

Even if you're on the right track, you'll get run over if you just sit there. – Will Rogers

March 28, 2010

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



Team Spirit prevails at the Kal-Haven Trail Run

Team Kalamazoo Area Runners....conceptualize this
Running is most often thought of purely as an individual sport. A vision of the long distance runner, alone on a long winding road comes to mind. One might envision an athlete crossing the finish line, striving to meet their goal, whether an overall victory, an age group award, a personal record or a first race. When I started coaching high school cross country, our athletic director was excited about the program because it offered the unique opportunity to send an individual athlete to the MHSAA state final, something never accomplished by any other sport in the school's history through team athletics.

Inasmuch as running is an individual endeavor, the word "team" is no foreigner to the sport, and it can take on multiple dimensions. Many



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within our membership organized teams for this past weekend's Kal-Haven Trail Run. The camaraderie, thrill and excitement of participating in a relay event is the antithesis of the solo long distance runner portrait. Successful completion of the event is no longer about your individual goals, but the overall success of the team as one runner hands off to another.

Cross Country style scoring allows each runner to compete individually, yet fosters the added commitment to the team. Each runner's individual finish place is totaled to determine a team score. In High School Cross Country, the top 5 runners score. During the course of a race, one can often tell they are having an off day with an outcome which will fall short of personal goals. While personal achievements may sometimes fall out of reach, accountability to the team drives us forward and we press on; we can't let the team down.

The opportunities for KAR members to participate in team events are many. Whether we organize a group of fellow club members to participate in the Kal-Haven Trail Run or other events such as Great Lakes Relay or Dances with Dirt, or compete with our racing team partner Front Line Racing Team, fun, camaraderie and competitive spirit all set the stage for experiences to remember for a lifetime.

There are yet other perspectives associated with the words "team" and "running;" Recently, we passed along an email regarding Girls on the Run SoulMates and an opportunity to participate in the now closed Chicago Marathon. The charitable dimension of running is yet another area to plug in as part of a team working towards a common goal, raising dollars towards a cause you believe in.



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 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



Team Kalamazoo Area Runners is a new concept we are rolling out, which symbolizes runners working together, as a part of fundraising or volunteer teams and in support of charitable causes, or the furtherance of the sport of running itself. From a practical standpoint, they are teams organized by and on behalf of Kalamazoo Area Runners to participate in a charity event, or volunteer for a running event. The first 20 fundraising participants or volunteers in Team Kalamazoo Area Runners designated events will receive a Team Kalamazoo Area Runners t-shirt, featuring our new logo designed by Phil Goodwin. For 2010, Team Kalamazoo Area Runners applies to participants on the KAR organized Race for the Cure and Relay for Life teams, and volunteer teams for the Kal-Haven Trail Run and Thanksgiving Day Turkey Trot. We will review other events and programs in future years for program participation. In the mean time, please join us in embracing a new team concept, and become involved as part of *Team Kalamazoo Area Runners*.

Hot Club News and Events

2010 KAR Banquet & Election Highlights

The 2010 Kalamazoo Area Runners Annual Banquet was jam packed with three hours worth of presentations, accolades and awards, as well as our annual business meeting. Our special guest speaker, Keith Hanson of the Hanson-Brooks Distance Project captivated the audience with his presentation, *Dare to be Great*. Why be very good at many things, when you can focus and be truly great at something? Officers were elected for the 2010 – 2011 term with a unanimous 64 out of 64 vote by members present, and the revisions to the By-laws passed with a 42 out of 64 vote according to mathematician and

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.

official counter Mark Sigfrids. Serving in leadership for the next year on behalf of Kalamazoo Area Runners are:

Bonnie Sexton
President

Leslie Scheffers
Vice President, Membership

Robin Carpenter
Treasurer

Scott Taylor
Secretary

Brandon Wise
VP, Development

Michelle Fakler
VP Special Events

Retiring from the Executive Board were Julie Wojtaszek, Brian Abbott, Phil Goodwin, Cristi DeDoes, Giti Henrie and Darrell Harden. Each devoted many hours of time and talent to Kalamazoo Area Runners, and played an instrumental role in our growth. Sincere thanks to Giti Henrie for organizing the evening's festivities, including coordinating arrangements for our special guest speaker. Also thanks to both outgoing and incoming Board Members for their contributions and Carolyn Brammer, Angela Elhammer, Mark Sigfrids, and photographer Lana Hulsebus for volunteering to help with banquet activities. Speaking of photos, take some time to check out the [Annual Banquet Photographs](#), courtesy of photographer Lana Hulsebus.

