

*"No matter how fast you are, it all comes down to commitment, hard work perseverance and passion. If you have those things and have the courage to test yourself from time to time, you never know how things might turn out or whom you might inspire."
- Meb Keflezighi*

November 2014

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Celebrate and Rejuvenate

By Bonnie Sexton



2014 Energy Abounds at the KAR Turkey Trot Time Prediction 5k Run – Photo by Mike Peterson Photography

The holiday season provides the perfect opportunity to celebrate the sheer joy and passion of running, providing a physical and mental break from the structured training schedules we often follow as we aspire to attain our goals. A scheduled recovery following the completion of a goal-driven training cycle is not only essential to rejuvenation prior to beginning your next training cycle; it is important to embracing the sport of running as a lifelong endeavor.



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New Member Welcome

As an adult, I have been running consistently for almost 13 years and my personal running goal for this fall was to requalify for the Boston Marathon. Although I had experienced Boston in 2005, 2007, 2009 and 2014, it had been two years (2012) since I was able to dedicate the level of training required to attain a qualifying time. Like many runners, during the summer and early fall months I followed a reputable training program designed to attain the goal I had established for myself. Discipline and setbacks accompanied efforts along the way, but found the determination and perseverance to press on, and experienced the rewards of crossing the finish line of the 2014 Grand Rapids Marathon in a Boston qualifying time.

Each of us has our own special and unique running goals, whether it is to run a first 5k, 10k, half marathon, marathon or ultra, complete a certain number of races, attain 50 states honors, establish new PR's at various distances, qualify for Boston, win age group or overall awards. Sometimes our goal-setting can be creative and fun. Regardless of the goals we set our sights upon, it often takes discipline and prescribed training to attain them, and once the training cycle is over, it is time to rejuvenate. I had the privilege of providing coaching and guidance, running and celebrating accomplishments with many of our KAR members through the Fast Track 5k and 10k and Safari Half and Full Marathon Training Programs as you began your journey, pursued your goals, and experienced the rewards of dedicated training.

Scheduled breaks from running don't necessarily have to be a complete hiatus, but rather an opportunity to run for the sheer joy of it, cross train, and create new experiences. Our community has many high-spirited holiday themed events such as the Turkey Trot Time Prediction 5k Run, The Run Through the Lights and the One One Run, and these provide the perfect opportunity to enjoy some pressure free running with friends and family. During the recovery period, supplement running with cross training, whether swimming, indoor group cycling, cross country skiing, fitness classes at your local gym or experience another healthy activity you have never tried before. If you stay active, fitness loss will be minimal, and you will feel refreshed and enthusiastic as you establish your goals, and begin your next training cycle.



KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

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



BORGESS HEALTH AND FITNESS CENTER

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



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

Executive Director Report— Featured Volunteers—Going the Extra Mile

By Joy Mills

Over the past few months I have had the pleasure of working with one of KAR's newer members and volunteers, Heather Wellman, as she took on roles with both the Jack-O'-Lantern 5k & 10k Trail Run and the Turkey Trot Time Prediction 5k Run. I am excited to be able to introduce Heather to you this month, and to thank her for the energy and enthusiasm that she brought to both committees as we worked towards our fall events. Please join me in thanking Heather along with all those who volunteer to serve on Kalamazoo Area Runners event committees.

Heather Wellman—Jack-O'-Lantern 5k & 10k Trail Run Awards Coordinator, Turkey Trot Time Prediction 5k Run Registration Co-Coordinator



My name is Heather Wellman and I was recently promoted to an Assistant Branch Manager at PNC Bank in Portage, MI. I'm originally from the U.P. and I have been in Kalamazoo for almost 8 years now. I graduated from WMU with my Master's degree, and I

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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.



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.



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 \$65 for KAR members).

15% off Down Dog Yoga Center merchandise. For more information visit

www.downdogyogacenter.com. Provide the 2014 discount code to receive discounts.



really enjoy volunteering for different organizations in Kalamazoo. It has been a great way for me to meet new friends and get connected within the community. I'm a member of KHRMA (Kalamazoo HR Management Assoc.) and I also volunteer with the SPCA. I started running last October 2013 and couldn't stop! I joined KAR shortly after that and I participated in the summer Fast Track program this year and have really become obsessed with running and beating my own records. I was excited when I placed in the Club Series, and I look forward to beating my own record next year! I have run mostly 5K's, and only two 10K's, but I'm anxious to run my first half marathon next year after participating in the Beyond Half Marathon training program! I really appreciate KAR and all of the members. I've really learned a lot about running over the last year and can't wait to learn more!

