

"He who is not courageous enough to take risks will accomplish nothing in life."

-Muhammad Ali

September 2013

www.kalamazooarearunners.org

The Kalamazoo Area Runners

Rundown

Board President's Letter Our Story of Transformation



Each month I typically write an article embracing the various dimensions of running, but this month I am going to digress to write about the organizational side of running, and the amazing talents and dedication of our volunteers. A survey was sent out to the membership recently to obtain your perspectives on volunteerism within Kalamazoo Area Runners. The goal of the survey was to identify the motivational factors and the opportunities of greatest interest, as well as the barriers preventing our members from volunteering. Kalamazoo Area Runners has an inspirational and amazing story of a running community working together to build something truly spectacular. As we contemplate Kalamazoo Area Runners past, present and future, it is volunteerism that built the running organization we enjoy today, and is the core that will enable it to persevere.

Our rich history dates back 46 years, originating in 1967 as the Mall City Pacers. As I reflect upon our humble beginnings, who would have dreamed at that point in time, that this group was



Contents

Board President's Letter Our Story of Transformation- Page 1

Greetings from Your New Executive Director – Page 4

Just Another Runner's Perspective – Keep Chasing That Dream- Page 6

Hot Club News and Events - Page 10

Membership Discounts
Halloween Hash Run
Run Around Gull Lake
Club Championship Series Awards Ceremony
Turkey Trot Time Prediction 5k Run
Winter Blast Half Marathon and 5k
Arthritis Foundation Jingle Bell Run
Volunteer Leadership Opportunities
Winter Apparel Line
KAR Facebook Group

Running Community News – Page 18
Trick or Trot Run

Group Runs/Training - Page 19
Group Runs
Beyond Half and Full Marathon Training Program

Club Member Corner - Page 23
New Member Welcome
Member Announcements
Just Another Runner's Story – Scott VanLoo
Grape Lake Results
Peacock Strut Results
Run for the Son Results
Volunteer Acknowledgements

the beginning of a vibrant organization which would eventually grow to become the largest RRCA Running Club in the State of Michigan with more than 1,200 members and an event and program menu attracting more than 6,000 race participants and 600 training program participants annually.

In 1979 under the name the Kalamazoo Track Club (KTC) we officially incorporated as a non-profit organization and in 2002 changed our name to Kalamazoo Area Runners to fully embrace the recreational runner. At the time we changed our name, we were comprised of approximately 200 members. A few years later we merged with the Battle Creek Road Runners, combining the Kalamazoo and Battle Creek clubs into one entity.

Over the next decade we continued to grow exponentially, doubling our numbers every three to four years. In 2009, when we had ballooned to approximately 600 members, we conducted our first strategic planning session, and established the long term goals that would take us to the next level. At our current rate of growth, it was inevitable we would have to facilitate change to be able sustain as an organization. We conducted a feasibility study to determine if we could eventually transition Kalamazoo Area Runners to a staffed organization, knowing that once we attained 1,000 members, it would become very difficult, if not impossible to continue to function as an all-volunteer organization.

Over the course of about five years, we drafted policy and procedure, drawing from every facet of the Board's combined professional experience. We established a budget process, created job descriptions and built an organizational structure that continued to sustain the organization. We became a 501(c)(3) organization through the RRCA Group Exemption and reached the financial threshold requiring us to start filing 990's. This administrative work, which mostly happens behind the scenes, provided the operational foundation necessary to support and deliver quality events, programs and group runs, and continue to provide benefits to our rapidly growing membership.

We projected that once we had attained \$100,000 in reserves, we would have sufficient operational funds to be able to support hiring a full-time Executive Director. With this vision and fiscal responsibility in mind, Board Members, Directors, Volunteers and many of our community partners continued to work hard to build a foundation to enable our organization to reach the next level.

KAR Discount Sponsors

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

Gazelle Sports

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



Healing Moments Massage

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



Prater Chiropractic

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



BORGESS HEALTH AND FITNESS CENTER

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



Membership surveys revealed members favored the continuation of low membership dues to maintain accessibility, but were willing to pay reasonable registration fees for our high quality events and programs such as the Turkey Trot, Fast Track and The Beyond. Based on the feedback, we transformed the Turkey Trot to a fundraiser for Kalamazoo Area Runners, while still collecting donations in kind for two local charities. We started charging a small fee for Fast Track and the Beyond and in 2013, we introduced the Winter Blast Half Marathon & 5k as KAR's largest fundraising event, with the inaugural year a smashing success. We also started heavily soliciting sponsorships to help support our events and programs even more of an operational infrastructure and professional presence in the business world.

Driving Kalamazoo Area Runners from an organization of 200 to 1200 members, and emerging as the organizers of several of the most prestigious events and training programs in the community was due to the combined leadership efforts of almost a decade of dedicated volunteers and community partners. It was their combined ideas, vision, commitment and hard work, along with those of past leaders, throughout our history, that propelled Kalamazoo Area Runners to become the thriving organization it is today. Some of the Executive Board and Director positions demanded 10, 20 or even 30 hours a week at times, to keep the organization viable. These volunteer leaders were ordinary people that made tremendous commitments, and this was done on top of full-time careers, families, maintaining (or not) their own running and many made tremendous sacrifices to make this shared vision a reality. More than half of our current Board of Directors still have children at home, and most have full-time professional jobs. Those that gave so generously of their time and talents did so because they were passionate about the sport of running, and committed to keeping KAR sustainable as an organization. We were determined not to let Kalamazoo Area Runners fail, and dedicated many hours, knowing there was an end in sight, and it would not be indefinite.

In December 2012, Kalamazoo Area Runners reached the financial threshold we had established to hire staff. In April we posted the Executive Director position internally to the membership, and as of September 16, 2013, we finally attained our goal. After 46 years of operating as an all-volunteer organization, we successfully completed the transition to a partially staffed organization by hiring our first Executive Director, Joy Mills. We are excited to have Joy on our team as she works to carry out our mission and support our operations,

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.



