

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

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

April 2009 | Issue No. 156

Oklahoma's Finest Runners Gather for a Night of Memorable Celebration

By Paul Lekawski

For a recreational runner in Oklahoma, this gathering to honor outstanding runners was equivalent to the Heisman Trophy presentation (without the *boomer... sooner* shout outs). The 25th birthday celebration of the Oklahoma City Running Club was attended by more members and runners than this writer could ever recall. It was a truly magical night to gather, visit with old friends, new friends and recall the history of this fine running club. The night also included the founder and originator of the club, Dan Metcalf who actually organized everything 35 years ago. And even the past presidents of the running club were present and acknowledged for all of their contributions to the club.

The array of runners was vast and ranged from Jim Smith, a pioneer of Oklahoma running, to Kevin Schwab, an up and coming star runner for the University of Oklahoma. With

many thanks to Don Burnett, this evening featured past Oklahoma Runners of the Year, many traveling from Tulsa and other parts of Oklahoma and even up from Texas! In addition, the party was graced by the presence of the 2008 Female Oklahoma Runner of the Year, the Oklahoma City Running Club's own Tiffany Cone (accompanied by a wonderful presentation by her husband, Trey Cone) and the 2008 Male Oklahoma Runner of the Year, Jerry Faulkner. Don Burnett narrated a wonderful show, extolling the great accomplishments and feats of all of these great runners. Never before had so many of these famous runners gathered at a non-running event.

Not to be outdone, Doug Cunningham again made a great show and presentation of the running club's Series Award winners for 2008. Congratulations to all these fine runners for their accomplishments.

Of course when the Oklahoma City Running Club gathers, there should always be fine food. This event once again featured culinary delights from Kam's Kookery and the wonderful chef, Kamala Gamble (who left the babysitting job and dishwashing to hubby, Lance Cornman). There was a little bit of kick in the dinner that could get you down the road on a long run and the wonderful sweets at the end made for a very satisfying evening.

Now who in the heck could coordinate and organize such a large event and bring it off so successfully? Well, you know the club's Party King spent some time with this task since late summer 2008 and he humbly throws all of the accolades to everyone who worked so hard to bring off the most successful event in club history. Party King? Who else other than Bill Snipes! He and

see **Finest** on page 4

Believe

On Feb. 28, we held the Panera Jack Rector Beacon Run with more than 400 finishers. With the temperature below 30 and north winds over 30 mph, it was less than ideal running weather. Heading into that north wind I questioned my shorts and short sleeve attire. Why were people trying to draft off slow old me? I did skip my routine ice bath after the race. Cara Rogers, Bill Snipes and the numerous volunteers did an outstanding job putting on the race. Those who finished and volunteered can now believe they are ready for anything they may encounter.

Later that evening we packed the house for our 25th Anniversary Banquet. We were blessed to have in attendance many of the past along with the two newest Oklahoma Runners of the Year, several Oklahoma Long Distance Running Wall of Fame recipients and many of the clubs' past presidents including the club's first president, Dr. Dan Metcalf. Can you believe Dr. Metcalf served as president, newsletter editor, race director and race timer for more than 10 years? Don Garrett was presented the club's outstanding service award for all he does for the racing community. Don has really spoiled us with his fast and accurate timing and results. Kamala's Catering served us a Mexican dish that was delicious. An evening with running friends is absolutely priceless. I would like to extend a big thank you to Marie Breshears, Bill Snipes and their staff of volunteers for organizing such a wonderful evening. I would also like to thank our friends at the Athlete's Foot, Elite Feet, OK Runner, the Runner and Ron's Sports World for all the wonderful door prizes.

The March 16 club meeting had a great turn out, but how could we not with guest speaker Dr. Tom Coniglione. He entertained us with his vast knowledge of running injuries and tips for running healthy. We are extremely lucky to have Dr. Tom as a running friend.

The spring racing season is in full swing so be sure to get out and participate. For those of you participating in the OKC Memorial Marathon, you have less than a month to race day and have now completed three months of training, several long runs and the Panera Jack Rector Beacon Run in less than ideal weather. Whether you are running the full marathon, half or relay you have to believe you can and will finish. Maybe all this is not enough, so be sure to attend our special program at Metro Tech auditorium on Thursday, April 23, featuring special

guest speaker Amy Palmiero-Winters. Presented by the Oklahoma City Memorial Marathon, her story is sure to inspire you all the way to the finish. If you still need more, there are sure to be many veteran marathoners in attendance who can offer some last minute tips. It will be an evening you won't want to miss.

Believe you can, know you can and then just do it. I will see you at the finish line.

