

*"Running gives freedom. When you run you can determine your own tempo. You can choose your own course and think whatever you want. Nobody tells you what to do."*

*-Nina Kuscik*

October 2016

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

## The Kalamazoo Area Runners

# Rundown

### Times of Change

By Bonnie Sexton



Change is once again on the horizon for Kalamazoo Area Runners (KAR). Unexpected circumstances sure can have a way of forcing an organization to abruptly change direction, re-evaluate, and restructure, seemingly overnight. Over the last decade Kalamazoo Area Runners (KAR) has enjoyed the honor of growing to the largest running club in the State of Michigan. During that time, we added broad based programming such as the Club Championship Series and Race and Service Provider Discounts, six quality training programs and three new or redefined quality events. We added member reception runs and expanded our presence in Battle Creek. A by-product of organizing many events and



#### Contents

Board President's Letter –Page 1

Executive Director Letter – Page 4

Just Another Runner's Perspective –  
Page 5

Featured Member, Amanda  
Burdette—Page 9

Hot Club News and Events - Page 13

Run Around Gull Lake  
KAR Event and Program Registration Links  
Project Sole  
KAR Facebook Page  
Kalamazoo Area Runners Board Meeting  
KAR Apparel Line

KAR Membership Race Discounts—  
Page 15

Community Events—Page 16

Group Runs/Training - Page 18  
Group Runs

Club Member Corner - Page 20  
New Member Welcome

Local Race Results—Page 21

## Board of Directors

programs, along with an expanding membership base, operations also became increasingly complex, particularly accounting and membership administration.

In general, once a running club attains about 1,000 members, it is time to consider hiring staff, and in 2013, Kalamazoo Area Runners (KAR) hired its first Executive Director, Joy Mills. Joy served for three years as the board gradually shifted accountability for operations, broad based programming and finally directorship or co-directorship of our seven large scale events, at which point the responsibilities began to exceed capacity for one staff. Recognizing this, the Board of Directors and other volunteer leadership retained programs, group runs and several isolated operational areas, however, the position often mandated far more than 40 hours a week

October 29, 2016 will be Joy's last day of full-time employment with Kalamazoo Area Runners (KAR) as she has accepted a position with the Kalamazoo County Health and Community Services Department. After this date, she will be working a limited part-time schedule to continue book keeping through the end of the year, and to direct 2016 Turkey Trot, 2016 Run Through the Lights, and 2017 Winter Blast. The Board of Directors will define a new staff position, and then recruit, hire and train replacement staff and outsource operational functions where possible. In the interim the Board has temporarily transitioned to a volunteer working board, and has absorbed directorship of all other events, membership administration and broad based programming (in addition to training programs and other existing accountabilities).

Beginning October 30, 2016, questions may be directed to [membership@kalamazooarearunners.org](mailto:membership@kalamazooarearunners.org) and the appropriate contact will respond back as they are able. You will also begin to receive event, program and membership communications from a variety of board members and other volunteer leadership, and may also contact the respective event, program or membership contact directly. Joy will continue to be the contact for questions pertaining to 2016 Turkey Trot, 2016 Run Through the Lights and 2017 Winter Blast, as well as questions pertaining to bookkeeping/budgeting.

Kalamazoo Area Runners will continue to operate and serve the membership and running community under the above



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interim business continuity plan, however we ask for your patience and understanding over the coming months as the team will be learning new responsibilities, and fielding questions and managing responsibilities around full-time employment and/or other obligations.

The Board of Directors will also be reviewing the sustainability of Kalamazoo Area Runners' current non-profit business model. In addition to a change in staffing, the sport has been impacted by local and national participation trends in running events, as well as changes in local community resources. Due to these additional factors, the Board of Directors will be evaluating several of Kalamazoo Area Runners' large-scale events. The Winter Blast Half Marathon, 10k and 5k will be among those undergoing re-evaluation. Due to the Portage Public Schools bond projects, the Portage Central High School campus will not be available in 2018, and possibly 2019 and 2020. In addition, the costs of hosting the event are rising. Continuity would depend on redefining the event in a manner that would address those issues, as well as the availability of adequate staff and volunteer resources.

My nature is to build and grow an organization; whether through attracting and connecting membership, launching a new event such as the Winter Blast Half Marathon or Jack-O'-Lantern Trail Run, or a new training program such as Beyond or Fast Track. Everything KAR does falls within the scope of our mission and objectives, however there comes a time in the lifecycle of every organization where the need to re-evaluate arises. During these times, it is important to focus upon what an organization does best in order to ensure sustainability. During my professional career, I have had the opportunity to serve on the management teams of two other non-profit organizations who were faced with similar challenges and re-evaluation led to a more focused, sustainable model.

