

"It's supposed to be hard. If it wasn't hard, everyone would do it. The hard...is what makes it great!"

-Tom Hanks in A League of Their Own

March 2012

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

From the President



Kalamazoo Area Runners – Past, Present and Future



Start of the 2011 Kal-Haven Relay Event



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This will be my final edition of *The Rundown* before transitioning the responsibilities of my position to President Elect Laura Ferrara. As I reflect upon memories from the last eight years as part of the Kalamazoo Area Runners executive leadership team, I marvel at how far we have come as an organization and a running community in less than a decade. In 2004, under influence by then Treasurer Rollin Richman to serve as KAR's "HR Person", I joined the Kalamazoo Area Runners Board of Directors as Vice President of Membership. At that time, KAR was a small grass roots organization of less than 200 members. The Board performed most of the event organizing, with Terry Hutchins the lone non-board event director in his efforts to organize the Kal-Haven Trail Run. Two Board members, Vice President Marketing & Communications Charlie Crouch, and VP Technology Jay Campbell, served as our representatives on the Kalamazoo Klassic Committee. Charlie and our then President, Dave Walch, organized our three annual hash runs a year, and we had an Annual Membership Meeting (now our Annual Banquet), usually accompanied by pizza and a guest speaker in Borgess Health and Fitness Center. The Safari partnership with Gazelle Sports was in its infancy, and enrolled less than 100 marathoners in training. Rollin Richman coordinated the indoor track workouts at WMU, a KAR tradition we have continued over the years.

In 2004, we cancelled the Kal-Haven Trail Run due to low participation, and the Turkey Trot Time Prediction Run was a small grass roots event of less than 100 participants held at KVCC. The Club Championship Series, Race Discount Program, Service Provider and Merchant Discount Program, Runner Recognition Program and Patrick Johnson Memorial Volunteer Program did not exist. Neither did the Beyond Training Program, the Fast Track 5k Training Program, The Member Reception Runs and our Educational Clinics. Most events had no real sponsorships, other than the Kalamazoo Klassic.

In 2005, Jay Campbell formulated an idea to launch the Kalamazoo Area Runners Club Championship Series, and the creative juices started flowing. The Beyond Program came to fruition as a partnership with the Kalamazoo SHufflers in 2005, and was called the "Boston and Beyond" program. We later added the Race discount program, the Volunteer Program and the Runner Recognition Program. The first couple of years members were reticent about generating nominations for the Runner Recognition program, but that mold was no doubt

KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2011 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: eSoles 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. For more information contact Daryl Prater at praterd@aol.com



broken when this year, we received 88 nominations for the program representing a very diverse group of runners.

In 2007, we added the member reception runs to our menu to offer a fun, casual venue for new, prospective and long-time members to gather and connect with one another, and the organization. In 2009, Kalamazoo Area Runners formed a partnership with Agility Physical Therapy and Sports Medicine to offer Educational Clinics to our members. In 2010, we added the Fast Track 5k Training Program, a multi-faceted program offering a beginner component, as well as an introduction to speed work and competitive speed work regiment. Both the Educational Clinics and Fast track were important additions to the KAR menu, and instrumental in breaking the decades long perception that KAR was primarily for experienced, fast runners.

As we look to the most recent period in our history, the year 2011 presented one of the most dynamic periods of history for our organization, as well as our local running community with the introduction of the inaugural Kalamazoo Marathon as part of the Borgess Run for the Health of It! Nearly 1200 runners finished the marathon, 2066 the half marathon and 1959 the 5k. As an integral part of our expanding running community, the Kalamazoo Area Runners embraced the weekend's events, with 237 of our members completing the inaugural marathon, 138 the half marathon and 69 the full marathon, representing nearly half of our membership. Many others served as volunteers for the event. In addition Kalamazoo Area Runners served as pace team organizer, and as community partner sponsors for the event.

In 2009, we went through a strategic planning process to determine our long term goals for the next three to five years. We realized with our continued growth in membership, as well as events and programs, we would eventually need to hire staff. Kalamazoo Area Runners membership increased 7% from 826 individual members in 2010 to 887 members in 2011. Several of our events and programs established all time participation records. 2011 served as a year of transition for the Kalamazoo Area Runners as we began to implement some of the recommendations made during our feasibility study conducted in 2010.

In line with comparable events and programs, we began charging a fee for our high quality menu offerings, including the

Board of Directors

Laura Ferrara

President

Laura.ferrara@kalamazooarearunners.org

OPEN

Vice President

Leslie.scheffers@kalamazooarearunners.org

Bonnie Sexton

Treasurer

Bonnie.sexton@kalamazooarearunners.org

Vicky Ondraka

Vice President Special Events

Vicky.ondrak@kalamazooarearunners.org

Karen Townsend

Vice President Marketing and Communications

Karen.townsend@kalamazooarearunners.org

Robin Carpenter

Secretary

Robin.carpenter@kalamazooarearunners.org

Jane Rolfe

Vice President, Development

runjanerun@comcast.com

Troy Root

Vice President, Technology

Troy.root@kalamazooarearunners.org

2011 Annual Banquet, the 2011 Fast Track 5k Training Program, the 2011 Beyond Training Program and the 2011 Turkey Trot Time Prediction Run. Other events, such as the Club Championship Series Celebration, Educational Workshops and Assessments, Children's Hash Runs, Member Reception Runs and Midweek & Gull Lake Runs remained free to members and or the running community.

