

*The advice I have for beginners is the same philosophy that I have for runners of all levels of experience and ability – consistency, a sane approach, moderation and making your running an enjoyable, rather than dreaded part of your life.” – Bill Rodgers*

October 2012

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

# The Kalamazoo Area Runners Rundown

## Marathon Motivation....Why we run 26.2



Stacey Lyon and Jeff Bass after finishing their first 26.2, the 2012 Detroit Marathon

By Bonnie Sexton



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Kalamazoo Area Runners members Stacey Lyon and Jeff Baas shared an experience few couples will share together in a lifetime, their first marathon. Stacy and Jeff were both finishers in the October 21, 2012 Detroit Marathon, pushing themselves through the 26.2 miles that includes the Ambassador Bridge, Detroit-Windsor Tunnel and an excursion on Belle Isle. Why did they do it?

Jeff shared the source of his inspiration in these words, “Stacey and I are both motivated by a challenge. We have been training together for the past year and a half completing numerous 5K’s, 10K’s and half marathons. After finishing our first half ironman triathlon this summer we felt like our next big challenge was the full marathon. Thanks to the support of our KAR friends and the motivation we are able to give each other, we were able to share this accomplishment together at the 2012 Detroit Free Press Marathon.”

For those of you who have been members of Kalamazoo Area Runners for a while, you may remember packing the theatre for the viewing of the movie, the *Spirit of the Marathon*. The movie depicted marathoners of all different abilities and demographics, including elite runner Deena Kastor and chronicled each of their stories; their training and motivation behind the marathon distance. Many of you just recently reached the culmination of your own journey, finishing the Chicago, Detroit, Grand Rapids and other fall marathons.

A decade ago, the concept of running a marathon seemed quite daunting in my mind. Having competed in high school and college as a sprinter, a 5k defined long distance running in my mind. A marathon was something extreme, an endeavor pursued only by exceptional athletes. What was the insanity behind the drive to force people to run 26.2 miles? Why?

There are always exceptions, but for most people, the decision to run a marathon is a process that doesn’t happen overnight. My transformation from “runner” to “runner and marathoner” happened gradually, similar to the experiences shared by most. For some, this transformation occurs more rapidly than others. After a 14 year hiatus from high school and college competition, my first race and 5k debut was the Triple Creek Dash in May 2002. That first year, I trained primarily on my own, and ran 5k’s. In 2003, I joined Borgess Run Camp. Originally I planned on 5k training, but with almost a year of running under my belt, found it was easily within reach to build up to the

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2011 please use the KAR discount code when purchasing merchandise or services from discount sponsors.

### Gazelle Sports

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



### Healing Moments Massage

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



### Prater Chiropractic

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



distances required for the half marathon. Mid-way through the training, I switched to the half marathon training program, and completed my first 13.1 at the Borgess Run for the Health of It that spring.

I loved the camaraderie and energy of the formal training groups, and decided to join the 2003 Safari Marathon Training Program. Only I wasn't planning on running a marathon, or didn't think I was. I began the marathon training mileage build-up, and eventually reached the point in my training where each week represented a new milestone; 16 miles, 18 miles, 20 miles..... It was after completing my first 20 miler that I knew I could complete the marathon distance, and signed up for Detroit, excited about wearing the rookie "greenie" bib that let spectators know you were running your first marathon. My adherence to the training regiment paid off, and I ran my first marathon in 3:15:58, placing 20<sup>th</sup> overall; this was an outcome I never anticipated; my goal at that time was just to finish.

After completing that first marathon, I caught the competitive bug, and ran marathons to compete, winning the 2004 Last Chance for Boston Marathon, 2004 Carrollton Marathon, 2004 Tecumseh Trail Marathon and 2006 Carrollton Marathon. I raced Boston and Chicago as part of the Front Line Racing Team, with several other top runners from Michigan and Kalamazoo. I trained 50-60 miles a week, juggling training with full-time work, family and volunteer responsibilities.

Nine years after completing my first 26.2, I completed my 26<sup>th</sup> marathon in Grand Rapids last weekend. Like many long distance runners, my reasons for going the distance have changed. Other important commitments in life limit my mileage to an average of 35 miles a week. Enough to complete a marathon, but not enough to compete at the level I was able to the decade prior. Marathons for me are now a goal motivating me to maintain enough mileage to complete the distance. Although I have run Boston three times, I still enjoy the accomplishment of qualifying, and enjoy the social aspects of marathon training as well. A pie in the sky goal for is to complete 100 marathons during my lifetime, but that means I will need to keep up my current pace of marathoning (2-3 year) well into my 70's, or ramp it up a notch. Next weekend is marathon number 27, The Indianapolis Monumental Marathon.

The reasons for challenging oneself to run 26.2 are as diverse as the individuals who strive for them. Competition, challenging

continued...

