

*Human beings are made up of flesh and blood,
and a miracle fiber called courage.*

– George Patton

November 8, 2009

www.kalamazooarearunners.com

The Kalamazoo Area Runners Rundown



Race Director Scott Taylor gives instructions to 369 runners as they await the start of the 2008 Thanksgiving Day Turkey Trot Time Prediction Run

The holidays bring a smorgasbord of fun themed social runs and events offering a fun venue to stay fit and connected with the running community. In addition, they provide the perfect opportunity to benefit local charities during a time of great need. Scheduled later this month, the 2009 Thanksgiving Day Turkey Trot Time Prediction 5k Run has taken on a fresh new look while maintaining the best of past holiday tradition. Scheduled for November 26, 2009 at 9:00 am (Registration and check in from 7:30 – 8:30 am) this year's event will be held at Portage West Middle School on the famous Portage Invitational Cross Country course. In what has grown to be an annual family tradition, the



Contents

Introduction	Page 1
Hot Club News and Events	Page 3
Run Around Gull Lake Begins November 7 th Run Around Gull Lake Thanksgiving Day Turkey Trot 5k Time Prediction Run Run Through the Lights 5k FUN Run Beyond Marathon Training Program Join the Kalamazoo Area Runners Facebook Group Kalamazoo Area Runners Connection	
Community Events & Programs	Page 7
Road Hawg Classic November 14 th WMU Turkey Trot 5k November 21 st Kalamazoo SHufflers Marathon Training Program	
Group Runs & Training Programs	Page 8
Wednesday Night Runs from Borgess Health and Fitness Wednesday Night Runs from Portage YMCA Wednesday Night LIVE Runs from Gazelle Sports	
Club Member Corner	Page 8
Grand Rapids Half and Full Marathon Detroit Marathon Volunteer News!	

Turkey Trot is free to the community. It is suggested participants donate socks for the Kalamazoo Gospel Mission, and/or toothpaste, toothbrushes, shampoo or a small toy for a child for the Portage Community Center. Participants may make optional cash donations or purchase a technical shirt via registration to benefit Kalamazoo Area Runners programs and events. Thanks to sponsor Agility Physical Therapy and Sports Performance we have partnered with a timing company to generate fast, accurate results. This isn't your typical race. As a time prediction run, the Turkey Trot allows the unique opportunity for anyone to win. The runner who finishes closest to their predicted time emerges as the champion. At the conclusion of the event, fun thanksgiving and KAR themed door prizes are distributed to the crowds. More information and online registration is available at [2010 Turkey Trot Registration](#).

Celebrate a week later as the Kalamazoo Area Runners partners with Gazelle Sports in organizing the festive 5k FUN Run Through the Lights. Starting December 3, 2009 at 6:30pm from downtown Kalamazoo Gazelle Sports, the Run Through the Lights is FREE to the community and features door prizes, prizes for Best Costume, Most Visible, Most Participants and oldest event t-shirt. Participants donate a nonperishable food item to Loaves and Fishes as their "entry fee." Participants receive 15% off merchandise (some exclusions apply from 5-9 pm. For more information visit [2009 Run Through the Lights](#).

New Year's Day wouldn't be complete without the John Daley Memorial One One Run, scheduled when else, but January 1, 2010. Twenty-seven years running and organized by Gazelle Sports, the event is an annual community tradition featuring a single loop 2.2 mile run or a double loop 4.4 mile run around Spring Valley Park. There are refreshments immediately following the run, and tons of door prizes. Proceeds benefit the Boys and Girls Clubs of Greater Kalamazoo. You won't want to miss Chris Crowell's famous rendition of Charlie Miller's Chainsaw, and the chance to winning the coveted mantel piece for a year. More information and registration can be found at [John Daley Memorial One One Run](#).

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



Cristi DeDoes wins Charlie Miller's Chainsaw at the 2007 One One Run as Heather Tanja looks on

Hot Club News and Events



Run Around Gull Lake Director Mark Sigfrids

Run Around Gull Lake Cast Off November 7, 2009

KAR Discount Sponsors continued...

