

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

December 2009

Issue No. 164

## Come Run an Ultra at Bluff Creek

*By Bill Goodier*

“Hey Bill, Chisholm is organizing an ultra race - 24 The Hard Way. It's the Oklahoma Ultrarunning Championships. There are three road races to choose from - 6, 12, and 24 hour. You could do the 6 or 12 hour.”

“Let me think about it...”

On a clear, cool Saturday morning runners wait for the start gun. The start of a journey on a .96 mile loop where they will be joining the 12 hour runners who started their journey three hours earlier. The first loop will reveal a glimpse of the next 24 hours.

The course has a number of turns, a few ups and downs, and lots of shade. Lap one... 9:01 is too fast... slow down! Lap two...9:50...better, but still too fast. You're supposed to “start out slow and get slower.” It's hard to slow down when I am running in circles! Besides, a number of my running friends are cheering me on every time I cross the timing mat. My mind quickly lets me know it does not like the repeated scenery. Forget about the loop, work on slowing down! CONCENTRATE! It takes eleven laps before my pace is about where I want it (10:30). Oh well....

I take a scheduled stop at my “aid station” for half a peanut butter and jelly (PB&J) sandwich. [Side bar, I brought a cooler with nutritional items, a container with extra clothes, socks, and another pair of shoes. I even have my own limited medical supplies. I know this is supposed to be a minimalist run, but it's my first ultra so I want to be prepared for anything – including sleep - so I also have a tent and sleeping bag.]

After this first break, I find my groove. My pace is

where I want it. Lap 29. Is that a “hot spot” I'm feeling? I don't get blisters – ever! It's time to switch to my Injinji Toesocks. [Side bar, this is the first race I have ever used toesocks.] Reminding myself to “beware of the chair,” I sit on the edge of the chair as I rinse and thoroughly dry my feet, carefully getting my toes comfortably settled into their new home. Aaaaahhh, that feels good. I immediately feel the difference.

I'm back in my zone until lap 41. My energy level starts dropping quickly. The PB&J, gels, and Gatorade are not providing enough fuel. I stop at the official buffet table for a banana, orange slice, cookies and a Coke! (You gotta love this type of eating while running!) It doesn't take long to get back on track.

I have been in constant motion for 10 hours and I am at mile 50 (my longest run was 30 miles). It's time to change shoes. I remember to “beware of the chair” and I make this a quick pit stop. The new tires feel good.

Uh oh, what's going on? My PB&J does not taste appealing; neither do the crackers, cookies, nor anything for that matter!!! This is not good. I stop at the aid station, but everything I try, my mouth rejects. Oh well, let's run another lap and see what happens. Five laps later and still NOTHING is appealing. My mind is in panic mode, but I still try to process what to eat. Then the light comes on... try the noodle soup without the broth. The noodles are warm, easy to swallow and have sodium!

My legs are really starting to feel the caloric deficit. I have never hurt this bad. Event director, Chisholm Dupree, who is also running the race, tells me he stopped

# Happy Holidays!!

Well it is official - you have a new (same) set of officers for 2010. "I got your water stops covered" Bob Loving is continuing on as secretary, "Marathon Man" Tom Briggs will serve another year as treasurer and "I can do anything" Cara Rogers will be Vice President. Somehow I also managed to get myself reelected as president (I will be firing my campaign manager). It has been an enjoyable year and I could not have done it without a great support staff. It should be an even better year in 2010 with several new board members and new ideas to keep the club moving ahead. I will miss retiring board members Sam Loy and Bill Robinson but the plan is to keep them just as active in the club. So Sam and Bill, retirement from the running club is not an option. I would like to thank all the members who got involved this last year to make our club one of the best around. Remember it is your club and your efforts are what make it an honor to be part of such a great organization.

Our November club meeting was another great meeting. First we had Councilman Sam Bowman bringing us up to date on MAPS 3. There were many good questions and hopefully all members that are Oklahoma City residents check out the facts and make their own educated vote on December 8th. The main program was Harry and Chisholm Deupree with insights on ultra running and a summary of the 24 The Hard Way events. Several club members are already planning for next year's big event.

Congratulations to David Wrenn and new member Kirsten Chapman for their state record setting wins at this year's Race for Hope 12K. Be sure to check out the results page and remember the only way we know about your out of town racing adventures is by luck unless you let us know. I know many of you have or will complete a fall half or full marathon so please tell us all about your experience (hint: Tulsa Rt. 66 Runners).

If you want to be in the running for King or Queen of mileage for 2009 be sure to turn in your totals (including date, race, place, distance and time) to Doug Cunningham <doug@ordermatic.com> before January 31st. Also, there are only two series races left this year so get out and run them both if you can. As for 2010 series races, the board has approved the Resolution Run, Sooner Trail Run, Panera Beacon, Creek Classic, and St. Paddy's so far with more to come later.

Spring marathon training will get started on January 2nd along with our new Walk the Lake Program. Check the website for upcoming details about either program or sign up for the weekly email updates.

Don't forget the Christmas social is on Monday, December 14th at 6 pm at Donna and Nels Bentson's lovely home. It is potluck so bring your favorite dish to share and I hear Jan Cosgrove will be fixing a delicious pot of minestrone soup.

