

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2011 | Issue No. 180

## Austin Half Marathon Provides Encouragement to Keep Running

By Matthew McBee

Training for the half marathon in Austin forced me to approach the race much differently than I ran the Oklahoma City half marathon. After crossing the finish line at OKC, I was in pain from IT band syndrome. Previously, I had just gone out and pushed myself as far as I could go, and that obviously didn't work. To prepare for Austin, I started reading and researching about stretching, proper nutrition and the correct type of shoes for your running style.

The day that we left for Austin, I started carbo loading by stopping at Braum's for a double dip of pistachio almond ice cream. I thought if that didn't work, at least it tasted good. I arrived at Katie Kramer's house, and when Jackie Norvell arrived, we loaded into my car and left to pick up Wendy Gabrielson after she had gotten off work. We pulled out of Oklahoma City at about 6:15 Friday evening; it seemed like everybody was headed south on I-35. We stopped to eat in Ardmore, and topped off the tank in Ft. Worth. We talked, laughed and listened to music all the way to Austin. It was hard to believe, but we had been in the car for six hours as the time flew by for me.

Having lived in Austin for seven years, I wanted to show Katie, Wendy, and Jackie where we would be running. Since I knew where the start of the course was going to be, we turned onto Fourth Street and then south on Congress Avenue to the starting line. I had never realized how much of an incline there was on Congress Avenue, and thought to myself "what have I gotten into." I finally understood why Central Texas is called "the Hill Country."



Wendy Gabrielson, Jackie Norvell, Matthew McBee, Katie Kramer

I was excited to see my parents since we were staying at their house, but this trip was also a chance for me to say a final farewell to some classmates that were killed in a bus accident 38 years earlier. On December 26, 1972, a group of students from my high school and some adults had set out on a ski trip

**See Austin, on page 8**

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# From the President

It's been a wonderful past few months for the Oklahoma City Landrunners! Our membership continues to increase by leaps and bounds; the marathon training group is going to get its very own zip code soon; our very own Panera Jack Rector Beacon on the Bay race exceeded all expectations; and the A2A bus trip was a lot of fun even with some interesting challenges.

So how do we keep up this kind of momentum? By bringing in three legendary marathoners the Thursday night before the Oklahoma City Memorial Marathon!

Yes, we will have THREE celebrity speakers on April 28, 2011-- Bill Rodgers, Dick Beardsley and Joan Benoit Samuelson -- three of the most legendary runners in American history. Come listen to these inspirational runners tell their stories and offer guidance as you prepare for your next running endeavor.

We hope to have some time for questions from the audience. If there is a specific question that you just have to know the answer to, send it in advance to me (president@okcrunning.org) and we will attempt to get it answered for you.

*Run Because You Luv It!!*  
Cara Rogers-Nance  
OCRC President



## *Presents*



**Join the Oklahoma City Running Club for a special evening with**  
***Marathon Legends***  
**Bill Rodgers, Dick Beardsley, and Joan Benoit Samuelson**

**Thursday, April 28, 2011**  
**Metro Tech Auditorium – 1900 Springlake Drive**  
**Health Expo @ 6:00pm/Guest Speakers @ 7:30pm**



# Landrunner Calendar of Events

| <u>Date</u> | <u>Event</u>                   | <u>Location/Time</u>                |
|-------------|--------------------------------|-------------------------------------|
| 4/2         | 5K for H.I.K.E.                | S & S – Lake Hefner @ 2:00pm        |
| 4/9         | Redbud Classic Bike Tours      | NW 63rd & Penn @ 7:00am             |
| 4/10        | Redbud Classic 5K & 10K        | NW 63rd & Penn @ 2:00pm             |
| 4/16        | Remember the Ten               | Stillwater, OK @ 9:00am             |
| 4/23        | Egg Run 2011 5K *              | Harrah, OK @ 8:00am                 |
| 4/23        | Race to the Moon               | Weatherford, OK @ 9:00am            |
| 4/28        | Special Marathon Meeting       | Metro Tech Auditorium @ 7:30pm      |
| 5/1         | OKC Memorial Marathon**        | OKC @ 6:30am                        |
| 5/7         | Jim Thorpe Courage Run 5K, 10K | North Pavilion Lake Hefner @ 8:00am |
| 5/7         | OK Autism Piece Walk & 5K      | Bricktown Ballpark @ 9:00am         |
| 5/14        | See Spot Run 5K, 10K*          | Guthrie, OK @ 9:00am                |
| 5/16        | Club Meeting                   | TBA                                 |

