

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

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

May 2012 | Issue No. 193

## OH!! WHAT A RIDE!!!

*Provides Memorable Birthday Gift to Fifteen Year Old*

*By Leslie Buford*

Damian Saunders' fifteenth birthday will not likely be forgotten by anyone who shared it with him at the A2A Marathon on Sunday, April 1. That morning, Damian rolled to the starting line high in the Arbuckle hills to compete in his first marathon, courtesy of the Oklahoma City Landrunners and the Oh!! What a Ride!!! program.

Damian, a Sulphur Public Schools student, was born with cerebral palsy and microcephaly, a disorder that causes the brain to shrink over time. Because of his conditions, Damian cannot walk and the majority of his communication is non-verbal. However, *The Daily Ardmoreite* suggests that it is his "zeal that he displays every day" that made Damian the perfect candidate as the first person to tackle the marathon with Oh!! What a Ride!!!

As the minutes to the starting gun ticked ever closer, Damien was strapped into the Landrunners' three wheeled racing wheelchair that would carry him over the 26.2 miles of hilly terrain. Landrunners Kevin Lynes and James Drain did the honors of escorting and pushing Damien throughout the race. This was the third time Oh!! What a Ride!!! participated in a road race; it also marked the marathon debut of the program. Previous competitions included the Williams 66 Half Marathon in Tulsa and the Wings to Fly 5K at Fort Reno.

As Kevin, James, and Damian made their way down the Arbuckles and toward Ardmore, they faced a stiff headwind that could cause many a marathoner to call it quits. Not these three— as they forged ahead, a significant event brought energy to the group – Damian spoke. As the trio stopped for water at mile 11, Damian's mom checked on him to make sure he was doing okay. According to *The Daily Ardmoreite*, like any true teenager, Damian waved off her concern and told her "I gotta go Mom. I gotta go."



*Damian, James & Kevin heading to the finish*

And go they did: As James, Kevin, and Damian got closer to their goal of finishing, a small crowd amassed inside Noble Stadium, where the finish line is located. While they may have been one of the last marathoners to cross the line, they had great fan support as the crowd of onlookers and volunteers cheered them as they made their victory lap around the track. As Kevin told *The Daily Ardmoreite*, "This wasn't about time. It's about giving kids the thrill of a lifetime."

Damian was not the only one who benefited from this unique program within the club: this was the first time that James Drain participated as a runner for Oh!! What a Ride!!! and seeing others enjoying this act of kindness changed his perspective on running. As he explained to *The Daily Ardmoreite*, "It pretty much gives a whole new

**See Ride, on page 8**

# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
5/5	Jim Thorpe Courage Run 5K, 10K	N. Pavilion, Lake Hefner @ 8:00am
5/5	OK Autism Piece Walk 5K	Bricktown Ballpark @ 9:00am
5/12	Body Shop 5K & 10K	Wheeler Park @ 8:00am
5/19	Blaze through the Zoo 5K	OKC Zoo, 2101 NE 50th @ 8:00am
5/19	Gusher Gallop 5K*	Lake Hefner East Wharf @ 8:00am
5/19	Sooner State Games 5K, 10K, 13.1	Route 66 Park @ 8:00am
5/19	OKC Hungryman 10K Relay	9 NW 9th @ 9:00am
5/21	Club Meeting	Kimray 8 NW 42nd @ 6:30pm
5/26	Andy Payne 5K & 10K*	Lake Hefner S&S @ 8:00am
5/27	Andy Payne 13.1*, 26.2	Lake Hefner S&S @ 6:30am
6/2	Warrior Dash	Morris, OK @ 9:00am
6/2	Downtown Dash 5K, 10K	NW 9th & Walker @ 8:00pm
6/9	Choctaw Challenge 5K*	Choctaw Creek Park @ 8:00am
6/9	Building Bridges 5K	Norman, OK @ 8:30am
6/9	The See Spot Run 5K, 10K	Guthrie, OK @ 9:00am

