

*Don't bother to be better than your contemporaries or predecessors. Try to be better than yourself. – William Faulkner*

December 6, 2009

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

## The Kalamazoo Area Runners

# Rundown



### *Holiday Spirit prevails at the Kalamazoo Area Runners Thanksgiving Day Turkey Trot Prediction 5k Run*

What a vision it was to behold as runners flooded the building and grounds at Portage West Middle School for the 2009 Thanksgiving Day Turkey Trot Time Prediction 5k Run. This year's event established a new participation record with 449 finishers, shattering our prior record from last year of 369. The Turkey Trot has emerged as one of greater Kalamazoo's most rapidly growing events thanks to overwhelming support from the running community.

Significant change was inevitable with the Turkey Trot's explosive growth and presence over the last few years. For 2009, Kalamazoo Area Runners introduced many exciting new changes including the formation of a planning committee to assist Race Director Scott Taylor in event organization, an event logo, online registration, the added services of a timing company, sponsor support and optional technical



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shirts, all while maintaining the option to participate in the event free of charge. Traditionally held at KVCC, the parking improvements at the Texas Township Campus created a last minute need to find a new venue for the event, with the cross country course at Portage West proving to be the ideal alternative.

We thank our participants and their families for so generously donating to the event's benefiting organizations. At the conclusion of the morning's activities we were able to load a pick-up truck full of socks for the Kalamazoo Gospel Mission, and toiletries and toys for the Portage Community Center. In addition, \$230 in race day cash donations was contributed to the Mission, and \$135 to the Portage Community Center. An additional \$53 in donations was contributed to KAR via online registration.



***Boxes full of donations for the Kalamazoo Gospel Mission and Portage Community Center line the hallway at Portage West Middle School***

The overall time prediction winner was Robert Crawford with an estimated finish time of 24:00 and an actual finish time of 24:00.07; a difference of only seven one hundredths. In 2<sup>nd</sup> place was Amy Krone with a predicted finish time of 23:00 and an actual time of 22:59.89, and in 3<sup>rd</sup> place was Lisa Koss with a predicted time of 26:26 and actual finish time of 26:26.24. Congratulations to all our Thanksgiving Day

## 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 7589 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](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)



### 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)

Turkey Trot Time Prediction Run Finishers. Full results are located at <http://michigancrosscountry.com/>.

The Kalamazoo Area Runners wishes to thank all participants, volunteers and sponsors for their generous support of the 2009 Turkey Trot Time Prediction 5k Run and for sharing their Thanksgiving Day with us. We also wish to acknowledge our sponsor Agility Physical Therapy and Sports Performance, as well as Harding's Friendly Markets-Portage Woodbridge, and Big Apple Bagels-Centre St & West Main for their in-kind support. With its sustained growth, we could not continue to offer this event free to the community without sponsor support. We hope you will consider coming out to participate, volunteer or support next year's event as part of an annual holiday tradition.

## Hot Club News and Events

### Volunteer Program Named in Honor of Pat Johnson's Memory



*Pat Johnson photographed during a winter long run in 2007*

## 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.

Gazelle Sports and Kalamazoo Area Runners are honored to announce the Volunteer Recognition Program has been named in memory of KAR Member Pat Johnson, who passed away November 21, 2009. The program will be titled the *Patrick Johnson Memorial Volunteer Recognition Program*.

Pat was not only an outstanding age group runner, but a dedicated KAR member and volunteer and a friend to many of us. In 2008, he was one of our volunteer program award winners, finishing in 2<sup>nd</sup> place with a total of 140 points. He ran the 2007 Boston Marathon, and won his age division in many local races during his involvement in the running community.

In 2006 KAR introduced the [Volunteer Recognition Program](#) as a vehicle to recognize and thank the many club members who volunteer their time and energy by contributing to the local running community through KAR events and programs. Volunteers assisting with a KAR organized or sponsored event or program are eligible to earn points towards a special gift and drawing held after the close of each year at the Annual Banquet.

The top three volunteers earning the most points during the course of the year are awarded a special gift and recognition. Ten additional volunteers have their name drawn from our special volunteer box to receive prizes. Gazelle Sports serves as program sponsor by providing the awards at the annual banquet each year.

Pat Johnson's obituary and guest book can be found at [Wallace Patrick Johnson](#). He will be missed in the running community, and we continue to remember his wife, Judy, and the rest of the family in our thoughts and prayers during this difficult time. We are privileged to be able to honor Pat's memory and create a legacy through the volunteer program.

### **Next Run Around Gull Lake is Scheduled January 2, 2010**

The Next Run Around Gull Lake is January 2, 2010 and will be incorporated into the Beyond Marathon Training Program. 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](mailto:msigfrids@kvcc.edu).

