

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2013

Issue No. 201

## President's Letter

Greetings runners and walkers,

I attended my first Landrunner meeting in January 2001. One of the many topics for discussion was the growing request by runners searching for an organized training program focused on preparing for the OKC Memorial Marathon. By the end of the evening, Jack Rector volunteered to put together a marathon training program for the Landrunners. The first training runs would be scheduled to start and finish at Stars and Stripes Park.

The first morning of training, 10-15 runners showed up. After a very friendly and robust "Welcome Runners," Jack provided a few instructions about the training course for the day, where water drops had been set-up, and a caution for personal safety while running on the road. To encourage all runners, Jack, assisted by wife Sherri, would mark the one-gallon water jugs with friendly signs indicating the water was for marathon training and all runners were welcome to have a drink.

Throughout the 16 week training program the number of runners grew. As the training distance increased, the number of water stops did also. Soon Jack's car trunk was no longer large enough to carry the needed water to support runners. The initial core group of runners volunteered to bring cups and set out water along the designated course. The number of runners who finished that first training program is not as important as the camaraderie that developed between runners. Not only were we stronger and more assured of our running ability, but the Landrunner invitation to "come run a few steps with me", had taken on a new meaning.

Continuing a steady growth of training participants from those meager numbers, spring marathon training runs can easily bring between 350-400 runners and walkers out on the course. Taking on the challenge of keeping our training on track for a successful marathon/

half marathon finish, the Landrunner training committee of Bill Snipes, Adi McCasland, Bill Goodier, Chuck Mikkelson, Cara Nance, David Ball, Mark Bravo, and Tom Conigilone have planned each run with course safety and water stops in mind. Our sincerest appreciation for their volunteer effort is extended to them.

Over the course of the coming weeks, help us keep the spirit of the "All runners and walkers are welcome" alive by welcoming new runners and walkers to the training program, or by running a few miles with someone new. The first weekend run of each month, Landrunners are encouraged to show the club spirit and wear club shirts and apparel during and or after the run.

And what is running without time to talk running? With many opportunities to do so, consider these three: The first opportunity occurs monthly at the club meetings. There you will find both veterans along with new runners and walkers exchanging stories of successes and challenges. The first club meeting for 2013 will be January 21. The membership meetings are held on a regular basis at Kimray's Kimmell Conference Center, 8 NW 42nd St, Oklahoma City, OKC, at 6:30 the third Monday of the month. January's program will feature Mollie Bennett from the OKC Memorial Marathon to talk about changes to this year's marathon course and program, Bill Snipes with an update from the Landrunner training committee, and Dr. Tom Coniglione. Secondly, following most training runs, runners will gather at a nearby coffee shop and talk running. The third way is through the club's website or Facebook page. Follow us on Facebook @ [www.facebook.com/Landrunners](http://www.facebook.com/Landrunners)

*Come run a few steps with us.*

See you out running,  
Gaile Loving  
OKC Running Club President

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/12	Forever Edmond 5K	Hafer Park, Edmond @TBA
1/12	Elvis Run 5K / 10K	Lake Hefner – East Wharf @ 9:00am
1/21	Club Meeting	Kimray, 8 NW 42nd St @ 6:30pm
1/26	Sooner Winter Trail Run*	NU Draper Trails @ 9:00am
2/2	BALTO 5K	Edmond's Mitch Park @ 9:00am
2/2	Groundhog 8K	Lake Overholser Rt. 66 Park @ 9:00am
2/9	Frigid Five*	Edmond's Mitch Park @ 9:00am
2/16	Queen of Hearts 5K / 10K	Wheeler Park @ 9:00am
2/18	Club Meeting	Kimray, 8 NW 42nd St @ 6:30pm
2/23	Cowtown Marathon \$	Fort Worth, TX @ 7:00am
3/2	Panera Beacon 5K*/ 15K* / 25K*	Lake Hefner, S&S @ 8:00am
3/3	A2A Marathon / Half / 5K	Ardmore, OK @ 8:00am
3/3	Little Rock Marathon	Little Rock, AR @ 8:00am

\* Denotes Series Races

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

## Landrunners In Action

### 11/4 BASS PRO MARATHON, MO

DIANA LINDSEY 3:51:22

### 12/1 BATON ROUGE BEACH MARATHON, LA

MARY MIKKELSON 3:39:42  
 ANGELA MORRIS 3:52:20  
 MATTHEW WILCOXEN 3:53:54  
 CHUCK MIKKELSON 4:15:17  
 ADI McCASLAND 4:55:22  
 MAURICE LEE III 1:44:01 - HALF

### 12/2 LAS VEGAS ROCK'N'ROLL MARATHON, NV

TREY CONE 3:12:15  
 TIFFANY CONE 1:29:15 – HALF  
 KELLY MURPHY 1:50:09 – HALF  
 JASON SOPER 2:13:50 – HALF  
 JENNIFER BAILEY 2:16:35 – HALF  
 AMANDA SLAVENS 2:18:46 – HALF  
 ANNETTE THOMPSON 2:32:47 – HALF  
 DAVID THOMPSON 2:32:48 – HALF  
 GENE SLAVENS 2:35:51 – HALF

