

*"Whether you believe you can or believe you can't,
you're probably right."*

-Henry Ford

September 2012

www.kalamazooarearunners.org

The Kalamazoo Area Runners Rundown

Welcome to fall racing season....



KAR Member Michael Dutton races to the finish during the 2012 Peacock Strut

By Bonnie Sexton

I don't think I can ever recall a summer we have had to cancel so many runs due to a high heat index. The month of July in particular was challenging as we continuously adjusted our workouts according to the weather reports. The persistent heat of last summer is now in the past, temperatures are cooling and fall racing season is now upon us. Other than the likelihood of an Indian Summer (which notoriously tends to fall on Chicago Marathon weekend), the fall presents plentiful opportunities for personal records and fast racing times.



Contents

Welcome to Fall Racing **Page 1**

Hot Club News and Events **Page 4**

Kalamazoo Klassic

Halloween Hash Run and Children's Trick or Treat Run is now OPEN!

Club Championship Series Celebration November 15

Run Around Gull Lake November 3 and December 1

Turkey Trot Time Prediction Run Registration is OPEN

Winter Blast Half Marathon & 5k Registration Opens Monday

Agility Physical Therapy Offers Discount on Specialty Services

TJ Snyder of NV Salon Offers Stone Massage for \$30 to KAR Members

In the Zone Offers Metabolic Testing at 20% discount to KAR Members in 2013

Kalamazoo Area Runners Fanwear Store

Kalamazoo Area Runners Facebook Page

Next KAR Board Meeting is October 1, 2012

Leadership Opportunities

Running Community News – Page 15

Great Pumpkin Rotary 5k

Good Form Running

Borgess Run Camp Registration is OPEN

Group Runs/Training **Page 15**

Beyond Half and Full Marathon Training

Organized Group Runs

Club Member Corner **Page 16**

New Member Welcome

Featured Member – David Thierjung

Grape Lake 5k

Peacock Strut 5k and 10k

Run for the Son 5k

Volunteer Acknowledgements

September in retrospect....

The month of September (although the autumnal equinox was officially the 22nd) offered a full menu of racing opportunities. Several KAR members (myself included) kicked off the month with the Lawrence Ox Roast 15k and 5k held on Labor Day weekend. The event doesn't use electronic timing, works with a minimal budget and volunteers and conducts very little marketing. They don't offer online registration and the bibs consist of index cards with the number written on them. Most of the roads in the 15k are open. Age group award winners receive ribbons, and overall winners receive medals. The 15k course is long, hitting 9.3 miles before turning onto the final homestretch. Despite the fact the event itself is somewhat retro, the Lawrence Ox Roast treats runners to an outstanding post-race pancake breakfast, including table service.

Forty-six of our members participated in the Grape Lake 5k on September 8, held in conjunction with the Paw Paw Wine and Harvest Festival. This event is one of the first in which runners begin to reap the benefits of their summer training. The temperatures are starting to cool, and the flat, fast course lends itself to excellent times. The full membership results write up is in the Club Member Corner section.

The Peacock Strut 5k and 10k, held on September 15, 2012, provided the perfect timing for a tune up race in preparation for an October half or full marathon. The event also served as the goal race for our Fast Track 5k training program, and Kalamazoo Area Runners were well represented on all fronts. There were members finishing their first 5k, as well as those winning overall and age group awards. Like the Kalamazoo Klassic, those desiring extra challenge can run both the 10k and the 5k. The event also serves to give back to the community, as a fundraiser for the Portage Community Center.

September 22, 2012, the first official day of fall, ushered in the full force of seasonal change. The Park to Park Half Marathon in Holland was the first target race of the Safari Training Program. The Half Marathon and 5k race started without a hitch and sunny weather, but part way through the half marathon, storm clouds descended upon the runners. A mix of rain, hail and thunder forced organizers to shut down the finish line. Official results were generated only for the first 14 runners crossing the finish line, with the overall winner Kyle Mena of Portage in a time of 1:08:54.

KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

Chiropractic Sports Physician, Daryl Prater, D.C., CCSP, is offering KAR members a \$30 discount on custom foot orthotics: eSoles www.esoles.com 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



Further east at the Pinckney Recreation Area, those members running the Dances with Dirt 100k Relay and Ultra events fared somewhat better. Although there was a mix of sunshine and sprinkles throughout the day, the storm clouds held off until after 5:00pm. I served as the anchor leg of my team, and crossed the finish line at Half Moon Lake just minutes before the skies opened up with a torrential downpour. The rain was accompanied by thunder and even a few reports of hail. Many teams were still out on the trails. The storm lasted for less than a half hour, after which we were able to emerge the shelter of our vehicles.

