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MAR/APR 2018

“Running is about finding your inner peace, and so is a life well lived.” -Dean Karnazes

The Mental Health Benefits of Running

By Bonnie Sexton



According to the National Institute of Mental Health, 1 in 6 U.S. Adults lives with a mental illness. In 2016, there were an estimated 44.7 million adults aged 18 or older in the United States with Any Mental Illness (AMI). This number represented 18.3% of all U.S. adults.¹

In addition, In 2016, there were an estimated 10.4 million adults aged 18 or older in the United States with Serious Mental Illness (SMI). This number represented 4.2% of all U.S. adults.²

Running is well-known for its physical health benefits, however, there is scientific evidence that it is helpful in the prevention and treatment of mental illness.

The mental health benefits of running transformed KAR member Michael Hutchinson’s outlook on life.

“Prior to beginning running 5 years ago I was generally unhappy/down in the dumps for a variety of reasons. Once I started running again I noticed a dramatic improvement in my outlook. Whether it is attributed to the sense of satisfaction one gets for accomplishing a

goal or the physiological effects that occur during and after a run, I am a firm believer that running is the best therapy out there, ” says KAR Member Michael Hutchinson.

¹ Any Mental Illness (AMI) Among Adults. (n.d.). Retrieved April 3, 2018, from <http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml>

² Serious Mental Illness (SMI) Among Adults. (n.d.). Retrieved April 3, 2018, from <http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

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**Board Members
At Large**



Chelsea Dilla



Joseph Hohler III



Michael Hutchinson



Shannon Kelly



Amanda Knapp



“I feel happier because of all the running I do. I love my runner identity,” says KAR Member Marie Billen.

No matter how good or bad you feel at any given moment, exercise will make you feel better. And it goes beyond just the “runner’s high” – that rush of feel-good hormones known as endocannabinoids. ³

There is scientific evidence running makes you happier. Even a single bout of exercise – 30 minutes of walking on a treadmill – can lift the mood of patients suffering major depressive disorder. ⁴

Running not only makes you happier, it also reduces stress and anxiety.

Running keeps KAR Member Aimee Garrison grounded and clears her head.

“Running has impacted my mental well being tremendously. I have always suffered from anxiety. Running continues to be the one thing that keeps me grounded

and clears my head. Another component to this is all the free therapy you get when spending hours running with your friends,” says KAR Member Aimee Garrison.

KAR member Doug Chapel shares he experiences similar benefits.

“Running almost always helps me relax and alleviate stress. It also makes me feel refreshed and energized. Additionally, I feel a lot more confident knowing that I can endure through a lot of physical activity without getting exhausted,” says Chapel.

There is physiological evidence running sharpens the mind.

Runners have a higher concentration and greater volume of gray matter, which means better memory quicker recall, and generally feeling sharper and a lot freaking smarter.⁵

“Running has this "magic" about it. Thanks to running I feel like I am a more focused and "even-minded" person. When you're running you can either block out everything and think about nothing other than one foot in front of the other. Giving you that time to just clear your head and relax. Or if you need to get away to think, you can run and have no distractions just time to think things through,” says Brittany Hagen.

³ Van Allen, Jennifer, “Six Ways Running Improves Your Health” *Runner’s World* (June 30, 2016) <https://www.runnersworld.com/start-running/6-ways-running-improves-your-health> (accessed January 21, 2018)

⁴ Henkel, Dan, “Exercise Boosts Mood in Depressed Patients; Study note quick gains in vigor, wellbeing” *UT News* (January 17, 2006) <https://news.utexas.edu/2006/01/17/education> (accessed 1/29/2018)

⁵ Judd, Wes, “The Real Miracle Drug” *Runner’s World* (January/February 2018) p. 70.

**Board Members
At Large**



Kerri Langdon



Jessica Simpson



Scott Struck



Linda Vaughan

KAR members Gale Fischer and Terry Hutchins also find running provides them with a mental edge.

“I feel that running has primed my brain over the years and allowed me to look at life from a wiser lense. It has also given me confidence that I feel has enhanced my abilities as a father, husband and teacher. I have seen the impact of the confidence that running can supply personally as well as with other individuals.” says Fischer

“I found over the years that I could think through problems/challenges while running by myself and usually come up with a solution.” adds Hutchins.

Among the many reasons we run, the mental health benefits are no doubt an added bonus, and another reason to keep lacing up the running shoes.

Works Cited

Any Mental Illness (AMI) Among Adults. (n.d.). <http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml> (accessed 4/3/2018)

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Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is a Human Resources and Community Relations Director for a Kalamazoo non-profit organization. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine, Texas Township Living, Gull Lake Living and Heart of Texas Township. 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. She has conducted presentations at a number of local and national organizations including the RRCA National Convention, Kiwanis and Rota-ract.



The Kalamazoo Area Runners (KAR) Annual Banquet and Membership Meeting



On March 21, 2018, Kalamazoo Area Runners (KAR) hosted our Annual Banquet, Membership Meeting and Runner Recognition awards ceremony at the Fetzer Center.

Buzz Burrell served as our keynote speaker and gave an inspirational presentation on the “Fastest Known Time Concept” and some of the athletes who have accomplished the incredible endurance challenges to accomplish them.

