

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

June 2011 | Issue No. 182

My First Full Marathon Experience

By Holly Wilson

May 1 was the moment of truth for me and put all of my 16 weeks of training into effect as I stepped to the line to take on the BEAST known as the Oklahoma City Memorial Marathon!!

The week prior to the marathon was a light workout week for me as I ran only six miles so that my legs would be well rested. My marathon preparations actually started on Thursday as I helped OK RUNNER set up their booth at the Oklahoma City Memorial Marathon Expo. It was a great day with lots of hard work before I headed off to the Landrunners meeting with the legends of running that included Dick Beardsley, Joan Benoit Samuelson and Bill Rodgers!! It was incredible to hear from these three runners and the great advice that they gave all of us at this meeting.

Friday morning I returned to the expo to volunteer for a couple of hours where I helped hand out marathon packets to runners who were ready to get theirs before the huge rush!! My students all came and picked up their packets and were really excited for the race. I met up with some of the Landrunners for dinner that night, which was really fun and I was glad that my mom got to come and enjoy this with me.

Saturday morning Laura Ward and I met our coach Jerry Faulkner to place water bottles for the race so that we would not have to carry water with us at the start as we would be taking the early start. While we were setting out the water bottles, Coach Faulkner showed us some of the course and gave us a few last minute tips so that we were ready for the race. After finishing our task of setting out water bottles, Laura and I headed to the expo for a little bit of shopping and to hear from the amazing celebrities that came in for this event. During the time we were at the expo, we went on a course tour to make sure that we knew any changes before the race the next morning. I spent most of the afternoon and night resting and icing my legs so that they were ready for the big day. I went to bed around 8 pm

and got up at 2 am to get ready as Laura was picking me up at 3:15 am to head to the starting line.

The weather was pretty good as we headed for the start line, but when we got downtown you could feel the cooler temperatures and the wind. We met up with Marcia Rignault and Karen Greer at the start line and chatted for a few minutes before getting our early start stickers to put on our bibs and stepped to the line. At 4:30 am we all took off to tackle the BEAST. The weather was okay until we got around the State Capital and the lightning started. I was able to get a poncho from the second water stop and it was a good thing that I did because as I turned onto 23rd street the rain came. I met up with Leslie Quinalty and we ran together until mile 9 when she needed to stop for a minute and I continued on. The rain finally slowed down as I made it to mile 11 and it made it a little easier to pick up some time, but I did not know until I was on Britton Road that they had delayed the start of the race by 30 minutes due to the lightning.

While on Britton Road, the men's leader passed me and then my friend Scott Downard passed me. I was able to give Scott some encouragement and he did the same for me. As I crossed over the bridge at Britton and Lake Hefner parkway, it began to rain harder and the wind was brutal, but I knew that this was just something that I would have to overcome. A lot of my friends passed me and gave me encouragement as I continued on in the race. The area that I thought would give me a problem was Stars and Stripes, but I did not have any problems at all. A friend walked with me over the bridge at Grand Blvd which kept me on pace and helped me to focus. As I crossed May Avenue I knew that I could beat the BEAST, but then the BEAST bit back at me.

Between miles 18 and 19 my right foot caught the edge

See Marathon, on page 8

From the President

Volunteerism and Integrity

If you haven't figured it out by now, I love volunteers and volunteering. I love running too, and I believe that volunteering and running give to each other equally. Our club's motto is "To support health and fitness of all ages through recreational running." This motto means different things to many of us. Personally, I see volunteerism as a big part of this.

In order for races to happen, we have to have people willing to help stuff packets, design and order shirts, set up online registration, advertise and plan details for several months. This and more all happen before race day. Race day entails registration, packet pickup, volunteers on the course and at the water stops, cheering on the runners and so many more rewarding opportunities. Without this volunteer spirit it would be very hard to have races or even training runs.

I see this volunteer spirit also as imparting wisdom to less experienced runners or by helping a school build a beginner running program to promote a sense of belonging to those less fortunate. Donating to our Oklahoma City Police Department's scholarship fund benefits all runners by establishing a partnership with those that keep us safe.

I believe you gain a sense of achievement more by volunteering than participating in any event. Focusing on others needs is very self-fulfilling. Try it sometime; it can be very rewarding and positively addictive, just ask a volunteer.

Supporting health and fitness also means to me that we should set a good example to others. By being conscious that we are a role model for others, and that they may be learning from our actions on how to do things the right way. Striving for the highest personal integrity defines one's character.

We, The Landrunners, have separated ourselves from other running communities by having this gracious spirit of friendly exchanges, willingness to help, and integrity. Those of us that have run in other communities do not always experience the same level of belonging. Everything that we do reflects on our club and you have been doing an AWESOME job of representing The Landrunners. Keep it up! I like being a non-conformist, don't you?

