

*"Ability is what you are capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it. "  
- Lou Holtz*

October 2014

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

## The Kalamazoo Area Runners Rundown

### A Unique Experience

By Bonnie Sexton



#### Start of the Jack-O'-Lantern 10k Trail Run

On October 25, 2014, Kalamazoo Area Runners (KAR) introduced the running community to a revamped Halloween themed run called the Jack-O'-Lantern 5k and 10k Trail Run and Kids' Pumpkin Patch Trick-or-Treat Run. The event replaced the Halloween Hash Run previously held at Al Sabo Preserve. Similar to other club hosted events, our goal was to create a quality running experience, yet one that was unique in its own right, and unlike any other in the area. After initially approaching the Kalamazoo Nature Center, the possibility of hosting the event there was deferred until 2015, resulting in the need to choose an interim location for 2014.



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New Member Welcome  
RunDarenRun

The committee moved quickly to locate a new venue lending itself to an innovative running experience, gain needed approvals from the City of Portage, and with 10 weeks to spare, launch a brand new event. There were few weekend dates to choose from and despite competition for volunteers and participants due to WMU Homecoming and the MSU vs. U of M games scheduled the same day (which we learned after establishing the date), 250 runners registered to participate in the combined 10k, 5k and Kids' Runs. The adult runs were a unique multi-terrain experience which combined paved bike trail, the wooded trails of Elison Nature Reserve and in the case of the 10k, a beautiful pasture, Schrier Park orchard and an adventure across the water squirting Superdeck of Bishops Bog Preserve. The final stretch of the 10k included a natural obstacle course complete with fallen logs. A variety of committee members spent 3 days marking the course.

Dan Dixon from Jackson and Chelsey Jones from Kalamazoo were overall winners of the 10k Run with times of 38:35 and 45:16 respectively. Peggy Zeeb and Ben Zimont won Masters, Sherri Dutton and Robert Jackson grand masters, and Robert Jackson and Gay Marie Fournier Senior Grand Masters.

Peggy Zeeb returned to win women's overall in the 5k with a 24:34 and Michael Nasuta, who also ran the 10k, won the men's 5k with a 19:37. Dan Damaska and Sandi Fritz were Masters winners, Michael Alen and Nancy Yager Grand Masters winners, and Kyle See female grand masters winner.

Kids enjoyed the Kids' Pumpkin Patch Trick-or-Treat Run, with the option to run one (1/2 mile) or two (1 mile) loops of the upper field.

While Kalamazoo Area Runners (KAR) signature events are very different from one another, they all share the same commitment to quality and innovation. Whether it is a high energy mid-winter half marathon experience such as the Winter Blast Half Marathon, a time prediction run such as the Turkey Trot, a run through the holiday lights of Kalamazoo at Run Through the Lights, a rail to trail relay or ultra marathon through the Kal-Haven Trail Run, a unique children's event through the Kids' Easter Egg Hunt Run, or "the hill" of the Kalamazoo Klassic 10k, participants are in for a unique running experience through Kalamazoo Area Runners.



## KAR Discount Sponsors

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

### Gazelle Sports

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



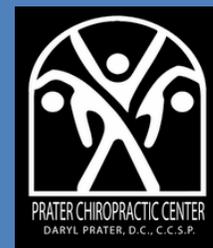
### Healing Moments Massage

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



### Prater Chiropractic

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



### BORGESS HEALTH AND FITNESS CENTER

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



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

## Executive Director Report— Featured Volunteers—Going the Extra Mile

By Joy Mills

I have always loved the month of October, and my feelings about the month have only grown stronger since I first laced up my running shoes and started training. October almost feels like a month of holiday weekends, as each Friday my Facebook page is filled with friends heading off to the half or full marathon(s) that they have been training for since early summer (right after they completed their spring events). And then, perhaps the loveliest time of all occurs; the training cycle that has driven me since the first week of the Beyond program in January comes to a close and for roughly 2-1/2 months running is simply about having fun and being active.

