

***“You can’t put a limit on anything. The more you dream, the farther you get.”***

***-Michael Phelps***

September 2016

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

## The Kalamazoo Area Runners

# Rundown

### Our Nationwide Running Community By Bonnie Sexton



2016 RRCA National Convention in Dallas, Texas

When we define the running community, often we think of our local community – the runners and organizations who make up the vibrant and supportive culture in the greater Kalamazoo-Battle Creek area.

Each year, the Executive Board reviews our mission statement, “the promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community.” Every now and then a discussion emerges about the community piece of the mission statement. Should it be *the* community or *our* community? Does *our* community imply local?

Our events, programs, group runs and membership benefits primarily focus on our community and enhancing the quality of life through the sport of running on a local level. Our race discount program extends outside our local community, often incorporating races in other areas within the state of Michigan, as well as outside state borders.



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## Board of Directors

Kalamazoo Area Runners (KAR) is also an affiliate of Road Runners Club of America (RRCA) and a member of a nationwide network of runners. Through RRCA, we obtain our general liability insurance, 501 (c) (3) status, RRCA State, Regional and National Race Championship designations and sponsorships, and other types of support

Kalamazoo Area Runners (KAR) also makes occasional contributions on the statewide and national level. RRCA offers a program called Kids' Run the Nation, which helps to establish youth running programs. Kalamazoo Area Runners (KAR) makes a small financial donation to this program each year. The 2017 RRCA National Convention is in Detroit, Michigan, and as the largest running club in the state, several members of the KAR leadership team will be volunteering to assist with the event next year.

Club leaders from different RRCA running clubs often share best practices, and learn from each other. It is amazing how unique each one is, yet we are all connected through the sport of running.

As a Kalamazoo Area Runners (KAR) member, through RRCA you are connected with a nationwide network of runners. This can be an excellent resource as you seek out running partners while on business travel or vacation. In early August, I travelled to New York on vacation, and contacted one of our sister RRCA clubs, the Taconic Road Runners. I joined them for their Saturday morning long run from the "Pump house" and enjoyed a beautiful 12-mile adventure along the New Croton Reservoir and through the scenic country-side of Croton-On-Hudson. I had an opportunity to run with a cardiologist who was training for the New York Marathon and among the various topics of conversation was a discussion of our respective running clubs.

The Taconic Road Runners is a club of approximately 300 household memberships serving greater Westchester County. The population of Westchester, a suburb of New York City, was 976,396 in 2015. Although Kalamazoo Area Runners has more than 1,000 household memberships, the population of Kalamazoo County was 260,263 in 2015, a fraction of the size of Westchester.

Like most runners, the Taconic Road Runners were a friendly, welcoming group. After a few introductions and an overview of where the hydration stations were placed, we were on our way. The group was relatively small and consisted of about 12-15 runners. It didn't have the structure and defined pace groups we are



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accustomed to through the large training programs nurtured in Kalamazoo and Battle Creek. Most of the runners were sub-nine minute and although they had other group runs throughout the week, this particular run consisted of a group of fairly serious runners.

We crossed over the reservoir and ran along a dirt road for a few miles, and I settled in with the cardiologist, thankful to have company and support during my vacation long run.

If you are travelling for business or pleasure, consider connecting with an RRCA club. Information on RRCA Running Clubs across the country can be found at [Find a Running Club](#).

As for our mission statement, one can argue *our* community or *the* community, however for runners, there are many dimension of community. Our impact may be primarily local, however, we are no doubt part of a nationwide running family.



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

**Executive Directors Report—Kicking Off The New Year!  
By Joy Mills**

I have often felt that while January may be the actual time when we change out our calendars, September really has more of a new year feel. That feeling was affirmed while reading Gretchen Rubin 's blog post on September 16th (my KAR anniversary date incidentally and the literal start of a new year). Rubin , the author of The Happiness Project and Better Than Before, stated that “September is the other January—a clean slate, a fresh start, a chance to use new pencils, fresh notebooks and begin again.”



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As a student I was one of those kids that looked forward to September and the start of the new school year—new teachers, new classes, new afterschool activities to be involved in. The fall season with KAR has the same feeling! As the Executive Director of KAR one of my primary responsibilities is the direction and co-direction of our seven signature events and committees. With the concentration of the events between late October and June, September feels like it is the kickoff of KAR's race year.



*Kal-Haven Trail Run Committee Members & Volunteers—Photo by Mike Peterson*

Are you looking to channel that new year feeling? Join me and consider becoming more involved in the Kalamazoo Area Runners by signing up for a short term event role. KAR is currently or will be recruiting volunteers for the following upcoming races:

[Jack-O'-Lantern 5k & 10k Trail Run](#)—October 29, 2016

[Turkey Trot Time Prediction 5k Run](#)—November 24, 2016

[Run Through The Lights](#)—December 1, 2016 (Volunteer Registration opens October 15th)

[Winter Blast Half Marathon, 10k and 5k](#)—February 26, 2017 (Volunteer Registration Opens October 1st)

[Kal-Haven Trail Run](#)—April 8, 2017 (Volunteer Registration Opens November 1st)

In addition, volunteer registration will open in January for the Kids' Bunny Hop Fun Run on March 25, 2017, and you can look forward to signing up for the Kalamazoo Klassic in the spring.

Are you interested in learning more about what goes into planning KAR's signature events? We have rewarding opportunities on our planning committees. We currently have openings on the Kal-Haven Trail Run event team for 2017. The positions require regular attendance at 4-6 planning meetings, typically held on weeknights. Availability the day of the event is also required.



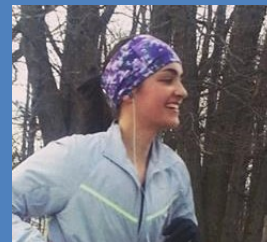
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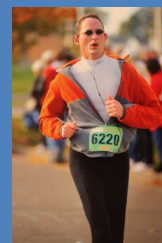
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### Kal-Haven Trail Run—April 8, 2016

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Registration & Solo Runner Coordinator

Please contact me at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) if you are interested in pursuing one of these committee positions.

Perhaps your interests are more geared towards coaching and/or helping others meet their training goals. Our Fast Track, Beyond and Summer Safari training programs are always in need of coaches and pace group leaders. Watch your email and KAR's Facebook channels for recruiting information.



*Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and watching her son and daughter participate in Otsego Middle School cross country meets. Joy recently completed the Goofy Challenge at Walt Disney World, and is looking forward to running the Borgess 10k, Ragnar Michigan and the Route 66 Half Marathon in 2016.*

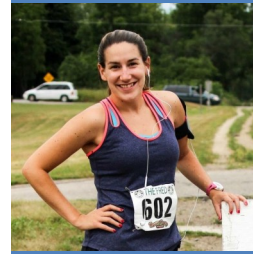
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### Another Runner's Perspective—Have A Little Faith

*"The struggles I'm facing, the chances I'm taking, sometimes might knock me down, but I'm not breaking."*

--- Miley Cyrus (*The Climb*)

The role that world of athletics has in our society can certainly be debated. There are those who feel that too much emphasis is placed on the importance of athletics and there are times and examples in which I would agree with this assessment. Every day illustrations of good and humanity in our world go unnoticed but are every bit as and more important as a quarterback throwing a last second touchdown pass in the Super Bowl. Having the ability to throw a 95 mph fastball or dunk a basketball is not what makes a person of great character. In the grand scheme of things a multi-million dollar athlete does not make a bigger contribution to our society than the nurse making \$25,000 a year but the benefaction that sports has on our society still should not be overlooked.



