

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

March 2010 | Issue No. 167

My First Marathon

By Jackie Norvell

I started running in January 2006. Well, I wouldn't exactly call it running. I started walking with a group from church that met on Saturdays and would throw a quick jog in every now and then. My goal wasn't to become a runner, but rather to lose the weight I had gained after I quit smoking.

Eight months after I started walking/running, I ran my first 5K – the Renaissance Run in Midwest City. I was so excited! After that, I made my next goal a half marathon. I never dreamed this was really attainable for me. This is a girl who never exercised or played sports in her life. But two months after my first 5K, I ran my first half marathon – the Dallas White Rock half marathon. When I crossed that finish line, I knew I wanted to attempt a full marathon. I just didn't realize that due to injuries it would take me so long to get there.

I was diagnosed with a stress fracture following my half marathon. After time off for recovery, I began training again for my goal. However, injuries continued to plague me. After several injuries, there were times I wondered if I would ever get to the start line. But I wasn't going to give up. I kept myself motivated by doing lots of cross training and being around others with the same goals. I attended Landrunner meetings, events, and socials and that really helped a lot. Volunteering is another great way to keep motivated.



Jackie Smiling at the Start and Finish

I had planned to run the OKC Memorial Marathon in April 2009 but after months of training, an injury that caused severe pain during one of the 20 mile training runs changed that goal. After recovering, I set my sights on the Las Vegas Rock 'n Roll marathon in December 2009. It is a place I have visited many times and have grown to love. There were also great friends and family going for the weekend, not to mention the wedding of Randy Nance and Cara Rogers.

The morning of my first marathon finally came. A few of the Landrunners met and walked to the start line together. At the starting area, we went our separate ways to our assigned corrals (there were 25,000+ people running). That's when I met my 4:00 hour pace group. What a fantastic group! I had a smile on my face that wasn't going away. Just before the start, I saw our Prez Chuck walking into the corral. Seeing the familiar face was better

See First on page 8

March Madness

What will March bring us? Marathon training has reached its halfway point and so far we have experienced single digit temperatures, wind, drizzle, fog, sleet, ice and snow. The only thing lacking is maybe a little global warming. The group continues to grow each week despite the less than ideal weather conditions and believe me they will be ready on April 25th. Jim Roblyer reports that the Walk the Lake program is growing as well and they too are hoping for some nicer weather. Runners and walkers, don't forget to thank all the volunteers each week who make this possible and pat yourselves on the back for a job well done.

The club's series award banquet was well attended. Maybe it was the pizza and drinks supplied by the club for everyone or it could have been the very nice series award jackets given out this year. Special awards were given out this year for outstanding volunteers to Tom Coniglione, Bob Loving and Bill Snipes for all their time and effort supporting both the spring and fall marathon training groups. Kathy Moffitt was the recipient of a brand new award honoring long time member Fisher D. Lewis. Check the website for details and how to qualify for this annual award. A special thanks to Ric and Frances Williams, Doug Cunningham, and Jim Roblyer for their work on the banquet and also Arnie Angelici for coordinating and delivering the pizza, cookies and drinks. I would also like to thank Thomas Hill and Kimray for letting us use their conference center for the event.

March has arrived along with many races on the calendar. The final two races of the Triple Crown - Creek Classic and St Paddy's - are two of my favorites because of the pancake feed at Creek Classic and the Irish green beer at St Paddy's. Don't forget Frank always has great prizes for the best Irish costume. At press time, the club has one full bus heading to the A2A on March 28th and we are getting very close to having enough to reserve a second bus. It will be a Landrunner invasion of Ardmore. If you have interest in joining the fun as a runner or spectator, contact Gaile Loving at lovingscience@mac.com.

The next club meeting will be back at Ingrid's on March 15th. It will be a panel discussion hoping to answer any running questions you may have. Bring your questions or experiences as they may help out fellow runners. Don't forget to renew your membership today if your newsletter label reads 1/1/2010.

