

"A runner must run with dreams in his heart."

-Emil Zatopek

October 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

Recover, Rejuvenate and Celebrate



Costumes galore at the 2012 KAR Turkey Trot Time Prediction Run

By Bonnie Sexton

Over the last couple of months social media was buzzing with excitement as our members shared their many running stories. I observed as some finished a first half or full marathon. Others completed a first 5k or 10k, while others set PR's and attained new milestones. Cross Country season also culminated with the state championship meet at Michigan International Speedway, and southwest Michigan yielded several strong finishes, including the Otsego boys and girls cross country teams.



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Runners set multiple goals for themselves; perhaps a Boston qualifying marathon wasn't in the cards this year, but a new PR was. My milestone this fall was rather spontaneous, as I made a last minute decision to complete my 29th (Wildlife) and 30th (Grand Rapids) marathons eight days apart. This accomplishment qualified me for the Bronze Level of the Marathon Maniacs club (completing two marathons within 16 days). I wasn't alone in my endeavor; KAR member Jeff Baas did the same, and several others completed multiple marathons.

The running accomplishments were diverse, abundant and many. As fall racing season draws to a close, several runners have asked what the best approach is for the coming months, as they wait for winter training programs to begin.

For those who completed a marathon, although it varies depending on the individual, on average it takes about a month to fully recover, a little less for those who have run a half marathon. Some of you attended the *Rock n' Roll Your Training Through Winter* event at the Epic Theater and had the opportunity to hear Mario Fraioli from *Competitor Magazine* speak last week. One of the points he emphasized was the importance of allowing your body to detrain at some point. This doesn't necessarily mean completely ceasing physical activity, but to scale back on your training.

After a marathon, I will typically do very little the week after, and then slowly increase mileage to the point where I am maintaining some base mileage. This is the perfect time to cross train through swimming, biking and other cardiovascular activities. Once recovered, the off-season is the perfect time to begin a strength training program in preparation for the next training cycle. As a college track and field athlete, our coach always had us in the weight room early in the season, building a foundation for the mileage build-up and the speed work that was to follow later.

Those who focused on shorter 5k and 10k distances place aggressive speed work on hiatus. Keep legs fresh with occasional fartlek runs or stride outs. Maintain an easy mileage base and strength train to build a solid foundation for the coming training cycle. For those who are newer to running, and just building your cardiovascular fitness, continue to build your mileage so it aligns with the training program you will be following this winter. For example, if the half marathon training program you would like to participate in this winter starts at 5 miles, make sure you can comfortably run that distance.

KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

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



BORGESS HEALTH AND FITNESS CENTER

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



While training programs are on hiatus during November and part of the month of December, the opportunities to get together for group runs, festive events, and informative clinics are plentiful. Many of these benefit local charities. November 14 is the Kalamazoo Area Runners Club Championship presentation and awards ceremony at Borgess LEC Auditorium. Connect with your fellow KAR members and celebrate the end of the racing season, whether an award winner or not.

Saturday, November 16 is the Running Head to Toe Clinic presented by Agility Physical Therapy and Sports Performance, Gazelle Sports and Kalamazoo Area Runners. Join in for a one hour run at 8:30, followed by a presentation by a panel of experts. The panel will discuss six running "Hot Topics," to help prepare you for your next training cycle. Proceeds for the event benefit the Make-A- Wish Foundation through Team Taylor.

Whether you are a runner or walker, you can join the Kalamazoo Area Runners Team at the Jingle Bell Run Sunday, November 17. The Jingle Bell Run is a fundraiser for the Arthritis Foundation, and your participation will help support the cause.

Thanksgiving Day, November 28 is the Kalamazoo Area Runners Turkey Trot Time Prediction 5k Run, and this year's event will showcase high energy fun and entertainment along with the Traditional Time Prediction 5k Run on the Cross Country course of Portage West Middle School. New this year, awards will be given to the top 25 closest actual to predicted time finishers, and door prizes will be distributed to the crowds by our spirit volunteers. Donations of personal care items (shampoo, toothpaste & toothbrushes) and small toys will be collected for the Portage Community Center, and men's, women's and children's socks will be collected for the Kalamazoo Gospel Mission. Race proceeds benefit Kalamazoo Area Runners.

A week later, Thursday, December 5, is the Run Through the Lights, presented by Gazelle Sports, Kalamazoo Area Runners and Kalamazoo Loaves & Fishes. Proceeds benefit Kalamazoo Loaves & Fishes, and donations of non-perishable food items will be collected at the event.

Saturday, December 7, is the Run Around Gull Lake, hosted by Kalamazoo Area Runners. A long time Kalamazoo Area Runners/Battle Creek Road Runners tradition, this 11.5 mile run begins at the Gull Lake Country Club. Runners may do a shorter out and back if they don't wish to run the full perimeter.

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AGILITY PHYSICAL THERAPY

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

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

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



IN THE ZONE

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



PEDAL BICYCLE

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



December 10, 2013, is the Kalamazoo Area Runners Beyond Half and Full Marathon Training Blast Off Celebration at Borgess LEC Auditorium. Participants learn more about our popular half and full marathon training program, and participate in our famous Yankee Swap where everyone receives a door prize. The Beyond is a program for runners of all abilities who seek to train for a spring half or full marathon. The program runs January through April and targets the Boston Marathon, the Kalamazoo Marathon and the Borgess Run for the Health of It Half Marathon.

Kalamazoo Area Runners doesn't offer its popular Fast Track 5k/10k Training Program during the winter months, and refers members to Borgess Run Camp if they are looking to train for shorter distances. In addition to their popular 5k training program and the new 10k training program, Borgess Run Camp also offers a half and full marathon training program. Last, the SHufflers offer a Jeff Galloway based half and full marathon training program to the local community

Last, Kalamazoo Area Runners continues to offer six organized group runs throughout greater Kalamazoo, Portage and Battle Creek. More information on our group runs and many of the events and programs mentioned above can be found at www.kalamazooarearunners.org, or below in this edition of *The Rundown*.



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.

“So How’s the New Job Going?”

continued...

