

*"Every day is a good day when you run."*

*—Kevin Nelson*

June 2014

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

## The Kalamazoo Area Runners Rundown

### What is on the Horizon for Kalamazoo Area Runners?

By Bonnie Sexton



2014 Kids' Klassic – Photo by DB Family Photography

Kalamazoo Area Runners (KAR) has experienced phenomenal success over the last decade, with our most remarkable accomplishments over the last two years. Membership continues to grow and prosper with close to 1400 members, bringing us ever closer to becoming the largest RRCA Running Club in the history of the State of Michigan. In 2013, we introduced the inaugural Winter Blast Half Marathon & 5k in partnership with the City of Portage, delivering a quality event out of the gate. After functioning more than 40 years as an all-volunteer organization, we hired our first Executive Director, Joy Mills, on September 16, 2013. We submitted a nomination, along with letters of recommendation from local government officials and running community leaders, and were awarded the RRCA Runner Friendly Community designation, shedding a national spot-



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light on our community. In 2014, three of our events, the Winter Blast Half Marathon, Kalamazoo Klassic 10k and the Kal-Haven Trail Run Solo Run were selected as RRCA State or Regional Championship events.

What is next on the horizon for Kalamazoo Area Runners? As Board President, one of my chief responsibilities is to provide leadership and guidance in accordance with the purposes of the Association. Over the next two months the KAR leadership team will be going through the strategic planning process, an initiative we schedule every 3 – 5 years. We have contracted with consultant Larry Herman to facilitate the sessions, and will be looking at such internal factors as how do we most effectively continue the transition from all volunteer to a partially staffed organization and how does it change the structure and responsibilities of the Executive Board, and other leadership team members. We will also be considering external factors, such as the impact of the high volume of new running events in the local market (both those hosted by local organizations, as well as national organizations such as Color Run), and organic groups, which are also an important part of our running community.

As we concurrently work with Mr. Herman on defining our next steps, establishing our vision, continuing to improve upon existing events and programs, and gradually transition duties to and develop our new Executive Director, the leadership team has been working hard at establishing clear cut direction for our organization that balances the needs of our membership and event and program participants, and our organization and community in line with our mission and objectives.

As an Association, we make many decisions based on feedback from our membership and event and program participants, along with other factors. As a membership organization, we thoughtfully evaluate your feedback, which we request via our many membership and participant surveys. These are a valuable, if not critical part of our decision making and continuous improvement process. In addition to membership feedback, other factors impacting our decisions include capacity and feasibility of both KAR and our partners, and factors external to our organization and the running community in general. In recent months, outside the transition from an all-volunteer to a partially staff led entity our general direction can be defined in several ways:

### **Expansion of Membership Benefits**

We have been working hard at developing new and innovative membership benefits. Joy Mills and I met with a local health care provider in May to identify areas of opportunity for collaboration. Out of this discussion emerged the possibility of a

## **KAR Discount Sponsors**

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

### **Gazelle Sports**

Exclusive membership into the MyGazelle rewards program. Register in-store or [click here](#).



### **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, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto:praterd@aol.com) for more information.



### **BORGESS HEALTH AND FITNESS CENTER**

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



monthly, free to members Walk-In Injury Clinic. Many of you responded to the survey Joy sent earlier this month to assess interest and feedback on the topic, and based on this feedback, we are working on a formal proposal and Agreement to present to the full Board for approval. This Agreement will also go through a review process by the partnering organization.

The race discount and merchant and service provider discounts were among the first responsibilities the Executive Board transitioned to Joy, and she has been hard at work procuring and expanding the menu of discounts available to our membership. Currently, Joy is working on a proposal to partner with a local Yoga provider, to add to our menu of discounted services to our members.

### **Continuous Improvement to Existing Events and Programs**

Earlier this year, we distributed a membership survey regarding our existing Halloween Hash Run, and the possibility of revamping the event into a new format. At this time, with the entrance of many new events and groups into our local running community as well as our own limitations in resources, KAR is focusing on redefining, making enhancements and improving upon existing events and programs, rather than introducing new ones into an already full community event calendar. In regards to the Halloween Run, we received excellent membership feedback on a new event format and venue. As a result of your feedback, we will be conducting an exploratory meeting with the Kalamazoo Nature Center (KNS) on the possibility of partnering on a Halloween themed event for 2015. KNS was the first choice of our members for a venue, and in approaching their leadership they would like to evaluate the possibility for 2015. In the interim, for 2014, KAR will host the event at another venue in greater Kalamazoo/Portage to ensure continuity simultaneously with the exploration of a collaborative partnership.

We also are committed to continuous improvement efforts for our existing events and programs, with committees evaluating feedback gleaned through post-event and program surveys as they begin the planning process for the following year. We evaluate the feedback, and for those opportunities for improvement that are within our control, we strive to make changes to make improvements. We may have very little or no control over a fresh snow fall the morning of Winter Blast, trail conditions at Kal-Haven, or City requirements for the Kalamazoo Klassic, but we can make efforts to make changes to the shirts we select for our events, the addition of popular refreshments or awards.

For children's events, past feedback and current trends have strongly supported the effort for organizers to offer these free to the community, and we have been paying attention. The Kala-

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### **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**

Stephanie Walbridge of In the Zone offers 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 [swal-bri2000@tds.net](mailto:swal-bri2000@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.



mazoo Area Runners Children's Easter Egg Hunt Run was turned over to a committee (Marie Billen, Deb Kloosterman, Teri Olbrot and Andrea Nixon) in 2013, and as a result of their hard work, this free event grew from approximately 90 participants in 2012 to more than 600 in 2014. The Kids' Klassic attracted 171 participants in 2013, down from the 300+ children that had participated during its most successful years. Gazelle Sports, who has been a long time partner in the Kalamazoo Klassic by organizing the Kids' run component, secured a Stryker sponsorship which enabled us to offer the event for free. The result was an increase in participation back to 329, in line with the events' most successful years. KAR also serves on the organizing committee of the YMCA Healthy Kids' Run, and we are working with the YMCA to make changes for 2015 here as well, as we introduce our youngest generation to the sport of running.