These changes enabled us to continue to develop our infrastructure and build capacity as we pursued the goal of transitioning to a staffed organization, with the ultimate goal being to perpetuate our organization. At the 2011 Annual Banquet and Meeting, the membership approved the change in the by-laws allowing for staff and the delegation of specified board duties to other leadership. We began to implement some of these changes in 2011. We increased our equity reserve 73.7% from \$24,640.09 as of December 31, 2010 to \$ 42,806.29 as of December 31, 2011. Revenue nearly doubled, increasing 85% from \$27,370.05 in 2010 to \$50,638.97 in 2011, our net income to reserve increased 139.3% from \$ 7,588.42 in 2010 to \$18,156.20 in 2011. Yes, enough to staff a part time position.

While we continued to focus on building our infrastructure, we concurrently pursued the furtherance of our mission. The Board approved the introduction of a Summer Track Series. Proposed by Michael Nasuta, this is scheduled to roll out summer of 2012. In keeping with our objective of cooperating with other organizations within our community, we formed a relationship with Bronson, specifically Bronson Orthopedics and Sports Medicine and Bronson Athletic Club (BAC). This important community partnership included several event and program sponsorships, collaboration on educational clinics and workshops, and a membership discount to Bronson Athletic Club.

What is next? New for 2012, we established three informal group runs and formed a Battle Creek Subcommittee to facilitate reconnecting the Battle Creek Running Community. We are currently in discussions with the City of Portage to determine the feasibility of hosting a first quarter half marathon in 2013. Last, after reviewing membership statistics, and the importance of group runs, we are evaluating the possibility of adding more midweek group runs in greater Kalamazoo and Portage to further help to connect our membership.

Event and Program Directors

Joe Hulsebus
*Director Technology Support
Club Series and Volunteer Tracking*
Joe.hulsebus@kalamazooarearunners.org

Phil Goodwin
Director, Graphic and Web Design
Phil.goodwin@kalamazooarearunners.org

OPEN
Director, Indoor Track Workouts

Terry Hutchins
Co-Director, Kal-Haven Trail Run
Sherrie.mann@kalamazooarearunners.org

Julie Wojtaszek
*Co-Director, Kal-Haven Trail Run
Director, Online Registration*
Julie.wojtaszek@kalamazooarearunners.org

Carole Bolthouse
Co-Director, Kalamazoo Klassic (KAR)
Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton
*Co-Director, Fast Track Training
Co-Director, Beyond Marathon
Training*
Co-Director, Turkey Trot
Bonnie.sexton@kalamazooarearunners.org

Troy Root
*Director, Children's Easter Egg Hunt
Dash*
Troy.root@kalamazooarearunners.org

Michelle Fakler
*Team Co-Captain, Relay for Life
Oak 14@hotmail.com*

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

Bob Smola
*Director, Kalamazoo Marathon Pace
Teams*
Bob.smola@kalamazooarearunners.org

Gale Fischer
Another Runner's Perspective
Gale.fischer@kalamazooarearunners.org

Cindi Macdonald
Co-Director, Safari Training Program

Our organization's continued growth is thanks to the combined efforts of all of our leadership team members, volunteers, community partners, sponsors, members and event and program participants. It has been an honor and privilege serving as Board President for the last four years, and working with each individual and organization as we worked together to reach new levels of excellence in the greater Kalamazoo running community, now and well into the future.

Best Regards,
Bonnie Sexton, 2008 – 2012 Executive Board President

Hot Club News and Events

"We run this town"

Annual Banquet Highlights



Chicago Marathon Race Director Carey Pinkowski at the KAR Annual Banquet

It takes 13,000 volunteers to staff the Chicago marathon, according to Chicago Marathon Race Director Carey Pinkowski. Nearly 100 members attended the Kalamazoo Area Runners Annual Banquet featuring dinner and a presentation by Carey, the Patrick Johnson Memorial Volunteer Program Awards, Runner Recognition Awards, and our Annual Election. Below is a listing of all of our Volunteer Program Award Winners, Runner Recognition Award Winners, Board Service Award Recipients the newly elected Executive Board, as well as a listing of the complete appointed Kalamazoo Area Runners Team. What an evening of accolades it was, as more than 20 members were recognized for their inspiration in running and

Event and Program Directors continued

Stephanie Sabin
Co-Director, Run Through the Lights
Stephanie.sabin@kalamazooarearunners.org

Scott Taylor
Co-Director, Turkey Trot Time Prediction Run
Scott.taylor@kalamazooarearunners.org

Bonnie Sexton
Director, Wed Night Portage YMCA Runs
Bonnie.sexton@kalamazooarearunners.org

Steve Rice
Director, Wed Night Borgess Health and Fitness Center Runs
Steve.rice@kalamazooarearunners.org

Darrell Harden
Director, Wednesday Night Runs Maple Street
Llferrara@yahoo.com

Dave Walch
Director, Halloween Hash
David.walch@pfizer.com

Katie Conor
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Bonnie Sexton
Race for the Cure Team Captain
Bonnie.sexton@kalamazooarearunners.org

