

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2007 - Issue No. 137

## A MARATHON DOWN UNDER!

by Tom Briggs

In a certain symmetry with my previous foreign trip (to Dubai), this one started with a flight to the Coast, West this time, again followed by 14 hours in a jumbo jet, now to the West and South, ending at Sydney, Australia. I was on my way to run the Gold Coast Marathon, and to complete my aim to run a marathon on all seven continents!

The first few hours were nerve-wracking. My flight was 2 hours late leaving OKC, with only a scheduled one-hour layover at DFW! So we were 2 hours late getting into DFW, but because of storms

there, everything was running behind; my flight out was 2 ½ hours late so I made it OK. Fortunately the itinerary had a 4-hour cushion before the next leg out of LAX, so that was okay too. Whew!

Again the trip was arranged by Marathon Tours. I met the group (about 40) and the trip leader at LAX, and we traveled together. This was June 25, and we arrived at Sydney the 27th, having skipped a day due to crossing the International Date Line. Had to adjust my calendar accordingly. Confusing!

I have been asked, how do you pass

the time on such a very long flight? Some sleep. Unfortunately, I can't, or not much. So I read (I bring a paperback or two with me), or do crossword or Sudoku puzzles. And on these big planes, there is a variety of movies available. I always try to get an aisle seat, so I can get up and walk around every hour or so. This is especially important for me, as I had a DVT (blood clot in the leg) some years ago, and am at risk of a recurrence. I take Warfarin (an anti-coagulant) religiously, and wear an elastic

*See Down Under, continued on page 4*

*Pictured Left to Right: "A Welcome Sight" -- just before I crossed the finish line, Me right after finishing.*



# *Early Fall Emerges After Loud, Packed August*

August used to be such a quiet month . . . not anymore. This year there were at least five races in the OKC area, plus the Lighthouse Triathlon . . . a busy month indeed.

In addition to the races, Michael Moberly with Body Rock in Casady Square was the featured speaker at the August club meeting. I was out of town on a much needed vacation and missed the meeting. The feedback I received was that Michael gave a very useful and informative talk on how our thinking affects our running performance.

Cara Rogers and Kresta Logan have agreed to be the Co-Chairs of the Landrunner sponsored aid station at this year's Redman Triathlon. They'll need several volunteers to staff the station and aid those folks undertaking this grueling event. Please contact one of them if you can help out.

We'll take a break from our regular monthly membership meetings in September and meet at Tom Brigg's home in Arcadia on the September 29th for our annual end of the summer social. This is always an enjoyable event with lots of great food and a great rural setting. Be sure to get directions to Tom's house from the announcement in this newsletter.

The 2007 Nominating Committee, Chaired by Paul Lekawski, has been meeting in order to develop a slate of candidates for the 2008 board of directors election. Paul has included an announcement in this newsletter about the election which will take place in October. Be sure to attend so you will be able to vote. If you have a candidate that you would like to see on the ballot, please contact Paul.

**MARK YOUR CALENDAR** – This years Fall Party has been scheduled for Friday, November 16th at the Arcadia Round Barn. Last year's party was a big hit and we're expecting this year to top it. The party will again feature a dinner catered by Kamala Gamble, a few recognition awards, and just possibly another surprise guest. Mark your calendar now and watch for a big announcement in the October newsletter.

Good running to all,

*Bill Snipes*  
*President*

## **New Landrunner Members**

David Wrenn, Jessica Knipp, Nathan Knipp, Pam Cook, Roger Jacobi, Chad Ferrell

## **Upcoming Landrunners Meetings/Socials**

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
Sept 29	Social	Tom Briggs' Home, Arcadia	-
Nov 16	Fall Party	Arcadia Round Barn	-

## Wichita Mountains Wildlife Refuge

# 5 USATF races

October 13 - 14, 2007

Mountain Marathon

Marathon Relay

Holy Half Marathon

Big Rock 10K

Mount Scott 5K

**CHAMPIONCHIP®**

**Timing**

Southwest Oklahoma  
**CANCER CENTERS**  
Altus • Lawton • Duncan

Got the  
SPIRIT of  
SURVIVAL?  
WE do!  
the RACE  
IS ON.