When asked why she volunteers for KAR, Heather shares that *"The other members of KAR are who inspire me to volunteer! The best reward is meeting new members of KAR who also love to volunteer, and also being able to give back to the group with my time. I have participated in a lot of runs during my first year of running, so it's been nice to help out on the other side!"*

Heather describes her volunteer role as follows: *"At the Jack-O-Lantern event I was the awards coordinator and I loved every minute of it! It was great to see the excitement on the winner's faces as I congratulated them and gave out medals and trophy's. This was the first committee that I was a part of with KAR, and I'm looking forward to the Turkey Trot race where I'll be leading the registration table!"*

When asked what advice she would give to others interested in volunteering for KAR, Heather says *"I would tell others to get involved big or small because it's a lot of fun and all of the members are really great! It's a great way to meet new friends and a good way to learn from other more experienced runners."*



Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. Joy is looking forward to training for her first full marathon with the 2015 Beyond program.

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BRONSON ATHLETIC CLUB

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

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

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



NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2014 KAR discount code to receive reduced rate.



SPIRIT RACING

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



A Runner's Cherished Year

By: Gale Fischer

Winter, spring, summer, fall
Running all year long.
A sport in which we welcome all
An all inclusive song.

A blessed opportunity
Coaching track and cross.
Sharing pain and victory
A win, a tie a loss.

Back on track from injury
Running strong once more.
Surgery, rehab, and PT
There are many I'm thankful for.

A marathon post surgery
A Boston qualifier.
How much better could it be
My spirits never higher.

Runs with my daughter and my boy
A runner's biggest gift.
A father's prize, his pride and joy.
This year's emotional lift.

The memories I share with you
Miles and miles of stories.
A writer's words that ring with truth.
Gloomy times and glories.

A runner first and writer to
My heartfelt monthly message.
Thanks so much to all of you
For reading my monthly passage.

As I close another year
Future topics still not clear.
Ideas will come, I do not fear
I will run with an open ear.

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Another Runner's Perspective - Running Out Of The Box

*"Life begins at the end of your comfort zone."
--- Neale Donald Walsch*

As I sat there in my classroom finishing up my last conference, my mind wandered back and forth from the conversation I was having with the parent of one of my students to what was waiting for me outside in just a few moments. I desperately needed a run. As a teacher I am accustomed to ending my work day by 3:45 in the afternoon and getting my daily fix in before five PM with seven or eight miles to clear my head. Although I look forward to parent teacher conferences each fall and spring and sharing my students joys and successes with each parent, two straight days beginning at 7:30 in the morning and ending at 8:45 PM do take a toll. Throw in a lack of time to squeeze in a run and a sense of suffocation similar to that of a caged animal, and I am on the verge of losing my mind by the end of the second day. As I exchanged pleasantries with the parent of my last conference about the early season snowstorm and cold temperatures that awaited us outdoors I made a dash for the bathroom to change into my running clothes. A wave of mixed emotions surged through me as I dreaded heading out the door into the Arctic Plunge while at the same time it was the one thing that I longed for the most. I was confident that after a few minutes and a half mile into it any perception of despair would subside and the tranquility of the run would put me at ease.

There was a period in my evolution as a runner when I logged many miles in the dark and embraced the opportunity to run in frigid temperatures and all of the elements that winter offered. At this point in my running life however, I avoid the dark, especially in solitude, when running. On this particular evening I would readily break my routine and go out all alone for a late evening run in the moonlight with snow descending upon my head and a wintry wind pushing on my face. I had spent many of my after school miles the last six weeks on a freshly made bike path coated in crushed rock winding and weaving through a nature preserve just a mile from my school. In the last six weeks I had traversed the trail a dozen times, claiming it as my home turf. Under normal daylight conditions I would have run on this, my home turf, but beneath dark skies, I had assumed I would stay on the roads in the neighborhoods surrounding my school with street lights providing some visual stability. Before I had covered the tenth of a mile in the confines of the school parking lot, however, I realized that a change of plans was in order as black ice would make eight miles more of a challenge than I was willing to take on. I made a bargain with myself to go it slow on the roads for a mile and then take on the trail without a lit path. I figured the crushed rock would provide more traction than the ice that had formed on the asphalt of the neighborhood

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streets.