## DRINK 2 YOUR HEALTH

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



## BRONSON ATHLETIC CLUB

During the months of October and November, KAR members may join Bronson Athletic Club for a \$99 initiation fee, \$296 off the regular initiation fee of \$395. December 2011 through December 2012, members will receive a discounted initiation fee of \$225. For more information on joining, contact membership at 544-3200 or stop by and mention KAR.



## 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). Monthly membership dues are \$53 for the primary member, \$26 for the first associate, and \$20 for each additional associate. Monthly dues rates are valid as of October 2011. Subject to change with future facility rate increases. For more information, call 552.2348.

oneself, the social aspects of training, physical fitness, and charity are all common reasons for running the marathon. For most people, proving to others you can do it doesn't factor in.

This mindset, however, was one of the main motivators for KAR member Brandon Van Dusen. Brandon, who recently completed the Chicago Marathon in a PR 3:24:44, ran his first not only to overcome his own challenges, but the apprehension of others.

Brandon shares, "Health conditions had restricted my fitness level during my first 20 years of life. During my first marathon my motivation was people who doubted me. After running 4, my motivation is to keep in good health and have an adventure."

The 2012 Chicago Marathon not only represented Brandon's 4<sup>th</sup> 26.2 and a PR, but he also participated as a charity runner, completing the marathon on behalf of the Ronald McDonald House Charities.



Brandon Van Dusen running the 2012 Chicago Marathon

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.



## TJ SNYDER MASSAGE OF NV SALON

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



## IN THE ZONE

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

Steve Rice, the director of the Beyond Marathon training program, has completed 34 marathons with a times ranging from a PR of 2:54 in his youth to 4:39 in the Kalamazoo Marathon this past spring. Steve echoes the sentiment of a mature marathoner, whose motivation to complete 26.2 has evolved.

“My motivation to run marathons has changed over the years. There was a time when I ran for the love of competition, and then to qualify for the Boston Marathon. Later, I was motivated by fitness. Most recently, I run marathons because of the social connections I've made, and a desire to share my passion for running with others.”

Michelle Grevenstuk, one of last year's Beyond team leaders, embraces the journey, the experience of training, logging the miles and making it an integral part of her lifestyle. Michelle's motivation could just as easily stem from competition Michelle posted a 3:02 marathon at the October 21, 2012 Detroit Marathon, finishing 5<sup>th</sup> place overall female, and setting a new PR. Despite the fact she is performing at the semi-elite level, her primary inspiration comes not from the thrill of victory, but the solitude and beauty of the environment around her as she prepares, and her quotes sum things up nicely.

“Spending hours on my favorite trails, gutting out mile repeats with friends, running before the sun rises, and running through winter snow storms with KAR are all part of my marathon training process. This process is what motivates me to run marathons. It has become my lifestyle, and I think it's a pretty good one.

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## Hot Club News and Events

*“We run this town”*

### Run Around Gull Lake November 3 and December 1, 2012

FREE TO THE RUNNING COMMUNITY: Join us for an annual Kalamazoo Area Runners/Battle Creek Road Runners Tradition, The Run Around Gull Lake, on November 3, 2012 and December 1, 2012. The 11.5 mile run (those doing shorter distances can

## Board of Directors

Bonnie Sexton

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opt to do an out and back) will start from the Gull Lake Country Club (thank you Don Morris for arranging the facilities), 9725 West Gull Lake Drive, Richland, MI at 8:00 am and follow the same scenic course as in the past. Runners should park and meet in the Golf Course parking lot (across from the lake). We will have access to the men's and women's locker rooms in the building adjacent beginning at 7:30 am. Hydration will be provided. Interested in assisting with aid stations? Contact **Mark Sigfrids** at [msigfrids@kvcc.edu](mailto:msigfrids@kvcc.edu) for more information or to volunteer.

[Click here for directions to Gull Lake Country Club](#)

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**Club Championship Series Awards  
Ceremony and Dessert Party Thursday,  
November 15, 2012 from 6:30pm –  
8:30pm**

**Borgess LEC Auditorium  
1521 Gull Road  
Kalamazoo, MI 49048**



FREE to KAR members (\$10 nonmember friends and family or join KAR at the door)! The Kalamazoo Area Runners Club Championship Series Awards Ceremony and Dessert Party is Thursday, November 15, 2012 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2012 racing season highlights and honor the top three Club Championship winners within each age division. This

## Event and Program Directors

Joe Hulsebus  
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OPEN  
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Bonnie Sexton  
*Co-Director, Fast Track Training  
Co-Director, Portage Winter Blast  
Half Marathon  
Co-Director, Thursday Night Run at  
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Team Captain, Race for the Cure  
Co-Director, Turkey Trot*  
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Team Captain, Jingle Bell Run*  
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Ferdi Hintz and Pam Boner  
*Team Co-Captains, Relay for Life*

Bob Smola  
*Director, Kalamazoo Marathon Pace  
Teams*  
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Gale Fischer  
*Another Runner's Perspective*  
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special event features dessert, coffee, refreshments, door prizes and an opportunity to mingle with your fellow KAR members. Award winners will be receiving a personal invitation and award notification. All KAR members are invited to attend and celebrate the close of the 2012 racing season.

