

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2014 | Issue No. 213

## Get to Know Your New President – Maurice Lee III

*By Mary Mikkelson*

Maurice Lee III will take over the leadership of the Landrunners on January 1 and serve as President of the club in 2014. Maurice was Vice President in 2013, has served as a director since 2007, been chairman of the bylaws/constitution committee for the past three years and has been a Landrunner since 2005.

Maurice began running in 2005 as a result of a “mid-life crisis” about his weight and fitness. Many of us can relate to his situation of starting to gain weight and deciding we needed to do something about it. Maurice had always liked running, even though he had never run formally. He started running on a treadmill and eventually ran a small 5k. That got him hooked on running outdoors. He ran his first marathon in November 2006 at the inaugural Williams Route 66 marathon in Tulsa. Since then Maurice has run 29 marathons, 16 ultra marathons, including two 100 milers, and numerous 5k’s, 10k’s, and half marathons. Maurice has run the Comrades Marathon in South Africa twice. Although it is called a “marathon”, it is actually an ultra marathon of 54 or 56 miles (the “up” year is 54 miles and the “down” year is 56 miles). Maurice continues to improve his performance having set a personal best marathon time at the St. George marathon in October 2013 on his 60th birthday.



*Maurice Lee III*

Maurice enjoys running on both the road and trails and can often be seen running on both during a weekend. He prefers running long races and his favorite distance is the marathon. The Boston marathon is one of his favorite due to the prestige of the race. He has run it three times and plans to run it again in 2014. However, Maurice’s favorite race is the Oklahoma City Memorial Marathon due to what it represents.

With all the races and miles that Maurice has run, he is a great source of information and insight. If you have questions about racing or events, just ask him. He enjoys sharing his running knowledge.

**See President, on page 2**

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# A Very Happy New Year to You All

*By Maurice Lee III*

My first letter of the year is dedicated to volunteerism. Most of us enjoy the different things our running club offers. The race series awards, the bus trips, the training runs being mapped out, having aid stations every three miles or so, an awards banquet, logo apparel, pot luck socials, etc., as well as the running of our club sponsored race, the Beacon Race. None of these things would happen without volunteers: the Board of Directors, Committee Chairs and Committee Members, and regular members all are helping in some manner. If you enjoy these things and haven't helped at one time or another, I urge you to start this year. We have a membership of over 1,000 people and if we could get each one to help with an aid station or some other position, life would be much easier.

Speaking of the Board of Directors, we welcome one new member to the board in 2014, Camille Herron. The following directors have chosen to step aside from their role on the board - Dr. Tom Coniglione, Mark Bravo, Terra Deupree, former President Bill Snipes, and our outgoing President, Gaile Loving. We thank them all for their service. While they are no longer members of the Board, they each continue to serve the club in different areas. We also welcome two new officers: Bill Goodier, Vice-President, and yours truly, Maurice Lee, President.

We look forward to serving you.

Don't forget to mark your calendars for the upcoming events listed below.

Monday, January 20, 2014 – Club Meeting - Representatives from the OKC Memorial Marathon Kimray Conference Center, 8 NW 42nd Street, Oklahoma City.

Panera Beacon 25K\*, 15K\* & 5K\* Run - Sat, March 01, 2014 8:00 AM • Lake Hefner - Stars & Stripes Park 7398 N Portland, Oklahoma City

Club Banquet - Sat, March 01, 2014 6:30 PM • TBA - More details coming soon!

## ***President continued***

Maurice grew up in Boley, OK, graduated from University of Central Oklahoma and runs a family manufacturing business that is headquartered in Boley. He and his wife, Linda, have two sons, one granddaughter and one grandson. Maurice enjoys spoiling his grandkids and has brought his granddaughter to several running events.

In addition to work, family and running, Maurice has also studied Spanish for the last 12 years. He has traveled to Ecuador, Costa Rica, Mexico, Panama, Guatemala, and Peru, often living with families in those countries to immerse himself in both the language and the culture.

Maurice hopes to run at least one and possibly two international ultra marathons in 2014 in addition to running Boston and probably a few other long distance races during the year. Maurice's goal for his presidency is to continue the Landrunner tradition of supporting health and fitness through running and

giving back to the community. He is also hoping to encourage additional members to volunteer during 2014 to support the club's activities.

