

*"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it." -Priscilla Welch*

April 11, 2010

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

## The Kalamazoo Area Runners

# Rundown

### 2010 Kal-Haven Trail Relay; Record Participation, Record Proceeds for the Girls on Track Program



#### By Terry Hutchins

The Kal-Haven Trail Run takes place on the 33.5 mile trail between Kalamazoo and South Haven. The Trail Run is actually three events; solo runners, two person teams and three to six person teams.

The Kal-Haven Trail Run is a fund raiser for the Girls on Track program (part of the Girls on the Run). The event would not have been possible without our sponsors and close to 30 volunteers who worked registration, manned the 11 aide stations, followed the runners on bike, provided medical coverage, and/or assisted at the finish line! Our sponsors also provided in-kind and/or other financial support



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which contributed toward t-shirts for participants, food or other supplies for the aide stations and finish line, and allowed us for the first time to have the race professionally timed. Our sponsors were Gatorade, Fuel Belt, Gazelle Sports, Agility Physical Therapy, Pride Care EMS, Hardings (Portage on Centre St.), Big Apple Bagels (in Portage on Centre St.), and Sam's Club. Thanks to the many volunteers and sponsors the event will donate more than \$3,500 to the Girls on Track program this year.



This year's event had 31 men and women starting and finishing the solo run. The solo event had the added prestige of being designated as the RRCA Regional Ultra Championship. To put this event into perspective for those of you have run a marathon, remember how you felt when you finished and then think of running another 7.3 miles. Christopher Gregory was the overall men's winner with a time of 3:55:12. Erin Lumbard won the women's division in a time of 4:40:33 (Erin holds the women's course record of 4:24:01 set in 2008). Another repeat winner was Kevin Rabineau, winning the master's in 4:14:18, just missing by 20 seconds his grand master record of 4:13:58 set in 2009. To see the complete results please use this link: [http://michigancrosscountry.com/michigan\\_track\\_cross\\_country\\_forum/showthread.php?tid=1359](http://michigancrosscountry.com/michigan_track_cross_country_forum/showthread.php?tid=1359)

The two person team format has the first runner running from Kalamazoo to Bloomingdale (17.6 miles), the second runner covers the 16.0 miles from Bloomingdale to South Haven. This year we had 14 two person teams competing in the woman's, co-ed and men's division. To see the complete results please use this link: [http://michigancrosscountry.com/michigan\\_track\\_cross\\_country\\_forum/showthread.php?tid=1359](http://michigancrosscountry.com/michigan_track_cross_country_forum/showthread.php?tid=1359)

The three to six person team relay format is where each team member runs one or more designated legs that vary in distance from 3.6 miles

## 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](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 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](mailto: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](mailto:nestlady@aol.com)

to 7.7 miles. There were 12 women's teams, 22 co-ed teams and 7 men's teams.

The co-ed team of Jeff Layne, Ryan Geers, Brandon Wise, Ken Brooks, Peggy Zeeb and Megan Osterling set a new course record of 3:25:55, breaking the old record by 3:32:01 held since 2006 by Bonnie Sexton, Gale Fischer, Dave Walch, Jon Willard, Jeff Domenico and Serene Goodpaster.

The women's division had three women, Kristi Brunner, Brianna Roy and Jill Putt miss setting a new women's course record by 15 seconds. To see the complete results please use this link:

[http://michigancrosscountry.com/michigan\\_track\\_cross\\_country\\_forum/showthread.php?tid=1359](http://michigancrosscountry.com/michigan_track_cross_country_forum/showthread.php?tid=1359)

See the following link for pictures from the event:

[www.karphotogallery.blogspot.com](http://www.karphotogallery.blogspot.com)

Mark your calendars for March 26, 2011 (tentative date) for 20<sup>th</sup> anniversary of the Kal-Haven Trail Run.

### **Kal-Haven Shirts for Sale**

The design is too sharp not to own one of these Kal-Haven Trail Run Tees. There are a small number of shirts left and available for sale for \$10, first come, first serve. Proceeds benefit the Girls on Track program. Anyone interested in a t-shirt can contact **Terry Hutchins** at [kalhaverun@gmail.com](mailto:kalhaverun@gmail.com) or **Julie Wojtaszek** at [jjwojtaszek@yahoo.com](mailto:jjwojtaszek@yahoo.com).

