

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2019 | Issue No. 276

A “Breezy” Panera Beacon Run

By Matthew Wilcoxon

Your club race, the Panera Beacon Run, took place on March 9. Our race has been the 25K Road Runners Club of America (RRCA) state championship for a few years. This year we were selected as the US Central Regional Championship and were honored to have the regional director, Sue Brown-Nickerson, and the state director, Stormy Phillips, come and run our race. They, along with over 500 other runners braved winds that, even by Oklahoma standards, can be classified as nothing less than brutal. With gusts over 40 miles per hour at times, this was one where most runners can easily say they met their goal just by finishing.

Thank you and congratulations to everyone who came out and ran. A massive thank you to all who donated their time and effort to make this race possible and successful. It's only through the individual efforts of many volunteers that this race continues to be successful. This race generates a large portion of your club's annual revenue which is given back to the running community through donations to projects and causes that promote healthy lifestyles through recreational running, including our free marathon training programs. So when this race succeeds, the Oklahoma City running community benefits. It's a win-win for OKC runners.

2019 Panera Beacon Run Winners

25K RRCA US Central Regional Champions

Overall – Stuart Lisle / Terri Cassel

Master – Jonathan Pillow / Christie Thomas

Grand Master- Jeffery Wagner / Debra Carlson

Senior Grand Masters – Danny Ponder / Jane Pace

15K – Luis Chavez / Katie Clark

5K – Josue Carrillo / Kathleen Ashlock



Race Director Matthew Wilcoxon and RRCA Central Regional Director Sue Brown Nickerson

President's Message

By Dana Sue Campbell, Landrunner President

Happy Marathon Month to all! For many runners and walkers, achieving our goals will be a great sense of satisfaction on Sunday, April 28, 2019 at the Oklahoma City Memorial Marathon. Setting a goal, training, practicing, and running a race to meet that goal can be a lot of pressure both mentally and physically.

We had a great start to marathon training running with the famous world record holder, Camille Herron, in January! We have trained at Lake Hefner, the Katy Trail, and at Remington Park to name a few places. Some of us even had a fun one mile run with the Oklahoma Governor, Kevin Stitt! (I think Chuck ran faster than him!)

I love being a Landrunner because training with our club has helped me set a goal to run in a marathon. Your dreams and goals come true because our running club offers free training, support, and encouragement during the training runs. If you are engaged in the running community, it will help you so much.

None of this would be possible without the marathon training committee, water stop volunteers, and your support!

On Sunday, April 28, 2019, thousands of runners will find themselves at the starting line for the 19th annual Oklahoma City Memorial Marathon. I wish you a wonderful day of running and no matter your ability, I know that you will have the determination to finish. Engage yourself with your run, experience the new race course, the water stations, the hundreds of volunteers, and the new finish.

I also want to thank our March guest speaker, Alex Freedman, the OKC Dodgers director of communications and broadcasting. I also want to thank Kevin and Shirley Lynes for helping set up our speaker. Thank you to Kevin and Sam Gonzalez for grilling the delicious hotdogs and hamburgers. It was a great night for our club members. Thank you to everyone that attended the meeting. I look forward to more club events like this.

I look forward to seeing you at our next club meeting on Monday, April 15, 2019.

*Check the website for upcoming series races, club meetings, and social activities.

*Get involved and volunteer!

*Purchase Landrunner merchandise!

*Attend our club meetings! (We usually have great door prizes!)

Please feel free to call me or email me if you have any questions about our club and events.

Happy Running!

Dana Sue

405-482-5609

ourunninggirl@yahoo.com

5K RUN + 1 MILE FUN RUN

Oklahoma Baptist University Presents the
2nd Annual



USATF SANCTIONED

PRICES

1 MILE - \$25

5K - \$35

Register at
<https://okbuenactus.wixsite.com/sperosprint>

SATURDAY, APRIL 6
8:30 AM (FUN RUN)
9 AM (5K)
@ WHEELER
DISTRICT - OKC

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.



