

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

Landrunner Mission: To support health and fitness of all ages through recreational running

February 2013 | Issue No. 202

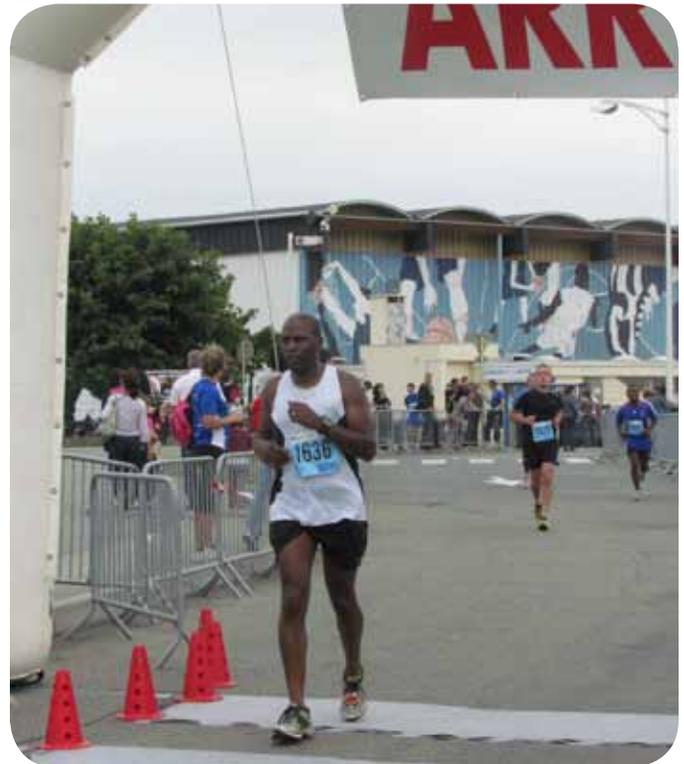
Tournefeuille Half Marathon - My First European Race

By Vincent Hodge

First off, I would like to thank my wife and family for allowing me to go. I would also like to thank my in-laws for being such great hosts. This vacation was going to be simple: learn French, run, read and relax. And in that order.

As I got over the jet lag, my sister-in-law took my niece and me to the park so I could get the lay of the land. My niece isn't a runner but she thought it would be nice to run with me and get out of the house for awhile. On our way home from the park, my sister-in-law showed me an advertisement about a race that would take place the following Sunday. This was a no brainer as I looked at it as a sign. How lucky could I be? To be on vacation and run a race, "WOW" was all I could say and yes, I'll do it. When I saw the advertisement, the race was for a 10K or Semi but I didn't quite understand "Semi" at the time. So I said that I'll do the 10K no problem and when we got home she told my brother-in-law to set up the details.

The next day I was off on my first run. The plan was to trace my way back to the park which was only a few miles away. I'm off and feeling pretty good about the upcoming race. But that was only in my head as my stomach was telling me another story. As I made my way to the park, I started feeling queasy and a simple eight mile run turned into a two hour walk about. Now my plans on running didn't quite seem so jolly. I began thinking; I hope I can get over



Vincent Hodge

this in time for the race as I didn't want to miss this opportunity.

While my brother-in-law was working on the details, he informed me that I needed to provide a "certificate of health" for the race or a license. Since I wasn't planning on running a race and for the most

See Tournefeuille, on page 8

And the award goes to...

Each February the club celebrates the individual running accomplishments of members who participate in the Series Races. Originally put into place to promote club participation in local running events, the Series Race program has evolved to be a friendly competition among runners. Whatever your running goal, the series becomes a personal challenge to run your best race, to beat your training buddy across the finish line, or to complete nine races and volunteer in at least one race.

Just for the record, here are some facts associated with the Series Race awards:

1. The awards presented to runners have varied since its inception.
2. One of most unique awards was the postage stamp. Unique because it could be used only once. <http://www.okcrunning.org/resources/newsletter/2006/200603march.pdf>
3. The two most recent race statisticians are Curt Ransom from 2000 – 2004, and Doug Cunningham who began keeping the records in 2004 and still serves today.
4. Kathy Moffitt and Linda Cason remain the two most faithful contenders in that they have received the award every year since its conception.

Referring to races, remember that the 2013 race series has already begun with the first quarter races already posted on the club web site. The first action to be considered for an award next year is to register! The second action is to race. <http://www.okcrunning.org/SeriesRaceList>

Mark your racing calendar for the March 2 Panera Jack Rector Beacon Run. The 2013 race will feature three distances, a 25K, 15K

and a 5K run. For those training for the OKC Memorial Marathon and half, this race fits perfectly within your training schedule. The race is walker /runner friendly, especially if you are attempting a 5K for the first time. <http://www.okcrunning.org/ClubEvents?eventId=580437&EventViewMode=EventDetails>

Periodically within the newsletter you will read articles about our members running and racing outside of the country. Be sure to check out the newsletter article by Vincent Hodge and his trip to France.

It is an honor to share important news regarding Camille Herron. Many of you will recognize her name from the newsletter, as she is a monthly contributor. Camille was recently selected by the Oklahoma USA Track and Field (USATF) delegation to attend the National USATF convention. This is the first time USATF has sent an internationally competitive athlete. Camille has been asked to serve on the Executive Committee for the National Long Distance Running Division and Women's Long Distance Running programs.

Additionally, Camille has been invited as an elite athlete to run the Two Oceans Ultra marathon (56K) on March 30 in Capetown South Africa. These are tremendous honors and exciting times for Camille. You do Oklahoma proud.

Last reminder, the first weekend of the month is "Show your Landrunner Colors." It is exciting to be running with the training group and see all the Landrunner shirts. Thank you for your support in making our organization more visible and welcoming to newcomers.

