

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

October 2017 | Issue No. 258

## OH! What a Brookhaven Ride!!!

*By Kelley Newkirk Konarik*

As a mother of a special needs child, I try to give my son every opportunity to experience all types of activities. He loves the outdoors so anything we can do in the great outdoors puts a smile on his face. He was able to participate in his first 5K several years ago. His stepfather and I pushed him in his wheelchair and although he had a great time, it was very difficult for us. I began doing some research on racing wheelchairs for him so we could share this experience on a regular basis.

While doing some research I met Gena Barnhill. She introduced me to the Landrunners and promised to give my contact information to someone who could nominate Matthew to be a rider. We were so excited and just knew Matthew would love this experience. Jim Roblyer called to inform me Matthew had been nominated and wanted to know if we were interested in being a part of the OH! What a Ride!!! program. You bet we were! We discussed how much Matthew would enjoy riding, what the requirements were and when we could meet to “test drive” the cycle. The plan was for Matthew to participate in the Brookhaven Run in Norman on September 2nd.

We took Matthew to meet Mr. Roblyer and test drive the cycle. Once we put Matthew in the cycle a huge smile broke out on his face. He loved it! He even tried to propel it on his own. We couldn’t wait for race day!

Our next step was to get Matthew registered as a participant. A big Thank You to OK Runner and



*Kelley and Matthew*

the Brookhaven Run for taking care of the cost of Matthew’s entry fee! We really appreciated it.

Finally race day arrived! Landrunner President Matthew Wilcoxon had agreed to be Matthew’s pusher so the two Matthews were going to race

*See Ride, on page 6*

# President's Message

*By Matthew Wilcoxon, President*

We're at the point in the year where we start looking towards year end and the holidays. It seems to come quicker every year. Along with all the holiday activities comes the fall racing season where that hot summer training will finally pay off. Whether you're training for a marathon, half marathon, 10K, or 5K, the fall season is packed full of races all over the country.

Although running is a lifelong journey of self-discovery and individual improvement, it is sometimes nice to get out and compete against

others every now and then. Racing also allows you to support local charities and organizations. There are so many local races lately that it seems holding a race has become the chosen way for organizations to raise money. This is another testament to how our sport has grown and continues to grow. So strap on those racing shoes and get out there and show off what you've achieved. And while doing so you'll be giving back to our community while also promoting our sport. That's a win-win-win!

Happy racing!

## 2018 Director Nominations

In accordance with the Election of the Board of Directors for 2018 policies and procedures (as published in last month's and this month's newsletters), the slate of candidates are hereby listed below. Ballots will be available on the club's website or at the election to be held during the October 16, 2017 club meeting at TBA.

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 members for the following year. All candidates must be members in good standings 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 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.

The 2018 elected Board of Directors will then meet before November 24th to elect the Officers and Committees for the 2018 term.

### 2018 Director Nominations

- Gena Barnhill
- Suzie Bostick
- Dana Campbell
- Terra Deupree
- Tom Finley
- Bill Goodier
- Susan Green
- Kevin Lynes
- Chuck Mikkelson
- Jim Roblyer
- Lindie Slater
- Steve Wells
- Matthew Wilcoxon



**Your Choice of a 24, 12, 6 or 1 Hour Race**  
**On-Road or Off-Road • Individual or Relay**

**For details and registration:**

**24THEHARDWAY.COM**

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
10/1	Mother Road 66 Marathon*\$ & Bus Trip	Joplin, MO @ 7:00am
10/1	Spirit of Survival Half, Qtr. & 5K	Lawton, OK
10/7	OKC River Run 5K / 10K*\$	Wiley Post Park @ 9:00am
10/8	Zero Prostate Cancer Run / Walk	Stars & Stripes Park @ 8:30am
10/16	Club Meeting & Board Elections	TBA
10/20	24 The Hard Way*	Bluff Creek Trails – Fri, Sat, Sun
10/21	OK Ale Trail 5K	9 E Edward, Edmond @ 1:00pm
10/28	Tulsa Credit Union Tulsa Run\$	Downtown Tulsa @ 7:50am
10/29	Monster Dash 5K*	Norman Reaves Park @ 2:00pm
10/29	Ghost Runners 5K* Dog Run	Stars & Stripes Park @ 2:00pm
11/11	SNU Homecoming 5K	SNU Football Stadium @ 8:00am
11/11	PC Cancer Classic 5K*\$	Wheeler Park @ 8:30am
11/11	Choctaw Challenge*\$	Choctaw @ 9:00am
11/19	Route 66 Marathon*	Tulsa @ 8:00am
11/23	Edmond Turkey Trot*\$	Edmond @ 8:00am

