

Every day do something that will inch you closer to a better tomorrow. – Doug Firebaugh

May 4, 2009

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

## The Kalamazoo Area Runners

# Rundown



### *Borgess Run for the Health of It! family finishers*

With nearly 1000 finishers in the National City Half Marathon, over 1200 in the Borgess 5k, and a reported 1700 children in the Meijer Kid's Fun Run, the 30<sup>th</sup> Anniversary of the Borgess Run for the Health of It! smashed prior participation records. The running community emerged full force April 24 & 25<sup>th</sup> in celebration of a healthy lifestyle.

Along with the crowds, the pearlescent anniversary of the Borgess Run ushered in warm summer temperatures, a drastic change from the cold months of training experienced well into spring. Local runners participating in the weekend's Toledo Glass City, Running Fit Trail, Kentucky Derby and the Nashville full and half marathons encountered a similar experience, with the effects of heat yielding slower than anticipated times, and even a trip to the emergency room for one of our KAR members after finishing the Nashville Marathon.



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Although we often train and race all summer in warm temperatures with only slight decreases in race performance, why did this weekend in particular sabotage race performances and experiences? After several emails and conversations with well-trained, yet discouraged runners regarding last weekend's events, the topic of this article came to fruition.

Heat acclimatization is critical in preparing the body for warm weather racing. Regular training in hot conditions trigger physiological adaptations that help reduce heat's effects on performance, and reduce the risk of heat illness. These changes include an increase in blood volume, and an increased onset, distribution, and rate of sweat. The purpose of the adaptations is to help meet the demands of working muscles and the exercising body's need to cool itself. It takes approximately 10 – 14 days for most heat acclimatization to occur. Although it is not necessary to train every day in hot weather during this period, no more than 2 or 3 days should be skipped to ensure proper adaptations.

The warm weather experienced by runners at last weekend's events was unexpected and sudden. Most athletes were not physiologically prepared for running in hot weather. As a result, heart rates were increased and times were slowed, for some drastically. Others fell victim to heat-related illness; most such illness occurring during the first few runs in hot weather, before the body has had an opportunity to acclimate.

How does one safely acclimate to hot weather running? During the first few training runs in hot weather, cut back your easy training run pace approximately 1 min/mile and start out with runs no longer than 30 minutes, gradually increasing your distance during the course of the acclimatization period. Once you are comfortable running in the heat, you can then pick up intensity several times a week, and introduce speed work. As always, remember to hydrate, hydrate and hydrate! The increased sweat adaptations require a higher fluid intake.

Discouraged from last weekend's experience after training hard all winter? Rest assured, there is a valid scientific explanation, and better warm-weather performances most likely lie ahead with acclimatization. Remain encouraged, and continue to press on towards your goals.

Reference: Glover, B., and Glover, S. 1999. *The Competitive Runners Handbook*. New York, NY: Penguin Books

## 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.

### 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)

## Hot Club News and Events

### Join or Donate to 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. Not able to run this year? Consider making a tax deductible donation via the link above. 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).

*KAR Club Championship Series Event*

*KAR Race Discount Program Event*

### YMCA Healthy Kids Day Run



## 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.



It's far more than a race; it's an evening of family fun! Kalamazoo Area Runners is a sponsor and member of the organizing committee of the YMCA Healthy Kids Day run scheduled Friday, May 29, 2009 at the Portage YMCA. Children ages three and under will participate in a short tot run while children ages four through twelve participate in a one mile fun run. For more detail and registration information visit [YMCA Healthy Kids Day Run](#). Festivities will include an obstacle course, face painting, t-shirts, post-run refreshments and more. Check out our volunteer section for some great opportunities to earn KAR volunteer points. **KAR Volunteer Program Event**

### **Join the Kalamazoo Area Runners Relay for Life Team**

It's hard to believe that Relay for Life is only a little over a month away! I hope everyone out there will contribute to our team in some way. There are many ways to help. You can sign up to be a team member, buy luminaria, donate to other walkers, donate bake goods for our on-site fundraiser, or ask cancer survivors to participate in the survivor lap. Let me give you some details of this year's event:

Date: May 30-31, 2009

Time: noon to noon

Place: Kalamazoo County Fairgrounds

How to Join the Team or Donate: Join on-line at the [Kalamazoo Area Runners Team Home Page](#)

Please feel free to contact me to purchase luminaria bags, get luminaria bags to sell to others, contribute to the bake sale, or ask questions. **First 20 to sign up receive KAR Team t-shirts.** Shirts have already been pre-ordered and sizes will be distributed first come, first serve.

