

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

November 2011 | Issue No. 187

My Berlin Marathon Experience

By Kevin Lynes

Two years ago Shirley and I hosted Marie Roeder, an exchange student from Berlin, Germany while she studied in the United States. Her father, Werner, is a doctor and longtime Berlin Marathon runner. Her mother, Alexandra, also runs several half marathons. Marie ran cross country while here for Yukon High School and her sister, Charlotte, is also a runner. I was very excited to hear that the whole family is runners, which gave us something in common when Marie arrived.

After getting to know the family via Skype, I knew I wanted to plan our next European trip so I could run the Berlin Marathon. This would be my “Lucky Number Thirteen” marathon. We decided to cash in our Delta miles and make the journey again.

Three years ago we went to Germany, Austria, and the Czech Republic to visit our first exchange student, Bianca Belger. After planning our Berlin trip, Bianca and her fiancée Rick scheduled their wedding so we could attend. Our Russian student, Tatiana (Tanya) Nikitina, brought her parents to Berlin to meet us and spend time with us. Wow, all three girls in Berlin at the same time with us. That was the best part of the trip!

After the hottest summer on record in Oklahoma and the toughest training imaginable, we boarded our plane on September 17 and arrived in Berlin



Kevin Lynes

on September 18 and were met at the airport by the Roeders. We spent the first week at their house having a home cooked meal each night. What a cook Werner is! Their friends from Stockholm, Sweden, Johan and Suzie Forss, arrived in Berlin on Thursday and Johan also ran the marathon with us. We went to the huge expo on Friday and Bianca’s wedding on Saturday.

On Sunday, September 25, Werner, Johan, and I took the subway to the marathon start which was on the west side of the Brandenburg Gate. The course made somewhat of a figure eight design running through what was West Berlin and looping around to what was East Berlin and finishing through the

See Berlin, on page 8

President's Letter

Congratulations to our new Board of Directors for 2012: Mark Ballard, Suzie Bostick, Mark Bravo, Marie Breshears, Tom Briggs, Justin Chan, Tom Coniglione, Doug Cunningham, Vaden Dean, Bill Goodier, David Greer, Jennifer Henry, Katie Kramer, Maurice Lee III, Bob Loving, Gaile Loving, Kevin Lynes, Matt McBee, Adi McCasland, Chuck Mikkelson, Jim Roblyer, Cara Rogers-Nance, Terra Rowe, Lindie Slater, Bill Snipes. A special congratulation goes to the newest members: Justin Chan, Matt McBee and Terra Rowe. I am looking forward to another great year for our club!

Another special congratulation goes out to Matt McBee for heading up our award winning Redman Run Course Aid Station. Once again we took first place for our third year in a row. What a great event for Oklahoma City and great way for the Landrunners to give back to our community. Redman will be donating \$500 to the Lymphoma & Leukemia Society in the Landrunners name. I hear next year's aid station might have a Greek theme.....toga!

Don't forget the Fall Banquet November 12. Sign up is online at www.okcrunning.org. Our very own Katie Kramer has graciously agreed to entertain us. This is a wonderful evening to enjoy food, fun and friends. This will be the only time the majority of us will be in the same vicinity at the same time.

Good luck to those running Fall Marathons, especially to those doing the Tulsa Route 66 Marathon and Half Marathon. I can't wait to hear the stories at the Christmas party in December.

*Cara Rogers-Nance
OCRC President*

Edmond

edmondelectric TurningPoint

Turkey Trot

5k Run, 1 Mile Family Wobble

PRE-REGISTER NOW AT
www.EdmondTurkeyTrot.com

Thank You OKC Running Club for selecting our 3rd Annual NorthCare Reindeer Run: Bedlam Edition on 12/3/11 for your running series!

We appreciate your support for our crisis counseling services for children



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PRESENTED BY BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

11.19-20.2011 / TULSA, OK

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THE UNIVERSE
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26.5 MILES

THE SHORTEST ULTRA-MARATHON
IN THE UNIVERSE.

