

“Don’t be afraid to give up the good to go for the great!” – Steve Prefontaine

April 27, 2010

www.kalamazooarearunners.com

The Kalamazoo Area Runners

Rundown



Runners approach the finish line of the Borgess Run Half Marathon

Using Blaine Lam’s words, it was truly a “transformational” weekend for the Kalamazoo Running community. In what is already a vibrant running scene, Thursday’s announcement of the Kalamazoo Marathon generated a fresh excitement that will no doubt attract many more local runners to the sport, and the marathon distance in particular over the coming years. Video footage of Thursday’s announcement can be found at [Kalamazoo Marathon Announcement](#).

The success of this weekend’s Borgess Run for the Health of It set the stage for next year’s inaugural Kalamazoo Marathon, with more than 5000 participants across all events.



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The half marathon and 5k yielded 1224 and 1685 official finishers respectively, with many more completing the 5k walk, and 1600 children running the Meijer Kid's fun run the evening before.

A local marathon not only serves as a motivating force for runners of all abilities and goals, but places the spotlight on Kalamazoo on a regional and national level. The demand for the marathon distance has never been higher. Next week a group of us from KAR are heading to Champaign-Urbana to run the 2nd Annual Christie Clinic Illinois Marathon. Christie Clinic has hosted a 5k/10k race, ironically called the Run for the Health of It, for 25 years. Last year, they unveiled the inaugural Christie Clinic Illinois Marathon. Reputed to be a flat, fast course, the marathon easily reached its cap the first year.

This year, the Marathon and Half Marathon have once again closed out, bringing the total participant count to 15,000 including the 5k and marathon relay events. The magnitude of executing such an event is astounding. Exactly what type of resources does it take to organize such an event? The Illinois Marathon reported the following counts:

- 54 Police Officers at intersections
- 140 porta-potties
- 321 intersections covered by volunteers
- 400 trash bags
- 1,200 safety cones
- 2,500 volunteers
- 12,000 gallons of water
- 15,000 packets of Gu
- 70,000 safety pins
- 190,000 cups



Tim Scheffers runs it in for a new half marathon PR

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

Whether the Kalamazoo Marathon eventually hits 15,000 participants like the Christie Clinic Marathon remains to be seen. One thing for sure is that it catapults the local running community and the Borgess Run for the Health of It to an entirely new level of running excellence.

Hot Club News and Events

Cinco de Mayo Member Reception 5k Fun Run and Social, May 3, 2010



BORGESS HEALTH



Attention prospective members, new members and long time members! Kalamazoo Area Runners is pleased to present the Cinco de Maya Member Reception 5k Fun Run Monday, May 3, 2010 at 6:00 pm (registration 5:30 – 6:00 pm). This special event features a brand new venue at Borgess Woodbridge Hills, 8001 Angling Road, Portage, MI and brand new 5k course. Immediately following this casual run are refreshments, door prizes, a brief social time and Q&A information session. Participants are welcome to stay for the KAR Board Meeting beginning at 7:00 pm. Registration required. **For more information and online registration, visit [Cinco de Mayo Member Reception Run](#) or contact Steve Brown at b.steve69@yahoo.com.**

VOLUNTEERS NEEDED: We need a few volunteers for set up and registration from 5:15 – 6:00. Please contact **Steve Brown** at b.steve69@yahoo.com if you can help out. Earn 10 KAR Volunteer points.

KAR Volunteer Program Event

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.

Relay for Life: Join the Kalamazoo Area Runners Team May 22 – May 23



Support the fight against cancer! Team Co-Captains **Peggy** and **Eric Zeeb** and **Michelle Fakler** need team members to run or walk the track at the Kalamazoo County Relay for Life. The annual event is from noon on Saturday, May 22 – noon on Sunday May 23. First 20 participants that raise \$25 receive a Team Kalamazoo Area Runners t-shirt. Join online by visiting [Kalamazoo Area Runners Team Home Page](#). For more information and other ways you can get involved, check out the [Kalamazoo Area Runners Team Information Letter](#). Contact **Peggy Zeeb** at pzeeb2000@yahoo.com with questions.

