

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

January 2012 | Issue No. 189

Camille Herron, Oklahoma City's Elite Marathoner, Tackles Houston

By Leslie Buford

As Oklahoma City continues to make strides in improving physical fitness, it is attracting elite athletes from across the nation interested in training here. Granted, a majority of those athletes are with the U.S. Rowing and Kayaking Team, but as many Landrunners know, we also have Olympic level talent within our club and running community as well when Camille Herron and her husband Conor Holt moved back to the city after Conor became the head coach of the OCU cross country team.

Camille, a Westmoore High School and University of Tulsa graduate, will travel to Houston in January to take part in the 2012 Olympic Trials for the marathon. Although she thinks she “has no shot” at the Olympics this year because “it is by far the fastest and deepest field ever,” she has already racked up impressive runs this year by winning four marathons; by representing the United States at the Pan American Games – where she finished ninth overall; and by finishing the New York City Marathon two weeks later as the third American to cross the line. Her consistent performances make her Oklahoma City's favorite contender for a spot in the Olympics this summer.

Clearly her running resume is impressive by all standards, but Camille thought her competitive running days were behind her after suffering “career ending” (or so she believed at the time) stress fractures while at the University of Tulsa. Looking back at her training regimen in high school and college, she can now see where she “was highly over-trained in terms of intensity in high school and college – I pushed hard every day, and suffered seven stress fractures in two and a half years.” After taking six months off from running, her legs had healed and she began “hobby jogging” again as Conor marathon trained. In an effort to strengthen her lower legs and feet she switched to running in racing



Camille Herron @ NYC Marathon photo by Andy Dickinson

flats in 2003 and then turned to barefoot running in 2004. This change helped her find consistency in her training and later that year Conor took notice that she frequently logged 70 miles per week running. At this point, he stepped in to coach her by adding “quality workouts” to her normal runs and the proverbial rubber started to hit the road.

While many elite marathoners run one or two marathons per year, Camille takes a different approach and runs several throughout the year while focusing on two or three marathons in terms of hitting goals with peak performances. In 2011, she churned out seven marathons all in 2:43 or less! Camille credits her ability to consistently perform well to a number of factors, such as her “shuffling gait” and ability to burn fat effectively. While her speed may not be as fast as some of the world's elite, she considers herself to be “tough and levelheaded” which helps her “focus on hitting the right

See Camille, on page 8

President's Letter

I hope everyone had a wonderful Christmas and holiday season and is ready for 2012. I know I am ready for newer and better things in 2012.

Our marathon training committee has been meeting and getting everything ready to go for Spring training. Training starts January 7 at Nichols Hills Plaza. We hope you will join us and train for the Oklahoma City Memorial Marathon April 29. If you are not training for the marathon or half marathon distances, please run with us anyway. We love having runners of all distances at the training runs. There will be walkers too. So, make a resolution or plan or whatever you need to do to come out and run with us.

The beginning of a new year brings a lot of new members to our club. Be sure to look around and say "hi." It is amazing to see all the new friendships that are made in this club and old ones rekindled. Runners are the best people I know. I am proud to be a runner and can't wait to see all of my friends and meet some new ones.

By the way, if you didn't make it to the Landrunners' Christmas party, you missed out on a great time, great food and the best friends! The Bentson's graciously opened their home and Jan Cosgrove made her World Famous Minestrone Soup. Everyone brought such yummy things it was hard to get up out of the chair.

Thank you to all that make this the best running club!! We couldn't do it without you!

