

"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

October 2015

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown



With roots dating back to 1967, Kalamazoo Area Runners has been leaving footprints on the Kalamazoo community for decades, including

Enabling new runners to reach their goal of running a first 5k after a season of running with Fast Track

Training runners to reach their first marathon finish line after a winter of running with Beyond

Introducing children to the joy of running excitement of local events like the Kids' Easter Egg Hunt and Fun Run or the Pumpkin Patch Trick-or-Treat Run

Building friendships and supporting ongoing training at weekly group runs

Supporting other area non-profits while staying healthy all summer participating in the Club Championship Series

This month the Kalamazoo Area Runners is launching its first annual campaign to raise money to help our organization fulfill our mission to promote running as a source of physical, social and spiritual wellness while enhancing the quality of life in the



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community. We have set an initial fundraising goal of \$5,000.

The Kalamazoo Area Runners has grown to be Michigan's largest running club through the efforts and perseverance of our members and volunteers. As we kick off KAR's first annual campaign, let's celebrate our past as a volunteer organization, and emphasize that the continued growth and stability of the Kalamazoo Area Runners will require the efforts of both volunteer leadership and employed staff.

Annual Campaign donations will be used to support the continued growth and stability of our organization and help us to build the infrastructure needed in order to further the transition of the Kalamazoo Area Runners to a staffed organization.

About the Kalamazoo Area Runners

In 1967, a few dedicated runners started Kalamazoo's first local running club, the Mall City Pacers. In 1975, this group became known as the Kalamazoo Track Club. Under the leadership of running legend Blaine Lam and a few others, the club made another transition in 1978. This group recognized that not all runners were running to compete and wanted to broaden the club's inclusiveness. Every year this Club grew to combine both the social and competitive aspects of running.

This leads us to 2002, where on March 14th, the Club was changed to Kalamazoo Area Runners (KAR), a new name to better reflect the purpose of the club. In 2005, the Battle Creek Road Runners (BCRR) joined forces with KAR to form one of southwest Michigan's largest running clubs.

Today Kalamazoo Area Runners is a non-profit 501 c (3) organization established under the Road Runners Clubs of America group exemption to promote the sport of running as a source of physical, social and spiritual wellness while enhancing the quality of life in the community. With nearly 1,500 members, we are the largest running club in the State of Michigan and organize, co-organize or sponsor more than 25 events, programs and training groups a year.

You can inspire families to embrace a healthy lifestyle by making a gift. Join other runners reach the goal of \$5,000. Every donation makes a difference, regardless of size. [Contributions can be made online via PayPal on the Kalamazoo Area Runners website.](#)

Change a life today!

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

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Just Another Runner's Perspective: Breaking Down the Cultural Barriers

*"Know that joy blooms where minds and hearts are open."
- Jonathan Lockwood Huie*

Our nation was based on the metaphor "The Great Melting Pot". As defined by Wikipedia.com, this metaphor is described as follows: "the melting pot is a metaphor for a heterogeneous society becoming more homogeneous, the different elements "melting together" into a harmonious whole with a common culture. It is particularly used to describe the assimilation of immigrants to the United States" I have never been one to get into a political debate but in my mind what makes the foundation of the USA heritage idealistic is we are a diverse society with many differing cultures interacting as one. For our nation to run smoothly and bask in its greatness it is crucial to have some common threads as one lineage while at the same time preserving the many cultural traits intact and also welcoming the addition of new cultures. Such an approach will allow us to learn from and celebrate our history while at the same time keeping things fresh and new. Ideas, beliefs and concepts from any given group of individuals have the potential to provide the next great breakthrough in what our future holds. More importantly these diverse ideas and beliefs can open the door for opportunities of learning and growth for all of us on a personal level. As long as one's viewpoints and behaviors don't infringe on our individual rights then these viewpoints and behaviors have the potential to add to the greater good of our society as a whole.

