

# THE LANDRUNNER

## OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2011 | Issue No. 177

## **“24 The Hard Way” and the “Double Dirty Dozen” Attract Ultrarunners from Across the Nation**

*By Chisholm Deupree*

For the second straight year, “24 The Hard Way” and the “Double Dirty Dozen” were deemed superb and successful races by both Ultrarunning veterans and newcomers to the sport. Held October 22 through October 24 at Bluff Creek Park, the event serves as the Oklahoma Ultrarunning Championships.

Three timed events (24 hour, 12 hour or 6 hour options) comprise the competition that fills this weekend: athletes could register for either the road race, “24 The Hard Way,” or the trail race, the “Double Dirty Dozen.” Although the courses are separate and differ in length, all competitors utilized the same Aid Stations, Timing Mats, Massage Tables, and Medical Facilities. The end result from the weekend was 155 athletes competing and supporting each other with hospitality and remarkable athletic spirit.

Although the threat of showers and storms were predicted, no serious weather materialized. Out-of-town guests were treated to a brisk breeze that caught the tops of many tents, and allowed crews to reposition and stabilize their stations. The winds hardly phased the runners, and the cloud cover provided ideal cool temperatures for running many miles.

### 24 The Hard Way

The road race was highlighted with the very quick starts of Norman Decelles of Lawrence, Kansas and Jeremy Morris of Kearney, Nebraska. Both ran the first 50 miles in less than seven hours and four



*Bluff Creek Trail*

minutes and built a cushion of one hour and 15 minutes. Unfortunately, this cushion did not last long as Byron Lane of Stoneybrook, New York; Suzanna Bon of Sonoma, California; and Tatsunori Suzuki of Philadelphia, Pennsylvania – all with proven 24-hour racing experience -- stuck to a race plan that called for even splits and a consistent pace.

By Lap 83 on the .961 mile certified asphalt loop, Suzanna had taken the lead with Tatsunori behind by 6 laps and Byron behind by 7 laps. Suzanna would continue to run strong through the remaining hour with the help of her husband Sam and crew/friend Pete, who provided encouragement, coaching,

**See 24 on page 8**

# **A Toast to Chuck and to a New Year of Running**

I am so honored and at the same time, scared to death to be elected President of the OKC Running Club. Especially after our President Chuck Mikkelsen has been such a wonderful leader for the past two years. During his reign, our club has grown by leaps and bounds. We are very lucky to have his continued service and experience on the board. So I would like to make a toast - Thank you, Chuck, for your friendship, for your leadership, and for your time and energy, past, present and future. Here, Here!

We are off to a busy new year:

Spring Marathon Training begins January 8. Bill Snipes will be sending out the much anticipated weekly emails soon. Our next club meeting will be January 17 at Kimray. Our speakers will be B.T.T. No, not Big Truck Tacos but Bill Snipes, Thomas Hill III and Dr. Tom Coniglione to start off our marathon training. Bill Snipes is our own club's Marathon Training Coordinator. Thomas Hill III is the Head Honcho for the Oklahoma City Memorial Marathon. Dr. Tom Coniglione is The Running Doctor/Medical Director of the OCMM. Come with your questions about marathon training, the OCMM, and/or help with injury prevention. We want you on the right track to start off your training.

The club's Panera Jack Rector Beacon Run will be held this year on March 12th so be sure to sign up early to run and/or volunteer. There will be a finisher's medal for the 25k and tech shirts for all registered by March 6. Club members will receive a \$5.00 discount or save by signing up for the Triple Crown of Spring Racing. Also, our Coordinator of Club Travel, Lindie Slater, has in the works a discount and bus trip for club members to participate in the Arbuckles to Ardmore Race for Mercy Marathon and Half Marathon on March 27th, so be sure to come to the January 17th meeting for details.

Congratulations to all that ran either the full or half at Tulsa Route 66, Dallas White Rock, California International Marathon and many more. If this was your first marathon or your first half, a special congratulations and it is just the beginning.

I would like to give a big thank you to Nels and Donna Bentson for hosting the Christmas Social in their beautiful home and to Jan Cosgrove for her delicious minestrone soup. I always look forward to all the wonderful foods and desserts that everyone brings, especially Jackie Norvell's Italian Crème Cake. Now you know why I run! Ha ha

Be sure to check the Landrunner website often for upcoming events and details. [www.okcrunning.org](http://www.okcrunning.org)

*Cara Rogers-Nance*

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*11<sup>th</sup> Anniversary Run*

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# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/1	New Years Day 5K	OKC Zoo @ 9:00am
1/8	Kickoff OCMM Training	Nichols Hills Plaza @ 7:00am
1/8	Elvis 10K	Regatta Park @ 9:00am
1/15	Dream Run 5K	Metro Tech @ 9:00am
1/17	Club Meeting – OCMM panel discussion	Kimray, NW 42nd & Santa Fe @ 6:30pm
1/22	YMCA Frosty 5K	10000 N Penn @ 10:00am
1/29	BALTO 5K	Edmond Mitch Park @ 9:00am
2/5	Groundhog 5K	Rt 66 Park Lake Overholser @ 9:00am
2/12	Frigid Five	Edmond Mitch Park @ 9:00am
2/12	Winter State Games Trail Run	Bluff Creek @ Noon
2/21	Series Award's Party	Kimray, NW 42nd & Santa Fe @ 6:30pm

