

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

February 2012 | Issue No. 190

## THE ACHILLES HILL

By Tom Coniglione, MD

It happens whenever we start marathon training; buy new shoes, train on the hills and run more miles. Usually, with the first hill run of training season, several runners injure an Achilles tendon.

The majority of runners with an injured Achilles are men: the male:female ratio is 9:1. Scientifically, there is some controversy about what to call an Achilles injury. Just call it Achilles tendonitis and everyone will know what you are talking about.

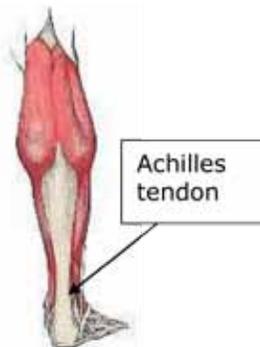
Without going into detail of Achilles injuries, remember the Achilles tendon has a poor blood supply. Poor blood supply means healing will be slow. If your Achilles is sore, don't count on any spectacular effort in the near future.

ACHILLES TENDONITIS – causes  
Excess training/speed  
“Minimalist” shoes  
Hills  
Pronation

Inflammation of the Achilles tendon occurs as a result of overuse as well as a number of contributory factors.

Although overuse alone can cause Achilles tendonitis, I think there is always another factor involved. Hill running, pronation and minimalist shoes have been common causes.

Although the books say the pain of Achilles tendonitis gets worse during running, my patients tell me their pain decreases when they run.



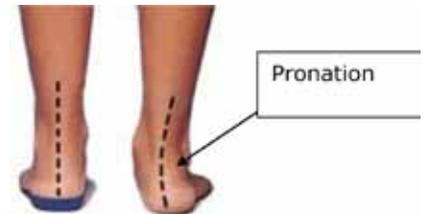
Immobilization, as in sitting still for a while or sleeping, causes the Achilles to stiffen, only to hurt again when we stand to walk.

Typically, the Achilles is stiff at the beginning of the run. Most injured runners start off slow, taking baby steps. As they continue to run the Achilles pain decreases. One runner said “it would never hurt if I could run all the time.” Often, walking up stairs causes pain.

When we examine the Achilles we can feel it swollen or sore about two inches above the heel. Sometimes the tendon is warm. At times there is a knot that can be felt within the tendon; a knot is not a favorable sign. Once in a while we can feel a leathery creaking in the tendon as the foot moves up and down; another bad sign.

Definitely apply ice and rest the tendon. Further treatment depends on the reason the Achilles was injured. The first thing to do is get out of those “minimalist” shoes.

Usually, raising the heel will help to take tension off the Achilles. Western style boots or high heels work well. Achilles tendonitis is an injury more common in men who would not like to be seen in high heeled shoes. Wear boots if you have them. For our bootless male runners we add 1/2” heel pads to the heel of the shoe.



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# President's Letter

## Running Etiquette

I know that I have written about this before but with our group growing by leaps and bounds I felt it was worth repeating. I am so glad to have our training runs up and “running” again for the spring. 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. 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. 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.
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.

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

*Cara Rogers-Nance*  
*OCRC President*

# 12<sup>TH</sup> ANNUAL WE RUN TO REMEMBER

APRIL 29<sup>TH</sup>, 2012

THE TWELFTH ANNUAL  
**OKLAHOMA CITY  
MEMORIAL MARATHON**

[OKCMARATHON.COM](http://OKCMARATHON.COM)



OKLAHOMA CITY  
  
MEMORIAL  
MARATHON



# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
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
2/20	Club Meeting – Series Awards	Kimray 8 NW 42nd @ 6:30pm
2/25	Del City Runs Wild 5K	Del City HS @ 9:00am
3/3	Creek Classic 5K & 10K	Deer Creek MS @ 9:00am
3/4	Little Rock Marathon	Little Rock, AR @ 8:00am
3/10	Sooner Spring 10K Tune Up	Norman @ 8:00am
3/10	Panera Beacon 5K* & 25K*	Stars & Stripes @ 8:30am
3/11	Run Lucky 5K	Classen Curve @ 1:30pm
3/17	St. Paddy's Day 8K*	Lake Hefner East Wharf @ 10:15am
3/19	Club Meeting	Kimray 8 NW 42nd @ 6:30pm
3/25	Earlywine Dash 5K	SW 119th & May @ 2:00pm
3/31	Run Your Cookies Off 5K	Mitch Park @ 7:30am
3/31	Oklahoma Heritage Land Run 5K	Regatta Park @ 8:30am
3/31	Wings to Fly 5K & 15K*	Fort Reno @ 9:00am
4/1	A2A Marathon, Half & 5K	Ardmore, OK @ 8:00am

