

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2017 | Issue No. 252

WAS IT THE WIND?

By Tom Coniglione, MD

Here is what happened. **Editorial comments or mistakes are bolded.**

Two days before the 2017 Panera Beacon Run, he ran seven miles comfortably “at a good clip.” Most of the seven miles was a tempo run. The morning of the Beacon, he had two cups of coffee and a banana; he usually drinks one cup before a morning run. **If he usually has one cup of coffee before a training run, why two cups this day?**

The day of the Beacon it was cloudy and overcast: 50s with a stiff south wind. He started the 15K at a pace 40-45 seconds faster than his usual training pace. **Starting faster than usual for a race is not unusual. The trick is to be certain you can maintain it.**

The first water stop provided two cups of water with two more at the turnaround.

After the turnaround on the dam, his pace continued and he felt well. The wind was now in the faces of the runners. Somewhere between the turnaround and the Hefner parking lot, things deteriorated in terms of pace and well-being. There was no specific pain or problems. Only his legs were feeling heavier. **Heavy legs can be due to many things: pace, fatigue, speed, tightness of muscles and dehydration.**

Approaching the Hefner parking lot he began to waver. The pace declined. Foot falls were

louder: slapping. His gait was unsteady as if he could not balance. **He was in trouble. Given the circumstances, the most likely problem was dehydration. Losing pace, changing gait and wavering side-to-side on the course is not good.**

Progressing from the Hefner parking area to the trail, he stopped at the trash containers. Losing balance, he fell. A vehicle was sent from the finish to take him off the course. The course marshal asked him if he wanted to be smart and drop out or if he wanted to be a runner. We are told he replied: “I’m a runner.” He continued. **Sometimes runners do not recognize they are in trouble or they recognize they are in trouble and have no sense. They think DNF is unacceptable.**

After being helped to his feet by the course marshal, he continued. Foot slapping and wavering continued. By this time his fellow runners were concerned. They surrounded him supporting his arms as he continued to try to run. Someone said he fell again; he does not remember the second fall. **Now he is really not making good decisions. He cannot stand without support.**

By the water stop by the restaurant overflow parking area, he was not able to remain upright without assistance. His cast of supporting fellow runners continued keeping him upright as he walked and ran. He insisted his cast of supporters leave

See *Wind*, on page 6

President's Message

By Matthew Wilcoxon , President

Spring has sprung! Well at least every other day that is. Spring weather in Oklahoma is always a roller coaster which can cause problems for runners. You can unpack those summer clothes but you better keep the long sleeves and coats handy. If you're like me and enjoy running in the warm weather, you better remember that we are not acclimated to the warmth and need to be careful with hydration and not overdo the speed or distance this early in the year. Moderation and patience are always the best recipe for a long, healthy running year.

We've finished out the first quarter of our race series season and it's great to see so many people participating. If you haven't registered for the series, there's still plenty of time and many races to get you qualified for an award. Sign up through the website and get out and support our local charities and organizations. Maybe I'm biased but I believe runners are some of the best people and these races give us the opportunity to give to local organizations while doing something we love. Our race series committee does a great job of reviewing many applications and selects the best races for our series. Thanks to Doug Cunningham and his team for all they do.

Our OKC Memorial Marathon training program is in full stride and headed towards the finish. Hundreds of runners are showing up each weekend to get their long runs done and enjoy the company of friends because we all know it's better to suffer together than to suffer alone. We have many new half and full marathoners training with us this year and everyone is progressing nicely. Remember that Dr. Tom is always available at each run to help explain and give advice on any pain or problem you may be experiencing. His many years of running and medical experience are a valuable resource to our club and we are grateful to have him with us. Thanks Dr. Tom!

Finally, don't forget about our club meetings held on the third Monday of each month. We are trying to find some cool local establishments to host them and have reached out to some interesting speakers. Keep an eye on Facebook for the events and attend if you can. You'll get a chance to show off any medals you've earned and hear some interesting discussions.