*Cara Rogers-Nance
OCRC President*

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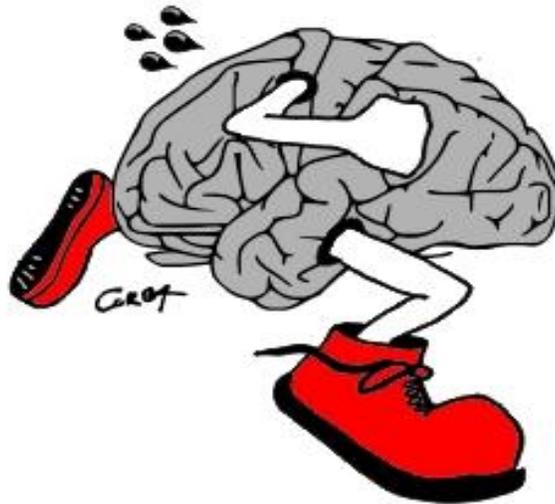
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5K RACE & 1M FUN RUN

JUNE 18, 2011 @ 8:00 AM

CHOCTAW CREEK PARK

USATF 5K Sanctioned Race with measurement, certification, & timing by DG Productions

**Registration: www.signmeup.com (Event Name: Choctaw Challenge)
Tri-City Youth & Family Center, Inc. (Manual Registration)
14625 NE 23rd Choctaw, OK 73020 For questions call: 405.390.8131**

**Fee: \$20.00 & \$25.00 Race Day
Location: 2001 N Harper Rd.
Choctaw, OK 73020**

**Prizes: T-Shirts for all Registrants
USATF Age Groups Male/Female
3 Deep, Overall Male & Female**

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
6/4	Downtown Dash 5K & 10K	NW 9th & Walker @ 8:00pm
6/18	Double the Fun Run 5K, 10K	4210 SW 119th @ 7:30am
6/18	Choctaw Challenge 5K	Choctaw, OK @ 8:00am
6/18	Limbs for Life 5K* (Bricktown Blaze)	OKC Zoo @ 8:00am
6/18	Summer Social @ The Johnson's	5600 NW 103rd Pl @ 6:30pm
6/25	Super Summer 8K*	Lake Hefner S&S @ 7:30am
6/25	Founder's Day 5K	Duncan, OK @ 8:00am
7/2	Stars & Stripes Forever 5K	Lake Hefner S&S @ 7:30am
7/9	Blazing Sun 5K & 10K	Lake Hefner S&S @ 7:30am
7/9	Draper Off-Road Du	Draper Lake @ 7:00am
7/10	Draper On-Road Du	Draper Lake @ 7:00am
7/30	OKC Riversports Kayak/5K	Chesapeake Boathouse @ 7:00am

* Denotes Series Races

Landrunners In Action

4/23 FREE STATE TRAIL MARATHON, LAWRENCE, KS
NELS BENTSON 6:41:00

4/30 KENTUCKY DERBY MARATHON, LOUISVILLE, KY
BILL GOODIER 3:48:10

4/30 COUNTRY MUSIC MARATHON, NASHVILLE, TN
KARNA STRUNK 4:08:28
JACKIE NORVELL 4:31:37
JUSTIN CHAN 4:49:47
GLEN STANLEY 5:54:30

5/1 FLYING PIG MARATHON, CINCINNATI, OH
BILL GOODIER 4:24:19
ANDREA LATORRE 5:13:38

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



Draper Off-Road (5K Trail Run-20K Mountain Bike-5K Trail Run): Saturday July 9 @ 7:00 a.m.
Draper On-Road Regional Championship (10K Run-48K Bike-5K Run): Sunday July 10 @ 7:00 a.m.
Draper On-Road State Championship (3K Run-24K Bike-3K Run): Sunday, July 10 @ 7:00 a.m.

On-line registration only: www.signmeup.com

WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

11.19-20.2011 / TULSA, OK

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Awards To Honor

The Oklahoma City Landrunners have long appreciated the efforts of individuals who labored to make running possible in our community. These individuals have passionately pursued the Landrunners Mission statement to assure a running-friendly community and Club.

Landrunner Mission Statement: “To support health and fitness of all ages through recreational running.”

In an effort to recognize such dedicated individuals, the Landrunners have established two awards: Landrunner Distinguished Service Award (DSA) and the Landrunner Impact Award.

Here is a description of each award.

Landrunner Distinguished Service Award (DSA)

Focus: This award is the highest honor bestowed upon an individual for his/her exceptional, sustained and unselfish contributions to the running community.

Consideration will be given to individuals who fulfill the following criteria, as they have

- shown a dedication to the sport of running within the Central Oklahoma community at large, and have advanced, endorsed, supported, or promoted the Oklahoma City Landrunners’ mission,
- demonstrated a commitment to further the positive aspects of running,
- been or is an inspiration to other runners,
- made recognizable contributions within the Landrunners organization,
- symbolized the mission of the Landrunners, and is a previous or current member of the Landrunners.

Landrunner Impact Award

Focus: Recognition of an individual or organization or a public movement effort having an immediate effect on the running community.

Consideration will be given to individuals, organizations or a public movement who fulfill the following criteria, as they have

- demonstrated recent and unique actions,

- provided leadership of sufficient influence and scope to advance the sport of running in Central Oklahoma, and

- endorsed the mission of the Landrunners through their efforts.

The nominee is not required to belong to the OKC Landrunner’s organization, however must be nominated by a Landrunner in good standing.

Maybe you know someone whose dedication to the running community is consistent with the mission statement of the Landrunners. If you are a Landrunner in good standing, you may nominate someone or an organization for one of these awards.

The individual submitting the form may only nominate a candidate in one of the two categories within the same year. A person may nominate multiple individuals or organizations within the same year. A previous nomination may be resubmitted the next year.

Applications to nominate must be postmarked by July 1, 2011. Email the completed and signed application to President@okcrunning.org or send by standard mail to Oklahoma City Running Club, P.O. Box 18113, Oklahoma City, Oklahoma 73154.

