www.okcrunning.org

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2013 | Issue No. 209

From 'Run to Live' to 'Live to Run'

By Amy Pannell

This story begins with a phone call from my dry cleaners while I was on my way to run with friends. They said they were cleaning out some old clothes, and came across a ticket with my information. She said, "I have an order here from November. I don't know what year, but the ticket is old." Intrigued, a couple of weeks later I walked from work during lunch to pick up the order, mainly to see what it could possibly be since I could not remember leaving an order behind. When they produced the order, I knew instantly which November the clothes were dropped off. It was from a time when I had just begun to make positive changes in my life. I have come so incredibly far since then.

In 2008, I was at the end of a stressful five to six year period which included a divorce, a career change and about 80 pounds of weight gain. My coping activities during those early years mainly centered around drinking wine, smoking cigarettes and gorging on food. These things comforted me in the short term, but ultimately made me feel much, much worse.

I made the first positive change when I quit smoking in 2006. I had been smoking since the late 80's. I was often sick with bronchitis and was also tired of being a social outcast, so I just walked away. I did, however, gain more weight. Sometimes in life you are just lucky enough to be in the right place at the right time, and fortunately this happened to me in 2008. Around the time I was at my heaviest, I found a new job at my company and met new co-workers. There were a few runners in my new group and one of these people was Shilpa Abbitt, who was in the middle of traveling around the country with her running partner, Carolynn Parker, having fun and completing a marathon in each of the 50 states. The idea of going on vacations, eating delicious meals and doing something

Amy Pannell, Shilpa Abbitt, Carolynn Parker

that not many people have the opportunity to was very appealing to me.

At that time, though, I literally couldn't walk from downtown to Bricktown without getting out of breath. One day our group was going to lunch and I was struggling to keep up the pace when one of my co-workers said, jokingly, "You going to make it, Amy?" Wow, embarrassing. Sometimes you just need a little motivation to get things going. Several weeks later a few girlfriends and I joined a gym downtown. I started lifting weights and doing the elliptical or walking on the treadmill. Three months later, I had dropped almost 30 pounds. This success encouraged me to eat a little less and move a little more.

For several years I had volunteered at the company water stop at the OKC Memorial Marathon. I decided I would sign up for the half marathon, never mind that I

See Run, *on page 8*

BE INSPIRED

"I am a runner because I run. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for 20 years. There is not a test to pass, no license to earn, no membership card to get. You just run."

John "The Penguin" Bingham

CONGRATULATIONS to all the newbie walkers and runners who have recently joined us at the Oklahoma River Trails or at the marathon training runs. It is very inspiring and humbling to be around so many energetic people eager to take on a new challenge. I remember my own journey to running – that of being a walker first and slowly moving into running. We welcome all newbies and those returning to running to the Landrunners' training programs. Check out our Walker to Landrunner 5k program at http://www.okcrunning.org/WalkToLandrunner5K.

Special thanks to the many volunteers who assist in putting on the Landrunner training programs. There are many tasks involved - from setting up water stops, coordinating pre-coaching sessions, running with newbies, sending out the email notices, working behind the scenes with course set-up, or the Facebook and website notices. I never forget that we are a club of volunteers, each bringing our willingness to help and donating time and talent to promote running.

EXTRA, EXTRA, READ ALL ABOUT IT!! The Landrunners are searching for a new coordinator for the monthly newsletter. This can be a gradual transition into the position, if need be. It is estimated that it takes approximately 20 hours the last two weeks of the month to put the newsletter together. If you are interested in taking on this job, please contact me at president@okcrunning.org.

It is that time of the year and the club's marathon training program is already underway. If you are looking forward to another training season with us, please keep safety in mind. Bill Snipes, coordinator for the marathon training program, is looking for some SUPER VOLUNTEERS to help with the water stops. If you or a group you are associated with are interested in helping out, please contact Bill at training@okcrunning.org.

See you out running... at the river

Gaile Loving, OKC Running Club President

SPIRIT OF SURVIVAL

10.06.13

HALF MARATHON | QUARTER MARATHON | 5K | KIDS | SPIRIT WALK

NEW

DOWNTOWN LAWTON, OKLAHOMA • ELMER THOMAS PARK

USATF CERTIFIED

Hulkin' Half Marathon

Wayne's Drive Inn

Quick Silver Quarter Marathon

Not ready to tackle the Hulkin' Half? This 6.55 mile run might just be the race for you!

Superhero 5K

Liberty National Bank

www.spiritofsurvival.com

FAMILY EVENTS

Superhero Kids Marathon

Walmart Stores of Lawton

Leah M. Fitch Spirit Walk

ARVEST

Connect with us!

Keep up-to-date with all our cool 2013 gear as they're revealed, register online, and much more!