The Run for the Son 5k and Baker's Dozen Beer Run Half Marathon wrapped up September racing without the challenges of the week before. Both events were held on the 29th. KAR members experienced fast times and personal records at Run for the Son (report in the Club Member Corner section) The Baker's Dozen Beer Run, a low key, grassroots half marathon that has gained notoriety for its fare, low cost and no frills, fun approach to event organizing.

October prophecy

What does the month ahead hold in store for us? We can't predict the future, but if the forecast holds true for October 7, the 2012 Chicago Marathon may experience perfect running conditions. At this time, the forecast is mostly sunny with a high of 58 degrees and a low of 45. Mother Nature's generosity has often eluded the event; many years the date has fallen amidst warmer temperatures of an Indian Summer, or less often, windy code conditions. The last year I ran Chicago, temperatures stayed at 39 degrees during the event, with wind and damp conditions. Myself and a number of others ended up in the warming tent with hypothermia.

Closer to home, the WMU Campus Classic 5k provides an opportunity to celebrate homecoming and features a fun team competition. Although the hillier course isn't conducive to PR's, the race has an excellent post-run celebration and spread.

The Grand Rapids Half and Full Marathon falls two weeks after Chicago on October 21, 2012 and usually attracts a large contingent from the Kalamazoo Area Runners. The course is fairly flat and fast, and has several out and back sections that allow runners to see and cheer each other on, along with excellent crowd support. The Detroit Free Press Half and Full

continued...

DRINK 2 YOUR HEALTH

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



BRONSON ATHLETIC CLUB

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



BORGESS HEALTH AND FITNESS CENTER

The Borgess Health and Fitness Center is offering KAR members their corporate discount rate of \$99 initiation fees (50% off) for new members (\$50 each additional associate). Monthly membership dues are \$53 for the primary member, \$26 for the first associate, and \$20 for each additional associate. Monthly dues rates are valid as of October 2011. Subject to change with future facility rate increases. For more information, call 552.2348.

Marathon is the same day, and offers a unique opportunity to cross international borders. Detroit also now offers a US Only half Marathon option, which covers the back end of the marathon course and starts later. The US Only Half Marathon entrants are not eligible for awards. Detroit (as well as Chicago) closed some time ago.

Many of our members are travelling to other half and full marathons across the country, including Columbus, Indianapolis, Sleeping Bear, New York and others as Kalamazoo Area Runners embraces the rewards and thrill of fall racing.

Whether your goal fall race is behind you, or still lies ahead, we wish you the best

Hot Club News and Events

"We run this town"

34th Annual Kalamazoo Klassic Sets the Stage for Next Year's 35th Anniversary Celebration



As we begin planning for the 2013 Kalamazoo Klassic and our 35th Anniversary, we reflect on this past summer, and the memories of the 2012 event. Nearly 1600 runners and walkers competed in the 34th Annual Kalamazoo Klassic held June 15th and 16th, 2012 with 250+ registrants in the Kids' Klassic, 448 in the 10k Run, 779 in the 5k Run, 61 in the 5k Walk, and 52 in the Pump n' Run. More than 150 volunteers filled almost 200 spots to create an outstanding experience for the runners. The 10k once again served as the RRCA Regional 10k Championship, and the 5k as the RRCA State 5k Championship.

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.



TJ SNYDER MASSAGE OF NV SALON

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



IN THE ZONE

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

Kalamazoo's Amber Brunmeier stole the show at the 2012 Kalamazoo Klassic by winning both the women's RRCA 10k Regional Championship and the RRCA 5k State Championship. Amber won women's overall in the 10k in 38:01, then walked up Maple Hill to run the 5k, again emerging as overall women's champion with an 18:06.

Local sensation Stuart Crowell won the RRCA 5k State Championship Title in 15:48, with his father Chris Crowell following close behind in the pace car. Jay Webber was the Men's Master's champion with a 16:54, and Peggy Zeeb won Women's Masters with a 20:04. Robert Schlinze and Janet Silverstein were men's and women's Grand Masters champions in 18:14 and 24:47 respectively, and Tom Nehil and Kay Maxey were Senior Grand Masters champions in 20:08 and 25:50.

Ben Jacobs won the open men's RRCA 10k Regional Championship in 34:18. Joe Reitz (35:26) and Marykate Goodwin-Kelly (46:16) won the masters 10k titles, Jim Sheilds (38:42) and Sandi Fritz (50:50) the grand masters, and John Whyte (45:50) and Shelly Fink (52:43) Senior Grand Masters.

Kevin Kane won the men's pump n' run with an adjusted time of 4:39 and Lisa Cavanaugh won the women's pump n' run with an adjusted time of 12:24.