*Cara Rogers
OCRC President*

SECOND ANNUAL
OKC RIVERSPORT RUNDERGROUND
Saturday February 11 • 12 Noon
5k Non-Timed Family Fun Run

OKC UNDERGROUND
Begins in Cox Convention Center • NW Lobby
\$25 Adults • \$15 Ages 12 and Under
T-Shirt Included

Online registration opens January 2
oklahomariverevents.org/runderground



**OKLAHOMA CITY RIVERSPORT
RUNDERGROUND**

HELD IN CONJUNCTION WITH THE
BART & NADIA SPORTS & HEALTH FESTIVAL
in association with
THE OKLAHOMAN



MARCH 31, 2012
2ND ANNUAL WINGS TO FLY 15K/5K & MIRACLE MILE

EXPLORE HISTORIC FORT RENO

ENJOY FAMILY ENTERTAINMENT

BENEFITS OKLAHOMA'S KIDS

Register at OKCHF.org | for more information 405.271.9035
By participating you will help support Children's Miracle Network Hospitals, an organization dedicated to providing funding for pediatric research which in turn helps improve education and clinical care through the support of Children's Hospital Foundation.

12TH ANNUAL WE RUN TO REMEMBER

APRIL 29TH, 2012

THE TWELFTH ANNUAL
**OKLAHOMA CITY
MEMORIAL MARATHON**

OKCMARATHON.COM



OKLAHOMA CITY

MEMORIAL
MARATHON



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
1/1	New Year's Day 5K*	Stars & Stripes @ 9:00am
1/1	Tatur's Polar Bear Plunge	Tulsa, OK @ 2:00pm
1/7	Elvis Run 5K & 10K	Regatta Park @ 9:00am
1/16	Club Meeting	Kimray-NW42 & Santa Fe @ 6:30pm
1/28	Sooner State Games Trail Run*	NuDraper Trails @ 9:00am
1/28	Balto 5K	Mitch Park @ 9:00am
2/4	Groundhog Run 8K*	Rt 66 Park @ 9:00am
2/11	Frigid Five*	Mitch Park @ 9:00am
2/11	OKC Riversport Runderground 5K	OKC Underground @ 12 Noon
2/18	Queen of Hearts 5K & 10K	Wheeler Park @ 9:00am
3/4	Little Rock Marathon	Little Rock, AR @ 8:00am
3/10	Panera Beacon 5K* & 25K*	Stars & Stripes @ 8:30am

* Denotes Series Races

Landrunners In Action

11/13 SAN ANTONIO R&R MARATHON, TX

TORI DUPHORNE	5:18:24
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KATHY RANDALL	4:58:40
JOHN BATTALIOU	4:59:25
RALPH BRECKENRIDGE	5:10:26

12/3 ST. JUDE MEMPHIS MARATHON, TN

DREW CARTER	3:41:03
JOHN COTNER	5:11:40
MARCIA RIGNAULT	5:23:09
SHELBY CARTER	2:02:44 – HALF
SHIRLEY LYNES	3:06:55 – HALF

12/4 DALLAS WHITE ROCK HALF MARATHON, TX

TIFFANY CONE	1:30:59
COLLIN MAY	1:39:29
DIANA LINDSEY	1:42:42
SHARON HALEY	1:45:45
KRISTIN MOLLOY	1:50:03
GARY VENATOR	1:54:49
LACEY SHARP	2:00:43
WENDY GABRIELSON	2:03:04
LISA CHAMBERS	2:17:16
LESLIE HEATHMAN	2:17:35
KELLY SANDERS	2:22:33
JEFFERY COOPER	2:31:44
JULIE MYERS	2:31:48
CASEY McDONOUGH	2:32:14
JENNIFER McCOY	2:34:09
CURTIS REED	2:36:33
ANN KIERL	2:37:32
SILVER WOODY	2:47:47
ANDREA REED	2:51:59
LAURA WARD	3:24:00