IN THE ZONE

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



PEDAL BICYCLE

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



events and programs. Please join us in welcoming her as she assumes her responsibilities as part of a one year transition plan.

Over time, this will free the Board of Directors, to begin to work towards driving Kalamazoo Area Runners forward to the next level, as we establish a vision for our future. Next year we once again plan to go through the strategic planning process, and determine best how to perpetuate our organization. This time it will most likely be in the form of real time strategic planning, as the world around us is changing ever so rapidly.

Together, we have attained an incredible milestone as an organization. I would like to thank *every* individual who has ever donated their valuable time and talent by serving as a Board Member, Director or volunteer of the Kalamazoo Area Runners during its 46 year history, as well as all of our community partners, and sponsors. It was only through our collective efforts; time, talents and sacrifices, that we were able to make this transformation possible and build an organization. It has been an honor and privilege serving as Board President during such a special time in our history, and working with each individual and organization who has strived to make this transformation possible. We did it! Now it is time to begin the next chapter, and author the pages of our future through carrying out our mission, and establishing our new vision.

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

Greetings From Your New Executive Director



continued...

BRONSON ATHLETIC CLUB

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



DRINK 2 YOUR HEALTH

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



TJ SNYDER MASSAGE OF NV SALON

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



Dear Kalamazoo Area Runners Members,

My name is Joy Mills, and it is an honor to introduce myself to you as the new Executive Director of the Kalamazoo Area Runners (KAR). This is an exciting time for KAR as we begin a new chapter in our club's story as a staffed organization.

I've spoken with many of you since I came on board, and I look forward to connecting with many more of you in the months and years ahead. Until we see each other in person, I thought you might want to know a little something about me.

I have an undergraduate degree in history from Albion College and a Master's of Science – Accountancy from Western Michigan University. I have spent the bulk of my working career as a tax CPA in large public accounting firms. I also owned a scrapbook store in Plainwell for a few years. In an effort to provide a better quality of life for my children I have spent the past three years as the Office Manager and Financial Secretary of the Gull Lake United Methodist Church in Richland.

I am not a longtime runner, though I did walk the Honolulu Marathon through the Leukemia Society's Team in Training program in 1998, followed by the San Diego Rock n' Roll Marathon in 2004 and the Anchorage Mayor's Half Marathon in 2008. It was during that last event where I decided that walking took too long and if I wanted to continue to participate in endurance events I was going to need to give running a shot.

In January 2011 I decided it was time to give running a shot and I used a C25k program to train for the Borgess 5k. I've been running ever since, with the half marathon being my distance of choice. I've completed the Kalamazoo and Grand Rapids half marathons, as well as the Disney Princess Half Marathon and the Fifth Third River Bank 25k. This fall I am registered for the Cleveland Rock n' Roll Half Marathon and the Indianapolis Monumental Half Marathon.

Family is extremely important to me and a primary motivator for running to stay healthy and active. My husband Matt and I make our home in Otsego with our son Gabe (11), daughter Maggie (9) and our beagle mix Eloise. We all run, but Maggie is by far the most enthusiastic thanks to her experience with Girls on the Run (I serve as an Assistant Coach at her school).

Board of Directors

Bonnie Sexton

President

Bonnie.sexton@kalamazooarearunners.org



Chris Huff

Vice President

Christine.huff@kalamazooarearunners.org



Karen Christensen

Treasurer

Karen.christensen@kalamazooarearunners.org



Andrea Nixon

Secretary

Andrea.nixon@kalamazooarearunners.org



Amy Clark

Vice President, Special Events

Amy.clark@kalamazooarearunners.org



I believe whole heartedly in our mission to promote running as a source of physical, spiritual, and social wellness while enhancing the quality of life in the community. I am excited to engage with the membership, and I look forward to working with the KAR's leadership, promoting our strengths and developing initiatives that will make our organization even stronger.

If you have comments, questions, or ideas, I invite you to share them with me at joy.mills@kalamazooarearunners.org. I look forward to serving you, and those you serve, and being part of KAR's bright future.

Just Another Runner's Perspective Keep Chasing That Dream



"You can't start to get into negative spaces...telling yourself it hurts too much, maybe another day... because even people with an iron will [can] talk themselves out of stuff and quit when things get tough."

--- Diana Nyad

When looking at the headlines in the morning paper and listening to the evening news it would appear that our world is dictated by negative. Sure people from all walks of life make unwise decisions and bad things happen to good people but the adverse persona of our world is for the most part dictated in the media and history books. Truth be told you don't have to conduct an elaborate search to find the good in human nature. It is much more prevalent than the evil human spirit. What is good in our world can be found in every nook and cranny of the world from Kalamazoo to London to Beijing. Steve Hartman proved this

Board of Directors continued

Eric Burnson
Vice President, Technology
Eric.burnson@kalamazooarearunners.org



Steve Rice
Vice President, Development
Steve.rice@kalamazooarearunners.org



Staff

Joy Mills
Executive Director
Joy.mills@kalamazooarearunners.org



time and time again with his weekly feature on the CBS evening news, "On the Road". Steve would start each show by turning his back to a map of the world and throwing a dart behind his shoulder. He would then find a phone book for the zip code that the dart landed on, close his eyes, open the phone book and place his finger on the exposed page. From there he would find the person whose name his finger landed on and go out and find there heartwarming story. If you have never seen Steve's show I encourage you to look for it on YouTube and be inspired.

Perhaps what is most heartwarming about all of our stories is the theme of persistence and never giving up on our dreams despite what life throws at us. I truly believe that all of us have that tenacity somewhere deep inside of us to keep reaching even when all signs are encouraging us to stop. For some it is being dealt with a blow whether it is a child diagnosed with cancer or a soldier losing a leg while serving our country. There are countless examples of individuals overcoming tremendous setbacks and tackling them with a heart of a champion combined with a positive attitude.

