

*"If you always do what you have always done, you will always be where you have always been."*

*-Unknown*

March 2014

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

## The Kalamazoo Area Runners

# Rundown



Start of the 2013 Boston Marathon

## Boston Strong

**By Bonnie Sexton**

Southwest Michigan is a powerful reflection of this year's "Boston Strong" theme as local runners unite in solidarity and remembrance to run the 2014 Boston Marathon. Last year's tragic events influenced the decision of many to register for Boston, and inspired others to qualify.

After participating in the Boston Marathon in 2005, 2007 and 2009, personally there had been little inclination towards returning in the near future. Qualifying for Boston is a phenomenal marathon achievement and an honor to be proud of. It was also, however, an experience already replicated three times. It was difficult justifying the expense of a Boston



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The Shamrock Run 5k Results

Marathon trip and the mid-April date meant attempting to attain higher mileage in the middle of a Michigan winter and concurrent with planning a major community event.

The rationalization behind foregoing a trip to Boston on April 21, 2014 was overwhelming on multiple counts, yet the events of April 15, 2013 were so powerful, they caused me to abandon the logical thinking embraced the four years prior, and I made the decision to register for my fourth Boston Marathon. This experience was going to be very special and unique from past Boston Marathons, and symbolic of far more than personal achievement. The first three, I ran as a competitor of Front Line Racing Team; it was a team and personal endeavor. Five years later, my participation in Boston is a tribute and in honor and memory of those who suffered loss; the 264 injured, the four who perished; Krystle Campbell, Officer Sean Collier, Lingzi Lu and eight year old Martin William Richard, and their families. It is a symbol of healing, solidarity, and moving forward. As we approach the finish line, the emotions that will accompany us down the Boylston Street homestretch will be very powerful, and for veteran Boston Marathoners, very different than they in the past.

This same inspiration is shared by many. In 2013, thirty-eight runners from the greater Kalamazoo/Battle Creek area registered for the Boston Marathon. In 2014, sixty-nine local runners, including twenty-nine from Kalamazoo Area Runners, have signed up for the 118<sup>th</sup> Boston Marathon, to be held April 21. The marathon cap was raised from 27,000 to 36,000 participants, allowing room for the 5,624 participates unable to finish in the wake of the 2013 bombings, as well as others. Below is a list of the sixty-nine local runners who were inspired to register for the 2014 Boston Marathon:

Altman, Lisa	St. Joseph
Anderson, Kevin	Schoolcraft
Argo, Tracy L (KAR)	Portage
Baker, Zachary T. (KAR)	Portage
Benting, Mary	Hastings
Billen, Marie (KAR)	Kalamazoo
Blackwell, Eric	Kalamazoo
Boersma, Heather J	Kalamazoo
Bolthouse, Carole L. (KAR)	Bellevue
Bolthouse, Emily J.	Bellevue
Bowman, Tammy	Saint Joseph

## KAR Discount Sponsors

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

### Gazelle Sports

10% off 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, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto:praterd@aol.com) for more information.



### BORGESS HEALTH AND FITNESS CENTER

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



Brooks, Kenneth	Kalamazoo
Chase, Carolyn V.	Kalamazoo
Colbert, Fredrick (KAR)	Kalamazoo
Condlyffe, Pamela J	Battle Creek
Cooper, Barbara	Portage
Deatherage, Katie	Kalamazoo
Dettloff, Gretchen (KAR)	Kalamazoo
Ebaugh, Diane B	Hastings
Ellis, Christina S. (KAR)	Kalamazoo
Farrell, Patrick J.	Battle Creek
Frey, Jim (KAR)	Kalamazoo
Fritz, Sandra L	Kalamazoo
Grevenstuk, Michelle L. (KAR)	Otsego
Griffin, Kathryn S.	Three Rivers
Griffioen, Bridget A	Three Rivers
Houtkooper, Kimberly K.	Battle Creek
Hutchins, Andrea	Saint Joseph
Johnson, Paul M.	St. Joseph
Jones, Chelsey	Kalamazoo
Kaiser, Joseph	Osnabrueck
Kenny, Ed (KAR)	Kalamazoo
Kontowsky, Irvin A.	Coldwater
Ladio, Diana (KAR)	Kalamazoo
Lam, Laura (KAR)	Kalamazoo
Macvicar, Dean (KAR)	Kalamazoo
Macvicar, Lauren (KAR)	Kalamazoo
Matthews, Jenna M.	Otsego
Mena, Kyle	Portage
Morris, Don O (KAR)	Kalamazoo
Munoz, Benjamin	Bangor
Nesbitt, Alison K.	St. Joseph
O'Hearn, Michael A	Saint Joseph
Opel, Jonathon	Delton
Patmore, Kevin	Plainwell
Portis, Laura A.	Kalamazoo
Rogers, Corey M.	Quincy
Rook, Kevin D. (KAR)	Hickory Corners
Scheffers, Leslie (KAR)	Portage
Schmidtendorf, Kevin	Three Rivers
Schmidtendorff, Susan	Three Rivers
Sexton, Bonnie E. (KAR)	Mattawan
Shuler, Tamara (KAR)	Constantine
Sikkila, Angela (KAR)	Kalamazoo

continued...

## AGILITY PHYSICAL THERAPY

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

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

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



## IN THE ZONE

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



## PEDAL BICYCLE

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



Slack, Karen E	Battle Creek
Stoddard, Brenda (KAR)	Schoolcraft
Stone, Hannah L.	St Joseph
Stratton, Renee	Three Rivers
Strine, Bill	St. Joseph
Taylor, Scott C. (KAR)	Schoolcraft
Taylor, Sherri L. (KAR)	Portage
Vanderkooi, Joel (KAR)	Kalamazoo
Waterman, Mike (KAR)	Marcellus
Wegner, Zachery J.	Kalamazoo
Wierzba, Robert (KAR)	Lawrence
Williams, Keith S. (KAR)	Mattawan
Yager, Nancy (KAR)	Coldwater
Zeeb, Peggy A (KAR)	Colon
Zeigler, Aaron J.	Mattawan

The experience will be different for this year's local Boston Marathoners; security has been significantly heightened and there is a no bags policy. Runners will no longer be able to carry baggage on the shuttle buses to Hopkinton. Instead, there will be gear check tents set up in Boston Common, near the bus pick up. There, runners may arrange to drop their belongings off in clear bags ahead of time for pick up following the marathon. Additional layers of clothing worn to Hopkinton will be discarded and donated to local charities. The most significant change, however, is not in the security, nor the logistics; it is the spirit of remembrance and perseverance demonstrated by the runners participating, as well as the spectators and volunteers involved in the 118<sup>th</sup> Running of The Boston Marathon.

For marathoner Nancy Yager, 2014 will mark her very first Boston Marathon experience. A first Boston is one that will always be remembered, and for it to coincide with this historical year, adds even greater meaning as Nancy shares her thoughts on Boston.

*“What a year to run Boston for the first time in my life. It is going to be the most amazing running event on the planet and I am proud to be a part of it.”*

Veteran Marathoner Joel Vanderkooi was not initially planning on running the 2014 Boston Marathon, but decided on the day of the attacks he would make the trip this year. Even more inspiring, he is bringing his wife and two of his children with him

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## BRONSON ATHLETIC CLUB

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

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

For more information on joining, contact membership at 544-3200 or stop by and mention KAR.

