

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

November 2008 | Issue No. 151

How Is Your Knee?

By Tom Coniglione, M.D.

Two short stories: is one of these you? A veteran runner had been preparing for a fall marathon. He was on a standard marathon training program.

After a 14 miler, he did some yard work. For most of the weekend he was busy kneeling, climbing, and raking. As he awakened Monday morning planning on a 6-miler, he immediately knew there was a problem. Without getting out of bed his knee was aching. With the first few steps the pain intensified. As he descended the stairs there was pain, stiffness and tightness...very unusual for him.

For the entire day each step brought pain and tightness to the front of his knee. Stairs of any type could only be navigated one step at a time.

When sitting at his desk it was hard to get both knees bent to fit under the desk. After sitting for a while he could not get the sore knee straight. For the next week he could not walk comfortably, let alone run.

Mary, also an accomplished runner, was planning a marathon. As

she was "only running" she thought she needed to cross train to increase her core strength. She joined a "power training" class. Within a few weeks she was doing sit-ups, high impact aerobics, lunges, extensions, spinning and squatting. She had even acquired a repertoire of lunges: side, front and rear.

As her spinning, extensions and lunging increased so did her strength. As her strength increased, so did the discomfort in her knees. The more gym-based training she did the more her knees hurt. In less than one month she was unable to spin, lunge or run.

For knee health it is important to have the proper ratio of strength between the hamstrings and quads. Running will strengthen the hamstrings. However, running does not equally strengthen the quads. Thus, it is important for runners to try to strengthen their quads. Cycling is a good quad-strengthening exercise.

Here are three common quad exercises: Leg Press, Lunges, Leg Extensions.

Other than strengthening the

quads, what else can these three exercises do? They also can cause knee cap pain.

For this issue of the newsletter, I reviewed the files of the last 30 runners I have seen with knee cap pain. Of those 30, 12 were doing one or more of these quad exercises. For those 12, simply stopping these exercises improved the knee pain. Eight were able to continue running without any other treatment.

Thus, we have 40 percent of runners with knee cap pain caused by something totally unrelated to running. The quad exercises caused the runner's knee to hurt while running.

These quad exercises are not the only cause of kneecap pain.

Kneecap pain can occur from other problems such as foot abnormalities, stair stepping, and shoe errors.

If you want to build the quads, other exercises can be performed without bending the knee.

Keep up the pace.

Isn't It Great to be a Runner

In the September issue of our newsletter I wrote of the fraternity of running that binds us all as runners. Makes very little, if any, difference whether we are “fast” or “slow,” whether we run short distances or ultra long distances, we share something really special.

Permit me to share an example, and please forgive me a father's pride. Both of my sons are runners. The younger ran cross country in high school and ran his first marathon, Andy Payne, while in college. The older, who is 44, started running about 10 years ago. They have both run more than 10 marathons, and one of my life thrills was when the three of us ran the Marine Corps together.

Anyway...the older son is an Air Force Lt. Colonel, stationed in South Korea. He is the commander's executive, working directly for the 3-star general who is the senior Air Force officer in S. Korea. I mention this only because it explains why he works 14-hour days, six days a week and has very little time to run / train.

I got an e-mail from his wife last week that he had just run a half marathon, so I replied, asking if he was under two hours (hoping that just maybe my recent 2:15 might have been competitive with his time). No “A”

personalities in my family. Here's his response—word for word.

Actually, 2:01:00. Very good run though. At mile 5, a Korean guy passed me, then I passed him, then again, back and forth (running about an 8:30 pace just to pick it up for a mile or so...I thought). Then he fell into stride with me, or I with him, and we ran to mile 12.5 or so like that...around an 8:30 pace, stride for stride. I finally ran out of gas, tried to push him on, he grabbed my hand and pulled me for about 100 paces, but I just couldn't. He was saying “under 2, under 2”...but I pushed him on. He finished 1:59, and waited for me at the end.

Very cool...have never had that happen before.

Don't be too surprised if it happens again some time, son. Because there is a fraternity of runners of whom I am proud to be a part. This fraternity of running and runners is clearly international. And chances are that sometime you'll have the opportunity to help or encourage another runner in the same or similar fashion. ISN'T IT GREAT TO BE A RUNNER?