Keep Running

Chuck Mikkelson, President

LANDRUNNERS IN ACTION

2/28/09 The Cowtown Marathon, Fort Worth, TX

Maurice Lee III	3:57:54
Randy Nance	4:04:13
Leslie Fleck	4:30:51

2/28/09 The Cowtown Half-Marathon, Fort Worth, TX

Jeff Kidder	2:04:06
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3/15/09 Little Rock Marathon, Little Rock, AR

Brendon McCollom	3:41:43
Brian Coleman	4:04:03
Nick Verdea	4:12:12
Glen Stanley	4:31:48
Luis Arellano	5:05:14

3/15/09 Little Rock Half-Marathon, Little Rock, AR

Kathy Moffitt	2:22:08
Brenda Mares-Earnhardt	2:28:08

Please don't forget to send your results, photos and stories to news@okcrunning.org

Volunteers needed for Marathon Packet Stuffing at 5 p.m. on April 21. We'll be at Kimray Conference Center on 42nd and N. Santa Fe. Check the Landrunners Web site for details.

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PEARL IZUMI ADIDAS NEW BALANCE E-GEL GU

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Finest *continued*

Marie Breshears co-chaired a committee that included:

Ron Kuykendall (contacting past club presidents and bringing the memorabilia).

Don Burnett (compiling and narrating the statistics and stories of the Oklahoma Runners of the Year).

Bill Goodier (for his tireless efforts in compiling the video information from club archives with contributions from Ron Kuykendall, Suzie Bostick and John Hargrove. In addition Bill was the great wine connoisseur).

Chuck Mikkelson, current club president (the emcee of the program, coordinator of overall planning, door prizes and getting the beer in addition to getting the invitations out, printing name tags, icing down the beer and doing whatever else needed to be done). All of this after running the Beacon on the Bay in shorts with dangerously frigid weather. Now here's a real president for change and stimulus!

Jamie Pivniska, Jane Pace and Kamala Gamble (for the decorations and picking up some door prizes).

Cara Rogers (for rounding up the door prizes while working as Race Director for that morning's Beacon on the Bay run).

Frances Williams (for the invitation design, with subtle OSU overtone, and co-coordination of the club's Series Awards).

Ric Williams (Race Committee Chairman who helped with the Series Awards and gathering of door prizes).

Jim Roblyer (always aiding in the contribution of planning ideas, bringing the music and rounding up bartenders, who donated their time. Jim also served as his ever cheerful self as a greeter).

Don Garrett (brought the music and created the registration site on signmeup.com). Don was also honored for his tireless efforts and contributions to all of the successful running events that have made Oklahoma running such a well planned and delightful experience.

Betty Sadler and Mike Haeger (Greeters at the door

who knew virtually every "old timer" that came through those doors).

Mark Bravo (who made the very fine presentation to Don Garrett, extolling every great virtue of Don and his crew).

Myself (all I had to do was read the Club History that was so eloquently created by Bill Snipes. The jokes and recap of my "brutal morning"—well I sorta ad-libbed those).

In addition to this great evening, door prizes were contributed by great friends of the running club: The

Runner, The Athletes Foot, New Balance, Elite Feet, Ron's Sports World and the OK Runner. There were some truly great door prizes that carried fantastic value. It's always nice to have such great friends of the running club that help us on our way to whatever victories we seek in running.

Now Bill Snipes, the great Party King that he is, would humbly admit that putting on this type of celebration is no easy task

but still it's a labor of love. However, in his words, "I found one truly critical and indispensable element in pulling off an event like this and it is Marie Breshears. Always positive and upbeat, efficient and organized but most importantly, Marie has a special way with people. Things never seem like work with Marie, it's always fun, always with a sense of humor. She has a way of encouraging people to get things done that is not nagging or offensive. Everyone seems to love her and is willing to do what ever she asks. If I am to receive any credit for what took place, it should be credit for having the good sense to get Marie to be the co-chair."

So, if you missed this event, just mark down on your calendar for next year, the next great celebration. When's it going to be? Keep checking that wonderful Web site and come to the meetings. Not a member of the club, but somehow you're reading this article? Well, come join the greatest running club in Oklahoma and get in on the fun and friendship. There will be another party before you know it!



Mark Bravo and Chuck Mikkelson present Don Garrett an award for his outstanding service to the Oklahoma City running community.

REMEMBER THE TEN



KENDALL DURFEY BJORN FAHLSTROM
NATE FLEMING
WILL HANCOCK
DANIEL LAWSON
BRIAN LUINTRA
DENVER MILLS PAT NOYES
BILL TEEGINS JARED WEIBERG



ON JANUARY 27, 2001, TEN MEMBERS OF THE OKLAHOMA STATE UNIVERSITY FAMILY PERISHED IN A PLANE CRASH. THIS SPRING, THE OSU FAMILY WILL AGAIN COME TOGETHER TO CELEBRATE THE LIVES OF THOSE WE LOST.