[Click here to RSVP by Friday, November 9, 2012](#)

For more information or to learn about volunteer opportunities, contact **Vicky Ondraka** at [Vicky.ondraka@kalamazooarearunners.org](mailto:Vicky.ondraka@kalamazooarearunners.org)

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## 2012 Turkey Trot Time Prediction Run – Registration is Now OPEN!



You won't want to miss this unique holiday event!!! The Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held at Portage West Middle School (7145 Moorsbridge Rd, Portage, MI 49024) at 9:00am on Thanksgiving Day, Thursday, November 22, 2012. Packet Pick-up and Race day registration will be from 7:30-8:30am. This is a timed prediction run and awards are distributed to the top 10 based on the closest predicted to actual time. Awards will also be given to the overall male and female open and masters' winners, as well as an award for best costume. No watches or other devices that track time, dogs or strollers are permitted in this unique event. Cut off finish time to be included in official results is 40 minutes. Event is \$10 (no shirt) for those who

## Event and Program Directors continued.....

Stephanie Sabin  
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Sherri Enlow (along with Pat Enlow and Tim Holden)  
*Director, Wed Night Portage YMCA Runs*  
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Steve Rice  
*Director, Wed Night Borgess Health and Fitness Center Runs*  
*Director, Beyond Training Program*  
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Laura Ferrara  
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*Maple Street Magnet School*  
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Teri Olbrot (along with Bonnie Sexton, Laura Sandahl and Sarah Foster)  
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Dave Walch  
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Katie Conor  
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Zachary Baker  
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Christine Huff  
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OPEN  
*Director, Educational Clinics*

Cindi Macdonald  
*Co-Director, Safari Training Program*  
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preregister by November 19 (\$10 individual/\$40 family cap) and \$15 (no shirt) for late/ race day registration (\$60 family cap). Long sleeve technical shirts may be purchased for an additional \$18 for those who preregister by November 14, 2012.



Suggested donations are socks (for men, women and children) for the Kalamazoo Gospel Mission and/or toiletries (toothbrush, toothpaste, shampoo) or a small toy for the Portage Community Center. Runners also have the option to purchase race technical shirts and/or make additional cash contributions on-line through this registration. Proceeds from registrations and additional online donations will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day donations may be made directly to all 3 benefiting charities. Please visit the KAR website ([www.kalamazooarearunners.org](http://www.kalamazooarearunners.org)) for additional information on this event. For more information, visit [www.karturkeytrot.wordpress.com](http://www.karturkeytrot.wordpress.com).

**VOLUNTEERS NEEDED!** Approximately 60 volunteers are needed for the Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run. For more information, visit [Turkey Trot Volunteer Opportunities](#)

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**Join us for Run Through the Lights on  
December 6, 2012**

## Event and Program Directors – continued....

Beth St. John  
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*Co-Director, Thursday Night Runs at BC Burnham Brook Center*  
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Chuck Zahnow  
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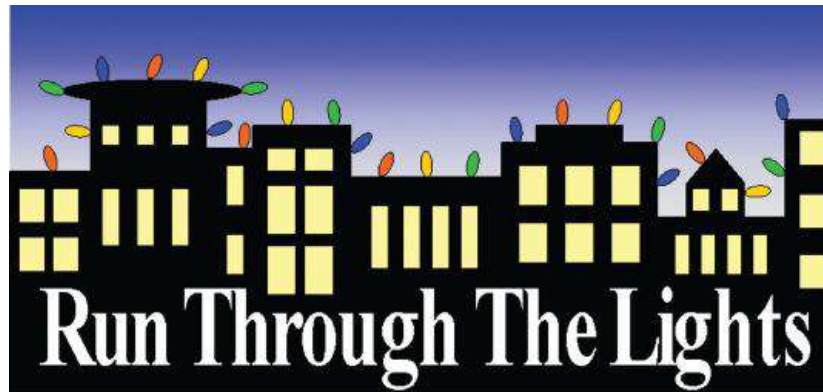
Renee Mercer  
*Director, Tuesday Morning Runs at BC YMCA*  
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Brett Hall  
*Director, Sunday Morning Runs at BC CutiePie Café*  
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Judah Gesmundo  
*Co-Chair, Battle Creek Subcommittee*

Lynn Scherer  
*Co-Chair, Battle Creek Subcommittee*





Join Gazelle Sports and Kalamazoo Area Runners for a festive run through the holiday lights of downtown Kalamazoo. Run Through the Lights is an untimed, non-competitive, 5k fun run/walk and everyone is invited. The event will be held at Gazelle Sports Kalamazoo at 6:30pm on Thursday, December 6, 2012 and will benefit Kalamazoo Loaves & Fishes.

