

Shoot for the moon. Even if you miss it you will land among the stars. – Les Brown

March 2, 2010

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



Is Kalamazoo ready for a spring marathon? With a vibrant, healthy running community that continues to flourish and grow year after year, Kalamazoo provides an ideal venue to launch a major running event.. Add to the formula a successful half marathon through the [Borgess Run for the Health of It](#) and you already have a strong foundation for success.

The continued growth and popularity of the marathon distance is evident as marathons are forced to close registration ever earlier. The Boston Marathon reached its cap on November 13, the earliest ever in the 114 year history of the event. The Bayshore marathon in Traverse City has been closed for a long time, although this year they reopen March 1 to fill any vacancies that have become available. Last year, the inaugural Illinois Marathon reached its limit the very first year in existence. This year, they have raised their cap to accommodate an even larger crowd.



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The community already has 2 successful winter marathon training programs in existence to prepare both new and experienced marathoners for the event. Our Beyond Marathon Training Program has 109 registered participants preparing for a wide variety of spring marathons, and the Kalamazoo SHufflers have a strong contingency preparing for Bayshore using the Galloway method of training. These programs could easily absorb local runners looking to properly prepare for the event.

Training through the winter for a marathon no doubt presents its challenges. Overcoming the obstacles makes the completion of the training, and the resulting marathon all the more an experience to be relished. As I crawled home along the interstate Friday afternoon, my thoughts gravitated towards the 15 & 18 mile runs the Beyond marathoners had the next morning around Gull Lake. In traveling a few miles from one exit to the next, cars had slid off the road in two spots. For a fleeting moment, I thought about the sheer insanity of running in these conditions. Yes, there have been a couple of rare instances where a Beyond run has been cancelled due to near blizzard conditions, but most of the time we are otherwise out there, overcoming the elements mother nature sends our way.

There is something about the lure of the marathon that drives us to overcome incredible obstacles as strive to attain our goal. Despite the conditions of the night before, by Saturday morning the snows had ceased. Still, the roads were such that it took nearly an hour to get to Richland from Mattawan. As I pulled into the lot at Bayview Gardens, a number of vehicles had already arrived. The roads, although slick and in some spots unplowed, were passable, and the day was relatively clear with mild winds. Most of the Beyond marathoners arrived appropriately equipped in their traction gear and brightly clad apparel. Our Day Sponsor started dropping hydration at 6:00 am, driving the 18 mile course and lining it with 8 stations to keep participants well supported.

As we embarked on our run, our muscles warmed up and the beauty and tranquility of the morning overcame earlier apprehensions. Few vehicles were encountered on most of the course, with the exception of plows clearing driveways along the route. Tree branches were topped with snow, creating picturesque scenery. The snow covered roads were unplowed, making for a challenging workout. At the end of our adventure we treated ourselves to breakfast at Frona's café, where we enjoyed hot beverages and post run conversation.

Is Kalamazoo ready for a marathon? No doubt with a brand new 26.2 in town more runners than ever will be on the roads next winter,

KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 please use the 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. 2 different methods are available: eSoles www.esoles.com which uses a laser to scan the contour of the foot and an air pillow to mobilize the foot into the ideal neutral position and Footmaxx which is a force plate that helps break down the biomechanical movements of the foot for runners. For more information contact Daryl Prater at praterd@aol.com



Options 4 Your Health

KAR Members receive a 10% discount on nutraceutical products (nutritional supplements). 269-217-2146 or nestlady@aol.com

gearing up for the inaugural event. If you haven't already, register your vote regarding date choice and leave your comments at <http://polladdy.com/community/poll/2748777/>.

Hot Club News and Events

***Free to Community!* Easter Hash/Children's Easter Treat Hunt Run is March 20, 2010 at 11:00 am**



Subway Downtown
123 East Michigan, Kalamazoo, MI
Centre Street Subway
1256 East Centre, Portage, MI
Shaver Road Walmart Subway
8250 Shaver Road, Portage, MI



Heading to the trails for the kids Easter Egg Hunt

The 2010 Easter Hash and Children's Easter Treat Hunt run will be held March 20, 2010 at 11:00 am at KVCC Texas Township, beginning near the Advanced Technology Center. Adult runners will follow markers to explore maize like trails cover three, four five miles or more while preschool children run approximately ½ mile of trails, and older

children explore 1 mile of trails scattered with Easter treats. New this year, the Easter Hash is adding a charitable focus, and will be collecting funds and gifts in kind for [Kalamazoo Loaves and Fishes](#). Participants will be able to donate online when they register, or bring gifts in kind or check/cash donations to the event itself. Suggested gifts in kind, based on Loaves and Fishes current needs are: canned meats and meat based products (tuna, beef stew), ravioli and bottles of fruit juice. Refreshments provided courtesy of Subway. More

KAR Discount Sponsors continued...