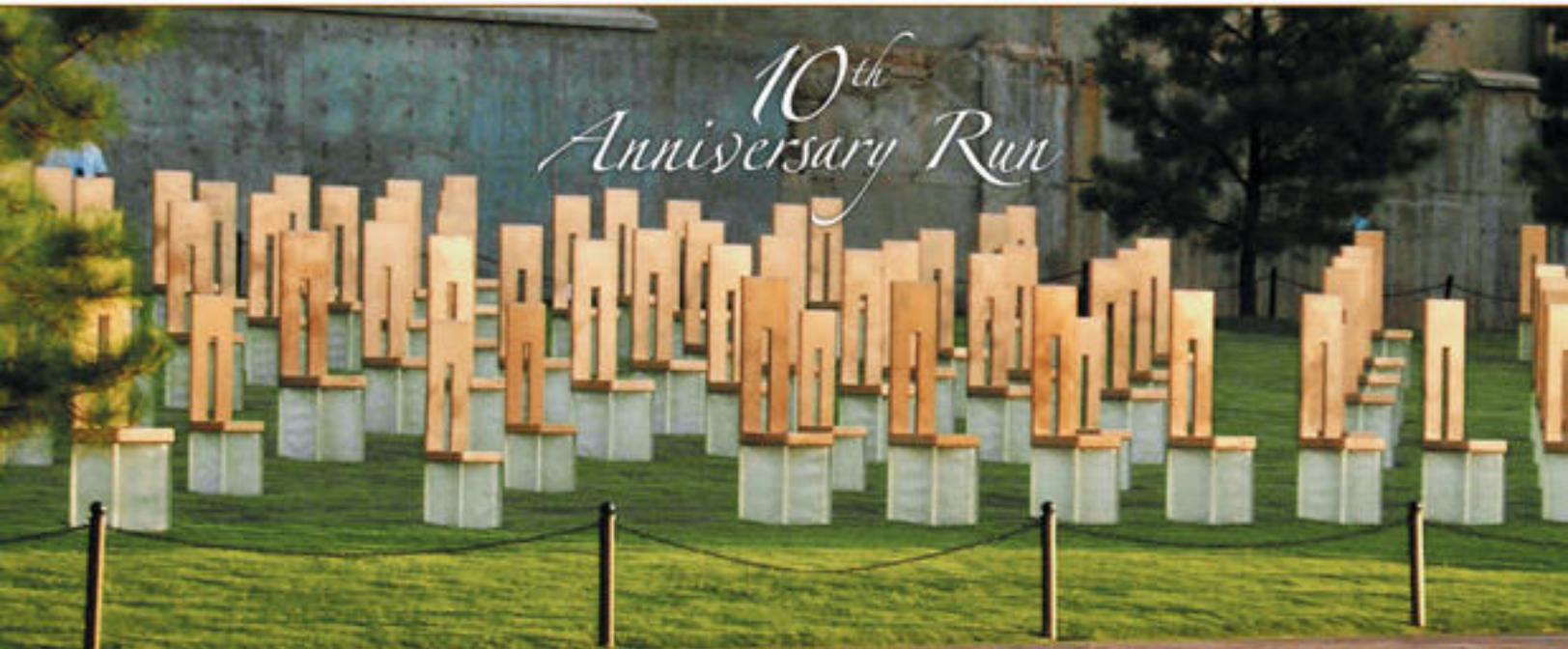
Happy Holidays and I am looking forward to serving as your President for 2010.

Keep Running,  
*Chuck Mikkelson, President*

# Have A Happy New Year!

FOR THEM WE RUN

10<sup>th</sup>  
Anniversary Run



WE RUN TO REMEMBER



THE TENTH ANNUAL OKLAHOMA CITY

# Memorial Marathon

APRIL 25, 2010

[WWW.OKCMARATHON.COM](http://WWW.OKCMARATHON.COM) • (405) 525-4242



teleflora.

# Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
12/5	Downtown in December 5K	Downtown OKC @ 9:00am
12/12	Faster than the Pastor 5K	Mustang @ 9:30am
12/12	Night Lights Run 5K	Midwest City @ 5:45pm
12/14	Christmas Potluck Social	Bentson's 2601 Warwick Dr @ 6:00pm
1/1	New Year's Resolution Run 5K	Rt. 66 Park Lake Overholser @ 9:00am



## Landrunners In Action

<u>10/3 TULSA ZOO RUN 10K</u>		MIKE GIBSON	1:06:23
DAVID WRENN	35:03 1 <sup>ST</sup> PLACE	COURTNEY LEMMON	1:11:51
<u>10/10 17<sup>TH</sup> ANNUAL REUEL LITTLE CLASSIC HALF MARATHON</u>		TAMMY RUSSELL	1:23:23
DAVID WRENN	1:18:59 1 <sup>ST</sup> PLACE	KENT FRATES	1:25:35
DAVID WRAY	1:23:51	JOHN HARGROVE	1:27:37
<u>10/10 17<sup>TH</sup> ANNUAL REUEL LITTLE CLASSIC 10K</u>		DENISE BAYLIFF	1:28:47
KATHY MOFFITT	1:04:19	ROBERT BISH	1:32:31
<u>10/10 17<sup>TH</sup> ANNUAL REUEL LITTLE CLASSIC 5K</u>		BRANDI SALSMAN	1:35:00
ROBERT BELL	26:32	KATHY MOFFITT	1:37:42
KAREN CANFIELD	30:08	BRENDA MARES	1:39:42
FISHER LEWIS	51:09	JIM ROBLYER	35:43-5K
<u>10/17 INDIANAPOLIS MARATHON, INDIANAPOLIS, IN</u>		<u>11/1 NEW YORK CITY MARATHON, NEW YORK, NY</u>	
HEATHER COPSEY	4:06:44	LESLIE BUFORD	3:28:35
<u>10/25 MARINE CORPS MARATHON, WASHINGTON, DC</u>		BRIAN COLEMAN	3:48:23
SHARON HALEY	4:18:32	ARNOLD ANGELICI	4:42:10
<u>10/31 HEALDSBURG WINE COUNTRY HALF MARATHON, HEALDSBURG, CA</u>		<u>11/14 RACE FOR HOPE, LAKE OVERHOLSER</u>	
MARY MIKKELSON	1:43:02	DAVID WRENN	43:02
CHUCK MIKKELSON	1:44:36	1 <sup>ST</sup> PLACE, AGE 42 STATE RECORD	
<u>10/31 NEW ORLEANS JAZZ HALF MARATHON, NEW ORLEANS, LA</u>		KIRSTEN CHAPMAN	50:07
DAVID MANGUNO	1:47:35	1 <sup>ST</sup> PLACE FEMALE, AGE 46 STATE RECORD	
<u>10/31 TULSA RUN 15K</u>		<u>11/15 ROCK N ROLL MARATHON, SAN ANTONIO, TX</u>	
JONATHAN PILLOW	50:02	TYLER WELLHAUSEN	4:23:20
DAVID WRENN	53:58	WENDI WEAVER	4:25:41
JASON BUTLER	55:17	HAILEY BURCH	4:29:00
DAVID WRAY	56:11	KELLY O'HAGAN	4:33:01
ROGER LEMMON	59:11	TERRY WOODRING	6:13:45
BLAKE EMERSON	1:03:25	<u>11/15 ROCK N ROLL HALF-MARATHON, SAN ANTONIO, TX</u>	
Please don't forget to send your results, photos and stories to <a href="mailto:news@okcrunning.org">news@okcrunning.org</a>			



