

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

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MEDICAL ARTICLE: I NEED A TOPIC (Reflections on a run)

By Tom Coniglione, MD

Soon Chuck will be asking for an article for the next issue of the newsletter. I usually write those articles based upon runners' problems that we have encountered in the office. Because of social distancing, I have not been in the office for more than six weeks; I miss being in the office. Therefore, I have to think about something to write about.

Time to go for a run. While running I will think of a topic for an article; my brain works better when I run.

It is 55°, 7:30 AM, sunny with a light dry breeze from the north. Usually starting into the wind, from my house in Midtown, I start to the north. One-half mile later is Dunkin Donuts at 23rd Street. During the rush hour, there is usually a fair amount of cross traffic on 23rd Street. I usually have to stop to wait for an opening in the traffic flow to cross north. Not today.

Continuing north on Hudson I pass Cheever's and tiptoe over the pavement: patch on top of patch, uneven. I should really be on the sidewalk but those Maple (Sweet gum) tree spiked balls - I've stepped on those before!

At 30th Street, the Wisteria tree is sweetly inviting. No one is at the park. At 36th Street, there is very little traffic.

Turning back south, I pass home and continue. At 15th and Harvey, is St. Luke's day care. Usually by 8 AM parents are dropping off their children. Little ones are everywhere in the playground. For weeks now there have been no children. One of the children was COVID-19 positive.

Continuing south to the intersection at 13th and Harvey, the light was red in my direction. I did not have to stop because there was no cross traffic.

Along the way, there are green recycle bins. Many are overflowing with discarded Amazon boxes. Is everyone shopping online?

Further south on Robinson I stutter step across the streetcar tracks. I know two runners who tripped over the tracks sustaining injuries. I also know a bicyclist whose tire became stuck in a track. He broke two arm bones and had other fractures including a fractured pelvis.

Along the way, two streetcars pass me. As usual, I saw no one on the streetcars other than the drivers. Along my usual running routes, I often pass streetcars. The only time I see people on the streetcars is when there is the second driver or a security guard.

\$130 million for streetcars! Reportedly 4,000 people ride them each day. That figure is hard to believe. Come on! Stop being such a cynic. What's wrong with me?

At 10th and Robinson, by Packard's, there is no cross traffic this morning. There has not been much cross traffic at this intersection for several weeks.

Onward south to downtown. There is no vehicular or foot traffic. This is the morning rush hour. Ordinarily it would be treacherous to run through downtown - down the middle, as I often do.

In the Colcord valet parking area there are typically shiny fashionable cars. Passing the Colcord this morning, there are no cars parked in the drive.

See Reflections, on page 4

President's Message

By Kevin Lynes, Landrunner President

Our world has changed so much in the past several weeks. In the midst of the COVID-19 pandemic we all find ourselves living lives we could not imagine just a few short weeks ago. Some of us have lost jobs, been furloughed, and seen a significant loss of income. Some of us still have our full time jobs and are even busier than ever. The healthcare field is one where workers are putting in more time and busier than ever. My thanks go out to all who are working in the healthcare field and working to save lives. My hope is that everyone is doing the best that they can and even finding a hobby or two while spending most of our time at home. Spending time with family is very important as family is upon whom we can rely on to get us through this time.

The coronavirus has turned our running community upside down as well. When taking over as president in January, I had big plans for meetings and activities for the year. Now with so many races either cancelled or postponed and our training runs cancelled until CDC guidelines allow large group gatherings, we all are having to adjust our running plans for the year. We cancelled our March Landrunner club meeting and have also cancelled our April club meeting to be in compliance with the governor's mandate to not have large meetings until further notice. I have seen on social media a lot of fellow runners' posts where they are staying active and running virtual races, running daily solo runs, cycling, and other forms of activities and cross-training. I personally am on a partial furlough and only working a few hours per week from home so I really have more time to go outside and run. However, I find myself lacking motivation. My normal running schedule is getting up early by 4:30 or 5:00 a.m. and meeting up with running partners to get my run done before going to work. My running partners have kept me accountable for all these years and I know they depend on me being there on time ready to run. Now with social distancing I am running solo later in the day as I see no need to get out early as my work schedule has changed. I also miss our training runs as I enjoy the social aspect of our group runs.

