

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

April 2006 - Issue No. 120

WILLIS: TO BAGHDAD AND BACK

by Sherri Rector

Many Landrunners know runner Frank Willis. I did not, but after seeing him on a segment of 60 Minutes recently I asked for the opportunity to interview this most interesting man.

Frank hails from Ann Arbor, Michigan. This Landrunner member attended Harvard and graduated with a degree in International Relations. Then it was on to Law School at the University of Michigan. He came to Oklahoma in 1997 on a strictly temporary basis to help establish a health research company where he is the Chief Operating Officer, the Lynn Health Science Institute. The Lynn Institute does sleep studies, clinical studies of new drugs, and has a diagnostic laboratory for gastrointestinal motility disorders (i.e., if it doesn't move through your system, you have a problem).

Frank began running in 1987 for stress relief and high blood pressure. When he came to Oklahoma on that temporary basis, Willis found that he liked the atmosphere and the people of Oklahoma and most especially, the run-

ning community that surrounded him.

He has completed between 70-80 marathons. His best marathon time was 3:05 in Detroit at the age of 50. Favorite distance

control, along with meeting other runners. His goal is to "run til I die". Advice to others: run as a family.

In June 2003 Frank was hired by the Department of Defense to become the Deputy Senior Advisor to the Iraqi Ministry of Transportation. This time frame, of course, was after the invasion of Iraq by the coalition forces. Part of this work entailed getting the country of Iraq up and running again. No small feat since this has never been done before in the Middle East.

As one might imagine, rebuilding would include restoration of services including providing clean drinking water, electricity, gasoline, telephone system, schools, and restoration of other facilities. There was no functioning banking system in the country

at that time. Thus, we see the photograph of Frank Willis and two other American officials with \$2,000,000 in cash being readied for payment to a contractor. Frank

(See *Willis*, page 8)



Preparing for a helicopter inspection tour of the railroad oil terminal at Bayji, Iraq. Accompanied by my personal security guard.

is the half marathon. When asked what his favorite run was, he quickly replied "Pike's Peak Ascent". He runs 3 to 4 days a week. When queried about the positive aspects of running, Willis credits stress relief, weight

Hot Bagels!!

No one needed an oven to warm up the bagels at the first Panera sponsored Beacon on the Bay race. Don Garrett had promised good weather for the March 11th event, but really outdid himself this year. The temperature soared to the mid-seventies by the time the final runners finished. Combined with virtually no wind and a cloudless day, overheating and dehydration quickly became problems. Despite our efforts there were temporary shortages of water at some of the water stops resulting in significant discomfort and aggravation for some of our runners. To those runners we offer our sincerest apologies. Otherwise, we had a great event with 427 finishers in the combined 5K and 25K races, and race sponsor Panera Bread supplying a variety of bagels and coffee.

The week before the community of Deer Creek hosted the Creek Classic. This race is growing by leaps and bounds and this year had 448 finishers in the 5K and 10K combined and another 380 finishers in the 1-mile fun run. As usual they served a great breakfast afterwards. Club members Tiffany Cone and Marie Breshears were the overall female and masters female first place winners of the 5K.

Jack and Sherri Rector continue to coordinate the highly successful marathon training group. The number of partici-

pants still exceed 100 enthusiastic runners each week. A big thank you goes to the Edmond Running Club for supporting the training group by supplying and operating the water stops on the March 19th 20 mile run. We are all looking forward to May 22nd when the Edmond Running Club will host a joint meeting with our club and the Norman Running Club.

It's a bitter-sweet note on which I'll close this month's letter. Our community has been truly blessed for the past 15 years with the presence of Chris and Danese Knott-Craig and their family. Chris has accepted the very prestigious position of Chief of Pediatric Cardiac Surgery at the University of Birmingham Alabama. To those of us who have been fortunate enough to get to know Chris and his family they will be deeply missed. Chris and Danese generously hosted many parties for their running friends at their home in Edmond. We wish you the best of fortune in your new endeavor and thank you for your friendship . . . and if you ever need to borrow a bike with one pedal, I know who can hook you up.