The Southwest Oklahoma Cancer Centers are pleased to announce the second running of the Spirit of Survival Marathon. This incredible, one-of-a-kind racing event offers several unique and challenging racing events sure to appeal to the most avid runners and wildlife enthusiasts. Featuring 5 USATF certified races, this event offers some of the most challenging racing opportunities of a lifetime, in the beauty of a national wildlife sanctuary teeming with buffalo, longhorn, and hundreds of native species roaming free. The Spirit of Survival Marathon is the **only** USATF certified race approved to run in the National Wildlife Refuge System with four of the five races running almost entirely through the expansive 60,000 acre Wichita Mountains Wildlife Refuge! Other non-competitive races include the Super Kid's Marathon, a perfect opportunity for parents and children to spend quality time together, and the 5K Spirit Walk & Family Fun Run, which honors and supports survivors and all who have battled cancer.

Southwest Oklahoma Cancer Centers  
**Spirit of Survival  
MARATHON**  
Wichita Mountain Wildlife Refuge Run

For more information, call (580) 585-5406 or go to [www.spiritofsurvival.com](http://www.spiritofsurvival.com)

*Down Under, continued from page 1*

compression stocking (this I also usually wear running).

So on arrival in Sydney I was very tired. But I have found the key for avoiding jet lag: keep moving the first day, in bright daylight if possible. To nap is fatal! Then I go to bed at the normal time, get a good night's sleep, and feel fine the next day.

We spent 2 days in Sydney, a place with much to offer, and one I'd like to get back to sometime. Took a bus tour of the city, rode on the monorail, looked out over the Tasman Sea, saw the iconic Opera House from a distance (next visit, if I ever return, I want to see more of it), learned about opals, the national gem (good ones are very pricey). I even went for a 3-mile run.

To get to the region of the marathon required another jet flight north to Brisbane, followed by a tiring bus ride to Surfers Paradise, part of the Gold Coast. This is a holiday destination for upper-class Brisbane residents, and may have gotten its name from the wealth there, and the resulting fancy real estate development.

July 1— Race Day! The start was right at dawn. First an out-and-back south, then an out-and-back north. All along the course through this resort area, one side was lined with huge modern condos and hotels; the other side was the beach along the Pacific Ocean. I can't remember ever running a marathon under such absolutely perfect conditions! Clear, cool at the start, warming later (but not too much), no wind, sunny all the way. I took only water, deciding to skip the gels and sports drinks. Stopped occasionally to take a few pictures. Finished in 4:57:15 (gun); 4:55:08 (net); 8/15 in my age group, 2137/2629 overall. So now I'm a bona-fide member of the Seven Continents Club!

Just one slightly tight spot: because I was toward the back of the

pack, at one point I overlapped with a 10-K which was partly on the same course. Have you ever looked ahead to see hundreds of 10-K-ers spread over the entire road, charging full speed straight at you? Fortunately there was a grassy border, which I could run on for a hundred yards or so.

The following day our group took another jet to Cairns on the northeastern coast, and spent a couple of days at nearby Port Douglas. We rode on a narrow-gauge train into the mountains to Kuranda, a village up in the rain forest (you can see a picture of the train, and other scenes, if you Google Kuranda). Then back to the lowland by riding in a cable-car gondola, from which we had spectacular views, and could look down into the jungle at close range. Later we learned something of aboriginal history, art and culture. I practiced throwing a boomerang under the supervision of native guides; I also wielded a spear using a spear thrower.