## Landrunners In Action

### 11/6 IRONMAN FL, PANAMA CITY, FL

KEN BOYETT	11:55:06
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### 11/21 ROUTE 66 MARATHON, TULSA, OK

KATIE KRAMER	3:21:22
STEVEN CHERRY	3:31:13
SCHAD MELDRUM	3:46:57
MATTHEW WILCOXEN	3:57:50
BILLY BREWER	4:01:46
CUU NGUYEN	4:02:34
CAMI ROWE	4:03:30
JENNIFER WESTENHAVER	4:04:36
DREW CARTER	4:06:20
STACEY MORTON	4:18:05
MAURICE LEE III	4:24:47
JESSICA PARKER	4:32:54
ADI McCASLAND	4:48:33
MARK BALLARD	4:48:53
JENNIFER COTTEN	4:58:55
JAMES McQUILLAR	4:59:36
STACY SUMMEY	5:01:18
BRET SHOLAR	5:02:43
AMBER SCHOFIELD	5:06:37
GLEN STANLEY	5:07:34
DAVID BERNSTEIN	5:15:51
JOHN HARGROVE	5:18:49
STEPHEN ABERNATHY	5:29:07
TOM BRIGGS	5:32:27
TORI DUPHORNE	5:44:59
RHONDA MELTON	6:01:01

DARLENE SPRY	6:15:43
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TERESA RODRIGUEZ	6:20:03
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KELLY HENSLEY	6:25:43
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LESLIE QUINALTY	6:41:44
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MARCIA RIGNAULT	6:49:55
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RALPH BRECKENRIDGE	6:51:09
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### 11/21 ROUTE 66 HALF MAR., TULSA, OK

JERRY FAULKNER-1ST PLACE	1:10:03
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TREY CONE	1:20:13
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DAVID WRENN	1:21:14
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JONATHAN PILLOW	1:21:59
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BLAKE EMERSON	1:27:01
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TIFFANY CONE	1:32:15
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JASON TILTON	1:34:30
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JIM HAMMOND	1:37:29
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BILL McMANUS	1:38:10
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TERRY BASS	1:40:21
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MELAINA BRUNK	1:40:46
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DAVID BALL	1:41:09
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ROGER JACOBI	1:41:11
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PASCAL DEMEYER	1:42:02
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MARY MIKKELSON	1:44:27
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COURTNEY LEMMONS	1:44:46
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ROGER LEMMONS	1:44:47
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LEAH BAYNE	1:45:37
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BECKY SWAN	1:50:23
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AMY LAMBERT	1:50:56
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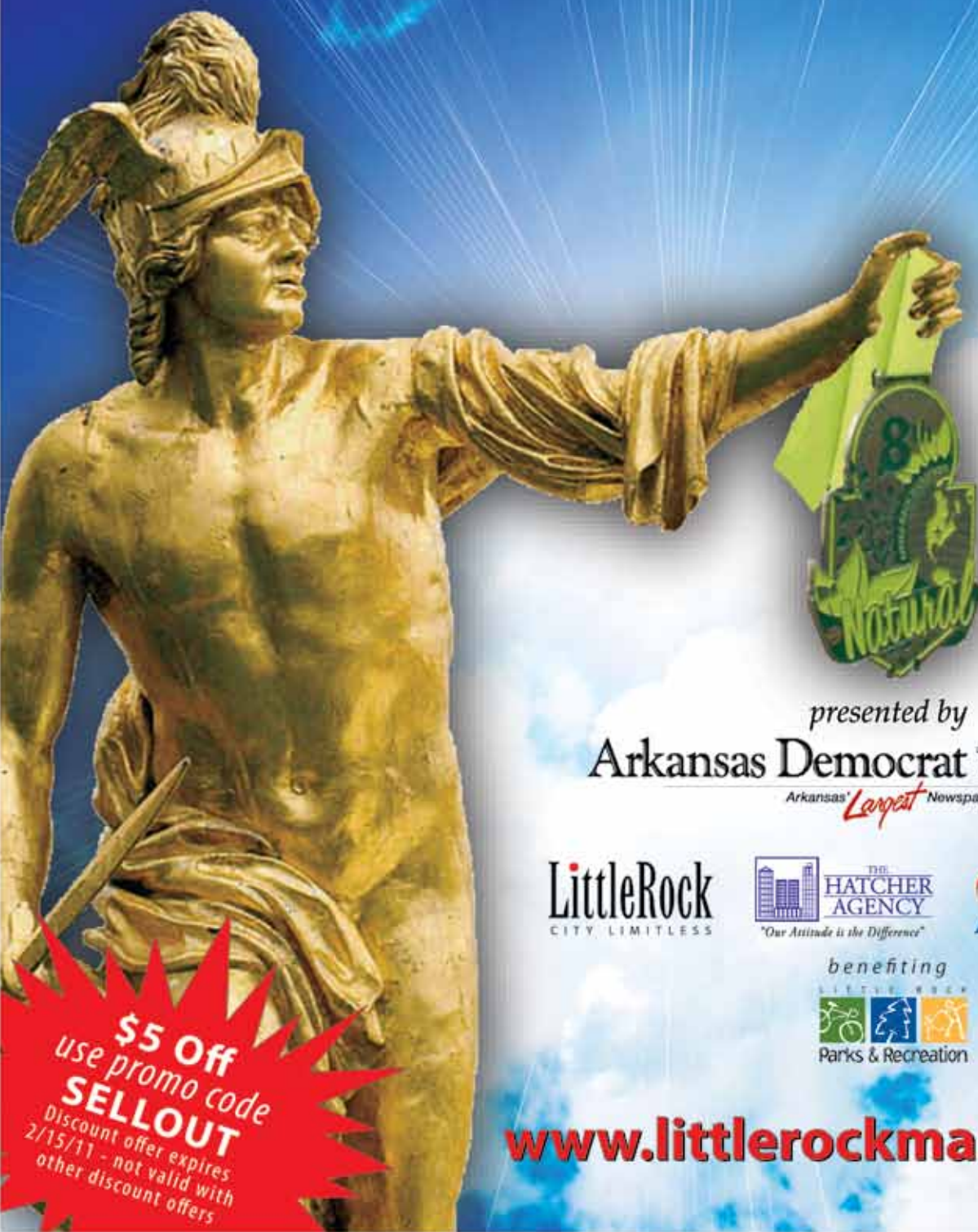
JUSTIN CHAN	1:51:25
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**See LIA on page 6**