**NEW THIS YEAR:** For the safety of all participants, the 5k course will be closed to vehicular traffic. We hope that this change will enhance the run experience and create a safer environment. However, due to costly street closures, we must ask for a small registration fee. Event is \$10 for adults 13+ (no shirt) and free for children 12 & under (no shirt) for those who preregister by 1pm on December 6. Late registration at the event is \$15 for adults 13+ (no shirt) and free for children 12 & under (no shirt). Run Through the Lights shirts (50/50 polyester and cotton blend) will be available at Gazelle Sports Kalamazoo starting just before Thanksgiving. Shirts will be \$15 each and all proceeds (approximately \$8/shirt) will be donated to Kalamazoo Loaves & Fishes.

There will also be special contests with fabulous prizes to be won!

- Best Holiday Costume
- Most Family Members at the Event
- Participant Who Traveled the Farthest
- And interactive contests to participate in before the run!

Don't miss the post-run events! Refreshments, snacks, and awesome door prizes! Soup from Garden Gate Café and chili from Big Joe's Pizza and Deli will also be available after the run.

In the spirit of giving, donation cans will be made available for cash contributions at the post run festivities and we suggest non-perishable or canned food item(s), all of which will be donated to the Kalamazoo Loaves & Fishes. Representatives from the charity organization will be there to collect donations. Last year we gathered 2,616 lbs. of food for Kalamazoo Loaves & Fishes, and we look to collect more for 2012. Please help us reach our goal!

For more information and to register for Run Through the Lights, please visit <http://rttl.wordpress.com/> or <http://www.gazellesports.com/RTTL/>. Volunteer opportunities coming soon via the websites and the Kalamazoo Area Runners email distribution.

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**2013 Portage Winter Blast Half Marathon Registration is Closed;  
5k Still Accepting Registrations!**



**Organized in Partnership by the Kalamazoo Area Runners and the City of Portage**



### **Half Marathon Presented by AT&T**

The Half Marathon attained its 500 cap in 27 days, but you can still join us in this extraordinary community celebration of health and wellness by joining us for the 5k or volunteering. The inaugural Winter Blast Half Marathon and 5k is organized in partnership by the Kalamazoo Area Runners and the City of Portage and commemorates the city's 50<sup>th</sup> anniversary. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, February 17, 2013. 5k start is at 8:00am and the half marathon start is 8:15am.

Current Members of the Kalamazoo Area Runners will receive a \$5 discount on the 5k. A discount code unique to the half marathon and 5k events was emailed to all active members on October 1, 2012. Cutoff time to be included in half marathon results is 3 hours, 45 minutes. Roads will be reopened at 12:00 noon.

Sponsor expo, packet pick-up and late 5k registration will be held from 2:00pm – 6:00pm on Saturday, February 16, 2013 at the Portage Community Center. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, February 17, 2013 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available. Awards to first place overall open, masters, grand masters, senior masters and give five year age division awards three deep in both the Half Marathon and 5k. Finisher medals to all half marathoners finishing within the time limit. All proceeds will support the Portage Winter Blast Half Marathon and 5k and the Kalamazoo Area Runners.

For more information, visit [www.portagewinterblast.wordpress.com](http://www.portagewinterblast.wordpress.com).

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## **Agility Physical Therapy Offers KAR Members Discount on Specialty Services**



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.

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## **T.J. Snyder of NV Salon Offers KAR Members One Hour Stone Massage for \$30.**



DISCOUNTED STONE MASSAGE NOW AVAILABLE! Kalamazoo Area Runners is pleased to announce a new discount sponsor partnership with T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage to KAR members for \$30.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.....and enjoy!

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## **In the Zone Offers Metabolic Testing for the Year 2013**



Beginning January 1, 2013 Stephanie Walbridge of In the Zone will be offering members of Kalamazoo Area Runners 20% off metabolic testing for the year. In the Zone is now accepting check, cash or credit card payments at the time of service. For more information, visit [www.inthezonefitness.com](http://www.inthezonefitness.com), or call or email Stephanie at (269) 207-4988 or [swalbri2000@tds.net](mailto:swalbri2000@tds.net).