Other examples of human beings showing patience and persistence no matter how hopeless conditions may appear come from those setting a goal and letting nothing stand in the way of achieving this goal. These goals come in many shapes and sizes but what they all have in common is that they require a strong mind and spirit with patience through the long haul. A little more than a month ago, sixty-four year old Diana Nyad became the first person to swim from Cuba to Florida without a shark cage. Diana was an Olympian swimmer and later joined the world of marathon swimming setting many world records. Obviously she set and attained many goals as an athlete but ultimately the goal that kept escaping her reach was swimming non-stop from Cuba to Florida. For years it remained just out of her grasp but she always kept it in her sights and finally took a firm hold of it a few weeks ago. If you have seen some of the interviews you know that Diana admits that she could not have done this without the help of her support crew. This is certainly true, but ultimately what her accomplishment came down to was a strong body but an even more enduring mind and attitude. Her 112 mile journey took roughly 53 hours. For her record to be official she was not permitted to touch her crew or the boat for the entirety of the event. Her crew could hand her food and beverage but she remained in the water for the entire 112 miles. Certainly there were many moments dominated by her tired aching muscles tempting her to give up on her dream, but her

Event, Program and Functional Directors

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

Stephanie Demarest
Director, Thursday Night Runs in Battle Creek
Director, Fast Track Battle Creek
Stephanie.demarest@kalamazooarearunners.org

Renee Mercer
Director, Tuesday Morning Runs in Battle Creek
anreelca@gmail.com

Jill Delong
Sunday Morning Runs in Battle Creek
Jill.delong@kalamazooarearunners.org

Nikki Gates
Director, Member Reception Runs
Nikki.gates@kalamazooarearunners.org

Karen Christensen
Director, Member Reception Runs
Karen.christensen@kalamazooarearunners.org

John Olbrot
Director, Database Administration
John.olbrot@kalamazooarearunners.org

Judah Gesmundo
Chair, Battle Creek Subcommittee

Lynn Scherer
Chair, Battle Creek Subcommittee

Leslie Scheffers
Director, Volunteer Program
Leslie.scheffers@kalamazooarearunners.org

Beryl Siegel
Director, Online Registration
beryl_jwang@yahoo.com

Marie Billen
Director, Easter Egg Hunt Run
Marie.billen@kalamazooarearunners.org

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

desire to complete her journey overcame this temptation. Diana's ability to complete this water marathon without climbing out of the water for nearly two and a half days shows character traits of desire, persistence and focus but what demonstrates her ability to stick to a goal over a long period of time even more is that this dream of hers began back before 1978 with her first attempt at the age of twenty eight along with three other tries in 2011 and 2012. Over the course of more than thirty four years she had never given up on her goal despite four failed attempts. At approximately two PM, September 2, Diana emerged from the water and staggered on to the beach as she acclimated her body to a solid surface after 53 hours in the water. She took on the image of a prize fighter with her swollen lips and sunburned face. She greeted the spectators with some powerful words of wisdom. "Never, ever give up. You're never too old to chase your dream." It's safe to say that she proved her message to her fans after more than a quarter of a century chasing after her dream.

As a runner I have experienced first-hand the concept of chasing a dream while keeping it in my sights over a long period of time. Preparing for my first marathon required a year of training filled with highs of milestone runs and lows of bonking on long training runs. There were plenty of doubts along the way during that first year but I always kept that goal of a first marathon in the back of my mind. As a member of the running community I have been witness to countless examples of others locking their radar into target and chasing it down. Whether it be a Boston Qualifying race, finishing atop an age group at a race, completing an ultra-marathon of 100 miles or joining the ranks of Iron Man tri athletes, many have given example of the passion and desire to take on a long term challenge in pursuit of a dream.

When I witness and hear stories of acquaintances and friends taking on an endurance events such as a the Western States Trail Race through the thin air and mountainous terrain of the Sierra Nevada Mountains or spending up to seventeen hours swimming for 2.4 miles, biking 112 miles and running 26.2 miles en route to completing an Iron Man Triathlon, my ability to run a marathon seems rather uneventful. I sometimes internally wrestle with the concept of what is more difficult to accomplish, running an ultra-marathon or completing an Iron Man. When reading about what Diana Nyad mastered a few weeks ago it would appear that swimming from Cuba to Florida's coast would seem a greater feat than any running or triathlon event.

Event and Program Directors continued.....

Maggie Austin
Director, Fast Track Battle Creek

Stephanie Sabin
*Director, Run Through the Lights
(with Dana Schmitt from Gazelle)*
Stephanie.sabin@kalamazooarearunners.org

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

Scott Everett (along with Teresa Redmond)
*Director, Wed Night Portage YMCA
Runs*
Scott.evenett@kalamazooarearunners.org

Teresa Redmond (along with Scott Everett)
*Director, Wed Night Portage YMCA
Runs*
Teresa.redmond@kalamazooarearunners.org

Teri Olbrot (along with Brandon Van Dusen, Laura Sandahl)
Co-Director, Thursday Evening Runs
*Director, Children's Easter Egg Hunt
Run*
teri.olbrot@kalamazooarearunners.org

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

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

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

Brandon Van Dusen
*Director, Thursday Night Group Runs
Portage YMCA*
Brandon.vandusen@kalamazooarearunners.org

Arguments can be made either way. Swimming for 54 hours non-stop requires a tremendous amount of stamina but does not take a toll on the body that twenty plus hours of running might. The comparisons and debates of the difficulty of different endurance events can go on and on but the truth is we might as well compare apples and oranges.

What might seem easy for one individual may be one of life's greatest challenges for another. The truth is all of us have it in us to take on a goal and go after it no matter how long it may take to reach it. As a coach of Battle Creek's Fast Track training program last spring and this summer I was able to share the joy of a group of previously non-active individuals going through the tedious process of completing a 5K race by starting with a program intertwined with walking and running intervals. Through time these individuals decreased their walking intervals as they increased their running intervals. A few years ago I had the opportunity to share in the experience of a first time marathon with a co-worker as I put in many miles with her on race day and the months of training leading up to it. The distances and goals may vary but running is often associated with objectives that require patience, focus and perseverance. Injuries and other foreseen circumstances may change timelines for reaching destinations but all of us have that internal drive deep inside of us to not give up. It is just a matter of reaching deep inside to find it.