\* Denotes Series Races

## Landrunners In Action

### 3/24 NEW JERSEY ULTRA FESTIVAL – TRAIL MARATHON

LARRY RUBENSTEIN 5:05:49

### 3/25 DALLAS ROCK’N ROLL HALF MARATHON, TX

JUSTIN PRATT 1:38:21  
 NOEL TUCKER 1:48:33  
 JANNA PRATT 1:50:22

### 3/25 BATAAN DEATH MARCH, WHITE SANDS, NM

DAVID BERNSTEIN 6:46:37

### 4/15 BIG D HALF MARATHON, TX

JOSEPH PARIZEK 1:37:11

### 4/16 BOSTON MARATHON, MA

GEORGE TAYLOR 3:18:10  
 CORINNE YOUNG 3:43:29  
 TIM FISCHER 3:47:15  
 SCOTT FOSTER 3:48:04  
 HEATHER WARREN 3:52:06  
 MIKE GIBSON 3:56:14  
 JEN WARDEN 4:01:06  
 JOSEPH WARFIELD 4:22:31  
 CAMERON HAN 4:26:09  
 LESLIE BUFORD 4:26:28  
 PAUL FRIESE 5:07:33  
 JAMES A. BAKER 5:30:35  
 CHARLES MCFARLAND 5:45:58  
 TOM BRIGGS 6:42:26

### 4/21 CARMEL MARATHON, IN

MARCIA RIGNAULT 5:28:20

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)

DG PRODUCTIONS  
**BODY SHOP**  
 5K 10K  
 OKLAHOMA CITY, OK  
 MAY 12, 2012  
 WHEELER PARK  
[WWW.DGROADRACING.COM](http://WWW.DGROADRACING.COM)

FIRST 1,000 PEOPLE TO SIGN UP GET A DRI-FIT SHIRT!



ST. ANTHONY HOSPITAL presents

# DOWNTOWN DASH

OKLAHOMA CITY  
JUNE 2ND, 2012



## REGISTRATION

Visit [www.DowntownOKC.com](http://www.DowntownOKC.com) to register until Wednesday, May 30th at 5pm. After June 1st, register on race day starting at 6pm.

## PACKET PICK-UP

Friday, June 1st, 2012 from noon to 5pm at Schlegel Bicycles Family Store (905 N. Broadway Ave.) or on race day at the East entrance plaza at St. Anthony Hospital starting at 6pm.

**10K** - 8:00pm \$30 (\$35 after May 20th)

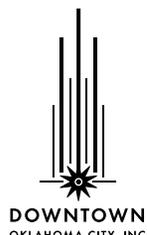
**5K** - 8:00pm \$30 (\$35 after May 20th)



Visit [www.DowntownOKC.com](http://www.DowntownOKC.com) or call 235-4789 for more info.  
Produced by Downtown Oklahoma City, Inc. on behalf of the Downtown Oklahoma City Initiatives



St. Anthony  
saints in action



# Landrunners Battle the Heat and Winds at the Arbuckles to Ardmore Race for Mercy

## A2A MARATHON

MATTHEW WILCOXEN	4:01:45
JOSH THOMAS	4:23:34
AMY PANNELL	4:25:02
JENNIFER WESTENHAVER	4:29:31
RALPH BRECKENRIDGE	5:23:18
TIM LAMB	5:23:41
ERIN MORALES	5:25:05
MATTHEW MCBEE	5:30:06
JAMES DRAIN	5:41:47
KEVIN LYNES	5:41:47
DARLENE SPRY	5:58:21
JOHN HARGROVE	6:14:54
TERESA RODRIGUEZ	6:22:36