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## Inaugural Ground Hog Half and Full Marathon Offers Members a \$5 Discount



FEB. 2<sup>ND</sup> - INAUGURAL GROUNDHOG DAY MARATHON

The inaugural Ground Hog Day Half and Full Marathon scheduled for February 2, 2013 in Grand Rapids is offering members of Kalamazoo Area Runners a \$5 discount upon registration. The unique discount code is included in *The Rundown* email or may be requested by contacting Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) or Chris Huff at [christine.huff@kalamazooarearunners.org](mailto:christine.huff@kalamazooarearunners.org).

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## Kalamazoo Area Runners Fanwear Store

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



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

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

[Click here to begin shopping](#)

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

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## Yes, there really is a Kalamazoo Area Runners Facebook Group



Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Group. Yes, Kalamazoo Area Runners has 446 members on our Facebook® group, and as we recruit more of you to join, we hope to expand the use of our social media forum.

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## Next KAR Board Meeting is November 5, 2012

The next KAR Board Meeting is November 5, 2012 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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## Kalamazoo Area Runners Leadership Opportunities

Many hands make light work and we need your involvement. Kalamazoo Area Runners has the following opportunities available. Share your time, talent and passion for running by serving on the KAR Board or in another leadership position.

### ***Vice President of Marketing***

Following Karen Townsend's relocation to Chicago, we have a Board opening for an interim **Vice President of Marketing**. The position requires regular attendance at KAR Board Meetings (held the first Monday of the month at 7:30pm) and oversight of our marketing function. A job description with more information is available upon request.

### ***Kalamazoo Klassic Committee***

We are seeking to expand the **Kalamazoo Klassic Committee** in anticipation of the 35th Anniversary Celebration June 14th and 15th, 2013. Serving on the Kalamazoo Klassic Committee involves the following:

- Regular attendance at planning committee meetings. We will hold a kick off meeting October 2012, and will meet monthly beginning January 2013 for a total of 6-8 meetings. Currently the committee meets the 2nd Tuesday of the month at 5:30pm at MRC Industries, Inc. (this may change based on initial committee discussion)
- Assignment of an area of responsibility (refreshments, awards, aid stations, course logistics, parking logistics, facilities, spirit stations, finish line, starting line, etc).
- Availability to volunteer entire race weekend (Friday afternoon/evening June 14, 2013 and Saturday morning June 15, 2013)

### ***Borgess Health and Fitness Center, Group Run Directors (Single Digit & Double Digit)***

We are seeking to expand the Wednesday Night Runs from Borgess Health and Fitness Center by recruiting a double digit **Group Run Director** to run with newer runners and or those training for shorter distances. In addition, we are recruiting a single digit group run director to take over Steve Rice's responsibilities and run with those training for longer distances. Both directors would work together on communications, encouraging runners, planning routes, hydration, socials and providing coverage for the run. A job description is available upon request.

To learn more or express an interest in any of the above leadership opportunities, please contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

## **Running Community News**

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### **Good Form Running**



Good Form Running is an opportunity to decrease the likelihood of running related injuries. Four simple steps can keep you on the road, helping you run longer, faster and more comfortable. This FREE weekly clinic presented by Gazelle Sports is a great tool for runners of all abilities. Have you checked in with your form today? Sign up at [www.GazelleSports.com/goodformrunning.php](http://www.GazelleSports.com/goodformrunning.php)

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# Training Programs and Group Runs

## Beyond Half and Full Marathon Training Program Begins In January 2013; Registration is now OPEN!



Beyonders enjoying an early spring run in preparation for the Boston and Kalamazoo Marathons

Registration for the 2013 KAR Beyond Marathon and Half Marathon Training Program is now OPEN! You've experienced the Safari! You've experienced Fast Track! Now see what lies Beyond...

Beyond is a 17 week winter training program geared to get you ready for the Boston, Kalamazoo, or other spring marathon or half marathon. Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a training program tailored to fit your needs. Several exciting improvements are planned for this winter's edition of Beyond. It's not too early to mark your calendars, as registration will open in early October, the Beyond Blast Off Party is scheduled for Tuesday, December 11th, and the first group run will be Saturday, January 5th. Visit [www.karbeyond.wordpress.com](http://www.karbeyond.wordpress.com) for more information and registration. Contact Steve Rice at [steve.rice@kalamazooarearunners.org](mailto:steve.rice@kalamazooarearunners.org) for questions.

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## Borgess Run Camp Registration is OPEN

Online registration is open for Borgess Run Camp, and this year's theme is "A World of Good." This 20-week or 13-week camp for marathoners, half marathoners and 5K (13-week only) has just enough

organization not to spoil the fun. Camp infrastructure includes exposure to expertise (including physicians and physical therapists), plenty of detailed information (including maps, training guides and clinics), ongoing communications, hydration on the training runs, post-run food and ways to meet new people and develop new interests. It's a different world, for sure. Learn more and sign-up at [www.borgessruncamp.com](http://www.borgessruncamp.com).

