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“Success is the sum of small efforts, repeated day in and day out.” -Robert Collier

Runners Beware: The Side Effects of Fluoroquinolone Antibiotics

By Bonnie Sexton



Tendons in the legs are vulnerable to the side effects of Fluoroquinolone Antibiotics

It was winter of 2016 and I was preparing for the Boston Marathon when I started having severe headaches and sinus pressure on the right side of my head. The headaches worsened over the course of several weeks, and one morning had become so debilitating, a colleague drove me to the emergency room. Doctors ordered a CT scan and determined the cause; a severe sinus blockage and infection.

I was discharged and prescribed several medications, including a muscle relaxer to reduce the pain-induced tension in my neck and a broad spectrum antibiotic called Levaquin to treat the infection.

The antibiotic quickly began to work its magic and by the weekend I had felt better than I had in over a month. My Saturday morning routine consisted of a long training run with the Beyond Program and that session my goal was to complete a 16-mile run. I started out with my usual pace group and about a mile into the run, experienced sudden pain and extreme tightness in both of my calf muscles. They both felt as though they were going to rip to shreds. I slowed my pace and dropped back from the group, baffled at what could be causing these unusual symptoms. As a runner, I have experienced my share of injuries, but calf problems were not among them. My thoughts turned to the muscle relaxers I had taken; perhaps

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Michael Hutchinson



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Amanda Knapp



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my calf muscles weren't contracting properly. I continued running slowly until about four miles, then bailed on my 16-miler and cautiously ran back to our starting location.

I discontinued taking the muscle relaxers thinking they were the likely culprit, but their elimination didn't make any difference. My calves felt tight and painful even when I was walking. I backed down my training until several weeks later, when the tightness dissipated. My calves felt back to normal about two weeks after completing the antibiotic regiment. I later learned I was one of the lucky ones. I shared my experience with one of our indoor Fast Track coaches who suggested the calf problems could be attributable to the antibiotics.

It had never occurred to me that an antibiotic could interfere with tendons and running. A few months later I was having breakfast with several KAR members, including exercise scientist Kevin Rabineau. I shared my unusual experience with the group and Kevin asked me what antibiotic I was taking. He said he had a similar experience, had done some research, and learned of the harmful side effects of Fluoroquinolone antibiotics.

Back in 2010, Kevin was being treated for a skin infection. His physician at the time prescribed Levaquin, and after a few days Kevin began to notice that he was having trouble walking. In particular, his left Achilles was severely swollen.

Kevin's initial reaction was similar to mine. At first, he did not make an association, since it was an antibiotic and seemed harmless. Kevin went online and did research on the side effects of Levaquin and similar medications in its class. He found an article in a journal of dermatology that indicated the connection between Levaquin, Cipro, and other similar medications. Kevin informed his physician about the research, and provided it to him. He was unaware of the potential complications.

"I was concerned that such medications were being prescribed two athletes, who would have even a greater risk of injury because of their activity levels," says Kevin.

Fluoroquinolone antibiotics such as Levaquin (levofloxacin) and Cipro (ciprofloxacin) are broad spectrum antibiotics used to treat a wide range of common infections such as sinus or urinary tract infections. This family of antibiotics (ends with -floxacin) can be effective against bacteria that have built up a resistance to other antibiotics and have the potency to save lives.

The Food and Drug Administration (FDA) also warns of the severe side effects of this family of antibiotics, some of which can be devastating to athletes, particularly runners. Among the side effects; tendonitis or even tendon rupture.



Kristen Mansfield



Carrie Mortlock



Scott Struck



Elizabeth Vandenheede

On May 20, 2016, a few months after my experience with Levaquin, *Runner's World* magazine published an [article](#) describing the side effects of these antibiotics and the problems they can cause for runners.

According to the article, runners can be vulnerable to injury for months, even years, after taking these antibiotics (Kuzma, Cindy).

What should runners do when they are prescribed fluoroquinolone antibiotics? Talk with your doctor about whether there might be other antibiotic options that would be effective against your infection. If a fluoroquinolone antibiotic is the only option, during and after treatment cut back on training mileage and intensity and watch for the warning signs of tendon problems. If any tightness or pain emerges, discontinue or reduce training and consult with your doctor.

