

"Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic."

- Tim Nokes

May 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners **Rundown**

Running in the Lilac City; The 56th Annual Road Runners Club of America (RRCA) Convention



Spokane, Washington hosted the 56th Annual RRCA Convention and is the home of the Lilac Bloomsday 12k Run

By Bonnie Sexton

Spokane, Washington served as the host city of the 56th Annual Road Runners Club of America (RRCA) Convention and is the home of the Lilac Bloomsday Run. A city with a 2014 population of 208,916, it is just slightly smaller than Kalamazoo County (estimated population 256,725) and sits west of the Rocky Mountain foothills, the Selkirk Mountains. The Spokane River has a 37 mile paved trail system running alongside, with many bridges spanning its banks and views of the Spokane Falls, making it an ideal venue for running. At the convention, the city was awarded the Runner Friendly Community



Contents

- Board President's Letter –Page 1
- Executive Director Letter – Page 8
- Just Another Runner's Perspective – Page 10
- Featured Member – Page 13
- Featured Volunteers – Page 15
- Hot Club News and Events - Page 19
 - It's A Boy!
 - 2014 Race for the Cure
 - 2014 YMCA Healthy Kids Day Run
 - Kalamazoo Klassic
 - Safari
 - Kalamazoo Area Runners Fast Track
 - KAR Membership Race Discounts
 - Volunteer Leadership Opportunities
 - KAR Apparel Line
 - KAR Facebook Group
 - Kalamazoo Area Runners Board Meeting
- Club Championship Series – Page 30
- Running Community News – Page 31
- Group Runs/Training - Page 33
 - Group Runs
- Club Member Corner - Page 35
 - New Member Welcome
 - May Local Race Results

designation, adding to the list of communities across the nation receiving this honor, including Kalamazoo County (2013).

I arrived in Spokane for the convention on Thursday, May 1, accompanied by my 15 year old daughter Paige who was excited for the opportunity to travel to the Western United States. The convention was held at the historic Davenport Hotel, and kicked off that evening with round table discussions about various running and club related topics, and I joined the group assigned to Board Transitions for an hour of sharing. Following the round table discussions I briefly attended the convention reception. There I ran into Doug Kurtis, who I had met a decade earlier at the Germantown Half Marathon. Kurtis resides in Detroit, has run 200 sub-3 hour marathons, 76 sub 2:20 marathons and is a five time Olympic Trials Qualifier. At age 61, he recently ran a 2:59:03 at the 2013 Detroit Marathon. In addition to his running successes, he has also served as race director for the Detroit Marathon. We reconnected and started a discussion about the 2016 RRCA Convention, which his club had bid on in conjunction with Cork town. His vision, along with that of RRCA State Rep Gary Morgan was to bring several Michigan RRCA clubs together to assist in organizing the convention and we talked briefly about the possibility of Kalamazoo Area Runners involvement assuming selection. After talking with a few other running club leaders, I joined my daughter for a movie, the theatre a short two block walk from the hotel.



Reconnecting with Michigander Doug Kurtis

KAR Discount Sponsors

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

Gazelle Sports

Exclusive membership into the MyGazelle rewards program. Register in-store or [click here](#).



Healing Moments Massage

Massage bodywork with Joyce Hare located in KVO's building on Turwill Lane. Discounts apply per session or multiple sessions. KAR Member price for one hour is \$50.00. Phone: 269-327-5824 or 269-217-7563)



Prater Chiropractic

Chiropractic Sports Physician, **Daryl Prater**, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at praterd@aol.com for more information.



BORGESS HEALTH AND FITNESS CENTER

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



Friday morning the Bloomsday Road Runners Club (BRRC) hosted a 6:30am group run, and I joined about 100 other convention attendees for a 5+ mile loop throughout the City of Spokane. The volunteers from the running club led us through city streets, and within a mile, began a long descent which was a section of the course for Sunday's Lilac Bloomsday Run. The hill curved, then leveled off and eventually we found ourselves on a paved bike path with a long winding ascent back towards the downtown area. I found myself running with Mark Sekelsky, the Board Treasurer for a running club west of Chicago. As we made our way along the trail, we talked about our running clubs. We were captivated by the breathtaking views and several runners among the group stopped to take photos along the way. As we approached the city, the trail leveled and we crossed a bridge over the Spokane River, where we were treated to views of the falls. Running parallel was another bridge spanning the banks, and we spotted the lead runners from BRRC making their way back to the other side. After crossing, we ended up losing sight of the lead runners and missed a turn, adding some distance. I recognized the IMAX Theatre and mall and we used that as a point of reference to guide us back to the hotel.

After showering and taking Paige to breakfast, I returned for the general session on Insurance and Risk Management which lasted until 10:30, and then took Paige swimming until the luncheon. The Friday luncheon featured keynote speaker Bernard Lagat. Lagat is a twelve-time track and field medalist in World Championships and Olympics and was born in Kaptel, Kenya in 1974. He competed in the Olympic 1500 meters, winning the bronze in Sydney (2000) and the silver in Athens (2004) on behalf of Kenya, and then competed in Beijing (2008) and London (2012) on behalf of the United States. At the end of the presentation, Lagat closed with the possibility of attempting to qualify for the 2016 Olympics in Rio de Janeiro.

Afterwards there was another breakout session, and then an evening social outing. I passed on the evening event to do some sightseeing of downtown Spokane with Paige and captured some spectacular views of the falls and park system.

continued...

AGILITY PHYSICAL THERAPY

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

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

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



IN THE ZONE

Stephanie Walbridge of In the Zone offers members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit www.inthezonefitness.com, or call or email Stephanie at (269) 207-4988 or swal-bri2000@tds.net.



PEDAL BICYCLE

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





Views of the Spokane River falls

The Saturday activities kicked off with another group run, this time a three mile course on the bike path along the Spokane River. I found myself running with Mark again, and we were eventually joined by Doug Kurtis and several others. As we made our way along the trail, we passed through a beautiful archway of Lilacs in full bloom. Still recovering from the Boston Marathon twelve days earlier, I dropped behind the group for a while, then caught back up as we approached the downtown. We ran directly to Madeleine's café, where convention attendees received complimentary breakfast thanks to sponsorship support from Runners Soul.

The morning agenda featured another breakout session, and lunch with a presentation by Don Kardong. Kardong finished 4th in the 1976 Olympic Marathon in Montreal, missing the bronze medal by only 3 seconds. His presentation brought the experience back to life, illustrated with humor even my 15 year old daughter found entertaining. His presentation depicted photos bringing the audience back to the days of Frank Shorter and Steve Prefontaine. Shorter, otherwise known as the father of the modern running boom, is best known for winning the gold medal in the 1972 Olympic Marathon in Munich, and won the silver medal in Montreal.

After the afternoon breakout session, we relaxed in the hotel until it was time to head over to the Banquet and Awards Ceremony. The Banquet featured Deena Kastor as the Keynote Speaker. Among her many accomplishments, Kastor won the

continued...

BRONSON ATHLETIC CLUB

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

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

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



NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



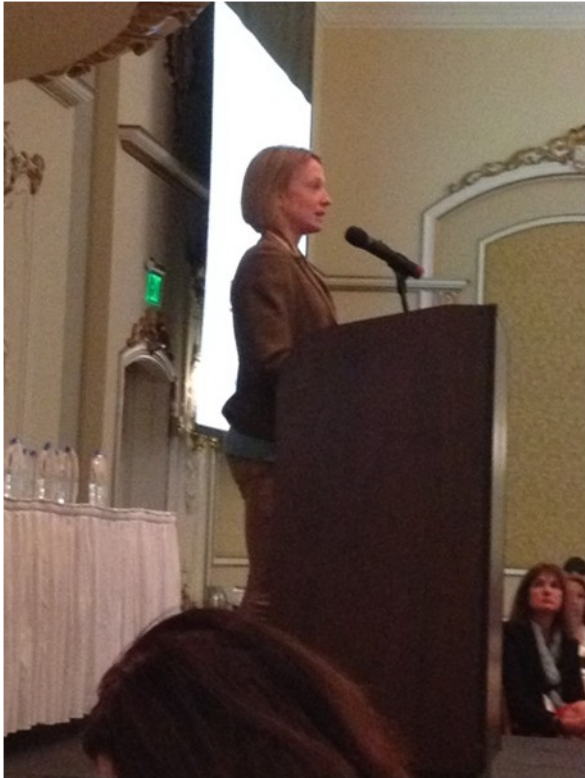
SPIRIT RACING

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



bronze medal at the 2004 Olympics in Athens, the first medal by a US marathoner in 20 years. She is also remembered for her heartbreaking experience in Beijing (2008) when she had to pull out of the Olympic Marathon due to a foot injury.

After Deena, the two RRCA Running Hall of Fame Inductees gave their acceptance speeches and accepted their awards, followed by myself and fifteen other award recipients. It was both educational and inspirational to learn about all the amazing accomplishments of other running clubs across the country. RRCA announced both the 2016 and 2017 Convention recipients, and Detroit was selected for 2017.



Banquet and Awards Ceremony Keynote Speaker, Deena Kastor

The convention activities came to a close Sunday morning with the Lilac Bloomsday Run, a hilly 12k loop that attracted as many as 50,000 participants. Don Kardong, who was our luncheon keynote speaker the day before, had helped to launch the event in 1977, making 2014 the 37th year. The magnitude of the event was such it required 70 minutes for all participants to cross the starting line mats which meant runners were crossing the finish line while others were still approaching the start. Ironically, the pre-registration entry fee of the Lilac Bloomsday Run was only \$17, which is almost unheard of for large scale races. Runners

Board of Directors

Bonnie Sexton

President

Bonnie.sexton@kalamazooarearunners.org



Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org



Karen Christensen

Treasurer

Karen.christensen@kalamazooarearunners.org



Andrea Nixon

Secretary

Andrea.nixon@kalamazooarearunners.org



received a participant's shirt upon packet pick-up, a finisher's shirt after crossing the finish line, and free digital photographs. Deena Kastor and Scott Peacock from the San Antonio Road Runners (Recipient of the Outstanding Beginning Running Program Award) were in the elevator as I left the hotel. Paige had not been feeling well that morning and slept in. We were joined by a few others and chatted while walking the two blocks to the starting line corral entrances. Deena split off to head out on the course to cheer on some of her elite peers.

The RRCA convention attendees were placed in the yellow corral, just behind the elite runners, and the brown corporate corral. This positioned us approximately a block behind the starting line. As we approached the corrals, the crowds were surprisingly thin in comparison to other large scale events, and the organization exceptional. Streets running a block parallel to the color-coded starting corrals served as the entrances, and as we looked down the street, we could see volunteers holding flags depicting the color of each of the respective corrals. The flag for the yellow corral was easily spotted less than a block away, and Scott, myself and another convention attendee made our way to our assigned corral. I took mental notes from a race director's perspective, and marveled at how a city with a population smaller than that of Kalamazoo County, could attract 50,000 runners and walkers. There was the usual elite field, but where did all these runners and walkers come from? We turned around for a glimpse of the sea of runners in the corrals behind us. From where we were standing, we couldn't see the end.

We waited in our corral and heard the gun fired for the corrals ahead of us. The gun for the yellow corral finally went off, and we started the 12k loop through the downtown section of Spokane. For the first two miles, the density was so thick it was difficult to establish pace and runners were forced stay with the crowd until it thinned.



Runners beginning the ascent up Doomsday Hill at the Lilac Bloomsday Run

Board of Directors continued

Amy Clark
Vice President, Special Events
Amy.clark@kalamazooarearunners.org



Amanda Losche
Vice President Marketing and Communications
Amanda.losche@kalamazooarearunners.org



Steve Rice
Vice President, Development
Steve.rice@kalamazooarearunners.org



Scott VanLoo
Vice President, Technology
Scott.Vanloo@kalamazooarearunners.org

Staff

Joy Mills
Executive Director
Joy.mills@kalamazooarearunners.org



The street widened and the crowds began to break up as we encountered the first of three hills. Runners were able to settle into their respective paces. The course entertainment was comparable to that of a big city marathon. Miles two through four featured two long ascents before a downhill plummet that took runners across the T.J. Meenach Bridge and to the base of "Doomsday Hill." Doomsday Hill begins at approximately the 4.75 mile mark and is a .72 mile ridge rising 145 feet with a 3.8 % average grade, and at one point a 6.5% grade. As you crossed the bridge, you could see runners ahead rounding the turn as they began their ascent. Many pulled to the side to walk the third and final of a series of long inclines on the course. As tempting as it was to follow suite, I pressed on, making it to the crest, where the course leveled off, and then meandered through residential neighborhoods before turning back into the city.