Since running Track and X-C at Kalamazoo Central High School (the original building on Westnedge Avenue!), Buzz Burrell has since travelled, run, and raced all over the US and the World. He has run the gamut, from being the USATF Masters 10k Trail Champion to setting the record on the 223 mile John Muir Trail and the 483 mile Colorado Trail. He was awarded the inaugural Everest Award for Trail Running 2002, been called the “Obi-Wan-Kenobi of Boulder trail running” by Trail Runner Magazine, and popularized the concept of “Fastest Known Time”, which has since come into common usage all over the world. He resides in Boulder, Colorado, and manages Ul-

mate Direction, a market leading manufacturer of hydration gear for runners, skiers, and outdoor adventurers.

The Annual Banquet also served as our Annual Membership Meeting and Election of Board Members. We recognized outgoing Board Members at Large Liz Vandeenheede and Carrie Hoch for their years of service to Kalamazoo Area Runners.

In addition, we welcomed new Board Members Natalie Rowe (Vice President), Joseph Hohler III (Board Member At-Large), Jessica Simpson (Board Member at Large) and Linda Vaughan (Board Member at Large)



The 2018—2019 Kalamazoo Area Runners (KAR) Executive Board (pictured from left to right—Amanda Knapp, Joseph Hohler III, Linda Vaughan, Kristen Mansfield, Shannon Kelly, Bonnie Sexton, Kerri Langdon, Scott Struck, Jessica Simpson, Chelsea Dilla, Natalie Rowe, Kirstin Simons-Valenzuela, Michael Hutchinson)

The Kalamazoo Area Runners (KAR) Annual Banquet and Membership Meeting continued...

2018 – 2019 KAR Board of Directors

Officers

President - Bonnie Sexton
Vice President - Natalie Rowe
Treasurer - Kirstin Simons
Secretary—Kristen Mansfield

Board Members at Large

Chelsea Dilla
Joseph Hohler III
Shannon Kelly
Amanda Knapp
Michael Hutchinson
Kerri Langdon
Jessica Simpson
Scott Struck
Linda Vaughan

As part of the membership meeting, the membership also approved the following revisions to the by-laws effective March 21, 2018.

1. Under the duties of the President, the production of a general electronic communication to the membership will be changed from "monthly" to "quarterly".
2. Under the duties of the Treasurer, the duty was added to "provide oversight and coordinate the budget process."
3. Under section VII, Finances, an item was added addressing vendor relationships through Association Members or Board Members. Language was added to clarify, "Association business with an Association Member or Board Member and their employer or business in which the member has ownership interest must be approved by the Board of Directors. Any expenses over \$500 where there is an Association Member or Board Member ownership interest or employment relationship must go through a competitive bidding process with at least two other vendors offering a similar product or service."

Finally, the Annual Runner Recognition Award Members were honored. Each year, the membership and other members of the running community have the opportunity to nominate members or other members of the running community for runner recognition awards. The Board of Directors selects the final recipients from among the board nominees and invites any non-member selections to join KAR (a requirement of receiving an award).

This year, we gave nominators the opportunity to share a few words about their nominees. We heard many inspirational stories about the award recipients, and the impact they had on the lives of other runners. A list of all the award winners can be found on the next two pages.

2017 Runner Recognition Award Recipients

Please join the Kalamazoo Area Runners (KAR) Executive Board in recognizing our 2017 Runner Recognition Award Recipients. Each of the individuals below was honored during the Awards Ceremony at the Annual Banquet and Membership Meeting on March 21, 2018 at the Fetzer Center.

Aimee Garrison

2017 Comeback Runner of the Year

Nominated By: Marie Billen

Denis Billen

2017 Rookie Runner of the Year

Nominated By: Marie Billen, Sandi Fritz

Other Nominees: Steven Mosher

Doug Chapel

2017 Most Improved Runner of the Year

Nominated By: Matthew Santner

Other nominees: Rosa Haag

Lisa Schreiner

2017 Perseverance Award

Nominated By: Marie Billen, Bonnie Sexton, Tim Meeker, Sandi Fritz, Don Payerle, Jim Praeger, Nick Yetter, Sarah Yetter, Kristen Fillar, Kristin Statler, Bill Gephart

Other nominees: Lisa Szeles

Melissa Garza

2017 Reynold Oas Memorial Volunteer of the Year

Nominated By: Bonnie Sexton

Other nominees: Brian Dobbie

Christine Walker

2017 Spirit of Running Award

Kalamazoo Area Runners

Other nominees: Caleb Lohman, Mary Wisswell, Melissa Garza, Nate Hawthorne, Tazee Vickery, Andy Boris