Landrunner Board Member, Jim Roblyer presenting a \$500 Landrunner check to MDA Executive Director, Kristen Richardson and MDA Fundraising Coordinator, Brian Jacobson.

THE JUNIOR SERVICE LEAGUE OF STILLWATER

SCORCHER

HALF+5K

JUNE 4, 2017

VISIT THESCORCHERRUN.COM
OR [FACEBOOK.COM/THESCORCHERRUN](https://www.facebook.com/thescorcherrun)

GUARANTEED T-SHIRT DEADLINE
MAY 24, 2017

“ONE OF 12 MUST-RUN
MARATHONS IN THE WORLD”
— Runner's World Magazine

17TH ANNUAL
Run to Remember

APRIL 30, 2017



GOOD LUCK TO OUR RUNNERS!
THANKS FOR YOUR SUPPORT

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

#RUNOKC



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
4/1	Choose Your K*	OK Christian University @ 7:30am
4/1	April Fools 5K / 10K / Fun Run	Chickasha, OK @ 8:00am
4/1	OUCHA Health Dash 5K/10K*	1106 N Stonewall Ave @ 9:00am
4/9	Redbud Classic 5K / 10K*\$	Nichols Hills @ 2:00pm
4/22	5K Gold Bar Run*	UCO Edmond @ 8:00am
4/30	OKC Memorial Marathon*	OKC National Memorial @ 6:30am
5/6	OK Autism PieceWalk 5K*\$	Bricktown Ball Park @ 8:00am
5/6	Miracle Miles 5K / 10K	Lake Hefner Star & Stripes @ 8:00am
5/6	Bun Run 5K	El Reno, OK @ 8:30am
5/7	Parkinson's Rally 5K* & Walk	Wheeler Park @ 2:00pm
5/13	To Dye for Color Run	Dead Woods, Luther, OK @ 8:00am
5/13	Run for Life 5K	Mitch Park, Edmond @ 8:00am
5/13	Race for Hope 5K, 12K*\$	Lake Hefner Star & Stripes @ 9:00am
6/4	Scorcher Half Marathon* & 5K*\$	Stillwater, OK @ 6:30am

* Denotes Series Races

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

Landrunners In Action

1/15 HOUSTON MARATHON, TX

ROBERT BROWN	3:40:42
BEN WHITEHEAD	1:58:41 – HALF

1/21 THE DUEL, TX

MARLON ONCO	4:02:36
CHASTITY TEETER	4:12:00
JUSTIN CHAN	4:24:53
STEVE WELLS	4:44:44
EMILY AVILA	3:20:46 – HALF

2/5 SURF CITY HALF MARATHON, CA

BEN WHITEHEAD	1:50:17
---------------	---------

2/25 MESA-PHOENIX MARATHON, AZ

DAVID BALL	2:53:18
ROGER LEMMONS	2:55:18
COURTNEY LEMMONS	1:41:47

2/26 COWTOWN MARATHON, TX

HUY (TONY) MAI	50:08 – 10K
HUY (TONY) MAI	1:46:41 – HALF
WILLIAM HICKMAN	2:19:55 – HALF
JEANANN GAONA	2:20:15 – HALF

3/4 THE WOODLANDS HALF MARATHON, TX

BEN WHITEHEAD	2:00:50
---------------	---------

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



Landrunners Training Run



*You're dedicated
to running.*

We're dedicated to you.



Landrunners Training Run

4 Metro Locations

789-7900

allegiancecu.org

Ask us about

KASASA

Checking



OKC Memorial Marathon



**We'll see you
April 30th on Mile 6
in Sparrow Park!**

#ACUWaterStop

Federally insured by NCUA.



Wind, continued

him and continue “racing.” They would not leave. As other runners were passing the slowly moving crowd, some stopped to join. Some slowed to check if things were OK and continued. **This is a race and his friends and supporters would not leave him: runners are just great people!**

As the entourage approached the entrance to the Stars and Stripes parking lot, they came upon some runners who had completed the 15K. These were the faster finishers: the one-hour 15K group. They recognized the problem. They ran back to the finish and returned with bottles of water – lots of water.