Works Cited:

Kuzma, Cindy, "FDA Warns of Tendon Damage Linked to Antibiotics." *Runners World*, May 20, 2016. <https://www.runnersworld.com/injury-treatment/fda-warns-of-tendon-damage-linked-to-antibiotics> Accessed October 1, 2017.

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 Human Resources and Community Relations Director for a Kalamazoo non-profit organization. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II. In addition to authoring articles for The Run-down, her publications have appeared in Michigan Runner Magazine, Texas Township Living, Gull Lake Living and Heart of Texas Township. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers' Bureau of the United Way of the Battle Creek and Kalamazoo Region. She has conducted presentations at a number of local and national organizations including the RRCA National Convention, Kiwanis and Rotract.



Just Another Member's Story: Brian Schneider

Fifty State Dream



Many in our sport enjoy running for the many blessings that it can provide as the purest sport of all. Each run becomes almost an afterthought as it fits wrapped snugly into one's daily schedule. At times it may seem like a routine that comes without motivation to get us out the door each day. As habitual as running may appear to be, many of us still rely on a goal to serve as the driving force to complete each day's workout. Scores of runners strive for a distance to complete, a time to achieve or a race to target to strategize a training schedule around. For some however, time, distance or specific races provide little to no incentive in the grand scheme of things.

"I wish I could find a 20 mile marathon"

-Brian Schneider

An exclusive club exists that caters to those seeking a more long term dream that requires for most, years of training, planning and commitment. Members of this club seek to complete a marathon in each state. While some may have the luxury to travel every weekend knocking off two marathons in two days, this goal can be reached over the course of two or three years. Others, such as this month's featured member,

Brian Schneider, must exhibit patience due to job and family commitments as well as the cost of traveling to each state to run a marathon. Brian's goal of completing a marathon in each state is something that has inspired his most recent comeback to running.

Brian's running journey began as a young teenager.

"I started in 6th grade, running cross country for Wattles Park Junior High School. I finished 19th in my first race and got a medal. I was hooked. I ran cross country and track in high school for Harper Creek. The mile, two mile and 3200 meter relay were my events in track."

Although speed does not fit into his goals as a runner in this stage of his life, as a high school athlete, Brian was very competitive and experienced much success.

"I qualified for the state meet my senior year in cross country with a time of 17 minutes flat."

Brian would chop off another twelve seconds a few weeks later in his next race. "I ran 16:48 at the state meet for my career PR. My highlight in track was running around five minutes flat for the mile for many meets my senior year, breaking this barrier a few times with a PR of 4:48."

Fifty State Dream

Brian scaled down his running after graduating from high school in 1987, running a few five and ten kilometer races in college before hanging up his running shoes a few years later for more than a decade. " In 1999 I decided I wanted to run the Detroit Marathon so I started running again. The first twenty miles were very positive. I remember the last six being six one mile races. There was a guy playing bagpipes on Belle Island and I remember wondering if this was a funeral march. I checked this off my bucket list and stopped running again."

Brian switched gears and took on a sport in many ways opposite of what he had enjoyed most of his life but just as extreme as running long distances. " I picked up BMX racing for six years. I broke ribs twice. I also injured my tail bone."

BMX racing provided a thrill for Brian at the time but a decade was enough for him as a subtle reminder had him seeing his long lost sport of choice again. Ten years after running his first marathon in Detroit and retiring from the sport for a second time, Brian found his way back to running again.

When plans were made for the first Kalamazoo Marathon a co-worker of mine challenged me to complete it."

This challenge was all the spark that Brian needed to pull his running shoes out of the closet once again. Brian signed on to train for the race as part of Borgess Running Camp and was introduced to the concept of social running.

"I had a great experience training through Borgess Run Camp. The relationship piece of training with this group was special. The race became secondary. I met people I would have never met if I had not signed on with this group."

Brian's passion for running would level off a bit after completing his race in Kalamazoo but only for a short period of time. With a few months of reflection Brian would establish a few goals that would carry him through his current running phase. " After the race I took a number of months off but picked it up again when Borgess Run started again. I ran the second Kalamazoo Marathon that year and ran a marathon in Midland a few weeks later."

With his body holding up to the challenge of completing two marathons in less than a month, Brian found a new distance of choice" From this point on I started doing multiple marathons a year. I decided I wanted to do a marathon in each state. I ran seven marathons in 2016, which is the most I have done in one year. I have run and finished thirty-one marathons in eleven states."