Peggy Zeeb  
(269) 503-2139  
pzeeb2000@yahoo.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](mailto:besrun2003@yahoo.com) and we will include it in the following edition! Here is a great opportunity to get connected.

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

### **Board of Directors**

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## Join Team In Training

Join us to help raise money to cure blood cancers and train for the event of a lifetime. Come to a meeting to learn more about upcoming events such as:  
Nike Womens Marathon, Full or Half, Run/walk in San Francisco  
Bank of America Chicago Marathon  
Metro Health Grand Rapids Marathon, Full or Half, Walk/Run  
Meetings in Kalamazoo at Gazelle Sports, Thursday May 7th - 6:30pm  
For more information, call 800.482.TEAM or visit  
[www.teamintraining.org/mail](http://www.teamintraining.org/mail).

## Have You Completed Your First Marathon Within the Past Year?

If yes, tell me about your experience! I am an Exercise and Sport Psychology Ph.D. student at Temple University, in Philadelphia, and also a marathon runner. For my dissertation, I have decided to look at first time marathon runners (newbies), their motivations for completing a marathon, and their intent to run another marathon. If you have completed your first marathon within the past year, I would love to hear about your marathon experience! Listed below is the link for the online survey. The survey will take about 10-15 minutes to complete.  
[http://www.surveymonkey.com/s.aspx?sm=fm\\_2bP\\_2bo4AD38v5x3SVTtOtA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=fm_2bP_2bo4AD38v5x3SVTtOtA_3d_3d). If you know of any other first time marathon runners, who ran their debut marathon within the past year, please pass along the survey information. In advance, thank you for your insight and happy running!

Elizabeth Loughren  
[eloughren@temple.edu](mailto:eloughren@temple.edu)

## 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 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)

## Event and Program Directors

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

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).

### **LifeRUN 5k Trail Run**

Here's your opportunity to run cross country on the famous Portage Invitational Course. The LifeRUN 5k trail run is Saturday, May 30, 2009 at 9:00 am at Portage West Middle School. Proceeds benefit the operating expenses of Alternatives Pregnancy Care Center. Chip timed. Register online at [www.greatlakeschampionchip.com](http://www.greatlakeschampionchip.com).

## **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 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 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 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**

## **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

This year's Grand Rapids Half and Full Marathon is October 18, 2009 and KAR members receive a \$5.00 discount. Save by using 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](#)

### Gazelle Safari Training Registration is now OPEN!



Training for a fall full or half marathon? There is no better way than through the Gazelle Safari Training Program presented by Gazelle Sports and Kalamazoo Area Runners. Registration is now open for the [2009 Safari Full and Half Marathon Training Program](#). Full Marathon Training Program runs June 13 – October 10 and Half Marathon Training Program runs June 13 – September 19. Orientation will be held June 3, 2009 at 6:00 pm at the Borgess LEC Auditorium. Cost is \$100 for the marathon training program and \$125. *KAR Volunteer Program Applies*

### *Free to the Community* Post-Beyond Training Runs are Underway!

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:

**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

## 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.

The KAR Board is pleased to extend a warm welcome to the following new members: **Kyla Ledlow, Michelle Ostling, Heather Parker, Syed Raza and Joel Vanderkooi.**

## Marathon News

Spring Marathon season is in full swing and the results keep rolling in. Twenty-three KAR members participated in the **Boston Marathon** April 20, while many others participated in **Nashville, Glass City, Running Fit Trail** and **Kentucky Derby** Marathons April 25<sup>th</sup> and 26<sup>th</sup> combating the hottest weekend so far this year.

**Michael Sherrard** and **Bob Smola** beat the heat by finishing the Kentucky Derby Marathon; **Mike** in 3:24:50 and **Bob** in 4:53:11.

