

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2012

Issue No. 196

My First Ultra Marathon

By Brian Jacobson

Never in my life had I considered running an ultra marathon. Many ultra runners believe that an ultra marathon is 50 miles or more and that seemed way too far to run. I just started running marathons a few years ago and was coming off a two year injury; running 26.2 miles was going to be enough fun for me for a while.

I had just completed my goal of running three marathons in 49 days when my friend and fellow Landrunner, Amy Pannell, was asking friends to be her pacer for the last 30 miles of the Midnight Madness 50 mile run in Tulsa on July 6. I told her to have fun because there was no way I was going to try to run that crazy race. After a couple of weeks of not finding a definite pacer and recently suffering a huge loss in her life, I changed my mind and decided to run the entire race with her. I figured if I'm going to run 30 miles, I should run the whole thing and earn the medal. I've done a few marathons and I supposed I could handle the 50 miles -- after all, we could pace each other.

After I signed up for the race I started looking at last year's results, the upcoming weather forecast, and searching out friends who have run ultras before to ask for advice. I learned that one third of the field dropped out last year and the projected weather forecast was a low around 80 at night and a high of 103 during the day. I have cramped in every marathon and I started to get scared. I read Camille Herron's article about racing in the heat and how you should consume 800-1000 mg of sodium per hour. Maurice Lee told me to make sure to keep my heart rate low and to walk the hills. Katie Kramer (who owns the course record) and Jenny Savold told me to just go



Turkey Mountain Aid Station Loop 5 – 47 miles down, 4 to go!

out and have fun. Yeah, I thought, “I can't wait to have fun running 50 miles in 100 degree heat.”

We arrived in Tulsa Friday morning, picked up our race packets at Runners World and then drove down to Riverside Park where the start/finish line is. The park circles around the Arkansas River and has plenty of trees, an outdoor shower and little bubblers that kids were playing in. I could just envision myself the next day laying down in the little bubblers dying from heat exhaustion. We enjoyed our pre-race meal then headed to the hotel to prepare our clothes and supplies for the midnight start, before trying to get some sleep.

I didn't sleep a wink...well, except for the twenty minutes before the alarm went off. We gathered our stuff, attached our bibs, iced down the ice chests then headed out to the start line. I was feeling pretty good

See Ultra, on page 6

TIME IS RUNNING OUT....NOMINATE TODAY

Deadline is August 15th

The **Oklahoma City Landrunners** have long appreciated the efforts of individuals who labored to make running possible in our community. These individuals have passionately pursued the Landrunners Mission statement to assure a running-friendly community and Club.

Landrunner Mission Statement: *“To support health and fitness of all ages through recreational running.”*

In an effort to recognize such dedicated individuals, the Landrunners have established two awards:

- **Landrunner Distinguished Service Award:** This award is the highest honor bestowed upon an individual for his/her exceptional, sustained and unselfish contributions to the running community.
- **Landrunner Impact Award:** Recognition of an individual or organization or a public movement effort having an immediate effect on the running community.

Maybe you know someone whose dedication to the running community is consistent with the mission statement of the Landrunners. If you are a Landrunner in good standing, you may nominate someone or an organization for one of these awards.

Applications to nominate must be postmarked by August 15, 2012. Email the completed and signed application to President@okcrunning.org or send by standard mail to **Oklahoma City Running Club, P.O. Box 18113, Oklahoma City, Oklahoma 73154.**

Visit the website for more details and application forms: <http://www.okcrunning.org/HonorsPage>