What Diana Nyad accomplished a few weeks ago is a great reminder for all of us to never ever give up on a dream. The initial timeline may be a year or two but a sharp focus on our ambitions can keep the dream alive no matter how long the timeline might be lengthened. Don't give up on that dream. Look to Diana for a little inspiration. If that is not enough look around you. There are numerous examples in your own communities and circle's of friends to guide you as you shoot for the stars.

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

Event and Program Directors continued

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

Angela Batten
Director, Indoor Track Workouts
Angela.batten@kalamazooarearunners.org

Terry Hutchins
Director, Kal-Haven Trail Run

Eric Burnson
Director, Kal-Haven Trail Run
Eric.burnson@kalamazooarearunners.org

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

Bonnie Sexton
Director, Fast Track Training
Director, Portage Winter Blast Half
Marathon & 5k
Director Kalamazoo Klassic (MRC)
Team Captain, Race for the Cure
Director, Turkey Trot Time Prediction
5k Run
Bonnie.sexton@kalamazooarearunners.org

Kaycie Ohmart
Director, Expo Marketing
Kaycie.ohmart@kalamazooarearunners.org

Amanda Losch
Director, E-mail Marketing
Amanda.losch@kalamazooarearunners.org

philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.

Hot Club News & Events

KAR Membership Discount Codes

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

<i>Event</i>	<i>Date</i>	<i>Discount</i>	<i>Restrictions</i>
Grand Rapids Half & Full Marathon	10/20/2013	\$7	Online
KAR Turkey Trot Time Prediction 5k Run	11/28/2013	\$5	
KAR Winter Blast Half Marathon	3/2/2014	\$10	1,500 cap
KAR Winter Blast 5k	3/2/2014	\$5	
KAR Beyond Training Program	Jan-April	\$5	Membership +Registration

Halloween Hash Run and Children's Trick-Or -Treat Run October 27, 2013



Save the date – registration and details coming soon at www.kalamazooarearunners.org. The Halloween Hash Run is still on, but the KVCC trails are currently not accessible and we are securing a new venue. Join us for the Spooktacular Halloween Hash Run and Children's Trick-or-Treat Run to be held on Sunday, October 27th, location to be determined. The fun begins at 2 pm (event day registration and check-in from 1:30 – 2:00pm).

Run Around Gull Lake November 2 and December 7, 2013



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

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

**Club Championship Series Awards Ceremony and Dessert Party
Thursday, November 14, 2013 from 6:30pm – 8:30pm**

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



FREE to KAR members (\$10 nonmember friends and family or join KAR at the door)! The Kalamazoo Area Runners Club Championship Series Awards Ceremony and Dessert Party is Thursday, November 14, 2013 at Borgess LEC Auditorium from 6:30pm – 8:30pm. Join us for an evening of celebration as we relive the 2013 racing season highlights and honor the top three Club Championship winners within each age division. This special event features dessert, coffee, refreshments, door prizes and an opportunity to mingle with your fellow KAR members. Award winners will be receiving a personal invitation and award notification. All KAR members are invited to attend and celebrate the close of the 2013 racing season.

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

VOLUNTEER OPPORTUNITIES:

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

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

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

BORGESS HEALTH



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

Presented by Kalamazoo Area Runners

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



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

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

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

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

Event is \$15 (no shirt) for those who pre-register by Monday, November 25 (\$15 individual/\$50 family cap) and \$20 (no shirt) for late/race day registration (\$80 family cap). Long sleeve technical shirts may be purchased for an additional \$20 for those who pre-register by November 20, 2013. Cash and Credit Cards Only. No Transfers or Refunds.

Once again we will be suggesting donations for local charities serving individuals in need through the Kalamazoo Gospel Mission and the Portage Community Center. We will be collecting men's, women's and children's socks for the Kalamazoo Gospel Mission, or toothpaste, toothbrushes, shampoo or a small toy for the child for the Portage Community Center. Participant with the largest donation will receive a special prize. Proceeds from registrations and additional online donations

will support the Turkey Trot and the Kalamazoo Area Runners (KAR). Race Day donations may be designated directly to your choice of the 3 benefiting organizations.

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

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



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

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

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

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

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

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

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

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



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

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

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

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

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

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

We're the largest private, not-for-profit contributor to arthritis research in the world, funding more

than \$450 million in research grants since 1948. Together, volunteers and staff have helped individuals take control of arthritis by:

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

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

Volunteer Leadership Team Opportunities

BOARD POSITIONS

Vice President Marketing and Communications

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

COMMITTEES

Winter Blast Half Marathon & 5k (Event Date: March 2, 2014)

The Winter Blast Half Marathon & 5k, directed by **Bonnie Sexton** still has one committee position remaining. Position requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend. Current areas of need include but are not limited to:

- Saturday Expo

Thanks to all those committee members who have returned, as well as new member **Kathy Alizo-Williams**, who will be coordinating aid stations for the 2014 event. For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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

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

- Awards

- Registrations (includes coordinating t-shirts and packet pick-up)
- Aid Stations/Spirit Stations
- Transportation
- Refreshments
- Start/Finish Line

Thank you to **Karen Cheng** for volunteering to join the committee. We still need at least five more members. For more information, contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

TEAM CAPTAINS

Jingle Bell Run Team Captain

A team captain is needed to organize the Kalamazoo Area Runners Team for the Arthritis Foundation Jingle Bell Run 5k Sunday, November 17, 2013.

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

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

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



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

[Click here to begin shopping](#)

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

business days for orders that include an embroidered item. Unembellished sample of the apparel are available to try on in the store.

