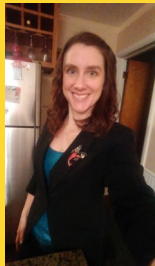




## Officers



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# The Rundown



WWW.KALAMAZOOAREARUNNERS.ORG

NOVEMBER 2016

*"The reason we race isn't so much to beat each other,... but to be with each other." - Christopher McDougall, Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen.*

## Surviving The Injured List

**By Bonnie Sexton**



Most, if not all of us have found ourselves on the injured list at some point during our running career. After a promising spring racing season and an overzealous mission to participate in as many local races as possible, requalify for Boston, and experience an annual insane trail racing ritual, I reluctantly joined the rehabilitation club.

Peaceful runs on the trails of Al Sabo turned into an hour of tranquility water running, and the 11.5 mile Run Around Gull Lake was replaced by 12 miles on an Octane Fitness elliptical set to run mode. Determined to avoid de-conditioning and the loss of hard earned fitness, the

*After one week, deconditioning occurs at a rate of about 2 – 3% per week of inactivity.*

local YMCA replaced my running routes.

After finishing a 10 mile "long run" on the elliptical, I started a conversation with one of the fitness instructors about my rehabilitation plight. He said "if you think about it, running has a 100% injury rate." "Everyone gets injured sometime during their running career." If you have been running long enough, there is merit to his statement. Fortunately, if you find yourself on hiatus from running due to injury, there are many options to maintain your conditioning.

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## Board Members At Large



**Amy Clark**



**Shelbi Cummings**



**Fred Keister**



**Kristen Mansfield**



**Carrie Mortlock**

## Surviving the injured list—continued....

Whether looking to prevent injury while building fitness, or maintain fitness (and sanity) while recovering from an injury, cross training is the answer. No form of cross training is a perfect replacement for running because our bodies adapt very specifically to the demands of running (specificity of training). But there are times when running is not an option, and each of us has a different tolerance level for the amount of mileage and intensity and may find cross training as the answer to increasing or maintaining fitness while staying injury free.

One of the most frequently asked questions asked by those suffering from injury is how quickly they will detrain. At 5 -7 days of inactivity, there is no loss, and there most likely will even be some running improvement because of the rest! After that, however, deconditioning occurs at a rate of about 2 – 3% per week of inactivity. The good news, however, is that cross training can slow or even stop the loss in cardiovascular fitness.

What are the best forms of Cross Training for Runners? According to Ed Eyestone, a two-time Olympic marathoner and Exercise Physiologist, the Elliptical Trainer and Water Running are the most effective methods of cross training for a runner. Benefits can be reaped, however, from a wide variety of cross training techniques and the nature of the running injury may prevent some of these from being an option. Below is a brief summary of several of the most popular:

### Elliptical Trainer

The elliptical trainer is the closest form of cross training to running in terms of muscles and aerobic systems used. You can do almost any workout on an elliptical that you can do while running; long runs, lactate threshold or VO2 max. When using the elliptical, to most closely simulate running, use a lower resistance and a faster turnover of 180 to 200 steps per minute to help maintain turnover. Some elliptical trainers can simulate running and be set to longer back and forth strides.

### Water Running

Deep water running with a flotation vest or belt is one of the most effective methods of cross training for runners because it closely simulates land running, and it is safe for most running injuries. Most fitness centers with a pool make these available. Like the elliptical, you can perform almost any type of workout in the water that you can on land. It is difficult to maintain running form in the water; the most important factor is to be able to maintain proper intensity. Your stride rate will be slower in the water, and it will be even slower if you try to simulate land running exactly; try to concentrate on intensity to maintain fitness. Some runners move forward slowly in the water while others stay in place; either is ok. If you maintain a relatively upright posture, it will reduce the tendency to move forward. Also, if you heart rate train, be aware that your heart rate will be 8 – 11 beats per minute lower for the same level of oxygen uptake than it is when running on land.