www.spiritofsurvival.com

facebook.com/spiritofsurvival

P 580.585.5406

F 580.250.5825

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

Altus • Lawton • Duncan
CANCER CENTERS
of Southwest Oklahoma

Landrunner Calendar of Events

Date	Event	Location/Time
9/7	Heels for Hope	5K Wheeler Park @ 9:00am
9/14	Landrunner Trail Sweep	Lake Hefner S&S @ 9:00am
9/15	Andy Payne Memorial Races	Lake Stanley Draper @ 6:30am
9/21	Swazi 5K*	NW 39th & College @ 8:00am
9/21	Blaze the Night 5K*	7340 W Memorial Rd @ 7:00pm
9/22	Aids Walk 5K Red Run	Downtown OKC @ 9:00am
9/28	GEICO, Race for Freedom 5K & 10K*	Lake Hefner East Wharf @ 8:00am
9/28	Stillwater LS 5K	Stillwater, OK @ 8:00am
9/28	Rescue Me 5K	Guthrie @ 9:00am
9/28	Ultimate Gladiator Dash	3501 NE 10th ST @ 9:00am
9/28	Landrunner Fall Social @ Tom Briggs	10901 E. Covell Rd @ 6:00pm
10/4	YMCA Tie One on for Cancer 5K	Lake Hefner S&S @ 7:00pm
10/5	OK Regatta 5K*	Boathouses @ 8:00am
10/5	Muscles for Missions 5K	Mustang, OK @ 9:00am
10/6	Landrunner / SOS Bus Trip	Depart OKC 4:45am
10/6	Spirit of Survival Half*, Qtr*, 5K*$	Lawton @ 7:30am
10/6	BooBooDash 5K	OU Children's Medical @ 1:00pm
10/6	Voices in the Dark 5K	Wheeler Park @ 3:00pm

* Denotes Series Races

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

Landrunners In Action

7/6 Midnight Madness 51.5 miler, Tulsa

Nick Seymour	6:51:56
Stan Berry	8:26:15
Richard Smith	9:28:24
Marlon Onco	9:30:04
Amy Pannell	9:57:22
Drew Carter	10:29:12
Chastity Teeter	10:09:55
Rebecca Cunningham	11:15:24
JT Petherick	12:28:52
John Hargrove	13:50:15

7/21 Friendly Massey Marathon, Ontario

Tom Briggs	5:50:24

7/21 Super Hero Half Marathon, SF, CA

Jason Robletto	1:41:31

7/21 Napa to Sonoma Half Marathon, CA

Mike Gibson	1:35:55
Mary Mikkelson	1:39:34
Michael Ketcherside	1:41:43
Mark Ballard	1:44:39
Ivan Wayne	1:48:30
Chuck Mikkelson	1:48:49
Angela Morris	1:50:27
Laura Ketcherside	2:02:56
Angie LaPlante	2:16:19
Suzie Bostick	2:22:56
Barbara Hansen	2:45:57
Sherry Gibson	3:01:48

National Senior Games, Cleveland, OH

Kathy Moffitt - 76	
7/20 10K	1:09:27 - Bronze
7/23 5K	34:12 - 4th
7/26 1500M	8:29 - Silver
7/26 400M	1:55 - 5th

7/27 Vineman Ironman, CA

Angela Morris	14:00:25

8/10 Crater Lake Marathon, OR

Amy Pannell	4:54:17

8/17 Leadville 100 miles, CO

Nick Seymour	23:28:32
David Sooter	29:29:27

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

HITS
RUNNING FESTIVALS
A distance for everyone!™

OKLAHOMA CITY OKLAHOMA

OCT 19-20 2013

HURRY

Last Chance to Register!

Landrunners:
Register with code HITSOKCLR13
for a chance to win exclusive HITS swag.

A distance for everyone!™

Friends & Family Mile > 5k > 10k > Half Marathon > Marathon

HITS ENDURANCE
A distance for everyone!™

HitsEndurance.com | 845.247.7275
319 Main Street, Saugerties, NY 12477

Heartrate Training Basics

By Camille Herron

Something that has been a key reason for my development and success as a marathoner is: **heart rate (HR) training**. There are a lot of resources out there on HR training, but I thought I'd share my own personal experience on how I've applied it.

Why you should consider HR Training

While I apply both, I like HR training instead of paced running, because it physically puts me in tune with what I'm capable of at different efforts and how my body and heart is doing day-to-day. It has taught me how to recover better and has shown me that I'm capable of going FASTER than I previously thought for marathon effort. Consequently, it's taught me the correct effort, and this gives me confidence in both training and racing that I can tolerate this higher level of pain.

Too many people get caught up in their watch and hitting certain splits, and they may be going too fast or too slow for their fitness and what's right on a given day. I believe it's more important to be in tune with your body. There are charts that determine your training paces and predicted times in other events, but these paces may not always hold true for the marathon, which is far more aerobic.

Determining Max Heart Rate and Ranges to Go By

If anyone has the desire to explore heart rate training, there's a good link on my sponsor's website about it and how to determine your max HR: http://www.marathonguide.com/training/articles/HeartMonitorTraining.cfm.

I've determined my max HR through both an outdoor workout (mile repeats/half jogging recovery, with the last mile all-out and uphill) and through a VO2 max treadmill test. Dr. Jason Miller at OCU does VO2 max testing (jmiller2@okcu.edu). The typical 220-age recommendation is a very rough estimate—max HR does decline with age, but it may not decline at the rate of one beat per year for everyone.

What I use for the various HR ranges (including at high altitude):

• 60-70% of max HR for recovery runs. While at high altitude, it's about five to ten beats higher at the same pace.

• 70-80% of max HR for steady runs. This would be the effort you might hit during a mid-week semi-long run or part of a long run.

• 80-90% of max HR for progression runs. These are my bread and butter runs to practice **marathon effort**, which is around 87-90%.

• 90-92% of max HR for 10 mile-Half Marathon effort – the "lactate threshold" is usually around this range. I don't use the HR monitor for these runs (beyond 90%), but sometimes I'll push my progression runs until I "feel" lactate threshold, and then stay just below this point.

• 93-95% of max HR for 10K effort.

• >95% of max HR for 5K effort and below.

Resting Heartrate

I take my resting HR every once in a while– it can be good for seeing how you progress when you're getting in shape (it should drop); determining your "baseline" when you're fit; seeing how your heart is recovering the day after hard workouts; and, seeing how your heart responds to pre- and post-high altitude training. It's best to take this first thing in the morning after waking up (but not right after hitting the alarm), before breakfast or coffee.