\* Denotes Series Races

## Landrunners In Action

<u>12/4 CAYMAN ISLAND MARATHON</u>		CHERYL BALLARD	4:12:49
NOEL TUCKER	4:19:49	JIM TINCHER	4:23:54
<u>1/7 WALT DISNEY HALF MARATHON, FL</u>		JEFF MOORE	4:24:47
KRISTIN MOLLOY	1:49:56	MAURICE LEE III	4:24:58
<u>1/14 CHARLESTON MARATHON, SC</u>		JACKIE NORVELL	4:29:39
ARNOLD ANGELICI	5:16:10	LACEY SHARP	4:32:57
JAMIE KILPATRICK	5:16:10	MATTHEW McBEE	5:10:30
JANE PACE	5:16:10	DARLENE SPRY	5:11:15
<u>1/15 ROCK'N'ROLL MARATHON, PHOENIX, AZ</u>		KELLY SANDERS	5:11:40
VINCENT HODGE	4:38:17	BLAIR BRADLEY	5:27:50
<u>1/14 U.S. OLYMPIC TEAM MARATHON TRIALS</u>		CASEY McDONOUGH	5:30:47
CAMILLE HERRON	2:37:14 - 26TH PLACE	<u>1/15 HOUSTON HALF MARATHON, TX</u>	
<u>1/15 HOUSTON MARATHON, TX</u>		JONATHAN PILLOW	1:11:52
JAKOB WARTMAN	2:39:48	DAVID WRAY	1:21:27
WILL WARREN	3:29:15	ROGER LEMMONS	1:23:22
HEATHER WARREN	3:29:35	DAVID BALL	1:27:00
JEFF MARTENS	3:31:49	TERRY BASS	1:40:17
MARY MIKKELSON	3:35:16	COURTNEY LEMMONS	1:40:23
BRIAN COLEMAN	3:51:32	KATY MOORE	1:55:36
PATRICK ROSCH	4:00:42	TAMMY RUSSELL	2:02:50
MIKE GIBSON	4:05:22	RICHARD RACK	2:05:05
CHUCK MIKKELSON	4:12:37	TRACY WOODIE	2:08:33
		RALPH BRECKENRIDGE	2:11:30
		JULIE McDONOUGH	3:31:06

If you don't see your results it could be you forgot to report them so send your results, photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)



10TH ANNUAL

**CELEBRATE**

**LITTLE ROCK  
MARATHON**

**MARCH 3-4, 2012**

presented by  
Arkansas Democrat  Gazette  
Arkansas' Largest Newspaper

LittleRock

[WWW.LITTLEROCKMARATHON.COM](http://WWW.LITTLEROCKMARATHON.COM)



# Choose Your Cardiac Arrest

By Warren Jones

This week's New England Journal of Medicine contained an article on the rate of "cardiac arrest" in marathons and half marathons over the last ten years. One is "in" cardiac arrest when three things happen at the same time: lack of consciousness, no breathing, and no pulse (no heart beat).

While the incidence of (or the number of, or rate of) cardiac arrests in marathons and half marathons is actually less than the incidence of cardiac arrests in college athletes, and less than among triathletes, and less than previously (apparently) healthy middle aged "joggers," having a cardiac arrest can be such a "final" event. Doing what we can to avoid one is certainly in order.

It seems that the main cause of cardiac arrest (and the main cause of death that followed many of the cardiac arrests where resuscitation efforts were unsuccessful) was not arterial stenosis (narrowing of the heart arteries), and it was not ruptured plaque (a breaking off of atherosclerosis), and it was not thrombosis (clotting in the arteries). It was, instead, "hypertrophic cardiomyopathy" (HC). One has HC when one's heart is "overgrown," thus causing impeded blood flow both into and out of the heart. It results from the abnormal thickening of the heart wall for unknown reasons. With a thicker muscle wall, the cavity of the ventricle may be smaller. Thus, the volume of blood in the ventricle may be decreased. And the thicker wall develops abnormal relaxation, which in turn interferes with filling of the ventricle. The pump, the heart, therefore, is unable to efficiently supply the circulation because it is not "primed."