BRONSON ATHLETIC CLUB

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



DRINK 2 YOUR HEALTH

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



TJ SNYDER MASSAGE OF NV SALON

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



By Joy Mills

“So, how’s the new job going?”

I cannot count the number of times that I have been asked a variation of this question since I assumed my role as the Executive Director of the Kalamazoo Area Runners in mid-September. Family, friends, and members of the organization all checking in to see how the transition is going, how I am adjusting to working from home, and if there is anything that they can do to help me manage the process.

To answer the question, the new job is going very well. I have spent the last month and a half attending dozens of meetings with Board members, functional directors, event committees and other organizational stakeholders. Every day I learn more about the operations and complexity of the Kalamazoo Area Runners – this organization is so much more than I ever realized as a casual member that participated in the Beyond program and used the available discount codes for area races and merchandise at Gazelle. I am continually amazed that until this point in KAR’s history all of the work has been completed due to the love and commitment of an outstanding community of volunteers.

In this month where we take time to give thanks, I would like to express my deepest and sincerest appreciation for the volunteers that have worked to make the Kalamazoo Area Runners the club that it is today – an organization of over 1200 members that offers high quality training programs and running events for the people of the Kalamazoo community. Thank you to the Board Members and functional directors that have put in countless hours to oversee the strategic vision of the Kalamazoo Area Runners and manage the organization. Thank you to the Race and Event Directors and their committees that ensure that our events are some of the finest in the community, and to the members that drop water for weekly group runs. Thank you to those of you that volunteer to man the KAR table at health and wellness fairs, or come out and give a few hours of their time at Turkey Trot or Run Through The Lights. The Kalamazoo Area Runners would not be the largest and strongest running club in the state of Michigan if it were not for your contributions, dedication, and commitment to its growth.

Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.

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Just Another Runner's Perspective The Streak

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

---Plato

By Gale Fisher

League championships, MVP awards and sports highlight reels are just a few examples of what fans and spectators enjoy about their sport of choice. As sports fans we often look to athletes for inspiration with the grace, brute strength and speed of their physical talents dazzling us with disbelief. Individual and team statistics have become the grade book of sorts for athletes as a way to compare these individuals and teams from season to season and generation to generation. Many statistics fall under the category of streaks which can cover multiple years and even decades. One of the most decorated streaks in the history of professional sports comes from one of baseball's golden boys of the 1980s and 1990s, Cal Ripken, who played in 2,632 consecutive games spanning 17 years. Streaks such as these cover the gamut for most all of sports defining what individuals and teams have accomplished on paper.

Running too is known for streaks like any other sport. There are many novice runners who run every day for years and decades at a time in the name of streaking. Although not official, Battle Creek's Harold Mohlman has a streak of his own going. Since the mid 1960s, Harold has averaged five miles a day, six days a week covering the same route for the many of these miles. Generations of Pennfield Township residents have been witness to Harold's streak on their daily late afternoon drive home from work on Pennfield Road. Over the past three years my son Logan and I have observed from the front seat of our car on our drive to and

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from Logan's after school activities. I have lost track of the times that Logan has glanced at me from the passenger seat with a response of, "Here he comes again Daddy" with the silhouette of Harold's short thin frame creeping into sight on the horizon.

My pastor introduced me to Harold a half decade ago at church, knowing that we had a mutual interest as runners. Harold and I have shared a handful of conversations over the years about running but for the most part we have kept to ourselves on the subject. I had always been impressed by Harold's dedication to being active as a runner considering his age although I never really know how old he was. My admiration for Harold jumped a few levels and my curiosity of his running story peaked after he announced a few weeks ago in church that he had just celebrated his 80th birthday.

Harold's commitment to physical activity began back in 1962 when he was required to run a mile as part of a physical fitness test with the Air National Guard. He struggled through this initial mile thinking that he would die before he reached the end. After this eye opening experience Harold vowed to begin a regiment of physical activity never giving his body a chance to become unfit again. A few years into his active lifestyle adjustment, Harold became acquainted with Oskar Menzel, a German fitness guru who had spent time in a German Concentration Camp. Oskar introduced Harold to the world of competitive fitness as he became involved with a number of aerobic activities over the years including swimming and running. Oskar concluded that only one in one thousand individuals who had started a running or exercise program actually stuck with it over long period of time. Harold is definitely not one of the 999.

Although Harold has never attempted a distance longer than 6.2 miles, he has remained a model of consistency over the years. As of 2011 Harold estimated that he had logged enough miles to circle the world twice. Although his streak may make the most dedicated of runners a bit jealous perhaps what most of us might envy the most about Harold is his ability to keep the streak going while avoiding any major injuries. Routine and consistency have helped guide him through five runs each week over the years but perhaps what has aided his dedication the most is the relaxing feeling that comes at the end of each of his runs. Although he prefers warm weather running over logging his miles in cold weather he was only introduced to the treadmill just recently in 2010 when his children purchased one for him after he took a

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spill on the ice on one of his daily January runs. He still prefers to run outside in Michigan's winter conditions but has appealed to his children's request to make use of his treadmill when icy snow covered roads create dangerous conditions for outdoor running. His advice to fellow runners is to run, not trot. Many runners set goals of setting PRs and winning age group awards at races, but Harold just hopes to continue with his steady six day a week streak for as long as possible. I for one look forward to observing the familiar fixture running up and down Pennfield Road each afternoon for years to come.

The condition of Harold's mind, body and soul at the age of eighty may be the result of many factors including genetics and the grace of God, but the employment of an active lifestyle spanning much of his life can claim the bulk of responsibility. He is a model example of what an hour of daily exercise can do for one's health, independence and mobility as a senior. His ability to put in thirty miles a week at his age demonstrates how his years of fitness have rewarded him. When I think of all the times I have seen Harold on the roads near Pennfield High School I can only imagine the number of individuals he has had an influence on in becoming more active just by performing his daily routine out in public view.

