

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2007 - Issue No. 139

## Landrunners and Redman Triathletes Unite

by Kresta Logan



Above: Linda Lekawski, Arnie Angelici, and Suzie Bostick greet one of the first athletes to make it to the Landrunners aid station.

On a bright, sunny, warm day in September, 28 Oklahoma City Landrunners participated in the RedMan Triathlon. Well, sort of.

The “great 28” served as aid station volunteers for what turned out to be a rewarding event for all involved. Working

four-hour shifts from 9 a.m. to well after midnight, the Landrunners led a successful aid station at the turnaround loop for the runners on the west side of Lake Hefner.

“Our station was actually in a great spot,” says Cara Rogers, co-captain of

the Landrunners station. “We had shade, easy parking access, and were in close proximity to make water runs fairly quickly.”

A welcome lull in activity came at

*See Unite, continued on page 4*

# Leaves Change Colors; New Board Members Elected

Where did the year go . . . ??? The weather is changing and Fall is finally here. That can mean only one thing . . . it's time for the FALL PARTY!!! We'll be headed back to the Arcadia Round Barn this year on Friday, November 16th. Look for the announcement in this newsletter or on the web site. We had 100 people show up last year and expect even more this year for great food, music, and fun with our running friends. Last year the ladies were overcome by the surprise appearance of "The King" himself, Elvis Presley. I have heard a rumor that there may be a surprise guest this year that will even out do Elvis, at least from the men's perspective . . . you'll have to be there to find out. So, get out your checkbook right now and send in your \$20 so you can join the fun.

At our October meeting the membership elected the 2008 board of directors. We have several directors, some of whom have served us faithfully for many years, who are retiring from the board at the end of 2007. They are: Jim Campbell, Don Garrett, Amos Harjo, Ron Kuykendall, Marie Breshears,

Sherri Rector, Evelyn Rowland, Dana Campbell-Sternloff, and Steve Sternloff. Their leadership will be missed, please thank them for all they have done for the running club when you see them.

New members elected at the meeting are: Terry Bass, Maurice Lee, Kresta Logan, Kevin Lynes, Adrienne McCasland, Jamie Pivniska, Cara Rogers, Richard Tate, and Frank Willis. Returning board members are: Suzie Bostick, Tom Briggs, Doug Cunningham, Linda Lekawski, Paul Lekawski, Bob Loving, Sam Loy, Chuck Mikkelson, Jane Pace, Bill Robinson, Jim Roblyer, Tracey Rose, Don Smith, Bill Snipes, Jodie Spielman, Frances Williams, and Ric Williams.

I look forward to seeing everyone at the Fall Party on the 16th.

Good Running to all,

Bill Snipes

## Upcoming Landrunners Meetings/Socials

| <u>Date</u> | <u>Meeting / Social</u> | <u>Location / Time</u> | <u>Speaker</u> |
|-------------|-------------------------|------------------------|----------------|
| Nov 16      | Fall Party!             | Arcadia Round Barn     | No speaker     |
| December    | Meeting                 | TBA                    | TBA            |

Landrunners Online: [www.okcrunning.org](http://www.okcrunning.org)

**Landrunners Fall Party**  
**Friday, November 16th**

**6:30 Social hour, 7:30 Dinner**

**Arcadia Round Barn**

**\$20 in Advance, \$25 at the Door**

***A Mystery Celebrity  
Guest will Entertain  
You Don't Want to  
Miss This!!!***

Special Thanks to our  
Landrunner RedMan  
volunteers:

Paul Lekawski  
Gary Yarbrough  
Brent Gaddis  
Linda Lekawski  
Marion Ramirez  
Kent Frates  
Mike Haeger  
Randy Ramirez  
Suzie Bostick  
John Callaway  
Katrina Wilson  
Adrienne McCasland  
Arnie Angelici  
Annette Wilson  
JoAnne Jackson  
Sharon Haley  
Cara Rogers  
Maurice Lee  
Kristin Ferrier  
Toby Rogers  
Christy Whiddon  
Chuck Mikkelson  
Emilie Rogers  
Bill Weeks  
Mary Mikkelson  
Bob Loving  
Kathy Moffit  
Kresta Logan

*“... the chunks of potato came flying from his mouth faster than the human cannonball at the Texas State Fair! Gross?”*

*Unite, continued from page 1*

around 1:30 p.m. between the last group of half distance runners and the first bevy of Ironman distance athletes. This was a welcome break for the volunteers who spent most of the morning in the sun, and were ready to indulge in some of the goodies brought by fellow Landrunners.