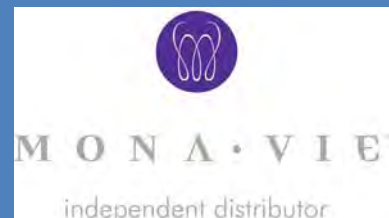
Universal Formulas

Universal Formulas offers KAR Members a 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> for more information. Use the unique promotional code to order products online.



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.

It is that time of year again! The KAR Run Around Gull Lake is held the first Saturday of November, December and January. Come join us for this scenic excursion for runners of all abilities at 7:00 am starting from the [Bayview Gardens Parking Lot](#), 12504 E D Ave, Richland, MI. Approximate distance around the lake is 11.5 miles. Runners can opt for a shorter out and back. Thanks to the efforts of Run Around Gull Lake Director **Mark Sigfrids**, hydration will be dropped. Social time afterwards at Fronas' café. For more information, please contact **Mark** at msigfrids@kvcc.edu.

Free to the Community! Thanksgiving Day Turkey Trot Time Prediction 5k Run



Family Fun at the KAR Thanksgiving Day Turkey Trot Time Prediction Run

The 2009 Thanksgiving Day Turkey Trot Time Prediction 5k Run is November 26, 2009 at 9:00 am (Registration and check in from 7:30 – 8:30 am). This year's event will be held at Portage West Middle School on the famous Portage Invitational Cross Country course. In what has grown to be an annual family holiday tradition, the event is free to the community. It is suggested participants donate socks for the Kalamazoo Gospel Mission, and/or toothpaste, toothbrushes, shampoo or a small toy for a child for the Portage Community Center. Participants may make optional cash donations via registration to benefit Kalamazoo Area Runners programs and events.

Participants pre-registering online by November 19 or via mail by November 16 have the option to purchase a quality technical long

Board of Directors

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Besrun2003@yahoo.com

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sleeve shirt featuring the new Turkey Trot logo (proceeds also benefit Kalamazoo Area Runners events and programs). The runner who finishes closest to their predicted time emerges as the champion. At the conclusion of the event, there will be fun thanksgiving and KAR themed door prizes. Click on [Turkey Trot Registration](#) for information and online registration.

Questions may be directed to Race Director **Scott Taylor** at sctaylor75@verizon.net.

VOLUNTEERS ARE NEEDED for the Turkey Trot Time Prediction Run. Earn 10 KAR points and have a holiday blast. Opportunities are progressive (you may select more than one) as follows:

SET UP

7:00 – 7:30 am Registration and Finish Line Set Up (6-8 Volunteers)

REGISTRATION

7:30 am – 9:00 am Registration (8- 10 Volunteers)

FINISH LINE

9:00 – Until Final Finisher Crosses the Line (8 Volunteers)

TEAR DOWN

10:15- Until Done (6-8 Volunteers)

To volunteer, please contact **Bonnie Sexton** at besrun2003@yahoo.com with your preferred time slots.

A KAR Volunteer Program Event

Free to the Community! Run Through the Lights 5k Fun Run!

Join Gazelle Sports and Kalamazoo Area Runners December 3, 2009 at 6:30 pm for the festive Run Through the Lights 5k Fun Run.

Beginning from downtown Kalamazoo Gazelle Sports, the Run Through the Lights is FREE to the community and features door prizes, prizes for Best Costume, Most Visible, Most Participants and Oldest event T-shirt. Participants donate a nonperishable food item to Loaves and Fishes as their “entry fee.” Participants receive 15% off merchandise (some exclusions apply) from 5-9 pm. For more information visit [2009 Run Through the Lights](#).

VOLUNTEERS ARE NEEDED for Run Through the Lights set up, registration and course directing. Earn 10 KAR volunteer points. Sign up via [Run Through the Lights Volunteer Registration](#) or contact **Carrie Hybels** at CHybels@Gazellesports.com.

