

The greatest pleasure in life, is doing the things people say we cannot do.

-- Walter Bagehot

November 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

Reflecting upon the Joys of the Year Past and the Promise of the Year to Come



Photo by Fast Photo Pro

By Bonnie Sexton

As we enter the holiday season, it is a time to celebrate with friends and family the joys of the past year, and reflect upon the promise of the year to come.

What an inspirational year it has been! Looking back in retrospect at the year 2013, the transformation experienced by the Kalamazoo Area Runners is nothing short of extraordinary. Thanks to our dedicated leadership team members and volunteers, members, participants, sponsors, vendors and other community partners, Kalamazoo Area Runners was able to attain a new level of organizational excellence, while at the same



Contents

Board President's Letter – Page 1

Executive Director Letter – Page 4

Ode to Running – Page 5

News from the Battle Creek Running Community – Page 7

Just Another Runner's Perspective – Page 8

Hot Club News and Events - Page 9

KAR Membership Discounts
KAR Members Honored at Club Championship Series Awards Ceremony
Snow Time then Show Time at the KAR Turkey Trot
Time Prediction 5k Run
Tinsel Toes 5k Run
Winter Blast Half Marathon and 5k
Volunteer Leadership Opportunities
Winter Apparel Line
KAR Facebook Group

Group Runs/Training - Page 26

Beyond Half and Full Marathon Training Program
Indoor Track Workouts at WMU
Group Runs

Club Member Corner - Page 30

New Member Welcome
Volunteer Acknowledgements

time continue to provide personal encouragement and support to one another as we all continue in our running journey together. Some of us run for competition and personal achievement, some for health and fitness, some for the social aspects the sport provides, and some for several or all of these reasons. The positive reinforcement and support is evident throughout the happy social media chatter within our Facebook Group; as runners strive to help one another achieve their goals or provide support during setbacks. We saw this spirit demonstrated through leadership team members, volunteers, and our members, as we all worked together to encourage one another.

We also reached outside our own organizations boundaries, directing events and captaining fundraising teams that impacted the community around us, assisting in raising proceeds for other non-profit organizations such as Greater Kalamazoo Girls on the Run, Girls on Track Program, MRC Industries, Inc, Kalamazoo Loaves and Fishes, The Susan G. Komen Foundation, American Cancer Society and Arthritis Foundation.

KAR is by no means perfect in its menu offerings and although we offer something for everyone, it is not possible to offer everything to everyone. KAR, for example, at this time is not able to offer a 5k/10k training program during the winter months. We instead refer our members to the wonderful community partner we have in Borgess Run Camp, allowing members to obtain the training and support that best suits their needs. Often, success means working together as a community.

The year 2013 has been a transformational year for the Kalamazoo Area Runners and we have many achievements to celebrate, and those success stories will provide a foundation for years to come.

February 16, 2013, we launched the inaugural Winter Blast Half Marathon and 5k in partnership with the City of Portage. The event was a smashing success, with the half marathon closing in 27 days. The first year is always a learning experience, and as we plan for the 2014 event, we look forward to building upon the foundation established in inaugural year.

The 2013 Kal-Haven Trail Run raised \$9,484.97 for the Greater Kalamazoo Girls on the Run Girls on Track Program, and the 2013 Kalamazoo Klassic raised \$19,314.74 for MRC Industries, Inc. The Kalamazoo Klassic, KAR's longest running event, celebrated its 35th anniversary this year. Four Kalamazoo Area

KAR Discount Sponsors

Unless otherwise indicated, please use the 2013 KAR discount code when purchasing merchandise or services from discount sponsors.

Gazelle Sports

10% off non-sale shoes. Please supply sales person with KAR membership number prior to check out.



Healing Moments Massage

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



Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics: eSoles www.esoles.com which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position. For more information contact Daryl Prater at praterd@aol.com



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.



Runners events, the Winter Blast Half Marathon, the Kal-Haven Trail Run Solo Ultra, and the Kalamazoo Klassic 10k and 5k, earned RRCA State Championship designations.

The Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run added a fun-filled energetic atmosphere with popular line dance tunes and a spirited door prize distribution to create an upbeat and festive beginning to Thanksgiving morning. As our events and programs continue to evolve, we look forward to not only organizing quality running events and programs, but creating an experience the entire family can enjoy together.

Run Through the Lights attained an all-time high, with more than 1,300 brightly lit registered participants filling the streets of downtown Kalamazoo on December 5, 2013.

The Kalamazoo Area Runners (KAR) Battle Creek Subcommittee continued its leadership efforts. In 2013, spring and summer sessions of the Fast Track 5k Training Program were introduced in Battle Creek, planting the seed for future growth in the running community there. Battle Creek also offered several group runs, and sponsored the Tinsel Toes 5k, a benefit for the Calhoun County Girls on the Run.

Membership growth continues at an all-time high, with Chris Huff doing an outstanding job managing our membership process, and working to build nurturing relationships with our members. November of last year, KAR for the first time shattered the 1,000 mark and closed the month with 1,001 members. A year later, as of the close of month-end November 2013, our membership was up 26% from the prior year, closing at 1261. If our growth trend continues at this rate, KAR could very well become the largest RRCA running club in the history of the State of Michigan in the next year.

In September, 2013, we experienced our most significant change of all, transitioning from an all-volunteer organization to hiring our first Executive Director, Joy Mills. Only three months into her new position, Joy has already relieved much of the pressure experienced by the Board of Directors, and has filled a number of voids that had previously gone unfilled. She has also been able to provide much needed support and leadership to our volunteer directors. Although the full transition won't be complete until after the first year, and KAR will experience change on an ongoing basis as it continues its growth trend, Joy has been assuming her duties ahead of schedule and we are excited she has joined our leadership team. She has been accepted into the

continued...

AGILITY PHYSICAL THERAPY

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

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

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



IN THE ZONE

Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit www.inthezonefitness.com, or call or email Stephanie at (269) 207-4988 or swalbr2000@tds.net.



