

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

September 2011 | Issue No. 185

Napa to Sonoma Wine Country Half Marathon

By Chuck Mikkelson

Team Okie Wine Runners Sherry & Mike Gibson, Lindie & Phillip Slater, Mary & Chuck Mikkelson and some last minute replacements, Ivan Wayne, Robynn Poortvliet, William Ware and Amanda Coffman, travelled west for the Napa to Sonoma Wine Country Half Marathon in July. Mary and I have previously run the Healdsburg & Oregon Wine Country Half Marathons put on by Destination Races. This time we had company and what a time we had!

We stayed at “An Inn 2 Remember” which was a six room, lovely B&B that was only a block off the Sonoma Plaza. The Plaza was surrounded by many great restaurants, wine tasting rooms, shopping and was also the finish line for the half marathon. The location was great as everything we needed was within a short walk. The inn’s owners were very accommodating with a delicious breakfast each morning, afternoon appetizers and a welcome bottle of wine for each room.

The expo was not large and did not have many vendors but it was held on the beautiful grounds of the Cornerstone Gardens and like our previous wine country half marathons, there was wine sampling. After picking up our packets at the expo and after Lindie completed her shopping, we drove the course which started at the Cuvaison Carnero Estate Winery in Napa and ended at the Sonoma Plaza. The course was mostly rolling hills and grapevines as far as one could see. At the ten mile mark was the Gundlach Bundschu (“gun lock bun shoe”) Winery. Gundlach



Chuck, Mary, Phillip, Lindie, Sherry, Mike

was the ten mile water and wine stop sponsor. We stopped on our tour to sample the wine that was to be served on the course the next day, which was their Gerwurtztraminer, a dry white wine with flavors of ruby grapefruit and kiwi with a crisp, dry finish. Just what a runner needs to power them the last three miles to the finish.

On race morning the B&B had set out a runner’s breakfast for us including, cereal, bagels and fruit. They also had wonderful fruit and yogurt parfaits that we enjoyed post-run. Weather conditions were great - low 50’s, high 70, partly cloudy and light winds. The humidity was high so it was not as cool as it might sound, but after training in the Oklahoma heat it was a welcome relief. We had a short walk from

See Sonoma, on page 8

From the President

Running Etiquette

Oh how I enjoy group runs! I am so glad to have our training runs up and “running” again for the fall. However, there are some safety concerns and courtesy things that I feel compelled to discuss with you. I googled “running etiquette” and the lists were abundant. Here are some of the ones I read and some are my very own that I find helpful. Please feel free to have some fun with these, but remember ultimately to be safe and courteous to our fellow runners, bikers and others sharing the road.

Running Etiquette:

1. Like it or not, pedestrians do not rule the road. Cars, trucks, bikes- they are all bigger than you and can do a lot of damage if you end up getting hit. So make sure you wait until it's clear to cross the road, and don't assume that vehicles will willingly share the shoulder. Sometimes you have to be ready to jump up on the curb or in the grass if someone won't give you the space you need. Not paying attention to traffic or signals: It makes us all look bad.
2. When running on the **road**, run on the left side of the road against traffic. This way you can see the traffic coming at you and get out of the way if necessary. When running on the sidewalk or **multi-use trails**, run on the right and pass on the left.
3. If you are going to spit (or do something similar), make sure you have enough distance between you and the person behind or next to you. It's never fun to have to dodge someone's spit, or even worse, be hit by it.
4. Don't be a litter bug. When training for long distance runs, many times you have to carry fuel with you (gels, sport beans, candy, etc.). Be sure to clean up after yourself. It's no one else's job to pick up my wrappers because I didn't feel like finding somewhere to store them while I finished my run.
5. When passing other runners or walkers, say hello. I've always said that true runners (and walkers) greet each other instead of passing in silence. If you're wearing headphones, keep the volume low enough so that you can hear someone as they come past. It's always a bummer when I say hello to someone with headphones but they don't respond because they can't hear me.
6. Thank the volunteers. Without them many runs, races or training wouldn't take place or be as enjoyable. **VOLUNTEERS ARE AWESOME!!**
7. If you are running with someone on a narrow path or sidewalk and another runner (or walker) approaches, give them room to pass. It's never nice to make someone jump into the grass because they don't have enough room to get by.
8. If you have a bad case of the tummy demons, it's nice to move to the back of the line or downwind as to not poison the rest of the group behind you or as Randy says “crop dusting.”