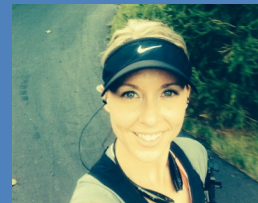
Many facets of our society bring individuals from divergent backgrounds together every day. Human nature creates varying levels of discomfort when in the presence of those who look and conduct themselves differently than what is perceived to be the norm. The magnitude of uneasiness that one internalizes fluctuates from individual to individual. In most circumstances the more opportunity one has to spend time amongst those who are different the more tolerant they may become and the more likely they are to embrace this diversity. Opportunities to interact



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with those who come from different backgrounds vary depending on where you live, where you work and what social activities you participate in. Obviously living in an area with a higher population will lend itself more to coming into contact with those with customs and traditions that vary from ours. Many spend their entire childhood in one geographical location. As individuals enter into adulthood they may move to another city or region adjusting and learning from new acquaintances.

The running community can serve as a means to bring people from diverse backgrounds together on one common stage. As runners we come together with individuals in our own community whom we may have never crossed paths with if it were not for our sport. Friendships are formed and new relationships are carved out. You might find a new running partner from another generation. Maybe you will strike a common bond with another runner of a different gender, one who comes from socioeconomic background that is not the same as yours or one whose occupation is the complete opposite of yours. We come together initially with one common interest. All of us embrace our sport and are passionate about it. Conversations that occur during a training run may center around goal races, training philosophies, running experiences and injuries. When running with a partner or a group many discussions are dominated by the topic of running. As exciting as conversations about running can be, it is inevitable that dialogue will branch out into other areas. We listen and learn as a running partner tells stories of their spouse and children. After a few runs with someone it is not unheard of to have a sense of knowing your running partner's family for years without ever meeting them. What you may learn on a run goes beyond what extracurricular activities that your running comrade's children are involved in and what their favorite foods are. Childhood milestones and experiences may be shared among runners. One's favorite television shows, movies and music might be discussed. Religious, philosophical and political debates may be hashed out on a run. A running partner may spend six miles as a sounding board to help you through something troubling you at work or at home. As you come to know others through running you may change, alter or add to your beliefs about religion, issues of our society and child rearing practice. All of these experiences and conversations with those from diverse genders, economic backgrounds, regional areas of the country or cultural backgrounds can occur as a result of running. It is likely without running we may have never come into contact with these individuals who live in our own community. These experiences can reach out beyond our community as well as we travel to races in other regions of our country or in other countries. Here, at these events we meet and talk to other runners from the areas that we are visiting or those from other areas who are there for the same destination race as you.

Strong bonds are established as time is shared together between individuals of polar backgrounds who run with each other weekly or more often but opportunities to interact with those

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of counter cultures can come while sharing a run with a stranger for as little as one run. One such opportunity presented itself to me a few weeks ago.

I was out of town in Portage for an all day cross country meet. Rather than running at home in Battle Creek, I decided I would take advantage of a change of scenery and do my long run in Portage. I would begin at Portage West Middle School, head East on Romence Road and then turn south on Oakland Drive. A few miles in I found myself on the outskirts of town and spotted a lone runner ahead of me on the country side stretch of Oakland Drive. Having many acquaintances in the Portage area who are runners, I decided to pick up the pace to see if this individual was someone that I knew. I tried to match his gait from afar with those of other runners that I had run with but as I began to close in on this runner it became apparent that this was not someone I had run with before. As I closed the gap between the two of us I was wondering if he would be open to having some company for a few miles. My turnaround was a little over two miles away and I was hoping to share this stretch of road and get through my turn around point with some assistance. As I pulled within a few body lengths of this runner he instinctively turned around, pulled to the side without breaking stride making room for me, greeted me and introduced himself as Demetrius.

Demetrius was in town and just like me had decided to get his long run in with a change of scenery before driving back home to Ann Arbor. His training plan called for an 18 mile run in preparation for the Indianapolis Monumental Marathon. He was elated when I asked if I could join him for a few miles. For our two miles together we talked mostly about where each of us were in our training and our experiences with marathon running. Although this was the first and probably only meeting for the two of us, the sport of running created a common interest for Demetrius and me. This was about the only thing that we had in common however.