It's a

# Natural

## Little Rock Marathon

half marathon ~ relay marathon ~ 5K ~ kids mile ~ senior mile  
little rock, arkansas

March 7, 2010

[www.littlerockmarathon.com](http://www.littlerockmarathon.com)

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LITTLE ROCK  
  
Parks & Recreation

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# MARATHON RECOVERY

Tom Coniglione, MD

Before you think about how to recover, take a couple of days to bask in the sunshine created by your achievement. A marathon is a supreme accomplishment. Just wear your medal for a few days.

There are many recovery suggestions, that you can find in magazines, books, and online. I tell people that marathons are just longer training runs, so whatever you do to prepare for a training run should be your same plan for the marathon. Keep in mind, though, that since the marathon is longer, it may take longer to recover - up to three weeks to recover fully.

Each year, at the OKC Memorial Marathon, we meet people who have run a marathon a month or on back to back weekends. These people are the exception to the rule, and may not require the typical three week recovery period.

Recovery starts at the finish line where you should walk through the chutes and then keep moving. Do not sit for a while.

Just as for a day or two after a long run, you rest and eat, you should you do the same after a marathon. Ideally, you should take off a few days, and then do some light biking or walking. Don't plan on running for a few days.

A book I once read suggested the first three weeks post marathon being the mirror image of the last three weeks before the marathon. As you carbo load for the last three days before the marathon, you should carbo load for the first three days after the marathon.

There is enough science to suggest eating some extra protein for the first one or two days after the marathon. Just as you taper the last two to three weeks of your training and end with very few miles before the marathon, your entry back into running should be a reverse taper, starting with very few.

**Drinking:** Lots of fluids – until your urine is clear. Beer is not a fluid for this purpose, but it will not hurt you. We have seen a few people drink a beer after a marathon and pass out. If you ordinarily do not drink beer, don't start now. Do not spare the salt.

**Drugs:** Certainly, before and throughout the marathon you do not take ibuprofen or any similar medicine. Tylenol is OK to take. Afterward, you can take some ibuprofen or Tylenol.

**Ice bath:** Sitting in ice water after an intense workout is becoming popular. Although there is no science to suggest there is a benefit to an ice bath, some marathoners swear by ice baths. With your socks and shorts still on, sit in ice water up your waist, at least bury your quads in the ice water. Marathoners who like to cool off this way will sit in the icy water five to fifteen minutes.

**Massage:** The traditional massage at the finish line can feel good. However, the science of post marathon massage shows this can be harmful. Beware, some marathoners who get a massage at the finish line will feel weak and dizzy when they stand. At the OKC Memorial Marathon, we have had many runners get up from the massage table and pass out.

There is no science to suggest a massage in the next few days will speed recovery. There is some science to suggest a massage after an intense workout will speed recovery, but that science is in rabbits.

If you want a massage, wait two to three hours after you finish. Do not take a hot shower or sit in the spa after your marathon.

**Sleep:** You earned some extra rest. Many marathoners take a nap the afternoon of the marathon. Over the first week, get to bed a little earlier.

Above all else, do not walk down stairs for a few days.

Happy Recovery.

# FASTER THAN THE PASTOR 5K RUN

SATURDAY, DECEMBER 12, 2009

FASTER THAN



\$20- 5K RUN  
MILE WALK  
\$10- KID'S RUN

THE PASTOR 5K

FOR MORE INFORMATION AND TO REGISTER VISIT  
[WWW.CHBCMUSTANG.ORG/5K](http://WWW.CHBCMUSTANG.ORG/5K)

**Ultra continued**

at the massage table for a quick massage. Maybe that’s what I need. I stop for a twenty minute massage. When I get up, I REALLY hurt. That massage may not have been a good idea after all. It takes a couple laps, but the massage did help loosen up the legs and I break through the wall. WOW! That’s the hardest I have ever hit the wall! Then out of nowhere lap sixty-six is sub ten minutes. “What are you thinking? Slow it back down,” I tell myself, but I am excited about how good I feel. (Talking and responding to yourself is acceptable!)

I reach my goal of 75 miles in a time of 16:43! I cannot believe it...75 miles. Friends continue to cheer me on! I stop for more noodles and ginger ale. Then one of my friends says, “You have about seven hours to get another twenty-five miles. You can reach the century mark! Now get going...” That’s when it hits me. I could actually reach 100 miles! I get back into the race, both physically and mentally.

