

*The best way to prepare for life is begin to live.*

*– Elbert Hubbard*

April 15, 2009

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

## The Kalamazoo Area Runners

# Rundown



In what has become an annual ritual, this past weekend I called John Tracey in Hopkinton, Massachusetts to touch base on the Kalamazoo area contingent headed for the Boston Marathon. Since 1980, John and his wife, Lenore have opened their home to runners from greater Kalamazoo as they await the late morning start in Hopkinton. Located on Hayden Rowe between Athletes Village and the starting corrals, their home has been a welcome reprieve from the elements for 29 years. The time honored tradition began with John's brother, who once worked for the Upjohn Company and would bring a group of runners from Kalamazoo. Although John's brother no longer runs, the tradition continues to this day as the couple welcomes West Michigan Boston Marathoners into their home. Their son Owen has participated in recent years by transporting the runners' baggage from the house to the buses. The Tracey residence has become a home away from home of sorts for our local Boston Marathoners. In 2007 it provided a welcoming shelter as the pouring rain



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and winds of a Nor' Easter pounded Hopkinton during the pre-race hours. Some years, time permitting, John would take runners on a tour of his backyard art studio, a soothing diversion from pre-race jitters.

Next weekend 50 local runners, 23 of them members of Kalamazoo Area Runners, will be boarding planes and automobiles headed to the east coast for the 113<sup>th</sup> running of the Boston Marathon. One of the most prestigious running events in the country, there is no other that has as flamboyant a history, as great a presence. In 1967, the Boston Marathon made Kathrine Switzer a legend. In 1982, Boston boasted the famous Duel in the Sun of Dick Beardsley and Alberto Salazar. On April 20, 22,000 runners will follow in the footsteps of the heroes of yesteryear. The Boston Marathon truly is a unique experience, and a tradition the entire city of Boston embraces as it celebrates Patriot's Day. Below are all our local Boston Marathon celebrities (KAR Members are bolded):

<b>4101</b>	<b>Abbott, Brian P.</b>	<b>Portage</b>
<b>24832</b>	<b>Alexander, Maggi</b>	<b>Battle Creek</b>
<b>12105</b>	<b>Bertch, Russell A.</b>	<b>Otsego</b>
<b>1575</b>	<b>Blackwell, Eric</b>	
18575	Bowman, Tammy L.	Saint Joseph
<b>9662</b>	<b>Boyd, Joanna G.</b>	<b>Kalamazoo</b>
<b>2926</b>	<b>Brooks, Kenneth H.</b>	<b>Portage</b>
20076	Clark, Dan	Marshall
13919	Cottingham, Kristin N.	Three Rivers
11700	Darienzo, Peter L.	Paw Paw
21091	DeLong, Kathleen J.	Augusta
26394	Flannery, Margaret L.	Paw Paw
<b>10638</b>	<b>Gallagher, John Hickory</b>	<b>Corners</b>
<b>15677</b>	<b>Gaudard, Christine B.</b>	<b>Hickory Corners</b>
<b>13275</b>	<b>Gower, Peter R.</b>	<b>Kalamazoo</b>
18619	Griffin, Kathryn S.	Three Rivers
4360	Hoffman, Doug L.	Allegan
1431	Hoffman, Nathan D.	Plainwell
<b>16555</b>	<b>Hollis, Lauren A.</b>	<b>Kalamazoo</b>
1943	Hoover, Gregory R.	Kalamazoo
10512	Hutchins, Andrea L.	Saint Joseph
<b>17248</b>	<b>Jonas, Anjanette R.</b>	<b>Richland</b>
<b>16378</b>	<b>Jones, Chelsey M.</b>	<b>Kalamazoo</b>
14601	Keeler, Andy	Augusta
4966	Kelly, Scott P.	Marshall
<b>14807</b>	<b>Krone, Amy E.</b>	<b>Kalamazoo</b>
21514	Kusku, John A.	Kalamazoo
7766	Lakatos, James C.	Marshall
18427	Lillrose, Melissa A.	Marshall
3450	Lubbers, Michael	Kalamazoo

## KAR Discount Sponsors

Unless otherwise indicated, effective March 1, 2009 member 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.