Scott VanLoo

2017 Mega-Marathoner of the Year

Nominated By: Scott VanLoo

Other nominees: Kathy Roschek

Scott VanLoo

2017 Mega-Trail Racer of the Year

Nominated by Scott VanLoo

Other nominees: Autumn Osborn

Scott VanLoo

2017 Ultra-Marathoner of the Year

Nominated by: Scott VanLoo

Other nominees: Cindy Huntington

Randy Fielder

2017 Mega-Racer of the Year

Nominated by: Randy Fielder

Other nominees: Frank Maston, Scott VanLoo, Steven Mosher



2017 Perseverance Award Winner Lisa Schreiner pictured with her nominators



2017 Comeback Runner of the Year Aimee Garrison

2017 Runner Recognition Award Recipients

Holly McKee

2017 Social Runner of the Year

Nominated by: Kerri Langdon

Other nominees: Scott VanLoo

Gale Fischer

2017 Story Contributor of the Year

Nominated by: Bonnie Sexton

Other nominees: Bonnie Sexton

Alexander Argo

2017 Youth Runner of the Year - Male

Nominated By: Marie Billen

Emily Miller

2017 Youth Runner of the Year - Female

Nominated By: Matthew Santner

Other nominees: Evelyn Argo, Abby Strongin

Rocque LeFaive

2017 Open Runner of the Year - Male

Nominated By: Marie Billen

Marie Billen

2017 Open Runner of the Year - Female

Nominated by: Bonnie Sexton, Sandi Fritz

Mike Waterman

2017 Masters Runner of the Year - Male

Nominated by: Bonnie Sexton, Marie Billen

Sandi Fritz

2017 Masters Runner of the Year - Female

Nominated by: Bonnie Sexton, Marie Billen

Terry Hutchins

2017 Patrick Johnson Memorial Grand Masters Runner of the Year - Male

Nominated by: Marie Billen

Other nominees: Andrew Hirzel

Teresa Fulcomer

2017 Patrick Johnson Memorial Grand Masters Runner of the Year - Female

Nominated by: Matthew Santner

Other nominees: Sandi Fritz, Susan Hubert



2017 Patrick Johnson Memorial Grand Masters Runner of the Year Terry Hutchins



2017 Social Runner of the Year Holly McKee

Just Another Member's Story: Eric Green

Experience is the Teacher of All Things

By Gale Fischer



As adult runners it is sometimes difficult to deal with the physical challenges that come with aging. The speed that seemed to come so easy as a teenager and young adult, requires a much greater effort and will eventually begin to fade. Recovery time between racing and hard workouts seems to last longer. The body just doesn't respond to the demands of running like it once did. These bodily restraints may leave the most patient of runners wishing for a return to youth but like most anything in life, there are advantages that come with each year gone by. Many children, teens and young adults possess a certain amount of wisdom but nothing can duplicate the wealth of knowledge that comes with the experiences of each passing day, month and year. Each success and failure brings with it a learning opportunity. This month's featured runner, Eric Greene, has taken advantage of his experiences over the years to reinforce the concept that running is just as much if not more mental than it is physical.

Eric became captivated with running as a young child. *"I started running when I was five years old. I liked running behind my dad as he mowed the yard. I was very active and liked being outdoors as a child."* Eric's love for unstructured running carried through from a five year old to his elementary school days into middle school and beyond. *"When I started sixth grade at Belding Middle School, running cross country became a natural fit for me. I loved running through the woods over logs and through creeks."*

Eric was not restricted to cross country with his level of activity as a child carrying over to other sports as well. *"I also played basketball during the winter and ran track in the spring. I ran track and cross country through my senior year of high school, giving up basketball as a junior."* Eric experienced the pinnacle of high school cross country with a PR of 17:51 his senior year along with joining his teammates, qualifying as a team for the state meet. Although Eric seems a better fit for long distance running he experienced more success in competition in high school as a sprinter for his track team.

Eric backed off some on his running after graduating from high school, but it continued as an important part of his life. *"After graduating from high school I ran on occasion off and on. As a college student at Central Michigan University I would run on the track and go for runs on campus. It wasn't regular but enough to keep me in shape. Throughout my twenties I still ran regularly, but only three to five miles at a time."*

Eric learned about the marathon distance as a teenager and vowed to someday take on this challenge. *"In 2009 at the age of thirty four I ran my first marathon in Grand Rapids. Years before as a teen runner I had heard about the marathon distance. At that time it seemed absurd and hard core. I remember thinking that running a marathon might be something that I want to try sometime."* Eric began this new journey as a runner as a young husband and father of two, in February 2009 as he began training and preparing for his first marathon. He crossed the finish line in Grand Rapids with a time of 4 hours and 36 minutes. Last fall in Grand Rapids, eight years and seven marathons later, he finished an hour faster than his first with a time of 3 hours and 36 minutes.

Eric loves running now for many of the same reasons he loved it as a kid. *"I loved running in high school and continue to today. In high school I loved the pure joy of running and the accomplishments it provided. I was competitive and loved to out run my competition but also strived to race against myself and improve as a runner."*

Experience is the Teacher of All Things continued...

Although an astute runner as a teenager, Eric has upped his game in the mental aspect of our sport with age and maturity. "There were plenty of failures such as going out to fast but I learned from these." Perhaps more importantly, Eric has grasped the concept of the importance of the holistic approach to running which also applies to overall health. "I have learned the importance of nutrition as an adult runner and I wish that I had understood the importance of this as a teen. I also realize the importance of overall health including staying fit and getting enough sleep."