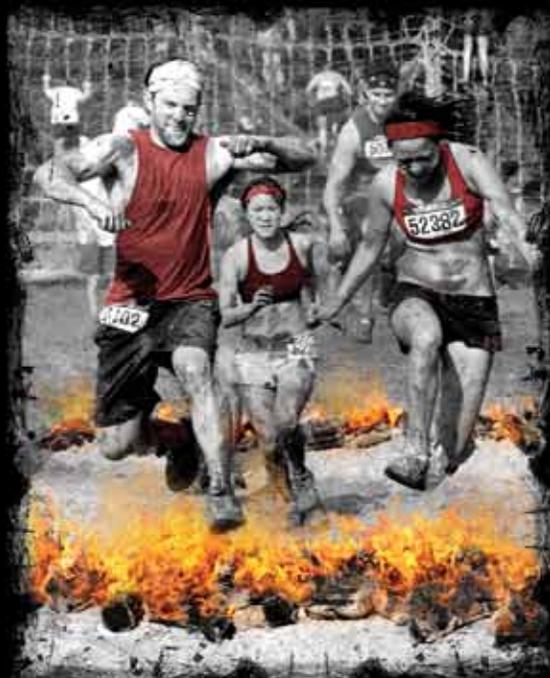
## A2A HALF MARATHON

BRUCE LAYNE	1:29:49
WILL WARREN	1:36:42
STEVEN CHERRY	1:38:46
ROGER JACOBI	1:41:31
KELLY EMMERT	1:42:22
MICHAEL KETCHERSIDE	1:43:37
MAURICE LEE III	1:44:09
MARY MIKKELSON	1:44:44
HEATHER WARREN	1:45:15
DONALD STONG	1:47:27
PATRICK MULQUEEN	1:47:28
SUSAN PHILLIPS	1:48:49
JUSTIN CHAN	1:48:52
LAURA MAXWELL	1:49:24
KARL KROKSTROM	1:50:09
MIKE GIBSON	1:50:50
ANGELA MORRIS	1:51:21
CHUCK MIKKELSON	1:52:31
BRYAN JONES	1:53:04
BRIAN JACOBSON	1:53:18
GLEN STANLEY	1:55:21
PAUL FRIESE	1:56:15
ERIC WOODWORTH	1:56:38
SHANDY SELLS	1:56:57
ROBERT GIFFORD	1:57:48
MARK STOLLSTEIMER	1:58:19
KENNY DANNER	1:58:51
DELL BJES	1:58:52
KEITH HUDSON	2:00:17
ELAINE WOOD	2:00:31
KIRBY CRANE	2:00:47
HOLLIE STUART	2:01:15
MICHAEL DILLINGER	2:01:34
TERRA ROWE	2:01:48
JENNY SAVOLD	2:01:48
JIMMY SCROGGINS	2:01:50
VAN VAWTER	2:02:02
JACKIE NORVELL	2:03:03
OWEN GARRETSON	2:05:04
MARK WILCOXEN	2:05:07

MATT MASHORE	2:05:24
PHILIP MOWERY	2:05:38
MIKE VERMEULEN	2:05:44
LAURA KETCHERSIDE	2:06:00
J.T. PETHERICK	2:06:24
LINDIE SLATER	2:07:45
JENNIFER COTTEN	2:07:55
RIC WILLIAMS	2:08:06
JEFFERY COOPER	2:08:10
GAILE LOVING	2:08:48
DAVID WOODWARD	2:09:01
SARAH EDWARDS	2:09:06
SETH BEARDEN	2:09:59
MIKE MEDRANO	2:10:09
BRANDON HOKIT	2:12:35
JEREMIAH GRANT	2:13:12
MARGO VON SCHLAGETER	2:13:40
JOHN COTNER	2:14:05
JENNIFER VERMEULEN	2:14:38
CUU NGUYEN	2:14:46
LUKE NGUYEN	2:14:46
TIFFANY NGUYEN	2:14:46
FRANCES WILLIAMS	2:15:04
JESSIKA OXFORD	2:17:01
RICHARD CAROTHERS	2:17:33
JAMES MCQUILLAR	2:18:05
DON WANZER	2:18:53
KAREN CAROTHERS	2:19:52
SHELLY LLOYD	2:20:36
DAVID BERNSTEIN	2:21:35
MICHELLE LONG	2:24:31
CONNIE HEITZ	2:24:46
BRENDA MARES-EARNHARDT	2:27:02
ANNETTE THOMPSON	2:29:12
LANCE CARVER	2:29:46
LISA CHAMBERS	2:31:15
LIZ BUSCHELMAN	2:32:24
DWIGHT EDWARDS	2:34:27
DARLETTE SLACK	2:34:36
AMY PETTY	2:36:17
TOM BRIGGS	2:39:51
TODD HEITZ	2:43:46
JENNIFER MCCOY	2:47:57
AMY MAPLE	2:48:31
JIMMY ROBLYER	2:56:58
KARI GOINES	2:58:40
RICK HOWELL	2:59:09
KATHLEEN COOK	3:04:39
SILVER WOODY	3:04:56
KRIS HOWELL	3:07:05
SHIRLEY LYNES	3:12:15
DEBBIE MCBEE	3:14:14
BRIAN COLEMAN	3:21:07
SARAH COLEMAN	3:21:07
SHERRY GIBSON	3:30:48
HOLLY WILSON	5K- 50:55



THE WORLD'S LARGEST RUNNING SERIES



COMING TO OKLAHOMA

JUNE 2, 2012

WWW.WARRIORDASH.COM

Warrior Dash is a mud-crawling, fire-leaping, extreme run from hell. This fierce running series is held on the most challenging and rugged terrain across the globe. Warriors conquer extreme obstacles, push their limits and celebrate with kick-ass music, beer and Warrior helmets.



