

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2007 - Issue No. 139

Landrunners and Redman Triathletes Unite

by Kresta Logan



Above: Linda Lekawski, Arnie Angelici, and Suzie Bostick greet one of the first athletes to make it to the Landrunners aid station.

On a bright, sunny, warm day in September, 28 Oklahoma City Landrunners participated in the RedMan Triathlon. Well, sort of.

The “great 28” served as aid station volunteers for what turned out to be a rewarding event for all involved. Working

four-hour shifts from 9 a.m. to well after midnight, the Landrunners led a successful aid station at the turnaround loop for the runners on the west side of Lake Hefner.

“Our station was actually in a great spot,” says Cara Rogers, co-captain of

the Landrunners station. “We had shade, easy parking access, and were in close proximity to make water runs fairly quickly.”

A welcome lull in activity came at

See Unite, continued on page 4

Leaves Change Colors; New Board Members Elected

Where did the year go . . . ??? The weather is changing and Fall is finally here. That can mean only one thing . . . it's time for the FALL PARTY!!! We'll be headed back to the Arcadia Round Barn this year on Friday, November 16th. Look for the announcement in this newsletter or on the web site. We had 100 people show up last year and expect even more this year for great food, music, and fun with our running friends. Last year the ladies were overcome by the surprise appearance of "The King" himself, Elvis Presley. I have heard a rumor that there may be a surprise guest this year that will even out do Elvis, at least from the men's perspective . . . you'll have to be there to find out. So, get out your checkbook right now and send in your \$20 so you can join the fun.

At our October meeting the membership elected the 2008 board of directors. We have several directors, some of whom have served us faithfully for many years, who are retiring from the board at the end of 2007. They are: Jim Campbell, Don Garrett, Amos Harjo, Ron Kuykendall, Marie Breshears,

Sherri Rector, Evelyn Rowland, Dana Campbell-Sternloff, and Steve Sternloff. Their leadership will be missed, please thank them for all they have done for the running club when you see them.

New members elected at the meeting are: Terry Bass, Maurice Lee, Kresta Logan, Kevin Lynes, Adrienne McCasland, Jamie Pivniska, Cara Rogers, Richard Tate, and Frank Willis. Returning board members are: Suzie Bostick, Tom Briggs, Doug Cunningham, Linda Lekawski, Paul Lekawski, Bob Loving, Sam Loy, Chuck Mikkelson, Jane Pace, Bill Robinson, Jim Roblyer, Tracey Rose, Don Smith, Bill Snipes, Jodie Spielman, Frances Williams, and Ric Williams.

I look forward to seeing everyone at the Fall Party on the 16th.

Good Running to all,

Bill Snipes

Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
Nov 16	Fall Party!	Arcadia Round Barn	No speaker
December	Meeting	TBA	TBA

Landrunners Online: www.okcrunning.org

Landrunners Fall Party

Friday, November 16th

6:30 Social hour, 7:30 Dinner

Arcadia Round Barn

\$20 in Advance, \$25 at the Door

***A Mystery Celebrity
Guest will Entertain
You Don't Want to
Miss This!!!***

Special Thanks to our
Landrunner RedMan
volunteers:

Paul Lekawski
Gary Yarbrough
Brent Gaddis
Linda Lekawski
Marion Ramirez
Kent Frates
Mike Haeger
Randy Ramirez
Suzie Bostick
John Callaway
Katrina Wilson
Adrienne McCasland
Arnie Angelici
Annette Wilson
JoAnne Jackson
Sharon Haley
Cara Rogers
Maurice Lee
Kristin Ferrier
Toby Rogers
Christy Whiddon
Chuck Mikkelson
Emilie Rogers
Bill Weeks
Mary Mikkelson
Bob Loving
Kathy Moffit
Kresta Logan

“... the chunks of potato came flying from his mouth faster than the human cannonball at the Texas State Fair! Gross?”

Unite, continued from page 1

around 1:30 p.m. between the last group of half distance runners and the first bevy of Ironman distance athletes. This was a welcome break for the volunteers who spent most of the morning in the sun, and were ready to indulge in some of the goodies brought by fellow Landrunners.

But soon the full distance athletes began to make their way to the Landrunners station, and as the air began to cool off somewhat, the day became even more enjoyable ... at least for the volunteers!

It was about that time when we met a runner who mistook the boiled potatoes for peeled apples. As he took the loop to head back south, we were too late to explain what he had just eaten ... the chunks of potato came flying from his mouth faster than the human cannonball at the Texas State Fair! Gross? Yes! But funny? Absolutely! He took the snafu in stride (pun intended) as we assured him that on his next trip back to the loop we would hide the potatoes!