See you out running,
Gaile Loving
OKC Running Club President

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>
2/2	BALTO 5K
2/2	Groundhog 8K
2/9	Frigid Five*
2/16	Queen of Hearts 5K / 10K
2/16	Runderground 5K
2/18	Club Meeting
2/23	Cowtown Marathon \$
2/23	Tour de Santa Fe Bike/Run
3/2	Panera Beacon 5K* / 15K* / 25K*
3/3	A2A Marathon / Half / 5K
3/3	Little Rock Marathon
3/9	OK Heritage Land Run 5K /10K
3/9	OCU Run 2 Stop Distracted Driving
3/9	Sooner Spring Tune Up 5K/10K
3/10	Run Lucky 5K
3/16	St Paddy's Day 8K*
3/16	5k3way – Trail Run, Bike & Kayak
3/17	Strides of March Half Mar* / 5K \$
3/23	Wings to Fly 15K* / 5K \$
3/24	Earlywine Dash
3/30	Run Your Cookies Off 5K

* Denotes Series Races

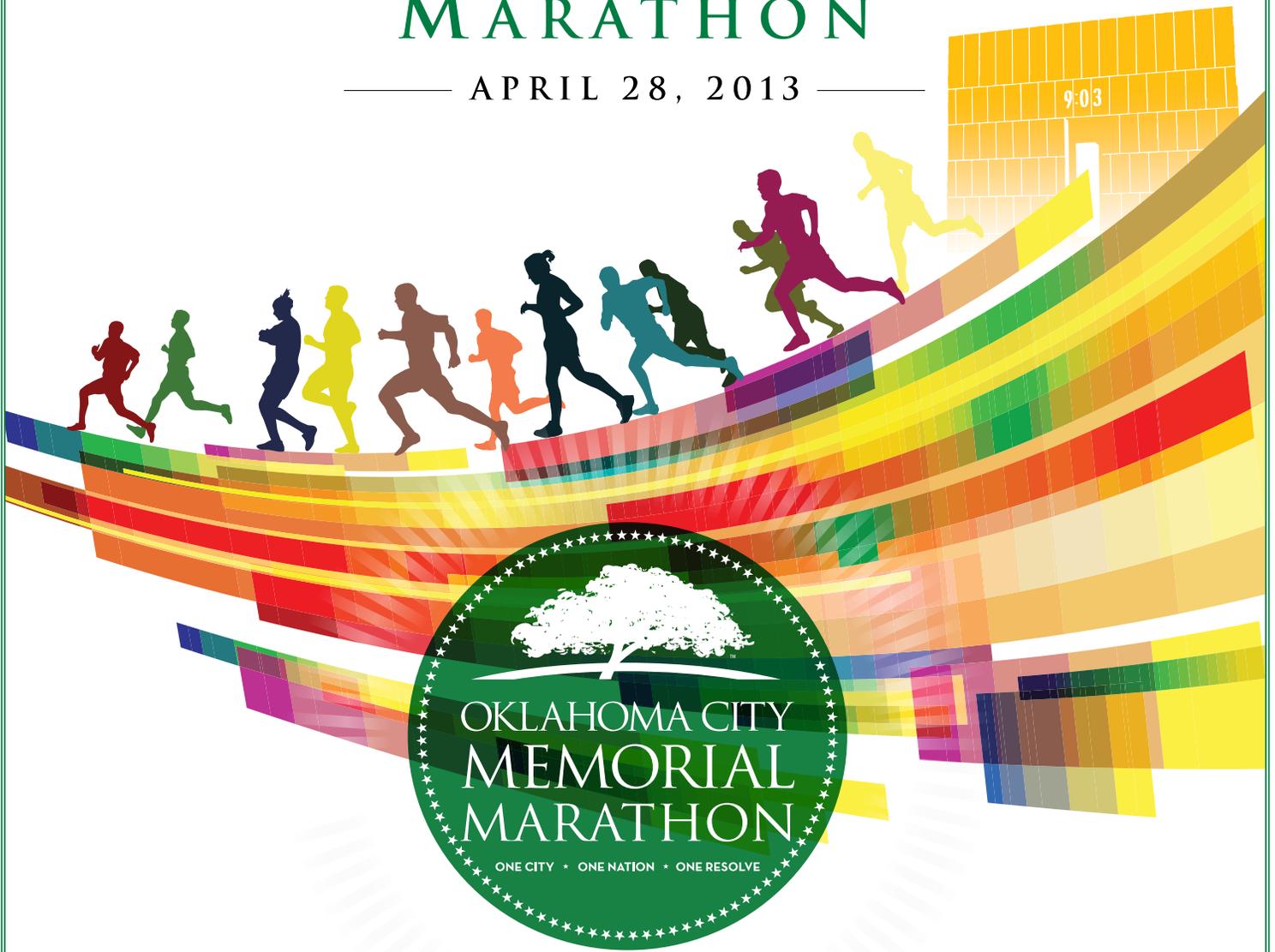
\$ Club members discount codes are listed on the Members only section @ okcrunning.org

Location/Time

Edmond's Mitch Park @ 9:00am
Lake Overholser Rt. 66 Park @ 9:00am
Edmond's Mitch Park @ 9:00am
Wheeler Park @ 9:00am
Cox Convention Center @ Noon
Kimray, 8 NW 42nd St @ 6:30pm
Fort Worth, TX @ 7:00am
Lake Hefner, S&S @ 8:00am
Lake Hefner, S&S @ 8:00am
Ardmore, OK @ 8:00am
Little Rock, AR @ 8:00am
1400 Classen Drive @ 7:30am
2501 N Blackwelder @ 8:00am
1401 Asp Ave, Norman @ 8:00am
Classen Curve @ 2:00pm
Lake Hefner E. Wharf @ 10:15am
3501 NE 10th @ 10:00am
Lake Stanley Draper @ 8:00am
Fort Reno @ 9:00am
5K* Earlywine Park @ 2:00pm
Edmond's Mitch Park @ 7:30am

