

*“Always go with the choice that scares you the most, because that’s the one that is going to require the most from you.”*

*- Caroline Myss*

May 2015

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

## The Kalamazoo Area Runners

# Rundown

### Starting Line or Finish Line – An Update on Our Transition Plan

By Bonnie Sexton



2015 Winter Blast Half Marathon & 5k – Photo by Fast Photo Pro

The starting line of any race generates adrenaline and excitement, and the finish line a sense of accomplishment, joy and often relief. The emotions triggered by the word “transition” are quite different, and often represent fear, anxiety and apprehension. The definition of the word “transition” in dictionary.com is movement, passage, or change from one position, state, stage, subject, concept, etc., to another.



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Komen Race For The Cure 5k

K5K

Run to Climax 7k

## Board of Directors

The many KAR Members who participate regularly in triathlons are well accustomed to the transition from the swim to the bike, and the bike to the run. The transition area and time can be one of the most chaotic sections of the triathlon as athletes locate or return bikes, change clothing, gear, refuel and continue on. In the triathlon, the clock is still ticking and the race continues, regardless of whether an athlete is in the transition area or not. The triathlon is a great analogy for any change initiative, whether personal or organizational. Change happens concurrently with the rest of daily or organizational responsibilities, and transition can be short term or long term.

Kalamazoo Area Runners (KAR) is approximately half way through a three year transition as we gradually shift daily operational and event management responsibilities to our Executive Director. The purpose of the three year plan was to allow time for growth and development of both staff and volunteer leadership, and to build infrastructure and implement technology systems and efficiencies designed to keep KAR sustainable while maintaining a small staff.

When our Executive Director, Joy Mills, started in September 2013, her first project was to implement a Quick Books Accounting system to streamline our accounting and financial reporting. The first year of employment, we transitioned the administration of our online registration system, broad-based programs such as the club championship series, race discount, service provider and merchant discounts, and runner recognition programs, *The Rundown* newsletter and several other functional duties, such as answering membership inquiries. She also participated on the planning committees of our seven signature events.

The second year, we began transitioning directorship (or co-directorship for partnerships) of our seven signature events. Phase two began with the 2014 Turkey Trot Time Prediction 5k Run, and Co-Directorship (on behalf of KAR) of the 2015 Kalamazoo Klassic, and will continue with the 2015 Jack-O'-Lantern 5k & 10k Trail Run, 2015 Run Through the Lights, 2016 Winterblast Half Marathon & 5k, 2016 Children's Easter Egg Hunt Run and 2016 Kal-Haven Trail Run. Volunteer committee members will continue to serve on behalf of the events.

Group Runs as well as Training Programs (Fast Track, Beyond and Summer Safari) will continue under the direct oversight of the Board at least through 2016, and delivered by Executive Board Members or Volunteer Directors, and their committees. The Battle Creek Subcommittee will also continue under the guidance and direction of the Board, with the Executive Director providing assistance as needed.



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At the same time, Kalamazoo Area Runners has several technology initiatives underway. Vice President of Technology Pablo Cecere has been working with volunteer and staff leadership team members to migrate association files to the cloud-based Google Drive, with project completion scheduled for December 31, 2015.

A project subcommittee has been formed to work with the Executive Director to evaluate, select and implement a Club Management System, which includes member management, race and program registration, volunteer management and other important administrative functions. Chris Huff has been managing our member management process since 2012 and will continue to assist with this through August. Although we use SignMeUp for online membership registration, the membership expiration process is still a manual process. All membership data for our 1,400+ members is maintained on a spreadsheet, and Chris emails expiring members their renewal notices. Implementation of the Club Management system is also scheduled for December 31, 2015.

We also encountered a new challenge; the emergence of an extremely competitive running event market on a local, state and national level. During the running boom of the last 10 years, growth came easy and we didn't have to work hard at marketing. In the last year, as more and more organizations (both non-profit and for-profit) embraced running events as a source of revenue, the environment has changed. Marketing strategy has become critical to increasing participation, and even maintaining participation levels in local running events. A marketing plan was written by one of the Kalamazoo Klassic planning committee members and we piloted several new strategies, including paid social media advertising.

As a result of the competitive environment, we are working on recruiting marketing coordinators to serve on our KAR event planning committees, and our Vice President of Marketing, Kristen Maxwell, drafted a proposal for a KAR Facebook Page in order to provide a platform to conduct paid social media advertising for KAR events and programs. The Kalamazoo Area Runners Non-Profit Organization Facebook Page went live last week.

Finally, as the Executive Board transitions many of the day to day operations of Kalamazoo Area Runners (KAR) to the Executive Director, we continue to work to define our future. The Board and Executive Director completed strategic planning last year, and have developed a project plan of 40 action items to be completed through 2017. As part of this project plan, we have started to set aside time at each Board Meeting for visionary work and discussion. Later this year, Vice President, Chelsea



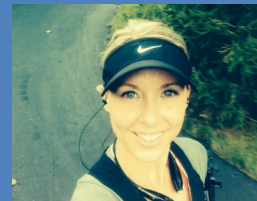
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Fay and myself, will be conducting a membership survey to obtain feedback designed to establish our collective vision for the Kalamazoo Area Runners of the Future.

We have become a leader in organizing high quality events and programs, and have significantly enhanced our membership benefits. There are still many things Kalamazoo Area Runners is not doing that other running clubs are – examples include youth programs, RRCA Coaching Certification programs, racing teams (other than local events), events and services for individuals with disabilities, scholarship programs, advocacy for the sport of running and many other initiatives.

For every race there is a starting line and a finish line, and for KAR, each phase of our transition is a combination of both. May we embrace each phase of change with the excitement of the journey before us, and the joy of successfully completing the phase behind us.



*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—Featured Volunteers—Going the Extra Mile**

**By Joy Mills**

Last month 's featured volunteers included two of the new members to KAR's Board of Directors, Pablo Cecere and Carrie Hoch-Mortlock. This month we will continue getting to know the new members of our leadership as we highlight Chelsea Fay and Ferdi Hintze. Please join me in thanking all of the members of the Kalamazoo Area Runners Board of Directors for their service to our organization.

### **Staff**

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## Chelsea Fay – Vice President Membership



When asked why she volunteers for KAR, Chelsea says ***“I volunteer because it allows me to share my love of running, support runners of all abilities, and become more connected with my community. Knowing that I’m giving back and being able to meet new people are my rewards.”***

Chelsea describes her role on the Board of Directors as follows: ***“As the Vice President of the KAR Board, my main function will be to provide support in any capacity in which I am needed. Whether that is by assisting with events or by chairing committees on special projects, I am open to all that the next 12 months may bring. I am also looking forward to working on making positive infrastructure changes that will enhance the experience our KAR members have when we interact with them.”***

When asked what advice she would give to others interested in volunteering for KAR, Chelsea says ***“Go for it. Volunteering in any capacity is an opportunity to give back, make friends, have fun, and learn.”***

## Ferdi Hintze, Treasurer

Ferdi is a developer for an accounting software consulting firm in New York, and is fortunate to be able to work from home. KAR was the first organization Ferdi became involved with when he moved to Kalamazoo in 2006 and it has connected him with many people. In addition to serving as the new Treasurer, Ferdi is the captain of KAR’s Relay For Life team.

