

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

July 2018 | Issue No. 267

The London Marathon – Pursuit of the World Majors

By Maurice Lee III

In my ongoing effort to set goals in my running, I decided I would try to complete the World Majors. When I learned about the six World Majors, I had already completed the three that are in the USA. The World Majors are Boston, Chicago, New York, Berlin, London and Tokyo.

I ran Berlin in 2017 and signed up for the lottery to run London in April 2018, but did not get in. So I signed up through Marathon Tours guaranteed entry. Marathon Tours requires you to book your hotel through them also. I arrived at London's Heathrow with no problems and while the Underground (subway) is the least expensive way to travel into the city, I opted for Uber.

The convention center for packet pickup was far from my hotel so I did experience the Underground to get there. It is a large expo with plenty of booths to visit. However, the packet and chip pickup are at the entrance, and should you choose to, you could easily leave without entering the booth area.

Since the finish line of the marathon was within walking distance of my hotel, I decided to walk there and check out the area which was near Buckingham Palace. I didn't realize that they were celebrating Queen Elizabeth's birthday that day. There was a huge crowd, a military band playing,



Maurice Lee III

See **London**, on page 6

President's Message

By Dana Sue Campbell, Landrunner President

Hello runners! Wow! It's been a hot and humid summer! Do you find yourself getting up earlier to get a long run in? Here are a few questions that I ask myself before a run. When is the best time to run? How much water should I take on my run? Where should I run today?

I would train my brain and tell myself to run at the coveted Bert Cooper trails at Lake Hefner. However, I needed a boost. I would get up at 5 am, go to the trails and run. I journaled everyday about how I felt about running at the trails. I found myself motivated because I love to run.

One beautiful Oklahoma morning after a downpour of rain, I enjoyed a long run at Bert Cooper trails. Most days in June I have run five miles because I wanted to find my best self. I can go to the gym and run in air conditioning or I can just stay home and eat Klondike bars but that is not me.

I chose a good mantra, better eating habits, good support, and a better attitude. I've already read a few books about running this summer and they have helped me tremendously.

Everything that I needed to prepare for a summer of running was right in front of me. "Do it now!" A few things that motivated me are listed here.

1. Try cryotherapy because it will boost your energy, improve your immune function, reduce stress, speed healing, and support restful sleep.

2. Read a book. I recently read Bart Yasso's book, "My Life on the Run." Bart has run in more than 1,000 races. He chronicles his heartaches and many triumphs of his running career. I was intrigued by this book. It had me laughing a lot! I immediately remembered why I started running. I run to honor my parents, I run because Billy Mills was my childhood hero. I run to honor the military. I run because I love to run.

3. Sign up for a race! "Do it now!"

Many runners go out and run 5 - 10 miles every morning. I'm inspired by them because they are true

runners. I love my running friends. I eagerly ask many of you what made you start running? Many of you have compelling stories that you've shared with me and I thank you.

I'm hittin' Bert Cooper trails again very soon. I hope to see you out there. I will be smiling and waving at you.

I want to quickly congratulate the Landrunners who recently ran in Grandma's Marathon and the Cleveland marathon. What a great way to represent the Oklahoma City Landrunners.

Inspired and counting,

Keep running!

Dana Sue Campbell

ourunninggirl@yahoo.com

2018 Landrunners President

11th Annual



5K Run • 1 Mile Walk

25-Yard High Heel & Feather Boa Dash

Wiley Post Park, 2021 S Robinson Ave.

On the Oklahoma River

Registration at 7:30 AM

Dash begins at 8:45 AM

Race begins at 9:00 AM

9-29-18

For more information:

www.signmeup.com/126372 • www.heelsforhope.org

Info@heelsforhope.org • Visit us on Facebook!

Proceeds benefit the Heels for Hope Foundation

In memory of Rosemary Persa,
Ovarian Cancer Warrior



THE FASTEST 5K IN OKLAHOMA



**HOST SITE FOR 2018 USATF OKLAHOMA
5 KM STATE CHAMPIONSHIPS
NORMAN, OK • SEPTEMBER 1, 2018**

THE OU GAME IS AT 11:00 AM! The Health Club (next door to OK Runner in Brookhaven Village near the start and finish area) will be offering **FREE SHOWERS** to any participants who show their race bib at the door.