Finally, the finish line on the bridge was in sight. The crowds had thinned quite substantially by that point, and I was able to run freely during the downhill finish line approach. After crossing the mats, we were quickly ushered through the chutes, picking up our finisher shirts before exiting. I later learned there were 44,681 finishers in total and 2,065 females in my five-year age division. From a runner's perspective, the Lilac Bloomsday Run was very well executed; from a race director's perspective a logistical marvel.

I returned to the hotel where my daughter was preparing to leave for the airport. We left Spokane inspired by the experience, and with many fond memories and new friends from running clubs across the country. A week or so after our return, I was driving home from work and noticed a girl running as I turned into our neighborhood. As I approached, I was surprised to discover it was Paige, who although active, had demonstrated only sporadic interest in the sport (she ran XC in 6th grade). Little had I known, the convention had served as a source of inspiration to her.

As for Kalamazoo Area Runners, we are no doubt a vital part of our local running community and always will be. The convention created a fresh awareness however, of another community we also belong to, a nationwide network of running clubs through RRCA. As club leaders, we learned a great deal from each other, and developed connections and relationships that will exist for years to come.



Event, Program and Functional Directors

Steve Rice

Director, Wed Night Borgess Health and Fitness Center Runs

Steve.rice@kalamazooarearunners.org

Stephanie Demarest

Director, Fast Track Battle Creek

Stephanie.demarest@kalamazooarearunners.org

Jill DeLong

Director, Sunday Afternoon Runs in Battle Creek (with Matt Santner)

Jill.delong@kalamazooarearunners.org

Nikki Gates

Director, Member Reception Runs

Nikki.gates@kalamazooarearunners.org

Karen Christensen

Director, Member Reception Runs

Karen.christensen@kalamazooarearunners.org

John Olbrot

Director, Database Administration

John.olbrot@kalamazooarearunners.org

Judah Gesmundo

Chair, Battle Creek Subcommittee

Leslie Scheffers

Director, Information Technology Security

Leslie.scheffers@kalamazooarearunners.org

Marie Billen

Director, Easter Egg Hunt Run

Marie.billen@kalamazooarearunners.org

Ferdi Hintz and Pam Boner

Team Co-Captains, Relay for Life

Matt Santner

Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)

Matt.Santner@kalamazooarearunners.org

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

Executive Director Report

By Joy Mills

The weekend of the Kalamazoo Marathon and the Borgess Run for the Health of It is arguably the busiest weekend of the year for runners in our community. For most of us that means making those final personal preparations in anticipation of race day, and of course the excitement and activity of Sunday morning itself. For others it means giving of themselves during a very hectic time in order to promote and support the efforts of the Kalamazoo Area Runners. As part of my Executive Director's report for this month I would like to take the opportunity to thank those individuals that came out over the course of the busy weekend to volunteer on behalf of KAR.

Thank you to Fred Keister who joined me at the Borgess Kids Fun Run Expo as we handed out coloring sheets, hosted a sucker tree and talked to hundreds of parents about other children's running opportunities in the upcoming YMCA Healthy Kids Day and the Kids Classic events.



Thank you to AJ, Avika and Thenu Jayatilaka, Fred Keister, Amanda Losch, Dan Miller, Andrea Nixon, Laura Sandahl, Tracie Stapert and Brandon VanDusen for taking the time to volunteer at the Kalamazoo Marathon Expo on Saturday.

Event and Program Directors continued

Phil Goodwin

Director, Graphic and Web Design

Phil.goodwin@kalamazooarearunners.org

Terry Hutchins

Director, Kal-Haven Trail Run

Carole Bolthouse

Director, Kalamazoo Klassic (KAR)

Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton

Director, Fast Track Training

Director, Portage Winter Blast Half Marathon & 5k

Director Kalamazoo Klassic (MRC) (with Carole Bolthouse)

Team Captain, Race for the Cure

Bonnie.sexton@kalamazooarearunners.org

Kaycie Ohmart

Director, Expo Marketing

Kaycie.ohmart@kalamazooarearunners.org

Amanda Losch

Director, E-mail Marketing

Amanda.losch@kalamazooarearunners.org

Lisa Piper-English

Director, Tuesday Night Runs in Battle Creek (with Michele Babcock)

Lisa.piperenglish@kalamazooarearunners.org

Michele Babcock

Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Lisa Piper-English)

Stephanie Klumpp

Team Captain, American Heart Association Heart Walk-Run

Stephanie.klumpp@kalamazooarearunners.org

Kenzie Pridgeon

Director, Turkey Trot Time Prediction 5k Run (with Scott Taylor)

Kenzie.Pridgeon@kalamazooarearunners.org

These people hosted the KAR Information table and passed on valuable information about membership and upcoming KAR events and training programs to the thousands of people that attended the expo.

Thank you to Jim Armstrong, Kami Chase, Pam Davis, Brian Dobbie, Teresa Fulcomer, Shelley Klotz, Dan Miller, Matt, Gabe and Maggie Mills, Derek Noid, and Kaycie Ohmart for volunteering at the KAR Hospitality Tent on race day. These people made it possible for our members to avoid the lines at gear check, provided light refreshments to racers, and were able to give information about KAR to passersby.

Thank you to all of the KAR members that served as pace leaders for both the full and half marathon distances, and to Bob Smola for recruiting and organizing all of the pace team leaders, including Kate Binder, Peter Burrill, Natalie Dale, Gale Fischer, Arya Jayatilaka, Derek Lewis, Lorena Moras-Trainor, Don Morris, Michael Nasuta, Scott Perkins, Bob Poznanski, and Carla Thomas.

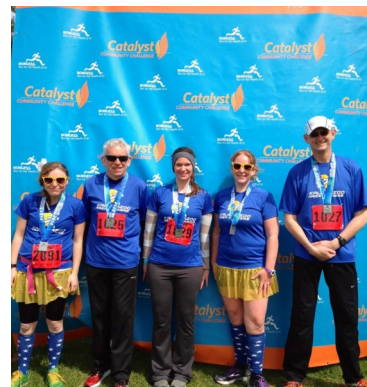


In addition to thanking those that volunteered on behalf of KAR over race weekend, I would like to acknowledge those that participated on one of the Southwest Michigan First Community Challenge teams. Earlier this year the Kalamazoo Area Runners extended an open invitation to members to participate in the 5k and Half Marathon teams. People indicated their interest through an online survey and teams were put together via a random drawing by Board Members prior to the Annual Banquet in March.

Team White was our 5k team, captained by Danielle Kean. Team White finished in 5th place in the open team division. Thank you to team members David and Patrick Clark, Mae LaFave, and Dylan and Mel Wickremasinghe and congratulations on your accomplishments in the 5k!



KAR Team Blue



KAR Team Gold

Team Gold was one of two half marathon teams, and I had the pleasure of serving as the team captain. Team Gold finished third in the open team division. Thank you to team members Wendy Geerlings, Christine Huff, Fred Keister, Andrea Nixon, Scott Struck, Jacqueline Torres-Rivera and Jillian Wills.

Finally, congratulations to the members of Team Blue! Captained by Scott Taylor, Team Blue finished first in the open team division. Congratulations and thank you to team members Heather Byrd, Courtney Davis, Chris DHulster, Amanda Losch, Amanda Wehner and Sharmini Wickremasinghe.

Thank you again to everyone that participated in the events of the Kalamazoo Marathon and the Borgess Run for the Health of It. Now as we look forward to the summer months and training for fall, please consider participating in one of KAR's fantastic training programs, whether it be the Fast Track 5k and 10k training programs in either Battle Creek or Kalamazoo, or the Safari Summer Training program that we manage in partnership with Gazelle Sports. Happy training!



Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.

Another Runner's Perspective - This Is Your Time

***"Don't ever underestimate the heart of a champion."
--- Rudy Tomjanovich***

Why we start running, continue with it or come back to it after a hiatus involves many variables. Perhaps one of the most common of these is running can be an integral stone in the path of a healthy active lifestyle. As important as living a healthy lifestyle is, there are many other motives for incorporating running into one's weekly and daily schedule. Some have joined the movement because of the social network that it offers. Others simply run as a means to avoid social situations and carve a space into each day for "me time". Many individuals choose running as a dose of daily stress relief. I began running as a way to challenge my perceived physical and mental limitations. Although many can enjoy years of running with no competitive ties attached to it, there are those athletes that are drawn to the sport because of an inner competitive fire. Most individuals would be hard pressed to choose a single variable that has kept them running throughout the years. For most of us the desire to run is fueled by a combination of variables over a long period of time. Although I began running with an inner competitive spirit to push my limits, I had no inclination of pushing that competitive spirit outside the boundaries of my own body and into the arena of competing against other runners.

Any real feelings of running to finish faster than others did not surface for me until I had been running for over eight years. I signed up for a local 10K race and found myself behind the lead pack for the first mile. As I approached the first turn with the leaders a minute in front of me I realized that they had made the turn for the 5K race and suddenly a wave of emotion hit as I came to the realization that I was the leader of the 10K race. I had never expected to be in this position and for the first time as a runner I felt an undeniable pressure. As I approached the starting line earlier I had no expectations of finishing in front of all other runners but here I was and the only thing I could think was “don’t blow it.” Although I had established a significant lead, I found it difficult to stop looking over my shoulder to see who was behind me. When I finally crossed the finish line breaking the tape, I felt a huge weight lifted from my shoulders. Although the mounting pressure was unbearable on the race course, I became hooked as this initial victory vaulted me into the competitive aspect of running.

Health, stress relief and social opportunity have still played a significant role in my running since that July morning in 2005, but for most of the years since, my competitive spirit has been the driving force. Almost nine years later, age and injury are catching up to me, diminishing the importance of competitive running, but a part of me still grasps at this side of our sport while letting other facets of running play a bigger role.

Recently I was given an opportunity to help coach the distance runners for my daughter’s track team. Leading up to this opportunity the last nine months, I have had several conversations with the team’s head coach. Many of these conversations led back to one of his most successful athletes, Audri Bornamann, a runner with a fierce competitive spirit. Immediately as I began coaching, my first responsibility was to lead the distance runners through their workouts, not from the sideline but on the roads and track running along side of them. It did not take long to take notice of Audri’s competitive spirit. Her facial expressions, body language and tone of voice when she spoke of running told the story of how much of an impact this sport had on her life. I have had plenty of encounters with adults who had the same fire and passion for running that I had, but never imagined that a adolescent athlete could know running in the same way. Simply put, in the short time that I have coached Audri, as a runner she reminded me of myself.

In 2011 Audri experienced some success near the front of the pack in her cross country meets with her times ranging from 21:28 to 24 minutes. According to her coach, she put in the work on her own during the next off season coming back in 2012 looking like a different runner. In 2012 she steadily chipped away at her times, coming in with a PR of 18:39. The fall of 2013, Audri PRd again tackling the distance with a time of 18:28. She dominated, winning most of her cross country meets, many of them without any challengers to push her. Her hard work paid off during the track season as well with a 5:32 for the mile in 2013 and 11:33 for the two mile, just missing the school record. Audri’s short stature give many of her competitors a physical advantage over her with their longer legs and effortless strides. What separates her from her competitors is her desire to win. Her heart and soul have driven her work ethic paying dividends on the trails and track. Her lack of physical ability compared with her competition coupled with her desire and work ethic provide a great example of a role model for her peers, demonstrating that whatever you choose to do with your life, what you possess deep inside of your soul will dictate success much more than the talent you are born with. Talent can only go so far with out drive and determination.

With her success on the cross country circuit last fall, her senior season, everyone had high hopes coming into the track season. Unfortunately things sometimes do not go as planned. Audri developed a nasty case of shin splints and gutted it out her first two track meets. The pain intensified during the mile of her second meet and it was obvious to all of her coaches that she needed to take some time off. Deep down inside it was probably obvious to Audri as well, but taking time off in this, her senior season was not easy to consider. After her mile that second track meet I had a heart to heart talk with her. I knew what she was going through and understood how

difficult it was to give her body some rest, but in reality nothing that I could say to her could ease the mental anguish that she was going through. She could not stop the tears that fell from her eyes during our conversation as reality hit. It was time to take a break.