At the training program level, we continue to evaluate our training programs. The 2014 Kalamazoo Fast Track 5k & 10k Training Program will have its most extensive line-up of professionals ever as we strive to deliver a quality program, including an on-site athletic trainer once a month. At the same time, we are making the clinics optional the half hour prior to the program official program start time of 6:30. This way they are available to those who wish to attend, and allow others the opportunity to come just for the workout portion.

### Community Collaboration

Community collaboration, in its many forms, is an important part of both membership benefits, and continuous improvement in our events and programs. Whether it is to create a win-win situation for our membership and discount partners, or to enhance the quality of our events and programs for members and participants, we firmly believe that combining efforts and resources produces the greatest benefits and most positive outcomes for all, whether it be members, participants, KAR as an organization, and our partners and running community.

We look forward to defining our next steps as an organization, as we establish our vision and direction for years to come.



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### BRONSON ATHLETIC CLUB

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

- 2 hours personal training (\$130 value)
  - 2 hours of Pilate's reformer (\$120 value)
  - 4000 loyalty points (\$80 value)
  - 10 free guest passes (\$100 value)
- One month of free primary dues (\$103 value)

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



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

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



### SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2014 events. Discounts range from \$7.50 for the Laughing Gull Half Marathon, \$10 for adult triathlon relays, \$5 for adult individual triathlons, and \$2.50 for the remaining running events, open water swims and kids triathlons. Visit [www.spiritracing.us](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2014 events, using the 2014 KAR discount code.



Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is married with three children, an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is an HR and Community Relations Director for a Kalamazoo non-profit organization. In addition to authoring articles for *The Rundown*, her publications have appeared in *Michigan Runner Magazine*.

## Executive Director Report— Featured Volunteers—Going the Extra Mile

By Joy Mills

It has been almost ten months since I started my position as the Executive Director of the Kalamazoo Area Runners. In that time I have had the opportunity to attend both meetings and a couple of group runs with the people that are working to grow KAR in Battle Creek. This is a very talented and fun group of people and I appreciate their willingness to volunteer their time and talent on behalf of the Battle Creek community. This month as I incorporate the *Going the Extra Mile* feature article into my Executive Director report I would like to feature a couple of members of KAR in Battle Creek, Lisa Piper-English and Kevin Rabineau. Please join me in thanking Lisa and Kevin for their dedicated service to the Kalamazoo Area Runners along with all those who volunteer every day.

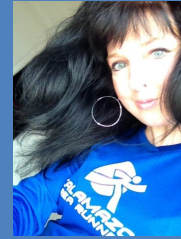
### Lisa Piper-English—Battle Creek Fast Track Co-Director and Group Run Leader



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Lisa Piper-English has the mantra “Run Strong...Relax...Thing Big!” engraved on her Road I.D. bracelet and is what she keeps in her mind while running. Lisa is a newer runner that embraced the sport in the last three years after accepting a challenge from her Pastor to run a 5k that her church was sponsoring. Since then Lisa has run six half marathons along with several other races. Lisa is currently training to run her first marathon this coming fall.

When asked why she volunteers for KAR, Lisa shares that **“A huge part of the dedication and perseverance I have acquired came as a result of my participation in Fast Track last year. Working with the coaches and other runners helped me realize how much fun running can be, and that no matter where you are in your running career you can challenge yourself and encourage others to embrace the possibilities.”**

Lisa describes her volunteer role as follows:

**“As a KAR in BC Fast Track coach and co-director my responsibilities include weekly emails to encourage / guide our Fast Track participants as well as coach runners/walkers during the weekly sessions. I also host a weekly run which includes weekly email encouragement/guidance as well as interaction during the runs.”**

When asked what advice she would give to others interested in volunteering for KAR, Lisa says **“Just try and you may like it!”**

**Kevin Rabineau – Battle Creek Fast Track Coach and KAR in Battle Creek Committee Member**



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Kevin serves as the Dean of Arts & Sciences and Kellogg Community College, overseeing the three regional campuses. He and his wife Karen have been married for 36 years and have three children and three grandchildren.

Kevin started a lifetime love of running the day after watching Frank Shorter win the 1972 Olympic marathon, in Munich. He grew up running the roads, hills, and trails of the U.P. and Northern Ontario. Kevin went on to coach high school track and field in 1977, and eventually became head cross country coach at Lake Superior State University. Kevin was the assistant cross country and distance coach in track at Olivet College for a combined total of 15 seasons.