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Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/5	Coats for Kids	Midwest City Regional Park @ 8:00am
11/5	Race with the Stars 5K	OCU 1700 NW 27th @ 8:00am
11/5	BlueStreak 5K & 10K	Stillwater, OK @ 9:00am
11/12	Race for Hope 5K & 12K*	Lake Overholser @ 8:00am
11/12	Streets of Gold 5K	Prague, OK @ 9:00am
11/12	Fall Banquet @ All Souls Church	Reception @ 6:30pm, Dinner @ 7:00pm
11/19	Chill Your Cheeks	Yukon, OK @ 4:30pm
11/20	Williams Rt 66 Marathon*	Tulsa, OK @ 8:00am
11/24	Edmond Turkey Trot 5K*	28 E Main, Edmond @ 8:00am
11/24	YMCA Turkey Trot 5K	Gaylord Downtown YMCA @ 9:00am
12/3	Northcare Reindeer Run 5K, 10K*	4436 NW 50th @ 9:30am
12/10	Sandridge Santa Run	211 N Robinson @ 9:00am
12/10	Faster than the Pastor 5K	Mustang, OK @ TBA
12/10	Nightlight Run 5K*	Midwest City @ 5:45pm
12/19	Christmas Social @ Bentson's	2601 Warwick Dr @ 6:00pm

* Denotes Series Races

Landrunners In Action

9/24 JACKSON HOLE MARATHON, WY	JOANNE HARMS	4:34:13	WILLIAM HICKMAN	1:47:24
9/25 OMAHA MARATHON, NE	LARRY RUBENSTEIN	4:18:43	DEB CHRONISTER	1:50:06
	AMY PANNELL	4:45:46	TROY BANKS	1:51:24
	SHILPA ABBITT	5:46:12	RYAN FRICKE	1:51:42
	CAROLYNN PARKER	5:46:13	KARNA STRUNK	1:53:19
9/25 XTERRA TR CHAMPIONSHIP, SNOW BASIN, UT	ADRIAN WOLFORD	2:52:56 – 21K	RALPH BRECKENRIDGE	1:53:23
10/1 ST GEORGE MARATHON, UT			DONNA BANKS	1:56:38
	KATIE KRAMER	3:01:29	LINDIE SLATER	1:59:13
	JASON TILTON	3:07:52	PETE RICHARDSON	2:00:08
	BILL McMANUS	3:22:54	CAROLE CALL	2:00:34
10/8 HEARTLAND 100, CASSODAY, KS			JOHN COTNER	2:06:53
	JOHN HARGROVE	29:31:35	JENNIFER WALLEY	2:08:01
10/9 DENVER ROCKNROLL MARATHON, CO			ROSANNA SITUMORANG	2:10:27
	JOANNE HARMS	4:29:32	MADONNA GALLANT	2:21:25
	GAILE LOVING	4:44:16	DAVID GALLANT	2:39:36
	MARCIA RIGNAULT	5:14:59	BECKY FAABORG	2:46:14
10/9 CHICAGO MARATHON, IL			JENNIFER COTTEN	2:56:35
	JONATHAN PILLOW	2:43:16	BARBARA SOWAH	2:59:54
	DAVID WRAY	2:58:31	LAURA WARD	3:32:26
	JONATHAN MORRIS	3:22:31	10/9 PRAIRIE FIRE MARATHON, WICHITA, KS	
	WILLIAM CHOI	3:31:32	TIFFANY CONE	3:20:14 2ND PLACE FEMALE
	JOHN BATTALIOU	4:20:38	KEITH HARRISON	3:48:00
	STEVEN McCONNELL	4:20:39	KATIE KRAMER	3:57:02
	ALYSSA MORRIS	4:21:01	CHRIS MAYFIELD	4:11:43
	PATRICK ROSCH	4:22:47	TERRA ROWE	4:13:11
	ENSA PILLOW	4:47:20	GLEN STANLEY	4:13:17
	JENNI CHOI	5:01:04	JUSTIN CHAN	4:13:18
	TEMPIE FARMER	5:39:48	JENNY SAVOLD	4:15:22
10/9 PRAIRIE FIRE HALF MARATHON, WICHITA, KS			AMY PANNELL	4:17:24
	CAMILLE HERRON	1:17:13 – 2ND PLACE FEMALE	SHARON HALEY	4:18:50
	DAVID BALL	1:34:05	KEVIN BOWEN	4:55:20
	MAURICE LEE	1:41:51	10/16 PUMPKIN HOLLER TR, TAHLEQUAH, OK	
	ANGELA MORRIS	1:41:52	RICHARD SMITH	5:34:52-50K
	KYLE SLOAN	1:43:21	NELS BENTSON	6:51:54-50K
	LINDSAY SLOAN	1:43:22	AMY PANNELL	7:03:39-50K
	KARL KROKSTROM	1:47:18	DAVID BERNSTEIN	20:46:51-100K