As a competitive runner it is all too easy to get caught up in setting PRs and bringing home hardware from local races as an age group winner. A competitive streak is often the fuel that drives most individuals who excel in running or any facet of life for that matter. We race against our running buddies, we race against individuals we do not know and we race against ourselves. What Harold has done day in and day out for the last five decades shows us that without even being aware of it as runners we are also racing against Father Time and the process of aging. Studies show us the importance of regular exercise in the quest to stall the onset of heart disease, diabetes, Alzheimer's and other diseases associated with growing old. Individuals such as Harold who have implemented regular active routines in their lives offer proof to us first hand as well as any study that we might read about. The importance of one's competitive nature as a runner should not be downplayed but it is refreshing to be reminded now and then that there is more to running than finishing ahead of the opposition. To those on the outside of the running circle it is difficult to understand how an hour on the roads each day can provide a sense of euphoria one minute and the next minute calm the nerves. Metaphorically speaking running can be our therapist or it can be our drug. It can help

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prepare us for a good night's sleep or it can be the electrical charge to awake us each morning and get us through the day. Perhaps what we can count on the most from running is that it is our steady companion day in and day out. It is there for us every day to raise us up high when we are sailing low or to bring us back down when our emotions are shooting through the atmosphere. Running can be the great neutralizer that brings balance and accord to our lives every single day. The jubilation of winning a race or completing a distance milestone cannot be denied but when the dust settles and the glory fades away or is put on hold we can still count on running as our comrade each and every day. Seeing Harold on the same stretch of Pennfield Road every afternoon is proof enough for me that a run a day can be a prescription for mental and physical harmony.

KEEP RUNNING!!

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



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

Hot Club News & Events

More than 65 Participants and their Families Participate in the 2013 Kalamazoo Area Runners Halloween Hash Run and Kids- Trick or Treat Hash Run

The 2013 Halloween Hash Run and Kids' Trick or Treat Hash Run, Directed by **Dave and Lorri Walch** provided fun for all ages as more than 65 participants and their families explored the

Event and Program Directors continued

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Texas Drive Park and Al Sabo Preserve on Sunday, October 27, 2013.

The twenty-five participants in the adult hash run explored anywhere from 3 to 4 miles of technical trail, depending on how successful they were at navigating the true and false trails of the mazelike course.



Forty-three children age twelve and under and their parents participated in the Kids' Trick or Treat Hash, searching for candy throughout the

Texas Drive Park. Spiderman, Harry Potter and friends, the Lone Ranger and Tonto, a duck, a surgeon, a dragon and Frankenstein were just a few of the many characters that could be found in the park on Sunday afternoon.



And then there was the banana...



Sincere thanks to the many participants and their families, volunteers and businesses for making the 2013 Halloween Hash Run possible. Serving as Race Directors were **David and Lori Walch** and volunteering for the event were **Andrea Nixon, Bonnie Sexton, Paige Sexton, Kathy Alizo, Alec Williams, Maggie Mills and Joy Mills.**

Refreshments and prizes were thanks to the generosity of **Great Harvest Bread Company, Sweetwater's Donut Mill and Verhage Orchards.**

KAR Membership Discount Codes

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

<i>Event</i>	<i>Date</i>	<i>Discount</i>	<i>Restrictions</i>
KAR Turkey Trot Time Prediction 5k Run	11/28/2013	\$5	
Tinsel Toes 5k (Battle Creek)	12/14/2013	\$5	
Ground Hog Day Marathon	2/2/2014	\$5	

KAR Winter Blast Half Marathon	3/2/2014	\$10	1,500 cap
KAR Winter Blast 5k	3/2/2014	\$5	
KAR Beyond Training Program	Jan-April	\$5	Membership +Registration

Run Around Gull Lake December 7, 2013



FREE TO THE RUNNING COMMUNITY: Join us for an annual Kalamazoo Area Runners/Battle Creek Road Runners Tradition. The Run Around Gull Lake will once again start from the Gull Lake Country Club thanks to KAR member **Don Morris**. The 11.5 mile run (those doing shorter distances can opt to do an out and back) will start from the Gull Lake Country Club, 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 for more information or to volunteer.

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

Club Championship Series Awards Ceremony and Dessert Party Thursday, November 14, 2013 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 14, 2013 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2013 racing season highlights and honor the top three Club Championship winners within each age division. This 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 2013 racing season.

[Click here to RSVP by Friday, November 8, 2013](#)

VOLUNTEER OPPORTUNITIES:

Earn 10 KAR volunteer points and have fun at the same time. Volunteers are needed for the following Club Championship Series Party opportunities:

5:30 – 6:30	Set-up	2 Volunteers
6:00 – 6:30	Registration/Check-In	2-3 Volunteers
Immediately following event	Tear down	2 Volunteers

For more information or to volunteer, contact **Amy Clark** at amy.clark@kalamazooarearunners.org

BORGESS HEALTH



Join us for Running Head-to-Toe “Are you Ready” Workshop sponsored by



Saturday, November 16 from 10:00 am - 2:00 pm

Hospice Care of Southwest Michigan

222 N. Kalamazoo Mall #100

The workshop is \$20 per individual

Register at: www.Signmeup.com/96352

Proceeds are going to the Make A Wish foundation – Team Taylor

*Join us at 8:30 for a pre-clinic run and breakfast
refreshments provided by Kalamazoo Area Runners*

Experts talk about the hottest topics in running



We have assembled a panel of Southwest Michigan’s “elite” experts in their field of care to discuss all the “Hot Topics” related to running.

Tom Goodwin, DO, Sports Medicine Fellowship Trained Physician:

The Running Doc: Motrin or NOtrín...The Use of NSAIDS While Running.

Scott Miller, PT, MS, SCS, CSCS, Board Certified Sports Clinical Specialist:

Smart Running Solution: Self-Assessment and Functional Corrective Exercises

Rob Lille, General Mgr. of Gazelle Sports Kalamazoo and Owner of Lillie Training and Inspiration:

How to Stay Safe and Warm While Running this Winter

Kristin Fiore, Certified Yoga Instructor RYT 200 and Owner of Live Love Yoga:

Strength and Stretching Through Yoga for Runners

Lexie Timpson, MS, RD, CDE, Registered Dietitian/Sports Nutrition:

Analysis and Pros/Cons of the Common Gels and Supplements for Endurance Activities

Zach Parson, CrossFit AZO, Endurance Coach:

The Importance of Cross-training for Runners

Arthritis Foundation Jingle Bell 5k Run Join the Kalamazoo Area Runners Team!