Process: Once applications are submitted, the Landrunner Research and Recommendation Committee will review the nominees’ application and will verify or resolve any discrepancies in the nominations. The committee will make their recommendations for honoring individuals to the Landrunner’s Board of Directors. The Board will have the final determination on issuing the award. Awards will be presented during the fall banquet.

The awards do not necessarily have to be given on an annual basis. Instead the awards can and are reserved for those individuals that meet the criteria given below. Multiple awards in each category may be given within the same year, yet not to the same individual.

ALL Nomination forms must be postmarked by July 1, 2011.

Copy and past this link to the website to obtain a downloadable pdf version of the nomination form.

<http://www.okcrunning.org/HonorsPage>

The Committee to Honor

OKLAHOMA'S HOTTEST SUMMER RACE IS MOVING TO FALL...



THE "DOUBLE" (QTR MARTHON + 5K) / QUARTER MARATHON / 5K / ONE MILE FUN RUN

REGISTRATION NOW OPEN!
QUARTERMARATHON.COM

WILLIAMS QUARTER MARATHON

PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

10.15.2011 / TULSA, OK

SPONSORED BY:



Marathon continued

of a pothole and I went down hard. As the medics helped me to the med tent, I kept saying that they were not pulling me from this race because I had worked too hard to be pulled. They taped up my left knee and stretched out my calf muscle that had pulled as I fell, made me drink four cups of PowerAde and eat a banana before drinking a cup of water. They helped me up and I got back into the race. As I started back, I kept watching for my Coach. When I saw him, I yelled at him and he came over to me and gave me some encouragement before I told him about what had happened just a few short minutes before. He helped me get back into a rhythm so that I could continue. As we passed the 19 mile mark, he jetted ahead to let his wife know that he was going to continue with me so that I would finish.

At mile 20 the rain started coming down hard again and as I crossed the timing mat my friend Jessica cheered me on. As we went around Classen curve friends continued to give me support but a new problem began to crop up as I began to have pain in my right knee. My coach and I stopped at the medical tent at mile 21 where they taped my knee before we continued on. The tape did not seem to help, but my coach kept encouraging me and we continued without stopping at any more medical tents. As we made the turn on NW 18th I realized that it was the home stretch and with my coach by my side encouraging me, I would make it to the finish line. As we passed mile 24 my coach got a couple of phone calls from friends who gave him encouragement for me which was great. The rain came back at mile 25 and this time it included hail. I had run through it all that day.

As we turned on to Broadway the finish line was finally in sight. I noticed as we got closer, though, there weren't very many people at the finish line but my coach explained that the weather was not good for spectators. As I reached the finish line, I looked over to the side and saw my mom cheering for me as I crossed the final finish line mat. As I finished, a wave of emotions crossed over me, including shivering from the cold and wet. My shoes felt as though they weighed 100 pounds each from all the rain and puddles that I had gone through during the race. It was also a sense of pride and accomplishment as I put that medal around my neck!! I had done it...I had completed my first marathon!!! I had proven all of the naysayers WRONG!! I accomplished my first marathon in 8:22:48 and even though I did not make my time goal, I finished!!

This has been an incredible time for me and I never dreamed that I would ever accomplish something like this!! Thanks to everyone for all of the encouragement, prayers and well wishes!! I will run another marathon but not this year as I need to make sure that my body recovers well and not push it past the limits!!



**2nd Annual
Founder's Day
5K/1 Mile Benefit Run
June 25, 2011
NEW LOCATION
FUQUA PARK
DUNCAN, OK
5k pre-registration \$20
after June 20th \$25
(5k fee includes t-shirt)
1 mile run \$5 (no t-shirt but
can be ordered for \$10 extra)**

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www.facebook.com/foundersday5k

OKC Landrunners Rock the Memorial Marathon

It was only supposed to be a 10 percent chance of rain on May 1, 2011. After a week of beautiful, albeit windy, weather in Oklahoma City, most marathon participants were gearing up for a warm race with south winds on Classen. However, the fickle weather of May had different ideas for race day as a cold front slammed into the area, causing a 30 minute delay of all races that morning. While cooler temperatures helped many of the runners, a constant downpour flavored by lightning and hail was not what anyone had imagined when preparing for race day.

Despite the less than ideal conditions, Landrunners arrived in droves in downtown Oklahoma City for the start of the Memorial Marathon. In addition to the unexpected weather, Landrunners were greeted with a new view of the starting line when it moved one block west due to construction projects as a part of the city's growth plan. As CJ Youssef noted, "I was just amazed at how many people still showed up for the run, even in the lightning, rain and overall crummy weather. Such dedication!"

After weaving through closed city streets, the crowd could begin to stretch out in Bricktown before turning north and facing 15 to 20 mile per hour winds and the constant rain. Still, spirits were high as runners galloped down Lincoln Boulevard toward the State Capitol. Landrunners knew the route well after spending four months incorporating this site into their training runs. Scott Nelmark noted that he was "glad to have trained on the course. It made the inclement weather irrelevant."

As usual, the crowd support and encouragement went a great way in helping Landrunners complete their desired distance. Perhaps one of the best known and beloved areas for runners is "Gorilla Hill" on Shartel Avenue in Crown Heights. In addition to an enormous purple gorilla guiding runners up the hill, spectators are also dressed as dancing bananas, and, inexplicably, Tigger from Winnie the Pooh. It is such a popular landmark along the route that it now has its own fan following on Facebook!

After Gorilla Hill, runners face a long northward progression up Western Avenue—with its "Jaeger Station" for the brave, through the Chesapeake complex, and into Nichols Hills. Many a training run has Landrunners turning left at the "white elephant" but on race day, one must go up to Britton before heading west. With the cold, many a Landrunner was wishing we could turn at the elephant!