Good running to all,

Bill Snipes
President

Upcoming Landrunners Meetings/Socials

April 17th	Ingrid's Deli	NW 36 & Youngs	5:30 Board Meeting 6:30 Membership Meeting
May 22nd	Coffee Creek Club House	Joint meeting with Edmond Running Club & Norman Running Club. Hosted by Edmond Running Club, bring a covered dish or dessert	5:30 Board Meeting 6:30 Joint Membership Meeting
June 24th	June Social	6:00 pm at the home of Steve & Deb Johnson (see map below). The Johnson's will supply burgers, bring a covered dish or dessert.	

Steve and Deb Johnson
5600 NW 103rd Pl
Oklahoma City, OK 73162-6987

Home Phone: 722-8560



Her Goal: Reaching and Improving Runners

by Bob Reid, Edmond Running Club

It's 20 degrees outside on a Sunday morning as I pull into the parking lot. The wind is blowing and there is ice on the ground, but there are already at least 50 other cars there and each one has at least one runner, trying to soak up just a little more warmth before going outside. The first car in the lot has a table set up beside it with water, Gatorade, pretzels, and chocolate chip cookies. The license plate says "SHERUNS" and I know the lady I came to see is already here. At 8:00 am almost 100 people get out of their cars to gather around one of Oklahoma's most passionate runners to get some last minute advice and instruction before starting out on what promises to be a miserable 12-mile hill training run. They all head off up the road, most with a smile on their face, and I get to spend some time running and talking with an amazing woman, Sherri Rector.

Jack and Sherri Rector have put together a hugely successful distance training group through the Oklahoma City Running Club. Jack is very well known in our sport and I have heard several people talk about training with the "Jack Rector group". An amazing athlete in his own

right, Jack has become particularly well known lately because it has become a rite of passage for many of us novice runners to be told "hey, you were just passed by an 80-year old man back there" when we come gasping to the end of some of our first long runs. That will leave an impression on you. But make no mistake about it, these two are a team and, together, they are helping a lot of Oklahomans make the personal journey from "jogger" to "marathoner". Even their e-mail address, *tworunners@cox.net*, lets us know that this is a joint effort and a shared passion.

I asked Sherri if she had always been a runner. Actually, she started running about a month before she met Jack. She would train on the Pacer Fitness track, running a while, then walking, until she got some endurance. Jack was already a serious runner, so he started taking her to races. Her first one

(See Rector, page 11)



Below: More than 100 runners gathered in the cold rain to complete a 20-mile training run, March 19, 2006.



A REASON TO RUN



from info@okcmarathon.com

The sixth running of Oklahoma City Memorial Marathon is set for 6: 30 a.m., Sunday, April 30, 2006. The Memorial Marathon is to honor the memories of 168 innocent persons who lost their lives in the 1995 bombing of the Murrah Federal Building. It is about celebrating their lives, reaching for the future and uniting the world in hope. This is your invitation to be a part of what Runners World magazine calls one of the "12 Must Run Marathons" in the world.

WHY WE RUN THIS EVENT

The Oklahoma City Memorial Marathon was conceived around the idea that good can always overcome evil. The tragic bombing of the Alfred P. Murrah Building on April 19, 1995, shook Oklahoma City and the world. The Memorial Marathon weekend of events shows the world the tremendous spirit and caring of Oklahoma people. While the marathon is a moving spirit of honor, the Oklahoma National Memorial is the standing and permanent tribute to the fallen 168.

2006 EVENTS-GET REGISTERED

The Oklahoma City Memorial Marathon Sunday events include the 26.2 mile Marathon, 13.1mile Half Marathon and the 5 person Marathon Relay. Also included is the 5k Memorial Walk and the 1.2 mile Kids Marathon. The preceding Friday and Saturday is the Memorial Marathon Expo featuring more than 50 sports stores and running exhibits. Runner may pick up registration packets at the Expo.

TRAVEL AND HOTELS

Travel in and out of Oklahoma City is easy. Most major airlines fly in and out. The City is on I-35 going north and south, and I-40 east and west. To stay in a downtown hotel book early. The nationally acclaimed Bricktown area is a few steps walking distance and filled with unique restaurants and attractions. Be prepared to be enthused about the attractions to do and see and the friendliness of the people.