I maintain my pace until lap 90. My feet ache! I am speed walking, since both my quads and feet hurt. My pace is too slow; I need to maintain fifteen minutes per lap. Where did the physical and mental toughness go? I have to focus on the task at hand. By lap 92 my pace is a speedy twenty-two minutes! Joel, fellow runner and friend, says, “If you run your feet will stop hurting.” “Great,” I reply, “a catch-22. My legs hurt and I don’t have the energy to run. But walking is killing my feet!” The mental battle is on – “Come on Billy, focus!”

When I cross the timing mat the crowd cheers me on and someone yells, “Eighty-eight and a half miles. You can do it!” I can feel their energy and excitement! And that’s what I need. I slowly start to pick up the pace. It only takes three laps to get back to a fourteen minute lap. Only ten more miles.

Let me interject here. I have the best friends in the world. At any given moment during the race, I have

friends cheering me on! They are making sure I am staying hydrated, taking my endurolyte tablets, and asking, “What do you need? What can I get you?”

However, it’s at mile 90 that I realize how blessed I am as several of my friends take turns going with me to help keep me focused. Now, mind you I am not in the “right frame of mind” (am I ever?) at this point. I keep thinking that I am slowing down and worrying when in all actuality I am SPEEDING UP! [Remember speeding up is a fourteen minute lap...and it takes almost two and half hours to go ten miles!] But their encouragement and distractions keep me positive.

I make it to lap 103. Don, the race timer, tells me that this next lap will be 100 miles! I cannot believe it! About half way around, I catch up to my good friend and running partner, Maurice. I stay with him so that we can cross the timing mat together! My first ultra – now a 100 miler – and Maurice is partly to blame (I mean credit) with me being in this race!

The two of us “run” the last two and a half laps of the race together. We can hear the countdown... and the gun goes off. We place our flags side-by-side and continue walking to the start/finish area. We arrive to cheers from our many friends. My total distance 102.61 miles! “Really? That cannot be correct.” Despite what the clock and everyone says, I cannot get my mind to comprehend what I have accomplished. It is so surreal.

I am asked if I would do it again. I reply, “Yes! (a little too quickly), but ask me in a week and my answer may not be the same. “

WOW! My first ultra – a 24 hour race - ends up also being my first 100+ mile race. I owe so much to my friends and running partners. Without them, I would not have achieved this milestone! A big THANK YOU to the volunteers, The Landrunners, OTRA and Tri-OKC for helping to make this a great event. Chisholm, thank you for dreaming big and going after that dream. 24TheHardWay was a huge success! I am looking forward to Part 2!

## Landrunner 24THW Results

**6 HOUR ROAD RUN - TOTAL MILES**

MATTHEW WILCOXEN	32.85
CAROL SWANSON	30.15
JANE PACE	29.76
KEVIN LYNES	27.98
BRIAN RICHARDSON	26.56
MATTHEW PENA	25.19
CARA ROGERS	23.36
ADI McCASLAND	21.74
TYLER WELLHAUSEN	20.20

**6 HOUR TRAIL RUN - TOTAL MILES**

BRETT BREWER	25.73
NELS BENTSON	20.50

**24 HOUR ROAD RUN - TOTAL MILES**

CHISHOLM DEUPREE	107.71
BILL GOODIER	102.61
MAURICE LEE III	89.87
JOHN HARGROVE	75.01
HARRY DEUPREE	63.87
BUDDY JONES	53.86
JOEL McCARTY	51.93



1st Jewel in the Triple Crown of Spring Racing  
**25K STATE CHAMPIONSHIP**

**Saturday, Feb. 27, 2010**

**25K - 9:00 am 5K - 9:20 am 1 mile Fun Run - 9:30 am**  
**Championship Chip Timing by DG Productions**

**THE TRIPLE CROWN IS COMING**

**Panera Jack Rector Beacon Run February 27th**

**Creek Classic March 6th**

**St. Paddy's Day Race March 13th**

# My First 15K

By Brandi Salsman

I recently joined Landrunners and enjoy getting the monthly newsletter. Since I am unable to attend any of the meetings, I appreciate the information provided in the publication. I began running in mid-July (in desperate need of "clearing my head") and am completely hooked. I ran my first 5k Oct. 10 and my first 15k Oct. 31. The Tulsa Run 15K was such an amazing experience and hitting the finish line in Tulsa was even more exciting than the first time! I don't know if my time is worthy of posting (1:35:00), though it is worthy of me calling all of my family and friends and posting it on my Facebook page, but I still wanted to share with fellow runners who can really appreciate the milestones. Hope to someday make it to a monthly meeting.

Thanks so much!

Join us Saturday, December 12th for the  
4th Annual



SATURDAY DECEMBER 12<sup>TH</sup>, 2009

COST :       \$20.00 PRE - REGISTERED BEFORE DECEMBER 9<sup>TH</sup>  
              \$25.00 TO REGISTER DAY OF RACE  
REGISTER ONLINE AT [SIGNMEUP.COM/67362](http://SIGNMEUP.COM/67362)

ENTRY FEE INCLUDES A LONG SLEEVE T SHIRT TO THE 1<sup>ST</sup> 200 PARTICIPANTS.

For more information go to  
[www.midwestcityok.org](http://www.midwestcityok.org) and click on Parks and Recreation  
and then special events.

You may also call Parks & Recreation at 739-1292.



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**FREE** TIMEX IRONMAN WATCH (VALUE \$120.00) WHILE  
SUPPLIES LAST (November 27<sup>th</sup>-December 24<sup>th</sup>)

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Holiday hours: 10-6 M-Sat 1-4 Sun.