Heartrate Training for Recovery

I've used an HR monitor off and on over the years for recovery runs. It acts as a "leash" to slow down and develop better aerobically, so you can ultimately sustain a faster pace with a lower or same HR.

Most people who strap on an HR monitor for the first time and try to run within the 60-70% recovery range are shocked by how slow they have to go! Take this as a sign that you're aerobically not well developed. You may even have to walk to keep your HR down. This lack-of-proper aerobic development can even hold true for elites and sub-elites. The magic is in running slow enough, for a long enough period of time, to develop proper aerobic fitness -- as I said the ability to run a faster pace with a lower or same HR. Not only will you recover and develop better aerobically, but you'll find you can go FASTER on hard days and in races.

Variations in Day-to-Day Heartrate

You can see natural day-to-day variations in your HR. If you're a newbie to running or have taken time off and are getting back into running, your HR is usually higher than when you're fit. This is where a HR monitor can be very useful, acting as a "leash" to get you to slow down and have proper aerobic development.

If your body is tired from a workout the day before, under a lot of stress, you didn't get much sleep, or you're dehydrated, your HR will generally be higher (including resting HR). I've seen my HR flux upwards on hot summer days, indicating the start of dehydration.

If your glycogen stores are low to begin with, your recovery day HR may also be lower than usual, AND it becomes harder to get your HR UP for hard runs/progression runs. A recent study found that the inability to get the HR UP for hard workouts was a sign of **overtraining**.

A headwind and hills can significantly raise your HR (at least five to ten beats), while a tailwind and downhills can significantly lower it. In Oklahoma, the wind adds a new dimension of "stress" to the heart, which may be comparable to training at high altitude. Not only does the wind "condition" the heart, but also the lungs!

See Heart, *on page 23*

Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 10-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

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.

Proceeds from this event are used by Bethany First Nazarene to provide scholoarships to send volunteer teams to Swaziland, to support the Swaziland HIV/AIDS Task Force to provide home-based care to those with AIDS with the goal to delay orphanhood for the children of Swaziland and to support the Swaziland RFM Hospital delivery room to prevent the transfer of HIV to newborn babies. A portion of the proceeds will also be used to benefit the children of Bethany, Oklahoma through the Bethany Foundation After-School Program.

ENTRY FEES

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

* more information can be found online: www.swazipartners.org/swazi-5k
** 5k race is USA Track and Field Sanctioned. Race will be held rain or shine.

OUR THANKS

and appreciation to our sponsors

GO TO WWW.SIGNMEUP.COM/93291 TO SIGN UP NOW

Paul Rothwell, MD
Troy D. Rhodes & COMPANY, INC.
Scott & Karen Dedmon
Paul & Athena Friese, MD
Harlan & Barbi Moore
Dr. Richard Santelli, DC
Leadership Square Eye Care
Dr. Tami Ross & Dr. Amber Roby

***Run** continued*

had never run a 5k or 10k. I had run a few miles here and there several years before, and started taking a few tennis lessons, but those were about the only athletic activities I had ever done in my adult life. Thankfully, from the very first training run in February 2009, my new running friends Shilpa and Carolynn, were there to support me. They waited when I fell behind, introduced me to the morning (before I met them I had no idea there was also a 5:00 AM!), and encouraged me when all I wanted to do was cry, have a mimosa and eat a cupcake.

I really didn't enjoy running when I started out, but who really does? What I did love was belonging to a group, feeling my body get stronger and having a positive hobby. What I loved even more than that was race day. I was truly overwhelmed while I was running the OKC Memorial half marathon that year. It was one of the best experiences of my life and I wanted more, so I thought I would sign up for a marathon. Carolynn and Shilpa were planning to go to Tupelo, Mississippi that Labor Day weekend which gave me plenty of time to train over the summer. How hard could it be? It was during this time that Shilpa gave me some of the best running advice I have ever received. She said, "It is a really bad idea to sign up for just one marathon, you should really sign up for three. Sometimes the first one isn't so good." So I did. And she unfortunately was right. Due to a family emergency, I ended up going to Tupelo without my running friends and that first marathon is a really sad story that perhaps I'll tell you some other time. I did finish the race though, just within the time limit. By the end of the third marathon, I was hooked on races.

More importantly at some point during that time, I actually began to enjoy running and it became an integral part of my being. I cannot imagine what my life would be like now without running and my large circle of running friends. I have experienced places and met people I never would have otherwise. I have also continued to drop a few pounds along the way, although whether or not I ever get those last few pounds off really is not important to me anymore. I am healthy and strong and happy.

So here I am, four years after starting my first training run, sitting in a hotel room in Utah after marathon number 40 with my friends Shilpa and Carolynn writing this article and thanking God for seeing me through the bad times, for bringing good people into my life and for letting me run.

O•K•L•A•H•O•M•A REGATTA RUN > 5K

8a Saturday - Oct 5

5K Timed Event on the Oklahoma River Trails
$25 Entry Fee
Awards will be given to Overall Male and Female, Masters Male and Female, and First, Second and Third in Age Groups
Register online through Thursday, Oct 3

oklahomaregattarun.org

OKLAHOMA RIVER
BOATHOUSE DISTRICT
OKLAHOMA CITY

Presented by

devon

Chesapeake ENERGY

OCT 2 - 6

2013 OKLAHOMA REGATTA FESTIVAL

2.5 Mile OCU Head of the Oklahoma
Collegiate • Masters • Juniors

2013 OKC Canoe Marathon Invitational

500m OGE NightSprints
Rowing • Kayaking • Dragon Boating
Collegiate • Corporate • Masters • Juniors