\* Denotes Series Races

## Landrunners In Action

### 2/20 AUSTIN MARATHON & HALF, AUSTIN, TX

|                  |                |
|------------------|----------------|
| KATIE KRAMER     | 3:14:43        |
| KEN BOYETT       | 3:21:18        |
| CUU NGUYEN       | 3:37:50        |
| JEFF MARTENS     | 3:37:51        |
| BRET SHOLAR      | 4:30:27        |
| JACKIE NORVELL   | 4:39:03        |
| TRACY WOODIE     | 4:40:19        |
| ADI MCCASLAND    | 4:43:14        |
| ANDREA LA TORRE  | 4:58:20        |
| MARY HAMMER      | 2:03:25 – HALF |
| WENDY GABRIELSON | 2:04:29 – HALF |
| BILL PRUITT      | 2:11:46 – HALF |
| MATTHEW MCBEE    | 2:18:31 – HALF |
| KELLY STOVALL    | 2:28:40 – HALF |
| JIM ROBLYER      | 2:42:04 – HALF |
| PERRY TENNISON   | 2:42:04 – HALF |
| ANGIE SHOLAR     | 2:53:59 – HALF |

### 3/6 LITTLE ROCK MARATHON & HALF, LITTLE ROCK, AK

|                      |                |
|----------------------|----------------|
| GEORGE TAYLOR        | 3:26:40        |
| JOHN BATTALIOU       | 3:48:41        |
| ERIC WOODWORTH       | 4:10:09        |
| JENNIFER WESTENHAVER | 4:11:44        |
| PETE RICHARDSON      | 4:29:33        |
| AMY PANNELL          | 4:44:38        |
| MARCIA RIGNAULT      | 5:44:14        |
| STEVE SPIELMAN       | 1:41:32 – HALF |
| DANA CAMPBELL        | 2:11:44 – HALF |
| TORI DUPHORNE        | 2:42:27 – HALF |
| BILL MORRIS          | 2:44:00 – HALF |

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](mailto:news@okcrunning.org)

The graphic features the text 'RACE to the 2011 MOON' in large, bold, black letters. To the right of the text is a crescent moon and a vertical column of silhouettes of runners in various stages of a stride. Below the main text, it says 'Stafford Air & Space Museum' in a smaller, stylized font.

