



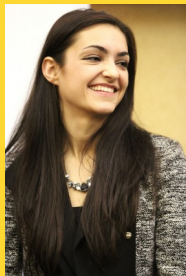
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Bonnie Sexton
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The Rundown



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MAY 2017

"A good laugh and a long run are the two best cures for anything." — Unknown

This Year's Summer Safari— An Individualized Approach within a Group Training Program

By Bonnie Sexton



2016 Summer Safari participants enjoy a Saturday morning run in Texas Township.

-organizer of the Kalamazoo-based Summer Safari, it was important for a representative of Kalamazoo Area Runners (KAR) to become certified in the newly adopted training methodology.

After spending three days learning all things Lydiard, we are excited about the new training program and all it has to offer. This will be the first time we have integrated a individualized training plan into a group program, an approach that is new to Lydiard as well. The program will continue to offer the valuable support we have enjoyed through group training—pace groups with team leaders, hydration stations, sag support and coach led Tuesday hill and track workouts.

This past month I had the opportunity to attend a 3-day coaches certification course offered through the Lydiard Foundation. The Lydiard training program is the official training program of the Detroit and Grand Rapids Marathons, and has been adopted by Gazelle Sports as the methodology for summer half and full marathon training programs. As the co

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Board Members At Large



Tiffany Andrus



Michael Hutchinson



Fred Keister



Amanda Knapp



Kerri Langdon

What is new and unique about this year's Summer Safari? Each participant receives an individualized training plan developed by the Lydiard Foundation. Runners register via a platform called Running Wizard and can choose a 4-day, 5-day, 6-day or 7-day plan, and from Peak Performance—Experienced, Peak Performance—Beginner and Peak Performance Bucket list, depending on goals. There is an option for a 18 week half and full marathon training program, as well as a shorter 14 week half marathon training option. As part of the registration process, runners answer a series of questions, which enable the system to generate a personalized training plan specific to the athlete.

Participants will be prompted to download their training plans into a program called Final Surge, which allows for planning, tracking and analysis of workouts. Final Surge is compatible with both Garmin and Strava.

The Lydiard plan is comprised of 5 distinct phases: 1) Aerobic Conditioning, 2) Hill Training, 3) Anaerobic Development, 4) Integration/Coordination and 5) Taper. The Saturday long runs begin June 10th and run through October 7th (there is no run on June 17th due to the Kalamazoo Klassic).

Tuesday hill and track workouts begin July 18th (when participants begin to transition to the hill training phase) and run through September 12th. Sessions will be held in the morning at 5:45am and evening at 6:00pm. Runners will have the opportunity to participate in an organized Tuesday evening aerobic run until the start of the Hill and Track sessions (there is no run on July 4th).

The individualized approach customizes your half or full marathon training plan, whether beginner or elite. We invite you to run with us this summer and discover an innovative new approach designed to meet your individual training needs. More information can be found at www.gazellesafari.wordpress.com

Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is married with three children, an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is an HR and Community Relations Director for a Kalamazoo non-profit organization. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers' Bureau of the United Way of the Battle Creek and Kalamazoo Region.





Kristen Mansfield



Carrie Mortlock



Scott Struck



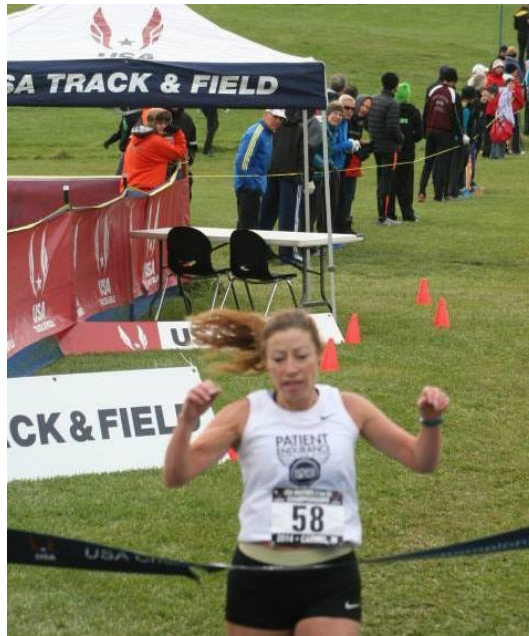
Elizabeth Vandenheede

Just Another Member's Story: Peggy Zeeb

A Diamond in the Rough

By Gale Fischer

"Just because you haven't found your talent yet...doesn't mean you don't have one—Kermit the Frog"