DRINK 2 YOUR HEALTH

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



The Studio

A Personal Fitness Experience. If you're fighting an injury or just want overall better health check out The Studio (269-352-5518). Discounts apply per session or multiple sessions.

information and registration are available via the [Easter Hash Run Webpage](#).

VOLUNTEERS NEEDED:

Volunteers are needed for the March 20, 2010 Easter Hash Run and Children's Easter Egg Hunt Hash at KVCC Texas Township. Opportunities include:

Assistance setting up the trail Friday evening - 1
Set up, tear down and help with the kids Easter Egg Hunt - 4
Refreshment and Registration Table – 2-4
Tear down – 2-4 (can be same volunteers as above for refreshments)

Contact **Peggy Zeeb** at pzeeb2000@yahoo.com if you can help out with this fun event! Earn 10 KAR Volunteer Points!

Kal-Haven Trail Run Registration is Now Open!



Registration for the 2010 Kal-Haven Trail Run is now OPEN! Join us March 27, 2010 for an annual Kalamazoo Area Runners tradition, have fun, and raise money for the Girls on the Run Girls on Track program. Test your endurance by running the 33.5 mile RRCA Regional Championship Ultra, or gather some friends and sign up for the 2-person or 6-person relay. Relay awards go to co-ed, all female and all male team winners in each division. More information on all events and online registration can be found at www.kalamazooarearunners.com. Contact **Terry Hutchins** at tkhutchins@chartnermi.net for more information.

Board of Directors

Bonnie Sexton
President
Besrun2003@yahoo.com

Julie Wojtaszek
Vice President Membership
Membership_KAR@yahoo.com

Cristi DeDoes
Treasurer
Dedoes@yahoo.com

Scott Taylor
Secretary
Sctaylor75@verizon.net

Brian Abbott
Vice President Marketing and Communications
bripat@wmis.net

Phil Goodwin
Vice President Technology
philgoodwinmsh@gmail.com

Giti Henrie
Vice President Special Events
ghenrie@charter.net

Darrell Harden
Vice President, Development
dogbert10@comcast.net



LOOKING FOR 2-PERSON OR 6-PERSON TEAM OR NEED ADDITIONAL TEAM MEMBERS? Contact **Terry Hutchins** at tkhutchins@chartermi.net with specifics and he will do his best to get you connected.

VOLUNTEERS NEEDED: Earn 10 KAR Volunteer Points and support a great cause. A variety of volunteer opportunities are available to help with the Kal-Haven Run with the most urgent need being aid station volunteers. For more detail on how you can help, visit [Kal-Haven Trail Run Volunteer Opportunities](#) or contact **Julie Wojtaszek** at membership_KAR@yahoo.com.

KAR Volunteer Program Event

***Free to KAR Members!* KAR Annual Banquet Scheduled for March 23, 2010**

Join us for an evening packed full of exciting events as we celebrate another successful year of running with the Kalamazoo Area Runners. The KAR Annual Banquet and Election is scheduled for March 23, 2010 at the Borgess LEC Auditorium at [1521 Gull Road](#) at 6:30pm. The evening's agenda includes:

Event and Program Directors

Joe Hulsebus
*Director Technology Support
Club Series and Volunteer Tracking*
Kar.bcurr@gmail.com

Steve Brown
Director, Member Reception Runs
b.steve69@yahoo.com

Sherrie Mann
Director, Indoor Track Workouts
slmann@sbcglobal.net

Terry Hutchins
Director, Kal-Haven Trail Run
tkhutchins@chartermi.net

Jamie Tran
Co-Director, Kalamazoo Klassic (KAR)
jtran1322@aol.com

Marty Buffenbarger
Director, Safari Training
k9cid1@gmail.com

Bonnie Sexton
Director, Beyond Training
Besrun2003@yahoo.com

Peggy Zeeb
*Director, Easter Hash
Team Captain, Relay for Life*
pzeeb2000@yahoo.com