Yes, there really is a Kalamazoo Area Runners Facebook Group



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

Remaining KAR Board Meetings are October 7, 2013 & November 4, 2013

The next KAR Board Meetings are Monday, October 7, 2013 and Monday, November 4, 2013 at 7:30 pm at Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Running Community News

TRICK-R-TROT 5K RUN/WALK

WEAR YOUR BEST COSTUME!

WHEN: Saturday, October 19th, 2013

LOCATION: Race begins just north of the Brooks Memorial Fountain on US Old 27. Marshall, MI

TIME: Check in begins at 9:00am. Race starts at 10:00am

COST (Includes t-shirt): adults-\$25, 12 & under-\$15

Prizes: best costume, top male/female finisher.

Email klongyear04@gmail.com with any questions or visit

<http://trick-or-trot.weebly.com/>

***All proceeds will aid a local family who are in the process of adopting two babies from Ethiopia**

This event will be raising funds to help a family going through the adoption process. Our goal is to make this an annual event to help a different family each year that is going through this expensive process.

The family that will be helped through this event is Sarah (Dominique) and Aaron Walters. They are in the process of adopting two children from Ethiopia. Sarah is a graduate of Marshall High School - Class of 2002.

Sarah and Aaron Walters were married in 2006 and live in Hudsonville, MI. They have been blessed with two biological children: Olivia (5 years old) and Macy (2 years old).

Sarah (Dominique) graduated from Marshall High School in 2002 and GVSU in 2006. She is part-time ballet instructor at Hearts in Step dance school in Grand Rapids. She has three sisters that also grew up in Marshall (Kelly, Kristin, and Ashley).

Aaron graduated from Hamilton High School and GVSU. He has been employed at Spectrum Health in Grand Rapids for the past 9 years.

Why Adopt from Ethiopia

- Ethiopia has over 100,000 orphans in the city of Addis Ababa and more than 5 million in the country, and about 800,000 of them are orphans due to AIDS.
 - Children orphaned by HIV/AIDS suffer from greater social isolation, stigma and adjustment.
 - Ethiopia's annual health budget is around \$140 million, but what is needed to take care of the orphans is \$115 million a month.
 - School attendance rate for orphans is significantly lower than their peers. The situation is worse for girls who are taken out of school to look after household responsibilities.
 - The orphans who are not going to school are more vulnerable to abuse, neglect and exploitation.
 - Of every 1000 children born alive, 123 die before the age of five.
-- statistics from <http://addiskidathome.org/Facts.html>
-

Training Programs and Group Runs

The Kalamazoo Area Runners Group Run and Training Program Page



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

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

Kalamazoo/Portage

Wednesday Night Runs at Borgess Health and Fitness Center

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

Wednesday Night Runs at Portage YMCA

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

Wednesday Night Runs – Maple Street Magnet School

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

Thursday Night Runs - Portage YMCA

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

The Urban Herd

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

The Dirty Herd

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

Battle Creek

Battle Creek Sunday Runs – Riverside Park

*****NOTE TIME CHANGE***** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. For more information or to be added to the distribution, contact **Jill DeLong** at jill.delong@kalamazooarearunners.org.

Tuesday Morning Runs from Battle Creek YMCA

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

*****ON HIATUS THROUGH THE SUMMER***Thursday Nights at Riverside Elementary School/Various locations**

*****Change in Location***** Thursday evenings at 6 p.m. leaving from Riverside Elementary School, 650 Riverside Drive Battle Creek, MI 49015. Bring your own hydration. This run is geared towards beginners (as always, all paces are welcome). For more information contact Stephanie Demarest at stephanie.demarest@kalamazooarearunners.org.

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



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

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

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon

- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- Blast Off party and orientation featuring our famous Yankee Swap door prize drawing.
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

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

Club Member Corner

New Member Welcome

During the month of September, KAR added 34 new members. Please join the Kalamazoo Area Runners Leadership Team in extending a warm welcome to the new additions to our running family:

Bryan	Arbut
Dawn	Calgaro
Megan	Dreier
Madeline	Goodwin
Jon	Hess
Melanie	Hess
Lorelei	Hess
Oliver	Hess
Madeline	Hess
Lincoln	Hess
Michelle	Hill
Avika	Jayatilaka
Thenuka	Jayatilaka
Akila	Jayatilaka
Samadhi	Jayatilaka
Norm	Massey
Chris	McDermott
Kristin	McDermott
Alison	Moon
Lo	Morris
Stuart	Naylor
Carrie	Naylor
Jenison	O'Connor
Laurie	Raith
Erin	Regan
Silvia	Roederer
Pam	Salak
Gretchen	Slenk
Scott	Struck

Jody	Thrash
Troy	Thrash
Les	Tung
Mark	Worden
Michelle	Yiu

Member Announcements



Angela Batten volunteering at the 2013 Winter Blast Half Marathon

Congratulations to KAR Member Angela Batten on her marriage to Marlin Jost (son of KAR member Annie Jost). Angela and Marlin were married at Thornapple Creek Golf Course on September 21.

A unique mention is that Annie and Marlin met through fellow runner Annie Jost. Annie & Angela first started to run together during the 2009 Summer Safari training program when they were training for Angela's first 1/2 marathon. Their friendship grew over the next year or so & while Angela was leading Annie through her first marathon training during Beyond 2010-11, Annie introduced Angela to her son & the rest was history.

Just Another Runner's Story – Scott Van Loo A Sprinter Crosses Over

By Gale Fischer

We are different, in essence, from other men. If you want to win something, run 100 meters. If you want to experience something, run a marathon.

---Emil Zatopek



Scott VanLoo on lap 6 of the 2013 Woodstock 100 miler

Several years ago Battle Creek hosted Pulse Festival of Fitness, an event filled with a weekend of fitness activities. This event featured numerous running attractions ranging in distances from sprint events on the track to a twenty mile run featuring the linear trail. By completing selected running events you were considered an ultimate runner and graced with a stocking cap with the words “ultimate runner” stitched across the cap’s bottom. At that time I had been a distance runner for at least five years but decided I would try some of the sprint events in order to claim my prize. Although sprinting the 100 meter dash took all of fifteen seconds, the sensation of going full throttle for such a short amount of time as a distance runner felt quite awkward. Through my years as a runner I have met those experiencing running from the opposite scenario as long time sprinters turned distance runners. I have often wondered what the catalyst was for this change in distance for these individuals and what it felt like to transition from such a drastic change in pace and distance.