Peggy Zeeb breaking the tape at the 2014 USATF Cross Country Nationals

Like individuals in all facets of human being, there are those in the world of athletics who are blessed with a talent for specific skills without being aware of it. Some may go there entire lives without putting a particular talent to use simply because there was never an opportunity for this talent to be. Others may realize this talent well into adulthood when many individuals are considered well beyond their athletic prime. Even so it seems that it is never too late in life to find something that you are naturally skilled at and pursue it with a passion. You may be past your prime but this is not a worthy excuse to show the world just how amazing you are. All it takes is an unexpected event, opportunity or premonition. This month's featured runner, Peggy Zeeb,

did not start running early in life but when her time finally came she quickly rose to the cream of the crop in the local and regional running community.

Peggy did run as a youngster but didn't seem to have the knack for it at that time nor the passion that she developed later. Part of this may have been because as a high school athlete she was running the wrong distance for her. *"I ran track in high school. I was a sprinter. After high school I quit running for a long time".*

In what has become a common theme in our sport, Peggy started running late in life at the 38, like many others, when her son signed up for cross country. *"I started running in 1996. My son Neil was a freshman in high school and wanted to run cross country so I thought it would be fun to run with him."*

Two years later Peggy would find herself as more in the world of cross country than just a mom running with her son and as a spectator on local cross country courses.

A Diamond in the Rough...continued

" I started teaching high school science in Colon in 1998 and was immediately indoctrinated into coaching junior high track and high school cross country. I coached cross country for seventeen years."

Being a former sprinter, taking on the 5K distance seemed a challenge initially for Peggy. "When I started running I ran on a treadmill a mile or so. Shortly after this I saw a flyer for the Borgess 5K."

Peggy was new to long distance running and didn't have a clue as to how fast she really was. " I really didn't know what to expect for the 5K. I started in the back of the pack and kept passing people. I placed third in my age group and was very surprised."

Peggy seemed content with running three miles at a time for a while but soon decided to up the ante' and double the distance. " I ran 5ks for a long time but then signed up to run Steve's Run, a 10K in Niles. It took a while to build the endurance to get to five miles but once I reached this plateau endurance became easier."

Soon enough 5Ks and 10Ks would make way for a bigger challenge for Peggy and her bucket list. "After a few years I decided that I wanted to run a marathon. I wanted to see if I could do it. I had planned on my first being my only one."

Peggy needed a week or so for her legs to recover and the pain to subside before her curiosity about how much she could improve for twenty six miles got the best of her. " After the pain from my first marathon I decided I wanted to try another to see if I could go faster. My first marathon was the inaugural Grand Rapids in 2004. I ran a time of three hours and twenty three minutes, finishing first in the Masters Division. I ran the Martian Marathon the next spring improving to three hours and twenty minutes, finishing first among women. I have run around thirty marathons to date. My PR is three hours and eleven minutes in Detroit in 2005."

Peggy's success would land her many first place finishes and age group awards through the years making her well known in running circles not only in Southwest Michigan but throughout the state of Michigan and the Midwest region. One of Peggy's most prized accomplishments came in 2004 when she finally eclipsed the twenty minute barrier for a 5K, winning a race in her hometown with a time of nineteen minutes and fifty eight seconds. At the age of fifty four Peggy ran her fastest half marathon in a time of one hour and thirty minutes at the Lansing Half Marathon, finishing first in the Masters Division.

In May of 2006, Peggy decided the night before to make the drive to Grand Rapids to run the Riverbank Run 25K. Her teams track meet had been cancelled for the day, relieving her of her coaching duties. She would finish third in the Masters Division with a time of one hour and fifty one minutes bringing home a prize of \$500, something she was not expecting at all. She also claimed cash earnings, finishing third overall in 2011 with a time of three hours and twenty six minutes at the Knoxville Marathon with a payday of \$600.

There are many more age group awards that Peggy has claimed but perhaps her greatest accomplishment as a runner came when being honored by Michigan Runner Magazine as Michigan Female Grand Masters runner of the year in 2010 and again in 2012. As impressive as all of these accomplishments are, Peggy's most memorable moment came while running the USATF cross country national championship. "I was running in the USATF cross country championships in 2014. As I was finishing they put up a ribbon in front of me. I wasn't sure what they were doing at first but then realized later they let me break through the ribbon as the first runner in my age group."