Kalamazoo Area Runners (KAR) looks forward to serving the membership, and our greater running community well into the future, and as we once again experience the tides of change, we hope to emerge stronger than ever before.

We thank each one of our members, participants, partners, sponsors, volunteers and leaders for making Kalamazoo Area Runners the exceptional organization it is. We also would like to express our sincere gratitude to Joy Mills for her many contributions and efforts over the last three years, and we wish her the best as she begins her new career endeavor.



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*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.*

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### **Executive Directors Report—This Is Not Goodbye By Joy Mills**

Dear KAR Members and Friends,

It has been an honor and pleasure to serve as the first Executive Director and employee of the Kalamazoo Area Runners of the past three years. As many of you are aware I have resigned from my position in order to join the finance staff of the Kalamazoo County Health and Community Services Department effective October 29<sup>th</sup>. I will continue to direct the upcoming Turkey Trot, Run Through The Lights and Winter Blast events through February 2017.

As I transition to my new role, I will always be thankful for the support of the members of the Kalamazoo Area Runners Board of Directors, past and present. I also want to extend my sincere thanks to all of the individuals who have been a part of my Kalamazoo Area Runners experience throughout the past few years, giving valuable technical assistance, advice, and friendship to me as both an Executive Director and a Race Director. The ability to work with KAR's amazing pool of talented and generous volunteers has truly been the most rewarding part of this incredible experience.

This is not goodbye. I plan to continue my participation in the Kalamazoo Area Runners as a member and volunteer, and together with my family I will still be out in the community at various races and other events. Please take the time to come and say hello if you should see us.

I look forward to celebrating all of the Kalamazoo Area Runners future successes together!



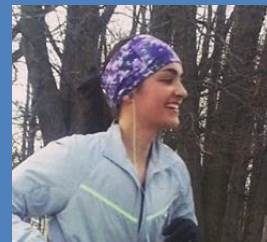
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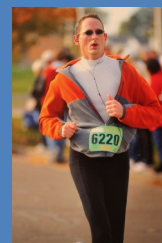
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Joy Mills is KAR's Executive Director and has been a member of the organization since 2012. She is married with two children, enjoys running half marathons, and watching her daughter participate in Otsego Middle School cross country and track meets. 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.

## Another Runners Perspective—A Shared Passion

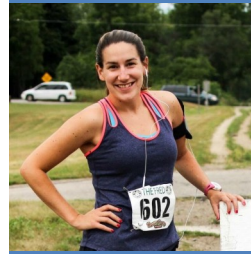
*"To be in your children's memories tomorrow, you have to be in their lives today."*  
--- Barbara Johnson

A burst of energy erupted through Torey's legs as she made the final turn and sprinted down the straight away for the last tenth of a mile. The anguish that the expression on her face carried and the demeanor of her body language for the first three miles had all but disappeared. Words of encouragement from her teammates and coaches created a tunnel of auditory stimuli along this last stretch. "Go around her Torey! You can do it!" Torey tuned out not only the cheers coming her way but also the pain she had been dealing with in both ankles for the past two weeks, as her focus was directed to the finish line and the competitor in front of her. Her motivation at this point came not from placing first or second or earning a medal. This was about her and the girl she was now about to reel in and edge out at the finish line. There may have been more than fifty participants out on the course but for Torey it had turned into duel between two runners.

As she crossed the finish line Torey dropped to a seated position giving into the exhaustion that tormented her body. When she finally regained enough energy she stood up. She had been dealing with pain in differing levels with both ankles the past two seasons due to weakness in her muscles but the awkward limp now in her gait as she gingerly walked away from the finish area told the story of the physical misery of the past two weeks.

As Torey's father and coach, I felt a tug at my heart to pull the strings on the remainder of my daughter's cross country season. I was comfortable that Torey was not causing any permanent damage by running on her tender ankles, but her mom and I were finding it difficult to watch her walk with so much

## Board of Directors continued



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discomfort after every run. With only one week left in this, her final season, we discussed the possibility of resting her weary ankles for the next six days in order to save herself for the last meet of the season in another week.

From a coach's perspective, the 2106 cross-country campaign had been one spilling over with emotions. We had hosted two meets including the all city meet and a dual meet with our rival, scheduled to finish in front of a stadium full of football fans minutes before kickoff. Due to lapses in communication between our school's AD, our maintenance department and our coaching staff, the course had to be altered twice in the week leading up to the meet. The meet went off without a hitch but the stress it flooded me with as the coach and course marshal led to a week of sleepless nights heading into the event. A few weeks later we ran into the same issues of communication for the dual meet with the race start time having to be adjusted thirty minutes earlier. Despite the change of time, the meet created a high in terms of memories, but as with the all city meet, the stress leading into this meet also was a burden to bear.