# Healdsburg Wine Country Half Marathon

By Chuck Mikkelson

The Healdsburg Wine Country Half Marathon is part of the wine country series in California and is truly a Destination Race to experience. The race was held this year on October 31 and we had ideal weather with starting temperatures around 50 degrees as the sun was rising over the valley with the fog lifting. It was a very scenic course with the sun illuminating the autumn-colored vineyards and spectacular costumes that some runners chose to wear in honor of Halloween. The course was up and down with over 1,000 feet of elevation change along rolling fields of grapes on both sides of the road the entire route. This was not an easy course but the scenery must have been the reason both Mary and I set personal best times for a half marathon. There was only a single wine stop (no beer) at mile 6 which was a little disappointing, but any more and I might not have had a PR. The finish was at the Lake Sonoma Recreational area and after a brief refueling, we ran the optional two miles to the top of the dam. According to the Garmin, it was a little over a 400 foot climb to the top but all downhill on the way back down. Since no one ran it last year, there was no return bus as advertised so we ran back down for a total of 17+ miles for the day. We did win a bottle of wine for our effort, though, only because camera carrying me took a self-portrait to prove I ran to the top. The medal was great and Mary loves her new orange tech shirt she received and could not wait to wear it. There was a wine festival at the finish line along with food and music and we "rehydrated" by tasting wines for a couple hours before catching one of the last buses to the parking area. The energy was high, the sun was shining, and the celebratory atmosphere at the Wine & Music Festival made for a perfect day as well as some of the outrageous costumes. I guess it was Halloween! Since we were in the middle of wine country, we also managed to do a little more wine tasting the following day before heading home. It was a great trip and we would love to do it again.



**SAVE THE DATE**

*for the Biggest Event of the Spring*

**March 6, 2010**

**CREEK**  
*Classic*

**Running for Excellence in Education**



**Support Our 14<sup>th</sup> Annual 1 Mile, 5K and 10K Race**

For the 2010 Edition, the Creek Classic Race and Creek Classic Market (on March 5<sup>th</sup>) will move to the High School.



*More Space for Awards and Breakfast*

*Improved Location for the Start and Finish (9:00am start)*

*Separate Start for the Certified 1 mile Run (8:30am start)*

**Sponsorships Available and Volunteers Needed**

**For Information Contact:**

**Dana Campbell-Sternlof, Race Director**

[RaceDirector@DeerCreekClassic.com](mailto:RaceDirector@DeerCreekClassic.com) or (405) 245-9618

Visit us on the Web for Updates: [www.DeerCreekClassic.com](http://www.DeerCreekClassic.com)

## Random Runners Tips

Here we are, once again...the wonderfully chaotic time of year filled with cheery music, family gatherings, and frantic holiday shopping powered by sugar and fancy espresso drinks! Typically, this column is reserved for everyone to share their tips they've learned about putting one foot in front of the other; but this month I thought we could share some of our favorite running related gifts received over the years, which may help those of you looking for ideas for that runner in your life.

1) The most cited gift was undoubtedly the Garmin. It seems we runners are gadget geeks, particularly when those gadgets spit out a stream of numbers!

2) Several of you noted that the Runner ID was getting the most use.

3) One member loves getting running shorts. It seems he can't remember to buy them. We're probably all thankful for that! Along the same lines, wind briefs

have helped one runner keep toasty and nicely covered.

4) A few have received Runners World subscriptions, which gives them something to look forward to each month.

5) One runner received Adizero PRs from his wife and kids. He's enjoyed PRs in them all year long!

6) Body glide seems to be a popular stocking stuffer, as are tech socks and warm gloves.

7) One of our sappier runners was given the gift of love. I think we'd all agree that this is the best gift you can give or receive!

8) And finally, one of our well-known comics suggested a home made treat: fruitcake made from hardened gu with pretzels instead of nuts, and, of course, shaped like a shoe!

Happy holidays to all. Enjoy the season and cherish the simple gift of running that has brought us all together!

## JUST IN TIME FOR THE HOLIDAYS - NEW RACE IN TOWN!!!!

By Paul Lekawski

There's a new race in town and it's being conducted for a great cause! It's the NorthCare's Reindeer Run on Dec. 12, 2009, at 9 a.m. There's a 5k, a 10k and a 1 mile Fun Run (and Children's Reindeer Dash) on a new course that is flat and runs through a great neighborhood.

Proceeds from this race will benefit crisis counseling for children. NorthCare's vision is to enhance quality of life by promoting hope and dignity for all Oklahomans and they have been serving children, families and individuals since 1981. NorthCare serves approximately 13,300 Oklahomans annually who experience emotional or substance abuse issues including over 2000 children impacted by child abuse and neglect. NorthCare's aim of their diverse programs are designed to collectively decrease child foster care placements, adoption disruptions, premature nursing home admissions, emergency room visits, expensive acute care hospital or jail admissions, jail recidivism and numerous other institutional placements.

The course is certified as accurate by Road Race Technical Council of USA Track and Field and the "ChampionChip" timed race will be conducted by our good friend Don Garrett and DG Productions, so you know it's well organized. The 5k and 10k will start at 9 a.m. in the south parking lot of NorthCare, located at 4436 NW 50th with half of the race running through the Bush Hills addition (real gem of a neighborhood), just north of the Sportsmen's Club (located just west of Portland Ave. and north of NW 39th Street Expressway). The 1 mile fun run/walk and children's reindeer dash will start shortly after the 5k & 10k.

