

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2020 | Issue No. 286

## The W Trek! The What?

By Bill Goodier and Sheila Miller

We recently had the opportunity to visit South America. You guessed it; there was a marathon involved. The Patagonian International Marathon (PIM) in Torres Del Paine National Park (Chile). What made us choose the PIM? Sheila suggested we do the “W Trek.” I had no idea what she was talking about but a few minutes on the Google machine and I was ready to go.

We flew from DFW to Santiago, Chile to meet up with Marathon Tours. We arrived at 8:30 on Sunday morning, two days before the Marathon Tours group. Our plan was to leave our bags with the concierge, but fortunately, we were able to check-in early, shower and change clothes before touring Santiago. To get acquainted with the city we purchased tickets for the Turistik hop-on-hop-off bus. The bus stopped at most of the major sites we wanted to visit including the Plaza de Armas, Plaza de la Constitution, Military Academy, The Metropolitan Park – famous for San Cristobal Hill, a Funicular and the Teleferico (Aerial Gondola).

Monday we boarded a bus west to the South Pacific coast. Our first stop was in Viña del Mar, which is known for its gardens, beaches and high-rise buildings. It was also the site of the 1962 World Cup. Sheila and I were the only ones in our group who waded into the ocean – yes, the water was cold. The next stop was the Museum of Archaeology and History Francisco Fonck featuring stone moai sculptures from Easter Island and shrunken heads.

The UNESCO-designated city of Valparaíso was our next destination. It’s known for steep funiculars, colorful cliff-top homes, and its bohemian, artistic vibe and lovely vistas. Many of the buildings are covered in “street art” and graffiti. The tour included lunch overlooking the bay. Then we were on our way back to Santiago with a wine stop in the valley of Casablanca.



Bill Goodier and Sheila Miller

Tuesday was another day to tour Santiago. We enjoyed our visits to the local markets - Mercado Central (seafood), PÉrgola Santa María (flowers), and the largest La Vega Central Market. Lunch consisted of Com platos (hot dogs with avocado, mayo and tomato) & Pino (stuffed beef pastry with egg, olives and onion spices) from a street vendor.

The official welcome reception with Marathon Tours was Tuesday evening. The reception allowed us to get acquainted with the group, especially those joining us on some of the extra excursions. Specifically, those going spring snow skiing the next day in the Andes Mountains. As you would expect, not too many runners were interested in snow skiing four days before a race. But ten of us decided “why not? Just don’t break a leg.” It’s always a tossup hitting the slopes in spring. We experienced snow, ice, mud, and water skiing; but who cares! We were on the beautiful Andes mountains. Overall, we enjoyed the trip to Valle Nevado.

See *Patagonia*, on page 6

# President's Message

*By Kevin Lynes, Landrunner President*

The Landrunners' marathon training runs are now underway. Our first training run on January 4, 2020 was hosted by the OKC Memorial. The run was three miles for the half marathon and six miles for the full marathon. We kicked off the run at the starting line of the OKC Memorial Marathon on the west side of the Memorial at 620 N. Harvey. We ran across the new finish line (thanks to club vice-president Susan Green for chalking the finish line for us) and continued through the new Scissortail Park. An incredible turnout for the first run of the year with estimates upwards of 400 participants. Thanks to the Memorial for providing treats afterward in the museum. Our second training run was hosted by First Church and due to cold and windy weather we were able to use the church to escape the weather before and after the run. Participation was down considerably due to the weather with some ice and freezing temperatures. We had around 75 participants but expect numbers to increase again with better weather. Thanks to Texye and Mitch Fernandes for opening the church and providing coffee and thanks to Stephen Abernathy for providing great candy bars.

I recently had a business associate who is also a runner ask me if I had heard of David Goggins. When I told him no he said he would send me a copy of the audiobook "Can't Hurt Me: Master Your Mind and Defy The Odds". I started listening on my iPhone while in my car where I spend a lot of time for my job. As of this writing I am not finished with the book but his story is one of the most inspirational stories I have ever heard. I must warn anyone reading or listening to the book it has extreme profanity so if you are offended by language I recommend you pass on this one. It is his story of his life as a physically and emotionally abused child and as a teenager, abused by his father. He was very overweight at 300 pounds and joined the military but was too overweight to enter Seal training. After losing 110 pounds he was accepted into Seal training and was so driven that he succeeded and became a Navy Seal then later graduated Army Ranger School and Air Force Tactical Air Controller training.