Eric understands the many benefits that running bestows upon him. "For me the therapeutic aspect of running is what I appreciate most. It gives me back what I put into it. There is a sense of accomplishment and the ability to adapt to uncontrollable conditions. I also love spending time outdoors and running is a great way to enjoy the outdoors." Eric credits what he likes least about running with also being a rewarding part of our sport. "What I like least is sometimes the most rewarding thing. When in the later part of a run when I am tired and my body hurts, when my mind is telling me to stop and I take on the challenge and meet my goal or simply complete a run there are mixed emotions between agony and satisfaction."

Eric credits his high school coach as providing him with mentorship still to this day. "My high school coach for four years, Steve Tchozeski is a mentor. To this day I hear his voice in my head at certain times on runs." Eric finds inspiration in all runners, novice to professional. "Local runners such as Kevin Rabineau provide inspiration for me but also professional runners such as Kara Goucher and Meb Kezeflezighi provide inspiration."

Eric's advice to other runners could apply to most anything in life. "Start small and build gradually. Be patient but also stay committed to it. Attitude and sheer determination are a huge part of running."

Eric's attitude about running has spilled over to his family in recent years. "I have two sons, nine and eleven. They both have run a few 5ks. My wife, Julie, ran her first 5K in June of 2016 completing the Cereal City Classic. Seeing her finish this race was one of my fondest moments as a runner." Eric has been awarded many memories as a runner over the years but seems to appreciate those as an adult more. "I have had accomplishments as a high school runner but recent accomplishments have meant so much more because I have had to work so much harder."

Eric still has aspirations of PRs but race times are not what he really considers to be his goals as a runner. "I just want to stay healthy and keep running. My goal for every run and every race is to finish happy and uninjured."

Eric logs ninety percent of his miles on his own but appreciates the time running with others and the opportunities that it allows him to give back. "I was the beneficiary of the guidance of a few official pacers at the Riverbank Run several years ago. After this I decided that I would like to pace. I'm an encourager and like to bring that approach when pacing. I tell stories and goofy jokes. I try to keep the mood light because I know that running can be hard. I have officially paced twice for the Battle Creek Half Marathon but have unofficially filled that role many times on group runs and in races."

There is no denying the importance of gaining knowledge by reading it or through the words of others but there is nothing more valuable than the wisdom that can be achieved through every day experiences. Successes and failures alike can provide invaluable moments to learn and grow from. Eric provides an example that in running like many things in life there is a give and take. Youth can provide physical advantages that seem to disappear as we age but what is gained from experience can diminish the physical limitations associated with age.

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

Just Another Runners Perspective

Back in the Game

By Gale Fischer

Injury is a natural part of any sport. Although running is not an activity that involves any sort of collision its participants are not immune to physical ailments. Run long enough and injury is likely to kick you to the curb, leaving you licking your wounds for a period of time. The duration that one must refrain from running depends on the diagnosis, but whatever the case any interruption from the sport can be mentally agonizing. Fear of never being able to run again because of injury can often be more taxing than the injury itself. For many, running has become so ingrained as a part of one's life that thoughts of having it stripped away can be devastating. One may be able to maintain status quo through common injuries such as plantar fasciitis and shin splints, but in reality a few days or weeks without can nip it in the bud, reducing the risk of an extended healing period. Although these common injuries can be repaired in a short period of time there are those that can come with a recovery period of six months or longer. Some may even force one out of action permanently.

A little over a year ago a good running friend of mine, Kevin Rabineau, was forced to seek medical attention for reoccurring pain in his back. His condition finally deteriorated to the point that he could not stand to walk. Surgery would be required to fuse two of his vertebrae. The procedure would provide instant relief from his affliction, but jeopardy of his future as a runner became an immediate concern.

Many would assume that a procedure of the spine such as a fusion would lead to the end of a running career, but Kevin's concerns would be alleviated as his doctor assured him that with proper recovery and rehab, he would be able to return to running.

"The greatest gift of life is friendship and I have received it."

--Hubert Humphrey

Kevin and I met back in 2005, at a local 5K race. We quickly realized that we were comparable runners. Our busy schedules did not allow us to get together to run weekly, but through the years we managed to run together at least once a month. What started out as a couple of runners with similar goals pushing each other through long runs, soon turned into a friendship. Kevin became a true friend as well as a mentor. When he and I first talked about his surgery and the time that he would have to be away from running I was amazed at the positive attitude that he conveyed. Two hip surgeries and a broken foot in the last six years have forced me out of the sport for extended periods of time. Although I tried to remain positive through these trials, I was never as upbeat as Kevin was during his recovery period.

With the passion that Kevin, and many of us possess for running, looking at the glass as half full rather than half empty requires a great deal of mental tenacity. Over his forty year career as a runner, Kevin had never been forced to the sidelines for more than a few weeks. Deep down inside, I'm sure Kevin had to fight through the pessimistic questions invading his thoughts including, "What if I never run again?" and "If I do have the opportunity to resume running, will I run as far or as fast as I did prior to surgery?"

Kevin and I remained in contact through the six months of recovery from his procedure. He slowly was allowed to walk and then use an elliptical machine. Certainly his years of being in remarkable physical fitness aided him during his surgery and rehab.

Although during our friendship Kevin and I have made connections through conversations had, while not running, it has always been the dialogue that we have shared while running side by side for a few hours at a time, that has strengthened our bond. When Kevin first talked to me about what he would have to go through to repair his ailing back, I couldn't help but feel for him. I was positive that no matter how optimistic Kevin remained, that not being able to run for more than six months would be difficult.

