

*“Crossing the starting line may be an act of courage, but crossing the finish line is an act of faith. Faith is what keeps us going when nothing else will. Faith is the emotion that will give you victory over your past, the demons in your soul, & all of those voices that tell you what you can & cannot do & can & cannot be.”*  
-John Bingham

March 2015

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

## The Kalamazoo Area Runners Rundown

### Your Feedback Counts!!! What's New for the 2015 Kalamazoo Marathon/Borgess Run for the Health of It?

By Bonnie Sexton



Aerial view of tent city at the Borgess for the Health of It/Kalamazoo Marathon

Over the last six weeks, Kalamazoo Area Runners (KAR) leadership team members have been hard at work delivering three of our seven signature events; the Winter Blast Half Marathon and 5k (in partnership with the City of Portage), the Children's Easter Egg Hunt Run, and the Kal-Haven Trail Run (in partnership with Greater Kalamazoo Girls On the Run). The feedback we have heard thus far on all three of the above, has been extraordinary, yet we always have room for improvement.

A buzz phrase borrowed from the business world, KAR embraces a culture of continuous improvement. Following our events and programs, KAR's practice is to send a post-race (or program) participant survey in order to gather your valuable feedback for the future. Our planning committees review



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the survey results for each event as part of the wrap up meeting or initial kick-off meeting when we begin planning for the next year. We evaluate the areas of opportunity, and where we can, will incorporate recommendations submitted via the surveys in order to enhance the membership and/or participant experience for future years.

Although KAR is not a primary organizer for the Kalamazoo Marathon/Borgess Run for the Health of It, as greater Kalamazoo's largest running event, we are involved in several capacities. KAR leadership team members serve on the Advisory Council, coordinate the pacers and encourage KAR teams to participate in the Team Challenge. We serve as a sponsor, and have a presence in tent city and the expo.

Earlier this year we conducted a Kalamazoo Marathon/Borgess Run for the Health Membership engagement survey (245 KAR members responded). The survey highlights were shared with the Advisory Council and the membership, and we provided the full survey report to event organizers. Although some of this year's enhancements were already in the works, several of the items identified in the survey conducted by KAR have been incorporated, and you will see your recommendations among the updates provided by race organizers:

- As of April 10, registration for Kalamazoo Marathon/Borgess Run for the Health of It events exceeded 5,000, and with three weeks remaining, continues to grow. To date, there are 99 Earn Your Mitteners, 127 Half & Halfers, marathoners from 48 states and D.C. (need Nevada and Vermont), including four from Hawaii this year.
- Sprinkle and I-94 — Due to the construction on Sprinkle and I-94, accessing the Expo at Wings Stadium will require accessing via alternate routes (i.e. Portage Road).
- Participants who pre-register by Wednesday, April 15, will receive personalized bibs.
- Yard signs are available at Lam & Associates, 261 E. Kalamazoo (lower level).
- Through use of cones, signs and volunteers, organizers have made arrangements to improve logistics and reduce congestion for the last mile of all the races, and have been able to secure an extra lane on Gull Road.

## KAR Discount Sponsors

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

### Gazelle Sports

Information coming soon!



### 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 has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer 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.

- There will be motorcycle leads for all races this year
- Organizers eliminated the last hairpin on the course in Spring Valley Park
- There will be technical shirts for all races, free photography and medals for Kids at the Kids' Fun Run.
- Tent City is going to look and feel (and even smell, thanks to barbeque) different as organizers continue to incorporate ideas received.

We express our sincere appreciation for all those take the time to complete our membership, race and program participant surveys. We encourage you to keep your feedback and ideas coming, and big picture concept or the smallest detail, you just might see your suggestion become a reality. The launch of the 2013 Winter Blast Half Marathon & 5k, the chocolate milk at the 2014 Kalamazoo Klassic and 2015 Winter Blast, the portable restrooms introduced at the 2014 Fast Track and Safari Track sessions, and the new team event and color tech shirts offered at the 2015 Kalamazoo Klassic are a small sampling of ideas emerging from your recommendations (and yes, we are still in search of the perfect tech shirt, with New Balance techs now offered at the 2015 Kal-Haven Trail Run and 2015 Fast Track Program (as an optional purchase)).

Thank you for your ideas, suggestions and contributions, and keep them coming!

*Special acknowledgements to Race Director Blaine Lam for providing the Kalamazoo Marathon/Borgess Run for the Health of It updates listed above.*



## 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.



### 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 <http://pedalbicycle.com/>. Provide the 2015 KAR discount code to receive the discount.



### DOWN DOG YOGA CENTER

Down Dog Yoga, conveniently located in downtown Kalamazoo, is now offering members of KAR the following benefits:

One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).

\$5 off a 5 Class Pack (normally \$75 - only \$70 for KAR members).

15% off Down Dog Yoga Center merchandise.

For more information visit

[www.downdogvogacenter.com](http://www.downdogvogacenter.com).

Provide the 2015 discount code to receive discounts.



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

## **Executive Director Report— 2015 Kalamazoo Area Runners Annual Banquet and Membership Meeting**

**By Joy Mills**



Luke Humphrey presents at the 2015 Kalamazoo Area Runners Annual Banquet

Kalamazoo Area Runners was privileged to have Luke Humphrey as keynote speaker for the 2015 Annual Banquet held Wednesday, March 25, 2015. Luke has been a member of the Hansons-Brooks Distance Project since 2004 and serves as the owner and head coach of Hanson's Coaching Services, based in Rochester Hills, Michigan. He holds a Masters Degree in exercise science, and is a certified Clinical Exercise Physiologist through the American College of Sports Medicine. Luke is a three-time Olympic Trials marathon qualifier with a personal best marathon of 2:14:39 and half marathon PR of 1:03:58. He has recorded overall finishes of 12th place in the Chicago Marathon, and 11th place in both the New York City and Boston Marathons. More recently Luke won the 2015 Walt Disney World Half Marathon in January, and placed 19th at the LA Marathon

continued...

### **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 massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.



### **SPIRIT RACING**

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$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 2015 events, using the 2015 KAR discount code.





on March 15th. *Luke is co-author of the books Hansons Marathon Method, and Hansons Half Marathon Method.*

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 2014 Runner Recognition awards were:

**2014 Female Open Runner of the Year**

Michelle Grevenstuk

**2014 Male Open Runner of the Year**

Scott Evans

**2014 Female Masters Runner of the Year**

Gena VanderMeulen

**2014 Male Masters Runner of the Year**

Mike Waterman

**2014 Female Grand Masters Runner of the Year**

Leslie Scheffers

**2014 Male Grand Masters Runner of the Year**

Morris Applebey

**2014 Female Youth Runner of the Year**

Maggie Mills

**2014 Male Youth Runner of the Year**

Michael Kloosterman

**2014 Mega-Marathoner of the Year**

Scott VanLoo

**2014 Mega-Racer of the Year**

Frank Maston

**2014 Mega-Trail Racer of the Year**

Scott VanLoo

**2014 Comeback Runner of the Year**

John Shubnell

**2014 Most Improved Runner of the Year**

Jason Wilhelm

**KALAMAZOO ATHLETIC WELLNESS**  
Kalamazoo Athletic Wellness is a sports specific massage and personal training facility. Kalamazoo Athletic Wellness specializes in sports massage, one-on-one strength training, and injury prevention/recovery. They offer a full postural and gait analysis as part of your initial consultation for no additional cost. You can use their convenient online scheduling at [www.kzooathleticwellness.com](http://www.kzooathleticwellness.com) or call 269-459-6469 to schedule. KAR members receive \$10 of any services of an hour or longer. Can not be combined with other discount offers.



**BATTLE CREEK YMCA**

The Battle Creek YMCA is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit [YMCA Battle Creek](http://YMCA Battle Creek) to learn more membership and use the 2015 KAR discount code when registering.