David wanted to run to raise money for military families so he became an ultra-marathoner and ran 101 miles in the San Diego 1 Day (24 hours) in 2005 before even running a marathon. Next he finished 9th overall in the Hurt 100 in 2006 as he wanted to be invited to Badwater 135 which he ran in 2006 finishing 5th overall in 30:18:54. He has completed over 60 ultra events, many

triathlons and cycling events. In 2009 it was discovered that David was born with a hole in his heart that went undetected until he had complications on a run one day. He had two surgeries to repair the potentially fatal condition and continued to be one of the greatest ultra athletes even after surgeries. What stuck with me is the chapter titled "Talent Not Required, Heart and Hard Work". I often tell non runners that anyone who puts in the work can succeed in anything and that includes running. If you want to run a marathon it can be done if you put in the work. Don't let naysayers discourage you when you have the drive and desire to succeed. Surround yourself with positive people who will encourage you and help you to succeed. If you want to run a marathon or any distance, seek advice from those who have done it. We love to share our experiences and advice.

I want to leave you with a quote from thought leader, teacher, and author Christian Larson. "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle". Run happy my friends.

www.signmeup.com/NatetheGreat8Race

The Nate the Great 8 Race came about in response to a desire to keep the legacy of Nathaniel (Nate the Great) Hall moving forward. Nate was a fiercely independent, kind, compassionate, and mature young man with a heart full of love for all living things. He passed away May 1, 2019, but he lived his 16 years well, and his family and friends loved him endlessly.

Nate truly believed in healthy living, and as a committed vegan he always searched for ways to support animal causes in our community.

For this reason, we have chosen Yukon's Pets and People as our beneficiary for this inaugural Nate the Great 8 Race.

**8 mile 8K Kids Fun Run**  
Route 66 Park  
Yukon, OK  
**MARCH 28 2020**



# RRCA Oklahoma State 25K CHAMPIONSHIP



Saturday, March 7, 2020

**Location:**

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

**Registration:**

[www.okcrunning.org](http://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](mailto:racedirector@okcrunning.org)*

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
2/1	Landrunner Banquet & Series Awards	Will Rogers Garden Center @ 6:00pm
2/9	Frozen Nose 5K*\$	Wheeler Park @ 2:00pm
2/17	Club Meeting – TBA	Kimray, 8 NW 42nd @ 6:30pm
2/22	Run for Recovery 5K* / 10K*	Stars & Stripes Park @ 9:00am
3/1	Cowtown Marathon\$	Fort Worth, TX
3/7	Panera Beacon Run 5K, 15K, 25K*\$	Lake Hefner East Wharf @ 7:30am
3/28	Nate the Great 8 Race*\$	Overholser Rt 66 Park @ 8:00am
4/5	Redbud Classic 5K / 10K\$	Waterford Plaza @ 2:00pm
4/11	Easter Run 5K / 10K\$	The Cube, Bethany @ 9:00am
4/26	OKC Memorial Marathon	OKC National Memorial @ 6:30am

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

## Landrunners In Action

<u>12/7 CANDY CANE 10K DFW, TX</u>		
NATHAN BOYLAN		1:00:10
<u>12/7 ST JUDE HALF MARATHON, TN</u>		
JENNIFER JONES		2:20:03
JENNIFER HENRY		2:31:46
LINDA MANAUGH		2:58:54
<u>12/8 CALIFORNIA INTERNATIONAL MARATHON, CA</u>		
JONATHAN MORRIS		2:44:37
ALYSSA MORRIS		3:35:03
<u>12/29 YOUKON DO IT MARATHON, WA</u>		
CHERYL ENGLAND		4:56:46
TRENT ENGLAND		4:56:46

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)



### OAKLAKE TRAILS 2020 5K



**AANR-SW NUDE RACING SERIES  
MAY 9TH AT 2:00pm**

**Oaklake Trails 5K**



**Run - Walk - Crawl**

**"Where every BODY belongs"**

**Register and pay online at  
[www.oaklaketrails.com/5k-2020](http://www.oaklaketrails.com/5k-2020)  
 Contact the office with questions at (918)324-5999**