Back in the Game continued...

What I failed to realize was not being able to run with Kevin for an extended period of time would have an impact on me as well. Although I would continue to see and have conversations with Kevin during this time, the level in which we would connect with each other would not be the same as when running together. This idea of the power that running can have on all of us in terms of positive, powerful relationships is amazing. Although I have realized this concept for years, it would be during a run with Kevin nearly a year after his fusion, that would provide a powerful reminder to me of how powerful running can truly be in terms of mental and emotional bonding.

Kevin had resumed running early November. He was able to run three miles on his first run back but took his time working up to double digits and increasing his pace. I had completed a six mile run with Kevin in December but not run with him since. A group run consisting of 11.6 miles around Gull Lake was scheduled for February 17. Kevin would save this date as his first double digit run post surgery.

With every interaction that Kevin and I had after he resumed running it was like talking to a child on Christmas morning. He was so excited and grateful to be running again. Every distance and or pace milestone after surgery brought with it another high for Kevin. I spoke with him a few days before the Gull Lake run and his level of anticipation was through the roof. I decided that I would complete the run with him and looked forward to being a part of this milestone with my friend.

I arrived at Gull Lake with what I estimated to be a group of ninety plus runners. Kevin and I started out with a group of around ten runners. After the first aid station we found ourselves in a pack of three along with Mark Sigfrids. Mark and Kevin are separated by only a few years and have been age group rivals for the past decade. I consider both to be true friends and mentors. The conversation had out on the roads around Gull Lake, jumped from jovial tone to serious and all points in between. Topics covered included reminiscing about our glory days of running to our families and a variety of other topics. I felt I could have run all day side by side with these two gentlemen. Our physical activity and conversation provided a great platform for three friends to connect on a higher level. I realized that Kevin was not alone in his feelings of fortune to be running again. Mark and I also felt fortunate to be able to run again with Kevin. The entire local running community is blessed to have Kevin back as one of their own.

All of us should feel blessed for every mile that we are able to run. Circumstances may take this blessing away from us but if we are lucky, a return to the sport after recovery will occur. Collectively we are all a part of something special as members of the running community. We each bring our own unique attributes to our sport, making it what it is. Like Kevin, when one of us is pulled away from running for whatever reason, the running community as a whole takes a hit on a small scale. Our local running community is lucky to have Kevin back in the game.

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, coach, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.



January New and Renewing Members

Please join us in extending a warm welcome to our new members, as well as a thank you to our renewing members for your continued involvement as part of the Kalamazoo Area Runners (KAR) family.

Elizabeth Abbott
Laura Abbott
Steve Abbott
Tim Abbott
Stephanie Allen
Teagan Allison
Maria Barajas
Cheryl Bean
Rich Bean
Ryan Bean
Tera Bean
Russell Bertch
Keegan Bierema
Michael Bierema
Sarah Bierema
Katherine Binder
Eugene BREURING
Michael Carney
Melissa Centofanti
Rachel Chandler
Heather Christy
Jack Christy
Nick Christy
Tess Christy
Cindy Cook
Cindy Cramer
Heidi Curtis
Donald Dangler
Jeff Daniels
Lucien Danzos
Steve Darrell
Anne Davidhizar

Melissa Dillon
Alex Duncan
Jeff Eckert
Erik Eldred
Evan Eldred
Mandy Eldred
Zach Eldred
Anne Engh
Scott Evans
Megan Fabiilli
Anne Flynn
Dan Gavlas
Bill Greer
Nancy Greer
Amy Gronda
Israel Guillen
Christine Hadden
Joan Hanna Darrell
Donna Harmon
Lynn Hauptli
Andrew Hirzel
Mike Hoff
Mike Hossack
Linda Howard
John Howley
Mike Hughes
Greg Johnston
Dave Karnes
Joel Kellett
Ed Kenny
Jaime Kiessling
Melinda Koelling

Lesly Krawczyk
Marc Krawczyk
Nate Krawczyk
Andrew Kyser
David Lambe
Barry Lasecki
Michael Lawrence
Michael Louden
Jim Luginbill
Julie Luginbill
Lindsey Luginbill
Michelle Marvin
Jana Mosher
Steven Mosher
Chad Mott
Emily Mott
Bjorn Nelson
Tor Nelson
Jim Praeger
Kayle Rice
Steve Rice
Shannon Russell
Laura Sandahl
Nancy Scafaria
John Shubnell
Jianhua Siegel
Mark Sigfrids
Jennifer Smith
Stephanie Sokolowski
Teresa Stratton
Claire Tabiadon
Ethan Tabiadon
Mike Tabiadon
Rhianna Tabiadon
Natasha Trainer

February and March New and Renewing Members

Please join us in extending a warm welcome to our new members, as well as a thank you to our renewing members for your continued involvement as part of the Kalamazoo Area Runners (KAR) family.