Nearing Lake Hefner and turning south offered welcome relief from the wind, but did not slow the rain and hail from falling. However, by this point, all runners were soaked but enjoying the camaraderie of the day. As Kathleen Cook mentioned, "this was my first experience participating in this event and just knowing why I was there and who I was running for made it all worth it despite the crazy weather conditions we endured!" Many others echoed this sentiment as the miles left in the race began to creep into the single digits and finishing the race became less of a dream and more of a certainty.

As runners looped their way through Nichols Hills, up Classen, and into Heritage Hills, the rain and hail became a minor nuisance as goals were accomplished and months of hard work paid off. With the finish line of the marathon looming in the distance, many Landrunners set new personal bests despite the less than ideal conditions. Jonathan Edison commented, "Cold hands, cold rain, my clothes were soaked, feet had blisters, crossing the finish line, loved every minute of it. Thank you for a great time and look forward to next year." Tempie Farmer added that "Never have I ever started and finished a race wearing a trash bag (one for the books). Despite the weather - I was amazed at the crowd support - kudos!" Perhaps Jennifer Cotten summed up the day the best when she noted, "Oklahoma--where the wind, rain, cold and hail come sweeping down the marathon route! My fourth marathon, my worst conditions and my best time. Who knew?"

Congratulations to all the Landrunners for completing a memorable training session and marathon. The training run group continues to see exponential growth and, perhaps best of all, first-timers fall in love with the marathon and come back for more. The fall marathon training sessions will begin in August – hope to see you there!

August 20, 2011

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5K
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Saturday, July 2, 2011 7:30 a.m.

Lake Hefner - Stars & Stripes Park

\$100 Most Patriotic Participant Award

Medals For Top Three Finishers In Age Groups

Free T-Shirts While Supplies Last

USATF Certified Course

Pre-registration - \$25

Race Day Registration - \$30

www.SignMeUp.com/73002

To Compress or Not To Compress.

By Warren Jones

The newest issue of The Journal of Strength and Conditioning Research contains a study on the effect of “graduated compression stockings” on 10K race performance. The “graduated” aspect of the compression stockings indicates varying compression levels from the ankle up to the knee. The experimenters also measured the effect of three different levels of compression.

For the four conditions (the three levels of compression, low, medium, and high, and a “control” level, with negligible compression), the experimenters measured, in addition to performance, the effect on heart rate during the 10k, the effect on rate of perceived exertion during and at the end of the 10k, the effect on lactate production at the end of the 10k, and the effect on muscle power at the end of the 10k (perhaps touching on the effect on an “end of race” sprint).

The twelve subjects in the experiment, the runners, were “blinded” as to the purpose of the study. Of course, they detected the difference in compression among the three different compression stockings, but they didn’t know that the experimenters were attempting to determine the effect of the compression stockings on performance. They were given incentives to do their best, and they were given incentives for achieving a personal best. The experimenters had the runners wear the control stockings (with negligible compression) to overcome the placebo effect of the compression stockings.

The study was a “within-subject” design, meaning that each runner wore a different set of the four stockings on four different days of running the 10k on the same 400 meter track at the same time of day under the same weather conditions. At least seven days elapsed among each of the runner’s four runs.

It turned out that there was no difference, statistically speaking, in RACE PERFORMANCE among the four conditions. The average time among all the runners, in the four conditions (no compression, low compression, medium compression, and high compression) was 39:50, 39:26, 39:41, and 39:51. That is, runners wearing compression stockings

produced times faster and slower than when they wore the no compression stockings.

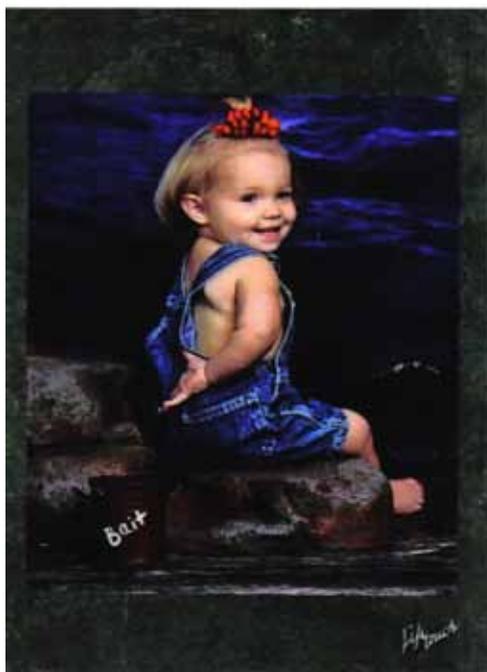
There was also no difference among the four conditions on heart rate, lactate production, and rate of perceived exertion. The average heart rate of the twelve runners at the end of the 10k was, for the four conditions, 173, 173, 177, and 175. Lactate concentration was 6.5, 6.9, 7.0, and 6.9. Rates of perceived exertion, for the entire 10k, were 16.7, 16.7, 17.1, and 16.5.

The only “positive” of the compression stocking was in “post race” countermovement jump, a vertical jump, a measure of power, but even this finding displayed varying results. That is, runners wearing low compression and medium compression stockings (vs. when those runners who wore the “no compression” stockings) produced statistically significant better countermovement jumps (post race to prerace), but runners wearing high compression stockings and the same runners wearing “no compression” stockings both lost height in the post race jumps.