Gale Fischer is Running Strides for Life

Gale Fischer will be running his 11th annual Strides for Life this June. This is a four day, 100 mile run and fund raiser for the ACS. Donations can be made by logging onto www.stridesforlife.com and clicking on the participate icon. From there click on the support a participant icon and type Gale Fischer. Click on Gale Dean Fischer to make an online donation.

KAR Annual Report

The Kalamazoo Area Runners 2009 Annual Report is now available online at [2009 Kalamazoo Area Runners Annual Report](#). Read all about last year's accomplishments and highlights.

Coordinator Positions Available (Volunteer)

We are converting your valuable feedback into action! Last month our membership participated in a volunteer engagement survey and

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

the findings revealed that 19% of you were interested in operational support roles. As a result of the survey, we have added another job category to the KAR organizational structure to help provide administrative support to our Executive Board, and in some cases, event directors. We currently have the two positions below available – a complete job description with requirements is available upon request. These are excellent opportunities for members who wish to get involved in helping KAR further its mission, but need a flexible schedule or prefer to participate in rather than volunteer for events. Average hours/week = 1 hour with occasional peaks for special or cyclical projects. Please email **Bonnie Sexton** at besrun2003@yahoo.com for more information. Positions will be filled first come, first serve based on the ability to meet position requirements.

Administrative Coordinator

Major Responsibilities

- Maintains, updates and disseminates contact, group run and other lists to appropriate parties
- Coordinates and tracks RSVP's for club events and programs and communicates updates to Event Director
- Answers or refers questions on club events and programs incidental to taking RSVP's
- Other special projects based on need and/or interest

Membership Coordinator

Major Responsibilities

- Prepares membership application mailings to expired members with peak volume in June
- Mails new member communication letter for members that do not utilize e-mail
- Purchases supplies (incumbent is reimbursed for envelopes, stamps, related printing costs)
- Other special membership-related projects based on need and/or interest
- Communicates regularly with VP Membership on expired members

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 **Brandon Wise** at wiserunner615@gmail.com

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

Julie Wojtaszek
Co-Director, Kal-Haven Trail Run
jjwojtaszek@yahoo.com

Jamie Tran
Co-Director, Kalamazoo Klassic (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

Stephanie Sabin
Co-Director, Run Through the Lights
sabinss@sbcglobal.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

YMCA Healthy Kids Day Run Gets “Extreme Makeover.”



It's now far more than a “fun run.” The 2010 YMCA Healthy Kids Day Run, scheduled for June 4, 2010, 4:30-8:00 pm at Portage West Middle School, has a brand venue and look. We have kept the best of past tradition while adding innovative new twists to make it the only race of its kind in Southwest Michigan. What is new this year? The event is now a timed 2500 meter (1.55 mile) cross country race with age group awards to the top 3 in each age division (male and female) as well as awards to all finishers. What is the best of past tradition? The event will continue to host a smorgasbord of fun activities for the family, as well the Tot Fun Run for ages 3 and under. For more information and a downloadable PDF flyer please visit [YMCA Healthy Kids Day Run Registration Form](#) and to register online go to [YMCA Healthy Kids Day Run Online Registration](#)

Event and Program Directors continued

Andrew Vidor
Director, Wed Night Portage YMCA Runs
ajvidor@mtu.edu

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

Darrell Harden
Director, Wednesday Night Runs
Dogbert10@comcast.net

Pete Post
Director, Saturday Spring Training Runs
Dreamfast37@charter.net

Club Championship and Race Discount Events

23rd Vicksburg Hearty Hustle 5k Walk/Run Saturday, May 8, 2010

Join us for One Day of Peace and Health on Saturday, May 8, at the 23rd Vicksburg Hearty Hustle 5K Walk/Run! Please click on the following links to view/download all the information including course maps and an entry form (one per participant please). Online registration is not available. For more information, visit [2010 Hearty Hustle Entry Form and Information](#)