I tried to encourage one Ironman distance bloke for the jolly old United Kingdom that if he would give the RedMan another chance next year, we may be lucky enough

Below: Landrunner volunteers (back row): Arnie Angelici and Bill Weeks; (middle row): Chuck Mikkelson, Mary Mikkelson, Kristin Ferrier, and Kathy Moffit; (front row): Kresta Logan, Sharon Haley, and Adrienne McCasland.



to have some cooler weather. I'm not quite sure he believed me ... but hey! It was worth a shot.

The sun gave way to dusk at about 8 p.m., followed by a permanent shut off in our lighting set up. But the total darkness didn't trip up the Landrunners or the triathletes, for that matter. Volunteers scrambled for glove compartment flashlights to help illuminate the trail for runners heading our way, while others pulled their cars up to shine light on the aid station table. How's that for resourceful?

And finally, long after the midnight cut off, robo-volunteer Bob Loving was able to pack it in and go home. Bob made the vow to stay until the last runner was headed to the finish line (which was sometime around 3 a.m.!). Way to go, Bob!

Thank you to everyone who took time out of their Saturday to join the fun (and to webmaster Bill Goodier for posting the call for volunteers on the Landrunners home page). And be sure to give a special shout-out to Landrunner Jamie Pivinska, who rode to glory in the bicycle portion of the half distance relay!

Be sure to mark your calendar for the 2008 RedMan Triathlon: Saturday, Sept. 20!

Right: Arnie Angelici preparing for surgery ... or to cut up more fruit?



A Pain In The Heel

by Dr. Tom Coniglione

Pain in the heel is like pain in the knee – there are many possible causes. As much as possible we try to define the exact area of pain. Usually the pain is exactly over the area of injury.

Unfortunately, early into an injury the pain is usually spread out over a large area. As the injury progresses it becomes more concentrated over the injured area. Therefore, at times, early in the course of an injury, it is not possible to identify the exact structure injured.

Heel injuries typically begin with this same pattern: diffuse pain the gradually becomes localized to one area. Heel pain can be due to several different problems.

We can have pain on the bottom of the heel which is worse in the morning: typical plantar fascia pain. Pain in the back of the heel, at the base of the Achilles, can be Achilles pain or pain from

the bone (calcaneus) located in that area. Also, a bump may appear in this area – that's another problem.

Finally, there can be pain of the bone itself – not good. Bone pain usually means there is a bone injury: likely a stress fracture. If an examiner can reproduce the pain by compressing the calcaneus, we are likely dealing with a stress fracture.

For some reason, odd injuries come in groups of 3. When I see 2 stress fractures in a short period of time, a third will come in shortly. Last week, the third stress fracture of the calcaneus appeared.

Here's an extra credit question. What does the crease on the bottom of the foot represent?

Post your answer on the Landrunners website or wait until next month's newsletter.

Risks of “Acute Myocardial Infarctions” (AMI) and “Sudden Cardiac Death” (SCD)

by Warren E. Jones

You may have heard of the recent sudden death of a spin instructor at a fitness facility in Oklahoma City. While I did not know the gentleman, and while I certainly do not know the cause of death, I want to remind you that along with the benefits that come with exercise, of which there are many, come risks of “acute myocardial infarctions (AMI) and sudden cardiac death (SCD).”

Almost coincidental with the recent tragic event came the publication of the Joint Position Statement of the American College of Sports Medicine and the American Heart Association on “Exercise and Acute Cardiovascular Events: Placing the Risks into Perspective,” appearing in the most recently published “Medicine and Science in Sports and Exercise.” The journal arrived in my mailbox after the loss of the instructor. The multiple erudite au-

thors, physicians and research scientists were of course totally unaware of the loss of one of our fellow athletes, their having composed the Position Statement months ago. The lateness of the Position Statement, at least for one vibrant, but now gone, person, is, though, for you and me..... timely.

Among many findings or conclusions in the Joint Position Statement relevant to the recent tragic event was the description of the common distressing phenomenon of the ignored “prodromal” symptoms, i.e., symptoms prior to the actual AMI or SCD. The Position Statement reports that among adults who died during exertion, 50 percent of joggers, 75 percent of squash players, and 81 percent of “distance runners” had probable cardiac symptoms before death. Most reported these symptoms only to relatives, and few sought medical attention. We don’t know with certainty, but those who died may have ignored or not adequately evaluated their symptoms in the MISTAKEN belief that high levels of fitness protect against, rather than only reduce, the risk of cardiac disease.