Over the next couple of months, my hope is to make it back outside to take part in a couple of KAR's group training runs. KAR currently provides our members and the Kalamazoo/Battle Creek running communities with five different group run options, where runners of all abilities and paces are always welcome. As Steve Rice, one of our Group Run Directors and featured volunteers for October states on the KAR Facebook page, ***"This is a great way to get in a midweek run with a group, now that the evenings will be dark. Get in some miles, make new friends, enjoy running under the stars."*** Please join me in thanking Steve, as well as the Sunday Battle Creek Group Run Director Matthew Santner and all of KAR's other group run directors for taking time each week to help lead us in our midweek miles.

**Steve Rice – Wednesday Night Group Run Director,  
Borgess Health & Fitness Center**

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



### PEDAL BICYCLE

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



### DOWN DOG YOGA CENTER

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

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

\$5 off a 5 Class Pack (normally \$75 - only \$65 for KAR members).

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

[www.downdogyogacenter.com](http://www.downdogyogacenter.com). Provide the 2014 discount code to receive discounts.





When asked why he volunteers for KAR, Steve shares ***“Certainly the “give back” principle applies. There have been so many benefits that I’ve received from running, that I enjoy the opportunity to encourage others along their running journey. I also think that running is such a positive activity that people can have in their lives, in the midst of so much negativity we’re bombarded with. My biggest rewards are the satisfaction of being a small part of something positive, and seeing the friendships that form in the running community.”***

Steve states that his primary duties as the Director of Wednesday Night Run are to ***“send out a weekly email to my distribution list with the week’s proposed distance and a route map, and post an announcement on the KAR Facebook page. Be open and welcoming to any new people that show up, and run with them or make sure they have someone to run with. Make sure that everyone is running safely, especially when running in the dark.”***

Steve’s advice to others interested in volunteering on behalf of KAR? ***“It’s often intimidating to try something new, so start in small ways that you can help. Drop hydration, be a course marshal, work at a registration table. The running community is so welcoming and helpful; soon you’ll find the events or programs that resonate with you and where you feel you can make a contribution.”***

continued...

## BRONSON ATHLETIC CLUB

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

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

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



## NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



## SPIRIT RACING

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



**Matthew Santner—Sunday Afternoon Group Run Director**



Matthew Santner began working at Clear Lake Camp, Dowling, Michigan, in the fall of 2009. He graduated from Beloit College, Beloit, Wisconsin with a Bachelors of Science in Mathematics and Geology. Previously, Matthew has taught outdoor education in Rhode Island and Illinois. During the summers, Matthew directs the nature program at a boy's camp in northern Wisconsin.

Matthew shares that he ***“helps the Battle Creek running community by leading for the Sunday Group Run and assisting with the Fast Track program. I do this to connect with the local running community, to give back to this sport which has given me much, to help others achieve their goals or stay motivated to keep going. I have shared the excitement of others who have finished their first race, half marathon or PRed in a race.”***

When asked what advice he would give to others interested in volunteering on behalf of KAR, Matthew says ***“Volunteering is a chance to connect with other local runners and meet great people.”***



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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 in KAR Club Series Championship events with her son and daughter. Joy plans to train for her first marathon with the in 2015 with the Beyond program.

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### Another Runner's Perspective - DisAbility

***"I like my little hand. I haven't always liked it and it hasn't always been easy but it has taught me an important lesson: That life isn't always easy and it isn't always fair. But if we can make the most out of what we've been given, and find our own way of doing things, you wouldn't believe what can happen."***  
--- Jim Abbott

Michigan native Jim Abbot was born in the mid 1960's to a typical middle class family in America's heartland. An attitude of a relentless work ethic was instilled into his upbringing early and often by his family, teachers and community which served him well in the world of athletics. He grew up in a place and in a time when hard work was the norm not only in the realm of sports but in any life endeavor. Jim was born to an average family in an average community but he entered the world with one physical flaw that seemed by many to put him on the outside of the average circle, giving him a disadvantage in life. He was born with a normal left hand, but a stump rested on his right arm. Early on in his life he was seen by specialists and fitted for prosthetic hands, all in an attempt to normalize his life. Jim however didn't see the stump attached to his right arm as a flaw. He didn't feel comfortable wearing a fake hand and battled his parents over this issue. It seemed that everyone was trying to equalize things for him, but Jim really didn't understand what they were all fussing over. He made the most of what he had and rather than having others cater to him by adapting their world to fit him, he adapted the fashion in which he functioned with one hand finding what worked for him to fit the world he was born into. It worked well for him as he went on to become a star high school athlete in Flint, Michigan, later on becoming a baseball pitcher at the collegiate level for the University of Michigan while moving on to perform as an Olympian before going on to excel at the highest level in his sport as a Major League baseball player. Despite what many perceived to be a disability, Jim reached baseball's most elite milestone when he threw a complete game no-hitter in 1993, proving that although most human beings are born with two functioning hands, his status of having only one hand was not at all a disability.