I made a left turn out of the parking lot and pushed on one block in the direction of one of Battle Creek's main roadway arteries, Michigan Avenue. Normally at this hour Michigan Avenue is relatively quiet, but a jack-knifed semi truck on nearby I 94 had shut down the freeway and detoured traffic down Michigan. The loud buzz of semi trucks crawling down Michigan Avenue in the darkness seemed rather out of place on this snowy evening. Eight minutes later the trail head was within sights. I made a left turn onto the path, rounded a corner and almost instantly the auditory stimulus coming from Michigan Avenue faded into a calm silence. Although darkness greeted me I could make out the edges of the trail ten yards in front of me. The next two miles would require an ongoing motion of pivoting my head up and down, zooming in on the trail directly beneath my feet while also focusing in on what lay ahead a few body lengths. The still of the twilight back in the woods away from civilization gave little to no audio input. My ears took in the steady breathing coming from my lungs and the feathery crunch of each footfall on the fresh blanket of snow. Although the lack of visual stimulus required complete focus from me, a part of me felt as if I was locked into cruise control with the only thing required of me was simply placing my right foot in front of my left foot and following this sequence over and over. The calming effect created by the situation was remarkable.

Over the last few weeks I felt that I had come to know this trail like the back of my hand, but the conditions of this evening provided me a much different perspective for this, my home turf. On more than one occasion I tuned in ahead to what appeared to be a white ball bobbing up and down in mid air. As I would get closer to this white blob I could faintly make out the silhouette of a deer veering off the trail with its white tail creating the image of a white cotton ball bouncing while suspended in mid air.

Although my frame of reference was a bit off, I prepared for what I knew was to come. Before I hit the turnaround of my eight mile out and back I would have to brave the black ice once again for about a half mile on a paved country road off the end of the trail. One lone street light shined down as I transitioned from crushed rock to asphalt but for the next out mile my focus would need to be on high alert as I dodged pot holes and avoided icy patches, without the aid of street lights. I slowed my pace for the next section of my run.

Although word had spread throughout the evening at school that I 94 had been shut down due to an accident, what lay ahead half-way to my turnaround was unexpected. Up ahead was a bridge that went over I 94. I had navigated over this bridge while running hundreds of times over the years but tonight would provide a sensory overload unlike any I had ever experienced while running this particular stretch. On this country road there is

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rarely any traffic, creating a quiet frame of reference. This quiet stretch then opens up briefly to the loud bustling of cars and trucks before quieting once again with the bridge in the rearview mirror. As I stepped foot on this bridge tonight a quiet hum reverberated through my ears as traffic stood at a standstill from both the east and west for as far as my eyes could observe. What was even more unanticipated was the image created from this vantage point above the freeway with a row of headlights and brake lights shining in both directions. The last twenty minutes had been spent in total darkness and out of thin air came a light display unrivaled by any fireworks or holiday light extravaganza. Just as quickly as this post card moment greeted me it also ended as I crossed the bridge on the other side and I was heralded by dark skies.

As I made the turn back into the school parking lot an hour after I began my run, I felt a surge of energy. Just sixty minutes earlier I wearily struggled to get through my last parent teacher conference of the night. My body would have been satisfied to just go home, slide under the covers and retire for the evening. The run on this night however and its sensory stimulus awakened my mind, creating a memory that will remain for quite some time. Although the calmness of the night might seem like the last thing that might jumpstart one's mind and body, the uniqueness of running in these conditions was able to over ride the stillness of this particular run. My body and soul experienced a combination of peacefulness and excitement simultaneously.

Just like anything in life it is all too easy to get grounded in a rut and operate on auto pilot. Changing things up and adjusting one's routine is highly recommend to keep things fresh. Routine is a great thing but getting outside of one's box is a crucial element in living a healthy life. Sure, I will go back to running most afternoons at 4 PM for an hour. It fits into my schedule and it is what I am comfortable with. I dread the darkness and winter's wrath. Although I was forced to run out of my box on this particular evening it brought me back to a key cog in my philosophical wheel. Perhaps the next time I run outside of my box I will do it on my own and not without the excuse of trying to squeeze a run into a full day.

KEEP RUNNING!!

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



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

Featured Member—Laurie Oleksa Mixing It Up

"Change before you have to."