See you at the training runs, races or on the road.

Cara Rogers-Nance
OCRC President

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11.19-20.2011 / TULSA, OK

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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
9/3	Brookhaven 5K Run	Brookhaven Village, Norman @ 8:00am
9/3	Climb for Life	Redhawks Ballpark @ 9:00am
9/5	Labor Day Lap 5K	SWCU, Bethany @ 7:30am
9/10	Kelsey Briggs 5K & half*	Lake Hefner S&S @ 8:00am
9/10	Hope in OK 5K	Bricktown Ballpark @ 8:30am
9/17	Swazi 5K*	NW 39th & College @ 8:00am
9/17	Life Saver 5K	OCCC @ 8:00am
9/17	Dash for Dad 5K	Regatta Park @ 8:00am
9/17	Okla. Run to Defeat Diabetes 5K	OU Stadium, Norman @ 9:00am
9/17	Fall Social – Potluck @ T Briggs	10901 E. Covell @ 6:00pm
9/19	Club Meeting – Mark Bravo	Downtown Library @ 6:30pm
9/24	OCU Stars Fall Classic 5K	9000 N. Broadway Ext. @ 8:00am
9/24	Redman Triathlon	Lake Hefner
10/1	GEICO-Race for Freedom 5K & 10K	Lake Hefner – East Wharf @ 8:00am
10/1	Trolley Tracks 5K*	NW 19th & Drexel @ 7:00pm
10/2	Among Friends 5K	1183 E Main, Norman @ 4:00pm
10/9	Wichita Prairie Fire Bus Trip	Bus Departs @ 4:00am
10/15	Susan G Komen Race for the Cure	Bricktown @ 8:00am
10/15	William Rt 66 Quarter Marathon	200 S Elgin Ave, Tulsa @ 8:00am
10/16	Spirit of Survival 5K & Half Marathon	Lawton, OK @ 7:30am
10/17	Club Meeting	TBA
10/22	24THW	Bluff Creek Trails @ 6:00am
10/22	Loganpalooza	LMC, Guthrie, OK @ 9:00am

* Denotes Series Races

Landrunners In Action

<u>7/23 SIZZLING SUMMER HALF, ARLINGTON, TX</u>		
JOHN LONGAN		2:50:19
<u>7/24 LIGHT END TUNNEL MARATHON, NORTH BEND, WA</u>		
SHILPA ABBITT		4:36:02
CAROLYNN PARKER		4:46:27
<u>8/20 PIKE'S PEAK ASCENT, CO</u>		
JEFF MARTENS		3:37:36
TRACY WOODIE		4:50:15
SCHAD MELDRUM		4:50:39
<u>8/21 PIKE PEAK MARATHON, CO</u>		
JEFF MARTENS		5:42:17
ADRIAN WOLFORD		9:23:02

OKC Landrunners are on the move again! The move to remove litter from all trails at Lake Hefner and Bluff Creek. The litter sweep will be September 17 at 10:38 am. We will meet in the parking lot at Stars and Stripes Park and divide into 5 groups. OKC Beautiful will again provide gloves and trash bags. Note: lunch assistance will be provided and lunch location will be announced at the start of the sweep. Note: OKC Landrunners is the original adopter of all trails at Lake Hefner (dates back to before the trails were completed around the lake). Also note: our Landrunner signage for adopting the trails is back up on the metal pipe post at the east end of the

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

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Running Safety

By Camille Herron (2012 US Olympic Marathon Trials qualifier)

The more miles you run, the greater the likelihood of encountering potentially harmful dogs, animals, cars, cyclists, or even people. I'll share what I've learned to protect myself.

Every run I carry pepper spray. Fortunately I've only had to use it on dogs - being a woman though poses a greater risk for attacks by people too. To be more specific, I have the kind that clips onto my shorts or pants, which keeps my hands free (search Amazon/Google for "molded holster pepper spray"). Sometimes you can find this at running stores, sporting goods stores, or an army surplus store.