Coming in second as the cause of cardiac arrest was arterial stenosis, the narrowing of the arteries arising from plaque formation inside the artery. The narrowing of the arteries created a mismatch between the amount of blood and oxygen required in the intensity of a marathon and the amount supplied.

By the way, men were much more likely than women to go into cardiac arrest, and, once in cardiac arrest, to die. The authors of the article speculated that a plausible explanation for this fact is the higher prevalence of both "occult" (not known, not noted, asymptomatic) HC and early-onset atherosclerosis in men.

The rates of cardiac arrest among men increased dramatically over the most recent five years of the study. Again, the authors speculated that this may indicate that long distance racing has recently been attracting more high-risk men with occult cardiac disease who seek, ironically, the health benefits of routine physical exercise.

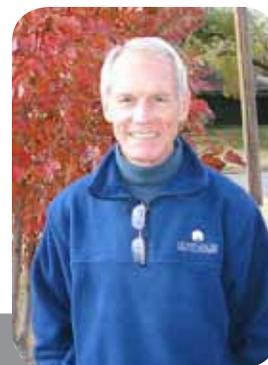
Race distance (marathon vs. half marathon) proved to be a determinant of the incidence of cardiac arrest and death, with rates for marathons that were three to five times as high as the rates of half-marathons. The possible explanation for this is that longer races involve more physiological stress and a higher likelihood of precipitating an adverse event in a predisposed participant.

In cardiac arrests "out of hospital," the rate of death (as a result of the cardiac arrest) is 92%. Interestingly, the rate in the racers in the article was 71%. The reasons for this was the "high density" (unlike many out of hospital cardiac arrests) of spectators as well as on-site medical services that facilitate timely emergency intervention.

There was also a connection between age and the outcome of the cardiac arrests. It turned out that the older, the better, strangely. Survival was more common among participants who were 40 or older than among those younger than 40. Younger persons who have cardiac arrest are more likely to have had HC, and resuscitation in cases of HC is reportedly less successful than in other conditions. Those "old" guys who went into arrest were more likely to have had ischemic heart disease (narrowed arteries creating the mismatch of supply and demand I described above). The resuscitation efforts, the pressure on the chest by the resuscitator, were able to get enough oxygen and blood to the affected heart muscle.

So, the lesson: Routine exercise testing, heart wall imaging, and heart valve imaging should be seriously considered by all marathon runners. If you choose to ignore that advice, hope that your cardiac arrest is chemically based, and not HC based, and hope that the race organizers have considered putting on CPR training (for free, the days before the race) for family, friends, spectators and, yes, the runners. You'll have a chance to save a life. Wow, how about that: on the same day, saving a life and running a marathon!

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](mailto: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](http://www.a2amarathon.com)

# Yoga for Runners

By Jennifer Henry

I have been running competitively since age 10. I am now 50! I can't believe I have been running for forty years and I have only been sidelined a few times with injury. Even three pregnancies did not stop my running as I ran two miles the day my first child was born, 27 years ago! I ran through high school and two years of college. At about 15, I started doing Yoga with Liliias Folan on OETA. I kept it up off and on. At age 30, I was running very well but starting to hurt - my hips hurt so badly that my husband told me I'd be a candidate for hip replacement surgery! My feet were also hurting and I've had several bouts of plantar. I was considering surgery for a painful bunion that would wake me at night. I was logging about 40 miles a week and racing almost every weekend. Not a lot of miles to some but that's about all I liked to do at the time in addition to cross training. So when a noon yoga class was added to the gym where I worked out, I decided to give it a try. It was taught by Hana Hoffman, who is exactly 20 years older than me and she kicked my butt! I've been hooked ever since and Hana convinced me to start teaching after working with her as my mentor. Suffice it to say, my hip quit hurting, and I didn't get that bunion surgery. I did have a bad bout of plantar again two years ago but I was running too many days in a row and had neglected going to yoga classes. I teach a couple of days a week and practice at home but getting to class on a regular basis is important. It would be like always running alone; you just don't push yourself the same if you're not racing or meeting others for a run!