Keep Running,
Chuck Mikkelson, President

Landrunners In Action

1/30 CALLAWAY GARDEN MARATHON, PINE MTN, GA	
SHILPA ABBITT	4:41:28
CAROLYNN PARKER	5:17:56
2/14 AUSTIN MARATHON, AUSTIN, TX	
MATTHEW WILCOXEN	3:50:04
CARA ROGERS-NANCE	5:28:20
RANDY NANCE	5:28:20

2/14 AUSTIN HALF MARATHON, AUSTIN, TX	
JENNY GRAEF	1:23:50
TROY BANKS	1:51:08
JEFFERY KIDDER	1:53:27
MELISSA BANKS	1:53:49
DONNA BANKS	2:00:13
ADI McCASLAND	2:08:57

If you don't see your results it could be you forgot to report them so send your results, photos and stories to news@okcrunning.org

FOR THEM WE RUN

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Anniversary Run



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NewsChannel 4

California International Marathon – 2009

By David Ball

2009, my year to Boston Qualify (BQ)! I set out after this goal in 2008, but after under-training and horrible conditions at the Dallas White Rock marathon in Dec. 2008 I came up 12 minutes shy of the goal.

I had promised my ailing Achilles tendon a good 4-6 weeks off after The Rock and I kept that promise, save for a “night lights” social run in Nichols Hills and the “must run” Resolution Run on Jan. 1, 2009. I did not run until early February 2009 and it seemed I was starting from scratch.

But come to find out, “starting from scratch” turned out to be a great thing. I was refreshed and never over-trained. I didn’t run 5 marathons in 2009, like 2008. I had a couple of good “halves” and some faster 5Ks later in the summer.

I had done some reading on training ideas, which I had never done before. I also set out a training program/plan, on paper - actually scheduled, to hold myself accountable. My plan was a 14 week plan due to such a strong base I had built. The interesting thing was that my plan was “my plan”. I did not use the “Landrunner’s”, the “Boston marathon plan”, or any other formal plan that has been published. I took some principles that I read about, put them in a schedule, and got my butt out of bed 4:15-4:30 AM and did it 4-5 times a week.

Don’t get me wrong. I did NOT do this alone by any stretch of the imagination. Pretty much everyone reading this helped my training in some way, shape, or form.

December 4, 2009 I flew with Maurice Lee, who graciously tried to get me upgraded to First Class, but alas – it wasn’t to be. I did feel quite important getting into the Admiral’s Club with him, though. We made it to Sacramento, checked into the hotel and sought out the CIM Expo. It was small, but good. The packet pick up was very easy and fast and it was easy to explore the expo. We listened to a talk by Bart Yasso, Chief Running Officer of Runner’s World magazine. It was very entertaining. He is very approachable and a great speaker. He is coming to our Memorial Marathon in April and I would recommend everyone stop by his booth, shake his hand, buy his book, and go to his talk.

Maurice and I had pasta on Friday night at The Spaghetti Factory (much like Spaghetti Warehouse). We also ate there on Saturday night – like everyone else

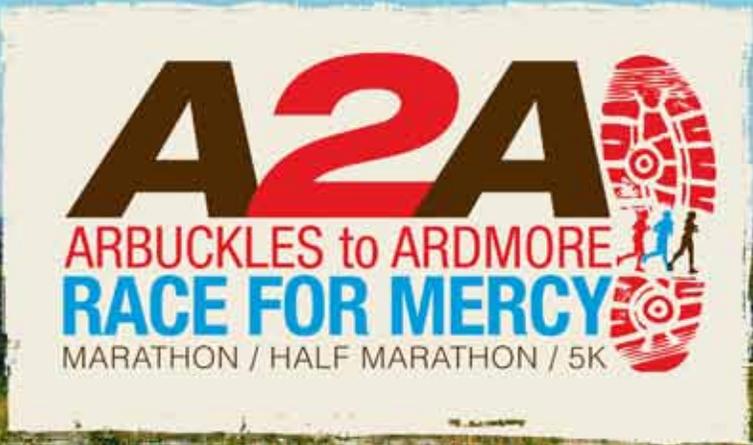


running the race the next day. Our waiter told us it was their busiest night of the year by three-fold, every year. Going early and doing call-ahead seating was great. On Saturday we had dinner with Tim Thompson from OK Runner and Tracy Shirley (also looking to BQ) who is the race director for the Remember the Ten race in Stillwater.

