

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2010 | Issue No. 165

## My Tulsa Route 66 Marathon

*By Doug Cunningham*

As always, running a marathon is a humbling experience. It seems to me the more I run them, the less I know how to run them. For instance, I get into what I think is a good cruising speed for the first half, but the speed lessens in the second half. Maybe I'm just getting old, not as in as good shape as other times, or a bit on the heavy side (although one benefit further down). I ran the first half in about 1:51:00, which would have been good enough to get into Boston if I could maintain that speed, or close to it. However, shortly after getting onto Riverside Drive, which I think was the easiest part of the whole course (it was flat and wind was breezy enough to keep you cool, but not really slow you down), I realized I was running in 9 minute per mile range, which would kill my Boston chances. I thought I was putting forth the same effort as in the first half, but somehow, wasn't able to maintain the speed. This started at mile 13 or 14; not mile 20. As a result, my overall ranking went down as I progressed through the checkpoints.

I finished just under 4:05:00, as I mixed in some walking breaks in the last few miles (typically making average 12 minute range miles). But the last mile or mile and a half, I did manage 9 minute range miles. Anyway, I wasn't pleased with my performance the last few miles, as tons of people passed me, but there were others that struggled as well. At least I was able to run the last mile or so. Despite "running out of gas," I came in 12th out of 44 in the male 55-59 age group, at about the 40 percent mark of all males

(where I finished ahead of 60 percent of them). I guess that is respectable for a 55 year old.

Because I had weighed 185 (with or without the .5) the few days leading up, I put that down on the computer when I signed up at expo night before (putting me in the second lowest weight division of the Clydesdales). When I first checked results the night of marathon, I ended up around 15th place in my weight class. However, within the next day, they did age adjustments to the Clydesdales, and as a result of my old age, that put me in third place. Whoopee! So now I'll patiently wait for them to mail the prize, as I had to wait for Spirit of Survival half-marathon gold medal for my age group.

Other thoughts ... in the downtown Tulsa section, shortly after entering business district, the half-marathoners parted from the full, making the runners population relatively sparse. Downtown was very quiet that morning ... no spectators or traffic in the warehouse or other such districts. It was like a spiritual experience where I could talk to God and be thankful I was doing as well as I was. I kind of liked that (very different from NYC or Boston). Then we merged with halfers again, and got to pass a whole bunch, with a minimum amount of weaving, but no big deal. On Riverside Drive, I anticipated seeing the leading marathoners and with the situation, the top two leaders were pushing their little ones in running strollers! Of course they were contending for world

*See Tulsa on page 8*

# 2010 - A New Year!

It is 2010 and time for new resolutions. I hope everyone will make the resolution to support the Landrunners' mission - "To support health and fitness of all ages through recreational running". I have had a nagging injury for the last two months of 2009 so I will include as one of my resolutions to run injury free in 2010, so Mr. Injury, you only have a few days to get better.

Fall Marathon training finished with a bang as a large group of Landrunners participated in the Tulsa Route 66, including a 5th place overall marathon finish by Jonathan Pillow, 3rd place marathon female finish by Katie Kramer and 1st place female Tiffany Cone in the Mayor's 5K. In December a group of Landrunners, including myself, headed west for the Las Vegas Rock n Roll Marathon. I was hoping someone would write an article on all the fun we had but as the saying goes - "What Happens in Vegas, Stays in Vegas". I can tell you that Cara Rogers, your Vice-President, got married to fellow Landrunner Randy Nance the night before the big race. Randy, aren't you suppose to carry your new bride across the finish line? Many Landrunners also traveled to Dallas to run the White Rock full or half marathon, including Jenny Graef with a 2nd place female finish in the marathon. Congratulations to all and especially those that completed their first half or full marathon.

A big thank you goes out to Donna and Nels Bentson for inviting us into their lovely home once again for the Christmas social. It was a big hit as we feasted on many delicious dishes including Jan Cosgrove's minestrone soup.

Remember spring marathon training for the 10th annual Oklahoma City Marathon starts on January 2nd. The club has also added a new Walk the Lake program for recreational and/or competitive walkers this year. The founder and group leader for this new program will be Jim Roblyer, so be sure to check the website for details.