\* Denotes Series Races

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

## Landrunners In Action

8/19	HABANERO HUNDRED, TX	STEVE WELLS	8:30:52 – 50K
8/20	PIKES PEAK MARATHON, CO	DONALD STONG	6:47:28
8/27	WEE-CHI-TAH TRAIL RACE, TX	MARY MCDANIEL	3:01:33 – 13.1
9/3	NEWBO RUN HALF MARATHON, IA	JONATHAN MORRIS	1:19:04
9/3	OREGON WINE COUNTRY HALF, OR	SUZIE BOSTICK	2:31:39
9/9	REVEL BIG COTTONWOOD MARATHON, UT	KARL KORKSTROM	3:37:14
		AMY PANNELL KROKSTROM	3:51:25
9/17	BORING HALF MARATHON, OR	TORI DUPHORNE	2:27:23
9/17	MONTANA MARATHON, MT	JAMIE KILPATRICK	4:51:00

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)

**Exclusive Landrunner Discount!**

**ZERO PROSTATE CANCER RUN/WALK**  
OKLAHOMA CITY • 2017

Sunday, October 8, 2017  
Stars and Stripes Park

≈ Race to help end prostate cancer. ≈

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[zeroprostatecancerun.org/okc](http://zeroprostatecancerun.org/okc)

Use code **RUNNERS4ZERO** for \$5 off your 5K entry.



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*We're dedicated to you.*



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**Race, continued**

together. It was overcast but that sure didn't dampen Matthew's enthusiasm. He was so excited. He was giving huge smiles to everyone. They finished the race in 24:27! Matthew must have been flying!

After the race so many runners came over to Matthew and told him what a great job he did, gave him a high five or told him he looked awesome. Besides the amazing experience Matthew received, having him participate in this race with the help of Matthew Wilcoxon helps to raise awareness for Matthew's disability. It shows the world that even though he can't walk and talk like others, he can still do the same things!

Thank you so much to the Landrunners for allowing us to participate. It was so incredible, not only for Matthew, but for our entire family. I look forward to participating in more events like this as I am now a proud member of the Landrunners!



*Matthew Wilcoxon, Jim Roblyer & Matthew*

## Chasing Dreams: Running and Confucian Philosophy

*By Melissa Brevetti, Ph.D.*

Dreams should always remain public property. Not only is dreaming important, but equally important is setting goals and chasing dreams down. Sometimes we must accept and refine our vision in order to keep exploring, striving, and learning to be our best selves. One of the greatest teachers in human history was a philosopher named Confucius (551-479 BCE) who taught diverse people the power in reaching our "full potential." Most significantly, his instruction included passing down the virtues of inclusion and enthusiasm—two beautiful characteristics in many, many runners.

When we chase dreams, sometimes the "product," such as the Personal Record (PR) or first place finish, becomes more important than the joy in the process. Therefore, I challenge you to especially embrace the inclusion and enthusiasm as part of your goals; good things will happen.

Runners are invited to think and to question about the essence of Confucian philosophy in their running and life, in these traditional virtues below.  
#ChasingDreamsAlways

1. Learning (学习)
2. Happiness (快乐)
3. Compassion (同情)
4. Friendship (友谊)
5. Harmonious/ "Middle Way" (和谐/中道)
6. Persistence/ "Rising After We Fall" (恒心)
7. Family Devotion (家庭责任)
8. Respect/Tolerance (尊敬/包容)
9. Goals/Dreams (目标/梦想)
10. Reflections (反思)

2017 Choctaw Challenge



Creating A Family High 5

# 5k Race & 1 Mile Fun Run

## Choctaw Creek Park

2001 N. Harper Road Choctaw, OK

**November 11, 2017 at 9:00 A.M.**

## PRIZES Fee's & Registration

- ◆ T-Shirts for First 200 Registered Runners!
- ◆ Gift Package for Overall Male/Female 5k Finisher
- ◆ 5k Medals 3 Deep in Age/Gender Divisions
- ◆ Award for 1M Best Dressed Pet
- ◆ Raffle Prizes (For Pre-Registered)

A **LANDRUNNER** Series Race & USATF  
5k Sanctioned Race

**5k:** \$30.00

**1 Mile Fun Run:** \$25.00

(Costumed pets welcome at Fun Run).

