

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2015

Issue No. 229

Let's Run Paris!!!

By Jamie Kilpatrick

You know how it starts – training with your running buddy for miles and miles and then someone gets a crazy idea for a destination marathon. I remember the first time I succumbed to peer pressure and traveled to Tucson, Arizona in 2007 with six other Landrunners. Since then I have traveled to numerous states with the great company of fellow Landrunners. The first time I met Mary and Chuck Mikkelson was in Tucson. The first time I met Matt “Willie” Wilcoxon was in Ft. Collins, CO. We are all well aware that running is our mutual friend, our thread to a fulfilled life.

So it goes. A few years ago, Vincent Hodge started talking about running the Paris Marathon. Yes, THAT Paris. His wife, Elsa, has family in France, she is fluent in French and he was learning the language. All fine and good. Vincent had traveled to France for a month of language submersion, which fueled the conversations. I had truly never had Paris on the radar to travel to, much less run the marathon. But all that changed when my husband, Tom, verbalized interest. Maybe that year of high school French will come back to me?? On September 9, 2014 I successfully registered. We booked our flight, hotel and trip insurance that same week. It was real. Vincent was in as well. We called each other early that morning, so surreal that after all the discussion, we were heading to France!

After months of training, checking the website on occasion and reading the occasional emails sent by ASO Challenge, the date neared. Paris has a few additional steps - Participants must bring their official medical release, a printed copy of their “convocation” letter and their passport must be presented at the expo. Also know that 45,000 of other eager runners are heading to Paris around the same time.

To enhance the excitement, two other Landrunners were heading to France as well. Valerie Blackburn and Christina Johnson were both eagerly making their plans. The four of us met a few weeks before departure to discuss our travels, the route and details that would turn out to be helpful. Two new friends!!! That common thread, our friend Running, is so apparent.



Tom and I arrived at 0840 Paris time on Friday, April 10, after the longest flight ever (sleep would not come and I had acquired a chest/head cold a few days before). We arrived at the Hotel Warwick, located right off the Champs-Elysees, and less than a block to our starting area. The city was BUSY! The Arc de Triomphe was magnificent and the traffic nothing short of terrifying as the cars flew through the roundabout. Paris is not a clean city; the smells, the visible garbage and the never-ending cigarettes could easily detract from its deeper

See Paris, on page 6

A Sense of Accomplishment

By Maurice Lee III, President

That's what you should feel. Those of you that have spent months training for the OKC Memorial Marathon, Half Marathon or any other race put in the time and effort to reach a goal. Hopefully you reached your goal. If for some reason you didn't, feel the accomplishment of working hard, making sacrifices, and pushing your body to places you weren't sure it could go.

Thanks to all the hard work of our Training Coordinator, Matthew Wilcoxon, and his entire

staff. No one person does it alone. Thanks to Mary Mikkelson, and others who worked to get the training emails out every week. Thanks to all who volunteered each week to make sure we had something to drink and eat on these runs.

Soon we will begin another cycle, training for a fall marathon, half marathon, or whatever your reason for joining us each weekend. Once again we'll need volunteers, please consider helping.

Congratulations on achieving your goal!





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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
5/2	OK Autism Piece Walk 5K*\$	Bricktown Ball Park @ 8:30am
5/3	A Walk in the Park 5K	Wheeler Park @ 2:00pm
5/9	Miracle Miles 5K / 10K*	Stars & Stripes Park @ 8:30am
5/16	The See Spot Run 5K / 10K*\$	Guthrie @ 6:00pm
5/18	Club Meeting	Kimray 8 NW 42nd @ 6:30pm
5/25	Volition Half Marathon & 5K	Tulsa, OK @ 7:00am
5/30	The Dirty 30 \$	Mulhall, OK
6/7	Scorcher Half Marathon* & 5K*	Stillwater, OK @ 6:30am
6/20	Choctaw Challenge 5K*\$	Choctaw Creek Park @ 8:00am
6/20	Run for Recognition 5K	MTM, 3201 SE 29th @ 8:00am
6/27	Founder's Day 5K	Duncan, OK @ 8:00am
7/4	Fireball Classic 10K & 5K	Ada, OK @ 7:00am