We have **John Shubnell** to thank for passing along the results from a very hot *Nashville Marathon* weekend! Our Nashville warriors trained with the SHufflers this winter; finishing in challenging conditions that were anything but Seasonal. Congratulations to all our Nashville finishers:

\* **Bolded** represents KAR Members

### *Half marathon*

Jessica Paris 2:28:31

**Vicki Hessen 2:22:08**

Adam Aulbach 2:09:29

Ted Crook 2:22:30

Pam Gordon 2:17:24

### *Marathon*

**John Shubnell 4:28:23**

**Frank Hui 5:15:30**  
**Dave Thierjung 4:37:35**  
**Maureen Miller 5:41:31**  
Rhonda Newhouse 4:51:53  
Sue Ann Mater 6:22:16  
**Angela Elhammer 4:56:56**  
**Katie Aulbach 4:42:50**

Marathoners participating in **Toledo's Glass City Marathon** the same weekend experienced similar conditions, with temperatures reported in the 80's at the time of finish. Local runners finishing were:

**\* Bolded represents KAR Members**

**Sarah Barton 5:08:19**  
**Natalie Dale 5:08:20**  
**Tara Fletcher 4:15:43**  
Robin Wagner 3:17:19

Not only did the participants in the **Running Fit Trail Half and Full Marathon** encounter, heat, but insane terrain tossed into the mix created one tough running adventure. If that wasn't enough, KAR member **Joel Pennington** created his own version of the Goofy challenge by running the **National City Half Marathon** Saturday, and the **Running Fit Trail Marathon** on Sunday. Making her trail marathon debut, **Heather Tanya** won her age division. Here are our local results:

**\* Bolded represents KAR Members**

Michelle Grevenstuk	4:11	Overall winner – female
Steve Trahe	5:01	
<b>Joel Pennington</b>	<b>5:10</b>	
John Martin	4:48	
<b>Heather Tanja</b>	<b>5:22</b>	<b>1<sup>st</sup> Place – age division</b>
Brenda Eddington	5:23	

We are passing this along from **Stephanie Sabin**. Just a quick note to let you know I ran the 6th annual **Salt Lake City Half Marathon** on Saturday, April 18th. The event featured a marathon, half marathon, 5K and bike tour with over 11,000 participants in all the events and over 4,100 in the half marathon. I had the pleasure of meeting and speaking with Dane Raushenberg, marathoner and author of "See Dane Run - One Man, 52 Weekends, 52 Marathons" at the expo. I came in at 1:48:40 on the course with incredible mountain views. I was the only female half marathon finisher from Michigan in a field of 2,544 women. I look forward to running more events this year after battling a couple of injuries that sidelined me from running for several months.

Dodging the heat wave that descended upon last weekend's events, Boston Marathoners experienced mild spring temperatures albeit a moderate headwind during the 26.2 mile route from Hopkinton to Boston. Our top KAR finishers were **Eric Blackwell** with a 2:51:07, and **Hannah Norton** with a 3:12:47 in her second ever marathon attempt. Congratulations to all our local Boston Marathon finishers.