THE THIRTEENTH ANNUAL
OKLAHOMA CITY MEMORIAL
MARATHON

— APRIL 28, 2013 —



RUN TO **REMEMBER**



OKCMARATHON.COM

Landrunners In Action

12/9 TUCSON MARATHON, AZ

KEITH FRATES 3:26:43
KARL RYSTED 4:28:32

12/9 DALLAS MARATHON, TX

ELIZABETH COOPER 3:12:27
KATIE KRAMER 3:15:01
JONATHAN MORRIS 3:17:50
SCOTT PLAFKER 3:42:58
PASCAL DEMEYER 3:45:47
KRISTOPHER BARLOW 3:51:31
CHARLES MCFARLAND 3:55:37
JOHN GONSHOR 4:02:14
JOSEPH WARFIELD 4:03:19
GARY GORBSKY 4:09:42
LAURA RUDNICKI 4:13:02
BLAKE THOMAS 4:18:20
ASHLEY MUNDT 4:22:56
RACHEL HECHT 4:23:02
ERIC WOODWORTH 4:24:15
REBECCA CUNNINGHAM 4:24:52
SHARON HALEY 4:26:42
JEFF WOLF 4:30:27
GLEN STANLEY 4:38:48
LUKE ABEL 4:45:27
KARL KROKSTROM 4:57:33
DYANI GIBSON 4:59:23
CHARLIE CROUSE 5:00:33
SARAH KNIEF 5:06:25
JOHN TASSEY 5:07:17
ANJI SPEARS 5:07:49
CATHY SULLIVAN 5:11:23
MIKE SULLIVAN 5:13:17
ROBIN COLLINS 5:21:05
RUSSELL COLLINS 5:21:05
CYNTHIA MITCHELL 5:22:29
BRENDA MARES-EARNHARDT 5:27:00
ROBERT GRAY 5:55:39
RAY VON SCHLAGETER 5:56:39
MARGO VON SCHLAGETER 5:56:41

12/9 DALLAS HALF MARATHON, TX

BRYCE BALENSEIFEN 1:48:31
PATTY BALENSEIFEN 1:48:31
JAMES DRAIN 1:54:31
KRISTIN MOLLOY 1:59:44
NELLITA SLUSHER 2:00:44
ALISON WOLF 2:02:29
RICK HADRVA 2:05:29
STACY COLEMAN 2:05:30
ZANE HARVEY 2:14:56
JEFFERY COOPER 2:15:00
KRISTI PERKINS 2:15:01
JEFF DETWILER 2:16:32
WILLIAM HICKMAN 2:19:48
CHRIS RUSLER 2:20:55
GAIL GONSHOR 2:36:40
JUSTIN LYNCH 2:40:27
KELLY SANDERS 2:42:02
RON STAKEM 2:59:00
KIMBERLY ESTORGA 3:00:28
MARK CUNNINGHAM 3:01:26
ELVIN LANE 3:04:30

SHANNON RICKARDS 3:15:44

SHERRY GIBSON 3:20:39

JEFF WRIKER 3:55:57

12/30 RUN FOR THE RANCH MARATHON, MO

AMY PANNELL 4:27:47

12/31 NEW YEAR'S EVE MARATHON, ALLEN, TX

ELIZABETH COOPER 3:08:50 – 1ST FEMALE
MATTHEW WILCOXEN 4:05:06
ADI McCASLAND 4:59:30
HOLLIE STUART 1:56:52 – HALF
WILLIAM HICKMAN 2:04:35 – HALF

1/1 NEW YEAR'S DAY MARATHON, ALLEN, TX

MATTHEW WILCOXEN 4:30:50
ADI McCASLAND 5:50:48
ELIZABETH COOPER 1:31:05 – HALF
JAMES DRAIN 1:55:44 – HALF
HOLLIE STUART 2:05:37 – HALF
LIZ BUSCHELMAN 2:28:49 – HALF

1/1 TEXAS MARATHON, KINGWOOD, TX

JENNY SAVOLD 4:59:34
MATTHEW MCBEE 4:59:34
RALPH BRECKENRIDGE 6:09:23
DEBBIE MCBEE 3:06:40 – HALF

1/5 MISSISSIPPI BLUES MARATHON, MS

CAMILLE HERRON 2:46:07

1/12 BANDERA 50K, TX

JIM WILLIAMS 7:38:49
AMY PANNELL 7:42:33
BRIAN JACOBSON 7:42:33

1/12 DISNEY WORLD HALF MARATHON, FL

BRIAN COLEMAN 1:57:26
KENNY DANNER 1:58:24
AMANDA SLAVENS 2:09:23
LINDIE SLATER 2:14:16
BARBARA HANSEN 2:14:19
AMY WISNIEWSKI 2:17:54
GENE SLAVENS 2:37:04
RACHEL HECHT 2:40:59
JENNIFER FLETCHER 3:20:05
LINDA DANNER 3:24:46

1/13 DISNEY WORLD MARATHON, FL

BRIAN COLEMAN 4:43:14 GOOFY
KENNY DANNER 5:02:14 GOOFY
LOU ANN KRATTIGER 5:37:52
MAGGIE KRATTIGER 5:37:52
JENNIFER FLETCHER 5:49:26 GOOFY
RACHEL HECHT 5:57:06 GOOFY
VIVIANA GONZALEZ 7:30:40