Audri was a trooper the next few weeks coming out to cheer her teammates on at the track meets. As difficult as it was for her to be there she was the ultimate teammate. She fought back tears as she watched the mile and two mile race at the all city meet. The emotions that are common with teens and the combination of her competitive spirit made it difficult for Audri to cope as she watched her teammates compete. Watching the mile and two mile race at the all city meet was a burden for her that was difficult to bear. Had things gone as planned both of those races were her's to win. The one thing that she could hold onto was the hope that the school record for two mile and an appearance at the state track meet were still a possibility if her body recovered. Audri came back after a few weeks and attempted the mile at one track meet and the two mile at another winning both, but not in Audri fashion. It was obvious that her shins were still in pain.

As the head coach spoke with the rest of the coaches before practice the week of regionals, the disappointment on his face could not be masked. He explained how he had made one of the most difficult decisions that he had ever had to make as a coach, pulling Audri out for the season. Continuing to run now without healing would only jeopardise her chances of running in college for the University of Michigan. My heart sunk as I listened to his words.

In the grand scheme of life there are certainly more difficult ordeals than taking time off from running to rest one's body. You can always find someone experiencing more extreme circumstances than what you are going through. This line of thought, although true does not make what Audri is going through any easier to deal with. This was her senior season in track, her time to shine. Expectations were high. She was supposed to win the mile and two mile at the all city meet. The school record for the 3200 meters was her's to claim. It was her last chance to challenge for a state crown. Sure she will likely recover and run again as a member of the running community or even collegiately. Time will make things better, but time will never give her back her senior season in track. This was her last opportunity to compete at the high school level and her body let her down. Although she lost the opportunity to go up against other high school girls for the last time perhaps what is a more difficult blow to deal with is her last chance to participate with her high school teammates was stripped from her. This was supposed to be her time. The story did not end as it should have.

As difficult and unfair Audri's circumstances have been one bright moment did come out of it. For our team's final track meet, our other senior distance runner, Naomi approached the coaches with an unusual request. She wanted to carry Audri on her back the last quarter mile of the two mile run as a show of support for her friend and teammate. This would disqualify her from any points for the team for this race and of course as coaches this was the first thing we considered. After discussing it we decided that this was more important for Audri than the points it would have given our team. As the entire team, girls and boys joined Naomi and Audri for the last stretch of that quarter mile it was obvious that this show of teamanship and friendship would provide a memory for Audri and the whole team for years to come.

All of us should count our blessings each and every day just to be able to go out for a leisure run. In some ways we should consider it a privilege. Although the competitive side of running should not be the only driving force for us to run, having that variable of running taken away can be a difficult blow to one's spirit. I did not compete as a runner or an athlete in high school, so I can only imagine how difficult it would be to lose that opportunity as a senior. We love you Audri. Although we can't feel your pain, our hearts go out to you.

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.

Featured Member – Rich Bean Runner For Life

“People are looking for stability in a shaky world. They want something they can get hold of that’s firm and sure and an anchor in the midst of all this instability in which they’re living.”
---Gordon B. Hinckley



The recent surge in the popularity of running the last decade can be attributed to many things. Many of whom have taken on this sport are middle aged adults looking for fitness, friendship and just a change in routine. Although I began running at the age of 29, a few years before middle age, I

I fit this mold of joining the running craze as an adult. There are those however whose running blood goes back to childhood and extends into middle age and beyond. This month's featured member is one such example, having caught the bug in elementary school. He hasn't looked back since.

“As a youth I remember being excited about field day in elementary school. I joined the track team in middle school and have been running ever since.” Rich experienced success on the track and cross country course as a middle school and high school student athlete. He ran cross country his sophomore through senior year, claiming an all state status for Quincy High School as a junior and senior. He ran track from 8th grade through 12th grade, going to state his senior year in the two mile run. His two mile school record for Quincy High School still stands but his one mile school record was broken just a few years ago. With his success as a high school runner, Rich had interest from many college coaches to participate in cross country and track. One of those schools was Western Michigan University. In the end however, Rich decided to forgo life as a student athlete in college. As valedictorian of his senior class in high school, Rich realized how important academics were. He understood the commitment that would be required from him to practice and compete as a college athlete. He wanted to focus on academics, intramural athletics and the whole college experience. Although he declined life as a student athlete, he continued running on his own terms.

Rich continued running and racing distances in the 5K and 10K range until the age of 38. It was then that he was introduced to the marathon distance by his good friend, Steve Ferguson. This was also his inauguration to organized running clubs as he began training with the Battle Creek Road-runners. ***“Steve Ferguson and the Battle Creek Road Runners (including one Gale Fischer) really helped me transition from a 5k-10k runner to longer distances and were very helpful in my initial training for the marathon.”*** Even with his success as a high school athlete, the marathon distance is what has given Rich his most memorable experience as a runner. ***“Running the Detroit Marathon with my daughter Tera and qualifying and running Boston were the ultimate experiences.”***

Rich and Tera are not the only runners in their family. Rich, Tera, his son, Ryan, and his wife Cheryl all consider themselves to be runners. Rich and his wife were able to enjoy many years watching Ryan and Tera take to the track and cross country courses for Harper Creek High School, and like their father they too continued to dabble with running after graduation. ***“My wife Cheryl, and our children Tera and Ryan consider ourselves “runners” and share this common bond.”***

Like any runner with experience, Rich has advice that all of us can think about. ***“Don't take running too serious as far as your time and improvement. Run with family and friends when you can and stay flexible. One or two missed training days will not harm you.”***

Although Rich logs many miles on his own he does enjoy the social aspect of running. ***“What I enjoy most about running is great friendships with fellow runners....we are a unique group. Also nothing beats a nice run after a day of work and being outdoors with mother -nature....this is very relaxing.”*** Sharing the roads with traffic is something that Rich does not consider to always be ideal. ***“Inconsiderate drivers on the roads at times are something we must deal with as runners. One needs to be very alert and aware***

of running safely.”

Rich is able to find inspiration from all runners. ***“I do feel fortunate to be able to physically do something I enjoy so much and am inspired by the wide range of diverse runners who share the roads and races with me.”***

With all of his years of running, Rich has just recently encountered his first major injury issue. He is currently recovering from surgery to repair the meniscus in one of his knees. Recovery is going well but this experience has shaped his long term and short term goals as a runner. ***“Short term I just want to stay healthy and continue recovering from a knee injury. Long term I will look to enjoy more 10 mile and half marathons along with team relays.”***

Rich’s roots to being connected with a running club go back to 2000 when he began training with the Battle Creek Roadrunners for his first marathon in Columbus, Ohio. Although he had many years of experience as a runner the marathon scene was very new to him. He was there when the Battle Creek Roadrunners was a tiny but closely connected running group. When the Battle Creek Roadrunners joined forces with the Kalamazoo Area Runners he was a part of that transition. As a long time resident of Battle Creek, he is proud of how some of the original members of the Battle Creek Roadrunners have been a part of the running movement in Southwest Michigan over the last decade. Seeing the growth in runners, training programs and road and trail racing opportunities in this part of the state has been important to Rich. Since 2000 he has been a member of either the Battle Creek Roadrunners or the Kalamazoo Area Runners. Six years ago, Rich was transferred to the east side of the state for his job with State Farm. Despite being re-located two hours away he has renewed his membership for not only himself but for his family to KAR each year. He still enjoys some of the perks of being a member when he gets back to the Battle Creek area, but ultimately being a member of KAR is a way for him to stay connected with the friends he has made in our local running. This is a testament to Rich’s loyalty to his running roots as well as a testament to the impact of KAR.

Many of you reading this article know the impact of running as a recent member of the running community in the last ten years. Running can transform your life in ways that you could never imagine. Rich’s example proves to us that running can keep things simple and predictable over multiple decades while at the same time offering fresh new experiences. As a good friend of Rich’s the last decade I can attest that he has created a loving stable environment for his family. Although I am sure there are many factors that have led him down this path, I would like to think that his life as a runner has been one of these factors that has helped to influence this in him.

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

Featured Volunteers – Going the Extra Mile

By Joy Mills

Kalamazoo Area Runners wouldn’t be the incredible organization it is today without the many within our membership, and the greater community, who volunteer their time, talent and treasure to carry out our events and programs, and make them possible. This month’s featured event is the Kalamazoo Marathon and KAR’s Group Runs. These events would not be possible without the dedicated efforts of our volunteers. The *Going the Extra Mile* feature article is designed to provide some insight into the experiences and the spirit of our volunteers. This month, we are featuring Thursday Night Group Run Director Laura Sandahl, Catalyst Community Challenge Team Leader Scott Taylor, and Kalamazoo Marathon Pace Team Director Bob Smola. Join us in thanking Laura,

Scott, and Bob for their dedicated service to Kalamazoo Area Runners along with all those who volunteer every day.

Laura Sandahl – Thursday Night Group Run – Co-Director



Laura has co-directed KAR's Thursday night Group Run from the Portage YMCA since April 2013 with Brandon VanDusen and Teri Olbrot. In addition Laura frequently volunteers for short term assignments such as event day registration, or most recently representing KAR at the Kalamazoo Marathon Expo.

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

“I'm inspired to volunteer because I want to pay back, in some small way, all that KAR provides me and its many members by way of training, support, and community. One of the rewards for me is seeing runners from all walks of life, no matter the pace or skill, find a common bond in running. Another reward for me is the social aspect of volunteering -- I love talking to all the people at the expos and promoting KAR programs! “

In describing her volunteer responsibilities, Laura states that ***“I'm a Group Run Co-Director for the Thursday night KAR Group Run in Portage. As a Group Run Director, I am primarily responsible for promoting the KAR mission; weekly communications to group run participants via email and Facebook; providing a course map for the weekly runs; informing participants about the course, dropping hydration, and matching up people of similar paces each week. I also like to stay and make sure everyone returns safely from our group runs.”***

Laura has the following advice to offer to others interested in volunteering on behalf of KAR. ***“Any large non-profit organization runs on its volunteers. KAR is no exception and depends on the volunteerism of its members to keep running strong. If you enjoy helping people reach their goals, want to feel more a part of the group, want to get to know fellow KAR members, or just like to see happy faces at a finish line, then please get involved! “***

Scott Taylor – Beyond Training Program Hydration Coordinator/Turkey Trot Co-Director/Kalamazoo Marathon Catalyst Community Challenge Team Captain



Scott is a long time volunteer for the Kalamazoo Area Runners, and most recently served as a Team Captain for the Catalyst Community Challenge, leading Team Blue to a first place finish in the open team division.

Scott shares: ***“I first got involved with KAR when it was still the Kalamazoo Track Club. That was back in the mid to late 90's. At that time group runs did not really happen but we did meet at the WMU track for Tuesday night speed work. As I got into racing and I saw all of the people that would help out with the events I was doing it became important to me to get on that volunteer side. I don't remember which came first, becoming the secretary for the board or becoming the race director of the Turkey Trot. I was secretary for about 10-12 years and I continue to co-direct the Turkey Trot. The rewards of giving time is always personally satisfying. I very much appreciate the friendships that I have developed through both the volunteer work and the participation in the KAR programs. It is also nice to hear the ‘thank yous’ from the people that run in your event or participate in the program that I help out with.”***

Scott summarizes his current volunteer duties as follows:

“Along with being co-director of the Turkey Trot, I am the Hydration Coordinator for the Beyond program. My responsibilities with the Turkey Trot include most of what happens outside. That would be course set-up, course announcer, securing the site with Portage Schools, and on course aid stations. During the Beyond season I recruit volunteers to set aid stations for our long Saturday training runs. I tell them where to set the stations and how much water, Gatorade, and cups they will need at each station. I also help to coordinate the transfer of supplies from one week's volunteer to the next week.”

What would Scott's advice be to KAR members considering getting involved in volunteering?

“My advice to others wanting to get involved is to just jump in. The leadership of the group is excellent and no one would be put out on an island without helpful instructions or advice. Keep it fun. Volunteering should not have to seem like another job.”

