

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2012 | Issue No. 197

## GRANDFATHER MOUNTAIN MARATHON

By Dave Greer

A lovely day for a mountain run.....

When planning a trip back to North Carolina for some family business, I began to look for an event to do over the July 14th weekend. I found the 45th running of the Grandfather Mountain Marathon.

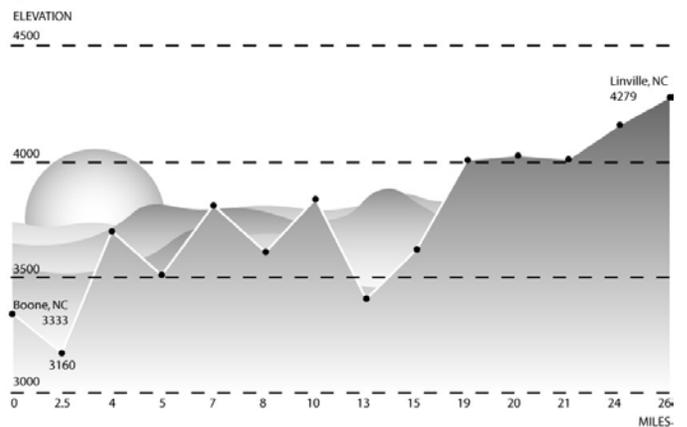
The course description from the marathon web site says, in part.....

“This marathon begins in Boone, NC at the Appalachian State University on the track at the Kidd Brewer Stadium.... The marathon then winds through the breath-taking NC Blue Ridge Mountains, over the Blue Ridge Parkway, up long steep climbs to McRae Meadows where you will be greeted by the sound of bagpipes and an estimated 15,000 spectators.”

Limited to 500 entrants, the race is billed as one of America’s toughest marathons, starting at 3333’ elevation, ending at 4279’, with a total vertical climb of about 1800’.

While it’s tough to train for a mountain marathon in Oklahoma, I took advantage of the hills in North OKC, as well as the See Spot Run course in Guthrie. My hope was that the heat in Oklahoma in the summer would be sufficient stress to prepare for cooler temps but higher elevations in Boone. From the beginning, I decided that a finish within the course limit of 6.5 hours would be a success, averaging about 14:45/mile. This also would allow for lots of pictures!!

### Grandfather Mountain Marathon Profile



I was able to run 3 miles on Thursday before the marathon. Packet pickup on Friday went smoothly, and the pasta dinner was fantastic. Although I didn’t know anyone else running this race, the camaraderie of marathoners quickly took over, and we were soon swapping stories about this race, the course, and other marathons. Seems that walkers starting with the 8 minute pacers in marathons is nationwide! I also found a number of folks that were running this race for the first time. My goals were fairly simple: Finish, don’t be last, and finish in less than 5:30 so I could go around the track at the Highland Games, rather than the alternate finish.

As is standard, Friday night was short on sleep. My sister and her family, along with our daughter Heather, got me to Appalachian State and the track

See *Grandfather*, on page 6

# 2013 Board of Directors Nominations

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. All candidates must be members in good standing of the club. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present, in person or by proxy, at the October Monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled, by nomination and majority vote by the club membership present, in person or by proxy, at a monthly meeting.

2013 Nominating committee: Mark Ballard, Maurice Lee (chairperson), Gaile Loving, Cara Nance and Darlene Spry.

If you or someone you know would like to serve on the board please submit name, email, phone and a brief bio to any member of the nominating committee, to the club's PO Box 18113 OKC, OK 73154 or use the [online nominating link](#) on the website.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 15, 2012.

The 2013 newly elected Board of Directors will then meet in November to elect the Officers and Committees for the 2013 term.



