

*It is interesting to notice how some minds seem almost to create themselves, springing up under every disadvantage, and working their solitary but irresistible way through a thousand obstacles.*  
-Washington Irving

February 21, 2009

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

## The Kalamazoo Area Runners

# Rundown



### Remarkable is the ability of the human spirit to persevere and endure

This week I was uncharacteristically struggling to come up with a topic for the Rundown, when circumstances of fate brought running memories from 25 years ago to the surface. Tracy Pleva was one of my cross country and track & field teammates at our NY high school. She was a talented distance runner, but what I remember most vividly about her was the spirit, determination and tenacity she brought to everything she did. Tracy gave her workouts and races 110%, and pushed herself to the limits. She was well respected by her teammates, forthright and always the one to tell us to “stop whining and get moving.” Tracy filled our high school running days with humor and laughter, and had a tremendous passion and love of life that was contagious. During our college years, Tracy and I worked opposite shifts at the same fast food restaurant, and tried to find the occasional escape during off days to Jones Beach. Those days



### Contents

**Introduction** Page 1

**Hot Club News and Events** Page 2

Race for the Cure Team Captain  
Annual Banquet  
Vice President of Development Needed  
Kal-Haven Trail Run  
WMU Track Workouts  
2009 Club Championship Series and Race Discount Program  
Kalamazoo Area Runners Connection

**Latest Running Community News and Events** Page 5

Dances with Dirt Team Registration  
Donate to Medals for Mettle  
Two Free Entries to Tal-Tree Ten  
Indianapolis Mini Marathon entries through St. Jude

**Group Runs & Training Programs**

Page 6

Beyond Marathon Training  
SHufflers Marathon Training  
Borgess Run Camp  
Wednesday Night Runs from Borgess Health and Fitness Center  
Wednesday Night Runs from Portage YMCA

**Club Member Corner** Page 7

New Members  
Running News  
Notes of Encouragement

were the last I had the opportunity to connect with her as we graduated college and began our lives as young adults.

A decade later, at the young age of 32, Tracy was diagnosed with Stage IIb triple negative breast cancer that quickly advanced to stage IV. Her son was only a year old when she was diagnosed. For the next eight years, her strength and determination were channeled into fighting the disease that became a part of her young life, her husband by her side. She continued to care for her young son, and work full-time at a PR firm, while enduring a marathon of chemotherapy and tests to manage the disease. Ironically, her husband and son were both runners, embracing the sport Tracy had once enjoyed in her health.

During our snowy 16 mile run this morning, my thoughts would often turn to Tracy. The usual lamentations on the perpetual slick conditions, frozen eye lashes and the exhaustion of recuperating from illness would creep in, and then I would reflect on Tracy and the insurmountable obstacle she faced in her fight against cancer. She would have quickly admonished any complaints voiced whether justified or not, and encouraged laughter in their place. In her usual tenacious and humor-filled style, Tracy chronicled her battle with breast cancer in a blog, [www.fstage4.blogspot.com](http://www.fstage4.blogspot.com). It was later maintained by her husband Jeff when she was no longer able.

Friday morning, the topic for the Rundown article became apparent after receiving an email from my sister. At 5:10 am, at age 41, Tracy Pleva Hill quietly passed away surrounded by her family. As I read through her blog posts, I reflected on the life of this vivacious and tenacious runner I once knew from decades past. Little did we know the same endurance and spirit of determination that manifested itself through her running would carry her through the battle for her life at such a young age. Tracy will be missed by all who had the joy and privilege of knowing her, and her remarkable passion for life.

## Hot Club News and Events

### Race for the Cure Team Captain Needed

Are you passionate about finding a cure? Your time and talent are needed for this short-term leadership commitment. The Kalamazoo Area Runners is seeking a Captain to organize a team for the Susan G. Komen Foundation Race for the Cure. Main responsibilities include:

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 please use the KAR discount code "7589" (Run Like the Wind) 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.

### 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.

### 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)

### 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)

### 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)

- Setting the team up on the website, [www.komenswmichigan.org](http://www.komenswmichigan.org).
- Acting as liaison with RFTC Team Chairs
- Recruiting team members via the KAR distribution and other channels
- Serving as contact for team member questions and new recruits
- Participating in the May 16 Race for the Cure
- Gathering team members for photos the day of the event

The Team Captain may also opt to conduct additional fundraising and other activities time and interest permitting (i.e. Team Dinner). There is a Team Captain informational meeting March 7, 2009 from 11:00 – 2:00 pm at Michigan Works at 1601 S. Burdick. The Team Captain Toolkit is available for download at [www.komenswmichigan.org](http://www.komenswmichigan.org). If you are interested in filling this rewarding role, please contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) or 270-5641.