Family Festival
Live Entertainmeent & Music
Children's Area • Great Food • Beer Garden

blū Lounge

Oklahoma City University HEAD OF THE OKLAHOMA

OG&E NIGHTSPRINTS

OKLAHOMARIVEREVENTS.ORG

Vineman Ironman

By Angela Morris

Three years ago when I entered my first sprint triathlon, all I hoped for was to just not fall off my bike, and to this day I still have that same thought every time I reach the bike portion of the race. I have been a runner and swimmer for years, but only started riding a bike a few years ago while nursing a running injury. When I told people I registered for an ironman distance triathlon, they thought I was crazy, but to me I can't understand why anyone wouldn't want to do an Ironman. I've been watching the recaps of Kona since I was a child, dreaming of one day finishing 140.6 miles. I signed up for Vineman in Windsor, CA for the challenge and the excitement of doing something new. So maybe that does make me a bit crazy. I'm still amazed that I swam, biked and ran 140.6 miles and survived. Despite one point during the race when I really wanted to leave my bike at the aid station and run back, amazingly in the end I loved it.

Vineman was the biggest race I've entered and for the first time, I was genuinely nervous. I mapped out a plan that included swimming three days a week (between 2,300 - 4,500 yards per session), biking three days a week (including a long ride of 70-90 miles on the weekend) and running six days a week (~45 miles a week). I also included strength training two days a week. At my peak, I trained 18 hours a week.

After months of training, the big day finally arrived on July 27. It was a cool 53ºF when I walked to the start and the water temperature was a perfect 71ºF. I racked my bike and headed to the start. When the gun went off, I quickly settled into a comfortable pace. The group spread out and I was able to find space to swim without getting kicked too many times. The course was two loops out and back in a dammed portion of the Russian River. The water was shallow enough to stand at a few places. As I made the first turn, I began to relax and enjoy the swim. I finished in 1:22:45, about 20 minutes faster than I anticipated and felt great. I changed into my bike shorts (I wasn't about to ride 112 miles in tri shorts), ate a Cliff bar and grabbed my bike. I left the transition area in 9:52, a bit slow, but I was racing to finish, not win.

The swim went very well, but now I was about to start my weakest leg of the race, the bike. I was nervous about making the cut off times. The first ten miles were mostly downhill, and as expected, other bikers flew past me. It was overcast and in the mid 50's, so I was a bit cold. As the miles passed, the course became hillier and the roads were in bad shape. Then after about an hour and a half, my left shoulder began to hurt. I still had six and a half hours left, so I tried to ignore it and enjoy the beautiful scenery. I also kept track of how far ahead of the cutoff I was; turns out I was far enough ahead that I could relax. By the time I reached Chalk Hill Road, I was dreading the hills. I must have been going about 5 mph near the top and was so thankful when I could finally coast down the backside into town. I finished the first loop! I decided it was time to eat a Powerbar for "lunch," which eventually upset my stomach and my shoulder was starting to hurt even worse. This was the lowest point of the entire race for me. I downed two Advil and pushed forward. The next loop seemed to drag on, plus the traffic picked up, so I had to manage the cars as well. I decided to stop at the aid station at mile 75. I was ready for the ride to be over but stopping gave me a second wind. From this point on, I

Angela Morris

blocked out everything and just rode. I made another stop at mile 95 just before Chalk Hill Road to refuel. The second time up Chalk Hill was worse than the first, but I made it! I was only twelve miles from the finish!! I kept reminding myself of my reward for riding 112 miles was running a marathon! Okay, perhaps I am very crazy! I finished the bike course in 7:53:23; a bit slower than I hoped, but far ahead of the cut-off so I was happy.

After making my way through the second transition (11:48) it was finally time to start running. I had seven hours before the course closed and I was feeling good. The first few miles were by far the hardest. My lower back was cramping from the ride and my legs were still adjusting to being back on the pavement. The run course was a three times out and back loop. There were a few small rolling hills that I picked as my walking points. The more I ran, the better I felt. I was picking up my pace and just enjoying the race. My first loop was the slowest and by mile 17, I was still feeling good. At this point I realized I was almost an hour ahead of my expected finish time. I felt all my previous marathon experiences really helped me run strong. I saw several runners struggling and was very glad I had a strong running base so I was able to enjoy the marathon portion. This was one of the most exciting marathons I have run, having finished it in 4:22:45 and my overall time was 14:00:25.

My first 140.6 was a great experience and I can't wait to do another one. I have my eye on a few next fall.

We think you said it best. Thank you.
BEST MARATHON
2012
BEST HALF MARATHON
2010, 2011, 2012
BEST POST-RACE PARTY
2010, 2011, 2012
BEST FINISHER AWARDS
2010, 2011, 2012
BEST PARTICIPANT GIVEAWAYS
2010, 2011, 2012
Oklahoma Sports & Fitness Reader's Choice Awards
THE 2012 WILLIAMS ROUTE 66 MARATHON START LINE

route66marathon.com

Explore more
@route66marathon

Williams
ROUTE 66 MARATHON
Presented by Blue Cross and Blue Shield of Oklahoma
11.23-24.2013 / Tulsa, OK

Williams. BlueCross BlueShield of Oklahoma FLEET FEET Sports TULSA pepsi Michelob ULTRA WPXENERGY LIVE UNITED

Recipes to Run By

By Adi McCasland

Low-fat Curry Egg Salad
*see notes for vegan version
¼ cup apple cider vinegar
¼ cup golden raisins
1 tsp whole mustard seeds
1 scallion, finely chopped
1 Tbs fresh parsley, chopped
¼ cup + 2 Tbs light mayonnaise
1 to 1 ½ tsp Dijon mustard
2 ½ Tbs curry powder
½ tsp sea salt, or to taste
2 grinds fresh black pepper, or to taste
2 Tbs roasted pumpkin seeds, chopped (optional)
8 hard boiled eggs, smashed (discard 4 yolks)

1) Bring vinegar just to a boil. Remove from heat and add raisins and mustard seeds to soak for 10 minutes.