Groups of 5-9

Save \$5.00 each, use code SAVE5

Groups of 10+

Save \$10.00 each, use code SAVE10

**Register Online:**

[www.signmeup.com/121652](http://www.signmeup.com/121652)

**Register In Person:**

14625 NE 23rd, Choctaw, OK 73020

**\$5.00 Fee Increase for Race Day Registrants**

# For Questions Call: 405-390-8131

# Why Do My Hands Swell?

By Tom Coniglione, MD



The question came up at the Redman Triathlon. One of the athletes told us the story of her hands swelling after every swim or run. It did not happen after bicycling.

Once the question came up, it immediately became apparent that we have not addressed this topic before.

Runners often notice their hands swell. Swollen hands can also happen with other types of exercise. We know of a hiker whose hands swelled. A couple of walkers have complained of hand swelling after long walks.

To give you Landrunner Newsletter readers sage information regarding hand swelling with running, we need some facts. Facts should be available in the scientific literature. However, there is little factual information regarding swollen hands in the available research.

Online authoritative statements: there are many. Some seem logical. Some appear to be based on principles of biology. Unfortunately, rarely are the online statements backed up with scientific citations.

I always try to make statements to runners based on accepted facts. Being definitive without facts does no one any good.

If there are no facts, what has our extensive runner-experience taught us? When we see runners, hand swelling is not a topic we discuss so personal experience cannot give us meaningful information.

To prepare for this article, we did a quick survey of runners and triathletes. The results of this survey by no means should be considered scientific.

## CONSENSUS OBSERVATIONS

1. Women's hands swell more than men's.
2. Hands swell more with longer distance runs.
3. Hands swell more in summer than winter. One athlete insisted her hand swelling happened only in cold weather. What she has is rare and not what we are considering here.
4. Swelling may happen more with hormonal fluctuations.
5. Wearing calf sleeves increased the swelling in a couple of runners' feet. Wearing full stockings did not. A full stocking is one that starts in the toes and extends to the calf.
6. Eating extra salt had no effect on the swelling.
7. Many women reported having serious problems with tight rings after running.
8. Feet AND hands swell. However, swollen feet did not seem to distress runners as much as their swollen hands. Men and women talked about tight shoes after runs. It was common for runners to complain about tight and numb feet after running.
9. Fitness bands, watches and timing devices were too tight after running.

## WHY DO HANDS SWELL WITH RUNNING?

Anecdotal statements found online attribute swollen hands to dilation of blood vessels in the hands with running. True, if blood vessels dilate, there can be swelling. Some research we did showed that the blood vessels in the hands actually constrict with running. So much for what you read online: Online, you can find any rationale for anything.

Long story short – no one really knows why hands swell with exercise! With no factual information, you can speculate all you want. Let's speculate.

See **Swell**, on page 10

# **Edmond Turkey Trot**



**Nov.  
23rd  
2017**

**It's  
Super!!**

**EdmondTurkeyTrot.com**

**5k, 1 Mile - Family Friendly**

**Proceeds Benefit Turning Point Ministries**

**Swell, continued**



Start with this observation. The common thing we all do when we run is move the arms. Some pump the arms. Some of us hold the arms or fists clenched tight. Some of us run twisting the waist and trunk with the arms bent up.

To the engineers among us, think centrifugal force.



Normal running stride with bent elbows and arms swinging.

Is this guy actually wearing long sleeves and tights? This may be the only photo ever taken of him not wearing shorts and a T-shirt – under any conditions!

In hiking also, there is movement of the arms and fists. Swimmers use a windmill motion: pumping the hands and the arms.

We are not aware of hand swelling in sprinters. Perhaps they do not run far enough for their hands



to swell. On the other hand, we do not come across many sprinters. We simply do not know about sprinters hands swelling. Perhaps this article will stimulate some sprinters to teach us more.

Maybe, just maybe, the main reason hands swell is pumping of the arms.

**HOW BAD IS IT THAT YOUR HANDS SWELL?**

Just keep rings, watches, wristbands and the like away from your body. Take two aspirin and call me in the morning. The morning. That’s how long it should take for the hand swelling to be gone. OK, it may take two days but it will go away.

When we give IV fluids to athletes their hands will swell. That IV-induced swelling may take a few days to subside.

We will not go into a couple of unusual reasons hands swell. One, however, is worth a comment. Gaining weight during a run may cause hands and other body parts to swell. This is hyponatremia. WE DO NOT WANT TO GAIN WEIGHT DURING RUNS.