Port Douglas is the area of the Great Barrier Reef. Next day we took a ride in a big catamaran for a couple of hours to an island, where some went snorkeling or cruising in glass-bottomed boats to examine life on the shallow seabed. I found out that much of the sand thereabouts results from parrotfish chewing on the coral, and excreting the mineral residues. In other words, the sand is largely parrotfish poop! Returning, we had a nice buffet lunch on the ship, and were entertained by a singer-guitarist, who included in his program, of course, *Waltzing Matilda*! This is the unofficial national song of Australia, and one of my favorites. Made my day!

Finally on July 5, a horribly early start for the first of (for me) four jet flights: to Sydney, to LAX; to DFW; to OKC, arriving home after about 30 hours on the same day I left. There's that Date Line again!

*Pictured Left to Right: Part of the course at the Gold Coast Marathon, and Sydney Harbour, the Harbour Bridge, and the Opera House.*



 **ROUTE 66 MARATHON**

Route 66 Marathon  
November 18, 2007



*photo courtesy Oklahoma Runner & Triathlete Magazine, Lori Dreiling*

 **TULSA WORLD**  
**ROUTE 66 MARATHON**

## Come Rock Route 66!

Last year's Route 66 Marathon was a huge success with over 3,000 participants. 2007 promises to be even better with the addition of a Quarter Marathon and Kids Marathon. The race features a new improved course with a downhill finish. Whether you plan to run, cheer or volunteer, you'll enjoy the on-course entertainment, post-race concert, and car show. Runners will be treated to an incredible Finisher's Food Tent... and, of course, the free beer will be back!

Register online at [Route66Marathon.com](http://Route66Marathon.com)

TULSA WORLD



new balance

Benefiting the Tulsa Area

United Way



FULL MARATHON - HALF MARATHON - QUARTER MARATHON - MARATHON RELAY - KIDS MARATHON



Oklahoma City University presents

# Race with the Stars

Saturday, Nov. 3, 2007

- 8:00 a.m. – 5K
- 8:45 a.m. – 1-mile Fun Run/Walk
- Freede Wellness Center  
1700 NW 27th St.
- Registration (includes long-sleeve t-shirt  
& goody bag while supplies last)
- Pre-registration - \$15
- Race day registration - \$20
- USATF course certified
- Flat, fast course

The Race Benefits scholarships at  
OCU's Kramer School of Nursing

**For more information contact**  
**(405)208-STAR**  
**RaceWithTheStars@okcu.edu**



OKLAHOMA CITY UNIVERSITY



St. Anthony



H.J. Freede Family



Presented by 

NATIONAL SERIES SPONSORS



SATURDAY, OCTOBER 20, 2007  
AT&T BRICKTOWN BALLPARK  
5K RUN/WALK OR 1 MILE FAMILY FUN RUN  
[www.komencentralok.org](http://www.komencentralok.org)  
405-526-RACE (7223)  
Presented locally by  MIDFIRST BANK

*We're on a mission.*

# CHILL YOUR CHEEKS

## 5k Run & Jingle Walk

### Saturday, November 17



Adult Price w/T-shirts \$15  
 Child Price w/T-shirts \$10  
 "Napper" Shirts \$15



You may receive a registration form by calling 350-8920.

OKC's 8th Annual Eagle Ridge Institute

## Turkey Trot Classic



**Date:** Thanksgiving Day  
November 22, 2007

**Place:** Stars & Stripes Park  
Oklahoma City, OK  
South Shore Lake Hefner  
(Enter from Portland Avenue)

**Time:** Registration:  
7 am - Day of Race  
Please pre-register!

**Schedule:** 9:00 am - 8 km Race  
(USATF certified)  
9:10 am- 1 Mi Fun Walk/Run  
9:45 am- Little Gobbler Dash  
(free race / no T-shirt / participation award)

**Cost:** **Race Day Registration**  
w/ t-shirt while supplies last  
\$25 - 8 km  
\$17- 1 Mile Fun Run/Walk  
Free - Gobbler Dash

