

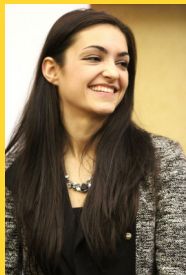
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“If you are losing faith in human nature, go out and watch a marathon.” - Kathryn Switzer, 26.2 Marathon Stories

Running Through the Golden Years – The Silent Generation

By Bonnie Sexton



KAR member Tom Noall is a member of the “Lucky Few,” The Silent Generation

The Silent Generation grew up during the Great Depression and World War II, and were often dubbed the “Lucky Few.”

One of my favorite running mantras is “running is for life.” No generation exemplifies this better than the athletes of the Silent Generation, many of whom are still running strong. The legendary Ed Whitlock, who passed away on March 13, 2017 at age 86, changed the way the world thinks about aging and the endurance athlete.

At age 73, Whitlock ran a 2:54 marathon, and was still running sub four-hour marathons well into his 80’s. Last October, at age 85, he finished the Toronto Marathon in 3:56. Whitlock rewrote the record books....and the possibilities for runners ages 70+.

According to fact tank Pew Research Center, members of the Silent Generation (also known as the Traditionalists) were born between 1928 and 1945. (*Fry, Millennials Overtake Baby Boomers as American’s Largest Generation*).

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The Silent Generation continued

This generation grew up with the Great Depression and World War II. Silent generation celebrities include Clint Eastwood, Jane Fonda and Bob Dylan. In the running world, they are represented by legendary athletes Ed Whitlock, John Kelley and world famous coach Jack Daniels, whose training principles are still widely used today.

Within Kalamazoo Area Runners (KAR), local members of the silent generation are running well into their Golden Years, volunteering and participating as part of our running community.

Tom Noall, a 78 year-old retiree, runs for many of the same reasons as the younger generations. He also is an exceptional role model for those who start running later in life and ran his first 5k when he was 70.

“It is a part of my program to keep fit physically, mentally and spiritually. I lift weights to keep muscles toned and run to keep my aerobic system tuned. Running outside and being close to nature can sometimes a very spiritual experience. I have many good memories of this type of experience when running out in the country with dew on the fields and the sun coming up, and believe it or not running in a snow-storm with the snow collecting on the tree branches. I feel truly blessed that I am able to be physically active. I also enjoy water skiing, boating, swimming, hiking-- anything outdoors,” shares Noall

For the younger generations, time is a significant factor in why many adults don’t run. Careers, family obligations and other demands of adulthood often stand in the way. Noall was no different, and when he retired, his time freed up and he was able to start a running program.

“I always wanted to run a 5K, but never seemed to have time to train. When I retired in 2008, I decided that it was time to give it a try and started training. I ran my first 5k (Borgess) in 2009 when I was 70. I signed up for Summer Safari and ran the Park to Park 1/2 in Sep. From there on, I was hooked and have been running ever since. My goal is to run my next marathon when I am 80.”

As runners enter their 70’s, the number of athletes in their age divisions dwindle significantly, however Noall offers sound advice for his peers.

“Most of the folks my age have all types of physical and medical issues and are not motivated to do anything physical. They think that they are far too old for running. It’s too bad, because they would find that their quality of life would be so much better if they were physically active. They would have much more energy and more positive outlook on life.”

Noall also feels it is important to volunteer on behalf of KAR and the running community, and volunteers as a team leader for the Beyond program.



Kristen Mansfield



Carrie Mortlock



Scott Struck



Elizabeth Vandenheede

The Silent Generation Continued

What could KAR and the running community do to better engage the Silent Generation in the sport of running AND keep them running?

“I wish I knew. It would be more enjoyable for me if there were more runners in my peer group to share the running experience with. As I watch larger groups of younger and faster runners go by, I wish that was my group. I have introduced several folks who are in their 40's to running since I have started who are still at it and enjoying the sport. I have made running books for many others in various age groups, all of who either ran for a short time and quit or never started.”

David Rozelle (79) is a retired university professor and like Noall, started running later in life, at age 71.

“I run because I'm stuck with it. It has become my form of exercise and I find that I always want to do a bit whether at home in Kalamazoo or on one of our (wife Sandy) trips abroad. I feel better physically and emotionally when I have run that day. I've even run around and around on a river cruise boat in Russia,” shares Rozelle.

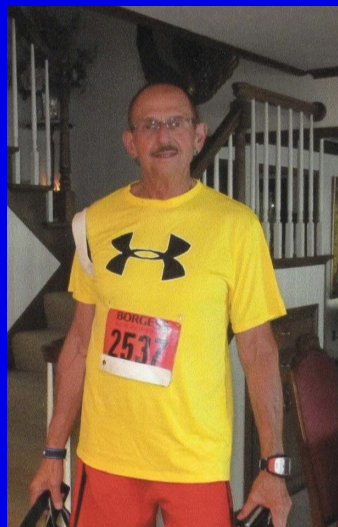
Rozelle has an inspirational story of perseverance behind his running.



David Rozelle (far right) pictured with his KAR team at the 2016 Kalamazoo Klassic

“I had a severe health crisis that eventually led to a heart transplant. My self-directed rehab was to resume walking for exercise after the operation. After a bit, I became fit enough that the walk didn't drain me as I thought it should. I was still working so it wasn't practical to walk more, so I began to run a bit. The more I did it, the more it was running with a lesser amount of walking. Someone told me that my daily walk of about three miles was a lot like a 5k so I should enter an event.

The Silent Generation Continued



“Running outside and being close to nature can sometimes be a very spiritual experience.”

-Tom Noall (78)



In this area, it is KAR that has made us into a running community and I am thankful for that.”

-David Rozelle (79)

My first 5k was the Homecoming Classic at WMU.” I didn't have running shoes yet but I ran the downhill and walked the uphill,” says Rozelle.

