

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

August 2020 | Issue No. 292

Running Across the Pond

By Matthew Wilcoxon

I looked up the trail and all I saw was up. Up, up, and more up and the top wasn't in sight. Taking in a full 360-degree look, I quickly determined that the only other way to go was down the way I came. When I started this run, I knew that it would start on a hill since I had driven into a small valley to get here but I had no idea how long and steep the initial climb would be.

"Are you still interested in an England job?" That one short text message, four months and a world-wide pandemic later and here I am running up a beautiful wooded trail in southern England wondering how much higher I had to climb before reaching the top or dying.

I received that text message on a Wednesday morning back in February and the following Saturday I was on a plane headed for London. It was a whirlwind of closing out an old life and packing for a new one. It happened so quickly I didn't have time to stress about it.

When I was a kid back in south-eastern Ohio and West Virginia during the summer months we used to find small, rural bridges across the Ohio River or one of its many smaller tributaries and jump off them. This is what we did for 'fun'. These were small bridges, only a few feet high but high enough to be challenging to a young kid's courage. It was dangerous but exhilarating and there wasn't much else to do to keep cool on those long, hot, boring days. Standing on those bridges, looking down at the water, I remember forcing myself to not take too long to think before jumping. I knew I'd only find reason not to jump. Jumping off a bridge is a fool-hearty thing to do no matter how much you think about it so I didn't bother. I just climbed up, jumped and enjoyed the fall. I treated this new opportunity in England the same way. If I was going to take it, take it now and just jump without taking too long thinking about it. I just gathered up my courage,

put necessary things in order, and got on the plane.

One thing I could not have known, even if I had stopped to think, was that during my jump into a new life, I would be caught mid-air in a world-wide pandemic. My initial trip to England was supposed to be just three weeks to get to know the new job and people. After this short trip I would return to the US and apply for a permanent work visa. Once I had my visa the company would move me and my stuff to England for a year. For this short initial trip I packed my normal travel bag with just a few changes of clothes and the necessities. I've always packed light because I hate carrying large suitcases through airports and hotels.

I arrived in England and spent my first week at work in a whirlwind of people, schedules, priorities, customers, vendors, and a million other aspects of this new job. This left my head spinning and I didn't have time to notice that the world was on the brink of shutting down. On my second week my company started hinting that travel might be restricted soon. They advised international travellers (me) to start thinking about going home or be prepared to stay in England for a long time. They also told me that the United Kingdom Visa office was shutting down and wouldn't be processing Visas for the foreseeable future. I was left with a big decision. I could return home to the States but my return trip to England would be on indefinite hold and the whole new job could be off. The other option was to stay in England on my temporary Visa, which was good for six months, but I would be stuck here possibly for that entire six months.

I had climbed up on this bridge ready to jump without

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President's Message

By Kevin Lynes, Landrunner President

Another hot summer month has come and gone. Is it just me or is the summer of 2020 the most humid summer we have ever had? Maybe it is just my age as I'm not able to handle the humidity as I used to. In June I was dealing with trying to run in altitude as we were in Colorado for a little over a week. When we left Dillon, Colorado it was 37 degrees and we returned to 103 degrees with high humidity. Stay cool everyone and keep active.

We held a Landrunner meeting outside in June at Bluff Creek and I had planned on another outside meeting for July. However, with rising COVID numbers the board and I decided to forgo a July meeting but we did have a request for Community Assistance that the board approved via the board member forum on our website. With all of the shutdowns this year we have had very limited requests for donations via our Community Assistance Committee chaired by Melissa Brevetti. The Landrunners have donated funds to Santa Fe South School in past years and we got another request for various equipment of which the school was in need. The school filled out our request and the committee brought the request to the board and we approved \$1,613.80 for this low-income charter school in South OKC. Anyone can serve on a committee and I recommend the CAC for anyone wanting to get more involved with the Landrunners. It is very rewarding for those of us who get to deliver the monies to any organization in need and see how our involvement impacts each and every organization that we help.