Bob Smola – Kalamazoo Marathon Pace Team Director

Bob Smola has been a member of the Kalamazoo Track Club/KAR for over 30 years and has volunteered in various programs and enjoys giving back to sport. Bob says that ***“what inspires me is to see how an active lifestyle can change peoples lives. I was an overweight, out of shape teenager when I decided to make a change. An active life style has become a daily routine for me. In my opinion, people have 2 choices in life. Drinking, smoking, drugs and obesity OR walking, running, biking and swimming. Make up your mind!”***

Bob currently serves KAR as the Kalamazoo Marathon Pace Team Director. He describes his role in this capacity as follows,

“My primary duties as Pace Team Director are: Contacting all the Pacers for the Full Marathon and 1/2 Marathon (all 4 years now). Setting up the Pacer Booth at the Race Expo along with signs, shirts and answering questions for my fellow runners. On race day, I set up the Pacer Room with a continental breakfast, wrist bands, carrying sticks and Pacer pictures.”

When asked what advice he would give to others interested in volunteering for KAR, Bob says that ***“With KAR being the largest running club in the state, volunteering should be on everyone's agenda. The rewards for helping someone help themselves are "priceless".***

Hot Club News



It's a Boy!

Congratulations to Denis and Marie Billen and proud big sister Amelia on the birth of their baby boy! Leo Luc Billen was born at Bronson Hospital on Tuesday 20th May at 5:04am (6 lbs 5 oz and 19.5 inches). Marie, KAR's Kids' Easter Egg Hunt & Fun Run Co-Director, is hoping he will be a runner!

Kalamazoo Area Runners Team Increases Participation and Fundraising Proceeds at the 2014 Susan G. Komen Foundation Race for the Cure



Members of the Kalamazoo Area Runners Team at the 2014 Susan G.Komen Foundation Race for the Cure

By Bonnie Sexton

Each year the Kalamazoo Area Runners organizes a fundraising team at the Susan G. Komen Foundation Race for the Cure 5k and this year's event held May 17, 2014, was no exception. Kalamazoo Area Runners exceeded both its recruitment and fundraising goals with 31 runners, and raised \$802 (exceeding last year's totals of 28 and \$340 respectively) towards the cause in addition to race registration fees. Many team members ran in memory or in honor of loved ones who had fought the fight against breast cancer. Our top fundraiser at the individual level was Morris Applebey, who raised \$240. Below are the members of the Kalamazoo Area Runners Fundraising Team.

Applebey, Morris
Behrens, Christine
Christensen, Karen
Couey, Michael
Fulcomer, Teresa
Geerligs, Wendy
Heinicke, Carol
Heinicke, Ian
Hendrix, Brenna
Henricksma, Ray

Jones, Derrick
 Keister, Fred
 Kloosterman, Chris
 Kloosterman, Deb
 Kloosterman, Michael
 Kloosterman, Robert
 Kloosterman, Steven
 Konieczka, Rachel (also participated on the MPI Research for a Cure Team)
 Maston, Addie
 Maston, Frank
 Mills, Gabe
 Mills, Joy
 Oberheim, Christina
 Perry, David
 Sexton, Bonnie (Team Captain)
 Steely, Bailey
 Steely, Kara
 Trainer, Lorena
 Trainor, Isabella
 Vanimisetti, Bindu
 Wellman, Heather

Danielle Kean (Team Perrigo) and Scott VanLoo (Research for a Cure) ran on behalf of the Kalamazoo Area Runners team as walk-ons, as well as on behalf of their corporate teams, for a total of 33.

Thirty-eight members of Kalamazoo Area Runners participated in the timed event (Race for the Cure offers to opportunity to compete in both the timed and untimed events). Joseph Hohler III emerged as the overall male winner, and half of our participating KAR members earned age group honors. Congratulations to all our 2014 Susan G. Komen Race for the Cure finishers and age division award winners.

Name	Time	Age Group
Scott Adrian	0:25:01	
Morris Applebey	0:19:46	1st
Christine Behrens	0:26:40	2nd
Karen Christensen	0:33:50	
Karen Dyszkiewicz	0:32:37	
Teresa Fulcomer	0:25:21	2nd
Melanie Gan	0:30:32	
Carol Heinicke	0:27:09	
Ian Heinicke	0:23:12	3rd
Ray Hendriksma	0:27:29	1st

Brenna Hendrix	0:58:07	
Julie Hoffmann	0:26:40	1st
Joseph Hohler III	0:18:42	Male OVERALL WINNER
Derrick Jones	0:20:16	1st
Heather Karmon	0:41:23	
Danielle Kean	0:21:01	1st
Fred Keister	0:27:42	3rd
Ann Kish	0:32:43	
Deborah Kloosterman	0:28:00	
Michael Kloosterman	0:28:00	1st
Rachel Konieczka	0:28:28	
Molly Lacy	0:26:48	
Frank Maston	0:39:05	
Gabe Mills	0:34:33	2nd
Carrie Naylor	0:28:32	
David Perry	0:25:00	3rd
Mike Powell	0:23:01	2nd
Kathy Prevatte	0:26:12	3rd
Kyle See	0:29:50	1st
Bonnie Sexton	0:23:19	1st
Jennifer Smith	0:34:38	1st
Samantha Smith	0:24:26	
Kara Steely	0:47:17	
Janet Stensland	0:34:57	
Bindu Vanimisetti	0:46:01	
Scott VanLoo	0:19:46	1st
Melissa Visser	0:27:50	2nd
Heather Wellman	0:23:06	

For complete results go to <http://results.active.com/events/komen-sw-michigan-race-for-the-cure-3/5k-run-age>

2014 YMCA Healthy Kids Day Run

NEW!!! Reduced Pre-registration Fees – Sign Up by May 31, 2014!

Friday, June 6, 2014

Check in and late registration 4:45 – 5:30pm

Warm-up and Stretching at 5:30pm

Running events begin at 5:55 pm

Portage West Middle School

7145 Moorsbridge Road, Portage



It's far more than a race; it's an evening of family fun! Kalamazoo Area Runners (KAR) is a proud sponsor and member of the organizing committee of the YMCA Healthy Kids Day Run scheduled **Friday, June 6, 2014 @5:55 pm at Portage West Middle School**. Preschool age children age 4 and under will participate in a short tot run while children ages 5 through 12 participate in a one mile fun run. Festivities will include a variety of fun family fun activities, t-shirts, post-run refreshments and more. Cost is \$5 for the one mile run/\$3 for the tot run. Race Day registration is \$15. **Must register by May 31 to guarantee t-shirt and to receive reduced rate.** Participants can register by mail, phone (269.324.9622), online or in person at the Portage YMCA branch. To register online, visit [Click here to register for the 2014 YMCA Healthy Kids Day Run](#). For questions regarding the event, contact **Don Seibert** at daseib@kzooyymca.org.

Volunteers

Volunteers for the 2014 YMCA Healthy Kids Day Run receive a volunteer t-shirt and a rewarding experience encouraging youth on the run. Contact **Robin Carpenter** at robinc712@yahoo.com if you can assist with the following opportunities:

Expo table (including set-up & tear down) 4:00 – 7:30 (2 - volunteers)

Aid Station Volunteers (including set up & tear down 5:00 – 7:00pm (2 – 4 volunteers)

Set up finish line: 5:00- 6:00pm (2-4 Volunteers)

Rabbits to run with and encourage the children: 6:00 -7:00 pm (3 waves) (6 Volunteers)

5-6 Year Olds (2 volunteers)

7-8-9 Year Olds (2 volunteers)

10-11-12 Year Olds (2 volunteers)

Starting Line Staging (crowd control/sign bearer) 5:45 – 6:30 pm (3 Volunteers)

Finish Line Ribbon Distribution and Triage (cheering, encouraging, greeting and guiding runners through the finish) 6:00 – 7:00 pm (4 – 8 volunteers)

Tear down start/finish line – immediately following event until about 7:30 pm (2-4 Volunteers)

Registration is Open for the 2014 Kalamazoo Klassic 10k, 5k and Pump n' Run



Join us for the 2014 Kalamazoo Klassic, Kids' Klassic & Pump n' Run! Registration is now open!

The Thrill, The Will, The Hill! Registration for the 2014 Kalamazoo Klassic is now OPEN! MRC Industries, Inc. and the Kalamazoo Area Runners are proud to present the 36th Annual Kids' Klassic, Kalamazoo Klassic 5k, Run/Walk 10k Run and Pump n' Run on Friday and Saturday June 13th and 14th 2014. Join us for a long time community tradition infused with several new twists!

The purpose of the Kalamazoo Klassic is to promote diversity, community and overall health and well-being while raising funds that benefit individuals with disabilities. The 10k serves as the

RRCA regional championship event. Participants can run/walk the 5k, run the 10k or both, or participate in the Pump n' Run or both the 10k and the Pump n' Run for the same low price.

Register by May 31, 2014 for early bird pricing!

Proceeds benefit MRC Industries, Inc. a local non-profit organization with the mission to provide support and encouragement to individuals living with a disability to achieve their fullest potential through employment, skill-building and active community involvement.

More than 200 volunteers are needed Friday afternoon & evening and Saturday morning. For more information on participating, volunteering or serving as a sponsor, visit www.kalamazooklassic.org.

Registration is Open for the Summer Safari Marathon & Half Marathon Training Program



Train for a Half Marathon or Marathon with Gazelle Sports and Kalamazoo Area Runners

Registration is now OPEN!!! Summer Safari is presented by Gazelle Sports and Kalamazoo Area Runners. With a wealth of experience and knowledge, we've designed this 18 week training program for beginner runners looking to complete their first half marathon or full marathon as well as runners who have already crossed the finish line but would like to run a personal best!

Our training program offers three training schedules catered to the beginner and the experienced, significant support on your long runs by providing experienced coaches, unique and varied routes, and nutrition and hydration stations. This program also offers opportunities for speed training at WMU Kanley Track, educational clinics, and mid-week runs. By signing up for this program you will also receive a one year membership to Kalamazoo Area Runners (KAR)

Note: You must be able to run 4 miles comfortably multiple times a week by the start of this program.

Information Night 6pm | Tuesday, June 10, 2014

Join us on June 10 at 6pm at the Bronson Gilmore Center Auditorium.

Group trains 7am | Saturdays

Learn more about the Gazelle Sports Summer Safari Half Marathon and Marathon Training Program and have the opportunity to have your questions answered.

18 Week Training Program

Training starts Saturday, June 21, 2014 at 7am

Track Workouts 5:45am and 6pm | Tuesdays

Why run with us? We provide:

- Special focus on beginners
- Low participant to coach ratio
- Gazelle Sports wicking shirt
- Training schedules
- Access to e-notebook for additional resources
- Track workouts for speed training during the week
- Varied and unique pre-planned routes
- Hydration and nutrition stations
- Mile markers on the routes
- Educational clinics
- 10% Gazelle Sports discount
- Samples of race food (gels and more) for long runs
- One year Kalamazoo Area Runners (KAR) membership and optional family membership for an additional \$10 (see details below)

[Click here to register for the 2014 Safari Marathon & Half Marathon Training Program](#)

Registration for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo) is now OPEN!!!



Are you seeking to run your first 5k or 10k, begin a speed work program or optimize your 5k or 10k performance? Registration is now OPEN for the 2014 Fast Track 5k and 10k Training Program (Kalamazoo). Fast Track runs Tuesday, July 8, 2014 through Tuesday, September 9, 2014 and targets the Peacock Strut 5k & 10k scheduled for Saturday, September 13, 2014. Sessions are conducted 6:30 pm Tuesday evenings (optional clinics at 6:00pm) at WMU Kanley Track.

Learn More!!! Join us for our Fast Track 5k & 10k Training Program Orientation and Apparel Clinic Tuesday, June 24, 2014 from 6:30 – 7:30pm at the Downtown Kalamazoo Gazelle Sports.

The Fast Track 5k and 10k training programs each offer three levels of track workouts designed to meet your goals whether beginner or experienced runner. Led by experienced KAR coaches, the program includes training schedules, individual guidance, clinics and structured Tuesday track workouts.

**Online Registration will remain open through July 31, 2014 at 11:00pm.
Program Levels are as follows:**

Fast Track I (Beginner Walk to Run) – Fast Track to running – Geared towards transitioning the new runner from walking to running and completion of a first 5k.