## Event and Program Directors continued

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Director, Jack-O’-Lantern 5k & 10k Run  
Director, Kalamazoo Klassic (KAR) (with  
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Run (with Scott Taylor)  
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Ferdi shares that ***“I volunteer because I have met many of my local friends through KAR and I like the idea of promoting fitness.”***

Ferdi’s advice to others interested in volunteering on behalf of KAR? ***“Do it, but be very careful about the exact commitment you are making and whether you are comfortable with it.”***



Joy Mills is KAR’s Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running in KAR Club Series Championship events with her son and daughter. Joy is ran her first marathon, the Cellcom Green Bay Marathon in May and is currently training for the Walt Disney World Goofy Challenge in January 2016.

## **Another Runner's Perspective—Who Are You Racing Against?**

*"Every race is an opportunity to measure yourself against your own potential"*  
 --- Bud Willianson

High school runners circle the track under the lights on the campus of Lakeview High School. This mid season track meet, known as the all city meet, has long been an annual spring classic in which athletes from the five city high schools in Battle Creek compete against each other, claiming bragging rights as fastest and strongest for the next twelve months. In track's final event for each meet, the 4 by 400 relay, each athlete takes a turn sprinting around the oval before handing off the baton to the next runner of their foursome. Teammates from all five schools race across the football field near the fifty yard line from one side of the oval to the other cheering on the runner representing

## **Event and Program Directors continued**

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Mark Sigfrids  
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Brent Yager  
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their school as they hit the straight away on the opposite side of the track only to turn and rush back as their school's athlete hands off the baton in the exchange zone near the start and finish area. It is a frenzy and often the most exciting race for most track meets as this final event will determine what team has accumulated the most points for the evening's competition. On this particular Friday night, the boys 4 by 400 relay is a classic duel between city rivals Harper Creek and Lakeview with either team holding no more than a two to three yard lead during the race's entirety. Other squads are not far behind but it is the battle between the Spartans and the Beavers that has the infield buzzing with anticipation. Each unit's anchor runner takes the baton side by side in an all out effort for this the final 400 meters. Rounding the corners the duo takes turns at trailing the other but on the straight away sections the race continues between the pair shoulder to shoulder. The electricity intensifies as the two competitors make the final turn running in tandem for the last 75 meters. Members from each school find it difficult to contain their emotion as Harper Creek's runner gets the lean at the finish line a fraction of a second in front of the Lakeview runner. Both athletes exit the track, bend at their waists, and place their hands on their knees in an attempt to restore their oxygen supplies. Regardless of which of the five city schools lay claim as city champ, there is not a better way to end this annual spring showdown between the five city high schools.

In the world of running and racing there are many battles that rise to the surface. The duel between Harper Creek and Lakeview in the 4 by 400 relay is one such example filled with its own share of drama. Many of these battles are fueled by an athlete's competitors in a desperate attempt to drive past the runner a stride in front, or hold off the runner on their heels. Individual races among competitors take place near the front, mid pack and with those bringing up the rear in events that span distances from sprints all the way up to the marathon and beyond. In the world of athletics, targeting a competitor and locking them into one's radar can nudge one out of their comfort zone as they focus on the task at hand a tad more than they might have, expend a few more ounces of energy than what they believed they had and fight through a bit more pain than what they imagined they could tolerate. Coming together as baseball team to win the last game of the season to jump ahead of the team one game ahead in the standings, fighting through a sprained ankle to help your football team seal a victory at the end of the season in a final push into the playoffs and giving a dead out sprint at the end of a 10K race to push ahead of the runner you had been trailing the last three miles are all examples of using the competition to fuel your effort.

Although these duels between individual athletes are responsible for PRs and age group awards at local 5K race battles and high school track meets, the rage internally between the body and mind also plays a role. Olympic performances, high school

## KAR Discount Sponsors

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

### Gazelle Sports

Information coming soon!



### Healing Moments Massage

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



### Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP has teamed up with Dr. Michael Miller for the Graduate Athletic Training Department of WMU and is now offering KAR members \$10 off Gait Analysis and also \$10 off their new service Functional Movement Screen with Corrective Exercises. Dr. Prater is also continuing to offer KAR members a \$30 discount on custom foot orthotics, and 15% off kinesio tape. Contact Daryl at [praterd@aol.com](mailto:praterd@aol.com) for more information.



### BORGESS HEALTH AND FITNESS CENTER

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

track meets and weekend road races demonstrate races amongst individual runners, but the back and forth clash that exists inside of each of us between the mental and physical is just as common of a driving force.

As a distance runner of seventeen years I have seen both sides of racing, experiencing the internal and external race. I must admit that I don't quite know the mentality of a sprinter but I would guess that a race of 100 or 200 meters would rely more on the external side as racers go all out for seconds in an attempt to remain inches in front of the pack, stay even with those at their side or pull in runners a stride in front. Regardless of how the competition dictates one's performance one's individual drive must be present as well. For sprinters one's game plan must be an all out blitz. Please forgive me if my assessment is not accurate but it seems the best strategy for a sprinter is to start fast, run fast and finish fast.

Race strategy must be adjusted however, as the distance is increased. Pacing becomes a key component with distances of a mile or more. How fast can I start without expending too much energy and being left with fumes in the gas tank later in the race? How quickly can I find the pack of runners who race at a pace similar to mine? If I get caught up with a group too fast will I be in trouble later? If I get lost in a pack with a pace slower than mine will I be able to make up the lost time later? These are all questions that a distance runner must consider when waiting for the gun to sound at the starting line.

Even with this logic of finding a group of runners to fold into, there are times when running on your own will make more sense. Running with a group can ease the burden of work providing opportunities for drafting, but there are times when finding other runners maintaining your pace may be a lost cause. This is what I refer to as being in no man's land. When in this situation as a runner it is all too easy to just let up and coast in but to turn in a best effort one must dig deep inside with a combination of focus, patience and mental toughness. In these situations there are no runners in front of you to chase, no individuals beside you to pace you and no one behind you pushing you. In these situations you are on your own racing against yourself.

In essence the classic runner's scenario of racing against yourself can be a metaphor for life. In reality we are never alone in what we achieve or accomplish in our lives. There are always friends, family members and acquaintances along the way providing stimulus and assistance to help us set and reach specific goals as well as navigate through life's obstacles and successes. At other times the competition will provide that motivation. All of us need a little push or nudge to guide us through circumstances that take us in and out of our comfort zone. Although the impact that others have on what we accomplish in our lives is undeniable, what comes from within plays an even more important

continued...

### AGILITY PHYSICAL THERAPY

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

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

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



### PEDAL BICYCLE

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit <http://pedalbicycle.com/>. Provide the 2015 KAR discount code to receive the discount.



### DOWN DOG YOGA CENTER

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

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

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

15% off Down Dog Yoga Center merchandise.

For more information visit

[www.downdoggyogacenter.com](http://www.downdoggyogacenter.com). Provide the 2015 discount code to receive discounts.





part. In running and in life chasing a rabbit or holding off the tortoise on our heels can be just what we need to make it through the day to day races but in the end it is the race that occurs within each of us internally that determines how we finish. A healthy balance between the thrill of competition and the solitude of going at it alone is the script for making it through the sprints, the miles and the marathons.

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



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

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## Featured Member: Jessica Hodges Not Taking Anything For Granted

*"Remember that guy that gave up? Neither does no one else."  
---Unknown*

As independent adults, we go about our day to day routines without really any thought of how fortunate we are. There are those nuances of our day that are dependent on others. Our morning coffee is ready for us because of the person who serves it to us each morning as we go through the McDonald's drive through. Our commute to work goes without a hitch most mornings because of those workers who maintain our roads. Still there are many tasks that we can perform each day without the assistance of others. As runners we perform our daily workout as our schedule dictates without relying on others to assist us. We do this every day without a sense of gratitude for the independence that we possess. This week's featured runner, Jessica Hodges, is able to enjoy running much the same we the rest of us, but her ability to do this depends on others. Jessica is blind and to be able to enjoy our sport away from a treadmill, she must match her schedule with her running guide.

continued...