Who will be the 2009 King and Queen of Mileage? Don't forget to report your mileage to Doug Cunningham <doug@ordermatic.com> before January 31st. Be sure to check the final race series standing and report any errors or omissions to Doug before January 31st so we can finalize the results before our February awards presentation.

Next club meeting will be January 18 at Ingrid's Deli with our own Dr. Tom Coniglione to get us all started off with our marathon training. The club's Panera Jack Rector Beacon Run will be held this year on February 27th so be sure to sign up early to run and/or volunteer. Club members will receive a \$3.00 discount or save even more by signing up for the Triple Crown. Also in the works is a discount and possible bus trip for club members to participate in the new Arbuckles to Ardmore Race for Mercy Marathon and Half Marathon on March 28th so be sure to check the website for upcoming details.

Keep Running,  
*Chuck Mikkelson, President*

FOR THEM WE RUN

10<sup>th</sup>  
Anniversary Run



WE RUN TO REMEMBER



THE TENTH ANNUAL OKLAHOMA CITY

# Memorial Marathon

APRIL 25, 2010

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# Landrunners In Action

## 11/14 RIM ROCK MARATHON, FRUITA, CO

JOANNE HARMS 4:30:38

## 11/22 GOBBLER GRIND MARATHON, OVERLAND PARK, KS

CAROLYNN PARKER 5:00:02  
SHILPA ABBITT 5:00:26

## 11/22 TULSA ROUTE 66 MARATHON

JONATHAN PILLOW 2:39:36 5<sup>TH</sup> OVERALL  
TREY CONE 2:56:05  
KATIE KRAMER 3:11:34 3<sup>RD</sup> PLACE FEMALE  
MIKE LA TORRE 3:25:05  
JASON TILTON 3:31:26  
ROGER JACOBI 3:32:00  
JERRY ANDERSON 3:32:34  
DEREK BARTHOLOMEW 3:33:23  
DANNY PONDER 3:46:37  
BRET SHOLAR 3:51:54  
DOUGLAS CUNNINGHAM 4:04:34  
MATTHEW WILCOXEN 4:04:57  
SHARON HALEY 4:05:25  
DAVE GREER 4:09:29  
JIMMY SCROGGINS 4:11:00  
JOHN HARGROVE 4:21:13  
LESLIE FLECK 4:32:12  
DAVID WOOD 4:35:49  
WENDY GABRIELSON 4:36:29  
JAY MARTIN 4:38:59  
GLEN STANLEY 4:42:44  
ANDREA EDMONDS 5:27:22  
ANDREA LA TORRE 5:41:01  
STEPHEN ABERNATHY 5:43:48  
NELS BENTSON 5:49:56  
BRANDON EDMONDS 6:06:27

## 11/22 TULSA ROUTE 66 HALF MARATHON

DAVID WRAY 1:22:11  
ROGER LEMMONS 1:23:10  
CAMERON HAN 1:30:50  
BLAKE EMERSON 1:32:49  
TERRY BASS 1:35:10  
STEVE SPIELMAN 1:35:48  
MIKE GIBSON 1:38:45  
MAURICE LEE III 1:41:55  
ANGELA BURCKHALTER 1:44:00  
COURTNEY LEMMONS 1:44:39  
MARY MIKKELSON 1:45:33  
DAVID MANGUNO 1:48:30  
MICHAEL DILLINGER 1:48:42  
JACKIE NORVELL 1:50:57  
GARY VENATOR 1:51:30  
MATTHEW PENA 1:51:40  
RANDY NANCE 1:54:07  
CAROLE CALL 1:55:28  
JEFFREY JOHNSON 1:57:01  
BEN CHERRY 1:58:10  
GARY JONES 2:03:08  
MARK BALLARD 2:04:49  
VINCENT HODGE 2:11:03  
ENSA PILLOW 2:11:55  
CHUCK MIKKELSON 2:12:12  
MICHAEL HARRISON 2:12:20  
LAURA KRIEGEL 2:13:08  
DANA CAMPBELL 2:14:16  
JOHN PINARD 2:18:11

BRENDA MARES-EARNHARDT 2:21:18  
KENNETH HALE 2:22:44  
KELLY GREEN 2:36:20  
STEVE STERNLOF 2:37:58  
SUSAN JONES 2:38:48  
RALPH BRECKENRIDGE 2:39:54  
KAREN GREER 2:41:30  
JIMMY ROBLYER 2:47:37

