

*The greatest pleasure in life, is doing the things people say we cannot do. – Walter Bagehot*

December 20, 2009

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

## The Kalamazoo Area Runners

# Rundown

**MERRY CHRISTMAS AND HAPPY NEW YEAR! MAY YOU AND YOUR FAMILY CELEBRATE A JOYOUS HOLIDAY SEASON!**



*Charlie Miller's chainsaw awaits the dawn of a new year* Last

Saturday morning I was wandering around the basement of the downtown Kalamazoo Gazelle Sports store searching for the KAR tent and safety vests. As I walked around to the back, I noticed Charlie Miller's chainsaw sitting on the floor, silently awaiting the start of a new year. Still sporting the creative artistry of club member Karen Arrick, the chainsaw has evolved into an annual rite of passage, symbolic of both the promise and anticipation of the year to come, and memories of the past. Each New Year's Day, a new chainsaw "winner" is declared at the John Daley Memorial One One Run, and the legendary piece of machinery finds a new home for the coming year. The transition doesn't happen without Chris Crowell's famous



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rendition of the story behind the chainsaw, as he brings it to life during the post run celebration. The legend continues each year, with slight variations as often happens when tales are repeated over time.

The John Daley Memorial One One Run celebrates its 27<sup>th</sup> year as it ushers in 2010 with its 2.2 and 4.4 mile loop journey through Spring Valley Park. After the run, participants in the annual event are showered with toss outs and relive the legend behind the chainsaw. While the tale lives on through the event, so does the memory of another legend, John Daley.

Flashback to the year 1980, the inaugural year of the Borgess Run for the Health of It! Inspired by the Kalamazoo Klassic the year prior and fueled by the running boom of the late seventies and early eighties, John Daley conceived the race, recognizing the need for a major event in Southwestern Michigan. The event also served as a fundraising vehicle to raise money for the Borgess Medical Center Foundation, where John Daley served as Director. John and his team built the Borgess Run for the Health of It! into one of the largest running events in the state. In 1987, at its peak, the event drew 6,000 runners, walkers and wheelchair racers. The Borgess Run for the Health of It! also gained the attention of some big names. In 1983, Joan Benoit ran Borgess two weeks after winning the Boston Marathon.

In 1989, John Daley moved to Saginaw, where he served as President of the Saginaw General Hospital Foundation, and became involved in various civic projects. He continued to run as time permitted. Ironically, at age 60 his life came to an end doing what he loved to do most. Five years after leaving Kalamazoo, John Daley's dedicated service to the communities in which he served came to an end. In April 1994, John suffered a heart attack during a track workout. Nine days later on Easter morning, he passed away.

More than 15 years have passed since that fateful day, when Michigan lost one of its great running community leaders, yet his memory lives on through the John Daley Memorial One One run, and his work carries on through the organizers of the Borgess Run for the Health of It! As we celebrate a new year, the One One Run offers a perfect opportunity to reflect on the past that has created the vibrant running community we have grown to appreciate, and look forward to the promise of the future. Begin the first day of the rest of the year by making a resolution to embrace and promote a healthy lifestyle, whether it be as a participant, a volunteer or in leadership.

Ettwein, T. 1994. "Michigan Runners will miss John Daley." *Michigan Runner* (June):19.

