germinder	0:55:55	
Michelle Grevenstuk	0:37:28	Winner
Frank Maston	1:18:47	2nd
Lisa Pitman	1:06:14	
Tim Scheffers	0:47:45	1st
Amanda Wehner	0:52:31	3rd

For complete results go to <http://results.active.com/events/plainwell-education-foundation-racin-the-island-city>

---

## 2013 Kalamazoo Klassic 5k and 10k



More than 1500 runners and walkers participated in the 2013 Kalamazoo Klassic including the Kids' Klassic, the Pump n' Run, the 5k Run/Walk and the 10k Run with many participants competing in both. Presented in partnership by MRC Industries, Inc. and Kalamazoo Area Runners, 124 of the 5k participants and 94 of the 10k participants were members of Kalamazoo Area Runners. Nearly 150 volunteers filled almost 200 spots to create an outstanding experience for the 35<sup>th</sup> anniversary event. The Kalamazoo Klassic 10k and 5k were both named RRCA State Championship Events.

The Kalamazoo Klassic benefits MRC Industries, a local nonprofit organization committed to providing support and encouragement to individuals living with a disability to achieve their fullest potential through employment, skill building and active community involvement.

In the 5k Race, KAR Member **Peggy Zeeb** won the female masters division with a time of 20:17 and **Gretchen Allison** won the female grand masters division with a 23:33. **Tom Nehil** and **Sue-White Sutton** won male and female senior grand masters, with a 20:20 and 25:57 respectively.

In the 10k race, KAR member **Lauren MacVicar** won the women’s open RRCA title with a 39:30 and KAR Member **Mark Sigfrids** won Senior Grand Masters with a time of 45:54.

Congratulations to all of our Kalamazoo Area Runners Kalamazoo Klassic Superstars finishing in the **age group winners circle** and **amazing finishers circle** as listed below, as well as to all the committee members and volunteers from Kalamazoo Area Runners who made the event possible.

<b>Name</b>	<b>Time</b>	<b>Age Group</b>
Marcel Alkemade	0:22:21	
Gretchen Allison	0:23:33	Female GRAND MASTERS WINNER
Tracy Argo	0:20:43	1st
Jeff Baas	0:25:40	
Zachary Baker	0:17:28	3rd
Nicole Baxter	0:32:29	
Collin Bennett	0:25:01	
Jalayne Bennett	0:33:35	
Russell Bertch	0:21:13	1st
Caleb Billings	0:24:34	
Kerri Billings	0:27:30	
Royce Bland	0:33:36	
Pam Boner	0:24:32	
Andy Boris	0:24:37	
Emily Boucher	0:25:44	
John Brady	0:26:08	
Kenneth Brooks	0:18:34	
Annie Buchanan	0:30:51	
Jana Buckhannon	0:31:55	
Justin Bunch	0:18:06	3rd
Joe Cekola	0:30:18	
Rick Chaney	0:26:22	
Eileen Chiang	0:43:30	
Amy Clark	0:20:50	2nd
Becky Clark	0:32:30	
David Clark	0:33:16	
Jamie Clark	0:41:44	
Patrick Clark	0:35:32	
Fred Colbert	0:22:44	
Cindy Comer	0:27:40	
Karen Conner-Beck	0:29:40	