Saturday, April 23 9:00 a.m  
Weatherford, OK

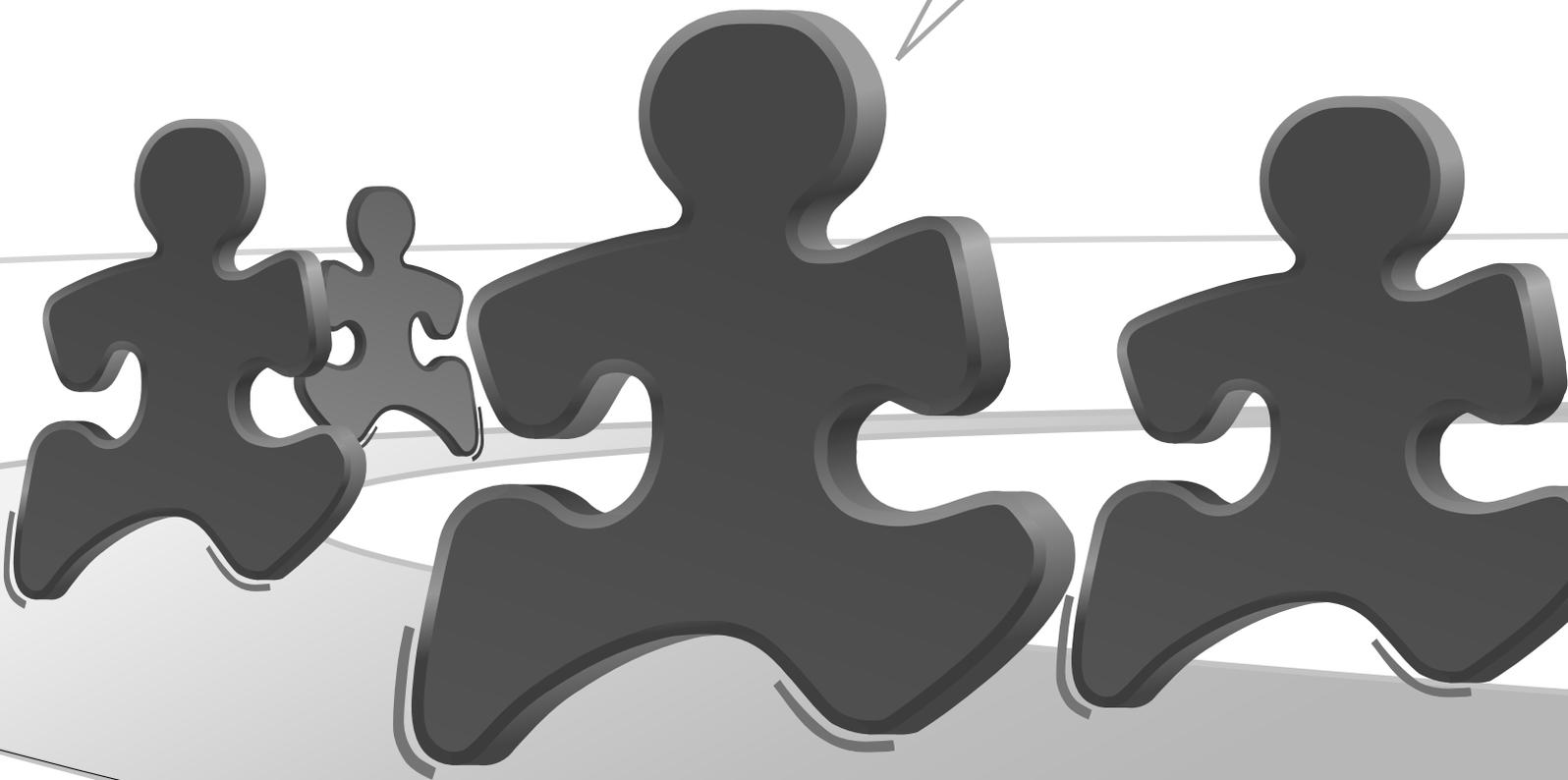
USATF certified 5k  
& 1 mile fun run

Register online @ [staffordmuseum.com](http://staffordmuseum.com)

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 7, 2011 Registration at 7:30 Walk / 5K begins at 9:00

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



OKLAHOMA FAMILY  
CENTER FOR AUTISM

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

*It hurts right there*

# An Unusual Hip Pain In Runners

*By Tom Coniglione, MD, Landrunner*

In years past, I have come across this pain 4-5 times a year. Currently, we have at least 6 runners with this pain. In 5 of the 6 runners, the pain started after faster running: tempo runs or speed work. In all of them, the longer they run or the faster they run, the worse the pain.

There are muscles joining the top of the pelvis to the upper body. The problem is pulling of these muscles off the pelvic bone. How this happens is interesting. When you run faster, there is more torque/side to side twisting of the upper body. When you torque the upper body the muscles are pulled side to side. Torque of the upper body then distracts/pulls the muscles away from the pelvic bone. At the point where the muscles are pulled there is soreness and pain.

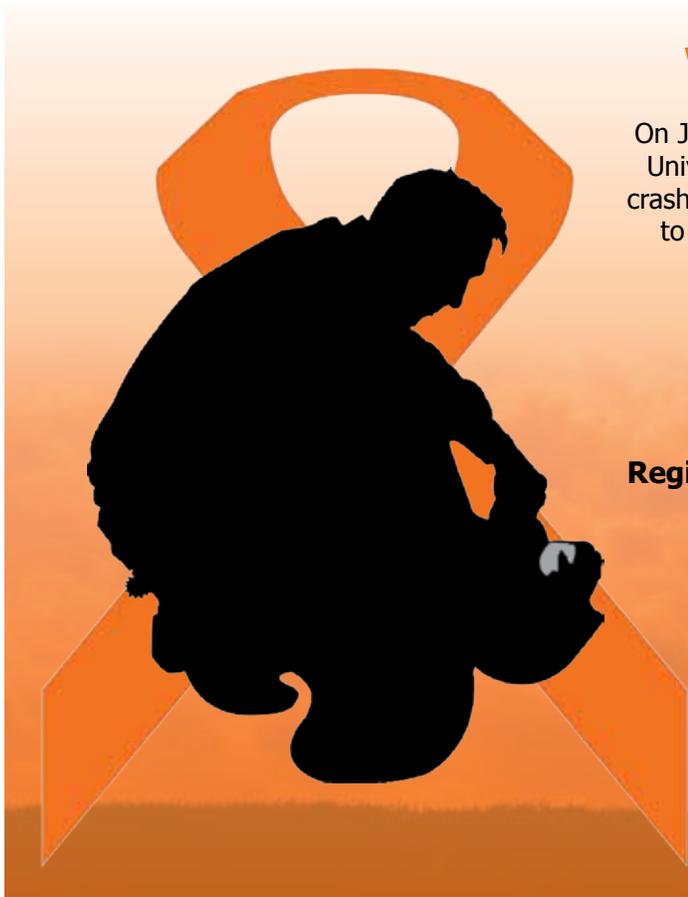
Sprinters have this pain more than distance runners. Sprinters run with their hands held high and forward-backward pumping of the arms.