Bill Reed and Kirsten Warner were overall champions in the 5k walk. Brian Stafford and Jane Buttery won masters and Denny Morrison and Amy Bauman won senior masters.

Results for Kalamazoo Area Runners Members can be found at Kalamazoo Klassic [10K](#), [5K](#), & [Pump-n-Run 5K](#)

[Full results for the 2012 Kalamazoo Klassic can be found here](#)

The Kalamazoo Klassic has overcome many challenges over the three and a half decades it has been in existence, and the 2012 event was no exception. In the last half mile of the 10k, a man collapsed and went into full cardiac arrest. Fortunately, two nurses and an off duty police officer were immediately behind him and were able to begin CPR immediately. The emergency rescue team was nearby and able to make it to the scene in time to administer the AED, resuscitate the runner and transport him to the hospital, where he made a full recovery. We are forever grateful to the three runners who stopped to administer CPR; Clint Hostetler, Stephanie Robinson and William Moore as well

Board of Directors

Bonnie Sexton

President

Bonnie.sexton@kalamazooarearunners.org

Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org

Robin Carpenter

Treasurer

Robin.carpenter@kalamazooarearunners.org

Vicky Ondraka

Vice President Special Events

Vicky.ondrak@kalamazooarearunners.org

OPEN

Vice President Marketing and Communications

Robin Carpenter

Secretary

Robin.carpenter@kalamazooarearunners.org

Jane Rolfe

Vice President, Development

runjanerun@comcast.com

Troy Root

Vice President, Technology

Troy.root@kalamazooarearunners.org

as the emergency rescue team, for saving the runner's life. MRC Industries, Inc. and Kalamazoo Area Runners recognize the heroic efforts of these individuals and all three receive lifetime free entry to the Kalamazoo Klassic and lifetime Kalamazoo Area Runners memberships.

Sincere thanks to our 2012 Directors, Kim Klein and Carol Bolthouse, the Kalamazoo Klassic Planning Committee, as well as all our participants, sponsors, community partners, volunteers and supporters for making the 2012 Kalamazoo Klassic a Success.

We have already started planning for the 35th Anniversary of the Kalamazoo Klassic, and look forward to delivering an exceptional event in celebration of this significant milestone.

The Kalamazoo Klassic benefits MRC Industries, Inc., a local nonprofit organization whose mission is to provide support and encouragement to individuals living with a disability to achieve their fullest potential through employment, skill building, and active community involvement. For more information visit www.kalamazooklassic.org.

2012 Kalamazoo Area Runners Halloween Hash Run Kid's Trick or Treat Hash Run October 28, 2012 at 2:00pm



Event and Program Directors

Joe Hulsebus
*Director Technology Support
Club Series and Volunteer Tracking*
Joe.hulsebus@kalamazooarearunners.org

Phil Goodwin
Director, Graphic and Web Design
Phil.goodwin@kalamazooarearunners.org

OPEN
Director, Indoor Track Workouts

Terry Hutchins
Co-Director, Kal-Haven Trail Run
Sherrie.mann@kalamazooarearunners.org

Julie Wojtaszek
*Co-Director, Kal-Haven Trail Run
Director, Online Registration*
Julie.wojtaszek@kalamazooarearunners.org

Carole Bolthouse
Co-Director, Kalamazoo Klassic (KAR)
Carole.bolthouse@kalamazooarearunners.org

Bonnie Sexton
*Co-Director, Fast Track Training
Co-Director, Portage Winter Blast
Half Marathon
Co-Director, Thursday Night Run at
Portage YMCA
Team Captain, Race for the Cure
Co-Director, Turkey Trot*
Bonnie.sexton@kalamazooarearunners.org

Troy Root
*Director, Children's Easter Egg Hunt
Dash
Team Captain, Jingle Bell Run*
Troy.root@kalamazooarearunners.org

Michelle Fakler
Team Co-Captain, Relay for Life
Oak_14@hotmail.com

Ferdi Hintz and Pam Boner
Team Co-Captains, Relay for Life

Bob Smola
*Director, Kalamazoo Marathon Pace
Teams*
Bob.smola@kalamazooarearunners.org

Gale Fischer
Another Runner's Perspective
Gale.fischer@kalamazooarearunners.org

Runners at the start of the adult Halloween Hash



Costumes abound at the Children's Trick or Treat Run

About the Event

Join us for the Spooktacular Halloween Hash Run to be held at Kalamazoo Valley Community College Texas Township Campus on Sunday, October 28th. The fun begins at 2 pm (event day registration and check-in from 1:30 – 2:00pm) and will start in the parking area in front of the Advanced Technology Center Bldg (Southwest side of campus). There will be a best costume contest! The trail run distance will be approximately 4 miles (+/- ½ mile or so) through the haunted woods of Al Sabo Preserve for adults and approximately ½ mile through tamer wooded/grassy terrain for children 12 and under as they hunt for Halloween Treats. Children should be accompanied by an adult. Door prizes, refreshments and more. Please visit the KAR website (www.kalamazooarearunners.org) for additional information on this event.