Running a marathon in every corner of our country remains a focus for Brian but he also enjoys the local flavor. "I have a goal of running at least the first twenty-five Kalamazoo Marathons."

Brian must run five or six marathons a year to keep chopping away at his fifty state goal. Going into the summer of 2017, Brian has completed thirty two marathons in twelve different states. He finds himself running these in chunks during the fall, winter and spring season, while easing up on his miles during the summer months. "I hate the heat. I generally run less in the summer than I do the winter. I do much better in the winter."

Although the goal of a completing a marathon in every state remains steadfast for Brian, there are more important reasons to run. "It is a stress reliever for me. I loved running with my daughter when she was in high school. She is in college now and still runs. She ran with me at Borgess Run Camp training for the Winter Blast Half Marathon while trying to stay in shape between cross country and track."

Brian's advice to others is to squash the notion that runners come in a certain body type.

Fifty State Dream

"Runners come in all different shapes and sizes. Anyone can run. I don't have the typical body type as a runner. A buddy of mine says that I can have the perfect bar bet. Go into a bar and bet a drunk that you can go out and run 15 miles. You really can't judge a book by its runner."

Brian also recommends to all runners to take advantage of running partners and running groups. "There is a real value in running clubs. It has sustained my running to have that kind of friendship and accountability."

Running with his daughter has proven to be a source of inspiration for Brian and he advises others to run with friends and family. Another big source of inspiration for Brian goes back to his career as a high school runner.

"The whole sport to me is what drives me. I love watching high school and track kids run. There is something about the purity of the sport at this level."

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Running truly is the purest form of all sports. Whether it be running on a grass field, on a wooded trail, playing a game of tag as a child or carrying a pig skin ball across a line with a host of defenders chasing after you, running is something that many athletes must do. Although many stray away from the sport the window is always open to return. Brian's goals as a high school runner may look different than his current goals as a runner but whatever he strives for he will always be a runner.

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

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.



Just Another Runners Perspective

Dancing in the Dark

By Gale Fischer

September 25, 2017, 6 AM: Tiny flashes resembling fireflies danced up and down as runners held their cell phone flashlights firmly in their hands while circling the quarter mile oval on this dark muggy early Autumn morning. Shining stars adorned the heavens above providing a hint of luster only to be covered intermittently as layers of fog rolled across the canopy from north to south. Bits and pieces of conversation centered around astrology would briefly drown out every shallow breath and the soft steady murmur created by each footfall on the spongy track. It seemed that with the lack of visual stimulus, the sounds associated with running were more profound.

Even with the murkiness draping the world, my eyes still scratched and clawed in an attempt to peek through the covers. As we approached groups of teammates, I could faintly make out who they were, not by their body types, hair styles or other physical features but simply by the uniqueness of each individual's running fingerprint otherwise known as their stride. Although my vision was limited, my eyes adjusted quickly with heavy shadows guiding my way.

With the recent late summer heat wave and the dangers associated with running in extreme heat, the decision was made among our coaches the day before to move our cross country team's mid afternoon workout to early morning for the safety of our athletes. Temperatures were in the low sixties and the oppressive sunlight may have been non-existent but the thickness in the air still made things uncomfortable. With our workout calling for fourteen loops around the quarter mile oval, signs of a typical summer workout quickly arrived as my shirt began to stick to my back midway through lap number three.

Over the years I had completed many training runs in the darkness of early morning but this was the first time I had circled a high school track alongside a group of other runners without a hint of daylight. The experience was truly surreal.

I became experienced at running in the darkness two years into my running tenure. The first two years my running routine had been confined to daylight hours. This would change however with the arrival of our first child. Experiencing life as a first time father was joyous for sure, but it did limit my freedom to run whenever I pleased. Some of my workouts would have to be completed early in the morning while our baby daughter was still asleep and my wife and I had not yet started our workday.

I had enjoyed running in the light of day but quickly realized that there were experiences to appreciate about running without the sun to guide the way as well. The calmness that can be experienced along a country road or city street before six a.m. while many are still in bed, is non-existent at ten in the morning, noon, in the midst of a late afternoon rush hour and all points in between. The tranquility found during these early morning hours cannot be duplicated even on a remote wooded snow covered trail on a bright sunny January afternoon. Experiences abound in the dark that are nowhere to be found during day light hours.