The staggering runner and his entourage passed the entrance to the parking area. He actually gave serious consideration to stopping at this point. They continued and eventually crossed the finish line as a group.

After lots of pretzels and (a total) of seven bottles of water, he was able to demonstrate a steady gait. One bottle of water equals 16 ounces or one pint. The water he drank, seven pints, was $\frac{3}{4}$ gallon. As he rehydrated, his mental functions returned..... well, his reasoning improved. **Needing this amount of water means he had significant dehydration. At the finish line, someone said “IV” and he refused.**

What happened? What can we learn?

In retrospect, what happened is clear. He (probably) started water depleted. The wind was “brutal.” Such wind will cause dehydration without ever perspiring; he never perspired. Dehydration will cause everything that happened to him; wavering on the trail, marked change in gait pattern, falls, imbalance and the inability to think clearly.

Thinking clearly. What evidence do we have he was not of sound mind? This is an experienced runner who is well aware of the effects of dehydration. However, he was unable to go through the thought processes required to conclude he was in trouble. At an early point he knew he should drop out. However, as he progressed, he was determined to not drop out.

COFFEE: What about coffee before a long run or a race? Whatever you do before a training run, do the same before your full, half or race. Why did he drink two cups when he ordinarily drank one? Just remember, coffee is an ergogenic aid: it is a performance enhancer. It makes your heart rate faster. It causes some “jitteriness” and makes you start faster.

STARTING FASTER: Why? Unless you are planning to maintain that pace, it is better to start slower. If you start faster, you are more likely to “burn out.” Negative splits are better.

DNF: The majority of runners will DNF at some time or other. What’s wrong with DNF? The only thing wrong is admitting it to yourself. Your friends will appreciate the good sense you had in deciding this was not your day.

STAGGERING AND FALLING: Runners do not want to stop, no matter the circumstances. In this case, the course marshal at the Hefner parking lot allowed him to continue for several reasons. The most important consideration for the course marshal was the good runners surrounded the staggering runner.

This is an important point. The race is responsible for runner safety – even when the runner is unable to make correct decisions. This runner was mentally impaired and incapable of making correct decisions. If this had been the OKC Memorial Marathon, the staggering runner would have been physically removed from the course.

There was an “entourage” of runners who surrounded him over the last four miles. Again the point was proven; our local runners care more about each other than they care about themselves. The safety and security of this runner became more important than their own race.

Runners rock!

5th ANNUAL 5K GOLD BAR RUN

APRIL 22, 2017



Saturday, April 22nd, 2017 AT 0800 AM

Race Day Check-In 0600-0745

- **First 300 Registrants get a T-shirt and a Finisher's Medal**
- **Giveaways for top overall male/female**
- **Support an amazing local veteran cause and the Native American Faculty & Staff Association**



UNIVERSITY OF CENTRAL OKLAHOMA
**Native American
Faculty & Staff Association**

\$30 PRE-REGISTERED

\$35 RACE DAY

ONLINE REGISTRATION



**FOLDS of HONOR
FOUNDATION**

[HTTPS://WWW.SIGNMEUP.COM/117295](https://www.signmeup.com/117295)

THRU APRIL 20th AT 1800 (6:00PM)

For more information

Call: 405-974-5166

armyrotc@uco.edu

<http://www.facebook.com/ucogoldbar5krunwalk>

Meet New Board Member, Steve Wells

By Jenni Carlson

Steve Wells considers running to be his escape.

But as much as he enjoys the serenity and solemnity of being out on a run, he loves being part of something bigger. That’s why he started training with the Landrunners when he moved to Oklahoma City from Wichita in 2013 and why he accepted a spot on the board this year.

“I loved the camaraderie,” Wells said of being part of the Landrunners, “and just the feeling of being part of something larger than running solo.”

Not that he hasn’t seen benefits from those solo runs.