PEDAL BICYCLE

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



ONEPlace Non-Profit Leadership Academy, and we look forward to working with her as she develops her leadership skills through our supportive community.

Now that we have attained this goal, what does the future hold for Kalamazoo Area Runners? You will notice KAR regularly communicates our mission in our correspondence, and we also developed a set of core values several years ago. One important missing piece, however, is our vision statement. This was not an oversight, but intentional as we focused our efforts the last few years towards the goal of transitioning KAR to a staffed organization. The ultimate plan was to hire our Executive Director, and then develop our vision statement, including our new staff member as a part of the process. This coming year, our leadership team will be once again go through the strategic planning process as we establish our vision for the future.



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.

A “New to You” Invitation

By Joy Mills

It is amazing to me that almost three months have passed since I joined the Kalamazoo Area Runners as your Executive Director. The time has seemed to fly by in a whirl of planning for our organization's holiday events such as Turkey Trot, Run through the Lights and the Beyond Blastoff. It is an exciting time to be part of the Kalamazoo Area Runners, and I am happy that I have been here to learn more about our organization and help take some of the pressure off of the Board of Directors and other

continued...

BRONSON ATHLETIC CLUB

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.



DRINK 2 YOUR HEALTH

If you're interested in maintaining an active and healthy lifestyle with a nutritious fruit juice blend, check out MonaVie™ Active. Used by top professional athletes, Monavie combines 19-body beneficial fruits, including the Acai berry superfood, with plant-derived glucosamine that promotes healthy joints. Two ounces in the morning and two ounces at night provide the antioxidant capacity of 13 servings of fruits and vegetables. Visit <http://drink2yourhealth.net> and click on “19 Fruits” then “MonaVie Original and Active” for more information. Choose the “Preferred Customer” page to place an online order and receive distributor pricing (up to a 34% discount). For more information, contact Madhu or Amisha Mahadevan (734-740-2840).



TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.



volunteers. It is a gift to work with this team of incredibly motivated, caring and talented individuals.

As our thoughts turn to the season of gift giving, I think it is important for us to reflect upon the gift that is the Battle Creek and Kalamazoo running community. We are blessed to live in a place where health and fitness are valued and supported. I was reminded of this over the past month when I attended the Club Championship Series Award Ceremony and heard individual stories of success and appreciation for the relationships that have developed through KAR membership. I also attended the Running Head to Toe Clinic that we co-sponsored with Agility Health and Gazelle Sports. The wealth of knowledge within our community is amazing and I was so gratified to hear one of our KAR participants comment that hearing from local experts was exactly what he needed to take his running to the next level in the coming year.

The overriding theme that I hear from people as to why they became members of the Kalamazoo Area Runners in the first place is to share a passion for the sport of running, to meet new people who share that passion, and to give back to the Battle Creek and Kalamazoo communities in which we live. To that end I would like to invite all of you to become involved in a new to you KAR activity in 2014. This might mean training with the Beyond program (come to the Blastoff on December 10th to learn more), volunteering for a committee or at Winter Blast in March, finding a team for the Kal-Haven Trail Run, or one of the many other opportunities that KAR provides. I guarantee that it will enrich your running community experience and gift the Kalamazoo Area Runners with strength for the future. Happy Holidays and best wishes for the New Year!

Joy Mills, Executive Director



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

Board of Directors

Bonnie Sexton
President

Bonnie.sexton@kalamazooarearunners.org



Chris Huff
Vice President

Christine.huff@kalamazooarearunners.org



Karen Christensen
Treasurer

Karen.christensen@kalamazooarearunners.org



Andrea Nixon
Secretary

Andrea.nixon@kalamazooarearunners.org



Amy Clark
Vice President, Special Events

Amy.clark@kalamazooarearunners.org



with her daughter and classmates as an Assistant Coach for Girls on the Run.

Ode to Running

By: Gale Fischer

Barren trees and heavy frost
The annual Santa Run.
Pumpkin Runs and Turkey Trots
2013 nearly done.

Snowy roads and longer nights
A stiff and frigid breeze.
We run again through Christmas lights
Race medals hang from trees.

Frosty runs prolong for weeks
Spring fades our arctic blues.
May races near with training peaks
We've paid our winter dues.

Lush green grass a thunderstorm
Jogging in the rain.
Short sleeves become the runner's norm.
Cardio fuels the brain.

5K races on Saturdays
We slog through Summer's heat.
A hat to shade the sun's bright rays
Blisters on our feet.

Intervals around the track
"What next?" We ask our coach.
Workouts scheduled back to back
Fall marathons approach.

One last long run, my legs are drained
A short race for a test.
Excitement cannot be contained.
A taper will keep me fresh.

Another marathon now complete
A time for mental rest.
A missed PR but not defeat

Board of Directors continued

Eric Burnson
Vice President, Technology
Eric.burnson@kalamazoorearunners.org



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



Staff

Joy Mills
Executive Director
Joy.mills@kalamazoorearunners.org



Just finishing is a success.

Fall colors brisk and chilly winds
The holidays are near.
The running season never ends.
We close another year.

Success and trials fill my year.
When all is said and done.
A smile, frown or single tear
Another day to run.

Happy Holidays to all of you. May you run another year.

News from the Battle Creek Running Community

By Gale Fischer

KAR's Battle Creek sub-committee has been hard at work the last year and has focused on pumping up the local BC running community. We began by sending a survey to KAR runners in BC and surrounding areas inquiring of their interest in receiving communications about local group runs. We received many responses and those who expressed an interest were compiled into a master BC list used for our run-related communications. We organized three weekly group runs open to any member of the running community. Creativity and commitment from committee members have resulted in successes in leadership and weekly group run consistency. We continue to explore ways to increase the number of runners participating in our groups.

Our first local run event was a small, informal BC fun run through the lights which was part of the annual December "Light the Night," hosted by Professional and Personal Wellness (PPW). This year, the event is called the Tinsel Toe 5K, scheduled for December 14. It is a fun run/walk through the festival of lights in downtown Battle Creek and again in partnership with PPW's "Light the Night." Money generated from the event will benefit Calhoun County Girls on the Run. As of the first week in December, race director Nikki Elder's goal of 300 participants was close to reality with just over 270 registered!