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## Organized Group Runs

Kalamazoo Area Runners hosts eight 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*

#### **Wednesday Night Runs at Borgess Health and Fitness Center**

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

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **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 **Sherri Enlow** at [senlo38@chartermi.net](mailto:senlo38@chartermi.net) to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **Wednesday Night Runs – Maple Street Magnet School**

Wednesday evenings at 6:00 pm from the Maple Street Magnet School for a variety of distances. We park in the lot that is located furthest west and at the base of Maple Street hill. One water stop is provided on the route. Contact **Laura Ferrara** at [lferrara@yahoo.com](mailto:lferrara@yahoo.com) for more information and to be added to the distribution. All paces are welcome.

***Volunteer Program Event – 20 Points to Drop Aid Stations***

#### **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 **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org) or **Teri Olbrot** at [teri.olbrot@kalamazooarearunners.org](mailto:teri.olbrot@kalamazooarearunners.org) to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.



## **The Urban Herd**

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

## **The Dirty Herd**

FREE trail runs on Sunday afternoons at 4:00pm at Al Sabo Preserve. 2-8mile fun runs; you choose your distance. No need to register—just come when you can and join anytime. For more information, contact Tim Martin at [tmartin@gazellesports.com](mailto:tmartin@gazellesports.com)

## **Battle Creek**

### **\*\*\*Time and Location Change\*\*\* Sunday Runs from Cutie Pie Café**

The Sunday runs from Cutie Pie Café have changed from 7:30 am to 2:00pm and now meet at a variety of locations. Please bring your own hydration. All paces welcome; distances vary. Contact **Brett Hall** at [anosmic.runner@gmail.com](mailto:anosmic.runner@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

### **Tuesday Morning Runs from Battle Creek YMCA**

Tuesday morning runs from Battle Creek YMCA at 8:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at [anreelca@gmail.com](mailto:anreelca@gmail.com) for more information and to be added to the email distribution. Runs meet weekly.

### **\*\*\* On Hiatus\*\*\* Wednesday Evening Runs from Lakeview High School**

Wednesday evening runs from Lakeview High School at 5:45pm are currently on hiatus. Please bring your own hydration. All paces welcome; distances vary. Contact **Chuck Zahnow** at [crzahnow@gmail.com](mailto:crzahnow@gmail.com) for more information and to be added to the email distribution. Runs begin February 22 and meet weekly.

### **Thursday Nights at Riverside Elementary School/Various locations**

**\*\*\*Change in Location\*\*\*** Thursday evenings at 6 p.m. leaving from Riverside Elementary School on the 1st and 3rd week; 2nd and 4th week meets at other locations in town for a change in scenery. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at [smdemarest@gmail.com](mailto:smdemarest@gmail.com) or Beth St. John at [Beth.StJohn@kalamazooarearunners.org](mailto:Beth.StJohn@kalamazooarearunners.org)

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## **Greater Kalamazoo Group Run and Training Program List**

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

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## **Club Member Corner**

### **New Member Welcome**

During the month of October the Kalamazoo Area Runners added 49 new members. Join the Executive Board in extending a warm welcome to the individuals below.

Flachs	Rachel
Van herck	Marjan
Vanderwater	Brett
Moreno	Catalina
Puetz	Jeremiah
Hinga	Kelly
Owen	Cindy
Oberheim	Christina
Puetz	Jeff
Bland	Megan
Harmelink	Matthew
Harmelink	Susan
Harmelink	Sarah
Carney	Joe
Carney	Mike
Payerle	Don
Payerle	Donna
Payerle	Ryan
Payerle	Eric
Witters	Kelli
McKay	Melissa
Buckhannon	Jana
Schillaci	Tyson
Schillaci	Heather
Tuttle	Lynette
Tuttle	Mike
Tuttle	Jake
Tuttle	Jorie
Tuttle	Anna
Wickremasinghe	Mel
Wickremasinghe	Dylan
Wickremasinghe	Kyle
Wickremasinghe	Vishak
Halley	Michelle
Halley	David
Simmering	Mary Anne
Simmering	Brett
Simmering	Gabe
Lait	Barbara
Rome	Steve
Abbott	Steve
Burnson	Eric
Bushnell	Paul
Clow	Pauline

Darby	Karen
Lam	Laura
Philip	Ryan
Weller	Megan
Brammer	Tania

## Featured Member Articles – Introducing Marie Billen

### Just Another Runner’s Story – Never Say Never!

*“Never say never!” --- Marie Billen*



Marie Billen pictured with her daughter after running the 2012 Chicago Marathon

For anyone who has spent more than a few years running, a temporary hiatus from the daily routine is common place. As a male, when I think about why an individual would be forced to take some time off from running, my first response would be an injury. Injuries may not always be the cause of a break from running however. For the female athlete, pregnancy often leaves the dedicated runner longing for her daily routine as running may be put to a halt or scaled back for a few months during

the pregnancy and a recovery period after the pregnancy. The impact that pregnancy may have on any female runner varies, but ultimately running intensity and mileage will have to be altered during this time. Such was the case for this month's KAR featured member, Marie Billen. Fortunately coming back to running after some time off is much like riding a bike. Some muscles may need to be re-acclimated, endurance and speed may have to be built up again and patience must be adhered to, but muscle memory prevails and the thrill of running returns.