### ***Free to Members!* Kalamazoo Area Runners Annual Banquet**

Don't miss it! The Kalamazoo Area Runners Annual Banquet and Election is March 10, 2009 at the LEC Auditorium at Borgess Hospital. The evening's festivities begin at 6:15 pm and feature:

- Buffet Dinner
- Presentation by special guest speaker WMU President Dr. John Dunn
- 2008 Business Meeting and Annual Election
- Runner Recognition Awards
- Volunteer Recognition Awards and Raffle presented by Gazelle Sports
- Cake and General Raffle

Event is free to members, \$10 to nonmember friends. RSVP to **Giti Henrie** by February 28, 2009 at [ghenrie@charter.net](mailto:ghenrie@charter.net). A few volunteers are needed to help set up before the event, distribute raffle tickets, and help monitor the buffet table during dinner. Please contact **Giti** if you can assist and earn KAR volunteer points! ***KAR Volunteer Program***

### **Vice President of Development Needed**

The KAR Annual Election is March 10 and held in conjunction with the annual banquet. We are seeking candidates for a new Board position, VP Development, pending member ratification. A business needs analysis detailing current and potential duties is available upon request. The main responsibilities include:

- Coordinate the solicitation of sponsors in partnership with event and program directors
- Identify and solicit potential sources of funding including grants, donations and sponsorships
- Ensure the production of letters and tax receipts to donors and sponsors

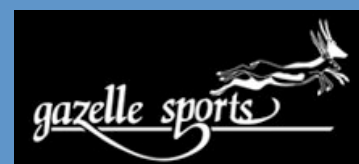
## **KAR Discount Sponsors cont.**

### Universal Formulas

Universal Formulas offers KAR Members a 10% 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 for more information. Use the unique promotional code, "kar2008", to order products online.

### Spirit of Columbus Half Marathon

The 2009 Spirit of Columbus Half Marathon and 2 Person Relay scheduled August 10th, 2009 is offering Kalamazoo Area Runners a \$10 discount. Members can save \$10 off the entry fee by using the unique coupon code of SOC09CM.



Please contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) to find out more about this exciting new role, or to find out more about serving on the Board in general. To announce your intent to run for a Board position, please contact **Julie Wojtaszek** at [membership\\_KAR@yahoo.com](mailto:membership_KAR@yahoo.com). Here are the candidates at this time:

*President*

Bonnie Sexton

*VP Membership*

Julie Wojtaszek

*Treasurer*

Cristi DeDoes

*Secretary*

Scott Taylor

*VP Marketing and Communications*

Brian Abbott

*VP Technology*

Phil Goodwin

*VP Special Events*

Giti Henrie

*VP Development*

Open

## **Kal-Haven Trail Run**

Registration is officially open on-line through SignMeUp.com and via registration form through the KAR website for the Kal-Haven 33.5 Mile Trail Run! The run will take place on Saturday, March 28 and all proceeds benefit the Greater Kalamazoo area Girls on Track (Girls on the Run Program). Solo runners and Relay teams of up to 6 runners will cover the 33.5 mile course on the Kal-Haven trail between Kalamazoo and South Haven. See the following links for registration and a FAQ:

### **Team Registration**

<http://www.kalamazooarearunners.com/Kal-HavenTeam.html>

### **Individual Registration**

<http://www.kalamazooarearunners.com/Kal-HavenRun.html>

### **FAQ**

<http://www.kalamazooarearunners.com/Kal-HavenFAQ.html>

## **Board of Directors**

Bonnie Sexton

*President*

[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Julie Wojtaszek

*Vice President Membership*

[Membership\\_KAR@yahoo.com](mailto:Membership_KAR@yahoo.com)

Cristi DeDoes

*Treasurer*

[Dedoes@yahoo.com](mailto:Dedoes@yahoo.com)

Scott Taylor

*Secretary*

[Sctaylor75@verizon.net](mailto:Sctaylor75@verizon.net)