Club Championship Series Event

2010 Oaklawn Hospitality Classic May 15, 2010

May 15, 2010 join in this 28th Annual Event! Oaklawn Hospital's Hospitality Classic is an example of Oaklawn's dedication to keeping the community healthy by encouraging individuals and families to foster healthy lifestyles. By hosting the Hospitality Classic, Oaklawn Hospital hopes to promote fun and fitness and enjoyment of running or walking for all ages. USAT&F Certified courses begin in downtown Marshall, follows city streets into the country, back through historic residential district and back to the staging area with a fast downhill finish at the Honolulu House and Fountain Circle. Event times and descriptions are as follows: 10K, 7:30am; 5K, 9:00am; May Walk 5K, 9:00am; (All ages are welcome in this noncompetitive 5K walk); Mile Fun Run, 10:00am. Each child will be awarded a commemorative medallion from Oaklawn Hospital, and a certificate from McDonald's. For more information and registration please visit www.oaklawnhospital.org or www.classicrace.com.

Club Championship Series Event

Race Discount Program Event

Participating in the May 16, 2010 Susan G. Komen Foundation Race for the Cure? Join Team KAR Pink!





We are now up to 18 Team Members! 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

Club Championship Series Event
Race Discount Program Event

Run to Climax 7k

The Run to Climax 7k is an annual Memorial Day tradition and is scheduled May 31, 2010 at 8:15. Earn Club Championship points. Also a 2 Mile walk. Parade immediately following. More information can be found at [Run to Climax 7k](#).

Club Championship Series Event

Running Community News

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.weebly.com

Howard Hill Hustle May 15, 2010

Kalamazoo welcomes a brand new event May 15, 2010! The Howard Hill Hustle is a community 5K run/walk event with timing provided by Classic Race Management. There will be a kids 1K fun run following the 5K race. The event starts and finishes at Kalamazoo Christian High School. The first leg of the race is a challenging quarter mile uphill climb of the infamous Howard Street Hill. The remainder of the course takes runners through the scenic hills and valleys of the Winchell neighborhood. Along the course, there will be live 70's and 80's music played by local musicians. Food and beverages, fabulous door prizes, and fun family activities will be available throughout the event. Come join in the fun and festivities as the Kalamazoo Christian Schools unveil a great, new community run event in town - The Howard Hill Hustle. For more information visit www.howardhillhustle.ksca.org or www.classicrace.com.

Group Runs and Training Programs

Greater Kalamazoo Group Run and Training Program List Updated!

For a comprehensive list of all group runs and training programs, visit [Greater Kalamazoo Group Runs and Training Programs](#)

Saturday Morning Spring Training Runs

Training for a late spring marathon or other event? Saturday morning Spring Training Runs begin April 17, 2010. All runs begin at 7:00 am and runners may need to provide their own hydration (details will be communicated via weekly emails). For a schedule of locations and distances, visit [Spring Training Runs](#) or contact **Pete Post** at dreamfast37@charter.net.

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-On Hiatus

Please note the Wednesday night runs from Borgess Health and Fitness Center are currently on hiatus and plan on restarting with the beginning of the Safari Training Program. 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.

New Members

The KAR Board would like to extend a warm welcome to new members **Laura Millard, Steve Ott, Lem Montero, Brad Vincent**

Volunteer Acknowledgements

For the Boston Tea Party Run, we missed one of our volunteers – thanks to **Dan Robinson** for transporting the donations from Borgess LEC to Housing Resources Inc. (HRI). Sincere gratitude to **Kevin Kane** for dropping hydration at the most recent Wednesday night run from Portage YMCA, and to **Natalie Dale, Elaine Naegele, Julie Hoffman, Tim Sochor** and **Sheila Jeske** for volunteering at the Borgess Run Expo. Thanks to **Wendy Sosville** for joining the Kalamazoo Klassic Committee.

Borgess Run for the Health of It Results



Finishers approach the finish line of the Borgess Run for the Health of It!

