

*"Out on the roads there is fitness and self-discovery  
and the persons we were destined to be."  
-Dr. George Sheehan*

November 2015

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

# The Kalamazoo Area Runners Rundown

## Spot Light on Kalamazoo Area Runners (KAR) Training Programs



**By Bonnie Sexton**

Over the last five years, Kalamazoo Area Runners (KAR) has focused our strategic efforts towards launching and growing our signature running events. In 2013, we introduced the inaugural Winter Blast Half Marathon and 5k, and a year later, in 2014 founded the Jack-O-Lantern 5k and 10k Trail Run. Both races highlighted the City of Portage trail way system.

During the same time period, we continued to grow our five established runs; the Children's Easter Egg Hunt Run, Kal-Haven Trail Relay and Solo Run, the Kalamazoo Klassic 5k and 10k (with MRC Industries, Inc), the Turkey Trot Time Prediction 5k Run and The Run Through the Lights (with Gazelle Sports and Kalamazoo Loaves and Fishes).

Over the past year, the Board of Directors has gradually been transitioning management of our signature events to our



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New Member Welcome

Executive Director, and has shifted focus to our training programs as an area of opportunity for connecting more people to a healthy lifestyle and our phenomenal running community.

Kalamazoo Area Runners (KAR) has partnered with Gazelle Sports since 2002 on the Summer Safari Half and Full Marathon Training Program. Winter of 2005, Kalamazoo Area Runners launched a winter marathon training program, Boston and Beyond, which eventually became the Beyond Half and Full Marathon Training Program. In 2010, the Fast Track 5k and 10k Training Program was born. Offered initially in Kalamazoo during the summer months, Fast Track was later replicated in Battle Creek during the spring and fall months.

Following a membership interest survey, the Kalamazoo Area Runners (KAR) leadership team made the decision to add a new indoor winter session of the Fast Track 5k & 10k Training Program targeting the Winter Blast 5k and 10k. Kalamazoo Area Runners is also evaluating the possibility of a spring session of the Fast Track 5k and 10k Training Program targeting the Kalamazoo Klassic 5k and 10k, and a half marathon training program in Battle Creek targeting the Battle Creek Half Marathon slated for July 2<sup>nd</sup>. We already know from interest surveys there is a demand for these additional programs, however, launching them is dependent upon the availability of community resources as well as resources available within our organization.

Finally, board members will be evaluating the RRCA Coaches Certification Program at the RRCA National Convention in March 2016 to determine if it is something KAR should consider offering in the future. This program would provide KAR program directors, coaches and team leaders as well as coaches from the general community with a local opportunity to become credentialed.

While we continue working towards our future vision, Kalamazoo Area Runners (KAR) currently has two fantastic opportunities to experience our training programs. Whether you are training for the marathon, half marathon, 10k or 5k, we invite you to join us in a supportive and encouraging environment in the Beyond Marathon and Half Marathon Training Program, and the Fast Track 5k and 10k Training program.

### ***Fast Track 5k and 10k Training Program***

New this season, Kalamazoo Area Runners (KAR) is pleased to introduce an indoor winter session of the Fast Track 5k and 10K

## **Board of Directors**



Bonnie Sexton  
*President*

[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)



Chelsea Dilla  
*Vice President*

[Chelsea.dilla@kalamazooarearunners.org](mailto:Chelsea.dilla@kalamazooarearunners.org)



Ferdi Hintze  
*Treasurer*

[Ferdi.Hintze@kalamazooarearunners.org](mailto:Ferdi.Hintze@kalamazooarearunners.org)



Amy Clark  
*Vice President, Special Events*

[Amy.clark@kalamazooarearunners.org](mailto:Amy.clark@kalamazooarearunners.org)

Training Program. The program will be held at the Western Michigan University Read Fieldhouse and Recreation Center indoor tracks.

Led by experienced KAR coaches, the program targets the Winter Blast 5k and 10k scheduled for February 28, 2016 and includes training schedules, individual guidance, clinic night and structured track workouts in a fun and supportive environment.

Sessions are conducted from 7:45 to 9:00am Sunday mornings and the program runs December 20, 2015 through February 21, 2016 (December 27 is off due to the holidays). Space is limited to the first 75 program participants.

The four program levels are:

- ✦ **Fast Track I (Beginner Walk to Run 5k Program)** – Fast Track to running – Geared towards transitioning the new runner from walking to running and completion of a first 5k.
- ✦ **Fast Track II (Step Up 5k & 10k Program)** – Fast Track to the next Step – Step up to the next level through our own custom designed program incorporating light fartlek (speed-play) and a gradual mileage build-up. Geared towards runners who have mastered their first 5k, and are ready to go the next level in training for the 5k distance, or to build up mileage to run their first 10k. (under 20 miles/week)
- ✦ **Fast Track III (Introduction to Speedwork 5k & 10k Program)** – Fast track to speed work. Geared towards transitioning a runner who has some 5k and/or 10k running experience, but is new to track workouts and is looking for a lower mileage program (under 25 miles/week).
- ✦ **Fast Track IV (Competitive Speedwork 5k & 10k Program)** – Fast Track to maximum performance – Geared towards competitive runners with 5k and/or 10k racing and track workout experience who are seeking optimal performance and/or a higher mileage program (25 + miles week).