**SUMMARY: HAND SWELLING IS COMMON WITH RUNNING. IT IS HARMLESS.**

Final thoughts: LEMON JUICE CAN REDUCE THE SWELLING OF AN INSECT BITE.

A GOOD LAUGH AND A LONG NAP ARE PRETTY GOOD CURES FOR ALMOST ANYTHING (especially swollen hands).

A WISE MAN DOES ALL THINGS IN MODERATION. (Are there many wise runners?)

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Food & Beverages - Games & Raffle



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In Touch  
Nancy McKeynolds, Ph.D.

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# Know the Course

By Matthew C. Wilcoxen

I recently ran a trail race in Colorado. I'm not an avid trail runner but I do enjoy getting off the roads every now and then especially when I can get out in the mountains and see some gorgeous views. This race didn't disappoint with the views although we paid the price of running mostly uphill to get to them.

In order to get the wonderful views found in trail running, you usually have to run some rough trails back into unfamiliar country. I'm primarily a road runner so I guess I'm a little spoiled in not having to worry much about the course directions. Road races are (usually) well marked and, even if it isn't, I'm usually, ok always, following enough people to not worry about where to turn. On the trails this is not the case. Once I'm beyond the first couple miles, I'm usually all alone and must be vigilant in looking for course markings in order to stay on course.

On this particular day I felt confident that I wouldn't get off course for a couple reasons. First, this course was run in a park close to a city so I didn't expect to go out into the backwoods and I figured the trail would be well worn from frequent day hikers. Also, there were multiple race distances going at the same time, on the same looped course, with the shorter distance races running fewer loops so I figured there would be sufficient runners all over the course to keep me from getting lost. Because of this, I didn't look closely at the course map or read the details of the course posted on the event website. I followed my normal road racing routine of registering, getting to the start, and running blind which turned out to be a big mistake.

I knew this race had multiple distances but I didn't notice that the 5K would take a different turn somewhere out on the trail and there were different color flags at this turn to indicate which way runners should proceed based on their race distance. Mind you, all of this was clearly posted on the event website; I simply ignored it and made assumptions. So I ran along enjoying the views and the twists and turn of the trail until I reached a fork in the trail at which point I realized my assumption of one common trail was incorrect. At this fork in the road there were white flags going up the trail to the right and blue flags going down the trail to the left. Of course by this time I was completely alone as the pack of runners had dispersed. I decided to humble myself and sacrifice my time and wait for a runner to come up behind me so I could ask them which way to go. It didn't take long for a group to come up the trail and I indicated that I didn't know which way to go for the 20K distance I was running. In a very stern voice a runner told me to follow the blue flags as they passed me headed towards the blue flags as well. So I humbly fell in behind them figuring I should stay close to them in case there were more forks in the trail up ahead. Very quickly after this I began to notice we were headed back towards the start/finish area. Sure enough, we came around a turn and the trail ahead led directly to the finish line. We were all running the 20K distance and our watches said we had only gone about 3 miles. Obviously we had followed the 5K course.

All of us quickly realized we were on the wrong path and stopped to discuss the situation. It was during this discussion that I noticed distinct differences in how runners react to these situations. Immediately one runner indicated that we had enough of us who took the wrong turn to file a protest to the race director and ask for a free entry into a future race. His logic hinged on the fact that so many had taken the wrong turn that obviously the course was ill marked and the race organizer must be to blame for this error. He wanted us all to proceed to the finish and protest as a group. His attitude irked me more than a little. We had all come out today to run 20K and I couldn't imagine just quitting now because we'd made an error. This person, in my opinion, was improperly focused on competing and since he now couldn't place overall, or in his age group, he now saw no point in actually running the race. Also getting my blood pressure up was his implication that the race director must be at fault. I couldn't see how the race director had been at fault since the course was clearly marked with flags; we just didn't know how to read the markings and that was entirely our fault. He was also overlooking the truth behind the reason so many of us had gone off course which was the all-too-common "herd mentality". Obviously nobody in our group had read the course instructions and we relied on the one runner who seemed to know the proper course and turned out to be wrong. It wasn't that each of us were misguided by the course, we were misguided by following the others.

Now maybe I'm a bit biased because I've served as a race director and understand that you do your best to make sure every detail of the course is marked but you can't address every possible scenario. In the end, it's always the runner's responsibility to know the course. That's a hard pill to swallow when you're lost and realize you may have to run some extra miles to get to the finish but it is a hard rule of racing.