**Sunday, November 17, 2013 at 2:00pm
Portage Celery Flats**



The Arthritis Foundation Jingle Bell 5k Run is scheduled for Sunday, November 17 at 2:00pm at Celery Flats in Portage.

Kalamazoo Area Runners is organizing a fundraising team and would like to invite you to join us in supporting the Arthritis Foundation. Members that participate as a KAR Jingle Bell Run Team member will receive a “Team KAR” shirt on a first come, first serve basis. Your race entry fee counts towards our team total.

Joining the KAR Team is easy an easy two – step process:

1. Email **Joy Mills** at joy.mills@kalamazooarearunners.org with your t-shirt size
2. Register online via the [Kalamazoo Area Runners Jingle Bell 5k Run Home Page](#)

The Arthritis Foundation is the leading health organization addressing the needs of some 46 million Americans living with arthritis, one of the nation's leading causes of disability.

Founded in 1948 and headquartered in Atlanta, GA, the Arthritis Foundation has multiple service points located throughout the country. The mission of the Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

We're the largest private, not-for-profit contributor to arthritis research in the world, funding more than \$450 million in research grants since 1948. Together, volunteers and staff have helped individuals take control of arthritis by:

- providing public health education
- pursuing public policy and legislation
- and conducting evidence-based programs to improve the quality of life for those living with arthritis

Information about arthritis and the Arthritis Foundation is available at www.arthritis.org.

Register Now for the Inaugural Tinsel Toes 5K

Where the ugly Christmas sweater and running shoes unite!



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

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

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

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

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

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

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



Registration is now OPEN! Kalamazoo Area Runners and the City of Portage are pleased to announce the field limit for the 2nd Annual Winter Blast Half Marathon has been increased to 1,500 spots. Join us in this extraordinary community celebration of health and wellness as Kalamazoo Area Runners and the City of Portage present the 2nd Annual Portage Winter Blast Half Marathon and 5k. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, March 2, 2014. 5k start is at 8:00 am and the half marathon start is 8:10 am.

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

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

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

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

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

Registration is now OPEN for the 2013 Thanksgiving Day Turkey Trot Time Prediction Run

Presented by Kalamazoo Area Runners
November 28, 2013, @ 9:00 am
(Check in and Late Registration 5:30 – 6:00 pm)
Portage West Middle School
7145 Mooresbridge Road
Portage, MI 49024



- Ready for something entirely NEW!!! Join us for a Thanksgiving Day Turkey Trot Time Prediction 5k Run transformation!!! Kalamazoo Area Runners is injecting extreme energy and excitement to create a holiday experience you won't forget. The 2013 Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held on the cross country course at Portage West Middle School (7145 Moorsbridge Rd, Portage, MI 49024) at 9:00am on Thanksgiving Day, Thursday, November 28, 2013. There will be pre- and post-race entertainment in the cafeteria and auditorium starting at 8:00am.

Packet Pick-up and late registration will be held at the following times and locations:

- NEW! Portage YMCA A-frame building Wednesday, November 27, 2013 from 5:00 – 7:00pm
- Thursday, November 28, 2013 in the Portage West Middle School gym from 7:00-8:30am

No watches or other timing devices, bicycles, roller blades, dogs or strollers are permitted in this unique event. Cut off finish time to be included in official results is 40 minutes. More than 100 fun holiday themed and running related door prizes will be distributed by our holiday entertainers to participants in the cafeteria and auditorium at 10:00am sharp. Must be present to win.....and enjoy the full experience.

Event is \$15 (no shirt) for those who pre-register by Monday, November 25 (\$15 individual/\$50 family cap) and \$20 (no shirt) for late/race day registration (\$80 family cap). Long sleeve technical

shirts may be purchased for an additional \$20 for those who pre-register by November 20, 2013. Cash and checks made out to Kalamazoo Area Runners only. No credit/debit cards race day. No Transfers or Refunds.

Once again we will be suggesting donations for local charities serving individuals in need through the Kalamazoo Gospel Mission and the Portage Community Center. We will be collecting men's, women's and children's socks for the Kalamazoo Gospel Mission, or toothpaste, toothbrushes, shampoo or a small toy for the child for the Portage Community Center. Participant with the largest donation will receive a special prize. Proceeds from registrations and additional online donations will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day donations may be designated directly to your choice of the 3 benefiting organizations.

More information, registration and volunteer opportunities can be found at www.karturkeytrot.wordpress.com.

Run Through the Lights 5k Fun Run



Join Gazelle Sports, Kalamazoo Area Runners and Kalamazoo Loaves & Fishes for a festive run through the holiday lights of downtown Kalamazoo. Run Through the Lights is an untimed, non-competitive, 5K fun run and everyone is invited. The event will be held at Gazelle Sports Kalamazoo at 6:30pm on **Thursday, December 5, 2013**. All race proceeds benefit Kalamazoo Loaves & Fishes, the largest food assistance provider in Kalamazoo County and fed over 126,000 individuals last year. There will also be special contests with fabulous prizes to be won. Don't miss the post-run events including refreshments, snacks, and awesome door prizes. Race shirts will be for sale at Gazelle Sports in the days leading up to the event.

In the spirit of giving, we also ask that you bring a non-perishable or canned food item(s), which will be donated to the Kalamazoo Loaves & Fishes. Please bring food and/or monetary donations with you to the event. Representatives from the charity organization will be there to collect donations. Last year we gathered 1,849 lbs. of food for Kalamazoo Loaves & Fishes and we are looking to collect more in 2013. Please make a difference for your neighbors in need and help us reach our goal! For more information on the event and volunteer opportunities, visit <http://www.gazellesports.com/RTTL/>.

Leadership Team Changes

The Kalamazoo Area Runners would like to wish a warm welcome to several leadership team members is Battle Creek. **Lisa Piper-English** and **Michele Babcock** have joined **Stephanie Demarest** as co-directors of the Tuesday evening group runs from Riverside Park, and **Matt Santner** has joined **Jill DeLong** as co-director of the Sunday afternoon runs in Battle Creek. Sincere thanks to Lisa, Michele and Matt for joining the Kalamazoo Area Runners Leadership Team.

