

“Believe that you can run farther or faster. Believe that you’re young enough, old enough, strong enough, and so on to accomplish everything you want to. Don’t let worn out beliefs stop you from moving beyond yourself.” – John Bingham

March 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Team Spirit



Start of the 2013 Kal-Haven Trail Six Person Team Event
Photo courtesy of Kevin Rabineau

By Bonnie Sexton

I have enjoyed the privilege of running the Kal-Haven Trail Run as a member of a six person co-ed team, Six Pack to Go, for the last seven or eight years. Our team members have varied over time but we have retained a core group of runners that come and go intermittently. Team Six Pack is a self-proclaimed competitive team that runs in the spirit of fun. Prior course record holders (the Kalamazoo Kenyans shattered our course



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record in 2010, and then again in 2011), we strive each year to win the co-ed six person team competition. The last four years we have served as runner up, this year 3 minutes behind the first place team. Not that it matters; the camaraderie and fun of running as a team and with other teams is rewarding within itself. With more than half our team now running in the masters' ranks, we are content to be able to run among the top open teams in non-handicapped competition.

Some of my most memorable experiences have been while running as part of a team, and there are many different dimensions, both competitive and non-competitive. Team competition can be in the form of relay (i.e. Kal-Haven or Dances With Dirt) or cross country style scoring (Campus Classic). It can be in the form of a fundraising team (Susan G. Komen Race for the Cure or Arthritis Foundation) or as in the case of MyTeam Triumph, a collaborative effort to enable a child, teen or adult with a disability to complete an endurance event.

Kalamazoo Area Runners had partnered for many years with an organization called Front Line Racing Team. Racing on behalf of Front Line afforded the opportunity compete against top talent in the nation. In 2005 several of us from KAR had the privilege of running on behalf of Front Line Racing Team as part of the Boston Marathon Team Competition. We captured third place in the women's open division, finishing ahead of such reputable teams as the Boston Athletic Association.



Front Line Racing Team - 2007 USATF Master's National XC Championships

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



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.



In 2007, four of us from KAR (Peggy Zeeb, Darla Brown, Dave Walch and myself) had the opportunity to run in the USATF Masters XC Nationals in West Chester, Ohio, and then again in 2009 in Lexington, Kentucky. In 2007, although I ran as part of the “B” team, Front Line Racing Team’s “A” team, which includes KAR member Peggy Zeeb, won the women’s national cross country championships, sloshing through an ankle deep mix of mud, slush and snow. The last time I ran nationals was in 2009 in Lexington, Kentucky, where we placed 6th in the women’s master’s competition.

Dances with Dirt is a relay style event known for its challenging terrain and party-like atmosphere. Five person teams run 15 legs of this 100 kilometer relay, with all of the legs introducing runners to some type of challenge including extreme hills (up and down), swamp muck, rivers and poison ivy. The teams are handicapped for age and gender, with women receiving a 12.5% handicap over men, a 1% handicap for over 40, and 1 1/2 % for over 50, leveling the playing field. Dances with Dirt has gained such notoriety over the last few years it is now difficult for new teams to get in. Existing teams for the event (held September each year), must submit their registration and payment by the deadline, usually January or February. If team spots are remaining after the existing teams submit their registration, the relay event is opened to new teams.



Costumes abound at 2012 Dances With Dirt

Every year, Kalamazoo Area Runners organizes three fundraising teams; Susan G. Komen Race for the Cure, American

continued...

AGILITY PHYSICAL THERAPY

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

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

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



IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit www.inthezonefitness.com, or call or email Stephanie at (269) 207-4988 or swalbr2000@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. Provide the 2013 KAR discount code to receive the discount.



Cancer Society Relay for Life, and the Arthritis Foundation Jingle Bell Run. Though each of these events, we have the opportunity to give back to the greater community. Although some of these (Race for the Cure and Jingle Bell Run) include a competitive race, the team competition focuses upon dollars raised on behalf of the benefitting organization and/or the number of participants recruited to the team. Participants are passionate about the cause and demonstrate their support through the sport of running. Registration is now open for the Susan G. Komen Race for the Cure, and runners/walkers may join the Kalamazoo Area Runners Fundraising Team when signing up for the event.



Kalamazoo Area Runners Team Spirit at the 2012 Susan G. Komen Foundation Race for the Cure

My most rewarding and memorable team experience was the 2010 Grand Rapids Marathon, when a group of us ran as part of MyTeam Triumph to accompany KAR member Peter Gower and his son Christopher, to his first marathon finish. Christopher had been diagnosed with cancer, and the runners (called angels) took turns pushing Christopher in an adult wheelchair. MyTeam Triumph enables disabled children, adults and teams to participate in endurance events, and achieve something extraordinary. Spectators and runners alike cheered Christopher along the entire 26.2 mile course, as though he were a celebrity. No experience (not even the Boston Marathon) was as rewarding as crossing the finish line with Christopher, and watching him received his finisher's medal.

continued...

BRONSON ATHLETIC CLUB

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



DRINK 2 YOUR HEALTH

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



TJ SNYDER MASSAGE OF NV SALON

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





MyTeam Triumph at the 2010 Grand Rapids Marathon

New this year, you can get in on team action at the Borgess Run for the Health of It through the Southwest Michigan First Catalyst Community Challenge. Organizations and other groups can organize Half Marathon and 5k teams containing anywhere from five to ten participants. The top five on each team score based on their place within their age division, and include a corporate and open division. There is also a walk division, which is scored based on team spirit. Kalamazoo Area Runners has both Half Marathon and 5k Teams participating in the Catalyst Community Challenge.

Whether you are passionate about a cause, competitive running, or are just looking for a shared fun experience, pull your team together and spread your team spirit!