“So at age 71 I became a very, very amateur runner. I am now 79 and I've run quite a few 5ks. I have run three times in the USA Transplant Games and three times in the World Transplant Games. Mine is a very small age group, of course, so I have accumulated some medals but that's mostly due to the fact that there aren't many of us in our 70s who run. My favorite run is the Kalamazoo Klassic.”

Rozelle's rationale as to why many of his peers don't run is similar that of Noall.

“Most 70 year-old runners have either run for years and years and worn something out; or they are apprehensive about starting something so strenuous in their 70s, especially since heart failure is the nation's number one killer.”

Rozelle also feels it is important to contribute to the running community and volunteer.

“I volunteer at the bib distribution for the Klassic each year and I have volunteered for the Thanksgiving Turkey Trot, as well. I have worked with volunteers a lot during my life and I have some appreciation for how hard it is to stage events. I feel that volunteering is a bit of payback for all the effort that goes into providing us with organized events. In this area, it is KAR that has made us into a running community and I am thankful for that,” shares Rozelle.

Julie Hoffmann, a runner in her 70's and retiree from the Department of Veteran's Affairs, has changed her reasons for running over the years. Hoffmann has been ranked nationally by *Running Times*, earning recognition as a top masters runner in her 70's.

“I used to be competitive, now I run to stay physically active and healthy,” says Hoffmann.

“My first race was 1978, a 10K around Gull Lake. Back then I was a member of NYRRC (still am) and Kalamazoo Track Club.”

In regards to her peers, Hoffmann states, “Many are still running - from cross-country and track backgrounds. (Others are) not racing, but cycling, walking and using neighborhood courses, parks or trails.”

Hoffmann also volunteers at local races and Borgess.

“I have a cheer station, I'm on the course, says Hoffmann.”

“KAR is very supportive and welcoming to beginning runners IMPORTANT. The availability of Sports Medicine consultation is appreciated.”

As far as encouraging runners in their 70's and beyond, “Stay supportive of the seasoned runner. It is not about speed or age divisions.



“I used to be competitive, now I run to stay physically active and healthy.”

-Julie Hoffmann



“I am not interested in showing off or belittling those who do not run, but I do like to celebrate simply being able to run.”

-Royce Bland (79)

The Silent Generation Continued

Doing your thing for decades; easy runs, enjoying scenery, during travels: (For) me from Ireland, to NYC, to Kal Valley trail,” shares Hoffmann.

Royce Bland (79) is a retired salesman born February 5, 1938, enjoys the accomplishment of running and the wellness aspects.

“I run for two reasons. First, just because I can. I am not interested in showing off or belittling those who do not run, but I do like to celebrate simply being able to run. I cannot say that I enjoy running, but I do very much enjoy the accomplishment of the run, and the great health benefits of running,” shares Bland.

“I have been running since the spring of 2004. I started running only because I was tricked by my good friend at the gym, (yes, I was willingly tricked). I do now run at the gym because it is one of my favorite workout routines.”

“I have one good friend in my general age group who runs, but I know of few others who run at my age. Most of the seniors I know of do not run because of health constraints.”

Noall, Rozelle, Hoffmann and Bland are all exceptional role models for the younger generations, and demonstrate that running is not only possible during the Golden Years, but also contributes to a higher quality of life.

Whether Millennial, Generation X, Baby Boomer or Silent Generation, get your run on and keep moving!

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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. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers’ Bureau of the United Way of the Battle Creek and Kalamazoo Region.

Just Another Member's Story: Chelsey Jones

Count Your Blessings

By Gale Fisher



"Running is like celebrating your soul. There's so much it can teach us in life." -Molly Barker, founder of Girls on the Run

Often times in life we are tested as circumstances push us out of our comfort zone. Things may at times seem dire and we experience frustration with periods of sadness. If we open our eyes, however and tune into the signs that our placed within our view, our perspective may change and uplift our spirits. We are all human and a certain amount of self-pity may be unavoidable. Although there may be trials in our lives that we would rather not deal with, seeking the positives that can come from these ordeals will provide us with acceptance, balance and ultimately the path to learn and move on. For most runners, there comes a time when we experience setbacks in the form of an injury. We find comfort and solace in our daily routine and then out of nowhere, an injury will take us away from the joy we experience from running for an extended period of time. The emotional toll of time away from our sport can seem like a huge burden.

This month's featured runner, Chelsey Jones has not been to immune to the physical and emotional impact of an injury, but a chance encounter with an athlete on a bicycle who was living life to the fullest despite dealing with circumstances with a greater impact than her Achilles issues helped to reshape her perspective.

Although Chelsey did not begin running until late in her teen years she has always been an athlete. *"I began running in 2004, my senior year of high school. Prior to that I was a competitive gymnast."*

Although Chelsey was ready to part ways with her life as a gymnast she didn't want to give up athletics. *"When I decided to end my career as a gymnast I knew I needed to do something to stay in shape. My dad is a runner and suggested maybe I give it a try."*

Chelsey didn't immediately experience the same thrill that she had received as a gymnast. *"At first I hated it, absolutely hated it. Running two miles was the hardest thing ever, but I found ways to make it fun and slowly fell in love with it. I started running 5k's with my dad, who of course challenged me to get faster and my response was, well I'll just run a marathon. He didn't think I could do it. I've run 18 marathons since."*

Chelsy's father may have been her first mentor as a runner, but she has found her niche through the guidance, support and inspiration of many individuals in the local running community. *"I have met many great people over the years that I have run with and they all have taught me something unique and different about running. I feel blessed to be in a great community where we can see so many different perspectives of running."*