As the winter of 2012 began to wind down plans for a Fast Track program started coming together targeting Battle Creek's Cheetah Chase 5K race at Binder Park Zoo in June. A number of locations were discussed but ultimately we decided to utilize the jogging

Event, Program and Functional Directors

Steve Rice
Director, Wed Night Borgess Health and Fitness Center Runs
Steve.rice@kalamazoorearunners.org

Stephanie Demarest
Director, Tuesday Night Runs in Battle Creek (with Lisa Piper-English and Michele Babcock)
Director, Fast Track Battle Creek
Stephanie.demarest@kalamazoorearunners.org

Renee Mercer
Director, Tuesday Morning Runs in Battle Creek
anreelca@gmail.com

Jill DeLong
Director, Sunday Afternoon Runs in Battle Creek (with Matt Santner)
Jill.delong@kalamazoorearunners.org

Nikki Gates
Director, Member Reception Runs
Nikki.gates@kalamazoorearunners.org

Karen Christensen
Director, Member Reception Runs
Karen.christensen@kalamazoorearunners.org

John Olbrot
Director, Database Administration
John.olbrot@kalamazoorearunners.org

Judah Gesmundo
Chair, Battle Creek Subcommittee

Lynn Scherer
Chair, Battle Creek Subcommittee

Leslie Scheffers
Director, Volunteer Program
Leslie.scheffers@kalamazoorearunners.org

Marie Billen
Director, Easter Egg Hunt Run
Marie.billen@kalamazoorearunners.org

Ferdi Hintz and Pam Boner
Team Co-Captains, Relay for Life

Matt Santner
Director, Sunday Afternoon Runs in Battle Creek (with Jill DeLong)
Jill.delong@kalamazoorearunners.org

trail around Riverside Elementary School for our workouts instead of a quarter mile track. We were optimistic that a specific training program would begin to draw local runners together and it worked well as other runners, walkers and parents of soccer players began enquiring about our program. The number of runners at our initial training left our 7 coaches giddy with excitement as 37 participants came ready to run. We had a mix of beginning and experienced runners and broke our program into two levels. Each week, the enthusiasm of co-director Maggie Austin rubbed off on coaches and runners alike and her partnering co-director, Stephanie Demarest, kept everyone in-the-know with her emails and updates.

The spring fast track program was such a success that participants asked us to add another. With the sub-committee and KAR board in agreement, a summer version was planned targeting the Peacock Strut in Portage and Battle Creek's Dig'Em Dash. Battle Creek fast track edition 2 was even more successful with 43 registrants and the addition of a level three group for advanced runners. We could not have been happier with the accomplishments of participants, many of whom achieved PR's for their training efforts or participated in their first 5K.

Our success so far could not have happened without partnerships with the Battle Creek Family Y Center and Team Active Cycling and Fitness. Both have been active participants in our development and will continue to play key roles in our growth in the future.

The creativity, support and commitment of sub-committee members and fast track coaches have also been crucial in the growth of running in Battle Creek. Each coach and member brings their own set of skills and talents to the table. We look forward to planning our spring fast track program and are hopeful for continued success and growth in 2014.

Another Runner's Perspective - Balancing Life's Risks and Rewards

"To get profit without risk, experience without danger, and reward without work, is as impossible as it is to live without being born."

--- A.P. Gourthey

By Gale Fischer

Event and Program Directors continued.....

Maggie Austin
Director, Fast Track Battle Creek

Stephanie Sabin
*Director, Run Through the Lights
(with Maria Swiftfoot from Gazelle)*
Stephanie.sabin@kalamazooarearunners.org

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

Scott Everett
*Director, Wed Night Portage YMCA
Runs (with Teresa Redmond)*
Scott.everett@kalamazooarearunners.org

Teresa Redmond (along with Scott Everett)
*Director, Wed Night Portage YMCA
Runs*
Teresa.redmond@kalamazooarearunners.org

Teri Olbrot (along with Brandon Van Dusen, Laura Sandahl)
*Co-Director, Thursday Evening Runs
Director, Children's Easter Egg Hunt
Run*
teri.olbrot@kalamazooarearunners.org

Dave Walch
Director, Halloween Hash
David.walch@pfizer.com

Zachary Baker
Director, Marketing Promotions
Zach.baker@kalamazooarearunners.org

Cindi Macdonald
Co-Director, Safari Training Program
Cindi.macdonald@kalamazooarearunners.org

Brandon Van Dusen
*Director, Thursday Night Group Runs
Portage YMCA (with Laura Sandahl
and Teri Olbrot)*
Brandon.vandusen@kalamazooarearunners.org

We are taught from an early age society's and nature's rules for staying out of harm's way. The toddler who crawls near the basement steps is told "No!" by his protective mother. A father walking through a crowded store with his five year old son holds on firmly to his hand and is reminded to stay with Daddy. These rules continue as we get older. Teens are encouraged to enjoy themselves when going out with their friends but lectured about the dangers of smoking cigarettes and drinking alcohol. As adults basic rules of survival are ingrained in our minds. Buckle up before backing out of the driveway, make sure your bills are paid before purchasing that new big screen television and select a designated driver when out on a Friday night with a group of friends. Rules are put in place to keep us safe, keep our life in order and minimize risks but following these rules without restricting our ability to function and enjoy our lives can at times prove to be a tricky balancing act. Life is filled with activities that offer rewards without risk. My daughter's activity of choice is horseback riding. A few years ago she had a serious accident falling from her horse yet my wife and I have chosen to let her continue with her passion. There are pre-cautions she can take when she gets on her horse but the reality is there is a risk each and every time she saddles up her horse. Hobbies such as boating, swimming and hunting all offer participants an adrenaline charge or a sense of calm but also come with potential dangers. Running is no different. Running can offer us a jolt of electricity, peace of mind and healthy perks but at the same time it cannot offer us insurance of being in harm's way each and every time we step out the door for a run.