1/13 HOUSTON MARATHON, TX

DALLAS DALEY 3:53:37
KRISTIN MOLLOY 4:05:53
KATHRYN YOUNG 4:19:47
JIM TINCHER 4:37:11
JODI COLE 2:08:41 – HALF
KRISTI TURNER 2:16:38 – HALF
MARK JASSEY 2:24:51 – HALF
DANIEL MATHIS 2:33:43 – HALF
KELLY SANDERS 2:35:10 – HALF

If you don't see your results it could be you forgot to report them so send your results, photos and stories to news@okcrunning.org

WUOLFKY

LITTLE ROCK MARATHON

MARATHON - HALF MARATHON - 10K - 5K - KIDS MARATHON

03.03.13

presented by

Arkansas Democrat  Gazette

Arkansas' *Largest* Newspaper

LittleRock
CITY LIMITLESS

benefiting
LITTLE ROCK
  
Parks & Recreation

WWW.LITTLE ROCK MARATHON.COM



DO YOU KNOW SHANNON BROOKE VARENHORST?

I am a nine year old triathlete, runner, track and soccer player from Mustang. I have an older sister (Sarah, 14) and two older brothers (Johan, 12 and Larson, 11). In the future, I plan to contribute guest articles to our newsletter to address issues that pertain to running from a young runner's point of view.

My career started at Ironkids OKC in 2008. My family was at Lake Hefner and we saw them setting up for the race. I asked if I could do it. My Dad (Henry, you might see him running with me at training runs and races, he's my domestique) lowered my sister's bike seat and we bought new shoes with velcro since I couldn't tie my shoes yet. Even though I had several mishaps such as ripping the number off my shirt (why was that on there?) and losing a shoe on the bike ride and having to run barefoot, in August, I still came in third and I was hooked. To practice for the next year I started swimming more and got my own road bike, but what I really learned was that I love to run.

I started out with 5k's and have progressed to 8k, 10k's and, this year, I am doing my first half marathon. I like distance running more than sprints or track. After a few miles, I get in a zone and I feel like I could run forever. I've won a lot of medals but my favorite award was the Dr. Tom cup from the Triple Crown last year.

My favorite triathlon win was probably Ironkids Lawrence, Kansas in 2011. I smoked everyone on that huge hill coming up from the lake and won by 2.45 minutes. Since then, I do adult sprint tri's because I like the longer distance. I'd like to do an Olympic distance this year but need to work on my open water swims. My triathlon hero is Dr. Amanda Stevens Sadler. She's very nice and encouraging to me and is incredibly fast, especially on the swim. She inspires me!

My running hero is Katie Kramer. Katie doesn't run, she floats. I want to be as fast as Katie. Katie is always happy when she runs, like me. And she has a dog. My dog's name is Tri, short for triathlon. He comes to lots of races with me.

It's hard to pick a favorite race because each of them mean different things to me. Sometimes I am learning a new course or trying out a new strategy. Sometimes I just want to do better than last year or set a PR. Last year I did the last 10k relay leg for the OKC Memorial Marathon and I really loved running across the finish line!

My favorite place to train is Lake Hefner. I can bike and run on the trails and my pool is nearby. One of my brothers will ride his bike while I run and carry my water. Last summer I got a Trek Speed Concept pink and black bike, her name is Amanda, and I love the aero position and going really fast.

My goals are to go to West Point for college, win Kona, be in the Olympics, go to dental school to be a dentist and then be President of the United States. For fun I like to play recreational basketball, sing, shoot waterguns at my brothers,



Shannon Brooke Varenhorst

draw cards for friends and play with my puppy. I play competitive soccer for South Lakes and run track for Eastside Steppers. My short term goal is to meet my personal time goal in the Austin Half Marathon.

I love being part of the Landrunners because there are always running friends at races and it is more fun to train with a big group of people on Saturday mornings. I have met a lot of people who have helped me learn how to be a better runner. This last year my form has improved greatly and I am learning to create my own training plans and race strategy, based on the course, crowd and elevation changes. My mom says I have to be involved and chart my course so that I will always love to run and take personal responsibility for my success or failures. My favorite quote right now is this:

The will to prepare is more important than the will to succeed.

Most people want to win but it's the everyday practice that makes that possible. I am preparing for those hills in Austin. I am preparing for Kona in eight and a half years. What are you preparing for?



2nd Jewel in the 2013 Triple Crown Series
25K STATE CHAMPIONSHIP

Saturday, March 2, 2013

25K - 8:00 am 15K - 8:00 am 5K - 8:30 am

Entry Fee:

15K - \$35, \$25 OCRC Members, \$40 Race Day
25K- \$35, \$25 OCRC Members, \$40 Race Day
5K- \$26, \$21 OCRC Members, \$30 Race Day
19 & under \$15 any race, \$20 Race Day

Location:

Stars and Stripes Park
Lake Hefner, Oklahoma City

Prizes:

Overall Male & Female
Special Age Group Awards - 3 deep
Plus Fun Doorprizes

Registration:

Preferred Online Entries: www.okcrunning.org
(no processing fees)

Mail Entries to:

Race Director
P.O. Box 18113
Oklahoma City, OK 73154

Packet Pickup:

Friday, March 1, 2-7 pm
Panera Bread on NW Expy. (across from Integris)

Produced by:



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: racedirector@okcrunning.org



Tournefeuille *continued*

part American, I didn't think I needed one. I had never heard of such a thing like needing a doctor's note to run a race or a license. Now If I had planned on running a race, I guess I could have come up with some kind of proof that I was fit enough to run. He also told me that I would need to finish in 2-1/2 hours. At this time I figured out what a "Semi" was (a half marathon), so I said no problem again, still saying to myself I needed to get over this stomach issue.