Although many in the local running community have helped to shape Chelsey's attitudes about running and how it relates to life, her most memorable moment of learning came from a chance encounter while cycling. *"I have had many great moments as a runner. Races won, P.R.'s, pacing people to Boston qualifiers, qualifying for Boston myself and having great conversations with my friends on long runs, but oddly enough my most memorable moment as a runner was not when I was running."*



Chelsey's great moment of revelation came while seeking solace from self-pity during a bike ride, on a day when she should have been carbo-loading and resting in preparation for a morning with many of her running friends on the marathon course in Grand Rapids. " It was in 2015, the day before the Grand Rapids Marathon. It was a perfect fall day. The temperature was in the 50's, leaves at their peak color, sun shining, and I was injured and not able to run at all. Feeling extremely sorry for myself, I took off on a long bike ride. I was angry, discouraged, feeling defeated, and just very bitter. I didn't understand why this was happening to me. At this point I had been dealing with chronic tendonitis in my Achilles for more than two years and no one could seem to find an answer."

Many of us have experienced a similar array of mixed emotions while dealing with an injury. The bitterness of these emotions can be amplified on fall day, like the one that Chelsey described, when all of our friends are about to embark on a twenty-six mile journey while we are left licking our wounds. " I had seen multiple doctors, tried all the new and upcoming remedies/procedures, and still it wasn't better. It just wasn't fair. As I was riding all I could think of was poor me, why me, how is this fair?"

Her mood changed immediately however with a chance encounter. "Heading down the Kal-Haven Trail, I saw a man biking, and as I took a second look I realized that he only had one leg. Hmm. Suddenly I didn't feel

quite as sorry for myself. I still was a very healthy person, and was even able to be out biking. I kept riding and pondering things, until I came across a sign in front of a church that read "How much do you trust me?"

Was this a chance encounter or a moment that was meant to be? Either way it was a sign that was too obvious for Chelsey to ignore. I'm not sure if it was fate, just good timing, or a greater power, but all of these events happening made me have an "a-ha" moment. I suddenly realized that although what I was going through was frustrating, and I didn't understand it, everything happens for a reason, and even though I couldn't see the big picture everything was going to work out the way it was meant to be."

Chelsey still had to deal with her injury but she now understood that with a fresh perspective and a little patience things would work out even if the outcome was not what she was hoping for at this moment" I realized that I wouldn't be going through the challenges put in front of me if I didn't have the strength to overcome them, and my injury was only going to make me stronger. In the midst of my struggles I was learning some very important lessons. No more than a few weeks later I met with a surgeon in Chicago who promised me I would run again, healthy, strong, and pain free."

The surgeon's words lifted a huge burden from Chelsey's heart as she now felt as strongly as ever that she would soon be able to enjoy some of the things that she enjoyed most about running.

"I love that running challenges me both physically and mentally. I can truly say running has helped me become a better person. I love that I can set goals and see growth. I know if I work really hard at it I can most times reach my goals."

Although reaching a goal can provide a huge mental and emotional boost, Chelsey realizes that good can also come from falling short of a goal. " The times that I don't reach my goals, sometimes teach me more. Running has helped me see that there is no such thing as failure, but sometimes we do fall short and the challenge is how do we learn from that and grow."

Running is not always sugar and spice however. There are those attributes of our sport that Chelsey has learned to deal with.

"Constantly being sore is sometimes a mental challenge. Although I know being sore is a great thing, and it means I'm getting stronger, there are days where it's just a struggle to get out of bed."

I would guess that Chelsey experienced sore muscles as a gymnast as well. Like anything in life, there is a learning curve with running. Chelsey has learned much as a runner and continues to do so. The lessons that she has learned are lessons that all of us can learn from.

"Try not to take running so seriously. As much as I love running I have learned over the last few years that it is so important to have balance. As great as running is, it is not everything. This was a very difficult lesson for me to learn. I wanted so bad to get better. Every run was about a P.R.. I think I lost sight of the big picture."

Perhaps Chelsey learned more about running during the extended time when she was unable to run.

"When I was injured I really had to struggle through figuring out who I was beyond running. What made me, me? If I wasn't able to run, what else made me tick. At first I was in a panic, because I felt like it was nothing. Running had become my entire identity. I ate to run, slept to run, it was my friends, my social life, and suddenly it was gone."

Being stuck in runner's limbo because of her injury taught Chelsey the importance living her life with her eggs in more than one basket.

"It was one of the hardest things I have had to work through. Having surgery on my Achilles and having to take 6 months off taught me that there really is more to me than just running, and despite being injured all of the qualities and strengths I had developed through running were still with me. Running doesn't give us positive qualities. All of us are born with these qualities but sometimes they may be stagnant deep inside of use. Running can draw those qualities out. "I was still a hard worker, determined, motivated, and able to overcome challenges, the challenges at this point just looked different. I also was forced to try new things, which was one of the best things ever. I found a new appreciation for biking, and am learning to say that I enjoy swimming. I am looking forward to a great tri season this summer."

Although one must persevere and deal with a little pain to reach goals, common sense is also a necessity. "One other piece of advice... Listen to your body. As someone who was told this many, many times, and did not listen, I know it can be hard, but it's okay to rest. Our bodies need recovery. It is through recovery we become better athletes. Not every run has to be hard, and it's okay to do other things. You will not lose fitness from a day off. If you don't feel like running, don't. It's not the end of the world. Try other things, have fun. Enjoy what you do."

Running can offer all us a bounty of benefits including physical health, emotional stability and friendships made. One benefit of running that is rarely mentioned is that it can be a tool for learning allowing us to grow in the way we think about our lives. It can place us on top of the world but also knock us down reminding us to appreciate all our blessings. It can teach us the importance of balancing hard work and mental focus to achieve goals, with the simplicity of just enjoying running for what it is. These lessons can come to us in many forms. For Chelsey, her moment of revelation came to her at perhaps her lowest moment as a runner when self-pity was rooted deep inside of her. Message received.