Having run many, many miles with Maurice, I can honestly say that he is one of the best running partners you can have. He is at ease running with most anyone, is very easy to talk to and willing to share his running experiences, adjusts his pace as necessary to run with others so they are not running by themselves and genuinely cares about others. His philosophy for running sums it up best – he runs “because I love it and the company I run with”.

I have no doubt that Maurice will be a great leader for our club! Let's all lend our support to Maurice in 2014 as we continue to grow and improve our club.



# FREEZE YOUR FACE-OFF 5K



**A 5K RUN**

**AN OKC BARONS HOCKEY GAME**

**RAISING MONEY AND AWARENESS FOR MENTAL HEALTH.**

**JANUARY 18, 2014  
DOWNTOWN OKLAHOMA CITY**



[WWW.FREEZEYOURFACEOFF.ORG](http://WWW.FREEZEYOURFACEOFF.ORG)

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/1	New Year's Day 5K BLASTOFF	Downtown OKC @ 9:00am
1/11	The Elvis Run 5K & 10K	East Wharf, LH @ 9:00am
1/18	Freeze Your Face-Off 5K*	Cox Convention Center @ 4:30pm
1/25	Sooner Winter Trail Runs*	Nu Draper Trails @ 9:00am
1/20	Club Meeting – OKC Marathon	Kimray 8 NW 42 @ 6:30pm
2/1	The Groundhog Run 8K	Stars & Stripes @ 9:00am
2/8	Frigid Five*	Mitch Park @ 9:00am
2/15	Queen of Hearts 5K & 10K	Wheeler Park @ 9:00am
2/22	Runderground 5K	Cox Convention Center @ Noon
2/23	Cowtown Marathon \$	Fort Worth, TX @ 7:00am
3/1	Panera Beacon 25k*, 15k*, 5k*	Stars & Stripes @ 8:00am
3/1	Landrunner Banquet	Devon Boathouse @ TBA

\* Denotes Series Races

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

## Landrunners In Action

11/17 SAN ANTONIO ROCK 'N' ROLL MARATHON, TX

SHELLEY FEHRENBACH	4:29:13
DAVID BALL	1:28:10 – HALF
DANIEL MOLINA	2:19:11 – HALF
TAMMY CRAWFORD	2:40:15 – HALF
JAIMIE LOPEZ	2:47:01 - HALF

11/17 LAS VEGAS ROCK 'N' ROLL MARATHON, NV

CAMERON HAN	3:55:09
LINDSEY HALL-WIIST	3:58:59
AMANDA SLAVENS	4:32:08
KEVIN BOWEN	5:04:39
GENE SLAVENS	5:42:48

11/23 SHINER BEER RUN HALF MARATHON, TX

MATTHEW WILCOXEN	1:35:22
MARK BALLARD	1:46:27
CHUCK MIKKELSON	1:48:49
MARY MIKKELSON	1:56:58
ADI McCASLAND	2:08:37
JACKIE NORVELL	2:08:37
MIKE VERMEULEN	2:18:07
JENNIFER VERMEULEM	2:18:08

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



### Saturday, March 29, 2014

4th Annual Wings To Fly 15K/5K & Family Friendly Miracle Mile  
Fort Reno, OK - 9 A.M.

EXPLORE HISTORIC FORT RENO

ENJOY FAMILY ENTERTAINMENT

BENEFITS OKLAHOMA'S KIDS

Register at [www.okchf.org](http://www.okchf.org) | for more information call Lacey Payne-Holt at 405.271.9043

By participating you will help support Children's Miracle Network Hospitals, an organization dedicated to providing funding for pediatric research which in turn helps improve education and clinical care through the support of Children's Hospital Foundation.