Troy Root
Jingle Bell Run Team Captain
Director, Children's Easter Egg Hunt Dash
Troy.Root@kalamazooarearunners.org

Zachary Baker
Director, Marketing Promotions
Zach.baker@kalamazooarearunners.org

Christine Huff
Director, Membership
Chris.huff@kalamazooarearunners.org

Laura Ferrara
Director, Educational Clinics
lferrara@yahoo.com

volunteerism. Sincere thanks to Gazelle Sports for serving as Keynote Speaker Sponsor and Patrick Johnson Memorial Volunteer Program Sponsor as well as **Karen Townsend** for organizing the evening's event at WMU Fetzer Center. Visit www.karphotogallery.blogspot.com to view photos from the event.

2011 Patrick Johnson Memorial Volunteer Program Award Winners

Steve Rice
340 Points

Zachary Baker
330 Points

Brian Dobbie
300 Points

2011 Runner Recognition Awards

Julie Wojtaszek
2011 Reynold Oas Volunteer of the Year
(Board Nominated)

Brian Dobbie
2011 Reynold Oas Volunteer of the Year
(Member Nominated)

Laurie Simmons
2011 Spirit of Running

Scott Van Loo
2011 Spirit of Running

Robert Williams
2011 Rookie Runner of the Year

Nicholas Gooch
2011 Comeback Runner of the Year

Teri Olbrot
2011 Most Improved Runner of the Year

David Thierjung
2011 Mega-Marathoner of the Year

Frank Maston
2011 Mega-Racer of the Year

Andy Boris

Event and Program Directors continued

Stephanie Sabin
Co-Director, Run Through the Lights
Stephanie.sabin@kalamazooarearunners.org

Scott Taylor
Co-Director, Turkey Trot Time Prediction Run
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Dave Walch
Director, Halloween Hash
David.walch@pfizer.com

Katie Conor
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Bonnie Sexton
Race for the Cure Team Captain
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Zachary Baker
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Christine Huff
Director, Membership
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Laura Ferrara
Director, Educational Clinics
lferrara@yahoo.com

Andrea Gooch
Director, Expo Marketing
Andrea.gooch@kalamazooarearunners.org

2011 Social Runner of the Year

Christen McCool
2011 Story Contributor of the Year

Addie Maston
2011 Female Youth Runner of the Year

Nicole Clement
2011 Female Open Runner of the Year

Ken Brooks
2011 Male Open Runner of the Year

Leslie Scheffers
2011 Female Masters Runner of the Year

Joe Reitz
2011 Male Masters Runner of the Year

Peggy Zeeb
2011 Female Grand Masters Runner of the Year

Andrew Hirzel
2011 Male Grand Masters Runner of the Year

2011 Board Service Awards

Leslie Scheffers
2010 – 2012 Vice President
Dedicated Service to the Executive Board

Robin Carpenter
2010 – 2012 Treasurer
Dedicated Service to the Executive Board
(Returning as Secretary)

Scott Taylor
Secretary
Dedicated Service to the Executive Board

2012 – 2013 Board Elect

Please join us in extending a warm welcome to the 2012 – 2013 Kalamazoo Area Runners Board Elect:

Laura Ferrara
President

OPEN
Vice President

Bonnie Sexton

Treasurer

Robin Carpenter
Secretary

Karen Townsend
Vice President, Marketing and Communications

Jane Rolfe
Vice President, Development

Vicky Ondraka
Vice President, Special Events

Troy Root
Vice President, Technology

2012 Directors Appointed by the President

We are pleased to announce we filled all of our appointed leadership team positions with the exception of the Director, Indoor Track Workouts prior to the election. Please join us in recognizing the efforts of the following individuals for their dedication to Kalamazoo Area Runners:

Functional Directors

Zachary Baker
Director of Marketing Promotions

Andrea Gooch
Director of Expo Marketing

Phil Goodwin,
Director of Graphic and Website Design

Joe Hulsebus
Director of Database Administration

Julie Wojtazek
Director of Online Registration

Event Directors/Committee Members

Julie Wojtazek
Co-Director, Kal-Haven Trail Run

Terry Hutchins
Co-Director, Kal-Haven Trail Run

Kalamazoo Klassic Committee (KAR Representatives)
Carole Bolthouse (along with Kim Klein of MRC Industries, Inc.)
Co-Director, Kalamazoo Klassic

Nikki Gates

Awards Coordinator

Bonnie Sexton
Volunteer Coordinator

Turkey Trot Time Prediction Run Planning Committee

Bonnie Sexton
Co-Director, Turkey Trot

Scott Taylor
Co-Director, Turkey Trot

Andy Hirzel
Committee Member

Brett Beier
Committee Member

Nikki Gates
Committee Member

Andrea Gooch
Committee Member

Portage Half Marathon (tentative 2013)