Cost of the program is \$35 plus the cost of a one year Kalamazoo Area Runners (KAR) membership. Registration and more information on joining Kalamazoo Area Runners are available at [www.karfasttrack.wordpress.com](http://www.karfasttrack.wordpress.com) or [www.kalamazooarearunners.org](http://www.kalamazooarearunners.org)

### ***Beyond Half and Full Marathon Training Program***

The 2016 Beyond Half and Full Marathon Training Program starts Saturday, January 2, 2016 and runs through April 30,

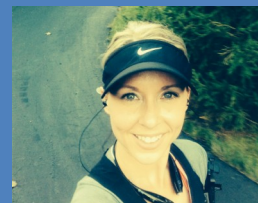
## **Board of Directors continued**



Carrie Hoch-Mortlek  
Vice President, Development  
[Carrie.hochmortlock@kalamazooarearunners.org](mailto:Carrie.hochmortlock@kalamazooarearunners.org)



Pablo Cecere  
Vice President, Technology  
[Pablo.cecere@kalamazooarearunners.org](mailto:Pablo.cecere@kalamazooarearunners.org)



Kristen Maxwell  
Vice President, Marketing & Communications  
[Kristen.maxwell@kalamazooarearunners.org](mailto:Kristen.maxwell@kalamazooarearunners.org)



Heather Woodbury  
Secretary  
[Heather.woodbury@kalamazooarearunners.org](mailto:Heather.woodbury@kalamazooarearunners.org)

2015. The program prepares runners for the Kalamazoo Marathon and Borgess Run for the Health of It Half Marathon scheduled for May 8, 2016.

Several exciting benefits are planned for this winter's edition of Beyond, including:

- Organized and supported Saturday morning runs at various locations throughout greater Kalamazoo, led by experienced marathon and half marathon team leaders.
  - Detailed course maps.
  - Hydration (water and electrolyte beverages) on the course.
  - Sag support.
  - Day by day workouts and Saturday snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon.
  - Additional recognition and support for first time marathoners.
  - Weekly informative and motivational email will keep you on the flight plan throughout the 17 week program.
  - Pace teams ranging from 8:00 minutes per mile and faster pace to 12:00 and slower.
  - Informative Clinic Night January 21 featuring cutting edge information for both the beginner and experienced marathoner and half marathoner.
- A FUN winter experience with shared camaraderie and team spirit.

Cost is \$45 plus the cost of a one year Kalamazoo Area Runners (KAR) membership. Program Registration and more information on joining Kalamazoo Area Runners are available at [www.karbeyond.wordpress.com](http://www.karbeyond.wordpress.com) or [www.kalamazooarearunners.org](http://www.kalamazooarearunners.org)



## Staff

Joy Mills

*Executive Director*

[Joy.mills@kalamazooarearunners.org](mailto:Joy.mills@kalamazooarearunners.org)



## Event, Program and Functional Directors

Zachary Baker

*Director, Marketing Promotions*

[Zach.baker@kalamazooarearunners.org](mailto:Zach.baker@kalamazooarearunners.org)

Eric Campbell

*Director, Sunday Morning Battle Creek Run (with Matthew Santner)*

[Eric.campbell@kalamazooarearunners.org](mailto:Eric.campbell@kalamazooarearunners.org)

Karen Christensen

*Director, Member Reception Runs*

[Karen.christensen@kalamazooarearunners.org](mailto:Karen.christensen@kalamazooarearunners.org)

Michael Couey

*Director, Tuesday Night Battle Creek Run*

[Michael.couey@kalamazooarearunners.org](mailto:Michael.couey@kalamazooarearunners.org)

Nikki Elder

*Chair, Battle Creek Subcommittee*

[Nikki.elder@kalamazooarearunners.org](mailto:Nikki.elder@kalamazooarearunners.org)

Scott Everett

*Director, Wednesday Night Portage YMCA Runs (with Brad Hollister)*

[Scott.everett@kalamazooarearunners.org](mailto:Scott.everett@kalamazooarearunners.org)

Phil Goodwin

*Director, Graphic and Web Design*

[Phil.goodwin@kalamazooarearunners.org](mailto:Phil.goodwin@kalamazooarearunners.org)

Ferdi Hintz and Pam Boner

*Team Co-Captains, Relay for Life*

[fhintze2000@yahoo.com](mailto:fhintze2000@yahoo.com)

Andy Hirzel

*Director, Beyond Training Program*

[Andrew.hirzel@kalamazooarearunners.org](mailto:Andrew.hirzel@kalamazooarearunners.org)