A few weeks ago, we had a social media request to participate in a video series that Marcie Hines does for local businesses. Marcie and her husband own several businesses in OKC and share videos of philanthropic interests across all genres. Their videos are viewed by over 30,000 people and can be seen on Facebook and Instagram. I was honored to be included in a video with Marcie, who is a runner herself, featuring the Landrunners, who we are, and what we do as a non-profit running club. When the video is available the Landrunners will be tagged so it will be available to us on social media. When I met Marcie, I found out that a run that we have included in our race series, Caleb's Cause is part of the Caleb's Cause Foundation founded by Marcie. I have never run this race and knew very little about the race and the foundation other than they request that runners who run their race bring a package of diapers. Not knowing the reason they want diapers I started asking questions. What I found out is truly inspirational.

Caleb's Cause Foundation was founded in 2012 by Marcie Hines, which started as a calling by God to help children. She named the foundation in honor of her son, Caleb and to get him involved in the local community. I did not know that diapers are not included in the WIC program or food stamps. The Food Stamp Program began in 1939 under President Franklin Roosevelt and was revived in 1961 under President John F. Kennedy. The Food Stamp Act of 1964 was signed into law by President Lyndon B. Johnson which codified and expanded the program. At that time cloth diapers were the only diapers that people used. When

disposable diapers became the norm, disposables were not and still are not covered under the Food Stamp Program. When Marcie told me that lack of diapers is a leading cause of child abuse, I had to find out why. She explained that low income families who cannot afford a real supply of diapers may wash out dirty diapers or even let their babies wear soiled diapers. Babies who spend time in soiled diapers are uncomfortable and cry a lot. The excessive crying sometimes leads to parents losing their temper and that's where the child abuse comes into play. That's certainly something to which I had never given thought. There is a two year basic need for diapers for each child. That's where Caleb's Cause Foundation comes into play.

There have been many food and clothing pantries across the state of Oklahoma but none that have diapers. Marcie's ministry has helped close this gap by providing diapers to 16 locations scattered across the state. Just the 5K and 1 mile run that the Landrunners support has helped several hundred children. Families are able to go to one of the 16 locations and get a one-week supply of diapers at no charge at a time. Since 2012, Caleb's Cause has helped over 10,000 Oklahoma children and the plan is to be able to help over 100,000 Oklahoma children in the next five years. Due to the advocacy of Caleb's Cause, two more foundations have been founded in Oklahoma, one in Ada, and one in Shawnee.

Caleb's Cause Foundation has applications for annual financial grants on their website for those organizations who qualify. They have diaper drive kits on their website as well. For more information on the grants and the applications please visit www.calebscausefoundation.org. One in four Oklahoma children live in poverty and through this foundation these poverty-stricken children and families can be provided diapers at no cost to the families as this is a void in the WIC/Food Stamp Programs. Marcie told me that she grew up in poverty and has a passion for those who live in poverty and this is her way of helping those Oklahomans in need. She is surely an angel!

As I mentioned earlier, I have never run the Caleb's Cause 5K before but rest assured I will in the future. Whether you plan to run the race or not, please consider donating to this very needed cause.

Next month, Landrunner Vice-President Susan Green will be writing her Vice-President message in place of the President's message and part of it will be an introduction to herself. We have featured new board members in the past and given their bios but I don't recall us featuring our other three Landrunner officers. Our other officers are Terra Deupree (treasurer) and Lacey Norton (secretary). Hopefully I can talk Terra and Lacey into introducing themselves in future issues as well.

I will leave you with a quote from Dr. Martin Luther King, Jr. which I'm sure tells of Marcie's faith in launching the Caleb's Cause Foundation. "Take the first step in faith. You don't have to see the whole staircase, just take the first step". Just remember, I love you all! Runners are the best!

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
8/1	Lake Hefner Trail Sweep & Breakfast	Stars & Stripes Park @ 9:00am
8/8	Oklahoma Autism Piecewalk 5K*\$	Scissortail Park @ 6:00pm
8/29	Moore War Run 5K	Moore HS @ 7:30am
8/29	Oak Lake Trail 5K - Canceled	Depew, OK @ 9:00am
9/5	Brookhaven Run Virtual 5K	Anywhere / Anytime before 9/7
9/12	Shepard's Watch 5K	Stars & Stripes Park @ 8:30am
9/26	Down Syndrome Festival & Virtual 5K	Myriad Gardens @ 8:00am
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

Landrunner Marathon Training.....