Earlier we mentioned the Borgess Run for the Health of It attracted more than 5000 participants across all events. Among those, 148 KAR members completed the half marathon, and 52 completed the 5k – 200 stories of individual achievement: personal records, age group honors, first time finishes.

In the 5k, nine KAR members finished in the *age group winners* circle; some competing in divisions large enough to be races themselves. **Tim Sochor** finished 3rd out of 76 in his age division with a 20:29 just 5 days after running the Boston Marathon. Others earning age group honors were **Sherri Dutton** (2nd out of 93), **Terry Hutchins** (1st out of 36), **Jeff Layne** (1st out of 69), **Michael Orwin** (3rd out of 48), **Bonnie Sexton** (1st out of 103), **Sandra Shaw** (3rd out of 93), **Marisa Welburn** (1st out of 149). **Julie Hoffmann** won her age

division, and the phenomenal accomplishment here was her age graded finish of 90.7% - a percentage that puts her at the world class age group running level.



Lana Hulsebus and a friend complete the 5k then relax and cheer on half marathoners

In the half marathon, finishing in the ***age group winners*** circle Rick Motter finished the half marathon only 5 days after completing the Boston Marathon, and finished 3rd out of 19 in his age division). Other age group finishers were **Francine Bangs** (1st of 4), **Ken Brooks** (1st of 75 and 2nd place overall), **Fred Colbert** (1st of 39), **Stuart Crowell** (1st of 10), **Brian Dobbie** (3rd of 39), **Megan James** (1st of 101 and 3rd overall female), **Kathy Neal** (2nd out of 4), **Tom Noall** (2nd out of 2), **Megan Osterling** (2nd out of 82), **Matthew Santner** (1st of 87), **Kailey Shaffer** (1st of 8).

Borgess Run 5k Finishers

Name	TIME	AgeGroup
Mark Brammer	0:36:23	
Dennis Brooks	0:27:02	
Don Browe	0:28:43	
Annie Buchanan	0:34:44	
Patrick Conley	0:27:02	
Sherri Dutton	0:24:01	2nd
Tessa Emenheiser	0:26:39	
Tony Ettwein	0:29:48	
Nicole Finn	0:27:22	
Phyllis Florian		
Judah Gesmundo	0:36:02	
Gary Gibson	0:27:12	

Jen Graber	0:48:38	
Dayle Hadden	0:31:27	
Ray Hendriksma	0:27:38	
Julie Hoffmann	0:26:17	1st
Lana Hulsebus	0:28:38	
Terry Hutchins	0:21:25	1st
Carrie Hybels	0:34:32	
Chris Hybels	0:31:39	
Greg Johnston	0:23:15	
Amy Korte	0:30:35	
Krista Larkin	0:24:49	
Jeff Layne	0:18:59	1st
Matt Longjohn	0:22:54	
Stephen Magdzinski	0:33:06	
Addie Maston	0:37:11	
Frank Maston	0:37:14	
Shawn Maxwell	0:29:34	
Mary McNinch	0:28:33	
Don Morris	0:22:23	
Elaine Naegele	0:34:54	
Teri Olbrot	0:36:02	
Colleen Orwin	0:31:17	
Michael Orwin	0:21:59	3rd
Emily Pearson	0:28:07	
Donna Pennington	0:41:46	
Emma Sabin	0:30:14	
Alison Satkoski	0:31:35	
Bonnie Sexton	0:21:41	1st
Michael Sexton	0:23:19	
Amy Shaffer	0:28:29	
Ryan Shaffer	0:25:30	
Sandra Shaw	0:24:03	3rd
Jordan Smith	0:20:39	
Amy Snow	0:36:07	
Greg Socha	0:21:56	

Tim Sochor	0:20:29	3rd
Mike St. Clair	0:32:09	
Cheryl Tenenbaum	0:28:30	
Sam Urban	0:22:10	
Marisa Welburn	0:23:07	1st

