

*"Play not only keeps us young but also maintains our perspective about the relative seriousness of things. Running is play, for even if we try hard to do well at it, it is a relief from every day cares."*

- Jim Fixx

December 2013

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

## The Kalamazoo Area Runners

# Rundown

### Celebrating Our RRCA Runner Friendly Community Designation



Photo by Mike Peterson Photography

#### By Bonnie Sexton

As we begin a new year, as runners there is so much to celebrate, and be thankful for. Every now and then I receive communications from KAR members who relocate out of the greater Kalamazoo/Battle Creek area. As they reflect back upon the incredible running community we are blessed with, they all reminisce about the special place it is. They miss the community spirit, the supportive training programs and running groups, and the relationships and friendships that developed through the sport.



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New Member Welcome  
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Recently, Kalamazoo County was awarded the Road Runners Club of American (RRCA) Runner Friendly Community designation, an honor we will carry for the next five years. The community support received in deciding to pursue the designation was exceptional. The criteria required in order to be selected was based on community support, community infrastructure and local government support, and we approached the nomination from a different perspective than we were accustomed to. The nomination required submitting a five page application, letters of recommendation from the local non-profit running club, government leaders, business leaders and other running events. The collective efforts and support of leaders throughout both the running community, and the community led to the attainment of this extraordinary achievement, and we wish to thank the following individuals for their contribution in making this national recognition possible:

Blaine Lam  
Lam & Associates, Race Co-Director, Kalamazoo  
Marathon/Borgess Run for the Health of It

Janeen Docsa  
Borgess Health, Race Co-Director, Kalamazoo  
Marathon/Borgess Run for the Health of It

Chris Lampen-Crowell  
Gazelle Sports, Race Co-Director, Kalamazoo Marathon/Borgess  
Run for the Health of It

Peter J. Strazdas  
Mayor, City of Portage

Maurice Evans  
Portage City Manager

William Deming  
Director, Parks, Recreation and Public Services, City of Portage

Sean R. Fletcher  
Director of Parks and Recreation, City of Kalamazoo

David C. Maturen  
Chairman of the Board, Kalamazoo County Government

Peter Battani  
Administrator/Controller, Kalamazoo County Government

## KAR Discount Sponsors

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

### Gazelle Sports

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



### Healing Moments Massage

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



### Prater Chiropractic

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



### BORGESS HEALTH AND FITNESS CENTER

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



Linda Vail  
Director, Health Officer, Kalamazoo County Health and  
Community Services

Ron Kitchens  
CEO, Southwest Michigan First

Kalamazoo Area Runners also submitted a letter to support the nomination, and we wanted to share with you, our membership, our letter of nomination:

*Kalamazoo Area Runners (KAR) respectfully wishes to nominate Kalamazoo County, Michigan for the Road Runners Club of America (RRCA) Runner Friendly Community Designation. Kalamazoo County (population 250,331 as of the 2010 census), which includes the City of Kalamazoo and the City of Portage, is well-known for its vibrant running community and commitment to health and wellness.*

*Kalamazoo County represents community collaboration at its finest, with running event and program organizers, businesses, municipalities, school systems and non-profit organizations striving together in partnership to promote and grow the sport of running. This spirit of collaboration has helped drive the Kalamazoo Area Runners (KAR) to emerge as the largest RRCA Running Club in the state of Michigan with more than 1200 members. Our club partners extensively with business, local government, school districts, our local university and other non-profit 501 (c) (3) organizations to host running events, training programs and group runs throughout Kalamazoo County. Examples include:*

- *Gazelle Safari Half and Full Marathon Training Program – Partnership between Gazelle Sports (our local running store) and Kalamazoo Area Runners (KAR)*
- *Winter Blast Half Marathon and 5k – Partnership between the City of Portage and Kalamazoo Area Runners (KAR) with support from Portage Public Schools.*
- *Kalamazoo Klassic 10k and 5k – Partnership between MRC Industries, Inc. (local non-profit) and Kalamazoo Area Runners (KAR) with support from the City of Kalamazoo and Kalamazoo Public Schools.*

continued...