A SPECIAL THANKS TO OUR SPONSORS





# 2014 Winter State Games of Oklahoma **Trail Run** Saturday, Jan 25, 2014

Location: Nu Draper Trails | Lake Stanley Draper | N of SE 89th on Post Road | OKC, OK

Start Time: Registration: 8 am | Race: 9 am

Entry Fee\*: 4 miles: \$20 | 8 miles: \$30 | 12 miles: \$35

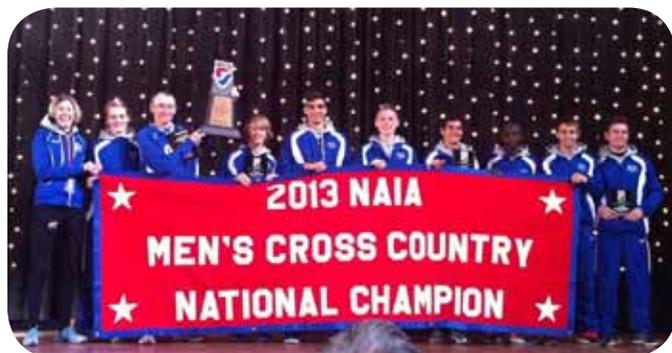
\*additional \$10 charge for race day registration

Children under 12 FREE with paid adult

registration & more info @ [soonerstategames.org](http://soonerstategames.org)

# Oklahoma City University- 2013 NAIA Men's Cross Country National Champions!

By Camille Herron



In the October issue of the newsletter, I wrote about the OCU Cross Country and Track Team. I talked about how Conor and I envisioned building a winning, successful team environment, just as Joe Vigil did at Adam's State in Alamosa, Colorado. Well, the success came sooner than expected as our Men's Cross Country Team won the NAIA National Championship a few weeks ago at the historical and challenging KU Rim Rock Farm, while our Women's Team finished sixteenth! Collectively, our Men and Women ranked as the fourth Best Combined Team in the NAIA. This is the fifty second National Championship for the OCU Athletic Department.

This was not only the first time for both teams to make it to Nationals, but to win a National Championship and Coach of Year honors for Conor was a phenomenal beginning for the program! Our men's team went in seeded fifth and won by an astounding 47 points over top ranked Southern Oregon (25:02 team time average for 8K), which included placing our top four in the top 30 to earn All-American honors. Even cooler is the fact that four of our top five are from Oklahoma, with two freshmen and a sophomore earning All-American honors. We are continuing to develop our Women's team and elevate them to the same level as the men.

I know a lot of people are scratching their heads - "*Who is OCU?*" and "*How did they do it?*" Runners from this area know who we are and our mission - it was just a matter of proving it on the national scene. "How" we did it is no secret- I'm going to share with The Landrunners the 'Anatomy of our OCU Champions.'

## Prepare for the course

The first key to winning a national championship was preparing the athletes for the hilly KU Rim Rock course. Conor knows Rim Rock like the back of his hand, from tackling it during his days as an OU runner. At the beginning of the season, we planned how the training would unfold- we felt that keeping up their every-two-week hill workout would be the key factor

to preparing them for Rim Rock. They have a long hill and a short hill in a neighborhood north of Dolese Park, and Conor would mix up how he had them do it. This is what we consider a "moderate" effort-based workout and not too taxing. This was the Tuesday workout the week of their race. They responded very well to this layout early in the season, so we kept this routine going the entire season. On the Thursday before the race, they started the season doing a small progression (a gradual pick up in pace) run towards the end of that session. Later in the season Conor threw them a curveball by having them do a few "pickups" during this run- not taxing and something to change up the muscle usage. They responded very well to this.

During the weeks they didn't race, we did the "beefier" workouts-- rotating long intervals with recovery, short intervals, sustained fartlek/minutes workouts, and progression runs. The key was variety and to stress all the energy systems within a two week period. Then, we'd allow two or three easy days of running between the hard workouts. Conor is very keen to matching the workouts based on their energy levels. The runners are good at letting him know when they need a day off.

Conor individualizes the training, and every workout has a purpose. Because the teams are young, most of the runners are running fairly low volume (30-50 miles per week), which would mean shorter easy runs and hard workouts. He progresses the volume for the older, more experienced runners. Some of the runners had various body aches or illness during the season, so Conor had to often cut out workouts and have them rest or jog easy. Another key factor was most of their training is on concrete, with very few workouts on grass. We've found that because they are able to run "faster" for workouts on concrete, it actually makes race pace on the grass feel easier. They rotated workouts between Lake Hefner, Bluff Creek, Dolese Park, north of Dolese, Lake Overholser, Nichols Hills golf course, and Eldon Lyon Park. They do strides twice a week on grass in their spikes.