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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/11	Midnight Streak 5K	State Fair Park @ 11:00pm
8/18	OCU Back to School 2 Miler	OCU @ 7:30am
8/20	Club Meeting – TBA	Kimray 8 NW 42 @ 6:30pm
8/25	Red Hot Kettle Run 5K & 10K	Regatta Park @ 7:00am
8/25	Moore War Run 5K	Moore HS @ 7:30am
8/25	CimTel Classic 5K	Cleveland, OK @ 8:00am
8/25	5K to Monet*	Edmond Fine Arts @ 8:00am
8/25	Cops & Robbers 5K*	Edmond @ 7:00pm
9/1	Brookhaven 5K*	Norman @ 8:00am
9/1-2	Race the Reaper	Sparks, OK
9/8	Dash for Dad Half* & 5K	S&S, Lake Hefner @ 8:00am
9/22	Landrunner Water Stop @ Redman	Volunteers needed 9:00am to midnight
9/22	OCU / Red Coyote 5K Cross Country	Remington Park @ 9:30am
9/29	GEICO Race for Freedom 5K & 10K	Lake Hefner, East Wharf @ 8:00am
9/29	Oklahoma Regatta Run 5K*	Boathouse 616 SE 6th St @ 4:00pm
9/29	Fall Social – Potluck @ Tom Briggs	10901 E. Covell Rd @ 6:00pm
9/30	Fit to Serve 5K	5300 Gaillardia Blvd @ 4:00pm

* Denotes Series Races

Landrunners In Action

6/30 ANGEL FIRE ENDURANCE 50K, NM

BRUCE LAYNE	5:58:33
DAVID SOOTER	6:23:23
MIKE SULLIVAN	9:56:05
JOHN LONGAN	12:02:37

CUU NGUYEN	10:55:30
BRIAN JACOBSON	12:00:52
AMY PANNELL	12:00:53
TIM MURRAY	12:23:55
CLIF RAMPEY	12:38:39
DAVID BERNSTEIN	13:05:24 – 41.2M

7/7 MIDNIGHT MADNESS 51.5M, TULSA

NICK SEYMOUR	7:25:22 – 1ST PLACE
DREW CARTER	10:29:12

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



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Ultra continued

at this point knowing it was race time and that we had a job to do.

The course is comprised of five-10.3 mile loops which are relatively flat except for Turkey Mountain where one of the two main aid stations was located. We were lucky enough to pull up and park next to two ultra runners from Oklahoma City, David Bernstein and Alan Countryman, who gave us the low down of the race. We were told that the first two loops are pretty easy, the third loop you want to quit and the fourth loop you really want to quit. We had a best case scenario race target and a worst case scenario, neither of which included quitting. In the best case scenario, we wanted to finish in 10 hours, and in the worst case 12 hours to try to beat the heat. 15 hours is the race limit to not be considered “DNF.”

At about 11:45 p.m. the race officials gathered the runners for a little pre-race meeting and the crowd seemed upbeat and ready to go. At exactly midnight they fired the gun and we were off, not like most races but slow, very slow. Amy and I promised we wouldn't count down each mile, then about a mile into the race a girl next to us said, “One down, 49 to go!” Ugh!

The first two loops were fairly easy and we were actually considered to be part of the “leaders” at one point. The temperature was hot and humid and, thankfully, I had no cramping yet. I was consuming salt tablets, Endurolytes, boiled potatoes dipped in salt, turkey and cheese sandwiches, coke, water and sports drinks every hour. The aid stations were fantastic! Amy said it was like running from one buffet to the other.

Loop three was the hardest by far. 10.3 miles never seemed so long. I started losing it at mile 24. We weren't even to the half way point yet, climbing up Turkey Mountain, when I had to stop and gather myself for a minute. After getting a little sick to my stomach and feeling light-headed I had decided I was consuming too many sweets, so I stayed away from Gu and Gatorade and decided to drink more water and eat more solids. After Turkey Mountain, every additional mile was the farthest I'd ever run.

On loop four we started playing a game by running up to a certain tree or landmark then walking a bit. It seemed to keep us entertained and most importantly moving. We noticed the crowd was thinning and we knew runners were dropping out, but we didn't talk about it. We knew loop five was coming up, the last one!



Post race celebration: Amy Pannell, Marilyn Campbell, Ian Campbell, Brian Jacobson

We began the final loop ready to get the race behind us and claim our medal. Our friends Ian and Marilyn Campbell came out to pace us which helped a great deal. Ian started and led the pack through loop two, but bowed out saving his race for another day. We crawled up the hills to Turkey Mountain and thanked the volunteers who had been there all day and night taking care of us. We only had about four miles to go down the mountain and along the river to the finish line. We knew we were going to finish! Marilyn joined us the last two miles and encouraged us to pass people along the way. Cyclists and runners along the path were cheering us on yelling “50, 50, 50!!!”