But soon the full distance athletes began to make their way to the Landrunners station, and as the air began to cool off somewhat, the day became even more enjoyable ... at least for the volunteers!

It was about that time when we met a runner who mistook the boiled potatoes for peeled apples. As he took the loop to head back south, we were too late to explain what he had just eaten ... the chunks of potato came flying from his mouth faster than the human cannonball at the Texas State Fair! Gross? Yes! But funny? Absolutely! He took the snafu in stride (pun intended) as we assured him that on his next trip back to the loop we would hide the potatoes!

I tried to encourage one Ironman distance bloke for the jolly old United Kingdom that if he would give the RedMan another chance next year, we may be lucky enough

Below: Landrunner volunteers (back row): Arnie Angelici and Bill Weeks; (middle row): Chuck Mikkelson, Mary Mikkelson, Kristin Ferrier, and Kathy Moffit; (front row): Kresta Logan, Sharon Haley, and Adrienne McCasland.



to have some cooler weather. I'm not quite sure he believed me ... but hey! It was worth a shot.

The sun gave way to dusk at about 8 p.m., followed by a permanent shut off in our lighting set up. But the total darkness didn't trip up the Landrunners or the triathletes, for that matter. Volunteers scrambled for glove compartment flashlights to help illuminate the trail for runners heading our way, while others pulled their cars up to shine light on the aid station table. How's that for resourceful?

And finally, long after the midnight cut off, robo-volunteer Bob Loving was able to pack it in and go home. Bob made the vow to stay until the last runner was headed to the finish line (which was sometime around 3 a.m.!). Way to go, Bob!

Thank you to everyone who took time out of their Saturday to join the fun (and to webmaster Bill Goodier for posting the call for volunteers on the Landrunners home page). And be sure to give a special shout-out to Landrunner Jamie Pivinska, who rode to glory in the bicycle portion of the half distance relay!

Be sure to mark your calendar for the 2008 RedMan Triathlon: Saturday, Sept. 20!

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Right: Arnie Angelici preparing for surgery ... or to cut up more fruit?



# A Pain In The Heel

by Dr. Tom Coniglione

Pain in the heel is like pain in the knee – there are many possible causes. As much as possible we try to define the exact area of pain. Usually the pain is exactly over the area of injury.

Unfortunately, early into an injury the pain is usually spread out over a large area. As the injury progresses it becomes more concentrated over the injured area. Therefore, at times, early in the course of an injury, it is not possible to identify the exact structure injured.

Heel injuries typically begin with this same pattern: diffuse pain the gradually becomes localized to one area. Heel pain can be due to several different problems.

We can have pain on the bottom of the heel which is worse in the morning: typical plantar fascia pain. Pain in the back of the heel, at the base of the Achilles, can be Achilles pain or pain from

the bone (calcaneus) located in that area. Also, a bump may appear in this area – that's another problem.

Finally, there can be pain of the bone itself – not good. Bone pain usually means there is a bone injury: likely a stress fracture. If an examiner can reproduce the pain by compressing the calcaneus, we are likely dealing with a stress fracture.

For some reason, odd injuries come in groups of 3. When I see 2 stress fractures in a short period of time, a third will come in shortly. Last week, the third stress fracture of the calcaneus appeared.

Here's an extra credit question. What does the crease on the bottom of the foot represent?

Post your answer on the Landrunners website or wait until next month's newsletter.

# Risks of “Acute Myocardial Infarctions” (AMI) and “Sudden Cardiac Death” (SCD)

by Warren E. Jones

You may have heard of the recent sudden death of a spin instructor at a fitness facility in Oklahoma City. While I did not know the gentleman, and while I certainly do not know the cause of death, I want to remind you that along with the benefits that come with exercise, of which there are many, come risks of “acute myocardial infarctions (AMI) and sudden cardiac death (SCD).”

Almost coincidental with the recent tragic event came the publication of the Joint Position Statement of the American College of Sports Medicine and the American Heart Association on “Exercise and Acute Cardiovascular Events: Placing the Risks into Perspective,” appearing in the most recently published “Medicine and Science in Sports and Exercise.” The journal arrived in my mailbox after the loss of the instructor. The multiple erudite au-

thors, physicians and research scientists were of course totally unaware of the loss of one of our fellow athletes, their having composed the Position Statement months ago. The lateness of the Position Statement, at least for one vibrant, but now gone, person, is, though, for you and me..... timely.

