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THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2020

Issue No. 288

Beacon 2020 / Pre-COVID 19

By Chuck Mikkelson

What a difference a year makes and this year even a few days. Last year it was 40+ mph winds, this year 45 degrees with 13 mph south winds at the start. Of course the winds were more than 13 mph by the time the last runner finished, but at least it was a tailwind.

Once again we were honored to be selected to host the RRCA Oklahoma State 25K Championship. Panera Bread signed on to be our title sponsor again just as they have so graciously done for many years. Dr. Tom Coniglione manned the medical tent until the last runner crossed and countless club members volunteered from packet pickup to course marshalling. Derrick Crampton and his Select Physical Therapy volunteers performed countless post-race stretching and massages. Mark Bravo volunteered his skills and handled the race announcing duties. Some of our community assistance recipients, Eastside Steppers, Girls on the Run and Autism Oklahoma, volunteered for the water stops. As always Friends of Multisports, Keith McCombs and Dave Woods, handled water stop setup and supplies. Louie's on the Lake graciously let us use their outside facilities for the start/finish area. We couldn't have done it without each and every one of them so give them a big THANK YOU!

If the race would have been held a few days later there would not have been a race at all. The Thunder/Jazz game on March 11, just four days later was the first domino to topple, shutting down all sporting events in the United States for the time being. This race is your club's major source of revenue for the



year. We also try to make it affordable for all with low entry fees and no signup fees. Proceeds are used to give back to the local running community through our community assistance program and support those famously free training runs in the spring and fall. We were very fortunate that we were able to host our run this year and thank everyone who came out and supported us.

2020 Panera Beacon Run Winners
25K RRCA Oklahoma State Champions
Overall – Vincent Bonifay / Andrea McKinney
Master – Vincent Bonifay / Christie Thomas
Grand Master- Doug Ross / Linda Lowell
Senior Grand Master – Danny Ponder / Marcia Walker
15K – Patrick Coleman / Jennifer Johnson
5K – Corbin Galt / Natalie Duggan

President's Message

By Kevin Lynes, Landrunner President

March 7, 2020 was the date of our annual Landrunner race, The Panera Beacon Run 5K, 15K, and 25K. I was unable to attend the race this year due to prior plans to be on vacation joining several graduates from Woodward High School for a Caribbean cruise. More on that later. Race director Matthew Wilcoxon (Willie) informed the board that he would be out of the country on business just a couple of weeks before the race. Chuck Mikkelson stepped in to direct the race and from all accounts I received, he did a fantastic job. I even got an email while on my trip from Dr. Tom Coniglione that Chuck did a great job and deserves kudos - so here goes. Kudos to you, Chuck, for a great job filling in for Willie as race director for the Panera Beacon Run! Being a race director is a tough and thankless job and those who worked hard with Willie and Chuck all deserve kudos as well. Thanks to all of you! It looked like the weather was much better than last year when we had extremely high winds for the race that were so strong it even blew over the port-o-potties!

As of this writing our world is in the midst of the pandemic Coronavirus COVID-19. When I left for vacation things were normal here in the US but we had the possibility of the virus spreading here at home. We were tested before boarding the ship by having our temperatures taken and had to confirm that we had not been in any of a number of countries where the virus was very serious. Anyone with a temperature or who had been in any of the countries were not allowed on board. I felt extremely safe and hand washing was required and use of hand sanitizer was throughout the ship and we had to sanitize before entering a dining room. The staff constantly sanitized hand rails and other areas as well. We started hearing what was happening here at home with stores running out of toilet paper and food products. We were informed on Thursday evening that all cruises would be suspended as of midnight Saturday, March 14 until April 11. Even though we were due to be back in Galveston on Sunday morning, we would be allowed to port and leave the ship. We made it home on time and I feel like we were in the safest place on

earth while on the ship due to the measures the cruise line took.

I was shocked to find out the Boston Marathon was postponed and figured that OKC would do the same, which later they did. I did not know at the time how serious this situation was back home. We have officially suspended our marathon training runs due to the request that no more than 50 (which later was changed to 10) people being in one place at the same time. Our training runs will tentatively resume sometime in June as the OKCMM has been postponed to October 4. The board has decided to cancel our March Landrunner meeting but hope to resume for our April date. I feel bad for any of you who have been training for your first marathon but hopefully you will be able to train with us again for the October event. Runners are really the fortunate ones during this time of businesses closing down temporarily, i.e. gyms, restaurants, OKC Memorial, etc. I am currently working from home until we can get back to normal as to avoid crowds to curtail the spread of the virus. To stay active, we as runners can get out and still run, walk, bike ride, or a number of ways at this time. You can still run with friends but practice "social distancing" when with your running friends. Please avoid shaking hands or any personal bodily contact until this situation passes. We will get through this and get outside to clear your head as to avoid being consumed with all of the news of the day. I have personally decided to distance myself from fellow runners for the time being as you may not be comfortable being close to me due to me having been on a cruise ship while all of these changes to our lives have been occurring.