**Jim Pollock****Kirstin Simons****Scott Struck****Elizabeth Vandenheede**

## Surviving the injured list—continued....

### Stair Climbing

Stair Climbing provides a great cardiovascular workout and also very closely approximates running. Because the stair climber stresses the body in a similar way to running, it often cannot be used as a cross training option for injury recovery. For a healthy runner, however, stair climbing makes a great substitute for recovery runs.

### Cycling

Cycling is a great cross training option that works the cardiovascular system while eliminating the impact that causes most running injuries. There are many options; you can ride a bike outdoors, indoors on a bike trainer, or use an exercise bike at home or at the gym. If you ride outside, you get to cover ground much like you do in running, eliminating some of the monotony. The downside is the risk of colliding with a vehicle, and to get a good workout you have to travel at high speeds on a bike which requires some skill. Because cycling uses a limited range of motion, there is also the risk of shortening your stride. You can minimize this by walking and then running (if injury permits) and then stretching your hamstrings, quadriceps and hip flexors. The bike can be used to do long endurance workouts, or lactate threshold workouts. When using the bike, be sure to keep it in an easy gear with RPM's of at least 90.

### Swimming

Swimming is a great form of cross training that works the cardiovascular system with none of the stresses of running. It does require a bit of skill to get in a good workout, but with some instruction you can build up quickly. Swimming isn't as similar to running as some of the other cross training methods, but if most of your training primarily consists of running, that doesn't matter. It is a great way to increase your overall general fitness and helps to promote recovery at the same time. Feeling a bit sore? A good swim in place of a recovery run is a great solution!

### Cross Country Skiing

Cross country skiing is the only form of exercise that provides cardiovascular benefits equal to or greater than running. Because it uses the entire body it works the cardiovascular system very hard: some of the highest VO2 Max values have been found in cross country skiers. The drawback is that it does require some skill (and snow!) and those without experience may not be able to go fast enough to get in a good workout. Cross Country ski machines are not as much fun, but make a great alternative.

When you are recovering and ready to work your way back to running, the smart way is to work your way back up to running slowly, and perhaps through cross training options as you heal. You may only be able to do deep water running at first, graduate to the elliptical trainer, and then finally run easy on a treadmill.

#### References:

1. Pfitzinger, P., and S. Douglas. 2001. Advanced Marathoning. Champaign, IL: Human Kinetics.
2. Glover, B., and S. Glover. 1999. The Competitive Runner's Handbook. New

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*.





# Just Another Runner's Story: Hannah Norton

## A Game Changer

By Gale Fisher



I have chronicled the running stories of many individuals in our community over the last four years. Many common themes have surfaced for each of these journeys. Running has provided a pathway to healthier living for many of its participants. From balancing life as a diabetic, to embracing the sport with a pacemaker or overcoming obesity and depression, running has been a game changer for many of the featured runners that I have had the fortune to write about. Many

***"Run. Find yourself."** - Anonymous*

join the movement as a prescription for physical health ailments only to find that their mental and emotional health also benefit. Some choose running to address a mental or emotional issue later discovering that it has a positive impact on physical health issues as well. For many the root of a lifestyle change due to one's state of physical health revolves around obesity and the need to shed weight. For this month's featured runner, Hannah Norton, running has revealed a means for her to cope with something on the opposite spectrum of being overweight, giving her added strength in her journey of overcoming an eating disorder.