8 km Early Bird Registration  
w/ t-shirt while supplies last  
\$22 w/ chip rental  
\$21 w/ owner chip (include chip #)

**Register:**

<http://signmeup.com/57393>  
or Mail generic race entry card in magazine & check payable to:

ERI Turkey Trot  
601 N.E. 63rd Street  
Oklahoma City, OK  
73105

BENEFITING EAGLE RIDGE INSTITUTE OF OKLAHOMA — 405.840.1359

## Upcoming Oklahoma City Running Club Landrunners Race Series Events

Brookhaven Run	5 km	Sep 1
Renaissance Run	5 km	Sep 15
Makin Tracks	5 km	Sep 8
Eskimo Joe Juke Joint	5 km	Oct 13
Great Rat Race Watonga	10 km	Oct 13
Geico Race for Freedom	10 km	Sep 15

## TeamAutism.org Begins Marathon Training To Help Families with Autistic Children

The streets of the Oklahoma City metroplex is becoming home to a new group of runners and walkers that are excited about the cause for their efforts. This group is called TeamAutism.org and they are training on behalf of the Edmond Family Center For Autism (EFCA). The goal of their training is to raise money for the EFCA that will enable them to work more effectively with area families who have children who have been diagnosed with various forms of autism and to improve their own health through their marathon activity.

What is autism? Autism is a complex neurobiological disorder that affects 1 in 150 children making it more common than pediatric cancer, diabetes, and AIDS combined. Autism is a spectrum that ranges from those who are greatly affected to those who are very high functioning. It is characterized by impairment in communicative skills, social abilities, and by repetitive behaviors. Today Autism can be reliably diagnosed by age 3, and with recent improvements some diagnosis has been made as early as 6 months. Studies show that early diagnosis and intervention is vital for Autistic children if they are to become independent adults.

TeamAutism.org has 5 runners/walkers who are training for the December 9, 2007 Honolulu marathon. The group has begun their training efforts and can be found on Saturday mornings running/walking around Lake Hefner. These runners and walkers are participating on behalf of an autistic child in the Oklahoma City area (either a family member, relative, or close friend). This relationship has developed a special link between the team member and their "running buddy", and it fuels training efforts that will lead to successful completion of the Honolulu Marathon.

As TeamAutism.org's runners and walkers train for the Honolulu Marathon they all know and feel the healthy benefits associated with their efforts. For several of the team this is their first efforts at training for a race of this distance, however, it only takes a brief thought of who they are representing in Honolulu to make each of the team realize their efforts are going far beyond their own personal health. They are reaching out and touching other lives, local families in a very special way that will ensure continued support with the EFCA and their member families.

If you happen to see someone wearing a TeamAutism.org shirt give a wave and encouraging smile. If one of the team members should ask you to make a donation for their efforts and for the EFCA, please give with your heart and give generously. Your contribution may lead to yet unknown break-throughs in autism research and it will immediately help local families affected by the disorder.

Here are some more Autism facts that are quite astonishing:

- One new case every 20 minutes
- Fastest growing developmental disability in the U.S.
- Autism costs in the U.S. alone amount to \$90 billion per year and are expected to more than double over the next decade
- Autism research efforts currently receive less than 5% of research funding associated with childhood disabilities
- 1 in 94 boys will be diagnosed with the autism spectrum
- 1 in 150 children will be diagnosed with some form of autism
- Today there is NO cure for autism
- The efforts of TeamAutism ARE making a difference for families associated with the Edmond Family Center for Autism so they might have a brighter tomorrow!!

By Randy Graves, TeamAutism.org Honolulu Team member

# Got The Spirit of Survival? We Do. The Race Is On!

By Lori Cummins

The rugged beauty of the Wichita Mountains Wildlife Refuge (WMWR) once again plays host to the Southwest Oklahoma Cancer Centers' second running of the Spirit of Survival Marathon. The weekend of racing, arts and fun events originates in Historic Medicine Park, Oklahoma's oldest resort town and the gateway to the Wichita Mountains. The only USATF race sanctioned and certified to run through the National Wildlife Refuge System, the marathon offers not only a beautiful scenic tour, teaming with buffalo, longhorn and hundred of native species, but also a running challenge.