Men and women can experience similar, but also very different symptoms when a heart attack strikes.

Warning Signs for Women:

Cold sweats; Jaw pain, pressure, or numbness; Excessive sudden fatigue; New pain or pressure in the neck or upper back; Chest pain, pressure, or fullness; Shortness of breath; Pressure or fullness in the upper abdomen; Nausea or feeling of lightheadedness

Warning Signs for Men

Shortness of breath; Chest discomfort; Upper body discomfort in the shoulders, neck, or arms; Dizziness; Sweating or nausea

Any of the above symptoms that disappear with rest, then return with exertion

So, here’s the lesson we learn from the untimely death of our fellow athlete: listen to your body, and communicate not only with your significant other. Communicate with your Health Care Provider.

Our fellow athlete’s untimely death may save many lives. I hope so.

SAVE THE DATES!

Triple Crown of March Racing

Saturday, March 3, 2008

Saturday, March 10, 2008

Saturday, March 17, 2008

The first three Saturdays of March, 2008

Could This Be Your Ideal 5K Pace?

courtesy Warren E. Jones

There seems to be a large amount of running lore out there telling us how “best” to pace ourselves in a race. The conventional wisdom is that one should attempt to “husband one’s reserves” in order to have a kick at the end of a race.

In a recent issue, though, of *The Journal of Strength and Conditioning Research* (the official journal of the National Strength and Conditioning Association...the lead institution in certifying collegiate conditioning coaches), investigators from the New Hampshire Exercise Physiology Laboratory conducted a study which gives us guidance as to the IDEAL race pace. The subjects in the study were 11 moderately trained women distance runners. Nine of the 11 participants were current or previous members of an NCAA Division I women’s cross country team.

The investigators initially determined the best 5K performance of each of the 11 women and then calculated the pace per mile for that 5K distance. Then, over a multi-week timeframe, the investigators had each of the 11 participants run the initial mile of a 5K at one of three different speeds, either...even to, or 3% faster than, or 6% faster than... the best 5K mile pace. For the remainder of the race, the runners were allowed to freely adjust their pace to complete the 5K time trial “as quickly as possible.”

For all three time trials for each of the 11 participants, metabolic variables were measured ...as well as rate of

perceived exertion.

Given the conventional wisdom of starting a race conservatively, the surprising finding was that the fastest time for eight of the 11 subjects resulted from the 6% trial, i.e., for the participants who ran the first mile at a pace 6% faster than her race pace for her best 5K distance, and the other three subjects’ (of the 11 subjects) fastest times resulted from the 3% trial.

As you might expect, the pacing of the 6% runners and the 3% runners became slower and slower in the second and third mile, but, even so, produced faster times than the even pace participants. The pace of the even participants, as you would expect, increased in the second mile and in the third mile, but not enough to allow the even pacers to catch the times of the 3% and 6% trials.

One final interesting point. At least among the 11 participants (who, again, were collegiate Division I cross-country competitors), during the pilot work of the study, when the runners started the first mile of the 5K time trial at a pace greater than 6%, they were unable to complete the 5K race, cramped and nauseated. So, it looks like we need to be careful not to exceed a 6% increase in our first mile in order to be able to complete the 5K distance.

“Aesthetics” Shouldn’t Be A Concern

by Bill Snipes

I recently received an email inquiry from Randy, buddy of mine in Little Rock, who was having an ethical dilemma. Being the dutiful friend that I am I solicited advice from some of my running buddies in order to be able to provide him with some direction.

His question was this: When the New Balance store loans you a new pair of shoes to try out...should you clean the dog sh#% out of the tread before returning them?

My dear friends provided me with a variety of responses ranging from “Is this a joke” to “Call the store and see what they say”. But, my favorite was submitted by Jamie Pivniska who wrote:

“I would suggest not. While shopping for the perfect pair of running shoes, the dedicated runner should not be concerned regarding aesthetics. The presence of excrement on a pair of potential purchase would only separate the true runner from the “jogger”. I would think the proprietor would benefit as he would continue to establish good rapport for the individual for whom price is truly not an objective, only the perfect running shoe. :-)”

Spoken like a true athlete!