\* **Bolded** represents KAR Members

<b>4101</b>	<b>Abbott, Brian P.</b>	<b>Portage</b>	<b>3:27:54</b>
<b>12105</b>	<b>Bertch, Russell A.</b>	<b>Otsego</b>	<b>3:34:17</b>
<b>1575</b>	<b>Blackwell, Eric</b>	<b>Kalamazoo</b>	<b>2:51:07</b>
18575	Bowman, Tammy L.	Saint Joseph	3:47:03
<b>9662</b>	<b>Boyd, Joanna G.</b>	<b>Kalamazoo</b>	<b>3:36:30</b>
<b>2926</b>	<b>Brooks, Kenneth H.</b>	<b>Portage</b>	<b>3:28:01</b>
20076	Clark, Dan	Marshall	5:13:40
13919	Cottingham, Kristin N.	Three Rivers	3:42:56
11700	Darienzo, Peter L.	Paw Paw	3:27:44
21091	DeLong, Kathleen J.	Augusta	4:37:52
26394	Flannery, Margaret L.	Paw Paw	5:01:57
<b>10638</b>	<b>Gallagher, John Hickory Corners</b>		<b>3:20:39</b>
<b>15677</b>	<b>Gaudard, Christine B.</b>	<b>Hickory Corners</b>	<b>3:46:02</b>
<b>13275</b>	<b>Gower, Peter R.</b>	<b>Kalamazoo</b>	<b>3:54:03</b>
18619	Griffin, Kathryn S.	Three Rivers	3:51:31
1431	Hoffman, Nathan D.	Plainwell	3:17:39
<b>16555</b>	<b>Hollis, Lauren A.</b>	<b>Kalamazoo</b>	<b>3:48:26</b>
1943	Hoover, Gregory R.	Kalamazoo	4:24:08
10512	Hutchins, Andrea L.	Saint Joseph	3:22:49
<b>17248</b>	<b>Jonas, Anjanette R.</b>	<b>Richland</b>	<b>3:46:05</b>
<b>16378</b>	<b>Jones, Chelsey M.</b>	<b>Kalamazoo</b>	<b>3:49:15</b>
14601	Keeler, Andy	Augusta	3:51:58
4966	Kelly, Scott P.	Marshall	3:18:17
<b>14807</b>	<b>Krone, Amy E.</b>	<b>Kalamazoo</b>	<b>3:41:21</b>
21514	Kusku, John A.	Kalamazoo	3:56:04
7766	Lakatos, James C.	Marshall	3:46:18
3450	Lubbers, Michael	Kalamazoo	3:28:32
<b>3952</b>	<b>Lumbard, Erin E.</b>	<b>Kalamazoo</b>	<b>3:17:12</b>
<b>9589</b>	<b>Morris, Don O.</b>	<b>Kalamazoo</b>	<b>4:50:19</b>
<b>18363</b>	<b>Neeb, Robin E.</b>	<b>Kalamazoo</b>	<b>4:19:23</b>
<b>11623</b>	<b>Norton, Hannah F.</b>	<b>Union City</b>	<b>3:12:47</b>
9937	O'Hearn, Michael	Saint Joseph	3:51:16
5374	Pfau, Karsten	Osnabrueck	3:11:22
8184	Pountain, Ricky S.	Marshall	3:27:33
<b>8423</b>	<b>Poznanski, Robert</b>	<b>Kalamazoo</b>	<b>3:29:20</b>
11433	Roberts, Keith E.	Augusta	4:24:08
25932	Schlukibir, Karie S.	Kalamazoo	4:46:01
8038	Scott, Sean	Vicksburg	3:22:21
<b>9174</b>	<b>Sexton, Bonnie E.</b>	<b>Mattawan</b>	<b>3:33:58</b>
9192	Shuler, Tamara	Constantine	3:39:18
<b>16969</b>	<b>Smith, Daniel B.</b>	<b>Portage</b>	<b>3:54:52</b>
<b>21295</b>	<b>Spaude, Karen</b>	<b>Richland</b>	<b>4:12:11</b>
<b>13715</b>	<b>Stoddard, Brenda L.</b>	<b>Schoolcraft</b>	<b>4:24:50</b>
<b>7573</b>	<b>Vanderkooi, Joel A.</b>	<b>Kalamazoo</b>	<b>3:29:55</b>

12604 Wesner, Douglas E. Coloma 3:39:48  
 6655 Zeeb, Peggy A. Colon 3:25:24

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



*National City Half Marathon finisher*

159 KAR Members participated in the 30<sup>th</sup> annual Borgess Run for the Health of It: 114 in the Half Marathon and 45 in the 5k. We made the claim that **Hannah Norton** was the new **Jen Shaffer**, and she proved us correct by stealing the show Saturday in the National City Half Marathon. **Hannah** ran a 1:31:02 to win overall female, just five days after running the Boston Marathon in 3:12:47. **Jen Shaffer** had performed a similar feat in 2007. **Russ Bertch** and **Karen Spaude** also ran Boston, and then five days later ran the Half Marathon in their quest to complete the Boston to Borgess challenge. **Karen** placed third in her age division. Other age division winners in the half marathon were **Francine Bangs 1st, Fred Colbert 1st, Brian Dobbie 2nd, Megan James 3rd, Glen Kellam 3rd, Ralph Meyer 3rd, Brendan Molony 3rd, Rick Motter 2nd, Kathy Neal 2nd, Hannah Norton 1st, Dick Phillips 2nd, and Joe Reitz 1<sup>st</sup>.**