## **Hot Club News and Events**

### **2010 Directors and Committee Members Appointed**

Much of Kalamazoo Area Runner's success is thanks to the many individuals who provide leadership to our events and programs as Directors or committee members. Please join the KAR Board in thanking all those who have stepped into event and program leadership and committee roles. Kalamazoo Area Runners could not function as it does today without each one of these key individuals. We are pleased to announce our 2010 event and leadership team. Those with an asterisk next to their name are new appointments.

Phil Goodwin\*

*Director, Graphic and Web Design*

Joe Hulsebus

*Director, Technology Support*

## **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.

Jamie Tran  
*Co-Director, Kalamazoo Klassic*

Kim Klein (MRC)  
*Co-Director, Kalamazoo Klassic*

Jane Rolfe\* Leslie Scheffers\*, Bonnie Sexton\*  
*Kalamazoo Klassic Committee*

Marty Buffenbarger  
*Co-Director, Safari Marathon Training*

Rob Lillie, Carrie Hybels, Robin Carpenter\*, Bonnie Sexton  
*Safari Planning Committee*

Dave Walch  
*Director, Halloween Hash Run*

Peggy Zeeb  
*Director, Easter Hash Run*

Stephanie Sabin\*  
*Co-Director, Run Through the Lights*

Carrie Hybels  
*Co-Director, Run Through the Lights, Gazelle Sports*

Sherrie Mann  
*Director, Indoor Track Workouts*

Bonnie Sexton  
*Director, Beyond Marathon Training*  
*Director, Outdoor Track Workouts*  
*Co-Director, Boston Tea Party Run*

Bonnie Sexton, Natalie Dale, Rollin Richman, Marty Buffenbarger,  
Bob Smola  
*Beyond Marathon Training Planning Committee*

Michelle Fakler\*  
*Planner, Annual Banquet*  
*Planner, Club Championship Series Awards Ceremony*

Bonnie Sexton, Cristi DeDoes  
*YMCA Healthy Kids Day Run Committee*

## Board of Directors

Bonnie Sexton  
*President*  
[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Leslie Scheffers  
*Vice President, Membership*  
[lscheffers@charter.net](mailto:lscheffers@charter.net)

Robin Carpenter  
*Treasurer*  
[Robin712@yahoo.com](mailto:Robin712@yahoo.com)

Scott Taylor  
*Secretary*  
[Sctaylor75@verizon.net](mailto:Sctaylor75@verizon.net)

Michelle Fakler  
*Vice President, Special Events*  
[Oak\\_14@hotmail.com](mailto:Oak_14@hotmail.com)

Brandon Wise  
*Vice President, Development*  
[Wiserunner615@gmail.com](mailto:Wiserunner615@gmail.com)

Terry Hutchins  
*Co-Director, Kal-Haven Trail Relay*

Julie Wojtaszek\*  
*Co-Director, Kal-Haven Trail Relay*

Scott Taylor  
*Director, Thanksgiving Day Turkey Trot Time Prediction 5k Run*

Scott Taylor, Brandon Wise, Darrell Harden, Bonnie Sexton  
*Thanksgiving Day Turkey Trot Time Prediction 5k Run Committee*

Steve Brown  
*Director, Member Reception Runs*

Peggy Zeeb, Team Co-Captain  
Eric Zeeb, Team Co-Captain  
Michelle Fakler\*, Team Co-Captain  
*Relay for Life (Kalamazoo Area Runners Team)*

Lori Cupp, Team Captain  
*Race for the Cure (Kalamazoo Area Runners Team)*

Steve Rice  
*Director, Wednesday Night Runs – Borgess Health and Fitness*

Andrew Vidor  
*Director, Wednesday Night Runs – Portage YMCA*

Darrell Harden\*  
*Director, Wednesday Night Runs – Varied Locations*

Peter Post\*  
*Director, Spring Training Runs*

## **Cinco de Mayo Member Reception 5k Fun Run and Social, May 3, 2010**



**BORGESS HEALTH**

## **Event and Program Directors**

Joe Hulsebus  
*Director Technology Support  
Club Series and Volunteer Tracking*  
[Kar.bcurr@gmail.com](mailto:Kar.bcurr@gmail.com)

Phil Goodwin  
*Director, Graphic and Web Design*  
[philgoodwinmsh@gmail.com](mailto:philgoodwinmsh@gmail.com)

Steve Brown  
*Director, Member Reception Runs*  
[b.steve69@yahoo.com](mailto:b.steve69@yahoo.com)