So, what does one make of the results? Wearing graduated compression stockings does not seem to have any positive effect on race performance..... or heart rate or lactate concentration, but it may enhance leg power for the end of a race, but only for runners (it appears) wearing low or medium compression stockings. Whether a better vertical jump translates, though, to a better kick at race end remains unanswered. I’d opine that you may want to spend your running dollar on something other than compression stockings.

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.





The Kelsey Briggs Foundation

Presents:

*The 6th Annual
Kelsey Briggs
Run Against Child Abuse*

Saturday, September 10, 2011

Stars & Stripes Park at Lake Hefner

Half Marathon * 5K * 1 mile fun run/walk * Kids' 50 yard dash

Registration begins at 6:30am

8:00am half marathon start—8:10am 5K start

***Early packet pick up at Red Coyote Running and Fitness (5800 N Classen)*

On Friday, September 9th from 5:00pm to 7:00pm

USATF Sanctioned

Chip timing by DG Productions

Massage and chiropractic therapy provided for runners, food, booths, and activities for the entire family!

PRICING

Half Marathon—\$45 5K-\$35 **Prices will be higher on race day

All members of the Landrunners will receive \$2 off entry fee

PRIZES

Cash prizes for top male/female in half marathon and 5K

Finisher medals for half marathon finishers

Plaques for top 3 male/female in half marathon and 5K

Medals for top 3 male/female in each age group

Register online at:

www.signmeup.com/75928

OR

www.kelseybriggsfoundation.org

For questions, contact

Amber Gregg at 405-227-2539

OR

Amber@kelseybriggsfoundation.org



Landrunners Help TEAM TAFT Take Shape

The Landrunners commitment to the community's children reached new heights this spring after a newspaper article in the Daily Oklahoman detailed the dilemma and delight of **Taft Middle School** Principal, Lisa Johnson and teacher Ellen Cooper.

In an effort to improve the health and fitness of students within the school, Ellen Cooper challenged the student body to train and run in the Memorial Marathon 5K. The teacher would pay their entry fee for the Memorial 5k if the students would commit to running twice a week after school for one hour. Expecting a small handful of students would take up the offer, both Johnson and Cooper were surprised when 100 plus middle school students showed up for the first "running practice."

As time went on, the numbers stabilized to 72 students fulfilling the training requirement. Eight weeks away from the event, a call went out to the community for assistance; not only to assist in paying for student entry fees, but to come to the after school runs and train with students, to get to know them and help keep them motivated for the race. This call to action was heard by The Landrunners as many club members were spurred to action. Through this program and community involvement, the idea of "TEAM TAFT" took shape.

To undertake a project of this size and within a small window of time required the running community to work together. Here is a brief list of all the donations, personnel commitments and efforts which helped TEAM TAFT come together.

- *Entry fees for 70 5K runners and two half marathoners* - A three way match for funds was split between **Taft Middle School** supporters, the **OKC Landrunners** (\$900) and the **Memorial Marathon**.
- *Bus transportation to and from the race:* **OKC Landrunners** received a private donation of \$300 earmarked specifically for this expense.
- *Shoes:* A three way "shoe partnership" between **Red Coyote**, **The Runner** and the **OKC Landrunners** lead to the donation of 27 NEW pairs of running shoes along with an additional 50 plus pairs of gently used shoes. Additionally, the **Memorial Marathon** agreed to establish a fund in order that community donations to **TEAM TAFT** could be collected and accounted for. At the time of this article's writing, the final amount of donated funds has not been announced.
- *Half marathoners' supplies:* The **Landrunners** were able to obtain at store cost from the Red Coyote, two running caps, body glide and energy gel for the half marathoners. Lori Scroggins, wife of marathon runner Jimmy Scroggins, embroidered the student's last names on the back of each cap.

- *TEAM TAFT PATCH:* Lori Scroggins also crafted a **TEAM TAFT** patch just for all participants.
- *Team shirts:* How do you find 72 students at a finish line of thousands – you all wear the same type/color of shirt. The **Memorial Marathon** donated the design and the "TEAM TAFT" shirt for the students and the teacher sponsors. The **OKC Landrunners** logo was added to the back of the shirt to recognize the club's efforts.
- *Bib Pinning:* The Friday prior to marathon weekend, **OKC Landrunners** held a bib pinning party, placing the running bib of 72 runners correctly on the front of their new **TEAM TAFT** shirts.
- *Pasta Dinner:* Getting caught up in the spirit of giving and working through the Memorial Marathon fund, an anonymous donor provided funding for all TAFT student runners and one parent to attend the prerace pasta dinner on Saturday evening.
- *Training with the students:* At least once a week for eight weeks, Landrunners could be found training after school with **TEAM TAFT**. To accompany the running, there would sometimes be music playing over the intercom, other times just the sound of pounding feet, but always smiles and laughing, as students trained by running through the school hallway.
- *Marathon DAY* Rain and cold weather on the **OKC Memorial Marathon** day did not dampen the spirits of **TEAM TAFT**. 66 student runners completed their first 5k race on Memorial morning, with an additional two completing the half marathon.
- Advancing the club mission entailed overcoming challenges while forming community partnerships in order to train 68 students in eight weeks to participate in the memorial 5k or half marathon. The impact of participating in this event can be life changing for these students.

OKC Landrunner community service continues on. By the time this article is published, club leaders will have met with **Taft Middle School** to determine how our two entities might collaborate to continue the health and fitness initiatives begun with the memorial race.