## AGILITY PHYSICAL THERAPY

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

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

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



## IN THE ZONE

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



## PEDAL BICYCLE

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



- *Run Through the Lights 5k – Partnership between Gazelle Sports, Kalamazoo Loaves and Fishes (local non-profit) and Kalamazoo Area Runners (KAR) with support from the City of Kalamazoo.*
- *Turkey Trot Time Prediction Run – Kalamazoo Area Runners (KAR) event with support from Portage Public Schools.*
- *Fast Track 5k & 10k Training Program – Kalamazoo Area Runners (KAR) program with support from Western Michigan University*

*In addition to those events and programs organized or co-organized by our club, Kalamazoo is home to the Kalamazoo Marathon & Borgess Run for the Health of It, a major community event attracting 8,500 participants in 2013, and Borgess Run Camp, a training program which attracted more than 900 participants the same year. Kalamazoo Area Runners (KAR) works with local race directors of community events each year to offer a Club Championship Series. The Club Series included 26 local races in Kalamazoo and neighboring counties in 2013.*

*Youth running programs are offered in abundance throughout our community. Greater Kalamazoo Girls on the Run is the largest council of Girls on the Run in the State of Michigan, and the 7<sup>th</sup> largest of 220 in the United States and Canada. Last year the local council served a total of 2,300 girls. Kalamazoo County also has strong middle and high school cross country and track & field programs, and is home to the Portage Invitational Cross Country Meet which draws nearly 8,000 registered student athletes from all across the state of Michigan.*

*In terms of infrastructure, Kalamazoo County operates the Kalamazoo River Valley Trail, which currently features 17 miles of trail, and another 13 miles scheduled for construction. Eventually, the goal is to link 140 miles of trail in our region, including the Kal-Haven Trail and the Battle Creek Linear Trail. The City of Portage operates an additional 17.5 miles of trail, and 38.5 miles of bike lanes within Kalamazoo County. These trails are used for one of our major events, the Portage Winter Blast Half Marathon and 5k, as well as for our weekly group runs. The City of Portage makes special arrangements to clear snow and ice and treat the trail in preparation for the half marathon. The trail system includes water fountains, parks and indoor restroom facilities placed at several key locations.*

continued...

## BRONSON ATHLETIC CLUB

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



## NEW PERKS! TJ SNYDER MASSAGE OF NV SALON

T.J. Snyder of NV Salon, located at 210 E. Centre Avenue in Portage. T.J. offers a 1-hour professional stone massage and a half hour ionic foot detox to KAR members for \$70.00. For an appointment call 269.327.3689 (salon) or 269.816.8780 (cell). Provide the 2012 KAR discount code to receive reduced rate.





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*There are several natural trail systems that are free to the public including Al Sabo Preserve, owned by the City of Kalamazoo, and the Fort Custer State Recreational Area. Both trail systems have approximately 25 miles of natural trail.*

*Our local university, Western Michigan University, makes Kanley Track available to the general public, as well as to Kalamazoo Area Runners and other organizations to use for various events and programs. They also house a 200 meter indoor track at the Read Fieldhouse, which is made available to Kalamazoo Area Runners during the winter months. University facilities are also used to host some of our banquets.*

*Local businesses generously support local running events and programs through sponsorship and volunteer support, and encourage participation among their employees. This multi-dimensional support from the business community is essential to the success of our local running events and programs.*

*Our hope is that the strong spirit of collaboration within our community, the community infrastructure, community support and local government support will earn Kalamazoo County, Michigan the honor of being selected as a RRCA Runner Friendly Community. Enclosed are additional letters from business, government and other running community leaders supporting the designation.*

*Thank you for considering our nomination.*

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*Best Wishes for a Happy New Year to Our KAR Running Family and Friends!*



*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.*

## Achieving Your Goals for the New Year



Photo by Fast Photo Pro

### By Joy Mills

The onset of a new year often turns people's thoughts to goal setting and resolutions. 2014 starts off with some interesting news from the January 2014 issue of *Women's Running*. It cites a statistic that "45% of Americans make New Year's Resolutions, but only 8% of those resolutions are ever achieved". I have to think that as runners we have a greater chance of being part of that 8% than the rest of the population. The Mills household is no exception. Just this afternoon I had a conversation with my children about a Facebook group called "Moon Joggers," whose goal is to recruit 25,000 people in 2014 to pledge to run a portion of the 25 million miles that lie between the Earth and Venus. Gabe and Maggie each set a goal of 100 miles, and between Girls on the Run, middle school cross country and their interest in KAR's Club Championship Series events I'm sure they'll make it (I pledged some miles as well!).