Sherrie Mann  
*Director, Indoor Track Workouts*  
[slmann@sbcglobal.net](mailto:slmann@sbcglobal.net)

Terry Hutchins  
*Co-Director, Kal-Haven Trail Run*  
[tkhutchins@chartermi.net](mailto:tkhutchins@chartermi.net)

Julie Wojtaszek  
*Co-Director, Kal-Haven Trail Run*  
[jjwojtaszek@yahoo.com](mailto:jjwojtaszek@yahoo.com)

Jamie Tran  
*Co-Director, Kalamazoo Klassic (KAR)*  
[jtran1322@aol.com](mailto:jtran1322@aol.com)

Marty Buffenbarger  
*Director, Safari Training*  
[k9cid1@gmail.com](mailto:k9cid1@gmail.com)

Bonnie Sexton  
*Director, Beyond Training*  
[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Peggy Zeeb  
*Director, Easter Hash  
Team Captain, Relay for Life*  
[pzeeb2000@yahoo.com](mailto:pzeeb2000@yahoo.com)

Dave Walch  
*Director, Halloween Hash*  
[david.walch@pfizer.com](mailto:david.walch@pfizer.com)

Stephanie Sabin  
*Co-Director, Run Through the Lights*  
[sabinss@sbcglobal.net](mailto:sabinss@sbcglobal.net)



Attention prospective members, new members and long time members! Kalamazoo Area Runners is pleased to present the Cinco de Maya Member Reception 5k Fun Run Monday, May 3, 2010 at 6:00 pm (registration 5:30 – 6:00 pm). This special event features a brand new venue at Borgess Woodbridge Hills, 8001 Angling Road, Portage, MI and brand new 5k course. Immediately following this casual run are refreshments, door prizes, a brief social time and Q&A information session. Participants are welcome to stay for the KAR Board Meeting beginning at 7:00 pm. Registration required. For more information, contact **Steve Brown** at [b.steve69@yahoo.com](mailto:b.steve69@yahoo.com).

### [Register Online](#)

**VOLUNTEERS NEEDED:** We need a few volunteers for set up and registration from 5:15 – 6:00. Please contact **Steve Brown** at [b.steve69@yahoo.com](mailto:b.steve69@yahoo.com) if you can help out. Earn 10 KAR Volunteer points.

***KAR Volunteer Program Event***

### **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 **Brandon Wise** at [wiserunner615@gmail.com](mailto:wiserunner615@gmail.com)

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

## **Event and Program Directors continued**

Andrew Vidor

*Director, Wed Night Portage YMCA Runs*  
[ajvidor@mtu.edu](mailto:ajvidor@mtu.edu)

Steve Rice

*Director, Wed Night Borgess Health and  
Fitness Center Runs*  
[gostever@gmail.com](mailto:gostever@gmail.com)

Darrell Harden

*Director, Wednesday Night Runs*  
[Dogbert10@comcast.net](mailto:Dogbert10@comcast.net)

Pete Post

*Director, Saturday Spring Training Runs*  
[Dreamfast37@charter.net](mailto:Dreamfast37@charter.net)

Halloween Hash  
Discount Sponsors  
General Club Sponsors

## **Club Championship and Race Discount Events**

### **2010 Borgess Run for the Health of It April 23 & 24, 2010!**



#### ***Marty Foster approaches the finish line of the Borgess Run Half Marathon***

Earn Club Championship Series points! April 23 & 24th is the 31st annual Borgess Run for the Health of It. The Borgess Run is an annual community celebration of health and fitness which includes the Half Marathon, 5k Run, Timed USATF 5k Race Walk Priority Health 5k Walk, the Miracle Mile and the Meijer Kid's Fun Run for children 12 and under. It is also one of the largest and most diverse road races in Southwest Michigan. Mailed entry forms must be postmarked by April 16th. Online registration is available until midnight on April 21st. Late registration is available for an additional fee during packet pick-up at the Borgess Health & Fitness Center on April 23rd from 4-8 p.m. and April 24th starting at 6:30a.m. Late registration closes 30 minutes prior to each event. For more information and online registration visit [www.borgessrun.com](http://www.borgessrun.com).

