

The true runner is a very fortunate person. He has found something in him that is just perfect.

-George Sheehan

January 2, 2010

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



Happy New Year!

2009 Club Highlights

As 2009 draws to a close, we reflect upon the pages of local running history written during the past year, now engrained as part of Kalamazoo Area Runners 42 years in existence. It was a year of triumph and loss, a year that showcased the strength of the human spirit and the result of years of perseverance and dedicated hard work of many. The accomplishments and success stories are abundant, along with the events that tugged at the human heart. As we revisit the events of the past year, here are some of the club highlights and top stories for 2009.



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Kalamazoo Area Runners Emerges as the Largest Running Club in the state of Michigan

Since 2004, Kalamazoo Area Runners has more than tripled in size, growing from 170 members to the more than 600 members making up our organization today. In 2009, VP Membership **Julie Wojtaszek** conducted a study of running clubs to determine our state ranking. Through her findings, we were able to validate Kalamazoo Area Runners has emerged as the largest running club in the state of Michigan.

For many years, the Motor City Striders, founded in 1959 and based out of the Detroit area, held the honor of serving as Michigan's largest running club. At its height, the organization had more than 1400 members, and was involved in putting together more than 30 events a year. Over the past 10 years, the Motor City Striders membership numbers dwindled, along with their event menu. Although the club has experienced a decline over the last decade, the Motor City Striders continue their involvement in organizing events in the greater Detroit area, and have a connection to some of the largest events in the state, including the Detroit Freepress Flagstar Bank Marathon.

Kalamazoo Klassic Earns RRCA National Championship Berth for 2010

At the 2009 RRCA National Convention in San Francisco, it was announced the Kalamazoo Klassic was selected as the 2010 RRCA 10k National Championship. This honor was earned through a competitive bidding process, with Co-Directors Cindi MacDonald and Kim Klein laying the groundwork to secure the bid. The designation places the national running spotlight on the city of Kalamazoo and the Kalamazoo Klassic, and includes several sponsorships available through RRCA. Planning is already well underway, and a subcommittee led by new co-director Jamie Tran has been established to focus on the National Championship, and its promotion.

Hannah Norton wins Borgess Run for the Health of IT Half Marathon and Grand Rapids Marathon

It is only so often an elite runner emerges from the KAR membership ranks, and in 2009 we enjoyed the privilege of watching Hannah Norton blossom into one of West Michigan's top runners. Residing in Union City, Hannah first started training with Kalamazoo Area Runners via the 2009 Beyond Marathon Training Program, through which she trained on a regular basis in preparation for the Boston Marathon. She finished Boston 226th out of the women with a 3:12:47. This was a significant personal record over her first and qualifying marathon, the 2008 Grand Rapids Marathon where she ran a 3:29:04. Only a week

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 7589 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

after running Boston, Hannah returned to win the women's overall title at the National City Half Marathon at the Borgess Run for the Health of IT! In fall of 2009, Hannah returned to the scene of her marathon debut, and won the overall women's title at the Grand Rapids marathon with a 2:58:51. This stellar finish secured her elite status at the Christie Clinic Illinois Marathon in Champaign-Urbana scheduled May 1.

Kal-Haven Trail Relay and Thanksgiving Day Turkey Trot Shatter prior participation records

The 2009 Kal-Haven Trail Relay and 2009 Thanksgiving Day Turkey Trot Time Prediction 5k Run were KAR success stories as both events set new records in participation and charitable donations. Race Director Terry Hutchins' leadership, perseverance and dedicated efforts over the years, along with the more recent efforts of VP Membership Julie Wojtaszek, paid off as the Kal-Haven Trail Run continues to blossom and grow beyond our greatest expectations. In 2004, we were forced to cancel the annual event due to low participation. Five years later, the 2009 Kal-Haven Trail Run passed into history with record growth in participation and fundraising proceeds for the Girls on Track Program, not to mention plenty of thrills and excitement along the 33.5 mile trek from Kalamazoo to South Haven. 189 runners brought the trail to life by participating in this year's event which included a solo run and 2-person and 6-person relay events. Nearly \$3,000 was raised for the Girls on the Run Girls on Track program, earning Kalamazoo Area Runners a Girl's on the Run Sponsorship. In addition, the solo run served as the RRCA MI State Ultra Marathon Championship.