OKC is booming with yoga studios and great teachers right now! I started trying classes everywhere. As runners, we want a class that is going to give us a good workout along with a great stretch! In my opinion, Hot Yoga is the way to go. Hot Yoga is not the same as Bikram Yoga which is a series of 26 postures, done twice in extreme heat, sometimes over 104 degrees! While I have practiced Bikram quite a bit, it is really not for me. Too hot and too quiet! Hot Yoga is yoga done in a heated room (still hot but tolerable) and can be any style. There are several studios in town teaching this style and the current issue of Gazette has one of my friends, Laura



*Modified forward bend - knees bent, head relaxed, try to bring body weight forward to the balls of the feet. Stretches hamstrings and low back. Lift kneecaps and back of legs as you breathe.*

Lester on the cover and I love her studio, The Yoga Room. That is where I first took Allison Candelaria's class. Allison has since opened her own studio, called Soul Yoga and I love it! Her studio is close to my house (a big plus!) and I love her upbeat style set to great music!

But you don't have to go to a studio for your first class if you are intimidated by those contorting themselves into pretzels; your local gym probably offers classes. This is one reason why I continue to teach in the "gym setting", I know people are nervous about walking into a studio for the first time. All studios welcome beginners and I would encourage you to look for a Level 1 or Beginner level, or "All levels" class. The studio also will provide a description of each class and sometimes the temperature. It really is similar to our training runs, people are so scared to come out and join us yet when they get here, they see that we really are walker and jogger friendly! It's the same thing on the yoga mat. You may never do what the yogi next to you does, just like I will never run a 19 minute 5k again! It's all about being on your own mat, in your own space, with your own breath, just like running, one step at a time!

Editor's note – We will be including more yoga poses recommended by Jennifer for runners in future editions of the newsletter.



2nd Jewel in 2012 the Triple Crown Series  
**25K STATE CHAMPIONSHIP**

**Saturday, March 10, 2012**

**25K - 8:30 am 5K - 9:00 am 1 mile Fun Run - 9:30 am**

**Entry Fee:**

25K- \$35, \$25 OCRC Members, \$40 Race Day  
5K- \$25, \$20 OCRC Members, \$30 Race Day  
19 & under \$15 any race, \$20 Race Day  
1 Mile Fun Run - FREE

**Location:**

Stars and Stripes Park  
Lake Hefner, Oklahoma City

**Prizes:**

Overall Male & Female  
Special Age Group Awards - 3 deep  
Plus Fun Doorprizes

**Registration:**

Preferred Online Entries: [www.okcrrunning.org](http://www.okcrrunning.org)  
(no processing fees)

**Mail Entries to:**

Race Director  
P.O. Box 18113  
Oklahoma City, OK 73154

**Packet Pickup:**

Friday, March 9, 2-7 pm  
Panera Bread on NW Expy. (across from Integris)

**Produced by:**



Proceeds to promote healthy lifestyles through recreational walking and running For more information email: [racedirector@okcrrunning.org](mailto:racedirector@okcrrunning.org)

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## Book Review: ***UNBROKEN*** by Laura Hillenbrand

Non-fiction Reviewer: Don Smith

For those Landrunners that also enjoy reading stories about runners or running, the book *Unbroken* by the author of *Seabiscuit* contains first class research and annotations. It is a long book, but you end it just the way you get to the end of a marathon: 15 pages at a time.

The book centers on Louis Zamperini, an elite American runner. At age 19, he was a 5000 meter runner on the 1936 Olympic team in Berlin. That was the year Jesse Owens won his four gold medals. Two years earlier, Louis set the interscholastic mile record, but he was not good enough to make the Olympics as a miler. After the games he attended USC and set his sights on the 1940 games in Tokyo. He carried high hopes and much speculation that he might run a 4 minute mile. He was mentioned in stories along with the great American miler, Glenn Cunningham.

The Tokyo games were not held because of the escalation of World War II. Louis was drafted into the Army Air Corps and became a gunner on a B-24 bomber. The plane he was on crashed and he along with two other crew members survived for over 40 days in a raft. It is a chilling account of survival and constant threat from sharks.