#### ***Club Championship Series Event***

### **23<sup>rd</sup> Vicksburg Hearty Hustle 5k Walk/Run Saturday, May 8, 2010**

Join us for One Day of Peace and Health on Saturday, May 8, at the 23rd Vicksburg Hearty Hustle 5K Walk/Run! Please click on the following links to view/download all the information including course maps and an entry form (one per participant please). Online registration is not available. For more information, visit [2010 Hearty Hustle Entry Form and Information](#)

### *Club Championship Series Event*

## **2010 Oaklawn Hospitality Classic May 15, 2010**

May 15, 2010 join in this 28th Annual Event! Oaklawn Hospital's Hospitality Classic is an example of Oaklawn's dedication to keeping the community healthy by encouraging individuals and families to foster healthy lifestyles. By hosting the Hospitality Classic, Oaklawn Hospital hopes to promote fun and fitness and enjoyment of running or walking for all ages. USAT&F Certified courses begin in downtown Marshall, follows city streets into the country, back through historic residential district and back to the staging area with a fast downhill finish at the Honolulu House and Fountain Circle. Event times and descriptions are as follows: 10K, 7:30am; 5K, 9:00am; May Walk 5K, 9:00am; (All ages are welcome in this noncompetitive 5K walk); Mile Fun Run, 10:00am. Each child will be awarded a commemorative medallion from Oaklawn Hospital, and a certificate from McDonald's. For more information and registration please visit [www.oaklawnhospital.org](http://www.oaklawnhospital.org) or [www.classicrace.com](http://www.classicrace.com).

### *Club Championship Series Event*

### *Race Discount Program Event*

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



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](mailto: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](mailto:jc_cupp@hotmail.com)

*Club Championship Series Event*

*Race Discount Program Event*

## **Running Community News**

### **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](http://www.alternativesinmotion.org/wheelrun)

### **Lake Center Anchor Run May 14, 2010**

Looking for a Friday evening Race? The Anchor 5k Run is at 6:00 pm at Lake Center Elementary, 10011 Portage Road, Portage on Friday, May 14, 2010. Proceeds will be used to purchase gymnasium and playground equipment. For more information and registration visit [www.LCEPTO.weebly.com](http://www.LCEPTO.weebly.com)

### **Howard Hill Hustle May 15, 2010**

Kalamazoo welcomes a brand new event May 15, 2010! The Howard Hill Hustle is a community 5K run/walk event with timing provided by Classic Race Management. There will be a kids 1K fun run following the 5K race. The event starts and finishes at Kalamazoo Christian High School. The first leg of the race is a challenging quarter mile uphill climb of the infamous Howard Street Hill. The remainder of the course takes runners through the scenic hills and valleys of the Winchell neighborhood. Along the course, there will be live 70's and 80's music played by local musicians. Food and beverages, fabulous door prizes, and fun family activities will be available throughout the event. Come join in the fun and festivities as the Kalamazoo Christian Schools unveil a great, new community run event in town - The Howard Hill Hustle. For more information visit [www.howardhillhustle.ksca.org](http://www.howardhillhustle.ksca.org) or [www.classicrace.com](http://www.classicrace.com).

## **Group Runs and Training Programs**

### **Greater Kalamazoo Group Run and Training Program List Updated!**

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

### **Saturday Morning Spring Training Runs**

Training for a late spring marathon or other event? Saturday morning Spring Training Runs begin April 17, 2010. All runs begin at 7:00 am and runners may need to provide their own hydration (details will be communicated via weekly emails). For a schedule of locations and distances, visit [Spring Training Runs](#) or contact **Pete Post** at [dreamfast37@charter.net](mailto:dreamfast37@charter.net).

## Gazoom 5k/10k Training

Gazelle Sports Gazoom 5k and 10k Training Programs run April 19 – June 17. For more information visit [www.Gazellesports.com](http://www.Gazellesports.com) or call 269.342.5996. Contact **Carrie Hybels** at [chybels@gazellesports.com](mailto:chybels@gazellesports.com) for more information.

## Wednesday Night Runs at Borgess Health and Fitness Center

Wednesday night runs from Borgess Health and Fitness Center begin at 6:00 pm. Please bring your own hydration. (8:30-9:30 pace) Contact **Steve Rice** at [gostever@gmail.com](mailto:gostever@gmail.com) for more information.

*Volunteer Program Event – 10 Points to Drop Aid Stations*

## Wednesday Night Runs at Portage YMCA

Wed Nights at 6:00 pm at the Portage YMCA for a mid-week 2<sup>nd</sup> long run. Please park in the lot and meet by the A-frame building. (7:30 – 8:30 Pace) Contact **Andrew Vidor** at [ajvidor@mtu.edu](mailto: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 – 10 Points to Drop Aid Stations*

## Wednesday Night Runs – Varied Locations

Wed Nights at 6:00 pm from varied locations. (9:30 – 10:30 pace) Email **Darrell Harden** at [dogbert10@comcast.net](mailto:dogbert10@comcast.net) for location.