TRAINING GROUPS

Group Memorial Marathon training began early in January in Oklahoma City and Tulsa. To be assured of your strong finish on April 30, contact tworunners@cox.net for a training schedule then come train with other enthusiastic runners.

THE MARATHON COURSE

With the start line in front of the Oklahoma City National Memorial at NW 6 and Robinson, the course flows through the most scenic areas of Oklahoma City and Nichols Hills and finishes at NW 5 and Broadway, a block from the start line. The 168 banners of those who perished April 19, 1995, hung throughout the race course, are sure to motivate and inspire runners.

A RUN TO REMEMBER

For marathon registration, hotels, course map, elevation map, and answers to all your questions log on to the Oklahoma City Memorial Marathon web site, okcmarathon.com.



...find a reason to run

04.30.06

marathon

half marathon

marathon relay

kids marathon

5K memorial walk

www.okcmarathon.com

ph. 405.525.4242

THE 6TH ANNUAL
OKLAHOMA CITY

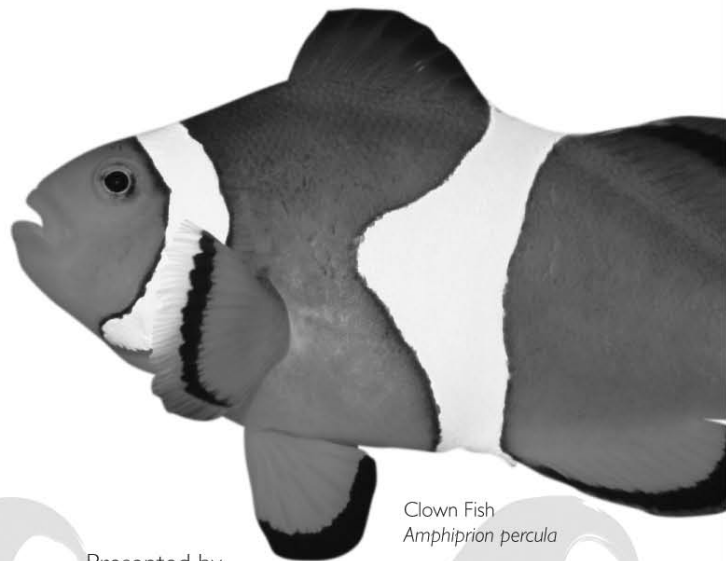


MEMORIAL
MARATHON
APRIL 30, 2006



5K, 10K, 1/2 Marathon & 1 Mile Family Fun Run / Walk

Benefiting the Playground of Dreams
at the Oklahoma Aquarium



Clown Fish
Amphiprion percula

Saturday
May 13, 2006

Call Karen Dills at 918-528-1515 or
visit www.okaquarium.org for more
information or to register.

Presented by



ORTHOPEDIC HOSPITAL
OF OKLAHOMA®



300 Aquarium Drive • PO Box 910 • Jenks, OK 74037 • (918) 296-FISH • www.okaquarium.org

2006 Aquarium Run - Please Print Entry Information Below:

Registration Fees: Adults: \$20 Pre-registered, \$25 Race Day Youth (Under 12): \$15 Pre-Registered, \$20 Race Day

Mail Entries to: Oklahoma Aquarium Run, PO Box 910, Jenks, OK 74037

Event (check one): 1 mile Fun Run/Walk 5 km Run 10 km Run Half Marathon
 Team Team Name _____

Race # (Official Use Only)

Check this box if you would like to make an additional donation to the Playground of Dreams or the Oklahoma Aquarium \$ _____

Name _____ Age on Race Day _____ DOB ___ / ___ / _____ Sex F / M

Address _____ City _____ State _____ Zip _____

Phone () _____ T-shirt size (circle one): YS YM S M L XL XXL (\$2.00 extra)

Email address _____ Do you own your own ChampionChip? _____ (ChampionChip#)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and /or humidity or extreme cold weather and the conditions of the trails, all risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind, animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore I agree not to go back into the course after finishing. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants permission to sponsors and/or agents authorized by them to use any photos, video tapes, motion pictures, or any other record for this event for any purpose. Minors accepted only with parent or guardian's signature.