Borgess Half Marathon Finishers

Name	TIME	AgeGroup
Dane Adams	1:27:43	
Sara Armstrong	2:35:42	
Karen Arrick	2:12:12	
Erin Augustine	2:14:00	
Rob Augustine	1:46:38	
Aaron Aulgur	1:50:17	
Michele Babcock	1:47:20	
Zachary Baker	1:46:38	
Cathy Baldwin	2:21:09	
Francine Bangs	2:09:31	1st
Eric Blackford	1:56:47	
Emily Bonwell	2:08:04	
Andy Boris	1:37:18	
Tim Bredahl	2:44:26	
Kenneth Brooks	1:15:20	1st
Kristi Brunner	1:40:12	
Andrea Burke	1:58:39	
Brian Campbell	1:54:45	
Joe Cekola	2:16:56	
Sheila Clothier	1:59:13	
Fred Colbert	1:36:47	1st
Shanna Cole	2:19:14	
Dennis Conley	1:55:14	
Alicia Cooney	2:38:48	
Allison Cooney	2:12:29	
Dennis Cooney	2:27:57	
Rebecca Cooney	2:26:12	
Tracy Cropsey	2:12:23	

Stuart Crowell	1:24:20	1st
Lori Cupp	1:53:24	
Natalie Dale	1:51:16	
Larry DeFouw	2:18:17	
Sheryl DeFouw	2:17:32	
Brian Dobbie	1:37:26	3rd
Steve Dougherty	1:35:35	
Thomas Durlach	1:26:54	
Tonya Durlach	2:14:18	
Sarah Eikelberg	2:21:05	
Julie Eilenberg	2:14:59	
Peggy Fehn	2:10:17	
Peter Fernando	2:18:46	
Rachel Flachs	2:21:01	
Carolyn Freeman	1:54:31	
Teresa Fulcomer	2:01:57	
John David Gardiner	1:53:22	
Joy Gardner	2:44:20	
Wendy Geerligs	2:08:24	
Ryan Geers	1:26:43	
Bill Gephart	1:57:15	
Kim Gjeltema	2:17:34	
Shari Glaser	2:07:19	
Jeff Glerum	1:49:44	
George Granger	1:55:08	
Crystal Hale	2:25:45	
Gretchen Halloran	1:42:04	
Chip Hansen	1:52:12	
Lisa Hansen	1:57:58	
Gordon Hare	2:36:33	
Megan Hass	2:09:06	
Carol Heinicke	1:48:36	
Ian Heinicke	1:34:57	
Giti Henrie	1:56:40	
Dan Hill	1:42:40	

Lauren Hollis	1:37:41	
Brian Horvitz	1:53:34	
Chrissy Hossack	2:19:16	
Patrik Hultberg	1:35:29	
Diane Hungerford	2:15:23	
Tana Jackson	2:19:25	
Megan James	1:30:34	1st
Arya Jayatilaka	1:47:32	
Sheila Jeske	1:57:14	
Katie Johnson	1:54:07	
Annie Jost	2:09:31	
Kevin Kane	1:34:33	
Amelia Katanski	2:08:19	
Kris Kling	2:16:24	
George Korr	1:33:06	
Dan Korte	1:39:23	
Sue Kovats-Bell	2:55:49	
Terri Kunkel	2:02:39	
Rob Lillie	1:34:07	
Jennifer Lindsay	1:55:22	
Ryan Lumbard	1:49:34	
Rich MacDonald	1:34:57	
Gayle Majeske	2:08:19	
Jonathan Marsh	1:27:41	
Pam McBride	2:03:48	
Tim Meeker	1:46:39	
Scott Miller	1:48:43	
Rick Motter	1:43:41	3rd
Kathy Neal	2:17:19	2nd
Cris Nichols	2:04:58	
Tom Noall	2:20:14	2nd
Michael Nock	1:53:48	
John Olbrot	1:48:49	
Megan Osterling	1:34:54	2nd
Heather Parker	1:55:21	