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[www.raceforfreedom.org](http://www.raceforfreedom.org)

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# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
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
9/22-23	Landrunner Water Stop @ Redman	Volunteers needed
9/22	OCU / Red Coyote 5K Cross Country	Remington Park @ 9:30am
9/22	Swazi 5K*	SNU, NW 39th & College @ 8:00am
9/23	Aids Walk & 5K	Bricktown Ballpark @ 9:00am
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
10/6	Life Saver 5K	OCCC 7777 S May @ 8:00am
10/7	Spirit of Survival Half*, Relay, 5K*\$	Lawton, OK @ 8:00am
10/7	BooBoo Dash 5K	Regatta Park, 725 S Lincoln @ 1:30pm
10/7	Family Promise of Shawnee 5K	Shawnee @ 2:00pm
10/11	OCU / Red Coyote One Mile Track	Bishop McGuiness HS @ 8:00pm
10/13	Landrunner Trail Sweep	Lake Hefner, S & S @ 9:00am
10/15	Club Meeting – Joe Jacobi	Kimray 8 NW 42nd St. @ 6:30pm
10/21	Ghost Runners 5K	Lake Hefner, S & S @ 2:00pm
10/27	24THW \$	Bluff Creek @ 6:00am
10/27	Komen Race for the Cure 5K	Bricktown @ 8:00am

\* Denotes Series Races

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

## Landrunners In Action

7/14 GRANDFATHER MTN MARATHON, NC  
 DAVE GREER 5:13:09

7/29 SAN FRANCISCO MARATHON, CA  
 ANGELA MORRIS 4:11:24  
 RICHARD MILDREN 3:39:29 - HALF

7/21 OKOBOJI MARATHON, IA  
 KATIE KRAMER 3:13:35 – 1ST FEMALE

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



at [www.signmeup.com/83261](http://www.signmeup.com/83261)  
 or [www.occc.edu/lifesaver](http://www.occc.edu/lifesaver)  
 or [www.dgroadracing.com](http://www.dgroadracing.com)

**Saturday October 6, 2012 8:00a.m.**

**Oklahoma City Community College  
 7777 S. May Ave. Oklahoma City, OK**

For more information:  
[dkmyers@occc.edu](mailto:dkmyers@occc.edu)

405-682-1611 ext.7138



**10.07.12**

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## **HOPE ★ COURAGE ★ CURE**

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### **USATF Certified Events**

**Hulkin' Half Marathon**  
**SuperTwins Half Marathon Relay**  
**Superhero 5K**

### **Other Family Events**

**Superhero Kids Marathon**  
**Leah M. Fitch Spirit Walk**

All proceeds will be used to fund cancer research and clinical trials being conducted at the Cancer Centers of Southwest Oklahoma.

### **CONNECT WITH US!**

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

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**Grandfather** *continued*

about 6 AM. Race conditions were pretty typical for the mountains in July, 62 at the start, light rain and fog. At 6:30 we were off. After two laps on the track at the stadium, we were out the stadium entrance and on the road. The first hill happens right away, and it was down. As everyone settled into a comfortable pace, I realized that another potty break would have been appropriate. Fortunately in the first mile, we ran by a number of fast food places (thank you, Hardee's)!!! During the run, while talking with other runners, I found a couple of folks who were doing this as their first marathon! As one said, "If you are only going to do one marathon, why not go big?"

At about 2.5 miles the climbs started. The next 11 miles were a series of ups and downs, climbing up to 3800' before dropping off again to 3400' at the midpoint of the race, run on the back mountain roads of North Carolina. As we climbed the mountain, the fog got progressively thicker, and we soon were down to less than 1 mile visibility. Even in these conditions, there were drivers without lights. Oh, and I forgot to mention, this was run completely on open two lane twisty roads.

Miles 12-16 are run on the Blue Ridge Parkway, which is a two lane road that is known for its scenic views of the mountains. This section has long up and down hills at a moderate grade, and not much camber on the sides (this became important later). With the rhododendrons and azaleas in bloom, the air smelled wonderful! The park rangers also helped with traffic control on the Parkway as the tourists really didn't expect to see us on the road.

After getting off the Parkway, the next 1.5 miles were run on a gravel road. Relatively flat until the last third-mile which climbed about 100' or so. Now this was getting tough. The last nine miles were run on Highway 221 climbing to Linville, NC, Grandfather Mountain, and the Highland Games. Think Mount Scott for 10+ miles.

Aid stations were placed about every 2.5-3 miles along the course. There was plenty of water and Gatorade available, and the volunteers were fantastic!

They had plenty of enthusiasm for everyone. This marathon is graciously described as scenic and rural, which is the nice way of saying 'no crowds (really, no people).' At mile 16 there was a family with the hose out spraying us down and the freeze pops at mile 19 were great!

The part I didn't expect was the effects of the severe camber of the road. Practically all the curves on Highway 221 are blind curves, very tight, with about 15-20 degrees of camber across the entire road to aid in runoff.