Signature _____ (Waiver must be signed to participate)



Aquarium Inn & Suites
Jenks, OK



Great Plains CocaCola
Bottling Company





Saturday, May 13, 2006

**1 Mile Fun Run
5 km Race, 10 km Race
Half Marathon**

8:00 am, Lake Overholser

USATF Certified and Sanctioned

Race timing by DG Road Racing

For more information,
call (405) 236-5000

*Send generic race entry form
in center of magazine to:*

**Sooner State Games
211 N. Robinson, Suite 250,
Oklahoma City, OK 73102**

**OR REGISTER ONLINE AT
WWW.SOONERSTATEGAMES.ORG**

**13th Annual
Chickasha
Rotary
Lobster
Day Run**



**Saturday, May 20, 2006
Shanoan Springs Park 9 a.m.**

USATF/State Championship Series 5km

Pick Up Packets/Register @ 8 a.m.

USATF Certified Course ~ USATF Sanctioned Race

\$15 with T-shirt ~ \$12 with no T-shirt

*Awards in USATF age groups 12 & under
through 75 & over, 65 & over female*

Cash prizes M&F 1st to 3rd: \$100, \$75, \$50

Over \$600 in Merchant Door Prizes

*Use generic race entry card in center of magazine
and mail by May 6, 2004 to:*

**Chickasha Rotary Club, P.O. Box 115
Chickasha, OK 73023-0115**

Coordinated by Glen's Racing Service

Call: Jim Allen (405) 224-2000



(Willis, continued from page 1)

served in Baghdad, Iraq on a full time basis for six months and supported U.S. rebuilding efforts for another nine months on a part time basis from Oklahoma City.

One of Frank's local outreach programs is working with Mustang High School students in cross country training. In August Willis will host Kevin Schwab and other student runners in Breckenridge, Colorado for some altitude training. They will be running at 9500 feet of altitude. Their target will be to complete the Pike's Peak ascent. "We'll see," he says. His good works do not end there. The Lynn Institute hosted the first annual St. Paddy's Day Run March 18 on the east side of Lake Hefner. It included an 8K, 1 mile fun run, a toddler run for 2-3 year olds, a run for ages 4-5 and a race for ages 6-7. It was a really fun running event and hopefully, an annual event.

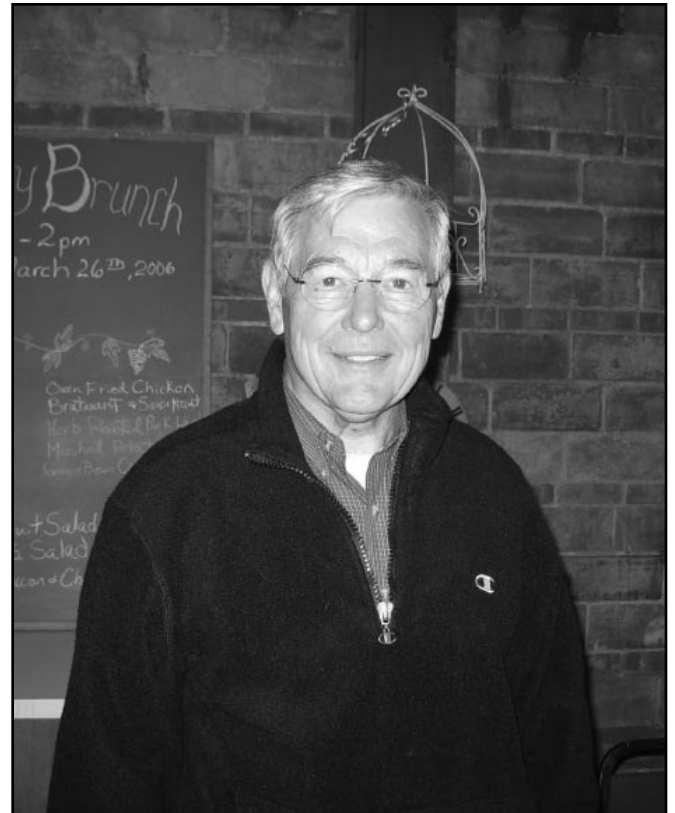
WILLIS ON CBS

Because of Willis' experience working in Baghdad, CBS 60 Minutes asked him to come to New York to appear on a February 12 segment of 60 Minutes. He was interviewed by Steve Croft. The 60 Minutes segment focused on contractor misconduct in Iraq. Willis supervised a number of contractors while in Iraq and became increasingly concerned about waste and misconduct by what he has termed "war profiteers". He is one of the few American officials in Baghdad who has been willing to speak out on the record about abuses, including testifying before the Senate Policy Committee last year. His willingness to take a stand publicly helped CBS develop its report.