As a Caucasian elementary school teacher having grown up in a rural Iowa farming community in the 1980s, it seemed my background was quite different than that of this stranger I was running with on a road that was a change of scenery for both of us. Demetrius, an African American, who was born a decade later than I, found himself in Kalamazoo this autumn morning, running 18 miles, having performed in front of a crowd the night before at Miller Auditorium. Demetrius earns a living as a professional musician and I am anything but a musician. Our cultural differences and skin color were simply an afterthought as we enjoyed each other's company as members of the running community. As quickly as our interaction began it ended two miles down the road as I made my turnaround and we exchanged goodbyes and wished each other best of luck in our running endeavors. Demetrius and I may have grown up on opposite sides of the cultural world but this did not hinder us in

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making two miles on Oakland Drive seem a bit more manageable.

Embracing the "The Great Melting Pot", the ideology of our countries origins' can be a challenge at times. Violence targeting our freedoms on our own soil and from afar can make it difficult to let our guard down. We all must find that balance of tolerance for philosophies and behaviors that do not match ours weighing in on whether or not they do or do not infringe on individual rights. In an ideal world tolerance for these differences can turn to one embracing these differences. The first step in making this happen is getting out there and spending time with people of diversity. Running alone cannot make our world a place of complete harmony but it can bring us closer one interaction at a time, creating opportunities for individuals of different cultures to come together under a common interest.

KEEP RUNNING!!

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



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

Featured Member—Jen Zindler Having Our Own Cheering Section

In today's world of competitive sports things can get quite cut throat. For sports at the high school level and beyond winning becomes the focus with all other benefits becoming secondary. College and professional coaches are given yearly salaries that equate to what many of us make in a lifetime or beyond but the expectations and pressure attached to these inflated salaries can be a huge source of stress. Coaches and athletes can turn from saviors to scapegoats in an instant if they do not produce in terms of wins. Although we award winning in our sport at local races with trophies and medals handed out to overall winners and age group leaders it seems that welcoming each other

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from the leader board, to the mid pack to those who bring up rear trumps recognizing those who finish near the front. We welcome each other, support each other and cheer on each other. Unlike most sports, in ours, it is very easy to determine the so called winner. The finish line and clock tell the story. Despite how easy it is to distinguish our fast runners from our slow runners we are all equals in our sport. We are not fast or slow. We are simply runners. This month's featured runner, Jen Zindler recognizes this support for all that comes from our community is what makes runners such a special group of individuals.

Jen turned to running as an adult as a means to jumpstart her fitness level. *"I began running about two and a half years ago. I felt out of shape and saw a lot of friends who were running, so I thought I would give it a shot"*

Jen felt the benefits of her new sport early on in her daily activities but especially in her golf game. *"I really like how running makes me feel. I have more energy overall. I really noticed a difference when I played golf this summer. I felt stronger overall, and I also felt like I had the endurance to play 18 holes, which is a difference from a few years ago. I also just enjoy having some time to myself to enjoy being outdoors in nature and take everything in when I'm running."*

Like anything in life, running requires some level of patience. As much as any other sport, gains in running can be found when you work at it. Ultimately the harder you work the faster you will become and the more endurance you will gain. One must stay the course as cycles of progression, hitting plateaus and regressing give way to progression again. Not every run will be your best and not every race will be a PR. Jen understands this importance of patience although she doesn't always appreciate this part of running. *"There are times where I feel like I am giving it my all, but I am just not able to run as fast as I would like, and there are times that I feel like I am not making as much progress as I would like in regards to getting faster or running further distances."*

Jen has been able to find her inspiration to keep running through a network of runners she has found through work and through all the individuals she has met in the local running community through races and training programs. *"I don't really have a specific mentor, but I am just inspired by the many staff in Harper Creek Schools who run, along with other people I have met as a result of running events and a training program through Kalamazoo Area Runners."* The number of runners signing on as members of the Kalamazoo Runners has grown by leaps and bounds since Jen began her running journey a few years ago. This same increase has been felt at her place of work.

KAR Discount Sponsors

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

Gazelle Sports

Information coming soon!