Every day, infants enter the world with one form or another of a disability. While some are born with these perceived disadvantages, there are others who take them on later in life as a result

of a traumatic event. There are countless examples of individuals functioning in our world with very few bumps in the road. The world of athletics is no different with countless athletes performing every day at every level with such disabilities. Jim Abbott is probably one of the most well known professional athletes in the world of athletics with a visible disability but there are others that are not so obvious. Kenny Wayne Walker, a former defensive player for the Denver Broncos is one of three deaf players to have played in the NFL. As a result of meningitis at the age of two, Kenny became profoundly deaf. Kenney adapted in life but also on the football field by reading lips of other players to pick up defensive calls. As a defensive lineman some might say he had an advantage because he had to rely solely on tuning into when the opponent snapped the ball without having to ignore the distraction of the quarterback's cadence.

Those who deal with disabilities are found not just in the world of professional sports however. As a child, there was a boy in my school a grade ahead of me who also was born without one hand. The novelty of this situation quickly wore off as he performed in the classroom and as an athlete as well as any of his classmates with no adaptations made to allow him to function in a world made for those with two hands. He simply made the most of what he had and figured out his own way in the world.

The world of running has representation from those with disabilities as well. In the sixteen years that I have been a part of the running community the presence of runners participating with a prosthetic legs has steadily increased. One of the more well known of these disabled individuals is endurance athlete, Scott Rigsby, who gained notoriety with a featured story on national television of his completion of the 2007 Kona Iron Man Triathlon. Go to the following link to see his story. (<https://www.youtube.com/watch?v=rT-oyhgEaqA>) I guarantee you will find yourself in awe as you struggle to find the words to describe this video. I have witnessed this transformation of individuals who were born without or have lost a leg being able to participate in our sport of running. The opportunity for these individuals to be able to run is a relatively new phenomenon. I honestly believe that the medical technology for prosthetic limbs that allow the motion of running has come about because of the terrorists attacks of September, 11, 2001 and the war on terrorism that has followed. Soldiers are coming back to their homeland with missing limbs. It is truly remarkable to see these athletes have their independence given back to them with advances in modern medicine. It is something that you just can't put a price on.

Those who are missing a limb are not the only ones who are able to run despite having a disability. A few weeks ago I spent a Saturday at the Portage Cross Country Invitational Meet. Among the thousands of runners who took part in one of the many races that day was a blind runner who was able to run the course with the assistance of a guide. The guide ran along side of the blind

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runner while holding onto a short rope. The blind runner held the other side of the rope following the guide step by step. I had read about the world of running as a blind person with a guide many years ago but up until my experience at the Portage Invite, I had never witnessed it. What an amazing experience it was to watch this individual run a cross country meet with all of its twists and turns, rocks and tree roots and other runners to navigate around without any visual reference. His guide made it possible for him to run without fear of tripping over a rock or colliding with another runner. Although the guide provided a set of eyes for this runner, we should not lose sight of the courage and persistence of the blind runner to not give up on participating in cross country.

Typically there are three different ways that a blind runner is led by a guide. Some prefer to hold onto the elbow of their guide. Others use a short rope or tether by each runner holding on to it or having it fastened around the wrist. Still others prefer having their guide giving verbal instructions to warn them of obstacles in route ahead. It seems that tethering is the most popular technique, but it really depends on the runner and the limitations of their sight.