The climb up Highway 221 was continuous and unrelenting. Because of the tight and blind curves on the roads, it was unsafe to run tangents and shortest distance. This put us all running at most in the center. About mile 22, the grade moderated a bit, before the last push from miles 23-25. At the five hour point, I decided that I was ready to be done. Fortunately, as we passed mile 24, the traffic picked up and the crowd support got better. Some of the runners who had already finished came back out to the highway to cheer us on, and that was incentive to pick up the pace. The final two hills were grass covered slopes and muddy due to the recent rains. After a very short, steep climb onto the cinder track at the Highland Games, I made one lap around to the finish area. After the finish, Heather texted Karen to let her know I had finished, 5:13:09 after I had started. Heather even commented that I looked better than some of my OKCMM finishes. Of the 500 who registered, only 362 finished the marathon.

This is definitely a tough marathon. Depending on who you talk to, and how they rate such things, it's billed as one of the toughest in the US. There are probably marathons in the Rockies with more elevation change, but with the twisty turns and climbs, the Grandfather Mountain marathon is one of the more difficult you can find. If you like to be alone with your thoughts, and want a beautiful experience, the marathon is in mid-July in North Carolina. The web site is [www.hopeformorrow.org/gmminfo.htm](http://www.hopeformorrow.org/gmminfo.htm). The 2013 race is July 13th. Might see you there.



# ONE GOAL MILLIONS OF LIVES™

## October 27, 2012



### Susan G. Komen Oklahoma City Race for the Cure® Chickasaw Bricktown Ballpark • Oklahoma City, OK

Susan G. Komen has just one mission—to save lives. And because Oklahoma has a higher breast cancer death rate than the national average, we know it needs even more support. With each mile we walk or run, we are that much closer to giving another woman a mammogram, funding another woman's treatment, and finding a cure. But there are still many more women who need your support. Join the mission and register today for the Susan G. Komen Oklahoma City Race for the Cure. And bring your friends and families. Because together, we can finish this race.

[www.komencentralwesternok.org](http://www.komencentralwesternok.org)

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# Couch to 5K, to Half, Times 4, to Cancer, to Full...I Hope!

By David Thompson

This is the story of my path from lifelong running fan and couch potato to one who enjoys running for recreation as well as for the associated health benefit.

Like many adults of my vintage, I've spent most of my life focusing on work and family while making little time for my own physical fitness. The diagnosis of type-2 diabetes and a stern scolding from a drill sergeant-like physician's assistant forced me to realize that I could not continue the same eating and sedentary behaviors that I had enjoyed for 56 years. With support from my wife and continued medical monitoring I changed my eating habits and focused on regular exercise. I was able to drop 60 pounds from my 5' 9 1/2" frame. After years of watching my three daughters compete in track and cross country and watching my wife run several races including the Memorial Half, I was finally coaxed by my wife to enter my first 5K on my 57th birthday. It was the Brookhaven run in Norman. After barely surviving my first encounter I got the bug. I ran four half marathons over the next year having the pleasure of doing so with my wife Ann and one or more daughters at the various events.

Shortly before Thanksgiving last year I received a prostate cancer diagnosis. If one has to have cancer, this is certainly one of the better parts of the anatomy to have it. It is generally slow moving and the treatment options are many. My first reaction without any study or discussion of the subject was to select either no treatment or the treatment option that produced the lowest impact on my lifestyle. The biopsy indicated a Gleason score of nine on a scale of 1-10. I'd botch any technical description of the aspects of the this score but needless to say anything more than

four seems to require some type of intervention and the information available to me indicated that the offending gland should be surgically removed when the score is seven or above. I learned that age is a factor in selecting treatment options. This might be one of the few times when the age of 58 is considered young. I chose the surgical removal option and was fortunate to have a very fine urological surgeon available to do the procedure. The surgery was performed the last week of January this year. This wasn't great timing for a CPA getting ready to tackle another tax filing season. Driving was off limits for two weeks, work for a month and exercise for six weeks. I hold my surgeon, his staff and the hospital care team in the highest regard. They performed their surgical tasks in expert fashion but they also went above and beyond the call of duty to explain options, issues and expectations to me and my family members. In an ideal world the surgery is designed to effectively terminate the progress of a cancer contained in the prostate and then life may go on as usual post-recovery.