In the 5k, **Bonnie Sexton** performed a modified version of the Boston to Borgess challenge by running Boston and five days later winning overall Masters female in the Borgess 5k. **Chelsey Jones** and **Ken Brooks** generated fast Boston to Borgess performances by taking 3<sup>rd</sup> and 2<sup>nd</sup> in their 5k age divisions respectively. Both employed by the fitness minded KVCC, Kal-Haven Trail Run Director **Terry Hutchins** won his age division, while **Mark Sigfrids** placed 2<sup>nd</sup> in his.

**Congratulations to all our National City Half Marathon finishers:**

Name	TIME
Francine Bangs	2:14:19

Russell Bertch	1:45:45
Carole Bolthouse	1:51:04
Don Bolthouse	1:41:26
Andy Boris	1:42:40
Carolyn Brammer	1:50:44
Mark Brammer	1:50:45
Alana Bredahl	2:25:41
Tim Bredahl	2:25:43
Dennis Brooks	2:27:01
Darla Brown	1:49:22
Kristi Buckham	2:08:32
Andrea Burke	1:53:18
Bob Byers	1:47:20
Brian Campbell	1:59:40
Jeff Cavanaugh	1:40:47
Meghan Childs	2:10:58
Sheila Clothier	2:01:49
Fred Colbert	1:35:40
Dennis Cooney	2:37:27
Tracy Cropsey	2:15:44
Jennifer Daoust	2:04:09
Larry DeFouw	2:18:03
Brian Dobbie	1:40:07
Steve Dougherty	1:37:50
Sherri Dutton	2:14:56
Julie Eilenberg	2:01:27
Kelly Elder	1:55:28
Peggy Fehn	2:12:59
Susan Fennema	2:12:59
Peter Fernando	2:27:24
Nicole Finn	2:12:14
Marty Foster	1:32:28
Gail Fredericks	2:28:16
Tycho Fredericks	2:07:24
LeAnne Fried	1:56:52

Teresa Fulcomer	2:24:21
Bill Gephart	2:02:45
Judah Gesmundo	2:44:55
Chip Hansen	2:05:41
Lisa Hansen	2:09:14
Darrell Harden	2:17:59
Lynn Hauptli	2:34:44
Carol Heinicke	1:57:33
Mike Hennessey	1:38:28
Susan Herschel	2:38:05
Dan Hill	1:45:07
Mary Homrich	1:56:49
Karen Hook	2:09:47
Brian Horvitz	2:04:17
Carrie Hybels	2:18:49
Megan James	1:44:09
Sheila Jeske	2:02:46
Jeff Johnson	2:08:38
Kevin Kane	1:42:52
Amelia Katanski	2:16:55
Glen Kellam	1:30:57
Angela Keyes	2:38:22
Ashley Kletke	2:23:32
Rachel Konieczka	2:36:19
Dan Korte	1:45:58
Lindsay Land	1:59:00
Dan Launt	1:47:41
Steve Leland	1:34:16
Lauren Levitt	2:30:42
Rob Lillie	1:35:41
Erin Lombard	1:41:02
Gayle Majeske	2:16:55
Amal Mansour	2:05:03
John McCash	1:58:30
Tim Meeker	1:50:19

Ralph Meyer	1:40:58
Brendan Molony	1:27:04
Patricia Montilla	2:06:14
Rick Motter	1:38:07
Kathy Neal	2:17:50
Phil Ni	3:12:27
Hannah Norton	1:31:02
John Olbrot	1:54:50
Teri Olbrot	2:47:05
Heather Parker	1:53:21
Joel Pennington	2:24:24
Dick Phillips	3:03:59
Rachel Pinnell	1:56:56
Jim Praeger	1:41:09
Anne Quinn	2:23:39
Karen Raseman	2:17:15
Joe Reitz	1:25:35
Steve Rice	2:00:53
Jacqueline Ripley	2:14:52
Sofia Ruelas	2:49:43
Greg Serkaian	2:12:32
Becky Shingledecker	2:25:57
Tim Sochor	1:39:20
Katie Soule	2:03:46
Karen Spaude	2:01:32
Rebecca Standish	2:24:23
Paul Stevens	2:07:25
Nancy Sundberg	2:10:49
Laurie Swaney	2:15:33
Christina Thomas	2:44:32
Matthew Trimmell	1:49:20
Brian Vanderberg	1:55:21
Nancy Vendeville	2:12:55
Brad Vincent	1:38:08