A KAR Volunteer Program Event

Event and Program Directors

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

Jami 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

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

Tim Bredahl
Wed Night Borgess Health and Fitness
Center Runs
bredahl@charter.net

***Free to KAR Members!* Beyond Marathon Training Registration Now Open!**



Runners enjoy a scenic Saturday morning adventure through the Beyond

Travel throughout our galaxy as you experience your winter marathon training adventure! The Kalamazoo Area Runners Beyond Marathon training program blasts off with a Holiday Party and Orientation December 8, 2009 at 7:00 pm at the Borgess LEC Auditorium. Includes packet pick up upon arrival. The evening's festivities feature appetizers and dessert, orientation, an apparel clinic by Gazelle Sports, and our famous Yankee Swap Gift giveaway. Program runs Saturday, December 12 – Saturday, April 10 and includes formal Saturday morning long runs led by a team of mission commanders and pace leaders on a variety of courses throughout greater Kalamazoo, training schedules, a January 7 gait analysis conducted by K-Valley Orthopedics, and a year-end post marathon celebration. Registration and more information can be found by accessing the Beyond link at www.kalamazooarearunners.com. Contact is Program Director **Bonnie Sexton** at besrun2003@yahoo.com.

VOLUNTEERS ARE NEEDED for the Beyond Marathon Training program and Blast Off scheduled December 8, 2009 at Borgess LEC Auditorium. Earn 10 KAR points! We have the following opportunities:

- Set-up 5:30 – 7:00pm
- Registration, apparel sales and packet pick-up 6:30 – 7:15pm

To volunteer, please contact **Bonnie Sexton** at besrun2003@yahoo.com

PACE LEADERS ARE NEEDED for the Beyond Marathon Training program. We are currently in the process of filling spots for 7:30, 8:00, 8:30, 9:00, 9:30, 10:00 & 10:30 min miles. Earn 50 KAR points, a long sleeve technical shirt courtesy of Gazelle Sports, and enjoy a rewarding experience by sharing your passion for and knowledge of running with others.

Pace leader qualifications and expectations are:

- Able to commit to 13 of 18 weeks (with an emphasis on the first 4-6 weeks) December 12 – April 10
- Must have completed at least one marathon

- Able to attend the December 8, 2009 Beyond Orientation and coaches training immediately following (expect to stay until approx 9:30)
- Willing to email assigned pace group members
- Willing to provide bios, picture and contact information for the website
- Enthusiasm, enjoyment of encouraging others and willingness to run in a wide variety of winter weather conditions!

To express an interest or find out more about serving as a Beyond Pace Leader, please contact **Natalie Dale** at ndale16@gmail.com

A KAR Volunteer Program Event

Join the Kalamazoo Area Runners Facebook Group and Get Connected

Kalamazoo Area Runners has jumped on board the social networking bandwagon and now has an “official” Facebook Group. Get yourself added and get connected with your fellow club members and friends. Click on [Kalamazoo Area Runners Facebook Group](#) to get started. Please note there is an “unofficial” Facebook “friend” account created by rebel KAR Member Brian Molony as well. If you are a friend of the fictitious KAR friend, please make sure you join the “official group.”

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 *Roundown*. Email **Bonnie Sexton** at besrun2003@yahoo.com and we will include it in the following edition! Here is a great opportunity to get connected.

Running Community News

Road Hawg Classic 5k and 10k November 14, 2009

Run at the Battle Creek Air National Guard Base and experience a new dimension of road racing! The course includes two taxi-ways. Race Day registration is from 7:00 – 8:30 am and the race begins at 9:00 am. Online registration can be found at www.classicrace.com and/or download a brochure at [Road Hawg 5k and 10k](#)

WMU Turkey Trot 5k Run/Walk November 21, 2009

Now in its 46th year, the WMU Turkey Trot is scheduled Saturday, November 21, 2009 at 9:00 am. The event begins at the WMU Student Recreation Center, winds throughout campus, and finishes inside the building. This annual tradition is open to all WMU students, faculty, staff, alumni and members of the community. Come join the fun, and cheer on the young ladies for the Greater Kalamazoo Girls on Track Program who will also be participating in the event. For more information and to register online visit www.greatlakeschampionchip.com.