3RD ANNUAL
REMEMBER THE TEN
10K & 5K RUN

APRIL 18, 2009 • STILLWATER • COACH EDDIE SUTTON, HONORARY CHAIRMAN

For registration information, please visit our website: www.RememberTheTen.com
If you are interested in volunteer or sponsorship opportunities, e-mail Kerry Alexander: kerryalexander@remembertheten.com
Proceeds for this annual event will be directed to OSU Student Counseling Services with focus on grief Counseling.

THE LIMBS FOR LIFE FOUNDATION PRESENTS

2009 BRICKTOWN BLAZE

6th Annual 5k Run and Fun Walk - May 2, 2009



Run so amputees can walk!

- Race-day registration begins at 3:30 p.m. with the race at 5:30
- Registration is \$20 in advance, \$25 on race day and \$15 for groups of 25 or more
- Run ends near home plate in AT&T Bricktown Ballpark
- Participants and volunteers receive a free shirt and ticket to the RedHawks game vs. New Orleans following the race
- Scored with the chip system by DG Productions
- Benefits the Limbs for Life Foundation



REGISTER ONLINE AT LIMBSFORLIFE.ORG

We're not asking for much... just an arm and a leg!

The “Core of Better Racing”

By Warren Jones

Despite conventional wisdom that having a strong “core” makes for better athletic performance, limited scientific studies have shown no direct relationship. A study published earlier this year, though, in the *Journal of Strength and Conditioning Research*, the official journal of the National Strength and Conditioning Association, provides convincing and powerful evidence that enhancing core strength greatly enhances racing performance.

The investigators divided the subjects into two groups: a control group who did not do any core training but who maintained their training routines, and the experimental group who, likewise, maintained their training routines (same as the control group) but who also received core strength training. The training program consisted of only five core exercises performed four times per week for six weeks. The core exercises targeted the abdominals, the erector spinae (the lower back), and the gluteus maximus (butt muscles).

For the first two weeks, the core group did two sets of ten repetitions of the exercises. For the next two weeks, they did two sets of fifteen reps, and for the final two weeks, they did three sets of twelve reps. In all cases, the only resistance was the body weight of the subjects, i.e., no additional resistance was added.

While the study revealed no impact of the core training on ground reaction forces (the force of the body at impact and at takeoff...leading to measures of running economy), it did demonstrate a significant effect of the core training on racing performance. Both the control group (the non-core group) and the core training group improved their race times during the six week training period. But the core group improved substantially more than the control group. The control group dropped 17 seconds off the pre training time; the core group dropped 47 seconds off its pre training time.

For those who have done a number of 5K races (and have a pretty good idea of your typical performance), you know that a drop of forty seven seconds is substantial.

On a percentage basis, the core group improved by almost three percent. So, say, you're a 25 minute 5K racer. That's an approximate 8:03 pace. If you improved your 5K performance by a mere three percent, your race time

would be 24:15, a 48 second improvement. If you're a 30 minute 5K racer, a similar percentage improvement would allow you to finish in just over 29 minutes with a 54 second improvement.

Remember, these results were achieved with only six weeks of core training, and without even “hitting” all the core muscle groups, e.g., quadratus lumborum, abdominal external obliques, abdominal internal obliques, transverse abdominus, gluteus medius and minimis, and probably others I'm forgetting. So, doing more, in time and in muscle groups, could probably produce even better results.

Now you understand the title of this article. The core to good racing may start at the core of your body.

Those of you who know me or have read my articles during the years have read the following sentence, which explains why I have my clients do as much core work as any other muscle group in their bodies: Every muscle action is stabilized by, is transferred through, or originates in...the core!

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.



Marathon Training Recap

By Bill Snipes

150 Confident Runners Conquer the Edmond Hills!!!

Week 8

What a difference five weeks makes! We were first challenged by the Edmond hills in week three and at the end of that run there were a lot of weary runners with distressed faces crossing the finish line. After five more weeks of diligent training...what a difference! If I could

see **Recap** on page 8

Guthrie YMCA 89er Day Run

5K, 1Mile and Fun Run

**Proceeds will benefit the YMCA
STRONG KIDS CAMPAIGN**

**Register online at:
www.quickscores.com/guthrie**



Date: 04/18/2009

Start Times:

8:00 AM 1 Mile

8:30 AM Fun Run

9:00 AM 5K

**Pre-register online at:
www.quickscores.com/guthrie
Registration will be available
at the Guthrie YMCA through
Race Day, April 18.**

Entry fees:

- **\$20 Pre-registration**
- **\$25 Race Day Registration**
- **6 & Under Free**

Runner Packets will be available at the Guthrie YMCA April 16- April 18. Please contact the Guthrie YMCA for more information regarding Runner Packets.



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Guthrie, OK 73044
(405) 282-8206**



United Way of Central Oklahoma

*All participants will receive a YMCA 89er Day Run T-Shirt, goodie bag and after race refreshments.
Awards will be given to top male and female in each age division.*

*YMCA Mission: To put Christian principles into practice through programs that build healthy spirit,
mind and body for all.*

Recap *continued*

use only one word to describe the runners as they finished that day, it would be confident. Sure, the chilly head winds heading out were tough, but they also helped tame the hills on the return and carried the runners through the half way point in training. The difference was striking; the group is right where it needs to be.