Like my children resolving to run 100 miles each in 2014, we are constantly setting goals for ourselves – to get off the couch and start running, to achieve that first 5k, 10k, half or full marathon, or ultra, to improve our time, and the list goes on.

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Keep in mind that whatever running goals you may have set for yourself as we enter 2014, the Kalamazoo Area Runners are here to help you achieve them. Please consider the following events:

Registration for the Beyond Marathon Training Program is still open, and can even be free if you choose to become a SoleMate for Girls on the Run (<http://www.girlsontherunkazoo.org/get-involved/solemates>). Remember facing those long Saturday morning miles in the heart of winter is so much more fun when you run with your KAR friends!

Indoor Track Workouts will start on January 12<sup>th</sup> at WMU's Read Field House. Check out the schedule of select Sunday (6am-10am) and Tuesday (5am -7am) workout sessions if you are interested in escaping the cold and dark winter mornings for the comfort and camaraderie of the track (<http://kalamazooarearunners.org/events-and-programs/training/track-workouts/>).

January is a great time to check out the schedule of KAR sponsored group runs that take place throughout the Battle Creek and Kalamazoo area (this is an item on my to-do list!). Check out the schedule at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/> - all paces are welcome!

March 2<sup>nd</sup> brings the 2<sup>nd</sup> Annual Portage WinterBlast (it will be here before we know it) – if you haven't set a goal to run either the Half Marathon or the 5k, I encourage you to volunteer a couple of hours of your time to give back to the Kalamazoo running community (<http://portagewinterblast.wordpress.com/volunteers/>).



*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 loves running with her daughter and classmates as an Assistant Coach for Girls on the Run.*

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Ferdi Hintz and Pam Boner  
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Matt Santner  
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## Another Runner's Perspective – Mental Math

*“Arithmetic is being able to count up to twenty without taking off your shoes.” --- Mickey Mouse*

### By Gale Fischer

Last June I spent a week back home in Iowa with a heavy heart intertwined with positive memories. A month prior our family took a hit with the loss of my mom from complications caused by a liver transplant. The week was spent with a mixture of laughter and tears as friends and relatives, many of whom I had not seen in more than twenty years, shared stories and memories from my mom's life. The week culminated with a packed church on Father's Day with a celebration of life and memorial service that gave proper honor to my mother. The next morning brought with it quiet and calm as many of the guests began their cross country quest back home. Plans for that Monday included a simple burial service with just my brother, my dad and my-self in attendance. I felt a calming presence as the three of us each scooped a shovel full of soil deep into the grave on top of the urn that held Mom's ashes as we whispered our final goodbyes. Just as we were about to wrap up the short service, I glanced to the southwest and noticed the farmhouse that Mom and Dad had resided in for the past twenty years, as it gave the appearance of a rural Iowa painting in the distance. The flat terrain and recently planted cornfield left an unobstructed view of the farmhouse full of memories. Glancing to the northeast I spotted the new house on the outskirts of town that my Mom and Dad had recently built and moved into after retiring from farming. Like the view of the farmhouse, this view too was unobstructed. It seemed appropriate that Mom's final resting place was halfway between the farmhouse that was the center piece for so many fond memories and the new house that she and my dad had spent so many hours planning the detailed blue prints for. My runner's instinct kicked in as one nagging question kept drifting in and out of my mind on our journey back to Michigan that afternoon. How far was Mom's burial site from each of the two houses that she and my father had shared their married lives in? Analyzing the picture in my mind all afternoon I guessed it to be about a half a mile from each house. I just couldn't let it go so the next day I logged onto Map My Run, zoomed into the hybrid view of Glidden, Iowa and calculated the distance. My estimations were spot on with Mom's remains resting almost exactly midway between the two houses, lying .54 miles from the new house and .63 miles from the farmhouse. Although I am sure that this was

## Event and Program Directors continued.....

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not something my dad had planned out when he picked the burial site a few weeks prior, I couldn't help but feel that somehow Mom had had a hand in this coincidence.