Registration is \$5 for the adult run, fee for the kids run. Please register via the link below.

[Click here to register online for the 2012 Halloween Hash Run](#)

For more information contact **Dave Walch** at 269.276.0431 or david.walch@kalamazooarearunners.org.

Volunteers

Have fun and earn 10 KAR volunteer points at the same time by helping out with the Halloween Hash Run. Volunteers are needed for:

- Event set-up (trails and registration area)
- Registration/Check-in
- Kids Run

Event and Program Directors – continued....

Beth St. John
Co-Director, Beyond Training Program
Co-Director, Thursday Night Runs at BC Burnham Brook Center
Beth.stjohn@kalamazooarearunners.org

Stephanie Demarest
Director, Thursday Night Runs at BC Lakeview
smdemarest@gmail.com

Chuck Zahnow
Director, Wednesday Night Runs at BC Lakeview
crzahnow@gmail.com

Renee Mercer
Director, Tuesday Morning Runs at BC YMCA
anreelca@aol.com

Brett Hall
Director, Sunday Morning Runs at BC CutiePie Café
anosmic.runner@gmail.com

Judah Gesmundo
Co-Chair, Battle Creek Subcommittee

Lynn Scherer
Co-Chair, Battle Creek Subcommittee

- Refreshments
- Door Prizes
- Registration/Trail Tear down



Race Director Dave Walch explains the hash run markings for the adult hash run

Contact **Dave Walch** at
david.walch@kalamazooarearunners.org or 269.276.0431 if you
 can volunteer.

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

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



Event and Program Directors continued.....

Stephanie Sabin
Co-Director, Run Through the Lights
Stephanie.sabin@kalamazooarearunners.org

Scott Taylor
*Co-Director, Turkey Trot Time
 Prediction Run
 Co-Director, Beyond Training
 Program*
Scott.taylor@kalamazooarearunners.org

Sherri Enlow (along with Pat Enlow
 and Tim Holden)
*Director, Wed Night Portage YMCA
 Runs*
Senlo38@kalamazooarearunners.org

Steve Rice
*Director, Wed Night Borgess Health
 and Fitness Center Runs
 Director, Beyond Training Program*
Steve.rice@kalamazooarearunners.org

Laura Ferrara
*Director, Wednesday Night Runs
 Maple Street Magnet School*
Laura.ferrara@kalamazooarearunners.org

Teri Olbrot (along with Bonnie Sexton,
 Laura Sandahl and Sarah Foster)
Co-Director, Thursday Evening Runs
teri.olbrot@sbcglobal.net

Dave Walch
Director, Halloween Hash
David.walch@pfizer.com

Katie Conor
Co-Director Fast Track
Katie.conor@kalamazooarearunners.org

Zachary Baker
Director, Marketing Promotions
Zach.baker@kalamazooarearunners.org

Christine Huff
Director, Membership
Chris.huff@kalamazooarearunners.org

OPEN
Director, Educational Clinics

Cindi Macdonald
Co-Director, Safari Training Program
Cindi.macdonald@kalamazooarearunners.org

FREE to KAR members (\$10 nonmember friends and family or join KAR at the door)! The Kalamazoo Area Runners Club Championship Series Awards Ceremony and Dessert Party is Thursday, November 15, 2012 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2012 racing season highlights and honor the top three Club Championship winners within each age division. This special event features dessert, coffee, refreshments, door prizes and an opportunity to mingle with your fellow KAR members. Award winners will be receiving a personal invitation and award notification. All KAR members are invited to attend and celebrate the close of the 2012 racing season.

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

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 **Vicky Ondraka** at Vicky.ondraka@kalamazooarearunners.org

Run Around Gull Lake November 3 and December 1, 2012

FREE TO THE RUNNING COMMUNITY: Join us for an annual Kalamazoo Area Runners/Battle Creek Road Runners Tradition. The 11.5 mile run (those doing shorter distances can opt to do an out and back) will start from the Gull Lake Country Club (thank you Don Morris for arranging the facilities), 9725 West Gull Lake Drive, Richland, MI at 8:00 am and follow the same scenic course as in the past. Runners should park and meet in the Golf Course parking lot (across from the lake). We will have access to the men's and women's locker rooms in the building adjacent beginning at 7:30 am. Hydration will be provided. Interested in assisting with aid stations? Contact **Mark Sigfrids** at msigfrids@kvcc.edu for more information or to volunteer.