The cost of the 5k & 10k races along with the Mile fun run/walk, are \$20 pre-registered and \$25 on the day of the race. The Children's Reindeer Dash is free, but does not include a race t-shirt. All entries received between Nov. 29 and Dec. 8 will be entered into a hat for a prize drawing, on the day of the race. Pre-registration can also be accomplished at NorthCare Children's office located at 4436 NW 50th on Monday - Thursday, 9 a.m. - 5 p.m. and on Friday 9 a.m. - 3 p.m., beginning Nov. 30 and running through Dec. 4.

Packets will be available for pickup at the same location, on Friday, Dec. 11 from 3 - 7 p.m. or on race day morning, beginning at 7:30 a.m. There will be special awards for the overall male and female winners in the 10k and 5k events. Also, the top 3 winners in the standard 5 year age groups in both races will be awarded.

So if you need any more information on this new race, check out: [http://www.northcare.com/reindeer\\_run.html](http://www.northcare.com/reindeer_run.html) and check out [www.northcare.com](http://www.northcare.com).

An added bonus to this race will be your opportunity to see Ron Kuykendall run in his elf outfit, should he choose to run this race. Please encourage him to attend, as the costume alone will bring you everlasting holiday memories for many years to come. And of course Don Garrett will do everything possible to ensure that the weather cooperates and a fun time and good race will be had by all!

See you there, all warmed up and ready to go on Dec. 12!

## Santa Fe South-Thank You

By Lonnie M James III, Cross Country Coach

When you think of the Santa Fe South cross country program, you might as well think of urban running. The team does most of its running on city streets battling traffic and trains. Curbs and concrete, dogs and gang members, are our biggest obstacles. Our courses are marked by graffiti and abandoned buildings. The most grass we see is on our two speed work days. On these we run on two city parks that are both smaller than a football field.

If you've been driving past Grand Boulevard on highway 35 around 2:30 in the afternoon, you've seen our cross country team. We are the group running on the highway overpass. Six years ago you would have hardly noticed the group of four runners. Today we have over 80 boys and girls in the program.

The demographic of our school is over 85 percent minority students and over 95 percent free and reduced lunch. As a charter school, we are subject to the same standards as public school. Athletics is a luxury that most of our students can't afford because they have to help with the finances of the family.

Almost all of the runners are converted soccer players. As a coach, the hardest thing to accomplish is getting the team to think that running against someone is as fun as running after a ball. Warm up for a meet consists of kicking a ball around in a pick up game.

Last year we had the chance to win state, but unfortunately we fell short by 15 points to Madill and took runner-up. This year the boys pulled off an upset win over Tulsa Metro Christian Academy and won the State 3A Cross Country Championship. The score was a close 51 to 56.

We would like to thank the Oklahoma City Running Club for their donation to help us buy spikes for the boys and girls varsity team.

**Footnote:** The Santa Fe South Men's Cross Country team is looking to raise money for the purchase of state championship rings. If you would like to make a donation please make checks payable to: "*Santa Fe South High School Cross Country*" 301 SE 38<sup>th</sup>, Oklahoma City, OK. 73129



9:00 AM: 5K

START/FINISH AT  
RT. 66 FAMILY PARK  
WEST SIDE OF  
LAKE OVERHOLSER

ChampionChip Timed  
ENTRY FEES

\$20.00 Pre-registered  
before DEC. 31ST  
at Ron's Sports World or  
The Runner

race day registration begins at 7:30

### AWARDS

5K AWARDS 3 DEEP IN SOME AGE GROUPS

Mail generic race entry form in center  
of Runner magazine to:  
Ron's Sports World, 7801 NW 23rd  
Bethany, OK 73008

FOR MORE INFORMATION CONTACT RON KUYKENDALL

405-495-8586

RONSSW@YAHOO.COM

ONLINE REGISTRATION AT:  
SIGNMEUP.COM

## Ask Adi

Recently, the training group was treated to a post-run breakfast hosted by the gracious Sherri Rector. Such social gathering always bring out the best in our group of culinary-skilled runners, and that inevitably leads to the sharing of recipes. One such kitchen master was telling me about this sinfully delicious sounding praline apple cake that sounded just perfect for a holiday gathering. She wanted to share it with you and asked if I could tweak it be a tad more healthful since this is the time of year that we live in a constant state of sugar overload! Thanks to Linda Lekawski for what is sure to be a great addition to many of our holiday spreads!

### APPLE PRALINE BREAD

1 ¼ cups chopped pecans, toasted  
 8 oz. low fat sour cream  
 4 egg whites  
 1 ½ Tbs. vanilla  
 1 cup unbleached flour  
 1 cup whole wheat pastry flour (can substitute scant 1 cup whole wheat flour or 1 cup unbleached flour)  
 ½ tsp. baking soda  
 2 tsp. baking powder  
 ½ tsp. salt  
 1 ½ cups finely diced tart apple  
 ¼ + 2 Tbs. butter  
 ¼ + 2 Tbs. brown sugar

1) Mix ½ cup of the pecans, sour cream, egg whites, and vanilla.

2) Combine flours, soda, powder, and salt; stir in sour cream mixture, just until combined.

3) Stir in apples and 1/4 cup of pecans

4) Spoon batter into greased 9X5 inch loaf pan, sprinkle remaining pecans on top, tent with foil, and bake at 350\* approximately 1 hour, removing foil halfway through.

5) Over medium heat and stirring constantly, bring butter and brown sugar to boil in a small saucepan. Boil one minute and pour over top of bread.

6) Cool for one hour before cutting....if you can resist!