This month’s featured member, Scott Vanloo can relate to this notion of scaling back the pace while ramping up the miles. Scott’s tenure as a runner began back in elementary school with the shuttle run and continues today as an ultra-marathoner. “It all began in elementary school during gym class. To be more specific, the Shuttle Run. I remember doing this little sprint test and honestly was killing it every time. From there on I was plugged into track and field throughout middle school and high school.” Even early on in his years as a high school sprinter, he had opportunities to cross over to the other side with his Portage Northern’s high school cross country coaches recruiting him to their team but Scott would not budge. “Heck, our 1 mile warm up before practice during the week

was long enough. For a sprinter there is no reason to go out and run a morning run around the neighborhood.”

After high school Scott’s running career seemingly faded into the sunset that is until the middle age bulge began to shift his focus. “Now skip forward 17 years to 2007....after our second child was born, I looked at myself (all 230 lbs.) and said I need to get back in shape ASAP! I joined SWAT Fitness Club with a couple other colleagues from work as we decided to tackle a weight loss effort together. We hit the gym three days a week before work.” After a year of SWAT and other fitness classes Scott noticed the conversion from body fat to muscle tone, but was still carrying more weight than what he preferred. Marta, one of his fitness coaches suggested that he try running as a way of shedding some pounds. “After about a year of this class and a few other LesMills classes, I definitely noticed the muscle tone but not really shedding the weight that I was aiming for. Marta recommended that I start running on the treadmill before Pump class in the morning and this is where running began to plant a seed in me (year 2008). I started running/walking 1 mile on the treadmill before class. This continued to a point that I could crank out 3 miles before Pump class.”

In the spring of 2009 Scott decided to enter the Borgess 5K with a training regimen of six to eight miles a week. He was not sure what to expect having not raced any distance longer than 400 meters. “I ran a decent race (23:47) and I think what really got me hooked was that I saw my name in the paper the next morning (was listed in the top 15 of my age group). After seeing that I made a goal for myself to try and get into the top 5 of my age group at the next race. Yup, my competitive side was re-born!” Scott continued with his new found love, running in several 5K races in 2009. That fall he started doing some weekend group runs with friends from high school. After running with them for a few months, Scott threw his name into the marathon hat and signed up for the 2010 Chicago Marathon. Scott’s marathon training consisted of running any local race of any distance. His initial goal was to run a 3:50 but a fall heat wave greeted runners in Chicago in 2010 as Scott struggled to the finish line in 4:51. The experience in Chicago was seemed to turn his stomach, get his feet wet and launch his competitive drive simultaneously. One week later he towed the line in Grand Rapids and knocked out a 3:38 marathon. It seems that he had not only met his marathon goal but his weight loss goal. Through running and fitness classes he had dropped 67 pounds in less than three years. It seems Scott has come full circle from sprinter to endurance athlete having completed 22 marathons and 11 ultra marathons since 2008. Scott is coming off his most recent running endeavor at the Woodstock 100 miler. He finished 20th overall with a time of 22 hours and 59 minutes.



As I read through Scott's answers to my questionnaire and his blog it was obvious to me that he shares the same passion for this sport as many of us. His passion seems to be at an even more elevated level than the average runner. With all the experiences and opportunities that running has graced Scott its simplistic nature is what he appreciates the most. "The simplistic form of running is amazing. It doesn't require a gym membership, or the latest/most expensive gadget or the fanciest shoes. It just takes the will/motivation to get out and move." What he likes the least about running is that not everyone enjoys it like he does. Most of us have gotten the looks and questions from non-runners in their inability to understand why we are drawn to running. I love Scott's response to the question from non-runners ... "Why do you run?" "To me I say, stop guessing and start trying." I couldn't agree with Scott more. You cannot truly understand how running can transform one's life unless you experience it yourself.

Scott lists of mentors include locals as well as those known more on a national scale. "This past year I have to say that I leaned on Zach Baker as he helped pull together some great tempo/track workouts that we'd run during our Run@Lunch runs. This workout was a key activity as it helped me finish strong at the Woodstock 100 miler this year. In regards to ultra-distance mentoring, I've looked for reference from many pro ultra-runners on the scene. Reading their blogs and websites have helped tremendously. Some of these are Aton Krupicka, Dean Karnazes, Max King and Marc Ott."

As runners all of us have that potential to be an inspiration to runners and non-runners alike. Scott is able to find this inspiration in all runners. "Everyone out there running is an inspiration. If you ever ran a 100 mile event you will see an inspiration in each ultra-runner out there. Their stories, their abilities, their charities are all an inspiration."



Celebrating the finish line after pacing the 2013 Kalamazoo Marathon

Behind most addicted runners is a support system at home. Scott credits his wife Susan and two young sons Sam and Ben in his accomplishments as a runner, in particular his finish at this year's Woodstock 100. "This was truly an entire family accomplishment. The training for this race alone was its own event. Average training week mileage was round 75 miles. There were more 30/20 miles back to back weekend runs than I can honestly remember and while those were sometime grueling on my body they were definitely an 'adventure' for the family. In the end though we all did it! I had my pacer on the last lap call ahead to make sure Susan and the boys where in the finish chute as I wanted them to run across the finish line me."

Scott's story is a great reminder of what running can do for an individual's life. Scott was a competitive runner in high school as a sprinter but lost that edge after graduation. He was reunited with running nearly two decades later as he transformed from sprinter to ultra marathoner. He ran to shed the bulge from the middle but it is obvious that running has become much more to Scott than another weight loss program. Like many of us it has become his way of life. First and foremost Scott is a husband and father but Scott is also a runner. Running has transformed his life while intertwining with his role as a family man. I am confident that his family has reaped some of the benefits of Scott's running as well.