It seems that in my years of running I have come to master the art of estimating distance in my head by looking on a map or by thinking about the lay of the land. If you are looking for a five mile loop in a particular area I would feel confident in mapping it out internally within a quarter of a mile either way without measuring it with an online mapping tool. Of course technology has enhanced how we live our lives over the past fourteen years since I began running. We no longer rely on road maps with technology bringing us portable GPS devices plugged into our cars and now many cars being equipped with these computer tracking devices right off of the assembly line. These changes have undoubtedly altered how we interact and respond to data as runners also but I am confident that my ability to internally calculate mileage, pace and distance has also been refined in that same time span. My first year of running was restricted to a four mile loop around my house that I measured with my Red Ford Ranger and its odometer. Mile splits were measured by landmarks and a basic stop watch. My repertoire for running routes gradually expanded in those first few years, but my mind as a runner could only be satisfied by knowing how far I ran on each run so it was mandatory for me to create new route distances either before or just after running these new loops with my Ford Ranger, at that time my official course distance measurer. Slowly web tools such as Map My Run and Google Maps allowed me to track the distance of new routes from the comfort of my own home in front of my computer. In time my reliance on my computer for calculating mileage decreased with the purchase of my Garmin running watch which allowed me to track mileage from my wrist via a satellite. Although for many years the idea of purchasing a watch such as this seemed a luxury, I don't know what I would do without it now. I enjoy being able to go out for a run knowing a pre-determined distance without having to map out a route pre-run or by going with an existing route. My Garmin watch allows me the freedom to determine my route as I go. It seems that my internal gage for estimating distance has improved over the last fourteen years as well. The combination of today's technology coupled with thousands of miles on the road of tuning my body and mind into perceived effort and distance have fine tuned my internal GPS tracking system. The duo of technology and my ability to estimate distance have created variety in my running routes while at the same time fulfilling my pre-occupation with knowing exact distance, time and pace.

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Michele Babcock  
*Director, Tuesday Night Runs in Battle Creek (with Stephanie Demarest and Lisa Piper-English)*

As a young boy, teenager and young adult I really never thought of myself as a mathematician but it is uncanny how much I use math on the run. It seems that I am constantly calculating numbers in my head as I cruise the roads on any given run. Sometimes thoughts are centered on chunking my run up into fractions. “Two miles down, only one quarter done,” might be an example of a meditation that occupies my mind in the initial stages of an eight mile run. As I cruise through mile two of a four mile tempo run with my watch screen displaying 15:47, I quickly estimate that I will need to average roughly a seven minute pace the last two miles to reach my goal of 7:30 per mile. These mental estimations are more common during a marathon or long training run than during shorter workouts when time is plentiful and opportunities to pre-occupy the mind from the stimulus created from tired achy muscles are always welcome. When fatigue sets in as I transition to the last quarter of a marathon my goals may change. If I have been lucky enough to bank some time for the later stages I may play out the scenario of how much I can slow the pace for the last six miles while still hitting my finishing time goal. During other marathons when the outcome has not gone as planned mental estimations replay in my mind of how many minutes shy will my official time be compared to my goal time. Goals for single workouts and target races leave runner’s brains exercising as much as their bodies with calculations and estimations drifting in and out of their thoughts. These goals can be more long term as well. I just spoke with a friend of mine a few days ago with less than a week left in 2013. He informed me that he had to put in 36 miles in less than a week to hit his goal of averaging 20 miles a week for the year. His calculations over the course of the year were not that far off being only 16 miles off of his target after 51 weeks.

