

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

October 2018 | Issue No. 270

A Better View

By Matthew Wilcoxon

“Being realistic is the most common path to mediocrity.” - Will Smith

I used to have a philosophy on most things in life that went something like this: “If you go in with low expectations, you’ll never be disappointed.” The logic is that when it comes to performance, if you don’t expect to do well but do, then you’ll be happy and if you don’t, then you’ll at least have done as you expected. Basically, a no-lose attitude. I held tight to this for many years because well, it seemed logical and I avoided any form of loss.

The downside to this thinking, that took me years to realize, is that mediocrity is not a natural human nature. Humans are born with an inner desire to improve themselves if but only in the smallest of ways. While it’s possible to quell this desire for some time, the feeling will always be nagging in your soul in some minor way that will eventually become a major thorn in your side that you can’t ignore. Always expecting failure or, at best, average performance will not result in significant, nor long-term improvement and this will lead to frustration. That’s because this attitude will cause you to fall into a pattern of behavior where you won’t challenge yourself enough to bring about improvement. In my case, I would train as I always had and then show up to a race with a nagging desire to achieve something better than I had done before. I would try my best to tuck this desire away deep in my heart while I relied on my old standby

attitude of no-expectations. But over time I found I couldn’t keep that desire to improve down anymore and I ended up feeling depressed by my standard performances anyway. This attitude had effectually stopped working long before my stupid head decided to give it up.

If you find yourself having similar negative thoughts towards performance, you might benefit more from an attitude adjustment than from a new training plan. Take a moment and really assess how you look at your performance both at the races and during your training. Are you afraid to really push yourself because you might fail? I was, and it hurt my race times more than I knew. Simply giving myself the latitude to try, and possibly fail, was the catalyst I needed to see improvement.

When you break down this problem, which I won’t bore you with here, it comes down to confidence. Are you lacking healthy confidence in your running? Notice I added that word “healthy” in there. I’m not saying you should be an arrogant runner who brags about their PRs. Those runners probably lack a healthy confidence and try to get it from the admiration of others. That’s not healthy or beneficial. The confidence I’m talking about goes something like this: If you get on a training path that you believe, based on research, should lead you to better performance, don’t be afraid to expect that performance. Hold yourself to a standard based on

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President's Message

By Dana Sue Campbell, Landrunner President

My dad used to say to me "Do the right thing!" This message has stuck with me over the years. He would encourage me to run when I was a child, often telling me to stretch, lace up my shoes correctly, and make sure that my socks were on properly. As a child, these things sounded like a lot of time and all I wanted to do was run, but my dad taught me that running could become a habit.

1. "DO IT! Take care of your body!" my dad would often say...and I always listened. In high school, my dad ran cross country and played football in Anadarko, OK. Later he served in Vietnam in 1967, coming home with many ailments, including gout and the many symptoms he suffered from Agent Orange, a herbicide and defoliant chemical used by the military during Vietnam. Many of his other ailments are too difficult to write about.

Dad would say you won't be a runner for too long and not a happy one if you are constantly injured or hurt. To help with injury prevention, he would purchase new running shoes for me. Some of his tips:

- A. Change your shoes every 250 - 500 miles.
- B. Stretch after every run.
- C. Get regular sleep. (try to sleep seven hours)
- D. Get a massage.
- E. Make it stick!

2. Focus! Focus on Quality, Not Quantity

There has been a lot of research on running and many books suggest that over the long haul, running more quality miles may be better than running quantity miles. Dad would

encourage me to run 25 miles a week and when I felt good, increase to 30 miles a week. He thought that building simple miles and learning the training habits would work the best.

Make it stick!

3. Get off the Roads!

Dad used to run from Anadarko through wheat fields to Riverside Indian School. These roads were dirt roads.

I try to run on softer surfaces like asphalt and/or a soft shoulder or a treadmill. I will never stay off the roads completely but I feel like at my age, I need to find the most forgiving surfaces and make it stick!

4. Keep it Fresh and FUN!

To help you stay out of rut, try changing your routine: find a variety of running routes, select different marathon training programs, or find alternative training races. Run a 5K in Moore; run a 15k in Tulsa; run a Turkey trot in Edmond; or just plan a new running adventure where you can travel to a new destination! Find something unique and interesting!

5. Volunteer!

The Landrunners have many volunteer opportunities, including -

Trash pick up, water stops, greet at the club meetings, host a party, bake treats for the training runs, help with the Club banquet and awards ceremony, and serve on a committee. If any of these opportunities interest you, email me. We'd love to help you get on the right committee and make it stick!