We finished at our worst case scenario goal at 12:00:52, alive and healthy. There were 133 entrants, 128 starters, 96 finishers and 32 DNF's. There were fewer runners this year, but there was a higher percentage of finishers at 75 percent.

The medal is very cool -- the largest in the state. It's a foot that is five and a half inches tall. We received the left foot this year and will receive the right one next year. Yep, that's right I'm going to run it again next year. I had the time of my life and I can't wait to run my next ultra. Two days after Midnight Madness I signed up for the 100K (62.2 mile) race at Pumpkin Holler in October. I guess you just don't know what you can do until you try it.

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WHAT ARE RUNNERS READING?

What shoes are runners wearing?

By Tom Coniglione, MD

What are we reading? What is being reported in the press that is of interest to runners? After all, what we read or see in the press is often taken as “truth.” What runners read often drives our behavior. An example would be coconut water as a replacement drink after long runs. Despite there being no science behind using coconut water and some reasons to not use it, media attention caused many runners to purchase it. Have you priced coconut water?

There have been two recent papers published in medical journals which have attracted considerable attention in the lay press. This month we will capsule one article.

Slazler, MJ et al: INJURIES OBSERVED IN MINIMALIST RUNNERS. *Foot and Ankle International*. 33:262-266, 2012

The authors, a group of Harvard orthopedists, summarize ten injuries they observed in runners wearing minimalist footwear. The runners varied from inexperienced (one year of running) to experienced (40 years of running). All had transitioned from traditional to minimalist footwear. The transition period was abrupt in some and up to two months in others. They were all serious runners, running an average of 25 miles/week.

The authors collected the ten injured runners from their clinic. They collected basic information on each runner; age, sex, running experience, duration of time using the minimalist shoes, etc. They did not discuss injuries which could have been related to traditional shoes.

The ten injuries happened one to four months after transitioning to the minimalist shoes. The injuries included: nine stress fractures and one plantar fascia rupture. Following appropriate treatment all resumed running. Eight of nine stress fractures were in the metatarsals – small bones of the ball of the foot. Interestingly, the other stress fracture was of the calcaneus - the large dense heel bone.

You cannot get a stress fracture of the calcaneus without repeated direct impact on the heel. If minimalist shoes cause you to land on the midfoot, we can assume there was a technique error in this runner.

In the article, the authors comment on the pros and cons of minimalist shoe running. They review the mechanics of running both ways and discuss the mechanics of injury in the minimalist runners.

COMMENT: This physician encountered ten runners with minimalist shoe-injuries in one year. Presently, I am currently engaged in a research project with podiatrists in San Diego and Houston. We are comparing the injuries each of us has seen related to minimalist shoes. In one year, I have seen several injuries which developed in runners after they transitioned to minimalist shoes including: 13 Achilles injuries, six injuries to the plantar fascia and three stress fractures of the metatarsals. Since then, a scattering of these same injuries plus two fibular

stress fractures and two plantar fascia ruptures have been noted in minimalist shoe runners.

One observation of our research group, similar to Dr. Slazler’s observations, is the majority of the injuries occur within several months of transitioning.

Take home points:

Injuries occur related to many factors including shoes: minimalist and otherwise. Our research and that of Dr. Slazler is designed to simply call attention to the fact minimalist shoes are related to injuries also. Despite what you read in the popular running book or in advertisements, the wrong shoe on any foot can contribute to injury. Running barefoot can cause injuries also.

Transitioning from a traditional shoe to a minimalist shoe probably takes more than two months. I often recommend planning on several months to make the transition. Some runners never can make the transition.

We do not know the rate of injuries related to traditional or minimalist shoes. To calculate a rate of injuries we have to know (a) the total number running in a certain shoe and (b) the total number of injuries. Then we have to know why they are injured and (c) if the shoe contributed to the injury. Without those three facts, no one can tell you minimalist or traditional shoes make you more injury-prone or less injury-prone.

Much more research is needed to answer the question posed. That research, likely, will not be done any time soon. When you see research of any type, always ask if the author has ulterior motives or financial underwriting which may create pressure to arrive at a certain conclusion. That brings up the research conducted by Dr. Daniel Lieberman at Harvard.