Although I didn’t realize how much of a mathematician I was until I became a runner, I suppose that all of us are constantly utilizing the skill of mental math constantly in our every day routines. Whether we are figuring our budget for grocery shopping, what time we need to set the alarm to get the kid’s ready for school in the morning or who needs to win and lose this last weekend in December for our favorite NFL team to make the playoffs, being able to make mathematical calculations mentally and efficiently is a requirement for us to get through each and every day. Sure we all have access to calculators with our cell phones within reach but we use mental strategies far more than pushing the buttons on our cell phone calculator.

As an elementary teacher when I teach reading and writing I try to stress to my students how important these two skills are in their daily lives as children and how much they will be required to read and write as adults. The same holds true for math. Teaching short cuts to my students such as  $500 - 198$  is the same as  $500 - 200 + 2$  is a way of making them more efficient with using math in their daily lives.

I guess running can be as much an exercise routine for the body as it can for the mind. Go figure.

**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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## **Hot Club News and Events**

### **KAR Membership Discount Codes**

KAR Members are eligible for many local and regional events. Please contact our new 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. The Board has transitioned this responsibility to staff effective immediately. Below are upcoming events and programs offering KAR members a discount.

#### **Winter Blast Half Marathon and 5k – Portage, MI**

**Organized in Partnership by Kalamazoo Area Runners (KAR) and the City of Portage**

March 2, 2014

\$10 discount half marathon registration

\$5 discount 5k registration

#### **Ground Hog Day Marathon - Grand Rapids, MI**

**February 2, 2014**

\$5 discount on half or full marathon registration

#### **Rock CF Rivers Half Marathon – Grosse Ile, MI**

**March 30, 2014**

\$5 discount on registration

#### **Kal-Haven Trail Run – Kalamazoo, MI**

**Organized by Kalamazoo Area Runners (KAR)**

**April 5, 2014**

\$10 discount for solo runners, \$10 per team discount for relay

**Charlevoix Marathon** – Charlevoix, MI

**June 21, 2014**

\$10 discount on half or full marathon registration

**Old Farts Marathon** – Lowell, MI

**August 16, 2014**

\$5 discount on half or full marathon registration

**Michigan Wine Trail Half Marathon** – Baroda, MI

**August 24, 2014**

\$20 discount on half marathon through December 31, 2013. \$10 discount on half marathon as of January 1, 2014.

**Run For Your Heart (Half Marathon, 10K, 5K)** – Saginaw, MI

**September 6, 2014**

\$2 discount on race fee

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**Half Marathon Spots Still Remain! Register for the 2<sup>nd</sup> Annual Winter Blast Half Marathon & 5k!**



Kalamazoo Area Runners (KAR) and the City of Portage are pleased to announce the field limit for the 2<sup>nd</sup> Annual Winter Blast Half Marathon has been increased to 1,500. With two months to go, we have filled a little more than a third of available half marathon spots. If you haven't signed up already, we invite you to join us in this extraordinary community celebration of health and wellness. The USAT&F certified half marathon and 5k courses highlight the Portage Trail Way System and include a mix of mostly flat paved bike trail and roads. All running events will start and end at Portage Central High School, 8135 South Westnedge Avenue, Portage, MI 49002 on Sunday, March 2, 2014. 5k start is at 8:00 am and the half marathon start is 8:10 am.

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

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



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

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

For more information, registration or volunteer or sponsorship opportunities, visit [www.portagewinterblast.wordpress.com](http://www.portagewinterblast.wordpress.com).

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## Registration is Now Open for the 2014 Kal-Haven Trail Run



Registration for the 2014 Kal-Haven Trail Run on April 5, 2014 is now OPEN! Directed by Terry Hutchins, the Kal-Haven Trail Run is the premiere ultra-event in Southwest Michigan. Runners complete the 33.5 mile distance from Kalamazoo to South Haven either on their own or as part of teams of between 2 to 6 runners. The event is \$45 for solo runners and \$30 for relay team members and includes a long sleeve technical shirt. KAR Members receive a \$10 discount on registration for the solo event, and \$10 discount per relay team. Please contact Joy Mills at [joy.mills@kalamazooarearunners.org](mailto:joy.mills@kalamazooarearunners.org) for the applicable discount codes.