### BRONSON ATHLETIC CLUB

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

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

One month of free primary dues (\$103 value)

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



### NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional massage to KAR members for \$50.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2015 KAR discount code to receive reduced rate.



### SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining running events and kids triathlons. Visit [www.spiritracing.us](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.



Jessica's initiation to running is different than what many of us have experienced. *"I took up running in 2012, but my training was very inconsistent. Finding guide runners (people to run outside with me and act as my eyes) proved very difficult. I gave up after a year of struggling to find guides and running on the treadmill. It got to be really boring. Then, in January of this year (2015) I purchased my own, very basic treadmill, and started running again. I told myself that if I started training I would find the guides I needed to complete the Kalamazoo half marathon in May. You know that whole adage, "if you build it, they will come?"*

Although Jessica's experiences as a runner may differ in some ways than those of runners who are not visually impaired, she enjoys many of the same aspects of our sport as the rest of us. *"There are a few things that I like about running. I love to physically challenge myself and to set goals. In running you can do both. I used to be a swimmer and absolutely hated running. I thought that setting a goal of running a half marathon would be one of the greatest challenges I had tried. Now, I really enjoy it. I also like running with other people. Running can certainly be an individual sport, but you can also choose to make it more interactive. Swimming is definitely individual: you stick your head in the water and you may get some companionship when you start another lap. In running, you can be social the whole run if you choose to be. It was that social support that got me through the last mile of the half marathon."*

Jessica's reliance on her guide runner is what she likes the least about running. It's not that she doesn't appreciate the support of her guide but she is not afforded the same opportunity to run outside whenever she wishes to. *"I hate that as a totally blind person I have to train on a treadmill if I don't have others to guide me. It gets boring and when it's gorgeous outside, I want to be out in the fresh air; not running on the treadmill."*

Jessica's biggest running mentor comes from the community of Paralympic athletes. *"There is a Canadian Paralympic long distance runner named Jason Dunkerley. He is a dear friend of mine and my mentor. He patiently answers all of my silly beginner questions and tries to help me from afar with workouts. He has medaled in every Paralympic Games since 2000 and he is going to be trying to qualify for the 2016 Paralympics Games. At one competition, another runner stepped on his achilles, pulling his shoe off. He ran the rest of the race with only one shoe and won. He's truly an amazing athlete."*

Jessica finds inspiration from all runners. *"I find inspiration in every athlete, regardless of skill level, that I come into contact with. The people who run two marathons back to back; the 74 year old man who ran his first half marathon; the stay at home*

## Continued...

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



## BATTLE CREEK YMCA

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



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

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



*mom who ran the 5 K just to try to get back into good health. Everyone has a story and they are all inspirational."*

Jessica's most memorable event as a runner occurred just recently. *"Since I just started, my first half marathon certainly is my memorable moment. There were so many little moments throughout that whole race that I could probably write a book. One moment I remember that still makes me double over in laughter was when we stopped at our first water station. I finished drinking and asked what to do with the cup. My guides told me to throw it on the ground. I said I couldn't because that would be littering. They told me that it gets cleaned up and that I'd get used to it. Reluctantly, I threw the cup and one of my guides exclaimed just as it left my fingers, "You hit a little kid in the face!" I didn't of course. He was teasing me because I'm completely blind. I nearly stopped running because I was laughing so hard. I knew from that moment on that the half marathon was going to be incredible; and it was."*

Jessica's goals as a runner are similar to the goals of many individuals new to the sport as they involve increasing both pace and distance. This is a bit more challenging for her than most with her quest in finding guides to run her pace and distance. *"Short-term goals include me continuing to train. I'd like to find more guides so that I can run outside more than inside. Even if I find 10 people willing to guide me once a month, that is 10 more times I don't have to run on the treadmill. I'd also like to get faster and that won't happen unless I can get outside to train. I'd also like to run another half marathon before the snow flies. As for a long-term goal: I'd like to go out to California in December of 2016 and run in the blind and visually impaired marathon nationals. I technically qualified this year, but I don't think I'm ready for a whole marathon just yet."*

For an individual with a visual impairment the desire to go for a run must be a little more intense than it would be for the average runner. Unless you want to spend hours alone with the treadmill, you must be proactive, making connections with others to serve as your guide. Until recent years, word of mouth has been the most common way of guide runners hooking up with visually impaired runners, but social media has made things a bit easier. *"Finding guide runners is a bit tricky. Social media has really helped with that. otherwise it's mostly word of mouth or just being out there and running into people who ask questions and get interested."*

## Continued...

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes at the [Centering Yoga website](#) and use the standard four digit KAR code to receive the member discount.



*Some of the things that have been most helpful are websites like United in Stride, Running Eyes (a Facebook group), and a program called Team Red, White and Blue that is designed to help retired military members acclimatize to civilian life. Dare2Tri is another organization that tries to match athletes with guides, along with a number of other things. It hasn't been, and still isn't, easy to find guides. Currently, I have one guide that I have just started running with once a week and another that I run with once every two weeks or so. The idea is to have a pool of guide runners so that the commitment does not fall on to one person and I will be able to get outside more often. Training for the half marathon on my treadmill got pretty boring after a while."*

What many of us enjoy most about running is the sensory stimulation of being outdoors. Jessica enjoys this as well but obviously in a different way. *"Most of the sensory stuff I experience has to do with hearing, but that isn't the case for every runner with a visual disability. Often, I listen to my guide's feet to keep in rhythm with them. I can hear terrain changes, such as running over gravel or crunchy leaves. Sometimes if we pass by something that is stationary and makes noise, the crowd for example at the half marathon, I can gauge how fast we're moving. I feel when we move from shade to sun, or closed in spots to more open, by how windy it gets, but that stuff relies on whether or not it's sunny or windy that day. I prefer to run where it's quiet for a number of reasons. It makes it easier to hear my guide's feet. I also find running outside in more tranquil places, like trails, to be relaxing. I think most runners like peaceful settings though. However, there is value in running in high traffic areas because it's important to practice in race conditions."*

Jessica's example goes to show that for many things that any of us have a desire to do in life, we sometimes must rely on others. Although this dependence makes many things possible nothing is just given to us without some effort. We must be diligent to go after even the simple things in life. Jessica could not enjoy running outdoors without someone there to guide her, but she must show an attitude of resilience in her attempt to find guide runners. If she gave up with every closed door she would still be running in place on the treadmill every day.

If you are interested in being a guide runner contact Jessica at [tuomela.j@gmail.com](mailto:tuomela.j@gmail.com) or go to the [United in Stride](#) website.

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



## Hot News and Club Events

### Follow the Kalamazoo Area Runners on Social Media!



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.