He was then captured by the Japanese and spent two and a half years in POW camps that were deplorable. The brutality was too difficult for many prisoners to endure. After the war Louis suffered through aimlessness, depression, Post Traumatic Stress Disorder (PTSD), and this was mixed in with praise as a hero and an athlete. The 1948 Olympics loomed in the back of his mind.

This book is worth reading for any runner looking for inspiration.

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## Wanted: Your Old Running Gear!

Do you have loads of old running gear that you just don't know what to do with? Did you purchase new shoes only to discover you hate them? Well, the Landrunners' Project Committee is here to help!

The Project Committee is collecting new and gently used clothing to donate to area shelters – all you have to do is clean out your closets and donate!

Donated items should be clean and still useable and include:

- Shoes
- Socks
- Running Jackets
- T-Shirts
- Coats

Items can be brought to the February 18 training run or the February 20 meeting and the Project Committee will gladly take these items off your hands.

Thank you in advance for your commitment to running and to our community!

# 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



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[facebook.com/runlucky](https://facebook.com/runlucky)  
[twitter.com/runlucky5k](https://twitter.com/runlucky5k)

# Recipes to Run By

By Adi McCasland

Since we've been into home roasting, I've been experimenting in the kitchen with recipes using our coffee. This one was just thrown together out of boredom and the need to use up the last of the dates I had on hand, but it turned out to be one of the best ones...assuming you like dates and coffee, of course!

## Espresso Date-Nut Energy Bars

- 1 ¼ cup pitted dates
- 1 cup raw, unsalted almonds
- 3 Tbs cocoa powder
- 2 tsp espresso powder, super finely ground
- 2 tsp brewed espresso
- 2 tsp vanilla
- 1 pinch sea salt

- 1) Line an 8x8 dish with parchment or wax paper.
- 2) Pulse all ingredients in a food processor until they are finely chopped and clump together.
- 2) Press into lined dish and chill 30 minutes or longer before cutting into bars.

Notes:

~ I developed this recipe with pitted dates purchased from bulk bins. Packaged will work too, but they may have added sugar.

~ Feel free to use any nut you like, but you may wish to omit the sea salt if you choose one that is pre-salted.

~ If the mixture is sticking to your hands when you press it in the dish, try lightly wetting them.



**CREEK CLASSIC**  
Running For Excellence in Education

**Save the Date!**

Saturday, March 3rd 2012, 9:00 am  
Deer Creek Middle School, Edmond, OK.

**5K, 10K, 1 Mile Run/Walk**

- New Courses for 2012
- Free Pancake Breakfast
- Race Day Photography
- Overall and Age Group Awards
- USATF Certified and Sanctioned



**Learn More & Register at**  
**deercreekclassic.com**

2nd Annual **WINGS TO FLY** **RUN**  
Benefiting Children's Miracle Network Hospitals

**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](http://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.



**Mail Generic Entry To:**

Lynn Institute  
3555 NW 58<sup>th</sup> St.  
Suite 800  
OKC, OK 73112



**For More info:**

Call Frank  
(405) 602-3919



**Register At:**

[www.stpaddysrace.com](http://www.stpaddysrace.com)

**For Triple Crown**

**Register At:**

[www.okcrunning.org](http://www.okcrunning.org)

**Presented by:**

**The Lynn Institute & Sean Cummings Irish Pub**

In Conjunction with:

Enduro Youth Sports & Heritage Hall Track & Cross Country

**March 17<sup>th</sup> at 10:15am**  
**Lake Hefner East Wharf**

**Featuring:**

**8K – 1 mile fun run – kid's races**

\$20 pre-registered / \$25 Race Day/ \$15 Students / under 8 free

**Run with your pet – Pets are free!**



**The Triple Crown is coming!**

Frigid Five - 2/11/12

Panera Jack Rector Beacon Run - 3/10/12

St. Paddy's Day Race - 3/17/2012



**Come dressed in your best Leprechaun costume**  
**Prizes for best costumes including runners,**  
**spectators, and four legged critters.**



# Edmond Wellness Solutions

*Individual wellness solutions providing increased performance, health and vitality.*