## 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](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)

## Hot Club News and Events

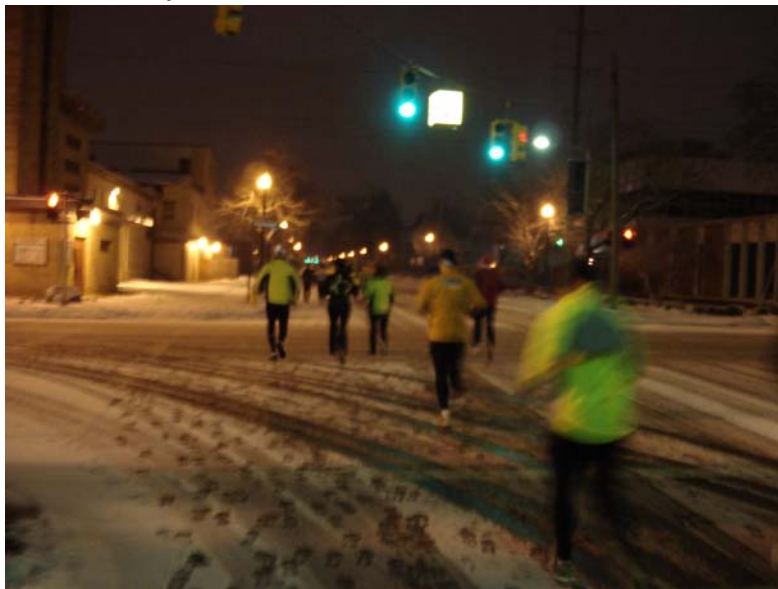
### Next Kalamazoo Area Runners Board Mtg is January 4

The next Kalamazoo Area Runners Board Meeting is January 4, 2010 at the Maple YMCA Chapel. As always, all KAR members are welcome to attend. For questions, please contact Bonnie Sexton at [besrun2003@yahoo.com](mailto:besrun2003@yahoo.com).

### 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. Social time afterwards at Fronas' café. For more information, please contact **Mark Sigfrids** at [msigfrids@kvcc.edu](mailto:msigfrids@kvcc.edu).

### *Free to KAR Members!* Beyond Marathon Program Is Underway!



*Runners leave footprints behind during a 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](#) runs through Saturday, April 10 and includes formal Saturday morning long runs led by a team of mission commanders and

## 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.

s-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](http://www.kalamazooarearunners.com). 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 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**

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

## **Board of Directors**

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

Julie Wojtaszek  
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***Chris Crowell retelling the legend behind Charlie Miller's Chainsaw***

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 at 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](#).

**The 2010 Athens Marathon, the 2500<sup>th</sup> Anniversary Run!**

We are passing this on from **Dan Sarkipato**...

2,500<sup>th</sup> Anniversary Run! You read that right. Oct 31, 2010 is the 2,500<sup>th</sup> commemorative run of the original Marathon by Pheidippides. There are a couple of web sites related to the event. This one connects you to a travel agency that does tours hosted by Jeff Galloway:

**Event and Program Directors**

Joe Hulsebus  
*Director Technology Support  
 Club Series and Volunteer Tracking*  
[Kar.bcurr@gmail.com](mailto:Kar.bcurr@gmail.com)

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

<http://www.athensmarathon.com/>. The actual marathon website is: [www.athensclassicmarathon.gr](http://www.athensclassicmarathon.gr)

If you are interested in this event, please let Dan know at: [dan@s-heights.org](mailto:dan@s-heights.org)

## 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! The Rundown editor abbreviated the full version of the run camp team leader recruitment letter, but to summarize, share your running passion and expertise with others. For more information and full requirements, 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.

### **KVW Winter Walking Class**

Kalamazoo Valley Walkers (KVW) is conducting its annual 10-week Winter Walking Class series:

Date: January 10th to March 14th at the

Location: Portage YMCA, 2900 W Centre Ave, Portage MI

Time: Sundays from 12:45 p.m. – 2:45 p.m.

The class is for all ages and levels of walkers and is conducted indoors with warm up drills, demonstrations, walking workouts, technique coaching and stretching. The training will benefit speed walkers, race walkers (both beginners and advanced), and fitness walkers. Competitors will learn or refine their technique to meet USATF and Olympic requirements for a judged race walk event.

The KVW coaches are Bill Reed, three time national USA Track & Field age-group Race Walker of the Year, and Thelma Fallows, USA Track & Field Race Walk Judge and Youth Coach. Both coaches, along with other members of KVW, are active competitors who place in both Michigan and National level races including Senior Olympics.