We wish to extend a fond farewell to **Stephanie Sabin**, who has announced this will be her final year as KAR Director of the Run Through the Lights. Stephanie has instrumental in the event's growth from a small grass roots organization to a major community event of more than 1200 participants. Sincere thanks to Stephanie for her exceptional levels of volunteerism and leadership over the past four years. **Andrea Nixon** will be shadowing Stephanie this year, and will assume responsibility as KAR Director for the 2014 event.

We also wish to extend **Beryl Siegal** a fond farewell as Director of Online Registration. Beryl assumed responsibility for setting up our SignMeUp accounts following **Julie Wojtaszek's** relocation. We sincerely thank Beryl for her committed service to KAR and for quickly learning the complexities of our online registration system. **Joy Mills** will be filling in until a replacement is found, and **Brian MacDaniel** of Macs Sports Timing/Great Lakes Championship will set up online registration for KAR events contracting with them for timing services.

Volunteer Leadership Team Opportunities

BOARD POSITIONS

Vice President Marketing and Communications

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

COMMITTEES

Kalamazoo Klassic 5k and 10k Planning Committee

The Kalamazoo Klassic 10k & 5k, directed by **Bonnie Sexton** and **Carole Bolthouse** has an opportunity at this time for a committee member to serve as volunteer coordinator. Position requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend (June 13 & 14, 2013).

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

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

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

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

TEAM CAPTAINS

American Heart Association Walk/5k Run

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

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

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

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



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

[Click here to begin shopping](#)

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

Yes, there really is a Kalamazoo Area Runners Facebook Group



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

Next KAR Board Meeting is January 6, 2014.

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

Running Community News

October 1, 2013

SPEND YOUR SPRING COACHING HIGH SCHOOL

TRACK AND FIELD

At Galesburg-Augusta HS

Description: Two positions are available coaching the Galesburg-Augusta High School track and field team during the 2014 season. Part-time positions may be available to accommodate scheduling conflicts such as a college student's class schedule.

We are looking for candidates with previous experience as a coach or athlete. We are looking for candidates to coach ANY track and field event--sprints, distance, throws, jumps, or hurdles.

Hours: Seasonal--Availability is required during the regular season which runs from mid-March to the first weekend in June. Availability during pre-season workouts is preferred (January-March). Practices are M-F from 3:30-5:30. Meets are typically on Tuesday and Friday afternoon/evenings.

Compensation: Seasonal stipend

Applying: Those interested in applying may apply online at www.g-aschools.org or may send a resume to athletic director Mike Woodard at mwoodard@gacsnet.org. Please contact Coach David Hocker at dhocker@gacsnet.org or 269-598-5951 for additional questions.

This posting was created on October 1 and will remain open until filled.

Galesburg-Augusta Community Schools is an equal-opportunity employer.

Paw Paw Rotary Santa Run

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

Location: Paw Paw Middle School

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

Register online at www.PawPawRotary.com

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

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

Questions? Contact pawpawsantarun@gmail.com

Training Programs and Group Runs

Kalamazoo Area Runners Group Runs and Training Programs



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

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

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

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

Wednesday Night Runs at Portage YMCA

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

Wednesday Night Runs – Maple Street Magnet School

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

Thursday Night Runs - Portage YMCA

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

The Urban Herd

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

The Dirty Herd

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

Battle Creek

Battle Creek Sunday Runs – Riverside School/Park

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

Matt.Santner@kalamazooarearunners.org.

Tuesday Morning Runs from Battle Creek YMCA

*****ON HIATUS OCT 22 – OCT 29***** Tuesday morning runs from Battle Creek YMCA at 9:00 am. Please bring your own hydration. All paces welcome; distances vary. Contact **Renee Mercer** at anreelca@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

*****NOTE NEW LOCATION*** Tuesday Nights from Panera Bread**

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

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



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

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

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- Blast Off party and orientation featuring our famous Yankee Swap door prize drawing.
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

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

Club Member Corner

New Member Welcome

During the month of October, KAR added 43 new members. Please join the Kalamazoo Area Runners Leadership Team in extending a warm welcome to the new additions to our running family:

Christine	Behrens
Todd	Buchanan
Connie	Button
Zoey	Carnes
Christine	Croy
Toni	Daniels
Brittany	Fisk
Hunter	Fisk
Bella	Fisk
Grant	Fletcher
Stephen	Goss
Justine	Griffin
Kerri	Haist
Matthew	Haist
Susan	Hubert
Stephanie	Klumpp
Samantha	Lamorandier
Suzanne	Liddell
Erin	Lumbard
Sherrie	Mann
Kristin	Marschner
Dan	Marschner
Ingrid	McGuire
Ken	Mohney
Sonya	Moyle

Dan	Moyle
Ava	Moyle
Kaitlyn	Olsen
Mike	Powell
Jessica	Rickli
Jason	Rickli
Sue	Rickli
Rick	Rickli
Joe	Shaler
Jessica	Slager
Samantha	Smith
Janice	Soltis
David	Steves
Colleen	Steves
Laura	Stuchell
Carrie	Webber
Marc	Webber
Ethan	Wickremasinghe

Just Another Runner's Story – Jane Rolfe Bouncing Back

Man is so made that when anything fires his soul, impossibilities vanish.

---Jean de la Fontaine



Jane Rolfe is pictured on the right

Throughout its history running has been associated largely with being an individual activity. This image still holds true today in a large capacity with sights of runners pounding out miles individually any given hour, during any given day on any given stretch of road. Even with its solitude nature

running today holds an integral group component. Today's running community survives to some extent much as our world does through the circle of life. One runner may provide mentoring, guidance or inspiration for other individuals and beyond. Those runners in turn do the same for others while this coaching and inspiration life line makes its way around the circle only to pick up steam before looping around again. As participants in this circle we are well aware of the part we play on the receiving end but I am sure that many of us are unaware of the role we play on the giving end of this circle. This month's featured member, Jane Rolfe has provided this guidance and inspiration to me personally over the years so often that I have lost count. As a runner experiencing success over the years there have been times when it has been all too easy to forget about those who share in the credit for my successes. Being witness to what Jane has done over the years has been part of what has helped to keep my ego in check with her example of the positive impact of one's overwhelming love and passion for a sport. This passion can drive the individual from within but its influence can also create a beneficial ripple through the running community as a whole.