High hopes and expectations were in full swing amongst the members of our coaching staff back in July, with a group of veteran runners on our boy's squad making a year of first place finishes and runner up trophies seem very possible. Our expectations in terms of demonstrating a competitive edge did not pan out like we had hoped. Our success against our competitors was not about to make or break our season however. Going into the season there were more prominent moments to look forward to than fast times and conference titles. If we were to compete at a high level that would simply be frosting on the cake.

In this my third year as a coach, our numbers were as high as I had seen them with nine boys and thirteen girls. Leadership would come in the form of experience with six senior boys and three senior girls. Five of these upper classmen had been there with me from my first season and beyond. The memories that we had created as a group the last two years and the ones we were looking forward to forging in this their final year, left feelings of bitter sweet heading into the season. The snapshots that were soon to be created by this group for three and four year team members entering into this their final year would need to be cherished. I was looking forward to the season beginning but dreading the end even more. Perhaps what made the range of these mixed emotions even greater was that one of these senior leaders who would soon be graduating and heading off to college was my daughter.

My life as a runner had begun right around the same time that Kathy and I were blessed with Torey. As my wife carried her inside of her womb and during the first few years after Torey was born I had imagined the glory of my daughter sharing my passion for running. Many miles were spent early on together with Torey in a jogging stroller. As the years began to go by however

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I decided that I would not push my interest on to Torey. Running had become my break from the responsibilities of work and family and the thoughts of having my daughter follow in my footsteps, as a runner did not consume me as they had earlier. As she entered elementary school and middle school and her extra-curricular interests seemed to gravitate towards music and horses I assumed that any pursuit in running track or cross-country would more than likely not enter her psyche. I never really attempted to encourage her to give running a try.

To my surprise, during a discussion at the dinner table one evening during Torey's 8th grade year, she mentioned that she had gone out for a run after school and that she wanted to join the track team. As this conversation settled in over the next few weeks and Torey and I went for a run together, I quickly became exuberant about sharing my world of running with her. After that first run, I imagined a weekly run side by side with my daughter for years to come. Although this line of thought did not come to fruition we still enjoyed the company of each other on the roads and trails over the next five years sporadically. What I savored most about our common interest during her high school years was the conversations we shared about running and the questions she had along with the advice she sought from me as a runner.

So here we were, one week away from the end of Torey's last year as a competitive cross country runner and every run created anguish for her physically and for Kathy and I emotionally. We were on the brink of pulling her from one of her last two meets but the expression on her face when faced with this possibility illustrated more torment than the physical suffering her ankles were dishing out. Due to more competition within our team over the years and changes in Torey's physical development she had gone from her team's top runner her sophomore year to one trying to make the cut her senior year. Although this change in status had been difficult for her emotionally, Torey had managed to exhibit a no quit attitude through it all.

Torey has never been one to complain about the level of discomfort with her ankles. She has gone through PT but still the pain persists. Many student athletes in her situation would have asked to sit out. The thought of not being one of the top runners on her team has been one that is difficult for Torey to wrap her brain around. The idea of throwing in the towel on a training run, a race or her senior season in an attempt to give in to some of the pains caused from her running would have pushed her over the edge.

As a competitive runner I can relate to what my daughter was going through but what I can't identify with entirely is missing out on the last week of my senior season. I never ran competitively in high school but have competed at a high level as an adult. With that competitive drive that has fueled my running over the years, I am certain that like Torey, I would deal with

## 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.

the pain rather than forgo any races in my final season as a high school athlete. With these thoughts consuming me in the days after our discussion of pulling her from her next to last meet, I made the decision to adjust my original orders as father and coach.

Over the last five years of juggling responsibilities as my daughter's coach and father I have come to the realization that Torey does not have quite the same passion and drive for running that I have. Going a week without running is difficult for me to deal with. During the off-season Torey could go days without running and not be bothered. Although she does not crave the daily run like I do, I have observed the same drive and determination that has helped to shape my passion for running. Torey's desire to never quit until the race is done reminds me so much of myself.

Torey ran the final two races of her senior campaign allowing her to finish out her cross country career without missing a race due to injury. I am well aware that the last two meets those last two meets were probably the most grueling of any for her, but I'm confident that she will recover quickly now that the season is complete. More importantly she was not forced to end her career with the emotional letdown of losing out on the last week of her season.

I feel fortunate to have made a connection with my daughter on another level beyond coach and father. I have connected with her as a runner. I could not be prouder of her accomplishments as a coach and more importantly as a father.