Healing Moments Massage

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



Prater Chiropractic

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

Jen has worked as an occupational therapist for the past nineteen years, the last nine of those with Harper Creek Schools. As a school district, Harper Creek has seen a surge of teachers and staff become runners over the last decade. Like Jen, I to work for Harper Creek Schools and have drawn off the inspiration of co-workers as they have taken on a new challenge whether it be training and running in their first 5K race, working up to the half-marathon distance or even tackling a full marathon. Listening to the running stories that Jen and other co-workers have shared with each other and myself have provided fuel for my running personally. The excitement in the body language, facial expressions and tones of voice of Jen and others new to the running community always seems to provide reminders personally about why I am drawn to running.

As an occupational therapist who works daily with children struggling with basic motor skills, Jen is inspired by their innocence and ability to not let their disability interfere with their world. *"There is a woman who is in a wheelchair and her friend runs and pushes her in her wheelchair. I have been following them on Facebook and have recently seen that they are going to be running their first full marathon. In general, I am inspired by anyone who doesn't let his or her disability get in the way."*

What Jen observes with those who don't let a disability stand in their way provides a model for the advice she gives to other runners. *"My advice for runners is to just keep at it. Even if you don't perform as best as you can for one race, you still got off the couch and got moving. Do it for your health."*

Jen's most memorable moment in running involves one of her most physically and mentally challenging experiences in the sport. *"My most memorable moment as a runner was my first half-marathon despite having a really hard time. I never heard one negative comment from anyone. I will always remember Gale Fischer being the first person who encouraged me to try again. There seems to be so much shaming in sports and so much negativity when one mistake is made (i.e. the most recent Michigan-Michigan State game), however I have never felt this way with running. If I've ever felt shamed, it's only been from my own thoughts, no one else. The running community in Southwest Michigan is incredible."* She also has fond memories from running with her daughter as part of Girls on the Run. *"I really enjoyed running with my daughter for her first Girls on the Run 5k this past spring and look forward to running more 5k's with her."*

Jen prefers the 5K and 10K distance but despite her experience with her first marathon, she has not dismissed it long term. *"Short term I would like to continue to work on speed work, as time allows to improve my time in both 5k and 10k's. Long*

continued...

AGILITY PHYSICAL THERAPY

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

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

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



PEDAL BICYCLE

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



DOWN DOG YOGA CENTER

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

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

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

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

www.downdoggyogacenter.com. Provide the 2015 discount code to receive discounts.



term I would like to attempt another half marathon"

In the past decade the running community has grown significantly, bursting at the seams. Individuals may look for new challenges or seek a social network to be a part of and running seems to provide this. Many turn to running for reasons related to health. With her recent introduction to running, Jen has been a part of this recent surge. With all of the reasons for this sudden growth perhaps one that has not been recognized as much is one that Jen embraces. If you want support from others in your pursuit of personal goals, if you want to be a part of something huge and be considered an equal no matter what skill level you possess, if you want to be cheered on and given plenty of positive feedback then running might be something for you.

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

More than 500 Participate in the 2015 Kalamazoo Area Runners Jack-O'-Lantern 5k & 10k Trail Run and Kids' Pumpkin Patch Trick-Or-Treat Run

The 2015 Jack-O'-Lantern 5k & 10k Trail Run and Kids' Pumpkin Patch Trick-Or-Treat Run provided fun for all ages as more than 500 participants explored the trails of the Bishops Bog Preserve and the Eliason Nature Reserve on Saturday, October 31, 2015.



All Photo by Mike Peterson Photography

Participation in the 2015 event more than doubled from the inaugural year, with 99 registered participants in the 10k, 226 in the 5k, and 47 registered participants in the 5k/10k Combo. There were 17 registered participants in the Kid's Combo, which included both the 5k and the Kids' Pumpkin Patch Trick-Or-Treat Run.

continued...

BRONSON ATHLETIC CLUB

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

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

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

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



NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

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



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2015 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining running events and kids triathlons.

Visit www.spirittracing.us to learn more about Spirit Racing and to register for 2015 events, using the 2015 KAR discount code.