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

12TH ANNUAL WE RUN TO REMEMBER

APRIL 29TH, 2012

THE TWELFTH ANNUAL

OKLAHOMA CITY MEMORIAL MARATHON

OKCMARATHON.COM



OKLAHOMA CITY



Listen to Your Body, Not the Advertisements

By Warren Jones

The newest issue of The British Journal of Sports Medicine (BJSM) contains a very interesting study where researchers sought to measure marathon performance and body weight changes DURING the marathon.

They hypothesized that there would be a “linear relationship with negative slope.” That is, that the fastest finishers would lose the most body weight (in sweat loss), and the slowest finishers the least body weight. They also hypothesized that the fastest finishers would likely lose more than 2-3% of body weight. For a 150 pound runner, that means he’d weigh, at the end of the marathon, only 145.5 pounds.

Wow! The percentage of body weight CHANGE in all the runners (there were 643 in the study) ranged from a GAIN of 5% to a loss of 8%. So, again, for a 150 pound marathoner who gained 5% during the race, he weighed 162 at the end of the race, and for a 150 pound marathoner who lost 8% during the race, he weighed 138 at the end. There was nearly a normal distribution, meaning the data (body weight change) followed nearly a bell shape curve, with most of the body weight changes being minimal, and lesser numbers of runners gaining or losing greater amounts. Substantially more runners lost weight (approximately 90% of them) than gained weight.

Yes, as the researchers hypothesized, the effect of body weight changes during the race on marathon finishing time was graded such that those who ran the slowest lost the least body weight while those who ran the fastest lost the most. And there was the “linear relationship with negative slope” that I mentioned above: there was a significant linear relationship between the degree of body weight loss and race finishing time so that lesser degrees of body weight loss were associated with longer finishing times.

The degree of body weight lost, by percentage, was not different between men and women. Nor for three age groups: less than 40; 40-50; and greater than 50.

The large variety in body weight change occurred even though all the runners were given the same instruction: “attempt to drink about 250 milliliters (that’s about 8 ounces) every 20 minutes.” The researchers speculated that the study established (perhaps for the first time) that marathoners drink according to individual biological and

behavioral influences regardless of what they were told by race organizers.

As for the ten percent who “overdrank,” and hence, gained weight during the race, the researchers indicated, correctly, that there is no benefit to overdrinking; indeed, significant overdrinking will cause potentially fatal exercise associated hyponatremia. It is probable, they concluded, that those who overdrank “bought” the advertised concept that any dehydration during a race impairs performance and increases the risk for a potentially adverse outcome like a heat stroke. As a result, the overdrinkers must believe that they must drink as much as tolerable during the race.