Hot Club News and Events

“We run this town”

Join us for our 35th Anniversary! 2013 Kalamazoo Klassic Registration Now Open!

Board of Directors

Bonnie Sexton

President

Bonnie.sexton@kalamazooarearunners.org

Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org

Karen Christensen

Treasurer

Karen.christensen@kalamazooarearunners.org

Andrea Nixon

Secretary

Andrea.nixon@kalamazooarearunners.org

Amy Clark

Vice President, Special Events

Amy.clark@kalamazooarearunners.org



The Thrill, The Will and The Hill! Registration for the 2013 Kalamazoo Klassic is now OPEN!!! MRC Industries, Inc. and the Kalamazoo Area Runners are proud to present the 35th Annual Kids' Klassic, Kalamazoo Klassic 5k, 10k and Pump n' Run June 14th and 15th 2013. The purpose of the Kalamazoo Klassic is to promote diversity, community and overall health and well-being while raising funds that benefit individuals with disabilities. Both the 10k and 5k events serve as the RRCA state championship events. Members of Kalamazoo Area Runners receive a \$5 discount by entering the four digit discount code. Participants can run the 5k, 10k or both.

Nearly 200 volunteers are needed Friday afternoon & evening and Saturday morning. For more information on participating or volunteering, visit www.kalamazooklassic.org.

2013 YMCA Healthy Kids Day Run

Friday, May 17, 2013
 Check in and late registration 4:30 – 5:30pm
 Running events begin at 6:00pm
 Portage West Middle School
 7145 Moorsbridge Road, Portage

Registration coming soon!

It's far more than a race; it's an evening of family fun! Kalamazoo Area Runners is a proud sponsor and member of the organizing committee of the YMCA Healthy Kids Day run scheduled **Friday, May 17, 2013 @6:00 pm at Portage West Middle School**. Preschool age children age 4 and under will participate in a in a short tot run while children ages four through twelve participate in a one mile fun run. Festivities will include an obstacle course and other family fun activities, t-shirts, post-run refreshments and more. Cost is \$10 for the one mile run/\$5 for the tot run (no shirt). **Must register by May**

Event and Program Directors

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

Angela Batten
 Director, Indoor Track Workouts
Angela.batten@kalamazooarearunners.org

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

Julie Wojtaszek
 Director, Kal-Haven Trail Run
Julie.wojtaszek@kalamazooarearunners.org

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

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

Marie Billen
 Director, Children's Easter Egg Hunt Dash

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

Amanda Losch
 Director, External Email Marketing
Amanda.losch@kalamazooarearunners.org

Maggie Austin
 Director, Fast Track Battle Creek

13 to guarantee t-shirt. Participants can register by mail, phone (269.324.9622), online or in person at the Portage YMCA branch. Race day registration is \$15.

For questions regarding the event, contact **Don Seibert** at daseib@kzooyymca.org.

Volunteers

Volunteers for the 2013 YMCA Healthy Kids Day Run receive a volunteer t-shirt, earn 10 KAR points and have fun at the same time. Contact **Robin Carpenter** at robin.carpenter@kalamazooarearunners.org if you can assist with the following opportunities:

- Expo table (including set-up & tear down) 4:00 – 7:30 (2 - volunteers)
- Aid Station Volunteers (including set up & tear down 5:00 – 7:00pm (2 – 4 volunteers)
- Set up finish line: 5:00- 6:00pm (2-4 Volunteers)
- Rabbits to run with and encourage the children: 6:00 -7:00 pm (3 waves) (6 Volunteers)
 - 5-6 Year Olds (2 volunteers)
 - 7-8-9 Year Olds (2 volunteers)
 - 10-11-12 Year Olds (2 volunteers)
- Starting Line Staging (crowd control/sign bearer) 5:45 – 6:30 pm (3 Volunteers)
- Finish Line Ribbon Distribution and Triage (cheering, encouraging, greeting and guiding runners through the finish) 6:00 – 7:00 pm (4 – 8 volunteers)
- Tear down start/finish line – immediately following event until about 7:30 pm (2-4 Volunteers)



Susan G. Komen Race for the Cure

Sunday, May 19, 2013

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

Event and Program Directors continued.....

Stephanie Sabin
*Director, Run Through the Lights
(with Dana Schmitt from Gazelle)*
Stephanie.sabin@kalamazooarearunners.org

Scott Taylor
*Director, Turkey Trot Time
Prediction Run
Director, Beyond Training Program*
Scott.taylor@kalamazooarearunners.org

Sherri Enlow (along with Pat Enlow and Teresa Redmond)
Director, Wed Night Portage YMCA Runs
Sherri.enlow@kalamazooarearunners.org

Teresa Redmond (along with Pat and Sherri Enlow)
Director, Wed Night Portage YMCA Runs
Teresa.redmond@kalamazooarearunners.org

Laura Ferrara
*Director, Wednesday Night Runs
Maple Street Magnet School*
Laura.ferrara@kalamazooarearunners.org

Teri Olbrot (along with Bonnie Sexton, Laura Sandahl)
*Co-Director, Thursday Evening Runs
Director, Children's Easter Egg Hunt Run*
teri.olbrot@kalamazooarearunners.org

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

Katie Conor
Director Fast Track
Katie.conor@kalamazooarearunners.org

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

Leslie Scheffers
Director, Volunteer Program
Leslie.scheffers@kalamazooarearunners.org

Cindi Macdonald
Co-Director, Safari Training Program
Cindi.macdonald@kalamazooarearunners.org

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

Many of us have been touched by breast cancer in some way, whether it be personally, or through a friend or family member. Please consider running the event as part of the Kalamazoo Area Runners team.