### 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)

<b>3952</b>	<b>Lumbard, Erin E.</b>	<b>Kalamazoo</b>
<b>9589</b>	<b>Morris, Don O.</b>	<b>Kalamazoo</b>
<b>18363</b>	<b>Neeb, Robin E.</b>	<b>Kalamazoo</b>
<b>11623</b>	<b>Norton, Hannah F.</b>	<b>Union City</b>
9937	O'Hearn, Michael	Saint Joseph
5374	Pfau, Karsten	Osnabrueck
8184	Pountain, Ricky S.	Marshall
<b>8423</b>	<b>Poznanski, Robert</b>	<b>Kalamazoo</b>
11433	Roberts, Keith E.	Augusta
25932	Schlukibir, Karie S.	Kalamazoo
8038	Scott, Sean	Vicksburg
<b>9174</b>	<b>Sexton, Bonnie E.</b>	<b>Mattawan</b>
2911	Shah, Vinit	Kalamazoo
9192	Shuler, Tamara	Constantine
<b>16969</b>	<b>Smith, Daniel B.</b>	<b>Portage</b>
<b>21295</b>	<b>Spaude, Karen</b>	<b>Richland</b>
<b>13715</b>	<b>Stoddard, Brenda L.</b>	<b>Schoolcraft</b>
7573	Vanderkooi, Joel A.	Kalamazoo
12604	Wesner, Douglas E.	Coloma
<b>6655</b>	<b>Zeeb, Peggy A.</b>	<b>Colon</b>

## Hot Club News and Events

### *Free to the Community* Cinco de Mayo Member Reception 5k Fun Run

Get connected to KAR! Prospective Members, new members, as well as long time regulars are invited to join us May 4, 2009 @ 6:00 pm at the Borgess Health and Fitness Center for the Cinco de Mayo Member Reception 5k Fun Run. Meet KAR Board members as well as other club members at this very casual social run. Refreshments and great Cinco de Mayo themed refreshments served afterwards. For more information, contact **Steve Brown** at [b.steve69@yahoo.com](mailto:b.steve69@yahoo.com).

### Next KAR Board Meeting May 4th

The next KAR Board Meeting is scheduled May 4, 2009 at 7:00 pm, at Borgess Health and Fitness Center immediately following the Cinco de Mayo Member Reception 5k Fun Run. As always, members are welcome to attend. For more information contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com).

## KAR Discount Sponsors continued...

### 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 at <http://www.universalformulas.com/aar> for more information. Use the unique promotional code to order products online.



## Join the Kalamazoo Area Runners Race for the Cure Team

Think Pink! Are you participating in the Susan G. Komen Foundation Race for the Cure 5k on May 16? Join the Kalamazoo Area Runners team to support a worthy cause and earn Club Championship Series points at the same time. It is easier than ever to join the team and register online by visiting the [Kalamazoo Area Runners Race for the Cure Team Homepage](#). Remember to use discount code 7589 when registering online.

For more information please contact **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) or 270-5641.

*[KAR Club Championship Series Event](#)*  
*[KAR Race Discount Program Event](#)*

## Oaklawn Hospitality Classic 5k & 10k

Are you on a mission to rack up early Club Championship Series points? The Oaklawn Hospitality Classic in Marshall provides a great opportunity to run a back to back 5k and 10k and earn points for two events. The event is scheduled May 16, 2009 and online registration is through [www.classicrace.com](http://www.classicrace.com). Remember to use discount code 7589.

*[KAR Club Championship Series Event](#)*  
*[KAR Race Discount 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.