An image from a late evening November run three years ago vividly remains in the internal hard drive of my mind as if it happened yesterday. I was in the middle of a wooded trail weaving my way by the light of the moon. Shadows from trees gave me the sensation of floating through mid air with the crunch of each footfall on a layer of fresh snow and ice keeping me grounded. As I gazed ahead on the trail the appearance of a white ball bouncing up and down suspended a few feet above the earth's surface seemed to be teasing my sanity as if my mind was going through a series of hallucinations. A few moments later I was suddenly jolted back to reality as a deer crossed the path directly in front of me. A quick rush of panic shot through my body with the appearance of a wild animal crossing the trail just out of my reach without warning.

*"Busy streets
are not busy
at four A.M.
Get at it"*

*-unknown
source*

A Change of Plans continued....

I instantly realized the eerie visual from moments earlier, of a white ball suspended in mid air had been the fluffy white tail of this deer meandering through the trees.

Running in the darkness can provide opportunities to enhance our sensory awareness, drowning out normal visual input allowing our eyes to see the world around us on an altered level, while at the same time arousing our other senses. These experiences are lost during the workday hours.

The echo of a rooster greeting the world a mile away can provide a hint of companionship, while navigating a country road with much of the human race still tucked into bed, sound asleep. A shining light floating through the sky above, without a sound can jumpstart an internal debate in one's mind with questions of whether or not this object is a UFO or just a figment of the imagination. An unexpected sighting of a skunk under a street lamp mid run can test a runner's brakes while doubling their heart rate at the same time. A coyote's shrill howl can break the silence mid run enhancing the feeling of being one with nature.

Running in the dark in the early hours of a bone chilling winter day might provide an hour of a muted peacefulness or it could provide a personal concert mid-summer, with a pond sprawling with frogs and a field crawling with crickets performing in unison. Cabin fever and depression can consume many with the extended absence of the sun in mid winter but outdoor physical activity in the same obscure conditions might provide the perfect antidote with the tranquility that it can provide in the midst of the early morning darkness.

As with anything in life, it is all too easy to become trapped in a box, living life in the same predictable pattern day after day. Part of what feeds the runner's soul is the routine. Running the same route the same time of day can help keep running become a steady presence in our lives. Crawling out of this box now and then, however, can keep the sport fresh through the years. If your schedule has you running after work day after day, make the choice to change it up periodically. Run before the sun comes up if for nothing else, to give your body a change in scenery and a varied sensory experience. Give your eyes a new challenge while arousing your auditory input. For our cross country athletes the school schedule dictates that we practice every day at 3:30 PM. Although the thought of crawling out of bed an hour earlier may not have appealed to this group of teenagers I hope most of them appreciated running out of their normal running box. A jump out of our practice routine might be the perfect remedy in the future to get through the mid season grind. The added bonus of having the daily workout finished before the day's responsibilities can be a positive as well.

KEEP RUNNING!!

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

Kalamazoo Area Runners (KAR) Club Championship Series

The Kalamazoo Area Runners (KAR) Club Championship Series consists of local events offering a discount to KAR members (except as noted) and runners earn points for participating. Time points are added for each runner's best 9 races. Points are determined as follows: Time points = winner time/runner time x 100.

The 2017 Club Championship Series concluded September 30, 2017 with the Run KDC 5k. Club Series age group awards will be presented to the top three in each age division at the Club Series Awards Celebration scheduled for November 14, 2017.

[Click here for more information and a list of 2017 Club Championship Series Races](#)

August New and Renewing Members

Julie Allen	Nolan Ferguson	Megan James	Mary-Frances Oliphant
Karen Applebey	Douglas Flanagan	Rebecca James	Jenn Omo
Morris Applebey	Janet Fox	William James	Kristy Prahin
Laura Asher	Sara Freeland	Jody Johnson	Shawn Premer
Cara Barnes	Lusiano Garcia	Fred Keister	Penny Rose
Christine Bartholmey	Chris Goodwin	Melinda Kiplinger	Shannon Russell
Susan Berezonsky	Claire Goodwin-Kelly	Debbie Madill	Corrine Sallaz
Katherine Carlin	Mary Kate Goodwin-Kelly	Kathy Mann	Brian Schwartz
Robert Cubbage	Nate Goodwin-Kelly	Douglas Mann	Jacoby Schwartz
Jenifer Czach	Will Goodwin-Kelly	Kristen Mansfield	Kailyn Schwartz
Lena Czach	John Gossner	Samuel McGuire	Kali Schwartz
Matthew Czach	Peggy Gossner	Holly McKee	Shannon Schwartz
Sullivan Czach	Garry Hall	Emily Miller	Jaylen Schwartz
Chris Dahl	Leah Halstedt	Toni Miller	Katherine Schwartz
Jim Dendel	Logan Halstedt	Kayla Monroe	Katie Smyth
Kelley Dendel	Ray Hendriksma	Naomi Monroe	Katie Sollman
Madi Dendel	Sue Hendriksma	Shelley Monroe	Lauren Strongin
John Donaldson	Barbie Hillman	Michelle Naylor	Sharon Weaver
Rhonda Eishen	Anne Ingold	Michelle Nugent	Robert Wierzba
Kevin Ferguson	Frederick James	Lauren Nye	Scott Zeigler