---Jack Welch



Laurie and her fellow runners and support group following the Borgess Half Marathon, May 2014. Laurie is in the front row, far left.

Many individuals, myself included begin running and catch the buzz immediately. Others must find time to hit that groove. They may dabble in it and keep it up because they are aware of the health benefits associated with running but not really have an emotional connection to it. Some may continue on this path for years before catching that high. Others may include running in their routine most of their lives but never connect with the sport on a higher level. This month's featured member, Laurie Oleksa, began her running journey and continued with it for many years before diving head first into the sport.

"I believe I started running in about 1991 or 1992 when my school started participating in the Corporate Cup. For about 20 years I only ran in an occasional 5K or 10K. Then when I was turning 50 in 2011, I decided to run a half marathon. Since then I have run in about thirteen half marathons, two 25K's and completed 1 triathlon." Perhaps Laurie's milestone birthday is what converted her from a casual 5K runner, but I have to believe that the sense of accomplishment that came from completing her first half-marathon is what catapulted her into her next phase of running.

Turning 50 can spark a fire in many of us but a half-century birthday was not the only thing responsible for Laurie's conversion to longer distances. All of need us a mentor sometimes to push us out of our box and try something bigger and better. " I consider Cheryl Olsen to be my running mentor. She is an accomplished triathlete as well as a bike racer. Back in 2011 when I was 49 I found myself

really unmotivated to continue my running, finding it a struggle to even do a couple 3-4 mile runs per week. She told me I needed to run a half marathon and I thought she was out of her bloody mind. But then I walked out of there and thought "I can do that". I don't talk to Cheryl very often, but whenever I need advice or encouragement, I can always count on her."

Many of us would like to consider ourselves running purists. The emergence of electronic gadgets and treadmills might leave running purists from generations prior rolling over in their graves. For years I dreaded the treadmill and rarely logged miles indoors. The older I get, however, the less I am able to tolerate the elements of winter. Laurie remains a purist in my eyes with being outdoors the one thing she likes the most about running. Treadmills and MP3 players are not in her arsenal. "I never run on a treadmill as I do all my running outdoors. I also have joined several training programs in Kalamazoo and really enjoy doing my longer runs with a group. So I love my early morning midweek runs when it's dark and peaceful, yet also love my group runs on the weekends." Laurie embraces winter's frigid conditions but loathes the heat of the summer. "I despise running in the heat. For me, the colder the better. Honestly, I loved last winter."

Laurie is a single mother with two children, Danny who is 23 and Caitlin, who at the age of 25 recently enlisted in the air force. Danny remains her biggest inspiration. "My son, Danny, who suffered a brain injury 11 years ago is my biggest inspiration. I run so I can stay super healthy for a very long time in order to be around to care for him as long as he needs me. Recently I purchased a jogger that is big enough for him so that we can run together. We did our first race together in September. Danny was an athlete, so I think he probably misses being able to be on the move." I am guessing that Danny is as inspired by his mom as she is by him.

Laurie loves running with others and the support and camaraderie that comes with running and training groups. "Consider joining a run group," Laurie encourage, "Gazelle Sports and the Kalamazoo Area Runners both have wonderful training programs."

Laurie considers just crossing the finish line of any race to be her most memorable moment. "Honestly, every time I cross the finish line for a half marathon or the Riverbank 25K I feel an amazing sense of accomplishment and pride that I have stuck with running. It is one of the most difficult things that I have done physically, and yet I continue to get stronger as I age. But the one memory that I do have that sticks out was running the Winter Blast half marathon this year and my daughter and one of my son's nurses surprised me at the end. It was so unexpected that I ran right by them before it registered that they were there for me. Up until then my daughter had never been to one of my races." I can relate to what Laurie is describing. Seeing and hearing a friend out on a race course has lifted my spirits during a rough patch many times. This rings even more true when this encounter is unexpected.

Although Laurie is primarily a runner she understands the importance of cross training as she ages. Combining running with swimming and cycling is part what drives her short and long term goals in our sport. "Short term I want to continue to run 3 days per week, compete in 3-4 half marathons per year and complete an Olympic distance triathlon next summer. Long term I would like to still be racing when I'm 80. I really enjoyed the triathlon I did this year and it felt much kinder to my body, so perhaps I'll transition to more triathlons as I get older."