For the avid runner and wildlife enthusiast, five racing events offer the opportunity of a lifetime! This ultimate racing experience begins with the Mount Scott 5K. This point-to-point course starts at the base of Mount Scott with a short warm up of 0.3 miles. The following 2.8 miles will take you to the top of Mount Scott, weaving the entire way up. The destination is the third highest elevation point in Oklahoma, with an average incline of 7% and scenic views of the 60,000 acre refuge, Lake Lawtonka and Lake Elmer Thomas, the entire way up the mountain.

Next up, the Mountain Marathon offers 26.2 miles of winding course through the hidden treasures of the refuge. This out-and-back course begins at the historic Medicine Park cobblestone resort and twists through the art community which is home to numerous state and national renowned artists. From there, runners will begin their ascent to the wildlife refuge and pass several famous landmarks, to include: Mount Scott, the Holy City of the Wichitas, the WMWR Visitor's Center, Quanah Parker Lake and Dam, Camp Doris, and descends to the Lost Lake picnic area, then back again.

Whether you're running as a family team or as a part of the Corporate Challenge, the Marathon Relay will forge a lasting bond. The relay will follow the exact course as the full marathon with varying distances throughout the 26.2 mile course. For those runners who are looking for a challenging run, but don't want to run a full marathon, the Holy Half Marathon is one-of-a-kind and will provide the perfect training run for you! The out-and-back 13.1 mile course will follow the same route as the Mountain Marathon and Marathon Relay and turn around at the famous Holy City of the Wichitas.

Starting in the heart of Medicine Park, this race is the only course that does not travel onto the Wichita Mountains Wildlife Refuge, but has perhaps the best of all races combined! Running 1 mile through the artists' community past a scenic lakeside view of Mount Scott, this course travels another 1.5 miles around Lake

Lawtonka. At approximately 2.6 miles, a steep and winding incline continues for about 1.5 mile. At the top of Big Rock Mountain Estates, is a scenic mountain vista lined with Colorado-style timber homes where a steep descent takes you back to the other side of Medicine Park, up to the Winery of the Wichitas, and around a winding river to the roar of the finish line.

The Spirit of Survival Marathon also offers two non-competitive events open to the entire family. The 5K Spirit Walk & Family Fun Run begins at the start gun of the marathon and gives participants an opportunity to honor cancer survivors as they display their determination to prevail over cancer and will give others the opportunity to show their support by walking in honor or memory of victims of this disease. This 5K also allows children and families to experience the excitement of the big race amongst the roar of a crowd and the allure of a finish line. This is one way to encourage families to experience and nurture an attitude of health and fitness to last a lifetime! Anyone can walk the 3.1 mile course at their own pace, enjoying the beauty of the natural landscape while honoring those who have battled against cancer.

For kids 12 years and under, the Chick-fil-A Super Kid's Marathon gives children an opportunity to engage in the world of physical fitness and enjoy the thrill and excitement of the finish line while experiencing the satisfaction of completing a difficult task. Each child logs 25 miles in their Spirit of Survival Kid's Marathon Log Book (available online at [www.spiritofsurvival.com](http://www.spiritofsurvival.com)) by having a parent or teacher sign for each mile run. On the day of the marathon the kids will run the final 1.2 miles to the official marathon finish line.

Throughout all races, it is also important to know that numerous hospitality aide stations providing beverages, food and first aid, will line the courses led by official race vehicles. However, runners must be aware that buffalo and longhorn roam free on the open range throughout this course, and animal encounters are possible! All participants will receive an official athlete goody bag, t-shirt and course hospitality and all finishers will collect a custom medal! There are placer medals for each age division for each race and the overall champions for each race will receive 1st, 2nd, and 3rd place trophies.

