

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2018 | Issue No. 262

New Spring Training Shirt & “Merch Slingers” Wanted

By Gaile Loving

COMING SOON!

In February, the 2018 spring training shirt will be available. Designed by Vincent Lee, it will be available on a neon yellow or white shirt. “The Runner” design uses a silhouette of a runner crossing a finishing line; a familiar posture for any runner regardless of pace or experience. It seeks to inspire every runner to achieve their personal best and cross that finish line during the race they are training for.

In addition, the mosaic near the chest of the silhouette forms a heart-shape, which reflects the drive and heartbeat of a runner. On the back of the shirt, just below the neckline will be the familiar Landrunner logo...better for those you pass to know who you train with.



Got the gear checked off and loaded – ready to go for the weekend training run. It’s what these volunteers, the “Merch Slingers” do during spring or fall training runs, at club meetings, or when a member wants to purchase a shirt off season. Want to join us for the fun? **New Merch Slingers wanted!!!**

Jessica Hukill was the first to tag the Merchandise committee volunteers as “Merch Slingers”. The nickname describes the process of setting up to sell merchandise before the run, packing it up so you can run yourself, unpacking to sell after the run, and packing it up to go home - all that slinging of boxes in and out of the car fits the tag.

The current merchandise members (Steve Wells, Matthew McBee, Jessica Hukill, Silver Woody, Barb Wells and Gena Barnhill) make it look easy. They show up at a run, set out the gear and faithful runners continue to keep the Landrunner name visible with a purchase. Thanks to all runners who help build Landrunner visibility and name throughout the local running community and statewide by purchasing and wearing our gear.

It has not always been easy to sell and convince the board that having our own gear would sell. When I first joined the Landrunners in 2001, the club was pushing a white or gray cotton shirt. In 2003, Trey Cone became vice president of the club and took over merchandise sales. He and John Oseland were looking to make club apparel more conducive to use during a run. About the same time, Thomas Hill proposed a new club logo and renaming the Oklahoma City Running Club as the Oklahoma City Landrunners. The name and proposed logo connected the club to the same strength and endurance that the early “land run settlers” exhibited, and having the state silhouette behind the word “LANDRUNNER” would make the runner easily recognized as being from Oklahoma.

This new design and name was not lost on the creative minds of Trey and John. They introduced a new singlet made out of a dry wicking material produced by Sugoi. Whether it was the wick dry or the striking red, white and black colors, the shirt was a hit. Trey indicated they could not keep enough shirts in stock to meet runner needs. (Now called the “Old School”,

See *Shirt*, on page 6

Getting Started And Finding Your Happy Place!

By Dana Sue Campbell, Landrunner President

When I was a young child, I was so eager to try new challenges. Well not much has changed. I am always up for a challenge and some have been difficult at times, but when they show up they only help me to grow stronger.

One of my biggest challenges has always been getting started but once I have begun something it becomes my happy place. For example, I ran my first marathon in 2005 and it was the Oklahoma City Memorial Marathon. It was one of the proudest moments of my life. I could not have completed it without the help and training of the Landrunners - a running group in the Oklahoma City area that assists runners of every skill level to complete their personal goals.

As Landrunner president for this year, I want to encourage you to train with our training group. These amazing training runs are coordinated by Landrunner past president, Matt "Willie" Wilcoxon. He leads these fun and exciting training runs every weekend, even in frigid temps! I hope that you will train with us and finish your first marathon or your 50th marathon with us. The Oklahoma City Memorial Marathon is April 29, 2018. I am personally looking forward to the marathon this year and cheering on the runners for the remainder of the day.

I want to give a very "special" invite to all of the Landrunner past presidents and members to attend our banquet and awards ceremony on February 3, 2018. This will be an evening of fun, food, and spirits and the cost is only \$15.00. You will get a chance to see your fellow running friends dressed up in nice clothes, okay! Well maybe a few people will show

up in running shorts. I look forward to an evening of fellowship and lots of fun.

I love running in the cold weather but it can be a challenge to find the right gear. My happy and warm place is wearing my new "Hestra" mittens. If you don't know what to wear, ask your fellow veteran runners or visit a local running store. We have great running stores in the OKC and Edmond areas.

If you are looking for new challenges this year, here are few that might be of interest to you:

1. Run the Panera Beacon race on March 3, 2018.
2. Join one of our committees and get involved! Email Tom Finley or me if you would like to join the Community Action Committee. It is a great way to give back.
3. Volunteer at any of our events. The awards banquet, OKCMM training water stops, or the Panera Beacon race.
4. Write an article for the Landrunners newsletter. (this is my biggest challenge).