Dr. Lieberman is an evolutionary biologist who is studying why the human body appears as it does: man’s evolution from more ape-like creatures, development on the upright posture, development of the skull, etc. He has researched walking, gaits, and running form in his lab.

In summary, he has concluded landing on the forefoot will cause the arch to absorb the shock of impact. Striking with the rearfoot will cause foot, leg and knee injuries. He has concluded runners landing on the midfoot/arch will have fewer injuries. He has also noted that our ancestors ran barefoot and we should also.

Dr. Lieberman’s research has been reported everywhere from the New York Times to all news outlets and all running magazines. His research has boosted the sale of minimalist and 5-finger shoe wear. There are two problems with his research. First, the theory is good but the research does not have reproducibility. More importantly, his lab is financed by the company making the Vibram 5-finger “shoes.”

Whether Lieberman is correct or if his research is tainted by financial relationships will not be known for some time.

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COMRADES MARATHON – The Down Year

By Maurice Lee III

After I completed the Comrades Marathon (Ultra Marathon) last year, I was undecided about whether I wanted to do this race again. While I enjoyed the experience, it is both difficult and expensive to make the journey to Durban, South Africa to participate. Since the cost of entering is the least expensive part, I entered before the November 30, 2011 deadline.

My motivation to do it again was threefold - 1) I enjoyed the experience and time in South Africa, 2) earn the medal for running the up and down years in succession in addition to a finisher's medal, and 3) to again challenge myself in this difficult ultra-marathon.

While I entered the race, I didn't decide definitively to do the race until February 2012. The race was June 3, 2012.

I made my flight reservations, but still didn't have a hotel two weeks before the race. I was less than pleased with last year's hotel, and it's more difficult to find rates for hotels in South Africa than in the US. Most of them required that you request the rates via email rather than providing them online. In the end I found a hotel on the beach that was previously a Holiday Inn and had a good rate. Plus it was within two blocks of the bus pickup to the start, and I felt like I could walk back from the finish.

As I said in my title, this was a "down year." This race runs between Durban and Pietermaritzburg. Last year, the "up year," the race started in Durban and finished in Pietermaritzburg, which is a net gain in altitude of 2,300 feet. So this year that was a 2,300 foot drop. I had a hard time last year and finished in 11 hours and 11 minutes. Comrades has a strict cutoff of 12 hours gun time. You wear a chip but that is only to automate the process. Once the gun is fired, you have 12 hours regardless of how long it takes to cross the start mat. In my mind I thought that since this was a down year I'd be able to finish in less time. One thing to note, while the up year is 54 miles, the down year is 56. The reason is that you start at City Hall and finish in a Cricket Stadium. So while I finished in the Pietermaritzburg Cricket Stadium last year, the start was at Pietermaritzburg City Hall. And the start last year was at Durban City Hall, but the finish this year was at Kingsmead Cricket Stadium in Durban.

My travels took me from Oklahoma City to Atlanta, then a 14-1/2 hour non-stop flight to Johannesburg. From Johannesburg to Durban was a little over an hour flight. I



Maurice Lee III

had no travel problems and made it to my hotel around 11 p.m., around 28 hours after leaving Oklahoma City.

My hotel was all that I hoped, and I had no problems there.

The next day Friday, June 1, 2012, I went to the expo. International runners have a separate area to check in, which makes things much easier. One small snafu, runners are seeded in corrals A-H. Last year I was seeded D, this year based on last year's finish I was seeded G. But my finish time at the Oklahoma City Marathon qualified me for D again and was within the qualifying period. I sent this in before the deadline, but when I checked in, they still had me in G, and told me I could not change it. Oh well.

See Comrades, on page 14

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5K - **8 AM**

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Yoga Poses

By Jennifer Henry

Triangle Pose - Step feet about 3-4 feet apart with one foot pointed out. Have outer edge of other foot parallel with mat edge. Line up front foot heel with arch of back foot. Keeping both legs straight lengthen your waist as you reach your arm out toward the front leg. Do not let your shoulders roll forward of your body, and do NOT go all the way to the floor, (only very flexible runners will be able to put hand on floor). Instead put your hand gently on your shin or a yoga block. Keep shoulders in line with legs, imagine your body in between two panes of glass. Keep front knee straight. If groin is tight, the knee will want to roll in toward the big toe. If you can't keep it aligned with foot, then slightly bend knee or don't go down as far. This pose is one of the most beneficial poses you can do but it is also one that is most often out of alignment. Keep rolling chest open to look up at top hand that you've lifted into air or can keep on your side if shoulder is tight.