Vicky Mergen

*Vice President Marketing and Communications*

[vmergen@yahoo.com](mailto:vmergen@yahoo.com)

Phil Goodwin

*Vice President Technology*

[philgoodwinmsh@gmail.com](mailto:philgoodwinmsh@gmail.com)

Giti Henrie

*Vice President Special Events*

[ghenrie@charter.net](mailto:ghenrie@charter.net)

We need you! This race is only possible through the support of our volunteers. Check out the great opportunities at [Kal-Haven Trail Run Volunteer Opportunities](#). Please contact **Julie Wojtaszek** at [membership\\_kar@yahoo.com](mailto:membership_kar@yahoo.com) if you are

interested in volunteering for this event or **Terry Hutchins** at [tkhutchins@chartermi.net](mailto:tkhutchins@chartermi.net), Race Director, if you have questions about the event. **KAR Volunteer Program Event!**

### **Free to Members! WMU Track Workouts are Underway**

[2009 WMU Indoor Track Workouts](#) are underway at the Read Field house! Sunday sessions run 6:00 am – 10:00 am and Tuesday sessions from 5:00 – 7:00 am. Upcoming Tuesday workouts 2/24, 3/3 and 3/10 and the remaining Sunday workout is 3/1. Workouts are informal; show up anytime during the session and run the workout of your choice. Absolutely free to members, \$5 nonmember friends. For additional information contact **Sherrie Mann** at [Slmann@sbcglobal.net](mailto:Slmann@sbcglobal.net).

### **Free to Members! 2009 Club Championship Series and Race Discount Program**

The 2009 Club Championship Series and Race Discount Program Events are now finalized! Effective March 1, 2009 the new code will be 7589 (Run Like The Wind). The full listing of participating events can be found at [Kalamazoo Area Runners Club Championship and Race Discount Program](#).

### **Kalamazoo Area Runners Connection**

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

### **Boston Marathon Road Trip**

Running Boston and interested on saving on travel expenses (not to mention a little camaraderie)? Several KAR's will be renting one or more vehicles and carpooling out to beantown Saturday, April 18, and will be returning to Kalamazoo Tuesday, April 21. If interested in riding with the caravan, please contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com). So far we have 5-9 making the trip and estimated travel costs for car rental, gas and parking will be \$100 - \$125/person.

## **Latest Running Community News and Events**

### **Dances with Dirt Team Registration is March 7 in Hell, MI**

## **Event and Program Directors**

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

Steve Brown  
*Director, Member Reception Runs*

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

Cindi MacDonald  
*Co-Director, Kalamazoo Klassic*  
[cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com)

Jami Tran  
*Co-Director, Kalamazoo Klassic*

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

The wildly popular Dances with Dirt is scheduled September 12, 2009, but is capped off at 375 teams and the only way to get in is to make an appearance in Hell, Michigan on March 7 at high noon. That's right; there isn't any online registration, post March 7 registration or hand holding to get into this baby, and you bet it will fill up. Dances with Dirt returnees from the last two years are guaranteed entry if they show up with a check in hand. Rookie teams have to come, enter the lottery AND arrive with check in hand. Visit [Dances with Dirt Registration](#) for all the dirty details!

### **Donate your Medals to Medals 4 Mettle**

Donate your marathon, half marathon or triathlon medals to brighten the life of others! Medals for Mettle is a nonprofit organization which collects and gifts finishers medals to individuals fighting disease, handicap or a similar challenge. Jane Garrett is starting a West Michigan Chapter and may be contacted with questions at [rileygarrett777@gmail.com](mailto:rileygarrett777@gmail.com).

For more information visit the [Medals 4 Mettle](#) website. Medals may be mailed to the corporate office listed on the site, or locally to Jane at the address below.

Jane Garrett  
7756 Westside Drive  
Hudsonville, MI 49426

### **Two Free Entires to the Taltree Ten**

The Taltree Ten is a 10-mile road and trail race in Valparaiso, Indiana and they are giving away two free entries to members of the Kalamazoo Area Runners. All you need to do is print off and complete the [Taltree Ten Entry](#), write across the bottom "comp entry per Heather" and "Kalamazoo Area Runners," and mail it in. The Race Director will keep track of who enters and the first two received will be absolutely free.