#### 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.*

**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.



## Featured Member—Amanda Burdette Just Keep Moving Forward



Amanda Burdette is on the Right

*When using the run-walk method to finish a marathon, the most important walk break comes in the first mile. The second most important one comes in the second mile, and so on. The point is, walk before you become fatigued.*

*---Jeff Galloway*

To complete a marathon, a half, a 10K race or a 5K race one is not required to run every step. This is a relatively new concept in the world of running when considering its long history. Jeff Galloway began what has become a ground breaking approach to running for many individuals today back in 1973 after opening his new specialty running store, Phidippides. Jeff was asked to teach a class for beginning runners and as a result a new training philosophy was launched. As his students who were either new to the sport or had not participated in at least five years made their first lap around the track, Jeff concluded that in order for each individual to complete his or her goal of completing either a 5K or a 10K race, he would have to implement walking breaks to avoid injury or complete exhaustion. His concept may not have been a big hit for the national running community at the time but in the last ten to twenty years it has become a popular way of training for masses of runners. Many athletes have been able to take on a new activity in running because of the run walk approach. This month's featured runner, Amanda Burdette



### 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.

has been one such athlete who has reaped the spoils of running because of Jeff Galloway's philosophy.

Like many who are new to our sport, Amanda took up running as an adult. *"I began running in 2011. I was working for Battle Creek Public Schools and some co-workers started running so I did too."*

Amanda's co-workers seemed to be enjoying the conversation and social time that running offered them which peaked her interest. *"I definitely started for the social aspect. I loved talking and spending time with good people."* Although Amanda started running for the social benefits, she soon discovered that running offered more than just a way for her to get to know her co-workers *"Nowadays, I love the way I feel after a good run."*

Amanda was not a year around athlete as a child but was a swimmer for a few years. *"In high school I was on the swim team until I learned that I had to actually compete, that was more pressure than I could handle at the time."*

Although Amanda quickly enjoyed the way running made her feel mentally and physically and the friendships she made because of running she readily admits that it is always hard to get going. *"What I like least about running is just starting. Putting my shoes on is often the biggest challenge mentally."*

Amanda draws on inspiration from all runners. *"I am inspired by everyone I run with. The runners that are faster than me but encourage me to keep going and also the runners who are slower than me that are getting out there all are amazing to me. I am also in awe of runners like Amy Keil who ran the Boston Marathon 34 weeks pregnant."* If you go to any local race or participate in any area training group you will surely witness what Amanda is talking about. All runners have a story that will wow you or at the very least make you smile.

Amanda has experienced many memories over the years as a result of running but one in particular packs a punch more than any other. *"Finishing the Detroit Half Marathon two days after finding out I was pregnant is a memory that sticks out more than any other. That bib, with "I am 4 weeks pregnant" on the back is one of my favorite keepsakes."*

Amanda has run the 5K distance more than any other in her running tenure but has recently challenged herself with longer distances. *"I pretty regularly run 5K but I am really starting to actually enjoy the half marathon distance (I've already completed two halves and I'm signed up for another at the end of July.) I am currently training for my first full marathon, Detroit this fall."* This recent change in distance has added to



## 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.

Amanda's goals as a runner. *"Short term, I am focusing on completing my first full marathon. Long term, overall building strength and improving my speed is something I want to try and to. Specifically, I would like to finish a 5K in under 20 minutes and a half marathon in under 2 hours. Once I do that I will probably just make a faster goal for myself."*

Although Amanda enjoys the social aspect of running there are times when she finds herself on her own. When this happens she turns to technology to replace the companionship of a group run. *"I prefer to talk to people, but when I'm alone I listen to music. I like listening to new music, so I'm a big fan of Pandora's Alternative Endurance Training station."*

While not running Amanda spends her days teaching and raising her daughter with her husband. *"I teach middle and high school band for Marshall Public Schools. My husband John and I have a two-year old daughter, Nora."*

Amanda's advice for other runners involves the Galloway philosophy which she has utilized in her growth as a runner. *"Going slow will give you more strength than you'd believe. There are people that may turn their noses up at run-walk interval running but I am a true believer that the Galloway Method has made me a stronger runner."*

Jeff Galloway and his many running disciples would agree whole heartedly with Amanda. When Galloway used his new philosophy in his first group of students back in the early 1970s he implemented the "huff and puff" rule. The format of this rule for each runner is if you notice yourself huffing and puffing you need to take more frequent and longer walking breaks. What he found was that for all of his students the walking breaks decreased in duration weekly. He also found that those individuals training under his guidance were recording faster times than other runners who refused to give the run walk method a try. Jeff's approach can be tailored to each athlete with the number of and duration of running versus walking intervals to be determined by the "huffing and puffing" rule. Some individuals gage this by feel while others gage it with the use of a heart rate monitor.