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### KAR Membership Race Discounts

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

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

June 13, 2015  
\$5 discount

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

June 20, 2015  
10% discount on any event

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

June 27, 2015  
\$5 discount

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

June 27, 2015  
\$5 individual discount, \$10 adult tri relay

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

June 27, 2015  
\$10 discount on marathon or half marathon

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

June 27, 2015

\$5 discount available through June 15th

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

July 4, 2015

\$10 discount

**[Shermanator](#)—Augusta, MI**

August 1, 2015

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

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

August 8, 2015

\$5 discount

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

August 15, 2015

\$5 discount during the month of April

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

August 16, 2015

\$10 discount

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

September 12, 2015

\$2 off the 5k or 10k

**[Holland Haven Marathon & Half Marathon](#)—Holland, MI**

September 12, 2015

\$12 discount

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

September 19, 2015

\$5 discount

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

September 26, 2015

10% discount on any event

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

September 26, 2015

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

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

September 27, 2015

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

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

October 4, 2015

5% discount

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

October 18, 2015

\$7 discount on half or full marathon

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

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



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

Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

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

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### Next KAR Board Meeting is July 13, 2015

The next KAR Board Meeting is July 13, 2015 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

# FREE

## SPORTS INJURY WALK-IN CLINIC

### KALAMAZOO AREA RUNNERS (KAR)

#### Meet Our Athletic Trainers



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



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

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

#### Visit Us on:

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

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

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

Open to KAR members

#### Location:

#### Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo

#### On-Site Services:

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

#### Questions?

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

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





## Club Championship Series Events



The 2015 Kalamazoo Area Runners Club Championship Series kicks off March 1, 2015 and below are upcoming participating events. These races use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

[Winter Blast Half Marathon & 5k](#) (\$10 discount half, \$5 discount 5k), March 1, 2015

[The Shamrock 5k](#) (\$5 discount), March 21, 2015

[Kal-Haven Trail Run](#) (Solo Ultramarathon Only, \$10 discount), April 11, 2015

[Battle Creek Eco Race 4k & 8k](#) (10 discount), April 18, 2015

[BC Spring into Action 5k & 10k](#), April 25, 2015

[Borgess Run for the Health of it Marathon, Half Marathon, 10k, and 5k](#) (No discount), May 3, 2015

[Vicksburg Hearty Hustle 5k](#), May 9, 2015

[Oaklawn Hospitality Classic 5k & 10k](#), May 16, 2015

[Komen Race for the Cure 5k](#) (\$5 discount), May 17, 2015

[K5K \(Kalamazoo 5k\)](#), May 23, 2015

[Run to Climax 7k](#), May 25, 2015

[Plainwell Education Foundation Island City 5k & 10k](#), June 11, 2015

[Cereal City Classic 5k & 10k](#) (\$5 discount), June 13, 2015

[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 20, 2015

[Binder Park Zoo/Cheetah Chase](#), June 27, 2015

[Schoolcraft Firecracker 5 Miler](#) (\$5 discount), July 4, 2015

[Pace for Poverty 5k & 10k](#), July 4, 2015

[Kindleberger Super Hero 5k](#) (\$3 discount), July 11, 2015

[Steve Athey Memorial 5k & 10k \(Steve's Raider Stomp\)](#) (pre-registration only), July 11, 2015

[Mattawan Wildcat Road & Trail 5k](#), August 1, 2015

[Otsego Ready or Not 5k](#) (\$5 till noon 7/11, \$2 thereafter), August 1, 2015

[Allegan Strides for Health 5k](#), August 15, 2015

[Grape Lake 5k](#) (\$3 discount), September 12, 2015

[Peacock Strut 5k & 10k](#), September 12, 2015

[Run for the Son 5k](#), September 26, 2015

[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 27, 2015

# Kalamazoo Area Runners Group Runs and Training Programs



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

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

## ***Kalamazoo/Portage***

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

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

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

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

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

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

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

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

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**The Urban Herd**

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

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**The Dirty Herd**

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

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**Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from St. Mark's Lutheran Church**

Tuesday evening runs from St. Mark's Lutheran Church, 114 E Minges Rd, Battle Creek, MI 49015. Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Lisa Piper-English** at [lisa.piperenglish@kalamazooarearunners.org](mailto:lisa.piperenglish@kalamazooarearunners.org).

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**Battle Creek Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Battle Creek YMCA**

The Sunday group runs in Battle Creek meet at 7:30am in the Battle Creek YMCA lobby. Distance is approximately 6 miles, all paces welcome. Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org).

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## Club Member Corner

### New Member Welcome

As of the end of May, the Kalamazoo Area Runners had 1416 members. This represents 3.0% growth since May 2014. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

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Hope	Anderson	Lindsay	Meulman
Alison	Barnett	Christopher	Mooney
Christopher	Barnett	Elizabeth	Mooney
Josh	Bridges	Caelinn	Morris
Todd	Carlin	Michelle	Naylor
Joseph	Garnaat	Jane	Parikh
Michael	Guthrie	Shawn	Premer
Derek	Haroldson	Robert	Reehl
Michael	Klepser	Erin	Regan
Stephanie	Klepser	Sky	Seacrest
Sarah	Klepser	Stephanie	Shier
Rachel	Klepser	Steve	Simons
Andrew	Klepser	Grace	Walter
Natalie	Klepser	Wendy	Whittle
Nicole	Macdougall	Max	Zigterman

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## Local Race Results

### Kalamazoo Marathon and Borgess Run For The Health Of It! May 3, 2015

Five hundred eleven members of the Kalamazoo Area Runners participated in the 36th annual Borgess Run For The Health Of It, with 62 in the marathon, 297 in the half marathon, 94 in the 10k and 58 in the 5k.

#### 5k

In the 5k, the Kalamazoo Area Runners was well represented with 58 participants. Scott Evans was the overall male winner with a finishing time of 17:20. Many KAR members finished in the age group award winners circle including Thomas Bennett (3rd), Royce Bland (1st), Eric Fernandez (2nd), Aliza Garcia (1st), Phil Goodwin (1st), Seth Harris (2nd), Julie Hoffman (1st), Terry Hutchins (1st), Dave Karnes (3rd), Keri Lyon (1st), and Gena VanderMeulen (1st). Congratulations to all KAR's 5k finishers!

Lauren Agnone	0:33:03	
Lisa Annable	0:38:12	
Debbie Barnett	0:32:43	
Margaret Bennett	0:44:53	
Thomas Bennett	0:31:32	3rd
Royce Bland	0:31:41	1st
Jaclyn Bormann	0:37:12	

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Josie Boucher	0:54:42	
Heidi Bremer	0:31:45	
David Clark	0:25:50	
Liz Coleman	0:31:35	
Michael Dutton	0:31:55	
Scott Evans	0:17:20	Overall Male Winner!
Eric Fernandez	0:21:12	2nd
Aliza Garcia	0:21:03	1st
Gary Garlock	0:26:12	
Andrew Garza	0:36:39	
Matthew Garza	0:23:43	
Christie Gates	0:32:03	
Phil Goodwin	0:21:18	1st
Jessica Green	0:34:08	
Dave Grinder	0:25:45	
Seth Harris	0:19:18	2nd
Debbie Haverdink	0:37:29	
Ray Hendriksma	0:29:26	
Julie Hoffmann	0:29:39	1st
Clint Hostetler	0:37:20	
Terry Hutchins	0:23:32	1st
Anne Ingold	0:43:14	
James Johnson	0:24:30	
Dave Karnes	0:22:42	3rd
Katie Kean	0:31:28	
Colleen Killen-Roberts	0:35:08	
Kevin Labadie	0:33:20	
Matthew Long	0:23:16	
Kimberly Lynn	0:45:48	
Keri Lyon	0:21:12	1st
Ernesto Matos	0:28:45	
Anita Ollila	0:31:11	
Eric Payerle	0:23:42	
Ryan Payerle	0:22:38	
Nicole Pingel	0:38:16	

Gabe Rathburn	0:22:00	
Donald Roberts	0:55:14	
Amy Sams	0:46:50	
Jennifer Schuller	0:39:05	
Angeline Schwartz	0:38:57	
Trisha Sellers	0:30:31	
Barbara Slates	0:37:43	
Crystal Smith	0:34:01	
Dawn Smith	0:29:46	
Tracy Smith	0:35:52	
Renee Tibbitts	0:41:26	
Gena VanderMeulen	0:24:00	1st
Jeremy Wilson	0:40:44	
Jody Wilson	0:35:07	
Todd Wright	0:33:20	
Brittney Young	0:47:15	

### 10k

Ninety-four members of the Kalamazoo Area Runners participated in the Borgess Run for the Health of It 10k, including overall male winner Brendan Molony with a finishing time of 32:56, and overall female winner Megan James with a finishing time of 40:41. Age group winners included Francine Bangs (1st), Caleb Billings (2nd), Isaac Bowman (3rd), Paul Bushnell (1st), Bob Byers (3rd), Shelly Fink (1st), Ann Garlock (1st), Brian Reynolds (1st), Kathy Roschek (3rd), Mark Sigfrids (2nd), Keegan Steil (1st), Emma Tate (2nd), and Trevor Tate (3rd). Congratulations to all of KAR's 10k finishers!