# LITTLE ROCK MARATHON

*a medal of mythic proportions*

## MARCH 6, 2011



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**LIA continued**

SHARON HALEY	1:51:45
JACKIE NORVELL	1:52:45
KATHY RANDALL	1:54:53
DAVID MANGUNO	1:55:08
TRACY WOODIE	1:56:20
PAMELA HERMANSKI	1:58:24
KATE IVEY	1:59:03
CAROLE CALL	2:00:30
KAREN DAVIS	2:04:48
JOHN COTNER	2:07:00
KEVIN LYNES	2:08:50
JENNIFER HENRY	2:09:17
MAGAN WRIGHT	2:10:17
DAVID WOODWARD	2:10:33
VINCENT HODGE	2:11:42
ROBIN COLLINS	2:13:12
LINDIE SLATER	2:13:35
LAUREN WILBURN	2:15:38
MARK MORGAN	2:16:21
NICK MORGAN	2:16:23
MELISSA TENER	2:19:33
CHRISTY HALLINAN	2:20:50
KATHLEEN MOORE	2:21:15
KATHY MOFFITT	2:22:34
TINA KING	2:22:35
JIM KING	2:22:36
TONY MAXWELL	2:22:43
BRANDON EDMONDS	2:22:53
STEFFANI LOYALL	2:26:53
ANGIE SHOLAR	2:27:11
NELS BENTSON	2:30:10
BRENDA MARES-EARNHARDT	2:33:23
SHANNON RICHARDSON	2:45:06
SILVER WOODY	2:48:54
JIMMY ROBLYER	2:53:37
PERRY TENNISON	3:10:25
LAURA WARD	3:13:22
SHERRI RECTOR	3:16:38
BRITTANY HAND	3:18:52
HOLLY WILSON	3:50:21

**12/4 ST. JUDE MARATHON, MEMPHIS, TN**

JIM ROBLYER	2:43:33 – HALF
CARROLL WRIGHT	4:32:33 – FULL

**12/5 WHITE ROCK MARATHON, DALLAS, TX**

KEN BOYETT	3:14:48
GEORGE TAYLOR	3:16:42
MIKE WELSH	3:20:16
KATIE KRAMER	3:24:12
MIKE GIBSON	3:26:12
MELAINA BRUNK	3:39:34
MARY MIKKELSON	3:42:05
JENNIFER WESTENHAVER	4:06:49
JACKIE NORVELL	4:15:41
JUSTIN CHAN	4:18:07
LINDIE SLATER	4:28:15
KEVIN LYNES	4:34:05
GARY VENATOR	4:36:02
VINCENT HODGE	4:53:48
DAVID BERNSTEIN	4:57:26
ANDREA LA TORRE	4:57:58
JAMES McQUILLAR	4:59:51
CHUCK MIKKELSON	5:29:10

**12/5 WHITE ROCK HALF MAR., DALLAS, TX**

CORINNE YOUNG	1:41:11
SHARON HALEY	1:43:28
MICHAEL DILLINGER	1:47:38
KRISTIN MOLLOY	1:50:47
STACY COLEMAN	1:57:05
WENDY GABRIELSON	1:57:11
WILLIAM HICKMAN	1:59:01
HOLLY GOLSEN	2:00:25
JANE PACE	2:03:20
MICHAEL VERMEULEN	2:04:26
MARK NANCE	2:11:01
ROBERT BELL	2:13:31
PATRICK YOUNG	2:17:41
CAROLYN BELL	2:29:41
TOM TACHENY	2:30:24
ANN KIERL	2:45:13
DONNA MORRIS	2:51:28

**12/5 CALIFORNIA INT. MAR., SACRAMENTO, CA**

JERRY FAULKNER	2:27:00
DAVID BALL	3:47:05

**12/12 TUCSON HALF MARATHON, TUCSON, AZ**

MARLENE ROBINSON	3:11:51
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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)





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**24 continued**

and hot food from the aid station, which included bratwurst, grilled cheese sandwiches, pot roast and Rob's incredible Pasta Soup.