Fast Track II (5k Introduction to Speedwork) – Fast track to speed work. Geared towards transitioning a runner who has some 5k running experience, but is new to track workouts and is looking for a lower mileage program (under 20 miles/week).

Fast Track III (5k Competitive Speedwork) – Fast Track to maximum performance - Geared towards competitive runners with 5k racing and track workout experience who are seeking optimal performance and/or a higher mileage program (20 + miles week).

Fast Track IV (5k to 10k Step Up Program) – Fast Track 5k to 10k transition is our own custom designed program incorporating light fartlek (speed-play) and a gradual mileage build-up. Geared towards runners who have mastered the 5k distance, and are ready to go the next level and run their first 10k. (under 20 miles/week)

Fast Track V (10k Introduction to Speedwork) Fast track to speed work. Geared towards transitioning a runner who has some 5k running experience but is new to track workouts and/or seeking a lower mileage program. Similar to 5k Level II but with mileage geared towards the 10k distance (20 – 30 miles/week)

Fast Track VI (10k Competitive Speedwork) Fast Track to maximum performance. Geared toward competitive runners with 10k racing and track workout experience who are seeking optimal performance and/or seeking a higher mileage program. Similar to 5k Level III but with mileage geared towards the 10k distance (more than 30 miles/week).

Program is \$25 to Members of the KAR. Participants may join (new members) or renew (existing members) their KAR membership upon registration. Current members receive a \$5 discount upon renewing their membership and entering the 4-digit KAR discount code.

For more information and/or to register for the 2014 Fast Track 5k & 10k Training Program (Kalamazoo), visit www.karfasttrack.wordpress.com.

Opportunities for Fast Track 5k and 10k Coaches

Share your time, talent and passion for running with others through a rewarding experience. Kalamazoo Area Runners has several coaching positions available for the Fast Track 5k and 10k Training Program. The major duties of this position are as follows (a full job description is available upon request). We will provide training. Contact Fast Track Program Director **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org for more information and/or a job description.

Expectations

- Leads Tuesday morning and/or Tuesday evening track sessions 9 - 10 weeks July 8 through September 9, 2014.
 - Attend 2 planning/training meetings and orientation
 - Provides one on one guidance, encouragement and workout specific coaching based on established guidelines and training schedules
 - Explains track work out details to the group
 - Commits to prescribed number of weeks as specified by the program (8 of 10 sessions)
 - Answers questions relating to track workouts, refers Fast Track program questions to the appropriate contact
 - Organizes runners into groups based on training schedule and pacing, and facilitates a cohesive team environment
 - Builds camaraderie and fosters a positive team environment through encouragement and program social events
 - Serves as an advocate for Kalamazoo Area Runners events, programs and group runs.
 - Other miscellaneous duties as needed
- Fast Track Only: Assigned a committee area of responsibility (registration, coach scheduling, clinics, website updates, socials, etc).

Benefits

A rewarding experience encouraging and inspiring others in their running
Free Fast Track Participation
Fast Track Technical Coach Shirt

Fast Track positions currently available are:

Fast Track II/III & V/VI – Speed work Group G (5k Time Faster than 20:30) (1 position)
Fast Track II/III & V/VI – Speed work Group F (5k Time 20:30 – under 22:00) (1 position)

Thank you for thoughtfully considering these rewarding leadership positions.

KAR Membership Race Discounts

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

[Kalamazoo Mud Run](#) – Kalamazoo, MI

June 7, 2014

\$5 discount on registration

[Charlevoix Marathon](#) – Charlevoix, MI

June 21, 2014

\$10 discount on half or full marathon registration

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

July 5, 2014

\$10 discount on half marathon or 5k

[Kalamazoo Mile](#) – Kalamazoo, MI

July 24, 2014

\$2.50 discount

[Portland Relay For Life Half Marathon and 5k](#) – Portland, MI

July 27, 2014

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

[Old Farts Marathon](#) – Lowell, MI

August 16, 2014

\$5 discount on half or full marathon registration

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

August 24, 2014

\$10 discount on half marathon

[Run For Your Heart \(Half Marathon, 10K, 5K\)](#) – Saginaw, MI

September 6, 2014

\$2 discount on race fee

[Laughing Gull Half Marathon](#) – Hickory Corners, MI

September 13, 2014

\$7.50 discount on half marathon

[The Hungerford Games](#) – Big Rapids, MI

September 27, 2014

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

[Park2Park \(Half Marathon, 5k\)](#) – Holland, MI

September 27, 2014

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

[Grand Rapids Marathon \(Marathon, Half Marathon\)](#) – Grand Rapids, MI

October 19, 2014

\$7 discount on marathon or half marathon

Volunteer Leadership Opportunities

DIRECTOR AND COMMITTEE OPPORTUNITIES

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

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

For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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

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



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

Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

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

Yes, there really is a Kalamazoo Area Runners Facebook Group

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

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1775 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

Next KAR Board Meeting is June 2, 2014

The next KAR Board Meeting is June 2, 2014 at 7:30pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Club Championship Series Events



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

[Plainwell Education Foundation Island](#) 5k (preregistration only), June 12, 2014
[Cereal City Classic](#) 5k & 10k, (\$5 discount), June 14, 2014
[Kalamazoo Klassic](#) 5k & 10k (\$5 discount), June 14, 2014
[Binder Park Zoo Cheetah Chase](#) 5k (preregistration only), June 21, 2014
[Schoolcraft Firecracker](#) 5 Mile, July 4, 2014
[Pace for Poverty](#) 5k & 10k, July 4, 2014
[Kindleberger Superhero](#) 5k (\$3 discount), July 12, 2014
[Mattawan Road & Trail](#) 5k, August 2, 2014
[Otsego Ready or Not](#) 5k (\$5 online until noon July 11, \$2 after), August 2, 2014
[Steve Athey Memorial \(Raider Stomp\)](#) 5k & 10k (preregistration only), August 9, 2014
[Allegan Strides for Health](#) 5k (preregistration only), August 16, 2014
[Grape Lake](#) 5k (preregistration only), September 6, 2014
[Peacock Strut](#) 5k & 10k, September 13, 2014
[Dig 'em Dash 5k](#) (\$5 discount), September 27, 2014
[Run for the Son](#) 5k, September 27, 2014

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

Running Community News

GET DIRTY FOR CLEAN WATER!



WVFM 106.5 and Kalamazoo Community Church present the 3rd annual Kalamazoo Mud Run, an extreme fitness event scheduled for June 7, 2014.

The Kalamazoo Mud Run consists of a 5k trail run for solo runners, age 13 and up, and teams of four or more. There will also be a shorter Kids Mud Run for kids 6-12 years old. Participants can expect to be challenged with obstacles such as hills, wall climbs, mud crawls, mud trenches and lots of water!

All proceeds will be used to support the efforts of Active Water and Kalamazoo Loaves and Fishes.

For all the details and to register to run or volunteer, please visit www.kalamazoomudrun.com



Duck 'N Dodge 5k
Saturday, June 21st
Warner Camp, Grand Junction, MI

C'mon! Yool be running' ever which way 'n dodging' the ugly stick cause this race is hotter than a goat's booty in a pepper patch! :)

It's the HOTTEST new mud adventure run coming to W. Michigan in 2014 (June 21st)! A family event centered around a 5k race (there's a "Ducklin Dash" for youngsters) that has creative & hilarious obstacles along the route. It's got a bent towards the USA lovin', outdoor crazy, Duck Dynasty intriguing crowd - but if you enjoy a side splittin' good time, you'll fit right in with our "quacked" family! Although it's a blast of fun to participate, and meant to allow people of various ages and abilities to enjoy, it's also designed with options that will test your strength, stamina, decision making and teamwork. It's got a lil' somethin' for the lawnchair athlete and the tractor tire tossin' one, too!

100% Charity driven. Here at the DnD, we've found the secret is that in order to be happy, happy, happy - one needs to give, give, give. It's crazy, but true! So, absolutely everyone is a volunteer and we're giving 100% of the profits to help others in need:

- ◆ Warner Camp (<http://www.warnercamp.com>) - a Christian youth camp here in our local community
- ◆ World Vision (<http://www.worldvision.org>) - Global disease prevention
- ◆ Back2Back (<http://back2back.org>) - Regional care for impoverished orphans in Mexico



Pace for Poverty is changing it up again for 2014! We'll be having our annual July 4th Pace Race 10K/5K that we have held since 2009 but this year we will also be hosting our own True Red White and Blue 5K color event.

True Red, White and Blue 5K will be much like the Color Dash last year but with patriotic red, white and blues. Each entrant will get a white tshirt printed with the event name. As you run through the streets of Richland you will be showered with shades of red and blue powder at the color stations on the course. The entry fee is \$35 per person or get 3 or more of your friends and family to join you and get the team discount of \$30 per person. Kids 8 and under run free with each paid entrant but

will not receive a tshirt. Strollers are welcome. There will be prizes for best costume and most patriotic. We will be limiting our race to 1000 to make sure the event can be fully enjoyed by all and also so the parade route is cleared in time for the parade. Last year we had over 600 participants in our color event!

Our Pace Race 10K/5K races are timed (chipped) and will be \$30 per entrant with only technical shirts issued. The Pace Race courses are flat with quite a bit of shade that wind their way through the scenic Richland countryside. Registrations made after June 26 will not be guaranteed a shirt. There will be Gazelle gift certificates for the top male and female winners and top male and female Masters winners.

The Pace Race 10K/5K will begin promptly at 7:30 am and the True Red, White and Blue 5K will begin at 8:30 am behind the Gull Lake Middle School at 9550 M89 in Richland. After June 26 all registration fees for both events will be \$35. No discounts will be given after that date. Visit www.paceforpoverty.org to sign up for these events. We hope to see you July 4th!

Pace for Poverty gives 100% of profits back to our local community. Some of the programs we support are scholarships, tutoring, reading programs and summer school tuition for at risk students. We also give to local police and fire agencies.

Kalamazoo Area Runners Group Runs and Training Programs



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

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

Kalamazoo/Portage

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

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

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

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

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

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

The Urban Herd

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

The Dirty Herd

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

Battle Creek

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

The Sunday group runs in Battle Creek meet at 8:00am at Cutiepie Café (1504 Capital Ave NE, Battle Creek, MI 49017) . Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at

jill.delong@kalamazooarearunners.org or **Matt Santner** at Matt.Santner@kalamazooarearunners.org.

*****CURRENTLY ON HIATUS DURING FAST TRACK APRIL 15, 2014 – JUNE 17, 2014*** Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark Lutheran Church**

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

Club Member Corner

New Member Welcome

As of the end of May, the Kalamazoo Area Runners attained another new membership record, reaching 1376 members. This represents 25.3% growth since May 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Phoenix	Asifa
Michael	Barnett
Debbie	Barnett
Alica	Barry
Kevin	Brownrigg
Hillary	Campbell
Christie	Canfield
Eileen	Casebeer
Myrna	Coward
Cindy	Cramer
Mike	Cramer
Erin	Cramer
Amanda	English
Madeline	English
Alex	English
Paul	English
Lindsay	Gerst
Joan	Goricki-Cook
Jennifer	Higby
Neil	Huyck
Lisa	Knoop
Sonya	Labrecque
Sarah	Lankford
Phillip	Lear
John	Marucci
Patrick	McMillan

Anne	Mejeur
Jim	Robinson
John	Ross
Rori	Ross
Kaylee	Ross
Vicky	Saunders
Diana	Schimpf
Jay	Secreast
Patty	Sliva
Landon	Smith
Anna	Starr
Justin	Starr
Tyler	Starr
Jacob	Starr
Sydney	Sweeney
Renee	Tibbitts
Lynn	Townsend
Christy	Voss

Local Race Results

B.C. Spring Into Action 5k and 10k April 26, 2014

Nineteen members of the Kalamazoo Area Runners participated in the B.C. Spring Into Action 5k and 10k held at the Lakeview Community School District facilities on Saturday, April 26th. Michael Louden was the male open winner in the 5k with a 20:23, and Heather Wellman took the female open winner in the 5k with a 23:47. Finishing in the age group circle winners for the 5k were Martha Boyer (1st), Fred Keister (1st), Brenda Keith (2nd), Kaylee Ross (1st) and Lisa Savage (1st). Age group winners in the 10k included Jessica Coakes (1st), Paula Coakes (1st), Mary Guthrie (3rd), Jaime Kiessling (2nd), Robby Robertson (2nd), Jim Robinson (2nd) and Scott Struck (3rd). Congratulations to all our B.C. Spring Into Action 5k and 10k finishers!