5K RACE USATF Certified and Sanctioned, as well as one of the flattest 5Ks in the state. The course runs through beautiful neighborhoods with long stretches shaded by large trees. The course features several straight-aways, music, two water stations and split times provided every kilometer. The race has a \$7,600 prize purse and attracts the most talented field of elite runners of any road race in the state, alongside several hundreds of runners and walkers of all abilities. A separate division is available for wheelchair athletes.

ONE MILE FUN RUN Chip timed, awards for top 3 under 16 males & females, no age group awards.

**ANDY ALLIGATOR
KIDS SPRINTS** Free 50, 100, and 200 meter runs for boys and girls 8 years old and under. Sign-up race day, age and gender determine distance and group (held within Brookhaven Village, not in street).

myokrunner.com/brookhavenrun

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
07/04	Fireball Classic 5K, 10K & 13.1*\$	Ada, OK @ 6:15am
07/04	Stars & Stripes Forever 5K*\$	Stars & Stripes Park @ 7:00am
07/13	Sizzlin Summer Hotter 5K	Wiley Post Park @ 8:00pm
07/28	Fall Training Starts	TBA @ 6:30am
08/10	Sizzlin Summer Hottest 5K	Stars & Stripes Park @ 8:00pm
08/25	Moore War Run 5K*	Moore High School @ 7:30am
08/25	Caleb's Cause 5K*\$	Lake Hefner East Wharf @ 8:30am
09/01	Brookhaven 5K*	Norman @ 8:00am

* Denotes Series Races

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

Landrunners In Action

5/6 PRAIRIE FIRE HALF MARATHON, KS

MARY McDANIEL 2:13:03

5/12 YOSEMITE HALF MARATHON, CA

BILL GOODIER 1:49:36

SHEILA MILLER 2:29:40

5/19 JOPLIN MEMORIAL HALF MARATHON, MO

BETSY HILBURN 2:10:01

KELLY HILBURN 2:48:07

5/20 CLEVELAND MARATHON, OH

MARY MIKKELSON 3:46:13

CHUCK MIKKELSON 5:17:02

5/20 NORAD TRAIL MARATHON, CO

VICTORIA ECKER 5:17:44

6/3 REVEL ROCKIES MARATHON, CO

JEFFERY WAGNER 3:18:57

KIM ABEL 4:00:39

JOANNE HARMS 4:46:27

WILLIAM HICKMAN 2:28:36 – HALF

6/4 2018 HEARTLAND HALF SERIES DAY 2, MI

GAILE LOVING 3:38:41

6/5 2018 HEARTLAND HALF SERIES DAY 3, IN

GAILE LOVING 4:10:45

6/16 GRANDMA'S MARATHON, MN

KATIE KRAMER-OCHOA 3:04:53

MARK BALLARD 3:15:15

ROBERT BROWN 3:26:31

NOUREDDINE MEDIOUNI 3:43:41

STEVE WELLS 3:47:16

BILL McMANUS 4:13:17

ALI STEELE 4:25:34

ANGELA MORRIS 4:30:01

MAGGIE ROBERTSON 4:38:04

TAMMY CRAWFORD 4:46:23

CLARISSA EVERLY 5:08:35

SUSAN GREEN 5:35:10

JOHN DANIELS 6:27:07

RANDY BRINKLEY 6:50:55

WANDA ROSS 2:22:01 – HALF

MARVIN QUINN 2:24:32 – HALF

MOLLY STEELE 4:20:17 – HALF

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



Saturday, September 29, 2018



Half Marathon

Start time 6:30 am

5K

Start time 7:30 am

\$5 OFF REGISTRATION FEE CODE: [landrun18](#)

The registration fee for the half includes a dri-fit shirt and medal.

To register: komentulsa.org

**River Spirit Casino Resort
8330 Riverside Parkway, 74137**

For more information and sponsorships: Contact Pam at Pam@komentulsa.org or 918.914.9039

London, continued

and the Royal Guards were marching and riding on horseback through the streets.

Sunday morning of the marathon, Marathon Tours bused us to the start. London has three different start lines which merge around mile three. The village for my start area was very large and had plenty to see and do while waiting for the start. Large screens were available to watch the elites start first. Queen Elizabeth was the official starter, but I only got to see her on the big screen.