Hannah's indoctrination into running began as a high school athlete. Her school did not offer cross country or track but running became a staple for other sports that she participated in. *"I started running in high school to stay in shape. I played volleyball and basketball. We didn't have a cross country or track team."*

The world of athletics can provide many positive benefits for teenagers but sports helped to feed into something more negative for Hannah as a high school student. *"I started my eating disorder when I was about ten years old. I don't know why I started it exactly. It almost came out of the blue. For awhile I abused exercise... Using it as a way to burn calories. I would play basketball or walk for hours. At one point I weighed 67 pounds. I got some counseling from a lady in our church and began to recover."*

Counseling may have helped Hannah to begin the recovery process but her introduction into running as an adult and the success she experienced seemed to help her realize why implementing a healthy diet was important not only as high level athlete but as a normal functioning human being. *"After I got married, I was still a light weight.. Around 87 pounds I believe. I saw a flyer for the Cereal City Classic and signed up. I was hooked after that first race. As I began to race, I realized the connection between strength and speed. Eating to survive and maintain a super skinny figure was no longer my goal. I wanted to be strong".*

Hannah's initial excitement in running the Cereal City Classic, her first 5K race, fueled her desire to compete as she later began making a name for herself locally as a marathon runner. The worries of burning more calories than what she consumed were in the rearview mirror and now her attitudes of nutrition were centered around fueling her body for peak performance. Hannah's first marathon experience, although modest by the standards that she would set for herself was outstanding in the world of marathon runners, finishing the 2008 Grand Rapids Marathon with a time of three hours and twenty nine minutes. Her debut performance allowed her to punch her ticket for the Boston Marathon, where she cut off a significant amount of time six months later with a time of three hours and twelve minutes. She continued to improve on the marathon distance, in Grand Rapids again in 2009, crossing the finish line before any other female with a time of two hours and fifty eight minutes. Hannah returned to Grand Rapids a year later in an attempt to defend her title coming up short but still having a prosperous day with a PR and a time of two hours and fifty seven minutes.

# Just Another Runner's Story: Hannah Norton

Although she was on top of the world as a marathon runner, Hannah decided to re-focus and turn to the half marathon distance. She found that she could still claim many PRs and victories at this distance while not feeling like training was a full time job. She has preferred to stay close to home with her dominating performances for 13.1 miles finishing first in the female division for the Borgess Half Marathon in 2009 with a time of one hour thirty one minutes and in 2013 with a time of one hour and twenty four minutes. In 2012 she returned to Grand Rapids where she had experience so much triumph at the marathon distance, winning the half marathon with a time of one hour and twenty minutes, her current PR. More recently Hannah won the inaugural Battle Creek Half Marathon, finishing first among male and female participants with a time of one hour and twenty one minutes.

Although the challenge that competing as a runner and the accomplishments that comes with talent and hard work are a bonus for an athlete like Hannah, she finds what she enjoys most about our sport is not at all related to competition. *"I love the way that running makes my mind and body feel renewed."*

Like many runners who reside in the Midwest, what Hannah likes least about running has to do with winter's elements. Her mind and body go back and forth with feeling a need to run mentally and physically while at the same time wanting to avoid the negative wind chills and piles of snow.

Hannah is inspired by other runners but not by anyone specifically. *"I can't say that I have an inspiration. I love to read stories about people who have overcome great odds to become a runner."* Our sport has its share of individuals who provide this exact type of inspiration.

Hannah's advice for other runners is pretty straight forward for our sport or really anything else in life. *"Just keep running. Don't give up."*

Hannah's most memorable moment as a runner goes back to her victory at the Grand Rapids Marathon. *"By far my most memorable moment in running was winning the Grand Rapids Marathon. I remember being overwhelmed. I remember thanking God for bringing me out of an eating disorder to a place where I was a marathon winner."*

Although Hannah has proven herself to be one of the top half marathon runners in the area, she still thinks about the marathon distance. *"When it comes to my current goals in running, right now I am just trying to stay in shape. I would like to run another marathon, as I haven't done one in a couple of years."*

Hannah balances her life as a runner in her role as a mother and her career as a restaurant manager. She has two children.