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

Just Another Runners Perspective

A Defining Moment

"We all have defining moments. It is in these moments we find our true characters. We become heroes or cowards; truth tellers or liars; we go forward or we go backward" ----Robert Kiyosaki

Friday, May 20, 2016, Mason, Michigan, sight of the 2016, Division 2, Region 12, Michigan High School regional track meet: All eyes are locked in on the eight lane extravaganza as the sprint finals begin. Although the main feature is on display directly in front of the bleachers, the focus of many spectators is diverted back and forth from the one hundred meter straight away in which each race starts and finishes to the high jump pit, nestled in beneath the goal post on the south edge of the football field. Standing at five foot eleven inches, Harper Creek's Charley Andrews eyes the bar, frozen in her pre-jump pose with her lanky frame making it look as if she owns this field event.

Charley has already claimed a regional victory, punching her ticket to the state meet, and a chance to defend her title from the previous two seasons. As a junior, she is halfway to earning four state titles, a rare accomplishment. The competition with the rest of the field is complete but Charley remains in a match against herself in an attempt to capture her highest career jump of five foot nine inches. The sun peaks through the clouds with a slight breeze filtering in from the southwest. Conditions seem ideal for a track meet. With her mind focused, Charley strides towards the pit, plants her left foot sailing through the air, crashing into the bar and landing softly on the mat.

A jolt of pain sears through Charley's left foot. The long term impact of this affliction is not immediately known, but ultimately it would result in an end to her junior season of track and a rigid recovery period that would test her mental resolve.

Through her high school athletic career, in which she claimed multiple all state, all region and all city awards while also experiencing many team accomplishments as a basketball, volleyball and track and field star, I'm sure that Charley had experienced many moments that defined her as an athlete. This one moment in which her foot took the brunt of a mistimed plant, would test her, work ethic, mental resolve, raw talent and patience. Perhaps this temporary set-back would prove to be her truest defining moment not only as a competitor but more importantly as a teenager. With another year awaiting her as a high school athlete, on the horizon bringing with it titles to defend and college scholarship offers to consider, this would provide Charley with one of her most difficult challenges. Her positive character traits would get her through, giving her a fresh perspective and perhaps some lessons learned.

Charley participated in running as a middle school student in both track and cross country but her true potential as a runner was not put on display until her freshman year when she excelled early and often. Her raw talent as an athlete also blessed her with success on the basketball and volleyball court. Although she does not come from a deep lineage of sports stars, her father, Damian was on Battle Creek Central's track team as a teenager and her older brother, Jake played soccer for Harper Creek High School and continued for one year at Spring Arbor College before injury ended his career. The success that Charley has demonstrated goes well beyond what others in her family have accomplished.

Like many youth of her generation, Charley's first organized sport was soccer. She started with AYSL soccer at the age of four and this was really her only formal sport until she entered Middle School. "When I was in 8th grade I quit soccer and tried volleyball. My sophomore year I really started to show my talent as a volleyball player earning all city, all region, all league and honorable mention all state. "

Just Another Runners Perspective continued

Charley's mom Jenny took notice of the drive and work ethic that her daughter possessed early on and through her teen years. "She has always been coachable and extremely competitive. We first saw this when she was a child when we would play board games. Everything she has earned has been because of her work ethic and because she is self driven."

As Charley made the transition from middle school to high school, success came immediately as a high jumper and a mid distance runner. Although college recruiters would not start calling on her for track until her junior year, they came knocking on her door for volleyball as a freshman. Her future as a volleyball player swayed her decision to not go out for basketball as a ninth grader, possibly her most loved sport at that time.

"I began playing organized basketball in 5th grade through Rising Stars, a team that travels to local weekend tournaments. Basketball become my best sport. I grew to enjoy it more than any other sport." Basketball seemed to create less stress for Charley than any other sport. "I did not play basketball my freshman year but focused on volleyball with a travel team during the winter. I missed basketball and returned my sophomore year. When I was a freshman colleges were showing an interest in me as a volleyball player so there was a lot of pressure to do the club volleyball."

Ultimately track and field would become her bread and butter for college athletics, but she still managed to fill her trophy case with volleyball and basketball hardware. Through the years, Charley earned, all city, all region, all conference, all state and honorable mention all American as a volleyball player, while also finishing top ten for Miss Volleyball in the state of Michigan her senior year, quite an accomplishment considering she was still trying to recover from the foot she broke in May of her junior year of track. While Charley shined as an individual, she also led her volleyball teams to one of the greatest eras of success for Harper Creek Volleyball. "For my sophomore and junior year my volleyball team made it to the state semifinals. We beat local powerhouse St. Phil my sophomore and junior year."

College volleyball scouts made offers to Charley before she played a single match as a sophomore. She verbally committed to Western Michigan University on a full ride scholarship offer her sophomore season, but college track coaches had her questioning this decision a year later. Although verbally committing to WMU early on seemed like a no-brainer, Charley's mom thinks that in retrospect it came back to limit her options in her volleyball future. "Looking back I think verbally committing to volleyball to Western Michigan took some other options off her plate for playing volleyball at other schools."

From my perspective, I have known Charley early on as a teacher at her elementary school while losing track of her during her middle school years, only to see her a few years later as an opposing distance coach for Pennfield's High School track team. Mixed emotions ranging from pride and envy tore back and forth as I watched her multiple times dominate the field in the 800 meter run as well as the 4 by 800 meter relay.

As an opposing coach, I cheer for Pennfield athletes to finish in front of my former elementary students who are now running for Harper Creek. At the same time it is a pleasure to see my former elementary students shine even if for an opposing team. Watching Charley race around the oval twice for an 800 meter run is always exciting. Although there is so much more to success as a runner than raw talent, it is easy to see her gift when running the 800.