Laurie's story illustrates to all of us the importance of mixing things up as we get older. Laurie increased her mileage and distances of her races when she turned 50, but she has also realized that the physical demands of doing this require her to turn to cross training. In running or anything in life for that matter, our body, mind and soul require us to make changes now and then in how we function day to day.

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

Hot Club News

KAR Membership Race Discounts

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

[Tinsel Toes 5k](#)—Battle Creek, MI

December 13, 2014

\$5 discount

[Groundhog Marathon](#)—Grand Rapids, MI

February 1, 2015

\$5 discount on any event

[Fort Lauderdale A1A Marathon \(Marathon, Half Marathon\)](#) - Fort Lauderdale, FL

February 15, 2015

\$10 discount on marathon or half marathon

[Portage Winter Blast Half Marathon & 5k](#)—Portage, MI

March 1, 2015

\$10 discount on half marathon, \$5 discount on 5k

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

March 29, 2015

10% discount on any race

[Rock CF Half Marathon](#)—Grosse Ile, MI

March 29, 2015

10% discount on any race

[Kal-Haven Trail Run](#)—Kalamazoo, MI

April 11, 2015

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

[Fifth Third River Bank Run](#)—Grand Rapids, MI

May 9, 2015

\$5 discount on 25k, 10k, 5k run, 5k walk, 25k Relay and combo events

Discount is limited to 50 people, code expires May 4, 2015

[Dexter-Ann Arbor Run](#)—Dexter, MI

May 31, 2015

\$5 discount on any event

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

June 27, 2015

\$10 discount on marathon or half marathon

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

September 26, 2015

10% discount on any event

KAR Members Honored at the 2014 Club Championship Series Awards Ceremony

Seventy-nine members of the Kalamazoo Area Runners were honored at the Club Championship Series Awards Ceremony held November 13, 2014 at Borgess LEC Auditorium and enjoyed an evening of accolades and sharing, refreshments, awards and door prizes in recognition of this year's racing accomplishments. Age group winners received a Kalamazoo Area Runners Stadium Blanket. In addition to the age group awards, the following runners received special recognition:

Scott Evans—Male Runner—Most Points
 Tracy Argo—Female Runner—Most Points
 Morris Applebey—Masters Male Runner—Most Points
 Leslie Scheffers—Masters Female Runner—Most Points
 John Brady—Grand Masters Male Runner—Most Points
 Sherri Dutton—Grand Masters Female Runner—Most Points
 Shawn Maxwell—Runners with the Most Series Races
 Scott Evans—Perfect Series Score

Sincere thanks to VP Special Events, **Amy Clark**, and Executive Director **Joy Mills** for their 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 for putting together a wonderful PowerPoint presentation, and to all our volunteers and participants. We also wish to thank Borgess Health for use of the LEC Auditorium.

Congratulations to all our 2014 Club Championship Series Awards winners listed below.

2014 Club Championship Series Awards Winners

	Last	First	9 Best Scores	Races
00-14 F				
1	Maston	Addie	458.2	10
2	Garcia	Aliza	291.2	4
3	Ross	Kaylee	208.7	3
00-14 M				
1	Kloosterman	Michael	571.8	9
2	Billings	Caleb	449.2	6
3	Rathburn	Gabe	363.8	5
15-19 F				
1	Williams	Allyson	574.4	10
2	O'Connor	Jenison	99.9	2
3	Hirzel	Sophie	82.4	1
15-19 M				
1	Bennett	Collin	584.3	10
2	Williams	Alec	381	7
3	Starr	Jacob	279	3
20-24 F				
1	Hanson	Nathalie	208	3
2	Thompson	Kristen	69.7	1

	3 Boehme	Molly	63.9	1
20-24 M				
	1 Darrell	Andrew	242.8	3
	2 Heinicke	Ian	157.9	2
	3 Manski	Scott	111.9	2
25-29 F				
	1 Wellman	Heather	669.7	9
	2 Konieczka	Rachel	527.5	10
	3 Coakes	Jessica	505.5	7
25-29 M				
	1 Louden	Michael	772	18
	2 Garfoot	Bryan	528.8	7
	3 Reynolds	Brian	397.5	4
30-34 F				
	1 Kean	Danielle	714.5	10
	2 Mejeur	Anne	379.4	5
	3 Losch	Amanda	320.7	6
30-34 M				
	1 Evans	Scott	900	14
	2 Harris	Seth	751.6	10
	3 DHulster	Chris	671.4	8
35-39 F				
	1 Argo	Tracy	744	11
	2 Maxwell	Kristen	522.6	9
	3 Forward	Danielle	327.5	6
35-39 M				
	1 Hohler III	Joseph	793.4	11
	2 Laforest	Eric	479.2	7
	3 Argo	Brian	469.6	7
40-44 F				
	1 Balkema	Tracy	641.4	9
	2 Eilenberg	Julie	578.1	9
	3 Fraker	Lori	398.7	8
40-44 M				
	1 Longjohn	Matt	598.1	8
	2 Kenny	Ed	450.3	5
	3 VanLoo	Scott	449	6
45-49 F				
	1 VanderMeulen	Gena	680.9	12
	2 Sexton	Bonnie	555.6	8
	3 Kloosterman	Deborah	548.9	11