Registration fees for KVW and YMCA members \$54

Non-member fee \$64

Call the Portage YMCA to register beginning December 16th at 269-324-9622. For more information about race walking and KVW go to [www.KVWalkers.org](http://www.KVWalkers.org) and [www.Meetup.com](http://www.Meetup.com) (search for Kazoo Walkers).

Kalamazoo Valley Walkers is a 501c volunteer run organization and affiliate club of the USA Track & Field Association (USATF) and American Volkspport Association (AVA).

### **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 **Henricus Alkemade, Greg Johnston, Sarah Matyczyn, Danielle Swift** and **Cheryl Wesler**.

## **Run Through the Lights**

Based on information provided by **Carrie Hybels**....thanks **Carrie!**

With just over 300 participants, the 2010 Run Through the Lights had a spectacular turn out. Runners from around the community donated plenty of food for Loaves and Fishes. Barrels were overflowing and there was food stacked everywhere around them. There were some really cute costumes, the weather was perfect and it snowed at just the right time! This year Santa was working in Mall Plaza so he came out and cheered on the runners, adding an extra-special holiday touch. Thank you to Gazelle Sports, Kalamazoo Area Runners and all the volunteers who made this year's Run Through the Lights possible: **Deb Lewis, Laurie Swaney, Laurie's daughter Danielle, Bill Swaney, Hetal Oostveen, Steve Rice, Stephanie Sabin, Kenzi McNally, Tessa Emenheiser, Tracy Cropsey, Dan Klobucher, Dawn Williams, Marianne Orr, Frank Hui, Kaitlyn Byrne, Michelle Leeuw, Scott Taylor, Richard Schau, Jessica Wolfe, Devon Bailey, Chris Hybels, Lauren Hybels, Russ Bertch, Josh Hamilton, Kristine Kling, Kayla Kling, Dan Robinson, Addie Maston, Patricia Goff, Donna Oas, Sarah Christ, Becca Gadouas, Anna Riethman, Adam Wilkinson, Dominique Purins, Brendan Goethe, Joey Lautrup, Alex Standiford, Anne White, Osha Osborn and husband, and Kella Marnon.**

## **Beyond Marathon Training Volunteer Acknowledgements**

With 102 participants, the 2009 – 2010 Beyond Marathon Training Program blast off to a fantastic start thanks to the efforts of Team Beyond and the volunteer efforts of KAR members. Helping with the blast off party and orientation were **Cindi MacDonald, Terri Kunkel, Vicky Mergen, Sherri Watts, Rollin Richman, Natalie Dale, Bonnie Sexton, Francine Bangs, Brandon Wise** and **Russ Bertch**. Thanks to **Karen Spaude** for presenting the hydration and nutrition clinic, and **Rob Lillie** of Gazelle Sports for the winter apparel clinic. Serving as Team Beyond Mission Commanders and Planning Team members are **Bonnie Sexton, Marty Buffenbarger, Rollin Richman, Bob Smola** and **Natalie Dale** (also an S-Pace leader), as well as S-Pace leaders **Brandon Wise, Bob Poznanski, Leslie Scheffers, Dan Smith, Sherri Watts, and Theresa Fulcomer**. Thanks to our Day Sponsors for the first two runs; **Michael Nasuta** and **Sherri Watts**.

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

KAR members **Peggy Zeeb** and **Bonnie Sexton** joined some of the best master's runners in the country as they raced for Front Line Racing Team at the [USATF National Club XC Championships](#). The 2009 Championship race was held at Masterson State Park in Lexington, KY held on December 12, 2009. **Peggy** finished 16<sup>th</sup> in the women's 50-59 race, while **Bonnie** was 31<sup>st</sup> in the women's 40-49 race. Front Line placed 6<sup>th</sup> in the women's 40-49 team division and 4<sup>th</sup> in the women's 50-59 team division.

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