

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2006 - Issue No. 122

Excitement of the Boston Marathon

by Bill Goodier

Looking down at my watch, it's 3:12 and I have just passed the 23 mile marker. My chest is tight, I am fading fast and it's getting harder to run. I have to stop and walk, but I continue on. Then I feel a hand on my shoulder. It's Troy Banks (my training partner). We start joking and encouraging each other. I look at my watch again and wonder if we will make it to the finish line in less than four hours – 11 minutes. The mind is willing, but the body refuses to cooperate. As Troy and I continue, he gets me laughing by running circles around me (literally). I ponder the sacrifice and training which got both of us to this moment. I know am blessed to be running in the most coveted marathon in the world – the 110th Boston Marathon.

After completing the 2005 Oklahoma City Memorial Marathon, I realized maybe I could qualify for the Boston Marathon. I decided to get serious about my training. I started re-

viewing my running logs, reading about different training methodologies, and seeking the advice from local experts. While reading *Runner's World* (Aug. 2005), the

title of an article caught my attention – The Less-Is-More Marathon Plan. The plan devotes three days a week to running. I decided to give it a try. After several weeks,

I noticed a big difference in my speed – at all distances. I was getting faster and stronger running three or four times a week (depending on local races).

Troy and Donna Banks convinced me to train for the Freescale Austin marathon. Troy and I started meeting on Tuesdays (10 miles), Thursday (6 miles) and Saturday or Sunday to do our long runs. My qualifying time (3:15) is five minutes faster than Troy's. Therefore, we would start out together and then move into our respective paces. In February, Donna, Troy and I drove to Austin in the freezing rain and snow. When we finished the marathon, we had achieved our



Awaiting the start of the April, 2006, Boston Marathon are, standing left to right, Landrunners Bill Goodier (3:55), Carlie Wellington (3:40), Trey Cone (3:06), Tiffany Cone (4:01), and John Oseland (3:05). Kneeling are Donna

Banks (4:12) and Troy Banks (3:55).

(See Boston, pg 5)

Landrunners: Planning, Preparing... and Training!

A huge thank you goes out to Clyde Stevens, Ted Withrow, and Dana Campbell Sternlof, of the Edmond Running Club for organizing the May 22nd social for the area running clubs. The food was great and the turnout was standing room only. We all look forward to more joint activities among the area running clubs. It was also announced at the meeting that The Runner will be sponsoring a training program this summer for preparation for the fall marathons. Brent Gaddis of The Runner will lead the effort with Jack and Sherry Rector serving as advisors and handling email communication.

The By-Laws committee met recently and is proposing several changes in the By-Laws. Those changes will be voted on by the membership at the July 17th membership meeting. The proposals include: changing the official club name to include the words "The Landrunners", moving the election of board members from November to October, moving the election of officers from December to November, requiring the approval of a majority of all board members to disburse money, and changing the date from February to January for the presentation of a

budget by the President. Don Smith is to be commended for his efforts as the chairman of this committee.

The Fall Awards Banquet Committee also met this past month and began planning our fall event. It looks like the event will be on November 18th, so mark your calendars now. We have several members working on this committee under the direction of Marie Breshears and they will be providing us with more details as plans progress. Participation will not be limited to our club members. Anyone interested in running and all area club members are welcomed to attend.

This month's meeting will be another social gathering at the home of Deb and Steve Johnson. Burgers will be provided and everyone is asked to bring a side dish or dessert. I look forward to seeing everyone there.

Good running to all,

Bill Snipes
President

Upcoming Landrunners Social/Meetings

June 24th June Social

6:00 pm at the home of Steve & Deb Johnson (see map below).
The Johnson's will supply burgers, bring a covered dish or dessert.

Steve and Deb Johnson, 5600 NW 103rd Pl, Oklahoma City, OK 73162-6987
Home Phone: 722-8560



July 17th July Meeting

Club Meeting at Ingrid's Deli. Dr. Mike Kelly of Stillwater will be our guest speaker.

Tracey Rose: A Rose Is Still A Rose...

If I were going to design the ideal kindergarten and elementary teacher it would be quite easy. I'd start with Tracey Rose and tweak her here and there . . . nah, I'd just take her exactly as she is. Always cheerful and happy Tracey has taught kindergarten and elementary school in the Putman City district for the past 13 years. Tracey was born and raised in Ohio it has again been Oklahoma's good fortune to be the beneficiary of a wonderful family being transferred here.