Please remember that the club's Community Assistance committee is on the lookout for additional programs or organizations that might need our help to promote their running programs. The Lake Hefner trash pickup and tree watering projects occur on a regular basis. If you know of an organization or program which is trying to promote health and fitness through recreational running, please forward that information to president@okcrunning.org

This event will include something besides a very boring shirt and very special award for the winners. The 8k course is fast, flat and stocked full of fun!



2011 Super Summer 8k

June 25, 2011 @ 7:30 am

Stars and Stripes Park

\$20 Pre-Registered

\$25 Race Day Registration

Info @ The Runner or www.DGroadracing.com

9644 N. May AVE, Oklahoma City

405.755.8888



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OKCMM Full Results

1. Katie Kramer	3:06:36	42. Will Warren	3:57:35	83. Randy Nance	4:23:50
2. Kristopher Barlow	3:10:55	43. Gary Bell	3:58:01	84. Jimmy Scroggins	4:23:57
3. Cameron Han	3:13:42	44. Derek Holland	3:58:06	85. James McQuillar	4:24:23
4. Stephen Apel	3:15:26	45. Mark Ballard	3:58:24	86. Jim Tincher	4:26:21
5. Steven Cherry	3:26:19	46. David Manguno	3:59:01	87. Forrest Carlile	4:26:24
6. Leslie Buford	3:30:05	47. Cody Cassity	4:00:17	88. Jennifer Westenhaver	4:26:32
7. Charles McFarland	3:33:34	48. Christopher Fink	4:01:31	89. Molly Biglin	4:26:34
8. Corinne Young	3:35:41	49. Jacob Wetz	4:01:34	90. Deanne Foster	4:27:10
9. Francisco Meza	3:38:35	50. Betina Wills	4:02:32	91. Jeff Parduhn	4:27:50
10. Ken Boyett	3:39:33	51. Jon Chennault	4:02:43	92. Margaret Wood	4:28:04
11. Cuu Nguyen	3:39:44	52. John Daum	4:03:25	93. Terra Rowe	4:28:17
12. Mark Van Duker	3:39:52	53. Penny Voss	4:03:48	94. Eric Woodworth	4:29:22
13. Greg Brown	3:42:05	54. Matt Wilson	4:05:07	95. Sharon Marion	4:29:39
14. Drew Carter	3:42:18	55. Chris Robinett	4:08:55	96. Jeff Detwiler	4:29:52
15. Robert Cannon	3:42:26	56. Mike Medrano	4:09:29	97. Tina King	4:30:03
16. Jay Husbands	3:43:17	57. Rick Hadrava	4:09:30	98. Julie Bushong	4:30:34
17. Kyle Millar	3:44:03	58. Megan Kidd	4:10:01	99. Wendy Gabrielson	4:31:16
18. John Battaliou	3:44:13	59. Owen Mills	4:11:29	100. Richard Smith	4:31:16
19. Roger Lemmons	3:45:25	60. Kevin Rathkey	4:13:21	101. Mike Vermeulen	4:31:17
20. Matthew Wilcoxon	3:46:03	61. Brad Stahlman	4:13:46	102. Tobias Acosta	4:32:33
21. Ann Hartmann	3:47:40	62. Karl Fahrenthold	4:13:48	103. Kelly Hensley	4:33:36
22. Bill McManus	3:47:42	63. Jessica Parker	4:14:26	104. Carroll Wright	4:33:36
23. Michael Ketcherside	3:47:45	64. Pascal Demeyer	4:14:38	105. Keith Hudson	4:33:55
24. Derle Smith Jr.	3:48:08	65. Tim Lamb	4:15:00	106. John Tassej	4:34:20
25. Christie Domina	3:48:52	66. Bucky Cole	4:15:03	107. Clif Rampey	4:34:39
26. Jarrod Cordova	3:49:27	67. Stephen Abernathy	4:16:56	108. Lindsey Russell	4:35:31
27. Kelly Emmert	3:49:54	68. Roy Symes	4:16:57	109. Arnold Angelici	4:37:13
28. David Ball	3:49:54	69. Adi McCasland	4:17:01	110. Jason MacKinnon	4:38:14
29. Cami Rowe	3:49:55	70. Jeffrey Wagner	4:17:53	111. Sheila Sisemore Huston	4:38:52
30. Maura Sullivan	3:50:22	71. Kathleen Waite	4:18:09	112. Sandra Hanson	4:39:35
31. Scott Nelmark	3:52:34	72. Elaine Wood	4:18:14	113. Paul Kinman	4:40:10
32. Elizabeth Cooper	3:52:40	73. Dave Greer	4:18:18	114. Lisa Cornett	4:40:53
33. Maurice Lee III	3:53:19	74. Nichole Lipps	4:18:31	115. Lindie Slater	4:41:59
34. Heather Jones	3:54:43	75. Rob Owens	4:18:56	116. Jason Barrett	4:42:03
35. Lance West	3:54:44	76. Thomas Hill	4:19:00	117. Ramana Gudapati	4:45:30
36. Daniel Mosel	3:54:55	77. Robert Gifford	4:21:53	118. Larry Rubenstein	4:46:24
37. Laura Maxwell	3:55:53	78. Gary Venator	4:22:10	119. Kari Crow	4:46:31
38. Susan Phillips	3:56:17	79. Jennifer Cotten	4:22:50	120. Bryan Jones	4:48:00
39. Biju Kurian	3:57:11	80. Timmelyn Buchanan	4:22:58	121. Ric Williams	4:48:45
40. Schad Meldrum	3:57:17	81. Anu Bajaj	4:23:31	122. Kevin Wudi	4:50:37
41. Jason Tilton	3:57:34	82. Blane Neufeld	4:23:33	123. Patrick Calloway	4:52:01