Fifty-five percent of the runners lost more than 2% of their body weight. Why would that many lose so much weight, “underdrinking,” when 10% of the runners gained weight, “overdrinking?” Since runners will not willfully ignore their thirst when fluid is available in excess (as in this race), the researchers wrote, “the only conclusion can be that the ‘dehydrated’ (emphasis by the researchers) athletes were drinking according to their innate biological signals...” And, further, “that these athletes were also the fastest finishers shows that the biological signals were appropriate (emphasis by me) to optimize athletic performance.”

I wonder how many of those runners who gained several pounds by overdrinking were running in racing flats, saving what, 8 ounces?

Post Script to Dr. Tom Coniglione: In the same issue of BJSM (2011; 45: 1157-1162) appears an exertional collapse algorithm (pg. 1160) which may add to your extensive knowledge in the area. Hope it helps. Warren

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.





10TH ANNUAL

CELEBRATE

**LITTLE ROCK
MARATHON**

MARCH 3-4, 2012

presented by
Arkansas Democrat  Gazette
Arkansas' Largest Newspaper

LittleRock

WWW.LITTLEROCKMARATHON.COM



Berlin continued

Brandenburg Gate and crossing where the Berlin Wall once stood. My goal was to have fun, see the sights and be a “Chuck Mikkelson” by taking lots of pictures along the way. It is a world record course in which the latest world record was set that day by Patrick Makau of Kenya with a time of 2:03:38. My time was slightly slower than Patrick at 4:44:33.

I would not recommend this course for someone trying to PR as the infrastructure in Berlin is not designed for 40,000 runners and there were several “log jams” where it was impossible to get into a decent pace. It was, however, a fun and flat course with dozens of countries represented. Denmark had to be the most represented as they all wore their “Denmark or Danmark” on their shirts and I saw thousands of Denmark flags in the crowd. I only saw one American flag and no American apparel even though several Americans were there. I did see a spectator who was wearing a Sooners number 28 jersey. I would have preferred a Cowboys number 81! I did proudly wear my Landrunner shirt to represent our club and state.

Alexandra, Marie, and Suzie met me at the 18 K mark with Powerade and support. Werner and Johan were about 30 minutes ahead. They also met me at the 35K mark along with Shirley who had just arrived from spending the night at the castle where the wedding was held. Also at the 35K mark was Tanya and her parents.

I did not expect anyone to be at the finish as we had a designated meeting place for afterwards, but as I approached the Brandenburg Gate from the east side, I heard my name being yelled. It was Bianca’s parents, Berndt and Brigitte. I ran over to thank them for coming out and later was presented with several pictures that they took as I was on my way to the finish. All of our students and their families were at the meeting place for a really cool celebration.



Kevin Lynes

I hope that Werner and Johan will come to Oklahoma City for our marathon in the near future and then our plans will be to run Stockholm a few years later. We will see if this all pans out but I’m keeping my fingers crossed.

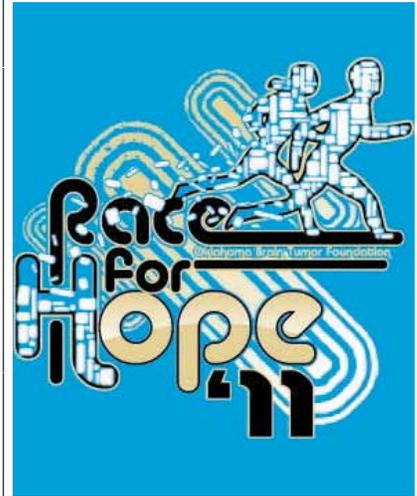
The day after the marathon, the Roeders, Shirley, and I flew to Rome for four days to see all the sights we could see including the Vatican, the Coliseum, and Ancient Rome and returned to Berlin on Thursday, September 29 for a couple more days. I aged a year while in Rome and joined a new age group so everybody please take it easy on me! We arrived back home on Sunday, October 2 and were glad to see our running buddies again. It was the greatest trip we could have ever imagined!