At approximately six PM on Monday, November 4, a local family and the running community suffered a tragic loss associated with running's potential risks. Jim Kelly, a well-known runner to the Grand Rapids running community was struck and killed by a car while on a sunset run. Jim's zest for life and role as mentor, husband, grandfather and father at the age of fifty-one make this tragedy something that is difficult to understand. Like many of us Jim embraced running with his heart and soul. Although Jim was on a solo run this particular evening it was undoubtedly obvious to anyone who knew him, that running embodied the image of social activity much more than it did an individual sport. Like most of us Jim's fire for running was fueled by his individual goals and achievements but there was an even larger component to his personality that was dominated by his desire to see other's reach their own running goals and accomplishments. More importantly however, Jim longed to see other runners experience

Event and Program Directors continued

Phil Goodwin
Director, Graphic and Web Design
Phil.goodwin@kalamazooarearunners.org

Terry Hutchins
Director, Kal-Haven Trail Run (with Eric Burnson)

Eric Burnson
Director, Kal-Haven Trail Run (with Terry Hutchins)
Eric.burnson@kalamazooarearunners.org

Carole Bolthouse
Director, Kalamazoo Klassic (KAR)
Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton
Director, Fast Track Training
Director, Portage Winter Blast Half Marathon & 5k
Director Kalamazoo Klassic (MRC) (with Carole Bolthouse)
Team Captain, Race for the Cure
Director, Turkey Trot Time Prediction 5k Run (with Scott Taylor)
Bonnie.sexton@kalamazooarearunners.org

Kaycie Ohmart
Director, Expo Marketing
Kaycie.ohmart@kalamazooarearunners.org

Amanda Losch
Director, E-mail Marketing
Amanda.losch@kalamazooarearunners.org

Lisa Piper-English
Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Michele Babcock)
Lisa.piperenglish@kalamazooarearunners.org

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

the same joy and passion for running that he did. Jim seemed in his element when sharing in and encouraging other's in their accomplishments.

My connection with Jim came about through Strides for Life after his son had participated in this event with me a few years ago. I was fortunate enough to have the opportunity to run with Jim in two separate marathons. In August of 2009, he and I ran the first half of the Fallsburg Marathon together and in 2010 I ran about nine miles with him in the Indianapolis Monumental Marathon. His spirit for running was undeniable through our conversations during these two races. Photos of Jim running that were on display at his memorial service that depicted his smile and body language offered proof as well, of his passion of embracing running and life in general. He was a true ambassador for our sport.

Although a great loss for the community, Jim's accident and the way that he lived his life is something that we can all learn from. As runners all of us take a chance when we slip on our shoes to go for a run. Sure there are obvious dangers to running on the roads but dangers exist whether we are rolling through a workout on a wooded trail, jogging on a bike path or sharing a heavily traveled road with rush hour traffic. We can take pre-cautions as runners but the truth is all the precautions in the world will not make us immune to every possible scenario that life may throw at us. Jim was struck by a car while crossing a highway with several lanes at dusk. Some might say that this was a recipe for disaster but like any accident much of the blame simply lies in being in the wrong place at the wrong time. If Jim had crossed the same intersection just a minute earlier or later I wouldn't be writing this article.

So what do we do then as runners? Should we just stay inside and run on the treadmill to avoid the risk of stepping on a root and rolling an ankle while running the trails at Fort Custer State Park? The treadmill would still give us the health benefits of running but the opportunity to partake in nature's bounty would be lost on the treadmill. Perhaps running inside on an indoor track would pose much less of a threat than running outdoors on Battle Creek's linear trail during an early winter snowfall with the possibility of a fall on the slippery board walk sections. True the indoor track would provide a safer option but the beauty of a white winter scene and the muffled cadence of each footfall on the fresh snow covered bike path would be lost. Some might say that running on a trail or path would always be safer than sharing a road with traffic. The road would provide the potential of being hit by a car but if one were to fall and knock them-selves unconscious help would be more readily available on the road with traffic than if that fall were to occur alone on a trail.

As runner's we can always take pre-cautions. Obviously the more visible we are the better. I have always felt that running in a group makes us more visible to traffic then running solo but a group too large can also clog up the roads. Wearing reflective colorful gear is important whether it is high noon with the sun shining or whether it is five AM and pitch black. Wearing a flashing light in the dark is an easy way to let drivers know that you are there. The running purists would discourage listening to music while running but for some this might take away from the joy of running. Turning down the volume, being more aware with our eyes and taking the ear buds out and looking both ways when crossing a road can allow an individual to still listen enjoy music on the run.

Like anything in life, running offers a risk to reward ratio. We can't let fear dominate our lives and keep us from participating in fun healthy activities. We are surrounded by the potential for harm each and every day no matter what we chose to do. Taking certain pre-cautions in whatever we chose

to participate in can offer us the opportunities to enjoy our lives while at the same time providing somewhat of a safety net. To not pursue these activities would be like living in a bubble but what kind of life would that be? Each of us must find that balance between life's risks and rewards and let the rest take care of itself. When it comes down to it we can reduce our vulnerability but in the end we are all vulnerable. Ultimately we must follow by Jim's example and enjoy running and life. The running community will not be the same without Jim but his impact will live on forever. We love you and miss you Jim. This run is for you.

KEEP RUNNING!!

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



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

Hot Club News and Events

KAR Membership Discount Codes

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

Other Races that have their own unique discount codes:

[Tinsel Toes 5k](#) – Battle Creek, MI

December 14, 2013

\$5 discount registration

[Winter Blast Half Marathon and 5k](#) – Portage, MI

March 2, 2014

\$10 discount half marathon registration
\$5 discount 5k registration

Ground Hog Day Marathon - Grand Rapids, MI

February 2, 2014

\$5 discount on half or full marathon registration

Rock CF Rivers Half Marathon – Grosse Ile, MI

March 30, 2014

\$5 discount on registration

Kal-Haven Trail Run – Kalamazoo, MI

April 5, 2014

\$10 discount for solo runners, \$10 per team discount for relay

Charlevoix Marathon – Charlevoix, MI

June 21, 2014

\$10 discount on half or full marathon registration

Old Farts Marathon – Lowell, MI

August 16, 2014

\$5 discount on half or full marathon registration

Michigan Wine Trail Half Marathon – Baroda, MI

August 24, 2014

\$20 discount on half marathon through December 31, 2013. \$10 discount on half marathon as of January 1, 2014.