**OUTDOOR EDUCATION CENTER, A DIVISION OF BATTLE CREEK PUBLIC SCHOOLS**

The Outdoor Education Center (OEC), a division of the Battle Creek Public Schools, offers yoga classes on select Sunday's. Instructor Jessica McCrumb will take participants through an hour of yoga moves geared to every level. Cost is \$5.00, payable by cash or check. Pay Jessica when you arrive. No reservations required. Spring dates include April 19th and 26th, and May 3rd, 17th and 31st. For more information about the OEC [visit their website!](#)



**2014 Perseverance Award**

Kristen Maxwell

**2014 Rookie Runner of the Year**

James Scott Johnson

**2014 Social Runner of the Year**

Sherii Sherban

**2014 Spirit of Running Award**

Randy Middaugh

**2014 Story Contributor of the Year**

Gale Fischer

**2014 Reynold Oas Volunteer of the Year Award**

Matthew Santner

Last was the annual election and business meeting. Congratulations and gratitude to the following officers elected to the Board for a two year, 2015 - 2017 term:

**Bonnie Sexton**

President

**Ferdi Hintze**

Treasurer

**Pablo Cecere**

Vice President, Technology

Congratulations and gratitude to the following officers elected to the board for a one year, 2015-2016 term:

**Chelsea Fay**

Vice President

**Steve Rice**

Secretary

**Kristen Maxwell**

Vice President, Marketing & Communications

**Amy Clark**

Vice President, Special Events

**Board of Directors  
Board of Directors**

Bonnie Sexton

President

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Chelsea Fay

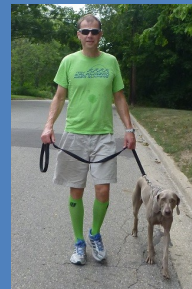
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Ferdi Hintze

Treasurer

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Amy Clark

Vice President, Special Events

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## Board of Directors continued

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**Carrie Hoch-Mortlock**  
Vice President, Development

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

## Board Approved Revisions to By-Laws

The Membership voted to approve the following By-Laws amendments at the March 25, 2015 Board Meeting. A summary of the changes is as follows:

New language is highlighted in red.

1. Under Section V (A) (1) add “The management of this association shall be vested in a Board of Directors consisting of a President, **a President Elect, Trustee (past President)** a Vice President, a Secretary, a Treasurer, A Vice President for Marketing and Communication, A Vice President for Technology, A Vice President for Development, A Vice President for Special Events.”
2. Under Section V(B)(2)(c) add “To preside over **Board** meetings”
3. Under Section V(B)(2)(f) add “To appoint **Board sub-committees** and chairpersons thereof “
4. Under Section B, the following two new Board positions were added:

### **2. President- Elect**

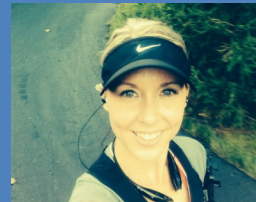
- a) Under the guidance and direction of the President, learns the responsibilities of President in accordance with the succession plan**
- b) To preside over Board meetings in the absence of the President**
- c) To assist the President with the initiation of club policy**
- d) To serve as chair of at least one Board sub-committee when established by the President**
- e) To assume the powers of the President in his/her absence**

### **3. Trustee (Past President)**

- a) Shall serve as an advisor to the President and Board of Directors in accordance with the succession plan**
- b) To serve as chair of at least one Board sub-committee, when established by the President**

Pablo Cecere  
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Kristen Maxwell  
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Steve Rice  
Secretary  
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5. Under section V (A)(4)(a) added the following items to the duties of the Vice President:
  - 4. Vice President**
  - a)** To assume the powers of the President in his/her absence **and the absence of the President-Elect**
  - b)** To assume the powers of the President in his/her absence **and the absence of the President-Elect**
  - c)** To take on special assignments as requested by the President **or President-Elect (in the President's absence)**
  - d)** To serve as chair of at least one Board sub-committee when established by the President
  - e)** To identify and establish strategies for member retention and engagement
6. Under section V(A)(5) added the following item to the duties of the Treasurer:
  - b)** To chair the finance committee, when committee is established by the President. appropriations, as directed.
7. Under section V(A)(6) added the following item to the duties of the Secretary:
  - b)** To record the membership vote at the Annual Membership Meeting
8. Under section V(A)(7) added the following item to the duties of the Vice President of Communication and Marketing:
  - a) To identify new event marketing, **program and membership** opportunities and strategies
9. Under section V(A)(10) added the following item to the duties of the Vice President of Special Events:
  - a) To provide leadership and/or coordinate activities **Removed: serve as contact person** for assigned event, program or **committee positions**
10. Under Section V(D) added the following two sections:
  - 3.** For 2015 – 2016, a special one year short-term will be administered for the Secretary, Vice President, Vice President Marketing, Vice President Special Events and Vice President Development positions to shift to alternate year elections.

## Staff

Joy Mills

Executive Director

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## Event, Program and Functional Directors

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## Event and Program Directors continued

4. The succession plan for the Association is the position of President will be filled by the current President-Elect upon expiration of the President's term, or in the event the President is unable to fulfil his/her duties. In the event the President-Elect is unable to fulfill the duties of President, the Vice President shall assume the duties of President. Upon expiration of his/her term, the past President will serve as a Trustee and shall be a member of the Board. All positions in the succession plan must be elected at the general membership meeting, in accordance with the alternate year election schedule. Positions filled mid-term will be filled on an interim basis and approved by majority vote of a quorum.

11. Under Section V(F) added the following section:

2. Alternate Year Elections: The ten board members are divided into two groups for election in alternate years  
a) Group 1: President, President-Elect, Trustee, Treasurer, Vice President Technology are elected odd-numbered years  
b) Group 2: Secretary, Vice President, Vice President Marketing, Vice President Special Events and Vice President Development are elected even-numbered years.

12. Under Section VI(A) added the following language:

A. Executive Director: The Executive Director is hired by The Board of Directors. The Executive Director has day to day responsibilities for the Association including carrying out the association's mission and objectives, operating the Association according to policy, and oversight of events and programs and their leadership as **delegated in the job description**. The executive director will attend all board meetings, report on the progress of the Association, answer questions of the board members and carry out the duties described in the job description. The board can designate other duties as required.

13. Under Section VI(C) added the following language:

C. **In the event of a vacancy**, the Board of Directors may appoint an Interim Executive Director with a job description as agreed upon by the Board and the **Interim** Executive Director

[Please click here for the full Kalamazoo Area Runners By-laws.](#)



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Director, Jack-O'-Lantern 5k & 10k Run  
Director, Kalamazoo Klassic (KAR) (with  
Bonnie Sexton)  
Director, Turkey Trot Time Prediction 5k  
Run (with Scott Taylor)  
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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 in KAR Club Series Championship events with her son and daughter. Joy is currently training with the Beyond program for her first marathon, the Cellcom Green Bay Marathon in May.

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## Another Runner's Perspective - Beantown or Bust

*"Every serious marathoner should do Boston, to experience the close to a million spectators, the three generations of families out cheering, the little kids handing you water or orange slices. The whole city really appreciates the runners."*  
-Neil Weygandt

Running a marathon is an achievement that should not go unnoticed. First and foremost the desire to cross a finish line that stands 26.2 miles from the start is what drives one's internal engine to such a feat. Desire is not the only element of the equation however. Patience, hard work, discipline and mental resolve are all essential in pushing that desire into a goal attained. Training for and finishing a marathon, although a challenge, is doable for many. This phenomenon of taking on such a seemingly unthinkable task has exploded over the last fifty years but even so, only a fraction of our population fits into the category of marathon runner each year.