The next day my brother-in-law told me that he had set up a doctor's appointment so I could get a doctor's note. I was thinking this is way cool that I get to try out some of this socialized medicine stuff. Well the day comes and we are off to see the doctor - first come, first served is how the doctor visit went. It was at the end of the day so we were expecting a long wait. However, we got lucky again and only waited 30 minutes. I got a mini physical - he checked my blood pressure, heart rate and listened to my chest and back for breathing. He also asked about other issues I was having and since my stomach was feeling better, I didn't need a prescription. And here's the best part, it was "FREE".

Now with note in my hand, we were off to register for the race. I am now thinking where could the race take place? How many people will show up? What's the shirt going to look like? We make it to the registration office and it turns out that the race would take place on the same course as my two hour walk about to the park and back. How convenient could this all be? As my brother-in-law paid for the race (\$20 US), I was thinking man this is cheap. \$20 for a half marathon - what kind of sponsors do they have? Also, the 10K was only \$15 and you got a tech shirt.

Here comes race day. The race started at 10 am which is very late by US standards but since the sun didn't rise until 8 am or so, I understood why such a late start. It was nice seeing so many runners the day of the race. Even though I couldn't understand what they were chatting about, I found it very amusing being there in the moment. I must say though, some European men must run races before they run races because you shouldn't be musty at the beginning of a race. I'm just saying. My brother-in-law asked what my finish time should be and I told him two hours.

Now we're off but I couldn't hear the gun go off due to me having a last minute potty break (ask me about the toilette less restrooms) and being so far back of the starting line.

The course was mildly flat and the crowd turnout was very good. The weather was superb. The organization of the race and the volunteers were great. They only had water on the course but that was fine by me. They also had pretzels and one amazing thing I didn't expect - sugar cubes. WOW, sugar cubes, that is a new one! As I made it to the finish line (2:03 finish time), they had the usual fruits and juices and a band but no medals. So I'm thinking, why are our races so expensive - is it because of the medals? As I ran, I got and gave encouragement to fellow runners. My brother-in-law was shocked that I nailed my finish time. He couldn't believe that I really enjoy running. Afterwards he was looking to sign me up for another race but time wasn't going to allow that to happen. I'll return to France again to run a marathon someday. I have had my eye set on the Paris Marathon for a while so in a couple of years I'll write about that one too.

3rd Annual
WINGS TO FLY
RUN
benefiting Children's Miracle Network Hospitals

MARCH 23, 2013
3RD ANNUAL WINGS TO FLY 15K/5K & MIRACLE MILE

EXPLORE HISTORIC FORT RENO

ENJOY FAMILY ENTERTAINMENT

BENEFITS OKLAHOMA'S KIDS

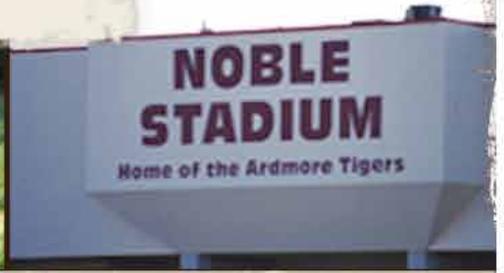
Register at OKCHF.org | for more information 405.271.9035

By participating you will help support Children's Miracle Network Hospitals, an organization dedicated to providing funding for pediatric research which in turn helps improve education and clinical care through the support of Children's Hospital Foundation.



A2A

ARBUCKLES to ARDMORE
RACE FOR MERCY
MARATHON / HALF MARATHON / 5K



Get ready.

You've never seen Ardmore like this.

03 March 2013

Benefitting the **Mercy Memorial Cancer Center**



www.a2amarathon.com

Lessons Learned from 2012

By Camille Herron

I learned a lot of lessons in 2012, whether because of freakish stuff happening or through trial and error of trying new things. As I joke, “The world needs crash test dummies.”

Shoes can sometimes be defective. I’ve found that regardless of brand, in about one in every five pairs of shoes there’s something defective, and that can mess with your feet and body. As someone who runs high mileage, I usually know right away when I come across a defective pair. This year I brushed off this defect, thinking a pair needed to be “broken in,” and ended up with a messed up ankle. If a shoe doesn’t sit flat on the ground (or rocks because it’s built crookedly), it’s going to ‘rock’ your feet. No pair of shoes is perfect, so it’s always best to rotate several pairs.

If you ever start to **black out in a race**, especially if it’s early on in a marathon, STOP! I’ve had several episodes over my entire athletic career (including Boston last year, in the heat) where this has happened. I’ve usually pushed through to the finish (usually in shorter races), but sometimes the end result isn’t pretty. I really thought this was a normal part of being an athlete – surely we all get fatigued or light-headed sometimes. In 2011, after it happened several times in both training and racing (I was getting chest pain/breathing problems/heart palpitations), I finally went to a doctor and went through heart/asthma/stress tests. There were mixed opinions on what was wrong, and the doctor said I needed to go to a specialist who studies athletes. I still don’t know exactly what’s wrong (my sister thinks it is vasovagal syncope, or low blood pressure, which she experiences too as a non-runner). I know my symptoms and know that I need to be mindful. If anyone ever experiences symptoms like this, go to a doctor and get it checked out!