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

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## **Oh What Fun It Is To Run (A year of running poem set to the song, Jingle Bells)**

**By Gale Fischer**

**Left foot right foot, left foot right foot, such a peaceful  
song,  
Oh what fun it is to run, each day and all year long.  
Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**Country roads with hills,  
An oval quarter mile,  
Wooded paths and treadmills to  
yes running makes me smile.**

**A year has come and gone,  
A running log that's full,  
2015 miles this year,  
A lofty running goal.**

**Left foot right foot, left foot right foot, such a peaceful  
song,  
Oh what fun it is to run, each day and all year long.  
Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**The Portage Winter Blast,  
Kal Haven Relay Race,  
Oawklawn and the Corporate Cup.  
The leaders I must chase.**

**Strides for Life campaign,  
A hundred mile run,  
Fighting cancer step by step  
Until the battle's won.**

## **Event and Program Directors continued**

Brad Hollister  
Director, Wednesday Night Portage  
YMCA Runs (with Scott Everett)  
[Brad.hollister@kalamazooarearunners.org](mailto:Brad.hollister@kalamazooarearunners.org)

Michael Hutchinson  
Director, Thursday Night Richland Library  
Runs (with Cindy Schnotala)  
[Michael.hutchinson@kalamazooarearunners.org](mailto:Michael.hutchinson@kalamazooarearunners.org)

Mandee Kerns  
Director, Thursday Night Portage YMCA  
Runs (with Laura Sandahl)  
[Mandee.kerns@kalamazooarearunners.org](mailto:Mandee.kerns@kalamazooarearunners.org)

Joy Mills  
Director, Indoor Track Workouts  
Director, Winter Blast Half Marathon,  
10k and 5k  
Director, Kids' Easter Egg Hunt & Fun  
Run  
Director, Jack-O'-Lantern 5k & 10k Run  
Director, Kalamazoo Klassic (KAR) (with  
Bonnie Sexton)  
Director, Kal-Haven Trail Run  
Director, Turkey Trot Time Prediction 5k  
Run (with Scott Taylor)  
Director, Run Through The Lights (KAR)  
(with Katie Broekema, Gazelle Sports)  
[Joy.Mills@kalamazooarearunners.org](mailto:Joy.Mills@kalamazooarearunners.org)

Lisa Piper-English  
Co-Director, Fast Track Battle Creek  
[Lisa.piper-english@kalamazooarearunners.org](mailto:Lisa.piper-english@kalamazooarearunners.org)

Kaycie Ohmart  
Director, Expo Marketing  
[Kaycie.ohmart@kalamazooarearunners.org](mailto:Kaycie.ohmart@kalamazooarearunners.org)

John Olbrot  
Director, Database Administration  
[John.olbrot@kalamazooarearunners.org](mailto:John.olbrot@kalamazooarearunners.org)

Kathy Roscheck  
Co-Director, Member Reception Runs  
[karoscheck@gmail.com](mailto:karoscheck@gmail.com)

Laura Sandahl  
Director, Thursday Night Portage YMCA  
Runs (with Mandee Kerns)  
[lsandahl@gmail.com](mailto:lsandahl@gmail.com)

**Left foot right foot, left foot right foot, such a peaceful  
song,**

**Oh what fun it is to run, each day and all year long.**

**Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**Old Man Winter's bite,  
Blowing drifting snow,  
New life ushered in with spring,  
A summer sunny glow.**

**Falling autumn leaves,  
a favorite time to run,  
Living with each season's change,  
Makes running so much fun.**

**Left foot right foot, left foot right foot, such a peaceful  
song,**

**Oh what fun it is to run, each day and all year long.**

**Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**Sprints and distances,  
Hurdles and relay,  
Field events and starting guns,  
Track practices each day.**

**Cross country summer camp,  
Off the road racing,  
Guiding athletes day by day,  
There's nothing like coaching.**

**Left foot right foot, left foot right foot, such a peaceful  
song,**

**Oh what fun it is to run, each day and all year long.**

**Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**What races will I run?  
Next year where will I be?  
Will I be able to run each week?  
Pure patience is the key.**

## **Event and Program Directors continued**

Matthew Santner  
*Director, Sunday Afternoon Runs in Bat-  
tle Creek*  
[Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org)

Leslie Scheffers  
*Director, Information Technology Secu-  
rity*  
[Leslie.scheffers@kalamazooarearunners.org](mailto:Leslie.scheffers@kalamazooarearunners.org)

Sherii Sherban  
*Co-Director, Battle Creek Fast Track*  
[Sherii.sherban@kalamazooarearunners.org](mailto:Sherii.sherban@kalamazooarearunners.org)

Cindy Schnotala  
*Director, Thursday Night Richland Library  
Runs (with Michael Hutchinson)*  
[Cindy.schnotala@kalamazooarearunners.org](mailto:Cindy.schnotala@kalamazooarearunners.org)