In conclusion, as this year's Landrunner president, let me challenge you to:

- Encourage more!
- Give more effort!
- Show more enthusiasm!
- Feel free to email or call me anytime.
- Let's go the distance and run 2018 together!
- Be happy,
- Dana S. Campbell

Should We Run If Sick? The 72-Hour Rule

By Melissa Brevetti, Ph.D.

Often we dread having to miss a training run, because no matter the conditions, we recognize the benefits of fulfilling our scheduled runs. In recent research studies, runners with common colds and no colds were compared with interesting results. Running made no difference on the duration and/or intensity of the colds. Furthermore, a couple coaches lately have expressed the "neck rule" to me: above the neck symptoms (i.e. runny nose or sniffing), go ahead and run, but below the neck symptoms (i.e. bronchial infection or chest issues) means that running is not advised.

One more thing. If you run with something more than a cold, then it could affect the lungs and tract, turning into something more serious. With that in mind, when it is something more than a minor cold, evaluate whether or not you should do the "72-Hour Rule" of Jeffrey Hall, M.D., who advises that we need "No running for three days" in order to get back to good health. Three days, which may seem long,

provides enough time to physically and psychologically take a little break without sacrificing fitness before you get back into the routine. That makes proactive sense and wish you a healthy-happy journey!



1. Make tea
2. Call doctor
3. REST
(running is not resting.)



RRCA Oklahoma State 25K CHAMPIONSHIP



Saturday, March 3, 2018

Location:

Lake Hefner East Wharf
9401 N Lake Hefner Dr
OKC, OK

New location due to construction at Lake Hefner

Registration:

www.okcrunning.org
(no processing fees)

Produced by:



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: racedirector@okcrunning.org

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
02/03	Landrunner Banquet & Series Awards	Will Rogers Event Center @ 6:30pm
02/10	Frigid Five*\$	Edmond's Mitch Park @ 9:00am
02/17	Run for Recovery*\$ 5K /10K	Lake Hefner S&S @ 9:00am
02/24	Thunder Run 5K	Chesapeake Arena @ 9:00am
03/03	Panera Beacon Run*\$ 5K/15K/25K	Lake Hefner East Wharf @ 7:30am
03/10	O'Connell's St Pat's 8K	Norman @ 9:00am
03/24	Go Girl Run*\$	Bricktown Ballpark @ 7:00am
03/25	A2A Races*\$ & Bus Trip	Ardmore, OK @ 7:30am
04/08	Redbud 5K / 10K\$	Nichols Hills @ 2:00pm
04/29	OKC Memorial Marathon	OKC @ 6:30am

* Denotes Series Races

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

Landrunners In Action

<u>12/10 BMW DALLAS MARATHON, TX</u>		
BOB LEMON	3:42:55	
JESSICA SUAZO	4:16:53	
JENNIFER MORGAN	2:43:05 – HALF	
<u>1/13 CHARLESTON HALF MARATHON, SC</u>		
GAILE LOVING	2:37:30	
<u>1/14 HOUSTON MARATHON, TX</u>		
ROBERT BROWN	3:29:32	

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

17 FEB 2018

RUN FOR RECOVERY 5K/10K
 LAKE HEFNER TRAILS :: OKLAHOMA CITY, OK
 BENEFITING TEEN ADDICTION RECOVERY

FEBRUARY 18, 2017 | 9:00AM
 STARS & STRIPES PARK
 \$25 FOR 5K | \$30 FOR 10K
 TEENRECOVERYSOLUTIONS.ORG
 10% CODE DISCOUNT FOR LANDRUNNERS

A2A

ARBUCKLES to ARDMORE
RACE FOR MERCY

Benefitting the
Mercy Cancer Center



GET READY.

You've never seen Ardmore like this.
MARCH 25, 2018 // ARDMORE, OK

MARATHON // 20.6 JUST4KICKS // HALF MARATHON
5K // KID'S FUN RUN

REGISTRATION NOW OPEN!

www.a2amarathon.com

Shirt, continued

this original design is still available.)

Since that time, other club volunteers have stepped up to continue providing running shirts to club members, including the club presidents.