THE  
**COWTOWN**  
**2020**



ULTRA \* MARATHON \* HALF MARATHON  
\* 4 PERSON MARATHON RELAY \*  
10K \* ADULTS 5K \* KIDS 5K

**February 28th - March 1st**

**NEW THIS YEAR: 4 PERSON MARATHON RELAY**  
**REGISTER AT [COWTOWNMARATHON.ORG](http://COWTOWNMARATHON.ORG)**

**NEW MEDALS FOR 2020 & 2021**



---

## ***Patagonia, continued***

Thursday was our first travel day with Marathon Tours to Punta Arenas. Over half the passengers on the plane were with Marathon Tours so we had first class treatment. We then continued by charter bus to Rio Serrano Hotel in Torres Del Paine National Park. This is when we realized Chilean dinners are similar to the Italians – long and later in the evening. The food and beverage selections were amazing.

Rio Serrano Hotel and Spa, the host hotel, would be our home for several days. Marathon Tour's all-inclusive itinerary had something for every member of the group – those who prefer a more relaxed vacation or the more adventuresome travelers. Following breakfast on Friday we opted for the van tour of Torres Del Paine. The morning van toured the east side of Torres Del Paine – hanging glaciers, lagoons, waterfalls, flora and fauna. We returned to the hotel for lunch along with race packets, which were delivered to our room (no race expo). Then it was back on the van for a tour of the west side to visit Lago Grey and Glacier Grey.

Friday night was the pre-race pasta dinner and race update meeting. What's the main topic the night before a race? The weather! The forecast was partly cloudy, slight winds, with a low of 20 and highs in the 40s. Due to the low temps the decision was made to delay the bus departure 15 minutes to 9:45 for our 11 am start. WooHoo, this was our "sleep-in" day!

What about the Race? The bus ride to the start was a 45-minute drive along unpaved rutted roads. The bus dropped us off about 20 minutes before the start. For those who like to drive the course before the start, this was it! According to the website, "the routes for the Patagonian International Marathon will be located on vehicle roads, mixed between asphalt and gravel zones. The morphology of the terrain is of mid-mountain, so the roads are very twisty, with curves and permanent changing slopes."

There were three events a 10K, 21K, and 42K with about 300 runners in each race. Each event start was at its respective distance from the finish. The full started in a beautiful remote valley, on gravel roads with amazing views of the mountains. The aid stations were approximately every 5K with water and Gatorade – plus, some had fruit and cookies. Bring your own hydro pouch/bottle; just like The Landrunners, cups were not provided - unless you wanted to use the communal cup (each station had only one)! The first part of the course was flat to rolling - note, our favorite quote was "it's Patagonia flat!". Then at half was our first climb with a steep 400' climb, with the worst at the 26K - a 600' climb followed by some good "rollers" into Serrano Village. The finish line was less than 100 yards from the hotel. I wore shorts, short sleeve shirt and a long sleeve cover at the start.

My goal was to enjoy the scenery, but I was happy with my time - 4:21:48. I went straight to the room to grab a hot shower, my camera, and headed back out to cheer on Sheila. There was a huge postrace event including a smoked lamb BBQ and an open bar! Overall, we had amazing weather, the views were spectacular and the hills, well they gave us a chance to slow down and enjoy.

The postrace dinner was followed by Marathon Tours' big awards ceremony for all those who medaled, along with recognizing several 7 Continents Club finishers. Sheila and I had a fantastic day from start to finish. But this was not the end of our trip; this was only the beginning.

How do you recover from a marathon? Our recovery day included a morning of rock climbing. As it turned out, two of the climbing guides would also be our trekking guides. Rock climbing was also where we were introduced to the South American 'ritual' of yerba mate. After lunch we enjoyed a leisurely horseback ride which included fording a small lagoon.

Monday began the second part of our journey – the W Trek. The W was one reason we choose the PIM. It is a 5-day 50 mile trek through Torres Del Paine. There were 16 of us from Marathon Tours and three guides. Space in the newsletter doesn't allow for too many details, but Monday we trekked from the Las Torres Refugio to Base Las Torres. After hiking for 4.5 hours with an elevation gain of 1,200 meters, we were rewarded with amazing views of Las Torres. The big surprise...the lagoon was frozen – it was the end of winter in South America; we were able to walk out on the lagoon. This was our first indication we would experience more snow and ice than most visitors. We hiked back to the refugio for dinner and a good night's rest. Now for the abridged itinerary. Tuesday we trekked for 6 hours to Refugio Frances Campsite (yes, tent camping), Wednesday was a long day as we did an out-and-back trek up the Frances Valley to Frances Lookout returning and continuing to Refugio Paine Grande. Thursday we trekked to our final destination, Refugio Grey. After dropping off our bags at the refugio, we continued north crossing several swinging bridges with amazing views of Glacier Grey before returning for dinner. Friday morning we boarded a small ferry on Lago Grey for a glacier tour and a leisurely trip back to Rio Serrano Spa. Saturday morning we departed Punta Arenas for DFW via an overnight flight from Santiago. Whew, I'm exhausted! So...what's next!?