In addition to the races, the weekend's events include an art festival, old fashioned wagon camp, Luminary Service sponsored by Lynda Parker of Remax Realty, a non-denominational worship service, open-air concerts and much, much more! For more information about this great event, call (580) 585-5406 or visit our website at [www.spiritofsurvival.com](http://www.spiritofsurvival.com).

# 2007 MONSTER DASH 5K FUN RUN



JUNIOR LEAGUE OF  
NORMAN  
*Women building better communities*

October 27, 2007  
Norman HealthPlex Campus

8:00am - 1 mile Fun Run/Walk  
8:30am - 5K Fun Run  
9:00am - Kid's Costume Judging

For more information call (405) 329-9617  
or  
visit [www.monsterdash.net](http://www.monsterdash.net)



**PARTNERS:**



IDEAL HOMES

**Dracula Sponsors:** Raising Cane's - Norman Pediatric Associates

**Werewolf Sponsors:** Panera Bread - First Trust & Bank - Westwood Tennis Center - Jason's Deli - Perfect Swing - Wright's IGA - Fitness Together - Cleveland County YMCA - Cochran Music School - OK Runner



Saturday

11.10.07

Lake Overholser

Register on-line at  
www.signmeup.com

USATF Sanctioned

Advance entry \$20

Race Day \$25

Guaranteed a t-shirt

if registered by

10.29.07

For more info call

405.843.HOPE

www.okbtf.org

**TWO NEW EVENTS ADDED THIS YEAR.....**

**FREE KIDS 50 YD FUN RUN and 1 Mile DOG JOG**

Moonwalk, face painting, magicians, and clowns  
Bring the whole family & help raise money for  
Oklahoma Brain Tumor Foundation families

**Registration Form**

Circle One: Corp12K 12k 5k 1mi KIDS 50 yd

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Phone \_\_\_\_\_

Corp Team Name: \_\_\_\_\_

E-mail \_\_\_\_\_

Shirt Size: YS YM YL S M LG XL

**Race Day Schedule:**

6:30 a.m. Packet Pick-up and registration

8:00 a.m. Start time for 5km & 12km

8:15 a.m. 1 m Family Fun Run/Walk & Dog Jog

Mail with check to Oklahoma Brain Tumor Fnd  
820 N.E. 63rd Street, Oklahoma City, OK 73105

**Waiver:**

In consideration of my entry acceptance Race for the Rainbow, I do hereby for myself, my executors, administrators, assignees release and discharge Race for the Rainbow & other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Early Packet Pick-up:** Begins Monday, 11.5.07 at OKBTF office, 820 N.E. 63rd Street, Oklahoma City, 9:00 a.m. to 5:00 p.m.

(NOTE NEW PHYSICAL ADDRESS)

# Oklahoma City Marathoners Obtain 50 in 50

Lance Cornman and Kamala Gamble have now completed their 50th marathon in their quest to run a "marathon in every state". Lance and Kamala ran their final marathon in Fairbanks, Alaska in August. Lance is a past president of OKC Landrunners, and Kamala is a well known local chef. Congratulations to two terrific runners on this huge accomplishment. Landrunners is proud of you.

## Hello Landrunners: Does Anyone Have a Story for the Newsletter?

The newsletter is for and about runners and running. Do you have a favorite run? Your worst run? Funniest? Most challenging? Do you have a favorite race, local or otherwise? Submit any running stories to [tworunners@cox.net](mailto:tworunners@cox.net).