Far removed from her days as a sprinter on the high school track team Tracey decided to take up the challenge of the marathon. Tracey marveled that a good friend of hers had completed the OKC Memorial Marathon, and it was because of that friend's belief in her that she took up the challenge. Having never run more than one mile, in December of 2003 she began her solitary training. Despite an appendectomy in January, a sprained ankle in February, and pneumonia in March, she completed her first marathon in April of 2004. The following month at the Gusher Gallop, Sherri Rector approached Tracey, introduce herself, invited her to sit with some of her friends, and Tracey left behind her days of solitary running.

In the past three years Tracey has become one of our most improved runners. She believes that running has improved all areas of her life . . . physical well being, less stress, better parent, better teacher. In addition to running she cross trains with weights, aerobics, and spin classes. She loves all kinds of mu-



sic and travel (anywhere there is a beach and the sun). And, by this time next year we'll all be addressing her as Dr. Rose as she is on schedule to finish her PhD in December. "A rose is still a rose by any other name."

24th Annual Bell Cow Run 2nd Annual Bell Cow Corporate Cup

Saturday June 17 2006
Chandler Oklahoma
Tilghman Park

- 7:30 am start time
- 10K and 2 mile
- USATF sanctioned course
- \$100 prize to top male and female runner in 10K
- Trophy to top male and female runner in 2 mile
- Medals to top 3 finishers in each age category
 - \$12 entry fee \$8 for t shirt or tank
- Corporate cup will consist of a 4 person relay ran on the 2 mile course.

Entry fee is \$100 per team and includes a t shirt for each participant.

Winning team receives the Bell Cow Corporate Cup which is a large traveling trophy to be displayed for the upcoming year.

**FREE TICKET
TO REDHAWKS GAME
FOLLOWING RUN!**



**5K RUN ENDS
ON HOME PLATE OF
AT&T BRICKTOWN BALLPARK**

For more information on how to register go to www.limbsforlife.org or call 405-843-5174.
We're not asking for much...just an arm and a leg.



TULSA WORLD **ROUTE 66 MARATHON**

Tulsa, Oklahoma - November 19, 2006

EARLY BIRD SPECIAL

Be one of the first 250 to register online and you get to keep your bib# for life!

Full Marathon • Half Marathon • Marathon Relay

Make Our First Marathon YOUR First Marathon

The Inaugural Tulsa World Route 66 Marathon will start and finish in beautiful downtown Tulsa. Runners will travel on Historic Route 66, along the Arkansas River, through Main Street Jenks America, past the Oklahoma Aquarium and through the classic sidewalk cafes of Brookside.

From the Classic Car Parade which will travel the marathon course 30 minutes ahead of the runners to the vintage aircraft flyover at the start, the day will be filled with excitement and entertainment. Get involved in this historic event. Sign up to run or volunteer at www.route66marathon.com

Sunday, November 19, 2006 - Tulsa, Oklahoma
REGISTER ONLINE @ www.Route66Marathon.com

TULSA WORLD

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United Way

(*Boston, continued from pg 1*)

goal! We all qualified for Boston. Troy and I registered for Boston before checking out of the hotel! Donna was already qualified and registered.

There are so many variables for a successful marathon. The famous Hopkinton to Boston course is getting the better of me. After rounding the corner from Hereford to Boylston, Troy and I realize we are going to finish in less than four hours. We summon all we have and press towards the finish line.

I had a great trip to Boston. On Friday, my parents and I did the Freedom Trail walking tour of Boston. The trail starts at Boston Common and ends at Bunker Hill. There are over 15 historical sights along the trail. On Saturday, we went to the expo at the Seaport World Trade Center. The expo was crowded. It was wall-to-wall people - over 200 exhibitors and 75,000 attendees. Then for lunch, we stopped to see Norm and the gang from "Cheers." We ate in the "Back Room."

On Monday morning, Donna, Troy and I rode one of the official school buses to the athlete village in Hopkinton. I was amazed at the number of runners. The three of us were able to meet up with Trey and Tiffany Cone, John Oseland and Carlie Wellington. We had about 3 hours until the start so we tried to get some rest.