When the sun came up on Sunday morning, Suzanna had 2 hours remaining before the shotgun ended the race. She was able to cover an additional 10.5 miles in that time to finish with a Course Record, a Personal Record, and a State All-Comers Record of 137.78 miles. Byron fought through stomach problems, and continued to run and pass Tatsunori on their 94th lap. Both men continued to pursue personal goals and were each one's closest competitor until the very last lap. Byron's strategy prevailed, although barely half a mile separated them after 24 hours of running.

In their first attempts at 24-hour races, Anita Fromm of Colorado Springs, Colorado completed 100 miles in 23 hours and 32 minutes, Bruce Lane of Moore, Oklahoma, finished fourth overall with over 111 miles covered.

The 12-hour race was exciting as well and finally came down to a shared win for Kelly Emmert and Maurice Lee, both of Oklahoma City, finishing 62.35 miles.

The six hour runners looked like tornados as they sped by the athletes competing in the longer races. Derek Dippon of Chickasha captured this event with a Course Record of 46.5 miles completed.

Many thanks to the volunteers and sponsors of the event, including US Foodservice, the Redman Triathlon, Hammer Nutrition, Pepsi Co Foodservice, MTM Recognition, Zombie Runner, Hoka, OneOne, Sportshield, Iinjinji, KT Tapes, and Vespa.

### Double Dirty Dozen 24 Hour Race from the Racer's Experience by Molly Gibb

Sometimes we feel called to do something crazy. Such was the case in September when I emailed the Double Dirty Dozen Race Director Chisholm Deupree about the event. Having stopped all manner of exercise, including running, the year before; I was in need of re-booting and the time was right to follow through on this crazy intention. Inspired by the Tendai Buddhist monks of Mt.Hiei and my dog, Alf, I committed to run the race noncompetitively with very little conditioning.

Come race day, what I did have was a list in my pocket of people and animals who had recently passed and those who loved them. My intention was to run an "in memorium" run, and I had the heart and desire to see it through. Along with that list, a good luck charm given to me by Japanese marathoner, Chika Horie, made by her grandmother. Scientifically, I hoped cellular memory would count for something.

I finished the 24 hours with all limbs attached and in good spirits. In fact, I had a grand time! Let's start with the venue: a two mile trail in a tucked-away park, two thirds of which was tight coursed, the other third offering open running on good terrain, not too much red clay, some root systems. Add an effective Race Director and staff, good friends and a big dash of topnotch aid. Toss in a few live Halloween skeletons loose on the trail, "Children of the Corn" jokes, grilled cheese sandwiches and you have a true recipe for a positive experience!

The relaxed, friendly environment and solid race administration coupled with numerous race options offers a unique opportunity for runners, right there in the middle of Oklahoma City.

I am inclined to think I was not so crazy after all.

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**25K - 9:00 am 5K - 9:20 am 1 mile Fun Run - 9:30 am**  
**Championship Chip Timing by DG Productions**

**Entry Fee:**

25K- \$30, \$25 OCRC Members, \$35 Race Day  
5K- \$25, \$20 OCRC Members, \$30 Race Day  
19 & under \$15 any race, \$20 Race Day  
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**Packet Pickup:**

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# Meet Your New President – CARA ROGERS-NANCE

*By Mary Mikkelson*

Cara Rogers-Nance takes over the leadership reins on January 1 and will serve as the Landrunners' President in 2011. Cara has served as the club's vice president for the past two years, has been a member of the board since 2008 and has been a member of the Landrunners since September 2006.

Cara began running in March 2004, primarily to have some "me" time and lose a few pounds. One of the other moms on her son's baseball team ran half marathons and her comments about running peaked Cara's interest in the sport. In December 2006, Cara finally quit smoking after 20 years when she couldn't run further than seven miles and she had a goal of completing a half marathon. She hasn't touched a cigarette since and said she traded one addiction (smoking) for another (running), but she was able to complete her first half marathon in November 2007 at the Tulsa Route 66!

Cara has now run six half marathons and three full marathons citing the 2008 Chicago marathon as her favorite race. The "big race" atmosphere of Chicago made it special for Cara in addition to the fact that she beat her boyfriend at the time (now husband) in the race. Cara also enjoys competing in triathlons and has two Redman half triathlons on her list of accomplishments, in addition to other shorter triathlons.