Eight months later, runners flooded the building and grounds at Portage West Middle School for the 2009 Thanksgiving Day Turkey Trot Time Prediction 5k Run. This year's event established a new participation record with 449 finishers, shattering our prior record from last year of 369. The Turkey Trot has emerged as one of greater Kalamazoo's most rapidly growing events thanks to overwhelming support from the running community.

Significant change was inevitable with the Turkey Trot's explosive growth and presence over the last few years. For 2009, Kalamazoo Area Runners introduced many exciting new changes including the formation of a planning committee to assist Race Director Scott Taylor in event organization, an event logo, online registration, the added services of a timing company, sponsor support and optional technical shirts, all while maintaining the option to participate in the event free of charge. Traditionally held at KVCC, the parking improvements at the Texas Township Campus created a last minute need to find a new

KAR Discount Sponsors continued...

Universal Formulas

Universal Formulas offers KAR Members a discount. Since 1984, Universal Formulas has been developing formulations and providing clients with supplements that employ the highest degree of natural products. Products are formulated at optimal potency and ratios. This distinguishes Universal Formulas from the vast market of other health supplement suppliers. The optimal potency and combination standard ensures that each ingredient is at the proper strength, source, and ratio needed to achieve exceptional results. Visit Universal Formulas at <http://www.universalformulas.com> for more information. Use the unique promotional code to order products online.



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.

venue for the event, with the cross country course at Portage West proving to be the ideal alternative.

At the conclusion of the morning's activities, Kalamazoo Area Runners was able to load a pick-up truck full of socks for the Kalamazoo Gospel Mission, and toiletries and toys for the Portage Community Center. In addition, \$230 in race day cash donations was contributed to the Mission, and \$135 to the Portage Community Center. An additional \$53 in donations was contributed to KAR via online registration.

KAR Member Pat Johnson passes away; Volunteer Program named in his memory

November 21, 2009, the Kalamazoo Area Runners membership was saddened by the passing of fellow runner Wallace Patrick Johnson. Pat was not only an outstanding age group athlete, but a dedicated KAR member and volunteer and a friend to many of us. In 2008, he was one of our volunteer program award winners, finishing in 2nd place with a total of 140 points. He ran the 2007 Boston Marathon, and won his age division in many local races during his involvement in the running community.

Gazelle Sports and Kalamazoo Area Runners were honored to announce the Volunteer Recognition Program has been named in his memory. The program will be titled the *Patrick Johnson Memorial Volunteer Recognition Program*. In 2006 KAR introduced the [Volunteer Recognition Program](#) as a vehicle to recognize and thank the many club members who volunteer their time and energy by contributing to the local running community through KAR events and programs. Volunteers assisting with a KAR organized or sponsored event or program are eligible to earn points towards a special gift and drawing held after the close of each year at the Annual Banquet.

Pat Johnson's obituary and guest book can be found at [Wallace Patrick Johnson](#). He will be missed in the running community, and we continue to remember his wife, Judy, and the rest of the family in our thoughts and prayers during this difficult time. We are privileged to be able to honor Pat's memory and create a legacy through the volunteer program.

While the past is now behind us, an entire new book remains to be written for the coming year, its blank pages waiting as the running community embraces the promise held by 2010 and new stories as they unfold.

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Hot Club News and Events

Track Workouts to Begin at the WMU Read Field House January 12, 2010

Tired of the treadmill, snow and ice? Pull on the shorts and tanks and head on in to the great indoors! The tally is in, your vote has been evaluated, and all the indoor track workout dates presented via our poll will be offered this winter at the WMU Read Field house (enter in through the doors under the pedestrian overpass). Tuesday morning sessions will be 5:00 am – 7:00 am, and Sunday morning sessions will be available 6:00 am – 10:00 am. Track Workouts are free to KAR members, and \$5 for nonmember friends. For more information contact **Sherrie Mann** at slmann@sbcglobal.net. Below is the schedule:

Tuesday, January 12, 2010

Sunday, January 17, 2010

Tuesday, January 19, 2010

Sunday, January 24, 2010

Tuesday, January 26, 2010

Tuesday, February 2, 2010

Tuesday, February 9, 2010

Sunday, February 14, 2010

Tuesday, February 16, 2010

Sunday, February 21, 2010

Tuesday, February 23, 2010

Sunday, March 7, 2010

Tuesday, March 9, 2010

VOLUNTEERS NEEDED! We can't do it without your help! Many volunteers are needed to open and close the track Tuesday and Sunday mornings. If you are planning to be there to run anyway, this is an easy way to earn 10 KAR volunteer points. Please contact Sherrie Mann at slmann@sbcglobal.net if you can help out with one or more of the dates above.

KAR Volunteer Program Event

Groundhog Day Member Reception 5k Run Feb 1, 2010

Event and Program Directors

Joe Hulsebus

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

Steve Brown

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b.steve69@yahoo.com*

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Peggy Zeeb

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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*

Tim Bredahl

*Wed Night Borgess Health and Fitness
Center Runs
bredahl@charter.net*



Will the groundhog see his shadow? Jot this down in your calendar! Whether you are a prospective club member, new member or long time member, this social 5k fun run is a terrific way to meet fellow runners, other club members and KAR Board Members. Join us February 1, 2010 for this fun run which departs at 6:00 pm, location TBA. Please plan on arriving a few minutes prior. Refreshments and door prizes immediately following the run. RSVP's are required and a communication with a link to reserve your spot will be sent out at a later date. For more information, contact **Steve Brown** at b.steve69@yahoo.com.

VOLUNTEER NEEDED: Earn 10 KAR Volunteer Points. A Volunteer is needed to assist with Member Reception Run set-up, refreshments and tear down from approximately 5:30pm – 7:30pm. If you can help, contact **Steve Brown** at b.steve69@yahoo.com.

KAR Volunteer Program Event

Free to KAR Members! Beyond Marathon Program Is Underway!



Runners leave footprints behind during a Saturday morning adventure through the Beyond

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, a January 7 gait analysis conducted by K-Valley Orthopedics, 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

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.

Running Community News

Run Borgess for the Girls. We'll Pay for your Run Camp.

If you have EVER thought for a moment about running a 5k or a half marathon, - or even if you haven't, consider this your year to reach a personal goal while making a difference in the lives of the girls in our community.

Girls on the Run® (GOTR) will pay the \$75 fee to participate in the Borgess Run Camp for anyone who agrees to complete the Borgess 5k run, walk or half marathon as a GOTR SoleMate. A long-time tradition in the Kalamazoo community, the annual Borgess Run will take place on Saturday, April 24th.



SoleMates is the adult charity running leg of Girls on the Run® (GOTR). Male and female athletes who pursue individual goals, such as running a 5k, a marathon or participating in a triathlon raise money for the Greater Kalamazoo Girls on the Run.

So, this is how it works. All runners are asked to raise a minimum of \$262. This translates into asking 10 people for a contribution of \$2/mile, or \$26.20 each for the half. We'll provide you with:

- Easy online SoleMates registration
- Welcome packet and exclusive GOTR SoleMates technical t-shirt upon registration
- FREE participation in the 2010 Borgess Run Camp (January 23-April 17)
- Incentive prizes for participants exceeding fundraising minimum
- Simple online fundraising through Active.com
- Inspirational emails from Girls on the Run
- Extra motivation of running for a reason to change the lives of girls!



We'll also provide you with all the information you need to generate support from friends and family, share sample emails, letters, etc. to send out and more. So, even you are a person who doesn't like asking others for money, we promise, we'll make it easy. We'll use available on-line resources so that donors can make quick and easy donations to you electronically. But the best part is that we'll have a great time training together,

supporting and encouraging each other and reaching our goals over the next several months at Run Camp.

Click here to [Register for SoleMates today!](#)

More information about SoleMates is available [here](#). Contact **Karen** with any questions at karen@girlsontherunkazoo.org or 269.491.6865.

NOTE: SoleMates can complete ANY athletic event - a 5k, triathlon, marathon, adventure race, etc.

Coach GOTR this spring March 15th - May 27th!