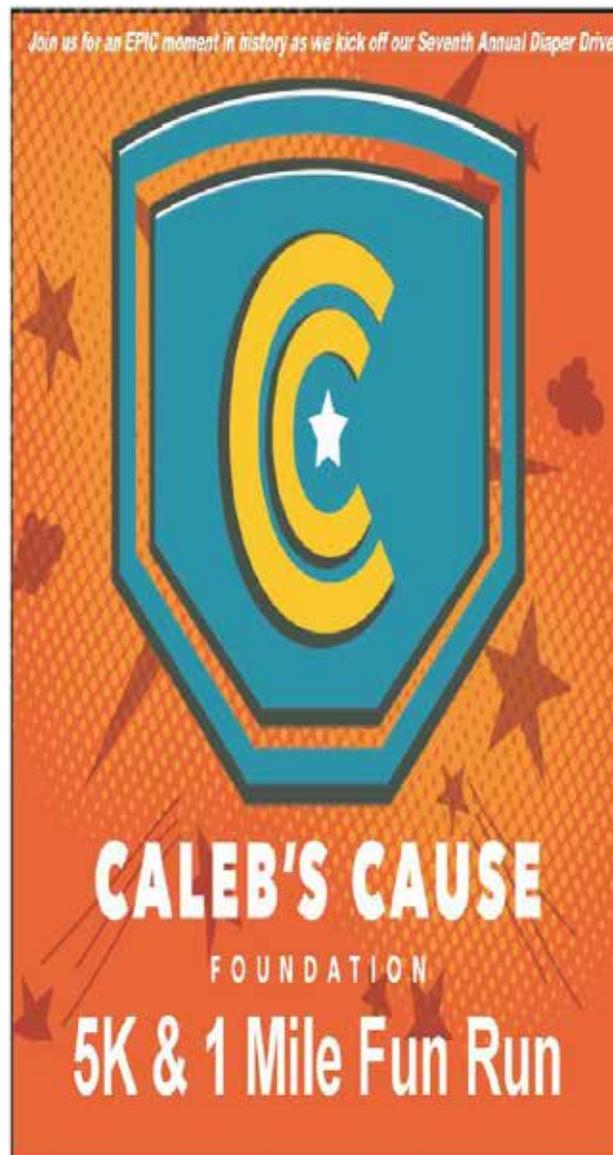
We had been warned for several days through emails that this would likely be a warm day. It ended up being the hottest London Marathon in history. I took heed of the warnings and started slow and kept a nice easy pace as long as I could.

London is known as a scenic course and some of the landmarks we passed included the Queen’s House, built for Queen Anne of Denmark, the prime meridian (I have now stood on both sides of the equator and the prime meridian), and the Tower Bridge. At mile 23 we entered the actual city of London passing Cleopatra’s Needle, one of a pair (the other is in Central Park along the NYC Marathon Course). And finally we passed by Buckingham Palace and on to the finish line. In the last 10 miles I saw several people in distress and began a walk/run strategy to keep from being one of them.

There were quite a few runners in costume trying to set world records. On their backs they wore bibs that said world record attempt. Three that stood out to me were a woman on stilts, a man carrying a rickshaw, and a man in full medieval armor. I read that the woman on stilts finished. There was a long out and back section, and as I was heading back, I saw the “knight” had removed his helmet, but was still in armor.

While it was unusually hot for London, the spectators were out in full force and cheering for the runners during the entire race. It is well organized and I would recommend it for anyone considering an international marathon.

Next up, Tokyo and hopefully the completion of the World Majors in March 2019.





5K RUN OR WALK

AUGUST 25, 2018

Saturday • 7:30 am
Start: Moore High School

Registration & Information:
www.moorewarrun.com

\$30 Early Registration • \$15 Students

Register by Aug. 8 to guarantee shirt size & discount
\$35 Race Day • \$20 Students

Packet Pickup:
Friday, August 24 • 5:30-8:00 pm
Westmoore High School



Proceeds Benefit:
Moore and Westmoore Alumni Associations
& Southmoore Scholarship Fund

For additional information call: 405.202.1708

Book Review

By Tom Coniglione, MD

The Metropolitan Library system sponsors a book sale every year. The book sale usually takes place in February. Over the period of several days, close to 750,000 books can be sold. Many runners know about the book sale. Some volunteer at the book sale. Many take advantage of the prices to purchase books for their personal use.

It is officially a book sale. However, based on the prices of the books it is more like a book giveaway. Brand new mystery novels can be purchased for as little as \$2 or \$2.50.