Bonnie Sexton  
*Director, Fast Track Training  
Director Kalamazoo Klassic (MRC) (with  
Joy Mills)  
Team Captain, Race for the Cure*  
[Bonnie.sexton@kalamazooarearunners.org](mailto:Bonnie.sexton@kalamazooarearunners.org)

Mark Sigfrids  
*Director, Wed Night Borgess Health and Fit-  
ness Center Runs (with Brent Yager)*  
[msigfrids@kvc.edu](mailto:msigfrids@kvc.edu)

Scott Taylor  
*Director, Turkey Trot Time Prediction  
Run (with Joy Mills)*  
[Scott.taylor@kalamazooarearunners.org](mailto:Scott.taylor@kalamazooarearunners.org)

Brent Yager  
*Director, Wed Night Borgess Health and Fit-  
ness Center Runs (with Mark Sigfrids)*  
[Brent.yager@kalamazooarearunners.org](mailto:Brent.yager@kalamazooarearunners.org)

**The Boston Marathon,  
Good health and more running?  
Day by day and run by run  
What will the future bring?**

**Left foot right foot, left foot right foot, such a peaceful  
song,  
Oh what fun it is to run, each day and all year long.  
Left foot right foot, left foot right foot,  
When the day is done, life is full of happiness, espe-  
cially when I run.**

**KEEP RUNNING!!**  
Until next time, this has been just another runner's perspective.



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

## **Featured Member—Toni Ilkka Run By Feel**

*"My long-term goal is to run until I die."  
---Toni Ilkka*



## **KAR Discount Sponsors**

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

### **Gazelle Sports**

Information coming soon!



### **Healing Moments Massage**

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



### **Prater Chiropractic**

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



### **BORGESS HEALTH AND FITNESS CENTER**

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

Many who get involved with the sport of running develop goals. These goals may involve a target race, a target time or a combination of both. Other goals might involve a test of stamina by tackling uncharted waters in terms of endurance. This could be running a 5K race for the first time, attempting a half-marathon or tackling the marathon distance. For these particular goals finishing times are either not part of the goal or they are simply a secondary objective. Simply finishing a race of a milestone distance often times becomes the primary focus. Other accomplishments that one strives for may include claiming age category wins or setting a personal record (PR) for a particular distance. As runners we may set numerous goals at one time but our goals will change throughout our years of running. This month's featured runner, Toni Ilkka has goals that are similar to ours but others that are rather straight forward.

Toni began running almost a decade ago in 2006. Injury and illness caused her to change her initial goals and halted her running for a period of time but eventually she returned to the sport. *"My first race was a 10K at the Bayshore Marathon in Traverse City in 2006; I trained for the Bayshore Marathon but an iliotibial band injury stopped me from getting past 13 miles."*

Toni adjusted and turned to cross training. *"To avoid injury I became a cyclist for a couple years. I became ill with Ulcerative Colitis in 2008, an autoimmune disease that causes ulcerations in the large intestine. I struggled with chronic illness until 2011."*

Finding herself overweight and out of shape Toni decided it was time to get back in the game. *"I found myself in 2012, approximately 20 lbs. overweight and out of shape, but in remission and feeling strong. I joined Choose to Lose at the Battle Creek YMCA, lost 20 lbs., and met some extraordinary people whom I have kept in contact with."*

The social impact of the Choose to Lose program catapulted Toni back into the running community. *"The women I met were runners and I really liked spending time with them, so I started running with them. This year (2015), I joined Fast Track with KAR on Tuesday nights and I am expanding my running circle of friends."*

The social contacts and the friends that Toni has made through running top the list of what she enjoys about running with the simplicity of the sport being a bonus. *"I like that running does not require any equipment and I am outside most of the year. I love to run with my friends and talk their ear off. When I run by myself, I take pictures of odd sights around town and post them to social media."* If you follow Kalamazoo Area Runners

continued...

## AGILITY PHYSICAL THERAPY

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

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

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



## PEDAL BICYCLE

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



## DOWN DOG YOGA CENTER

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

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

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

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

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





(KAR) on Facebook you have probably seen some of Toni's photos.

Like many runners living in Michigan, winter is Toni's least favorite season for running. *"I dislike cold temperatures, rain, wind, and snow."* I feel the same way Toni.