Troy and I were able to start together. We tried to keep our pace slow, but the down hill start and rush of other runners made it difficult. We ran together until getting separated at one of the water stations. Soon, I could hear a dull roar. As I rounded the bend, I realized it was the girls of Wellesley College! Though I had heard all the stories, I was still amazed. There were so many young ladies with signs saying, "Kiss Me!" and screaming at all the runners. It took a minute or two for my ears to quit ringing once I got past them.

After passing through Wellesley and the Newton Hills, I

headed toward the infamous Heartbreak Hill. I knew my parents would be there. They were to take the subway ("T") to Boston College and walk to Heartbreak Hill to watch the marathon. There were so many runners and spectators, I was not sure I would be able to find my parents in the crowd (or is that vice versa?)... Anyway, we spotted each other. It turns out they were able to get some great pictures and video of the lead runners, Trey Cone, me and Team Hoyt.

As Troy and I approach the finish line, I can feel the tears forming in my eyes. I am flooded with so many emotions; I cannot believe I have run the Boston Marathon. This has been the most amazing race ever! Trying to describe it with words will never do it justice.

On Tuesday after the marathon, my parents and I drove to Plymouth and Cape Cod. We walked around Plymouth sight seeing and being typical tourists; then we drove to Cape Cod for lunch. My father found a nice restaurant which overlooks Cape Cod Bay complete with a lighthouse across the bay - a perfect finish to a great week.

Needless to say I had a wonderful trip. I don't have enough room to thank everyone, but I would be remiss if I did not thank Jack and Sherri Rector for their support and encouragement to the OKC running community; Troy for pushing me to new limits; Donna and my wife, Joyce, for their encouragement and understanding while Troy and I spent countless hours training together.

I ran the Boston Marathon in memory of Steve Lanier. Steve was my youth pastor when I was a teenager, a mentor, and close friend. He was also an avid runner. Many times when I am running I think of him. Steve died in an automobile accident at the age of 47.

Most of all I thank God for the gift of running and the freedom I have to enjoy His creation. Dream BIG and never give up. Happy Running! And keep those legs moving. Oh, for the record...Troy and I finished in 3:55!

Board Member Profile: Marie Breshears

Marie Breshears is a member of the board of directors of the Oklahoma City Running Club. She has been a club member about 15 years, and has served multiple times as secretary. 5km is her favorite running distance and her favorite races are Great Rat Race at Watonga, Sooner State Games, and Red Bud. She is in the state record listings for age group records at 5km and 8km. Marie has been active as a club volunteer for races and was Chair of the '05 Awards banquet. She has a son and daughter age 23 and 16.



A RUN TO REMEMBER

by Anne Wright

A few weeks before the marathon, I injured myself on a treadmill and strained muscles in my legs and hips. They were still hurting pretty badly the day the marathon came. Should I run? I had worked so hard for 16 weeks, running over 500 miles in preparation. I had to try to complete the marathon, in spite of the pain. I was running with Sandy Pace, my wonderful friend whom I had trained with those many weeks and had run last year's marathon with.

Sandy and I were running strong for the first part of the race. We were ahead of ourselves from the 2005 race by 8 minutes at the 10k split. Bypassing the bathrooms really helped! Our lead on ourselves from the 2005 race was 10 minutes at the 15k split. We never stopped at the bathrooms until the halfway point. We were proud of that! But it was about the 15k that my muscles, which were already sore, started to rebel. At that point I knew, in reality, I should quit the race.

When we started to run again, it was horrible. I tried hard to push through the pain, but when we got to Lake Hefner I had to slow down to running 5 minutes and walking 1 minute. I could barely tolerate the 5 minutes. I tried to talk Sandy into going on without me and I would just limp in, but she wouldn't leave me. Now that friendship right there is worth any marathon medal to me, to have a friend that will stick by me like that. She sacrificed her own good marathon finish time for me.

My friend Dawn Belflower had called me on my cell phone when we were at the half. When she heard how badly I was struggling, she put on her running gear and came to join us at the 20 mile mark as a "bandit". Sandy and I had a lead on ourselves of 6 minutes at the 20 mile mark, but the pain in my legs was overpowering.