The first thing you do when you have a dog running at you is to STOP, don't run. I always take off my hat and sunglasses - dogs seem to be more freaked out at you if you're wearing a hat or sunglasses. You want to stand facing them and stand firmly. I always act friendly at first ("Hey puppy dog!") - they usually just want to sniff you or play. If they have an owner, I'll wait for the owner to come or call them back. I always whip off the pepper spray with the trigger

open, whether the dog is friendly or not.

As I say.... only about 1 out of every 10 dogs is aggressive. If a dog is aggressive, I raise my arm (with my pepper spray in my hand) and act like I'm going to throw something at them. I'll yell "NO!" If you stand firmly, or even run or lunge towards them, they'll usually run off. If they charge, I'll trigger the pepper spray. You have to make sure though that when you take off to run (with your back at them), they don't come after you again. I know the different dog breeds and their temperaments. The owners are a different story - they nearly always blame the runner and never their dog(s) or themselves. Multiple dogs are incredibly scary because the dogs can provoke each other. I've had two dog bites in my lifetime, of which the first time was due to a multiple dog encounter - that was back before I had the pepper spray.

See Safety, on page 10

SEPTMBER
SAT **17** @ **8AM**

3rd Annual
LIFE SAVER
5K AND ONE MILE FUN RUN

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For more information:
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Sonoma continued

Mary, Chuck, Amanda, William, Ivan, Robynn, Lindie, Phillip, Sherry, Mike

our B&B to the bus loading area. To our surprise, they were the luxury wine country tour buses, not your normal school buses.

As we were unloading from the buses we noticed the first hill on the course looked a lot longer and steeper than from the car the day before. Maybe that is why they call it “butt burner hill”. The start was well organized with plenty of porta potties, drop bag and staging area with no crowding or pushing. It was a very friendly, laid back group of runners consisting of about 70% females. The gun sounded and we were off starting with a short sharp downhill before turning up butt burner hill, which was even longer and steeper than it looked. After reaching the top of the hill and gasping for air, the view was incredible looking out over the valley covered with grapevines. The first 7.5 miles there were no cars, only runners, paved road and grapevines. Then we came to Highway 121 crossing, which is the primary road into the Napa Valley area. We had been warned that some runners might be stopped for traffic and this might be a letdown if you were on a PR pace. Unfortunately, Mary and Mike were stopped but not me. I could have used a stop at that point, though. Across the highway were more rolling hills, grapevines, landscaped yards and the Gundlach Bundschu mile ten wine stop. Some stopped for wine and some for water. I did both and was fully charged to finish the last three miles. Gundlach was also where Lindie’s husband, Phillip, cheered us on.

If Phillip would have let me use his bike to finish maybe I could have sampled more wine. The last three miles were mostly flat and through some of the neighborhoods in Sonoma. With about a half mile to go, we turned onto Broadway and could see the finish line. The street was lined with spectators and the thought of the wine festival powered everyone to the finish.

The finish area had your usual bananas, bagels, snacks, water, juice but also something extra - a very nice finisher’s medal complete with wine stopper and a wine glass for the wine, beer and champagne sampling. Many area wineries were setup up in the Plaza to pour their wines for all the thirsty runners for several hours after the run.

Our team, Okie Wine Runners, did quite well with a fourth place finish. The preliminary results showed we had finished third and after meeting the race director, Matt Dockstader, at the Tuesday evening Sonoma town festival, we convinced him we should be awarded a prize. We collected it the next day before leaving town and toured the Destination Races Corporate headquarters. (Matt will have to come to Oklahoma before we consume the award if he wants it back.) Mary finished first in her age and won a nice bottle of wine. Sherry has previously only walked half marathons but ran some during this one and finished 30 plus minutes faster than her previous best time. We all finished faster than projected as no one wanted to be late for the wine festival!

The next few days we recovered by touring a few of the area wineries, including the Francis Coppola wine tour and my favorite barrel tasting at Zichichi Family Vineyard among others. We dined at some really good restaurants around Sonoma Plaza, including The Girl & the Fig, Della Santina’s Trattoria, Maya and Depot Hotel Restaurant & Garden.

While we had great accommodations and location, great weather, a very scenic course, a well-organized run and some very good food and wine, the group experience and hanging out with some terrific friends made this the best event yet!! We have already begun planning our next trip. “Wine not” join us in May for the Santa Barbara Wine Country Half Marathon?