Among many findings or conclusions in the Joint Position Statement relevant to the recent tragic event was the description of the common distressing phenomenon of the ignored “prodromal” symptoms, i.e., symptoms prior to the actual AMI or SCD. The Position Statement reports that among adults who died during exertion, 50 percent of joggers, 75 percent of squash players, and 81 percent of “distance runners” had probable cardiac symptoms before death. Most reported these symptoms only to relatives, and few sought medical attention. We don’t know with certainty, but those who died may have ignored or not adequately evaluated their symptoms in the MISTAKEN belief that high levels of fitness protect against, rather than only reduce, the risk of cardiac disease.

Men and women can experience similar, but also very different symptoms when a heart attack strikes.

## Warning Signs for Women:

Cold sweats; Jaw pain, pressure, or numbness; Excessive sudden fatigue; New pain or pressure in the neck or upper back; Chest pain, pressure, or fullness; Shortness of breath; Pressure or fullness in the upper abdomen; Nausea or feeling of lightheadedness

## Warning Signs for Men

Shortness of breath; Chest discomfort; Upper body discomfort in the shoulders, neck, or arms; Dizziness; Sweating or nausea

Any of the above symptoms that disappear with rest, then return with exertion

So, here’s the lesson we learn from the untimely death of our fellow athlete: listen to your body, and communicate not only with your significant other. Communicate with your Health Care Provider.

Our fellow athlete’s untimely death may save many lives. I hope so.

*SAVE THE DATES!*

## Triple Crown of March Racing

**Saturday, March 3, 2008**

**Saturday, March 10, 2008**

**Saturday, March 17, 2008**

The first three Saturdays of March, 2008

# Could This Be Your Ideal 5K Pace?

courtesy Warren E. Jones

There seems to be a large amount of running lore out there telling us how “best” to pace ourselves in a race. The conventional wisdom is that one should attempt to “husband one’s reserves” in order to have a kick at the end of a race.

In a recent issue, though, of *The Journal of Strength and Conditioning Research* (the official journal of the National Strength and Conditioning Association...the lead institution in certifying collegiate conditioning coaches), investigators from the New Hampshire Exercise Physiology Laboratory conducted a study which gives us guidance as to the IDEAL race pace. The subjects in the study were 11 moderately trained women distance runners. Nine of the 11 participants were current or previous members of an NCAA Division I women’s cross country team.

The investigators initially determined the best 5K performance of each of the 11 women and then calculated the pace per mile for that 5K distance. Then, over a multi-week timeframe, the investigators had each of the 11 participants run the initial mile of a 5K at one of three different speeds, either...even to, or 3% faster than, or 6% faster than... the best 5K mile pace. For the remainder of the race, the runners were allowed to freely adjust their pace to complete the 5K time trial “as quickly as possible.”

For all three time trials for each of the 11 participants, metabolic variables were measured ...as well as rate of

perceived exertion.

Given the conventional wisdom of starting a race conservatively, the surprising finding was that the fastest time for eight of the 11 subjects resulted from the 6% trial, i.e., for the participants who ran the first mile at a pace 6% faster than her race pace for her best 5K distance, and the other three subjects’ (of the 11 subjects) fastest times resulted from the 3% trial.

As you might expect, the pacing of the 6% runners and the 3% runners became slower and slower in the second and third mile, but, even so, produced faster times than the even pace participants. The pace of the even participants, as you would expect, increased in the second mile and in the third mile, but not enough to allow the even pacers to catch the times of the 3% and 6% trials.

One final interesting point. At least among the 11 participants (who, again, were collegiate Division I cross-country competitors), during the pilot work of the study, when the runners started the first mile of the 5K time trial at a pace greater than 6%, they were unable to complete the 5K race, cramped and nauseated. So, it looks like we need to be careful not to exceed a 6% increase in our first mile in order to be able to complete the 5K distance.

## “Aesthetics” Shouldn’t Be A Concern

by Bill Snipes

I recently received an email inquiry from Randy, buddy of mine in Little Rock, who was having an ethical dilemma. Being the dutiful friend that I am I solicited advice from some of my running buddies in order to be able to provide him with some direction.

His question was this: When the New Balance store loans you a new pair of shoes to try out...should you clean the dog sh#% out of the tread before returning them?

My dear friends provided me with a variety of responses ranging from “Is this a joke” to “Call the store and see what they say”. But, my favorite was submitted by Jamie Pivniska who wrote:

“I would suggest not. While shopping for the perfect pair of running shoes, the dedicated runner should not be concerned regarding aesthetics. The presence of excrement on a pair of potential purchase would only separate the true runner from the “jogger”. I would think the proprietor would benefit as he would continue to establish good rapport for the individual for whom price is truly not an objective, only the perfect running shoe. :-)”

Spoken like a true athlete!