Marie's running story began back in the UK in 2006 when she and her two friends, Hana and Tobias committed to a 10K race. The trio was hooked and ended up completing three half marathons in the next eighteen months. Marie and her husband (-to-be) Denis moved from the UK to Kalamazoo in 2008 where she scaled back her running but continued by running easy on the weekends. Her running picked up again during the summer of 2010 when she signed up to train for a half marathon with the Gazelle Safari training group. She changed her mind with a little peer pressure from her friends a few weeks into the training program and jumped in feet first by committing to and running her first full marathon in the fall of 2010.

Marie became pregnant the next summer and began the process of adjusting her running three months into her pregnancy. After still being able to run her normal speed and even place in a couple of 5K races that summer, she had to run the 2011 Holland Half Marathon at a slower than usual pace, three and a half months into her pregnancy, as advised by her doctor,. The slower pace didn't seem to bother Marie. "I thoroughly enjoyed the experience of still being able to run long distances, even if pregnant. I had a 'Baby On Board' bib on my back, which triggered many sweet comments from fellow runners - it was so cool! ☺ That half ended up being a PR for my slowest time, but also for the number of potty breaks! (4 - I had never had to stop during a race before!)"

When Marie was five and a half months pregnant she ran the Space Coast Half Marathon in Florida. Several bathroom stops and walking breaks brought her across the finish line in 2:39. From here she really had to scale back her running. "From then on until the end of my pregnancy I had to slow down and take it easy, only running a few miles here and there, until I gave birth to a beautiful daughter, Amelia, in early February. I started running again around 4 to 6 weeks after the birth; so I was off running for just 3 months, but I really missed running and my running group during that time. I couldn't wait to get back into it!"

Marie's road back to running began in March, a month after Amelia was born. Things were not all peachy at first. Her comeback was often difficult and frustrating at first but her love for running kept her going. "When I started running again, in March, I felt of course super slow, very heavy and found it really frustrating to be exhausted after running just 1 mile at 12:00 min/mile (when I had run 26 miles at 7:48 pace just 10 months before, at Bayshore). But run after run, my pace and shape slowly came back, and I was super excited to be able to complete the Chicago Marathon (with my friend Hana who had pushed me sign up to that 10k in 2006!) and Grand Rapids marathon this fall!"

Like most of us, Marie has a difficult time naming one thing that she enjoys about running. "It has brought me so much. It makes me happy, is rewarding, keeps me in shape, and gives me a positive attitude to life. It gave me awesome friends! My favorites are the Saturday morning long runs as it puts me into a good mood for the whole weekend. At races, I love that 'I'm on top of the world'

feeling once you cross the finish. And of course I found out this year that marathon training was also the quickest way to recover from a pregnancy!’

Although running is a joyous activity for all of us there are aspects of running that are not necessarily desirable. Marie was able to identify a few of the things associated with running that she could do without. “Running in the dark when you can’t see a thing, or in heavy rain/lightening/thunder (and especially running into a big puddle of water and having soaked feet for the remainder of the run - but it still beats the treadmill any day! ☺) “

Marie lists Dean Karnazes as her top running mentor but her list of mentors goes far beyond this. “Fast runners make me want to push myself to run faster, older runners make me hope that I have another 50 years of running in front of me! ;- ) I find seeing runners with prosthetic legs, those pushing another person, or cancer survivors, during a race always inspirational. But in effect, all runners are inspiring.” I couldn’t agree with Marie more in her assessment of all runners being inspiring.

Marie and her husband Denis are originally from Belgium. She works from home as a market researcher. She absolutely loves it when Denis and their amazing eight month old, Amelia are waiting for her at the finish line.

I absolutely love Marie’s advice for other runners. ” Never say never! Two years ago, I had no interest in getting married, having a baby, or running a full marathon... and now I have done all of this, and the last couple of years have without a doubt been the most enriching years of my life! Also before I joined the Gazelle Safari training I thought I didn’t like the idea of getting up early on a Saturday morning to go running... and now I always look forward to kicking off the weekend with a nice long run with my fellow runners!”