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

Andrew Vidor
Wed Night Portage YMCA Runs
ajvidor@mtu.edu

Steve Rice
*Wed Night Borgess Health and Fitness
Center Runs*
gostever@gmail.com



- Keynote speaker, Keith Hanson of the Hanson's Brooks Distance Project
- A buffet dinner from Olive Garden
- 2010 Highlights
- Annual Election
- Presentation of the Patrick Johnson Memorial Volunteer Program Awards
- Presentation of the Runner Recognition Awards
- Dessert and Door Prizes

RSVP's are required to **Giti Henrie** at ghenrie@charter.net by March 9, 2010. Cost is free to members, \$10 charge for non-member friends (or you may join KAR at the door).

Notification of Changes to By-laws

Did you know? Changes to our By-laws are not final until approved by our membership. The Board introduced and approved the following revisions to our By-laws at the February 1 & March 1 meetings. Final approval will be upon ratification of the membership at the Annual Meeting March 23.

B. Duties of Officers:

1. President

Change:

d) *To represent this association in the RRCA*

To:

d) *To represent this association in the RRCA, or designate a Board Member or other member to represent the association to the RRCA*

2. Vice President of Membership

Remove:

f) *Maintain a pool of possible candidates for future board elections*

C. Eligibility

Add:

2. Candidates must be an association member at least 30 days prior to the annual election to be eligible to run for a Board position

B. Expenses in excess of \$300 shall be approved as follows:

Remove:

1. General Club expenses shall be approved by the Treasurer and the President or any other Board Member

Add:

2. Unbudgeted general operational or event expenses in excess of \$300 shall be pre-approved by the Board of Directors, when not offset by revenue directly associated with the expense.

Add:

3. Expense forms for budgeted general operational or event expenses in excess of \$300 must be signed off on by the Treasurer and any other Board Member

Join the Kalamazoo Area Runners Leadership Team

Brian Abbott has announced he will not be returning to the Board for another term, leaving a vacancy in the VP Marketing and Communications position. We express sincere thanks to Brian for his year of service on the KAR Board, and his contributions including the establishment of a training blog on the Kalamazoo Gazette Sports page of www.mlive.com. This leaves the VP Marketing & Communications position open in addition to the four announced earlier. So far, candidates have expressed an interest in the Treasurer, VP Special Events, VP Technology and VP Development positions. A communication will be sent out announcing all candidates running for office after the March 16 deadline.

The 2010 Annual Election is part of the Annual Banquet scheduled March 23, 2010 and we ask that you thoughtfully consider the Board positions below. Even if a position is not slated for vacancy, anyone may announce their candidacy to run for any Board position. Questions or intent to run for office may be directed to any Board Member listed via this link: http://kalamazooarearunners.com/The_Club/Officers.html Final intent must be submitted no later than March 16. Job descriptions are available for most Board positions upon request.

In addition to the Board positions, we have several event leadership opportunities. Prior experience is not necessary for event and program leadership positions, only your time and commitment, strong organizational skills and a willingness to learn. We provide guidance and support. Event and program leadership roles earn 50 KAR volunteer points.

Please take the time to consider these, become involved in an organization committed to success and use your time and talents to make a positive impact in our running community. If you are already involved, we express our sincere gratitude for your continued contribution. KAR would not exist as it does today without each and every one of you who so generously donate of your valuable time and expertise.

EXECUTIVE BOARD POSITIONS

1. President - Candidate(s): Bonnie Sexton

a) Is the chief operating officer of the association with power to initiate and direct club policy subject to the

approval of the Board of Directors

- b) Provides the association with leadership and guidance in accordance with the purposes of the association
- c) To preside over meetings
- e) To call any special meetings
- f) To appoint committees and chairpersons thereof
- g) To establish event and program leadership thereof
- h) To ensure production of general electronic communication to the membership no less frequently than monthly

Revision Pending Member Ratification:

- d) To represent this association in the RRCA, or designate a Board Member or other member to represent the association to the RRCA.