The run/walk interval method worked perfectly for Amanda to build her endurance and her confidence. *"I started with run 1 minute/walk 1 minute intervals. I remember one time, we had a 4 mile run planned, farthest I'd ever gone, with a mid-point stop at The Brownstone for coffee, and I was terrified. I didn't believe at the time that I could go that far. It seems silly now."*

The interval philosophy was a great way to introduce Amanda to the running scene but it is not something she uses exclusively now. *"Now, I do not run intervals unless I'm with runners that do. I*



## 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).



*was a team leader of the 12 min and slower group for Beyond in BC and we ran 5/walked 1 minute intervals. (For many of the women in the group this was their first half marathon.) And for a while now my Sunday recovery run has been with a friend that likes to also do intervals. I am beginning to believe that this type of training has been a big reason why I've PR my past two half marathons."*

As Amanda takes on a new challenge, training for her first marathon she is still undecided about her training options. *"For the Detroit full marathon this October, to be honest, I haven't decided if I'm doing intervals. I am doing my long runs with Summer Safari in Kalamazoo and I'm running with the 11:30-12:00 pace group. So far it's felt great, but as the mileage increases I may adjust to intervals and start with something like run 10/walk 1. If I do end up walking at the race, I'd rather it be controlled and calculated rather than just when I feel like it. Those types of walking are the hardest to get back running from."*

The run/walk method of training has not been lost on the tech Geeks of the world. It seems that in the last decade new technology has emerged to assist with every scenario that might be associated with running. The Galloway method is no different. *"I have used the interval timer, a free app which has multiple sounds. So I set one sound to run and a different sound to walk. It became almost Pavlovian."*

Some old school runners may scoff at the notion of implementing walking breaks into training runs and races. This method is certainly not for all runners but it has been proven to work for many. Jeff Galloway's training techniques may not produce Olympian runners, world record holders or even first place finishers at local races but his philosophy has helped to make many implement a healthy, active lifestyle as members of the running community. Amanda is proof of this.

*Just a little update since from the last few weeks. Amanda was able to cross a goal off her bucket list finishing her first marathon a few weeks ago in Detroit. Congratulations Amanda.*



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



## 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.



## Hot Club News and Events

### 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:

- [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 Open Now!)
- [Beyond Marathon Training Program](#) (Winter 2017—Registration Open Now!)
- [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 1)

## **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.

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## **Next KAR Board Meeting is November 7, 2016**

The next KAR Board Meeting is October 7, 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).

## 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:

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

February 4, 2017  
10% discount

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

May 6, 2017  
\$5 discount

## Community Events

### The Tutu Run—Saturday, December 10th



Tutu Run presented by Honor Credit Union—the happiest event of the year! Run or walk a 5k or 2.2 miles on Saturday, December 10, 2016 in support of Greater Kalamazoo Girls on the Run. The Tutu Run will be held at Spring Valley Park in Kalamazoo beginning at 2:00pm. Prizes will be awarded for creative costumes and terrific tutus!

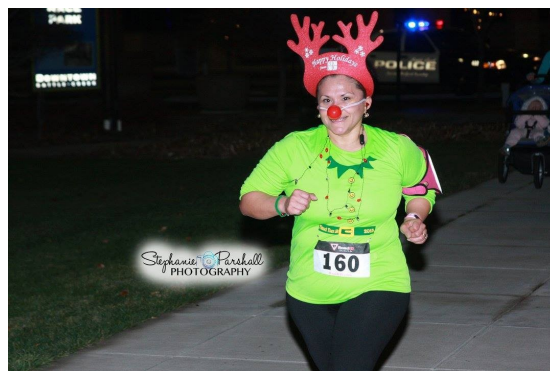
[Register Here!](#)

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### Tinsel Toes 5k—Saturday, December 10th

Saturday, December 10 @ 5:30pm  
Full Blast, Battle Creek, MI

Join us for the 4th annual Tinsel Toes 5k! The Tinsel Toes 5k is a non-timed family fun run through Downtown Battle Creek and the International Festival of Lights. Grab your ugly Christmas sweater, some friends, and have a fun, festive time dashing through the snow (or spring like weather because you never know in Michigan). Prizes are awarded to the ugliest sweater, the most festive, the most lit up and the most festive family/group. Proceeds from the event benefit Girls on the Run of Calhoun County. For more details and to register, visit [www.runsignup.com/tinseltoes5k](http://www.runsignup.com/tinseltoes5k)



All KAR members receive an automatic \$5 discount when registering via RunSignUp.