Board of Directors

Bonnie Sexton
President
Besrun2003@yahoo.com

Leslie Scheffers
Vice President, Membership
lscheffers@charter.net

Robin Carpenter
Treasurer
Robin712@yahoo.com

Scott Taylor
Secretary
Sctaylor75@verizon.net

Michelle Fakler
Vice President, Special Events
Oak_14@hotmail.com

Brandon Wise
Vice President, Development
Wiserunner615@gmail.com



A substantial portion of the meeting was dedicated to honoring our membership as nominators presented the Runner Recognition Awards to fellow runners and honorees. Below are the winners of the 2009 Runner Recognition Awards:

Natalie Dale
2009 Reynold J. Oas Volunteer of the Year

Carolyn Brammer
2009 Social Runner of the Year

Brandon Wise
2009 Rookie Runner of the Year

Jane Rolfe
2009 Comeback Runner of the Year

Gale Fischer
2009 Story Teller of the Year

Mark Sigfrids
2009 Spirit of Running

Hannah Norton
2009 Female Open Runner of the Year

Ken Brooks
2009 Male Open Runner of the Year

Event and Program Directors

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

Phil Goodwin
Director, Graphic and Web Design
philgoodwinmsh@gmail.com

Steve Brown
Director, Member Reception Runs
b.steve69@yahoo.com

Sherrie Mann
Director, Indoor Track Workouts
slmann@sbcglobal.net

Terry Hutchins
Director, Kal-Haven Trail Run
tkhutchins@chartermi.net

Jamie Tran
Co-Director, Kalamazoo Classic (KAR)
jtran1322@aol.com

Marty Buffenbarger
Director, Safari Training
k9cid1@gmail.com

Bonnie Sexton
Director, Beyond Training
Besrun2003@yahoo.com

Peggy Zeeb
*Director, Easter Hash
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

Steve Rice
*Wed Night Borgess Health and Fitness
Center Runs*
gostever@gmail.com

Darrell Harden
*Wed Night Training Runs – Varied
Locations*
Dogbert10@comcast.net

Leslie Scheffers
2009 Female Masters Runner of the Year

Joe Reitz
2009 Male Masters Runner of the Year

Eric Zeeb
2009 Male Grand Masters Runner of the Year

Julie Hoffmann
2009 Female Grand Masters Runner of the Year

Michael Orwin
2009 Male Youth Runner of the Year

Addie Maston
2009 Female Youth Runner of the Year

Peggy Zeeb
2009 Mega-Racer

Joel Pennington
2009 Mega-Marathoner

In addition, Gazelle Sports and Judy Johnson presented the Patrick Johnson Memorial Volunteer Recognition Program Awards. Natalie Dale established a new volunteer points record with 240 points earned. In 2nd place was Cindi MacDonald with 180 points, and tied for 3rd place were Francine Bangs and Peggy Zeeb with 150 points.



Natalie Dale Receives the 2009 Reynold J. Oas Volunteer of the Year Award

4.25 Mile Run and Dick Beardsley Presentation April 12



An exciting evening is in store for you on Monday, April 12, 2010. Experience the challenge of “Heartbreak Hill”, and relive the rich history of the Boston Marathon. Gazelle Sports and Kalamazoo Area Runners are pleased to present the Boston Tea Party 4 mile fun run and a special presentation by the legendary Dick Beardsley. The run begins at 6:00 pm from the [Borgess LEC Auditorium](#), 1521 Gull Road. The LEC auditorium is located at the east end of the hospital and is accessible via Shaffer Road.