Kalamazoo SHufflers Marathon Training Starts January 2, 2010

The Kalamazoo SHufflers Marathon Training Program begins Saturday, January 2, 2010, and follows the Galloway method of training (run/walk). This is a great option for the first time marathoner or an experienced marathoner looking for a lower intensity approach to training. The SHufflers program is free to the community. For more information visit [SHufflers Marathon Training](#).

Boston Marathon Registration Numbers Ahead of Schedule

Attention Boston Bound! Registration numbers are ahead of last year's pace when it closed the end of January, the earliest close in the event's history. Organizers expect the 2010 Boston Marathon to reach its 25,000 cap even sooner. If you have your heart set on Beantown, don't delay in signing up at www.bostonmarathon.com. Also, most of the hotels near the start and finish area are already sold out through Marathon Tours. Check out [Marathon Tours Boston Marathon Hotel Form](#) to view current availability.

Group Runs that Rock

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

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. Contact **Tim Bredahl** at bredahl@charter.net for more information.

Volunteer Program Event

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. Contact **Andrew Vidor** at ajvidor@mtu.edu to be added to the email distribution and/or for more information. Please bring your own hydration.

Volunteer Program Event

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.

The KAR Board extends a warm welcome to new members **Dane Adams, Todd Alfes** and **Lindsay Howes**.

Grand Rapids Full and Half Marathon

What a perfect day it was for the Grand Rapids Marathon as more than 3000 runners crossed the finish line of the Half and Full Marathon, and many more the relay and October 17th children's marathon. Kalamazoo Area Runners was well represented with 61 finishers in the marathon and 36 in the half marathon. The new course was well received as it meandered through the city of Grand Rapids, and generated many first time marathon finishes, personal records, Boston qualifiers and age division award winners. In addition to our participants, there were many more KAR members out on the course volunteering and cheering; thanks to all for getting involved!

KAR Member **Hannah Norton** reached the elite ranks by winning the women's overall marathon title with a 2:58:51. Is it possible we have within our membership our first Olympic Trials candidate since Anne Flynn? **Peggy Zeeb** finished 2nd Master with a 3:18:17 and **Leslie Scheffers** landed first in her age group, generating a 3:19:12 for her marathon debut. **Jeff Layne** broke 3:00 hours his first marathon and placed 3rd in his age group with a 2:57:30. **Ralph Meyer** won his age division in 3:22:02 only a week after setting a new PR at the Chicago Marathon. **Megan Osterling** made her marathon debut by placing 3rd in her age group with a 3:29:13.

Other KAR age division award winners in the marathon were: **Eric Blackwell (2nd)**, **Bob Byers (1st)**, **Michelle Neel (1st)**, and **Bonnie Sexton (1st)**.

Of the 61 KAR finishers, 22 produced Boston qualifying times: **Russ Bertch, Eric Blackwell, Carolyn Brammer, Huns Brown, Bob Byers, Fred Colbert** (who also ran Chicago the week before), **Brian Dobbie, Steve Downard, Jeff Layne, Sherrie Mann, Pam McBride, Cindy Owen, Ralph Meyer, Michelle Neel, Hannah Norton, Megan Osterling, Bob Poznanski, Leslie Scheffers, Bonnie Sexton, Tim Sochor, Heather Tanja** and **Peggy Zeeb**.