45-49 M				
1	Sharkey	Sean	435.1	6
2	Waterman	Mike	360.6	4
3	Fischer	Gale	356.6	4
50-54 F				
1	Scheffers	Leslie	700.4	9
2	Dutton	Sherri	610.2	9
3	Geerligs	Wendy	401.3	6
50-54 M				
1	Bushnell	Paul	704.7	11
2	Maxwell	Shawn	602.3	21
3	Middaugh	Randy	592	9
55-59 F				
1	Farrow	Kathy	782.1	12
2	Kallewaard	Susan	384	8
3	Cramer	Cindy	280.8	6
55-59 M				
1	Applebey	Morris	782.1	12
2	Brady	John	726	14
3	Powell	Mike	661.9	9
60-64 F				
1	See	Kyle	320.8	6
2	Fink	Shelly	260	4
3	Stensland	Janet	234.1	5
60-64 M				
1	Sigfrids	Mark	704.4	9
2	Keister	Fred	617.5	13
3	Colbert	Fred	587.6	9
65-69 F				
1	Rogers	Marie	279.7	5
2	Roschek	Kathy	124.2	3
3	Slates	Barbara	85.4	2
65-69 M				
1	Hendriksma	Ray	555.6	10
2	Austin	Larrie	227.7	4
3	Thomas	Craig	226.5	5
70-74 F				
1	Bangs	Francine	112.1	2
70-74 M				
1	Bennett	Thomas	476.9	11
2	Foster	Mike	439.7	9
3	Hare	Gordon	38.4	1

75-79 F	1 Hoffmann	Julie	252.4	4
75-79 M	1 Bland	Royce	400.8	8
	Noall	Tom	107.2	2

Kalamazoo Area Runners Raises \$789 for the Arthritis Foundation at the 2014 Jingle Bell Run



The 2014 Jingle Bell Run for the Arthritis Foundation was held on Sunday, November 16th and Team Kalamazoo Area Runners was a big part of the event's success! Our team accounted for an award-winning 23 members. Team Kalamazoo Area Runners raised \$789 of the total \$17,225 raised at the event.

Special thanks go out to each of our team members, including Nancy Ausema, Marie Billen, Darcy Connor, Ellen Draheim, Randy Fielder, Ann Garlock, Gary Garlock, Ray Hendriksma, Kelly Hinga, Rachel Konieczka, Kathy Lyall, Addie Maston, Frank Maston, Maggie Mills, John Olbrot, Teri Olbrot, Amy Roberts, Cameron Roberts, Katie Roberts, Bill Roschek, Kathy Roschek, Jennifer Schuller and Bonnie Sexton.

In addition to our fundraising team success, several KAR members earned competitive honors as well, with Max Rathburn taking 1st overall for men with a time of 19:34 and Marie Billen taking 1st overall for women with a time of 21:37. Penny Rathburn won Female Masters Winner with a time of 21:53. Landing in the age group winners circle were: Ann Garlock (1st), Ray Hendriksma (3rd), Kelly Hinga (3rd), Rebecca Joyce (2nd), Mark Kanouse (1st), Rachel Konieczka (1st), Addie Maston (1st), John Olbrot (1st), Teri Olbrot (1st), Gabe Rathburn (2nd), Kathy Roschek (1st), Christine Vlietstra (3rd), Alec Williams (3rd).

2014 Kalamazoo Area Runners Turkey Trot Time Prediction 5k Provided Healthy Thanksgiving Fun For The Whole Family!

The Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run has become an annual tradition for hundreds of runners, and 2014 was no exception. Lightly falling snow accompanied this year's event as 776 registered runners took to the Portage West Middle School cross country course to celebrate a healthy start to Thanksgiving morning.