Jane's running story began back in 1988 after twenty eight years of smoking. She replaced a negative habit with a positive habit filling the void with aerobics, some swimming and a little running. Her running picked up steam ten years later when she was introduced to the Battle Creek Roadrunners at the Arbor Dash 5K race. She came out to the next group run which ignited her passion for running. "I went there and met a lot of nice people who had been runners for a long time. They helped me with running and we would do track work once per week and then meet on Sunday's to run. At that time I met Gale Fischer, who has remained a great mentor and a wonderful friend." Jane's knowledge of track workouts, tempo runs and long runs grew with the guidance of her new circle of friends but their expertise of running went well beyond the physical aspects of how to train. "I will never forget Chris Thomas was at our first winter run and couldn't believe all the clothes I had on. Chris explained that I would get a lot warmer when I ran and she was right. The learning process of how to dress for running began with that initial run with Chris."

Jane's new running group encouraged her to run her first marathon. "I couldn't believe that they were telling me that I could run a marathon. With the group's encouragement I ran my first marathon in 1999 in Chicago. There were thirteen of us. After I crossed the finish line I said I will never do this again. I have done five marathons since then."

Jane found it difficult to choose just one thing that she liked most about running. "There are so many things that I like about running. Running with a group, running with one person and days when I need to be alone with my own thoughts. So there are many choices when running." Jane cherishes the freedom that comes with running. "I love to be outside no matter what time of year. Each season is beautiful to be one with. The winter is a bit more challenging, but with a fresh layer of snow one can feel like they are in a winter wonderland. I love the feeling of being able to choose where I want to run, the distance and how I want to run." Jane's words really sum up how running is different than most other sports. For individuals who choose to run there are truly no restrictions.

Perhaps what Jane appreciates most about running is the running community. "For me running has been a very important part of my social life. I have done the groups with KAR. I'm not sure how many years, but when I started there were about five of us that would car pool to Kalamazoo. At that time, there were maybe twenty runners in the group. I love the fact that I have met so many great people over the years. To me this is very important." With Jane's words from her heart about the

social aspect of running it is obvious that she is part of the running community's circle of life. Jane lists me as one of her running mentors. "For three or four years Gale and I would run once per week at five AM in Battle Creek. Gale would push me and at that time my running was the best it has ever been." I may have pushed Jane but she also pushed me during those five AM runs with her love and passion for the sport of running rubbing off on me through our conversations as we ran the streets of Battle Creek on those early Tuesday mornings. Jane has found inspiration and mentorship through many other members of KAR including famed members Francine Bangs and Julie Hoffman. Through the years Jane has spoken of Francine and Julie on many occasions as her rivals. Even though Jane has considered Julie and Francine her competition they have both earned her deepest respect and admiration.

Jane retired eight years ago as a probation officer in Allegan. She commuted from Battle Creek to Allegan each day for work while heading over to the east side of the state on many weekends to spend time with her family. It seems that her car has put in as many miles as she has. Although her kids live on the opposite side of the state it seems that they have made running a family affair. She has two sons, two daughter-in-laws and four grandchildren. Both of her boys and one of her daughter-in-laws had been recreational runners in the past. They had given up on the sport temporarily but witnessing their mom complete her first marathon in Chicago in 1999 brought them back to running. "My sons and one daughter-in-law have all run the Boston Marathon. My grandson ran cross-country and track in high school. When I would visit him and I was training for something he would always ride his bike with me. He was probably around nine or ten years old. I believe from that he learned to love the sport. My granddaughter started running more last year and ran the WMU 5K with her dad." In the conversations that I have had with Jane over the years it is obvious to me that she is very proud of her family.

Perhaps what impresses me the most about Jane is her determination to come back to the sport despite layoffs from her many injuries. Jane's first encounter with injuries came in 2000 when she fell down a flight of stairs. "I remember thinking that I was going to die as I tumbled down the flight of stairs. I had no broken bones which I credit to being fit. Jane also fell in January of 2004 on one of her five AM runs with me. Her foot clipped a chunk of ice and I can still visualize the image of her bounding forward trying to catch her balance. I reached to try to stop her fall, but there was nothing that either of us could do. The x-rays in the ER showed a broken bone in her upper arm. The doctor told her to forget about running in the future but this only fueled her desire to run. While on a Christmas themed run in Battle Creek in December of 2008 Jane slipped on the ice and fell again but this time her future in running seemed very grim. Her initial diagnosis was incorrect and she was told she could resume running. After three weeks with no relief an MRI showed that she had broken her hip. She had partial hip replacement surgery a few weeks later and was again told she would never run again. She had come to terms of a life without running but this changed as spring racing season approached. Her desire to run returned and she sought a second opinion. She was reunited with running and I was able to watch her finish her first half-marathon post hip replacement surgery in Indy in 2010. She decided to give the marathon a try one more time and ran the Detroit Marathon with her good friend, Ginny Middleton in 2011. I was there with her family and friends in Detroit at mile twenty six to see her and Ginny approach the finish line. A wave of emotion hit me as I watched her finish her half in Indy and her full marathon in Detroit on a partial hip replacement.

For the last two years Jane has dealt with burning in her legs and was diagnosed with Spinal Stenosis. She had surgery to repair this in August and is still in the recovery phase. Jane's commitment to exercise has continued with a desire to get out and walk every day through her recovery. She drove her nurses at Southwest Rehab crazy and at the same time impressed them with her unwillingness to sit on her bum during her recovery from back surgery. I firmly believe that her level of fitness has aided her in her recovery from her recent back surgery. Like a prize fighter lying on the floor of the ring, seemingly knocked out she has pulled herself up time after time to continue her life as a runner.