Bonnie Sexton
Co-Director, Portage Half Marathon

Karen Townsend
Co-Director, Portage Half Marathon

Committee – to be determined
Nikki Gates
Director, Member Reception Runs

Troy Root
Director, Childrens' Easter Egg Hunt Dash

Dave Walch
Director, Halloween Hash

Laura Ferrara
Director, Educational Clinics

Robin Carpenter
Director Borgess Run Camp Social

YMCA Healthy Kids Day Run Committee

Robin Carpenter
Committee Member

Bonnie Sexton
Committee Member

Program Directors

Bonnie Sexton
Co-Director, Fast Track

Katie Conor
Co-Director, Fast Track

Cindi MacDonald (with Laura Vander Beek from Gazelle Sports)
Co-Director, Safari

Beyond Planning Committee

Steve Rice
Co-Director, Beyond

Bonnie Sexton
Co-Director, Beyond

Zachary Baker
Committee Member

Angela Keyes
Committee Member

Don Morris
Committee Member

Brian Dobbie
Committee Member

Battle Creek Subcommittee

Judah Gesmundo, Co-Chair
Lynn Scherer, Co-Chair
Carie Faul
Renee Mercer
Brett Hall
Jane Rolfe
Gale Fischer

Team Captains

Ferdi Hintz
Team Captain – Relay for Life

Pam Boner
Team Captain – Relay for Life

Michelle Fakler
Team Captain – Relay for Life

Bonnie Sexton
Team Captain – Race for the Cure

Troy Root
Team Captain – Jingle Bell Run

Group Run Directors

Laura Ferrara
Maple Street Magnet School – Wed Night

Bonnie Sexton
Portage YMCA – Wed Night

Steve Rice
Borgess Health and Fitness Center – Wed Night

Renee Mercer
Battle Creek YMCA – Tuesday Morning

Brett Hall
Cutie Pie Café – Sunday Morning

Chuck Zahnnow
Lakeview High School – Wednesday Evening

Stephanie Demarest
Burnham Brook Center Parking Lot – Thursday Evening

Other

Gale Fischer
Another Runner's Perspective

Christen McCool
Featured Member Columnist

Lana Hulsebus
Club Photographer

Non-Board Director Opportunities (Volunteer)

Director, Indoor Track Workouts

Sherrie Mann has announced she will be retiring from her position as Director, Indoor Track Workouts, for the 2013 season. This position involves coordinating the dates and contract with Western Michigan University, and coordinating volunteers. A job description is available upon request.

Recent Non-Board Director Appointments (Volunteer)

Director, Expo Marketing

Andrea Gooch has just joined the Kalamazoo Area Runners leadership team as Director, Expo Marketing. In this newly created position, Andrea will work as part of our marketing team coordinating KAR's expo attendance at the One One Run, Kalamazoo Marathon, YMCA Healthy Kids Day Run and the Kalamazoo Klassic, as well as our attendance at corporate health fairs. Sincere thanks to Angela for volunteering to dedicate her time and talent. Angela has also volunteered to serve as part of the Turkey Trot Planning Committee.

Director, Thursday Night Runs from Burnham Brook Center - Battle Creek

Stephanie Demarest has just joined the Kalamazoo Area Runners leadership team as Director, Thursday night runs from Battle Creek. **Stephanie** will be leading a group Thursday nights from the Burnham Brook Center parking lot at 5:45pm.

Children's Easter Egg Hunt Dash

**Sunday April 1, 2012 at 2:00PM
KVCC Texas Township**



The 2012 Children's Easter Egg Hunt will be held April 1, 2012 at 2:00PM at KVCC Texas Township, beginning near the Advanced Technology Center. Kids 4 years old and younger will run through approximately 1/2 mile of wooded trails while kids up to 12 years old run 1 mile while hunting for Easter eggs. Snacks and door prizes will be provided at the conclusion of the run.

Event day registration and check-in will be between 1:30 and 2:00 PM, and online registration closes March 31st. Click on the link below to register.

[Click Here to Register Online](#)

Once again we're taking the opportunity to help out Kalamazoo Loaves and Fishes. Please check out their current [FoodWishList](#) for non-perishable food donations. Monetary donations can be made the day of the event (make checks payable to Kalamazoo Loaves and Fishes) or online at [KalamazooLoavesandFishesonlinedonationpage](#).



We have several volunteer opportunities available for the event:

- Registration and check-in (1:00 - 2:00) - 2 volunteers
- Set up trails – (12:30 – 1:30) – 2 volunteers
- Course Marshalls/Leaders for the Kids Runs (1:30 – 2:30) - 2 – 4 volunteers
- Refreshments/Door prizes – (1:30 – 3:00) 2 volunteers
- Tear Down – (3:00 – 3:30) 2 volunteers

Contact Troy Root at troy.root@kalamazooarearunners.org if you would like to volunteer. Club members earn 10 KAR volunteer points!

Sponsored by



Susan G. Komen Race for the Cure

Sunday, May 20, 2012

**Downtown Kalamazoo Arcadia Creek Festival Place
11:30am – 3:00pm (run/walk events begin at 2:00pm)**

Join the Kalamazoo Area Runners Team in the fight against breast cancer!





The Kalamazoo Area Runners is excited to once again be a part of the 2012 Susan G. Komen Race for the Cure. This year's event will be held Sunday, May 20 from 11:30am – 3:00pm (run/walk events begin at 2:00) at the Arcadia Creek Festival Place in downtown Kalamazoo. Each year, the Kalamazoo Area Runners organizes a fundraising team to participate in the event and raise support for the Susan G. Komen Foundation. In addition, the event counts towards our 2012 Club Championship Series and participates in our Race Discount Program.