During the fun run, runners will plunge downhill as they approach Kalamazoo proper, followed by a climb up our own rendition of “Heartbreak” Hill. Participants will finish and reconvene at the Borgess LEC Auditorium for refreshments and prizes with the Dick Beardsley presentation beginning at 7:30 pm. The event is free to the community, however, it is suggested that participants bring one or more of the critical items listed below to benefit Housing Resources Inc. (HRI). Tax deductible Check/Cash donations will also be accepted. In addition, eligible contributions to HRI qualify for the Michigan Tax Credit to homeless shelters. More information, including a brand new course map, can be found at [Boston Tea Party Run and Dick Beardsley Presentation](#)

- Disposable Diapers (all sizes)
- Soap
- Deodorant
- Toothbrushes/Toothpaste

VOLUNTEERS NEEDED: Lots of Volunteers are needed for the April 12 Boston Tea Party Run. Earn 10 KAR volunteer points and have a blast doing it. We have the following opportunities:

- Aid/Cheer Station Volunteers (10+) Bring some noisemakers, good cheer and dress in festive attire for this fun volunteer opportunity. Time commitment is approximately 5:30 – 7:00pm
- Course Marshalls (4-6) Individuals are needed to provide direction on the course. Time commitment is approximately 5:30 – 7:00pm.
- Volunteer to transport donations to Housing Resources Inc. Be available after the run to pick up donations from Borgess LEC and transport them to HRI during business hours.

Please contact **Bonnie Sexton** at besrun2003@yahoo.com to volunteer.

KAR Volunteer Program Event – 10 Points

Event/Program Directors and Committee Members are Needed
Team Captain Shadow needed for the May 22-23, 2010 Kalamazoo Relay for Life



Are you passionate about the fight against cancer? Would you like to dedicate your time in memory of those who are fighting or have lost the battle? Kalamazoo Area Runners has a unique leadership opportunity to serve as Team Captain for the Kalamazoo Area Runners Relay for Life Team. Working with current Team Captain **Peggy Zeeb**, you will serve as a shadow for the 2010 event, with plans to take over for 2011. Learn all aspects of organizing a team including fundraising, recruiting, site management, activities and more. Involves some preliminary meetings and availability the weekend of May 22 & 23 (date of the 2010 Relay for Life), as well as availability for meetings and the weekend of the 2011 Relay for Life. The Relay for Life is a national fundraising event benefiting the American Cancer Society. Earn 50 KAR Volunteer Points. For more information on the Kalamazoo Relay for Life, visit [2010 Kalamazoo Relay for Life](#). If interested in learning more about this opportunity, please contact **Bonnie Sexton** at besrun2003@yahoo.com.

KAR Volunteer Program Event – 50 Points

Kalamazoo Klassic Planning Committee

We are seeking a dedicated individual to serve on the organizing committee of one of Kalamazoo's most prestigious running events. Commitment involves attending Kalamazoo Klassic planning meetings once a month (currently held the 2nd Tuesday at 5:30), coordination of assigned area of responsibility and availability on race day. Meetings generally run beginning in fall, through race day & wrap up meeting. If interested in learning more about this opportunity, please contact **Bonnie Sexton** at besrun2003@yahoo.com.

KAR Volunteer Program Event – 50 Points

Safari Planning Committee and Coordinator

Kalamazoo Area Runners needs an individual to serve on the Safari planning committee and as a coordinator. Responsibilities include organizing the 4 assigned aid station days, the point-to-point Kal-Haven run and the Safari post marathon party. Position requires attendance at 2-3 Safari planning/wrap-up meetings. For more information contact **Bonnie Sexton** at besrun2003@yahoo.com.

KAR Volunteer Program Event – 50 Points

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 **Darrell Harden** at dogbert10@comcast.net.

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
Halloween Hash
Discount Sponsors
General Club Sponsors

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 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

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.