There are many factors that drive our passion for running individually. It appears that success in competition has been a rock for Hannah as a runner although there is much more to running for her than just winning. As a teenager Hannah dealt with an eating disorder becoming an addict to sports and fitness as a way to burn more calories than what she could consume. Counseling helped to get her over that hump, but the success that she experienced early on as an adult runner also made a connection for her in the way she thought about her body image and food intake. Running has certainly provided an abundance of blessings for Hannah that go beyond the impact it has had with keeping her eating disorder in check, but this piece of her running story is yet another example of how running can neutralize one's life. It can provide the perfect balance for one's mental, physical and emotional state of being. Hannah's story is a perfect example of this.

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

# Turning Points

The philosophy of some is that our path in life is pre-destined with our journey and destination set for us early on. I am of the mindset however that the odyssey we set out on is not a straight highway but a windy road with u-turns, switchbacks and bends when least expected. Decisions are made and incidents occur daily that have some sort of impact on our lives. Many of these occurrences provide a slight setback or a pleasant surprise that have little or no consequence on the course of our future. Now and then however we may experience something that will set off a chain of events which in turn alter the road that we travel in a considerable way. These changes in trajectory can be brought on by decisions that we make or they can occur as a result of events in which we have no control over. Some may give us an immediate glimpse of transformations on the horizon while others will leave us clueless as to how our lives will be altered because of these single situations. These occasions which are packed with implications, good, bad or indifferent are what many refer to as turning points. Some of these turning points set into motion a chain of events that build on one another, causing shifts in our lives while other have more of an immediate influence.

*"Another turning point a fork stuck in the road. Time grabs you by the wrist, directs you where to go."  
---Green Day (Good Riddance)*

Although there may have been turning points earlier in my life the first one that I am able to identify with was the sudden death of my father in May 2, 1985, when I was but seventeen years old. Initially this led to a period of numbness in my life which lasted nearly a decade but this tragic situation also catapulted my life into a more positive direction upon graduating from high school. Because of my father's death and the death of my grandfather two years later, I became the recipient of a portion of inheritance money. Ironically the sum of this money was just enough to pay for all but one semester of my college education. Although my father's death is something that still haunts me at times some thirty years later, I doubt that I would have ever gone on to college if it were not for this misfortune and the money it provided me. Obtaining a college degree led me down a road that I most likely would not have traveled had I bypassed college altogether.

The next turning point in my life came three years later. This was also a turning point for my future wife, Kathy, as well. Having both grown up eighty miles apart in rural Iowa we had not known each other up until the end of our junior year in college when we both took a job at a Camp Fire summer camp. We began dating almost immediately, continued our relationship into the next fall, became engaged and eventually married two years later. After graduating from college, Kathy found a job in Indianapolis and then took a job in Battle Creek three years later leading me to places that had not been previously been on my radar. If I had not met Kathy back in the summer of 1990, I would not be in Battle Creek today and I'm fairly certain I would still be living in Iowa.

Just as my life has taken a handful of turning points so too has my journey as a runner. I must say that my introduction to Kathy eventually led to me becoming a runner as it put me in touch with a friend from Indianapolis who placed me on my running path. My indoctrination into our sport came back in October of 1997 after watching our friend, run the Chicago Marathon. I was so moved by this experience that I came home the next day and began running, opening up a floodgate of experiences for me. Since then there have been other moments that have been turning points for me as a runner.

In my first year as a serious runner all of my training miles were logged solo. I enjoyed the mental side of running with the alone time that it gave me allowing me hours with which to explore my thoughts. I also enjoyed the physical stimulus that running provided with the steady labored breathing, the perspiration that comes with a good workout and the sensory overload from being out in nature. The combination of mental and physical output provided the euphoria associated with a runner's high. Shortly after I completed this initial year I encountered a turning point in this running journey as I was introduced to social running through the Battle Creek Roadrunners.