12/4 LAS VEGAS R&R MARATHON, NV

DAN BRUNER	4:54:20
TIFFANY BRUNER	4:54:20
TERRY BASS	1:44:12 – HALF
KELLY HENSLEY	2:12:35 – HALF

12/4 DALLAS WHITE ROCK MARATHON, TX

TREY CONE	2:50:05
JOHN GIGNAC	3:06:28
JOSEPH WARFIELD	3:26:00
JESSE MURRAY	3:29:27
BURKE BECK	3:29:50
PASCAL DEMEYER	3:38:20
SUSAN PHILLIPS	3:43:48
ANN HADRABA	3:47:33
CAMI ROWE	3:50:41
RYAN FRICKE	4:00:01
KARNA STRUNK	4:02:12
DEREK HOLLAND	4:05:11
PATRICK ROSCH	4:15:19
B.J. RICE	4:19:16
PENNY VOSS	4:19:44
JOHN TASSEY	4:24:53
ANGELA MORRIS	4:28:00
JANE PACE	4:34:35
CLAY TANGNER	4:37:06
JENNY SAVOLD	4:41:21
DONALD BRANCH	4:58:21

12/4 CIM, SACRAMENTO, CA

WILLIAM CHOI	3:25:36
LAURABELLE VAUGHAN	4:44:50
STEVE VAUGHAN	4:44:53

12/11 TUCSON MARATHON, AZ

TROY BANKS	4:00:11
DONNA BANKS	4:00:45
MAURICE LEE III	1:36:47 - HALF

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



10TH ANNUAL

CELEBRATE

**LITTLE ROCK
MARATHON**

MARCH 3-4, 2012

presented by
Arkansas Democrat  Gazette
Arkansas' Largest Newspaper

LittleRock

WWW.LITTLEROCKMARATHON.COM



Chronic Physical Activity and Chronic Triglycerides

By Warren Jones

About a year ago, I wrote an article in another publication about the acute effect, the immediate effect, of exercise on post meal levels of triglycerides in our blood system.

In that article, I noted that after we eat, our blood stream is awash with the products, good and bad, of our meals. High “postprandial” (after we eat) concentrations of triglycerides (blood fats) are the primary drivers of endothelial dysfunction (blood vessels not operating efficiently) and the atherogenic effect (hardening of the arteries).

So what? Here’s what: People die of “sudden” heart attacks or sudden strokes (brain attacks) after years of unaddressed damage to the blood vessels from a combination of unhealthy diets and sedentarism.

In that article, I noted that researchers found a statistically significant drop in triglyceride levels after “eat til you’re full” breakfast and lunch after an exercise bout the day before (compared to when the same participants conducted no exercise the day before). The researchers also found greater “fat oxidation” (calorie burn from body fat) and lower carbohydrate oxidation. They also found (though not quite statistically significant) a lessened insulin resistance. These are all good things relative to, respectively, blood vessel health, weight management, and adult onset diabetes.

I concluded that article as follows: So, to achieve the protective effects of exercise on blood fats (relative to risk reduction for heart attacks and strokes), on insulin response (relative to risk reduction for adult onset diabetes), and on fat oxidation and calorie deficit (relative to weight management), “wash away”..... with daily exercise.

So, we know that postprandial lipemia can be greatly lessened by exercise performed 8 to 16 hours earlier. But how about this: does exercise give to

us positive chronic effects....beyond the positive acute, immediate, effects?

In the newest issue of the International Journal of Sports Medicine, a study inquired into the postprandial triglyceride concentrations in active and inactive older adults but with 48 hours of “physical activity avoidance.” The participants in the study were divided into either the active group (those who achieved 150 minutes or more per week of moderate intensity physical activity) or the inactive group (those who achieved fewer than 150 minutes per week of moderate intensity physical activity).

After the 48 hour period of physical activity avoidance and a 10 hour overnight fast, participants in both groups consumed a test meal of moderate fat content (approximately 35%). Blood samples were collected in the fasted state and two hours postprandial, four hours postprandial, and six hours postprandial.

The results: after adjusting for several potential confounders, the researchers found that the postprandial blood triglyceride concentrations were significantly lower in the active than the inactive group.

The lesson: regular physical activity lowers postprandial blood lipids independent of the acute effect of physical activity. The moral: to lower your blood triglycerides, exercise at least 150 minutes per week.

Warren E. Jones, JD, HFS, CSCS, CEQ, is an American College of Sports Medicine (ACSM) Health Fitness Specialist, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. His clients range from competitive athletes to the morbidly obese. He can be reached at wejones65@gmail.com or at 405-812-7612.