Cara not only participates in events but also spends a lot of her time giving back and helping at races. We all know that volunteers are very important to the success of events and Cara's actions demonstrate her commitment to this by helping at events such as the Oklahoma City Memorial Marathon, the Redman triathlon, 24 The Hard Way, Mother Road 100, and many others. Cara has also been the race director for our club race, the Panera Jack Rector Beacon Race, for the last two years and will be overseeing it again in 2011. Cara is always encouraging (begging, bribing, twisting arms, etc.) others to help as well and



*1st Gentleman Randy & President Cara*

has identified promoting volunteerism as one of her goals in 2011.

As a member of the board for several years, Cara understands the various issues that the club faces and knows that you cannot make everyone happy, although she does her best. She stated that one of the rewarding things she has observed recently is the growth in club membership in addition to the growth and momentum in the marathon training program. Cara finds it rewarding to see how well runners get along and work together even though there maybe extreme differences in demographics. Some of the goals that Cara has set for 2011 include empowering the committees, encouraging creative ideas and solutions, providing more scholarships, promoting relationships with various athletic clubs, promoting running in our youth, and promoting volunteerism.

Cara has been married for just over a year to her best friend, runner, triathlete – Randy Nance. They wed in a ceremony in Las Vegas in December 2009 followed the next day with Randy running the Rock 'n' Roll Las Vegas marathon and Cara completing

**See Cara on page 14**





Marathon / Half Marathon / 5k

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# Normal Weight? Well, Not Exactly.

By Warren Jones

A commentary appeared in the November issue of the journal, *Obesity*, discussing the fact that many Americans, while at a “normal” weight under Body Mass Index (BMI) standards are, nonetheless, “over-fat.” The commentator’s term.

BMI is the tool promulgated by the World Health Organization to provide information to public health officials and to health providers relative to a rough gauge of appropriate body weight.

Unbeknownst to many, BMI is not a measure of body fat; it only reflects the relationship between height and body weight; BMI does not differentiate between lean mass (organs, muscles, bones, ligaments, tissue, etc.) and fat mass.

The commentary tells us that American women and men who have a BMI at less than 25 and who are, therefore, “normal” under BMI standards have body fat levels, respectively, of 34% and 23%. In other words, 34% of her total weight is fat mass, and 23% of his total weight is fat mass.

Those numbers may mean nothing to you. To put them into perspective, The Cooper Clinic and the National Institute of Health have established the following levels of body fat at the following categories, by sex. For men, obesity begins at 25%, overweight at 22%, acceptable at 18%, fit at 14%, athletic at 5%, and essential body fat at 2%. The numbers for women, at those six categories, are 33%, 29%, 25%, 21%, 14%, and 10%.

So, under BMI standards, a “normal” American man with 23% body fat is, by body composition standards, actually overweight, and a “normal” American woman with 34% body fat is, by body composition standards, actually obese.

Shoot, where, then, are Americans who are not at a “normal” weight but are “merely” overweight (by BMI standards)? I emphasize “merely” in the sense that one can be overweight but not yet obese (the strike-through is my editorializing based on the high rate of obesity among those who were once merely overweight). Overweight by BMI standards begins at a BMI of 25. The average American man at the lowest end of overweight has body fat of 28%, “obese” by Cooper Clinic and NIH standards. And how about women “merely” overweight? What’s their level of body fat? Approximately 40%.

Under BMI, there are three different levels of obesity, each reflecting ever increasing risks of morbidity (disease)

and mortality (remember that risks, though, begin at “merely” overweight). At the lowest (the lightest) level of obesity under BMI, a BMI of 30, the average American man’s body fat is 32%, and the average American woman’s is at 44%, both, therefore, deeply into the obese category of Cooper and NIH.

One of my clients, upon my showing him that his level of body fat (26%) puts him into the top 25% (the best 25%, not the worst) when compared to others his sex, age, and ethnicity replied, “That just means I’m the Skinniest Guy in Fat Camp.” Sad, but true.

It is disconcerting to me that the fifth percentile for percent body fat, which should (and does) represent the “leanest” of the American population, corresponds, for men, to 17% body fat (just 1% better than “acceptable,”) and for women, to 28% (just barely getting into “acceptable”). And these are the best five percent of Americans!