Through the years Jane has implemented swimming, biking and yoga into her fitness routine which has allowed her to keep running at the ripe age of seventy three. Most people at her age would never consider running after surgery to correct Spinal Stenosis. Thoughts of running again are part of what has kept Jane going through rehab from her latest surgery. Although she remains positive, frustration is still a part of the equation with the all too familiar feeling of starting over after every setback. Running after such a major surgery is not a guarantee but if I were a betting man I would put my money on her running again. Like all of us Jane's running days will end at some point, but her influence and inspiration on the running community will live long after she runs her last step. Good luck Jane. We hope to see you on the roads soon.

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

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 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.

Fall Half and Full Marathon Results

*** Race results show runners who were active members as of October 1, 2013. New members joining in October may not yet be reflected in results***

Congratulations to all our KAR members finishing half or full marathons this fall on your accomplishments. Below are the results for the 2013 Park to Park Half Marathon, the 2013 Bank of America Chicago Marathon and the 2013 Grand Rapids Half and Full Marathon. Detroit will be forthcoming. Sincere thanks to **John Olbrot** for providing the results.

2013 Park2Park Half Marathon

Name	Time	Age Group
Larrie Austin	2:20:32 AM	
Francine Bangs	2:12:49 AM	1st
Nicole Baxter	2:38:41 AM	
Brad Block	1:42:59 AM	

Pam Boner	1:53:23 AM	
Andrea Burlingham	2:05:39 AM	
Amy Callahan	3:00:34 AM	
Joe Cekola	1:49:45 AM	
Eileen Chiang	2:08:17 AM	
Fred Colbert	1:43:34 AM	
Robert Cubbage	1:54:29 AM	
John Donaldson	2:09:58 AM	
Christina Ellis	2:04:20 AM	
Kevin Ferrara	1:38:44 AM	3rd
Joni Ford	2:39:00 AM	
Sarah Foster	2:27:55 AM	
Teresa Fulcomer	1:57:54 AM	3rd
Aravind Gorthi	1:49:13 AM	
Bill Greer	2:21:13 AM	
Nancy Greer	2:21:12 AM	
Anne Guimond	2:43:05 AM	
Maddy Guimond	2:36:50 AM	1st
Chip Hansen	1:51:46 AM	
Lisa Hansen	2:04:05 AM	
Ferdi Hintze	1:53:23 AM	
Colleen Hoerman	2:00:55 AM	
Nancy Jager	2:13:19 AM	
Asmita Kulkarni	2:27:10 AM	
Dwayne LaPointe	1:43:33 AM	
Jim Lawrence	2:18:48 AM	
Julie Lawrence	2:18:48 AM	
Mike Lawrence	2:22:29 AM	
Mark Lay	2:38:41 AM	
Amanda Losch	2:26:22 AM	
Kathy Lyll	3:00:30 AM	
Sharon Manski	2:16:48 AM	
Jason Marchal	1:43:19 AM	
Katie Marchal	2:30:07 AM	
Dawn Merritt	2:22:19 AM	
Margaret Munger	1:58:39 AM	
Lesa Newby	1:59:14 AM	
Mark Novotny	1:39:25 AM	2nd
Teri Olbrot	2:16:18 AM	

Amy Onderlinde	2:35:00 AM	
Autumn Osborn	1:59:58 AM	
Kari Panse	2:22:57 AM	
Emily Pearson	2:09:39 AM	
Lisa Pitman	2:41:01 AM	
Rhonda Prince-Smith	2:07:58 AM	
Steve Randolph	1:43:52 AM	
Alexander Repeck	1:44:03 AM	
Katy Rifenberg	1:37:48 AM	2nd
Janice Rumph	3:15:12 AM	
Corrine Sallaz	1:59:32 AM	
Kimberly Sass	2:07:58 AM	
Sarah Schieber	2:33:09 AM	
Eric Schiedel	1:58:52 AM	
Kyle See	2:35:12 AM	
Rebecca Shehorn	1:58:56 AM	
Mark Sigfrids	1:34:45 AM	2nd
Mark Sikkila	1:33:25 AM	
Scott Struck	1:54:46 AM	
Christine Walker	2:09:20 AM	
Andrea Weiss	2:30:00 AM	
Jason Wilhelmi	1:59:04 AM	
Mechelle Woznicki	2:42:42 AM	

For full results go to <http://results.active.com/events/park2park--4/half-marathon>

2013 Bank of America Chicago Marathon

Name	Time	Age Group
Janelle Boosi	4:43:55	
Christopher Carrel	4:24:17	
Janny Carrel	4:26:46	
Joe Cekola	4:05:14	
Rick Chaney	4:46:51	
Eileen Chiang	4:47:42	
Fred Colbert	3:51:29	
Tracy Cropsey	4:42:41	
Christina Ellis	4:19:22	
Aravind Gorthi	4:02:06	
Bill Greer	3:04:14	

Karen Hermann	4:33:32	
Laura Kasubowski	4:42:05	
Jody Lemmer	6:50:41	
Rob Lillie	3:49:04	
Ralph Meyer	3:50:11	
Margaret Munger	4:10:14	
Michael Nasuta	3:24:29	
Alison Nuismer	5:05:22	
Cheryl O'Neill	4:36:53	
Michael O'Neill	5:12:31	
Rhonda Prince-Smith	4:20:23	
Mindy Ray	3:54:52	
Christie Ruesink	5:50:34	
Damian Ruesink	3:38:33	
Janice Rumph	6:28:55	
Kimberly Sass	4:29:44	
Rich Schau	4:37:45	
Jeff Smith	4:19:13	
Andrea Weiss	4:59:09	
Robert Wierzba	4:03:02	
Kathy Wilson	4:43:54	

For complete results go to <http://www.chicagomarathon.com/participant-information/race-results/>

2013 Grand Rapids Half Marathon

Name	Time	Age Group
Zachary Baker	1:20:37	
Christine Bartholmey	2:24:04	
Heather Block	2:06:15	
Annie Buchanan	2:40:34	
Theresa Burgos	2:22:01	
Amy Callahan	2:50:42	
Jacque Carlson	1:54:59	
Karen Conner-Beck	2:58:43	
Katie Conor	3:25:10	
Cristi DeDoes	1:47:12	
Larry DeFouw	2:26:11	
Sheryl DeFouw	2:22:05	