## 11/29 SEATTLE MARATHON

BILL GOODIER 3:43:19

## 12/5 ST. JUDE MEMPHIS HALF MARATHON

KATHY MOFFITT 2:27:31  
EVELYN ROWLAND 2:44:01

## 12/5 BATON ROUGE BEACH MARATHON

JAMIE PIVNISKA 4:51:36

## 12/6 CALIFORNIA INTERNATIONAL MARATHON

DAVID BALL 3:18:16  
MAURICE LEE III 3:52:26  
TOM BRIGGS 4:55:16  
NELS BENTSON 5:22:32

## 12/6 LAS VEGAS ROCK N ROLL MARATHON

KATIE KRAMER 3:18:30  
MARY MIKKELSON 3:47:58  
MELISSA BREVETTI-WALKER 4:06:10  
JACKIE NORVELL 4:09:27  
RANDY NANCE 4:18:58  
JOANNE HARMS 4:21:22  
KEVIN LYNES 4:53:09

## 12/6 LAS VEGAS ROCK N ROLL HALF MARATHON

DESIREE MARGAGLIANO 1:52:37  
GAILE LOVING 2:00:22  
CARA ROGERS 2:26:27  
CHUCK MIKKELSON 2:26:44

## 12/13 WHITE ROCK MARATHON, DALLAS, TX

JENNY GRAEF 2:52:38 2<sup>ND</sup> PLACE FEMALE  
ANGELA BURCKHALTER 3:41:40  
MATT WILCOXEN 3:47:32  
CHARLES MCFARLAND 3:55:08  
SHARON HALEY 4:02:35  
JOHN TASSEY 4:12:54  
BRYAN SLOAN 4:14:14  
PENNY VOSS 4:16:55  
WENDI WEAVER 4:19:30  
LESLIE FLECK 4:52:05  
GLEN STANLEY 4:47:47  
CATHERINE OZEROGLU 4:58:45  
STEPHEN ABERNATHY 5:23:42

## 12/13 WHITE ROCK HALF MARATHON, DALLAS, TX

STACY COLEMAN 1:59:52  
TORI YI 2:02:28  
HOLLY GOLSEN 2:04:45  
BRENDA MARES-EARNHARDT 2:24:46  
JOHN PINARD 2:28:58  
BRANDI SALSMAN 2:32:42  
JUDSON TEMPLE 3:21:24

## 12/13 HONOLULU MARATHON, HONOLULU, HI

MATTHEW PENA 6:31:18

## 12/13 TUCSON MARATHON, TUCSON, AZ

WENDY GABRIELSON 4:33:01



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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# New USATF Certified and Measured Courses for the 14th Annual Creek Classic

By Tiffany Elczyn

The upcoming 14th Annual Creek Classic has made many new improvements this year including new USATF certified and measured 10K and 5K races that will start and finish at Deer Creek High School instead of Deer Creek Middle School. The new courses were measured by Landrunners member, John Oseland. The one mile run is now certified (timed) allowing students and families to track their progress each year. Don Garrett with DG productions will do the timing and new disposable timing chips, sponsored by Renaissance Architects, will be used and can be kept as a souvenir. Finisher ribbons will be given to runners 13 years and under.

Come run with elite marathoner and Edmond resident, Jerry D. Faulkner! He will be a celebrity runner at the 2010 Creek Classic. He is a past winner of the ERC Frigid Five Miler and the OKC Memorial Marathon as well as a 2012 Olympic Marathon Hopeful!

Race Director and Landrunner member, Dana Campbell Sternlof, commented that she became involved in the race to promote healthier lifestyles. Her goal is to involve more youth and enabling them to accomplish running goals by timing the one mile. She is also actively recruiting seasoned runners and Landrunner members like Tamra Mahoney and Mark Bravo to help set the example of a healthy lifestyle and make the race a successful event.