I sneaked back to work on an almost full-time basis in mid-February. Full-time for a tax accountant may be 70 to 120 hours a week in February through April 15. What is work for an accountant might appear to be sleep for many others. I'm fortunate to have partners that took on many of my daily duties and a fine group of professional and support staff willing and able to look after client needs. Despite the workload I had the goal of running in the Memorial half marathon at the end of April. Starting in early March I was able to carve out a few hours to work up from a few steps to a few slow miles. It

**See 5K, on page 12**



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# Stay Safe This Fall with a Little Common Sense

By Leslie Buford

Ahh! Fall marathon training season is upon us, and with it, gradually shorter days and cooling temperatures. Whether you are an experienced runner or a newbie just beginning your journey with the Landrunners, there are always some “rules of the road” that need reviewing before stepping out the door for a run. The Road Runners Club of America lays out several tips that are designed with a little common sense in mind for staying safe while out on the roadways and trails.

## *When Running Alone:*

- Run AGAINST traffic if running on the road. That way, you can see oncoming traffic coming at you. Never assume that the driver will see you and take precautions to avoid you. NEVER run down the middle of the road. Sure, the side of the road slants and can cause knee pain, but getting hit by a car will hurt much, much worse.
- If running on a sidewalk or trail, stay to the right unless passing. When passing, tell the pedestrian “on your left” before getting back in the right “lane.”
- Do not run in designated bike lanes. They are for bikes, not runners, and a bike wreck is harmful to both the runner and biker. It is especially dangerous in places such as the Lake Hefner dam area where there is little room to maneuver.
- If you are running early in the morning or late at night, wear reflective, light colored clothing. Again, do not assume a driver will see you or that someone won’t mistake you for a ninja in all black.
- Do not wear headphones. If you just have to have music, turn down the iPod as low as possible and consider wearing just one earpiece.
- STOP at stop signs and lights and look in both directions before proceeding into the intersection. Again, don’t assume cars will stop for you. Cars turning right are especially notorious for not looking to their right before taking off. This is a big problem if you happen to be on their right!
- Share a little bit about yourself:
  - Let friends or family know your routes, when you leave, and how long you will be gone so they will be alert if you don’t return.
  - Use a permanent marker to write your name, age, phone number, and blood type on the inside sole of your running shoe.
  - Carry your cell phone or some change with you so you can call someone if you are in distress.
  - Consider investing in a Road ID bracelet.
- However, some things should be kept private:
  - If you need a potty break, try to find a bathroom or a port-a-potty before using someone’s prized rosebushes as your outdoor boudoir.
  - As much as some drivers or passerby can be jerks, steer clear of confrontation. You never know what minor word or gesture may send someone over the edge.
  - No one likes to pick up your mess! Don’t litter. It’s not cool. If no trash can is available, carry your empty cup, bottle, or gu packet until you find one. It won’t kill you.

## *Additional Rules When Running in a Group*

- DO NOT run more than two people across on a busy road, sidewalk, or trail. Remember what you learned in kindergarten: “Sharing is Caring” and share the space with others. This will decrease the likelihood that a ticked off driver or biker will plow over your group. Bonus!
- Use “Ranger Rules” of no man left behind. If someone is struggling, needs to use the restroom, or needs to walk, make sure at least one other person drops back with that runner.
- Don’t blindly follow the people in front of you, especially when coming up on an intersection. The number one cause of runners getting hit by cars is a result of not obeying traffic laws at an intersection. Contrary to popular belief, pedestrians DO NOT always have the right of way! Crossing against a light or running a stop sign can have fatal consequences. Also, are you sure the people in front of you know where they are going?
- Be mindful of your language and conversation content. Sure, we are all adults, but perhaps not everyone likes a potty mouth. If the atmosphere seems uncomfortable, perhaps it is time to change the subject.
- Get to know your buddies. Not only for the sage advice and wonderful stories they have to tell, but also listen for any slurred speech or make note of any sudden stumbling, leaning, or difficulties they may have during a run. They may be exhibiting signs of a stroke.
- Consider a post-run get together! Running is a social sport and the Landrunners excel at it!

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**REGATTA RUN**

**Saturday, Sept 29**

OKLAHOMA RIVER • BOATHOUSE DISTRICT  
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**2012 OKLAHOMA  
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**5K continued**

was like starting running all over again, only this time with a few post-surgical inconveniences.