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



## NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



## SPIRIT RACING

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



to experience this moment in history, this time of healing as a community of runners and a nation. Joel shares.

*“I had not originally been planning on running the 2014 Boston Marathon (after running in 2009 and 2012), but already on the day of the bombing in 2013 I knew that I would run in 2014. My wife and I will be taking two of our children to Boston for the race, as we feel that it’s an important historical event for them to witness. “*

The decision also had a direct impact on Thomas Allred’s decision to run. He had always felt that qualifying alone would be a significant achievement, but all that changed with the events of last year. Like Nancy, this will be Thomas’ first Boston Marathon. Thomas shares,

*“Last year’s events at the Boston Marathon had a direct impact on my decision to run this year. I always thought achieving the standard to qualify would be enough as I don’t like crowds. But I am a runner, and this is what we do.”*

Brenda Stoddard, a veteran of nine consecutive Boston Marathons from 2004 – 2012, was not able to run in 2013. It is hard to say whether fate had intervened in her attendance in 2013, after faithfully participating every year during the last decade. Regardless, the impact of last years’ tragic events have fueled her passion to return for 2014. Brenda stated,

*“Ever since I can remember I have been passionate about running, it’s just part of who I am! For reasons that were obviously beyond my control and understanding, I was unable to run in the 2013 Boston Marathon (My first one I missed after running 9 consecutive Boston marathons from 2004-2012). As I look back; each year has been and emotional in many different ways, for many different reasons. For me it has always been about more than just the running. Although I wasn’t physically there last year, I (along with everyone else) was deeply affected by the horrific bombings. Being able to participate this year has brought entirely new emotions and meaning to the reasons why I want and need to do this. As I have been making physical, emotional and mental preparations so that I can successfully make my way through bean town on April 21 2014- I’ve realized my desire and commitment to FINISH run DEEPER and STRONGER than I could have ever imagine! BOSTON STRONG!”*

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Carole Bolthouse, also a veteran Boston Marathoner, established the impressive goal to run a marathon in all 50 states, yet she deviated from her original plan and registered for the 2014 Boston Marathon, as she indicates below.

*“Since I have a '50 states marathon' goal, I had no plans to repeat Boston UNTIL the Tsarnaev brothers shocked us all on April 15, 2013. By 5:00 pm that day, after hearing so many say they'd never run a big marathon again, I decided I would NOT be terrorized, and would definitely toe the line in 2014. I can't wait!!”*

Veteran Boston Marathoner Peggy Zeeb shares a similar perspective, as she returns to Boston once again.

*“I hope by seeing record numbers of runners at Boston we send a message to terrorists around the world. Their senseless acts are not going to change what we love to do, but inspire us to run for all the victims. It will be an emotional beginning of the marathon. I cried at the start line the first time I ran it when the jets flew over and the national anthem started, so I can't imagine how moved I will be this year.”*

Both Scott Taylor and Diana Ladio were inspired to qualify for the Boston Marathon after the tragic events of the 2014 Boston Marathon. It has been twelve years since Scott last participated in Boston, and as he ran his qualifying race at last year's Bayshore Marathon, his thoughts migrated to those impacted,

*“I may be near a record for time between two Bostons, it has been 12 years. The events of last year served as motivation for qualifying again last year at the Bayshore Marathon. As those last six miles go by and thoughts of shutting it down and slowing to the "just finish shuffle" enter your head, thinking of those that got hurt did help me maintain a good pace.”*

Diana Ladio will be running her first Boston Marathon, and like Scott, last year's events motivated her to qualify for Boston 2014. She reflects on her qualifying event last year,

*“After learning of last year's tragedies, my spring marathon goal quickly changed from PR'ing to qualifying for Boston. I was prouder than ever to call myself a runner, and knew immediately I wanted to share in the celebration of our global running family's strength and unity. I qualified in Louisville the following week! I'm thrilled and honored to be a part of what*

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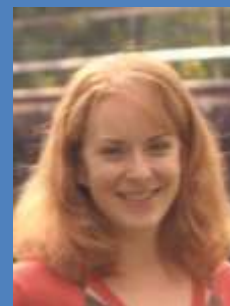


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## Staff

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*promises to be a monumental year, and am especially excited to be representing Kzoo!"*

Mike Waterman started writing down his thoughts on Boston, and three pages in, finally came to his conclusion and sums up the sentiments of most our 2014 Boston Bound Marathoners nicely

*"I will go to Boston to share in the sadness and pay my respects. I will run Boston to celebrate and move on."*

Kalamazoo Runners are "Boston Strong."



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

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## **Executive Director Report**

**By Joy Mill**

The sun is shining as I sit down to write this month's newsletter and I have been outside at least three times today without a jacket on! It would appear that the long and discouraging winter cycle of cold- ice-snow repeat has come to an end and spring is finally on its way to the Kalamazoo area.

One of the indicators of spring for me has always been the onset of the spring sports season. Growing up this meant soccer and softball, but in the years since I left school I haven't had much opportunity to participate in team sports. However, since

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

Matt Santner  
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becoming involved with the Kalamazoo Area Runners, I have found a whole new pool of teams to choose from which allows me to incorporate my shared passion for running and helping others in the Kalamazoo community! What is particularly great about these team opportunities is that they are fun, simple, short term commitments that are easily incorporated into my training plans.

If you are experiencing the call of spring and the desire to join in a team endeavor, please consider one of the following options:

The American Heart Association Heart Walk and 5k Run is scheduled for Saturday, April 26, 2014 at 8:30am at the Arcadia Creek Festival Place in Downtown Kalamazoo. Captained by Stephanie Klumpp, this is the first year that KAR will have a team in the AHA event. The event fee is just \$25 and participants receive a Team KAR t-shirt. For more information and to join the team, email [Stephanie.klumpp@kalamazooarearunners.org](mailto:Stephanie.klumpp@kalamazooarearunners.org) or visit the [team website](#).

KAR will also have a team this year at the Susan G. Komen Race for the Cure on Saturday, May 17<sup>th</sup> (run/walk events begin at 10am) at the Arcadia Creek Festival Place in Downtown Kalamazoo. Team Captain Bonnie Sexton has a goal of recruiting 25 team members and raising a minimum of \$1,000 to aide in the fight against breast cancer. The Race for the Cure is one of KAR's Club Championship Series events and members are entitled to a \$5 discount on their registration fee. Kalamazoo Area Runners shirts will be provided to the first 25 participants. For more information and to join the team email [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) or visit the [team website](#).

Finally, KAR will have a team for the American Cancer Society's Relay for Life event at the Portage Central High School on Saturday, May 31<sup>st</sup>. Team Captain Ferdi Heintze has organized a number of running competitions for this event, including for most miles run and most funds raised (prizes will be in the form of additional funds donated to the American Cancer Society). For more information and to join the team email [fhintze2000@yahoo.com](mailto:fhintze2000@yahoo.com) or visit the [team website](#).

I hope that you will join me on a KAR team this spring!