### 12/8 TEXAS SPARTAN BEAST OBSTACLE RACE, TX

STEPHEN ABERNATHY 3:33:22

### 12/8 ISLE DU BOIS 54K TRAIL RUN, TX

BRUCE LAYNE 6:01:43  
 DAVID SOOTER 6:44:25

MICKEY ESTERS 7:23:07  
 ELLEN REEDER 2:02:25 – 18K  
 PEGGY WOOD 2:22:00 – 18K

### 12/16 DOUBLE HALF TRAIL & ROAD MARATHON, TULSA

BRIAN JACOBSON 5:03:35  
 AMY PANNELL 5:03:35  
 LESLIE QUINALTY 5:31:59  
 ALICIA ABLA 5:53:04  
 ELLEN REEDER 5:53:05  
 DAVE GREER 2:24:58 – HALF  
 KAREN GREER 2:52:20 – HALF

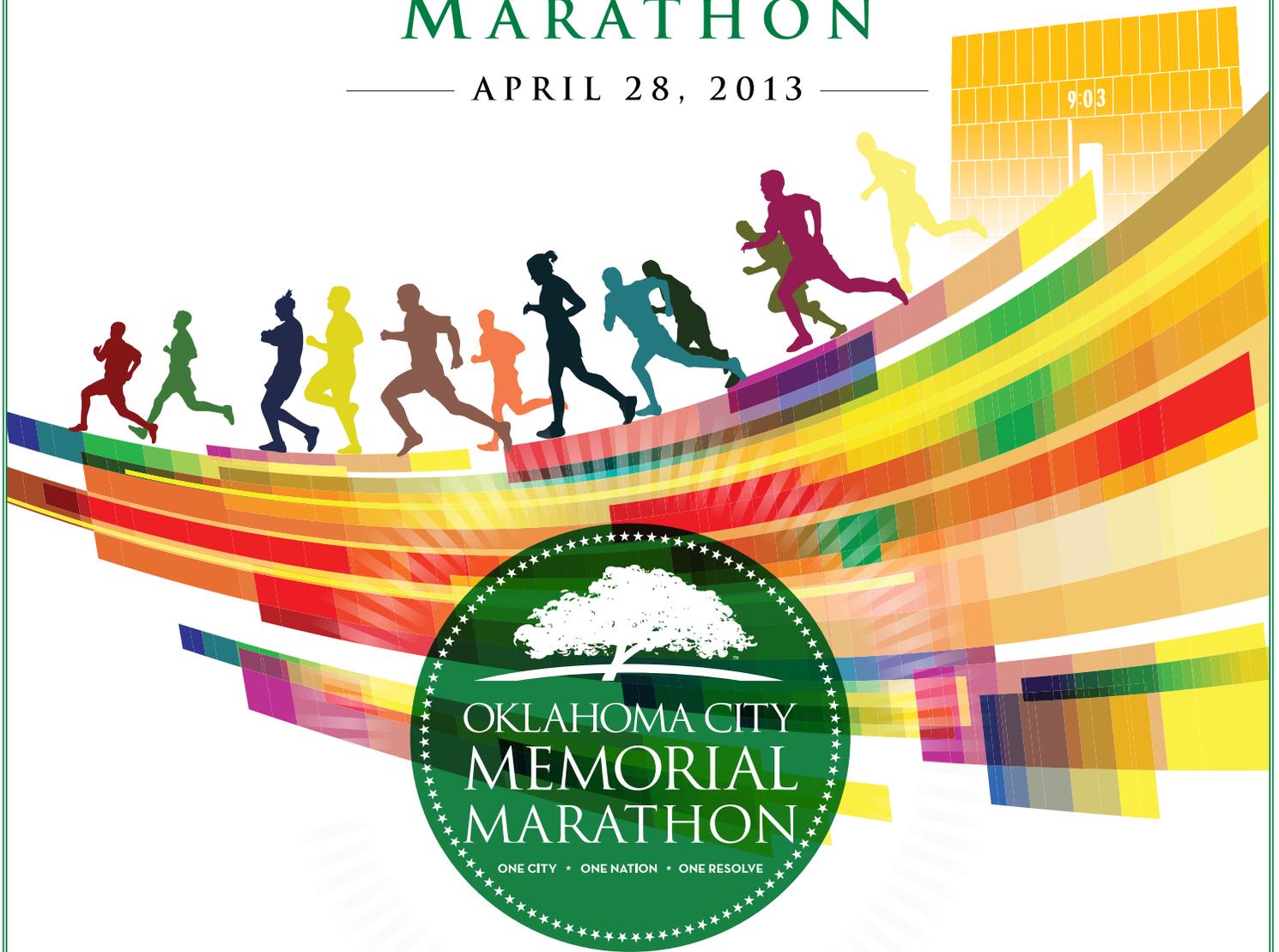
If you don't see your results it could be you forgot to report them so send your results, photos and stories to news@okcrunning.org

## INTERESTING

The OKC Landrunners held their annual Christmas Party on December 10th and was hosted by Nels, Donna and Sami Bentson. Approximately 50 runners and guests were present and all enjoyed Jan Cosgrove's (The Soup Nazi) minestrone soup and other pot luck dishes. All present were asked to give their racing miles for 2012 and collectively that total is.....4,500 miles!!!!!!! That's 90 racing miles per guest. ON! ON!