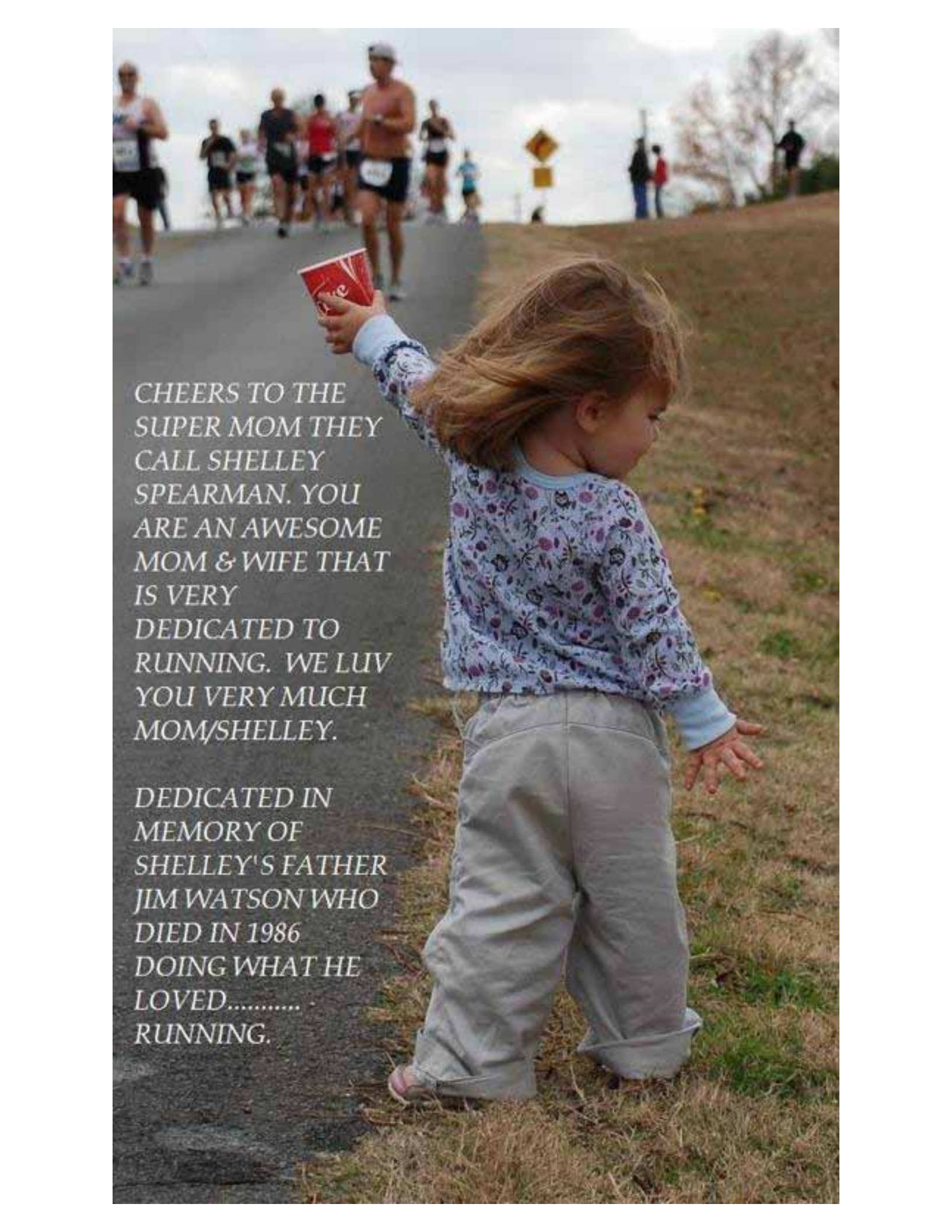
So what’s wrong with there being such a mismatch between BMI and body fat percentages, especially as applicable to people who are at a “normal” BMI? This: since BMI is used in public health circles and in doctor patient discussions relative to appropriate body weight, the message that may be interpreted (by your doctor) is that body fat corresponding to “normal” under BMI is both acceptable and healthy. If your doctor interprets your normal BMI and your “normal” body fat as acceptable and healthy, he’s not likely to counsel you on weight management.

And the result? We all now know that at ever increasing levels of body fat, especially around the middle, are associated ever increasing risks of hypertension, dyslipidemia, Type 2 Diabetes, hypercoagulation, many kinds of cancer, coronary artery disease, and premature death.

Not any one of those is “normal.”

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).





CHEERS TO THE  
SUPER MOM THEY  
CALL SHELLEY  
SPEARMAN. YOU  
ARE AN AWESOME  
MOM & WIFE THAT  
IS VERY  
DEDICATED TO  
RUNNING. WE LUV  
YOU VERY MUCH  
MOM/SHELLEY.

DEDICATED IN  
MEMORY OF  
SHELLEY'S FATHER  
JIM WATSON WHO  
DIED IN 1986  
DOING WHAT HE  
LOVED.....  
RUNNING.



***Cara continued***

the half marathon. What a great way to start their marriage considering they met through running. Cara has two teenage children, Emilie who is graduating from high school this spring and is a runner, and Ryan who will be starting high school next fall and plays football and baseball. They also have five dogs - two all white miniature Schnauzers, two rescued Chihuahuas, and a Jack Russell Pot Belly Pig Mix. Cara said she has been accused of her priorities being dogs, kids, husband in that order!

Cara is a Certified Residential Appraiser and earned her BBA from UCO while working part time, raising two kids and running a household. She understands being organized and juggling multiple responsibilities. Besides running and volunteering, Cara enjoys reading novels in her spare time, especially vampire novels. I think she also bleeds orange as she is an avid OSU football fan (not just a “fair weather” fan) and attends many of the games in Stillwater.

Cara’s running goals for 2011 include completing the New York City marathon in November with Randy by her side and participating in the Redman half ironman triathlon in 2011.