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*Director, Portage Winter Blast Half Marathon & 5k*  
*Director Kalamazoo Klassic (MRC)*  
*(with Carole Bolthouse)*  
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*Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.*

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## **Another Runner's Perspective – Running with the Hamsters**

*"I always find cardio the most monotonous. Running on a treadmill shows me why hamsters are so crazy.*

*--- Luke Evans*

Reaching into my dresser drawer I pull out three long sleeve technical sports shirts as I prepare for Mother Nature's harshest conditions. I slide a light jacket over the blanket of shirts on my torso in hopes that four layers will keep the frigid winter winds from invading my core. My legs are snug and warm with a soft pair of running pants over a pair of compression tights. A favorite stocking cap rests on top of my head covering my ears while providing the last protective barrier preventing body heat from escaping its source. Although this should be enough to keep most of my body comfortable a few minutes into my outdoor workout, my hands and fingers are another issue altogether. Keeping my fingers warm during winter's coldest days has always been a bit of a challenge for me. I rip open a package of hand warmers. These will fit snugly between my skin and mittens much like insulation filling the gaps between the inside and outside walls of an energy efficient house. I'm sure that there is scientific reasoning to provide a logical explanation to how these hand warmers generate heat but I simply like to think of them as little magic pillows. Each hand warmer is filled with a granular substance. To generate heat from these heavenly packages, you just shake and squeeze for a minute, releasing energy from the tiny grains and creating miniature furnaces for up to seven hours. I rest the hand warmers on the palm of my hands while sliding on a pair of mittens made from a technical wicking material. To top off the layers on my hands I pull on a pair of fleece mittens proving a final barrier for my fingers. Through the years I have experimented with different variations of gloves and mittens in my search for the exact combination for keeping my fingers from stinging. What I have found is that mittens work best as they allow my fingers to work together to generate enough warmth to keep my fingers at a comfortable temperature. I have covered all bases as I step outside to brave temperatures hovering near zero for an hour run.

The winter of 20013/14 has provided less than ideal conditions for runners. It has allowed ample opportunities for my body to adapt and remain comfortable while running in some of Mother Nature's harshest temperatures. The endless piles of snow have been more of a challenge however. Most winters provide brief periods of reprieve with days of sunshine and temperatures above freezing, melting some of the snow covering the earth's surface. This winter in Michigan has been different. Record snow accumulations coupled with a record string of days with temperatures well below freezing have left piles of snow and ice covering sidewalks, paths and shoulders of roads. The less than ideal footing has provided me more opportunities for treadmill running than ever before, but one can take only so much of the treadmill. There are days when I choose to just suck it up and slip and slide outside for a run.

This is not to say that a treadmill does not have its place in a dedicated runner's routine. In some ways treadmill workouts have some advantages compared to a run outdoors. A treadmill can provide

the perfect running coach or pacer as it provides instant feedback keeping you locked in to a consistent pace. This instant feedback and pace control capabilities of a treadmill make it a nice second option for speed work and interval training. Simply dial in your pace on the machine and you have no choice but to keep up.

Training information provided by a treadmill is not restricted to just pace. If you are a runner who has a need for constant feedback a treadmill can provide. Cumulative miles and heart rate are just a few examples of this feedback. All of this data is there for you to look at continuously with a numbers directly at eye level that are not too tiny to read while moving. There is no need to turn your head downward every few minutes to glance at your watch.

When covering your miles on a treadmill there is no pre-planning necessary in deciding what route to cover. Water bottles don't have to be dropped at specific locations on a course and loops do not have to be calculated to run back to your starting location every few miles to hydrate. You won't have to worry about carrying a hand held water bottle or strapping a fuel belt around your waist to have instant access to hydration. A treadmill will gladly hold your water bottle for you making it available for you can access it any time you want, within arm's length.

Running on a treadmill can eliminate any worries about finding a cluster of trees to duck into or holding on for dear life for a few miles until your route takes you to the next gas station or convenience store when nature calls. If you find yourself with a sudden urge to go to the bathroom while running on a treadmill, simply hit the pause button, walk to the nearest bathroom and your running partner will be ready to resume when you are finished with your business.

Sure a treadmill may seem monotonous, but in many ways it has the potential to simplify running. Just jump on and go. If you pull a hamstring, experience a leg cramp or have just had enough you can just stop where you are and not have to walk a mile or more back to your starting point. There is really no pre-planning required and the elements are always the same. For those who strive with a comfortable predictable routine it seems that a treadmill is the way to go.

For the first decade of my running I never set foot on a treadmill. Even after that first ten years the number of runs I covered on a treadmill the next five years could be counted on two hands. A wicked winter wind with blinding snow and frigid temperatures would force me to skip a handful of runs each winter. On those days thoughts of buying a treadmill to set up in my basement would cross my mind, but the sparse number of skipped days each winter did not justify the cost of a treadmill. A little over a year ago I bought a membership to the Battle Creek YMCA for the purpose of supplementing my running with a weekly swimming routine. My membership was put to good use beyond swimming this winter with much of my running taking place in the comfort from inside the gym on the treadmill. These runs were not as rewarding as running out of doors in the elements but the treadmill was the comfortable steady option. As monotonous as it was I suppose running for an hour in my basement with nothing to look at but a cinder block wall would have been worse. At least at the gym I could observe those individuals with the same devotion as me to living a healthy active lifestyle, working out. Although there are still many of these individual who I do not know by name, my routine of running at the YMCA side by side with familiar faces resembled a kinship of sorts. Watching others perform their own routines broadened my horizons as well leading me to practice other activities beyond swimming, biking and running.

With the official start of spring and more and more dry pavement to run on my treadmill workouts have diminished but I am sure that come next winter there will be those days in which I choose the treadmill just to keep things simple and predictable when the weather forecast is anything but predictable. I suppose it comparable to many things in life. Many of us strive for what we can count on which often involves predictable routines throughout each day and each week. There is nothing wrong with keeping things easy but now and then in life stepping off the life's treadmill can bring a fresh change to our lives opening our senses to things we never expected to experience. There are days when running in place with the hamsters just makes sense but balancing running in place throughout through our daily schedule with a run through the woods can change the pace of our lives creating, breaking up the predictability and keeping things fresh.

**KEEP RUNNING!!**

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



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

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## **Featured Member – Daren Wendell A Higher Purpose**



*“My biggest fear is to look back on my life and wished I would have lived it differently”*

--- Daren Wendell

### **By Gale Fischer**

The physical benefits of running are well documented. Like all forms of exercise, running can jump start weight loss by burning calories and increasing metabolism, transforming individuals from obese creatures to healthy active human beings. As one’s obesity is reduced so are their risks of being diagnosed with heart disease, Alzheimer’s and cancer. As important as a healthy body is to an individual’s quality of life, the implications of running stretch well beyond this physical spectrum. Running can calm the mind through stretches of chaos or energize the soul when a boost in mental clarity is needed. It can create a state of euphoria, reducing stress, which in turn feeds into physical well-being. In a sense, the benefits of running draw similarities to the circle of life. The mental medication that running provides primes the body’s physical state which boosts one’s mental stamina as the cycle repeats itself over and over. One benefit to running which is not discussed as often as physical and mental health is the potential it has to feed our spiritual appetite. This month’s featured member, Daren Wendell embraces the spiritual stimulus that he gains through the sport of running. This spiritual journey is what he appreciates most about running.

*“What I love most about running is that I can connect it to my faith. I believe that my ability to run was given to me by God and for God, and I can use it as a platform to bring God glory.”* Whether or not we are Christians, we are all capable of being witness to the beauty of our earth whether it be the sight of the sun rising over a landscape of fog on the horizon of a lake, the sweet sound of a sand-hill crane as it floats overhead or the sensation of a cool morning breeze on a mid-August morning. A daily running routine can provide consistency while at the same time offering us a glimpse of the same scene every day with a different experience and perspective each time, breathing life into our spiritual realm.