As president I now get messages from fellow runners on our Facebook message board. We get a lot of questions about various topics such as "where is the training run this

weekend" to "how do I qualify for the series race award"? I would like to answer the second question and hopefully clarify for those of you who have questions. First of all, let me explain what is a series race. We have a committee who is chaired by Heather Puckett who receives requests from races to be included in our race series. A series race is one who sends in a request, advertises in our monthly newsletter and is approved by the board. The committee then meets to determine if the race has followed the correct protocol and fits into our schedule by not conflicting with other races or club activities. The committee then puts their recommendations together to present to the board of directors for approval. This is done prior to the quarter to which the race will be run. The reason we approve and post the series races by the quarter is to give races ample time to get their permits, courses certified and approved by the board. Requiring this to be done before the first of each year is unfeasible and unworkable. Now, how do I qualify for the series award? It really is very simple. To be included in the race series just go on our website at www.okcrunning.org and register by clicking on 2020 race series registration. You will have until July 1 each year to register. To qualify for the award, you must complete at least 10 of our series races with at least one of the 10 as a volunteer. Any combination of running and/or volunteering for at least 10 will qualify for the award. Of course, you may run or volunteer for more than 10. One qualification is that you must be a paid member of the Oklahoma City Running Club. Look at the benefits of membership. For only \$20 per year for your membership, you get full advantage of membership including our series races. Most of our races will give a \$5 discount to Landrunners so with four race discounts you have paid for your membership! What a deal! The race series is participation only regardless of how fast or slow you are. It is not a competition only for the fast runners. Participate in 10 or more and you get the award. What a deal! We want you all to come out and run our races and stay active. I'm looking forward to seeing you all out there again soon.

I will leave you with a quote from John Lennon. "Life is what happens to you while you're busy making other plans". Yes, our lives have changed in the blink of an eye. Stay safe and keep active my friends.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
6/13	Happy Camper Run 5K*\$	Norman @ 8:00am
6/27	Nate the Great 8 Race*\$	Lake Overholser @ 8:00am
7/11	OKC Pool Party 5K	Earlywine Park @ 8:00am
7/25	Red Day Run 5K*	Edmond @ 9:00am
8/8	Oklahoma Autism Piecewalk 5K*\$	Scissortail Park @ 8:00am
8/29	Oak Lake Trail 5K	Depew, OK @ 9:00am
9/12	Shepard's Watch 5K	Stars & Stripes Park @ 8:30am
10/4	OKC Memorial Marathon*	OKC Memorial @ 6:30am

* Denotes Series Races

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

Landrunners In Action

What have you been doing during the COVID-19 lockdown?
Send photos and stories to news@okcrunning.org

When Will Marathon Training Resume?

By Chuck Mikkelson

Right now that is a very good question and, as with many future events, we really don't know. If somehow COVID-19 just ups and disappears, training will resume June 13 and everything goes back to normal. Based on the scientific community, that scenario is fairly unlikely.

So what's the plan? If we are still under the guidelines to congregate in groups of 10 or less, then we will recommend you begin training on your own or in small groups of less than 10 and maintain a 6-foot physical distance. Virtual races so why not virtual training? You run whenever and wherever you want – sounds great, right?

What if group size guidelines are increased and we can host training runs? What if the limit is increased to groups of 50? Do we put out water stops? How do we handle the water stops to make sure they are safe from COVID-19 spread? Staggered starting times? How do we maintain 6-foot physical distancing guidelines if required? Should we require face coverings? How do we ban sick runners or runners that won't follow the guidelines?

Of course all of this will depend on CDC guidelines and state and local recommendations. So many questions still to be answered in the weeks ahead. If you have thoughts or suggestions on this, please email us at training@okcrunning.org.



