



Dear Kalamazoo Area Runner,

With roots dating back to 1967, the Kalamazoo Area Runners such as you have been leaving **“Footprints on the Community.”** Thanks to you Kalamazoo area individuals and families have found health and wellness while supporting other area non-profit organizations. ***As the Kalamazoo Area Runners continues to expand its programs and offerings to the community, we invite you to further those footprints through a gift to KAR’s first annual Fund Raising Campaign.***



The Mission of the Kalamazoo Area Runners is the promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community. Kalamazoo Area Runners is providing an Annual Fund Raising opportunity to continue the support of our Mission and impact on our communities. ***Your generous gift provides funding to grow our programs, enabling us to continue making a positive and healthy impact on families and the communities in which we live. Today, we have almost 1500 members. Our Summer Fast Track program grew to over 150 participants this past summer.***

This wonderful opportunity touches entire families. ***When entire communities embrace a healthy lifestyle, we are impacting future generations.*** Let us share a wonderful story showing how Kalamazoo Area Runners has made a positive impact on an entire family in our community...here is Kathy Alizo’s story!



Several years ago my son joined the fourth grade Cross Country Team. He was the inspiration that started our whole family running. We fell in love with the sport, as something we could all participate in as a family. Our very first race as a family was the Turkey Trot where we also discovered Kalamazoo Area Runners. Our next race was the Kalamazoo Klassic, which is still one of our favorites today. In 2012 we joined the Fast Track program where my youngest son, seven at the time, joined us.

The Kalamazoo area has a huge running community that is very welcoming. Kalamazoo Area Runners is a very supportive group whether you are a beginner or an advanced runner. The events and programs benefit all levels and the coaches really work hard to find out your personal goals and support each step of your journey. With each race and event, we have gained new friends and been made to feel a part of the larger community.

The positive support from Kalamazoo Area Runners really helps keep you focused on exercise and health. You also learn from each other's experiences, the group is a great resource. Kalamazoo Area Runners also supports the community through volunteer opportunities, where we have also found joy in participating and helping.

I believe the family togetherness of this activity is what has kept our family running together over the years and helped us keep our healthy attitudes. Running really makes you feel good and it's something you can do at any age.

Our beginnings...the history of Kalamazoo Area Runners...

In 1967, a few dedicated runners started Kalamazoo's first local running club, the Mall City Pacers. In 1975, this group became known as the Kalamazoo Track Club. Under the leadership of running legend Blaine Lam and a few others, the club made another transition in 1978. This group recognized that not all runners were running to compete and wanted to broaden the club's inclusiveness. Every year this Club grew to combine both the social and competitive aspects of running.

This leads us to 2002, where on March 14th, the Club was changed to Kalamazoo Area Runners (KAR), a new name to better reflect the purpose of the club. In 2005, the Battle Creek Road Runners (BCRR) joined forces with KAR to form one of southwest Michigan's largest running clubs. Today, Kalamazoo Area Runners has over 1450 members.

You can inspire others to run! We ask that you make a commitment to help us continue to offer and grow our programs by making a donation to help us reach our goal of \$5,000. Contributions can be made online via PayPal on the Kalamazoo Area Runners website. Every donation makes a difference, regardless of size.

Thank you for your generous continued support to grow our events and programs. Please join us and change a life today! Thank you for making a difference for our community.

Sincerely,

The Kalamazoo Area Runners Executive Team

Bonnie Sexton, President

Chelsea Dilla, Vice President

Heather Woodbury, Secretary

Ferdi Hintze, Treasurer

Pablo Cecere, Vice President Technology

Amy Clark, Vice President Special Events

Carrie Hoch-Mortlock, Vice President Development

Kristen Maxwell, Vice President Marketing & Communications

Joy Mills, Executive Director