In my mind there are three areas that dictate performance as an athlete. Those areas include talent, work ethic and competitive drive which involves the will to win. Perhaps it is this competitive drive that fuels the other two areas. If you possess that will to win then your work ethic will follow, combining with your physical ability to create magic. This is what separates athletes with true natural ability. Many who have spent time with Charley have

Just Another Runners Perspective continued

Charley's father has been witness to these characteristics in her daughter through the years. "I would like to say how proud I am of her drive and dedication to her goals she sets for herself, no matter how big they might be. She wanted to be a state champion...done! She wanted to run track for a big ten school...done! I'm also proud that as she's reaching for her goals but never forgets to be a kind and generous person to those around her."

Hannah Berning feels blessed to have been Charley's teammate for the last four years. "Charley is the most determined person I know. If she wants something, she doesn't stop until she's accomplished it, no matter how many tries or how long it takes. She strives to go above and beyond what is expected of her and never settles for anything less than that. She's the athlete every high teenager dreams of being and she has a work ethic that'll take her to extraordinary places in life."

Her former coach, Dennis Anthony know what it takes to be a model student athlete. "Charley really is an exceptional athlete and person. As a longtime coach, it is so much more gratifying that your best athlete - your school record holder, arguably your best all-time athlete - is also one of your hardest workers and a great teammate."

Current coach Ryan Renner also sees these same qualities. " Charley is a very hard worker in practice, always doing every workout as designed with proper intensity and a great attitude. She is a leader in practice and encourages other girls on the team to work hard and give their best."

Charley has a highlight reel that has made an impression on many Division One college track coaches. One of her most exciting moments came in the 4 by 800 meter relay at the Regional track meet her junior year. Charley's team was the number one seed going into the race that Charley was scheduled to anchor. With each of the first three legs falling further and further behind it looked as if a regional championship for Harper Creek's 4 by 800 team was a lost cause. Charley received the baton for the last 800, forty meters behind the first place team, with her team holding down fifth place. Even with Charley's history and talent level few expected her to make up this deficit, with the teams she was trying to catch. Charley ran a 2:17 leg, passing third seeded Gull Lake in the end to capture first place for her team. Unfortunately this moment of exuberance would be followed an hour later by a moment on the opposite end of the spectrum with a broken foot.

As Charley sat near the high jump pit, surrounded by coaches and trainers, a buzz began going through the crowd seated in the bleachers. No one was aware of the specific details, but many realized that something was wrong with Charley. Two hours later when she made her appearance at the start line for the 800 meter dash, my fellow coaches and I were somewhat stunned.

Charley recalls the two hour stretch as if it happened yesterday. "The trainer thought that I had bruised a bone. She said that I could run on it if I could handle the pain. We called all the coaches over and my dad and collectively decided that I would run the 800 later in the meet to try to qualify for state."

Through her athletic career Charley had experienced many nerve racking moments but none like this. " As I waited for the 800 I was super nervous. I remember going over to Katie, one of my teammates, and saying I don't think I can run it. She boosted my confidence. We tried walking before but I really couldn't walk on it."

As we watched Charley hit her stride for the 800, we immediately noticed that she was not running like she normally does. This was an event that she was expected to win but immediately she fell off pace. " A few hours later when I ran the 800 it felt a lot better until about the 200 mark. The pain was bad. I made it another 400 and then my coach told me to stop. I left with my dad and went to urgent care. An x-ray confirmed a break. I had surgery and a pin was put in my foot. I was on crutches and a boot for six weeks. I did attempt to jump at state. I practiced the day before but scratched all three attempts the day of the competition. After I got out of the boot, I began physical therapy. When I got out of the boot I had signs of plantar fasciitis."

Just Another Runners Perspective continued

Charley was able to make it to volleyball season and end with a stellar finish to her volleyball career, with the pain from what was thought to be plantar fasciitis becoming manageable. When basketball season began in November, the running and cutting required brought the pain back to the point that she had to quit. An MRI showed that there was a stress fracture in the heel of the foot that she had broken. The line of thought was that there was never plantar fasciitis and that it was always a stress fracture with the movements associated with basketball making it worse.

Charley was put on restrictions with no weight bearing for seven weeks. Although it was a difficult blow for Charley to lose her senior basketball season she has come to terms with it. She is there for every practice and game to support her teammates.

Michigan State had offered her a scholarship for track and field last year as a junior. Although she had verbally committed to WMU for volleyball she still was considering track. The track scholarship was for 35% tuition while the volleyball scholarship was a full ride. The financial difference was huge but running track for a Big Ten school was a dream, making for a tough decision for Charley. "I got opinions from all of my coaches about whether or not they thought I should go with track or volleyball in college. Mom and dad were split between track and volleyball."

In the end, Charley decided that running was in her future, signing on with MSU back in November. Charley and her family were a bit worried with her latest setback, but the MSU coaches have assured her that her scholarship is still there. Because she is an incoming MSU athlete she has access to all of their doctors and trainers. When her weight bearing restrictions are lifted she will begin to work with the MSU medical staff to rehab. She will show case her talents as an athlete, participating in the heptathlon for MSU.

"All she can do now is continue to work hard and use her drive and desire to chase her dreams. If she does this then she will continue to be a winner, regardless of what her future accomplishments may be."

Will Charley continue her success as a high school track star this spring and defend her state titles? Will she go on to become a shining star at MSU, earning all conference and all American honors? Will she become an Olympic athlete or go on to run professionally? I'm sure that her desire, work ethic and talent will give her a chance to journey on this path but I am sure that with what she has gone through she will be the first to tell you that nothing is guaranteed. All she can do now is continue to work hard and use her drive and desire to chase her dreams. If she does this then she will continue to be a winner, regardless of what her future accomplishments may be.