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

We thank each of the above individuals for their service to Kalamazoo Area Runners, past, present and future, in their various capacities.

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



You won't want to miss this unique holiday event!!! The Kalamazoo Area Runners Turkey Trot 5K Time Prediction Run will be held at Portage West Middle School (7145 Moorsbridge Rd, Portage, MI 49024) at 9:00am on Thanksgiving Day, Thursday, November 22, 2012. Packet Pick-up and Race day registration will be from 7:30-8:30am. This is a timed prediction run and awards are distributed to the top 10 based on the closest predicted to actual time. Awards will also be given to the overall male and female open and masters' winners, as well as an award for best costume. No watches or other devices that track time, dogs or strollers are permitted in this unique event. Cut off finish time to be included in official results is 40 minutes. Event is \$10 (no shirt) for those who preregister by November 19 (\$10 individual/\$40 family cap) and \$15 (no shirt) for late/ race day registration (\$60 family cap). Long sleeve technical shirts may be purchased for an additional \$18 for those who preregister by November 14, 2012.



Suggested donations are socks (for men, women and children) for the Kalamazoo Gospel Mission and/or toiletries (toothbrush, toothpaste, shampoo) or a small toy for the Portage Community

Center. Runners also have the option to purchase race technical shirts and/or make additional cash contributions on-line through this registration. Proceeds from registrations and additional online donations will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day donations may be made directly to all 3 benefiting charities. Please visit the KAR website (www.kalamazooarearunners.org) for additional information on this event. For more information, visit www.karturkeytrot.wordpress.com.

2013 Portage Winter Blast Half Marathon and 5k Registration Opens October 1, 2012!



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



Half Marathon Presented by AT&T

Join us in this extraordinary community celebration of health and wellness! The inaugural Winter Blast Half Marathon and 5k is organized in partnership by the Kalamazoo Area Runners and the City of Portage and commemorates the city's 50th anniversary. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail

and roads. All running events will start and end at Portage Central High School. 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, February 17, 2013. 5k start is at 8:00am and the half marathon start is 8:15am.

Current Members of the Kalamazoo Area Runners will receive a \$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 a cap of 500 runners.** 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 – 6:00pm on Saturday, February 16, 2013 at the Portage Community Center. Race day registration for the 5k only and half marathon packet pick-up will be Sunday, February 17, 2013 at Portage Central High School from 6:30 – 7:30am. Race day registration for the half marathon will not be available.

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

For more information, visit www.portagewinterblast.wordpress.com.

Agility Physical Therapy Offers KAR Members Discount on Specialty Services



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

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

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

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



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

In the Zone Offers Metabolic Testing for the Year 2013



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

Kalamazoo Area Runners Fanwear Store

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



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

[Click here to begin shopping](#)

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

Yes, there really is a Kalamazoo Area Runners Facebook Group



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

Next KAR Board Meeting is October 1, 2012

The next KAR Board Meeting is October 1, 2012 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Kalamazoo Area Runners Leadership Opportunities

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

Vice President of Marketing

Following Karen Townsend's relocation to Chicago, we have a Board opening for an interim **Vice President of Marketing**. The position requires regular attendance at KAR Board Meetings (held

the first Monday of the month at 7:30pm) and oversight of our marketing function. A job description with more information is available upon request.

Kalamazoo Klassic Committee

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

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

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

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

Team Captain(s) (Borgess Run for the Health of It)

The Kalamazoo Area Runners will be entering teams in both the Borgess Run for the Health of It! Half Marathon and 5k Team Competitions and we are looking for **Team Captain(s)** to coordinate interested participants and team apparel, administer the lottery, and organize a team social activity for one or both groups.

To learn more or express an interest in any of the above leadership opportunities, please contact Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org.

Running Community News

The Great Pumpkin Rotary River Race 5k Run and Walk Saturday, October 6, 2012

The Great Pumpkin Rotary River Race 5K Run and Walk is Saturday October 6, 2012. The course races along the scenic streets of Harbor Shores Resort in Benton Harbor, Michigan. All proceeds go to the Benton Harbor Sunrise Rotary to support its mission to serve the youth of Benton Harbor. The event is a timed event, using a time keeper not

electronically timed. However, the race directors are offering a discount to RRCA members in the hopes to grow the event to be able to offer electronic timing next year.

Online registration is available at SignMeUp.com

[Click here to register for the Great Pumpkin Rotary River Run 5k](#)

No extra fee is charged for online registration.