Greater Kalamazoo Girls on the Run is seeking coaches for this spring from March 15 – May 27th. Apply online at [http://girlsontherunkazoo.org/coach GOTR 2010](http://girlsontherunkazoo.org/coach_GOTR_2010)

Portland Winter Run 5k

Looking for a midwinter 5k? The Portland Winter Run is scheduled for Saturday, January 16, 2010 at 10:00 am at Portland High School, Portland Michigan. More information and online registration can be found at [Portland Winter Run](#).

The 2010 Athens Marathon, the 2500th Anniversary Run!

We are passing this on from **Dan Sarkipato**...

2,500th Anniversary Run! You read that right. Oct 31, 2010 is the 2,500th commemorative run of the original Marathon by Pheidippides. There are a couple of web sites related to the event. This one connects you to a travel agency that does tours hosted by Jeff Galloway: <http://www.athensmarathon.com/>. The actual marathon website is: www.athensclassicmarathon.gr

If you are interested in this event, please let Dan know at: dan@s-heights.org

Group Runs and Training Programs

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

Kalamazoo SHufflers Marathon & Half Marathon Training Now Underway!

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 Orientation is January 14th!



The 2010 Borgess Run Camp features a brand new “On the Road Again” theme. 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. An “Explanation of Borgess Run Camp” is scheduled Thursday, January 14, 2009 at 6:00 pm at the Borgess LEC Auditorium. Registration and packet pick-up is scheduled at Gazelle Sports Wednesday, January 20 from 4:00 – 8:00 pm. There will be information sessions on winter running and apparel at 4:00, 5:30 and 7:00 pm. For more information, visit www.borgessrun.com.

BORGESS RUN CAMP IS RECRUITING TEAM LEADERS! The Rundown editor abbreviated the full version of the run camp team leader recruitment letter, but to summarize, share your running passion and expertise with others. For more information and full requirements, contact **Blaine Lam** at blainel@lamcreative.com.

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. Contact **Tim Bredahl** at bredahl@charter.net 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.

KVW Winter Walking Class

Kalamazoo Valley Walkers (KVW) is conducting its annual 10-week Winter Walking Class series:

Date: January 10th to March 14th at the

Location: Portage YMCA, 2900 W Centre Ave, Portage MI

Time: Sundays from 12:45 p.m. – 2:45 p.m.

The class is for all ages and levels of walkers and is conducted indoors with warm up drills, demonstrations, walking workouts, technique coaching and stretching. The training will benefit speed walkers, race walkers (both beginners and advanced), and fitness walkers. Competitors will learn or refine their technique to meet USATF and Olympic requirements for a judged race walk event.

The KVW coaches are Bill Reed, three time national USA Track & Field age-group Race Walker of the Year, and Thelma Fallows, USA Track & Field Race Walk Judge and Youth Coach. Both coaches, along with other members of KVW, are active competitors who place in both Michigan and National level races including Senior Olympics.

Registration fees for KVW and YMCA members \$54
Non-member fee \$64

Call the Portage YMCA to register beginning December 16th at 269-324-9622. For more information about race walking and KVW go to www.KVWalkers.org and www.Meetup.com (search for Kazoo Walkers). Kalamazoo Valley Walkers is a 501c volunteer run organization and affiliate club of the USA Track & Field Association (USATF) and American Volkspport Association (AVA).

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.

The KAR Board would like to extend a warm welcome to new members **Henricus Alkemade, Greg Johnston, Sarah Matczyn, Danielle Swift** and **Cheryl Wesler**.

Thanks to recent Beyond Day Sponsor **Mike St. Clair**, and to **Brian Dobbie** for volunteering to coordinate the KVO clinic traffic flow.

A Marathon First in Vegas

We had his report come in from **Peter Militzer**...the Rundown editor says the solo marathon definitely counts

I just completed my first official marathon in Las Vegas on December 6th. I know Joan Darrell ran the half-marathon in Vegas but don't know if there were other members there or not.

Last April I ran a solo marathon to raise money for the YMCA, but this was my first with a chip, start and finish line, etc. I had four goals: finish, run the entire way, not cramp up, and break four hours. I accomplished the first three goals and my time was 4:00:19, so overall I was quite satisfied with the race.