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As runners we all are well aware of the physical, mental and emotional benefits that our sport bestows on us every single day, but what athletics does for youth and adults alike goes beyond this. Lessons of life such as teamwork, sportsmanship, grit and focus are taught on practice fields and competitions all seasons of the year. As a high school track and cross country coach my goal is to teach my athletes the fundamentals of running but more importantly I strive to model for my runners how to use the sport and what they have learned from it, to become the best that they can possibly be as individuals. I have always considered my role as coach and their role as athlete to be interchangeable. Simply put I hope that they learn as much from me as I learn from them.

One of my track athletes, Caitlin Reed is a shining example of this role reversal. Caitlin's attitude under dire circumstances has taught me an important lesson on having faith, no matter what life throws my way. However critical a situation may be, things will be ok with the appropriate attitude and work ethic brought on by that attitude.

Caitlin, it seems was destined to be an athlete. Her mother and father, Thomas and Clara Reed met in high school as track stars for Lakeview High School. Caitlin's two older sisters participated in many sports. Her sister, Courtney, ran track and cross country for Lakeview High School before moving on to do the same for Olivet College. Caitlin was immersed in the world of athletics early on. *"Ever since I was a little girl I was interested in sports. Athletics were just a part of my family."*

Caitlin started out with soccer and floor hockey as a four year old through middle school when she added to her repertoire. Track, volleyball and basketball were combined with soccer on her athletic plate. She breezed through her middle school years, building her fire and passion for the world of sports. This would all be put on hold the summer before she began high school when she and her family's world was rocked with a undiagnosed health condition. Some medical professionals doubted her return to sports, but Caitlin knew better.

Caitlin's words left me on the edge of my seat as she told the story of her traumatic ordeal while her mom sat beside her reliving the memory. *"When I was fourteen I went on a mission trip to Zoe Kentucky. My cousin who was with us had gone missing. My aunt sent me to go find him. I was a runner and was in decent shape, but now I was running on pure adrenaline for six miles in very hot 90 degree weather, before we finally found him dazed in a ditch. We drove him back to the house we were staying at in Zoe. We got back to the house and I made sure he was ok."*

Caitlin's body had been pushed to pure exhaustion and it was if it was holding out until she was sure her cousin was going to be ok. *"After things finally settled down with my cousin I passed*

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*out from heat stroke along with body tremors and seizures. The ambulance was called.. While waiting for the ambulance they cooled me with ice and cold rags. At this point I had gained consciousness but was still out of it. I was extremely dehydrated and had little potassium left in my body."*

Caitlin lay in bed at the hospital in Zee, Kentucky as the doctors tried to explain her situation. *"The doctor told me because of my potassium level and dehydration, recovery would take two to three weeks. They kept me overnight."*

Because Caitlin had spent the night resting in bed she and the doctors knew nothing about the damage that her body had received until the next morning. *"The next morning they asked if I wanted a shower and up until this point I had not had a chance to use my legs. I got up and immediately they collapsed under me. My legs would not work. Several tests were done but they could not figure out what caused my legs not to work. The next morning I was released. The next day we left to go back to Michigan and I was still restricted to a wheel chair and a walker."*

Caitlin had been on the mission trip with her aunt, a parish nurse from her church and other adults and children from her church. Although her mom and dad were not there she was in good hands with her aunt and the parish nurse. Her mom and dad received the initial phone call back in Battle Creek immediately after Caitlin had been checked into the hospital. They were told there was no need to make the drive to Kentucky at that point because the severity of Caitlyn's condition was not thought to be serious. When her mom received a phone call the next morning it felt as if her world was going into a tailspin but complete reality did not really set in until the next day when Caitlin arrived back in Michigan. *" When she came home the next day and we saw her trembling and not being able to stand it took everything that we had to not cry in front of her. We wanted to be strong for her. There were a lot of emotions. My husband went through anger. Many times I would go into another room and shut the door and cry. Watching my child, a former athlete, struggle like that was very difficult. "* Caitlin's strength in her time of physical duress would ultimately inspire Mom and Dad.

The next few months would be consumed with doctor's appointments and physical therapy. Caitlin showed her grit through all of it. *" When I arrived in Michigan we immediately went to my family doctor and he took a video of me standing with my walker shaking. He sent the video to U of M and they wanted to see me immediately. When I went to U of M they did several tests and took a history of my ordeal. They still could not find a diagnosis."*

## DISCOUNT SPONSORS

Unless otherwise indicated, please use the 2016 KAR discount code when purchasing merchandise or services from discount sponsors.



### AGILITY PHYSICAL THERAPY

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

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

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



### ATHLETIC MENTORS

Athletic Mentors, located in Richland, is offering KAR members the following coaching and metabolic testing discounts:

- Run Coaching: \$30 discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$175 and includes a 30 minute consultation (\$140 KAR price). Repeat tests are regularly priced at \$120 and include a report but not a consultation (KAR price \$96).

For more information visit the [Athletic Mentors website](http://AthleticMentors.com) or call 664-6912. Please use the standard KAR discount code when booking services.

At this point physical therapy was the treatment prescribed. "I did intense PT at Battle Creek Bronson July through November three times a week for 90 minutes each time. I was in a wheel chair until school started and then I went to crutches. I was on crutches until the beginning of November until I could walk again."

Through the initial stages of Caitlin's medical nightmare she was given some news that was like a knife to the back an athlete. "One doctor told me that I would not recover for two years and that I would never play sports again. This was an immediate shock, but also motivated me to work hard to get back to where I was. It was at that moment that I realized that I wasn't going to let me illness be in charge of me, I was going to be in charge of my illness. I started working hard with my PT and doing exercises to regain my strength." Although the sight of Caitlin walking on her own again for the first time was pure agony with the effort and strength it required of her it was a major emotional turning point for her mom and dad.

Caitlin began using the patience, focus and persistence that athletics had taught her. "I made little goals for myself writing them down on paper. I had a timeline for standing on my own, getting rid of my walker, being able to stand for a whole minute by myself, walking a step or two on my own. I made a separate list for when I recovered. This list included running my first 5K, being able to run track, and getting back to my other sports. The last thing on my list was to run a Warrior Dash."

Caitlin was able to prove one of her doctors wrong returning to soccer the next spring but becoming an athlete again came with a learning curve. A three hour soccer practice without sufficient water threw her into another episode paralyzing her from the neck down for a short period of time. She was able to recover again from this with a stay and intense daily therapy at Mary Free Bed Rehab Center in Grand Rapids. She returned to sports again the next winter, her junior year trying out for basketball but realized that she was not quite ready. She has learned that if she still wants to be an athlete she must hydrate, eat properly and listen to her body. Caitlin was able to return to track last spring as a junior having a banner season as a sprint and mid distance runner. She was our team's biggest surprise.

With anything in life we are often thrown curve balls that are out of our control. What we do control however is our attitude. We can't necessarily wait for a miracle to get us through our trials in life but we can use our spirituality and faith to focus on what we want, establishing a plan to get there, using grit in the process and being patient with the timeline. Our goals may or may not be reached but nothing good will come of crawling in a corner and hiding.

**AZO | RECOVERY**  
FASCIAL STRETCH THERAPY

## AZO Recovery

AZO Recovery would like to offer members of KAR 15 % off all FST services.

AZO Recovery is dedicated to speeding up recovery and improving athletic performance using a cutting edge technique called FST (Fascial Stretch Therapy). FST is a dynamic approach to soft tissue therapy, focusing on improving the condition of your bodies fascial tissue and flexibility.