What Daren appreciates the least about running is the array of common aches and pains that come with the sport. *“It hurts, but I am semi-masochistic so we are good to go.”* I think the more experienced we become as runners the better we are able to deal with and even expect the typical leg soreness that comes with a long run. Like many things in life, we must first appreciate the pain before we can experience the gain

Daren’s words of advice to other runners can resonate with many of us who share a common passion for the sport of running. *“I would tell runners that while running is great for personal fitness and health, it can also be a tool for change for an even greater purpose if connected with a great cause.”* I can relate to Daren’s words on a personal level but have also witnessed the transformation that running can create in our lives through friends and acquaintances that I have made through the running community.

Daren took up long distance running as an adult but it seems that running was in his blood early on. *“My mom claims that I came out of the womb running. I played soccer throughout high-school. and college, but never started long-distance running until after I graduated college., running marathons and ultra-distances ever since!”*



Daren has taken his passion for running into his career. *“I am co-founder and executive director for a non-profit called Active Water that uses the athletic lifestyle and grassroots campaigns to bring clean water and sanitation projects to needed communities across the globe.”* Running is intertwined into Daren’s life not only as a hobby opening doors for his occupation but it has also helped guide him to a greater cause in his quest to provide to those less fortunate in our world, a basic necessity that we take for granted, clean water. This cause that Daren has devoted a major part of his life to is also the source of his most memorable moments in running but I suspect is also one of his most memorable moments in life as well. *“After walking for 374 days across the country for what was called The Earth Expedition (another fundraising endeavor for clean water), I woke up really early on the last day to run the last 50 miles. It was a long, but rewarding day that closed a great chapter of my life.”*

Daren is currently preparing for his next quest which will begin January 1, 2015 in Santa Monica Pier, California ending 100 days later in Manhattan, New York as he attempts to complete 100 marathons in 100 days, raising money and awareness for those in need of clean drinking water. It seems that what makes Daren tick is his zest for adventure, living his life to the fullest as if every day might be his last.

At the age of 23 Daren took on his first big adventure challenge when He rode his touring Specific Cannondale Bicycle from Astoria, OR across to Virginia Beach. This was a spring board to the life he lives now. *“I have never felt more alive”*. What he discovered was something that he didn’t plan or expect. Over the course of this adventure he came to the realization that his journey was a compass directing his life but more than that it was a source of energy for others as illustrated by his blog. During this initial adventure his blog was flooded with positive vibes from others who were moved by his inspiration. I would guess that their participation as bloggers provided him with inspiration as well.

Part of human nature is finding a path in life that is comfortable and predictable as we strive for control of our present and future. Being conservative and following a structured plan has its place in our world but ultimately there are just as many things in our lives that we have no control over compared to those things we have control over. The spiritual layer of our being can ultimately keep our life balanced with our conservative side. Plan for the future but understand that life is

unpredictable and that at any given moment the future could be the present. Daren's philosophy in life is worth pondering. *"My biggest fear is to look back on my life and wished I would have lived it differently"*.

Daren's example of living his spiritual life in the moment through extreme adventure in conjunction with a higher cause is a great model for life. As runners all of us can explore our own spiritual layer of life, whether or not we are Christians. If we look at the world with a zoomed in lens, we can easily see the evil and ugliness that exists. Opening our focus however there are numerous examples of that our world is a vibrant and full of beauty. As runners we can witness every day the perfection of our earth as created by a higher being. This perfection can be found deep in every nook and cranny of our world if we open ourselves to it.

For more information on Daren's next adventure log on to [www.RunDarenRun.com](http://www.RunDarenRun.com)

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

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## Featured Volunteers – Going the Extra Mile



Photo by Bonnie Sexton

By Bonnie Sexton

Kalamazoo Area Runners wouldn't be the incredible organization it is today without the many within our membership, and the greater community, who volunteer their time, talent and treasure to carry out our events and programs, and make them possible. This month's featured program and event, the Beyond Half and Full Marathon Training Program, and the Winter Blast Half and Full Marathon Training Program would not happen without the dedicated efforts of our volunteers. The *Going the Extra Mile* feature article is designed to provide some insight into the experiences and the spirit of our volunteers. This month, we are featuring Beyond Pace Leader Eli Lake and Winter Blast committee members Sarah Foster and John Olbrot (who also manages the Club Championship Series). Join us in thanking Eli, Sarah and John for their dedicated service to Kalamazoo Area Runners along with all those who volunteer every day.

### **Eli Lake – Beyond Half and Full Marathon Training Program – Pace Leader**



Eli Lake serves as a pace leader for the Beyond Training Program's 10:00 – 10:30 pace group, fondly nicknamed the "Red Hots." Through serving as a pace leader, Eli has experienced the many rewards of volunteering and how he impacts the lives of others through his efforts. Unexpectedly, and much to our surprise, volunteering has also served to inspire him.

Eli shares, "I am inspired by my pace group each week on our Saturday long runs. Seeing the *"Red Hots"* (10:00 to 10:30 pace group) grow as runners has been a truly amazing experience. I remember being so proud of my team as they willed themselves up the 6th street hill during Beyond this past January. I find myself more excited for my team mate's races than my own personal results."

When asked what the duties of serving as a pace leader involved, Eli shared the diverse duties shared by himself, as well as the other pace leaders for the Beyond program.

"The primary duties of being a pace leader are to guide runners through the ups and downs of training for a marathon or half marathon. This consists of sending weekly E-mails and/or Facebook

posts and running with them on weekly long runs. In addition, serving as a pace leader means keeping the Beyond program going by driving SAG and helping with hydration.”

What would Eli’s advice be to KAR members considering getting involved in volunteering?

“I would advise others interested volunteering on behalf of KAR to take a chance and do it! You will get so much more out of it than you put into it.” “I have had no better running experience than being alongside someone at mile 15 when they tell me.” “This is the farthest I have ever run at one time in my life”.

### **Sarah Foster – Winter Blast Half Marathon and 5k – Expo and Start/Finish Line Coordinator**



As the director of the Winter Blast Half Marathon and 5k, I had the honor and pleasure of working very closely with committee member Sarah Foster. Her giving spirit, willingness to learn and help wherever needed, and attention to detail are attributes making her a star volunteer. She was invaluable in helping to manage the unexpected changes that accompany any major event. Sarah took everything in stride, accepting new responsibilities in the last three weeks, and quickly learning how to manage the start and finish line in addition to her Saturday Expo duties. Every race director who has a Sarah on their team is extremely blessed, and due to her outstanding dedication, she was selected for the “Going the Extra Mile” article.

Sarah shares the motivation behind why she volunteers on behalf of KAR. “

“I am inspired by running itself, the joy and positivity it has brought me in recent years. I have met some great friends through running. When a group such as KAR is in existence to promote running, the activity I love, I can’t resist the opportunity to help. I have admired and respected KAR and I enjoy being associated through volunteering. The rewards, I already feel, so volunteering is a way to say thank you and hopefully encourage more people to run and find that same joy. We have a very



unique community in Kalamazoo, nationally recognized as ‘Runner Friendly’. I am inspired to do my part to keep Kalamazoo a strong running community!”

As the Expo Coordinator, I contacted our Sponsors to find out who would be participating. On the day of the Expo I directed and assisted volunteers in set up and clean up in the sponsor’s area. At the Start /Finish Line I helped with set up, then made sure all the volunteer positions were covered. I enjoyed awarding medals to many half marathoners. It was fun to watch and cheer for my friends who crossed the finish line.