THE THIRTEENTH ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 28, 2013 —



**RUN** TO **REMEMBER**



OKCMARATHON.COM

# Landrunner Finishers – Tulsa Route 66 Marathon

1. CAMILLE HERRON	2:48:51	44. ROHIT KESHAVA	4:40:52
2. JOSEPH PARIZEK	3:03:29	45. CHERYL BALLARD	4:41:00
3. ELIZABETH COOPER	3:04:05	46. JUSTIN LYNCH	4:42:01
4. KATIE KRAMER	3:06:27	47. JOHN HARGROVE	4:45:58
5. STEVEN CHERRY	3:09:25	48. JASON SOPER	4:48:00
6. CHARLES McFARLAND	3:29:28	49. SARAH EDWARDS	4:48:35
7. MARK VAN DUKER	3:29:50	50. TYRONE RICHARDSON	4:48:38
8. SCOTT SMITH	3:36:22	51. B.J. RICE	4:49:44
9. BRANDON ABLA	3:37:56	52. MATTHEW McBEE	4:56:27
10. ERIC SHANNON	3:43:47	53. MARIYA BURDINA	4:56:34
11. SCHAD MELDRUM	3:45:55	54. ALICIA ABLA	4:56:41
12. JOSEPH WARFIELD	3:46:12	55. BRIAN JACOBSON	4:56:41
13. DREW CARTER	3:48:57	56. KARL KROKSTROM	4:56:41
14. ANDREW CONYERS	3:52:37	57. KRISTIN KEITH	4:56:57
15. MARK STOLLSTEIMER	3:53:19	58. LESLIE QUINALTY	4:57:42
16. JOHN GONSHOR	3:57:07	59. JESSIKA OXFORD	4:58:20
17. MATTHEW WILCOXEN	4:02:28	60. RUSTY JOHNSON	5:04:37
18. RAUN ENGLISH	4:05:39	61. ANJI SPEARS	5:13:11
19. LAURA MAXWELL	4:08:09	62. CHRISTOPHER BUCKMAN	5:14:42
20. JON CHENNAULT	4:08:42	63. TOWMA EDWARDS	5:22:30
21. BRAD WALKER	4:08:58	64. DANIEL DAWSON	5:24:08
22. DALLAS DALEY	4:11:26	65. DARLENE SPRY	5:28:24
23. CHAD TOLLE	4:12:15	66. CYNTHIA MITCHELL	5:33:25
24. SHANNON PATTERSON	4:13:29	67. DIANA GREEN	5:36:14
25. CARRIE BLUMERT	4:17:05	68. SEAN McCLINTOCK	5:42:00
26. JENNIFER WESTENHAVER	4:18:29	69. JOSHUA WILLIAMS	5:45:06
27. LISA PETERSEN	4:19:42	70. CRYSTAL GULLEY	5:46:39
28. SHELLEY FEHRENBACH	4:20:13	71. KIMBERLY CRILLY	5:50:19
29. CHRIS NIGHBOR	4:22:26	72. SAM CRILLY	5:50:19
30. REBECCA CUNNINGHAM	4:23:58	73. RALPH BRECKENRIDGE JR	5:58:39
31. CARL ROWE	4:25:15	74. TIM BADE	6:14:31
32. CHARLIE CROUSE	4:25:16	75. JIMMY JOHNSON	6:17:03
33. JASON BARRETT	4:26:18	76. JEREMIAH GRANT	6:18:57
34. AMY PANNELL	4:27:43	77. DONALD JOHNSON	6:19:15
35. JULIANA BELL	4:27:46	78. DAVID BERNSTEIN	6:32:51
36. STEPHEN ABERNATHY	4:29:04	79. JESSICA HUKILL	6:34:28
37. ASHLEY MUNDT	4:29:45	80. CHRISTY BATTERSON	6:34:29
38. STEVEN CHERNAUSEK	4:30:53	81. WOLFGANG RICKWALT	6:36:30
39. MARK WALKER	4:34:45	82. LISA CHAMBERS	6:41:10
40. J.T. PETHERICK	4:35:46	83. JENNIFER McCOY	6:42:54
41. TAMMY CRAWFORD	4:37:05	84. BARBARA SOWAH	6:57:04
42. PETE RICHARDSON	4:38:06		
43. JENNY SAVOLD	4:38:06		