Things to do.. Register for 7th Annual Race for Hope



By October 25th to be guaranteed a COOL t-shirt!!!!



TWO NEW EVENTS ADDED.....

FREE KIDS 50 YD FUN RUN and 1 Mile DOG JOG

Race Day Schedule:

- 6:30 a.m. Packet Pick-up and registration
- 8:00 a.m. Start time for 5km & 12km
- 8:15 a.m. 1 m Family Fun Run/Walk & Dog Jog

USATF Sanctioned
& certified
Champion chip
Timed

Moonwalk, face painting, magicians, and clowns
Bring the whole family & help raise money for
Oklahoma Brain Tumor Foundation families

Saturday 11.12.11

Lake Overholser

Register

www.active.com

405.843.HOPE

www.okbtf.org

Registration Form: Advanced entry \$20 - Race Day \$25

Circle: Corp12K * 12k * 5k * 1mi * Dog Jog * Kids 50 yd
 Name _____
 Address _____
 City _____ State _____ Zip _____
 Age _____ DOB _____ Male _____ Female _____
 Phone _____ E-mail _____
 Corp Team Name: _____
 Chip number _____
 Shirt Size: YS YM YL S M LG XL (shirts larger than XL add \$5)
Paying by check make payable to OKBTF
 Please charge my: ___ Visa ___ MasterCard ___ Discover
 Acct# _____ Exp Date: _____
 Print Name Appearing on Card _____
 Billing address if different from above _____
 Signature _____ Security Code _____

Waiver:

In consideration of my entry acceptance Race for Hope, I do hereby for myself, my executors, administrators, assignees release and discharge Race for Hope & 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 _____

I cannot participate this year but would like to make a donation in the amount of \$ _____.
 Please make in Honor of Memory of _____

Mail to Oklahoma Brain Tumor Foundation
730 W. Wilshire Blvd. Suite 114 Oklahoma City, OK 73116

Early Packet Pick-up:

Begins Monday, 11.7.11 at OKBTF office, 730 W. Wilshire Blvd, Suite 114, Oklahoma City, OK 73116
 9:00 a.m. to 5:00 p.m Mon-Thurs, Til Noon on Friday

Team Taft – Year Two

By Jim Hammond

Community Assistance Committee Member

Taft Middle School in Oklahoma City launches year two of the Team Taft Running Club, a program designed to improve the overall health and well being of the students. The program centers around students running inside the school twice a week, with the final goal to run the OKC Memorial Marathon 5K or Half Marathon on April 29, 2012.

The initial program started in January 2011 when Ellen Cooper, a seventh-grade teacher, made a deal with students that if they trained for the Oklahoma City Memorial 5k or Half Marathon, the school would pay the entry fee for the race. Over 70 students completed the program and finished the races held on May 1.

The Landrunners partnered with Team Taft for the initial year, which was January through May 2011. Under the direction of the Community Assistance Committee led by Gaile Loving, the Landrunners made a financial investment in the program, coordinated running clothes drives, shoe partnerships, received donations from individuals to fund bus transportation for students to the race, and participated in the weekly runs in support of the students' commitment. It capped off with a bib pinning ceremony the day before the race.

Now it is time for the program's second year, and with the new school year and a "Royal Roundup" in mid-September, over 100 students signed up for the 2011-2012 program. The program is off to a smooth start with after school runs through the halls of Taft already occurring. Ms. Cooper continues in her role as the Taft coordinator and expects 100 students to participate this year in the Memorial Marathon events.

Starting three months earlier than last year, the students have more time to train and prepare for the race in April. Ellen Cooper anticipates the early start will help with planning the program, implementing improvements and student conditioning. An initial budget projection estimates the cost of the program

for 100 Taft students to be around \$4,000. Race entry fees represent over half the program cost. Last year the Landrunners, the Memorial Marathon, and other individual and private donations covered entry fees, t-shirts, and transportation on race day. For the 2012 race, students will each pay \$10 to join the team training. Teachers are selling snacks to help raise funds for students who cannot afford the joining fee. The team hopes to complete registration for the race before the early entry deadline expires on December 1 to take advantage of the discounted fees.