Most of us take for granted that we are able to function in the world that we live in without any limitations. I would imagine that most individuals with a disability want nothing more than to live an independent life. Obviously the nature of the disability determines how much one can live their lives without assistance from others. Being able to drive a car to go to work or pick up a few items at the grocery store, walking up and down stairs and being able to dress and undress without the assistance of others are day to day tasks that all of us should feel blessed to have the ability to perform. As a person with a disability being able to perform these daily tasks requires much more effort. Although running and other athletic activities would not necessarily fall under the category of day to day tasks, it must offer a great deal of satisfaction for those with disabilities to be able to participate in the world of sports. The never give up attitude required to run, play football, or pitch in the major leagues despite having a profound hearing loss, limited or no eye sight at all or being born with only one hand offers all of us a glimpse of the potential of the human spirit.

Advances in the medical community and technology allow many individuals to run who may have otherwise not had such an opportunity. Assistance provided by guide runners is one example of individuals helping others to be athletes. Although technology and assistance from others are important factors in allowing all to enjoy life as independently as possible the focus and determination by each individual will always be the key element in living a normal, healthy enjoyable life for human beings of all ability levels. No two people are born with the same set of skills or have the same opportunities in life. Life does not always seem

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fair or easy but the drive to achieve is in all of us. I think that Jim Abbot summed it up perfectly. His words offer advice to all of us, including those with and without a disability. *But if we can make the most out of what we've been given, and find our own way of doing things, you wouldn't believe what can happen."*

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.*

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## Hot Club News

### KAR Membership Race Discounts

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

#### **[Turkey Trot Time Prediction Run 5k](#)—Portage, MI**

November 27, 2014  
\$5 discount

#### **[Tinsel Toes 5k](#)—Battle Creek, MI**

December 13, 2014  
\$5 discount

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

February 1, 2015  
\$5 discount on any event

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

February 15, 2015

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**Portage Winter Blast Half Marathon & 5k—Portage, MI**

March 1, 2015

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

**Ann Arbor Marathon (Marathon, Half Marathon, 10k, 5k) - Ann Arbor, MI**

**March 29, 2015**

10% discount on any race

**Rock CF Half Marathon—Grosse Ile, MI**

March 29, 2015

10% discount on any race

**Charlevoix Marathon (Marathon, Half Marathon) - Charlevoix, MI**

**June 27, 2015**

\$10 discount on marathon or half marathon

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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 more than 2021 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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**Volunteer Leadership Opportunities**

**BOARD POSITIONS**

***Vice President Marketing and Communications***

***Vice President Technology***

As a result of the recent departures of Amanda Losch and Scott VanLoo from the Board of Directors, Kalamazoo Area Runners (KAR) is seeking individuals interested in filling the Vice President, Marketing and Vice President, Technology positions on an interim basis through the remainder of the term (ends with the Annual Banquet and election in March 2015). In March, candidates are elected by the membership for the full term, which is two years.

Job Descriptions for both positions, including responsibilities, expectations and qualifications are available upon request by contacting Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

Thank you for thoughtfully considering serving on the Kalamazoo Area Runners (KAR) Executive Board, and please join us in thanking Amanda and Scott for their service and contributions.

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# Club Championship Series

**Club Championship Series Awards Ceremony and Dessert Party Thursday, November 13, 2014 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 13, 2014 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2014 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 2014 racing season.

[Click here to RSVP by Friday, November 7, 2014](#)

## VOLUNTEER OPPORTUNITIES:

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 Volunteers
Immediately following event	Tear down	2 Volunteers

For more information or to volunteer, contact **Amy Clark** at [amy.clark@kalamazooarearunners.org](mailto:amy.clark@kalamazooarearunners.org)

**BORGESS HEALTH**



## Run Around Gull Lake December 6, 2014



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](mailto:msigfrids@kvcc.edu) for more information or to volunteer.

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### Next KAR Board Meeting is November 3, 2014

The next KAR Board Meeting is November 3, 2014 at 7:30pm at the Maple Street YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazoorearunners.org](mailto:bonnie.sexton@kalamazoorearunners.org).