I wish all of you good health at this time and we will be back to normal soon. Call a friend, facetime with friends and family to remain positive in a difficult time. If you believe in the power of prayer, now is a good time to pray for our nation and the world. I will leave you with a quote from Aristotle. "We are what we repeatedly do. Excellence, therefore is not an act but a habit". Keep running, my friends and we will be seeing each other soon.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
3/21	Shepard's Watch 5K	Postponed to September 12, 2020
3/28	Nate the Great 8 Race*\$	Postponed to June 27, 2020
4/4	Happy Camper Run 5K*\$	Postponed to June 13, 2020
4/5	Redbud Classic 5K / 10K*\$	Cancelled
4/11	Easter Run 5K / 10K*\$	Virtual Run Only
4/18	Celebrate Your Sibling 5K*\$	Cancelled
4/26	OKC Memorial Marathon*	Postponed to October 4, 2020
5/2	Oklahoma Autism Piecewalk 5K*\$	Postponed TBA
5/9	Oak Lake Trail 5K	Depew, OK @ 2:00pm
5/9	Red Day Run 5K*	Postponed to July 25, 2020
5/15	Run for Recognition 5K*\$	708 N Broadway @ 7:00pm Postponed TBA

* Denotes Series Races

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

Landrunners In Action

3/1 ATLANTA HALF MARATHON, GA		
CHRISTOPHER LEE		2:29:29
3/1 LITTLE ROCK MARATHON, AR		
JEFFERY WAGNER		3:20:25
ROBIN GARRETSON		3:37:35
IAN COX		5:15:10
3/1 COWTOWN MARATHON, TX		
JERRY HEPLER		2:32:05 – HALF

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

Should it be Social or Physical Distancing?

By Chuck Mikkelson

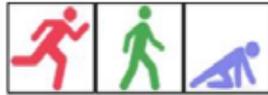
I prefer the term physical distancing. For example, say Willie (fictional character) is in London so we are a safer physical distance from him. I'm not sure one can ever be a safe physical distance from Willie (fictional character). Are we more than six feet socially? I'm not sure how one can be six feet away socially unless you operate your phone, tablet or computer from six feet away? Blocking Willie's social media post would be one way but that would be social disconnect not social distancing. As we are all practicing "social distancing" we need to stay socially connected from a physical distance of six feet or greater.




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
Contact the office with questions at (918)324-5999

SIGN UP TODAY!

A Once In A Lifetime Running Partner

By Tom Coniglione, MD

The ceiling fan was still on when I awoke at 6 AM, sweaty and with a few new mosquito bites. We usually get this wet after a mile or two in the summer heat. As I walked down the steep hill to the street, the heat and humidity made it hard to breathe. The drive was lined with beautiful bougainvilleas, desert cacti, and enormous tropical pothos plants. This place was a delightful tropical paradise.

Once at the street that parallels the beach, I saw several young men gathered off to the left in the doorway of a small store. The storefront was secured with a steel overhead door. Stretching my arms behind my back, I walked toward the bulkhead along the shore. They smiled and gave me manual gestures to start running. Manual gestures were all that we could exchange because they spoke only Creole and I cannot understand a word of this colorful language.

Let me set the stage. It was late May 2003, in Cap Haitien, a city on the north shore of Haiti. We were there as part of a medical mission group to provide health care for Haitians. After arriving in Haiti, we stayed in a “hotel” in Cap Haitien where the electricity usually goes off at 11 PM. Thankfully and exceptionally, they allowed our group to benefit from a little ceiling fan breeze during the entire night. Our eventual destination was a very rural area 40 miles, or 2-½ hours drive on unpaved roads from Cap Haitien.

Before starting a run on a hot morning, we usually like to drink water. With no bottled water available, this run had to start differently. These were not the best circumstances, but a short run would be a good way to see the city.

I started off slowly. There was a palm tree cut into pieces, piled in the middle of the roadway. It was covering a huge hole in the street. Why this one was covered but none of the other holes were covered was a mystery. There was potential for palm trees to cover the entire roadway. The garbage dump was located on the beach about half a mile ahead. I could smell it from the hotel. Near the shore there were rusted hulks of beached ships. The water was as dark as the blacktop of the road.

After about five minutes of wondering how people survive in this otherwise beautiful place, a young man came up from behind and ran alongside me, off to the right by about ten feet. He was young and really lean. This is Haiti, the most impoverished country in the Western

Hemisphere – everyone is lean. Although running at a faster pace, he was hardly perspiring. He was wearing a pair of old tennis shoes, rather worn with holes at that!