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Safety continued

Sometimes I'll come upon an owner with their leashed dog, either me coming from behind or facing them. I always cough to alert them. I do this with people too, so you don't startle them. They will usually go off to the side and pull on their dog. I make sure I run around the opposite side of the dog and far enough away they won't lunge. Some people have those adjustable leashes - have to be mindful if the owner forgets to clamp it down when you run by!

I always cough too when I encounter wild animals - they'll scurry off.

Definitely report to the police or city any threatening dog encounters on public property, particularly in areas where dogs need to be on a leash. A lot of people seem to think if they don't see anyone around the trails or parks, it's "ok" to let their dog roam free. They assume that because their dog is friendly around them, they'll be friendly with other people and animals - don't assume anything! It scares me to think of "what if" a dog went after a child or even someone else's dog!

As far as other self-defense things I've learned:

- Don't dress so it draws attention to you. Keep your shirt on. Dress subdued and wear a hat.

- Pay attention to suspicious-looking cars, people, animals, or areas (~bushes/trees/trails where people can hide, people sitting in parked cars or benches, cars driving slowly by you).

- If you're driving somewhere, try and park where there's other people and cars around, preferably under a light.

- Carry your keys, whether hand/glove/pocket/shoe - only hide them, ~bush/tire, if no one is around to spot you doing it. Bring license-only and leave wallet at home.

- Try to run when the sun is out or where there are lights. Neighborhoods and major roads are good. If I have to run in the dark, I'll wear a headlamp.

- If you're running in a sketchy/secluded area, run with other people. Be aware of potentially unsafe areas/trails.

- Absolutely, DO NOT, run with an ipod outside! You're putting yourself at risk, not hearing/seeing cars, cyclists, dogs, attacks by wild animals, or people.

- If you're running at a high risk time/area, carry your phone with you. I used to love when phones were smaller for this reason! I at least keep mine in my car (hidden) if I'm driving somewhere to run. When I travel to races, I'll carry it in the back pocket of my tights when I run.

- Run facing traffic on roads. If you're running on a sidewalk 'with' traffic, when you cross an intersection look over your shoulder to see if a car is turning AND that they see you. I don't know how many times I've nearly been hit for this reason--can't imagine if I had an ipod on too!

- White at night. I'm of the opinion if you wear "too much" reflective stuff, it may actually distract a driver/cyclist.... their vehicle swerves in the direction of their eyes! I prefer "stealth mode", white, and only a modest amount of reflective gear or headlamp.

- Admittedly, every day I jaywalk or cross at a non-pedestrian crossing. Sometimes I run 'behind' a car when crossing a road, if I'm not sure the driver sees me and they're about to turn. If I'm in front of them, I'll raise my arm or wave (kind of shows appreciation too for them yielding to you). If it's a high traffic area, it's best to use the pedestrian crossings/lights, if they're available. Of course, be mindful of any cars turning (right or from the left).

- Get RoadID with personal contact info and emergency phone numbers.

Be safe, be on defense, and be aware everyone!

Test your endurance at Oklahoma's ultrarunning championship!

Pound the pavement or go off-road in one of four timed races ranging from one to 24 hours.



October 22, 2011

Live United Run (one hour) at 7:30 a.m.

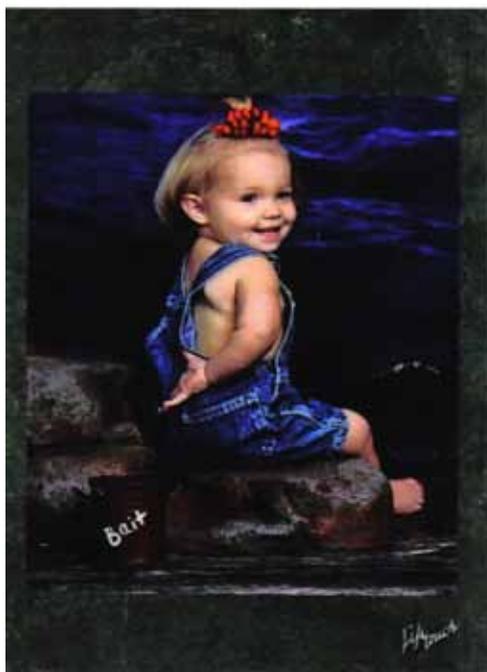
Event includes 6, 12 & 24-hour Races

Live United Run benefits United Way of Central Oklahoma.