An expected 1,300 plus runners will participate in this years Creek Classic on Saturday, March 6th, 2010! The Creek Classic is one of the most anticipated races of the spring and will once again be part of the Triple Crown of Spring Racing. The Creek Classic will be the second jewel in the Crown this year joining the Panera Jack Rector Beacon on the Bay, February 27, and the St. Paddy's Day Great Race of the Great Plains, March 13. Awards

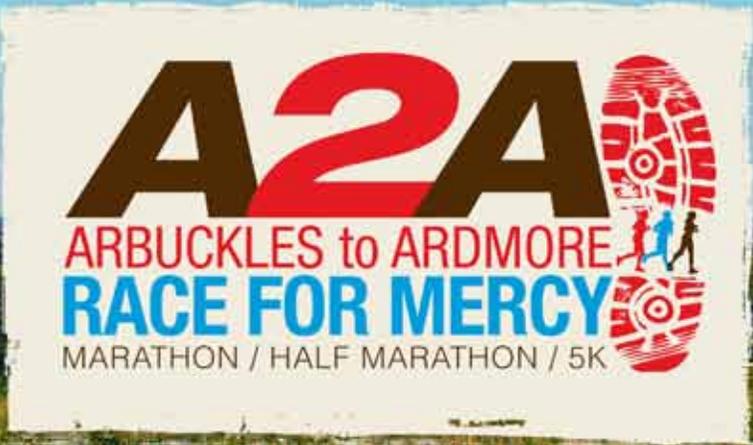
for the Triple Crown will be presented following the St. Paddy's Day Race. Runners for the Crown are encouraged to sign up early for all three races in order to receive a discount and a special t-shirt.

The entry fees will remain the same even with all the new improvements. The entry fees are \$20 per person or \$65 for a family of five. Discounts are provided for Deer Creek students and teachers as well as military personnel. Included in your entry fee, you will receive a high quality t-shirt and a disposable timing chip which can be kept as a souvenir.

Registration is now open! Register today on-line at <http://www.deercreekclassic.com> to lock in these low race fees. Race Day packet pick-up will begin at 7:00 a.m. Saturday morning at the Deer Creek High School. Runners of all ages and experiences are welcome! Learn more about sponsorship opportunities at the website as well.

The money raised from this exciting event will be distributed to all six schools in the Deer Creek school district. In the past, proceeds from this race have been used to purchase SMART Boards for classrooms, technology equipment, and a wide variety of resource materials for both classrooms and media centers.

The awards ceremony will be held following each race in the Deer Creek High School cafeteria to better accommodate the expected 1,300 plus runners. Awards will be given for standard 5-year USATF age groups, top three overall male and female winners. Enjoy refreshments after the race and support local merchants by shopping before and after the race at the Creek Classic Expo located in the Deer Creek High School cafeteria. Looking forward to seeing you at the Creek Classic on March 6th, 2010!



Marathon / Half Marathon / 5k  
CERTIFIED AND SANCTIONED

**28 March 2010** | Ardmore, OK

Benefitting the **Mercy Memorial Cancer Center**

*Get ready.* You've never seen Ardmore like this.



**REGISTER NOW** at [www.a2amarathon.com](http://www.a2amarathon.com)

# Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
1/1	New Years Resolution Run 5K	Rt. 66 Park Lake Overholser @ 9:00am
1/18	Club Meeting-speaker Dr. Tom Coniglione	Ingrid's Deli @ 6:30pm
1/30	Sooner State Games Winter Trail Run	Bluff Creek Trails @ 9:00am
2/6	Balto 5K	Edmond Mitch Park @ 10:00am
2/13	Frigid Five	Edmond Mitch Park @ 9:00am
2/15	Club Meeting-TBA	
<b>*** Triple Crown Series***</b>		
2/27	Panera Jack Rector Beacon 5K/25K***	Stars & Stripes Lake Hefner @ 9:00am
3/6	Creek Classic 5K/10K***	Deer Creek @ 9:00am
3/7	Little Rock Marathon / Half / 5K	Little Rock, Arkansas
3/13	St. Paddy's Day 8K***	East Wharf Lake Hefner @ 10:15am
3/15	Club Meeting-TBA	
3/28	A2A Marathon / Half Mar. / 5K	Ardmore, OK @ 8:00am

## **Tulsa continued**

records as such, and I think they made it. I wonder if they offered any struggling halfers a ride in the last mile or so? What other marathon do you know of where the winner and runner up were pushing strollers with children on board? If a healthy Paula Radcliffe showed up to run, then I think she could win the whole marathon outright.