— *Bill Robinson, Landrunners president*

Oh My Goodness! Now we should no longer use BMI!

By Warren Jones

BMI, body mass index, is the World Health Organization's tool for identifying those who are underweight, normal, overweight or obese (for which the World Health Organization has THREE obese categories, each “worse” than its preceding).

The most recent issues of the Journal of Health Economics, though, tell us that BMI significantly undermeasures levels of fatness. For example, under BMI, one in four women is obese, but it turns out that three out of four women are “overfat” by National Institute of Health's body composition standards, or percent body fat standards.

Why do we care whether we are normal, overweight or obese?

Because being overweight or obese Cause or exacerbates a large number of health problems, both independent of other diseases as well as in association with other diseases. Being overweight is among the most significant contributors to ill health.

The health risks of being overweight include hypertension, hyperlipidemia, type2 diabetes, coronary artery disease, stroke, metabolic syndrome, cancer, obstructive sleep apnea, osteoarthritis, liver disease, gall bladder disease, orthopedic injury dementia, Alzheimer's, and premature death.

So, it's important to know where we are underweight, normal, overweight, or worse, obese.

According to the Journal of Health Economics study, it seems that when we define obesity with BMI, and obesity with body composition, the threshold for BMI obesity is higher in the sense that a far smaller

see **BMI** on page 6

TULSA WORLD
ROUTE 66 MARATHON

ROUTE 66 MARATHON

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Take Your Running Global

by Matt Wilcoxon

At some point in your running life you decided to share it with others. That's why you joined the running club right? Running is such a personal endeavor but yet is made so much more enjoyable when you can share it with a group. I recently discovered another way to share my running with others...through blogging.

I came to blogging as a way to capture the thoughts and feelings I was having during my weekend long runs. It's amazing how clear your head can get after 10-15 miles on the road alone. This is what I loved, and still love, about running. The problem was that as soon as the run was over I would quickly get caught up in daily life again and those wonderful insights and feelings were gone. I decided that I would begin keeping a journal of my runs and pour out every drop of emotion I had that day onto the written page. It was a wonderful way to keep those feelings alive and something I could go back and read to reminisce on both the good and bad runs. It was more than a log of how many miles I had run; it was an archive of my soul.

My first jump into the cyber-running-world was as a spectator. I stumbled onto a running podcast (save that for another article!) that I would download to my iPod sometimes and listen to on my long runs. This podcast highlighted a different running blog every week and I eventually started reading some of them. It was wonderful to read about the running adventures of people from all around the globe. I read about trail runs in California and marathons in Iraq and discovered so many different perspectives on running. Some of the blogs I read were from runners escaping problems in their lives, some were training for specific goals, and some just loved to run for no specific reason! It was so interesting to learn about why, how, and what people run. Some were more personal than others but the common theme was RUNNING and how it is a part of so many people's life.

Eventually I decided to start my own blog. I'll admit that I was scared. I kept my blog low-key and never mentioned anything personal. I started it under my

nickname and never posted my actual name anywhere... and I still don't. I migrated from writing in my handwritten log to writing on my blog after every run. I never knew if anyone was reading it, and frankly I didn't care. It was just such a rush to be able to pull up my running journal from any computer no matter where I was in the world.

Within a few days of my first post I had my first comment. I was excited and scared to death at the same time. Someone actually read my thoughts and wanted to comment on them! Oh my! What have I done?! I was so scared that I couldn't even read the comment for the first day it was up! When I did read it, though, I was astounded at the encouragement and enthusiasm I received from someone I didn't even know. This person just stumbled onto my blog and actually liked what they saw. I had an instant friend. I ventured over to their blog and began reading it and commenting on it.

That one event started what has now become a daily ritual that I look forward to with great joy. I now read many blogs everyday and consider all of them my friends even though I have never met many of them. I post my runs, and they provide encouragement when needed and share my joy when I achieve a goal. I make sure to read their experiences and return the favor as much as I can. It is my online running club and I love it.