Many of us turn to coaches and running partners for mentorship in our sport. With the growth of our sport it is not difficult to find a mentor, but social media and modern technology can help to fill this void as well. The advent of GPS tracking devices makes it easier for all of us to stay disciplined in our sport. Technology provides coaching and mentorship for Toni and she considers Nike Run to be her running mentor. The Nike Run that Toni refers to makes it easy for she and her running partners to keep track of each other's workouts and hold one another accountable twenty four hours a day. *"Right now Heather Dittenber and Noy Smith are my inspiration. They challenge and motivate me on the Nike Run app."*

Toni's advice for runners centers around finding others to train with while at the same time letting your body dictate when, how much and how hard to run. *"I would encourage any runner to join Kalamazoo Area Runners and other local running groups. Be assertive and open to meeting new people, and listen to your body. Run when you can and rest when you need to."*

Toni's most memorable moment as a runner comes from a 2nd place finish in a local 5K race. *"The Calhoun County Cancer Control Coalition, Get Your Colon Rollin' 5K Race in 2015 was a memorable race for me. I placed 2nd in my age group."*

Toni and her husband Michael Cook have been married for twenty five years. They have two children, Sydnie who is twenty years old and Jeremy who is seventeen years old. She works part time as a registered nurse. While splitting time working as a nurse and being a mom and wife, Toni is also a full time student seeking an MBA degree.

Toni runs all distances from three to twelve miles. For the immediate future Toni aspires to begin training for the 2016 Grand Rapids Marathon. What I appreciate most about Toni is her no nonsense approach to the sport. Sure she has goals and strives to attain these goals but her approach to running is one that many should think about. *"I run until I get bored, tired, or run out of time. It might be 3 miles or as long as 12 miles"* Toni's simplistic philosophy to running is probably the best way for her to obtain her long term goal as a runner. *"My long-term goal is to run until I die."* If you let what your body, mind and soul are telling you to do as a runner dictate your training rather than a training script Toni, I am sure you will run as long as you want to .

continued...

## BRONSON ATHLETIC CLUB

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

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

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

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



## NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



## SPIRIT RACING

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



As runners achieving PRs, winning age group awards and pushing one's endurance to newfound longer distances can provide the motivation to get out the door each day. Although this discipline is important for running as well as many things in life, one must not lose sight of the big picture. Being able to run into the later seasons in life will help to guarantee quality health and living. To achieve longevity we must step back now and then and look at Toni's philosophy. If you listen to your body, mind and soul chances are your body will carry you as a runner into the later stages of your life and your mind and soul will prevent you from burn out.

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

## Executive Director Report—Annual Campaign Update

By Joy Mills



Last month the Executive Team of the Kalamazoo Area Runners kicked off the organizations first annual campaign to raise money to help us fulfill our mission to promote running as a source of physical, social and spiritual wellness while enhancing the quality of life in the community. We have set a goal to raise \$5,000 by December 31st, and thanks to the generous contributions of our members we have raised \$640 to date. To those that have contributed, thank you for your generous support to grow our events and programs. To those still considering this opportunity to give, please join us and change a life today!

The Kalamazoo Area Runners has a long history of making a difference in the lives of people in the greater communities of Battle Creek and Kalamazoo. We have done this not only through encouraging runners of all ability and experience levels in our Fast Track and Beyond training programs and group runs, but also by raising hundreds of thousands of dollars for community organizations. We have done this through our KAR organized events, and the fundraising efforts of KAR sponsored teams at

### Continued...

#### KALAMAZOO ATHLETIC WELLNESS

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



#### BATTLE CREEK YMCA

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



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

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



events like the Susan G. Komen Race for the Cure, the American Cancer Society's Relay for Life, and the Arthritis Foundation Jingle Bell Run. The Kalamazoo Area Runners also leaves footprints on the community through its Club Championship Series. In 2014 for example, KAR Club Championship series participants were responsible for over 780 race entries benefitting 27 different community organizations.

Want to learn more about how the Kalamazoo Area Runners leaves footprints on the community? Check out the infographic, created by Brian Hunt, on the next page! A snapshot of our activity in 2014, this visual representation of KAR's efforts depicts how our growth as an organization is about so much more than running – it is about making the Battle Creek and Kalamazoo community a stronger and more vibrant place to live!

You can inspire others in our community to run and leave footprints on the community! Join other runners reach the goal of \$5,000. Every donation makes a difference, regardless of size. Contributions can be made online via PayPal on the Kalamazoo Area Runners website.

Change a life today!

Thank you for making a difference in our community by growing running for all!

The Kalamazoo Area Runners Executive Team



## Continued...

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







## COMMUNITY EVENTS



- Participants**
- Money Raised for Community Organizations**
- Food Collected for the Hungry**



## Hot Club News and Events

### KAR Members Honored at the 2015 Club Championship Series Awards Ceremony

Eighty-one members of the Kalamazoo Area Runners were honored at the Club Championship Series Awards Ceremony held November 17, 2015 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 Running Cap. In addition to the age group awards, the following runners received special recognition:

**Scott Evans**—Male Runner—Most Points

**Leslie Scheffers**—Female Runner—Most Points

**Teddy Foote**—Masters Male Runner—Most Points

**Bonnie Sexton**—Masters Female Runner—Most Points

**Morris Applebey**—Grand Masters Male Runner—Most Points

**Anita Olillia**—Grand Masters Female Runner—Most Points

**Ray Hendriksma**—Runners with the Most Series Races

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, and to all our volunteers and participants. We also wish to thank Borgess Health for use of the LEC Auditorium.