Kevin shares the motivation behind why he volunteers on behalf of KAR. ***“Volunteering and coaching are ways for me to transform my life experiences into value for other runners. I have been running and racing for more than four decades and I feel that I have some lessons to share--both good and bad. I have always taken great pleasure in serving others, and KAR has an abundance of opportunities to get involved in our local communities.”***

In describing his volunteer responsibilities, Kevin states that ***“I volunteer twice each year as a Fast Track Coach in KAR-Battle Creek. I also do a session on sports nutrition for Fast Trackers.”***

Kevin has the following advice to offer to others interested in volunteering on behalf of KAR. ***“Look for something in which you are interested, or have passion. It is so much easier to get out of bed early in the morning, or stay late to clean-up after an event, if one finds joy in what they do. We are all part of something much bigger than ourselves, and the growth of KAR is a testament to the KAR ambassadors that inspired and recruited each of us. “***

## Staff

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Ferdi Hintz and Pam Boner

Team Co-Captains, Relay for Life

Matt Santner

Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)



*Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.*

## **Another Runner's Perspective - Attitude Is Everything**

*"Some people are always grumbling because roses have thorns. I am thankful that thorns have roses."  
---Allophones Karr*

This past weekend I participated in my thirteenth year of Strides for Life. Many of you have read about this amazing event in past articles that I have written. This is a four day event encompassing twenty-five miles a day for each runner. Participants spend the months prior training and collecting money to support the American Cancer Society. The atmosphere for this event is unique while blending in characteristics of summer camps and family reunions. Although each year brings with it a handful of new staff and runners, the core group comes back year after year creating a second family for all of us. Our time is squeezed into four full days each year as our diverse personalities and backgrounds come together for one common cause. Although the time we spend together is limited to only four days in the middle of June, it seems that we arrive each year exactly where we left off 361 days earlier as if we were together just yesterday. Combine this with the physical toll of running one hundred miles in four days along with the emotion of coming together to fight cancer, a disease that shows no discrimination, and we are all left exhausted with a sense of relief when the weekend comes to an end but also left with a nagging feeling of emptiness knowing our four days with our Strides family is over for one more year.

As a writer it seems that I am naturally drawn to story lines. Strides for Life offers enough of these story lines each year to fill a book. In recent years we have been graced with participants whom are cancer survivors. As a runner I am always grateful to have cancer survivors among us. It gives us all a little reassurance that our physical efforts and fundraising work are helping in this fight against cancer. This year we were blessed to have

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Alicia Haven, who at the tender age of twenty seven is just three years removed from being diagnosed with colon cancer.

Alicia's father has FAP, a genetic disorder that causes excessive polyp growth in the small intestine, large intestine and stomach. Symptoms will typically arise in childhood but Alicia did not begin to experience symptoms until the age of twenty three. She began throwing up at least once daily. Her doctors thought that her symptoms were caused by celiac disease, lactose intolerance or some sort of food allergy but all tests came back clean. Shortly after, she began experiencing stomach pain severe enough to affect her ability to sleep at night and work during the day. Tests to check her pancreas, gall bladder and enzyme levels all came back clean. Finally she was scheduled for a colonoscopy which confirmed that she had inherited the FAP mutation from her father. She had surgery in March of 2011 which confirmed that there was cancer in the colon. The doctors were sure that the cancer was contained to the colon but 186 lymph nodes were removed to test just to be sure. *"I woke up groggy and in much more pain than I ever expected. The surgeon and my parents told me the news and somehow I found myself not scared or afraid. I was calm. How could that be? My first instinct was, 'okay what's next'? What do I have to do now? Maybe it was my long distance running background that caused me to think this way. Just like when an injury or bad cold derails your training plan, you make modifications and jump back into the grunt of it."*

Things would get worse however before they would get better. *"I was in the hospital for 7 days after the surgery to remove my colon. I sat in my bed, unhooked from the IV polls and the catheter removed. The phone rang. It was the surgeon. I listened to her in that empty hospital room as she explained that she was so very sorry. Three of the 186 lymph nodes were infected with cancer. It was then that I told her that she would have to call back once I was at home because I wasn't going to remember anything more from the conversation. I think I may have cried, but to be completely honest I am not sure."*

As difficult as it was for Alicia to listen to the diagnosis from her surgeon, breaking the news to her father was far worse. *"How in the world does one even start that conversation? Somehow, somehow, I kept it together. It was the first time I can remember seeing tears form behind the eyes of the man who I had placed up on an extremely high pedestal. I could see in his eyes the only thing he was thinking was how it was his mutated gene that gave me this disease. I proclaimed that we would get through it and it would just be a new kind of endurance event, possibly the hardest, yet most important of my life."*

Alicia began the daunting rounds of chemo therapy ten weeks after surgery, twelve rounds every other week for six months. In December of 2011 all cancer cells were gone from her body. Alicia still has the mutated gene and nothing is guaranteed but in the meantime she lives life with a straightforward attitude refusing to look over her shoulder. *"What I am able to proclaim is that I live with an awareness of my situation and disease and not fear. I currently have no cancer cells and I'll tell you what, I showed cancer who is boss."*

As a runner before her diagnosis and with the personal experience of fighting cancer, Alicia was naturally drawn to Strides for Life. Cancer may have beaten her body down and attacked her immune system but if you weren't familiar with her personal story you wouldn't know that her body was brought to the edge of its breaking point only a few short years ago. Wanting to run last year's event she sought approval from her doctor. She was given clearance to run two days last year and this year another day was added. We hope that she is able to run all four days with us next year. Although her life may never be the same as it was prior to cancer it is obvious that from her ability to tackle seventy five miles in three days, that her physical condition is back to and well above normal standards.