February Members

Mary Beth Bass
 Julie Bradfield
 Andrea Burlingham
 Diane Bussema
 Charles Castaneda
 Colleen Centers
 Cathy Cheron
 Darrin Costello
 Lincoln Crocker
 Marty Dinneweth
 George Draughn
 Valerie Duhn
 Julie Eilenberg
 Linda Finch
 Mike Finch
 Tamra Flowers
 Teddy Foote
 Sarah Foster
 Ann Garlock
 Gary Garlock
 Fabian Golota
 Vickie Gordon
 Sandra Gower
 Kelly Grammer
 Kathy Griffin
 Dayle Hadden
 Karen Hadden
 Alan Hendershot
 Pam Hendershot
 Jennifer Higby
 Vanessa Hills
 Jessica Hoag
 Wendy Hutchison
 Jason Johnson
 Maria Kent
 Ethan Klien
 Sandy Koscinski
 Kevin Krawetzke
 Cody Lam
 Jackson Lam
 Laura Lam
 Aaron LaRue
 Daniel Launt
 Maria Launt

Nate Launt
 Pam Launt
 Sarah Launt
 Rocque Lefaive
 Caleb Lohman
 Addie Maston
 Frank Maston
 Kristin McKinney
 Kris McWilliams
 Pam McWilliams
 Cathy Moorman
 Cole Muenzer
 Doug Muenzer
 Penelope Muenzer
 Vance Muenzer
 Margaret Munger
 John O'Toole
 John Olbrot
 Teri Olbrot
 Isaiah Ouzts
 Theresa Ouzts
 Alicia Parkhill
 Annika Peterson
 Erin Peterson
 Gabrielle Peterson
 Jay Peterson
 Maureen Peterson
 Sally Pohlman
 Henry Poznanski
 Margot Poznanski
 Nina Poznanski
 Robert Poznanski
 Kevin Rabineau
 Sean Shanahan
 Cheryl Sigler
 Kirstin Simons-Valenzuela
 Jeffrey Smith
 Cindy Stark
 BrieLynn Sturm
 Rob Sturm
 Danny Timiney
 Thuy To-Richardson
 Beverly Wilson
 Max Zigterman

March Members

Jennifer Aurand
 Samantha Barton
 Victoria Bauer
 Bernadette Braganini
 Katie Bridges
 Jaime Carson
 Bran'Di Davis
 Heather Davis
 Brian DeVries
 Tanja Fagan
 Aliza Garcia
 Maggie Garcia
 Mason Garcia
 Raul Garcia
 Rick Garcia
 Cassie Goins
 Bradley Gorham
 Destiney Goss
 Stacy Guertler
 April Hall
 Allison Halonen
 Todd Halonen
 Liza Hardin
 Chelsea Johnson
 Kieu Joslyn
 Bobby Koscinski
 Daniel Koscinski
 Jason Koscinski
 Laura Koscinski
 Sarah Koscinski
 David Kozminske
 Kerri Langdon
 Janine Lewandoski
 Matt Longjohn
 Max Longjohn
 Jason Magnus
 Amy Maile
 Renee Mercer
 Shelley Miller
 Martin Minter
 Christopher Mooney

Anita Ollila
 Ana Pace
 Kathy Pace
 Peter Pace
 John Rachor
 Amy Rummel
 Anya Russell
 Eric Schmidt
 Whitney Shane-Feldman
 Al Smith
 Tracie Stapert
 Julie Stout
 Gary Tenbrink
 JoDell Walker
 Rita Waterhouse
 Erin Wirtz
 Dee Wolfe

Meet Our Volunteer Directors & Board Liaisons



Meet
Matthew
Santner

Amanda Burdette

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

Doug Chapel

Co-Director, Sunday afternoon runs in BC
Co-Director, Battle Creek Beyond
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Chelsea Dilla

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Co-Director, Spring Fast Track
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Gale Fischer

Featured Runner and Another Runner's Perspective Author.
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Joseph Hohler III

Co-director, Winterblast Half Marathon, 10k & 5k
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Maggie Honaker

Chair, Battle Creek Subcommittee
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Marty Hoover

Director, Club Series Administration
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Brian Hunt

Director, Graphic and Web Design
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Michael Hutchinson

Co-Director, Thursday Night Richland Library Run
(with Cindy Schnotala)
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Arya Jayatilaka

Club Photographer
runarya@yahoo.com

Shannon Kelly

Co-Director, Spring Fast Track
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Fred Keister

KAR Liaison, Kal-Haven Trail Run
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Amanda Knapp

Co-Director, Turkey Trot Time Prediction 5k Run
Director, Expo Management
Amanda.knapp@kalamazooarearunners.org

Kerri Langdon

Director, Annual Banquet and Club Series Celebration
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Carrie Mortlock

Bronson Walk-in Clinics
Carrie.Hoch-
Mortlock@kalamazooarearunners.org

Stacey Newton

Co-Director, Battle Creek Beyond
Stacey.newton@kalamazooarearunners.org

Lisa Patel

Co-Director, Wednesday Night Portage YMCA Run

Ann Pierluissi

Co-Director, Wednesday Night Portage YMCA Run

Natalie Rowe

KAR Liaison, Kal-Haven Trail Run
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Matthew Santner

Co-director, Sunday Afternoon Runs in Battle Creek
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Leslie Scheffers

Director, Information Technology Security
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Cindy Schnotala