Let's do the right thing.

Dana Campbell, President

ELECTION of the BOARD of DIRECTORS for 2019

In accordance with the Election of the Board of Directors for 2019 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 15, 2018 club meeting at the Kimray Conference Center.

The 2019 elected Board of Directors will meet before November 24th to elect the Officers and Committees for the 2019 term.

2019 Director Nominations

Suzie Bostick
Melissa Brevitti
Dana Campbell
Debra Chronister

Terra Deupree
Tom Finley
Bill Goodier
Susan Green
William Hickman
Betsy Hilburn
Kelli Hilburn
Kevin Lynes
Chuck Mikkelson
Lacey Norton
Heather Puckett
Jim Roblyer
Lindie Slater
Darlene Spry
Steve Wells
Matthew Wilcoxon

5K/10K/2018

faith. family. friends.
foreverun

Saturday, October 13th @ 9:00 a.m. @ Mitch Park

RACE DAY

BALLOON RELEASE 8:55 a.m.
RUN START TIME 9:00 a.m.

REGISTRATION

Online Registration until September 30th
10K \$50 • 5K \$45 • 1 MILE UNTIMED FUN RUN \$25
(Landrunners \$5 Discount)

Race Day Walk-Up Registration **ADD \$5 TO ENTRY FEE**

Virtual runner or to make a donation visit BigAcf.com

Entry Fees are non-refundable

Register by September 30th to receive a shirt (all distances)
and a pair of technical socks (5K & 10K only).

Unique age group prizes and overall awards
for the male and female who place 1st-3rd.

PACKET PICK-UP

Elite Feet in Kickingbird Plaza
1237 E. Danforth Rd, Edmond, OK 73034
Friday, October 12th from 3:00-7:00 p.m.

Mitch Park YMCA Edmond
Saturday, October 13th from 7:00-8:30 a.m.

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GRADY L. LEMBKE, D.D.S.
(405) 330-6020



Therapeutic Touch Massage

Sign Up at www.BigAcf.com

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
10/6	Run for a Reason 5K	Wild Horse Park, Mustang @ 8:00am
10/6	OKC River Run 5K*, 10K* & 13.1*\$	Wiley Post Park @ 8:00am
10/13	Faith Family Friends 5K*, 10K*\$	Edmond's Mitch Park @ 8:55am
10/13	Flight of the Phoenix 5K	Tulsa, OK @ 9:00am
10/13	Spirit of Survival (Bike 10/13 / Run 10/14)	Lawton, OK
10/15	Club Meeting with Ashley Carreon	Kimray, 8 NW 42nd @ 6:30pm
10/20	Bethany Fall Classic 5K*	7600 NW 23rd ST @ 8:00am
10/21	Monster Dash 5K*\$	Norman Reaves Park @ 2:00pm
10/27	Tulsa Run 5K* / 15K*\$ & Bus Trip	Tulsa, OK
10/28	Ghost Runner Dog Run 5K*	LH Stars & Stripes Park @ 2:00pm
11/3	SNU Homecoming 5K	SNU Football Stadium @ 8:00am
11/3	Little Heart Run 5K*	Regatta Park @ 10:00am
11/3	Miles Against Melanoma OK 5K	Edmond Mitch Park @ 8:30am
11/17	Chill Your Cheeks 5K*\$	Yukon
11/18	Route 66 Marathon*	Tulsa @ 8:00am
11/22	Edmond Turkey Trot*\$	Edmond
11/24	The Creek Run 5K*\$	Quail Creek

* Denotes Series Races

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

Landrunners In Action

<u>8/11 MT SNEFFELS HALF MARATHON, CO</u>		
SCOTT MAGILL		1:50:53
<u>8/26 SANTA ROSA HALF MARATHON, CA</u>		
LESLIE BUFORD		1:32:08
<u>NORTHWEST HALF MARATHON SERIES – GAILE LOVING</u>		
9/1 OREGON		3:18:15
9/3 WASHINGTON		2:51:33
9/5 IDAHO		2:31:19

<u>9/1 PETRA DESERT HALF MARATHON, JORDAN</u>		
NELS BENTSON		4:45:00
<u>9/9 ERIE MARATHON AT PRESQUE ISLE, PA</u>		
MARY MIKKELSON		3:49:22
CHUCK MIKKELSON		4:25:44
<u>9/16 SANTA FE THUNDER HALF MARATHON, NM</u>		
TRAVIS SLAWSON		1:28:28
KRISTIN MOLLOY		1:56:10

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

ninth
annual

GHOST RUNNERS



5K DOG RUN

WWW.GHOSTRUNNERS5K.COM

HOSTED BY HEARTLAND WEIMARANER RESCUE

Lake Hefner Stars & Stripes Park

Oklahoma City, Oklahoma

October 28th, 2018 at 2:00 pm

4TH QUARTER RACE SERIES!