While visiting with Alicia about her journey with cancer she made a comment that really struck a chord with me. She hinted that her struggles with cancer were more difficult for her friends and family than they were for her. She seemed to feel that as a cancer patient her role was rather simple. She would just show up at the hospital for treatments and her support system would do all the work. Although most would not agree entirely with her take on this disease she makes some valid points. I have never been a cancer victim nor had the opportunity to survive this disease so although I could try to imagine what it is like to have fear rage through my mind, not knowing what my future holds, I could never walk that walk. I could try to compare the physical pain and exhaustion created by cancer and the treatments to strip it from my body to other types of agony but in reality I can't embrace it. Although Alicia surely experienced some of the most brutal of physical conditions while her body was tested with cancer's wrath, her point about her role being easy compared to her family's as this journey unfolded deserves some merit. The mental anguish that a child, a parent, a sibling or good friend must go through as they watch a loved one suffer through the physical torture of cancer, although secondary to what the cancer patient is going through cannot be denied. As I tried to pass the time while running twenty five miles during my second day my mind kept drifting back to Alicia's perspective as I tried to digest her words and wrap my brain around them. Cancer does have a primary impact on those who carry this disease in their bodies but the pain and suffering go much deeper as loved ones are faced with the emotional toll of fear and uncertainty not to mention witnessing the pain that their friend, child or sibling is going through with the inability to do anything to relieve this physical pain. Although you can be there as a mental and emotional support, feelings of helplessness are sometimes hard to ignore. I suspect that Alicia's mental resolve helped her family deal with these feelings of helplessness. They pride that they must feel for their daughter for the way she has handled this ordeal with cancer is surely something that they cannot hide.

Although the notion of running twenty five miles a day for four days may seem like a test of endurance it is a drop in the bucket in the long run of an individual's personal race against cancer. In a way our tiny event is a metaphor to Alicia's words of experience. On the surface it would appear that the runners in our Strides family face the brunt of the load in our four day event but ask any runner and you are likely to get a different perspective. Our staff provides support making sure that we have water, Gatorade and fuel every two miles. Each rest stop between legs is set up by volunteers with a smorgasbord of snacks and lawn chairs to rest our weary bodies. As we take off for our next five miles everything is packed up and hauled to the next rest stop where it is set up again and waiting for us. Just as Alicia shows up at the hospital for her treatments while her support system does all the work we show up to run while our support system makes sure our every need is met as we are pampered for four days. Just as a cancer patients support system plays a huge role in the recovery process so does our support system at Strides for Life.

Alicia's positive attitude about cancer and life in general is a testament about what it takes to survive not only cancer but life in general. Although cancer shows no boundaries and the havoc that it creates is a true example of how unfair life can sometimes be any thoughts of self-pity and being the victim are not at all a part of Alicia's agenda. After going through what Alicia has gone through it would seem that pity, doubt and worry would be difficult to discard from her thought process. Her words are good advice for dealing with cancer or anything that life might throw on you. *"There is a place in the back of my mind that still leaves me wondering if the cancer will come back but whether or not it comes back is nothing that I can control and nothing that I take the time to worry about."* With all the variables in our lives I think that Alicia has the most enduring frame of mind. After all we all can take precautions to reduce our risk of cancer. We should take all the steps we can to live a safe life but even with all of these precautions we are all vulnerable. The only thing we can truly control is our attitude. Cancer may have ripped at Alicia's body in its attempt to have her suffer its wrath, but she prevailed with the one thing that she had full control over, her attitude.

This attitude helped her deal with life as a cancer patient and will guide her through her future as a cancer survivor. As runners we are well aware of the impact of attitude on performance. Running is indeed a physical activity but driven by one's mental resolve. Alicia has demonstrated that resolve as a runner but more importantly on a much bigger stage as a cancer patient and now as a cancer survivor.

As a Strides Family in partnership with the American Cancer Society we are always looking at the numbers. How many runners joined us this year? How much money did we generate and how much did we spend? These numbers are important for sure. The more money we raise, the more research that can be done and the more support that can be provided to cancer patients and their families. Having someone like Alicia running side by side with us reinforces that what we are doing is making a difference. Thank you for the reminder Alicia.

**KEEP RUNNING!!**

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



*Gale Fischer has been running since 1997, is married with two children and is a long time member of Kalamazoo Area Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.*

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## **Featured Member – Fred Colbert Marathon Man**

*“I’ve learned it’s important to not limit yourself. You can do whatever you really love to do, no matter what it is.”  
---Ryan Gosling*



Fred Colbert and Bob Smola

Although the popularity of distance running has grown by leaps and bounds over the last decade most who are a part of the non running population don't always understand what draws many of us to this sport. Even with the growth in popularity of the marathon distance there are times in which I feel like I am in my own world as a marathon runner. You don't have to be a marathoner to own this reputation however. As runners we are often misunderstood by non-runners whether we are a hard core ultra marathon runner or a casual 5K runner. It is not that we are necessarily perceived in a negative fashion it's just that others don't understand why we do what we do. As a veteran runner I have completed twenty six marathons since 1998. My co-workers, children and many non-running acquaintances have not known me as a non-runner. My wife has known me longer as a runner than a non-runner. Those with whom I am acquainted with know me as many things including teacher, dad and husband but I am also that guy who is always running. What I see as a daily ritual others may perceive as an obsession. Some may even consider twenty-six marathons in fifteen years as insanity. It really is all about perspective however. Over the years I have met and read about runners who have accomplished much more than what I have, leaving my running routine look a bit more normal. This month's featured member, Fred Colbert is an example of one of these runners.

Although Fred had always run a little while playing basketball years ago, his transformation as a runner did not really come about until 1988. It was then that he ran his first marathon in Detroit. This seemed to hook him and two weeks later he ran his second marathon in Chicago. He hasn't looked back since. Fred is not restricted however to just the marathon distance. If you have been to any local 5K or 10K races you have probably seen Fred there. He shows no loyalty to any particular distance having raced distances from the 5K to the 50K covering his longest distance race on the Kal Haven Trail from Kalamazoo to South Haven.