Jennifer Vorce	2:38:12
Adam Wade	2:02:50
Larry Wells	2:01:44
Sarah Willey	1:56:53
Myra Willis	2:28:41
Tracy Wilson	2:05:38
Sarah Yetter	1:56:11
Wayne Young	1:48:07
Eric Zeeb	2:12:49

**Congratulations to all our Borgess Run 5k finishers:**

<b>Name</b>	<b>TIME</b>
Kimberly Blackwell	0:41:54
Charlie Broberg	0:30:55
Kenneth Brooks	0:17:50
Don Browe	0:28:53
Joe Cekola	0:32:18
Katie Corstange	0:32:21
Phyllis Florian	0:32:14
Gary Gibson	0:27:33
Chaz Hook	0:23:45
Tori Hook	0:26:51
Terry Hutchins	0:21:04
Patrick Johnson	0:34:06
Chelsey Jones	0:22:53
George Jones	0:23:49
Laura Kasubowski	0:27:10
Shari LaBrenz	0:32:01
Jennifer Lindsay	0:29:27
Frank Maston	0:37:06
Sarah Matyczyn	0:28:33
Brian Molony	0:36:12
Alison Moon	0:32:07
Eric Nitz	0:38:37

Colleen Orwin	0:28:11
Michael Orwin	0:23:38
Emily Pearson	0:30:22
Peter Post	0:21:25
Syed Raza	0:28:08
Erin Ruth	0:28:34
Stephanie Sabin	0:24:33
Dan Sarkipato	0:30:21
Tim Scheffers	0:24:02
Bonnie Sexton	0:21:49
Michael Sexton	0:24:49
Amy Shaffer	0:29:53
Mark Sigfrids	0:20:48
Kim Solvik	0:29:39
Jody Stanley	0:30:36
Charie Swope	0:33:10
Scott Taylor	0:25:43
Dale Turton	0:21:33
Bob Visser	0:29:27
Bob Wallis	0:33:27
Lisa Wilder	0:28:35
Michelle Wyman	0:38:38
Rochelle Young	0:29:12

### 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.

### Volunteer News

Our Director of Technology Support, **Joe Hulsebus** has provided an update on the latest volunteer standings. **Natalie Dale** leads the volunteer efforts with 150 points only 4 months into the year. Could she establish a new volunteer points record in 2009? In second place is **Bob Smola**, and third is **Francine Bangs**. To date, 42 club members have volunteered for KAR events and programs. Check out the sidebar for some funtastic volunteer opportunities helping with the YMCA Healthy Kids Day Run.

<b>Name</b>	<b>Points</b>
Dale,Natalie	150
Smola,Bob	120
Bangs,Francine	90
Emenheiser,Tessa	70
MacDonald,Cindi	70
Rice,Steve	70
Richman,Rollin	70
Zeeb,Peggy	70
Abbott,Brian	50
Hutchins,Terry	50
Mann,Sherrie	50
Roach,Chris	50
Smith,Daniel	50
Walch,Dave	50
Zeeb,Eric	50
Hoffmann,Julie	40
Broberg,Charlie	30
Dettlof,Ken	30
Maston,Frank	30
Sigfrids,Mark	30
Bertch,Russell	20
Buffenbarger,Marty	20
Johnson,Pat	20
Rowe,Allie	20
Boner,Pam	10
Coyne,Tom	10
Florian,Phyllis	10
Harden,Darrell	10
Hulsebus,Lana	10
Maston,Addie	10
Mergen,Vicky	10
Morris,Don	10
Naegele,Elaine	10
Sabin,Stephanie	10

Sexton,Michael	10
Sochor,Tim	10
Stoddard,Brenda	10
Van Heest,Angela	10
Watts,Sherri	10
Webster,Tamara	10
Worden,Andrew	10
Zahnow,Chuck	10