If you start a new cross training activity (~strength training), be mindful of not doing too much volume/time and also accounting for the extra energy expenditure of the activity. I felt a remarkable difference when I started my lower body strength training routine last spring. My speed started to improve drastically and quickly. However, after four to six weeks, I started feeling energy-drained (like I could never eat or drink enough and was hungry all the time), and that was soon followed by body fatigue and breakdown. You can end up over trained from non-running activity. After re-consulting with Dr. Jason Miller, we decided the strength training volume was too much. Each session was taking

70-75 minutes. He cut the program in half (only 35-40 minutes per session), so the whole program is done over two weeks instead of one week. After I tweaked my hamstring at Grandma’s in June, I finally had to stop the program altogether and let my hamstring heal. Overall, it was a great learning experience – if anyone takes on a program like this, I highly recommend working with a professional who can develop a personal program, and be mindful of the added energy expenditure and body stress. It’s not worth doing if you could get hurt and feeling energy drained!

If you go to a foreign country, NEVER eat salad... and never accept a “hospitality salad,” even if it looks good! I never eat salad while traveling, especially since Conor got sick in his first marathon from a tainted salad. When the chef in Costa Rica brought us a “surprise salad,” I should have known better and politely declined eating it. There is nothing WORSE than having food poisoning while traveling in a foreign country!

Don’t run barefoot through a dandelion patch.... there could be BEES! A few days after they mow a park, the grass starts to sprout little flowers. Around mid-day when the sun is out, not only does it seem like ‘ideal conditions for running barefoot’ (soft, beautiful green grass... calling your name!)... but it also attracts BEES! I should have known better, since I went through this a few times in Oregon, but the grass looked irresistible. Who knew bees could take you out for a whole racing season?!

Overall, everyone can probably reflect back on their mistakes the past year and hopefully not repeat them again. These mistakes can make you both wiser, and help you formulate your resolutions for the New Year. Happy and healthy training to everyone in 2013!

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 7-time marathon winner; and, recently represented the US Team at the 2011 Pan American Games. She’s coached by her husband and OCU Head XC/Track Coach, Conor Holt. She holds B.S. and M.S. degrees in Exercise and Sport Science. She currently runs professionally for Marathonguide.com, Powerbar, Inov-8, 2XU, and Oakley, and serves as a volunteer assistant coach at Okla. City University. She can be contacted / followed via Facebook, Twitter, or through: www.camilleherron.com



February 23, 2013

TOUR de SANTA FE PRESENTS



the WARRIOR

RACE

'13

At Lake Hefner

Starting Line:
Stars and Stripes Park

SFHS DOUBLE WOLF DARE WEEK

Tour de Santa Fe 5K Run and 9 or 18-mile Bike Race
February 23, 2013 at Stars and Stripes Park on Lake Hefner

Come support Edmond Santa Fe High School's 18th annual
DOUBLE WOLF DARE WEEK

Proceeds from this event will benefit

"Warriors for Freedom Foundation"

9 and 18 mile Bike races start at 8:00 a.m. / 5k run starts at 9:30 a.m.

1 mile Fun Run/Walk starts at 10:15 a.m.

REGISTRATION WILL BEGIN AT 7:00 AM

COST: For Individuals:

\$25.00 for one event or \$35.00 for two events

Veterans & Current Armed Forces

\$15.00 for one event or \$25.00 for two events

To Register, visit dwdw.org

For any questions, please email Tourdesantafe@gmail.com or Call 405-726-7394



5k3way March 16

**A unique multi event race
 Trail Run, Trail Cycle, Kayak
 Relay & 2 Event Options**
www.5k3way.com
Registration Open



**Ultimate Mud Warrior
 UMW Aftermath
 April 20 & 21
 Extreme Mud
 Obstacle Challenge**
ultimatemudwarrior.com



Presented by

OKC
 Metro
 Alliance, Inc.
 www.okcmetroalliance.com



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Breaking News from the Race Committee

Another year has gone by and another race series has ended. This past year there were 90 OKC Running Club members who completed the Race Series challenge.

Races provide the enjoyment of friendly competition and camaraderie. Along with that, race series participants have donated through entry fees an estimated \$45,000 and performed approximately 800 plus volunteer hours. These dollars and hours went to some very worthwhile causes throughout the area.

Congratulations to all and be sure to attend the February 18th club meeting to accept your award. As a reminder, if you have not yet done so, register now to be a part of the 2013 Race Series.

Race Series Committee

We're hosting our 2nd Annual Strides of March Half Marathon and Dogwood Dash 5K!

Join us in promoting wellness and recovery within our community because healthy families stay together.

All proceeds will benefit our substance abuse recovery programs.

Date: Sunday, March 17, 2013
 Time: 8:00 am
 at Lake Stanley Draper
 8301 S.E. 104th St., Oklahoma City, OK 73165

Email: questions@stridesofmarch.com
 Register to race at: www.signmeup.com/85819

OKC Metro Alliance, Inc. is a not for profit, 501(c)3 company.

www.stridesofmarch.com

CAN YOU CONQUER THE GAUNTLET?



OKLAHOMA CITY
4.6.13

MITCH PARK, EDMOND, OK.

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MT Stress Fracture

By Tom Coniglione, MD

“The friends thou hast, and their adoption tried, grapple them to thy soul with hoops of steel, but do not dull thy palm with entertainment of each new-hatched unfledged comrade.”

In this quote from Hamlet, William Shakespeare’s words were advice to a young man who was moving from France to England. Or, was it England to Denmark? I’m sure someone will tell me.

How does Shakespeare’s admonition relate to runners? First, a short story of a runner who wanted to understand his foot fractures. Mr. B is an experienced middle aged runner and triathlete. During triathlons and running events he saw some people running in minimalist shoes. Interested in the concept, he did some reading, including a popular running book, and attended a clinic on running shoes.

After becoming convinced he too should wear minimalist shoes, he went through a several month long period of adjustment to his new shoes and gait. To adjust he alternated wearing his older, heavier shoes with his minimalist shoes. Over a period of months he totally transitioned.