At least 75% of net funds raised by the affiliate through events such as Race for the Cure stay local and are used to fund breast cancer community grants in areas such as education, screening and treatment in the eight counties of Southwest Michigan.. The remaining 25% of net funds goes directly to fund national breast cancer research studies and fellowship grants.

We encourage you to join Team Kalamazoo Area Runners and support this important cause by running, walking or donating with or on behalf of us. Our goal is to raise a minimum \$1500 and recruit a minimum of 25 team members. Team Kalamazoo Area Runners t-shirts will be provided to the first 25 team members.

You can join the team and/or donate via the [Kalamazoo Area Runners Team Web Page](#)
To join requires two easy steps:

1. Register for the 2012 Race for the Cure, donate and join the team via the [Kalamazoo Area Runners Team Web Page](#)
2. Email Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org with your t-shirt size and be added to the email distribution.

For more information on joining Team KAR Pink, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org

Bronson Athletic Club Offers KAR Members Discount on Initiation Fees



KAR members may join Bronson Athletic Club through December 2012 for a discounted initiation fee of \$225. For more information on joining, contact membership at 544.3200 or stop by and mention KAR (use the 4-digit discount code).

Borgess Health and Fitness Center Offers KAR Members Discount on Initiation Fees.

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). Monthly membership dues are \$53 for the primary member, \$26 for the first associate, and \$20 for each additional associate. Monthly dues rates are valid as of October 2011. Subject to change with future facility rate increases. For more information, call 552.2348.

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.

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 April 2, 2012

The next KAR Board Meeting is April 12, 2012 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Sponsorship Opportunities

Kalamazoo Area Runners is seeking sponsorships for several events and programs (listed below). In addition we welcome for consideration general club and discount sponsors. If you know of an individual, business or other organization interested in sponsoring any of the following please contact **Jane Rolfe** at jane.rolfe@kalamazooarearunners.org.

- Kal-Haven Trail Run
- Easter Hash
- Runner Recognition Program (\$500 exclusive presenting sponsor to cover awards)
- Club Championship Series (Sponsor to cover awards)
- YMCA Healthy Kids Day Run
- Kalamazoo Klassic
- Thanksgiving Day Turkey Trot
- Halloween Hash
- Discount Sponsors
- General Club Sponsors

Club Championship Series Events

The Shamrock 5k



The Shamrock 5k Run and Fitness Walk is Saturday, March 24, 2012 at 9:00 at Hackett Catholic High School 1000 W. Kilgore Road, Kalamazoo, Michigan 49008. (Kids's Run Friday, March 23, 2012) Friday Night Registration: Participants may register for \$30.00 between 5:30-7:30 p.m. Friday evening. Pre-registered packets may also be picked up there.

Race Day Registration: Race day registration and pre-registered packet pick-up will be held at Race Headquarters at Hackett from 7:00am - 8:30 am.

Fitness Walkers: Results will be kept and but no awards will be given for the 5K Fitness Walk.

Awards: Attractive custom designed T-shirts to all that participate. For more information and registration, visit www.runtheshamrock.org

Kalamazoo Area Runners Club Championship Series Event

Kalamazoo Area Runners Race Discount Program Event

Battle Creek Eco Race 4k and 8k April 21, 2012



New to the Kalamazoo Area Runner Club Championship Series and Race Discount Program, join us for the second annual Eco Trail Race at the Battle Creek Outdoor Education Center Saturday, April 21, 2012. There will be three separate races. The 4K race starts at 9 am, the Family Fun Run starts at 9:45 am and the 8K race starts at 10 am. The 4K and 8K trail races have separate starting times so runners can participate in both. This is a good event for those who have never participated in a trail race, yet the terrain challenges those experienced runners. Prizes awarded after the 8K race.

Register online via [Eco Race Online Registration](#)

Kalamazoo Area Runners Club Championship Series Event

Kalamazoo Area Runners Race Discount Program Event

More than 1000 Volunteers are Needed for the Kalamazoo Marathon: Rates Increase After March 31, 2012



Volunteers

More than 1000 Volunteers are needed for the Kalamazoo Marathon and there are many opportunities to contribute even if you are running in the event. Volunteers receive a free t-shirt, courtesy of Stryker, the official Volunteer Support sponsor. You also get the satisfaction of being involved in an event that helps make this a stronger, more vibrant, healthier community.

Take a look at the volunteer opportunities below and let us know how you'd like to be involved. Have a question? Call the Special Events Line, 345-1913. More information is available via <http://volunteer.borgessrun.com/>

Registration

The Kalamazoo Marathon, Borgess Run for the Health of It! Half Marathon and 5k are all Club Championship Series events. As a reminder, after March 31, 2012, registration fees for the Kalamazoo Marathon, Borgess Run Half Marathon 5k Run and 5k Walk increase. Check out the fee schedule at http://borgessrun.com/?page_id=1310

[Kalamazoo Area Runners Club Championship Series Event](#)

[Kalamazoo Area Runners Race Discount Program Event](#)

25th Annual Vicksburg Hearty Hustle 5K Walk/Run

There are 24 hours (1440 minutes) in every day and our goal is to encourage you to invest 30 minutes most days of the week to being physically active. The Vicksburg Hearty Hustle 5K Walk/Run is a great way to get some additional motivation! Join us on Saturday, May 12! Click here **Hearty Hustle registration** to sign up on-line.