Steve Abbott	0:52:45	
Scott Adrian	1:04:44	
Laura Asher	1:02:14	
Francine Bangs	0:59:58	1st
Jody Barkley	1:35:48	
Julie Bates	1:12:52	
Sarah Bierema	0:56:08	
Cathy Bilek	1:06:02	
Caleb Billings	0:46:00	2nd
Nicole Blowers	1:03:45	
Brian Bowman	0:49:46	
Isaac Bowman	0:44:29	3rd

Paul Bushnell	0:46:18	1st
Bob Byers	0:52:05	3rd
Amy Callahan	1:24:09	
Hillary Campbell	0:55:49	
Dale Capman	1:02:41	
Melissa Capman	1:03:10	
Chad Carpenter	0:47:39	
Andrea Charlton	1:27:32	
Darcy Connor	1:28:25	
Patricia Craig	1:11:54	
Cindy Cramer	1:10:45	
Sonja Crothers	1:26:47	
Robert Cubbage	0:56:13	
Steve Darrell	0:51:35	
Colleen Debruin	1:16:16	
Angela DeVries	1:17:04	
Ellen Draheim	1:27:56	
Mandy Eldred	0:57:55	
Penny Ellis	1:03:39	
Kim Evans	1:01:43	
Chelsea Fay	1:03:01	
Sara Fetke	1:18:53	
Amy Fialkoff	1:04:07	
Shelly Fink	0:54:27	1st
Duane Fish	0:59:34	
Michelle Fish	1:22:39	
Joni Ford	1:13:51	
Sarah Foster	1:06:24	
Gerry Gagnon	1:24:24	
Maggie Garcia	1:29:15	
Ann Garlock	0:45:18	1st
Amy German	1:13:17	
Judah Gesmundo	1:10:18	
Sarah Gillette	1:38:15	
Cindy Glenn	1:07:31	

Joan Goricki-Cook	1:17:30	
Nancy Greer	1:05:03	
Kristin Hanson	1:02:44	
Stan Hargus	1:08:54	
Brenna Hendrix	1:37:57	
Jennifer Higby	1:07:50	
Debra Hill	1:13:13	
Cathy Hutchison	1:24:37	
Miranda Hvinden	1:14:03	
Megan James	0:40:41	Overall Female Winner!
Shari Johns	1:12:33	
Rebecca Joyce	0:56:33	
Molly Lacy	0:56:01	
Sarah Lankford	1:19:35	
Joyce Lew	1:11:46	
Dean MacVicar	0:54:16	
Carmen Maring	1:17:53	
Andrea Messer	1:11:28	
Karen Middaugh	1:22:21	
Tammy Mills	0:56:03	
Brendan Molony	0:32:56	Overall Male Winner!
Connie Nelson	1:47:27	
Katie Nelson	1:03:21	
Laura Osborne	1:00:01	
Barb Perigo	1:24:10	
Sean Pingel	1:02:07	
Lisa Pitman	1:05:57	
Ashley Powell	1:02:28	
Marie Powell	1:00:57	
Sally Raasch	1:27:46	
Brian Reynolds	0:34:31	1st
Kathy Roschek	1:22:34	3rd
Jaelyn Schmidt	1:25:37	
Adelle Shearer	1:11:43	
Jean Sheppard	1:16:36	



Sherii Sherban	0:57:34	
Mark Sigfrids	0:47:47	2nd
Cheryl Sigler	1:31:25	
Kristine Simpson	1:01:34	
Tracie Stapert	1:16:41	
Keegan Steil	0:44:28	1st
David Steves	1:08:29	
Emma Tate	0:44:11	2nd
Trever Tate	0:44:21	3rd
Christine Vlietstra	1:00:22	
Gina Zagaroli	1:05:32	
Jennifer Zindler	1:15:43	

## Half Marathon

Kalamazoo Area Runners had 297 finishers in the half marathon, including many finishing in the age group winner's circle. These members included Michelle Acton (1st), Morris Applebey (3rd), Marie Billen (3rd), Erin Clark (1st), Gay Marie Fournier (3rd), Bill Greer (1st), Doug Gucich (2nd), Joseph Hohler III (2nd), Mark Kanouse (3rd), Tom Noall (1st), John Olbrot (3rd), Leslie Scheffers (2nd), and Katherine Theis (1st). Congratulations to all of KAR's half marathon finishers!

Michelle Acton	1:34:56	1st
Thomas Afton	1:34:27	
Teagan Allison	2:00:36	
Karen Applebey	2:47:40	
Morris Applebey	1:34:36	3rd
Brian Argo	2:28:32	
Kim Armitage	2:09:29	
Therese Armstead	2:13:35	
Sara Armstrong	3:13:45	
Aaron Aulgur	1:50:47	
Taylor Bailey-Carman	2:20:08	
Zachary Baker	1:22:11	
Holly Barra	3:15:35	
Christine Bartholmey	2:31:07	
Wendy Bauer	2:54:22	
Susie Bauman	2:17:40	
John Beffel	2:26:41	

Christine Behrens	2:10:51	
Russell Bertch	1:46:30	
Marie Billen	1:37:31	3rd
Eric Blackford	2:19:25	
Megan Bland	1:59:27	
Angela Boynton	1:58:50	
Julie Bradfield	2:37:44	
Jeanmarie Bradley	3:49:33	
Bernadette Braganini	2:12:04	
Leah Brown	2:32:01	
Todd Buchanan	2:03:04	
Andrea Burlingham	2:08:03	
Diane Bussema	2:40:51	
Heather Byrd	2:36:36	
Carey Campbell	1:44:04	
Mike Cannon	1:58:11	
Jacque Carlson	2:15:21	
Christopher Carrel	1:43:22	
Charles Castaneda	3:09:37	
Pablo Cecere	1:49:41	
Joe Cekola	2:07:24	
Rachel Chandler	2:40:37	
Becky Charon	2:45:22	
Cris Childers	2:58:11	
Karen Christensen	3:46:45	
Kristen Ciokajlo	2:33:14	
Becky Clark	3:01:45	
Erin Clark	1:38:00	1st
Stephanie Clark	2:02:00	
Jessica Coakes	1:53:22	
Pamela Cole	2:15:32	
Brian Connolly	1:47:33	
Patrick Connor	1:48:27	
Darrin Costello	1:30:21	
Amy Cote	2:49:42	