According to Running USA's annual marathon report, 541,000 US citizens finished at least one marathon in 2014. This number seems to jump each year with 25,000 finishers in 1976 to 353,000 in 2000. Even with this staggering surge over the last half century the number of athletes crossing the finish line of a marathon in 2014 falls well under 1% of our nation's population of 316 million.

To be a member of this exclusive club that fewer than 1% of US citizens can lay claim to is something that all marathon runners should be proud of. For some however this is not enough. Every year many seek out the marathons coveted ground, an opportunity to compete in the Boston Marathon. For all but a few marathons, any adult can sign, up, pay the registration fee and take part in the spectacle on race day. The Boston Marathon however does not reserve this right for just anyone. There are definitive qualifying requirements that are specific to gender and age demographics.

What then makes the Boston Marathon such an attraction to so many runners? It is a fraternity of sorts as those who have been a part of this magical event share a common bond. Perhaps the test of meeting a qualifying standard that is placed in front of

## Event and Program Directors continued

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Director, Portage Winter Blast Half Marathon & 5k  
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Brent Yager  
Director, Wed Night Borgess Health and Fitness Center Runs (with Mark Sigfrids)

every eager runner striving to earn a spot on such a prestigious roster is what entices so many. The tradition of this historic foot race has cast a spell on many in our sport as well, over the years, endearing individuals to put it all on the line for a chance to be a part of this celebrated Patriot's Day event. Whatever the draw is, there remains a faction of runners faithfully attempting to join the Boston Marathon party year after year.

Meeting the qualifying standard is not the easiest of tasks. It requires a well thought out and executed training plan and race day strategy. Coach Jenny Hadfield, a writer for Runner's World offers some general tips for those trying to climb this mountain. "Start from where you are rather than where you want to be, eat the elephant one bite at a time, run by effort rather than pace and learn from others" are just a few tidbits of her words of wisdom. These of course can be applied to training for any race, not just a Boston qualifier. Although there are many things to scrutinize, one of the most important debates for many runners when attempting a BQ (Boston Qualifier) marathon is what course to consider. The most common line of logic is that a flat course will optimize one's chances of running a fast race, increasing the odds of a qualifying time.

One of the more popular marathons to attempt a BQ for those residing in the Midwest, is the Chicago Marathon. As marathons go this is about as flat a course as you can find with flat often being associated with fast. The starting elevation is 601 feet with an ending elevation of 600 feet. The course's low mark comes in at 575 feet with a summit of 602 feet. The track makes a loop taking in many popular tourist areas of Chicago. Traditionally this has been one of the world's better attended marathons with the 2015 marathon capping registration at 45,000 runners. For those feeding off the frenzy of a large crowd of runners and spectator support Chicago offers the ideal stage for a race day. The pancake course has been ideal for record setting performances but for the mid pack runner it can be a traffic jam of sorts, slowing your time considerably until the crowds thin out later in the race. By this time however it may be too late. World records have been broken four times combined on both sides of the gender fence over the years proving that it is truly a fast course for those not stranded in a sea of runners. I was there running in 1999 when Khalid Khannouchi broke the tape claiming a world record with a time of 2:05:42. What a thrill it was to run the same race the same day a world record was set. With an October date each year, comfortable temperatures are common, increasing the odds for many to run the ideal race. Although Chicago came in number two for the number of runners qualifying for the Boston Marathon in 2014, with 4027 runners claiming a BQ, it was unable to crack the top twenty five for percentage of runners meeting the qualifying standard.

What may come as a surprise to many is that the Boston Marathon is near the top of the list of races with the largest percentage of BQs, year in and year out, coming in at number two for 2014. A point to point course known for its difficult hills both up and down can wreak havoc on the legs of even the most experienced of marathon runners. The countless down hills covering the first half of the race and more, can pound your quadriceps if you are not cautious with your stride. The last and biggest downhill comes at mile 15.4. If you are lucky enough to navigate the first half without beating your legs to a pulp you might just make it through the sequence of inclines known as the Newton hills, stretching from 17.5 miles to the crest of Heartbreak Hill at 21 miles. If your legs are bruised and battered approaching this stretch, however, then you may be in for a long home stretch covering the last 9.5 miles. Although there are certainly many courses more challenging than the 26.2 miles from Hopkinton to the heart of downtown Boston, the Boston Marathon is no cake walk. Being an early April race, average temperatures range from lows of 41 degrees to highs near 55 degrees but years with rain, sleet, snow and heat waves in the 80s have changed the game plan of many. A point to point course such as this can be an advantage or disadvantage depending on the wind direction on race day. With large pockets of crowd support including the screaming girls that can be heard from a mile away near the halfway mark at Wellesley College, motivation is easy to come by. Runners are treated like celebrities but will this be enough to re-qualify for this grand event? Although the difficulties of this course are well documented, the fact that over a third of its

participants are able to re-qualify should not come as a big revelation considering that the competitors running this event have already met their qualifying standard in another race. All of the athletes running Boston are some of the fastest in their respective age groups. If they were not at the top of their age groups they would not be there.

Other marathons at the top of the BQ list for 2014 include the Erie Marathon at Presque Isle, an early autumn race boasting a relatively flat double loop course, with 33% of its participants qualifying for Boston and the Pocono Mountain Run for the Red Marathon, an out and back course claiming a net elevation decline of approximately 1400 feet with a BQ success rate of 28%. When choosing a marathon, some in the local running community choose a destination race, requiring airfare or a multiday drive but there are many races a half day drive or less that offer amenities comparable to races outside of the Midwest while also claiming features of a fast BQ course. One such course, which offers the best of both a destination race, while at the same time just a three and a half hour drive from Battle Creek is the Indianapolis Monumental Marathon. Being an early November race, it allows one to begin a training cycle with most of the heat of the summer in the rearview mirror. It offers a flat loop course which takes in Indy's beautiful downtown as well as other significant neighborhoods and landmarks outside of downtown. Although not high on the BQ list, 16% of its participants met their qualifying standard last fall. Some popular marathons in Michigan in which many local runners have qualified for Boston include The Grand Rapids Marathon and Detroit Marathon, both October races and the Kalamazoo Marathon and Traverse City's, Bayshore Marathon both of which take place in May. Big city marathons offer excitement and inspiration but for me there is a certain level of comfort for the Kalamazoo and Grand Rapids Marathon. Both of these venues are within an hour drive, allowing me the comfort of my own bed the night before and giving me a slice of reassurance with all of the familiar local faces out on the course.

If you are seeking a BQ marathon there are many factors for you to contemplate. Choosing a course that boosts your odds of running a fast race is an important consideration but there are many more elements to running a perfect race. There are definitely those courses that fall on a runner's radar as Boston qualifying races, but fortunately there are many potential courses to choose from. The work that goes into the three to four months prior to toeing the starting line is as important if not more important than where and when one decides to race. Potential weather conditions, crowd support, the size of the field of runners and travel time may or may not be pieces that fit each individual's BQ marathon puzzle. First and foremost whether or not as an athlete you are able to reach what many consider to be the summit of marathon running, just finishing a marathon is an accomplishment to be proud of. Although doing your homework as you search for the perfect course can be an integral component in reaching your goal there is so much more to reaching that magical destination. Find and implement a training plan, taper accordingly a few weeks before race day and provide your body with the fuel it needs with rest and healthy eating. If all goes well, mother nature is kind on race day and the stars align as you approach the start line you will accomplish what you set out to do.

For those of you heading to Boston in just a few short weeks, run your best and enjoy the extravaganza. For those of not receiving an invitation this year there is always next year. Are you up for the challenge?