Congratulations to all of our 2015 Club Championship Series Award winners listed below.

	Last	First	9 Best Scores	Races
00-14 F				
1	Garcia	Aliza	445.9	6
2	Maston	Addie	430.5	9
3	Goodwin-Kelly	Claire	115.0	2
00-14 M				
1	Kloosterman	Michael	551.4	8
2	Kloosterman	Robert	490.7	7
3	Billings	Caleb	487.7	6
15-19 F				
1	Theis	Katherine	237.4	3
2	Ingold	Kaitlin	96.5	2
3	Oliver	Megan	52.1	1
15-19 M				
1	Krawczyk	Nate	610.3	7
2	Bennett	Collin	211.8	3
3	Tate	Lewis	197.7	2

20-24 F				
1	Clark	Stephanie	320.2	5
2	Pearrow	Jill	311.5	5
3	Simons	Kirstin	257.0	4
20-24 M				
1	Molony	Brendan	300.0	3
2	Porter	Gabriel	193.7	4
3	Bowman	Isaac	147.3	2
25-29 F				
1	Coakes	Jessica	616.7	9
2	Campbell	Carey	274.5	4
3	Wellman	Heather	267.1	4
25-29 M				
1	Louden	Michael	771.2	12
2	Reynolds	Brian	295.4	3
3	Lutes Jr.	Daun	266.7	4
30-34 F				
1	Billen	Marie	615.2	8
2	Potratz	Emily	459.3	8
3	Evans	Kim	453.4	8
30-34 M				
1	Evans	Scott	896.7	10
2	Harris	Seth	769.1	9
3	Dhulster	Chris	747.5	9
35-39 F				
1	Argo	Tracy	691.0	9
2	Maxwell	Kristen	531.6	9
3	Spada	Traci	301.3	5
35-39 M				
1	Hohler III	Joseph	799.1	10
2	Wagner	Michael	772.0	10
3	Spicer	Gary	650.0	9
40-44 F				
1	Simmering	Mary Anne	478.3	8
2	Deming	Nikki	239.6	5
3	Barnett	Debbie	220.4	5
40-44 M				
1	Foote	Teddy	672.3	11
2	Thom	Jack	584.1	8
3	Damask	Daniel	516.4	6

45-49 F				
1	Sexton	Bonnie	616.5	9
2	Kloosterman	Debbie	565.6	9
3	Huff	Christine	461.2	7
45-49 M				
1	VanderKooi	Joel	503.5	6
2	Costello	Darrin	325.8	4
3	Fischer	Gale	324.5	4
50-54 F				
1	Scheffers	Leslie	717.2	9
2	Griffin	Kathy	442.8	6
3	Dutton	Sherri	403.8	6
50-54 M				
1	Scheffers	Tim	708.1	9
2	Maxwell	Shawn	587.2	9
3	Middaugh	Randy	574.6	11
55-59 F				
1	Kallewaard	Susan	412.2	9
2	Farrow	Kathy	406.5	6
3	Fulcomer	Teresa	353.1	6
55-59 M				
1	Applebey	Morris	793.4	14
2	Brady	John	720.6	13
3	Megyesi	Mike	477.1	9
60-64 F				
1	Ollila	Anita	512.3	12
2	See	Kyle	455.1	9
3	Hanna Darrell	Joan	419.5	8
60-64 M				
1	Keister	Fred	596.1	12
2	Sigfrids	Mark	558.4	8
3	Colbert	Fred	518.8	8
65-69 F				
1	Roschek	Kathy	356.4	8
2	Fink	Shelly	183.9	3
3	Rogers	Marie	127.9	3
65-69 M				
1	Hendriksma	Ray	580.2	16
2	Olbrot	John	478.1	7
3	Byers	Bob	260.7	4

70-74 F				
1	Neal	Kathy	146.1	3
70-74 M				
1	Bennett	Thomas	467.2	9
2	Foster	Mike	182.4	4
3	Smith	Al	168.4	3
75-79 F				
1	Hoffman	Julie	224.8	4
2	Bangs	Francine	166.2	3
75-79 M				
1	Bland	Royce	252.7	5
	Noall	Tom	211.9	4
	Rozelle	David	143.5	3

## 2015 Kalamazoo Area Runners Turkey Trot Time Prediction 5k Provided Healthy Thanksgiving Fun For The Whole Family!



[All Photos by Mike Peterson Photography](#)

The Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run has become an annual tradition for hundreds of runners, and 2015 was no exception. The threat of rain held off, and slight warmer temperatures helped attract a record number 922 registered runners 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 2015 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, cash donations were collected as follows: \$125 for



Kalamazoo Gospel Mission, \$25 for Portage Community Center, and \$25 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 2015 Annual Report.