For questions, please contact Nikki at [tinseltoes5k@yahoo.com](mailto:tinseltoes5k@yahoo.com)





## 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 September, the Kalamazoo Area Runners had 1421 members. This represents – 1.7% growth since September 2015. Please join the Kalamazoo Area Runners Executive Board as we extend a warm welcome to the newest members of our running family.

Calvin	Bragg
Carrie	Carlton
Larry	Carrier
Denise	Channey
Heather	Davis
Jenny	Duval
Joel	Eisinger
Danielle	Etzel
Karla	Fales
Sarah	Greenberg
Emily	Kane
Ashley	Klein
Jon	Klein
Julie	Lenzinger
Janine	Lewandoski
Angela	Parshall
Reese	Parshall
Ryman	Parshall
Michael	Reimer
Rockelle	Rogers-Branhan
Elizabeth	Solonika
Danyelle	Spraggins
Steffany	Swift
Lindsay	Wiederhold
Valerie	Wilson
Evelyn	Wyman



## Local Race Results

### Grape Lake 5k, September 10, 2016

The Grape Lake 5k was held on Saturday, September 10th and thirty-four members of the Kalamazoo Area Runners were on hand for the event. Age group winners included Tracy Argo (1st), Thomas Bennet (2nd), John Brady (2nd), Mike Foster (3rd), James Johnson (3rd), Dean MacVicar (3rd), Karen Schwab (1st), Scott Shipman (2nd), Mark Sigfrids (3rd), Linda Vaughan (3rd) and Matt Wittenberg (1st). Congratulations to all of KAR's Grape Lake 5k finishers!

Alexander Argo	0:31:10	
Brian Argo	0:31:10	
Tracy Argo	0:21:25	1st
Thomas Bennett	0:32:44	2nd
John Brady	0:21:19	2nd
Jess Ciaravino	0:35:05	d
Jim Curry	0:27:51	
Jeff Eckert	0:24:55	
Carie Faul	0:32:57	
Mike Foster	0:37:27	3rd
Kim Grove	0:41:31	
Michael Hazard	0:48:24	
Kelly Hinga	0:31:10	
Brad Hollister	0:26:03	
Arya Jayatilaka	0:24:37	
Thenuka Jayatilaka	0:24:38	
James Johnson	0:21:49	3rd
Fred Keister	0:26:04	
Angela Keyes	0:30:02	
Dean MacVicar	0:25:44	3rd
Frank Maston	0:44:31	
Renee Mielke	0:32:18	
Carrie Muessig	0:27:28	
Anita Ollila	0:33:24	
Robert Poznanski	0:24:16	
Kenzi Pridgeon	0:27:40	

Dean Rigoni	0:26:57	
Karen Schwab	0:25:06	1st
Tom Schwab	0:26:37	
Scott Shipman	0:21:57	2nd
Mark Sigfrids	0:23:08	3rd
Gary Tenbrink	0:27:21	
Linda Vaughan	0:41:24	3rd
Matt Wittenberg	0:22:02	1st

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## Run For The Son 5k, September 10, 2016

Seven members of the Kalamazoo Area Runners took place in the Run for the Son 5k on Saturday, September 10th in Kalamazoo. Information on age group awards is not available.

Morris Applebey	0:19:29
Chris DHulster	0:19:41
Deborah Kloosterman	0:27:04
Michael Kloosterman	0:24:30
Robert Kloosterman	0:20:51
Lindsay Meulman	0:29:01
Joel VanderKooi	0:19:00

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## Peacock Strut 5k & 10k, September 17, 2016

Ninety three members of the Kalamazoo Area Runners took part in the Peacock Strut 5k & 10k in Portage on Saturday, September 17th. Age group winners in the 5k included Morris Applebey (1st), Thomas Bennet (2nd), Marie Billen (1st), Caleb Billings (1st), John Brady (2nd), Jacque Carlson (2nd), Stephanie Clark (1st), Daniel Damaska (1st), Kim Evans (2nd), Scott Evans (1st), Kim Foghino (2nd), Cynthia Gustafson (2nd), Jessica Gutsue(1st), John Gutsue (3rd), Ray Hendriksma (3rd), Robert Jackson (2nd), Arya Jayatilaka (3rd), Dave Karnes (2nd), Danielle Kean (2nd), Fred Keister (2nd), Deborah Kloosterman (3rd), Laura Lam (3rd), Michael Louden (2nd), Randy Middaugh (3rd), John Olbrot (1st), Maya Pearce (3rd), Bonnie Sexton (1st), Mark Sigfrids (1st) and Peggy Zeeb (1st).