124. Jeff Wolf	4:52:03	139. Karen Hanna	5:18:14	154. Brittany Hand	5:39:47
125. Mark Isom	4:52:11	140. April Teague	5:18:17	155. Joseph Coleman	5:40:42
126. Kevin Lynes	4:52:29	141. Shawna Satterwhite	5:22:28	156. Nadine Ta	5:43:50
127. David Bernstein	4:53:13	142. Marcia Rignault	5:22:29	157. John Hargrove	5:45:49
128. Kari Brown	4:53:23	143. Christy Marsh	5:24:56	158. Sherry Isom	6:09:12
129. Blas Arellano	4:54:38	144. Ralph Breckenridge	5:25:03	159. Justin Daniels	6:10:52
130. Ronda Little	4:55:36	145. Jonathan Edison	5:25:50	160. Karen Greer	6:11:47
131. Darlette Slack	4:56:20	146. Carolyn Parker	5:27:42	161. Bernadette Wile	6:11:59
132. Bret Sholar	4:58:45	147. Tim Jeffcoat	5:28:02	162. Cindy Bell	6:20:19
133. Darlene Spry	5:00:34	148. Roy Bankhead	5:28:17	163. Melissa Brevetti	6:26:13
134. Vincent Hodge	5:00:50	149. Erin Grainger	5:29:42	164. Lyndee Songer	6:27:14
135. Stephen Vaughan	5:02:48	150. Alan Spoonemore	5:31:12	165. Laura Ward	6:43:14
136. Christopher George	5:08:20	151. Frances Williams	5:33:36	166. Daun Lyons	6:49:41
137. Kim Floyd	5:11:34	152. Grayson Cook	5:33:59	167. Holly Wilson	8:22:48
138. Kim Becker	5:15:23	153. Julie Myers	5:39:35	168. Leslie Quinalty	8:34:57

OKCMM Half Results

1. Jerry Faulkner	1:09:49	27. Raun English	1:49:54	53. Carole Call	1:58:40
2. Jonathan Pillow	1:13:45	28. Kari Kosanke	1:50:07	54. Alyssa Morris	1:59:54
3. David Wrenn	1:19:41	29. Sandy Harris	1:50:35	55. Kristi McKee	2:00:08
4. David Wray	1:24:30	30. Jackie Mania	1:50:38	56. Justin Pratt	2:00:38
5. Blake Emerson	1:24:51	31. Kelly Turner	1:50:52	57. Janna Pratt	2:00:38
6. Jonathan Morris	1:29:32	32. Darlene Hadjibabaei	1:51:11	58. Jonathan Harpman	2:01:07
7. Mike Clark	1:35:14	33. Douglas Cunningham	1:51:18	59. David Thompson	2:01:12
8. Roger Jacobi	1:36:10	34. Mark Smith	1:51:53	60. Tammy Russell	2:01:43
9. Jim Hammond	1:36:20	35. Jennifer Han	1:51:53	61. Kate Ivey	2:02:12
10. Nick Morgan	1:39:27	36. Michael Dillinger	1:52:31	62. Magan Wright	2:02:12
11. Eric London	1:39:37	37. Erica Reid	1:53:05	63. Andrea Pemberton	2:02:15
12. William Choi	1:39:40	38. Patrick Mulqueen	1:53:26	64. Emily Cooper	2:02:17
13. Lucy Williams	1:40:23	39. Mary Hammer	1:53:37	65. Stacy Crofford	2:02:22
14. Bryan Sloan	1:40:45	40. Amy Lacy	1:54:05	66. Pamela Hermanski	2:02:59
15. Stacie McHugh	1:41:21	41. Ann Hadrava	1:54:16	67. Jim Tabor	2:03:31
16. Paul Oseland	1:41:57	42. Kathy Randall	1:54:45	68. Dell Bjes	2:03:49
17. Bill Dycus	1:42:39	43. Jacob Benedict	1:55:09	69. Guy Colbert	2:04:21
18. Travis Conklin	1:43:02	44. Jay Martin	1:56:05	70. Jamie Resman	2:04:39
19. Erin Keleher	1:43:32	45. Kristy Herman	1:56:08	71. Laura Nance	2:04:46
20. Steve Spielman	1:43:41	46. Ben Cherry	1:56:32	72. Natalie Bowman	2:04:47
21. Angela Morris	1:43:57	47. Ivan Wayne	1:57:18	73. Gaile Loving	2:05:34
22. Lenice Keim	1:47:13	48. Nels Petersen	1:57:54	74. Shelby Carter	2:05:36
23. Stephen Fernstrom	1:47:30	49. Elizabeth Gillum	1:58:00	75. Becky Swan	2:05:42
24. Steven Race	1:48:22	50. Patrick Young	1:58:13	76. Chuck Mikkelson	2:05:54
25. Stacey Morton	1:48:31	51. Leah McNaughton	1:58:32	77. Christina Churchill	2:05:58
26. Kelly Murphy	1:49:18	52. Stacy Coleman	1:58:37	78. Ken Carlyle	2:06:02