[Kalamazoo Area Runners Club Championship Series Event](#)

[Kalamazoo Area Runners Race Discount Program Event](#)

Running Community News

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

EZ Memorial 5k Run April 21, 2012



On April 18, 2011 we all suffered a great loss when Officer Eric Zapata was killed in the line of duty. He dedicated his life to serving the people of Kalamazoo and preserving the safety of our community. To honor Eric and his legacy, the Greater Kalamazoo Fraternal Order of Police Lodge # 98, has partnered with the EZ Memorial Foundation to establish the 1st annual EZ Memorial Run. Proceeds for this event will be used to establish a scholarship fund for individuals enrolling in Law Enforcement programs at Kalamazoo Valley Community College and Grand Rapids Community College.

The two day event will kick off on April 20th at 4 p.m. with a spaghetti dinner and pre-registration packet pick-up. On April 21st the race will commence at 9 a.m. rain or shine. The entire event will take place at KVCC. We anticipate a large turnout!

Go to www.ezmemorialrun.org for more information.

After the race from 4-10 p.m. the Sons of Malta will be hosting a pig roast at the Blackhawk Bar and Grill in the Stage Coach Barn, 8940 N. 32nd Street, Richland Michigan. The cost is \$10.00 per person with children (8 yrs old and under) getting in free. Food and entertainment is included. This event will also raise funds for the EZ Memorial Foundation.

Battle Creek Offers 5K and 10K races on Sat. April 28, 2012

The first annual B.C. Spring into Action event is being held at Lakeview High School in Battle Creek, MI on Sat. April 28, 2012. It will be a morning of activity for the whole family and people of all fitness levels. It is all about improving the health of the community through regular physical activity. The YMCA, Parks and Recreation, and Lakeview Community School District are all supporting this event.

One of the main events includes three separate walk/runs. There will be a 5K and 10K timed races beginning at 9 a.m., and a 1 mile run at 11 a.m.. The registration fee prior to race day is \$20 for the 5K and \$25 for the 10K and \$50 for a family of 3 or more. Race day registration for both races is \$30 and \$60 for a family. A Tech t-shirt will be given to all who register, but race day registrants are not guaranteed a specific size. The 1 mile walk/run is free and no t-shirt is being given.

There will be awards for the first overall male and female winners of each distance and first three places in all the age divisions.

For more details about the races, to register, and to learn more about other activities that day go to our web site at www.bcspringintoaction.com

Team in Training Fall Events

If crossing the finish line after running or walking 26.2 miles or 13.1 miles, cycling 100 miles, or completing a triathlon while helping cure deadly diseases are things you've always wanted to accomplish, The Leukemia & Lymphoma Society's Team in Training will make them happen.

Join the thousands of runners, walkers, cyclists and triathletes who will participate in the world's major marathons, half marathons, centuries and triathlons this year.

In exchange for training and support, you help raise money towards cures for blood cancers like leukemia –the No. 1 disease killer of children – lymphoma and myeloma

How serious is blood cancer? Every five minutes, someone in the United States learns that he or she has leukemia, Hodgkin or non-Hodgkin lymphoma or myeloma. Every ten minutes, someone dies of a blood cancer.

Our athletes have walked away with new friends, amazing accomplishment and the sense that they did something even more important than getting in good shape.

As the largest endurance sports training program in the world, we will provide you with the experience of a lifetime including:

- Coaching and training
- Travel to a major marathon half marathon, century of triathlon
- Opportunity to make your athletic goals a reality
- A connection with an honored patient so you know just who and what you're doing it all for.

West Michigan TNT is now recruiting team members for the following events:

Nation's Triathlon, Washington D.C. – September 9, 2012

Viva Bike Vegas Gran Fondo, Las Vegas, Nevada – September 22, 2012

Chicago Marathon, Chicago, IL – October 6, 2012

Nike Women's ½ and Full Marathon, San Francisco, CA – October 13, 2012

MetroHealth Grand Rapids ½ and Full Marathon, Grand Rapids, MI – October 21, 2012

Detroit Free Press ½ and Full Marathon, Detroit, MI – October 21, 2012

Learn more about us at our website: <http://www.teamintraining.org/firsttimehere>

Training Programs and Group Runs

Beyond Half and Full Marathon Training Program is Underway



Beyonders run through the elements in Plainwell

The 2011 – 2012 Beyond Marathon Training Program is underway and targets the Kalamazoo Marathon, Borgess Run Half Marathon, as well as includes schedules targeting Boston. Program registration is closed, but guests may participate on a drop-in basis (\$2 KAR members/\$5 non-member friends)

Program runs December 17, 2011 – April 28, 2012.