Daniel Damaska	0:18:57	2nd
Andrew Darrell	0:17:52	2nd
Joan Darrell	0:31:13	
Aaron Decker	0:19:48	
Cristi DeDoes	0:31:48	
Stephanie Demarest	0:40:33	
Kelley Dendel	0:35:38	
Gretchen Dettloff	0:23:01	2nd
Sherri Dutton	0:23:55	2nd
Marty Feilen	0:31:19	
Wendy Fleckenstein	0:45:07	
David Florida	0:28:26	
Teddy Foote	0:22:08	
Gary Foster	0:25:40	
Sarah Foster	0:27:48	
Mary Frank	0:34:47	
Carl Fried	0:17:56	1st
Aliza Garcia	0:29:33	
Bill Greer	0:18:54	1st
Nancy Greer	0:29:23	
Sarah Hamric	0:23:13	3rd
Gordon Hare	0:36:51	
Kelly Hinga	0:36:10	
Ferdi Hintze	0:24:36	
Kristal Hoffman	0:35:31	
Julie Hoffmann	0:26:09	1st
Brad Hollister	0:25:57	
Necole Hopkins	0:45:06	
Clint Hostetler	0:28:42	
Christine Huff	0:23:56	
Joel Huff	0:22:23	
Joe Hulsebus	0:18:42	
Chelsey Jones	0:18:34	2nd
Fred Keister	0:24:52	
Deborah Kloosterman	0:28:12	
Robert Kloosterman	0:28:00	
Rachel Konieczka	0:31:31	
Diana Ladio	0:19:21	3rd
Dan Launt	0:21:13	
Mark Lay	0:32:29	
Faye Leerentveld	0:32:32	
Robert Levy	0:22:55	
Michael Louden	0:19:08	3rd
Stacey Lyon	0:25:32	
Gayle Majeske	0:31:37	
Susan Mastenbrook	0:36:24	
Frank Maston	0:38:10	
Kristen Maxwell	0:28:11	

Shawn Maxwell	0:25:39	
Kris McWilliams	0:20:12	
Nicolette Merritt	0:24:19	
Karen Middaugh	0:33:27	
Randy Middaugh	0:25:23	
Vic Moon	0:20:48	
Derick Myers	0:22:40	
Michael Nasuta	0:16:40	1st
Tom Nehil	0:20:20	Male SENIOR GRAND MASTERS WINNER
Zach Novak	0:31:48	
Kaycie Ohmart	0:36:30	
Ronald Pelak	0:19:20	2nd
Jennifer Pickens	0:27:03	
Lisa Pitman	0:32:11	
Jim Raseman	0:20:46	
Steve Regner	0:33:06	
Michael Ross	0:25:04	1st
Micki Rossio	0:37:59	
Kyle See	0:28:13	2nd
Rebecca Shehorn	0:29:21	
Dale Shugars	0:32:19	
Mark Sigfrids	0:21:42	1st
Frank Silva	0:25:01	
Jordan Smith	0:32:52	
Greg Socha	0:22:14	
Aaron Stanley	0:24:35	
Jody Stanley	0:27:58	
Latasha Stinnette	0:41:10	
Brandon VanDusen	0:25:35	
Andrew Vidor	0:30:47	
Christine Vlietstra	0:32:19	
Zachery Wegner	0:17:15	2nd
Sue White-Sutton	0:25:57	Female SENIOR GRAND MASTERS WINNER
Robert Wierzba	0:24:26	
Rob Williams	0:30:32	
Kathy Wilson	0:34:00	
Zachary Wilson	0:22:05	
Todd Wright	0:25:38	
Brent Yager	0:28:50	
Nancy Yager	0:23:20	3rd
Christina Yavarow	0:26:45	
Gina Zagaroli	0:33:42	
Chuck Zahnow	0:24:18	
Eric Zeeb	0:25:26	
Peggy Zeeb	0:20:17	Female MASTERS WINNER

For complete results go to <http://results.active.com/events/kalamazoo-klassic-3>