Congratulations to all of our KAR 2009 Grand Rapids Marathon Finishers:

Name	TIME
Brian Abbott	3:54:52
Katie Aulbach	3:59:00
Bruce Barua	4:46:21
Russell Bertch*	3:31:38
Eric Blackwell* 2 nd Age Group	2:48:48
Carolyn Brammer*	3:38:46
Mark Brammer	3:21:48
Huns Brown*	3:08:46
Karen Budden	4:14:47

Bryce Buffenbarger	4:07:01
Roger Bush	4:10:43
Bob Byers* 1 st Age Group	3:40:06
Fred Colbert*	3:35:57
Dennis Conley	4:22:03
Patrick Conley	4:45:58
Sheila Cutshall	4:31:11
Natalie Dale	4:02:00
Brian Dobbie*	3:28:57
Steve Downard*	3:19:39
Tim Dubois	4:08:09
Casie Dussia	4:02:09
Sarah Eikelberg	4:43:56
Peggy Fehn	4:50:30
Teresa Fulcomer	4:25:46
Ryan Geers	3:20:32
Megan Hass	4:19:13
Susan Herschel	5:06:46
Carla Jasper	5:34:31
Angela Keyes	4:56:47
Dan Launt	3:39:26
Jeff Layne* 3 rd Age Group	2:57:30
John Louie	3:21:40
Ryan Lumbard	3:48:25
Sherrie Mann*	3:51:31
Pam McBride*	3:47:44
Kenzi McNally	4:49:47
Ralph Meyer* 1 st Age Group	3:22:02
Dave Morin	3:31:27
Robin Neeb	4:03:38
Michelle Neel* 1 st Age Group	3:13:35

Hannah Norton* Overall Female	2:58:51
Megan Osterling* 3 rd Age Group	3:29:14
Cindy Owen*	3:47:31
Heather Parker	3:50:11
Shelly Parkhurst	4:32:57
Peter Post	3:43:36
Robert Poznanski*	3:20:10
Jim Praeger	3:36:07
Steve Rice	4:19:24
Leslie Scheffers* 1 st Age Group	3:19:12
Bonnie Sexton* 1 st Age Group	3:28:18
Bob Smola Pace Leader	4:25:51
Tim Sochor*	3:22:26
Heather Tanja*	3:47:05
Jim Teeter	4:04:41
David Thierjung	4:03:29
Sarah Willey	3:59:33
Sarah Willsea	5:31:59
Julie Wojtaszek	3:54:52
Chuck Zahnow	4:18:23
Peggy Zeeb* 2 nd Masters Female	3:18:17

In the Grand Rapids half marathon, **Laurie Swaney** won overall female masters with a 1:26:23, while **Darla Brown** finished 2nd in her age division with a 1:45:08. Congratulations to all our Grand Rapids Half Marathoners:

Name	TIME
Jack Abate	2:21:56
Aaron Aulgur	1:56:41

Sarah Barton	2:27:13
Kenneth Brooks	1:28:47
Darla Brown 2 nd Age Group	1:45:08
Brian Campbell	1:56:48
Jennifer Daoust	1:55:29
Sherri Dutton	1:51:17
Tara Fletcher	2:27:13
Diane Ford	2:38:18
Joy Gardner	2:46:14
Judah Gesmundo	2:35:42
Shari Glaser	2:02:18
Amy Hughes	2:39:31
Tana Jackson	2:37:51
Kris Kling	2:14:45
Rachel Konieczka	2:51:56
Amy Korte	1:56:42
Dan Korte	1:56:42
Krista Larkin	2:15:19
Kyla Ledlow	2:18:19
Evie Linebaugh	2:30:38
Maria Nelson	2:24:42
Cris Nichols	2:02:15
Dick Phillips	3:15:17
Margot Poznanski	3:10:40
Kimberly Raab	2:22:59
Josh Roe	2:09:05
Stephanie Sabin	1:44:21
Mike Salvaggio	2:16:39
Elizabeth Slabaugh	2:07:53
Carole Stevens	1:57:13
Laurie Swaney Female Masters	1:26:23

Winner	
Christina Thomas	2:32:34
Joel VanderKooi	1:29:19
Adam Wade	2:02:04

Detroit Marathon Finishers

Kalamazoo Area Runners produced ten Detroit Marathon finishers including several first time “greenie” finishers. **Brandon Wise** qualified for Boston his marathon debut with a 3:07:24. **Darrell Harden**, and we think **Joshua Vandeburgh** both completed their very first 26.2. Also qualifying for Boston were **Jeff Domenico** and **Gale Fischer**. Congratulations to all our Detroit Free Press Marathon finishers:

Name	TIME
Eric Blackford	4:09:56
Brian Campbell	3:52:04
Jeff Domenico*	3:06:02
Michele Fabi	4:30:47
Gale Fischer*	2:57:34
Darrell Harden	4:38:08
Gayle Majeske	4:30:55
Joel Pennington	3:46:15
Joshua Vandeburgh	4:40:27
Brandon Wise*	3:07:24

Volunteer News

The year isn't over yet and 105 Members of the Kalamazoo Area Runners have volunteered for club events and programs. **Natalie Dale** maintains a strong lead with **Cindi MacDonald** 2nd and **Francine Bangs, Bob Smola** and **Peggy Zeeb** all tied for 3rd. With the Thanksgiving Day Turkey Trot Time Prediction 5k Run, Run Through the Lights and the Beyond Blast Off coming up, there are still more great opportunities to volunteer in 2009!

Name	Points
Dale,Natalie	230
MacDonald,Cindi	170
Bangs,Francine	140

Smola,Bob	140
Zeeb,Peggy	140
Vidor,Andrew	110
Zeeb,Eric	110
Mann,Sherrie	100
Walch,Dave	100
Emenheiser,Tessa	80
Richman,Rollin	80
Buffenbarger,Marty	70
Dobbie,Brian	70
Rice,Steve	70
Watts,Sherri	70
Boris,Andy	60
Geerligs,Wendy	60
Teeter,Jim	60
Tran,Jamie	60
Abbott,Brian	50
Bredahl,Tim	50
Buffenbarger,Bryce	50
Cropsey,Tracy	50
Hutchins,Terry	50
Lam,Blaine	50
Majeske,Gayle	50
Mayer,Matt	50
Roach,Chris	50
Smith,Daniel	50
VarnHagen,Kevin	50
Way,Judy	50
Boner,Pam	40
Dettlof,Ken	40
Hoffmann,Julie	40
Maston,Frank	40
Sigfrids,Mark	40
Broberg,Charlie	30
Fletcher,Tara	30

Harden,Darrell	30
Hintze,Ferdi	30
Rowe,Allie	30
Scheffers,Leslie	30
Sochor,Tim	30
Bertch,Russell	20
Boyd,Joanna	20
Coyne,Tom	20
Fulcomer,Teresa	20
Graber,Jen	20
Hulsebus,Joe	20
Johnson,Pat	20
Layne,Jeff	20
Mergen,Vicky	20
Oostveen,Hetal	20
Sabin,Stephanie	20
Sexton,Michael	20
Zahnow,Chuck	20
Baldwin,Cathy	10
Brammer,Carolyn	10
Buckham,Kristi	10
Cutshall,Shelia	10
Florian,Phyllis	10
Gardiner,John David	10
Hansen,Chip	10
Hansen,Lisa	10
Hare,Gordon	10
Heinicke,Carol	10
Heinicke,Ian	10
Hollis,Lauren	10
Hook,Karen	10
Hulsebus,Lana	10
Keyes,Angela	10
Korte,Amy	10
Korte,Dan	10

Kunkel, Terri	10
Land, Lindsay	10
Land, Trevor	10
Launt, Dan	10
Lindsay, Jennifer	10
Maston, Addie	10
Mishler, Jim	10
Morris, Don	10
Naegele, Elaine	10
Neel, Michelle	10
Nehil, Tom	10
Olbrot, Teri	10
Osterling, Megan	10
Rabineau, Kevin	10
Rolfe, Jane	10
Sexton, Paige	10
Sexton, Steven	10
Sherrard, Molly	10
Simmons, Matt	10
Stoddard, Brenda	10
Sundberg, Chris	10
Swope, Charie	10
Turton, Dale	10
Van Heest, Angela	10
Vandeburgh, Josh	10
Vendeville, Nancy	10
Webster, Tamara	10
Wise, Brandon	10
Worden, Andrew	10
Wyatt, Dale	10
Young, Kathy	10
Young, Wayne	10

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