From 2010 through 2017, Vaden Dean agreed to take on the merchandise challenge -- not an easy path to run. Working from a collaborative viewpoint, Vaden lead his committee to gather input from runners, the Board of Directors, an outside advertising and a merchandising group before arriving at a revisualization of what Thomas Hill had originally proposed and what it meant to be a Landrunner. Some of the committee's initial actions included a member design contest, awarding membership shirts for all new members in 2011, and seeking out new sources to provide our shirts and print them. Vaden worked with his committee to develop designs that still tend to be some of the most requested items for reprint.

Of course, it is always dangerous to begin mentioning names of individuals because there is a chance you forget someone. However, several others helped build the merchandise program along the way and deserve a shout out — development of a website able to advertise our merchandise (Vaden, Bill Goodier, Chuck Mikkelson), the ability to take credit cards and use of PayPal (Chuck). Donation of booth space at the OKC Memorial Expo (Thomas Hill) and Ron Kuykendall (Ron's Sports World) and Brian Richardson, who printed many items for the club at reduced prices. Most recently, Vincent Lee, a graphic artist and runner, donated some designs to get us jump started. You have seen his work not only on our shirts, but also on the flag banners used at our training runs.

These initial actions, along with the continuation of a sharp focus on current trends, has provided the club with name

visibility and runners with a sense of pride and association. Through strong committee leadership and continuous effort to provide affordable gear with clear logo markings, the club name can be seen on the back or front of many runners. It has been a long time since I attended a training run or race and was the only runner in a shirt with the club logo identifying Oklahoma. Everyone has them on!!!!

One of the most perplexing and challenging task is trying to figure out what sizes and how much to order of each item. We have studied past sales records or tried a set formula—but always return to the same conclusion, ordering gear is like predicting the weather – we do our best, knowing our group needs are changing.

This year, the committee decided it was time to clean out the warehouse. We selected Jessica Hukill and Gena Barnhill's design, "OK Cloud", printing that design on three different colors of shirts we had on hand. "OK Cloud" brings back to mind some of your most favorite running spots, sayings and the Landrunner name. Because we used stock on hand, cleaning out the warehouse is another way to say that limited sizes are available.

Final thoughts: New Merch Slingers wanted!!! Every year with the induction of new leadership in January there comes an appeal for members to join in, to volunteer, to get to know each other by participating in club activities. Please consider volunteering with the merchandise committee. There are multiple opportunities for you: help with sales at a weekend training run, cover sales at a club meeting or by giving a few hours at the OKC Memorial expo booth. If interested, contact us through the email: sales@okcrunning.org.

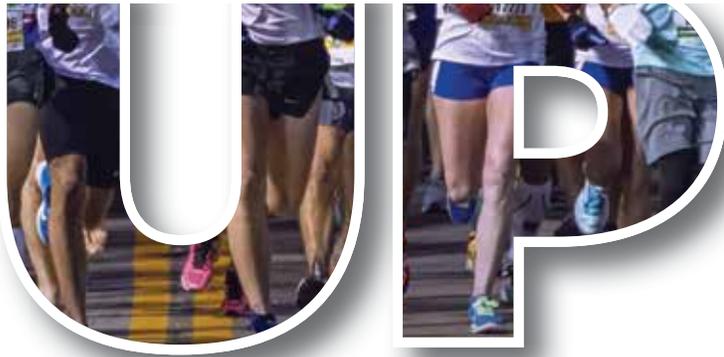
Landrunners Donate to Nichols Hills Water Fountain



Landrunner Directors presented a \$500 check from the club to the city of Nichols Hills to help with the cost of replacing a water fountain on the Grand Boulevard trails in Nichols Hills. (L-R) Jim Roblyer, Shane Pate II (NH City Manager), Sody Clements (NH Mayor), Suzie Bostick, Susan Green and Chuck Mikkelson.



okcMarathon.com



BEST PRICES AVAILABLE NOW!

18th Annual | April 29, 2018 |    



Again, The Answer Is In The Shoe

By Tom Coniglione, MD

“My heel hurts, but only when I run. I can wear dress shoes or flip-flops and it does not hurt. It’s gotten so bad I have to limp when I run.”

Some runners come in after researching their injury. That’s OK – as long as you do not scare yourself. This man searched “heel pain” and concluded he had an Achilles injury.

If you read the book or search “heel pain” you can find good information or all sorts of extraneous meaningless “stuff” as this man did.

“When I realized it was an Achilles injury, I freaked out.” Freaking out over an Achilles injury is reasonable; that is not an injury to have. However, SEEING the heel and FEELING it with the fingers makes the diagnosis. That’s what happened here.



The arrow points to where his heel hurt: the swollen area on the heel. That spot was red and painful to touch.