Wells took up running a decade or so ago when he found himself out of breath running the length of a basketball court with some kids from his church. He was in his mid-40s, and he wasn’t willing to accept not being able to keep up.

“I decided I was much too young to feel that old,” he said.

Having seen a few local road races, Wells noticed how much fun it looked like everyone was having. That was all the motivation that he needed to decide to do his first race – a two mile turkey trot around Thanksgiving one year.

In the decade or so since then, Wells has run a marathon or more 19 times, including a 50K race and a 50-miler. He loves how running has made him feel both physically and mentally, and he hopes to help more people discover the benefits of running.

“I would love to just be able to grow the club,” Wells said of his goals as a board member. “I think there are still lots of runners out there who think we are a racing team or don’t even know we exist.

“I want everyone to know there’s someone running who is their speed and no one should have to run alone.”



GETTING TO KNOW STEVE

Since the first of the year, we have been introducing new board members and sharing a few personal tidbits about them. Here are some fun facts about Steve Wells, a new member of the Landrunners board of directors:

Hometown: Tulsa

Age: 56

Family: Married with 2 kids and 2 step kids

Favorite food: Pizza!

Favorite race you’ve run: Wichita Prairie Fire -- maybe because that was my first marathon.

Race you want to run: Boston, of course, but really anything as long as I’m able to spend time with friends or make new ones.

Music we might hear blasting out of your car: I love the 70’s and 80’s.

Music we might hear blasting out of your headphones on a run: I don’t run with music.

Biggest running accomplishment: Completing the Crosstimbers 50-miler. It was not only the longest distance I’d run but also the toughest terrain. And now that I’ve tried and failed to complete that distance again, it makes it seem like an even bigger accomplishment.

To me, running is...: My escape.

Vanilla or chocolate?: Vanilla. I can always add chocolate if I want.

Hot or cold?: Cold. Did we even have a winter?

Wine or beer?: Neither. Coke.

SATURDAY, MAY 6



BUN RUN WESLEY UMC
2017 5K RUN / 1 MILE FUN WALK

Memorial Stadium, El Reno, OK

- 1 Mile Fun Run starts at 8:30 am
- 5K Race starts at 9:00 am
- Pasta dinner Friday May 5 at Wesley UMC catered by Primo's Italian restaurant, \$10 per person!

Runners can have extra fun by decorating their buns (running shorts) to win *the fancy pants award!*

for complete details and online registration:
wesleyelreno.org

Tri-City Donation

While Tri-City Youth & Family Center, Inc. has been the primary behavioral provider in Eastern Oklahoma County since 1974, the agency is excited to announce the recent expansion of its service array. “This expansion would not be possible without community partnerships such as the LANDRUNNERS Oklahoma City Running Club and Shape Fitness. “ These partnerships are integral in assisting individuals most in need to develop a healthy lifestyle. The LANDRUNNERS have been wonderful supporters of our agency since the inception of our race, the Choctaw Challenge. They have had both a tremendous presence at our 5K in addition to their OH WHAT A RIDE program. This program has allowed a child from our community with a physical disability to ride in a hand cycle and lead our race. Shape Fitness has also been a sponsor for our event and the recent collaborations will provide a platform with endless opportunities. Community partnerships such as these help to bridge the gap from what our consumers obtain at our agency to lasting permanent lifestyles changes.

Executive Director, Donita Goodin talked of healthcare being a “hot button topic.” As a society we are all facing the burden of the astronomical increase in health care premiums. The mind body wellness concept is much more than a figure of speech. Oklahoma has progressed from being ranked 49th in the states regarding overall poor health in the past three years to 46th. Last week Tri-City Youth & Family Center, Inc. was recognized as a Certified Healthy Business Member of Excellence. Goodin stated that data now indicates that individuals with a behavioral health diagnosis are two to three times more likely to smoke cigarettes. Additionally, 33% of the general public is now considered obese while over 60% of those with a behavioral health condition are considered obese. Probably the most compelling body of research is the extensive amount of research that exists regarding those that have experienced four more adverse childhood experiences and the correlation with overall poorer physical health, mental health and involvement with systems such as the justice system.