Volunteer Engagement Survey Results

Sincere thanks to all those who completed the volunteer engagement survey – this information will be invaluable as we analyze areas of interest, motivation, and barriers to involvement. Some highlights from the survey:

- 32.8% of respondents have served as an event or program volunteer other than aid stations. This type of role was where our heaviest concentration of volunteerism fell.
- 38.8% of respondents have not volunteered for a KAR event or program – we need to get you involved!
- In response to the interest inventory, 56.7% of respondents were interested in staffing event/program aid stations, 55.2% other event or program volunteer efforts, and 32.8% were interested in serving as a training program Coach, Team or Pace Leader.
- Leadership positions generated the least amount of interest, with only 6% interested in serving as an Event or Program Director, and 4.5% interested in Board positions. Further study is needed to identify the primary reasons for lack of interest in leadership roles.
- 19.4% of respondents were interested in operational support roles – this is an untapped area of opportunity as we explore the possibility of identifying responsibilities that can be delegated.
- With an average rating of 3.49, the number one reason members volunteer is to meet other runners and club members. The second most important reason, with an average rating of 3.40, was to enable KAR to carry out its Mission and Objectives. Following closely behind in third place with an average rating of 3.34 points, was to share a passion for the sport with others.
- The top resources used to identify volunteer opportunities were 1) Emails from the Event/Program Director at 43.3% and 2) The Rundown, with 41.8%.
- The number one barrier to involvement among our membership was Work/Family/Other commitments with a whopping 76.1% of respondents selecting this answer. Controllable factors overall elicited a low response percent, while factors uncontrollable by KAR elicited a high response percent.

Club Championship and Race Discount Events

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



Joe Reitz approaches the finish line of the Borgess Run for the Health of It! 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.

Club Championship 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

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.weekbly.com

Group Runs and Training Programs

Greater Kalamazoo Group Run and Training Program List Updated!

The Borgess Run Camp, Shufflers and Beyond Marathon Training programs are wrapping up, but there are more ways than ever to stay fit and get connected through a local training program or group run. No matter what your running abilities or goals are, there is something in the greater Kalamazoo running community for everyone. For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

Gazoom 5k/10k Training

Gazelle Sports Gazoom 5k and 10k Training Programs run April 19 – June 17. For more information visit www.Gazellesports.com or call 269.342.5996. Contact **Carrie Hybels** at 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 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 2nd 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 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 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 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 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.

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

Shamrock 5k Results

The 2010 Club Championship Series blast off to a spectacular start with 43 members participating in the Shamrock 5k on March 20. Overall winners emerged from KAR ranks with **Brendon Molony** taking the men's title, and **Megan Osterling** the women's title. Finishing in the *age group winners* circle were: **Ken Brooks (1st)**, **Darla Brown (1st)**, **Kristi Brunner (1st)**, **Andrew Darrell (2nd)**, **Phyllis Florian (2nd)**, **Ray Hendriksma (2nd)**, **Nancy Jager (2nd)**, **Dan Launt (2nd)**, **Jeff Layne (1st)**, **Addie Maston (3rd)**, **Michael Nasuta (1st)**, **Mary Schinske (2nd)**, **Lori Stevens (3rd)**, **Joel Vanderkooi (2nd)**. Congratulations to all our Shamrock 5k fabulous finishers:

Name	Time	AgeGroup
Betsy Bostwick	0:37:40	
Curt Bratcher	0:29:39	
Lori Bronkema	0:32:30	
Kenneth Brooks	0:16:29	1st
Sheila Brooks	0:32:46	
Darla Brown	0:21:57	1st
Kristi Brunner	0:21:46	1st
Annie Buchanan	0:34:50	
Jeff Cavanaugh	0:25:58	
Lisa Cavanaugh	0:26:39	
Joe Cekola	0:27:56	
Andrew Darrell	0:18:03	2nd
Steve Dougherty	0:20:24	
Rachel Flachs	0:30:35	
Phyllis Florian	0:30:38	2nd
Jen Graber	0:43:19	
Dayle Hadden	0:32:55	
Ray Hendriksma	0:31:23	2nd
Carrie Hybels	0:33:23	
Chris Hybels	0:28:49	
Lauren Hybels	0:33:16	
Nancy Jager	0:51:09	2nd
Kari Kemp-Vist	0:32:29	