For more information please visit www.karbeyond.wordpress.com or contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Organized Group Runs

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

Wednesday night runs from Borgess Health and Fitness Center meet at 6:00pm for midweek long runs of various distances. Contact **Steve Rice** at gostever@gmail.com for more information and to be added to the distribution.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs at Portage YMCA

Wed Nights at 6:00 pm at the Portage YMCA for a mid-week 2nd long run. Please park and meet by the A-frame building. Contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.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 distribution.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs – Maple Street Magnet School

Join in Wednesday Nights at 6:00pm 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. Email **Laura Ferrara** at lferrara@yahoo.com for more information and to be added to the distribution.

Volunteer Program Event – 20 Points to Drop Aid Stations

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 Laura Vander Beek at lvanderbeek@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

Battle Creek

Sunday Morning Runs from Cutie Pie Café (Across the street from the Linear Trail)

Sunday morning runs from Cutie Pie Café at 7:30 am. Please bring your own hydration, park in the lot at Bailey Park Auto Service and meet in the Café. All paces welcome; distances vary. Contact **Brett Hall** at anosmic.runner@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

Tuesday Morning Runs from Battle Creek YMCA

Tuesday morning runs from Battle Creek YMCA at 8:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at anreelca@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

Wednesday Evening Runs from Lakeview High School

Wednesday evening runs from Lakeview High School at 5:45pm. Please bring your own hydration. All paces welcome; distances vary. Contact **Chuck Zahnow** at crzahnow@gmail.com for more information and to be added to the email distribution. Runs begin February 22 and meet weekly.

NEW! Starting March 29, 2012, Thursday Nights at Burnham Brook Center Parking Lot

At the March Meeting, the Kalamazoo Area Runners Board approved a 4th KAR organized run in Battle Creek. Beginning March 29, 2012, meet Thursday nights at the Burnham Brook Center Parking Lot (meet towards the back of the lot) @5:45 pm. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact group run director Stephanie Demarest at smdemarest@gmail.com.

Stephanie has been provided the Battle Creek distribution, and runners who requested to be added to Battle Creek Group run distributions will automatically be included in her email communications (you can unsubscribe at any time by requesting to be removed). Sincere thanks to Stephanie for establishing another group run in Battle Creek!

Greater Kalamazoo Group Run and Training Program List

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

Club Member Corner

Volunteer Acknowledgements

It takes many hands to make light work and the Beyond Training Program is no exception. Sincere thanks to **Mark Brammer** for volunteering his time and expertise as part of the “Ask the PT session” for the Beyond Training Program, as well as recent SAG drivers **Jennifer Dykstra, Chuck Webster, Angela Batten** and **Kevin Ferrara**. Thanks to our recent Beyond Day Sponsors for keeping us well-hydrated: **Stephanie Sabin, Kate Binder and Andrew Simmons, Vicky Ondraka, Carla Thomas, Dave Roberts, Marcel Alkamade, Brandi Cole, Jordan Bast, Nikki Gates and Scott Taylor**.

Joe Hulsebus generated the first volunteer standings of the new year and after 2 ½ months already 67 members have volunteered to help out. In first place, **Nikki Gates** is on pace to set a new volunteer points record, with 170 points only 2 ½ months into the year. **Jeremy Reivitt** is in 2nd place with 80 points, and **Kate Binder** is in 3rd place.

Name	Points
Gates,Nikki	170
Gooch,Andrea	50
Reivitt,Jeremy	80
Binder,Kate	70
Hirzel,Andrew	60

Rice, Steve	60
Baker, Heidi	50
Baker, Zach	50
Beier, Brett	50
Bertch, Russell	50
Buffenbarger, Marty	50
Conor, Katie	50
DeDoes, Cristi	50
Dobbie, Brian	50
Ferrara, Laura	50
Gooch, Nicholas	50
Grevenstruk, Michelle	50
Jayatilaka, Arya	50
Keyes, Angela	50
Magill, Cathie	50
Mann, Sherrie	50
McCool, Christen	50
Middleton, Ginny	50
Morris, Don	50
Moss, Anna	50
Root, Troy	50
Simmons, Laurie	50
Simmons, Sarah	50
Zahnow, Chuck	50
Brammer, Mark	40
Enlow, Patrick	40
Enlow, Sherri	40
Hoffmann, Julie	40
Jason, Elaine	40
Sabin, Stephanie	40
Smola, Bob	40
Dykstra, Jennifer	30
Ferrara, Kevin	30
Maston, Frank	30
Orwin, Charlene	25
Orwin, Colleen	25
Orwin, Jeffrey	25
Orwin, Michael	25
Alkemade, Marcel	20
Bast, Jordan	20
Cole, Brandy	20
Holden, Tim	20
Jager, Nancy	20
Lake, Eli	20
Ondraka, Vicky	20
Post, Peter	20
Roberts, Dave	20
Simmons, Andrew	20

Thomas,Carla	20
Young,Kathy	20
Batten,Angela	10
Coyne,Tom	10
Hulsebus,Lana	10
Maston,Addie	10
Meyers,Brian	10
Middaugh,Randy	10
Mihelich,Michael	10
Raseman,Carol	10
Raseman,Donn	10
Schmitt,Dana	10
Stapert,Tracie	10
Swift,Danielle	10

Featured Member of the Month: Introducing Bonnie Sexton



Bonnie Sexton with fellow KAR runners climbing Peeler Hill at a Member Reception Run

By Christen McCool

Moving to a new town is hard and finding the courage to join a new group of runners is harder. A friendly face makes all the difference when you are attending your first ever Michigan winter group run and show up a few sessions into the program wearing a fleece and no gloves, never having heard of a Garmin or Yaktrax. That was me last year, and thankfully, the friendly faces were numerous. Bonnie Sexton was one of those faces. Bonnie has been a great source of encouragement to me as I have fallen in love with this whole loooooong distance running thing and has provided wisdom and

support as I've encountered both frustration as well as success. I am therefore super excited to write about Bonnie, in honor of this, her final *Rundown* as KAR President.