Sharon, great race you ran, and you almost caught up to me like you did at Andy Payne. Great seeing my favorite rocket fuel provider running in opposite direction on Riverside Drive. Mary, great half you had, coming in 5th place in a huge field (way more halfers than fullers). Katie, you are simply amazing. You ran Spirit very well, and you have done shorter races very well. You finished 3rd overall woman in just over three hours. You definitely are the runner of choice! Great seeing you on Riverside Drive way ahead of me. Dr. Steve, wow, impressive half! Third in our age group if I remember correctly. Congratulations. I remember your running debut appearance at the Frigid 5 on Valentine's Day back in 2004 (I think after a lengthy layoff). You have come a long way since then, both in running miles and ability!

Great job in all of your accomplishments, and we can be thankful to God for enabling us to be able to do as well as we can.





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

**Entry Fee:**

25K - \$25; (\$22 for OKC Running Club Member)  
5K - \$20; (\$17 for OKC Running Club Member)  
1 Mile Fun Run - \$10  
19 & Under \$10 any race;  
(no shirt, must pre-register)

**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Prizes:**

Overall Male & Female  
Special Age Group Awards - 3 deep  
Plus Fun Doorprizes

**Registration:**

Preferred Online Entries: [www.okcrunning.org](http://www.okcrunning.org)  
(no processing fees)

Mail Entries to:

Race Director  
P.O. Box 18113  
Oklahoma City, OK 73154

**Packet Pickup:**

Friday, Feb. 26, 2-7 pm  
Panera Bread on NW Expy. (across from Integris)

**Produced by:**



Proceeds go to the Panera/Landrunners Community Racing Fund. For more information email: [racedirector@okcrunning.com](mailto:racedirector@okcrunning.com)

# Just Going Through the Motions? Look at Your Fitness Level

By Warren Jones

In a recent *Journal of the American Medical Association*, a study demonstrated just how much your **level of fitness** helps you avoid “all cause” mortality, and helps you avoid “events” from coronary heart disease and cardiovascular disease. Even better, the study demonstrated how even a **minor** change in your fitness ... for better or worse ... affects your risks.

“**All cause**” mortality means death from any cause, whether from heart disease or cancers or diseases of organs or, I guess, even accidental deaths. An “event” from CHD and CVD means death from myocardial infarction (a heart attack), death from CHD, and a CHD event, which means either death from CHD, sudden cardiac death, occurrence of nonfatal CHD, or a nonfatal heart attack.

In the study, **fitness** was measured by “maximal aerobic capacity.” Another term describing maximal aerobic capacity with which you may be more familiar is “VO2 max,” your (it differs from person to person, and it’s “fixable”) maximum rate of usage of oxygen to propel your body.

First let’s describe the broad brush, the “rough” numbers, i.e., the numbers that tell you what a generally higher level of fitness does to your risks. Having “low” cardiorespiratory fitness places one at a 70 percent higher risk of all cause mortality and a 40 percent higher risk of CHD and CVD than those having “high” CRF. The cut point the researchers used to identify low CRF was less than 7.9 mets. A “met” is the term used to identify oxygen usage at and above rest. Someone having a fitness level equivalent to 7.9 mets has a VO2 max of approximately 27. The high level of fitness was greater than 10.9 mets or a VO2 max of approximately 38.

Now let’s get more precise. **Each** one met improvement in CRF generated a 13 percent and a 15 percent decrease, respectively, in risk of all cause mortality and CHD and CVD. So, being unfit is risky business, and improving CRF **met by met by met** lowers your risks.

Another way to view each met improvement is to translate it to what it represents in other factors

related to improved health. A one met improvement is the equivalent of a seven centimeter reduction in waist circumference, a five millimeter drop in systolic blood pressure, a one mill mole drop in triglycerides, and a one mill mole drop in blood glucose.

There’s an age factor in play here, too. That is, as we age, our CRF generally declines ... **even with** exercise. Therefore, I should tell you that the minimal levels of CRF that are associated with significantly lower event rates for men and women, respectively, is approximately 9 and 7 at 40 years; 8 and 6 at 50 years; and 7 and 5 at 60 years old.