# Oklahoma City Running Club Race Series

2007 Series Standings ( As of Juke Joint Jog, held October 13 )

NOTE: NEW SCORING SYSTEM, AMONG CLUB MEMBER FINISHES, 10 PTS 1ST PLACE, 9 FOR 2ND, 8 FOR 3RD, ETC. ONLY TOP TEN RACE SCORES ARE ADDED UP FOR EACH RUNNER; AWARD ELIGIBLES GET PLACED FIRST IN STANDINGS

| Name                     | Score | # of Races | Name                    | Score | # of Races | Name                | Score | # of Races | Name            | Score | # of Races |
|--------------------------|-------|------------|-------------------------|-------|------------|---------------------|-------|------------|-----------------|-------|------------|
| <b>FEMALE AGE GROUPS</b> |       |            |                         |       |            |                     |       |            |                 |       |            |
| <b>0-8</b>               |       |            |                         |       |            |                     |       |            |                 |       |            |
| none                     |       |            | Cristin Snyder          | 12    | 2          | Allison Palmer      | 9     | 1          | Kathy Barkocy   | 10    | 1          |
|                          |       |            | Katrina Lacher          | 10    | 1          | Christina Lindstrom | 9     | 1          | Pepper Mueller  | 8     | 1          |
|                          |       |            | Debbie Wells            | 10    | 1          | Elizabeth Lance     | 8     | 1          | Melanie Harding | 7     | 1          |
|                          |       |            | Holly Lee               | 10    | 1          | Angela Sholar       | 7     | 1          | Brenda Gillen   | 5     | 1          |
|                          |       |            | Pam Cook                | 10    | 1          | S. Wasserman        | 7     | 1          |                 |       |            |
| <b>9-12</b>              |       |            | Stephanie Shroeder      | 8     | 1          | Sherri Evans        | 6     | 1          | <b>55-59</b>    |       |            |
| Cara Romannose           | 70    | 7          | Cathy Flaming           | 7     | 1          | Susan Bernard       | 5     | 1          | Sandy Pace      | 85    | 10         |
|                          |       |            | Jennifer Han            | 7     | 1          |                     |       |            |                 |       |            |
| <b>13-15</b>             |       |            | Kelly Walworth          | 3     | 1          |                     |       |            |                 |       |            |
| Allison Swyden           | 10    | 1          | <b>45-49</b>            |       |            |                     |       |            |                 |       |            |
|                          |       |            | Mary Mikkelson 100 13   |       |            |                     |       |            |                 |       |            |
| <b>20-24</b>             |       |            | Sharon Haley 95 13      |       |            |                     |       |            |                 |       |            |
| Megan Schrader           | 30    | 3          | Marcia Walker 90 12     |       |            |                     |       |            |                 |       |            |
| Aubrey Arnold            | 9     | 1          | Karen Greer 75 12       |       |            |                     |       |            |                 |       |            |
| Amanda Williams          | 8     | 1          | Frances Williams 52 8   |       |            |                     |       |            |                 |       |            |
|                          |       |            | Jamie Pivniska 53 7     |       |            |                     |       |            |                 |       |            |
| <b>25-29</b>             |       |            | Julie Costilla 48 7     |       |            |                     |       |            |                 |       |            |
| Tiffany Cone             | 100   | 14         | Jane Pace 39 4          |       |            |                     |       |            |                 |       |            |
| Katie Kramer             | 86    | 9          | Susan Swyden 37 6       |       |            |                     |       |            |                 |       |            |
| Katrina Wilson           | 83    | 10         | Donna Norwood 28 5      |       |            |                     |       |            |                 |       |            |
| Heather Patterson        | 45    | 5          | Sherry Davis 17 2       |       |            |                     |       |            |                 |       |            |
| Cara Jackson             | 26    | 3          | Vicki McDonald 17 3     |       |            |                     |       |            |                 |       |            |
| Lindsey Pever            | 26    | 3          | Dora Berlin 17 3        |       |            |                     |       |            |                 |       |            |
| Diana Jones              | 22    | 3          | Mary Hammer 16 2        |       |            |                     |       |            |                 |       |            |
| Becky LaMunyon           | 21    | 3          | Karen Canfield 12 2     |       |            |                     |       |            |                 |       |            |
| Kendra Musick            | 21    | 3          | Lucie Herendeen 9 1     |       |            |                     |       |            |                 |       |            |
| Katie Milligan           | 19    | 3          | Diana Green 9 2         |       |            |                     |       |            |                 |       |            |
| Stephanie Pok            | 17    | 3          | Donna Windsor 7 1       |       |            |                     |       |            |                 |       |            |
| Amber Corbin             | 14    | 2          | Donna McCoy 6 1         |       |            |                     |       |            |                 |       |            |
| Nicole Maxwell           | 10    | 1          | Debbie Sinard 5 1       |       |            |                     |       |            |                 |       |            |
| Marcia Eustaquio         | 9     | 1          | Rhonda Godwin 4 1       |       |            |                     |       |            |                 |       |            |
| Allison Henley           | 8     | 1          | <b>50-54</b>            |       |            |                     |       |            |                 |       |            |
| Gina Alexander           | 7     | 1          | Debra Chronister 100 13 |       |            |                     |       |            |                 |       |            |
|                          |       |            | Anne Wright 89 14       |       |            |                     |       |            |                 |       |            |
| <b>30-34</b>             |       |            | Jerianne Davis 88 10    |       |            |                     |       |            |                 |       |            |
| Mackenzie Highfill       | 97    | 10         | Emily Rosenberg 65 8    |       |            |                     |       |            |                 |       |            |