### 10k Run

Marcel Alkemade	0:46:49
Tracy Argo	0:44:06 3rd
Daniel Austin	0:51:14
Jeff Baas	0:54:06
Zachary Baker	0:37:04 3rd
Francine Bangs	1:00:00 1st
Jalayne Bennett	1:00:10
Andy Boris	0:43:58
Emily Boucher	0:55:22
John Brady	0:44:28
Kenneth Brooks	0:36:52 2nd
Jana Buckhannon	1:12:58
Eric Burnson	0:52:40
Paul Bushnell	0:46:33
Jacque Carlson	0:52:35
Chad Caswell	0:55:41
Jeff Cavanaugh	0:44:20
Lisa Cavanaugh	0:53:09
Joe Cekola	0:54:08
Kami Chase	1:01:48
Robert Chase	1:01:49
Eileen Chiang	1:01:36
Fred Colbert	0:48:04 1st
Karen Conner-Beck	0:57:17
Daniel Damaska	0:40:15 2nd
Steve Darrell	0:53:32
Courtney Davis	0:49:35
Cristi DeDoes	0:48:58
Gretchen Dettloff	0:46:35 1st
Angela Elhammer	0:54:34 2nd
Christina Ellis	0:57:01
Anthony Fabi	0:53:56
Michele Fabi	0:56:23
Carie Faul	1:09:05
Marty Feilen	1:04:42
David Florida	1:00:04
Teddy Foote	0:47:33
Teresa Fulcomer	0:54:18 1st
Aliza Garcia	0:59:24 3rd
Nikki Gates	1:03:17
Michelle Germinder	1:00:42
Gordon Hare	1:11:54
Carol Heinicke	0:49:26 2nd
Kelly Hinga	0:57:27
Ferdi Hintze	0:49:14

Shari Johns	1:09:55
Susan Kallewaard	1:08:25
Michele Ketelhut	0:56:21
Rachel Konieczka	1:02:25
Diana Ladio	0:41:38 1st
Robert Levy	0:45:18
Matt Longjohn	0:49:05
Dean MacVicar	0:50:12 2nd
Lauren MacVicar	0:39:30 Female OVERALL WINNER!
Gayle Majeske	0:58:47
Frank Maston	1:15:32
Nicolette Merritt	0:47:51
Randy Middaugh	0:52:58
Brian Morris	0:51:30
Margaret Munger	0:57:01
Derick Myers	0:46:13
Michael Nasuta	0:35:04 1st
Karen Newland	0:47:37 1st
Zach Novak	0:55:16
Christina Oberheim	1:16:27
Amy Onderlinde	1:08:09
Emily Pearson	0:46:58 2nd
Ronald Pelak	0:40:37 3rd
Erica Pincomb	0:58:13
Steve Regner	0:54:54
Steve Rice	0:53:26
Stephanie Robinson	0:55:56
Corrine Sallaz	1:00:14
Laura Sandahl	1:03:37
Sarah Schieber	1:09:31
Rebecca Shehorn	0:54:58
Dale Shugars	1:02:42
Heather Siegart	1:08:39
Mark Sigfrids	0:45:54 SENIOR GRAND MASTERS WINNER!
Jennifer Smith	1:01:27
Greg Socha	0:48:07
Lindsey Spieles	0:58:34
Aaron Stanley	0:52:13
Jody Stanley	1:07:55
Carole Stevens	0:56:37
Christine Strayer	1:05:30
Madison Strayer	0:54:22 2nd
Candace Thurston	0:58:14 1st
Joel VanderKooi	0:40:34 2nd
Brandon VanDusen	0:42:09 2nd
Sarah Varricchio	1:04:41
Christine Vlietstra	1:00:33
Zachery Wegner	0:35:31 1st

Robert Wierzba	0:49:25 3rd
Zachary Wilson	0:45:22
Brent Yager	0:51:04
Nancy Yager	0:48:03 2nd

For Complete results go to <http://results.active.com/events/kalamazoo-klassic-3>

## 2013 Binder Park Zoo Cheetah Chase

Seventy-four members of Kalamazoo Area Runners participated in the Binder Park Zoo Cheetah Chase 5k on June 22. **Peggy Zeeb** emerged as female masters winner with a time of 22:24. With 10-year age groups, finishing in *the age division winners circle* was an extraordinary accomplishment, but below is the list of all those landing in the Binder Park Zoo *incredible finishers circle*.