If you are interested in getting involved in this club, check out www.blogspot.com and search for running. You can also use Google blog search to find running blogs. There are thousands! Even if you never make a comment or start your own blog, I know you will find it interesting and exciting to read other's experiences. You may even find some local bloggers...Oh yea, did I forget to mention that there are other Landrunners who blog? I won't mention their names but they are wonderful writers and a great inspiration for me and I'm sure you'll enjoy their ramblings also.

Happy running

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BMI continued

percentage of people are classified as obese vs. using body composition.

While “only” 24 percent of women are classified as obese according to BMI, almost three times as many (70 percent) are classified as obese by body fat standards. So, “only” one out of four is obese by BMI, but three out of four is obese by percent body fat. The difference for men, though not as large, is still striking: 19 percent are obese according to BMI, but 43 percent are obese according to percent body fat.

So, here’s the point: the BMI definition of obesity underestimates the number of people for whom weight is a serious health problem.

And they don’t know it.

Now that we know that most of us are blind to the actual category into which we belong, the newest British Medical Journal tells us that (these are my terms, interpreted from the study; feel free to go to the study yourself) we all tend to see ourselves as more “svelte” than we really are. To put it as clearly as I can, the BMJ study indicates that most people (men and women, but more so for men) who are overweight or obese (even by BMI standards ... as I explained above, it’s probably worse under body comp standards) DON’T see themselves as overweight or obese.

The BMJ study only considered Brits, but by my review of studies, I would expect the same finding in America. Consider this from Dr. Katz at Yale (in The Way to Eat) on the concept of “normalization” (the emphases are mine):

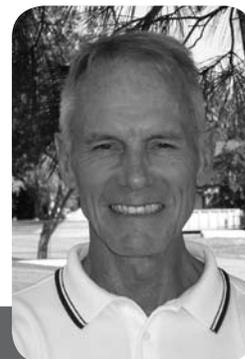
“Being overweight DOES have health consequences. Even if those around you are heavier than you are, YOUR weight can still affect your health. Social normalization of being overweight refers to moving up the threshold for desirable weight as the population weight rises. Doing so might be good if it helps remove some of the inappropriate stigma attached to being overweight, but it ignores the link between weight and health, which does NOT depend on social conventions.”

By the way, part of what is occurring is the “contagiousness” of obesity, as reported in a recent New England Journal of Medicine study on the effect of obesity on spouses, friends and siblings. If one is obese, there’s a greater chance that his/her spouse, friends, and siblings (but not neighbors) will BECOME obese.

The lessons? First, learn your actual “percent body fat,” your “body comp.” It’s going to fall into one of

these categories (by the way, the numbers, the percentages of fat, are different for men and women): essential body fat, athletic, fit, acceptable, overweight, and obese. Second, don’t allow yourself, even if you seem normal as compared to other “walking around Americans” to ignore the health risks of your actual overweight status. Third, change your weight.

Warren E. Jones, a Personal Trainer, is an American College of Sports Medicine (ACSM) Health Fitness Instructor, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. He can be reached at wej@cox.net.



Ask Adi....

Turkey Day is drawing closer! It’s time to set the table, give our thanks, (turn on the football??), and begin the feast.....after the Turkey Trot, of course! I don’t know about your family, but in my house, there are certain dishes that are required to appear on the table and those recipes are NOT to be tampered with! Of course, any additions are welcome so I thought I’d give you all a more healthful version of a popular side. This sweet potato casserole relies on the potato themselves and a reduced amount of sugar for the sweetness we all enjoy. It’s also topped with healthful and filling pecans. Of course, you can add the marshmallows if you must! Just remember to offer this as an option... not a replacement!

Sweet Potato Casserole

- 3 lbs. cooked and mashed sweet potatoes (leave some lumps for texture)
 - ¼ cup brown sugar
 - 2 Tbs. butter
 - 2 Tbs. orange juice concentrate
 - ½ tsp. salt
 - 2 tsp. ground cinnamon
 - ½ tsp. ground nutmeg
 - Pinch of ginger
 - 3 egg whites
 - ¼ cup finely chopped pecans
1. Mix potatoes through ginger with a mixer at low speed, just until combined.
 2. Blend in egg whites
 3. Sprinkle with pecans and marshmallows, if using.
 4. Spoon into a 1 ½ quart baking dish and bake at 350*for 45 minutes.
 5. Enjoy with friends and family!