I eventually left this group to argue amongst themselves and found my way back to the critical turn where we had gone off course. I took the white flag path this time and enjoyed the rest of the race. When I finished I noticed I had added an additional 1.5 miles to the race distance and my time for the race put me well down the finisher list. As I drank the adult beverage that came along with the finisher's medal, I noticed the runner who had wanted to file a protest wandering around the finish area with a scowl on his face. My guess is he didn't get his way with the race director, at least I hope he didn't. For sure there are times when a race organizer can be at fault and runners have a right to complain when there's an obvious mistake on the course. This was not one of those times and he was simply letting a mistake ruin his attitude and attempting to take others down with him. We all have bad days and I won't say that I could never be that way, but I hope I never get that kind of attitude towards running that I'd let a mistake ruin my mood. To me running is first and foremost a competition with myself and my own expectations. Each run, whether good or bad, shows me something more about myself. I also hope I never refuse to notice my own faults and insist someone else is to blame each time something doesn't go my way.



THE JUNIOR LEAGUE OF NORMAN

# MONSTER

# DASH 5K

10.29.17

2 PM

1 MILE FUN RUN

# Reaves Park

RAIN OR SHINE

NORMAN, OKLAHOMA

Register ~~X~~ Online

<https://runsignup.com/Race/OK/Norman/JLNMonsterDash>

JuniorLeagueofNorman

**PACKET PICK-UP**

OK Runner in Norman  
October 26th & 27th from 5-7pm

**5K FINISHER MEDALS - KIDS COSTUME CONTEST - FAMILY FUN**



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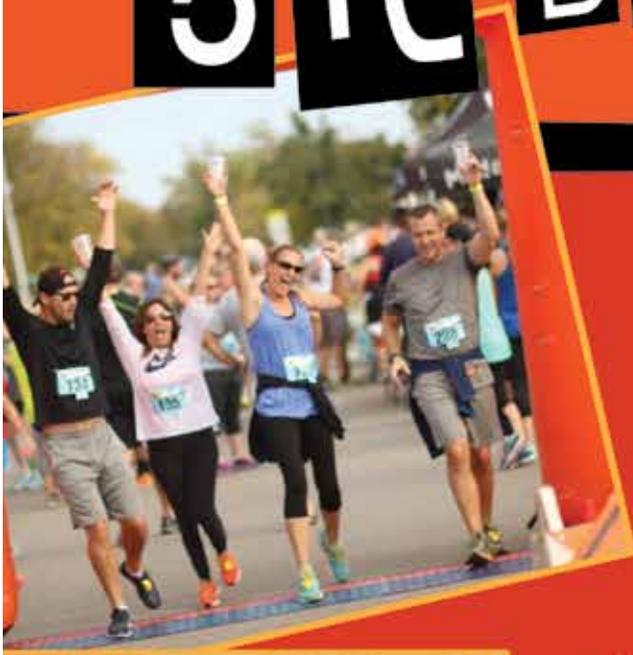
**18th Annual | April 29, 2018 |**