Kalamazoo Area Runners is excited to once again be a part of the 2013 Susan G. Komen Race for the Cure. This year's event will be held Sunday, May 19 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 2013 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 [Race for the Cure Registration Page](#)

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



Runners Overcome Challenging Trail Conditions to Set New Course Records at the 2013 Kal-Haven Trail Run

Event and Program Directors continued.....

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

Stephanie Demarest
Director, Thursday Night Runs in Battle Creek
Director, Fast Track Battle Creek
Stephanie.demarest@kalamazooarearunners.org

Beth St. John
Director, Thursday Night Runs in Battle Creek
Director, Beyond Training Program
Beth.stjohn@kalamazooarearunners.org

Renee Mercer
Director, Tuesday Morning Runs in Battle Creek
anreelca@gmail.com

Brett Hall
Director, Sunday Afternoon Runs in Battle Creek
anosmic.runner@gmail.com

Nikki Gates
Director, Member Reception Runs
Nikki.gates@kalamazooarearunners.org

Karen Christensen
Director, Member Reception Runs
Karen.christensen@kalamazooarearunners.org

John Olbrot
Director, Database Administration
John.olbrot@kalamazooarearunners.org

Judah Gesmundo
Chair, Battle Creek Subcommittee

Lynn Scherer
Chair, Battle Creek Subcommittee

Leslie Scheffers
Director, Volunteer Program
Leslie.scheffers@kalamazooarearunners.org

Beryl Siegel
Director, Online Registration
beryl_jwang@yahoo.com

Marie Billen
Director, Easter Egg Hunt Run
Marie.billen@kalamazooarearunners.org



2013 Kal-Haven Trail Run - Photo courtesy of Bonnie Sexton

By Julie Wojtaszek

The Kal-Haven Trail Run took place on Saturday, March 23rd, 2013. The 33.5-mile event included a solo run designated as the RRCA (Road Runners Club of America) State Ultra Championship, a 2-person team relay, and a 3-6 person team relay. Despite the cold and snow we had 81 solo finishers, 35 2-person team finishers, and 70 3-6 person team finishers (577 total registered participants)! Exact totals are still being calculated but it appears Kalamazoo Area Runners will be donating close to \$9K to the local Girls on Track program (program of the Greater Kalamazoo Girls on the Run)!!

Congratulations to all of our participants! Despite the less than ideal conditions on the trail, two course records were broken this year: Female Grand Master (Carol Neckel with a time of 6:08:51) and 2-Person Co-Ed Team Relay (“Team Gazelle” Chelsey Jones and Kyle Mena with a time of 3:46:49). See our [Awards](#) and [Results](#) pages for details on all of our outstanding finishers! 2013 [Photos](#) are now available from the event on our website as well!

The event would not have been possible without our amazing sponsors and over 50 volunteers! Sponsors provided financial support, awards for our category winners, physical therapy support, ambulance coverage, photos, and aid station and finish line supplies. Please see a full list of our [Sponsors](#) on our website and below.

Race Sponsors

- [RRCA](#)
- [Gatorade](#)
- [Gazelle Sports](#)

Timing and Awards Sponsor

[Agility Physical Therapy & Sports Performance](#)

Finish Line Sponsor

[Bronson Orthopedics & Sports Medicine](#)

Middle of the Pack Awards Sponsor

[Montrail](#)

Race Photo Sponsor

[Mike Peterson Photography](#)

Food and Water Sponsors

[Gordon Water Systems](#)

[Ope's](#)

[Hardings Friendly Market](#) (Centre St., Portage)

[Big Apple Bagels](#) (Centre St, Portage)

David Thierjung

Our amazing volunteers staffed packet pickup, aid stations, served as sag biker, assisted at the finish line, dropped off runner drop bags, created awards, and provided transportation from finish to start for solo runners.

The following individuals assisted at an aid station: Robert Schuler, Peter Coles, Adam Coles, Dan Robinson, Russ Bertch, Wendy Hutchinson, Laura Dybevik, Carla Koretsky, Thomas Reich, Margaret Munger, Brian Nelson, Denise Steely, Bailey Steely, Cathy Richardson, John Meininger, Jeffrey Dalm, Shawn Meyers, Lauren Martin, Fred Walters, and Rene' Anderson.

The following individuals assisted with Packet Pickup: Arya Jayatilka, Peter Coles, Sue Coles, Adam Coles, Rene' Anderson, Fred Walters, the Jeter's Leaders group (Grace Biskie, Kayla Evans, Alexis Word, Patrice Eason, Shariah Brown, Daylin McCants, Jared Graves, Nathan Jaronski, Spencer Henning), Kimberly Howard, Stephen Doherty, Kim Doherty, Michael Collins, Joey Burgam, Emily Kobza, Amy Fishel, John Meininger, Jeffrey Dalm, Shawn Meyers, and Lauren Martin.

The following individuals assisted at the finish line: Frank Maston, Kelly Davidson, John Meininger, Jeffrey Dalm, Shawn Meyers, Lauren Martin, Amy Fishel, and the Phi Mu Alpha Sinfonia Fraternity Probationary Class at Western Michigan University (Mike Klepp, Nathan Oaering, Derek Pothoff, Aaron Buechele, Brad Pulverenti, Marc Hartman, Chris Blair, Jeremy Stevens).

The following individuals assisted with transporting solo runners back to the start: Rob Nicey, Don Morris, and Kelly Davidson.

The following individuals assisted with the bag drops: Rene' Anderson and Kelly Davidson.

Our sag biker was Robin Steely.

Thanks to Dave Walch for creating our unique Rail Road spike awards for our age group and relay team winners.

Thanks to Phil Goodwin for the shirt graphic, window cling design, and finisher medal design.