**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— Kristen and Taylor Fillar A Common Bond**

*"A mother is she who can take the place of all others but whose place no one else can take."  
— Cardinal Mermillod*



When it comes to relationships, the mother daughter bond is loaded with potential. It's not that all moms and daughters go through the years without any hiccups in their interactions, but there are elements of love, respect, support and admiration that the two can provide for each that no one else can. This is not to say that females do not share love, respect, support and admiration with others but some of the natural components of a mother daughter link are difficult to replicate. With the devotional ties that go into this relationship and the emotion triggered from preparing for and running a marathon imagine the intensity that comes from a mom and daughter diving into uncharted waters together, as they train for a first marathon together. This month's featured mother and daughter duo of Kristen and Taylor Fillar are currently in the midst of this adventure with Kristen helping her daughter Taylor prepare for her initial marathon in Kalamazoo just a few weeks away.

Taylor began her running journey as a member of her 6th grade cross country team. *"I began running in 6<sup>th</sup> grade through cross country at West Middle School. The following year I joined the track team and began running year-round throughout middle school and have been running ever since."* Kristen's running journey began eight years ago. *"I personally started running in 2007 and then competed in my first 5K the Kalamazoo Klassic in 2009 with both of my daughters and my niece who is 6 months older than Taylor. I placed 13 in my age group and I guess that is how I became hooked on running. Taylor and I began running together 4 years ago when she was running cross country in her junior and senior years of high school. I would run with her during practice in the summer. I talked her into her first 10K at the Kalamazoo Klassic in June 2011."*

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*Since then she has ran 5 half marathons."*

Although the time spent with one another to reach a new milestone is part of what supports their running currently, what each enjoys most about the sport varies. The way in which running can push one outside of perceived mental and physical limitations is what appeals to Taylor. *"My favorite aspect of running is the mental strength it requires. Half the battle is conquering milestones in my mind as I push myself to run further distances at faster paces."* The inner strength that running has given to Taylor has spilled over into other components of her life as well. *"My tenacity to be the best runner I can has carried over into other parts in my life, such as my dedication to my studies at Michigan State."* Her mom's take on running is rooted more in the feeling that comes from a run, what many refer to as "the runner's high". *"I enjoy the feeling afterwards knowing that I exercised and burned calories. I like competing against my own PR's as I am not competitive with other sports."*

The aspects of running that each dislikes are different as well. As a full time college student, the amount of time required in training for a marathon is difficult for Taylor. *"The time commitment is a downfall right now. When training for high mileage races, and especially training for my first full marathon, I am on the roads for 10+ miles a week just running as well as the weekend long run. Along with this, I spend hours doing strength training, such as pilates and floor work as well as occasional cross training on the elliptical or bike."* The beauty of Michigan's four seasons is why many in this part of the country embrace this sport, but Kristen could do without the climate extremes. *"Running in snow and ice conditions in winter and hot conditions in the summer are my least favorite part of running."*

As a sophomore in college, Taylor has been running since 6th grade, almost half of her life. She has had the benefit of guidance and support from coaches and teammates through the years, but her most influential running mentors are close to home and close to her heart. *"My parents are my inspiration. I hope to follow in their footsteps and continue my passion for running throughout my adult life. My dad is my running mentor as he has taught me there is always room for improvement as a runner and I can accomplish any goal I set my mind to."* As a parent you couldn't wish for more. The impact that her father has had on her has not been limited to only Taylor. He has also been a great influence on his wife. *"My husband and inspiration, Taylor's dad, Patrick Fillar, has been running competitively for over 25 years. He was involved in a runners club, Arizona Road Racers, when we lived in Arizona for four years and competed in several races. He has competed in 5K's, 10K's, half marathons, and 2 marathons including the Boston Marathon in 2005."*

Although running is regarded as an individual sport both mother and daughter appreciate the running community and what it can offer. Their words of advice can benefit even the most seasoned of runners. Taylor has spent many miles on the roads with her mom, but the support from others has helped her find her way in her running journey as well. *"Although running is a solo sport, I have found it's important to have a group of runners for support. Long runs can be extremely tedious and having a group of friends to chat with while running makes the time go by much quicker. While running in a group, everyone unintentionally pushes each other to continue to work hard."* Kristen's words of advice are very similar to her daughter's. *"I would suggest that others join a running club or group to help them keep motivated and provide encouragement."*

Taylor's most memorable moment as a runner occurred during her last cross country race in high school. *"My very last cross country race as a senior at PCHS, I crossed the finish line with three of my closest teammates all holding our hands in the air. We were so excited to have completed our last race as seniors, but later learned we had been disqualified from the race because holding hands across the finish line had conflicted with race rules. We laughed it off because the photo op was worth it!"* Kristen's most memorable moment occurred just a few weeks ago during the Winterblast Half Marathon. *"Taylor and I just finished the Winterblast Half Marathon as part of*

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*Taylor's Beyond training for the Kalamazoo Full Marathon in May. We both got 2nd in our age groups and Taylor finished with a new PR (1:40) taking 9 minutes off her last half marathon time."*

Although Taylor still has to wait a few weeks to break through running's major milestone and become a member of the marathon club she dreams of life beyond her rookie marathon. Her running goals short and long term center around the 26.2 mile distance. *"Short term I just want to complete my first full marathon without walking and in under four hours. I would also like to run the Great Lakes Bay Marathon in May. Long term I would like to qualify and compete in the Boston Marathon."*

The Fillar family has been involved in running for a quarter of a century. Father and husband, Patrick introduced his family to this sport twenty five years ago. It took some time but mother and daughter have come to embrace the world of running with the countdown beginning for Taylor to bite off one of running's most sought out challenges, the marathon. Kristen and her daughter have been running together for almost five years but the mountain they have been scaling this past winter will create memories that will top many as runners and as mom and daughter. Mom is not throwing her hat in the marathon ring yet, but has committed herself to going through the training runs with her daughter. Dad is in the loop as well as he plans to run the Kalamazoo Marathon with Taylor, but the bulk of training runs have occurred with mom and daughter. Looking in from the outside it would appear that running has strengthened this mother/daughter relationship but the commitment that Taylor has made this winter as a sophomore at MSU studying chemistry in hopes of going to med school, speaks volumes of how she feels about her mom with or without running. Taylor has been making the one and a half hour trek from East Lansing to Portage every weekend this winter to participate in the KAR Beyond training program for her first marathon. Her mom's words show Taylor's commitment to her running but also her commitment to her mom. *"She has sacrificed sorority social events, studying, and arranging her work schedule in East Lansing to participate in this run program. She is considering doing another marathon after the Kalamazoo Marathon to try to qualify for Boston."* Not to diminish the support and guidance that KAR's Beyond program provides but I am sure that Taylor could have found a similar group to train with in Lansing. I would suspect that Taylor's effort to make the commute from Lansing to Portage every weekend has more to do with the bond that she shares with her mom, than running with the Beyond group.

Running, it appears, has helped to cement this special mother daughter bond. One must ponder this question however. Has running strengthened Kristen and Taylor's relationship or has Kristen and Taylor's relationship strengthened their running? I would guess that it works both ways. Good luck to you Taylor in your first marathon and in your running journey for years to come. May it be one that keeps you close to your mom for decades to come.

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

# Hot Club News

## 2015 Kids' Easter Egg Hunt and Fun Run



Photos by Denis Billen

March 28<sup>th</sup> saw close to 550 kids gather at Portage West Middle School for the 2015 Kalamazoo Area Runners Kids Easter Egg Hunt and Fun Run. Various activities were offered to participants from 2:30pm onwards including face painting, a photo booth with our Easter Bunny, and other entertainment at sponsor-specific booths. A dance warm-up was offered by Just Move. Despite a cold morning, the temperature warmed up and the sun was bright and shining when participants started their egg hunt & fun run at 3:30pm. Baby bunnies under two years old scoured the Easter Bunny's "playground" for tiny treasures hidden in colorful eggs, with little bunnies (aged two to five) and bigger bunnies (aged six to twelve) ran part of the cross country course while hunting for the Easter Bunny's eggs. There were close to 4,000 Easter eggs to be found this year!