Oklahoma City Running Club Race Series

2007 Series Standings (As of Juke Joint Jog, held October 13)

NOTE: NEW SCORING SYSTEM, AMONG CLUB MEMBER FINISHES, 10 PTS 1ST PLACE, 9 FOR 2ND, 8 FOR 3RD, ETC. ONLY TOP TEN RACE SCORES ARE ADDED UP FOR EACH RUNNER; AWARD ELIGIBLES GET PLACED FIRST IN STANDINGS

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
FEMALE AGE GROUPS											
0-8											
none			Cristin Snyder	12	2	Allison Palmer	9	1	Kathy Barkocy	10	1
			Katrina Lacher	10	1	Christina Lindstrom	9	1	Pepper Mueller	8	1
			Debbie Wells	10	1	Elizabeth Lance	8	1	Melanie Harding	7	1
			Holly Lee	10	1	Angela Sholar	7	1	Brenda Gillen	5	1
			Pam Cook	10	1	S. Wasserman	7	1			
9-12			Stephanie Shroeder	8	1	Sherri Evans	6	1	55-59		
Cara Romannose	70	7	Cathy Flaming	7	1	Susan Bernard	5	1	Sandy Pace	85	10
			Jennifer Han	7	1				Joanne Jackson	79	8
13-15			Kelly Walworth	3	1	45-49					
Allison Swyden	10	1				Mary Mikkelson	100	13	Rhodora Bray	74	9
			35-39			Sharon Haley	95	13	Linda Cason	65	8
20-24			Courtney Lemmons	100	12	Marcia Walker	90	12	Pam Bell	68	7
Megan Schrader	30	3	Belynda Tidwell	95	12	Karen Greer	75	12	Karen Bramblett	36	4
Aubrey Arnold	9	1	Kimberly Carey	79	10	Frances Williams	52	8	Karen Carothers	27	3
Amanda Williams	8	1	Kresta Logan	79	16	Jamie Pivniska	53	7	Sandra Hanson	18	2
			Marion Ramirez	75	10	Julie Costilla	48	7	Janice Reese	14	2
25-29			Jackie Norvell	51	7	Jane Pace	39	4	Clarissa Holloway	14	2
Tiffany Cone	100	14	Holly Golsen	43	6	Susan Swyden	37	6	Sherry Knight	10	1
Katie Kramer	86	9	Dana Campbell	38	6	Donna Norwood	28	5	Suzie Bostick	10	1
Katrina Wilson	83	10	Dana Duroy	30	3	Sherry Davis	17	2	Dorothy Pierce	8	1
Heather Patterson	45	5	Donna Mares	29	3	Vicki McDonald	17	3	60-64		
Cara Jackson	26	3	Angela Jones	23	3	Dora Berlin	17	3	Donna Eichnor	100	10
Lindsey Pever	26	3	Suzanne Mitchell	22	3	Mary Hammer	16	2	Suzanne Wilson	89	11
Diana Jones	22	3	Dora Uwadia	15	2	Karen Canfield	12	2	Evelyn Rowland	77	8
Becky LaMunyon	21	3	Denise Horinek	15	2	Lucie Herendeen	9	1	Linda Lekawski	19	2
Kendra Musick	21	3	Stacy Crofford	8	1	Diana Green	9	2	Peggy DeMeyer	18	2
Katie Milligan	19	3	Lori Resner	7	1	Donna Windsor	7	1	65-69		
Stephanie Pok	17	3	Sara Spain	7	1	Donna McCoy	6	1	Kathy Moffitt	100	10
Amber Corbin	14	2	Cindy Engle	7	1	Debbie Sinard	5	1	Betty Bell	95	10
Nicole Maxwell	10	1	Eudella Flock	4	1	Rhonda Godwin	4	1	Sherri Rector	73	8
Marcia Eustaquio	9	1	Carol Wright	3	1	50-54					
Allison Henley	8	1	Kim Bailey	3	1	Debra Chronister	100	13	Angela Meier	24	3
Gina Alexander	7	1				Anne Wright	89	14	70-74		
			40-44			Jerianne Davis	88	10	none		
30-34			Karen Davis	93	10	Emily Rosenberg	65	8	75-79		
Mackenzie Highfill	97	10	Rebecca Johnson	92	11	Dani Conover	57	7	Deloris Green	100	12
Adrianne McCasland	76	9	Karrie Beardsley	80	8	Marie Breshears	48	5	Pat Hill	20	2
Laura Maxwell	63	7	Cara Rogers	74	8	Gaile Loving	41	5	Shirley Hoke	9	1
Keeley Harris	34	4	Stacey Artingstall	66	9	Bonnie Graves	23	3	80+		
Priscilla Crawford	25	3	Karin Romannose	54	7	Kathy Hanoch	22	3	none		
Kari Kosanke	20	2	Leslie Edmonds	36	4	Carol Swanson	17	2			
Julie Venator	18	2	Denise Bayliff	29	3	Janice Kay Malagon	16	2			
Stephanie Williams	14	2	Tracey Rose	13	2						
Kristin Ferrier	13	2									