My first real training effort was a 12 mile Landrunner training event at the Chesapeake boathouse. I trudged the first seven miles at a consistently slow pace. The last five miles were at a snail's pace. I've never been too swift but this was embarrassing. I recall being passed by a dog-walker with 5 or 6 Chihuahuas in tow. I remember feeling more than a little discouraged. Thanks to my wife Ann's encouragement and some trepidation, I signed up for the 2012 Memorial at the last possible moment.

Race day this year produced calmer conditions than the 2011 event. No matter the time it was going to take to complete the course, if at all, I was thankful to be able to participate. Ann slowed down enough to stay with me and keep me motivated. A little welcome rain at mile 11 provided some cooling relief and the energy boost I needed to complete the course. I completed the course in two hours and thirty minutes. Just about 30 minutes slower than the previous year.

Buoyed by completion of the Memorial half, I was determined to continue working toward additional milestones. I had a meeting in D. C. in May and got an itch to run the Marine Corps Marathon in October of this year. The event was already sold out but I was able to obtain entry to the event by fund raising for a charitable sponsor. I found the Zero Cancer organization to be a suitable cause. The organization's mission is save the lives of men by providing education, testing and treatment research. I was fortunate to receive a somewhat early diagnosis because of a mandatory annual physical required by our health care provider. But for this requirement I would probably have gone longer without detection and had fewer treatment options available.

I wish the story ended at that point and I could report that I was adhering to my prescribed marathon training schedule. This June I learned

that subsequent testing indicated the possibility of cancer still lingering in my system. My course of treatment is a combination of medication and an eight week course of radiation. I'm six weeks into the medication and four weeks into radiation. I was continuing to run 30 to 40 miles a week through week two of radiation but I lost a good deal of speed (old man variety) and stamina (again old man variety). The ten mile Landrunners training this July starting at Nichols Hills Plaza ate my lunch. I finished in an upright position however most Landrunners would exceed my pace with a leisurely walk.

I haven't been able to find or obtain advice about what to expect or whether or not to continue or abandon training during this course of treatment. I see plenty of literature advocating the value of exercise during treatment but little specific to running. I was told to expect fatigue in week two. I certainly began to feel tired at that point in time but I've always been a WWW (Weak-Willed-Wuss) willing to succumb to any potential prophesies of failure.

My plan for the time being is to continue to hit the road when possible and confine runs to distances of three to five miles a few times a week until radiation is done. That is considerably less than my originally designed training plan. I do hope to take advantage of the Landrunner weekend training runs to some extent. I'll be signing up for the September Dash for Dad event. I'd love to run the half but I'm feeling more like the 5k at this point. Dash for Dad is, coincidentally, a local event that benefits the Zero Cancer organization among other related causes. I do hope that there will be a high level of participation from our community.

I have no regrets over my choice of the various treatment options. I'm certainly willing to share unsavory details with those facing the same malady. While I received extraordinary medical attention I learned a great deal from talking with others about their course of treatment and experiences during and after treatment.



# BETHANY, OKLAHOMA

## SEPTEMBER 22, 2012

**5K (3.1 MILES) RUN/WALK - 8:00AM**  
**1 MILE WALK/RUN - 7:30AM**

### THE Swaziland PARTNERSHIP

The Swaziland Partnership is a cooperative effort between the Swaziland Church of the Nazarene, Swaziland Nazarene Health Institutions, NCM Africa, Nazarene Compassionate Ministries, Inc., Bethany First Church of the Nazarene, and Southern Nazarene University. Our goal is to reduce the incidence of HIV/AIDS in Swaziland through the development of key spiritual, compassionate and educational resources. The net proceeds from this run will be used for volunteer scholarships.

#### ENTRY FEES

<b>5K RUN/WALK</b>	<b>1 MILE WALK/RUN</b>
\$20 PRE-REGISTER	\$15 PRE-REGISTER
\$25 RACE DAY	\$20 RACE DAY

\*for more information log on [www.bethanynaz.org/swazi-5k-benefit](http://www.bethanynaz.org/swazi-5k-benefit)  
 \*\*5k race is USA Track and Field Sanctioned. Race will be held rain or shine

#### OUR THANKS

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The Children's Hospital Volunteers  
present:

# BooBoo Dash

5K and 1 mile  
Fun Run



## BooBoo Dash

October 7, 2012 at 1:30 p.m. | Regatta Park on the Oklahoma River  
Register now at <http://dgroadracing.com>

**Grab your running shoes** and bring your family to support local children dealing with injuries, illness and hospitalization.