The solo distance event has been added to the Club Championship Series for 2014

The event is organized by the Kalamazoo Area Runners and all race proceeds benefit the Greater Kalamazoo Girls on the Run (GOTR) Girls on Track program, whose mission is one of educating and preparing girls for a lifetime of self-respect and healthy living.

The 2014 event will be held on April 5, 2014.

Solo Event –8:00am start

Two Person Relay Team – 8:30am start

Three – Six Person Relay Team – 9:00am start

## **Volunteering and Sponsorship**

The Kal-Haven Trail Run wouldn't be possible without the generous support of our sponsors and volunteers. If you, your family, friends, employer or another group you are affiliated with are interested in becoming involved in either volunteering or sponsoring the event, please visit our website below.

For more information on the event, registration and volunteer and/or sponsorship opportunities, visit <http://kalhaventrailrun.wordpress.com/> .

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## **Volunteer Leadership Announcements**

### ***Vice President Marketing and Communications***

We are pleased to announce **Amanda Losch** has submitted intent to the Executive Board to serve as Vice President Marketing and Communications. Board Members joining in between terms are appointed by the Board and considered interim until elected by the membership at the next Annual Membership meeting. The position serves on the Executive Board and assists Board Members, Executive Director and Event and Program directors with promoting their events and programs and membership, marketing strategy and content management. Thank you Amanda for volunteering to serve in this important leadership position. Amanda currently serves as KAR's Director of Email Marketing.

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## **Volunteer Leadership Opportunities**

### ***DIRECTOR AND COMMITTEE OPPORTUNITIES***

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

The Kal-Haven Trail Relay and Solo Ultra, directed by **Terry Hutchins** and **Eric Burnson** is establishing its first planning committee and is still seeking a few more member(s). Positions require attendance at 4-6 planning committee meetings, background coordination of duties and availability race day (registration also requires day before) (April 4, 2014)

For more information on available positions, contact **Terry Hutchins** at [kalhaven@gmail.com](mailto:kalhaven@gmail.com).

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

The Winter Blast Half Marathon, directed by **Bonnie Sexton**, is seeking a couple of additional committee members. Positions require attendance at 4-6 planning meetings (3 remaining for this year), background coordination of duties and availability race weekend (March 1 & 2, 2014)

For more information, contact Bonnie Sexton at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

### **Kalamazoo Klassic 5k and 10k Planning Committee (Event Date: Friday and Saturday June 13 and 14, 2014)**

The Kalamazoo Klassic 10k & 5k, directed by **Bonnie Sexton** and **Carole Bolthouse** has an opportunity at this time for a committee member to serve as volunteer coordinator. Position requires attendance at 4-6 planning committee meetings, background coordination of duties and availability race weekend (June 13 & 14, 2013).

For more information contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

### **Safari Half and Full Marathon Training – KAR Co-Director (June – October 2014)**

Kalamazoo Area Runners has a unique leadership opportunity for the Co-Director of the Safari Half and Full Marathon Training Program. Involves 2-3 planning meetings Feb – June, acting as liason with our partner (Gazelle Sports) providing oversight to the Outdoor Track Workouts including recruiting and scheduling coaches, coordinating aid stations one Saturday a month, communications through KAR channels and other miscellaneous duties as per the partnership agreement.

For more information, contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org)

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

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



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

[Click here to begin shopping](#)

All orders will be delivered to the downtown Kalamazoo Gazelle Sports location. The \$6.95 shipping fee will be deducted from the order when it is fulfilled (there is no shipping charge for store delivery).

Customers will be notified via email when the order is ready for pick up. Allow 5-7 additional business days for orders that include an embroidered item. Unembellished sample of the apparel are available to try on in the store.

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## Yes, there really is a Kalamazoo Area Runners Facebook Group

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

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

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## Next KAR Board and Finance Committee Meetings are January 6, 2014.