*This makes approximately 6-8 servings, so you’ll likely need to double!



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NOVEMBER 27, 2008

Schedule:

- 9:00 a.m. – 8K run (The race is sanctioned and course is certified by USATF)
- 9:10 a.m. – 1-mile fun run/walk
- 9:45 a.m. - Little Gobbler Dash

Cost: (Race Day Registration 7:00am- 8:30am)

- \$30.00 for 8k run w/T-shirt (While supplies last)
- \$30.00 for the 1-mile fun run/walk w/T-shirt (While supplies last)

Early Bird Registration

- 8k run w/T-shirt (While supplies last) \$25.00 w/chip rental
- \$24.00 w/owner chip (include chip #)
- 1-mile fun run/walk w/T-shirt (While supplies last) \$20.00

No charge for Little Gobbler Dash (age 0-14)

On-line Registration:

<http://www.signmeup.com/61373>
(additional charge for on-line registration)

In-person Registration:

- 8 - 5 p.m., M – F until Nov. 26th
- 8 am – noon on Nov. 26th at Eagle Ridge Institute (Due to race prep.)

Packet Pick-up:

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PRESENTS



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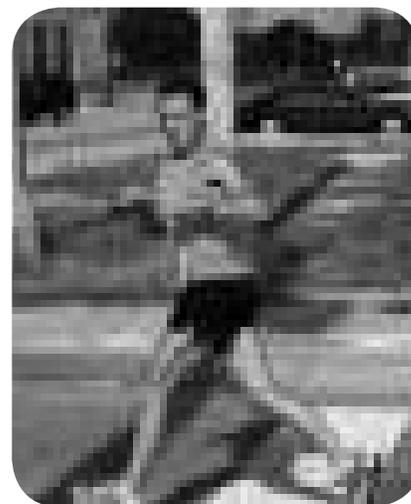
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For information on all the events in downtown visit www.downtownokc.com or call the **Downtown in December**® hotline at (405) 236-3640 or (888) OKC-4FUN

Guess Who!

This Landrunner is as friendly as they come...always offering words of encouragement (if you get the chance to talk to him during a race or training run, that is, because he is fast!). He runs many distances, from 5Ks to marathons, and is often there to give a word of advice to fellow runners. Be sure to give him a big "Hello" when you see him at a meeting or a race!

The first Landrunner to e-mail the CORRECT answer will win a \$10 gift certificate to The Runner! E-mail your guess to okclandrunkersnews@yahoo.com and you could be the winner!



Guess Who Winner – October

Landrunner David Ball came through with the first and correct answer for the October Guess Who... Kevin Lynes

Random Runners Tips

By print time, many of us will be restlessly in taper mode, anticipating the big race day. Of course, crossing the finish line tends to leave runners with a sort of anti-climactic feeling of "What do I do now??" I've gathered a few ideas from other runners who have experienced this to share with you below.

1. First, and probably most importantly, focus on your recovery so you continue to feel strong.
2. Think about capitalizing on your current level of fitness. Work on improving your speed if you're just coming off of a distance race, or work on your endurance if you've just trained for the 5K or 10K.
3. Or, scale back your running and focus on another enjoyable activity that you may not have had time for during peak training.
4. Begin planning for your next race, even if it's many months away. It will give you something to focus on.
5. Plan a reward that is several weeks away from crossing the finish line. It will give you something fun to look forward to that is still connected to all your recent training.

Run strong, everyone!

– *Adi*



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Crossing the Finish Line in 2009!

By Adrienne McCasland

I know many of us are either nearing, or have just entered, the taper phase of our fall training plans, but I also know we are runners and it's typical to already be thinking "Okay, what's next?" before we even cross the finish line we are currently running toward. With that in mind, I'd like to let everyone know of an exciting new feature that the Oklahoma City Memorial Marathon is rolling out for the 2009 events. Earlier this year, a marathon training committee was formed and the members have been meeting regularly to finalize an official training program that will be available to runners throughout the country participating in ALL events on the morning of April 26, 2009! Some of the highlights include:

- Training schedules for runners of all levels and distances,
- Official long run sponsors providing water, fuel, and motivation,
- Q&A time at the end of each long run,
- Training coordinators for groups outside of the OKC metro area,
- And much more (including a few surprises)!