2. Vice President of Membership - Candidate(s): Julie Wojtaszek

- a) To assume the powers of the President in his/her absence
- b) To take on special assignments as requested by the President
- c) Maintains the association's official membership records and shares this information in a timely manner with the Treasurer and/or any Board member or board appointed representative upon request for a stated purpose on behalf of the association.
- d) To formally acknowledge new members and notify expired memberships
- e) To promote active members and stimulate new interest

Deletion Pending Member Ratification:

- f) Maintain a pool of possible candidates for future board elections

3. Treasurer - OPEN

- a) To administer all financial dues and to have authority to sign or disburse necessary appropriations, as directed
- b) Keeps a record of all financial transactions
- c) Pays approved bills
- d) Furnishes a copy of the association's income and expense report to Board Members at all scheduled meetings
- e) Maintains the association's bank accounts
- f) Files appropriate tax returns and reports
- g) Maintains a current copy of the association's membership records from VP Membership and associated membership revenue records.

4. Secretary - Candidate(s) - Scott Taylor

- a) To record minutes at meetings
- b) To keep a file of such minutes and, when requested by the President, to accept assignments involving correspondence and the keeping of record.
- c) Furnishes a copy of minutes of regular association and Board of Director's meetings to all Board Members either on paper or electronically.

5. Vice President of Communication and Marketing - Candidate(s) – OPEN

- a) To organize, solicit information and produce association communications and event/membership

marketing materials

- b) To identify new event marketing opportunities
- c) To coordinate with the VP of Technology to ensure timely posting of current information on the association's web site
- d) To organize association attendance at event expos

6. Vice President of Technology - OPEN

- a) To maintain the association web site
- b) To provide leadership and guidance relating to electronic communications

7. Vice President of Development - OPEN

- a) To coordinate the solicitation of sponsors with event and program directors
- b) To identify and solicit potential sources of funding including grants, donations and sponsorships.
- c) Ensure the production of letters and tax receipts to donors and sponsors

8. Vice President of Special Events - OPEN

- a) To serve as the contact person for assigned events and programs
- b) To coordinate with the VP Communications and President to Promote Special Events

Team Captain Shadow needed for the May 22-23, 2010 Kalamazoo Relay for Life



Are you passionate about the fight against cancer? Would you like to dedicate your time in memory of those who are fighting or have lost the battle? Kalamazoo Area Runners has a unique leadership opportunity to serve as Team Captain for the Kalamazoo Area Runners Relay for Life Team. Working with current Team Captain **Peggy Zeeb**, you will serve as a shadow for the 2010 event, with plans to take over for 2011. Learn all aspects of organizing a team including fundraising, recruiting, site management, activities and more. Involves some preliminary meetings and availability the weekend of May 22 & 23 (date of the 2010 Relay for Life), as well as availability for meetings and the weekend of the 2011 Relay for Life. The Relay for Life is a national fundraising event benefiting the American Cancer Society. Earn 50 KAR Volunteer Points. For more information on the Kalamazoo Relay for Life, visit [2010 Kalamazoo Relay for Life](#). If interested in learning more about this opportunity, please contact **Bonnie Sexton** at besrun2003@yahoo.com.

KAR Volunteer Program Event

Director, Boston Tea Party Run

Interested in learning or using prior experience in event organization? Held the 2nd Monday of the month of April (April 12, 2010 this year), the Boston Tea Party is a fun run and post run event organized in partnership with Gazelle Sports. As Director, you will act as a liaison with Gazelle Sports, KAR and the benefiting organization (HRI) to coordinate event organization, marketing, donations, volunteers, course logistics and other duties associated with event execution. Event time commitment is low and short term (Feb – April), but

may require one or two planning meetings, coordination, as well as availability the day of the event. If interested in learning more about this opportunity, please contact **Bonnie Sexton** at besrun2003@yahoo.com.

Kalamazoo Klassic Committee

We are seeking a dedicated individual to serve on the organizing committee of one of Kalamazoo's most prestigious running events. Commitment involves attending Kalamazoo Klassic planning meetings once a month (currently held the 2nd Tuesday at 5:30), coordination of assigned area of responsibility and availability on race day. Meetings generally run beginning in fall, through race day & wrap up meeting. If interested in learning more about this opportunity, please contact **Bonnie Sexton** at besrun2003@yahoo.com.

Sponsorship Opportunities

Kalamazoo Area Runners is seeking sponsorships for several events and programs (listed below) In addition, we welcome for consideration general club and discount sponsors. If you know of an individual, business or other organization interested in sponsoring any of the following please contact **Darrell Harden** at dogbert10@comcast.net.