Dan Launt	0:20:35	2nd
Jeff Layne	0:18:21	1st
Matt Longjohn	0:24:05	
Amal Mansour	0:27:09	
Jonathan Marsh	0:18:28	
Addie Maston	0:36:10	3rd
Frank Maston	0:36:18	
Shawn Maxwell	0:30:09	
Brendan Molony	0:16:15	overall male winner
Meghan Molony	0:27:17	
Michael Nasuta	0:17:16	1st
Megan Osterling	0:20:26	overall female winner
Peter Post	0:21:08	
Mary Schinske	0:23:58	2nd
Scott Schinske	0:29:16	
Jennifer Shook	0:35:01	
Lori Stevens	0:25:47	3rd
Charles Thomas	0:27:56	
Sam Urban	0:24:22	
Joel VanderKooi	0:18:57	2nd

Julie Hoffman Earns National Master's Ranking

Julie Hoffmann once again made the 2009 Masters rankings in *Running Times* Magazine in the women's 70-74 age division. She was ranked 3rd in the nation. Congratulations Julie!

2010 Easter Hash Run & Kids Easter Egg Hunt Provides Family Fun and Donations for Kalamazoo Loaves & Fishes

Held March 20 this year due to an early Easter holiday, the Easter Hash Run and Kids Egg Hunt attracted 10 adult runners, 27 Children and their parents to KVCC Texas Township for a morning of family festivities.

Terry Hutchins used his navigational skills to find his way through the trails of Al Sabo preserve to win the adult run in 29:18. Despite a late start, Dave Walch, the original hash run harrier, followed right behind Terry in 2nd place, and Jason Visser finished 3rd. Preschoolers hunted for Easter Eggs along a 1/2 mile course, while older children covered a mile in search of a variety of Easter treats.

The event raised \$40 in cash donations and 2 boxes of canned food and juice for Kalamazoo Loaves & Fishes. Thanks to Easter Hash Directors **Peggy** and **Eric Zeeb**, our volunteers, **Paige Sexton**, **Steven Sexton**, **Leslie**

Scheffers, Angela Keyes and **Tim Sochor**, participants and their families, as well as our sponsor Subway. We hope you will join us for next year's event as part of a holiday family tradition.

Volunteer Acknowledgements

We would like 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.

In addition to those mentioned above for volunteering for the Annual Banquet and Easter Hash Run, we wish to thank **Julie Wojtaszek** for supplying and dropping hydration for recent Wednesday night runs from the Portage YMCA. Thanks to **Cindy Owen** and **Dan Smith** for serving as Day Sponsors for the last two Beyond Runs. Here are our volunteer totals to date. Our 2009 Patrick Johnson Volunteer Award winner **Natalie Dale** has already taken an early lead with 120 points.

Name	Points
Dale,Natalie	120
Smola,Bob	110
Scheffers,Leslie	100
Watts,Sherri	80
Sochor,Tim	70
Wise,Brandon	70
Brammer,Mark	50
Buffenbarger,Marty	50
Fulcomer,Teresa	50
Launt,Dan	50
Mann,Sherrie	50
Poznanski,Bob	50
Richman,Rollin	50
Smith,Daniel	50
Zeeb,Peggy	50
Rice,Steve	40
Dobbie,Brian	30
Hoffmann,Julie	30
Alkemade,Marcel	20
Backer,Zach	20
Bangs,Francine	20
Bertch,Russell	20
Kane,Kevin	20

Mergen,Vicky	20
Owen,Cindy	20
Pryor,Mandy	20
St. Clair, Mike	20
Vidor,Andrew	20
Hulsebus,Lana	10
Morris,Don	10
Oostveen,Hetal	10
Tanja,Heather	10
Walch,Dave	10

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