After the run, the kids enjoyed refreshments, while countless door prizes were given away. In the raffle were a free robotics program from Sylvan Learning, several Barnes & Noble gift baskets, Gazelle's shirts and socks, guest passes from the Kalamazoo Nature Center & Kellogg Bird Sanctuary, a gift card from Harding's Friendly Markets, gift certificates from Just Move and a gift basket from New Year's Fest.

Participants donated almost 400 pounds of food and \$187 in monetary to benefit Kalamazoo Loaves and Fishes.

We would like to thank Sylvan Learning, Moe's Southwest Grill, Zeigler, Gazelle Sports, Child & Family Psychological Services, Just Move Fitness and More, Old Burdick's Bar & Grill, Barnes & Nobles, Biggby Coffee, DB Family Photography & DJ, Elite Tooling Aerospace, Noodles Co, People's Food Co-op, Wells Fargo, Harding's Friendly Markets, Kalamazoo Nature Center, Kellogg Bird Sanctuary, New Year's Fest and Wedel's Nursery, Florist & Garden Center for sponsoring the event this year and thank all our volunteers who donated their time to help make this event such a great time for the kids!

Hope to see you all again next year!





## **Susan G. Komen Foundation Southwest Michigan Race for the Cure**



**Sunday, May 17, 2015  
Downtown Kalamazoo Arcadia Creek Festival Place  
11:30am – 3:00pm (run/walk events begin at 2:10pm)**

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

Join the Kalamazoo Area Runners (KAR) Team at the Susan G. Komen Foundation Southwest Michigan Race for the Cure!!! 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 (KAR) team. This year's event will be held Sunday, May 17, 2015 from 11:30am – 3:00pm (run/walk events begin at 2:10pm) 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 2015 Club Championship Series and participates in our Race Discount Program.

Up to 75% of net funds generated 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:

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Allegan, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, and Van Buren. A minimum of 25% of net funds goes directly to fund national breast cancer research studies and fellowship grants.

We encourage you to join the Kalamazoo Area Runners (KAR) team and support this important cause by running, walking or donating on our behalf. Our goal is to raise a minimum \$1000 and recruit a minimum of 25 team members. Kalamazoo Area Runners (KAR) technical shirts will be given to team members who sign up (while supplies last).

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

Register for the 2015 Race for the Cure (KAR discount code is 5426), donate and join the team all in once via the [Kalamazoo Area Runners \(KAR\) Team Home Page](#).

In order to reserve your Kalamazoo Area Runners team technical shirt and join the team email distribution, submit your email address and shirt size here: [Click here to provide your email and shirt size](#)

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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## Follow the Kalamazoo Area Runners on Social Media!



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 2203 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.

The Kalamazoo Area Runners can also be found on Twitter at @KARunners. Please join with us as we increase our presence on social media!

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## Volunteer Leadership Opportunities

### *COMMITTEE OPPORTUNITIES*

Interested in serving as part of a dynamic and successful planning team, and have marketing experience? The Kalamazoo Area Runners would like to add a Marketing Director position to several of our signature event planning committees, including the Winter Blast Half Marathon & 5k, the Kal-Haven Trail Run, the Jack-O'-Lantern 5k & 10k Trail Run and the Turkey Trot Time Prediction 5k Run. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability race weekend. For more information, contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

## **KAR Membership Race Discounts**

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

### **[Wisconsin Marathon & Half Marathon](#)—Kenosha, WI**

May 2, 2015

\$5 discount on full or half marathon

### **[Fifth Third River Bank Run](#)—Grand Rapids, MI**

May 9, 2015

\$5 discount on 25k, 10k, 5k run, 5k walk, 25k Relay and combo events

Discount is limited to 50 people, code expires May 4, 2015

### **[Great Lakes Bay Marathon](#)—Midland, MI**

May 17, 2015

\$5 discount available for marathon or half marathon, \$20 for relay team.

### **[Double Time Triathlon/Duathlon/Aquabike/Relay](#)—Vicksburg, MI**

May 30, 2015

\$5 individual discount, \$10 adult tri relay

### **[Dexter-Ann Arbor Run](#)—Dexter, MI**

May 31, 2015

\$5 discount on any event

### **[Sunburst Marathon & Half Marathon](#)—South Bend, IN**

June 6, 2015

\$5 discount on marathon or half marathon

### **[Kids at Custer Triathlon](#)—Augusta, MI**

June 27, 2015

\$5 discount

### **[Kalamazoo Mud Run](#)—Kalamazoo, MI**

June 13, 2015

\$5 discount

### **[Glen Arbor Solstice Half Marathon & 5k](#)—Glen Arbor, MI**

June 20, 2015

10% discount on any event

### **[Gull Lake Triathlon/Duathlon/Aquabike/Relay](#)—Hickory Corners**

June 27, 2015

\$5 individual discount, \$10 adult tri relay

### **[Charlevoix Marathon \(Marathon, Half Marathon\)](#) - Charlevoix, MI**

June 27, 2015

\$10 discount on marathon or half marathon

**[Lake Michigan Half Marathon](#)—Muskegon, MI (Registration opens January 12)**

June 27, 2015

\$5 discount available through June 15th

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

July 4, 2015

\$10 discount

**[Shermanator](#)—Augusta, MI**

August 1, 2015

\$5 discount off solo events, \$10 off relay events

**[Kids Get Active Triathlon](#)—Portage, MI**

August 8, 2015

\$5 discount

**[Moonlight Bootlegger 5k](#)—Ionia, MI**

August 14, 2015

15% discount

**[Running Between The Vines Half Marathon](#)—Jackson, MI**

August 15, 2015

\$5 discount during the month of April

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

August 16, 2015

\$10 discount

**[Run For Your Heart](#)—Saginaw, MI**

September 12, 2015

\$2 off the 5k or 10k

**[Miles For Memories](#)—Battle Creek, MI**

September 19, 2015

\$5 discount

**[The Hungerford Games \(50 Miler, Marathon, Half Marathon\)](#) - Big Rapids, MI**

September 26, 2015

10% discount on any event

**[Park 2 Park Half Marathon & 5k](#)—Holland, MI**

September 26, 2015

\$8 discount off half marathon, \$5 discount off 5k

**[The Brooksie Way](#)—Rochester, MI**

September 27, 2015

\$15 discount on any event (through 9/20)

**[Falling Waters Trail Half Marathon](#)—Concord, MI**

October 4, 2015

5% discount

**[Grand Rapids Marathon & Half Marathon](#)—Grand Rapids, MI**

October 18, 2015

\$7 discount on half or full marathon



## Join the Kalamazoo Area Runners as we support the Southwest Michigan First Catalyst Community Challenge on May 3rd!

***Train Together!  
Succeed Together!  
Celebrate Together!***

That is what the Catalyst Community Challenge sponsored by Southwest Michigan First is all about! If you are planning to participate in the Borgess Run For The Health of It Half Marathon, 10K or 5K on Saturday, May 3rd we would invite you to invite your friends to join with you and form a Kalamazoo Area Runners challenge team!



### **How the Challenge Works**

Teams are made up of three to five people, with the top three finishers on your team scoring. Individual places are based on age and gender divisions. Each finishing place equals 1 point. So for instance, if your top three runners finished 3rd, 5th, and 8th in their respective divisions, the team score would be 16. Low score wins!

### **How to register**

1. There is no additional team charge this year, just individual participant fees.
2. Running team members **MUST** register all at once with a single credit card.
3. To be recognized as a Kalamazoo Area Runners team, your team name must include “KAR” or “Kalamazoo Area Runners” in the title.