## 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).

## Latest Running Community News and Events

### 30<sup>th</sup> Anniversary of the Borgess Run for the Health of It!

The Borgess Run for the Health of It! ushers in spring racing season with its pearlescent anniversary celebration April 24<sup>th</sup> & 25<sup>th</sup>. Earn points towards the KAR Club Championship Series and participate in a community-wide tradition at the same time. For more information and online registration visit [www.borgessrun.com](http://www.borgessrun.com). Below is the listing of event dates and registration deadlines. *[KAR Club Championship Series Event!](#)*

## Board of Directors

Bonnie Sexton  
*President*  
[Besrun2003@yahoo.com](mailto:Besrun2003@yahoo.com)

Julie Wojtaszek  
*Vice President Membership*  
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Cristi DeDoes  
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Giti Henrie  
*Vice President Special Events*  
[ghenrie@charter.net](mailto:ghenrie@charter.net)

### **Half Marathon**

\$35 Registration Fee  
Postmark Reg. Deadline: Apr. 17  
Internet Reg. Deadline: Apr. 22  
Event Date: Apr. 25

### **5K Run**

\$25 Registration Fee  
Postmark Reg. Deadline: Apr. 17  
Internet Reg. Deadline: Apr. 22  
Event Date: Apr. 25

### **5K Racewalk**

\$25 Registration Fee  
Postmark Reg. Deadline: Apr. 17  
Internet Reg. Deadline: Apr. 22  
Event Date: Apr. 25

### **5K Walk**

\$20 Registration Fee  
Postmark Reg. Deadline: Apr. 17  
Internet Reg. Deadline: Apr. 22  
Event Date: Apr. 25

### **Motivational Mile**

Forms available at many locations  
\$5 Registration Fee  
Registration Deadline: Apr. 17  
Event Date: Apr. 24

### **Kids Fun Run**

Forms available at many locations  
Free!  
Registration Deadline: Apr. 17  
Event Date: Apr. 24

### **2<sup>nd</sup> Annual Girls on the Run No Sweat Event**

The 2<sup>nd</sup> annual No Sweat Event is Friday, May 1, 2009 in downtown Kalamazoo. Cocktails begin at 6:00; dinner is served at 7:15. A fundraiser for Greater Kalamazoo Girls on the run, elite runners earn a virtual mile for every dollar pledged by participants. Tickets are \$45 per person and include dinner, beverages, and plenty of excitement. You may even be able to dare an elite runner to do something outrageous. This virtual race is tons of fun without the sweat. For more information visit [No Sweat Event](#) or contact Anne at 269-337-1601, ext 204 or [anne@girlsontherunkazoo.org](mailto:anne@girlsontherunkazoo.org).

### **Strides for Life One Hundred Mile Run**

Gale Fischer and Ralph Meyer will both be participating in the thirty-first annual Strides for Life on June 18-21. This is a four day, one hundred mile run and a fundraiser for the American Cancer Society. If you want to donate

## **Event and Program Directors**

Joe Hulsebus  
*Director Technology Support  
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[kar.bcurr@gmail.com](mailto:kar.bcurr@gmail.com)

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Sherrie Mann  
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Dave Walch  
*Director, Halloween Hash*  
[david.walch@pfizer.com](mailto:david.walch@pfizer.com)

Andrew Vidor  
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[ajvidor@mtu.edu](mailto:ajvidor@mtu.edu)

Cindi MacDonald  
*Wed Night Borgess Health and  
Fitness Center Runs*  
[cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com)

money to the American Cancer Society you can send a check made out to the American Cancer Society to either:

**Gale Fischer**

9643 Bellevue Road  
Battle Creek, Michigan 49014

You can also donate online at <http://www.active.com/donate/stridez9/gdf>

**Or**

**Ralph Meyer**

6971 Orchard Meadow Ct  
Portage, MI 49024

Donate online at [www.active.com/donate/stridez9/2009ralph](http://www.active.com/donate/stridez9/2009ralph)

For more information on this event visit [www.stridesforlife.com](http://www.stridesforlife.com).