Rebecca Coy	2:21:01	
Jenny Craven	2:14:23	
James Cress	2:07:28	
Angie Crouch	2:28:12	
Shelbi Cummings	2:05:47	
Chris Dahl	2:42:29	
Tammy Dando	2:12:27	
Karen Darby	2:09:34	
Kelley Dendel	2:26:41	
Bruce Dewey	2:18:46	
Ben Dilla	1:43:29	
Melissa Dipert	2:17:27	
Keith Doorn	2:38:37	
Kristin Duffy	2:58:55	
Sherri Dutton	1:59:29	
David Eagle	1:50:33	
Jeff Eckert	1:54:01	
Alisha Farber	2:32:26	
Brooke Feltner-Beebe	2:17:58	
Christina Feneley	2:10:09	
Susan Fennema	2:16:09	
Stephen Ferez	1:58:22	
Peter Fernando	2:38:49	
Laura Ferrara	2:08:21	
Megan Finley	1:48:30	
Molly Fisher	2:23:58	
David Florida	2:04:04	
Travis Followell	1:35:07	
Ann Forman	2:26:32	
Danielle Forward	2:48:49	
Gay Marie Fournier	2:24:08	3rd
Lori Fraker	3:07:34	
Matthew Frayer	1:47:12	
Michele Frey	2:29:22	
Teresa Fulcomer	2:06:38	

Raul Garcia	1:45:10	
Rick Garcia	2:55:04	
Todd Gardner	1:45:54	
Aimee Garrison	2:06:19	
Melissa Garza	2:50:07	
Daniel Gavlas	1:39:09	
Andrea Gentile	2:52:10	
Bill Gephart	1:50:17	
Michelle Germinder	2:38:33	
Diane Gilligan	2:09:59	
Bud Glenn	2:11:38	
Aravind Gorthi	2:11:27	
Bill Greer	1:30:46	1st
Kim Grove	3:15:25	
Doug Gucich	1:30:05	2nd
Sara Hagan	2:04:50	
Deborah Hamilton	3:11:58	
Matthew Harmelink	2:33:04	
Megan Hass	2:10:52	
Krystal Hawkins	2:24:23	
Matthew Hawkins	2:04:05	
Jayne Heimonen	2:21:06	
Joe Hillman	1:58:17	
Ferdi Hintze	1:53:28	
Melissa Hodgson	1:58:05	
Kristal Hoffman	3:34:19	
Joseph Hohler III	1:28:45	2nd
Amanda Holzwarth	2:20:09	
Marty Hoover	2:12:42	
Marty Hoover	2:12:42	
Mike Hossack	1:48:34	
Christine Huff	2:01:55	
Bobbie Hughes	2:07:04	
Michael Hutchinson	2:30:25	
Toni Ilkka	2:18:25	

Holly James	1:53:50	
Arya Jayatilaka	1:59:45	
Todd Jenner	2:10:56	
Laura Jerks	2:11:08	
Amy Jones	2:17:02	
Derrick Jones	1:52:25	
Susan Kallewaard	2:55:10	
Sarah Kammeraad	3:05:00	
Melissa Kann	3:21:50	
Mark Kanouse	1:52:25	3rd
Fred Keister	2:11:12	
Glen Kellam	1:45:01	
Mandee Kerns	1:51:21	
Michele Ketelhut	2:05:19	
Angela Keyes	2:20:11	
Deb Kloosterman	2:05:43	
Rachel Konieczka	2:30:33	
Kim Labadie	2:44:25	
Scott Lacey	1:57:02	
Mae LaFave	2:22:25	
Lesley Lankerd	1:58:43	
Dan Launt	1:59:58	
Ashlyn Lavalley	2:23:16	
Mike Lawrence	2:33:30	
Robert Levy	1:49:03	
Melissa Lewis	2:29:10	
Rita Lin	2:02:56	
Michael Louden	1:42:48	
Sarah Lozeau	1:44:51	
Alexandria Lueth	2:08:22	
Kathy Lyall	3:31:11	
Gayle Majeske	2:28:10	
Brett Manski	2:53:50	
John Manski	2:24:06	
John Manski	2:52:50	



Sarah Manski	2:45:51	
Scott Manski	2:12:40	
Sharon Manski	2:54:46	
John Marucci	1:55:05	
Addie Maston	3:01:28	
Frank Maston	3:18:54	
Kristen Maxwell	2:17:26	
Kimm Mayer	2:08:48	
Megan McFadden	2:30:39	
Patrick McMillan	2:20:58	
Briana Meeker	2:22:12	
Tim Meeker	2:22:13	
Dawn Merritt	2:28:09	
Randy Middaugh	2:13:50	
Joy Mills	2:46:11	
Ken Mohny	2:07:03	
Natalie Moore	1:59:03	
Don Morris	2:14:17	
Anna Moss	1:59:59	
Doug Muenzer	1:42:41	
Penelope Muenzer	2:24:50	
Margaret Munger	1:52:11	
Kate Murphy	2:23:40	
Johanna Nabozny	2:12:30	
Stuart Naylor	1:44:51	
Danielle Nettles	2:18:09	
Lesya Newby	1:55:58	
Karen Newland	1:43:33	
Andrea Nixon	4:19:01	
Tom Noall	2:30:28	1st
Lisa Noble	3:07:34	
Derek Noid	1:44:23	
Matthew Norko	3:03:38	
Christina Oberheim	3:34:18	
Ken Odza	2:27:02	

John Olbrot	1:49:51	3rd
Teri Olbrot	2:47:11	
Jenn Olson	2:06:18	
Jenn Omo	2:16:29	
Amy Onderlinde	3:16:06	
Cindy Owen	1:58:22	
Timothy Palmer	1:43:39	
Stephanie Parks	2:34:50	
Don Payerle	1:45:28	
Alayna Pelfresne	2:29:33	
Lissa Perkins	3:14:32	
Michelle Peterson	1:51:28	
Jennifer Poll	2:28:26	
James Pollock	1:38:14	
Mike Powell	1:50:57	
Jim Praeger	1:49:27	
John Rachor	2:07:39	
Steve Randolph	1:49:53	
Carlos Rangel	2:15:22	
Andrew Rathburn	1:53:23	
Kristin Ray	2:34:20	
Mindy Ray	1:55:58	
Dan Reisner	1:59:45	
Don Reynolds	2:41:29	
Kimberly Reynolds	3:21:57	
Steve Rice	2:14:05	
Tom Robbert	2:02:33	
Dave Roberts	1:49:16	
Terry Roberts	2:16:55	
Marie Rogers	3:47:04	
Mark Rose	2:12:40	
John Ross	1:56:05	
Corrine Sallaz	2:11:28	
John Salvato	1:56:31	
Laura Sandahl	2:46:11	

Rich Schau	1:53:49	
Leslie Scheffers	1:39:43	2nd
Sarah Schieber	2:59:53	
Eric Schiedel	2:15:21	
Cindy Schnotala	2:28:21	
Donna Scott	2:56:38	
Gail Secord	2:12:31	
Kyle See	2:44:33	
David Seeley	1:44:24	
Amy Shaffer	2:24:04	
Jennifer Shanley	2:13:04	
Robert Sheppard	2:17:16	
Scott Shipman	1:49:39	
John Shubnell	2:25:07	
Kirstin Simons	2:07:59	
Al Smith	2:18:20	
Cara Smith	2:07:24	
Jeff Smith	2:20:55	
Bob Smola	2:45:01	
Traci Spada	1:59:03	
Gary Spiker	1:49:10	
Kai Stankey	1:55:11	
Kristin Statler	1:50:17	
Kara Steely	2:07:53	
Janet Stensland	2:32:09	
Colleen Steves	2:27:46	
Art Sturdevant	2:04:04	
Eric Suloff	2:10:59	
Alan Sylvester	1:55:42	
Lisa Talley	2:28:14	
Stacey Talley	2:35:11	
Kathleen Taylor	2:33:05	
Scott Taylor	1:54:35	
Katherine Theis	1:41:19	1st
Jack Thom	1:55:13	