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.



Annual Banquet and Membership Meeting Recap

By Bonnie Sexton



Doug Kurtis, dapper in his purple suit, presents on Motivation and Courage

The Kalamazoo Area Runners Banquet and Membership meeting was held March 22, 2017 at the Fetzer Center. Guests were inspired by a presentation on Motivation and Inspiration by Doug Kurtis, the world record holder for the most sub 2:20 marathons. He and his wife Ann, travelled from the Detroit area to spend the evening with the Kalamazoo Area Runners.

In addition, members of Kalamazoo Area Runners (KAR) were honored during the Runner Recognition awards ceremony, the By-laws were approved by the membership, and new officers and board members were elected. One of the most notable decisions made during the membership meeting was a change to our mission statement to simplify and broaden it. Our new mission is to promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community.

Our new mission is to promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community.



Meet the 2017—2018 Kalamazoo Area Runners (KAR) Board of Directors (pictured from left to right) Fred Keister, Amanda Knapp, Tiffany Andrus, Bonnie Sexton (President), Scott Struck, Shannon Kelly (Secretary), Michael Hutchinson, Kirstin Simons (Treasurer), Liz VandenHeede, Chelsea Dilla, Kerri Langdon (missing from photo Carrie Hoch-Mortlock and Kristen Mansfield)

2016 Runner Recognition Award Recipients

- Chelsey Jones**
2016 Comeback Runner of the Year
- Andrew Hirzel**
2016 Most Improved Runner of the Year
- Denise Keely**
2016 Perseverance Award
- Arya Jayatilaka**
2016 Reynold Oas Volunteer of the Year
- Matthew Norko**
2016 Spirit of Running Award
- Scott VanLoo**
2016 Mega-Marathoner of the Year
- Frank Maston**
2016 Mega-Racer of the Year
2016 Mega-Trail Racer of the Year
- Julie Bradfield**
2016 Social Runner of the Year
- Bonnie Sexton**
2016 Story Contributor of the Year
- Jackson Lam**
2016 Youth Runner of the Year
- Evelyn Argo**
2016 Youth Runner of the Year
- Julian Borst**
2016 Open Runner of the Year
- Marie Billen**
2016 Open Runner of the Year
- Jeff Layne**
2016 Masters Runner of the Year
- Heather Boersma**
2016 Masters Runner of the Year
- Mark Sigfrids**
2016 Grand Masters Runner of the Year
- Peggy Zeeb**
2016 Grand Masters Runner of the Year



February New and Renewing Members

Rafael Alcaraz
Mary Beth Bass
Jodie Bastian
Christine Behrens
Stacey Belanger
Brian Bowman
Bernadette Braganini
Andrea Burlingham
Diane Bussema
Charles Castaneda
Jess Ciaravino
Marty Dinneweth
Steve Ellis
Teddy Foote
Sarah Foster
Kathy Griffin
Kevin Grossheim
Linda Grossheim
Dayle Hadden
Karen Hadden
Alan Hendershot
Pam Hendershot
John Howland
Erika Hubbard
Kay Hubbard
Nate Hubbard
Tony Hubbard
Madeline Ingold
Katie Johnson
Reg Johnson
Tyler Klain
Andrew Klien
Becky Klien
Emma Klien
Kristina Kryda
Lesley Lanker
Daniel Launt
Maria Launt
Nate Launt
Pam Launt

Caleb Lohman
Sarah Lohman
Cathie Magill
Thomas Maihofer
Dave Maroukis
Mike Megyesi
Cole Muenzer
Doug Muenzer
Penelope Muenzer
Vance Muenzer
Margaret Munger
Lillian Neff
Sarah Neff
Laura Oliver
Steve Ott
Annika Peterson
Erin Peterson
Gabrielle Peterson
Jay Peterson
Maureen Peterson
Henry Poznanski
Margot Poznanski
Nina Poznanski
Robert Poznanski
Kevin Rabineau
John Rachor
Robert Reed
Brenda Seeley
Brian Seeley
Dalton Seeley
David Seeley
Megan Seeley
Keith Shuffit
Amanda Sinclair
Jeffrey Smith
Alexa Smolinski
George Stevens

Kalamazoo Area Runners (KAR) Club Championship Series

The Kalamazoo Area Runners (KAR) Club Championship Series consists of local events offering a discount to KAR members (except as noted) and runners earn points for participating. Time points are added for each runner's best 9 races. Points are determined as follows: Time points = winner time/runner time x 100.

Club Series age group awards will be presented to the top three in each age division at the Club Series Awards Celebration scheduled for November 14, 2017.

[Click here for more information and a list of 2017 Club Championship Series Races](#)

Meet Our Volunteer Directors



Meet Michael Hutchinson

Amanda Burdette

Co-Director, Battle Creek Fast Track (Spring/Fall)
Amanda.burdette@kalamazooarearunners.org

Doug Chapel

Co-Director, Sunday afternoon runs in Battle Creek
Doug.chapel@kalamazooarearunners.org

Michael Couey

Co-Director, Battle Creek Fast Track (Fall)
 Co-Director, Battle Creek Beyond Training Program
Michael.couey@kalamazooarearunners.org

Chelsea Dilla

Membership Director
 Co-Director, Kalamazoo Klassic (KAR)
Chelsea.dilla@kalamazooarearunners.org

Nikki Elder

Chair, Battle Creek Leadership Committee
 Co-Director, Battle Creek Fast Track
Nikki.elder@kalamazooarearunners.org

Gale Fischer

Featured Runner and Another Runner's Perspective Author.
Gale.fischer@kalamazooarearunners.org