Learn more and schedule your sessions at [www.AZOrecovery.com](http://www.AZOrecovery.com).

**BORGESS**  
Health &  
Fitness Center

## BORGESS HEALTH AND FITNESS CENTER

The Borges 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.

  
**BRONSON  
ATHLETIC  
CLUB**

## BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a the following:

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership not required)
- Free Pilates Reformer Class

For more information on joining, contact membership at 544-3200 or stop by and mention KAR and the member discount code.



This approach can be tied to running as well when we are forced to the sidelines because of injury. Faith, focus, grit and patience will more than likely get us back to the start line in due time. Sports can teach us these life lessons while requiring us to put them to practice at the same time.

Caitlin's physical setback and her response to it is a great lesson for all of us as runners and in life. She has and continues to demonstrate the character traits of grit, patience and planning but perhaps what has driven her to most in her recovery is her faith that things will be ok no matter what.

**KEEP RUNNING!!**

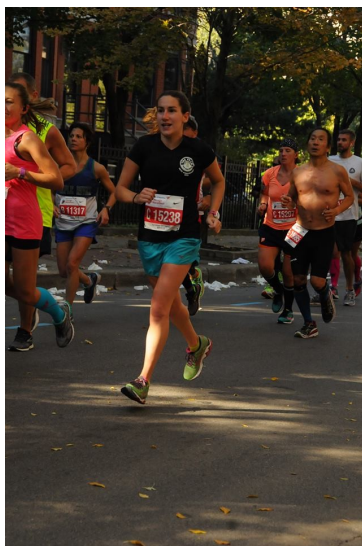
Until next time, this has been just another runner's perspective.



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

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## Featured Member— Liz VandenHeede Following In Their Footsteps



### CENTERING YOGA

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



### CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2016 events. Visit the [Cereal City Athletics website](#) to learn more about Cereal City Athletics and to register for their 2016 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2016 Events include:

- Paddles and Picnic, May 14 (\$3 off)
- Ice Cream Century Ride, June 4 (\$5 off)
- Battle Creek Half Marathon & 5k, July 2 (\$3 off 5k, \$5 off half marathon)
- Cereal City Triathlon, August 14
- Cereal City KIDS Triathlon, August 27
- Tinsel Toes 5k, December 10

Cereal City Athletics also has an [online store](#) featuring TYR's multi sports apparel line. KAR members are eligible for a 10% discount when shopping! Please use the standard KAR discount code at checkout to receive your discount.

A common goal that many parents have is for their children to experience life as they have with one small hitch. Let them encounter some of the same joys that define the positive moments in our own lives while avoiding the not so pleasant misfortunes. Unfortunately even under the most ideal conditions that a child may be born into and live under, unpleasant experiences are a natural part of human existence. It is our job as authority figures, to love, support, teach by word of mouth and demonstrate through action how to enjoy life as a happy productive citizen in our society. We perform these duties as caregivers but in time we must let our offspring make their own decisions and experience mistakes while knowing that we are still there to offer support. As runners many of us would hope that our children would somehow find the same love for our sport that we experience. We can push our children into running but ideally we should strive to let them sign on themselves because of the observations that they have made of their mom or dad as runners. As they grow and develop they may come to see the benefits that running has created for their parents in terms of physical health but more importantly what running can do for their mental and spiritual frame of mind. This month's featured runner, Liz VandenHeede has taken to the running community on her own terms as an adult but with a foundation that was cemented for her in her youth through the example provided by her mother and father.

Liz began running early on before she hit her teen years. *" I remember getting my first pair of running shoes in fifth or sixth grade. My parents had started running and I had a lot of encouragement to do so – it just seemed like the right thing to do. My first race was a Thanksgiving Day run in my hometown, Niles. I was just doing the one-mile fun run and the race volunteers sent me and two other runners the wrong direction and we got lost and ended up doing what seemed like a lot more than a mile! "*

In terms of mentors and coaches in her running life, Liz's dad filled both of those roles early on. *" I've been fortunate enough to have a lot of great running mentors in my life. My dad was actually my high school cross country coach and both of my parents have run marathons. I figured if my parents could run marathons, why couldn't I?! When I was in high school, my dad qualified for Boston and my whole family got to go to Boston to cheer him on. The women's marathon Olympic trials were also happening the day before, so I got to see those AND the Boston Marathon. It was incredible and very inspiring. Between my parents and some good running friends I have and have met through Kalamazoo Area Runners, I really have a lot of great running mentors!"*



## DOWN DOG YOGA CENTER

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

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

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

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

[www.downdogyogacenter.com](http://www.downdogyogacenter.com). Provide the 2016 discount code to receive discounts.



## GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, will be offering three My Gazelle Rewards double points days exclusively for members of the Kalamazoo Area Runners. Plan to shop on June 18th, September 10th and December 3rd to take advantage of this special offer! For more information about the My Gazelle Rewards program visit <http://gazellesports.com/wp/mygazelle/>.



## KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's largest provider of therapeutic and sports massage! Their Sports Massage Center offers a full postural and gait analysis as part of your initial consultation. You can use their convenient online scheduling at [kalamazooathleticwellness.com](http://kalamazooathleticwellness.com), or call 269-373-1000 to schedule. KAR members receive \$10 off any massage of an hour or longer at the Sports Massage Center location only. Cannot be combined with other discount offers.

Many years ago, the USA Army had a slogan that appeared in many of their commercials that many runners can relate to: "We do more before 9 AM than most people do all day." This slogan represents Liz's running inspiration.. *"I remember waking up one Saturday in the summer of 2014 and seeing online that one of my friends had already run 20 miles that morning – and I was still in bed! That was extremely inspiring and motivating. Also, on the first day of Summer Safari this past summer, Bonnie Sexton told me about her story as a runner and how she got to where she is today and that really stuck with me and inspired me throughout training this summer and running Chicago."*

Liz's experience in Chicago for her first marathon represents her most memorable moment at this point in her life as a runner. *"My best memory as a runner has to be finishing my first marathon, the Chicago Marathon, in October and realizing I ran under the qualifying time for Boston. It was doubly exciting to have run my first marathon, something that had been a long-time goal for me and really a bucket list-type of thing that I wanted to be able to know I had done and could do. Then additionally, when I started training for this marathon in early summer, the thought of qualifying for Boston had crossed my mind and it became something that I really wanted to do in life – but I didn't think I'd be quite there for my first one. It was really a stretch goal. During the marathon, especially around the halfway point, I knew I was pretty close to on track (my Garmin stopped working during the race) for a qualifying time and I thought, "This is it, this is my chance, I might as well give everything I have and see what happens." In the last five or six miles, it was so tough and I thought I was running so slowly, but I just kept moving my feet and squeezed in just below the qualifying time at 3:34:39. Crossing that finish line was a feeling I'd never quite known before and is something I'll truly always remember because of all that went into it." Hold onto that memory Liz. Although it is likely you will go on to reach greater heights as a marathon runner, there is nothing quite like crossing the finish line for your first.*

Liz's motivation and favorite aspects of running are common among many in our sport. *"I like that it gives me a break from life. No matter what kind of day I'm having, if I can get home from work and go for a run, it usually can take my mind off work for a while and allows me to relax. I always feel a lot better after a run. I also like that it gives me an opportunity to challenge myself – the sense of accomplishment after running my first marathon was amazing."*

On the flip side, there are characteristics of running which are less than desirable for Liz. *"I haven't figured out how to enjoy running in the winter yet and I don't really like treadmills. I also really hate the first three or so miles of most runs."*



## PEDAL BICYCLE

Pedal Bicycle, located at 611 West Michigan Avenue, Kalamazoo offers members of Kalamazoo Area Runners a 15% discount on accessories and apparel and preferred pricing on new bicycles. For more information and store hours visit <http://pedalbicycle.com/>. Provide the 2016 KAR discount code to receive the discount.



## SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2016 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit [www.spiritracing.us](http://www.spiritracing.us) to learn more about Spirit Racing and to register for 2016 events, using the 2016 KAR discount code.

## TROY HUGGETT FITNESS PROS

Troy of Troy Huggett Fitness Pros would like to offer members of the Kalamazoo Area Runners a discount on a strength training class that he offers at his training facility in Battle Creek. This class is designed for cross-training of runners who are looking to increase strength, endurance and overall performance while reducing injury risk. It is a 30 minute... Strength and Conditioning class using a variety of modalities including, but not limited to: bodyweight, dumbbells, resistance bands, sandbags, and resistance machines. Each individual session will vary exercises, sets, reps and equipment, while maintaining a focus on safely increasing strength, stamina, and flexibility.

Pricing for the classes is typically \$30 per month (4 sessions) or \$10 per session. Troy would like to offer the class to KAR members for \$20 per month (4 sessions) or \$8 per session.

To learn more and to register visit [www.troyhuggett.com](http://www.troyhuggett.com).

The motivation to run can come so much more naturally when running with others. The ambiance that comes on a race course provides an even greater punch. For many finding the internal drive to run alone is extremely difficult. Fortunately technology has helped to fill the void between social running and solo running for Liz as well as many others in the running community. " *I nearly always listen to music when I'm running alone, which is most weekdays. It really keeps me going. When I'm running with a group or a running buddy, I like talking to them! I've never listened to music in races.*"

Liz's roots in the world of running and the journey that has followed is a refreshing story for me as a father and runner. I have made a conscious effort through the years to not push either of my two children into running but at the same time offered encouragement and support when they have shown an interest. As my children grow and become adults there is a part of me that hopes they turn to our sport as a way of life and a refuge as they enter the demands of the adult world. Ultimately however I hope that they find a healthy outlet in their lives that they are as passionate about as I am about running. It seems that Liz has found her own outlet and the same joy in running that her mom and dad have experienced over the years.

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

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## Hot Club News and Events

### Next KAR Board Meeting is October 3, 2016

The next KAR Board Meeting is October 3, 2016 at 7:30pm at the Maple Street YMCA in Kalamazoo. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).



### BATTLE CREEK YMCA

The Battle Creek YMCA is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2016 KAR discount code when registering.

## **Run Around Gull Lake November 5 and December 3— Registration Now Open!**



**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, 9725 West Gull Lake Drive, Richland, MI at 8:00 am and follow the same scenic course as in the past. Runners should park and meet in the Golf Course parking lot (across from the lake). We will have access to the men's and women's locker rooms in the building adjacent beginning at 7:30 am. Hydration will be provided. Interested in assisting with aid stations? Contact Mark Sigfrids at [msigfrids@kvcc.edu](mailto:msigfrids@kvcc.edu) for more information or to volunteer.

**[Register Today!](#)**

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### **KAR Event and Program Registration Links**

Fall means it is time to get registered for your favorite Kalamazoo Area Runners events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

- [Jack-O'-Lantern 5k & 10k Trail Run](#) (October 29—Registration Open Now!)
  - [Turkey Trot Time Prediction 5k Run](#) (November 24—Registration Open Now!)
  - [Run Around Gull Lake](#) (November 5 and December 3—Registration Open Now!)
  - [Winter Blast Half Marathon, 10k and 5k](#) (February 26—Registration Opens October 1st)
  - [Beyond Marathon Training Program](#) (Winter 2017—Registration Opens October 1st)
  - [Winter Fast Track 5k & 10k Training Program](#) (Winter 2016-2017—Registration Opens October 1st)
  - [Club Series Championship Awards Celebration](#) (November 15—Registration Open October 15th)
  - [Run Through The Lights Fun Run](#) (December 1—Registration Opens October 15th)
  - [Kal-Haven Trail Run](#) (April 8—Registration Opens November 15)
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## **Kalamazoo Area Runners supports Project Sole**

Kalamazoo Area Runners is proud to support Project Sole. Project Sole is a humanitarian organization that unites shoes and compassion to relieve suffering, care for the poor, and enhance the quality of life in communities around the world. Through recycling excess inventory from the footwear industry, we reduce our carbon footprint and provide a basic necessity to others in need.

Kalamazoo Area Runners is supporting this humanitarian effort through collection of running shoes from our members by providing a collection box at our member events. For each pair of running shoes, we collect and ship, Project Sole donates \$2.00. The shipping of the shoes is free. The proceeds Kalamazoo Area Runners receives will be given to community programs that enhance physical, spiritual and social wellness: Girls on the Run and Let Me Run.

We are reaching out to our membership for your kind shoe donations. If you want to learn more about Project Sole, visit their website: [www.projectssole.org](http://www.projectssole.org).

Collection boxes for shoe donations will be available at the following six Kalamazoo Area Runners events:

- Summer Sizzler Member Reception Run (August 1, 2016)
- Run around Gull Lake (November 5, 2016)
- Club Champion Series Awards Reception (November 15, 2016)
- Feel Good February Member Reception Run (February 6, 2017)
- Spring Fling Member Reception Run (April 3, 2017)
- Annual Member Banquet (March 2017)

For more information about this program, please contact Board Member At Large, Carrie Hoch-Mortlock at [Carrie.Hoch-Mortlock@KalamazooAreaRunners.org](mailto:Carrie.Hoch-Mortlock@KalamazooAreaRunners.org).

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## **Follow the Kalamazoo Area Runners on Social Media!**



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

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

Have you checked out the updated Kalamazoo Area Runners Fanwear from Gazelle Sports? Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the [Team Gazelle site!](#)



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



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

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



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## KAR Membership Race Discounts

KAR Members are eligible for many local and regional events. Please contact our Executive Director, **Joy Mills**, at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

Discount codes are no longer required for events presented by the Kalamazoo Area Runners, or in most cases for other events utilizing the RunSignUp registration system. The system will automatically detect current KAR memberships if the RunSignUp account has been properly claimed. For more information and questions about this process, please contact Joy Mills at the email address above.

Below are upcoming events and programs offering KAR members a discount:

### [Grand Rapids Half and Full Marathon](#)—Grand Rapids, MI

October 23, 2016

\$10 discount on either event

### [Ground Hog Marathon](#)—Grand Rapids, MI

February 4, 2017

10% discount

### [Wisconsin Marathon & Half Marathon](#) - Kenosha, WI

May 6, 2017

\$5 discount

## Club Championship Series Events

The 2016 Kalamazoo Area Runners Club Championship Series kicks off February 15, 2016 and below are upcoming participating events. Member discounts will be automatically applied for races that utilize the RunSignUp registration platform. The remaining events use the standard 4-digit discount code that is distributed in the introductory email of each edition of The Rundown.

Discount is \$2 unless otherwise noted.