The overall male finisher was **Bryan Heid** of Portage with a time of 17:22.96 and the overall women's finisher was **Karen Jones** of Portage with a time of 19:29.62. Winning overall male and female masters were **Brock Hanthorn** of Cincinnati, OH (20:00.4) and **Ann Garlock** of Battle Creek (22:00.9). Grand masters winners included **Don Payerle** of Mattawan (22:35.32) and **Lori Wallace** of Mason (24:01.7). The male senior grand masters winner was **John Olbrot** of Kalamazoo (24:37.52) and the female senior grand masters winner was **Linda Holzwarth** of Portage (29:47.03).



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

Alaina Smith—1st Place (.39 seconds off)  
Isaac Bowman—2nd place (.53 seconds off)  
Eric Vogel—3rd place (.53 seconds off)  
Kenneth Diggs —4th place (1.67 seconds off)  
Lori Wallace-5th place (1.7 seconds off)  
Ben Dunham –6th place (1.7 seconds off)  
Jason Raymond –7th place (2.21 seconds off)  
Lydia Lyons-8th place (2.61 seconds off)  
Cathy Cheron-9th place (2.71 seconds off)  
Daniel Gunnett-10th place (2.92 seconds off)  
Damian Ruesink-11th place (2.99 seconds off)  
Thomas Maihofer-12th place (3.02 seconds off)  
Joseph Kajmowicz-13th place (3.03 seconds off)  
Christopher Sims-14th place (3.27 seconds off)  
Mike Tabiadon-15th place (3.73 seconds off)  
Jeremiah Barnes-16th place (4.21 seconds off)  
Melina Moore-17th place (4.51 seconds off)  
Shela Rogers-18th place (4.6 seconds off)  
Tom Dimond-19th place (4.71 seconds off)  
Ashley Powell-20th place (4.82 seconds off)  
Karen Dyszkiewicz-21st place (4.89 seconds off)



Aaron Martin-22nd place (5.26 seconds off)  
Kathryn Anderson-23rd place (5.31 seconds off)  
Laura Martin-24th place (5.38 seconds off)  
Jessica Heimonen-25th place (5.69 seconds off)

[Click here for full Turkey Trot Time Prediction 5k Run Results!](#)

Sincere thanks to our planning committee members for their leadership and dedication to making the 2015 event possible: Directors **Joy Mills** and **Scott Taylor**, Registration Coordinator **Heather Woodbury**, Awards Coordinator **Karen Christensen**, Volunteer Coordinator **Autumn Shroyer Osborn**, Refreshment Coordinator **Julie Bradfield**, Hydration Coordinator **Rik Ott**, Marketing Coordinator **Sarah Gillig** and Donation Coordinator **Brett Beier**.

Events like the Turkey Trot Time Prediction 5k Run would not be possible without the help of our volunteers. Sincere thanks to **Scott Flickinger**, **Sue Robinson**, **Nathalie Sampson**, **Andranika Tkachuk**, **Laura Seagraves**, **Simona Hendl**, **Hema Venugopul**, **Charlene Howland**, **Fred Keister**, **Bruce Dewey**, **Allyson Wentela**, **Tim Shceffers**, **Leslie Scheffers**, **Aidan Gillig**, **Tracie Stapert**, **David Rozelle**, **Rebecca Patterson**, **Katarina Haist**, **Dayle Hadden**, **Karen Hadden**, **Stephanie Sabin**, **Emma Sabin**, **Susan Kallewaard**, **Maura Gillig**, **David Maroukis**, **Pam Boner**, **Michael Kuiper**, **Allyson Williams**, **Matt Mills**, **Gabe Mills**, **Tori Wentela**, **Cassie Wentela**, **Iva Haines**, **Dennis Lacy**, **Molly Lacy**, **Dan Gavlas**, **Bonnie Sexton**, **Arya Jayatilaka**, **Grey Ayers**, **Carrie Hoch-Mortlock** and **Amy Hickock**.

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

#### Autumn Harvest Sponsors



#### Thanksgiving Dinner Sponsors



#### Plymouth Rock Sponsors



#### Pilgrim Sponsors

Gordon Water Systems  
Road ID  
Triplet Mom Treats

#### Media Partners



#### Maize Supporting Sponsors

Earth Fare



**KALAMAZOO  
AREA RUNNERS**

# ***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.

## ***2016 Schedule***

<b>Date</b>	<b>Time</b>	<b>Day of the Week</b>
December 20	6-10am	Sunday
January 3	6-10am	Sunday
January 10	6-10am	Sunday
January 19	5-7am	Tuesday
January 24	6-10am	Sunday
February 2	5-7am	Tuesday
February 14	6-10am	Sunday
February 16	5-7am	Tuesday
February 21	6-10am	Sunday

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

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

Updated Kalamazoo Area Runners Fanwear from Gazelle Sports has arrived just in time for the holiday shopping season! Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the [Team Gazelle site](#)!



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

1. When you click on the link above, you will be taken to a page that says “Gazelle Sports Soccer” at the top. You are in the right place! Just choose the team name “KAR Fanwear” and continue.
2. The next step is to choose the player name “K Runners.”
3. Finally, check the box at the bottom of the terms page, and continue on to check out the new Nike options.