**USE CODE: LROKC10 FOR \$10 OFF

5K REGISTRATION FOR LANDRUNNER MEMBERS



Booths Open Noon to 4pm
Costume Contests for Pets & People
Local Vendors & Rescues
Microchipping Available
Food & Beverages - Games & Raffle



View, continued

your training. Have a confidence that is rooted in your training. Get rid of those negative thoughts that you might not achieve what you expect. Go into a run with the expectation that you can do what your training has earned. Eliminate that fear of disappointment and start living on the excitement of what's possible!

Change is scary though and sometimes we don't know how/what/when to change. One great thing about this though is that simply recognizing your need to change is changing something! Once you see your patterns and habits, you can seek out advice and guidance on how to change them to get going on a road that will take you to the goals in your head. If you search the internet you'll find many articles written by people a whole lot smarter than me, about how a good confidence is essential to good performance. Many of them will also give you some tips on how to improve your confidence. Also, our club is filled with experienced runners

and some great coaches who can help you with the details of that new road, so use those resources once you decide to make a change.

Your weekly training plan is only one piece of the performance puzzle. Don't forget about that attitude! If you only add new workouts or distances to your running but keep an attitude of mediocrity, you're missing so much potential. A good healthy positive attitude is the icing on the cake of great running. Happy running!



5K, 10K, 13.1M
WILEY POST PARK
2021 S. Robinson Ave, OKC, OK 73109

OCT 6TH, 2018

100% of all registration fees will be donated to the Rett Syndrome Foundation! Your race provides hope!

www.RunSignUp.com/OKCRiverRun

FLIGHT OF THE Phoenix
TULSA SCHOOL OF ARTS AND SCIENCES 5K 2018

5K

Saturday

OCTOBER 13 @ 9:00 AM
TULSA, OKLAHOMA

Spread your wings on this new and challenging course through historic Owen Park Neighborhood

Back of the Pack Friendly
Certified 5K Course

Finisher Medals awarded to participants

Questions? Email ptsa@tsas.org

register online today

runsignup.com/FlightofthePhoenix

The Flight of the Phoenix 5K
Benefits Tulsa School of Arts and Sciences



SIGN UP TODAY!

www.LifeShareOKFoundation.org/LRH5K

Join us for a fun-filled celebration including music, lunch, prizes and activities for all ages.

**Little
Red
Heart**



Walk • 5K Run

November 3

Regatta Park • OKC

10:00 a.m. Walk • 10:30 a.m. 5K Run

Registration fees will apply.

**START OR JOIN A TEAM ♥ SIGN UP AS AN INDIVIDUAL
MAKE A CONTRIBUTION ♥ SPONSOR**

To Honor. To Remember. To Give Hope.

The LifeShare Foundation supports the activities and initiatives of LifeShare to help save more lives through donation.

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www.LifeShareOKFoundation.org/LRH5K



@LifeShareOK #LRH5K
#LittleRedHeart

Soreness After A Run

By Tom Coniglione, MD

A middle-aged runner with several years of running experience decided to train for a marathon. His running background included many 5K races and a few half marathons. He never did speed work, avoided hills and rarely stretched.

After some longer weekend runs, he joined a marathon training group. With the group, he increased his mileage while increasing his pace; we all train this way even though it can lead to injury.

Six days before he sought medical attention, his group ran a hard 10-miler on hills. After the hill run, he was unable to walk up or down stairs. For two days after the 10-miler he had no problems. On the third day he could not walk down the five steps from his house without leg pain - mostly in the quads. Quad pain continued for four days. Ibuprofen helped a little.



feels well enough to run. Generally DOMS will be gone in five to seven days.

It is **DOWNHILL running** that is the problem. Running downhill causes “eccentric” muscle contraction; muscle contraction while the muscle is getting longer. This causes small tears in the muscle. Most muscle strains and DOMS start with vigorous downhill running.

What else can you do to relieve the discomfort of DOMS? Check Dr. Google to get the list. Some selected treatments:

Antioxidants? Vitamins (B, E) and short chain fatty acids – not worth discussion.