I know you must feel as blessed as I do to live and run in Kalamazoo. Take the opportunity to be a part of a planned event. There are always a variety of different positions available . Some shorter, some longer, and some that allow you to also run in the event. Your commitment to volunteer greatly helps those who are planning the event. Your friends and fellow runners are training hard and are anticipating a great event. By being there for them, you make the event possible. It’s exciting to watch an event like Winter Blast come together, thanks to the efforts of many wonderful volunteers.

**John Olbrot – Winter Blast Half Marathon and 5k – Registration Coordinator & Director Data Base Administration (Club Championship Series information management)**



John Olbrot recently retired from his full-time career, but stays active by dedicating much of his free time and expertise to the running community through his volunteer work, including team leading for Borgess Run Camp, and serving in multiple KAR leadership team positions. John excels at managing data and detailed information, and applies his skills and expertise as the Director of Database Administration (Club Championship Series) and the Winter Blast Half Marathon & 5k Registration Coordinator.

When asked why he volunteers, John shared,

“One of the best things I’ve always felt about living here in Kalamazoo is the feeling of community. It’s always a pleasure to see someone I have at least a nodding acquaintance with almost wherever I go. I don’t think I could have that sense of belonging just by living here. It seems that to really be a part of a community, although at times we may be a recipient of others efforts, one also has to give and contribute. I can live anywhere but when I’m able to give back by volunteering (and it doesn’t have to be a lot, but it does have to be some), I can truly feel a part of the web of relationships that make up our community. It also has allowed the opportunity to meet some fantastic people I would have never otherwise met.”

John’s Winter Blast committee responsibilities include managing the entire registration process. When asked what exactly this involves, John shares the following about his position,

“The registration coordinator is responsible for online and paper registrations, transfers, deferments & etc. and any issues that arise, either with systems or individuals. It serves as a central repository for registration data and making sure all data flows appropriately, ie: to race leadership, the timing company and others needing the data. The position requests, instructs and oversees all volunteers for race week-end registration, packet pick-up, bag drop, triage, and like other positions, there are always other miscellaneous duties as needed.”

John’s position as Director of Database administration involves managing the race results in order to deliver the Kalamazoo Area Runners Club Championship Series. John states,

“Director, Database Administration is probably a bit of a misnomer, as there’s a lot of club data that’s administered by others, for example, memberships. I’m responsible for the race data associated with the Club Championship Series of Races. This means I pull and format race data for the specified events and use an Microsoft Access database application to merge the results with the membership data and compute the Club Championship standings of individual club members. These standings are then posted on the Club web site as are individual KAR member race results.”

When asked what advice he would give to others interested in volunteering for KAR, John encourages others to get involved.

“Just do it! One of the things about a club like KAR is that there are so many opportunities to volunteer filling such a variety of needs. This means you can contribute a little or a lot, depending on your particular life situation. The important thing, though, is to do something!”

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## Hot Club News

### **2014 Annual Banquet, Runner Recognition Awards and Changes to By-laws**

Stay tuned for details. The 2014 Annual Banquet, Runner Recognition Awards and Changes to the By-laws will be featured in the April edition of *The Rundown*.

## 2014 Winter Blast Half Marathon & 5k a Repeats its Success!



Photo by Fast Photo Pro

Early morning snows and temperatures in the teens accompanied the 2<sup>nd</sup> annual Winter Blast Half Marathon and 5k held March 2, 2014, with 582 of 726 registered runners finishing the half marathon and 173 of nearly 225 registered runners finishing the 5k event. The annual event was presented in partnership by the Kalamazoo Area Runners and the City of Portage and showcased the Portage Trail way system. Based on registration numbers, the 2014 event experienced 11.5% growth over the inaugural year in 2013.

Joseph Hohler III won the overall men's title in the 5k with a time of 20:25, and Michelle Neel the overall women's title in a time of 22:20. Karl Klemm and Anne Flynn won the men's and women's master's titles with times of 24:58 and 24:06, Richard Timmerman and Kathy Farrow the men's and women's grand masters titles with times of 28:19 and 26:51, and Ray Hendricksma and Shari Labrenz the men's and women's senior grand masters titles with times of 34:44 and 38:51 respectively. It was Kathy Farrow's second grand masters' victory, after winning the title the inaugural year.

The Winter Blast Half Marathon served as the Road Runners Club of America (RRCA) State Half Marathon Championship. Kyle Mena won the overall men's RRCA Championship title with a time of 1:15:01, shattering the course record set by Zachary Baker the year before, and Jenna Matthews won the overall women's RRCA State Championship title with a time of 1:29:30. Scot Ursum and Megan James won the master's titles with times of 1:26:43 and 1:35:59, Bill Greer and Peggy Zeeb the grand master's titles with times of 1:31:45 and 1:42:36, and Mark Sigfrids and Candace Thurston the senior grand masters titles with times of 1:42:12 and 2:30:31 respectively.

Congratulations to all our Winter Blast Half Marathon and 5k participants.

[Click here for the 2014 Winter Blast Half Marathon & 5k Results](#)

Sincere thanks to all the planning committee members, Kalamazoo Area Runners, the City of Portage, Portage Public Schools, Community Spirit Challenge participants, volunteers, sponsors, community supporters for making the 2014 Winter Blast Half Marathon and 5k possible. Portage Mayor Pete Strazdas served as official starter, Jacob Potter of WLLA TV 64 and Jim McKinney of AM590-FM96.5 WKZO as finish line announcers. Sponsors included half marathon presenting sponsor AT&T, Agility Physical Therapy, Biggby Coffee, Doughchicks, Gazelle Sports, JBS Plainewell, Noodles & Company, Pride Care Ambulance, Rathco Safety Supply Inc., Awards Sponsor Blue Cross Blue Shield, Media Partners The Fan Sports 1660am, AM590-FM96.5 WKZO, WLLA TV 64, WKFR 103.3, WKMI 1360, WRKR 107.7 and 102.5 Great Country, Adams Outdoor Advertising, Courtyard Marriott, Gordon Water Systems, Imperial Beverage, Steensma Lawn and Power Equipment, RRCA State Championship Sponsor Gatorade, Borgess Sports Medicine, Break Out Band, OIK Industries, Dunkin' Donuts, Prater Chiropractice Wellness Center, The Canopeum and Lovers' Lane Storage.

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## **Kalamazoo Area Runners Seeking Storage Space**

Coolers, banners, and shirts - oh my! As the Kalamazoo Area Runners has grown, so has the amount of event and race paraphernalia that we own. Traditionally these items have been stored in the homes of various board members and volunteers but it is becoming increasingly necessary for us to find a central, easily accessible home for our items. We are looking for a business or other non-profit in the Kalamazoo/Portage area that would have space available to us either on a donated basis or for a small rental fee. The space needs to be accessible to our program and event directors during standard business hours on an on-going basis to become the new home for KAR's inventory. If you or someone you know has such a space available, please contact Joy at [joy.mills@kalamazoorearunners.org](mailto:joy.mills@kalamazoorearunners.org). Thank you!