September New and Renewing Members

Jordan Cole
 Angela Deal
 Peter Fernando
 Mike Fielbrandt
 Krista Jankowski
 Julie Lenzinger
 Nina Meyer
 Pamela Meyer
 Todd Meyer
 Angela Parshall
 Reese Parshall
 Ryman Parshall
 Shawn Parshall
 Eric Prall
 Kimberly Robinson
 Kwame Robinson
 David Rozelle
 Lisa Stone
 Scott Voigt
 Evelyn Wyman
 Karen York

Meet Our Volunteer Directors & Board Liaisons



Meet
Linda
Vaughan

Amanda Burdette

Co-Director, BC Fast Track (Spring/Fall)
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Doug Chapel

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Michael Couey

Co-Director, BC Fast Track (Fall)
Co-Director, BC Beyond Training Program
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Chelsea Dilla

Membership Director
Co-Director, Kalamazoo Klassic (KAR)
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Gale Fischer

Featured Runner and Another Runner's Perspective Author.
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Sarah Gillig

Run Through the Lights Co-Director (with Gazelle Sports and Kalamazoo Loaves and Fishes)

Maggie Honaker

Chair, Battle Creek Subcommittee
Co-Director, BC Beyond Training Program
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Marty Hoover

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Brian Hunt

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Michael Hutchinson

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Amanda Knapp

Co-Director, Turkey Trot Time Prediction 5k Run
Director, Expo Management
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Kerri Langdon

Director, Annual Banquet and Club Series Celebration
Board Liaison, Winter Blast Half Marathon, 10k and 5k

Carrie Mortlock

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Board, Liaison, Bunny Hop Run
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Cindy Schnotala

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Bonnie Sexton

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Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
Director, Kalamazoo Klassic (MRC)
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Rundown Editor

Scott Struck

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Board Liaison, BC Fast Track & Beyond
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Scott Taylor

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Liz Vandenheede

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Board Liaison, Kal-Haven Trail Run
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Linda Vaughan

Director, Indoor Track Workouts
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Check out Kalamazoo Area Runners fall and winter events and programs! Keep track of the important dates that you need to know and learn more by visiting the links below.

[Kalamazoo Area Runners \(KAR\) Turkey Trot Time Prediction 5k Run](#)

November 23, 2017
Registration is OPEN!

[Run Around Gull Lake](#)

November 11 and December 2, 2017
Registration is OPEN!

[Club Championship Series Awards Celebration](#)

November 14, 2017
Registration is OPEN!

[Beyond Half and Full Marathon Training Program](#)

January 6 – April 2, 2018
Registration is OPEN!

[Winter Blast Half Marathon, 10k and 5k](#)

February 25, 2018
Registration is OPEN!

Next KAR Board Meeting is November 6

The next KAR Board Meeting is November 6, 2017 at 7:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

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.



Group Runs

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 Liz VandenHeede at liz.vandenheede@kalamazooarearunners.org

[Click here for a community group run list.](#)

Injury Assessment Clinics Through Bronson Sports Medicine

The Kalamazoo Area Runners are pleased to partner with Bronson Sports Medicine to present a FREE monthly sports injury walk-in clinic!

Do you have an injury from running, exercising or training? Athletic Trainers from Bronson Sports Medicine can help. Injury Assessment Clinics are held the third Wednesday of each month from 4:00–6:00pm for KAR Members. Please call 269-341-8280 with your name and phone so that proper clinic staffing can be arranged. Clinics are held at Bronson Athletic Club, 6789 Elm Valley Drive, Kalamazoo.