At first I did not know his intention. Hopefully it was safe because it was daylight. But this is Haiti where crime appears to be part of the culture. He slowed down and we ran the same pace. He looked to his left at me and I glanced to my right at him. As our eyes met, there was no need for words. This was typical runner communication. He moved closer to me and I moved closer to him. Now we were almost shoulder-to-shoulder. Not only did I feel safe, I immediately felt a bond to this young man.

We ran at an easy steady pace. It was so humid this was not a pleasant run. Quickly, my ear and hands were covered with sweat. However, it seemed he was enjoying running with “blanc,” the name given to white people by the Haitians. So I wanted to run with him a while.

We passed garbage piles, coconuts hanging high in the trees, palm and mango trees, gorgeous colorful plants, women walking with huge jugs of water on top of their heads, and an occasional car passing by.

Once we passed the only Texaco station in Cap Haitien, the road along the beach merged into another road. Now we were on a busy two lane street. There were cars everywhere. Horns beeped warnings. Dense clouds of smoke from diesel exhaust provided a blanket to the humid air. 10-wheel trucks were double-parked.

We darted in and out of traffic and around parked vehicles. With all the traffic and obstacles, it was impossible to maintain a pace. As we ran, my new running partner took the outside toward the traffic. He constantly gestured for me to run on the inside away from the traffic. The gestures were for my safety. It appeared he had run here before and knew how to negotiate this road.

After coming too close to too many cars and trucks too many times, I gestured to reverse directions and return to the beachfront road. Once on the beachfront road again, it was time for this run to be over. I had enough of seeing the sights, enough sweat for a week, enough of the smell of trash and enough of the polluted air. But my friend was enjoying our run. As we passed his friends, they exchanged smiles and words. I could tell his friends enjoyed seeing him running with “blanc.” So on we ran.

See Partner, on page 5

Partner, continued

The pace did not matter. It was obvious that at any moment he could “smoke” me. But covered in sweat and panting almost as hard, he ran with me.

After about 45 minutes of running, we arrived back at the hotel. I gestured I was finished, but he seemed to want to continue his run. I wanted to do something special for him. I motioned to him to come up the hilly drive to the hotel with me. Once at the hotel, the translators were awake and eating breakfast. Through the translators I told him how much I appreciated the opportunity of running with him. He was equally appreciative and even told them I was a good runner. Yeah right! He was the good runner!

An idea struck me. He needed good running shoes. What a great thought – send him a pair of brand new good running shoes! Through the translators I obtained his name and address. After he left still running down the street along the shore, the Haitian translators told me my thought was admirable, but he would never receive my gift. It seems the Haitian customs system would never

permit the shoes to arrive at their intended destination. The box would somehow disappear once it reached customs. How unfortunate!

We take for granted the relative safety of our running trails, the clean air we breathe, clean water, sanitation, availability of good shoes, and the unlimited opportunities and freedoms afforded by our great country.

As runners, we are even more fortunate in so many ways. When traveling to a new city we can run the streets to observe the area. When in a new place we learn about the architecture, customs and culture of an area by running the neighborhoods. Once in a while we even meet a local runner. This time the local runner was a young man with running talent, curiosity, and a generous heart, trapped in a culture destined to stifle him as it had stifled and even destroyed his ancestors. How fortunate we are!

SOMETIMES YOU HAVE TO TAKE A STEP BACK AND REALIZE HOW FORTUNATE YOU ARE.

Recipes to Run By

While we are spending more time at home, we still want something yummy (and healthy) to eat. This is a recipe we ran in our newsletter in 2011 from Adi McCasland. If you have kids, get them involved. And if you don't have all the ingredients on hand and don't want to venture to the store, google recipe substitutions.

Adi's Oatmeal Cookies

1 1/2 cups old fashioned oats
 3 tablespoons unsalted butter, softened
 1/2 cup natural peanut butter
 1/3 cup lightly packed light brown sugar
 2 teaspoons vanilla extract
 2 tablespoons honey
 2 egg whites
 1 cup whole wheat flour
 3/4 teaspoon baking soda
 1/2 teaspoon salt
 1/2 cup coarsely chopped peanuts
 2 tablespoons ground flax seeds
 3/4 cup dark chocolate chips, dried fruit, coconut, or a combination (optional)

1) Preheat oven to 350 degrees & toast oats on a cookie sheet 10 to 12 minutes, stirring occasionally.

2) Mix the butter, peanut butter, sugar, vanilla, and honey until thoroughly combined.

3) Mix in egg whites.

4) Stir together oats, flour, baking soda, flax seeds, nuts, and salt. Add to butter mixture and combine well. Stir in optional ingredients.

5) Bake at 350 8 to 10 minutes

*You can also press this in a 9x13 baking dish and bake for 15 to 20 minutes, let cool completely and you can get crunchy granola bars.



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April 2020

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



OKC Memorial Training Runs
Resuming in June until then
PLEASE
"Practice Physical Distancing"

Club Meeting
TBA

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