2013 Children's Easter Egg Hunt and Fun Run Sets New Participation Record



2013 Childrens' Easter Egg Hunt and Fun Run - Photograph by Denis Billen of DB Family Photography

March 24th saw close to 300 kids gather at Portage West Middle School for the 2013 Kalamazoo Area Runners Easter Egg Hunt and Fun Run. A cold morning gave way to a sunny afternoon as kids aged five and under scoured the Easter Bunny's "playground" for tiny treasures hidden in colorful eggs. Bigger kids ages six to twelve ran part of the cross country course, while hunting for the Easter Bunny's eggs. There were nearly 1,500 Easter eggs!

After the run the kids enjoyed snacks, water and juice, while over 90 door prizes were given away. Among the prizes were a one year family membership and four guest passes from the Kalamazoo Nature Center, a \$25 gift card from Harding's Friendly Markets, and three gift certificates from DB Family Photography & DJ.

Kalamazoo Loaves and Fishes received 191 pounds of canned goods and other grocery items, along with \$20.00 in cash, all donated by families who participated in our event.

We would like to thank the Harding's Friendly Markets, Kalamazoo Nature Center and DB Family Photography for sponsoring the event this year and thank all our great volunteers who donated their time to help make this event such a great time for the kids: **Amy and Chris Chopp, Karen Christensen, Deb Kloosterman, Kenzi McNally and Bonnie Sexton.**

Hope to see you all again next year!

Editor's Note: Congratulations to the organizing committee: Directors Teri Olbrot and Marie Billen, Andrea and Deb Kloosterman for their leadership and commitment to making the 2013 Children's Easter Egg Hunt Run the most successful year ever!

2013 Kalamazoo Area Runners Annual Banquet and Membership Meeting



Neely Spence Gracey presents at the 2013 Kalamazoo Area Runners Annual Banquet
Photograph by Lana Hulsebus

Kalamazoo Area Runners was privileged to have Neely Spence Gracey as keynote speaker for the 2013 Annual Banquet held Thursday, March 28, 2013. Neely competed in the World XC

Championships in Poland the Sunday prior, finishing 13th overall. The first part of her presentation described her background, including her father's 1991 World Championship Marathon Title and her mother's 5k PR of 17:00, and how she started running. The second part focused on her World Championship experience in Poland. Sincere thanks to Gazelle Sports for sponsoring Neely Spence Gracey's appearance.

In addition to our keynote speaker, the Annual Banquet featured our Runner Recognition and Volunteer Program Awards, as well as the Annual Business Meeting. Recipients of the 2012 Runner Recognition awards were:

2012 Female Open Runner of the Year

Michelle Grevenstuk

2012 Male Open Runner of the Year

Jonathan Marsh

2012 Female Masters Runner of the Year

Leslie Scheffers

2012 Male Masters Runner of the Year

Joe Reitz

2012 Female Grand Masters Runner of the Year

Peggy Zeeb

2012 Male Grand Masters Runner of the Year

Mark Sigfrids

2012 Female Youth Runner of the Year

Addie Maston

2012 Comeback Runner of the Year

Chelsey Jones

2012 Mega-Marathoner of the Year

Ken Brooks

2012 Mega-Racer of the Year

Frank Maston

2012 Most Improved Runner of the Year

Chris Huff

Lauren Macvicar

Brent Yager

2012 Rookie Runner of the Year

Alayna Pelfresne

2012 Social Runner of the Year

Pat and Sherri Enlow

2012 Spirit of Running Award

Brandon Van Dusen

Nancy Yager

2012 Reynold Oas Volunteer of the Year Award

Nikki Gates

In addition, awards were granted to the top three winners of the Patrick Johnson Memorial Volunteer Program. **Bonnie Sexton** established a new record with 450 points, followed by **Nikki Gates** with 430 points, and **Pat Enlow** with 380 points. Sincere thanks to Gazelle Sports for sponsoring the Volunteer Program by providing a gift certificate for shoes for the top three, and ten technical shirts for the volunteer drawing.

Last was the annual election and business meeting. Sincere thanks to the following outgoing Board members for dedicated service:

Robin Carpenter

Treasurer 2010 – 2013

Jane Rolfe

Vice President, Development 2011 – 2013

John Donaldson

Secretary 2012 - 2013

Troy Root

Vice President, Technology 2012 – 2013

Vicky Ondraka

Vice President, Special Events 2012 – 2013

Congratulations and gratitude to the following officers elected to the Board for the 2013 – 2015 term:

Bonnie Sexton

President

Chris Huff

Vice President

Karen Christensen

Treasurer

Andrea Nixon
Secretary

Amy Clark
Vice President, Special Events

We are still seeking individuals to fill the remaining three board positions on an interim basis for the remainder of the 2013 – 2015 term:

Vice President, Marketing and Communications
Vice President, Development
Vice President, Technology

For more information on the above please contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Board Approved Revisions to By-Laws

The Membership voted to approve the following By-Laws amendments at the March 28, 2013 Board Meeting. A summary of the changes is as follows:

- Increase delegated responsibilities to include independent professionals to align more closely with Road Runners Clubs of America (RRCA By-laws) and expand our options to include outsourcing functions where professional expertise beyond our capacity is required.
- Allow for full delegation of tasks performed by the Treasurer, provided the Treasurer provides oversight, and the delegation is approved by the Board of Directors to ensure appropriate checks and balances
- Extend term of office from one year to two years to provide leadership continuity in our transition to a staffed organization
- Removal of term limits for the Board President position to provide leadership continuity in our transition to a staffed organization
- Revise language on the removal of a Board member to align more closely with RRCA By-laws.
- Update the name of the YMCA of Greater Kalamazoo

Proposed language is highlighted in red.

1. Under section V (B) (1) change “The following duties may be delegated by the President to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “**The following duties may be delegated by the President to an Executive Director or other staff of volunteer in accordance with job descriptions or independent professional.**”
2. Under section V (B) (2) change “The following duties may be delegated by the Vice President to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “**The following duties may be delegated by the Vice President to an Executive**

Director or other staff of volunteer in accordance with job descriptions or independent professional.”