Registration Deadline is October 1.



www.24thehardway.com



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-\$25 **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



Take Your “Medicine”

By Warren Jones

Other than taking medicine and, of course, exercising, how does one go about reducing his or her risks of developing unfavorable levels of cardiovascular risk factors?

By “cardiovascular risk factors,” I mean the presence of obesity (BMI 30 or greater); inappropriate levels of blood pressure (systolic greater than 140, and diastolic greater than 90); waist circumference (for men, 40 inches, and for women, 35); total cholesterol (variable based on age); HDL (the good) cholesterol (variable based on gender); and blood sugar (greater than 125).

And here’s a risk factor the investigators studied (of which you may be unaware): “cardiovascular risk factor clustering.” “Clustering” is the presence of all four of inappropriate levels of waist circumference, blood pressure, HDL, and resting heart rate at levels not “as bad” as for each of those standing alone. In other words, the “inappropriate level” of waist circumference, of blood pressure, and of HDL of these “clustered” components need not be as inappropriate as those risk factors standing alone; it is the presence of all of them (along with an elevated resting heart rate: greater than 70 beats per minute) that qualifies clustering as a cardiovascular risk factor.

The clustering risk factor is reminiscent of the Metabolic Syndrome. One has the Metabolic Syndrome when one has an elevated waist circumference (40 inches for men, and 35 for women) along with at least two more of merely elevated blood pressure, merely elevated triglycerides, merely elevated glucose, and merely depressed HDL. “Merely” in the sense that for none of those four does the reading have to be at levels to merit a diagnosis of hypertension, hyperlipidemia, or diabetes.

The newest issue of *Medicine and Science in Sports and Exercise*, the official journal of The American College of Sports Medicine, contains a study of almost five thousand people having no self reported health problems (between 20 and 90 years old). The investigators in the study sought to identify the relationship of “cardiorespiratory fitness,” on the one hand, and the presence of cardiovascular risk factors on the other. Cardiorespiratory fitness was determined by V02 peak (a term slightly different from V02 max, but basically it meant the highest rate of oxygen consumption achievable by each of the study subjects).

Before I get to the findings sought by the investigators, let me first tell you about a couple of the study results consistent with earlier studies and which, I imagine,

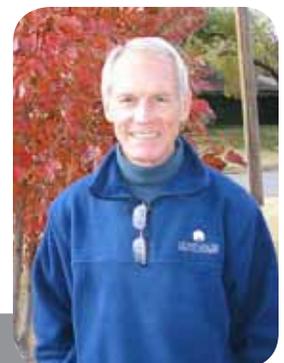
won’t surprise you. First, the level of V02 peak declined by approximately 6.2% for every ten year increase in both women and men. Second, the V02 peak in highly active participants 50-59 years old was nearly identical with that of inactive participants age 20-29.

The main finding of the investigators was that those persons in the lowest quarter of V02 peak had significantly higher odds of having elevated resting heart rates; high waist circumference; obesity; and clustering. In an analysis assessing the odds of having high blood pressure based on a five milliliter (ml) difference in V02 peaks (V02 peaks run from, say, 15 ml’s among severely deconditioned to the 70’s or 80’s for young, elite, aerobically conditioned athletes), the investigators found an eleven percent higher odds of high blood pressure in men associated with a five ml lower V02 peak. In a similar analysis, the investigators found that each 5 ml lower V02 peak corresponded to a 54% higher odds for cardiovascular risk factor clustering in men and a 58% higher odds in women.

While the odds of developing cardiovascular risk factors increased at ever lower levels, the investigators found a threshold level below which an unfavorable cardiovascular risk profile is apparent. That level for men is 44.3 ml, and for women it is 35.1.

So, the lesson: even if you have no health problems, having a low V02 peak puts you at higher risks of developing cardiovascular risk factors. And having a high V02 peak, therefore, translates to extended longevity. And this, a variation on my frequently cited mantra: don’t just go through the motions; to develop a high V02 peak, exercise at high intensity. Getting a high V02 peak will decrease drastically your odds of developing cardiovascular risk factors and increase drastically your odds of extended longevity.

Warren E. Jones, a Personal Trainer, is an American College of Sports Medicine (ACSM) Health Fitness Instructor, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. He can be reached at wěj@cox.net.