TWENTY-EIGHTH ANNUAL

# GREAT RAT RACE

## DOWNTOWN WATONGA

### Saturday, October 13, 2007

8:30 a.m. 5K and 10K start  
8:35 a.m. 1 Mile Fun Run  
Start at Noble House Restaurant

\$15.00 Entry Fee before Oct. 9  
\$20.00 Entry Fee after Oct. 9  
Entry includes: T-Shirt & Cheese Festival Pass!  
(T-shirts limited to first 100 entrants) \$10.00 Entry Fee w/out T-shirt

5-Year age brackets  
12 & under - 70 & over for 5 km and 10 km run  
Awards to top three in age groups / overall male and female

Age groups 12 & under to 13 & over, male / female awards for 1st through 3rd place for 1 mile fun run

Course is super fast and flat *USATF Certified* Paved loop  
Shirt & Packet pick-up / race day registration at Watonga City Hall (upstairs)  
112 North Noble St., 7:30-8:15 am on race day

Send generic race entry form & make checks payable to:  
Watonga Rat Race, Rt 2 Box 337-A  
Watonga, OK 73772  
Phone: (580) 623-4264  
Brenda Boyd

Held in conjunction with the famous  
Watonga Cheese Festival.  
Bring the family for all-day fun!



# Election of the Board of Directors for 2008

By Paul Lekawski

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the Club members present at the October monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Director fails to attend three Board of Director meetings in succession, the said Director shall be considered as having resigned. A vacant Director's position may be filled, by nomination and majority vote by the club membership in attendance at a monthly meeting, for the unexpired term.

In order to aid the Nominating Committee (consisting of Board Members Chuck Mikkelson, Don Smith, Jodie Spielman, Linda Lekawski, Paul Lekawski and Ric Williams), the club is currently open for suggestions for nominees. Please address an suggestions for nominees to the:

Nominating Committee  
Oklahoma City Running Club  
P.O. Box 18113  
Oklahoma City, OK 73154

Or

Send an email suggestion for nominees to:  
plekawski@cox.net

The list of candidates will appear in the October club newsletter and the election will be held by ballot at the Annual Club Meeting to be held 6:30pm, MONDAY, October 15, 2007 at Ingrid's Kitchen located at 3701 N. Young (on N.W. 36th Street & Young, just west of Pennsylvania).

The 2008 elected Board of Directors will then meet in November to elect the Officers and Committees for the 2008 term.

Any suggestions, or comments may be directed towards the President at bsnipes@rcins.com or to the Chairperson of the Nominating Committee at plekawski@cox.net or mailed to the Post Office box (listed above).

## Fall Is Almost Here!

### It is Almost Time to Train For The Fall Marathons!

By Dana Campbell-Sternlof

Wow! What a truly amazing turnout the Landrunner's Club has had for the OKC's Memorial Marathon Training! I am so thankful for all of the time and energy that Jack and Sherri Recor put in to make this training a great success! Jack and Sherri are the best role models and I couldn't have been more proud or impressed with the effort that they put forth for the community and the running club. I was very sad to hear that Jack and Sherri will not continue to do the training. I know that you both will enjoy the time off. You both will have many memories and I know that they are great!

The marathon training for me was fun and it was wonderful to see all of the runners out there. (Even in some of the most frigid temps!) I especially liked getting to know the running club members! I have made life long friendships along with my marathon training. Plus, getting a special marathon training tee shirt was a bonus. Thanks to OKC Memorial Marathon Committee. If it were not for your training runs I might not

have trained for a marathon at all! This goal of mine was made possible because of the training runs that you provided. I completed my first marathon (OKC Memorial Marathon in 2005) and I ran in another last year (Route 66) and I have plans to complete many more!

I want to commend all of the training run volunteers, The Runner Store and crew, and other sponsors. I want to especially mention thanks to those who brought the delicious goodies for us after our training runs! I want to give special thanks to Brent Gaddis for his continued support of the training runs!

Remember to attend the next Landrunners meeting at Ingrid's! I look forward to seeing all of you there!

Gotta run,  
Dana

# Turkey and TATURs 2007 *2nd Annual Trail Race*

## 50K/25K/10K Application

September 16, 7:00 AM

Turkey Mountain Wilderness Area, Tulsa Oklahoma. Start & finish at Tulsa's Westside YMCA.  
Presented by Tulsa Area Trail/Ultra Runners (TATUR)www.tatur.org.