Ronald Pelak	1:34:42	
Joel Pennington	1:45:56	
Peter Post	1:40:57	
Jim Praeger	1:44:15	
Jim Raseman	1:41:54	
Jaclyn Reinhardt	2:03:43	
Rollin Richman	1:58:17	
Jacqueline Ripley	2:03:16	
Corrine Sallaz	2:11:18	
Matthew Santner	1:22:21	1st
Tim Scheffers	1:41:48	
Kristen Schmidt	2:10:41	
Lisa Schreiner	1:56:51	
Kylie Schultz	1:41:29	
David Seeley	1:32:26	
Kailey Shaffer	1:51:49	1st
Rebecca Shehorn	2:12:36	
Andrew Simmons	1:37:09	
Ploy Siripornsawan	1:57:42	
Elizabeth Slabaugh	1:54:43	
Jamie Smith	2:52:57	
Steve Snow	1:57:36	
Darren Sorgenfrei	1:42:40	
Wendy Sosville	1:57:32	
Laura Spaid	2:04:36	
Aaron Stanley	1:43:06	
Kristin Statler	1:55:21	
Lori Stevens	1:49:36	
Paul Stevens	1:47:09	
Nancy Sundberg	2:11:55	
Laurie Swaney	2:14:31	
Charie Swope	2:35:40	
Jim Teeter	2:03:31	
Charles Thomas	2:46:29	
Christina Thomas	2:34:24	

Shane Thompson	1:45:41	
Aimee VanHoe	2:03:08	
Nancy Vendeville	2:08:13	
Kim Wason	2:17:46	
Andrew Welburn	1:29:53	
Cheryl Wesler	2:08:06	
Sarah Willey	1:56:09	
Myra Willis	2:36:26	
Dale Wyatt	1:43:48	
Jennifer Wyatt	2:12:13	
Sarah Yetter	1:51:02	
Rochelle Young	2:20:55	
Chuck Zahnow	1:47:23	
Eric Zeeb	1:54:25	
Neil Zeeb	1:56:06	

Hannah Norton authors another www.mlive.com blog entry – Tapering Prepares mind after months of Marathon Training

Check it out: **Hannah Norton** has authored the next in her series of marathon training blog articles, [Tapering prepares mind for marathon after months of training](#)

Natalie’s Marathon Review: Frisco Marathon and Kansas Marathon

This weekend **David Thierjung** and I ran two marathons, the Frisco Marathon in Williard, Missouri and the Kansas Marathon in Lawrence Kansas. Here are my race reviews:

Frisco Marathon - Williard, Missouri:

I am not sure exactly where to start with my race review. This was one of the nicest courses I have ever been on, but also one of the worst organized. I really have very mixed feelings about this race, so I suppose I will start at the beginning. The website stated that we were to pick up our packets at the Bolivar Middle School from 6 to 6:30AM, and then board a bus at 6:45 (Sharp) to head to the race start in Willard. There was no packet pick-up in Bolivar on Saturday morning (as indicated on the website), but we all loaded the busses and headed to Williard around 7AM. We arrived, picked up our race numbers, got ready for a bit, and then boarded another bus to take us to the race start. While we patiently waited for the second bus to

leave, the 50K and 10 mile race were started. We were bussed 5 miles down the road, and were started (by a car horn) 45 minutes later. All in all, I think there were about 30 runners signed up for the 50K and 50 signed up for the marathon. The weather was beautiful and the trail was absolutely stunning. This is definitely a route that I would run again if the opportunity arises. But, there were no water/food/aid stations between mile 16.5 and 22.5. Somehow we managed to talk a biker on the trail into giving us his Gatorade around mile 21. I have to say that the aid stations, although supported by really nice volunteers, were WAY too few and far between. I would really have been okay with this, though, if they would have indicated on their website that water would be rather scarce, because I would have simply carried my own. But we made it to the end in just under 5 hours and were greeted by a cheering crowd, a nice medal, plenty of food (but no beer), and our race T-shirt.

Learnings from this race:

1. David runs faster going backwards.
2. Unused bandaides found on the trail are potentially foreshadowing impending calamities.
3. Don't stare at the poop on the trail because you may trip on a rock and fall into the poop (of which you were trying to avoid in the first place).
4. If you see an unopened package of ShotBlocks lying on the ground, pick it up. It might save your life later.
5. Never run too close to the door of the port-a-john (or Wiz-a-Lot, in this case).