Now I must regress. On Saturday we drove to Folsom, CA, the start of this “point-to-point” marathon and drove the course. To me, since I was “on a mission” this was very helpful.

Sunday morning we were up early. I had oatmeal and a banana and intentionally did not drink much water. We caught the shuttle bus for the drive to Folsom at 5:00 AM for the 7:00 AM start. It was moderately disconcerting on the way there because they took a different route to Folsom and there was a lot of chatter on the CB radio between bus drivers about “being lost” and “not knowing where to go”. Our bus driver was not in this conversation luckily and we made it there in plenty of time. We were allowed to stay on the bus as long as we liked or get off and head to the start. Relaxed and laid back Maurice stayed on the bus for awhile, but you know me! I was off, bouncing down the street toward the starting area, to the porta-potty lines, and just letting off anxious energy.

See California on page 13



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

Get to Know Board Member – Arnold (“Arnie”) Angelici

By Mary Mikkelson

We have begun a monthly feature to help us get to know the directors of our club and have started with those newly elected to the board in 2010. This month we are highlighting Arnie Angelici.

Arnie joined the Landrunners in the fall of 2006. He was thinking about running the Oklahoma City Memorial half marathon in April 2007 and his girlfriend, Alice, “inspired” him to join. “She was insistent that if I was going to start running the number of miles needed to train for the half marathon; I should run with a group. She was worried that if something happened to me, I would either freeze to death before I was found or miss my “Golden Hour” (my father’s side of the family has a cardiac history).” We are so glad that Alice inspired Arnie to join the Landrunners and that he has now agreed to serve as a director.

Arnie began running in high school to help condition himself for spring football. He ran hurdles “because I was not fast enough to run the sprinting distances and too big and slow to run the middle distances.” Like so many of us when we first begin running, he never thought he would ever run more than a few miles. However, on the first anniversary of his father’s passing, he began to think about running a marathon. His father had always talked about running the Boston Marathon but was stymied in his efforts by rheumatoid arthritis before he could get his mileage up. Arnie began to think about trying to run a marathon, with the thought that maybe someday he could carry his father’s ashes as he runs the Boston Marathon.

Although Arnie’s initial goal was to start out by running a half marathon in April 2007 and then build up to a full marathon, after a successful training run on the Oklahoma River Trails in February 2007, he changed his goal and decided to run the full marathon in April. Arnie said he remembers that fateful decision well. It was a cold (14° F) and windy day (but aren’t they all when we have training runs on