One of my interests is in processing books to be actually sold at the book sale. Two half days each week I volunteer to sort books for the annual book sale. In processing the books, it is easy to come across some of the most spectacular books ever written.

Frequently I purchase a book at book sale prices. Sometimes I just borrow a book, take it home, read or scan it and return it within a couple of days.

I had seen several books on John Wooden come through the sorting process. My recollection of Coach Wooden was negative. That was because his UCLA basketball teams always defeated some of my perennial favorites such as North Carolina, Duke and Villanova. Therefore, any book on John Wooden did not grab my attention.

Recently, a book entitled "Coach Wooden," came across my station at the sorting site. For some reason I opened to the Forward section of the book and found these lines which have been attributed to Coach Wooden:

Talent is God given: be humble
 Fame is man made: be thankful
 Conceit is self-given: be careful

As I scanned these lines, I recalled a statement once made by Bill Walton, one of Coach Wooden's former All-American basketball players. He said that Coach Wooden never screamed, yelled or belittled a player; he did not coach basketball but rather he taught life.

These three lines plus a recollection of Bill Walton's comment help me arrive at the quick decision that I had to take this book home and read through it. Within the first few pages I realized this is not a book to be scanned - parts of it were to be studied. Out came the Post-it notes and the notepad.

His father gave Coach Wooden seven rules for life when he was very young. Coach Wooden carried his father's seven rules on a piece of paper, folded up in his pocket. Decades later he handed the paper to his own son. EVERYONE SHOULD READ THE SEVEN RULES.

So why should a runner be interested in a book written about a basketball coach? Please allow me to condense the multiple answers down to two.

First, for the runner. There are times of adversity, failure, lack of motivation and performance shortfalls. Those are the times we need some gentle reinforcement that despite our (perceived) shortcomings we are really OK. We need to be reminded that consistency and perseverance eventually does pay off.

Perhaps a more important reason to be interested in this book are the "Woodenisms".

Coach reminds us to "Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think you are."

"You have not lived a perfect day until you've done something for somebody who cannot repay you."

"Don't sip, - drink deeply from great literature."

"A coach is someone who can give you correction without causing resentment."

"Things turn out best for the people who make the best out of how things turn out."

"If you're not making mistakes, then you're not doing anything."

Coach, now I understand you and what you did. Sorry it took me so long. You have made me a better person. Thank you.

5K/10K
SEPT. 15

BRING YOUR PACE.

OUTPACECANCER.COM

OKC



Stephenson CANCER CENTER

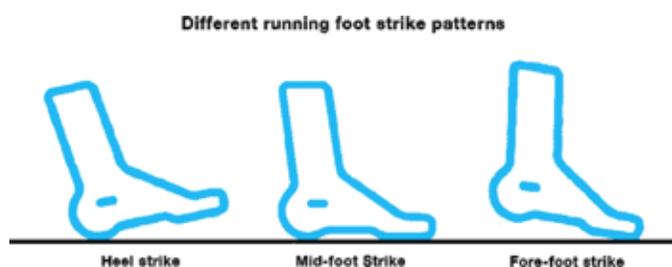
OUTPACE
CANCER RACE



Can A Runner Change His/Her Gait?

Alexandria Shumard and Tom Coniglione, MD

Every human, no matter their age or fitness level has a running gait. The development of one's running gait is a natural process. There are three main types of running gaits defined by the position of the foot when it reaches contact with a surface: forefoot striker (FFS), midfoot striker, and rearfoot striker. A forefoot striker and midfoot strikers land on the upper ball and ball of the foot. Rearfoot strikers land on the heel of the foot.



Sometimes people will try and change their running gait. Three common reasons why people do so: (1) to prevent injury; (2) to treat an injury; and (3) because it was recommended by a friend, coach, fellow runner, etc.

Popular methods people use when trying to change their gait are: (A) using a mirror or biofeedback system to be able to monitor their gait pattern when running; (B) having a coach, friend, trainer, etc. watch and critique their gait; (C) using a camera that records their gait from behind and displays it on tv screens for the runner to be able to monitor; and (D) they will just study the desired running gait pattern and consciously try to run that way.

People typically find out what their gait pattern is by using one or multiple video cameras, through force plate analysis, examining their running shoes, or by having another person observe the way they run.

The next question that is now arising is whether a runner can successfully change his/her gait? And if their gait can be changed, is it for the whole run or part of the run?