As you may know, training for the OKC Memorial Marathon resumed on June 13. On July 11 we started running in small groups along a loop course around downtown. Multiple start locations along the loop course have made it possible to physically distance and everyone can refill their hydration at their car. The downtown loop has plenty of shade and Saturday morning street traffic is almost none. Scissortail Park has a Farmers Market on Saturday morning and sometimes free yoga. We continue to encourage you to follow CDC and local guidelines including washing your hands, maintaining physical distance and wearing a mask when distancing is not possible (although we are not recommending wearing a mask while running). We all need to do our part to limit the spread of the virus so we can come together in October for the marathon. Check the website and Facebook as more details will be updated weekly. Send photos and stories to news@okcrunning.org

Virtual 5k

Last Frontier Council
Sweat For Scouting

September 1st-7th

Support your local BSA! Scan the QR for Sign up or go to "bit.ly/Sweat4Scouting" for more info

Pond, continued

thinking but now the bridge had just gotten a little taller and I was being forced to think about the jump. There's a thing about distance runners (ok many actually). We really don't like not finishing. You know that equation, DFL > DNF? Well that's what ran through my mind when confronted with this decision. Returning home and giving up on this new life in England felt a little too much like a 'Did Not Finish' to me so I told my management that I'd stay. I had only a few clothes, no place to stay, I couldn't drive, barely spoke the language (proper English), and here I was committing to living here indefinitely. It became more and more like jumping off a bridge!

I moved into a serviced apartment because I couldn't stay in a hotel and sufficiently distance from others. My office officially closed and I was forced to work from home every day. Every shop, restaurant, and, most importantly, pub closed. The Prime Minister informed us that we were only allowed to go outside once a day for exercise. What a way to say "Welcome to England, Willie"! I had so much to do at work that I didn't mind most of the rules as I didn't have time for shops or pubs anyway. I did, however, bend the rules a bit on the once-a-day exercise. I don't think the Prime Minister took ultra-runners into account when he made the once a day rule. I can go out once a day for a run and it can take all day! So that's what I did. Every weekend I'd take off in the morning and run around the area until late afternoon. It was my way of seeing the area while still almost following the rules.

As any runner knows, running too much too fast only leads to one thing, injury. Sure enough, about three weeks into my stay here my hip began screaming at me. I had over done it and my hip flexor was not happy with my new life. It became so bad that I found myself limping while just walking. I gave up running and was now left with absolutely no justifiable reason to go outside. No runner is a happy person when they are injured and can't run. An injured runner isolated in a new country with no friends or family who can't go outside is completely unbearable! I spent the next two months in complete hell. I worked 10-12 hours a day from my kitchen then slept a bit and did it all over again. I hated my four walls, I hated work, I hated TV, and I was fast becoming feral! I didn't know if or when I'd see people again and I wasn't sure how I'd react when I did. It was quite possibly the worst time of my life and I apologize to all the folks back home who I annoyed. Being injured in complete isolation for a few months did, however, force me to do some soul searching. Boiling life down to the bare essentials, removing some of the little things we take for granted, taught me to discover what really makes me happy. I was forced to look beyond the

things that were really just a distraction and find those things that live solidly and permanently below the waves of the modern life. I, once again, discovered my love for simply being outside moving forward. Injury and isolation reminded me that training plans, PRs, and BQs all ride frivolously on top of my solid love of a simple run in a beautiful place with a good friend. And I longed for these things.

Eventually my hip began to heal, I started to get the hang of this new job, and England started to open up a bit. Honestly, just getting out of the apartment lightened my mood more than anything. Once the Prime Minister said we could start traveling a bit I rented a car and found some nearby trails to explore.