12TH ANNUAL WE RUN TO REMEMBER

APRIL 29TH, 2012

THE TWELFTH ANNUAL

OKLAHOMA CITY MEMORIAL MARATHON

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OKLAHOMA CITY



Election of the Board of Directors 2012

The Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board members for the following year. All candidates must be members in good standings of the club. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present, in person or by proxy, at the October Monthly meeting of the Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled, by nomination and majority vote by the club membership present, in person or by proxy, at a monthly meeting.

2012 Nominating committee: Mark Ballard, Justin Chan, Chuck Mikkelson, Cara Rogers-Nance, Bill Snipes.

If you or someone you know would like to serve on the board please submit name, email, phone and a brief bio to any member of the nominating committee, to the club's PO Box 18113 OKC, OK 73154 or use the online nominating link on the website.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 17, 2011.

The 2012 newly elected Board of Directors will then meet in November to elect the Officers and Committees for the 2012 term.

Loganpalooza



Saturday, October 22, 2011

8:30am - 1 Mile Fun Run/Walk - \$10

9:00 am - 5K Run - \$25

10:00am - Kid's Run - (Free for kids under 12)



Help fight breast cancer.
Proceeds benefit the
LMC Foundation
effort to raise money for
breast cancer awareness.

Loganpalooza has something for the whole family.....
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*** Certified Course**

Coordinated by DG Productions

*** ChampionChip timed**

Logan Medical Center

Guthrie, OK



Register On-line @ www.LoganMedicalCenter.com



bib number race day registration _____

Trolley Track
Linwood Place 2011

Trolley Track 5k

Saturday October 1st
6:30 p.m. Kid's Dash
7:00 p.m. 5K
NW 19th & Drexel OKC

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **email:** _____

Age race day: _____ **Champion Chip # :** _____

Emergency Contact: _____ **Phone:** _____

5K pre-registration: \$20 Race Day: \$25

please circle your information below:

Gender: Male Female T-shirt size: S M L XL Race: Fun Run 5K

Release and waiver: Please read and sign

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to falls, contact with other participants, and the effects of to and from the participating in this event. Knowing these facts and inconsideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation.

The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature : _____ **Date:** _____

Mail form to: kari Kosanke 3243 nw 19th okc 73107

enter online at www.dgroadracing.com or www.linwoodplace.org

more information contact Kari at: kari6321@aol.com or 206-6658

2ND annual

OKLAHOMA RUN TO DEFEAT DIABETES



Saturday, September 17, 2011



BENEFITTING Harold Hamm
Oklahoma Diabetes Center
THE UNIVERSITY OF OKLAHOMA

Hosted by Sigma Phi Epsilon

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prevention
and detection
programs
across
Oklahoma

Where?

Gaylord
Family –
Oklahoma
Memorial
Stadium
– Norman,
Oklahoma

What?

5K Run
and
1 Mile Fun
Run

When?

Saturday,
Sept. 17th

Who?

Everyone!

Register at www.okdiabetesrun.com

Packet Pick-Up 9/16

at OK Runner Norman in Brookhaven Village

Online 5K Run

pre-registration is \$25 (\$30 the day of the race)

Online 1 Mile Fun Run

pre-registration is \$15 (\$20 the day of the race)

Connect with us on Facebook
or Twitter @okdiabetesrun



AMONG FRIENDS 5K & Fun Run

Proceeds will benefit
**AMONG FRIENDS...an activity
center for Adults with special
needs & disabilities.**

SUNDAY, OCTOBER 2

5K Run starts at 4:00 pm.

**FUN RUN starts at 3:30 pm. The Fun
Run is a 1K course for anyone including
buddy walks , walkers and wheelchairs.
NO pets or bicycles.**

Check-in & registration for all races
begins at 2:00pm at the Community Services
Building, 1183 East Main in Norman...
South Side of building.

ENTRY FEE: \$20 per entry.
(T-shirts provided)

**Course is a USATF sanctioned 5K flat course with
accurate splits each kilometer.**

Coordinated by DG Productions with chips.

Online Registration at
www.signmeup.com/77075

For more information or to register call:

Cathe Fox at 405-364-8118

Prizes

First, Second, & Third
place medals in 5 year
age categories, and gift
certificates & prizes.

Water supply stops, and
snacks.