Maggie Honaker

Co-Director, Battle Creek Beyond Training Program
Maggie.Honaker@kalamazooarearunners.org

Marty Hoover

Director, Club Series Administration
Marty.Hoover@kalamazooarearunners.org

Brian Hunt

Director, Graphic and Web Design
brian.hunt@kalamazooarearunners.org

Michael Hutchinson

Director, Thursday Night Richland Library Runs (with Cindy Schnotala)
Michael.hutchinson@kalamazooarearunners.org

Arya Jayatilaka

Club Photographer
runarya@yahoo.com

Fred Keister

Co-Director, Kal-Haven Trail Run (with Liz VandenHeede)
 Co-Director, Indoor Fast Track (with Jay Wardell)
Fred.Keister@kalamazooarearunners.org

Carrie Mortlock

Director, Project Sole
 Co-Director, Bunny Hop Run
Carrie.Hoch-Mortlock@kalamazooarearunners.org

Jim Pollock

Co-Director, Bunny Hop Run
Jim.Pollock@kalamazooarearunners.org

Matthew Santner

Co-director, Sunday Afternoon Runs in Battle Creek
Matt.Santner@kalamazooarearunners.org

Leslie Scheffers

Director, Information Technology Security
Leslie.scheffers@kalamazooarearunners.org

Cindy Schnotala

Director, Thursday Night Richland Library Runs (with Michael Hutchinson)
Cindy.schnotala@kalamazooarearunners.org

Kirstin Simons

Co-Director, Member Reception Runs
 Director, Race Discount and Service Provider Program

Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)
 Director, Fast Track Training (Kalamazoo-Summer)
 Co-Director, Summer Safari (with Gazelle Sports)
 Director, Kalamazoo Klassic (MRC)
 Co-Director, Turkey Trot Time Prediction Run (beginning in 2017) (with Scott Taylor)
 Director, Club Series Outreach
 Team Captain, Race for the Cure
Bonnie.sexton@kalamazooarearunners.org
 Rundown Editor

Scott Taylor

Co-Director, Turkey Trot Time Prediction Run (with Bonnie Sexton)
Scott.taylor@kalamazooarearunners.org

Liz Vandenheede

Director, Website Content Management
 Co-Director, Kal-Haven Trail Run
Liz.vandenheede@kalamazooarearunners.org

Jay Wardell

Co-Director, Indoor Fast Track (Kalamazoo) (with Fred Keister)
Jay.wardell@kalamazooarearunners.org

Heather Woodbury

Co-Director, Member Reception Runs
Heather.woodbury@kalamazooarearunners.org

Upcoming Kalamazoo Area Runners Events and Programs

Spring is in the air which means it is time to get registered for your favorite Kalamazoo Area Runners events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

[Kal-Haven Trail Run](#) (April 8—Registration Open Now!)

[Battle Creek Beyond Half Marathon Training Program](#) (April 1 – June 24)

[Battle Creek Fast Track 5k and 10k Training Program](#) (March 28 – June 6)

[Kalamazoo Klassic 5k, 10k, Team Challenge & Kids' Klassic](#) (June 16 & 17)

Next KAR Board Meeting is April 3, 2017

The next KAR Board Meeting is April 3, 2017 at 7:30pm at Bronson Athletic Club. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.



Group Runs

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 Liz VandenHeede at liz.vandenheede@kalamazooarearunners.org

[Click here for a community group run list.](#)

Injury Assessment Clinics Through Bronson Sports Medicine

The Kalamazoo Area Runners are pleased to partner with Bronson Sports Medicine to present a FREE monthly sports injury walk-in clinic!

Do you have an injury from running, exercising or training? Athletic Trainers from Bronson Sports Medicine can help. Injury Assessment Clinics are held the third Wednesday of each month from 4:00—6:00pm for KAR Members. Please call 269-341-8280 with your name and phone so that proper clinic staffing can be arranged. Clinics are held at Bronson Athletic Club, 6789 Elm Valley Drive, Kalamazoo.

Questions? Call 269-330-2747 or 269-808-0041 or visit [Bronson Sports Medicine Injury Clinics](#)



BRONSON
Sports Medicine

Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons at kirstin.simons@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

Discount codes are no longer required for events presented by the Kalamazoo Area Runners, or in most cases for other events utilizing the RunSignUp registration system. The system will automatically detect current KAR memberships if the RunSignUp account has been properly claimed. For more information and questions about this process, please contact Kirstin Simons at the email address above.

Below are upcoming events and programs offering KAR members a discount:

[Community Music School 5K Zombie Run](#) – Battle Creek, MI
April 29, 2017
\$2 discount

[Wisconsin Marathon & Half Marathon](#) – Kenosha, WI
May 6, 2017
\$5 discount

[Fifth Third River Bank Run](#) – Grand Rapids, MI
May 13, 2017
\$5 discount

[Sunburst Races](#) – South Bend, IN
June 3, 2017
\$5 discount

[Duo at the Ledge Half & 5K](#) – Grand Ledge, MI
June 10, 2017
20% discount

[Charlevoix Marathon](#) – Charlevoix, MI
June 24, 2017
\$10 discount

[The Legend \(5M, 10M, Half Marathon\)](#) – Laingsburg, MI
August 5, 2017
10% Discount

[Running Between the Vines \(Half Marathon, 5M, 5K\)](#) – Jackson, MI
August 19, 2017
10% Discount

[Rock Hall Half Marathon & Relay](#) – Cleveland, OH
August 20, 2017
\$10 Discount

[Rock City 5K & 10K](#) – Cleveland, OH
August 20, 2017
\$5 Discount

[Holland Haven Marathon \(8K, Half, Full Marathon\)](#) – Grand Haven, MI
September 10, 2017
\$10 Discount

[Holland Hospital Park2Park Half Marathon](#) Holland, MI-
September 23, 2017
\$8 Discount Half Marathon; \$5 Discount 5k

[The Hungerford Trail Races \(50M, Half & Full Marathon\)](#) – Big Rapids, MI
September 30, 2017
\$15 Discount

[Run the Year 2,017 Miles in 2017](#) Fitness Challenge
\$5 Discount

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

Have you checked out the updated Kalamazoo Area Runners Fanwear from Gazelle Sports? Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the

[Team Gazelle site!](#)

A couple of notes to help you navigate the new Fanwear site:

1. When you click on the link above, you will be taken to a

page that says “Gazelle Sports Soccer” at the top. You are in the right place! Just choose the team name “KAR Fanwear” and continue.