## **Board of Directors**

Bonnie Sexton  
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***Free to KAR Members!* Beyond Marathon Program  
Begins December 12!**



***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.

The program begins this Saturday, December 12, runs through 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.kalamazoorearunners.com](http://www.kalamazoorearunners.com).

**Online Registration and Technical Shirt order deadline is December 15, 2009.** For questions contact Program Director **Bonnie Sexton** at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.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

**Event and Program Directors**

Joe Hulsebus  
*Director Technology Support  
Club Series and Volunteer Tracking*  
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Steve Brown  
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Andrew Vidor  
*Wed Night Portage YMCA Runs*  
[ajvidor@mtu.edu](mailto:ajvidor@mtu.edu)

Tim Bredahl  
*Wed Night Borgess Health and Fitness  
Center Runs*  
[bredahl@charter.net](mailto:bredahl@charter.net)

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 *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.

## **Running Community News**

### **Garmin 305 Available!**

Is anybody interested in a Garmin 305 in perfect condition? First \$85 gets it. With charger, USB connect cradle, and extra strap. All training software, Garmin Connect, is downloadable on Garmin site. Contact **MJay Schoenfeld** at [mjschoenfeld@gmail.com](mailto:mjschoenfeld@gmail.com)

### **One One Run January 1, 2010**



### ***Giveaways are tossed into the crowd at the One One Run***

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. Join in as the

running community celebrates the start of a new year. A great run, a great cause, great giveaways and more. Information and registration can be found at [John Daley Memorial One One Run](#).

### **Portland Winter Run 5k**

Looking for a midwinter 5k? The Portland Winter Run is scheduled for Saturday, January 16, 2010 at 10:00 am at [Portland High School, Portland Michigan](#).

More information and online registration can be found at [Portland Winter Run](#).

## **Group Runs and Training Programs**

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

### **Kalamazoo SHufflers Marathon & Half Marathon Training Starts January 2, 2010**

The Kalamazoo SHufflers Marathon & Half 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 half or full 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](#).

### **Borgess Run Camp Registration is Now Open!**



The 2010 Borgess Run Camp features a brand new “On the Road Again” theme. Program runs Saturday, January 23 – Saturday, April 17 and targets the Borgess 5k and Half Marathon. Ideal for the brand new or experienced runner, Run Camp includes supported Saturday morning long runs, educational clinics, experienced coaches, trained team leaders, post run refreshments and more. An “Explanation of Borgess Run Camp” is scheduled Thursday, January 14, 2009 at 6:00 pm at the Borgess LEC Auditorium. Registration and packet pick-up is scheduled at Gazelle Sports Wednesday, January 20 from 4:00 – 8:00 pm. There will be information sessions on winter running and apparel at 4:00, 5:30 and 7:00 pm. For more information, visit [www.borgessrun.com](http://www.borgessrun.com).

BORGESS RUN CAMP IS RECRUITING TEAM LEADERS! Share your running passion and expertise with others. For more information contact **Blaine Lam** at [blainel@lamcreative.com](mailto:blainel@lamcreative.com).

### **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](mailto: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 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) to be added to the email distribution and/or for more information. Locations sometimes vary. 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](mailto: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](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 would like to extend a warm welcome to new members **Teri Koretsky, Eve Bingham, Bruce Johansing, Amy Crawford, Kernon Kibes, Nathan Gibes, Nora Gibes, Valerie Hyndman, Bud Morrow, Matthew Santner and David Seeley.**

## KAR Members to Compete in the USATF National Club XC Championships December 12

KAR members **Peggy Zeeb, Dave Walch** and **Bonnie Sexton** will be joining some of the best master's runners in the country as they race for Front Line Racing Team at the [USATF National Club XC Championships](#). The 2009 Championship race is held at Masterson State Park in Lexington, KY.

## Volunteer Acknowledgments

Thanks to all those volunteers who made the 2009 Turkey Trot a smashing success. With 449 finishers, it was an intense volunteer effort and we could not have done it without each and every one of you. We will need even more people to staff next year's event.

Serving on the Turkey Trot planning committee were **Darrell Harden, Bonnie Sexton, Scott Taylor and Brandon Wise**. Race Day volunteers from KAR were **Frank Hui, Andrew Visor, Mandy Pryor, Leslie Scheffers, Tim Scheffers, Peggy Zeeb, Eric Zeeb, Neil Zeeb, Michael Sexton, Steven Sexton and Paige Sexton**. Thanks also to the students from Galesburg Augusta High School for their volunteer support

Thanks to Director **Mark Sigfrids** for his efforts in coordinating the Run Around Gull Lake the first Saturday of January, February and March. Mark drops hydration early in the morning, and returns in time to send off the troops. Thank you **Mark!**

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