The water/PowerAde stops were sponsored by our great friends at the New Balance store in Edmond. Not only did they man the stops, they also brought cookies and other treats for after the run. These weekly sponsors just keep getting better. We extend our sincere thanks to Clint, Jacob, and Whitney at the New Balance store for their support. They'll be back for one of our 20 milers and promise even better things for us.

Brutal Winds Batter Runners

Week 9 – The Panera Bread Jack Rector Beacon Run

If it's windy on April 26, this group will be ready. The inaugural Panera Bread Jack Rector Beacon Run will be remembered for years to come. Conditions weren't just tough, they were brutal. Temperatures hovered near 30 degrees; sustained winds blew in the runners' faces at 25 to 30 mph and wind chills were in the mid teens. It was a test of wills, your wind against the will of the elements, and you won! Greeting runners at the finish line was reminiscent of greeting runners at the end of a marathon. It was the exact same feeling...welcoming exhausted runners who persevered and battled through to the finish. I'm absolutely convinced that if you finished that 25K run on Saturday, you are mentally ready for the challenge of the marathon. We still have some training to do, but your effort Saturday was monumental...another great confidence builder.

Water/PowerAde stops were staffed by volunteers from Objectstream and the turn-around point was staffed by the Girl Scouts. What a great job they did supplying the runners with refreshments in the brutal conditions. Battling frozen spigots they hand dipped the water and PowerAde so the runners could have something to drink. It was a remarkable effort and showed their dedication to the runners. Panera Bread supplied coffee and bagels after the arduous run. Every year they provide the major support for this event.

Putting on a race is different than putting on a training run. The work that goes in to it for weeks and months ahead of time to pull off a successful race is enormous. Cara Rogers, a training committee member, also served as this year's race director. She did a wonderful job amassing and coordinating the volunteers that made this year's run a success.

Support and perseverance to the end...I can't say

enough about Bob and Gaile Loving, or Daun Siegel. I can think of very few people who are as dedicated to the runners to the very end of a run as are Bob and Gaile. Bob rode the lead bike for the race and was there patrolling the course until the 1:15 end of the race. With the last runner still a couple of miles out, Gaile headed back out on the course to run her in. Daun was not willing to quit and Gaile was not willing to let her stop. Gaile led her those final two miles to the finish and when heading into the wind took to lead so Daun could draft. That's commitment...by both. On a day when everyone was a hero, you stood above the rest.

Sunrise on the Oklahoma River

Week 10

The 125 runners (and one dog, Boomer) who showed up this morning were treated to a beautiful sunrise over the Oklahoma River in nothing less than perfect conditions. No wind, 40 degrees, and clear skies...wouldn't it be great to have that on April 26? The 12 miles went by fast and everyone was again treated to a great buffet of fresh fruit, bagels, cookies, and coffee supplies by our wonderful hosts, the Chesapeake Boathouse.

Runners Continue to Thrive

Week 11 – 20 miler on the marathon course

More than 150 runners/walkers showed up for the second of three scheduled 20 mile runs. The conditions were slightly warm, humid and very windy, but everyone survived and several were heard to comment afterward that they thought they would never get off Classen! Runners overwhelmed the table in the finish area with great treats for after the run. Fresh fruit, homemade breads, brownies, peanut butter, cookies and pretzels were among the items to choose from. These runs are worth showing up for just to get in on the breakfast buffet afterwards. We can't thank enough those who contributed.

Runners, you have come a long way...a very long way. Twelve of the sixteen training runs and 158 of the 210 miles of long runs have been completed. Think about that for a second. Your long runs amount to more than 6 marathons. This is a recovery week, then we will have one more 20 mile run before we start to taper off for the race. Just one more big hump to get over and you'll be there. Take advantage of this time before the next 20 miler and let your body recover and heal. You're almost there, just stay on course and you'll make it!

Water stops sponsors were the wonderful folks from the New Balance Store in Edmond. Not only did they handle the water stops, they also brought each runner a goody bag and gave away two pair of shoes. The winners were Matt Blue and Mary Faucett.

Friday, May 1

FLEET FEET
Sports
TULSA

Cinco de Mayo

Clean Air Challenge
5K Run/Walk
benefiting the American Lung Association

2009
CLEAN AIR CHALLENGE
5K RUN/WALK
the american lung association

Saturday, May 9

Join the Fight for Air.

Cinco De Mayo Clean Air Challenge

Friday, May 1, 2009 • Veterans Park, Tulsa
5K Run/Walk, 1 Mile Fun Run
Registration - 5:00 p.m., Events Begin - 6:30 p.m.

Register online at www.fleetfeettulsa.com.

Visit www.breathehealthy.org to form a team and help us fight for clean air!