2. The next step is to choose the player name “K Runners.”
3. Finally, check the box at the bottom of the terms page, and continue on to check out the new Nike options.



We hope that you will enjoy the new options, and look forward to seeing new KAR Fanwear at area events. Thank you to Leslie Scheffers for spearheading these changes!

Service Provider and Merchant Discounts

AGILITY PHYSICAL THERAPY

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

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

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



BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a the following:

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership required)
- Free Pilates Reformer Class

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



ATHLETIC MENTORS

Athletic Mentors, located in Richland, is offering KAR members the following coaching and metabolic testing discounts:

- Run Coaching: 10% discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$195 and includes a 30 minute consultation (\$156 KAR price).
- New in 2017, the Metabolic Efficiency Class includes an ME Test, and a 2 hour training to teach how to understand your test results as well as how to train and eat to become more metabolically efficient. The class and repeat tests (without consultation) are regularly priced at \$135 (KAR price \$108).

For more information visit <http://www.athleticmentors.com/> or call 664-6912. Please use the standard KAR discount code when booking services.



CENTERING YOGA

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes via <http://www.centeringyogabc.com/> and

Use the standard four digit KAR code to receive the member discount.



BORGESS HEALTH AND FITNESS CENTER

The Borges 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.



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2017 events. Visit <https://www.cerealcityathletics.com/> to learn more about Cereal City Athletics and to register for their 2017 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2017 Events include:

Paddles and Picnic, May 14 (\$3 off)
Ice Cream Century Ride (\$5 off)
Battle Creek Half Marathon & 5k, (\$5 off 5k, \$5 off half marathon)
Cereal City Triathlon,
Cereal City KIDS Triathlon
Tinsel Toes 5k

Cereal City Athletics also has an [online store](#) featuring TYR's multi sports apparel line. KAR members are eligible for a 10% discount when shopping! Please use the standard KAR discount code at checkout to receive your discount.



Service Provider and Merchant Discounts

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's largest provider of therapeutic and sports massage! Their Sports Massage Center offers a full postural and gait analysis as part of your initial consultation. You can use their convenient online scheduling at www.kalamazooathleticwellness.com or call 269-373-1000 to schedule. KAR members receive \$10 off any massage of an hour or longer at the Sports Massage Center location only. Cannot be combined with other discount offers.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2017 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2017 events, using the 2017 KAR discount code..

Schedule of events:

- Gull Lake Triathlon-June 24, 2017
- Shermanator—August 5, 2017
- Kids Get Active Triathlon-August 12, 2017



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.downdogyogacenter.com. Provide the 2016 discount code to receive discounts.



NITE BEAMS

Nite Beams is offering KAR members 20% off all products online and in-store! Shop for LED safety products for runners, walkers, bicyclists, and pets at www.nitebeams.com.

Be sure to use the four digit standard KAR



code to receive the discount.

Service Provider and Merchant Discounts

GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, is offering 10% off regular priced footwear purchases year round for all KAR Members!

Visit www.gazellesports.com for more information on footwear available.



Gazelle Sports

CORE

CORE is a tool for athletes of all levels. They help create nutrition plans for training or big events.

CORE is providing the following for KAR members:
50% off the Premium Plan
Single nutrition plan for a race or event
No limit on the the number purchased with the discount

75% off the Unlimited Subscription through May 31st,
50% on and after June 1st
1 year subscription
As many Premium Plans as you would like

Special plans available for Boston & Kalamazoo Marathons.

Visit www.fuelthecore.com for more information. To receive the deal, use the standard four digit KAR discount code upon checkout.

CORE

NUTRITION PLANNING

TROY HUGGETT FITNESS PROS

Troy of Troy Huggett Fitness Pros would like to offer members of the Kalamazoo Area Runners a discount on a strength training class that he offers at his training facility in Battle Creek. This class is designed for cross-training of runners who are looking to increase strength, endurance and overall performance while reducing injury risk. It is a 30 minute... Strength and Conditioning class using a variety of modalities including, but not limited to: bodyweight, dumbbells, resistance bands, sandbags, and resistance machines. Each individual session will vary exercises, sets, reps and equipment, while maintaining a focus on safely increasing strength, stamina, and flexibility.

Pricing for the classes is typically \$30 per month (4 sessions) or \$10 per session. Troy would like to offer the class to KAR members for \$20 per month (4 sessions) or \$8 per session.

To learn more and to register visit www.troyhuggett.com.

Troy would also like to toss in a bonus offer of a B.O.G.O monthly Rock Climbing membership. Generally it is \$20/per person for the month - no long term commitment, joining fees, or additional fees of any kind. KAR members can buy one and give the other membership to a friend. This is a great way to train for obstacle course races in addition to just getting some great cross training in

To learn more and to register visit Troy's website at www.troyhuggett.com.

YMCA OF BATTLE CREEK

The YMCA of Battle Creek 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 to learn more membership and use the 2017 KAR discount code when registering.





Kalamazoo Area Runners
P.O. Box 393
Portage, MI 49081



Email: Membership@kalamazooarearunners.org

Mission: To promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community



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