| Adrienne McCasland       | 76    | 9          | Dani Conover 57 7       |       |            |                     |       |            |                 |       |            |
| Laura Maxwell            | 63    | 7          | Marie Breshears 48 5    |       |            |                     |       |            |                 |       |            |
| Keeley Harris            | 34    | 4          | Gaile Loving 41 5       |       |            |                     |       |            |                 |       |            |
| Priscilla Crawford       | 25    | 3          | Bonnie Graves 23 3      |       |            |                     |       |            |                 |       |            |
| Kari Kosanke             | 20    | 2          | Kathy Hanoch 22 3       |       |            |                     |       |            |                 |       |            |
| Julie Venator            | 18    | 2          | Carol Swanson 17 2      |       |            |                     |       |            |                 |       |            |
| Stephanie Williams       | 14    | 2          | Janice Kay Malagon 16 2 |       |            |                     |       |            |                 |       |            |
| Kristin Ferrier          | 13    | 2          | <b>60-64</b>            |       |            |                     |       |            |                 |       |            |
|                          |       |            | Donna Eichnor 100 10    |       |            |                     |       |            |                 |       |            |
| <b>35-39</b>             |       |            | Suzanne Wilson 89 11    |       |            |                     |       |            |                 |       |            |
| Courtney Lemmons         | 100   | 12         | Evelyn Rowland 77 8     |       |            |                     |       |            |                 |       |            |
| Belynda Tidwell          | 95    | 12         | Linda Lekawski 19 2     |       |            |                     |       |            |                 |       |            |
| Kimberly Carey           | 79    | 10         | Peggy DeMeyer 18 2      |       |            |                     |       |            |                 |       |            |
| Kresta Logan             | 79    | 16         | <b>65-69</b>            |       |            |                     |       |            |                 |       |            |
| Marion Ramirez           | 75    | 10         | Kathy Moffitt 100 10    |       |            |                     |       |            |                 |       |            |
| Jackie Norvell           | 51    | 7          | Betty Bell 95 10        |       |            |                     |       |            |                 |       |            |
| Holly Golsen             | 43    | 6          | Sherri Rector 73 8      |       |            |                     |       |            |                 |       |            |
| Dana Campbell            | 38    | 6          | Angela Meier 24 3       |       |            |                     |       |            |                 |       |            |
| Dana Duroy               | 30    | 3          | <b>70-74</b>            |       |            |                     |       |            |                 |       |            |
| Donna Mares              | 29    | 3          | none                    |       |            |                     |       |            |                 |       |            |
| Angela Jones             | 23    | 3          | <b>75-79</b>            |       |            |                     |       |            |                 |       |            |
| Suzanne Mitchell         | 22    | 3          | Deloris Green 100 12    |       |            |                     |       |            |                 |       |            |
| Dora Uwadia              | 15    | 2          | Pat Hill 20 2           |       |            |                     |       |            |                 |       |            |
| Denise Horinek           | 15    | 2          | Shirley Hoke 9 1        |       |            |                     |       |            |                 |       |            |
| Stacy Crofford           | 8     | 1          | <b>80+</b>              |       |            |                     |       |            |                 |       |            |
| Lori Resner              | 7     | 1          | none                    |       |            |                     |       |            |                 |       |            |
| Sara Spain               | 7     | 1          |                         |       |            |                     |       |            |                 |       |            |
| Cindy Engle              | 7     | 1          |                         |       |            |                     |       |            |                 |       |            |
| Eudella Flock            | 4     | 1          |                         |       |            |                     |       |            |                 |       |            |
| Carol Wright             | 3     | 1          |                         |       |            |                     |       |            |                 |       |            |
| Kim Bailey               | 3     | 1          |                         |       |            |                     |       |            |                 |       |            |
| <b>40-44</b>             |       |            |                         |       |            |                     |       |            |                 |       |            |
| Karen Davis              | 93    | 10         |                         |       |            |                     |       |            |                 |       |            |
| Rebecca Johnson          | 92    | 11         |                         |       |            |                     |       |            |                 |       |            |
| Karrie Beardsley         | 80    | 8          |                         |       |            |                     |       |            |                 |       |            |
| Cara Rogers              | 74    | 8          |                         |       |            |                     |       |            |                 |       |            |
| Stacey Artingstall       | 66    | 9          |                         |       |            |                     |       |            |                 |       |            |
| Karin Romannose          | 54    | 7          |                         |       |            |                     |       |            |                 |       |            |
| Leslie Edmonds           | 36    | 4          |                         |       |            |                     |       |            |                 |       |            |
| Denise Bayliff           | 29    | 3          |                         |       |            |                     |       |            |                 |       |            |
| Tracey Rose              | 13    | 2          |                         |       |            |                     |       |            |                 |       |            |