Anti-inflammatory medication? OK for pain relief, of no value in treating DOMS. Acetaminophen is safer and provides the same pain relief.

Watermelon juice? Move on to the next topic.

Massage? 10 years ago, massage was shown to be of no value.

Rolling? Save the rolling pin to prepare bread for baking.

Stretching? May make the muscles feel better.

Cold immersion? OK for soreness immediately after exercise, of no value in **DOMS**.

What to do once you have DOMS? While some easy running may continue, your training program is on hold. You might be able to run with DOMS but your running will be slow, short and probably not satisfying. You might as well take a few days off.

Remember the marathon where your legs were so sore you could not run for a week? You had to take off then, too.

“Pain is weakness leaving the body.” NOT

Check the quote in the September 22nd training announcement.



He had a problem most distance runners and marathoners have experienced at some time: delayed onset muscle soreness (**DOMS**).

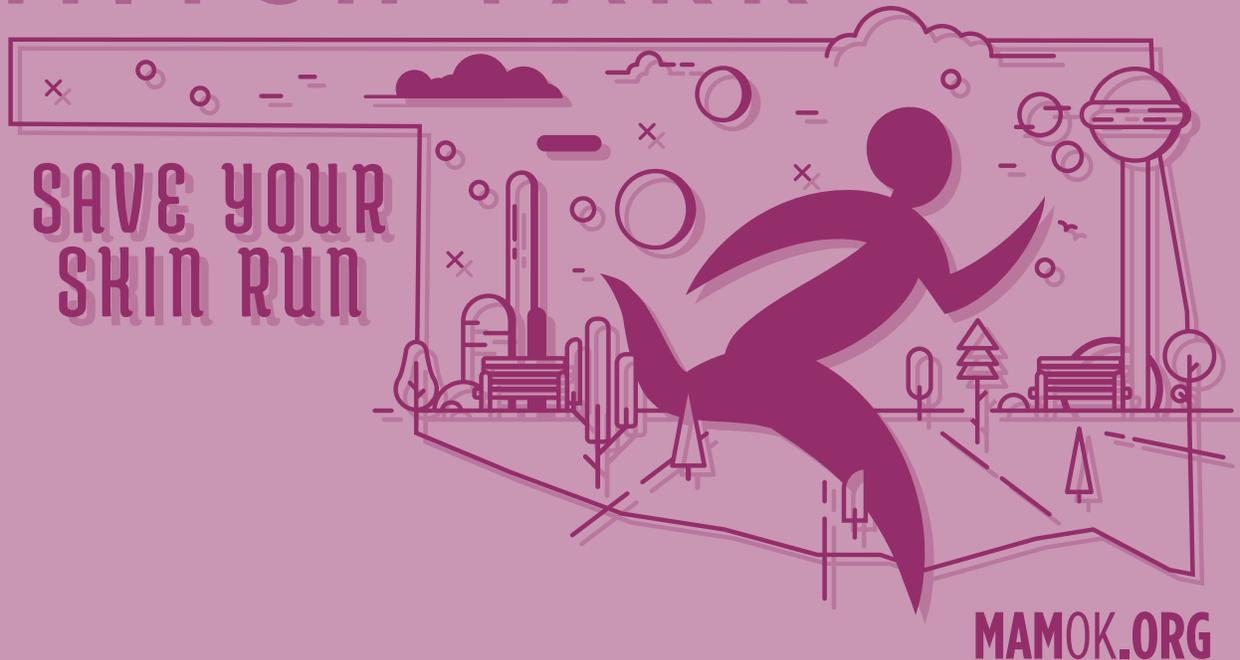
DOMS is the most common type muscle injury we see with running. It starts 24-36 hours after exercise. This pain is a gradual onset; it may actually worsen over a few days.

Remember your first long run or your first marathon? When you tried to walk down the stairs two to three days later, your quads hurt. You had DOMS.

For a long time people theorized the pain from DOMS was due to the build up lactic acid in the muscle. You still read this all over the Internet. **FACT:** After a run, **lactic acid** is cleared from the muscles within several minutes; worse case up to an hour. Lactic acid is not the problem!

The problem is (microscopic) **small tears in a muscle**. Where the muscle tears, there is bleeding. Bleeding causes swelling. When the muscle swells, there is pain. Once the muscle swells, it will be a few days before the muscle

SATURDAY, NOV 3, 2018 MITCH PARK



Miles Against Melanoma OK

will host it's 5th annual 5K and 1-mile fun run at Mitch Park. Funds raised at this family-friendly race benefit MAMOKs mission to provide the public with education regarding the extreme damaging effects of the sun and tanning devices. Through MAMOK, we provide funding for awareness, education, advocacy and research for skin cancer, melanoma and cancers related to melanoma. The 1 Mile Fun Run will begin at 8:30am and the 5K will begin at 9:00am.