***In addition to the awards available through the Catalyst Community Challenge, all members of a KAR team will receive a KAR short sleeved technical shirt to wear on race day. Show your pride as a member of the Kalamazoo Area Runners and fill the ranks of runners in the Half Marathon, 10K and 5K with Team KAR pride!***

To learn more about the Catalyst Community Challenge and register for a team event visit <http://borgessrun.com/team-competition>.



**2014 Catalyst Community Challenge  
KAR Team Blue—Half  
Marathon Division Champions!**

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

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



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

[Click here to begin shopping](#)

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

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### Next KAR Board Meeting is May 4, 2015

The next KAR Board Meeting is May 4, 2015 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

# FREE

## SPORTS INJURY WALK-IN CLINIC

### KALAMAZOO AREA RUNNERS (KAR)

#### Meet Our Athletic Trainers



Jeff Willson, MS, ATC  
Michigan Licensed. Certified  
Athletic Trainer since 1978.



Heather Sjoquist, MS, ATC  
Michigan Licensed. Certified  
Athletic Trainer and Certified  
Strength and Conditioning  
Specialist since 2006.

Do you have an injury from running, exercising, or training for an upcoming race? We can help.

#### Visit Us on:

- Thursday, October 30, 2014
- Thursday, November 20, 2014
- Thursday, December 18, 2014

**And, in 2015, the walk-in clinic will be held on the third Thursday of each month.**

Time: 4:00 p.m. to 6:00 p.m.

Open to KAR members

#### Location:

#### Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo

#### On-Site Services:

- Athletes seen on a walk-in basis
- Evaluation of a sport or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals

#### Questions?

Call **(269) 330-2747** or **(269) 808-0041**.

[bronsonhealth.com/sportsinjuryclinics](http://bronsonhealth.com/sportsinjuryclinics)



## Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 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.

- [Winter Blast Half Marathon & 5k](#) (\$10 discount half, \$5 discount 5k), March 1, 2015
- [The Shamrock 5k](#) (\$5 discount), March 21, 2015
- [Kal-Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 11, 2015
- [Battle Creek Eco Race 4k & 8k](#) (10 discount), April 18, 2015
- [BC Spring into Action 5k & 10k](#), April 25, 2015
- [Borgess Run for the Health of it Marathon, Half Marathon, 10k, and 5k](#) (No discount), May 3, 2015
- [Vicksburg Hearty Hustle 5k](#), May 9, 2015
- Oaklawn Hospitality Classic 5k & 10k, May 16, 2015
- [Komen Race for the Cure 5k](#) (\$5 discount), May 17, 2015
- [K5K \(Kalamazoo 5k\)](#), May 23, 2015
- [Run to Climax 7k](#), May 25, 2015
- Plainwell Education Foundation Island City 5k & 10k, June 11, 2015
- [Cereal City Classic 5k & 10k](#) (\$5 discount), June 13, 2015
- [Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 20, 2015
- [Binder Park Zoo/Cheetah Chase](#), June 27, 2015
- [Schoolcraft Firecracker 5 Miler](#) (\$5 discount), July 4, 2015
- [Pace for Poverty 5k & 10k](#), July 4, 2015
- [Kindleberger Super Hero 5k](#) (\$3 discount), July 11, 2015
- [Steve Athey Memorial 5k & 10k \(Steve's Raider Stomp\)](#) (pre-registration only), July 11, 2015
- [Mattawan Wildcat Road & Trail 5k](#), August 1, 2015
- [Otsego Ready or Not 5k](#) (\$5 till noon 7/11, \$2 thereafter), August 1, 2015
- [Allegan Strides for Health 5k](#), August 15, 2015
- [Grape Lake 5k](#) (\$3 discount), September 12, 2015
- Peacock Strut 5k & 10k, September 12, 2015
- [Run for the Son 5k](#), September 26, 2015
- [Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 27, 2015



# Kalamazoo Area Runners Group Runs and Training Programs



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

## ***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 **Brent Yager** at [brent.yager@kalamazooarearunners.org](mailto:brent.yager@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 **Mandee Kerns** at [Mandee.Kerns@kalamazooarearunners.org](mailto:Mandee.Kerns@kalamazooarearunners.org), or **Laura Sandahl** at [Laura.Sandahl@kalamazooarearunners.org](mailto:Laura.Sandahl@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.

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**Thursday Evening Runs – Richland Community Library (8951 Park Street, Richland).**

Thursday evenings at 6:00 pm at the Richland Community Library for a variety of distances. Contact Michael Hutchinson at [michael.hutchinson@kalamazooarearunners.org](mailto:michael.hutchinson@kalamazooarearunners.org) or April VanDerSlik at [april.vanderslik@kalamazooarearunners.com](mailto:april.vanderslik@kalamazooarearunners.com) to be added to the email distribution and/or for more information. Please bring your own hydration.

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**The Urban Herd**

FREE runs on Wednesday nights, 6pm 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**

FREE trail runs on Sunday mornings at 8:00am at Al Sabo Preserve. 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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**Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark's Lutheran Church**

Tuesday evening runs from St. Mark's Lutheran Church, 114 E Minges Rd, Battle Creek, MI 49015 . Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. 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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**Battle Creek Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Riverside School/Park**

The Sunday group runs in Battle Creek meet at 3:00pm Riverside Park . Use the entrance off Riverside Park and meet at the shelter Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org).

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## Club Member Corner

### New Member Welcome

As of the end of March, the Kalamazoo Area Runners had 1421 members. This represents 6.8% growth since March 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Connie Black-Pond  
Garrett Breese  
Becky Ditty  
Gary Garlock  
Pam Gordon  
Mike Green  
Heather Hudson  
Jeff Landon  
Peggy Landon  
Till Longjohn  
Maxwell Longjohn  
Pat Pond  
Kimberly Reynolds  
Robert Sheppard  
Wendy Sosville  
Don Theis  
Emily Theis  
Katherine Theis  
J Theis  
Jennifer Theis  
Jennifer Zindler  
Mike Zindler  
Stephanie Zindler  
Brendan Zindler

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### **KAR's Portage Winter Blast Half Marathon & 5k Kicks off the 2015 Club Championship Series**

The Portage Winter Blast Half Marathon & 5k held March 1, 2015 kicked off the 2015 Kalamazoo Area Runners Club Championship Series with a total of 286 members participating.

Sixty-three KAR members participated in the 5k including Male Overall Winner Scott Evans with a finishing time of 17:38, and Female Overall Winner Keri Lyon with a time of 20:29. Other title winners included Ann Garlock (23:15) as Female Masters Winner, Dave Karnes (23:08) Male Grand Masters Winner, Anne Flynn (24:21) Female Grand Masters Winner, and Anita Ollila (31:24) as

Female Senior Grand Masters Winner. Age Group winners included Cheryl Bean (2nd), Thomas Bennett (1st), Caleb Billings (2nd), Kevin Brownrigg (1st), Kim Evans (3rd), Kathy Farrow (1st), Aliza Garcia (1st), Ray Hendriksma (1st), Joseph Hohler III (1st), Charmaine Hostetler (2nd), James Johnson (3rd), Fred Keister (2nd), Emma Klien (2nd), Nate Krawczyk (1st), Lesley Lanker (1st), John Marucci (2nd), Stuart Naylor (2nd), Steve Ott (2nd), Kathy Roschek (1st), Scott Shipman (3rd), Craig Thomas (2nd), Scott Voigt (2nd), Heather Wellman (1st), and Angela Wight-Garfield (3rd). Congratulations to all of our 5k finishers!