| Name                   | Score | # of Races | Name                | Score | # of Races | Name              | Score | # of Races | Name              | Score | # of Races |
|------------------------|-------|------------|---------------------|-------|------------|-------------------|-------|------------|-------------------|-------|------------|
| <b>MALE AGE GROUPS</b> |       |            | Kevin Hayes         | 60    | 7          | Michael Edmonds   | 42    | 9          | Jon Beloncik      | 42    | 5          |
| <b>0-8</b>             |       |            | Kendall Richardson  | 27    | 3          | James McQuillar   | 41    | 7          | Gary Yarbrough    | 42    | 6          |
| none                   |       |            | Savine Billings     | 26    | 3          | Ray Meier         | 35    | 6          | Kim Becker        | 41    | 5          |
| <b>9-12</b>            |       |            | Jim Tinch           | 26    | 3          | David McCreary    | 35    | 6          | Bill London       | 38    | 4          |
| Matthew Beardsley      | 20    | 2          | Matt Johnson        | 19    | 2          | Jack Maguire      | 30    | 4          | Percy McGee       | 29    | 4          |
| <b>13-15</b>           |       |            | Stephen Apel        | 17    | 2          | Stephen Fernstrom | 28    | 3          | Jim Winn          | 27    | 3          |
| Nick Robinett          | 10    | 1          | Stephen Abernathy   | 16    | 2          | Brent Babcock     | 27    | 6          | Gene Bell         | 15    | 2          |
| <b>16-19</b>           |       |            | Stephen Cortes      | 14    | 2          | Marc Harrison     | 22    | 3          | John Davidson     | 9     | 1          |
| Joshua Calhoun         | 10    | 1          | Jason Hasty         | 13    | 2          | Scott Wagner      | 15    | 2          | <b>60-64</b>      |       |            |
| <b>20-24</b>           |       |            | Chris Nelson        | 13    | 2          | Mark Bravo        | 12    | 3          | John Hargrove     | 96    | 13         |
| Adam Monaghan          | 40    | 4          | Alan Mendoza        | 11    | 2          | Steve Walker      | 11    | 2          | Benny Meier       | 87    | 14         |
| Clayton Earlywine      | 10    | 1          | Jeffrey Kragh       | 10    | 1          | Kevin Coffey      | 10    | 1          | William Morris    | 87    | 14         |
| <b>25-29</b>           |       |            | Paul Oseland        | 10    | 1          | Richard L. Smith  | 10    | 1          | Nels Bentson      | 80    | 10         |
| Robert Cassidy         | 95    | 11         | Rian Brown          | 9     | 2          | Chris Robinett    | 10    | 1          | Ron Kuykendall    | 60    | 6          |
| Jason Partee           | 59    |            | Chris Dykstra       | 5     | 1          | Brian Jones       | 10    | 2          | Franklin Willis   | 26    | 3          |
| Tony Maxwell           | 57    | 7          | Chad Ferrell        | 5     | 1          | Kevin Wudi        | 10    | 3          | Judson Temple     | 25    | 3          |
| Bryan Rogers           | 50    | 5          | Philip Lance        | 4     | 1          | Richard Wallen    | 7     | 1          | Richard Carothers | 24    | 3          |
| Austin Greenhaw        | 18    | 2          | <b>40-44</b>        |       |            | Charles Bass      | 7     | 1          | Richard Tate      | 21    | 3          |
| P. Kalyanaraman        | 12    | 2          | Bill Goodier        | 98    | 11         | Steve Weber       | 6     | 1          | John Nelson       | 20    | 2          |
| Lucas Meeker-Harry     | 10    | 1          | David Lanning       | 93    | 10         | Bob Reid          | 4     | 1          | Jon Hulsey        | 20    | 3          |
| Taylor Miles           | 10    | 1          | Eddie Tidwell       | 89    | 12         | Jeffery Johnson   | 3     | 1          | Chuck Butler      | 10    | 1          |
| Mark Smith             | 9     | 1          | Roger Lemmons       | 87    | 14         | Gary Jones        | 3     | 1          | Benny Bray        | 10    | 1          |
| Curtis Arnold          | 9     | 1          | David Manguno       | 77    | 16         | Cliff Rampey      | 2     | 1          | Lance Cornman     | 9     | 1          |
| Brett Tracy            | 9     | 1          | Randy Nance         | 69    | 11         | <b>50-54</b>      |       |            | Dick Deupree      | 9     | 1          |
| <b>30-34</b>           |       |            | Ralph Breckenridge  | 67    | 17         | D. Cunningham     | 99    | 14         | Don Whitney       | 9     | 2          |
| Aaron Hamby            | 75    | 9          | David Wrenn         | 62    | 10         | Maurice Lee III   | 98    | 21         | <b>65-69</b>      |       |            |
| Kenny Danner           | 70    | 8          | John Oseland        | 50    | 5          | James Butler      | 89    | 13         | Jim Tabor         | 100   | 11         |