A2A

ARBUCKLES to ARDMORE RACE FOR MERCY

MARATHON / HALF MARATHON / 5K

Marathon / Half Marathon / 5k

ALL RACES ARE CERTIFIED AND SANCTIONED

April 1, 2012 | Ardmore, OK

Benefitting the **Mercy Memorial Cancer Center**

Get ready. You've never seen Ardmore like this.



REGISTER NOW at www.a2amarathon.com

Camille continued

effort and not focus on the splits” during a race. In fact, she just considers a race as “just my typical Sunday long run” to keep her mindset focused and relaxed.

Since Camille has consistently logged over 100 miles running per week since 2006, she finds that recovery has become much easier as well. “If you are only doing one to three marathons per year, it’s a much bigger physical shock to the body,” she says. However, post-marathon she does do an immediate cool down of 15 to 45 minutes to “shake out the stiffness” and then follows up with a “reverse taper” of building miles back up and allowing herself a few extra days off if she feels like it. Being mindful of eating, rehydrating and sleeping well also go a long way in her recovery.

As most Landrunners know, one of the best parts about being involved in a running group is the friendship and sense of belonging a runner experiences. Elite runners are no different, except they just move at a different pace! Camille notes that she stays in touch with all of the elite runners she’s met and befriended over the years through Facebook and other communication. She frequently travels to visit other elites and to train with them in various parts of the country. One notable trip occurred this past September when she joined her friend Janet Cherobon-Bawcom in Flagstaff, Arizona to train. Janet is also competing in the marathon trials in Houston and won three national championships this fall.

Beyond the Olympic trials on January 14, Camille is looking forward to competing in our own Oklahoma City Memorial Marathon in April and is plotting other marathons as well. Since 2012 isn’t a qualifying period for the Olympic trials, she has the urge to compete in several marathons, but is also trying to stay mindful of her body as she works on lowering her time to a 2:35. However, she also has another lofty goal as she determines where to run next: she wants to be the first to win a marathon in all 50 states, and to do each marathon in under 2:50! Whew! Currently, the world record for marathon wins under the 2:50 mark stands at 24, so if Camille accomplishes this feat, she will blow the old record away.

Wherever she lands next, her favorite marathon that she has run thus far is the Twin Cities Marathon in Minnesota. She happened to set her PR at that venue in 2009 with a time of 2:38:23. In speaking about the course, Camille notes that “It is a gorgeous course if you get a sunny day. It winds around the lakes, and with all the trees and the sun coming through and reflecting off the lakes, it makes for a beautiful and pleasant marathon.”

Good Luck to Camille in the 2012 Olympic Trials on January 14 in Houston. All of the Landrunners hope that this is another “beautiful and pleasant” marathon for you as well!

Edmond North High School

BALTO 5K

And one mile fun run

**Benefitting
Cystic Fibrosis-Sooner
Chapter and
Edmond Mobile Meals**

Where: Mitch Park, Edmond, Oklahoma

When: January 28, 2012

5k begins @ 9:00 AM

1 Miler begins @ 10:00 AM

Timed by DG Productions

Sign up at www.signmeup.com/79619

More Info: www.baltoweek.org

Balto5k2012@yahoo.com

17th Annual Frigid Five
February 11, 2012
Mitch Park, Edmond, OK

- *5 mile Run begins promptly at 9am*
- *McMurtrie Mile – 1 mile kids fun run begins at 8:30am*
- *1 mile adults fun run begins at 9:15am*
- *First jewel of Triple Crown Race Series*
- *Standard 5-year USATF age group awards*
- *Early packet pickup on Friday, February 10th from 10am-6pm*
Elite feet, 1237 E. Danforth, Edmond, OK



Registration by mail or SignMeUp is available. PayPal can be used for ERC membership dues. A \$5 discount on race registration for ERC members with 2012 annual dues paid.