Like many marathon runners, Marie’s most memorable running moment is finishing her first marathon. Short term, Marie is ready to rest her legs as she looks forward to training with the Beyond Training group this winter. Her long-term running goal will have to wait a few more years. “Long term: I can’t wait to run with my daughter one day (as soon as she can walk I hope ☺), and in the very long term, maybe run a marathon with her one day!?” I’m sure it will be worth the wait.

If you ask any die hard runner, most would say that having to take an extended break from running is the thing that they fear the most. Whether the cause of a running hiatus is due to an injury, pregnancy or some other unavoidable circumstance, the sweet taste of running again is enough to satisfy the months of craving while on break.



*Everyone has a story. Stay tuned next month for another runner's story. As a writer and a writing teacher my philosophy is that everyone has a story. If you know of a KAR member whose experiences would make a good running story please contact me at [gale.fischer@kalamazooarearunners.org](mailto:gale.fischer@kalamazooarearunners.org) with a brief synopsis of their story. Please contact this individual prior to contacting me to make sure that they are fine with me writing an article about them. Also include the individuals contact information.*

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## **Kalamazoo Area Runners at the Sleeping Bear Half and Full Marathon**

Seven members of the Kalamazoo Area Runners ran the Sleeping Bear Half and Full Marathon, with five winning age group awards: In the full marathon: **Sherri Mann (2<sup>nd</sup>)**, **Anna Moss (2<sup>nd</sup>)**, **Ben Siems (2<sup>nd</sup>)**, and **Mark Sigfrids (1<sup>st</sup>)** and in the half, **Steve Rice (2<sup>nd</sup>)**. Congratulations to all of our finishers, and visit the link below to view full KAR results.

[Click here for the Sleeping Bear Half and Full Marathon Results](#)

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## **Kalamazoo Area Runners at the Chicago Marathon**

Twenty-five members of the Kalamazoo Area Runners ran the Chicago Marathon. Although you have to be running at the elite level to win age group honors in Chicago, **Gordon Greenland**, **Chris Sizemore**, and **Brandon Van Dusen** were among those generating brand new PR's. Congratulations to all of our finishers, and visit the link below to view full KAR results.

[Click here for Chicago Marathon Results](#)

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## **Kalamazoo Area Runners at the Grand Rapids Half and Full Marathon**

The Grand Rapids Marathon is typically the best attended fall half and full marathon by KAR, and 2012 was no exception. One hundred, twenty-three half and full marathoners competed in the 2012 event. **Peggy Zeeb** won 2<sup>nd</sup> place masters female in the marathon with a very fast 3:18:28 and **Barbara Cooper** finished 3<sup>rd</sup> in her age division in a 4:05:24. In the half marathon, **Joe Reitz** finished 2<sup>nd</sup> in his age division with a PR 1:19:12. Congratulations to all our Grand Rapids Half and Full Marathon finishers:

[Click here for Grand Rapids Half and Full Marathon Results](#)

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## Kalamazoo Area Runners at the Detroit Marathon

We weren't able to extract our Detroit half marathoners due to the number of finishers and limited download functionality, but data management whiz Joe Hulsebus was able to capture our Detroit marathoners. Twenty-seven members of Kalamazoo Area Runners completed the 26.2 mile course capturing the Ambassador Bridge, Detroit-Windsor Tunnel and Belle Isle. Four KAR ladies finished in the top 20 overall, each earning personal records along the way. **Michelle Grevenstuk** attained semi-elite status, finishing 5<sup>th</sup> overall female and age division winner with a 3:02:05. **Lauren MacVicar** finished 9<sup>th</sup> placed overall with a 3:09:00, **Leslie Scheffers** finished 17<sup>th</sup> overall and first in her age division with a 3:14:55, and **Christen McCool** finished 20<sup>th</sup> overall, 3<sup>rd</sup> in her age division, with a 3:19:19. Congratulations to all of our Detroit Marathon finishers.

[Click here to view 2012 Detroit Marathon Results](#)

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## Volunteer Acknowledgements

We couldn't do it without your dedicated efforts and sincerely thank the membership for the level of volunteerism demonstrated this year. 185 Members of the Kalamazoo Area Runners have volunteered for club organized or sponsored events. Who are our volunteer leaders at the moment? **Pat Enlow** is currently in first place with 260 points. In 2<sup>nd</sup> place is **Nikki Gates** with 180 points, and third place is currently a tie between **Aimee Garrison** and **Julie Wojtaszek**, each with 150 points respectively.

[Click here for the latest Patrick Johnson Memorial Volunteer Recognition Standings](#)

Over the next few months, there will be the opportunity to earn a significant number of volunteer points, and give back to the sport of running and the running community. Upcoming opportunities include:

- 2012 Club Series Celebration
- 2012 Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run
- 2012 Run Through the Lights
- 2012-2013 Beyond Marathon Training Program (Team Leaders and committee members receive points in 2013)

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

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