[Winter Blast Half Marathon, 10k & 5k](#) (\$10 half discount, \$5 5k, 10k discount), February 28, 2016

[The Shamrock 5k](#) (\$5 discount), March 19, 2016

[Kal-Haven Trail Run](#) (Solo Ultramarathon Only—\$10 discount), April 9, 2016

[Borgess Run for the Health of It Marathon, Half Marathon, 10k and 5k](#) (No discount), May 8, 2016

[Vicksburg Hearty Hustle 5k](#) (pre registration only), May 14, 2016

[Komen Race for the Cure 5k](#) (\$5 discount), May 14, 2016

[Oaklawn Hospitality Classic 5k & 10k](#), May 21, 2016

[K5K \(Kalamazoo 5k\)](#) (pre registration only—\$5 discount), May 21, 2016

[Run to Climax 7k](#), May 30, 2016

[Otsego Road Runner 5k](#) (\$5 discount), June 4, 2016

[Cereal City Classic 5k & 10k](#) (\$5 discount), June 11, 2016

Plainwell Education Foundation Island 5k & 10k (pre registration only), June 16, 2016

[Kalamazoo Klassic 5k & 10k](#) (\$5 discount), June 18, 2016

[Binder Park Zoo Cheetah Chase 5k](#) (preregistration only), June 25, 2016

[Schoolcraft Firecracker 5 Mile](#) (\$5 discount), July 4, 2016

[In Stride 5k & 10k \(formerly Pace for Poverty\)](#), July 4, 2016

[Kindleberger Superhero 5k](#) (\$4 discount), July 9, 2016

[Steve Athey Memorial \(Raider Stomp\) 5k & 10k](#) (preregistration only), July 9, 2016

[Mattawan Road & Trail 5k & 10k](#), August 4, 2016

[Otsego Ready or Not 5k](#) (\$5 online until noon, July 22, \$2 after), August 4, 2016

Road Hawg 5k & 10k (\$5 discount), August 20, 2016

[Allegan Strides for Health 5k](#) (preregistration only), August 20, 2016

[Grape Lake 5k](#) (preregistration only) (\$3 discount), September 10, 2016

Run for the Son 5k, September 10, 2016

[Peacock Strut 5k & 10k](#), September 17, 2016

[Bronson Children's Hospital 5k Run/Walk](#) (\$5 discount), September 25, 2016



Congratulations to everyone for all of their accomplishments this year in the 2016 Club Championship Series! Registration for the Awards and Dessert Party coming soon!



## Community Events

**Saturday, October 1st**  
**5K Run / Walk**

KEEP YOUR MOTOR RUNNING  
GILMORE CAR MUSEUM 2016

GILMORE  
CAR MUSEUM

400+ Extraordinary Vehicles • Register by Sept 26th at [ItsYourRace.com](http://ItsYourRace.com)!

The Gilmore Car Museum is excited to announce their very first 5K fundraiser, “Keep Your Motor Running!” This family friendly 5K run/walk will be held throughout the Museum’s 90-acre Historic Campus on Saturday, October 1<sup>st</sup> at 8:00am. Cost to participate is \$25/adult and \$15/children 17 and under, includes a custom Keep Your Motor Running 5K athletic t-shirt and access to tour the incredible museum after the race. Advanced packet pick up will be held Friday, September 30th from 4pm-6pm at the Gilmore Car Museum, remaining packets can be picked up prior to the race on Saturday morning beginning at 7am. Pre-Registration will take place until September 26th, t-shirt sizes will not be guaranteed for those who register after September 15th. This event will be held rain or shine. Register at <https://KeepYourMotorRunning.itsyourrace.com/register/>.

## Take The Challenge!!!

The Michigan Fitness Foundation along with the [United Dairy Industry of Michigan \(UDIM\)](#) are encouraging Michiganders to engage in events promoting physical activity, health and wellness.

To participate in the Pure Michigan FITness Series Challenge, you must:

1. Sign up for the challenge using [RunSignUp](#)
2. Provide name, mailing address, email address and shirt size

This Event Endorsed by



You will receive a FIT point for every Pure Michigan FITness Series event you participate in, or volunteer for, over the course of 2016.

- **5 Points:** You're eligible for a trip up the Mackinac Bridge Tower (values at \$4500)
- **10 Points:** Receive a Pure Michigan FITness Series water bottle
- **15 Points:** Receive a Pure Michigan FITness Series medal
- **20 Points:** Receive a Pure Michigan FITness Series hoodie

The Pure Michigan FITness Series Challenge will send you an email quarterly with instructions to report your participation in the endorsed events.

Several KAR events are participating in the Pure Michigan FITness Challenge, including Winter Blast and the Kalamazoo Klassic. [For a complete listing of 2016 series participants, see the full event schedule!](#)

# Kalamazoo Area Runners Group Runs and Training Programs



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

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

## ***Kalamazoo/Portage***

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

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

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

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

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### **The Urban Herd**

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

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### **The Dirty Herd**

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

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

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

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

The Sunday group runs in Battle Creek meets at 7:30am from May to September, and at 3:00pm from October to April in the Battle Creek YMCA lobby. Distance is approximately 6 miles, all paces welcome. Please bring your own hydration. For more information or to be added to the distribution, contact **Matthew Santner** at [matt.santner@kalamazooarearunners.org](mailto:matt.santner@kalamazooarearunners.org) or Eric Campbell at [eric.campbell@kalamazooarearunners.org](mailto:eric.campbell@kalamazooarearunners.org).

# Club Member Corner

## New Member Welcome

As of the end of August, the Kalamazoo Area Runners had 1425 members. This represents 1.8% growth since August 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Amy	Adams	Kaleigh	Kindler	Sara	Stephan
Kimberly	Balderas	Maddy	Kindler	Andrew	Taylor
Emily	Bandeen	Mikayla	Kindler	Susan	Taylor
John	Beck	Kimberly	Larson	Anna	Tuttle
Steve	Booton	Tammy	Lovins	Lynette M	Tuttle
Thresa	Brady	Jason	Magnus	Nancy	VanderRoest
LeeAnn	Brooks	Kristin	Magnus	Richard	VanEck
Jen	Brown	Raegan	Magnus	Alaila	Walker
Charlotte	Buettner	Jessica	McGuire	Aquari	Walker
Alexis	Christiansen	Braeden	McKee	Kari	Wildner
Elizabeth	Christiansen	Tom	Melgar	Catherine	Wright
Kelly	Cooper	Emily	Miller		
Theresa	Coty O'Neil	Toni	Miller		
Dave	Davies	Melanie	Morello		
Anderson	Egerer	Michelle	Mosher		
Susan	Forgas	Tom	Mulhern		
Allie	Fried	Annika	Munson		
LeAnne	Fried	Cale	Munson		
Lusiano	Garcia	Emily	Munson		
Bradly	Gorham	Lyra	Munson		
Jessica	Gutsue	Elizabeth	Neal		
John	Gutsue	Michelle	Nugent		
Kerri	Haist	Kaitlyn	Olsen		
Matt	Haist	John	O'Neil		
Carley	Hall	Stacey	Pilling		
Leah	Halstedt	Terri	Plotas		
Logan	Halstedt	Nicole	Powless		
Dawn	Hartwell	Patti	Quackenbush		
James	Hartwell	Scott	Quackenbush		
Dani	Heger	Dean	Rigoni		
Melissa	Howell	Jamie	Root		
Stephanie	Hunsicker	Penny	Rose		
Madeline	Hunsicker	Diane	Schear		
Sarah	Keister	Jennie	Schippers		
Dean	Kindler	Daniel	Seibert		
Deb	Kindler	Katie	Smyth		

## Local Race Results

### Instride 5k & 10k—formerly Pace for Poverty, July 4, 2016

Thirty-three members of the Kalamazoo Area Runners took part in the Instride 5k & 10k in Richland on Monday, July 4th. 5k age group winners included Randy Fielder (3rd), Julie Hoffman (1st), Nate Krawczyk (1st), Michael Louden (3rd), Mike Powell (2nd), Dave Roberts (1st), David Rozelle (2nd) and Kyle See (1st).