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
4/6	Spero Sprint5K	Wheeler Plaza @ 8:30am
4/6	Redbud Classic Bike10/33/45-Miles	6301 Waterford Blvd @ 7:00am
4/7	Redbud Classic 5K*/10K*/2M\$	6301 Waterford Blvd @ 2:00pm
4/13	Run to the Well	Jenks, OK @ 8:00am
4/15	Club Meeting – OKC Streetcar	Kimray 8 NW 42nd @ 6:30pm
4/20	Easter Run 5K*, 10K* \$	7903 NW 30th @ 9:00am
4/28	OKC Memorial Marathon*	OKC Memorial @ 6:30am
5/4	Oklahoma Autism Piece Walk & 5K* \$	Bricktown Ballpark @ 8:00am
5/11	Red Day Run 5K*	Edmond @ 9:00am
5/11	Oaklake Trails 5K Nude Run	Depew, OK @ 1:00pm
5/18	Riversport Challenge Kayak/Run	Riversports @ 7:00am
6/2	Scorcher Half Marathon* & 5K*	Stillwater @ 6:30am

* Denotes Series Races

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

Landrunners In Action

2/23 CLINTON HISTORIC HALF MARATHON, MO
 TRAVIS SLAWSON 1:25:34

2/24 COWTOWN HALF MARATHON, TX
 GAIL BELFLOWER 2:07:44
 RODNEY BELFLOWER 2:15:03
 LEE WESCOTT 2:19:33
 CHRISTOPHER LEE 2:36:46
 MELAUNA WESCOTT 6:33:15 – 26.2

3/2 LIBERTY HOSPITAL HALF MARATHON, MO
 CHRIS BABIN 2:11:14
 RACHEL BABIN 2:47:25

3/3 TOKYO MARATHON, JAPAN
 MAURICE LEE 4:43:19
 SHILPA ABBITT 5:05:29

3/17 BATAAN MEMORIAL DEATH MARCH, NM
 MELAUNA WESCOTT 8:41:03

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





Registration includes
RIVERSPORT
Day Pass!

RIVERSPORT CHALLENGE

Join us for the
RIVERSPORT Challenge Kayak/Run Race!

500m Kayak Race • 5k Run
May 18 • 7a • RIVERSPORT Rapids
Timed Event • Registration Now Open
Register by May 1 to receive a race t-shirt

riversportokc.org



RIVERSPORT™

RIVERSPORT Rapids • 800 RIVERSPORT Dr. • Oklahoma City, OK 73129



Meet Board Member - Debra Chronister

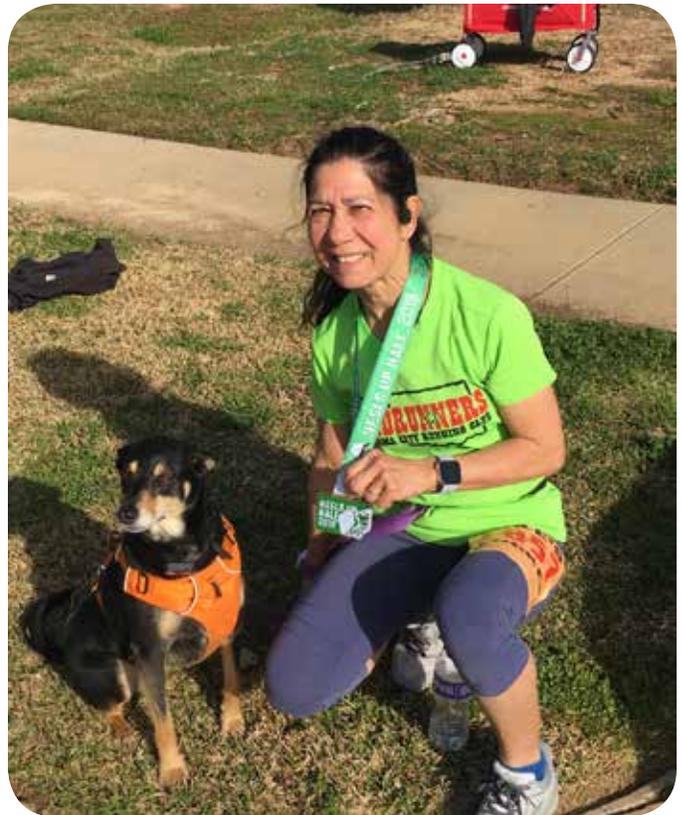
I have been running since high school but did not run in high school. I have been running off and on, mostly on, for most of my adult life.