5k

Martha Boyer	0:32:31	1st
Amanda Burdette	0:38:51	
Sarah Hamric	0:34:37	
Fred Keister	0:26:49	1st
Brenda Keith	0:42:25	2nd
Kelli Keith	0:34:48	
Michael Louden	0:20:23	Male Open Winner
Benjamin Markos	0:28:51	
Brian Markos	0:25:27	
Kaylee Ross	0:24:18	1st
Lisa Savage	0:26:41	1st
Heather Wellman	0:23:47	Female Open Winner

10k

Jessica Coakes	0:52:09	1st
Paula Coakes	0:52:50	1st
Mary Guthrie	1:00:52	3rd
Jaime Kiessling	0:57:52	2nd
Robby Robertson	0:53:53	2nd
Jim Robinson	0:48:36	2nd

Rhonda Smart	1:12:59	
Scott Struck	0:55:13	3rd

Consumers Sunburst 5k and 10k

The Consumers Sunburst 5k and 10k was held on April 26th and attended by 32 KAR members. Scott Evans enjoyed a double victory by winning both the 5k in 17:31 and the 10k in 34:13. Danielle Kean finished top overall female winner in the 5k with a 21:53. Finishing in the age group circle winners for the 5k were Morris Applebey (2nd), Diane Bussema (2nd), Seth Harris (2nd), Aaron Hart (3rd), Joseph Hohler (1st), Joe Hulsebus (1st), Terry Hutchins (1st), and Sharon Manski (3rd). Age group circle winners in the 10k included Morris Applebey (2nd), Paul Bushnell (3rd), Diane Bussema (1st), Bruce Dewey (3rd), Lori Fraker (2nd), Joseph Hohler (1st), Rhachel Konieczka (2nd), John Marshall (3rd), Lisa Noble (3rd) and Kimberly Wood (3rd). Congratulations to all our Consumers Sunburst 5k and 10k finishers!

5k

Morris Applebey	0:21:12	2nd
Paul Bushnell	0:24:27	
Diane Bussema	0:53:55	2nd
Scott Evans	0:17:31	Overall Male Winner
Randy Fielder	0:31:38	
Seth Harris	0:21:36	2nd
Aaron Hart	0:28:55	3rd
Kristal Hoffman	0:38:46	
Joseph Hohler	0:21:27	1st
Joe Hulsebus	0:20:13	1st
Terry Hutchins	0:24:02	1st
Danielle Kean	0:21:53	Overall Female Winner
Eric Laforest	0:26:53	
Anne Lundquist	0:33:59	
Sharon Manski	0:32:27	3rd
John Marshall	0:36:27	
Frank Maston	0:44:06	
Shawn Maxwell	0:29:34	
Tammy Mills	0:29:53	
Ronald Reid	0:34:47	
Dale Shugars	0:33:52	
Jennifer Smith	1:04:12	
Alyssa Thompson	1:05:59	
Andrea Weiss	0:31:45	

10k

Morris Applebey	0:43:33	2nd
Jaclyn Bormann	1:04:29	
Paul Bushnell	0:45:59	3rd
Diane Bussema	1:13:34	1st
Chris Dahl	1:13:34	
Bruce Dewey	0:56:29	3rd
Scott Evans	0:34:13	Overall Male Winner
Randy Fielder	1:25:19	
Lori Fraker	1:13:12	2nd

Rachel Konieczka	0:58:08	2nd
John Marshall	0:57:11	3rd
Frank Maston	1:23:12	
Shawn Maxwell	0:57:43	
Kristen Noble	1:16:36	
Lisa Noble	1:13:13	3rd
Ronald Reid	0:58:37	
Jennifer Smith	1:06:33	
Alyssa Thompson	1:17:44	
Ashley Westrate	1:29:09	
Kimberly Wood	0:57:31	2nd

Kalamazoo Marathon & Borgess Run for the Health of it May 4, 2014!

Four hundred ninety members of the Kalamazoo Area Runners participated in the 35th annual Borgess Run for the Health of It, with 89 in the Marathon 255 in the half marathon, 82 in the 10k and 64 in the 5k.

In the 5k, Kalamazoo Area Runners was well represented with 64 participants. Scott Evans was the male overall winner with a time of 16:32 and Diana Ladio was the overall female winner with a time of 19:52. Many KAR members finished in the age group award winners circle: Royce Bland (1st), Christine Croy (3rd), Aliza Garcia (1st), Seth Harris (3rd), Joe Hulsebus (1st), Danielle Kean (2nd), Erin Lumbar (1st), Gabe Rathburn (3rd) and Dave Roberts (2nd).

Joe Agostinelli	0:21:31	
Kathy Alizo	0:30:00	
Tiffany Ankley	0:44:29	
Cassandra Basore	0:27:03	
Kelly Becker	0:55:11	
Collin Bennett	0:27:36	
Thomas Bennett	0:34:42	
Royce Bland	0:33:54	1st
Josie Boucher	0:44:25	
Julie Bradfield	0:32:01	
Todd Buchanan	0:29:57	
Dawn Calgaro	0:34:52	
Dale Capman	0:27:56	
David Clark	0:32:54	
Patrick Clark	0:34:04	
Christine Croy	0:27:02	3rd
Stephanie Demarest	0:52:10	
Kelly Dominique	0:35:03	

Scott Evans	0:16:32	Overall Male Winner!
Randy Fielder	0:31:36	
Gerry Gagnon	0:35:27	
Aliza Garcia	0:22:13	1st
Seth Harris	0:20:48	3rd
Brenna Hendrix	0:51:55	
Emma Hess	0:55:08	
Joey Hess	0:54:53	
Mike Hess	0:55:10	
Tommy Hess	0:54:53	
Joe Hulsebus	0:19:42	1st
Danielle Kean	0:21:45	2nd
Shari LaBrenz	0:34:38	
Diana Ladio	0:19:52	Overall Female Winner!
Melissa LaFave	0:30:40	
Eric Laforest	0:25:08	
Samantha Lamorandier	0:51:47	
Erin Lumbard	0:20:09	1st
Anne Lundquist	0:32:05	
Benjamin Markos	0:26:52	
Austin Mifsud	0:43:52	
Elisa O'Riordan	0:35:15	
Eric Payerle	0:24:51	
Ryan Payerle	0:23:33	
Sarah Pulsipher	0:36:08	
Heather Randall	0:42:31	
Gabe Rathburn	0:22:41	3rd
Don Reynolds	0:37:32	
Melissa Rhoda	0:30:04	
Dave Roberts	0:22:18	2nd
Therese Rosenberg	0:34:58	
Jennifer Schuller	0:37:55	
Dale Shugars	0:33:43	
Cheryl Sigler	0:43:53	
Jeff Smith	0:26:37	
Samantha Smith	0:36:45	

Tammi Smith	0:55:47
Dan Stratton	0:38:03
Laura Thomas	0:57:29
Heather Wellman	0:23:53
Kyle Wickremasinghe	0:41:33
Mel Wickremasinghe	0:27:08
Meghan Wilkinson	0:38:57
Sarah Willey	0:28:59
Allyson Williams	0:27:50
Tammy Wright	0:40:23

The Borgess Run For the Health of It 10k returned in 2014 for its re-inauguration. Eighty-two members of the Kalamazoo Area Runners participated in the event , including overall female winner Megan James who finished in 41:32. Several KAR members finished in the age group award winners circle, including Paul Bushnell (1st), Shelly Fink (1st), Nathalie Hanson (3rd), Julie Hoffman (1st), Terry Hutchins (1st), Michael Louden (1st), and Cheryl Reighman (1st).

Jerry Altman	1:25:19	
Amanda Babin	1:15:26	
Martha Boyer	1:14:35	
Jen Brown	1:23:20	
Theresa Burgos	1:03:08	
Paul Bushnell	0:45:53	1st
Luanne Cali	1:27:02	
Chad Caswell	0:53:42	
Joe Cekola	0:53:03	
Rachel Chandler	1:06:44	
Cris Childers	1:22:51	
Cindy Comer	1:05:29	
Michelle Cornish	1:04:36	
Amy Cote	1:15:14	
Susan Dalton-Akers	1:27:03	
Toni Daniels	0:53:02	
Pam Davis	1:10:18	

Joyce Dekau	1:21:48	
Kelley Dendel	1:09:04	
Megan Dreier	1:19:32	
Sherrri Dutton	0:53:41	
Penny Ellis	1:11:22	
Anne Engh	1:02:51	
Carie Faul	1:08:57	
Shelly Fink	0:54:21	1st
Duane Fish	0:58:59	
Michelle Fish	1:26:14	
Lori Fraker	1:13:06	
Mary Frank	1:08:56	
Celia Geark	1:08:22	
Judah Gesmundo	1:06:43	
Candace Graham	1:22:50	
Nathalie Hanson	0:46:26	3rd
Katherine Hardigan	1:21:21	
Aaron Hart	0:57:46	
Julie Hoffmann	0:57:04	1st
Nicole Honsberger	0:53:11	
Terry Hutchins	0:47:58	1st
Megan James	0:41:32	Overall Female Winner!
Lisa Jasiak	0:58:59	
Shari Johns	1:09:52	
Vana Kokkinos	0:55:16	
Connie Laurinat	0:53:20	
Michael Leeger	0:54:14	
Rob Lillie	1:16:58	
Theresa Lockhart	1:10:55	
Michael Louden	0:43:12	1st

Brett Manski	1:20:38	
Michele McCarthy	1:22:51	
INGRID MCGUIRE	1:13:04	
Renee Mercer	0:56:58	
Kristen Noble	1:20:25	
Lisa Noble	1:13:05	
Dan Nummela	0:52:40	
Joseph Patterson	1:10:08	
Lisa Pitman	1:07:46	
Mike Powell	0:49:55	
Cheryl Riethman	0:53:16	3rd
Katy Rifenberg	1:10:26	
Diane Rogers	1:29:43	
Jenna Rowekamp	1:10:39	
Stephanie Sabin	0:54:13	
Sean Sharkey	0:50:44	
Jean Sheppard	1:13:43	
Rhonda Smart	1:14:53	
Tracie Stapert	1:14:08	
Latasha Stinnette	1:34:04	
Nancy Sundberg	1:07:09	
Alyssa Thompson	1:13:41	
Kristen Thompson	0:52:06	
Keri Tice	0:59:11	
Sharon VanDyke	1:26:13	
Karen VanMeekeren	1:01:45	
Andrew Vidor	1:03:08	
Melissa Visser	0:56:56	
JoDell Walker	0:54:02	
Ashley Weststrate	1:25:58	

Myra Willis	1:07:54
Todd Wright	1:05:18
Michelle Yiu	1:15:46
Gina Zagaroli	1:09:16
Molly Zelichowski	1:22:50

Kalamazoo Area Runners had 255 finishers in the half marathon, including many finishing in the age group winner's circle. These members included Morris Applebey (1st), Russell Bertch (2nd), Bill Greer (1st), Joseph Hohler (3rd), Amy Krone (3rd), Darren Lockwood (3rd), Sarah Lozeau (3rd), Tim Lynch (3rd), Addie Maston (2nd), Kaylee Ross (1st), and Peggy Zeeb (1st).