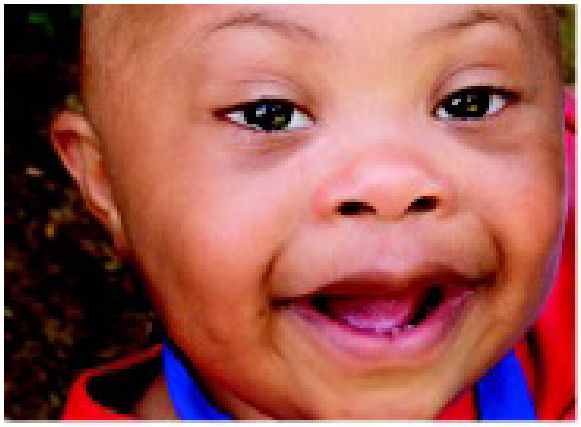
2) Stir together next eight ingredients (scallion through pumpkin seeds).

3) Stir in smashed eggs and vinegar mixture.

4) Serve!

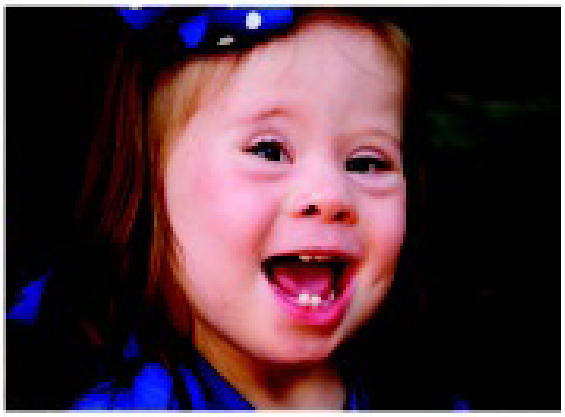
*Note: To make this vegan, substitute the light mayo for light vegan mayo and 1 block (14 to 16 oz) firm tofu, crumbled. Prior to crumbling, squeeze excess water out of tofu using a cloth napkin prior.

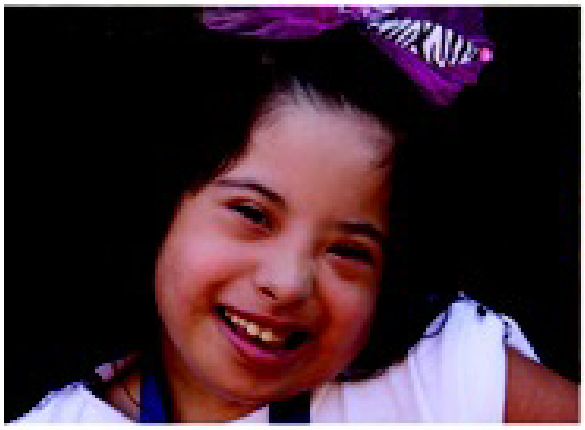
*Recipe(s) can be served immediately but taste better if the flavors meld a few hours or overnight.



Run for
AWARENESS

Run for
ACCEPTANCE





Run for
INCLUSION

RUN FOR T21

Down Syndrome Association of Central Oklahoma

When:
October 19, 2013

Where:
Chickasaw
Bricktown Ballpark

Cost:
$30 registration fee

www.dsaco.org/walkandrun

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER OKLAHOMA CITY

TIE ONE ON FOR CANCER 5K

FRIDAY, OCTOBER 4, 7 PM
LAKE HEFNER
STARS AND STRIPES PARK

Celebrate survivorship with the Y! Join us for a fun evening at the lake! Sign up with your family and friends and you can even bring your favorite dog to run with you, if you choose. Don't miss out. Register today! www.ymcaokc.org

- Music
- Food Trucks
- Glow Gear
- Much More

Whether you want to pound the pavement or do it in the dirt, this event is for you!

Athletes will have their choice of a 1 hour, 24, 12 or 6-hour race on either a relatively flat asphalt trail or on a slightly technical trail equipped with dirt, rocks, roots, branches and depending on the weather, maybe a little mud.

Both trails will be measured and that distance will be multiplied by the total number of laps a runner completes to give total mileage.

Awards will be presented by USATF Standard 5 year Age Groups for all Races.

24 THE HARD WAY
a 24 hour road race

DOUBLE DIRTY DOZEN
a 24 hour trail race

Oct 25, 2013, 7pm
1 hour LIVE UNITED Race,
6 & 12 hour races with Relay

Oct 26, 2013, 9am
24 Hour US National Championship Race (Open)