I encourage you to check out more of Scott's running story online at <http://vanloorunning.wordpress.com/>.

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

Local Race Results

*** Race results show runners who were active members as of September 1, 2013. New members joining in September may not yet be reflected in results. New members will be retroactively added to 2013 Club Championship Series events once added to the database.

2013 Grape Lake 5k

Fifty-six members of Kalamazoo Area Runners participated in the Grape Lake 5k, with many taking home age group awards. Congratulations to all our KAR members landing in the *age group award winners* circle, and the *all-star finishers* circle:

Name	Time	Age Group
Scott Adrian	0:29:32	
Kathy Alizo	0:30:57	
Brian Argo	0:24:50	
Tracy Argo	0:20:44	1st
Darla Barbarini	0:28:27	
Collin Bennett	0:25:54	
Thomas Bennett	0:37:36	3rd

Russell Bertch	0:21:22	2nd
Caleb Billings	0:24:47	
Kerri Billings	0:29:28	
Royce Bland	0:35:41	2nd
John Brady	0:20:33	2nd
Brian Brusach	0:25:43	
Katelyn Brusach	0:28:31	
Matthew Brusach	0:36:51	
Paul Bushnell	0:21:39	3rd
Carey Campbell	0:24:00	
Chad Caswell	0:26:16	
Karen Christensen	0:37:27	
Cindy Comer	0:28:38	2nd
Patience DeRoo	0:26:33	
Chris DHulster	0:19:51	2nd
Melissa Dipert	0:30:39	
Julie Eilenberg	0:26:08	
Carie Faul	0:31:18	
Mike Foster	0:32:38	2nd
Carl Fried	0:19:07	1st
Michelle Grevenstuk	0:18:06	1st
Ray Hendriksma	0:26:33	
Kristal Hoffman	0:37:29	
Mike Hughes	0:18:55	1st
Joe Hulsebus	0:19:20	3rd
Arya Jayatilaka	0:21:49	
Fred Keister	0:27:42	
Lisa Koenig	0:33:30	
Alex Lin	0:28:04	3rd
Amy Lin	0:42:39	
Chris Lin	0:32:50	
Matt Longjohn	0:21:26	2nd
Amanda Losch	0:32:02	
Michael Loudon	0:20:33	3rd
Lauren MacVicar	0:18:46	2nd
Kristen Maxwell	0:29:07	
Shawn Maxwell	0:28:52	
Kris McWilliams	0:20:08	3rd
Jenn Omo	0:28:06	
Amber Puckett	0:53:31	
Max Rathburn	0:22:21	
Leslie Scheffers	0:21:03	1st
Barbara Slates	0:37:07	1st
Janet Stensland	0:34:04	
Brandon VanDusen	0:19:58	2nd
Alec Williams	0:29:03	
Andrew Williams	0:30:48	
Rob Williams	0:30:49	

For complete results go to http://www.thtiming.com/images/2013_grape_age.pdf

2013 Peacock Strut 10k and 5k

Sixty-seven members of Kalamazoo Area Runners participated in the Peacock Strut 10k and Ninety-three in the 5k event, showing incredible support for the Portage Community Center. Many members earned age division honors, and others doubled up and ran both events. Below are all our age group award winners and amazing finishers:

Peacock Strut 10k Results

Name	Time	Age Group
Steve Abbott	0:50:04	
Scott Adrian	1:04:28	
Karen Applebey	1:08:09	
Morris Applebey	0:42:18	2nd
Tracy Argo	0:43:25	1st
Jeff Baas	0:52:06	3rd
Christine Bartholmey	1:09:23	
John Brady	0:42:40	3rd
Justin Bunch	0:39:30	2nd
Eric Burnson	0:53:39	
Paul Bushnell	0:45:46	
Kami Chase	0:57:10	
Karen Christensen	1:22:57	
Becky Clark	1:09:07	
Fred Colbert	0:48:00	2nd
Brent Cook	0:54:15	
Robin DeBlake	1:01:37	3rd
Chris DHulster	0:42:09	1st
Jayson Doren	0:40:44	2nd
Tonya Durlach	1:09:08	
Karen Dyszkiewicz	1:11:56	
Carie Faul	1:07:30	
Steven Fryling	0:57:52	
Anne Guimond	1:10:06	
Maddy Guimond	1:08:50	1st
Stephanie Harshman	1:09:44	
Kelly Hinga	0:57:50	
Tim Holden	0:58:26	
Linda Howard	0:56:05	3rd
Amber Hutson	1:21:41	
Lisa Jasiak	0:56:42	
Shari Johns	1:08:33	
Susan Kallewaard	1:09:21	
Ed Kenny	0:38:20	1st

Rachel Konieczka	1:05:16	
Bill Lewis	0:54:39	
Matt Longjohn	0:46:16	3rd
Amanda Losch	1:09:07	
Michael Loudon	0:41:53	1st
Tracy Matthews	0:58:49	
Kristen Maxwell	1:01:02	
Shawn Maxwell	0:54:16	
Randy Middaugh	0:50:00	
Tammy Mills	0:54:52	1st
Catalina Moreno	0:50:30	1st
Brian Morris	0:51:42	
Katie Nelson	1:02:19	
John Olbrot	0:48:21	3rd
Teri Olbrot	1:03:20	3rd
Ronald Pelak	0:41:01	2nd
Jim Praeger	0:42:25	2nd
Kenzi Pridgeon	0:58:57	
Marie Rogers	1:05:03	1st
Kyle See	1:07:20	
Bonnie Sexton	0:49:36	1st
Dale Shugars	1:10:58	
Mark Sigfrids	0:43:22	1st
Jennifer Smith	0:56:23	
Christina Thomas	1:02:40	
Amy Tomlinson	1:09:40	
Joel VanderKooi	0:40:35	1st
Brandon VanDusen	0:42:07	2nd
Sharmini Wickremasinghe	1:18:33	
Diane Williams	0:58:29	
Robert Williams	0:52:16	
David Worthams	1:04:25	
Peggy Zeeb	0:44:40	1st