*Arnold (“Arnie”) Angelici
finishing at the 2008 OKC Memorial Marathon*

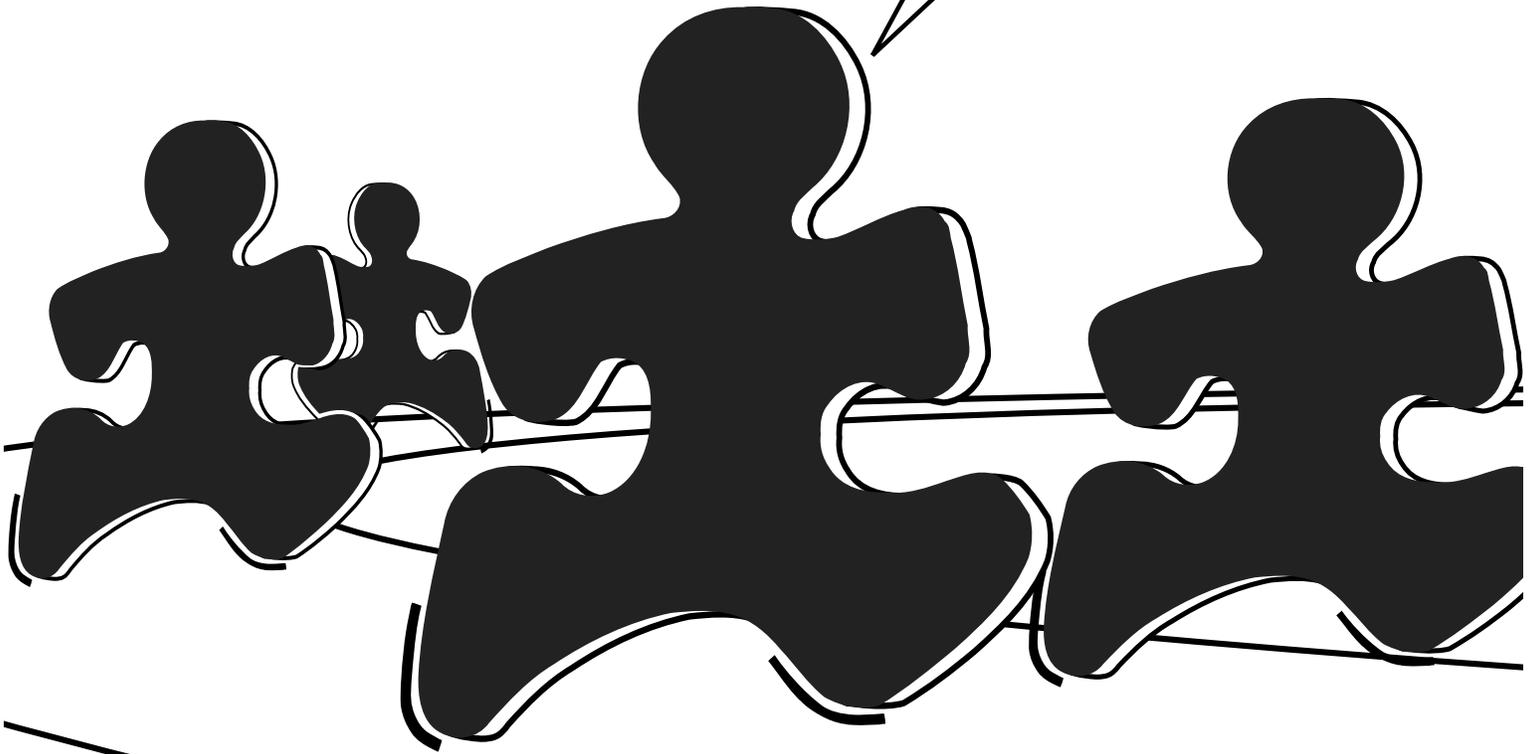
the River Trails?) and Jack Rector’s schedule called for 14 miles. Arnie decided to run the full distance that day to see what it felt like to run a half marathon, which was the longest distance he had ever run. At the end of the run, he made the comment (partly in jest), “Hey, I just finished a half marathon in the freezing cold against a freezing headwind both ways. How hard can it be to run the other half?” He has since learned how hard it can be, as the following Monday he signed up to run the full OKC Memorial Marathon.

Arnie has completed five marathons, including the New York City marathon last fall, with Alice cheering him on for all. He also ran the Surf City half marathon in February 2009 with his sister (his sister has also run the OKC Memorial half the last three years) and enjoys racing in numerous local 5K’s, 10K’s, etc. His goal is to run three marathons in 2010, including the Little Rock marathon in March, the OKC Memorial Marathon in April and another one to be determined later in the year (he is open to suggestions).

See Arnie on page 8

Hello, My name is
Dash

Join me and my friends at the
Oklahoma Autism Piece Walk



Food, Fun and Resource Fair!

100% of the money goes to Oklahoma autism programs!

Bricktown Ballpark Oklahoma City May 1, 2010 Registration at 7:30 Walk / 5K begins at 9:00

www.piecewalk.com



**OKLAHOMA FAMILY
CENTER FOR AUTISM**

www.OkAutism.org

First continued

than the showgirls or white tigers that Vegas had at the starting line. The support from the pace group and my friends and family was unbelievable. After seeing me off at the start, my husband was also on the course around the 10 mile mark to cheer me on.