# WUOLKY

## LITTLE ROCK MARATHON

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

# 03.03.13

presented by

Arkansas Democrat  Gazette

Arkansas' *Largest* Newspaper

LittleRock  
CITY LIMITLESS

benefiting  
LITTLE ROCK  
  
Parks & Recreation

[WWW.LITTLEROCKMARATHON.COM](http://WWW.LITTLEROCKMARATHON.COM)



# Landrunner Finishers – Tulsa Route 66 Half Marathon

1. JONATHAN MORRIS	1:25:27	57. JOSE MUNOZ	2:12:21
2. JOSH LACAN	1:25:28	58. LOU ANN KRATTIGER	2:12:28
3. TIFFANY CONE	1:27:32	59. COURTNEY THOMAS	2:13:58
4. NICK MORGAN	1:28:09	60. CHRISTINA HELMS	2:14:21
5. DAVID LUKE	1:31:53	61. KRISTY BEAMISH	2:14:30
6. FRANKLIN MILLER	1:34:57	62. CONNIE HEITZ	2:15:15
7. JOSHUA HARLOW	1:35:27	63. KRISTAL GOLDING	2:15:56
8. LUKE ABEL	1:39:29	64. BRENDA MARES-EARNHARDT	2:16:25
9. KELLY HENSLEY	1:40:21	65. RAY VON SCHLAGETER	2:16:40
10. KURT WEST	1:41:25	66. MARGO VON SCHLAGETER	2:16:41
11. CAMERON HAN	1:41:56	67. FRANK GARTIN	2:16:49
12. DAVID DILLINGHAM	1:43:21	68. BENNIE SCHUCHART	2:16:50
13. DENNY MEDICINEBIRD	1:43:25	69. REEDA FRAMPTON	2:17:17
14. JEN WARDEN	1:44:06	70. JENNIFER FLETCHER	2:19:18
15. JUSTIN CHAN	1:44:27	71. JULI HALL	2:20:19
16. NOUREDDINE MEDIOUNI	1:44:27	72. LEE GILE	2:21:19
17. MARK MORGAN	1:45:22	73. SHAWNA SATTERWHITE	2:23:49
18. ROCKY WILLIAMS	1:46:58	74. LINDIE SLATER	2:24:53
19. ANGELA MORRIS	1:47:28	75. CAROL NEWMAN	2:25:44
20. HOLLIE STUART	1:47:52	76. NELS BENTSON	2:26:08
21. GINA MARLAR	1:48:34	77. DANA CAMPBELL-STERNLOF	2:26:08
22. JERRY GLASGOW	1:48:38	78. APRIL TEAGUE	2:26:11
23. BLAKE MIDDLETON	1:48:45	79. ANNETTE THOMPSON	2:26:30
24. NELLITA SLUSHER	1:49:17	80. DAVID THOMPSON	2:26:30
25. VAN VAWTER	1:49:45	81. DIANA LOVE	2:26:53
26. ELAINE WOOD	1:50:15	82. JOHN COTNER	2:26:57
27. MARY HAMMER	1:50:44	83. ARIEL ALLISON	2:28:21
28. DONALD STONG	1:51:07	84. LIZ BUSCHELMAN	2:30:22
29. MICKEY ESTERS	1:52:58	85. ALLISON MACK	2:30:22
30. JULIE BUSHONG	1:53:35	86. KRIS HOWELL	2:32:50
31. JACOB BUSHONG	1:53:41	87. KATHLEEN MOFFITT	2:33:46
32. KORTNEY TIBBETTS	1:54:43	88. ANN KIERL	2:33:48
33. RACHEL HECHT	1:55:03	89. TODD HEITZ	2:36:03
34. GENEST LANDRY	1:55:11	90. DWIGHT EDWARDS	2:37:11
35. SHELBY CARTER	1:55:24	91. CLYDE STEVENS	2:45:34
36. KEN CARLYLE	1:55:38	92. OWEN CANNON	2:48:32
37. GREG PILCHER	1:56:08	93. STEFANIE CANNON	2:48:32
38. JEFFERY COOPER	1:56:31	94. KATHLEEN COOK	2:49:23
39. DAVID BACH	1:56:35	95. CHRISTINA JOHNSON	2:49:23
40. BRETT SELBY	1:58:01	96. KIM ESTORGA	2:50:01
41. JODI COLE	1:58:22	97. RANDY BRINKLEY	2:50:41
42. VINCENT HODGE	2:01:20	98. MARK CUNNINGHAM	2:51:05
43. ANDY MCILVAIN	2:01:40	99. KELLY HILBURN	2:53:51
44. SADIE THOMPSON	2:02:44	100. LADAWNA TUCCI	2:55:41
45. KARI BROWN	2:04:41	101. COURTNEY FRENCH	2:56:06
46. KATHRYN YOUNG	2:05:25	102. JIMMY ROBLYER	2:59:25
47. JULIA ELLIS	2:07:29	103. SILVER WOODY	2:59:29
48. MELINDA CRAYTON	2:07:30	104. JEREMY MELTON	2:59:50
49. BETSY HILBURN	2:08:19	105. BRENT MELTON	2:59:51
50. JENNIFER KOEHLER	2:08:20	106. JENNIFER GETTS	3:00:14
51. DAVID WOODWARD	2:08:37	107. DEBBIE MCBEE	3:04:37
52. MARK ISOM	2:10:41	108. SHANNON RICKARDS	3:07:39
53. TINA KING	2:10:43	109. RICK HOWELL	3:14:58
54. TOM LOVE	2:10:45	110. TANYA ESTERS	3:22:33
55. GLEN STANLEY	2:11:16	111. SHIRLEY LYNES	3:22:41
56. KATHY HOGARD	2:11:43	112. LAURA WARD	3:43:34