Landrunners Cruising Route 66

11/20 ROUTE 66 MARATHON

JOHN GIGNAC	3:09:53
JOSEPH WARFIELD	3:29:49
KRISTOPHER BARLOW	3:31:31
SCOTT NELMARK	3:33:01
MARK VAN DUKER	3:36:35
MATTHEW WILCOXEN	3:45:06
JOSH THOMAS	3:45:41
PATRICK MULQUEEN	3:47:14
SUSAN PHILLIPS	3:48:57
JARROD CORDOVA	3:49:55
LAURA MAXWELL	3:50:48
JOHN GONSHOR	3:53:21
BUCKY COLE	3:53:42
ADI MCCASLAND	3:56:43
GLEN STANLEY	3:56:46
ANGELA MORRIS	3:57:02
JUSTIN CHAN	4:00:38
TERRA ROWE	4:01:26
ROY SYMES	4:07:07
GARY VENATOR	4:14:16
LINDIE SLATER	4:14:28
STEPHEN ABERNATHY	4:17:05
GUY COLBERT	4:17:21
JACK MAGUIRE	4:18:42
CHERYL BALLARD	4:28:18
MARK ISOM	4:29:14
KRISTOPHER ELLIS	4:44:37
AMY PANNELL	4:46:42
CHRIS BELL	4:51:59
JULIANA BELL	4:51:59
MARCIA RIGNAULT	4:59:32
JENNY SAVOLD	5:01:37
PETE RICHARDSON	5:01:38
JOHN HARGROVE	5:02:15
CUU NGUYEN	5:03:57
STEVEN CHERNAUSEK	5:07:34
AMY WISNIEWSKI	5:07:34
APRIL TEAGUE	5:14:59
JEFFERY COOPER	5:18:06
JULIE MYERS	5:18:06
NELS BENTSON	5:18:10
BRET SHOLAR	5:28:02
CARROLL WRIGHT	5:28:42
LINDA MCGUCKIN	5:32:19
DAVID BERNSTEIN	5:43:47
SHAWNA SATTERWHITE	5:46:40
JAMES HALL	6:03:06
KEVIN GILLE	6:08:23

11/20 ROUTE 66 HALF MARATHON

JONATHAN PILLOW	1:13:07
JONATHAN MORRIS	1:27:24
HUSTON STURGELL	1:33:22
JOSH HARLOW	1:34:14
MELISSA BANKS	1:36:54
ROGER JACOBI	1:37:55
MELAINA BRUNK	1:38:19
ARNULFO GARCIA	1:39:01
PASCAL DEMEYER	1:39:21
TERRY BASS	1:39:41
DREW CARTER	1:39:55
COLLIN MAY	1:40:08
LENICE KEIM	1:44:23
PAUL FRIESE	1:45:01
TROY BANKS	1:46:19
DEREK HOLLAND	1:46:38
JERRY GLASGOW	1:49:27
GRACE GARCIA	1:49:53
KEN CARLYLE	1:50:31
JILL HOBSON	1:50:35
NOEL TUCKER	1:50:37
DARLENE HADJI	1:51:11
JEFF PARDUHN	1:52:56