Marie Billen emerged as the Female Overall winner in the 10k, while age group winners included Morris Applebey (1st), Tracy Argo (1st), Caleb Billings (1st), John Brady (2nd), Paul Bushnell (3rd), Jacque Carlson (2nd), Laurel Clark (1st), Stephanie Clark (1st), Daniel Damaska (1st), Scott Evans (1st), Kim Foghino (1st), James Johnson (1st), Dave Karnes (1st), Robert Kloosterman (2nd), Sarah Lohman (1st), Tom Noall (1st), John Olbrot (1st), Claudia Ring (3rd), Kathy Roschek (1st), Karen Schwab (3rd), Bonnie Sexton (1st), Robert Sheppard (3rd), Mark Sigfrids (2nd), Michelle Spiegla (2nd), Sharon Weaver (3rd), Jennifer Weber (2nd), Robert Williams (2nd), and Peggy Zeeb (1st). Congratulations to all of our Peacock Strut finishers!

**5k**

Morris Applebey	0:22:03	1st
Alexander Argo	0:38:45	
Brian Argo	0:29:52	
Evelyn Argo	0:40:18	
Thomas Bennett	0:33:47	2nd
Jalayne Bennett-Conway	0:33:44	
Marie Billen	0:21:31	1st
Caleb Billings	0:20:29	1st
John Brady	0:22:32	2nd
Paul Bushnell	0:26:09	
Jacque Carlson	0:27:14	2nd
DAWN CHAMBERLAIN	0:35:08	
Jess Ciaravino	0:37:46	
Stephanie Clark	0:24:09	1st
Daniel Damaska	0:19:57	1st
Kim Evans	0:28:54	2nd
Scott Evans	0:18:22	1st
Randy Fielder	0:29:47	
Kim Foghino	0:33:00	2nd
Cynthia Gustafson	0:32:57	2nd
Jessica Gutsue	0:25:03	1st
John Gutsue	0:27:09	3rd
Mindy Hare	0:34:27	
Ray Hendriksma	0:27:24	3rd
Robert Jackson	0:25:07	2nd
Arya Jayatilaka	0:23:01	3rd
Dave Karnes	0:25:25	2nd
Danielle Kean	0:23:32	2nd
Fred Keister	0:26:46	2nd
Angela Keyes	0:30:35	
Deborah Kloosterman	0:28:04	3rd
Michael Kloosterman	0:25:29	
Robert Kloosterman	0:21:55	
Laura Lam	0:25:14	3rd

Michael Louden	0:23:26	2nd
Randy Middaugh	0:26:11	3rd
Henry Odza	0:40:42	
Jackie Odza	0:43:10	
Jennifer Odza	0:43:06	
Kenneth Odza	0:40:26	
John Olbrot	0:26:21	1st
Maya Pearce	0:31:09	3rd
Mike Powell	0:23:28	
Donna Scott	0:46:27	
Bonnie Sexton	0:26:01	1st
Mark Sigfrids	0:23:29	1st
Brett Simmering	0:32:26	
Scott Voigt	0:21:03	2nd
Becca Ward	0:37:43	
Jennifer Weber	0:26:14	
Peggy Zeeb	0:25:20	1st

**10k**

Morris Applebey	0:41:04	1st
Tracy Argo	0:45:07	1st
Marie Billen	0:41:47	Overall Female Winner!
Caleb Billings	0:41:37	1st
Steve Booton	0:46:13	
John Brady	0:44:50	2nd
Paul Bushnell	0:48:32	3rd
Jacque Carlson	0:53:14	2nd
Laurel Clark	0:58:47	1st
Stephanie Clark	0:47:46	1st
Christine Croy	0:57:00	
Daniel Damaska	0:40:02	1st
Karen Dyszkiewicz	1:05:48	
Scott Evans	0:37:11	1st
Kim Foghino	1:00:31	1st
Aimee Garrison	1:08:05	
Allison Havera	1:05:29	



James Johnson	0:46:25	1st
Dave Karnes	0:48:17	1st
Danielle Kean	0:53:51	
Robert Kloosterman	0:46:15	2nd
Sue Lennan	1:00:12	2nd
Sarah Lohman	0:50:23	1st
Lesley Nedervelt	1:12:43	
Tom Noall	1:08:41	1st
John Olbrot	0:51:02	1st
Claudia Ring	0:54:59	3rd
Kathy Roschek	1:23:04	1st
Janet Schauer	1:10:50	
Karen Schwab	0:55:20	3rd
Donna Scott	1:13:33	
Bonnie Sexton	0:51:23	1st
Robert Sheppard	0:56:57	3rd
Mark Sigfrids	0:46:39	2nd
Brett Simmering	0:56:12	
Mary Anne Simmering	1:04:57	
Jeff Smith	1:04:30	
Michelle Spiegla	0:50:25	2nd
Scott Voigt	0:41:41	1st
John Wagner	0:58:33	
Sharon Weaver	1:05:51	3rd
Jennifer Weber	0:49:12	2nd
Diane Williams	1:01:55	
Robert Williams	0:54:34	2nd
Peggy Zeeb	0:46:28	1st