24 THE HARD WAY
USA 24 HOUR CHAMPIONSHIPS
OKLAHOMA CITY, OK - 2013
October 26 Bluff Creek Park
www.24thehardway.com

Register Online:
www.24thehardway.com

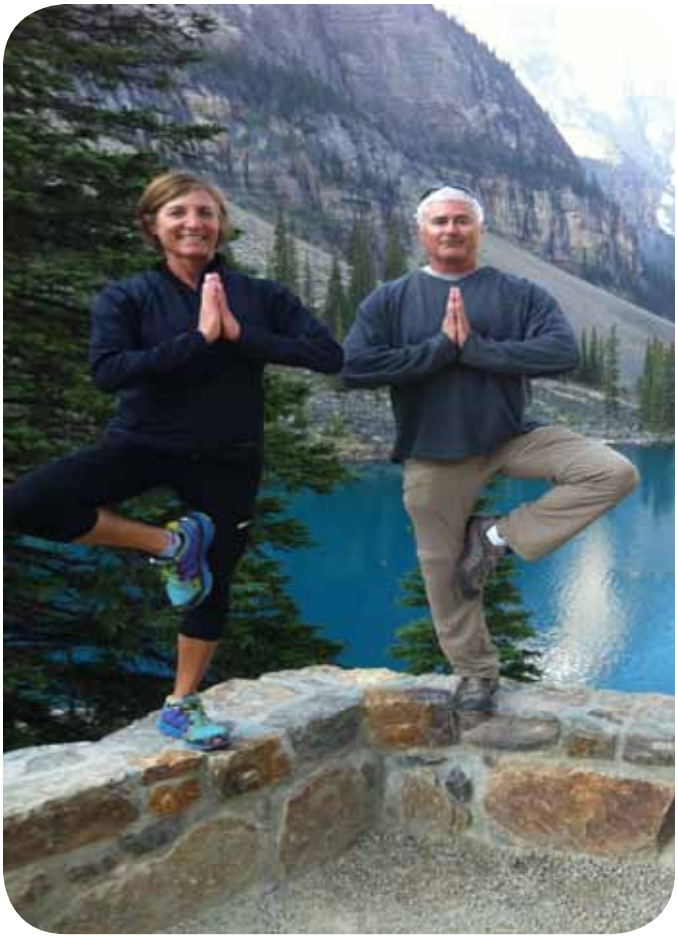
CERTIFIED COURSE
USA TRACK & FIELD
2013
Sanctioned Event

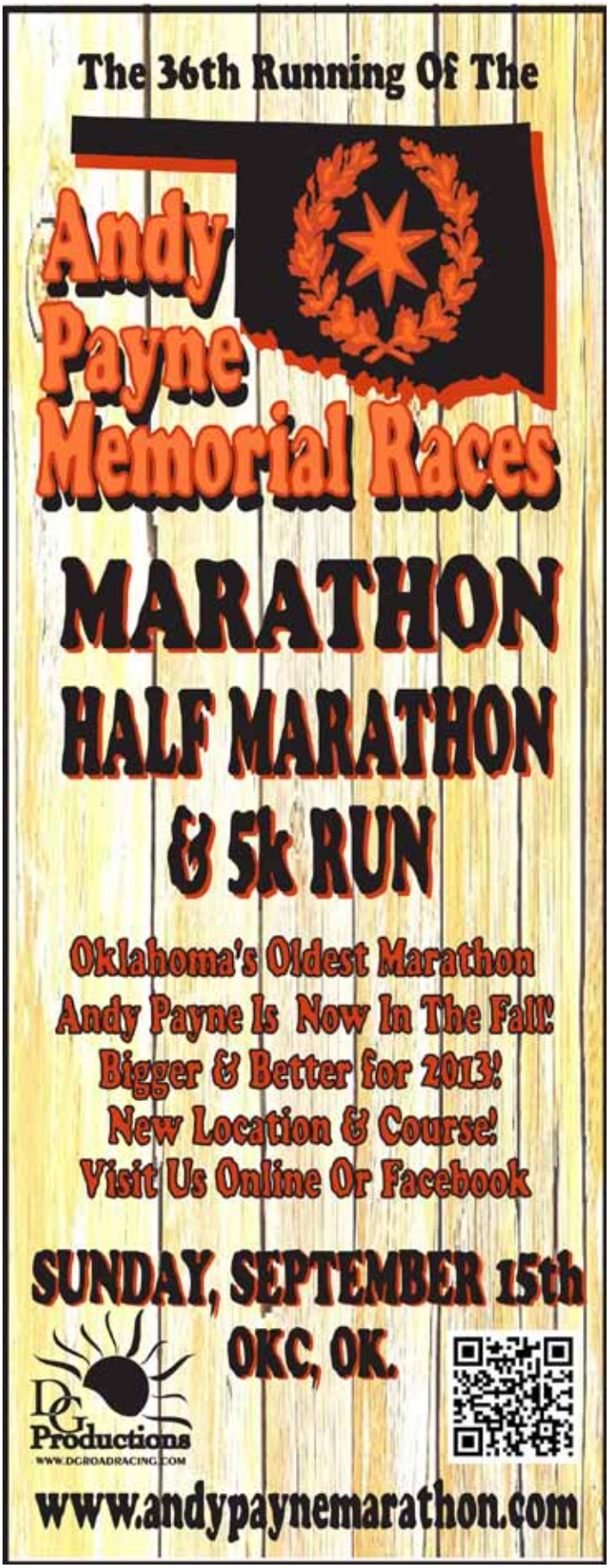
Yoga Pose

By Jennifer Henry

Standing Tree Pose - Balancing on one foot, place the other foot either inside the ankle, calf or thigh of the standing leg. Do not place the foot on the knee. Press down into the standing foot and stand tall, relaxing your shoulders away from your ears. Keeping hips square, open your knee and slightly tuck your tailbone. May place hands at heart or raise arms above head.

This pose can be done anywhere for flexibility and balance, even overlooking beautiful Lake Moraine, Canada. Stretches, groin, hip and shoulders.