MARY HAMMER	1:53:16
THOMAS HILL III	1:53:23
JACKSON HILL	1:53:23
MICHAEL DILLINGER	1:53:31
DAVID MANGUNO	1:54:29
DONNA BANKS	1:54:35
JEFF SULLIVAN	1:56:03
CHRISTINA CHURCHILL	1:57:00
CLIFF MUEGGENBORG	1:57:04
VINCENT HODGE	1:57:21
MATTHEW MCBEE	1:59:02
JACOB WETZ	1:59:45
RALPH BRECKENRIDGE JR	2:00:17
JUSTIN VICK	2:01:13
KATHY RANDALL	2:01:28
B.J. RICE	2:01:34
JENNA HARLOW	2:01:53
ROBERT CLEVELAND	2:03:35
MARK BALLARD	2:04:38
JOHN COTNER	2:04:41
LACEY SHARP	2:04:53
DON WANZER	2:05:08
HOLLY GOLSEN	2:05:18
DANA CAMPBELL	2:06:51
TIFFANY BRUNER	2:06:52
RACHEL HECHT	2:07:03
STACY CROFFORD	2:07:18
JENNIFER BAILEY	2:07:43
DAN BRUNER	2:07:50
KELLY HENSLEY	2:08:09
BRIAN JACOBSON	2:08:41
STEVE VAUGHAN	2:08:59
RACHEL GAFFNER	2:09:06
SARAH EDWARDS	2:09:10
DARYL HILL	2:10:02
JASON MACKINNON	2:11:31
LISA CHAMBERS	2:11:47
STACY COLEMAN	2:12:03
ANDREW SNYDER	2:12:11
DARLENE SPRY	2:12:31
KEELA GOODNER	2:12:38
NICHOLE LIPPS	2:13:22
DONALD BRANCH	2:14:09
COURTNEY THOMAS	2:18:33
ERIC RICKWALT	2:19:44
LANCE WEST	2:20:10
LIZ BUSCHELMAN	2:23:20
CASEY McDONOUGH	2:23:25
DWIGHT EDWARDS	2:25:27
BRITTANY HAND	2:26:10
MADONNA GALLANT	2:27:47
BRENDA MARES-EARNHARDT	2:28:24
DALE SPOONEMORE	2:30:01
JEFFREY ALLISON	2:33:55
LISA MURRAY	2:34:30
JENNIFER HENRY	2:38:04
KEVIN LYNES	2:38:04
CARA ROGERS	2:38:04
RANDY NANCE	2:38:04
JENNIFER MCCOY	2:40:47
CALISTA YOUSEY	2:40:58
XALEY YOUSEY	2:40:58
SHEILA MILLER	2:47:04
BARBARA SOWAH	2:48:54
SILVER WOODY	2:58:01
DAVID GALLANT	2:58:32
JIMMY ROBLYER	2:59:13
STACY DAVENPORT	3:07:52
LINDA HILL	3:17:32
LAURA WARD	3:20:07
CINDY BELL	3:24:24
SHERRY ISOM	3:29:36
CAROLYNN PARKER	3:53:20

Save the Date

Sunday March 11, 2012 1:30 pm

A Race in OKC to Benefit the Leukemia and Lymphoma Society



Run Lucky

5K and Mission Mile Fun Run



Presented By

PRESIDIO™

Sponsored by



Hosted By



www.RunLucky.com
facebook.com/runlucky
twitter.com/runlucky5k

OH!! WHAT A RIDE!!!

By Jimmy F. Roblyer

The Oklahoma City Landrunners' mission is to support health and fitness of all ages and abilities through recreational running.

The Landrunners' latest community project, **OH!! WHAT A RIDE!!!**, is designed to give memorable athletic experiences to individuals who currently possess physical challenges by riding in the Landrunners' modified racing wheelchair during a competitive running event.

The Williams Route 66 Half Marathon on November 20, 2011 was the debut run of this project. This was a cooperative effort with the Landrunners between Williams Route 66 Half Marathon, The Center for Individuals with Physical Challenges, and our rider, Todd Hesterlee of Tulsa, who has cerebral palsy.

Todd and the support group received cheers and friendly gestures throughout the course and Tulsans were very proud to see such a giving effort happening in their community. Our runner guiding the chair was Kevin Lynes, and the supporting runners were Cara Rogers, Randy Nance, and Jennifer Henry. Kevin was the 2010 winner of the prestigious Fisher D. Lewis Award and recently completed the Berlin Marathon. Cara and Randy ran the 2011 New York City Marathon, and Jennifer is an aggressive participant every week in her age group.