We hope that you will enjoy the new options, and look forward to seeing new KAR Fanwear at area events. Thank you to Leslie Scheffers for spearheading these changes!



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



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

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### Next KAR Board Meeting is January 4, 2016

The next KAR Board Meeting is January 4, 2016 at 7:30pm at the Maple Street YMCA in Kalamazoo. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).



## KAR Membership Race Discounts

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

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

February 6, 2016

10% discount

### [KAR's Winter Blast Half Marathon, 10k & 5k](#)—Portage, MI

February 28, 2016

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

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

March 20, 2016

\$5 discount

### [Ann Arbor Marathon & Half Marathon](#)—Ann Arbor, MI

April 3, 2016

10% discount

### [Horsetooth Half Marathon](#)—Fort Collins, CO

April 17, 2016

\$10 discount

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

April 9, 2016

\$10 solo event discount, \$5 relay event discount

### [Wisconsin Marathon & Half Marathon](#) - Kenosha, WI

May 7, 2016

\$5 discount

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

May 14, 2016

\$5 off any event (25k, 25k Relay, 10k, 5k Run and 5k Walk)

### [Sunburst Races](#)—South Bend, IN

June 4, 2016

\$6 off any event (5k, 10k, Half Marathon, Marathon)

### [Charlevoix Marathon & Half Marathon](#)—Charlevoix, MI

June 25, 2016—10th Year!

\$10 discount

## Community Events

### Join the Kalamazoo Area Runners as we support the Borgess Run For the Health Of It Team Competition on May 8th!

***Train Together!  
Succeed Together!  
Celebrate Together!***

That is what the Borgess Run For The Health Of It Team Competition is all about! If you are planning to participate in the Borgess Run For The Health of It Half Marathon, 10K or 5K on Sunday, May 8th we invite you and your friends to form a Kalamazoo Area Runners team!

#### **How the Competition Works**

Teams are made up of three to five people, with the top three finishers on your team scoring. Individual places are based on age and gender divisions. Each finishing place equals 1 point. So for instance, if your top three runners finished 3rd, 5th, and 8th in their respective divisions, the team score would be 16. Low score wins!

#### **How to register**

1. There is no additional team charge this year, just individual participant fees.
2. Running team members **MUST** register all at once with a single credit card.
3. To be recognized as a Kalamazoo Area Runners team, your team name must include “KAR” or “Kalamazoo Area Runners” in the title.

***In addition to the awards available through the Borgess Run For The Health Of It Team Competition, all members of a KAR team will receive a KAR short sleeved technical shirt to wear on race day. Show your pride as a member of the Kalamazoo Area Runners and fill the ranks of runners in the Half Marathon, 10K and 5K with Team KAR pride!***

Invite your friends and get registered today! If you would like to be partnered for with other members of KAR as part of a team, please email [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org).

To learn more about the Borgess Run For The Health Of It Team Competition and register for a team event visit <http://borgessrun.com/team-competition>.



**2014 KAR Team Blue—Half Marathon Division Champions!**

# FREE

## SPORTS INJURY WALK-IN CLINIC

### KALAMAZOO AREA RUNNERS (KAR)

#### Meet Our Athletic Trainers



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



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

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

#### Visit Us on:

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

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

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

Open to KAR members

#### Location:

#### Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



#### On-Site Services:

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

#### Questions?

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

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



# Kalamazoo Area Runners Group Runs and Training Programs



Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org). Check it out at <http://kalamazooarearunners.org/events-and-programs/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 **Brent Yager** at [brent.yager@kalamazooarearunners.org](mailto:brent.yager@kalamazooarearunners.org) for more information and to be added to the distribution. All paces are welcome. Bring your own hydration unless otherwise specified

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

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

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

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

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

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

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### **The Urban Herd**

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

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### **The Dirty Herd**

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

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**Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park**  
Tuesday evening runs from St. Mark's Church (corner of Capital SW and Minges), Battle Creek, MI. Meet at 5:45 pm; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Michael Couey** at [michael.couey@kalamazooarearunners.org](mailto:michael.couey@kalamazooarearunners.org).

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

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

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## **Club Member Corner**

### **New Member Welcome**

As of the end of November, the Kalamazoo Area Runners had 1446 members. This represents 5.9% growth since November 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Bruce	Blanchard
Jennifer	Braga
Lori	Cupp
Tim	Gottwald
Jared	Greggor
Sabine	Le Maguer
Susan	Liston
W. Travis	Liston
William	Liton
Kevin	Louden
Scott	McBride
Wendy	Miller
Melina	Moore
Kaytlin	Mott
Liz	Pearce
Maya	Pearce
Molly	Pearce
Tom	Pearce
Matt	Petersen
Melissa	Reffitt
Jennifer	Trudelle
Matt	Vollmar

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