More information, as well as a training survey, will be coming in the next few weeks so stay tuned! Until then, run strong.

LANDRUNNERS IN ACTION

- 8/24 *Green Lakes 100K*, Syracuse, NY: Maurice Lee
 9/6 *Medoc Marathon*, Pauillac, France: Tom Briggs
 9/20 *Redman Tri Full*: Robert Cassidy
 Half: Cara Rogers, Trey Cone, John Oseland
 Relay: Marie Breshears, David Ball
 9/20 *Air Force Marathon*, Dayton, OH: Richard Buckley
 9/28 *Clarence Demar Marathon*, Keene, NH: Tom Briggs
 10/4 *Race for the Cure*, 5K OKC: Marie Breshears (1st Place Female Survivor)
 10/5 *Spirit of Survival*, Medicine Park, OK
 Marathon: Leslie Fleck, David Ball, Maurice Lee, Matt Wilcoxon, Buddy Jones
 ½ Mar: Debbie Chronister, Jackie Norvell, Adi McCasland, Doug Cunningham, Ken Hardwick, Laura and Tony Maxwell, Marion Ramirez, Katrina Wilson
 10/11 *Heartland 50 Miler*, Cassoday, KS: Thomas Hill, Bret Sholar
 10/11 *Eskimo Joes 5K*, Stillwater, OK: Tiffany Cone (1st Place Female)
 10/11 *Reuel Little Classic ½ Marathon*, Madill, OK: Kathy Moffitt, Dave Bryan, Bill Robinson
 10/12 *Chicago Marathon*: Cara Rogers, Randy Nance
 10/18 *Indianapolis Marathon*: Bill Goodier (Boston Qualified 3:20)
 10/19 *Mount Desert Island Marathon*, Bar Harbor, ME: Jane Pace, Jamie Pivniska

We always hear about the great local support and achievement of our fellow LANDRUNNERS in our many local races but we would like to hear about your destination adventures and achievements so let us know by e-mail at news@okcrunning.org

Question of the Month

Many Landrunners members might like to know...

Q. What fall/winter marathons are Landrunners running?

A. The Pirañas schedule: We ran the Heartland 50 mile last weekend (Dave Wood, Bret Sholar and Thomas Hill). In two weeks we are running the Marine Corps Marathon (Bret Sholar, Thomas Hill, David Swanson and Jeff Kidder). Nov. 8 we are running the Mother Road 100 (Bret Sholar, Thomas Hill, David Swanson). The following week we are running the Route 66 Marathon in Tulsa (Bret Sholar, Thomas Hill) and the Half Marathon (Kevin Hayes, Austin Hill) - Thomas Hill

A. The Denver half marathon on Sunday, Oct. 19. - Bill Hickman

A. I am planning on running the Route 66 Marathon in Tulsa. - Arnie Angelici

A. Dallas White Rock – Full. Looking for a February marathon. Anyone have any suggestions? - Randy Nance

A. I ran the Spirit of Survival Oct. 5th, my 55th birthday. Plan to pace Joel McCarty 30+ (does that count as a marathon?) in the Motherroad 100. Tucson marathon in December for a BQ effort. I plan to run Cowtown in Feb 09, but haven't decided whether to run the marathon or the 50k. - Maurice Lee

A. I am running the inaugural San Antonio Rock N Roll Marathon on November 16. - Kevin Lynes

A. I ran the Indianapolis Marathon this Saturday, Oct. 18. - Bill Goodier

A. Troy and I are running Boston on April 20, 2009. - Donna Banks

A. On Sunday, Oct. 19, Jane Pace and I ran the Mount Desert Island Marathon in Bar Harbor, Maine. - Jamie Pivniska

A. Young Cadet (& Pirana) David Swanson ran the Tussey Mountainback 50-Miler in western PA, finishing 5th overall in a cool 6:56. Watch him. Not proud or anything... - Randy Swanson (Dad)