# 2013 Winter State Games Trail Run

## January 26, 2013

[soonerstategames.org](http://soonerstategames.org)



### **Location:**

NU Draper Trails  
Lake Stanley Draper  
North of SE 89th on Post Road  
OKC, OK

### **Directions:**

From I-240, take the Douglas exit.  
Travel north on Douglas to SE 74th  
Street.  
Go east one mile to Post Road.  
Turn South approximately half a  
mile to the trail entrance.  
Parking is on the east side of the  
road.

### **Start Time:**

Registration: 8:00 am  
Race Starts: 9:00 am

### **Sport Coordinator:**

Peggy Wood  
405-815-7626  
[peggywood@cox.net](mailto:peggywood@cox.net)

### **Entry Deadlines:**

**Mail-In:** January 19, 2013  
**Online:** January 25, 2013

### **Packet Pick-Up:**

January 25, 2013 Noon-7PM  
OK Runner  
1189 East 15th Street  
Edmond, OK  
(405) 285-1455

### **Entry Fee:**

4 miles	\$20.00
8 miles	\$30.00
12 miles	\$35.00

Race Day Registration:  
additional \$5/runner

Children 12 & under free  
with paid adult.

For entry forms and more information visit  
[soonerstategames.org](http://soonerstategames.org) or call  
405.236.5000

# The Triple Crown is Coming!

By Frank Willis, event coordinator

All of you look forward to the premier racing series of 2013, THE TRIPLE CROWN. The rules are simple and here they are:

- Run the Frigid Five on February 9th;
- Run the Panera Jack Rector Beacon Run March 2nd ; either the 5k, 15k or 25k, it doesn't matter;
- Run the Third Jewel at the St. Paddy's Day Great Race of the Great Plains 8k on March 16th.
- Your finishing position in your age group in each race is totaled, and the lowest number for each age group wins the Triple Crown Cup for that age group! The overall Triple Crown winners, who receive the DR. TOM CONIGLIONE CHALICE, are the male and female whose total points for their overall finish in each race are the lowest. In the event of ties, the tie-breaker is finish in the Great Race of the Great Plains —whichever runner finishes higher in the March 16th 8k is the age group or overall winner. Overall winners do not also receive their age-group cup; it goes to the next lowest-point finisher. Awards are presented at the conclusion of the presentation of awards for the Great Race of the Great Plains.

Enter the Triple Crown for \$65 (\$50 - 19 & under), which qualifies you for all three races and saves you some money (plus no, zilch, zero, nada processing fee for using online registration at [www.okcrunning.org](http://www.okcrunning.org)).

AND, if you register for the TRIPLE CROWN, you receive all three race shirts, along with a special limited-edition TRIPLE CROWN RUNNER'S SHIRT! \*\*Triple Crown shirt will be distributed at the St. Paddy's Day Race\*\*

You do not have to specially register for the TRIPLE CROWN to be a contestant in the TRIPLE CROWN. In fact, anyone who runs in all three events has competed in the three jewels of the TRIPLE CROWN and is included in the TRIPLE CROWN competition, WHETHER THEY LIKE IT OR NOT! But, you must register for the TRIPLE CROWN to receive a TRIPLE CROWN shirt.

One last detail: if your age bracket changes during the running of the TRIPLE CROWN, your point totals are calculated from your finish in the age bracket you are in when you run each race. Your TRIPLE CROWN final ranking will be based on the age bracket you are in on March 17th.

Whew! Any questions?

**Triple Crown 2013**

		
<b>Frigid Five</b> Feb. 9 <sup>th</sup>	<b>Panera Beacon 5k-15k-25k</b> March 2 <sup>nd</sup>	<b>St Paddy's</b> March 16 <sup>th</sup>

Register today @ [www.okcrunning.org](http://www.okcrunning.org)



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

**Saturday, March 2, 2013**

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

**Entry Fee:**

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

**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Prizes:**

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

**Registration:**

Preferred Online Entries: [www.okcrunning.org](http://www.okcrunning.org)  
(no processing fees)

Mail Entries to:

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

**Packet Pickup:**

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

**Produced by:**



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



# 12 Great Winter Must-Haves

By Camille Herron

Living through some extreme winters in rainy Oregon and cold/icy/snow in Indiana taught us A LOT about Winter 'Must Haves.' I thought I'd share my favorite items to get you safely and comfortably through the winter.