I was born and raised in Oklahoma and was in the Air Force for 26 years. As many of you know, I work at Panera Bread and have been there for nine years.

I have run in 10 of the OKC Memorial Marathons or Half Marathons. I was able to qualify for Boston in the 2015 OKCMM and ran the Boston Marathon in 2016. For me, running the Boston Marathon was quite an accomplishment. My personal goal is to run a half marathon in all 50 states. To date I have run in 15 states – it’s a work in progress.

My little dog Pepper runs with me and is a great running partner. I have run 26 half marathons, and too many 5-k’s and 10-k’s to count. Most of the time I place first in my age group in 5 and 10-k’s. I would say my favorite run was when my Dad and I ran in Alaska together.

For me running is a necessity to keep the stress away, to keep smiling and to keep striving to do better. Running just makes me feel good and I love to eat pancakes after long runs.



June 2, 2019
Stillwater, Okla

Guaranteed T-Shirt
Deadline May 16

Organized by



For more information and to register, visit
thescorcherrun.com facebook.com/thescorcherrun

Join us for

A Dash OF Magic

May 4, 2019

Run, Walk, or Volunteer at
Oklahoma's largest autism event!



Chickasaw
Bricktown Ballpark

2 S Mickey Mantle Dr
Oklahoma City, OK

Doors open at 7:30 AM

Food • Fun • Resource Fair
Funding, helping, and increasing autism awareness



Presented by



THE BEST IS YET TO COME....or is it?

By Tom Coniglione, MD

The title is designed to get your attention. However, there is nothing good coming. The real title should be: the **WORST** is yet to come. From what we have seen so far, things could get a lot worse.

BACKGROUND

At the end of each spring training season, we analyze the stress fractures that happened during that training cycle. We look at the location of the fracture and the duration of time the runner had pain before seeking medical care.

The record number of stress fractures we saw was 2010. In the six weeks before the Memorial races and the one week following the races, we saw 17 stress fractures.

Considering 0.6% of running injuries are stress fractures, 17 over five weeks is an extraordinary number of stress fractures.

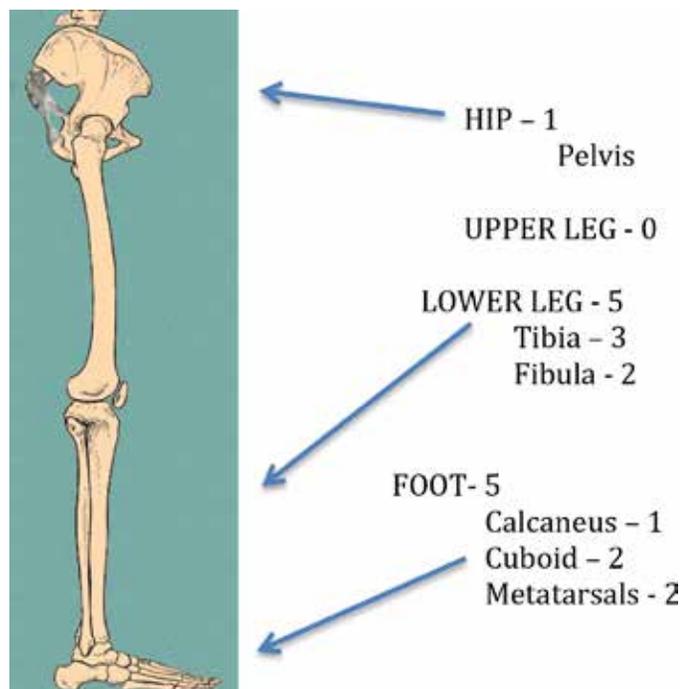
This training season is not over. This article is being written March 24 and we still have five weeks before the Memorial races. Already we have recorded 11 stress fractures. Where were they?

The average length of time the runner had pain prior to the diagnosis was three weeks. Every time we analyze this time interval, the length of time is the same. Although the fractures were in different locations and were of a different degree of severity, the time interval was similar.