### **The Run for Autism 5k and 10k**

The Michigan-based charity Homes for Autism, in partnership with Oakland University's OUCARES, another Michigan Autism charity—is hosting The Run for Autism on May 17<sup>th</sup>, 2009. The event will be held at the Oakland University campus and Meadowbrook. If you would like more information, please feel free to contact Michael Jennings directly at 248.703.7616. Or, feel free to visit their event website at [www.therunforautism.org](http://www.therunforautism.org).

## **Regional Event Discounts**

### **Detroit Free Press Half and Full Marathon is now a Kalamazoo Area Runners Discount Event**

We are pleased to announce the Detroit Free Press Half and Full Marathon is now a Kalamazoo Area Runners discount event. Club Members receive a 10% discount via online registration. Use the unique coupon code. For more information or to register visit [www.detroitfreepressmarathon.com](http://www.detroitfreepressmarathon.com)

### **The Chicago Distance Classic is now the Rock n' Roll Chicago Half Marathon**

Starting this summer we have the opportunity to participate in a Rock n' Roll half marathon close to home. The Chicago Distance Classic has spiced it up to become the inaugural Rock n' Roll Chicago Half Marathon. To top it off, KAR members receive a \$10 discount for the August 2, 2009 event. All you need to do is use the unique coupon code when registering online. For more information or to register, visit [www.rnrchicago.com](http://www.rnrchicago.com)

### **Spirit of Columbus Half Marathon**

The 2009 Spirit of Columbus Half Marathon and 2 Person Relay scheduled August 30<sup>th</sup>, 2009 is offering KAR Members a \$10 discount. Members can

## **Event and Program Directors**

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Steve Brown

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Dave Walch

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Cindi MacDonald

*Wed Night Borgess Health and  
Fitness Center Runs  
[cindim@eckert-wordell.com](mailto:cindim@eckert-wordell.com)*

save \$10 off the entry fee by using the unique coupon code. Visit [www.spiritofcolumbushalf.com](http://www.spiritofcolumbushalf.com).

## Grand Rapids Half and Full Marathon

This year's Grand Rapids Half and Full Marathon is October 18, 2009 and KAR members receive a \$5.00 discount. Save by using the unique coupon code in the online registration page. For more information visit [www.grandrapidsmarathon.com](http://www.grandrapidsmarathon.com).

## Group Runs that Rock

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

### *Free to the Community* Post-Beyond Training Runs Begin April 18

Finished the Beyond or Borgess Run Camp and looking to continue group training runs? Kalamazoo Area Runners is hosting informal post-Beyond training runs on Saturday mornings at 7:00 am beginning April 18 and running through the end of May. Contact **Natalie Dale** at [ndale16@gmail.com](mailto:ndale16@gmail.com) for more information or to donate and drop hydration for a run. The schedule and meeting locations are as follows:

**April 18** – Gull Lake – 15 to 18 miles (Meet at Bayview Gardens)

**April 25** – Borgess Half Marathon (No Group Run)

**May 2** – KVCC – 20 Miles

**May 9** – KL Ave – 13 to 14 miles course (Meet in front of Kalamazoo Gazelle Sports)

**May 16** – Bicentennial Trail – 8 to 10 miles (Meet at Kilgore Road Entrance)

**May 23** – Maple Street YMCA – 8 to 10 miles

**May 30** – Portage YMCA on Centre St – 8 to 9 miles

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

The *Kalamazoo Shufflers* 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.

## Gazelle Sports Gazoom Beginning 5k Training Program

## Volunteer Opportunities

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

### YMCA Healthy Kids Day Run

Another FUN opportunity! Volunteers are needed for the YMCA Healthy Kids Day Run to be held Friday evening May 28, 2009 at the Portage YMCA. Contact Bonnie Sexton at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com) if you can help out with the following opportunities:

Set up start/finish line –5:00- 6:00pm (can also help out with needs below) 2  
Volunteers

Assistance Unloading /Setting up Hydration – 5:00-6:00 pm (can also help out with needs below)  
2 Volunteers

Rabbits to run with the kids –6:00 -7:00 pm (3 waves) 3  
- 6 Volunteers

Starting Line Sign Bearers (crowd control) and Finish Line Ribbon Distribution 6:00-7:00 pm 3  
Volunteers

Timeclock Starter – 6:00-7:00 pm 1  
Volunteer

Tear down start/finish line – immediately following event until about 7:30 pm  
2 Volunteers

Once all the positions above are filled, we will assign any additional KAR volunteers to refreshments or serve as course marshalls.