I stayed with the pace group until around mile 16 or 17. At that time, I knew I'd better let them go ahead and run my own race. There were a few times I wondered if I was going to be able to finish the race. I remember one particular time I was feeling this way and I saw Mary Mikkelson. I think the look on my face said it all. But with her encouragement, I was able to stay focused. Then somewhere between miles 20-21, I knew I was going to do it. That's when the emotions kicked in. I would start to imagine the finish - my family and friends being there and all the people cheering. I would start to tear up. I realized quickly that crying and running didn't mix well together as it made it harder for me to breathe. I had to get control of the emotions but that was so hard for me to do. I knew the finish line was getting closer as the crowds got louder and, well, I had my Garmin. LOL. As I got close to the finish line, I heard my name and to my right was our awesome club president Chuck with his camera taking pictures (no, he didn't finish that far ahead of me - he just ran the half). And to my left were my mom and dad screaming my name. Again, I had a smile on my face that wasn't going away. My

family and friends being there meant so much to me. As I crossed the finish line, there stood my husband and friend Mary. Somehow, they had snuck past the barriers and had been waiting there to greet me. Also there was Mary Mikkelson who had waited for me after finishing her race. After many hugs and tears, I knew I wanted to do another marathon!! I remember saying over and over, "Where's my mom?" I just wanted my mom. (sniff...sniff...) Although I didn't make my goal of a 4 hour marathon, I am very pleased with my time of 4:09:27.

I would like to take this opportunity to thank the OKC Landrunners. This group of people has become family to me. I know I couldn't have accomplished my goal of running a marathon without the encouragement and support from this club. The simple smiles and "Way to Go's" during the training runs mean so much. I have made lifelong friends through this club. You guys always believed in me. Ok, I'm not going to cry!! (sniff...sniff...)

My overall marathon experience was GREAT!! I'm now training for my second marathon - the OKC Memorial Marathon in April. I'm sure it will be number two of many more to come!! It will always excite me to see someone accomplish his or her first marathon, as it is something I will never forget. My advice to anyone training for their first full or half would be to hang in there, stay strong, and don't give up!

Arnie continued

Arnie is a physician working for the Federal Aviation Administration in a department known as Medical Certification. The department is responsible for public safety by verifying that pilots who have various medical conditions are safe to fly an airplane. Arnie is also a pilot himself and occasionally flies General Aviation airplanes, i.e., Cessna 172, 172RG and 182. He also used to build and fly model airplanes before becoming a home owner and spending much of his spare time working on projects on his home.

Arnie was honored to be asked to be a part of the club by serving as a director and participating in the planning and implementation of the Landrunner's goals. One of his goals is to keep as many members

as possible actively involved in the club's activities; training, races, volunteering etc. Arnie is a great ambassador for our club always willing to help out where needed, offering advice to newer runners and looking out for fellow runners during our training runs.

Two of Arnie's favorite quotes are not running quotes but apply to anything we do in life.

"The time for action is now. It is never too late to do something."

"The one thing that matters is the effort."

Both by Antoine de Staint-Exupery 1900-1944, a French pilot and the author of the "The Little Prince".

DOUBLE the FUN

5K, 10K Run
& FAMILY WALK
RARE PAIR 2010



Saturday April 3rd, 2010

Newly certified 5 K and 10K course.

Cost is \$20 preregistration and \$25 on day of race.

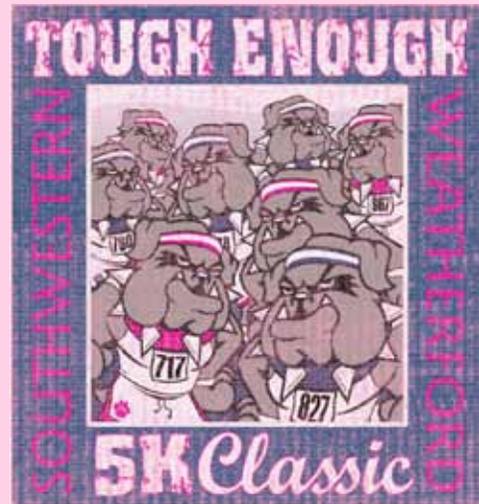
Registration includes shirt.