Amy Adams	2:25:02	
Thomas Afton	1:52:56	
Marcel Alkemade	1:59:36	
Morris Applebey	1:32:13	1st
Daniel Austin	2:09:51	
Heidi Baker	2:09:18	
Susan Baker	2:06:50	
Julia Bates	2:38:22	
Wendy Bauer	2:43:19	
Andrew Bauman	2:14:28	
Susie Bauman	2:08:30	
Christine Behrens	2:03:51	
Jalayne Bennett	2:31:59	
Russell Bertch	1:39:34	2nd
Shannon Birkhold	2:01:06	
Eric Blackford	2:12:03	
Brad Block	1:42:34	
Heather Block	2:05:56	
Molly Boehme	1:51:05	
Jaclyn Bormann	2:22:31	
Emily Boucher	2:39:30	
Angela Boynton	2:14:11	
Bernadette Braganini	2:07:04	
Tania Brammer	2:49:53	
Andrea Burlingham	2:05:02	
Diane Bussema	2:41:25	

Amy Callahan	3:00:33
Carey Campbell	1:47:03
Jacque Carlson	1:59:26
Jeff Cavanaugh	1:37:39
Pablo Cecere	1:47:42
Karen Christensen	2:49:03
Becky Clark	3:01:11
Jessica Coakes	1:55:36
Liz Coleman	1:42:48
Karen Conner-Beck	2:29:21
Brian Connolly	1:46:43
Christie Cook	1:57:57
Rebecca Coy	2:26:44
Tracy Cropsey	2:07:44
Kathy Crosthwaite	2:37:40
Christine Dage	2:08:53
Chris Dahl	2:41:24
Natalie Dale	2:14:02
Karen Darby	1:57:58
Courtney Davis	1:44:59
Gail Davis	2:19:51
Rachael Deneau	2:56:54
Bruce Dewey	2:09:57
Chris DHulster	1:32:06
John Donaldson	2:25:29
Elizabeth Doorn	2:26:24
Denise Downer	2:15:25
Karen Dyszkiewicz	2:36:13
Stephen Ferez	1:56:12
Peter Fernando	2:40:17
Laura Ferrara	2:14:06
Kristen Fillar	1:50:14
John Fiore	1:51:55
Gale Fischer	1:44:03
Kim Foghino	2:19:10
Travis Followell	1:44:55

Gary Foster	2:19:30	
Sandy Frederick	2:25:12	
Steven Fryling	2:28:08	
Raul Garcia	1:41:19	
Todd Gardner	1:45:38	
Bryan Garfoot	1:54:40	
Aimee Garrison	2:09:19	
Daniel Gavlas	1:42:33	
Michelle Germinder	2:24:46	
Shari Glaser	2:05:43	
Aravind Gorthi	2:06:24	
Gordon Greenland	1:37:19	
Bill Greer	1:29:54	1st
Doug Gucich	1:34:01	
Robert Guise	1:53:00	
Lyle Gurd	2:42:45	
Alesha Handy	2:23:28	
Chip Hansen	1:51:39	
Lisa Hansen	1:59:14	
Amy Harris	3:00:28	
Megan Hass	1:56:45	
Jayme Heimonen	2:15:37	
Karen Hermann	1:56:15	
Joe Hillman	1:52:59	
Ferdi Hintze	1:47:24	
Colleen Hoerman	1:59:56	
Joseph Hohler	1:29:00	3rd
Mike Hossack	1:41:49	
Clint Hostetler	2:22:31	
Chad Hutchins	2:08:37	
Valerie Hyndman	2:49:54	
Amy James	2:15:41	
Arya Jayatilaka	1:59:29	
Todd Jenner	2:02:39	
Annie Jost	2:14:17	

Heather Karmon	2:55:41	
Heather Karmon	2:21:52	
Fred Keister	2:13:03	
Glen Kellam	1:41:18	
Michele Ketelhut	2:02:18	
Melinda Kiplinger	2:03:41	
Casey Kittredge	2:08:09	
Amy Klok	2:16:49	
Deborah Kloosterman	2:14:34	
Stephanie Klumpp	2:14:51	
Amy Kniss	2:56:00	
Jason Kniss	2:56:03	
Amy Krone	1:45:30	3rd
Asmita Kulkarni	2:53:44	
Molly Lacy	2:14:33	
Mae LaFave	2:09:00	
Laura Lam	1:43:31	
Kate Langan	2:08:00	
Lesley Lanker	2:01:19	
Mike Lawrence	2:32:00	
Melissa Lewis	2:24:28	
Suzanne Liddell	2:19:44	
Todd Lipovsky	2:02:26	
Darren Lockwood	1:34:33	3rd
Matt Longjohn	1:56:15	
Amanda Losch	2:29:36	
Sarah Lozeau	1:43:39	3rd
Tim Lynch	1:36:44	3rd
Gayle Majeske	2:19:37	
John Manski	2:27:46	
John Manski	2:31:32	
Scott Manski	2:09:15	
Sharon Manski	2:22:44	
Brian Markos	2:10:51	
Jennifer Markos	2:26:20	
John Marshall	2:17:17	

Robin Martin	2:16:33	
Susan Mastenbrook	2:56:21	
Addie Maston	2:54:06	2nd
Frank Maston	3:10:26	
Tracy Matthews	2:31:07	
Kristen Maxwell	2:26:41	
Shawn Maxwell	2:07:49	
Kristin Mckinney	2:14:06	
Dawn Merritt	2:14:37	
Randy Middaugh	2:03:11	
Joy Mills	2:40:36	
Ken Mohney	1:54:30	
Amy Montanye	2:00:50	
Patricia Montilla	1:58:32	
Natalie Moore	1:59:19	
Doug Muenzer	1:32:52	
Penelope Muenzer	2:02:37	
Jennifer Myers	2:38:25	
Jennifer Myers	2:38:25	
David Neely	1:52:07	
Katie Nelson	2:31:53	
Lesa Newby	2:03:16	
Sandy Newport	2:50:22	
Andrea Nixon	2:40:36	
Jennifer Odza	2:26:41	
Laurie Oleksa	2:17:00	
Jenn Omo	2:20:43	
Amy Onderlinde	2:47:29	
Barbara Overlander-Afton	1:59:00	
Lissa Perkins	2:54:44	
Jennifer Pickens	2:31:37	
Lisa Piper-English	2:01:19	
Emily Potratz	2:07:52	
Kristy Prahin	1:57:26	
Steve Randolph	1:46:16	
Carlos Rangel	1:52:58	

Rusty Rathburn	1:54:42	
Kristin Ray	2:21:27	
Rick Rickli	2:35:16	
Sue Rickli	2:39:24	
Tom Robbert	2:07:09	
Bill Roschek	3:04:40	
Mark Rose	2:13:04	
John Ross	2:05:06	
Kaylee Ross	2:05:06	1st
Micki Rossio	2:40:42	
Christie Ruesink	3:04:31	
Damian Ruesink	2:01:36	
Corrine Sallaz	2:16:17	
Laura Sandahl	2:20:26	
Lisa Savage	2:08:28	
Veronica Schaner	1:55:38	
Sarah Schieber	2:47:43	
Eric Schiedel	1:51:48	
Donna Scott	2:38:31	
Amy Shaffer	2:12:29	
John Shubnell	2:08:30	
Maureen Shubnell	2:26:22	
Angela Sikkila	2:04:45	
Ashley Slack	2:25:55	
Jennifer Smith	2:39:29	
Kara Smith	3:16:15	
Samantha Smith	1:59:18	
Dave Solberg	1:54:27	
Katie Soule	2:01:14	
Traci Spada	1:59:35	
Lindsey Spieles	2:17:19	
Bailey Steely	2:29:27	
Denise Steely	2:32:31	
Kara Steely	2:59:54	
Janet Stensland	2:42:06	
Colleen Steves	2:16:03	

David Steves	2:23:01
Rebecca Strauss	2:00:44
Scott Struck	1:57:21
Laura Stuchell	2:08:37
Eric Suloff	2:15:57
Alan Sylvester	1:53:48
Lisa Talley	2:24:39
Stacey Talley	2:41:10
Emma Tate	2:03:15
Trever Tate	1:49:12
Kathleen Taylor	2:41:06
Scott Taylor	1:45:42
Christina Thomas	2:26:31
Matt Thomas	1:38:12
Amy Tomlinson	2:31:20
Jacqueline Torres-Rivera	2:40:12
Brian Tucker	1:43:16
Kristi Tyler	1:59:43
Joe Unwin	1:31:24
Brett Vanderwater	2:25:11
Bindu Vanimisetti	2:41:42
Scott VanLoo	1:35:25
Marti Veld	2:27:39
Tazee Vickery	1:45:20
Jason Visser	2:02:34
Christine Vlietstra	2:15:04
Michael Wagner	1:43:15
Christine Walker	2:06:04
Rita Waterhouse	2:42:15
Dianne Webster	2:31:20
Amanda Wehner	2:04:45
Tim Wendt	1:49:56
Cheryl Wesler	2:19:34
Alissa Westerman	2:01:42
Preston Westerman	1:55:30
Sharmini Wickremasinghe	2:44:54

Tanya Wilkinson	2:00:05	
David Williams	2:20:09	
Diane Williams	2:12:30	
Rob Williams	1:49:30	
Jillian Wills	2:12:53	
Jody Wilson	2:06:22	
Maggie Wise	3:02:24	
Derek Wissner	1:40:53	
Kimberly Wood	2:15:53	
Janie Yates	2:11:03	
Ronsted Yuag	2:01:20	
Peggy Zeeb	1:34:51	1st
Scott Zufall	1:55:00	

Eighty-nine members of the Kalamazoo Area Runners participated in the Kalamazoo Marathon, and KAR also served as organizers of the Half and Full Marathon Pace Teams, thanks to Pace Team Director Bob Smola. KAR member Brian Reynolds emerged as the overall male marathon champion with a finishing time of 2:35:02. Finishing in the age group award winners circle were Tracy Balkema (3rd), Ryan Geers (3rd), Ed Kenny (1st), Michael Krautmann (3rd), Pam McBride (2nd), Michael Nasuta (2nd), Kathy Prevatte (3rd), Marie Rogers (1st), Stephanie Schreiber (3rd), Kyle See (3rd), and Brenda Stoddard (2nd).

Scott Adrian	4:59:41	
Tracy Balkema	3:54:54	3rd
Christine Bartholmey	5:15:37	
Ed Bigelow	4:36:04	
Kate Binder	4:57:21	
Andy Boris	3:44:41	
John Brady	3:42:50	
Peter Burrill	4:13:50	
Eric Campbell	4:03:24	
Rick Chaney	4:50:06	
Eileen Chiang	4:49:37	
Kyle Christianson	4:25:22	
Fred Colbert	4:06:28	
Tera Demarest	4:07:56	
Jayson Doren	3:41:10	
Thomas Durlach	4:13:47	
David Eagle	4:13:46	

Christina Ellis	4:40:02	
Scott Everett	4:25:06	
Kevin Ferrara	3:41:56	
Joni Ford	5:52:55	
Matthew Frayer	3:54:54	
Ryan Geers	3:03:41	3rd
Kim Gjeltema	4:49:37	
George Granger	4:16:34	
Mary Hannapel	4:33:46	
Dean Hazle	3:15:12	
Michelle Hill	5:17:03	
Tim Holden	5:30:47	
Brad Hollister	4:57:37	
Karen Hook	4:33:47	
Tiffany Hubbard	4:23:55	
Brian Hunt	3:46:30	
Derrick Jones	3:36:29	
Susan Kallewaard	5:55:32	
Mark Kanouse	4:23:44	
Ed Kenny	2:59:34	1st
Bobby Klinesteker	3:56:47	
Rachel Konieczka	5:19:03	
Michael Krautmann	3:32:39	3rd
Aaron LaRue	6:03:28	
Derek Lewis	3:57:46	
Norm Massey	5:17:03	
Pam McBride	3:58:35	2nd
Tim Meeker	4:21:42	
Fayth Moore	5:07:41	
Lorena Moras Trainor	4:57:21	
Don Morris	4:30:28	
Margaret Munger	4:17:24	
Derick Myers	3:58:43	
Michael Nasuta	3:14:04	2nd
Alison Nuismer	5:02:19	
Jenison O'Connor	5:16:49	

Autumn Osborn	4:25:57	
Don Payerle	4:08:52	
Alayna Pelfresne	4:33:05	
Joel Pennington	5:26:40	
Scott Perkins	3:44:50	
Ryan Philip	4:13:50	
Jeffrey Pickens	4:05:13	
Robert Poznanski	3:57:58	
Jim Praeger	3:45:33	
Kathy Prevatte	4:37:21	3rd
Ronald Reid	5:01:30	
Brian Reynolds	2:35:02	Overall Male Winner!
John Risley	3:43:44	
Dan Robinson	3:50:07	
Marie Rogers	5:02:37	1st
Brian Schrader	4:05:10	
Stephanie Schreiber	3:40:46	3rd
Lisa Schreiner	4:18:23	
Kyle See	5:31:58	3rd
Benjamin Siems	3:35:56	
Mark Sikkila	3:45:33	
Jennifer Smith	4:41:31	
Bob Smola	5:04:55	
Brenda Stoddard	4:00:21	2nd
Kevin Theisen	4:25:41	
Carla Thomas	4:30:28	
Brian Trainor	4:37:34	
Cathi VanDyk	5:31:57	
Nick VanLent	4:32:25	
Daren Wendell	4:51:54	
Scott Wielenga	3:53:13	
Jason Wilhelmi	3:51:07	
Erin Williams	6:16:58	
Keith Williams	3:56:35	
Zachary Wilson	4:07:23	
Matt Wittenberg	3:41:10	

Vicksburg Hearty Hustle 5k May 10, 2014

Thirty members of the Kalamazoo Area Runners participated in the 27th annual Vicksburg Hearty Hustle on May 10, 2014, and Gena VanderMeulen emerged as the Female Masters Winner with a time of 23:31. Finishing in the age group winners circle were Tracy Argo (1st), Sherri Dutton (2nd), Bryan Garfoot (3rd), Seth Harris (2nd), Joseph Hohler III (1st), Lisa Jasiak (1st), Danielle Kean (2nd), Randy Middaugh (2nd), Laura Sandahl (3rd), and Heather Wellman (1st). Congratulations to all our Vicksburg Hearty Hustle finishers!