3. Under section V (B) (3) removal of “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions, “ and addition of “h) Tax Filings and other reporting and i) Any of all of the above duties may be delegated to staff, volunteers or independent professionals as approved by the Board, provided, however, that the Treasurer remains responsible for oversight of these tasks.”
4. Under section V (B) (5) change “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “The following duties may be delegated to an Executive Director or other staff or volunteer in accordance with job descriptions or independent professional.”
5. Under section V (B) (7) change “The following duties may be delegated to an Executive Director or other staff or authorized persons in accordance with job descriptions” to “The following duties may be delegated to an Executive Director or other staff of volunteer in accordance with job descriptions or independent professional.”
6. Under section V (D) (1) change “The term of office shall be approximately one year” to “The term of office shall be approximately two years.”
7. Under section V (D) (3) removal of “The President shall not serve more than three consecutive one year terms in the President position. In the event no candidate can be found for a vacant position, the Board of Directors may override term limits for appointment of a sitting Board member to the vacant position.”
8. Under section V (K) addition of the language, The Board of Directors may remove any association member or Board Member for conduct contrary to the mission and objectives of the association “including but not limited to illegal (unlawful) activity or (c) not fulfilling the duties of the position.”
9. In section VIII, change the name of the “Kalamazoo County YMCA” to the “YMCA of Greater Kalamazoo.”

For the complete By-laws, visit [Click here for the full Kalamazoo Area Runners By-Laws](#)

Leadership Opportunities

Director of Expo Marketing

Andrea Gooch is stepping down from her position as Director, Expo Marketing due to school and work commitments. Sincere thanks to Andrea for her efforts coordinating our attendance at Expos. This position is now available and serves to coordinate our appearance at the Kalamazoo Marathon, YMCA Healthy Kids, Kalamazoo Klassic, and One One Run Expos, as well as corporate wellness fairs. Please contact Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org for more information. A job description is available upon request.

Pedal Bicycles Offers Discount to Members of Kalamazoo Area Runners



Kalamazoo Area Runners is pleased to announce a new discount sponsor partnership for all our members who cross train by cycling!!!

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo now 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. Provide the 2013 KAR 4-digit code to receive the discount

Kalamazoo Area Runners Fanwear Store

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



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

[Click here to begin shopping](#)

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

Regional Race Discount Program

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

Event	Event Date	Discount	Restrictions
Lansing Half Marathon	4/21/2013	\$10	
Let's Move Festival of Races	4/27/2013	\$5	First 100 KAR members
Kalamazoo Mud Run	6/8/2013	\$5 off adult	
Charlevoix Marathon and Half	6/22/2013	\$7	
Duo at the Ledge Half	7/4/2013	\$35/\$15/\$40	Through 5/30/13
Run for Your Heart Half Marathon	9/7/2013	\$2	
Capital City River Run Half	9/14/2013	\$5 off	200 KAR members
Sleeping Bear Half and Full	10/6/2013	10-19, \$5 off half or full. 20-29, \$8 off either race. 30+, \$10 off either race. Mail in registration and one check only. Discount good off current pricing and only until the end of February.	Offer ends Feb 28
Wildlife Marathon and Half	10/13/2013	Pooled mail in only	
Metro Health Grand Rapids Marathon and Half Marathon	10/2/2013	\$7	

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 May 6, 2013

The next KAR Board Meeting is May 6, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Series Events

Kalamazoo Area Runners Introduces the Club Championship Series Line-up for 2013.



2012 Peacock Strut 5k

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

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

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

2013 Club Championship Series & Race Discount Program

- [The Shamrock](#) 5k (\$5 discount), March 23, 2013
- [OEC Eco Trail Race](#) 4k & 8k (10% discount), April 20, 2013
- [Consumers Sunburst](#) 5k & 10k (\$5 discount), April 20, 2013
- [B.C. Spring Into Action](#) 5k & 10k, April 27, 2013
- [Vicksburg Hearty Hustle](#) 5k (preregistration only), May 11, 2013
- [Oaklawn Hospitality Classic](#) 5k & 10k, May 18, 2013
- [Howard Hill Hustle](#) 5k (\$5 discount), May 18, 2013
- [Komen Race for the Cure](#) 5k (\$4 online by Apr 1/\$3 online by May 16/\$2 race day), May 19, 2013

- [K5K \(Kalamazoo 5K\)](#) 5k (preregistration only), May 25, 2013
- [Run to Climax](#) 7k, May 27, 2013
- [Cereal City Classic](#) 5k & 10k (online only), June 8, 2013
- [Plainwell Education Foundation Racin' the Island](#) 5k & 10k (preregistration only), June 13, 2013
- [Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 15, 2013
- [Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 22, 2013
- [Schoolcraft Firecracker](#) 5 Mile, July 4, 2013
- [Pace for Poverty](#) 5k & 10k, July 4, 2013
- [Kindleberger](#) 5k, July 13, 2013
- [Mattawan Road & Trail](#) 5k, August 3, 2013
- [Otsego Ready or Not](#) 5k (\$5 online until noon July 13, \$2 after), August 3, 2013
- [Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 10, 2013
- [Zoo City Mile](#) 1mi (preregistration only), August 15, 2013
- [Allegan Strides for Health](#) 5k (preregistration only), August 17, 2013
- [Grape Lake](#) 5k (preregistration only), September 7, 2013
- [Peacock Strut](#) 5k & 10k, September 14, 2013
- [Sherman Lake TNT](#) 5k & 10k (preregistration only), September 22, 2013
- [Run for the Son](#) 5k, September 28, 2013

2013 Club Championship Series Only (no discount)

- [Borgess Run for the Health of It!](#) 5k, Half Marathon, & Kalamazoo Marathon, May 5, 2013

OEC 4k and 8k Trail Race April 20, 2013 in Battle Creek!