Run For Your Heart (Half Marathon, 10K, 5K) – Saginaw, MI

September 6, 2014

\$2 discount on race fee

KAR Members Honored at the 2013 Club Championship Series Awards Ceremony

Seventy-seven members of the Kalamazoo Area Runners were honored at the Club Championship Series Awards Ceremony held November 14, 2013 at Borgess LEC Auditorium and enjoyed an evening of accolades and sharing, refreshments, awards and door prizes in recognition of the year's racing accomplishments. Age group winners received a Kalamazoo Area Runners Duffle Bag. In addition to the age group awards, the following runners received special recognition:



Photos by Lana Hulsebus

- Brandon VanDusen -Male Runner - Most Points
- Peggy Zeeb – Female Runner - Most Points
- Joe Hulsebus – Masters Male Runner - Most Points
- Bonnie Sexton – Masters Female Runner - Most Points
- John Brady – Grand Masters Male Runner – Most Points
- Sherri Dutton – Grand Masters Female Runner – Most Points
- Brandon Van Dusen, Michael Loudon, Fred Keister – 3-Way Tie - Runners with the Most Series Races

Sincere thanks to VP Special Events, **Amy Clark**, for all her efforts in organizing the event, Director of Database Administration **John Olbrot**, for the huge responsibility of managing the Club Championship Series Data, Treasurer **Karen Christensen**, Vice President **Christine Huff** and Executive Director **Joy Mills** for assisting with the event, and to all our volunteers and participants. We also wish to thank Borgess Health for use of the LEC Auditorium, and Gazelle Sports for their donation of door prize items.

Congratulations to all our 2013 Club Championship Series Awards winners listed below.

2013 Club Championship Series Awards Winners

	Last	First	Scores	Races
00-14	F			
1	Garcia	Aliza	369.8	6
2	Grant	Hannah	222.9	5

00-14	3	Schanzenbaker	Abigail	192	3
	M				
	1	Rathburn	Max	614.2	8
	2	Billings	Caleb	532.1	8
	3	Kloosterman	Robert	518.1	9
15-19	F				
	1	Harvey	Skyler	313.6	4
	2	Williams	Allyson	293.3	5
	3	Betts	Haley	150.9	2
15-19	M				
	1	Meeker	Thomas	92.1	1
	2	Betts	Grayson	80.8	1
	3	Waterman	Riley	75.8	1
20-24	F				
	1	Hanson	Nathalie	138	2
	2	Moreno	Catalina	127.3	2
	3	Handy	Alesha	113.5	2
20-24	M				
	1	Bunch	Justin	698.2	8
	2	Darrell	Andrew	366.1	4
	3	Boyce	Andrew	157.7	2
25-29	F				
	1	Ladio	Diana	594.2	7
	2	Konieczka	Rachel	489.5	11
	3	Losch	Amanda	368.1	7
25-29	M				
	1	VanDusen	Brandon	806.7	19
	2	Louden	Michael	782.8	19
	3	Nasuta	Michael	768.8	8
30-34	F				
	1	Pridgeon	Kenzi	550.6	10
	2	Grevenstuk	Michelle	545.8	6
	3	Germinder	Michelle	443.3	7
30-34	M				
	1	DHulster	Chris	797.4	16
	2	Harris	Seth	758.6	9
	3	Baker	Zachary	756.4	8
35-39	F				
	1	Argo	Tracy	735.4	10
	2	Maxwell	Kristen	500	9
	3	Eilenberg	Julie	440.2	7
35-39	M				
	1	Kenny	Ed	632.7	7

	2	Damaska	Daniel	607	7
	3	Hollister	Brad	413.5	7
40-44		F			
	1	Hamric	Sarah	640.9	10
	2	Billings	Kerri	469.3	8
	3	Hinga	Kelly	336.6	6
40-44		M			
	1	Longjohn	Matt	598.1	8
	2	Pelak	Ronald	420.3	5
	3	Burnson	Eric	371.7	6
45-49		F			
	1	Sexton	Bonnie	648.6	9
	2	Huff	Christine	634.9	11
	3	Kloosterman	Deborah	481.9	9
45-49		M			
	1	Hulsebus	Joe	783	10
	2	VanderKooi	Joel	754.9	9
	3	Baas	Jeff	615.7	10
50-54		F			
	1	Dutton	Sherri	594	9
	2	Heinicke	Carol	513.5	7
	3	Thomas	Christina	381.3	7
50-54		M			
	1	Brady	John	717.5	10
	2	Jayatilaka	Arya	680.8	9
	3	Lewis	Bill	639	16
55-59		F			
	1	Zeeb	Peggy	748	13
	2	Comer	Cindy	567.7	16
	3	Elhammer	Angela	309	
55-59		M			
	1	Bertch	Russell	606.8	8
	2	Zeeb	Eric	595.1	10
	3	Huff	Joel	439.2	6
60-64		F			
	1	Olbrot	Teri	348.1	6
	2	See	Kyle	269.1	5
	3	Darrell	Joan	205.2	4
60-64		M			
	1	Sigfrids	Mark	694.6	11
	2	Colbert	Fred	655	12
	3	Keister	Fred	608	19
65-69		F			