*Volunteer Program Event – 10 Points to Drop Aid Stations*

## 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](mailto: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](mailto: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.

## New Members

The KAR Board would like to extend a warm welcome to new members **Marc Fakler, Michelle Fakler, Donna Bourbeau, Shawn Maxwell, Mary McNinch, Steve Secreast** and **Delaina Wilkin**.

## Marathon Training Blog

Did you know? KAR Member and elite runner **Hannah Norton** publishes blog articles on the *Kalamazoo Gazette* Michigan Live blog. She just published an article on the Joy of Running. Check it out at [http://www.mlive.com/sports/kalamazoo/index.ssf/2010/03/to\\_local\\_athlete\\_joy\\_of\\_runnin.html](http://www.mlive.com/sports/kalamazoo/index.ssf/2010/03/to_local_athlete_joy_of_runnin.html)

## Volunteer Acknowledgements



The success of the Kal-Haven Trail Run would not be possible without the efforts of the many volunteers who so generously donated their time. First, we express sincere gratitude to Directors **Terry Hutchins** and **Julie Wojtaszek**, both of whom spent months dedicating hours of time in planning and organizing the event. Helping with registration were **Michelle Fakler**, **Fred Walters**, **Erica Lensink** and her friend. Our sag rider was **Bud Morrow**. From Girls on Track we were pleased to have **Stephanie Buzka** and team, **Wendy Hutchison** and team and **Susan Bradshaw** serving at aid stations. Additional aid station volunteers were **Frank** and **Addie Maston**, **Ray Hendriksma**, **Jane Rolfe** and friend, **Andrew Simmons**, **Carol** and **Ian Heinicke**, **Chuck Zahnow**, **Sam Urban**, **Erica Lensink** and **Fred Walters**. Transportation volunteers were **Dan Robinson**, **Sean Messenger** and **Leslie** and **Tim Scheffers**. **Dave Walch** developed the unique awards, and **Cristi DeDoes** assisted with the aid station and finish line.

Sincere gratitude goes to **Pete Post** for volunteering to direct the post-Beyond spring marathon training runs. Thanks to **Carole Stevens** and **Mike Willy** for dropping hydration for our last Beyond training run.

For the Boston Tea Party Run, we thank course marshalls **Tim Scheffers**, **Brian Dobbie**, **Robin Carpenter & Francine Bangs**. Serving as aid/cheer station volunteers are **Tara Fletcher**, **Jane Rolfe**, **Sherri Taylor**, **Frank** and **Addie Maston** and **Natalie Dale**.

We wish 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.

Name	Points
Dale,Natalie	130
Scheffers,Leslie	120
Smola,Bob	110
Watts,Sherri	90
Sochor,Tim	80

Smith,Daniel	70
Vidor,Andrew	70
Wise,Brandon	70
Wojtaszek,Julie	70
Brammer,Mark	50
Buffenbarger,Marty	50
Fulcomer,Teresa	50
Hutchins,Terry	50
Launt,Dan	50
Mann,Sherrie	50
Poznanski,Bob	50
Richman,Rollin	50
Zeeb,Peggy	50
Dobbie,Brian	40
Rice,Steve	40
Bangs,Francine	30
Hoffmann,Julie	30
Hulsebus,Lana	30
Alkemade,Marcel	20
Backer,Zach	20
Bertch,Russell	20
Herschel,Susan	20
Kane,Kevin	20
Maston,Addie	20
Maston,Frank	20
Mergen,Vicky	20
Owen,Cindy	20
Pryor,Mandy	20
Robinson,Dan	20
Rolfe,Jane	20
Scheffers,Tim	20
St. Clair,Mike	20
Stevens,Carole	20
Walch,Dave	20
Brammer,Carolyn	10

DeDoes,Cristi	10
Elhammer,Angela	10
Fletcher,Tara	10
Heinicke,Carol	10
Heinicke,Ian	10
Hendriksma,Ray	10
Keyes,Angela	10
Lensink,Erica	10
Morris,Don	10
Morrow,Bud	10
Oostveen,Hetal	10
Sexton,Paige	10
Sexton,Steven	10
Simmons,Andrew	10
Tanja,Heather	10
Urban,Sam	10
Zahnow,Chuck	10

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