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## **KAR Membership Race Discounts**

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

**[Kal-Haven Trail Run](#) – Kalamazoo, MI**

**April 5, 2014**

\$10 discount for solo runners, \$10 per team discount for relay

**Hurt The Dirt – Rockford, MI**

**April 26, 2014**

10% discount on 10k, Half Marathon or Marathon registration

**Great Lakes Bay Marathon – Midland, MI**

**May 18, 2014**

\$5 discount on Half Marathon or Marathon, and Marathon Wheeler registration

**Kalamazoo Mud Run – Kalamazoo, MI**

**June 7, 2014**

\$5 discount on registration

**Charlevoix Marathon – Charlevoix, MI**

**June 21, 2014**

\$10 discount on half or full marathon registration

**Duo At The Ledge – Grand Ledge, MI**

**July 5, 2014**

\$10 discount on half marathon or 5k

**Kalamazoo Mile – Kalamazoo, MI**

**July 24, 2014**

\$2.50 discount

**Portland Relay For Life Half Marathon and 5k – Portland, MI**

**July 27, 2014**

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

**Old Farts Marathon – Lowell, MI**

**August 16, 2014**

\$5 discount on half or full marathon registration

**Michigan Wine Trail Half Marathon – Baroda, MI**

**August 24, 2014**

\$20 discount on half marathon through December 31, 2013. \$10 discount on half marathon as of January 1, 2014.

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

**September 6, 2014**

\$2 discount on race fee

**Laughing Gull Half Marathon – Hickory Corners, MI**

**September 13, 2014**

\$7.50 discount on half marathon

**The Hungerford Games – Big Rapids, MI**

**September 27, 2014**

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

**Park2Park (Half Marathon, 5k) – Holland, MI**

**September 27, 2014**

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

**Grand Rapids Marathon (Marathon, Half Marathon) – Grand Rapids, MI**

**October 19, 2014**

\$7 discount on marathon or half marathon

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## **Kalamazoo Area Runners in Battle Creek (KAR in BC) Fast Track Orientation**

Based on the great success of our 2013 sessions, KAR in BC is pleased to announce we are hosting the second annual Spring Fast Track training in Battle Creek!

Please join us for the **Program Orientation** and an Apparel Clinic on **Tuesday, April 1, 2014 from 6:00 – 7:30pm at the W.K. Kellogg Foundation in downtown Battle Creek** (corner of Michigan and Capital). Computer and paper registration will be available at the orientation. Sign up is available online now and for the first two weeks of the program

<http://bckarfasttrack.wordpress.com/registration>

We are happy to be continuing the 5K program – AND – are very excited to be adding a 10k training program, including a 5k to 10k transition level. The Fast Track 5k and 10K training programs each offer three levels of track workouts designed to meet your goals whether beginner, intermediate, or experienced runner.

Fast Track Training Sessions are held at Riverside Elementary on Tuesday nights from 5:45-7 p.m., utilizing the main loop around the Riverside Elementary/Park soccer fields. This location offers a different training experience than on a track - one which we have come to discover offers several advantages besides the beautiful setting - the loop is longer than a ¼ mile, supports contact with other runners and brings additional training options – not only during the week but also after the program ends.

The program in Battle Creek begins on Tuesday, April 15, 2014 and ends on Tuesday, June 17th. This year we are targeting two of the three Cereal City Stampede Events: Cereal City Classic (Saturday, June 14) and Cheetah Chase: Saturday, June 21st.

For more information, go to <http://bckarfasttrack.wordpress.com/> and/or send an email to [Stephanie.demarest@kalamazooarearunners.org](mailto:Stephanie.demarest@kalamazooarearunners.org).

## Spots Remain for the 2014 Kal-Haven Trail Run



Registration for the 2014 Kal-Haven Trail Run on April 5, 2014 is now OPEN! Directed by Terry Hutchins, the Kal-Haven Trail Run is the premiere ultra-event in Southwest Michigan. Runners complete the 33.5 mile distance from Kalamazoo to South Haven either on their own or as part of teams of between 2 to 6 runners. The event is \$45 for solo runners and \$30 for relay team members and includes a long sleeve technical shirt. KAR Members receive a \$10 discount on registration for the solo event, and \$10 discount per relay team. Please contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) for the applicable discount codes.

The solo distance event has been added to the Club Championship Series for 2014

The event is organized by the Kalamazoo Area Runners and all race proceeds benefit the Greater Kalamazoo Girls on the Run (GOTR) Girls on Track program, whose mission is one of educating and preparing girls for a lifetime of self-respect and healthy living.

The 2014 event will be held on April 5, 2014.  
Solo Event – 8:00am start  
Two Person Relay Team – 8:30am start  
Three – Six Person Relay Team – 9:00am start

### Volunteering and Sponsorship

The Kal-Haven Trail Run wouldn't be possible without the generous support of our sponsors and volunteers. If you, your family, friends, employer or another group you are affiliated with are interested in becoming involved in either volunteering or sponsoring the event, please visit our website below.

For more information on the event, registration and volunteer and/or sponsorship opportunities, visit <http://kalahaventrailrun.wordpress.com/>.



**Spring Member Reception 5k Fun Run**  
**Monday, April 7, 2014 at 6:00pm**  
**(Check in and Late Registration 5:30 – 6:00 pm)**  
**Maple Branch YMCA**  
**1001 W. Maple Street**  
**Kalamazoo, MI 49008**  
**Cost: Free of charge**



Attention prospective members, new members and long-time members! Kalamazoo Area Runners is pleased to host the Spring Member Reception 5k Fun Run on Monday, April 7, 2014 at 6:00pm at the Maple Branch YMCA (Late registration and check in from 5:30 – 6:00 pm). This is a casual fun run and social event sponsored by the Kalamazoo Area Runners. The 5k course will go through the surrounding areas of the Maple Branch YMCA. Refreshments and door prizes immediately following at the Maple Branch YMCA. Participants are welcome to stay for the KAR Board Meeting beginning at 7:30 pm. Registration is required. For more information contact Nikki Gates at [nikki.gates@kalamazooarearunners.org](mailto:nikki.gates@kalamazooarearunners.org).

[Click Here for Online Registration!](#)

[Downloadable Registration Form](#)

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



## Registration for the Kids' Easter Egg Hunt and Fun Run is now OPEN!



Join us for the 2014 Kalamazoo Area Runners  
Kids' Easter Egg Hunt & Fun Run  
Sunday April 13, 2014 at 2:00 PM  
Portage West Middle School



Photo by DB Family Photography

The **2014 Kids' Easter Egg Hunt and Fun Run** will be held April 13<sup>th</sup>, 2014 (at 2:00pm) at Portage West Middle School, 7145 Moorsbridge Rd., Portage, MI 49024. This is a free event open to the community, with donations accepted to benefit Kalamazoo Loaves and Fishes.

Your child's enjoyment and success at "hunting" eggs is very important to us. Please select the group most appropriate for your child (ages below provided as guidelines only), so that we can best prepare for the number of children participating in each group.

- **Baby Bunnies** (two-year-olds and under) will scavenge for eggs with direct help from their parent or caregiver in their own area of the Easter Bunny's Playground.

- **Little Bunnies** (ages 3 through 5) will scavenge for eggs with supervision from their parent or caregiver, in the Easter Bunny's Playground.
- **Big Bunnies** (ages 6 through 12) will scavenge for eggs on an approximate one mile cross country course. Parents are welcome to accompany them, and course Marshals will be present

Children need to bring their own Easter basket. Refreshments and door prizes provided after the run! Click on the link below to register. Online registration closes April 12th at 12:00 PM. Event Day registration will be in the School Cafeteria between 12:30 and 1:30 PM, Sunday April 13th.