Name	Time	Age Group
Maggie Austin	0:29:54	
Robert Austin	0:26:41	
Josie Boucher	0:52:30	
Peter Burrill	0:37:29	
Jacque Carlson	0:38:03	
Chad Caswell	0:27:55	
David Clark	0:35:09	
Patrick Clark	0:41:52	
Jessica Coakes	0:28:29	
Cindy Comer	0:31:18	
Katie Conor	0:52:34	
Heather Crail	0:47:34	
Robert Cabbage	0:41:22	
Aaron Decker	0:21:29	
Jill DeLong	0:30:38	
Stephanie Demarest	0:45:04	
Karen Dyszkiewicz	0:36:12	
Karla Fales	0:38:51	
Randy Fielder	0:32:08	
Aliza Garcia	0:35:24	
Michelle Germinder	0:28:19	
Grace Grant	0:55:35	
Hannah Grant	0:40:12	
Sara Grant	0:43:59	
Dayle Hadden	0:37:51	
Karen Hadden	0:43:08	
Sarah Hamric	0:25:35	
Judy Hawkins	0:31:49	
Ray Hendriksma	0:30:18	

Catherine Hennessy	0:56:43	
Brad Hollister	0:29:48	
Necole Hopkins	0:52:36	
Christine Huff	0:26:59	
Joel Huff	0:24:43	
Jared Jones	0:26:49	
Lisa Jones	0:39:53	
Fred Keister	0:28:46	
Kathy Krecke	0:48:29	
Katie Lipari	0:47:09	
Christina Little	0:42:37	
Amanda Losch	0:33:04	
Kevin Lynch	0:25:56	
Shawn Lynch	0:25:27	
Nichol Martensen	0:52:37	
Susan Mastenbrook	0:40:06	
Renee Mercer	0:29:29	
Ronald Nortier	0:39:07	
Kaycie Ohmart	0:42:04	
Tracie Osterhart	0:47:20	
Lisa Piper-English	0:27:39	
Kenzi Pridgeon	0:28:50	
Jeff Puetz	0:35:16	
Jeremiah Puetz	0:35:13	
Jennifer Reif	0:49:21	
Jim Robinson	0:23:15	
Rozlyn Ross	0:50:46	
Annie Sherzer	0:48:05	
Rhonda Smart	0:39:46	
Dawn Smith	0:43:06	
Jeff Smith	0:28:11	
Adell Steely	0:39:10	
Bailey Steely	0:32:46	
Kara Steely	0:26:51	
Latasha Stinnette	0:46:55	
Kathy Stoll	0:36:47	
Lynette Tuttle	0:31:12	
Mike Tuttle	0:33:06	
Sam VanLoo	0:37:03	
Scott VanLoo	0:37:02	
Diane Williams	0:30:25	
Rob Williams	0:27:41	
Don Williamson	0:35:14	
Eric Zeeb	0:29:03	
Peggy Zeeb	0:22:24	Female MASTERS WINNER!

For complete results go to: <http://results.active.com/events/binder-park-zoo-cheetah-chase-2/5k-run-age>

---

## Bayshore Half and Full Marathon

Kalamazoo Area Runners was well represented at the Bayshore Half and Full Marathon on May 25, with 45 members finishing the marathon (many of them Boston qualifiers) and 30 members finishing the half marathon.

In the marathon, running Boston qualifying times were **Tracy Argo, Christie Cook, Laura Lam, Mark Sigfrids, Andrew Simmons, Scott Taylor, Mike Waterman, and Nancy Yager.** **Mark Sigfrids** also finished 2<sup>nd</sup> in his age division.

In the half marathon, **Michelle Grevenstuk (2<sup>nd</sup>), Dean McVicar (1<sup>st</sup>) and Lauren McVicar (3<sup>rd</sup>)** all finished in the *age division winners circle*.

Congratulations to all of our Kalamazoo Area Runners amazing Bayshore finishers.