# Running through Seoul

By Bill Goodier

“Welcome aboard Delta flight 159 non-stop to Incheon, South Korea... Today’s flight will be approximately 13 hours and 50 minutes. Sit back and relax. We will be bringing the beverage cart through the cabin shortly. We have soft drinks, juice, coffee, tea, along with complimentary beer and wine.” Okay, wine will definitely help make the flight go by faster.

This past summer my brother, Mark, who is in the U.S. Army, called to tell me he was going to be stationed at Camp Red Cloud, Uijeongbu (wee- jong- boo), South Korea. In 2007 he was stationed in Hawaii and we ran the Honolulu Marathon together, so we decided to schedule my trip so we could run The Dong-A Seoul International Marathon on March 18.

My first priority was to register for the race. The English version of the race’s website was adequate. They only offer a full marathon which costs 40,000 won (\$36.30 US). Registering online took several tries and a phone call to the credit card company, but I was finally able to register. Then I booked a flight – Oklahoma City to Detroit to South Korea. After booking my flight, I researched the CDC’s website regarding vaccinations/immunizations. It turns out I needed several vaccinations, thus a visit to the doctor.

The flight path from Detroit went north over Canada, the Northwest Territories, north of Alaska, and then over Russia’s Far East Siberia, and into South Korea. During the flight, I was looking out a window in the galley area. The landscape was covered with snow as far as the eye could see - it was so beautiful. The flight attendant informed me we were over Far East Siberia. He said, “If we crash out here, no emergency preparations will save us. You just hope you die quickly.” Seriously!? Overall the flight was good, with two meals, a snack, and free movies. I arrived in South Korea on Thursday at 3:30 pm (about 1:30 am central time). After clearing customs and meeting up with Mark, we rode the train to Uijeongbu, just north of Seoul. Mark cannot have a car in Korea, so all travel was by taxi, subway, or train – all three are inexpensive.

Friday morning, Mark gave me a tour of the base, and then we rode the train to Seoul to pick up our race packets. A week before the marathon, I received an email stating “we’ll distribute a Bib and souvenir” at the Dong-A Ilbo Building for international runners. Local runners would receive their packet in the mail. The email explained which train line and exit would get us “in close proximity.” As instructed, we went to the third floor and entered the Sports Promotions Department of the Dong-A Ilbo Daily newspaper, the title sponsor. We received an envelope containing our bib, champion chip, gear check bag, shirt, and an event program. We were in-and-out in less than 5 minutes – no expo, vendors, or merchandise for sale. We did some sightseeing in downtown Seoul and then walked over to an area called Itaewon where we visited a local market, a couple of pubs and had dinner.



Mark & Bill Goodier

Saturday morning was more sightseeing and lunch at an Italian Restaurant. One of the more popular sights to see is Gyeongbokgung Palace, or the Palace of Shining Happiness. This royal place was built in the 1390s, and took us several hours to tour. (I don’t recommend this much walking the day before a marathon!) Since the marathon start was just south of Gwanghwamun Gate, the palace’s main gate, we walked over to the start line. There was no indication of a marathon taking place the next morning at all - no signs, barriers, tables, porta potties, etc. We double checked the map and yes, this was the start area.

Since the race did not start until 8am and we were starting in the last corral (“E”), we decided against spending the night in Seoul. We took the train back to Uijeongbu, had dinner, and laid out our gear. Sunday morning we rode the train to the start area and made our way up the stairs into a sea of people - about 30,000 marathoners. Just 12 hours before, there were no indications of a marathon, but now there were comfort stations, tents, water tables, food, massage tables, gear check trucks...it was incredible how quickly they staged the start area.