## 1. Headlamp

Our headlamps are one of the last things Conor and I got while living in Indiana. I can't believe we hadn't gotten these sooner! It can be tough when the days are shorter, trying to fit everything in the dwindling light. It can be a huge safety risk running in the dark, and I certainly don't want to shrug off a run and compromise training because of the dark. Enter the headlamp. I did a lot of research before getting two different headlamps — a cheaper 60 lumen Energizer headlamp from Walmart, and a 70 lumen Princeton Tec headlamp. My best advice is the more the lumens, the better, regardless of the brand. I just bought a new Energizer headlamp from Walmart with 70 lumens for less than \$20 and it's fantastic!

## 2. Yaktrax, Screw Shoes, and Cross Country Flats/Trail shoes

In Oklahoma, there may only be a couple of odd days a year when you need these, but you'll be glad you have them! Yaktrax fit over your shoes to provide extra traction on snow and ice. My preference in Indiana was to make 'screw shoes' (I have a



tutorial on my website), which are less cumbersome to the shoe than Yaktrax. I could run through EVERYTHING with the screw shoes! Some prior winters I'd wear cross country flats and also discovered Inov-8 trail shoes, which have different types of sole grip. They even make a shoe that has metal dob spikes built into the shoes (Oroc 280s).

## 3. Treadmill and other cross training equipment

It can be a lifesaver owning a treadmill and/or other cross training equipment for those grueling days when you don't want to get outside OR drive to a gym. You can workout in the comfort of your own home. It's also a nice change to do occasional runs on a treadmill. I did research at <http://www.treadmilldoctor.com/> to help decide what to get. We ended up buying a treadmill at Sam's for about \$900, which got good reviews. We got to test it out at Sam's, and we liked how you could adjust

the 'cushioning' of it. While we've used it much less in Oklahoma, we continue to maintain our yearly warranty for it, which I recommend for any treadmill (we've had a few mechanical issues).

## 4. Reflective gear and white clothing

I'm very conscious of making sure I've got some reflective gear and/or white clothing if I run at night. Wearing white and lighter colors is really great, unless the darker clothing has serious reflective material. Turning on the headlamp too is good for alerting cars/cyclists/other people you're nearby.

## 5. A variety of jackets

It is absolutely a worthy investment to get a variety of nice jackets. My warmest jacket is a 'lined' (w/anti-microbial weave in the fleece material), lightweight, waterproof jacket from Brooks. Then, I have an assortment of lightweight waterproof/windproof jackets (emphasize this) and some with Goretex and reflective material. Jackets that convert to a vest and have a hood (for added head/neck coverage) are great features to look for as well.

## 6. Tights with a back zip pocket

Having tights with a back pocket is like gold! This is definitely a key feature to look for, even if the tights are pricier. When I travel, I take my tights with the back pocket because I can put things like phone/ID/credit card/key in there without having it flop around or carrying in hand/belt/pouch. The same applies to Capri and half-tights—look for the back pocket!

## 7. Gloves/mittens/handwarmers

My warmest gloves are a pair of ski gloves I got in high school. I've heard cross country skiing gloves are some of the best. Gloves that are lined (like my jacket) with a fleece inner layer and outer 'shell' layer are great. My favorite current gloves are a pair of Mizuno Breath Thermo gloves, which are thin gloves that have material woven into them that reacts to sweat and 'heats up.' I could wear these for all conditions, and they're also my race gloves. A lot of gloves on the market convert to mittens. You can also purchase handwarmers to use on extremely cold days.

## 8. Crewcut/Quartercut Socks and Compression socks

I'm a big fan of crewcut and quartercut socks. They fit well with tights and pants for covering the ankles

**See Must-Haves, on page 12**



18th Annual

**02.09.13**

**FRIGID FIVE**

*the ultimate in cool running*

**M.A.C. at Mitch Park Edmond, OK**

**5 Mile Run 9:00 am Free Kids 1 mi Run 8:30 am**

**Awards, Technical Shirts, Door Prizes,  
Great Food and Drinks inside the M.A.C.**

**Benefiting Allied Arts, Local Cross Country Teams,  
and Edmond Parks and Recreation**

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

**[edmondrunningclub.com](http://edmondrunningclub.com)**

**Must-Haves continued**

and preventing ankle chafing and debris from getting in your shoes. Wrightsocks is my favorite brand, which has differing types (thin, double-layered, and even wool and cold-weather fabrics). Also, I like to wear running compression socks on the really cold days for added leg coverage. It's definitely worthwhile to invest in the running-grade socks, which are made with more durable and stretchable materials than the cheaper medical grade (which are still great for rest and recovery).

**9. Buff/Neckwarmer/Turtleneck**

Covering the neck is a must-do on extremely cold and windy days! We have both cheap cotton and dri-fit turtlenecks. There are also neckwarmers and multi-purpose buffs you can find online or at a local running store.

**10. Arm Warmers**

A saving grace is arm warmers! These are great for those training days and races where the temperature is 'in between' and you want the option to take them off if you need to. I always take them to cold and rainy marathons, where the added coverage can be much appreciated!