Landrunners is fortunate to have Frank Willis in our midst, a terrific runner, leader, and patriot.

Thank You Sam Loy!

The next time you see Sam Loy, tell him thanks for being one of the people responsible for you getting your newsletter. For 5 or 6 years Sam has been the person who picks up the newsletter from the printer and gets it properly addressed, stamped and in the mail. Sam is on the OKC Running Club; The Landrunners, board of directors and has been an active, dependable volunteer at many running events. He was club president in 1998 and remembers the club sponsored 6 races that year and that may have been too many. In addition money was tight and so he came up with a budget. Most presidents since then have had one. He began walking and running at age 56 when, after 3 annual treadmill stress tests, the results were not looking so good. He and his physician agreed that exercise was in order. He was racing after 1 year and his favorite races are the Trolley Run in Kansas City, a 5 miler that he has run three times. Also the San Diego one-half marathon which went along the coast and finished at Balboa Park. Bay to Breakers in San Francisco was another memorable run. Thanks Sam for your interest and dedication to running.



Society of Petroleum Engineers
8th Annual



5 km Road Race and 1 mile fun run
Saturday, May 20, 2006

8 a.m. Stars and Stripes Park Lake Hefner, OKC, OK
ChampionChip Timing

Entry Fee: \$17 • \$20 day of race
Sanctioned by USATF

Featuring
Corporate Team Categories

Don Garrett, Race Director, (405) 231-1829
register online at www.signmeup.com

Board Member Profile: Jane Pace



Get to know Jane Pace and I'll bet you'll be surprised by the range and diversity of her talents . . . microbiologist, terrific cook, cyclist, gardener, rollerblader, cross country skier, and did I mention runner. Nine years ago after the birth of her youngest son, Travis, Jane took up running to get back in shape. A couple of years later at the prompting of a fellow employee, she began entering races. More than a couple of runners quickly took note as Jane routinely began winning her age group. Although she runs all distances from the 5K to the marathon, it is the marathon that is her favorite. She likes not having to push for the short distance speed and feels more relaxed over the 26.2 mile distance. She has completed four marathons and plans on doing 3 more in 2006. Jane is a native of Wisconsin, graduated from the University of Wisconsin-Eau Claire, and moved to Oklahoma due to a job transfer. Last fall after the Trolley Track Run she hosted a breakfast at her new home for her running friends. When the party is at Jane's everyone hangs out in the kitchen where her running is only out done by her culinary creations. That famous "Mom's" pumpkin bread at the end of many marathon training runs comes from Jane's kitchen and a recipe she got from her mother. Jane is a valuable addition to our board and unselfishly volunteers in many ways to support the running community.

THANKS...

... to the Bentson family, Nels, Donna and daughter Sami, for their contribution of reams of new membership applications. Bentsons have also hosted the annual December Christmas Party for many years.

... to Thomas Hill and Chet Collier, Oklahoma City Memorial Marathon, for two complimentary marathon entries at both the December and January meetings. January winners are Don Smith and Jane Pace.

...to Oklahoma City Memorial Marathon for a case of paper cups for the 16 week marathon training group. Also to Landrunners Oklahoma City Running Club for a cash donation for water for water stops.



**The
Runner**

**For All Your Marathon
Training Needs!**

**9644 N. May Ave
The Collonade
405/755-8888**

M – S 10 to 6 & Th 10 to 7

Your Local Landrunner Supporter!