In order to further explore the question of runners changing gait, a survey was created to further understand a runner's perception on his/her ability to change running gait, and the process they went through in order to do so. In this survey, questions about the runner's gait, shoes, weekly mileage, and injuries before and after attempting to change their gait are asked to see if there is a correlation. This study is meant to see how successful runners are at changing their gaits as well as the consequences that come with it.

Link to survey: <https://goo.gl/forms/S66dcZWp6Pafgzs2>

Alexandria Shumard attends SNU, where she runs cross country and track. She is a Biology and Chemistry major and aspires to be a physician. She is spending the summer learning Sports and Running Medicine.

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BLUE CROSS AND BLUE SHIELD
OF OKLAHOMA

Hot Fun in the Summer Time: Recommended Reading on Running

By Melissa Brevetti, Ph.D.

I confess that only a couple months ago I finally read the classic *Born to Run* about endurance running. What is interesting, too, is that the movie has been in talks for several years, so now could be a good time to read the book before the movie (with Matthew McConaughey) gets put together. One more thing to consider is that there is a rumor of needing “extras” on the set who look like runners for racing scenes. Seriously. If anyone hears more on that, please spread the word because we cannot miss that fun.

In this best-selling book, which will have its 10-year anniversary next year, author Christopher McDougall highlights how Tarahumara Indians run and live in a remote area of Mexico. As a frequently injured runner, McDougall begins by examining through science and history how some have perhaps discovered the secret to a lifestyle of running freedom, especially as the Tarahumaras seem to run forever through the Copper Canyons without pain. He shares incredible stories of the roots of the Leadville Trail 100 Run and other distance

races with fun backgrounds of America’s ultra-running legends. In particular, my favorite runner in the dramatic stories of races featured Ann Trason. Discovering a love for endurance running while she could run two marathon distances in the same morning, she became a gritty legend and set every course record possible. At the age of twenty-four, Trason started her career when she decided to run the American River 50-miler, which was a daring move considering that she would be running in 108 degrees with no water and never raced an official marathon. Nonetheless, she won and set a new course record. Many of her records still stand. These ultra-running stories—despite my critiques on certain propaganda, LOL—are intertwined in *Born to Run* to make a captivating and inspiring read.

No spoilers here. If you want to find out who wins the final race of the book that includes America’s ultra-running legends and Tarahumara’s star runners, then sit back and enjoy hot fun ultra-racing in the summertime.

Spirit of Survival
13th Annual 2018

October 13 & 14, 2018

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www.spiritofsurvival.com

13.1M • 6.6M • 5K OR 62M • 52M • 26M

KIDS’ MARATHON • SPIRIT WALK • 13M FAMILY FUN RIDE

Stars & Stripes FOREVER 5K

Proud to be a **LANDRUNNERS** Series Race!
OKLAHOMA CITY RUNNING CLUB



Wednesday, July 4, 2018

Stars and Stripes Park — Lake Hefner

7:00 a.m. — Race Starts

- * 9th Annual Patriotic Costume Contest - \$100 Prize for winner
- * Free Dry-Fit T-shirt, Drinks, Snacks, & Fresh Cut Watermelon
 - * Red, White, and Blue Body Paint Station
- * USTAF Official Timed Race | Awards for age group winners

Register Online — WWW.SSF5K.ORG

Landrunner Community Assistance



Jim Roblyer and Tom Finley present \$750 check to the MDA



\$400 to the Western Oaks Elementary School for their Memorial Marathon Kids Running Program



*\$500 towards a water fountain along Grand Blvd Park,
Director Jim Roblyer, Marilyn Balyeat,
NH Councilman Peter Hoffman, Dudley Hyde,
Director Chuck Mikkelson*



SATURDAY, SEPTEMBER 29, 2018

8:00am 1-Mile Fun Run • 8:30am 5K Race

Kids Crafts & Activities! Post-Race Pancake Breakfast!

Register: <http://bit.ly/falcon5k> • Questions? falcon5k@sjnok.org

This event will fund Desk Bicycles and Flexible Seating options for our classrooms.

ST. JOHN NEPOMUK CATHOLIC SCHOOL

600 Garth Brooks Blvd. • Yukon, OK

Both races will be officially timed. The 5K race is Certified and Sanctioned by USA Tri.



10.27.18



15K

5K

2K

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



**Club Meeting
TBA**

**Fall Marathon
& Half Marathon Training
Starts July 28, 2018**

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