[Click Here to Register Online](#)

Once again, we are accepting donations of non-perishable and canned food items for Kalamazoo Loaves and Fishes. Monetary donations will also be accepted at the Registration table, or online at <http://www.kzoolf.org/> Please see their website for current needs.

We have several volunteer opportunities available for the event. Please contact Andrea Nixon at [andrea.nixon@kalamazooarearunners.org](mailto:andrea.nixon@kalamazooarearunners.org) to volunteer.

1. Registration and Check-In (12:00 - 2:00pm) – 4 volunteers
2. Set up Course – (12:00 – 2:00 pm) – 4 volunteers
3. Course Marshals/Leaders for the Kids Runs (1:30 – 3:00 pm) – 8 volunteers
4. Refreshments/Door Prizes – (1:30 – 3:00pm) – 4 volunteers
5. Tear Down – (3:00 – 3:30pm) – 4 volunteers

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## **2014 American Heart Association Heart Walk/Run April 26 Join the Kalamazoo Area Runners Team!**



The American Heart Association Heart Walk and 5k Run is scheduled for Saturday, April 26, 2014 at 8:30am at the Arcadia Creek Festival Place in Downtown Kalamazoo.

Kalamazoo Area Runners is organizing a fundraising team and would like to invite you to join us in supporting the American Heart Association. Members that participate as a KAR Heart Run/Walk Team member will receive a “Team KAR” shirt on a first come, first serve basis (Limited sizes available, no children sizes are currently available). Your race entry fee counts towards our team total.

Joining the KAR Team is easy an easy two – step process:

1. Email **Stephanie Klumpp** at [Stephanie.Klumpp@kalamazooarearunners.org](mailto:Stephanie.Klumpp@kalamazooarearunners.org) your t-shirt size
2. Register online via the [Kalamazoo Area Runners AHA Heart Walk/5k Run Home Page](#)

The American Heart Association’s mission is to build healthier lives, free of cardiovascular diseases and stroke. The AHA’s goal is **to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent by 2020.**

The American Heart Association has an extraordinary impact through a wide range of lifesaving activities and programs. Here’s how:

- Improving patient care
- Advocating for better health
- Reaching out to populations at risk
- Raising awareness
- Protecting the future
- Educating Americans

Information about The American Heart Association Heart Walk and 5k is available at [www.Kalamazooheartwalk.org](http://www.Kalamazooheartwalk.org) or [www.heart.org](http://www.heart.org)

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## **Susan G. Komen Race for the Cure**

**Saturday, May 17, 2014**

**Downtown Kalamazoo Arcadia Creek Festival Place  
7:30am – 12:00pm (run/walk events begin at 10:00pm)**

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



New this year, Kalamazoo Area Runners will have an onsite Team Tailgate Tent!!! Many of us have been touched by breast cancer in some way, whether 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 2014 Susan G. Komen Race for the Cure. This year's event will be held Saturday, May 17, 2014 from 7:30am – 12:00 noon (run/walk events begin at 10:00am) 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 2014 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, Southwest Michigan counties include: Allegan, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joesph, and Van Buren. 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 \$1000 and recruit a minimum of 25 team members. Kalamazoo Area Runners shirts will be provided to the first 25 team members.

To join the Kalamazoo Area Runners Team requires two easy steps.

Register for the 2014 Race for the Cure, donate and join the team all in once via the [Kalamazoo Area Runners Race for the Cure Web Page](#)

- 1.
2. E-mail [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) with your t-shirt size (gender specific) and to be added to the email distribution.

For more information on joining the Kalamazoo Area Runners Team, please contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

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**2014 Relay For Life  
Join the Kalamazoo Area Runners Team!**

**When: 10 AM, Saturday, May 31 Through 10 AM, Sunday, June 1**  
**Where: Portage Central High School**



**Relay For Life** is the American Cancer Society's signature fundraising event. Money raised goes toward:

- Promoting cancer awareness.
- Supporting cancer patients through their treatments
- Funding research to find a cure.

**Kalamazoo Area Runners** is organizing a **running competition** for the event. The competition will involve raising money and running (or walking) as many miles as possible.

The competition will have **2 divisions**:

**Most Miles Run** – Run as many miles as you can during the event.

**Most Funds Raised** – Raise as much money as you can for running those miles.

KAR will award following **prizes**:

1. Event donations of \$200 and \$100 respectively in honor of top 2 female "Most Miles Run" finishers.
2. Event donations of \$200 and \$100 respectively in honor of top 2 male "Most Miles Run" finishers.
3. Event donations of \$400, \$200 and \$100 in honor of top 3 "Most Funds Raised" finishers.
4. Event donation of \$1,000 to male or female runner who places first in both divisions. Winning this one would be legendary.

**Joining the KAR Team** is an easy process:

1. [Register Online By Clicking Here Then Clicking "Join Our Team"](#)
2. Set up your personal fundraising web page. You can send people to this link to sponsor you. Do not hesitate to call me at the number below if you need help with this.
3. Begin fundraising!

If you are unable to participate in the relay but would like to help, please sponsor one of the runners. You can also click the registration link above then click "Donate Now."

If you have any questions, please contact Ferdi Hintze at [fhintze2000@yahoo.com](mailto:fhintze2000@yahoo.com) or 269-547-0037.

**Rules:**

1. All miles must be run during the event at Portage Central High School.
  2. Miles run should be reported to when you are finished running. Honors system will be used.
  3. Funds can be raised over the internet or with cash donations. All cash must be turned in by Wednesday, June 5, 2014.
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## **Volunteer Leadership Opportunities**

### ***BOARD OPPORTUNITIES***

#### **Vice President, Technology**

Eric's resignation from the Board of Directors left a vacancy for a Vice President of Technology. The role of the Vice President of Technology is to provide oversight, leadership and guidance relating to technology solutions, strategies and all other matters relating to technology to fellow board members, functional, event and program directors and staff.

For more information, a full job description and or to express an interest, please contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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

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

Serve as part of a dynamic and successful planning team. The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking several additional committee members to serve on the committee for the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend (2015)

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

#### **Safari Half and Full Marathon Training – KAR Co-Director (June – October 2014)**

Kalamazoo Area Runners has a unique leadership opportunity for the Co-Director of the Safari Half and Full Marathon Training Program. Involves 2-3 planning meetings Mar – June, acting as liaison with our partner (Gazelle Sports) providing oversight to the Outdoor Track Workouts including recruiting and scheduling coaches, coordinating aid stations one Saturday a month, communications through KAR channels and other miscellaneous duties as per the partnership agreement.