At mile 23 I realized I was losing my mental focus when, as we passed a spectator in a Texas Longhorn's T-shirt, I instinctively flashed the upside-down 'Hook 'Em Horns' sign. Dawn was afraid she was going to have to defend me. But we made the turn east without incident and hit all those hills in the neighborhood. My quads and adductors/abductors were so tightened that it took massive energy just to move my legs.

With a mile left to go, I said I couldn't run anymore. I told Sandy to run ahead and finish, but Sandy refused to leave me. She said, "We started together, we finish together." Then Dawn put her hand on my back and said, "Keep running," and literally pushed me up and down those hills, with Sandy right by my side, to the finish line! It was actually pretty funny, but probably not legal. Sandy and I finished the marathon once again!

Hooray!

It was a thrill, of course, to finish another Memorial Marathon. But the best thrill was discovering that I have a friend who will stick by me even if it means putting aside her own goals, and a friend who will show up to give me a push in the right direction.

Memorial Marathon 2006 definitely was "A Run To Remember".

(Editor's Note: Anne and Sandy successfully completed Memorial Marathon 2006 in 5:21.)



Anne Wright, left, and Sandy Pace at the finish of Memorial Marathon 2006. (Candid Color Photograph)

Are You Fall - Winter Marathon Training?

Where are you running your fall-winter marathon this year? October 22, Wichita? October 22, Chicago? November 5, New York? November 19, Tulsa Route 66? December 2, Memphis? December 10, Dallas White Rock? December 10, Las Vegas? January 7, Disney World Orlando? January 14, Phoenix Rock N' Roll? Or...enter your favorite fall-winter marathon here: _____.

The first-ever fall-winter marathon training will be sponsored this year by The Runner, 9644 N. May, Brent Gaddis, manager, and coordinated by Landrunners Oklahoma City Running Club. "No matter when your late 2006 or early 2007 marathon is, come join us in training runs. Run as long or as short as you wish, but do plan to come and be a part of the metro running community," Gaddis said. "There is no charge for the training and all runners are welcome."

Gaddis says the Landrunners 16 week training schedule will be used. "To get the full 16 weeks of marathon training we start July 30, with most short weekly runs on our own, and first group long run August 5. Runs will be held various places throughout Oklahoma City so if you have a favorite long run just let us know before July 30," he added. Gaddis says that he and The Runner crew will provide water stops every three miles. Long runs will be early on Saturday or Sunday mornings, depending on where the runs are held.

To get on the marathon training mailing list for more information and to receive a copy of the 16 weeks Landrunners marathon training schedule, e-mail Jack & Sherri, tworunners@cox.net.

2006 OKC Memorial Marathon Beneficiary

More than 10,000 runners participated in the 6th annual Oklahoma City Memorial Marathon, running through downtown Oklahoma City, north to Lake Hefner and back again. The Oklahoma City National Memorial & Museum is the beneficiary of funds raised through the marathon events. The marathon has contributed more than \$320,000 since inception to benefit the Memorial & Museum.

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8km 3km Fun Run

7:30 am: 8 km and 3 km races 9:00 am: Children's Fun Run

**Deaconess Hospital between
Rockwell & Council on N.W. 23rd**

ChampionChip Timing

Entry Fees:

**\$17.00 Pre-registration, postmarked by June 30
or register at *Ron's Sports World* or *The Runner* June 26 - July 1**

\$20.00 Day of Race (t-shirt included)

Race day registration begins at 6:30 am

Awards

8 km awards 5 deep in some age groups

3 km awards in 5 year age groups

Mail generic race entry form in center of magazine to:

Ron's Sports World, 7801 NW 23rd, Bethany, OK 73008

For information contact Ron Kuykendall, 405 495-8586

Ronssportsworldinc@yahoo.com



Ron's Sports World





July 15, 2006

7:30 a.m.

5K & 1 mile Fun Run

Start and finish at Ridgeview and Winston
(Ridgeview is located off of N. May Ave., between Britton Rd. and Hefner Rd., turn east on Ridgeview to Winston)

All proceeds benefit

Special Olympics Oklahoma

Awards to top male and female runners
And top 3 male/female in standard age groups

Three easy ways to register:

In person at
The Village Police Dept.
2304 Manchester Dr.

In person at
The Athlete's Foot
7431 N. May Ave

Online at
signmeupsports.com

Race packet pick-up will be at The Athlete's Foot
On July 14th between 5p.m. and 7p.m.
Or on race day at the starting line.