Let's start with something surprising: Bonnie started her running career as a star sprinter! In high school Bonnie joined the indoor track program as a freshman, specializing in the 40 yard and 55 meter dashes as well as the "longer" 300 and 600 meter races, setting several school records in the process. She also sprinted, hurdled, and long jumped during the outdoor season and was equally amazing. In fact her 600 meter time remains her alma mater's second fastest result ever. Bonnie did run a few seasons of cross country, but it was to help her to stay in shape for track, and she was sixth or seventh on the team, not exactly slow but also not the type of finish she was used to in track.

Bonnie's track career continued as a walk-on to the Liberty University team, for which she earned a scholarship her sophomore year. However working and studying and running proved too much, and she made the decision to leave the team. Bonnie not only stepped away from the track but – this is where the story gets good! – she also stepped away from running. As in completely! No running! Knowing Bonnie, this is incredibly shocking. Bonnie graduated and moved and started her career and attended graduate school and got married and had three babies, all the while NOT RUNNING! She stayed fit through walking and various gym apparatus but did not start to run again until her baby girl was three years old. The baby weight was proving more stubborn that last time around, and a jog around the neighborhood seemed like a good idea. Half a mile later, however, a side stitch struck, and Bonnie had to walk home. She kept going though, and we all know how this story ends. This month marks Bonnie's tenth anniversary of distance running and man has she come a long way from that neighborhood jog.

Bonnie's first race happened a few months into her new training routine of running 4-5 days a week. At her first 5K she won her age group, breaking 24 minutes. In her next few races she broke 23 minutes and then 22 and by the fall was consistently running in the 21:00 range. She joined Borgess Run Camp, intending to train for the 5K but was quickly sucked into the half marathon program when she found that she could keep up. She ran her first half the following spring, just over a year into her running, and in the fall of 2003, at the age of 36, Bonnie ran her very first marathon. Rocked her very first marathon I should say: she finished Detroit in a time of 3:15. Bonnie realized that day that she had it in her to be competitive in distance running, and not just as a sprinter.

Bonnie has now run 24 marathons total, with a bunch of 5K and other shorter races thrown in for good measure. She ran Boston for the first time in 2005, and she identifies this race as her biggest running accomplishment and greatest memory so far. She entered the race coming off of an injury and intended just to have fun with it. She did indeed have a lot of fun, loving the energy and crowd support, but she also felt great. She ran amazing on a hard course on a warm day, setting her current PR of 3:15:10, placing in the top 200 women. Makes you want to run Boston, huh?

Along with all that running, Bonnie has become an integral part of the local running community and leadership. She joined the KAR board in 2004, and served as the VP of membership, co-President, and VP of hospitality before starting her gig as President four years ago. She is now moving into the Treasurer role and will continue to direct and co-direct programs such as Beyond (which Bonnie helped to found in 2004), the Turkey Trot, and Fast Track. She also serves on the Kalamazoo Classic Committee and on the Kalamazoo Marathon Advisory Council. A new Portage half is also in the works for Bonnie.

Reading all that, it is amazing that Bonnie does still find time to actually run, particularly since she works fulltime as an HR manager. Additionally her husband is currently working and living in Texas, and so she's on her own for the most part raising three teenagers. Not surprising then, Bonnie's mileage is not where it once was, or where she'd like it to be. She is running about 30 miles a week, as compared to her preferred 50-60. She's still winning her age group most of the time, as well as the often the master's title at local races, but she has had to adjust her expectations in line with her current lifestyle.

This is probably one reason why Bonnie is able to be so incredibly supportive of other runners. She loves to run – both for the fitness and the social aspects – but she's also had to adjust her running to a wide variety of life circumstances. Last year, for example, she was sick with then-undiagnosed acid reflux and even had to drop out of the inaugural Kalamazoo marathon at mile 19. However she has always kept going, through illness and injury and time limitations, happy to be able to run, even if not as competitively as she would like. This is Bonnie's advice to all of us: You can't push 100% all of the time. Sometimes life forces you to take a step back, whether from injury or illness or job or family, but running is life-long. Be flexible, make adjustments for whatever else is going on in your life, even take a break, but stay connected, and come back! For herself, she does hope to up her mileage and to take her fitness back up to a higher level. But in the short-term, she's focused on taking revenge on the Kalamazoo Marathon. Join me in cheering her to that finish line! Thank you Bonnie for all that you do. And for keeping me from hiding in the bathroom on that first day.

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