One of Cara’s favorite running quotes is from Jack Rector - “Come run a few steps with me.” I think that is what Cara is going to be encouraging all of us to do in 2011 – run a few steps with her and get involved to make the club even better.

Cara, We wish you all the best as you lead our club in 2011 and know that we are all here to lend you our support as we continue to grow and improve our club.

And some advice from the former First Lady to the new First Gentleman – sometimes you just have to tell the President you want to take a night off and have no discussions or events related to the Landrunners. It may not work, but you should at least try occasionally.

## Rules of the road and trails

The Road Runners Club of America safety tips for running. To get more tips go to the [rrca.org](http://rrca.org) website.

- Run against traffic if running on the road. If running on the sidewalk or multi-use trails, travel on the right and pass on the left.
- Never run more than two abreast if you are running in a group. Don’t be a road or trail hog.
- Don’t run down the middle of the trail. Run to the right side to allow others to pass safely.
- Don’t wear headphones—but if you insist on going against this RRCA safety guideline, keep the volume low or only wear one headphone.
- If you are running an out-and-back route, don’t just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit.
- Alert pedestrians when you are passing them – don’t assume they are aware of their surroundings. A simple “on your left” warning will suffice.
- Be alert on blind curves.
- Stop at stop signs and ensure oncoming traffic yields to you before proceeding across a road. Don’t assume cars will stop if you are entering a cross walk.
- Respect private property along your route. Don’t relieve yourself in the neighbor’s bushes.
- Don’t litter. If you can’t find a trash can, carry your trash home.
- Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.





*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 19th 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](http://www.stpaddysrace.com)  
or  
enter Triple Crown

Or call Frank at 602-3919

\$20 pre registered / \$25 race day / \$15 students / under 8 free

## THE TRIPLE CROWN IS COMING

Creek Classic March 5th

Panera Jack Rector Beacon Run March 12th

Lynn Institute St. Paddy's Day Race March 19th

# 2010 OCRC Series Award Winners

## 16-19 MALE

JORDAN EVANS	99
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## 30-34 FEMALE

KATIE KRAMER	100
KRISTIN MOLLOY	84
TORI DUPHORNE	82

## 35-39 MALE

BILLY BREWER	98
JASON TILTON	92
GLEN STANLEY	83
VINCENT HODGE	65

## 35-39 FEMALE

MELAINA BRUNK	99
HOLLY WILSON	92
BRENDA MARS-EARNHARDT	80
JACKIE NORVELL	77

## 40-44 MALE

BILL MCMANUS	94
RALPH BRECKENRIDGE	93
SCHAD MELDRUM	92
ROGER LEMMONS	92
DAVID BALL	60

## 40-44 FEMALE

COURTNEY LEMMONS	100
ANGELA SHOLAR	77

## 45-49 MALE

DAVID WRAY	100
DAVE GREER	76
JUSTIN CHAN	64

## 45-49 FEMALE

MARY MIKKELSON	100
KAREN GREER	91
JENNIFER HENRY	77

## 50-54 MALE

JIM HAMMOND	100
MIKE CLARK	98
CHUCK MIKKELSON	88
KEVIN LYNES	84
VADEN DEAN	36

## 50-54 FEMALE

DEBRA CHRONISTER	100
MARCIA WALKER	95
LINDIE SLATER	93
LAURA WARD	86
SHIRLEY LYNES	49

## 55-59 MALE

MAURICE LEE III	100
DOUGLAS CUNNINGHAM	98

## 55-59 FEMALE

JERIANNE DAVIS	100
PAM BELL	85

## 60-64 FEMALE

EVELYN ROWLAND	100
LINDA CASON	94

## 65-69 MALE

JOHN HARGROVE	100
NELS BENTSON	99

## 65-69 FEMALE

BETTY BELL	100
DONNA BENTSON	89

## 70-74 MALE

JIM ROBLYER	98
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## 70-74 FEMALE

KATHY MOFFITT	100
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## 75-79 MALE

TOM BRIGGS	100
DON SMITH	95

See website for series rules and scoring. If you think there may be a mistake, please contact Doug Cunningham [doug@ordermatic.com](mailto:doug@ordermatic.com) before February 1st. Series awards will be presented at the February 21st club meeting.

# 2011 Winter State Games Trail Run

Hosted by Oklahoma Trail Running Association

February 12th, 2011

Register Online @ [soonerstategames.org](http://soonerstategames.org)



**Location:**

Bluff Creek Trails  
Behind Lake Hefner  
Oklahoma City, OK

This is a technical trail run over rocks, roots, with short, steep drops and climbs. FUN!

**Start Time:**

Registration: 11:00am  
Race Starts: 12:00pm

**Entry Fee:**

(entry & T-shirt included)

3.5 miles \$20.00  
7 miles \$25.00  
14 miles \$35.00

Children 12 & under free with paid adult.

**Distances:**

3.5 miles :: 7 miles :: 14 miles

**Sport Coordinator:**

Katharine Miller  
405.946.7783  
[kat.miller@cox.net](mailto:kat.miller@cox.net)

**Registration:**

Register online at  
[Soonerstategames.org](http://Soonerstategames.org) on the  
Trail Run page!