When we discuss this pain, I talk about running slower; not what you want to hear. An alternative is to drop your hands and not pump your elbows backward and forward. Runners more readily accept this deceptive recommendation. This recommendation is deceptive because when you drop your hands and stop pumping, you will run slower. So, run slower or drop your hands.

While waiting for the pain to go away, there are a few things you can do. First apply ice. Use whatever technique you choose to ice an area: frozen peas, ice cubes in a plastic bag, or a refreezable pack. Whatever you use should stay ice cold for 18-20 minutes. No, it does not feel good but ice limits the inflammation.

Even if you do the right things, this will not go away very quickly.

A runner from Shawnee blames all her injuries on her "greed for speed."



## WILL YOU RUN?

On January 27, 2001 ten members of the Oklahoma State University men's basketball program perished in a plane crash. On April 16, 2011 the OSU family will come together to remember and celebrate the lives of those we lost.

**5th Annual  
Remember The Ten Run  
April 16, 2011  
5k/10k/1 Mile Fun Run  
Stillwater, OK**

**Register online at [www.RememberTheTen.com](http://www.RememberTheTen.com).**




|                |                         |
|----------------|-------------------------|
| Pat Noyes      | Will Hancock            |
| Denver Mills   | Bjorn Fahlstrom         |
| Nathan Fleming | Brian Luinstra          |
| Daniel Lawson  | Bill Tietgens (Teegins) |
| Kendall Durfey | Jared Weiberg           |



5K & 1 Mile Fun Run  
**April 23, 2011 @ 8:00am | Harrah, OK**  
Benefiting Local Food Pantries

Community Egg Hunt,  
Inflatables, Games, Food,  
Drinks, Cotton Candy,  
Sno Cones, Live Music,  
Face Painting, & More

Come for the Race and Stay for the Fun

**REGISTER NOW** at [www.EggRun.net](http://www.EggRun.net)  
101 S Dobbs | Harrah, OK 73045

***Austin continued***

over the Christmas holidays. When they were three hours short of their final destination, one of the buses was involved in a head-on collision on a bridge in Ft. Sumner, New Mexico. The wreck killed 19 people and injured many others. Fifteen people survived this accident, but hundreds of people suffered emotionally for many years, including me. I was too upset to go to the funerals, something I have always regretted. It's only by the Grace of God and my wife that I was able to run this race. When I posted online that I was going to run the half marathon in their memory, one of my friends, Molly, made the comment; "I bet you will have a lot of angels watching over you." Her encouraging words made me feel like I could do anything.

We finally arrived at my parents house, unloaded the car and went to bed since it was about 1:45 in the morning. Later that morning, Wendy, Katie, and I went up to the track at my old high school to run a couple of miles. Jackie stayed back at my parent's house and drank coffee with them. After our run, we cleaned up to go pick up our race packets. The traffic trying to get into the auditorium was a nightmare. About a half to a quarter of a mile from the auditorium is a small parking lot and we were lucky enough to find an open parking spot, saving me \$7.00 in parking fees.

We got into the auditorium, picked up our packets and toured all of the vendors' booths. In our race packets, we received spy belts and a nice bag to store a laptop. It's a good thing that I didn't have a credit card, because it probably would have been maxed out. We then went downtown to see exactly where the race would start. We had met up with Tracy Woodie at the expo, and it was getting late. I asked somebody downtown where a good Italian restaurant was on the South side of town. We got the address and arrived only to find out there was at least a two hour wait. After another failed attempt to find a place, we finally arrived at Olive Garden. We had to sit at the bar to eat, or it would have been a long time there also.