# OK ALE TRAIL

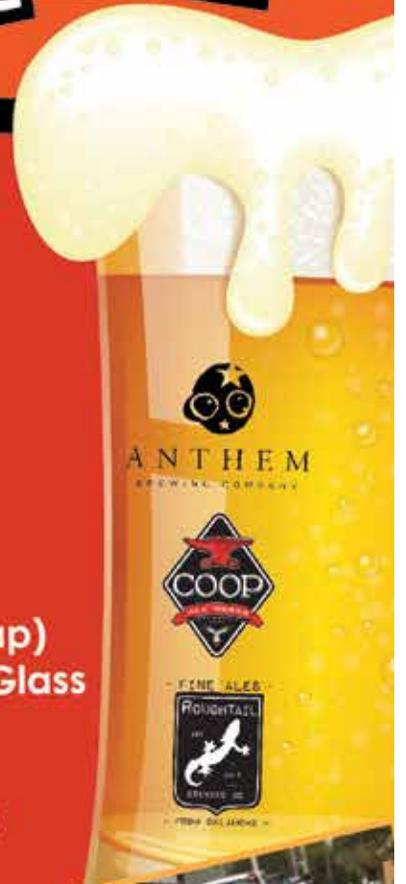
## 5K BEER RUN



OCTOBER 21  
1:00pm  
9 East Edwards

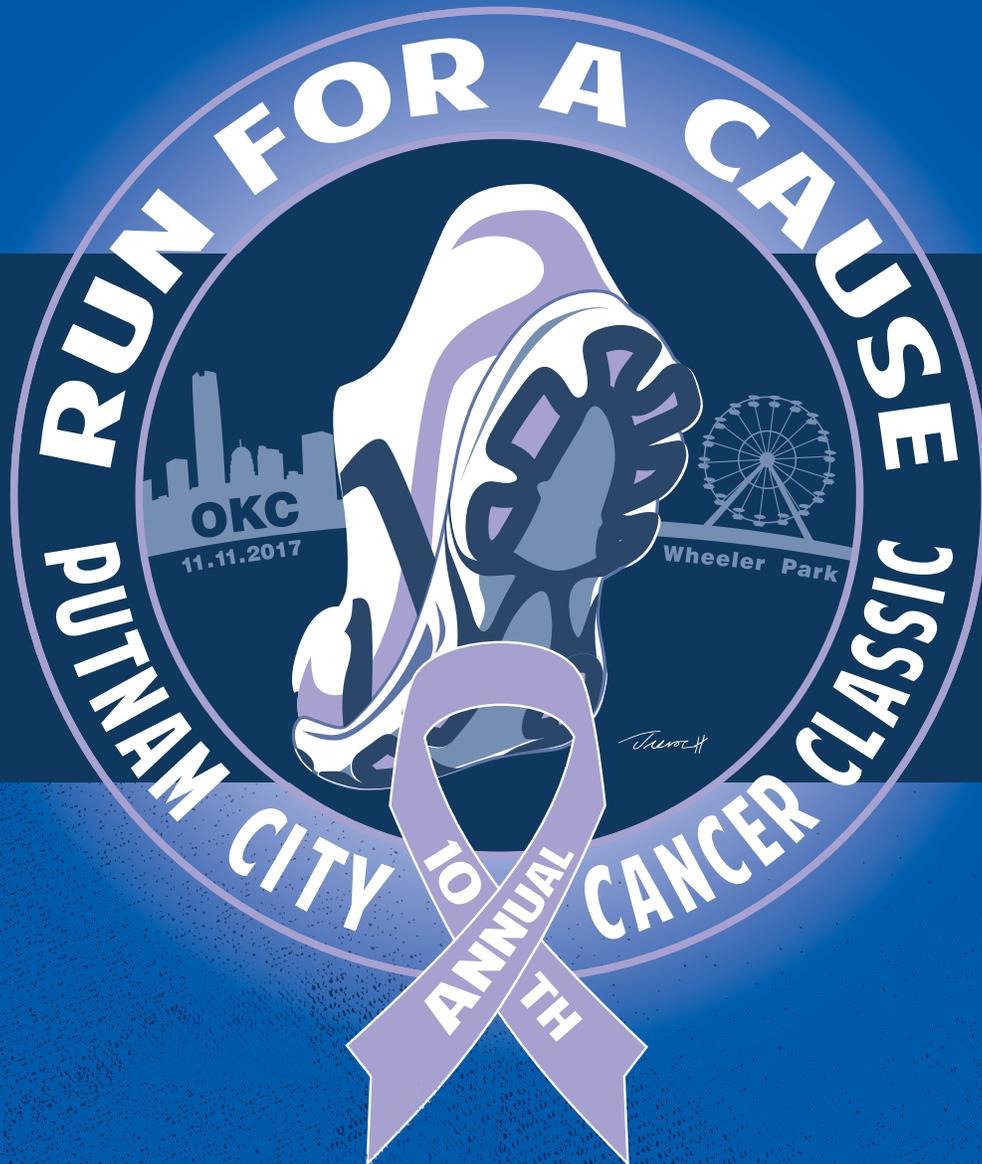
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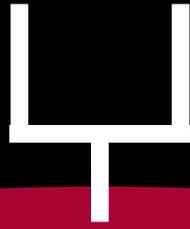
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5K



- 2017 -  
- HOME -  
- COMING -

5K

*SOUTHERN NAZARENE UNIVERSITY*

TIME: 8:00AM

DATE: SATURDAY, NOVEMBER 11TH

LOCATION: SNU FOOTBALL FIELD - 50TH AND STINCHCOMB

COST: \$25 PER RUNNER

REGISTER: [BRIDGE.SNU.EDU/5K](http://BRIDGE.SNU.EDU/5K)





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October 2017

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**[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



## Landrunner Club Meeting & Board Elections

October 16, 2017

## Fall Training Every Weekend

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