There was even some squishiness or “give” to the area when it was compressed. That “give” was due to the presence of a small amount of fluid from inflammation.

The diagnosis is straightforward: Haglund’s Deformity or a “pump bump.” This is inflammation of the bone at the back of the heel. Sometimes the inflammation also involves the Achilles.

With all running injuries, we have to know WHAT it is, WHY it is there and WHAT to do about it

So far we know WHAT it is.

Next, WHY is it there? This is where the story gets interesting. Something is causing friction on the heel



The answer was in his shoes.

There in the heel, right over the injured area, was an eroded area in the shoe.

In that hole you could feel the rigid heel cup.

The friction of the heel cup on the bone caused the injury.

Shoes with a stiff heel or heel cup are more likely to cause this injury. Shoes with softer heels, including most minimalist shoes, are less likely to cause this heel injury. Finally, what to do for this? Simple answer – get rid of the stiff heel cup. With a saw, you can make a vertical cut into the rigid plastic piece. With a drill, make a hole through the plastic. Lastly, get shoes without a rigid heel cup.

Then ice the area for a few days and you’re good to go.

**IF IT DOESN’T CHALLENGE YOU, IT WON’T CHANGE YOU.
RUNNING REMINDS YOU THAT EVEN IN YOUR WEAKEST MOMENTS YOU ARE STRONG.**

**SPECIAL 5K
DISCOUNT FOR
LANDRUNNERS!**



MAY 5, 2018
5K - 8AM
WALK - 9AM
BRICKTOWN BALLPARK
2 SOUTH MICKEY MANTLE

The Largest Autism Event in
Oklahoma with Food, Fun, &
Resource Fair – funding, helping,
& increasing *autism awareness!*



O'Connell's



ST. PAT'S 8K RUN

MARCH 10, 2018  NORMAN, OKLAHOMA

LOCATION: O'Connell's Irish Pub & Grille, 769 Asp Avenue, Norman, OK. On Historic Campus Corner.

REGISTRATION: Register online or at O'Connell's.
January 1st to February 28th (fees included) \$28.50
March 1st to Raceday March 10th (fees included) \$35.00

EVENTS: All at O'Connell's

Friday, March 9th
5:30pm-9:00pm

Packet Pick Up
Free Spaghetti Dinner

Saturday

6:30am

Registration and Packet Pick Up

8:45am

Race Announcements

9:00am

8K Starts

Post Race

Charbroiled Burger Lunch
Free Green Beer & Soft Drinks
Award Presentation

COURSE: USATF Certified and Sanctioned. Start and Finish at O'Connell's. Course runs through City Streets and the University of Oklahoma. Course is flat and fast with equal legs, north, south east and west. Marked, with water stops. and Police control at intersections.

T-SHIRTS: First 350 entrants will receive a shirt (size quantities permitting) T-Shirts are Irish Green Gildan Softstyle 100% Ring Spun cotton in sizes adult S, M, L, XL, and XXL.

AWARDS: Awards will be presented to the first three finishers in each age category for both male and female. Also, for Overall male, female and Master Runners..

WEATHER: Average temperature is 62 degrees. Current race day prediction is 61 degrees and partly cloudy.

REGISTER ONLINE

stpats8k.com



ST. PAT'S 8K RUN

MARCH 10, 2018  NORMAN, OKLAHOMA



JOIN US FOR

RUMBLE'S FAMILY FUN RUN | 9AM

THUNDER 5K | 9:30AM

SAT., FEB. 24, 2018



**THE ROUTE WILL BEGIN AT CHESAPEAKE ENERGY ARENA,
WIND THROUGH DOWNTOWN OKLAHOMA CITY
AND END ON CENTER COURT AT THE ARENA.**

**THUNDER 5K (AGES 8 AND OLDER)
EARLY-BIRD REGISTRATION: \$40
AFTER FEB. 9: \$45**

**RUMBLE'S FAMILY FUN RUN
EARLY-BIRD REGISTRATION: \$30
AFTER FEB. 9: \$35**

Early-Bird Registration Includes:

Long-sleeved T-shirt | Medal | Thunder swag bag

One Baseline Reserve ticket to the Oklahoma City Blue vs. Delaware 87ers on Feb. 24

PROCEEDS BENEFIT THE



For questions or updated event information, call 405.429.7708 or visit

okcthunder.com/thunderrun



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February 2018

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Landrunner Banquet & Series Awards

February 3, 2018

Panera Beacon Run

March 3, 2018

A2A Bus Trip

March 25, 2018

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