He continued running and biking. After several months, at the end of July, he did a 40-mile bike ride followed by a tempo run. During the tempo run he felt a “pop” in his foot. He was diagnosed with a stress fracture and told to stop running for a month.

After a month he started running again. With successive runs he developed more pain in the foot: this time the pain was more in the middle of the foot. When he reached the point where he could not walk, he made a trip to Oklahoma City for some advice.

His foot structure was not which we would associate with being able to wear a minimalist shoe. There was swelling on the top AND bottom of his foot around the second metatarsal (MT) bone. On squeezing the foot, there was pain in the second, third and fourth MT bones: three bones that appeared to be fractured. How can that be possible? I’ve never seen three MTs fractured at the same time in one foot.

His foot x-ray was dramatic and confirmed the findings on exam. He had three stress fractures in his

foot: one that was healing and two freshly fractured MTs.

Minimalist shoe injuries typically involve the MTs, heel (plantar fascia), calf and Achilles tendon. Mr. B’s fractures were identical to those we reported in the August 2012 Landrunner Newsletter.

It is possible to build pads to take foot-strike impact off one of the MT bones. If pads relieve the pressure on the bone, sometimes the runner can continue to do some running while the fracture heals. This is what we do for stress fractures of the second or third MT bones. Pads do not help stress fractures of the first MT. In retrospect, someone should have offered Mr. B a pad.

After building several pads for Mr. B, it was clear there was no pad that would take the pressure off Mr. B’s fractures. Thus, he was unable to run for a few weeks.

When he returned eight weeks later he had no pain and the x-ray showed complete healing of the fractures.

Shakespeare’s quote was advice to a young man about choosing his friends: the friends you have who are tried and true are your real friends. Keep them close. Do not befriend anyone who has not proven himself to you. Runners are different and there were probably no runners in the 16th century or Shakespeare would have said it differently.

So, what is the link between Shakespeare’s quotation and Mr. B? If you have a shoe which has served you well, stay with it. Just because a shoe is popular, advertised or part of a trend, stay with what works well for you.

Perhaps I should abide by another quotation from Shakespeare also from Hamlet: *“Give thy thoughts no tongue.”* Considerate people often try to not say what they think. However, when runners are unnecessarily injured it is difficult to give these thoughts on tongue. Everyone should learn from Mr. B’s experience.

Run well.



**Sunday, March 24, 2013
at Earlywine Park
SW 119th & May Avenue, OKC**

**1 mile start time: 1:30
5K start time: 2:00
Kiddie Dash: 3:00**



Benefiting

Earlywine Elementary



Register today: www.ymcaokc.org see Events

Like us on Facebook 

Yoga Poses

By Jennifer Henry

Rabbit Pose – Moving from Child’s Pose with knees together, grab your heels and pull while lifting hips to stretch upper back. Do not do if this hurts

your neck! To maximize stretch, curl forehead to knees and gently roll toward crown of head.



Recipes to Run By

By Adi McCasland

Roasted Chicken

- 1 whole chicken (approximately 4-5 pounds)
- ½ yellow onion, finely chopped
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- 1 tsp minced garlic
- ¼ cup dry white wine
- 1 Tbs thyme leaves, plus extra for sprinkling
- 1 tsp olive oil
- Sea salt & fresh black pepper, to taste

- 1) Remove the giblets from the inside of the chicken, rinse the chicken, and pat it dry. Sprinkle the inside with salt and pepper.
- 2) Mix the onion, celery, carrot, garlic, wine, and 1 tablespoon of thyme leaves together.
- 3) Fill the chicken cavity with the vegetable mixture, reserving any leftover.
- 4) Place the chicken in a 9x13 baking dish, lightly brush with olive oil, and sprinkle with thyme, salt, and pepper. Spread the remaining veggie mix in the pan.

5) Bake at 350° for 45 minutes. Increase the oven temperature to 450° and roast for approximately 15 more minutes, until a meat thermometer registers 160° when inserted in the meaty part of the thigh.

6) Remove from the oven and let rest 10 more minutes before carving.

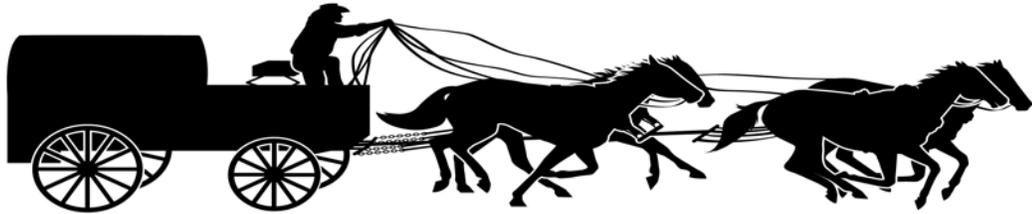
*Note: The vegetables, juices, and bones from the roasted chicken can be boiled down to make stock.