We dropped off our gear, met up with four runners from Mark’s unit, and after Aegukga, the national anthem of South Korea, the race started. The corrals were released in 5 minute intervals; 22 minutes after the race started we reached the start line. It reminded me of the Boston Marathon with thousands of runners shoulder to shoulder as far as you could see. We were not too concerned with our time (though there was a 5 hour time limit) -- this was a tour of Seoul and some quality time together. We settled in to a comfortable 10 minute pace, realizing that

**See Seoul, on page 10**

4TH ANNUAL

IN MEMORY OF CHRIS COWDEN & BENEFITTING FREE TO LIVE



**JUNE 09, 2012**

**5K & 10K**

**GUTHRIE, OK**

**9:00 AM**

**THIS IS A CHIP-TIMED RACE.  
USATF CERTIFIED COURSE.  
MEDALS FOR AGE GROUP WINNERS.**

**REGISTRATION AND MORE INFORMATION:**

**[www.theseespotrun.com](http://www.theseespotrun.com)**



**[theseespotrun@hotmail.com](mailto:theseespotrun@hotmail.com)**

**Ride continued**

meaning to the sport. The brotherhood that goes along with it, with Kevin here, it's been a pretty memorable experience. It'll definitely be one that sticks out most in my mind."

Damian's experience at A2A was a cooperative effort among Alison Smalley (the Race Director for A2A), Dr. David Powell (the Superintendent at Southern Technical Center), Gary Jones (the Superintendent at Sulphur Public Schools), Damian's mother, Leilani Saunders, and Jim Roblyer (OKC Landrunner Director and OH!! WHAT A RIDE!!! project director).

Oh!! What a Ride!!! continues to expand and offer individuals who would not normally have the opportunity to compete in a race the thrill of experiencing a race as a runner would. If you would like more information on the program, or would like to volunteer with Oh!! What a Ride!!! please contact Jim Roblyer at [jfroblyer@yahoo.com](mailto:jfroblyer@yahoo.com).

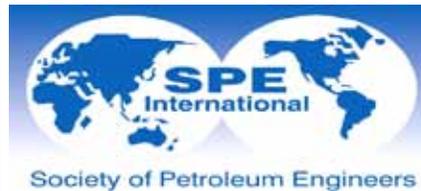
# GUSHER GALLOP

**Saturday, May 19th, 2012**

**East Wharf (Restaurants)**

**Lake Hefner, Oklahoma City**

**8:00 am Start**



**HUNGRYMAN**  
**5.19.12**  
**REGISTER NOW!**  
**OKCHUNGRYMAN.COM**

**OKC HUNGRY MAN**

**OKLAHOMA CITY'S ULTIMATE 10K EAT RUN RELAY. BENEFITTING NEIGHBORHOOD SERVICES ORGANIZATION.**

**ON 9TH STREET IN MIDTOWN!**

Sponsors: **LAMAR**, **FIS**, **COX**, **FLAVOR TRADER**, **ICG**, **OKC SAFETY EDUCATION**, **OKC**, **OKC**

# Building Bridges One Foot At A Time!!!



Join us for our 1<sup>st</sup> Annual Race  
Saturday, June 9, 2012

*This race benefits the youth who live alone because of a family crisis, such as the death, incarceration, or illness of a parent or guardian.*

Medals will be given for the top 3 winners overall,  
and for the top 3 of each age group!!

1 mile fun run starts at 7:30am, **\$15.00**

5k starts at 8:30am, **\$20.00**

*This race is a USATF Certified Course.  
The 5k is a Flat and Fast Course!!*

**Go to [www.earlysignup.com](http://www.earlysignup.com) to register.  
Sign up before May 18, 2012 to get \$5.00 off your registration  
and be guaranteed a t-shirt.**

*All proceeds will go to Bridges, a Non-Profit Corporation, who help with school expenses so that they can graduate high school and pursue a higher education.*