	1	Rogers	Marie	161.9	3
	2	Neal	Kathy	111.2	2
	3	Slates	Barbara	89.9	2
65-69		M			
	1	Hendriksma	Ray	586.6	15
	2	Sievert	Bob	143.2	2
	3	MacVicar	Dean	131.7	2
70-74		F			
	1	Bangs	Francine	296	5
70-74		M			
	1	Ross	Michael	298.9	5
	2	Hare	Gordon	283.7	6
	3	Bennett	Thomas	247.3	5
75-79		F			
	1	Hoffmann	Julie	367.9	6
75-79		M			
	1	Bland	Royce	274.4	6

Snow Time Then Show Time at the 2013 Kalamazoo Area Runners (KAR) Turkey Trot Time Prediction 5k Run





Photos by Mike Peterson Photography

By Bonnie Sexton

The snows didn't prevent 855 registered participants from partaking in the 2013 Turkey Trot Time Prediction Run for a fun, upbeat start to the Thanksgiving Holiday. This year the event made a major transformation, injecting extreme adrenaline through running, favorite dance tunes and a newly formatted door prize distribution thanks to our fantastic spirit volunteers. For those who participated or volunteered for the 2013 Turkey Trot, it is hard to imagine it as a small grass roots event. In 2004, thirty-nine hearty runners participated in the Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run held at Kalamazoo Valley Community College. In 2005, the event was cancelled due to Blizzard-like conditions, and the following year, 2006, stimulated a growth trend that has continued for six years, with slight dips in 2011 when the event began charging a registration fee, and this past year, due to winter weather. In 2009, the event was moved to Portage West Middle School due to improvements made at KVCC and the need for indoor facilities.

Today, the cross country style time prediction run has become an annual family tradition for hundreds of runners, and although snowy weather conditions impacted late registration, the 2013 Turkey Trot Time Prediction 5k Run still had its 2nd best year ever participation wise (2012, with its mild temperatures, attracted 890 participants), along with a new, fun, upbeat atmosphere.

We would like to thank all of our participants, volunteers and sponsors for making the 2013 event a huge success. The Turkey Trot, which serves as a fundraiser for Kalamazoo Area Runners and raised nearly \$8,000, also encourages donations for individuals in need through the Portage Community Center and Kalamazoo Gospel Mission. Participants filled several boxes of socks, toothbrushes, toothpaste, toiletries and toys to support the charities.

Each year brings about several changes as we strive to make improvements upon past events, and 2013 was no exception. New this year we introduced pre-and post-race entertainment, indoor and outdoor sounds systems, expanded restroom facilities and door prizes distributed by our energetic spirit volunteers.

The overall male finisher was Clay Burnett of Chagrin Falls, OH with a time of 16:12. Clay and his wife Lisa return to the Kalamazoo/Portage area from time to time to visit family and have participated in both the KAR Turkey Trot Time Prediction 5k Run, as well as KAR's Kal-Haven Trail Run. Clay also won the 2011 Turkey Trot Time Prediction Run. Natalie Patterson of Richland won overall female with a time of 19:42. Joe Reitz of Schoolcraft, last year's master's winner, returned to defend his title with a 20:37, and Jacque Carlson won masters female with a time of 26:07. All four overall winners received the coveted "Rubber Chicken Award" for falling short of the true spirit of the Time Prediction Run by achieving straight out victories.

For the first time ever, a participant attained their exact actual to predicted time. Michael Allen of Portage predicted and ran a 25:18. The top 25 closest predicted to actual times (and winners of coveted pies from Dough Chicks) were:

1. Michael Allen	25:18.00	25:18.00	0:00.00
2. Jared Doot	20:23.00	20:22.91	0:00.09
3. Vince Fabi	30:00.00	29:59.80	0:00.20
4. Susan Baird	30:30.00	30:30.21	0:00.21
5. Tazee Vickery	23:00.00	23:00.23	0:00.23
6. Eric Fernandez	25:32.00	25:32.70	0:00.70
7. Phoebe Thoroughman	34:55.00	34:55.93	0:00.93
8. Sarra-Valentina Kli	28:45.00	28:43.92	0:01.08
9. Andrew Kaylor	18:00.00	17:58.23	0:01.77
10. Janine Johnson	30:00.00	29:57.72	0:02.28
11. Riley Waterman	20:49.00	20:51.55	0:02.55
12. Mack Jones	33:01.00	32:56.45	0:04.55
13. Kevin Kane	27:55.00	27:49.57	0:05.43
14. Brian Argo	27:33.00	27:38.60	0:05.60
15. Liz Vander Sloom	26:55.00	26:49.23	0:05.77
16. Alan Sylvester	28:00.00	28:05.80	0:05.80
17. Damian Ruesink	23:47.00	23:41.14	0:05.86
18. Chris Steinke	25:00.00	25:06.03	0:06.03
19. Aaron Aulgur	24:24.00	24:30.20	0:06.20
20. Steven Fryling	28:30.00	28:23.22	0:06.78
21. Ben Kellam	26:52.00	26:44.21	0:07.79
22. Alain Fabi	30:00.00	30:07.79	0:07.79
23. Zach Baker	18:30.00	18:38.00	0:08.00
24. Molly Boehme	25:00.00	25:08.03	0:08.03
25. Nicole Lewis	26:35.00	26:44.63	0:09.63

The winners of the "Hamming it Up" best costume award went to Gumby and Santa. The winner of the Thanksgiving Centerpiece for the largest in kind donation went to Fred Keister of Portage. Congratulations to all of our award winners.



Photos by Mike Peterson Photography

[Click here to review the complete 2013 Turkey Trot Time Prediction 5k Run Results](#)

[Click here to view photos by Mike Peterson Photography](#)

Sincere thanks to our planning committee members for their leadership and dedication to making the 2013 event possible: Directors Bonnie Sexton and Scott Taylor, Volunteer Captain Andy Hirzel, Refreshment Captain Nikki Gates, Hydration Captain, Rik Ott, and Finish Line and Donation Captain, Brett Beier and Registration Captain and Kenzi Pridgeon.

Sincere thanks to all our volunteers, we couldn't have done it without each and every one of you.