VISIT MAMOK.ORG - USE CODE
LANDRUNNER5
FOR \$5 OFF WHEN REGISTERING

**MILES
AGAINST
MELANOMA
OKLAHOMA**


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DESIGN STUDIO

Landrunners Give to the UCO Endeavor Games

Thank you for your generous gift to the UCO Endeavor Games. We are happy to share with the OKC Landrunners a great goal of supporting health and fitness in our community. Your leadership and partnership with us makes a sincere and positive difference in the lives of athletes with physical disabilities and is valued beyond measure. Together we are creating a healthier and happier future for all of us.

Thank you again for your continued support!

Brenda Knott, UCO Associate Vice President for Development



Landrunners' \$1,595 check presentation to the UCO Endeavor Games: (L-R) Jim Roblyer (LR Director), Brenda Knott, Leigha Pemberton, Jeremy Campbell, Cassidhe Walker and Tom Finley (LR Director)



Oh! What a Ride!!! – Brookhaven 2018

Zamaria is 9-years old. She loves life and loves to go! Zamaria has cerebral palsy, hydrocephalus, chronic lung disease and many other medical conditions. She makes use of a wheelchair and is completely dependent on others for her care. She spent the first seven and a half years of her life in state custody. In February 2017 she was legally adopted and joined her forever family. Zamaria brings joy and life to anyone she meets. She has made amazing progress in the last few years and there is no doubt that progress will continue.

Z, as her friends and family call her, loves to be social and is an adrenaline junky. Thus, when she was invited to participate in the Landrunners “Oh! What a Ride!!!” program, I knew she would love it. I was not disappointed. The morning of the race I woke her up to get ready and one of the first things out of her mouth was to remind me that today she was to, “Run race”. All the way to the race she repeated, “Run, race, medal”. She was all smiles and giggles until arriving at the start line about 10 minutes prior to the start time. At that point she got extremely upset. It didn’t take long to figure out that she didn’t understand waiting for the start gun but instead wanted to run now. She kept telling the individual pushing her, “Run! GO!”. He graciously pushed her in circles until the race began.

When Z came off the course, her first request was to run more. As the medal was placed around her neck, she beamed with pride and gave it a kiss. Zamaria talked

about her race for days and wanted to show everyone her medal. Even now if someone asks her about the race she is eager to provide them with information about “running fast”. She was so proud of her accomplishment.

As a mom, it was heartwarming to see her experience something she couldn’t in any other way. Every day is a challenge for her. She has required medical resuscitation five times in her short nine year life. It was an amazing experience to see her just be a kid and enjoy life. It was amazing to watch other people support and encourage her and to see the pride and joy in her face. It was a wonderful break from the constant medical needs, an opportunity for her to just be a child.



Justin Chan, Zamaria, Jim Roblyer

OKLAHOMA CITY MEMORIAL MARATHON



MARATHON HALF MARATHON RELAY 5K KIDS MARATHON

APRIL 28, 2019

SIGN UP NOW!

okcMarathon.com

Changing the Course of OKC

Proceeds benefit the Oklahoma City National Memorial & Museum.



Williams
ROUTE 66 MARATHON
presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA



**A MARATHON-SIZED
PARTY YOU CANNOT MISS!**
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8AM, NOV. 3

\$25 - FOOTBALL FIELD - BRIDGE.SNU.EDU/5K

Southern Nazarene University



10.27.18



15K

5K

2K

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BETHANY FALL CLASSIC

October 20, 2018

8:00 am

5k & 1 mi Fun Run

On Bethany's 23rd Street District

To register, visit:

www.signmeup.com/126568



SIGN UP AT

RUNSIGNUP.COM/JLN-MONSTERDASH

MONSTER DASH2018

5K AND 1-MILE FUN RUN

OCT. 21 | 2 P.M.

REAVES PARK

NORMAN





P.O. Box 18113, OKC, OK 73154

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October 2018

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Oklahoma City, OK 73154

Visit The Landrunners Online:

www.okcrunning.org

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Club Meeting & 2019 Director Election

Kimray 8 NW 42nd St
10/15 @ 6:30pm

Tulsa Run Bus Trip

Oct. 27, 2018
Only \$23 round trip

Fall Training - every Saturday

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