# Turning Points continued...

This introduction changed my life through the years with the friendships that I made with other runners. These are relationships that I would have never formed if not for our sport. Being a part of the running community also enhanced my ability as a runner introducing me to various training methods from friends, coaches and mentors as well as giving me an extra boost of motivation in an attempt to keep up with faster runners during various group runs. Although I still enjoy the time spent running alone being a part of a group has helped to get me out the door at not so pleasant times including early mornings, bitter cold winter days and hot and humid summer afternoons. At the time I first became acquainted with the Battle Creek Roadrunners we were heading into the beginning of a harsh winter. Although I had truly enjoyed my experiences and accomplishments during my first year as a runner I'm not sure I would have continued with it had it not been for finding others to share it with. Finding camaraderie in my world of running helped to keep the fire hot as a new runner extending a passion that most likely would have come to an end that winter.

During the next five years I would become a more efficient and faster runner as a result of the weekly group runs and speed workouts. My thought process during my first year as a runner was simply to rise to the challenge of finishing a marathon. Being competitive in terms of fast times and age group awards and going after a Boston Marathon qualifying time had never been a consideration. Running with the group had gotten my competitive juices flowing but my confidence was still lacking. I wanted to compete in my age group at local races but lacked the assurance to do this. I continued to hone my craft, becoming faster but still lacked the poise to push me over the top as a competitive runner. My competitive years as a runner would come but would have to wait for another turning point.

That turning point would occur, September of 2014 when I first became acquainted with a coach, mentor and running friend, Kevin Rabineau. I was competing in the Battle Creek Corporate Cup 5K race. I had been chopping away at my times the previous year but still lacked that resolve that I needed to pull me over the edge. Going in, my goal had been to finish in under nineteen minutes but because of Kevin that goal would be smashed. Although I had never met Kevin I decided to latch onto his hip pocket early on. He looked as though he could get me to my where I wanted to be. I was out of my comfort zone early but still hanging with Kevin through the halfway mark. Kevin turned around and kept coaxing "Come on, go around me." In most instances these words would seem to resemble trash talking but from the tone of his voice it was obvious that Kevin's words were meant as a form of encouragement. Of course I was out of breath and unable to answer him but he would turn around every minute and repeat the same words. Finally I went around him with a half mile to go and crossed the finish line with a time of seventeen minutes and twenty nine seconds with Kevin right behind me. I truly believe Kevin had more in him and could have left me in the dust but he decided that for him this was not a race but an opportunity to encourage a fellow runner.

Kevin's act of kindness was a turning point in my running journey giving me the confidence that I was lacking and propelling me into nearly a decade of competitive running. I threw myself into running, working harder than I had ever worked as a runner. The next eight years provided many age group awards at local races and the coveted Boston qualifying time. The years of hard work would eventually lead to another turning point with a hip injury and surgery, a setback that helped me to understand how much running really meant to me and giving me a new attitude with a more diminished outlook on the importance of competing as a runner. My extended time off from running because of my hip injury gave me a greater appreciation for our sport.

In the midst of my competitive years as a runner, another turning point occurred while on a run with KAR president, Bonnie Sexton, one of my training partners at that time. She shared with me her desire to have member created articles for the KAR monthly newsletter, known as the Rundown, launching me into my second passion, writing. I had little experience as a writer but through Bonnie's simple request I learned that it was not that difficult, especially when paired with running. Through running I could truly write from my heart.

## Turning Points continued...

After my hip surgery, I found it difficult to regain my pulse as a runner. This would change however with another turning point three years ago, when Rick McKire, my daughter's track and cross country coach asked me to join his coaching staff. I was hesitant at first, intimidated with the notion of coaching high school kids. I reluctantly accepted his invitation. This opportunity helped to show me a side of running I knew nothing about while also helping me regain my pulse as a runner through my daily runs with my athletes.

Many who share my passion for running may consider the words of encouragement from a friend, the honest advice from a doctor or the desire to meet a physical and mental challenge as turning points in life, introducing them to running. In life and in running you can plan for and try to predict the future but events within or out of your control may alter this map you have created turning your story in another direction. Many of you have likely experienced turning points in your life as a runner. As you predict what your future holds through running, realize that you never know what events may alter this plan. Map out your future but also be prepared to be steered of course now and again. May each and every turning point guide you in a positive direction.