Alexander Argo	0:28:43	
Brian Argo	0:28:44	
Tracy Argo	0:20:42	1st
Andrew Bauman	0:27:18	
Susie Bauman	0:26:54	
Karen Christensen	0:33:30	
Cindy Comer	0:30:17	
Sherri Dutton	0:25:44	2nd
Bryan Garfoot	0:22:11	3rd
Stephen Goss	0:29:52	
Seth Harris	0:20:31	2nd
Joseph Hohler III	0:19:24	1st
Lisa Jasiak	0:27:27	1st
Susan Kallewaard	0:32:14	
Danielle Kean	0:21:24	2nd
Fred Keister	0:26:40	
Eric Laforest	0:25:38	
Kristen Maxwell	0:31:34	
Shawn Maxwell	0:27:14	
Randy Middaugh	0:23:36	2nd
Ken Mohny	0:23:24	
Dan Nummela	0:24:15	
Laura Sandahl	0:28:47	3rd
Sean Sharkey	0:23:50	
Tammi Smith	0:50:53	
Dan Stratton	0:36:21	
Laura Thomas	0:52:12	
Alyssa Thompson	0:35:33	
Gena VanderMeulen	0:23:31	Female MASTERS WINNER!
Heather Wellman	0:23:53	1st

Oaklawn Hospitality Classic 5k and 10k May 17, 2014

Twenty-five KAR members participated in the 2014 Run to Climax held on May 17. Congratulations to all of our KAR rock stars finishing in the age division winners circle and the amazing finishers circle as listed below.

5k

Carole Bolthouse	0:23:10	2nd
Eric Campbell	0:22:48	
Joe Cekola	0:32:19	
Fred Colbert	0:25:27	
Aaron Decker	0:21:20	3rd
Gretchen Dettloff	0:25:22	1st
Laura Ferrara	0:32:19	
Darren Lockwood	0:20:49	1st
Michael Louden	0:20:23	2nd
Shawn Maxwell	0:27:09	
Elizabeth Raleigh	0:31:43	
Corrine Sallaz	0:32:48	
Leslie Scheffers	0:22:37	1st
Mark Sigfrids	0:21:49	1st
JoDell Walker	0:25:29	
Jody Wilson	0:28:28	

10 k

Eric Campbell	0:49:41	
Joe Cekola	0:47:44	
Fred Colbert	1:07:30	
Gretchen Dettloff	0:49:15	2nd
John Donaldson	1:04:51	
Kathy Farrow	0:52:44	1st
Laura Ferrara	1:02:38	
Arya Jayatilaka	0:47:15	3rd
Darren Lockwood	0:42:14	1st
Michael Louden	0:42:31	1st
Shawn Maxwell	0:53:20	

Natalie Moore	0:52:39	3rd
Laurie Oleksa	1:00:55	3rd
Robby Robertson	0:54:27	
Corrine Sallaz	1:04:51	
Leslie Scheffers	0:46:13	1st
Sean Sharkey	0:49:22	
Mark Sigfrids	0:44:11	1st
Christina Thomas	1:06:30	
Brett Vanderwater	1:02:39	
Jody Wilson	0:55:06	

Howard Hill Hustle 5k May 17, 2014

Falling the same day as the Oaklawn Hospitality Classic and the Race for the Cure, another forty-six members of Kalamazoo Area Runners participated in the Howard Hill Hustle 5k. Ed Kenny emerged as the Male Masters Winner with a time of 17:52, while Gena Vander Meulen was the Female Masters Winner with a time of 23:17. Finishing in the age group winner's circle were Morris Applebey(1st), Tracy Argo (3rd), Zachary Baker (1st), Thomas Bennett (2nd), Royce Bland (1st), John Brady (2nd), Paul Bushnell (2nd), Bruce Dewey (2nd), Shelly Fink (2nd), Grand Fletcher (2nd), Mike Foster (3rd), Celia Geark (3rd), Carol Heinicke (1st), Fred Keister (3rd), and Scott VanLoo (3rd). Congratulations to all our Howard Hill Hustle 5k finishers.

Morris Applebey	0:19:37	1st
Tracy Argo	0:20:35	3rd
Zachary Baker	0:18:20	1st
Collin Bennett	0:24:10	
Thomas Bennett	0:33:13	2nd
Royce Bland	0:33:34	1st
Jaelyn Bormann	0:30:13	
John Brady	0:20:59	2nd
Paul Bushnell	0:21:26	2nd
Dale Capman	0:27:34	
Janny Carrel	0:47:32	
Karen Christensen	0:33:35	
Bruce Dewey	0:26:30	2nd
Sherri Dutton	0:25:19	
Kim Evans	0:31:58	
Mike Evans	0:31:56	
Shelly Fink	0:25:46	2nd

Grant Fletcher	0:19:33	2nd
Mike Foster	0:33:27	3rd
Bryan Garfoot	0:21:43	
Celia Geark	0:32:29	3rd
Kim Gjeltema	0:27:25	
Seth Harris	0:20:10	
Carol Heinicke	0:24:22	1st
Ian Heinicke	0:21:44	
Christine Huff	0:25:59	
Amber Hutson	0:40:03	
Heather Karmon	0:34:27	
Fred Keister	0:26:32	3rd
Ed Kenny	0:17:52	Male Masters Winner
Rachel Konieczka	0:27:54	
Melissa LaFave	0:30:29	
Eric Laforest	0:24:10	
Tammy Mills	0:26:51	
Jenn Omo	0:29:04	
Kyle See	0:31:00	
Dale Shugars	0:32:36	
Eric Suloff	0:43:10	
Gena VanderMeulen	0:23:17	Female Masters Winner
Scott VanLoo	0:19:58	3rd
Abigail Vlietstra	0:44:26	
Christine Vlietstra	0:39:16	
Christine Vlietstra	0:44:26	
Jenna Vlietstra	0:44:21	
Andrea Weiss	0:30:22	
Ashley Weststrate	0:40:02	

K5k May 24, 2014

Forty-three members of the Kalamazoo Area Runners participated in the ever popular K5K presented by KAR member Jim Mishler's Spirit Racing LLC on May 24, 2014. KAR members performed extremely well, with Kevin Rook emerging as the overall male winner with a time of 17:01. Gena VanderMeulen took the Female Masters Winner title with a time of 23:19. KAR members also took both the Grand Masters titles, with Morris Applebey as the male winner with a time of 19:33 and Carol Heinicke as the female finishing with a time of 24:35. Age group leaders included John

Brady (1st), Steve Darrell (2nd), Chris DHulster (2nd), Sherri Dutton (1st), Seth Harris (3rd), Ray Hendriksma (1st), Julie Hoffman (1st) Christine Huff (3rd), Fred Keister (1st), Michael Kloosterman (2nd), Shari LaBrenz (3rd), Eric Laforest (3rd), Michael Louden (1st), Addie Maston (2nd), Teri Olbrot (1st), Laurie Raith (3rd), Bonnie Sexton (1st), Sean Sharkey (1st), Dan Stratton (3rd), Brandon VanDusen (3rd) and Alec Williams (3rd). Congratulations to all of our K5K finishers!

Kathy Alizo	0:30:20	
Morris Applebey	0:19:33	Male Grand Masters Winner
John Brady	0:21:25	1st
Steve Darrell	0:25:15	2nd
Kelley Dendel	0:32:52	
Chris DHulster	0:19:47	2nd
Michael Dutton	0:32:15	
Sherri Dutton	0:25:36	1st
Sharon Eshlaman	0:53:31	
Sarah Foster	0:37:54	
Michelle Germinder	0:29:14	
Seth Harris	0:20:43	3rd
Carol Heinicke	0:24:35	Female Grand Masters Winner
Ray Hendriksma	0:27:53	1st
Brenna Hendrix	0:53:52	
Julie Hoffmann	0:27:24	1st
Christine Huff	0:26:38	3rd
Michael Hutchinson	0:31:00	
Fred Keister	0:25:44	1st
Deborah Kloosterman	0:27:38	
Michael Kloosterman	0:27:35	2nd
Shari LaBrenz	0:35:03	3rd
Eric Laforest	0:24:21	3rd
Michael Louden	0:20:20	1st
Addie Maston	0:32:21	2nd
Frank Maston	0:40:07	
Teri Olbrot	0:31:55	1st
Amy Onderlinde	0:34:29	
Lissa Perkins	0:37:54	
Lisa Pitman	0:32:05	
Laurie Raith	0:25:04	3rd

Kevin Rook	0:17:01	Male Overall Winner
Bonnie Sexton	0:24:00	1st
Sean Sharkey	0:23:11	1st
Samantha Smith	0:25:31	
Tammi Smith	0:46:29	
Colleen Steves	0:28:58	
David Steves	0:26:57	
Dan Stratton	0:35:45	3rd
Gena VanderMeulen	0:23:19	Female Masters Winner
Brandon VanDusen	0:20:37	3rd
Alec Williams	0:27:45	3rd
Allyson Williams	0:27:18	

Run to Climax 7k May 26, 2014

Thirty-one KAR members participated in the 2014 Run to Climax held on May 26, taking both the male and female overall titles and many of the age divisions. Tracy Argo won the overall female title with a time of 29:13, and Scott Evans won overall male with a time of 23:27. Congratulations to all of our KAR rock stars finishing in the age division winners circle including Zach Baker (1st), John Brady (1st), Andrea Burke (3rd), Fred Colbert (3rd), Celia Geark (3rd), Will Kellam (3rd), Ed Kenny (1st), Robert Levy (3rd), Michael Louden (1st), Patricia Montilla (1st), Lisa Piper-English (1st), Mike Powell (3rd), Kenzi Pridgeon (2nd) and Troy Stutz (3rd). Congratulations to all of KAR's finishers!

Kathy Alizo	0:43:25	
Brian Argo	0:36:52	
Tracy Argo	0:29:13	Female Overall Winner!
Heidi Baker	0:42:23	
Zachary Baker	0:25:24	1st
Eric Blackford	0:37:31	
John Brady	0:30:26	1st
Andrea Burke	0:37:22	3rd
Fred Colbert	0:33:41	3rd
Scott Evans	0:23:27	Male Overall Winner!
Randy Fielder	0:43:29	
Kim Foghino	0:40:42	
Celia Geark	0:47:02	3rd
Kim Gjeltema	0:40:24	
Will Kellam	0:25:22	3rd
Ed Kenny	0:25:35	1st

Rocque Lefaive	0:37:35	
Robert Levy	0:30:45	3rd
Amanda Losch	0:44:08	
Michael Louden	0:28:33	1st
Gayle Majeske	0:43:55	
Addie Maston	0:45:57	
Frank Maston	0:57:20	
Kristen Maxwell	0:44:14	
Shawn Maxwell	0:44:16	
Patricia Montilla	0:36:05	1st
Lisa Piper-English	0:36:18	1st
Mike Powell	0:33:05	3rd
Kenzi Pridgeon	0:37:41	2nd
Troy Stutz	0:32:25	3rd
Allyson Williams	0:39:50	

*** Race results show runners who were active members as of May 1. New members joining in May for the first time are not yet reflected. New members will nbe retroactively pulled into prior Club Championship Series events once added to the database.

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