This study tells us, too, that “activity” or “exercise,” while generally recognized to be good things relative to health and longevity, may **not** be the things on which we should focus. Instead, we should focus on the **outcome** of activity or exercise: the level of CRF that we achieve with exercise.

Let’s put it this way. Just “going through the motions” may not be enough. We’ve all seen people at the gym or on the roads who are moving their bodies, but at a very low intensity or pace. Moving is better than not moving, but are they achieving any gains in their CRF and, therefore, decreasing their health risks?

Denial is not a river in Egypt. **You know** how hard you are training. Do you want to consider picking up the pace?

By the way, if reputable scientists tell us one day, in a peer reviewed, high impact journal (JAMA, for example) that, say, tying your shoes with your left hand, and not your right hand, would decrease your risk, **THAT DAY**, of all cause mortality by 70 percent, wouldn’t you do it?

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).



# 2010 Winter State Games Trail Run

January 30 2010

*soonerstategames.org*



**Location:**

Bluff Creek Trails  
Behind Lake Hefner  
Oklahoma City, OK

**Sport Coordinator:**

Katharine Miller  
405.946.7783  
kat.miller@cox.net

**Start Time:**

Registration: 8:00 am  
Race Starts: 9:00 am

**Mail entries to:**

Sooner State Games  
211 N. Robinson ste. 250  
OKC, OK 74102

**Entry Fee:**

(entry & T-shirt included)

3.5 miles \$15.00  
7 miles \$25.00  
14 miles \$30.00

Mailed entries must be  
postmarked by  
January 16, 2010.

Children 12 & under free with paid  
adult.

**Packet Pick Up:**

Packets can be picked up  
January 29th at:  
*The Runner (9644 N. May)*  
12:00 pm to 6:00 pm

Packets can be picked up on race  
day starting at 8:00 am

For entry forms and more information visit  
*soonerstategames.org/registration*  
405.236.5000

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# Colorado Correspondence

by Joanne Harms

I just finished my first full year of running in Colorado. It has been quite a year! I raced a record number of miles (410) and completed my 75th marathon. I ran in some spectacularly beautiful places and I met some wonderful people doing so. Here are some of the highlights of 2009.

I completed 10 marathons: The Colorado Marathon in Fort Collins, my new home town, started things off in May. Fortunately, a group of OKC Landrunners joined me and we had a great time running downhill through the Poudre River Canyon. The run ends in Old Town where we feasted on beer and pizza. I won my age group at this one. Second was the Colfax Marathon in Denver which runs on Colfax Avenue, a rather infamous road of "broken dreams". This was my second time to run it; it's always quite hot! Next was the Steamboat Marathon in Steamboat Springs which is another downhill marathon. This one was in cold rain but I ran a 4:14 which got me into the Colorado Runner magazine this year for the 3rd fastest marathon time for my age group. I ran this one with Frank Willis's nephew; we managed to get a photo together of us at the start to send to Frank. A week later was the Estes Park Marathon which is touted as the highest paved marathon in the world. This was my 3rd time to run it and my second to win the female masters award. This run is so beautiful and it's very rolling with some steep uphill and some screaming downhill. I've made friends with one of the race directors, Terry Chiplin, who has a training facility in Estes and will rent his place out for the marathon; this would be a great destination run for a group of Oklahoma marathoners! (hint, hint!) In July, I went to Driggs, Idaho and ran the Tin Cup Marathon. There were 13 runners and I was dead last! (I was also the oldest runner that day....) The following month I ran the Leading Ladies Marathon in Spearfish, South Dakota, and the site of the film, "Dances with Wolves". It's another downhill marathon and I won my age group. This one is so beautiful and it's kind of fun to just run with girls for a change! In August, I ran the Boulder Marathon which is run on dirt roads at the Boulder Reservoir. This year was hot, dusty, and windy (reminded me a bit of Oklahoma!) I did meet a young lady at the start who was running the Half. She was from OKC and wearing a Frigid Five race shirt. My time here was slow with a 4:52 but I got a second place age group award. The following month I ran the Denver Marathon. The first time I ran this was a couple of years ago in 39 degrees and pouring rain. Fortunately the weather was better this year! In

November I went to the western part of the state, Grand Junction, where I ran the inaugural Rim Rock marathon. This one was my favorite of the year!! It's almost entirely run in the Colorado Monument which is a mini- Grand Canyon. We ran 13 miles straight up and 13 down! I was 30 minutes faster on the second half! There was snow at the start and we ran in mist and clouds at the top. They only gave overall awards but had they given age group, I would have taken first place. The year culminated with Las Vegas in December, an inaugural Rock 'n' Roll. Quite a festive run with bands, fireworks and show girls, as well as friends from Oklahoma!! And a far better course than the old one I must say!