For more info, call 918-747-3441 x 204,
or e-mail lorourke@breathehealthy.org.

Oklahoma City Clean Air Challenge

Saturday, May 9, 2009 • Oklahoma City Zoo
5K Run/Walk, Kids Dash, Fun Walk
Events Begin - 9:00 a.m.

Register online at www.breathehealthy.org.

Visit www.breathehealthy.org to form a team and help us fight for clean air!

For more info, call 405-748-4674,
or e-mail jwilliams@breathehealthy.org.

† AMERICAN LUNG ASSOCIATION®

Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
4/5	Red Bud Classic 5K/10K	N.W. 63rd & Penn @ 2 p.m.
4/18	Remember the Ten 5K/10K	Stillwater, OK @ 9 a.m.
4/18	Miracle Run 5K	OUSHC @ 9 a.m.
4/18	Guthrie 89er 5K Run	Guthrie @ 9 a.m.
4/18	Lake Hefner Trail Cleanup	Golf course clubhouse @ 10 a.m.
4/21	Marathon Packet Stuffing	Kimray 42nd & N. Santa Fe @ 5 p.m.
4/23	Club Meeting with Amy Palmiero@Winters	MetroTech 1900 Springlake Dr. @ 7 p.m.
4/25	Running with the Legends	Downtown Sheraton @ 7:30 a.m.
4/26	OKC Memorial Marathon	N.W. 5th & Robinson @ 6:30 a.m.
5/1	Clean Air Challenge 5K	Veterans Park, Tulsa @ 5 p.m.
5/2	Jim Thorpe Courage Run 5K	SW 104th & Penn @ 9 a.m.
5/2	Bricktown Blaze 5K	Bricktown Ballpark @ 5:30 p.m.
5/3	Family Promise of Shawnee 5K	Woodland Park, Shawnee @ 2 p.m.
5/9	Clean Air Challenge 5K	OKC Zoo @ 9 a.m.

Beware of Dogs

By Jack Maguire

It was late afternoon when I decided to drag myself out to Lake Overholser for a short run. I enjoy late runs at Overholser because most days it can be a quiet, serene relaxing run. I'm able to get my miles in and take in the calm surroundings of the lake.

I always use the Boat House parking area because it is normally used by the road bikers and kayakers. There is always safety in numbers and everyone seems to watch out for each other. There is also a Ranger station just north of the Boat House. On this day, the place seemed to be deserted. I had the whole area to myself.

Like any other running day, I went through my mental check list. Adjust my shoes. Check. Clean my running glasses. Check. Adjust my runner's belt and contents. Check. Turn on my GPS running watch. Check. Make sure the hair looks good in the rearview mirror. Check.

My plan was to make it a short, quick run as it was already 5:30 p.m. and it would be getting dark soon. I began the run heading north using the paved path along the lake.

While glancing at the time on my GPS, I caught movement out of the corner of my eye. I turned to see a large dog charging at me from a yard across the street.

I have only been running for about six years but in that

short time I have had to deal with a few dogs. Most dogs just want to bark and act like they would be interested in giving chase if I chose to run from them. I have found it best to stand your ground and yell sternly at them to get back. It always worked before...until today.

I noticed that this dog was not barking. He was running at me hard with his head down, bearing his teeth, growling and the heckles on his back were standing up. This dog wasn't having fun with me. He meant business.

The dogs I had dealt with before always kept their distance while barking at me. This one did not stop running until he was within two to three feet of me. I immediately began yelling to get back in the gruffest voice I could muster, but to no avail. He did not show signs of retreat but instead began to circle me as if looking for an opening or weakness.

I never stopped yelling and kept rotating with the dog as he circled me. Instinct told me I had to keep facing him down or risk being drug down from a rear attack. I would steal quick glances to my left and right hoping someone was coming to my rescue. I thought to myself that certainly someone could hear my yells. Not a car in sight and no one was coming to help.

A million thoughts raced through my head. Why me? Whose dog is this? Who would raise such a dog and why is he loose in such a public area?

It finally occurs to me that I have always carried a telescoping baton in my running belt to scare off unwanted



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pests. The attack came so quickly and startled me so badly; I just wasn't thinking. I began to fumble around in my pouch without taking my eyes off the dog for what seemed like forever. Finally, I felt the rubber grip of the baton firmly in my hand.

The baton is six inches long when collapsed. With the flick of the wrist it extends fully to a length of sixteen inches. When swung with force a steel baton will deliver a nasty blow. I had only used the baton once before, and that dog ran away shortly after seeing the baton in my hand. This dog did not flinch. I snapped my wrist to extend the baton to its full length.

By this time, the dog had backed me up to the edge of the lakes bank. It had crossed my mind to simply jump in and wait the dog out. It was a cold winter day and jumping into the ice cold water was going to be my last resort. He lunged forward and I took a swipe at him. I missed and he countered by snapping at my arm. I was able to catch him across his head on my back swing. As he recoiled I stepped forward and took another swing delivering a blow to the opposite side of his head.