The next KAR Board Meeting is January 6, 2014 at 7:30pm at the Maple YMCA (Finance Committee Meeting – 7:00pm) As always, members are welcome to attend. For questions contact **Bonnie Sexton** at [bonnie.sexton@kalamazooarearunners.org](mailto:bonnie.sexton@kalamazooarearunners.org).

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## Running Community News

### 2014 John Daily Memorial One One Run



Could you be the next winner of Charlie Miller's Chain Saw? Kick off the New Year with a health start at the One One Run. Stop by the Kalamazoo Area Runners Table in the Big Tent and visit us. Below are the details:



Wednesday, January 1, 2014

1 pm Run

1:15pm Walk/Strollers

Spring Valley Park

Kalamazoo, MI

Join us for one of the most historic runs in Kalamazoo; this 31 year tradition is home to a 2.2 mile or 4.4 mile walk/run around Spring Valley Park. Finish in our big tent filled with food, music and fun! We'll give away tons of prizes, and you may even win the coveted grand prize...Charlie Miller's Chainsaw!

Running or walking are great activities that you can do on your own, but they are even more fun when you're joined by family and friends. Our goal for the One One Run is always the same...get outside and start the year moving with family and friends while raising money for an important organization: Boys & Girls Clubs of Greater Kalamazoo.

Runners will start at 1 pm; walkers and those with strollers and dogs will start at 1:15 pm  
All proceeds from this event will be donated to the Boys and Girls Club of Greater Kalamazoo. We hope to raise \$31,000 this year!

[Click here for more information and registration](#)

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## Training Programs and Group Runs

**There is still time to register! The Beyond Half and Full Marathon Training Starts Saturday, January 4, 2014**



What lies in YOUR Beyond? Look no further than the Beyond Half and Full Marathon Training Program presented by Kalamazoo Area Runners (KAR). The Beyond is directed by Andy Hirzel, and whether you are a beginner training for your first half marathon, or a Boston Marathon veteran, we have a comprehensive training program custom tailored to fit your needs. Choose from Beginner,

Intermediate, Advanced or Semi-Elite (marathon only) programs to get you ready for the Kalamazoo Marathon, Boston Marathon and/or Borgess Half Marathon.

Kalamazoo Area Runners (KAR) brings an out of this world training program designed to help you achieve your goals! The 2014 Beyond Training Program runs January 4, 2014 through April 26, 2014 and concludes with the Kalamazoo Marathon / Borgess Half Marathon on May 4, 2014. Program benefits include:

- Organized and supported Saturday morning runs at various locations across greater Kalamazoo led by experienced leaders and marathoners
- Day by day workouts and snapshot schedules targeting your choice of the Kalamazoo Marathon, Borgess Half Marathon or Boston Marathon
- Course maps and hydration (water and electrolyte beverages) provided
- Weekly email and blog site communications with training tips, marathon news and more
- Pace teams ranging from under 7:30 min miles – more than 12:00 min miles
- Informative Clinics
- A FUN winter experience with shared camaraderie and team spirit.
- Optional Beyond apparel is available through the Kalamazoo Area Runners fanwear store.

For more information and registration, visit [www.karbeyond.wordpress.com](http://www.karbeyond.wordpress.com)



# *Run Indoors With KAR*



Are you tired of running outside in the cold and/or snow and ice? YES!  
Then come run with the Kalamazoo Area Runners (KAR) on the indoor track at  
Western Michigan University's Read Fieldhouse.

**2014 Schedule**

<b>Date</b>	<b>Time</b>	<b>Day of the Week</b>
January 12	6-10am	Sunday
January 14	5-7am	Tuesday
January 21	5-7am	Tuesday
January 28	5-7am	Tuesday
February 2	6-10am	Sunday
February 4	5-7am	Tuesday
February 11	5-7am	Tuesday
February 16	6-10am	Sunday
February 18	5-7am	Tuesday
February 25	5-7am	Tuesday

**These runs will be FREE to all club members and \$5 for non-members.**

Volunteers are also needed to open and close each session. Please contact Joy Mills at (269) 929-4954 or at [Joy.Mills@kalamazooarearunners.org](mailto:Joy.Mills@kalamazooarearunners.org) to help or for additional information.