Co-Director, Thursday Night Richland Library Run
(with Michael Hutchinson)
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Kirstin Simons-Valenzuela

Director, Member Reception Runs
Kirstin.simons@kalamazooarearunners.org

Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)
Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
Director, Kalamazoo Classic (MRC)
Director, Club Series Outreach
Rundown Editor
Bonnie.sexton@kalamazooarearunners.org

Sean Sharkey

Co-Director, Wednesday Night Portage YMCA Run
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Jessica Simpson

Co-Director, Wednesday Night Portage YMCA Run
Co-Director, Winterblast Half Marathon, 10k & 5k
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Scott Struck

Director, Team Events (non-fundraising)
Board Liaison, BC Fast Track & Beyond
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Scott Taylor

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

Nicole Thiel

Co-Director, Wednesday Night Portage YMCA Run

Liz Vandenheede

Director, Website Content Management
KAR Liaison,
Liz.vandenheede@kalamazooarearunners.org

Linda Vaughan

Director, Indoor Track Workouts
Board Liaison, Bunny Hop Run
Linda.Vaughan@kalamazooarearunners.org

Check out Kalamazoo Area Runners spring events and programs! Keep track of the important dates that you need to know and learn more by visiting the links below.

[Battle Creek Fast Track \(Spring Session\)](#)

March 27—June 5, 2018
Registration is OPEN!

[Beyond Half Marathon Training \(Battle Creek\)](#)

March 31—June 23, 2018
Registration is OPEN!

[Kal-Haven Trail Run Solo Ultra and Relay](#)

April 14, 2018
Registration is OPEN!

[Kalamazoo Klassic 5k, 10k and Kids' Klassic](#)

June 15 and 16, 2018
Registration is OPEN!

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.](#)

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 13, 2018

[Click here to view the 2018 Club Championship Series Participating Races](#)



Next KAR Board Meeting

The next KAR Board Meetings is May 7, 2018 at 7:30pm at the Maple YMCA. As always, members are always welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons-Valenzuela 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 at the email address above. Below are upcoming events offering KAR members a discount:

[Martian Invasion of Races \(Full, Half, 10k, 5k\)](#) – Dearborn, MI

April 28, 2018
10% discount (through Feb 28th)

[Backward Mile Run](#)– Holland, MI

April 24, 2018
10% discount

[Community Music School 5k Zombie Run](#) – Battle Creek, MI

April 14, 2018
\$5 discount

[Wisconsin Marathon \(Full, Half\)](#) – Kenosha, WI

May 5, 2018
10% discount

[Indy Mini \(Half, 3 Challenges\)](#) – Indianapolis, IN

May 5, 2018
\$10 discount (through April 1st)

[5/3 River Bank Run \(25k, 10k, 5k\)](#) – Grand Rapids, MI

May 12, 2018
\$5 discount

[Karner Blue Butterfly Family Fun Run & 5k](#) – Grand Rapids, MI

May 20, 2018
\$10 discount

[Kids ROAR \(1 Mile & 2 Mile Adventure Race\)](#) – Augusta, MI

May 20, 2018
10% discount

[Ann Arbor Marathon \(Full, Half, 10k, 5k\)](#) – Ann Arbor, MI

May 20, 2018
10% discount

[North Mitten \(Half, 10k, 5k\)](#) – Thompsonville, MI

May 27, 2018
\$10 discount (through May 24th)

[HopCat Extra Time 5k](#) – Grand Rapids, MI

May 27, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Sunburst Races \(Half, 10k, 5k\)](#) – South Bend, IN

June 2, 2018
10% discount

[Dexter – Ann Arbor Run \(Half, 10k, 5k\)](#) – Ann Arbor, MI

June 3, 2018
\$5 discount

[Monarch March Family Fun Run & 5k](#) – Kalamazoo, MI

June 9, 2018
\$10 discount

[Duo at the Ledge \(Half, 10k, 5k\)](#) – Grand Ledge, MI

June 9, 2018
20% discount

[Harborfest Furry 5k and 10k](#) – South Haven, MI

June 17, 2018
\$5 discount

[Rattlesnake Run Family Fun Run & 5k](#) – Rochester, MI

June 20, 2018
\$10 discount

[Charlevoix Marathon \(Full, Half, 10k, 5k\)](#) – Charlevoix, MI

June 23, 2018
\$10 discount

[Seaway Run \(Half, 10k, 5k\)](#) – Muskegon, MI

June 23, 2018
\$5 discount

[Waugoshance Trail Marathon \(Full, Half, Relay\)](#) – Emmet County, MI

July 7, 2018
\$10 discount

[Shermanator \(Triathlon, Duathlon, Aquabike, Relay\)](#) – Augusta, MI

August 4, 2018
10% discount

[Sturgeon Sprint Family Fun Run & 5k](#) – Detroit, MI

August 12, 2018
\$10 discount

[Running Between the Vines \(Half, 5 Miler, 5k\)](#) – Jackson, MI

August 18, 2018
10% discount

[Michigan 13.Wine Half Marathon & 5k](#) – Baroda, MI

August 19, 2018
\$10 half discount, \$5 5k discount

Race Discounts continued...