Brian Reynolds of Richland was the first overall male finisher of the 10k with a time of 38:35. **Tracy Argo** of Portage was the overall female winner of the 10k with a time of 47:16. **Brian Reynolds** was also the first overall male finisher of the 5k with a time of 17:57. **Ann Garlock** of Battle Creek was the overall female winner of the 5k with time of 23:09. Full Results can be found on the [Jack-O'-Lantern 5k & 10k Trail Run website](#).



More than 115 children age twelve and under and their parents participated in the Kids' Pumpkin Patch Trick-Or-Treat Run, searching for candy and treats and completing either a half mile or one mile distance around South Westnedge Park. Pirates, princesses, storm troopers, Mario, Yoshi, and Minnie Mouse were just a few of the many characters that could be found on Saturday morning. A kids' costume contest awarded medals for the most original, cutest and spookiest costumes by age group.



Continued...

KALAMAZOO ATHLETIC WELLNESS

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



BATTLE CREEK YMCA

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



OUTDOOR EDUCATION CENTER, A DIVISION OF BATTLE CREEK PUBLIC SCHOOLS

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



Sincere thanks to the many participants and their families, volunteers and businesses for making the 2015 Jack-O'-Lantern 5k & 10k Trail Run and Kids' Pumpkin Patch Trick-Or-Treat Run possible. Directed by **Joy Mills**, the committee included **Morris Applebey** (Co-Course Director), **Ben Dilla** (Parking), **Chelsea Dilla** (Refreshments), **Sarah Foster** (Start/Finish Line), **Kelly Hinga** (Kids' Event Director), **Katie Johnson** (Marketing/Volunteers), **Brian MacDaniel** (Mac Sports Timing), **Dan Miller** (Aid Stations), **John Shubnell** (Co-Course Director), **Tracie Stapert** (Registration) and **Heather Woodbury** (Registration/Volunteers).

A special thank you to the sponsors that made this event possible, including Autumn Harvest Sponsor **Kalamazoo Athletic Wellness**, Media Partner **WKZO**, Pumpkin Vine Sponsors **Gazelle Sports**, **Imperial Beverage**, and **PrideCare EMS**, Pumpkin Pie Sponsors **Agility Physical Therapy & Sports Medicine**, **CSM Group**, **Gordon Water Systems**, **Millennium Restaurant Group**, and **Road ID**, Pumpkin Seed Sponsors **American Screen Printing** and **Bronson Sports Medicine**.

The tentative date for the 2016 Jack-O'-Lantern 5k & 10k Trail Run and Kids' Pumpkin Patch Trick-Or-Treat Run is Saturday, October 29, 2016.

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 if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider. Below are upcoming events and programs offering KAR members a discount:

[Turkey Trot Time Prediction 5k Run –a KAR Event! - Portage, MI](#)

November 26, 2015

\$5 discount off individual or family registration

[Tinsel Toes 5k—Battle Creek, MI](#)

December 12, 2015

\$5 discount applied automatically for Kalamazoo Area Runners members

[Pay It Forward Santa Stroll 5k—Elkhart, IN](#)

December 12, 2015

\$5 discount

Continued...

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



Groundhog Marathon—Grand Rapids, MI

February 6, 2016

10% discount

Rock CF Half Marathon—Grosse Ile, MI

March 20, 2016

\$5 discount

Ann Arbor Marathon—Ann Arbor, MI

April 3, 2016

Attention Recent Marathon Finishers—Old Dominion University Needs Your Help!

Patrick Wilson, PhD, RD, Assistant Professor in the Department of Human Movement Sciences at Old Dominion University, recently reached out to the Kalamazoo Area Runners regarding a research study that he is conducting to assess the nutrition behaviors, perceptions, and beliefs among marathon finishers. Sound interesting?