## Craniosacral Therapy:

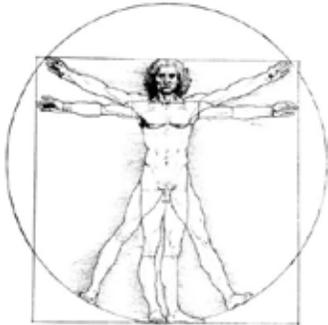
Enhances endurance

Increases oxygen uptake

Improves range of motion



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10% discount to verified Landrunners

# Karl's Plaques

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Karl Krokstrom, USAF Retired/Landrunner  
Owner/Operator



**Del City Runs WILD 5K**  
and 1 mile fun run

Where: Del City High School  
1900 S. Sunnyslane Rd  
When: Saturday, February 25  
Mile fun run begins @ 8:30am  
5K begins @ 9:00am

Come run either the 5K or the  
one-mile fun run! The race will  
be timed by DG Productions.  
Proceeds will benefit the  
Oklahoma Children's Cancer  
Association. It's a great race for  
a great cause.

Sign up at  
[www.signmeup.com/80826](http://www.signmeup.com/80826)



**5K - 1 mile**  
**Sunday, March 25, 2012**  
at Earlywine Park  
SW 119th & May Avenue, OKC

**1 mile start time: 1:30**  
**5K start time: 2:00**  
**Kiddie Dash: 3:00**



**Benefiting**

**Earlywine Elementary**



**Register today: [www.signmeup.com/80193](http://www.signmeup.com/80193)**

**Website Link: [www.ymcaokc.org/earlywinedash](http://www.ymcaokc.org/earlywinedash)**

**Like us on Facebook** 



# Saturday, March 10th

- ▲ 5:00 - 8:00 p.m. Early Packet Pickup: Friday, March 9th
- ▲ 6:00 - 7:45 a.m. Check In & Race Day Registration
- ▲ 8:00 a.m. Race Time!!!
- ▲ 9:00 a.m. Awards Ceremony (directly followed by raffle)
- ▲ University of Oklahoma  
1401 Asp Ave, Norman, OK



*For more information and online registration,  
check out: <http://hes.ou.edu>*



- ▲ USATF Certified Course
- ▲ Chip timed by DG productions
- ▲ Free T-shirts for early registrants
- ▲ Water stops and refreshments provided
- ▲ Prizes awarded to top finishers in all categories
- ▲ Experienced training personnel available for race preparation



## Race Entry Form

Shirt Size:     Small         Medium         Large         X-Large         2X-Large

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Gender: [M] [F]    Date of Birth: \_\_\_\_\_    Age (on race day): \_\_\_\_\_

Address: \_\_\_\_\_    City: \_\_\_\_\_    State: \_\_\_\_\_    Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_    Phone: \_\_\_\_\_

\_\_\_\_\_  
Signature (Parent signature if under 18)

\_\_\_\_\_  
Date

Make \$20 check payable to **OU Foundation** and send completed form to:

**Do not mail after March 5th. Entry on race day will not guarantee a shirt!**

Attn: HESSA 10K  
1401 Asp Ave, Rm 104  
Norman, OK 73019

**On the basis of disability and accommodations please contact: Hilary Rae Wright at (405) 543-8656.**

**The University of Oklahoma is an equal opportunity educator & employer.**



### OPEN HOUSE

Friday March 2 5:00pm- 7:00pm

Wine Beer Margaritas

Food Provided by Cool Greens

### GRAND RE-OPENING

Saturday March 3 10:00am- 1:00pm

Sales Reps From:

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## STOREWIDE

## FREE GIFT WITH SHOE PURCHASE

Register for Door Prizes:

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5K RUN

OKLAHOMA HERITAGE  
LAND RUN

1 MILE FUN RUN



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MARCH 31  2012

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Hello,  
My name is **Dash**

Join me and my friends at the  
Oklahoma Autism Piece Walk



Food, Fun and Resource Fair!

**100%** of the money goes to Oklahoma autism programs!

Bricktown Ballpark | Oklahoma City | May 5, 2012 | Registration at 7:30am | Walk/5K begins at 9am

[www.piecowalk.org](http://www.piecowalk.org)





P.O. Box 18113, OKC, OK 73154

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



***A2A Race for Mercy***

**When:** Sunday, April 1, 2012

**What:** Same day, round trip to and from the A2A Race for Mercy Marathon/Half Marathon/5K

**Bus Cost:** **\$20.00 per person, nonrefundable but transferrable.**

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