### **OneAmerica 500 Festival Mini Marathon in Indianapolis is Closed**

The May 2<sup>nd</sup> OneAmerica 500 Festival Mini Marathon in Indianapolis is now sold out but St. Jude has a limited supply of Entry Applications available. Entry Apps are \$70.00 and participants must become a St. Jude Hero online at [www.stjudeheroes.org](http://www.stjudeheroes.org) and raise at least \$500 for St. Jude Children's Research Hospital. For more information and to make your reservation, please contact **Susie Tatum** in the Carmel, Indiana ALSAC/St. Jude office. Call 317-587-0925 or email [Susie.tatum@stjude.org](mailto:Susie.tatum@stjude.org)

To find out more about the St. Jude Heroes program and to sign up to be a St. Jude Hero, go to [www.stjudeheroes.org](http://www.stjudeheroes.org). To learn more about St. Jude, go to [www.stjude.org](http://www.stjude.org).

## **Group Runs that Rock**

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

### ***Free to Members* Beyond Marathon Training**

The Beyond Marathon Training Program is underway Saturday mornings in outer space. The program schedule including run start locations and distances can be found [here](#). Check out [www.karbeyond.blogspot.com](http://www.karbeyond.blogspot.com) for the latest training articles and tabloid tales. ***KAR Volunteer Program Event!***

### ***Free to the Community* SHufflers Marathon Training**

For those who prefer a lower intensity style of training, the *Kalamazoo Shuffler* offer Galloway-based full and half marathon training. The Marathon Training schedule targets the Bayshore Marathon and Half Marathon Training Schedule Targets the Borgess Run for the Health of It! Find out more at the [Kalamazoo SHufflers](#) web site.

## **Borgess Run Camp**

Borgess Run Camp is now underway with a brand new Champions of Health theme in preparation for the 30<sup>th</sup> anniversary of the Borgess Run for the Health of It! The program is for runners of all abilities looking to train for a 5k or Half Marathon and includes coaching, clinics and encouragement to keep you motivated all winter long! Borgess Run Camp runs January 24 to April 18 with runs beginning at 8:00 am. The cost is \$70. For more information visit [Borgess Run Camp Registration](#). Check out camp photos at [Run Camp Photoblog](#).

## **Wednesday Night Runs at Borgess Health and Fitness Center**

Wednesday night runs from **Borgess Health and Fitness Center** begin at 6:00 pm. Contact person is **Cindi Macdonald** at [cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com). Please bring your own hydration/

## **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 by the A-frame building and contact **Julie Wojtaszek** at [membership\\_KAR@yahoo.com](mailto:membership_KAR@yahoo.com) for more information. Please bring your own hydration.

## **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 club members **Joe Cekola, Ney Dos Santos, Jeff Johnson, Hayley Johnson, Maureen Miller, Chris Stephanski, Daniel George Carlson, Karen Hadden, Dayle Hadden, Michelle Wyman, and Eric Nitz.**

## **Running News**

Was it the chill or the Chili? The inaugural February 7 Frostbite 5k attracted 127 participants including an entourage from KAR. **Huns Brown** finished second overall with an 18:35, with **Joe Reitz** finishing 3<sup>rd</sup> in 18:55. **Hannah Norton** was next in line and the first female finisher in a very fast 18:58. **Peggy Zeeb** ran 21:14 to take 2<sup>nd</sup> overall female, and **Carole Bolthouse** finished 4<sup>th</sup> in 22:42. **Peter Post** finished in 21:56, **Eric Zeeb** in 23:45, **Sheila Cutshall** in 26:21, Tamara **Webster** in 29:07 and **Kristin Camburn** in 53:28. Congratulations to all our KAR finishers! As always, please let us know if we missed anyone.

We have a celebrity in our midst. **Julie Hoffmann** has earned national recognition as a *Running Times Magazine* 2008 Masters Runner of the Year. **Julie** was ranked 2<sup>nd</sup> in the 70 – 74 age division and earned this honor by running a 24:51 5k at last year's Kalamazoo Klassic. Congratulations **Julie!**

## **Notes of Encouragement**

Please keep the following runners in your thoughts and prayers during their recovery. **Cristi DeDoes, Julie Wojtaszek, Allie Rowe, Giti Henrie, Sherri Defouw & Jane Rolfe.** Welcome back **Pat Johnson, Sherri Watts** and **Brian Abbott.** Notes of encouragement may be sent to any club member c/o Kalamazoo Area Runners, P.O. Box 3302, Kalamazoo, MI 49003-3302.