The alarm went off: it was race day. I got dressed and then ate breakfast quickly as I was pumped for the race to begin. When we arrived at our parking spot at about 5:15 am, we had almost two hours before the race would start. We decided to kill the time by standing in line at the porta potty. It was an overcast morning with a lot of clouds. It had rained a little the

day before and I hoped that more rain was going to hold off until after the race. I started this race like all of the others that I have run, no matter the distance. I bowed my head and said a prayer and then a poem that I had written for my fallen classmates:

I'll never forget that awful day, when all of you were called away

I shed no tears, I never cried, but contemplated suicide

After 19 years I eased my pain, I cried so much that it looked like rain

Now I know you're in a better place and in your memory I run this race

Finally the race started; it was almost 19 minutes before I crossed the starting line. The crowd support was FANTASTIC as we ran up Congress Avenue, which I had been dreading, but everything was fine. I couldn't believe how much easier this half marathon was than my previous one. Spectators lined the streets and cheered the runners. I passed one female runner that had a shirt that read, "If you see a trail of water behind me, call my OB Gyn." I made sure that I stayed in front of her.

We were at mile eight with no pain in my legs, so I kept going and still no pain. The full marathon and half marathon runners were together for the first 11 miles of the race before splitting apart. That is when the big hills started. For me, the best part of the race was when the sun finally broke through the clouds and it appeared like an eye. At that exact time the song on my Ipod had a verse, "I am the eye in the sky looking at you." It is as if my 19 angels were there with me. The last two miles of the race my IT band problems flared, but I was too close to the finish to stop. After the race, I finally found Katie and we waited for Jackie to cross the finish line. Jackie crossed the finish line soon after and we were taking pictures and then Adi McCasland and Matt "Willie" Wilcoxin found us. We then retreated to Starbucks and found Wendy.

Overall, I was pleased with my time, since I took 29 minutes off my time from the Oklahoma City half marathon, and ran more hills. I'm looking forward to running and improving my time in this race next year.

3 R D A N N U A L

IN MEMORY OF CHRIS COWDEN & BENEFITTING FREE TO LIVE



5K & 10K | GUTHRIE, OK | MAY 14, 2011 | 9:00AM

REGISTRATION AND MORE INFORMATION: [theseespotrun.com](http://theseespotrun.com)

CONTACT: [theseespotrun@hotmail.com](mailto:theseespotrun@hotmail.com)

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# Trails for Trail Running

*By Kent Frates*

Many members of the Landrunners are trail runners or have considered trying trail running. A nice change of pace for those who are used to pounding the roads, trail running improves strength and balance while taking in some different scenery.

A number of good trails exist in or near Oklahoma City and furnish interesting locations for runs of varying length and difficulty. Most runners are probably familiar with the Bluff Creek Trails, just north of the Lake Hefner Dam, but may not be familiar with several other good trails which are fun and easily accessible to Oklahoma City runners. These trails include Lake McMurtry, Stillwater; Lake Arcadia, Edmond; and NuDraper, Midwest City.

Just west of Stillwater the trail system at **Lake McMurtry** offers an easily accessible venue for hiking, trail running, and off-road biking. The trails, divided into four loops, are on land owned by the City of Stillwater and are maintained by volunteers from the Red Dirt Peddlers, the local bicycle club. The club keeps the trails in good condition and they are well marked, including distance markers. Two trails are located on the west side of the lake; the Orange Trail (7.5 miles) in the northwest and the Blue Trail (7.5 miles) in the southwest. Two more trails are found on the east side of the lake, the Yellow Trail (6.2 miles) in the northeast and the Red Trail (6.75 miles) in the southeast. A fee (currently \$5.00) is charged for trail running, hiking, or off-road biking. The trails are located three miles north of State Highway 51 and about five miles west of Stillwater. The fee can be paid at the Ranger Station on the west side of the lake or by depositing money into a box at the trailheads on the east side of the lake. Each year Lake McMurtry hosts two early spring events: the Lake McMurtry Challenge Mountain Bike Ride and the Lake McMurtry Trail Run (50 k and 25 k.)