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Shirt size S M L XL XXL

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 09/16/2007 \_\_\_\_\_ Gender: M / F

Previous Trail Experience (If any) \_\_\_\_\_

Distance / Anticipated finish time: \_\_\_\_\_ / \_\_\_\_\_:\_\_\_\_\_:

Is this your first trail race? \_\_\_\_\_ Please tell us how you heard of this race \_\_\_\_\_

List any medical conditions we should know of \_\_\_\_\_

Are you taking any prescription drugs? Please list: \_\_\_\_\_

### Race Fees (make checks payable to TATUR)

Entry fee: (10K - \$40), (25K - \$50), (50K - \$55) \$ \_\_\_\_\_

Subtract \$5 if you are a TATUR member: \$ \_\_\_\_\_

Subtract \$ 10 if you do not want the technical fabric shirt \$ \_\_\_\_\_

Westside YMCA Campership Donation if desired (Tax Deductable): \$ \_\_\_\_\_

**Total Amount Due: \$ \_\_\_\_\_**

**Send application and Total Amount Due to: Turkey and TATURs; Attn: Brian Hoover  
1414 S. Delaware Place  
Tulsa OK,74104**

Registration fee is 100% refundable until July 21 and 50% refundable until August 20. For additional information, visit <http://www.tatur.org> or contact Brian Hoover at [brian@tatur.org](mailto:brian@tatur.org) or phone (918) 244-6918

### **Race Waiver - PLEASE READ - This entry contains limitations of your legal rights:**

I know that running a trail race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, Tulsa Area Trail/Ultra Runners, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race management to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable after August 21, 2007

Signature \_\_\_\_\_ (Must have parent sign if under 18) Date \_\_\_\_\_



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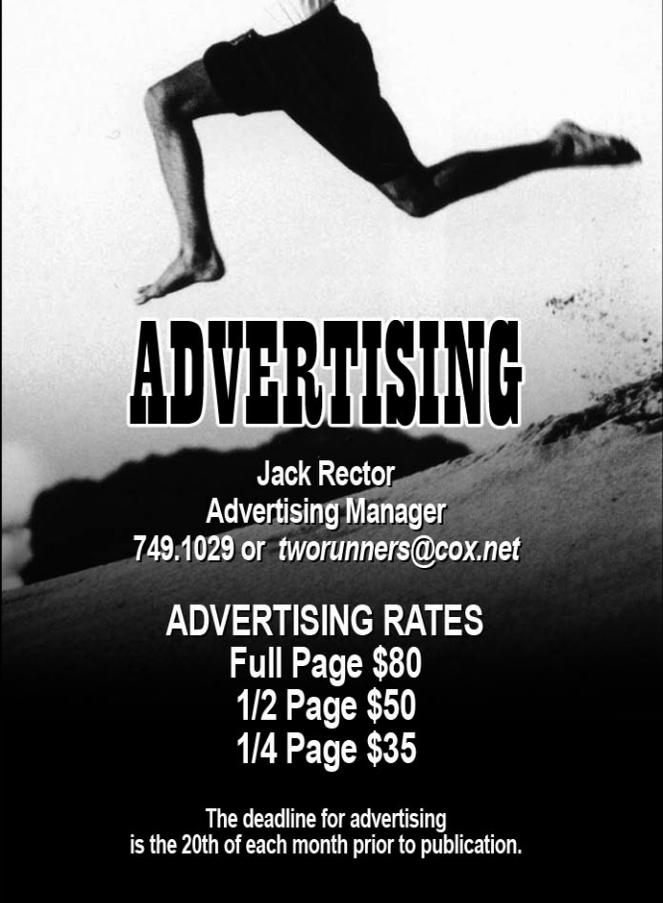
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