A. Just finished the Spirit of Survival as a 21 mile training run; I plan on the Tulsa Rt. 66 marathon as a 23+ mile training run. I hope to qualify for Boston at the Dallas White Rock (maybe I will get to enjoy Boston with Troy and Donna, as well as Roger and Courtney Lemmons). I realize that there are quite a few Landrunners planning on Dallas this Dec. We will all have to get together for pasta dinner somewhere down there on Sat. evening. Watch the Forum! Finally, Boston is on my mind in April 2009. - David Ball

A. Planning to run the Kelsey 5K with my brother who is visiting from NC. This is his first 5K. In November I'm doing the 12K at Overholser and the next weekend the Rt 66 half with my friend from NC. This will be her first half. In December I'm going to NC to do the Victory Junction half marathon with my brother. This will be his first half. My last half marathon was The Chicago Distance Classic in August. It was hot! - Karen Davis

A. Wow! I am humbled to be among runners with lofty goals...and accomplishing them so much the better! Thinking about making the Route 66 my last long 22 mile run on Nov. 16. I am running the full Memphis TN marathon, Saturday, Dec. 6. Dreaming of joining Donna and Troy in Boston... - Gaile Loving

A. I will run the New York City Marathon on Nov. 2, while wearing bib number 14233, which is good for a first wave over the bridge orange start. I think of Mary Hammer, as she started with the orange at last year's NYC. - Doug Cunningham

A. Rock-n-Roll San Antonio – Nov. 16 - Adrienne McCasland

A. Run with the Stars, Nov. 1 ... back to running baby steps! - Bill Snipes

A. Rock and Roll San Antonio!! This is it's first and mine!! - Shawn Buttolph-Adams

Recipes to Run By...

All is right in Adi's kitchen again.... Some of you may have heard me complaining about my oven and how the bottom heating element had been out for OVER TWO WEEKS, rendering it completely useless, therefore rendering me completely useless, blah, blah, blah. My apologies and many thanks for listening. But seriously....it was like I had lost a leg or something! Well, the element was finally replaced and I spent last weekend covered in flour, bowls of proofing yeast everywhere, and my King Arthur Baking Book happily perched on its stand. How it missed directing me around the kitchen! I tested out several new recipes, including honey-whole wheat pretzels, maple pudding cake, and sprouted grain sandwich bread, but the one I'm going to share with you is my version of the oven-baked apple pancake. This is a wonderfully warming breakfast and especially tasty with some farmer's market apples!

Oven-Baked Apple Pancakes

- 1 tsp. butter, melted
 - 2 Tbs. butter, melted
 - 2 apples of your choice
 - ¾ cup slightly warm milk
 - 4 egg whites
 - ½ tsp. sea salt
 - Pinch of ground ginger or ¼ tsp. nutmeg or cinnamon (or all three)
 - 2 tsp. vanilla
 - 2 Tbs. brown sugar
 - ¾ cup unbleached all-purpose flour
- Cinnamon-Sugar Dust
- 2-3 tsp. cinnamon
 - ½ cup turbinado (sugar-in-the-raw) or granulated sugar

1. Place 1 tsp. melted butter and layer the apple slices in an 8 or 9 inch cast iron skillet (or oven proof skillet) and bake at 400* for 10 minutes.
2. While apples are baking, whisk the remaining 2 Tbs. butter and following ingredients until smooth and pour over the baked apples
3. Bake for 35 minutes until puffed and set.
4. Whisk the remaining cinnamon and sugar to make the dust and sprinkle over the baked pancake.
5. Slice and serve with maple syrup, local honey, or cream and enjoy!

Serves 6-8 famished runners.



Mustang Parks & Recreation

Turkey Trot 5K & Fun Run

Saturday, November 15 | 5K starts at 9:30 am

Followed by Pilgrim Promenade, 1 Mile Walk, Kids Mile and & 1/2 mile run & Lil Gobbler Dash

Early Bird Special price till November 10

Course runs through beautiful Wild Horse Park in Mustang, OK

Call Jean @ 405.376.7739 or email jheasley@cityofmustang.org

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