**Empowering students who live alone to succeed**

**Seoul continued**

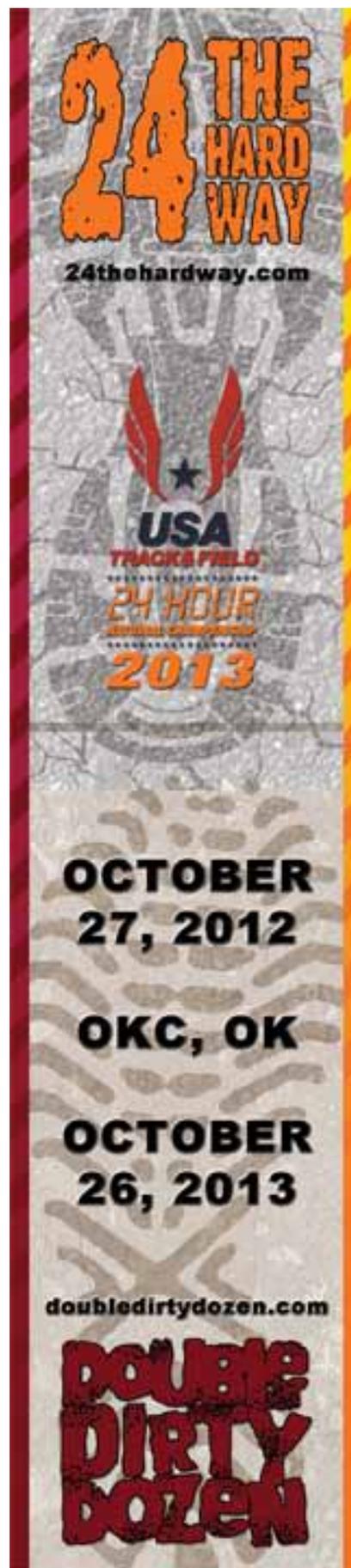
we had to allow for pictures. Water stops were every 5k with a sponge stop between water stops. The sports drink they served was Pocari Sweat and due to the poor water supply, volunteers filled cups with bottled water. Along the way they had assorted fruit, bananas, and two chocolate moon-pie stations (but no RC cola!).

The course starts in downtown Seoul, winding its way through the financial district, several markets, city parks, and crosses the Han River. Along the course were many Korean musicians and dancers dressed in traditional Korean festival attire. We passed a McDonald's with call-in delivery scooters (please deliver a Big Mac, Fries, Chocolate Milk Shake and Apple Pie to the finish!). We passed several Korean Gates, and the city parks are beautiful. The finish is on the track of the Seoul Olympic Stadium - home of the 1988 Summer Olympics where both Carl Lewis and Florence Griffith-Joyner won gold in the 100m races. Mark and I ran together taking over 200 pictures. The finish was well organized making it easy to get our gear, change into warm clothes, and find the other runners from Mark's unit. Even though this is a point-to-point race, runners are responsible for transportation which was not an issue since there is a subway station at the stadium. Later that night we ate a big Korean meal – rib meat, Tojangguk (a seafood soup), shrimp, peas, Kimchi, Korean radish, and rice, along with Korean beer and celebratory shots of Soju (similar to Vodka but sweeter), and ice cream for dessert.

Monday was another day of sightseeing which included Namdaemun Market, N Seoul Tower and Namsan Mountain, Insadong Market, and Nagwon Music Mall, a musician's dream. Over dinner, we reviewed our itinerary for our visit to the DMZ on Tuesday.

We boarded the DMZ tour bus for an hour ride to Imjingak Park where we saw Freedom Bridge, the "Iron Horse" train, and the Peace Bell. We then crossed the Republic of Korea check point into the DMZ. In the DMZ we took a tour of the 3rd Tunnel of Aggression that is 240ft below ground and both sides claim the other built. Our next stop was the Dora Observatory where you can see Kijong-Dong (a propaganda village), Gaeseong industrial complex, a statue of Kim Il Sung, and North and South Korean flags flying over their respective countries. The final stop was Dorason Train Station. One day this station will be the first station connecting South Korea to North Korea, China, Siberia, and Europe via the Trans-Siberian Railway. The one thing I noticed is propaganda from both sides about each other. Sometimes it is hard to tell truth from fiction.

Wednesday, my last day for planes, trains, and automobiles, came way too quickly! Mark and I both had a wonderful week. While I was there, my brother was informed he is going to be promoted, we finished another marathon together, and we experienced some incredible sights! This was not our fastest marathon, 4:52...but this was our BEST marathon! Though it looks like next year we will run another marathon, this time in Germany – he already has his orders.