Although Fred races a variety of distances the marathon is where he stands out having completed 133 of them to date. He has averaged more than five marathons a year since he began running. When you run that many marathons you sometimes have to get them in when you can even if that means running two in one weekend. Fred has accomplished the double weekend on occasion having run a Saturday marathon followed by a marathon the next day. He was able to accomplish the double marathon weekend by running a marathon in Indianapolis on October 20 of 2007 and then traveling to Columbus, Ohio to run a marathon the next day. He accomplished the double marathon weekend again a year later by completing a marathon in Indianapolis on October 18 of 2008 and then traveling to Grand Rapids, Michigan to run and finish a marathon the next day. Marathonguide.com shows Fred completing 58 marathons since 2000. He has really been a model of consistency with 47 of those marathons coming in between 3 and 4 hours. His fastest marathon during that time was 3 hours and 11 minutes with his slowest coming on a very challenging course in the Fallasburg Marathon with a time of 4 hours and 42 minutes. He has only eleven marathons since 2000 that are slower than four hours with the bulk of his marathons coming in between 3:30 and 3:45. Fred obviously has a built in cruise control.

When you consider the toll that a marathon takes on your body and the commitment required with traveling, Fred's accomplishment of 133 marathons since 1988 is remarkable. With all of those years of running and the miles on his legs, he has been able to avoid major injury. ***"I have avoided major injuries. I have had minor injuries but as far as a secret I would say long slow running and not a lot of speed work."***

It would come as no surprise that Fred's most memorable moment involving running has to do with the marathon. ***“My most memorable moments would be finishing my first marathon in Detroit and my 100<sup>th</sup> marathon finish.”***

What Fred likes about running comes down to the running community. ***“The thing I like most about running is that everybody is a winner and that everyone has their own goals or reasons for running.”***

Having been witness to the spirit of the running community I whole heartedly agree with Fred's assessment that every runner is a winner. He is a mentor and model for all in the running community but he has also been on the receiving end of these mentor mentee relationship. ***“My running mentor is everyone that runs. You can learn from them all.”***

For a guy who has accomplished as much as he has with no major setbacks, Fred's advice to runners should be something worth hearing. ***“Advice I would give to fellow runners is to try to make it fun and run your own way. It's not all about winning.”***

Fred's goals and aspirations really have nothing to do with age group awards or setting a PR for a particular distance. He just wants to run. ***“My short term and long term goal is just to keep running as long as I can.”*** I hope you hit your goal of 200 marathons Fred.

Completing 133 marathons in a lifetime would seem to be on the realm of an impossible goal by the standards of most individuals. For Fred this is just a little over halfway to his goal of 200. Having completed 26 marathons myself, taking on another 174 would seem unlikely. Even if this were a goal that I wanted to pursue my confidence in accomplishing it might inhibit my ability to knock off this many marathons. Then again there was a time when completing one marathon seemed like a far-fetched reality. Fred is a great example of the power of the mind. Sure as human beings we all have physical limitations but at the same time we are all capable of much more than what we would give ourselves credit for. Thanks Fred for reminding us that believing an internal belief is the first step in accomplishing anything in life.

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

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## Hot Club News

### 2014 YMCA Healthy Kids Day Run



Kalamazoo Area Runners (KAR) serves as a sponsor and member of the organizing committee of the YMCA Healthy Kids Day Run each year. In 2014, KAR was represented on the committee by Robin Carpenter and Bonnie Sexton, and was primarily responsible for starting line staging, finish line and aid station volunteers. 135 children ranging in age from two to twelve participated in this year's event, with a shorter ¼ mile tot run for children ages four and under, and a longer one mile fun run for children up to age 12. In addition to the run, there were children's activities, entertainment and refreshments for the entire family. Slappy was live on the scene spreading good cheer among our young event participants.

In addition to committee members and YMCA staff, volunteering on behalf of KAR were Morris Applebey, Carrie Campbell, Gail Davis, Raul Garcia, Maggie Garcia, Bryan Garfoot, Kelly Hinga, Fred Keister, Rachel Konieczka, Nikki Martensen, Dan Miller, Joy Mills, Maggie Mills, Mark Sigrids, Eric Zeeb and Peggy Zeeb. Sponsors included Kalamazoo Area Runners (KAR), Natural Health Center, Hardings Friendly Markets, D&W Fresh Market, Subway, Road ID and Macs Sports Timing.

As we look forward to the 2015 YMCA Healthy Kids Day Run, plans are already underway for some sweeping changes to bring the event in alignment with other popular family friendly events. Stay tuned for details.

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## **Registration is Still Open for the Summer Safari Marathon & Half Marathon Training Program**



### **Train for a Half Marathon or Marathon with Gazelle Sports and Kalamazoo Area Runners**

Registration remains open!!! Summer Safari is presented by Gazelle Sports and Kalamazoo Area Runners. With a wealth of experience and knowledge, we've designed this 18 week training program for beginner runners looking to complete their first half marathon or full marathon as well as runners who have already crossed the finish line but would like to run a personal best!

Our training program offers three training schedules catered to the beginner and the experienced, significant support on your long runs by providing experienced coaches, unique and varied routes, and nutrition and hydration stations. This program also offers opportunities for speed training at WMU Kanley Track, educational clinics, and mid-week runs. By signing up for this program you

will also receive a one year membership to Kalamazoo Area Runners (KAR)

Note: You must be able to run 4 miles comfortably multiple times a week by the start of this program.

Group trains 7am | Saturdays

Learn more about the Gazelle Sports Summer Safari Half Marathon and Marathon Training Program and have the opportunity to have your questions answered.