The Landrunners Board of Directors recently approved a \$1,000 donation to Team Taft which will be used to pay for a portion of the entry fees. The Team Taft request was submitted through the Community Assistance Program. As a refresher, the Landrunner's mission is to support health and fitness for all through recreational running. What better way is there to achieve this goal than to support a program that will make a difference in the lives of these middle school students at Taft? As the former principal stated, the goal is to transform the student's in "mind, body and spirit."

As individual Landrunners, you can support this program in a number of ways. One opportunity to assist is by becoming a running mentor with the goal being to encourage student participation during weekly runs. Would you like to run the halls at Taft on a Wednesday or Friday afternoon?

Training runs start around 3:15 pm and go until 4 pm.

As the program develops, more information on how Landrunners are supporting the Taft program and how you can assist will be posted on our Landrunners website. Until then, if you are interested in assisting either financially by sponsoring a student's entry fees, or donating time and effort to build the program, contact Gaile Loving at vicepresident@okcrunning.org.

ARE YOU FASTER THAN THE PASTOR?



CHISHOLM HEIGHTS
BAPTIST CHURCH
A Church You Can Come Home To

12.10.11
MUSTANG, OK



4TH ANNUAL
FASTER THAN
THE PASTOR 5K

CHBCMUSTANG.ORG \ FTTP5K
ALL PROCEEDS GO TO MISSIONS

Recipes to Run By

Adi's Oatmeal Cookies

- 1 1/2 cups old fashioned oats
 - 3 tablespoons unsalted butter, softened
 - 1/2 cup natural peanut butter
 - 1/3 cup lightly packed light brown sugar
 - 2 teaspoons vanilla extract
 - 2 tablespoons honey
 - 2 egg whites
 - 1 cup whole wheat flour
 - 3/4 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 cup coarsely chopped peanuts
 - 2 tablespoons ground flax seeds
 - 3/4 cup dark chocolate chips, dried fruit, coconut, or a combination (optional)
- 1) Preheat oven to 350 degrees & toast oats on a cookie sheet 10 to 12 minutes, stirring occasionally.
 - 2) Mix the butter, peanut butter, sugar, vanilla, and honey until thoroughly combined.
 - 3) Mix in egg whites.
 - 4) Stir together oats, flour, baking soda, flax seeds, nuts, and salt. Add to butter mixture and combine well. Stir in optional ingredients.
 - 5) Bake at 350 8 to 10 minutes

*You can also press this in a 9x13 baking dish and bake for 15 to 20 minutes, let cool completely and you can get crunchy granola bars.



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RUN WITH HEART TURKEY TROT 2011

1 MILE FUN RUN/5K RUN/5K DOG RUN
NOVEMBER 24, 2011/Starts at 9 a.m.
EDWARD L. GAYLORD DOWNTOWN YMCA

Join the YMCA OF GREATER OKLAHOMA CITY and Eagle Ridge Institute this Thanksgiving in a 5K run designed to encourage activity, community and a healthy lifestyle! All proceeds will support the Y and Eagle Ridge Institute.

To learn more about the race and to sign up, visit www.ymcaokc.org/TurkeyTrot.aspx or contact your local Y!

YMCA OF GREATER OKLAHOMA CITY
500 North Broadway, Suite 500
Oklahoma City, OK 73102
P 405 297 7737 www.ymcaokc.org



Sandridge Santa Run



Dec. 10 ❄️ 9 a.m.
Leadership Square
211 N. Robinson, OKC

5k ❄️ 1-mile Fun Run
FREE Kids Dash with Santa
Holiday costume contest
\$500 1st, \$300 2nd, \$200 3rd place prizes

Register online at:
DowntownInDecember.com



SANDRIDGE
THE POWER OF US™

LANDRUNNERS HIT THE ROAD AGAIN!