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## **Bronson Children's Hospital 5k Run/Walk, September 25, 2016**

Seventy-four members of the Kalamazoo Area Runners participated in the Bronson Children's Hospital 5k Run/Walk on Sunday, September 25th in downtown Kalamazoo. Brendan Molony took the male overall winner title with a time of 16:35. Other age group circle winners included Morris Applebey (1st), John Brady (3rd), Cathy Cheron (2nd), Chris DHulster (2nd), Mike Foster (3rd), Joseph Garnaat (3rd), Joan Hanna Darrell (2nd), Ray Hendriksma (2nd), Julie Hoffman (1st), James Johnson (2nd), Sarah Lohman (2nd), Gayle Porter (1st), David Rozelle (2nd), Karen Schwab (2nd), Bonnie Sexton (3rd), Mark Sigfrids (1st), Eric Smith (3rd) and Amy Wright (2nd). Congratulations

to all of KAR's Bronson Children's Hospital 5k finishers!

Jason Allen	0:25:16	
Regina Ambs	0:37:29	
Morris Applebey	0:19:39	1st
Laura Asher	0:29:50	
Michael Barnett	0:26:33	
Wendy Bauer	0:41:31	
John Brady	0:21:35	3rd
Cathy Cheron	0:25:04	2nd
Becky Clark	0:38:06	
Steve Darrell	0:25:12	
Chris DHulster	0:20:12	2nd
David Eagle	0:24:07	
Rebeca Evens	0:39:46	
Kevin Ferguson	0:29:21	
Randy Fielder	0:30:19	
Sharon Fielder	0:39:46	
Mike Foster	0:38:18	3rd
Sarah Foster	0:47:21	
Erin Garnaat	0:41:39	
Joseph Garnaat	0:23:33	3rd
Chris Goodwin	0:30:10	
Claire Goodwin-Kelly	0:27:41	
Nate Goodwin-Kelly	0:24:51	
Will Goodwin-Kelly	0:30:10	
Suzanne Grix	0:30:59	
Joan Hanna Darrell	0:31:26	2nd
Michael Hazard	0:46:12	
Ray Hendriksma	0:26:02	2nd
Brenna Hendrix	0:48:07	
Ian Hesketh	0:49:18	
Julie Hoffmann	0:29:07	1st
Brad Hollister	0:34:30	
Kylie Hollister	0:34:15	
Anne Ingold	0:46:40	

Kaitlin Ingold	0:47:14	
James Johnson	0:21:46	2nd
Jamie Laymon	0:39:16	
Cammy Lenning	0:38:05	
Sarah Lohman	0:23:44	2nd
Alexandria Lueth	0:28:53	
Thomas Maihofer	0:26:31	
Lindsay Meulman	0:30:15	
Nina Meyer	0:45:59	
Pamela Meyer	0:46:00	
Brendan Molony	0:16:35	Overall Male Winner!
Scott Motson	1:09:05	
Michelle Naylor	0:38:51	
Lesley Nedervelt	0:36:40	
Laurie Oleksa	0:36:49	
Katie Ort	0:29:02	
Colleen Orwin	0:28:29	
Michael Orwin	0:36:30	
Gabriel Porter	0:36:22	
Gayle Porter	0:30:43	1st
Robert Poznanski	0:26:47	
Kristin Ray	0:59:22	
Dawn Roberts	0:44:13	
Jamie Root	0:27:12	
David Rozelle	0:36:58	2nd
Karen Schwab	0:25:18	2nd
Tom Schwab	0:26:59	
Donna Scott	0:45:58	
Bonnie Sexton	0:26:47	3rd
Mark Sigfrids	0:22:38	1st
Eric Smith	0:26:14	3rd
Jeff Smith	0:29:58	
Ben VanLoo	0:35:19	
Scott VanLoo	0:35:19	
Christine Vlietstra	0:43:56	
Christine Vlietstra	0:47:14	

Erica Waito	0:34:36	
Grace Walter	0:27:11	
Jason Wilhelmi	0:23:45	
Amy Wright	0:24:16	2nd

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