Jeff Layne took the Overall Male Winner title with a time of 39:58 while Lauren MacVicar took the Overall Female Winner title in the 10k with a time of 38:31. Joseph Hohler III took the Male Masters Winner title with a time of 40:50. Other 10k age group winners included Michael Barnett (2nd), Andy Boris (1st), Zac Boyd (1st), Todd Buchanan (1st), Karen Conner-Beck (2nd), Frank Maston (1st), Tom Noall (1st), Candace Thurston (1st), Zachary Wilson (2nd) and Max Zigterman (1st).

Congratulations to all of KAR's Instride 5k & 10k finishers!

#### 5k

Cara Barnes	0:45:06	
Angela Bell	0:58:23	
Randy Fielder	0:30:24	3rd
Sarah Foster	0:58:24	
Julie Hoffmann	0:28:30	1st
Kay Hubbard	0:35:06	
Michael Hutchinson	0:32:02	
Nate Krawczyk	0:19:16	1st
Michael Louden	0:20:32	3rd
Gabe Mills	0:39:51	
Joy Mills	0:35:10	
Maggie Mills	0:39:57	
Mike Powell	0:23:31	2nd
Dave Roberts	0:22:45	1st
Dawn Roberts	0:44:17	
David Rozelle	0:34:36	2nd
Cindy Schnotala	0:58:25	
Kyle See	0:33:09	1st
Kristy Vandermolen	0:29:32	
Tom Vandermolen	0:29:31	

**10k**

Michael Barnett	0:59:03	2nd
Andy Boris	0:42:26	1st
Zac Boyd	0:42:57	1st
Todd Buchanan	0:53:57	1st
Karen Conner-Beck	1:03:27	2nd
Joseph Hohler III	0:40:50	Male Masters Winner!
Jeff Layne	0:39:58	Male Overall Winner!
Lauren MacVicar	0:38:31	Female Overall Winner!
Frank Maston	1:30:10	1st
Tom Noall	1:09:38	1st
Candace Thurston	0:59:31	1st
Zachary Wilson	0:48:53	2nd
Max Zigterman	1:13:00	1st

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**Schoolcraft Firecracker 5 Miler, July 4, 2016**

The Schoolcraft Firecracker 5 Miler was held on Monday, July 4th and ninety members of the Kalamazoo Area Runners were on hand for the event. Joe Reitz ran the event in 30:28 to take the Male Masters Winner title, while Peggy Zeeb took the Female Masters Winner title with a time of 37:40. Other age group winners included Julie Allen (1st), Stephanie Allen (1st), Morris Applebey (1st), Tracy Argo (2nd), Christine Bartholmey (3rd), Thomas Bennet (2nd), Marie Billen (1st), John Brady (2nd), Paul Bushnell (3rd), Daniel Damaska (2nd), Ben Dilla (2nd), Diane Gilligan (1st), Tom Hall (1st), Ray Hendriksma (3rd), Susan Hubert (3rd), Caleb Lohman (3rd), Sarah Lohman (2nd), John Olbrot (1st), Karen Schwab (1st), Eli Simmering (3rd), Al Smitn (1st), Joel VanderKooi (2nd), Scott VanLoo (1st), Bobbie VanZile (3rd), and Mike Waterman (1st). Congratulations to all of KAR's Schoolcraft Firecracker 5 Miler finishers!

Julie Allen	0:39:47	1st
Stephanie Allen	0:35:46	1st
Regina Ambs	0:51:58	
Morris Applebey	0:32:21	1st
Brian Argo	0:48:23	
Tracy Argo	0:35:43	2nd
Jeff Baas	0:48:16	
Zachary Baker	0:35:40	
Christine Bartholmey	0:52:53	3rd
Wendy Bauer	1:02:30	
Thomas Bennett	0:58:51	2nd
Jalayne Bennett-Conway	0:57:41	
Marie Billen	0:33:55	1st

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John Brady	0:36:18	2nd
Paul Bushnell	0:39:08	3rd
Amy Callahan	1:13:33	
Douglas Chapel	0:39:41	
Becky Clark	0:59:12	
Laurel Clark	0:48:17	
Stephanie Clark	0:41:07	
Fred Colbert	0:39:20	
Daniel Damaska	0:32:49	2nd
Larry DeFouw	0:59:26	
Sheryl DeFouw	0:59:24	
Angela DeVries	1:11:08	
Ben Dilla	0:34:55	2nd
Chelsea Dilla	0:52:07	
Marty Dinneweth	0:40:54	
Don Ewert	1:00:46	
Amy Fialkoff	0:52:37	
Erin Garnaat	1:08:15	
Joseph Garnaat	0:42:31	
Jeremy Germain	0:38:20	
Diane Gilligan	0:46:53	1st
Tom Hall	0:30:19	1st
Mary Haskamp	1:03:41	
Ray Hendriksma	0:44:41	3rd
Kelly Hinga	0:49:19	
Carrie Hoch-Mortlock	0:55:19	
Brandon Hoggard	0:46:42	
Karyn Hoggard	0:46:19	
Mike Huber	0:41:49	
Susan Hubert	0:48:59	3rd
Eric Jasiak	0:52:30	
Lisa Jasiak	0:52:29	
James Johnson	0:37:03	
Susan Kallewaard	1:12:21	
Danielle Kean	0:48:17	



Angela Keyes	0:49:01	
Rachel Konieczka	0:59:20	
Sandy Koscinski	0:48:15	
Cammy Lenning	0:48:36	
Bill Lewis	0:48:52	
Caleb Lohman	0:33:14	3rd
Sarah Lohman	0:40:35	2nd
Laura McDonald	1:02:45	
Brian Meyers	0:40:48	
Randy Middaugh	0:46:56	
Christina Oberheim	1:03:40	
John Olbrot	0:39:52	1st
Gabriel Porter	0:57:14	
Gayle Porter	0:57:14	
Steve Pride	0:32:23	
Kenzi Pridgeon	0:48:16	
Ronald Reid	0:57:37	
Gwen Reidenbach	1:03:35	
Dan Reisner	0:41:39	
Joe Reitz	0:30:28	Male Masters Winner!
Karen Schwab	0:42:55	1st
Donna Scott	1:01:58	
Eli Simmering	0:45:26	3rd
Mary Anne Simmering	0:48:00	
Al Smith	0:49:44	1st
Samantha Smith	0:43:47	
Kim Solvik	0:58:44	
Eric Suloff	0:46:04	
Scott Taylor	0:40:52	
Joel VanderKooi	0:32:11	2nd
Scott VanLoo	0:32:38	1st
Roberta (Bobbie) VanZile	0:45:19	3rd
Andrew Vidor	0:55:45	
Annie Waterman	0:54:47	
Mike Waterman	0:31:00	1st
Heidi Williams	0:52:46	

Jessica Wise	0:56:13	
Heather Woodbury	0:40:15	
Eric Zeeb	0:53:17	
Peggy Zeeb	0:37:40	Female Masters Winner!
Greg Zummach	0:58:15	
Linda Zummach	0:58:16	

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## Kindleberger Super Hero 5k, July 9, 2016

Thirty-one members of the Kalamazoo Area Runners participated in the Kindleberger Super Hero 5k on Saturday, July 9th in Parchment. Tracy Argo was the overall female winner with a time of 20:27. Many KAR members placed as age group winners, including Alexander Argo (2nd), Evelyn Argo (1st), Fred Colbert (2nd), Chris DHulster (3rd), Michele Frey (1st), Joan Hanna Darrell (2nd), Alan Heasley (2nd), Susan Hubert (3rd), James Johnson (2nd), Deborah Kloosterman (2nd), Michael Kloosterman (1st), Robert Kloosterman (1st), Thomas Maihofer (2nd), Audrey Meine (2nd), Lindsay Meulman (2nd), Gabriel Porter (3rd), Gayle Porter (3rd), Mike Powell (1st), Joe Reitz (1st), Eli Simmering (2nd), Mary Anne Simmering (3rd) and Jack Thom (3rd). Congratulations to all of KAR's Kindleberger Super Hero's!