(Rector, continued from page 3)

was a 1-mile fun run and she decided if she could get through that one mile she could do anything. That was 24 years and thousands of miles ago, on roads, trails, in numerous races, and through her three marathons. Her absolute favorite race was the New York City Marathon and she recommends it as an experience not to be missed. The half-marathon has now become her favorite race distance, one she finds to be both challenging and enjoyable. This passion for the "half" may be a big reason this training group has been so successful. Rather than focusing strictly on the marathon, this group promotes the entire Oklahoma City Memorial Marathon experience, the marathon, half-marathon, and the 5-person relay. Runners of all abilities and distance goals are made to feel welcome, the sole goal being ready to participate on April 30th. Helping runners reach that goal is a labor of love for Sherri Rector.

The Rectors have put together a 16-week training program based upon one from the New York City Roadrunners Club called "The Casual Marathoners Guide". Sherri points out that the title is an oxymoron since there is nothing casual about training for a marathon. They make it even less "casual" by adding several sessions of hill training to the program. A really nice touch is using portions of the actual marathon course for some of the long runs, allowing you to visualize yourself running on race day. The group is in its sixth year. The first two, there were only six or eight people at some of the training runs. Participation increased dramatically in the third year and now there are usually around a hundred runners each week. If you haven't tried it, there is nothing like a vibrant, well organized training group to help you prepare for a race. Contact Sherri or Jack at tworunners@cox.net to find the next scheduled training run. If you spend a few minutes running and visiting with Sherri Rector, you can't help picking up some of the joy and passion this wonderful lady has for running.

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*From the
Locker Room:*

**"The mind should
never write a check
that the body
cannot cash."**

PAWS WITH A CAUSE®



*8K Run & 3K
Dog Dash for Independence*

**MONDAY, MEMORIAL DAY
MAY 29, 2006**

8:00 am - USATF Sanctioned 8K Run
9:00 am.- 3K Dog Dash for Independence
(Leashed dogs only please)

Oklahoma River Trails
beginning at Wiley Post Park,
just south of downtown Oklahoma City

For more information,
call Shelia Ford at 405-844-6410
or visit: www.pawswithacauseOK.org

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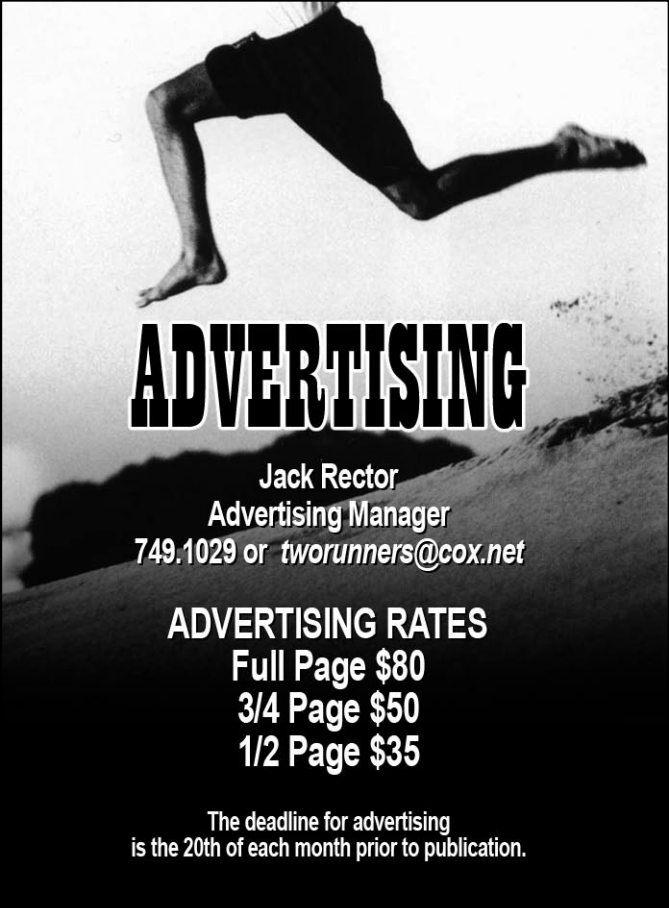
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Please send us your new address!

Running Club Hotline: 405.494.8586

www.okcrunning.org

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



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ADVERTISING RATES

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1/2 Page \$35

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