**Run, walk, donate or wear your costume and cheer** to make the Boo Boo Dash a success for children and families in Oklahoma!

**Sign up now** – Boo Boo Dash will have a limited edition dry fit tech shirt for the first 100 registered runners.

**The Boo Boo Dash will benefit programs of The Children's Hospital Volunteers** – a 501(c)(3) charity committed to improving the lives of children in Oklahoma.



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**THE Children's HOSPITAL Volunteers**

*Thank you to our media sponsor Kohl's Cares, Kohl's Cares and The Children's Hospital Volunteers partner to promote healthy lifestyles for children and families in our community.*



### 2012 5k Road Race Challenge Walk & Kids Fun Run

Sunday  
October 7, 2012  
Woodland Park  
Registration  
begins at 12:30pm

PO Box 3044  
Shawnee, OK 74802  
405-273-0161  
[www.familypromiseshawnee.org](http://www.familypromiseshawnee.org)

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**Family Promise of Shawnee  
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**Family Fun Fundraiser**

For more Information or  
To Register online go to  
[www.dgroadracing.com](http://www.dgroadracing.com)

## 273-0161

**Special Guest!**




Appearance contingent upon  
team schedule

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[24thehardway.com](http://24thehardway.com)



## OCTOBER 27, 2012

## OKC, OK

## OCTOBER 26, 2013

[doubledirtydozen.com](http://doubledirtydozen.com)

# DOUBLE DIRTY DOZEN



OKLAHOMA CITY  
UNIVERSITY

*The Marianne Vannatta*

# RACE WITH THE STARS

SATURDAY, NOVEMBER 3, 2012

**IT'S ALL ABOUT NURSES**

The race promotes health and wellness in the community and supports scholarships for graduate nursing students at Oklahoma City University's Kramer School of Nursing.

**Saturday, November 3 8:00 a.m.**

**– 5K (USATF Certified and Sanctioned)**

**The Race will be held rain or shine!**

\$25 Pre-Registration – Until October 20, 2012 online.

\$30 Late Registration – After October 20, 2012 online.

Registration includes long-sleeved T-shirt while supplies last.

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# Pepper Spray, Self Defense, and Safety

By Camille Herron

Over the years, I've learned various things to do to protect myself from potentially harmful dogs, animals, cars, cyclists, and people. Here are a few tips.

## Pepper Spray

Every run I carry pepper spray. Fortunately I've only had to use it on dogs, although being a woman poses a greater risk for attacks by people too. To be specific, I have the kind that clips onto my shorts or pants, which allows hands-free running and is unnoticeable. You can do a search on Amazon or Google—called “molded holster pepper spray.” This is important to point out because I've sometimes ordered the wrong pepper spray (non-clip kind). There's another pepper spray that clips called Muzzle. Sometimes you can find this at running stores, sporting goods stores (Sports Authority), or an army surplus store.

I grew up with a zoo of animals in our household. Despite all of my animal experience, I have still had some crazy, crazy dog encounters! The first thing you do when you have a dog running at you is to **STOP, don't run**. I always take off my hat and sunglasses—dogs seem to be more freaked out at you if you're wearing a hat and or sunglasses. You want to stand facing them and stand firmly. I always act friendly at first (“Hey puppy dog!”)—they usually just want to sniff you or play. If they have an owner, I'll wait for the owner to come or call them back. I **always** whip off the pepper spray and make sure I have the trigger open in my hand, whether the dog is friendly or not.

As I say.... only about one out of every 10 dogs is aggressive. If a dog is aggressive, that's when the arm goes up (with pepper spray in hand), like you have something you're going to throw at them. I'll yell “NO!” at them. If you stand firmly, or even run or lunge towards them, they'll usually run off. You have to make sure though that when you take off to run again (with your back at them), they don't come after you.

Multiple dogs are incredibly scary because the dogs can provoke each other. I've had two dog bites in my lifetime, of which the first time was due to



a multiple dog encounter – that was back before I had pepper spray. I've also had dogs chase me in the middle of a workout.... sometimes I'll stop (the bigger dogs), but I've pepper sprayed a few smaller dogs mid-run!