**11. Head coverage**

Besides having stocking hats (the deeper the better), I like jackets with a hood and hoodies, since they both cover the neck. Also, for the really nasty precipitation days, I'll wear a headwarmer under a cap, so I can tip my head down and use the bill to block the rain/snow/ice.

**12. Drying Rack**

One more item—a drying rack for all of the above! All that gear needs to dry out and prevent bacteria/stinkiness! We're environmentally conscious and try to wear all of our gear more than once before washing it.

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



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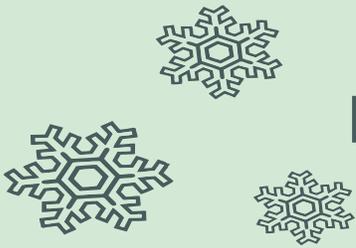
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# “HOT FOOT” in RUNNERS

By Tom Coniglione, MD

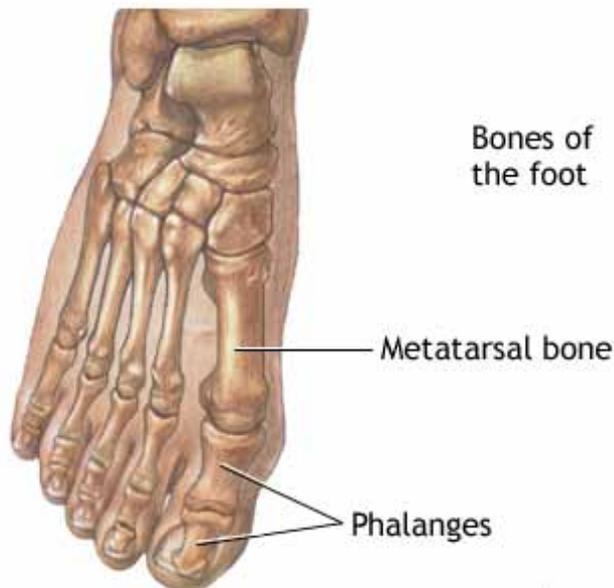
*“The human foot is a work of art and a masterpiece of engineering.” Leonardo Da Vinci*



It could be the “Hot Foot” prank you played on a friend. It could be how you wish your feet can be on a 10-mile run when it is 20 degrees outside. But those are not what we are addressing.

Runners complain of “hot foot” when they have burning pain on the underside of the foot. If you have had it, you know right where it is. Usually the pain is at “y” or at the (block) arrow tip.

The pain can be located at the base of the second toe: “x” marks the spot. At times, there is a callus over the painful area.



Bones of the foot

Metatarsal bone

Phalanges

Runners often describe the pain as a “stone bruise” or like walking on a rock. Because of the burning pain, runners may think they are developing a blister. Some runners think they have a stress fracture in the metatarsal bones; at times, they are correct.

The bones of the forefoot are the metatarsals. “Algia” means pain. Added together, metatarsalgia (hereafter abbreviated as MT) is pain over the metatarsals. Medical terms are not difficult. Medical terms are like canned mushrooms: a combination of roots and stems.

At times MT can be confused with other foot pains. Plantar fasciitis can cause pain in the arch in the area of the metatarsal bones. Certainly, metatarsal stress fractures occur. By examination, plantar fasciitis can be differentiated from MT. Sometimes, we have to know if a stress fracture is present. Often, we treat the MT and later worry if there could be a stress fracture.

We have seen runners with MT who were previously diagnosed with a neuroma. In a few, surgery was recommended to treat the neuroma. The pain of MT is NOT neuroma pain. Second, don’t let anyone operate on your neuroma until you have tried (lots of) other things.

Forefoot runners are the ones most prone to getting MT. With the popularity of minimalist shoes there has been more MT recently. Plyometrics, hopping, skipping, jumping, sprinting and activities stressing the forefoot can cause MT.

At times, the metatarsal bones are out of place with one lower than the others. That one lower bone is the one that gets bruised and hurts. Shoes with worn out forefoot padding may cause problems. As with any foot injury, biomechanical imbalances may be involved.

In children and runners younger than 20, it may be an entirely different problem.

After we figure out MT is the problem, we have a few options for treatment. One is to retire and read books. Real runners would never accept that advice.

Rest will not cure MT: ultra sound, massaging, applying creams, injections and potions will not help. Strengthening or stretching the plantar fascia will not help.



See Hot Foot, on page 19



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## Do You Know Shannon Patterson?

I have always been a runner. I started in track and cross country when I was in the 7th grade and have loved it since. I remember my coach using me as an example because I was suffering from shin splints and I still managed to beat a personal time. That has always stuck with me because that is how I still view my running today...that no matter what gets in the way, I will get back up or at least walk away knowing that I tried my hardest and did my best.

From middle school all the way through college, I ran regularly but not seriously. I didn't start getting serious about running until about four years ago. I ran a small 5K in Hobbs, New Mexico and ended up getting second place in my age group. That kind of fueled my interest and I have considered myself a serious and dedicated runner since.