The group completed the half marathon course in 2:38:06. Todd was presented with a Landrunner sun visor and after a cool, windy ride was heard to shout loud and clear..... **OH!! WHAT A RIDE!!!**

Todd was not the only member of this group that enjoyed the run: Jennifer Henry commented, "From the very first mile, 'Go Todd! Way to go Todd!' could be heard from the crowd. But then as the race went on, as people passed, many would make comments, tapping Kevin on the back with a simple "good job," or even ran alongside for a few blocks asking questions about "Oh What A Ride" and commenting on what a great cause it was! They all asked Todd if he was enjoying the ride to which he would yell "it's awesome!"



*Cara Rogers, Jennifer Henry, Randy Nance, Kevin Lynes,
Jim Roblyer, Todd Hesterlee*

Lori Long, Director of the Center for Individuals with Physical Challenges, added, "The comments heard were simple but powerful: "Oh cool" and "Wow! What an inspiration!" There was even a young lady who came up and asked if she could have her picture taken with Todd at the finish line. She was just truly inspired by him. That really meant a lot to Todd."

Cara Rogers agreed that the run was a meaningful experience to all the participants. "Everyone was yelling 'Go Todd' and he was giving them the 'thumbs up' sign. Jennifer would run ahead and get lots of pictures and post them on Facebook while we were running. This is such a great opportunity to be involved in something so special and to promote a lifestyle that leads to a greater quality of life for the participants."

Projected rides for the 2012 season are: Edmond Frigid Five, Panera Beacon Run, Red Bud Classic, A2A Half Marathon, OKC Memorial Half Marathon, Race for Hope 12K and other events to be selected at a later date.

The OKC Landrunner Club is receptive to hear from potential riders (no cost) and you may respond to the Landrunners via jfroblyer@yahoo.com.

2012 Winter State Games Trail Run

January 28 2012

Register online @ soonerstategames.org



Location:

NU Draper Trails
Lake Stanley Draper
North of SE 89th on Post Rd
OKC, OK

Distances:

4 miles :: 8 miles :: 12 miles

Directions:

From I-240, take the Douglas exit.
Travel north on Douglas to SE 74th St.
Go east one mile to Post Road. Turn
south approximately half a mile to
the trail entrance. Parking is on the
east side of the road.

Sport Coordinator:

Peggy Wood
405.815.7626
peggywood@cox.net

Mail entries to:

Register online at
soonerstategames.org
on the Trail Run page!

Start Time:

Registration: 8:00 am - 9:00 am
Race Starts: 9:00 am

Packet Pick Up:

Packets can be picked up
January 27th at:
The Runner (9644 N. May)
12:00 pm to 6:00 pm

Entry Fee:

(entry & T-shirt included)
4 miles \$20.00
8 miles \$30.00
12 miles \$35.00

Packets can be picked up on race
day starting at 8:00 am

There will be an additional \$5.00
fee for race day registration

Children 12 & under free with paid
adult.

For entry forms and more information visit
soonerstategames.org or call 405.236.5000

Elite Advice for the Average Runner

By Leslie Buford

While most of us will never get the opportunity to compete in an Olympic trial, we all look forward to training and improving upon our running abilities. So whether you look to complete your first marathon this spring or rule the 5k circuit, training and learning more about becoming a better runner can benefit everyone. Camille has shared some tips and experiences that have helped her get to the elite level of competition in the marathon that we can all use.

What is your daily routine as you prepare for the Olympic trials in Houston?

I run twice a day, five or six days per week. I'm not an early riser and usually get up between 8-9am. I like to run in the late morning when it's warmer and do my longer run, which is usually between 80 minutes to two hours. I run again in the early evening for about 40-50 minutes and usually have four to six hours between runs.

I normally run twice on my long run day as well, with my first run averaging two hours and 15 minutes to two hours and 45 minutes, and then come back in the evening for a 35-50 minute run. I've been at mostly 115-130 miles per week for this training cycle and doing marathon-specific workouts like long runs with marathon-pace and long intervals of one to three mile repeats.

In the days leading up to the race, do you do have any special rituals or routines to kind of "get the nerves out"?