Join us for the 3rd annual OEC Trail Race at the Battle Creek Outdoor Education Center. NEW this year is a fast 400 meter race at 9 am. Sign up for the 400m on race day. The 4K race starts at 9:10 am, the Family Fun Run starts at 9:40 am and the 8K race starts at 10 am. The 4K and 8K Trail Races are part of the 2013 Kalamazoo Area Runners (KAR) Championship Series. Members of KAR receive a 10% discount. Both races will feature chip timing. For more information visit [OEC Trail Race Information and Registration](#)

Oshtemo Sunburst 5k & 10k Run April 20, 2013



New this year, the Oshtemo Sunburst features a 10k run. The event is a community run/walk event with timing provided by Classic Race Management. The event starts and finishes near the corner of 10th and H Avenue in Oshtemo Township. Participants travel over road, trail, tunnel, and bridge in this unique and entertaining route through Oshtemo countryside! There will be a 10K, 5K, and a 1

mile Family Fun Run. Food and beverages, music, and family fun will be available throughout the event. The event is a Club Championship Series event, and members of KAR receive a \$5 discount. For more information and registration visit <http://www.consumerssunburst.org/>.

BC Spring into Action 5k and 10k April 27, 2013



New Club Series Event for 2013! The second annual '[B.C. Spring into Action](#)' event including a 5K, 10K, 1 mile run and a 5K walk will be held at Lakeview High School in Battle Creek, MI on **Saturday, April 27, 2013**.

Other activities include the completion of the [Area-Wide Kid's Marathon](#). Those community kids that have registered for this activity will complete 25.2 miles prior to April 27th and then complete the 26th mile on race day with the other mile runners. Participants may track their 25.2 miles on a Kid's Marathon Pre-Registration Form. In addition, the YMCA will be holding their **National Healthy Kid's Day** activities from 9 a.m. – noon on site. So it will be a day where the whole community, young and old, can come and BE ACTIVE.

This event is being conducted by PEPA (Physical Education-Physical Activity) which is a sub-committee of Coordinating School Health (CSH). This CSH project was initiated in order to improve overall health in the community. PEPA has decided to organize an event that will allow people to come together to be physically active. Proceeds from this event are used to support the goal of improving overall community health with a particular emphasis on eliminating childhood obesity. The BC Spring into Action 5k and 10 is a Club Championship Series event and offers members of KAR a \$2 discount. For more information visit <http://www.bcspringintoaction.com/>.

Running Community News

Campus run will benefit honors students studying in far-flung locations

KALAMAZOO--A 5K run and walk and a 1K fun run will take place at Western Michigan University Thursday, April 4, to help raise funds for WMU honors students studying abroad or in locations around the United States.

The event, dubbed the Scholar Scamper, will begin at 5:30 p.m. with a 1K kids' fun run. The 5K run and walk will begin at 6 p.m. The starting location for both will be in front of the Lee Honors College building, and both the 1K and 5K will follow courses laid out to showcase the WMU campus.

Proceeds from the race, which is intended to be an annual event, will be used to provide scholarships to help defray costs for students who study abroad or take part in the honors college's Study in the States experience, which takes students on learning excursions to points of significant historical and cultural interest in the United States.

A preregistration deadline of 5 p.m. Tuesday, April 2, allows participants to register at reduced rates. Preregistration race fees are \$15 for a WMU student and \$20 for a member of the general public. Race-day registration will cost \$20 for a WMU student and \$25 for a member of the public. Four-person teams may register by the April 2 early registration deadline only. The team rate is \$48 for a WMU student team and \$68 for others. The 1K fun run is open to children ages 10 and under and is free.

Long-sleeved T-shirts are guaranteed for all participants who register by the April 2 deadline. Awards will be made to overall top male and female runners in two categories. Awards will also be made in six team categories and to the top-three male and female finishers in each of nine age categories.

Registration forms and additional information can be found on the event website at <https://www.signmeup.com/site/online-event-registration/90012>

Team In Training Drop-in Informational Session - April 20, 2013



Saturday April 20th 10:00 a.m.- 12:00 p.m.

Drop-In Informational Meeting

Gazelle Sports Kalamazoo

Run, Cycle, or Triathlon for a great cause!

Participate in the race against leukemia, lymphoma and all blood cancers by joining us for a fantastic marathon, half marathon, or triathlon.

www.teamintraining.org or (269) 270-5965 for more information

Hurt the Dirt 10k, Half Marathon & Marathon April 27, 2013

Race *Hurt the Dirt* in Rockford on April 27, the first trail race ever held at Luton Park, one of the top trails in Michigan. 10K, half marathon and marathon. Free 1-mile kids race. At least \$2,500 in prizes. Unique wood finisher medals to half and full marathoners. Hand carved chestnut wood slabs for top finishers. 12 pairs of shoes given away. Title sponsor is Patagonia Footwear. Also sponsored by Gazelle Sports. 20% off each entry if you sign up in a group of five or more. www.HurtTheDirt.com

Wounded Warrior 5k Run Saturday, April 13, 2013

The Wounded Warrior Run is a 5k race hosted by Western Michigan Air Force and Army ROTC cadets that raises money to donate to the Wounded Warrior Project. The Wounded Warrior Project is an organization who aids the men and women of our armed services who have been injured. This run is a fun and healthy way to honor these men and women as well as help make a donation to this great organization. The run is Saturday April 13th, registration begins at 7am and the run starts at 9am. The participation fee is \$15 and registration can be done online at our website or the morning of the race. The race begins at the WMU Army ROTC Battalion, located at 1903 West Michigan Avenue Kalamazoo, MI 49008, and takes a loop around Western's beautiful campus. Our website is: www.wmuwoundedwarrior.com you can read more about the race and register there.