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## **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 Eric Burnson at [eric.burson@kalamazooarearunners.org](mailto:eric.burson@kalamazooarearunners.org). Check it out at <http://kalamazooarearunners.org/events-and-programs/training/group-runs/>

Kalamazoo Area Runners (KAR) hosts five 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.

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### ***Kalamazoo/Portage***

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

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

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#### **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 **Teresa Redmond** at [Teresa.redmond@kalamazooarearunners.org](mailto:Teresa.redmond@kalamazooarearunners.org) or **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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#### **Kalamazoo Area Runners (KAR) Thursday Night Runs - Portage YMCA**

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

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### **The Urban Herd**

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

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### **The Dirty Herd**



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

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### ***Battle Creek***

#### **Kalamazoo Area Runners (KAR) Battle Creek Sunday Runs – Riverside School/Park**

**\*\*\*NOTE TIME CHANGE\*\*\*** The Sunday group runs in Battle Creek now meet at 3:00pm at Riverside Park. Meet at Golden Avenue parking lot. Please bring your own hydration. For more information or to be added to the distribution, contact **Jill DeLong** at [jill.delong@kalamazooarearunners.org](mailto:jill.delong@kalamazooarearunners.org) or **Matt Santner** at [Matt.Santner@kalamazooarearunners.org](mailto:Matt.Santner@kalamazooarearunners.org).

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#### **\*\*\*NOTE NEW LOCATION\*\*\* Kalamazoo Area Runners (KAR) Tuesday Nights from Panera Bread**

Tuesday evening runs from Panera Bread, 2810 Capital Ave SW (Run leaves at 6:00pm.) Please bring your own hydration. For more information contact **Stephanie Demarest** at [stephanie.demarest@kalamazooarearunners.org](mailto:stephanie.demarest@kalamazooarearunners.org) or **Lisa Piper-English** at [lisa.piperenglish@kalamazooarearunners.org](mailto:lisa.piperenglish@kalamazooarearunners.org).

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## **Club Member Corner**

### **New Member Welcome**

As of December 27, 2013, Kalamazoo Area Runners consisted of 1264 members, an increase of 25% from 2013. Please join the Kalamazoo Area Runners in extending a warm welcome to the following new members:

Joanna	Boyd
Bernadette	Braganini
Diane	Bussema
Jess	Ciaravino
Kristen	Coonrod
Rachael	Deneau
Jeff	Eckert
Jonna	Frayer
Haniya	Frayer
Hether	Frayer
Todd	Gardner
Brenna	Hendrix
RaeAnn	Herman
Tamara	Hirzel
Melissa	Hodgson

Brian	Hunt
Chad	Hutchins
Aaron	LaRue
Margaret	Lindquist
Kevin	Martini
Ernesto	Matos
Gabe	Mills
Maggie	Mills
Lisa	Noble
Elizabeth	Pearce
Thomas	Pearce
Maya	Pearce
Molly	Pearce
Steve	Regner
Sammy	Simpson
Kai	Stankey
Stephanie	Stankey
Troy	Stutz
Connor	Stutz
Shannon	Stutz
Jacqueline	Torres-Rivera

## Featured Member Column

Our featured member column will be returning in January! Stay tuned to see who we shine our spotlight on next!

## Volunteer Acknowledgements

Sincere thanks to all our volunteers. We couldn't do it without your efforts. The Patrick Johnson Memorial Volunteer Recognition Program moved to a self-reporting platform effective January 1, 2013 and KAR members now input their points into a simple web-based form through Survey Monkey. Sincere thanks to **Leslie Scheffers** for assuming responsibility for managing the data for the 2013 program. Volunteer points entered through November 2013 have been updated. If you volunteered year to date through November 2013 and your points are not included, please enter them at this time. Thanks again to all those who have volunteered to date for Kalamazoo Area Runners Events and Programs. We couldn't do it without your efforts. As of November 2013, **Charlene Orwin** is in first place with 430 points, **Bonnie Sexton** is in 2<sup>nd</sup> with 420 points, and **Brian Dobbie** is in 3<sup>rd</sup> place with 260 points.

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

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

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