Sunday, October 6, 2013 at OKC Riverfront

Wheeler Park, 1120 S. Western (I -40 & S Western)

Opening Ceremony at 2:30pm*Race Starts at 3:00pm

Advance Registration: $25 per registrant (all ages welcome; 12 & under must be accompanied by an adult)

Registration Fees increase September 24, 2013

Register online at: www.signmeup.com/91487

****$5 off Promo Discount Code: VOICES5 is valid until September 2****

PRESENTED BY

GREAT PLAINS NATIONAL BANK

Member FDIC

All proceeds raised will benefit No Boundaries International's (nbint.org) efforts in **combatting Human Trafficking and related issues in Oklahoma.**

For more race or sponsorship info:
Rachelle Small (405) 831-5927 or
voicesinthedark490@gmail.com

NO BOUNDARIES INTERNATIONAL
Rescue ~ Train ~ Deploy

USA TRACK&FIELD 2013 Sanctioned Event

CERTIFIED COURSE USA TRACK&FIELD

bff best feet forward

Oklahoma County SHERIFF

WALKER TO LANDRUNNER 5K PROGRAM: Objects at rest tend to remain at rest.

By Tom Coniglione, MD

Recognizing our sedentary life style is the cause of many illnesses, more people are turning to exercise as the means to become healthier. The Landrunner 5K program is "off and running." As we transition from inactive to some degree of activity, it is likely various body parts may start complaining.

When we start a cycling program, our "butts" tend to complain. When we start an aerobics program, our knees ache. If we start swimming, the shoulders may squeak and creek. Even if you are an experienced runner, when you increase your running as in adding distance or increasing speed, something aches.

We can certainly empathize with our "Walker to Landrunner 5K" friends as they start transitioning to becoming more active. As they make their transition, there will be lots of aching and creaking of various body parts. What happens and what to do?

As we start some activity, the first body function that changes is breathing. We become hungry for air: "air hunger" is normal. "Air hunger" is directly related to the intensity of exercise. Just walking across the yard or from the parking lot to the store will cause us to breathe harder. ANY increase in activity will cause air hunger. Runners know that increasing speed or distance causes air hunger. Being hungry for air is normal.

Air hunger is normal. If the work of breathing becomes uncomfortable, just slow down. Slow down enough so you do not feel you are working so hard. Maintain that pace until you are breathing comfortably then accelerate again. Experienced runners are familiar with fartlek running; it's the same thing. As you become "trained" you will not notice the breathing.

Chapters are written on heart issues and exercise. The Landrunner 5K program assumes you are heart healthy or your doctor has approved of your 5K training. No matter how healthy your heart, with exercise it beats harder and goes faster. You should expect the heart to beat faster in a regular, not erratic, manner. Within 5-10 minutes after your walk or run, the heart rate is back to normal. As with the breathing, heart rate will become unnoticeable.

Pace is easy: walk or run at a speed where you can talk. Being unable to talk means your pace, no matter what it is, is too fast.

The feet and legs take the impact of walking and running. Shoes are important to help absorb the shock of the foot hitting the ground AND to protect feet from pavement. Chapters are written about shoes. Emotional energy and finances drive much of the hype surrounding shoes.

In general, 80% of people strike the ground with their heels (rearfoot strikers). Most people do well with shoes designed for the heel to strike the ground first. Depending on the structure of the foot, some runners need shoes which permit them to land in the middle of the foot rather than the heel. If that is you, you will know it.

Gait or stride of running/walking includes: (a) what part of the foot strikes the ground, (b) where the arms are carried (arm swinging) and (c) the posture of the body (erect, slouched over or leaning forward). Much is said about gait and injuries: some based on science, some speculative. There are gender differences in gait. Gait varies with fatigue and speed. About gait and injuries, there can only be one comment: "Just do it."

A few more generalities are in order. Pick up your feet; whether you are walking or running, pretend each step is designed to step over a log. Lean forward at the ankles while keeping the back straight and lift your knees.

Along the way as you progress toward your goal of a 5K, there may be physical challenges. Even among experienced runners, there are physical challenges. The Landrunners will be there.

THE 14TH ANNUAL

OKLAHOMA CITY MEMORIAL MARATHON

APRIL 27, 2014

★ MARATHON • HALF MARATHON • RELAY • 5K • KIDS MARATHON ★

RUN TO REMEMBER

★ OKCMARATHON.COM — @OKCMARATHON — #R2R ★

2014 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 candidates 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 OKC 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.

2014 Nominating committee: Maurice Lee (Chairperson), Gaile Loving, Cara Nance, Mark Ballard, and Kathleen Cook.

If you or someone you know would like to serve on the board please submit name, email, phone and a brief bio either to the nominating committee @ vicepresident@okcrunning.org, by mail to the club's PO Box 18113 OKC, OK 73154, or use the online nominating link on the website by September 13, 2013.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 21, 2013.

The 2014 newly elected Board of Directors will then meet in November to elect the Officers and appoint committees for the 2014 term.

5K Run / 2 mile Walk For Life

Benefitting Crossroads Clinic

Rescue Me

from those who pursue me, for they are too strong for me.
Psalms 142:6

9 AM 5K chip timed race * 11 AM 2 mile Walk for Life

Fun for all ages! Live music, face painting, balloon animals, bounce house, hot dogs, chips, and drinks.

For more information: walkforlifeguthrie.com or 405.282.0800

Mineral Wells Park * Guthrie, Ok.

September 28, 2013

YOU NEVER FORGET YOUR FIRST...