Kansas Marathon - Lawrence, Kansas:

After running a marathon and driving 4 hours the day before, we woke up feeling amazingly good. Tired (from the all-night dance club that was raging in our hotel conference room), but good. We found the race without any issues, parked in the ample parking lot near the race start/finish, picked up our race packets, and prepared for a day of happy running. Once again, we were fooled by the race website and lulled into a false sense of security. Aid stations were NOT located every mile, and they were NOT all stocked with water/electrolyte/gel/bathrooms. But, there was an aid station nearly every two miles. The course was not as good as the day before. Most of the route was on paved (concrete) biking trails that went around the city and along the interstate. We were in the blazing sun the entire day, but thankfully the temperature did not rise above 70 degrees. I have to say that the volunteers were plentiful and outstanding! They really made this race worth running.

Learnings from this race:

1. It is okay to take the stick from the pacers if they fall behind.
2. Kansas is NOT all flat.
3. Carbonated Juicy Juice rocks.
4. David can't tell the difference between the women's restroom and the men's restroom at the McDonalds on Iowa street. I had to point it out to him when he exited the women's room after doing his business.

I hope that all of the Boston runners had fun today. Take care.

Natalie

More Marathon News from our Members!

*First Place for a First Time Marathoner! We are passing this news on from **Erica Lensink**....*

I just ran the **Navarino Eco-marathon** put on by Great Lakes Endurance in Central WI this past Saturday. It was my first marathon (!) and I ran a 3:37, good enough for first place in the women's division. I can't wait to run more marathons, I'm hooked. :)

*First Time Boston Qualifier! We are passing this along from **Carla Koretsky**, who just set a brand new PR...*

I ran the **Kentucky Derby Marathon** today, and finally hit my BQ! I needed a 3:45, and finished in 3:41:29. This was my 5th marathon and my second "serious" attempt to BQ. Last time was the Air Force marathon in September, where I ran a 3:50. It was a little warm today (upper 60s/low 70's), humid, and hilly, so I did not think it was going to happen. However, I think that Boston and Beyond training schedule paid off! I couldn't run with the group this year - did my long runs on Sundays - but I did stick to the schedule and it worked. With the inaugural Kalamazoo Marathon next April, I'm not sure I will actually go to Boston, but I am thrilled to qualify! Many thanks to KAR for getting me off on the right foot with my marathon training. :-)

*Marathon amputated due to thunderstorms for **Julie and Jon Steeby**...*



Report from Julie Steeby

Just wanted to make a long story short for the **Nashville Marathon** that Jon and I ran in on Saturday. The race officials were forced to cut the race short due to Severe Thunderstorms, I was roped in to finish at 20.65 miles and Jon at 22.2 miles....disappointing after training in some pretty inclement winter weather (we only missed one Saturday of Beyond training!)! Anyway, the course was amazingly hilly but overall a very organized Marathon. Would I run this one again? Absolutely! Our daughter and son-in-law live/work in Nashville so why not come back and give it another go!

Martian Half & Full Marathon Results

An entourage of KAR members descended upon Dearborn April 10, 2010 to run among the aliens at the Martian Half and Full Marathon. Martians really are stationed at the mile markers of this innovative event, which also features a 5k, 10k, marathon relay and kid's marathon, and is organized by Running Fit's Randy Step.

KAR yielded 10 finishers in the half marathon and 11 in the full marathon. Dynamite star **Ken Brooks** won his age division in a very fast 1:13. In the full marathon, **Sherrie Mann, Chris Gaudard, Ryan Geers** and **Pam McBride** generated Boston qualifying performances. To add to the accomplishment, **Sherrie** and **Chris** both captured 3rd place in their age divisions. Congratulations to **Rick Cheney** on finishing his very first 26.2 – always an experience to remember for a lifetime. **David Theirjung** made it in the top 3 – of the division category – those that are ageless. Congratulations to all our Martian Half and Full Marathon finishers.