# State Games of Oklahoma

## 5K/10K/Half Marathon

### May 19, 2012



5K Pre-Registration \$25; Race Day \$30  
10K Pre-Registration \$30; Race Day \$35  
Half Pre-Registration \$40; Race Day \$45

USATF Certified and Sanctioned  
Race timing by DG Road Racing

Register Online at  
[WWW.SOONERSTATEGAMES.ORG](http://WWW.SOONERSTATEGAMES.ORG)

Or send generic race entry form  
(downloadable at [okrunner.com](http://okrunner.com)) to:

State Games of Oklahoma  
211 N. Robinson, Ste. 250  
Oklahoma City, OK 73102



# Post-Marathon Recovery Tips

By Camille Herron

Being one of those “crazy people who races lots of marathons,” I’ve learned to put everything possible into the recovery process so I can bounce back for the next marathon. Here are my tricks and tips that have helped me over the years:

- The most important aspect to post-marathon recovery is to get food and beverages in you within 30 minutes. I usually go with a quick and easy Powerbar and then a water bottle full of Emergen-C, an iron supplement, and a B vitamin supplement. Not only is your immune system suppressed post-marathon, but you’ve spent so much time on your feet that there’s a significant amount of footstrike hemolysis (breakdown of red blood cells).
- If the race has good post-race food, eat it, but if not—seek out some quality food with protein, whether you prefer a hamburger and fries, pizza, and maybe a beer (but not too many!) Definitely get a good meal in you as soon as possible.
- This may sound crazy, but I’m a fan of cooling down post-marathon—any sort of walking (at the airport) or light running can help keep the ‘rigor mortis’-feeling from setting in.
- In the days after a marathon, the priority is fueling and hydration. If you know your “typical weight,” you can use this as a benchmark, striving to get back to this weight. I find that re-hydration is the biggest factor for getting the weight back up. As suggested by Leslie Buford, seek out foods and beverages you crave and enjoy—her personal favorite lately is Cadbury Crème Eggs.
- Putting on compression garments post-race can work small miracles for muscle recovery. I picked up some full-length, compression pantyhoses at CVS last year—my biggest “problem areas” tend to be my butt and quads. It doesn’t matter who makes the gear, as long as it provides “firm compression” — which is about 20-30 mmHg of pressure. Whether



you want to wear it while running is personal preference and not necessary for any added performance or recovery benefits. There are several companies, 2XU for example, who make all sorts of compression gear. Between socks, tights, and sleeves, all of it is highly helpful.

- Getting a massage within three to four days post-marathon is also amazingly helpful for working out the muscle soreness or problem areas.
- You’ll likely be very tired for the first few days to a week post-marathon. Sleep is when the body rebuilds and repairs itself. The body knows best what it needs to repair the damaged muscles, so nap and sleep as much as it tells you to.
- There have been studies to determine if NSAIDs (aspirin, ibuprofen, etc.) hinder soft tissue and bone recovery after exercise. Before taking any of these medications post marathon, talk to your physician about possible benefits and side effects of using NSAIDs.

**See Post-Marathon, on page 14**

# **CHOCTAW CHALLENGE**



**Tri City Youth & Family Center, Inc.**  
"Serving the Community Since 1974"

## **A 2012 LANDRUNNER Series Race**

**USATF 5K Sanctioned Race with timing by DG Productions**

### **5K Race & 1 Mile Fun Run**

**June 9, 2012@ 8:00 AM**

**Choctaw Creek Park**

**Register online: [www.signmeup.com/81504](http://www.signmeup.com/81504) (Choctaw Challenge)**

**Manual Registration: Tri-City Youth & Family Center, Inc.**

**14625 NE 23<sup>rd</sup> Choctaw, OK 73020 For questions call: 405.390.8131**

**Fee: \$25.00 & \$30.00 Race Day**

**Location: 2001 N Harper Rd.**

**Choctaw, OK 73020**

**Prizes: T-Shirts for first 200 runners**

**USATF Age Groups Male/Female**

**3 Deep, Overall Male & Female**

**Raffle Prizes**

**Post-Marathon continued**

- Although I'm not a fan of them and the research generally doesn't support them for enhancing muscle recovery, some people like to take ice baths post-race. They will definitely temporarily help with pain and are a reasonable alternative to taking NSAIDs. If there's a "mechanical component" involved (such as ice cupping a sore spot), this could help with localized tissue recovery.
- Foam rolling and The Stick are both effective, at-home, self-massage tools for enhancing muscle recovery.
- In terms of when to resume running again, this is highly personal preference. 'Moving' will definitely enhance the recovery, whether walking or cross training. I'm not the average bear, but I like to take one to two days completely off (go shopping!), do a few single day runs, and then do a reverse taper. I'll be back to normal training within two weeks. Others might take 7-14 days off, or even a whole month off. From having done a lot of marathons, I think the biggest factors are hormonally and metabolically getting the body back in balance. You really have to tune in to what the body needs-- usually fuel, fluids, and sleep. Mentally, emotionally, and physically, the body simply needs time. I find I get "some snap" back in my legs by 10 days, whereas it takes a month or more to feel "fully normal" again.