Kal-Haven Trail Run

Easter Hash

Kalamazoo Klassic

Runner Recognition Program (\$500 exclusive presenting sponsor to cover awards)

Club Championship Series (Sponsor to cover awards)

YMCA Healthy Kids Day Run

Thanksgiving Day Turkey Trot

Halloween Hash

Discount Sponsors

General Club Sponsors

Participating in the May 16, 2010 Susan G. Komen Foundation Race for the Cure? Join Team KAR Pink!



Jen displays “pink” shoe laces



The 2010 Southwest Michigan Race for the Cure will be held on Sunday, May 16 at 2:00 pm at the Arcadia Festival Site in downtown Kalamazoo. Each year, the Kalamazoo Area Runners organizes a fundraising team to participate in the event and raise support for the Susan G. Komen Foundation. Team Kalamazoo Area Runners t-shirts will be provided to the first 20 team members donating or collecting \$25 in online donations. You can join the team and/or donate at [Team KAR Pink Webpage](#). Please notify **Lori** at jc_cupp@hotmail.com when you join the team and provide your t-shirt size when you have a minimum \$25 in online donations. For more information on joining Team KAR Pink, contact **Lori Cupp** at jc_cupp@hotmail.com

Kalamazoo Area Runners Connection

Are you seeking training partners or looking for others to share carpool or hotel expenses with? Email your request and we will be happy to publish your request (in good taste of course) in the *Rundown*. Email **Bonnie Sexton** at besrun2003@yahoo.com and we will include it in the following edition! Here is a great opportunity to get connected.

Club Championship and Race Discount Events

2010 Club Championship & Race Discount Program Rolls Out

Kalamazoo Area Runners is pleased to introduce the participating lineup in the 2010 Club Championship Series & Race Discount Programs. The KAR 4-digit member code for events participating in the Race Discount Program has been assigned and is available in the members-only version of the Rundown. This code may also be used by active club members for local service provider discounts. In 2010, 16 events are participating in both the Club Championship Series and Race Discount Program, and another 3 grandfathered events are participating in the Club Championship Series only.

New to both programs this year we welcome the Pace for Poverty, to be held July 3 on the past Lindsay's Race course. Members receive a minimum \$2 discount to events participating in the Race Discount Program, and earn points towards Club Championship Series age group awards. See below for a complete listing, event dates, and program details.

[2010 Club Championship Series and Race Discount Program](#)

Shamrock 5k is March 20, 2010

Get ready, set, GO! The 2010 Club Championship Series/Race Discount Program kicks off with the Shamrock 5k on March 20. KAR Members are eligible for a \$2 discount upon registration and will earn points towards Club Championship Series age group awards for participation. The 2010 KAR Race Discount code (effective with this race) is 3735 (Embrace Running For Life) For more information, visit www.runtheshamrock.com.

Club Championship Event

Race Discount Program Event

Running Community News

No Finish Line In Sight - An Evening with Scott

Motivational speaker Scott Rigsby is coming to downtown Grand Rapids March 12 at 7:00 pm at First United Methodist Church. Scott is the first double leg amputee to cross the finish line of the Ford Ironman Triathlon World Championship. Sponsored by Gazelle Sports and Mary Free Bed Rehabilitation Hospital. More information can be found via http://fangear.gazellesports.com/pdf/scott_rigsby.pdf

14th Annual Wheel Run Together 10k, 5k Run, 5k Walk, 1 Mile Fun Walk

The Grand Valley Physical Therapy Class of 2011 is proud to announce the 14th Annual Wheel Run Together on Saturday April 17, 2010. All proceeds from this race will benefit Alternatives in Motion. The mission of Alternatives in Motion: *Provide wheelchairs to individuals who do not qualify for other assistance, and who could not obtain such equipment without financial aid.* The Wheel Run Together consists of 10K and 5K runs as well as a 5K and 1-mile fun walk through the beautiful Allendale campus of Grand Valley State University. For more information visit www.alternativesinmotion.org/wheelrun

Group Runs and Training Programs

For a comprehensive list of all group runs and training programs, visit [Running Groups](#)

***Free to KAR Members!* Beyond Marathon Program**

Travel throughout our galaxy as you experience your winter marathon training adventure! [The Kalamazoo Area Runners Beyond Marathon Training Program](#) runs through Saturday, April 10 and includes formal Saturday morning long runs led by a team of mission commanders and s-pace leaders on a variety of courses throughout greater Kalamazoo, training schedules and a year-end post marathon celebration. Registration and more information can be found by accessing the Beyond link at www.kalamazooarearunners.com. For questions contact Program Director **Bonnie Sexton** at besrun2003@yahoo.com.