Finally, thank you to the generous support of our sponsors for helping to make the event possible:



Plymouth Rock Sponsors



Media Partners



Thanksgiving Dinner Sponsors



Photography Partner

Mike Peterson Photography

Pilgrim Sponsors

Prater Chiropractic Wellness Center

Maize Supporting Sponsors

Dunkin' Donuts

**Register Now for the Inaugural
Tinsel Toes 5K**

Where the ugly Christmas sweater and running shoes unite!



The Kalamazoo Area Runners (KAR) Battle Creek Subcommittee is a proud sponsor of the Tinsel Toes 5K scheduled Saturday, December 14th at 5:30 through Downtown Battle Creek.

The Tinsel Toes 5K is a family fun run that is a fundraiser for Girls on the Run (GOTR) of Calhoun County. All proceeds from registrations and sponsors will go directly to GOTR of Calhoun County to fund scholarships. Their mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum, which creatively integrates running. GOTR is a national program designed to help girls take charge of their lives and develop an "I can" attitude towards challenges and life in general. Along with the curriculum, girls are coached to complete a 5k in May. As a part of the GOTR experience the girls are fitted for and receive shoes, shirts, and benefit from highly trained volunteers and coaches. To fulfill the vision of Girls on the Run no girl is ever turned away from the program regardless of financial ability to pay. It costs around \$125 per girl. Therefore, GOTR needs community support to be able to continue to provide this amazing life changing experience to ALL girls of Calhoun County. Tinsel Toes 5k is one way we are raising those funds.

The Tinsel Toes 5K is a family fun run through the Festival of Lights and the beautiful Michigan Avenue in Downtown Battle Creek. Participants will enjoy a festive holiday atmosphere both before the race and during. Tinsel Toes is partnering with Light the Night for even more post race activities free of charge including: scavenger hunts, hot chocolate, visits with Santa and horse driven rides through downtown.

Prizes will be given to the most festive, the most festive family, the most lit up as well as the best Christmas sweater.

We are on Facebook: www.facebook.com/tinseltoes5k
Registration is available on-line: www.signmeup.com/95542

If you would like to volunteer or become a sponsor for this event or have questions please contact: Nikki Elder, tinseltoes5k@yahoo.com

2nd Annual Winter Blast Half Marathon & 5k Field Size is Increased to 1,500 - Registration is Underway!



Registration is underway and we have close to 500 registered participants. Kalamazoo Area Runners (KAR) and the City of Portage are pleased to announce the field limit for the 2nd Annual Winter Blast Half Marathon has been increased to 1,500 spots. Join us in this extraordinary community celebration of health and wellness as Kalamazoo Area Runners and the City of Portage

present the 2nd Annual Portage Winter Blast Half Marathon and 5k. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, March 2, 2014. 5k start is at 8:00 am and the half marathon start is 8:10 am.

Current Members of the Kalamazoo Area Runners will receive a \$10 discount on the half marathon, and a \$5 discount on the 5k. A discount code unique to the half marathon and 5k events will be emailed to all active members upon registration open.

The half marathon will close registration once it attains its cap. The cap will be raised and will be announced by registration open. Cutoff time to be included in half marathon results is 3 hours, 45 minutes. Roads will be re-opened at 12:00 noon.

Sponsor expo, packet pick-up and late registration will be held from 2:00pm – 5:00pm on Saturday, March 1, 2014 at Portage Central High School in the Commons area. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, March 2, 2014 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available.

Awards to first place overall open, masters, grand masters, senior masters and five year age division awards three deep in both the Half Marathon and 5k. Finisher medals to all half marathoners finishing within the time limit. All proceeds will support the Portage Winter Blast Half Marathon and 5k and the Kalamazoo Area Runners.

For more information, registration or volunteer or sponsorship opportunities, visit www.portagewinterblast.wordpress.com.

Volunteer Leadership Team Opportunities

BOARD POSITIONS

Vice President Marketing and Communications

The Vice President Marketing and Communications serves on the Executive Board and assists Event and Program directors and Board Members with promoting their events and programs and membership, marketing strategy and content management. Regular attendance at Board Meetings is required (7:30 pm the first Monday of most months (July and Sept are second Monday). For more information and a job description, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org

COMMITTEES

Kalamazoo Klassic 5k and 10k Planning Committee

The Kalamazoo Klassic 10k & 5k, directed by **Bonnie Sexton** and **Carole Bolthouse** has an opportunity at this time for a committee member to serve as volunteer coordinator. Position

requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend (June 13 & 14, 2013).

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

Kal-Haven Trail Relay and Solo Ultra Run (Event Date: Saturday Morning April 4, 2014)

The Kal-Haven Trail Relay and Solo Ultra, directed by **Terry Hutchins** and **Eric Burnson** is establishing its first planning committee and is still seeking a few more member(s). Positions require attendance at 4-6 planning committee meetings, background coordination of duties and availability race day (registration also requires day before)

For more information on available positions, contact **Terry Hutchins** at kalhaven@gmail.com.

Winter Blast Half Marathon & 5k (Event Date: Sunday, March 2, 2014)

The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking a couple of additional committee members. Positions require attendance at 4-6 planning meetings (3 remaining for this year), background coordination of duties and availability race day.

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

TEAM CAPTAINS

American Heart Association Walk/5k Run

New for 2014, the American Heart Association Walk is adding a 5k Run and we are seeking a captain to organize the Kalamazoo Area Runners Team. The date of next year's event is April 26, 2014.

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

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

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



- Kalamazoo Area Runners Asics Interval Singlet
- Kalamazoo Area Runners Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

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

[Click here to begin shopping](#)

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

Yes, there really is a Kalamazoo Area Runners Facebook Group



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has more than 1250 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

Next KAR Board Meeting is January 6, 2014.

The next KAR Board Meeting is January 6, 2014 at 7:30pm, location TBD. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Running Community News

Paw Paw Rotary Santa Run

Date/Time: Saturday, December 14, 2013, 9:00 a.m.