A Diamond in the Rough...continued

Peggy advises other runners to not shy away from working hard but to exercise a little moderation. " One of the biggest things I see is sometimes when people start running they run too hard too fast and get injured. Either focus on increasing pace or increasing mileage but not both at the same time."

As satisfying as competing with other woman her age and those younger than her at races of varying distances, Peggy seems to just enjoy the simplistic and calming experiences of running. She finds herself in her element enjoying nature during a relaxed run on the trails.

With Peggy's husband, Eric already retired and Peggy's retirement from teaching just months away she and Eric find themselves approaching another season of their lives with the transition of moving out west. Although this transition won't see her running days coming to an end she has reflected on what she wants from running now and in the future.

"I just want to keep running. Maybe I'll be the first one hundred year old to finish a marathon. Short term I want to get back into shape. I am going to retire this summer and will have more time to focus on running. We will move out west and my goal is to vary my running route each day"

Life is always full of unexpected surprises some good, some bad and some indifferent. As grown adults it many of us assume that we know ourselves well. We grow to understand our likes and dislikes our strengths and weaknesses and what we perceive as our talents. Chance encounters, unpredictable experiences and actions and decisions of others may enlighten us to talents that we possess and passions that we had no interest in prior to these experiences. For Peggy, the decision of her teenage son to try out for his high school cross country team, introducing Peggy to the world of running a world that at the time she had no interest in but now has become a big part of her life.

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.



Just Another Runners Perspective

The Lifeline of Running—Karen Slack

By Gale Fischer

"Any day that I am too busy to run is a day that I am too busy." ---John Bryant

Several years ago, as a young adult looking to save for my future, I was oblivious of how to invest my resources. My financial advisor offered simple words of advice that provided a blueprint for how to manage my money. "Don't put all of your eggs in one basket." These simple words go beyond finances as they also offer a metaphor to managing one's life. For those who have a passion for running, it can provide an investment in terms of quality of life for the present as well as the future. As important as running is we must also be aware that it is not the only thing that defines who we are. For some running can be the lifeline that helps the rest of the eggs in their basket fall into place. Local runner, Karen Slack, has found running to be a stabilizing force, enhancing responsibilities and interests in her life that go beyond running.

Karen was looking for an activity to keep her fresh physically and mentally for her job and family but also sought something to fit into her busy schedule. Running seemed like the perfect fit. "It was very convenient, simply lace up your shoes, go out the door and run. I could do it by myself and didn't need to be on anyone else's timetable."

Karen found running to be the ideal activity to help her unwind as a young mother and wife. "I started running in my late twenties, had two school age children, worked part time and attended college classes." Karen ran only the shorter distances and never really considered anything longer than a 10K for many years. "I completed my first 5K before I turned 30 since the training fit into my busy schedule. If I had thirty minutes to complete a workout, I could easily do it." Karen stayed within her comfort zone with the shorter distances for years, expanding her horizons in terms of distance in the last 15 years. "I kept to the shorter distance, 10K and less, until my kids were grown. I really did not have a desire to go longer but part of this was because of the time constraints." When Karen and her husband, Michael, became empty nesters at home, Karen began running the longer distances. "After my sons graduated from college and began their own lives, I began running half marathon and 25K distances."

Although sports were limited for girls when Karen attended high school, she did manage to participate in what little was offered. "I played three years of basketball and a participated in volleyball and track." With Karen's competitive nature and athletic ability it's no wonder that she has found running to be the perfect hobby for her throughout her adult life. Karen found success at local races early on and has continued to be competitive claiming age group awards during her running tenure.

Karen became comfortable with the half marathon distance but it would take a major life transition for her to step out of the box and take on the marathon. "In 2009 my husband, Michael, was killed by a drunk driver. This life changing event brought me to train for my first marathon and which I dedicated to my late husband as he had always encouraged me to try the longer distance."