For further information call 751-9569, ext. 234



Weichert Awards: The Landrunners Oklahoma City Running Club presented scholarship money to children of the Oklahoma City police, Thursday, May 25, 2006. The money was raised through a 5 km race that the OKC Running Club helps sponsor, the *Downtown In December*. Pictured with the recipients are Don Garrett, Race Director, David Oshel with Dominion (the naming sponsor of the race) and Bill Snipes, president of the club.

4TH ANNUAL
IKE HIKE
AUGUST 12, 2006

New USATF Certified 5 Km Course
USATF Sanctioned Event
Eisenhower Elementary
1415 Fairlawn Dr. in Norman
(NE of 12th and Robinson)
Awards, Refreshments, Prizes
Race day registration begins 6:15 AM
Packet pick-up August 11, 4-6 PM @ Eisenhower
Time: 5 Km 7:30 AM; 1 Mile 8:15 AM
Fees: 5 Km \$16.00 or have your own chip \$15.00
1 Mile \$1.00 No Shirt
Register online at www.signmeupsports.com or
Mail to: Ike Hike
3004 Highland Glen
Norman OK, 73069

(*Must be postmarked on or before Aug. 7)
For more information: call 405 360-1003
Visit our Website <http://www.norman.k12.ok.us/140>
Email IkeHIke@yahoo.com

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Farewell: A farewell party was held in May for two prominent members that are leaving Landrunners and Oklahoma City this summer. Runner Chris Knott-Craig and wife Danese will be in Birmingham, AL. Runner Chris is the celebrated Professor of Surgery and Chief of Pediatric Cardiac Surgery at OU Medical Center. His new appointment is Professor of Surgery and Chief of Pediatric Cardiac Surgery at University of Alabama Birmingham. The UAB medical facility is the premier cardiac unit in the United States. Canadians Chief Warrant Officer Dan and runner Laurie Dietrich are returning to Ottawa, Ontario, after three years in OKC. Warrant Officer Dan at Tinker AFB was the Canadian Component Chief Warrant Officer. At Ottawa Dan will be the Canadian Expeditionary Forces Command Chief. Runner Laurie says Landrunners will be a hard act to follow and with cooler temperatures she hopes to improve her running times by fall. The party was held at the home of Jeff and Karrie Beardsley.



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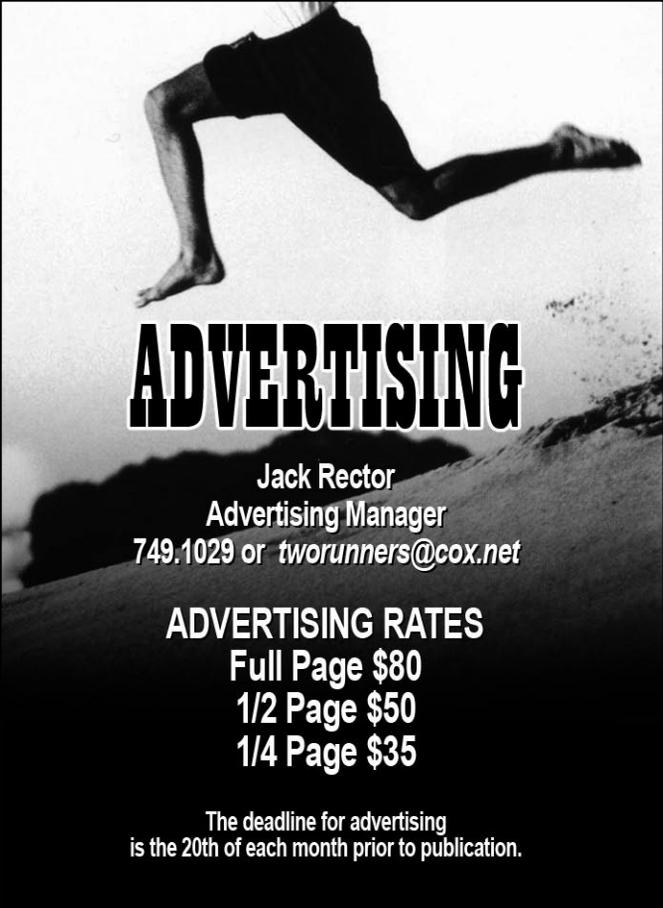
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