A KAR Volunteer Program Event

Free to the Community! Kalamazoo SHufflers Marathon & Half Marathon Training

The Kalamazoo SHufflers Marathon & Half Marathon Training Program runs Saturday, January 2, 2010, and follows the Galloway method of training (run/walk). This is a great option for the first time half or full marathoner or an experienced marathoner looking for a lower intensity approach to training. The SHufflers program is free to the community. For more information visit [SHufflers Marathon Training](#).

Borgess Run Camp



The 2010 Borgess Run Camp is underway with a record 500 participants. Those of you traveling among marathoner ranks can spy and determine what makes run camp so intriguing by visiting www.runcamp.blogspot.com. If that isn't enough, visit <http://runcampphotos.blogspot.com/>. On a serious note, program runs Saturday, January 23 – Saturday, April 17 and targets the Borgess 5k and Half Marathon. Ideal for the brand new or experienced runner, Run Camp includes supported Saturday morning long runs, educational clinics, experienced coaches, trained team leaders, post run refreshments and more. For more information, visit www.borgessrun.com.

Gazoom 5k/10k Training

Gazelle Sports Gazoom 5k and 10k Training Programs run April 19 – June 17. For more information visit www.Gazellesports.com or call 269.342.5996. Contact **Steve Rice** at gostever@gmail.com for more information.

Wednesday Night Runs at Borgess Health and Fitness Center

Please note time and contact information change. Wednesday night runs from Borgess Health and Fitness Center now begin at 5:45pm and Steve Rice is now the contact. Please bring your own hydration. Contact **Steve Rice** at gostever@gmail.com for more information.

Volunteer Program Event

Wednesday Night Runs at Portage YMCA

Wed Nights at 6:00 pm at the Portage YMCA for a mid-week 2nd long run. Please park in the lot and meet by the A-frame building. Contact **Andrew Vidor** at ajvidor@mtu.edu to be added to the email distribution and/or for more information. Locations sometimes vary. Please bring your own hydration.

Volunteer Program Event

Wednesday Night LIVE Fun Runs at Gazelle Sports

Wednesday Night LIVE Runs meet at 6:00pm at downtown Kalamazoo Gazelle Sports and continue through the winter months. Runs are 2 – 6 miles; you chose the distance that is right for you. All abilities are welcome to join this mid-week easy run! Contact **Carrie Hybels** at chybels@gazellesports.com for more information.

Club Member Corner

Please share your running news with us! We extract and publish KAR results for *Club Championship Series Races* and a few other well attended events such as the Chicago, Detroit, Grand Rapids, Bayshore and Boston Marathons. Most other events, however, we need to rely on your inside tips. Please email **Bonnie Sexton** at besrun2003@yahoo.com if you have a newsworthy story to share whether it is the completion of your first marathon, a 10k PR, the birth of a new KAR member, or a unique running experience.

Welcome New Members!

The KAR Board would like to extend a warm welcome to new members **Laura Malnor, Kristi Brunner, and Nancy Jager**.

Volunteer Acknowledgements

We would like to express our sincere gratitude to all our recent volunteers for helping to keep Kalamazoo Area Runners going strong. We owe much of our success to each and every one of you who so generously donate your time and resources.

We wish to thank **Kevin Kane, Zachary Baker & Dan Launt** for supplying and dropping hydration for recent Wednesday night runs from the Portage YMCA. Thanks to **Sherri Watts** and **Natalie Dale** for serving as Day Sponsors for the last two Beyond Runs, and to **Russ Bertch** for filling in as 8:30 S-Pace Leader for the Beyond Marathon Training Program.

Ken Brooks Sets Course Record in Chattanooga

Congratulations to **Brandon Wise** and **Ken Brooks** on their performances at the Chattanooga half marathon. It comes as no surprise Ken won overall and set a new course record in 1:13:23, despite making a wrong turn. Brandon finished 6th overall with a 1:21:20, establishing a brand new PR as he prepares for the Boston Marathon.

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