**See OCU, on page 8**

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





19th Annual

**02.08.14**

**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)**

**OCU continued****Doing the Little Things**

I often write and talk about “Doing the Little Things.” This made up the “glue” for our teams! We had two massage therapists, Rocky Chen and Kate O’Halloran- who’s also an Irish PT, and Dr. Kevin Jones, who does chiropractic work, Active Release Therapy (ART), and acupuncture. We owe a tremendous amount of gratitude to these three for keeping our athletes healthy, training consistently, and ready for the National Championship. We dealt with some mid-season body aches and illness, so we cut back training when needed and emphasized getting sleep, nutrition and hydration, and not stressing or doing too much outside of running.

Conor made sure they changed their shoes when needed- occasionally someone would get a defective pair, so he’d get them swapped out.

I gave a talk to the teams mid-season about nutrition, hydration, and personal dietary needs. I wanted to do this later than usual, as I knew many of them were adjusting to college and changing their diets. Some of the runners have greater needs with things like iron, B vitamins, Vitamin D, and hydration or electrolytes. We found that when going to races, it was important to stay hydrated on the heated bus and to also to time when they ate breakfast, according to when they race (men vs. women race order, or vice versa).

At Nationals, because most of the recommended hotels were booked out, so we stayed at a hotel where no other teams were staying- this was a blessing in disguise because our teams were away from the hoopla. Also, we planned it so the runners ate a heavier, carbohydrate-rich meal two days before, and they ate lighter the day before the race.

The last important trick was VASELINE! Given the cold, windy conditions, we had them lather on Vaseline to provide a layer of insulation. They wore hats, gloves, and arm warmers as well.

Now that we have the blueprint to success, our teams are already excited about next year! First they have to tackle indoor and outdoor track and keep the success going through the winter and spring. The training will become more specific towards the track events, ranging from 600m to the 5K indoors and 800m to the marathon outdoors.

We appreciate everyone’s support the past two years in making our dream a reality! If you’d like to support the OCU teams during the track season, you can visit their webpage: <http://www.ocusports.com/index.aspx?tab=track&path=mtrackandfield>

# Recipes to Run By

By Adi McCasland

**Braised Red Cabbage & Apple**

Serves 8

1 Tbs Olive Oil

¼ cup Finely Chopped Red Onion

1 Small Head Red Cabbage (appr. 2 lbs)

1 Large Granny Smith Apple

2-3 Tbs Honey\*

¼ cup Apple Cider Vinegar

1 Tbs Caraway Seeds

1 tsp Sea Salt

- 1) Heat oil in a large skillet over medium heat.
- 2) Sauté red onion in olive oil until translucent.
- 3) While onions are sautéing, thinly slice the cabbage and apple or grate using a food processor.
- 5) Add grated cabbage and apple to the onions. Stir in vinegar, honey, caraway seeds, and salt.
- 6) Cover and cook on medium-low until cabbage is soft (appr 1 hour), stirring occasionally.
- 7) Serve warm or at room temperature.

\*Note: Substitute honey with 2 Tbs agave nectar for vegan adaptation



THE 14TH ANNUAL  
OKLAHOMA CITY MEMORIAL  
MARATHON

— APRIL 27, 2014 —



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**RUN** TO **REMEMBER**

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# HOW TO AVOID INJURY....yeah right!

*By Tom Coniglione, MD*

If you are offended by them, you are not alone. I don't even read them anymore. It's those "how to avoid injury" articles; "Prevent Running Injuries: 6 steps"; "Overuse Injuries are Preventable". By writing this stuff, they must think runners are totally ignorant. Perhaps they think we are all still on a lunch break.

Runners KNOW what causes injuries. If you have been running for a few years, you are well aware that too much of a good thing can be a problem. Too much of anything can be a problem. So why tell runners what they already know? These articles may make sense to you....

In some of those articles they talk about two types of injuries. If you walk across the street and get hit by a truck or fall off a ladder, you will have an ACUTE injury: pretty good so far. Anything else is an overuse injury. Most (98%+) runner's injuries are from overuse. Thus far, have you learned anything?

ADAPTATION: The human body is amazing. It can adapt to almost any physical stress we impose on it. I keep thinking about writing an article concerning the limits of human endurance. Whenever I think there is a limit to what the body can tolerate, along comes another example of an almost superhuman accomplishment.

In 1952, the limit of human endurance was thought to be the four minute mile. Roger Bannister fixed that misconception. In the 1950's, the man who eventually "taught" me how to run, ran a 3:57 mile – and finished fifth.