Scott Adrian	4:51:25	
Marcel Alkemade	4:09:39	
Tracy Argo	3:27:48	
Kim Armitage	4:28:25	
Brett Beier	4:11:01	
Joe Cekola	5:02:45	
Amy Chopp	3:37:23	
Amy Clark	3:59:40	
Paula Coakes	4:01:40	
Danielle Cobble	5:30:08	
Christie Cook	3:33:06	
Karen Darby	4:30:42	
Eric Diller	4:27:55	
John Donaldson	5:02:45	
Daniel Gavlas	3:29:33	
Angela Goodrich	3:57:24	
Gordon Greenland	3:24:48	
Michelle Halley	4:36:51	
Kelly Hinga	5:00:12	
Laura Lam	3:28:28	
Nicolette Merritt	4:12:54	
David Mitchell	4:14:45	
Anna Moss	3:59:29	
Cindy Owen	4:00:36	
Steve Rice	4:26:57	
Dan Robinson	3:49:59	
Janice Rumph	6:17:05	
Kyle See	5:14:59	
Jianhua Siegel	3:44:20	
Mark Sigfrids	3:26:30	2 <sup>nd</sup>

Mark Sikkila	3:28:46
Andrew Simmons	2:43:21
Dawn Smith	5:16:32
Aaron Stanley	4:06:14
Jody Stanley	5:05:58
Carla Thomas	4:17:14
Cathi VanDyk	5:17:40
Scott VanLoo	3:31:32
Sarah VanStelle	3:38:07
Megan Walters	4:11:02
Mike Waterman	3:04:21
Robert Wierzba	3:51:31
Derek Wissner	3:28:13
Matt Wittenberg	3:37:44
Nancy Yager	3:43:17

For complete results go to: <http://rftiming.racetecresults.com/results.aspx?CIId=16365&RIId=34>

Aaron Aulgur	1:37:24	
Jalayne Bennett	2:16:05	
Roger Bush	1:48:00	
Becky Clark	2:25:47	
John Coakes	1:49:58	
Brandy Cole	2:19:32	
Stephanie Diller	2:39:42	
Kevin Ferrara	1:43:57	
Anne Flynn	1:37:44	
Raul Garcia	1:36:04	
Michelle Grevenstuk	1:23:23	2nd
Kristin Hanson	2:30:31	
Nancy Jager	2:21:33	
John Johnson	2:06:21	
Cindi MacDonald	1:57:30	
Dean MacVicar	1:45:56	1st
Lauren MacVicar	1:25:37	3rd
Jason Marchal	1:45:59	
Katie Marchal	2:19:04	
Renee Mercer	2:43:53	
Laura Molter	2:20:03	
David Neely	1:44:59	
Corrine Sallaz	2:26:15	
Kathy Taylor	2:35:45	
Laura Vander Beek	2:12:48	
Andrew Welburn	1:31:51	
Marisa Welburn	1:57:59	
Myra Willis	2:22:23	
Brent Yager	1:49:42	
Christina Yavarow	2:00:19	

For complete results go to: <http://rftiming.racetecresults.com/results.aspx?Cid=16365&Rid=34>

---

## Volunteer Acknowledgements Through June



Volunteering for the 2013 Kalamazoo Klassic

Sincere thanks to all our volunteers. We couldn't do it without your efforts. The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

If you volunteered for any of the below recent KAR organized or sponsored events or programs, please remember to enter your volunteer points:

- Greater Kalamazoo Girls on the Run Program
- YMCA Healthy Kids Day Run
- Kalamazoo Klassic
- Dropped Hydration for a Group Run

Volunteer points entered through June 2013 have been updated. If you volunteered year to date through June 2013 and your points are not included, please enter them at this time. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

As of June 2013, **Colleen Orwin** is in first place with 440 points, **Bonnie Sexton** is in 2<sup>nd</sup> with 380 points, and **Brian Dobbie** is in 3<sup>rd</sup> place with 260 points.

**[Click here to view current 2013 Patrick Johnson Memorial Volunteer Program Results](#)**

Visit the individual webpages/sites via [www.kalamazooarearunners.org](http://www.kalamazooarearunners.org) to learn more about how you can volunteer for the above events and programs.

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