* Denotes Series Races

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

Landrunners In Action

3/22 FORT DE SOTO BEACH HALF MARATHON, FL

BETSY HILBURN	2:10:16
KELLY HILBURN	2:16:47

3/29 TOMOKA MARATHON, FL

NELS BENTSON	5:43:42
SAMANTHA BENTSON	3:28:00 – HALF

3/28 PRAIRIE SPIRIT 50 MILER, KS

DAVID BERNSTEIN	14:07:00
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3/29 OCEAN DRIVE MARATHON, NJ

BILL GOODIER	3:49:13
SHEILA MILLER	4:56:10

3/29 B&A TRAIL MARATHON, MD

MARY MIKKELSON	3:47:24
CHUCK MIKKELSON	5:18:52

3/29 KNOXVILLE MARATHON, KY

CAMILLE HERRON	2:51:28 – 1ST FEMALE
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4/11 MAD CITY 100K, WI

USATF 100K NATIONAL CHAMPIONSHIP	
CAMILLE HERRON	7:26:24 – COURSE RECORD

4/11 EISENHOWER MARATHON, KS

KATIE KRAMER	3:12:34 – 1ST FEMALE
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4/12 MARATHON DE PARIS, FRANCE

VINCENT HODGE	4:33:11
VALERIE BLACKBURN	4:42:25
JAMIE KILPATRICK	4:45:37
CHRISTINA JOHNSON	6:18:13

4/20 BOSTON MARATHON, MA

JONATHAN MORRIS	2:54:48
SCOTT PLAFKER	3:03:38
STEVEN CHERRY	3:06:11
LESLIE BUFORD	3:31:42
GEORGE TAYLOR	3:36:12
CHARLES MCFARLAND	3:38:35
SUSAN PHILLIPS	3:52:41
MAURICE LEE III	3:53:10
STAN BERRY	4:01:57
REBECCA CUNNINGHAM	4:09:34
PAMELA FARRIS	4:14:54
ANU BAJAJ	4:21:31
JOANNE HARMS	4:28:30
JAMES BAKER	5:20:59

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org



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PRIZES

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- ◆ 5k Medals 3 Deep in Age/Gender Divisions
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- ◆ Raffle Prizes (For Pre-Registered Runners)

June 20, 2015 at 8:00 A.M.

Choctaw Creek Park

2001 N. Harper Road Choctaw, OK 73020

5k Race & 1 Mile Fun Run

A LANDRUNNER Series Race & USATF

5k Sanctioned Race with timing by DG

Productions

Fees & Registration

5k: \$30.00

1 Mile Fun Run: \$25.00

(Costumed pets welcome at Fun Run).

Register Online:

www.signmeup.com/107498

Manual Registration:

14625 NE 23rd, Choctaw, OK 73020

\$5.00 Fee Increase for Race Day Registrants

For Questions Call: 405-390-8131

Paris continued

beauty. After receiving some incorrect directions from a Metro (subway) information clerk, we spent a few unexpected hours in the Paris underground – could there be so much graffiti in one city??

We walked to dinner that night, chose a cute little restaurant away from the busy Champs-Elysees, with a waiter who would be at home in even the friendliest diner in OKC. Was this the snotty Parisians one always heard? The fare is definitely much better than London!! Fueling for this marathon would not be a problem.

The Metro is more challenging than New York or London, but we made it to the expo the next morning without incident thanks to a great iOS app. Although the line to enter took 20 minutes, the check in was very organized. The expo was very similar to the New York marathon, with Asics the official brand of clothing.

A goal of mine is to run a marathon in all 50 states. With that, I am also attending Catholic Mass in all 50 states as well. Although not a state, Paris cannot be surpassed in beautiful cathedrals. We chose Notre Dame, located in the Latin Quarter of Paris and just off the Seine River, for Saturday evening Mass. The beauty of this building cannot be described. After Mass, we had diner nearby and took the Metro back to our hotel.