While we ultimately hope to have physical fitness resources for all of our consumers, our two initial target populations are our individuals in our drug court program and our developing foster care program. Tobacco usage occurs at the largest level with our first group and we have consumers that are involved with us between one to two years. We know that tobacco, poor diet and lack of physical exercise are the largest contributors to most of

our health problems. This group will hopefully exemplify that lifestyle changes should not rest alone with the giving up of choices but with the replacement of healthier choices and outlets.

We are actively working to identify individuals in our community interested in becoming a foster care parent as well as supporting this initiative. While everyone may not be in a position to become a foster care parent, if you are committed to the cause we can identify a way that you can help. The reality is our foster care youth often do not have the luxury or control over how many placements they may endure while they are in the system. This is in large part related to the lack of community based resources for our approximate 400 children in custody in Eastern Oklahoma County. By introducing, guiding and providing our children an outlet for physical fitness, we are teaching a skill that transfers from placement to placement. Simultaneously we are reducing the risk associated with traumatic exposure and poor physical health.

If you are interested in learning more about how you may be able to assist your local nonprofit behavioral health provider, please contact Donita Goodin at (405) 390-8131.



Pictured L-R: Jim Robyler, LANDRUNNERS Oklahoma City Running Club, Andy Copeland, ShapeFitness, Donita Goodin, Tri-City Youth & Family Center, Inc., Jim Hammond, LANDRUNNERS Oklahoma City Running Club

JOIN US
at the



2017

PieceWalk.org
AutismOklahoma.org & 5k

*The largest autism
event in Oklahoma!*



May 6, 2017

5k - 8am
Walk - 9am
Bricktown Ballpark

Food, Fun &
Resource Fair – funding, helping,
& increasing **autism awareness!**



 **PieceWalk.org**
AutismOklahoma.org & 5k

 **Autism**
OKLAHOMA.ORG

“Weather” or Not We Prefer It...

OKC Memorial Marathon Comes in Spring

By Melissa Brevetti, Ph.D.

As I was running this weekend, I asked Jamie Kilpatrick what was interesting about the OKC Memorial Marathon. Immediately, she replied, “The weather.” Quite true. In fact, many friends refer to different OKC marathons by the weather, such as the year it hailed or the year it flooded. This will be my 14th OKC Marathon, and I have no idea which year is what, but I recall most races by the weather conditions. April in Oklahoma is a mixed bag of what to expect as far as the weather goes. Runners, however, must be prepared for a variety of weather in order to conquer the elements.

If it is rainy, a hat or visor will help keep your face dry. A garbage bag and throw-away layers will keep your core dry so that you can peel off whatever you do not want. Often wet conditions leave runners with chaffing. I recommend Body Glide since petroleum jelly will stain clothes, but during a race, I’ve grabbed whatever is available. Wet feet are known to blister; try to be preventative with Body Glide or even changing socks and/or shoes if needed. Less clothes (in warmer weather) are best to not soak up the rain.

If it is chilly, strategize layers and know yourself. Which areas get hot as you run? Ears? Hands? Most runners plan on the weather feeling about 20 degrees warmer while they are running.

If it is hot, staying hydrated becomes a top priority. Drink before you are thirsty and incorporate some type of salt or electrolyte supplement that won’t affect your stomach. Also, you can keep your body temperature lower, I’ve read, by eating a “cool” breakfast. A smoothie or chilled fruit will support you to keep your body temperature lower.

If there is a thunderstorm, proceed with caution. Safety comes first.

Aim to be adaptable and prepared. In a recent study, researchers El Helou et al. (2012) provided evidence that air temperature had the strongest correlation when it came to marathon performances.

Optimal running temperatures, based upon this study, are within 40-50 degrees Fahrenheit. Sounds pretty chilly to me! But environmental parameters were analyzed from 2001-2010 featuring 1,791,972 runners’ performances—specifically, how and which various factors influenced both male and female runners. Humidity was considered the second most influential environmental factor. As race day comes, strive for your best with weather considerations.