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

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



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

[Click here to begin shopping](#)

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

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

# FREE

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

### Meet Our Athletic Trainers



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



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

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

### Visit Us on:

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

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

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

Open to KAR members

### Location:

#### Bronson Athletic Club

6789 Elm Valley Drive, Kalamazoo



### On-Site Services:

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

### Questions?

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

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



# Kalamazoo Area Runners Group Runs and Training Programs



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

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

## ***Kalamazoo/Portage***

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

Wednesday evenings at 6:00pm at Borgess Health and Fitness Center for runs of various distances. Contact **Steve Rice** at [steve.rice@kalamazooarearunners.org](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

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

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

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

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

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**The Urban Herd**

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

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**The Dirty Herd**

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

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

The Sunday group runs in Battle Creek meet at 3:00pm 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](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org).

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**Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park**

\*\*\*CURRENTLY ON HIATUS THROUGH NOVEMBER 4, 2014\*\*\*

Tuesday evening runs from Riverside Elementary, 650 Riverside Drive, Battle Creek, MI 49015. Meet at 5:45 pm in the dirt parking lot by the soccer fields; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Lisa Piper-English** at [lisa.piperenglish@kalamazooarearunners.org](mailto:lisa.piperenglish@kalamazooarearunners.org).

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## Club Member Corner

### New Member Welcome

As of the end of September, the Kalamazoo Area Runners had 1381 members. This represents 12.6% growth since September 2013. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

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Diane	Bowman
Brian	Bowman
Isaac	Bowman
Kelly	Bowman
Stacy	Bowman
Jesse	Bowman
Mark	Bowman
Carly	Bowman
Charlie	Bradford
Victoria	Cane
Heather	Dobbs
Dax	Fohl
Eric	Greene
Charles	Harmon
Donna	Harmon
Sarah	Kammeraad
Brad	Lintner
Janice	Lovett
Holly	Osmun
Jill	Pearrow
Amy	Roberts
Kim	Stumm
Teresa	West



**Man Planning Cross-Country Charity Run Invites Others Nation-Wide to Join**

Kalamazoo, Mich. — “100 marathons; 100 days; \$100,000 for clean water in Africa.” That’s ultra-marathoner and co-founder of the nonprofit organization [Active Water](#) (powered by Lifewater International) Daren Wendell’s mission and motto. Called RunDarenRun, the campaign’s goal is not only for Wendell to complete this feat on his own, but to involve as many people nation-wide as possible, drawing attention to the global water crisis and its reality that 750 million people do not have access to safe water; 2.5 billion don’t have sanitation. In his own words, the RunDarenRun can be described as “a mix between flash-mob marathon and Forest Gump.”

To help others get involved, the campaign launched RunDarenRun.com, an interactive site featuring a countdown until Wendell’s 100-day run begins, a map showing his route day by day letting individuals or groups sign up to join for a day, a blog, news, videos, pictures and a [donation page](#). Twitter followers can keep track of Wendell’s latest developments on Twitter [@RunDarenRun](#).

Wendell's athletic resume includes:

Cycling 4,400 miles cross-country (2005)  
Walking across the country (3,400 miles) (2008-2009)  
Hiking the Appalachian Trail (2008)  
Swimming 50.6 miles across Lake Michigan (2011)  
IronMan Louisville (2012)  
Marathons (10)  
Half Marathons (9)

Following two years of intense training, Wendell's route – totaling 3,000 miles – will take him from Santa Monica Pier, Calif., and across the country to Times Square, New York. The proceeds from the RunDarenRun will fund clean water projects in Ethiopia, Africa. Wendell will be making a trip there in November to get a first-hand look at the need for clean water.

To help support Wendell during his training, fundraising, and his upcoming Run Across America, please visit [RunDarenRun.com](http://RunDarenRun.com). For media inquiries or to arrange an interview with Wendell, please contact

Amie Hadaway  
(269) 492-6470  
[Amie@ActiveWater.org](mailto:Amie@ActiveWater.org)

### **About ActiveWater**

ActiveWater is powered by Lifewater International, a non-profit Christian water development organization dedicated to effectively serving vulnerable children and families by partnering with underserved communities to overcome water poverty. With experience in more than 40 countries since 1977, Lifewater serves people of all faiths, focusing on contextually appropriate water sanitation, and hygiene (WASH) development.

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