[Rock Hall Half Marathon](#) – Cleveland, OH
August 19, 2018
\$10 discount

[Moose on the Loose Family Fun Run & 5k](#) – Marquette, MI
August 25, 2018
\$10 discount

[Millennium Meadows Marathon \(Half & 6 Mile\)](#) – Grand Rapids, MI
August 26, 2018
10% discount

[Turtle Trot Family Fun Run & 5k](#) – Ann Arbor, MI
September 16, 2018
\$10 discount

[Bridge Run \(10 Miler, 5k\)](#) – Grand Rapids, MI
September 16, 2018
\$5 discount

[Park 2 Park \(Half & 5k\)](#) – Holland, MI
September 22, 2018
\$8 half discount, \$5 5k discount

[Ragnar Michigan](#) – Muskegon, MI
September 28-29, 2018
\$100 discount per team registration

[Moonlight Bootlegger 5k](#) – Rockford, MI
September 28, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[The Hungerford Games \(50 Miler, Full, Half\)](#) – Big Rapids, MI
September 29, 2018
\$20 discount

[Atwater Brewery Gallop 10 Miler & 5k](#) – Detroit, MI
September 30, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Metro Health Grand Rapids Marathon \(Half & Relay\)](#) – Grand Rapids, MI
October 21, 2018
10% discount

[Carpe Diem – Carpe Noctem Half & 5 Miler](#) – White Lake, MI
October 27, 2018
15% discount (Join the KAR Team through RunSignUp Group/Teams)

[Black Toenail Half & 7.5 Mile Trail Run](#) – Commerce Township, MI

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](#)



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).
- 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.



AthleticMentors

BAKER STRENGTH AND CONDITIONING



Baker Strength and Conditioning is owned and operated by Aaron Baker, a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association with a Masters Degree in Coaching from Ohio University. He has been in the Strength and Conditioning profession for approximately 7 years and has owned Baker Strength and Conditioning for 4 years. He has coached at the collegiate level for Louisburg College, Kentucky Christian University, and TCU. He has worked with athletes and runners of all different sports and abilities. He became an All State Track Runner at Constantine High School, an All-Conference Wide Receiver on his college football team, an All-Conference Triple Jumper on the Albion College track team, and has completed one full marathon and several half marathons. His gym is located just south of Schoolcraft right off 131. It is a sessions based gym focusing on functional strength and conditioning. He holds Personal Training sessions, Small Group (Adult) training sessions, and Athletic (MS/HS) Performance Sessions.

Baker Strength and Conditioning is offering KAR Members the initial required Movement/Assessment Session for free (\$40 value) and the first training session, either personal training or small group session, for free (\$15-\$40 value).

Baker Strength and Condition is located at 3952 W XY Ave, Schoolcraft, MI 49087. To schedule a session or receive more information, call or text 269-816-3105. Aaron can also be reached by email at coach-baker83@gmail.com.

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.

BORGESS
Health &
Fitness Center

Service Provider and Merchant Discounts

CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2018 events. Visit the [Cereal City Athletics](#) website to learn more about Cereal City Athletics and to register for their 2018 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2018 Events include:

Fat Fest Relays, February 24
 Women Who Du, May 13
 Let Me Run SpringFest 5K, May 18
 BC Ice Cream Century 100K, June 2
 Battle Creek Half Marathon & 5K, June 30
 Cereal City Triathlon, July 28
 Cereal City KIDS Triathlon (Series Bike Event),
 August 10
 Cereal City KIDS Triathlon, August 25
 Chief's Challenge, September 1
 Tinsel Toes 5K, December 8

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.



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.



Service Provider and Merchant Discounts

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:

25% off the Premium Plan

- Single nutrition plan for a race or event
- No limit on the the number purchased with the discount

25% off the Unlimited Subscription

- 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.



NUTRITION PLANNING

Dusk 2 Dawn Safety Device

The unique and patented Dusk 2 Dawn Safety device attaches to any clothing or accessory, increasing your visibility up to 1100 feet. The 1 ounce lightweight fluorescent and reflective triangle is powered by a USB rechargeable power supply and includes 6 LED lights lasting more than 30,000 hours. The Dusk2Dawn safety device will become a significant part of your outdoor equipment arsenal. It is a durable safety choice for any activity in the great outdoors.

The retail price for the D2D safety device retails for \$21.95 but can be purchased for \$16.95 using a specific KAR discount code at Dusk2DawnSafety.com.

The Dusk 2 Dawn Safety device is a small investment that can prevent you from becoming a statistic!

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness Sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's #1 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.kzooathleticwellness.com, or call 269-373-1000 to schedule. KAR members receive 20% off the Bronze Wellness Membership (available March 1st). **Cannot be combined with other discount offers.**



Service Provider and Merchant Discounts

GAZELLE SPORTS

Gazelle Sports, 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.



WEST LAKE METAL WORKS



West Lake Metal Works is a home-based steel and diamond plate design company in Portage, MI. They have premade metal designs for sale as well as the ability to create custom made metal designs. Products include medal hangers, bottle openers, wine racks, signs, key holders, and more.

KAR members receive 20% off any medal hangers. Custom orders not included with discount. Check out their inventory by visiting westlakemetalworks.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 2018 KAR discount code when registering.





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

Email: Membership@kalamazooarearunners.org

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