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Sunday March 10, 2013 1:30 pm

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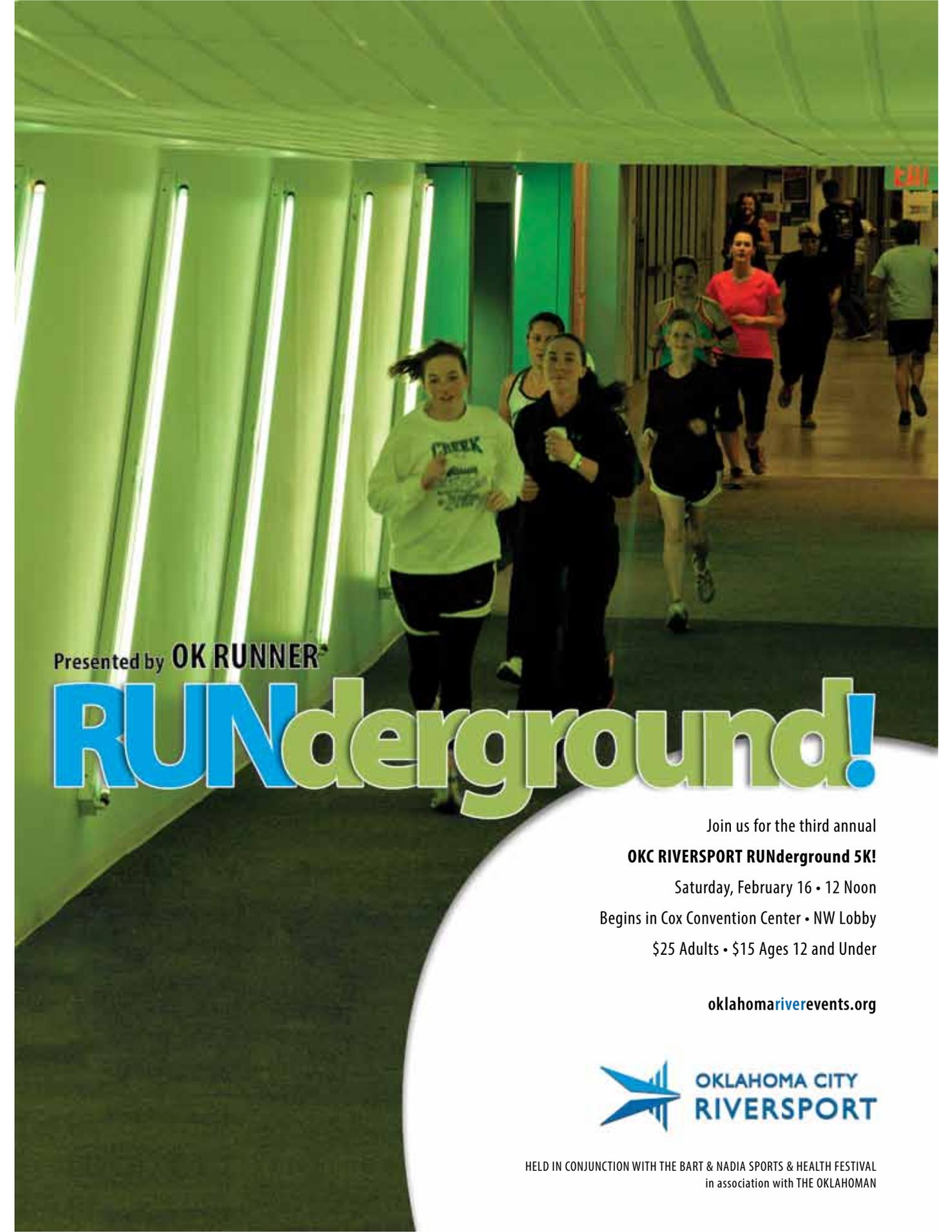
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HELD IN CONJUNCTION WITH THE BART & NADIA SPORTS & HEALTH FESTIVAL
in association with THE OKLAHOMAN

Saturday, March 9th

- ♣ 5:00 - 8:00 p.m. Early Packet
Pickup: Friday, March 8th
- ♣ 6:00 - 7:30 a.m. Check In
& Race Day Registration
- ♣ **8:00 a.m. 10K Race Time!!!**
- ♣ **8:15 a.m. 5K Race Time!!!**
- ♣ 9:00 a.m. Awards Ceremony
(directly followed by raffle)
- ♣ University of Oklahoma
1401 Asp Ave, Norman, OK



For more information and registration, follow the
'NFW&' link on: <http://cas.ou.edu/HES>



- ♣ USATF Certified Course
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Race Entry Form

Shirt Size: Small Medium Large X-Large 2X-Large

Name: First _____ Last _____

Gender: [M] [F] Date of Birth: _____ Age (on race day): _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail Address: _____ Phone: _____

Signature (Parent signature if under 18)

Date

Make \$20 check payable to **OU Foundation** and send completed form to:

Do not mail after March 5th. Entry on race day will not guarantee a shirt!

Attn: HESSA 5/10K
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On the basis of disability and accommodations please contact: Hilary Rae Wright at (405) 543-8656.

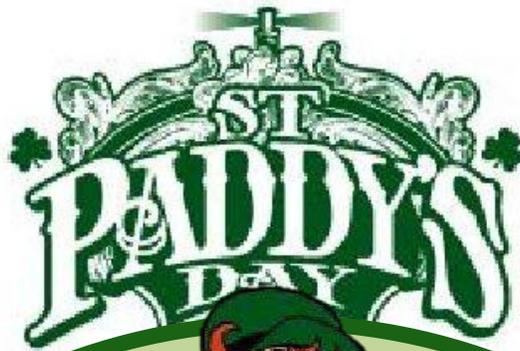
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For More info:

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**For Triple Crown
Register At:**

www.okcrunning.org before
2/7 or in person race day 2/9

**Presented by:
The Lynn Institute & Sean Cummings Irish Pub**

In Conjunction with:

Enduro Youth Sports & Heritage Hall Track & Cross Country

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Panera Jack Rector Beacon Run - 3/2/13

St. Paddy's Day Race - 3/16/13



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The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



Race Series Awards

Presentation

Monday, February 18, 2013

6:30pm

Kimray Conference Center

8 NW 42nd St, OKC

Check the club's website or Facebook page for more details and be sure to register for the 2013 Race Series.