My favourite trail, so far, is in Queen Elizabeth Country Park which is a 1,400 acre park in southern England and is just a 20 minute drive from where I live. It's covered in trails that run through thick forests and sheep-covered open fields. One of my favourite trails through the park is the South Downs Way. The South Downs Way is a 100-mile trail running across southern England. It passes old Roman ruins, picturesque country villages, and some amazing views of English countryside. Having found it in Queen Elizabeth Country Park, I've now decided to explore this trail and run all its major portions across the country. I've also found a race that runs the entire trail. Although the race is cancelled this year due to the virus, I'm already excited about running it next year.

As things start to get better here and my outlook is brighter, I'm given to reminisce about the journey to this point, which brings me back to this massive hill somewhere along the South Downs Way where I began this tale. Jumping into a new life without much planning may not have been the best decision and I ended up on a bigger mountain than I expected. But I'm not sure I would have done it differently if I had the chance. Complacency and regret scare me more than any of the pains I went through getting to this new place in life. I'm just not ready to face life without challenges yet. Forced to put life in a corner and reduce it to the essentials I saw my soul lives on adventure and personal challenge. I may chase a specific goal that brings some worldly reward, but that's just the visible top of the iceberg floating above the surface. Below that is a larger heart and soul driven by an insatiable appetite for living all that this world has to offer. So I'll keep trudging up this mountain and see what's on top. It's not been easy, and it probably won't get easier any time soon, but I'm still moving forward one step at a time and maybe that's the best we can all do right now. Cheers and happy running!

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*Excludes Brooks Hyperion Elite and Hyperion Tempo. Tickets subject to limitations and blackout dates.

“The world breaks everyone and afterward many are strong at the broken places.” (Hemingway)

By Tom Coniglione, MD

In 2010, over a seven week period around the Memorial races, we saw 17 stress fractures. Considering six out of every 1,000 running injuries is a stress fracture that is a “boatload” of fractures.

The COVID shut down took me out of the office for about eight weeks – not sure I should be there now.....

Since returning there has been a trend in the injuries - fractures and lots of them. In the last four weeks, eight stress fractures. Since January 2020 we have seen 15. FIFTEEN!

Not included in this review are three fractures of the fifth metatarsal bone. That’s the fracture suffered by a famous basketball player. He needed surgery. None of our runners with metatarsal fractures required surgery.

One runner was in the back yard when her husband dropped a chaise lounge on her foot. Did someone say doghouse? Another stepped in a hole while running. That twisting motion caused the fracture.

And here are the 15.

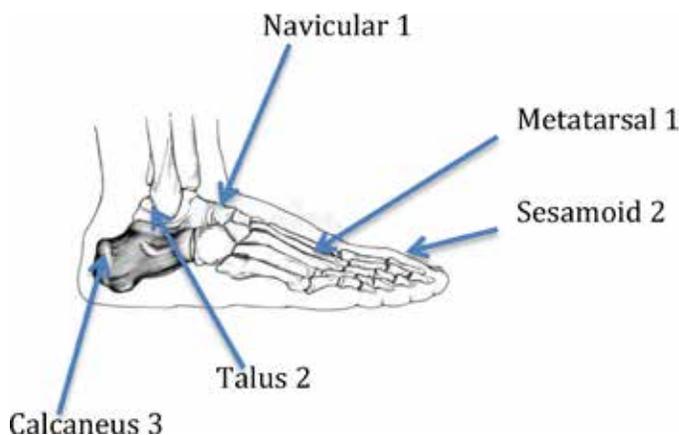
In what we do, stress fractures of the tibia are common. Fractures of the (neck) top or shaft of the femur are distinctly unusual.

The fracture of the neck (top) was in a new runner, running five times a week and doing plyometrics. The fracture of the shaft was in a high mileage adolescent runner. Both were women with normal estrogen.

All the tibia fractures were related to the structure of the foot and/or the wrong shoe for that runner. See last month’s article on shoes.

The foot is a complex structure with 28 bones, 30 joints and too many ligaments and muscles. Any one structure, or a combination of structures, can be injured. The most often fractured bones are the metatarsals: only one so far this year. We like this one because we can often “trick” the fracture and allow the runner to continue running while the fracture heals.

The calcaneus is a large strong bone. Stress fractures of the calcaneus are unusual. We see a couple per year. However, in a few months we saw three fractures of the calcaneus.