We highly recommend the Patagonian International Marathon! It's beautiful, well produced and it's "Patagonia flat!"



**Date: Saturday, May 2nd, 2020**  
This event will occur RAIN or SHINE!

**Location: Chickasaw Bricktown Ballpark**  
2 S. Mickey Mantle Dr. OKC, OK 73104

**Time:** 5K Race will begin at **8 am** sharp, no late starts are permitted.  
1 mile walk will begin after the 5K at 9 am.

## **Entry Fees:**

**November 1st – April 29th: \$35**

**Landrunners get a \$10 discount!!!!**

**Discount code is on Landrunners member's page**

**April 30th – May 1st: \$40** (NOTE online registration will be turned to EnMotive on April 30 and will have an additional fee when signing up on April 30th – May 1st, Landrunners get a \$10 discount)

# Is This Your Toenail?

By Tom Coniglione, MD



In color, this photo is dramatic. The third toenail is black.

Has anyone had a toenail turn black? If you have, it was most likely the second toe or, as in this photo, the third toenail. The black color is from bleeding under the toenail. When the blood accumulates quickly, it hurts a lot. When the blood accumulates slowly, there is less pain.

Once a toenail turns black, it will fall off. No problem, a new nail will grow back.

There are three reasons a toenail will turn black.

Shoes are fitted (sized) based on the position of the biggest (first) toe. After the first toe, the shoe tapers and gets progressively shorter, being shortest at the smallest



(fifth) toe. In some people, the second and/or third toes may be the same size or longer than the first toe. So if the shoe size is correct based on the position of the first toe, it may be too short for the second or third toe. Those longer toes, too short for the shoe, can be mashed into the front of the shoe causing the bleeding under the nail.

Secondly, the foot may slide forward inside the shoe. As the foot slides forward, the toes collide with the front of the shoe traumatizing the nail causing bleeding under the nail.

Thirdly, the second or third toe may be misshapen, like this second toe. The misshapen joint is immobile; it cannot move. With running, the misshapen part of the toe hits the top of the shoe and drives the tip of the toe into the bottom of the shoe. Trauma to the toenail = bleeding into the nail and OUCH.

The good news is that all three problems can be fixed.





## 4TH ANNUAL RUN FOR RECOVERY

SAT FEB 22 | 9:00AM | STARS & STRIPES  
PARK | \$35 FOR 5K | \$40 FOR 10K

RUN TO HELP TEENS GET SOBER  
AND GRADUATE HIGH SCHOOL  
[TEENRECOVERYSOLUTIONS.ORG/RUNFORRECOVERY](http://TEENRECOVERYSOLUTIONS.ORG/RUNFORRECOVERY)

---

# Marathon Missions, Mishaps And Milestones

*By Kim Andres*

I had been racing 5Ks and 10Ks competitively in DFW Texas for just over a year when I got into my head that I should try a marathon. Little did I know how daunting it would be to go from relatively short distances (although I had done one or two 15Ks and a 20K) to a “full” 26.2 miles – but I decided to make the marathon my newest “mission”. Soon I learned that doing a marathon, while possible, was not to be accomplished without mishaps before ultimately reaching that milestone.

My first marathon was the Houston Compaq in January 2001. I was 47 and chose Houston because I had lived in the city and knew of its relatively flat terrain. However, I was outrageously naive as I had not trained for the distance.

It was a cold, clear day. Early in the race the course passed through neighborhoods near Rice University, where I used to live. I ignored and blew past the waterstops early in the race – ignorant as I was then of proper marathon hydration. But I was doing fine and had succeeded in pushing the small stone in my left shoe forward to the toe box and it was no longer a distraction. (How do you let stones get into your running shoes?) As I approached mile 15 – because I had never exerted my breathing for so long, I mentally questioned whether I was still breathing at all (I was). In fact, I was still running fairly well. Then as I approached mile 19, I spotted a pothole in the road. There were runners around me but plenty of room to avoid the pothole but next thing I know, my foot was in the pothole and I went down. “DAMN!” I thought to myself (while the runners around me let out a collective gasp), “I just fell off the balance beam” (was dehydration making me delusional as my thoughts went back to college gymnastics competitions when staying on the balance beam was critical!)