Earn 10 KAR Volunteer Points

Are you a brand new runner training for your first 5k? The Gazelle Sports Gazoom Beginning 5k Training Program runs Tuesdays and Thursdays, April 14 – June 11 at 6:30 pm. The cost of the program is \$59 and includes a Gazelle technical training shirt, moisture wicking socks, clinics and training notebook. Program targets the Kalamazoo Klassic 5k. For more information contact **Alycia Vince** at 269-342-5996 or [avince@gazellesports.com](mailto:avince@gazellesports.com)

### **Gazelle Sports Gazoom Beginning 10k Training Program**

Ready to step it up to a 10k? The Gazelle Sports Gazoom Beginning 10k Training Program runs Tuesdays and Thursdays, April 14 – June 11 at 6:30 pm. The cost of the program is \$59 and includes a Gazelle technical training shirt, moisture wicking socks, clinics and training notebook. Program targets the Kalamazoo Klassic 10k. **Alycia Vince** at 269-342-5996 or [avince@gazellesports.com](mailto:avince@gazellesports.com)

### **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. Contact Andrew Vidor at [ajvidor@mtu.edu](mailto:ajvidor@mtu.edu) 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.

### **Volunteer News**



KAR volunteers made the Boston Tea Party Run a lively experience for local runners as they climbed to the top of “Heartbreak” Wheaton Hill. Thank you to “spirit station” cheerleaders **Phyllis Florian, Natalie Dale, Brooke Beebe, Ken Dettloff, Vicky Mergen, Frank Maston, Addy Maston, Tom Coyne, Scott Taylor, Sherri Watts, Ken Watts, Julie Hoffmann** and **Don Morris**. Thank you to **Angela Van Heest** for transporting the donations to HRI, and to **Francine Bangs** for doing an outstanding job marking the turns in hot pink. **Bonnie Sexton** coordinated the KAR volunteer efforts, and thanks to all the staff from Gazelle Sports for creating a fun themed event.



*Off school for Patriots Day, hundreds of kids line the Boston Marathon Course; It is only fitting one of our youngest KAR volunteers supports the course of the Boston Team Party Run.*

Special thanks to **Natalie Dale** for her leadership in organizing the Post-Beyond Runs, and another 6 weeks of fun on the run!

## **Marathon News**

**Gale Fischer** ran the inaugural Illinois Marathon held Saturday, April 11<sup>th</sup> and shared his experience with us:

I had a great time at the Illinois Marathon this weekend. The event was much bigger than expected with nearly 9000 participants in all events with almost 2000 in the marathon. Featured speakers for the expo and pasta dinner were Bart Yasso and Dick Beardsley. Listening to Dick Beardsely speak was worth the drive down. I finished 31 overall and was the 4th in my age group. I set a PR by over a minute and a half coming in at 2:56:52.

Reports came in from the far reaches of outer space after the Martian Marathon. **Angela Van Heest** finished her very first 26.2 despite becoming ill with a stomach malady midrace. “It was the best first half marathon I ever ran,” reported Angela. It comes as no surprise that the super fast **Huns Brown** ran a Boston-qualifying 3:09:46 Martian Marathon and finished 19th overall for the men. Despite defecting to Borgess Run Camp earlier in the season, **Joel Pennington** reported in that he ran a 4:01 Martian as a “training run.” Congratulations to all our recent Marathon finishers. Let us know if we missed anyone!

## **Notes of Encouragement**

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