Sometimes I'll be running and I'll come upon an owner with their leashed dog. I **always cough to alert them, regardless if** coming from behind or facing them. I do this with people too, so you don't startle them. They will usually go off to the side and pull on their dog. I make sure I run around the opposite side of the dog (owner between me and dog) and far enough away they won't lunge. Some people have those adjustable leashes – you have to be mindful if the owner forgets to clamp it down when you run by!

I always cough too when I encounter wild animals (SKUNKS AT LAKE HEFNER!)—they'll scurry off.

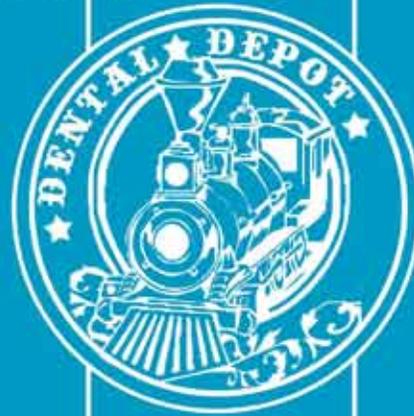
Definitely report to the police or city any threatening dog encounters on public property, particularly in areas where dogs need to be on a leash. A lot of people seem to think if they don't see anyone around on the trails or parks, it's “ok” to let their dog roam free. They assume that because their dog is friendly around them they'll be friendly with other people and animals – don't assume anything! It scares me to think of “what if” a dog went after a child, or even someone else's dog!

**See Pepper, on page 18**

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**Pepper continued**

As far as **other safety/self-defense things** I've learned:

- Don't dress so it draws attention to you. Keep your shirt on. Dress subdued and wear a hat. I've noticed the more skin I show on runs (esp. in Oklahoma), the more unwanted attention it brings. For guys, taking your shirt off might mean people throwing things at you from their car!
- If you're driving somewhere, try and park where there are other people and cars around, preferably under a light.
- Carry your keys, whether hand/glove/pocket/shoe – only hide them in a bush/tire, if no one is around to spot you doing it.
- Try to run when the sun is out, or where there are streetlights. Neighborhoods and major roads are good, or areas where there is high people traffic and open space. Be mindful and on high-alert if running through woodsy areas. If I anticipate running in the dark, I'll put on my headlamp.
- If you're running in a sketchy or secluded area or at risky time of day, run with other people and be aware of potentially unsafe areas and trails.
- Take a self-defense class.
- Absolutely DO NOT run with an ipod outside! Ladies, you are putting yourself at such a high risk, whether crossing intersections and not hearing/seeing cars, cyclists, dogs, attacks by wild animals, or people. It doesn't matter how safe you think an area is.... when you lose your ears, you could lose your life.
- If you can and you're running at a high risk place or time, carry your phone with you. Invest in a waistpack or armband. I've run with my phone in the back pocket of my tights. I also recommend a protective shell for your phone in case you drop it (which I had the misfortune of doing while in Central Park-NYC).
- Run facing traffic. If you're running on a sidewalk with traffic, make sure when you cross an intersection you look over your shoulder to see if a car is turning AND that they see you....

not all cars remember to yield to the pedestrian crossing! Don't know how many times I've nearly been hit for this reason.... can't imagine if I had an ipod on too!

- Try to cross at pedestrian crosswalks or lights. However, take a defensive approach (as mentioned, cars don't always yield to pedestrians when turning). Recently, I was about to cross Northwest Expressway, and a big axle truck ran a red light. Fortunately, neither I, nor any cars, had begun to cross or it would have been ugly! Sometimes I run behind a car if I'm not sure the driver sees me or they're about to get a green light. If I'm in front of them, I'll raise my arm or wave (kind of shows appreciation too for them yielding to you).
- Stay to the right along Lake Hefner, so cyclists can pass on your left.
- Wear white if you're running in the dark. This makes it easier for runners, cyclists, and cars to see you. I'm of the opinion that if you wear too much reflective stuff (I have a reflective vest to go along with reflective clothings/hat/etc.), it may actually distract a driver. Their eyes AND their car will potentially swerve at you.
- Get RoadID as a safety precaution.

These are the things I've learned! Be safe everyone!

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](http://www.camilleherron.com)





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