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Comrades continued

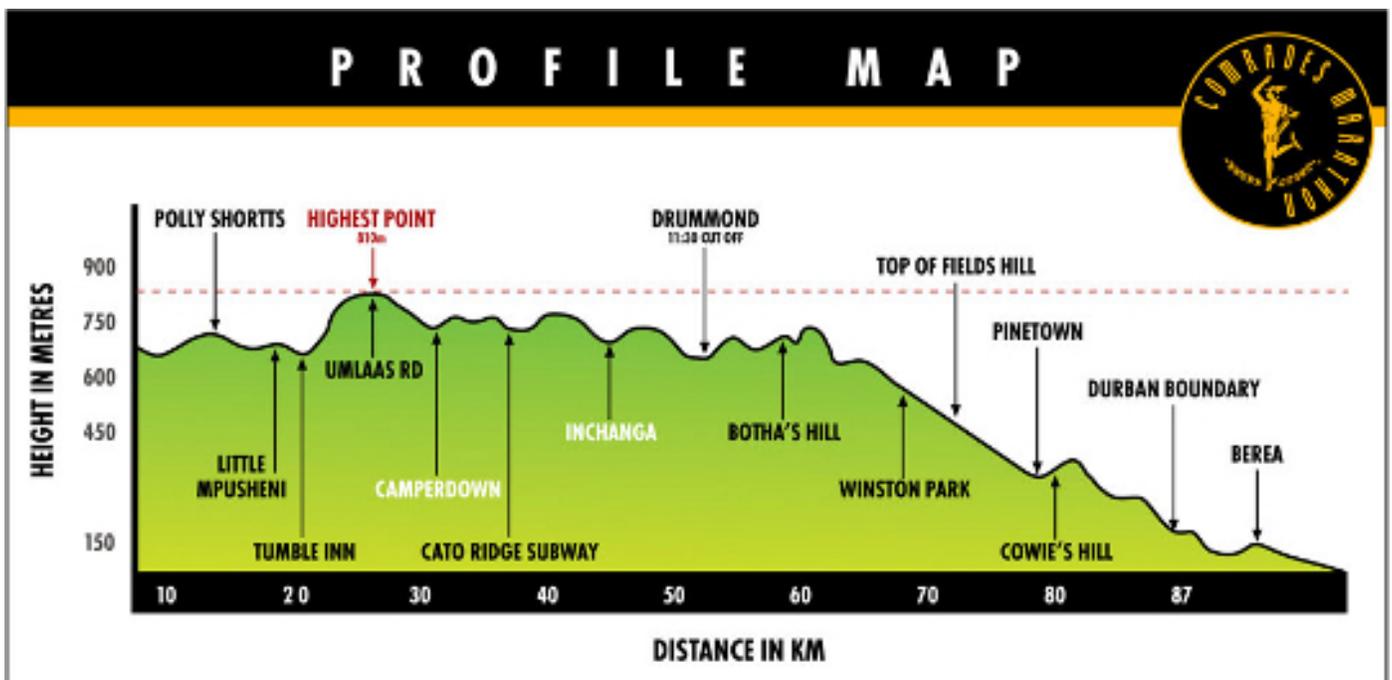
Because I stayed in Durban, this meant I had to take a bus to Pietermaritzburg for the 5:30 a.m. start. Due to road construction, it was decided that the buses would leave at 2:30 a.m. for the hour ride. I arrived at the start and it was chilly there. It was warm in Durban and I had decided not to take anything but what I was wearing in the race and a poncho included in our race bag. Even with the poncho on, I was cold. I had met a group of runners from Houston and they erected a cardboard shelter so we all huddled behind it to keep warm.