The **Spring Creek Trail** at Lake Arcadia in Edmond is an approximately seven mile multi-use trail which forms an irregular horseshoe around the west end of Lake Arcadia. The longest section parallels Second Street (Old Route 66) along the north edge of the park. The trail can be accessed at several points.

The most interesting part of the trail is the section beginning at the Spring Creek Park. The entry gate into the park is located on 15th Street about two miles east of I-35. To reach the trailhead, take the first left turn after the

entry gate. The trailhead is located a few hundred yards up the road on your left and is well marked.

For the most part, the trail is relatively flat and is easy to follow. A number of alternate trails splinter off the main trail. You should generally take the trails on your right which leads you away from the perimeter of the park and into the woods. These trails offer a more interesting run removed from urban sights and sounds. The trail is often used for mountain biking, so be on the lookout for bikers, particularly on weekends. If you start at the Spring Creek trailhead, in approximately two miles you will come to Spring Creek. Continuing your run requires a wet crossing which can vary greatly according to the season and the level of the water in the creek. You can turn around here and run back to the trailhead for a good four mile run or continue all the way to the end of the trail at the parking lot near the Project Office.

**NuDraper Trail** is a particularly good trail for trail running. The trail system is located on Post Road north of Draper Lake. A good color coded map is mounted on a wooden sign at the trailhead. You should consult the map before you begin your run. The trail system (about 10 miles) is divided into three loops, color coded green, red and yellow. You can combine these loops for runs of varying lengths. A good run of approximately six miles combines the Red and Green Trails.

Before going trail running, a few words of caution are appropriate. No matter what trail you run on you will encounter rocks, roots, stumps and uneven terrain. Most trail runners try to maintain a slow steady pace and keep a close eye on the trail ahead, walking when necessary. Keeping control of your speed and paying attention to the trail will help avoid falling.

These are only some of the trails which are near Oklahoma City and are suitable for trail running. To learn more about additional trails, their location and difficulty, you may wish to purchase Oklahoma Hiking Trails by Kent F. Frates and Larry Floyd (OU Press) which can be purchased from KFF, LLC, PO Box 54799, Oklahoma City, OK 73154, (405) 858-0788, or email: KentFrates@coxinet.net or at a book store near you. The book includes detailed descriptions, directions, maps and photographs of over 50 trails across Oklahoma, most of which are suitable for trail running.



7TH  
ANNUAL

**INTEGRIS**  
**JIM THORPE**  
*Rehabilitation*  
HOSPITAL

# Courage Run

*10km, 5km and Fun Run/Walk,  
Wheelchair Division*

**Saturday, May 7, 2011**

**8 a.m. start**

Lake Hefner

North Pavilion off Hefner Rd.

Oklahoma City

**Registration:**

[signmeupsports.com](http://signmeupsports.com)

[integrisjimthorpe.com](http://integrisjimthorpe.com)

**Contact:**

[susan.shepard@integrisok.com](mailto:susan.shepard@integrisok.com)

[greg.horneber@integrisok.com](mailto:greg.horneber@integrisok.com)

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# Physical and Psychological Health: Seek Both

By Warren Jones

A recent study published in the American Journal of Preventive Medicine (AJPM) makes very clear how important physical health and psychological health are relative to one's risk of death. And especially the combination of the two.

In the study reported in AJPM, nearly 5000 participants were examined, and then were followed up for an average of approximately 15 years. Cardiorespiratory fitness was assessed by a maximal exercise test on a treadmill. "Low level negative emotion" was defined as the minimum score of the negative emotion subscale of the Center for Epidemiological Studies Depression (CES-D) scale.

The CES-D scale has four subscales, and one of those is the "negative affect" subscale, measuring what we would more likely call "negative emotions." The negative affect subscale includes the following seven "items" (I'd say "feelings"): not being able to shake off the blues; being depressed; considering one's life a failure; being fearful; being lonely; having crying spells; and being sad.

After adjustment for a set of established risk factors, men and women with the lowest levels of negative emotion had lower risk of premature death ("all cause" mortality) than those with higher levels of negative emotion (a 34% lower risk). "After adjustment for risk factors" means that that the lower risk persisted when comparing people of the same age, or body mass index, or smoking. So, for example, people with a high BMI with low levels of negative emotion have lower risks of death compared to people with a high BMI with high levels of negative emotion.

As you might expect, if you've been reading my articles, a high level of cardiorespiratory fitness predicted lower risk of death (a 46% lower risk) compared to low cardiorespiratory fitness.