This event is just one activity taking place during the Great Pumpkin Rotary River Race & Festival that day. Here is a link for the festival. http://sunrisepumpkinfestival.org/Home_Page.html

*****A discount is available to members of Kalamazoo Area Runners for this event*****

Please contact Bonnie Sexton at bonnie.sexton@kalamazooarearunners.org for the coupon code if you are active member of Kalamazoo Area Runners and planning to attend.

Good Form Running



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

Borgess Run Camp Registration is OPEN

Online registration is open for Borgess Run Camp, and this year's theme is "A World of Good." This 20-week or 13-week camp for marathoners, half marathoners and 5K (13-week only) has just enough organization not to spoil the fun. Camp infrastructure includes exposure to expertise (including physicians and physical therapists), plenty of detailed information (including maps, training guides and clinics), ongoing communications, hydration on the training runs, post-run food and ways to meet new people and develop new interests. It's a different world, for sure. Learn more and sign-up at www.borgessruncamp.com.

Training Programs and Group Runs

Beyond Half and Full Marathon Training Program Begins In January 2013; Registration opens in October



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

Mark your Calendars! Planning for the 2013 KAR Beyond Marathon and Half Marathon Training Program is underway! You've experienced the Safari! You've experienced Fast Track! Now see what lies Beyond...

Beyond is a 16 week winter training program geared to get you ready for the Boston, Kalamazoo, or other spring marathon or half marathon. Whether you're a beginner training for your first half marathon, or a Boston Marathon veteran, we have a training program tailored to fit your needs. Several exciting improvements are planned for this winter's edition of Beyond. It's not too early to mark your calendars, as registration will open in early October, the Beyond Blast Off Party is scheduled for Tuesday, December 11th, and the first group run will be Saturday, January 5th. Email Steve Rice for further information at steve.rice@kalamazooarearunners.org or visit www.karbeyond.wordpress.com

Organized Group Runs

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

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

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

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs at Portage YMCA

Wednesday evenings at 6:00 pm at the Portage YMCA for runs of a variety of distances. Please park and meet by the A-frame building. Contact **Sherri Enlow** at senlo38@chartermi.net to be added to the email distribution and/or for more information. Locations sometimes vary. Hydration is dropped and all paces are welcome.

Volunteer Program Event – 20 Points to Drop Aid Stations

Wednesday Night Runs – Maple Street Magnet School

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

Volunteer Program Event – 20 Points to Drop Aid Stations

Thursday Night Runs - Portage YMCA

Thursday evenings at 6:00 pm at the Portage YMCA for a variety of distances. Please park and meet by the A-frame building. Contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org or **Teri Olbrot** at teri.olbrot@sbcglobal.net to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration unless otherwise stated in the distribution. All paces are welcome.

The Urban Herd

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

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

Sunday Morning Runs from Cutie Pie Café (Across the street from the Linear Trail)

Sunday morning runs from Cutie Pie Café at 7:30 am. Please bring your own hydration, park in the lot at Bailey Park Auto Service and meet in the Café. All paces welcome; distances vary. Contact **Brett Hall** at anosmic.runner@gmail.com for more information and to be added to the email distribution. Runs meet weekly.

Tuesday Morning Runs from Battle Creek YMCA

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

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

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

Thursday Nights at Burnham Brook Center Parking Lot

Thursday evenings at the Burnham Brook Center Parking Lot (meet towards the back of the lot) @5:45 pm. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at smdemarest@gmail.com or Beth St. John at Beth.StJohn@kalamazooarearunners.org

Greater Kalamazoo Group Run and Training Program List

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

Club Member Corner

New Member Welcome

During the month of September the Kalamazoo Area Runners added 19 new members. Join the Executive Board in extending a warm welcome to the individuals below.

Breeding	Jeremy
Puckett	Amber
Strayer	Gregory
Strayer	Madison
Bland	Royce
Wierzba	Robert
Prahn	Kristy
Stinnette	Latasha
Wyman	Colleen

Channells	Ashley & George
Fakler	Marc
First	Timothy
First	Henry
First	Angela
First	Charlotte
Vail	Kevin
Walbridge	Stephanie

Featured Member Articles – Introducing David Thierjung

Just Another Runner's Story - Echoes of a Weekend Warrior

"It hurts up to a point and then it doesn't get any worse." - Ann Trason



David Thierjung pictured after pacing the Kalamazoo Marathon

Training for and running a marathon is considered by many to be a major accomplishment. The countless hours of training and the mental resolve to get through the rough patches of long training runs and the marathon itself cannot be denied. There are many moments in which the mind must battle and conquer the body. There are those who insist that a marathon runner's mentality borders on insanity. I can only imagine what these individuals must think of runners who take pleasure in running distances longer than twenty six miles or runners who think nothing of running a dozen or more marathons a year. KAR member, David Thierjung qualifies as one of these on the edge runners

as he pushes on towards his goal of completing fifty two races of twenty six miles or longer in 2012. He is KAR's version of Dean Karnazes.