Jason Dilk	1:47:29	
Lisa Drzick	2:49:46	
Thomas Durlach	2:06:09	
Tonya Durlach	2:06:09	
Julie Eilenberg	1:56:36	
Stephen Ferenz	1:57:22	
Travis Followell	1:58:26	
Sarah Foster	2:20:17	
Sarah Gazi	1:52:30	
Anne Guimond	2:39:12	
Maddy Guimond	2:35:47	2nd
Kristy Gunderson	1:46:30	
Chip Hansen	1:46:17	
Pam Hendershot	2:17:30	
Sara Holden	2:31:02	
Tim Holden	2:24:07	
Linda Howard	2:06:59	
Michael Hutchinson	2:32:47	
Nancy Jager	2:11:00	
Susan Kallewaard	2:36:40	
Rebecca Karle	2:45:28	
Glen Kellam	1:34:27	
Rachel Konieczka	2:36:04	
Mike Lawrence	2:18:32	
Robert Levy	4:04:03	
Melissa Lewis	2:25:27	
Matthew Long	3:04:56	
Sarah Lozeau	1:47:41	
Stacey Lyon	2:10:05	
Dean MacVicar	1:47:47	1st
John Manski	2:36:53	
John Manski	2:30:00	
Sarah Manski	2:21:26	
Scott Manski	2:09:02	
Frank Maston	2:52:38	
Tracy Matthews	2:32:47	
Sarah Matyczyn	2:00:58	
Kris McWilliams	1:33:25	
Seth Moberg	1:36:55	

Alison Moon	3:14:22	
Vic Moon	3:26:00	
Natalie Moore	2:00:04	
David Neely	1:43:37	
Lesa Newby	2:03:34	
Jennifer Odza	2:22:11	
Amy Onderlinde	2:46:00	
Shelly Parkhurst	2:13:03	
Danielle Parmelee	1:47:05	
Emily Pearson	2:08:18	
Ronald Pelak	1:28:46	3rd
Alayna Pelfresne	1:55:16	
Lisa Pitman	2:33:10	
Jeremiah Puetz	3:25:11	
Jeremy Reivitt	2:24:13	
Michael Reygaert	1:42:01	
Tom Robbert	1:59:32	
Micki Rossio	2:52:23	
Amy Shaffer	2:17:28	
Gretchen Slenk	1:47:30	
Jennifer Smith	2:47:04	
Greg Socha	1:43:00	
Dave Solberg	1:51:05	
Jamie Sorn	3:08:43	
Traci Spada	1:59:14	
Rebecca Strauss	2:05:26	
Amy Tomlinson	2:32:16	
Daniel Turner	2:00:25	
Kristi Tyler	2:00:09	
Brett Vanderwater	2:22:37	
Marti Veld	2:40:01	
Jason Visser	2:09:20	
Melissa Visser	2:19:30	
Annie Waterman	2:20:56	
Mike Waterman	1:27:59	2nd
Amanda Wehner	1:59:38	
Mike Willy	2:12:03	
Derek Wissner	1:52:32	
David Worthams	2:28:32	

Janie Yates	2:09:17	
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For full results go to <http://results.active.com/events/metro-health-grand-rapids-marathon--2/half-marathon>

2013 Grand Rapids Marathon

Name	Time	Age Group
Aaron Aulgur	3:35:48	
Jeff Baas	4:40:22	
Brad Block	4:00:56	
Tim Bourgeois	3:37:57	
Angela Boynton	6:19:42	
Brian Campbell	4:25:39	
Carey Campbell	4:15:49	
Simon Caron	3:13:31	
Jeff Cavanaugh	3:40:38	
Lisa Cavanaugh	4:18:13	
Eileen Chiang	4:39:12	
Amy Chopp	3:33:36	
Chris Chopp	3:38:43	
Fred Colbert	3:56:21	
Anne Damaska	4:08:13	
Daniel Damaska	3:19:38	
Karen Darby	4:15:02	
Aaron Decker	4:17:51	
Dawn DeLuca	5:06:30	
Jayson Doren	3:52:09	
Ashley Ferguson	4:14:22	
Kevin Ferrara	3:37:13	
Kristin Fiore	4:13:48	
Teresa Fulcomer	4:21:12	
George Granger	4:08:56	
Doug Gucich	3:47:55	
Alesha Handy	4:43:09	
Kelly Hinga	4:45:06	
Mike Hossack	4:15:08	
Shawn Hubbard	5:06:30	
Tiffany Hubbard	4:20:27	
Katie Hughes	3:47:18	

Amy James	5:17:31	
Chelsey Jones	3:43:29	
Mark Kanouse	4:08:57	
Ed Kenny	3:02:59	
Kate Langan	4:02:27	
Dwayne LaPointe	4:19:41	
Rocque Lefaive	3:18:31	
Sharon Manski	4:44:36	
Ralph Meyer	3:45:26	
Derick Myers	3:53:36	
Derek Noid	3:18:46	
Hannah Norton	3:01:23	3rd
Jennifer Owens	4:31:28	
Jessica Perry	4:24:23	
Robert Poznanski	3:33:29	
Kathy Prevatte	4:26:30	
Nate Pursley	4:14:24	
Steve Randolph	3:30:01	
Steve Regner	3:53:13	
Eric Schiedel	4:11:01	
Bonnie Sexton	3:58:56	
Rebecca Shehorn	4:21:04	
Mark Sikkila	3:38:46	
Jennifer Smith	3:51:09	
Jennifer Starr-Reivitt	5:22:19	
Carole Stevens	4:34:07	
Laura Strand	4:40:43	
Scott Struck	4:23:47	
Scott Taylor	3:45:34	
Carla Thomas	4:09:00	
Sarah VanStelle	3:27:47	
Kim Wason	5:28:32	
Daren Wendell	4:10:05	
Brandon Wise	3:17:52	
Nancy Yager	3:48:16	
Kathy Young	6:17:15	
Ronsted Yuag	4:11:19	

For full results go to <http://results.active.com/events/metro-health-grand-rapids-marathon-2/marathon>

Volunteer Acknowledgements

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

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

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

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

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

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