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

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

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

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

[Click here to begin shopping](#)

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

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

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1250 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

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## Next KAR Board Meeting is April 7, 2014

The next KAR Board Meeting is April 7, 2014 at 7:30pm at Maple YMCA immediately following the Spring Fling Member Reception Run. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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## Club Championship Series Events



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

- [Kal Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 5, 2014
- [Battle Creek Eco Trail Race](#) 4k & 8k (10% discount), April 19, 2014
- [Consumers Sunburst](#) 5k & 10k (\$5 discount), April 26, 2014
- [B.C. Spring Into Action](#) 5k & 10k, April 26, 2014
- [Vicksburg Hearty Hustle](#) 5k (preregistration only), May 10, 2014
- [Oaklawn Hospitality Classic](#) 5k & 10k, May 17, 2014
- [Howard Hill Hustle](#) 5k (\$5 discount), May 17, 2014
- [Komen Race for the Cure](#) 5k, May 17, 2014
- [K5K \(Kalamazoo 5K\)](#) 5k (preregistration only), May 24, 2014
- [Run to Climax](#) 7k, May 26, 2014
- [Plainwell Education Foundation Island](#) 5k (preregistration only), June 12, 2014
- [Cereal City Classic](#) 5k & 10k, (\$5 discount), June 14, 2014
- [Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 14, 2014
- [Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 21, 2014
- [Schoolcraft Firecracker](#) 5 Mile, July 4, 2014
- [Pace for Poverty](#) 5k & 10k, July 4, 2014
- [Kindleberger Superhero](#) 5k (\$3 discount), July 12, 2014
- [Mattawan Road & Trail](#) 5k, August 2, 2014
- [Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014
- [Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014
- [Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014
- [Grape Lake](#) 5k (preregistration only), September 6, 2014
- [Peacock Strut](#) 5k & 10k, September 13, 2014
- [Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014



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

### 2014 Club Championship Series Only (no discount)

- [Borgess Run for the Health of It!](#) 5k, Half Marathon, & Kalamazoo Marathon, May 4, 2014

**Points for each race will be determined as follows:** Club Series age group awards will be presented to the top 3 in each age division, male and female, at the Club Series Awards Celebration in November 2014. Time points are added for each runner's best 9 races. Points for each race are determined as follows: Time points = winner time/runner time \* 100.

## Running Community News

### EZ5k Memorial Run April 19, 2014



Registration is now open for the 2014 EZ5K Memorial Run. This race honors Kalamazoo Public Safety Officer Eric Zapata, who was killed in the line of duty in April 2011. Participation has been growing for this race every year. The Race/Walk will be held at Kalamazoo Valley Community College located at 6767 West "O" Avenue, Kalamazoo. The 5K Run/Walk will begin at 9:00 am. Check-in & same day registration begins at 7:00 am until 8:30 am at Kalamazoo Valley Community College. The race will occur rain or

shine. Awards will be given to overall and age division winners. Proceeds from the event go to fund college scholarships for students studying law enforcement, as well as the Below 100 Program, which provides training aimed at reducing police officer fatalities. Each month through April, registrants will be entered to win a digital camera courtesy of Norman Camera. For more details about the race and to register, go to <http://www.ezmemorialrun.com/>

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## Training Programs and Group Runs

### The Beyond Half and Full Marathon Training; Drop Ins Welcome



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program presented by Kalamazoo Area Runners (KAR). The Beyond is directed by Andy Hirzel, and whether you are a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner, Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

Kalamazoo Area Runners (KAR) brings an out of this world training program designed to help you achieve your goals! The 2014 Beyond Training Program runs January 4, 2014 through April 26, 2014 and concludes with the Kalamazoo Marathon / Borgess Half Marathon on May 4, 2014. Program benefits include:

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

Online registration is now closed, but we are still accepting registrations onsite.

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



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

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

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

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

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

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

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

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

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

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### **The Urban Herd**

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

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### **The Dirty Herd**

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

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### ***Battle Creek***

#### **Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Riverside School/Park**

**\*\*\*NOTE TIME CHANGE\*\*\*** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at [jill.delong@kalamazooarearunners.org](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org).

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#### **\*\*\*NOTE NEW LOCATION\*\*\* Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark Lutheran Church**

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

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## **Club Member Corner**

## New Member Welcome

As of the end of March, the Kalamazoo Area Runners attained another new membership record, reaching 1331 new members. This represents 31% growth since March 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Melissa	Aden
Molly	Boehme
Jaclyn	Bormann
Sam	Butler
Eric	Campbell
Jennifer	Campbell
Terry	Carrick
Robyn	Carrick
Amy	Cote
Patricia	Craig
Sharon	Eshlaman
Kristen	Fillar
Shelly	Fink
Jenny	Follett
Shawn	Follett
Megan	Follett
Seth	Follett
Jenna	Follett
Matthew	Follett
Melanie	Gan
Andrea	Gearhart
Aaron	Hart
Joseph	Hohler III
Bobby	Klinestocker
Elisa	O'Riordan
Joseph	Patterson
Kathryn	Sellers
Tammi	Smith
Mary	Spade
Anastacia	Talley
Laura	Thomas
Alyssa	Thompson
Heather	Wellman
Meghan	Wilkinson
Steven	Woloszyk
Dianne	Woloszyk
Scott	Zufall

## Shamrock Run 5k Kicks off the 2014 Club Championship Series

The Shamrock Run 5k held March 22, 2016 kicked off the 2014 Kalamazoo Area Runners Club Championship Series, with 47 members participating. KAR members made a sweep of the overall titles, with Scott Evans winning overall male in a time of 16:55 and Penny Rathburn winning overall female in a time of 21:42. Below is a listing of all our KAR members earning Club Championship Series points, and landing in the *age group winners circle* and the *amazing finisher's circle*:

### 2014 Shamrock Run 5K Results

<b>Name</b>	<b>Time</b>	<b>Age Group</b>
Christine Bartholmey	0:34:14	3rd
Collin Bennett	0:27:01	
Jalayne Bennett	0:34:55	
Thomas Bennett	0:34:55	1st
Caleb Billings	0:24:54	
Royce Bland	0:35:13	2nd
Paul Bushnell	0:22:25	1st
Jeff Cavanaugh	0:24:24	
Lisa Cavanaugh	0:25:59	2nd
Bruce Dewey	0:28:41	
Chris DHulster	0:20:30	2nd
Sharon Eshlaman	0:41:17	1st
Kim Evans	0:31:24	
Scott Evans	0:16:55	Overall Male Winner
Randy Fielder	0:37:50	
Melanie Gan	0:30:56	
Aliza Garcia	0:23:56	1st
Michelle Germinder	0:30:37	
Katherine Hardigan	0:40:32	
Seth Harris	0:21:42	
Ray Hendriksma	0:29:24	1st
Kelly Hinga	0:27:45	
Joseph Hohler	0:19:43	2nd
Annie Jost	0:28:55	1st
Susan Kallewaard	0:34:09	2nd
Danielle Kean	0:22:47	1st
Fred Keister	0:27:50	2nd
Vana Kokkinos	0:27:20	
Melissa LaFave	0:33:07	
Michael Louden	0:20:48	1st
Kristen Maxwell	0:30:14	
Shawn Maxwell	0:30:15	3rd
Kristin Mckinney	0:32:08	
Gabe Rathburn	0:23:55	1st
Max Rathburn	0:21:03	1st
Penny Rathburn	0:21:42	Overall Female Winner

Jason Rickli	0:23:56	
Jessica Rickli	0:23:55	2nd
Rick Rickli	0:31:23	
Sue Rickli	0:31:33	1st
Samantha Smith	0:25:19	3rd
Brian Stears	0:30:59	
Latasha Stinnette	0:44:41	
Gena VanderMeulen	0:23:51	2nd
Dan VanSweden	0:19:32	1st
Zachary Wilson	0:22:06	
Maggie Wise	0:38:53	

For [complete race results](http://www.racetecresults.com/Results.aspx?CId=16371&RId=38) go to  
<http://www.racetecresults.com/Results.aspx?CId=16371&RId=38>

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