### **18 Week Training Program**

Training on Saturday's at 7am through October 11th

Track Workouts 5:45am and 6pm | Tuesdays

Why run with us? We provide:

- Special focus on beginners
- Low participant to coach ratio
- Gazelle Sports wicking shirt
- Training schedules
- Access to e-notebook for additional resources
- Track workouts for speed training during the week
- Varied and unique pre-planned routes
- Hydration and nutrition stations
- Mile markers on the routes
- Educational clinics
- 10% Gazelle Sports discount
- Samples of race food (gels and more) for long runs
- One year Kalamazoo Area Runners (KAR) membership and optional family membership for an additional \$10 (see details below)

[Click here to register for the 2014 Safari Marathon & Half Marathon Training Program](#)

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## **Registration for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo) is now OPEN!!!**



Are you seeking to run your first 5k or 10k, begin a speed work program or optimize your 5k or 10k performance? Registration is now OPEN for the 2014 Fast Track 5k and 10k Training Program

(Kalamazoo). Fast Track runs Tuesday, July 8, 2014 through Tuesday, September 9, 2014 and targets the Peacock Strut 5k & 10k scheduled for Saturday, September 13, 2014. Sessions are conducted 6:30 pm Tuesday evenings (optional clinics at 6:00pm) at WMU Kanley Track.

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 includes training schedules, individual guidance, clinics and structured Tuesday track workouts.

**Online Registration will remain open through July 31, 2014 at 11:00pm.**

**Program Levels are as follows:**

**Fast Track I (Beginner Walk to Run)** – Fast Track to running – Geared towards transitioning the new runner from walking to running and completion of a 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.

For more information and/or to register for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo), visit [www.karfasttrack.wordpress.com](http://www.karfasttrack.wordpress.com).

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**BORGESS HEALTH**

# **Summer Sizzler Member Reception 5k Fun Run**

**Presented by Kalamazoo Area Runners**



**August 4, 2014**

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

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

**Cost: Free of Charge**

Attention prospective members, new members and long-time members! Kalamazoo Area Runners is pleased to host the Summer Sizzler Member Reception 5k Fun Run on Monday, August 4, 2014 at 6:00pm at the Borgess Health and Fitness Center (Late registration and check in from 5:30 - 6:00 pm). This is a casual fun run and social event sponsored by the Kalamazoo Area Runners and will follow the Borgess Run 5k course. Refreshments and door prizes immediately following at Borgess Health and Fitness Center. Participants are welcome to stay for the KAR Board Meeting beginning at 7:30 pm. Registration is required. For more information contact Nikki Gates at [nikki.gates@kalamazooarearunners.org](mailto:nikki.gates@kalamazooarearunners.org).

**[Online Registration](#)**

**[Downloadable Registration Form](#)**

**VOLUNTEERS NEEDED:** We need a few volunteers for set up and registration from 5:15 – 6:15 pm as well as tear down from 7:15 – 7:30pm. Please contact Karen Christensen at [karen.christensen@kalamazooarearunners.org](mailto:karen.christensen@kalamazooarearunners.org) if you can help out.

## **KAR Membership Race Discounts**

KAR Members are eligible for many local and regional events. Please contact our Executive Director, **Joy Mills**, at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount:

### **[Duo At The Ledge](#) – Grand Ledge, MI**

**July 5, 2014**

\$10 discount on half marathon or 5k

### **[Kalamazoo Mile](#) – Kalamazoo, MI**

**July 24, 2014**

\$2.50 discount

### **[Portland Relay For Life Half Marathon and 5k](#) – Portland, MI**

**July 27, 2014**

\$5 discount on half marathon or 5k. Registrations must be received by mail by July 17th.

### **[Old Farts Marathon](#) – Lowell, MI**

**August 16, 2014**

\$5 discount on half or full marathon registration

### **[Michigan Wine Trail Half Marathon](#) – Baroda, MI**

**August 24, 2014**

\$10 discount on half marathon

### **[Run For Your Heart \(Half Marathon, 10K, 5K\)](#) – Saginaw, MI**

**September 6, 2014**

\$2 discount on race fee

### **[Laughing Gull Half Marathon](#) – Hickory Corners, MI**

**September 13, 2014**

\$7.50 discount on half marathon

### **[The Hungerford Games](#) – Big Rapids, MI**

**September 27, 2014**

\$5 discount on half marathon, marathon, or 50 mile ultra marathon

### **[Park2Park \(Half Marathon, 5k\)](#) – Holland, MI**

**September 27, 2014**

\$5 discount on half marathon \$3 discount on 5k. Discounts expire August 31st.

### **[Grand Rapids Marathon \(Marathon, Half Marathon\)](#) – Grand Rapids, MI**

**October 19, 2014**

\$7 discount on marathon or half marathon

# Volunteer Leadership Opportunities

## ***DIRECTOR AND COMMITTEE OPPORTUNITIES***

### ***Halloween Hash Run (Event Date: TBD—October 2014)***

Serve as part of a new and dynamic planning committee. The Halloween Hash Run, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2014 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2014). For more information contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

### ***Turkey Trot Thanksgiving Day Time Prediction Run (Event Date: November 27, 2014)***

The Turkey Trot Thanksgiving Day Time Prediction Run committee, directed by Joy Mills, Kenzie Pridgeon and Scott Taylor, is seeking additional committee members to help plan the 2014 event. Current areas of need include (but are not limited to) registration. Positions require attendance at 2 planning meetings, background coordination of duties and availability on race day. For more information contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

### ***Winter Blast Half Marathon & 5k (Event Date: TBD - 2015)***

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2015). For more information contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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

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



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

[Click here to begin shopping](#)

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

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## 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 more than 1830 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.