The risk of death in participants with both the lowest level of negative emotion and a high level of cardiorespiratory fitness was 63 percent lower compared to peers with the highest levels of negative emotion and the lowest levels of cardiorespiratory fitness.

The protective effect of low levels of negative emotion does not persist among participants with low or moderate levels of cardiorespiratory fitness. So, being healthy psychologically does not by itself predict longevity.

Finally, and interestingly, adjusting for the presence of major diseases did not change the results. This suggests that the effects observed do not differ substantially between healthy and unhealthy people and that the effect of low-level negative emotion on survival might be independent of the presence or absence of major diseases.

Even though the study provided only a single assessment of negative emotion, earlier studies tell us that measures of psychological well being are stable across the years, and even decades, regardless of changes in life circumstances.

These findings, taken as a whole, suggest that simultaneous improvements in fitness and avoidance of negative emotion might have a substantial impact on long term survival. The investigators suggest that it may be beneficial for health professionals to assess their patients' psychological health levels in addition to performing a physical exam and, as necessary, intervene so that improvements in negative emotion can be realized.

So, it seems that "positive health," as opposed to the mere absence of physical illness, is protective against disease and mortality. And, this: cardiorespiratory fitness seems to interact with emotion in the prediction of mortality, such that it may buffer the adverse effects of negative emotion or enhance positive emotion.

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 [wěj@cox.net](mailto:wěj@cox.net).



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## Jason Leinen, M.D., ATC

Dr. Leinen is a board certified Family Medicine physician with sub-specialty training in Sports Medicine. Dr. Leinen has experience in a full array of non-operative musculo-skeletal medicine including the care of acute and chronic conditions across all age groups.

### Interests/Experience:

- Acute athletic injuries
- Running medicine
- Concussion management
- Arthritis care
- Casting/Splinting
- Joint/Bursa injections
- Work-related injuries
- Sports physical exams
- Sports nutrition

**OSSO Spine Building**  
3115 S.W. 89th  
Oklahoma City, OK 73159

## 1ST ANNUAL BLAZING SUN



**RUN FOR FREEDOM**  
JULY 9TH, 2011 5K & 10K

Pre-Registration \$30.00 per Runner  
Day of Race \$35.00 per Runner

Stars & Stripes Park - Lake Hefner  
Oklahoma City

5K & 10K run/walk  
benefiting *The Hugs Project*  
Saturday · July 9<sup>th</sup>, 2011 · 7:30 am

Details & Registration at:  
[www.TheFreedomRun.org](http://www.TheFreedomRun.org)



## Recipes to Run By

*By Adi McCasland*

### Granola Bars

1/2 cup Natural Peanut Butter  
 1/3 cup Hazelnut Spread (such as Nutella)  
 1/2 cup Brown Sugar  
 1/2 cup Honey  
 3 cups Grape Nuts Cereal  
 1 cup Rolled Oats  
 1 tsp Vanilla  
 Pinch of Sea Salt

- 1) Over low heat, melt peanut butter, hazelnut spread, brown sugar, and honey.
- 2) Remove from heat and add vanilla and salt.
- 3) Stir in cereal and oats.
- 4) Transfer to greased 9x13 baking dish. Wet fingers and pat down. Cool and cut into squares.

## Do Not Let Anxiety And Stress Affect Your Running

*By Stan Popovich*

Sometimes, fear and anxiety can get the best of us in running. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a runner can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to run in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the event in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around

with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking before your running event.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your running event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

### BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

# State Games of Oklahoma

## 5K & 10K

## May 21, 2011



**5K Pre-registration \$20; Race Day \$25**  
**10K Pre-registration \$25; Race Day \$30**  
**1 Mile Fun Run/Walk; Race Day \$15**

**USATF Certified and Sanctioned**  
**Race timing by DG Road Racing**

**For more information call 405.236.5000**

**REGISTER ONLINE at**  
**[www.soonerstategames.org](http://www.soonerstategames.org)**

**Or send generic race entry form**  
**(downloadable at [okrunner.com](http://okrunner.com)) to:**

**State Games of Oklahoma**  
**211 N. Robinson, Ste. 250**  
**Oklahoma City, OK 73102**





P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

April 2011

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1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application(available online) to:

Oklahoma City Running Club  
PO Box 18113  
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

## Landrunner short sleeve tech shirt for just \$5.00?

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