Furthermore, conquer the weather in your mind—it could be rainy, chilly, hot, or thunderstorms in Oklahoma. Even though I cannot control the weather, I can control my attitude. Always.

“Weather” or not the weather is favorable, the race will go on.

Freedom OKLAHOMA

PRESENTS: **5TH ANNUAL** Equality Run, Shaun Kamiko Memorial

SATURDAY JUNE 17th
5K/10K, 1 Mile Fun Run
8 AM Myriad Gardens

2017

~ FOLLOWED BY BRUNCH AT FLINT ~

PROCEEDS BENEFIT FREEDOM OKLAHOMA AND OTHER OPTIONS

USA TRACK & FIELD

Other Options, Inc.

Colcord

TICKETS AND INFO: WWW.EQUALITYRUNOKC.ORG

SAVE \$5 DISCOUNT CODE FOR LANDRUNNERS LANDRUNNER

TO DYE FOR COLOR RUN

SATURDAY MAY 13, 2017

SIX DIFFERENT COLOR STATIONS
FIRST HEAT RACE STARTS AT 8:00 AM
ONE OF THE BEST 5K FUN RUN COURSES IN OKLAHOMA

<https://todyeforcolorrun.Eventbrite.com>



DEAD WOODS FOREST
20100 NE 178TH ST
LUTHER, OK 73054

WALK • RUN • DO GOOD



PARKINSON'S
RALLY
WALK AND 5K

PARKINSON FOUNDATION
OF OKLAHOMA

MAY 7 2 PM @ Wheeler Park
on the Oklahoma River



Spring Cleaning Sale

March 30th, 31st and April 1st

SHOES starting at \$25
100's of pairs at \$40

WINTER APPAREL
40-75% OFF

OUR **BIGGEST** SALE OF THE YEAR



1189 E. 15th St
Edmond, OK 73013
(405) 285-1455

SPRING CREEK
Mon-Fri: 10:00-7:00PM
Saturday: 10:00-5:00PM



RACE DATE: Saturday, May 13, 2017

LOCATION: Stars and Stripes Park,
3701 S. Lake Hefner Dr., Okla. City, OK 73116

START TIME: 9:00 a.m.

Presented By:



EVENTS & COSTS	EARLY BIRD REGISTER BY 4-3-17	REGISTER AFTER 4-3-17	REGISTER ON RACE DAY
1 Mile Memorial Walk	Free (does not include t-shirt)		
5K Race	\$25.00	\$35.00	\$40.00
12K State Championship Race	\$35.00	\$45.00	\$50.00

*Register before 4/15/17 to receive your moisture wicking performance t-shirt

Registration: on-line at www.raceforhopeokc.com

A SPECIAL THANKS TO OUR SPONSORS:



Presenting Sponsor

Spring Cleaning Sale

April 6th, 7th and 8th

SHOES starting at \$25
100's of pairs at \$40

WINTER APPAREL
40-75% OFF

OUR **BIGGEST** SALE OF THE YEAR



3720 West Robinson
Norman, OK 73069
(405) 447-8445

Brookhaven Village
Mon-Fri: 10:00-7:00PM
Saturday: 9:30-5:00PM

EDMOND
Pregnancy
RESOURCES
RUNFORLIFE

5K & FUN WALK

MAY 13 2017



MITCH PARK
EDMOND, OK

VISIT OBHC.ORG/RUNFORLIFE



MIRACLE MILES

WILLIAM



05.06.17 | OKLAHOMA CITY, OK

**BENEFITS CHILDREN'S MIRACLE NETWORK HOSPITALS
5K & 10K REGISTRATION JUST \$25 AT COMFEDCU.ORG/MIRACLEMILES**

FEDERALLY INSURED BY NCUA





P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

April 2017

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

Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at www.okcrunning.org or:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club
PO Box 18113
Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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



Spring Marathon & Half Training
Every Weekend

Landrunner Club Meeting
April - TBA

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