**Packet Pick Up:**

Packets can be picked up  
February 11th at:  
*The Runner* (9644 N. May)  
12:00pm to 6:00pm

Packets can be picked up on race  
day starting at 11:00am

For entry forms and more information visit  
[soonerstategames.org](http://soonerstategames.org) or call 405.236.5000



## Recipes to Run By

*By Adi McCasland*

### Lean Fiesta Meat Loaf

2 lbs lean ground bison, venison or beef \*at room temperature

$\frac{3}{4}$  cup oats, ground in food processor (can substitute bread crumbs)

3 egg whites

1  $\frac{1}{2}$  cup salsa, divided

$\frac{1}{4}$  cup green chiles

2 Tbs brown sugar

2 Tbs fresh cilantro, chopped

2 tsp unsweetened cocoa powder

2 tsp garlic, minced

$\frac{1}{2}$  tsp ground cumin

$\frac{1}{4}$  tsp cinnamon

$\frac{1}{2}$  tsp chili powder

$\frac{1}{2}$  tsp sea salt

1) Reserving  $\frac{1}{2}$  cup salsa, mix all ingredients in a large bowl just until combined. Do not overwork.

2) Scoop into two greased 9x5" loaf pans or one 8x11" baking dish.

3) Bake at 350° for 50 minutes. Spoon the reserved salsa over the meatloaf and cook an additional 20 minutes, or until the internal temperature reaches 160. Remove from oven and allow to rest 5 minutes before serving.

\*Makes 8 servings

Edmond North High School

# BALTO 5K

And one mile fun run

**Benefitting Oklahoma Children's Hospital  
Foundation and  
Angel's Foster Family Network**

Where: Mitch Park, Edmond, Oklahoma

When: January 29, 2011

5k begins @ 9:00 AM

1 Miler begins @ 10:00 AM

**Timed by DG Productions**

Sign up at [www.signmeup.com/73047](http://www.signmeup.com/73047)

More Info: [www.baltoweek.org](http://www.baltoweek.org)

## 2011 OKC Memorial Marathon Training Schedule

1	7:00 a.m.	Saturday, January 8, 2011	6	Nichols Hills Plaza
2	7:00 a.m.	Saturday, January 15, 2011	8	Stars & Stripes Park
3	7:00 a.m.	Saturday, January 22, 2011	10	Mitch Park
4	7:00 a.m.	Saturday, January 29, 2011	12	Chesapeake Boathouse
5	7:00 a.m.	Saturday, February 05, 2011	10	Stars & Stripes Park
6	7:00 a.m.	Sunday, February 13, 2011	14	OCMM Course
7	7:00 a.m.	Saturday, February 19, 2011	16	OCMM Course
8	7:00 a.m.	Saturday, February 26, 2011	12	Mitch Park
9	7:00 a.m.	Sunday, May 6, 2011	18	OCMM Course
10	7:00 a.m.	Saturday, March 12, 2011	20	Panera Beacon 25K
11	7:00 a.m.	Sunday, March 20, 2011	12	A2A Half Marathon
12	7:00 a.m.	Saturday, March 26, 2011	20	OCMM Course
13	6:30 a.m.	Sunday, April 03, 2011	12	Mitch Park
14	6:30 a.m.	Sunday, April 10, 2011	20	OCMM Course
15	6:30 a.m.	Sunday, April 17, 2011	12	OCMM Course
16	6:30 a.m.	Saturday, April 23, 2011	8	Stars & Stripes Park
Marathon	6:30 a.m.	Sunday, May 1, 2011	26.2	OCMM Course

Schedule is subject to change; sign up for the weekly emails or join our Facebook page for updated information and course details.



### Achieve Your Health and Wellness Goals!

At ART Healthcare we utilize a comprehensive approach to relieving your pain that includes the proven principles of Chiropractic Care, Active Release Techniques, Biomechanics, Trigger Point Therapy, Kinesio Taping and Physical Rehabilitation.

We are dedicated to helping you realize your full health and performance potential!

### CONDITIONS WE TREAT

**Athletic Injuries**  
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**Elbow Pain**  
**Hand & Wrist Pain**  
**ITB Syndrome**  
**Knee Pain**  
**Plantar Fasciitis**  
**Running Injuries**  
**Sciatica**  
**Shin Splints**  
**Shoulder Pain**

**Jay Adams, DC, ART    13316 S. Western, Suite Q    Oklahoma City    405-703-4550**



P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

January 2011

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Check your mailing label! If your mailing label reads **1/1/2011**, it is time to renew your subscription. Has your address changed? Please send us your new address!

To join or renew your subscription:

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



# ADVERTISING

## ADVERTISING RATES

Full Page \$80	8.5w x 11h
1/2 Page \$50	4.25w x 11h or 8.5w x 5.5h
1/4 Page \$35	4.25w x 5.5h
Business Card \$20	3.5w x 2h

The deadline for advertising  
is the 20th of each month prior to publication.

[advertising@okcrunning.org](mailto:advertising@okcrunning.org)  
please submit ads in jpeg format at 300 dpi