Sponsored by:

Among Friends

**FIRST AMERICAN
BANK**

**Julia Chew-
STATE FARM INS.**

**AMERICAN
PALLET MFG. CO.**

Therapy In Motion



**Mail form &
\$20 entry fee to:**

Cathe Fox
Among Friends
4101 Heritage Place Dr.
Norman, OK 73072

405-364-8118
Email: cathefox@cox.net



Name _____
Address _____
City/State/ZIP CODE _____
Check one: 5K _____ Fun Run _____
T-shirt Size: S M L XL 2X 3X
Sex: male female Age on Race Day: _____

Waiver: In consideration of my entry acceptance in the
Among Friends 5K Run, I do hereby for myself, my
executors, administrators, assignees, release and
discharge Among Friends and other sponsors and officials
for all claims of damages, demands, actions whatsoever in
any manner arising or growing out of my participation in
said athletic event. I attest and verify that I have full
knowledge of the risks involved in this event and I am
physically fit and sufficiently trained to participate in this
event.

Signature: _____ Date: _____
(parent or guardian if participant is under 18)

SWAZI 5K

THE Swaziland PARTNERSHIP

The Swaziland Partnership is a cooperative effort between the Swaziland Church of the Nazarene, Swaziland Nazarene Health Institutions, NCM Africa, Nazarene Compassionate Ministries, Inc., Bethany First Church of the Nazarene, and Southern Nazarene University. Our goal is to reduce the incidence of HIV/AIDS in Swaziland through the development of key spiritual, compassionate and educational resources. The net proceeds from this run will be used for volunteer scholarships, through Bethany First Church of the Nazarene and the HIV/AIDS Task Force in Swaziland. The Task Force funds will help provide food, medicine and care for those with AIDS.

BETHANY, OKLAHOMA SATURDAY, September 17, 2011

Register at: www.signup.com/76714

5K RUN/WALK – 8:00AM

1 MILE FUN RUN/WALK – 7:30AM

INDOOR WALK/SNU'S SAWYER CENTER – 7:30AM

FOR MORE INFORMATION GO TO

WWW.BETHANYNAZ.ORG/SWAZI-5K-BENEFIT

Entry Fees:

5K Run/Walk:
\$20 Pre-register
\$25 Race Day

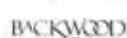
Indoor/Outdoor 1 Mile Fun Walk/Run:

\$15 Pre-register
\$20 Race Day

5K race is USA Track and Field Sanctioned. Race will be held rain or shine.

OUR THANKS

AND APPRECIATION TO OUR SPONSORS



Harlan & Barbie Moore • Paul & Dr. Athena Friese • Rick & Susan Martin • Tom & Bernice Street

**We have you covered for
post race recovery!**



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



**Achilles Tendonitis Foot Pain Iliotibial Band Syndrome Knee Pain Patellar Tendonitis
Piriformis Syndrome Plantar Fasciitis Runner's Knee Sciatica Shin Splints**



Sponsored by: GEICO, IMAGENATION Promotional Group,
Blue Cross Blue Shield of Oklahoma, and Ideal Homes

8:00 a.m. 5 km and 10 km
Competitive Run & 2 Mile Fun Run/Walk
Lake Hefner - East Wharf
Oklahoma City, OK

USATF Certified and Sanctioned

\$15.00 per person until September 29
\$20.00 per person thereafter
(includes T-shirt)

Race Day Registration begins at 7:00 a.m.

Benefiting: Combined Federal Campaign

For more information
contact: Kim Sheppard (405) 954-7707 or
email kim.k.sheppard@faa.gov

*mail generic race entry form
(downloadable at oksportsandfitness.com) to:*

GEICO CFC Race For Freedom
Attn: Kim Sheppard, AMP-1
P.O. Box 25082

Oklahoma City, OK 73125

WWW.RACEFORFREEDOM.ORG



P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

September 2011

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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

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

Ride and Run with the OKC Landrunners



***All runners, walkers, and friends
are invited to travel with us to the***

Wichita Prairie Fire Race

When: Sunday, October 9, 2011

What: Same day, round trip to and from the Wichita Prairie Fire Marathon/Half Marathon/5K

Bus Cost: **30.00 per person, nonrefundable but transferrable.**

**We take care of the details – you
take care of the running!**