Alexander Argo	0:29:46	2nd
Brian Argo	0:32:25	
Evelyn Argo	0:32:25	1st
Tracy Argo	0:20:27	Female Overall Win-
Josh Bridges	0:22:14	
Fred Colbert	0:22:36	2nd
Steve Darrell	0:24:51	
Chris DHulster	0:19:37	3rd
Michael Frey	0:19:38	
Michele Frey	0:28:36	1st
Joan Hanna Darrell	0:30:24	2nd
Alan Heasley	0:33:03	2nd
Amie Heasley	0:33:04	
Susan Hubert	0:27:49	3rd
James Johnson	0:21:26	2nd
Angela Keyes	0:27:16	
Deborah Kloosterman	0:27:00	2nd
Michael Kloosterman	0:23:42	1st
Robert Kloosterman	0:21:27	1st
Matt Longjohn	0:23:56	
Thomas Maihofer	0:24:40	2nd

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Audrey Meine	0:22:29	2nd
Lindsay Meulman	0:27:40	2nd
Lindsay Patterson	0:33:00	
Gabriel Porter	0:36:13	3rd
Gayle Porter	0:36:18	3rd
Mike Powell	0:22:34	1st
Joe Reitz	0:17:58	1st
Eli Simmering	0:26:10	2nd
Mary Anne Simmering	0:26:54	3rd
Jack Thom	0:22:07	3rd

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## **Steve Athey Memorial 5k and 10k (Steve's Raider Stomp), July 9, 2016**

Steve's raider Stomp 5k and 10k, directed by KAR member Bob Smola, was held on Saturday, July 9th at Decatur High School. Thirteen members of the Kalamazoo Area Runners participated in the 5k. Ann Garlock was the female overall second place winner with a time of 22:10. Finishing in the 5k age group winner's circle were Doreen Akins (1st), Kenneth Akins (2nd), Thomas Bennett (2nd), Jalayne Bennett-Conway (3rd), Jeanmarie Bradley (3rd), Brad Hollister (1st), Fred Keister (2nd), Kenzi Pridgeon (1st) and Heidi Williams (2nd).

Fifteen KAR members participated in the 10k distance event with Scott Evans emerging as the overall male winner with a time of 36:32, Joel VanderKooi as the male overall second place winner with a time of 39:56, and Joseph Hohler III as the male overall third place winner with a time of 40:52. Stephanie Allen emerged as the female overall third place winner with at time of 45:53. Other 10k age group winners included Jeff Baas (2nd), Andy Boris (2nd), Gordon Hare (2nd), Aaron Hart (1st), Kylie Hollister (2nd), Bill Lewis (2nd), Kristen Mansfield (2nd), Addie Maston (3rd), Frank Maston (1st) and Randy Middaugh (1st). Congratulations to all of our Steve's Raider Stomp finishers!

### **5k**

Doreen Akins	0:31:21	1st
Kenneth Akins	0:41:45	2nd
Stacey Baas	0:42:29	
Thomas Bennett	0:34:25	2nd
Jalayne Bennett-Conway	0:34:25	3rd
Jeanmarie Bradley	0:46:47	3rd
Randy Fielder	0:29:50	
Ann Garlock	0:22:10	Female Overall 2 <sup>nd</sup>
Brad Hollister	0:26:30	1st
Fred Keister	0:26:30	2nd
Michael Louden	0:20:24	

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Kenzi Pridgeon	0:27:39	1st
Heidi Williams	0:31:33	2nd
<b>10k</b>		
Stephanie Allen	0:45:53	Female Overall 3 <sup>rd</sup> Place Winner!
Jeff Baas	0:55:28	2nd
Andy Boris	0:43:10	2nd
Scott Evans	0:36:32	Male Overall Winner!
Gordon Hare	1:22:25	2nd
Aaron Hart	0:55:33	1st
Joseph Hohler III	0:40:52	Male Overall 3 <sup>rd</sup> Place Winner!
Kylie Hollister	1:01:52	2nd
Jon Krum	1:02:44	
Bill Lewis	1:02:33	2nd
Kristen Mansfield	0:57:55	2nd
Addie Maston	1:16:33	3rd
Frank Maston	1:25:44	1st
Randy Middaugh	0:58:12	1st
Joel VanderKooi	0:39:56	Male Overall 2 <sup>nd</sup> Place Winner!

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## Mattawan Wildcat Road & Trail 5k & 10k, August 6, 2016

The Mattawan Wildcat Road & Trail 5k and 10k, co-directed by KAR member Scott VanLoo, was held on Saturday, August 6th at Mattawan High School. Twenty-nine members of the Kalamazoo Area Runners participated in the 5k. Marie Billen emerged as the Female Overall Winner with a time of 20:16, while Peggy Zeeby took the Female Master's Winner title with a time of 21:57. Other 5k age group winners included Morris Applebey (1st), Amy Chopp (1st), Angela Keyes (2nd), Laura Lam (2nd), Maxwell Longjohn (2nd), John Olbrot (1st), Anita Ollila (1st), Steve Pride (1st), Sarah Yetter (1st) and Linda Zummach (2nd).

Fifteen KAR members participated in the 10k event where Carol Heinicke took the Female Master's Winner title with a time of 53:15. Other 10k age group winners included Doreen Akins (1st), Stephanie Allen (2nd), John Brady (1st), Lori Fraker (3rd), Kelly Hinga (1st), Heather Huber (1st), Frank Hui (1st), Bill Lewis (1st), Lisa Noble (2nd), Joe Shorb (2nd) and Max Zigterman (1st). Congratulations to all of KAR's Wildcat Road & Trail finishers!