1 mile family walk and kids dash free to public. Family party with inflatables to follow.

www.rarepair.org/run.html

www.signmeup.com/68350

Tough Enough 5K Run/Walk



**Pre-reg. entry fee
is \$35. \$50 the day
of the race.**

**Proceeds go to
the American
Cancer Society.**

March 27th, 2010

Race begins @ 9am

The course is USATF certified, timed & the event is sanctioned.

**Registration begins @ 7am March 27 @ Starbucks in the SWOSU Memorial Student Union.
There will be a free brunch for racers afterwards in the cafeteria. \$5 for non-runners.**

\$50 first prize in each age group, male and female!



For more race information or to register to run/walk:

- Visit signmeup.com & search Oklahoma for "Tough Enough! 5K".
- Call or e-mail Cindy Dougherty at 580-774-3767 or cindy.dougherty@swosu.edu.





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 go to www.stpaddysrace.com
or
enter Triple Crown

Or call Frank at 602-3919

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

Landrunner Calendar of Events

Date	Event	Location/Time
3/6	Creek Classic 5K/10K **Triple Crown Series	Deer Creek @ 9:00am
3/7	Little Rock Marathon / Half / 5K	Little Rock, Arkansas
3/13	St. Paddy's Day 8K** Triple Crown Final	East Wharf Lake Hefner @ 10:15am
3/15	Club Meeting	Speaker TBA, Ingrid's Deli @ 6:30pm
3/28	Earlywine Dash 5K	Earlywine Park @ 2:00pm
3/28	A2A Marathon / Half Mar. / 5K	Ardmore, OK @ 8:00am
4/3	Double the Fun 5K & 10K	South Lakes Park @ 3:15pm
4/11	Redbud Classic	NW 63rd & Penn @ 2:00pm
4/17	Remember the Ten	Stillwater, OK @ 9:00am
4/??	Club Meeting	TBA
4/25	The 10th Annual OKC Memorial Marathon	NW 5th & Robinson @ 6:30am
5/1	OK Autism Piece Walk & 5K	Bricktown Ballpark @ 9am

Random Runners Tips

So last weekend a small group of us headed south for the Austin Marathon. While the OKC Marathon will always be the most special to me for myriad reasons, I love, love, love out of town races! There is little more exciting than the week-long anticipation, waking up ridiculously early the morning we finally head out (but not so early that Starbucks won't open within a half hour of driving), and finding that perfect driving music to take you straight to the expo. I have this traveling thing down! Or so I thought... In the interest of brevity, I'll just say that I ended up in my PJs, less than ten hours before the gun was to go off with six pair of gloves and no shorts. The only thing to blame was my own overconfidence, but if nothing else, it led to this month's Random Runners Tips article idea of preparing for an out-of-town race.

1) Check the weather. And don't just look at the weather on race day. Check out the days leading up to and the days after. You never know which storm may arrive early, or decide to linger about.

2) Bring your own nutrition. The expo may not have what you're used to, and time can really get away from you, leaving you unable to search out the nearest sporting store.

3) Don't forget about the dehydrating effects of flying.

4) Pack the essentials (race shoes, clothes, anything that will be attached to you for those 26.2 miles) in your carry-on. Airlines have been known to lose luggage from time to time.

5) Overpack. And I don't mean just for one body part (i.e. six pair of gloves for two hands), but generally speaking, be prepared for any situation. And by all means, use a list! I do have one saved that I can just print and check off each time I leave town. The key is actually following it.

Safe travels and happy running!

Adi

Ask Jane

Over the years, we have been treated many, many times to some very delicious pumpkin bread. For those that aren't aware, Jane Pace is the fellow runner that has graciously made hundred of loaves for all of us hungry runners. Many have asked for the recipe, and here it is at last. Thank you, Jane, for providing the recipe and for providing us this treat week after week!!