Seasons greetings,

Thanks to all our 2009 Volunteers – Check Your Points Totals!

The KAR Board would like to extend a sincere thanks to all our 2009 Volunteers. Whether you volunteered to staff an aid station, man registration at a club event, serve in leadership or in another capacity, we couldn't have done it without each and every one of you. If you volunteered over the last year, please review your point totals to make sure they look correct. Contact Joe Hulsebus at kar.bcr@gmail.com before January 31, 2010 if you have questions regarding the point totals or believe we missed something. Beyond Marathon Training Team Leader and Mission Commander points will be allocated in 2010.

Name	Points
Dale,Natalie	240
MacDonald,Cindi	180
Bangs,Francine	150
Zeeb,Peggy	150
Smola,Bob	140
Vidor,Andrew	120
Zeeb,Eric	120
Mann,Sherrie	100
Walch,Dave	100
Watts,Sherri	100
Emenheiser,Tessa	90
Richman,Rollin	90
Rice,Steve	80
Buffenbarger,Marty	70
Dobbie,Brian	70
Wise,Brandon	70
Boris,Andy	60
Cropsey,Tracy	60
Geerligs,Wendy	60
Teeter,Jim	60
Tran,Jamie	60
Abbott,Brian	50
Bredahl,Tim	50
Buffenbarger,Bryce	50
Hutchins,Terry	50
Lam,Blaine	50
Majeske,Gayle	50
Mayer,Matt	50
Roach,Chris	50

Smith, Daniel	50
VarnHagen, Kevin	50
Way, Judy	50
Bertch, Russell	40
Boner, Pam	40
Dettlof, Ken	40
Hoffmann, Julie	40
Maston, Frank	40
Scheffers, Leslie	40
Sigfrids, Mark	40
Broberg, Charlie	30
Fletcher, Tara	30
Harden, Darrell	30
Hintze, Ferdi	30
Mergen, Vicky	30
Oostveen, Hetal	30
Rowe, Allie	30
Sabin, Stephanie	30
Sexton, Michael	30
Sochor, Tim	30
Boyd, Joanna	20
Coyne, Tom	20
Fulcomer, Teresa	20
Graber, Jen	20
Hui, Frank	20
Hulsebus, Joe	20
Johnson, Pat	20
Kunkel, Terri	20
Layne, Jeff	20
Maston, Addie	20
Nasuta, Michael	20
Sexton, Paige	20
Sexton, Steven	20
Zahnow, Chuck	20
Baldwin, Cathy	10

Brammer,Carolyn	10
Buckham,Kristi	10
Cutshall,Shelia	10
Florian,Phyllis	10
Gardiner,John David	10
Hansen,Chip	10
Hansen,Lisa	10
Hare,Gordon	10
Heinicke,Carol	10
Heinicke,Ian	10
Hollis,Lauren	10
Hook,Karen	10
Hulsebus,Lana	10
Hybels,Chris	10
Hybels,Lauren	10
Keyes,Angela	10
Kling,Kris	10
Korte,Amy	10
Korte,Dan	10
Land,Lindsay	10
Land,Trevor	10
Launt,Dan	10
Lillie,Rob	10
Lindsay,Jennifer	10
McNally,Kenzi	10
Mishler,Jim	10
Morris,Don	10
Naegele,Elaine	10
Neel,Michelle	10
Nehil,Tom	10
Olbrot,Teri	10
Osterling,Megan	10
Pryor,Mandy	10
Rabineau,Kevin	10
Robinson,Dan	10

Rolfe, Jane	10
Schau, Richard	10
Scheffers, Tim	10
Sherrard, Molly	10
Simmons, Matt	10
Spaude, Karen	10
Stoddard, Brenda	10
Sundberg, Chris	10
Swaney, Laurie	10
Swope, Charie	10
Turton, Dale	10
Van Heest, Angela	10
Vandeburgh, Josh	10
Vendeville, Nancy	10
Webster, Tamara	10
Worden, Andrew	10
Wyatt, Dale	10
Young, Kathy	10
Young, Wayne	10
Zeeb, Neil	10

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