Before the start the runners sing “Shosholoza.” an old Zulu mining song, and its title means, roughly, “Keep going. Move faster on those mountains.” It’s followed by the Chariots of Fire theme. But all ears eagerly await the next sound, a rooster’s crow, and then the gun for the start. Last year it took me less than 3 minutes to cross the start, this year it was over 10. Even after the start I could tell the difference in the runners. These were the “less seasoned” runners. The weather was cool for the first 20-25 miles with cloud cover and a cool breeze. But it started to clear up and the temperature was rapidly rising. I felt ok but never great. I had hoped to finish in less than 11 hours, and caught the 11 hour pacer around mile 30. I hung with them for a while but finally had to let them go. While this is a “down” race, the first 60 kilometers, around 37 miles, are still very hilly with steep ups and downs. When I did get to the downhill part, my legs were tired and hurting and I was unable to take advantage. Even though my time goal was out the window, I still had

to concentrate on finishing in less than 12 hours. Around mile 50 I did start to feel a little better and was able to run more than walk. With 5k to go, I knew I had it made, but was hurting. I finished in 11 hours 34 minutes. I got both my medals and thought about going to the International tent for something to eat. Instead I decided to start my walk back to my hotel. I enjoyed the finish line but knew that more people finish in the last 30 minutes than any other block of time. And I didn’t want to get caught in that crowd trying to leave. I got back to my hotel and every local TV channel had the race on. I watched both the last person finish and the first person not to finish. When the Race Director turns his back to the runners and fires the gun for the finish, they put a barrier across the finish line and you cannot cross. The first non-finisher is almost as big a celebrity as the first place finisher.

I cleaned up, went to bed and got some much needed rest. I was heading back to the U S the next day, so I got up the next morning packed and headed to the airport. While the flight between Atlanta and Johannesburg was 14-1/2 hours, the return was over 16 hours because of headwinds. Again the travel was uneventful, but I got sick on the return. This was probably a combination of my long race and then being in confined quarters with so many people.

Despite all this I arrived home with no injuries, no problems, and the satisfaction of knowing that I’ve completed both the Up and Down years of the oldest and largest Ultra Marathon in the world, Comrades.





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Protect and Moisturize Your Skin

By Camille Herron

It's summertime, and that means more and more people are outside in the sun. For several years now, I've averaged over 100 miles per week, or 14 to 20 hours per week outside in the sun, year-round. I've also seen cyclists out at Lake Hefner who are possibly putting in more time than this in the sun! It wasn't until four years ago, while training in very bright, exposed sunlight in Alamosa, Colorado (and getting FRIED!) that I realized how important it is to protect my skin, if I want to still have it 10 to 20 years from now!

I've been a big proponent of "heat training," not only by running in the warmest part of the day, but also keeping a short sleeve shirt on and wearing a white hat to protect the skin and reflect the sunlight (as many ultra runners do for races like Badwater). When I lived at high altitude, I've even gone as far as wearing a full track suit and training with a long sleeve dri-fit shirt (like the Africans) in order to prepare for the hot and humid conditions at sea level. It's the "American way" to run shirtless, and it's generally not a good habit for your skin OR being best acclimated to race conditions where you'll likely wear a singlet.

Skin cancer affects both genders, so men need to protect their skin too. I try to pay attention to my skin, noting any new or unusual moles or lumps. However, you don't want to over-protect, as the sunlight helps us synthesize Vitamin D through our skin, which is needed for calcium absorption and musculoskeletal health. Consequently, I shed the layers for my hard workouts and also supplement with about 2000 IUs of Vitamin D per day. Deena Kastor is a good example, as she tried to over-protect her skin for many years because of bouts with skin cancer, and ultimately ended up with a Vitamin D deficiency and a stress fracture in her foot at the 2008 Olympics. You definitely want to strike a balance!

Another good point: moisturize! I've noticed with age and increased sun exposure that my skin can get dry. I strongly believe in the importance of eating enough fat and protein in the diet, AND hydrating well, to maintain fluidity of the skin. Also, because I shower twice a day (to go along with twice-a-day running), this can make my skin dry.