By Lindie Slater

4 am is really not that early when you consider some have prepared for this time for sixteen weeks. Twenty-eight runners joined us on October 9th for a bus trip to the Wichita Prairie Fire Marathon and Half Marathon. Eight completed the marathon and twenty completed the half. Some completed their distance for the first time and some set PRs!

Most were able to get some extra sleep on the two and a half hour trip to Wichita while others visited quietly. When we arrived, we received our bib numbers and shirts. There were a few mix ups, but those were corrected at the Information tent. We arrived a good hour early so that gave us time to break out the Landrunner banner and get a group photo, which is a must these days! It also allowed for numerous trips to the port-a-potties! The weather was perfectly cool with a little mist and rain, keeping the runners comfortable. The course was flat and fast with plenty of water stops along the way.

The post run food was very plentiful! They provided the normal bagels, bananas, etc. but then had an entire

area of food, coffee, beer, massage and stretching tents. They provided live music in spite of the mist/light rain. Our medals were nice and the tech shirts for the half even allowed for choosing different colors. Some were just excited they came in extra small!

Congratulations to Tiffany Cone for being the second place female in the marathon and Camille Herron for being second place female in the half marathon. This was the first marathon Tiffany has run in several years. Maybe a break is not such a bad thing when it brings you back rested and strong. And while you are congratulating Tiffany and Camille, give our Katie Kramer a big hug to speed her healing process along. She suffered an injury during this run but completed the marathon in spite of the pain. We all wish Katie a speedy recovery.

For me, I was just thrilled the bus was at the right pick-up location. This made for a nice relaxed trip! But did I mention that I shaved about seven minutes off my half PR and finished with a sub two hour time for the first...but not the last time!



SATURDAY DECEMBER 10TH, 2011

COST : \$20.00 PRE – REGISTERED BEFORE DECEMBER 8TH

\$25.00 TO REGISTER DAY OF RACE

ENTRY FEE INCLUDES A LONG SLEEVE T SHIRT TO THE 1ST 300 PARTICIPANTS.

The Holiday Light Spectacular's 5k "Nightlight Run" is an opportunity for running enthusiasts to experience the magical glow of lights like nobody else can. The only night of the season that is opened for foot traffic invites runner's to run competitively or run with holiday spirit.

This is the 6th Annual 5k Nightlight Run . The goal is to allow runners one night to enjoy the beauty of Holiday Lights Spectacular the only way any runner would want, by running through. All proceeds go to the Holiday Lights Spectacular Fund to perpetuate the lights.

SPONSORED BY: MIDWEST CITY PARKS & RECREATION DEPARTMENT

FOR MORE INFORMATION PLEASE CALL 739 - 1292

OKC Landrunners Fall Banquet



***All runners, walkers, and friends
are invited to our annual fall banquet***

When: November 12th, 2011

6:30 pm Reception

7:00 pm Dinner (catered by Kam's Kookery)

8:00 pm Entertainment (provided by Katie Kramer)

Where: All Soul's Church Living Center
NW 63rd & Pennsylvania

Cost: \$20.00

Advance ticket purchase only by 6pm Thursday, November 10th

No tickets will be sold at the door.



P.O. Box 18113, OKC, OK 73154

ADDRESS SERVICE REQUESTED

November 2011

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Oklahoma City, OK 73154

Visit The Landrunners Online:

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

Landrunner short sleeve tech shirt for just \$5.00?

That's right, \$5.00! A regular \$15.00 value! All you have to do is join as a new member or renew your existing membership between January 1, 2011 and December 31, 2011 to become eligible. You can read the complete Program Guidelines at www.okcrunning.org or email us at sales@okcrunning.org.