### 5k

Kenneth Akins	0:41:59	
Morris Applebey	0:19:07	1st
Alexander Argo	0:35:00	
Brian Argo	0:35:30	
Evelyn Argo	0:35:29	

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Thomas Bennett	0:34:39	
Jalayne Bennett-Conway	0:34:40	
Marie Billen	0:20:16	Female Overall Winner!
Rachel Chandler	1:00:47	
Amy Chopp	0:22:42	1st
Chris Chopp	0:27:59	
Julie Ellis	0:34:36	
Mandi Franco	0:33:43	
Becky Hill	0:36:46	
Angela Keyes	0:28:55	2nd
Laura Lam	0:26:05	2nd
Matt Longjohn	0:24:05	
Maxwell Longjohn	0:23:03	2nd
John Olbrot	0:22:59	1st
Anita Ollila	0:33:51	1st
Laura Osborne	0:52:52	
Steve Pride	0:19:12	1st
Ben VanLoo	0:39:09	
Sam VanLoo	0:32:26	
Susan VanLoo	0:46:33	
Sarah Yetter	0:23:42	1st
Peggy Zeeb	0:21:57	Female Masters Winner!
Greg Zummach	0:34:47	
Linda Zummach	0:34:47	2nd
<b>10k</b>		
Doreen Akins	1:06:50	1st
Stephanie Allen	0:48:25	2nd
Wendy Bauer	1:20:28	
John Brady	0:47:28	1st
Lori Fraker	1:19:51	3rd
Marci Harter	0:56:14	
Carol Heinicke	0:53:15	Female Masters Winner!
Kelly Hinga	1:00:25	1st
Heather Huber	1:01:23	1st

Frank Hui	1:02:19	1st
Laura Jerks	1:07:56	
Liz Johnson	1:12:53	
Bill Lewis	1:05:44	1st
Lisa Noble	1:19:51	2nd
Donna Scott	1:20:27	
Joe Shorb	0:57:57	2nd
Max Zigterman	1:06:06	1st

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## Otsego Ready or Not 5k, August 6, 2016

Twenty-nine members of the Kalamazoo Area Runners participated in the Otsego Ready or Not 5k directed by KAR member Steve Long on August 6, 2016. Sophie Hirzel was the Female Overall Winner with a time of 18:20. Other age group winners included Steve Darrell (3rd), Sherri Dutton (1st), Andy Hirzel (1st), Brad Hollister (3rd), Susan Hubert (2nd), James Johnson (3rd), Denise Kelly (2nd), Fred Keister (3rd), Rocque Lefaive (1st), Carrie Long (2nd), Matthew Long (1st), Ryan Long (2nd), Michael Louden (2nd), Dan Minor (2nd), Gabriel Porter (3rd), Gayle Porter (1st), Emily Potratz (1st), Robert Poznanski (2nd), Brian Reynolds (1st), and Joel VanderKooi (1st). Congratulations to all of our Otsego Ready or Not 5k finishers!

Steve Abbott	0:25:52	
Steve Darrell	0:25:10	3rd
Michael Dutton	0:35:19	
Sherri Dutton	0:27:01	1st
Andrew Hirzel	0:18:32	1st
Sophie Hirzel	0:18:20	Female Overall Winner!
Brad Hollister	0:26:15	3rd
Susan Hubert	0:28:34	2nd
James Johnson	0:21:26	3rd
Denise Keely	0:22:39	2nd
Fred Keister	0:25:42	3rd
Deborah Kloosterman	0:26:25	
Michael Kloosterman	0:23:19	
Robert Kloosterman	0:21:51	
Rocque Lefaive	0:18:10	1st
Carrie Long	0:30:30	2nd
Matthew Long	0:23:35	1st
Ryan Long	0:30:29	2nd
Steve Long	0:30:29	
Michael Louden	0:51:15	2nd

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Dan Minor	0:32:20	2nd
Brian Molony	0:47:22	
Gabriel Porter	0:35:18	3rd
Gayle Porter	0:30:12	1st
Emily Potratz	0:23:25	1st
Robert Poznanski	0:24:07	2nd
Brian Reynolds	0:16:24	1st
Joe Shaler	0:29:00	
Joel VanderKooi	0:19:24	1st

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### **Allegan Strides for Health 5k , August 20, 2016**

Nineteen members of the Kalamazoo Area Runners took part in the Allegan Strides for Health 5k at Allegan General Hospital on Saturday, August 20th. Joel VanderKooi took the Male Masters Winner title with a time of 19:17. Other age group circle winners included Sherri Dutton (2nd), Mike Foster (2nd), James Johnson (2nd), Mary Miller (2nd), Cole Muenzer (1st), Doug Muenzer (1st), Penelope Muenzer (1st), Vance Muenzer (1st), John Olbrot (2nd), Anita Ollila (3rd), Matt Petersen (1st) and Richard VanEck (3rd). Congratulations to all of KAR's Allegan Strides for Health finishers!

Sherri Dutton	0:27:13	2nd
Randy Fielder	0:32:18	
Mike Foster	0:37:03	2nd
James Johnson	0:21:51	2nd
Melissa Lewis	0:46:00	
Michael Louden	0:39:12	
Frank Maston	0:44:48	
Mary Miller	0:51:23	2nd
Cole Muenzer	0:23:44	1st
Doug Muenzer	0:20:14	1st
Penelope Muenzer	0:27:12	1st
Vance Muenzer	0:21:51	1st
John Olbrot	0:24:07	2nd
Anita Ollila	0:35:25	3rd
Matt Petersen	0:21:56	1st
Gabriel Porter	0:35:32	
David Talsma	0:28:26	
Joel VanderKooi	0:19:17	Top Male Masters Winner!
Richard VanEck	0:45:46	3rd

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## Road Hawg Classic 5k & 10k, August 20, 2016

New to the Club Championship Series, the Road Hawg Classic 5k & 10k was held Saturday, August 20th in Battle Creek. Twenty-three members of the Kalamazoo Area Runners participated in the 5k including Female Masters Winner Lori Wallace (23:16). Other age group winners were Logan Halstedt (3rd), Arya Jayatilaka (3rd), Danielle Marsh (1st), Emily Miller (1st), Shelley Miller (2nd), Stacey Pilling (1st), Mike Powell (1st), Kenzi Pridgeon (3rd), and Carla Verbrugge (3rd).

Thirteen KAR members participated in the 10k event, including Overall Female Winner Michelle Spiegla (50:24). Other age group winners included Hope Anderson (3rd), Michael Barnett (2nd), John Brady (1st), Kim Gjeltema (1st), Michael Guthrie (3rd), Samantha Lamorandier (2nd), Vickie Mingus (3rd), Kjersten Priddy (1st), Rebecca Reeves (2nd), Joe Shepherd (1st) and Max Zigterman (2nd). Congratulations to all of KAR's Road Hawg finishers!

### 5k

Amy Acker	0:28:21	
Kelly Cooper	0:37:36	
Andrew Fritz	0:30:18	
Kelly Sue Fritz	0:40:43	
Logan Halstedt	0:39:47	3rd
Maggie Honaker	0:43:12	
Madeline Hunsicker	0:42:13	
Stephanie Hunsicker	0:42:46	
Arya Jayatilaka	0:23:59	3rd
Amanda Knapp	0:41:16	
Corey LaGro	0:24:38	
Chris Marsh	0:37:02	
Danielle Marsh	0:21:34	1st
Emily Miller	0:42:18	1st
Shelley Miller	0:30:54	2nd
Michelle Nugent	0:39:48	
Shawn Parshall	0:23:27	
Stacey Pilling	0:29:59	1st
Mike Powell	0:23:05	1st
Kenzi Pridgeon	0:27:31	3rd
Cheryl Sigler	0:44:52	
Carla Verbrugge	0:36:46	3rd
Lori Wallace	0:23:16	Female Master Winner!



**10k**

Hope Anderson	1:08:26	3rd
Michael Barnett	1:01:01	2nd
John Brady	0:46:40	1st
Kim Gjeltema	1:04:18	1st
Michael Guthrie	1:02:18	3rd
Samantha Lamorandier	0:52:27	2nd
Joy Mills	1:15:44	
Vickie Mingus	1:09:09	3rd
Kjersten Priddy	0:51:18	1st
Rebecca Reeves	1:04:03	2nd
Joe Shepherd	0:51:42	1st
Michelle Spiegla	0:50:24	Female Overall Winner!
Max Zigterman	1:09:20	2nd

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