OAKLAKE TRAILS 2020 5K



AANR-SW NUDE RACING SERIES

Postponed to August 29 @ 9:00am

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!

Reflections, continued

The Flint restaurant is where I ordinarily take the medical team to debrief after the OKC Memorial Marathon. Typically, in the morning there are people eating breakfast. Today, it is empty.

Crossing Sheridan, I turned west into the Myriad Gardens. The deep purple tulips are striking. In the next flowerbed, there are variegated red and yellow tulips. Flowers are everywhere. This place is gorgeous!

At the northeast corner of the Gardens, an aroma magnetically draws me closer. I recognize it immediately as a Korean Spice Viburnum. Perhaps I'll run another loop around just to breathe this intoxicating aroma.

Mallard ducks scatter. The Gardens are just beautiful.

Many people are sheltering at home with their children. They often walk the streets of my neighborhood. Perhaps they should drive down to the Gardens. The children will like the colors, the ducks and the (huge) colorful Koi.

Perhaps one more loop around the Gardens.

To the south is Scissortail Park. At Oklahoma City Blvd, I glance to the new finish line for the Marathon. We worked diligently to plan the finish line. Oh sigh! I really looked forward to the races. Just a few months - be patient.

Despite the fact that it is barely 8 AM, there are people in Scissortail Park.

Heading back north I pass the FedEx office on Robinson. There's a sign on the door that no more than 10 people are permitted in the building at any time. Does this constitute social distancing?

Continuing north, I am in the streetcar tracks; there is no traffic. From downtown I can see headlights up ahead at 6th Street. This is a streetcar. The headlamps of the streetcar are closer together and higher than the headlamps of other vehicles so it's pretty obvious this is another streetcar. I can stay in the tracks for another couple of blocks.

Passing the Federal courthouse I come across a running friend who is in street clothes. We have known each other many years. It is so good to see him. I am tempted to cross the street and give him a "High 5." Not today.

First Church brings back memories. Wonderful memories! We have run from First Church many, many times. As I think about those runs I remember being packed in the church waiting for the announcements. Who ever thought about "social distancing?" I can't help but wonder about social distancing for future training runs.

An added reason I like the runs from First Church is that I get to see so many graduates of my office. Smiles, high 5's and injury updates. I really miss seeing runners in the office.

KNOWLEDGE IS POWER

Without testing every person (universal testing), we will not know who is positive for COVID-19.

Not knowing who is positive we will not know about "distancing."

In order to know how to keep our friends, colleagues and families safe, we have to test.

A vaccine cannot come along soon enough.

Will training runs, as we have known them, continue?

We should all be students of history because history repeats itself. With epidemics such as this, history tells us there is always a second wave of infections.

Will we become complacent and return to life as usual too soon?

Continuing north, at 6th Street is the Memorial. Usually at this time of day, large touring busses are unloading children on their way to explore the museum. The Memorial experience will change their lives forever - as our lives have changed. Sadly, the Memorial is empty. Sad.

Along the way the azaleas are in bloom; the colors span the rainbow. There is a dark red one. I'll have to come back and take a cutting of that one; perhaps I can propagate it. Those of you who know me will understand.

The redbuds are losing their flowers and leafing out. The season is changing and the air is warmer. Life has changed and will continue to change. Unemployment, the newly homeless, "distancing" leading to child and spouse abuse, financial ruination for many. This stinks!

After COVID-19, what will **NOT** have changed?

I can't wait to get back to the office.

After seven miles, I have no better idea about a topic than I did at the start of the run. So the medical article this month will simply be reflections from a run. In recent months, all of us have had runs like this.

On your runs, smell the flowers, listen to the birds and see the colors. Sadness from COVID-19 will change life. This can't end soon enough.

I WANT TO GET BACK TO THE OFFICE!

PLEASE BE SAFE. DISTANCE!

TEST TEST TEST



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May 2020

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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



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.