This running craze began for David back in 2007 when a friend convinced him to run the Nashville Half Marathon. Despite his friend backing out of the race, David finished the race. Training for and finishing his first race must have had a deep impact on David as illustrated by his running resume. He has averaged twenty one marathon finishes a year on his way to one hundred and five marathons dating back to October of 2007. What makes David's stat line even more impressive is that a quarter of his marathon finishes have been at the ultra distance with many 50K's, several fifty milers and a hundred miler.

David lists some of his most notable running accomplishments in order of importance as finishing his first marathon in Grand Rapids in 4:10, breaking the four hour barrier for the marathon, becoming a Ten Star Marathon Maniac by completing thirty marathons in thirty states in three hundred sixty five days and completing the Mohican One Hundred Miler, his only one hundred mile race to date. Unfortunately like most things in life, running is not all glory and accomplishments. Perhaps what makes these accomplishments taste even sweeter is the setbacks that are overcome during the journey. David is no different than anyone who has spent a few years as a runner having experienced his share of setbacks. "My biggest struggle was by far being run over by a bicyclist at the Martian Marathon, my PR, at mile twenty four and limping to the finish in 3:43:33. The energy it took to comeback in the next several weeks was harder than expected. Also, I sprained my ankle pretty bad eight miles into my one hundred-miler. The heat that day took a lot out of me and that was the start of the heat wave we had this summer. The heat this summer was also a struggle."

Running resembles an outdoor mobile classroom to many teaching valuable lessons that can be applied to life in general. As you might imagine the miles covered on road and trail as an ultra runner have given David many opportunities for reflection and lessons learned. "The most important thing I have learned from running is no matter how I feel I can finish whatever I start. I had one DNF and only because I thought I had a broken leg. It is pretty easy to finish a race when you feel great but sometimes the best lessons learned are from when you have to really work towards the finish."

Although opportunities for reflection are abundant when running alone, running's social component is what David enjoys the most. "The absolute best part of running is the people I have met. Sometimes I run a race just to see my friends. I love getting to the start early and seeing so many people that I would never know but for running."

David considers Dick Canterbury, his pacer in his first marathon, to be his mentor. The two of them still keep in touch. Dick must have left quite an impression as David has also been a marathon pacer in Kalamazoo, Knoxville and Cleveland. David's words about pacing sum it up best. "Pacing rocks!"

David's funniest marathon moment came in his first. He almost didn't finish. His girlfriend, Lissa Perkins, was taking a picture of him. He was so distracted that he ran into a post, knocking the wind out of him for about thirty seconds. This provided some much needed humor for the group he was pacing with.

David is a little behind schedule for his short term goal of fifty two marathons this year with thirty to date, but I wouldn't count him out yet. Some of his long term running goals include running a

marathon in every state and running one marathon a month for as long as he can. So far he has finished the distance in thirty eight states.

David's advice to other runners are words to be taken to heart. " My advice to all runners is to just enjoy what you do. Some of the races I have run were not the most exciting but just to be able to run in Wyoming in a high desert or around Devils Lake in WI or meet friends for life in Portland, OR is an amazing part of running. Just soak in the moment and the memories.

David does not consider himself a real runner because he does not wake up every morning craving to run. In fact other than participating in organized races, David does very little running. His weekly exercise routine consists of about an hour on the elliptical five times a week. I suppose that the body needs a little recovery from the pounding of running when it completes twenty-six miles or more each weekend. In my opinion you are a real runner David.

Although not the most orthodox approach, David's approach to running is a testament to what we can accomplish through mental resolve. The human body is an amazing machine in its ability to perform tasks that would seem impossible. Proper training and patience is a must in preparing the body for the rigors of running long distances but nothing could be accomplished without a strong will. David is yet another example of a runner who demonstrates that the human body is capable of amazing feats as long as the mind is the catalyst.



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.

Double Victory for Kalamazoo Area Runners at Grape Lake 5k!



Marathoner Lauren MacVicar (pictured above during a Beyond training run) emerged as the overall women's winner in the Grape Lake 5k.

