

## 2008/2009 Greater Kalamazoo Training Programs & Group Runs

Day	Time	Meeting Place	Leader/Contact	Description
<b>Saturdays</b> End Jan – End Apr <i>Borgess Run Camp!</i>	<b>8:00 am 5K</b> <b>7:30 am Half</b>	Borgess Health & Fitness Center or Alternate locations TBA!	<b>Blaine Lam</b> (269) 345-1113 <a href="mailto:Blainel@lamcreative.com">Blainel@lamcreative.com</a> <a href="http://www.borgessrun.com">www.borgessrun.com</a>	Comprehensive Training Program: 5k & Half Marathon <b>Program Fee</b>
<b>Saturdays</b> Mid Dec – Mid April <i>Beyond Marathon Training!</i> <i>KAR Sponsored</i>	<b>7:00 am</b>	Various locations across Greater Kalamazoo!	<b>Bonnie Sexton</b> (269) 270-5641 <a href="mailto:Besrun2003@yahoo.com">Besrun2003@yahoo.com</a>	Comprehensive Training Program – Marathon: Moderate & High Intensity! <b>Free to KAR Members.</b>
<b>Saturdays</b> Beg June – Mid Oct <i>Safari Half/Full Marathon Training!</i> <i>KAR Sponsored</i>	<b>7:00 am</b>	Gazelle Sports or Alternate locations TBA!	<b>Rob Lillie</b> (269) 342-9950 <a href="mailto:Slillie@Gazellesports.com">Slillie@Gazellesports.com</a>	Comprehensive Half and Full Marathon Training. Low, Moderate & High Intensity <b>Program Fee</b>
<b>Saturdays</b> Beg Jan – End May <i>The Kalamazoo SHufflers!</i>	<b>8:00 a.m.</b>  <b>Earlier starts TBA</b>	Portage Bicentennial Park/Celery Flats at Milham Road.	<b>Dan Sarkipato</b> (269) 808-1069 <a href="mailto:dansarkipato1@juno.com">dansarkipato1@juno.com</a>	Marathon training starting first Saturday in Jan following the <i>Galloway Method</i> <b>Free</b>
<b>Tuesdays &amp; Thursdays</b> End August – Mid Oct <i>Gazelle Sports 5k Program</i>	<b>6:30 pm</b>	Gazelle Sports or alternate location TBD	<b>Alycia Vince</b> (269) 342-5996 <a href="mailto:avince@gazellesports.com">avince@gazellesports.com</a>	Beginner 5k Program <b>Program Fee</b>
<b>Saturday</b> First Saturday Nov, Dec, Jan <i>Run Around Gull Lake</i> <i>KAR Sponsored</i>	<b>7:00 am</b>	Gull Lake	<b>Mark Sigfrids</b> <a href="mailto:msigfrids@kvcc.edu">msigfrids@kvcc.edu</a>	11.7 Mile Run All Paces Welcome! <b>Free</b>
<b>Wednesdays</b>  <i>Portage Training Run!</i> <i>KAR Sponsored</i>	<b>6:00 pm</b>	Portage YMCA	<b>Julie Wojtaszek</b> 1-248-207-5804 <a href="mailto:Membership_KAR@yahoo.com">Membership_KAR@yahoo.com</a>	Various Distances. General pace is 7:30 – 8:30 min/mile, but all paces are welcome! <b>Free</b>
<b>Wednesdays</b>  <i>Team Garmin!</i> <i>KAR Sponsored</i>	<b>6:00 pm</b>	Borgess Health and Fitness Center	<b>Cindi MacDonald</b> (269) 373-3868 <a href="mailto:cindim@eckert-wordell.com">cindim@eckert-wordell.com</a>	Various Distances General pace is 8:15 – 9:15 min/mile pace <b>Free</b>
<b>Tuesdays</b>  <i>Friends of the Fleet Feet Running Group!</i> <i>KAR Sponsored</i>	<b>5:15 p.m.</b>	Varies with the weather and seasons.	<b>Charlie Crouch</b> Call or E-mail for weekly update. (269) 345-5223 <a href="mailto:Bheart17@aol.com">Bheart17@aol.com</a>	Runners of varied ability. Usually 4 to 6-miles.  Social Hour afterward. <b>Free</b>
<b>Mondays, Tuesdays, Thursdays, Saturdays</b> <i>Blizzard Rats</i> <i>Over 20 years and still going strong</i>	<b>6:30 am M, T &amp; TH</b>  <b>Saturday - varied</b>	WMU Parking Lot Monday and Tuesday Oakwood Plaza Thursday  Varied locations Saturday	<b>Al Smith</b> <a href="mailto:Alsr500x4@aol.com">Alsr500x4@aol.com</a>	Distance and Pace Varies! Walkers welcome.  Social Hour Afterward! <b>Free</b>
<b>Tuesdays</b> Jan - Mar <i>WMU Indoor Track Workouts@ Read Fieldhouse</i> <i>KAR Sponsored</i>	<b>5:00 – 7:00 am Tuesdays</b>	WMU Read Fieldhouse	<b>Sherrie Mann</b> (269) 929-5754 <a href="mailto:slmann@sbcglobal.net">slmann@sbcglobal.net</a>	Informal Indoor Track workouts of your choice – long runs, recovery runs, speed sessions, walking! <b>Free to KAR Members/\$5 Nonmembers</b>
<b>Tuesdays</b> <i>Outdoor Track Workouts at WMU</i> <i>KAR Sponsored</i>	<b>Sessions at: 5:45 am, 5:30 pm, 6:00 pm</b>	WMU Kanley Track	<b>Marty Buffenbarger</b> 269-599-3160 <a href="mailto:K9cid@aol.com">K9cid@aol.com</a> <b>Darla Brown</b> 269-673-2155	Formal Track Sessions and varied Informal Sessions <b>Free</b>
<b>Tuesdays</b> <i>Battle Creek Roadrunners!</i> <i>Rise and Shine Club</i>	<b>5:00 a.m.</b>	Downtown Battle Creek.	<b>Gale Fischer</b> (269) 965-0320 <a href="mailto:gdfischer@yahoo.com">gdfischer@yahoo.com</a>	7 mile loop at 8-9 minute per mile pace. <b>Free</b>