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

Training Programs and Group Runs

Fast Track 5k Training Comes to Battle Creek!



After many successful years in Kalamazoo, we are pleased to announce that Fast Track is officially Branching out to Battle Creek as well this spring! The Fast Track Battle Creek program will offer two levels of track workouts (Fast Track I and II), designed to meet your 5k goals whether you are a beginner or experienced runner. Led by experienced coaches, the program targets the Cheetah Chase 5k, scheduled June 22, 2013. The Fast Track Training Program includes training schedules, individualized clinics and assessments and structured Tuesday track workouts. Sessions will be held at Riverside Elementary on Tuesday nights from 6-7 p.m. and will utilize the main loop around the Riverside Elementary/Park soccer fields. While we know this will be a bit different than using an actual track, we believe it will also offer some advantages, including continued training opportunities throughout the week and after the program ends. The program runs Tuesday, April 16, 2013 through Tuesday, June 18, 2013. For more information, and to register please visit: <http://bckarfasttrack.wordpress.com/>.

Organized Group Runs

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

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

Wednesday evenings at 6:00pm at Borgess Health and Fitness Center for runs of various distances. Contact **Steve Rice** at steve.rice@kalamazooarearunners.org for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified
Volunteer Program Event – 20 Points to Drop Aid Stations

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 **Sherri Enlow** at senlo38@chartermi.net to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs – Maple Street Magnet School

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

Volunteer Program Event – 20 Points to Drop Aid Stations

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 **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org or **Teri Olbrot** at teri.olbrot@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 the distribution. All paces are welcome.

The Urban Herd

FREE runs on Wednesday nights, 6 pm at Gazelle Sports. 2-8 mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, visit www.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

*****Time and Location Change*** Sunday Runs from Cutie Pie Café**

The Sunday runs from Cutie Pie Café have changed from 7:30 am to 2:00pm and now meet at a variety of locations. Please bring your own hydration. 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.

***** On Hiatus*** Wednesday Evening Runs from Lakeview High School**

Wednesday evening runs from Lakeview High School at 5:45pm are currently on hiatus. Please bring your own hydration. All paces welcome; distances vary. Contact **Chuck Zahnow** at

crzahnnow@gmail.com for more information and to be added to the email distribution. Runs begin February 22 and meet weekly.

Thursday Nights at Riverside Elementary School/Variou locations

*****Change in Location***** Thursday evenings at 6 p.m. leaving from Riverside Elementary School on the 1st and 3rd week; 2nd and 4th week meets at other locations in town for a change in scenery. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at smdemarest@gmail.com or Beth St. John at Beth.StJohn@kalamazooarearunners.org

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

New Member Welcome

Please join the Executive Board in extending a warm welcome to individuals joining Kalamazoo Area Runners during the months of February and March

Heather	Anderson
Matthew	Babbitt
Sarah	Blasius
Justin	Bunch
Jacque	Carlson
Karen	Cheng
Stephanie	Diller
Alison	Diller
Abigail	Diller
Pascual	Duque
Christina	Ellis
Scott	Everett
Amy	Gifford
Taylor	Hamilton
Sarah	Hamric
Chrisann	Hanson
Lynn	Hauptli
Emily	Hildebrand
Joe	Hillman
Douglas	Krueger

Melissa	Lewis
Amy	Lin
Mike	Lin
Chris	Lin
Alex	Lin
Lisa	Luebke
Shawn	Maxwell
Kimm	Mayer
John	Mayer
Matthew	Norko
Tatum	Odell
Brian	Odell
Brayden	Odell
Jessica	Perez
Janice	Rumph
Jennifer	Smith
Kathy	Stoll
Dan	VanSweden
Sally	VanSweden
Daren	Wendell
Danielle	Wendell
Jeremy	Wilson

Shamrock 5k Kicks Off the 2013 Kalamazoo Area Runners Club Championship Series

The luck of the Irish was with no doubt with us! The Shamrock 5k held March 23, 2013 kicked off the Kalamazoo Area Runners Club Championship Series with 30 members participating, and 19 taking home age division awards. Congratulations to all our Kalamazoo Area Runners Members below finishing in the age group winners circle as well as the finishers circle listed below.



Tracy Argo	0:21:28	1st
Leon Brantman	0:30:14	1st
Jeff Cavanaugh	0:23:29	
Lisa Cavanaugh	0:25:55	
Cindy Comer	0:28:51	2nd
Daniel Damaska	0:19:35	2nd
Chris DHulster	0:20:38	3rd
Randy Fielder	0:30:41	3rd
Aliza Garcia	0:27:00	
Sarah Hamric	0:26:50	
Carol Heinicke	0:24:24	2nd
Ray Hendriksma	0:30:39	3rd
Andrew Hirzel	0:19:38	1 st
Sophia Hirzel	0:21:20	1 st
Fred Keister	0:29:35	2nd
Mandee Kerns	0:23:43	1 st
Douglas Krueger	0:25:19	1 st
Diana Ladio	0:20:13	1 st
Bill Lewis	0:25:47	
Michael Louden	0:21:21	
Addie Maston	0:35:17	
Frank Maston	0:36:18	
Nicolette Merritt	0:22:45	2nd
Teresa Redmond	0:32:06	
Heather Siegwart	0:33:45	
Maximilian Sine	0:27:57	
Sally VanSweden	0:23:24	3rd
Zachary Wilson	0:21:51	3rd
Eric Zeeb	0:27:46	
Peggy Zeeb	0:21:57	1 st

Featured Member Article – Introducing Francine Bangs Giving Back



“Service to others is the rent you pay for your room here on earth.” ---Muhammad Ali

By Gale Fischer

Running itself is an activity that provides more in return for its participants than the effort it requires. What it gives to each of us centers around physical, mental and emotional health. The running community is a bi-product of this great sport which bestows another set of gifts upon its participants. Mentors, friendships, guidance and overall support are central giving features of the running community. Most of us receive these gifts with gratitude and are intent on giving back with our time. Many of us give back without even realizing it. I have a theory that with running and anything else in life each of us provides motivation or inspiration for others without even being aware of it. Whether we realize it or not all of us who are members of the running community are part of an unbroken circle of giving and receiving which allows it to survive and grow simultaneously. This month’s featured member, Francine Bangs is a great example of the power each of has in this survival and growth of the running community through giving back.