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## Next KAR Board Meeting is July 14, 2014

The next KAR Board Meeting is June 14, 2014 at 7:30pm 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 Championship Series Events



The 2014 Kalamazoo Area Runners Club Championship Series kicked off March 22, 2014 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Schoolcraft Firecracker](#) 5 Mile, July 4, 2014

[Pace for Poverty](#) 5k & 10k, July 4, 2014

[Kindleberger Superhero](#) 5k (\$3 discount), July 12, 2014

[Mattawan Road & Trail](#) 5k, August 2, 2014

[Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014

[Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014

[Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014

[Grape Lake](#) 5k (preregistration only), September 6, 2014

[Peacock Strut](#) 5k & 10k, September 13, 2014

[Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014

[Run for the Son](#) 5k, September 27, 2014

**Points for each race will be determined as follows:** 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 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: Time points = winner time/runner time \* 100.

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## Running Community News



Pace for Poverty is changing it up again for 2014! We'll be having our annual July 4th Pace Race 10K/5K that we have held since 2009 but this year we will also be hosting our own True Red White and Blue 5K color event.

True Red, White and Blue 5K will be much like the Color Dash last year but with patriotic red, white and blues. Each entrant will get a white t-shirt printed with the event name. As you run through the streets of Richland you will be showered with shades of red and blue powder at the color stations on the course. The entry fee is \$35 per person or get 3 or more of your friends and family to join you and get the team discount of \$30 per person. Kids 8 and under run free with each paid entrant but

will not receive a t-shirt. Strollers are welcome. There will be prizes for best costume and most patriotic. We will be limiting our race to 1000 to make sure the event can be fully enjoyed by all and also so the parade route is cleared in time for the parade. Last year we had over 600 participants in our color event!

Our Pace Race 10K/5K races are timed (chipped) and will be \$30 per entrant with only technical shirts issued. The Pace Race courses are flat with quite a bit of shade that wind their way through the scenic Richland countryside. Registrations made after June 26 will not be guaranteed a shirt. There will be Gazelle gift certificates for the top male and female winners and top male and female Masters winners.

The Pace Race 10K/5K will begin promptly at 7:30 am and the True Red, White and Blue 5K will begin at 8:30 am behind the Gull Lake Middle School at 9550 M89 in Richland. After June 26 all registration fees for both events will be \$35. No discounts will be given after that date. Visit [www.paceforpoverty.org](http://www.paceforpoverty.org) to sign up for these events. We hope to see you July 4th!

Pace for Poverty gives 100% of profits back to our local community. Some of the programs we support are scholarships, tutoring, reading programs and summer school tuition for at risk students. We also give to local police and fire agencies.

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## **Kalamazoo Area Runners Group Runs and Training Programs**



Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>

Kalamazoo Area Runners (KAR) hosts five 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.

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### ***Kalamazoo/Portage***

#### **Kalamazoo Area Runners (KAR) Wednesday Night Runs at Borgess Health and Fitness Center**

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

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

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

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

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

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#### **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)

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#### **The Dirty Herd**

**\*\*\*NOTE TIME CHANGE\*\*\*** FREE trail runs on Sunday afternoons at 8:00am 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***

**\*\*\*CURRENTLY ON HIATUS DURING FAST TRACK APRIL 15, 2014 – JUNE 17, 2014\*\*\* Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Riverside School/Park**

The Sunday group runs in Battle Creek meet at 8:00am at Cutiepie Café (1504 Capital Ave NE, Battle Creek, MI 49017) . Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at

[jill.delong@kalamazooarearunners.org](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org).

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**\*\*\*CURRENTLY ON HIATUS DURING FAST TRACK APRIL 15, 2014 – JUNE 17, 2014\*\*\* Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark Lutheran Church**

Tuesday evening runs from St. Mark Lutheran Church, 114 E. Minges Rd. Battle Creek, MI 49015 (corner of Capital Ave. and Minges Rd.) at 6:00pm. Please bring your own hydration. For more information contact **Lisa Piper-English** at [lisa.piperenglish@kalamazooarearunners.org](mailto:lisa.piperenglish@kalamazooarearunners.org).

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# Club Member Corner

## New Member Welcome

As of the end of June, the Kalamazoo Area Runners attained another new membership record, reaching 1377 members. This represents 21% growth since June 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Jamie	Alkire
Bruce	Boersma
Heather	Boersma
Ashley	Csiszar
Ellen	Draheim
Amber	Edson
Kathy	Everett
Sara	Freeland
Cynthia	Gustafson
Debbie	Haverdink
Chelsea	Haverdink
Brent	Hoerman
Madison	Hoerman
Tyler	Hoerman
Jenn	Houghton
Cindy	Huver
James	Johnson
Jody	Johnson
Katie	Kean
Ashlyn	Lavalley
Meaghan	Mejeur
Mark	Monroe
Kayla	Monroe
Naomi	Monroe
Nicholas	Mox
Kelly	Mox
Jennifer	Poll
Jerome	Post
Kathy	Roschek
John	Salvato
Jeffrey	Smith
Steve	Smith
Keegan	Steil

Scott                Voigt  
Jessica             Wade  
Michael            Wade

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## Local Race Results

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

## Plainwell Racin' The Island 5k & 10k June 12, 2014

The Plainwell Racin' The Island 5k and 10k were held on June 12th and attended by 28 KAR members. Finishing in the age group circle winners for the 5k were Russell Bertch (1st) Pablo Cecere (2nd), Cindy Comer (1st), Mike Foster (1st), Fred Keister (2nd), Rachel Konieczka (2nd), Laura Sandah (3rd), Kyle See (2nd), Bonnie Sexton (2nd), Gena VanderMeulen (1st), Brandon VanDusen (3rd) and Heather Wellman (1st). Scott Evans was the overall male winner of the 10k with a time of 35:03, and Leslie Scheffers took the overall female winner title with a time of 45:17. Age group winners included Ed Beigelow (1st), Kim Foghino (1st), Celia Geark (2nd), Frank Maston (3rd), Lisa Pitman (3rd) and Mike Waterman (1st). Congratulations to all our Plainwell Racin' the Island 5k & 10k finishers!