| Mark Bruning           | 59    | 8          | John Machamer       | 31    | 5          | Vaden Dean        | 78    | 12         | Jim Roblyer       | 81    | 10         |
| Trey Cone              | 30    | 3          | Jeff Cockerill      | 25    | 4          | Kevin Lynes       | 63    | 12         | Buddy Jones       | 81    | 11         |
| Aaron Highfill         | 30    | 3          | Russell Hooper      | 22    | 3          | Pat Burns         | 55    | 8          | Bob Bish          | 77    | 9          |
| Cameron Han            | 29    | 3          | M. Chionopoulos     | 20    | 4          | Randy Graves      | 51    | 10         | Adrian Wolford    | 72    | 8          |
| Charles P. Hawkins     | 27    | 3          | Bret Sholar         | 19    | 2          | Ric Williams      | 37    | 8          | Bill Robinson     | 42    | 5          |
| Joey Blanco            | 26    | 3          | Danny Phillips      | 15    | 2          | S.R. Hunter       | 50    | 7          | Kent Frates       | 18    | 2          |
| Joel McCarty           | 25    | 3          | Timothy Stone       | 15    | 2          | Terry Bass        | 30    | 4          | Claude Moore      | 15    | 2          |
| Brian Pever            | 18    | 2          | Edward Crabtree     | 14    | 2          | Bill Snipes       | 30    | 5          | Alan Morris       | 9     | 1          |
| Brad Flaming           | 14    | 2          | Mark Busick         | 10    | 1          | Ben Cherry        | 22    | 3          | Tom Coniglione    | 9     | 1          |
| Laurence Burnsed       | 13    | 2          | Michael Ketcherside | 9     | 1          | Robert Yara       | 20    | 2          | Curt Ransom       | 7     | 1          |
| Adam Gardner           | 12    | 2          | Joe Lee             | 7     | 1          | Joe McIntosh      | 20    | 3          | <b>70-74</b>      |       |            |
| Ray Aslin              | 10    | 1          | Roger Jacobi        | 7     | 2          | Keith Harrison    | 17    | 2          | Tom Briggs        | 100   | 11         |
| Jonathan Conder        | 9     | 1          | Steve Sternlof      | 6     | 1          | Arnold Angelici   | 17    | 3          | Don Smith         | 97    | 13         |
| Shea Snyder            | 8     | 1          | Luis Arellano       | 5     | 1          | Bruce Brown       | 13    | 2          | Gene Groff        | 20    | 2          |
| Andy Chasteen          | 7     | 1          | Sean Kelley         | 5     | 1          | Bruce Brown       | 13    | 2          | Dean Windsor      | 18    | 2          |
| Travis Beams           | 7     | 1          | Kenneth Munden      | 5     | 2          | John Tasse        | 12    | 4          | Ronald Howland    | 10    | 1          |
| John Burton            | 6     | 1          | Joe Pellow          | 3     | 1          | Jimmy Scroggins   | 10    | 1          | A.J. Hickman      | 8     | 1          |
| Oliver Reid            | 6     | 1          | Randy Ramirez       | 3     | 1          | Kirk McNew        | 9     | 1          | <b>75-79</b>      |       |            |
| Brian Davie            | 3     | 1          | Rey Victorio        | 2     | 1          | Larry Windsor     | 7     | 1          | Jim Hoke          | 10    | 1          |
| <b>35-39</b>           |       |            | Carlos Sanchez      | 1     | 1          | Keith Cressman    | 7     | 1          | <b>80+</b>        |       |            |
| David Ball             | 100   | 11         | <b>45-49</b>        |       |            | Edward Granger    | 5     | 1          | Lowell Green      | 90    | 9          |
| Chris Bernard          | 62    | 7          | Wesley Berlin       | 100   | 11         | Chris Carr        | 3     | 1          | Jack Rector       | 48    | 5          |
|                        |       |            | Jerry Anderson      | 92    | 10         | <b>55-59</b>      |       |            | Neil Hill         | 8     | 1          |
|                        |       |            | Chuck Mikkelsen     | 87    | 14         | Mike Allen        | 91    | 10         |                   |       |            |
|                        |       |            | Kenny Kastelic      | 77    | 10         | Bob Loving        | 80    | 12         |                   |       |            |
|                        |       |            | Mike Gibson         | 63    | 8          | Mike Haeger       | 78    | 8          |                   |       |            |
|                        |       |            | Dave Greer          | 62    | 9          | Derle Smith       | 55    | 6          |                   |       |            |
|                        |       |            |                     |       |            | Steve Spielman    | 46    | 5          |                   |       |            |