First there were marathons; then came ultra-marathons and 100-mile races. The 100-milers include some of the most adverse weather conditions a human can ever encounter such as Leadville in the Colorado Mountains, with its extremes of elevation and weather. Then there is the Badwater ultra through Death Valley in California. It's not called Death Valley without a reason.

Let's not even think about 24 hour runs, runs across deserts, burpee or sit-up contests. Is there a limit to human endurance? The human body seems to be able to adapt to anything.

OVERLOAD/OVERUSE: To have the body adapt to the stresses of training, we apply the principle of "overload". A weight lifter gets larger/stronger muscles by lifting progressively increasing amounts of weight: "overloading" the muscle. By progressively overloading the muscle, it gets bigger and stronger. In running, training involves overloading the running apparatus: heart, lungs, bones, muscles, etc.

To run farther, we progressively add mileage. To get faster, we do intervals, tempo runs, hill runs, repeats on the track and fartlek runs. This is "overload". The problem comes when we overload too rapidly – before the body has had a chance to adapt to the previous "overload".

In running, we overload every part of the body. The heart and lungs adapt to the overload before the bones and tendons adapt. When training starts, we realize we can run faster or farther because the heart and lungs adapt quickly. As we do run faster or farther, while not knowing we are actually damaging tendons and bones because they adapt so slowly. That is why overuse injuries occur later in training; stress fractures usually occur 12-14 weeks into the 16-week marathon training program. What a tragedy to go through all that training and then be grounded with an injury.

Stress fractures are a perfect example of overloading bone. As we overload bone, the bone undergoes changes designed to better handle the load/stress. If we overload too rapidly, the bone cannot adapt and.....

One last word for the (new) marathoner who gets injured: about one-third to a quarter of people who train to run their first marathon does not make it because of an injury. Some people who fail to make their first marathon get injured while training for their second. The reason.....adaptation.

Running injuries are the result of adaptation and training. Adaptation occurs gradually. Overload is necessary.

Now you do not have to read any more of those meaningless "how to avoid injury" articles.

12TH ANNUAL

# LITTLE ROCK MARATHON

# EPIC!

MARATHON ~ HALF MARATHON ~  
10K ~ 5K ~ KIDS MARATHON

# MARCH 2, 2014

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weekend presented by  
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Arkansas' *Lexist* Newspaper

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Little Rock  
CONVENTION AND VISITORS BUREAU

benefiting  
 Parks & Recreation

# The Triple Crown is Coming!

By Frank Willis, Event Coordinator

All of you look forward to the premier racing series of 2014, THE TRIPLE CROWN. The rules are simple and here they are:

- Run the Frigid Five on February 8, 2014;
- Run the Panera Beacon Run on March 1, 2014 ; 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 15, 2014.
- 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 15 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 \$75 for Landrunner Members, \$80 for non-members and \$50 for 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 event goodies, 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 15.

Whew! Any questions?



## Triple Crown 2014



**Frigid Five**  
Feb. 8<sup>th</sup>



**Panera Beacon 5k-15k-25k**  
March 1<sup>st</sup>



**St Paddy's**  
March 15<sup>th</sup>

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



Follow us:



Half Marathon & 5K

*Date: Sunday, March 9, 2014*  
*Time: 8:00 am*  
*at Lake Stanley Draper*  
*8301 S.E. 104th St., Oklahoma City, OK 73165*

Register to race at: [www.signmeup.com/96010](http://www.signmeup.com/96010)

All proceeds will benefit our substance abuse recovery programs.  
OKC Metro Alliance, Inc. is a not for profit, 501(c)3 company.

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**OKC RIVERSPORT RUNderground 5K!**

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Begins in Cox Convention Center • NW Lobby  
\$25 Adults • \$15 Ages 12 and Under  
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Oklahoma City Running Club  
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Oklahoma City, OK 73154

Visit The Landrunners Online:

**[www.okcrunning.org](http://www.okcrunning.org)**

*The Landrunner*, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



**Marathon Training starts  
for the OKC Memorial Marathon  
Saturday January 4, 2014**

**OKC Landrunners Club Meeting**  
Topic: OKC Memorial Marathon  
Monday, January 20 @ 6:30p.m.  
Kimray Conference Center  
8 NW 42<sup>nd</sup> St

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