JANE PACE'S FAMOUS PUMPKIN BREAD RECIPE

3 1/3 cups flour
 3 cups sugar
 2 tsp baking soda
 1 tsp cinnamon
 1 tsp nutmeg
 1 - 15 oz can pumpkin
 4 eggs
 1 cup oil
 2/3 cup water

Mix dry ingredients together, then add other ingredients and mix well. Pour batter into 2 greased and floured loaf pans, and bake at 350° F for 1 hour and 5 minutes, or until center of bread is done. Let bread cool in pans for about 5 minutes, and then invert onto wire rack. Melt about 1/2 cup of butter, and brush tops of bread with butter, and then cover generously with cinnamon sugar.



California continued

This race claims to have the most porta-potties available and I believe they are right. The clothes bag drop off was in two huge moving trucks near the start which was crowded, but easy to manage. The pre-race line up was easy and I found my 3:20 pace group easily. It was 29 degrees at the start, colder than usual, I heard later. I wore shorts and ditched an old sweatshirt at the starting line. I later ditched an old long sleeve t-shirt about 6-7 miles into the race. I never felt cold despite the sub-freezing early temps and the 15 mph headwind we had at times. The Californians really complained about the "strong wind" that we ran against at times. I just chuckled to myself – you all know why.

To be honest – I don't remember much of the race. I stayed behind the pace group almost the whole time because they were ahead of pace. I stayed about 30-60 seconds ahead of pace the whole race and knew that I was on my mission pace. The course was on asphalt 98% of the time and was very easy to navigate (not a lot of turns or changes of direction just to add mileage). The volunteers were great and very proud of their annual event, although some of the aid stations were inconsistent with electrolyte drink and water being at the front or back of the aid station.

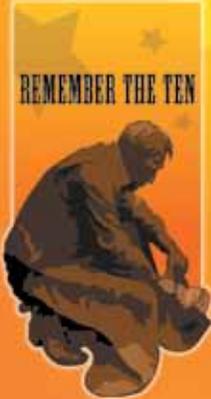
CIM is said to be a very fast marathon due to the "net downhill" course, but it definitely had its share of uphill. They were really only ¼ mile long at the most and not too steep. I certainly felt the downhill grade more and to me the course was very good. (I think that was due to being trained for the race and running smart.) The last 3-4 miles were straight into Sacramento Capital Park. It was along a tree-lined street which I do recall as very beautiful and relaxing. This stretch was a gradual downhill grade. As I was completing the last few miles I was passing many runners and was feeling surprisingly strong. I passed our pace group leader and he was just encouraging all runners to "go forward and don't look back". When I passed the 25 mile mark at 3:10'ish I knew that I would Boston Qualify and P.R. I focused on trying to keep the same pace, but in the end I found that my last 2 miles were my fastest two miles of the race. Gotta love adrenaline!!

The finishing line runs directly into the state capital grounds and a huge Christmas tree was 100 yards beyond the finish-line. I crossed in 3:18:16, chip time, Boston Qualified by about 2 minutes and P.R'ed by at least 13 minutes. I hung the medal proudly around my neck and enjoyed visiting with many "strangers" who became like family that morning. The California International Marathon will always be special to me because of how I was able to run the race and what I accomplished that cold December 6th day when I did not feel cold at all.

APRIL 17, 2010 IN STILLWATER

Remember the Ten

10K/5K/FUN RUN



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

APRIL 17, 2010
 STILLWATER

COACH
 EDDIE
 SUTTON,
 HONORARY
 CHAIR

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.

4TH ANNUAL REMEMBER THE TEN 10K & 5K RUN

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

Where are You Against the Newest Data on VO2 Max of American Men and Women?