Questions? Call 269-330-2747 or 269-808-0041 or visit [Bronson Sports Medicine Injury Clinics](#)



Race Discounts

KAR Members are eligible for many local and regional events. Please contact Kirstin Simons at tiffany.andrus@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 Tiffany Andrus 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 15, 2017

\$10 Discount

[CNO Financial Indianapolis Monumental Marathon, Half Marathon and 5k](#) – Indianapolis, IN

November 4, 2017

10% Discount

[Ground Hog Marathon, Half Marathon and 1/6 Marathon](#) – Grand Rapids, MI

February 2 & 3, 2018

10% Discount

[Run the Year 2,017 Miles in 2017 - Fitness Challenge](#)

\$5 Discount

Club News

We would like to thank KAR Board Member Tiffany Andrus for her service on the Kalamazoo Area Runners (KAR) Board. Tiffany has served as a Board Member at Large since March 2017 and had to step down due to unforeseen family related circumstances. During her tenure, Tiffany managed the race discount program, organized the KAR tent at the Kalamazoo Marathon and Borgess Run for the Health of It and served as part of the Kal-Haven Team.

As a result of her departure, we have an immediate opening on the Kalamazoo Area Runners Board of Directors for a Board Member at Large. The term runs through March 2019. If you are interested in learning more about this opportunity to serve on the Kalamazoo Area Runners leadership team, please contact Bonnie Sexton at Bonnie.sexton@kalamazooarearunners.org



Service Provider and Merchant Discounts

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.



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 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.



ATHLETIC MENTORS

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

- Run Coaching: 10% 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 \$195 and includes a 30 minute consultation (\$156 KAR price).
- New in 2017, the Metabolic Efficiency Class includes an ME Test, and a 2 hour training to teach how to understand your test results as well as how to train and eat to become more metabolically efficient. The class and repeat tests (without consultation) are regularly priced at \$135 (KAR price \$108).

For more information visit <http://www.athleticmentors.com/> or call 664-6912. Please use the standard KAR discount code when booking services.



AthleticMentors

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 via <http://www.centeringyogabc.com/> and

Use the standard four digit KAR code to receive the member discount.



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.



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2017 events. Visit <https://www.cerealcityathletics.com/> to learn more about Cereal City Athletics and to register for their 2017 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2017 Events include:

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

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.



Service Provider and Merchant Discounts

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 www.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.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2017 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 to learn more about Spirit Racing and to register for 2017 events, using the 2017 KAR discount code..

Schedule of events:

- Gull Lake Triathlon-June 24, 2017
- Shermanator—August 5, 2017
- Kids Get Active Triathlon-August 12, 2017



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. Provide the 2016 discount code to receive discounts.



NITE BEAMS

Nite Beams is offering KAR members 20% off all products online and in-store! Shop for LED safety products for runners, walkers, bicyclists, and pets at www.nitebeams.com.

Be sure to use the four digit standard KAR



code to receive the discount.

Service Provider and Merchant Discounts

GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, is offering 10% off regular priced footwear purchases year round for all KAR Members!

Visit www.gazellesports.com for more information on footwear available.



Gazelle Sports

CORE

CORE is a tool for athletes of all levels. They help create nutrition plans for training or big events.

CORE is providing the following for KAR members:
50% off the Premium Plan
Single nutrition plan for a race or event
No limit on the the number purchased with the discount

75% off the Unlimited Subscription through May 31st,
50% on and after June 1st
1 year subscription
As many Premium Plans as you would like

Special plans available for Boston & Kalamazoo Marathons.

Visit www.fuelthecore.com for more information. To receive the deal, use the standard four digit KAR discount code upon checkout.

CORE

NUTRITION PLANNING

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.

Troy would also like to toss in a bonus offer of a B.O.G.O monthly Rock Climbing membership. Generally it is \$20/per person for the month - no long term commitment, joining fees, or additional fees of any kind. KAR members can buy one and give the other membership to a friend. This is a great way to train for obstacle course races in addition to just getting some great cross training in

To learn more and to register visit Troy's website at www.troyhuggett.com.

YMCA OF BATTLE CREEK

The YMCA of Battle Creek 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 2017 KAR discount code when registering.





Mission: To promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community

Email: Membership@kalamazooarearunners.org

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