People interested in participating in this study will be asked to fill out a survey requiring 5-10 minutes of your time. To be eligible participate, you must meet the following criteria:

Be age 18 years or older

Have completed at least one 26.2-mile marathon in the past 3 months

This study is being conducted by If you are interested in participating or learning more, please follow the hyperlink below.

https://odu.co1.qualtrics.com/SE/?SID=SV_a98bUsKCTQ6RHvL

Next KAR Board Meeting is January 4, 2016

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

Community Events

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

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

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

How the Competition Works

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

How to register

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

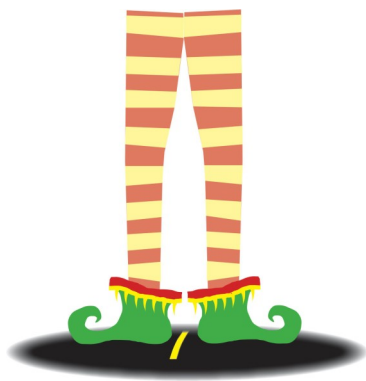
In addition to the awards available through the Borgess Run For The Health Of It Team Competition, all members of a KAR team will receive a KAR short sleeved technical shirt to wear on race day. Show your pride as a member of the Kalamazoo Area Runners and fill the ranks of runners in the Half Marathon,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

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

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



2014 KAR Team Blue—Half Marathon Division Champions!



Tinsel Toes 5k
Saturday, December 12th
5:30pm
Full Blast, 35 West Hamblin, Battle Creek

The Tinsel Toes 5k, brought to you by [Cereal City Athletics](#), is a family fun run that weaves through the beautiful Festival of Lights in Downtown Battle Creek. Our focus is on highlighting our downtown and bringing friends and family together for fitness and festive fun. All proceeds from the event benefit Girls on the Run of Calhoun County.

For more information please visit our [Facebook page](#)!

KAR members are eligible for a \$5 discount when registering for the race.

Discount will be automatically applied!

[REGISTER HERE!](#)

Run Around Gull Lake
November 7th and December 5th, 2015



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.

Hot News and Club Events

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

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



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

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

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



Follow the Kalamazoo Area Runners on Social Media!

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

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

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



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. Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>.

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

Kalamazoo/Portage

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

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

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 to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

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

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Mandee Kerns** at Man-dee.Kerns@kalamazooarearunners.org, or **Laura Sandahl** at 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.

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

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

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.

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.

Battle Creek Kalamazoo Area Runners (KAR) Tuesday Nights from Riverside Park

Tuesday evening runs from the Pavilion on the south side of Riverside Park, Battle Creek, MI. Meet at 5:45 pm; depart at 6pm. All paces welcome. Please bring your own hydration. For more information contact **Michael Couey** at michael.couey@kalamazooarearunners.org.

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

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

Club Member Corner

New Member Welcome

As of the end of October, the Kalamazoo Area Runners had 1469 members. This represents 6.4% growth since October 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Regina	Ambs
Mary Beth	Bass
Andy	Boris
Ryan	Cahill
DAWN	CHAMBER-
Karen	Cleveland
Pamela	Cole
Amanda	Dabideen
Chris	Deau
Dawn	Diggs
Hannah	Diggs
Jackson	Diggs
Kenneth	Diggs
Nick	Doane
Amy	Fialkoff
David	Gallagher
Jeremy	Germain
Jordan	Gonzalez
Gary	Gray
Christopher	Hale
Emerson	Hannon
Jill	Harris
Emily	Hildebrand
Justin	Hildebrand
Donna	Jackson
Robert	Jackson
Jason	Jared
Amy	Kendall
Amanda	Knapp
Kevin	Kwiatkowski
Lynlee	Kwiatkowski
Breanne	Larson
Derick	Lawrence
Emily	Lawrence
Joe	Manning
Susan	Mastenbrook
Johnna	Monroe
Tom	Monroe
Anna	Moss
Ted	Petersen
DOUGLAS	POST
ELY	POST

GIDEON	POST
LOGAN	POST
Heidi	Ray
Christopher	Sebok
Shauna	Shaik
Ray	Signorello
Cris	Smith
Andrew	Stampor
Ronnie	Stephenson
Sierra	Streeter
Carla	Verbrugge
Catherine	Wall Emerson
Blair	Williams
Tenneil	Zielaskowski

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