Laura Asher	0:33:08	
Maggie Austin	0:34:27	
Jody Barkley	0:37:46	
Cheryl Bean	0:29:28	2nd
Thomas Bennett	0:35:00	1st
Caleb Billings	0:21:58	2nd
Josie Boucher	0:34:08	
Kevin Brownrigg	0:26:31	1st
Becky Clark	0:42:28	
David Clark	0:30:15	
Richard Claypole	0:29:50	
Darcy Connor	0:41:04	
Cindy Cramer	0:34:46	
Karen Dyszkiewicz	0:39:23	
Kim Evans	0:30:50	3rd
Scott Evans	0:17:38	Male OVERALL WINNER!
Kathy Farrow	0:25:38	1st
Sara Fetke	0:40:20	
Randy Fielder	0:31:59	
Anne Flynn	0:24:21	Female GRAND MASTERS WINNER!
Teddy Foote	0:28:09	
Aliza Garcia	0:23:57	1st
Maggie Garcia	0:45:09	
Bryan Garfoot	0:28:04	
Ann Garlock	0:23:15	Female MASTERS WINNER!
Andrew Garza	0:40:02	
Matthew Garza	0:27:33	
Melissa Garza	0:33:18	
Nancy Greer	0:34:05	

Christine Hadden	0:35:50	
Krystal Hawkins	0:33:42	
Ray Hendriksma	0:29:55	1st
Kristal Hoffman	0:41:25	
Joseph Hohler III	0:19:46	1st
Charmaine Hostetler	0:31:39	2nd
Cathy Hutchison	0:43:34	
James Johnson	0:27:01	3rd
Dave Karnes	0:23:08	Male GRAND MASTERS WINNER!
Fred Keister	0:29:49	2nd
Andrew Klien	0:41:23	
Becky Klien	1:12:54	
Emma Klien	0:54:37	2nd
Ethan Klien	1:12:56	
Nate Krawczyk	0:21:11	1st
Lesley Lankerd	0:25:35	1st
Keri Lyon	0:20:29	Female OVERALL WINNER!
John Marucci	0:26:32	2nd
Kimm Mayer	0:37:10	
Mike Megyesi	0:35:07	
Stuart Naylor	0:22:59	2nd
Christina Oberheim	0:43:13	
Anita Ollila	0:31:24	Female SENIOR GRAND MASTERS WINNER!
Steve Ott	0:24:51	2nd
Stephanie Parks	0:32:53	
Nina Poznanski	0:47:56	
Kathy Roschek	0:43:34	1st
Jaclyn Schmidt	0:40:20	
Scott Shipman	0:22:24	3rd
Craig Thomas	0:36:09	2nd
Brett Vanderwater	0:29:30	
Scott Voigt	0:22:14	2nd
Heather Wellman	0:23:41	1st
Angela Wight-Garfield	0:28:05	3rd



The Half Marathon attracted 223 participants from the Kalamazoo Area Runners, including Male Overall Winner Brian Reynolds with a finish time of 1:17:44. Leslie Scheffers (1:37:25) took the Female Masters Winner title, Bill Greer (1:29:05) and Peggy Zeeb (1:40:21) took the Grand Masters Winner titles. Senior Grand Masters included Mark Kanouse (1:47:43) and Angela Elhammer (2:08:58). Age group award winners included Morris Applebey (2nd), Tracy Argo (3rd), Zachary Baker (2nd), Christine Bartholmey (3rd), Rich Bean (1st), Marie Billen (1st), John Brady (3rd), Erin Clark (2nd), Fred Colbert (1st), Brandy Cole (3rd), Daniel Damaska (3rd), Kristen Fillar (2nd), Taylor Fillar (2nd), Gale Fischer (3rd), Daniel Gavlas (3rd), Bud Glenn (3rd), Kathy Griffin (1st), Tamara Hirzel (3rd), Danielle Kean (2nd), Ed Kenny (1st), Rocque Lefaive (3rd), Addie Maston (2nd), Tom Noall (2nd), Teri Olbrot (1st), Matthew Santner (3rd), Stephanie Schieber (1st), Lisa Schreiner (3rd), Mark Sigfrids (2nd), Kirstin Simons (3rd), Candace Thurston (2nd), Mike Waterman (2nd), Robert Wierzba (2nd), and Sarah Yetter (1st). Congratulations to all of our half marathon finishers!

Marcel Alkemade	1:58:55	
Morris Applebey	1:38:26	2nd
Brian Argo	2:24:42	
Tracy Argo	1:44:36	3rd
Kim Armitage	2:09:34	
Daniel Austin	2:13:41	
Jeff Baas	2:03:37	
Zachary Baker	1:21:14	2nd
Christine Bartholmey	2:34:24	3rd
Wendy Bauer	2:54:46	
Rich Bean	1:38:05	1st
John Beffel	2:26:23	
Christine Behrens	2:11:12	
Jalayne Bennett	2:53:16	
Kerrie Berends	2:17:44	
Russell Bertch	2:09:59	
Cathy Bilek	2:38:25	
Marie Billen	1:39:16	1st
Kate Binder	2:29:56	
John Brady	1:40:22	3rd
Todd Buchanan	2:12:20	
Peter Burrill	1:29:50	
Heather Byrd	2:35:58	
Brian Campbell	1:56:22	
Eric Campbell	1:45:38	
Hillary Campbell	2:13:24	
Jeff Cavanaugh	1:41:33	

Lisa Cavanaugh	2:08:46	
Joe Cekola	2:08:50	
Joe Chapman	1:48:53	
Eileen Chiang	2:17:24	
Cris Childers	2:37:17	
Kyle Christianson	1:56:47	
Jess Ciaravino	2:02:18	
Erin Clark	1:40:20	2nd
Stephanie Clark	2:05:53	
Cyndee Clemann	2:28:31	
Karen Cleveland	2:07:30	
Jessica Coakes	1:58:23	
Fred Colbert	1:50:59	1st
Brandy Cole	2:17:29	3rd
Brian Connolly	1:46:10	
Allison Cooney	2:42:47	
Rebecca Coy	2:50:15	
Shelbi Cummings	1:59:17	
Natalie Dale	1:59:00	
Daniel Damaska	1:29:20	3rd
Courtney Davis	1:55:49	
Tera Demarest	1:50:32	
Kelley Dendel	2:26:23	
Rachael Deneau	2:59:15	
Chris DHulster	1:47:33	
Ben Dilla	1:48:48	
Jayson Doren	1:42:54	
Denise Downer	2:35:59	
Angela Elhammer	2:08:58	Female SENIOR GRAND MASTERS WINNER!
Brooke Feltner-Beebe	2:09:39	
Stephen Ferenz	1:52:34	
Laura Ferrara	2:07:06	
Kristen Fillar	1:51:39	2nd
Taylor Fillar	1:40:49	2nd
Gale Fischer	1:27:35	3rd

Molly Fisher	2:36:15	
David Florida	2:08:53	
Travis Followell	1:43:21	
Joni Ford	2:45:35	
Michael Frey	1:44:20	
Teresa Fulcomer	2:39:48	
Raul Garcia	1:54:14	
Daniel Gavlas	1:40:25	3rd
Wendy Geerligs	1:58:56	
Ryan Geers	1:27:20	
Andrea Gentile	3:13:23	
Diane Gilligan	2:13:01	
Kim Gjeltema	2:17:25	
Haley Gleeson	2:06:48	
Bud Glenn	2:11:39	3rd
Bill Greer	1:29:05	Male GRAND MASTERS WINNER!
Kathy Griffin	1:41:34	1st
Amy Gronda	2:11:09	
Lyle Gurd	2:42:05	
Donna Harmon	2:20:17	
Seth Harris	1:41:26	
RaeAnn Herman	1:58:41	
Jennifer Higby	2:33:51	
Debra Hill	2:45:57	
Kelly Hinga	2:12:39	
Tamara Hirzel	1:50:23	3rd
Tim Holden	2:20:51	
Brad Hollister	2:06:38	
Marty Hoover	2:07:57	
Marty Hoover	2:07:57	
Jenn Houghton	2:19:29	
Susan Hubert	2:34:05	
Valerie Hyndman	2:28:44	
Nancy Jager	2:23:39	
Arya Jayatilaka	1:59:45	