We would like to thank all of our participants, volunteers and sponsors for making the 2014 event a success. The Turkey Trot, which serves as a fundraiser for Kalamazoo Area Runners and solicits in kind and cash donations for individuals in need through the Portage Community Center and Kalamazoo Gospel Mission, gathered several boxes of socks, toothbrushes, toothpaste, toiletries and toys to support the charities. In addition, \$20 in cash donations was designated to the Kalamazoo Area Runners. We are still in the process of tabulating event registration proceeds; this information will be available in our 2014 Annual Report.

The overall male finisher was Morgan Timiney of Lilmington, NC with a time of 15:46:62 and the overall women's finisher was Lydia Lyons of Mattawan with a time of 21:48:43. Winning overall male and female masters were Thomas Frame of Dallas, TX (19:21:72) and Megan Bates of Sewickley, PA (24:57:25). Grand masters winners included Mark Vanderklipp of Traverse City (22:10:35) and Terrell Hodge of Portage (29:37:57). The male senior grand masters winner was KAR's own Mark Sigfrids of Kalamazoo (23:00:93) and the female senior grand masters winner was Anita Olila of Kalamazoo (33:19:54).

Age group awards were a new addition to the Turkey Trot Time Prediction 5k Run in 2014, and several Kalamazoo Area Runners placed, including Zachary Baker (1st), Bob Byers (2nd), Daniel Damaska (2nd), Parker Damaska (3rd), Katie Hughes (2nd), Terry Hutchins (3rd), Fred Keister (3rd), Anne Mejeur (1st), John Olbrot (1st), Max Rathburn (1st), Adell Steeley (3rd), Tinelle Steeley (3rd), Scott

Voigt (2nd), Riley Waterman (2nd), and Amy Wright (1st).

The top 25 closest predicted to actual times (and winners of a Dough Chicks pies) were:

- Greg Sheldon – 1st Place (.69 seconds off)
- Kelly Burchett – 2nd Place (1.17 seconds off)
- Alexandria Lueth - 3rd Place 1.36 seconds off)
- Caitlin Brown – 4th Place (1.43 seconds off)
- Thomas Afton – 5th Place (1.81 seconds off)
- Benjamin Hutchins – 6th Place (1.93 seconds off)
- Allyson Williams – 7th Place (1.95 seconds off)
- Jessica Brierly-Snowden - 8th Place (1.96 seconds off)
- Andrew Penn – 9th Place (1.97 seconds off)
- Nick Olson – 10th Place (2.22 seconds off)
- Paul Bushnell – 11th Place (2.23 seconds off)
- Bob Byers – 12th Place (2.63 seconds off)
- Katie Afton – 13th Place (2.79 seconds off)
- Mike Straubel – 14th Place (3.78 seconds off)
- Linda Tabbert – 15th Place (3.94 seconds off)
- Shannah Brown – 16th Place (4.08 seconds off)
- Erin Rumery – 17th Place (4.22 seconds off)
- Parker Damaska – 18th Place (4.53 seconds off)
- Jenn Omo – 19th Place (4.81 seconds off)
- Tracy Argo – 20th Place (4.88 seconds off)
- Alexander Argo – 21st Place (4.96 seconds off)
- Sarah Bierema – 22nd Place (5.79 seconds off)
- Nathaniel Brubaker – 23rd Place (6.97 seconds off)
- Lex Roderick -24th Place (7.39 seconds off)
- Heather Parker – 25th Place (7.41 seconds off)

[Click here for full Turkey Trot Time Prediction Run Results](#)



Sincere thanks to our planning committee members for their leadership and dedication to making the 2014 event possible: Directors **Joy Mills and Scott Taylor**, Registration Captains **Kenzi Pridgeon and Heather Wellman**, Awards Captain **Karen Christensen**, Volunteer Captain **Autumn Shroyer**, Refreshment Captain **Nikki Gates**, Hydration Captain, **Rik Ott**, and Finish Line Captain, **Brett Beier**.