I have very sensitive skin and need hypoallergenic lotion. I've experimented over the years with various lotions, some with an SPF and some that do not have it. Whether you want to protect your skin during running/cycling/swimming by wearing a shirt/hat and/or wearing an SPF lotion, it's up to you—you certainly want to be mindful of any newly exposed body parts that may burn!

What I've found works the best for me as a whole-body moisturizer is Aveeno Daily Moisturizing (or the Equate version) skin protectant lotion. It's fragrance-free and contains natural colloidal oatmeal. This lotion is by far better than some more expensive lotions I've tried. One of my friends also makes her own rose hip oil, which I'll mix with the Aveeno lotion.

Additionally, along with wearing a hat for most runs, I use a sunless tanning lotion on my face, Jergens Natural Glow Daily Moisturing, which has an SPF value as well. This provides some additional protection and is a safer alternative to tanning beds and repeated sun exposure.

See Protect, on page 18

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Saturday
August 11, 2012
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Protect continued

Lastly, chafing can become a problem during the summer because of increased body sweat. Some people may use something like Body Glide to protect vulnerable areas. I tend to chafe under my arms, especially when wearing a tank top, so I use good 'ol Vaseline.

The bottom line is to be conscious of your skin, and strike a balance between getting some sun exposure, but not too much. If you're in a lot of direct sunlight with little shade, definitely try to protect yourself somewhat, whether through added clothing, a hat, sunblock, or even running early or late (or at night). However, I will say that if you anticipate running a marathon with a lot of sun exposure, make sure you've trained in some direct sunlight too!

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 6-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



Saturday Evening

August 25th

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A RUNNER WORRIED ABOUT BLOOD

By Tom Coniglione, MD

It happens several times a year, usually in the summer: the phone call from a worried runner. It was 8:30 on a weekday evening in July.

The phone call: “Dr Tom, you have a minute?” The distressed tone meant this was not a social call.

“Sure, what’s happening?”

“I just finished running and peed blood.” A translation for those less attuned to the language: he urinated blood.

“Oh, I’m sorry. Before we get concerned, let me ask you a few things.” Then followed a series of questions from which this scenario emerged. During the day he did not recall drinking much water and does not remember urinating since noon. Prior to running he drank about one pint (16 oz.) of water. He ran at 7 PM: outside where it was 95° and the humidity was 26%. There was no wind. He ran through his neighborhood and in the shade as much as possible.

He ran 5 miles at a slower than usual pace because of the heat. After running he drank some water but could not guess at how much.

About 30 minutes after he finished the run he urinated pink to red urine. There was no pain. He had never experienced such red urine in the past.

About 3-4 times a year I get this call. It can be from a runner; more often it is from a doctor about a runner-patient. About 1 out of 4-5 runners will have some blood in his/her urine after a marathon. Almost always this blood cannot be seen with the naked eye. On occasion, someone has bright red or pink blood in the urine – as this phone caller.

What happened? Although there are many reasons for runners to have bloody urine, there is one reason that is most common – bladder trauma. The bladder looks like a deflated balloon. When the bladder fills with urine, it resembles an inflated balloon. When you run with an empty bladder, as likely happened with the caller, the (deflated) bladder walls bump into each other with every step. With many steps to the mile, there are many collisions of the bladder walls.

When traumatized, the inner lining of the bladder wall becomes irritated or inflamed and bleeds. That first passage of urine after the run will have blood in it. With time and hydration, the bleeding quickly stops. Marathoners can have blood in their urine for 2-3 days after the marathon.

There are other reasons to have bloody urine after a run. If it happens when your bladder is empty, stops quickly and does not recur, there is no need to worry. If the bleeding continues or recurs, your bladder should be examined further. A urologist is the type doctor who does this kind of work.

For the runner who called, we agreed he would drink vigorously for a few hours – until his urine was clear. For future runs, he should be well hydrated before starting out. If this happens again, perhaps he should be examined further.

His urine cleared as expected and has not recurred in the 10 days since he called.

Drink enough to stay hydrated and get acclimated.



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9:30AM**

**October 11th - One Mile Track Race
Bishop McGuiness High School
8:00PM**

Cost: \$150.00

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More Information-Contact Conor Holt
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[http://www.active.com/running/oklahoma-city-
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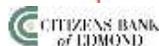
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