Fortunately, the fall just made me MAD. I was not hurt and I was able to get up and roll on. I passed through the 20 mile “wall” feeling okay again but at mile 23 I stopped cold. I just stood there. I wasn’t hurting anywhere – but I was out of gas and dumbfounded as to what to do next as I knew that standing there and not even walking was not going to cut it. Then, slowly (like a possum playing dead until the threat passes), I started moving again and...I finished! When the results came in, I had an age group fifth -- and a 3:43 Boston qualifier.

About a month later (after spending three days in a fetal position recovering from dehydration at Houston), I ran the Cowtown marathon in Fort Worth. It was February 2001 and the course started and finished at the Stockyards which meant finishing on cobblestones and recovering in the stable areas smelling faintly of horses and cattle and you-know-what. The course itself was hilly (an uphill climb to the downtown area and out into neighborhoods) and therefore tougher than Houston. A “mishap” on this race was a severe temperature inversion that occurred at about mile 13. Until then, the conditions had been hot and humid and then suddenly we passed through what felt

like an invisible screen the other side of which was suddenly cool and dry. It worried me to think of hyperthermia if I had to stop and walk, but fortunately, I didn’t need to. At mile 20, I was plenty exhausted; my muscles ached and I feared a repeat of mile 23 in Houston but fortunately that did not occur. At mile 20 I adopted the mind set “hey, it’s just another 10K to the finish line -- you can do that distance, you have done it before many times.....right?” Well yes, but no -- somehow it was not that convincing coming after 20 MILES BEFORE!

But I finished that “milestone” and had another Boston qualifier at 3:45 (3:50 was the standard at the time) and was second place Female Masters and first in age group – mission accomplished!

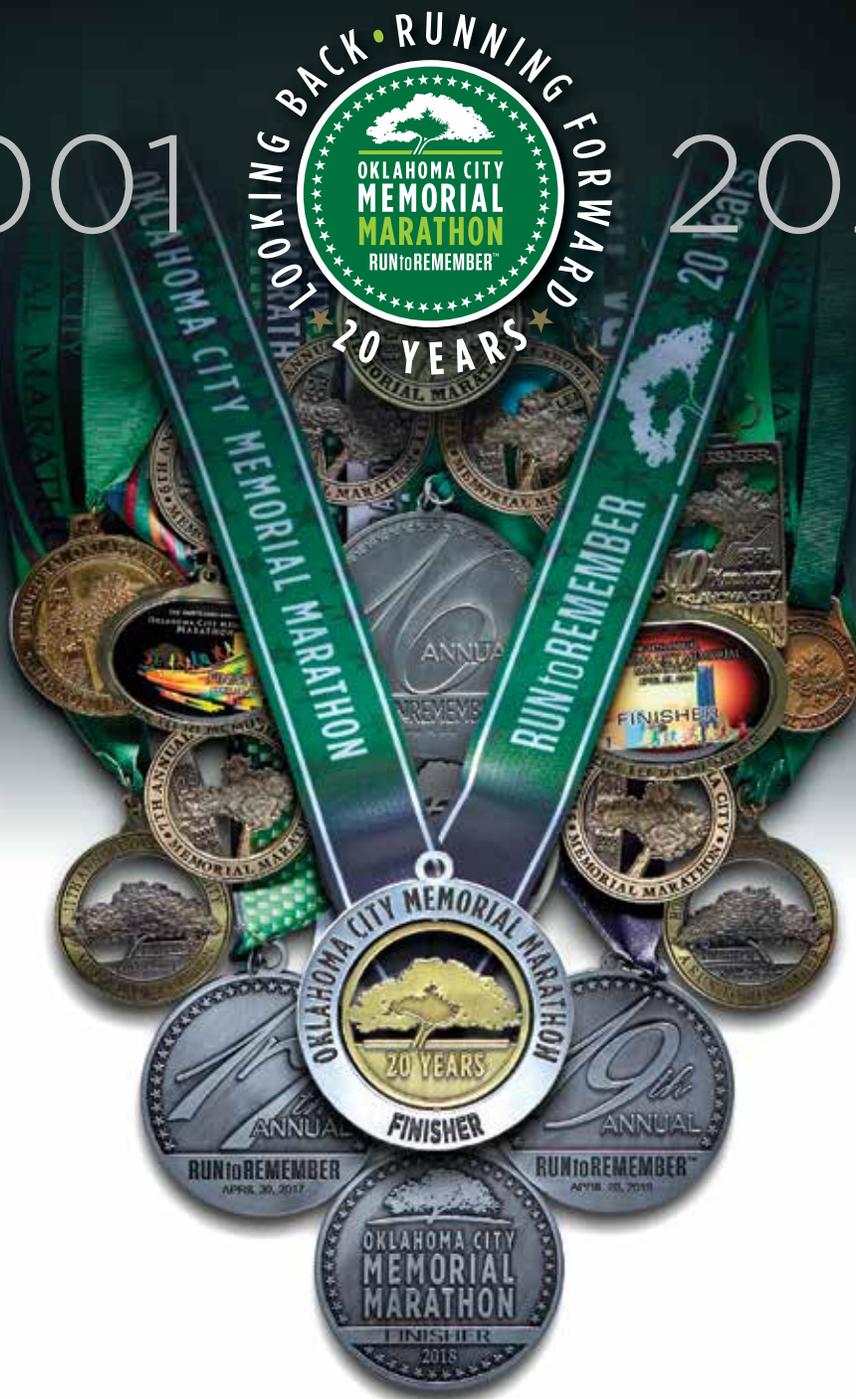
When I ran those first two marathons, I did not have Boston in mind. But then I thought why not register and run it? (The race was in April 2001 which was five months before 9/11 and looking back on my trip it was eerie that when I boarded an American Airlines flight from DFW to Boston, the plane was nearly empty – an ideal plane to have used for 9/11).