Location: Paw Paw Middle School

The Paw Paw Rotary Santa Run is a 5k Run that takes runners through festive downtown Paw Paw. Each runner is given a 5 piece Santa suit to wear and keep (pants, jacket, belt, hat and beard). This run is untimed. Medals are given to all who complete the event. This is a great family event!

Register online at www.PawPawRotary.com

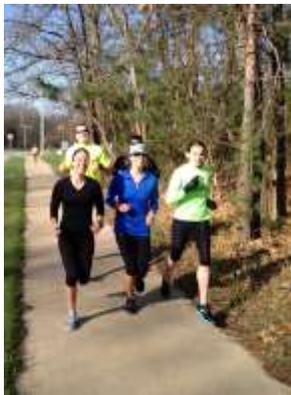
This event is in its' third year and has earned great reviews by runners. We are expecting over 400 runners this year.

The Paw Paw Rotary Club supports local projects like scholarships at Michigan Avenue Academy, community beautification projects, local business awards and many other small projects. The Club is also working on raising funds for amphitheater seating at Maple Lake.

Questions? Contact pawpawsantarun@gmail.com

Training Programs and Group Runs

Winter Training is Around the Corner: Registration for the KAR Beyond Half and Full Marathon Training Program is now OPEN!



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program presented by Kalamazoo Area Runners (KAR). Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner, Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

Kalamazoo Area Runners (KAR) brings an out of this world training program designed to help you achieve your goals! The 2014 Beyond Training Program runs January 4, 2014 through April 26, 2014 and concludes with the Kalamazoo Marathon / Borgess Half Marathon on May 4, 2014. Place the launch date on your calendar. Orientation and Blast Off are Tuesday, December 10, 2013 at 7:00 pm at Borgess LEC Auditorium. Program benefits include:

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more

- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- Blast Off party and orientation featuring our famous Yankee Swap door prize drawing.
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

For more information and registration, visit www.karbeyond.wordpress.com



Run Indoors With KAR

Are you tired of running outside in the cold and/or snow and ice? YES!
Then come run with the Kalamazoo Area Runners (KAR) on the indoor track at
Western Michigan University's Read Fieldhouse.

2014 Schedule

Date	Time	Day of the Week
January 12	6-10am	Sunday
January 14	5-7am	Tuesday
January 21	5-7am	Tuesday
January 28	5-7am	Tuesday
February 2	6-10am	Sunday
February 4	5-7am	Tuesday

February 11	5-7am	Tuesday
February 16	6-10am	Sunday
February 18	5-7am	Tuesday
February 25	5-7am	Tuesday

These runs will be FREE to all club members and \$5 for non-members.

Volunteers are also needed to open and close each session. Please contact Joy Mills at (269) 929-4954 or at Joy.Mills@kalamazooarearunners.org to help or for additional information.

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 Eric Burnson at eric.burson@kalamazooarearunners.org. Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>

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

Kalamazoo/Portage

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

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

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

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

Wednesday Night Runs – Maple Street Magnet School

*****ON HIATUS***** Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at laura.ferrara@kalamazooarearunners.org for more information and to be added to the distribution. All paces are welcome.

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

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

The Urban Herd

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

The Dirty Herd

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

Battle Creek

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

*****NOTE TIME CHANGE***** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at jill.delong@kalamazooarearunners.org or **Matt Santner** at Matt.Santner@kalamazooarearunners.org.

*****ON HIATUS BEGINNING JANUARY 7, 2014*** Kalamazoo Area Runners (KAR) Tuesday Morning Runs from Battle Creek YMCA**

Tuesday morning runs from Battle Creek YMCA at 9:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at anreelca@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

*****NOTE NEW LOCATION*** Kalamazoo Area Runners (KAR) Tuesday Nights from Panera Bread**

Tuesday evening runs from Panera Bread, 2810 Capital Ave SW (Run leaves at 6:00pm.) Please bring your own hydration. For more information contact **Stephanie Demarest** at stephanie.demarest@kalamazooarearunners.org or **Lisa Piper-English** at lisa.piperenglish@kalamazooarearunners.org.

Club Member Corner

New Member Welcome

During the month of November, KAR added 54 new members to attain an all-time high of 1261 members. Please join the Kalamazoo Area Runners Leadership Team in extending a warm welcome to the new additions to our running family:

Thomas	Afton
Amanda	Babin
Jody	Barkley
Ed	Bigelow
Jeremy	Breeding
Kim	Burnson
Kyle	Christianson
Courtney	Davis
Kim	Evans
Olufunso	Faweya
Bryan	Garfoot
Gustavo	Garza
Melissa	Garza
Matthew	Garza
Andrew	Garza
Ryne	Germinder
Kyler	Germinder
Kim	Gjeltema
Dave	Grinder
Terry	Hall
Amy	Harris
Steve	Howland
Charlene	Howland
Brett	Howland
Jillian	Howland
Trevor	Howland
Chase	Howland
Kalli	Inman
Todd	Jenner
Amy	Jones
Jaime	Kiessling
Eli	Lake
Christine	Lake
Maura	Lane
Derek	Lewis
Julie	Lorenz
Adam	Losch
Kaori	Murayama
John	Risley
Zach	Risley
Kate	Risley
Diane	Ross
Lisa	Savage
Veronica	Schaner
Ethan	Simmering
Noah	Simmering
Eli	Simmering
Allen	Stefanski
Eric	Suloff

Shane Thompson
Keri Tice
Tazee Vickery
John Wagner
Alissa Westerman

Volunteer Acknowledgements

Sincere thanks to all our volunteers. We couldn't do it without your efforts. The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program.

Volunteer points entered through November 2013 have been updated. If you volunteered year to date through November 2013 and your points are not included, please enter them at this time. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

As of November 2013, **Charlene Orwin** is in first place with 430 points, **Bonnie Sexton** is in 2nd with 420 points, and **Brian Dobbie** is in 3rd place with 260 points.

[Click here to view current 2013 Patrick Johnson Memorial Volunteer Program Results](#)

Visit the individual webpages/sites via www.kalamazooarearunners.org to learn more about how you can volunteer for the above events and programs.

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