

*Rely on your own strength of body and soul. Take for your star self-reliance, faith, honesty and industry. Don't take too much advice — keep at the helm and steer your own ship, and remember that the great art of commanding is to take a fair share of the work. Fire above the mark you intend to hit. Energy, invincible determination with the right motive, are the levers that move the world. -Noah Porter*

March 8, 2009

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

# The Kalamazoo Area Runners Rundown



## Many hands make light work and create fun on the run

It is hard to believe another year has flown by and it is already time for our Annual Banquet and Election Meeting. Although our events and programs look very much the same, Kalamazoo Area Runners has emerged from 2008 a very different organization. This past year the Board shifted its focus from our event and program menu and worked very diligently to build a strong organizational foundation to support continued growth. With our total membership now 557 individuals strong, we are the largest running club in West Michigan. Most of the year's highlights we will cover at Tuesday's Banquet, and will be forthcoming to the entire membership via our first Annual Report. Yes, you heard right; Kalamazoo Area Runners has published a 40 page annual report. We are now, for the first time in our 41 year history a 501 (c) (3) organization; we have a redesigned logo and clearly defined branding; we have a budget process in place; we have online registration; we have more clearly defined and realigned our organizational structure and we are ending the



## Contents

**Introduction** Page 1

**Hot Club News and Events** Page 2

Shamrock 5k Kicks off Club Championship Series and Race Discount Program  
Race for the Cure Team Captain Needed  
Annual Banquet  
Vice President of Development Needed  
Kal-Haven Trail Run  
Kalamazoo Area Runners Connection

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

Donate to Medals for Mettle  
Two Free Entries to Tal-Tree Ten  
Indianapolis Mini Marathon entries through St. Jude  
Boston Marathon Entries through Run4NF

**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 6

New Members  
Running News  
Notes of Encouragement

year with a much needed facelift to our E-newsletter, the Rundown. Most important to our recent success stories, however, are not the organizational changes, but the support we have received from all of you in carrying out our events and programs. Without the support from our members and community partners, our volunteer Board would not have been able to dedicate the time and energy necessary to build a strong foundation as a nonprofit organization. Thank you to all our event and program directors, volunteers, community partners and sponsors, as well as fellow KAR Board Members for making 2008 an extraordinary year. Now, let's have fun on the run!

## Hot Club News and Events

### Shamrock 5k Kicks of Club Championship Series and Race Discount Program

The first Club Championship Series and Race Discount Program event is right around the corner. The Shamrock 5k is March 21, 2009 and proceeds support the Ark Shelter for Boys and Girls, and the Hackett Basketball and Cross Country Programs. For more information and registration visit

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

*[KAR Club Championship Series Event](#)*

*[KAR Race Discount Program Event](#)*

### 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:

- 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). 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

Just a reminder 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

## KAR Discount Sponsors

The KAR discount code must be used 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)

### 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.

- 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

### Vice President of Development Needed

The KAR Annual Election is this Tuesday, March 10 and we are still seeking candidates for the new VP Development position (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

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

## 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 to order products online.



## 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 Form](#)

[Solo Event Registration Form](#)

[Kal Haven Trail Run FAQ Sheet](#)

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!**

## 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](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.

## Disney 2010 Road Trip

Up for the Goofy challenge? A West Michigan group is looking to possibly rent a van and carpool down to the Walt Disney World Marathon January 7 - 10 and has room for extras. For more information contact Timothy Cathcart at Timothy [Cathcart@ge.com](mailto:Cathcart@ge.com).

## Volunteer Opportunities

We need your help for the following KAR sponsored events and programs: Earn Volunteer Points, and have fun at the same time!

### Kal-Haven Trail Run

Volunteers are needed for the Kal-Haven Trail Relay scheduled for March 28, 2009. Visit Kal-Haven Trail Run Volunteer Opportunities for more information and contact Julie Wojtaszek at [membership\\_kar@yahoo.com](mailto:membership_kar@yahoo.com) for more available opportunities.

Earn 10 KAR Volunteer Points

### Easter Hash Run and Kids Egg Hunt

Volunteers are needed for the April 4, 2009 Easter Hash Run and Children's Easter Egg Hunt Hash at KVCC Texas Township. Contact Peggy Zeeb at [pzeeb2000@yahoo.com](mailto:pzeeb2000@yahoo.com) for more info:

- Assistance setting up the trail Friday evening
- Set up, tear down and help with the kids Easter Egg Hunt - 3
- Refreshment Table - 2
- Tear down (this is a great way to run the event and get in extra miles after!)

Earn 10 KAR Volunteer Points

## Latest Running Community News and Events

### 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 Entries Available through St. Jude

The May 2<sup>nd</sup> OneAmerica 500 Festival Mini Marathon is 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).

### Boston Marathon Spots Available through Run4NF.org

Run4NF is an organization that raises money for Neurofibromatosis and they have 5 spots for Boston. Runners willing to fund raise might be able to get one of those spots. They would be responsible for their transportation and lodging though. Visit [www.run4NF.org](http://www.run4NF.org) or contact Debbi Hanlon [Debbi@run4NF.org](mailto:Debbi@run4NF.org) for more information.

## 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*  
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Giti Henrie  
*Vice President Special Events*  
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## 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 meets Saturday mornings 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 schedule can be found in the [Borgess Run Brochure](#) and weekly workouts at [Borgess Run Camp Training Schedules](#). Check out the 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 and meet by the A-frame building. For more information, contact Andrew Vidor at [ajvidor@mtu.edu](mailto:ajvidor@mtu.edu). 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

## Event and Program Directors

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

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Dave Walch  
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Scott Taylor  
*Director, Thanks giving Day Turkey  
Trot Time Prediction Run*  
[Sctaylor75@verizon.net](mailto:Sctaylor75@verizon.net)

**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 **Casie Dussia, Josh Roe, Jackie Trometter, Gary Denouden, Wendi Neouden, Katelyn Denouden, Lee Denouden, Holly Denouden, Timothy Bredahl, Lisa Bredahl, Trent Bredahl, Susan Baker, Jeff Layne, Elaine Naegele, Lindsay Land and Trevor.** Ok, we have to confess some of them are returning after a hiatus.

### **Running News**



You can bet his beard wasn't frozen for the 2009 Bank of America Gasperilla Distance Classic Marathon held March 1 in Tampa. After a long hiatus from running, **Rollin Richman** made his marathon re-entry debut with a Boston Qualifier. **Rollin** crossed the finish line in 3:59:38 and finished 4<sup>th</sup> in his age division to qualify for Bean town. Congratulations **Rollin!**

### **Volunteer News**

Special thanks to recent Beyond Day Sponsors **Natalie Dale** and **Bob Smola**, and to all five people who offered to serve as Day Sponsor for the March 14 Beyond Run. Kudos to **Andrew Vidor** for stepping forward to coordinate the Wednesday night runs at the Portage YMCA. Thanks to **Terri Kunkel, Darrell Harden, and Natalie Dale** for volunteering to assist with the Annual Banquet, and to **Giti Henrie** for Coordinating the efforts.

### **Notes of Encouragement**

Please keep the following runners in your thoughts and prayers during their recovery. **Cristi DeDoes, Allie Rowe, Giti Henrie, Sherri Defouw, Scott Taylor and Jane Rolfe.** Welcome back **Pat Johnson, Julie Wojtaszek, 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.