Sunday, April 12 dawned with no wind, 54 degrees and a European capital full of runners. From our hotel balcony we could see runners warming up. Our corral start was not until 1010, but Vincent met me at 0800 to beat the crowd on the Metro. We had the customary pre-race banana, coffee for me and green tea for Vincent. It was wonderful to leisurely stroll to the corral area on the Champs-Elysees just a few hundred feet from our hotel entrance and completely empty of cars! We were sitting at a sidewalk café when I spotted Christina Johnson and her Landrunner shirt! She joined us that beautiful morning, prepping for what was in store. She was also waiting for another Oklahoma runner, Timber Oaks, who I later discovered was a college friend of my daughter-in-law!

The race began heading east on the Champs-Elysees. I cannot describe the overwhelming beauty we experienced. The temperatures quickly warmed to an uncomfortable level, and anyone who knows me knows soggy running is my forte. I did pack salt pills (thank you again, John Cotner, for your suggestions!). And Vincent? No, my buddy Vincent ran like this was his race. And he had a fabulous race. We paced together for twelve or so miles but I did not have his energy this day. I could always spot him, but for a runner, you want to run your best when the opportunity knocks. Joy is in running - some races you are the bug and others you are the windshield. Vincent was rocking this race!!!

I was cautioned prior to running the New York City Marathon to just hit a pace and stay with it; too many people to pass and you would just wear out. This was the case in Paris.



Vincent Hodge and Jamie Kilpatrick

I also could not take more than three GU packs – nausea was setting in. The water stops consisted of bottled water, orange slices, bananas and sugar cubes. What – no Gatorade!? I grabbed sugar cubes at mile 17 and could not believe the quick energy. The water stops were about every three miles. The water stops were also a complete hazardous mess due to the slick layer of orange peels!! An English-speaking runner even commented on the lack of footing at these stops. Also, many runners were using a nutrition supplement in a tube with a lid - more hazardous trash to avoid!!

The course wrapped around the Seine River, through the Pont de l'Alma tunnel where Princess Diana was fatally injured, with the final six miles of mainly downhill running in the Bois de Boulogne Park. We ended just west of the Arc de Triomphe, having started on the other side.

The New York City Marathon, which I ran in 2011, has always been my highlight of destination marathons. However, the Paris Marathon has created a great competition. Very flat, fun and scenic. Beautiful parks, fans with signs that I had no idea what they said, historical sites that one only reads about, and the pleasure of running internationally in what I now know as an extremely inviting and friendly city. While my time was a bit slower than my norm (finished at 4:45:34, in Femmes 2 Category), I ran away with a huge smile on my face, a fabulous marathon finish, wonderful memories and another stamp in my passport!!!



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Panera Beacon.....rider Bradleigh Taylor with pusher John Nelson



*St Paddy Day.....rider Scott Ward with pusher David Ball
For more information on the OKC Running Club's OH!!
WHAT A RIDE!!! contact program director Jim Roblyer.*

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Marathon Recovery

By Tom Coniglione, MD

How to recover from a marathon? Easy, just wear your medal day and night for a week. During that week eat, sleep and relax.

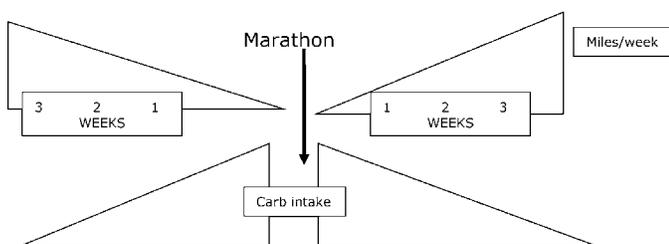
There are many recovery suggestions. In general, whatever you do to recover from a long training run, do the same to recover from a marathon. As the marathon is longer, it may take longer to recover: at least one week, sometimes as long as three weeks to recover fully.

At the OKC Memorial Marathon each year, we meet people who have run marathons two weekends in a row. Some have run one a month. These marathoners are the exception to the rule. Normal people require about three weeks to recover completely.

Recovery starts at the finish line. Walk through the chutes and keep moving. Do not sit for a while. Once you sit you may have difficulty standing again.