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,*



## October New and Renewing Members

Kathy Alizo  
Ben Bickel  
Ryan Bickel  
Sue Bickel  
Andrew Bickel  
Julian Borst  
Ruth Borst  
Alyssa Broekema  
Sophia Browe  
Jason Cornish  
Melissa Dipert  
Jeremy Germain  
Brittany Hagen  
Tim Holden  
Karen Hook  
Terry Hutchins  
Kathy Hutchins

Denise Keely  
Amanda Knapp  
Melanie Kolenko  
Diana Lane  
Douglas Lane  
Keith Lohman  
Janice Lovett  
Amy Marr  
Jeremy Marr  
Megan Maxwell  
Kelly Mox  
Nicholas Mox  
Bradley Parlato  
Shannon Parlato  
Lauren Raycraft  
Gwen Reidenbach  
John Rice

Arran Tate  
Finlay Tate  
Kaelin Tate  
Lewis Tate  
Trevor Tate  
Jacob Wathen  
Allyson Williams  
Alec Williams  
Andrew Williams  
Ashleigh Williams  
Robert Williams  
Nick Yetter  
Anna Yetter  
Jared Yetter  
Mark Yetter  
Sarah Yetter  
Eric Zeeb  
Peggy Zeeb  
Tenneil Zielaskowski



## Meet Our Volunteer Directors



Welcome  
Marty  
Hoover!

### Staff

**Joy Mills**  
Director Turkey Trot  
Co-Director Run Through  
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Director, Winter Blast  
Half Marathon 10k and 5k  
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Co-Director, Battle Creek Fast Track  
Co-Director, Beyond Battle Creek Training Program  
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#### Kirstin Simons

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Director, Race Discount and Service Provider Program

#### Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)  
Director, Fast Track Training (Kalamazoo-Summer)  
Co-Director, Summer Safari (with Gazelle Sports)  
Director, Kalamazoo Klassic (MRC)  
Co-Director, Turkey Trot Time Prediction Run (beginning in 2017) (with Scott Taylor)  
Director, Club Series Outreach  
Team Captain, Race for the Cure  
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## Upcoming Kalamazoo Area Runners Events and Programs

Fall means it is time to get registered for your favorite Kalamazoo Area Runners events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

[Turkey Trot Time Prediction 5k Run](#) (November 24—Registration Open Now!)

[Run Around Gull Lake](#) (December 3—Registration Open Now!)

[Winter Blast Half Marathon, 10k and 5k](#) (February 26—Registration Open Now!)

[Beyond Marathon Training Program](#) (Winter 2017—Registration Open Now!)

[Fast Track 5k and 10k Training Program](#) (December 11—February 19, 2017—Registration Open Now!)

[Run Through The Lights Fun Run](#) (December 1—Registration Open Now!)

[Kal-Haven Trail Run](#) (April 8—Registration Open Now!)



## Group Runs

Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact

the individual(s) indicated on each run/program. Updates or corrections may be sent to Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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

### Next KAR Board Meeting is January 9, 2017

The next KAR Board Meeting is January 9 2017 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).

### 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.

facebook®

## Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons at [kirstin.simons@kalamazooarearunners.org](mailto:kirstin.simons@kalamazooarearunners.org) if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

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

Below are upcoming events and programs offering KAR members a discount:

**5k Santa Stroll** – Elkhart, IN  
December 10, 2016  
\$5 discount

**Tinsel Toes 5k**  
**Battle Creek, MI**  
December 10, 2016  
\$5 Discount

**Ground Hog Marathon** –  
**Grand Rapids, MI**  
February 4, 2017  
10% discount

**Wisconsin Marathon & Half Marathon** - Kenosha, WI  
May 6, 2017  
\$5 discount

## **BRONSON** Sports Medicine

### Injury Assessment Clinics Through Bronson

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

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

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

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

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

[Team Gazelle site!](#)