When these runners developed their initial pain, they all thought the pain was a cramp, worn out shoes or a tight muscle. As the pain progressed, they thought that with continued running the pain would get better.

Only when they could not run did they consider that the pain could be serious. Rarely did the runner think the pain was due to a stress fracture. Even “Dr. Google” did not suggest the pain was from a stress fracture.

Dr. Google will usually over-diagnose stress fractures. In these runners, Dr. Google may have suggested the pain was from a stress fracture. However, the runner did not want to think the problem could be a stress fracture; denial is a great defense mechanism.



See **Best**, on page 10



House of Healing

9th Annual

EASTER

RUN

& WALK

2019
April

2019

Best, continued

THE WORST IS YET TO COME

Early in the training cycle, ligament and muscle problems are the cause of most injuries. We can deal with these injuries by changing shoes, doing some stretching or adding some physical therapy: something simple.

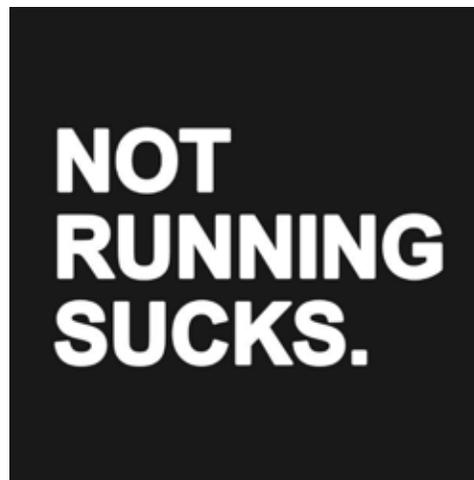
As the training season progresses, we add more miles. More miles means more stress on various structures. We run faster or run hills: more stress.

Toward the end of the training season, the injuries are more related to an “accumulation” of stress. These are more serious injuries. This is when stress fractures happen. The late-season injuries are much more difficult to manage AND more likely to end the training season – prematurely.

Later in the season injuries are difficult for the runner; keep the tissues handy. Think about how difficult these season-ending injuries are for the doctor.

Doctoring runners is a joyful and rewarding experience. Bearing bad news, as a season-ending injury, is also hard on the doctor.

Be kind to your doctor. Please do not get hurt.



AGE AND FALLING ARCHES

By Tom Coniglione, MD

At the second training run someone asked me a question. At the moment he asked the question, I was in the middle of dealing with another runner; I don't even remember my answer. The question: “Can your arches fall as you age?”

The correct answer is that as we age the foot ligaments loosen and the foot gets wider and longer.

People who stand on their feet a lot (nurses, wait staff, clerks) also have wider and longer feet. As they age, their feet get (more) wider and longer.

A couple of barefoot runners have commented their feet became wider after transitioning to the barefoot style. Whether that is science or anecdote, we don't know.

Bunions are more common in older people. The bunions could be related to the age-related flatter foot. However, heredity and shoe wear contributes substantially to the development of bunions. Therefore we cannot draw any conclusions regarding foot deformities and the change in arches with age.

The bottom line answer is that with age the foot can become wider and longer. You can make your shoes wider..... Do you know how?

**I BELIEVE IN YOU. I ALSO BELIEVE IN BIGFOOT,
SO DON'T GET TOO EXCITED.**



*Litter sweepers clean the Lake Hefner Trails on
Saturday March 16th*

5TH ANNUAL

RED DAY RUN 2019

FOR MORE INFORMATION OR TO REGISTER
VISIT CENTRALOKREDDAY.COM

SATURDAY

MAY 11
2019 9AM

10 E CAMPBELL, HISTORIC DOWNTOWN EDMOND, OK

5K RUN +
1 MILE FUN RUN

BENEFITING 7 LOCAL CHARITIES:

CALEB'S CAUSE - PEPPER'S RANCH - FOLDS OF HONOR - PROJECT 66
EDMOND PUBLIC SCHOOL FOUNDATION - MAKE-A-WISH OK - WINGS

RENEW
ENERGIZE
DONATE



P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

April 2019

PRSR 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



Landrunner Club Meeting

Learn about OKC Streetcars
Monday, April 15th @ 6:30pm

Spring Training
OKC Memorial Marathon
every weekend until April 20th

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