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
MALE AGE GROUPS			Kevin Hayes	60	7	Michael Edmonds	42	9	Jon Beloncik	42	5
0-8			Kendall Richardson	27	3	James McQuillar	41	7	Gary Yarbrough	42	6
none			Savine Billings	26	3	Ray Meier	35	6	Kim Becker	41	5
9-12			Jim Tincer	26	3	David McCreary	35	6	Bill London	38	4
Matthew Beardsley	20	2	Matt Johnson	19	2	Jack Maguire	30	4	Percy McGee	29	4
13-15			Stephen Apel	17	2	Stephen Fernstrom	28	3	Jim Winn	27	3
Nick Robinett	10	1	Stephen Abernathy	16	2	Brent Babcock	27	6	Gene Bell	15	2
16-19			Stephen Cortes	14	2	Marc Harrison	22	3	John Davidson	9	1
Joshua Calhoun	10	1	Jason Hasty	13	2	Scott Wagner	15	2	60-64		
20-24			Chris Nelson	13	2	Mark Bravo	12	3	John Hargrove	96	13
Adam Monaghan	40	4	Alan Mendoza	11	2	Steve Walker	11	2	Benny Meier	87	14
Clayton Earlywine	10	1	Jeffrey Kragh	10	1	Kevin Coffey	10	1	William Morris	87	14
25-29			Paul Oseland	10	1	Richard L. Smith	10	1	Nels Bentson	80	10
Robert Cassidy	95	11	Rian Brown	9	2	Chris Robinett	10	1	Ron Kuykendall	60	6
Jason Partee	59		Chris Dykstra	5	1	Brian Jones	10	2	Franklin Willis	26	3
Tony Maxwell	57	7	Chad Ferrell	5	1	Kevin Wudi	10	3	Judson Temple	25	3
Bryan Rogers	50	5	Philip Lance	4	1	Richard Wallen	7	1	Richard Carothers	24	3
Austin Greenhaw	18	2	40-44			Charles Bass	7	1	Richard Tate	21	3
P. Kalyanaraman	12	2	Bill Goodier	98	11	Steve Weber	6	1	John Nelson	20	2
Lucas Meeker-Harry	10	1	David Lanning	93	10	Bob Reid	4	1	Jon Hulsey	20	3
Taylor Miles	10	1	Eddie Tidwell	89	12	Jeffery Johnson	3	1	Chuck Butler	10	1
Mark Smith	9	1	Roger Lemmons	87	14	Gary Jones	3	1	Benny Bray	10	1
Curtis Arnold	9	1	David Manguno	77	16	Cliff Rampey	2	1	Lance Cornman	9	1
Brett Tracy	9	1	Randy Nance	69	11	50-54			Dick Deupree	9	1
30-34			Ralph Breckenridge	67	17	D. Cunningham	99	14	Don Whitney	9	2
Aaron Hamby	75	9	David Wrenn	62	10	Maurice Lee III	98	21	65-69		
Kenny Danner	70	8	John Oseland	50	5	James Butler	89	13	Jim Tabor	100	11
Mark Bruning	59	8	John Machamer	31	5	Vaden Dean	78	12	Jim Roblyer	81	10
Trey Cone	30	3	Jeff Cockerill	25	4	Kevin Lynes	63	12	Buddy Jones	81	11
Aaron Highfill	30	3	Russell Hooper	22	3	Pat Burns	55	8	Bob Bish	77	9
Cameron Han	29	3	M. Chionopoulos	20	4	Randy Graves	51	10	Adrian Wolford	72	8
Charles P. Hawkins	27	3	Bret Sholar	19	2	Ric Williams	37	8	Bill Robinson	42	5
Joey Blanco	26	3	Danny Phillips	15	2	S.R. Hunter	50	7	Kent Frates	18	2
Joel McCarty	25	3	Timothy Stone	15	2	Terry Bass	30	4	Claude Moore	15	2
Brian Pever	18	2	Edward Crabtree	14	2	Bill Snipes	30	5	Alan Morris	9	1
Brad Flaming	14	2	Mark Busick	10	1	Ben Cherry	22	3	Tom Coniglione	9	1
Laurence Burnsed	13	2	Michael Ketcherside	9	1	Robert Yara	20	2	Curt Ransom	7	1
Adam Gardner	12	2	Joe Lee	7	1	Joe McIntosh	20	3	70-74		
Ray Aslin	10	1	Roger Jacobi	7	2	Keith Harrison	17	2	Tom Briggs	100	11
Jonathan Conder	9	1	Steve Sternlof	6	1	Arnold Angelici	17	3	Don Smith	97	13
Shea Snyder	8	1	Luis Arellano	5	1	Bruce Brown	13	2	Gene Groff	20	2
Andy Chasteen	7	1	Sean Kelley	5	1	Bruce Brown	13	2	Dean Windsor	18	2
Travis Beams	7	1	Kenneth Munden	5	2	John Tassej	12	4	Ronald Howland	10	1
John Burton	6	1	Joe Pellow	3	1	Jimmy Scroggins	10	1	A.J. Hickman	8	1
Oliver Reid	6	1	Randy Ramirez	3	1	Kirk McNew	9	1	75-79		
Brian Davie	3	1	Rey Victorio	2	1	Larry Windsor	7	1	Jim Hoke	10	1
35-39			Carlos Sanchez	1	1	Keith Cressman	7	1	80+		
David Ball	100	11	45-49			Edward Granger	5	1	Lowell Green	90	9
Chris Bernard	62	7	Wesley Berlin	100	11	Chris Carr	3	1	Jack Rector	48	5
			Jerry Anderson	92	10	55-59			Neil Hill	8	1
			Chuck Mikkelsen	87	14	Mike Allen	91	10			
			Kenny Kastelic	77	10	Bob Loving	80	12			
			Mike Gibson	63	8	Mike Haeger	78	8			
			Dave Greer	62	9	Derle Smith	55	6			
						Steve Spielman	46	5			