I've found that the biggest help is to keep as normal of a routine as possible, including running twice the day before a marathon (only two short runs of 35 minutes and 25 minutes). The worst thing you can do is sit around all day in a hotel room! There's so much pre-race hoopla when I go to marathons, so going for my easy runs is sometimes my only time to really relax and get away from everything. If I can get in my usual afternoon nap, that's great.

I'm not big on tapering excessively-- we cut back the duration of runs but keep the frequency of twice daily runs the same. My ideal taper is going from 120-130 miles per week down to 95-100 miles per week.

I try to keep my diet as normal as possible, but I would like to especially point out that eating foods I enjoy is a significant part of my happiness on race day. If you're happy and satisfied, you'll run well. I bring lots of snacks and my breakfast foods (Powerbar Harvest Bar, banana, instant coffee with milk and sugar, Gatorade and water). Some of my favorite "go-to" foods while travelling are donuts, Subway footlongs, burritos, Irish pubs, ice cream, candy/chocolate, fast food (~McDonalds and Taco Bell),

hamburgers, french fries, and beer. I wake up two hours before the race (unless the race is logistically difficult) and have my breakfast 90 minutes before. I time it so I do my normal warmup routine about 30 minutes before the race start for the marathon. I do a light 8-12 minute run, drills, and a few strides.

What advice can you give the marathoner who is coming back from injury and may be unsure of when to push their body or when to take a step back?

I did a lot of walking following my hip surgery last year. I definitely believe that helped ease the transition back to running because it's weight bearing, natural, and the closest thing to running. I loved breathing the fresh air and appreciating the scenery. I did the walk-run thing for a few months, until I was back to full running twice a day. I think you have to be patient and let running "come back to you" and feel your way into it, rather than forcing yourself to get back to running. The body likes to move in general. There's no such thing as going too slow, even if that means walking instead of running.

Probably the biggest thing I learned from both Frank Shorter and Conor was to run slower and for "stress relief" on my easy days. I am what I am because I run slow enough on my easy days to relax, recover, and develop a superior aerobic system.

Could you explain a little about how you strategize for a race? What should every marathoner consider before they step up to the starting line?

I study the courses and try to simulate what I'll experience in my training. If the course is flat, hilly, out in the open, in trees, hot, cold, rainy, will there be lots of spectators or quiet, turns, early in the morning or late in the day (as the Pan Am Games were)-- I try to mentally and physically prepare for everything and possibly the worst scenarios.

I'll "heat train", wearing lots of clothing, if the race could be hot. I go over in my head how I'll handle different situations. What works for me is to mentally approach each marathon as "another Sunday long run." It makes me feel comfortable and confident knowing I've prepared for that moment a gazillion times in training. I focus on finding my marathon rhythm, being relaxed, maintaining my turnover, and focusing internally. I run at my best under adverse conditions and when there's a lot of pressure or competition-- I know I need to bring my "A" game if I want to perform well. It's much harder training by myself and hitting paces, so the race is the easy part-- you're psyched up and use the people around you to pull you to a good time.

Recipes to Run By

By Adi McCasland

Slow Cooker Ethiopian Chicken Stew

- 1 ½ Lbs boneless, skinless chicken thighs
- ¼ cup lemon juice
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 cups diced onion
- 2 cloves garlic, minced
- 2 cups sliced carrots
- 1 Tbs butter
- 1 tsp ground ginger
- 1 Tbs paprika
- 2 tsp cayenne pepper
- 1 tsp turmeric
- ½ tsp freshly ground black pepper
- ½ tsp salt, or to taste
- 2 ½ cups chicken broth
- 8 hard-boiled eggs, peeled *optional

- 1) Stir all ingredients except the eggs into a slow cooker.
- 2) Cover and cook on low for 6 to 8 hours or high for 4 to 6 hours, until the vegetables are soft and the chicken is fully cooked.
- 3) Ladle into bowls and top with an optional hard-boiled egg.

This is also delicious over quinoa, barley, rice or any favorite grain!





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