### And a bonus from Linda's collection!

#### WINTER SPICED PARTY MIX

6 cups popped popcorn  
 3 cups bite sized wheat or corn bran cereal  
 2 ½ cups pretzel sticks  
 2 ½ cups halved pecans or walnuts

¾ cup brown sugar  
 6 Tbs. butter  
 ¼ cup honey or pure maple syrup  
 2 tsp. pumpkin pie spice  
 ½ tsp. baking soda  
 2 tsp. vanilla  
 Pinch of salt  
 Pinch of ground red pepper

1) Combine popcorn, cereal, pretzel sticks, and nuts and spread into two 9X13 inch baking dishes.

2) Heat sugar, butter, and honey in a sauce pan over medium heat until it just boils; reduce heat to low and cook without stirring for five minutes more.

3) Stir in spice, soda, vanilla, salt, and pepper.

4) Pour over popcorn mixture, stirring gently to coat.

5) Bake at 300\* for fifteen minutes; Stir and bake five minutes more.

\*\*Makes approximately 10-12 cups.

### Recipes to Run By

Once again, our Landrunners' kitchen talent is highlighted, not only in its deliciousness, but in its creativity. This month's Recipe to Run By is an original by Ric and Frances. Thank you both for the perfect way to warm up this winter!

#### SWEET POTATO SOUP

2 Tbs. butter  
 3 cloves garlic minced  
 1 med. onion diced  
 2 sweet potatoes (about 1 lb.) sliced  
 2 cups veggie stock  
 2 tsp. ginger minced  
 2 Tbs. cilantro chopped  
 2 cups fresh spinach chopped (may use other greens)  
 2 cups milk

1) In large sauce pan melt butter, and saute onion and garlic until fragrant and translucent.

2) Add sweet potatoes and stock.

3) Bring to boil then turn down heat and simmer until potatoes are soft (about 10 min.)

4) Add the rest of the ingredients and simmer for another 10 min.

5) Use potato masher to mash to desired consistency (if too thin add an egg to thicken)

6) Enjoy!

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# Nutrition and Athletic Performance

By Warren Jones

A few months ago the Joint Position Statement, “Nutrition and Athletic Performance,” was published by the American Dietetic Association, the American College of Sports Medicine, and Dietitians of Canada (Canada’s version of our American Dietetic Association).

You, as an athlete, should know its key points. Funny, “athlete” means different things to different people. You may not consider yourself an athlete, but if you move your body in serious exercise, and strive to get better, you are, in my mind, an athlete.

These key points appear at Medicine and Science in Sports and Exercise, the official Journal of the American College of Sports Medicine. Here you go; the highlighting and WEJ notes are by me:

Athletes need to consume adequate energy during periods of high-intensity and/or long-duration training to maintain body weight and health and maximize training effects. Low energy intakes can result in loss of muscle mass; menstrual dysfunction; loss of or failure to gain bone density; an increased risk of fatigue, injury, and illness; and a prolonged recovery process.

Body weight and composition should not be used as the sole criterion for participation in sports; daily weigh-ins are discouraged. Optimal body fat levels depend on the sex, age, and heredity of the athlete and may be sport-specific.....Preferably, weight loss (fat loss) should take place during the offseason or begin before the competitive season and involve a qualified sports dietitian.

Carbohydrate recommendations for athletes range from 6 to 10 grams per kilogram of body weight per day (2.7–4.5 grams per pound of body Weight per day). Carbohydrates maintain blood glucose levels during exercise and replace muscle glycogen.

The amount required depends on the athlete’s total daily energy expenditure, type of sport, sex, and environmental conditions.

Protein recommendations for endurance and strength trained athletes range from 1.2 to 1.7 grams per kilogram of body weight per day; (0.5–0.8 grams per pound per day). WEJ Note: The International Society of Sports Nutrition recommends levels up to 2.0 grams per kilogram of body weight per day. These recommended protein intakes can generally be met through diet alone, without the use of protein or amino acid supplements. Energy intake sufficient to maintain body weight is necessary for optimal protein use and performance. WEJ note: I’ve found it difficult for my athletic clients to consume “that much” protein from real food, but I’m reluctant to recommend supplements.

Fat intake should range from 20% to 35% of total energy intake. Consuming less than 20% of energy from fat does not benefit performance. Fat, which is a source of energy, fat-soluble vitamins, and essential fatty acids, (WEJ Note: and body insulation) is important in the diets of athletes. High-fat diets are not recommended for athletes.

Athletes who restrict energy intake or use severe weight-loss practices, eliminate one or more food groups from their diet, or consume high- or low carbohydrate diets of low micronutrient density are at greatest risk of micronutrient deficiencies. Athletes should consume diets that provide at least the recommended dietary allowance (RDA) for all micronutrients.

Dehydration (water deficit in excess of 2–3% body mass) decreases exercise performance; thus, adequate fluid intake before, during, and after exercise is important for health and optimal performance. The goal of drinking is to prevent

**See Performance on page 17**

**Performance** *continued*

dehydration from occurring during exercise, and individuals should not drink in excess of sweating rate. (WEJ note: to avoid hyponatremia.... excess water, and low sodium). After exercise, approximately 16–24 oz (450–675 mL..... WEJ Note: milliliters) of fluid for every pound (0.5 kg) of body weight lost during exercise.

Before exercise, a meal or snack should provide sufficient fluid to maintain hydration, be relatively low in fat and fiber to facilitate gastric emptying and minimize gastrointestinal distress, be relatively high in carbohydrate to maximize maintenance of blood glucose, be moderate in protein, be composed of familiar foods, and be well tolerated by the athlete.

During exercise, primary goals for nutrient consumption are to replace fluid losses and provide carbohydrates (approximately 30–60 grams per hour) for maintenance of blood glucose levels. These nutrition guidelines are especially important for endurance events lasting longer than an hour when the athlete has not consumed adequate food or fluid before exercise or when the athlete is exercising in an extreme environment (heat, cold, or high altitude).