### 5k

Russell Bertch	0:22:36	1st
Pablo Cecere	0:21:44	2nd
Cindy Comer	0:26:47	1st
Michael Dutton	0:31:21	
Randy Fielder	0:29:58	
Mike Foster	0:35:30	1st
Ray Hendriksma	0:27:14	
Fred Keister	0:25:03	2nd
Deb Kloosterman	0:27:59	
Michael Kloosterman	0:27:21	
Rachel Konieczka	0:28:38	2nd
Gabe Mills	0:36:35	
Maggie Mills	0:29:38	
Laura Sandahl	0:31:01	3rd
Kyle See	0:33:59	2nd
Bonnie Sexton	0:24:02	2nd
Gena VanderMeulen	0:23:27	1st

Brandon VanDusen	0:19:52	3rd
Heather Wellman	0:24:55	1st
10k		
Ed Bigelow	0:52:10	1st
Scott Evans	0:35:03	Overall Male Winner
Kim Foghino	0:59:02	1st
Celia Geark	1:07:37	2nd
Frank Maston	1:22:51	3rd
Lisa Pitman	1:05:46	3rd
Leslie Scheffers	0:45:17	Overall Female Winner
Mike Waterman	0:38:44	1st

## Cereal City Classic 5k and 10k, June 14, 2014

Twenty-nine members of KAR participated in the Cereal City Classic 5k and 10k held in Battle Creek on Saturday June 14th. Age group winners in the 5k included John Green (2nd) and Kaylee Ross (2nd), while age group winners in the 10k included Pablo Cecere (1st), Jessica Coakes (2nd) and Laurie Oleksa (3rd). Congratulations to all our Cereal City Classic 5k and 10k finishers!

### 5k

Jerry Altman	0:38:01	
Eric Campbell	0:22:12	
Sonja Crothers	0:43:40	
Stephanie Demarest	0:48:46	
Kaitlyn Elder	0:43:06	
Nikki Elder	0:43:13	
Peyton Elder	0:41:48	
Lori Fraker	0:33:05	
Grace Grant	0:42:59	
Sara Grant	0:43:00	
John Green	0:25:41	2nd
Lyle Gurd	0:39:38	
Brad Hollister	0:26:36	
Sonya Labrecque	0:39:14	
Phillip Lear	0:26:49	
Kristen Noble	0:36:15	

Lisa Noble	0:33:05	
Kaylee Ross	0:24:58	2nd
Cheryl Sigler	0:43:43	
Robin Steely	0:27:41	
Sara Williams	0:48:19	

10k

Pablo Cecere	0:46:09	1st
Jessica Coakes	0:50:18	2nd
John Coakes	0:48:17	
Judy Hawkins	1:16:02	
Laurie Oleksa	1:00:42	3rd
Emily Potratz	0:56:04	
Robby Robertson	0:55:23	
David Williams	0:53:42	

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## **Binder Park Zoo Cheetah Chase June 21, 2014**

The Binder Park Zoo Cheetah Chase was held on Saturday, June 21st with 58 members of KAR participating. Several members placed in their age groups, including Morris Applebey (1st), John Brady (3rd), Chris DHulster (2nd), Julie Eilenberg (3rd) and Mike Foster (1st). Congratulations to all of our Cheetah Chase finishers!

Kathy Alizo	0:31:30	
Jerry Altman	0:40:54	
Karen Applebey	1:05:33	
Morris Applebey	0:20:36	1st
John Brady	0:21:42	3rd
Sophia Browe	0:41:29	
Jen Brown	0:53:14	
Eric Campbell	0:23:19	
David Clark	0:29:40	
Jessica Coakes	0:25:13	
Kathy Crepas	0:31:14	
Sonja Crothers	0:44:24	
Steve Darrell	0:25:50	

Chris DHulster	0:20:17	2nd
Melissa Dipert	0:41:29	
Megan Dreier	0:45:19	
Julie Eilenberg	0:26:55	3rd
Mike Foster	0:36:29	1st
Lori Fraker	0:34:27	
Bryan Garfoot	0:23:36	
Grace Grant	0:45:42	
Sara Grant	0:44:03	
John Green	0:28:03	
Lyle Gurd	0:30:18	
Judy Hawkins	0:31:11	
Ray Hendriksma	0:28:25	
Jennifer Higby	0:37:59	
Kelly Hinga	0:29:19	
Michael Krautmann	0:31:40	
Sonya Labrecque	0:40:49	
Phillip Lear	0:30:12	
Suzanne Liddell	0:32:31	
Denna Liggett	0:45:20	
Ethan Liggett	0:36:08	
Matt Longjohn	0:28:36	
Addie Maston	0:32:06	
Frank Maston	0:42:24	
Shawn Maxwell	0:26:35	
Gabe Mills	0:30:17	
Maggie Mills	0:34:09	
Ken Mohney	0:29:23	
Kristen Noble	0:37:47	
Lisa Noble	0:34:27	
Lissa Perkins	0:38:44	
Jennifer Poll	0:39:37	
Emily Potratz	0:26:37	
Jim Robinson	0:22:53	
Cheryl Sigler	0:44:34	
Barbara Slates	0:38:26	

Jeff Smith	0:30:37
Laura Thomas	0:57:33
Joe Unwin	0:20:54
JoDell Walker	0:26:46
Meghan Wilkinson	0:44:20
Alec Williams	0:35:26
Andrew Williams	0:35:25
David Williams	0:25:44
Robert Williams	0:31:29

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