Derrick Jones	1:35:01	
Susan Kallewaard	2:54:17	
Sarah Kammeraad	2:56:19	
Mark Kanouse	1:47:43	SENIOR GRAND MASTERS WINNER!
Jillian Karbowski	2:29:09	
Danielle Kean	1:43:52	2nd
Ed Kenny	1:26:21	1st
Mandee Kerns	1:50:49	
Michele Ketelhut	2:06:29	
Angela Keyes	2:17:01	
Stephanie Klumpp	2:40:02	
Vana Kokkinos	2:02:01	
Timothy Kosak	2:14:45	
Sandy Koscinski	2:18:42	
Laura Lam	1:44:59	
Justin Latulippe	2:13:38	
Ashlyn Lavalley	2:06:16	
Jeff Layne	1:34:38	
Rocque Lefaive	1:32:02	3rd
Jody Lemmer	3:09:51	
Robert Levy	1:55:54	
Matt Longjohn	2:03:27	
Alexandria Lueth	2:07:06	
Sharon Manski	2:56:56	
Carmen Maring	2:36:15	
Addie Maston	2:45:59	2nd
Frank Maston	3:17:29	
Kristen Maxwell	2:27:06	
Shawn Maxwell	2:26:43	
Tim Meeker	1:51:34	
Anne Mejeur	1:48:09	
Randy Middaugh	2:27:06	
Ken Mohny	2:06:59	
Lorena Moras Trainor	2:05:10	
Nicholas Mox	2:14:48	

Doug Muenzer	1:47:32	
Penelope Muenzer	2:15:23	
Jarod Musser	1:57:58	
Lesa Newby	1:53:59	
Tom Noall	2:30:21	2nd
Tatum Odell	2:07:30	
Teri Olbrot	2:24:22	1st
Laurie Oleksa	2:18:38	
Autumn Osborn	2:29:57	
Holly Osmun	2:08:52	
Becky Patterson	3:03:42	
Joseph Patterson	2:26:23	
Jill Pearrow	2:06:48	
Ryan Philip	1:59:45	
Sean Pingel	2:34:30	
Lisa Piper-English	2:51:34	
Lisa Pitman	2:29:18	
Robert Poznanski	1:49:20	
Jim Praeger	1:54:20	
Kristy Prahin	1:58:27	
Nate Pursley	1:45:48	
Mindy Ray	1:53:59	
Ronald Reid	2:16:33	
Dan Reisner	2:09:58	
Brian Reynolds	1:17:44	Male OVERALL WINNER!
Danielle Richardson	2:51:34	
Tom Robbert	2:02:08	
Amy Roberts	2:19:46	
Dave Roberts	1:55:23	
Dan Robinson	1:40:49	
Stephanie Robinson	2:09:14	
Micki Rossio	2:59:52	
Damian Ruesink	2:02:52	
Corrine Sallaz	2:28:32	
John Salvato	2:05:43	



Matthew Santner	1:31:55	3rd
Rich Schau	1:56:22	
Leslie Scheffers	1:37:25	Female MASTERS WINNER!
Tim Scheffers	1:49:04	
Sarah Schieber	2:47:08	
Stephanie Schreiber	1:40:11	1st
Lisa Schreiner	1:54:19	3rd
Ailese Scott	2:09:04	
Donna Scott	2:59:51	
Kyle See	2:38:51	
Rebecca Shehorn	2:08:41	
Benjamin Siems	1:36:23	
Mark Sigfrids	1:56:49	2nd
Angela Sikkila	1:47:06	
Mark Sikkila	1:34:09	
Kirstin Simons	1:58:54	3rd
Bobbie Smith	2:34:01	
Cara Smith	2:08:51	
Samantha Smith	2:00:54	
Katie Soule	2:17:13	
Traci Spada	2:00:41	
Janet Stensland	2:43:24	
Colleen Steves	2:42:48	
Brenda Stoddard	1:57:20	
Scott Struck	2:39:48	
Art Sturdevant	2:08:59	
Eric Suloff	2:16:20	
Gary Tenbrink	2:20:26	
Carla Thomas	2:19:29	
Matt Thomas	1:43:28	
Candace Thurston	2:27:57	2nd
Brian Trainor	2:05:10	
Nick VanLent	1:58:47	
Scott VanLoo	1:40:22	
Kelli VanSchoick	2:03:02	

Michael Wagner	1:46:44	
JoDell Walker	2:06:13	
Kim Wason	2:34:01	
Annie Waterman	2:25:40	
Mike Waterman	1:26:39	2nd
Josh Wheeler	1:48:32	
Robert Wierzba	2:07:45	2nd
Jason Wilhelmi	1:44:57	
Keith Williams	1:46:51	
Robert Williams	2:00:40	
Zachary Wilson	1:55:41	
Sarah Windsor	2:36:52	
Sarah Yetter	1:42:15	1st
Yuji Yoshino	2:11:07	
Angela Young	2:28:11	
Kathy Young	3:09:50	
Ronsted Yuag	2:14:31	
Peggy Zeeb	1:40:21	GRAND MASTERS WINNER!
Brandon Zeigler	2:09:04	
Molly Zelichowski	2:37:16	

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## The Shamrock 5k March 21, 2015

The Shamrock 5k was held on March 21st and attended by 38 KAR members. Scott Evans emerged as the overall male winner with a finishing time of 16:53. Finishers in the age group circle winners were Morris Applebey (1st) Thomas Bennett (1st), Royce Bland (2nd), Jeff Cavanaugh (1st), Lisa Cavanaugh (1st), Bruce Dewey (1st), Chris DHulster (2nd), Kim Evans (3rd), Randy Fielder (2nd), Kim Foghino (2nd), Aliza Garcia (1st), Cynthia Gustafson (3rd), Seth Harris (1st), Ray Hendriksma (1st), Annie Jost (1st), Nate Krawczyk (2nd), Frank Maston (3rd), Nicolette Merritt (2nd), Pamela Meyer (3rd), Tony Pedrolini (3rd), Gabe Rathburn (2nd), Max Rathburn (1st), Joel VanderKooi (1st), and Gena VanderMeulen (1st). Congratulations to all our Shamrock 5k finishers!

Morris Applebey	0:20:26	1st
Thomas Bennett	0:34:12	1st
Royce Bland	0:34:12	2nd
Dale Capman	0:26:01	
Jeff Cavanaugh	0:21:09	1st
Lisa Cavanaugh	0:24:22	1st
Becky Clark	0:34:54	

Bruce Dewey	0:27:42	1st
Chris DHulster	0:20:45	2nd
Kim Evans	0:32:34	3rd
Scott Evans	0:16:53	Male Open Winner!
Randy Fielder	0:32:51	2nd
Kim Foghino	0:29:55	2nd
Aliza Garcia	0:23:35	1st
Cynthia Gustafson	0:32:19	3rd
Heather Hanley	0:42:39	
Seth Harris	0:20:44	1st
Ray Hendriksma	0:29:49	1st
Neil Huyck	0:26:40	
James Johnson	0:24:56	
Annie Jost	0:29:40	1st
Amanda Knapp	0:35:22	
Nate Krawczyk	0:20:30	2nd
Kimberly Lynn	0:46:28	
Addie Maston	0:33:24	
Frank Maston	0:43:22	3rd
Mike Megyesi	0:34:59	
Nicolette Merritt	0:24:23	2nd
Pamela Meyer	0:45:29	3rd
Todd Meyer	0:45:28	
Tony Pedrolini	0:23:24	3rd
Nina Poznanski	0:54:24	
Gabe Rathburn	0:22:06	2nd
Max Rathburn	0:18:58	1st
Jack Thom	0:23:08	
Joel VanderKooi	0:19:58	1st
Gena VanderMeulen	0:24:20	1st
Gina Wesaw	0:49:36	

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