By Warren Jones

Those of you who have been reading my column over the years know about VO2 Max. You know that VO2 Max is an excellent indicator of the oxygen transport capacity of the cardiorespiratory system (the heart, the lungs, and your blood vessels) and the utilization capacity of the skeletal muscles. More importantly, it is also a strong independent predictor of future cardiovascular diseases, a strong predictor of Type 2 Diabetes, and a strong predictor of “all cause” mortality. The higher the VO2, the lower the risk of all those.

So, of course, one should want his or her VO2 Max to be as high as possible, thereby reflecting a good working “heart and muscle” system and thereby lessening one’s risk for disease and, worst of all, a premature death.

In the newest issue of The American Journal of Epidemiology, researchers from no less than the Center for Disease Control and Prevention, from Stanford University, from SUNY, from The Cooper Institute in Dallas, and from University of South Carolina tell us the newest data available for all Americans (by, of course, a representative sample).

The researchers break down the data by age, by sex, by ethnicity, by body mass index (bmi), and by the level of leisure time physical activity (LTPA). They likewise tell us “where we stand” relative to other persons of the same age, sex, and ethnicity.

Excluded from the sample, for safety reasons, were persons with physical limitations or who had indications of cardiovascular disease. As a result, your “standing” against the percentiles is probably slightly higher than it would be if the sample were broadened to include those who were excluded.

Nonetheless, no matter where you stand against others of your age, sex, bmi level, ethnicity, and LTPA level, what you really want to see is a high ABSOLUTE VO2 Max. That is, to get that “heart and muscle” system to be most productive, and for you to be best protected against an early demise, you want a high VO2 Max regardless of where you stand “against the field.”

One’s age, sex, and ethnicity can not, of course, be controlled, but one’s bmi and one’s LTPA can. The researchers compared whether one’s bmi and one’s level of LTPA had any relationship with one’s VO2 Max. More on this later.

First, the general findings by age and sex and by only three different percentiles, 20, 50, and 80th. For men of all ages, all bmi’s, all ethnicities, and all LTPA, the VO2 Max (by milliliters per kilogram of body weight per minute, the international standard of measurement) were 36.8, 42.3, and 48.5. For women, those numbers were 29.3, 34.3, and 40.9.

Among all ethnicity groups, VO2 Max was significantly lower among individuals classified as obese compared with their normal weight counterparts, and persons who were merely

overweight (with the exception of Mexican American females) had lower fitness levels (measured by VO2 Max) than did those with normal weight.

As you might expect, there was a significant increase in VO2 Max by reported LTPA. That is, those who had more “met-minutes per week” were more fit. Met minutes per week were determined by the level of habitual physical activity intensity and duration of the members of the sample. The physical activity included exercise and mere physical activity outside of exercise. For example, an activity of a met level of 4.8, if performed for 30 minutes per day every day of the week, would produce more than “1000 met minutes per week.” Here’s the math: 4.8 (met level) x 30 (minutes) x 7 (days per week) = 1,008. The 2008 Physical Activity Guidelines for Americans recommends at least 500 to 1,000 met minutes of activity per week. The researchers’ data showed that those who had LTPA of greater than 1,000 had higher VO2 Max compared with those who reported less than 500.

An arguable drawback to the study is that it included persons only from age 20 through age 49. Therefore, those persons who are older are not able to compare where they are against the “American population” of VO2 Max levels. Nonetheless, I believe, at least up to a certain point, we can extrapolate fairly accurately the VO2 Max numbers at higher age groups by following the trend lines of each 10th percentile among the almost thirty year sample. For example, among men in their 20’s, 30,’ and 40’s, the 80th percentile reflects a VO2 max of 50.2, 48.0, and 47.2. For women, those numbers are 41.7, 41.1, and 40.0. For “older” folks, the numbers would be trendy, but at a slower level.

But, back to an earlier point. It doesn’t really matter where your VO2 Max is against others. The higher it is, the more fit you’ll be, the faster you’ll be, and the longer you’ll enjoy vitality.

So, darn it. With Your Doctor’s Approval: Move your body. With High Intensity. With Long Duration. And With Frequency. Or, just move gently, shortly, and sometimes. Some is better than nothing.

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.



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