The second blow seemed to take the fight out of him. He backed away slowly, shook his head and jogged back toward the yard from where he came. I stood tense and poised to strike again in case he was ready for another round.

Convinced he was finally gone; I sank to my knees and took a deep breath. I could feel my pulse racing and my heart felt as though it was going to jump out of my chest. I checked my watch and was amazed to find that only six minutes had passed since I last checked the time. It felt as if a half hour had passed since it all began.

I gathered myself together and walked back to my car glancing over my shoulder the entire way. Upon returning to my car I called 911 to report the incident.

I waited a week before returning to again run Lake Overholser. I assume animal control took care of the dog because I have not since seen him. Lake Overholser is still one of my favorite places to run. I'll just pick up my pace when I run past his domain.

The 5th Annual
JIM THORPE
Courage Run

MAY 2ND, 2009

CHATENAY SQUARE
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OPEN 5K
ONE MILE FUN RUN
WHEELCHAIR 5K
ONE MILE WALK

5th Anniversary Offer
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Distance Running: Salt, Water, Hydration and Overhydration

By Tom Coniglione, M.D.

We have heard it many times; start drinking water three days before the marathon. We have been reminded of the importance of drinking during the marathon or, for that matter, during any long run. All of this is true. Well, almost true.

Each year during or after a marathon, some runner(s) dies from hyponatremia—too small an amount of sodium in the blood. In 2002, there were deaths in the Houston and Boston marathons. In an effort to warn all runners of the potential danger of hyponatremia, these deaths were widely publicized. There is no need for hyponatremia to happen to anyone.

We sweat during and after runs. The hotter it is the more we sweat. The longer we run the more we sweat. The more humid, the more we sweat. Sweating is good because it cools the body and prevents heat injury. However, on a long run in a warm environment, we can sweat a lot.

It has been said runners sweat one to two pints per hour. Yet we have runners in Oklahoma who sweat six to eight pints per hour. Remember, a pint of water is a pound.

You can lose several pounds an hour when running—all fluids that you must get back into your body. The first point to remember is that each runner sweats at his/her own rate. How much you sweat is something you should figure out.

Calculating how much you sweat takes very little work. First, weigh yourself stripped before running. Then run some amount of time (to make the calculation easier, run for an hour. The weight you lost from before running until after you finish sweating is the amount of sweat you made. Remember, in the warm, humid summer, you can sweat for half an hour after you finish running.

WAIT! But you drank some fluids

during and after the run. The fluids count as one pound per pint you drank. That amount gets added to the difference in the weight you lost during the run.

Example:

Weight before running (150)—weight after you finish sweating (147) = sweat lost (3 pounds). Now if you drank 2 pints of fluid, you add that to the amount you lost; 3+2 = 5 pounds (pints) of weight lost. If you ran for an hour, you lose 5 pounds of sweat per hour—in that same environment.

You should know how much you sweat under different conditions. The most important condition you have to be concerned about is those summer mornings when it is 80 and 80% humidity.

You should also try to experiment in conditions similar to the marathon you will be running.

On the opposite extreme, we know dehydration can lead to heat injuries. The loss of as little of 2–3% of body weight can cause heat injuries, Heat injuries are heat exhaustion, heat cramps and heat stroke. In Oklahoma, we have seen all of these heat injuries. Drinking adequate volumes of fluid with the proper balance of water and sodium (salt) will avert these heat illnesses to a large extent.

Thus, during the marathon you have to avoid getting too dehydrated, but avoid getting overly hydrated. This is where your rate of sweat loss calculation becomes important. You know your sweating rate. Replace at about the same rate you are sweating, or a little less. A rule of thumb is to replace 75% of what you lose each hour you run.

During the marathon there is no need to replace all the fluid you are losing. Many runners finish a marathon a little dehydrated. Dehydration is easy to correct.

After the marathon, there is no need to hurry to replace the fluid. Once you stop running, you will be catching up on lost fluid. Weighing yourself is a good idea to let you know how much you need to drink.

One way to know you have replaced your fluid is to look at the color of your urine. In general, if the urine is dark yellow, you are behind on fluids. If your urine is light colored, you are adequately rehydrated. You do not want the urine to look like straw or water—this means you are overly hydrated. By the end of the day you run long or run a marathon your urine should be reasonably

light colored.

During the marathon there are two things we do not want to do. First, to drink water at every water stop, and, second, to gain weight during the marathon. Either of these is unnecessary and either could lead to the problem of hyponatremia.

The second point of this article is to warn of the dangers of hyponatremia in runners. Hyponatremia was responsible for the publicized deaths in 2002. Certainly, hyponatremia will happen to some runner again. There is no reason for anyone to get hyponatremia.

We use the words “salt” and “sodium” interchangeably.