Conventional advice recommends one-day-for-every-mile you race to get back to normal. I would say, on the whole, this is true. Certain parts of the body and mind recover faster than others. It also depends on the course and conditions—courses with a lot of camber and downhill can beat you up far worse than those that are gently rolling or flat. I find hot marathons (as long as there is no heat exhaustion) lead to faster recovery than cold and possibly wet marathons. I've run a few slick courses that required longer recovery because of slipping so much.

I believe you can run back-to-back, full-quality marathon performances within four to six weeks of each other. If you're a prolific marathoner, as I am—it's actually easier to mentally and physically recover, the more frequently you do it. The marathons end up feeling like long runs. The body "learns" and "remembers" — develops a better/faster ability to buffer soreness and repair and replenish itself afterwards. Mentally and emotionally you prepare yourself to bounce back for the next one. If you're only running one to three marathons a year.... well.... it's a big stress when you throw 26.2 hard miles at it, vs. doing it more often.

If you have questions and want to see more of what I do, feel free to contact me through my personal website or Facebook: [www.camilleherron.com](http://www.camilleherron.com)



Camille Herron, a native Oklahoman, is a 2-time Olympic Marathon Trials qualifier with a personal best time of 2:37:14; 5-time marathon winner; and, recently represented the US Team at the 2011 Pan American Games. She's coached by her husband and OCU Head XC/Track Coach, Conor Holt. She holds B.S. and M.S. degrees in Exercise and Sport Science. She currently runs professionally for Marathonguide.com, Powerbar, Inov-8, 2XU, and Oakley, and serves as a volunteer assistant coach at Okla. City University. She can be contacted / followed via Facebook, Twitter, or through: [www.camilleherron.com](http://www.camilleherron.com)

# Wings to Fly: An Angel on the Move!

By Lacey Payne

Children’s Miracle Network Hospital miracle teen, Angel Ashley is a true inspiration to those around her. Born with spina bifida, she has endured over twenty surgeries and countless clinic and hospital visits in her lifetime. Despite the daily struggles and odds that are stacked against her, she continues to smile and find joy in anything and everything she does. She had great reason to smile at the 2nd Annual Wings to Fly Run benefiting Children’s Hospital Foundation on March 31. Thanks to the “Oh!! What a Ride!!!” program with the OKC Landrunners, Angel was able to participate in her first 5K alongside Landrunner, Kevin Lynes. Sponsored by Heartland Outdoors, the sanctioned event was held at Historic Fort Reno on Saturday, March 31, 2012. The participation doubled from last year with approximately 360 runners joining us for this fun event. Six miracle teams were present to inspire the runners: Team Kannonball, Team Cooper, A-Team, Team Hope, Team Desserts and Team Jase. The event was a huge success! Many runners and participants credited Angel in giving them the motivation to continue the race and finish as she did...with a smile.



Kevin Lynes, Kathy Moffit, Jim Robyler, Angel Ashley, Emily Sutton, Joleen Chaney

# Yoga Poses

By Jennifer Henry

Jennifer Henry is a Landrunner director who has been running for 40 years and a yoga instructor for 15 years. She is an assistant cross country/track coach at Heritage Hall and teaches yoga at the Lighthouse, Transformations, and Quail Creek Country Club.



**Pigeon** - bending front leg at the knee, extend back leg straight back, lengthening through the upper body as much as possible as you breathe into the hip of the front leg. If you find your body tilting to the side, prop yourself up with your arms or place a blanket under the hip of the front leg. Great stretch for the hip, I do this EVERY night!



**Modified pigeon** - most males are too tight for the full pigeon. Bending the back leg is a nice modification.



**King pigeon** - if your back is healthy, you may begin to use your arms to push upright which puts a slight backbend into the lower back. Keep lifting up through your chest and grounding the back foot into the floor.



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