Carla Thomas	1:55:57
Christina Thomas	2:44:45
Kristen Thompson	2:11:54
Mark Throckmorton	1:51:08
Adam Timm	1:57:34
Karen Tindall	2:16:58
Joe Unwin	1:33:12
Eric Valliere	2:00:26
Brett Vanderwater	2:08:04
Nick VanLent	1:54:31
Scott VanLoo	1:45:30
Kelli VanSchoick	2:01:41
Catherine Velten	3:21:52
Tazee Vickery	1:54:35
Jason Visser	1:46:51
Melissa Visser	2:14:56
Michael Wagner	2:09:14
Christine Walker	2:11:01
Megan Walters	2:38:46
Jen Weiss	2:07:49
Heather Wellman	1:58:44
Tim Wendt	1:36:37
Jason Wilhelmi	1:46:16
Amanda Williams	2:11:56
Rob Williams	2:15:19
Myra Willis	2:32:17
Jessica Wilson	2:18:17
Susan Wilson	2:42:22
Sarah Yetter	1:49:59
Michelle Yiu	3:09:37
Yuji Yoshino	1:59:19
Erin Young	1:55:56
Ronsted Yuag	2:13:24
Chuck Zahnow	1:48:37
Molly Zelichowski	2:50:49

## Marathon

Sixty-two 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 members finishing in the age group awards circle were Karla Bolkcom (2nd), Fred Colbert (3rd), Kristen Fillar (2nd), Taylor Fillar (3rd), Beth Grode (2nd), Denise Keely (3rd), Don Theis (1st), and Amy Wright (3rd). Congratulations to all of our KAR Kalamazoo Marathon finishers!

Marcel Alkemade	4:52:41	
Tracy Argo	4:13:42	
Kate Binder	4:59:05	
Karla Bolkcom	4:32:31	2nd
John Brady	3:50:10	
Peter Burrill	4:00:00	
Joe Chapman	3:50:56	
Kyle Christianson	4:57:23	
Fred Colbert	4:28:41	3rd
Natalie Dale	4:39:28	
Courtney Davis	4:26:16	
Chris DHulster	3:54:44	
Elizabeth Doorn	4:39:51	
Thomas Durlach	4:20:41	
Kristen Fillar	4:00:07	2nd
Taylor Fillar	4:05:45	3rd
Gale Fischer	3:32:13	
Teddy Foote	4:01:44	
Michael Frey	3:59:42	
Beth Grode	4:39:43	2nd
Mary Hannapel	4:21:11	
Kelly Hinga	5:11:35	
Tim Holden	6:00:06	
Karen Hook	4:28:56	
Brian Hunt	4:03:27	
Chris Hunt	4:37:06	
Valerie Hyndman	5:38:42	

Katie Johnson	4:26:28	
Jillian Karbowski	5:32:48	
Rebecca Karle	6:19:40	
Denise Keely	3:37:28	3rd
Stephanie Klumpp	5:37:54	
Vana Kokkinos	4:47:09	
Jeff Landon	3:37:14	
Justin Latulippe	4:53:14	
Rocque Lefaive	3:39:40	
Derek Lewis	4:30:43	
Wendy Martin	6:16:20	
Jill Pearrow	4:30:26	
Scott Perkins	3:44:25	
Ryan Philip	4:14:15	
Robert Poznanski	4:40:11	
Ronald Reid	5:48:40	
Lisa Schreiner	4:27:57	
Bonnie Sexton	4:27:25	
Jianhua Siegel	4:07:52	
Benjamin Siems	3:46:24	
Mark Sikkila	4:09:00	
Bobbie Smith	5:21:32	
Darren Sorgenfrei	4:43:14	
Stephanie Stankey	4:37:04	
Brenda Stoddard	4:32:37	
Scott Struck	4:26:41	
Don Theis	3:55:58	1st
Greg Vosters	3:49:42	
Kim Wason	5:20:56	
Josh Wheeler	4:36:28	
Keith Williams	4:07:15	
Zachary Wilson	4:36:46	
Sarah Windsor	5:27:50	
Amy Wright	3:57:03	3rd
Angela Young	6:04:52	



## Vicksburg Hearty Hustle 5k May 9, 2015

Twenty-four members of the Kalamazoo Area Runners participated in the 28th annual Vicksburg Hearty Hustle on May 9th, and Gena VanderMeulen emerged as the Female Masters winner with a time of 24:16. Finishing in the age group winners circle were Tracy Argo (1st), Sherri Dutton (2nd), Seth Harris (1st), Michael Louden (3rd) and Bonnie Sexton (2nd). Congratulations to all our Vicksburg Hearty Hustle finishers!

Tracy Argo	0:21:25	1st
Laura Asher	0:29:23	
Jeanmarie Bradley	0:45:48	
Donna Cratsenburg-Scott	0:28:14	
Andrew Darrell	0:24:10	
Sherri Dutton	0:25:39	2nd
Seth Harris	0:19:37	1st
Ray Hendriksma	0:28:27	
Kelly Hinga	0:34:41	
Christine Huff	0:25:59	
Susan Kallewaard	0:36:23	
Fred Keister	0:26:38	
Amanda Knapp	0:36:38	
Matthew Long	0:25:43	
Michael Louden	0:21:07	3rd
Frank Maston	0:44:21	
Shawn Maxwell	0:26:57	
Katie Nelson	0:33:38	
Bonnie Sexton	0:25:14	2nd
Alyssa Thompson	0:39:43	
Gena VanderMeulen	0:24:16	Female-Masters Winner!
Michael Wagner	0:21:20	
Dianne Woloszyk	0:30:25	
Chuck Zahnow	0:31:50	

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## Oaklawn Hospitality Classic 5k and 10k May 16, 2015

Twenty-nine KAR members participated in the 2015 Oaklawn Hospitality Classic 5k & 10k on May 16th. Congratulations to all of our KAR rock stars finishing in the age division winners circle and the amazing finishers circle as listed below.

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## 5K

Amanda Burdette	0:36:45	
Jessica Coakes	0:25:31	2nd
Darrin Costello	0:20:17	
Aaron Decker	0:22:07	3rd
Kate DeGraaf	0:31:19	
Randy Fielder	0:31:14	
Gale Fischer	0:20:09	
Teddy Foote	0:22:14	2nd
Mike Green	0:28:09	
Seth Harris	0:19:57	2nd
Ray Hendriksma	0:27:15	3rd
Fred Keister	0:26:19	
Holly McKee	0:34:39	
Marie Powell	0:29:13	3rd
Kjersten Priddy	0:23:48	2nd
Amy Sams	0:51:10	
Jack Thom	0:22:25	3rd
Mark Throckmorton	0:23:13	2nd
Michael Wagner	0:21:18	
JoDell Walker	0:24:26	3rd
Lynn Wisley	0:39:32	
Nancy Yager	0:23:24	1st

## 10K

Jessica Coakes	0:50:30	3rd
Pamela Cole	0:59:38	
Darrin Costello	0:41:59	
Gale Fischer	0:39:22	1st
Teddy Foote	0:47:01	2nd
Carrie Hoch-Mortlock	1:05:16	
Joseph Hohler III	0:40:09	2nd
Jim Robinson	0:49:12	

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Mark Sigfrids	0:48:02	2nd
Michael Wagner	0:45:34	
Susan Wilson	0:56:50	2nd
Nancy Yager	0:47:49	1st
Yuji Yoshino	0:53:02	3rd

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## Komen Race for the Cure 5k May 17, 2015

Twenty-seven members of the Kalamazoo Area Runners participated in the Komen Race for the Cure 5k on Sunday, May 17th. Bonnie Sexton emerged as the Female Masters Winner with a time of 24:27. Others finishing in the age group winner's circle were Cynthia Gustafson (3rd), Ray Hendriksma (2nd), Fred Keister (1st), Mandee Kerns (1st), Deb Kloosterman (3rd), Michael Kloosterman (1st), Robert Kloosterman (3rd), Molly Lacey (2nd), Michael Louden (1st), Shawn Maxwell (2nd), Anita Ollila (3rd), Kathy Roschek (3rd), Robert Sheppard (2nd), Jennifer Smith (2nd), Scott VanLoo (2nd), Michael Wagner (1st) and Justin Wood (1st). Congratulations to all our Komen Race for the Cure finishers!