After exercise, dietary goals are to provide adequate fluids, electrolytes, energy, and carbohydrates to replace muscle glycogen and ensure rapid recovery. A carbohydrate intake of approximately 1.0–1.5 grams per kilogram of body weight (0.5–0.7 grams per pound) during the first 30 min and again every 2 hours for 4–6 hours will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for building and repair of muscle tissue.

In general, no vitamin and mineral supplements are required if an athlete is consuming adequate energy from a variety of

foods to maintain body weight. Supplementation recommendations unrelated to exercise, such as folic acid for women of childbearing potential, should be followed. A multivitamin/mineral supplement may be appropriate if an athlete is dieting, habitually eliminating foods or food groups, is ill or recovering from injury, or has a specific micronutrient deficiency. Single-nutrient supplements may be appropriate for a specific medical or nutritional reason (e.g., iron supplements to correct iron deficiency anemia).

Athletes should be counseled regarding the appropriate use of ergogenic aids. Such products should only be used after careful evaluation for safety, efficacy, potency, and legality. WEJ Note: consider not wasting your money.

Vegetarian athletes may be at risk for low intakes of energy, protein, fat, and key micronutrients such as iron, calcium, vitamin D, riboflavin, zinc, and vitamin B12. Consultation with a sports dietitian is recommended to avoid these nutrition problems.

If some (or ANY) of this is unclear to you, let me know.

We're in the season of "serious" eating, as in (perhaps) too much. You may as well take advantage of the bounty of food (amount and variety) to make nutritious decisions.

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](mailto:wej@cox.net).



## Little Rock Marathon Registration Numbers Increase By 35%

By Geneva Hampton

As marathon season gears up, organizers of the Little Rock Marathon (and companion races) are excited to announce a huge boost in registration for the 2010 race. Nineteen weeks since registration opened, application numbers have increased 34% compared to the same timeframe last year.

The Little Rock Marathon, presented by the Arkansas Democrat Gazette, will be held March 6 & 7, 2010 in downtown Little Rock. The Little Rock Marathon is a project of and benefits Little Rock Parks & Recreation.

After establishing a foundation for a successful race the past seven years, race officials expect a modest increase in participants; a notion based on previous trends and increased marketing efforts. Over the next couple of months, race officials will continue a strong marketing push at marathon expos throughout the South, reaching more than 200,000 potential participants from across the world. With over 1,100 people registered in the past month, early indications suggest that Little Rock will host 9,000 to 10,000 participants next March.

The registration boom is attributed to increased exposure of the race to new athletes; continued positive word of mouth spread throughout the international marathon community, and a strong training program.

“At this point, 35% of registered athletes will be participating in the Little Rock Marathon for the first time,” said Gregg Herning, Little Rock Marathon Race Chair, noting that previous participants should not wait to register. “The plan all along has been to get one participant on our course, let them experience our southern hospitality, award them the ‘world’s largest finisher’s medal’ and welcome them back the following year with a friend or two at their side. The plan is working.”

Registration fees for the marathon and half marathon are among the lowest in the industry. For more information about deadlines, details and the race, visit [www.littlerockmarathon.com](http://www.littlerockmarathon.com) or contact the Little Rock Marathon office at 501-371-4770.

Little Rock Parks and Recreation (LRPR) oversees 53 parks, four community centers, the Adult Leisure Center, War Memorial Fitness Center, four swimming pools, two tennis centers, the River Market, the Riverfest Amphitheatre, three golf courses, and the MacArthur Museum of Arkansas Military History. The LRPR system includes more than 5,000 acres of designated parks and open space. In addition, the organization offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit [www.lrpr.org](http://www.lrpr.org).



**Join the Team...**  
**Join the FUN!!!**



# Join the Oklahoma City Running Club!

Check Out Our Website

[www.okcrunning.org](http://www.okcrunning.org)

For information on...

- Calendar of Events
- Local Fun Runs
- Marathon Training
- Beginning Runners Clinic
- Fun Social Events
- Informative Monthly Meetings
- Regular Training Runs
- Special Running Events

**We'd like you to be a part of our winning team...**

**MONTHLY MEETINGS:** The Running club meets on the 3rd Monday of each month at a centrally located restaurant which will be identified in the monthly newsletter. Meetings start at 6:30 PM and will include: a guest speaker, race information and anecdotes from recent running trips and events involving club members.

**MONTHLY NEWSLETTER:** Announces upcoming events, programs at the monthly meeting and local and national running news.

**SERIES RACES:** You gain points for competing in local races and become eligible for qualification of a nice award at the Annual Series Races Award Meeting.

**MARATHON TRAINING:** Spring and Fall marathon training groups to help you make it to the finish in your next half or full marathon.

Join the team for  
**\$20**  
*only*  
(individual or family)

Join the team and you will receive a one year membership in the Oklahoma City Running Club and all of the above benefits.

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## Oklahoma City Running Club Application

(If more than one name, please list on back)

Name: \_\_\_\_\_ Sex:  M  F Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email: (1) \_\_\_\_\_ (2) \_\_\_\_\_

- New Member  Renewal  
 I would be interested in helping with club activities

Make Check payable and mail to:  
Oklahoma City Running Club  
PO. Box 18113  
Oklahoma City, Oklahoma 73154

# LANDRUNNERS

Oklahoma City Running Club

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Oklahoma City, OK 73154

Visit The Landrunners Online:

**[www.okcrunning.org](http://www.okcrunning.org)**

*The Landrunner*, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



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<b>Business Card \$20</b>	3.5w x 2h

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