For a day or two after a long run, you rest and eat. Likewise, for a few days after a marathon you do the same: minimal running and lots of eating. Better yet, after the marathon, take off a few days. Then do some light biking or walking. Don't plan on running for a few days.

A book I once read suggested the first three weeks post marathon being the mirror image of the last three weeks before the marathon. You taper the last two-three weeks ending with very few miles the last few days before the marathon. Likewise, your running/walking in the first two-three post marathon weeks is the same as the last two-three pre-marathon weeks, but in reverse.



You carbo load for the last three days before the marathon. Likewise, you carbo reload for the first three days after the marathon.

It is a good idea to eat some extra protein for the first 1-2 days after the marathon.

Drinking: Lots of fluids – until your urine is clear. Beer is not a “fluid” but it will not hurt you. We have seen a few people drink a beer after a marathon and pass out. If you ordinarily do not drink beer, don't start now.

Don't spare the salt.

Drugs: Before and throughout the marathon you do not take ibuprofen or any similar medicine. Tylenol is OK to take. After the marathon, you can take some ibuprofen or Tylenol.

Ice bath: Sitting in ice water after an intense workout is becoming popular. Although there is no science to suggest there is a benefit to an ice bath, some marathoners swear by ice baths. With your socks and shorts still on, sit in ice water up your waist, at least bury your quads in the ice water. Marathoners who like to cool off this way will sit in the icy water 5-15 minutes. An ice bath a couple of days later will not produce the same result.

Massage: The traditional massage at the finish line can feel good. However, the science of post marathon massage shows this can be harmful. Beware, some marathoners who get a massage at the finish line will feel weak and dizzy when they stand. At the OKC MM, we have had many runners get up from the massage table and pass out.

There is no “science” to suggest a massage in the next few days will speed recovery. There is some science to suggest a massage after an intense workout will speed recovery – but that science is in rabbits.

If you want a massage, wait 2-3 hours after you finish. Do not take a hot shower or sit in the spa after your marathon.

Sleep: You earned some extra rest. Many marathoners take a nap the afternoon of the marathon. Over the first week, get to bed a little earlier.

Above all else, do not walk down stairs for a few days.

Happy recovery.

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Why Do I Run?

By Lindsay Long

In a recent newsletter, Camille Herron wrote an article about why she runs. This got me thinking. We have a club of over 1,000 people and I am sure each and every person has his or her own reason for running. Sometimes running serves as therapy, helping the runner cope with a difficult life change. Other times running serves as nothing more than a health benefit and there may also be times that runners have a hard time explaining why they run – they run simply because they enjoy it.

Over the last few days I have been contemplating why I run. I haven't always been a runner. The first time I ever completed a half marathon I did so walking. Walking 13.1 miles in two hours and 37 minutes, but I was still a walker. And I told myself I would never be a runner; I was content walking because let's face it, I could walk 13.1 miles faster than some runners so that was good enough. Then it wasn't good enough and I set out to run (using the term loosely) a half marathon. I completed my first half marathon as a runner, struggled with a leg injury through training, was still deciding if I could run and continue smoking, and vowed I would never run another half marathon again. Today I can't count how many half marathons I have completed. I have run four marathons and at this point am not sure I will run another marathon. Throughout this journey I have discovered that I enjoy 13.1 miles, but there is nothing I enjoy about running 26.2 miles (besides the accolades from friends and family that I get afterward of course!).

This has left me to ponder - why do I run and why can I enjoy 13 miles but not 26 miles? I fell in love with running quickly. Going out for the long weekend run gives me time to myself, time to think. There are a lot of weekend runs on which I find myself so deep in thought that I forget where I am and where I am supposed to be going. I guess some would call this a form of therapy. I quickly noticed the changes to my body when I started taking running more seriously. I felt stronger, I was in better shape, and I was getting compliments from my doctor on my overall health

and I remember the first time she said, "You must be a runner". To which I proudly responded, "Yes I am."