Melissa Dipert	0:41:37	
Andrea Gentile	0:34:43	
Cynthia Gustafson	0:30:41	3rd
Joan Hanna Darrell	0:34:08	
Ray Hendriksma	0:26:58	2nd
Fred Keister	0:26:36	1st
Mandee Kerns	0:23:08	1st
Deb Kloosterman	0:27:13	3rd
Michael Kloosterman	0:23:51	1st
Robert Kloosterman	0:25:58	3rd
Rachel Konieczka	0:31:14	
Molly Lacy	0:26:33	2nd
Michael Louden	0:20:50	1st
Kristen Maxwell	0:25:50	
Shawn Maxwell	0:25:50	2nd
Mike Megyesi	0:33:11	
Katie Nelson	0:32:40	
Anita Ollila	0:31:42	3rd
Gayle Porter	0:36:58	
Kathy Roschek	0:39:47	3rd
Bonnie Sexton	0:24:27	Female Masters Winner!
Robert Sheppard	0:27:04	2nd
Jennifer Smith	0:35:20	2nd

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Janet Stensland	0:32:44	
Scott VanLoo	0:22:15	2nd
Michael Wagner	0:21:25	1st
Justin Wood	0:22:25	1st

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## K5K May 23, 2015

Thirty-nine members of the Kalamazoo Area Runners participated in the K5K presented by KAR member Jim Mishler's Spirit Racing LLC on May 23, 2015. KAR members performed extremely well with Katherine Theis emerging as the overall female winner with a time of 20:26. Morris Applebey was the Male Grand Masters Winner with a time of 19:47 and Sherri Dutton was the Female Grand Masters Winner with a time of 25:15. Age group leaders included Tracy Argo (1st), Caleb Billings (1st), John Brady (1st), Celia Geark (1st), Andrea Gentile (3rd), Michelle Germinder (1st), Seth Harris (1st), Ray Hendriksma (2nd), Joseph Hohler III (2nd), Christine Huff (2nd), Michael Klepser (2nd), Rachel Klepser (3rd), Nate Krawczyk (1st), Michael Louden (1st), Randy Middaugh (2nd) Anita Ollila (1st) Tony Pedrolini (3rd), Colleen Steves (3rd), Stacey Talley (3rd) Gena Vander Meulen (1st), and Michael Wagner (3rd). Congratulations to all of our K5K finishers!

Morris Applebey	0:19:47	Male Grand Masters Winner!
Tracy Argo	0:21:09	1st
Caleb Billings	0:20:00	1st
John Brady	0:21:35	1st
Sherri Dutton	0:25:15	Female Grand Masters Winner!
Celia Geark	0:32:13	1st
Andrea Gentile	0:33:06	3rd
Michelle Germinder	0:29:32	1st
Seth Harris	0:19:23	1st
Ray Hendriksma	0:28:03	2nd
Brenna Hendrix	0:46:48	
Joseph Hohler III	0:19:20	2nd
Christine Huff	0:25:24	2nd
Fred Keister	0:26:23	
Michael Klepser	0:26:21	2nd
Rachel Klepser	0:31:21	3rd
Michael Kloosterman	0:23:59	3rd
Robert Kloosterman	0:24:42	
Nate Krawczyk	0:19:40	1st
Matt Longjohn	0:25:04	
Michael Louden	0:20:27	1st
Addie Maston	0:30:36	

Frank Maston	0:43:19	
Randy Middaugh	0:24:18	2nd
Anita Ollila	0:31:31	1st
Kathy Pace	0:36:38	
Tony Pedrolini	0:24:12	3rd
Pamela Perkins	0:39:38	
Scott Perkins	0:24:37	
Lisa Pitman	0:47:03	
Gary Spiker	0:23:13	
Brian Stears	0:26:14	
Colleen Steves	0:30:13	3rd
David Steves	0:28:49	
Stacey Talley	0:29:28	3rd
Katherine Theis	0:20:26	Female Open Winner!
Gena VanderMeulen	0:23:36	1st
April VanDerSlik	0:41:26	
Michael Wagner	0:20:53	3rd

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## Run to Climax 7k May 25, 2015

Forty-one KAR members participated in the 2015 Run to Climax held on May 25th. Tracy Argo took the Female Overall title with a time of 30:26, and Ed Kenny took the Male Master's Division title with a time of 26:30. Congratulations to all of our KAR rock stars finishing in the age division winners circle including Morris Applebey (1st), Zach Baker (1st), Pam Boner (2nd), John Brady (3rd), Andrea Burke (1st), Bob Byers (2nd), Fred Colbert (3rd), Daniel Damaska (1st), Michelle Germinder (3rd), Bill Greer (2nd), Ray Hendriksma (3rd), Annie Jost (3rd), Addie Maston (2nd), Randy Middaugh (2nd), Anita Ollila (2nd), Scott Perkins (3rd), Steve Randolph (2nd), Kyle See (1st), Mark Sikkila (2nd), and Scott Voigt (3rd). Congratulations to all of KAR's finishers!

Morris Applebey	0:28:06	1st
Brian Argo	0:40:34	
Tracy Argo	0:30:26	<b>Female Overall Winner!</b>
Aaron Aulgur	0:33:45	
Zachary Baker	0:26:36	1st
Eric Blackford	0:37:56	
Pam Boner	0:37:55	2nd
John Brady	0:30:36	3rd
Andrea Burke	0:36:12	1st
Bob Byers	0:35:24	2nd



Becky Clark	0:54:59	
Fred Colbert	0:35:44	3rd
Daniel Damaska	0:28:05	1st
Thomas Durlach	0:34:57	
Randy Fielder	0:44:55	
Teddy Foote	0:30:44	
Danielle Forward	0:49:41	
Sarah Foster	0:42:30	
Michelle Germinder	0:42:44	3rd
Bill Greer	0:29:18	2nd
Ray Hendriksma	0:43:12	3rd
Ferdi Hintze	0:35:47	
Sara Holden	0:42:16	
Tim Holden	0:37:01	
Annie Jost	0:42:28	3rd
Ed Kenny	0:26:30	<b>Male Master's Division</b>
Jeff Knowles	0:37:33	
Gayle Majeske	0:43:25	
Addie Maston	0:49:39	2nd
Frank Maston	1:02:38	
Randy Middaugh	0:35:13	2nd
Anita Ollila	0:46:12	2nd
Scott Perkins	0:28:51	3rd
Steve Randolph	0:33:52	2nd
Kyle See	0:45:35	1st
Mark Sikkila	0:28:48	2nd
Gary Spiker	0:36:11	
Christina Thomas	0:43:33	
Scott Voigt	0:30:00	3rd
Michael Wagner	0:30:14	
Max Zigterman	1:01:36	

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