So there I was in Boston, about to do my third marathon! But this time, my “mishap” occurred even before the start of the race itself. Although I had always been healthy, as luck would have it, I had acquired a bladder infection! So as I ran, each step for the first few miles was a screaming brain signal that I needed to pee but of course I did not need to pee but that was the grim perception. For the first five miles of the race, I kept my eyes focused on the fencing to the right, looking for a port-o-potty. But then suddenly (with no medical explanation that I ever learned of) the pee urgency LIFTED and never came back. I ran a non-stop marathon with no issues. In fact, it was not until I was sitting on the plane heading back to Dallas a few hours later (un-showered, I truly did not plan this well), that I finally thought that maybe I should find the bathroom.....

Oh and then there’s that somewhere along the course I heard “GO KIM GO” – and I thought “what? That’s crazy! Nobody in this crowd along the course knows me?” A few miles later “GO KIM GO” and I began to think I was becoming delusional again. GO KIM GO from someone else in the crowd further along – and finally, I realized that I had been running alongside the same woman for some time and looked over and there on her shirt in big letters were the words “GO KIM GO”. And finally, there’s “Heartbreak Hill”. I thought I had conquered Heartbreak Hill early on but no, that was just the first of three hills. I did not realize that I had in fact reached Heartbreak Hill until a spectator at the top of the hill yelled out “Congratulations – you made it to Heartbreak Hill”!

Boston turned out to be my best marathon ever – I ran a 3:33:34 – ten minutes faster than my original qualifier and of course another Boston qualifier. Would I ever go back? – heck no – mission accomplished and best to keep the memory of a successful race --- just as is!

2001 **LOOKING BACK • RUNNING FORWARD** 2020  
20 YEARS



## SIGN UP NOW!

Celebrate the OKC Memorial Marathon's 20th anniversary and run with us as we continue to **Change the Course of OKC** with a bigger and better **Finish Line Festival** at the new Scissortail Park.

[okcMarathon.com](http://okcMarathon.com)



**MARATHON HALF MARATHON RELAY 5K KIDS MARATHON**

Proceeds benefit the Oklahoma City National Memorial & Museum





P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

February 2020

PRSRT 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](http://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](http://www.okcrunning.org)**

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



**OKC Memorial Training Runs**  
Every Saturday

**Landrunner Banquet**  
Feb 1, 2020

**Club Meeting**  
Feb 17, 2020

**Panera Beacon Run**  
**25K/15K/5K**  
March 7, 2020

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