Karen would run her first marathon nearly two years after the tragic death of her husband. "I ran my first full marathon in 2011, participating in the inaugural Borgess Kalamazoo Marathon, placing 2nd in my age group. I returned to Borgess in 2012, finishing 1st in my age group and qualified for Boston. Then I ran Boston in 2013 . . . the year of the bombings." The raw emotion from being in the middle of the chaos during the Boston bombings and the accomplishment of a marathon PR created lasting memories for Karen, however in all of her years of running, the experience of Boston 2013 continues to remain her most memorable moment as a runner. . . bittersweet as it was. Karen would not let the cowardly acts of terrorists frighten her away from big city marathons, and returned a year later to run Boston for the 2nd time.

The Lifeline of Running—Karen Slack

Karen's finishing time for the 2014 Boston qualified her for Boston 2015, however she had the chance to go to and participate in the Paris Marathon the following year. None of the marathons times, however would be faster than her Boston running time in 2013 with a PR of 3:54. While also increasing her running miles, Karen diversified herself as an athlete adding swimming and biking to her egg basket, training for and competing in sprint and Olympic distance triathlons and the Muncie half-Ironman in 2013. Through the triathlon and marathon training, Karen has found mentorship with her training partners. "RJ Mullinex and Bill Greer were my mentors. We swam, ran and biked together and all participated in the Muncie Half-Ironman that same year".

What Karen likes most about running goes back to the flexibility that running offered her when she first started in her late 20s. "I like the simplicity of running. You can run 5Ks or work up to a marathon. You can make it fit your schedule."

Karen's indoctrination into the world of tri-athlete has been blessing for her. She has struggled with her most nagging injury as a runner, and the cross training, although not as fulfilling as running, has helped her to get through it. "Injuries are the worst. I have overcome shin splints in the past but more recently I have struggled with pain in my lower back which radiates down my legs." Karen is currently going through physical therapy to try and recover. She is swimming more; biking and running somewhat, however her running is not yet where she wants it to be.

Karen's advice for fellow runners centers on her recent experience in dealing with the nagging pain she continues to battle. "Pay attention to the correct fit of your shoes as well as incorporating cross training and stretching to your workouts to avoid injury".

Karen has two adult sons, Bill and Tom, and one grandson, Michael. Tom accompanied her in 2013 when she ran Boston for the first time and Bill went and supported her while she ran Boston in 2014. Her experience at the 2013 finish line and trying to connect with her son immediately after the bombings has convinced her to make one important change with her running routine . . . she now carries her cell phone with her whenever she runs. Trying to make contact with her son in the aftermath of the bombing without her phone was extremely frustrating and difficult.

Karen has evolved as a runner over the years. When she first began she just put her shoes on, stepped out the door and ran. As she has added the longer running distances, swimming and biking to her repertoire she has become more calculated and serious with her training. "When I first began running I never really followed a training program. Then I began training for full marathons and I became more focused on following training schedules and paying closer attention to my diet."

Karen's current running goals have strayed away from pace, age group awards and goal races. She just wants to get back to normal running. "My long term goal is to continue running and competing as long as possible. My short term goal is to overcome my injury and continue running more consistently."

For many years running has been and continues to be Karen's passion. Karen is now retired and although she could not have predicted years ago that she would be a widow at this stage in her life, this is her reality. Being single and retired does not necessarily mean that her basket is not filled with eggs. She spends time with her sons' families and her grandson. She enjoys volunteering with her therapy dog, Sasha, and making t-shirt quilts from race t-shirts. She supplements her running with biking, swimming and other cross training activities. Although being a tri-athlete may not be top priority on her list she always seems to make time for her workout. And while she enjoys swimming and biking; running remains her lifeline. It allows her the flexibility to work around her life but perhaps more importantly running is in her blood.

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

April New and Renewing Members

Doreen Akins
Kenneth Akins
Nicholas Akins
Jenny Andrews
Penny Barnes
John Brady
Paul Bushnell
Pablo Cecere
Stephanie Clark
Gay Marie Fournier
Rebecca Gilbert
Grace Gilmore
Richard Grady
George Granger
Paul Haag
Rosa Haag
Xiomara Haag
Alyssa Jones
Corey LaGro

Mike Lawrence
Nicole Meier
Emilyah Neal
Matthew Norko
Barbara Overlander-Afton
Virgil Petty
Sean Pingel
James Pollock
Terisa Pollock
Brian Reynolds
Don Reynolds
Tamara Shuler
Benjamin Siems
Brie Siems
Kellen Siems
Sean Siems
James Teeter
Anuya Vadnerkar
Joel Vanderkooi