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

1. When you click on the link above, you will be taken to a page that says “Gazelle Sports

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

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





## Featured Community Events

### Tinsel Toes 5k—Saturday, December 10th

Saturday, December 10 @ 5:30pm  
Full Blast, Battle Creek, MI

Join us for the 4th annual Tinsel Toes 5k! The Tinsel Toes 5k is a non-timed family fun run through Downtown Battle Creek and the International Festival of Lights. Grab your ugly Christmas sweater, some friends, and have a fun, festive time dashing through the snow (or spring like weather because you never know in Michigan). Prizes are awarded to

the ugliest sweater, the most festive, the most lit up and the most festive family/group. Proceeds from the event benefit benefit Girls on the Run of Calhoun County. For more details and to register, visit All KAR members receive an automatic \$5 discount when registering via RunSignUp.

Click on [Tinsel Toes 5k](#) to register.

For questions, please contact Nikki at [tinsel-toes5k@yahoo.com](mailto:tinsel-toes5k@yahoo.com)

### Tutu Run —Saturday, December 10th

Tutu Run presented by Honor Credit Union—the happiest event of the year! Run or walk a 5k or 2.2 miles on Saturday, December 10, 2016 in support of Greater Kalamazoo Girls on the Run. The Tutu Run will be held at Spring Valley Park in Kalamazoo beginning at 2:00pm. Prizes will be awarded for creative costumes and terrific tutus!

[Register Here!](#)





# Service Provider and Merchant Discounts

## AGILITY PHYSICAL THERAPY

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

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

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



## BRONSON ATHLETIC CLUB

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

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership not required)
- Free Pilates Reformer Class

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



## ATHLETIC MENTORS

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

- Run Coaching: \$30 discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$175 and includes a 30 minute consultation (\$140 KAR price). Repeat tests are regularly priced at \$120 and include a report but not a consultation (KAR price \$96).

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



## CENTERING YOGA

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

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



## BORGESS HEALTH AND FITNESS CENTER

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



## CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2016 events. Visit <https://www.cerealcityathletics.com/> to learn more about Cereal City Athletics and to register for their 2016 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2016 Events include:

Paddles and Picnic, May 14 (\$3 off)  
Ice Cream Century Ride, June 4 (\$5 off)  
Battle Creek Half Marathon & 5k, July 2 (\$3 off 5k, \$5 off half marathon)  
Cereal City Triathlon, August 14  
Cereal City KIDS Triathlon, August 27  
Tinsel Toes 5k, December 10

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



## Service Provider and Merchant Discounts

### KALAMAZOO ATHLETIC WELLNESS

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



### TROY HUGGETT FITNESS PROS

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

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

To learn more and to register visit [www.troyhuggett.com](http://www.troyhuggett.com).

### 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.downdogyogacenter.com](http://www.downdogyogacenter.com). Provide the 2016 discount code to receive discounts.



### 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 to learn more membership and use the 2016 KAR discount code when registering.



## Service Provider and Merchant Discounts

### GAZELLE SPORTS

Gazelle Sports, newly re-modeled and conveniently located in downtown Kalamazoo, will be offering three My Gazelle Rewards double points days exclusively for members of the Kalamazoo Area Runners. Plan to shop on June 18th, September 10th and December 3rd to take advantage of this special offer! For more information about the My Gazelle Rewards program visit :

[http://  
gazellesports.com/wp/  
mygazelle/](http://gazellesports.com/wp/mygazelle/)



### 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 2016 KAR discount code to receive the discount.



### SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2016 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit [www.spirittracing.us](http://www.spirittracing.us) to learn more about Spirit Racing and to register for 2016 events, using the 2016 KAR discount code.





Kalamazoo Area Runners  
P.O. Box 393  
Portage, MI 49081



Email: [Membership@kalamazooarearunners.org](mailto:Membership@kalamazooarearunners.org)

**Mission:** The promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community.



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