# **ROUTE 66 MARATHON**

Route 66 Marathon  
November 18, 2007



*Photo courtesy Oklahoma Runner & Triathlete Magazine, Lori Dreiling*

## **TULSA WORLD ROUTE 66 MARATHON**

### **Oklahoma's Fall Marathon**

Last year's Route 66 Marathon was a huge success with over 3,000 participants. 2007 promises to be even better with the addition of a Quarter Marathon and Kids Marathon. The race features a new improved course with a downhill finish. Whether you plan to run, cheer or volunteer, you'll enjoy the on-course entertainment, post-race concert, and car show. Runners will be treated to an incredible Finisher's Food Tent... and, of course, the free beer will be back!

Register online at [Route66Marathon.com](http://Route66Marathon.com)

TULSA WORLD



**FULL MARATHON - HALF MARATHON - QUARTER MARATHON - MARATHON RELAY - KIDS MARATHON**

# Shirt and Shoe Drive Gains Momentum

by Kresta Logan

Last summer I got a wild hair and decided it was time to clean out my t-shirt drawer. I was astonished by the sheer number of race t-shirts I had accumulated after only having been a runner for one year. And to be honest, my t-shirt drawer would soon become my t-shirt dresser if I didn't figure something out soon.

Hmmmm. T-shirts. T-shirts. What to do with all of the t-shirts?

Dust cloths? Nope. Got plenty of those from old socks.

Diapers? OK, not only do I not have children, but cloth diapers became obsolete about a gazillion years ago.

I got it! I could have a quilt made from all of the shirt designs. This was definitely the best idea so far, but I have more throw blankets than I care to admit (I can never resist a good throw blanket/pillow sale at Target).

Then it hit me: donate them. They are all in clean, great condition. And donating them will help clothe a lot of people.

So I gathered my t-shirts, folded and bagged them. Man, did this feel good. It's nice to know when you can help people. That's when I realized that surely I was not the only one suffering the

"so many t-shirts, so little time" dilemma.

It turns out I wasn't.

After posting a notice on the Landrunners web forum for other members to bring their extra t-shirts to our July meeting, we collected 92 shirts as well as six pairs of running shoes ... and those numbers came from only seven members! These items were taken to the Jesus House in downtown Oklahoma City, and were no doubt put to good use.

So, we are looking to make this a semi-annual drive each summer and winter.

At our fall banquet on Nov. 16, we will have boxes set up in which you can drop your race t-shirt and running shoe donations. All we ask is that the items are clean and in good condition (no holes, rips, stains, etc.). Once all of the items are collected, we will count them, bag them, and deliver them to the Jesus House. They are extremely excited about the drive!

Your contributions will give the Oklahoma City Landrunners an opportunity to do something great for our community.

## Semi Annual T-shirt and Shoe Drive

On Friday, Nov. 16, bring your clean race t-shirt and running shoe donations to the fall banquet! There will be boxes at the event in which you can simply drop your donations! Thank you in advance for your support of the Oklahoma City community!

# LANDRUNNERS

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