Kalamazoo Area Runners (KAR) Club Championship Series

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

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

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

Meet Our Volunteer Directors & Board Liaisons



**Meet
Maggie
Honaker**

Tiffany Andrus

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Michael Couey

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Co-Director, BC Beyond Training Program
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Co-Director, Battle Creek Fast Track (Spring)
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Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
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Upcoming Kalamazoo Area Runners Events and Programs

Check out Kalamazoo Area Runners spring and summer events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

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

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

[Kalamazoo Fast Track 5k and 10k Training Program](#) (July 11–September 12)

[Summer Safari Half and Full Marathon Training Program](#) (June 10– October 7)

Group Runs

Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Liz VandenHeede at liz.vandenheede@kalamazooarearunners.org

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

Next KAR Board Meeting is June 5, 2017

The next KAR Board Meeting is June 5, 2017 at 7:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Follow the Kalamazoo Area Runners on Social Media!

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

facebook

Injury Assessment Clinics Through Bronson Sports Medicine

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

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

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

 **BRONSON**
Sports Medicine

Race Discounts

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

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

Duo at the Ledge Half & 5K – Grand Ledge, MI

June 10, 2017
20% discount

Charlevoix Marathon – Charlevoix, MI

June 24, 2017
\$10 discount

Lake Michigan Half (Half Marathon, 15K, 5K) - Muskegon, MI

June 24, 2017
\$10 discount.

The Legend (5M, 10M, Half Marathon) – Laingsburg, MI

August 5, 2017
10% Discount

Running Between the Vines (Half Marathon, 5M, 5K) – Jackson, MI

August 19, 2017
10% Discount

Rock Hall Half Marathon & Relay – Cleveland, OH

August 20, 2017
\$10 Discount

Rock City 5K & 10K – Cleveland, OH

August 20, 2017
\$5 Discount

Moose on the Loose Family Fun Run & 5K - Marquette, MI

August 26, 2017
\$10 Discount

Kids Moving and Thriving 5K - Kalamazoo, MI

September 4, 2017
\$10 Discount

Holland Haven Marathon (8K, Half, Full Marathon) – Grand Haven, MI

September 10, 2017
\$10 Discount

Rattlesnake Run Family Fun Run & 5K - Rochester, MI

September 17, 2017
\$10 Discount

Holland Hospital Park2Park Half Marathon Holland, MI-

September 23, 2017
\$8 Discount Half Marathon; \$5 Discount 5k

Turtle Trot Family Fun Run & 5K - Ann Arbor, MI

September 24, 2017
\$10 Discount

The Hungerford Trail Races (50M, Half & Full Marathon) – Big Rapids, MI

September 30, 2017
\$15 Discount

Monarch March Family Fun Run & 5K - Kalamazoo, MI

October 1, 2017
\$10 Discount

Sturgeon Sprint Family Fun Run & 5K - Detroit, MI

October 8, 2017
\$10 Discount

Run the Year 2,017 Miles in 2017 Fitness Challenge

\$5 Discount

Service Provider and Merchant Discounts

AGILITY PHYSICAL THERAPY

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

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

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



BRONSON ATHLETIC CLUB

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

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

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



ATHLETIC MENTORS

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

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

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



CENTERING YOGA

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

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



BORGESS HEALTH AND FITNESS CENTER

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



CEREAL CITY ATHLETICS

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

2017 Events include:

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

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



Service Provider and Merchant Discounts

KALAMAZOO ATHLETIC WELLNESS

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



SPIRIT RACING

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

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

Schedule of events:

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



DOWN DOG YOGA CENTER

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

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

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

15% off Down Dog Yoga Center merchandise.

For more information visit www.downdogvogacenter.com. Provide the 2016 discount code to receive discounts.



NITE BEAMS

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

Be sure to use the four digit standard KAR



code to receive the discount.

Service Provider and Merchant Discounts

GAZELLE SPORTS

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

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



Gazelle Sports

CORE

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

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

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

Special plans available for Boston & Kalamazoo Marathons.

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

CORE

NUTRITION PLANNING

TROY HUGGETT FITNESS PROS

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

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

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

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

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

YMCA OF BATTLE CREEK

The YMCA of Battle Creek is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2017 KAR discount code when registering.





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

Email: Membership@kalamazooarearunners.org

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

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

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

[Team Gazelle site!](#)

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

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

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

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