In order to try and do some speed work for the marathons, I ran the Colorado Runner magazine race series, completing around 14 races and coming in 3rd in my age group by the end of the year. This series included a couple of cross country races with river crossings and jumps over hay bales, etc. and a couple of half marathons for distance. The Georgetown to Idaho Springs Half was one of these and I "ran" into Frank Willis there as I have in years past. The awards for this series will be given out in January; usually they give gift certificates to the Boulder Running Company.

I completed my first year as Secretary of the Fort Collins Running Club and have arranged for our club to work with the AIR Foundation which encourages men who have addiction problems/ homelessness to run as part of their recovery. Harvest Farm is a rehab facility in Wellington which is close to Fort Collins and we are enjoying our relationship with them as they train for the Colorado and Denver marathons next year.

Future plans include planning the next 25 marathons! I'm thinking of trying to run #100 in Boston as I did #50. We'll see how that works out! As I say good bye to 2009, I must thank my dear husband, Hunter, who drove me to all these races and cheered me at every finish line. He never even watched a race before he met me and he is now my greatest cheerleader. He looks forward to each marathon and even found the one in Idaho for me to run! Hopefully, I'll stay healthy enough to run many more. And hopefully, I can meet my Oklahoma friends at some future races!

You can contact me at: [runr5367@yahoo.com](mailto:runr5367@yahoo.com) or 970-988-5442.

## Get to Know Board Member – Gaile Loving

**State Department of Education:** Science Assessment Specialist since December 26, 2007 (2 years).

**Family:** I am married to Bob Loving. Bob is an Engineer for Boeing. We have two adult children. Our son Matthew is 30, has a degree in Communications and works in the Dallas area for Fidelity Investments. Our daughter, Katherine, 28, has a degree in Theatrical Arts and is a Costumer for Disney’s traveling productions.

I meet my husband on a blind date setup by a college friend. We went country western dancing. I don’t know if you could say it was love at first sight, but two months after our first date we were engaged. Seven months later we married for better or worse. We have been married now for 33 years.

**Pets:** We have five household pets. K.C. (Striped tiger cat), Chessie (Calico cat), Baxter and Red (Cocker Spaniels) and Snickers (Dachshund). All of the animals at one time were either rescued from the animal shelter (Snickers), found after the tornado and never claimed by the original owner (Baxter and Red), rescued from a tree (K.C.) and Chessie came from a box left in front of the Midwest City Wal Mart.

**Hobbies:** I have a variety of interests ranging from gardening, swimming, biking, and running. Can you tell by this list of hobbies, that I prefer to be outside? When the weather turns bad and it is too cold to be outside, I turn to sewing or scrapbooking to keep myself busy.

**Hometown Family:** I was born and raised in Lubbock, Texas. I am very blessed to be from a large family. I have nine brothers and sisters. Yes... that is ten children! While I am the oldest girl, I am the fourth child. My mother used to tell me that I was a special gift to her, and to remind me of that she gave me a very special spelling for my first name, putting an “e” on the end of Gail. My parents had wanted a girl as they already had three boys – so I was an answer to their prayers.

All 12 of us lived in a two-bedroom house. The boys all slept in one room and the girls in the other. My parents would pull out the sleeper sofa in the living room at night for a bed.

My father was a teacher and the head swimming coach for Texas Tech University. I believe that he and my mother set very high expectations for all of



*Gaile and Bob Loving*

the kids. All of my brothers and sisters have a college degree, while five of us have gone on to obtain either a Master’s degree and one is a MD. Three of us are in education, three are in medicine, two are in engineering fields, one is a realtor and one is a geologist.

### **Other Things you may not know about me:**

I swam competitively for Texas Tech University for four years and was in the first group of women athletics who were awarded a college athletic letter in their sport under Title Nine.