When we sweat we lose salt and water. Hyponatremia happens when we sweat and replace what we lose with water, or fluids that do not contain enough salt. In other words, we “dilute” the sodium remaining in the body. This leads to hyponatremia, which leads to brain swelling and all the complications that follow—even seizures and death.

Remember, the first paragraph of this article—start drinking water three days before the marathon. Well, start drinking, but don't drink water exclusively. The fluids you drink should contain some salt. Thus, drink the sports “ades.” Preferably, drink whatever fluid the marathon will distribute on the course. Get used to that particular “ade.”

Not all ades are the same. Runners report some ades have too much salt and others have too many carbohydrates. Some ades make runners nauseated. If the ade is too salty, drink some water with the ade.

Other than making your stomach a little queasy, there is no harm in having a little extra salt in the fluids. The extra salt will make you thirsty. Thirst will cause you to drink a little more.

A little extra salt will cause no harm and possibly help prevent hyponatremia. At the Oklahoma City Memorial Marathon pretzels will be provided on the course and at the finish line. In the medical tent, our routine will be to give pretzels to all runners who need medical assistance.

We have two things to remember. The first is to have an idea of how much you sweat under various environmental conditions. Second, drink salt-containing fluids proportional to the rate at which you sweat. Replace some during the marathon and the rest once you are finished.

Happy marathoning!



2:00 p.m.

Sunday, May 3, 2009

Location: Woodland Park in Shawnee, OK. at the corner of Broadway Ave. & Highland.

This event is chip timed and sanctioned by the USAT&F. The 5K course is certified.

Enjoy on-course entertainment and post-race FOOD & AWARDS!

Start Times:

2:00 p.m. 5 km Race (\$20)

2:40 p.m. Kids under 12 Races (free)

Kids Under 12 Races

Ages 10-11 Boys & Girls – 400 Meters

Ages 6 -9 Boys & Girls – 200 meters

Ages 5 & under Boys & Girls – 50 meters

***The first 100 entrants will receive a t-shirt.**

Additional t-shirts will be available for purchase at the event.

Download an entry form at www.familypromiseshawnee.org and mail it along with the \$20 entry fee by Monday, April 27th to:

Family Promise of Shawnee

P.O. Box 3044

Shawnee, Ok. 74802 – 3044

For race questions: 405-823-1104 (Meredith)

Website: www.familypromiseshawnee.org

Proceeds to benefit Family Promise of Shawnee, a non-profit organization helping homeless families with children regain their self-sufficiency. Proud to be in partnership with



Sports Nutrition: 10 Tips for Distance Runners

By Karen Massey RD/LD

Hydration

From a nutrition standpoint, the most serious error a runner can make is to become dehydrated! Even a small degree of dehydration will impair ability. This is one time when “relying on your instincts” is probably bad advice. Unfortunately, the body’s trigger for thirst doesn’t go off soon enough. If you wait until you feel thirsty, you’re already dehydrated.

Tip #1

Start hydrating early. One way to tell if you’re hydrated is the check the color of your urine. The goal is to have “pale” urine before you run. Ideally, you want to achieve and maintain a “pale” color long before you suit up. Attempting to guzzle fluids at the last minute isn’t as efficient, and may even be harmful. It’s much better to prevent dehydration by drinking moderate quantities of fluids throughout the day. Caffeinated beverages “count,” but may cause an early pit stop and/or make some runners “jittery.” Alcoholic beverages are not recommended because they have a diuretic effect in addition to affecting coordination and skill. Drinking alcohol also inhibits glycogen storage in subsequent hours. Don’t drink alcohol before a race or day of hard training.

Tip #2

For exercise—use sports drinks. If you are going to run for more than an hour, or if you’re planning to do intense repeats or speed work, sports drinks will give you an added edge. Sports drinks, like Gatorade or PowerAde, are formulated to be 6-8 percent carbohydrate solutions. This is the perfect “mixture” to support steady activity. Don’t dilute them.

Tip #3

15 minutes before you run drink 1 cup of fluid. Continue drinking about ½ cup of a sports drink every 15-20 minutes during your exercise. This regimen is only going to be effective if you were well hydrated to in the first place. Amounts will have to be increased in hot/humid conditions.

Tip #4

After you run drink sufficient fluid to replace any weight lost during the work out. It will take 16-24 ounces fluid for every pound lost. Most distance runners will lose a couple pounds before they finish. If you lose more than that—you’re not

drinking enough while you run. If you actually gain weight—you’re drinking too much!

Carbohydrate, Carbohydrate, Carbohydrate! The second most critical error a runner can make is not eating enough, especially carbohydrate. The working muscle must have adequate carbohydrate. Failing to eat enough carbohydrate will hamper your ability. Countless studies have been conducted, all over the world, on all ages of athletes, and the results are extremely consistent. Carbohydrate need is directly related to intensity and duration of training. Fewer carbs are needed when you are running fewer miles at an easy pace; more carbs are needed to support (and recover) from long and/or intense training.