DRC HALF MEDAL SERIES

DRC HALF

DALLAS RUNNING CLUB

DRC HALF MARATHON & 5K

SUNDAY, NOVEMBER 3, 2013

REGISTER AT DRCHALF.COM

Sponsored By:

2013 BLAZE the NIGHT

FARMERS

3rd annual

Benefitting March of Dimes

September 21, 2013 @ 7:00 PM

Details:

- Entry Fees
  - $25.00 in Advance, $30.00 Same Day
  - $10 Kids 1 mile (12 and under)
- 3rd Annual USATF Certified 5K
- All benefits go to March of Dimes
- Course is flat & fast, start and finish line at 7340 W Memorial Rd
- Waterstop at halfway point

Contact Erin Campbell with questions at 405-782-6652 or

Register at: www.signmeup.com/site/online-event-registration/90266

Sponsored by:

Farmers Insurance &

DG Productions

Race for FREEDOM

GEICO CFC ★ SEPTEMBER 28, 2013

11 Years running strong

Lake Hefner

USATF Certified and Sanctioned

$15.00 per person
until September 26

$20.00 per person thereafter
(includes T-shirt)

Race Day Registration
begins at 7:00 a.m.

Benefiting:
Combined Federal Campaign

For more information
contact: Kim Sheppard (405) 954-7707
or email kim.k.sheppard@faa.gov
For complete event details and to
register online, visit:
www.raceforfreedom.org

Sponsored by:
GEICO
IMAGENATION Promotional Group

8:00 a.m. 5 km and 10 km
Competitive Run & 2 Mile Fun Run/Walk
Lake Hefner East Wharf , Oklahoma City, OK

WWW.RACEFORFREEDOM.ORG

Heart *continued*

HR Progression Runs

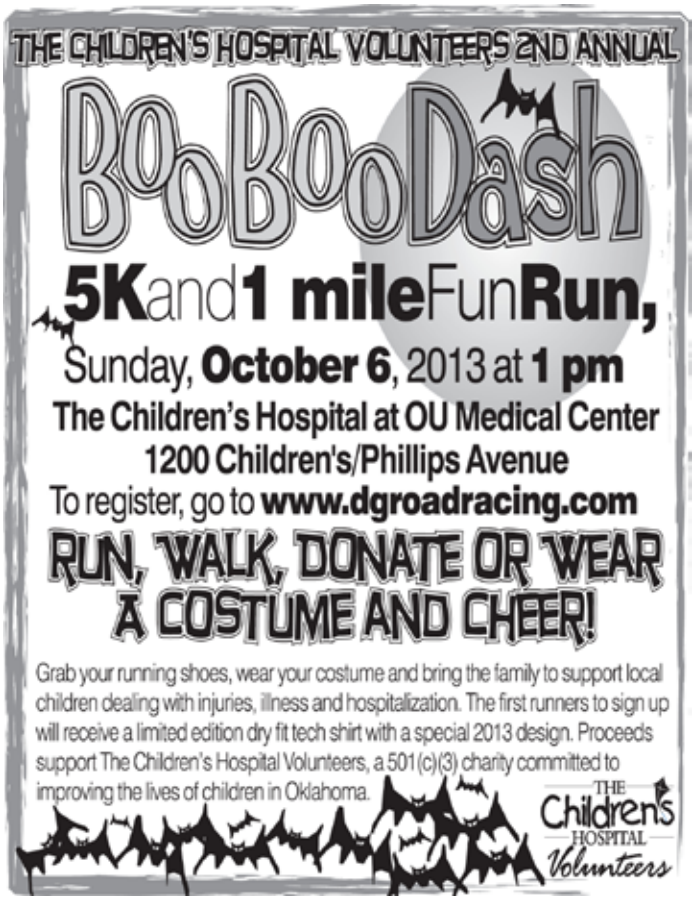
Back in 2009, I started doing HR progression runs. Here's how I do it:

At the end of a daily run (80-105 minutes) OR a long run, I go for a 20 minute to one hour progression run, starting at 80 percent of max HR and progressing up to 90 percent. For well-trained elites and sub-elites, marathon pace will be between roughly 87-90 percent of max HR: for less trained individuals, this range may be 80-87 percent. With experience, you'll learn to progress up until you feel lactate threshold, and then be able to back off and stay just below this point.

I'll do a progression run every 10 to 14 days. I usually alternate my weekend long runs as either an easy-steady run with 20 to 30 second pickups, OR finishing an easy-steady run with an HR-based progression run. I focus intensely on what this EFFORT feels like. Then, for the last month leading up to a peak marathon I take the HR monitor off for progression runs and run by effort.

The first marathon I ran following HR training, Twin Cities 2009, I knew exactly what my correct marathon effort felt like, was very confident I knew what I was doing, AND I wasn't afraid to be running alongside some very good runners. I PR'ed by over 4 minutes (2:38) and achieved the Olympic Marathon Trials "A" standard!

Give it a try and discover the magic of HR training!



LANDRUNNERS
Oklahoma City Running Club

P.O. Box 18113, OKC, OK 73154

PRSRT STD
U.S. Postage Paid
Okla. City, OK
Permit 1810

ADDRESS SERVICE REQUESTED

September 2013

Ride and Run with the OKC Landrunners

LANDRUNNERS
OKLAHOMA CITY RUNNING CLUB

All runners, walkers, and friends are invited to travel with us to the

SPIRIT OF SURVIVAL 10.06.13

When: Sunday, October 6, 2013
What: Same day, round trip bus for the Spirit of Survival Races in Lawton, OK
Half Marathon / Quarter Marathon / 5K

Cost: $22.00pp, nonrefundable but transferrable.

Member Only race discounts
See website for codes

We take care of the details – you take care of the running!

Visit www.okcrunning.org for more details.

LANDRUNNERS
OKLAHOMA CITY RUNNING CLUB
WWW.OKCRUNNING.ORG

OKC Landrunners Trail Sweep

Lake Hefner / Bluff Creek
Saturday, September 14 @ 9:00 a.m.
7300 N. Portland

Fall Social

Saturday, September 28 @ 6:00p.m.
Potluck @ Tom Briggs House
10901 E Covell Rd, Arcadia

Check the club's website or Facebook page for more details.