Fractures of the talus are very rare. They occur with (major) ankle sprains. Stress fractures of the talus in runners are one of those things that never happen. In our records for the past 10 years we have not had a single one. Nonetheless, now we had two runners with stress fractures of the talus. One was a new runner: too much, too soon. The other was an excellent (medium mileage) runner who was doing plyometrics.

Hemingway’s quote had nothing to do with running. For context, read **A Farewell to Arms**. To go along with a more concrete interpretation of the Hemingway’s quote, once the stress is removed the bone will heal. Over time that bone will regain its strength. Once we correct the reason(s) the fracture happened, recurrence is unlikely.

The background for these fractures was typical (exceeding the 4/40 rule, HIIT programs) and one new cause: “COVID boredom”.

“Running: Fall in love with the process and the results will come.”

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Racing In North Texas...

Back To (Precovid) Normal?

By Kim Andres

Well, no, racing in North Texas is certainly not back to normal! Texas, as we hear on the news, is going, if anything, in the wrong direction on controlling the pandemic in that state which makes normal racing not possible at this time.

But there are pockets of racing activities that have resumed or continued despite COVID 19, in a somewhat normal way. In general, racing in North Texas is most definitely on shut down. The usual race offerings, typically five to ten races each weekend, are either nonexistent or “virtual”.

Three races that have, for the most part, continued in this environment are the Jogger 5K Summer Series, Ricky Cox’s Trinity 5000 Summer Series Thursday and the two monthly races of the Carrollton Runners Club.

In 1979, long before COVID 19 was a thought in anyone’s mind, Dallas race director James Thruston established a 17 race summer series at Bachman Lake in Dallas. The races were held each Wednesday evening at 7:00 p.m. from late May through early September. The 5K distance was one loop around the lake plus a few extra yards as needed to complete 3.1 miles. The races were gun timed without chip mats and James had a timing system with bib tags and spindles that somehow was always accurate. Awards were flat medals without ribbons (small, coaster like squares) color coded for each year.

The race was known (affectionately) for having arguably the worse racing conditions on the planet. At 7:00 pm on summer evenings in Dallas, it was inevitably hot and humid. Adding to the stifling air quality was the noise and pollution loads from planes flying low overhead on descent for landing at nearby Dallas Love Field.

James retired from race production a few years ago but his series, with modifications, was resumed in recent years by long time runners Ken Ashby and Linda Kelly. This year the series extends over

17 weeks through September 2. With COVID, races are free and start times are staggered. Runners time themselves and report their times to Ken. Times are listed on a modest website. Runners are rewarded for persistence: upon running six races, the runner earns a shirt or singlet; and by running nine to 12 races, the runner gets a plaque.

Ricky Cox’s Trinity 5000 Summer Series has also continued this year despite COVID 19, but with modifications to meet safety considerations. The races are on Thursday evenings at 7:30 p.m. (hot, hot) over 12 weeks. They feature a 5K and free kid’s 1K. The course is run on the Trinity Trails in Fort Worth and runners earn points by age division showings which are accumulated for series awards. To accommodate COVID 19 concerns, the race is chipped, allowing for staggered starts. Runners are encouraged to maintain social distancing both before and after completing the race.

Carrollton Runners Club races, including two events per month, have continued (with a few early cancelations) during the pandemic. The “prediction” 5K race is on the third Sunday and the competitive one mile and 5K are on the last Sunday of each month. Perhaps because the races are on Sundays, the number of runners attending any given race is relatively small, allowing the race director (Ruben Saguil) to continue the races during COVID 19 with safety modifications. Runners are chip timed and therefore able to start the course at staggered times and masks and social distancing are observed.

Needless to say, nothing is the same about racing in North Texas during COVID 19, but there are at least a few venues that have continued to present races, with modifications to accommodate COVID 19. Like runners everywhere, however, including runners in Oklahoma, runners in North Texas hope for normalcy some time soon.



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Lake Hefner Trail Sweep
August 1st @ 9:00am

OKC Memorial Training Runs
every weekend

PLEASE
"Practice Physical Distancing"

Club Meeting
TBA

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