ROUTE 66 MARATHON

Route 66 Marathon
November 18, 2007



Photo courtesy Oklahoma Runner & Triathlete Magazine, Lori Dreiling

TULSA WORLD ROUTE 66 MARATHON

Oklahoma's Fall Marathon

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

TULSA WORLD



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

Shirt and Shoe Drive Gains Momentum

by Kresta Logan

Last summer I got a wild hair and decided it was time to clean out my t-shirt drawer. I was astonished by the sheer number of race t-shirts I had accumulated after only having been a runner for one year. And to be honest, my t-shirt drawer would soon become my t-shirt dresser if I didn't figure something out soon.

Hmmmm. T-shirts. T-shirts. What to do with all of the t-shirts?

Dust cloths? Nope. Got plenty of those from old socks.

Diapers? OK, not only do I not have children, but cloth diapers became obsolete about a gazillion years ago.

I got it! I could have a quilt made from all of the shirt designs. This was definitely the best idea so far, but I have more throw blankets than I care to admit (I can never resist a good throw blanket/pillow sale at Target).

Then it hit me: donate them. They are all in clean, great condition. And donating them will help clothe a lot of people.

So I gathered my t-shirts, folded and bagged them. Man, did this feel good. It's nice to know when you can help people. That's when I realized that surely I was not the only one suffering the

"so many t-shirts, so little time" dilemma.

It turns out I wasn't.

After posting a notice on the Landrunners web forum for other members to bring their extra t-shirts to our July meeting, we collected 92 shirts as well as six pairs of running shoes ... and those numbers came from only seven members! These items were taken to the Jesus House in downtown Oklahoma City, and were no doubt put to good use.

So, we are looking to make this a semi-annual drive each summer and winter.

At our fall banquet on Nov. 16, we will have boxes set up in which you can drop your race t-shirt and running shoe donations. All we ask is that the items are clean and in good condition (no holes, rips, stains, etc.). Once all of the items are collected, we will count them, bag them, and deliver them to the Jesus House. They are extremely excited about the drive!

Your contributions will give the Oklahoma City Landrunners an opportunity to do something great for our community.

Semi Annual T-shirt and Shoe Drive

On Friday, Nov. 16, bring your clean race t-shirt and running shoe donations to the fall banquet! There will be boxes at the event in which you can simply drop your donations! Thank you in advance for your support of the Oklahoma City community!

LANDRUNNERS

OKLAHOMA CITY RUNNING CLUB

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Oklahoma City, OK 73154


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www.okcrunning.org

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