Tip #5

Carbs in the morning. Carbs at night. Carbohydrates are found in all plants (fruit, grains, and vegetables...especially “starchy” vegetables). The only (animal) exception is that carbohydrate is also found in milk and yogurt. A bowl of hot or cold cereal for breakfast is a great way to go. Same with toast, bagels, or English muffins with a fruit spread. Pancakes are another option. At lunch, choose sandwiches made on thick slices of whole grain bread. Fresh fruit, nonfat yogurt and/or a lowfat milkshake complete a sandwich meal in high-carb fashion. For supper, include a starchy side, such as pasta or rice. Corn, beans, and potatoes are excellent choices too. Be sure to include carbohydrate foods as snacks. Popcorn, crackers, ice milk, frozen yogurt, fruit, or multi-grain cereal bars.

Tip #6

Technically speaking, **allow 6-10 grams of carbohydrate/Kg/day.** (1 Kg = 2.2#)

A “loose” translation of this rule might be to allow 6 grams/Kg if you are running 1 hour a day. 7 grams/Kg when you run 2 hours...and so on. The more intense your workout, the more carb you need. So, even if you’re planning to run for less than 1 hour, but are going to be doing a lot of speed work; allow more than 6g/Kg. For marathon training, aim for 10 grams per Kg.

Tip #7

Carb Loading One way to help your muscles get prepared for a marathon is to “carb load.” Carb-loading techniques have changed quite a bit over the past several years. Carb loading is not helpful and may hinder shorter distances like a 10K. The basic idea is to start short-changing your carbohydrate intake as you taper training the week before race day. Then, (2-3 days before the race) drastically boost carbohydrate intake back up at the same time you’re phasing training down to complete rest. Carb-loading won’t be effective if you don’t significantly taper or omit training at the same time you’re eating more carbs. Naturally, you

will gain a pound or two when you eat more at the same time you reduce training. To keep weight gain to a minimum, reduce fat intake as much as possible. Choose high-carb, low-fat foods such as pancakes, bagels, pasta, rice, cereals, nonfat yogurt, and fruit. This is no time to experiment with new foods. For that matter, don’t attempt carb-loading before an important race if you haven’t done it before. Some runners don’t tolerate carb-loading very well. For those who do, carb-loading will delay fatigue and enhance performance.

Tip #8

Oh my...**G. I. distress** is a real problem for some runners. Dehydration worsens nausea. It takes 3-4 hours to digest a meal. If you’re experiencing problems, eat earlier. If, for example, you plan to run after work at 5 p.m., eat lunch at 1 p.m. Liquid meals may work much better. You may need to avoid fruit or fruit juices before running.

Tip #9

Pre-exercise meals. Generally speaking, the pre-exercise meal should be eaten 1-4 hours before working out. Allow 1-4 grams of carb per Kg where 1 gram/Kg is about right for 1-hour, and 4 grams per Kg when your meal is 4 hours before. Limit fat and fiber. Fat takes longer to digest. Eating a greasy hamburger too close to running is likely to cause some indigestion. As for fiber... most runners don’t need to be told that eating a big bowl of bran or raw broccoli before running isn’t very smart.

Tip #10

Post-exercise nutrition: Seize the moment! Immediately following a work out, there is a short window of opportunity to take advantage of. Eat 1.5 grams of carbohydrate per Kg within 30 minutes after running. If you can’t eat it, drink it (a can of pop, bottle of chocolate milk, juice or a smoothie). Solids are great too. Try a granola bar, piece of fruit, maybe even something “frivolous” like candy. Interestingly, foods with a high glycemic index may be better choices immediately after exercise than foods with a low glycemic index. Repeat this tip every 2 hours—changing to more wholesome carbohydrate choices as time passes.

Eat! Many distance runners simply don’t eat enough calories. It’s important to include a variety of foods from all the food groups. Lean meat provides a source of iron, zinc and protein. Iron is especially important to the distance runner. Some fat/oils are also necessary. Fat is a concentrated source of fuel. Don’t be afraid to add a little mayonnaise or eat an onion ring once in awhile. Runners often try to keep their body fat very low. While body composition is important—being too ridged can undermine performance and even cause serious health abnormalities! Eating (and running) should be a pleasure!



April 23, 2009 - 7:00pm

~ An Evening with Amy Palmiero-Winters ~



Presented by: The Oklahoma City Memorial Marathon

NO LIMITS

I will describe the circumstances that led to my life long passion of running and despite all of the obstacles that came before me I still found the courage to follow my dreams of qualifying for the Olympic trials in the marathon. I lost my left leg below the knee after a motorcycle accident, 27 surgeries and continued on to become a mother of two and a World Record holder of 9. Believe in yourself, see we are all different and live life w/out limitations – Amy www.seeamyrn.com

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