It was a double victory for KAR Members at the Grape Lake 5k held September 8, 2012. The 5k isn't the usual distance for marathoner **Lauren MacVicar** but she proved she can excel at shorter distances as well as 26.2, winning the women's overall title in a very fast 18:58. Rarely beaten in local racing action, **Ken Brooks** won the men's overall with a very fast 16:13. Finishing in the ***age group winner's*** circle were: **Tracy Argo (2nd)**, **Collin Bennett (3rd)**, **Cindy Comer (3rd)**, **Chris D'Hulster (3rd)**, **Sherri Dutton (2nd)**, **Angela Elhammer (2nd)**, **Ray Hendriksma (2nd)**, **Colleen Hoerman (2nd)** **Joe Hulsebus (3rd)**, **Chelsey Jones (1st)**, **Annie Jost (3rd)**, **Dean MacVicar (1st)**, **Joe Reitz (1st)**, **Dave Roberts (3rd)** and **Brandon VanDusen (2nd)**. Altogether, 46 members of Kalamazoo Area Runners ran the Grape Lake 5k. Congratulations to all our finishers. Click on the link below to view all of our Kalamazoo Area Runners stars:

[Click here to view Grape Lake 5k Member Results](#)

Kalamazoo Area Runners Dominate the Peacock Strut 5k and 10k!



I spy....several Fast Track participants

Thirty-two members of the Kalamazoo Area Runners completed the 10k and 77 the 5k at the Peacock Strut held September 15, 2012. **Ken Brooks** was the star of this year's event, replicating the double win performed by **Michael Nasuta** the year before. Ken won the 10k in 35:08, then returned to win the 5k in 16:46. KAR member **Chelsey Jones** won overall female in the 5k, with a time of 19:30.

Finishing in the **age group winners** circle in the 10k were the following members: **Tracy Argo (2nd)**, **Russell Bertch (2nd)**, **Maire Billen (1st)**, **Andy Boris (3rd)**, **Cindy Comer (2nd)**, **Pam Gordon (1st)**, **Lisa Jasiak (1st)**, **Leslie Scheffers (1st)**, **Bonnie Sexton (3rd)**, **Carl Shubitowski (3rd)**, **Mark Sigfrids (1st)**, **Jeff Smith (2nd)**, **Stacey Talley (3rd)**, **Brandon VanDusen (2nd)**, **Sue White-Sutton (1st)**. Congratulations to all of our Kalamazoo Area Runners 10k Runners Finishers. Click on the link below to view all our KAR member champions.

[Click here to view Member Peacock Strut 10k Results](#)

Finishing in the **age group winners** circle in the 5k were the following members: **Tracy Argo (1st)**, **Marie Billen (2nd)**, **Katelyn Brusach (3rd)**, **Amy Clark (1st)**, **Chris D'Hulster (2nd)**, **Sherri Dutton (3rd)**, **Angela Elhammer (1st)**, **Pam Gordon (1st)**, **Ray Hendriksma (1st)**, **Joe Hulsebus (2nd)**, **Terry Hutchins (2nd)**, **Ed Kenny (1st)**, **Till Longjohn (3rd)**, **Ronald Pelak (3rd)**, **Joe Reitz (1st)**, **Dave Roberts (1st)**, **Leslie Scheffers (1st)**, **Dana Schmitt (3rd)**, **Mark Sigfrids (1st)**, **Joel VanderKooi (2nd)**, **Brandon VanDusen (3rd)**, and **Sue White-Sutton (1st)**. Congratulations to all our Kalamazoo Area Runners 5k finishers. Click on the link below to view all our KAR member results, including those of our Fast Track Program participants.

[Click here to view Member Peacock Strut 5k results](#)

Run for the Son 5k Concludes the Club Championship Series



Chris Huff races to a 5k PR at Run for the Son

The Run for the Son held September 29, 2012 concluded the Club Championship Series races for the season. Finishing in the age group winners circle were **Marie Billen (1st)**, **Chris D'Hulster (3rd)**, **Ray Hendriksma (3rd)**, **Chris Huff (3rd)**, **Mark Sigfrids (2nd)**, **Brandon Van Dusen (2nd)** and **Peggy Zeeb (1st)** Click on the link below to view all our KAR member results.

[Click here for Member Run for the Son 5k Results](#)

Volunteer Acknowledgements

Nearly 175 Members of the Kalamazoo Area Runners have volunteered for club organized or sponsored events. Who are our volunteer leaders at the moment? **Pat Enlow** is currently in first place with 220 points. In 2nd place is **Nikki Gates** with 180 points, and third place is currently a tie between **Aimee Garrison** and **Julie Wojtaszek**, each with 150 points respectively.

[Click here to view the current Patrick Johnson Memorial Volunteer Standings](#)

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

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

Visit the individual webpages/sites via www.kalamazooarearunners.org 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