What I discovered early in running was that the more I ran, the more I wanted to run. However, I have discovered I have my limits, my happy weekly distance. This tends to be between 40 and 45 miles per week. To some reading this that may seem like amateur hour, but for me I have found that's the distance I can go and not risk injury, not be too tired to function in my everyday life, and generally just be happier. Beyond 45 miles and running becomes a chore and I don't know about the rest of you, but I don't need any more chores. I need enjoyable hobbies and I can honestly say that while running offers some other "typical" benefits, my answer for "why do I run?" It's simply my hobby.

I encourage others to ponder the reason(s) you run and if you are up for sharing them - your fellow Landrunners would love to read why you run!



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A Letter Of Thanks

Dear runners,

Sixteen weeks really flew by, and another marathon training season has come to a close. We ran together, laughed together, and endured cold, ice, rain, wind, heat, and humidity together. Each step we took with you this spring, though, was truly a lot of fun. As we close out this training session, our sincere hope is that we helped you achieve your running goal, whatever that may be.

With the size of the groups we had each week, the training runs would not have been as successful without the many volunteers who so willingly gave their time. A lot goes into these runs, from planning and communications, to setting up water stops and providing course support, to taking group photos and treating our injuries. Listed below are the names of those who helped us this season. If you see them on the roads, give them a fist bump, would you?

Stephen Abernathy
 Allegiance Credit Union
 Amir Akhtar
 Neil Burnett
 Demetra Castille
 Jodi Cole & Girls on the Run Oklahoma County
 Dr. Tom Coniglione
 Chris Dunham
 Edmond Running Club
 Brooke Elliott
 Dewayne Finn
 Bill Goodier
 Karen & Dave Greer
 Connie Heitz
 Brian Jacobson
 Katherine Johnston
 Amy & Karl Krokstrom
 Diana Lindsey
 Gaile & Bob Loving
 Lululemon
 Adi McCasland & Matt (Willie) Wilcoxon
 Sean McClintock
 Mary & Chuck Mikkelson
 Sheila Miller
 Owen Mills

Jonathan & Alyssa Morris
 Cara & Randy Nance
 Stefani Oviedo
 Amy Patton
 Susan Phillips
 Jennifer Robert
 Russ Slife
 Schlegel's & Peloton
 Jeff Wagner
 Heather Warren
 Steve Wells, Dean Mediouni, &
 the Boeing Running Group
 Carry West
 Holly Wilson
 Eric Winscher

We hope we didn't leave anyone out of this list, but humans wrote this letter, and humans have been known to make the occasional mistake. If by chance we did, please know that your efforts did not go unnoticed.

The training runs wouldn't be possible without the leadership of our Training Committee Chairman, Matthew ("Willie") Wilcoxon. He mapped out the routes, coordinated the volunteers, showed up early each week to set up the start/finish water stop, and thoughtfully gave the announcements. We also appreciate the many, many hours Dr. Tom Coniglione spent treating and counseling us on our running aches and pains. We are so fortunate to have someone with his experience willing to give up so much of his time to assist us every week. These two gentlemen deserve a good fist bump, too!

Along with fun and helping runners achieve their goals, we aim to improve the training runs each season, and your feedback is of great help in doing so. If you have any compliments, constructive criticisms, or suggestions, please email us at training@okcrunning.org. If you would like to help plan the runs and be a member of the training committee, let us know that as well. Happy running!

Sincerely,

Your OKC Running Club Marathon Training
 Committee



Spring Marathon Training Group - photo by Heather Warren

5K



10K

Come to historic Guthrie and enjoy fun, friends, and family when you participate in the 7th Annual The See Spot Run. Stick around afterwards for a cold beverage or two, provided by COOP Ale Works.

Visit www.theseespotrun.com for more info.

Your four legged friends are welcome!

05.16.15

Registration: www.theseespotrun.com

Start times: 6:00pm (5K & 10K)
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The Landrunner, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



OKC Landrunner Club Meeting

Monday, May 18, 2015
Kimray Conference Center
8 NW 42nd ST @ 6:30pm

Walker 2 Landrunner 5K Program

Meets Every Saturday
Lake Hefner East Wharf

Go to okcrunning.org for more details