While working at Eaton Corporation back in the 1980s, Francine began her stewardship with the running community with her involvement in the Corporate Olympics. “While working at Eaton Corporation we got very involved with the Corporate Olympics. I served on the community wide committee as well as helping to organize the team for Eaton. We had a pretty good running team and earned several trophies from winning our division.” One thing that Francine enjoys about running is helping others to learn to run. She has spent the last seven years serving as a coach for the local running community. “I meet so many fabulous people through the many running programs that I have helped with. I have coached the 5K and 10K training at Gazelle Sports. I have also been a pace leader for Gazelle Sports and KAR marathon training during the summer as well as half and full

marathon training with the Borgess Run Camps. It is so much fun seeing them improve each week and to be able to run one of our local races as a result of the training. It is especially satisfying when they learn to love running as much as I do. It is so amazing to have them struggling to do a 5K and then in a few years they are leaving me in their dust doing a half or full marathon! That makes me feel so good to think that perhaps I had a small role to play in their accomplishments.” I suspect that Francine has played more than a small role in the accomplishments of many of her pupils.

Francine began running back in 1984 after responding to an advertisement in the newspaper about a seven week training program for the Borgess 5K race. “After 7 weeks of training I was able to run my first Borgess 5K race. What fun! I was hooked. I knew that I could run a 5K faster than that so I thought I should keep training and try it again.”

Although being a mentor for other runners primes Francine’s love for running, her competitive nature is what drives her running. “I love to compete. That sounds silly but that has always been my nature. That started way back when I was a basketball player in Iowa. I loved the tournament competition. Basketball was a big deal in the small towns in Iowa. We didn’t have girls track at that time but we sure worked hard playing basketball. There are not very many runners in my age category now to compete against so I set my own time goals and try to achieve that. In smaller races I try to run faster than the men in my age group to give myself something to try to achieve.” Francine also appreciates the stress relief that running provides. “I also use running as a stress relief. When I first started running I worked at a job that required lots of hours and was stressful from time to time. The running after work really helped me unwind.”

As it does for most of us, winter’s wrath makes the motivation to get outside and run difficult for Francine. “There really isn’t anything that I don’t like about running but I have to admit that getting up early on the cold winter mornings to go out for a long run is not one of my favorite things to do. I really don’t like snow and cold weather so I volunteer to be a pace leader for the spring marathons to keep myself running in the winter. If I make a commitment then I will be out there wading through the snow and trying to stay upright on the ice! I have some pretty funny memories of running in blizzards and through very deep snow.”

Francine keeps her running goals short term, focusing on the next race. “My goals are usually set for one race at a time. I write all my training goals down and track them. If I write it down I generally stay on track with my training better. For every race that I have scheduled I write down a time that I plan on running it in and what I need to do to accomplish that time. Sometimes it works and sometimes it doesn’t!”

Francine has nearly thirty years of running memories to look back on with her first marathon topping the list. “I have so many great running memories! I loved going to the Boston Marathon in 2007 and 2008. I also really loved running the New York City Marathon. That was just unbelievable! Probably my first marathon in Columbus, OH also ranks at the top of my list of favorite runs. There is nothing like completing that first marathon.” I would have to agree with Francine as well, placing my first marathon near the top of the list of my favorite memories. Francine’s memories and experiences with running can offer advice for fellow runners. “I think that it is really helpful to keep track of your training with a log of some type. There are so many great electronic tracking programs now but I still like to write everything down on an old fashioned calendar. Don’t over train and end up injured. If you are a senior runner like me rest days are very important. Be competitive but keep it fun. Enjoy yourself no matter what your running goal is.”

There are many elite and popular national and international runners to provide inspiration but one does not have to necessarily look far for this inspiration. Francine finds her own inspiration right here in her backyard. "There have been so many of our local runners who have inspired me over the years. I can't come up with anyone specific. I know that I am very lucky to still be a part of this wonderful running community after nearly 30 years of running. I really enjoy watching the many talented runners in KAR. Even though I keep getting slower and they keep getting faster I love the words of encouragement that I get from the many great KAR runners." She considers local runner Rob Lillie to be one of her most influential mentors. "Another person who I talk to often for running advice is Rob Lillie, the store manager at Gazelle Sports. He has unbelievable running knowledge and is always willing to share that with me."

Many runners exhibit a humble yet enthusiastic demeanor when it comes to their running personality. Francine is a prime example of this. After nearly thirty years of running, she is still at it. The fact that she is a healthy active senior and still enjoying and excelling in running some thirty years later is a perfect illustration of what running can provide. Francine has experienced the bounty of running but she has given back as much as she has received with the mentoring and inspiration she has given and continues to provide for our local running community.

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



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

Volunteer Acknowledgements Through February 2013

The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

Volunteer points entered through February 2013 have been updated. If you volunteered year to date through February 2013 and your points are not included, please enter them at this time. Points for the month of March, including the Kal-Haven Trail Run and Easter Egg Hunt Run have not been added will be reported in the next edition of the Rundown. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

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

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

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