For complete results go to <http://results.active.com/events/peacock-strut-10/5k-run-walk/>

Peacock Strut 5k Results

Name	Time	Age Group
Kathy Alizo	0:30:24	
Tracy Argo	0:21:59	2nd
Jeff Baas	0:26:33	
Christine Bartholmey	0:35:39	
Collin Bennett	0:25:13	
Thomas Bennett	0:32:54	2nd
Royce Bland	0:34:19	1st
Andrew Boyce	0:18:02	2nd

John Brady	0:21:46	2nd
Justin Bunch	0:19:30	3rd
Eric Burnson	0:32:10	
Paul Bushnell	0:22:18	3rd
Amy Clark	0:20:53	1st
Becky Clark	0:34:32	
David Clark	0:27:22	
Fred Colbert	0:23:41	
Cindy Comer	0:28:16	1st
Chris DHulster	0:20:35	
Jayson Doren	0:20:06	3rd
Tonya Durlach	0:32:27	
Julie Eilenberg	0:25:18	
Christine Essenmacher	0:35:30	
Randy Fielder	0:28:17	
Duane Fish	0:26:45	
Michelle Fish	0:39:45	
Steven Fryling	0:30:08	
Robert Guise	0:34:19	
Nathalie Hanson	0:23:07	2nd
Stephanie Harshman	0:36:42	
Ray Hendriksma	0:25:32	1st
Catherine Hennessy	0:46:01	
Kelly Hinga	0:30:10	
Kristal Hoffman	0:45:42	
Julie Hoffmann	0:27:36	1st
Joel Huff	0:22:32	1st
Joe Hulsebus	0:18:59	1st
Arya Jayatilaka	0:21:39	1st
Avika Jayatilaka	0:44:13	
Thenu Jayatilaka	0:42:26	
Susan Kallewaard	0:35:36	
Danielle Kean	0:26:43	2nd
Fred Keister	0:26:59	
Ed Kenny	0:18:35	1st
Deborah Kloosterman	0:28:18	3rd
Robert Kloosterman	0:27:59	
Amy Kniss	0:30:33	
Jason Kniss	0:30:40	
Rachel Konieczka	0:34:00	
Bill Lewis	0:27:17	
Amanda Losch	0:32:28	
Michael Loudon	0:20:22	
Brett Manski	0:42:39	
John Manski	0:32:20	
Sharon Manski	0:29:11	
Monique Mason	0:37:13	
Tracy Matthews	0:33:25	

Shawn Maxwell	0:28:01	
Chris McDermott	0:45:12	
Randy Middaugh	0:30:54	
Alison Moon	0:45:09	
John Olbrot	0:24:27	
Teri Olbrot	0:30:27	2nd
Jenn Omo	0:27:34	
Ronald Pelak	0:20:04	2nd
Jessica Perez	0:25:41	
David Perry	0:26:21	
Jim Praeger	0:29:02	
Kristy Prahin	0:24:54	3rd
Kenzi Pridgeon	0:31:04	
Gabe Rathburn	0:23:26	
Max Rathburn	0:19:51	1st
Penny Rathburn	0:20:32	1st
Jenna Rowekamp	0:31:49	
Lisa Schreiner	0:29:01	
Jennifer Schuller	0:38:29	
Kyle See	0:31:36	
Mark Sigfrids	0:21:24	1st
Jennifer Smith	0:38:05	
Brian Stears	0:29:31	
Nancy Strong	0:53:47	
Christina Thomas	0:30:52	
Amy Tomlinson	0:34:28	
Brandon VanDusen	0:20:34	
Kyle Wickremasinghe	0:44:22	
Mel Wickremasinghe	0:27:51	
Alec Williams	0:27:42	
Allyson Williams	0:27:28	
Andrew Williams	0:30:54	
Diane Williams	0:30:36	
Rob Williams	0:29:46	
Robert Williams	0:26:36	
Carrienne Wilson	0:35:14	
Michelle Yiu	0:35:29	

For complete results go to <http://results.active.com/events/peacock-strut-10/5k-run-walk/>

2013 Run for the Son 5k

The final event of our 2013 Club Championship Series, the 2013 Run for the Son benefitted the Kalamazoo Deacons conference, moving to a new course in Kalamazoo. Twenty-three of our

members participated, and **Peggy Zeeb** emerged as overall female winner with a time of 20:36. Congratulations to all of our age divisions and amazing finishers.

Name	Time	Age Group
Kathy Alizo	0:32:40	
Morris Applebey	0:19:22	1st
John Brady	0:19:48	2nd
Randy Fielder	0:27:25	
Robert Guise	0:22:54	
Ray Hendriksma	0:25:57	2nd
Kristal Hoffman	0:34:36	
Christine Huff	0:24:24	1st
Joel Huff	0:24:23	
Arya Jayatilaka	0:21:27	
Shari Johns	0:32:55	
Fred Keister	0:26:55	3rd
Deborah Kloosterman	0:27:42	
Robert Kloosterman	0:27:06	
Michael Loudon	0:20:06	2nd
David Perry	0:26:36	
Marie Rogers	0:29:38	1st
Maximilian Sine	0:29:18	
Brandon VanDusen	0:19:31	1st
Andrew Williams	0:32:29	
Rob Williams	0:28:05	
Eric Zeeb	0:26:53	
Peggy Zeeb	0:20:36	Overall Female Winner!!!

For complete results go to <http://results.active.com/events/run-for-son-12/5k>

Volunteer Acknowledgements

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

Volunteer points entered through August 2013 have been updated. If you volunteered year to date through August 2013 and your points are not included, please enter them at this time. Thanks again

to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts.

As of August 2013, **Charlene Orwin** is in first place with 430 points, **Bonnie Sexton** is in 2nd with 370 points, and **Brian Dobbie** is in 3rd place with 260 points.

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

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

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