

# OKC Landrunner's Walk the Lake – 2010

## Conditions:

- Help accomplish OKC Landrunner's Mission: "To Support Health and Fitness of All Ages Through Recreational Running" and Assist Oklahoma CareerTech in Developing "a healthy and physically fit workforce".
- Individuals achieve better health and physical fitness.
  - A segment of the Governor's program for a "Strong and Healthy Oklahoma"
- Prepare to participate in an OKC Memorial Marathon activity (marathon, ½ marathon, marathon relay, 5K walk and/or kid's marathon).
- 17 week program – To be compatible with OKC Landrunner's marathon training program.
- Distance will vary according to individual abilities.
- Start location could vary week to week.
- Distances – vary from short to challenging.
- Participates are responsible for their own health and safety on the trail/road.
- Participate must sign a hold harmless waiver.
- Participates may join the "Running Group" at anytime.
- Participates are ask to walk no more than 2 abreast on the trail/road.
- Walking Groups – with specific goals
  - A. Beginners    B. Power    C. Race
- Note: No medical aid available on trail!
- Master training schedule is available.
- Ask about "The Rocket" training process.
- Membership in any running/walking club is recommended but not mandatory.
- Pets/headphones are allowed.
- OKC Parks & Recreation/Lake rules apply.
- "Keep OKC Beautiful"...Exercise Proper Litter Control.

**Additional info call: Jim Roblyer, (OKC Landrunner's President – 1997) – 405-747-7283**

**\*A project of the OKC Landrunner's Past Presidents \***