### **Career Highlights:**

I was the Science Curriculum Coordinator for the Mid-Del School District before coming to the SDE. I worked with teachers in grades PreK – high school on implementing science curriculum, giving workshop presentations, writing grants to fund new programs, and overseeing science classroom safety. Prior to becoming the science coordinator I taught at Del City High School receiving my National Board Certification in Adolescent and Young Adult Science. I have been in education for 25 years. My first job was as a Teacher’s Aide at an elementary school. This was an unusual assignment, as I not only assisted teachers in their classroom, but also served as the

**See Gaile on page 15**



*St. Paddy's Day  
Great Race of the  
Great Plains*

8K ~ 1 mile fun run ~ kids races

The Leprechauns are baaaaack...  
Come join them!  
Prizes for best  
leprechauns  
March 13th 10:15 AM  
Lake Hefner East Wharf

Mail generic entry to:

**Lynn Institute**  
**3555 NW 58th Street, Suite 800**  
**OKC, OK 73112**

Or call Frank at 602-3919

\$20 pre registered / \$25 race day / \$10 students / under 8 free



or go to [www.stpaddysrace.com](http://www.stpaddysrace.com)  
or  
enter Triple Crown

## **THE TRIPLE CROWN IS COMING**

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

**Creek Classic March 6th**

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

**Gaile continued**

school librarian, cleaned and maintained the copy machine, supervised the playground and cafeteria, and answered phones in the office.

During my professional career I have taught grades 5 – 12th Science, 5 – 8th grades math, and grades 5 – 8th Physical Education both in private and public schools. I was an Assistant Principal for six years.

**What do you enjoy doing in your spare time?**

Of late, I have spent more time on running, and have completed 10 marathons, including: The Boston Marathon, Oklahoma City Memorial Marathon (3 times), Dallas White Rock Marathon (twice), Wichita Kansas Marathon (twice), the San Antonio Marathon, and the St. Jude Memphis Marathon. I plan on running the half marathon in Las Vegas this December and the full OKC Memorial Marathon in April 2010.

Additionally, I am on the board of the Oklahoma Science Teachers Association, which

works to promote the understanding of science and improving the teaching of science across the State of Oklahoma.

**Any special plans for the holidays?**

Holidays have different meanings for each of us.

Jack Rector, a recently deceased running friend, once said, "Every day is a holiday, if you are a runner." The idea he presented is that you can make each day enjoyable as if on a "holiday" if you are doing what you truly love. So I plan on trying to make each day of the coming year a "holiday" by finding something I really enjoy within each day.

To start off the Holiday season, Bob and I decided this year to postpone our anniversary celebration in August in favor of taking a trip to Las Vegas in December. Of course, the trip included running a half-marathon, attending a wedding of close friends in Vegas, a trip to Hoover Dam, and celebrating 33 years of togetherness. Love, family, friends, and running – what a wonderful way to start off a year of "holidays".

**Edmond North High School****B.A.L.T.O. 5K**

**Distance:** 5K or 1 mile fun run

**When:** February 6, 2010

**Time of Race:** 10:00 am

**Where:** Mitch Park

1501 W. Covell Road

Edmond, OK 73003

**Why:** BALTO is a student organized fundraiser through Edmond North High School. This year all race proceeds benefit Victory Junction and The Coffee Creek Riding Center. Learn more at [victoryjunction.org](http://victoryjunction.org) and [coffeecreek.org](http://coffeecreek.org).

**Registration:**

-Online registration at [www.signmeup.com/67516](http://www.signmeup.com/67516)

-Mail registration by Jan. 31<sup>st</sup>: BALTO 5K Run, Edmond North High School, 215 W. Danforth, Edmond, OK 73003

-Register in person: Thursday, Feb. 4<sup>th</sup>, 12pm- 6pm @ OK Runner in Edmond

Friday, Feb. 5<sup>th</sup>, 8am-2pm @ Edmond North High School

*You may also pick up your packet during these times.*

-Race day registration begins at 8:00AM on Saturday, Feb. 6th at Mitch Park.

**Awards:** Top Male/Female, 1<sup>st</sup> Three Finishers (each category)

**Age Categories:** Standard USATF Age Groups

**Entry Fee:** \$20 (\$2 late fee if not registered until day of race)



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