Sincere thanks to all our volunteers, we couldn't have done it without each and every one of you: **Aaron Hart, Allyson Wentela, Allyson Williams, Amy Roberts, Anne Smith, Ben Dilla, Brandy Cole, Brittney Young, Cassie Wentela, Chelsea Fay, Collier Wiese, Dan Miller, Dawn Merritt, Don Payerle, Donn Raseman, Emily Milne, Francine Bangs, Frank & Addie Maston, Fred Keister, Gabe and Matt Mills, Gabriel Pedraza, Jeff Baas, Jess Ciaravento, John & Maureen Shubnell, Karen Middaugh, Katarina Haist, Leslie Schefers, Marie Billen, Mark Sigfrids, Michelle Yiu, Pam Boner, Patti Pittman, Penny Shive, Rachel Konieczka, Ruth Reilly, Tim Scheffers, Tori Wentela, Tracie Stapert, Isabella Pedraza, Katie Beukema and Tracy Argo.**

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



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Shears To Ya



Thirteen People Complete The first Greater Kalamazoo Fall Trail Run Series!

2014 marked the first year of the Greater Kalamazoo Fall Trail Run Series featuring three local races conducted on Kalamazoo and Portage trail and cross country courses. The Kalamazoo Area Runners Jack-O'-Lantern 5k and 10k Trail Run kicked off the series on October 25th followed by the Impact Trail Run on November 8th. The Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run was the final event in the series on November 27th.

Finishers of the series were awarded a beautiful tote bag featuring the series logo following the Turkey Trot Time Prediction 5k Run. Greater Kalamazoo Fall Trail Run Series finishers include:

Tracy Argo*
Kelly Conway
Cindy Cramer*
Lori Fraker*
Dave Grinder*
Jennifer Jackson
Chelsey Jones
Derrick Jones*
Frank Maston*
Lisa Noble*
Raechel Scholz
Rachel Smith
Sierra Streeter-Rizzuto
Amy Wright*

*indicated KAR Member

Next KAR Board Meeting is January 5, 2015

The next KAR Board Meeting is January 5, 2015 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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® Group. Yes, Kalamazoo Area Runners has more than 2103 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.



The Kalamazoo Area Runners can also be found on Twitter at @KARunners. Please join with us as we increase our presence on social media!

Volunteer Leadership Opportunities

Kal-Haven Trail Run Planning Committee

Directed by **Terry Hutchins**, the committee for the Kal-Haven Trail run will be expanding this spring and several new committee members will be needed to help plan the 2015 event. Positions require attendance at 4-6 planning meetings, background coordination of duties and availability on race day (Saturday, April 11, 2015). For more information contact **Joy Mills** at joy.mills@kalamazooarearunners.org.

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

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



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

Fast Track Asics Short Sleeve Circuit 7 Warm Up Technical Shirt

[Click here to begin shopping](#)

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

***Wouldn't some KAR Fanwear be a great addition to your holiday wish list?
Share the link with your loved ones today!***

FREE

SPORTS INJURY WALK-IN CLINIC KALAMAZOO AREA RUNNERS (KAR)

Meet Our Athletic Trainers



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



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

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

Visit Us on:

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

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

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

Open to KAR members

Location:

Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



On-Site Services:

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

Questions?

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

bronsonhealth.com/sportsinjuryclinics



Kalamazoo Area Runners Group Runs and Training Programs



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

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

Kalamazoo/Portage

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

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

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

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

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

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

The Urban Herd

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

The Dirty Herd

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

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

The Sunday group runs in Battle Creek meet at 3:00pm Riverside Park . Use the entrance off Riverside Park and meet at the shelter 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.

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

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

Club Member Corner

New Member Welcome

As of the end of November, the Kalamazoo Area Runners had 1402 members. This represents 11.2% growth since November 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Dickson	Brubaker
Ranae	Brubaker
Katlyn	Brubaker
Lauren	Brubaker
Nathaniel	Brubaker
Darcy	Connor
Mandy	Eldred
Erik	Eldred
Evan	Eldred
Zach	Eldred
Lindsay	Epstein
Andrea	Gentile
Amy	Gronda
Aliceanne	Inskeep
Derrick	Jones
Dave	Karnes
Jeff	Knowles
Sandy	Koscinski
Jason	Koscinski
Nate	Krawczyk
Nicole	Locey
Jarod	Musser
Winifred	Perla
Gayle	Porter
Gabriel	Porter
David	Porter
Marie	Powell
Andrew	Rathburn
Nancy	Roon
Ailese	Scott
Kelsey	Socha
Adam	Timm
Brittney	Young
Christopher	Young
Brandon	Zeigler

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