I have now been involved in a lot of 5K's and 10K's but didn't complete my first half marathon until April 2012. I started training for my first half marathon in 2011 and ended up suffering a hip injury that kept me from finishing. I was heartbroken and remember the day when Dr. Coniglione told me that I would probably have to sit this one out. I took a couple of months off and started my first run back with a two mile run in Hawaii (pretty good place to get back into it)! I ran without any pain and continued to run every day for the rest of the week but only two miles at a time. I slowly progressed from there and was able to train for and complete the OKC Memorial half in 2012.

I discovered the Landrunners while training for the half. I work at Chesapeake and they are tied in closely with the Landrunners and we have the option to be on the mailing list for the training run e-mails. I enjoy running with the Landrunners so much. I really don't think I could have done it without them. It motivates me and when I have to miss a Saturday training run, it throws my whole day off! I have officially been a member since November and am so excited to continue running with the group as well as volunteering where needed!

Picking a favorite race is impossible. I feel like every new race I run, it becomes my favorite. I love running in the Dash for Dad and have started a tradition of giving my dad my medal each year. My most memorable races or runs usually end up being after each training run or race. I trained for my first marathon, the Route 66 Marathon, this fall with the Landrunners. With this training, I feel like every run has been a new goal met. I am extremely



*Shannon Patterson*

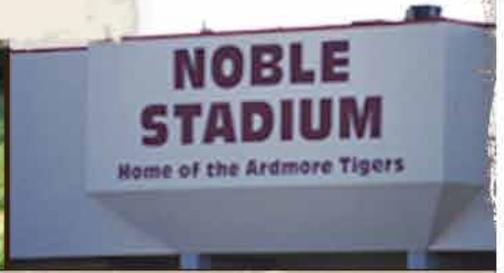
proud of my friend Lauren Horton who has stuck with me through all of it. I know I wouldn't have been able to get through some of those tough training days without her. She is as much inspiration for me as anything or anyone else. I also love that I am always running for a cause. Whether it be for breast cancer or a local charity, it always makes each run so much more worth it.

I had a great time at the Route 66 Marathon and loved every minute of it! I couldn't have asked for a better first marathon experience! I really didn't start feeling like I had been running that long until around mile 22 and at that point, my whole body hurt! I stopped at mile 24 to get a drink and didn't think I was going to be able to lift my left foot to start running again. It took a minute to get back into the motion of it and I decided that it was not worth it to stop again until I passed the finish line. Around mile 25, the crowd started thickening again and everyone was cheering so loud that I somehow got the energy and adrenaline back and was able to sprint to the finish. There is nothing like that feeling and I'm sad that I'll never have a first time marathon experience again but I am very excited to have more marathon experiences ahead of me!



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# Yoga Poses

*By Jennifer Henry*

**Assisted Child's Pose** - With knees either close together or wide, bend forward and reach arms out or rest them on heels. Try to bring hips down to heels.

Your partner can gently push down on your back while making sure your spine stays long. If hips and knees are tight, do this with chest lying on pillow. Stretches hips, back and ankles.



## Recipes to Run By

*By Adi McCasland*

### Slow Cooker Steel Cut Oats

*Serves 4*

1 cup steel cut oats

4 cups water

½ cup + 3 Tbs non-dairy milk\*

¼ tsp sea salt

1 Tbs ground flax seed

1 tsp vanilla

1 ½ cups dried fruit, chopped\*

optional honey or agave nectar, to taste

1) Stir everything into a slow cooker, cover, and cook on low 6-8 hours.

\*Additional water can be substituted for the non-dairy milk.

\*A mix of dried apricots, dates, and cherries work really well.

### Hot Foot continued

Ice will make it feel better but will not cure MT. Surgery on the “neuroma” will cure nothing.

What does work is padding the forefoot. There are a variety of metatarsal pads we can use. Felt, gels and rubber are materials we commonly use.



Padding is applied to the arch – just before the foot bones.

Padding can be applied directly to the foot or to the insole of the shoe.

The foot rapidly adjusts to the pads and relieves the pressure from the metatarsal bones. At times, we have applied pads days before a long run and even marathons.

Happy running and keep your feet cool.

# Riders Wanted

The Oklahoma City Landrunners are currently looking for RIDERS to participate in their “OH!! WHAT A RIDE!!!” program. The Landrunners have a modified racing wheel chair and are willing to push individual/s with physical challenge/s in official organized road racing events (5k, 8k, 10k, 12k, 15k, 25k, 13.1 or 26.2) for the 2013 season. There is a no cost entry fee and rider sponsors must provide transportation to and from race location. Club members are experienced runners and will provide the power behind the chair and the safety of the chair. The club is flexible on the qualifications for interested riders and has scheduled a minimum of four races for 2013. For more information and a possible TEST RIDE and/or to schedule event rides contact Jim Roblyer @ 405.397.8671 (jfroblyer@yahoo.com)

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## Marathon Training

for the

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