79. Matthew McBee	2:06:19	121. Sandy Pace	2:25:00	163. Kathy Moffitt	2:47:29
80. Lisa Wilkinson	2:06:25	122. Kelli Franks	2:25:16	164. Bill Robinson	2:48:45
81. Holly Golsen	2:06:37	123. Tony Maxwell	2:25:33	165. Kimberly Estorga	2:50:51
82. Jennifer Savold	2:07:29	124. Michael Brooks	2:25:37	166. Jimmy Roblyer	2:50:52
83. Mark Morgan	2:07:30	125. Michelle Long	2:26:26	167. Melissa Hunt	2:51:30
84. Jan Latta	2:07:32	126. Annette Thompson	2:26:43	168. Diana Kibler	2:54:22
85. Leslie Heathman	2:08:43	127. Brandon Edmonds	2:26:52	169. Jason Nix	2:54:27
86. Michael Abney	2:09:08	128. Eugene Oxford	2:27:25	170. Michelle Edstrom	2:57:15
87. Jason Acock	2:09:52	129. Robin White	2:27:45	171. Silver Woody	2:59:32
88. Roger Musick	2:10:14	130. Jennifer Bailey	2:27:49	172. Kathleen Cook	2:59:32
89. Shannon Remerowski	2:10:29	131. Dora Uwudia	2:28:23	173. Kari Goines	3:00:30
90. Steven McConnell	2:10:33	132. Mark Gandy	2:28:44	174. Betty Bell	3:00:54
91. Lauren Wilburn	2:11:12	133. Douglas Hammer	2:29:20	175. Linda Lekawski	3:03:55
92. Lacey Sharp	2:11:59	134. Kristopher Ellis	2:29:22	176. Jennifer Henry	3:06:31
93. Nels Bentson	2:12:08	135. Tracy Woodie	2:30:12	177. Roxanne Henry	3:06:32
94. Kevin Hull	2:12:11	136. Kelley McGuire	2:30:12	178. Lauren Smith	3:06:33
95. Kendall Richardson	2:12:40	137. Matthew Blose	2:30:40	179. Marlene Robinson	3:08:36
96. Larhonda Richardson	2:12:40	138. Suzie Bostick	2:31:31	180. Sherri Rector	3:10:35
97. Keela Goodner	2:13:09	139. Debra Marshall	2:31:51	181. Perry Tennison	3:10:35
98. John Cotner	2:14:04	140. Katrina Wilson	2:32:20	182. Sheila Miller	3:14:14
99. Diana MacAulay	2:14:06	141. Traci MacKinnon	2:32:42	183. Beth Watwood	3:14:14
100. Tangi Lierle	2:14:08	142. Jennifer McCoy	2:32:56	184. Dana Burchfield	3:14:38
101. Owen Garretson	2:14:34	143. Karen Davis	2:33:16	185. Monica Parduhn	3:17:40
102. Robert Bell	2:15:49	144. Blair Bradley	2:34:01	186. Shirley Lynes	3:24:25
103. Andrew Snyder	2:15:56	145. Casey McDonough	2:34:01	187. James Bell	3:25:31
104. Charles Loughlin	2:16:06	146. Liz Buschelman	2:34:12	188. Megan Gruber	3:30:33
105. Shelley Spearman	2:17:34	147. Andrea Reed	2:34:27	189. Lisa Thompson	3:33:46
106. Rob Goble	2:18:12	148. Allison Mack	2:35:17	190. Deidre Myers	3:42:45
107. Allison Thompson	2:19:36	149. John Longan	2:35:18	191. Amber Teafatiller	3:56:15
108. Dana Campbell	2:19:57	150. Lisa Chambers	2:35:47	192. Angela Meier	4:18:10
109. Michael Parker	2:19:59	151. Ann Kierl	2:35:47	193. Pamela Schlegel	4:45:06
110. Melissa Tener	2:20:12	152. Shanece Howell	2:37:29		
111. John Gonshor	2:20:15	153. Dan Hartsburg	2:39:08		
112. Reeda Frampton	2:20:24	154. Madonna Gallant	2:39:39		
113. Melissa Smith	2:21:12	155. Darla Benoit	2:42:00		
114. Dani Conover	2:21:19	156. Mike Vonfeldt	2:42:03		
115. Amy Wisniewski	2:21:24	157. Karen Riley	2:42:06		
116. Steven Chernausek	2:21:24	158. Rene' Deloria	2:42:24		
117. Rhonda Melton	2:21:36	159. Mark Delong	2:42:25		
118. Tempie Farmer	2:23:13	160. Tori Duphorne	2:42:58		
119. Calista Yousey	2:24:01	161. Matthew Pena	2:45:04		
120. Rebecca Johnson	2:24:31	162. Evelyn Rowland	2:45:13		

M U L T I - S P O R T R A C E
OKC RIVERSPORT **CHALLENGE**



500M KAYAK RACE. 5K RUN.

It's the newest multisport event on the Oklahoma River and it is being held July 30. The race begins with a 500m flatwater kayak race on the water, then moves to the trails for a 5K run.

OKC RIVERSPORT CHALLENGE

Saturday, July 30 > 7a

Adults \$30 Children \$10 (free for those in the "Let's Move" program)

Online registration will open May 15.

New to kayaking? Your entry fee includes a free kayak rental – just bring your registration receipt to the front desk at the Chesapeake Boathouse or Route 66 Boathouse. Ask about kayak rentals and monthly passes to get even more time on the water.

Have kids? Ask about our youth kayak-bike-run event for ages 8+.

Register online at RIVERSPORTOKC.ORG or call (405) 552-4040.



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