Boston Marathon Results

Brandon Wise was featured in this year's *Kalamazoo Gazette* Boston Marathon story, along with members **Ken Brooks** and **Marty Buffenbarger**. Read all about his amazing story and check it out at [Kalamazoo Gazette Boston Marathon Story](#). How exactly did **Brandon** and all our Boston Marathoners fare at least week's 114th running of the event? (KAR members are highlighted in red). See below and congratulations to all our **2010 Boston Marathon** finishers:

Altman, Lisa 35 F Saint Joseph MI USA (3:21:04)
Blackwell, Eric 38 M Kalamazoo MI USA (2:49:45)
Bolthouse, Carole 47 F Bellevue MI USA (3:53:44)
Brammer, Carolyn A. 34 F Schoolcraft MI USA (3:47:02)
Burt, John 53 M Portage MI USA (3:38:24)
Bush, Roger A. 51 M Kalamazoo MI USA (3:44:07)
Carr, Spencer P. 27 M St. Joseph MI USA (3:01:19)
Chopp, Calvin C. 25 M Allegan MI USA (3:01:10)
Clark, Ryan 26 M Kalamazoo MI USA (3:14:52)
Cook, Katie 45 F Saint Joseph MI USA (4:23:04)
Downard, Steve 40 M Paw Paw MI USA (4:15:13)
Downard, Trish 39 F Paw Paw MI USA (4:02:58)
Dwyer, Courtney 30 F South Haven MI USA (3:33:56)
Ebaugh, Diane B. M.D. 55 F Hastings MI USA (5:16:01)
Ellerbrook, Brian D. 29 M Dowagiac MI USA (3:12:35)
Hoover, Gregory R. 43 M Kalamazoo MI USA (4:41:31)
Leland, Steven P. 34 M Kalamazoo MI USA (3:19:00)

Motter, Rick A. 62 M Plainwell MI USA (3:51:43)
 Novotny, Mark J. PhD. 53 M Kalamazoo MI USA (3:01:19)
 O'Hearn, Michael 49 M Saint Joseph MI USA (3:22:15)
 Onderlinde, Sarah J. 24 F Kalamazoo MI USA (3:16:07)
 Pinto, John A. 45 M Augusta MI USA (3:44:00)
 Pryor, Amanda 32 F Kalamazoo MI USA (3:48:11)
 Reynolds, Lesa M. 43 F Marshall MI USA (3:52:13)
 Sochor, Tim 45 M Kalamazoo MI USA (3:37:20)
 Spaude, Karen 58 F Richland MI USA (4:08:12)
 Stevens, Carole 51 F Hickory Corners MI USA (4:15:20)
 Stoddard, Brenda 44 F Schoolcraft MI USA (3:44:03)
 Strine, Bill 53 M Saint Joseph MI USA (3:32:36)
 Watts, Sherri L. 51 F Kalamazoo MI USA (4:05:05)
 Webber, James T. 26 M Otsego MI USA (3:11:22)
 Wise, Brandon 25 M Kalamazoo MI USA (3:21:45)
 Young, Wayne E. 51 M Battle Creek MI USA (3:36:11)

Half Marathon Finishers

Name	TIME
Rich Bean	1:30
John Brooks	2:56
Kenneth Brooks (1 st)	1:13
Susan Herschel	2:22
Cindi MacDonald	2:01
Steve MacDonald	1:59
Scott Powell	1:46
Joe Reitz	1:26
Steve Rice	1:44
Bob Smola	3:04

Full Marathon Finishers

Name	TIME
Emily Bushouse	4:13
Bob Byers	4:15
Rick Chaney	5:00
Natalie Dale	4:29
Chris Gaudard* (3 rd)	3:47
Ryan Geers*	3:06

Sherrie Mann* (3 rd)	3:52
Pam McBride*	3:55
Cindy Owen	3:52
Joel Pennington	4:01
David Thierjung Age unknown – 3rd	4:32

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